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FROM VITAL & HEALTH STATISTICS OF THE NATIONAL CENTER FOR HEALTH STATISTICS

U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE ■ Public Health Service

Number 21 ■ June 26, 1978

Selected Findings: Food Consumption Profiles of White and Black Persons 1-74 Years of Age in the United States, 1971-74¹

Information on each sample person's usual pattern of food intake was obtained during the first national Health and Nutrition Examination Survey (HANES). The survey was conducted by the National Center for Health Statistics during April 1971-June 1974 from a national probability sample of persons aged 1-74 in the U.S. civilian noninstitutionalized population. These selected dietary findings, based on the HANES food frequency data, are directed to a quantitative assessment of food pattern profiles of the white and black populations, both combined and separately, excluding other races.

Of the 28,043 sample persons selected to represent 194 million persons aged 1-74 years in the U.S. population, the program examined 20,749 persons, or 74 percent of the sample. This is an effective response rate of 75 percent when adjustment is made for the effect of oversampling among preschool children, women of childbearing age, the poor, and the elderly.

The dietary interview consisted of a 24-hour recall of food consumption and a food frequency questionnaire and was conducted by professional dietary staff. The nutrition examination also included a general medical examination by a physician for indicators of nutritional deficiencies, a skin examination by a dermatologist, and a dental examination by a dentist. Body measurements were taken by a trained technician and numerous laboratory tests were performed on whole blood, serum, plasma, and urine. A description of the sampling

process, HANES operation, and response rates has been published.²

The frequency of consumption of the 19 food groups ingested daily and/or weekly over the 3-month interval prior to the nutrition interview will be described and analyzed in forthcoming reports in the *Vital and Health Statistics* series.^{3,4} Eight of the 19 food groups with similar nutritional characteristics are presented here by age, race, and sex. The food frequency interview accounted for all regular meals, as well as for between-meal foods or snacks, eaten during the week, including special occasions and holidays. The food frequency method served as a quality control technique for the 24-hour recall method of obtaining data, while depicting diet profile patterns over a longer period of time.

The frequency of consumption of food items is reported in six categories: 4 times or

²National Center for Health Statistics: Plan and operation of the Health and Nutrition Examination Survey, United States, 1971-73 by Henry W. Miller. *Vital and Health Statistics*. Series 1-Nos. 10a and 10b. DHEW Pub. No. (HSM) 73-1310. Health Services and Mental Health Administration. Washington. U.S. Government Printing Office, Feb. 1973.

³National Center for Health Statistics: Food consumption profiles of the white and black U.S. population ages 1-74 years: 1971-74—graphic and tabular findings. *Vital and Health Statistics*. Series 11. Public Health Service, DHEW, Hyattsville, Md. To be published.

⁴National Center for Health Statistics: Supplemental report—Food consumption profiles of the white and black U.S. population ages 1-74 years: 1971-74—analysis and discussion. *Vital and Health Statistics*. Series 11. Public Health Service, DHEW, Hyattsville, Md. To be published.

¹This report prepared by Connie M. Villa Dresser, R.D., Margaret D. Carroll, M.S.P.H., and Sidney Abraham, Division of Health Examination Statistics.

more a day, 3 times a day, 2 times a day, once a day, 1-6 times a week, and seldom or never consumed. The category 1-6 times a week consists of foods consumed at least once a week but not more than 6 times a week.

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

SELECTED FINDINGS

Whole milk including 2-percent fat milk.— Table 1 shows that 21 percent of the white and black U.S. population drink milk once daily, 22 percent drink milk at least 1-6 times a week, and another 21 percent seldom or never drink milk. Generally, there is little difference between the races in the percent of persons reporting milk consumption.

Table 2 shows that a slightly higher percentage of males of both races reported consuming milk than females did.

