V–DIETARY

TEN-STATE
Nutrition Survey
1968-1970

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Chapter V

DIETARY

TEN-STATE NUTRITION SURVEY

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1. INTRODUCTION

The evaluation of dietary data is an essential part of a complete nutrition study providing information about nutrient intakes, sources of nutrients, food habits, and methods of food preparation. Intake data are particularly useful for evaluating the status of those nutrients for which routine laboratory or clinical tests have not yet been established and also for comparison with available biochemical data. Although nutrient intake data *per se* cannot be used to evaluate nutritional status, the information collected in dietary studies is necessary for planning desirable changes in nutritional practices.

The dietary component of the Ten-State Nutrition Survey was designed to provide a description of food consumption for selected subsamples of the population and for households. The data were collected for one-half of the participating households; for all persons 60 years of age and older in those households; for all infants and small children 0-36 months of age, all adolescents 10-16 years of age, and all pregnant or lactating females.

Since the overall objective of the survey was to describe the nutritional status of "groups" as contrasted to "individuals," the 24-hour recall method was an acceptable technique. During interviews by trained personnel, individuals were asked to recall all foods and beverages they had consumed during the preceding 24 hours; the data for infants and young children were obtained from their mothers. A description of the techniques and of the forms used for recording data are included in the Appendix, Chapter I.

The 24-hour recall method is obviously limited by the ability of the respondent to remember all food items consumed. Because of both underestimation and overestimation of food consumption, the lower and upper ends of the ranges for calculated nutrient intakes may be difficult to interpret. Generally it is possible to identify unrealistically high values resulting from overestimation of food consumed.

Data from a 24-hour recall cannot be used to characterize an individual's intake but can reliably reflect the intake of a group. Although in reality the data reflect only the day of recall, if large numbers of that group consume intakes below the standard, it can be assumed that in general the diets of that population are apt to be inadequate over a period of time.

In addition to the 24-hour recall data for selected subgroups of the population, information about food purchasing and preparation and data indicating the frequency of use of selected food groups were obtained from the households. The nutrients contributed by specific foods and food groups were determined from the recalls.

Information about the availability and participation in school lunch programs was obtained. During the interviews, data about the use of food stamps and surplus food were also recorded. However, the numbers of persons who were enrolled in such programs at the time of the survey were too small to permit meaningful evaluation.

In the sections that follow, both *mean* and *median* nutrient intake values are presented by sex, age, and ethnic group for both low- and high-income-ratio states. Median values were consistently lower than mean values for all subgroups of the selected populations. For those nutrients that showed a wide range of values and a number of exceptionally high values, the mean values were frequently twice as high as the median values. In such cases, median values are a more meaningful reflection of the nutrient intake status of the sample population. As an example, Figures 1 and 2 show the percentage distribution for calories and vitamin A for black males 12-14 years of age in the low-income-ratio states. The frequency distribution of calories was such that the mean and median values differed by only about 10 percent. In contrast, the frequency distribution for vitamin A showed that almost 20 percent of the males had relatively high vitamin A intakes (10,000 I.U. or more), while over half of them had intakes less than 2700 I.U. In this case, the mean intake of about 6000 I.U. was more than double the median intake of 2700 I.U.

The mean nutrient intakes have also been evaluated in relation to dietary standards (see page 2). These standards, derived from several sources, are estimations of what may be considered to be desirable or adequate intakes. Comparisons of intake data with such standards provide useful information relative to the nutritional quality of the diets. Because there may be considerable individual variation in actual nutrient requirements, standards such as these are not applicable to individuals, but do provide useful information for evaluation of dietary data for population groups.

Nutrient intake data for the selected population groups are also presented in terms of mean intakes per kilogram of body weight and of mean intakes per 1000 calories. Calculation of nutrient intakes in terms of body weight permits meaningful comparisons between males and females and between persons of different ages. Such calculations compensate for differences in total food consumption due to differences in body weight, age, sex, and variations in growth rates.

Frequently the nutritional adequacy of diets is influenced by the total amount of food consumed. The calculation of the amount of individual nutrients for each 1000 calories consumed indicates the degree to which the nutritional adequacy of the diet is either a quantitative function of the total amount of food consumed or is dependent upon specific choices of foods with high nutrient content.

Intake data for niacin, one of the B-complex vitamins, are based on calculations of the amounts of preformed niacin in the foods consumed. The body's requirements for niacin may be met, in part, by its ability to convert the amino acid tryptophan to the vitamin niacin. However, estimation of the amount of niacin available from this source is difficult, especially for diets that include a variety of protein foods. Thus it would have been misleading to compare the niacin values of diets with a dietary standard. In general the niacin available from the tryptophan present in protein is sufficient to elevate the total niacin value of most diets to the standard level. For these reasons, no special discussion of niacin intakes is included in the following sections.

Tables and figures presenting cumulative percentage distributions for the various nutrients are included as appendices to the different sections of this chapter.

STANDARDS FOR EVALUATION OF DIETARY INTAKE

Standards for evaluation of dietary intake were developed by an ad hoc committee after a review of (1) *Recommended Dietary Allowances, Revised 1968*. NAS Pub. 1694, National Academy of Sciences, Washington, D.C. (1968); (2) *Calorie Requirements*, FAO Nutr. Stud. No. 15, Rome (1957); (3) *Protein Requirements*, FAO/WHO, FAO Nutr. Meetings Rep. Ser. No. 37, WHO Tech. Rep. Ser. No. 301, Rome (1965); (4) *Calcium Requirements*, FAO/WHO. FAO Nutr. Meet. Rep. Ser. No. 30. WHO Tech. Rep. Ser. No. 230, Rome (1962); (5) *Requirements of Vitamin A, Thiamine, Riboflavin, and Niacin.* FAO/WHO FAO Nutr. Rep. No. 41. WHO Tech. Rep. Ser. No. 362, Rome (1967); and (6) *Requirements of Ascorbic Acid, Vitamin D, Vitamin B_{12}, Folate and Iron.* FAO Nutr. Meet. Rep. Ser. No. 47. WHO Tech. Rep. Ser. No. 452

Caloric and protein standards are based on each individual's weight,[1] in contrast to those in *Recommended Dietary Allowances*, which, for all persons over one year of age, are an absolute figure irrespective of the subject's weight. However, in practice the standards of the Ten-State Nutrition Survey approximate values in *Recommended Dietary Allowances.*

Calcium, vitamin A, and ascorbic acid standards are nearer the FAO/WHO standards and are considerably lower than those in *Recommended Dietary Allowances.* The ad hoc committee felt that the lower requirements were more realistic and would describe more accurately the survey population's nutriture with reference to these particular nutrients.

Iron standards are approximately the same as in *Recommended Dietary Allowances.* Standards for thiamine, riboflavin, and niacin are the same as the FAO/WHO requirements and are based on caloric intake, as contrasted to those in *Recommended Dietary Allowances,* which are independent of calories. However, in reality, both values are quite similar.

Additional standards set for pregnancy and lactation were adapted from *Recommended Dietary Allowances.*

[1] In the limited instances where a subject's weight was not recorded, a standard (average) weight was applied. For persons 0-12 months of age, the resource was *Recommended Dietary Allowances.* For persons 13 months through 19 years of age, weights were derived from averages based on Falkner, F.: Some Physical Growth Standards for White North American Children. *Pediatrics* 29: 467-474, March 1962. For all persons over 19 years of age, averages were based on *Weight, Height, and Selected Body Dimensions of Adults, United States, 1960-1962*, PHS Publication No. 1000, Series 11, No. 8.

Calorie Standards

Age	Calories/ Kilogram/Body Weight
0-1 month	120
2-5 months	110
6-11 months	100
12-23 months	90
24-47 months	86
48-71 months	82
6-7 years	82
8-9 years	82
10-12 years	
Male	68
Female	64
13-16 years	
Male	60
Female	48
17-19 years	
Male	44
Female	35
20-29 years	
Male	40
Female	35
30-39 years	
Male	38
Female	33
40-49 years	
Male	37
Female	31
50-59 years	
Male	36
Female	30
60-69 years	
Male	34
Female	29
<70 years	
Male	34
Female	29

For 2nd and 3rd trimesters of pregnancy, increase basic standard 200 kcal.
For lactating, increase basic standard 1000 kcal.

Vitamin B Standards

Age	Thiamine	Riboflavin	Niacin
For all age groups including adults	0.4 mg/1000 calories	0.55 mg/1000 calories	6.6 mg/1000 calories

Protein Standards

Age	Gm. Protein/Kg/ Body Weight
0-1 month	(2.2)
2-5 months	(2.2)
6-11 months	(2.2)
12-23 months	1.9
24-47 months	1.7
48-71 months	1.5
6-7 years	1.3
8-9 years	1.3
10-12 years	
Male	1.2
Female	1.2
13-16 years	
Male	1.2
Female	1.2
17-19 years	
Male	1.1
Female	1.1
20 yrs. and over	
Male	1.0
Female	1.0

For 2nd and 3rd trimesters of pregnancy, increase basic standard 20 gm.
For lactating, increase basic standard 25 gm.

Calcium Standards

Age	Mg/Day
0-1 month	550
2-5 months	550
6-11 months	550
12-23 months	450
24-47 months	450
48-71 months	450
6-7 years	450
8-9 years	450
10-12 years	
Male	650
Female	650
13-16 years	
Male	650
Female	650
17-19 years	
Male	550
Female	550
Adults	400

For 3rd trimester of pregnancy, increase standard 400 mg.
For lactating, increase standard 500 mg.

Iron Standards

Age	Mg/Day
0-1 month	10
2-5 months	10
6-11 months	10
12-23 months	15
24-47 months	15
48-71 months	10
6-7 years	10
8-9 years	10
10-12 years	
Male	10
Female	18
13-16 years	
Male	18
Female	18
17-19 years	
Male	18
Female	18
20 yrs. & over	
Male	10
Female (to 55)	18
Female (55 on)	10

Vitamin A Standards

Age	International Units
0-1 month	1,500
2-5 months	1,500
6-11 months	1,500
12-23 months	2,000
24-47 months	2,000
48-71 months	2,000
6-7 years	2,500
8-9 years	2,500
10-12 years	2,500
<12 years	3,500

For lactating, increase standard 1000 IU.

Vitamin C Standards (ascorbic acid)

All age groups	**30 mg/day**

Figure 1—Frequency Percent Distribution of Caloric Intake Values for Black Males Twelve to Fourteen Years of Age in Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

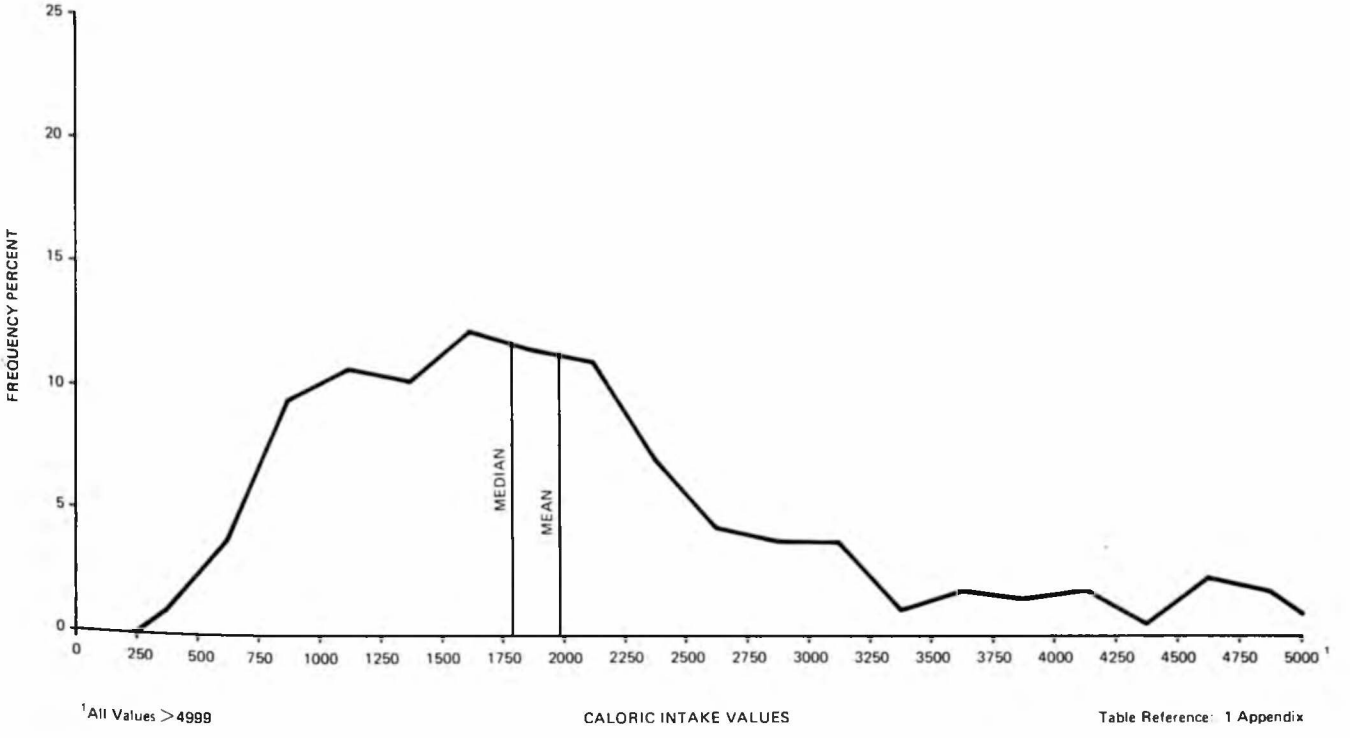
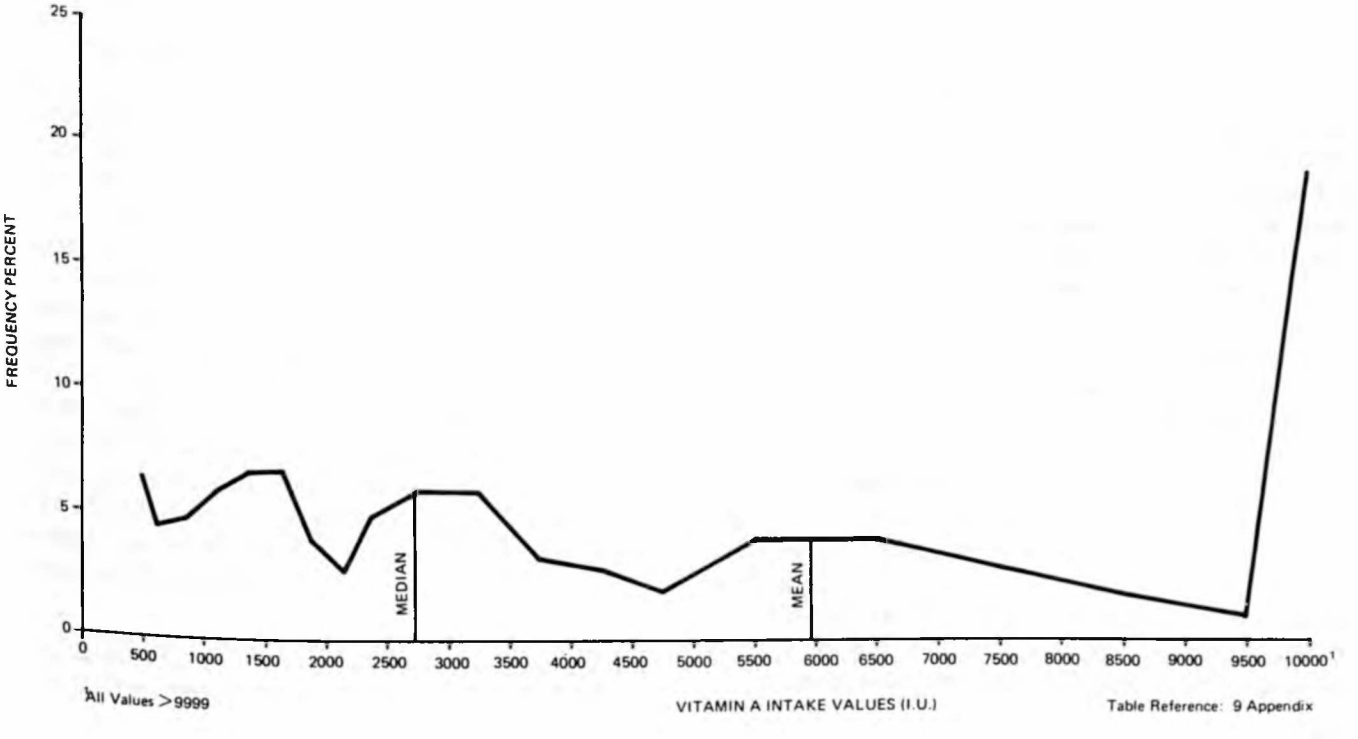


Figure 2—Frequency Percent Distribution of Vitamin A Intake Values for Black Males Twelve to Fourteen Years of Age in Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



2. INFANTS AND CHILDREN (0-36 MONTHS OF AGE)

Abstract: *The mean dietary intakes reported for infants were sufficient to meet the standards for all nutrients except iron. However, the cumulative percentage distributions revealed a wide range of intake with many infants consuming much lower intakes of calories, iron, vitamin A, and vitamin C than required by the standard. There were also some very high intakes reported, which accounted for the high mean values. The youngest white children (6-11 months of age) in the high-income-ratio states had the most satisfactory diets. Black and Spanish-American infants had lower dietary intakes for most nutrients.*

Nutrient requirements for infants are relatively high because of rapid growth during these years. The caloric standard for infants from 6-11 months of age (100 kcal./kg. body weight) is almost three times higher than that for young adults (35 kcal./kg. body weight). The protein standard for this age group (2.2 gm./kg. body weight) is more than double that for young adults (1 gm./kg. body weight). Therefore, infants may be at risk from a nutritional point of view because of their relatively high requirements.

The standards for many nutrients decrease slightly with age during the first 36 months of life. Total food intake and dietary patterns also vary widely during this age period. Therefore dietary data for the infant and child population were separated for each of three age groups: 6-11 months, 12-23 months, and 24-36 months of age.

The mean nutrient intakes of the three groups of infants and children in the Ten-State Nutrition Survey were similar to the mean values for infants in the U.S. Department of Agriculture survey of 1965 (Table 1A-C).[1] The lack of exact comparability between the age groups involved may account for any differences.

For each of the three age groups, the mean nutrient intakes in the low-income-ratio states were lower than in the high-income-ratio states (Tables 2A-C). This difference was greater for blacks and Spanish-Americans than for whites. However, for all age groups there was considerable disparity between the groups of states in the numbers of individuals represented by the three ethnic groups, so nutrient differences should be interpreted with caution.

[1] *Food Intake and Nutritive Value of Diets of Men, Women and Children in the United States, Spring, 1965.* Agricultural Research Service/United States Department of Agriculture, ARS-62-18 March 1969.

Mean intakes of all nutrients except iron exceeded the dietary standards. The mean iron intakes, except for white infants 6-11 months of age, were considerably below the standard. The iron intakes for the two older age groups were only about one-half the dietary standard.

Median nutrient intakes for all age groups were lower than mean nutrient intakes. Differences between the mean and median values were larger for iron, vitamin A, and vitamin C than for the other nutrients (Tables 3A-C).

Caloric Intakes. The mean caloric intakes for all infants and young children exceeded the standards (Tables 2A-C); however, median values for caloric intakes were slightly lower than the mean intakes (Tables 3A-C). Black infants tended to have the lowest mean calorie intakes in the low-income-ratio states, while in the high-income-ratio states Spanish-American infants had the lowest mean values. The cumulative percentage distribution data show that there was a wide range of intakes with significant numbers of persons having caloric intakes above and below the standards. Intakes of less than 1000 calories were found in over one-third of the 12- to 23-month-old children in the low-income-ratio states and in about one-fourth in the high-income-ratio states.

The mean caloric intake per kilogram of body weight was lower for persons in the low-income-ratio states than in the high-income-ratio states (Tables 4A-C). The difference between the two groups of states was greater for the two older age groups. Within each group of states the mean calories per kilogram of body weight decreased with age.

Protein Intakes. The mean protein intakes reported were exceptionally high, especially for 6- to 11-month-old infants (Tables 2A-C) and ap-

peared to result from errors in recall. The cumulative percentage distribution data showed some infants with protein intakes in excess of 100 gm. per day. The median protein intakes were only slightly lower than the mean intakes (Tables 3A-C). Despite the reported high values, a difference was noted between low- and high-income-ratio states. In the low-income-ratio states, 8 to 10 percent of the infants and children had protein intakes below the standard, while in the high-income-ratio states about 5 to 8 percent of this group had intakes below the standard.

The mean calcium and riboflavin intakes in this age group were also well above the dietary standards. Since milk is the principal source of protein, calcium, and riboflavin in young children, the apparent overestimation of food intake probably resulted from overestimation of milk consumption.

Mean protein intakes per kilogram of body weight decreased with age (Tables 4A-C) and were in excess of dietary standards for all age groups. Black persons had the lowest mean protein intake per kilogram of body weight in the low-income-ratio states but the highest values in the high-income-ratio states.

In the low-income-ratio states, mean protein intakes per 1000 calories decreased slightly with age (Tables 5A-C). The decrease with age in the high-income-ratio states was somewhat greater than in the low-income-ratio states. The uniformity of mean protein intakes per 1000 calories in this age group indicated that the differences in total protein intake were primarily dependent upon the total food intake.

Calcium Intakes. Mean calcium intakes of all infants and children were more than double the dietary standards except for the 24-36 month group in the low-income-ratio states (Tables 2A-C). The 6- to 11-month-old infants had the highest mean calcium intakes, and the 24-36 month children had the lowest. Children 24-36 months of age had lower mean intakes of calcium in the low-income-ratio states than in the high-income-ratio states.

There was a wide range of values for calcium intakes; in the low-income-ratio states, the prevalence of calcium intakes below 400 mg. increased with age from 6 percent in infants to 30 percent in older children. In the high-income-ratio states the increase of low values with age was not as marked. This finding, together with the finding of lower calcium intakes in the older age group, indicates that milk intake decreases with age in this population.

The amount of calcium per kilogram of body weight decreased markedly with age (Tables 4A-C). The mean calcium intakes per 1000 calories also decreased with age (Tables 5A-C). It was apparent that calcium intakes were not solely dependent upon caloric intakes. As milk consumption decreased, other foods with lower calcium densities were added to the diet to supply calories. This was consistent with the usual food intake pattern of infants and children during this age period.

The calcium status of children appeared to be best for the youngest age group (6-11 months) and poorest for the oldest group (24-36 months). Such a finding was not unexpected, since younger infants, in general, consume relatively greater amounts of milk.

Iron Intakes. Iron was the only nutrient for which mean intakes were generally below the dietary standard. This was true for all subgroups with the exception of white infants 6-11 months of age (Tables 2A-C). The median iron intakes were lower than the mean intakes; the difference between the two values was greatest for the 6- to 11-month-old white infants (Tables 3A-C). The very high mean iron values and much lower median values in this group suggested that either some infants were receiving iron-fortified foods or that a reporting error had occurred; otherwise, such high daily iron intakes could not have been achieved.

The cumulative percentage distribution data showed that almost half of the 6- to 11-month-old white infants in both groups of states had iron intakes below the standard. Almost three-fourths of the black and Spanish-American infants in this age group had iron intakes below the standard, while over three-fourths of all individuals in the two older age groups had iron intakes below the standard. Based on the dietary standards, iron intakes of this population were far from satisfactory. This was true even though there was evidence that food intakes of many infants may have been overestimated. Overestimation of milk consumption would have had little effect on iron intake, since milk provides relatively small amounts of this nutrient. While the high mean iron intakes of the 6- to 11-month-old white infants perhaps reflected the use of iron-fortified foods, it appeared that the use of such foods by the other infant subgroups was minimal. There is considerable evidence showing that use of the so-called "baby cereals" is often discontinued before the second year.

The mean iron intakes per kilogram of body weight (Tables 4A-C) for 6- to 11-month-old infants were almost double those for the two older age groups. There was little difference in the mean iron intakes per kilogram of body weight for the two older age groups. Infants and young children in the low-income-ratio states had lower values than did those in the high-income-ratio states.

The mean intakes of iron per 1000 calories (Tables 5A-C) for the youngest age group were also double those of the older infants, again suggesting the use of iron-fortified foods. The relatively small differences in the values for mean iron per 1000 calories between the two older age groups suggested that for these children iron intakes were related more to caloric intakes. The iron-to-calorie ratios were in the order of 5-6 mg. per 1000 calories. Thus, without the use of foods with considerably higher iron densities, it would be impossible to meet the dietary standard unless caloric intakes were more than double the standards.

Vitamin A Intakes. Mean vitamin A intakes of infants and children decreased with age (Tables 2A-C) but for all subgroups exceeded dietary standards. However, median values in many cases were more than 1000 I.U. lower than mean values (Tables 3A-C). There were no consistent differences in mean vitamin A intakes between ethnic groups.

Approximately 15 percent of the 6- to 11-month-old infants had vitamin A intakes less than the standard of 1500 I.U.; in older children the prevalence of vitamin A intakes below the standard was two to three times as great. These data are consistent with data showing a decrease in vitamin A intake with age, as well as with the biochemical data presented in Chapter IV.

The mean vitamin A intakes per kilogram of body weight decreased with age, as would be expected from the decrease observed for mean intake values (Tables 4A-C). The ratios of vitamin A to calories for the 12- to 23-month and 24- to 36-month infants suggested that differences in vitamin A intakes between groups were more related to caloric intakes than to the nutrient density of the foods eaten (Tables 5A-C).

Thiamine Intakes. In general, thiamine intakes decreased with age, the decrease being greater in the low-income-ratio states than in the high-income-ratio states (Tables 2A-C). The change with age was less striking than that observed for other nutrients. Although mean intakes for all three age groups were above the dietary standard, the cumulative distribution data showed that there was a wide range of intakes. The mean intakes per kilogram of body weight (Tables 4A-C) and per 1000 calories (Tables 5A-C) were higher for 6-11 month infants than for the older age groups. The relatively small differences in the mean thiamine intakes per 1000 calories for children 12-23 months and 24-36 months of age indicated that thiamine intakes were related more closely to caloric intake than to thiamine content of the foods eaten.

Riboflavin Intakes. Mean riboflavin intakes were much higher than the dietary standards but decreased with age (Tables 2A-C). This decrease was consistent with the data for calcium and protein, a decrease that is probably due to the decrease in milk consumption with age.

The prevalence of riboflavin intakes below the standard in infants 6-11 months of age was approximately 5 percent in the low-income-ratio states and about one-half that in the high-income-ratio states. There was also an increase in the prevalence of below-standard intakes of riboflavin in older children in the low-income-ratio states.

The mean riboflavin intakes per 1000 calories were higher for infants 6-11 months old than for the older age group, a finding consistent with those suggesting a greater consumption of milk by infants (Table 5A). There was a 33 percent difference between the lowest and the highest values for mean riboflavin intake per 1000 calories. For children in the 12-23 month and 24-36 month age groups, dietary riboflavin intake appeared to be dependent on both caloric intakes and riboflavin density (Tables 5B and C).

Vitamin C Intakes. Mean vitamin C intakes tended to increase with age (Tables 2A-C) and were all above the dietary standard of 30 mg. per day. The median vitamin C intakes were from 10 to 20 mg. lower than the mean values, indicating the wide range of vitamin C intakes encountered in these age groups (Tables 3A-C).

In the low-income-ratio states, between 50 and 60 percent of the infants and children had vitamin C intakes of less than 30 mg. per day. The prevalence of below-standard intakes in the high-income-ratio states was slightly lower than in the low-income-ratio states.

Although mean vitamin C intakes tended to increase with age, the mean intakes per kilogram of body weight tended to decrease with age (Tables 4A-C). Thus the increase in the amount of dietary vitamin C with increasing age was not proportional to the increase in body weight.

There was a 20-percent difference between the lowest and highest mean vitamin C intakes per 1000 calories, indicating that the intakes were related more to the quality of the foods consumed than to the total amount of food eaten (Tables 5A-C).

SUMMARY

With the exception of iron, the mean nutrient intakes of infants and young children exceeded the standards. However, the cumulative percentage distribution data suggested that the food intakes of many children may have been overestimated, particularly the consumption of milk.

An examination of the distribution data also revealed that for most nutrients a large number of infants and young children had intakes below dietary standards. This was particularly true for calories, iron, vitamin A, and vitamin C. The smallest percentages of intake values below the standards were found for riboflavin. The intakes of iron and vitamin A appeared to be related more to the total amount of food consumed, while the intakes of vitamin C were more closely related to the vitamin C quality of the diet.

For all nutrients except vitamin C, the 6- to 11-month infants appeared to have the most satisfactory dietary intakes as evaluated by comparison with the dietary standards. The mean intakes per kilogram of body weight and the mean intakes per 1000 calories were higher than those for the older children.

In general, there were lower nutrient intakes for infants and young children in the low-income-ratio states than in the high-income-ratio states. The differences between the two groups of states were most apparent for the 24- to 36-month children. Generally, intakes were less satisfactory for black and Spanish-American infants and young children than for whites. These differences are consistent with those found in the analysis of the biochemical data.

Table 1A. *Mean Nutrient Intake of All Persons Six through Eleven Months of Age in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons Under One Year of Age in the United States Department of Agriculture Survey (Spring 1965)—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)
Ten-State Nutrition Survey	340	1035	45.86	1223.70	12.55	4588	0.99	1.98	7.35	38.36
U.S.D.A.[1] 1965	408	962	38.9	1046	5.9	4550	0.68	1.73	N.A.	36

Table 1B. *Mean Nutrient Intake of All Persons Twelve through Twenty-three Months of Age in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons One and Two Years of Age in the United States Department of Agriculture Survey (Spring 1965)—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Ten-State Nutrition Survey	693	1334	56.12	1031.17	7.57	3836	0.85	1.86	8.16	50.03
U.S.D.A.[1] 1965	810	1405	56.3	930	6.9	3800	0.78	1.67	N.A.	45

Table 1C. *Mean Nutrient Intake of All Persons Twenty-four through Thirty-six Months of Age in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons One and Two Years of Age in the United States Department of Agriculture Survey (Spring 1965)—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin C (mg)
Ten-State Nutrition Survey	708	1388	55.25	828.30	7.40	3398	0.84	1.62	8.67	51.25
U.S.D.A.[1] 1965	810	1405	56.3	930	6.9	3800	0.78	1.67	N.A.	45

N.A.: Not Available.
[1] Food Intake and Nutritive Value of Diets of Men, Women, and Children in the United States, Spring 1965 Agricultural Research Service/United States Department of Agriculture ARS-62-18 March 1969.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 2A. *Mean Nutrient Intake and Percent Adequacy for All Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
TOTAL	142	1005	119	43.56	236	1198.84	218	12.89	128	4155	276	0.98	289	2.02	438	6.93	36.60	121
White	33	1123	127	50.14	258	1494.35	271	27.43	274	4179	278	1.83	521	2.50	520	13.13	40.68	135
Black	96	973	116	41.21	224	1111.69	202	8.56	85	4139	275	0.74	220	1.89	412	5.19	36.56	121
Spanish American	13	940	125	44.17	265	1092.28	198	7.93	79	4208	280	0.61	210	1.76	425	4.02	26.56	88
HIGH INCOME RATIO STATES																		
TOTAL	198	1056	125	47.51	255	1241.57	225	12.31	123	4900	327	1.00	296	1.96	420	7.65	39.63	131
White	119	1038	121	49.17	259	1299.19	236	15.40	154	4982	332	1.16	341	2.04	430	9.01	37.13	123
Black	40	1184	143	46.55	259	1189.42	216	7.89	78	5061	337	0.81	238	1.87	417	6.07	43.36	144
Spanish American	39	982	118	43.44	239	1119.22	203	7.41	74	4486	299	0.73	217	1.83	395	5.14	43.41	144

Table 2B. *Mean Nutrient Intake and Percent Adequacy for All Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
TOTAL	278	1243	127	52.50	255	958.98	213	6.50	43	3559	178	0.73	188	1.87	353	7.09	40.93	136
White	55	1597	157	63.39	299	1131.01	251	10.02	66	4319	216	0.97	245	2.13	392	9.21	43.92	146
Black	197	1131	117	48.08	237	888.18	197	5.59	37	3464	173	0.67	173	1.77	338	6.42	39.23	130
Spanish American	26	1348	138	62.98	303	1131.52	251	5.93	39	2671	133	0.69	176	2.04	384	7.66	47.51	158
HIGH INCOME RATIO STATES																		
TOTAL	415	1396	141	58.55	280	1079.54	239	8.29	55	4023	200	0.93	232	1.85	341	8.87	56.13	187
White	261	1394	141	58.30	279	1064.87	236	8.64	57	4019	200	0.92	230	1.83	337	9.09	56.55	188
Black	80	1483	149	61.23	292	1019.10	226	8.20	54	4144	207	1.01	252	1.80	334	9.33	61.27	204
Spanish American	74	1307	131	56.52	268	1196.61	265	7.17	47	3909	195	0.86	218	1.97	361	7.60	49.10	168

NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 2C. *Mean Nutrient Intake and Percent Adequacy for All Persons Twenty-four through Thirty-Six Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
TOTAL	329	1244	112	50.48	231	700.72	155	6.60	43	3309	165	0.74	169	1.53	252	8.07	42.56	141
White	64	1485	135	57.87	266	822.59	182	7.66	51	2800	140	0.86	197	1.70	279	9.09	42.84	142
Black	252	1177	105	47.97	217	662.78	147	6.27	41	3456	172	0.70	159	1.48	242	7.76	41.79	139
Spanish American	13	1347	135	62.68	320	836.30	185	7.78	51	2971	148	0.91	234	1.69	308	9.04	56.18	187
HIGH INCOME RATIO STATES																		
TOTAL	379	1514	133	59.40	265	939.06	209	8.09	53	3477	186	0.93	207	1.70	271	9.20	58.79	196
White	245	1555	135	60.19	265	958.49	213	8.46	56	3612	200	0.92	201	1.71	270	9.64	60.67	202
Black	68	1581	140	60.77	274	860.07	191	8.65	57	3451	172	0.99	222	1.57	254	9.67	58.12	193
Spanish American	66	1292	117	55.08	253	948.30	210	6.13	40	3001	150	0.92	212	1.79	294	7.08	52.51	175

Table 3A. *Median Nutrient Intake of All Persons Six through Eleven Months of Age for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	142	967	41.67	1139.13	5.17	2917	0.60	1.92	4.38	21.00
White	33	1031	44.49	1300.00	12.50	3417	1.02	2.02	6.83	21.25
Black	96	942	38.75	1100.00	4.50	2500	0.57	1.89	3.90	25.00
Spanish American	13	958	41.25	1050.00	4.88	3417	0.48	1.77	2.88	15.83
HIGH INCOME RATIO STATES										
TOTAL	198	987	44.71	1206.06	6.83	3667	0.81	1.89	5.67	25.56
White	119	1004	46.96	1287.50	9.88	3625	0.91	1.97	7.19	22.50
Black	40	1000	41.25	1090.91	6.00	4000	0.73	1.73	4.67	30.00
Spanish American	39	933	41.50	1060.00	5.88	3458	0.59	1.77	4.69	33.13

NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 3B. *Median Nutrient Intake of All Persons Twelve through Twenty-three Months of Age for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	278	1145	48.46	884.00	5.14	2250	0.63	1.66	6.00	21.52
White	55	1420	58.64	1025.00	8.12	3062	0.79	1.82	8.17	26.25
Black	197	1070	45.13	820.59	4.73	2080	0.59	1.61	5.69	18.86
Spanish American	26	1125	55.00	1000.00	4.50	2500	0.56	1.67	4.25	31.25
HIGH INCOME RATIO STATES										
TOTAL	415	1314	54.88	1058.33	6.19	2957	0.76	1.82	7.32	36.53
White	261	1326	55.09	1063.64	6.48	2993	0.76	1.83	7.82	38.41
Black	80	1344	55.62	960.00	6.13	2816	0.76	1.75	7.40	32.50
Spanish American	74	1221	52.22	1129.41	4.75	3083	0.77	1.88	5.78	35.00

Table 3C. *Median Nutrient Intake of All Persons Twenty-four through Thirty-six Months of Age for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	329	1167	46.85	598.65	5.92	2242	0.66	1.30	7.15	21.31
White	64	1295	53.85	720.00	7.12	2500	0.72	1.48	7.80	24.38
Black	252	1142	45.20	576.92	5.73	2146	0.65	1.26	6.97	19.74
Spanish American	13	1094	47.50	850.00	6.17	2750	0.62	1.50	4.81	19.17
HIGH INCOME RATIO STATES										
TOTAL	379	1423	55.07	858.51	7.03	2519	0.81	1.54	8.30	31.72
White	245	1464	55.52	859.72	7.40	2548	0.85	1.53	8.78	34.75
Black	68	1467	55.56	766.67	7.25	2375	0.79	1.40	8.50	32.00
Spanish American	66	1221	53.08	900.00	5.20	2562	0.70	1.68	6.50	23.57

NOTE: Dietary data presented in these tables are based on twenty-four hour recall

Table 4A. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	111	124.23	5.40	148.17	1.57	519.08	0.11	0.25	0.85	4.33
White	27	132.10	5.89	179.52	3.67	504.40	0.23	0.30	1.69	4.67
Black	71	121.10	5.13	136.96	0.86	514.21	0.07	0.23	0.58	4.38
Spanish American	13	125.00	5.84	144.26	1.09	576.16	0.08	0.23	0.55	3.40
HIGH INCOME RATIO STATES										
TOTAL	162	128.29	5.63	147.71	1.54	614.78	0.12	0.23	0.94	5.03
White	96	122.32	5.60	149.88	1.96	602.66	0.14	0.23	1.11	4.58
Black	34	147.65	5.83	150.66	0.91	682.74	0.09	0.23	0.74	5.54
Spanish American	32	125.64	5.53	138.73	0.93	578.93	0.09	0.22	0.65	5.83

Table 4B. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Twelve through Twenty-three Months of Age by Ethnic Group in Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	228	115.91	4.95	91.95	0.61	316.89	0.06	0.17	0.65	3.72
White	51	141.58	5.69	102.81	0.90	406.11	0.08	0.18	0.82	4.03
Black	151	105.74	4.56	86.04	0.52	299.14	0.06	0.17	0.58	3.53
Spanish American	26	124.66	5.77	105.00	0.54	244.95	0.06	0.18	0.69	4.23
HIGH INCOME RATIO STATES										
TOTAL	365	130.23	5.45	100.53	0.77	377.07	0.08	0.16	0.82	5.20
White	228	129.71	5.41	99.15	0.81	367.98	0.08	0.16	0.84	5.19
Black	75	137.21	5.68	94.47	0.76	402.26	0.09	0.16	0.86	5.80
Spanish American	62	123.72	5.30	112.93	0.66	380.03	0.08	0.18	0.72	4.50

Table 4C. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	268	100.52	4.08	56.81	0.53	258.55	0.05	0.12	0.64	3.41
White	58	117.18	4.50	64.45	0.59	219.34	0.06	0.13	0.69	3.00
Black	197	94.54	3.87	53.53	0.50	270.19	0.05	0.12	0.62	3.45
Spanish American	13	116.83	5.45	72.35	0.67	257.06	0.08	0.14	0.79	4.72
HIGH INCOME RATIO STATES										
TOTAL	322	116.81	4.58	73.11	0.61	263.45	0.06	0.13	0.69	4.53
White	206	118.38	4.53	73.74	0.62	267.30	0.06	0.13	0.70	4.60
Black	59	123.22	4.84	68.12	0.69	264.78	0.07	0.12	0.77	4.44
Spanish American	57	104.48	4.47	75.99	0.50	248.16	0.07	0.14	0.57	4.39

NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 5A. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for All Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Caloric Intake	Mean Nutrient Intake per 1000 Calories							
			Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	142	1005	43.31	1188.00	12.40	4151	0.95	2.01	6.71	36.40
White	33	1123	44.64	1330.52	24.42	3721	1.63	2.23	11.69	36.22
Black	96	973	42.35	1142.51	8.80	4254	0.76	1.95	5.33	37.57
Spanish American	13	940	46.99	1162.10	8.43	4477	0.65	1.87	4.27	28.26
HIGH INCOME RATIO STATES										
TOTAL	198	1056	45.14	1180.02	11.75	4650	0.96	1.86	7.29	37.62
White	119	1038	47.39	1252.10	14.84	4802	1.12	1.96	8.68	35.79
Black	40	1184	39.33	1004.92	6.67	4276	0.69	1.58	5.13	36.64
Spanish American	39	982	44.24	1139.66	7.54	4568	0.74	1.86	5.24	44.21

Table 5B. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for All Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Caloric Intake	Mean Nutrient Intake per 1000 Calories							
			Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	278	1243	42.34	774.93	5.15	2890	0.59	1.51	5.69	33.31
White	55	1597	39.69	708.12	6.27	2704	0.61	1.33	5.77	27.50
Black	197	1131	42.50	785.06	4.94	3062	0.59	1.56	5.67	34.67
Spanish American	26	1348	46.73	839.46	4.40	1981	0.51	1.52	5.68	35.25
HIGH INCOME RATIO STATES										
TOTAL	415	1396	41.97	776.16	5.94	2886	0.66	1.33	6.35	40.18
White	261	1394	41.83	764.00	6.20	2884	0.66	1.31	6.52	40.57
Black	80	1483	41.27	686.99	5.53	2794	0.68	1.21	6.29	41.31
Spanish American	74	1307	43.24	915.45	5.49	2990	0.66	1.51	5.81	37.57

Table 5C. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for All Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Caloric Intake	Mean Nutrient Intake per 1000 Calories							
			Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
TOTAL	329	1244	40.64	563.65	5.31	2703	0.60	1.24	6.51	34.46
White	64	1485	38.96	553.88	5.16	1885	0.58	1.14	6.12	28.85
Black	252	1177	40.76	563.17	5.32	2937	0.60	1.26	6.60	35.51
Spanish American	13	1847	46.55	621.00	5.78	2206	0.68	1.25	6.71	41.72
HIGH INCOME RATIO STATES										
TOTAL	379	1514	39.34	623.97	5.33	2298	0.62	1.13	6.06	38.90
White	245	1555	38.71	616.50	5.44	2323	0.59	1.10	6.20	39.02
Black	68	1531	38.48	548.90	5.47	2182	0.68	0.99	6.12	36.75
Spanish American	66	1292	42.64	734.17	4.75	2323	0.71	1.38	5.48	40.66

NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

APPENDIX

2. Infants and Children (0-36 Month of Age)

Table 1 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<250	8	7.0	7.0	1	6.3	6.3	7	8.1	8.1	—	—	—
250-499	24	21.1	28.1	4	25.0	31.3	17	19.8	27.9	3	25.0	25.0
500-749	36	31.6	59.7	5	31.3	62.6	27	31.4	59.3	4	33.3	58.3
750-999	33	28.9	88.6	5	31.3	93.9	25	29.1	88.4	3	25.0	83.3
1000-1249	6	5.3	93.9	—	—	93.9	4	4.7	93.1	2	16.7	100.0
1250-1499	6	5.3	99.2	—	—	93.9	6	7.0	100.1	—	—	100.0
1500-1749	—	—	99.2	—	—	93.9	—	—	100.1	—	—	100.0
1750-1999	—	—	99.2	—	—	93.9	—	—	100.1	—	—	100.0
2000-2249	1	0.9	100.1	1	6.3	100.2	—	—	100.1	—	—	100.0
2250-2499	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
2500-2749	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
2750-2999	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
3000-3249	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
3250-3499	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
3500-3749	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
3750-3999	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
4000-4249	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
4250-4499	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
4500-4749	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
4750-4999	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0
>4999	—	—	100.1	—	—	100.2	—	—	100.1	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<250	6	4.5	4.5	6	7.5	7.5	—	—	—	—	—	—
250-499	10	7.5	12.0	4	5.0	12.5	2	8.3	8.3	4	13.3	13.3
500-749	59	44.0	56.0	36	45.0	57.5	11	45.8	54.1	12	40.0	53.3
750-999	26	19.4	75.4	16	20.0	77.5	3	12.5	66.6	7	23.3	76.6
1000-1249	19	14.2	89.6	10	12.5	90.0	4	16.7	83.3	5	16.7	93.3
1250-1499	11	8.2	97.8	7	8.8	98.8	2	8.3	91.6	2	6.7	100.0
1500-1749	3	2.2	100.0	1	1.3	100.1	2	8.3	99.9	—	—	100.0
1750-1999	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
2000-2249	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
2250-2499	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
2500-2749	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
2750-2999	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
3000-3249	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
3250-3499	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
3500-3749	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
3750-3999	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
4000-4249	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
4250-4499	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
4500-4749	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
4750-4999	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0
>4999	—	—	100.0	—	—	100.1	—	—	99.9	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 3 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<5	4	3.5	3.5	—	—	—	4	4.7	4.7	—	—	—
5-9	10	8.8	12.3	1	6.3	6.3	8	9.3	14.0	1	8.3	8.3
10-14	16	14.0	26.3	3	18.8	25.1	10	11.6	25.6	3	25.0	33.3
15-19	19	16.7	43.0	2	12.5	37.6	16	18.6	44.2	1	8.3	41.6
20-24	8	7.0	50.0	1	6.3	43.9	7	8.1	52.3	—	—	41.6
25-29	12	10.5	60.5	1	6.3	50.2	9	10.5	62.8	2	16.7	58.3
30-34	12	10.5	71.0	2	12.5	62.7	10	11.6	74.4	—	—	58.3
35-39	8	7.0	78.0	2	12.5	75.2	5	5.8	80.2	1	8.3	66.6
40-44	10	8.8	86.8	1	6.3	81.5	9	10.5	90.7	—	—	66.6
45-49	3	2.6	89.4	1	6.3	87.8	2	2.3	93.0	—	—	66.6
50-59	6	5.3	94.7	1	6.3	94.1	2	2.3	95.3	3	25.0	91.6
60-69	3	2.6	97.3	1	6.3	100.4	2	2.3	97.6	—	—	91.6
70-79	—	—	97.3	—	—	100.4	—	—	97.6	—	—	91.6
80-89	1	0.9	98.2	—	—	100.4	—	—	97.6	1	8.3	99.9
90-99	2	1.8	100.0	—	—	100.4	2	2.3	99.9	—	—	99.9
100-109	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
110-119	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
120-129	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
130-139	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
140-149	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
150-159	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
160-169	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
170-179	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
180-189	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
190-199	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
200-209	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
210-219	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
220-229	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
230-239	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
240-249	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9
>249	—	—	100.0	—	—	100.4	—	—	99.9	—	—	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<5	5	3.7	3.7	5	6.3	6.3	—	—	—	—	—	—
5-9	3	2.2	5.9	2	2.5	8.8	—	—	—	1	3.3	3.3
10-14	12	9.0	14.9	6	7.5	16.3	3	12.5	12.5	3	10.0	13.3
15-19	20	14.9	29.8	12	15.0	31.3	2	8.3	20.8	6	20.0	33.3
20-24	14	10.4	40.2	8	10.0	41.3	2	8.3	29.1	4	13.3	46.6
25-29	11	8.2	48.4	6	7.5	48.8	—	—	29.1	5	16.7	63.3
30-34	13	9.7	58.1	9	11.3	60.1	4	16.7	45.8	—	—	63.3
35-39	10	7.5	65.6	5	6.3	66.4	1	4.2	50.0	4	13.3	76.6
40-44	13	9.7	75.3	6	7.5	73.9	5	20.8	70.8	2	6.7	83.3
45-49	11	8.2	83.5	6	7.5	81.4	3	12.5	83.3	2	6.7	90.0
50-59	12	9.0	92.5	7	8.8	90.2	2	8.3	91.6	3	10.0	100.0
60-69	5	3.7	96.2	5	6.3	96.5	—	—	91.6	—	—	100.0
70-79	2	1.5	97.7	1	1.3	97.8	1	4.2	95.8	—	—	100.0
80-89	—	—	97.7	—	—	97.8	—	—	95.8	—	—	100.0
90-99	—	—	97.7	—	—	97.8	—	—	95.8	—	—	100.0
100-109	—	—	97.7	—	—	97.8	—	—	95.8	—	—	100.0
110-119	2	1.5	99.2	2	2.5	100.3	—	—	95.8	—	—	100.0
120-129	—	—	99.2	—	—	100.3	—	—	95.8	—	—	100.0
130-139	1	0.7	99.9	—	—	100.3	1	4.2	100.0	—	—	100.0
140-149	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
150-159	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
160-169	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
170-179	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
180-189	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
190-199	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
200-209	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
210-219	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
220-229	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
230-239	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
240-249	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0
>249	—	—	99.9	—	—	100.3	—	—	100.0	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 5 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<50	1	0.9	0.9	—	—	—	1	1.2	1.2	—	—	—
50-99	2	1.8	2.7	—	—	—	2	2.3	3.5	—	—	—
100-149	1	0.9	3.6	—	—	—	1	1.2	4.7	—	—	—
150-199	3	2.6	6.2	—	—	—	2	2.3	7.0	1	8.3	8.3
200-299	5	4.4	10.6	1	6.3	6.3	3	3.5	10.5	1	8.3	16.6
300-399	8	7.0	17.6	—	—	6.3	8	9.3	19.8	—	—	16.6
400-499	10	8.8	26.4	2	12.5	18.8	5	5.8	25.6	3	25.0	41.6
500-599	12	10.5	36.9	3	18.8	37.6	7	8.1	33.7	2	16.7	58.3
600-699	13	11.4	48.3	1	6.3	43.9	11	12.8	46.5	1	8.3	66.6
700-799	5	4.4	52.7	2	12.5	56.4	3	3.5	50.0	—	—	66.6
800-899	9	7.9	60.6	2	12.5	68.9	6	7.0	57.0	1	8.3	74.9
900-999	5	4.4	65.0	—	—	68.9	5	5.8	62.8	—	—	74.9
1000-1199	16	14.0	79.0	2	12.5	81.4	12	14.0	76.8	2	16.7	91.6
1200-1399	12	10.5	89.5	1	6.3	87.7	11	12.8	89.6	—	—	91.6
1400-1599	7	6.1	95.6	2	12.5	100.2	5	5.8	95.4	—	—	91.6
1600-1799	1	0.9	96.5	—	—	100.2	1	1.2	96.6	—	—	91.6
1800-1999	3	2.6	99.1	—	—	100.2	2	2.3	98.9	1	8.3	99.9
>1999	1	0.9	100.0	—	—	100.2	1	1.2	100.1	—	—	99.9

Table 6 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<50	1	0.7	0.7	1	1.3	1.3	—	—	—	—	—	—
50-99	1	0.7	1.4	—	—	1.3	1	4.2	4.2	—	—	—
100-149	1	0.7	2.1	1	1.3	2.6	—	—	4.2	—	—	—
150-199	3	2.2	4.3	3	3.8	6.4	—	—	4.2	—	—	—
200-299	4	3.0	7.3	2	2.5	8.9	1	4.2	8.4	1	3.3	3.3
300-399	9	6.7	14.0	4	5.0	13.9	3	12.5	20.9	2	6.7	10.0
400-499	10	7.5	21.5	7	8.8	22.7	1	4.2	25.1	2	6.7	16.7
500-599	14	10.4	31.9	6	7.5	30.2	4	16.7	41.8	4	13.3	30.0
600-699	8	6.0	37.9	3	3.8	34.0	1	4.2	46.0	4	13.3	43.3
700-799	14	10.4	48.3	9	11.3	45.3	1	4.2	50.2	4	13.3	56.6
800-899	9	6.7	55.0	6	7.5	52.8	—	—	50.2	3	10.0	66.6
900-999	4	3.0	58.0	3	3.8	56.6	—	—	50.2	1	3.3	69.9
1000-1199	17	12.7	70.7	13	16.3	72.9	3	12.5	62.7	1	3.3	73.2
1200-1399	11	8.2	78.9	4	5.0	77.9	4	16.7	79.4	3	10.0	83.2
1400-1599	10	7.5	86.4	5	6.3	84.2	2	8.3	87.7	3	10.0	93.2
1600-1799	5	3.7	90.1	3	3.8	88.0	2	8.3	96.0	—	—	93.2
1800-1999	5	3.7	93.8	3	3.8	91.8	1	4.2	100.2	1	3.3	96.5
>1999	8	6.0	99.8	7	8.8	100.6	—	—	100.2	1	3.3	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<0.5	14	12.3	12.3	2	12.5	12.5	11	12.8	12.8	1	8.3	8.3
0.5-0.9	6	5.3	17.6	1	6.3	18.8	4	4.7	17.5	1	8.3	16.6
1.0-1.4	7	6.1	23.7	1	6.3	25.1	6	7.0	24.5	—	—	16.6
1.5-1.9	4	3.5	27.2	—	—	25.1	4	4.7	29.2	—	—	16.6
2.0-2.4	1	0.9	28.1	1	6.3	31.4	—	—	29.2	—	—	16.6
2.5-2.9	5	4.4	32.5	2	12.5	43.9	3	3.5	32.7	—	—	16.6
3.0-3.4	3	2.6	35.1	1	6.3	50.2	1	1.2	33.9	1	8.3	24.9
3.5-3.9	3	2.6	37.7	1	6.3	56.5	2	2.3	36.2	—	—	24.9
4.0-4.4	2	1.8	39.5	—	—	56.5	2	2.3	38.5	—	—	24.9
4.5-4.9	2	1.8	41.3	—	—	56.5	1	1.2	39.7	1	8.3	33.2
5.0-5.9	4	3.5	44.8	1	6.3	62.8	3	3.5	43.2	—	—	33.2
6.0-6.9	3	2.6	47.4	—	—	62.8	2	2.3	45.5	1	8.3	41.5
7.0-7.9	5	4.4	51.8	—	—	62.8	4	4.7	50.2	1	8.3	49.8
8.0-8.9	7	6.1	57.9	1	6.3	69.1	2	2.3	52.5	4	33.3	83.1
9.0-9.9	6	5.3	63.2	1	6.3	75.4	5	5.8	58.3	—	—	83.1
10.0-10.9	6	5.3	68.5	1	6.3	81.7	5	5.8	64.1	—	—	83.1
11.0-11.9	5	4.4	72.9	—	—	81.7	4	4.7	68.8	1	8.3	91.4
12.0-12.9	1	0.9	73.8	—	—	81.7	1	1.2	70.0	—	—	91.4
13.0-13.9	2	1.8	75.6	—	—	81.7	2	2.3	72.3	—	—	91.4
14.0-14.9	2	1.8	77.4	1	6.3	88.0	1	1.2	73.5	—	—	91.4
15.0-15.9	3	2.6	80.0	—	—	88.0	3	3.5	77.0	—	—	91.4
16.0-16.9	1	0.9	80.9	—	—	88.0	1	1.2	78.2	—	—	91.4
17.0-17.9	2	1.8	82.7	1	6.3	94.3	1	1.2	79.4	—	—	91.4
18.0-18.9	—	—	82.7	—	—	94.3	—	—	79.4	—	—	91.4
19.0-19.9	1	0.9	83.6	—	—	94.3	1	1.2	80.6	—	—	91.4
>19.9	19	16.7	100.3	1	6.3	100.6	17	19.8	100.4	1	8.3	99.7

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 8 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<0.5	6	4.5	4.5	3	3.8	3.8	1	4.2	4.2	2	6.7	6.7
0.5-0.9	3	2.2	6.7	1	1.3	5.1	—	—	4.2	2	6.7	13.4
1.0-1.4	6	4.5	11.2	3	3.8	8.9	2	8.3	12.5	1	3.3	16.7
1.5-1.9	6	4.5	15.7	1	1.3	10.2	2	8.3	20.8	3	10.0	26.7
2.0-2.4	1	0.7	16.4	—	—	10.2	—	—	20.8	1	3.3	30.0
2.5-2.9	5	3.7	20.1	4	5.0	15.2	1	4.2	25.0	—	—	30.0
3.0-3.4	5	3.7	23.8	2	2.5	17.7	—	—	25.0	3	10.0	40.0
3.5-3.9	3	2.2	26.0	1	1.3	19.0	1	4.2	29.2	1	3.3	43.3
4.0-4.4	6	4.5	30.5	4	5.0	24.0	1	4.2	33.4	1	3.3	46.6
4.5-4.9	4	3.0	33.5	3	3.8	27.8	—	—	33.4	1	3.3	49.9
5.0-5.9	3	2.2	35.7	1	1.3	29.1	2	8.3	41.7	—	—	49.9
6.0-6.9	6	4.5	40.2	2	2.5	31.6	1	4.2	45.9	3	10.0	59.9
7.0-7.9	5	3.7	43.9	2	2.5	34.1	2	8.3	54.2	1	3.3	63.2
8.0-8.9	5	3.7	47.6	4	5.0	39.1	—	—	54.2	1	3.3	66.5
9.0-9.9	2	1.5	49.1	2	2.5	41.6	—	—	54.2	—	—	66.5
10.0-10.9	8	6.0	55.1	7	8.8	50.4	1	4.2	58.4	—	—	66.5
11.0-11.9	4	3.0	58.1	4	5.0	55.4	—	—	58.4	—	—	66.5
12.0-12.9	3	2.2	60.3	3	3.8	59.2	—	—	58.4	—	—	66.5
13.0-13.9	2	1.5	61.8	—	—	59.2	2	8.3	66.7	—	—	66.5
14.0-14.9	6	4.5	66.3	3	3.8	63.0	1	4.2	70.9	2	6.7	73.2
15.0-15.9	8	6.0	72.3	5	6.3	69.3	—	—	70.9	3	10.0	83.2
16.0-16.9	—	—	72.3	—	—	69.3	—	—	70.9	—	—	83.2
17.0-17.9	2	1.5	73.8	2	2.5	71.8	—	—	70.9	—	—	83.2
18.0-18.9	2	1.5	75.3	1	1.3	73.1	—	—	70.9	1	3.3	86.5
19.0-19.9	1	0.7	76.0	—	—	73.1	—	—	70.9	1	3.3	89.8
>19.9	32	23.9	99.9	22	27.5	100.6	7	29.2	100.1	3	10.0	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 9 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<250	2	1.8	1.8	—	—	—	2	2.3	2.3	—	—	—
250-499	3	2.6	4.4	—	—	—	3	3.5	5.8	—	—	—
500-749	3	2.6	7.0	1	6.3	6.3	2	2.3	8.1	—	—	—
750-999	7	6.1	13.1	1	6.3	12.6	6	7.0	15.1	—	—	—
1000-1249	11	9.6	22.7	3	18.8	31.4	6	7.0	22.1	2	16.7	16.7
1250-1499	12	10.5	33.2	1	6.3	37.7	8	9.3	31.4	3	25.0	41.7
1500-1749	11	9.6	42.8	2	12.5	50.2	9	10.5	41.9	—	—	41.7
1750-1999	16	14.0	56.8	3	18.8	69.0	9	10.5	52.4	4	33.3	75.0
2000-2249	9	7.9	64.7	2	12.5	81.5	6	7.0	59.4	1	8.3	83.3
2250-2499	7	6.1	70.8	1	6.3	87.8	6	7.0	66.4	—	—	83.3
2500-2999	6	5.3	76.1	2	12.5	100.3	2	2.3	68.7	2	16.7	100.0
3000-3499	6	5.3	81.4	—	—	100.3	6	7.0	75.7	—	—	100.0
3500-3999	5	4.4	85.8	—	—	100.3	5	5.8	81.5	—	—	100.0
4000-4499	3	2.6	88.4	—	—	100.3	3	3.5	85.0	—	—	100.0
4500-4999	5	4.4	92.8	—	—	100.3	5	5.8	90.8	—	—	100.0
5000-5999	1	0.9	93.7	—	—	100.3	1	1.2	92.0	—	—	100.0
6000-6999	1	0.9	94.6	—	—	100.3	1	1.2	93.2	—	—	100.0
7000-7999	1	0.9	95.5	—	—	100.3	1	1.2	94.4	—	—	100.0
8000-8999	1	0.9	96.4	—	—	100.3	1	1.2	95.6	—	—	100.0
9000-9999	1	0.9	97.3	—		100.3	1	1.2	96.8	—	—	100.0
>9999	3	2.6	99.9	—	—	100.3	3	3.5	100.3	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 10 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<250	1	0.7	0.7	1	1.3	1.3	—	—	—	—	—	—
250-499	3	2.2	2.9	2	2.5	3.8	—	—	—	1	3.3	3.3
500-749	2	1.5	4.4	2	2.5	6.3	—	—	—	—	—	3.3
750-999	6	4.5	8.9	4	5.0	11.3	1	4.2	4.2	1	3.3	6.6
1000-1249	5	3.7	12.6	3	3.8	15.1	2	8.3	12.5	—	—	6.6
1250-1499	6	4.5	17.1	5	6.3	21.4	—	—	12.5	1	3.3	9.9
1500-1749	16	11.9	29.0	7	8.8	30.2	6	25.0	37.5	3	10.0	19.9
1750-1999	11	8.2	37.2	6	7.5	37.7	2	8.3	45.8	3	10.0	29.9
2000-2249	6	4.5	41.7	5	6.3	44.0	1	4.2	50.0	—	—	29.9
2250-2499	6	4.5	46.2	5	6.3	50.3	—	—	50.0	1	3.3	33.2
2500-2999	13	9.7	55.9	7	8.8	59.1	1	4.2	54.2	5	16.7	49.9
3000-3499	14	10.4	66.3	8	10.0	69.1	2	8.3	62.5	4	13.3	63.2
3500-3999	7	5.2	71.5	4	5.0	74.1	2	8.3	70.8	1	3.3	66.5
4000-4499	4	3.0	74.5	4	5.0	79.1	—	—	70.8	—	—	66.5
4500-4999	4	3.0	77.5	2	2.5	81.6	—	—	70.8	2	6.7	73.2
5000-5999	6	4.5	82.0	5	6.3	87.9	1	4.2	75.0	—	—	73.2
6000-6999	2	1.5	83.5	1	1.3	89.2	1	4.2	79.2	—	—	73.2
7000-7999	4	3.0	86.5	2	2.5	91.7	—	—	79.2	2	6.7	79.9
8000-8999	1	0.7	87.2	1	1.3	93.0	—	—	79.2	—	—	79.9
9000-9999	1	0.7	87.9	1	1.3	94.3	—	—	79.2	—	—	79.9
>9999	16	11.9	99.8	5	6.3	100.6	5	20.8	100.0	6	20.0	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	5	4.4	4.4	1	6.3	6.3	4	4.7	4.7	—	—	—
0.10-0.14	3	2.6	7.0	—	—	6.3	3	3.5	8.2	—	—	—
0.15-0.19	9	7.9	14.9	—	—	6.3	8	9.3	17.5	1	8.3	8.3
0.20-0.29	10	8.8	23.7	3	18.8	25.1	6	7.0	24.5	1	8.3	16.6
0.30-0.39	8	7.0	30.7	1	6.3	31.4	7	8.1	32.6	—	—	16.6
0.40-0.49	5	4.4	35.1	1	6.3	37.7	2	2.3	34.9	2	16.7	33.3
0.50-0.59	17	14.9	50.0	2	12.5	50.2	11	12.8	47.7	4	33.3	66.6
0.60-0.69	6	5.3	55.3	2	12.5	62.7	4	4.7	52.4	—	—	66.6
0.70-0.79	9	7.9	63.2	3	18.8	81.5	5	5.8	58.2	1	8.3	74.9
0.80-0.89	6	5.3	68.5	—	—	81.5	6	7.0	65.2	—	—	74.9
0.90-0.99	5	4.4	72.9	—	—	81.5	4	4.7	69.9	1	8.3	83.2
1.00-1.19	8	7.0	79.9	—	—	81.5	7	8.1	78.0	1	8.3	91.5
1.20-1.39	5	4.4	84.3	1	6.3	87.8	4	4.7	82.7	—	—	91.5
1.40-1.59	4	3.5	87.8	1	6.3	94.1	3	3.5	86.2	—	—	91.5
1.60-1.79	3	2.6	90.4	1	6.3	100.4	2	2.3	88.5	—	—	91.5
1.80-1.99	4	3.5	93.9	—	—	100.4	3	3.5	92.0	1	8.3	99.8
>1.99	7	6.1	100.0	—	—	100.4	7	8.1	100.1	—	—	99.8

Table 12 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	1	0.7	0.7	1	1.3	1.3	—	—	—	—	—	—
0.10-0.14	1	0.7	1.4	—	—	1.3	1	4.2	4.2	—	—	—
0.15-0.19	1	0.7	1.4	1	1.3	2.6	—	—	4.2	—	—	—
0.20-0.29	8	6.0	8.1	5	6.3	8.9	—	—	4.2	3	10.0	10.0
0.30-0.39	10	7.5	15.6	5	6.3	15.2	4	16.7	20.9	1	3.3	13.3
0.40-0.49	6	4.5	20.1	2	2.5	17.7	1	4.2	25.1	3	10.0	23.3
0.50-0.59	18	13.4	33.5	13	16.3	34.0	3	12.5	37.6	2	6.7	30.0
0.60-0.69	16	11.9	45.4	9	11.3	45.3	2	8.3	45.9	5	16.7	46.7
0.70-0.79	12	9.0	54.4	4	5.0	50.3	4	16.7	62.6	4	13.3	60.0
0.80-0.89	8	6.0	60.4	3	3.8	54.1	—	—	62.6	5	16.7	76.7
0.90-0.99	7	5.2	65.6	7	8.8	62.9	—	—	62.6	—	—	76.7
1.00-1.19	7	5.2	70.8	3	3.8	66.7	2	8.3	70.9	2	6.7	83.4
1.20-1.39	9	6.7	77.5	9	11.3	78.0	—	—	70.9	—	—	83.4
1.40-1.59	6	4.5	82.0	3	3.8	81.8	—	—	70.9	3	10.0	93.4
1.60-1.79	5	3.7	85.7	3	3.8	85.6	1	4.2	75.1	1	3.3	96.7
1.80-1.99	2	1.5	87.2	1	1.3	86.9	1	4.2	79.3	—	—	96.7
>1.99	17	12.7	99.9	11	13.8	100.7	5	20.8	100.1	1	3.3	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 13 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<0.05	1	0.9	0.9	—	—	—	1	1.2	1.2	—	—	—
0.05-0.09	—	—	0.9	—	—	—	—	—	1.2	—	—	—
0.10-0.14	2	1.8	2.7	—	—	—	2	2.3	3.5	—	—	—
0.15-0.19	—	—	2.7	—	—	—	—	—	3.5	—	—	—
0.20-0.29	—	—	2.7	—	—	—	—	—	3.5	—	—	—
0.30-0.39	4	3.5	6.2	1	6.3	6.3	3	3.5	7.0	—	—	—
0.40-0.49	5	4.4	10.6	—	—	6.3	4	4.7	11.7	1	8.3	8.3
0.50-0.59	3	2.6	13.2	1	6.3	12.6	2	2.3	14.0	—	—	8.3
0.60-0.69	5	4.4	17.6	2	12.5	25.1	3	3.5	17.5	—	—	8.3
0.70-0.79	8	7.0	24.6	—	—	25.1	6	7.0	24.5	2	16.7	25.0
0.80-0.89	5	4.4	29.0	—	—	25.1	4	4.7	29.2	1	8.3	33.3
0.90-0.99	6	5.3	34.3	2	12.5	37.6	4	4.7	33.9	—	—	33.3
1.00-1.19	14	12.3	46.6	1	6.3	43.9	10	11.6	45.5	3	25.0	58.3
1.20-1.39	11	9.6	56.2	2	12.5	56.4	8	9.3	54.8	1	8.3	66.6
1.40-1.59	10	8.8	65.0	2	12.5	68.9	7	8.1	62.9	1	8.3	74.9
1.60-1.79	14	12.3	77.3	3	18.8	87.7	9	10.5	73.4	2	16.7	91.6
1.80-1.99	7	6.1	83.4	—	—	87.7	7	8.1	81.5	—	—	91.6
>1.99	19	16.7	100.1	2	12.5	100.2	16	18.6	100.1	1	8.3	99.9

Table 14 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<0.05	1	0.7	0.7	1	1.3	1.3	—	—	—	—	—	—
0.05-0.09	—	—	0.7	—	—	1.3	—	—	—	—	—	—
0.10-0.14	—	—	0.7	—	—	1.3	—	—	—	—	—	—
0.15-0.19	1	0.7	1.4	1	1.3	2.6	—	—	—	—	—	—
0.20-0.29	1	0.7	2.1	1	1.3	3.9	—	—	—	—	—	—
0.30-0.39	5	3.7	5.8	4	5.0	8.9	—	—	—	1	3.3	3.3
0.40-0.49	—	—	5.8	—	—	8.9	—	—	—	—	—	3.3
0.50-0.59	1	0.7	6.5	1	1.3	10.2	—	—	—	—	—	3.3
0.60-0.69	3	2.2	8.7	1	1.3	11.5	2	8.3	8.3	—	—	3.3
0.70-0.79	9	6.7	15.4	5	6.3	17.8	3	12.5	20.8	1	3.3	6.6
0.80-0.89	9	6.7	22.1	2	2.5	20.3	3	12.5	33.3	4	13.3	19.9
0.90-0.99	12	9.0	31.1	6	7.5	27.8	1	4.2	37.5	5	16.7	36.6
1.00-1.19	22	16.4	47.5	14	17.5	45.3	3	12.5	50.0	5	16.7	53.3
1.20-1.39	12	9.0	56.5	9	11.3	56.6	—	—	50.0	3	10.0	63.3
1.40-1.59	7	5.2	61.7	6	7.5	64.1	1	4.2	54.2	—	—	63.3
1.60-1.79	11	8.2	69.9	6	7.5	71.6	2	8.3	62.5	3	10.0	73.3
1.80-1.99	6	4.5	74.4	4	5.0	76.6	—	—	62.5	2	6.7	80.0
>1.99	34	25.4	99.8	19	23.8	100.4	9	37.5	100.0	6	20.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 15 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<0.5	8	7.0	7.0	1	6.3	6.3	7	8.1	8.1	—	—	—
0.5-0.9	11	9.6	16.6	2	12.5	18.8	9	10.5	18.6	—	—	—
1.0-1.4	4	3.5	20.1	1	6.3	25.1	2	2.3	20.9	1	8.3	8.3
1.5-1.9	11	9.6	29.7	1	6.3	31.4	9	10.5	31.4	1	8.3	16.6
2.0-2.4	10	8.8	38.5	3	18.8	50.2	5	5.8	37.2	2	16.7	33.3
2.5-2.9	6	5.3	43.8	1	6.3	56.5	5	5.8	43.0	—	—	33.3
3.0-3.4	8	7.0	50.8	1	6.3	62.8	7	8.1	51.1	—	—	33.3
3.5-3.9	5	4.4	55.2	—	—	62.8	3	3.5	54.6	2	16.7	50.0
4.0-4.4	7	6.1	61.3	—	—	62.8	5	5.8	60.4	2	16.7	66.7
4.5-4.9	6	5.3	66.6	2	12.5	75.3	4	4.7	65.1	—	—	66.7
5.0-5.9	11	9.6	76.2	2	12.5	87.8	7	8.1	73.2	2	16.7	83.4
6.0-6.9	2	1.8	78.0	—	—	87.8	2	2.3	75.5	—	—	83.4
7.0-7.9	5	4.4	82.4	1	6.3	94.1	4	4.7	80.2	—	—	83.4
8.0-8.9	3	2.6	85.0	—	—	94.1	3	3.5	83.7	—	—	83.4
9.0-9.9	3	2.6	87.6	—	—	94.1	3	3.5	87.2	—	—	83.4
10.0-10.9	4	3.5	91.1	—	—	94.1	3	3.5	90.7	1	8.3	91.7
11.0-11.9	—	—	91.1	—	—	94.1	—	—	90.7	—	—	91.7
12.0-12.9	3	2.6	93.7	—	—	94.1	2	2.3	93.0	1	8.3	100.0
13.0-13.9	2	1.8	95.5	1	6.3	100.4	1	1.2	94.2	—	—	100.0
14.0-14.9	—	—	95.5	—	—	100.4	—	—	94.2	—	—	100.0
15.0-15.9	1	0.9	96.4	—	—	100.4	1	1.2	95.4	—	—	100.0
16.0-16.9	1	0.9	97.3	—	—	100.4	1	1.2	96.6	—	—	100.0
17.0-17.9	—	—	97.3	—	—	100.4	—	—	96.6	—	—	100.0
18.0-18.9	—	—	97.3	—	—	100.4	—	—	96.6	—	—	100.0
19.0-19.9	—	—	97.3	—	—	100.4	—	—	96.6	—	—	100.0
20.0-20.9	1	0.9	98.2	—	—	100.4	1	1.2	97.8	—	—	100.0
>20.9	2	1.8	100.0	—	—	100.4	2	2.3	100.1	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 16 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	3	2.2	2.2	1	1.3	1.3	—	—	—	2	6.7	6.7
1.0-1.4	6	4.5	6.7	4	5.0	6.3	—	—	—	2	6.7	13.4
1.5-1.9	8	6.0	12.7	5	6.3	12.6	1	4.2	4.2	2	6.7	20.1
2.0-2.4	12	9.0	21.7	7	8.8	21.4	2	8.3	12.5	3	10.0	30.1
2.5-2.9	5	3.7	25.4	3	3.8	25.2	—	—	12.5	2	6.7	36.8
3.0-3.4	12	9.0	34.4	3	3.8	29.0	5	20.8	33.3	4	13.3	50.1
3.5-3.9	4	3.0	37.4	2	2.5	31.5	1	4.2	37.5	1	3.3	53.4
4.0-4.4	10	7.5	44.9	6	7.5	39.0	1	4.2	41.7	3	10.0	63.4
4.5-4.9	6	4.5	49.4	6	7.5	46.5	—	—	41.7	—	—	63.4
5.0-5.9	12	9.0	58.4	7	8.8	55.3	2	8.3	50.0	3	10.0	73.4
6.0-6.9	7	5.2	63.6	5	6.3	61.6	2	8.3	58.3	—	—	73.4
7.0-7.9	7	5.2	68.8	4	5.0	66.6	2	8.3	66.6	1	3.3	76.7
8.0-8.9	4	3.0	71.8	3	3.8	70.4	—	—	66.6	1	3.3	80.0
9.0-9.9	6	4.5	76.3	4	5.0	75.4	1	4.2	70.8	1	3.3	83.3
10.0-10.9	4	3.0	79.3	2	2.5	77.9	1	4.2	75.0	1	3.3	86.6
11.0-11.9	5	3.7	83.0	3	3.8	81.7	—	—	75.0	2	6.7	93.3
12.0-12.9	2	1.5	84.5	1	1.3	83.0	1	4.2	79.2	—	—	93.3
13.0-13.9	4	3.0	87.5	2	2.5	85.5	1	4.2	83.4	1	3.3	96.6
14.0-14.9	2	1.5	89.0	1	1.3	86.8	—	—	83.4	1	3.3	99.9
15.0-15.9	2	1.5	90.5	2	2.5	89.3	—	—	83.4	—	—	99.9
16.0-16.9	1	0.7	91.2	1	1.3	90.6	—	—	83.4	—	—	99.9
17.0-17.9	—	—	91.2	—	—	90.6	—	—	83.4	—	—	99.9
18.0-18.9	1	0.7	91.9	1	1.3	91.9	—	—	83.4	—	—	99.9
19.0-19.9	—	—	91.9	—	—	91.9	—	—	83.4	—	—	99.9
20.0-20.9	—	—	91.9	—	—	91.9	—	—	83.4	—	—	99.9
>20.9	11	8.2	100.1	7	8.8	100.7	4	16.7	100.1	—	—	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 17 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Under Six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	114	100.0	100.0	16	100.0	100.0	86	100.0	100.0	12	100.0	100.0
<5	19	16.7	16.7	1	6.3	6.3	17	19.8	19.8	1	8.3	8.3
5-9	17	14.9	31.6	3	18.8	25.1	13	15.1	34.9	1	8.3	16.6
10-14	7	6.1	37.7	1	6.3	31.4	5	5.8	40.7	1	8.3	24.9
15-19	8	7.0	44.7	2	12.5	43.9	5	5.8	46.5	1	8.3	33.2
20-24	6	5.3	50.0	—	—	43.9	5	5.8	52.3	1	8.3	41.5
25-29	1	0.9	50.9	1	6.3	50.2	—	—	52.3	—	—	41.5
30-34	5	4.4	55.3	1	6.3	56.5	4	4.7	57.0	—	—	41.5
35-39	14	12.3	67.6	2	12.5	69.0	9	10.5	67.5	3	25.0	66.5
40-44	4	3.5	71.1	2	12.5	81.5	2	2.3	69.8	—	—	66.5
45-49	7	6.1	77.2	1	6.3	87.8	4	4.7	74.5	2	16.7	83.2
50-59	9	7.9	85.1	2	12.5	100.3	6	7.0	81.5	1	8.3	91.5
60-69	1	0.9	86.0	—	—	100.3	1	1.2	82.7	—	—	91.5
70-79	3	2.6	88.6	—	—	100.3	3	3.5	86.2	—	—	91.5
80-89	4	3.5	92.1	—	—	100.3	4	4.7	90.9	—	—	91.5
90-99	4	3.5	95.6	—	—	100.3	4	4.7	95.6	—	—	91.5
100-109	1	0.9	96.5	—	—	100.3	1	1.2	96.8	—	—	91.5
110-119	—	—	96.5	—	—	100.3	—	—	96.8	—	—	91.5
120-129	1	0.9	97.4	—	—	100.3	1	1.2	98.0	—	—	91.5
130-139	3	2.6	100.0	—	—	100.3	2	2.3	100.3	1	8.3	99.8
140-149	—	—	100.0	—	—	100.3	—	—	100.3	—	—	99.8
>149	—	—	100.0	—	—	100.3	—	—	100.3	—	—	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 18 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Under Six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	134	100.0	100.0	80	100.0	100.0	24	100.0	100.0	30	100.0	100.0
<5	6	4.5	4.5	6	7.5	7.5	—	—	—	—	—	—
5-9	11	8.2	12.7	7	8.8	16.3	1	4.2	4.2	3	10.0	10.0
10-14	14	10.4	23.1	11	13.8	30.1	1	4.2	8.4	2	6.7	16.7
15-19	7	5.2	28.3	4	5.0	35.1	—	—	8.4	3	10.0	26.7
20-24	8	6.0	34.3	6	7.5	42.6	1	4.2	12.6	1	3.3	30.0
25-29	3	2.2	36.5	2	2.5	45.1	1	4.2	16.8	—	—	30.0
30-34	5	3.7	40.2	5	6.3	51.4	—	—	16.8	—	—	30.0
35-39	16	11.9	52.1	6	7.5	58.9	5	20.8	37.6	5	16.7	46.7
40-44	9	6.7	58.8	5	6.3	65.2	2	8.3	45.9	2	6.7	53.4
45-49	13	9.7	68.5	8	10.0	75.2	3	12.5	58.4	2	6.7	60.1
50-59	9	6.7	75.2	5	6.3	81.5	3	12.5	70.9	1	3.3	63.4
60-69	7	5.2	80.4	4	5.0	86.5	1	4.2	75.1	2	6.7	70.1
70-79	1	0.7	81.1	—	—	86.5	—	—	75.1	1	3.3	73.4
80-89	4	3.0	84.1	2	2.5	89.0	—	—	75.1	2	6.7	80.1
90-99	6	4.5	88.6	3	3.8	92.8	2	8.3	83.4	1	3.3	83.4
100-109	6	4.5	93.1	4	5.0	97.8	1	4.2	87.6	1	3.3	86.7
110-119	4	3.0	96.1	1	1.3	99.1	2	8.3	95.9	1	3.3	90.0
120-129	2	1.5	97.6	—	—	99.1	1	4.2	100.1	1	3.3	93.3
130-139	—	—	97.6	—	—	99.1	—	—	100.1	—	—	93.3
140-149	2	1.5	99.1	1	1.3	100.4	—	—	100.1	1	3.3	96.6
>149	1	0.7	99.8	—	—	100.4	—	—	100.1	1	3.3	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 19 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<250	2	1.4	1.4	1	3.0	3.0	1	1.0	1.0	—	—	—
250-499	5	3.5	4.9	—	—	3.0	3	3.1	4.1	2	15.4	15.4
500-749	25	17.6	22.5	2	6.1	9.1	21	21.9	26.0	2	15.4	30.8
750-999	45	31.7	54.2	12	36.4	45.5	30	31.2	57.2	3	23.1	53.9
1000-1249	44	31.0	85.2	12	36.4	81.9	28	29.2	86.4	4	30.8	84.7
1250-1499	9	6.3	91.5	2	6.1	88.0	6	6.2	92.6	1	7.7	92.4
1500-1749	5	3.5	95.0	1	3.0	91.0	4	4.2	96.8	—	—	92.4
1750-1999	3	2.1	97.1	1	3.0	94.0	1	1.0	97.8	1	7.7	100.1
2000-2249	2	1.4	98.5	1	3.0	97.0	1	1.0	98.9	—	—	100.1
2250-2499	1	0.7	99.2	—	—	97.0	1	1.0	99.9	—	—	100.1
2500-2749	—	—	99.2	—	—	97.0	—	—	99.9	—	—	100.1
2750-2999	—	—	99.2	—	—	97.0	—	—	99.9	—	—	100.1
3000-3249	—	—	99.2	—	—	97.0	—	—	99.9	—	—	100.1
3250-3499	1	0.7	99.9	1	3.0	100.0	—	—	99.9	—	—	100.1
3500-3749	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1
3750-3999	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1
4000-4249	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1
4250-4499	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1
4500-4749	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1
4750-4999	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1
>4999	—	—	99.9	—	—	100.0	—	—	99.9	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 20 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<250	2	1.0	1.0	2	1.7	1.7	—	—	—	—	—	—
250-499	7	3.5	4.5	2	1.7	3.4	5	12.5	12.5	—	—	—
500-749	35	17.7	22.2	22	18.5	21.9	3	7.5	20.0	10	25.6	25.6
750-999	58	29.3	51.5	33	27.7	49.6	12	30.0	50.0	13	33.3	58.9
1000-1249	51	25.8	77.3	33	27.7	77.3	6	15.0	65.0	12	30.8	89.7
1250-1499	24	12.1	89.4	17	14.3	91.6	6	15.0	80.0	1	2.6	92.3
1500-1749	7	3.5	92.9	4	3.4	95.0	2	5.0	85.0	1	2.6	94.9
1750-1999	5	2.5	95.4	3	2.5	97.5	—	—	85.0	2	5.1	100.0
2000-2249	3	1.5	96.9	1	0.8	98.3	2	5.0	90.0	—	—	100.0
2250-2499	5	2.5	99.4	1	0.8	99.1	4	10.0	100.0	—	—	100.0
2500-2749	1	0.5	99.9	1	0.8	99.9	—	—	100.0	—	—	100.0
2750-2999	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
3000-3249	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
3250-3499	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
3500-3749	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
3750-3999	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
4000-4249	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
4250-4499	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
4500-4749	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
4750-4999	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0
>4999	—	—	99.9	—	—	99.9	—	—	100.0	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 21 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<5	1	0.7	0.7	—	—	—	1	1.0	1.0	—	—	—
5-9	1	0.7	1.4	—	—	—	1	1.0	2.0	—	—	—
10-14	3	2.1	3.5	1	3.0	3.0	1	1.0	3.0	1	7.7	7.7
15-19	7	4.9	8.4	—	—	3.0	6	6.2	9.2	1	7.7	15.4
20-24	12	8.5	16.9	2	6.1	9.1	9	9.4	18.6	1	7.7	23.1
25-29	15	10.6	27.5	1	3.0	12.1	13	13.5	32.1	1	7.7	30.8
30-34	13	9.2	36.7	2	6.1	18.2	11	11.5	43.6	—	—	30.8
35-39	13	9.2	45.9	3	9.1	27.3	8	8.3	51.9	2	15.4	46.2
40-44	18	12.7	58.6	8	24.2	51.5	8	8.3	60.2	2	15.4	61.6
45-49	15	10.6	69.2	4	12.1	63.6	10	10.4	70.6	1	7.7	69.3
50-59	22	15.5	84.7	5	15.2	78.8	15	15.6	86.2	2	15.4	84.7
60-69	10	7.0	91.7	3	9.1	87.9	7	7.3	93.5	—	—	84.7
70-79	5	3.5	95.2	1	3.0	90.9	3	3.1	96.6	1	7.7	92.4
80-89	2	1.4	96.6	1	3.0	93.9	1	1.0	97.6	—	—	92.4
90-99	3	2.1	98.7	—	—	93.9	2	2.1	99.7	1	7.7	100.1
100-109	1	0.7	99.4	1	3.0	96.9	—	—	99.7	—	—	100.1
110-119	—	—	99.4	—	—	96.9	—	—	99.7	—	—	100.1
120-129	—	—	99.4	—	—	96.9	—	—	99.7	—	—	100.1
130-139	1	0.7	100.1	1	3.0	99.9	—	—	99.7	—	—	100.1
140-149	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
150-159	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
160-169	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
170-179	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
180-189	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
190-199	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
200-209	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
210-219	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
220-229	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
230-239	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
240-249	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1
>249	—	—	100.1	—	—	99.9	—	—	99.7	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 22 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<5	2	1.0	1.0	2	1.7	1.7	—	—	—	—	—	—
5-9	—	—	1.0	—	—	1.7	—	—	—	—	—	—
10-14	2	1.0	2.0	1	0.8	2.5	1	2.5	2.5	—	—	—
15-19	12	6.1	8.1	5	4.2	6.7	4	10.0	12.5	3	7.7	7.7
20-24	10	5.1	13.2	6	5.0	11.7	2	5.0	17.5	2	5.1	12.8
25-29	12	6.1	19.3	6	5.0	16.7	1	2.5	20.0	5	12.8	25.6
30-34	22	11.1	30.4	10	8.4	25.1	7	17.5	37.5	5	12.8	38.4
35-39	23	11.6	42.0	16	13.4	38.5	4	10.0	47.5	3	7.7	46.1
40-44	17	8.6	50.6	8	6.7	45.2	4	10.0	57.5	5	12.8	58.9
45-49	22	11.1	61.7	14	11.8	57.0	3	7.5	65.0	5	12.8	71.7
50-59	39	19.7	81.4	28	23.5	80.5	5	12.5	77.5	6	15.4	87.1
60-69	11	5.6	87.0	7	5.9	86.4	2	5.0	82.5	2	5.1	92.2
70-79	9	4.5	91.5	6	5.0	91.4	2	5.0	87.5	1	2.6	94.8
80-89	8	4.0	95.5	4	3.4	94.8	3	7.5	95.0	1	2.6	97.4
90-99	5	2.5	98.0	3	2.5	97.3	2	5.0	100.0	—	—	97.4
100-109	1	0.5	98.5	1	0.8	98.1	—	—	100.0	—	—	97.4
110-119	1	0.5	99.0	—	—	98.1	—	—	100.0	1	2.6	100.0
120-129	—	—	99.0	—	—	98.1	—	—	100.0	—	—	100.0
130-139	—	—	99.0	—	—	98.1	—	—	100.0	—	—	100.0
140-149	—	—	99.0	—	—	98.1	—	—	100.0	—	—	100.0
150-159	1	0.5	99.5	1	0.8	98.9	—	—	100.0	—	—	100.0
160-169	—	—	99.5	—	—	98.9	—	—	100.0	—	—	100.0
170-179	—	—	99.5	—	—	98.9	—	—	100.0	—	—	100.0
180-189	—	—	99.5	—	—	98.9	—	—	100.0	—	—	100.0
190-199	—	—	99.5	—	—	98.9	—	—	100.0	—	—	100.0
200-209	—	—	99.5	—	—	98.9	—	—	100.0	—	—	100.0
210-219	1	0.5	100.0	1	0.8	99.7	—	—	100.0	—	—	100.0
220-229	—	—	100.0	—	—	99.7	—	—	100.0	—	—	100.0
230-239	—	—	100.0	—	—	99.7	—	—	100.0	—	—	100.0
240-249	—	—	100.0	—	—	99.7	—	—	100.0	—	—	100.0
>249	—	—	100.0	—	—	99.7	—	—	100.0	—	—	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 23 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<50	1	0.7	0.7	—	—	—	1	1.0	1.0	—	—	—
50-99	—	—	0.7	—	—	—	—	—	1.0	—	—	—
100-149	1	0.7	1.4	—	—	—	—	—	1.0	1	7.7	7.7
150-199	—	—	1.4	—	—	—	—	—	1.0	—	—	7.7
200-299	3	2.1	3.5	—	—	—	1	1.0	2.0	2	15.4	23.1
300-399	3	2.1	5.6	—	—	—	3	3.1	5.1	—	—	23.1
400-499	2	1.4	7.0	1	3.0	3.0	1	1.0	6.1	—	—	23.1
500-599	6	4.2	11.2	—	—	3.0	6	6.2	12.3	—	—	23.1
600-699	11	7.7	18.9	2	6.1	9.1	8	8.3	20.6	1	7.7	30.8
700-799	10	7.0	25.9	3	9.1	18.2	6	6.2	26.8	1	7.7	38.5
800-899	11	7.7	33.6	1	3.0	21.2	9	9.4	36.2	1	7.7	46.2
900-999	7	4.9	38.5	2	6.1	27.3	5	5.2	41.4	—	—	46.2
1000-1199	23	16.2	54.7	5	15.2	42.5	16	16.7	58.1	2	15.4	61.6
1200-1399	26	18.3	73.0	5	15.2	57.7	19	19.8	77.9	2	15.4	77.0
1400-1599	14	9.9	82.9	6	18.2	75.9	8	8.3	86.2	—	—	77.0
1600-1799	7	4.9	87.8	3	9.1	85.0	3	3.1	89.3	1	7.7	84.7
1800-1999	7	4.9	92.7	1	3.0	88.0	5	5.2	94.5	1	7.7	92.4
>1999	10	7.0	99.7	4	12.1	100.1	5	5.2	99.7	1	7.7	100.1

