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3. FOOD INTAKE

3.1 INTRODUCTION

The American food supply is generally considered to be one of the safest in the world. The U.S. Department of Agriculture has been protecting the Nation's food supply for over a century through a number of food safety programs that monitor chemical and biological contaminants and rank the nutritional quality of various food items.. However, contamination of foods may occur through environmental pollution of air, water, and soil or through intentional use of chemicals such as pesticides or other agrochemical products. To assess exposure through this pathway, information on food ingestion rates are needed.

Children's exposure from contaminated foods may differ from that of adults because of differences in the type and amounts of food eaten. Also, for many foods, the intake per unit body weight is greater for children than for adults. Common foods eaten by children include nonfat milk solids, apple juice, fresh apples, orange juice, fresh pears, milk fat and solids, fresh peaches, carrots, lean beef, milk sugar (lactose), fresh bananas, milled rice, succulent garden peas, succulent garden beans, oats, soybean oil, coconut oil, and wheat flour (Goldman, 1995).

The primary sources of recent information on consumption rates of foods among children are USDA's Nationwide Food Consumption Survey (NFCS) and the USDA Continuing Survey of Food Intakes by Individuals (CSFII). Data from the 1989-1991 and 1994-96 CSFII and the 1998 Children's supplement to the 1994-96 CSFII have been used in various studies to generate children's per capita intake rates for both individual foods and the major food groups. Earlier studies have used USDA's Nationwide Food Consumption Survey (NFCS) from 1977/1978 or 1987/88. Because data from the 1989-91 and 1994-96 CSFIIs and the 1998 Children's supplement to the 1994-96 CSFII are available, data from the older surveys are not reported here, except in the case of data on homegrown foods, which are based on the 1987/88 NFCS, and serving size information, which is based on the 1977/1978 NFCS. Older USDA data analyses can be found in *Exposure Factors Handbook* (U.S. EPA, 1997).

A variety of terms may be used to define intake (e.g., consumer-only intake, per capita intake, as consumed intake, dry weight intake.) These terms are defined below to assist the

1 reader in interpreting and using the intake rates that are appropriate for the exposure scenario
2 being assessed.

3 Consumer-only intake is defined as the quantity of foods consumed by children during
4 the survey period averaged across only the children in the survey who consumed that food
5 during the survey period. Per capita intake rates are generated by averaging consumer-only
6 intakes over the entire population of children. In general, per capita intake rates are appropriate
7 for use in exposure assessment for which average dose estimates for children are of interest
8 because they represent both children who ate the foods during the survey period and children
9 who may eat the food items at some time, but did not consume them during the survey period.
10 Per capita intake, therefore, represents an average across the entire population of interest but
11 does so at the expense of underestimating consumption for the subset of the population that
12 consume the food in question. Intake rates for the major food categories include all forms of that
13 food type. For example, total fruit intake refers to the sum of all fruits consumed in a day
14 including canned, dried, frozen, and fresh fruits. Likewise, total vegetable intake refers to the
15 sum of all vegetables consumed in a day including canned, dried, frozen, and fresh vegetables.

16 Intake rates may be presented on an “as consumed” (e.g., cooked) basis or on the basis of
17 an uncooked weight. “As consumed” intake rates (g/day) are based on the weight of the food in
18 the form that it is consumed and should be used in assessments where the basis for the
19 contaminant concentrations in foods is whole weight. When data are based on “as consumed”
20 form, corrections to account for changes in portion sizes from cooking losses are generally not
21 required. When dry weight contaminant concentrations in foods are available, dry-weight intake
22 rates are recommended. Dry-weight intake rates are based on the weight of the food consumed
23 after the moisture content has been removed.

24 Many of the food ingestion rate values provided in this handbook are expressed as "as
25 consumed" because this is the fashion in which data are reported by survey respondents. This is
26 of importance because concentration data to be used in the dose equation are generally measured
27 in uncooked food samples. In such cases, the as-consumed ingestion rate and the uncooked
28 concentration are used. However, it should be recognized that cooking can increase food weight
29 (e.g. boiling pasta or rice) or decrease food weight (e.g. baking vegetables or meat). Similarly,

1 cooking can increase the mass of contaminant in food (due to formation reactions, or absorption
2 from cooking oils or water) or decrease the mass of contaminant in food (due to vaporization, fat
3 loss or leaching). The combined effects of changes in weight and changes in contaminant mass
4 can result in either an increase or decrease in contaminant concentration in cooked food.
5 Therefore, if the as-consumed ingestion rate and the uncooked concentration are used in the dose
6 equation, dose may be underestimated or over estimated. Ideally, after cooking food
7 concentration should be combined with the as-consumed intake rates. In the absence of data, it
8 is reasonable to assume that no change in contaminant concentration occurs after cooking.
9 Uncooked intake data for general population fish consumption and home produced foods were
10 available for presentation in this handbook. Data on the general population fish consumption
11 have been presented in this handbook on both an as-consumed and an uncooked basis. For most
12 other foods, “as consumed” intakes are presented. It is important for the assessor to be aware of
13 these issues and choose intake rate data that best match the concentration data that are being
14 used. It should also be recognized that contaminant concentrations can vary with fish species
15 and that ideally exposure assessors should use species-specific fish concentrations and species-
16 specific fish consumption rates. Such data were not presented here, but may be available in
17 some locations and should be considered.

18 Estimating source-specific exposures to toxic chemicals in fruits and vegetables may also
19 require information on the amount of fruits and vegetables that are exposed to or protected from
20 contamination as a result of cultivation practices or the physical nature of the food product itself
21 (i.e., those having protective coverings that are removed before eating would be considered
22 protected), or the amount grown beneath the soil (i.e., most root crops such as carrots). The
23 percentages of foods grown above and below ground will be useful when the concentrations of
24 contaminants in foods are estimated from concentrations in soil, water, and air. For example,
25 vegetables grown below ground may be more likely to be contaminated by soil pollutants, but
26 leafy above ground vegetables may be more likely to be contaminated by deposition of air
27 pollutants on plant surfaces.

28 The purpose of this section is to provide: (1) intake data for individual foods, the major
29 food groups, and total foods among children, including homegrown foods; (2) guidance for

1 converting between as-consumed and dry weight intake rates; and (3) intake data for exposed
2 and protected fruits and vegetables and those grown below ground. Recommendations are based
3 on and upper-percentile intake among the general population of the U.S.

4 5 **3.2 INTAKE RATE DISTRIBUTIONS FOR VARIOUS FOOD TYPES**

6 **3.2.1 USDA, 1999**

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

16 The CSFII 1998 was designed to be combined with the CSFII 1994-96, thus the
17 approaches to sample selection, data collection, data file preparation, and weighting were
18 consistent. The design, methodology, and operation of the CSFII 1994-96 are detailed in a
19 separate report (Tippett and Cypel, 1997). The CSFII 1998 was conducted between December
20 1997 and December 1998 by USDA's Agricultural Research Service.

21 The results presented in Tables 3-1 through 3-14 include national probability estimates
22 based on all 4 years of the CSFII (1994-96 and 1998) for children age 9 years and under and on
23 CSFII 1994-96 only for individuals age 10 years and over. The results are weighted to adjust for
24 differential rates of sample selection and nonresponse and to calibrate the sample to match
25 population characteristics that are correlated with eating behavior, and to equalize intakes over
26 the 4 quarters of the year and the 7 days of the week. Users should note that some weights
27 calculated for the purpose of combining data from 1994-96 with those from 1998 yield estimates
28 for individuals 12 through 19 years of age that may be slightly different from estimates issued
29 earlier from the CSFII 1994-96.

30 The sample sizes on which estimates are based are provided in the tables; readers using

1 data for young children should note that 503 breast-fed children were excluded from the
2 estimates. Fasters (individuals reporting no food or beverage consumed for the day) were
3 included in the calculations. In general, the sample sizes for each sex-age group provide a
4 sufficient level of precision to ensure statistical reliability of the estimates. For CSFII 1998, the
5 overall response rate on the first day of the survey was 85.6 percent and the overall 2-day
6 response rate was 81.7 percent. The CSFII 1994-96 day 1 response rate was 80.0 percent and the
7 2-day response rate was 76.1 percent.

8 Tables that present data on mean intakes or mean percentages are based on respondents'
9 day 1 intakes so that readers can track trends over time from surveys with different numbers of
10 days of dietary information. Tables that present percentages of individuals meeting
11 recommendations are based on respondents' 2-day average intakes. The data for food intakes
12 from this analysis are presented in Tables 3-1 through 3-14. Data are presented for mean
13 quantities in grams of food products/groups consumed per individual for 1 day and the percent
14 consuming. The foods presented include grain products; vegetables; fruits; milk and milk
15 products; meat, poultry, and fish; and beverages. Data are also provided for eggs, legumes, nuts
16 and seeds, fats and oils, and sugars and sweets.

17 The advantages of USDA 1999 study is that it uses the 1994-96, 98 CSFII data set, which
18 includes four years of intake data combined including the supplemental data on children. These
19 data are expected to be generally representative of the U.S. population and they include data on a
20 wide variety of food types. The data set is one of a series of publicly available USDA data sets,
21 and should reflect recent eating patterns in the United States. One limitation of this data set is
22 that it is based on a two-day survey period. Short-term dietary data may not accurately reflect
23 long-term eating patterns. This is particularly true for the tails (extremes) of the distribution of
24 food intake. Other limitations of this study are that it only provides mean values of food intake
25 rates, consumption is not normalized by body weight, and presentation of results is not consistent
26 with EPA's recommended age groups.

1 **3.2.2 U.S. EPA, 2003**

2 EPA's National Center for Environmental Assessment (NCEA) analyzed three years of
3 data from USDA's CSFII to generate distributions of intake rates for various food items/groups.
4 The food groups selected for this analysis include the major food groups: total fruits, total
5 vegetables, total grains, total meats, and total dairy. Individual foods include fruit and vegetable
6 items such as: apples, bananas, peaches, pears, strawberries, and other berries; individual
7 vegetables such as: asparagus, beets, broccoli, cabbage, carrots, corn, cucumbers, lettuce, lima
8 beans, okra, onions, peas, peppers, pumpkin, snap beans, tomatoes, and white potatoes; fruits and
9 vegetables categorized as exposed, protected and roots; and various USDA categories (i.e., citrus
10 and other fruits, and dark green, deep yellow, and other vegetables). Individual meats include
11 beef, eggs, game, pork, and poultry; and individual grain items include breads, breakfast foods,
12 cereals, pasta, rice, snacks, and sweets. Intake rates of total vegetables, tomatoes, and white
13 potatoes, total meats, fish, beef, pork, poultry, dairy, eggs, and total grains were adjusted to
14 account for the amount of these food items eaten as meat and grain mixtures as described in
15 Appendix 3A. Food items/groups were identified in the CSFII data base according to USDA-
16 defined food codes. Appendix 3B presents the codes and definitions used to determine the
17 various food groups used in the analysis. Intake rates for these food items/groups represent
18 intake of all forms of the product (i.e., home produced and commercially produced).

19 Individual identifiers in the database were used throughout the analysis to categorize
20 populations according to demographics. These identifiers included identification number, age,
21 body weight, two-day statistical sample weight, and number of days that data were reported.
22 Distributions of intake were determined for children who provided data for two days of the
23 survey. Individuals who did not provide information on body weight or for whom identifying
24 information was unavailable were excluded from the analysis. Two-day average intake rates
25 were calculated for all individuals in the database for each of the food items/groups. These
26 average daily intake rates were divided by each individual's reported body weight to generate
27 intake rates in units of grams per kilogram of body weight per day (g/kg-day). In calculating
28 summary statistics, the data were weighted according to the two-day sample weights provided in
29 the 1994-96 CSFII. USDA sample weights are calculated to account for inherent biases in the

1 sample selection process, and to adjust the sample population to reflect the national population.

2 Summary statistics for individual intake rates were generated on a per capita basis. That
3 is, both users and non-users of the food item were included in the analysis. Mean consumer only
4 intake rates may be calculated by dividing the mean per capita intake rate by the percent of the
5 population consuming the food item of interest. Intake data from the CSFII are based on "as
6 consumed" (i.e., cooked or prepared) forms of the food items/groups. Thus, corrections to
7 account for changes in portion sizes from cooking losses are not generally required. Summary
8 statistics included are: number of weighted and unweighted observations, percentage of the
9 population using the food item/group being analyzed, mean intake rate, standard error, and
10 percentiles of the intake rate distribution (i.e., 0, 1st, 5th, 10th, 25th, 50th, 75th, 90th, 95th, 99th,
11 and 100th percentile or maximum observed in the survey). Data were provided for the total
12 population using the food item being evaluated and for several age groups of children, including
13 <1, 1-2, 3-5, 6-11, and 12-19 years. The total numbers of individuals in the data set, by age
14 group are presented in Table 3-15.

15 The results of this analysis are presented in Table 3-16 for total fruits, total vegetables,
16 total grains, total meats, total fish, and total dairy products. Table 3-17 provides data for
17 individual foods, and Table 3-18 for the various USDA categories. The data for exposed,
18 protected and root food items are presented in Table 3-19. Because the results are presented in
19 units of g/kg-day, use of these data in calculating potential dose does not require the body weight
20 factor to be included in the denominator of the average daily dose (ADD) equation. Converting
21 these intake rates into units of g/day by multiplying by a single average body weight is
22 inappropriate, because individual intake rates were indexed to the reported body weights of the
23 survey respondents. However, if there is a need to compare the intake data presented here to
24 intake data in units of g/day, a body weight for the age group of interest, as presented in Chapter
25 10 of this Handbook, should be used.

26 The *distribution* of average daily intake rates generated using short-term data (e.g., 2-
27 day) do not necessarily reflect the long-term distribution of average daily intake rates. The
28 distributions generated from short-term and long-term data will differ to the extent that each
29 individual's intake varies from day to day; the distributions will be similar to the extent that

1 individuals' intakes are constant from day to day.

2 Day-to-day variation in intake among individuals will be high for foods that are highly
3 seasonal and for foods that are eaten year-round but that are not typically eaten every day. For
4 these foods, the intake distribution generated from short-term data will not be a good reflection
5 of the long-term distribution. On the other hand, for broad categories of foods (e.g., vegetables)
6 which are eaten on a daily basis throughout the year with minimal seasonality, the short-term
7 distribution may be a reasonable approximation of the true long-term distribution, although it
8 will show somewhat more variability. Distributions are shown only for the major food groups
9 and broad categories of foods. For individual foods, only the mean, standard deviation and
10 percent consuming are provided. Because of the increased variability of the short-term
11 distribution, the short-term upper percentiles shown here will tend to overestimate somewhat the
12 corresponding percentiles of the long-term distribution.

13 The strengths of EPA's analysis are that it provides distributions of intake rates for
14 children for the EPA recommended age groups and consumption has been normalized by body
15 weight. The study uses the 1994-96 CSFII data set which is expected to be generally
16 representative of the U.S. population and it includes data on a wide variety of food types. One
17 limitation of EPA's analysis is that the data from the 1998 Supplemental Children's Survey were
18 not available at the time that EPA conducted this analysis. The data set includes three years of
19 intake data combined and is based on a two-day survey period. Short-term dietary data may not
20 accurately reflect long-term eating patterns. This is particularly true for the tails (extremes) of
21 the distribution of food intake. In addition, the adjustment for including mixtures adds
22 uncertainty to the intake rate distributions. The calculation for including mixtures assumes that
23 intake of any mixture includes all of the foods identified in Appendix Table 3A-1 in the
24 proportions specified in that table. This may under- or over-estimate intake of certain foods
25 among some individuals.

1 **3.3 FISH INTAKE RATES**

2 **3.3.1 General Population Studies**

3 **3.3.1.1. U.S. EPA, 2002**

4 EPA's Office of Water used data from the 1994-96 CSFII and its 1998 Children's
5 Supplement (referred to collectively as CSFII 1994-96, 1998) to generate fish intake estimates.
6 Participants in the CSFII 1994-96, 98 provided two nonconsecutive days of dietary data.
7 Respondents estimated the weight of each food that they consumed. Consumption of food was
8 classified into 11,345 different food codes and stored in a database as grams consumed per day.
9 A total of 831 of these food codes relate to fish or shellfish; survey respondents reported
10 consumption across 665 of these codes. The fish component (by weight) of these foods was
11 calculated using data from the recipe file for release 7 of the USDA's Nutrient Data Base for
12 Individual Food Intake Surveys. The amount of fish consumed by each individual was then
13 calculated by summing, over all fish containing foods, the product of the weight of food
14 consumed and the fish component (i.e., the percentage fish by weight) of the food.

15 The recipe file also contains cooking loss factors associated with each food. These were
16 used to convert, for each fish-containing food, the as-eaten fish weight consumed into an
17 uncooked equivalent weight of fish. Analyses of fish intake were performed on both an as-eaten
18 and uncooked basis.

19 Each fish-related food code was assigned by EPA a habitat type of either freshwater/
20 estuarine or marine. Food codes were also designated as finfish or shellfish. Average daily
21 individual consumption (g/day) for a given fish type-by-habitat category (e.g., marine finfish)
22 was calculated by summing the amount of fish consumed by the individual across the two
23 reporting days for all fish-related food codes in the given fish-by-habitat category and then
24 dividing by 2. Individual daily fish consumption (g/day) was calculated similarly except that
25 total fish consumption was divided by the specific number of survey days the individual reported
26 consuming fish; this was calculated for fish consumers only (i.e., those consuming fish on at
27 least one of the three survey days). The reported body weight of the individual was used to
28 convert consumption in g/day to consumption in g/kg-day.

29 There were a total of 20,607 respondents in the combined data set who had two-day

1 dietary intake data. Survey weights were assigned to this data set to make it representative of the
2 U.S. population with respect to various demographic characteristics related to food intake.

3 U.S. EPA (2002) reported means, medians, upper percentiles, and 90-percent interval
4 estimates for the 90th, 95th, and 99th percentiles. Table 3-20 presents these statistics for daily
5 average per capita fish consumption by age and gender in g/day and in mg/kg/day, as consumed.
6 Table 3-21 provides consumer-only data in units of g/day and mg/kg/day, as consumed. Tables
7 3-22 and 3-23 provide similar data on an uncooked basis. These data are presented by selected
8 age groupings (14 and under and 15-44) and gender.

9 The advantages of this study are its large size and its representativeness. In addition,
10 through use of the USDA recipe files, the analysis identified all fish-related food codes and
11 estimated the percent fish content of each of these codes. By contrast, some analyses of the
12 USDA National Food Consumption Surveys (NFCSS) which reported per capita fish intake rates
13 (e.g., Pao et al., 1982; USDA, 1992), excluded certain fish containing foods (e.g., fish mixtures,
14 frozen plate meals) from their calculations.

15 16 **3.3.1.2. Tsang and Klepeis, 1996**

17 The U.S. EPA collected information for the general population on the duration and
18 frequency of time spent in selected activities and time spent in selected microenvironments via
19 24-hour diaries. Over 9,000 individuals from 48 contiguous states participated in NHAPS.
20 Approximately 4,700 participants also provided information on seafood consumption. Over 900
21 of these participants were children between the ages of 1 and 17 years. The survey was
22 conducted between October 1992 and September 1994. Data were collected on the (1) number
23 of people that ate seafood in the last month, (2) the number of servings of seafood consumed,
24 and (3) whether the seafood consumed was caught or purchased. The participant responses were
25 weighted according to selected demographics such as age, gender, and race to ensure that results
26 were representative of the U.S. population. In order to conform to the standardized age
27 categories used in this Handbook, EPA obtained the source data for the NHAPS survey and
28 recalculated the relevant statistics using the new age categories. The results of EPA's analysis
29 are shown in Table 3-24.

1 Intake data were not provided in the survey. However, intake of fish can be estimated
2 using the information on the number of servings of fish eaten from this study and serving size
3 data for each age group from other studies (e.g., Pao et al., 1982) (see Section 3.7). Using this
4 mean value for serving size and a number of servings per month (Table 3-24), the age-specific
5 amount of seafood eaten per month can be estimated.

6 The advantages of NHAPS is that the data were collected for a large number of
7 individuals and are representative of the U.S. general population. However, evaluation of
8 seafood intake was not the primary purpose of the study and the data do not reflect the actual
9 amount of seafood that was eaten. However, using the assumption described above, the
10 estimated seafood intake from this study are comparable to those observed in the EPA CSFII
11 analysis, but an all inclusive description for seafood was not presented in Tsang and Klepeis
12 (1996) or in the NHAPS data. It is not known if processed or canned seafood and seafood
13 mixtures are included in the seafood category.

14 **3.3.2 Freshwater Recreational Study**

15 The Michigan Sport Anglers Fish Consumption Survey (West et al., 1989) surveyed a
16 stratified random sample of Michigan residents with fishing licences. The sample was divided
17 into 18 cohorts, with one cohort receiving a mail questionnaire each week between January and
18 May 1989. The survey included both a short term recall component recording respondents' fish
19 intake over a seven day period and a usual frequency component. For the short-term component,
20 respondents were asked to identify all household members and list all fish meals consumed by
21 each household member during the past seven days. The source of the fish for each meal was
22 requested (self-caught, gift, market, or restaurant). Respondents were asked to categorize
23 serving size by comparison with pictures of 8 oz. fish portions; serving sizes could be designated
24 as either "about the same size", "less", or "more" than the size pictured. Data on fish species,
25 locations of self-caught fish and methods of preparation and cooking were also obtained.

26 The usual frequency component of the survey asked about the frequency of fish meals
27 during each of the four seasons and requested respondents to give the overall percentage of
28 household fish meals that come from recreational sources. A sample of 2,600 individuals were
29

1 selected from state records to receive survey questionnaires. A total of 2,334 survey
2 questionnaires were deliverable and 1,104 were completed and returned, giving a response rate
3 of 47.3%.

4 In the analysis of the survey data by West et. al. (1989), the authors did not attempt to
5 generate the distribution of recreationally caught fish intake in the survey population. EPA
6 obtained the raw data of this survey for the purpose of generating fish intake distributions and
7 other specialized analyses.

8 EPA first analyzed the short term data with the intent of estimating mean fish intake
9 rates. In order to compare these results with those based on usual intake, only respondents with
10 information on both short term and usual intake were included in this analysis. For the analysis
11 of the short term data, EPA modified the serving size weights used by West et al. (1989), which
12 were 5, 8 and 10 oz., respectively, for portions that were less, about the same, and more than the
13 8 oz. picture. EPA examined the percentiles of the distribution of fish meal sizes reported in Pao
14 et al. (1982) derived from the 1977-1978 USDA National Food Consumption Survey and
15 observed that a lognormal distribution provided a good visual fit to the percentile data. Using
16 this lognormal distribution, the mean values for serving sizes greater than 8 oz. and for serving
17 sizes at least 10 percent greater than 8 oz. were determined. In both cases a serving size of 12
18 oz. was consistent with the Pao et al. (1982) distribution. The weights used in the EPA analysis
19 then were 5, 8, and 12 oz. for fish meals described as less, about the same, and more than the 8
20 oz. picture, respectively. It should be noted that the mean serving size from Pao et al. (1982)
21 was about 5 oz., well below the value of 8 oz. most commonly reported by respondents in the
22 West et al. (1989) survey.

23 Table 3-25 displays the mean number of total and recreational fish meals for each
24 household member between age 1 and 20 years based on the seven day recall data. Also shown
25 are mean fish intake rates derived by applying the weights described above to each fish meal.
26 Intake was calculated on both a grams/day and grams/kg body weight/day basis. This analysis
27 was restricted to individuals who eat fish and who reside in households reporting some
28 recreational fish consumption during the previous year. About 75 percent of survey respondents
29 (i.e., licensed anglers) and about 84 percent of respondents who fished in the prior year reported

1 some household recreational fish consumption.

2 The advantages of this data set and analysis are that the survey was relatively large and
3 contained both short-term and usual intake data. The response rate of this survey, 47 percent,
4 was relatively low. This study was conducted in the winter and spring months of 1989. This
5 period does not include the summer months when peak fishing activity can be anticipated,
6 leading to the possibility that intake results based on the 7 day recall data may understate
7 individuals' usual (annual average) fish consumption.

8 9 **3.3.3 Native American Subsistence Studies**

10 **3.3.3.1 Columbia River Inter-Tribal Fish Commission (CRITFC), 1994**

11 CRITFC (1994) conducted a fish consumption survey among four Columbia River Basin
12 Native American tribes during the fall and winter of 1991-1992. The target population included
13 all adult tribal members who lived on or near the Yakama, Warm Springs, Umatilla or Nez Perce
14 reservations. The survey was based on a stratified random sampling design where respondents
15 were selected from patient registration files at the Indian Health Service. Interviews were
16 performed in person at a central location on the member's reservation. Information for 204
17 children 5 years old and less was provided by the participating adult respondent. The overall
18 response rate was 69%.

19 Information requested included annual and seasonal numbers of fish meals, average
20 serving size per fish meal, species and part(s) of fish consumed, and preparation methods based
21 on 24-hour dietary recall. Foam sponge food models approximating 4, 8, and 12-oz. fish fillets
22 were provided to help respondents estimate average fish meal size. Fish intake rates were
23 calculated by multiplying the annual frequency of fish meals by the average serving size per fish
24 meal.

25 The study was designed to give essentially equal sample sizes for each tribe. However,
26 because the population sizes of the tribes were highly unequal, it was necessary to weight the
27 data (in proportion to tribal population size) so that the survey results were representative of the
28 overall population of the four tribes. Such weights were applied to the analysis of adults;
29 however, because the sample size for children was considered small, only an unweighted

1 analysis was performed for this population.

2 A total of 49 percent of respondents of the total survey population reported that they
3 caught fish from the Columbia River basin and its tributaries for personal use or for tribal
4 ceremonies and distributions to other tribe members and 88 percent reported that they obtained
5 fish from either self-harvesting, family or friends, at tribal ceremonies or from tribal
6 distributions. Of all fish consumed, 41 percent came from self or family harvesting, 11 percent
7 from the harvest of friends, 35 percent from tribal ceremonies or distribution, 9 percent from
8 stores and 4 percent from other sources.

9 The analysis of seasonal intake showed that May and June tended to be high-
10 consumption months and December and January low consumption months. Table 3-26 gives the
11 fish intake distribution for children under 5 years of age. The mean intake rate was 19.6 g/day
12 and the 95th percentile was approximately 70 g/d, which includes consumers and nonconsumers.

13 The authors noted that some non-response bias may have occurred in the survey since
14 respondents were more likely to live near the reservation and were more likely to be female than
15 non-respondents. In addition, they hypothesized that non fish consumers may have been more
16 likely to be non-respondents than fish consumers since non consumers may have thought their
17 contribution to the survey would be meaningless; if such were the case, this study would
18 overestimate the mean intake rate. It was also noted that the timing of the survey, which was
19 conducted during low fish consumption months, may have led to underestimation of actual fish
20 consumption; the authors conjectured that an individual may report higher annual consumption if
21 interviewed during a relatively high consumption month and lower annual consumption if
22 interviewed during a relatively low consumption month. Finally, with respect to children's
23 intake, it was observed that some of the respondents provided the same information for their
24 children as for themselves, thereby the reliability of some of these data is questioned.

25 This study does present information on fish consumption patterns and habits for a Native
26 American subpopulation. It should be noted that the number of surveys that address subsistence
27 subpopulations is very limited.

1 **3.3.3.2. Toy et al., 1996**

2 Toy et al. (1996) conducted a study to determine fish and shellfish consumption rates of
3 the Tulalip and Squaxin Island tribes living in the Puget Sound. These two Indian tribes were
4 selected nonrandomly to represent the expected range of fishing and fish consumption activities
5 of tribes in the Puget Sound Region.

6 A survey was conducted to describe fish consumption for Puget Sound tribal members
7 over the age of 18 and their dependents ages five and under in terms of their consumption rate of
8 anadromous, pelagic, bottom fish, and shellfish in g/kg-day. Data were also collected on fish
9 parts consumed, preparation methods, patterns of acquisition for all fish and shellfish
10 consumption, and children's consumption rates. Interviews were conducted between February
11 25 and May 15, 1994. A total of 190 tribal members, ages 18 years old and older, and 69
12 children between ages birth and 5 years old, were surveyed on consumption of 52 fish species.
13 The response rate was 77% for the Squaxin Island Tribe and 76% for the Tulalip Tribes.

14 The mean and median consumption rate for children 5 years and younger was 0.53 and
15 0.17 g/kg-day, respectively, which was significantly lower than that of adults, even when the
16 consumption rate was adjusted for body weight (Table 3-27). Squaxin island children tend to
17 consume more fish (mean 0.825 g/kg/day vs. 0.239 g/kg/day). The data were insufficient to allow
18 re-analysis to fit the data to the standard EPA age categories used elsewhere in this Handbook.

19 The advantage of this study is that the data can be used to improve the manner in which
20 exposure assessments are conducted for high-consumer populations and to identify cultural
21 characteristics that place tribal members at disproportionate risk to chemical contamination. The
22 survey of Tulalip and Squaxin Island Tribes showed considerably higher consumption rates for
23 both adults and children than the 0.09 g/kg/day reported for the general population by SRI
24 international (Toy et al., 1996).

25 One limitation associated with this study is that although data from the Tulalip and
26 Squaxin Island tribes may be representative of consumption rates of these specific tribes, fish
27 consumption rates, habits, and patterns can vary among tribes and other sub-populations. The
28 authors noted that the total fish consumption rates were similar for both tribes; however,
29 consumption pattern by fish species and other factors differ. In some instances, these differences

1 were statistically significant. Another limitation is that the distribution presented in this study is
2 skewed toward higher rates, and it might be more appropriate to use the 90th or 95th percentiles
3 rather than means or medians for analysis of risk. There might also be a possible bias due to the
4 time the survey was conducted; many species in the survey are seasonal. For example, because
5 of the timing of the survey, respondents may have overestimated the annual consumption of
6 shellfish.

7 8 **3.3.3.3. The Suquamish Tribe, 2000**

9 The Suquamish Tribal Council conducted a study of the Suquamish tribal members living
10 on and near the Port Madison Indian Reservation in the Puget Sound region. The study was
11 funded by the Agency for Toxic Substances and Disease Registry (ATSDR) through a grant to
12 the Washington State Department of Health. The purpose of the study was to determine seafood
13 consumption rates, patterns, and habits of the members of the Suquamish Tribe. The second
14 objective was to identify cultural practices and attributes which affect consumption rates,
15 patterns and habits of members of the Suquamish Tribe.

16 A systematic random sample of adults age 16 and older were selected from a sorted tribal
17 enrollment roster. The study had a participation rate of 64.8%, which was calculated on the
18 basis of 92 respondents out of a total of 142 potentially eligible adults on the list of those
19 selected into the sample. Consumption data for children under six years of age were gathered
20 through adult respondents who had children under six years of age living in the household at the
21 time of the survey since birth or for at least one year.

22 A survey questionnaire was administered by personal interview. The survey included
23 four parts: (1) a 24-hour dietary recall; (2) identification, portions, frequency of consumption,
24 preparation, harvest location of fish; (3) shellfish consumption, preparation, harvest location; and
25 (4) changes in consumption over time, cultural information, physical information, and
26 socioeconomic information.

27 A display booklet was developed to assist respondents in providing consumption data and
28 identifying harvest locations of seafood consumed. Physical models of finfish and shellfish were
29 constructed to assist respondents in determining typical food portions. Finfish and shellfish were

1 grouped into categories based on similarities in life history as well as practices of tribal members
2 who fish for subsistence, ceremonial, and commercial purposes.

3 Interviewers collected data from 92 adults and for 31 children under six years of age.
4 Table 3-28 provides the consumption rate for children in terms of g/kg-day. Table 3-29 provides
5 consumption rates for consumers only. Because all the children involved in the study consumed
6 some form of fish, the consumption distribution of all fish is the same in both tables. The mean,
7 median, and 95th percentile consumption of all fish were 1.5 g/kg-day, 0.72 g/kg-day, and 7.3
8 g/kg-day, respectively.

9 A limitation of this study is that the sample size for children was fairly small (31
10 children). An important attribute of this survey is that it provides consumption rates by
11 individual type of fish and shellfish. It is important to note that the report indicates that
12 increased levels of development as well as pollutants from residential, industrial, and
13 commercial uses have resulted in degraded habitats and harvesting restrictions. There were 11
14 Superfund sites within the immediate area of the Port Madison Indian Reservation at the time the
15 fish consumption survey was conducted. Despite degraded water quality and habitat, tribal
16 members continue to rely on fish and shellfish as a significant part of their diet.

17 18 **3.3.4 Multi-State Study**

19 EPA/ORD has collected data from many fish consumption surveys performed throughout
20 the United States. Some of these studies were selected for further analysis based on the
21 following criteria: large sample size and availability of data. Raw data were obtained for three
22 of the studies, covering four states: Connecticut, Florida, Minnesota, and North Dakota (Westat,
23 2006). The fish consumption data from the three studies were extracted and the common data
24 variables were combined into one file for subsequent analysis. The study presents fish and
25 shellfish consumption data, enumerated by demographic group and by type of fish and/or
26 shellfish consumed.

27 The primary difference in survey procedures among the three studies was the manner in
28 which the fish consumption data were collected. In Connecticut, the survey requested
29 information on how often each type of seafood was eaten, without a recall period specified. In

1 Minnesota and North Dakota, the survey requested information on the rate of fish or shellfish
2 consumption during the previous 12 months. In Florida, the survey requested information on
3 fish consumption during the last 7 days prior to the telephone interview. In addition, for the
4 Florida survey, away-from-home fish consumption was collected from a randomly selected adult
5 from each participating household. Because this information was not collected from all
6 household members, the study may tend to underestimate away-from home consumption. The
7 study notes that estimates of fish consumption using a shorter recall period will decrease the
8 proportion of respondents that report eating fish or shellfish. This trend was observed in the
9 Florida study (in which approximately half of respondents reported eating fish/shellfish),
10 compared with Connecticut, Minnesota and North Dakota (in which approximately 90% of
11 respondents reported eating fish or shellfish).

12 Tables 3-30 through 3-32 present key findings of the Westat (2006) consumption study.
13 Tables 3-30 and 3-31 present per capita and consumer only consumption, respectively, for the 1
14 to <6 years, 6 to <11 years, 11 to <16 years, and 16 to <30 year age groups. The 16 to <30 year
15 age group is divided in to male and female cohorts. Table 3-32 classifies the sample populations
16 of the four studies based on their source of fish (caught, bought, or a combination of both.); this
17 table presents data for consumers only.

18 19 **3.4 FAT INTAKE**

20 **3.4.1. Bogalusa Heart Study**

21 Cresenta et al. (1988), Nicklas (1993), and Frank et al. (1986) analyzed dietary fat intake data as
22 part of the Bogalusa heart study. The Bogalusa study, an epidemiologic investigation of
23 cardiovascular risk-factor variables and environmental determinants, has collected dietary data
24 on subjects residing in Bogalusa, LA, since 1973. Among other research, the study collected fat
25 intake data for children, adolescents, and young adults. Researchers have examined various
26 cohorts of subjects, including (1) six cohorts of 10-year olds, (2) two cohorts of 13-year olds, (3)
27 one cohort of subjects from 6 months to 4 years of age, and (4) one cohort of subjects from 10 to
28 17 years of age (Nicklas, 1995). To collect the data, interviewers used the 24-hour dietary recall
29 method. According to Nicklas (1995), “the diets of children in the Bogalusa study are similar to

1 those reported in national studies of children.” Thus, these data are useful in evaluating the
2 variability of fat intake among the general population for the purposes of evaluating variability in
3 exposure for dioxin-like or other lipophilic compounds among this group. Data for 6-month old
4 to 17-year old individuals collected during 1973 to 1982 are presented in Tables 3-33 and 3-34
5 (Frank et al., 1986). Data are presented for total fats, animal fats, vegetable fats, and fish fats in
6 units of g/day (Table 3-33) and g/kg/day (Table 3-34).

7 The Centers for Disease Control and Prevention (CDC, 1994) used data from NHANES
8 III to calculate daily total food energy intake (TFEI), total dietary fat intake, and saturated fat
9 intake for the U.S. population during 1988 to 1991. The sample population comprised 20,277
10 individuals ages 2 months and above, of which 14,001 respondents (73 percent response rate)
11 provided dietary information based on a 24-hour recall. TFEI was defined as “all nutrients (i.e.,
12 protein, fat, carbohydrate, and alcohol) derived from consumption of foods and beverages
13 (excluding plain drinking water) measured in kilocalories (kcal).” Total dietary fat intake was
14 defined as “all fat (i.e., saturated and unsaturated) derived from consumption of foods and
15 beverages measured in grams” (CDC, 1994).

16 The authors estimated and provided data on the mean daily TFEI and the mean
17 percentages of TFEI from total dietary fat grouped by age and gender. The overall mean daily
18 TFEI for the total population was 2095 kcal, of which 34 percent (or 82 g) was from total dietary
19 fat. Based on this information, the mean daily fat intake was calculated for the various age
20 groups and genders (see Appendix 3C for detailed calculation). Table 3-35 presents the grams of
21 fat per day obtained from the daily consumption of foods and beverages grouped by age and
22 gender for the U.S. population, based on this calculation.

23 The advantage of this study is that it collected longitudinal data on children’s diet from
24 more than 20 years. One limitation of this data set is that it may not be representative of other
25 areas of the U.S. since it was not a national survey. In addition, the data are about 20 years old
26 and consumption patterns may have shifted.

27 28 **3.4.2. U.S. EPA 2006**

29 The U.S. EPA has conducted a study to characterize consumption of fat by individuals in

1 the United States. The study was conducted using the U.S. Department of Agriculture (USDA)
2 Continuing Survey of Food Intake by Individuals (CSFII) 1994, 96, 1998 databases, and the U.S.
3 EPA Food Commodity Intake Database (FCID). The fat contents of foods in the EPA's
4 commodity code list were determined using the USDA Nutrient Database for Standard
5 Reference, Release 13 (USDA, 1999). The analyses included the quantification of the
6 consumption of fat from various sources, e.g., beef, oils, poultry, etc., within various
7 demographic groups. Percentiles of consumption of fat were calculated on the basis of total
8 mass and also on a unit of body weight basis for 12 different food categories and 98
9 demographic cohorts. Fat intake percentiles were also calculated for a subset of the sample
10 population whose consumption of animal fats exceeded the 90th percentile within their age group.
11

12 The advantage of this study is that it uses the latest information on consumption rate from
13 the USDA data. One disadvantage is that the analysis was conducted before EPA published the
14 recommended age groups for children. Therefore, the age groups presented in Tables 3-36 may
15 not be entirely consistent with the recommended age groups.
16

17 **3.5 TOTAL DIETARY INTAKE AND CONTRIBUTIONS TO DIETARY INTAKE**

18 Using data from the 1994-1996 CSFII, total dietary intake was also evaluated. Total
19 dietary intake was defined as intake of the sum of all foods in the following major food groups:
20 dairy, eggs, meats, fish, fats, grains, vegetables, and fruits, using the same foods codes as those
21 described in Appendix 3B, and the same method for allocation of mixtures as described in
22 Appendix 3A. Beverages; sugar, candy, and sweets, and nuts and nut products were not
23 included because they could not be categorized into the major food groups. Distributions of total
24 dietary intake were generated, as described previously, for various age groups. Means, standard
25 errors, and percentiles of total dietary intake were estimated in units of g/kg/day, as well as
26 g/day.

27 To evaluate variability in the contributions of the major food groups to total dietary
28 intake, individuals were ranked from lowest to highest, based on total dietary intake. Three
29 subsets of individuals were defined, as follows: a group at the low end of the distribution of total

1 intake (i.e., below the 10th percentile of total intake), a central group (i.e., the 45th to 55th
2 percentile of total intake), and a group at the high end of the distribution of total intake (i.e.,
3 above the 90th percentile of total intake). Mean total dietary intake (in grams/day and
4 grams/kg/day), mean intake of each of the major food groups (in grams/day and grams/kg/day),
5 and the percent of total dietary intake that each of these food groups represents was calculated
6 for each of the three populations (i.e., individuals with low-end, central, and high-end total
7 dietary intake). A similar analysis was conducted to estimate the contribution of the major food
8 groups to total dietary intake for individuals at the low-end, central, and high-end of the
9 distribution of total meat intake, total dairy intake, total meat and dairy intake, total fish intake,
10 and fruit and vegetable intake. For example, to evaluate the variability in the diets of individuals
11 at the low-end, central range, and high-end of the distribution of total meat intake, survey
12 individuals were ranked according to their reported total meat intake. Three subsets of
13 individuals were formed as described above. Mean total dietary intake, intake of the major food
14 groups, and the percent of total dietary intake represented by each of the major food groups were
15 tabulated. This analysis was conducted for the following age groups of the population: <1 year,
16 1-2 years, 3-5 years, 6-11 years, and 12-19 years. The data were tabulated in units of g/kg/day
17 and g/day.

18 Distributions of total dietary intake are presented in Table 3-36 in units of g/day and
19 g/kg/day. Tables 3-37 and 3-38 compare total dietary intake to intake of the various major food
20 groups for the various age groups in units of g/day and g/kg/day. Tables 3-39 through 3-44
21 present the contributions of the major food groups to total dietary intake for individuals (in the
22 various age groups) at the low-end, central, and high-end of the distribution of total dietary
23 intake, total meat intake, total meat and dairy intake, total fish intake, total fruit and vegetable
24 intake, and total dairy intake in units of g/day and g/kg/day. Each of these tables concerns three
25 classes of consumers (low-end, mid-range, and high-end) of one class of food (all foods, meat,
26 meat and dairy, fish, fruit and vegetable, and dairy). For each of the three classes of consumers,
27 consumption of nine different food categories is presented. For example, in Table 3-40 one will
28 find the mean consumption of eggs, vegetables, etc. for individuals with an unusually high (or
29 low) consumption of meat.

1 In order to conform to the standard age categories used in this Handbook, each of the
2 tables from U.S. EPA (2000) has been modified by re-analyzing the source data and applying the
3 new age categories.

4 5 **3.6 INTAKE OF HOME-PRODUCED FOODS**

6 NFCS data were used to generate intake rates for home produced foods (U.S. EPA,
7 1997). USDA conducts the NFCS every 10 years to analyze the food consumption behavior and
8 dietary status of Americans (USDA, 1992). The most recent NFCS was conducted in 1987-88
9 (USDA, 1987-88) and has since been replaced with the CSFII. The survey used a statistical
10 sampling technique designed to ensure that all seasons, geographic regions of the 48
11 conterminous states in the U.S., and socioeconomic and demographic groups were represented
12 (USDA, 1994). There were two components of the NFCS. The household component collected
13 information over a seven-day period on the socioeconomic and demographic characteristics of
14 households, and the types, amount, value, and sources of foods consumed by the household
15 (USDA, 1994). The individual intake component collected information on food intakes of
16 individuals within each household over a three-day period (USDA, 1993). The sample size for
17 the 1987-1988 survey was approximately 4,300 households (over 10,000 individuals). This is a
18 decrease over the previous survey conducted in 1977-1978 which sampled approximately 15,000
19 households (over 36,000 individuals) (USDA, 1994). The sample size was lower in the 1987-
20 1988 survey as a result of budgetary constraints and low response rate (38% for the household
21 survey and 31% for the individual survey) (USDA, 1993). However, NFCS data from 1987-
22 1988 were used to generate homegrown intake rates because they were the most recent data
23 available and were believed to be more reflective of current eating patterns among the U.S.
24 population.

25 The USDA data were adjusted by applying the sample weights calculated by USDA to
26 the data set prior to analysis. The USDA sample weights were designed to “adjust for survey
27 non-response and other vagaries of the sample selection process” (USDA, 1987-88). Also, the
28 USDA weights are calculated “so that the weighted sample total equals the known population
29 total, in thousands, for several characteristics thought to be correlated with eating behavior”

1 (USDA, 1987-88).

2 For the purposes of this study, home produced foods were defined as homegrown fruits
3 and vegetables, meat and dairy products derived from consumer-raised livestock or game meat,
4 and home caught fish. The food items/groups selected for analysis included major food groups
5 such as total fruits, total vegetables, total meats, total dairy, total fish and shellfish. Individual
6 food items for which >30 households reported eating the home produced form of the item, fruits
7 and vegetables categorized as exposed, protected, and roots, and various USDA fruit and
8 vegetable subcategories (i.e., dark green vegetables, citrus fruits, etc.) were also evaluated for the
9 general population (U.S. EPA, 1997). However, age-specific data for children are not presented
10 here because of the small numbers of observations for children eating individual homegrown
11 foods in the data set. Food items/groups were identified in the NFCS data base according to
12 NFCS-defined food codes. Appendix 3D presents the codes and definitions used to determine
13 the various food groups.

14 Although the individual intake component of the NFCS gives the best measure of the
15 amount of each food group eaten by each individual in the household, it could not be used
16 directly to measure consumption of home produced food because the individual component does
17 not identify the source of the food item (i.e., as home produced or not). Therefore, an analytical
18 method which incorporated data from both the household and individual survey components was
19 developed to estimate individual home produced food intake. The USDA household data were
20 used to determine (1) the amount of each home produced food item used during a week by
21 household members and (2) the number of meals eaten in the household by each household
22 member during a week. Note that the household survey reports the total amount of each food
23 item used in the household (whether by guests or household members); the amount used by
24 household members was derived by multiplying the total amount used in the household by the
25 proportion of all meals served in the household (during the survey week) that were consumed by
26 household members.

27 The individual survey data were used to generate average sex- and age-specific serving
28 sizes for each food item. The age categories used in the analysis were as follows: 1 to 2 years;
29 3 to 5 years; 6 to 11 years; 12 to 19 years (intake rates were not calculated for children under 1;

1 the rationale for this is discussed below). These serving sizes were used during subsequent
 2 analyses to generate homegrown food intake rates for individual household members. Assuming
 3 that the proportion of the household quantity of each homegrown food item/group was a function
 4 of the number of meals and the mean sex- and age-specific serving size for each family member,
 5 individual intakes of home produced food were calculated for all members of the survey
 6 population using SAS programming in which the following general equation was used:

7

$$8 \quad w_i = w_f \left[\frac{m_i q_i}{\sum_{i=1}^n m_i q_i} \right] \quad (\text{Eqn. 3-1})$$

9 where:

- 10 w_i = Homegrown amount of food item/group attributed to member i during the week
- 11 (g/week);
- 12 w_f = Total quantity of homegrown food item/group used by the family members
- 13 (g/week);
- 14 m_i = Number of meals of household food consumed by member i during the week
- 15 (meals/week); and
- 16 q_i = Serving size for an individual within the age and sex category of the member
- 17 (g/meal).

18

19 Daily intake of a homegrown food item/group was determined by dividing the weekly value (w_i)
 20 by seven. Intake rates were indexed to the self-reported body weight of the survey respondent
 21 and reported in units of g/kg-day. Intake rates were not calculated for children under one year of
 22 age because their diet differs markedly from that of other household members, and thus the
 23 assumption that all household members share all foods would be invalid for this age group.

1 For the major food groups (fruits, vegetables, meats, dairy, and fish) consumed by at least
2 30 households, distributions of home produced intake among consumers were generated by age
3 group. Consumers were defined as members of survey households who reported consumption of
4 the food item/group of interest during the one week survey period. Finally, the percentages of
5 total intake of the food items/groups consumed within survey households that can be attributed to
6 home production were tabulated. The percentage of intake that was homegrown was calculated
7 as the ratio of total intake of the homegrown food item/group by the survey population to the total
8 intake of all forms of the food by the survey population. As discussed previously, percentiles of
9 average daily intake derived from short time intervals (e.g., 7 days) will not, in general, be
10 reflective of long term patterns.

11 The intake data presented here for consumers of home produced foods and the total
12 number of individuals surveyed may be used to calculate the mean and the percentiles of the
13 distribution of home produced food consumption in the overall population (consumers and non-
14 consumers) as follows:

15 Assuming that IR_p is the homegrown intake rate of food item/group at the p^{th} percentile
16 and N_c is the weighted number of individuals consuming the homegrown food item, and N_T is the
17 weighted total number of individuals surveyed, then $N_T - N_c$ is the weighted number of
18 individuals who reported zero consumption of the food item. In addition, there are $(p/100 \times N_c)$
19 individuals below the p^{th} percentile. Therefore, the percentile that corresponds to a particular
20 intake rate (IR_p) for the overall distribution of homegrown food consumption (including
21 consumers and nonconsumers) can be obtained by:

$$23 \quad P_{\text{overall}}^{\text{th}} = 100 \times \frac{\left(\frac{P}{100} \times N_c + (N_T - N_c) \right)}{N_T} \quad (\text{Eqn. 3-2})$$

24
25 Table 3-45 displays the weighted numbers N_T , as well as the unweighted total survey
26 sample sizes, for each subcategory and overall. It should be noted that the total unweighted

1 number of observations in Table 3-45 (9,852) is somewhat lower than the number of observations
2 reported by USDA because this study only used observations for family members for which age
3 and body weight were specified.

4 Table 3-46 presents homegrown intake rates for fruits, vegetables, meats, and fish,
5 respectively. As mentioned above, the intake rates derived in this section are based on the
6 amount of household food consumption. As measured by the NFCS, the amount of food
7 “consumed” by the household is a measure of consumption in an economic sense, i.e., a measure
8 of the weight of food brought into the household that has been consumed (used up) in some
9 manner. In addition to food being consumed by persons, food may be used up by spoiling, by
10 being discarded (e.g., inedible parts), through cooking processes, etc.

11 USDA estimated preparation losses for various foods (USDA, 1975). For meats, a net
12 cooking loss, which includes dripping and volatile losses, and a net post cooking loss, which
13 involves losses from cutting, bones, excess fat, scraps and juices, were derived for a variety of
14 cuts and cooking methods. For each meat type (e.g., beef) EPA has averaged these losses across
15 all cuts and cooking methods to obtain a mean net cooking loss and a mean net post cooking loss.
16 Mean values for all meats and fish are provided in Table 3-47. For individual fruits and
17 vegetables, USDA (1975) also gave cooking and post-cooking losses. These data, averaged
18 across all types of fruits and vegetables to give mean net cooking and post cooking losses are also
19 provided in Table 3-47.

20 The following formula can be used to convert the homegrown intake rates tabulated here
21 to rates reflecting actual consumption:

$$I_A = I \times (1 - L_1) \times (1 - L_2) \quad (\text{Eqn. 3-3})$$

24
25 where:

26
27 I_A = the adjusted intake rate;

28 I = the tabulated intake rate;

29 L_1 = the cooking or preparation loss; and

1 L_2 = the post-cooking loss.

2
3 For fruits, corrections based on post-cooking losses only apply to fruits that are eaten in cooked
4 forms. For raw forms of the fruits, paring or preparation loss data should be used to correct for
5 losses from removal of skin, peel, core, caps, pits, stems, and defects, or draining of liquids from
6 canned or frozen forms.

7 In calculating ingestion exposure, assessors should use consistent forms in combining
8 intake rates with contaminant concentrations, as previously discussed.

9 10 **3.7 SERVING SIZE STUDY BASED ON THE USDA NFCS**

11 Using data gathered in the 1977-1978 USDA NFCS, Pao et al. (1982) calculated
12 distributions for the quantities of individual fruit and vegetables consumed per eating occasion by
13 members of the U.S. population (i.e., serving sizes), over a 3-day period. The data were collected
14 during NFCS home interviews of 37,874 respondents, who were asked to recall food intake for
15 the day preceding the interview, and record food intake the day of the interview and the day after
16 the interview.

17 Serving size data are presented on an as consumed (g/eating occasion) basis in Table 3-48
18 for various age groups of the population. Only the mean and standard deviation serving size data
19 and percent of the population consuming the food during the 3-day survey period are presented in
20 this handbook. Percentiles of serving sizes of the foods consumed by these age groups of the U.S.
21 population can be found in Pao et al. (1982).

22 The advantages of using these data are that they were derived from the USDA NFCS and
23 are representative of the U.S. population. This data set provides serving sizes for a number of
24 commonly eaten foods, but the list of foods is limited and does not account for fruits and
25 vegetables included in complex food dishes. Also, these data represent the quantity of foods
26 consumed per eating occasion. Although these estimates are based on USDA NFCS 1977-1978
27 data, serving size data have been collected but not published for the more recent USDA surveys.
28 These estimates may be useful for assessing acute exposures to contaminants in specific foods, or
29 other assessments where the amount consumed per eating occasion is necessary. However, it

1 should be noted that serving sizes may have changed since the data were collected in 1977-1978.

2 Serving sizes can also be calculated directly from the USDA CSFII datasets that are
3 available on CD-ROM from NTIS. Default serving sizes that the USDA assumed when the
4 respondents did not know how much they ate are also on the CD-ROM.

6 **3.8 CONVERSION BETWEEN “AS CONSUMED” AND DRY WEIGHT** 7 **INTAKE RATES**

8 As noted previously, intake rates may be reported in terms of units as consumed or units
9 of dry weight. It is essential that exposure assessors be aware of this difference so that they may
10 ensure consistency between the units used for intake rates and those used for concentration data
11 (i.e., if the unit of food consumption is grams dry weight/day, then the unit for the amount of
12 pollutant in the food should be grams dry weight).

13 If necessary, as consumed intake rates may be converted to dry weight intake rates using
14 the moisture content percentages presented in Table 3-49 and Table 3-50 and the following
15 equation:

$$17 \quad IR_{dw} = IR_{ac} \left[\frac{100 - W}{100} \right] \quad (\text{Eqn. 3-4})$$

18
19 "Dry weight" intake rates may be converted to "as consumed" rates by using:

$$21 \quad IR_{ac} = \frac{IR_{dw}}{\left(\frac{100 - W}{100} \right)} \quad (\text{Eqn. 3-5})$$

22 where:

23 IR_{dw} = dry weight intake rate;
24 IR_{ac} = as consumed intake rate; and
25 W = percent water content.

1
2 **3.9 FAT CONTENT OF MEAT AND DAIRY PRODUCTS**

3 In some cases, the residue levels of contaminants in meat and dairy products are reported
4 as the concentration of contaminant per gram of fat. This may be particularly true for lipophilic
5 compounds. When using these residue levels, the assessor should ensure consistency in the
6 exposure assessment calculations by using consumption rates that are based on the amount of fat
7 consumed for the meat or dairy product of interest. Alternately, residue levels for the "as
8 consumed" portions of these products may be estimated by multiplying the levels based on fat by
9 the fraction of fat per product as follows:

10

$$\frac{\text{residue level}}{\text{g-product}} = \frac{\text{residue level}}{\text{g-fat}} \times \frac{\text{g-fat}}{\text{g-product}} \quad (\text{Eqn. 3-6})$$

11

12

13 The resulting residue levels may then be used in conjunction with “as consumed” consumption
14 rates. The percentages of lipid fat in meat and dairy products have been reported in various
15 publications. USDA's Agricultural Handbook Number 8 (USDA, 1979-1986) provides
16 composition data for agricultural products. It includes a listing of the total saturated,
17 monounsaturated, and polyunsaturated fats for various meat and dairy items. Table 3-51 presents
18 the total fat content for selected meat and dairy products taken from Handbook Number 8. The
19 total percent fat content is based on the sum of saturated, monounsaturated, and polyunsaturated
20 fats.

21 The National Livestock and Meat Board (NLMB) (1993) used data from Agricultural
22 Handbook Number 8 to estimate total fat content in grams, based on a 3-ounce (85.05 g) cooked
23 serving size, and the corresponding percent fat content values for several categories of meats
24 (Table 3-52). NLMB (1993) also reported that 0.17 grams of fat are consumed per gram of meat
25 (i.e., beef, pork, lamb, veal, game, processed meats, and variety meats) (17 percent) and 0.08
26 grams of fat are consumed per gram of poultry (8 percent).

3.10 RECOMMENDATIONS

The 1994-96 CSFII data described in this section were used in selecting recommended intake rates for most food groups for general population children. For fish intake among general population children, the 1994-96 and 1998 CSFII analyses were used to recommend intake rates. For recreational fish intake, the data for children are limited. Table 3-54 presents a summary of the recommended values for food intake and Table 3-55 presents the confidence ratings for the food intake (including fish) recommendations for general population children. Table 3-56 present the confidence ratings for fish intake recommendations for the freshwater recreational population.