Table 1. Percent distribution of persons of all ages 1-74 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
Percent distribution						
Whole milk-----	5.9	14.0	16.5	21.2	21.9	20.5
Meat and poultry-----	0.2	1.8	30.5	51.7	15.2	0.6
Fish and shellfish-----	0.0	0.0	0.1	0.9	54.2	44.8
Eggs-----	0.0	0.1	0.2	15.4	66.6	17.6
Fruits and vegetables, all kinds-----	4.3	17.7	37.1	31.4	9.1	0.4
Cereals-----	0.1	0.1	0.6	15.9	44.8	38.5
Desserts-----	0.4	1.5	8.6	30.2	46.5	12.7
Salty snacks-----	0.1	0.2	1.0	10.1	51.5	37.1
<u>White</u>						
Whole milk-----	6.2	14.5	16.8	21.2	21.0	20.3
Meat and poultry-----	0.2	1.6	30.0	52.5	15.1	0.6
Fish and shellfish-----	0.0	0.0	0.1	0.9	53.5	45.5
Eggs-----	0.1	0.0	0.2	14.6	67.3	17.8
Fruits and vegetables, all kinds-----	4.4	18.4	38.1	30.8	8.0	0.4
Cereals-----	0.0	0.1	0.6	16.2	44.6	38.5
Desserts-----	0.4	1.6	8.8	30.4	46.3	12.5
Salty snacks-----	0.1	0.1	0.9	9.6	51.7	37.7
<u>Black</u>						
Whole milk-----	3.4	10.0	14.5	21.3	29.3	21.5
Meat and poultry-----	0.4	3.9	34.1	44.7	16.3	0.5
Fish and shellfish-----	0.0	0.0	0.1	0.9	59.4	39.6
Eggs-----	0.0	0.1	0.4	22.0	61.5	16.0
Fruits and vegetables, all kinds-----	3.5	12.7	29.2	35.9	17.9	0.7
Cereals-----	0.2	0.1	0.9	13.8	46.8	38.2
Desserts-----	0.3	1.4	7.2	28.8	48.1	14.1
Salty snacks-----	0.2	0.6	1.9	14.8	50.2	32.4

Table 2. Percent distribution of white and black persons of all ages 1-74 years by frequency of intake of selected food groups, according to sex: United States, 1971-74

Sex and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Male</u>						
Percent distribution						
Whole milk-----	6.9	16.4	17.9	22.0	20.8	16.1
Meat and poultry-----	0.3	2.7	35.1	47.7	13.6	0.6
Fish and shellfish-----	0.0	0.0	0.1	1.2	53.1	45.7
Eggs-----	0.1	0.1	0.2	16.7	67.2	15.7
Fruits and vegetables, all kinds-----	3.7	16.2	36.6	32.6	10.3	0.6
Cereals-----	0.1	0.2	0.8	17.5	44.7	36.7
Desserts-----	0.5	1.9	9.3	30.8	46.3	11.2
Salty snacks-----	0.1	0.1	1.2	11.3	53.9	33.3
<u>Female</u>						
Whole milk-----	4.9	11.8	15.2	20.5	23.0	24.6
Meat and poultry-----	0.1	1.0	26.1	55.4	16.8	0.5
Fish and shellfish-----	0.0	0.0	0.1	0.7	55.2	44.0
Eggs-----	0.0	0.0	0.2	14.2	66.1	19.4
Fruits and vegetables, all kinds-----	4.8	19.1	37.6	30.2	8.0	0.3
Cereals-----	0.0	0.1	0.4	14.4	44.9	40.2
Desserts-----	0.3	1.2	8.0	29.7	46.7	14.1
Salty snacks-----	0.1	0.2	0.7	9.0	49.3	40.6

Table 3 presents the data by race and sex.

Tables 4-9 show a decline of milk consumption with age. One-third of the children and youths aged 1-11 years reported consuming this food 3 times a day, while 22 percent of the youths 12-17 years reported this frequency; 9 percent of the 18-44 age group and 4 percent of adults aged 45-65 and over are so classified. One-third of the persons in age groups 45-64 years and 65 years and over reported seldom or never consuming milk.

Meat and poultry excluding organ meats.—Most Americans derive an abundant amount of nutrients from the meat and poultry group. The food frequency data from HANES reinforce the fact that America is a nation of “meat-eaters.” Table 1 shows that approximately half of the white and black U.S. population eat meat or poultry once daily. Another 31 percent consume these foods twice a day, and approximately 2 percent consume foods from this group 3 times

a day. Less than 1 percent of all age groups reported that they seldom or never eat meat or poultry.

Table 2 shows relatively more white and black females than males reported consuming these foods once a day, but relatively more white and black males than females reported consuming meat and poultry 2 times a day or more. Table 3 shows a higher percentage of white persons than black persons consume these foods once a day. However, relatively more black persons than white persons consume these foods 2 times a day or more.