Table 24 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<50	2	1.0	1.0	2	1.7	1.7	—	—	—	—	—	—
50-99	—	—	1.0	—	—	1.7	—	—	—	—	—	—
100-149	1	0.5	1.5	1	0.8	2.5	—	—	—	—	—	—
150-199	—	—	1.5	—	—	2.5	—	—	—	—	—	—
200-299	3	1.5	3.0	2	1.7	4.2	—	—	—	1	2.6	2.6
300-399	2	1.0	4.0	—	—	4.2	1	2.5	2.5	1	2.6	5.2
400-499	3	1.5	5.5	1	0.8	5.0	—	—	2.5	2	5.1	10.3
500-599	8	4.0	9.5	4	3.4	8.4	3	7.5	10.0	1	2.6	12.9
600-699	8	4.0	13.5	5	4.2	12.6	2	5.0	15.0	1	2.6	15.5
700-799	10	5.1	18.6	5	4.2	16.8	3	7.5	22.5	2	5.1	20.6
800-899	24	12.1	30.7	14	11.8	28.6	4	10.0	32.5	6	15.4	36.0
900-999	12	6.1	36.8	6	5.0	33.6	2	5.0	37.5	4	10.3	46.3
1000-1199	25	12.6	49.4	9	7.6	41.2	11	27.5	65.0	5	12.8	59.1
1200-1399	33	16.7	66.1	24	20.2	61.4	4	10.0	75.0	5	12.8	71.9
1400-1599	24	12.1	78.2	17	14.3	75.7	3	7.5	82.5	4	10.3	82.2
1600-1799	13	6.6	84.8	9	7.6	83.3	1	2.5	85.0	3	7.7	89.9
1800-1999	16	8.1	92.9	12	10.1	93.4	1	2.5	87.5	3	7.7	97.6
>1999	14	7.1	100.0	8	6.7	100.1	5	12.5	100.0	1	2.6	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 25 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<0.5	4	2.8	2.8	1	3.0	3.0	2	2.1	2.1	1	7.7	7.7
0.5-0.9	7	4.9	7.7	—	—	3.0	7	7.3	9.4	—	—	7.7
1.0-1.4	5	3.5	11.2	2	6.1	9.1	3	3.1	12.5	—	—	7.7
1.5-1.9	6	4.2	15.4	2	6.1	15.2	3	3.1	15.6	1	7.7	15.4
2.0-2.4	10	7.0	22.4	—	—	15.2	10	10.4	26.0	—	—	15.4
2.5-2.9	7	4.9	27.3	3	9.1	24.3	4	4.2	30.2	—	—	15.4
3.0-3.4	8	5.6	32.9	2	6.1	30.4	4	4.2	34.4	2	15.4	30.8
3.5-3.9	11	7.7	40.6	2	6.1	36.5	9	9.4	43.8	—	—	30.8
4.0-4.4	7	4.9	45.5	—	—	36.5	6	6.2	50.0	1	7.7	38.5
4.5-4.9	4	2.8	48.3	1	3.0	39.5	1	1.0	51.0	2	15.4	53.9
5.0-5.9	12	8.5	56.8	—	—	39.5	10	10.4	61.4	2	15.4	69.3
6.0-6.9	3	2.1	58.9	—	—	39.5	3	3.1	64.5	—	—	69.3
7.0-7.9	5	3.5	62.4	3	9.1	48.6	2	2.1	66.6	—	—	69.3
8.0-8.9	8	5.6	68.0	—	—	48.6	7	7.3	73.9	1	7.7	77.0
9.0-9.9	1	0.7	68.7	—	—	48.6	1	1.0	74.9	—	—	77.0
10.0-10.9	1	0.7	69.4	—	—	48.6	1	1.0	75.9	—	—	77.0
11.0-11.9	—	—	69.4	—	—	48.6	—	—	75.9	—	—	77.0
12.0-12.9	2	1.4	70.8	1	3.0	51.6	1	1.0	76.9	—	—	77.0
13.0-13.9	7	4.9	75.7	1	3.0	54.6	5	5.2	82.1	1	7.7	84.7
14.0-14.9	5	3.5	79.2	1	3.0	57.6	4	4.2	86.3	—	—	84.7
15.0-15.9	5	3.5	82.7	2	6.1	63.7	3	3.1	89.4	—	—	84.7
16.0-16.9	3	2.1	84.8	1	3.0	66.7	2	2.1	91.5	—	—	84.7
17.0-17.9	1	0.7	85.5	1	3.0	69.7	—	—	91.5	—	—	84.7
18.0-18.9	—	—	85.5	—	—	69.7	—	—	91.5	—	—	84.7
19.0-19.9	2	1.4	86.9	—	—	69.7	2	2.1	93.6	—	—	84.7
>19.9	18	12.7	99.6	10	30.3	100.0	6	6.2	99.8	2	15.4	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 26 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<0.5	8	4.0	4.0	3	2.5	2.5	3	7.5	7.5	2	5.1	5.1
0.5-0.9	6	3.0	7.0	4	3.4	5.9	1	2.5	10.0	1	2.6	7.7
1.0-1.4	8	4.0	11.0	4	3.4	9.3	2	5.0	15.0	2	5.1	12.8
1.5-1.9	7	3.5	14.5	2	1.7	11.0	3	7.5	22.5	2	5.1	17.9
2.0-2.4	10	5.1	19.6	3	2.5	13.5	3	7.5	30.0	4	10.3	28.2
2.5-2.9	7	3.5	23.1	5	4.2	17.7	2	5.0	35.0	—	—	28.2
3.0-3.4	11	5.6	28.7	7	5.9	23.6	2	5.0	40.0	2	5.1	33.3
3.5-3.9	7	3.5	32.2	7	5.9	29.5	—	—	40.0	—	—	33.3
4.0-4.4	8	4.0	36.2	4	3.4	32.9	2	5.0	45.0	2	5.1	38.4
4.5-4.9	3	1.5	37.7	1	0.8	33.7	1	2.5	47.5	1	2.6	41.0
5.0-5.9	14	7.1	44.8	9	7.6	41.3	1	2.5	50.0	4	10.3	51.3
6.0-6.9	12	6.1	50.9	4	3.4	44.7	3	7.5	57.5	5	12.8	64.1
7.0-7.9	3	1.5	52.4	1	0.8	45.5	1	2.5	60.0	1	2.6	66.7
8.0-8.9	7	3.5	55.9	2	1.7	47.2	3	7.5	67.5	2	5.1	71.8
9.0-9.9	9	4.5	60.4	4	3.4	50.6	4	10.0	77.5	1	2.6	74.4
10.0-10.9	1	0.5	60.9	—	—	50.6	—	—	77.5	1	2.6	77.0
11.0-11.9	3	1.5	62.4	2	1.7	52.3	—	—	77.5	1	2.6	79.6
12.0-12.9	5	2.5	64.9	4	3.4	55.7	1	2.5	80.0	—	—	79.6
13.0-13.9	4	2.0	66.9	3	2.5	58.2	—	—	80.0	1	2.6	82.2
14.0-14.9	8	4.0	70.9	6	5.0	63.2	2	5.0	85.0	—	—	82.2
15.0-15.9	7	3.5	74.4	3	2.5	65.7	—	—	85.0	4	10.3	92.5
16.0-16.9	2	1.0	75.4	2	1.7	67.4	—	—	85.0	—	—	92.5
17.0-17.9	1	0.5	75.9	1	0.8	68.2	—	—	85.0	—	—	92.5
18.0-18.9	4	2.0	77.9	2	1.7	69.9	2	5.0	90.0	—	—	92.5
19.0-19.9	3	1.5	79.4	1	0.8	70.7	—	—	90.0	2	5.1	97.6
>19.9	40	20.2	99.6	35	29.4	100.1	4	10.0	100.0	1	2.6	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 27 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	—	—	—	—	—	—	—	—	—	—	—	—
500-749	3	2.1	2.1	1	3.0	3.0	2	2.1	2.1	—	—	—
750-999	3	2.1	4.2	—	—	3.0	3	3.1	5.2	—	—	—
1000-1249	9	6.3	10.5	1	3.0	6.0	6	6.2	11.4	2	15.4	15.4
1250-1499	8	5.6	16.1	2	6.1	12.1	5	5.2	16.6	1	7.7	23.1
1500-1749	11	7.7	23.8	1	3.0	15.1	9	9.4	26.0	1	7.7	30.8
1750-1999	9	6.3	30.1	2	6.1	21.2	7	7.3	33.3	—	—	30.8
2000-2249	5	3.5	33.6	1	3.0	24.2	4	4.2	37.5	—	—	30.8
2250-2499	13	9.2	42.8	1	3.0	27.2	12	12.5	50.0	—	—	30.8
2500-2999	12	8.5	51.3	5	15.2	42.4	7	7.3	57.3	—	—	30.8
3000-3499	16	11.3	62.6	3	9.1	51.5	10	10.4	67.7	3	23.1	53.9
3500-3999	6	4.2	66.8	2	6.1	57.6	4	4.2	71.9	—	—	53.9
4000-4499	7	4.9	71.7	3	9.1	66.7	3	3.1	75.0	1	7.7	61.6
4500-4999	4	2.8	74.5	—	—	66.7	3	3.1	78.1	1	7.7	69.3
5000-5999	10	7.0	81.5	5	15.2	81.9	3	3.1	81.2	2	15.4	84.7
6000-6999	8	5.6	87.1	3	9.1	91.0	5	5.2	86.4	—	—	84.7
7000-7999	5	3.5	90.6	1	3.0	94.0	3	3.1	89.5	1	7.7	92.4
8000-8999	—	—	90.6	—	—	94.0	—	—	89.5	—	—	92.4
9000-9999	2	1.4	92.0	1	3.0	97.0	1	1.0	90.5	—	—	92.4
>9999	11	7.7	99.7	1	3.0	100.0	9	9.4	99.9	1	7.7	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 28 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<250	1	0.5	0.5	1	0.8	0.8	—	—	—	—	—	—
250-499	—	—	0.5	—	—	0.8	—	—	—	—	—	—
500-749	4	2.0	2.5	3	2.5	3.3	1	2.5	2.5	—	—	—
750-999	5	2.5	5.0	2	1.7	5.0	1	2.5	5.0	2	5.1	5.1
1000-1249	6	3.0	8.0	3	2.5	7.5	—	—	5.0	3	7.7	12.8
1250-1499	11	5.6	13.6	7	5.9	13.4	3	7.5	12.5	1	2.6	15.4
1500-1749	11	5.6	19.2	7	5.9	19.3	—	—	12.5	4	10.3	25.7
1750-1999	6	3.0	22.2	3	2.5	21.8	1	2.5	15.0	2	5.1	30.8
2000-2249	4	2.0	24.2	1	0.8	22.6	2	5.0	20.0	1	2.6	33.4
2250-2499	8	4.0	28.2	6	5.0	27.6	2	5.0	25.0	—	—	33.4
2500-2999	19	9.6	37.8	15	12.6	40.2	3	7.5	32.5	1	2.6	36.0
3000-3499	18	9.1	46.9	9	7.6	47.8	3	7.5	40.0	6	15.4	51.4
3500-3999	18	9.1	56.0	10	8.4	56.2	4	10.0	50.0	4	10.3	61.7
4000-4499	8	4.0	60.0	6	5.0	61.2	—	—	50.0	2	5.1	66.8
4500-4999	16	8.1	68.1	8	6.7	67.9	6	15.0	65.0	2	5.1	71.9
5000-5999	17	8.6	76.7	9	7.6	75.5	5	12.5	77.5	3	7.7	79.6
6000-6999	9	4.5	81.2	5	4.2	79.7	2	5.0	82.5	2	5.1	84.7
7000-7999	11	5.6	86.8	7	5.9	85.6	—	—	82.5	4	10.3	95.0
8000-8999	5	2.5	89.3	2	1.7	87.3	3	7.5	90.0	—	—	95.0
9000-9999	4	2.0	91.3	3	2.5	89.8	1	2.5	92.5	—	—	95.0
>9999	17	8.6	99.9	12	10.1	99.9	3	7.5	100.0	2	5.1	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 29 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<0.05	1	0.7	0.7	—	—	—	1	1.0	1.0	—	—	—
0.05-0.09	—	—	0.7	—	—	—	—	—	1.0	—	—	—
0.10-0.14	1	0.7	1.4	1	3.0	3.0	—	—	1.0	—	—	—
0.15-0.19	2	1.4	2.8	1	3.0	6.0	1	1.0	2.0	—	—	—
0.20-0.29	13	9.2	12.0	1	3.0	9.0	10	10.4	12.4	2	15.4	15.4
0.30-0.39	20	14.1	26.1	1	3.0	12.0	16	16.7	29.1	3	23.1	38.5
0.40-0.49	12	8.5	34.6	1	3.0	15.0	9	9.4	38.5	2	15.4	53.9
0.50-0.59	23	16.2	50.8	6	18.2	33.2	15	15.6	54.1	2	15.4	69.3
0.60-0.69	14	9.9	60.7	3	9.1	42.3	10	10.4	64.5	1	7.7	77.0
0.70-0.79	7	4.9	65.6	1	3.0	45.3	6	6.2	70.7	—	—	77.0
0.80-0.89	5	3.5	69.1	—	—	45.3	5	5.2	75.9	—	—	77.0
0.90-0.99	6	4.2	73.3	1	3.0	48.3	5	5.2	81.1	—	—	77.0
1.00-1.19	16	11.3	84.6	6	18.2	66.5	8	8.3	89.4	2	15.4	92.4
1.20-1.39	6	4.2	88.8	3	9.1	75.6	3	3.1	92.5	—	—	92.4
1.40-1.59	3	2.1	90.9	1	3.0	78.6	1	1.0	93.4	1	7.7	100.1
1.60-1.79	4	2.8	93.7	1	3.0	81.6	3	3.1	96.6	—	—	100.1
1.80-1.99	—	—	93.7	—	—	81.6	—	—	96.6	—	—	100.1
>1.99	9	6.3	100.0	6	18.2	99.8	3	3.1	99.7	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 30 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<0.05	1	0.5	0.5	1	0.8	0.8	—	—	—	—	—	—
0.05-0.09	1	0.5	1.0	1	0.8	1.6	—	—	—	—	—	—
0.10-0.14	—	—	1.0	—	—	1.6	—	—	—	—	—	—
0.15-0.19	8	4.0	5.0	4	3.4	5.0	3	7.5	7.5	1	2.6	2.6
0.20-0.29	9	4.5	9.5	4	3.4	8.4	2	5.0	12.5	3	7.7	10.3
0.30-0.39	19	9.6	19.1	6	5.0	13.4	7	17.5	30.0	6	15.4	25.7
0.40-0.49	16	8.1	27.2	10	8.4	21.8	3	7.5	37.5	3	7.7	33.4
0.50-0.59	21	10.6	37.8	11	9.2	31.0	3	7.5	45.0	7	17.9	51.3
0.60-0.69	7	3.5	41.3	6	5.0	36.0	1	2.5	47.5	—	—	51.3
0.70-0.79	16	8.1	49.4	9	7.6	43.6	3	7.5	55.0	4	10.3	61.6
0.80-0.89	13	6.6	56.0	7	5.9	49.5	3	7.5	62.5	3	7.7	69.3
0.90-0.99	16	8.1	64.1	9	7.6	57.1	3	7.5	70.0	4	10.3	79.6
1.00-1.19	18	9.1	73.2	11	9.2	66.3	3	7.5	77.5	4	10.3	89.9
1.20-1.39	9	4.5	77.7	5	4.2	70.5	3	7.5	85.0	1	2.6	92.5
1.40-1.59	6	3.0	80.7	4	3.4	73.9	1	2.5	87.5	1	2.6	95.1
1.60-1.79	11	5.6	86.3	6	5.0	78.9	4	10.0	97.5	1	2.6	97.7
1.80-1.99	3	1.5	87.8	3	2.5	81.4	—	—	97.5	—	—	97.7
>1.99	24	12.1	99.9	22	18.5	99.9	1	2.5	100.0	1	2.6	100.3

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 31 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	1	0.7	0.7	—	—	—	1	1.0	1.0	—	—	—
0.10-0.14	—	—	0.7	—	—	—	—	—	1.0	—	—	—
0.15-0.19	—	—	0.7	—	—	—	—	—	1.0	—	—	—
0.20-0.29	—	—	0.7	—	—	—	—	—	1.0	—	—	—
0.30-0.39	2	1.4	2.1	1	3.0	3.0	—	—	1.0	1	7.7	7.7
0.40-0.49	3	2.1	4.2	—	—	3.0	1	1.0	2.0	2	15.4	23.1
0.50-0.59	1	0.7	4.9	—	—	3.0	1	1.0	3.0	—	—	23.1
0.60-0.69	—	—	4.9	—	—	3.0	—	—	3.0	—	—	23.1
0.70-0.79	2	1.4	6.3	—	—	3.0	2	2.1	5.1	—	—	23.1
0.80-0.89	5	3.5	9.8	—	—	3.0	5	5.2	10.3	—	—	23.1
0.90-0.99	1	0.7	10.5	—	—	3.0	1	1.0	11.3	—	—	23.1
1.00-1.19	9	6.3	16.8	3	9.1	12.1	6	6.2	17.5	—	—	23.1
1.20-1.39	15	10.6	27.4	2	6.1	18.2	12	12.5	30.0	1	7.7	30.8
1.40-1.59	7	4.9	32.3	1	3.0	21.2	6	6.2	36.2	—	—	30.8
1.60-1.79	19	13.4	45.7	6	18.2	39.4	10	10.4	46.6	3	23.1	53.9
1.80-1.99	10	7.0	52.7	2	6.1	45.5	7	7.3	53.9	1	7.7	61.6
>1.99	67	47.2	99.9	18	54.5	100.0	44	45.8	99.7	5	38.5	100.1

Table 32 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<0.05	2	1.0	1.0	2	1.7	1.7	—	—	—	—	—	—
0.05-0.09	—	—	1.0	—	—	1.7	—	—	—	—	—	—
0.10-0.14	—	—	1.0	—	—	1.7	—	—	—	—	—	—
0.15-0.19	—	—	1.0	—	—	1.7	—	—	—	—	—	—
0.20-0.29	—	—	1.0	—	—	1.7	—	—	—	—	—	—
0.30-0.39	2	1.0	2.0	1	0.8	2.5	—	—	—	1	2.6	2.6
0.40-0.49	1	0.5	2.5	—	—	2.5	1	2.5	2.5	—	—	2.6
0.50-0.59	—	—	2.5	—	—	2.5	—	—	2.5	—	—	2.6
0.60-0.69	1	0.5	3.0	1	0.8	3.3	—	—	2.5	—	—	2.6
0.70-0.79	4	2.0	5.0	2	1.7	5.0	—	—	2.5	2	5.1	7.7
0.80-0.89	4	2.0	7.0	1	0.8	5.8	2	5.0	7.5	1	2.6	10.3
0.90-0.99	7	3.5	10.5	3	2.5	8.3	2	5.0	12.5	2	5.1	15.4
1.00-1.19	18	9.1	19.6	13	10.9	19.2	3	7.5	20.0	2	5.1	20.5
1.20-1.39	16	8.1	27.7	8	6.7	25.9	4	10.0	30.0	4	10.3	30.8
1.40-1.59	17	8.6	36.3	10	8.4	34.3	2	5.0	35.0	5	12.8	43.6
1.60-1.79	17	8.6	44.9	5	4.2	38.5	9	22.5	57.5	3	7.7	51.3
1.80-1.99	23	11.6	56.5	16	13.4	51.9	4	10.0	67.5	3	7.7	59.0
>1.99	86	43.4	99.9	57	47.9	99.8	13	32.5	100.0	16	41.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 33 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	2	1.4	1.4	—	—	—	2	2.1	2.1	—	—	—
1.0-1.4	9	6.3	7.7	2	6.1	6.1	6	6.2	8.3	1	7.7	7.7
1.5-1.9	13	9.2	16.9	—	—	6.1	10	10.4	18.7	3	23.1	30.8
2.0-2.4	9	6.3	23.2	2	6.1	12.2	6	6.2	24.9	1	7.7	38.5
2.5-2.9	12	8.5	31.7	1	3.0	15.2	9	9.4	34.3	2	15.4	53.9
3.0-3.4	15	10.6	42.3	3	9.1	24.3	11	11.5	45.8	1	7.7	61.6
3.5-3.9	8	5.6	47.9	2	6.1	30.4	5	5.2	51.0	1	7.7	69.3
4.0-4.4	4	2.8	50.7	1	3.0	33.4	3	3.1	54.1	—	—	69.3
4.5-4.9	8	5.6	56.3	1	3.0	36.4	7	7.3	61.4	—	—	69.3
5.0-5.9	9	6.3	62.6	2	6.1	42.5	6	6.2	67.6	1	7.7	77.0
6.0-6.9	11	7.7	70.3	3	9.1	51.6	8	8.3	75.9	—	—	77.0
7.0-7.9	11	7.7	78.0	—	—	51.6	10	10.4	86.3	1	7.7	84.7
8.0-8.9	8	5.6	83.6	4	12.1	63.7	3	3.1	89.4	1	7.7	92.4
9.0-9.9	4	2.8	86.4	2	6.1	69.8	1	1.0	90.4	1	7.7	100.1
10.0-10.9	4	2.8	89.2	1	3.0	72.8	3	3.1	93.5	—	—	100.1
11.0-11.9	3	2.1	91.3	2	6.1	78.9	1	1.0	94.5	—	—	100.1
12.0-12.9	3	2.1	93.4	1	3.0	81.9	2	2.1	96.6	—	—	100.1
13.0-13.9	—	—	93.4	—	—	81.9	—	—	96.6	—	—	100.1
14.0-14.9	1	0.7	94.1	—	—	81.9	1	1.0	97.6	—	—	100.1
15.0-15.9	1	0.7	94.8	1	3.0	84.9	—	—	97.6	—	—	100.1
16.0-16.9	—	—	94.8	—	—	84.9	—	—	97.6	—	—	100.1
17.0-17.9	—	—	94.8	—	—	84.9	—	—	97.6	—	—	100.1
18.0-18.9	1	0.7	95.5	1	3.0	87.9	—	—	97.6	—	—	100.1
19.0-19.9	—	—	95.5	—	—	87.9	—	—	97.6	—	—	100.1
20.0-20.9	—	—	95.5	—	—	87.9	—	—	97.6	—	—	100.1
>20.9	6	4.2	99.7	4	12.1	100.0	2	2.1	99.7	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 34 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<0.5	1	0.5	0.5	1	0.8	0.8	—	—	—	—	—	—
0.5-0.9	5	2.5	3.0	3	2.5	3.3	2	5.0	5.0	—	—	—
1.0-1.4	7	3.5	6.5	3	2.5	5.8	2	5.0	10.0	2	5.1	5.1
1.5-1.9	10	5.1	11.6	3	2.5	8.3	4	10.0	20.0	3	7.7	12.8
2.0-2.4	13	6.6	18.2	8	6.7	15.0	2	5.0	25.0	3	7.7	20.5
2.5-2.9	14	7.1	25.3	8	6.7	21.7	2	5.0	30.0	4	10.3	30.8
3.0-3.4	10	5.1	30.4	7	5.9	27.6	1	2.5	32.5	2	5.1	35.9
3.5-3.9	10	5.1	35.5	3	2.5	30.1	4	10.0	42.5	3	7.7	43.6
4.0-4.4	5	2.5	38.0	2	1.7	31.8	2	5.0	47.5	1	2.6	46.2
4.5-4.9	14	7.1	45.1	7	5.9	37.7	3	7.5	55.0	4	10.3	56.5
5.0-5.9	15	7.6	52.7	7	5.9	43.6	3	7.5	62.5	5	12.8	69.3
6.0-6.9	10	5.1	57.8	6	5.0	48.6	1	2.5	65.0	3	7.7	77.0
7.0-7.9	13	6.6	64.4	8	6.7	55.3	4	10.0	75.0	1	2.6	79.6
8.0-8.9	10	5.1	69.5	6	5.0	60.3	1	2.5	77.5	3	7.7	87.3
9.0-9.9	5	2.5	72.0	3	2.5	62.8	1	2.5	80.0	1	2.6	89.9
10.0-10.9	8	4.0	76.0	6	5.0	67.8	—	—	80.0	2	5.1	95.0
11.0-11.9	8	4.0	80.0	4	3.4	71.2	4	10.0	90.0	—	—	95.0
12.0-12.9	6	3.0	83.0	4	3.4	74.6	1	2.5	92.5	1	2.6	97.6
13.0-13.9	7	3.5	86.5	5	4.2	78.8	1	2.5	95.0	1	2.6	100.2
14.0-14.9	3	1.5	88.0	3	2.5	81.3	—	—	95.0	—	—	100.2
15.0-15.9	4	2.0	90.0	4	3.4	84.7	—	—	95.0	—	—	100.2
16.0-16.9	5	2.5	92.5	5	4.2	88.9	—	—	95.0	—	—	100.2
17.0-17.9	2	1.0	93.5	1	0.8	89.7	1	2.5	97.5	—	—	100.2
18.0-18.9	2	1.0	94.5	2	1.7	91.4	—	—	97.5	—	—	100.2
19.0-19.9	—	—	94.5	—	—	91.4	—	—	97.5	—	—	100.2
20.0-20.9	3	1.5	96.0	2	1.7	93.1	1	2.5	100.0	—	—	100.2
>20.9	8	4.0	100.0	8	6.7	99.8	—	—	100.0	—	—	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 35 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	142	100.0	100.0	33	100.0	100.0	96	100.0	100.0	13	100.0	100.0
<5	16	11.3	11.3	3	9.1	9.1	12	12.5	12.5	1	7.7	7.7
5-9	25	17.6	28.9	2	6.1	15.2	20	20.8	33.3	3	23.1	30.8
10-14	17	12.0	40.9	8	24.2	39.4	7	7.3	40.6	2	15.4	46.2
15-19	12	8.5	49.4	3	9.1	48.5	6	6.2	46.8	3	23.1	69.3
20-24	5	3.5	52.9	2	6.1	54.6	3	3.1	49.9	—	—	69.3
25-29	3	2.1	55.0	—	—	54.6	3	3.1	53.0	—	—	69.3
30-34	6	4.2	59.2	1	3.0	57.6	5	5.2	58.2	—	—	69.3
35-39	3	2.1	61.3	1	3.0	60.6	2	2.1	60.3	—	—	69.3
40-44	5	3.5	64.8	1	3.0	63.6	3	3.1	63.4	1	7.7	77.0
45-49	2	1.4	66.2	—	—	63.6	2	2.1	65.5	—	—	77.0
50-59	10	7.0	73.2	2	6.1	69.7	8	8.3	73.8	—	—	77.0
60-69	14	9.9	83.1	2	6.1	75.8	10	10.4	84.2	2	15.4	92.4
70-79	7	4.9	88.0	4	12.1	87.9	3	3.1	87.3	—	—	92.4
80-89	5	3.5	91.5	1	3.0	90.9	3	3.1	90.4	1	7.7	100.1
90-99	5	3.5	95.0	1	3.0	93.9	4	4.2	94.6	—	—	100.1
100-109	2	1.4	96.4	—	—	93.9	2	2.1	96.7	—	—	100.1
110-119	1	0.7	97.1	—	—	93.9	1	1.0	97.7	—	—	100.1
120-129	2	1.4	98.5	1	3.0	96.9	1	1.0	98.7	—	—	100.1
130-139	1	0.7	99.2	1	3.0	99.9	—	—	98.7	—	—	100.1
140-149	1	0.7	99.9	—	—	99.9	1	1.0	99.7	—	—	100.1
>149	—	—	99.9	—	—	99.9	—	—	99.7	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 36 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Six through Eleven Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	198	100.0	100.0	119	100.0	100.0	40	100.0	100.0	39	100.0	100.0
<5	6	3.0	3.0	6	5.0	5.0	—	—	—	—	—	—
5-9	26	13.1	16.1	13	10.9	15.9	5	12.5	12.5	8	20.5	20.5
10-14	33	16.7	32.8	21	17.6	33.5	8	20.0	32.5	4	10.3	30.8
15-19	18	9.1	41.9	14	11.8	45.3	3	7.5	40.0	1	2.6	33.4
20-24	15	7.6	49.5	11	9.2	54.5	2	5.0	45.0	2	5.1	38.5
25-29	9	4.5	54.0	5	4.2	58.7	2	5.0	50.0	2	5.1	43.6
30-34	15	7.6	61.6	8	6.7	65.4	3	7.5	57.5	4	10.3	53.9
35-39	6	3.0	64.6	3	2.5	67.9	2	5.0	62.5	1	2.6	56.5
40-44	4	2.0	66.6	3	2.5	70.4	1	2.5	65.0	—	—	56.5
45-49	3	1.5	68.1	3	2.5	72.9	—	—	65.0	—	—	56.5
50-59	17	8.6	76.7	8	6.7	79.6	3	7.5	72.5	6	15.4	71.9
60-69	11	5.6	82.3	9	7.6	87.2	—	—	72.5	2	5.1	77.0
70-79	11	5.6	87.9	5	4.2	91.4	3	7.5	80.0	3	7.7	84.7
80-89	2	1.0	88.9	—	—	91.4	2	5.0	85.0	—	—	84.7
90-99	9	4.5	93.4	2	1.7	93.1	3	7.5	92.5	4	10.3	95.0
100-109	3	1.5	94.9	2	1.7	94.8	—	—	92.5	1	2.6	97.6
110-119	2	1.0	95.9	—	—	94.8	1	2.5	95.0	1	2.6	100.2
120-129	2	1.0	96.9	1	0.8	95.6	1	2.5	97.5	—	—	100.2
130-139	—	—	96.9	—	—	95.6	—	—	97.5	—	—	100.2
140-149	2	1.0	97.9	1	0.8	96.4	1	2.5	100.0	—	—	100.2
>149	4	2.0	99.9	4	3.4	99.8	—	—	100.0	—	—	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 37 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<250	2	0.7	0.7	—	—	—	2	1.0	1.0	—	—	—
250-499	15	5.4	6.1	1	1.8	1.8	12	6.1	7.1	2	7.7	7.7
500-749	28	10.1	16.2	3	5.5	7.3	21	10.7	17.8	4	15.4	23.1
750-999	62	22.3	38.5	4	7.3	14.6	52	26.4	44.2	6	23.1	46.2
1000-1249	55	19.8	58.3	12	21.8	36.4	41	20.8	65.0	2	7.7	53.9
1250-1499	42	15.1	73.4	11	20.0	56.4	30	15.2	80.2	1	3.8	57.7
1500-1749	31	11.2	84.6	6	10.9	67.3	21	10.7	90.9	4	15.4	73.1
1750-1999	16	5.8	90.4	5	9.1	76.4	10	5.1	96.0	1	3.8	76.9
2000-2249	13	4.7	95.1	4	7.3	83.7	6	3.0	99.0	3	11.5	88.4
2250-2499	5	1.8	96.9	3	5.5	89.2	—	—	99.0	2	7.7	96.1
2500-2749	2	0.7	97.6	1	1.8	91.0	1	0.5	99.5	—	—	96.1
2750-2999	4	1.4	99.0	4	7.3	98.3	—	—	99.5	—	—	96.1
3000-3249	—	—	99.0	—	—	98.3	—	—	99.5	—	—	96.1
3250-3499	—	—	99.0	—	—	98.3	—	—	99.5	—	—	96.1
3500-3749	—	—	99.0	—	—	98.3	—	—	99.5	—	—	96.1
3750-3999	1	0.4	99.4	—	—	98.3	—	—	99.5	1	3.8	99.9
4000-4249	—	—	99.4	—	—	98.3	—	—	99.5	—	—	99.9
4250-4499	—	—	99.4	—	—	98.3	—	—	99.5	—	—	99.9
4500-4749	2	0.7	100.1	1	1.8	100.1	1	0.5	100.0	—	—	99.9
4750-4999	—	—	100.1	—	—	100.1	—	—	100.0	—	—	99.9
>4999	—	—	100.1	—	—	100.1	—	—	100.0	—	—	99.9

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 38 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	7	1.7	1.7	5	1.9	1.9	—	—	—	2	2.7	2.7
500-749	28	6.7	8.4	18	6.9	8.8	4	5.0	5.0	6	8.1	10.8
750-999	63	15.2	23.6	39	14.9	23.7	10	12.5	17.5	14	18.9	29.7
1000-1249	87	21.0	44.6	50	19.2	42.9	20	25.0	42.5	17	23.0	52.7
1250-1499	88	21.2	65.8	61	23.4	66.3	16	20.0	62.5	11	14.9	67.6
1500-1749	55	13.3	79.1	36	13.8	80.1	10	12.5	75.0	9	12.2	79.8
1750-1999	34	8.2	87.3	22	8.4	88.5	4	5.0	80.0	8	10.8	90.6
2000-2249	28	6.7	94.0	16	6.1	94.6	8	10.0	90.0	4	5.4	96.0
2250-2499	7	1.7	95.7	3	1.1	95.7	4	5.0	95.0	—	—	96.0
2500-2749	5	1.2	96.9	2	0.8	96.5	1	1.3	96.8	2	2.7	98.7
2750-2999	4	1.0	97.9	4	1.5	98.0	—	—	96.3	—	—	98.7
3000-3249	3	0.7	98.6	1	0.4	98.4	1	1.3	97.6	1	1.4	100.1
3250-3499	3	0.7	99.3	2	0.8	99.2	1	1.3	98.9	—	—	100.1
3500-3749	2	0.5	99.8	1	0.4	99.6	1	1.3	100.2	—	—	100.1
3750-3999	—	—	99.8	—	—	99.6	—	—	100.2	—	—	100.1
4000-4249	—	—	99.8	—	—	99.6	—	—	100.2	—	—	100.1
4250-4499	—	—	99.8	—	—	99.6	—	—	100.2	—	—	100.1
4500-4749	—	—	99.8	—	—	99.6	—	—	100.2	—	—	100.1
4750-4999	—	—	99.8	—	—	99.6	—	—	100.2	—	—	100.1
>4999	1	0.2	100.0	1	0.4	100.0	—	—	100.2	—	—	100.1

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 39 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<5	2	0.7	0.7	—	—	—	2	1.0	1.0	—	—	—
5-9	1	0.4	1.1	—	—	—	—	—	1.0	1	3.8	3.8
10-14	5	1.8	2.9	—	—	—	5	2.5	3.5	—	—	3.8
15-19	8	2.9	5.8	2	3.6	3.6	6	3.0	6.5	—	—	3.8
20-24	12	4.3	10.1	1	1.8	5.4	10	5.1	11.6	1	3.8	7.6
25-29	22	7.9	18.0	2	3.6	9.0	16	8.1	19.7	4	15.4	23.0
30-34	19	6.8	24.8	3	5.5	14.5	15	7.6	27.3	1	3.8	26.8
35-39	27	9.7	34.5	—	—	14.5	23	11.7	39.0	4	15.4	42.2
40-44	25	9.0	43.5	3	5.5	20.0	21	10.7	49.7	1	3.8	46.0
45-49	26	9.4	52.9	7	12.7	32.7	19	9.6	59.3	—	—	46.0
50-59	44	15.8	68.7	11	20.0	52.7	31	15.7	75.0	2	7.7	53.7
60-69	36	12.9	81.6	9	16.4	69.1	24	12.2	87.2	3	11.5	65.2
70-79	14	5.0	86.6	2	3.6	72.7	12	6.1	93.3	—	—	65.2
80-89	14	5.0	91.6	5	9.1	81.8	5	2.5	95.8	4	15.4	80.6
90-99	8	2.9	94.5	3	5.5	87.3	4	2.0	97.8	1	3.8	84.4
100-109	6	2.2	96.7	3	5.5	92.8	2	1.0	98.8	1	3.8	88.2
110-119	5	1.8	98.5	3	5.5	98.3	1	0.5	99.3	1	3.8	92.0
120-129	—	—	98.5	—	—	98.3	—	—	99.3	—	—	92.0
130-139	1	0.4	98.9	—	—	98.3	—	—	99.3	1	3.8	95.8
140-149	1	0.4	99.3	1	1.8	100.1	—	—	99.3	—	—	95.8
150-159	—	—	99.3	—	—	100.1	—	—	99.3	—	—	95.8
160-169	—	—	99.3	—	—	100.1	—	—	99.3	—	—	95.8
170-179	—	—	99.3	—	—	100.1	—	—	99.3	—	—	95.8
180-189	—	—	99.3	—	—	100.1	—	—	99.3	—	—	95.8
190-199	2	0.7	100.0	—	—	100.1	1	0.5	99.8	1	3.8	99.6
200-209	—	—	100.0	—	—	100.1	—	—	99.8	—	—	99.6
210-219	—	—	100.0	—	—	100.1	—	—	99.8	—	—	99.6
220-229	—	—	100.0	—	—	100.1	—	—	99.8	—	—	99.6
230-239	—	—	100.0	—	—	100.1	—	—	99.8	—	—	99.6
240-249	—	—	100.0	—	—	100.1	—	—	99.8	—	—	99.6
>249	—	—	100.0	—	—	100.1	—	—	99.8	—	—	99.6

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 40 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<5	—	—	—	—	—	—	—	—	—	—	—	—
5-9	—	—	—	—	—	—	—	—	—	—	—	—
10-14	4	1.0	1.0	2	0.8	0.8	—	—	—	2	2.7	2.7
15-19	6	1.4	2.4	5	1.9	2.7	—	—	—	1	1.4	4.1
20-24	12	2.9	5.3	8	3.1	5.8	4	5.0	5.0	—	—	4.1
25-29	15	3.6	8.9	12	4.6	10.4	1	1.3	6.3	2	2.7	6.8
30-34	24	5.8	14.7	16	6.1	16.5	1	1.3	7.6	7	9.5	16.3
35-39	34	8.2	22.9	19	7.3	23.8	7	8.8	16.4	8	10.8	27.1
40-44	33	8.0	30.9	16	6.1	29.9	11	13.8	30.2	6	8.1	35.2
45-49	39	9.4	40.3	23	8.8	38.7	7	8.8	39.0	9	12.2	47.4
50-59	83	20.0	60.3	58	22.2	60.9	16	20.0	59.0	9	12.2	59.6
60-69	59	14.2	74.5	41	15.7	76.6	8	10.0	69.0	10	13.5	73.1
70-79	36	8.7	83.2	18	6.9	83.5	10	12.5	81.5	8	10.8	83.9
80-89	33	8.0	91.2	22	8.4	91.9	4	5.0	86.5	7	9.5	93.4
90-99	13	3.1	94.3	6	2.3	94.2	4	5.0	91.5	3	4.1	97.5
100-109	9	2.2	96.5	6	2.3	96.5	3	3.8	95.3	—	—	97.5
110-119	8	1.9	98.4	4	1.5	98.0	3	3.8	99.1	1	1.4	98.9
120-129	3	0.7	99.1	2	0.8	98.8	—	—	99.1	1	1.4	100.3
130-139	1	0.2	99.3	1	0.4	99.2	—	—	99.1	—	—	100.3
140-149	1	0.2	99.5	1	0.4	99.6	—	—	99.1	—	—	100.3
150-159	—	—	99.5	—	—	99.6	—	—	99.1	—	—	100.3
160-169	—	—	99.5	—	—	99.6	—	—	99.1	—	—	100.3
170-179	—	—	99.5	—	—	99.6	—	—	99.1	—	—	100.3
180-189	1	0.2	99.7	—	—	99.6	1	1.3	100.4	—	—	100.3
190-199	—	—	99.7	—	—	99.6	—	—	100.4	—	—	100.3
200-209	—	—	99.7	—	—	99.6	—	—	100.4	—	—	100.3
210-219	—	—	99.7	—	—	99.6	—	—	100.4	—	—	100.3
220-229	—	—	99.7	—	—	99.6	—	—	100.4	—	—	100.3
230-239	—	—	99.7	—	—	99.6	—	—	100.4	—	—	100.3
240-249	—	—	99.7	—	—	99.6	—	—	100.4	—	—	100.3
>249	1	0.2	99.9	1	0.4	100.0	—	—	100.4	—	—	100.3

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 41 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<50	3	1.1	1.1	—	—	—	3	1.5	1.5	—	—	—
50-99	3	1.1	2.2	—	—	—	3	1.5	3.0	—	—	—
100-149	7	2.5	4.7	—	—	—	6	3.0	6.0	1	3.8	3.8
150-199	1	0.4	5.1	—	—	—	1	0.5	6.5	—	—	3.8
200-299	19	6.8	11.9	4	7.3	7.3	14	7.1	13.6	1	3.8	7.6
300-399	16	5.8	17.7	—	—	7.3	15	7.6	21.2	1	3.8	11.4
400-499	19	6.8	24.5	5	9.1	16.4	14	7.1	28.3	—	—	11.4
500-599	15	5.4	29.9	3	5.5	21.9	11	5.6	33.9	1	3.8	15.2
600-699	20	7.2	37.1	2	3.6	25.5	15	7.6	41.5	3	11.5	26.7
700-799	15	5.4	42.5	1	1.8	27.3	13	6.6	48.1	1	3.8	30.5
800-899	25	9.0	51.5	4	7.3	34.6	17	8.6	56.7	4	15.4	45.9
900-999	22	7.9	59.4	7	12.7	47.3	14	7.1	63.8	1	3.8	49.7
1000-1199	33	11.9	71.3	12	21.8	69.1	19	9.6	73.4	2	7.7	57.4
1200-1399	27	9.7	81.0	5	9.1	78.2	18	9.1	82.5	4	15.4	72.8
1400-1599	18	6.5	87.5	3	5.5	83.7	15	7.6	90.1	—	—	72.8
1600-1799	11	4.0	91.5	3	5.5	89.2	7	3.6	93.7	1	3.8	76.6
1800-1999	9	3.2	94.7	1	1.8	91.0	5	2.5	96.2	3	11.5	88.1
>1999	15	5.4	100.1	5	9.1	100.1	7	3.6	99.8	3	11.5	99.6

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 42 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<50	—	—	—	—	—	—	—	—	—	—	—	—
50-99	—	—	—	—	—	—	—	—	—	—	—	—
100-149	3	0.7	0.7	3	1.1	1.1	—	—	—	—	—	—
150-199	1	0.2	0.9	1	0.4	1.5	—	—	—	—	—	—
200-299	12	2.9	3.8	9	3.4	4.9	2	2.5	2.5	1	1.4	1.4
300-399	5	1.2	5.0	4	1.5	6.4	1	1.8	3.8	—	—	1.4
400-499	25	6.0	11.0	16	6.1	12.5	6	7.5	11.3	3	4.1	5.5
500-599	17	4.1	15.1	10	3.8	16.3	5	6.3	17.6	2	2.7	8.2
600-699	25	6.0	21.1	18	6.9	23.2	3	3.8	21.4	4	5.4	13.6
700-799	29	7.0	28.1	16	6.1	29.3	10	12.5	33.9	3	4.1	17.7
800-899	32	7.7	35.8	20	7.7	37.0	7	8.8	42.7	5	6.8	24.5
900-999	34	8.2	44.0	16	6.1	43.1	10	12.5	55.2	8	10.8	35.3
1000-1199	84	20.2	64.2	55	21.1	64.2	12	15.0	70.2	17	23.0	58.3
1200-1399	55	13.3	77.5	38	14.6	78.8	9	11.3	81.6	8	10.8	69.1
1400-1599	34	8.2	85.7	20	7.7	86.5	7	8.8	90.3	7	9.5	78.6
1600-1799	30	7.2	92.9	19	7.3	93.8	4	5.0	95.3	7	9.5	88.1
1800-1999	12	2.9	95.8	6	2.3	96.1	1	1.3	96.6	5	6.8	94.9
>1999	17	4.1	99.9	10	3.8	99.9	3	3.8	100.4	4	5.4	100.3

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 43 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<0.5	4	1.4	1.4	—	—	—	4	2.0	2.0	—	—	—
0.5-0.9	3	1.1	2.5	1	1.8	1.8	2	1.0	3.0	—	—	—
1.0-1.4	11	4.0	6.5	1	1.8	3.6	8	4.1	7.1	2	7.7	7.7
1.5-1.9	10	3.6	10.1	1	1.8	5.4	8	4.1	11.2	1	3.8	11.5
2.0-2.4	12	4.3	14.4	1	1.8	7.2	7	3.6	14.8	4	15.4	26.9
2.5-2.9	17	6.1	20.5	—	—	7.2	16	8.1	22.9	1	3.8	30.7
3.0-3.4	14	5.0	25.5	—	—	7.2	13	6.6	29.5	1	3.8	34.5
3.5-3.9	25	9.0	34.5	3	5.5	12.7	18	9.1	38.6	4	15.4	49.9
4.0-4.4	17	6.1	40.6	2	3.6	16.3	15	7.6	46.2	—	—	49.9
4.5-4.9	21	7.6	48.2	3	5.5	21.8	16	8.1	54.3	2	7.7	57.6
5.0-5.9	35	12.6	60.8	9	16.4	38.2	24	12.2	66.5	2	7.7	65.3
6.0-6.9	25	9.0	69.8	2	3.6	41.8	21	10.7	77.2	2	7.7	73.0
7.0-7.9	18	6.5	76.3	4	7.3	49.1	14	7.1	84.3	—	—	73.0
8.0-8.9	13	4.7	81.0	4	7.3	56.4	8	4.1	88.4	1	3.8	76.8
9.0-9.9	11	4.0	85.0	2	3.6	60.0	7	3.6	92.0	2	7.7	84.5
10.0-10.9	5	1.8	86.8	4	7.3	67.3	1	0.5	92.5	—	—	84.5
11.0-11.9	10	3.6	90.4	3	5.5	72.8	6	3.0	95.5	1	3.8	88.3
12.0-12.9	5	1.8	92.2	3	5.5	78.3	2	1.0	96.5	—	—	88.3
13.0-13.9	5	1.8	94.0	3	5.5	83.8	—	—	96.5	2	7.7	96.0
14.0-14.9	—	—	94.0	—	—	83.8	—	—	96.5	—	—	96.0
15.0-15.9	5	1.8	95.8	3	5.5	89.3	2	1.0	97.5	—	—	96.0
16.0-16.9	3	1.1	96.9	1	1.8	91.1	2	1.0	98.5	—	—	96.0
17.0-17.9	2	0.7	97.6	1	1.8	92.9	1	0.5	99.0	—	—	96.0
18.0-18.9	2	0.7	98.3	1	1.8	94.7	—	—	99.0	1	3.8	99.8
19.0-19.9	—	—	98.3	—	—	94.7	—	—	99.0	—	—	99.8
>19.9	5	1.8	100.1	3	5.5	100.2	2	1.0	100.0	—	—	99.8