Fish consumption data for Native American children are limited. Three Native American fish consumption studies were identified: Columbia River Inter-Tribal Fish Commission (CRITFC, 1994), A Fish Consumption Survey of the Tulalip and Squaxin Island Tribes of the Puget Sound Region (Toy et al., 1996), and Fish Consumption Survey of the Sequamish Indian Tribe of the Port Madison Indian Reservation, Puget Sound Region (The Suquamish Tribe, 2000). The means of these studies ranged from 11 to 25 g/day. The consumers only weighted mean based on those three studies is 21 g/day for children <6 years of age. CRITFC (1994) and Toy et al. (1996) did not present the distributions for consumers only. EPA calculated the consumers only distributions based on the total number of the population surveyed and the reported percentage of nonconsumers. Toy et al. (1996), however, only presented the mean, 50th, 75th, and 90th percentile values of intake rates for the population of consumers and nonconsumers. When those percentiles are converted to consumers only, these result in the 32nd, 66th, and 86th percentiles, respectively. Therefore, the 95th percentile cannot be estimated without the raw data. Based on CRITFC (1994) and the Suquamish Tribe (2000), the weighted 90th and 95th percentiles for children <6 years of age are 60 g/day and 78 g/day, respectively. Table 3-57 presents the summary of intake rates for Native American children and Table 3-58 provides the confidence ratings.

Per capita intake rates for specific food items, on a g/kg-day basis, may be obtained from Tables 3-16 - 3-19. It is important to note that these distributions are based on data collected over a 2-day period and may not necessarily reflect the long-term distribution of average daily intake rates. However, for these broad categories of food, because they are eaten on a daily basis

1 throughout the year with minimal seasonality, the short term distribution may be a reasonable
2 approximation of the long-term distribution, although it will display somewhat increased
3 variability. This implies that the upper percentiles shown here will tend to overestimate the
4 corresponding percentiles of the true long-term distribution. These tables also do not include the
5 data from the 1998 Children's supplement to the 1994-96 CSFII.
6

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Table 3-1. Grain Products: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a									
		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				
Males and Females:											
Under 1	1126	56	2	2	1	2	1 ^b	1	3	1	20
1	1016	192	16	16	11	9	9	9	16	7	87
2	1102	219	26	26	16	15	12	12	22	9	87
1 to 2	2118	206	21	21	13	12	11	11	19	8	87
3	1831	242	30	30	19	13	12	16	23	11	98
4	1859	264	36	36	22	15	11	17	30	13	102
5	884	284	41	41	24	17	11	15	33	13	107
3 to 5	4574	264	36	36	22	15	11	16	29	12	102
5 and under	7818	219	27	27	16	13	10	12	22	9	87
Males:											
6 to 9	787	310	45	77	28	18	15	23	39	16	109
6 to 11	1031	318	46	80	31	16	18	23	40	15	115
12 to 19	737	406	54	82	29	27	17	26	49	19	175
Females:											
6 to 9	704	284	43	61	21	12	15	18	42	13	107
6 to 11	969	280	43	62	20	14	15	19	42	14	101
12 to 19	732	306	40	67	17	19	22	15	37	15	132
All individuals:											
9 and under	9309	250	34	64	20	14	12	16	30	12	96
19 and under	11287	298	40	69	22	17	15	18	36	14	120

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-2. Grain Products: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent consuming ^a									
		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				
Males and Females:											
Under 1	1126	70.6	10.9	62.8	9.1	3.4	2.1	4.4	16.5	10.3	15.0
1	1016	98.2 ^b	48.4	70.6	45.3	11.3	9.4	23.0	47.0	39.0	47.8
2	1102	99.0 ^b	58.7	71.1	51.9	14.4	9.4	27.5	46.6	37.9	45.3
1 to 2	2118	98.7	53.7	70.9	48.7	12.9	9.4	25.3	46.8	38.4	46.5
3	1831	99.4 ^b	64.1	69.7	53.3	11.1	8.6	28.8	46.1	38.5	49.0
4	1859	99.5 ^b	67.0	69.1	54.8	11.4	7.1	28.6	52.3	39.4	46.2
5	884	99.9 ^b	69.2	70.4	54.9	11.4	6.8	25.2	52.4	32.1	47.4
3 to 5	4574	99.6 ^b	66.8	69.7	54.3	11.3	7.5	27.5	50.3	36.7	47.5
5 and under	7818	95.8	55.5	69.3	46.9	10.9	7.5	24.0	45.0	34.1	43.3
Males:											
6 to 9	787	98.9 ^b	69.8	62.6	50.8	10.5	7.4	28.1	52.5	36.0	44.5
6 to 11	1031	99.0 ^b	69.1	64.0	52.4	9.7	8.1	27.1	52.3	33.8	45.3
12 to 19	737	98.2 ^b	62.7	44.6	33.2	10.0	5.9	24.4	41.3	27.2	46.2
Females:											
6 to 9	704	99.7 ^b	71.5	61.2	47.6	9.0	7.9	26.3	57.1	38.3	48.0
6 to 11	969	99.3 ^b	71.0	59.3	45.6	9.4	7.1	27.1	55.0	37.1	45.7
12 to 19	732	97.6 ^b	60.9	45.9	30.3	8.6	9.3	19.8	40.6	30.9	46.1
All individuals:											
9 and under	9309	97.2	61.6	66.4	47.9	10.5	7.6	25.3	48.9	35.3	44.4
19 and under	11287	97.6	62.4	57.6	41.7	9.9	7.6	24.2	46.1	32.5	45.1

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-3. Vegetables: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a									
		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							
Males and Females:											
Under 1	1126	57	9	1	2	19	1 ^b	* ^b	6	5	16
1	1016	79	26	11	5	9	7	1	8	9	16
2	1102	87	32	17	4	5	11	2	7	10	17
1 to 2	2118	83	29	14	5	7	9	1	7	9	17
3	1831	91	34	17	5	5	13	2	5	11	16
4	1859	97	37	19	6	5	11	3	5	12	18
5	884	103	44	22	4	6	12	3	6	12	17
3 to 5	4574	97	38	20	5	5	12	3	5	11	17
5 and under	7818	88	31	16	4	7	10	2	6	10	17
Males:											
6 to 9	787	110	47	26	4	5	16	5	5	11	16
6 to 11	1031	115	50	27	5	5	16	5	5	11	18
12 to 19	737	176	85	44	6	6	28	12	3	10	25
Females:											
6 to 9	704	110	42	22	5	4	14	6	5	13	21
6 to 11	969	116	46	25	5	4	15	7	5	12	22
12 to 19	732	145	61	31	9	4	18	12	4	8	28
All individuals:											
9 and under	9309	97	37	19	4	6	12	3	6	11	18
19 and under	11287	125	53	27	6	6	17	7	5	10	22

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-4. Vegetables: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent Consuming ^a									
		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							
Males and Females:											
Under 1	1126	47.2	12.3	4.3	2.3	20.5	1.8	0.2 ^b	7.8	8.5	14.8
1	1016	3.3	40.4	25.2	6.4	13.3	18.0	3.9	13.7	17.6	19.4
2	1102	78.4	46.7	34.5	7.6	10.5	30.8	7.5	11.5	15.0	22.3
1 to 2	2118	75.9	43.6	29.9	7.0	11.8	24.6	5.7	12.6	16.2	20.9
3	1831	80.5	46.7	34.7	7.0	10.7	34.1	8.3	10.1	14.6	24.7
4	1859	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 to 5	4574	81.4	48.2	35.9	6.3	12.0	34.5	10.6	9.9	15.7	26.7
5 and under	7818	75.4	42.3	30.1	6.1	13.0	27.2	7.6	10.5	15.0	23.3
Males:											
6 to 9	787	78.8	47.9	38.0	6.3	12.5	38.2	13.1	7.8	15.0	29.7
6 to 11	1031	79.3	48.7	38.4	6.1	12.4	38.7	13.9	6.7	13.8	30.8
12 to 19	737	78.2	49.5	38.6	3.6	8.0	43.0	23.8	3.5	7.4	33.2
Females:											
6 to 9	704	80.5	48.2	36.3	5.9	11.9	33.8	15.8	8.4	15.9	26.6
6 to 11	969	81.7	50.8	38.9	5.4	11.4	33.5	17.1	7.8	15.1	29.2
12 to 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	9309	77.1	44.6	32.9	6.1	12.7	30.7	10.3	9.6	15.2	25.2
19 and under	11287	78.3	46.8	35.3	5.6	11.2	34.6	16.6	7.0	11.9	29.4

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-5. Fruits: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a									
		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)	Non-citrus juices and nectars
Males and Females:											
Under 1	1126	131	4	4	* ^b	126	14	10	1 ^b	39	61
1	1016	267	47	42	2	216	22	23	8	29	134
2	1102	276	65	56	2	207	27	20	10	20	130
1 to 2	2118	271	56	49	2	212	24	22	9	24	132
3	1831	256	61	51	1	191	27	18	13	24	110
4	1859	243	62	52	1	177	31	17	14	22	92
5	884	218	55	44	* ^b	160	31	14	13	24	78
3 to 5	4574	239	59	49	1	176	30	16	13	23	93
5 and under	7818	237	52	44	1	182	26	17	10	26	103
Males:											
6 to 9	787	194	58	51	* ^b	133	32	11	21	20	50
6 to 11	1031	183	67	60	* ^b	113	28	11	16	19	40
12 to 19	737	174	102	94	1 ^b	70	13	8	11 ^b	10	29
Females:											
6 to 9	704	180	63	54	1 ^b	113	23	10	10	25	46
6 to 11	969	169	64	54	* ^b	103	21	8	8	23	42
12 to 19	732	157	72	67	* ^b	83	13	5	15	14	35
All individuals:											
9 and under	9309	217	55	47	1	159	27	15	12	24	81
19 and under	11287	191	70	62	1	118	21	11	12	19	56

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-6. Fruits: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent Consuming ^a									
		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)	Non-citrus juices and nectars
Males and Females:											
Under 1	1126	59.7	3.6	2.7	0.4 ^b	59.0	15.7	13.3	1.8	29.9	33.0
1	1016	81.0	23.6	19.0	5.9	73.0	23.4	25.1	6.9	26.5	43.2
2	1102	76.6	30.6	23.4	5.3	64.7	24.0	20.2	8.5	19.4	37.0
1 to 2	2118	78.8	27.2	21.3	5.6	68.8	23.7	22.6	7.7	22.9	40.0
3	1831	74.5	27.9	21.4	4.1	64.2	22.4	17.5	7.8	20.1	33.3
4	1859	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 ^b	56.9	21.9	12.6	7.4	19.0	24.5
3 to 5	4574	71.6	27.6	20.9	2.8	61.0	22.7	15.3	7.6	19.7	29.5
5 and under	7818	72.6	24.6	18.8	3.5	63.5	22.2	17.6	6.9	22.0	33.5
Males:											
6 to 9	787	59.0	24.8	20.5	0.8 ^b	49.1	20.3	8.7	7.3	16.8	15.5
6 to 11	1031	56.5	25.2	21.6	1.1 ^b	44.2	18.2	8.0	6.6	15.4	12.7
12 to 19	737	44.5	24.7	21.7	1.0 ^b	27.1	8.2	6.0	4.1	7.1	8.2
Females:											
6 to 9	704	64.9	27.9	22.3	1.5 ^b	50.4	17.3	8.8	7.4	20.4	17.3
6 to 11	969	62.1	27.7	21.5	1.1 ^b	47.2	16.2	7.3	7.4	19.0	14.9
12 to 19	732	45.6	22.4	18.1	1.1 ^b	30.2	8.2	4.4	6.0	11.3	9.7
All individuals:											
9 and under	9309	68.3	25.2	19.8	2.5	58.0	20.9	14.0	7.1	20.6	26.7
19 and under	11287	57.8	24.8	20.1	1.8	44.4	15.2	9.7	6.2	15.5	17.9

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-7. Milk and Milk Products: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a								
		Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid Milk				Yogurt		
				Total	Whole	Lowfat	Skim			
Males and Females:										
Under 1	1126	762	757	61	49	11	* ^b	4	3	1
1	1016	546	526	475	347	115	5 ^b	14	11	9
2	1102	405	377	344	181	141	17	10	16	11
1 to 2	2118	474	450	408	262	128	11	12	14	10
3	1831	419	384	347	166	150	26	10	22	12
4	1859	407	369	328	147	149	27	10	23	14
5	884	417	376	330	137	159	25	9	25	14
3 to 5	4574	414	376	335	150	153	26	10	23	13
5 and under	7818	477	447	327	177	127	18	10	18	11
Males:										
6 to 9	787	450	405	343	127	176	29	6	31	13
6 to 11	1031	450	402	335	121	172	33	6	35	12
12 to 19	737	409	358	303	99	158	40	3 ^b	29	19
Females:										
6 to 9	704	380	337	288	105	146	26	4	29	13
6 to 11	969	382	336	283	108	136	29	4	30	14
12 to 19	732	269	220	190	66	92	30	4 ^b	29	14
All individuals:										
9 and under	9309	453	417	323	153	141	22	8	23	12
19 and under	11287	405	362	291	121	135	29	6	27	14

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-8. Milk and Milk Products: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent Consuming ^a								
		Total	Milk, milk drinks, yogurt						Milk desserts	Cheese
			Total	Fluid Milk				Yogurt		
				Total	Whole	Lowfat	Skim			
Males and Females:										
Under 1	1126	85.4	84.6	11.1	8.3	2.4	0.2	3.1	4.5	6.0
1	1016	95.3	92.7	87.7	61.7	26.5	1.5	10.0	13.9	29.7
2	1102	91.6	87.3	84.3	44.8	36.3	5.2	6.8	17.5	32.6
1 to 2	2118	93.4	90.0	86.0	53.0	31.5	3.4	8.4	15.8	31.2
3	1831	94.3	88.3	84.6	42.5	39.5	6.8	7.3	21.4	37.0
4	1859	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 to 5	4574	93.5	87.5	83.6	40.6	40.6	7.0	6.2	21.5	36.3
5 and under	7818	92.5	88.0	75.7	41.0	32.9	4.9	6.6	17.5	30.9
Males:										
6 to 9	787	93.2	85.5	80.7	32.4	44.3	8.6	3.8	24.0	34.6
6 to 11	1031	92.3	84.6	79.0	30.8	43.1	9.5	3.7	25.0	32.3
12 to 19	737	81.3	65.8	59.6	22.6	30.7	7.0	1.7	13.6	37.1
Females:										
6 to 9	704	90.2	82.5	77.5	31.5	40.8	8.1	2.9	24.1	30.9
6 to 11	969	90.2	81.5	76.0	33.2	37.8	8.4	3.0	22.4	31.9
12 to 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	9309	92.2	86.4	77.1	37.4	36.8	6.3	5.3	20.1	31.7
19 and under	11287	86.7	75.6	68.1	30.1	33.1	7.5	3.8	18.6	33.5

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-9. Meat, Poultry, and Fish: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a									
		Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurters, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures, mainly meat/poultry/fish
								Total	Chicken		
Males and Females:											
Under 1	1126	24	1 ^b	* ^b	* ^b	* ^b	2	3	2	* ^b	16
1	1016	80	5	2	* ^b	* ^b	13	12	12	3	43
2	1102	94	7	6	* ^b	* ^b	18	17	16	4	41
1 to 2	2118	87	6	4	* ^b	* ^b	15	15	14	3	42
3	1831	101	8	6	* ^b	* ^b	19	19	18	4	43
4	1859	115	10	6	* ^b	* ^b	22	20	19	5	49
5	884	121	14	6	* ^b	* ^b	22	22	19	5	51
3 to 5	4574	112	11	6	*	* ^b	21	21	19	5	47
5 and under	7818	93	8	5	*	* ^b	17	16	15	4	42
Males:											
6 to 9	787	151	18	7	* ^b	* ^b	24	23	21	7	71
6 to 11	1031	154	19	7	* ^b	* ^b	24	22	20	6	72
12 to 19	737	250	30	12	1 ^b	0	28	31	26	8	134
Females:											
6 to 9	704	121	17	4	* ^b	* ^b	18	19	16	5	55
6 to 11	969	130	18	5	* ^b	* ^b	19	20	17	5	60
12 to 19	732	158	21	5	* ^b	* ^b	15	21	19	6	85
All individuals:											
9 and under	9309	110	12	5	*	* ^b	19	18	17	5	50
19 and under	11287	152	18	7	* ^b	* ^b	20	22	19	6	76

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-10. Meat, Poultry, and Fish: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent Consuming ^a									
		Total	Beef	Pork	Lamb, veal, game	Organ meats	Frankfurter s, sausages, luncheon meats	Poultry		Fish and shellfish	Mixtures, mainly meat/ poultry/ fish
								Total	Chicken		
Males and Females:											
Under 1	1126	26.0	2.1	1.1 ^b	0.2 ^b	0.2 ^b	6.1	6.3	5.0	1.0	13.7
1	1016	77.4	11.9	7.3	0.8 ^b	0.2 ^b	26.3	24.0	23.1	5.4	32.2
2	1102	85.2	16.2	14.9	0.8 ^b	0.2 ^b	33.2	27.6	25.6	6.1	31.4
1 to 2	2118	81.4	14.1	11.2	0.8 ^b	0.2 ^b	29.9	25.8	24.4	5.8	31.8
3	1831	86.2	13.8	13.3	0.5 ^b	* ^b	36.4	28.3	26.0	6.4	29.2
4	1859	86.2	16.1	13.8	0.5 ^b	0.2 ^b	37.0	27.4	25.1	6.4	30.5
5	884	87.1	18.2	13.2	0.6 ^b	0.2 ^b	35.1	27.7	24.8	6.2	30.8
3 to 5	4574	86.5	16.0	13.4	0.5	0.2 ^b	36.1	27.8	25.3	6.3	30.2
5 and under	7818	77.5	13.7	11.2	0.6	0.2 ^b	30.4	24.5	22.6	5.5	28.8
Males:											
6 to 9	787	87.4	20.1	11.9	0.4 ^b	0.1 ^b	37.4	24.8	22.3	5.1	36.2
6 to 11	1031	87.8	22.0	12.2	0.4 ^b	0.2 ^b	36.2	22.9	20.5	5.4	35.7
12 to 19	737	86.8	24.2	15.8	0.6 ^b	0.0	31.8	20.6	17.6	5.0	38.3
Females:											
6 to 9	704	84.6	19.4	9.2	0.4 ^b	0.2 ^b	33.5	23.1	20.2	6.4	32.4
6 to 11	969	86.5	20.2	10.0	0.4 ^b	0.1 ^b	33.1	22.9	19.8	6.1	32.8
12 to 19	732	80.1	22.0	11.2	0.1 ^b	0.1 ^b	24.6	21.6	18.9	5.8	34.0
All individuals:											
9 and under	9309	80.9	16.1	10.9	0.5	0.2 ^b	24.3	24.3	22.0	5.6	31.0
19 and under	11287	82.8	19.6	12.1	0.4	0.1 ^b	22.7	22.7	20.1	5.5	33.3

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-11. Eggs, Legumes, Nuts and Seeds, Fats and Oils, Sugars and Sweets: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a								
		Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Males and Females:										
Under 1	1126	3	151	* ^b	*	*	* ^b	2	*	* ^b
1	1016	13	26	2	2	1	1	13	*	3
2	1102	18	12	4	3	2	1	22	*	5
1 to 2	2118	16	19	3	3	2	1	18	*	4
3	1831	13	13	5	4	2	2	31	1	7
4	1859	13	15	5	5	2	2	33	1	8
5	884	13	12	6	5	2	3	33	1	9
3 to 5	4574	13	13	5	5	2	2	32	1	8
5 and under	7818	13	32	4	4	2	2	23	1	6
Males:										
6 to 9	787	11	11	5	8	3	4	46	1	13
6 to 11	1031	12	13	5	7	3	4	42	1	12
12 to 19	737	22	17	5	12	3	9	35	2	13
Females:										
6 to 9	704	10	14	5	7	3	3	41	1	11
6 to 11	969	11	12	5	7	3	4	41	1	12
12 to 19	732	13	14	3	10	2	7	31	2	12
All individuals:										
9 and under	9309	12	24	4	5	2	3	32	1	8
19 and under	11287	14	20	4	8	2	5	33	1	10

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-12. Eggs, Legumes, Nuts and Seeds, Fats and Oils, Sugars and Sweets: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent Consuming ^a								
		Eggs	Legumes	Nuts and seeds	Fats and oils			Sugars and sweets		
					Total	Table fats	Salad dressings	Total	Sugars	Candy
Males and Females:										
Under 1	1126	6.7	18.7	1.1 ^b	6.0	5.3	0.7 ^b	6.9	1.9	0.5
1	1016	22.8	12.7	12.4	31.5	25.6	7.5	39.3	7.9	12.1
2	1102	27.3	10.9	16.8	41.1	30.9	14.0	50.2	8.2	21.0
1 to 2	2118	25.1	11.8	14.7	36.4	28.3	10.8	44.9	8.1	16.7
3	1831	19.8	11.1	20.5	42.1	30.2	15.6	57.5	10.4	24.1
4	1859	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 to 5	4574	17.7	11.6	20.7	43.7	29.8	17.9	57.7	11.1	24.8
5 and under	7818	18.9	12.5	16.3	36.6	26.4	13.4	47.2	9.0	19.1
Males:										
6 to 9	787	15.1	9.3	17.0	48.1	30.8	24.0	61.3	11.9	31.2
6 to 11	1031	15.6	9.8	15.7	46.9	29.0	24.6	59.6	12.2	29.3
12 to 19	737	17.0	10.9	8.7	43.1	20.8	27.7	46.7	13.3	21.0
Females:										
6 to 9	704	13.4	12.7	18.7	52.3	33.3	23.0	61.0	12.2	28.5
6 to 11	969	13.3	11.0	17.2	49.3	31.0	23.4	60.3	12.9	28.9
12 to 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	9309	17.1	11.9	16.9	42.0	28.6	17.5	52.8	10.2	23.4
19 and under	11287	16.4	11.2	13.2	43.2	25.9	22.4	50.8	11.5	23.5

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-13. Beverages: Mean Quantities consumed daily by sex and age, per capita

Sex and Age (years)	Sample Size	Consumption, grams per day ^a												
		Total	Alcoholic			Non-alcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Males and Females:														
Under 1	1126	19	0	0	0	19	0	2 ^b	15	7	3 ^b	1 ^b	1 ^b	* ^b
1	1016	120	0	0	0	120	* ^b	15	79	69	7	25	24	1 ^b
2	1102	196	0	0	0	196	* ^b	21	113	100	11 ^b	62	56	5
1 to 2	2118	159	0	0	0	159	* ^b	18	96	85	9	44	40	3
3	1831	240	* ^b	0	* ^b	240	1 ^b	18	137	126	8	84	77	7
4	1859	268	* ^b	* ^b	0	268	* ^b	20	141	130	8	106	95	11
5	884	299	0	0	0	299	1	28	149	140	6 ^b	121	112	7
3 to 5	4574	269	* ^b	* ^b	* ^b	269	1	22	143	132	8	104	95	8
5 and under	7818	201	* ^b	* ^b	* ^b	201	1	18	111	101	8	71	65	6
Males:														
6 to 9	787	385	* ^b	0	0	385	2 ^b	39	163	145	17	181	159	21
6 to 11	1031	413	* ^b	0	0	413	2 ^b	39	155	137	17	217	194	23
12 to 19	737	995	44 ^b	1 ^b	40 ^b	951	21	114	205	158	44	609	584	25
Females:														
6 to 9	704	322	* ^b	0	0	322	1 ^b	32	135	126	7	154	143	11
6 to 11	969	370	* ^b	0	0	370	2 ^b	34	134	125	8	200	181	19
12 to 19	732	645	8 ^b	1 ^b	6 ^b	637	14 ^b	93	134	113	20	395	349	43
All individuals:														
9 and under	9309	263	* ^b	* ^b	* ^b	263	1	25	127	115	9	110	99	10
19 and under	11287	502	10	* ^b	9 ^b	492	8	57	144	124	19	282	260	21

Note: consumption amounts shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

* value less than 0.5, but greater than 0.

Source: USDA, 1999

Table 3-14. Beverages: Percentage of individuals consuming, by sex and age

Sex and Age (years)	Sample Size	Percent Consuming ^a												
		Total	Alcoholic			Non-alcoholic								
			Total	Wine	Beer and ale	Total	Coffee	Tea	Fruit drinks and ades			Carbonated soft drinks		
									Total	Regular	Low calorie	Total	Regular	Low calorie
Males and Females:														
Under 1	1126	8.4	0.0	0.0	0.0	8.4	0.0	1.4 ^b	6.5	3.8	1.2 ^b	1.2 ^b	1.1 ^b	0.2 ^b
1	1016	40.8	0.0	0.0	0.0	40.8	0.1 ^b	5.9	27.7	24.6	2.7	14.2	13.6	0.8 ^b
2	1102	57.1	0.0	0.0	0.0	57.1	0.3 ^b	7.4	34.0	31.2	3.0	27.5	24.7	3.0
1 to 2	2118	49.1	0.0	0.0	0.0	49.1	0.2 ^b	6.6	30.9	28.0	2.8	21.0	19.3	1.9
3	1831	61.6	0.1 ^b	0.0	0.1 ^b	61.6	0.7 ^b	6.5	38.9	36.6	2.5	31.7	29.1	2.9
4	1859	67.8	* ^b	* ^b	0.0	67.8	0.6 ^b	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 ^b	9.1	38.8	37.3	2.2	39.0	36.1	2.9
3 to 5	4574	66.8	* ^b	* ^b	* ^b	66.8	0.7	7.7	39.6	37.4	2.4	35.9	32.7	3.4
5 and under	7818	53.7	* ^b	* ^b	* ^b	53.7	0.5	6.6	32.6	30.1	2.4	26.6	24.3	2.5
Males:														
6 to 9	787	73.2	0.3 ^b	0.0	0.0	73.2	0.9 ^b	8.8	41.6	38.1	5.3	43.1	38.8	5.4
6 to 11	1031	74.2	0.2 ^b	0.0	0.0	74.2	1.2 ^b	8.9	39.0	35.4	4.8	47.1	43.2	5.5
12 to 19	737	87.4	2.9	0.3 ^b	2.3 ^b	86.9	6.1	16.2	28.4	23.7	5.6	69.2	66.2	5.2
Females:														
6 to 9	704	69.4	0.2 ^b	0.0	0.0	69.4	0.7 ^b	10.4	37.9	35.6	1.9 ^b	39.1	36.4	3.7
6 to 11	969	72.8	0.1 ^b	0.0	0.0	72.8	0.8 ^b	10.7	36.2	33.9	2.1	44.8	40.9	5.8
12 to 19	732	87.0	1.8 ^b	0.4 ^b	0.9 ^b	86.7	3.7	19.2	27.2	23.9	4.0	62.2	56.1	8.5
All individuals:														
9 and under	9309	60.7	0.1	* ^b	* ^b	60.7	0.6	7.8	35.5	32.8	2.9	32.4	29.6	3.3
19 and under	11287	72.8	1.0	0.1 ^b	0.6	72.7	2.4	11.9	32.3	29.1	3.7	47.8	44.1	5.2

Note: percentages shown are representative of the first day of each participant's survey response.

^a Estimates are based on combined data from 1994-96 and 1998.

^b See "Statistical Notes," Appendix 3E.

Source: USDA, 1999

Table 3-15. Unweighted Number of Observations, 1994/96 CSFII Analysis

Age Group	Number of Observations
birth to <1 mo.	15
1 to <3 mo.	65
3 to <6 mo.	119
6 to <12 mo.	160
1 to <2 yr.	663
2 to <3 yr.	642
3 to <6 yr.	1435
6 to <11 yr.	1189
11 to <16 yr.	1005
16 to <21 yr.	745

Table 3-16. Per Capita Intake of the Major Food Groups (g/kg-day as consumed)

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N consuming	N total
Dairy															
birth to <1 mo.	60.0%	*	*	*	*	*	*	*	*	*	*	*	*	9	15
1 to <3 mo.	69.2%	1.6e+02	1.4e+01	0.0e+00	0.0e+00	0.0e+00	1.5e+02	1.8e+02	2.2e+02	2.4e+02	2.7e+02	3.1e+02	3.3e+02	45	65
3 to <6 mo.	84.0%	1.1e+02	7.4e+00	0.0e+00	0.0e+00	5.6e-01	6.2e+01	1.3e+02	1.7e+02	2.0e+02	2.3e+02	2.8e+02	2.8e+02	100	119
6 to <12 mo.	91.3%	8.3e+01	3.7e+00	0.0e+00	4.9e-02	1.0e+01	5.9e+01	8.3e+01	1.1e+02	1.3e+02	1.7e+02	1.9e+02	2.4e+02	146	160
1 to <2 yr.	96.3%	3.8E+01	9.0E-01	0.0E+00	3.3E-01	6.0E+00	1.8E+01	3.3E+01	5.0E+01	7.7E+01	9.1E+01	1.3E+02	1.8E+02	638	663
2 to <3 yr.	95.0%	3.6E+01	8.4E-01	0.0E+00	4.0E-01	5.8E+00	2.0E+01	3.6E+01	5.6E+01	7.3E+01	9.7E+01	1.5E+02	1.7E+02	610	642
3 to <6 yr.	92.9%	2.1e+01	4.0e-01	0.0e+00	0.0e+00	3.5e+00	1.0e+01	1.9e+01	2.9e+01	4.1e+01	4.9e+01	6.6e+01	9.0e+01	1333	1435
6 to <11 yr.	92.8%	1.5e+01	3.2e-01	0.0e+00	0.0e+00	2.2e+00	7.2e+00	1.3e+01	2.1e+01	2.9e+01	3.5e+01	4.5e+01	8.1e+01	1103	1189
11 to <16 yr.	96.1%	7.7e+00	2.1e-01	0.0e+00	1.8e-01	6.1e-01	2.9e+00	6.4e+00	1.1e+01	1.6e+01	2.0e+01	3.2e+01	3.8e+01	966	1005
16 to <21 yr.	97.9%	5.6E+00	2.4E-01	0.0E+00	2.6E-01	3.9E-01	2.0E+00	5.0E+00	7.1E+00	1.3E+01	1.6E+01	2.1E+01	3.6E+01	729	745
Meat															
birth to <1 mo.	0.0%	*	*	*	*	*	*	*	*	*	*	*	*	0	15
1 to <3 mo.	0.0%	*	*	*	*	*	*	*	*	*	*	*	*	0	65
3 to <6 mo.	10.1%	*	*	*	*	*	*	*	*	*	*	*	*	12	119
6 to <12 mo.	65.0%	2.3e+00	2.6e-01	0.0e+00	0.0e+00	0.0e+00	5.3e-02	1.4e+00	3.4e+00	6.0e+00	8.6e+00	1.2e+01	1.2e+01	104	160
1 to <2 yr.	94.4%	4.2E+00	1.4E-01	0.0E+00	0.0E+00	6.6E-01	1.8E+00	4.0E+00	6.2E+00	9.1E+00	1.0E+01	1.6E+01	2.2E+02	625	663
2 to <3 yr.	93.6%	4.6E+00	1.1E-01	0.0E+00	0.0E+00	7.9E-01	2.0E+00	4.1E+00	5.5E+00	9.0E+00	1.1E+01	1.6E+01	2.4E+02	601	642
3 to <6 yr.	92.2%	4.1e+00	8.0e-02	0.0e+00	0.0e+00	7.7e-01	2.1e+00	3.8e+00	5.6e+00	7.8e+00	9.4e+00	1.3e+01	2.1e+01	1323	1435
6 to <11 yr.	91.7%	3.0e+00	6.9e-02	0.0e+00	0.0e+00	4.1e-01	1.4e+00	2.6e+00	4.1e+00	5.7e+00	7.1e+00	1.0e+01	1.8e+01	1090	1189
11 to <16 yr.	96.5%	2.3e+00	5.0e-02	0.0e+00	2.4e-01	5.5e-01	1.2e+00	2.0e+00	3.0e+00	4.2e+00	5.2e+00	7.8e+00	1.1e+01	970	1005
16 to <21 yr.	98.5%	2.1E+00	5.3E-02	0.0E+00	2.6E-01	5.0E-01	1.5E+00	1.8E+00	2.9E+00	4.1E+00	4.4E+00	5.6E+00	8.1E+00	733	745
Fish															
birth to <1 mo.	0.0%	*	*	*	*	*	*	*	*	*	*	*	*	0	15
1 to <3 mo.	0.0%	*	*	*	*	*	*	*	*	*	*	*	*	0	65
3 to <6 mo.	8.4%	*	*	*	*	*	*	*	*	*	*	*	*	10	119
6 to <12 mo.	40.6%	2.2e-01	7.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.6e-01	5.3e-01	8.7e-01	4.7e+00	4.7e+00	65	160
1 to <2 yr.	56.6%	3.5E-01	5.5E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	9.0E-02	4.0E-01	9.0E-01	2.0E+00	7.0E+00	1.3E+01	375	663
2 to <3 yr.	59.8%	3.9E-01	5.6E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	4.0E-02	3.0E-01	8.2E-01	1.6E+00	6.3E+00	1.4E+01	384	642
3 to <6 yr.	56.4%	3.2e-01	3.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.9e-02	2.4e-01	6.6e-01	1.7e+00	4.6e+00	9.6e+00	810	1435
6 to <11 yr.	57.4%	2.7e-01	2.8e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.9e-02	1.8e-01	4.8e-01	1.6e+00	4.2e+00	6.7e+00	682	1189
11 to <16 yr.	60.9%	2.2e-01	2.2e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.4e-02	1.8e-01	4.7e-01	1.2e+00	3.1e+00	5.9e+00	612	1005
16 to <21 yr.	66.0%	1.9E-01	2.9E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.5E-01	2.2E-01	4.0E-01	7.0E-01	3.1E+00	4.9E+00	491	745

Table 3-16. Per Capita Intake of the Major Food Groups (g/kg-day as consumed) (continued)

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N consuming	N total
Grain															
birth to <1 mo.	6.7%	-	-	-	-	-	-	-	-	-	-	-	-	1	15
1 to <3 mo.	13.8%	2.1e-01	2.8e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.1e-01	1.6e+00	2.8e+00	9.0e+00	9	65
3 to <6 mo.	64.7%	1.6e+00	3.2e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.4e-01	2.4e+00	4.4e+00	5.9e+00	1.1e+01	2.7e+01	77	119
6 to <12 mo.	91.3%	7.7e+00	6.2e-01	0.0e+00	2.3e-02	1.0e+00	2.4e+00	5.2e+00	1.0e+01	2.1e+01	2.4e+01	3.3e+01	4.0e+01	146	160
1 to <2 yr.	96.3%	9.0E+00	3.2E-01	0.0E+00	1.4E+00	2.8E+00	6.2E+00	1.0E+01	1.5E+01	2.1E+01	2.4E+01	3.8E+01	4.8E+01	638	663
2 to <3 yr.	94.9%	1.3E+01	2.8E-01	0.0E+00	1.7E+00	4.0E+00	6.8E+00	1.1E+01	1.5E+01	2.2E+01	2.5E+01	3.8E+01	3.9E+01	609	642
3 to <6 yr.	93.1%	1.0e+01	2.0e-01	0.0e+00	0.0e+00	3.7e+00	6.3e+00	9.2e+00	1.3e+01	1.8e+01	2.1e+01	3.4e+01	1.2e+02	1336	1435
6 to <11 yr.	92.9%	7.5e+00	1.4e-01	0.0e+00	0.0e+00	2.5e+00	4.5e+00	7.0e+00	9.7e+00	1.3e+01	1.6e+01	2.0e+01	3.6e+01	1104	1189
11 to <16 yr.	97.0%	5.0e+00	9.7e-02	0.0e+00	1.3e+00	1.9e+00	2.9e+00	4.4e+00	6.5e+00	8.8e+00	1.1e+01	1.5e+01	2.1e+01	975	1005
16 to <21 yr.	97.9%	5.6E+00	9.0E-02	2.2E-01	1.3E+00	1.8E+00	2.6E+00	3.9E+00	5.1E+00	6.6E+00	8.9E+00	1.6E+01	2.6E+01	729	745
Vegetable															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	1.5%	-	-	-	-	-	-	-	-	-	-	-	-	1	65
3 to <6 mo.	34.5%	4.1e+00	1.1e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.7e+00	1.7e+01	1.9e+01	3.0e+01	3.1e+01	41	119
6 to <12 mo.	86.3%	1.2e+01	9.1e-01	0.0e+00	0.0e+00	8.0e-01	5.9e+00	1.1e+01	1.5e+01	2.4e+01	2.9e+01	4.9e+01	1.0e+02	138	160
1 to <2 yr.	95.2%	9.6E+00	2.9E-01	0.0E+00	4.0E-01	1.1E+00	2.5E+00	5.8E+00	9.0E+00	1.2E+01	2.1E+01	4.1E+01	7.6E+01	631	663
2 to <3 yr.	95.5%	9.4E+00	3.3E-01	0.0E+00	5.0E-01	1.2E+00	4.0E+00	6.0E+00	1.5E+01	1.9E+01	2.6E+01	5.6E+01	8.3E+01	613	642
3 to <6 yr.	92.7%	7.3e+00	1.6e-01	0.0e+00	0.0e+00	1.3e+00	3.4e+00	6.2e+00	9.7e+00	1.4e+01	1.8e+01	2.9e+01	4.6e+01	1330	1435
6 to <11 yr.	92.7%	5.5e+00	1.3e-01	0.0e+00	0.0e+00	1.0e+00	2.5e+00	4.5e+00	7.3e+00	1.1e+01	1.4e+01	2.1e+01	5.2e+01	1102	1189
11 to <16 yr.	96.8%	4.2e+00	9.9e-02	0.0e+00	5.8e-01	1.2e+00	2.3e+00	3.6e+00	5.5e+00	7.9e+00	9.8e+00	1.5e+01	3.6e+01	973	1005
16 to <21 yr.	97.9%	3.6E+00	8.0E-02	0.0E+00	1.5E-01	4.0E-01	8.9E-01	2.5E+00	5.1E+00	6.6E+00	1.2E+01	1.6E+01	2.5E+01	729	745
Fruit															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	7.7%	-	-	-	-	-	-	-	-	-	-	-	-	5	65
3 to <6 mo.	54.6%	1.3e+01	2.2e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.1e+00	2.1e+01	4.0e+01	4.3e+01	6.3e+01	1.1e+02	65	119
6 to <12 mo.	83.8%	2.0e+01	1.2e+00	0.0e+00	0.0e+00	0.0e+00	8.6e+00	1.9e+01	2.6e+01	3.7e+01	4.4e+01	6.7e+01	7.1e+01	134	160
1 to <2 yr.	85.2%	2.0E+01	5.9E-01	0.0E+00	0.0E+00	0.0E+00	4.0E+00	1.1E+01	2.5E+01	6.0E+01	6.9E+01	8.1E+01	1.3E+02	564	663
2 to <3 yr.	85.8%	1.8E+01	6.9E-01	0.0E+00	0.0E+00	0.0E+00	5.4E+00	8.7E+00	1.9E+01	4.8E+01	5.9E+01	8.8E+01	1.2E+02	551	642
3 to <6 yr.	79.0%	1.1e+01	3.4e-01	0.0e+00	0.0e+00	0.0e+00	2.3e+00	8.1e+00	1.6e+01	2.6e+01	3.3e+01	5.3e+01	1.1e+02	1134	1435
6 to <11 yr.	70.6%	5.7e+00	2.3e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	3.6e+00	8.6e+00	1.4e+01	1.9e+01	2.9e+01	4.5e+01	840	1189
11 to <16 yr.	67.8%	3.4e+00	1.6e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.0e+00	5.3e+00	9.3e+00	1.3e+01	1.8e+01	3.2e+01	681	1005
16 to <21 yr.	57.9%	3.6E+00	2.0E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	2.1E+01	8.9E+01	5.9E+00	8.6E+00	1.3E+01	2.9E+01	729	745

N = sample size; PC = percent consuming; SE = standard error; P1...P100 = percentiles.

Table 3-17. Per Capita Intake of Individual Foods (g/kg-day as consumed)

Age Group	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC
	Apples			Asparagus			Bananas			Beets			Broccoli		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	8.3e-01	1.5e+00	6.2%	0.0e+00	0.0e+00	0.0%	5.6e-02	3.7e-01	1.5%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	7.8e+00	2.2e+00	36.1%	0.0e+00	0.0e+00	0.0%	6.4e-01	4.4e-01	16.0%	2.0e-03	4.0e-02	0.8%	0.0e+00	0.0e+00	0.0%
6 to <12 mo.	9.7e+00	1.2e+00	63.1%	0.0e+00	0.0e+00	0.0%	2.0e+00	5.2e-01	35.6%	6.7e-02	5.1e-01	0.6%	3.6e-02	1.6e-01	2.5%
1 to <2 yr.	7.9e+00	5.5e-01	53.2%	1.1e-02	9.9e-02	0.6%	1.9e+00	2.5e-01	38.0%	5.0e-03	7.0e-02	0.4%	2.1e-02	1.8e-02	8.1%
2 to <3 yr.	8.1e+00	5.1e-01	56.9%	1.6e-02	1.1e-01	0.9%	1.5e+00	2.3e-01	31.9%	3.3e-03	7.4e-02	0.5%	2.7e-02	1.7e-02	9.2%
3 to <6 yr.	4.1e+00	2.7e-01	47.7%	9.0e-03	4.1e-02	0.7%	7.1e-01	9.5e-02	20.8%	1.2e-02	5.1e-02	0.6%	1.4e-01	6.0e-02	7.8%
6 to <11 yr.	1.6e+00	1.6e-01	35.0%	1.6e-02	7.8e-02	0.8%	3.8e-01	8.5e-02	14.4%	4.0e-03	4.0e-02	0.3%	1.1e-01	6.1e-02	6.9%
11 to <16 yr.	7.0e-01	1.1e-01	23.1%	3.0e-03	2.7e-02	0.4%	1.5e-01	4.4e-02	11.0%	2.0e-03	2.0e-02	0.3%	7.1e-02	4.6e-02	6.5%
16 to <21 yr.	5.6e+00	1.8e-01	22.2%	5.0e-03	2.2e-02	0.6%	7.2e-02	5.3e-02	7.0%	1.0e-03	2.0e-02	0.3%	4.2e-02	9.0e-02	4.8%
	Cabbage			Carrots			Corn			Cucumbers			Lettuce		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	8.2e-02	9.2e-01	1.5%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	0.0e+00	0.0e+00	0.0%	1.2e+00	9.2e-01	10.9%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
6 to <12 mo.	4.9e-02	3.0e-01	1.3%	6.7e-01	3.5e-01	18.8%	3.5e-01	5.1e-01	5.0%	1.0e-03	1.7e-02	0.6%	0.0e+00	0.0e+00	0.0%
1 to <2 yr.	7.3e-02	9.0e-02	3.6%	6.3e-02	5.1e-02	16.9%	4.4e-01	1.3e-01	18.6%	9.1e-02	9.4e-02	7.0%	3.3e-02	1.5e-01	94.4%
2 to <3 yr.	6.9e-02	1.1e-01	4.0%	1.2e+00	4.7e-01	20.7%	4.8e-01	1.5e-01	18.4%	8.7e-02	8.8e-02	6.9%	3.7e-02	1.7e-01	93.6%
3 to <6 yr.	9.9e-02	6.0e-02	5.7%	1.8e-01	4.3e-02	15.1%	4.3e-01	7.1e-02	19.2%	1.3e-01	5.9e-02	11.2%	1.7e-01	2.9e-02	18.9%
6 to <11 yr.	7.2e-02	4.3e-02	6.9%	1.5e-01	3.1e-02	18.8%	3.4e-01	5.1e-02	22.0%	1.2e-01	4.3e-02	14.6%	1.9e-01	3.2e-02	23.9%
11 to <16 yr.	3.9e-02	3.3e-02	5.6%	8.1e-02	3.4e-02	13.6%	1.8e-01	4.2e-02	16.0%	1.1e-01	4.9e-02	14.2%	1.6e-01	2.1e-02	32.0%
16 to <21 yr.	2.2e-02	3.3e-02	3.0%	2.1e-02	1.5e-02	9.1%	1.1e-01	3.4e-02	10.6%	7.8e-02	4.4e-02	15.5%	1.9e-01	2.2e-02	36.3%
	Lima Beans			Okra			Onions			Other Berries			Peaches		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	5.0e-01	5.9e-01	7.6%
6 to <12 mo.	1.0e-03	1.2e-02	0.6%	0.0e+00	0.0e+00	0.0%	1.4e-02	2.0e-01	0.6%	1.1e-02	9.9e-02	0.6%	1.5e+00	5.8e-01	23.1%
1 to <2 yr.	7.0e-02	1.8e-02	56.6%	1.1e-02	4.9e-02	1.0%	1.8e-02	2.6e-02	3.9%	7.4e-02	3.2e-02	1.4%	4.4e-01	1.9e-01	9.1%
2 to <3 yr.	7.8e-02	2.5e-02	59.8%	9.1e-03	4.8e-02	1.1%	2.0e-02	2.5e-02	4.4%	7.2e-02	2.8e-02	1.6%	4.6e-01	1.8e-01	10.3%
3 to <6 yr.	1.0e-02	4.4e-02	0.8%	6.0e-03	8.4e-02	0.3%	2.2e-02	2.1e-02	4.7%	3.4e-02	8.4e-02	1.7%	2.5e-01	1.2e-01	7.2%
6 to <11 yr.	2.0e-02	6.7e-02	1.1%	6.0e-03	3.6e-02	0.5%	2.6e-02	2.0e-02	6.7%	3.3e-02	6.8e-02	1.9%	1.3e-01	8.9e-02	5.6%
11 to <16 yr.	7.0e-03	4.1e-02	0.6%	2.0e-03	1.6e-02	0.6%	4.6e-02	2.0e-02	10.0%	1.7e-02	4.1e-02	1.7%	8.1e-02	6.9e-02	4.0%
16 to <21 yr.	1.0e-03	2.1e-02	0.3%	7.0e-03	4.5e-02	1.1%	4.4e-02	2.1e-02	15.4%	1.5e-02	1.3e-01	0.8%	3.8e-02	5.2e-02	4.4%

Table 3-17. Per Capita Intake of Individual Foods (g/kg-day as consumed) (continued)

Age Group	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC
	Pears			Peas			Peppers			Pumpkins			Snap Beans		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	5.1e-02	5.8e-01	1.5%
3 to <6 mo.	1.7e+00	8.6e-01	16.8%	4.9e-01	5.1e-01	8.4%	0.0e+00	0.0e+00	0.0%	5.0e-01	6.0e-01	8.4%	4.2e-01	5.8e-01	5.9%
6 to <12 mo.	1.8e+00	7.1e-01	20.6%	9.7e-01	4.6e-01	14.4%	2.0e-03	2.0e-02	0.6%	6.1e-01	6.0e-01	10.6%	1.0e+00	3.6e-01	21.3%
1 to <2 yr.	4.1e-01	1.6e-01	8.8%	2.8e-01	7.2e-02	12.6%	8.0e-03	1.6e-02	1.5%	5.3e-02	1.8e-02	1.1%	5.2e-01	1.0e-01	19.9%
2 to <3 yr.	3.7e-01	1.6e-01	8.1%	2.4e-01	7.2e-02	12.0%	6.1e-03	1.7e-02	1.6%	5.5e-02	1.9e-02	0.9%	4.6e-01	9.7e-02	19.0%
3 to <6 yr.	1.8e-01	1.1e-01	5.0%	1.6e-01	5.4e-02	9.1%	1.8e-02	2.3e-02	3.1%	3.0e-03	3.4e-02	0.3%	2.4e-01	5.0e-02	15.3%
6 to <11 yr.	1.2e-01	8.1e-02	5.3%	1.3e-01	5.6e-02	8.3%	1.6e-02	1.5e-02	4.4%	1.0e-03	1.9e-02	0.2%	1.6e-01	6.6e-02	12.1%
11 to <16 yr.	3.8e-02	5.1e-02	2.5%	7.1e-02	4.5e-02	6.3%	2.1e-02	1.7e-02	6.3%	0.0e+00	1.6e-02	0.1%	9.8e-02	3.4e-02	10.4%
16 to <21 yr.	1.7e-01	5.0e-02	1.6%	3.0e-02	4.7e-02	4.0%	1.9e-02	1.6e-02	8.4%	6.0e-03	8.0e-02	0.3%	3.0e-02	3.0e-02	6.5%
	Strawberries			Tomatoes			White Potatoes			Breads			Breakfast Foods (Grains)		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	0.0e+00	0.0e+00	0.0%	2.8e-01	4.7e-01	8.4%	2.2e-01	2.4e-01	11.8%	2.4e-02	1.1e-01	2.5%	0.0e+00	0.0e+00	0.0%
6 to <12 mo.	1.5e-02	1.2e-01	1.3%	9.3e-01	1.2e-01	58.1%	1.0e+00	2.1e-01	53.1%	5.3e-01	1.6e-01	31.9%	1.0e-01	2.4e-01	3.8%
1 to <2 yr.	1.2e-02	1.1e-01	4.4%	2.2e+00	8.5e-02	88.3%	2.2e+00	1.2e-01	78.8%	2.0e+00	6.6e-02	77.7%	4.1e-01	6.8e-02	19.3%
2 to <3 yr.	2.3e-01	1.4e-01	4.4%	2.0e+00	9.0e-02	89.3%	2.2e+00	1.1e-01	76.0%	2.0e+00	6.6e-02	76.0%	4.5e-01	6.7e-02	19.8%
3 to <6 yr.	9.6e-02	8.1e-02	4.4%	1.7e+00	5.9e-02	87.7%	2.0e+00	8.5e-02	77.6%	2.3e+00	5.4e-02	85.6%	3.9e-01	5.5e-02	21.5%
6 to <11 yr.	6.6e-02	6.0e-02	4.5%	1.2e+00	4.2e-02	89.1%	1.6e+00	6.7e-02	78.2%	1.7e+00	4.5e-02	86.5%	4.0e-01	5.1e-02	22.8%
11 to <16 yr.	3.6e-02	3.8e-02	3.8%	9.9e-01	3.2e-02	92.6%	1.3e+00	5.1e-02	84.5%	1.2e+00	3.5e-02	88.4%	1.8e-01	3.9e-02	15.2%
16 to <21 yr.	3.0e-02	3.5e-02	4.1%	1.1e+00	5.1e-02	97.6%	1.1e+00	9.0e-02	82.2%	9.8e-01	4.0e-02	83.2%	1.1e-01	5.0e-03	11.6%
	Cereals (Baby)			Cereals (Cooked)			Cereals (Ready-to-Eat)			Pasta			Rice		
birth to <1 mo.	2.1e-02	9.5e-02	6.7%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	2.1e-01	2.8e-01	13.8%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	1.3e+00	3.2e-01	60.5%	9.4e-02	7.2e-01	0.8%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	2.0e-02	3.2e-01	0.8%
6 to <12 mo.	2.5e+00	4.5e-01	67.5%	1.9e+00	1.2e+00	11.9%	1.3e-01	6.8e-02	19.4%	1.4e-01	2.2e-01	5.6%	3.4e-01	4.2e-01	8.1%
1 to <2 yr.	1.5e-01	9.8e-02	6.5%	1.6e+00	4.4e-01	16.8%	9.6e-01	4.3e-02	61.0%	8.0e-01	1.6e-01	16.3%	9.1e-01	2.4e+00	19.1%
2 to <3 yr.	1.7e-01	9.8e-02	6.4%	1.6e+00	3.8e-01	16.4%	9.8e-01	4.9e-02	69.2%	8.0e-01	2.3e-01	16.0%	8.9e-01	1.9e-01	19.2%
3 to <6 yr.	4.0e-03	5.5e-02	0.3%	1.3e+00	2.8e-01	14.7%	1.1e+00	3.8e-02	68.5%	5.5e-01	1.3e-01	12.5%	8.0e-01	1.8e-01	16.3%
6 to <11 yr.	0.0e+00	2.0e-03	0.1%	5.2e-01	2.0e-01	9.1%	8.2e-01	3.5e-02	63.3%	4.9e-01	1.2e-01	12.4%	4.9e-01	1.1e-01	15.7%
11 to <16 yr.	0.0e+00	0.0e+00	0.0%	2.0e-01	1.1e-01	7.2%	4.9e-01	2.9e-02	53.6%	2.9e-01	9.5e-02	11.7%	5.1e-01	1.1e-01	18.0%
16 to <21 yr.	0.0e+00	0.0e+00	0.0%	6.7e-02	1.4e-01	3.4%	3.3e-01	3.6e-02	0.4%	2.2e-01	1.1e-01	12.4%	3.8e-01	2.1e-01	16.6%

Table 3-17. Per Capita Intake of Individual Foods (g/kg-day as consumed) (continued)

Age Group	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC
	Snacks (Grains)			Sweets (Grains)			Beef			Eggs			Game		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	2.9e-02	1.5e-01	3.4%	2.0e-02	4.7e-02	3.4%	1.2e-01	1.4e-01	9.2%	4.2e-02	8.6e-02	9.2%	0.0e+00	0.0e+00	0.0%
6 to <12 mo.	2.7e-01	8.4e-02	28.8%	3.2e-01	1.4e-01	21.3%	1.0e+00	1.5e-01	58.1%	8.4e-01	2.1e-01	58.1%	0.0e+00	0.0e+00	0.0%
1 to <2 yr.	7.1e-01	5.6e-02	53.3%	1.1e+00	8.5e-02	50.9%	1.3e+00	6.6e-02	85.4%	1.3e+00	7.2e-02	88.7%	9.0e-03	6.7e-02	0.5%
2 to <3 yr.	7.7e-01	4.1e-02	61.8%	1.3e+00	8.4e-02	57.0%	1.5e+00	4.8e-02	92.5%	1.1e+00	5.8e-02	88.8%	9.0e-03	7.1e-02	0.5%
3 to <6 yr.	7.0e-01	4.2e-02	54.5%	1.3e+00	6.4e-02	62.1%	1.3e+00	4.2e-02	86.1%	6.5e-01	3.7e-02	84.5%	9.0e-03	5.4e-02	0.6%
6 to <11 yr.	4.9e-01	3.5e-02	50.8%	1.2e+00	6.3e-02	63.5%	1.1e+00	4.0e-02	87.2%	4.2e-01	2.8e-02	84.8%	1.6e-02	5.8e-02	1.2%
11 to <16 yr.	3.1e-01	2.6e-02	49.0%	7.2e-01	4.0e-02	58.9%	9.0e-01	3.1e-02	91.7%	3.0e-01	2.0e-02	89.6%	7.0e-03	3.3e-02	0.8%
16 to <21 yr.	3.3e-01	4.1e-02	48.1%	5.9e-01	5.5e-02	56.6%	8.3e-01	3.5e-02	95.5%	5.6e+00	2.2e-02	97.9%	4.0e-03	1.8e-02	0.3%
	Pork			Poultry			Butter			Margarine			Dressing		
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%
3 to <6 mo.	1.1e-02	1.4e-02	8.4%	4.4e-02	5.9e-02	8.4%	0.0e+00	0.0e+00	0.0%	3.0e-03	2.1e-02	0.8%	0.0e+00	0.0e+00	0.0%
6 to <12 mo.	9.2e-02	3.0e-02	29.0%	7.2e-01	1.5e-01	61.9%	3.0e-03	9.0e-03	2.5%	6.0e-03	1.6e-02	4.4%	6.0e-03	2.9e-02	1.9%
1 to <2 yr.	3.6e-01	3.2e-02	84.4%	1.3e+00	5.4e-02	86.3%	3.1e-02	1.4e-02	12.1%	7.4e-02	1.2e-02	28.9%	6.2e-02	3.3e-02	11.1%
2 to <3 yr.	4.4e-01	3.4e-02	89.1%	1.5e+00	7.9e-02	93.1%	3.7e-02	1.3e-02	13.9%	7.2e-02	1.2e-02	31.3%	6.0e-02	2.5e-02	11.1%
3 to <6 yr.	3.8e-01	2.4e-02	84.5%	1.3e+00	4.7e-02	88.1%	4.2e-02	1.0e-02	14.2%	8.5e-02	9.0e-03	31.6%	8.4e-02	1.6e-02	18.3%
6 to <11 yr.	2.7e-01	1.8e-02	84.3%	8.6e-01	3.6e-02	87.2%	3.4e-02	9.0e-03	15.4%	6.6e-02	8.0e-03	32.2%	9.5e-02	1.5e-02	22.0%
11 to <16 yr.	2.3e-01	1.5e-02	89.4%	6.5e-01	2.9e-02	91.9%	2.0e-02	6.0e-03	13.6%	4.0e-02	6.0e-03	26.0%	7.4e-02	1.2e-02	23.9%
16 to <21 yr.	2.0e-01	2.1e-02	91.9%	5.8e-01	3.1e-02	95.0%	7.0e-03	4.8e-03	8.2%	2.5e-02	6.5e-03	23.3%	7.8e-02	2.3e-02	21.3%

Age Group	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC	MEAN	SE	PC
	Mayonnaise			Sauce			Vegetable Oil			Animal Fat					
birth to <1 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%			
1 to <3 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%			
3 to <6 mo.	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%	0.0e+00	0.0e+00	0.0%			
6 to <12 mo.	1.0e-03	7.0e-03	1.3%	0.0e+00	0.0e+00	0.0%	1.0e-02	8.3e-02	1.3%	0.0e+00	0.0e+00	0.0%			
1 to <2 yr.	2.4e-02	1.3e-02	7.8%	0.0e+00	0.0e+00	0.0%	1.0e-03	2.2e-02	0.4%	0.0e+00	0.0e+00	0.0%			
2 to <3 yr.	2.4e-02	1.3e-02	7.8%	4.0e-03	3.2e-02	0.8%	1.0e-03	2.2e-02	0.5%	0.0e+00	0.0e+00	0.0%			
3 to <6 yr.	3.7e-02	8.0e-03	15.0%	3.0e-03	1.6e-02	0.8%	2.0e-03	7.0e-03	0.7%	0.0e+00	0.0e+00	0.0%			
6 to <11 yr.	2.9e-02	6.0e-03	16.6%	3.0e-03	1.5e-02	0.8%	1.0e-03	8.0e-03	0.5%	0.0e+00	0.0e+00	0.0%			
11 to <16 yr.	3.4e-02	7.0e-03	19.9%	3.0e-03	1.8e-02	0.7%	0.0e+00	4.0e-03	0.4%	0.0e+00	0.0e+00	0.0%			
16 to <21 yr.	4.0e-03	7.0e-03	21.9%	3.0e-03	1.3e-02	0.8%	0.0e+00	9.3e-04	0.3%	0.0e+00	0.0e+00	0.0%			

PC = percent consuming; SE = standard error.