Tables 4-9 show the percent of persons consuming meat and poultry once a day remains generally constant for all ages. The percent of persons consuming these foods twice a day increases with age until age 45 and then decreases in the remaining age groups.

Fish and shellfish.—Fish and shellfish can be used as an alternate for the meat and poultry

Table 3. Percent distribution of persons all ages 1-74 years by frequency of intake of selected food groups, according to sex and race: United States, 1971-74

Sex, race, and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>MALE</u>						
<u>White</u>						
Whole milk-----	7.3	17.2	18.0	21.9	19.7	16.0
Meat and poultry-----	0.2	2.4	35.1	48.3	13.3	0.7
Fish and shellfish-----	0.0	0.0	0.1	1.1	52.8	46.0
Eggs-----	0.1	0.1	0.2	15.8	67.7	16.1
Fruits and vegetables, all kinds-----	3.7	16.8	37.6	32.3	9.1	0.5
Cereals-----	0.0	0.2	0.8	17.8	44.4	36.8
Desserts-----	0.5	2.0	9.5	31.1	46.1	10.9
Salty snacks-----	0.1	0.0	1.1	11.0	54.1	33.7
<u>Black</u>						
Whole milk-----	3.8	10.0	17.0	22.6	29.4	17.2
Meat and poultry-----	0.6	5.4	35.4	42.9	15.5	0.3
Fish and shellfish-----	0.0	0.0	0.0	1.3	55.4	43.2
Eggs-----	0.0	0.0	0.5	24.2	62.8	12.5
Fruits and vegetables, all kinds-----	3.4	11.8	28.2	35.0	20.7	1.0
Cereals-----	0.4	0.1	1.4	14.8	47.3	36.1
Desserts-----	0.5	1.2	7.6	28.9	48.2	13.6
Salty snacks-----	0.3	0.7	2.1	14.4	52.1	30.4
<u>FEMALE</u>						
<u>White</u>						
Whole milk-----	5.2	12.0	15.6	20.6	22.1	24.5
Meat and poultry-----	0.1	0.8	25.2	56.6	16.8	0.5
Fish and shellfish-----	0.0	0.0	0.0	0.7	54.2	45.0
Eggs-----	0.0	0.0	0.2	13.5	66.9	19.4
Fruits and vegetables, all kinds-----	5.0	19.9	38.6	29.3	7.0	0.3
Cereals-----	0.0	0.1	0.4	14.6	44.7	40.2
Desserts-----	0.3	1.2	8.2	29.8	46.5	14.1
Salty snacks-----	0.1	0.2	0.6	8.2	49.4	41.5
<u>Black</u>						
Whole milk-----	3.0	10.0	12.4	20.2	29.1	25.2
Meat and poultry-----	0.3	2.6	33.1	46.3	17.0	0.7
Fish and shellfish-----	0.0	0.0	0.1	0.5	62.8	36.5
Eggs-----	0.1	0.1	0.3	20.1	60.3	19.2
Fruits and vegetables, all kinds-----	3.6	13.5	30.1	36.7	15.5	0.5
Cereals-----	0.0	0.2	0.6	12.9	46.3	40.0
Desserts-----	0.1	1.6	6.9	28.7	48.0	14.6
Salty snacks-----	0.0	0.5	1.6	15.2	48.5	34.2

group. Table 1 shows that about 45 percent of the white and black U.S. population seldom or never eat fish or shellfish. For the population consuming these foods, 54 percent reported their consumption to be 1-6 times a week. Less than 1 percent of the white and black population consume fish and shellfish once daily.

Table 3 shows a consistent pattern of fish and shellfish consumption between the sexes and races. A slightly higher percentage of black females than males reported consuming fish and shellfish, and relatively more black persons reported eating these foods than white persons.

Eggs.—Table 1 shows that 18 percent of the white and black U.S. population reported they seldom or never consume eggs. For the remainder of the white and black population who do eat eggs, approximately 67 percent reported eating this food less than once daily but at least 1-6 times a week.

Table 2 shows a slightly higher percentage of males than females of both races consume eggs once a day. Table 3 shows relatively more black persons than white persons of both sexes consume this food once a day.