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 44 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<0.5	1	0.2	0.2	—	—	—	—	—	—	1	1.4	1.4
0.5-0.9	4	1.0	1.2	2	0.8	0.8	—	—	—	2	2.7	4.1
1.0-1.4	7	1.7	2.9	5	1.9	2.7	—	—	—	2	2.7	6.8
1.5-1.9	8	1.9	4.8	2	0.8	3.5	3	3.8	3.8	3	4.1	10.9
2.0-2.4	8	1.9	6.7	2	0.8	4.3	1	1.3	5.1	5	6.8	17.7
2.5-2.9	17	4.1	10.8	10	3.8	8.1	2	2.5	7.6	5	6.8	24.5
3.0-3.4	18	4.3	15.1	11	4.2	12.3	3	3.8	11.4	4	5.4	29.9
3.5-3.9	32	7.7	22.8	21	8.0	20.3	6	7.5	18.9	5	6.8	36.7
4.0-4.4	31	7.5	30.3	15	5.7	26.0	9	11.3	30.2	7	9.5	46.2
4.5-4.9	33	8.0	38.3	18	6.9	32.9	9	11.3	41.5	6	8.1	54.8
5.0-5.9	41	9.9	48.2	32	12.3	45.2	6	7.5	49.0	3	4.1	58.4
6.0-6.9	40	9.6	57.8	26	10.0	55.2	8	10.0	59.0	6	8.1	66.5
7.0-7.9	35	8.4	66.2	25	9.6	64.8	5	6.3	65.3	5	6.8	73.3
8.0-8.9	24	5.8	72.0	16	6.1	70.9	5	6.3	71.6	3	4.1	77.4
9.0-9.9	27	6.5	78.5	20	7.7	78.6	3	3.8	75.4	4	5.4	82.8
10.0-10.9	14	3.4	81.9	6	2.3	80.9	8	10.0	85.4	—	—	82.8
11.0-11.9	13	3.1	85.0	8	3.1	84.0	1	1.3	86.7	4	5.4	88.2
12.0-12.9	9	2.2	87.2	5	1.9	85.9	1	1.3	88.0	3	4.1	92.3
13.0-13.9	6	1.4	88.6	4	1.5	87.4	1	1.3	89.3	1	1.4	93.7
14.0-14.9	6	1.4	90.0	4	1.5	88.9	2	2.5	91.8	—	—	93.7
15.0-15.9	6	1.4	91.4	4	1.5	90.4	2	2.5	94.3	—	—	93.7
16.0-16.9	3	0.7	92.1	3	1.1	91.5	—	—	94.3	—	—	93.7
17.0-17.9	3	0.7	92.8	2	0.8	92.3	—	—	94.3	1	1.4	95.1
18.0-18.9	3	0.7	93.5	2	0.8	93.1	1	1.3	95.6	—	—	95.1
19.0-19.9	3	0.7	94.2	3	1.1	94.2	—	—	95.6	—	—	95.1
>19.9	23	5.5	99.7	15	5.7	99.9	4	5.0	100.6	4	5.4	100.5

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 45 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<250	6	2.2	2.2	—	—	—	6	3.0	3.0	—	—	—
250-499	3	1.1	3.3	1	1.8	1.8	2	1.0	4.0	—	—	—
500-749	8	2.9	6.2	1	1.8	3.6	6	3.0	7.0	1	3.8	3.8
750-999	9	3.2	9.4	1	1.8	5.4	6	3.0	10.0	2	7.7	11.5
1000-1249	21	7.6	17.0	3	5.5	10.9	18	9.1	19.1	—	—	11.5
1250-1499	27	9.7	26.7	5	9.1	20.0	19	9.6	28.7	3	11.5	23.0
1500-1749	22	7.9	34.6	2	3.6	23.6	18	9.1	37.8	2	7.7	30.7
1750-1999	24	8.6	43.2	3	5.5	29.1	19	9.6	47.4	2	7.7	38.4
2000-2249	19	6.8	50.0	3	5.5	34.6	14	7.1	54.5	2	7.7	46.1
2250-2499	18	6.5	56.5	2	3.6	38.2	15	7.6	62.1	1	3.8	49.9
2500-2999	24	8.6	65.1	6	10.9	49.1	17	8.6	70.7	1	3.8	53.7
3000-3499	23	8.8	73.4	4	7.3	56.4	14	7.1	77.8	5	19.2	72.9
3500-3999	16	5.8	79.2	2	3.6	60.0	10	5.1	82.9	4	15.4	88.3
4000-4499	9	3.2	82.4	4	7.3	67.3	4	2.0	84.9	1	3.8	92.1
4500-4999	13	4.7	87.1	5	9.1	76.4	7	3.6	88.5	1	3.8	95.9
5000-5999	10	3.6	90.7	2	3.6	80.0	7	3.6	92.1	1	3.8	99.7
6000-6999	6	2.2	92.9	4	7.3	87.3	2	1.0	93.1	—	—	99.7
7000-7999	5	1.8	94.7	3	5.5	92.8	2	1.0	94.1	—	—	99.7
8000-8999	3	1.1	95.8	1	1.8	94.6	2	1.0	95.1	—	—	99.7
9000-9999	1	0.4	96.2	1	1.8	96.4	—	—	95.1	—	—	99.7
>9999	11	4.0	100.2	2	3.6	100.0	9	4.6	99.7	—	—	99.7

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 46 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<250	1	0.2	0.2	1	0.4	0.4	—	—	—	—	—	—
250-499	3	0.7	0.9	3	1.1	1.5	—	—	—	—	—	—
500-749	6	1.4	2.3	5	1.9	3.4	—	—	—	1	1.4	1.4
750-999	7	1.7	4.0	5	1.9	5.3	1	1.3	1.3	1	1.4	2.8
1000-1249	11	2.7	6.7	6	2.3	7.6	4	5.0	6.3	1	1.4	4.2
1250-1499	24	5.8	12.5	16	6.1	13.7	4	5.0	11.3	4	5.4	9.6
1500-1749	33	8.0	20.5	17	6.5	20.2	9	11.3	22.6	7	9.5	19.1
1750-1999	28	6.7	27.2	21	8.0	28.2	4	5.0	27.6	3	4.1	23.2
2000-2249	14	3.4	30.6	8	3.1	31.3	2	2.5	30.1	4	5.4	28.6
2250-2499	22	5.3	35.9	14	5.4	36.7	4	5.0	35.1	4	5.4	34.0
2500-2999	64	15.4	51.3	35	13.4	50.1	19	23.8	58.9	10	13.5	47.5
3000-3499	45	10.8	62.1	27	10.3	60.4	6	7.5	66.4	12	16.2	63.7
3500-3999	30	7.2	69.3	22	8.4	68.8	5	6.3	72.7	3	4.1	67.8
4000-4499	15	3.6	72.9	11	4.2	73.0	2	2.5	75.2	2	2.7	70.5
4500-4999	22	5.3	78.2	16	6.1	79.1	3	3.8	79.0	3	4.1	74.6
5000-5999	22	5.3	83.5	13	5.0	84.1	6	7.5	86.5	3	4.1	78.7
6000-6999	19	4.6	88.1	11	4.2	88.3	3	3.8	90.3	5	6.8	85.5
7000-7999	9	2.2	90.3	5	1.9	90.2	1	1.3	91.6	3	4.1	89.6
8000-8999	12	2.9	93.2	9	3.4	93.6	—	—	91.6	3	4.1	93.7
9000-9999	10	2.4	95.6	6	2.3	95.9	—	—	91.6	4	5.4	99.1
>9999	18	4.3	99.9	10	3.8	99.7	7	8.8	100.4	1	1.4	100.5

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 47 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<0.05	1	0.4	0.4	—	—	—	1	0.5	0.5	—	—	—
0.05-0.09	—	—	0.4	—	—	—	—	—	0.5	—	—	—
0.10-0.14	1	0.4	0.8	—	—	—	1	0.5	1.0	—	—	—
0.15-0.19	3	1.1	1.9	—	—	—	3	1.5	2.5	—	—	—
0.20-0.29	17	6.1	8.0	2	3.6	3.6	12	6.1	8.6	3	11.5	11.5
0.30-0.39	22	7.9	15.9	2	3.6	7.2	16	8.1	16.7	4	15.4	26.9
0.40-0.49	43	15.5	31.4	4	7.3	14.5	36	18.3	35.0	3	11.5	38.4
0.50-0.59	43	15.5	46.9	6	10.9	25.4	32	16.2	51.2	5	19.2	57.6
0.60-0.69	32	11.5	58.4	7	12.7	38.1	23	11.7	62.9	2	7.7	65.3
0.70-0.79	30	10.8	69.2	7	12.7	50.8	22	11.2	74.1	1	3.8	69.1
0.80-0.89	24	8.6	77.8	4	7.3	58.1	17	8.6	82.7	3	11.5	80.6
0.90-0.99	18	6.5	84.3	4	7.3	65.4	12	6.1	88.8	2	7.7	88.3
1.00-1.19	19	6.8	91.1	6	10.9	76.3	12	6.1	94.9	1	3.8	92.1
1.20-1.39	6	2.2	93.3	3	5.5	81.8	2	1.0	95.9	1	3.8	95.9
1.40-1.59	9	3.2	96.5	6	10.9	92.7	3	1.5	97.4	—	—	95.9
1.60-1.79	1	0.4	96.9	—	—	92.7	1	0.5	97.9	—	—	95.9
1.80-1.99	—	—	96.9	—	—	92.7	—	—	97.9	—	—	95.9
>1.99	9	3.2	100.1	4	7.3	100.0	4	2.0	99.9	1	3.8	99.7

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 48 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09							—	—	—	—	—	—
0.10-0.14	2	0.5	0.5	1	0.4	0.4	—	—	—	1	1.4	1.4
0.15-0.19	2	0.5	1.0	2	0.8	1.2	—	—	—	—	—	1.4
0.20-0.29	9	2.2	3.2	6	2.3	3.5	1	1.3	1.3	2	2.7	4.1
0.30-0.39	23	5.5	8.7	11	4.2	7.7	3	3.8	5.1	9	12.2	16.3
0.40-0.49	46	11.1	19.8	27	10.3	18.0	11	13.8	18.9	8	10.8	27.1
0.50-0.59	42	10.1	29.9	27	10.3	28.3	9	11.3	30.2	6	8.1	35.2
0.60-0.69	48	11.6	41.5	34	13.0	41.3	11	13.8	44.0	3	4.1	39.3
0.70-0.79	60	14.5	56.0	39	14.9	56.2	9	11.3	55.3	12	16.2	55.5
0.80-0.89	28	6.7	62.7	19	7.3	63.5	3	3.8	59.1	6	8.1	63.6
0.90-0.99	28	6.7	69.4	20	7.7	71.2	4	5.0	64.1	4	5.4	69.0
1.00-1.19	41	9.9	79.3	25	9.6	80.8	7	8.8	72.9	9	12.2	81.2
1.20-1.39	25	6.0	85.3	20	7.7	88.5	2	2.5	75.4	3	4.1	85.3
1.40-1.59	16	3.9	89.2	6	2.3	90.8	6	7.5	82.9	4	5.4	90.7
1.60-1.79	15	3.6	92.8	7	2.7	93.5	6	7.5	90.4	2	2.7	93.4
1.80-1.99	9	2.2	95.0	6	2.3	95.8	2	2.5	92.9	1	1.4	94.8
>1.99	21	5.1	100.1	11	4.2	100.0	6	7.5	100.4	4	5.4	100.2

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 49 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<0.05	1	0.4	0.4	—	—	—	1	0.5	0.5	—	—	—
0.05-0.09	1	0.4	0.8	—	—	—	1	0.5	1.0	—	—	—
0.10-0.14	1	0.4	1.2	—	—	—	1	0.5	1.5	—	—	—
0.15-0.19	—	—	1.2	—	—	—	—	—	1.5	—	—	—
0.20-0.29	2	0.7	1.9	—	—	—	1	0.5	2.0	1	3.8	3.8
0.30-0.39	1	0.4	2.3	—	—	—	1	0.5	2.5	—	—	3.8
0.40-0.49	6	2.2	4.5	—	—	—	6	3.0	5.5	—	—	3.8
0.50-0.59	10	3.6	8.1	3	5.5	5.5	7	3.6	9.1	—	—	3.8
0.60-0.69	8	2.9	11.0	1	1.8	7.3	6	3.0	12.1	1	3.8	7.6
0.70-0.79	10	3.6	14.6	—	—	7.3	10	5.1	17.2	—	—	7.6
0.80-0.89	11	4.0	18.6	3	5.5	12.8	7	3.6	20.8	1	3.8	11.4
0.90-0.99	12	4.3	22.9	1	1.8	14.6	9	4.6	25.4	2	7.7	19.1
1.00-1.19	15	5.4	28.3	2	3.6	18.2	12	6.1	31.5	1	3.8	22.9
1.20-1.39	21	7.6	35.9	2	3.6	21.8	17	8.6	40.1	2	7.7	30.6
1.40-1.59	33	11.9	47.8	10	18.2	40.0	19	9.6	49.7	4	15.4	46.0
1.60-1.79	25	9.0	56.8	5	9.1	49.1	17	8.6	58.3	3	11.5	57.5
1.80-1.99	21	7.6	64.4	6	10.9	60.0	15	7.6	65.9	—	—	57.5
>1.99	100	36.0	100.4	22	40.0	100.0	67	34.0	99.9	11	42.3	99.8

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 50 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	—	—	—	—	—	—	—	—	—	—	—	—
0.10-0.14	—	—	—	—	—	—	—	—	—	—	—	—
0.15-0.19	—	—	—	—	—	—	—	—	—	—	—	—
0.20-0.29	1	0.2	0.2	1	0.4	0.4	—	—	—	—	—	—
0.30-0.39	2	0.5	0.7	1	0.4	0.8	—	—	—	1	1.4	1.4
0.40-0.49	5	1.2	1.9	4	1.5	2.3	1	1.3	1.3	—	—	1.4
0.50-0.59	5	1.2	3.1	5	1.9	4.2	—	—	1.3	—	—	1.4
0.60-0.69	7	1.7	4.8	6	2.3	6.5	—	—	1.3	1	1.4	2.8
0.70-0.79	9	2.2	7.0	6	2.3	8.8	2	2.5	3.8	1	1.4	4.2
0.80-0.89	8	1.9	8.9	6	2.3	11.1	2	2.5	6.3	—	—	4.2
0.90-0.99	11	2.7	11.6	9	3.4	14.5	2	2.5	8.8	—	—	4.2
1.00-1.19	21	5.1	16.7	15	5.7	20.2	3	3.8	12.6	3	4.1	8.3
1.20-1.39	42	10.1	26.8	23	8.8	29.0	12	15.0	27.6	7	9.5	17.8
1.40-1.59	50	12.0	38.8	29	11.1	40.1	10	12.5	40.1	11	14.9	32.7
1.60-1.79	42	10.1	48.9	20	7.7	47.8	11	13.8	53.9	11	14.9	47.6
1.80-1.99	52	12.5	61.4	33	12.6	60.4	14	17.5	71.4	5	6.8	54.4
>1.99	160	38.6	100.0	103	39.5	99.9	23	28.8	100.2	34	45.9	100.3

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 51 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<0.5	1	0.4	0.4	—	—	—	1	0.5	0.5	—	—	—
0.5-0.9	3	1.1	1.5	—	—	—	3	1.5	2.0	—	—	—
1.0-1.4	10	3.6	5.1	1	1.8	1.8	7	3.6	5.6	2	7.7	7.7
1.5-1.9	10	3.6	8.7	3	5.5	7.3	5	2.5	8.1	2	7.7	15.4
2.0-2.4	11	4.0	12.7	—	—	7.3	8	4.1	12.2	3	11.5	26.9
2.5-2.9	11	4.0	16.7	3	5.5	12.8	8	4.1	16.3	—	—	26.9
3.0-3.4	18	6.5	23.2	—	—	12.8	15	7.6	23.9	3	11.5	38.4
3.5-3.9	19	6.8	30.0	1	1.8	14.6	16	8.1	32.0	2	7.7	46.1
4.0-4.4	13	4.7	34.7	2	3.6	18.2	9	4.6	36.6	2	7.7	53.8
4.5-4.9	14	5.0	39.7	2	3.6	21.8	12	6.1	42.7	—	—	53.8
5.0-5.9	29	10.4	50.1	7	12.7	34.5	21	10.7	53.4	1	3.8	57.6
6.0-6.9	32	11.5	61.6	3	5.5	40.0	28	14.2	67.6	1	3.8	61.4
7.0-7.9	22	7.9	69.5	5	9.1	49.1	16	8.1	75.7	1	3.8	65.2
8.0-8.9	17	6.1	75.6	3	5.5	54.6	12	6.1	81.8	2	7.7	72.9
9.0-9.9	20	7.2	82.8	6	10.9	65.5	14	7.1	88.9	—	—	72.9
10.0-10.9	9	3.2	86.0	4	7.3	72.8	4	2.0	90.9	1	3.8	76.7
11.0-11.9	8	2.9	88.9	3	5.5	78.3	4	2.0	92.9	1	3.8	80.5
12.0-12.9	5	1.8	90.7	1	1.8	80.1	3	1.5	94.4	1	3.8	84.3
13.0-13.9	5	1.8	92.5	2	3.6	83.7	3	1.5	95.9	—	—	84.3
14.0-14.9	1	0.4	92.9	1	1.8	85.5	—	—	95.9	—	—	84.3
15.0-15.9	2	0.7	93.6	1	1.8	87.3	—	—	95.9	1	3.8	88.1
16.0-16.9	5	1.8	95.4	2	3.6	90.9	3	1.5	97.4	—	—	88.1
17.0-17.9	2	0.7	96.1	—	—	90.9	2	1.0	98.4	—	—	88.1
18.0-18.9	2	0.7	96.8	1	1.8	92.7	1	0.5	98.9	—	—	88.1
19.0-19.9	—	—	96.8	—	—	92.7	—	—	98.9	—	—	88.1
20.0-20.9	—	—	96.8	—	—	92.7	—	—	98.9	—	—	88.1
>20.9	9	3.2	100.0	4	7.3	100.0	2	1.0	99.9	3	11.5	99.6

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 52 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<0.5	1	0.2	0.2	—	—	—	—	—	—	1	1.4	1.4
0.5-0.9	1	0.2	0.4	—	—	—	—	—	—	1	1.4	2.8
1.0-1.4	7	1.7	2.1	4	1.5	1.5	—	—	—	3	4.1	6.9
1.5-1.9	4	1.0	3.1	2	0.8	2.3	—	—	—	2	2.7	9.6
2.0-2.4	18	4.3	7.4	11	4.2	6.5	1	1.3	1.3	6	8.1	17.7
2.5-2.9	17	4.1	11.5	10	3.8	10.3	4	5.0	6.3	3	4.1	21.8
3.0-3.4	9	2.2	13.7	3	1.1	11.4	1	1.3	7.6	5	6.8	28.6
3.5-3.9	17	4.1	17.8	9	3.4	14.8	4	5.0	12.6	4	5.4	34.0
4.0-4.4	16	3.9	21.7	10	3.8	18.6	4	5.0	17.6	2	2.7	36.7
4.5-4.9	14	3.4	25.1	9	3.4	22.0	2	2.5	20.1	3	4.1	40.8
5.0-5.9	43	10.4	35.5	25	9.6	31.6	9	11.3	31.4	9	12.2	53.0
6.0-6.9	47	11.3	46.8	27	10.3	41.9	11	13.8	45.2	9	12.2	65.2
7.0-7.9	42	10.1	56.9	25	9.6	51.5	10	12.5	57.7	7	9.5	74.7
8.0-8.9	30	7.2	64.1	23	8.8	60.3	5	6.3	64.0	2	2.7	77.4
9.0-9.9	25	6.0	70.1	22	8.4	68.7	3	3.8	67.8	—	—	77.4
10.0-10.9	16	3.9	74.0	11	4.2	72.9	4	5.0	72.8	1	1.4	78.8
11.0-11.9	15	3.6	77.6	10	3.8	76.7	3	3.8	76.6	2	2.7	81.5
12.0-12.9	16	3.9	81.5	10	3.8	80.5	4	5.0	81.6	2	2.7	84.2
13.0-13.9	15	3.6	85.1	9	3.4	83.9	2	2.5	84.1	4	5.4	89.6
14.0-14.9	10	2.4	87.5	9	3.4	87.3	—	—	84.1	1	1.4	91.0
15.0-15.9	6	1.4	88.9	4	1.5	88.8	2	2.5	86.6	—	—	91.0
16.0-16.9	10	2.4	91.3	6	2.3	91.1	3	3.8	90.4	1	1.4	92.4
17.0-17.9	6	1.4	92.7	5	1.9	93.0	1	1.3	91.7	—	—	92.4
18.0-18.9	3	0.7	93.4	2	0.8	93.8	—	—	91.7	1	1.4	93.8
19.0-19.9	6	1.4	94.8	4	1.5	95.3	2	2.5	94.2	—	—	93.8
20.0-20.9	3	0.7	95.5	2	0.8	96.1	1	1.3	95.5	—	—	93.8
>20.9	18	4.3	99.8	9	3.4	99.5	4	5.0	100.5	5	6.8	100.6

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 53 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	278	100.0	100.0	55	100.0	100.0	197	100.0	100.0	26	100.0	100.0
<5	33	11.9	11.9	1	1.8	1.8	31	15.7	15.7	1	3.8	3.8
5-9	47	16.9	28.8	7	12.7	14.5	36	18.3	34.0	4	15.4	19.2
10-14	30	10.8	39.6	5	9.1	23.6	23	11.7	45.7	2	7.7	26.9
15-19	22	7.9	47.5	9	16.4	40.0	11	5.6	51.3	2	7.7	34.6
20-24	23	8.3	55.8	5	9.1	49.1	15	7.6	58.9	3	11.5	46.1
25-29	10	3.6	59.4	2	3.6	52.7	8	4.1	63.0	—	—	46.1
30-34	12	4.3	63.7	1	1.8	54.5	7	3.6	66.6	4	15.4	61.5
35-39	8	2.9	66.6	—	—	54.5	8	4.1	70.7	—	—	61.5
40-44	8	2.9	69.5	3	5.5	60.0	4	2.0	72.7	1	3.8	65.3
45-49	5	1.8	71.3	—	—	60.0	4	2.0	74.7	1	3.8	69.1
50-59	11	4.0	75.3	5	9.1	69.1	3	1.5	76.2	3	11.5	80.6
60-69	12	4.3	79.6	5	9.1	78.2	7	3.6	79.8	—	—	80.6
70-79	16	5.8	85.4	3	5.5	83.7	12	6.1	85.9	1	3.8	84.4
80-89	11	4.0	89.4	2	3.6	87.3	8	4.1	90.0	1	3.8	88.2
90-99	9	3.2	92.6	3	5.5	92.8	6	3.0	93.0	—	—	88.2
100-109	4	1.4	94.0	1	1.8	94.6	2	1.0	94.0	1	3.8	92.0
110-119	1	0.4	94.4	—	—	94.6	1	0.5	94.5	—	—	92.0
120-129	2	0.7	95.1	1	1.8	96.4	1	0.5	95.0	—	—	92.0
130-139	3	1.1	96.2	—	—	96.4	3	1.5	96.5	—	—	92.0
140-149	3	1.1	97.3	2	3.6	100.0	1	0.5	97.0	—	—	92.0
>149	8	2.9	100.2	—	—	100.0	6	3.0	100.0	2	7.7	99.7

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 54 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Twelve through Twenty-three Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	415	100.0	100.0	261	100.0	100.0	80	100.0	100.0	74	100.0	100.0
<5	13	3.1	3.1	9	3.4	3.4	3	3.8	3.8	1	1.4	1.4
5-9	35	8.4	11.5	21	8.0	11.4	5	6.3	10.1	9	12.2	13.6
10-14	50	12.0	23.5	28	10.7	22.1	10	12.5	22.6	12	16.2	29.8
15-19	33	8.0	31.5	19	7.3	29.4	8	10.0	32.6	6	8.1	37.9
20-24	32	7.7	39.2	22	8.4	37.8	6	7.5	40.1	4	5.4	43.3
25-29	20	4.8	44.0	12	4.6	42.4	6	7.5	47.6	2	2.7	46.0
30-34	19	4.6	48.6	12	4.6	47.0	4	5.0	52.6	3	4.1	50.1
35-39	18	4.3	52.9	11	4.2	51.2	1	1.3	53.9	6	8.1	58.2
40-44	9	2.2	55.1	5	1.9	53.1	2	2.5	56.4	2	2.7	60.9
45-49	15	3.6	58.7	13	5.0	58.1	1	1.3	57.7	1	1.4	62.3
50-59	24	5.8	64.5	13	5.0	63.1	6	7.5	65.2	5	6.8	69.1
60-69	17	4.1	68.6	15	5.7	68.8	—	—	65.2	2	2.7	71.8
70-79	31	7.5	76.1	22	8.4	77.2	4	5.0	70.2	5	6.8	78.6
80-89	27	6.5	82.6	20	7.7	84.9	3	3.8	74.0	4	5.4	84.0
90-99	12	2.9	85.5	6	2.3	87.2	2	2.5	76.5	4	5.4	89.4
100-109	13	3.1	88.6	7	2.7	89.9	4	5.0	81.5	2	2.7	92.1
110-119	6	1.4	90.0	4	1.5	91.4	1	1.3	82.8	1	1.4	93.5
120-129	4	1.0	91.0	2	0.8	92.2	1	1.3	84.1	1	1.4	94.9
130-139	1	0.2	91.2	1	0.4	92.6	—	—	84.1	—	—	94.9
140-149	5	1.2	92.4	1	0.4	93.0	4	5.0	89.1	—	—	94.9
>149	31	7.5	99.9	18	6.9	99.9	9	11.3	100.4	4	5.4	100.3

[1] Total includes American Indian, Oriental, and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 55 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250–499	15	4.6	4.6	1	1.6	1.6	14	5.6	5.6	—	—	—
500–749	33	10.0	14.6	2	3.1	4.7	31	12.3	17.9	—	—	—
750–999	59	17.9	32.5	10	15.6	20.3	44	17.5	35.4	5	38.5	38.5
1000–1249	86	26.1	58.6	17	26.6	46.9	65	25.8	61.2	4	30.8	69.3
1250–1499	51	15.5	74.1	11	17.2	64.1	39	15.5	76.7	1	7.7	77.0
1500–1749	35	10.6	84.7	5	7.8	71.9	30	11.9	88.6	—	—	77.0
1750–1999	26	7.9	92.6	8	12.5	84.4	17	6.7	95.3	1	7.7	84.7
2000–2249	10	3.0	95.6	3	4.7	89.1	7	2.8	98.1	—	—	84.7
2250–2499	6	1.8	97.4	3	4.7	93.8	3	1.2	99.3	—	—	84.7
2500–2749	—	—	97.4	—	—	93.8	—	—	99.3	—	—	84.7
2750–2999	4	1.2	98.6	1	1.6	95.4	2	0.8	100.1	1	7.7	92.4
3000–3249	3	0.9	99.5	2	3.1	98.5	—	—	100.1	1	7.7	100.1
3250–3499	—	—	99.5	—	—	98.5	—	—	100.1	—	—	100.1
3500–3749	1	0.3	99.8	1	1.6	100.1	—	—	100.1	—	—	100.1
3750–3999	—	—	99.8	—	—	100.1	—	—	100.1	—	—	100.1
4000–4249	—	—	99.8	—	—	100.1	—	—	100.1	—	—	100.1
4250–4499	—	—	99.8	—	—	100.1	—	—	100.1	—	—	100.1
4500–4749	—	—	99.8	—	—	100.1	—	—	100.1	—	—	100.1
4750–4999	—	—	99.8	—	—	100.1	—	—	100.1	—	—	100.1
>4999	—	—	99.8	—	—	100.1	—	—	100.1	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 56 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<250	2	0.5	0.5	2	0.8	0.8	—	—	—	—	—	—
250–499	4	1.1	1.6	3	1.2	2.0	—	—	—	1	1.5	1.5
500–749	16	4.2	5.8	8	3.3	5.3	2	2.9	2.9	6	9.1	10.6
750–999	47	12.4	18.2	26	10.6	15.9	10	14.7	17.6	11	16.7	27.3
1000–1249	65	17.2	35.4	39	15.9	31.8	9	13.2	30.8	17	25.8	53.1
1250–1499	80	21.1	56.5	52	21.2	53.0	15	22.1	52.9	13	19.7	72.8
1500–1749	63	16.6	73.1	41	16.7	69.7	14	20.6	73.5	8	12.1	84.9
1750–1999	38	10.0	83.1	32	13.1	82.8	2	2.9	76.4	4	6.1	91.0
2000–2249	29	7.7	90.8	16	6.5	89.3	9	13.2	89.6	4	6.1	97.1
2250–2499	9	2.4	93.2	7	2.9	92.2	2	2.9	92.5	—	—	97.1
2500–2749	8	2.1	95.3	6	2.4	94.6	1	1.5	94.0	1	1.5	98.6
2750–2999	8	2.1	97.4	5	2.0	96.6	2	2.9	96.9	1	1.5	100.1
3000–3249	—	—	97.4	—	—	96.6	—	—	96.6	—	—	100.1
3250–3499	2	0.5	97.9	2	0.8	97.4	—	—	96.9	—	—	100.1
3500–3749	3	0.8	98.7	3	1.2	98.6	—	—	96.9	—	—	100.1
3750–3999	2	0.5	99.2	1	0.4	99.0	1	1.5	98.4	—	—	100.1
4000–4249	1	0.3	99.5	1	0.4	99.4	—	—	98.4	—	—	100.1
4250–4499	1	0.3	99.8	—	—	99.4	1	1.5	99.9	—	—	100.1
4500–4749	—	—	99.8	—	—	99.4	—	—	99.9	—	—	100.1
4750–4999	—	—	99.8	—	—	99.4	—	—	99.9	—	—	100.1
>4999	1	0.3	100.1	1	0.4	99.8	—	—	99.9	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 57 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<5	—	—	—	—	—	—	—	—	—	—	—	—
5–9	3	0.9	0.9	—	—	—	3	1.2	1.2	—	—	—
10–14	4	1.2	2.1	—	—	—	4	1.6	2.8	—	—	—
15–19	12	3.6	5.7	1	1.6	1.6	11	4.4	7.2	—	—	—
20–24	19	5.8	11.5	4	6.3	7.9	14	5.6	12.8	1	7.7	7.7
25–29	23	7.0	18.5	3	4.7	12.6	19	7.5	20.3	1	7.7	15.4
30–34	26	7.9	26.4	3	4.7	17.3	21	8.3	28.6	2	15.4	30.8
35–39	31	9.4	35.8	2	3.1	20.4	27	10.7	39.3	2	15.4	46.2
40–44	35	10.6	46.4	9	14.1	34.5	26	10.3	49.6	—	—	46.2
45–49	31	9.4	55.8	5	7.8	42.3	25	9.9	59.5	1	7.7	53.9
50–59	47	14.3	70.1	13	20.3	62.6	32	12.7	72.2	2	15.4	69.3
60–69	37	11.2	81.3	5	7.8	70.4	31	12.3	84.5	1	7.7	77.0
70–79	30	9.1	90.4	9	14.1	84.5	21	8.3	92.8	—	—	77.0
80–89	11	3.3	93.7	4	6.3	90.8	7	2.8	95.6	—	—	77.0
90–99	8	2.4	96.1	1	1.6	92.4	6	2.4	98.0	1	7.7	84.7
100–109	3	0.9	97.0	2	3.1	95.5	1	0.4	98.4	—	—	84.7
110–119	2	0.6	97.6	1	1.6	97.1	1	0.4	98.8	—	—	84.7
120–129	4	1.2	98.8	1	1.6	98.7	3	1.2	100.0	—	—	84.7
130–139	1	0.3	99.1	—	—	98.7	—	—	100.0	1	7.7	92.4
140–149	1	0.3	99.4	1	1.6	100.3	—	—	100.0	—	—	92.4
150–159	—	—	99.4	—	—	100.3	—	—	100.0	—	—	92.4
160–169	—	—	99.4	—	—	100.3	—	—	100.0	—	—	92.4
170–179	1	0.3	99.7	—	—	100.3	—	—	100.0	1	7.7	100.1
180–189	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
190–199	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
200–209	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
210–219	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
220–229	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
230–239	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
240–249	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1
>249	—	—	99.7	—	—	100.3	—	—	100.0	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 58 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<5	1	0.3	0.3	1	0.4	0.4	—	—	—	—	—	—
5-9	1	0.3	0.6	1	0.4	0.8	—	—	—	—	—	—
10-14	1	0.3	0.9	1	0.4	1.2	—	—	—	—	—	—
15-19	5	1.3	2.2	3	1.2	2.4	1	1.5	1.5	1	1.5	1.5
20-24	6	1.6	3.8	3	1.2	3.6	2	2.9	4.4	1	1.5	3.0
25-29	15	4.0	7.8	9	3.7	7.3	1	1.5	5.9	5	7.6	10.6
30-34	18	4.7	12.5	9	3.7	11.0	5	7.4	13.3	4	6.1	16.7
35-39	36	9.5	22.0	25	10.2	21.2	5	7.4	20.7	6	9.1	25.8
40-44	35	9.2	31.2	21	8.6	29.8	7	10.3	31.0	7	10.6	36.4
45-49	36	9.5	40.7	23	9.4	39.2	8	11.8	42.8	5	7.6	44.0
50-59	70	18.5	59.2	48	19.6	58.8	9	13.2	56.0	13	19.7	63.7
60-69	50	13.2	72.4	32	13.1	71.9	9	13.2	69.2	9	13.6	77.3
70-79	45	11.9	84.3	28	11.4	83.3	9	13.2	82.4	8	12.1	89.4
80-89	24	6.3	90.6	15	6.1	89.4	5	7.4	89.8	4	6.1	95.5
90-99	12	3.2	93.8	10	4.1	93.5	2	2.9	92.7	—	—	95.5
100-109	6	1.6	95.4	4	1.6	95.1	1	1.5	94.2	1	1.5	97.0
110-119	7	1.8	97.2	5	2.0	97.1	1	1.5	95.7	1	1.5	98.5
120-129	4	1.1	98.3	1	0.4	97.5	2	2.9	98.6	1	1.5	100.0
130-139	—	—	98.3	—	—	97.5	—	—	98.6	—	—	100.0
140-149	3	0.8	99.1	3	1.2	98.7	—	—	98.6	—	—	100.0
150-159	—	—	99.1	—	—	98.7	—	—	98.6	—	—	100.0
160-169	1	0.3	99.4	1	0.4	99.1	—	—	98.6	—	—	100.0
170-179	—	—	99.4	—	—	99.1	—	—	98.6	—	—	100.0
180-189	—	—	99.4	—	—	99.1	—	—	98.6	—	—	100.0
190-199	1	0.3	99.7	1	0.4	99.5	—	—	98.6	—	—	100.0
200-209	1	0.3	100.0	—	—	99.5	1	1.5	100.1	—	—	100.0
210-219	1	0.3	100.3	1	0.4	99.9	—	—	100.1	—	—	100.0
220-229	—	—	100.3	—	—	99.9	—	—	100.1	—	—	100.0
230-239	—	—	100.3	—	—	99.9	—	—	100.1	—	—	100.0
240-249	—	—	100.3	—	—	99.9	—	—	100.1	—	—	100.0
>249	—	—	100.3	—	—	99.9	—	—	100.1	—	—	100.0

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 59 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<50	4	1.2	1.2	—	—	—	4	1.6	1.6	—	—	—
50-99	12	3.6	4.8	—	—	—	12	4.8	6.4	—	—	—
100-149	16	4.9	9.7	1	1.6	1.6	15	6.0	12.4	—	—	—
150-199	13	4.0	13.7	—	—	1.6	11	4.4	16.8	2	15.4	15.4
200-299	21	6.4	20.1	2	3.1	4.7	18	7.1	23.9	1	7.7	23.1
300-399	29	8.8	28.9	5	7.8	12.5	24	9.5	33.4	—	—	23.1
400-499	33	10.0	38.9	9	14.1	26.6	22	8.7	42.1	2	15.4	38.5
500-599	37	11.2	50.1	10	15.6	42.2	26	10.3	52.4	1	7.7	46.2
600-699	27	8.2	58.3	4	6.3	48.5	23	9.1	61.5	—	—	46.2
700-799	25	7.6	65.9	5	7.8	56.3	20	7.9	69.4	—	—	46.2
800-899	23	7.0	72.9	3	4.7	61.0	19	7.5	76.9	1	7.7	53.9
900-999	13	4.0	76.9	7	10.9	71.9	5	2.0	78.9	1	7.7	61.6
1000-1199	32	9.7	86.6	10	15.6	87.5	20	7.9	86.8	2	15.4	77.0
1200-1399	21	6.4	93.0	—	—	87.5	19	7.5	94.3	2	15.4	92.4
1400-1599	5	1.5	94.5	2	3.1	90.6	3	1.2	95.5	—	—	92.4
1600-1799	7	2.1	96.6	3	4.7	95.3	4	1.6	97.1	—	—	92.4
1800-1999	3	0.9	97.5	2	3.1	98.4	1	0.4	97.5	—	—	92.4
>1999	8	2.4	99.9	1	1.6	100.0	6	2.4	99.9	1	7.7	100.1

Table 60 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<50	1	0.3	0.3	1	0.4	0.4	—	—	—	—	—	—
50-99	2	0.5	0.8	1	0.4	0.8	—	—	—	1	1.5	1.5
100-149	3	0.8	1.6	1	0.4	1.2	2	2.9	2.9	—	—	1.5
150-199	3	0.8	2.4	1	0.4	1.6	2	2.9	5.8	—	—	1.5
200-299	13	3.4	5.8	6	2.4	4.0	5	7.4	13.2	2	3.0	4.5
300-399	21	5.5	11.3	12	4.9	8.9	4	5.9	19.1	5	7.6	12.1
400-499	18	4.7	16.0	10	4.1	13.0	5	7.4	26.5	3	4.5	16.6
500-599	26	6.9	22.9	14	5.7	18.7	9	13.2	39.7	3	4.5	21.1
600-699	38	10.0	32.9	31	12.7	31.4	3	4.4	44.1	4	6.1	27.2
700-799	37	9.8	42.7	24	9.8	41.2	6	8.8	52.9	7	10.6	37.8
800-899	47	12.4	55.1	36	14.7	55.9	3	4.4	57.3	8	12.1	49.9
900-999	29	7.7	62.8	15	6.1	62.0	10	14.7	72.0	4	6.1	56.0
1000-1199	57	15.0	77.8	37	15.1	77.1	5	7.4	79.4	15	22.7	78.7
1200-1399	31	8.2	86.0	19	7.8	84.9	5	7.4	86.8	7	10.6	89.3
1400-1599	20	5.3	91.3	14	5.7	90.6	4	5.9	92.7	2	3.0	92.3
1600-1799	16	4.2	95.5	13	5.3	95.9	1	1.5	94.2	2	3.0	95.3
1800-1999	2	0.5	96.0	1	0.4	96.3	1	1.5	95.7	—	—	95.3
>1999	15	4.0	100.0	9	3.7	100.0	3	4.4	100.1	3	4.5	99.8

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 61 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5–0.9	3	0.9	0.9	2	3.1	3.1	1	0.4	0.4	—	—	—
1.0–1.4	3	0.9	1.8	—	—	3.1	3	1.2	1.6	—	—	—
1.5–1.9	3	0.9	2.7	—	—	3.1	3	1.2	2.8	—	—	—
2.0–2.4	17	5.2	7.9	3	4.7	7.8	14	5.6	8.4	—	—	—
2.5–2.9	18	5.5	13.4	2	3.1	10.9	15	6.0	14.4	1	7.7	7.7
3.0–3.4	18	5.5	18.9	2	3.1	14.0	15	6.0	20.4	1	7.7	15.4
3.5–3.9	17	5.2	24.1	1	1.6	15.6	14	5.6	26.0	2	15.4	30.8
4.0–4.4	20	6.1	30.2	2	3.1	18.7	16	6.3	32.3	2	15.4	46.2
4.5–4.9	15	4.6	34.8	3	4.7	23.4	12	4.8	37.1	—	—	46.2
5.0–5.9	55	16.7	51.5	10	15.6	39.0	45	17.9	55.0	—	—	46.2
6.0–6.9	35	10.6	62.1	6	9.4	48.4	26	10.3	65.3	3	23.1	69.3
7.0–7.9	34	10.3	72.4	8	12.5	60.9	26	10.3	75.6	—	—	69.3
8.0–8.9	28	8.5	80.9	7	10.9	71.8	20	7.9	83.5	1	7.7	77.0
9.0–9.9	13	4.0	84.9	4	6.3	78.1	9	3.6	87.1	—	—	77.0
10.0–10.9	15	4.6	89.5	5	7.8	85.9	10	4.0	91.1	—	—	77.0
11.0–11.9	9	2.7	92.2	2	3.1	89.0	7	2.8	93.9	—	—	77.0
12.0–12.9	10	3.0	95.2	3	4.7	93.7	7	2.8	96.7	—	—	77.0
13.0–13.9	4	1.2	96.4	—	—	93.7	4	1.6	98.3	—	—	77.0
14.0–14.9	3	0.9	97.3	—	—	93.7	2	0.8	99.1	1	7.7	84.7
15.0–15.9	4	1.2	98.5	1	1.6	95.3	2	0.8	99.9	1	7.7	92.4
16.0–16.9	—	—	98.5	—	—	95.3	—	—	99.9	—	—	92.4
17.0–17.9	1	0.3	98.8	1	1.6	96.9	—	—	99.9	—	—	92.4
18.0–18.9	1	0.3	99.1	—	—	96.9	1	0.4	100.3	—	—	92.4
19.0–19.9	—	—	99.1	—	—	96.9	—	—	100.3	—	—	92.4
>19.9	3	0.9	100.0	2	3.1	100.0	—	—	100.3	1	7.7	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 62 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<0.5	2	0.5	0.5	2	0.8	0.8	—	—	—	—	—	—
0.5-0.9	—	—	0.5	—	—	0.8	—	—	—	—	—	—
1.0-1.4	5	1.3	1.8	3	1.2	2.0	1	1.5	1.5	1	1.5	1.5
1.5-1.9	6	1.6	3.4	3	1.2	3.2	1	1.5	3.0	2	3.0	4.5
2.0-2.4	9	2.4	5.8	6	2.4	5.6	—	—	3.0	3	4.5	9.0
2.5-2.9	13	3.4	9.2	6	2.4	8.0	1	1.5	4.5	6	9.1	18.1
3.0-3.4	11	2.9	12.1	6	2.4	10.4	1	1.5	6.0	4	6.1	24.2
3.5-3.9	12	3.2	15.3	8	3.3	13.7	1	1.5	7.5	3	4.5	28.7
4.0-4.4	14	3.7	19.0	7	2.9	16.6	1	1.5	9.0	6	9.1	37.8
4.5-4.9	28	7.4	26.4	13	5.3	21.9	8	11.8	20.8	7	10.6	48.4
5.0-5.9	47	12.4	38.8	31	12.7	34.6	11	16.2	37.0	5	7.6	56.0
6.0-6.9	41	10.8	49.6	24	9.8	44.4	7	10.3	47.3	10	15.2	71.2
7.0-7.9	45	11.9	61.5	34	13.9	58.3	8	11.8	59.1	3	4.5	75.7
8.0-8.9	40	10.6	72.1	28	11.4	69.7	8	11.8	70.9	4	6.1	81.8
9.0-9.9	20	5.3	77.4	12	4.9	74.6	5	7.4	78.3	3	4.5	86.3
10.0-10.9	16	4.2	81.6	14	5.7	80.3	1	1.5	79.8	1	1.5	87.8
11.0-11.9	18	4.7	86.3	12	4.9	85.2	2	2.9	82.7	4	6.1	93.9
12.0-12.9	15	4.0	90.3	11	4.5	89.7	4	5.9	88.6	—	—	93.9
13.0-13.9	3	0.8	91.1	2	0.8	90.5	—	—	88.6	1	1.5	95.4
14.0-14.9	6	1.6	92.7	5	2.0	92.5	1	1.5	90.1	—	—	95.4
15.0-15.9	7	1.8	94.5	3	1.2	93.7	2	2.9	93.0	2	3.0	98.4
16.0-16.9	4	1.1	95.6	3	1.2	94.9	—	—	93.0	1	1.5	99.9
17.0-17.9	—	—	95.6	—	—	94.9	—	—	93.0	—	—	99.9
18.0-18.9	4	1.1	96.7	2	0.8	95.7	2	2.9	95.9	—	—	99.9
19.0-19.9	2	0.5	97.2	1	0.4	96.1	1	1.5	97.4	—	—	99.9
>19.9	11	2.9	100.1	9	3.7	99.8	2	2.9	100.3	—	—	99.9