Table 3-18. Per Capita Intake of USDA Categories of Vegetables and Fruits (g/kg-day as consumed)

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Dark Green Vegetables															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
3 to <6 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	119
6 to <12 mo.	3.8%	-	-	-	-	-	-	-	-	-	-	-	-	6	160
1 to <2 yr.	12.6%	3.0E-01	1.3E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	7.1E-01	2.1E+00	5.4E+00	1.8E+02	83	663
2 to <3 yr.	12.5%	3.6E-01	1.4E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	8.7E-01	2.5E+00	6.3E+00	2.1E+01	80	642
3 to <6 yr.	10.9%	2.0e-01	6.3e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.2e-01	1.5e+00	4.1e+00	1.3e+01	157	1435
6 to <11 yr.	9.4%	1.5e-01	6.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.1e-01	9.9e-01	3.7e+00	6.8e+00	112	1189
11 to <16 yr.	10.5%	1.4e-01	4.9e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	3.2e-01	1.1e+00	2.7e+00	6.2e+00	106	1005
16 to <21 yr.	11.1%	5.6E+00	8.4E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.6E-01	2.8E+00	5.2E+00	83	745
Deep Yellow Vegetables															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
3 to <6 mo.	1.7%	-	-	-	-	-	-	-	-	-	-	-	-	2	119
6 to <12 mo.	8.8%	-	-	-	-	-	-	-	-	-	-	-	-	14	160
1 to <2 yr.	15.4%	2.1E-01	9.4E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	7.4E-01	2.2E+00	4.6E+00	1.0E+01	102	663
2 to <3 yr.	15.0%	3.5E-01	1.0E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	6.7E-01	2.5E+00	5.1E+00	1.2E+01	96	642
3 to <6 yr.	16.9%	2.4e-01	5.1e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.2e-01	1.7e+00	4.3e+00	8.3e+00	242	1435
6 to <11 yr.	20.3%	1.8e-01	3.5e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.7e-01	1.2e+00	2.4e+00	5.4e+00	241	1189
11 to <16 yr.	14.6%	9.5e-02	3.5e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.2e-01	6.8e-01	1.8e+00	1.1e+01	147	1005
16 to <21 yr.	11.1%	4.8E-02	2.8E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	3.1E-01	1.1E+00	2.1E+00	82	745
Other Vegetables															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
3 to <6 mo.	4.2%	-	-	-	-	-	-	-	-	-	-	-	-	5	119
6 to <12 mo.	21.3%	8.7e-01	4.2e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.7e+00	5.1e+00	1.1e+01	1.5e+01	34	160
1 to <2 yr.	63.3%	1.9E+00	1.7E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	7.0E-01	2.3E+00	7.0E+00	9.4E+00	1.3E+01	5.4E+01	419	663
2 to <3 yr.	61.5%	2.5E+00	1.7E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	7.9E-01	2.9E+00	6.6E+00	1.1E+01	1.7E+01	5.0E+01	395	642
3 to <6 yr.	64.5%	1.7e+00	9.1e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.1e-01	2.2e+00	4.7e+00	7.2e+00	1.3e+01	2.2e+01	926	1435
6 to <11 yr.	66.3%	1.4e+00	7.8e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.3e-01	1.9e+00	3.7e+00	5.2e+00	1.0e+01	2.9e+01	788	1189
11 to <16 yr.	69.4%	9.0e-01	5.1e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	4.5e-01	1.3e+00	2.4e+00	3.5e+00	5.8e+00	1.2e+01	697	1005

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
16 to <21 yr.	66.0%	6.9E-01	6.2E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	2.3E-01	1.1E+00	1.7E+00	3.1E+00	6.6E+00	7.5E+00	491	745
Citrus Fruits															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
3 to <6 mo.	1.7%	-	-	-	-	-	-	-	-	-	-	-	-	2	119
6 to <12 mo.	8.8%	-	-	-	-	-	-	-	-	-	-	-	-	14	160
1 to <2 yr.	37.3%	3.3E+00	3.5E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.5E+00	1.2E+01	1.8E+01	3.0E+01	8.6E+01	247	663
2 to <3 yr.	38.0%	4.7E+00	5.5E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.9E+00	1.3E+01	2.2E+01	3.9E+01	1.1E+02	244	642
3 to <6 yr.	38.9%	2.9e+00	2.2e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	4.7e+00	9.3e+00	1.3e+01	2.1e+01	6.7e+01	558	1435
6 to <11 yr.	33.9%	1.9e+00	1.9e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.8e+00	6.4e+00	9.8e+00	1.7e+01	2.8e+01	403	1189
11 to <16 yr.	40.7%	1.7e+00	1.5e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.6e+00	5.5e+00	8.4e+00	1.4e+01	2.1e+01	409	1005
16 to <21 yr.	31.9%	5.6E+00	2.1E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	1.1E+00	3.6E+00	7.3E+00	1.3E+01	1.4E+01	238	745
Other Fruits															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	7.7%	-	-	-	-	-	-	-	-	-	-	-	-	5	65
3 to <6 mo.	53.8%	1.3e+01	2.2e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.1e+00	2.1e+01	4.0e+01	4.3e+01	6.3e+01	1.1e+02	64	119
6 to <12 mo.	81.3%	1.9e+01	1.2e+00	0.0e+00	0.0e+00	0.0e+00	7.8e+00	1.8e+01	2.6e+01	3.7e+01	4.3e+01	6.4e+01	7.0e+01	130	160
1 to <2 yr.	78.7%	1.3E+01	7.3E-01	0.0E+00	0.0E+00	0.0E+00	2.4E+00	1.1E+01	2.3E+01	3.8E+01	4.2E+01	6.7E+01	8.1E+01	521	663
2 to <3 yr.	80.5%	1.7E+01	5.1E-01	0.0E+00	0.0E+00	0.0E+00	3.2E+00	1.2E+01	2.6E+01	4.3E+01	4.8E+01	7.3E+01	1.1E+02	517	642
3 to <6 yr.	71.4%	8.1e+00	3.1e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	4.9e+00	1.2e+01	2.1e+01	2.7e+01	4.4e+01	8.5e+01	1024	1435
6 to <11 yr.	62.3%	3.7e+00	1.9e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.1e+00	5.4e+00	9.8e+00	1.4e+01	2.2e+01	3.8e+01	741	1189
11 to <16 yr.	49.8%	1.7e+00	1.3e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	3.9e-01	2.4e+00	5.3e+00	7.7e+00	1.3e+01	3.2e+01	500	1005
16 to <21 yr.	42.1%	1.3E+00	1.9E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	1.7E+00	4.4E+00	5.7E+00	1.0E+01	2.5E+01	313	745

N = sample size; PC = percent consuming; SE = standard error; P1...P100 = percentiles.

Table 3-19. Per Capita Intake of Exposed/Protected Fruit and Vegetable Categories (g/kg-day as consumed)

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Exposed Fruits															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	6.2%	-	-	-	-	-	-	-	-	-	-	-	-	4	65
3 to <6 mo.	46.2%	1.1e+01	2.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.4e+00	2.0e+01	3.8e+01	4.1e+01	6.3e+01	6.3e+01	55	119
6 to <12 mo.	75.0%	1.4e+01	1.2e+00	0.0e+00	0.0e+00	0.0e+00	4.4e+00	1.2e+01	1.9e+01	3.3e+01	3.7e+01	6.4e+01	7.0e+01	120	160
1 to <2 yr.	68.0%	9.0E+00	6.6E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.6E+00	1.5E+01	2.2E+01	4.1E+01	6.2E+01	6.9E+01	450	663
2 to <3 yr.	69.3%	1.3E+01	6.2E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.9E+00	1.5E+01	3.5E+01	3.6E+01	7.3E+01	1.0E+02	445	642
3 to <6 yr.	60.7%	5.6e+00	2.8e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.7e+00	8.1e+00	1.6e+01	2.2e+01	3.5e+01	7.7e+01	871	1435
6 to <11 yr.	49.9%	2.4e+00	1.6e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.9e-02	3.4e+00	6.7e+00	9.3e+00	1.8e+01	3.2e+01	593	1189
11 to <16 yr.	37.2%	1.1e+00	1.1e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.5e+00	3.6e+00	5.9e+00	9.7e+00	1.4e+01	374	1005
16 to <21 yr.	32.2%	8.2E-01	1.5E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	1.0E+00	3.1E+00	4.3E+00	6.9E+00	1.6E+01	240	745
Protected Fruits															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	1.5%	-	-	-	-	-	-	-	-	-	-	-	-	1	65
3 to <6 mo.	19.3%	8.5e-01	4.5e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	4.2e+00	6.1e+00	1.0e+01	1.2e+01	23	119
6 to <12 mo.	45.6%	3.1e+00	5.8e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	4.4e+00	8.3e+00	1.1e+01	2.7e+01	3.0e+01	73	160
1 to <2 yr.	60.8%	6.1E+00	3.4E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	3.6E+00	8.7E+00	1.4E+01	2.3E+01	3.9E+01	1.0E+02	403	663
2 to <3 yr.	63.4%	6.7E+00	3.5E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	3.7E+00	9.9E+00	2.0E+01	2.4E+01	4.8E+01	1.1E+02	407	642
3 to <6 yr.	54.5%	4.4e+00	2.2e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.1e+00	6.7e+00	1.2e+01	1.7e+01	2.8e+01	6.7e+01	782	1435
6 to <11 yr.	48.6%	2.8e+00	1.9e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.5e-01	4.1e+00	8.6e+00	1.2e+01	2.0e+01	3.2e+01	578	1189
11 to <16 yr.	50.9%	2.1e+00	1.5e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.2e-01	3.1e+00	6.4e+00	9.5e+00	1.5e+01	2.7e+01	512	1005
16 to <21 yr.	11.1%	4.8E-02	2.2E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	2.2E+00	3.9E+00	9.5E+00	1.4E+01	2.8E+01	82	745
Exposed Vegetables															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	1.5%	-	-	-	-	-	-	-	-	-	-	-	-	1	65
3 to <6 mo.	8.4%	-	-	-	-	-	-	-	-	-	-	-	-	10	119
6 to <12 mo.	33.8%	2.0e+00	4.9e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	3.1e+00	5.8e+00	1.0e+01	1.5e+01	1.9e+01	54	160
1 to <2 yr.	63.3%	2.0E+00	1.3E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	4.8E-01	2.5E+00	5.7E+00	6.9E+00	1.4E+01	4.0E+01	419	663
2 to <3 yr.	63.6%	2.0E+00	1.3E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.7E-01	2.7E+00	7.1E+00	8.7E+00	1.5E+01	4.5E+01	408	642
3 to <6 yr.	68.2%	1.6e+00	8.3e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.7e-01	2.2e+00	4.4e+00	6.4e+00	1.3e+01	2.5e+01	978	1435
6 to <11 yr.	70.2%	1.2e+00	6.4e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.0e-01	1.6e+00	3.4e+00	4.8e+00	8.5e+00	2.0e+01	835	1189

Table 3-19. Per Capita Intake of Exposed/Protected Fruit and Vegetable Categories (g/kg-day as consumed) (continued)

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
11 to <16 yr.	74.9%	1.0e+00	5.4e-02	0.0e+00	0.0e+00	0.0e+00	3.7e-02	5.4e-01	1.4e+00	2.7e+00	3.7e+00	6.9e+00	1.3e+01	753	1005
16 to <21 yr.	66.0%	6.9E-01	7.1E-02	0.0E+00	0.0E+00	0.0E+00	5.1E-02	4.6E-01	1.3E+00	2.3E+00	4.5E+00	6.6E+00	1.1E+01	491	745
Protected Vegetables															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
3 to <6 mo.	16.0%	-	-	-	-	-	-	-	-	-	-	-	-	19	119
6 to <12 mo.	30.6%	2.2e+00	5.5e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	4.3e+00	7.3e+00	9.6e+00	2.0e+01	2.3e+01	49	160
1 to <2 yr.	40.2%	1.2E+00	1.4E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	1.8E+00	4.4E+00	5.6E+00	1.4E+01	2.8E+01	266	663
2 to <3 yr.	42.7%	1.8E+00	1.6E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	2.1E+00	4.6E+00	8.3E+00	1.6E+01	2.7E+01	274	642
3 to <6 yr.	38.8%	1.1e+00	9.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.4e+00	3.5e+00	5.4e+00	1.0e+01	1.8e+01	557	1435
6 to <11 yr.	39.4%	7.8e-01	7.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.1e+00	2.6e+00	3.9e+00	7.0e+00	2.7e+01	468	1189
11 to <16 yr.	35.5%	5.8e-01	7.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.5e-01	1.8e+00	2.9e+00	6.3e+00	2.2e+01	357	1005
16 to <21 yr.	26.8%	1.1E+00	5.7E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	2.3E-02	1.2E+00	1.9E+00	3.3E+00	6.7E+00	200	745
Root Vegetables															
birth to <1 mo.	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
1 to <3 mo.	1.5%	-	-	-	-	-	-	-	-	-	-	-	-	1	65
3 to <6 mo.	19.3%	1.7e+00	7.9e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	8.2e+00	9.6e+00	2.1e+01	2.2e+01	23	119
6 to <12 mo.	53.1%	2.8e+00	4.5e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	8.0e-01	4.6e+00	8.0e+00	1.0e+01	1.7e+01	3.3e+01	85	160
1 to <2 yr.	68.6%	2.5E+00	1.8E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	1.3E+00	2.9E+00	5.6E+00	8.0E+00	1.7E+01	7.0E+01	454	663
2 to <3 yr.	67.9%	2.7E+00	1.4E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	1.5E+00	4.1E+00	6.8E+00	8.0E+00	2.0E+01	8.3E+01	436	642
3 to <6 yr.	71.1%	2.2e+00	9.1e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.4e+00	3.2e+00	5.5e+00	7.1e+00	1.4e+01	3.2e+01	1020	1435
6 to <11 yr.	72.7%	1.7e+00	7.1e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.0e+00	2.4e+00	4.3e+00	5.6e+00	9.5e+00	2.1e+01	864	1189
11 to <16 yr.	77.5%	1.3e+00	5.6e-02	0.0e+00	0.0e+00	0.0e+00	1.7e-01	9.1e-01	1.8e+00	3.3e+00	4.3e+00	6.4e+00	1.8e+01	779	1005
16 to <21 yr.	75.1%	1.3E+00	1.1E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	9.9E-01	1.7E+00	3.4E+00	4.5E+00	1.0E+01	1.6E+01	560	745

N = sample size; PC = percent consuming; SE = standard error; P1...P100 = percentiles.

Table 3-20. Per Capita Distribution of Fish (Finfish and Shellfish) Intake by Age and Gender - As Consumed

Age (years)	Sample Size	Mean (g/day)	90th % (g/day)	95th % (g/day)	99th % (g/day)	Sample Size	Mean (mg/kg-day)	90th % (mg/kg-day)	95th % (mg/kg-day)	99th % (mg/kg-day)
<i>Freshwater and Estuarine</i>										
Females										
14 or under	5182	1.56	0.00	5.83	40.03	4879	55.95	0.00	207.69	1515.50
15 - 44	2332	4.28	5.05	23.93	82.86	2275	66.86	74.47	380.13	1329.44
Males										
14 or under	5277	2.09	0.00	6.55	60.75	4994	65.04	0.00	279.17	1767.05
15 - 44	2382	5.67	10.38	38.56	112.70	2369	71.82	130.79	480.81	1350.22
Both Sexes										
14 or under	10459	1.83	0.00	6.04	51.67	9873	60.59	0.00	230.11	1689.38
15 - 44	4714	4.97	8.58	31.67	98.87	4644	69.35	104.26	431.37	1335.45
<i>Marine</i>										
Females										
14 or under	5182	3.60	10.75	28.12	61.31	4879	146.57	380.98	1027.57	2818.50
15 - 44	3332	7.03	27.90	48.06	96.97	2275	113.78	423.46	768.09	1648.49
Males										
14 or under	5277	4.34	11.81	29.08	84.35	4994	154.18	425.66	1081.22	2678.35
15 - 44	2382	9.41	36.62	72.81	127.44	2369	118.18	443.64	879.88	1642.99
Both Sexes										
14 or under	10459	3.98	10.78	28.16	78.95	9873	150.45	413.20	1037.35	2691.79
15 - 44	4714	8.22	28.15	56.58	115.67	4644	116.02	440.37	829.65	1651.83
<i>All Fish</i>										
Females										
14 or under	5182	5.15	18.90	37.46	80.21	4879	202.52	692.68	1344.33	3297.06
15 - 44	3332	11.31	41.23	66.33	143.38	2275	180.63	640.94	1040.45	2291.55
Males										
14 or under	5277	6.43	21.05	42.19	114.26	4994	219.22	744.58	1469.91	3391.54
15 - 44	2382	15.08	58.44	89.07	177.18	2369	190.00	756.08	1164.80	2237.99
Both Sexes										
14 or under	10459	5.80	19.41	38.21	96.52	9873	211.04	713.36	1428.56	3354.29
15 - 44	4714	13.20	49.98	82.87	162.57	4644	185.37	714.19	1138.91	2289.93

Notes:

Sample size varies between (g/day) and (g/kg/day) results because 757 individuals did not report body weight. Estimates are based on 2-day averages.

Source: U.S. EPA, 2002

Table 3-21. Consumers Only Distribution of Fish (Finfish and Shellfish) Intake by Age and Gender - As Consumed

Age (years)	Sample Size	Mean (g/day)	90th % (g/day)	95th % (g/day)	99th % (g/day)	Sample Size	Mean (mg/kg-day)	90th % (mg/kg-day)	95th % (mg/kg-day)	99th % (mg/kg-day)
<i>Freshwater and Estuarine</i>										
Females										
14 or under	445	31.68	79.88	110.96	185.36	410	1198.44	3166.98	4928.91	9105.83
15 - 44	325	55.37	125.85	189.40	341.36	315	872.32	2107.98	3152.59	5738.45
Males										
14 or under	442	41.67	121.53	161.92	260.79	419	1299.30	3556.09	4494.57	8713.70
15 - 44	361	66.63	165.04	226.29	336.88	358	840.99	2182.03	2819.26	4379.23
Both Sexes										
14 or under	887	36.80	103.07	146.79	260.02	829	1251.41	3456.18	4680.61	8792.31
15 - 44	686	61.28	157.82	217.05	342.58	673	855.40	2136.28	3071.35	5794.98
<i>Marine</i>										
Females										
14 or under	670	48.72	98.09	135.87	196.22	629	1987.63	4377.73	5766.68	8184.79
15 - 44	412	70.97	158.48	181.47	286.72	403	1147.44	2403.82	3150.91	4773.68
Males										
14 or under	677	59.48	144.55	168.78	265.11	643	2084.20	4734.23	5490.19	9003.82
15 - 44	412	99.08	186.07	232.50	403.84	409	1241.82	2448.26	2985.42	4674.21
Both Sexes										
14 or under	1347	54.14	119.13	162.27	238.23	1272	2037.18	4646.42	5664.47	8610.50
15 - 44	824	84.95	172.00	213.65	343.65	812	1194.89	2441.99	3045.63	4816.60
<i>All Fish</i>										
Females										
14 or under	836	54.15	112.47	155.41	237.49	779	2182.90	4786.46	6217.80	10394.59
15 - 44	554	82.50	170.78	221.67	336.48	541	1317.33	2635.97	3610.69	5712.40
Males										
14 or under	836	69.09	156.98	227.46	275.95	788	2354.71	5096.68	6711.74	9181.61
15 - 44	565	111.90	210.56	296.12	427.92	561	1408.52	2769.98	3489.58	5611.79
Both Sexes										
14 or under	1672	61.70	138.41	168.65	271.43	1567	2271.12	4958.73	6530.88	10389.18
15 - 44	1119	97.24	195.07	255.98	404.02	1102	1363.41	2727.87	3583.16	5693.65

Notes:

Sample size varies between (g/day) and (g/kg/day) results because 757 individuals did not report body weight. Estimates are based on 2-day averages.

Source: U.S. EPA, 2002

Table 3-22. Per Capita Distribution of Fish (Finfish and Shellfish) Intake by Age and Gender - Uncooked Fish Weight

Age (years)	Sample Size	Mean (g/day)	90th % (g/day)	95th % (g/day)	99th % (g/day)	Sample Size	Mean (mg/kg-day)	90th % (mg/kg-day)	95th % (mg/kg-day)	99th % (mg/kg-day)
<i>Freshwater and Estuarine</i>										
Females										
14 or under	5182	2.29	0.00	13.08	58.83	4879	82.71	0.00	443.06	2179.30
15 - 44	2332	5.78	6.31	32.37	109.79	2275	90.60	107.16	481.55	1818.06
Males										
14 or under	5277	2.99	0.00	13.48	79.03	4994	94.66	0.00	534.35	2350.62
15 - 44	2382	7.86	15.63	49.65	151.19	2369	99.29	201.26	622.93	1910.17
Both Sexes										
14 or under	10459	2.64	0.00	13.10	73.70	9873	88.57	0.00	485.27	2246.02
15 - 44	4714	6.82	13.04	43.58	135.88	4644	94.97	149.92	558.30	1893.18
<i>Marine</i>										
Females										
14 or under	5182	5.21	18.84	40.12	81.31	4879	212.38	591.82	1531.85	3707.87
15 - 44	2332	8.95	37.51	61.69	120.58	2275	145.95	556.98	994.57	2055.92
Males										
14 or under	5277	5.95	16.98	39.66	113.31	4994	213.80	608.64	1541.64	3602.96
15 - 44	2382	12.00	41.71	90.15	151.51	2369	149.62	576.30	1113.00	1990.35
Both Sexes										
14 or under	10459	5.59	18.66	40.20	103.42	9873	213.34	605.96	1543.24	3693.50
15 - 44	4714	10.48	37.85	75.25	137.12	4644	147.83	568.19	1051.60	2023.01
<i>All Fish</i>										
Females										
14 or under	5182	7.50	28.50	55.23	103.90	4879	295.09	1045.62	2037.62	4548.26
15 - 44	2332	14.73	53.62	85.18	189.90	2275	236.56	834.58	1361.81	3112.74
Males										
14 or under	5277	8.95	31.46	56.45	165.24	4994	308.46	1121.95	2135.68	4518.43
15 - 44	2382	19.86	76.98	118.58	242.66	2369	248.90	982.03	1532.92	3010.93
Both Sexes										
14 or under	10459	8.23	29.04	56.29	127.15	9873	301.91	1072.09	2089.18	4538.78
15 - 44	4714	17.30	64.57	107.74	211.26	4644	242.80	938.01	1451.26	3094.21

Notes:

Sample size varies between (g/day) and (g/kg/day) results because 757 individuals did not report body weight. Estimates are based on 2-day averages.

Source: U.S. EPA, 2002

Table 3-23. Consumers Only Distribution of Fish (Finfish and Shellfish) Intake by Age and Gender - Uncooked Fish Weight

Age (years)	Sample Size	Mean (g/day)	90th % (g/day)	95th % (g/day)	99th % (g/day)	Sample Size	Mean (mg/kg-day)	90th % (mg/kg-day)	95th % (mg/kg-day)	99th % (mg/kg-day)
<i>Freshwater and Estuarine</i>										
Females										
14 or under	445	46.59	117.47	172.05	242.69	410	1775.84	4396.58	6855.37	11544.27
15 - 44	325	75.01	172.90	273.59	502.92	315	1184.72	2921.90	4260.21	8154.42
Males										
14 or under	442	60.04	158.10	199.26	381.31	419	1894.98	4706.50	5905.22	12628.17
15 - 44	361	92.59	235.64	305.44	495.00	358	1166.53	2998.34	4014.59	6534.31
Both Sexes										
14 or under	887	53.37	144.29	195.72	380.99	829	1833.54	4512.39	5985.99	12389.21
15 - 44	686	84.22	205.48	295.34	504.38	673	1174.70	2977.52	4125.11	8580.49
<i>Marine</i>										
Females										
14 or under	670	70.80	134.27	183.24	239.96	629	2893.06	6279.04	7898.74	10514.45
15 - 44	412	90.76	188.19	240.72	376.46	403	1474.84	3101.95	3926.90	6491.00
Males										
14 or under	677	81.36	197.63	230.55	353.11	643	2885.20	6243.86	8067.74	11870.51
15 - 44	412	126.79	240.29	279.08	568.12	409	1579.39	3063.48	3736.28	7102.85
Both Sexes										
14 or under	1347	76.20	160.62	219.95	334.78	1272	2892.24	6290.16	8046.90	11507.42
15 - 44	824	108.69	224.79	269.82	483.48	812	1527.49	3092.59	3871.96	6897.59
<i>All Fish</i>										
Females										
14 or under	836	79.05	158.21	204.64	371.82	779	3201.90	6835.88	8808.04	13906.69
15 - 44	554	107.86	220.54	315.06	494.94	541	1728.30	3436.71	5044.65	8011.49
Males										
14 or under	836	96.24	224.70	335.51	390.29	788	3314.34	7401.75	8720.25	13024.79
15 - 44	565	147.65	271.88	381.38	635.79	561	1850.62	3599.47	4461.34	7621.43
Both Sexes										
14 or under	1672	87.74	191.38	248.87	380.95	1567	3259.63	7119.82	8758.28	13954.57
15 - 44	1119	127.81	254.73	357.58	608.62	1102	1790.11	3548.94	4805.84	7838.99

Notes:

Sample size varies between (g/day) and (g/kg/day) results because 757 individuals did not report body weight. Estimates are based on 2-day averages.

Source: U.S. EPA, 2002

Table 3-24. Number of Respondents Reporting Consumption of a Specified Number of Servings of Seafood in 1 Month and Source of Seafood Eaten

Age Group	Total N	Number of Servings in a Month							Source of Seafood		
		0	1-2	3-5	6-10	11-19	20+	DK	Mostly Purchased	Mostly Caught	DK
0 to <1 year	34	27	5	2	0	0	0	0	7	0	0
1 to <2 years	49	30	12	4	2	0	0	1	15	3	1
2 to <3 years	59	34	12	7	4	1	0	1	24	1	0
3 to <6 years	169	80	42	26	13	1	1	6	78	8	3
6 to <11 years	224	117	45	36	12	4	3	7	98	4	5
11 to <16 years	236	128	50	42	6	1	1	8	98	3	7
16 to <21 years	220	110	41	37	18	4	2	8	96	5	9

Note: DK = Don't know; N = Sample size.

Source: EPA analysis of data used by Tsang and Klepeis, 1996 (NHAPS).

Table 3-25. Mean Fish Intake Among Individuals Who Eat Fish and Reside in Households With Recreational Fish Consumption

Age Group (years)	meals per week (All Fish)	meals per week (Recreational Fish)	N	Total Fish grams/day	Recreational Fish grams/day	Total Fish grams/kg/day	Recreational Fish grams/kg/day
1 to 5	0.463	0.223	121	11.4	5.63	0.737	0.369
6 to 10	0.49	0.278	151	13.6	7.94	0.481	0.276
11 to 20	0.407	0.229	349	12.3	7.27	0.219	0.123

N = sample size.

Source: U.S. EPA analysis using data from West et al., 1989.

Table 3-26. Fish Consumption Rates among Native American Children (age 5 years and under)

Number of Grams/Day	Unweighted Cumulative Percent
0.0	21.1%
0.4	21.6%
0.8	22.2%
1.6	24.7%
2.4	25.3%
3.2	28.4%
4.1	32.0%
4.9	33.5%
6.5	35.6%
8.1	47.4%
9.7	48.5%
12.2	51.0%
13.0	51.5%
16.2	72.7%
19.4	73.2%
20.3	74.2%
24.3	76.3%
32.4	87.1%
48.6	91.2%
64.8	94.3%
72.9	96.4%
81.0	97.4%
97.2	98.5%
162.0	100%

sample size N = 194

Unweighted Mean = 19.6 grams/day

Unweighted Standard Error = 1.94

Data are compiled from the Umatilla, Nez Perce, Yakama, and Warm Springs tribes of the Columbia River Basin.

Source: CRITFC, 1994.

Table 3-27. Mean, 50th, and 90th Percentiles of Consumption Rates for Native American Children Age Birth to Five Years (g/kg/day)

Fish Category	Mean (S.E.)	95% CI	50 th percentile	90 th percentile
Tulalip Tribes (n = 21)				
Shellfish	0.125 (0.056)	(0.014, 0.236)	0.000	0.597
Total finfish	0.114 (0.030)	(0.056, 0.173)	0.060	0.290
Total, all fish	0.239 (0.077)	(0.088, 0.390)	0.078	0.738
Squaxin Island Tribe (n = 48)				
Shellfish	0.228 (0.053)	(0.126, 0.374)	0.045	0.574
Total finfish	0.250 (0.063)	(0.126, 0.374)	0.061	0.826
Total, all fish	0.825 (0.143)	(0.546, 1.105)	0.508	2.056
Both Tribes Combined (weighted)				
Shellfish	0.177 (0.039)	(0.101, 0.253)	0.012	0.574
Total finfish	0.182 (0.035)	(0.104, 0.251)	0.064	0.615
Total, all fish	0.532 (0.081)	(0.373, 0.691)	0.173	1.357

SE = standard error; 95%CI = 95% confidence interval; n = sample size.

Source: Toy et al., 1996.

Table 3-28. Native American Children’s Consumption Rate (g/kg/day): Individual Finfish and Shellfish and Fish Groups

Species/Group	n	Mean	SE	All Children (including non-consumers)								Consumers Only			
				95% LCL	95% UCL	P5	Median	P75	P90	P95	Max	n	%	GM ^a	MSE ^b
Group E															
Manila/Littleneck clams	31	0.095	0.051	0.000	0.195	0.000	0.031	0.063	0.181	0.763	1.597	23	74	0.050	1.278
Horse clams	31	0.022	0.013	0.000	0.048	0.000	0.000	0.006	0.048	0.269	0.348	12	39	0.015	1.587
Butter clams	31	0.021	0.014	0.000	0.048	0.000	0.000	0.000	0.041	0.247	0.422	6	19	0.041	1.844
Geoduck	31	0.112	0.041	0.033	0.191	0.000	0.027	0.116	0.252	0.841	1.075	22	71	0.054	1.480
Cockles	31	0.117	0.079	0.000	0.271	0.000	0.000	0.054	0.240	1.217	2.433	10	32	0.123	1.545
Oysters	31	0.019	0.012	0.000	0.043	0.000	0.000	0.056	0.058	0.205	0.362	10	32	0.020	1.606
Mussels	31	0.001	0.001	0.000	0.002	0.000	0.000	0.000	0.000	0.011	0.026	1	3	0.026	1.000
Moon snails	31	0.000				0.000	0.000	0.000	0.000	0.000	0.000	0	0		
Shrimp	31	0.093	0.038	0.019	0.168	0.000	0.004	0.059	0.394	0.712	0.982	17	55	0.050	1.527
Dungeness crab	31	0.300	0.126	0.053	0.547	0.000	0.047	0.166	1.251	2.689	2.833	21	68	0.116	1.442
Red rock crab	31	0.007	0.003	0.001	0.014	0.000	0.000	0.000	0.046	0.064	0.082	5	16	0.040	1.308
Scallops	31	0.011	0.006	0.000	0.022	0.000	0.000	0.005	0.031	0.089	0.174	8	26	0.026	1.410
Squid	31	0.002	0.002	0.000	0.005	0.000	0.000	0.000	0.000	0.000	0.411	2	6	0.032	1.265
Sea urchin	31	0.000				0.000	0.000	0.000	0.000	0.000	0.000	0	0		
Sea cucumber	31	0.000				0.000	0.000	0.000	0.000	0.000	0.000	0	0		
Group A ^c	31	0.271	0.117	0.043	0.499	0.000	0.063	0.216	0.532	2.064	3.559	28	90	0.100	1.312
Group B ^d	31	0.004	0.002	0.000	0.008	0.000	0.000	0.000	0.015	0.038	0.069	5	16	0.014	1.618
Group C ^e	31	0.131	0.040	0.052	0.210	0.000	0.036	0.205	0.339	0.838	1.014	25	81	0.069	1.309
Group D ^f	31	0.030	0.011	0.008	0.053	0.000	0.010	0.037	0.081	0.191	0.342	17	55	0.033	1.262
Group F ^g	31	0.240	0.075	0.094	0.387	0.000	0.092	0.254	0.684	1.571	1.901	24	77	0.140	1.315
All Finfish	31	0.677	0.168	0.346	1.007	0.026	0.306	0.740	2.110	3.549	4.101	31	100	0.312	1.273
All Shellfish	31	0.801	0.274	0.265	1.337	0.000	0.287	0.799	2.319	4.994	7.948	28	90	0.314	1.360
All Seafood	31	1.477	0.346	0.799	2.155	0.042	0.724	1.983	3.374	7.272	9.063	31	100	0.729	1.268

a GM = Geometric Mean

b MSE = Multiplicative Standard Error

c Group A is salmon, including king, sockeye, coho, chum, pink, and steelhead

d Group B is finfish, including smelt and herring

e Group C is finfish, including cod, perch, pollock, sturgeon, sablefish, spiny dogfish and greenling

f Group D is finfish, including halibut, sole, flounder and rockfish

g Group F includes tuna, other finfish, and all others not included in Groups A, B, C, and D.

SE = standard error; LCL = lower confidence limit; UCL = upper confidence limit; P5...P95 = percentile value.

Note: The minimum consumption for all species and groups was zero, except for “all finfish” and “all seafood.” The minimum rate for “all finfish” was 0.023, and for “all seafood” was 0.035.

Source: The Suquamish Tribe, 2000.

Table 3-29. Native American Children's Consumption Rate (g/kg/day) for Consumers Only: Individual Finfish and Shellfish and Fish Groups

Group	Species	Consumers Only					
		n	Mean	SE	Median	P75	P90
Group E	Manila/Littleneck clams	23	0.128	0.068	0.043	0.066	0.200
	Horse clams	12	0.058	0.032	0.009	0.046	0.308
	Butter clams	6	0.106	0.066	0.032	0.203	—
	Geoduck	22	0.158	0.054	0.053	0.230	0.554
	Cockles	10	0.361	0.233	0.078	0.291	2.230
	Oysters	10	0.060	0.035	0.015	0.074	0.336
	Mussels	1	0.026	—	—	—	—
	Moon snails	0	—	—	—	—	—
	Shrimp	17	0.170	0.064	0.035	0.299	0.621
	Dungeness crab	21	0.443	0.179	0.082	0.305	2.348
	Red rock crab	5	0.046	0.011	0.051	0.067	—
	Scallops	8	0.042	0.019	0.027	0.032	—
	Squid	2	0.033	0.008	0.033	—	—
	Sea urchin	0	—	—	—	—	—
	Sea cucumber	0	—	—	—	—	—
Group A ^a		28	0.300	0.128	0.112	0.246	0.599
Group B ^b		5	0.023	0.012	0.017	0.043	—
Group C ^c		25	0.163	0.048	0.048	0.236	0.493
Group D ^d		17	0.055	0.019	0.033	0.064	0.140
Group F ^e (tuna/other finfish)		24	0.311	0.092	0.177	0.336	1.035
All finfish		31	0.677	0.168	0.306	0.740	2.110
All shellfish		28	0.886	0.299	0.363	0.847	2.466
All seafood		31	1.477	0.346	0.724	1.983	3.374

n = sample size; SE = standard error; P75 and P90 = percentile values.

a Group A is salmon, including king, sockeye, coho, chum, pink, and steelhead

b Group B is finfish, including smelt and herring

c Group C is finfish, including cod, perch, pollock, sturgeon, sablefish, spiny dogfish and greenling

d Group D is finfish, including halibut, sole, flounder and rockfish

e Group F includes tuna, other finfish, and all others not included in Groups A, B, C, and D.

Source: The Suquamish Tribe, 2000.

Table 3-30. Mean Fish Consumption, per capita, g/day and g/kg/day As Consumed, in Four States

Age/Gender Category	Mean consumption, grams per day, as consumed (per capita)			Mean consumption, grams per kg per day, as consumed (consumers only)		
	N	Weighted N (thousands)	Mean	N g/day	Weighted N (thousands)	Mean g/kg/day
Connecticut						
1 to <6	28	274	4.3	26	253	0.32
6 to <11	28	259	11.6	26	239	0.51
11 to <16	22	201	14.1	21	193	0.27
16 to <30 (female)	17	141	35.9	17	141	0.67
16 to <30 (male)	14	119	11.9	14	119	0.16
Florida						
1 to <6	1107	1138	10.9	1102	1134	0.89
6 to <11	943	962	12.0	938	956	0.44
11 to <16	865	849	17.4	864	848	0.37
16 to <30 (female)	1636	1518	26.6	1537	1477	0.44
16 to <30 (male)	1702	1567	33.5	1638	1551	0.44
Minnesota						
1 to <6	47	437	8.0	47	437	0.57
6 to <11	47	299	9.5	46	298	0.33
11 to <16	68	337	12.0	68	337	0.22
16 to <30 (female)	47	331	36.9	47	331	0.67
16 to <30 (male)	55	275	8.3	55	275	0.10
North Dakota						
1 to <6	31	30	10.9	30	30	0.67
6 to <11	46	44	14.8	44	42	0.51
11 to <16	58	54	19.7	55	52	0.40
16 to <30 (female)	45	47	10.4	42	43	0.18
16 to <30 (male)	37	39	16.4	36	38	0.22

Sample sizes (N) for g/day and g/kg day may differ because not all participants reported body weight.

Source: Westat, 2006.

Table 3-31. Mean Fish Consumption, Consumers Only, g/day and g/kg/day As Consumed, in Four States

Age/Gender Category	Mean consumption, grams per day, as consumed (consumers only)			Mean consumption, grams per kg per day, as consumed (consumers only)		
	N	Weighted N (thousands)	Mean g/day	N	Weighted N (thousands)	Mean g/kg/day
Connecticut						
1 to <6	14	131	8.9	14	131	0.62
6 to <11	22	207	14.5	22	207	0.59
11 to <16	19	173	16.3	18	165	0.32
16 to <30 (female)	14	113	44.9	14	113	0.84
16 to <30 (male)	10	84	17.0	10	84	0.23
Florida						
1 to <6	421	428	29.0	420	428	2.3
6 to <11	376	378	30.5	375	377	1.1
11 to <16	365	364	40.6	365	364	0.85
16 to <30 (female)	791	739	54.6	753	725	0.89
16 to <30 (male)	785	719	73.0	754	714	0.96
Minnesota						
1 to <6	46	425	8.2	46	425	0.58
6 to <11	43	265	10.8	42	264	0.38
11 to <16	63	313	12.9	63	313	0.24
16 to <30 (female)	44	318	38.4	44	318	0.69
16 to <30 (male)	52	254	9.0	52	254	0.11
North Dakota						
1 to <6	28	28	11.9	28	28	0.71
6 to <11	43	41	16.0	41	39	0.56
11 to <16	56	53	20.3	53	50	0.41
16 to <30 (female)	39	40	12.1	38	39	0.20
16 to <30 (male)	37	39	16.4	36	38	0.22

Sample sizes (N) for g/day and g/kg day may differ because not all participants reported body weight.

Source: Westat, 2006.

Table 3-32. Mean Fish Consumption, Consumers Only, g/day and g/kg/day As Consumed, by Caught or Bought Status

Age/Gender Category	Mean consumption, grams per day, as consumed (consumers only)			Mean consumption, grams per kg per day, as consumed (consumers only)		
	N	Weighted N (thousands)	Mean g/day	N	Weighted N (thousands)	Mean g/kg/day
Connecticut						
Eats Caught Only	1	9	0.99	1	9	0.02
Eats Caught and Bought	74	559	38.5	70	530	0.49
Eats Bought Only	294	2286	29.8	291	2265	0.48
Florida						
Eats Caught Only	600	493	45.6	511	454	0.76
Eats Caught and Bought	802	667	112	701	636	1.81
Eats Bought Only	7164	6752	49.6	6545	6400	0.85
Minnesota						
Eats Caught Only	38	221	6.80	38	221	0.16
Eats Caught and Bought	556	2747	24.3	555	2746	0.40
Eats Bought Only	202	1655	12.2	200	1653	0.23
North Dakota						
Eats Caught Only	33	36	13.3	30	32	0.21
Eats Caught and Bought	376	403	23.3	359	384	0.39
Eats Bought Only	161	167	13.5	157	164	0.25

Sample sizes (N) for g/day and g/kg day may differ because not all participants reported body weight.

Source: Westat, 2006.

Table 3-33. Fat Intake Among Children Based on Data from the Bogalusa Heart Study, 1973-1982 (g/day)

Age (years)	N	Mean	Std. Dev.	P10	P25	P50	P75	P90	Minimum	Maximum
Total Fat Intake										
6 Mo.	125	37.1	17.5	18.7	25.6	33.9	46.3	60.8	3.4	107.6
1	99	59.1	26.0	29.1	40.4	56.1	71.4	94.4	21.6	152.7
2	135	86.7	41.3	39.9	55.5	79.2	110.5	141.1	26.5	236.4
3	106	91.6	38.8	50.2	63.6	82.6	114.6	153.0	32.6	232.5
4	219	98.6	56.1	46.0	66.8	87.0	114.6	163.3	29.3	584.6
10	871	93.2	50.8	45.7	60.5	81.4	111.3	154.5	14.6	529.5
13	148	107.0	53.9	53.0	69.8	90.8	130.7	184.1	9.8	282.2
15	108	97.7	48.7	46.1	65.2	85.8	124.0	165.2	10.0	251.3
17	159	107.8	64.3	41.4	59.7	97.3	140.2	195.1	8.5	327.4
Total Animal Fat										
6 Mo.	125	18.4	16.0	0.7	4.2	13.9	28.4	42.5	0.0	61.1
1	99	36.5	20.0	15.2	23.1	33.0	45.9	65.3	0.0	127.1
2	135	49.5	28.3	20.1	28.9	42.1	66.0	81.4	10.0	153.4
3	106	50.1	29.4	21.3	29.1	42.9	64.4	88.9	14.1	182.6
4	219	50.8	31.7	21.4	28.1	42.6	66.4	92.6	5.9	242.2
10	871	54.1	39.6	20.3	30.6	45.0	64.6	97.5	0.0	412.3
13	148	56.2	39.8	19.8	28.5	44.8	72.8	109.4	4.7	209.6
15	108	53.8	35.1	15.9	28.3	44.7	67.9	105.8	0.6	182.1
17	159	64.4	48.5	15.2	30.7	51.6	86.6	128.8	2.6	230.3
Total Vegetable Fat Intake										
6 Mo.	125	9.2	12.8	0.6	1.2	2.8	11.6	29.4	0.0	53.2
1	99	15.4	14.3	3.7	6.1	11.3	18.1	38.0	0.2	70.2
2	135	19.3	16.3	3.8	7.9	14.8	26.6	42.9	0.7	96.6
3	106	21.1	15.5	3.9	8.6	18.7	26.6	45.2	1.0	70.4
4	219	24.5	18.6	5.7	10.4	21.8	33.3	48.5	0.9	109.0
10	871	23.7	21.6	4.3	9.5	18.3	30.6	49.0	0.6	203.7
13	148	34.3	27.4	8.4	17.9	31.2	44.6	57.5	0.0	238.3
15	108	27.3	22.8	5.1	11.9	22.6	38.1	54.4	0.7	132.2
17	159	25.7	21.3	4.2	11.7	20.8	32.9	47.6	0.0	141.5
Total Fish Fat Intake										
6 Mo.	125	0.05	0.13	0.0	0.0	0.0	0.0	0.1	0.0	0.9
1	99	0.05	0.23	0.0	0.0	0.0	0.0	0.0	0.0	1.9
2	135	0.04	0.23	0.0	0.0	0.0	0.0	0.0	0.0	1.9
3	106	0.10	0.59	0.0	0.0	0.0	0.0	0.0	0.0	4.5
4	219	2.3	31.05	0.0	0.0	0.0	0.0	0.0	0.0	459.2
10	871	0.29	1.45	0.0	0.0	0.0	0.0	0.0	0.0	19.2
13	148	0.27	2.15	0.0	0.0	0.0	0.0	0.0	0.0	25.4
15	108	0.43	1.47	0.0	0.0	0.0	0.0	0.0	0.0	9.5
17	159	0.47	2.01	0.0	0.0	0.0	0.0	0.0	0.0	15.3

N = sample size; P10...P90 = percentile values. Source: Frank et al., 1986.

Table 3-34. Fat Intake Among Children Based on Data from the Bogalusa Heart Study, 1973-1982 (g/kg/day)

Age (years)	N	Mean	Std. Dev.	P10	P25	P50	P75	P90	Minimum	Maximum
<i>Total Fat Intake</i>										
6 Mo.	125	4.94	2.32	2.41	3.28	4.67	6.19	7.97	0.39	13.16
1	99	6.12	2.75	3.03	4.11	5.66	7.47	9.53	2.27	16.38
2	132	6.98	3.34	3.37	4.45	6.15	8.56	11.94	2.14	18.69
3	106	6.40	2.67	3.61	4.56	5.50	8.16	9.93	2.18	16.73
4	218	6.05	3.66	2.88	3.96	5.24	6.97	9.98	2.03	38.21
10	861	2.70	1.52	1.23	1.68	2.35	3.32	4.54	0.33	13.86
13	147	2.28	1.30	1.03	1.47	1.99	2.80	3.81	0.21	10.19
15	105	1.73	0.84	0.84	1.18	1.54	2.14	3.13	0.15	4.73
17	149	1.77	1.02	0.69	0.92	1.62	2.24	3.10	0.16	6.23
<i>Total Animal Fat</i>										
6 Mo.	125	2.43	2.13	0.08	0.60	2.03	3.74	5.47	0.00	8.99
1	99	3.78	2.12	1.70	2.37	3.39	4.90	6.48	0.00	13.64
2	132	3.99	2.31	1.73	2.29	3.36	5.22	6.69	0.67	13.40
3	106	3.50	2.01	1.56	2.07	3.13	4.18	6.05	0.90	13.14
4	218	3.12	2.05	1.26	1.73	2.64	4.04	5.38	0.39	15.43
10	861	1.56	1.16	0.55	0.84	1.28	1.92	2.83	0.00	10.79
13	147	1.19	0.86	0.40	0.59	0.94	1.59	2.28	0.08	5.19
15	105	0.95	0.62	0.32	0.54	0.81	1.25	1.90	0.01	3.07
17	149	1.04	0.77	0.26	0.51	0.83	1.38	1.97	0.05	4.15
<i>Total Vegetable Fat Intake</i>										
6 Mo.	125	1.237	1.794	0.079	0.160	0.354	1.558	4.076	0.000	8.199
1	99	1.594	1.550	0.401	0.630	1.169	1.868	3.784	0.022	7.610
2	132	1.561	1.381	0.299	0.647	1.134	2.037	3.504	0.057	8.474
3	106	1.474	1.066	0.277	0.603	1.359	1.963	2.958	0.077	5.047
4	218	1.492	1.153	0.356	0.617	1.208	2.059	2.827	0.061	7.315
10	861	0.685	0.638	0.127	0.257	0.516	0.863	1.440	0.019	4.244
13	147	0.748	0.790	0.161	0.381	0.606	0.931	1.248	0.000	8.603
15	105	0.490	0.397	0.086	0.225	0.436	0.653	0.904	0.010	2.226
17	149	0.439	0.359	0.071	0.175	0.353	0.597	0.908	0.000	2.128
<i>Total Fish Fat Intake</i>										
6 Mo.	125	0.006	0.018	0.000	0.000	0.000	0.000	0.021	0.000	0.127
1	99	0.005	0.026	0.000	0.000	0.000	0.000	0.000	0.000	0.219
2	132	0.003	0.018	0.000	0.000	0.000	0.000	0.000	0.000	0.160
3	106	0.007	0.042	0.000	0.000	0.000	0.000	0.000	0.000	0.341
4	218	0.148	2.034	0.000	0.000	0.000	0.000	0.000	0.000	30.03
10	861	0.009	0.047	0.000	0.000	0.000	0.000	0.000	0.000	0.625
13	147	0.005	0.036	0.000	0.000	0.000	0.000	0.000	0.000	0.405
15	105	0.008	0.028	0.000	0.000	0.000	0.000	0.000	0.000	0.189
17	149	0.008	0.033	0.000	0.000	0.000	0.000	0.000	0.000	0.234

N = sample size; P10...P90 = percentile values. Source: Frank et al., 1986.

Table 3-35. Mean Total Daily Dietary Fat Intake (g/day) Grouped by Age and Gender^a

Age (yrs)	Total		Males		Females	
	N	Mean Fat Intake (g/day)	N	Mean Fat Intake (g/day)	N	Mean Fat Intake (g/day)
2-11 (months)	871	37.52	439	38.31	432	36.95
1-2	1,231	49.96	601	51.74	630	48.33
3-5	1,647	60.39	744	70.27	803	61.51
6-11	1,745	74.17	868	79.45	877	68.95
12-16	711	85.19	338	101.94	373	71.23
16-19	785	100.50	308	123.23	397	77.46

^a Total dietary fat intake includes all fat (i.e., saturated and unsaturated) derived from consumption of foods and beverages (excluding plain drinking water).

N = sample size.

Source: Adapted from CDC, 1994.