Tables 4-9 show the percent of persons consuming eggs once daily decreases with age until

Table 4. Percent distribution of persons aged 1-5 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
Whole milk-----	19.6	33.7	21.1	11.6	7.8	6.3
Meat and poultry-----	0.3	2.1	29.1	53.9	14.2	0.3
Fish and shellfish-----	0.0	0.0	0.1	0.7	51.7	47.5
Eggs-----	0.0	0.0	0.4	17.4	69.8	12.4
Fruits and vegetables, all kinds-----	7.2	22.8	34.6	27.1	7.8	0.5
Cereals-----	0.1	0.5	1.8	32.6	56.7	8.4
Desserts-----	0.6	3.4	15.3	40.0	36.9	3.8
Salty snacks-----	0.0	0.4	1.8	12.6	65.3	19.9
<u>White</u>						
Whole milk-----	20.2	34.3	20.8	11.0	7.1	6.5
Meat and poultry-----	0.3	1.7	28.4	55.4	13.9	0.3
Fish and shellfish-----	0.0	0.0	0.1	0.7	50.2	49.0
Eggs-----	0.0	0.0	0.4	17.2	69.6	12.9
Fruits and vegetables, all kinds-----	7.6	24.2	34.9	25.9	6.9	0.6
Cereals-----	0.1	0.4	1.8	32.1	56.8	8.7
Desserts-----	0.7	3.5	15.9	39.4	36.9	3.5
Salty snacks-----	0.0	0.4	1.8	10.7	64.9	22.1
<u>Black</u>						
Whole milk-----	15.5	29.6	22.9	15.2	11.9	4.9
Meat and poultry-----	0.5	4.7	33.1	45.7	15.9	0.2
Fish and shellfish-----	0.0	0.0	0.0	1.0	60.0	39.0
Eggs-----	0.1	0.1	0.6	18.5	71.0	9.7
Fruits and vegetables, all kinds-----	5.0	14.6	32.8	34.1	13.4	0.0
Cereals-----	0.0	0.8	1.5	35.2	55.9	6.6
Desserts-----	0.1	2.4	11.8	43.4	36.9	5.4
Salty snacks-----	0.1	0.0	1.9	24.0	67.3	6.7

Table 5. Percent distribution of persons aged 6-11 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
Percent distribution						
Whole milk-----	11.8	32.7	25.1	19.1	7.5	3.8
Meat and poultry-----	0.4	1.7	30.0	56.8	10.8	0.4
Fish and shellfish-----	0.0	0.0	0.1	0.7	56.1	43.0
Eggs-----	0.0	0.0	0.1	9.7	74.3	15.8
Fruits and vegetables, all kinds-----	4.2	18.8	40.6	29.5	6.8	0.2
Cereals-----	0.0	0.2	1.7	28.8	60.9	8.4
Desserts-----	0.3	3.0	15.1	44.8	34.4	2.4
Salty snacks-----	0.2	0.2	1.9	19.6	66.0	12.0
<u>White</u>						
Whole milk-----	13.2	35.0	24.6	17.4	5.9	3.9
Meat and poultry-----	0.4	1.5	28.5	58.2	11.0	0.4
Fish and shellfish-----	0.0	0.0	0.2	0.6	54.8	44.4
Eggs-----	0.0	0.0	0.0	8.7	75.2	16.1
Fruits and vegetables, all kinds-----	4.4	18.9	41.7	28.7	6.2	0.2
Cereals-----	0.0	0.3	1.7	29.2	60.4	8.4
Desserts-----	0.4	3.2	15.8	44.5	33.6	2.6
Salty snacks-----	0.1	0.2	1.6	18.6	66.6	12.9
<u>Black</u>						
Whole milk-----	3.2	19.1	28.4	28.9	17.3	3.2
Meat and poultry-----	0.1	2.5	39.1	48.3	9.8	0.3
Fish and shellfish-----	0.0	0.0	0.0	1.6	64.3	34.1
Eggs-----	0.1	0.1	0.8	16.2	68.5	14.2
Fruits and vegetables, all kinds-----	3.6	18.0	33.8	34.2	10.4	0.0
Cereals-----	0.1	0.0	1.6	26.1	63.8	8.4
Desserts-----	0.1	1.9	11.1	46.6	39.2	1.1
Salty snacks-----	0.8	0.1	4.0	26.1	62.6	6.4

age group 12-17 years, and increases in age groups 18 years and over.