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 63 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<250	8	2.4	2.4	—	—	—	8	3.2	3.2	—	—	—
250-499	13	4.0	6.4	2	3.1	3.1	11	4.4	7.6	—	—	—
500-749	13	4.0	10.4	1	1.6	4.7	12	4.8	12.4	—	—	—
750-999	15	4.6	15.0	2	3.1	7.8	11	4.4	16.8	2	15.4	15.4
1000-1249	19	5.8	20.8	2	3.1	10.9	17	6.7	23.5	—	—	15.4
1250-1499	38	11.6	32.4	12	18.8	29.7	24	9.5	33.0	2	15.4	30.8
1500-1749	26	7.9	40.3	7	10.9	40.6	19	7.5	40.5	—	—	30.8
1750-1999	18	5.5	45.8	1	1.6	42.2	17	6.7	47.2	—	—	30.8
2000-2249	15	4.6	50.4	2	3.1	45.3	12	4.8	52.0	1	7.7	38.5
2250-2499	19	5.8	56.2	3	4.7	50.0	16	6.3	58.3	—	—	38.5
2500-2999	33	10.0	66.2	7	10.9	60.9	23	9.1	67.4	3	23.1	61.6
3000-3499	24	7.3	73.5	10	15.6	76.5	12	4.8	72.2	2	15.4	77.0
3500-3999	22	6.7	80.2	6	9.4	85.9	14	5.6	77.8	2	15.4	92.4
4000-4499	10	3.0	83.2	2	3.1	89.0	8	3.2	81.0	—	—	92.4
4500-4999	6	1.8	85.0	2	3.1	92.1	4	1.6	82.6	—	—	92.4
5000-5999	12	3.6	88.6	3	4.7	96.8	9	3.6	86.2	—	—	92.4
6000-6999	11	3.3	91.9	—	—	96.8	11	4.4	90.6	—	—	92.4
7000-7999	5	1.5	93.4	1	1.6	98.4	4	1.6	92.2	—	—	92.4
8000-8999	5	1.5	94.9	—	—	98.4	4	1.6	93.8	—	—	92.4
9000-9999	1	0.3	95.2	—	—	98.4	1	0.4	94.2	1	7.7	100.1
>9999	16	4.9	100.1	1	1.6	100.0	15	6.0	100.2	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 64 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<250	3	0.8	0.8	2	0.8	0.8	1	1.5	1.5	—	—	—
250–499	11	2.9	3.7	7	2.9	3.7	4	5.9	7.4	—	—	—
500–749	12	3.2	6.9	5	2.0	5.7	5	7.4	14.8	2	3.0	3.0
750–999	13	3.4	10.3	8	3.3	9.0	4	5.9	20.7	1	1.5	4.5
1000–1249	22	5.8	16.1	15	6.1	15.1	5	7.4	28.1	2	3.0	7.5
1250–1499	25	6.6	22.7	19	7.8	22.9	5	7.4	35.5	1	1.5	9.0
1500–1749	24	6.3	29.0	13	5.3	28.2	5	7.4	42.9	6	9.1	18.1
1750–1999	30	7.9	36.9	19	7.8	36.0	3	4.4	47.3	8	12.1	30.2
2000–2249	24	6.3	43.2	17	6.9	42.9	—	—	47.3	7	10.6	40.8
2250–2499	24	6.3	49.5	15	6.1	49.0	4	5.9	53.2	5	7.6	48.4
2500–2999	40	10.6	60.1	26	10.6	59.6	6	8.8	62.0	8	12.1	60.5
3000–3499	33	8.7	68.8	20	8.2	67.8	7	10.3	72.3	6	9.1	69.6
3500–3999	24	6.3	75.1	13	5.3	73.1	3	4.4	76.7	8	12.1	81.7
4000–4499	20	5.3	80.4	14	5.7	78.8	3	4.4	81.1	3	4.5	86.2
4500–4999	8	2.1	82.5	5	2.0	80.8	—	—	81.1	3	4.5	90.7
5000–5999	18	4.7	87.2	13	5.3	86.1	2	2.9	84.0	3	4.5	95.2
6000–6999	12	3.2	90.4	8	3.3	89.4	3	4.4	88.4	1	1.5	96.7
7000–7999	11	2.9	93.3	10	4.1	93.5	1	1.5	89.9	—	—	96.7
8000–8999	8	2.1	95.4	7	2.9	96.4	1	1.5	91.4	—	—	96.7
9000–9999	4	1.1	96.5	2	0.8	97.2	1	1.5	92.9	1	1.5	98.2
>9999	13	3.4	99.9	7	2.9	100.1	5	7.4	100.3	1	1.5	99.7

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 65 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	—	—	—	—	—	—	—	—	—	—	—	—
0.10-0.14	1	0.3	0.3	—	—	—	1	0.4	0.4	—	—	—
0.15-0.19	6	1.8	2.1	1	1.6	1.6	5	2.0	2.4	—	—	—
0.20-0.29	19	5.8	7.9	4	6.3	7.9	14	5.6	8.0	1	7.7	7.7
0.30-0.39	26	7.9	15.8	3	4.7	12.6	23	9.1	17.1	—	—	7.7
0.40-0.49	37	11.2	27.0	6	9.4	22.0	29	11.5	28.6	2	15.4	23.1
0.50-0.59	47	14.3	41.3	5	7.8	29.8	39	15.5	44.1	3	23.1	46.2
0.60-0.69	47	14.3	55.6	11	17.2	47.0	33	13.1	57.2	3	23.1	69.3
0.70-0.79	39	11.9	67.5	9	14.1	61.1	30	11.9	69.1	—	—	69.3
0.80-0.89	35	10.6	78.1	11	17.2	78.3	23	9.1	78.2	1	7.7	77.0
0.90-0.99	16	4.9	83.0	3	4.7	83.0	13	5.2	83.4	—	—	77.0
1.00-1.19	22	6.7	89.7	3	4.7	87.7	18	7.1	90.5	1	7.7	84.7
1.20-1.39	16	4.9	94.6	2	3.1	90.8	14	5.6	96.1	—	—	84.7
1.40-1.59	7	2.1	96.7	1	1.6	92.4	5	2.0	98.1	1	7.7	92.4
1.60-1.79	4	1.2	97.9	1	1.6	94.0	3	1.2	99.3	—	—	92.4
1.80-1.99	1	0.3	98.2	1	1.6	95.6	—	—	99.3	—	—	92.4
>1.99	6	1.8	100.0	3	4.7	100.3	2	0.8	100.1	1	7.7	100.1

Table 66 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<0.05	1	0.3	0.3	1	0.4	0.4	—	—	—	—	—	—
0.05-0.09	1	0.3	0.6	1	0.4	0.8	—	—	—	—	—	—
0.10-0.14	—	—	0.6	—	—	0.8	—	—	—	—	—	—
0.15-0.19	2	0.5	1.1	1	0.4	1.2	1	1.5	1.5	—	—	—
0.20-0.29	10	2.6	3.7	5	2.0	3.2	1	1.5	3.0	4	6.1	6.1
0.30-0.39	18	4.7	8.4	11	4.5	7.7	2	2.9	5.9	5	7.6	13.7
0.40-0.49	35	9.2	17.6	19	7.8	15.5	5	7.4	13.3	11	16.7	30.4
0.50-0.59	43	11.3	28.9	31	12.7	28.2	4	5.9	19.2	8	12.1	42.5
0.60-0.69	38	10.0	38.9	21	8.6	36.8	12	17.6	36.8	5	7.6	50.1
0.70-0.79	37	9.8	48.7	20	8.2	45.0	10	14.7	51.5	7	10.6	60.7
0.80-0.89	35	9.2	57.9	27	11.0	56.0	4	5.9	57.4	4	6.1	66.8
0.90-0.99	28	7.4	65.3	22	9.0	65.0	3	4.4	61.8	3	4.5	71.3
1.00-1.19	52	13.7	79.0	38	15.5	80.5	9	13.2	75.0	5	7.6	78.9
1.20-1.39	25	6.6	85.6	17	6.9	87.4	5	7.4	82.4	3	4.5	83.4
1.40-1.59	17	4.5	90.1	13	5.3	92.7	3	4.4	86.8	1	1.5	84.9
1.60-1.79	8	2.1	92.2	4	1.6	94.3	1	1.5	88.3	3	4.5	89.4
1.80-1.99	8	2.1	94.3	3	1.2	95.5	3	4.4	92.7	2	3.0	92.4
>1.99	21	5.5	99.8	11	4.5	100.0	5	7.4	100.1	5	7.6	100.0

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 67 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05–0.09	1	0.3	0.3	—	—	—	1	0.4	0.4	—	—	—
0.10–0.14	—	—	0.3	—	—	—	—	—	0.4	—	—	—
0.15–0.19	1	0.3	0.6	—	—	—	1	0.4	0.8	—	—	—
0.20–0.29	11	3.3	3.9	—	—	—	11	4.4	5.2	—	—	—
0.30–0.39	7	2.1	6.0	1	1.6	1.6	6	2.4	7.6	—	—	—
0.40–0.49	13	4.0	10.0	1	1.6	3.2	11	4.4	12.0	1	7.7	7.7
0.50–0.59	10	3.0	13.0	1	1.6	4.8	9	3.6	15.6	—	—	7.7
0.60–0.69	11	3.3	16.3	—	—	4.8	10	4.0	19.6	1	7.7	15.4
0.70–0.79	18	5.5	21.8	4	6.3	11.1	12	4.8	24.4	2	15.4	30.8
0.80–0.89	17	5.2	27.0	3	4.7	15.8	13	5.2	29.6	1	7.7	38.5
0.90–0.99	20	6.1	33.1	5	7.8	23.6	14	5.6	35.2	1	7.7	46.2
1.00–1.19	36	10.9	44.0	8	12.5	36.1	28	11.1	46.3	—	—	46.2
1.20–1.39	38	11.6	55.6	7	10.9	47.0	31	12.3	58.6	—	—	46.2
1.40–1.59	19	5.8	61.4	5	7.8	54.8	13	5.2	63.8	1	7.7	53.9
1.60–1.79	25	7.6	69.0	8	12.5	67.3	17	6.7	70.5	—	—	53.9
1.80–1.99	19	5.8	74.8	6	9.4	76.7	12	4.8	75.3	1	7.7	61.6
>1.99	83	25.2	100.0	15	23.4	100.1	63	25.0	100.3	5	38.5	100.1

Table 68 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<0.05	1	0.3	0.3	1	0.4	0.4	—	—	—	—	—	—
0.05–0.09	—	—	0.3	—	—	0.4	—	—	—	—	—	—
0.10–0.14	—	—	0.3	—	—	0.4	—	—	—	—	—	—
0.15–0.19	—	—	0.3	—	—	0.4	—	—	—	—	—	—
0.20–0.29	2	0.5	0.8	1	0.4	0.8	—	—	—	1	1.5	1.5
0.30–0.39	2	0.5	1.3	2	0.8	1.6	—	—	—	—	—	1.5
0.40–0.49	4	1.1	2.4	3	1.2	2.8	—	—	—	1	1.5	3.0
0.50–0.59	8	2.1	4.5	4	1.6	4.4	4	5.9	5.9	—	—	3.0
0.60–0.69	5	1.3	5.8	2	0.8	5.2	2	2.9	8.8	1	1.5	4.5
0.70–0.79	11	2.9	8.7	5	2.0	7.2	4	5.9	14.7	2	3.0	7.5
0.80–0.89	18	4.7	13.4	9	3.7	10.9	5	7.4	22.1	4	6.1	13.6
0.90–0.99	15	4.0	17.4	9	3.7	14.6	5	7.4	29.5	1	1.5	15.1
1.00–1.19	36	9.5	26.9	25	10.2	24.8	7	10.3	39.8	4	6.1	21.2
1.20–1.39	51	13.5	40.4	36	14.7	39.5	7	10.3	50.1	8	12.1	33.3
1.40–1.59	52	13.7	54.1	39	15.9	55.4	7	10.3	60.4	6	9.1	42.4
1.60–1.79	42	11.1	65.2	25	10.2	65.6	5	7.4	67.8	12	18.2	60.6
1.80–1.99	36	9.5	74.7	23	9.4	75.0	6	8.8	76.6	7	10.6	71.2
>1.99	96	25.3	100.0	61	24.9	99.9	16	23.5	100.1	19	28.8	100.0

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 69 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	3	0.9	0.9	2	3.1	3.1	1	0.4	0.4	—	—	—
1.5-1.9	4	1.2	2.1	2	3.1	6.2	2	0.8	1.2	—	—	—
2.0-2.4	11	3.3	5.4	1	1.6	7.8	9	3.6	4.8	1	7.7	7.7
2.5-2.9	5	1.5	6.9	1	1.6	9.4	3	1.2	6.0	1	7.7	15.4
3.0-3.4	13	4.0	10.9	1	1.6	11.0	11	4.4	10.4	1	7.7	23.1
3.5-3.9	10	3.0	13.9	1	1.6	12.6	8	3.2	13.6	1	7.7	30.8
4.0-4.4	20	6.1	20.0	4	6.3	18.9	16	6.3	19.9	—	—	30.8
4.5-4.9	21	6.4	26.4	4	6.3	25.2	13	5.2	25.1	4	30.8	61.6
5.0-5.9	33	10.0	36.4	3	4.7	29.9	30	11.9	37.0	—	—	61.6
6.0-6.9	39	11.9	48.3	5	7.8	37.7	34	13.5	50.5	—	—	61.6
7.0-7.9	37	11.2	59.5	10	15.6	53.3	27	10.7	61.2	—	—	61.6
8.0-8.9	26	7.9	67.4	3	4.7	58.0	22	8.7	69.9	1	7.7	69.3
9.0-9.9	22	6.7	74.1	4	6.3	64.3	18	7.1	77.0	—	—	69.3
10.0-10.9	18	5.5	79.6	6	9.4	73.7	12	4.8	81.8	—	—	69.3
11.0-11.9	22	6.7	86.3	4	6.3	80.0	18	7.1	88.9	—	—	69.3
12.0-12.9	5	1.5	87.8	1	1.6	81.6	4	1.6	90.5	—	—	69.3
13.0-13.9	6	1.8	89.6	2	3.1	84.7	4	1.6	92.1	—	—	69.3
14.0-14.9	5	1.5	91.1	—	—	84.7	3	1.2	93.3	2	15.4	84.7
15.0-15.9	5	1.5	92.6	2	3.1	87.8	3	1.2	94.5	—	—	84.7
16.0-16.9	7	2.1	94.7	2	3.1	90.9	5	2.0	96.5	—	—	84.7
17.0-17.9	4	1.2	95.9	1	1.6	92.5	2	0.8	97.3	1	7.7	92.4
18.0-18.9	2	0.6	96.5	1	1.6	94.1	1	0.4	97.7	—	—	92.4
19.0-19.9	4	1.2	97.7	2	3.1	97.2	2	0.8	98.5	—	—	92.4
20.0-20.9	1	0.3	98.0	1	1.6	98.8	—	—	98.5	—	—	92.4
>20.9	6	1.8	99.8	1	1.6	100.4	4	1.6	100.1	1	7.7	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 70 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<0.5	2	0.5	0.5	2	0.8	0.8	—	—	—	—	—	—
0.5-0.9	—	—	0.5	—	—	0.8	—	—	—	—	—	—
1.0-1.4	2	0.5	1.0	2	0.8	1.6	—	—	—	—	—	—
1.5-1.9	9	2.4	3.4	3	1.2	2.8	2	2.9	2.9	4	6.1	6.1
2.0-2.4	5	1.3	4.7	3	1.2	4.0	—	—	2.9	2	3.0	9.1
2.5-2.9	3	0.8	5.5	3	1.2	5.2	—	—	2.9	—	—	9.1
3.0-3.4	11	2.9	8.4	7	2.9	8.1	1	1.5	4.4	3	4.5	13.6
3.5-3.9	16	4.2	12.6	7	2.9	11.0	4	5.9	10.3	5	7.6	21.2
4.0-4.4	10	2.6	15.2	6	2.4	13.4	1	1.5	11.8	3	4.5	25.7
4.5-4.9	21	5.5	20.7	13	5.3	18.7	4	5.9	17.7	4	6.1	31.8
5.0-5.9	31	8.2	28.9	19	7.8	26.5	4	5.9	23.6	8	12.1	43.9
6.0-6.9	34	9.0	37.9	19	7.8	34.3	7	10.3	33.9	8	12.1	56.0
7.0-7.9	34	9.0	46.9	19	7.8	42.1	9	13.2	47.1	6	9.1	65.1
8.0-8.9	38	10.0	56.9	25	10.2	52.3	4	5.9	53.0	9	13.6	78.7
9.0-9.9	29	7.7	64.6	22	9.0	61.3	5	7.4	60.4	2	3.0	81.7
10.0-10.3	31	8.2	72.8	25	10.2	71.5	3	4.4	64.8	3	4.5	86.2
11.0-11.9	17	4.5	77.3	10	4.1	75.6	5	7.4	72.2	2	3.0	89.2
12.0-12.9	13	3.4	80.7	6	2.4	78.0	5	7.4	79.6	2	3.0	92.2
13.0-13.9	18	4.7	85.4	15	6.1	84.1	2	2.9	82.5	1	1.5	93.7
14.0-14.9	11	2.9	88.3	8	3.3	87.4	2	2.9	85.4	1	1.5	95.2
15.0-15.9	6	1.6	89.9	5	2.0	89.4	1	1.5	86.9	—	—	95.2
16.0-16.9	11	2.9	92.8	6	2.4	91.8	3	4.4	91.3	2	3.0	98.2
17.0-17.9	6	1.6	94.4	6	2.4	94.2	—	—	91.3	—	—	98.2
18.0-18.9	7	1.8	96.2	5	2.0	96.2	1	1.5	92.8	1	1.5	99.7
19.0-19.9	2	0.5	96.7	—	—	96.2	2	2.9	95.7	—	—	99.7
20.0-20.9	2	0.5	97.2	1	0.4	96.6	1	1.5	97.2	—	—	99.7
>20.9	10	2.6	99.8	8	3.3	99.9	2	2.9	100.1	—	—	99.7

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 71 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	329	100.0	100.0	64	100.0	100.0	252	100.0	100.0	13	100.0	100.0
<5	47	14.3	14.3	4	6.3	6.3	43	17.1	17.1	—	—	—
5-9	45	13.7	28.0	11	17.2	23.5	32	12.7	29.8	2	15.4	15.4
10-14	41	12.5	40.5	6	9.4	32.9	33	13.1	42.9	2	15.4	30.8
15-19	26	7.9	48.4	4	6.3	39.2	19	7.5	50.4	3	23.1	53.9
20-24	21	6.4	54.8	8	12.5	51.7	13	5.2	55.6	—	—	53.9
25-29	16	4.9	59.7	4	6.3	58.0	11	4.4	60.0	1	7.7	61.6
30-34	16	4.9	64.6	5	7.8	65.8	11	4.4	64.4	—	—	61.6
35-39	9	2.7	67.3	4	6.3	72.1	5	2.0	66.4	—	—	61.6
40-44	10	3.0	70.3	3	4.7	76.8	7	2.8	69.2	—	—	61.6
45-49	8	2.4	72.7	1	1.6	78.4	6	2.4	71.6	1	7.7	69.3
50-59	8	2.4	75.1	—	—	78.4	8	3.2	74.8	—	—	69.3
60-69	8	2.4	77.5	2	3.1	81.5	6	2.4	77.2	—	—	69.3
70-79	16	4.9	82.4	2	3.1	84.6	13	5.2	82.4	1	7.7	77.0
80-89	11	3.3	85.7	2	3.1	87.7	9	3.6	86.0	—	—	77.0
90-99	9	2.7	88.4	—	—	87.7	9	3.6	89.6	—	—	77.0
100-109	3	0.9	89.3	1	1.6	89.3	2	0.8	90.4	—	—	77.0
110-119	3	0.9	90.2	—	—	89.3	3	1.2	91.6	—	—	77.0
120-129	7	2.1	92.3	2	3.1	92.4	5	2.0	93.6	—	—	77.0
130-139	2	0.6	92.9	—	—	92.4	2	0.8	94.4	—	—	77.0
140-149	4	1.2	94.1	1	1.6	94.0	2	0.8	95.2	1	7.7	84.7
>149	19	5.8	99.9	4	6.3	100.3	13	5.2	100.4	2	15.4	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on a twenty-four hour recall.

Table 72 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Persons Twenty-four through Thirty-six Months of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	379	100.0	100.0	245	100.0	100.0	68	100.0	100.0	66	100.0	100.0
<5	20	5.3	5.3	10	4.1	4.1	8	11.8	11.8	2	3.0	3.0
5–9	35	9.2	14.5	16	6.5	10.6	7	10.3	22.1	12	18.2	21.2
10–14	38	10.0	24.5	27	11.0	21.6	3	4.4	26.5	8	12.1	33.3
15–19	39	10.3	34.8	29	11.8	33.4	4	5.9	32.4	6	9.1	42.4
20–24	25	6.6	41.4	13	5.3	38.7	5	7.4	39.8	7	10.6	53.0
25–29	27	7.1	48.5	18	7.3	46.0	5	7.4	47.2	4	6.1	59.1
30–34	16	4.2	52.7	10	4.1	50.1	5	7.4	54.6	1	1.5	60.6
35–39	12	3.2	55.9	6	2.4	52.5	4	5.9	60.5	2	3.0	63.6
40–44	7	1.8	57.7	6	2.4	54.9	1	1.5	62.0	—	—	63.6
45–49	6	1.6	59.3	6	2.4	57.3	—	—	62.0	—	—	63.6
50–59	22	5.8	65.1	14	5.7	63.0	4	5.9	67.9	4	6.1	69.7
60–69	16	4.2	69.3	8	3.3	66.3	4	5.9	73.8	4	6.1	75.8
70–79	20	5.3	74.6	15	6.1	72.4	4	5.9	79.7	1	1.5	77.3
80–89	13	3.4	78.0	12	4.9	77.3	1	1.5	81.2	—	—	77.3
90–99	15	4.0	82.0	10	4.1	81.4	2	2.9	84.1	3	4.5	81.8
100–109	13	3.4	85.4	10	4.1	85.5	1	1.5	85.6	2	3.0	84.8
111–119	6	1.6	87.0	4	1.6	87.1	2	2.9	88.5	—	—	84.8
120–129	9	2.4	89.4	4	1.6	88.7	2	2.9	91.4	3	4.5	89.3
130–139	2	0.5	89.9	2	0.8	89.5	—	—	91.4	—	—	89.3
140–149	5	1.3	91.2	3	1.2	90.7	—	—	91.4	2	3.0	92.3
>149	33	8.7	99.9	22	9.0	99.7	6	8.8	100.2	5	7.6	99.9

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on a twenty-four hour recall.

3. ADOLESCENTS (10-16 YEARS OF AGE)

Abstract: *Diet records indicated that a large percentage of the 10- to 16-year-old adolescent group had intakes below the standards for calcium, iron, and vitamin A. Within both groups of states, blacks generally had lower levels of intake than did whites and Spanish-Americans. However, with reference to vitamin A, Spanish-Americans appeared to be at greater risk. For most subgroups, intakes were lower in low-income-ratio states. Dietary intakes tended to support the biochemical findings. Although the data suggest that an increase in calories would bring intakes of some nutrients closer to the standard, this practice would at the same time provide an excessive intake of calories for many segments of the population. For most of the nutrients, particularly for iron, high-quality food sources are mandatory if standards are to be met.*

Nutrient needs vary with age and sex during adolescence. Therefore the 24-hour dietary recall data for adolescents is presented by age (10-11 years, 12-14 years and 15-16 years), sex, and ethnic group.

For all subgroups of adolescents the mean intakes of all nutrients, except calories and iron, approached or exceeded dietary standards (Tables 1A-C; 2A-C). Mean caloric intakes ranged from 66 percent to 125 percent of the caloric standards. All females and some males had mean iron intakes considerably below the dietary standard.

Median nutrient intakes were lower than the corresponding mean intakes (Tables 3A-C, 4A-C) and because of the wide variation of intakes, are more descriptive of the dietary patterns. The most striking differences between mean and median intakes were for vitamins A and C, where mean values for certain subgroups were almost double the median values. The cumulative percentage distribution data for all nutrients show the extremes of values found for the various nutrients. In general, both mean and median nutrient intakes were lower for persons in the low-income-ratio states than for persons in the high-income-ratio states. For all ages, mean intakes were higher for males than for females. Black adolescents usually had lower mean nutrient intakes than did white or Spanish-American adolescents.

The mean nutrient intakes for the three age groups of adolescents were not much different from the nutrient intakes of adolescents of comparable ages in the 1965 United States Department of Agriculture Survey[1] (Tables 5A-C).

[1] *Food Intake and Nutritive Value of Diets of Men, Women and Children in the United States, Spring 1965. op cit.*

Caloric Intakes. Significant numbers of adolescents had caloric intakes below the standard set for their age, sex, and weight. The median caloric intakes for male adolescents 15-16 years old were less than 3100 calories per day, and for females, less than 2300 calories. More than half the persons in this age group had caloric intakes lower than considered adequate.

Median caloric intakes in the low-income-ratio states were generally lower than in the high-income-ratio states, the difference being most apparent for the two older age groups (Figures 1-4). Exceptions were the median caloric intakes for Spanish-American females in the low-income-ratio states, which approached or exceeded the median values for these groups in the high-income-ratio states.

Median intakes were lower for black males than for either white or Spanish-American males. Black females in the low-income-ratio states had lower intakes than either the white or Spanish-American females, while in the high-income-ratio states they had higher median intakes.

The mean caloric intakes per kilogram of body weight for both males and females decreased with age (Tables 6A-C, 7A-C, and 8A-B). Among those 10-11 years old and 15-16 years old in the low-income-ratio states, there was a tendency for caloric intakes per kilogram of body weight to increase with increasing PIR, while in the high-income-ratio states no trend was evident (Tables 9A-B, 11A-B). In addition to this income relationship, for any given PIR group, individuals in the low-income-ratio states generally had lower mean intakes per kilogram of body weight, than persons in high-income-ratio states, indicating that caloric

intakes were not solely dependent upon income level (Figures 5-7).

Protein Intakes. Mean protein intakes for all subgroups of the adolescent population exceeded the dietary standards (Tables 1A-C, 2A-C). However, the cumulative percentage distribution data for protein showed that substantial numbers of persons in all age groups had protein intakes below the standard. Approximately one-third of the females in the 12-14 and 15-16 age groups consumed less than 50 gms. of protein.

In both groups of states, mean protein intakes were higher for white males than for black or Spanish-American males, but there was no consistent difference between ethnic groups for females. Despite the fact that intakes tended to increase with age among males, there was not a corresponding increase in protein intakes per kilogram of body weight (Tables 6A-C, 7A-C, 8A-B).

As PIR increased, there was an increase in protein intakes per kilogram of body weight for persons 10-11 and 15-16 years old (Tables 9A-B, 11A-B). However, values for persons in any given PIR group were lower in the low-income-ratio states than in the high-income-ratio states (Tables 12A-C). The relationship between PIR and protein intakes per 1000 calories were similar.

Differences between subgroups in the mean protein intakes per 1000 calories were relatively small (Tables 13A-C, 14A-C).

Calcium Intakes. Mean calcium intakes generally exceeded the dietary standards (Tables 1A-C, 2A-C) and were higher for males than for females. Differences in mean intakes between sexes were greatest among the 15- to 16-year-old adolescents. While mean calcium intakes tended to increase with age among males, in females they generally decreased with age. White adolescents in all three age groups and in both groups of states had the highest mean calcium intakes, while the lowest mean intakes were seen in blacks in low-income-ratio states and in Spanish-Americans in the high-income-ratio states.

But these differences did not hold true in all cases for the median calcium intakes (Tables 4A-C, 5A-C). Spanish-American 15- to 16-year-olds in the low-income-ratio states had the lowest median values (Figures 8 and 9). As with mean values, the median values were higher for males than for females, but the sex difference was smaller for Spanish-Americans than for whites and blacks. The cumulative percentage distribution data showed that between 20 and 54 percent of the adolescents had calcium intakes less than the dietary standard of 650 mg.

The mean calcium intake per kilogram of body weight in males and females decreased with age (Tables 6A-C, 7A-C, 8A-B). Mean calcium intakes per 1000 calories showed considerable variation among subgroups (Tables 13A-C, 14A-C). Mean intakes for Spanish-Americans in the low-income-ratio states were lower than those for white and black persons, while differences between ethnic groups in the high-income-ratio states were smaller. The variations in mean intakes per 1000 calories suggest that, particularly in the low-income-ratio states, calcium intakes are dependent on the nutrient density as well as caloric intake.

In the low-income-ratio states, calcium intakes per kilogram of body weight tended to increase with rising PIR values (Tables 9A-B, 11A-B) while for all age groups and in both groups of states, the mean calcium intakes per 1000 calories were lower for persons with a PIR value less than one than for persons with a PIR value greater than one (Tables 15A-C). Thus it appeared that calcium intakes were to some extent related to income level.

Iron Intakes. The data on nutriture of the adolescent population showed that intakes of iron were lower than intakes of any other nutrient. This was particularly true among females. The mean iron intakes for white and black females in the low-income-ratio states were about half the amount established by the dietary standard. Spanish-American females in the low-income-ratio states had somewhat higher mean intakes. All subgroups of the female population had mean iron intakes that were less than 75 percent of the standard (Tables 1A-C, 2A-C). Mean iron intakes above the standard were found only for males 10-11 years of age. However, it should be noted that the dietary standard for males 10-11 years old is 10 mg., while the standard for older males and for all females 10-16 years of age is 18 mg.

The cumulative percentage distribution data showed that more than 80 percent of females of all age groups had iron intakes below 18 mg. Approximately three-fourths of the males in the 12-14 and 15-16 age groups had less than 18 mg. of iron, while more than one-third of the males 10-11 years of age had less than 10 mg. of iron.

The mean iron intakes per kilogram of body weight for both males and females decreased with age (Tables 6A-C, 7A-C, 8A-B) ; values for 15- to 16-year-old adolescents were approximately 30

percent lower than those of the 10- to 11-year-olds. These data are consistent with the biochemical data (Chapter IV) showing a high prevalence of "deficient" and "low" hemoglobin levels among adolescent males. Mean intakes per kilogram of body weight for Spanish-Americans in low-income-ratio states were considerably higher than those for white or black persons.

There was a slight decrease in mean iron intakes per 1000 calories with age, and although intakes were relatively constant for both sexes in each of the three age groups (Tables 8A-B, 13A-C, 14A-C), there was some variation among ethnic groups. In the low-income-ratio states, Spanish-Americans had higher mean iron intakes per 1000 calories than whites or blacks. The difference in iron-to-calorie ratios between ethnic groups was not as apparent in the high-income-ratio states. Thus it appeared that for the Spanish-American population in the low-income-ratio states, iron intakes were significantly related to the quality of the diet as well as to caloric intake.

An examination of the relationship between iron intakes and PIR level showed that, in contrast to the findings for most nutrients, mean iron intakes per 1000 calories were generally slightly higher for persons with a PIR value less than one than for persons with a PIR greater than one (Tables 15A-C). This finding might be due to the high representation of Spanish-American persons in the group with a PIR less than one. Mean iron intakes per kilogram of body weight increased with an increase in PIR in 15- to 16-year-old adolescents in the low-income-ratio states (Tables 11A-B). There was no consistent relationship between iron intake per kilogram of body weight and PIR in any other subgroup (Tables 9A-B, 10A-B). Based on these data, iron status was not consistently related to the level of income.

Vitamin A Intakes. Mean vitamin A intakes exceeded dietary standards in most subgroups (Tables 1A-C, 2A-C). Black adolescents generally had higher mean vitamin A intakes than did either the white or Spanish-American populations. Mean intakes among blacks were almost twice as high as those of Spanish-American individuals in the low-income-ratio states. Within each age group, mean values tended to be higher for males than for females.

Mean values were often double the median values (Tables 3A-C, 4A-C), and a comparison of median vitamin A intakes showed that values frequently were lower for Spanish-Americans than for whites or blacks. The differences between ethnic groups were not as great for median values as they were for mean values (Figures 10-15). The difference between sexes noted above for mean values held true, in general, for median vitamin A intakes. In the 10- to 11-year-old age groups, both males and females of all ethnic groups in the low-income-ratio states had median values below the dietary standard of 2500 I.U. All subgroups of the 12- to 14-year-old adolescents except for white males in high-income-ratio states had median values less than 3500 I.U., the standard for this age group. White males were the only subgroups of the 15- to 16-year-old population with median vitamin A values above 3500 I.U. Spanish-Americans in the low-income-ratio states had the lowest mean and median vitamin A intakes, a finding consistent with the biochemical data showing a high prevalence of "deficient" and "low" vitamin A values in this group.

Mean vitamin A intakes per kilogram of body weight decreased with an increase in age. The mean values for the 15-16 age group of adolescents were about 30 percent below the mean values for the 10- to 11-year-old group (Tables 6A-C, 7A-C, 8A-B). Mean vitamin A intakes per 1000 calories varied only slightly with age (Tables 13A-C, 14A-C). As observed for calcium and iron, the mean intakes per 1000 calories varied considerably. Therefore, it appeared that variation in dietary vitamin A between many subgroups of the adolescent population was more closely related to the quality of the food consumed than to the amount of food measured by total calories.

Mean vitamin A intakes per kilogram of body weight tended to decrease with an increase in PIR value for 10- to 11-year and 15- to 16-year adolescents in the low-income-ratio states (Tables 9A-B, 11A-B). With the exception of the 15- to 16-year-old adolescents in the high-income-ratio states, mean vitamin A intakes per 1000 calories were higher for persons with a PIR value less than one than for those with a PIR greater than one (Tables 15A-C). Intakes per 1000 calories differed from 600 I.U. to 100 I.U. between persons with a PIR less than 1.0 and persons with a PIR greater than one.

Thiamine Intakes. Mean thiamine intakes approached or exceeded dietary standards for all adolescents (Tables 1A-C, 2A-C). With few exceptions, Spanish-American persons had the highest mean intakes and blacks had the lowest. There were higher mean intakes in high-income-ratio states, and within a given ethnic group thiamine

intakes increased with age for males and decreased slightly for females.

Analysis of thiamine intake per kilogram of body weight was impractical because of the low values (in the order of 0.02 and 0.03 mg).

Mean intakes per 1000 calories varied between ethnic groups (Tables 13A-C and 14A-C), with Spanish-Americans, the group with the highest mean thiamine intake, also having the highest thiamine-to-calorie ratio. There were only small differences in ratios for blacks and whites. These data suggest that for Spanish-Americans the quality of the diet was the important determinant for thiamine, while for blacks and whites the total food intake was more important.

In both groups of states, mean intakes per 1000 calories for persons with a PIR less than one were similar to those for persons with a PIR greater than one (Tables 15A-C), and there were no differences between the low-income-ratio states and high-income-ratio states for either PIR group.

Riboflavin Intakes. Mean riboflavin intakes for all subgroups were above the dietary standards (Tables 1A-C, 2A-C). There was little consistent relationship between mean riboflavin intakes and ethnic group except for the 12- to 14-year-old adolescents. Whites in this age subgroup had the highest mean values, while blacks had the lowest values.

Although mean values were high, the cumulative percentage distribution data showed that large numbers of adolescents had low intakes. In the 15-16 age group, approximately one half of the females had intakes of less than 1.4 mg. riboflavin. In all age groups the prevalence of low values was higher for females than for males, and for persons in low-income-ratio states (Tables 3A-C, 4A-C).

As noted for thiamine, intakes per kilogram of body weight are too small for meaningful comparisons. For black females 12 to 16 years old, mean intakes per 1000 calories of riboflavin were about 20 percent higher in low-income-ratio states than in high-income-ratio states (Tables 13A-C, 14A-C). All males and white and Spanish-American females in the low-income-ratio states had mean intakes per 1000 calories that were lower than those in the high-income-ratio states. There was approximately a 33 percent difference between the lowest and the highest value for mean intakes/1000 calories for all subgroups of the adolescent population. This variation indicated that riboflavin intakes were closely related to the quality of the diet, although in some instances there was a suggestion of caloric dependence.

Intakes per 1000 calories suggested that within each group of states riboflavin intakes were not related to PIR (Tables 15A-C).

Vitamin C Intakes. The mean vitamin C intakes for all subgroups of adolescents were higher than the dietary standard of 30 mg., often in the order of two or three times as high (Tables 1A-C, 2A-C). The differences in mean intakes between sexes and among ethnic groups were not consistent. In the low-income-ratio states, mean vitamin C intakes generally were higher for Spanish-Americans than for either whites or blacks. In the high-income-ratio states, there was less variation in mean values among ethnic groups. Within each age group, mean vitamin C intakes for white and black adolescents were lower in the low-income-ratio states than in the high-income-ratio states; the reverse was more frequently true for the Spanish-American population.

For all adolescents, the median was lower than the mean—in some instances less than half—again suggesting that the median is a better reflection of intake (Tables 3A-C, 4A-C). In the low-income-ratio states, the median vitamin C intakes were below or only slightly above the 30 mg. dietary standard. Thus, despite high mean values, almost half the persons in these subgroups had vitamin C intakes below 30 mg.

Although there was a trend towards increasing mean vitamin C intakes with an increase in age, intakes per kilogram of body weight decreased with age for all adolescents (Tables 6A-C, 7A-C, 8A-B).

Mean intakes per 1000 calories for the various subgroups varied over a wide range and suggested that quality of the diet, rather than quantity, was involved (Tables 13A-C, 14A-C). There was a 70 percent difference between the lowest and the highest intake per 1000 calories.

Similar mean vitamin C intake values per 1000 calories were found for persons with a PIR less than one and greater than one (Tables 15A-C). The small differences in mean intakes per 1000 calories between persons in the two PIR groups and between the two groups of states suggested that dietary vitamin C intake was not related to income. Mean intakes per kilogram of body weight did not change consistently with an increase in PIR values (Tables 9A-B, 10A-B, 11A-B) and substantiated the lack of a relationship between vitamin C intake and income.

MEAN NUTRIENT INTAKES BY QUARTILE OF CORRESPONDING BIOCHEMICAL VALUE

Mean nutrient intakes by quartile of appropriate biochemical values are presented in Tables 16A-C. The mean intakes of all nutrients except protein increased from the first through the fourth quartile of the corresponding biochemical values, although for some nutrients the increase was not progressive. Among 15- to 16-year-old adolescents, the mean protein intake was 10 gms. less for persons in the lowest quartile of serum albumin values than those in the highest quartile. The 10-11 and the 12-14 age groups showed little difference in mean protein intakes between quartiles. Mean vitamin C intakes of the 12-14 and 15-16 groups of adolescents in the fourth quartile of serum vitamin C were almost double those in the first quartile. For all nutrients except protein, there appeared to be a direct relationship between mean dietary intakes and nutritional status as determined by the biochemical measurements.

The mean intakes per 1000 calories for iron, protein, and thiamine were relatively constant for all quartiles and all age groups. This was consistent with the observations previously noted that differences in intakes for these nutrients were related more to total food intake than to nutrient density. The mean vitamin A intakes per 1000 calories showed considerable variation, but there was no consistent relationship between these values and the quartiles of plasma vitamin A values, indicating that differences in intakes of vitamin A were related to both quality and quantity of the diet. There was a trend towards increasing mean riboflavin intakes per 1000 calories from the first through the fourth quartile. Persons in the fourth quartile had mean values from 10 to 20 percent higher than persons in the first quartile. Vitamin C intakes increased progressively from the first through the fourth quartile, particularly in the 15- to 16-year-old group. Thus, differences in vitamin C status, and to a lesser extent riboflavin status, appeared to be related to the quality of the diet. These data were consistent with that presented for the individual intakes above.

SUMMARY

Mean caloric intakes for both males and females in all three age groups of the adolescent population were below or only slightly above dietary standards. Mean iron intakes for all females and most males were extremely low. For other nutrients, including those for which mean intakes appeared to be related to calories, intakes were usually higher than the dietary standards. Median values were lower than mean values and presented a more complete picture of the pattern of dietary intakes. For vitamins A and C, there were striking differences between the mean and median values. The median intakes and the cumulative percentage distribution for these nutrients indicated that, despite high mean values, there were significant numbers of adolescents with intakes both above and below the standards.

Adolescents in the low-income-ratio states generally had lower mean nutrient intakes than did those in the high-income-ratio states. In the low-income-ratio states, some nutrient intakes tended to increase with an increase in the level of income, while in the high-income ratio states, this trend was not usually as apparent.

Black adolescents tended to have the lowest mean nutrient intakes, and white persons had the highest. This was true for all nutrients except for vitamin A, where Spanish-Americans in the low-income-ratio states had the lowest values.

Increasing calories to the standard levels would result in higher intakes of calcium, iron, protein, and thiamine. However, in the case of iron nutriture, the use of foods with higher iron-to-calorie ratios is indicated. In order to increase intakes of vitamin A, vitamin C, riboflavin, and, to a lesser extent, calcium, the provision and use of better food sources of these nutrients also appears to be needed.

The prevalence of adolescent females with nutrient intakes below dietary standards tended to increase with age. The mean caloric intakes were essentially the same for all three age categories. This may have been a reflection of the weight and calorie consciousness of adolescent females.

Table 1A. *Mean Nutrient Intake and Percent Adequacy for Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																	
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																			
White	70	2049	88	82.40	202	978.87	150	12.22	122	3334	133	1.24	135	1.72	51.86	13.89	1.97	155
Black	179	1771	78	65.95	164	693.97	.106	10.85	108	5866	234	1.19	132	1.60	129	12.46	62.61	208
Spanish American	106	2099	94	77.13	193	581.51	89	13.79	137	2712	108	1.35	155	1.70	139	14.51	56.92	189
HIGH INCOME RATIO STATES																			
White	313	2479	104	98.98	235	1189.63	183	13.96	139	4964	224	1.30	138	2.35	179	19.24	74.30	247
Black	39	2192	92	86.94	209	978.09	150	12.59	126	7145	388	1.20	127	2.10	166	17.30	82.58	275
Spanish American	86	2308	100	87.27	214	1056.36	162	13.89	138	3590	143	1.54	168	2.08	164	15.50	79.77	265

Table 1B. *Mean Nutrient Intake and Percent Adequacy for Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																	
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																			
White	165	2563	90	90.82	166	1066.99	164	14.03	96	3936	127	1.53	134	2.11	134	16.42	67.49	224
Black	397	1987	69	74.02	134	798.36	122	11.67	79	5952	190	1.19	105	1.90	121	14.37	60.97	203
Spanish American	128	2504	95	92.15	180	718.48	110	16.28	113	2804	92	1.69	161	1.92	131	17.12	82.47	274
HIGH INCOME RATIO STATES																			
White	513	2930	101	114.61	206	1400.73	215	15.67	110	5126	217	1.51	130	2.77	172	21.89	81.39	271
Black	203	2644	91	100.24	182	1051.14	161	14.09	102	5207	189	1.44	125	2.22	139	18.66	59.30	197
Spanish American	156	2651	91	97.50	174	1119.56	172	14.91	108	3640	117	2.02	180	2.53	159	16.92	71.88	239

NOTE: Dietary data presented in these tables are based on twenty-four hour recall.