Table 3-36. Total Fat Intake for the Whole Population and for the Top 10% of Animal Fat Consumers by Consumers Only (g/kg-day)

Total Fat Intake Whole Population by Consumers Only (g/kg-day)									
Age (yrs)	N	Mean Fat Intake (g/kg-day)	S.E.	Percentiles					
				P10	P25	P50	P75	P95	P100
< 1	1,301	4.4	2.6	0.9	2.9	4.3	5.8	9.2	20
1	1,002	4.0	1.7	2.1	2.8	3.7	4.7	7.1	12
2	994	3.7	1.5	1.9	2.6	3.4	4.4	6.4	12
3-5	4,112	3.4	1.3	1.9	2.4	3.2	4.0	5.8	11
6-10	1,553	2.6	1.1	1.3	1.7	2.3	3.0	4.2	9.9
11-15	975	1.6	0.80	0.8	1.1	1.4	2.0	3.0	5.7
16-17	360	1.3	0.65	0.6	0.8	1.2	1.6	2.7	4.2
18-20	383	1.3	0.67	0.5	0.8	1.2	1.6	2.4	6.0
Total Fat Intake for the Top 10% of the Animal Fat Consumers by Consumers Only (g/kg-day)									
Age (yrs)	N	Mean Fat Intake (g/kg-day)	S.E.	Percentiles					
				P10	P25	P50	P75	P95	P100
< 1	140	4.7	1.7	2.8	3.7	4.6	6.0	7.7	11
1	109	6.9	1.5	5.1	5.8	6.8	7.7	9.5	12
2	103	6.2	1.3	4.6	5.2	5.8	6.7	8.3	9.5
3-5	461	5.6	1.3	4.2	4.7	5.3	6.2	8.3	11
6-10	198	4.2	1.1	3.0	3.4	3.8	4.6	6.0	9.9
11-15	96	3.0	0.9	2.0	2.4	2.8	3.3	4.6	5.7
16-17	32	2.5	0.7	1.6	1.9	2.7	2.8	3.1	4.2
18-20	37	2.6	0.8	1.6	2.0	2.3	2.9	3.2	6.0

Table 3-37. Per Capita Total Dietary Intake

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Total Dietary Intake (g/day, as consumed)															
birth to <1 mo.	66.7%	-	-	-	-	-	-	-	-	-	-	-	-	10	15
1 to <3 mo.	76.9%	8.6e+02	6.4e+01	3.0e+01	3.1e+01	1.1e+02	7.9e+02	9.2e+02	1.0e+03	1.2e+03	1.3e+03	2.0e+03	2.4e+03	50	65
3 to <6 mo.	94.1%	9.4e+02	4.7e+01	5.6e+00	3.6e+01	1.6e+02	7.5e+02	9.7e+02	1.2e+03	1.5e+03	1.7e+03	2.1e+03	2.1e+03	112	119
6 to <12 mo.	99.4%	1.2e+03	3.4e+01	1.2e+02	2.1e+02	6.4e+02	9.8e+02	1.2e+03	1.4e+03	1.6e+03	1.8e+03	2.3e+03	2.5e+03	159	160
1 to <2 yr.	100.0%	9.6E+02	1.9E+01	8.0E+01	2.1E+02	4.4E+02	6.4E+02	9.1E+02	1.1E+03	1.5E+03	1.7E+03	2.0E+03	2.1E+03	663	663
2 to <3 yr.	100.0%	1.2E+03	2.1E+01	3.7E+02	5.4E+02	6.3E+02	9.0E+02	1.5E+03	1.5E+03	1.7E+03	2.0E+03	2.1E+03	2.8E+03	642	642
3 to <6 yr.	100.0%	1.0e+03	9.9e+00	3.4e+02	5.0e+02	5.8e+02	7.6e+02	1.0e+03	1.2e+03	1.5e+03	1.7e+03	2.1e+03	2.6e+03	1435	1435
6 to <11 yr.	100.0%	1.1e+03	1.2e+01	3.9e+02	5.5e+02	6.5e+02	8.3e+02	1.1e+03	1.3e+03	1.7e+03	1.9e+03	2.3e+03	3.6e+03	1189	1189
11 to <16 yr.	100.0%	1.2e+03	1.7e+01	3.2e+02	5.4e+02	6.2e+02	8.3e+02	1.1e+03	1.5e+03	1.8e+03	2.2e+03	2.9e+03	4.8e+03	1005	1005
16 to <21 yr.	97.9%	5.6E+00	2.9E+01	3.7E+02	4.1E+02	5.4E+02	7.8E+02	1.1E+03	1.7E+03	2.1E+03	2.8E+03	3.3E+03	4.6E+03	729	745

Age Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Total Dietary Intake (g/kg/day, as consumed)															
birth to <1 mo.	60.0%	-	-	-	-	-	-	-	-	-	-	-	-	9	15
1 to <3 mo.	70.8%	1.6e+02	1.4e+01	0.0e+00	0.0e+00	6.9e+00	1.5e+02	1.8e+02	2.2e+02	2.4e+02	2.7e+02	3.1e+02	3.3e+02	46	65
3 to <6 mo.	91.6%	1.3e+02	7.3e+00	0.0e+00	1.2e+00	1.8e+01	9.3e+01	1.4e+02	1.8e+02	2.3e+02	2.4e+02	2.9e+02	2.9e+02	109	119
6 to <12 mo.	95.0%	1.3e+02	4.3e+00	0.0e+00	2.3e+01	5.4e+01	1.0e+02	1.2e+02	1.6e+02	1.9e+02	2.0e+02	2.5e+02	3.1e+02	152	160
1 to <2 yr.	96.2%	7.9E+01	8.0E-01	0.0E+00	2.1E+01	3.0E+01	3.9E+01	5.9E+01	9.3E+01	1.2E+02	1.4E+02	1.9E+02	2.1E+02	637	663
2 to <3 yr.	95.8%	8.9E+01	6.0E-01	0.0E+00	2.9E+01	4.1E+01	6.3E+01	8.8E+01	1.1E+02	1.5E+02	1.8E+02	2.2E+02	2.6E+02	615	642
3 to <6 yr.	93.2%	5.5e+01	7.3e-01	0.0e+00	0.0e+00	2.6e+01	3.8e+01	5.4e+01	7.0e+01	8.9e+01	1.0e+02	1.3e+02	1.9e+02	1337	1435
6 to <11 yr.	92.9%	3.8e+01	5.8e-01	0.0e+00	0.0e+00	1.5e+01	2.6e+01	3.6e+01	4.8e+01	6.1e+01	7.2e+01	9.1e+01	1.2e+02	1105	1189
11 to <16 yr.	97.0%	2.3e+01	3.9e-01	0.0e+00	7.3e+00	9.8e+00	1.5e+01	2.2e+01	3.0e+01	3.9e+01	4.6e+01	6.0e+01	8.1e+01	975	1005
16 to <21 yr.	99.1%	1.8E+01	4.0E-01	4.9E+00	7.0E+00	7.8E+00	1.6E+01	2.0E+01	2.8E+01	3.3E+01	3.6E+01	6.0E+01	6.4E+01	738	745

N = sample size; PC = percent consuming; SE = standard error; P1...P100 = percentiles.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-38. Per Capita Intake of Major Food Groups (g/day, as consumed)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Age 0 to <1month															
Total Dietary Intake	66.7%	-	-	-	-	-	-	-	-	-	-	-	-	10	15
Total Dairy Intake	66.7%	-	-	-	-	-	-	-	-	-	-	-	-	10	15
Total Meat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Egg Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Fish Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Grain Intake	6.7%	-	-	-	-	-	-	-	-	-	-	-	-	1	15
Total Vegetable Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Fruit Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Fat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Age 1 to <3 months															
Total Dietary Intake	76.9%	8.6e+02	6.4e+01	3.0e+01	3.1e+01	1.1e+02	7.9e+02	9.2e+02	1.0e+03	1.2e+03	1.3e+03	2.0e+03	2.4e+03	50	65
Total Dairy Intake	75.4%	8.5e+02	6.3e+01	0.0e+00	0.0e+00	1.1e+02	7.9e+02	9.2e+02	1.0e+03	1.2e+03	1.3e+03	2.0e+03	2.0e+03	49	65
Total Meat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Total Egg Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Total Fish Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Total Grain Intake	15.4%	-	-	-	-	-	-	-	-	-	-	-	-	10	65
Total Vegetable Intake	3.1%	-	-	-	-	-	-	-	-	-	-	-	-	2	65
Total Fruit Intake	9.2%	-	-	-	-	-	-	-	-	-	-	-	-	6	65
Total Fat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Age 3 to <6 months															
Total Dietary Intake	94.1%	9.4e+02	4.7e+01	5.6e+00	3.6e+01	1.6e+02	7.5e+02	9.7e+02	1.2e+03	1.5e+03	1.7e+03	2.1e+03	2.1e+03	112	119
Total Dairy Intake	86.6%	7.9e+02	4.8e+01	0.0e+00	3.1e+00	2.3e+01	5.7e+02	8.5e+02	1.1e+03	1.3e+03	1.5e+03	2.0e+03	2.1e+03	103	119
Total Meat Intake	10.1%	-	-	-	-	-	-	-	-	-	-	-	-	12	119
Total Egg Intake	9.2%	-	-	-	-	-	-	-	-	-	-	-	-	11	119
Total Fish Intake	8.4%	-	-	-	-	-	-	-	-	-	-	-	-	10	119
Total Grain Intake	66.4%	1.1e+01	2.3e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.0e+00	1.7e+01	2.8e+01	4.0e+01	9.9e+01	1.8e+02	79	119
Total Vegetable Intake	35.3%	3.0e+01	7.8e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.6e+01	1.1e+02	1.4e+02	2.0e+02	2.8e+02	42	119
Total Fruit Intake	54.6%	9.3e+01	1.6e+01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	3.1e+01	1.6e+02	2.9e+02	3.2e+02	5.5e+02	7.5e+02	65	119
Total Fat Intake	9.2%	-	-	-	-	-	-	-	-	-	-	-	-	11	119
Age 6 to <12 months															
Total Dietary Intake	99.4%	1.2e+03	3.4e+01	1.2e+02	2.1e+02	6.4e+02	9.8e+02	1.2e+03	1.4e+03	1.6e+03	1.8e+03	2.3e+03	2.5e+03	159	160
Total Dairy Intake	95.6%	7.7e+02	3.1e+01	0.0e+00	8.1e+00	2.1e+02	6.1e+02	7.5e+02	9.6e+02	1.3e+03	1.5e+03	1.9e+03	2.0e+03	153	160
Total Meat Intake	67.5%	2.1e+01	2.4e+00	0.0e+00	0.0e+00	0.0e+00	1.1e+00	1.3e+01	3.2e+01	5.7e+01	7.4e+01	1.2e+02	1.2e+02	108	160
Total Egg Intake	60.6%	8.1e+00	1.9e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.3e-01	1.6e+00	3.9e+01	5.8e+01	7.9e+01	8.9e+01	97	160
Total Fish Intake	40.6%	1.9e+00	6.3e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.5e+00	5.0e+00	7.5e+00	4.2e+01	4.2e+01	65	160
Total Grain Intake	95.0%	7.0e+01	5.4e+00	0.0e+00	5.0e+00	1.0e+01	2.3e+01	4.7e+01	9.3e+01	1.8e+02	1.9e+02	2.7e+02	3.6e+02	152	160
Total Vegetable Intake	90.0%	1.1e+02	6.8e+00	0.0e+00	0.0e+00	1.4e+01	5.7e+01	1.1e+02	1.4e+02	1.9e+02	2.3e+02	4.9e+02	7.0e+02	144	160
Total Fruit Intake	87.5%	1.8e+02	1.1e+01	0.0e+00	0.0e+00	0.0e+00	8.6e+01	1.7e+02	2.3e+02	3.4e+02	4.2e+02	5.7e+02	6.1e+02	140	160
Total Fat Intake	60.6%	1.5e+00	2.0e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.3e+00	2.5e+00	3.6e+00	4.5e+00	1.1e+01	1.1e+01	97	160

Table 3-38. Per Capita Intake of Major Food Groups (g/day, as consumed) (continued)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Age 1 to <2 years															
Total Dietary Intake	100.0%	9.6E+02	1.9E+01	8.0E+01	2.1E+02	4.4E+02	6.4E+02	9.1E+02	1.1E+03	1.5E+03	1.7E+03	2.0E+03	2.1E+03	663	663
Total Dairy Intake	99.4%	4.5E+02	1.1E+01	3.0E+00	5.1E+01	8.8E+01	1.3E+02	3.5E+02	5.8E+01	8.3E+02	9.0E+02	9.7E+02	1.7E+03	659	663
Total Meat Intake	96.8%	5.3E+01	1.9E+00	0.0E+00	9.0E+00	1.2E+01	2.0E+01	4.4E+01	5.9E+01	9.0E+01	1.3E+02	1.7E+02	2.1E+02	641	663
Total Egg Intake	90.1%	1.2E+01	9.9E-01	0.0E+00	0.0E+00	0.0E+00	6.8E-01	2.8E+00	1.4E+01	3.9E+01	5.8E+01	8.1E+01	1.0E+02	597	663
Total Fish Intake	56.6%	3.0E+00	6.6E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	4.4E+00	9.4E+00	2.1E+01	4.4E+01	1.1E+02	375	663
Total Grain Intake	99.6%	1.4E+02	2.9E+00	1.1E+01	3.0E+01	5.1E+01	8.8E+01	1.3E+02	1.8E+02	2.4E+02	3.0E+02	4.2E+02	4.3E+02	660	663
Total Vegetable Intake	98.4%	1.2E+02	3.3E+00	8.0E-01	1.1E+00	2.1E+00	3.3E+00	2.9E+01	8.9E+01	1.7E+02	3.0E+02	3.6E+02	5.4E+02	652	663
Total Fruit Intake	86.6%	2.1E+02	8.0E+00	0.0E+00	0.0E+00	0.0E+00	2.3E+01	1.6E+02	2.3E+02	4.9E+02	7.0E+02	8.9E+02	1.7E+03	574	663
Total Fat Intake	91.2%	3.4E+00	2.3E-01	0.0E+00	0.0E+00	0.0E+00	1.1E-00	4.2E+00	7.0E+00	1.1E+01	1.5E+01	2.2E+01	2.9E+01	604	663
Age 2 to <3 years															
Total Dietary Intake	100.0%	1.2E+03	2.1E+01	3.7E+02	5.4E+02	6.3E+02	9.0E+02	1.5E+03	1.7E+03	2.0E+03	2.1E+03	2.8E+03	642	642	
Total Dairy Intake	100.0%	5.2E+02	1.0E+01	1.8E+01	7.7E+01	1.7E+02	3.0E+02	5.6E+02	7.1E+02	1.0E+03	1.2E+03	1.9E+03	2.0E+03	642	642
Total Meat Intake	98.9%	6.5E+01	2.0E+00	0.0E+00	3.8E+00	9.0E+00	2.7E+01	5.3E+01	9.0E+01	1.4E+02	1.7E+02	2.2E+02	3.2E+02	635	642
Total Egg Intake	95.0%	2.0E+01	1.1E+00	0.0E+00	0.0E+00	2.0E-01	1.1E+00	3.8E+00	4.8E+00	5.5E+00	8.9E+00	1.4E+01	1.9E+02	610	642
Total Fish Intake	65.0%	6.6E+00	5.3E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	9.0E-01	3.0E+00	1.6E+01	2.9E+01	7.0E+01	1.7E+02	417	642
Total Grain Intake	99.5%	1.6E+02	2.4E+00	1.6E+01	4.4E+00	6.0E+00	9.3E+00	1.3E+02	2.1E+02	2.7E+02	3.3E+02	5.6E+02	6.5E+02	639	642
Total Vegetable Intake	100.2%	1.5E+02	2.8E+00	4.3E+00	2.2E+01	3.8E+01	7.1E+01	1.2E+02	1.8E+02	3.0E+02	3.7E+02	6.1E+02	7.1E+02	643	642
Total Fruit Intake	91.4%	2.9E+02	7.1E+00	0.0E+00	0.0E+00	0.0E+00	1.2E+02	2.0E+02	3.7E+02	6.0E+02	7.8E+02	1.1E+03	2.1E+03	587	642
Total Fat Intake	96.7%	7.5E+00	2.2E-01	0.0E+00	0.0E+00	4.4E-01	2.2E+00	4.1E+00	7.5E+00	1.3E+01	1.7E+01	2.8E+01	5.0E+01	621	642
Age 3 to <6 years															
Total Dietary Intake	100.0%	1.0e+03	9.9e+00	3.4e+02	5.0e+02	5.8e+02	7.6e+02	1.0e+03	1.2e+03	1.5e+03	1.7e+03	2.1e+03	2.6e+03	1435	1435
Total Dairy Intake	99.6%	3.9e+02	6.3e+00	7.8e+00	7.4e+01	1.2e+02	2.2e+02	3.6e+02	5.1e+02	7.2e+02	8.3e+02	1.2e+03	1.7e+03	1429	1435
Total Meat Intake	99.0%	7.9e+01	1.3e+00	0.0e+00	1.6e+01	2.4e+01	4.4e+01	7.2e+01	1.0e+02	1.4e+02	1.7e+02	2.4e+02	3.8e+02	1420	1435
Total Egg Intake	90.8%	1.3e+01	7.0e-01	0.0e+00	0.0e+00	8.3e-02	7.3e-01	1.8e+00	2.0e+01	4.3e+01	6.3e+01	1.1e+02	2.5e+02	1303	1435
Total Fish Intake	61.0%	6.1e+00	5.4e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.7e+00	5.0e+00	1.4e+01	3.4e+01	8.0e+01	2.0e+02	875	1435
Total Grain Intake	99.8%	1.9e+02	2.8e+00	4.7e+01	7.0e+01	8.8e+01	1.2e+02	1.7e+02	2.4e+02	3.1e+02	3.6e+02	5.3e+02	1.6e+03	1432	1435
Total Vegetable Intake	99.4%	1.4e+02	2.5e+00	3.4e+00	2.4e+01	4.0e+01	7.4e+01	1.2e+02	1.8e+02	2.6e+02	3.2e+02	4.8e+02	7.6e+02	1427	1435
Total Fruit Intake	84.4%	2.1e+02	5.5e+00	0.0e+00	0.0e+00	0.0e+00	6.2e+01	1.6e+02	3.1e+02	4.7e+02	5.6e+02	8.4e+02	1.9e+03	1211	1435
Total Fat Intake	95.6%	7.8e+00	2.0e-01	0.0e+00	1.7e-01	1.0e+00	2.7e+00	5.6e+00	1.1e+01	1.8e+01	2.2e+01	3.7e+01	6.3e+01	1372	1435
Age 6 to <11 years															
Total Dietary Intake	100.0%	1.1e+03	1.2e+01	3.9e+02	5.5e+02	6.5e+02	8.3e+02	1.1e+03	1.3e+03	1.7e+03	1.9e+03	2.3e+03	3.6e+03	1189	1189
Total Dairy Intake	99.7%	4.4e+02	7.5e+00	1.1e+01	7.6e+01	1.3e+02	2.6e+02	4.0e+02	5.9e+02	7.8e+02	8.8e+02	1.2e+03	2.7e+03	1185	1189
Total Meat Intake	98.7%	9.2e+01	1.7e+00	0.0e+00	1.7e+01	2.6e+01	4.9e+01	8.3e+01	1.2e+02	1.6e+02	2.0e+02	3.0e+02	4.1e+02	1174	1189
Total Egg Intake	91.5%	1.3e+01	7.9e-01	0.0e+00	0.0e+00	2.4e-01	9.0e-01	2.1e+00	6.3e+00	4.5e+01	6.8e+01	1.3e+02	2.2e+02	1088	1189
Total Fish Intake	62.6%	8.9e+00	8.8e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.3e+00	5.7e+00	1.7e+01	4.4e+01	1.4e+02	2.1e+02	744	1189
Total Grain Intake	99.9%	2.2e+02	3.1e+00	4.4e+01	8.5e+01	1.1e+02	1.5e+02	2.1e+02	2.7e+02	3.6e+02	4.1e+02	6.0e+02	7.8e+02	1188	1189
Total Vegetable Intake	99.7%	1.7e+02	3.3e+00	9.7e+00	3.5e+01	5.4e+01	8.7e+01	1.4e+02	2.1e+02	3.0e+02	3.7e+02	5.8e+02	9.5e+02	1185	1189
Total Fruit Intake	76.8%	1.7e+02	6.2e+00	0.0e+00	0.0e+00	0.0e+00	3.1e+01	1.2e+02	2.6e+02	4.3e+02	5.2e+02	8.7e+02	1.2e+03	913	1189

Table 3-38. Per Capita Intake of Major Food Groups (g/day, as consumed) (continued)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Total Fat Intake	96.7%	1.1e+01	3.0e-01	0.0e+00	7.3e-01	1.5e+00	3.7e+00	7.7e+00	1.4e+01	2.4e+01	3.0e+01	5.2e+01	8.2e+01	1150	1189

Table 3-38. Per Capita Intake of Major Food Groups (g/day, as consumed) (continued)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Age 11 to <16 years															
Total Dietary Intake	100.0%	1.2e+03	1.7e+01	3.2e+02	5.4e+02	6.2e+02	8.3e+02	1.1e+03	1.5e+03	1.8e+03	2.2e+03	2.9e+03	4.8e+03	1005	1005
Total Dairy Intake	99.1%	3.9e+02	9.8e+00	1.8e+00	2.3e+01	5.0e+01	1.6e+02	3.3e+02	5.3e+02	7.9e+02	9.7e+02	1.5e+03	2.0e+03	996	1005
Total Meat Intake	99.5%	1.2e+02	2.5e+00	5.0e+00	2.2e+01	3.6e+01	6.7e+01	1.1e+02	1.6e+02	2.2e+02	2.7e+02	3.7e+02	6.0e+02	1000	1005
Total Egg Intake	92.4%	1.6e+01	1.0e+00	0.0e+00	0.0e+00	3.2e-01	1.4e+00	3.0e+00	1.5e+01	5.6e+01	8.2e+01	1.5e+02	3.1e+02	929	1005
Total Fish Intake	63.3%	1.2e+01	1.1e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.9e+00	9.5e+00	2.6e+01	5.7e+01	1.4e+02	2.8e+02	636	1005
Total Grain Intake	100.0%	2.6e+02	4.2e+00	5.3e+01	8.4e+01	1.1e+02	1.7e+02	2.3e+02	3.2e+02	4.4e+02	5.0e+02	6.6e+02	1.0e+03	1005	1005
Total Vegetable Intake	99.7%	2.2e+02	4.6e+00	1.6e+01	4.8e+01	7.4e+01	1.2e+02	1.9e+02	2.9e+02	4.1e+02	4.8e+02	7.1e+02	1.5e+03	1002	1005
Total Fruit Intake	70.0%	1.7e+02	7.7e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.2e+02	2.5e+02	4.4e+02	6.0e+02	8.9e+02	1.5e+03	704	1005
Total Fat Intake	96.1%	1.4e+01	4.8e-01	0.0e+00	7.9e-01	2.0e+00	4.8e+00	9.7e+00	1.8e+01	3.3e+01	4.1e+01	7.4e+01	1.3e+02	966	1005
Age 16 to <21 years															
Total Dietary Intake	97.9%	5.6E+00	2.9E+01	3.7E+02	4.1E+02	5.4E+02	7.8E+02	1.1E+03	1.7E+03	2.1E+03	2.8E+03	3.3E+03	4.6E+03	729	745
Total Dairy Intake	99.3%	3.6E+02	9.0E+00	4.0E+00	1.8E+01	3.9E+01	2.3E+02	2.9E+02	5.5E+02	8.0E+02	1.0E+03	1.4E+03	1.6E+03	739	745
Total Meat Intake	99.5%	1.4E+02	3.0E+00	4.8E+00	2.2E+01	3.6E+01	7.0E+01	1.0E+02	1.8E+02	2.7E+02	3.0E+02	3.8E+02	4.8E+02	741	745
Total Egg Intake	93.3%	2.6E-01	1.4E+00	0.0E+00	0.0E+00	1.1E+00	2.1E+00	3.8E+00	5.8E+00	2.2E+01	7.0E+01	1.6E+02	1.9E+02	695	745
Total Fish Intake	66.0%	1.9E-01	1.1E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	9.0E+00	1.6E+01	2.4E+01	5.5E+01	1.7E+02	3.7E+02	491	745
Total Grain Intake	97.9%	5.6E+00	5.4E+00	1.1E+01	8.7E+01	1.0E+02	1.6E+02	2.1E+02	3.4E+02	4.2E+02	5.3E+02	9.4E+02	1.4E+03	729	745
Total Vegetable Intake	97.9%	3.6E+00	8.0E+00	8.0E+00	2.1E+01	5.5E+01	1.0E+02	2.0E+02	3.4E+02	5.1E+02	6.1E+02	1.2E+03	1.4E+03	729	745
Total Fruit Intake	97.9%	5.6E+00	9.5E+00	0.0E+00	0.0E+00	0.0E+00	0.0E+00	6.6E+01	3.0E+02	4.7E+02	7.0E+02	9.2E+02	1.8E+03	729	745
Total Fat Intake	98.9%	2.1E+01	5.5E-01	0.0E+00	8.0E-01	2.6E+00	5.5E+00	1.1E+01	1.9E+01	3.9E+01	4.8E+01	1.1E+02	1.1E+02	736	745

N = sample size; PC = percent consuming; SE = standard error; P1...P100 = percentiles.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-39. Per Capita Intake of Major Food Groups (g/kg/day, as consumed)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Age 0 to <1 month															
Total Dietary Intake	60.0%	-	-	-	-	-	-	-	-	-	-	-	-	9	15
Total Dairy Intake	60.0%	-	-	-	-	-	-	-	-	-	-	-	-	9	15
Total Meat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Egg Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Fish Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Grain Intake	6.7%	-	-	-	-	-	-	-	-	-	-	-	-	1	15
Total Vegetable Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Fruit Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Total Fat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	15
Age 1 to <3 months															
Total Dietary Intake	70.8%	1.6e+02	1.4e+01	0.0e+00	0.0e+00	6.9e+00	1.5e+02	1.8e+02	2.2e+02	2.4e+02	2.7e+02	3.1e+02	3.3e+02	46	65
Total Dairy Intake	69.2%	1.6e+02	1.4e+01	0.0e+00	0.0e+00	0.0e+00	1.5e+02	1.8e+02	2.2e+02	2.4e+02	2.7e+02	3.1e+02	3.3e+02	45	65
Total Meat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Total Egg Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Total Fish Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Total Grain Intake	13.8%	-	-	-	-	-	-	-	-	-	-	-	-	9	65
Total Vegetable Intake	1.5%	-	-	-	-	-	-	-	-	-	-	-	-	1	65
Total Fruit Intake	7.7%	-	-	-	-	-	-	-	-	-	-	-	-	5	65
Total Fat Intake	0.0%	-	-	-	-	-	-	-	-	-	-	-	-	0	65
Age 3 to <6 months															
Total Dietary Intake	91.6%	1.3e+02	7.3e+00	0.0e+00	1.2e+00	1.8e+01	9.3e+01	1.4e+02	1.8e+02	2.3e+02	2.4e+02	2.9e+02	2.9e+02	109	119
Total Dairy Intake	84.0%	1.1e+02	7.4e+00	0.0e+00	0.0e+00	5.6e-01	6.2e+01	1.3e+02	1.7e+02	2.0e+02	2.3e+02	2.8e+02	2.8e+02	100	119
Total Meat Intake	10.1%	-	-	-	-	-	-	-	-	-	-	-	-	12	119
Total Egg Intake	9.2%	-	-	-	-	-	-	-	-	-	-	-	-	11	119
Total Fish Intake	8.4%	-	-	-	-	-	-	-	-	-	-	-	-	10	119
Total Grain Intake	64.7%	1.6e+00	3.2e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.4e-01	2.4e+00	4.4e+00	5.9e+00	1.1e+01	2.7e+01	77	119
Total Vegetable Intake	34.5%	4.1e+00	1.1e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.7e+00	1.7e+01	1.9e+01	3.0e+01	3.1e+01	41	119
Total Fruit Intake	54.6%	1.3e+01	2.2e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.1e+00	2.1e+01	4.0e+01	4.3e+01	6.3e+01	1.1e+02	65	119
Total Fat Intake	9.2%	-	-	-	-	-	-	-	-	-	-	-	-	11	119
Age 6 to <12 months															
Total Dietary Intake	95.0%	1.3e+02	4.3e+00	0.0e+00	2.3e+01	5.4e+01	1.0e+02	1.2e+02	1.6e+02	1.9e+02	2.0e+02	2.5e+02	3.1e+02	152	160
Total Dairy Intake	91.3%	8.3e+01	3.7e+00	0.0e+00	4.9e-02	1.0e+01	5.9e+01	8.3e+01	1.1e+02	1.3e+02	1.7e+02	1.9e+02	2.4e+02	146	160
Total Meat Intake	65.0%	2.3e+00	2.6e-01	0.0e+00	0.0e+00	0.0e+00	5.3e-02	1.4e+00	3.4e+00	6.0e+00	8.6e+00	1.2e+01	1.2e+01	104	160
Total Egg Intake	58.1%	8.4e-01	2.1e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	7.0e-02	1.9e-01	3.3e+00	5.8e+00	8.3e+00	1.1e+01	93	160
Total Fish Intake	40.6%	2.2e-01	7.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.6e-01	5.3e-01	8.7e-01	4.7e+00	4.7e+00	65	160
Total Grain Intake	91.3%	7.7e+00	6.2e-01	0.0e+00	2.3e-02	1.0e+00	2.4e+00	5.2e+00	1.0e+01	2.1e+01	2.4e+01	3.3e+01	4.0e+01	146	160
Total Vegetable Intake	86.3%	1.2e+01	9.1e-01	0.0e+00	0.0e+00	8.0e-01	5.9e+00	1.1e+01	1.5e+01	2.4e+01	2.9e+01	4.9e+01	1.0e+02	138	160
Total Fruit Intake	83.8%	2.0e+01	1.2e+00	0.0e+00	0.0e+00	0.0e+00	8.6e+00	1.9e+01	2.6e+01	3.7e+01	4.4e+01	6.7e+01	7.1e+01	134	160
Total Fat Intake	58.8%	1.7e-01	2.3e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	1.4e-01	2.5e-01	4.0e-01	4.9e-01	1.2e+00	1.7e+00	94	160

Table 3-39. Per Capita Intake of Major Food Groups (g/kg/day, as consumed) (continued)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Age 1 to <2 years															
Total Dietary Intake	96.2%	7.9E+01	8.0E-01	0.0E+00	2.1E+01	3.0E+01	3.9E+01	5.9E+01	9.3E+01	1.2E+02	1.4E+02	1.9E+02	2.1E+02	637	663
Total Dairy Intake	96.3%	3.8E+01	9.0E-01	0.0E+00	3.3E-01	6.0E+00	1.8E+01	3.3E+01	5.0E+01	7.7E+01	9.1E+01	1.3E+02	1.8E+02	638	663
Total Meat Intake	94.4%	4.2E+00	1.4E-01	0.0E+00	0.0E+00	6.6E-01	1.8E+00	4.0E+00	6.2E+00	9.1E+00	1.0E+01	1.6E+01	2.2E+02	625	663
Total Egg Intake	86.9%	1.3E+00	6.9E-02	0.0E+00	0.0E+00	0.0E+00	4.4E-02	1.1E-01	9.0E-01	1.9E+00	3.3E+00	5.9E+00	1.1E+01	576	663
Total Fish Intake	56.6%	3.5E-01	5.5E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	9.0E-02	4.0E-01	9.0E-01	2.0E+00	7.0E+00	1.3E+01	375	663
Total Grain Intake	96.3%	9.0E+00	3.2E-01	0.0E+00	1.4E+00	2.8E+00	6.2E+00	1.0E+01	1.5E+01	2.1E+01	2.4E+01	3.8E+01	4.8E+01	638	663
Total Vegetable Intake	95.2%	9.6E+00	2.9E-01	0.0E+00	4.0E-01	1.1E+00	2.5E+00	5.8E+00	9.0E+00	1.2E+01	2.1E+01	4.1E+01	7.6E+01	631	663
Total Fruit Intake	85.2%	2.0E+01	5.9E-01	0.0E+00	0.0E+00	0.0E+00	4.0E+00	1.1E+01	2.5E+01	6.0E+01	6.9E+01	8.1E+01	1.3E+02	564	663
Total Fat Intake	91.1%	3.3E-01	3.3E-02	0.0E+00	0.0E+00	0.0E+00	2.0E-02	1.1E-01	3.3E-01	7.9E-01	1.0E+00	1.9E+00	2.2E+00	603	663
Age 2 to <3 years															
Total Dietary Intake	95.8%	8.9E+01	6.0E-01	0.0E+00	2.9E+01	4.1E+01	6.3E+01	8.8E+01	1.1E+02	1.5E+02	1.8E+02	2.2E+02	2.6E+02	615	642
Total Dairy Intake	95.0%	3.6E+01	8.4E-01	0.0E+00	4.0E-01	5.8E+00	2.0E+01	3.6E+01	5.6E+01	7.3E+01	9.7E+01	1.5E+02	1.7E+02	610	642
Total Meat Intake	93.6%	4.6E+00	1.1E-01	0.0E+00	0.0E+00	7.9E-01	2.0E+00	4.1E+00	5.5E+00	9.0E+00	1.1E+01	1.6E+01	2.4E+02	601	642
Total Egg Intake	90.7%	1.1E+00	7.8E-02	0.0E+00	0.0E+00	0.0E+00	1.8E-01	2.2E-01	1.9E+00	4.2E+00	6.6E+00	1.1E+01	1.4E+01	582	642
Total Fish Intake	59.8%	3.9E-01	5.6E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	4.0E-02	3.0E-01	8.2E-01	1.6E+00	6.3E+00	1.4E+01	384	642
Total Grain Intake	94.9%	1.3E+01	2.8E-01	0.0E+00	1.7E+00	4.0E+00	6.8E+00	1.1E+01	1.5E+01	2.2E+01	2.5E+01	3.8E+01	3.9E+01	609	642
Total Vegetable Intake	95.5%	9.4E+00	3.3E-01	0.0E+00	5.0E-01	1.2E+00	4.0E+00	6.0E+00	1.5E+01	1.9E+01	2.6E+01	5.6E+01	8.3E+01	613	642
Total Fruit Intake	85.8%	1.8E+01	6.9E-01	0.0E+00	0.0E+00	0.0E+00	5.4E+00	8.7E+00	1.9E+01	4.8E+01	5.9E+01	8.8E+01	1.2E+02	551	642
Total Fat Intake	89.1%	5.1E-01	2.9E-02	0.0E+00	0.0E+00	8.0E-03	1.6E-01	4.4E-01	5.9E-01	1.2E+00	1.5E+00	2.4E+00	3.3E+00	572	642
Age 3 to <6 years															
Total Dietary Intake	93.2%	5.5e+01	7.3e-01	0.0e+00	0.0e+00	2.6e+01	3.8e+01	5.4e+01	7.0e+01	8.9e+01	1.0e+02	1.3e+02	1.9e+02	1337	1435
Total Dairy Intake	92.9%	2.1e+01	4.0e-01	0.0e+00	0.0e+00	3.5e+00	1.0e+01	1.9e+01	2.9e+01	4.1e+01	4.9e+01	6.6e+01	9.0e+01	1333	1435
Total Meat Intake	92.2%	4.1e+00	8.0e-02	0.0e+00	0.0e+00	7.7e-01	2.1e+00	3.8e+00	5.6e+00	7.8e+00	9.4e+00	1.3e+01	2.1e+01	1323	1435
Total Egg Intake	84.5%	6.5e-01	3.7e-02	0.0e+00	0.0e+00	0.0e+00	3.0e-02	8.8e-02	4.6e-01	2.1e+00	3.4e+00	6.1e+00	1.3e+01	1212	1435
Total Fish Intake	56.4%	3.2e-01	3.0e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	6.9e-02	2.4e-01	6.6e-01	1.7e+00	4.6e+00	9.6e+00	810	1435
Total Grain Intake	93.1%	1.0e+01	2.0e-01	0.0e+00	0.0e+00	3.7e+00	6.3e+00	9.2e+00	1.3e+01	1.8e+01	2.1e+01	3.4e+01	1.2e+02	1336	1435
Total Vegetable Intake	92.7%	7.3e+00	1.6e-01	0.0e+00	0.0e+00	1.3e+00	3.4e+00	6.2e+00	9.7e+00	1.4e+01	1.8e+01	2.9e+01	4.6e+01	1330	1435
Total Fruit Intake	79.0%	1.1e+01	3.4e-01	0.0e+00	0.0e+00	0.0e+00	2.3e+00	8.1e+00	1.6e+01	2.6e+01	3.3e+01	5.3e+01	1.1e+02	1134	1435
Total Fat Intake	89.2%	4.2e-01	1.2e-02	0.0e+00	0.0e+00	0.0e+00	1.3e-01	3.0e-01	5.9e-01	9.5e-01	1.3e+00	1.8e+00	3.1e+00	1280	1435
Age 6 to <11 years															
Total Dietary Intake	92.9%	3.8e+01	5.8e-01	0.0e+00	0.0e+00	1.5e+01	2.6e+01	3.6e+01	4.8e+01	6.1e+01	7.2e+01	9.1e+01	1.2e+02	1105	1189
Total Dairy Intake	92.8%	1.5e+01	3.2e-01	0.0e+00	0.0e+00	2.2e+00	7.2e+00	1.3e+01	2.1e+01	2.9e+01	3.5e+01	4.5e+01	8.1e+01	1103	1189
Total Meat Intake	91.7%	3.0e+00	6.9e-02	0.0e+00	0.0e+00	4.1e-01	1.4e+00	2.6e+00	4.1e+00	5.7e+00	7.1e+00	1.0e+01	1.8e+01	1090	1189
Total Egg Intake	84.8%	4.2e-01	2.8e-02	0.0e+00	0.0e+00	0.0e+00	2.3e-02	6.4e-02	1.9e-01	1.4e+00	2.3e+00	4.4e+00	9.3e+00	1008	1189
Total Fish Intake	57.4%	2.7e-01	2.8e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.9e-02	1.8e-01	4.8e-01	1.6e+00	4.2e+00	6.7e+00	682	1189
Total Grain Intake	92.9%	7.5e+00	1.4e-01	0.0e+00	0.0e+00	2.5e+00	4.5e+00	7.0e+00	9.7e+00	1.3e+01	1.6e+01	2.0e+01	3.6e+01	1104	1189

Table 3-39. Per Capita Intake of Major Food Groups (g/kg/day, as consumed) (continued)

Food Group	PC	MEAN	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100	N cons.	N total
Total Vegetable Intake	92.7%	5.5e+00	1.3e-01	0.0e+00	0.0e+00	1.0e+00	2.5e+00	4.5e+00	7.3e+00	1.1e+01	1.4e+01	2.1e+01	5.2e+01	1102	1189
Total Fruit Intake	70.6%	5.7e+00	2.3e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	3.6e+00	8.6e+00	1.4e+01	1.9e+01	2.9e+01	4.5e+01	840	1189
Total Fat Intake	89.9%	3.5e-01	1.1e-02	0.0e+00	0.0e+00	1.8e-02	1.0e-01	2.4e-01	4.7e-01	8.3e-01	1.1e+00	1.6e+00	3.1e+00	1069	1189
Age 11 to <16 years															
Total Dietary Intake	97.0%	2.3e+01	3.9e-01	0.0e+00	7.3e+00	9.8e+00	1.5e+01	2.2e+01	3.0e+01	3.9e+01	4.6e+01	6.0e+01	8.1e+01	975	1005
Total Dairy Intake	96.1%	7.7e+00	2.1e-01	0.0e+00	1.8e-01	6.1e-01	2.9e+00	6.4e+00	1.1e+01	1.6e+01	2.0e+01	3.2e+01	3.8e+01	966	1005
Total Meat Intake	96.5%	2.3e+00	5.0e-02	0.0e+00	2.4e-01	5.5e-01	1.2e+00	2.0e+00	3.0e+00	4.2e+00	5.2e+00	7.8e+00	1.1e+01	970	1005
Total Egg Intake	89.6%	3.0e-01	2.0e-02	0.0e+00	0.0e+00	3.0e-03	2.2e-02	5.6e-02	1.9e-01	1.1e+00	1.4e+00	3.0e+00	7.3e+00	900	1005
Total Fish Intake	60.9%	2.2e-01	2.2e-02	0.0e+00	0.0e+00	0.0e+00	0.0e+00	5.4e-02	1.8e-01	4.7e-01	1.2e+00	3.1e+00	5.9e+00	612	1005
Total Grain Intake	97.0%	5.0e+00	9.7e-02	0.0e+00	1.3e+00	1.9e+00	2.9e+00	4.4e+00	6.5e+00	8.8e+00	1.1e+01	1.5e+01	2.1e+01	975	1005
Total Vegetable Intake	96.8%	4.2e+00	9.9e-02	0.0e+00	5.8e-01	1.2e+00	2.3e+00	3.6e+00	5.5e+00	7.9e+00	9.8e+00	1.5e+01	3.6e+01	973	1005
Total Fruit Intake	67.8%	3.4e+00	1.6e-01	0.0e+00	0.0e+00	0.0e+00	0.0e+00	2.0e+00	5.3e+00	9.3e+00	1.3e+01	1.8e+01	3.2e+01	681	1005
Total Fat Intake	93.2%	2.7e-01	9.0e-03	0.0e+00	0.0e+00	2.8e-02	8.5e-02	1.8e-01	3.4e-01	6.2e-01	8.2e-01	1.4e+00	1.8e+00	937	1005
Age 16 to <21 years															
Total Dietary Intake	99.1%	1.8E+01	4.0E-01	4.9E+00	7.0E+00	7.8E+00	1.6E+01	2.0E+01	2.8E+01	3.3E+01	3.6E+01	6.0E+01	6.4E+01	738	745
Total Dairy Intake	97.9%	5.6E+00	2.4E-01	0.0E+00	2.6E-01	3.9E-01	2.0E+00	5.0E+00	7.1E+00	1.3E+01	1.6E+01	2.1E+01	3.6E+01	729	745
Total Meat Intake	98.5%	2.1E+00	5.3E-02	0.0E+00	2.6E-01	5.0E-01	1.5E+00	1.8E+00	2.9E+00	4.1E+00	4.4E+00	5.6E+00	8.1E+00	733	745
Total Egg Intake	93.3%	2.6E-01	2.2E-02	0.0E+00	0.0E+00	0.0E+00	6.6E-02	1.1E-01	2.3E-01	9.8E-01	1.6E+00	2.9E+00	3.0E+00	695	745
Total Fish Intake	66.0%	1.9E-01	2.9E-02	0.0E+00	0.0E+00	0.0E+00	0.0E+00	5.5E-01	2.2E-01	4.0E-01	7.0E-01	3.1E+00	4.9E+00	491	745
Total Grain Intake	97.9%	5.6E+00	9.0E-02	2.2E-01	1.3E+00	1.8E+00	2.6E+00	3.9E+00	5.1E+00	6.6E+00	8.9E+00	1.6E+01	2.6E+01	729	745
Total Vegetable Intake	97.9%	3.6E+00	8.0E-02	0.0E+00	1.5E-01	4.0E-01	8.9E-01	2.5E+00	5.1E+00	6.6E+00	1.2E+01	1.6E+01	2.5E+01	729	745
Total Fruit Intake	97.9%	5.6E+00	2.0E-01	0.0E+00	0.0E+00	0.0E+00	0.0E+00	2.1E-01	8.9E-01	5.9E+00	8.6E+00	1.3E+01	2.9E+01	729	745
Total Fat Intake	97.9%	2.9E-01	8.0E-03	0.0E+00	2.9E-02	5.5E-02	8.0E-02	1.8E-01	4.2E-01	6.6E-01	1.0E+00	1.5E+00	2.0E+00	729	745

N = sample size; PC = percent consuming; SE = standard error; P1...P100 = percentiles.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-40 Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 0 to <1month (g/day, as consumed)							Age 0 to <1month (g/kg/day, as consumed)						
Total Foods	0.0E+00	0.0%	4.8E+02	100.0%	1.5E+03	100.0%	Total Foods	0.0E+00	0.0%	1.4E+02	100.0%	4.5E+02	100.0%
Total Dairy	0.0E+00	0.0%	4.8E+02	100.0%	1.5E+03	100.0%	Total Dairy	0.0E+00	0.0%	1.4E+02	100.0%	4.5E+02	100.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 1 to <3 months (g/day, as consumed)							Age 1 to <3 months (g/kg/day, as consumed)						
Total Foods	0.0E+00	0.0%	8.2E+02	100.0%	1.6E+03	100.0%	Total Foods	0.0E+00	0.0%	1.6E+02	100.0%	2.8E+02	100.0%
Total Dairy	0.0E+00	0.0%	8.2E+02	99.7%	1.5E+03	95.8%	Total Dairy	0.0E+00	0.0%	1.6E+02	98.9%	2.8E+02	99.1%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	7.1E-01	0.1%	4.0E+00	0.3%	Total Grains	0.0E+00	0.0%	1.8E+00	1.1%	2.5E-01	0.1%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	4.6E+01	2.9%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	2.4E+00	0.9%
Total Fruits	0.0E+00	0.0%	1.7E+00	0.2%	1.7E+01	1.1%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 3 to <6 months (g/day, as consumed)							Age 3 to <6 months (g/kg/day, as consumed)						
Total Foods	1.5E+00	100.0%	9.2E+02	100.0%	1.8E+03	100.0%	Total Foods	2.3E-02	100.0%	1.3E+02	100.0%	2.5E+02	100.0%
Total Dairy	0.0E+00	0.0%	8.4E+02	91.2%	1.5E+03	87.7%	Total Dairy	0.0E+00	0.0%	1.2E+02	89.9%	2.2E+02	88.6%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	1.1E+00	0.1%	Total Meats	0.0E+00	0.0%	5.4E-01	0.4%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	1.6E-01	0.0%	Total Fish	0.0E+00	0.0%	7.7E-02	0.1%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	4.1E-02	0.0%	Total Eggs	0.0E+00	0.0%	1.9E-02	0.0%	0.0E+00	0.0%
Total Grains	1.5E+00	100.0%	6.6E+00	0.7%	2.7E+01	1.6%	Total Grains	2.3E-02	100.0%	1.5E+00	1.1%	4.0E+00	1.6%
Total Vegetables	0.0E+00	0.0%	1.8E+00	0.2%	5.9E+01	3.3%	Total Vegetables	0.0E+00	0.0%	3.3E+00	2.5%	6.8E+00	2.8%
Total Fruits	0.0E+00	0.0%	7.3E+01	7.9%	1.3E+02	7.3%	Total Fruits	0.0E+00	0.0%	7.9E+00	6.0%	1.7E+01	7.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	1.8E-01	0.0%	Total Fats ^a	0.0E+00	0.0%	3.8E-02	0.0%	1.4E-02	0.0%
Age 6 to <12 months (g/day, as consumed)							Age 6 to <12 months (g/kg/day, as consumed)						
Total Foods	2.3E+02	100.0%	1.2E+03	100.0%	1.8E+03	100.0%	Total Foods	7.2E+00	100.0%	1.2E+02	100.0%	2.1E+02	100.0%
Total Dairy	3.7E+01	16.1%	8.3E+02	72.2%	1.3E+03	74.0%	Total Dairy	3.2E-01	4.4%	8.0E+01	65.7%	1.5E+02	72.3%
Total Meats	2.7E+00	1.2%	1.6E+01	1.4%	1.2E+01	0.7%	Total Meats	3.5E-02	0.5%	2.5E+00	2.1%	2.6E+00	1.2%
Total Fish	1.1E+00	0.5%	1.1E+00	0.1%	9.1E-01	0.1%	Total Fish	9.7E-02	1.4%	9.8E-02	0.1%	2.2E-01	0.1%
Total Eggs	1.1E+00	0.5%	1.5E+01	1.3%	9.1E-01	0.1%	Total Eggs	1.2E-01	1.7%	8.8E-01	0.7%	1.8E-01	0.1%
Total Grains	3.2E+01	14.1%	3.8E+01	3.3%	9.0E+01	5.0%	Total Grains	1.7E+00	23.6%	6.6E+00	5.5%	1.3E+01	6.1%
Total Vegetables	5.8E+01	25.5%	9.3E+01	8.1%	1.5E+02	8.5%	Total Vegetables	2.2E+00	30.2%	1.2E+01	9.8%	1.9E+01	8.9%
Total Fruits	9.6E+01	42.0%	1.6E+02	13.6%	2.1E+02	11.7%	Total Fruits	2.7E+00	38.2%	1.9E+01	16.0%	2.4E+01	11.1%

Table 3-40. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Total Fats ^a	2.7E-01	0.1%	1.5E+00	0.1%	8.5E-01	0.0%	Total Fats ^a	2.5E-03	0.0%	1.5E-01	0.1%	1.7E-01	0.1%
Age 1 to <2 years (g/day, as consumed)							Age 1 to <2 years (g/kg/day, as consumed)						
Total Foods	3.9E+02	100.0%	9.0E+02	100.0%	1.6E+03	100.0%	Total Foods	1.5E+01	100.0%	7.3E+01	100.0%	1.4E+02	100.0%
Total Dairy	1.2E+02	31.3%	4.0E+02	44.4%	8.0E+02	51.5%	Total Dairy	4.4E+00	29.6%	3.3E+01	44.9%	7.3E+01	53.2%
Total Meats	3.4E+01	8.6%	5.4E+01	6.0%	6.3E+01	4.1%	Total Meats	1.5E+00	9.9%	3.9E+00	5.4%	5.0E+00	3.6%
Total Fish	1.9E+00	0.5%	4.9E+00	0.5%	5.9E+00	0.4%	Total Fish	7.3E-02	0.5%	4.4E-01	0.6%	3.5E-01	0.3%
Total Eggs	1.1E+01	2.8%	1.2E+01	1.3%	2.0E+01	1.3%	Total Eggs	5.6E-01	3.7%	1.2E+00	1.7%	1.3E+00	1.0%
Total Grains	9.0E+01	23.2%	1.3E+02	14.5%	1.5E+02	9.4%	Total Grains	3.5E+00	23.2%	9.6E+00	13.1%	1.4E+01	10.2%
Total Vegetables	5.9E+01	15.1%	1.1E+02	12.2%	1.6E+02	10.0%	Total Vegetables	2.6E+00	17.1%	8.8E+00	12.1%	1.2E+01	8.6%
Total Fruits	6.9E+01	17.7%	1.8E+02	20.6%	3.6E+02	23.0%	Total Fruits	2.3E+00	15.3%	1.6E+01	21.8%	3.1E+01	22.8%
Total Fats ^a	3.1E+00	0.8%	4.5E+00	0.5%	5.2E+00	0.3%	Total Fats ^a	1.1E-01	0.7%	3.1E-01	0.4%	5.1E-01	0.4%
Age 2 to <3 years (g/day, as consumed)							Age 2 to <3 years (g/kg/day, as consumed)						
Total Foods	5.6E+02	100.0%	1.2E+03	100.0%	2.2E+03	100.0%	Total Foods	2.2E+01	100.0%	9.2E+01	100.0%	1.8E+02	100.0%
Total Dairy	1.2E+02	30.7%	4.5E+02	49.6%	8.5E+02	54.5%	Total Dairy	5.3E+00	35.4%	3.0E+01	41.6%	7.4E+01	53.9%
Total Meats	3.5E+01	9.0%	4.9E+01	5.5%	6.1E+01	4.0%	Total Meats	1.4E+00	9.1%	4.3E+00	5.8%	5.5E+00	4.0%
Total Fish	1.5E+00	0.4%	4.4E+00	0.5%	5.3E+00	0.3%	Total Fish	7.9E-02	0.5%	4.0E-01	0.5%	3.6E-01	0.3%
Total Eggs	1.2E+01	3.0%	1.2E+01	1.3%	1.8E+01	1.1%	Total Eggs	6.1E-01	4.1%	1.2E+00	1.7%	1.4E+00	1.0%
Total Grains	9.6E+01	24.8%	1.2E+02	13.2%	1.6E+02	10.0%	Total Grains	2.9E+00	19.6%	9.9E+00	13.5%	1.5E+01	10.7%
Total Vegetables	6.0E+01	15.6%	9.7E+01	10.7%	1.4E+02	8.7%	Total Vegetables	2.4E+00	15.7%	8.9E+00	12.2%	1.2E+01	8.6%
Total Fruits	6.1E+01	15.7%	1.7E+02	18.6%	3.3E+02	21.0%	Total Fruits	2.2E+00	14.8%	1.8E+01	24.1%	2.9E+01	21.2%
Total Fats ^a	3.3E+00	0.8%	4.4E+00	0.5%	5.3E+00	0.3%	Total Fats ^a	1.2E-01	0.8%	3.1E-01	0.4%	5.2E-01	0.4%
Age 3 to <6 years (g/day, as consumed)							Age 3 to <6 years (g/kg/day, as consumed)						
Total Foods	4.7E+02	100.0%	1.0E+03	100.0%	1.8E+03	100.0%	Total Foods	6.8E+00	100.0%	5.4E+01	100.0%	1.1E+02	100.0%
Total Dairy	1.5E+02	31.0%	4.0E+02	40.0%	7.2E+02	39.9%	Total Dairy	1.8E+00	27.1%	2.2E+01	40.6%	4.1E+01	37.9%
Total Meats	6.1E+01	12.9%	7.8E+01	7.9%	1.0E+02	5.8%	Total Meats	9.5E-01	14.0%	4.5E+00	8.3%	6.3E+00	5.9%
Total Fish	4.1E+00	0.9%	6.5E+00	0.7%	1.0E+01	0.6%	Total Fish	4.1E-02	0.6%	3.1E-01	0.6%	4.6E-01	0.4%
Total Eggs	1.0E+01	2.1%	1.1E+01	1.1%	2.5E+01	1.4%	Total Eggs	2.0E-01	2.9%	6.4E-01	1.2%	1.1E+00	1.0%
Total Grains	1.1E+02	24.0%	1.9E+02	18.6%	2.8E+02	15.5%	Total Grains	1.8E+00	27.0%	1.0E+01	18.6%	1.8E+01	16.9%
Total Vegetables	8.1E+01	17.0%	1.3E+02	13.2%	2.1E+02	11.9%	Total Vegetables	1.2E+00	17.2%	7.1E+00	13.1%	1.3E+01	12.0%
Total Fruits	5.3E+01	11.1%	1.8E+02	17.9%	4.4E+02	24.4%	Total Fruits	6.9E-01	10.1%	9.1E+00	16.9%	2.7E+01	25.2%
Total Fats ^a	4.7E+00	1.0%	7.0E+00	0.7%	1.2E+01	0.7%	Total Fats ^a	8.3E-02	1.2%	4.5E-01	0.8%	6.5E-01	0.6%
Age 6 to <11 years (g/day, as consumed)							Age 6 to <11 years (g/kg/day, as consumed)						
Total Foods	5.3E+02	100.0%	1.1E+03	100.0%	2.0E+03	100.0%	Total Foods	3.3E+00	100.0%	3.6E+01	100.0%	7.4E+01	100.0%
Total Dairy	1.6E+02	29.9%	3.9E+02	37.2%	7.9E+02	40.6%	Total Dairy	7.7E-01	23.7%	1.5E+01	43.0%	3.1E+01	41.6%
Total Meats	7.5E+01	14.2%	9.7E+01	9.2%	1.2E+02	6.1%	Total Meats	5.1E-01	15.7%	3.1E+00	8.7%	4.9E+00	6.6%
Total Fish	8.9E+00	1.7%	7.6E+00	0.7%	1.2E+01	0.6%	Total Fish	3.9E-02	1.2%	2.4E-01	0.7%	4.0E-01	0.5%
Total Eggs	7.8E+00	1.5%	1.3E+01	1.2%	2.2E+01	1.1%	Total Eggs	9.2E-02	2.8%	3.6E-01	1.0%	9.0E-01	1.2%

Table 3-40. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Food Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Total Grains	1.4E+02	26.1%	2.1E+02	19.9%	3.3E+02	17.1%	Total Grains	9.8E-01	29.9%	7.4E+00	20.9%	1.3E+01	17.9%
Total Vegetables	9.2E+01	17.5%	1.7E+02	16.1%	2.7E+02	13.8%	Total Vegetables	6.6E-01	20.3%	4.7E+00	13.1%	1.0E+01	13.6%
Total Fruits	4.2E+01	8.0%	1.6E+02	14.8%	3.9E+02	19.8%	Total Fruits	1.5E-01	4.6%	4.1E+00	11.6%	1.3E+01	17.8%
Total Fats ^a	6.0E+00	1.1%	9.9E+00	0.9%	1.4E+01	0.7%	Total Fats ^a	5.5E-02	1.7%	3.6E-01	1.0%	5.9E-01	0.8%
Age 11 to <16 years (g/day, as consumed)							Age 11 to <16 years (g/kg/day, as consumed)						
Total Foods	4.8E+02	100.0%	1.1E+03	100.0%	2.3E+03	100.0%	Total Foods	4.9E+00	100.0%	2.1E+01	100.0%	4.8E+01	100.0%
Total Dairy	8.2E+01	17.1%	3.5E+02	32.0%	8.3E+02	36.6%	Total Dairy	7.3E-01	14.7%	6.5E+00	30.7%	1.8E+01	37.4%
Total Meats	7.7E+01	16.1%	1.2E+02	10.6%	1.8E+02	7.8%	Total Meats	8.6E-01	17.3%	2.6E+00	12.5%	3.5E+00	7.2%
Total Fish	5.3E+00	1.1%	5.6E+00	0.5%	1.9E+01	0.8%	Total Fish	6.5E-02	1.3%	1.5E-01	0.7%	4.7E-01	1.0%
Total Eggs	9.2E+00	1.9%	1.5E+01	1.4%	2.1E+01	0.9%	Total Eggs	9.4E-02	1.9%	3.3E-01	1.6%	4.4E-01	0.9%
Total Grains	1.4E+02	29.3%	2.4E+02	22.1%	4.0E+02	17.5%	Total Grains	1.5E+00	30.3%	4.8E+00	22.5%	9.0E+00	18.8%
Total Vegetables	1.2E+02	25.3%	2.0E+02	18.6%	4.0E+02	17.5%	Total Vegetables	1.3E+00	27.1%	3.9E+00	18.2%	8.1E+00	17.0%
Total Fruits	3.6E+01	7.5%	1.5E+02	13.7%	4.0E+02	17.7%	Total Fruits	2.7E-01	5.4%	2.7E+00	12.8%	8.1E+00	16.8%
Total Fats ^a	8.0E+00	1.7%	1.1E+01	1.0%	2.3E+01	1.0%	Total Fats ^a	9.7E-02	2.0%	2.2E-01	1.0%	4.3E-01	0.9%
Age 16 to <21 years (g/day, as consumed)							Age 16 to <21 years (g/kg/day, as consumed)						
Total Foods	4.1E+02	100.0%	1.1E+03	100.0%	2.4E+03	100.0%	Total Foods	5.6E+00	100.0%	1.7E+01	100.0%	3.8E+01	100.0%
Total Dairy	7.2E+01	17.4%	3.5E+02	30.8%	1.0E+03	41.1%	Total Dairy	1.5E+00	27.4%	3.4E+00	20.2%	1.4E+01	37.8%
Total Meats	6.9E+01	16.7%	1.3E+02	11.4%	1.9E+02	7.9%	Total Meats	1.0E+00	18.1%	2.2E+00	12.8%	2.7E+00	7.1%
Total Fish	5.7E+00	1.4%	1.5E+01	1.3%	1.8E+01	0.8%	Total Fish	1.5E-01	2.7%	6.9E-02	0.4%	4.2E-01	1.1%
Total Eggs	8.3E+00	2.0%	2.1E+01	1.8%	1.6E+01	0.7%	Total Eggs	1.3E-01	2.3%	2.4E-01	1.4%	3.6E-01	1.0%
Total Grains	1.2E+02	28.3%	2.3E+02	20.4%	4.1E+02	16.8%	Total Grains	1.3E+00	23.8%	4.5E+00	26.6%	7.8E+00	20.5%
Total Vegetables	1.1E+02	26.2%	2.3E+02	20.4%	3.8E+02	15.8%	Total Vegetables	1.0E+00	18.4%	4.2E+00	24.6%	6.3E+00	16.5%
Total Fruits	2.5E+01	6.1%	1.4E+02	12.3%	3.9E+02	15.9%	Total Fruits	3.4E-01	6.0%	2.1E+00	12.4%	5.7E+00	15.0%
Total Fats ^a	8.0E+00	1.9%	1.8E+01	1.6%	2.8E+01	1.2%	Total Fats ^a	7.2E-02	1.3%	2.6E-01	1.5%	3.8E-01	1.0%