Fruits and vegetables.—Table 1 shows that less than 1 percent of the white and black U.S. population reported they seldom or never consume fruits and vegetables. Four percent reported consuming these foods 4 times a day; 18 percent, 3 times a day; 37 percent, twice daily; 31 percent, at least once a day; and 9 percent reported consuming these foods 1-6 times a week. Relatively more black persons than white persons of all ages reported con-

suming these foods once a day. However, a higher percentage of white persons than black persons reported eating these foods 2 times or more a day.

Table 2 shows that, regardless of age or race, more males than females consume these foods once a day. However, generally more females of both races reported consuming these foods 2 times a day or more.

Tables 4-9 show that the percent of persons consuming these foods once a day increases from ages 1 through 44 and declines from ages

45 through 74. For each age group, a generally greater percentage of persons consume these foods twice daily rather than once daily.

Breakfast cereals.—Table 1 shows that 39 percent of the white and black U.S. population reported seldom or never consuming cereal, while only 16 percent reported consuming this food once daily. Forty-five percent of this population did report consuming cereal at least 1-6 times a week. There is little difference between the races in the percent of persons reporting cereal consumption.

Table 2 shows relatively more males than females of both races consume cereal once a day, and table 3 shows a slightly higher percentage of white persons consume cereal than black persons.

While 8 percent of the children aged 1-11 reported they seldom or never eat cereal (tables 4 and 5), 31 percent of the youths aged 12-17 (table 6) and an average of 44 percent of adults aged 18-74 (tables 7-9) are so classified.

Tables 4-9 show that the once-daily frequency of cereal consumption decreases with

Table 6. Percent distribution of persons aged 12-17 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
Percent distribution						
Whole milk-----	11.4	22.2	22.9	20.1	15.7	7.7
Meat and poultry-----	0.2	2.0	34.3	48.6	14.4	0.5
Fish and shellfish-----	0.0	0.0	0.0	0.9	49.9	49.2
Eggs-----	0.1	0.1	0.1	8.7	65.3	25.7
Fruits and vegetables, all kinds-----	4.4	16.5	37.1	30.8	10.8	0.4
Cereals-----	0.2	0.2	1.0	16.0	51.8	30.9
Desserts-----	0.8	2.6	11.8	32.9	47.1	4.8
Salty snacks-----	0.2	0.4	1.9	15.8	65.8	16.0
<u>White</u>						
Whole milk-----	12.6	24.1	23.1	18.0	14.3	8.0
Meat and poultry-----	0.1	1.8	33.6	49.6	14.5	0.5
Fish and shellfish-----	0.0	0.0	0.0	0.8	49.2	49.9
Eggs-----	0.1	0.1	0.1	7.7	65.5	26.5
Fruits and vegetables, all kinds-----	4.8	17.3	37.4	30.6	9.5	0.4
Cereals-----	0.0	0.3	0.8	16.6	50.7	31.6
Desserts-----	0.7	2.6	11.6	33.4	46.7	5.0
Salty snacks-----	0.2	0.0	1.5	14.4	66.1	17.8
<u>Black</u>						
Whole milk-----	4.1	10.1	21.8	33.3	24.5	6.1
Meat and poultry-----	1.0	3.5	38.7	42.2	14.0	0.7
Fish and shellfish-----	0.0	0.0	0.0	1.1	54.4	44.5
Eggs-----	0.0	0.0	0.4	14.9	63.7	21.0
Fruits and vegetables, all kinds-----	2.3	11.2	35.2	31.8	18.9	0.6
Cereals-----	1.1	0.0	2.1	12.2	58.4	26.1
Desserts-----	1.5	2.7	12.9	29.9	49.5	3.5
Salty snacks-----	0.3	2.5	4.7	24.0	63.4	5.2