Table 1C. *Mean Nutrient Intake and Percent Adequacy for Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																	
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																			
White	65	2774	80	102.57	147	1299.16	199	15.10	83	5454	155	1.50	109	2.83	143	17.16	75.88	252
Black	160	2475	72	91.60	133	879.42	135	14.38	79	4904	140	1.45	106	2.43	129	17.78	65.29	217
Spanish American	27	2418	78	83.71	137	708.39	109	15.91	88	4418	126	1.72	135	1.98	113	17.42	94.78	316
HIGH INCOME RATIO STATES																			
White	161	8294	91	125.81	173	1519.22	232	17.08	94	5705	161	1.76	121	2.92	146	23.05	98.24	326
Black	75	2919	82	109.28	153	1171.51	179	15.50	85	5310	227	1.35	95	2.40	121	20.83	84.05	279
Spanish American	43	2906	85	105.13	154	1296.94	199	15.35	85	4130	118	2.48	184	2.95	156	16.78	92.81	309

Table 2A. *Mean Nutrient Intake and Percent Adequacy for Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																	
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																			
White	113	1923	83	68.63	159	889.67	136	10.41	57	3033	121	1.10	118	1.81	142	12.49	55.58	185
Black	348	1730	75	65.17	152	677.60	104	9.87	54	4529	181	1.05	114	1.84	148	12.25	52.67	175
Spanish American	87	2112	103	81.93	213	717.72	110	13.79	76	2838	113	1.47	176	1.80	155	14.35	78.54	261
HIGH INCOME RATIO STATES																			
White	392	2114	91	80.76	187	1066.12	164	11.07	61	3949	157	1.14	121	1.98	157	14.92	66.67	222
Black	168	2062	86	80.29	179	882.72	135	11.85	65	5363	238	1.24	128	1.86	142	14.47	62.79	209
Spanish American	141	2029	88	80.10	186	963.61	148	12.65	70	4220	168	1.70	180	2.23	176	15.65	60.81	202

NOTE: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 2B. *Mean Nutrient Intake and Percent Adequacy for Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
White	166	2101	91	74.85	142	950.31	146	11.32	62	4292	163	1.10	117	2.02	157	13.66	68.55	228
Black	504	1753	71	65.38	119	647.11	99	9.88	54	4335	144	1.05	106	1.65	122	12.90	53.30	177
Spanish American	137	2109	94	75.48	144	634.11	97	13.28	73	2501	80	1.36	153	1.72	140	14.39	77.88	259
HIGH INCOME RATIO STATES																		
White	491	2199	86	85.66	148	1029.23	158	11.70	65	4159	133	1.18	116	2.00	143	15.80	74.41	248
Black	197	2348	93	89.51	154	832.44	128	12.76	70	3800	123	1.25	122	1.75	127	16.42	61.65	205
Spanish American	150	2097	84	78.37	136	915.05	140	11.25	62	3739	137	1.32	133	1.94	142	14.13	70.73	235

Table 2C. *Mean Nutrient Intake and Percent Adequacy for Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
White	70	1945	78	69.09	110	837.74	128	9.55	53	2918	83	0.99	100	1.67	121	12.60	47.01	156
Black	204	1724	66	63.90	99	629.48	96	9.39	52	4340	124	0.95	92	1.71	121	12.55	57.55	191
Spanish American	40	2107	90	80.38	138	548.23	84	13.53	75	2356	67	1.56	168	1.85	144	16.87	64.17	213
HIGH INCOME RATIO STATES																		
White	154	2208	86	86.55	136	984.38	150	12.15	67	4789	154	1.11	110	2.01	143	16.69	74.22	245
Black	79	2486	96	97.29	151	819.29	125	13.54	75	4325	123	1.44	142	1.81	127	19.71	72.05	240
Spanish American	48	2177	90	82.69	137	872.74	134	11.75	65	4101	117	1.27	137	1.89	145	15.31	75.90	253

NOTE: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 3A. *Median Nutrient Intake of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	70	2000	71.4	900.00	10.75	2642	1.04	1.85	12.0	37.8
Black	179	1601	61.2	620.50	9.71	2458	1.03	1.15	11.2	36.8
Spanish American	106	2038	67.3	507.60	12.50	1583	1.06	1.40	13.4	21.7
HIGH INCOME RATIO STATES										
White	313	2325	91.5	1111.20	12.36	3097	1.08	2.02	16.5	46.5
Black	39	2125	88.3	990.00	11.83	4250	1.25	1.90	16.6	53.1
Spanish American	86	2211	84.7	988.80	13.33	2875	1.33	1.99	13.4	37.0

Table 3B. *Median Nutrient Intake of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	165	2300	81.2	961.00	12.23	2630	1.26	1.86	14.12	39.0
Black	397	1795	65.7	746.00	10.13	2735	1.05	1.55	12.09	35.4
Spanish American	128	2267	78.5	570.00	14.33	1915	1.35	1.48	14.33	40.0
HIGH INCOME RATIO STATES										
White	513	2735	103.0	1266.00	13.77	3715	1.34	>1.99 [1]	18.28	53.1
Black	203	2380	93.2	935.00	12.54	2880	1.18	1.95	16.50	32.9
Spanish American	156	2582	89.4	1066.00	13.57	2795	1.48	>1.99 [1]	15.40	41.4

Table 3C. *Median Nutrient Intake of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	65	2515	94.3	1270.0	13.75	3685	1.41	>1.99[1]	15.4	46.9
Black	160	2215	77.9	800.0	12.00	2225	1.21	1.85	16.4	32.5
Spanish American	27	2525	82.5	462.5	14.87	3150	1.62	1.50	16.5	68.3
HIGH INCOME RATIO STATES										
White	161	3077	116.8	1336.2	15.45	3955	1.52	>1.99[1]	20.6	66.5
Black	75	2637	102.1	1008.2	13.90	3155	1.24	1.95	17.6	50.8
Spanish American	43	2812	98.3	962.0	14.50	3415	1.36	1.88	12.8	35.8

[1]Median cannot be computed because it falls in an open-ended class.
Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 4A. *Median Nutrient Intake of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	113	1875	64.2	825.00	9.81	2203	0.96	1.66	11.1	31.6
Black	348	1600	61.9	641.10	8.88	2291	0.92	1.53	10.6	33.5
Spanish American	87	1968	69.4	585.00	12.42	2031	1.24	1.68	11.7	43.8
HIGH INCOME RATIO STATES										
White	392	2031	76.5	1003.20	9.97	2694	1.01	1.87	13.1	44.4
Black	168	1901	74.5	775.00	10.93	2230	1.04	1.65	12.7	38.1
Spanish American	141	1993	74.7	937.50	11.46	2839	1.19	2.00	12.7	39.6

Table 4B. *Median Nutrient Intake of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	166	2017	71.0	870.0	10.66	2605	1.01	1.70	11.80	36.1
Black	504	1627	60.8	575.00	9.04	2142	0.89	1.44	11.41	30.7
Spanish American	137	2022	70.3	546.00	11.92	1897	1.13	1.56	12.54	55.0
HIGH INCOME RATIO STATES										
White	491	2095	77.9	910.00	10.52	2980	1.02	1.84	13.51	52.2
Black	197	2172	80.3	702.00	11.40	2625	1.04	1.61	14.45	44.3
Spanish American	150	1930	70.4	850.00	10.00	2277	1.10	1.71	12.00	32.1

Table 4C. *Median Nutrient Intake of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	70	1727	57.0	714.2	8.14	1950	0.80	1.34	9.6	29.5
Black	204	1600	60.2	547.6	8.84	2302	0.85	1.44	11.1	31.3
Spanish American	40	1875	64.0	437.0	12.50	1600	1.20	1.59	13.4	38.3
HIGH INCOME RATIO STATES										
White	154	2042	75.9	916.6	10.65	2880	0.98	1.85	14.7	48.3
Black	79	2230	79.5	608.3	10.83	2525	1.06	1.52	17.4	57.5
Spanish American	48	1900	73.3	875.0	10.50	2165	0.97	1.50	13.8	34.0

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 5A. *Mean Nutrient Intake of All Persons Ten and Eleven Years of Age in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons Nine through Eleven Years of Age in the United States Department of Agriculture Survey (Spring 1965) by Sex—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Male										
Ten-State Nutrition Survey	832	2188	85.3	944	13.0	4641	1.30	2.00	16.08	68
U.S.D.A.[1] 1965	665	2354	88.1	1080	12.0	5200	1.24	2.13	N.A.	69
Female										
Ten-State Nutrition Survey	1296	1964	74.9	881	11.1	4145	1.20	1.92	13.85	62
U.S.D.A.[1] 1965	599	2009	75.1	951	10.2	5080	1.04	1.89	N.A.	59

Table 5B. *Mean Nutrient Intake of All Persons Twelve through Fourteen Years of Age in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons Twelve through Fourteen Years of Age in the United States Department of Agriculture Survey (Spring 1965) by Sex—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Male										
Ten-State Nutrition Survey	1624	2537	96.0	1073	14.2	4925	1.47	2.31	18.07	71
U.S.D.A.[1] 1965	627	2658	99.9	1185	13.8	5810	1.35	2.35	N.A.	70
Female										
Ten-State Nutrition Survey	1716	2046	77.2	833	11.3	3999	1.16	1.83	14.49	66
U.S.D.A.[1] 1965	626	2146	80.6	947	11.1	4750	1.11	1.88	N.A.	66

Table 5C. *Mean Nutrient Intake of All Persons Fifteen and Sixteen Years of Age in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons Fifteen through Seventeen Years of Age in the United States Department of Agriculture Survey (Spring 1965) by Sex—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Male										
Ten-State Nutrition Survey	547	2842	106.0	1186	15.5	5164	1.62	2.63	19.51	82
U.S.D.A.[1] 1965	562	2989	113.8	1231	15.9	6320	1.56	2.56	N.A.	75
Female										
Ten-State Nutrition Survey	611	2027	76.9	779	11.1	4161	1.12	1.80	14.97	64
U.S.D.A.[1] 1965	538	1999	78.0	821	11.0	5150	1.07	1.74	N.A.	60

N.A.: Not Available.
1 Food Intake and Nutritive Value of Diets of Men, Women, and Children in the United States, Spring 1965 Agricultural Research Service/United States Department of Agriculture ARS-62-18 March 1969.
Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Figure 1—Median Caloric Intake of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

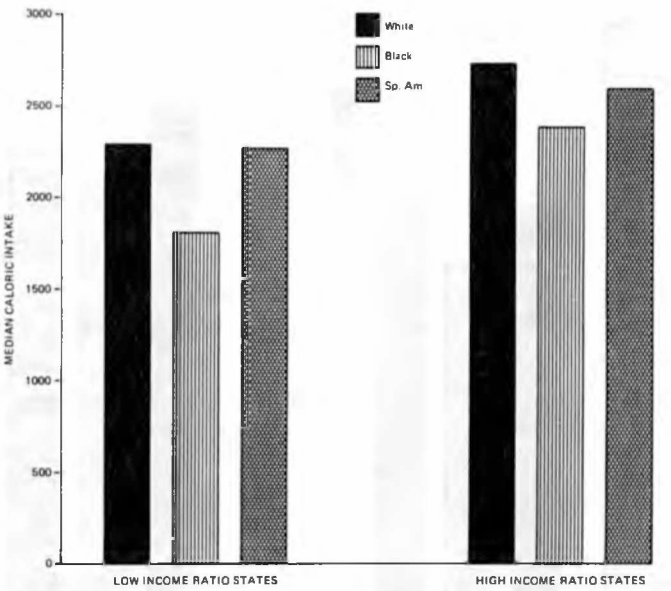


Table Reference 38

Figure 2—Median Caloric Intake of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

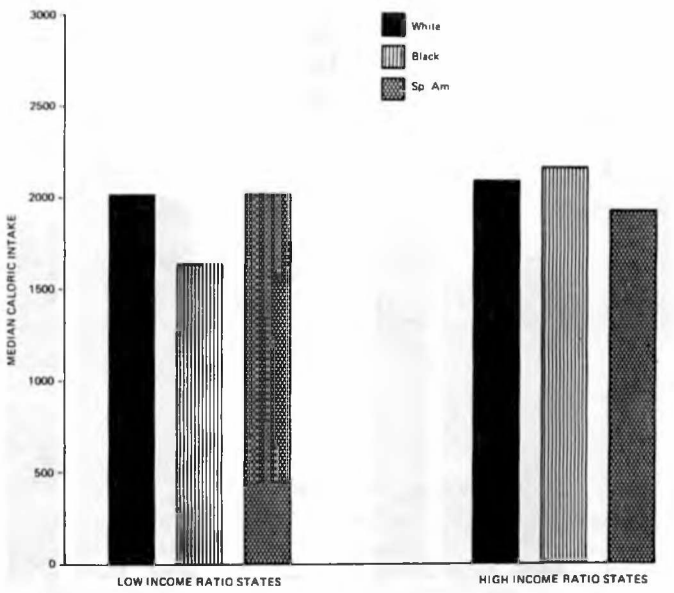


Table Reference: 48.

Figure 3—Median Caloric Intake of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

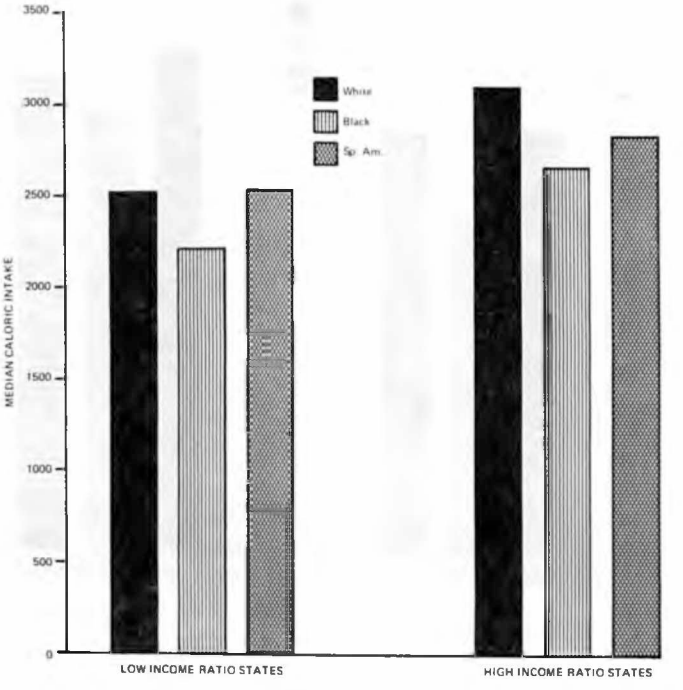


Table Reference 3C.

Figure 4—Median Caloric Intake of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

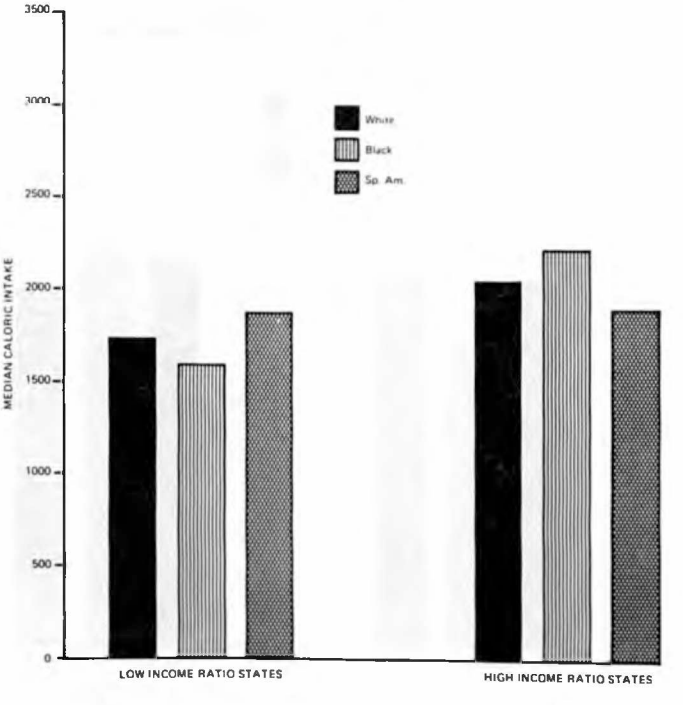


Table Reference 4C.

Table 6A. *Mean Nutrient Intake per Kilogram of Body Weight for Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	68	60.36	2.44	28.85	0.36	99.98	0.03	0.05	0.41	1.50
Black	145	52.16	1.98	20.27	0.32	167.34	0.03	0.04	0.38	1.91
Spanish American	104	64.53	2.32	17.84	0.42	83.38	0.04	0.05	0.43	1.64
HIGH INCOME RATIO STATES										
White	310	70.96	2.83	33.99	0.39	142.80	0.03	0.06	0.55	2.07
Black	38	62.76	2.48	28.60	0.36	211.20	0.03	0.06	0.49	2.40
Spanish American	86	68.20	2.57	31.32	0.41	105.41	0.04	0.06	0.45	2.42

Table 6B. *Mean Nutrient Intake per Kilogram of Body Weight for Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	152	55.02	1.96	23.02	0.30	82.01	0.03	0.04	0.35	1.53
Black	319	44.14	1.65	18.06	0.26	135.00	0.02	0.04	0.32	1.38
Spanish American	128	60.01	2.17	17.15	0.38	67.29	0.04	0.04	0.40	1.93
HIGH INCOME RATIO STATES										
White	508	63.25	2.46	30.38	0.33	112.78	0.03	0.05	0.46	1.74
Black	201	57.47	2.18	22.65	0.30	113.76	0.03	0.04	0.41	1.28
Spanish American	156	57.59	2.09	24.37	0.32	79.62	0.04	0.05	0.36	1.56

Table 6C. *Mean Nutrient Intake per Kilogram of Body Weight for Males Fifteen through Sixteen Years of Age by by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	58	47.73	1.76	22.36	0.26	93.77	0.02	0.04	0.29	1.32
Black	133	43.71	1.61	15.47	0.25	86.46	0.02	0.04	0.31	1.13
Spanish American	27	47.22	1.65	13.91	0.31	89.10	0.03	0.03	0.34	1.87
HIGH INCOME RATIO STATES										
White	158	53.82	2.04	25.03	0.27	93.48	0.02	0.04	0.37	1.63
Black	74	49.05	1.83	19.23	0.26	88.20	0.02	0.04	0.35	1.42
Spanish American	43	51.24	1.85	22.46	0.27	73.29	0.04	0.05	0.29	1.68

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 7A. *Mean Nutrient Intake per Kilogram of Body Weight for Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	104	54.29	1.93	25.36	0.29	85.79	0.03	0.05	0.34	1.59
Black	275	48.61	1.82	19.37	0.27	122.39	0.03	0.05	0.34	1.35
Spanish American	86	66.78	2.58	22.40	0.43	89.94	0.04	0.05	0.44	2.47
HIGH INCOME RATIO STATES										
White	382	58.82	2.24	29.73	0.30	112.70	0.03	0.05	0.41	1.87
Black	167	54.96	2.14	23.72	0.31	143.94	0.03	0.05	0.38	1.64
Spanish American	138	56.76	2.23	27.20	0.35	114.86	0.04	0.06	0.44	1.70

Table 7B. *Mean Nutrient Intake per Kilogram of Body Weight for Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	152	49.18	1.72	22.38	0.26	106.31	0.02	0.04	0.31	1.69
Black	423	38.13	1.41	13.87	0.21	90.10	0.02	0.03	0.28	1.18
Spanish American	136	49.05	1.73	14.65	0.30	56.14	0.03	0.04	0.33	1.78
HIGH INCOME RATIO STATES										
White	480	46.03	1.77	21.36	0.24	86.79	0.02	0.04	0.32	1.56
Black	196	48.91	1.84	17.50	0.26	81.27	0.02	0.03	0.33	1.27
Spanish American	150	43.98	1.64	19.27	0.23	79.94	0.02	0.04	0.29	1.51

Table 7C. *Mean Nutrient Intake per Kilogram of Body Weight for Females Fifteen through Sixteen Years of Age by by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	67	37.59	1.32	15.89	0.18	59.36	0.01	0.03	0.24	0.91
Black	172	32.19	1.19	11.42	0.17	75.17	0.01	0.03	0.23	1.07
Spanish American	40	43.56	1.66	11.38	0.27	50.06	0.03	0.03	0.34	1.31
HIGH INCOME RATIO STATES										
White	154	41.91	1.64	18.60	0.22	88.29	0.02	0.03	0.31	1.38
Black	77	47.26	1.84	15.60	0.25	83.68	0.02	0.03	0.37	1.38
Spanish American	46	43.98	1.64	17.42	0.23	82.06	0.02	0.03	0.30	1.55

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 8A. *Comparison of Mean Nutrient Intake per Kilogram of Body Weight and Mean Nutrient Intake per 1000 Calories of Males by Specified Age Groups for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Nutrient	Age Group					
	Ten and Eleven Years		Twelve through Fourteen Years		Fifteen and Sixteen Years	
	Nutrient Intake per Kilogram of Body Weight	Nutrient Intake per 1000 Calories	Nutrient Intake per Kilogram of Body Weight	Nutrient Intake per 1000 Calories	Nutrient Intake per Kilogram of Body Weight	Nutrient Intake per 1000 Calories
Number of Persons	751	793	1464	1562	493	581
Calories	64.75	(Mean Caloric Intake 2197)	56.55	(Mean Caloric Intake 2551)	49.07	(Mean Caloric Intake 2855)
Protein (gm)	2.51	38.67	2.13	37.67	1.82	37.23
Calcium (mg)	28.06	428.61	24.07	420.46	20.44	411.95
Iron (mg)	0.38	5.94	0.31	5.61	0.26	5.50
Vitamin A (I.U.)	134.61	2183	107.05	1983	88.83	1828
Thiamine (mg)	0.03	0.60	0.03	0.59	0.02	0.58
Riboflavin (mg)	0.05	0.92	0.04	0.91	0.04	0.93
Preformed Niacin (mg)	0.47	7.29	0.40	7.08	0.33	6.89
Vitamin C (mg)	1.98	31.27	1.57	28.02	1.44	28.99

Table 8B. *Comparison of Mean Nutrient Intake per Kilogram of Body Weight and Mean Nutrient Intake per 1000 Calories of Females by Specified Age Groups for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Nutrient	Age Group					
	Ten and Eleven Years		Twelve through Fourteen Years		Fifteen and Sixteen Years	
	Nutrient Intake per Kilogram of Body Weight	Nutrient Intake per 1000 Calories	Nutrient Intake per Kilogram of Body Weight	Nutrient Intake per 1000 Calories	Nutrient Intake per Kilogram of Body Weight	Nutrient Intake per 1000 Calories
Number of Persons	1152	1249	1537	1645	556	595
Calories	55.76	(Mean Caloric Intake 1972)	44.60	(Mean Caloric Intake 2053)	39.41	(Mean Caloric Intake 2039)
Protein (gm)	2.12	38.11	1.66	37.60	1.49	37.86
Calcium (mg)	25.14	444.15	18.11	405.79	15.02	384.86
Iron (mg)	0.31	5.66	0.24	5.52	0.21	5.46
Vitamin A (I.U.)	115.67	2187	85.55	1984	76.84	2059
Thiamine (mg)	0.03	0.61	0.02	0.57	0.02	0.55
Riboflavin (mg)	0.05	0.98	0.04	0.90	0.03	0.90
Preformed Niacin (mg)	0.39	7.06	0.31	7.08	0.29	7.87
Vitamin C (mg)	1.71	31.06	1.45	32.01	1.24	31.70

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 9A. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Ten and Eleven Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<0.50	196	53.57	1.89	19.55	0.33	139.90	0.03	0.04	0.35	1.70
0.50-0.99	262	55.14	2.12	21.44	0.33	116.98	0.03	0.05	0.37	1.62
1.00-1.49	97	55.85	2.18	24.33	0.34	92.35	0.03	0.05	0.39	1.83
1.50-1.99	34	55.53	2.18	21.88	0.37	193.39	0.03	0.05	0.40	2.34
>1.99	37	61.96	2.51	26.49	0.36	85.30	0.03	0.05	0.43	1.48

Table 9B. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Ten and Eleven Years of Age by Specified Poverty Income Ratio Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<0.50	51	59.31	2.19	27.59	0.33	103.69	0.04	0.05	0.38	1.41
0.50-0.99	232	62.15	2.41	28.88	0.37	167.28	0.03	0.06	0.43	2.14
1.00-1.49	263	59.12	2.34	27.79	0.34	128.75	0.03	0.05	0.41	1.70
1.50-1.99	180	62.89	2.46	28.64	0.34	129.13	0.03	0.06	0.49	2.29
>1.99	316	62.95	2.48	32.44	0.33	107.64	0.03	0.06	0.48	1.98

Table 10A. *Mean Nutrient Intake per Kilogram of Body Weight for White Males Twelve through Fourteen Years of Age by Specified Poverty Income Ratio Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<1.00	59	55.27	2.02	26.19	0.28	89.21	0.03	0.05	0.37	1.35
1.00-1.49	77	61.18	2.36	29.83	0.32	123.30	0.02	0.05	0.42	1.66
1.50-1.99	93	63.14	2.31	27.75	0.31	112.73	0.03	0.05	0.41	1.80
2.00-2.49	92	68.39	2.75	32.26	0.37	110.86	0.03	0.06	0.48	1.77
2.50-2.99	57	66.31	2.54	34.05	0.32	128.72	0.03	0.06	0.46	2.10
3.00-3.49	28	61.87	2.84	30.20	0.42	123.35	0.03	0.08	0.90	1.72
>3.49	49	64.41	2.57	33.11	0.33	125.79	0.03	0.06	0.45	1.83

Table 10B. *Mean Nutrient Intake per Kilogram of Body Weight for White Females Twelve through Fourteen Years of Age by Specified Poverty Income Ratio Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<1.00	59	46.04	1.80	20.15	0.24	91.24	0.02	0.04	0.32	1.24
1.00-1.49	91	44.49	1.74	21.09	0.23	84.15	0.02	0.04	0.33	1.36
1.50-1.99	79	53.02	2.00	23.19	0.28	88.73	0.02	0.04	0.37	1.71
2.00-2.49	70	40.84	1.62	20.30	0.21	94.48	0.02	0.03	0.28	1.78
2.50-2.99	49	44.63	1.59	22.45	0.21	83.20	0.02	0.04	0.28	2.06
3.00-3.49	23	46.87	1.85	23.59	0.25	89.38	0.02	0.04	0.37	1.38
>3.49	54	46.78	1.82	22.84	0.24	79.10	0.02	0.04	0.32	1.47

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11A. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Fifteen and Sixteen Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<0.50	115	39.05	1.40	13.34	0.23	90.28	0.02	0.03	0.26	1.19
0.50-0.99	144	36.93	1.33	13.41	0.20	79.88	0.02	0.03	0.26	1.11
1.00-1.49	49	39.63	1.55	15.08	0.23	67.67	0.02	0.03	0.29	1.16
1.50-1.99	21	42.94	1.56	14.88	0.26	49.43	0.02	0.03	0.26	1.27
>1.99	30	46.44	1.86	22.27	0.22	120.15	0.02	0.04	0.30	1.53

Table 11B. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Fifteen and Sixteen Years of Age by Specified Poverty Income Ratio Group For High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<0.50	25	48.14	1.77	19.72	0.26	104.18	0.02	0.03	0.34	1.65
0.50-0.99	84	46.31	1.79	19.81	0.24	76.28	0.02	0.04	0.32	1.33
1.00-1.49	112	46.47	1.82	17.02	0.27	92.28	0.02	0.03	0.35	1.48
1.50-1.99	91	47.48	1.75	22.96	0.24	83.67	0.02	0.04	0.31	1.35
>1.99	172	48.33	1.92	22.21	0.25	96.07	0.02	0.04	0.36	1.54

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Figure 5—Mean Caloric Intake per Kilogram of Body Weight for All Persons Ten and Eleven Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

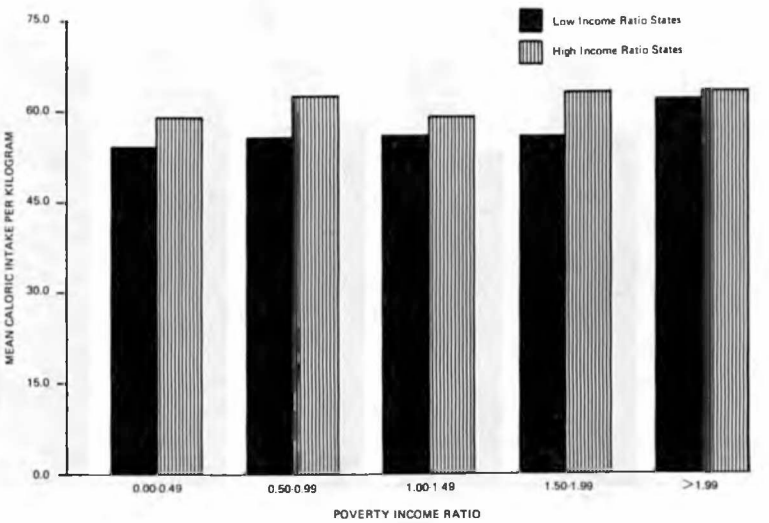


Table Reference: 9A and 9B.

Figure 6—Mean Caloric Intake per Kilogram of Body Weight of White Persons Twelve through Fourteen Years of Age by Sex and Poverty Income Ratio Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

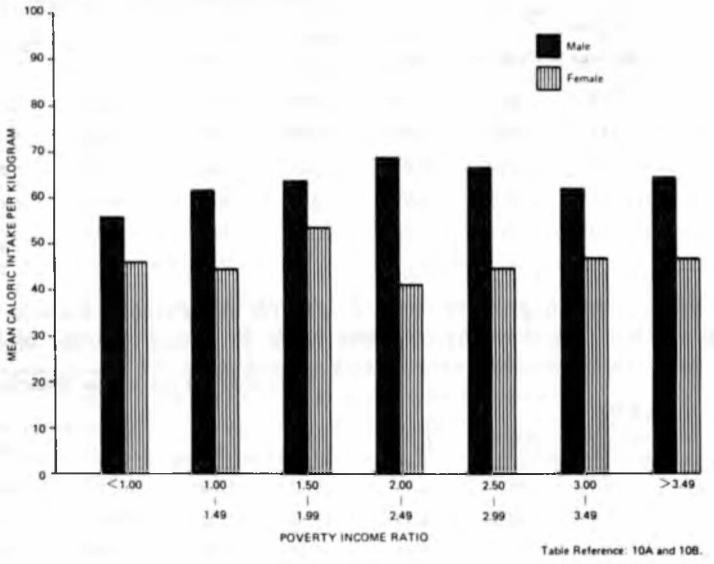


Table Reference: 10A and 10B.

Figure 7—Mean Caloric Intake per Kilogram of Body Weight for All Persons Fifteen and Sixteen Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

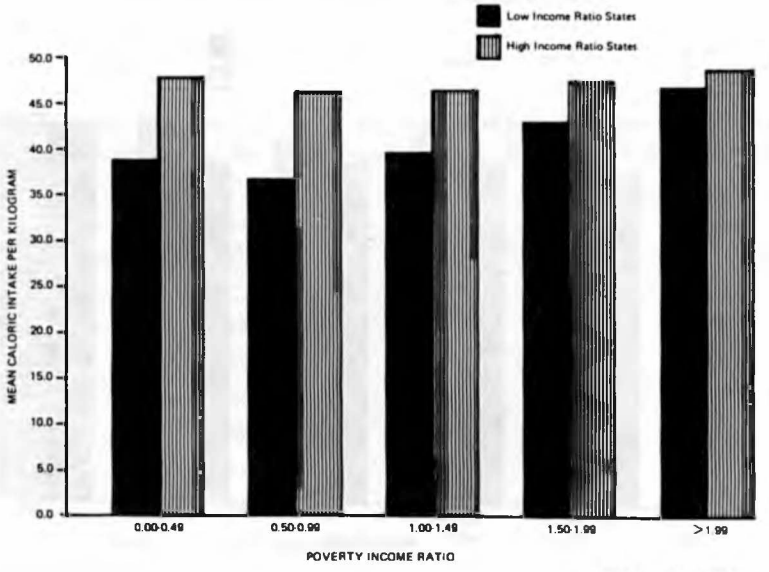


Table Reference: 11A and 11B.

Table 12A. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Ten and Eleven Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	458	54.47	2.02	20.63	0.33	126.79	0.03	0.04	0.36	1.65
1.00 or greater	168	57.13	2.25	24.31	0.35	111.25	0.03	0.05	0.40	1.86
HIGH INCOME RATIO STATES										
Less than 1.00	283	61.64	2.37	28.65	0.36	155.82	0.03	0.06	0.42	2.01
1.00 or greater	759	61.61	2.43	29.93	0.34	120.04	0.03	0.05	0.46	1.96

Table 12B. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Twelve through Fourteen Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	744	44.64	1.60	16.60	0.26	100.68	0.02	0.03	0.30	1.43
1.00 or greater	295	47.90	1.78	19.07	0.27	98.72	0.02	0.04	0.33	1.71
HIGH INCOME RATIO STATES										
Less than 1.00	374	51.25	1.91	20.56	0.27	92.75	0.02	0.04	0.35	1.30
1.00 or greater	1173	54.22	2.09	24.63	0.28	96.35	0.02	0.04	0.38	1.68

Table 12C. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Fifteen and Sixteen Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	259	37.87	1.36	13.38	0.21	84.50	0.02	0.03	0.26	1.14
1.00 or greater	100	42.37	1.64	17.20	0.23	79.58	0.02	0.03	0.28	1.29
HIGH INCOME RATIO STATES										
Less than 1.00	109	46.73	1.78	19.79	0.24	82.68	0.02	0.04	0.32	1.40
1.00 or greater	375	47.57	1.85	20.84	0.25	91.93	0.02	0.04	0.34	1.48

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 13A. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake Per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	70	2049	40.21	477.68	5.96	1627	0.61	0.96	6.78	25.31
Black	179	1771	37.24	391.90	6.13	3312	0.67	0.90	7.04	35.36
Spanish American	106	2099	36.74	277.00	6.57	1292	0.64	0.81	6.91	27.11
HIGH INCOME RATIO STATES										
White	313	2479	39.92	479.80	5.63	2002	0.53	0.95	7.76	29.97
Black	39	2192	39.66	446.26	5.75	3260	0.55	0.96	7.89	37.68
Spanish American	86	2308	37.81	457.65	6.02	1555	0.67	0.90	6.72	34.56

Table 13B. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	165	2563	35.44	416.36	5.48	1536	0.60	0.82	6.41	26.33
Black	397	1987	37.24	401.70	5.87	2995	0.60	0.96	7.23	30.68
Spanish American	128	2505	36.81	286.97	6.50	1120	0.68	0.77	6.84	32.94
HIGH INCOME RATIO STATES										
White	513	2930	39.12	478.11	5.35	1750	0.52	0.95	7.47	27.78
Black	203	2644	37.92	397.59	5.33	1969	0.54	0.84	7.06	22.43
Spanish American	156	2651	36.78	422.28	5.62	1373	0.76	0.96	6.38	27.11

Table 13C. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	65	2774	36.97	468.26	5.44	1966	0.54	1.02	6.19	27.35
Black	160	2475	37.01	355.27	5.81	1981	0.59	0.98	7.18	26.38
Spanish American	27	2418	34.62	292.92	6.58	1827	0.71	0.82	7.21	39.19
HIGH INCOME RATIO STATES										
White	161	3294	38.19	461.22	5.19	1732	0.54	0.89	7.00	29.83
Black	75	2919	37.44	401.35	5.31	1819	0.46	0.82	7.14	28.79
Spanish American	43	2906	36.18	446.29	5.28	1421	0.85	1.02	5.78	31.94

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Table 14A. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake Per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	113	1923	35.69	462.72	5.41	1578	0.57	0.94	6.50	28.91
Black	348	1730	37.67	391.64	5.71	2618	0.61	1.06	7.08	30.44
Spanish American	87	2112	38.79	339.79	6.53	1344	0.69	0.85	6.79	37.18
HIGH INCOME RATIO STATES										
White	392	2114	38.21	504.39	5.24	1868	0.54	0.94	7.06	31.54
Black	168	2062	38.93	428.00	5.74	2600	0.60	0.90	7.02	30.44
Spanish American	141	2029	39.49	475.02	6.23	2080	0.84	1.10	7.71	29.98

Table 14B. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	166	2101	35.62	452.31	5.39	2043	0.52	0.96	6.50	32.63
Black	504	1753	37.30	369.22	5.64	2473	0.60	0.94	7.36	30.41
Spanish American	137	2109	35.79	300.73	6.30	1186	0.64	0.82	6.82	36.94
HIGH INCOME RATIO STATES										
White	491	2199	38.96	468.15	5.32	1892	0.54	0.91	7.19	33.85
Black	197	2348	38.12	354.57	5.44	1619	0.53	0.75	6.99	26.26
Spanish American	150	2097	37.36	436.28	5.36	1783	0.63	0.93	6.73	33.72

Table 14C. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (gm)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	70	1945	35.51	430.63	4.91	1500	0.51	0.86	6.48	24.16
Black	204	1724	37.07	365.17	5.45	2518	0.55	0.99	7.28	33.38
Spanish American	40	2107	38.15	260.23	6.42	1118	0.74	0.88	8.01	30.46
HIGH INCOME RATIO STATES										
White	154	2208	39.21	445.91	5.51	2169	0.50	0.91	7.56	33.62
Black	79	2486	39.14	329.58	5.45	1740	0.58	0.73	7.93	28.98
Spanish American	48	2177	37.98	400.88	5.40	1884	0.58	0.87	7.03	34.86

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Figure 8—Median Calcium Intake of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

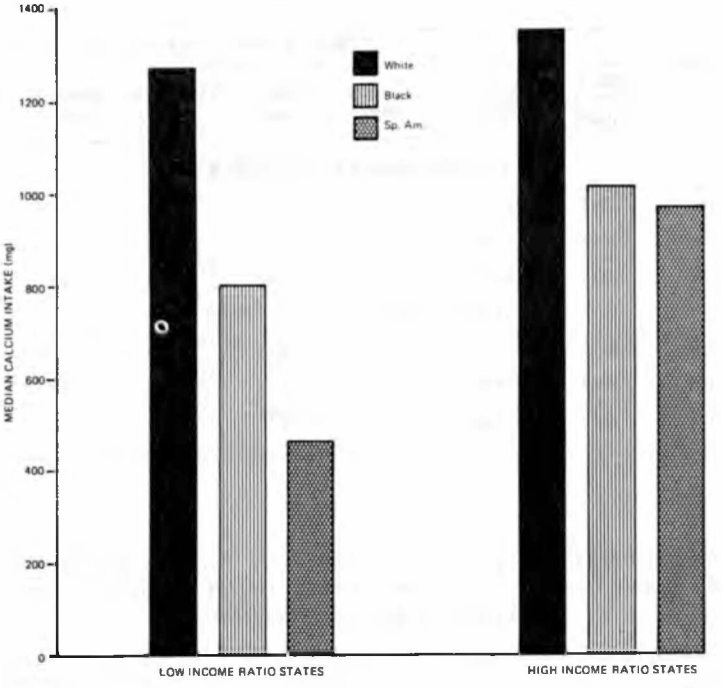


Table Reference: 3C.

Figure 9—Median Calcium Intake of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

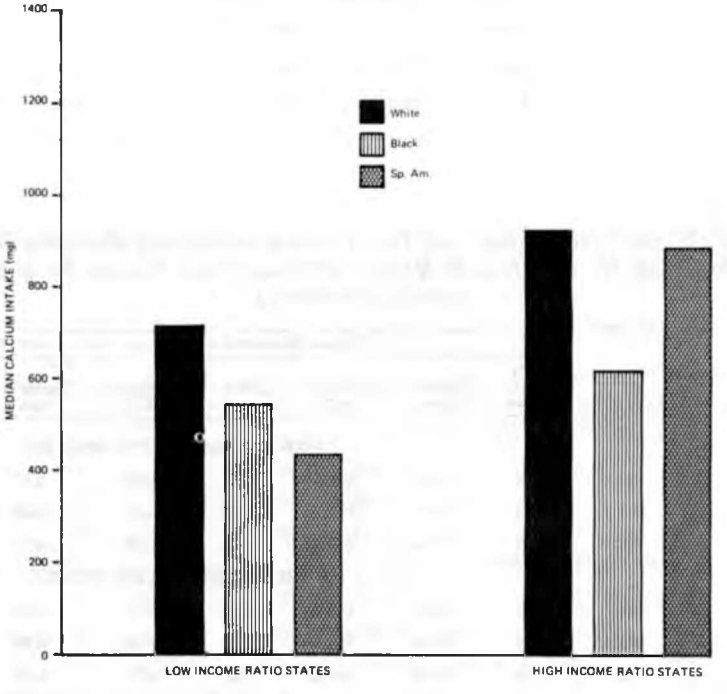


Table Reference: 4C.

Table 15A. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for All Persons Ten and Eleven Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake Per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	583	1801	37.15	379.80	6.01	2472.90	0.64	0.93	6.84	31.75
1.00 or greater	200	2076	38.76	419.66	6.03	2104.82	0.62	0.95	6.94	31.26
HIGH INCOME RATIO STATES										
Less than 1.00	286	2140	38.48	461.34	5.96	2527.45	0.61	0.96	6.92	32.85
1.00 or greater	771	2217	39.42	483.40	5.52	1928.70	0.57	0.94	7.47	31.90

Table 15B. *Mean Caloric Intake and Mean Nutrient Intake per 1000 Calories of Selected Nutrients for All Persons Twelve through Fourteen Years of Age by Specified Poverty Income Ratio Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	869	1952	36.27	374.46	5.90	2348.92	0.61	0.86	6.97	31.85
1.00 or greater	348	2140	37.36	397.67	5.67	1991.68	0.58	0.91	7.12	31.70
HIGH INCOME RATIO STATES										
Less than 1.00	378	2351	37.68	401.10	5.47	1848.50	0.57	0.86	6.96	25.82
1.00 or greater	1186	2548	38.78	451.98	5.84	1757.83	0.54	0.90	7.22	29.98

Table 15C. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Persons Fifteen and Sixteen Years of Age by Specified Poverty Income Ratio for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	303	2029	36.18	368.11	5.76	2245.15	0.58	0.91	6.98	30.18
1.00 or greater	114	2363	38.67	398.91	5.56	1979.67	0.59	0.94	7.18	30.39
HIGH INCOME RATIO STATES										
Less than 1.00	112	2584	38.56	427.16	5.37	1772.93	0.56	0.84	7.14	28.99
1.00 or greater	378	2703	38.90	441.10	5.38	1916.24	0.54	0.89	7.28	31.05

Note: Dietary data presented in these tables are based on a twenty-four hour recall.

Figure 10—Median Intake of Vitamin A of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

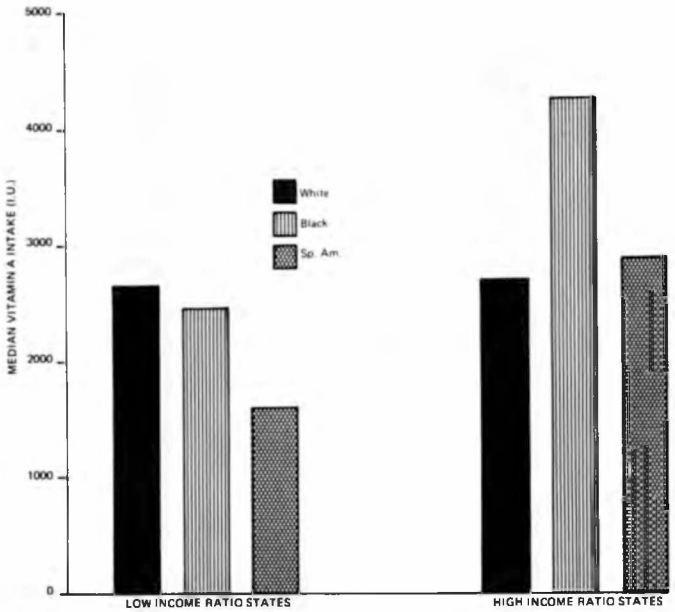


Table Reference: 3A.

Figure 11—Median Intake of Vitamin A of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

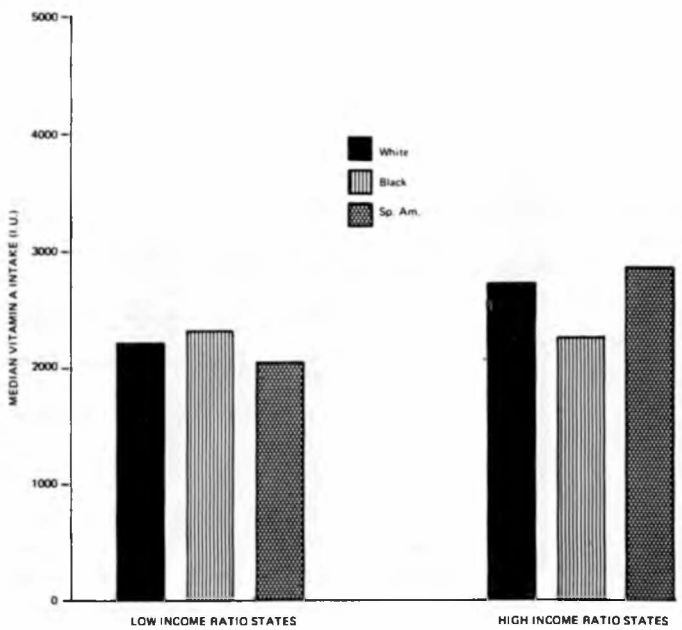


Table Reference: 4A.

Figure 12—Median Vitamin A Intake of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

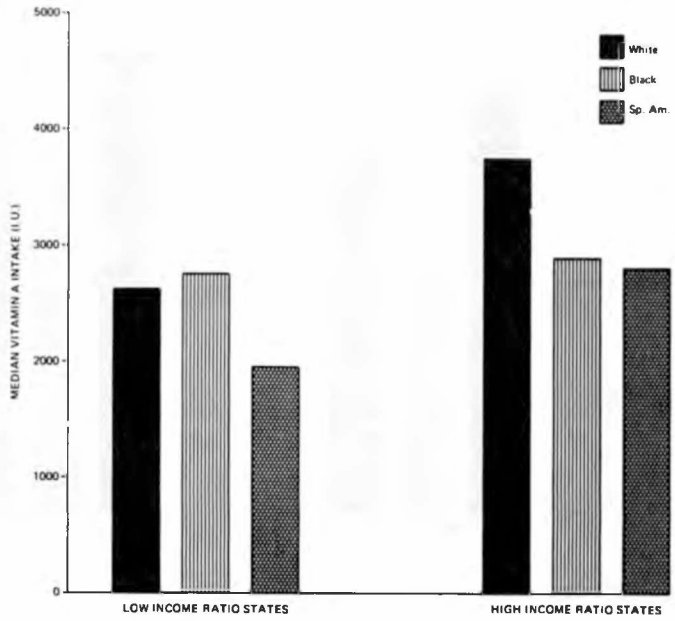


Table Reference: 3B.