^aIncludes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-41. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 0 to <1month (g/day, as consumed)							Age 0 to <1month (g/kg/day, as consumed)						
Total Foods	7.3E+02	100.0%	5.8E+02	100.0%	1.7E+02	100.0%	Total Foods	2.3E+02	100.0%	1.6E+02	100.0%	0.0E+00	0.0%
Total Dairy	7.3E+02	100.0%	5.8E+02	100.0%	1.7E+02	100.0%	Total Dairy	2.3E+02	100.0%	1.6E+02	100.0%	0.0E+00	0.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 1 to <3 months (g/day, as consumed)							Age 1 to <3 months (g/kg/day, as consumed)						
Total Foods	8.1E+02	100.0%	8.3E+02	100.0%	8.5E+02	100.0%	Total Foods	1.8E+02	100.0%	1.1E+02	100.0%	2.0E+02	100.0%
Total Dairy	8.0E+02	98.6%	8.3E+02	99.8%	8.3E+02	97.9%	Total Dairy	1.7E+02	98.6%	1.1E+02	99.8%	1.9E+02	98.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	1.2E+00	0.1%	1.7E+00	0.2%	0.0E+00	0.0%	Total Grains	2.7E-01	0.2%	2.6E-01	0.2%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	1.0E+01	1.3%	0.0E+00	0.0%	1.8E+01	2.1%	Total Fruits	2.2E+00	1.2%	0.0E+00	0.0%	3.9E+00	2.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 3 to <6 months (g/day, as consumed)							Age 3 to <6 months (g/kg/day, as consumed)						
Total Foods	8.1E+02	100.0%	1.1E+03	100.0%	1.0E+03	100.0%	Total Foods	1.3E+02	100.0%	1.4E+02	100.0%	1.3E+02	100.0%
Total Dairy	7.0E+02	86.2%	9.9E+02	94.0%	7.5E+02	73.0%	Total Dairy	1.1E+02	87.7%	1.3E+02	94.6%	9.4E+01	74.2%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	2.1E+01	2.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	2.5E+00	1.9%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	2.0E+00	0.2%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	2.4E-01	0.2%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	4.4E+00	0.4%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	3.7E-01	0.3%
Total Grains	4.6E+00	0.6%	1.9E+01	1.8%	2.8E+01	2.7%	Total Grains	6.5E-01	0.5%	2.3E+00	1.6%	3.0E+00	2.3%
Total Vegetables	1.2E+01	1.5%	2.9E+01	2.7%	6.5E+01	6.3%	Total Vegetables	1.6E+00	1.3%	2.8E+00	2.0%	8.3E+00	6.5%
Total Fruits	9.5E+01	11.7%	1.6E+01	1.5%	1.6E+02	15.2%	Total Fruits	1.3E+01	10.5%	2.4E+00	1.7%	1.8E+01	14.4%
Total Fats ^a	0.0E+00	0.0%	9.8E-02	0.0%	1.1E+00	0.1%	Total Fats ^a	0.0E+00	0.0%	1.4E-02	0.0%	1.3E-01	0.1%
Age 6 to <12 months (g/day, as consumed)							Age 6 to <12 months (g/kg/day, as consumed)						
Total Foods	1.0E+03	100.0%	1.2E+03	100.0%	1.3E+03	100.0%	Total Foods	1.3E+02	100.0%	1.3E+02	100.0%	1.5E+02	100.0%
Total Dairy	6.8E+02	66.0%	8.6E+02	73.8%	8.5E+02	63.6%	Total Dairy	8.3E+01	66.2%	9.3E+01	73.3%	8.8E+01	58.8%
Total Meats	0.0E+00	0.0%	1.1E+01	1.0%	7.5E+01	5.7%	Total Meats	0.0E+00	0.0%	1.1E+00	0.9%	7.9E+00	5.3%
Total Fish	0.0E+00	0.0%	6.0E-01	0.1%	1.7E+00	0.1%	Total Fish	0.0E+00	0.0%	6.0E-02	0.0%	3.6E-01	0.2%
Total Eggs	0.0E+00	0.0%	1.5E+01	1.3%	1.9E+01	1.5%	Total Eggs	0.0E+00	0.0%	1.0E+00	0.8%	1.6E+00	1.1%
Total Grains	2.7E+01	2.6%	7.2E+01	6.2%	1.1E+02	8.5%	Total Grains	3.6E+00	2.9%	7.1E+00	5.6%	1.3E+01	8.7%
Total Vegetables	9.2E+01	8.9%	8.6E+01	7.4%	1.2E+02	9.1%	Total Vegetables	1.1E+01	9.0%	1.1E+01	8.3%	2.0E+01	13.3%
Total Fruits	2.3E+02	22.5%	1.2E+02	10.2%	1.5E+02	11.3%	Total Fruits	2.8E+01	22.0%	1.4E+01	11.0%	1.9E+01	12.3%
Total Fats ^a	0.0E+00	0.0%	1.8E+00	0.2%	2.8E+00	0.2%	Total Fats ^a	0.0E+00	0.0%	1.8E-01	0.1%	3.5E-01	0.2%

Table 3-41. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 1 to <2 years (g/day, as consumed)							Age 1 to <2 years (g/kg/day, as consumed)						
Total Foods	7.9E+02	100.0%	9.0E+02	100.0%	1.1E+03	100.0%	Total Foods	4.0E+01	100.0%	7.1E+01	100.0%	7.6E+01	100.0%
Total Dairy	4.5E+02	57.5%	4.3E+02	47.6%	4.6E+02	42.2%	Total Dairy	2.5E+01	61.4%	3.3E+01	46.3%	2.8E+01	37.0%
Total Meats	4.9E+00	0.6%	4.0E+01	4.4%	1.2E+02	11.1%	Total Meats	1.3E-01	0.3%	3.3E+00	4.6%	9.3E+00	12.2%
Total Fish	2.0E+00	0.3%	3.9E+00	0.4%	6.4E+00	0.6%	Total Fish	7.1E-02	0.2%	3.8E-01	0.5%	5.0E-01	0.7%
Total Eggs	8.7E+00	1.1%	1.3E+01	1.5%	1.7E+01	1.6%	Total Eggs	2.4E-01	0.6%	1.1E+00	1.6%	1.1E+00	1.4%
Total Grains	7.6E+01	9.6%	1.1E+02	12.3%	1.3E+02	12.3%	Total Grains	2.9E+00	7.2%	8.5E+00	12.0%	1.1E+01	14.2%
Total Vegetables	6.9E+01	8.7%	9.6E+01	10.7%	1.3E+02	12.0%	Total Vegetables	3.7E+00	9.4%	7.1E+00	10.0%	1.1E+01	14.6%
Total Fruits	1.7E+02	22.0%	2.0E+02	22.6%	2.1E+02	19.4%	Total Fruits	8.4E+00	20.9%	1.7E+01	24.5%	1.5E+01	19.2%
Total Fats ^a	1.5E+00	0.2%	4.4E+00	0.5%	8.3E+00	0.8%	Total Fats ^a	3.7E-02	0.1%	3.0E-01	0.4%	4.8E-01	0.6%
Age 2 to <3 years (g/day, as consumed)							Age 2 to <3 years (g/kg/day, as consumed)						
Total Foods	1.2E+03	100.0%	1.1E+03	100.0%	1.4E+03	100.0%	Total Foods	7.4E+01	100.0%	1.0E+02	100.0%	1.2E+02	100.0%
Total Dairy	5.0E+02	63.0%	4.6E+02	51.7%	4.5E+02	41.0%	Total Dairy	2.6E+01	63.9%	3.5E+01	49.7%	2.7E+01	35.5%
Total Meats	4.6E+00	0.6%	3.8E+01	4.2%	1.3E+02	12.2%	Total Meats	1.2E-01	0.3%	3.4E+00	4.8%	1.0E+01	13.4%
Total Fish	1.9E+00	0.2%	3.8E+00	0.4%	5.7E+00	0.5%	Total Fish	5.9E-02	0.1%	4.0E-01	0.6%	4.6E-01	0.6%
Total Eggs	7.8E+00	1.0%	1.4E+01	1.5%	1.5E+01	1.4%	Total Eggs	2.3E-01	0.6%	9.2E-01	1.3%	9.2E-01	1.2%
Total Grains	6.5E+01	8.2%	1.1E+02	12.0%	1.4E+02	13.2%	Total Grains	2.5E+00	6.3%	8.5E+00	12.0%	1.0E+01	13.6%
Total Vegetables	6.7E+01	8.5%	8.7E+01	9.7%	1.2E+02	11.0%	Total Vegetables	3.5E+00	8.6%	6.9E+00	9.7%	1.1E+01	14.1%
Total Fruits	1.4E+02	18.3%	1.8E+02	20.0%	2.2E+02	19.9%	Total Fruits	8.0E+00	20.1%	1.5E+01	21.4%	1.6E+01	21.0%
Total Fats ^a	1.4E+00	0.2%	3.8E+00	0.4%	7.7E+00	0.7%	Total Fats ^a	3.1E-02	0.1%	3.2E-01	0.5%	5.0E-01	0.7%
Age 3 to <6 years (g/day, as consumed)							Age 3 to <6 years (g/kg/day, as consumed)						
Total Foods	9.7E+02	100.0%	9.6E+02	100.0%	1.3E+03	100.0%	Total Foods	1.8E+01	100.0%	5.8E+01	100.0%	7.5E+01	100.0%
Total Dairy	4.0E+02	41.3%	3.7E+02	38.8%	3.7E+02	29.9%	Total Dairy	7.9E+00	44.6%	2.3E+01	40.2%	2.4E+01	31.7%
Total Meats	1.3E+01	1.4%	7.0E+01	7.3%	1.9E+02	14.9%	Total Meats	7.8E-02	0.4%	3.8E+00	6.5%	1.0E+01	13.9%
Total Fish	6.5E+00	0.7%	4.6E+00	0.5%	7.7E+00	0.6%	Total Fish	1.2E-01	0.7%	4.0E-01	0.7%	2.8E-01	0.4%
Total Eggs	1.2E+01	1.2%	1.6E+01	1.6%	1.9E+01	1.5%	Total Eggs	1.4E-01	0.8%	6.6E-01	1.1%	1.0E+00	1.4%
Total Grains	1.9E+02	19.6%	1.7E+02	17.8%	2.3E+02	18.7%	Total Grains	3.2E+00	17.7%	9.9E+00	17.1%	1.4E+01	18.5%
Total Vegetables	1.1E+02	10.9%	1.4E+02	14.5%	1.9E+02	14.9%	Total Vegetables	1.6E+00	9.0%	7.5E+00	13.0%	1.1E+01	15.3%
Total Fruits	2.4E+02	24.4%	1.8E+02	18.7%	2.3E+02	18.7%	Total Fruits	4.7E+00	26.5%	1.2E+01	20.7%	1.3E+01	18.1%
Total Fats ^a	4.8E+00	0.5%	7.2E+00	0.7%	1.1E+01	0.9%	Total Fats ^a	6.3E-02	0.4%	4.1E-01	0.7%	6.1E-01	0.8%
Age 6 to <11 years (g/day, as consumed)							Age 6 to <11 years (g/kg/day, as consumed)						
Total Foods	1.0E+03	100.0%	1.1E+03	100.0%	1.4E+03	100.0%	Total Foods	1.2E+01	100.0%	3.6E+01	100.0%	5.3E+01	100.0%
Total Dairy	4.4E+02	43.4%	4.5E+02	41.0%	4.4E+02	32.5%	Total Dairy	4.9E+00	41.8%	1.4E+01	39.0%	1.8E+01	34.5%
Total Meats	1.4E+01	1.4%	8.6E+01	7.9%	2.2E+02	16.2%	Total Meats	2.9E-02	0.3%	2.7E+00	7.5%	8.0E+00	15.0%
Total Fish	4.1E+00	0.4%	8.7E+00	0.8%	9.0E+00	0.7%	Total Fish	1.0E-01	0.9%	3.2E-01	0.9%	3.0E-01	0.6%
Total Eggs	1.0E+01	1.0%	1.0E+01	0.9%	1.7E+01	1.2%	Total Eggs	1.1E-01	0.9%	4.2E-01	1.2%	7.1E-01	1.3%
Total Grains	2.2E+02	21.6%	2.1E+02	19.3%	2.5E+02	18.4%	Total Grains	2.5E+00	21.2%	7.2E+00	20.2%	1.0E+01	18.8%
Total Vegetables	1.3E+02	13.3%	1.7E+02	15.5%	2.4E+02	17.7%	Total Vegetables	1.7E+00	14.7%	5.5E+00	15.3%	8.8E+00	16.6%
Total Fruits	1.8E+02	18.1%	1.5E+02	13.6%	1.7E+02	12.4%	Total Fruits	2.3E+00	19.5%	5.4E+00	15.0%	6.5E+00	12.3%
Total Fats ^a	8.0E+00	0.8%	1.2E+01	1.1%	1.2E+01	0.9%	Total Fats ^a	7.2E-02	0.6%	3.4E-01	1.0%	4.7E-01	0.9%

Table 3-41. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 11 to <16 years (g/day, as consumed)							Age 11 to <16 years (g/kg/day, as consumed)						
Total Foods	1.0E+03	100.0%	1.1E+03	100.0%	1.5E+03	100.0%	Total Foods	1.3E+01	100.0%	2.1E+01	100.0%	3.3E+01	100.0%
Total Dairy	3.7E+02	36.2%	3.2E+02	29.9%	3.9E+02	25.4%	Total Dairy	4.5E+00	35.8%	6.6E+00	31.3%	9.3E+00	28.3%
Total Meats	2.0E+01	2.0%	1.1E+02	10.0%	2.9E+02	18.8%	Total Meats	2.0E-01	1.6%	2.0E+00	9.5%	5.8E+00	17.6%
Total Fish	7.5E+00	0.7%	1.3E+01	1.2%	1.6E+01	1.0%	Total Fish	5.7E-02	0.5%	1.5E-01	0.7%	2.6E-01	0.8%
Total Eggs	1.4E+01	1.4%	1.2E+01	1.1%	2.5E+01	1.6%	Total Eggs	1.8E-01	1.4%	3.0E-01	1.4%	4.2E-01	1.3%
Total Grains	2.3E+02	22.3%	2.4E+02	22.6%	3.1E+02	19.8%	Total Grains	3.0E+00	23.8%	4.7E+00	22.3%	6.7E+00	20.4%
Total Vegetables	1.8E+02	17.4%	2.0E+02	18.2%	3.3E+02	21.1%	Total Vegetables	2.3E+00	18.3%	3.7E+00	17.5%	6.4E+00	19.4%
Total Fruits	1.9E+02	19.0%	1.7E+02	16.0%	1.7E+02	11.1%	Total Fruits	2.2E+00	17.6%	3.4E+00	16.0%	3.7E+00	11.2%
Total Fats ^a	1.1E+01	1.1%	1.2E+01	1.1%	1.8E+01	1.2%	Total Fats ^a	1.4E-01	1.1%	2.4E-01	1.1%	3.8E-01	1.2%
Age 16 to <21 years (g/day, as consumed)							Age 16 to <21 years (g/kg/day, as consumed)						
Total Foods	7.8E+02	100.0%	1.2E+03	100.0%	1.7E+03	100.0%	Total Foods	5.5E+00	100.0%	1.7E+01	100.0%	3.7E+01	100.0%
Total Dairy	2.4E+02	30.7%	3.8E+02	31.7%	4.8E+02	28.0%	Total Dairy	1.2E+00	21.4%	4.5E+00	26.5%	1.3E+01	34.5%
Total Meats	1.9E+01	2.5%	1.4E+02	11.6%	2.9E+02	16.9%	Total Meats	1.0E+00	18.1%	2.1E+00	12.6%	3.1E+00	8.3%
Total Fish	1.1E+01	1.4%	1.1E+01	0.9%	1.6E+01	0.9%	Total Fish	1.4E-01	2.6%	7.4E-02	0.4%	4.1E-01	1.1%
Total Eggs	1.3E+01	1.7%	5.5E+00	0.5%	2.8E+01	1.7%	Total Eggs	1.1E-01	2.0%	2.2E-01	1.3%	4.0E-01	1.1%
Total Grains	1.9E+02	24.9%	3.1E+02	25.8%	4.1E+02	23.7%	Total Grains	1.5E+00	26.6%	3.8E+00	22.2%	7.8E+00	21.0%
Total Vegetables	1.5E+02	19.4%	2.0E+02	16.4%	3.4E+02	20.1%	Total Vegetables	1.2E+00	21.2%	3.7E+00	22.0%	7.1E+00	19.2%
Total Fruits	1.4E+02	18.2%	1.5E+02	12.1%	1.2E+02	7.2%	Total Fruits	3.8E-01	6.9%	2.3E+00	13.4%	5.1E+00	13.8%
Total Fats ^a	9.9E+00	1.3%	1.3E+01	1.1%	2.5E+01	1.5%	Total Fats ^a	6.6E-02	1.2%	2.8E-01	1.6%	3.9E-01	1.1%

^aIncludes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-42. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 0 to <1 month (g/day, as consumed)							Age 0 to <1 month (g/kg/day, as consumed)						
Total Foods	0.0E+00	0.0%	4.8E+02	100.0%	1.5E+03	100.0%	Total Foods	0.0E+00	0.0%	1.4E+02	100.0%	4.5E+02	100.0%
Total Dairy	0.0E+00	0.0%	4.8E+02	100.0%	1.5E+03	100.0%	Total Dairy	0.0E+00	0.0%	1.4E+02	100.0%	4.5E+02	100.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 1 to <3 months (g/day, as consumed)							Age 1 to <3 months (g/kg/day, as consumed)						
Total Foods	5.2E+00	100.0%	8.2E+02	100.0%	1.6E+03	100.0%	Total Foods	1.1E+00	100.0%	1.6E+02	100.0%	2.8E+02	100.0%
Total Dairy	0.0E+00	0.0%	8.2E+02	99.7%	1.5E+03	95.8%	Total Dairy	0.0E+00	0.0%	1.6E+02	98.9%	2.8E+02	99.1%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	7.1E-01	0.1%	4.0E+00	0.3%	Total Grains	0.0E+00	0.0%	1.8E+00	1.1%	2.5E-01	0.1%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	4.6E+01	2.9%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	2.4E+00	0.9%
Total Fruits	5.2E+00	100.0%	1.7E+00	0.2%	1.7E+01	1.1%	Total Fruits	1.1E+00	100.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 3 to <6 months (g/day, as consumed)							Age 3 to <6 months (g/kg/day, as consumed)						
Total Foods	3.7E+00	100.0%	9.3E+02	100.0%	1.7E+03	100.0%	Total Foods	3.7E-01	100.0%	1.3E+02	100.0%	2.3E+02	100.0%
Total Dairy	0.0E+00	0.0%	8.1E+02	86.7%	1.6E+03	94.8%	Total Dairy	0.0E+00	0.0%	1.1E+02	88.8%	2.2E+02	96.7%
Total Meats	0.0E+00	0.0%	1.5E+00	0.2%	1.1E+00	0.1%	Total Meats	0.0E+00	0.0%	5.4E-01	0.4%	9.0E-02	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	1.6E-01	0.0%	Total Fish	0.0E+00	0.0%	7.7E-02	0.1%	1.3E-02	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	4.1E-02	0.0%	Total Eggs	0.0E+00	0.0%	1.9E-02	0.0%	3.2E-03	0.0%
Total Grains	1.7E+00	46.1%	8.6E+00	0.9%	1.3E+01	0.8%	Total Grains	1.8E-01	49.3%	9.1E-01	0.7%	1.8E+00	0.8%
Total Vegetables	1.3E+00	34.3%	2.2E+01	2.3%	4.0E+01	2.4%	Total Vegetables	1.9E-01	50.7%	1.4E+00	1.1%	4.1E+00	1.8%
Total Fruits	7.2E-01	19.6%	9.2E+01	9.9%	3.3E+01	2.0%	Total Fruits	0.0E+00	0.0%	1.2E+01	8.9%	1.6E+00	0.7%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	1.8E-01	0.0%	Total Fats ^a	0.0E+00	0.0%	3.8E-02	0.0%	2.0E-02	0.0%
Age 6 to <12 months (g/day, as consumed)							Age 6 to <12 months (g/kg/day, as consumed)						
Total Foods	2.8E+02	100.0%	1.2E+03	100.0%	1.8E+03	100.0%	Total Foods	1.4E+01	100.0%	1.3E+02	100.0%	2.0E+02	100.0%
Total Dairy	2.1E+01	7.5%	7.7E+02	66.4%	1.4E+03	80.8%	Total Dairy	2.7E-02	0.2%	8.1E+01	62.1%	1.6E+02	81.1%
Total Meats	6.9E+00	2.5%	2.0E+01	1.7%	1.8E+01	1.0%	Total Meats	1.7E-02	0.1%	2.9E+00	2.2%	2.5E+00	1.3%
Total Fish	1.5E+00	0.5%	1.7E+00	0.1%	6.6E-01	0.0%	Total Fish	2.4E-03	0.0%	1.1E-01	0.1%	2.0E-01	0.1%
Total Eggs	3.9E+00	1.4%	1.3E+01	1.1%	2.3E+00	0.1%	Total Eggs	6.1E-04	0.0%	1.9E+00	1.4%	5.9E-01	0.3%
Total Grains	4.3E+01	15.6%	8.7E+01	7.5%	6.7E+01	3.8%	Total Grains	1.6E+00	11.5%	9.4E+00	7.2%	8.5E+00	4.2%
Total Vegetables	6.9E+01	24.9%	1.1E+02	9.9%	9.0E+01	5.1%	Total Vegetables	4.1E+00	29.7%	1.6E+01	12.5%	9.6E+00	4.8%

Table 3-42. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Total Fruits	1.3E+02	47.4%	1.5E+02	13.2%	1.6E+02	9.1%	Total Fruits	8.1E+00	58.4%	1.9E+01	14.4%	1.6E+01	8.1%
Total Fats ^a	4.4E-01	0.2%	2.0E+00	0.2%	9.4E-01	0.1%	Total Fats ^a	1.2E-03	0.0%	1.5E-01	0.1%	2.4E-01	0.1%
Age 1 to <2 years (g/day, as consumed)							Age 1 to <2 years (g/kg/day, as consumed)						
Total Foods	7.1E+02	100.0%	9.5E+02	100.0%	1.2E+03	100.0%	Total Foods	3.0E+01	100.0%	6.9E+01	100.0%	1.1E+02	100.0%
Total Dairy	1.0E+02	14.3%	3.8E+02	40.0%	8.1E+02	67.1%	Total Dairy	4.3E+00	14.4%	2.5E+01	36.8%	7.4E+01	66.3%
Total Meats	4.4E+01	6.2%	5.3E+01	5.6%	4.5E+01	3.8%	Total Meats	2.0E+00	6.7%	4.4E+00	6.4%	3.8E+00	3.4%
Total Fish	3.5E+00	0.5%	4.8E+00	0.5%	3.5E+00	0.3%	Total Fish	5.9E-02	0.2%	2.4E-01	0.3%	3.3E-01	0.3%
Total Eggs	1.8E+01	2.5%	1.3E+01	1.3%	1.0E+01	0.8%	Total Eggs	8.6E-01	2.9%	1.2E+00	1.8%	9.8E-01	0.9%
Total Grains	1.4E+02	19.3%	1.5E+02	16.0%	9.7E+01	8.0%	Total Grains	6.5E+00	21.5%	8.9E+00	12.9%	8.5E+00	7.6%
Total Vegetables	1.1E+02	16.1%	1.0E+02	10.8%	9.3E+01	7.7%	Total Vegetables	5.3E+00	17.8%	8.8E+00	12.7%	9.4E+00	8.5%
Total Fruits	2.9E+02	40.5%	2.4E+02	25.3%	1.5E+02	12.1%	Total Fruits	1.1E+01	35.9%	2.0E+01	28.6%	1.4E+01	12.8%
Total Fats ^a	4.3E+00	0.6%	5.0E+00	0.5%	3.6E+00	0.3%	Total Fats ^a	1.9E-01	0.6%	3.5E-01	0.5%	3.0E-01	0.3%
Age 2 to <3 years (g/day, as consumed)							Age 2 to <3 years (g/kg/day, as consumed)						
Total Foods	7.3E+02	100.0%	1.3E+03	100.0%	2.1E+03	100.0%	Total Foods	3.4E+01	100.0%	9.9E+01	100.0%	1.9E+02	100.0%
Total Dairy	1.2E+02	16.3%	4.0E+02	41.9%	8.1E+02	66.5%	Total Dairy	4.3E+00	14.4%	3.0E+01	43.7%	7.7E+01	69.1%
Total Meats	4.8E+01	6.8%	5.4E+01	5.6%	4.8E+01	4.0%	Total Meats	1.7E+00	5.6%	3.8E+00	5.5%	3.7E+00	3.3%
Total Fish	3.1E+00	0.4%	4.1E+00	0.4%	3.8E+00	0.3%	Total Fish	5.4E-02	0.2%	2.1E-01	0.3%	2.8E-01	0.3%
Total Eggs	1.6E+01	2.2%	1.3E+01	1.4%	1.0E+01	0.8%	Total Eggs	8.1E-01	2.7%	1.1E+00	1.6%	8.5E-01	0.8%
Total Grains	1.2E+02	16.6%	1.5E+02	15.7%	9.7E+01	8.0%	Total Grains	6.1E+00	20.3%	8.4E+00	12.2%	9.1E+00	8.2%
Total Vegetables	1.2E+02	17.4%	9.1E+01	9.6%	9.6E+01	7.9%	Total Vegetables	5.5E+00	18.2%	7.5E+00	10.9%	8.0E+00	7.2%
Total Fruits	2.8E+02	39.7%	2.4E+02	24.9%	1.5E+02	12.2%	Total Fruits	1.1E+01	38.0%	1.8E+01	25.4%	1.2E+01	11.0%
Total Fats ^a	3.7E+00	0.5%	4.5E+00	0.5%	3.1E+00	0.3%	Total Fats ^a	2.0E-01	0.7%	3.5E-01	0.5%	2.5E-01	0.2%
Age 3 to <6 years (g/day, as consumed)							Age 3 to <6 years (g/kg/day, as consumed)						
Total Foods	7.0E+02	100.0%	9.8E+02	100.0%	1.6E+03	100.0%	Total Foods	1.3E+01	100.0%	5.5E+01	100.0%	9.5E+01	100.0%
Total Dairy	7.8E+01	11.2%	3.6E+02	37.1%	8.9E+02	55.4%	Total Dairy	7.9E-01	6.2%	1.9E+01	34.3%	5.2E+01	54.9%
Total Meats	5.9E+01	8.4%	7.5E+01	7.6%	8.7E+01	5.4%	Total Meats	8.4E-01	6.6%	4.6E+00	8.4%	5.5E+00	5.9%
Total Fish	5.9E+00	0.8%	7.5E+00	0.8%	6.7E+00	0.4%	Total Fish	6.8E-02	0.5%	3.5E-01	0.6%	3.2E-01	0.3%
Total Eggs	1.4E+01	2.0%	1.5E+01	1.5%	1.7E+01	1.1%	Total Eggs	2.9E-01	2.3%	7.6E-01	1.4%	8.3E-01	0.9%
Total Grains	1.8E+02	26.1%	1.8E+02	18.4%	2.2E+02	13.5%	Total Grains	3.2E+00	25.7%	1.1E+01	19.4%	1.3E+01	14.1%
Total Vegetables	1.3E+02	17.9%	1.3E+02	13.3%	1.5E+02	9.4%	Total Vegetables	2.4E+00	18.9%	7.8E+00	14.3%	9.2E+00	9.8%
Total Fruits	2.3E+02	32.6%	2.0E+02	20.5%	2.3E+02	14.2%	Total Fruits	4.9E+00	38.6%	1.1E+01	20.9%	1.3E+01	13.7%
Total Fats ^a	6.6E+00	0.9%	7.5E+00	0.8%	8.9E+00	0.6%	Total Fats ^a	1.5E-01	1.1%	4.1E-01	0.8%	4.5E-01	0.5%
Age 6 to <11 years (g/day, as consumed)							Age 6 to <11 years (g/kg/day, as consumed)						
Total Foods	6.9E+02	100.0%	1.1E+03	100.0%	1.8E+03	100.0%	Total Foods	5.0E+00	100.0%	3.8E+01	100.0%	6.9E+01	100.0%
Total Dairy	8.3E+01	12.0%	3.9E+02	37.4%	9.2E+02	51.7%	Total Dairy	3.5E-01	7.1%	1.3E+01	33.7%	3.6E+01	51.6%
Total Meats	7.2E+01	10.3%	9.3E+01	8.9%	1.2E+02	6.8%	Total Meats	5.1E-01	10.1%	3.6E+00	9.5%	4.7E+00	6.7%
Total Fish	1.1E+01	1.6%	7.8E+00	0.7%	8.3E+00	0.5%	Total Fish	3.7E-02	0.7%	2.7E-01	0.7%	2.9E-01	0.4%
Total Eggs	1.2E+01	1.8%	1.4E+01	1.3%	1.4E+01	0.8%	Total Eggs	1.3E-01	2.5%	4.8E-01	1.2%	6.3E-01	0.9%

Table 3-42. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Meat and Dairy Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Total Grains	1.8E+02	26.2%	2.2E+02	21.1%	2.8E+02	16.0%	Total Grains	1.4E+00	27.7%	7.8E+00	20.5%	1.2E+01	16.7%
Total Vegetables	1.5E+02	22.2%	1.6E+02	15.4%	2.0E+02	11.2%	Total Vegetables	1.3E+00	26.1%	5.6E+00	14.7%	8.4E+00	12.1%
Total Fruits	1.7E+02	24.5%	1.5E+02	14.3%	2.2E+02	12.2%	Total Fruits	1.2E+00	24.0%	7.2E+00	18.8%	7.5E+00	10.9%
Total Fats ^a	9.5E+00	1.4%	9.2E+00	0.9%	1.3E+01	0.8%	Total Fats ^a	8.0E-02	1.6%	3.5E-01	0.9%	5.1E-01	0.7%
Age 11 to <16 years (g/day, as consumed)							Age 11 to <16 years (g/kg/day, as consumed)						
Total Foods	6.8E+02	100.0%	1.1E+03	100.0%	2.0E+03	100.0%	Total Foods	7.7E+00	100.0%	2.2E+01	100.0%	4.4E+01	100.0%
Total Dairy	3.6E+01	5.3%	3.3E+02	30.5%	1.0E+03	50.2%	Total Dairy	3.4E-01	4.4%	6.2E+00	28.5%	2.1E+01	48.8%
Total Meats	6.7E+01	9.8%	1.2E+02	11.4%	1.7E+02	8.2%	Total Meats	6.6E-01	8.5%	2.6E+00	11.8%	3.3E+00	7.5%
Total Fish	8.4E+00	1.2%	1.1E+01	1.0%	1.2E+01	0.6%	Total Fish	8.4E-02	1.1%	2.1E-01	1.0%	3.4E-01	0.8%
Total Eggs	1.9E+01	2.7%	1.3E+01	1.2%	1.9E+01	0.9%	Total Eggs	2.2E-01	2.9%	3.4E-01	1.5%	3.6E-01	0.8%
Total Grains	2.0E+02	29.3%	2.4E+02	22.6%	3.3E+02	16.2%	Total Grains	2.4E+00	31.2%	4.9E+00	22.8%	7.4E+00	16.9%
Total Vegetables	1.9E+02	27.3%	2.1E+02	19.7%	2.9E+02	14.1%	Total Vegetables	2.1E+00	27.8%	4.1E+00	18.8%	6.2E+00	14.2%
Total Fruits	1.6E+02	22.8%	1.4E+02	12.5%	1.8E+02	8.8%	Total Fruits	1.7E+00	22.3%	3.1E+00	14.3%	4.4E+00	10.1%
Total Fats ^a	1.0E+01	1.5%	1.2E+01	1.1%	1.9E+01	1.0%	Total Fats ^a	1.3E-01	1.7%	2.8E-01	1.3%	4.1E-01	0.9%
Age 16 to <21 years (g/day, as consumed)							Age 16 to <21 years (g/kg/day, as consumed)						
Total Foods	6.1E+02	100.0%	1.1E+03	100.0%	2.2E+03	100.0%	Total Foods	9.0E+00	100.0%	1.7E+01	100.0%	3.2E+01	100.0%
Total Dairy	8.5E+01	14.1%	3.0E+02	28.8%	1.1E+03	49.2%	Total Dairy	9.7E-01	10.7%	4.8E+00	28.1%	1.5E+01	48.4%
Total Meats	5.3E+01	8.8%	1.7E+02	15.7%	1.5E+02	6.9%	Total Meats	7.0E-01	7.8%	2.3E+00	13.6%	2.7E+00	8.3%
Total Fish	1.6E+01	2.7%	1.4E+01	1.3%	7.5E+00	0.3%	Total Fish	1.9E-01	2.2%	1.2E-01	0.7%	1.3E-01	0.4%
Total Eggs	1.5E+01	2.5%	1.4E+01	1.3%	2.1E+01	0.9%	Total Eggs	2.4E-01	2.7%	2.4E-01	1.4%	2.3E-01	0.7%
Total Grains	1.7E+02	27.2%	2.6E+02	25.0%	4.1E+02	18.6%	Total Grains	2.4E+00	27.2%	3.8E+00	22.4%	6.1E+00	19.2%
Total Vegetables	1.4E+02	23.2%	2.3E+02	21.3%	3.3E+02	14.7%	Total Vegetables	2.3E+00	25.5%	3.4E+00	19.7%	4.4E+00	13.6%
Total Fruits	1.2E+02	19.7%	5.8E+01	5.5%	1.8E+02	8.1%	Total Fruits	2.0E+00	22.6%	2.2E+00	13.0%	2.7E+00	8.3%
Total Fats ^a	1.0E+01	1.7%	1.2E+01	1.1%	2.6E+01	1.2%	Total Fats ^a	1.3E-01	1.4%	1.8E-01	1.1%	3.4E-01	1.1%

^aIncludes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-43. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 0 to <1month (g/day, as consumed)							Age 0 to <1month (g/kg/day, as consumed)						
Total Foods	7.3E+02	100.0%	5.8E+02	100.0%	1.7E+02	100.0%	Total Foods	2.3E+02	100.0%	1.6E+02	100.0%	0.0E+00	0.0%
Total Dairy	7.3E+02	100.0%	5.8E+02	100.0%	1.7E+02	100.0%	Total Dairy	2.3E+02	100.0%	1.6E+02	100.0%	0.0E+00	0.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 1 to <3 months (g/day, as consumed)							Age 1 to <3 months (g/kg/day, as consumed)						
Total Foods	8.1E+02	100.0%	8.3E+02	100.0%	8.5E+02	100.0%	Total Foods	1.8E+02	100.0%	1.1E+02	100.0%	2.0E+02	100.0%
Total Dairy	8.0E+02	98.6%	8.3E+02	99.8%	8.3E+02	97.9%	Total Dairy	1.7E+02	98.6%	1.1E+02	99.8%	1.9E+02	98.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	1.2E+00	0.1%	1.7E+00	0.2%	0.0E+00	0.0%	Total Grains	2.7E-01	0.2%	2.6E-01	0.2%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	1.0E+01	1.3%	0.0E+00	0.0%	1.8E+01	2.1%	Total Fruits	2.2E+00	1.2%	0.0E+00	0.0%	3.9E+00	2.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 3 to <6 months (g/day, as consumed)							Age 3 to <6 months (g/kg/day, as consumed)						
Total Foods	9.3E+02	100.0%	9.7E+02	100.0%	9.7E+02	100.0%	Total Foods	1.4E+02	100.0%	1.3E+02	100.0%	1.2E+02	100.0%
Total Dairy	8.0E+02	86.1%	8.8E+02	90.0%	7.0E+02	71.7%	Total Dairy	1.2E+02	87.4%	1.1E+02	90.4%	8.8E+01	72.5%
Total Meats	3.2E+00	0.3%	0.0E+00	0.0%	1.6E+01	1.7%	Total Meats	4.7E-01	0.3%	0.0E+00	0.0%	1.9E+00	1.5%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	2.0E+00	0.2%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	2.4E-01	0.2%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	4.4E+00	0.5%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	3.7E-01	0.3%
Total Grains	4.4E+00	0.5%	1.8E+01	1.9%	2.8E+01	2.8%	Total Grains	6.4E-01	0.4%	2.2E+00	1.7%	3.0E+00	2.5%
Total Vegetables	1.2E+01	1.3%	3.5E+01	3.6%	7.8E+01	8.0%	Total Vegetables	1.6E+00	1.1%	3.7E+00	3.0%	1.0E+01	8.6%
Total Fruits	1.1E+02	11.8%	4.4E+01	4.6%	1.5E+02	15.1%	Total Fruits	1.5E+01	10.7%	6.2E+00	4.9%	1.7E+01	14.2%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	1.1E+00	0.1%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	1.3E-01	0.1%
Age 6 to <12 months (g/day, as consumed)							Age 6 to <12 months (g/kg/day, as consumed)						
Total Foods	1.1E+03	100.0%	9.8E+02	100.0%	1.2E+03	100.0%	Total Foods	1.3E+02	100.0%	9.8E+01	100.0%	1.4E+02	100.0%
Total Dairy	6.9E+02	64.6%	7.0E+02	71.4%	6.9E+02	55.5%	Total Dairy	8.1E+01	64.8%	7.0E+01	71.8%	8.2E+01	57.1%
Total Meats	9.6E+00	0.9%	1.6E+01	1.6%	4.1E+01	3.3%	Total Meats	9.6E-01	0.8%	1.8E+00	1.8%	4.6E+00	3.2%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	1.0E+01	0.8%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	1.2E+00	0.8%
Total Eggs	2.4E+00	0.2%	1.2E+01	1.3%	9.6E+00	0.8%	Total Eggs	2.9E-01	0.2%	8.8E-01	0.9%	6.0E-01	0.4%
Total Grains	3.8E+01	3.6%	5.2E+01	5.3%	1.1E+02	9.0%	Total Grains	4.2E+00	3.3%	5.6E+00	5.7%	1.2E+01	8.0%
Total Vegetables	1.1E+02	9.9%	7.0E+01	7.1%	1.7E+02	14.1%	Total Vegetables	1.3E+01	10.4%	6.4E+00	6.5%	2.1E+01	14.3%
Total Fruits	2.2E+02	20.8%	1.3E+02	13.1%	2.0E+02	16.3%	Total Fruits	2.6E+01	20.4%	1.3E+01	13.2%	2.3E+01	16.0%
Total Fats ^a	4.1E-01	0.0%	7.1E-01	0.1%	3.4E+00	0.3%	Total Fats ^a	5.1E-02	0.0%	6.9E-02	0.1%	3.3E-01	0.2%

Table 3-43. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 1 to <2 years (g/day, as consumed)							Age 1 to <2 years (g/kg/day, as consumed)						
Total Foods	8.4E+02	100.0%	9.4E+02	100.0%	1.0E+03	100.0%	Total Foods	6.8E+01	100.0%	7.3E+01	100.0%	8.6E+01	100.0%
Total Dairy	3.6E+02	42.2%	4.6E+02	49.0%	4.5E+02	42.7%	Total Dairy	3.0E+01	44.1%	4.0E+01	55.2%	3.5E+01	41.0%
Total Meats	4.5E+01	5.3%	4.2E+01	4.5%	6.3E+01	6.0%	Total Meats	3.1E+00	4.5%	3.2E+00	4.4%	5.0E+00	5.8%
Total Fish	0.0E+00	0.0%	9.8E-01	0.1%	2.9E+01	2.8%	Total Fish	0.0E+00	0.0%	6.6E-02	0.1%	2.6E+00	3.0%
Total Eggs	1.1E+01	1.4%	1.2E+01	1.3%	1.5E+01	1.4%	Total Eggs	6.9E-01	1.0%	8.2E-01	1.1%	1.1E+00	1.2%
Total Grains	1.1E+02	12.8%	1.4E+02	14.4%	1.5E+02	14.4%	Total Grains	8.6E+00	12.6%	8.5E+00	11.6%	1.2E+01	13.5%
Total Vegetables	7.7E+01	9.1%	1.2E+02	12.5%	1.2E+02	11.6%	Total Vegetables	5.7E+00	8.4%	7.1E+00	9.7%	9.6E+00	11.1%
Total Fruits	2.4E+02	28.7%	1.7E+02	17.8%	2.1E+02	20.6%	Total Fruits	2.0E+01	28.8%	1.3E+01	17.5%	2.0E+01	23.7%
Total Fats ^a	4.7E+00	0.6%	4.2E+00	0.4%	6.1E+00	0.6%	Total Fats ^a	3.4E-01	0.5%	3.1E-01	0.4%	4.6E-01	0.5%
Age 2 to <3 years (g/day, as consumed)							Age 2 to <3 years (g/kg/day, as consumed)						
Total Foods	1.4E+03	100.0%	9.6E+02	100.0%	1.4E+03	100.0%	Total Foods	1.0E+02	100.0%	8.2E+01	100.0%	1.0E+02	100.0%
Total Dairy	4.0E+02	48.0%	4.7E+02	49.6%	4.7E+02	45.1%	Total Dairy	2.9E+01	42.1%	4.3E+01	59.2%	3.8E+01	44.4%
Total Meats	4.6E+01	5.4%	4.5E+01	4.8%	7.0E+01	6.7%	Total Meats	2.7E+00	4.0%	3.4E+00	4.7%	4.6E+00	5.3%
Total Fish	0.0E+00	0.0%	1.0E+00	0.1%	2.5E+01	2.4%	Total Fish	0.0E+00	0.0%	7.3E-02	0.1%	2.9E+00	3.4%
Total Eggs	1.0E+01	1.2%	1.1E+01	1.2%	1.3E+01	1.2%	Total Eggs	7.6E-01	1.1%	7.4E-01	1.0%	1.2E+00	1.3%
Total Grains	1.0E+02	12.3%	1.4E+02	15.3%	1.5E+02	14.8%	Total Grains	9.3E+00	13.7%	7.7E+00	10.6%	1.3E+01	14.9%
Total Vegetables	7.2E+01	8.5%	1.2E+02	13.0%	1.2E+02	11.3%	Total Vegetables	5.8E+00	8.5%	6.7E+00	9.2%	8.7E+00	10.1%
Total Fruits	2.0E+02	24.0%	1.5E+02	15.7%	1.9E+02	18.0%	Total Fruits	2.0E+01	30.1%	1.1E+01	14.8%	1.7E+01	20.0%
Total Fats ^a	4.9E+00	0.6%	4.0E+00	0.4%	5.4E+00	0.5%	Total Fats ^a	3.6E-01	0.5%	3.0E-01	0.4%	4.2E-01	0.5%
Age 3 to <6 years (g/day, as consumed)							Age 3 to <6 years (g/kg/day, as consumed)						
Total Foods	1.1E+03	100.0%	9.4E+02	100.0%	1.1E+03	100.0%	Total Foods	5.9E+01	100.0%	5.5E+01	100.0%	6.4E+01	100.0%
Total Dairy	4.1E+02	38.7%	3.5E+02	37.7%	4.0E+02	35.7%	Total Dairy	2.2E+01	38.2%	2.1E+01	38.2%	2.4E+01	36.6%
Total Meats	6.5E+01	6.1%	7.4E+01	7.9%	8.4E+01	7.4%	Total Meats	3.5E+00	6.0%	4.3E+00	7.8%	4.6E+00	7.2%
Total Fish	0.0E+00	0.0%	1.6E+00	0.2%	4.2E+01	3.7%	Total Fish	0.0E+00	0.0%	6.2E-02	0.1%	2.2E+00	3.5%
Total Eggs	1.0E+01	1.0%	1.2E+01	1.3%	1.4E+01	1.3%	Total Eggs	5.6E-01	1.0%	5.5E-01	1.0%	7.7E-01	1.2%
Total Grains	2.2E+02	20.6%	1.7E+02	18.4%	2.0E+02	17.6%	Total Grains	1.2E+01	21.3%	1.0E+01	18.6%	1.1E+01	17.3%
Total Vegetables	1.3E+02	11.7%	1.3E+02	14.3%	1.6E+02	14.4%	Total Vegetables	6.9E+00	11.8%	6.9E+00	12.6%	9.3E+00	14.5%
Total Fruits	2.3E+02	21.2%	1.8E+02	19.5%	2.2E+02	19.2%	Total Fruits	1.2E+01	21.0%	1.1E+01	20.9%	1.2E+01	18.9%
Total Fats ^a	7.1E+00	0.7%	6.9E+00	0.7%	9.9E+00	0.9%	Total Fats ^a	3.9E-01	0.7%	3.8E-01	0.7%	5.5E-01	0.9%
Age 6 to <11 years (g/day, as consumed)							Age 6 to <11 years (g/kg/day, as consumed)						
Total Foods	1.1E+03	100.0%	1.1E+03	100.0%	1.2E+03	100.0%	Total Foods	3.9E+01	100.0%	3.3E+01	100.0%	4.6E+01	100.0%
Total Dairy	4.6E+02	41.4%	4.4E+02	41.4%	4.3E+02	35.4%	Total Dairy	1.6E+01	41.3%	1.3E+01	38.3%	1.7E+01	36.8%
Total Meats	8.8E+01	8.0%	8.1E+01	7.7%	1.0E+02	8.5%	Total Meats	3.0E+00	7.9%	2.7E+00	8.0%	4.0E+00	8.8%
Total Fish	0.0E+00	0.0%	2.2E+00	0.2%	5.8E+01	4.7%	Total Fish	0.0E+00	0.0%	5.6E-02	0.2%	1.8E+00	3.8%
Total Eggs	1.0E+01	0.9%	1.2E+01	1.2%	1.6E+01	1.3%	Total Eggs	3.8E-01	1.0%	3.8E-01	1.1%	5.5E-01	1.2%
Total Grains	2.1E+02	18.9%	2.1E+02	20.1%	2.3E+02	18.4%	Total Grains	7.2E+00	18.8%	7.2E+00	21.4%	8.4E+00	18.2%
Total Vegetables	1.2E+02	11.1%	1.5E+02	14.6%	1.7E+02	13.9%	Total Vegetables	4.2E+00	11.0%	5.5E+00	16.5%	6.7E+00	14.5%
Total Fruits	2.1E+02	18.7%	1.5E+02	14.0%	2.1E+02	16.8%	Total Fruits	7.4E+00	19.2%	4.6E+00	13.6%	7.3E+00	15.9%
Total Fats ^a	9.8E+00	0.9%	8.5E+00	0.8%	1.0E+01	0.8%	Total Fats ^a	3.4E-01	0.9%	2.8E-01	0.8%	4.0E-01	0.9%

Table 3-43. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fish Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 11 to <16 years (g/day, as consumed)							Age 11 to <16 years (g/kg/day, as consumed)						
Total Foods	1.2E+03	100.0%	1.2E+03	100.0%	1.4E+03	100.0%	Total Foods	2.4E+01	100.0%	2.2E+01	100.0%	2.8E+01	100.0%
Total Dairy	4.7E+02	40.2%	3.7E+02	32.0%	3.7E+02	26.4%	Total Dairy	9.6E+00	40.5%	7.3E+00	32.9%	8.2E+00	29.0%
Total Meats	1.0E+02	8.8%	1.0E+02	8.8%	1.5E+02	11.1%	Total Meats	2.1E+00	8.9%	2.0E+00	8.9%	2.9E+00	10.2%
Total Fish	0.0E+00	0.0%	2.8E+00	0.2%	6.7E+01	4.8%	Total Fish	0.0E+00	0.0%	4.7E-02	0.2%	1.3E+00	4.6%
Total Eggs	1.2E+01	1.1%	1.3E+01	1.2%	2.0E+01	1.4%	Total Eggs	2.5E-01	1.1%	2.7E-01	1.2%	4.0E-01	1.4%
Total Grains	2.4E+02	20.3%	2.6E+02	22.6%	2.8E+02	20.5%	Total Grains	4.8E+00	20.2%	4.8E+00	21.6%	5.9E+00	20.8%
Total Vegetables	1.8E+02	15.8%	2.1E+02	17.9%	2.7E+02	19.8%	Total Vegetables	3.7E+00	15.5%	4.0E+00	18.0%	5.1E+00	18.2%
Total Fruits	1.5E+02	12.8%	1.9E+02	16.2%	2.0E+02	14.5%	Total Fruits	3.0E+00	12.9%	3.6E+00	16.0%	4.0E+00	14.3%
Total Fats ^a	1.2E+01	1.0%	1.2E+01	1.0%	2.0E+01	1.4%	Total Fats ^a	2.4E-01	1.0%	2.5E-01	1.1%	3.8E-01	1.4%
Age 16 to <21 years (g/day, as consumed)							Age 16 to <21 years (g/kg/day, as consumed)						
Total Foods	1.2E+03	100.0%	9.9E+02	100.0%	1.4E+03	100.0%	Total Foods	1.9E+01	100.0%	1.8E+01	100.0%	2.1E+01	100.0%
Total Dairy	4.1E+02	33.3%	4.1E+02	41.3%	4.4E+02	31.0%	Total Dairy	6.2E+00	32.9%	7.6E+00	42.1%	4.7E+00	22.2%
Total Meats	1.1E+02	8.9%	1.1E+02	11.3%	1.5E+02	10.5%	Total Meats	1.7E+00	8.7%	1.6E+00	8.9%	2.2E+00	10.3%
Total Fish	0.0E+00	0.0%	2.7E+00	0.3%	9.7E+01	6.9%	Total Fish	0.0E+00	0.0%	4.7E-02	0.3%	1.1E+00	5.1%
Total Eggs	2.1E+01	1.7%	9.1E+00	0.9%	2.3E+01	1.6%	Total Eggs	3.0E-01	1.6%	1.5E-01	0.8%	2.7E-01	1.3%
Total Grains	2.4E+02	19.7%	1.6E+02	16.1%	2.2E+02	15.3%	Total Grains	4.0E+00	21.3%	3.4E+00	19.0%	4.7E+00	22.2%
Total Vegetables	2.6E+02	20.9%	2.1E+02	21.0%	2.9E+02	20.5%	Total Vegetables	4.0E+00	21.1%	3.6E+00	20.1%	4.6E+00	21.8%
Total Fruits	1.7E+02	14.1%	7.8E+01	7.9%	1.8E+02	13.0%	Total Fruits	2.5E+00	12.9%	1.3E+00	7.5%	3.4E+00	16.0%
Total Fats ^a	1.8E+01	1.5%	1.1E+01	1.1%	1.8E+01	1.3%	Total Fats ^a	2.9E-01	1.5%	2.4E-01	1.3%	2.3E-01	1.1%

^aIncludes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-44. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 0 to <1 month (g/day, as consumed)							Age 0 to <1 month (g/kg/day, as consumed)						
Total Foods	7.3E+02	100.0%	5.8E+02	100.0%	1.7E+02	100.0%	Total Foods	2.3E+02	100.0%	1.6E+02	100.0%	0.0E+00	0.0%
Total Dairy	7.3E+02	100.0%	5.8E+02	100.0%	1.7E+02	100.0%	Total Dairy	2.3E+02	100.0%	1.6E+02	100.0%	0.0E+00	0.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 1 to <3 months (g/day, as consumed)							Age 1 to <3 months (g/kg/day, as consumed)						
Total Foods	8.2E+02	100.0%	7.1E+02	100.0%	1.1E+03	100.0%	Total Foods	1.7E+02	100.0%	1.2E+02	100.0%	1.9E+02	100.0%
Total Dairy	8.1E+02	99.9%	7.1E+02	100.0%	9.7E+02	91.0%	Total Dairy	1.7E+02	99.9%	1.2E+02	100.0%	1.8E+02	95.5%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	5.7E-01	0.1%	0.0E+00	0.0%	3.5E+00	0.3%	Total Grains	1.4E-01	0.1%	0.0E+00	0.0%	1.4E-01	0.1%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	4.6E+01	4.4%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	2.4E+00	1.3%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	4.5E+01	4.3%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	6.1E+00	3.2%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 3 to <6 months (g/day, as consumed)							Age 3 to <6 months (g/kg/day, as consumed)						
Total Foods	7.0E+02	100.0%	7.5E+02	100.0%	1.1E+03	100.0%	Total Foods	1.1E+02	100.0%	9.8E+01	100.0%	1.6E+02	100.0%
Total Dairy	7.0E+02	99.3%	7.1E+02	94.2%	6.5E+02	59.0%	Total Dairy	1.1E+02	99.4%	9.3E+01	94.2%	1.0E+02	61.5%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	5.2E+00	0.5%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	5.6E-01	0.3%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	7.4E-01	0.1%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	8.0E-02	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	1.8E-01	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	2.0E-02	0.0%
Total Grains	4.7E+00	0.7%	9.7E+00	1.3%	2.7E+01	2.5%	Total Grains	6.8E-01	0.6%	1.1E+00	1.1%	3.9E+00	2.4%
Total Vegetables	0.0E+00	0.0%	4.9E+00	0.6%	9.2E+01	8.3%	Total Vegetables	0.0E+00	0.0%	1.7E-01	0.2%	1.2E+01	7.1%
Total Fruits	0.0E+00	0.0%	2.9E+01	3.9%	3.3E+02	29.7%	Total Fruits	0.0E+00	0.0%	4.5E+00	4.5%	4.7E+01	28.5%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	3.7E-01	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	4.0E-02	0.0%
Age 6 to <12 months (g/day, as consumed)							Age 6 to <12 months (g/kg/day, as consumed)						
Total Foods	9.5E+02	100.0%	1.1E+03	100.0%	1.5E+03	100.0%	Total Foods	5.6E+01	100.0%	1.2E+02	100.0%	1.6E+02	100.0%
Total Dairy	8.5E+02	90.0%	7.1E+02	65.2%	7.3E+02	49.2%	Total Dairy	5.1E+01	90.2%	8.4E+01	68.8%	7.4E+01	46.0%
Total Meats	1.7E+01	1.7%	2.2E+01	2.0%	2.6E+01	1.7%	Total Meats	7.9E-01	1.4%	1.7E+00	1.4%	2.9E+00	1.8%
Total Fish	5.1E-01	0.1%	1.1E+00	0.1%	1.7E+00	0.1%	Total Fish	2.5E-02	0.0%	1.2E-01	0.1%	3.2E-01	0.2%
Total Eggs	5.0E+00	0.5%	2.9E+00	0.3%	1.9E+00	0.1%	Total Eggs	3.9E-01	0.7%	9.3E-01	0.8%	3.6E-01	0.2%
Total Grains	4.3E+01	4.6%	9.4E+01	8.6%	8.8E+01	5.9%	Total Grains	3.5E+00	6.2%	7.4E+00	6.0%	1.0E+01	6.3%
Total Vegetables	1.7E+01	1.8%	8.2E+01	7.5%	2.1E+02	14.1%	Total Vegetables	5.6E-01	1.0%	8.9E+00	7.2%	2.6E+01	16.3%
Total Fruits	1.0E+01	1.1%	1.7E+02	16.1%	4.3E+02	28.7%	Total Fruits	1.0E-01	0.2%	1.9E+01	15.6%	4.7E+01	29.0%
Total Fats ^a	1.6E+00	0.2%	1.4E+00	0.1%	1.4E+00	0.1%	Total Fats ^a	1.7E-01	0.3%	1.8E-01	0.1%	1.9E-01	0.1%