Table 7. Percent distribution of persons aged 18-44 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
	Percent distribution					
Whole milk-----	2.7	8.5	15.0	22.4	27.4	24.0
Meat and poultry-----	0.2	2.6	35.1	49.1	12.6	0.5
Fish and shellfish-----	0.0	0.0	0.0	1.0	54.6	44.3
Eggs-----	0.0	0.1	0.2	16.1	66.3	17.3
Fruits and vegetables, all kinds-----	3.3	15.1	35.6	35.8	9.9	0.4
Cereals-----	0.0	0.0	0.1	8.0	38.1	53.8
Desserts-----	0.2	0.9	6.5	24.9	52.9	14.6
Salty snacks-----	0.1	0.1	0.7	9.6	55.5	34.0
<u>White</u>						
Whole milk-----	2.9	8.8	15.9	22.9	26.0	23.4
Meat and poultry-----	0.1	2.2	34.7	49.9	12.6	0.5
Fish and shellfish-----	0.0	0.0	0.0	1.1	54.2	44.7
Eggs-----	0.0	0.1	0.2	14.9	67.4	17.4
Fruits and vegetables, all kinds-----	3.2	15.7	36.6	35.5	8.7	0.3
Cereals-----	0.0	0.0	0.1	8.2	38.3	53.3
Desserts-----	0.2	0.9	6.6	25.2	52.9	14.2
Salty snacks-----	0.1	0.1	0.7	9.6	56.0	33.6
<u>Black</u>						
Whole milk-----	1.2	5.4	7.2	18.3	38.5	29.3
Meat and poultry-----	0.5	6.1	38.1	42.4	12.4	0.5
Fish and shellfish-----	0.0	0.0	0.1	0.5	58.3	41.0
Eggs-----	0.0	0.1	0.3	26.3	56.9	16.4
Fruits and vegetables, all kinds-----	3.5	9.6	27.6	38.8	19.7	0.9
Cereals-----	0.0	0.0	0.1	6.0	36.2	57.7
Desserts-----	0.0	1.2	5.4	22.1	53.2	18.1
Salty snacks-----	0.0	0.3	0.9	9.2	51.7	37.8

age regardless of race until age 45 and then increases in the remaining age groups. The percents of persons consuming cereal in the age group 45-64 and those 65 years and over are very similar to those for age groups 12-17 and 6-11, respectively.

Desserts includes cakes, pies, cookies, puddings, ice cream, etc.—Table 1 shows that about one-third of the white and black U.S. population consume desserts once daily, and more than 45 percent eat these foods at least 1-6 times a week.

Table 3 shows a slightly higher percentage of white persons than black persons consume desserts either once or twice a day. Tables 4-9 show that dessert consumption generally declines with age.

Salty snack foods excluding nuts.—Table 1 shows that 10 percent of the white and black U.S. population consume salty snack foods once daily, while more than 50 percent consume these foods 1-6 times a week. Thirty-seven percent reported that they seldom or never con-

sume these foods. Relatively more black persons than white persons reported eating these foods once a day.

Table 2 shows that a slightly higher percent of males than females of both races consume salty snack foods once or twice a day. Table 3 shows a higher percentage of black persons than white persons consume salty snack foods once daily and, for the same category, almost twice as many black females as white females consume these foods.

Tables 4-6 show that salty snack foods are

consumed most frequently by children and youths of ages 1-17, with only an average of 16 percent reporting they seldom or never eat these foods. An average of 16 percent of these ages consume salty snack foods once daily, while another 66 percent reported eating these foods at least 1-6 times a week. On the other hand, tables 7-9 show that an average of 5 percent of the adults of ages 18-74 reported consuming salty snack foods once daily, 36 percent reported 1-6 times a week, and 58 percent stated they seldom or never consume these foods.

Table 8. Percent distribution of persons aged 45-64 years by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
Percent distribution						
Whole milk-----	1.1	4.0	10.7	23.4	28.1	32.7
Meat and poultry-----	0.1	0.8	25.1	53.7	19.7	0.7
Fish and shellfish-----	0.0	0.0	0.0	1.1	57.7	41.2
Eggs-----	0.1	0.0	0.2	18.7	65.0	16.0
Fruits and vegetables, all kinds-----	4.9	19.9	38.4	28.0	8.5	0.4
Cereals-----	0.0	0.0	0.3	13.2	40.1	46.3
Desserts-----	0.4	0.7	5.3	27.2	45.9	20.6
Salty snacks-----	0.0	0.1	0.1	4.1	32.3	63.4
<u>White</u>						
Whole milk-----	1.1	4.2	11.0	24.3	27.4	32.0
Meat and poultry-----	0.1	0.8	25.2	54.2	19.1	0.7
Fish and shellfish-----	0.0	0.0	0.0	1.1	57.2	41.6
Eggs-----	0.1	0.1	0.2	18.2	65.4	16.0
Fruits and vegetables, all kinds-----	5.0	20.3	40.0	27.1	7.2	0.4
Cereals-----	0.1	0.0	0.2	13.8	40.1	45.9
Desserts-----	0.4	0.8	5.7	27.9	45.5	19.8
Salty snacks-----	0.0	0.1	0.1	3.8	33.1	62.8
<u>Black</u>						
Whole milk-----	0.6	1.3	8.0	14.6	35.6	39.9
Meat and poultry-----	0.0	1.0	23.7	48.8	25.8	0.7
Fish and shellfish-----	0.0	0.0	0.0	1.0	62.5	36.5
Eggs-----	0.0	0.0	0.2	24.1	60.0	15.7
Fruits and vegetables, all kinds-----	4.0	15.6	21.4	36.4	21.6	1.1
Cereals-----	0.0	0.1	0.9	7.3	40.9	50.7
Desserts-----	0.0	0.1	0.9	20.2	50.1	28.7
Salty snacks-----	0.0	0.0	0.1	6.6	23.6	69.6