Figure 13—Median Vitamin A Intake of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

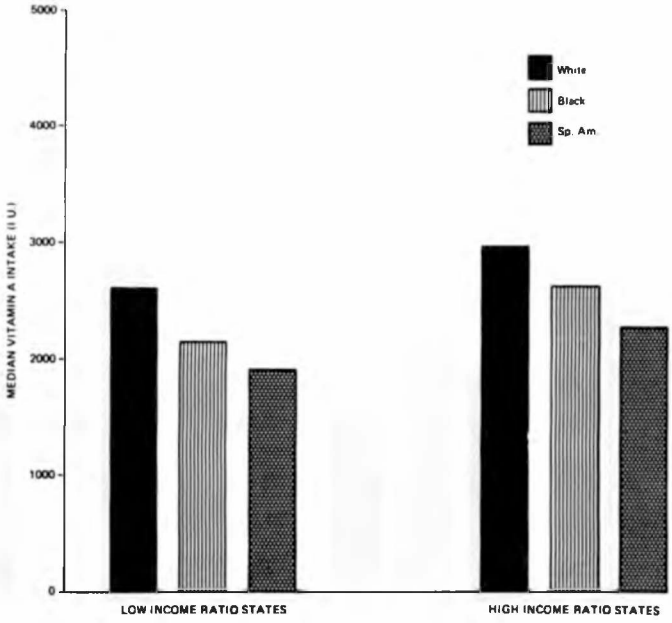


Table Reference: 4B.

Figure 14—Median Vitamin A Intake of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

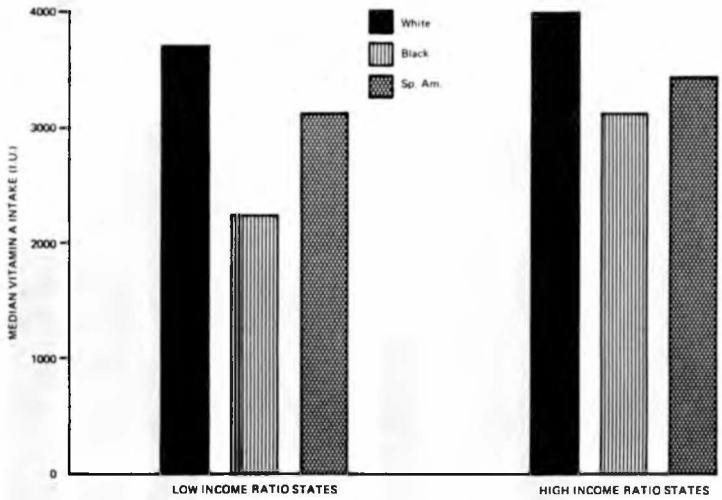


Table Reference: 3C.

Figure 15—Median Vitamin A Intake of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

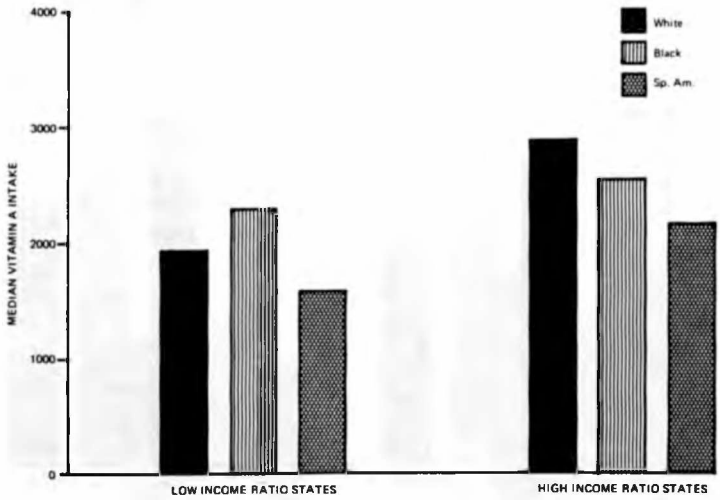


Table Reference: 4C.

Table 16A. *Mean Intake of Nutrients by Quartile of Corresponding Biochemical Values for All Persons Ten and Eleven Years of Age for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles	Mean Nutrient Intake of Dietaries													
	Iron				Vitamin A		Vitamin C		Protein		Thiamine		Riboflavin	
	Male		Female											
	mg	mg/1000 Calories	mg	mg/1000 Calories	IU	IU/1000 Calories	mg	mg/1000 Calories	gm	gm/1000 Calories	mg	mg/1000 Calories	mg	mg/1000 Calories
Number of Persons	729		1104		1399		1351		1420		1326		1495	
First Quartile	11.97	6.14	10.86	5.97	3839	2108	49.02	25.58	80.49	39.77	1.18	0.62	1.75	0.91
Second Quartile	13.06	5.97	11.09	5.65	4238	2279	59.96	30.27	83.62	38.99	1.23	0.61	1.81	0.96
Third Quartile	13.61	5.87	11.36	5.64	4426	2173	75.28	38.03	80.45	38.83	1.81	0.63	2.03	0.96
Fourth Quartile	13.93	6.02	11.71	5.62	5150	2690	83.43	41.26	84.97	38.24	1.37	0.66	2.30	1.09

Table 16B. *Mean Intake of Nutrients by Quartile of Corresponding Biochemical Values for All Persons Twelve through Fourteen Years of Age for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles [1]	Mean Nutrient Intake of Dietaries													
	Iron				Vitamin A		Vitamin C		Protein		Thiamine		Riboflavin	
	Male		Female											
	mg	mg/1000 Calories	mg	mg/1000 Calories	IU	IU/1000 Calories	mg	mg/1000 Calories	gm	gm/1000 Calories	mg	mg/1000 Calories	mg	mg/1000 Calories
Number of Persons	1472		1520		2359		2356		2402		2092		2315	
First Quartile	12.63	6.14	10.71	5.51	3756	1894	51.63	27.09	85.47	37.67	1.43	0.55	1.61	0.80
Second Quartile	14.32	5.97	11.31	5.63	4401	2242	54.85	26.09	89.74	38.05	1.31	0.60	2.01	0.92
Third Quartile	14.48	5.87	11.36	5.65	4937	2460	75.12	35.44	87.27	38.64	1.37	0.60	2.07	0.89
Fourth Quartile	15.50	6.02	11.71	5.51	4663	2015	98.36	42.38	84.97	37.00	1.46	0.63	2.44	1.03

Table 16C. *Mean Intake of Nutrients by Quartile of Corresponding Biochemical Values[1] for Persons Fifteen and Sixteen Years of Age for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles[1]	Mean Nutrient Intake of Dietaries													
	Iron				Vitamin A		Vitamin C		Protein		Thiamine		Riboflavin	
	Male		Female											
	mg	mg/1000 Calories	mg	mg/1000 Calories	I.U.	I.U./1000 Calories	mg	mg/1000 Calories	gm	gm/1000 Calories	mg	mg/1000 Calories	mg	mg/1000 Calories
Number of Persons	521		559		846		852		823		708		753	
First Quartile	14.20	5.75	9.87	5.65	4276	2306	44.88	22.83	87.94	38.90	1.14	0.54	1.62	0.80
Second Quartile	15.06	5.58	11.15	5.45	3586	1710	56.27	24.69	86.50	37.77	1.40	0.56	2.17	0.91
Third Quartile	16.38	5.88	11.22	5.49	47.53	2307	81.88	37.73	90.25	38.41	1.47	0.59	2.13	0.96
Fourth Quartile	16.24	5.27	12.12	5.53	5382	2291	106.69	53.21	98.36	37.63	1.55	0.64	2.81	1.05

[1]For Quartile Intervals of Biochemical Values refer to Table 109 Appendix.

Note: Hemoglobin vs Iron Intake; Plasma Vitamin A vs Vitamin A Intake; Serum Vitamin C vs Vitamin C. Intake; Serum Albumin vs Protein Intake; Urinary Thiamine vs Thiamine Intake; Urinary Riboflavin vs Riboflavin Intake.
Dietary data presented in these tables are based on twenty-four hour recall.

APPENDIX

3. Adolescents (10-16 Years of Age)

Table 1 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<250	2	0.6	0.6	2	2.9	2.9	—	—	—	—	—	—
250-499	8	2.2	2.8	1	1.4	4.3	4	2.2	2.2	3	2.8	2.8
500-749	11	3.1	5.9	—	—	4.3	7	3.9	6.1	3	2.8	5.6
750-999	34	9.5	15.4	3	4.3	8.6	19	10.6	16.7	12	11.3	16.9
1000-1249	31	8.6	24.0	7	10.0	18.6	18	10.1	26.8	6	5.7	22.6
1250-1499	46	12.8	36.8	7	10.0	28.6	31	17.3	44.1	8	7.5	30.1
1500-1749	41	11.4	48.2	6	8.6	37.2	26	14.5	58.6	9	8.5	38.6
1750-1999	42	11.7	59.9	9	12.9	50.1	22	12.3	70.9	10	9.4	48.0
2000-2249	34	9.5	69.4	7	10.0	60.1	14	7.8	78.7	13	12.3	60.3
2250-2499	24	6.7	76.1	7	10.0	70.1	11	6.1	84.8	6	5.7	66.0
2500-2749	25	7.0	83.1	7	10.0	80.1	8	4.5	89.3	10	9.4	75.4
2750-2999	17	4.7	87.8	5	7.1	87.2	5	2.8	92.1	7	6.6	82.0
3000-3249	7	1.9	89.7	2	2.9	90.1	3	1.7	93.8	2	1.9	83.9
3250-3499	11	3.1	92.8	3	4.3	94.4	1	0.6	94.4	6	5.7	89.6
3500-3749	9	2.5	95.3	2	2.9	97.3	4	2.2	96.6	3	2.8	92.4
3750-3999	3	0.8	96.1	—	—	97.3	—	—	96.6	3	2.8	95.2
4000-4249	7	1.9	98.0	2	2.9	100.2	2	1.1	97.7	3	2.8	98.0
4250-4499	1	0.3	98.3	—	—	100.2	1	0.6	98.3	—	—	98.0
4500-4749	1	0.3	98.6	—	—	100.2	—	—	98.3	1	0.9	98.9
4750-4999	2	0.6	99.2	—	—	100.2	—	—	98.3	1	0.9	99.8
>4999	3	0.8	100.0	—	—	100.2	3	1.7	100.0	—	—	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	473	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<250	2	0.4	0.4	2	0.6	0.6	—	—	—	—	—	—
250-499	—	—	0.4	—	—	0.6	—	—	—	—	—	—
500-749	5	1.1	1.5	1	0.3	0.9	2	5.1	5.1	1	1.2	1.2
750-999	9	1.9	3.4	5	1.6	2.5	1	2.6	7.7	2	2.3	3.5
1000-1249	23	4.9	8.3	11	3.5	6.0	3	7.7	15.4	4	4.7	8.2
1250-1499	38	8.0	16.3	23	7.3	13.3	3	7.7	23.1	6	7.0	15.2
1500-1749	45	9.5	25.8	28	8.9	22.2	4	10.3	33.4	8	9.3	24.5
1750-1999	68	14.4	40.2	47	15.0	37.2	6	15.4	48.8	11	12.8	37.3
2000-2249	50	10.6	50.8	32	10.2	47.4	1	2.6	51.4	13	15.1	52.4
2250-2499	43	9.1	59.9	25	8.0	55.4	5	12.8	64.2	10	11.6	64.0
2500-2749	52	11.0	70.9	31	9.9	65.3	5	12.8	77.0	13	15.1	79.1
2750-2999	33	7.0	77.9	25	8.0	73.3	2	5.1	82.1	6	7.0	86.1
3000-3249	24	5.1	83.0	18	5.8	79.1	3	7.7	89.8	2	2.3	88.4
3250-3499	18	3.8	86.8	15	4.8	83.9	—	—	89.8	3	3.5	91.9
3500-3749	17	3.6	90.4	15	4.8	88.7	2	5.1	94.9	—	—	91.9
3750-3999	14	3.0	93.4	12	3.8	92.5	1	2.6	97.5	1	1.2	93.1
4000-4249	6	1.3	94.7	5	1.6	94.1	—	—	97.5	1	1.2	94.3
4250-4499	11	2.3	97.0	8	2.6	96.7	—	—	97.5	2	2.3	96.6
4500-4749	5	1.1	98.1	3	1.0	97.7	1	2.6	100.1	1	1.2	97.8
4750-4999	5	1.1	99.2	4	1.3	99.0	—	—	100.1	1	1.2	99.0
>4999	5	1.1	100.3	3	1.0	100.0	—	—	100.1	1	1.2	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 3 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<5	3	0.8	0.8	2	2.9	2.9	1	0.6	0.6	—	—	—
5-9	1	0.3	1.1	—	—	2.9	—	—	0.6	1	0.9	0.9
10-14	3	0.8	1.9	—	—	2.9	2	1.1	1.7	—	—	0.9
15-19	6	1.7	3.6	1	1.4	4.3	3	1.7	3.4	2	1.9	2.8
20-24	10	2.8	6.4	1	1.4	5.7	6	3.4	6.8	3	2.8	5.6
25-29	15	4.2	10.6	2	2.9	8.6	8	4.5	11.3	5	4.7	10.3
30-34	20	5.6	16.2	3	4.3	12.9	11	6.1	17.4	6	5.7	16.0
35-39	17	4.7	20.9	1	1.4	14.3	12	6.7	24.1	4	3.8	19.8
40-44	15	4.2	25.1	2	2.9	17.2	10	5.6	29.7	3	2.8	22.6
45-49	23	6.4	31.5	3	4.3	21.5	14	7.8	37.5	6	5.7	28.3
50-59	40	11.1	42.6	9	12.9	34.4	19	10.6	48.1	12	11.3	39.6
60-69	53	14.8	57.4	10	14.3	48.7	28	15.6	63.7	15	14.2	53.8
70-79	40	11.1	68.5	7	10.0	58.7	19	10.6	74.3	13	12.3	66.1
80-89	22	6.1	74.6	4	5.7	64.4	12	6.7	81.0	6	5.7	71.8
90-99	21	5.8	80.4	5	7.1	71.5	9	5.0	86.0	7	6.6	78.4
100-109	17	4.7	85.1	6	8.5	80.1	4	2.2	88.2	7	6.6	85.0
110-119	10	2.8	87.9	2	2.9	83.0	6	3.4	91.6	2	1.9	86.9
120-129	7	1.9	89.8	1	1.4	84.4	5	2.8	94.4	1	0.9	87.8
130-139	9	2.5	92.3	2	2.9	87.3	4	2.2	96.6	3	2.8	90.6
140-149	5	1.4	93.7	3	4.3	91.6	—	—	96.6	2	1.9	92.5
150-159	2	0.6	94.3	—	—	91.6	2	1.1	97.7	—	—	92.5
160-169	3	0.8	95.1	—	—	91.6	1	0.6	98.3	1	0.9	93.4
170-179	4	1.1	96.2	2	2.9	94.5	1	0.6	98.9	1	0.9	94.3
180-189	3	0.8	97.0	—	—	94.5	1	0.6	99.5	2	1.9	96.2
190-199	4	1.1	98.1	2	2.9	97.4	1	0.6	100.1	1	0.9	97.1
200-209	1	0.3	98.4	1	1.4	98.8	—	—	100.1	—	—	97.1
210-219	1	0.3	98.7	—	—	98.8	—	—	100.1	1	0.9	98.0
220-229	1	0.3	99.0	1	1.4	100.2	—	—	100.1	—	—	98.0
230-239	—	—	99.0	—	—	100.2	—	—	100.1	—	—	98.0
240-249	—	—	99.0	—	—	100.2	—	—	100.1	—	—	98.0
>249	3	0.8	99.8	—	—	100.2	—	—	100.1	2	1.9	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	473	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<5	2	0.4	0.4	2	0.6	0.6	—	—	—	—	—	—
5-9	—	—	0.4	—	—	0.6	—	—	—	—	—	—
10-14	—	—	0.4	—	—	0.6	—	—	—	—	—	—
15-19	2	0.4	0.8	1	0.3	0.9	—	—	—	1	1.2	1.2
20-24	4	0.8	1.6	1	0.3	1.2	—	—	—	1	1.2	2.4
25-29	5	1.1	2.7	3	1.0	2.2	1	2.6	2.6	1	1.2	3.6
30-34	5	1.1	3.8	1	0.3	2.5	1	2.6	5.2	1	1.2	4.8
35-39	10	2.1	5.9	6	1.9	4.4	2	5.1	10.3	—	—	4.8
40-44	16	3.4	9.3	9	2.9	7.3	2	5.1	15.4	3	3.5	8.8
45-49	19	4.0	13.3	14	4.5	11.8	—	—	15.4	3	3.5	11.8
50-59	36	7.6	20.9	25	8.0	19.8	2	5.1	20.5	7	8.1	19.9
60-69	48	10.1	31.0	30	9.6	29.4	3	7.7	28.2	10	11.6	31.5
70-79	50	10.6	41.6	33	10.6	40.0	6	15.4	43.6	9	10.5	42.0
80-89	49	10.4	52.0	27	8.6	48.6	3	7.7	51.3	15	17.4	59.4
90-99	47	9.9	61.9	31	9.9	58.5	4	10.3	61.6	9	10.5	69.9
100-109	42	8.9	70.8	26	8.3	66.8	5	12.8	74.4	8	9.3	79.2
110-119	32	6.8	77.6	19	6.1	72.9	4	10.3	84.7	6	7.0	86.2
120-129	21	4.4	82.0	14	4.5	77.4	3	7.7	92.4	3	3.5	89.7
130-139	19	4.0	86.0	13	4.2	81.6	1	2.6	95.0	4	4.7	94.4
140-149	14	3.0	89.0	12	3.8	85.4	—	—	95.0	2	2.3	96.7
150-159	11	2.3	91.3	9	2.9	88.3	2	5.1	100.1	—	—	96.7
160-169	10	2.1	93.4	9	2.9	91.2	—	—	100.1	1	1.2	97.9
170-179	10	2.1	95.5	10	3.2	94.4	—	—	100.1	—	—	97.9
180-189	7	1.5	97.0	6	1.9	97.6	—	—	100.1	1	1.2	99.1
190-199	4	0.8	97.8	4	1.3	97.6	—	—	100.1	—	—	99.1
200-209	3	0.6	98.4	2	0.6	98.2	—	—	100.1	1	1.2	100.3
210-219	2	0.4	98.8	2	0.6	98.8	—	—	100.1	—	—	100.3
220-229	1	0.2	99.0	1	0.3	99.1	—	—	100.1	—	—	100.3
230-239	—	—	99.0	—	—	99.1	—	—	100.1	—	—	100.8
240-249	1	0.2	99.2	1	0.3	99.4	—	—	100.1	—	—	100.3
>249	3	0.6	99.8	2	0.6	100.0	—	—	100.1	—	—	100.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 5 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<50	4	1.1	1.1	2	2.9	2.9	1	0.6	0.6	1	0.9	0.9
50-99	6	1.7	2.8	—	—	2.9	4	2.2	2.8	2	1.9	2.8
100-149	17	4.7	7.5	2	2.9	5.8	11	6.1	8.9	3	2.8	5.6
150-199	16	4.5	12.0	2	2.9	8.7	7	3.9	12.8	6	5.7	11.3
200-299	27	7.5	19.5	3	4.3	13.0	11	6.1	18.9	13	12.3	23.6
300-399	33	9.2	28.7	5	7.1	20.1	16	8.9	27.8	12	11.3	34.9
400-499	39	10.9	39.6	8	11.4	31.5	16	8.9	36.7	15	14.2	49.1
500-599	36	10.0	49.6	3	4.3	35.8	20	11.2	47.9	13	12.3	61.4
600-699	29	8.1	57.7	3	4.3	40.1	17	9.5	57.4	9	8.5	69.9
700-799	29	8.1	65.8	1	1.4	41.5	19	10.6	68.0	8	7.5	77.4
800-899	27	7.5	73.3	6	8.6	50.1	13	7.3	75.3	8	7.5	84.9
900-999	15	4.2	77.5	1	1.4	51.5	11	6.1	81.4	3	2.8	87.7
1000-1199	25	7.0	84.5	7	10.0	61.5	12	6.7	88.1	6	5.7	93.4
1200-1399	20	5.6	90.1	7	10.0	71.5	8	4.5	92.6	5	4.7	98.1
1400-1599	16	4.5	94.6	10	14.3	85.8	6	3.4	96.0	—	—	98.1
1600-1799	7	1.9	96.5	4	5.7	91.5	2	1.1	97.1	1	0.9	99.0
1800-1999	3	0.8	97.3	3	4.3	95.8	—	—	97.1	—	—	99.0
>1999	10	2.8	100.1	3	4.3	100.1	5	2.8	99.9	1	0.9	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 6 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	478	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<50	3	0.6	0.6	2	0.6	0.6	—	—	—	—	—	—
50-99	3	0.6	1.2	1	0.3	0.9	—	–	—	1	1.2	1.2
100-149	4	0.8	2.0	2	0.6	1.5	1	2.6	2.6	—	—	1.2
150-199	3	0.6	2.6	2	0.6	2.1	—	—	2.6	—	—	1.2
200-299	15	3.2	5.8	8	2.6	4.7	1	2.6	5.2	2	2.3	3.5
300-399	16	3.4	9.2	8	2.6	7.3	2	5.1	10.3	3	3.5	7.0
400-499	25	5.3	14.5	16	5.1	12.4	1	2.6	12.9	6	7.0	14.0
500-599	23	4.9	19.4	15	4.8	17.2	1	2.6	15.5	5	5.8	19.8
600-699	31	6.6	26.0	19	6.1	23.3	2	5.1	20.6	6	7.0	26.8
700-799	28	5.9	31.9	16	5.1	28.4	5	12.8	33.4	5	5.8	32.6
800-899	34	7.2	39.1	24	7.7	36.1	2	5.1	38.5	7	8.1	40.7
900-999	34	7.2	46.3	19	6.1	42.2	5	12.8	51.3	9	10.5	51.2
1000-1199	69	14.6	60.9	44	14.1	56.3	10	25.6	76.9	11	12.8	64.0
1200-1399	63	13.3	74.2	46	14.7	71.0	4	10.3	87.2	8	9.3	73.3
1400-1599	38	8.0	82.2	26	8.3	79.3	2	5.1	92.3	8	9.3	82.6
1600-1799	34	7.2	89.4	21	6.7	86.0	1	2.6	94.9	11	12.8	95.4
1800-1999	17	3.6	93.0	13	4.2	90.2	2	5.1	100.0	2	2.3	97.7
>1999	33	7.0	100.0	31	9.9	100.1	—	—	100.0	2	2.3	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<0.5	3	0.8	0.8	2	2.9	2.9	1	0.6	0.6	—	—	—
0.5-0.9	—	—	0.8	—	—	2.9	—	—	0.6	—	—	—
1.0-1.4	1	0.3	1.1	—	—	2.9	—	—	0.6	1	0.9	0.9
1.5-1.9	1	0.3	1.4	—	—	2.9	—	—	0.6	—	—	0.9
2.0-2.4	2	0.6	2.0	—	—	2.9	—	—	0.6	2	1.9	2.8
2.5-2.9	2	0.6	2.6	—	—	2.9	1	0.6	1.2	1	0.9	3.7
3.0-3.4	3	0.8	3.4	—	—	2.9	1	0.6	1.8	2	1.9	5.6
3.5-3.9	5	1.4	4.8	—	—	2.9	2	1.1	2.9	3	2.8	8.4
4.0-4.4	12	3.3	8.1	2	2.9	5.8	8	4.5	7.4	2	1.9	10.3
4.5-4.9	13	3.6	11.7	1	1.4	7.2	9	5.1	12.5	3	2.8	13.1
5.0-5.9	20	5.6	17.3	3	4.3	11.5	15	8.4	20.9	2	1.9	15.0
6.0-6.9	23	6.4	23.7	5	7.1	18.6	13	7.3	28.2	5	4.7	19.7
7.0-7.9	22	6.1	29.8	7	10.0	28.6	9	5.0	33.2	6	5.7	25.4
8.0-8.9	34	9.5	39.3	6	8.6	37.2	22	12.3	45.5	6	5.7	31.1
9.0-9.9	23	6.4	45.7	6	8.6	45.8	12	6.7	52.2	4	3.8	34.9
10.0-10.9	27	7.5	53.2	4	5.7	51.5	15	8.4	60.6	8	7.5	42.4
11.0-11.9	18	5.0	58.2	8	11.4	62.9	6	3.4	64.0	4	3.8	46.2
12.0-12.9	25	7.0	65.2	4	5.7	68.6	13	7.3	71.3	8	7.5	53.7
13.0-13.9	19	5.3	70.5	4	5.7	74.3	10	5.6	76.9	5	4.7	58.4
14.0-14.9	13	3.6	74.1	3	4.3	78.6	6	3.4	80.3	4	3.8	62.2
15.0-15.9	14	3.9	78.0	3	4.3	82.9	5	2.8	83.1	6	5.7	67.9
16.0-16.9	19	5.3	83.3	2	2.9	85.8	11	6.1	89.2	6	5.7	73.6
17.0-17.9	5	1.4	84.7	1	1.4	87.2	3	1.7	90.9	1	0.9	74.5
18.0-18.9	8	2.2	86.9	—	—	87.2	4	2.2	93.1	4	3.8	78.3
19.0-19.9	7	1.9	88.8	—	—	87.2	4	2.2	95.3	3	2.8	81.1
>19.9	40	11.1	99.9	9	12.9	100.1	9	5.0	100.3	20	18.9	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 8 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	478	100.0	100.0	313	100.0	100.0	89	100.0	100.0	86	100.0	100.0
<0.5	2	0.4	0.4	2	0.6	0.6	—	—	—	—	—	—
0.5-0.9	—	—	0.4	—	—	0.6	—	—	—	—	—	—
1.0-1.4	—	—	0.4	—	—	0.6	—	—	—	—	—	—
1.5-1.9	—	—	0.4	—	—	0.6	—	—	—	—	—	—
2.0-2.4	2	0.4	0.8	—	—	0.6	1	2.6	2.6	—	—	—
2.5-2.9	4	0.8	1.6	2	0.6	1.2	—	—	2.6	1	1.2	1.2
3.0-3.4	2	0.4	2.0	1	0.3	1.5	1	2.6	5.2	—	—	1.2
3.5-3.9	3	0.6	2.6	2	0.6	2.1	—	—	5.2	1	1.2	2.4
4.0-4.4	3	0.6	3.2	3	1.0	3.1	—	—	5.2	—	—	2.4
4.5-4.9	5	1.1	4.3	3	1.0	4.1	—	—	5.2	1	1.2	3.6
5.0-5.9	20	4.2	8.5	11	3.5	7.6	2	5.1	10.3	4	4.7	8.3
6.0-6.9	29	6.1	14.6	21	6.7	14.3	2	5.1	15.4	3	3.5	11.8
7.0-7.9	24	5.1	19.7	18	5.8	20.1	2	5.1	20.5	4	4.7	16.5
8.0-8.9	34	7.2	26.9	23	7.3	27.4	3	7.7	28.2	4	4.7	21.2
9.0-9.9	37	7.8	34.7	25	8.0	35.4	2	5.1	33.3	8	9.3	30.5
10.0-10.9	31	6.6	41.3	21	6.7	42.1	4	10.3	43.6	4	4.7	35.2
11.0-11.9	33	7.0	48.3	18	5.8	47.9	3	7.7	51.3	6	7.0	42.2
12.0-12.9	26	5.5	53.8	18	5.8	53.7	2	5.1	56.4	5	5.8	48.0
13.0-13.9	24	5.1	58.9	16	5.1	58.5	1	2.6	59.0	6	7.0	55.0
14.0-14.9	30	6.3	65.2	17	5.4	64.2	3	7.7	66.7	8	9.3	64.3
15.0-15.9	25	5.3	70.5	12	3.8	68.0	3	7.7	74.4	9	10.5	74.8
16.0-16.9	18	3.8	74.3	13	4.2	72.2	1	2.6	77.0	4	4.7	79.5
17.0-17.9	16	3.4	77.7	12	3.8	76.0	2	5.1	82.1	2	2.3	81.8
18.0-18.9	15	3.2	80.9	10	3.2	79.2	1	2.6	84.7	4	4.7	86.5
19.0-19.9	15	3.2	81.1	11	3.5	82.7	3	7.7	92.4	—	—	86.5
>19.9	75	15.9	100.0	54	17.3	100.0	3	7.7	100.1	12	14.0	100.5

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 9 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<250	21	5.8	5.8	4	5.7	5.7	8	4.5	4.5	8	7.5	7.5
250-499	19	5.3	11.1	2	2.9	8.6	11	6.1	10.6	6	5.7	13.2
500-749	18	5.0	16.1	3	4.3	12.9	5	2.8	13.4	9	8.5	21.7
750-999	17	4.7	20.8	1	1.4	14.3	10	5.6	19.0	6	5.7	27.4
1000-1249	26	7.2	28.0	5	7.1	21.4	11	6.1	25.1	10	9.4	36.8
1250-1499	27	7.5	35.5	3	4.3	25.7	12	6.7	31.8	12	11.3	48.1
1500-1749	16	4.5	40.0	3	4.3	30.0	6	3.4	35.2	6	5.7	53.8
1750-1999	22	6.1	46.1	3	4.3	34.3	12	6.7	41.9	7	6.6	60.4
2000-2249	16	4.5	50.6	6	8.6	42.9	7	3.9	45.8	3	2.8	63.2
2250-2499	17	4.7	55.3	3	4.3	47.2	9	5.0	50.8	5	4.7	67.9
2500-2999	23	6.4	61.7	7	10.0	57.2	8	4.5	55.3	8	7.5	75.4
3000-3499	23	6.4	68.1	7	10.0	67.2	9	5.0	60.3	7	6.6	82.0
3500-3999	10	2.8	70.9	5	7.1	74.3	3	1.7	62.0	2	1.9	83.9
4000-4499	14	3.9	74.8	4	5.7	80.0	8	4.5	66.5	2	1.9	85.8
4500-4999	4	1.1	75.9	1	1.4	81.4	3	1.7	68.2	—	—	85.8
5000-5999	21	5.8	81.7	7	10.0	91.4	10	5.6	73.8	3	2.8	88.6
6000-6999	11	3.1	84.8	2	2.9	94.3	4	2.2	76.0	5	4.7	93.3
7000-7999	8	2.2	87.0	—	—	94.3	7	3.9	79.9	1	0.9	94.2
8000-8999	4	1.1	88.1	1	1.4	95.7	3	1.7	81.6	—	—	94.2
9000-9999	2	0.6	88.7	—	—	95.7	2	1.1	82.7	—	—	94.2
>9999	40	11.1	99.8	3	4.3	100.0	31	17.3	100.0	6	5.7	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 10 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	473	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<250	11	2.3	2.3	7	2.2	2.2	—	—	—	1	1.2	1.2
250-499	2	0.4	2.7	1	0.3	2.5	—	—	—	1	1.2	2.4
500-749	17	3.6	6.3	10	3.2	5.7	2	5.1	5.1	4	4.7	7.1
750-999	13	2.7	9.0	7	2.2	7.9	1	2.6	7.7	3	3.5	10.6
1000-1249	18	3.8	12.8	12	3.8	11.7	—	—	7.7	4	4.7	15.3
1250-1499	17	3.6	16.4	13	4.2	15.9	1	2.6	10.3	2	2.3	17.6
1500-1749	24	5.1	21.5	14	4.5	20.4	1	2.6	12.9	5	5.8	23.4
1750-1999	25	5.3	26.8	16	5.1	25.5	2	5.1	18.0	6	7.0	30.4
2000-2249	26	5.5	32.3	16	5.1	30.6	1	2.6	20.6	6	7.0	37.4
2250-2499	34	7.2	39.5	20	6.4	37.0	4	10.3	30.9	8	9.3	46.7
2500-2999	44	9.3	48.8	36	11.5	48.5	2	5.1	36.0	4	4.7	51.4
3000-3499	43	9.1	57.9	23	7.3	55.8	3	7.7	43.7	16	18.6	70.0
3500-3999	24	5.1	63.0	19	6.1	61.9	2	5.1	48.8	2	2.3	72.3
4000-4499	23	4.9	67.9	14	4.5	66.4	1	2.6	51.4	6	7.0	79.3
4500-4999	19	4.0	71.9	15	4.8	71.2	3	7.7	59.1	1	1.2	80.5
5000-5999	29	6.1	78.0	21	6.7	77.9	3	7.7	66.8	3	3.5	84.0
6000-6999	19	4.0	82.0	15	4.8	82.7	—	—	66.8	3	3.5	87.5
7000-7999	17	3.6	85.6	11	3.5	86.2	2	5.1	71.9	4	4.7	92.2
8000-8999	14	3.0	88.6	8	2.6	88.8	1	2.6	74.5	2	2.3	94.5
9000-9999	10	2.1	90.7	6	1.9	90.7	1	2.6	77.1	1	1.2	95.7
>9999	44	9.3	100.0	29	9.3	100.0	9	23.1	100.2	4	4.7	100.4

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<0.05	2	0.6	0.6	2	2.9	2.9	—	—	—	—	—	—
0.05-0.09	1	0.3	0.9	—	—	2.9	1	0.6	0.6	—	—	—
0.10-0.14	1	0.3	1.2	—	—	2.9	1	0.6	1.2	—	—	—
0.15-0.19	1	0.3	1.5	—	—	2.9	—	—	1.2	—	—	—
0.20-0.29	7	1.9	3.4	1	1.4	4.3	3	1.7	2.9	3	2.8	2.8
0.30-0.39	8	2.2	5.6	1	1.4	5.7	2	1.1	4.0	5	4.7	7.5
0.40-0.49	15	4.2	9.8	2	2.9	8.6	6	3.4	7.4	7	6.6	14.1
0.50-0.59	23	6.4	16.2	2	2.9	11.5	16	8.9	16.3	5	4.7	18.8
0.60-0.69	25	7.0	23.2	7	10.0	21.5	14	7.8	24.1	4	3.8	22.6
0.70-0.79	19	5.3	28.5	5	7.1	28.6	9	5.0	29.1	5	4.7	27.3
0.80-0.89	25	7.0	35.5	6	8.6	37.2	9	5.0	34.1	9	8.5	35.8
0.90-0.99	28	7.8	43.3	1	1.4	38.6	19	10.6	44.7	8	7.5	43.3
1.00-1.19	59	16.4	59.7	18	25.7	64.3	30	16.8	61.5	11	10.4	53.7
1.20-1.39	37	10.3	70.0	6	8.6	72.9	23	12.8	74.3	8	7.5	61.2
1.40-1.59	28	7.8	77.8	6	8.6	81.5	14	7.8	82.1	7	6.6	67.8
1.60-1.79	16	4.5	82.3	3	4.3	85.8	6	3.4	85.5	7	6.6	74.4
1.80-1.99	18	5.0	87.3	4	5.7	91.5	6	3.4	88.9	8	7.5	81.9
>1.99	46	12.8	100.1	6	8.6	100.1	20	11.2	100.1	19	17.9	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 12 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	473	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<0.05	2	0.4	0.4	2	0.6	0.6	—	—	—	—	—	—
0.05-0.09	—	—	0.4	—	—	0.6	—	—	—	—	—	—
0.10-0.14	—	—	0.4	—	—	0.6	—	—	—	—	—	—
0.15-0.19	—	—	0.4	—	—	0.6	—	—	—	—	—	—
0.20-0.29	2	0.4	0.8	—	—	0.6	1	2.6	2.6	1	1.2	1.2
0.30-0.39	7	1.5	2.3	3	1.0	1.6	1	2.6	5.2	1	1.2	2.4
0.40-0.49	12	2.5	4.8	5	1.6	3.2	1	2.6	7.8	2	2.3	4.7
0.50-0.59	25	5.3	10.1	16	5.1	8.3	1	2.6	10.4	3	3.5	8.2
0.60-0.69	21	4.4	14.5	15	4.8	13.1	3	7.7	18.1	2	2.3	10.5
0.70-0.79	35	7.4	21.9	22	7.0	20.1	3	7.7	25.8	7	8.1	18.6
0.80-0.89	31	6.6	28.5	23	7.3	27.4	5	12.8	38.6	2	2.3	20.9
0.90-0.99	33	7.0	35.5	24	7.7	35.1	1	2.6	41.2	5	5.8	26.7
1.00-1.19	74	15.6	51.1	56	17.9	53.0	2	5.1	46.3	14	16.3	43.0
1.20-1.39	62	13.1	64.2	44	14.1	67.1	6	15.4	61.7	9	10.5	53.5
1.40-1.59	42	8.9	73.1	22	7.0	74.1	6	15.4	77.1	10	11.6	65.1
1.60-1.79	41	8.7	81.8	26	8.3	82.4	5	12.8	89.9	9	10.5	75.6
1.80-1.99	23	4.9	86.7	17	5.4	87.8	2	5.1	95.0	3	3.5	79.1
>1.99	63	13.3	100.0	38	12.1	99.9	2	5.1	100.1	18	20.9	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 13 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<.05	2	0.6	0.6	2	2.9	2.9	—	—	—	—	—	—
.05-.09	—	—	0.6	—	—	2.9	—	—	—	—	—	—
.10-.14	2	0.6	1.2	—	—	2.9	2	1.1	1.1	—	—	—
.15-.19	2	0.6	1.8	1	1.4	4.3	—	—	1.1	1	0.9	0.9
.20-.29	3	0.8	2.6	—	—	4.3	1	0.6	1.7	1	0.9	1.8
.30-.39	5	1.4	4.0	2	2.9	7.2	3	1.7	3.4	—	—	1.8
.40-.49	11	3.1	7.1	—	—	7.2	8	4.5	7.9	3	2.8	4.6
.50-.59	12	3.3	10.4	1	1.4	8.6	9	5.0	12.9	2	1.9	6.5
.60-.69	10	2.8	13.2	3	4.3	12.9	5	2.8	15.7	2	1.9	8.4
.70-.79	14	3.9	17.1	3	4.3	17.2	5	2.8	18.5	6	5.7	14.1
.80-.89	17	4.7	21.8	—	—	17.2	9	5.0	23.5	8	7.5	21.6
.90-.99	14	3.9	25.7	1	1.4	18.6	4	2.2	25.7	9	8.5	30.1
1.00-1.19	30	8.4	34.1	5	7.1	25.7	17	9.5	35.2	8	7.5	37.6
1.20-1.39	50	13.9	48.0	5	7.1	32.8	32	17.9	53.1	13	12.3	49.9
1.40-1.59	30	8.4	56.4	4	5.7	38.5	16	8.9	62.0	10	9.4	59.3
1.60-1.79	26	7.2	63.6	7	10.0	48.5	8	4.5	66.5	9	8.5	67.8
1.80-1.99	19	5.3	68.9	4	5.7	54.2	12	6.7	73.2	3	2.8	70.6
>1.99	112	31.2	100.1	32	45.7	99.9	48	26.8	100.0	31	29.2	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 14 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	478	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<.05	2	0.4	0.4	2	0.6	0.6	—	—	—	—	—	—
.05-.09	—	—	0.4	—	—	0.6	—	—	—	—	—	—
.10-.14	—	—	0.4	—	—	0.6	—	—	—	—	—	—
.15-.19	—	—	0.4	—	—	0.6	—	—	—	—	—	—
.20-.29	—	—	0.4	—	—	0.6	—	—	—	—	—	—
.30-.39	1	0.2	0.6	—	—	0.6	—	—	—	1	1.2	1.2
.40-.49	4	0.8	1.4	3	1.0	1.6	—	—	—	—	—	1.2
.50-.59	8	1.7	3.1	4	1.3	2.9	—	—	—	2	2.3	3.5
.60-.69	6	1.3	4.4	2	0.6	3.5	1	2.6	2.6	—	—	3.5
.70-.79	11	2.3	6.7	4	1.3	4.8	2	5.1	7.7	1	1.2	4.7
.80-.89	8	1.7	8.4	5	1.6	6.4	2	5.1	12.8	—	—	4.7
.90-.99	7	1.5	9.9	4	1.3	7.7	—	—	12.8	3	3.5	8.2
1.00-1.19	29	6.1	16.0	20	6.4	14.1	1	2.6	15.4	5	5.8	14.0
1.20-1.39	46	9.7	25.7	29	9.3	23.4	5	12.8	28.2	7	8.1	22.1
1.40-1.59	34	7.2	32.9	19	6.1	29.5	3	7.7	35.9	10	11.6	33.7
1.60-1.79	35	7.4	40.3	24	7.7	37.2	3	7.7	48.6	6	7.0	40.7
1.80-1.99	41	8.7	49.0	25	8.0	45.2	5	12.8	56.4	9	10.5	51.2
>1.99	241	51.0	100.0	172	54.9	100.1	17	43.6	100.0	42	48.8	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 15 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<0.5	2	0.6	0.6	2	2.9	2.9	—	—	—	—	—	—
0.5-0.9	1	0.3	0.9	—	—	2.9	1	0.6	0.6	—	—	—
1.0-1.4	3	0.8	1.7	—	—	2.9	—	—	0.6	3	2.8	2.8
1.5-1.9	2	0.6	2.3	—	—	2.9	1	0.6	1.2	1	0.9	3.7
2.0-2.4	4	1.1	3.4	1	1.4	4.3	—	—	1.2	3	2.8	6.5
2.5-2.9	6	1.7	5.1	1	1.4	5.7	2	1.1	2.3	2	1.9	8.4
3.0-3.4	—	—	5.1	—	—	5.7	—	—	2.8	—	—	8.4
3.5-3.9	2	0.6	5.7	1	1.4	7.1	—	—	2.3	1	0.9	9.3
4.0-4.4	5	1.4	7.1	1	1.4	8.5	2	1.1	3.4	2	1.9	11.2
4.5-4.9	13	3.6	10.7	1	1.4	9.9	10	5.6	9.0	2	1.9	13.1
5.0-5.9	18	5.0	15.7	1	1.4	11.3	14	7.8	16.8	3	2.8	15.9
6.0-6.9	17	4.7	20.4	6	8.6	19.9	7	3.9	20.7	4	3.8	19.7
7.0-7.9	22	6.1	26.5	8	11.4	31.3	10	5.6	26.3	4	3.8	23.5
8.0-8.9	23	6.4	32.9	3	4.3	35.6	16	8.9	35.2	4	3.8	27.3
9.0-9.9	22	6.1	39.0	3	4.3	39.9	13	7.8	42.5	6	5.7	33.0
10.0-10.9	19	5.3	44.3	4	5.7	45.6	11	6.1	48.6	4	3.8	36.8
11.0-11.9	19	5.3	49.6	3	4.3	49.9	11	6.1	54.7	5	4.7	41.5
12.0-12.9	23	6.4	56.0	4	5.7	55.6	13	7.3	62.0	6	5.7	47.2
13.0-13.9	20	5.6	61.6	5	7.1	62.7	8	4.5	66.5	7	6.6	53.8
14.0-14.9	15	4.2	65.8	5	7.1	69.8	5	2.8	69.3	4	3.8	57.6
15.0-15.9	20	5.6	71.4	1	1.4	71.2	15	8.4	77.7	4	3.8	61.4
16.0-16.9	15	4.2	75.6	2	2.9	74.1	6	3.4	81.1	7	6.6	68.0
17.0-17.9	14	3.9	79.5	1	1.4	75.5	7	3.9	85.0	6	5.7	73.7
18.0-18.9	9	2.5	82.0	—	—	75.5	6	3.4	88.4	3	2.8	76.5
19.0-19.9	7	1.9	83.9	2	2.9	78.4	3	1.7	90.1	2	1.9	78.4
20.0-20.9	9	2.5	86.4	2	2.9	81.3	3	1.7	91.8	4	3.8	82.2
>20.9	49	13.6	100.0	13	18.6	99.9	15	8.4	100.2	19	17.9	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 16 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	473	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<0.5	2	0.4	0.4	2	0.6	0.6	—	—	—	—	—	—
0.5-0.9	—	—	0.4	—	—	0.6	—	—	—	—	—	—
1.0-1.4	—	—	0.4	—	—	0.6	—	—	—	—	—	—
1.5-1.9	1	0.2	0.6	—	—	0.6	—	—	—	—	—	—
2.0-2.4	2	0.4	1.0	1	0.3	0.9	—	—	—	—	—	—
2.5-2.9	—	—	1.0	—	—	0.9	—	—	—	—	—	—
3.0-3.4	2	0.4	1.4	2	0.6	1.5	—	—	—	—	—	—
3.5-3.9	1	0.2	1.6	—	—	1.5	—	—	—	1	1.2	1.2
4.0-4.4	3	0.6	2.2	1	0.3	1.8	—	—	—	1	1.2	2.4
4.5-4.9	5	1.1	3.3	2	0.6	2.4	1	2.6	2.6	1	1.2	3.6
5.0-5.9	9	1.9	5.2	6	1.9	4.3	2	5.1	7.7	1	1.2	4.8
6.0-6.9	15	3.2	8.4	11	3.5	7.8	1	2.6	10.3	2	2.3	7.1
7.0-7.9	18	3.8	12.2	10	3.2	11.0	1	2.6	12.9	7	8.1	15.2
8.0-8.9	24	5.1	17.3	14	4.5	15.5	1	2.6	15.5	7	8.1	23.3
9.0-9.9	27	5.7	23.0	17	5.4	20.9	2	5.1	20.6	5	5.8	29.1
10.0-10.9	21	4.4	27.4	10	3.2	24.1	1	2.6	23.2	10	11.6	40.7
11.0-11.9	26	5.5	32.9	13	4.1	28.3	2	5.1	28.3	5	5.8	46.5
12.0-12.9	26	5.5	38.4	19	6.1	34.4	2	5.1	33.4	1	1.2	47.7
13.0-13.9	19	4.0	42.4	11	3.5	37.9	2	5.1	38.5	5	5.8	53.5
14.0-14.9	28	5.9	48.3	19	6.1	44.0	1	2.6	41.1	5	5.8	59.3
15.0-15.9	17	3.6	51.9	11	3.5	47.5	1	2.6	43.7	2	2.3	61.6
16.0-16.9	24	5.1	57.0	14	4.5	52.0	4	10.3	54.0	6	7.0	68.6
17.0-17.9	24	5.1	62.1	13	4.2	56.2	3	7.7	61.7	7	8.1	76.7
18.0-18.9	17	3.6	65.7	13	4.2	60.4	1	2.6	64.3	2	2.3	79.0
19.0-19.9	13	2.7	68.4	6	1.9	62.3	3	7.7	72.0	4	4.7	83.7
20.0-20.9	17	3.6	72.0	13	4.2	66.5	1	2.6	74.6	1	1.2	84.9
>20.9	132	27.9	99.9	105	33.5	100.0	10	25.6	100.2	13	15.1	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 17 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	359	100.0	100.0	70	100.0	100.0	179	100.0	100.0	106	100.0	100.0
<5	56	15.6	15.6	8	11.4	11.4	26	14.5	14.5	21	19.8	19.8
5-9	29	8.1	23.7	2	2.9	14.3	14	7.8	22.3	12	11.3	31.1
10-14	31	8.6	32.3	5	7.1	21.4	16	8.9	31.2	10	9.4	40.5
15-19	21	5.8	38.1	3	4.3	25.7	11	6.1	37.3	7	6.6	47.1
20-24	21	5.8	43.9	3	4.3	30.0	8	4.5	41.8	9	8.5	55.6
25-29	15	4.2	48.1	5	7.1	37.1	4	2.2	44.0	6	5.7	61.3
30-34	12	3.3	51.4	4	5.7	42.8	8	4.5	48.5	—	—	61.3
35-39	17	4.7	56.1	9	12.9	55.7	7	3.9	52.4	1	0.9	62.2
40-44	9	2.5	58.6	3	4.3	60.0	5	2.8	55.2	1	0.9	63.1
45-49	7	1.9	60.5	3	4.3	64.3	3	1.7	56.9	1	0.9	64.0
50-59	17	4.7	65.2	5	7.1	71.4	7	3.9	60.8	4	3.8	67.8
60-69	16	4.5	69.7	4	5.7	77.1	9	5.0	65.8	3	2.8	70.6
70-79	16	4.5	74.2	3	4.3	81.4	9	5.0	70.8	4	3.8	74.4
80-89	19	5.3	79.5	5	7.1	88.5	10	5.6	76.4	4	3.8	78.2
90-99	9	2.5	82.0	1	1.4	89.9	6	3.4	79.8	2	1.9	80.1
100-109	6	1.7	83.7	1	1.4	91.3	3	1.7	81.5	2	1.9	82.0
110-119	8	2.2	85.9	1	1.4	92.7	6	3.4	84.9	1	0.9	82.9
120-129	3	0.8	86.7	—	—	92.7	2	1.1	86.0	1	0.9	83.8
130-139	4	1.1	87.8	—	—	92.7	3	1.7	87.7	1	0.9	84.7
140-149	7	1.9	89.7	1	1.4	94.1	5	2.8	90.5	1	0.9	85.6
>149	36	10.0	99.7	4	5.7	99.8	17	9.5	100.0	15	14.1	99.7