Table 3-44. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 1 to <2 years (g/day, as consumed)							Age 1 to <2 years (g/kg/day, as consumed)						
Total Foods	7.4E+02	100.0%	9.4E+02	100.0%	1.6E+03	100.0%	Total Foods	3.2E+01	100.0%	7.9E+01	100.0%	1.2E+02	100.0%
Total Dairy	4.8E+02	65.3%	4.6E+02	49.1%	4.0E+02	25.7%	Total Dairy	2.2E+01	68.7%	3.3E+01	42.4%	3.7E+01	31.3%
Total Meats	5.9E+01	8.0%	5.2E+01	5.5%	6.6E+01	4.2%	Total Meats	2.2E+00	6.8%	5.0E+00	6.3%	5.0E+00	4.2%
Total Fish	3.3E+00	0.5%	6.2E+00	0.7%	7.1E+00	0.5%	Total Fish	1.1E-01	0.3%	5.4E-01	0.7%	3.8E-01	0.3%
Total Eggs	1.4E+01	1.9%	1.0E+01	1.1%	1.8E+01	1.1%	Total Eggs	7.0E-01	2.2%	1.1E+00	1.4%	1.6E+00	1.3%
Total Grains	1.0E+02	14.1%	1.2E+02	12.6%	1.3E+02	8.0%	Total Grains	4.6E+00	14.3%	1.1E+01	14.5%	1.3E+01	11.0%
Total Vegetables	5.7E+01	7.8%	1.1E+02	11.4%	2.0E+02	12.8%	Total Vegetables	1.9E+00	6.1%	1.0E+01	12.6%	1.3E+01	11.0%
Total Fruits	1.5E+01	2.0%	1.8E+02	19.2%	7.4E+02	47.4%	Total Fruits	3.9E-01	1.2%	1.7E+01	21.6%	4.8E+01	40.6%
Total Fats ^a	3.9E+00	0.5%	4.6E+00	0.5%	5.3E+00	0.3%	Total Fats ^a	1.3E-01	0.4%	3.8E-01	0.5%	3.9E-01	0.3%
Age 2 to <3 years (g/day, as consumed)							Age 2 to <3 years (g/kg/day, as consumed)						
Total Foods	7.6E+02	100.0%	1.0E+03	100.0%	1.6E+03	100.0%	Total Foods	3.7E+01	100.0%	8.8E+01	100.0%	1.4E+02	100.0%
Total Dairy	5.0E+02	67.7%	4.7E+02	49.7%	3.7E+02	23.6%	Total Dairy	2.3E+01	72.4%	3.5E+01	44.5%	3.6E+01	30.8%
Total Meats	5.5E+01	7.5%	4.6E+01	4.9%	5.6E+01	3.6%	Total Meats	2.0E+00	6.3%	4.2E+00	5.3%	4.3E+00	3.7%
Total Fish	3.4E+00	0.5%	5.6E+00	0.6%	6.9E+00	0.4%	Total Fish	9.9E-02	0.3%	6.0E-01	0.8%	4.2E-01	0.4%
Total Eggs	1.2E+01	1.7%	1.1E+01	1.1%	1.7E+01	1.1%	Total Eggs	7.1E-01	2.2%	1.2E+00	1.5%	1.7E+00	1.4%
Total Grains	8.8E+01	11.9%	1.2E+02	12.6%	1.1E+02	7.2%	Total Grains	3.9E+00	12.1%	1.2E+01	15.4%	1.4E+01	11.9%
Total Vegetables	6.1E+01	8.3%	1.2E+02	12.5%	2.2E+02	14.2%	Total Vegetables	1.7E+00	5.2%	8.3E+00	10.5%	1.4E+01	12.1%
Total Fruits	1.5E+01	2.0%	1.7E+02	18.2%	7.8E+02	49.6%	Total Fruits	3.4E-01	1.1%	1.7E+01	21.6%	4.6E+01	39.3%
Total Fats ^a	3.3E+00	0.5%	4.3E+00	0.5%	4.5E+00	0.3%	Total Fats ^a	1.3E-01	0.4%	4.2E-01	0.5%	4.2E-01	0.4%
Age 3 to <6 years (g/day, as consumed)							Age 3 to <6 years (g/kg/day, as consumed)						
Total Foods	7.0E+02	100.0%	1.0E+03	100.0%	1.6E+03	100.0%	Total Foods	1.2E+01	100.0%	5.4E+01	100.0%	9.6E+01	100.0%
Total Dairy	3.9E+02	56.3%	3.9E+02	39.4%	4.1E+02	26.2%	Total Dairy	7.1E+00	57.5%	2.2E+01	40.9%	2.6E+01	26.9%
Total Meats	6.5E+01	9.3%	8.2E+01	8.3%	8.4E+01	5.4%	Total Meats	1.1E+00	9.2%	4.7E+00	8.7%	5.0E+00	5.3%
Total Fish	5.2E+00	0.7%	7.5E+00	0.8%	8.7E+00	0.6%	Total Fish	9.6E-02	0.8%	3.5E-01	0.6%	4.8E-01	0.5%
Total Eggs	1.1E+01	1.5%	1.2E+01	1.2%	2.3E+01	1.4%	Total Eggs	1.9E-01	1.5%	5.0E-01	0.9%	1.1E+00	1.2%
Total Grains	1.5E+02	22.1%	1.9E+02	19.4%	2.1E+02	13.4%	Total Grains	3.1E+00	25.1%	1.0E+01	19.0%	1.3E+01	13.9%
Total Vegetables	5.4E+01	7.8%	1.5E+02	14.7%	2.2E+02	14.3%	Total Vegetables	6.0E-01	4.9%	7.1E+00	13.1%	1.3E+01	14.0%
Total Fruits	1.0E+01	1.5%	1.5E+02	15.5%	6.0E+02	38.0%	Total Fruits	3.0E-02	0.2%	8.6E+00	15.9%	3.6E+01	37.7%
Total Fats ^a	4.9E+00	0.7%	8.1E+00	0.8%	1.1E+01	0.7%	Total Fats ^a	8.2E-02	0.7%	4.5E-01	0.8%	6.0E-01	0.6%
Age 6 to <11 years (g/day, as consumed)							Age 6 to <11 years (g/kg/day, as consumed)						
Total Foods	7.3E+02	100.0%	1.1E+03	100.0%	1.7E+03	100.0%	Total Foods	5.9E+00	100.0%	3.7E+01	100.0%	6.4E+01	100.0%
Total Dairy	3.7E+02	51.5%	4.5E+02	40.6%	4.6E+02	27.1%	Total Dairy	2.9E+00	50.1%	1.6E+01	43.1%	1.9E+01	29.7%
Total Meats	7.3E+01	10.1%	1.0E+02	9.1%	1.0E+02	6.0%	Total Meats	6.0E-01	10.2%	3.4E+00	9.4%	3.7E+00	5.8%
Total Fish	1.0E+01	1.4%	8.5E+00	0.8%	1.2E+01	0.7%	Total Fish	1.9E-02	0.3%	2.2E-01	0.6%	3.9E-01	0.6%
Total Eggs	1.1E+01	1.5%	1.2E+01	1.0%	1.9E+01	1.1%	Total Eggs	1.4E-01	2.4%	3.0E-01	0.8%	7.3E-01	1.1%
Total Grains	1.8E+02	25.3%	2.4E+02	21.3%	2.4E+02	14.1%	Total Grains	1.8E+00	30.5%	7.6E+00	20.7%	9.7E+00	15.3%
Total Vegetables	6.0E+01	8.3%	1.7E+02	15.2%	2.8E+02	16.4%	Total Vegetables	3.3E-01	5.6%	5.0E+00	13.7%	1.1E+01	16.9%
Total Fruits	8.4E+00	1.2%	1.2E+02	11.1%	5.4E+02	31.8%	Total Fruits	2.5E-02	0.4%	4.0E+00	10.9%	1.9E+01	29.7%
Total Fats ^a	5.2E+00	0.7%	1.1E+01	0.9%	1.3E+01	0.8%	Total Fats ^a	3.8E-02	0.6%	3.2E-01	0.9%	4.8E-01	0.8%

Table 3-44. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Fruit and Vegetable Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 11 to <16 years (g/day, as consumed)							Age 11 to <16 years (g/kg/day, as consumed)						
Total Foods	7.7E+02	100.0%	1.1E+03	100.0%	2.0E+03	100.0%	Total Foods	8.3E+00	100.0%	2.2E+01	100.0%	4.2E+01	100.0%
Total Dairy	3.6E+02	46.3%	3.9E+02	34.3%	5.0E+02	24.7%	Total Dairy	3.4E+00	41.4%	8.4E+00	37.5%	1.1E+01	25.2%
Total Meats	1.0E+02	13.1%	1.2E+02	10.5%	1.6E+02	8.1%	Total Meats	1.2E+00	14.7%	2.2E+00	9.9%	3.1E+00	7.3%
Total Fish	4.3E+00	0.6%	1.4E+01	1.2%	2.0E+01	1.0%	Total Fish	5.5E-02	0.7%	1.6E-01	0.7%	3.9E-01	0.9%
Total Eggs	9.9E+00	1.3%	1.4E+01	1.3%	2.1E+01	1.1%	Total Eggs	1.4E-01	1.7%	3.4E-01	1.5%	5.1E-01	1.2%
Total Grains	2.1E+02	27.9%	2.6E+02	23.2%	3.3E+02	16.3%	Total Grains	2.6E+00	31.1%	5.2E+00	23.0%	7.3E+00	17.2%
Total Vegetables	7.3E+01	9.5%	2.1E+02	18.4%	4.1E+02	20.5%	Total Vegetables	7.4E-01	8.9%	3.9E+00	17.6%	8.3E+00	19.7%
Total Fruits	4.3E+00	0.6%	1.1E+02	10.0%	5.5E+02	27.2%	Total Fruits	5.5E-02	0.7%	2.0E+00	8.7%	1.2E+01	27.4%
Total Fats ^a	6.7E+00	0.9%	1.2E+01	1.1%	2.3E+01	1.1%	Total Fats ^a	7.4E-02	0.9%	2.6E-01	1.1%	4.4E-01	1.0%
Age 16 to <21 years (g/day, as consumed)							Age 16 to <21 years (g/kg/day, as consumed)						
Total Foods	6.3E+02	100.0%	1.0E+03	100.0%	2.2E+03	100.0%	Total Foods	8.5E+00	100.0%	1.7E+01	100.0%	3.3E+01	100.0%
Total Dairy	2.6E+02	41.6%	3.2E+02	31.2%	5.1E+02	22.9%	Total Dairy	3.5E+00	41.0%	5.8E+00	34.4%	8.3E+00	25.1%
Total Meats	8.8E+01	13.9%	9.4E+01	9.2%	1.6E+02	7.2%	Total Meats	1.3E+00	15.6%	2.2E+00	12.9%	2.4E+00	7.2%
Total Fish	5.5E+00	0.9%	4.6E+00	0.5%	1.7E+01	0.8%	Total Fish	8.3E-02	1.0%	1.7E-01	1.0%	2.5E-01	0.8%
Total Eggs	1.3E+01	2.1%	1.3E+01	1.3%	1.0E+01	0.5%	Total Eggs	1.7E-01	2.0%	2.4E-01	1.4%	1.7E-01	0.5%
Total Grains	2.1E+02	32.9%	2.6E+02	25.2%	4.0E+02	18.1%	Total Grains	2.7E+00	32.2%	3.5E+00	20.5%	6.0E+00	18.1%
Total Vegetables	4.3E+01	6.8%	2.5E+02	24.4%	4.4E+02	20.2%	Total Vegetables	5.9E-01	6.9%	4.1E+00	24.1%	7.5E+00	22.9%
Total Fruits	1.3E+00	0.2%	7.2E+01	7.0%	6.4E+02	29.2%	Total Fruits	1.5E-02	0.2%	7.7E-01	4.5%	8.1E+00	24.5%
Total Fats ^a	1.0E+01	1.6%	1.3E+01	1.2%	2.6E+01	1.2%	Total Fats ^a	1.1E-01	1.3%	2.1E-01	1.2%	3.2E-01	1.0%

^aIncludes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-45. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 0 to <1month (g/day, as consumed)							Age 0 to <1month (g/kg/day, as consumed)						
Total Foods	0.0E+00	0.0%	4.8E+02	100.0%	1.5E+03	100.0%	Total Foods	0.0E+00	0.0%	1.4E+02	100.0%	4.5E+02	100.0%
Total Dairy	0.0E+00	0.0%	4.8E+02	100.0%	1.5E+03	100.0%	Total Dairy	0.0E+00	0.0%	1.4E+02	100.0%	4.5E+02	100.0%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Grains	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 1 to <3 months (g/day, as consumed)							Age 1 to <3 months (g/kg/day, as consumed)						
Total Foods	0.0E+00	0.0%	8.2E+02	100.0%	1.6E+03	100.0%	Total Foods	0.0E+00	0.0%	1.6E+02	100.0%	2.8E+02	100.0%
Total Dairy	0.0E+00	0.0%	8.2E+02	99.7%	1.5E+03	95.8%	Total Dairy	0.0E+00	0.0%	1.6E+02	98.9%	2.8E+02	99.1%
Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Grains	0.0E+00	0.0%	7.1E-01	0.1%	4.0E+00	0.3%	Total Grains	0.0E+00	0.0%	1.8E+00	1.1%	2.5E-01	0.1%
Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	4.6E+01	2.9%	Total Vegetables	0.0E+00	0.0%	0.0E+00	0.0%	2.4E+00	0.9%
Total Fruits	0.0E+00	0.0%	1.7E+00	0.2%	1.7E+01	1.1%	Total Fruits	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	0.0E+00	0.0%
Age 3 to <6 months (g/day, as consumed)							Age 3 to <6 months (g/kg/day, as consumed)						
Total Foods	3.3E+00	100.0%	9.3E+02	100.0%	1.7E+03	100.0%	Total Foods	1.5E-01	100.0%	1.3E+02	100.0%	2.3E+02	100.0%
Total Dairy	0.0E+00	0.0%	8.1E+02	86.7%	1.6E+03	94.8%	Total Dairy	0.0E+00	0.0%	1.1E+02	88.2%	2.2E+02	96.7%
Total Meats	0.0E+00	0.0%	1.5E+00	0.2%	1.1E+00	0.1%	Total Meats	0.0E+00	0.0%	0.0E+00	0.0%	9.0E-02	0.0%
Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	1.6E-01	0.0%	Total Fish	0.0E+00	0.0%	0.0E+00	0.0%	1.3E-02	0.0%
Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	4.1E-02	0.0%	Total Eggs	0.0E+00	0.0%	0.0E+00	0.0%	3.2E-03	0.0%
Total Grains	1.3E+00	39.6%	8.6E+00	0.9%	1.3E+01	0.8%	Total Grains	1.5E-01	100.0%	1.1E+00	0.8%	1.8E+00	0.8%
Total Vegetables	1.3E+00	38.5%	2.2E+01	2.3%	4.0E+01	2.4%	Total Vegetables	0.0E+00	0.0%	6.9E-01	0.5%	4.1E+00	1.8%
Total Fruits	7.2E-01	21.9%	9.2E+01	9.9%	3.3E+01	2.0%	Total Fruits	0.0E+00	0.0%	1.4E+01	10.4%	1.6E+00	0.7%
Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	1.8E-01	0.0%	Total Fats ^a	0.0E+00	0.0%	0.0E+00	0.0%	2.0E-02	0.0%
Age 6 to <12 months (g/day, as consumed)							Age 6 to <12 months (g/kg/day, as consumed)						
Total Foods	2.8E+02	100.0%	1.2E+03	100.0%	1.8E+03	100.0%	Total Foods	1.4E+01	100.0%	1.2E+02	100.0%	2.0E+02	100.0%
Total Dairy	2.1E+01	7.5%	7.6E+02	64.3%	1.4E+03	80.9%	Total Dairy	2.7E-02	0.2%	8.1E+01	66.3%	1.6E+02	81.0%
Total Meats	6.9E+00	2.5%	2.4E+01	2.0%	1.2E+01	0.7%	Total Meats	1.7E-02	0.1%	2.9E+00	2.4%	2.2E+00	1.1%
Total Fish	1.5E+00	0.5%	1.2E+00	0.1%	4.3E-01	0.0%	Total Fish	2.4E-03	0.0%	4.2E-01	0.3%	1.4E-01	0.1%
Total Eggs	3.9E+00	1.4%	9.2E+00	0.8%	2.3E+00	0.1%	Total Eggs	6.1E-04	0.0%	2.1E+00	1.7%	5.8E-01	0.3%
Total Grains	4.3E+01	15.6%	9.3E+01	7.9%	7.5E+01	4.3%	Total Grains	1.6E+00	11.5%	7.6E+00	6.2%	9.5E+00	4.7%
Total Vegetables	6.9E+01	24.9%	1.1E+02	8.9%	8.6E+01	4.9%	Total Vegetables	4.1E+00	29.7%	1.1E+01	9.4%	8.8E+00	4.4%
Total Fruits	1.3E+02	47.4%	1.9E+02	15.8%	1.6E+02	9.0%	Total Fruits	8.1E+00	58.4%	1.7E+01	13.6%	1.7E+01	8.4%
Total Fats ^a	4.4E-01	0.2%	1.9E+00	0.2%	8.2E-01	0.0%	Total Fats ^a	1.2E-03	0.0%	1.3E-01	0.1%	2.1E-01	0.1%

Table 3-45. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 1 to <2 years (g/day, as consumed)							Age 1 to <2 years (g/kg/day, as consumed)						
Total Foods	7.4E+02	100.0%	1.0E+03	100.0%	1.5E+03	100.0%	Total Foods	3.2E+01	100.0%	8.1E+01	100.0%	1.4E+02	100.0%
Total Dairy	1.0E+02	14.2%	4.5E+02	43.6%	1.0E+03	66.9%	Total Dairy	4.7E+00	14.7%	3.2E+01	39.3%	9.2E+01	65.9%
Total Meats	6.7E+01	9.1%	6.3E+01	6.2%	4.5E+01	2.9%	Total Meats	2.5E+00	7.9%	4.9E+00	6.1%	4.1E+00	2.9%
Total Fish	3.8E+00	0.5%	5.3E+00	0.5%	4.8E+00	0.3%	Total Fish	5.8E-02	0.2%	5.2E-01	0.6%	2.8E-01	0.2%
Total Eggs	2.3E+01	3.2%	1.4E+01	1.4%	1.3E+01	0.8%	Total Eggs	1.1E+00	3.3%	1.2E+00	1.4%	1.1E+00	0.8%
Total Grains	1.5E+02	20.7%	1.4E+02	13.5%	1.3E+02	8.2%	Total Grains	6.7E+00	20.9%	1.2E+01	14.8%	1.1E+01	7.9%
Total Vegetables	1.3E+02	18.0%	1.1E+02	10.9%	1.0E+02	6.7%	Total Vegetables	5.5E+00	17.2%	9.3E+00	11.5%	1.2E+01	8.5%
Total Fruits	2.5E+02	33.6%	2.4E+02	23.4%	2.2E+02	14.0%	Total Fruits	1.1E+01	35.1%	2.1E+01	25.8%	1.9E+01	13.6%
Total Fats ^a	5.5E+00	0.8%	4.6E+00	0.4%	4.7E+00	0.3%	Total Fats ^a	2.3E-01	0.7%	3.5E-01	0.4%	3.8E-01	0.3%
Age 2 to <3 years (g/day, as consumed)							Age 2 to <3 years (g/kg/day, as consumed)						
Total Foods	7.5E+02	100.0%	1.1E+03	100.0%	1.6E+03	100.0%	Total Foods	3.5E+01	100.0%	8.2E+01	100.0%	1.4E+02	100.0%
Total Dairy	1.1E+02	14.6%	4.9E+02	47.5%	1.0E+03	65.9%	Total Dairy	5.0E+00	15.6%	3.2E+01	39.2%	9.7E+01	69.3%
Total Meats	6.2E+01	8.4%	6.7E+01	6.5%	3.7E+01	2.4%	Total Meats	2.6E+00	8.0%	5.4E+00	6.6%	4.3E+00	3.1%
Total Fish	3.3E+00	0.5%	5.2E+00	0.5%	4.8E+00	0.3%	Total Fish	5.5E-02	0.2%	5.3E-01	0.7%	3.1E-01	0.2%
Total Eggs	2.3E+01	3.1%	1.6E+01	1.5%	1.2E+01	0.8%	Total Eggs	1.0E+00	3.3%	9.8E-01	1.2%	8.9E-01	0.6%
Total Grains	1.5E+02	19.7%	1.2E+02	11.5%	1.3E+02	8.4%	Total Grains	6.6E+00	20.6%	1.2E+01	14.3%	1.0E+01	7.4%
Total Vegetables	1.4E+02	19.0%	1.2E+02	12.1%	1.1E+02	7.1%	Total Vegetables	5.9E+00	18.5%	9.6E+00	11.8%	1.0E+01	7.3%
Total Fruits	2.5E+02	33.9%	2.0E+02	19.9%	2.3E+02	14.9%	Total Fruits	1.1E+01	33.2%	2.1E+01	25.9%	1.7E+01	11.8%
Total Fats ^a	6.1E+00	0.8%	4.5E+00	0.4%	4.0E+00	0.3%	Total Fats ^a	2.3E-01	0.7%	3.0E-01	0.4%	3.9E-01	0.3%
Age 3 to <6 years (g/day, as consumed)							Age 3 to <6 years (g/kg/day, as consumed)						
Total Foods	7.0E+02	100.0%	9.8E+02	100.0%	1.6E+03	100.0%	Total Foods	1.3E+01	100.0%	5.3E+01	100.0%	9.4E+01	100.0%
Total Dairy	6.6E+01	9.4%	3.6E+02	36.7%	9.0E+02	56.8%	Total Dairy	4.8E-01	3.7%	1.9E+01	35.5%	5.2E+01	55.4%
Total Meats	8.3E+01	11.9%	8.6E+01	8.8%	7.5E+01	4.7%	Total Meats	1.6E+00	12.1%	4.1E+00	7.8%	4.7E+00	5.0%
Total Fish	5.3E+00	0.8%	5.9E+00	0.6%	6.2E+00	0.4%	Total Fish	1.0E-01	0.8%	2.9E-01	0.5%	3.4E-01	0.4%
Total Eggs	1.6E+01	2.2%	9.5E+00	1.0%	1.6E+01	1.0%	Total Eggs	3.3E-01	2.5%	5.9E-01	1.1%	8.9E-01	0.9%
Total Grains	1.8E+02	25.8%	1.8E+02	18.8%	2.1E+02	13.2%	Total Grains	3.4E+00	25.5%	9.5E+00	17.9%	1.3E+01	13.9%
Total Vegetables	1.3E+02	18.4%	1.4E+02	14.7%	1.5E+02	9.2%	Total Vegetables	2.6E+00	19.9%	7.8E+00	14.7%	9.3E+00	9.9%
Total Fruits	2.2E+02	30.7%	1.8E+02	18.7%	2.2E+02	14.1%	Total Fruits	4.5E+00	34.4%	1.1E+01	21.6%	1.3E+01	13.9%
Total Fats ^a	6.7E+00	1.0%	7.1E+00	0.7%	8.5E+00	0.5%	Total Fats ^a	1.6E-01	1.2%	4.1E-01	0.8%	4.5E-01	0.5%
Age 6 to <11 years (g/day, as consumed)							Age 6 to <11 years (g/kg/day, as consumed)						
Total Foods	7.2E+02	100.0%	9.9E+02	100.0%	1.8E+03	100.0%	Total Foods	6.4E+00	100.0%	3.7E+01	100.0%	6.8E+01	100.0%
Total Dairy	7.1E+01	9.8%	3.9E+02	39.6%	9.3E+02	52.5%	Total Dairy	1.7E-01	2.7%	1.3E+01	35.4%	3.6E+01	52.8%
Total Meats	1.0E+02	14.2%	8.2E+01	8.3%	1.0E+02	5.6%	Total Meats	1.0E+00	16.4%	3.1E+00	8.4%	3.8E+00	5.6%
Total Fish	1.1E+01	1.5%	7.0E+00	0.7%	7.4E+00	0.4%	Total Fish	3.8E-02	0.6%	2.7E-01	0.7%	2.9E-01	0.4%
Total Eggs	1.4E+01	2.0%	1.1E+01	1.2%	1.4E+01	0.8%	Total Eggs	7.7E-02	1.2%	4.9E-01	1.3%	6.0E-01	0.9%
Total Grains	1.9E+02	26.1%	2.0E+02	20.3%	2.9E+02	16.1%	Total Grains	1.8E+00	27.5%	7.7E+00	20.8%	1.1E+01	16.3%
Total Vegetables	1.6E+02	21.9%	1.4E+02	14.2%	2.0E+02	11.1%	Total Vegetables	1.6E+00	24.9%	5.6E+00	15.2%	8.3E+00	12.1%
Total Fruits	1.6E+02	22.9%	1.4E+02	14.6%	2.3E+02	12.8%	Total Fruits	1.6E+00	25.1%	6.4E+00	17.2%	7.7E+00	11.2%
Total Fats ^a	1.1E+01	1.5%	1.1E+01	1.1%	1.2E+01	0.7%	Total Fats ^a	9.9E-02	1.6%	3.5E-01	1.0%	4.7E-01	0.7%

Table 3-45. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals with Low-end, Mid-range, and High-end Total Dairy Intake (continued)

Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers		Food Group	Low-end Consumers		Mid-range Consumers		High-end Consumers	
	Intake	Percent	Intake	Percent	Intake	Percent		Intake	Percent	Intake	Percent	Intake	Percent
Age 11 to <16 years (g/day, as consumed)							Age 11 to <16 years (g/kg/day, as consumed)						
Total Foods	7.4E+02	100.0%	1.1E+03	100.0%	2.0E+03	100.0%	Total Foods	8.7E+00	100.0%	2.2E+01	100.0%	4.3E+01	100.0%
Total Dairy	2.1E+01	2.8%	3.3E+02	31.3%	1.0E+03	52.3%	Total Dairy	1.6E-01	1.9%	6.3E+00	28.6%	2.2E+01	51.1%
Total Meats	1.1E+02	15.0%	1.1E+02	10.5%	1.4E+02	6.8%	Total Meats	1.4E+00	15.6%	2.3E+00	10.3%	2.6E+00	6.0%
Total Fish	9.6E+00	1.3%	8.7E+00	0.8%	1.1E+01	0.6%	Total Fish	8.2E-02	0.9%	2.7E-01	1.2%	3.3E-01	0.8%
Total Eggs	2.0E+01	2.7%	1.5E+01	1.4%	1.9E+01	0.9%	Total Eggs	2.2E-01	2.5%	3.2E-01	1.5%	3.8E-01	0.9%
Total Grains	2.1E+02	29.0%	2.4E+02	22.9%	3.2E+02	16.3%	Total Grains	2.7E+00	30.4%	4.9E+00	22.2%	7.0E+00	16.5%
Total Vegetables	1.9E+02	25.9%	2.0E+02	18.8%	2.7E+02	13.5%	Total Vegetables	2.3E+00	26.5%	4.2E+00	18.8%	5.5E+00	12.9%
Total Fruits	1.6E+02	21.7%	1.4E+02	13.1%	1.8E+02	8.8%	Total Fruits	1.8E+00	20.9%	3.6E+00	16.3%	4.7E+00	10.9%
Total Fats ^a	1.2E+01	1.6%	1.2E+01	1.1%	1.8E+01	0.9%	Total Fats ^a	1.1E-01	1.3%	2.3E-01	1.1%	3.5E-01	0.8%
Age 16 to <21 years (g/day, as consumed)							Age 16 to <21 years (g/kg/day, as consumed)						
Total Foods	6.2E+02	100.0%	1.0E+03	100.0%	2.2E+03	100.0%	Total Foods	8.5E+00	100.0%	1.6E+00	100.0%	3.0E+00	100.0%
Total Dairy	5.4E+01	8.7%	2.7E+02	26.4%	1.1E+03	48.2%	Total Dairy	5.4E-01	6.4%	4.3E-01	26.7%	1.5E+00	50.8%
Total Meats	1.0E+02	16.9%	1.5E+02	15.2%	1.5E+02	6.8%	Total Meats	1.6E+00	18.7%	2.5E-01	15.6%	1.9E-01	6.3%
Total Fish	2.1E+01	3.4%	7.3E+00	0.7%	1.0E+01	0.5%	Total Fish	3.1E-01	3.7%	1.2E-02	0.8%	1.3E-02	0.4%
Total Eggs	1.2E+01	1.9%	1.9E+01	1.9%	1.7E+01	0.8%	Total Eggs	1.9E-01	2.3%	2.7E-02	1.7%	2.3E-02	0.8%
Total Grains	1.6E+02	25.5%	2.5E+02	24.9%	4.4E+02	20.0%	Total Grains	2.0E+00	23.0%	3.6E-01	22.7%	5.9E-01	19.6%
Total Vegetables	1.4E+02	23.2%	1.8E+02	18.0%	2.9E+02	13.2%	Total Vegetables	1.9E+00	22.5%	3.1E-01	19.4%	3.5E-01	11.8%
Total Fruits	1.2E+02	19.0%	1.2E+02	11.5%	2.1E+02	9.6%	Total Fruits	1.9E+00	22.3%	1.9E-01	11.7%	2.8E-01	9.4%
Total Fats ^a	7.5E+00	1.2%	1.4E+01	1.4%	2.1E+01	1.0%	Total Fats ^a	9.6E-02	1.1%	2.5E-02	1.5%	2.7E-02	0.9%

^aIncludes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.

Source: Based on U.S. EPA analysis of 1994-96 CSFII.

Table 3-46. Weighted and Unweighted Number of Observations (Individuals) for NFCS Data Used in Analysis of Food Intake

Age (years)	All Regions		Northeast		Midwest		South		West	
	wgtd	unwgtd	wgtd	unwgtd	wgtd	unwgtd	wgtd	unwgtd	wgtd	unwgtd
< 01	2814000	156	545000	29	812000	44	889000	51	568000	32
01-02	5699000	321	1070000	56	1757000	101	1792000	105	1080000	59
03-05	8103000	461	1490000	92	2251000	133	2543000	140	1789000	95
06-11	16711000	937	3589000	185	4263000	263	5217000	284	3612000	204
12-19	20488000	1084	4445000	210	5490000	310	6720000	369	3833000	195

Table 3-47. Consumer Only Intake of Homegrown Foods (g/kg-day)^a - All Regions Combined

Age (years)	Nc wgtd	Nc unwgtd	% Consuming	Mean	SE	P1	P5	P10	P25	P50	P75	P90	P95	P99	P100
Homegrown Fruits															
01-02	360000	23	6.32	8.74E+00	3.10E+00	9.59E-01	1.09E+00	1.30E+00	1.64E+00	3.48E+00	7.98E+00	1.93E+01	6.06E+01	6.06E+01	6.06E+01
03-05	550000	34	6.79	4.07E+00	1.48E+00	1.00E-02	1.00E-02	3.62E-01	9.77E-01	1.92E+00	2.73E+00	6.02E+00	8.91E+00	4.83E+01	4.83E+01
06-11	1044000	75	6.25	3.59E+00	6.76E-01	1.00E-02	1.91E-01	4.02E-01	6.97E-01	1.31E+00	3.08E+00	1.18E+01	1.58E+01	3.22E+01	3.22E+01
12-19	1189000	67	5.80	1.94E+00	3.66E-01	8.74E-02	1.27E-01	2.67E-01	4.41E-01	6.61E-01	2.35E+00	6.76E+00	8.34E+00	1.85E+01	1.85E+01
Homegrown Vegetables															
01-02	951000	53	16.69	5.20E+00	8.47E-01	2.32E-02	2.45E-01	3.82E-01	1.23E+00	3.27E+00	5.83E+00	1.31E+01	1.96E+01	2.70E+01	2.70E+01
03-05	1235000	76	15.24	2.46E+00	2.79E-01	0.00E+00	4.94E-02	3.94E-01	7.13E-01	1.25E+00	3.91E+00	6.35E+00	7.74E+00	1.06E+01	1.28E+01
06-11	3024000	171	18.10	2.02E+00	2.54E-01	5.95E-03	1.00E-01	1.60E-01	4.00E-01	8.86E-01	2.21E+00	4.64E+00	6.16E+00	1.76E+01	2.36E+01
12-19	3293000	183	16.07	1.48E+00	1.35E-01	0.00E+00	6.46E-02	1.45E-01	3.22E-01	8.09E-01	1.83E+00	3.71E+00	6.03E+00	7.71E+00	9.04E+00
Home Produced Meats															
01-02	276000	22	4.84	3.65E+00	6.10E-01	3.85E-01	9.49E-01	9.49E-01	1.19E+00	2.66E+00	4.72E+00	8.68E+00	1.00E+01	1.15E+01	1.15E+01
03-05	396000	26	4.89	3.61E+00	5.09E-01	8.01E-01	8.01E-01	1.51E+00	2.17E+00	2.82E+00	3.72E+00	7.84E+00	9.13E+00	1.30E+01	1.30E+01
06-11	1064000	65	6.37	3.65E+00	4.51E-01	3.72E-01	6.52E-01	7.21E-01	1.28E+00	2.09E+00	4.71E+00	8.00E+00	1.40E+01	1.53E+01	1.53E+01
12-19	1272000	78	6.21	1.70E+00	1.68E-01	1.90E-01	3.20E-01	4.70E-01	6.23E-01	1.23E+00	2.35E+00	3.66E+00	4.34E+00	6.78E+00	7.51E+00
Home Caught Fish															
01-02	82000	6	1.44	*	*	*	*	*	*	*	*	*	*	*	*
03-05	142000	11	1.75	*	*	*	*	*	*	*	*	*	*	*	*
06-11	382000	29	2.29	2.78E+00	8.40E-01	1.60E-01	1.60E-01	1.84E-01	2.28E-01	5.47E-01	1.03E+00	3.67E+00	7.05E+00	7.85E+00	2.53E+01
12-19	346000	21	1.69	1.52E+00	4.07E-01	1.95E-01	1.95E-01	1.95E-01	1.95E-01	3.11E-01	9.84E-01	1.79E+00	4.68E+00	6.67E+00	8.44E+00

NOTE: SE = standard error
P = percentile of the distribution
Nc wgtd = weighted number of consumers; Nc unwgtd = unweighted number of consumers in survey.
* = Less than 20 observations
^a Data are not provided for intake of Home Produced Dairy because intake data were not provided for subpopulations for which there were less than 20 observations.

Source: Based on EPA's analyses of the 1987/88 NFCS

Table 3-48. Percent Weight Losses from Food Preparation

Food Type	Mean Net Cooking Loss (%)	Mean Net Post Cooking, Paring, or Preparation Loss (%)
Meat	30	30
Fish	32	11
Fruits	31	25
Vegetables	12	22 ^a

^a Based on potatoes only.

Source: U.S. EPA, 1997. (Derived from USDA, 1975.)

Table 3-49. Quantity (as consumed) of Food Groups Consumed Per Eating Occasion and the Percentage of Individuals Using These Foods Over a Three-Day Period in a 1977-1978 Survey

Food category	Quantity consumed per eating occasion (g)																							
	Under 1 year old			1-2 years old			3-5 years old			6-8 years old			9-14 years old			15-18 years olds								
	Male and Female			Male and Female			Male and Female			Male and Female			Male			Female			Male			Female		
	PC ^a	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD
Fruits and Vegetables																								
<u>Raw vegetables</u>																								
White potatoes	18.1	72	58	74.5	70	56	76.3	86	62	80.7	100	69	81.8	124	87	77.0	112	80	81.2	149	112	77.2	116	86
Cabbage and coleslaw	0	0	0	3.4	33	22	4.9	41	31	8.5	51	31	9.6	60	34	9.3	61	40	9.8	77	51	9.5	66	41
Carrots	0.8	37	12	3.4	28	25	5.4	38	33	9.8	38	41	8.6	39	36	6.5	33	31	4.5	42	39	5.5	39	35
Cucumbers	0.6	63	63	1.6	40	36	3.5	58	50	4.1	68	73	3.2	75	58	4.6	72	82	3.9	76	64	6.3	62	64
Lettuce and tossed salad	0	0	0	16.6	30	29	30.4	34	26	42.8	43	33	45.8	54	47	47.5	51	43	47.7	61	56	49.0	57	49
Mature onions	0	0	0	1.4	22	18	3.1	19	30	3.9	20	19	6.0	27	20	5.3	26	27	9.9	29	29	7.9	25	26
Tomatoes	0.3	21	7	10.6	46	32	15.7	52	44	18.3	55	33	20.1	74	58	21.0	71	49	24.4	75	56	24.3	66	44
<u>Cooked vegetables</u>																								
Broccoli	1.0	42	27	5.7	55	33	3.8	65	43	5.6	83	50	4.6	96	72	5.1	88	55	4.3	100	48	4.1	106	55
Cabbage	0.4	77	52	3.2	57	48	3.3	77	51	3.8	92	54	3.9	117	79	4.5	121	91	4.5	129	65	4.3	119	81
Carrots	21.7	71	41	11.7	54	38	8.0	49	31	8.7	59	33	8.5	79	48	8.8	75	46	8.5	86	48	7.0	71	46
Corn, whole kernel	3.2	22	17	25.8	56	40	30.1	68	45	34.6	78	41	32.0	95	62	31.0	83	47	28.8	116	70	24.5	94	59
Lima beans	1.0	71	67	2.4	54	38	1.9	49	31	1.9	79	47	1.8	114	133	2.3	86	45	2.6	141	94	1.8	91	78
Mixed vegetables	11.4	81	47	3.7	89	78	3.1	69	40	4.0	82	44	3.7	116	75	3.4	101	50	2.7	107	60	1.8	124	80
Cowpeas, field peas, black-eyed peas	0.5	127	64	2.1	63	50	2.5	84	60	2.7	97	57	2.7	109	60	2.3	96	67	3.2	151	63	2.4	163	100
Green peas	16.0	61	45	21.8	53	36	20.9	61	42	22.1	72	46	20.9	86	52	19.4	83	46	18.1	112	73	16.9	96	62
Spinach	0.9	26	19	2.8	58	48	3.2	73	53	5.1	93	56	5.2	105	59	3.6	102	62	4.5	127	80	3.0	108	64
String beans	19.7	69	47	25.1	48	33	25.4	51	46	31.6	64	38	31.1	75	54	29.4	74	55	29.5	93	58	24.8	83	51
Summer squash	0.7	26	19	1.3	96	63	1.4	97	91	1.1	136	121	1.2	103	50	1.7	102	56	2.1	155	76	1.2	121	78
Sweet potatoes	10.8	82	47	3.8	97	70	3.1	96	50	3.2	99	62	3.4	144	79	2.1	134	92	3.2	150	75	3.3	166	84
Tomato juice	0	0	0	0.8	147	73	0.9	156	61	0.9	133	48	1.2	159	63	1.0	183	95	2.1	191	94	2.2	194	84
Cucumber pickles	0.2	6	0	4.6	32	26	6.2	38	36	8.1	45	46	8.6	47	50	9.1	50	59	9.9	45	46	8.5	58	71
<u>Fruits</u>																								
Grapefruit	0	0	0	1.1	145	57	1.0	149	56	1.5	158	64	1.6	160	56	2.4	153	50	2.2	150	68	2.3	159	57
Grapefruit juice	0.6	143	44	1.0	156	66	1.2	174	47	1.6	184	52	1.3	194	73	1.5	173	72	1.7	248	202	2.2	210	66
Oranges	0.9	87	34	8.1	117	45	10.0	134	44	12.6	134	46	10.7	150	51	11.2	137	49	8.9	158	84	9.4	142	51
Orange juice	20.9	122	51	40.9	153	70	41.7	167	73	43.7	178	68	39.4	195	80	41.0	188	77	37.3	228	116	36.6	208	81
Apples	1.7	94	51	23.6	105	44	23.8	124	39	25.8	132	41	22.0	146	55	24.5	140	41	16.7	151	48	19.1	142	46
Applesauce, cooked apples	35.6	71	49	13.6	104	65	10.4	126	61	14.1	132	76	13.6	151	107	11.1	134	82	10.2	171	125	7.7	146	73
Apple juice	19.2	125	56	13.1	148	64	8.5	170	65	5.5	193	87	3.0	190	69	4.0	204	74	2.7	259	180	3.1	236	139
Cantaloupe	0.2	136	0	1.1	68	35	1.5	125	73	2.2	135	76	2.2	165	85	2.5	152	77	2.0	209	111	2.5	189	113
Raw peaches	1.2	118	39	3.5	129	48	3.8	128	36	4.5	145	68	3.5	170	77	4.9	153	68	4.0	205	111	3.3	142	66
Raw pears	1.2	56	40	2.3	131	43	2.9	150	57	4.0	163	42	2.7	163	46	3.3	161	42	3.2	195	219	1.4	167	57
Raw strawberries	0.2	120	30	1.5	87	41	1.2	69	34	1.6	87	44	1.2	95	53	2.2	91	50	1.6	121	63	1.9	82	45

Table 3-49. Quantity (as consumed) of Food Groups Consumed Per Eating Occasion and the Percentage of Individuals Using These Foods in Three Days (continued)

Food category	Quantity consumed per eating occasion (g)																							
	Under 1 year old			1-2 years old			3-5 years old			6-8 years old			9-14 years old			15-18 years olds								
	Male and Female			Male and Female			Male and Female			Male and Female			Male			Female			Male			Female		
	PC ^a	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD	PC	Ave.	SD
Grain Products																								
Yeast Breads	17.6	20	11	88.0	28	16	95.1	36	17	97.2	40	19	96.9	49	28	96.4	44	23	96.2	59	35	93.7	44	21
Pancakes	3.0	39	27	12.2	59	50	12.7	76	52	11.9	96	59	13.5	118	72	10.7	101	89	9.8	161	110	9.8	121	93
Waffles	0.6	30	13	3.4	56	45	5.7	69	41	5.9	69	45	5.2	87	62	4.1	80	68	3.5	125	70	2.4	79	55
Tortillas	0.8	16	7	3.9	26	11	5.1	36	16	4.7	55	29	4.0	74	31	4.3	66	33	3.4	100	48	4.0	69	33
Cakes and Cupcakes	1.6	53	37	17.4	51	38	25.3	61	45	34.4	66	42	36.4	80	56	35.2	77	55	31.0	93	71	26.5	80	59
Cookies	11.9	15	13	46.3	21	15	48.1	25	22	53.2	28	21	44.4	36	36	43.1	32	29	37.9	45	50	34.9	31	26
Pies	0.5	53	30	4.7	88	50	7.1	106	48	8.1	116	58	10.2	133	55	10.6	129	62	13.6	144	66	9.2	126	47
Doughnuts	0.8	36	22	6.6	47	26	8.6	54	28	10.9	60	30	12.0	67	39	12.9	62	36	13.2	91	74	12.9	63	34
Crackers	13.8	10	9	38.1	14	14	32.8	18	20	26.2	20	19	22.1	24	24	22.1	20	16	18.0	32	29	19.6	23	21
Popcorn	0.1	72	0	5.7	9	12	8.5	12	11	9.5	14	9	9.6	18	17	9.1	17	15	6.1	20	20	7.8	18	20
Pretzels	0.7	4	4	3.2	18	18	3.1	21	20	3.3	25	21	4.1	29	25	3.5	30	26	2.9	52	50	3.1	25	16
Corn-based Salty Snacks	0.6	8	2	6.6	24	20	8.6	27	22	10.3	29	26	9.9	33	29	11.3	32	30	8.3	46	44	10.7	34	22
Pasta	3.4	58	42	14.1	82	59	14.7	99	58	14.5	116	74	14.0	162	102	14.5	145	89	11.2	198	133	10.8	158	99
Rice	4.3	53	42	20.9	81	50	22.2	95	58	23.4	120	77	18.9	149	86	22.4	138	77	20.9	195	117	19.0	160	89
Cooked Cereals	16.3	116	82	33.1	149	87	26.0	177	97	21.3	198	104	19.5	223	126	17.3	212	107	14.3	259	132	12.1	229	106
Ready-to-Eat Cereals	68.7	13	11	68.0	23	14	75.8	29	17	76.8	33	19	69.8	41	28	64.0	36	21	50.4	49	31	43.7	37	22
Meat, Poultry, and Dairy Products																								
Meat ^a	23.2	58	42	78.2	53	40	82.8	66	46	84.6	82	55	87.1	103	71	84.2	94	69	87.9	123	90	82.6	102	73
Beef	15.6	56	41	60.1	64	38	65.5	79	43	67.2	97	52	69.0	124	66	68.2	111	70	70.3	152	87	65.9	123	73
Pork	10.1	66	44	44.2	37	36	46.0	47	44	46.7	57	49	48.8	68	65	47.0	64	57	56.1	79	75	46.2	68	60
Lamb	2.6	52	29	1.4	72	46	0.6	90	59	0.5	139	86	0.9	171	80	0.7	127	68	0.5	156	81	1.0	112	43
Veal	3.2	54	37	1.2	80	28	1.6	75	33	2.0	115	72	1.5	124	75	1.5	96	46	1.5	170	87	2.1	131	62
Poultry	18.2	60	38	42.2	73	44	42.6	90	50	45.1	103	56	44.3	131	75	44.0	112	58	43.8	153	85	43.7	123	68
Chicken	15.6	62	39	38.8	73	43	39.3	92	50	41.4	106	55	39.8	136	77	39.6	115	57	38.9	160	87	39.5	128	70
Turkey	5.1	53	34	4.4	73	59	4.5	74	39	5.7	74	44	6.5	103	56	6.2	90	54	7.5	120	68	6.2	89	47
Dairy Products																								
Eggs	17.7	49	30	61.3	59	27	55.2	66	34	48.5	70	37	49.1	85	47	44.3	75	40	52.3	101	49	44.4	79	41
Butter	5.2	6	4	29.2	7	6	28.7	9	10	31.7	10	11	32.4	12	15	30.9	10	9	32.4	14	12	32.0	13	14
Margarine	8.5	5	4	43.8	6	6	46.1	8	8	42.9	9	8	44.8	12	12	40.7	11	12	41.4	16	14	38.6	11	9
Milk ^c	89.0	170	71	96.9	179	80	97.0	198	83	98.5	227	89	97.4	265	125	95.1	242	103	93.2	314	164	88.0	244	113
Cheese ^d	6.1	25	21	35.9	31	19	37.0	31	17	35.3	35	23	31.2	39	22	34.9	35	23	39.0	46	30	39.8	37	23

NOTE: Data are presented as in the original document.

^a PC = percentage consuming; Ave. = average consumed; SD = standard deviation.

^b Meat - beef, pork, lamb, and veal.

^c Milk - fluid milk, milk beverages, and milk-based infant formulas.

^d Cheese - natural and processed cheese.

Source: Pao et al., 1982 (based on 1977-1978 NFCS data).

Table 3-50. Mean Moisture Content of Selected Food Groups Expressed as Percentages of Edible Portions

Food (Fruits)	Moisture Content		Comments
	Raw	Cooked	
Apples - dried	31.76	84.13*	sulfured; *without added sugar
Apples	83.93*	84.46**	*with skin; **without skin
Apples - juice		87.93	canned or bottled
Applesauce		88.35*	*unsweetened
Apricots	86.35	86.62*	*canned juice pack with skin
Apricots - dried	31.09	85.56*	sulfured; *without added sugar
Bananas	74.26		
Blackberries	85.64		
Blueberries	84.61	86.59*	*frozen unsweetened
Boysenberries	85.90		frozen unsweetened
Cantaloupes - unspecified	89.78		
Casabas	91.00		
Cherries - sweet	80.76	84.95*	*canned, juice pack
Crabapples	78.94		
Cranberries	86.54		
Cranberries - juice cocktail	85.00		bottled
Currants (red and white)	83.95		
Elderberries	79.80		
Grapefruit	90.89		
Grapefruit - juice	90.00	90.10*	*canned unsweetened
Grapefruit - unspecified	90.89		pink, red, white
Grapes - fresh	81.30		American type (slip skin)
Grapes - juice	84.12		canned or bottled
Grapes - raisins	15.42		seedless
Honeydew melons	89.66		
Kiwi fruit	83.05		
Kumquats	81.70		
Lemons - juice	90.73	92.46*	*canned or bottled
Lemons - peel	81.60		
Lemons - pulp	88.98		
Limes - juice	90.21	92.52*	*canned or bottled
Limes - unspecified	88.26		
Loganberries	84.61		
Mulberries	87.68		
Nectarines	86.28		
Oranges - unspecified	86.75		all varieties
Peaches	87.66	87.49*	*canned juice pack
Pears - dried	26.69	64.44*	sulfured; *without added sugar
Pears - fresh	83.81	86.47*	*canned juice pack
Pineapple	86.50	83.51*	*canned juice pack
Pineapple - juice		85.53	canned
Plums		85.20	
Quinces	83.80		
Raspberries	86.57		
Strawberries	91.57	89.97*	*frozen unsweetened
Tangerine - juice	88.90	87.00*	*canned sweetened
Tangerines	87.60	89.51*	*canned juice pack
Watermelon	91.51		

Table 3-50. Mean Moisture Content of Selected Food Groups Expressed as Percentages of Edible Portions (continued)

Food (Vegetables)	Moisture Content		Comments
	Raw	Cooked	
Alfalfa sprouts	91.14		
Artichokes - globe & French	84.38	86.50	boiled, drained
Artichokes - Jerusalem	78.01		
Asparagus	92.25	92.04	boiled, drained
Bamboo shoots	91.00	95.92	boiled, drained
Beans - dry			
Beans - dry - blackeye peas (cowpeas)	66.80	71.80	boiled, drained
Beans - dry - hyacinth (mature seeds)	87.87	86.90	boiled, drained
Beans - dry - navy (pea)	79.15	76.02	boiled, drained
Beans - dry - pinto	81.30	93.39	boiled, drained
Beans - lima	70.24	67.17	boiled, drained
Beans - snap - Italian - green & yellow	90.27	89.22	boiled, drained
Beets	87.32	90.90	boiled, drained
Beets - tops (greens)	92.15	89.13	boiled, drained
Broccoli	90.69	90.20	boiled, drained
Brussel sprouts	86.00	87.32	boiled, drained
Cabbage - Chinese/celery, including bok choy	95.32	95.55	boiled, drained
Cabbage - red	91.55	93.60	boiled, drained
Cabbage - savoy	91.00	92.00	boiled, drained
Carrots	87.79	87.38	boiled, drained
Cassava (yuca blanca)	68.51		
Cauliflower	92.26	92.50	boiled, drained
Celeriac	88.00	92.30	boiled, drained
Celery	94.70	95.00	boiled, drained
Chili peppers	87.74	92.50*	*canned solids & liquid
Chives	92.00		
Cole slaw	81.50		
Collards	93.90	95.72	boiled, drained
Corn - sweet	75.96	69.57	boiled, drained
Cress - garden - field	89.40	92.50	boiled, drained
Cress - garden	89.40	92.50	boiled, drained
Cucumbers	96.05		
Dandelion - greens	85.60	89.80	boiled, drained
Eggplant	91.93	91.77	boiled, drained
Endive	93.79		
Garlic	58.58		
Kale	84.46	91.20	boiled, drained
Kohlrabi	91.00	90.30	boiled, drained
Lambsquarter	84.30	88.90	boiled, drained
Leeks	83.00	90.80	boiled, drained
Lentils - whole	67.34	68.70	stir-fried
Lettuce - iceberg	95.89		

Table 3-50. Mean Moisture Content of Selected Food Groups Expressed as Percentages of Edible Portions (continued)

Food (Vegetables)	Moisture Content		Comments
	Raw	Cooked	
Lettuce - romaine	94.91		
Mung beans (sprouts)	90.40	93.39	boiled, drained
Mushrooms	91.81	91.08	boiled, drained
Mustard greens	90.80	94.46	boiled, drained
Okra	89.58	89.91	boiled, drained
Onions	90.82	92.24	boiled, drained
Onions - dehydrated or dried	3.93		
Parsley	88.31		
Parsley roots	88.31		
Parsnips	79.53	77.72	boiled, drained
Peas (garden) - mature seeds dry	88.89	88.91	boiled, drained
Peppers - sweet - garden	92.77	94.7	boiled, drained
Potatoes (white) - peeled	78.96	75.42	baked
Potatoes (white) - whole	83.29	71.2	baked
Pumpkin	91.6	93.69	boiled, drained
Radishes - roots	94.84		
Rhubarb	93.61	67.79	frozen, cooked with added sugar
Rutabagas - unspecified	89.66	90.1	boiled, drained
Salsify (oyster plant)	77	81	boiled, drained
Shallots	79.8		
Soybeans - sprouted seeds	69.05	79.45	steamed
Spinach	91.58	91.21	boiled, drained
Squash - summer	93.68	93.7	all varieties; boiled, drained
Squash - winter	88.71	89.01	all varieties; baked
Sweetpotatoes (including yams)	72.84	71.85	baked in skin
Swiss chard	92.66	92.65	boiled, drained
Tapioca - pearl	10.99		dry
Taro - greens	85.66	92.15	steamed
Taro - root	70.64	63.8	
Tomatoes - juice		93.9	canned
Tomatoes - paste		74.06	canned
Tomatoes - puree		87.26	canned
Tomatoes - raw	93.95		
Tomatoes - whole	93.95	92.4	boiled, drained
Towelgourd	93.85	84.29	boiled, drained
Turnips - roots	91.87	93.6	boiled, drained
Turnips - tops	91.07	93.2	boiled, drained
Water chestnuts	73.46		
Yambean - tuber	89.15	87.93	boiled, drained

Table 3-50. Mean Moisture Content of Selected Food Groups Expressed as Percentages of Edible Portions
(continued)

Food (Grains)	Moisture Content		Comments
	Raw	Cooked	
Barley - pearled	10.09	68.80	
Corn - grain - endosperm	10.37		
Corn - grain - bran	3.71		crude
Millet	3.71	71.41	
Oats	8.22		
Rice - rough - white	11.62	68.72	
Rye - rough	10.95		
Rye - flour - medium	9.85		
Sorghum (including milo)	9.20		
Wheat - rough - hard white	9.57		
Wheat - germ	11.12		crude
Wheat - bran	9.89		crude
Wheat - flour - whole grain	10.27		

Food (Meats)	Moisture Content		Comments
	Raw	Cooked	
Beef	71.60		composite, trimmed, retail cuts
Beef liver	68.99		
Chicken (light meat)	74.86		without skin
Chicken (dark meat)	75.99		without skin
Duck - domestic	73.77		
Duck - wild	75.51		
Goose - domestic	68.30		
Ham - cured	66.92		
Horse	72.63	63.98	roasted
Lamb	73.42		composite, trimmed, retail cuts
Lard	0.00		
Pork	70.00		roasted
Rabbit - domestic	72.81	69.11	roasted
Turkey		74.16	roasted

Table 3-50. Mean Moisture Content of Selected Food Groups Expressed as Percentages of Edible Portions
(continued)

Food (Dairy Products)	Moisture Content		Comments
	Raw	Cooked	
Eggs	74.57		
Butter	15.87		
<i>Cheese</i>			
American pasteurized	39.16		regular
Cheddar	36.75		
Swiss	37.21		
Parmesan, hard	29.16		
Parmesan, grated	17.66		
Cream, whipping, heavy	57.71		
Cottage, lowfat	79.31		
Colby	38.20		
Blue	42.41		
Cream	53.75		
<i>Yogurt</i>			
Plain, lowfat	85.07		
Plain, with fat	87.90		made from whole milk
<i>Human milk - estimated from USDA Survey</i>			
Human	87.50		whole, mature, fluid
Skim	90.80		
Lowfat	90.80		1%