Table 9. Percent distribution of persons aged 65 years and over by frequency of intake of selected food groups, according to race: United States, 1971-74

Race and food group	Frequency of intake					
	4 times or more a day	3 times a day	2 times a day	Once a day	1-6 times a week	Seldom or never
<u>Both races</u>						
Percent distribution						
Whole milk-----	0.6	4.1	10.8	25.7	26.0	32.8
Meat and poultry-----	0.1	0.6	17.4	53.6	26.8	1.5
Fish and shellfish-----	0.0	0.0	0.1	0.7	47.7	51.5
Eggs-----	0.1	0.0	0.4	21.4	58.8	19.3
Fruits and vegetables, all kinds-----	3.7	19.9	38.8	27.0	9.6	1.0
Cereals-----	0.0	0.1	0.6	25.4	41.3	32.6
Desserts-----	0.1	0.7	5.9	27.2	44.9	21.2
Salty snacks-----	0.0	0.1	0.4	2.5	21.4	75.6
<u>White</u>						
Whole milk-----	0.6	4.3	11.1	26.3	25.7	32.0
Meat and poultry-----	0.1	0.5	17.7	54.6	25.6	1.5
Fish and shellfish-----	0.0	0.0	0.1	0.7	46.9	52.3
Eggs-----	0.1	0.0	0.4	20.6	59.6	19.3
Fruits and vegetables, all kinds-----	3.9	20.8	39.8	26.2	8.5	0.9
Cereals-----	0.0	0.1	0.5	26.5	41.7	31.0
Desserts-----	0.1	0.7	6.1	28.0	44.3	20.8
Salty snacks-----	0.0	0.1	0.5	2.6	21.9	74.9
<u>Black</u>						
Whole milk-----	0.4	2.0	8.1	20.2	28.9	40.3
Meat and poultry-----	0.1	1.8	14.7	43.0	39.3	1.1
Fish and shellfish-----	0.0	0.0	0.0	0.6	56.5	42.9
Eggs-----	0.0	0.1	0.2	29.9	50.3	19.5
Fruits and vegetables, all kinds-----	1.9	10.4	28.0	35.5	21.6	2.6
Cereals-----	0.0	0.0	0.7	13.1	37.3	48.9
Desserts-----	0.5	0.0	4.1	19.1	51.1	25.2
Salty snacks-----	0.0	0.6	0.0	1.3	16.0	82.1

TECHNICAL NOTES

The sampling plan of the Health and Nutrition Examination Survey (HANES) followed a highly stratified multistage probability design in which a sample was selected of the civilian non-institutionalized population of ages 1-74 of the coterminous United States. Successive elements dealt with in the process of sampling were the primary sampling unit, census enumeration district, segment (cluster of households), household, eligible person, and, finally, sample person. The sampling design focused special attention on groups of people known to be at greater risk of malnutrition by oversampling these groups—preschool children, women of childbearing ages, the poor, and the elderly.

The food frequency intake values are shown as population estimates, that is, the dietary intake findings for each individual have been "weighted" by the reciprocal of the probability of selecting the person. An adjustment for persons in the sample who were not examined and poststratified ratio adjustments were also made so that the final sampling estimates of the population size are brought into closer alignment with the independent U.S. Bureau of the Census estimates for the civilian noninstitutionalized population of the United States as of November 1, 1972, by race, sex, and age.

SYMBOLS

Data not available	---
Category not applicable	...
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U.S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE
Public Health Service
National Center for Health Statistics
3700 East-West Highway
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DHEW Publication No.
(PHS) 78-1250

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