Table 3-51. Percent Moisture Content for Selected Fish Species^a

Species	Moisture Content (%)	Comments
Finfish		
Anchovy, European	73.37	Raw
	50.3	Canned in oil, drained solids
Bass	75.66	Freshwater, mixed species, raw
Bass, Striped	79.22	Raw
Bluefish	70.86	Raw
Butterfish	74.13	Raw
Carp	76.31	Raw
	69.63	Cooked, dry heat
Catfish	76.39	Channel, raw
	58.81	Channel, cooked, breaded and fried
Cod, Atlantic	81.22	Atlantic, raw
	75.61	Canned, solids and liquids
	75.92	Cooked, dry heat
	16.14	Dried and salted
Cod, Pacific	81.28	Raw
Croaker, Atlantic	78.03	Raw
	59.76	Cooked, breaded and fried
Dolphinfish, Mahimahi	77.55	Raw
Drum, Freshwater	77.33	Raw
Flatfish, Flounder and Sole	79.06	Raw
	73.16	Cooked, dry heat
Grouper	79.22	Raw, mixed species
	73.36	Cooked, dry heat
Haddock	79.92	Raw
	74.25	Cooked, dry heat
	71.48	Smoked
Halibut, Atlantic & Pacific	77.92	Raw
	71.69	Cooked, dry heat
Halibut, Greenland	70.27	Raw
Herring, Atlantic & Turbot, domestic species	72.05	Raw
	64.16	Cooked, dry heat
	59.7	Kippered
	55.22	Pickled
Herring, Pacific	71.52	Raw
Mackerel, Atlantic	63.55	Raw
	53.27	Cooked, dry heat
Mackerel, Jack	69.17	Canned, drained solids
Mackerel, King	75.85	Raw
Mackerel, Pacific & Jack	70.15	Canned, drained solids
Mackerel, Spanish	71.67	Raw
	68.46	Cooked, dry heat
Monkfish	83.24	Raw
Mullet, Striped	77.01	Raw
	70.52	Cooked, dry heat

Species	Moisture Content (%)	Comments
Ocean Perch, Atlantic	78.7	Raw
	72.69	Cooked, dry heat
Perch, Mixed species	79.13	Raw
	73.25	Cooked, dry heat
Pike, Northern	78.92	Raw
	72.97	Cooked, dry heat
Pike, Walleye	79.31	Raw
Pollock, Alaska & Walleye	81.56	Raw
	74.06	Cooked, dry heat
Pollock, Atlantic	78.18	Raw
Rockfish, Pacific, mixed species	79.26	Raw (Mixed species)
	73.41	Cooked, dry heat (mixed species)
Roughy, Orange	75.9	Raw
Salmon, Atlantic	68.5	Raw
Salmon, Chinook	73.17	Raw
	72	Smoked
Salmon, Chum	75.38	Raw
	70.77	Canned, drained solids with bone
Salmon, Coho	72.63	Raw
	65.35	Cooked, moist heat
Salmon, Pink	76.35	Raw
	68.81	Canned, solids with bone and liquid
Salmon, Red & Sockeye	70.24	Raw
	68.72	Canned, drained solids with bone
	61.84	Cooked, dry heat
Sardine, Atlantic	59.61	Canned in oil, drained solids with bone
Sardine, Pacific	68.3	Canned in tomato sauce, drained solids with bone
Sea Bass, mixed species	78.27	Cooked, dry heat
	72.14	Raw
Seatrout, mixed species	78.09	Raw
Shad, American	68.19	Raw
Shark, mixed species	73.58	Raw
	60.09	Cooked, batter-dipped and fried
Snapper, mixed species	76.87	Raw
	70.35	Cooked, dry heat
Sole, Spot	75.95	Raw
Sturgeon, mixed species	76.55	Raw
	69.94	Cooked, dry heat
	62.5	Smoked
Sucker, white	79.71	Raw
Sunfish, Pumpkinseed	79.5	Raw
Swordfish	75.62	Raw
	68.75	Cooked, dry heat
Trout, mixed species	71.42	Raw
Trout, Rainbow	71.48	Raw
	63.43	Cooked, dry heat
Tuna, light meat	59.83	Canned in oil, drained solids
	74.51	Canned in water, drained solids

Species	Moisture Content (%)	Comments
Tuna, white meat	64.02	Canned in oil
	69.48	Canned in water, drained solids
Tuna, Bluefish, fresh	68.09	Raw
	59.09	Cooked, dry heat
Turbot, European	76.95	Raw
Whitefish, mixed species	72.77	Raw
	70.83	Smoked
Whiting, mixed species	80.27	Raw
	74.71	Cooked, dry heat
Yellowtail, mixed species	74.52	Raw
Shellfish		
Crab, Alaska King	79.57	Raw
	77.55	Cooked, moist heat
Crab, Blue	79.02	Raw
	79.16	Canned (dry pack or drained solids of wet pack)
	77.43	Cooked, moist heat
	71	Crab cakes
Crab, Dungeness	79.18	Raw
Crab, Queen	80.58	Raw
Crayfish, mixed species	80.79	Raw
	75.37	Cooked, moist heat
Lobster, Northern	76.76	Raw
	76.03	Cooked, moist heat
Shrimp, mixed species	75.86	Raw
	72.56	Canned (dry pack or drained solids of wet pack)
	52.86	Cooked, breaded and fried
	77.28	Cooked, moist heat
Spiny Lobster, mixed species	74.07	Imitation made from surimi, raw
Clam, mixed species	81.82	Raw
	63.64	Canned, drained solids
	97.7	Canned, liquid
	61.55	Cooked, breaded and fried
	63.64	Cooked, moist heat
Mussel, Blue	80.58	Raw
	61.15	Cooked, moist heat
Octopus, common	80.25	Raw
Oyster, Eastern	85.14	Raw
	85.14	Canned (solids and liquid based) raw
	64.72	Cooked, breaded and fried
	70.28	Cooked, moist heat
Oyster, Pacific	82.06	Raw
Scallop, mixed species	78.57	Raw
	58.44	Cooked, breaded and fried
	73.82	Imitation, made from Surimi
Squid	78.55	Raw
	64.54	Cooked, fried

Source: USDA, 1979-1986

Table 3-52. Percentage Lipid Content (Expressed as Percentages of 100 Grams of Edible Portions) of Selected Meat, Dairy, and Fish Products^a

Product	Fat Percentage	Comment
<u>Meats</u>		
<u>Beef</u>		
Lean only	6.16	Raw
Lean and fat, 1/4 in. fat trim	9.91	Cooked
Brisket (point half)	19.24	Raw
Lean and fat	21.54	Cooked
Brisket (flat half)		
Lean and fat	22.40	Raw
Lean only	4.03	Raw
<u>Pork</u>		
Lean only	5.88	Raw
	9.66	Cooked
Lean and fat	14.95	Raw
	17.18	Cooked
Cured shoulder, blade roll, lean and fat	20.02	Unheated
Cured ham, lean and fat	12.07	Center slice
Cured ham, lean only	7.57	Raw, center, country style
Sausage	38.24	Raw, fresh
Ham	4.55	Cooked, extra lean (5% fat)
Ham	9.55	Cooked, (11% fat)
<u>Lamb</u>		
Lean	5.25	Raw
	9.52	Cooked
Lean and fat	21.59	Raw
	20.94	Cooked
<u>Veal</u>		
Lean	2.87	Raw
	6.58	Cooked
Lean and fat	6.77	Raw
	11.39	Cooked
<u>Rabbit</u>		
Composite of cuts	5.55	Raw
	8.05	Cooked
<u>Chicken</u>		
Meat only	3.08	Raw
	7.41	Cooked
Meat and skin	15.06	Raw
	13.60	Cooked
<u>Turkey</u>		
Meat only	2.86	Raw
	4.97	Cooked
Meat and skin	8.02	Raw
	9.73	Cooked
Ground	6.66	Raw
<u>Dairy</u>		
<u>Milk</u>		
Whole	3.16	3.3% fat, raw or pasteurized
Human	4.17	Whole, mature, fluid
Lowfat (1%)	0.83	Fluid
Lowfat (2%)	1.83	Fluid
Skim	0.17	Fluid
<u>Cream</u>		
Half and half	18.32	Table or coffee, fluid
Medium	23.71	25% fat, fluid
Heavy-whipping	35.09	Fluid
Sour	19.88	Cultured
Butter	76.93	Regular

Table 3-52. Percentage Lipid Content (Expressed as Percentages of 100 Grams of Edible Portions) of Selected Meat, Dairy, and Fish Products^a (continued)

Product	Fat Percentage	Comment
Cheese		
American	29.63	Pasteurized
Cheddar	31.42	
Swiss	26.02	
Cream	33.07	
Parmesan	24.50; 28.46	Hard; grated
Cottage	1.83	Lowfat, 2% fat
Colby	30.45	
Blue	27.26	
Provolone	25.24	
Mozzarella	20.48	
Yogurt	1.47	Plain, lowfat
Eggs	8.35	Chicken, whole raw, fresh or frozen
FINFISH		
Anchovy, European	4.101	Raw
	8.535	Canned in oil, drained solids
Bass	3.273	Freshwater, mixed species, raw
Bass, Striped	1.951	Raw
Bluefish	3.768	Raw
Butterfish	NA	Raw
Carp	4.842	Raw
	6.208	Cooked, dry heat
Catfish	3.597	Channel, raw
	12.224	Channel, cooked, breaded and fried
Cod, Atlantic	0.456	Atlantic, raw
	0.582	Canned, solids and liquids
	0.584	Cooked, dry heat
	1.608	Dried and salted
Cod, Pacific	0.407	Raw
Croaker, Atlantic	2.701	Raw
	11.713	Cooked, breaded and fried
Dolphinfish, Mahimahi	0.474	Raw
Drum, Freshwater	4.463	Raw
Flatfish, Flounder and Sole	0.845	Raw
	1.084	Cooked, dry heat
Grouper	0.756	Raw, mixed species
	0.970	Cooked, dry heat
Haddock	0.489	Raw
	0.627	Cooked, dry heat
	0.651	Smoked
Halibut, Atlantic & Pacific	1.812	Raw
	2.324	Cooked, dry heat
Halibut, Greenland	12.164	Raw
Herring, Atlantic & Turbot, domestic species	7.909	Raw
	10.140	Cooked, dry heat
	10.822	Kippered
	16.007	Pickled

Table 3-52. Percentage Lipid Content (Expressed as Percentages of 100 Grams of Edible Portions) of Selected Meat, Dairy, and Fish Products^a (continued)

Product	Fat Percentage	Comment
Herring, Pacific	12.552	Raw
Mackerel, Atlantic	9.076	Raw
	15.482	Cooked, dry heat
Mackerel, Jack	4.587	Canned, drained solids
Mackerel, King	1.587	Raw
Mackerel, Pacific & Jack	6.816	Canned, drained solids
Mackerel, Spanish	5.097	Raw
	5.745	Cooked, dry heat
Monkfish	NA	Raw
Mullet, Striped	2.909	Raw
	3.730	Cooked, dry heat
Ocean Perch, Atlantic	1.296	Raw
	1.661	Cooked, dry heat
Perch, Mixed species	0.705	Raw
	0.904	Cooked, dry heat
Pike, Northern	0.477	Raw
	0.611	Cooked, dry heat
Pike, Walleye	0.990	Raw
Pollock, Alaska & Walleye	0.701	Raw
	0.929	Cooked, dry heat
Pollock, Atlantic	0.730	Raw
Rockfish, Pacific, mixed species	1.182	Raw (Mixed species)
	1.515	Cooked, dry heat (mixed species)
Roughy, Orange	3.630	Raw
Salmon, Atlantic	5.625	Raw
Salmon, Chinook	9.061	Raw
	3.947	Smoked
Salmon, Chum	3.279	Raw
	4.922	Canned, drained solids with bone
Salmon, Coho	4.908	Raw
	6.213	Cooked, moist heat
Salmon, Pink	2.845	Raw
	5.391	Canned, solids with bone and liquid
Salmon, Red & Sockeye	4.560	Raw
	6.697	Canned, drained solids with bone
	9.616	Cooked, dry heat
Sardine, Atlantic	10.545	Canned in oil, drained solids with bone
Sardine, Pacific	11.054	Canned in tomato sauce, drained solids with bone
Sea Bass, mixed species	1.678	Cooked, dry heat
	2.152	Raw
Seatrout, mixed species	2.618	Raw
Shad, American	NA	Raw
Shark, mixed species	3.941	Raw
	12.841	Cooked, batter-dipped and fried
Snapper, mixed species	0.995	Raw
	1.275	Cooked, dry heat
Sole, Spot	3.870	Raw
Sturgeon, mixed species	3.544	Raw
Sucker, white	4.544	Cooked, dry heat
Sunfish, Pumpkinseed	3.829	Smoked
Swordfish	1.965	Raw
	0.502	Raw
Trout, mixed species	3.564	Raw
Trout, Rainbow	4.569	Cooked, dry heat
	5.901	Raw
	2.883	Raw
	3.696	Cooked, dry heat
Tuna, light meat	7.368	Canned in oil, drained solids
	0.730	Canned in water, drained solids
Tuna, white meat	NA	Canned in oil
	2.220	Canned in water, drained solids
Tuna, Bluefish, fresh	4.296	Raw
	5.509	Cooked, dry heat
Turbot, European	NA	Raw
Whitefish, mixed species	5.051	Raw
	0.799	Smoked
Whiting, mixed species	0.948	Raw
	1.216	Cooked, dry heat
Yellowtail, mixed species	NA	Raw

Table 3-52. Percentage Lipid Content (Expressed as Percentages of 100 Grams of Edible Portions) of Selected Meat, Dairy, and Fish Products^a (continued)

Product	Fat Percentage	Comment
SHELLFISH		
Crab, Alaska King	NA 0.854	Raw Cooked, moist heat Imitation, made from surimi
Crab, Blue	0.801 0.910 1.188 6.571	Raw Canned (dry pack or drained solids of wet pack) Cooked, moist heat Crab cakes
Crab, Dungeness	0.616	Raw
Crab, Queen	0.821	Raw
Crayfish, mixed species	0.732 0.939	Raw Cooked, moist heat
Lobster, Northern	NA 0.358	Raw Cooked, moist heat
Shrimp, mixed species	1.250 1.421 10.984 0.926	Raw Canned (dry pack or drained solids of wet pack) Cooked, breaded and fried Cooked, moist heat
Spiny Lobster, mixed species	1.102	Imitation made from surimi, raw
Clam, mixed species	0.456 0.912 NA 10.098	Raw Canned, drained solids Canned, liquid Cooked, breaded and fried
Mussel, Blue	0.912 1.538 3.076	Cooked, moist heat Raw Cooked, moist heat
Octopus, common	0.628	Raw
Oyster, Eastern	1.620 1.620 11.212 3.240	Raw Canned (solids and liquid based) raw Cooked, breaded and fried Cooked, moist heat
Oyster, Pacific	1.752	Raw
Scallop, mixed species	0.377 10.023	Raw Cooked, breaded and fried
Squid	NA 0.989 6.763	Imitation, made from Surimi Raw Cooked, fried

NA = Not available

^a Based on the lipid content in 100 grams, edible portion. Total Fat Content - saturated, monosaturated and polyunsaturated. For additional information, consult the USDA nutrient database.
Source: USDA, 1979-1984.

Table 3-53. Fat Content of Meat Products

Meat Product 3-oz cooked serving (85.05 g)	Total Fat (g)	Percent Fat Content (%)
Beef, retail composite, lean only	8.4	9.9
Pork, retail composite, lean only	8.0	9.4
Lamb, retail composite, lean only	8.1	9.5
Veal, retail composite, lean only	5.6	6.6
Broiler chicken, flesh only	6.3	7.4
Turkey, flesh only	4.2	4.9

Source: National Livestock and Meat Board, 1993

Table 3-54. Summary of Recommended Values for Per Capita Intake of Foods, As Consumed

Age	Mean	95th Percentile	Multiple Percentiles	Study
Total Fruit Intake				
birth to <1 month	-	-	see Table 3-16	EPA Analysis of CSFII 1994-96 Data
1 to <3 months	-	-		
3 to <6 months	1.3e+01	4.3e+01		
6 to <12 months	2.0e+01	4.4e+01		
1 to <2 years	2.0e+01	6.9e+01		
2 to <3 years	1.8e+01	5.9e+01		
3 to <6 years	1.1e+01	3.3e+01		
6 to <11 years	5.7e+00	1.9e+01		
11 to <16 years	3.4e+00	1.3e+01		
16 to <21 years	5.6e+00	8.9e+00		
Total Vegetable Intake				
birth to <1 month	-	-	see Table 3-16	EPA Analysis of CSFII 1994-96 Data
1 to <3 months	-	-		
3 to <6 months	4.1e+00	1.9e+01		
6 to <12 months	1.2e+01	2.9e+01		
1 to <2 years	9.6e+00	2.1e+01		
2 to <3 years	9.4e+00	2.6e+01		
3 to <6 years	7.3e+00	1.8e+01		
6 to <11 years	5.5e+00	1.4e+01		
11 to <16 years	4.2e+00	9.8e+00		
16 to <21 years	3.6e+00	1.2e+01		
Total Grain Intake				
birth to <1 month	-	-	see Table 3-16	EPA Analysis of CSFII 1994-96 Data
1 to <3 months	-	-		
3 to <6 months	1.6e+00	5.9e+00		
6 to <12 months	7.7e+00	2.4e+01		
1 to <2 years	9.0e+00	2.4e+01		
2 to <3 years	1.3e+01	2.5e+01		
3 to <6 years	1.0e+01	2.1e+01		
6 to <11 years	7.5e+00	1.6e+01		
11 to <16 years	5.0e+00	1.1e+01		
16 to <21 years	5.6e+00	8.9e+00		
Total Meat Intake				
birth to <1 month	-	-	see Table 3-16	EPA Analysis of CSFII 1994-96 Data
1 to <3 months	-	-		
3 to <6 months	-	-		
6 to <12 months	2.3e+00	8.6e+00		
1 to <2 years	4.2e+00	1.0e+01		
2 to <3 years	4.6e+00	1.1e+01		
3 to <6 years	4.1e+00	9.4e+00		
6 to <11 years	3.0e+00	4.1e+00		
11 to <16 years	2.3e+00	5.2e+00		
16 to <21 years	2.1e+00	4.4e+00		
Total Dairy Intake				
birth to <1 month	-	-	see Table 3-16	EPA Analysis of CSFII 1994-96 Data
1 to <3 months	1.6e+02	2.7e+02		
3 to <6 months	1.1e+02	2.3e+02		
6 to <12 months	8.3e+01	1.7e+02		
1 to <2 years	3.8e+01	9.1e+01		
2 to <3 years	3.6e+01	9.7e+01		
3 to <6 years	2.1e+01	4.9e+01		
6 to <11 years	1.5e+01	3.5e+01		
11 to <16 years	7.7e+00	2.0e+01		
16 to <21 years	5.6e+00	1.6e+01		
Total Fish Intake				

Table 3-54. Summary of Recommended Values for Per Capita Intake of Foods, As Consumed (continued)

Age	Mean	95th Percentile	Multiple Percentiles	Study
birth to <1 month	-	-	see Table 3-16	EPA Analysis of CSFII 1994-96 Data
1 to <3 months	-	-		
3 to <6 months	-	-		
6 to <12 months	2.2e-01	8.7e-01		
1 to <2 years	3.5e-01	2.0e+00		
2 to <3 years	3.9e-01	1.6e+00		
3 to <6 years	3.2e-01	1.7e+00		
6 to <11 years	2.7e-01	1.6e+00		
11 to <16 years	2.2e-01	1.2e+00		
16 to <21 years	1.9e-01	7.0e-01		
Individual Foods Intake	see Table 3-17			EPA Analysis of CSFII 1994-96 Data
Freshwater and Estuarine Total Fish Intake (General Population) (consumers only- as consumed)				
14 years and under	1,251 mg/kg-day	4,680 mg/kg-day	See Table 3-21	EPA Analysis of CSFII 1994-96, 98 Data
Marine Fish Intake (General Population) (consumers only- as consumed)				
14 years and under	2,037 mg/kg-day	5,664 mg/kg-day	See Table 3-21	EPA Analysis of CSFII 1994-96, 98 Data
Recreational Fish Intake - Freshwater				
1-5 years	370 mg/kg-day	—	See Table 3-25	EPA Analysis of West et al. 1989 Data
6-10 years	280 mg/kg-day	—		
Native American Subsistence Fish Intake				
< 6 years	21 g/day	78 g/day		Weighed means and 95 th percentiles from CRITFC, 1994, Toy et al. 1996, and The Suquamish Tribe 2000
Total Fat Intake				
all ages	See Table 3-36			U.S. EPA 2006
Homeproduced Food Intake				
all ages	See Table 3-47			EPA Analysis of 1987/88 NFCS

Table 3-55. Confidence Intake Recommendations for Various Foods, Including Fish (General Population)

Considerations	Rationale	Rating
Study Elements		
• Level of peer review	USDA CSFII survey receives high level of peer review. EPA analysis of these data using the new age categories has not been peer reviewed outside the Agency.	Low
• Accessibility	CSFII data are publicly available. Javitz (1980) is a contractor report to EPA (CSFII)	High Medium (Javitz)
• Reproducibility	Enough information is included to reproduce results.	High
• Focus on factor of interest	Analysis is specifically designed to address food intake.	High
• Data pertinent to U.S.	Data focuses on the U.S. population.	High
• Primary data	This is new analysis of primary data.	High
• Currency	Were the most current data publicly available at the time the analysis was conducted for the Handbook.	Medium
• Adequacy of data collection period	Survey is designed to collect short-term data.	Medium confidence for average values; Low confidence for long term percentile distribution
• Validity of approach	Survey methodology was adequate.	High
• Study size	Study size was very large and therefore adequate.	High
• Representativeness of the population	The population studied was the U.S. population.	High
• Characterization of variability	Survey was not designed to capture long term day-to-day variability. Short term distributions are provided.	Medium
• Lack of bias in study design (high rating is desirable)	Response rate was good.	High
• Measurement error	No measurements were taken. The study relied on survey data.	N/A
Other Elements		
• Number of studies	1 for most foods, 2 for fish; CSFII was the most recent data set publicly available at the time the analysis was conducted for the Handbook.	Low
• Agreement between researchers	Although the CSFII was the only study classified as key study for most foods, the results are in good agreement with earlier data.	High
Overall Rating	The survey is representative of U.S. population. Although there was only one study considered key, these data are the most recent and are in agreement with earlier data. The approach used to analyzed the data was adequate. However, due to the limitations of the survey design estimation of long-term percentile values (especially the upper percentiles) is uncertain.	High confidence in the average; Low confidence in the long-term upper percentiles

Table 3-56. Confidence Intake Recommendations for Fish Consumption - Recreational Freshwater Angler Population

Considerations	Rationale	Rating
Study Elements		
• Level of peer review	Study is in a technical report and has been reviewed by the EPA.	High
• Accessibility	The original study analyses are reported in a technical report. Subsequent EPA analyses are detailed in this Handbook.	High
• Reproducibility	Enough information is available to reproduce results.	High
• Focus on factor of interest	Study focused on ingestion of fish by the recreational freshwater angler and family.	High
• Data pertinent to U.S.	The study was conducted in the U.S.	High
• Primary data	Data are from a primary reference.	High
• Currency	The study was conducted between January and May 1989.	High
• Adequacy of data collection period	Data were collected for 1 week.	Low
• Validity of approach	Data presented are from a one week recall of fish consumption study. Weight of fish consumed was estimated using approximate weight of fish catch and edible fraction or approximate weight of fish meal.	Medium
• Study size	Study population was 621 children.	Medium
• Representativeness of the population	The study was localized to a single state.	Low
• Characterization of variability	Distributions were not generated.	High
• Lack of bias in study design (high rating is desirable)	Response rate was 47 percent.	Medium
• Measurement error	Weight of fish portions were estimated in one study, fish weight was estimated from reported fish length in another study.	Medium
Other Elements		
• Number of studies	There is 1 study.	Low
• Agreement between researchers	There is only 1 study. EPA performed an analyses using these data.	Low
Overall Rating	The study is not nationally representative and not representative of long-term consumption.	Low

Table 3-57. Summary of Fish Intake Rates Among Native American Children (Consumers Only)

Age (years)	Mean	Upper Percentile	Reference
<5 (n=153)	25 g/day	63 g/day (90th percentile) 73 g/day (95th percentile)	CRITFC, 1994
# 5 (n=51)	0.72 g/kg-day 11 g/day ^a	1.4 g/kg-day (86th percentile) 21 g/day (86th percentile)	Toy et al., 1996
<6 (n=31)	1.5 g/kg-day 21 g/day ^b	3.4 g/kg-day (90th percentile) 7.3 g/kg-day (95th percentile) 48 g/day (90th percentile) ^b 103 g/day (95th percentile) ^b	The Suquamish Tribe, 2000

^a Intake rate calculated using the average body weight of 15.2 kg reported in Toy et al. (1996).

^b Intake rate calculated using the average body weight for children <6 years of age (14.1 kg) based on NHANES III (see Table 11-6).

Table 3-58. Confidence Intake Recommendations for Fish Consumption - Native American Subsistence Population

Considerations	Rationale	Rating
Study Elements		
• Level of peer review	Studies are in technical reports.	Medium
• Accessibility	Studies are technical reports, that are publicly available	Medium
• Reproducibility	The studies were adequately detailed and enough information is available to reproduce results.	High
• Focus on factor of interest	Studies focused on fish ingestion among Native American Tribes.	High
• Data pertinent to U.S.	The studies were specific in the U.S.	High
• Primary data	The studies used primary data.	High
• Currency	Data were from 1991-2000.	High
• Adequacy of data collection period	Data were collected for 3 studies.	High Low confidence for long term percentile distribution
• Validity of approach	Individual intake measured directly, but some respondents provided in same information for the children as themselves.	Low
• Study size	The sample population was 204 children < 5 years old for CRIFTC, birth to 5 years for Toy et al., and <6 years for the Suquamish Indian Tribe.	Medium
• Representativeness of the population	Only two states were represented.	Low
• Characterization of variability	Individual variations were not described.	Medium
• Lack of bias in study design (high rating is desirable)	The response rate was 69 percent, 64 percent, and 77 percent for CRIFTC, Suquamish Indian Tribe, and Toy et al., respectively.	Medium
• Measurement error	The weight of the fish was estimated for 1 study, measured for the other study.	Medium
Other Elements		
• Number of studies	There are three studies.	Low - Medium
• Agreement between researchers		Medium
Overall Rating	Studies are tribal-specific.	Low

APPENDIX 3A
CALCULATIONS USED IN THE 1994-96 CSFII ANALYSIS TO
CORRECT FOR MIXTURES

APPENDIX 3A

Calculations Used in the 1994-96 CSFII Analysis to Correct for Mixtures

Distributions of intake for various food groups were generated for the food/items groups using the USDA 1994-96 CSFII data set as described in Sections 9.2.2. and 11.1.2 of the Exposure Factors Handbook. However, several of the food categories used did not include meats, dairy products, and vegetables that were eaten as mixtures with other foods. Thus, adjusted intake rates were calculated for food items that were identified by USDA (1995) as comprising a significant portion of grain and meat mixtures. To account for the amount of these foods consumed as mixtures, the mean fractions of total meat or grain mixtures represented by these food items were calculated (Table 3A-1) using Appendix C of USDA (1995). Mean values for all individuals were used to calculate these fractions. These fractions were multiplied by each individual's intake rate for total meat mixtures or grain mixtures to calculate the amount of the individual's food mixture intake that can be categorized into one of the selected food groups. These amounts were then added to the total intakes rates for meats, grains, total vegetables, tomatoes, and white potatoes to calculate an individual's total intake of these food groups, as shown in the

example for
meats
below.

$$IR_{\text{meat-adjusted}} = \left(IR_{\text{gr mixtures}} \times Fr_{\text{meat/gr}} \right) + \left(IR_{\text{mt mixtures}} \times Fr_{\text{meat/mt}} \right) + IR_{\text{meat}}$$

where:

$IR_{\text{meat-adjusted}}$	=	adjusted individual intake rate for total meat;
$IR_{\text{gr mixtures}}$	=	individual intake rate for grain mixtures;
$IR_{\text{mt mixtures}}$	=	individual intake rate for meat mixtures;
IR_{meat}	=	individual intake rate for meats;
$Fr_{\text{meat/gr}}$	=	fraction of grain mixture that is meat; and
$Fr_{\text{meat/mt}}$	=	fraction of meat mixture that is meat.

Population distributions for mixture-adjusted intakes were based on adjusted intake rates for the population of interest.

Table 3A-1. Fraction of Grain and Meat Mixture Intake Represented by Various Food Items/groups

<u>Grain Mixtures</u>	
total vegetables	0.2584
tomatoes	0.1685
white potatoes	0.0000
total meats	0.0787
beef	0.0449
pork	0.0112
poultry	0.0112
dairy	0.1348
total grains	0.3146
fish	0.0000
eggs	0.0112
fat	0.0225
<u>Meat Mixtures</u>	
total vegetables	0.3000
tomatoes	0.1111
white potatoes	0.0333
total meats	0.3111
beef	0.2000
pork	0.0222
poultry	0.0778
dairy	0.0556
total grains	0.1333
fish	0.0444
eggs	0.0111
fats	0.0222

APPENDIX 3B

**FOOD CODES AND DEFINITIONS USED IN
ANALYSIS OF THE 1994-96 USDA CSFII DATA**

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data

Food Product	Food Codes	
MAJOR FOOD GROUPS		
Total Dairy	1- Milk and Milk Products milk and milk drinks cream and cream substitutes milk desserts, sauces, and gravies cheeses	Includes regular fluid milk, human milk, imitation milk products, yogurt, milk-based meal replacements, and infant formulas. Also includes the average portion of grain mixtures (i.e., 13.48 percent) and the average portion of meat mixtures (i.e., 5.56 percent) made up by dairy.
Total Meats	20- Meat, type not specified 21- Beef 22- Pork 23- Lamb, veal, game, carcass meat 24- Poultry 25- Organ meats, sausages, lunchmeats, meat spreads	Also includes the average portion of grain mixtures (i.e., 7.87 percent) and the average portion of meat mixtures (i.e., 31.11 percent) made up by meats.
Total Fish	26. Fish, all types	Also includes the average portion of meat mixtures (i.e., 4.44 percent) made up by fish.
Eggs	3- Eggs eggs egg mixtures egg substitutes eggs baby food froz. meals with egg as main ingred.	Includes baby foods. Also includes the average portion of grain mixtures (i.e., 1.12 percent) and the average portion of meat mixtures (i.e., 1.11 percent) made up by eggs.
Total Grains	50- flour 51- breads 52- tortillas 53- sweets 54- snacks 55- breakfast foods 561- pasta 562- cooked cereals and rice 57- ready-to-eat and baby cereals	Also includes the average portion of grain mixtures (i.e., 31.46 percent) and the average portion of meat mixtures (i.e., 13.33 percent) made up by grain.
Total Fruits	6- Fruits citrus fruits and juices dried fruits other fruits fruits/juices & nectar fruit/juices baby food	Includes baby foods.
Total Vegetables	7- Vegetables (all forms) white potatoes & PR starchy dark green vegetables deep yellow vegetables tomatoes and tom. mixtures other vegetables veg. and mixtures/baby food veg. with meat mixtures 411- Beans/legumes 412- Beans/legumes 413- Beans/legumes 414- Soybeans 415- Bean dinners and soups 416- Bean dinners and soups 418- Meatless items 419- Soyburgers	Includes baby foods; mixtures, mostly vegetables; does not include nuts and seeds. Also includes the average portion of grain mixtures (i.e., 25.84 percent) and the average portion of meat mixtures (i.e., 30.00 percent) made up by vegetables.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Total Fats	8- Fats (all forms)	Includes butter, margarine, animal fat, sauces, vegetable oils, dressings, and mayonnaise. Also includes the average portion of grain mixtures (i.e., 2.25 percent) and the average portion of meat mixtures (i.e., 2.22 percent) made up by meats.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
INDIVIDUAL MEATS		
Beef	21- Beef beef, nfs beef steak beef oxtails, neckbones, ribs roasts, stew meat, corned, brisket, sandwich steaks ground beef, patties, meatballs other beef items beef baby food	Also includes the average portion of grain mixtures (i.e., 4.49 percent) and the average portion of meat mixtures (i.e., 20.0 percent) made up by beef.
Pork	22- Pork pork, nfs; ground dehydrated chops steaks, cutlets ham roasts Canadian bacon bacon, salt pork other pork items pork baby food	Also includes the average portion of grain mixtures (i.e., 1.12 percent) and the average portion of meat mixtures (i.e., 2.22 percent) made up by pork.
Game	233- Game	
Poultry	24- Poultry chicken turkey duck other poultry poultry baby food	Also includes the average portion of grain mixtures (i.e., 1.12 percent) and the average portion of meat mixtures (i.e., 7.78 percent) made up by poultry.
INDIVIDUAL GRAINS		
Breads	51- breads, rolls, muffins, bagel, biscuits, corn bread 52- tortillas	
Sweets	53- cakes, cookies, pies, pastries, doughnuts, breakfast bars, coffee cakes	
Snacks	54- crackers, salty snacks, popcorn, pretzels	
Breakfast Foods	55- pancakes, waffles, french toast	
Pasta	561- macaroni, noodles, spaghetti	
Cooked Cereals	56200- 56201- 56202- 56203- 56206- 56207- 56208- 56209- 56210-	Includes grits, oatmeal, cornmeal mush, millet, etc.
Rice	56204- 56205-	Includes all varieties of rice.
Ready-to-eat Cereals	570- 571- 572- 573- 574- 576-	Includes all varieties of ready-to-eat cereals.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes
Baby Cereals	578- baby cereals

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
FRUIT CATEGORIES		
Citrus Fruits	61- Citrus Fruits and Juices 6720500 Orange Juice, baby food 6723050 Orange/carrot baby juice	63403150 Lime souffle 6721100 Orange-Apple-Banana Juice, baby food Includes some citrus mixtures.
Other Fruits	62- Dried Fruits 63- Other Fruits 64- Fruit Juices and Nectars Excluding Citrus 671- Fruits, baby 67202- Apple Juice, baby 67203- Baby Juices 67204- Baby Juices 67212- Baby Juices	67213- Baby Juices 672300 Apple sweet potato juice 6725- Baby Juice 673- Baby Fruits 674- Baby Fruits 675- Apples with meat Includes some mixtures (i.e., salads, baby foods).
Apples	6210110 Apples, dried, uncooked 6210115 Apples, dried, uncooked, low sodium 6210120 Apples, dried, cooked, NS as to sweetener 6210122 Apples, dried, cooked, unsweetened 6210123 Apples, dried, cooked, with sugar 6210130 Apple chips 6310100 Apples, raw 6310111 Applesauce, NS as to sweetener 6310112 Applesauce, unsweetened 6310113 Applesauce with sugar 6310114 Applesauce with low calorie sweetener 6310115 Applesauce/other fruits 6310121 Apples, cooked or canned with syrup 6310131 Apple, baked NS as to sweetener 6310132 Apple, baked, unsweetened 6310133 Apple, baked with sugar 6310141 Apple rings, fried 6310142 Apple, pickled 6310150 Apple, fried 634010 Apple/other fruit salad 6340106 Apple, candied 6410101 Apple cider 6410401 Apple juice 6410405 Apple juice with vitamin C 6410409 Apple juice with calcium 6410415 Apple-cherry juice 6410420 Apple-pear juice	6410445 Apple-raspberry juice 6410450 Apple-grape juice 6710030 Applesauce, baby toddler 6710100 Apple-raspberry, baby, ns as to strained or junior 6710101 Apple-raspberry, baby, strained 6710102 Apple-raspberry, baby, junior 6710200 Applesauce baby fd., NS as to str. or jr. 6710201 Applesauce baby food, strained 6710202 Applesauce baby food, junior 67104- Applesauce & other fruit, baby 67113- Apples & pears, baby 6720200 Apple juice, baby food 6720300 Apple w/other fruit juice, baby 6720320 Apple-banana juice, baby 6720340 Apple-cherry juice, baby 6720345 Apple-cranberry juice, baby 6720350 Apple-grape juice, baby 6720360 Apple-peach juice, baby 6720370 Apple-prune juice, baby 6723000 Apple-sweet potato juice, baby food 6725005 Apple juice w/lowfat yogurt, baby food 67301- Apples & cranberries w/tapioca, baby 6740407 Apple yogurt dessert, baby, strained 67412- Dutch apple dessert, baby 675- Apples & meat, baby Includes some mixtures.
Bananas	6210710 Banana flakes, dehydrated 6210720 Banana chips 63107- Bananas, various 6340199 Banana, chocolate covered 6340201 Bana whip 6420150 Banana nectar 6710503 Banana, baby 6711500 Banana, baby	6725010 Banana juice with yogurt, baby 67308- Banana, baby 67309- Banana, baby 6740411 Banana apple dessert, baby 6740420 Banana pineapple dessert, baby 67408- Banana, baby 674041- Banana, baby
Peaches	62116- Dried Peaches 63135- Peaches 6412203 Peach Juice 6420501 Peach Nectar	67108- Peaches ,baby 6711450 Peaches, dry, baby 67405- Peach cobbler, baby 67413700 Peach yogurt dessert, baby
Pears	62119- Dried Pears 63137- Pears 6341201 Pear salad 6421501 Pear Nectar 67109- Pears, baby	6711455 Pears, dry, baby 6721200 Pear juice, baby 6412300 Pear/white grape/passion fruit juice 67114- Pear/pineapple, baby 6725020 Pear/peach juice with yogurt, baby

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Strawberries	6322- Strawberries 6413250 Strawberry Juice	
Other Berries	6210910 Cranberries, dried 6320- Other Berries 6321- Other Berries 6322400 Youngberries, raw 6341101 Cranberry salad	6410460 Blackberry Juice 64105- Cranberry Juice 6740430 Blueberry yogurt dessert, baby

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes		Food Codes	
Exposed Fruits	621011-	Apple, dried	6710102	Apple-raspberry, baby, junior
	621012-	Apple, dried	67102-	Applesauce, baby
	6210130	Apple chips	6710400	Applesauce & apricots, baby, ns as to str or jr
	62104-	Apricot, dried	6710401	Applesauce & apricots, baby, strained
	62108-	Currants, dried	6710402	Applesauce & apricots, baby, junior
	6210910	Cranberries, dried	6710407	Applesauce w/cherries, baby, strained
	62110-	Date, dried	6710408	Applesauce w/cherries, baby, junior
	62116-	Peaches, dried	6710409	Applesauce w/cherries, baby, ns str/jr
	62119-	Pears, dried	67108-	Peaches, baby
	62121-	Plum, dried	67109-	Pears, baby
	62122-	Prune, dried	6711000	Prunes, baby
	62125-	Raisins	6711300	Apples & pears, baby, ns as to str or jr
	63101-	Apples/applesauce	6711301	Apples & pears, baby, strained
	63102-	Wi-apple	6711302	Apples & pears, baby, junior
	63103-	Apricots	6711450	Peaches, baby, dry
	63111-	Cherries, maraschino	6711455	Pears, baby, dry
	63112-	Acerola	67202-	Apple Juice, baby
	63113-	Cherries, sour	6720340	Apple-cherry juice, baby
	63115-	Cherries, sweet	6720345	Apple-cranberry juice, baby
	63117-	Currants, raw	6720350	Apple-grape juice, baby
	63123-	Grapes	6720360	Apple-peach juice, baby
	6312601	Juneberry	6720370	Apple-prune juice, baby
	63131-	Nectarine	6720380	White Grape Juice, baby
	63135-	Peach	67212-	Pear Juice, baby
	63137-	Pear	6723000	Apple-sweet potato juice, baby food
	63139-	Persimmons	6725005	Apple juice w/lowfat yogurt, baby food
	63143-	Plum	6725020	Pear-peach juice w/lowfat yogurt, baby food
	63146-	Quince	6730100	Apples & cranberries w/tapioca, baby, ns str/jr
	63147-	Rhubarb/Sapodillo	6730101	Apples & cranberries w/tapioca, baby, strained
	632-	Berries	6730102	Apples & cranberries w/tapioca, baby, junior
	6340101	Apple salad w/dressing (include waldorf salad)	6730400	Plums w/tapioca, baby, ns as to str/jr
	6340102	Apple & cabbage salad w/dressing	6730401	Plums w/tapioca, baby, strained
	6340103	Apple & fruit salad w/dressing	6730402	Plums w/tapioca, baby, junior
	6340106	Apple, candied (include caramel apples)	6730403	Plums, bananas & rice, baby, strained
	6340203	Prune whip	6730450	Prunes w/oatmeal, baby, strained
	6341101	Cranberry salad, congealed	6730501	Prunes w/tapioca, baby, strained
	6341201	Pear salad w/dressing	6730600	Ciruelas w/tapioca, baby
	6341500	Soup, sour cherry	6730700	Apricots w/tapioca, baby, ns as to str/jr
	64101-	Apple Cider	6730701	Apricots w/tapioca, baby, strained
	64104-	Apple Juice	6730702	Apricots w/tapioca, baby, junior
	6410409	Apple juice with calcium	6740407	Apple yogurt dessert, baby, strained
	64105-	Cranberry Juice	6740430	Blueberry yogurt dessert, baby, strained
	64116-	Grape Juice	6740455	Cherry cobbler, baby, junior
	64122-	Peach Juice	6740500	Peach cobbler, baby, ns as to str/jr
	6412300	Pear-white-grape-passion fruit juice, w/added Vit. C	6740501	Peach cobbler, baby, strained
	64132-	Prune/Strawberry Juice	6740502	Peach cobbler, baby, junior
	6420101	Apricot Nectar	6741000	Cherry vanilla pudding, baby
	64205-	Peach Nectar	6741200	Dutch apple dessert, baby, ns as to str/jr
	64215-	Pear Nectar	6741201	Dutch apple dessert, baby, strained
	6710030	Applesauce, baby toddler	6741202	Dutch apple dessert, baby, junior
	6710100	Apple-raspberry, baby, ns as to strained or junior	6741370	Peach yogurt dessert, baby, strained
	6710101	Apple-raspberry, baby, strained	675-	Apples & meat

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Protected Fruits	61- Citrus Fr., Juices (incl. cit. juice mixtures) 62107- Bananas, dried 62113- Figs, dried 62114- Lychees/Papayas, dried 62120- Pineapple, dried 62126- Tamarind, dried 63105- Avocado, raw 63107- Bananas 63109- Cantaloupe, Carambola 63110- Cassaba Melon 63119- Figs 63121- Genip 63125- Guava/Jackfruit, raw 6312650 Kiwi 6312651 Lychee, raw 6312660 Lychee, cooked 6312665 Loquats, raw 63127- Honeydew 63129- Mango 63133- Papaya 63134- Passion Fruit 63141- Pineapple 63145- Pomegranate 63148- Sweetsop, Soursop, Tamarind 63149- Watermelon 6340199 Banana, chocolate-covered, w/nuts 6340201 Banana whip 6340205 Fried dwarf banana w/cheese, puerto rican style 6340315 Lime souffle (include other citrus fruits) 6340801 Guacamole w/tomatoes 6340820 Guacamole w/tomatoes & chile peppers 63490901 Guacamole, nfs 64120- Papaya Juice	64121- Passion Fruit Juice 64124- Pineapple Juice 64125- Pineapple juice 64133- Watermelon Juice 6420150 Banana Nectar 64202- Cantaloupe Nectar 64203- Guava Nectar 64204- Mango Nectar 64210- Papaya Nectar 64213- Passion Fruit Nectar 64221- Soursop Nectar 6710503 Bananas, baby 6711500 Bananas, baby, dry 6720500 Orange Juice, baby 6721300 Pineapple Juice, baby 6723050 Orange-carrot juice, baby food 6725010 Banana juice w/lowfat yogurt, baby food 6730800 Bananas w/tapioca, baby, ns as to str/jr 6730801 Bananas w/tapioca, baby, strained 6730802 Bananas w/tapioca, baby, junior 6730900 Bananas & pineapple w/tapioca, baby, ns as to str/jr 6730901 Bananas & pineapple w/tapioca, baby, strained 6730902 Bananas & pineapple w/tapioca, baby, junior 6740411 Banana apple dessert, baby food, strained 6740420 Banana pineapple dessert, w/tapioca, baby 6740801 Banana pudding, baby, strained 6740850 Banana yogurt dessert, baby, strained 6741400 Pineapple dessert, baby, ns as to str/jr 6741401 Pineapple dessert, baby, strained 6741402 Pineapple dessert, baby, junior 6741410 Mango dessert w/tapioca, baby
VEGETABLE CATEGORIES		
Asparagus	7510080 Asparagus, raw 75202- Asparagus, cooked 7540101 Asparagus, creamed or with cheese	756010 Asparagus soup Does not include vegetables with meat mixtures.
Beets	72101- Beet greens 7510250 Beets, raw 752080- Beets, cooked 752081- Beets, canned 7540501 Beets, Harvard	7550021 Beets, pickled 7560110 Beet soup 76403- Beets, baby Does not include vegetable with meat mixtures.
Broccoli	722- Broccoli (all forms) 7230200 Broccoli soup (include cream of broccoli soup) 7230210 Broccoli cheese soup, prep w/milk 7230200 Broccoli soup (include cream of broccoli soup)	7514050 Broccoli salad w/cauliflower, cheese, bacon, & dressing Does not include vegetable with meat mixtures.
Cabbage	7510300 Cabbage, raw 7510400 Cabbage, Chinese, raw 7510500 Cabbage, red, raw 7514100 Cabbage salad or coleslaw 7514110 Cabbage salad or coleslaw, w/apples, raisins, dress 7514120 Cabbage salad or coleslaw, w/pineapple, dressing 7514130 Cabbage, Chinese, salad 75210- Chinese Cabbage, cooked	75211- Green Cabbage, cooked 75212- Red Cabbage, cooked 752130- Savoy Cabbage, cooked 75230- Sauerkraut, cooked 7540701 Cabbage, creamed 755025- Cabbage, pickled or in relish 7560120 Cabbage soup 7560121 Cabbage w/meat soup Does not include vegetable with meat mixtures.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Carrots	7310- Carrots (all forms) 7311140 Carrots in Sauce 7311200 Carrot Chips 735- Carrot soup	76201- Carrots, baby 7620200 Carrots & peas, baby Does not include vegetable with meat mixtures.
Corn	7510960 Corn, raw 7521600 Corn, cooked, NS as to color/fat added 7521601 Corn, cooked, NS as to color/fat not added 7521602 Corn, cooked, NS as to color/fat added 7521605 Corn, cooked, NS as to color/cream style 7521607 Corn, cooked, dried 7521610 Corn, cooked, yellow/NS as to fat added 7521611 Corn, cooked, yellow/fat not added 7521612 Corn, cooked, yellow/fat added 7521615 Corn, yellow, cream style 7521616 Corn, cooked, yell. & wh./NS as to fat 7521617 Corn, cooked, yell. & wh./fat not added 7521618 Corn, cooked, yell. & wh./fat added 7521619 Corn, yellow, cream style, fat added 7521620 Corn, cooked, white/NS as to fat added 7521621 Corn, cooked, white/fat not added	7521622 Corn, cooked, white/fat added 7521625 Corn, white, cream style 7521630 Corn, yellow, canned, low sodium, NS fat 7521631 Corn, yell., canned, low sod., fat not add 7521632 Corn, yell., canned, low sod., fat added 7521749 Hominy, cooked 752175- Hominy, cooked 7530301 Corn w/peppers, red or green, cooked, no fat added 7541101 Corn scalloped or pudding 7541102 Corn fritter 7541103 Corn with cream sauce 7550101 Corn relish 756040- Corn soup 76405- Corn, baby Does not include vegetable with meat mixtures.
Cucumbers	7511100 Cucumbers, raw 75142- Cucumber salads 752167- Cucumbers, cooked 7550301 Cucumber pickles, dill 7550302 Cucumber pickles, relish 7550303 Cucumber pickles, sour 7550304 Cucumber pickles, sweet	7550305 Cucumber pickles, fresh 7550307 Cucumber, Kim Chee 7550311 Cucumber pickles, dill, reduced salt 7550314 Cucumber pickles, sweet, reduced salt 7560451 Cucumber soup, cream of, w/milk Does not include vegetable with meat mixtures.
Lettuce	75113- Lettuce, raw 75143- Lettuce salad with other veg. 7514410 Lettuce, wilted, with bacon dressing 7522005 Lettuce, cooked	Does not include vegetable with meat mixtures.
Lima Beans	4110300 Lima beans, dry, cooked, ns as to added fat 4110301 Lima beans, dry, cooked, fat added 4110302 Lime beans, dry, cooked, no fat added 4121011 Stewed dry lima beans, p.r. 4130104 Lima bean soup 4160104 Lima bean soup	7510200 Lima beans, raw 752040- Lima beans, cooked 752041- Lima beans, canned 75301- Beans, lima & corn (succotash) 75402- Lima beans with sauce Does not include vegetable with meat mixtures.
Okra	7522000 Okra, cooked, NS as to fat 7522001 Okra, cooked, fat not added 7522002 Okra, cooked, fat added 7522010 Lufta, cooked (Chinese Okra)	7541450 Okra, fried 7550700 Okra, pickled Does not include vegetable with meat mixtures.
Onions	7510950 Chives, raw 7511150 Garlic, raw 7511250 Leek, raw 7511701 Onions, young green, raw 7511702 Onions, mature 7521550 Chives, dried 7521740 Garlic, cooked 7521840 Leek, cooked 7522100 Onions, mature cooked, NS as to fat added 7522101 Onions, mature cooked, fat not added 7522102 Onions, mature cooked, fat added	7522103 Onions, pearl cooked 7522104 Onions, young green cooked, NS as to fat 7522105 Onions, young green cooked, fat not added 7522106 Onions, young green cooked, fat added 7522110 Onion, dehydrated 7541501 Onions, creamed 7541502 Onion rings 75605- Leek soup 75608- Onion soup Does not include vegetable with meat mixtures.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Peas	413010- Cowpeas, dry, cooked 413020- Chickpeas, dry, cooked 41303- Split peas, dry, cooked 413035- Stewed green peas 4130403 Peas, dry, cooked w/pork 4130413 Cowpeas, dry, cooked w/pork 4131010 Stewed pigeon peas, p.r. 4131015 Stewed chickpeas, p.r. 4131016 Stewed chickpeas, w/potatoes, p.r. 4131020 Chickpeas, w/pig's feet, p.r. 4131021 Chickpeas, w/spanish sausage, p.r. 4131022 Fried chickpeas, p.r. 4131031 Stewed cowpeas, p.r. 4160201 Chunky pea & ham soup 4160202 Garbanzo or chickpea soup 4160203 Split pea & ham soup 4160204 Pea soup, instant type 4160205 Split pea soup 4160206 Pigeon pea asopao 4160207 Split pea soup, can, reduced sodium, w/water/rts	4160209 Split pea & ham soup, can, reduced sodium, w/water/rts 731110- & 731112- Peas & carrots 7512000 Peas, green, raw 7512775 Snowpeas, raw 75223- Peas, cowpeas, field or blackeye, cooked 75224- Peas, green, cooked 75225- Peas, pigeon, cooked 75231- Snowpeas, cooked 75315- Peas & corn onions, mushrooms, beans, or potatoes 7541650 Pea salad 7541660 Pea salad with cheese 75417- Peas, with sauce or creamed 75609- Pea soup 76409- Peas, baby 76411- Peas, creamed, baby 7650200 Peas & brown rice, baby Does not include vegetable with meat mixtures.
Peppers	7512140 Pepper, poblano, raw 7512100 Pepper, hot chili, raw 7512150 Pepper, serrano, raw 7512200 Pepper, raw 7512210 Pepper, sweet green, raw 7512220 Pepper, sweet red, raw 7512400 Pepper, banana, raw 7522600 Pepper, green, cooked, NS as to fat added 7522601 Pepper, green, cooked, fat not added 7522602 Pepper, green, cooked, fat added 7522604 Pepper, red, cooked, NS as to fat added 7522605 Pepper, red, cooked, fat not added	7522606 Pepper, red, cooked, fat added 7522609 Pepper, hot, cooked, NS as to fat added 7522610 Pepper, hot, cooked, fat not added 7522611 Pepper, hot, cooked, fat added 7530700 Green peppers & onions, cooked, fat added in cooking 7551101 Peppers, hot, sauce 7551102 Peppers, pickled 7551104 Pepper, hot pickled 7551105 Peppers, hot pickled Does not include vegetable with meat mixtures.
Pumpkin	732- Pumpkin (all forms) 733- Winter squash (all forms) 76205- Squash, baby	Does not include vegetable with meat mixtures.
Snap Beans	7510180 Beans, string, green, raw 7520498 Beans, string, cooked, NS color/fat added 7520499 Beans, string, cooked, NS color/no fat 7520500 Beans, string, cooked, NS color & fat 7520501 Beans, string, cooked, green/NS fat 7520502 Beans, string, cooked, green/no fat 7520503 Beans, string, cooked, green/fat 7520511 Beans, str., canned, low sod.,green/NS fat 7520512 Beans, str., canned, low sod.,green/no fat 7520513 Beans, str., canned, low sod.,green/fat 7520600 Beans, string, cooked, yellow/NS fat 7520601 Beans, string, cooked, yellow/no fat 7520602 Beans, string, cooked, yellow/fat 7530201 Beans, green string w/tomatoes (assume w/o fat) 7530202 Beans, green string w/onions, cooked, no fat added 7530203 Beans, green string w/chickpeas, cooked, no fat added 7530204 Beans, green string w/almonds, cooked, no fat added	7530205 Beans, green & potatoes, cooked, no fat added 7530206 Beans, green w/pinto beans, cooked, no fat added 7530207 Beans, green w/spaetzel, cooked, no fat added 7530208 Bean salad, yellow &/or green string beans 7530220 Beans, green string w/onions, ns as to added fat 7530221 Beans, green string w/onions, fat added 7530250 Beans, green & potatoes, ns as to added fat 7530251 Beans, green & potatoes, fat added 7540301 Beans, string, green, creamed 7540302 Beans, string, green, w/mushroom sauce 7540401 Beans, string, yellow, creamed 7550011 Beans, string, green, pickled 7640100 Beans, green, string, baby 7640101 Beans, green, string, baby, str. 7640102 Beans, green, string, baby, junior 7640103 Beans, green, string, baby, creamed 7640106 Beans, green string, baby Does not include vegetable with meat mixtures.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Tomatoes	74- Tomatoes and Tomato Mixtures raw, cooked, juices, sauces, mixtures, soups, sandwiches	Also includes the average portion of grain mixtures (i.e., 16.85 percent) and the average portion of meat mixtures (i.e., 11.11 percent) made up by tomatoes.
White Potatoes	71- White Potatoes and PR Starchy Veg. baked, boiled, chips, sticks, creamed, scalloped, au gratin, fried, mashed, stuffed, puffs, salad, recipes, soups, Puerto Rican starchy vegetables	76420000 Potatoes, baby Also includes the average portion of meat mixtures (i.e., 3.33 percent) made up by meats.
Dark Green Vegetables	72- Dark Green Vegetables all forms leafy, nonleafy, dk. gr. veg. soups	
Deep Yellow Vegetables	73- Deep Yellow Vegetables all forms carrots, pumpkin, squash, sweet potatoes, dp. yell. veg. soups	
Other Vegetables	75- Other Vegetables all forms	

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Exposed Vegetables	721- Dark Green Leafy Veg.	7514800 Cob salad w/dressing
	722- Dark Green Nonleafy Veg.	7520060 Algae, dried
	7230200 Broccoli soup (include cream of broccoli soup)	75201- Artichoke, cooked
	7230210 Broccoli cheese soup, prep w/milk	75202- Asparagus, cooked
	7230500 Escarole soup	75203- Bamboo shoots, cooked
	7230600 Watercress broth w/shrimp	752049- Beans, string, cooked
	7230700 Spinach soup	75205- Beans, green, cooked/canned
	7230800 Dark-green leafy vegetable soup w/meat, oriental	75206- Beans, yellow, cooked/canned
	7230850 Dark-green leafy vegetable soup, meatless, oriental	75207- Bean Sprouts, cooked
	74- Tomatoes and Tomato Mixtures	752085- Breadfruit
	7510050 Alfalfa Sprouts	752087- Broccoli, cooked
	7510075 Artichoke, Jerusalem, raw	752090- Brussel Sprouts, cooked
	7510080 Asparagus, raw	75210- Cabbage, Chinese, cooked
	75101- Beans, sprouts and green, raw	75211- Cabbage, green, cooked
	7510260 Broccoli, raw	75212- Cabbage, red, cooked
	7510275 Brussel Sprouts, raw	752130- Cabbage, savoy, cooked
	7510280 Buckwheat Sprouts, raw	75214- Cauliflower
	7510300 Cabbage, raw	75215- Celery, Chives, Christophine (chayote)
	7510400 Cabbage, Chinese, raw	752167- Cucumber, cooked
	7510500 Cabbage, Red, raw	752170- Eggplant, cooked
	7510700 Cauliflower, raw	752171- Fern shoots
	7510900 Celery, raw	752172- Fern shoots
	7510950 Chives, raw	752173- Flowers of sesbania, squash or lily
	7510955 Cilantro, raw	7521801 Kohlrabi, cooked
	7511100 Cucumber, raw	75219- Mushrooms, cooked
	7511120 Eggplant, raw	75220- Okra/lettuce, cooked
	7511200 Kohlrabi, raw	7522116 Palm Hearts, cooked
	75113- Lettuce, raw	7522121 Parsley, cooked
	7511500 Mushrooms, raw	75226- Peppers, pimento, cooked
	7511900 Parsley	75230- Sauerkraut, cooked/canned
	7512100 Pepper, hot chili	75231- Snowpeas, cooked
	75122- Peppers, raw	75232- Seaweed
	7512400 Pepper, banana, raw	75233- Summer Squash
	7512750 Seaweed, raw	7530201 Beans, green string w/tomatoes (assume w/o fat)
	7512775 Snowpeas, raw	7530202 Beans, green string w/onions, no fat added
	75128- Summer Squash, raw	7530203 Beans, green string w/chickpeas, cooked, no fat added
	7513210 Celery Juice	7530204 Beans, green string w/almonds, cooked, no fat added
	7514050 Broccoli salad w/cauliflower, cheese, bacon, dressing	7530205 Beans, green & potatoes, cooked, no fat added
	7514100 Cabbage or cole slaw	7530206 Beans, green w/pinto beans, cooked, no fat added
	7514110 Cabbage salad or coleslaw w/apples/raisins, dressing	7530207 Beans, green w/spaetzle, cooked, no fat added
	7514120 Cabbage salad or coleslaw w/pineapple, dressing	7530208 Bean salad, yellow &/or green string beans
	7514130 Chinese Cabbage Salad	7530220 Beans, green string w/onions, ns as to added fat
	7514150 Celery with cheese	7530221 Beans, green string w/onions, fat added
	75142- Cucumber salads	7530250 Beans, green & potatoes, ns as to added fat
	75143- Lettuce salads	7530251 Beans, green & potatoes, fat added
	7514410 Lettuce, wilted with bacon dressing	7530601 Eggplant in tom sauce, cooked, no fat added
	7514500 Seven-layer salad (lettuce, mayo, cheese, egg, peas)	7530700 Green peppers & onions, cooked, fat added in cooking
	7514600 Greek salad	
7514700 Spinach salad		

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Exposed Vegetables (continued)	7531600 Squash, summer & onions, cooked, no fat added 7531601 Zucchini w/tom sauce, cooked, no fat added in cooking 7531602 Squash, summer & onions, cooked, fat added 7540050 Artichokes, stuffed 7540101 Asparagus, creamed or with cheese 75403- Beans, green with sauce 75404- Beans, yellow with sauce 7540601 Brussel Sprouts, creamed 7540701 Cabbage, creamed 75409- Cauliflower, creamed 75410- Celery/Chiles, creamed 75412- Eggplant, fried, with sauce, etc. 75413- Kohlrabi, creamed 75414- Mushrooms, Okra, fried, stuffed, creamed 754180- Squash, baked, fried, creamed, etc. 7541822 Christophine, creamed 7550011 Beans, pickled 7550051 Celery, pickled 7550201 Cauliflower, pickled 755025- Cabbage, pickled 7550301 Cucumber pickles, dill 7550302 Cucumber pickles, relish 7550303 Cucumber pickles, sour 7550304 Cucumber pickles, sweet 7550305 Cucumber pickles, fresh 7550307 Cucumber, Kim Chee 7550308 Eggplant, pickled 7550311 Cucumber pickles, dill, reduced salt	7550314 Cucumber pickles, sweet, reduced salt 7550500 Mushrooms, pickled 7550700 Okra, pickled 75510- Olives 7551101 Peppers, hot 7551102 Peppers, pickled 7551104 Peppers, hot pickled 7551301 Seaweed, pickled 7553500 Zucchini, pickled 756010- Asparagus soup 756012- Cabbage soup 756020- Cauliflower soup, cream of, w/milk 756030- Celery soup 7560451 Cucumber soup, cream of, w/milk 756046- Gazpacho 75607- Mushroom soup 7561201 Zucchini soup, cream of, prep w/milk 7564700 Seaweed soup 76102- Dark Green Veg., baby 76401- Beans, baby (excl. most soups & mixtures) 7660400 Broccoli & chicken, baby, strained 7661150 Green beans & turkey, baby, strained 7731601 Stuffed cabbage w/meat, p.r. (repollo relleno con carne) 7731651 Stuffed cabbage w/meat & rice, syrian dish, puerto rican style 7731660 Eggplant and meat casserole 7756301 Puerto rican stew (sancocho) Does not include vegetable with meat mixtures.
Protected Veg.	411-, 412-, 413- Beans and lentils 414- Soy products 415-, 416- Bean meals 7185-, 7190- Plantains soups etc. 732- Pumpkin 733- Winter Squash 7510200 Lima Beans, raw 7510550 Cactus, raw 7510960 Corn, raw 7512000 Peas, raw 7520070 Aloe vera juice 752040- Lima Beans, cooked 752041- Lima Beans, canned 7520829 Bitter Melon 752083- Bitter Melon, cooked 7520950 Burdock 752131- Cactus 752160- Corn, cooked 752161- Corn, yellow, cooked 752162- Corn, white, cooked 752163- Corn, canned 7521749 Hominy 752175- Hominy 75223- Peas, cowpeas, field or blackeye, cooked 75224- Peas, green, cooked 75225- Peas, pigeon, cooked 75301- Succotash 7531500 Peas & corn, cooked, ns as to added fat 7531501 Peas & corn, cooked, no fat added	7531502 Peas & corn, cooked, fat added 7531510 Peas & onions, cooked, ns as to added fat 7531511 Peas & onions, cooked, fat not added 7531512 Peas & onions, cooked, fat added 7531521 Peas w/mushrooms, cooked, no fat added 7531525 Cowpeas w/snap beans, cooked, no fat added in cooking 7531530 Peas & potatoes, cooked, no fat added in cooking 75402- Lima Beans with sauce 75411- Corn, scalloped, fritter, with cream 7541650 Pea salad 7541660 Pea salad with cheese 75417- Peas, with sauce or creamed 7550101 Corn relish 7560401 Corn soup, cream of, w/milk 7560402 Corn soup, cream of, prepared w/water 7560900 Pea soup, nfs 7560901 Pea soup, prep w/milk 7560802 Pea soup, prepared w/water 7560905 Pea soup, prepared w/water, low sodium 7560906 Pea soup, prepared w/lowfat milk 76205- Squash, yellow, baby 76405- Corn, baby 76409- Peas, baby 76411- Peas, creamed, baby 7650200 Peas and brown rice, baby 7720121 Green plantain w/cracklings, p.r. (Mofongo) 7720511 Ripe plantain fritters, p.r. (Pionono) 7720561 Ripe plantainmeat pie, p.r. (Pinon) Does not include vegetable with meat mixtures.

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Root Vegetables	710-, 711-, 712-, 713-, 714-, 715-, 716-, 717-, 7180-, 1793-, 7194-, 7195-, 7196-, 7198- White Potatoes and Puerto Rican St. Veg. 7310- Carrots 7311140 Carrots in sauce 7311200 Carrot chips 734- Sweet potatoes 7510250 Beets, raw 7511150 Garlic, raw 7511180 Jicama (yambean), raw 7511250 Leeks, raw 75117- Onions, raw 7512500 Radish, raw 7512700 Rutabaga, raw 7512900 Turnip, raw 752080- Beets, cooked 752081- Beets, canned 7521362 Cassava 7521740 Garlic, cooked 7521771 Horseradish 7521840 Leek, cooked 7521850 Lotus root 752210- Onions, cooked 7522110 Onions, dehydrated 752220- Parsnips, cooked 75227- Radishes, cooked 75228- Rutabaga, cooked 75229- Salsify, cooked 75234- Turnip, cooked 75235- Water Chestnut	7540501 Beets, harvard 75415- Onions, creamed, fried 7541601 Parsnips, creamed 7541810 Turnips, creamed 7550021 Beets, pickled 7550309 Horseradish 7551201 Radishes, pickled 7553403 Turnip, pickled 7560110 Beet soup (borscht) 7560501 Leek soup, cream of, prep w/milk 7560503 Leek soup, made from dry mix 7560801 Onion soup, cream of, prep w/milk 7560803 Onion soup, cream of, canned, undiluted 7560810 Onion soup, french 7560820 Onion soup, made from dry mix 7560830 Onion soup, dry mix, not reconstituted 76201- Carrots, baby 76209- Sweet potatoes, baby 76403- Beets, baby 7642000 Potatoes, baby 7660200 Carrots & beef, baby, strained 7712101 Fried stuffed potatoes, p.r. (Rellenos de papas) 7712111 Potato & ham fritters, p.r. (frituras de papa y jamon) 7714101 Potato chicken pie, p.r. (Pastelon de pollo) 7723021 Cassava pasteles, p.r. (Pasteles de yuca) 7723051 Cassava pie stuffed w/crab meat, p.r. 7725011 Stuffed tannier fritters, p.r. (Alcapurrias) 7725071 Tannier fritters, p.r. (Frituras de yautia) Does not include vegetable with meat mixtures.
FAT CATEGORIES		
Animal Fat	81201- Bacon grease 81202- Lard 812032- Shortening, animal 8133011 Lard	
Butter	811005- Butter 81101- Butter 81105- Butter 81204- Clarified butter 8132200 Honey butter	
Dressing	83100- 83101- 83102- 83103- 83104- 83105- 83106- 8311- 83200- 83201-	83202- 83203- 83205- 83206- 83207- 83208- 83209- 83210- 83220-
Margarine	81102- 81103- 81104- 81106-	
Mayonnaise	83204- 83107- 83108-	

Table 3B-1 Food Codes and Definitions Used in Analysis of the 1994-96 USDA CSFII Data (Continued)

Food Product	Food Codes	
Sauce	81301- Lemon butter sauce 81302- Sauces, various 81312- Tartar sauce	
Vegetable Oil	812031- Shortening, vegetable 81324- Lecithin 8133021 Adobo fresco 82101- Vegetable oil 82102- Corn oil 82103- Cottonseed & flax seed oil	82104- Olive oil 82105- Peanut, rapeseed, & canola oil 82106- Safflower oil 82107- Sesame oil 82108- Soy and sunflower oil 82109- Wheat germ oil

APPENDIX 3C

**SAMPLE CALCULATION OF MEAN DAILY FAT INTAKE BASED
ON CDC (1994) DATA**

Sample Calculation of Mean Daily Fat Intake Based on CDC (1994) Data

CDC (1994) provided data on the mean daily total food energy intake (TFEI) and the mean percentages of TFEI from total dietary fat grouped by age and gender. The overall mean daily TFEI was 2,095 kcal for the total population and 34 percent (or 82 g) of their TFEI was from total dietary fat (CDC, 1994). Based on this information, the amount of fat per kcal was calculated as shown in the following example.

$$0.34 \times 2,095 \frac{\text{kcal}}{\text{day}} \times X \frac{\text{g-fat}}{\text{day}} = 82 \frac{\text{g-fat}}{\text{day}}$$

$$\therefore X = 0.12 \frac{\text{g-fat}}{\text{kcal}}$$

where 0.34 is the fraction of fat intake, 2,095 is the total food intake, and X is the conversion factor from kcal/day to g-fat/day.

Using the conversion factor shown above (i.e., 0.12 g-fat/kcal) and the information on the mean daily TFEI and percentage of TFEI for the various age/gender groups, the daily fat intake was calculated for these groups. An example of obtaining the grams of fat from the daily TFEI (1,591 kcal/day) for children ages 3-5 and their percent TFEI from total dietary fat (33 percent) is as follows:

$$1,591 \frac{\text{kcal}}{\text{day}} \times 0.33 \times 0.12 \frac{\text{g-fat}}{\text{kcal}} = 63 \frac{\text{g-fat}}{\text{day}}$$

APPENDIX 3D

**FOOD CODES AND DEFINITIONS USED IN ANALYSIS
OF THE 1987-88 USDA NFCS DATA**

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data

Food Product	Household Code/Definition	Individual Code
MAJOR FOOD GROUPS		
Total Fruits	50- Fresh Fruits citrus other vitamin-C rich other fruits 512- Commercially Canned Fruits 522- Commercially Frozen Fruits 533- Canned Fruit Juice 534- Frozen Fruit Juice 535- Aseptically Packed Fruit Juice 536- Fresh Fruit Juice 542- Dried Fruits (includes baby foods)	6- Fruits citrus fruits and juices dried fruits other fruits fruits/juices & nectar fruit/juices baby food (includes baby foods)
Total Vegetables	48- Potatoes, Sweetpotatoes 49- Fresh Vegetables dark green deep yellow tomatoes light green other 511- Commercially Canned Vegetables 521- Commercially Frozen Vegetables 531- Canned Vegetable Juice 532- Frozen Vegetable Juice 537- Fresh Vegetable Juice 538- Aseptically Packed Vegetable Juice 541- Dried Vegetables (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures/dinners)	7- Vegetables (all forms) white potatoes & PR starchy dark green vegetables deep yellow vegetables tomatoes and tom. mixtures other vegetables veg. and mixtures/baby food veg. with meat mixtures (includes baby foods; mixtures, mostly vegetables)
Total Meats	44- Meat beef pork veal lamb mutton goat game lunch meat mixtures 451- Poultry (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	20- Meat, type not specified 21- Beef 22- Pork 23- Lamb, veal, game, carcass meat 24- Poultry 25- Organ meats, sausages, lunchmeats, meat spreads (excludes meat, poultry, and fish with non-meat items; frozen plate meals; soups and gravies with meat, poultry and fish base; and gelatin-based drinks; includes baby foods)
Total Dairy	40- Milk Equivalent fresh fluid milk processed milk cream and cream substitutes frozen desserts with milk cheese dairy-based dips (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners)	1- Milk and Milk Products milk and milk drinks cream and cream substitutes milk desserts, sauces, and gravies cheeses (includes regular fluid milk, human milk, imitation milk products, yogurt, milk-based meal replacements, and infant formulas)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Total Fish	452- Fish, Shellfish various species fresh, frozen, commercial, dried (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners)	26- Fish, Shellfish various species and forms (excludes meat, poultry, and fish with non-meat items; frozen plate meals; soups and gravies with meat, poultry and fish base; and gelatin-based drinks)
INDIVIDUAL FOODS		
White Potatoes	4811- White Potatoes, fresh 4821- White Potatoes, commercially canned 4831- White Potatoes, commercially frozen 4841- White Potatoes, dehydrated 4851- White Potatoes, chips, sticks, salad (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners)	71- White Potatoes and PR Starchy Veg. baked, boiled, chips, sticks, creamed, scalloped, au gratin, fried, mashed, stuffed, puffs, salad, recipes, soups, Puerto Rican starchy vegetables (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Peppers	4913- Green/Red Peppers, fresh 5111201 Sweet Green Peppers, commercially canned 5111202 Hot Chili Peppers, commercially canned 5211301 Sweet Green Peppers, commercially frozen 5211302 Green Chili Peppers, commercially frozen 5211303 Red Chili Peppers, commercially frozen 5413112 Sweet Green Peppers, dry 5413113 Red Chili Peppers, dry (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners)	7512100 Pepper, hot chili, raw 7512200 Pepper, raw 7512210 Pepper, sweet green, raw 7512220 Pepper, sweet red, raw 7522600 Pepper, green, cooked, NS as to fat added 7522601 Pepper, green, cooked, fat not added 7522602 Pepper, green, cooked, fat added 7522604 Pepper, red, cooked, NS as to fat added 7522605 Pepper, red, cooked, fat not added 7522606 Pepper, red, cooked, fat added 7522609 Pepper, hot, cooked, NS as to fat added 7522610 Pepper, hot, cooked, fat not added 7522611 Pepper, hot, cooked, fat added 7551101 Peppers, hot, sauce 7551102 Peppers, pickled (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Onions	4953- Onions, Garlic, fresh onions chives garlic leeks 5114908 Garlic Pulp, raw 5114915 Onions, commercially canned 5213722 Onions, commercially frozen 5213723 Onions with Sauce, commercially frozen 5413103 Chives, dried 5413105 Garlic Flakes, dried 5413110 Onion Flakes, dried (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners)	7510950 Chives, raw 7511150 Garlic, raw 7511250 Leek, raw 7511701 Onions, young green, raw 7511702 Onions, mature 7521550 Chives, dried 7521740 Garlic, cooked 7522100 Onions, mature cooked, NS as to fat added 7522101 Onions, mature cooked, fat not added 7522102 Onions, mature cooked, fat added 7522103 Onions, pearl cooked 7522104 Onions, young green cooked, NS as to fat 7522105 Onions, young green cooked, fat not added 7522106 Onions, young green cooked, fat added 7522110 Onion, dehydrated

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Corn	4956- Corn, fresh 5114601 Yellow Corn, commercially canned 5114602 White Corn, commercially canned 5114603 Yellow Creamed Corn, commercially canned 5114604 White Creamed Corn, commercially canned 5114605 Corn on Cob, commercially canned 5114607 Hominy, canned 5115306 Low Sodium Corn, commercially canned 5115307 Low Sodium Cr. Corn, commercially canned 5213501 Yellow Corn on Cob, commercially frozen 5213502 Yellow Corn off Cob, commercially frozen 5213503 Yell. Corn with Sauce, commercially frozen 5213504 Corn with other Veg., commercially frozen 5213505 White Corn on Cob, commercially frozen 5213506 White Corn off Cob, commercially frozen	7510960 Corn, raw 7521600 Corn, cooked, NS as to color/fat added 7521601 Corn, cooked, NS as to color/fat not added 7521602 Corn, cooked, NS as to color/fat added 7521605 Corn, cooked, NS as to color/cream style 7521607 Corn, cooked, dried 7521610 Corn, cooked, yellow/NS as to fat added 7521611 Corn, cooked, yellow/fat not added 7521612 Corn, cooked, yellow/fat added 7521615 Corn, yellow, cream style 7521616 Corn, cooked, yell. & wh./NS as to fat 7521617 Corn, cooked, yell. & wh./fat not added 7521618 Corn, cooked, yell. & wh./fat added 7521619 Corn, yellow, cream style, fat added 7521620 Corn, cooked, white/NS as to fat added
Corn (cont.)	5213507 Wh. Corn with Sauce, commercially frozen 5413104 Corn, dried 5413106 Hominy, dry 5413603 Corn, instant baby food (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby food)	7521621 Corn, cooked, white/fat not added 7521622 Corn, cooked, white/fat added 7521625 Corn, white, cream style 7521630 Corn, yellow, canned, low sodium, NS fat 7521631 Corn, yell., canned, low sod., fat not add 7521632 Corn, yell., canned, low sod., fat added 7521749 Hominy, cooked 752175- Hominy, cooked 7541101 Corn scalloped or pudding 7541102 Corn fritter 7541103 Corn with cream sauce 7550101 Corn relish 76405- Corn, baby (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures; includes baby food)
Apples	5031- Apples, fresh 5122101 Applesauce with sugar, commercially canned 5122102 Applesauce without sugar, comm. canned 5122103 Apple Pie Filling, commercially canned 5122104 Apples, Applesauce, baby/jr., comm. canned 5122106 Apple Pie Filling, Low Cal., comm. canned 5223101 Apple Slices, commercially frozen 5332101 Apple Juice, canned 5332102 Apple Juice, baby, Comm. canned 5342201 Apple Juice, comm. frozen 5342202 Apple Juice, home frozen 5352101 Apple Juice, aseptically packed 5362101 Apple Juice, fresh 5423101 Apples, dried (includes baby food; except mixtures)	6210110 Apples, dried, uncooked 6210115 Apples, dried, uncooked, low sodium 6210120 Apples, dried, cooked, NS as to sweetener 6210122 Apples, dried, cooked, unsweetened 6210123 Apples, dried, cooked, with sugar 6310100 Apples, raw 6310111 Applesauce, NS as to sweetener 6310112 Applesauce, unsweetened 6310113 Applesauce with sugar 6310114 Applesauce with low calorie sweetener 6310121 Apples, cooked or canned with syrup 6310131 Apple, baked NS as to sweetener 6310132 Apple, baked, unsweetened 6310133 Apple, baked with sugar 6310141 Apple rings, fried 6310142 Apple, pickled 6310150 Apple, fried 6340101 Apple, salad 6340106 Apple, candied 6410101 Apple cider 6410401 Apple juice 6410405 Apple juice with vitamin C 6710200 Applesauce baby fd., NS as to str. or jr. 6710201 Applesauce baby food, strained 6710202 Applesauce baby food, junior 6720200 Apple juice, baby food (includes baby food; except mixtures)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Tomatoes	4931- Tomatoes, fresh 5113- Tomatoes, commercially canned 5115201 Tomatoes, low sodium, commercially canned 5115202 Tomato Sauce, low sodium, comm. canned 5115203 Tomato Paste, low sodium, comm. canned 5115204 Tomato Puree, low sodium, comm. canned 5311- Canned Tomato Juice and Tomato Mixtures 5321- Frozen Tomato Juice 5371- Fresh Tomato Juice 5381102 Tomato Juice, aseptically packed 5413115 Tomatoes, dry 5614- Tomato Soup 5624- Condensed Tomato Soup 5654- Dry Tomato Soup (does not include mixtures, and ready-to-eat dinners)	74- Tomatoes and Tomato Mixtures raw, cooked, juices, sauces, mixtures, soups, sandwiches
Snap Beans	4943- Snap or Wax Beans, fresh 5114401 Green or Snap Beans, commercially canned 5114402 Wax or Yellow Beans, commercially canned 5114403 Beans, baby/jr., commercially canned 5115302 Green Beans, low sodium, comm. canned 5115303 Yell. or Wax Beans, low sod., comm. canned 5213301 Snap or Green Beans, comm. frozen 5213302 Snap or Green w/sauce, comm. frozen 5213303 Snap or Green Beans w/other veg., comm. fr. 5213304 Sp. or Gr. Beans w/other veg./sc., comm. fr. 5213305 Wax or Yell. Beans, comm. frozen (does not include soups, mixtures, and ready-to-eat dinners; includes baby foods)	7510180 Beans, string, green, raw 7520498 Beans, string, cooked, NS color/fat added 7520499 Beans, string, cooked, NS color/no fat 7520500 Beans, string, cooked, NS color & fat 7520501 Beans, string, cooked, green/NS fat 7520502 Beans, string, cooked, green/no fat 7520503 Beans, string, cooked, green/fat 7520511 Beans, str., canned, low sod.,green/NS fat 7520512 Beans, str., canned, low sod.,green/no fat 7520513 Beans, str., canned, low sod.,green/fat 7520600 Beans, string, cooked, yellow/NS fat 7520601 Beans, string, cooked, yellow/no fat 7520602 Beans, string, cooked, yellow/fat 7540301 Beans, string, green, creamed 7540302 Beans, string, green, w/mushroom sauce 7540401 Beans, string, yellow, creamed 7550011 Beans, string, green, pickled 7640100 Beans, green, string, baby 7640101 Beans, green, string, baby, str. 7640102 Beans, green, string, baby, junior 7640103 Beans, green, string, baby, creamed (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures; includes baby foods)
Beef	441- Beef (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	21- Beef beef, nfs beef steak beef oxtails, neckbones, ribs roasts, stew meat, corned, brisket, sandwich steaks ground beef, patties, meatballs other beef items beef baby food (excludes meat, poultry, and fish with non-meat items; frozen plate meals; soups and gravies with meat, poultry and fish base; and gelatin-based drinks; includes baby food)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Pork	442- Pork (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	22- Pork pork, nfs; ground dehydrated chops steaks, cutlets ham roasts Canadian bacon bacon, salt pork other pork items pork baby food (excludes meat, poultry, and fish with non-meat items; frozen plate meals; soups and gravies with meat, poultry and fish base; and gelatin-based drinks; includes baby food)
Game	445- Variety Meat, Game (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	233- Game (excludes meat, poultry, and fish with non-meat items; frozen plate meals; soups and gravies with meat, poultry and fish base; and gelatin-based drinks)
Poultry	451- Poultry (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	24- Poultry chicken turkey duck other poultry poultry baby food (excludes meat, poultry, and fish with non-meat items; frozen plate meals; soups and gravies with meat, poultry and fish base; and gelatin-based drinks; includes baby food)
Eggs	46- Eggs (fresh equivalent) fresh processed eggs, substitutes (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	3- Eggs eggs egg mixtures egg substitutes eggs baby food froz. meals with egg as main ingred. (includes baby foods)
Broccoli	4912- Fresh Broccoli (and home canned/froz.) 5111203 Broccoli, comm. canned 52112- Comm. Frozen Broccoli (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	722- Broccoli (all forms) (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Carrots	4921- Fresh Carrots (and home canned/froz.) 511121- Comm. Canned Carrots 5115101 Carrots, Low Sodium, Comm. Canned 52121- Comm. Frozen Carrots 5312103 Comm. Canned Carrot Juice 5372102 Carrot Juice Fresh 5413502 Carrots, Dried Baby Food (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7310- Carrots (all forms) 7311140 Carrots in Sauce 7311200 Carrot Chips 76201- Carrots, baby (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures; includes baby foods except mixtures)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Pumpkin	4922- Fresh Pumpkin, Winter Squash (and home canned/froz.) 51122- Pumpkin/Squash, Baby or Junior, Comm. Canned 52122- Winter Squash, Comm. Frozen 5413504 Squash, Dried Baby Food (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	732- Pumpkin (all forms) 733- Winter squash (all forms) 76205- Squash, baby (does not include vegetable soups; vegetables mixtures; or vegetable with meat mixtures; includes baby foods)
Asparagus	4941- Fresh Asparagus (and home canned/froz.) 5114101 Comm. Canned Asparagus 5115301 Asparagus, Low Sodium, Comm. Canned 52131- Comm. Frozen Asparagus (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7510080 Asparagus, raw 75202- Asparagus, cooked 7540101 Asparagus, creamed or with cheese (does not include vegetable soups; vegetables mixtures, or vegetable with meat mixtures)
Lima Beans	4942- Fresh Lima and Fava Beans (and home canned/froz.) 5114204 Comm. Canned Mature Lima Beans 5114301 Comm. Canned Green Lima Beans 5115304 Comm. Canned Low Sodium Lima Beans 52132- Comm. Frozen Lima Beans 54111- Dried Lima Beans 5411306 Dried Fava Beans (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures; does not include succotash)	7510200 Lima Beans, raw 752040- Lima Beans, cooked 752041- Lima Beans, canned 75402- Lima Beans with sauce (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures; does not include succotash)
Cabbage	4944- Fresh Cabbage (and home canned/froz.) 4958601 Sauerkraut, home canned or pkgd 5114801 Sauerkraut, comm. canned 5114904 Comm. Canned Cabbage 5114905 Comm. Canned Cabbage (no sauce; incl. baby) 5115501 Sauerkraut, low sodium, comm. canned 5312102 Sauerkraut Juice, comm. canned (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7510300 Cabbage, raw 7510400 Cabbage, Chinese, raw 7510500 Cabbage, red, raw 7514100 Cabbage salad or coleslaw 7514130 Cabbage, Chinese, salad 75210- Chinese Cabbage, cooked 75211- Green Cabbage, cooked 75212- Red Cabbage, cooked 752130- Savoy Cabbage, cooked 75230- Sauerkraut, cooked 7540701 Cabbage, creamed 755025- Cabbage, pickled or in relish (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Lettuce	4945- Fresh Lettuce, French Endive (and home canned/froz.) (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	75113- Lettuce, raw 75143- Lettuce salad with other veg. 7514410 Lettuce, wilted, with bacon dressing 7522005 Lettuce, cooked (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Okra	4946- Fresh Okra (and home canned/froz.) 5114914 Comm. Canned Okra 5213720 Comm. Frozen Okra 5213721 Comm. Frozen Okra with Oth. Veg. & Sauce (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7522000 Okra, cooked, NS as to fat 7522001 Okra, cooked, fat not added 7522002 Okra, cooked, fat added 7522010 Lufta, cooked (Chinese Okra) 7541450 Okra, fried 7550700 Okra, pickled (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Peas	4947- Fresh Peas (and home canned/froz.) 51147- Comm Canned Peas (incl. baby) 5115310 Low Sodium Green or English Peas (canned) 5115314 Low Sod. Blackeye, Gr. or Imm. Peas (canned) 5114205 Blackeyed Peas, comm. canned 52134- Comm. Frozen Peas 5412- Dried Peas and Lentils (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7512000 Peas, green, raw 7512775 Snowpeas, raw 75223- Peas, cowpeas, field or blackeye, cooked 75224- Peas, green, cooked 75225- Peas, pigeon, cooked 75231- Snowpeas, cooked 7541650 Pea salad 7541660 Pea salad with cheese 75417- Peas, with sauce or creamed 76409- Peas, baby 76411- Peas, creamed, baby (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures; includes baby foods except mixtures)
Cucumbers	4952- Fresh Cucumbers (and home canned/froz.) (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7511100 Cucumbers, raw 75142- Cucumber salads 752167- Cucumbers, cooked 7550301 Cucumber pickles, dill 7550302 Cucumber pickles, relish 7550303 Cucumber pickles, sour 7550304 Cucumber pickles, sweet 7550305 Cucumber pickles, fresh 7550307 Cucumber, Kim Chee 7550311 Cucumber pickles, dill, reduced salt 7550314 Cucumber pickles, sweet, reduced salt (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Beets	4954- Fresh Beets (and home canned/froz.) 51145- Comm. Canned Beets (incl. baby) 5115305 Low Sodium Beets (canned) 5213714 Comm. Frozen Beets 5312104 Beet Juice (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	7510250 Beets, raw 752080- Beets, cooked 752081- Beets, canned 7540501 Beets, harvard 7550021 Beets, pickled 76403- Beets, baby (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures; includes baby foods except mixtures)
Strawberries	5022- Fresh Strawberries 5122801 Comm. Canned Strawberries with sugar 5122802 Comm. Canned Strawberries without sugar 5122803 Canned Strawberry Pie Filling 5222- Comm. Frozen Strawberries (does not include ready-to-eat dinners; includes baby foods except mixtures)	6322- Strawberries 6413250 Strawberry Juice (includes baby food; except mixtures)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Other Berries	5033- Fresh Berries Other than Strawberries 5122804 Comm. Canned Blackberries with sugar 5122805 Comm. Canned Blackberries without sugar 5122806 Comm. Canned Blueberries with sugar 5122807 Comm. Canned Blueberries without sugar 5122808 Canned Blueberry Pie Filling 5122809 Comm. Canned Gooseberries with sugar 5122810 Comm. Canned Gooseberries without sugar 5122811 Comm. Canned Raspberries with sugar 5122812 Comm. Canned Raspberries without sugar 5122813 Comm. Canned Cranberry Sauce 5122815 Comm. Canned Cranberry-Orange Relish 52233- Comm. Frozen Berries (not strawberries) 5332404 Blackberry Juice (home and comm. canned) 5423114 Dried Berries (not strawberries) (does not include ready-to-eat dinners; includes baby foods except mixtures)	6320- Other Berries 6321- Other Berries 6341101 Cranberry salad 6410460 Blackberry Juice 64105- Cranberry Juice (includes baby food; except mixtures)
Peaches	5036- Fresh Peaches 51224- Comm. Canned Peaches (incl. baby) 5223601 Comm. Frozen Peaches 5332405 Home Canned Peach Juice 5423105 Dried Peaches (baby) 5423106 Dried Peaches (does not include ready-to-eat dinners; includes baby foods except mixtures)	62116- Dried Peaches 63135- Peaches 6412203 Peach Juice 6420501 Peach Nectar 67108- Peaches, baby 6711450 Peaches, dry, baby (includes baby food; except mixtures)
Pears	5037- Fresh Pears 51225- Comm. Canned Pears (incl. baby) 5332403 Comm. Canned Pear Juice, baby 5362204 Fresh Pear Juice 5423107 Dried Pears (does not include ready-to-eat dinners; includes baby foods except mixtures)	62119- Dried Pears 63137- Pears 6341201 Pear salad 6421501 Pear Nectar 67109- Pears, baby 6711455 Pears, dry, baby (includes baby food; except mixtures)
EXPOSED/PROTECTED FRUITS/VEGETABLES, ROOT VEGETABLES		
Exposed Fruits	5022- Strawberries, fresh 5023101 Acerola, fresh 5023401 Currants, fresh 5031- Apples/Applesauce, fresh 5033- Berries other than Strawberries, fresh 5034- Cherries, fresh 5036- Peaches, fresh	62101- Apple, dried 62104- Apricot, dried 62108- Currants, dried 62110- Date, dried 62116- Peaches, dried 62119- Pears, dried 62121- Plum, dried

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Exposed Fruits (cont.)	5037- Pears, fresh	62122- Prune, dried
	50381- Apricots, Nectarines, Loquats, fresh	62125- Raisins
	5038305 Dates, fresh	63101- Apples/applesauce
	50384- Grapes, fresh	63102- Wi-apple
	50386- Plums, fresh	63103- Apricots
	50387- Rhubarb, fresh	63111- Cherries, maraschino
	5038805 Persimmons, fresh	63112- Acerola
	5038901 Sapote, fresh	63113- Cherries, sour
	51221- Apples/Applesauce, canned	63115- Cherries, sweet
	51222- Apricots, canned	63117- Currants, raw
	51223- Cherries, canned	63123- Grapes
	51224- Peaches, canned	6312601 Juneberry
	51225- Pears, canned	63131- Nectarine
	51228- Berries, canned	63135- Peach
	5122903 Grapes with sugar, canned	63137- Pear
	5122904 Grapes without sugar, canned	63139- Persimmons
	5122905 Plums with sugar, canned	63143- Plum
	5122906 Plums without sugar, canned	63146- Quince
	5122907 Plums, canned, baby	63147- Rhubarb/Sapodillo
	5122911 Prunes, canned, baby	632- Berries
	5122912 Prunes, with sugar, canned	64101- Apple Cider
	5122913 Prunes, without sugar, canned	64104- Apple Juice
	5122914 Raisin Pie Filling	64105- Cranberry Juice
	5222- Frozen Strawberries	64116- Grape Juice
	52231- Apples Slices, frozen	64122- Peach Juice
	52233- Berries, frozen	64132- Prune/Strawberry Juice
	52234- Cherries, frozen	6420101 Apricot Nectar
	52236- Peaches, frozen	64205- Peach Nectar
	52239- Rhubarb, frozen	64215- Pear Nectar
	53321- Canned Apple Juice	67102- Applesauce, baby
	53322- Canned Grape Juice	67108- Peaches, baby
	5332402 Canned Prune Juice	67109- Pears, baby
	5332403 Canned Pear Juice	6711450 Peaches, baby, dry
	5332404 Canned Blackberry Juice	6711455 Pears, baby, dry
	5332405 Canned Peach Juice	67202- Apple Juice, baby
	53421- Frozen Grape Juice	6720380 White Grape Juice, baby
	5342201 Frozen Apple Juice, comm. fr.	67212- Pear Juice, baby
	5342202 Frozen Apple Juice, home fr.	(includes baby foods/juices except mixtures; excludes fruit mixtures)
	5352101 Apple Juice, aseptic packed	
	5352201 Grape Juice, aseptic packed	
	5362101 Apple Juice, fresh	
	5362202 Apricot Juice, fresh	
	5362203 Grape Juice, fresh	
	5362204 Pear Juice, fresh	
	5362205 Prune Juice, fresh	
	5421- Dried Prunes	
	5422- Raisins, Currants, dried	
	5423101 Dry Apples	
	5423102 Dry Apricots	
	5423103 Dates without pits	
5423104 Dates with pits		
5423105 Peaches, dry, baby		
5423106 Peaches, dry		
5423107 Pears, dry		
5423114 Berries, dry		
5423115 Cherries, dry		
(includes baby foods)		

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Protected Fruits	501- Citrus Fruits, fresh 5021- Cantaloupe, fresh 5023201 Mangoes, fresh 5023301 Guava, fresh	61- Citrus Fr., Juices (incl. cit. juice mixtures) 62107- Bananas, dried 62113- Figs, dried 62114- Lychees/Papayas, dried

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Protected Fruits (cont.)	5023601 Kiwi, fresh	62120- Pineapple, dried
	5023701 Papayas, fresh	62126- Tamarind, dried
	5023801 Passion Fruit, fresh	63105- Avocado, raw
	5032- Bananas, Plantains, fresh	63107- Bananas
	5035- Melons other than Cantaloupe, fresh	63109- Cantaloupe, Carambola
	50382- Avocados, fresh	63110- Cassaba Melon
	5038301 Figs, fresh	63119- Figs
	5038302 Figs, cooked	63121- Genip
	5038303 Figs, home canned	63125- Guava/Jackfruit, raw
	5038304 Figs, home frozen	6312650 Kiwi
	50385- Pineapple, fresh	6312651 Lychee, raw
	5038801 Pomegranates, fresh	6312660 Lychee, cooked
	5038902 Cherimoya, fresh	63127- Honeydew
	5038903 Jackfruit, fresh	63129- Mango
	5038904 Breadfruit, fresh	63133- Papaya
	5038905 Tamarind, fresh	63134- Passion Fruit
	5038906 Carambola, fresh	63141- Pineapple
	5038907 Longan, fresh	63145- Pomegranate
	5121- Citrus, canned	63148- Sweetsop, Soursop, Tamarind
	51226- Pineapple, canned	63149- Watermelon
	5122901 Figs with sugar, canned	64120- Papaya Juice
	5122902 Figs without sugar, canned	64121- Passion Fruit Juice
	5122909 Bananas, canned, baby	64124- Pineapple Juice
	5122910 Bananas and Pineapple, canned, baby	64133- Watermelon Juice
	5122915 Litchis, canned	6420150 Banana Nectar
	5122916 Mangos with sugar, canned	64202- Cantaloupe Nectar
	5122917 Mangos without sugar, canned	64203- Guava Nectar
	5122918 Mangos, canned, baby	64204- Mango Nectar
	5122920 Guava with sugar, canned	64210- Papaya Nectar
	5122921 Guava without sugar, canned	64213- Passion Fruit Nectar
	5122923 Papaya with sugar, canned	64221- Soursop Nectar
	5122924 Papaya without sugar, canned	6710503 Bananas, baby
	52232- Bananas, frozen	6711500 Bananas, baby, dry
	52235- Melon, frozen	6720500 Orange Juice, baby
	52237- Pineapple, frozen	6721300 Pineapple Juice, baby
	5331- Canned Citrus Juices	(includes baby foods/juices except mixtures; excludes fruit mixtures)
	53323- Canned Pineapple Juice	
	5332408 Canned Papaya Juice	
	5332410 Canned Mango Juice	
	5332501 Canned Papaya Concentrate	
	5341- Frozen Citrus Juice	
	5342203 Frozen Pineapple Juice	
	5351- Citrus and Citrus Blend Juices, asep. packed	
	5352302 Pineapple Juice, asep. packed	
	5361- Fresh Citrus and Citrus Blend Juices	
	5362206 Papaya Juice, fresh	
	5362207 Pineapple-Coconut Juice, fresh	
	5362208 Mango Juice, fresh	
	5362209 Pineapple Juice, fresh	
	5423108 Pineapple, dry	
	5423109 Papaya, dry	
	5423110 Bananas, dry	
	5423111 Mangos, dry	
	5423117 Litchis, dry	
	5423118 Tamarind, dry	
	5423119 Plantain, dry	
	(includes baby foods)	

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Exposed Vegetable	491- Fresh Dark Green Vegetables 493- Fresh Tomatoes 4941- Fresh Asparagus 4943- Fresh Beans, Snap or Wax	721- Dark Green Leafy Veg. 722- Dark Green Nonleafy Veg. 74- Tomatoes and Tomato Mixtures 7510050 Alfalfa Sprouts

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Exposed Vegetable (cont.)	4944- Fresh Cabbage 4945- Fresh Lettuce 4946- Fresh Okra 49481- Fresh Artichokes 49483- Fresh Brussel Sprouts 4951- Fresh Celery 4952- Fresh Cucumbers 4955- Fresh Cauliflower 4958103 Fresh Kohlrabi 4958111 Fresh Jerusalem Artichokes 4958112 Fresh Mushrooms 4958113 Mushrooms, home canned 4958114 Mushrooms, home frozen 4958118 Fresh Eggplant 4958119 Eggplant, cooked 4958120 Eggplant, home frozen 4958200 Fresh Summer Squash 4958201 Summer Squash, cooked 4958202 Summer Squash, home canned 4958203 Summer Squash, home frozen 4958402 Fresh Bean Sprouts 4958403 Fresh Alfalfa Sprouts 4958504 Bamboo Shoots 4958506 Seaweed 4958508 Tree Fern, fresh 4958601 Sauerkraut 5111- Dark Green Vegetables (all are exposed) 5113- Tomatoes 5114101 Asparagus, comm. canned 51144- Beans, green, snap, yellow, comm. canned 5114704 Snow Peas, comm. canned 5114801 Sauerkraut, comm. canned 5114901 Artichokes, comm. canned 5114902 Bamboo Shoots, comm. canned 5114903 Bean Sprouts, comm. canned 5114904 Cabbage, comm. canned 5114905 Cabbage, comm. canned, no sauce 5114906 Cauliflower, comm. canned, no sauce 5114907 Eggplant, comm. canned, no sauce 5114913 Mushrooms, comm. canned 5114914 Okra, comm. canned 5114918 Seaweeds, comm. canned 5114920 Summer Squash, comm. canned 5114923 Chinese or Celery Cabbage, comm. canned 51152- Tomatoes, canned, low sod. 5115301 Asparagus, canned, low sod. 5115302 Beans, Green, canned, low sod. 5115303 Beans, Yellow, canned, low sod. 5115309 Mushrooms, canned, low sod. 51154- Greens, canned, low sod. 5115501 Sauerkraut, low sodium 5211- Dark Gr. Veg., comm. frozen (all exp.) 52131- Asparagus, comm. froz. 52133- Beans, snap, green, yellow, comm. froz. 5213407 Peapods, comm froz. 5213408 Peapods, with sauce, comm froz. 5213409 Peapods, with other veg., comm froz. 5213701 Brussel Sprouts, comm. froz. 5213702 Brussel Sprouts, comm. froz. with cheese	7510075 Artichoke, Jerusalem, raw 7510080 Asparagus, raw 75101- Beans, sprouts and green, raw 7510275 Brussel Sprouts, raw 7510280 Buckwheat Sprouts, raw 7510300 Cabbage, raw 7510400 Cabbage, Chinese, raw 7510500 Cabbage, Red, raw 7510700 Cauliflower, raw 7510900 Celery, raw 7510950 Chives, raw 7511100 Cucumber, raw 7511120 Eggplant, raw 7511200 Kohlrabi, raw 75113- Lettuce, raw 7511500 Mushrooms, raw 7511900 Parsley 7512100 Pepper, hot chili 75122- Peppers, raw 7512750 Seaweed, raw 7512775 Snowpeas, raw 75128- Summer Squash, raw 7513210 Celery Juice 7514100 Cabbage or cole slaw 7514130 Chinese Cabbage Salad 7514150 Celery with cheese 75142- Cucumber salads 75143- Lettuce salads 7514410 Lettuce, wilted with bacon dressing 7514600 Greek salad 7514700 Spinach salad 7520600 Algae, dried 75201- Artichoke, cooked 75202- Asparagus, cooked 75203- Bamboo shoots, cooked 752049- Beans, string, cooked 75205- Beans, green, cooked/canned 75206- Beans, yellow, cooked/canned 75207- Bean Sprouts, cooked 752085- Breadfruit 752090- Brussel Sprouts, cooked 75210- Cabbage, Chinese, cooked 75211- Cabbage, green, cooked 75212- Cabbage, red, cooked 752130- Cabbage, savoy, cooked 75214- Cauliflower 75215- Celery, Chives, Christophine (chayote) 752167- Cucumber, cooked 752170- Eggplant, cooked 752171- Fern shoots 752172- Fern shoots 752173- Flowers of sesbania, squash or lily 7521801 Kohlrabi, cooked 75219- Mushrooms, cooked 75220- Okra/lettuce, cooked 7522116 Palm Hearts, cooked 7522121 Parsley, cooked 75226- Peppers, pimento, cooked 75230- Sauerkraut, cooked/canned

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code	
Exposed Vegetable (cont.)	5213706 Cauliflower, comm. froz. with sauce	75233- Summer Squash	
	5213707 Cauliflower, comm. froz. with other veg.	7540050 Artichokes, stuffed	
	5213708 Caul., comm. froz. with other veg. & sauce	7540101 Asparagus, creamed or with cheese	
	5213709 Summer Squash, comm. froz.	75403- Beans, green with sauce	
	5213710 Summer Squash, comm. froz. with other veg.	75404- Beans, yellow with sauce	
	5213716 Eggplant, comm. froz.	7540601 Brussel Sprouts, creamed	
	5213718 Mushrooms with sauce, comm. froz.	7540701 Cabbage, creamed	
	5213719 Mushrooms, comm. froz.	75409- Cauliflower, creamed	
	5213720 Okra, comm. froz.	75410- Celery/Chiles, creamed	
	5213721 Okra, comm. froz., with sauce	75412- Eggplant, fried, with sauce, etc.	
	5311- Canned Tomato Juice and Tomato Mixtures	75413- Kohlrabi, creamed	
	5312102 Canned Sauerkraut Juice	75414- Mushrooms, Okra, fried, stuffed, creamed	
	5321- Frozen Tomato Juice	754180- Squash, baked, fried, creamed, etc.	
	5371- Fresh Tomato Juice	7541822 Christophine, creamed	
	5381102 Aseptically Packed Tomato Juice	7550011 Beans, pickled	
	5413101 Dry Algae	7550051 Celery, pickled	
	5413102 Dry Celery	7550201 Cauliflower, pickled	
	5413103 Dry Chives	755025- Cabbage, pickled	
	5413109 Dry Mushrooms	7550301 Cucumber pickles, dill	
	5413111 Dry Parsley	7550302 Cucumber pickles, relish	
	5413112 Dry Green Peppers	7550303 Cucumber pickles, sour	
	5413113 Dry Red Peppers	7550304 Cucumber pickles, sweet	
	5413114 Dry Seaweed	7550305 Cucumber pickles, fresh	
	5413115 Dry Tomatoes	7550307 Cucumber, Kim Chee	
	(does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)		7550308 Eggplant, pickled
			7550311 Cucumber pickles, dill, reduced salt
			7550314 Cucumber pickles, sweet, reduced salt
			7550500 Mushrooms, pickled
			7550700 Okra, pickled
			75510- Olives
			7551101 Peppers, hot
			7551102 Peppers, pickled
			7551301 Seaweed, pickled
			7553500 Zucchini, pickled
		76102- Dark Green Veg., baby	
		76401- Beans, baby (excl. most soups & mixtures)	

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Protected Vegetable	4922- Fresh Pumpkin, Winter Squash 4942- Fresh Lima Beans 4947- Fresh Peas 49482- Fresh Soy Beans 4956- Fresh Corn 4958303 Succotash, home canned 4958304 Succotash, home frozen 4958401 Fresh Cactus (prickly pear) 4958503 Burdock 4958505 Bitter Melon 4958507 Horseradish Tree Pods 51122- Comm. Canned Pumpkin and Squash (baby) 51142- Beans, comm. canned 51143- Beans, lima and soy, comm. canned 51146- Corn, comm. canned 5114701 Peas, green, comm. canned 5114702 Peas, baby, comm. canned 5114703 Peas, blackeye, comm. canned 5114705 Pigeon Peas, comm. canned 5114919 Succotash, comm. canned 5115304 Lima Beans, canned, low sod. 5115306 Corn, canned, low sod. 5115307 Creamed Corn, canned, low sod. 511531- Peas and Beans, canned, low sod.	732- Pumpkin 733- Winter Squash 7510200 Lima Beans, raw 7510550 Cactus, raw 7510960 Corn, raw 7512000 Peas, raw 7520070 Aloe vera juice 752040- Lima Beans, cooked 752041- Lima Beans, canned 7520829 Bitter Melon 752083- Bitter Melon, cooked 7520950 Burdock 752131- Cactus 752160- Corn, cooked 752161- Corn, yellow, cooked 752162- Corn, white, cooked 752163- Corn, canned 7521749 Hominy 752175- Hominy 75223- Peas, cowpeas, field or blackeye, cooked 75224- Peas, green, cooked 75225- Peas, pigeon, cooked 75301- Succotash 75402- Lima Beans with sauce
Protected Vegetable (cont.)	52122- Winter Squash, comm. froz. 52132- Lima Beans, comm. froz. 5213401 Peas, gr., comm. froz. 5213402 Peas, gr., with sauce, comm. froz. 5213403 Peas, gr., with other veg., comm. froz. 5213404 Peas, gr., with other veg., comm. froz. 5213405 Peas, blackeye, comm. froz. 5213406 Peas, blackeye, with sauce, comm. froz. 52135- Corn, comm. froz. 5213712 Artichoke Hearts, comm. froz. 5213713 Baked Beans, comm. froz. 5213717 Kidney Beans, comm. froz. 5213724 Succotash, comm. froz. 5411- Dried Beans 5412- Dried Peas and Lentils 5413104 Dry Corn 5413106 Dry Hominy 5413504 Dry Squash, baby 5413603 Dry Creamed Corn, baby (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	75411- Corn, scalloped, fritter, with cream 7541650 Pea salad 7541660 Pea salad with cheese 75417- Peas, with sauce or creamed 7550101 Corn relish 76205- Squash, yellow, baby 76405- Corn, baby 76409- Peas, baby 76411- Peas, creamed, baby (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Rooted Vegetable	48- Potatoes, Sweetpotatoes 4921- Fresh Carrots 4953- Fresh Onions, Garlic 4954- Fresh Beets 4957- Fresh Turnips 4958101 Fresh Celeriac 4958102 Fresh Horseradish 4958104 Fresh Radishes, no greens 4958105 Radishes, home canned 4958106 Radishes, home frozen 4958107 Fresh Radishes, with greens 4958108 Fresh Salsify 4958109 Fresh Rutabagas 4958110 Rutabagas, home frozen 4958115 Fresh Parsnips 4958116 Parsnips, home canned 4958117 Parsnips, home frozen 4958502 Fresh Lotus Root 4958509 Ginger Root 4958510 Jicama, including yambean 51121- Carrots, comm. canned 51145- Beets, comm. canned 5114908 Garlic Pulp, comm. canned 5114910 Horseradish, comm. prep. 5114915 Onions, comm. canned 5114916 Rutabagas, comm. canned 5114917 Salsify, comm. canned 5114921 Turnips, comm. canned 5114922 Water Chestnuts, comm. canned 51151- Carrots, canned, low sod. 5115305 Beets, canned, low sod. 5115502 Turnips, low sod. 52121- Carrots, comm. froz. 5213714 Beets, comm. froz. 5213722 Onions, comm. froz. 5213723 Onions, comm. froz., with sauce 5213725 Turnips, comm. froz. 5312103 Canned Carrot Juice 5312104 Canned Beet Juice 5372102 Fresh Carrot Juice	71- White Potatoes and Puerto Rican St. Veg. 7310- Carrots 7311140 Carrots in sauce 7311200 Carrot chips 734- Sweetpotatoes 7510250 Beets, raw 7511150 Garlic, raw 7511180 Jicama (yambean), raw 7511250 Leeks, raw 75117- Onions, raw 7512500 Radish, raw 7512700 Rutabaga, raw 7512900 Turnip, raw 752080- Beets, cooked 752081- Beets, canned 7521362 Cassava 7521740 Garlic, cooked 7521771 Horseradish 7521850 Lotus root 752210- Onions, cooked 7522110 Onions, dehydrated 752220- Parsnips, cooked 75227- Radishes, cooked 75228- Rutabaga, cooked 75229- Salsify, cooked 75234- Turnip, cooked 75235- Water Chestnut 7540501 Beets, harvard 75415- Onions, creamed, fried 7541601 Parsnips, creamed 7541810 Turnips, creamed 7550021 Beets, pickled 7550309 Horseradish 7551201 Radishes, pickled 7553403 Turnip, pickled 76201- Carrots, baby 76209- Sweetpotatoes, baby 76403- Beets, baby (does not include vegetable soups; vegetable mixtures; or vegetable with meat mixtures)
Root Vegetables (cont.)	5413105 Dry Garlic 5413110 Dry Onion 5413502 Dry Carrots, baby 5413503 Dry Sweet Potatoes, baby (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures)	
USDA SUBCATEGORIES		
Dark Green Vegetables	491- Fresh Dark Green Vegetables 5111- Comm. Canned Dark Green Veg. 51154- Low Sodium Dark Green Veg. 5211- Comm. Frozen Dark Green Veg. 5413111 Dry Parsley 5413112 Dry Green Peppers 5413113 Dry Red Peppers (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures/dinners; excludes vegetable juices and dried vegetables)	72- Dark Green Vegetables all forms leafy, nonleafy, dk. gr. veg. soups

Table 3D-1. Food Codes and Definitions Used in Analysis of the 1987-88 USDA NFCS Data (continued)

Food Product	Household Code/Definition	Individual Code
Deep Yellow Vegetables	492- Fresh Deep Yellow Vegetables 5112- Comm. Canned Deep Yellow Veg. 51151- Low Sodium Carrots 5212- Comm. Frozen Deep Yellow Veg. 5312103 Carrot Juice 54135- Dry Carrots, Squash, Sw. Potatoes (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures/dinners; excludes vegetable juices and dried vegetables)	73- Deep Yellow Vegetables all forms carrots, pumpkin, squash, sweetpotatoes, dp. yell. veg. soups
Other Vegetables	494- Fresh Light Green Vegetables 495- Fresh Other Vegetables 5114- Comm. Canned Other Veg. 51153- Low Sodium Other Veg. 51155- Low Sodium Other Veg. 5213- Comm. Frozen Other Veg. 5312102- Sauerkraut Juice 5312104- Beet Juice 5411- Dried Beans 5412- Dried Peas, Lentils 541310- Dried Other Veg. 5413114- Dry Seaweed 5413603- Dry Cr. Corn, baby (does not include soups, sauces, gravies, mixtures, and ready-to-eat dinners; includes baby foods except mixtures/dinners; excludes vegetable juices and dried vegetables)	75- Other Vegetables all forms
Citrus Fruits	501- Fresh Citrus Fruits 5121 Comm. Canned Citrus Fruits 5331 Canned Citrus and Citrus Blend Juice 5341 Frozen Citrus and Citrus Blend Juice 5351 Aseptically Packed Citrus and Citr. Blend Juice 5361 Fresh Citrus and Citrus Blend Juice (includes baby foods; excludes dried fruits)	61- Citrus Fruits and Juices 6720500 Orange Juice, baby food 6720600 Orange-Apricot Juice, baby food 6720700 Orange-Pineapple Juice, baby food 672110 Orange-Apple-Banana Juice, baby food (excludes dried fruits)
Other Fruits	62- Fresh Other Vitamin C-Rich Fruits 503- Fresh Other Fruits 5122- Comm. Canned Fruits Other than Citrus 5222- Frozen Strawberries 5332- Frozen Other than Citr. or Vitamin C-Rich Fr. 5333- Canned Fruit Juice Other than Citrus 5352- Frozen Juices Other than Citrus	5353- Dried Fruits 63 Other Fruits 64 Fruit Juices and Nectars Excluding Citrus 671 Fruits, baby 67202 Apple Juice, baby 67203 Baby Juices 67204 Baby Juices
Other Fruits (cont.)	5362- Aseptically Packed Fruit Juice Other than Citr. 542- Fresh Fruit Juice Other than Citrus Dry Fruits (includes baby foods; excludes dried fruits)	67212 Baby Juices 67213 Baby Juices 673 Baby Fruits 674 Baby Fruits

APPENDIX 3E
STATISTICAL NOTES

Appendix 3E. 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. 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 a variance inflation factor is being used. 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

Footnotes 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 3-1 through 3-14 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.