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 18 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	473	100.0	100.0	313	100.0	100.0	39	100.0	100.0	86	100.0	100.0
<5	23	4.9	4.9	13	4.2	4.2	1	2.6	2.6	3	3.5	3.5
5-9	24	5.1	10.0	16	5.1	9.3	—	—	2.6	5	5.8	9.3
10-14	31	6.6	16.6	20	6.4	15.7	1	2.6	5.2	9	10.5	19.8
15-19	32	6.8	23.4	21	6.7	22.4	1	2.6	7.8	7	8.1	27.9
20-24	27	5.7	29.1	18	5.8	28.2	2	5.1	12.9	5	5.8	33.7
25-29	30	6.3	35.4	15	4.8	33.0	3	7.7	20.6	7	8.1	41.8
30-34	27	5.7	41.1	18	5.8	38.8	3	7.7	28.3	5	5.8	47.6
35-39	22	4.7	45.8	16	5.1	43.9	—	—	28.3	5	5.8	53.4
40-44	18	3.8	49.6	15	4.8	48.7	1	2.6	30.9	—	—	53.4
45-49	26	5.5	55.1	15	4.8	53.5	5	12.8	43.7	5	5.8	59.2
50-59	28	5.9	61.0	20	6.4	59.9	4	10.3	54.0	3	3.5	62.7
60-69	17	3.6	64.6	14	4.5	64.4	2	5.1	59.1	1	1.2	63.9
70-79	14	3.0	67.6	9	2.9	67.3	1	2.6	61.7	4	4.7	68.6
80-89	21	4.4	72.0	11	3.5	70.8	3	7.7	69.4	6	7.0	75.6
90-99	15	3.2	75.2	8	2.6	73.4	2	5.1	74.5	4	4.7	80.3
100-109	11	2.3	77.5	7	2.2	75.6	2	5.1	79.6	—	—	80.3
110-119	11	2.3	79.8	10	3.2	78.8	—	—	79.6	1	1.2	81.5
120-129	11	2.3	82.1	9	2.9	81.7	—	—	79.6	2	2.3	83.8
130-139	10	2.1	84.2	10	3.2	84.9	—	—	79.6	—	—	83.8
140-149	9	1.9	86.1	9	2.9	87.8	—	—	79.6	—	—	83.8
>149	66	14.0	100.1	39	12.5	100.3	8	20.5	100.1	14	16.3	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 19 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	5	0.9	0.9	—	—	—	3	0.9	0.9	2	2.3	2.3
500-749	25	4.5	5.4	4	3.5	3.5	17	4.9	5.8	4	4.6	6.9
750-999	48	8.6	14.0	5	4.4	7.9	32	9.2	15.0	9	10.3	17.2
1000-1249	63	11.3	25.3	10	8.8	16.7	47	13.5	28.5	5	5.7	22.9
1250-1499	77	13.8	39.1	12	10.6	27.3	55	15.8	44.3	10	11.5	34.4
1500-1749	79	14.2	53.3	17	15.0	42.3	50	14.4	58.7	10	11.5	45.9
1750-1999	67	12.0	65.3	17	15.0	57.3	45	12.9	71.6	4	4.6	50.5
2000-2249	59	10.6	75.9	19	16.8	74.1	28	8.0	79.6	10	11.5	62.0
2250-2499	33	5.9	81.8	9	8.0	82.1	21	6.0	85.6	2	2.3	64.3
2500-2749	30	5.4	87.2	7	6.2	88.3	17	4.9	90.5	6	6.9	71.2
2750-2999	20	3.6	90.8	5	4.4	92.7	10	2.9	93.4	5	5.7	76.9
3000-3249	17	3.1	93.9	3	2.7	95.4	10	2.9	96.3	4	4.6	81.5
3250-3499	11	2.0	95.9	1	0.9	96.3	1	0.3	96.6	9	10.3	91.8
3500-3749	9	1.6	97.5	2	1.8	98.1	5	1.4	98.0	2	2.3	94.1
3750-3999	3	0.5	98.0	—	—	98.1	1	0.3	98.3	2	2.3	96.4
4000-4249	3	0.5	98.5	1	0.9	99.0	2	0.6	98.9	—	—	96.4
4250-4499	4	0.7	99.2	—	—	99.0	3	0.9	99.8	1	1.1	97.5
4500-4749	—	—	99.2	—	—	99.0	—	—	99.8	—	—	97.5
4750-4999	1	0.2	99.4	—	—	99.0	1	0.3	100.1	—	—	97.5
>4999	3	0.5	99.9	1	0.9	99.9	—	—	100.1	2	2.3	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 20 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<250	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
250-499	1	0.1	0.2	1	0.3	0.3	—	—	—	—	—	0.7
500-749	14	1.9	2.1	6	1.5	1.8	4	2.4	2.4	2	1.4	2.1
750-999	36	4.9	7.0	14	3.6	5.4	12	7.1	9.5	5	3.5	5.6
1000-1249	34	4.6	11.6	18	4.6	10.0	8	4.8	14.3	5	3.5	9.1
1250-1499	79	10.7	22.3	38	9.7	19.7	16	9.5	23.8	21	14.9	24.0
1500-1749	109	14.7	37.0	56	14.3	34.0	27	16.1	39.9	17	12.1	36.1
1750-1999	110	14.9	51.9	56	14.3	48.3	28	16.7	56.6	20	14.2	50.3
2000-2249	100	13.5	65.4	55	14.0	62.3	21	12.5	69.1	22	15.6	65.9
2250-2499	84	11.4	76.8	47	12.0	74.3	15	8.9	78.0	20	14.2	80.1
2500-2749	55	7.4	84.2	36	9.2	88.5	10	6.0	84.0	7	5.0	85.1
2750-2999	36	4.9	89.1	21	5.4	88.9	5	3.0	87.0	9	6.4	91.5
3000-3249	22	3.0	92.1	15	3.8	92.7	4	2.4	89.4	3	2.1	93.6
3250-3499	18	2.4	94.5	10	2.6	95.3	5	3.0	92.4	3	2.1	95.7
3500-3749	14	1.9	96.4	7	1.8	97.1	4	2.4	94.8	3	2.1	97.8
3750-3999	6	0.8	97.2	5	1.3	98.4	1	0.6	95.4	—	—	97.8
4000-4249	8	1.1	98.3	2	0.5	98.9	3	1.8	97.2	1	0.7	98.5
4250-4499	2	0.3	98.6	—	—	98.9	—	—	97.2	2	1.4	99.9
4500-4749	3	0.4	99.0	1	0.3	99.2	2	1.2	98.4	—	—	99.9
4750-4999	2	0.3	99.3	1	0.3	99.5	1	0.6	99.0	—	—	99.9
>4999	5	0.7	100.0	3	0.8	100.3	2	1.2	100.2	—	—	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 21 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<5	—	—	—	—	—	—	—	—	—	—	—	—
5-9	—	—	—	—	—	—	—	—	—	—	—	—
10-14	3	0.5	0.5	—	—	—	3	0.9	0.9	—	—	—
15-19	12	2.2	2.7	2	1.8	1.8	7	2.0	2.9	3	3.4	3.4
20-24	8	1.4	4.1	1	0.9	2.7	6	1.4	4.3	2	2.3	5.7
25-29	23	4.1	8.2	3	2.7	5.4	14	4.0	8.3	6	6.9	12.6
30-34	26	4.7	12.9	4	3.5	8.9	17	4.9	13.2	4	4.6	17.2
35-39	29	5.2	18.1	4	3.5	12.4	18	5.2	18.4	6	6.9	24.1
40-44	35	6.3	24.4	6	5.3	17.7	26	7.5	25.9	3	3.4	27.5
45-49	41	7.4	31.8	9	8.0	25.7	27	7.8	33.7	4	4.6	32.1
50-59	75	13.5	45.3	20	17.7	43.4	47	13.5	47.2	7	8.0	40.1
60-69	82	14.7	60.0	18	15.9	59.3	54	15.5	62.7	9	10.3	50.4
70-79	61	11.0	71.0	13	11.5	70.8	41	11.8	74.5	5	5.7	56.1
80-89	52	9.3	80.3	9	8.0	78.8	32	9.2	83.7	11	12.6	68.7
90-99	35	6.3	86.6	10	8.8	87.6	22	6.3	90.0	3	3.4	72.1
100-109	22	3.9	90.5	3	2.7	90.3	13	3.7	93.7	4	4.6	76.7
110-119	14	2.5	93.0	7	6.2	96.5	5	1.4	95.1	2	2.3	79.0
120-129	10	1.8	94.8	1	0.9	97.4	6	1.7	96.8	3	3.4	82.4
130-139	8	1.4	96.2	1	0.9	98.3	4	1.1	97.9	3	3.4	85.8
140-149	4	0.7	96.9	1	0.9	99.2	3	0.9	98.8	—	—	85.8
150-159	5	0.9	97.8	1	0.9	100.1	—	—	98.8	4	4.6	90.4
160-169	2	0.4	98.2	—	—	100.1	1	0.3	99.1	1	1.1	91.5
170-179	2	0.4	98.6	—	—	100.1	—	—	99.1	2	2.3	93.8
180-189	1	0.2	98.8	—	—	100.1	1	0.3	99.4	3	3.4	97.2
190-199	4	0.7	99.5	—	—	100.1	1	0.3	99.7	1	1.1	98.3
200-209	1	0.2	99.7	—	—	100.1	—	—	99.7	—	—	98.3
210-219	—	—	99.7	—	—	100.1	—	—	99.7	—	—	98.8
220-229	—	—	99.7	—	—	100.1	—	—	99.7	—	—	98.3
230-239	—	—	99.7	—	—	100.1	—	—	99.7	—	—	98.8
240-249	—	—	99.7	—	—	100.1	—	—	99.7	—	—	98.3
>249	2	0.4	100.1	—	—	100.1	1	0.3	100.0	1	1.1	99.4

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 22 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<5	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
5-9	—	—	0.1	—	—	—	—	—	—	—	—	0.7
10-14	1	0.1	0.2	1	0.3	0.3	—	—	—	—	—	0.7
15-19	1	0.1	0.3	—	—	0.3	1	0.6	0.6	—	—	0.7
20-24	15	2.0	2.3	8	2.0	2.3	4	2.4	3.0	2	1.4	2.1
25-29	15	2.0	4.3	7	1.8	4.1	3	1.8	4.8	3	2.1	4.2
30-34	19	2.6	6.9	9	2.3	6.4	4	2.4	7.2	2	1.4	5.6
35-39	25	3.4	10.3	13	3.3	9.7	6	3.6	10.8	5	3.5	9.1
40-44	26	3.5	13.8	14	3.6	13.3	9	5.4	16.2	2	1.4	10.5
45-49	29	3.9	17.7	14	3.6	16.9	8	4.8	21.0	4	2.8	13.3
50-59	84	11.4	29.1	43	11.0	27.9	18	10.7	31.7	19	13.5	26.8
60-69	111	15.0	44.1	55	14.0	41.9	21	12.5	44.2	25	17.7	44.5
70-79	91	12.3	56.4	49	12.5	54.4	22	13.1	57.3	16	11.3	55.8
80-89	79	10.7	67.1	43	11.0	65.4	22	13.1	70.4	12	8.5	64.3
90-99	63	8.5	75.6	34	8.7	74.1	10	6.0	76.4	16	11.3	75.6
100-109	58	7.8	83.4	33	8.4	82.5	12	7.1	83.5	12	8.5	84.1
110-119	38	5.1	88.5	23	5.9	88.4	8	4.8	88.3	7	5.0	89.1
120-129	26	3.5	92.0	16	4.1	92.5	2	1.2	89.5	6	4.3	93.4
130-139	20	2.7	94.7	12	3.1	95.6	5	3.0	92.5	3	2.1	95.5
140-149	15	2.0	96.7	7	1.8	97.4	4	2.4	94.9	4	2.8	98.3
150-159	4	0.5	97.2	3	0.8	98.2	1	0.6	95.5	—	—	98.3
160-169	5	0.7	97.9	1	0.3	98.5	4	2.4	97.9	—	—	98.3
170-179	3	0.4	98.3	3	0.8	99.3	—	—	97.9	—	—	98.3
180-189	—	—	98.3	—	—	99.3	—	—	97.9	—	—	98.3
190-199	3	0.4	98.7	2	0.5	99.8	1	0.6	98.5	—	—	98.3
200-209	1	0.1	98.8	1	0.3	100.1	0	—	98.5	—	—	98.3
210-219	5	0.7	99.5	1	0.3	100.4	2	1.2	99.7	2	1.4	99.7
220-229	—	—	99.5	—	—	100.4	—	—	99.7	—	—	99.7
230-239	—	—	99.5	—	—	100.4	—	—	99.7	—	—	99.7
240-249	1	0.1	99.6	—	—	100.4	1	0.6	100.3	—	—	99.7
>249	—	—	99.6	—	—	100.4	—	—	100.3	—	—	99.7

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 23 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<50	2	0.4	0.4	—	—	—	2	0.6	0.6	—	—	—
50-99	8	1.4	1.8	—	—	—	5	1.4	2.0	3	3.4	3.4
100-149	21	3.8	5.6	2	1.8	1.8	17	4.9	6.9	2	2.3	5.7
150-199	21	3.8	9.4	3	2.7	4.5	11	3.2	10.1	6	6.9	12.6
200-299	31	5.6	15.0	—	—	4.5	24	6.9	17.0	7	8.0	20.6
300-399	55	9.9	24.9	8	7.1	11.6	34	9.8	26.8	12	13.8	34.4
400-499	49	8.8	33.7	9	8.0	19.6	34	9.8	36.6	5	5.7	40.1
500-599	54	9.7	43.4	11	9.7	29.3	33	9.5	46.1	10	11.5	51.6
600-699	49	8.8	52.2	11	9.7	39.0	34	9.8	55.9	3	3.4	55.0
700-799	44	7.9	60.1	10	8.8	47.8	30	8.6	64.5	4	4.6	59.6
800-899	47	8.4	68.5	10	8.8	56.6	29	8.3	72.8	7	8.0	67.6
900-999	43	7.7	76.2	11	9.7	66.3	26	7.5	80.3	6	6.9	74.5
1000-1199	60	10.8	87.0	10	8.8	75.1	40	11.5	91.8	8	9.2	83.7
1200-1399	36	6.5	93.5	12	10.6	85.7	15	4.3	96.1	9	10.3	94.0
1400-1599	16	2.9	96.4	9	8.0	93.7	6	1.7	97.8	1	1.1	95.1
1600-1799	10	1.8	98.2	4	3.5	97.2	4	1.1	98.9	1	1.1	96.2
1800-1999	5	0.9	99.1	1	0.9	98.1	4	1.1	100.0	—	—	96.2
>1999	6	1.1	100.2	2	1.8	99.9	—	—	100.0	3	3.4	99.6

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 24 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<50	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
50-99	3	0.4	0.5	2	0.5	0.5	—	—	—	—	—	0.7
100-149	10	1.4	1.9	4	1.0	1.5	2	1.2	1.2	2	1.4	2.1
150-199	13	1.8	3.7	5	1.3	2.8	5	3.0	4.2	2	1.4	3.5
200-299	19	2.6	6.3	4	1.0	3.8	9	5.4	9.6	4	2.8	6.3
300-399	30	4.1	10.4	13	3.3	7.1	7	4.2	13.8	5	3.5	9.8
400-499	55	7.4	17.8	27	6.9	14.0	16	9.5	23.3	7	5.0	14.8
500-599	53	7.2	25.0	22	5.6	19.6	12	7.1	30.4	17	12.1	26.9
600-699	43	5.8	30.8	21	5.4	25.0	15	8.9	39.3	7	5.0	31.9
700-799	56	7.6	38.4	23	5.9	30.9	24	14.3	53.6	8	5.7	37.6
800-899	60	8.1	46.5	33	8.4	39.3	10	6.0	59.6	13	9.2	46.8
900-999	70	9.5	56.0	41	10.5	49.8	14	8.3	67.9	12	8.5	55.3
1000-1199	101	13.7	69.7	62	15.8	65.6	13	7.7	75.6	23	16.3	71.6
1200-1399	87	11.8	81.5	50	12.8	78.4	17	10.1	85.7	15	10.6	82.2
1400-1599	43	5.8	87.3	24	6.1	84.5	9	5.4	91.1	10	7.1	89.3
1600-1799	47	6.4	93.7	29	7.4	91.9	6	3.6	94.7	10	7.1	96.4
1800-1999	21	2.8	96.5	14	3.6	95.5	4	2.4	97.1	3	2.1	98.5
>1999	27	3.7	100.2	18	4.6	100.1	5	3.0	100.1	2	1.4	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 25 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	—	—	—	—	—	—	—	—	—	—	—	—
1.5-1.9	1	0.2	0.2	—	—	—	1	0.3	0.8	—	—	—
2.0-2.4	4	0.7	0.9	2	1.8	1.8	1	0.3	0.6	1	1.1	1.1
2.5-2.9	6	1.1	2.0	1	0.9	2.7	5	1.4	2.0	—	—	1.1
3.0-3.4	8	1.4	3.4	2	1.8	4.5	5	1.4	3.4	1	1.1	2.2
3.5-3.9	10	1.8	5.2	1	0.9	5.4	4	1.2	4.6	4	4.6	6.8
4.0-4.4	18	3.2	8.4	3	2.7	8.1	13	3.7	8.3	2	2.3	9.1
4.5-4.9	11	2.0	10.4	—	—	8.1	11	3.2	11.5	—	—	9.1
5.0-5.9	32	5.7	16.1	7	6.2	14.3	23	6.6	18.1	2	2.3	11.4
6.0-6.9	55	9.9	26.0	9	8.0	22.3	37	10.6	28.7	7	8.0	19.4
7.0-7.9	61	11.0	37.0	10	8.8	31.1	44	12.7	41.4	6	6.9	26.3
8.0-8.9	55	9.9	46.9	15	13.3	44.4	34	9.8	51.2	5	5.7	32.0
9.0-9.9	53	9.5	56.4	8	7.1	51.5	39	11.2	62.4	4	4.6	36.6
10.0-10.9	38	6.8	63.2	11	9.7	61.2	23	6.6	69.0	4	4.6	41.2
11.0-11.9	29	5.2	68.4	8	7.1	68.3	16	4.6	73.6	5	5.7	46.9
12.0-12.9	36	6.5	74.9	8	7.1	75.4	21	6.0	79.6	6	6.9	53.8
13.0-13.9	24	4.3	79.2	7	6.2	81.6	12	3.5	83.1	5	5.7	59.5
14.0-14.9	19	3.4	82.6	5	4.4	86.0	11	3.2	86.3	2	2.3	61.8
15.0-15.9	18	3.2	85.8	5	4.4	90.4	9	2.6	88.9	4	4.6	66.4
16.0-16.9	15	2.7	88.5	2	1.8	92.2	11	3.2	92.1	2	2.3	68.7
17.0-17.9	13	2.3	90.8	2	1.8	94.0	8	2.3	94.4	3	3.4	72.1
18.0-18.9	8	1.4	92.2	1	0.9	94.9	5	1.4	95.8	2	2.3	74.4
19.0-19.9	8	1.4	93.6	1	0.9	95.8	4	1.2	97.0	3	3.4	77.8
>19.9	35	6.3	99.9	5	4.4	100.2	11	3.2	100.2	19	21.8	99.6

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 26 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<0.5	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
0.5-0.9	—	—	0.1	—	—	—	—	—	—	—	—	0.7
1.0-1.4	—	—	0.1	—	—	—	—	—	—	—	—	0.7
1.5-1.9	—	—	0.1	—	—	—	—	—	—	—	—	0.7
2.0-2.4	1	0.1	0.2	1	0.3	0.3	—	—	—	—	—	0.7
2.5-2.9	8	1.1	1.3	5	1.3	1.6	1	0.6	0.6	1	0.7	1.4
3.0-3.4	6	0.8	2.1	4	1.0	2.6	2	1.2	1.8	—	—	1.4
3.5-3.9	9	1.2	3.3	7	1.8	4.4	1	0.6	2.4	—	—	1.4
4.0-4.4	8	1.1	4.4	4	1.0	5.4	4	2.4	4.8	—	—	1.4
4.5-4.9	17	2.3	6.7	6	1.5	6.9	5	3.0	7.8	4	2.8	4.2
5.0-5.9	49	6.6	13.3	25	6.4	13.3	12	7.1	14.9	11	7.8	12.0
6.0-6.9	49	6.6	19.9	31	7.9	21.2	8	4.8	19.7	6	4.3	16.3
7.0-7.9	70	9.5	29.4	44	11.2	32.4	10	6.0	25.7	7	5.0	21.3
8.0-8.9	58	7.8	37.2	31	7.9	40.3	12	7.1	32.8	11	7.8	29.1
9.0-9.9	70	9.5	46.7	39	9.9	50.2	16	9.5	42.3	12	8.5	37.6
10.0-10.9	56	7.6	54.3	28	7.1	57.3	14	8.3	50.6	12	8.5	46.1
11.0-11.9	67	9.1	63.4	34	8.7	66.0	20	11.9	62.5	12	8.5	54.6
12.0-12.9	47	6.4	69.8	17	4.3	70.3	14	8.3	70.8	12	8.5	63.1
13.0-13.9	37		74.8	19	4.8	75.1	8	4.8	75.6	9	6.4	69.5
14.0-14.9	32	4.3	79.1	18	4.5	79.7	5	3.0	78.6	9	6.4	75.9
15.0-15.9	33	4.5	83.6	21	5.4	85.1	4	2.4	81.0	8	5.7	81.6
16.0-16.9	15	2.0	85.6	7	1.8	86.9	4	2.4	83.4	4	2.8	84.4
17.0-17.9	12	1.6	87.2	7	1.8	88.7	1	0.6	84.0	3	2.1	86.5
18.0-18.9	21	2.8	90.0	11	2.8	91.5	7	4.2	88.2	3	2.1	88.6
19.0-19.9	12	1.6	91.6	6	1.5	93.0	4	2.4	90.6	2	1.4	90.0
>19.9	61	8.3	99.9	27	6.9	99.9	16	9.5	100.1	14	9.9	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 27 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<250	12	2.2	2.2	—	—	—	7	2.0	2.0	5	5.7	5.7
250-499	19	3.4	5.6	4	3.5	3.5	10	2.9	4.9	5	5.7	11.4
500-749	25	4.5	10.1	5	4.4	7.9	12	3.4	8.3	7	8.0	19.4
750-999	35	6.3	16.4	6	5.3	13.2	24	6.9	15.2	5	5.7	25.1
1000-1249	47	8.4	24.8	8	7.1	20.3	29	8.3	23.5	10	11.5	36.6
1250-1499	42	7.5	32.3	11	9.7	30.0	28	8.0	31.5	3	3.4	40.0
1500-1749	34	6.1	38.4	9	8.0	38.0	22	6.3	37.8	3	3.4	43.4
1750-1999	36	6.5	44.9	7	6.2	44.2	24	6.9	44.7	5	5.7	49.1
2000-2249	28	5.0	49.9	8	7.1	51.3	15	4.3	49.0	4	4.6	53.7
2250-2499	27	4.8	54.7	4	3.5	54.8	18	5.2	54.2	3	3.4	57.1
2500-2999	52	9.3	64.0	12	10.6	65.4	29	8.3	62.5	10	11.5	68.6
3000-3499	28	5.0	69.0	6	5.3	70.7	15	4.3	66.8	7	8.0	76.6
3500-3999	21	3.8	72.8	6	5.3	76.0	10	2.9	69.7	3	3.4	80.0
4000-4499	15	2.7	75.5	3	2.7	78.7	9	2.6	72.3	2	2.3	82.3
4500-4999	20	3.6	79.1	10	8.8	87.5	10	2.9	75.2	—	—	82.3
5000-5999	32	5.7	84.8	4	3.5	91.0	25	7.2	82.4	3	3.4	85.7
6000-6999	18	3.2	88.0	1	0.9	91.9	11	3.2	85.6	5	5.7	91.4
7000-7999	10	1.8	89.8	4	3.5	95.4	5	1.4	87.0	1	1.1	92.5
8000-8999	7	1.3	91.1	1	0.9	96.3	4	1.1	88.1	2	2.3	94.8
9000-9999	7	1.3	92.4	1	0.9	97.2	5	1.4	89.5	1	1.1	95.9
>9999	42	7.5	99.9	3	2.7	99.9	36	10.3	99.8	3	3.4	99.3

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 28 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<250	11	1.5	1.5	3	0.8	0.8	2	1.2	1.2	5	3.5	3.5
250-499	9	1.2	2.7	3	0.8	1.6	3	1.8	3.0	1	0.7	4.2
500-749	24	3.2	5.9	9	2.3	3.9	7	4.2	7.2	5	3.5	7.7
750-999	35	4.7	10.6	16	4.1	8.0	14	8.3	15.5	3	2.1	9.8
1000-1249	46	6.2	16.8	18	4.6	12.6	16	9.5	25.0	8	5.7	15.5
1250-1499	49	6.6	23.4	26	6.6	19.2	14	8.3	33.3	8	5.7	21.2
1500-1749	42	5.7	29.1	25	6.4	25.6	9	5.4	38.7	6	4.3	25.5
1750-1999	44	6.0	35.1	29	7.4	33.0	7	4.2	42.9	8	5.7	31.2
2000-2249	48	6.5	41.6	26	6.6	39.6	13	7.7	50.6	8	5.7	36.9
2250-2499	49	6.6	48.2	27	6.9	46.5	11	6.5	57.1	9	6.4	43.3
2500-2999	61	8.3	56.5	36	9.2	55.7	7	4.2	61.3	14	9.9	53.2
3000-3499	45	6.1	62.6	24	6.1	61.8	10	6.0	67.3	11	7.8	61.0
3500-3999	36	4.9	67.5	23	5.9	67.7	4	2.4	69.7	7	5.0	66.0
4000-4499	38	5.1	72.6	20	5.1	72.8	5	3.0	72.7	10	7.1	73.1
4500-4999	38	5.1	77.7	19	4.8	77.6	6	3.6	76.3	11	7.8	80.9
5000-5999	37	5.0	82.7	21	5.4	83.0	6	3.6	79.9	8	5.7	86.6
6000-6999	38	5.1	87.8	24	6.1	89.1	6	3.6	83.5	6	4.3	90.9
7000-7999	18	2.4	90.2	9	2.3	91.4	4	2.4	85.9	4	2.8	93.7
8000-8999	12	1.6	91.8	5	1.3	92.7	5	3.0	88.9	1	0.7	94.4
9000-9999	13	1.8	93.6	8	2.0	94.7	3	1.8	90.7	1	0.7	95.1
>9999	46	6.2	99.8	21	5.4	100.1	16	9.5	100.2	7	5.0	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 29 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	118	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	1	0.2	0.2	—	—	—	1	0.3	0.3	—	—	—
0.10-0.14	—	—	0.2	—	—	—	—	—	0.3	—	—	—
0.15-0.19	—	—	0.2	—	—	—	—	—	0.3	—	—	—
0.20-0.29	9	1.6	1.8	2	1.8	1.8	7	2.0	2.3	—	—	—
0.30-0.39	23	4.1	5.9	5	4.4	6.2	12	3.4	5.7	6	6.9	6.9
0.40-0.49	25	4.5	10.4	2	1.8	8.0	16	4.6	10.3	5	5.7	12.6
0.50-0.59	31	5.6	16.0	4	3.5	11.5	23	6.6	16.9	3	3.4	16.0
0.60-0.69	59	10.6	26.6	10	8.8	20.3	43	12.4	29.3	6	6.9	22.9
0.70-0.79	59	10.6	37.2	16	14.2	34.5	38	10.9	40.2	5	5.7	28.6
0.80-0.89	43	7.7	44.9	9	8.0	42.5	29	8.3	48.5	4	4.6	33.2
0.90-0.99	47	8.4	53.3	13	11.5	54.0	27	7.8	56.3	6	6.9	40.1
1.00-1.19	78	14.0	67.3	14	12.4	66.4	55	15.8	72.1	7	8.0	48.1
1.20-1.39	62	11.1	78.4	14	12.4	78.8	39	11.2	83.3	8	9.2	57.3
1.40-1.59	34	6.1	84.5	6	5.3	84.1	18	5.2	88.5	10	11.5	68.8
1.60-1.79	26	4.7	89.2	8	7.1	91.2	10	2.9	91.4	8	9.2	78.0
1.80-1.99	11	2.0	91.2	1	0.9	92.1	4	1.1	92.5	6	6.9	84.9
>1.99	49	8.8	100.0	9	8.0	100.1	26	7.5	100.0	13	14.9	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 30 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<0.05	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
0.05-0.09	—	—	0.1	—	—	—	—	—	—	—	—	0.7
0.10-0.14	—	—	0.1	—	—	—	—	—	—	—	—	0.7
0.15-0.19	—	—	0.1	—	—	—	—	—	—	—	—	0.7
0.20-0.29	9	1.2	1.3	6	1.5	1.5	1	0.6	0.6	—	—	0.7
0.30-0.39	15	2.0	3.3	9	2.3	3.8	2	1.2	1.8	3	2.1	2.8
0.40-0.49	25	3.4	6.7	9	2.3	6.1	10	6.0	7.8	5	3.5	6.3
0.50-0.59	40	5.4	12.1	24	6.1	12.2	8	4.8	12.6	4	2.8	9.1
0.60-0.69	60	8.1	20.2	32	8.2	20.4	15	8.9	21.5	10	7.1	16.2
0.70-0.79	65	8.8	29.0	35	8.9	29.3	17	10.1	31.6	8	5.7	21.9
0.80-0.89	68	9.2	38.2	46	11.7	41.0	9	5.4	37.0	9	6.4	28.3
0.90-0.99	65	8.8	47.0	33	8.4	49.4	17	10.1	47.1	12	8.5	36.8
1.00-1.19	113	15.3	62.3	64	16.3	65.7	22	13.1	60.2	19	13.5	50.3
1.20-1.39	87	11.8	74.1	49	12.5	78.2	16	9.5	69.7	18	12.8	63.1
1.40-1.59	39	5.3	79.4	20	5.1	83.3	9	5.4	75.1	9	6.4	69.5
1.60-1.79	39	5.3	84.7	24	6.1	89.4	9	5.4	80.5	5	3.5	73.0
1.80-1.99	27	3.7	88.4	17	4.3	93.7	6	3.6	84.1	4	2.8	75.8
>1.99	86	11.6	100.0	24	6.1	99.8	27	16.1	100.2	34	24.1	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 31 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<.05	—	—	—	—	—	—	—	—	—	—	—	—
.05-.09	—	—	—	—	—	—	—	—	—	—	—	—
.10-.14	2	0.4	0.4	—	—	—	1	0.3	0.3	1	1.1	1.1
.15-.19	—	—	0.4	—	—	—	—	—	0.3	—	—	1.1
.20-.29	1	0.2	0.6	—	—	—	1	0.3	0.6	—	—	1.1
.30-.39	10	1.8	2.4	—	—	—	8	2.3	2.9	2	2.3	3.4
.40-.49	15	2.7	5.1	2	1.8	1.8	10	2.9	5.8	3	3.4	6.8
.50-.59	14	2.5	7.6	3	2.7	4.5	7	2.0	7.8	4	4.6	11.4
.60-.69	16	2.9	10.5	3	2.7	7.2	8	2.3	10.1	4	4.6	16.0
.70-.79	17	3.1	13.6	4	3.5	10.7	10	2.9	13.0	3	3.4	19.4
.80-.89	21	3.8	17.4	—	—	10.7	14	4.0	17.0	7	8.0	27.4
.90-.99	23	4.1	21.5	3	2.7	13.4	15	4.3	21.3	5	5.7	33.1
1.00-1.19	50	9.0	30.5	13	11.5	24.9	34	9.8	31.1	3	3.4	36.5
1.20-1.39	55	9.9	40.4	12	10.6	35.5	40	11.5	42.6	3	3.4	39.9
1.40-1.59	60	10.8	51.2	12	10.6	46.1	40	11.5	54.1	7	8.0	47.9
1.60-1.79	44	7.9	59.1	15	13.3	59.4	23	6.6	60.7	4	4.6	52.5
1.80-1.99	45	8.1	67.2	8	7.1	66.5	28	8.0	68.7	9	10.3	62.8
>1.99	184	33.0	100.2	38	33.6	100.1	109	31.3	100.0	32	36.8	99.6

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 32 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<.05	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
.05-.09	—	—	0.1	—	—	—	—	—	—	—	—	0.7
.10-.14	—	—	0.1	—	—	—	—	—	—	—	—	0.7
.15-.19	1	0.1	0.2	1	0.3	0.3	—	—	—	—	—	0.7
.20-.29	4	0.5	0.7	1	0.3	0.6	1	0.6	0.6	1	0.7	1.4
.30-.39	2	0.3	1.0	1	0.3	0.9	—	—	0.6	1	0.7	2.1
.40-.49	14	1.9	2.9	8	2.0	2.9	4	2.4	3.0	—	—	2.1
.50-.59	9	1.2	4.1	2	0.5	3.4	4	2.4	5.4	2	1.4	3.5
.60-.69	10	1.4	5.5	4	1.0	4.4	1	0.6	6.0	2	1.4	4.9
.70-.79	17	2.3	7.8	9	2.3	6.7	7	4.2	10.2	1	0.7	5.6
.80-.89	22	3.0	10.8	9	2.3	9.0	6	3.6	13.8	3	2.1	7.7
.90-.99	25	3.4	14.2	7	1.8	10.8	9	5.4	19.2	6	4.3	12.0
1.00-1.19	57	7.7	21.9	30	7.7	18.5	14	8.3	27.5	11	7.8	19.8
1.20-1.39	51	6.9	28.8	29	7.4	25.9	17	10.1	37.6	4	2.8	22.6
1.40-1.59	71	9.6	38.4	34	8.7	34.6	15	8.9	46.5	18	12.8	35.4
1.60-1.79	85	11.5	49.9	48	12.2	46.8	24	14.3	60.8	10	7.1	42.5
1.80-1.99	67	9.1	59.0	35	8.9	55.7	17	10.1	70.9	10	7.1	49.6
>1.99	303	41.0	100.0	174	44.4	100.1	49	29.2	100.1	71	50.4	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 33 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	—	—	—	—	—	—	—	—	—	—	—	—
1.5-1.9	3	0.5	0.5	1	0.9	0.9	1	0.3	0.3	1	1.1	1.1
2.0-2.4	5	0.9	1.4	2	1.8	2.7	1	0.3	0.6	2	2.3	3.4
2.5-2.9	1	0.2	1.6	—	—	2.7	—	—	0.6	1	1.1	4.5
3.0-3.4	7	1.3	2.9	1	0.9	3.6	6	1.7	2.3	—	—	4.5
3.5-3.9	4	0.7	3.6	—	—	3.6	2	0.6	2.9	2	2.3	6.8
4.0-4.4	12	2.2	5.8	1	0.9	4.5	7	2.0	4.9	4	4.6	11.4
4.5-4.9	11	2.0	7.8	4	3.5	8.0	6	1.7	6.6	1	1.1	12.5
5.0-5.9	32	5.7	13.5	8	7.1	15.1	19	5.5	12.1	3	3.4	15.9
6.0-6.9	34	6.1	19.6	5	4.4	19.5	24	6.9	19.0	4	4.6	20.5
7.0-7.9	43	7.7	27.3	13	11.5	31.0	23	6.6	25.6	7	8.0	28.5
8.0-8.9	45	8.1	35.4	7	6.2	37.2	34	9.8	35.4	4	4.6	33.1
9.0-9.9	45	8.1	43.5	8	7.1	44.3	32	9.2	44.6	3	3.4	36.5
10.0-10.9	41	7.4	50.9	5	4.4	48.7	30	8.6	53.2	6	6.9	43.4
11.0-11.9	39	7.0	57.9	9	8.0	56.7	22	6.3	59.5	7	8.0	51.4
12.0-12.9	29	5.2	63.1	4	3.5	60.2	21	6.0	65.5	4	4.6	56.0
13.0-13.9	33	5.9	69.0	10	8.8	69.0	15	4.3	69.8	7	8.0	64.0
14.0-14.9	22	3.9	72.9	5	4.4	73.4	16	4.6	74.4	1	1.1	65.1
15.0-15.9	21	3.8	76.7	10	8.8	82.2	9	2.6	77.0	2	2.3	67.4
16.0-16.9	22	3.9	80.6	3	2.7	84.9	15	4.3	81.3	3	3.4	70.8
17.0-17.9	15	2.7	83.3	2	1.8	86.7	11	3.2	84.5	2	2.3	73.1
18.0-18.9	13	2.3	85.6	2	1.8	88.5	10	2.9	87.4	1	1.1	74.2
19.0-19.9	13	2.3	87.9	3	2.7	91.2	8	2.3	89.7	2	2.3	76.5
20.0-20.9	9	1.6	89.5	3	2.7	93.9	5	1.4	91.1	1	1.1	77.6
>20.9	58	10.4	99.9	7	6.2	100.1	31	8.9	100.0	19	21.8	99.4

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 34 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<0.5	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
0.5-0.9	—	—	0.1	—	—	—	—	—	—	—	—	0.7
1.0-1.4	1	0.1	0.2	1	0.3	0.3	—	—	—	—	—	0.7
1.5-1.9	3	0.4	0.6	1	0.3	0.6	1	0.6	0.6	1	0.7	1.4
2.0-2.4	3	0.4	1.0	—	—	0.6	1	0.6	1.2	—	—	1.4
2.5-2.9	—	—	1.0	—	—	0.6	—	—	1.2	—	—	1.4
3.0-3.4	3	0.4	1.4	1	0.3	0.9	1	0.6	1.8	1	0.7	2.1
3.5-3.9	8	1.1	2.5	4	1.0	1.9	3	1.2	3.0	1	0.7	2.8
4.0-4.4	10	1.4	3.9	8	2.0	3.9	1	0.6	3.6	1	0.7	3.5
4.5-4.9	9	1.2	5.1	3	0.8	4.7	2	1.2	4.8	3	2.1	5.6
5.0-5.9	27	3.7	8.8	17	4.3	9.0	4	2.4	7.2	6	4.3	9.9
6.0-6.9	33	4.5	13.3	16	4.1	13.1	8	4.8	12.0	5	3.5	13.4
7.0-7.9	37	5.0	18.3	17	4.3	17.4	12	7.1	19.1	7	5.0	18.4
8.0-8.9	55	7.4	25.7	32	8.2	25.6	10	6.0	25.1	7	5.0	23.4
9.0-9.9	50	6.8	32.5	30	7.7	33.3	9	5.4	30.5	8	5.7	29.1
10.0-10.9	47	6.4	38.9	21	5.4	38.7	12	7.1	37.6	11	7.8	36.9
11.0-11.9	48	6.5	45.4	23	5.9	44.6	13	7.7	45.3	10	7.1	44.0
12.0-12.9	43	5.8	51.2	19	4.8	49.4	9	5.4	50.7	12	8.5	52.5
13.0-13.9	46	6.2	57.4	24	6.1	55.5	11	6.5	57.2	7	5.0	57.5
14.0-14.9	36	4.9	62.3	23	5.9	61.4	7	4.2	61.4	5	3.5	61.0
15.0-15.9	34	4.6	66.9	17	4.3	65.7	10	6.0	67.4	6	4.8	65.3
16.0-16.9	26	3.5	70.4	13	3.3	69.0	10	6.0	73.4	3	2.1	67.4
17.0-17.9	34	4.6	75.0	17	4.8	73.3	5	3.0	76.4	9	6.4	73.8
18.0-18.9	32	4.3	79.3	19	4.8	78.1	6	3.6	80.0	6	4.3	78.1
19.0-19.9	20	2.7	82.0	14	3.6	81.7	4	2.4	82.4	2	1.4	79.5
20.0-20.9	25	3.4	85.4	10	2.6	84.3	5	3.0	85.4	10	7.1	86.6
>20.9	108	14.6	100.0	62	15.8	100.1	24	14.3	99.7	19	13.5	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 35 Appendix. *Cumulative Percentage Distribution of Vitimin C Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Viamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	113	100.0	100.0	348	100.0	100.0	87	100.0	100.0
<5	57	10.2	10.2	11	9.7	9.7	39	11.2	11.2	7	8.0	8.0
5-9	59	10.6	20.8	13	11.5	21.2	40	11.5	22.7	5	5.7	13.7
10-14	41	7.4	28.2	5	4.4	25.6	31	8.9	31.6	4	4.6	18.3
15-19	41	7.4	35.6	12	10.6	36.2	22	6.3	37.9	6	6.9	25.2
20-24	30	5.4	41.0	5	4.4	40.6	20	5.7	43.6	5	5.7	30.9
25-29	30	5.4	46.4	8	7.1	47.7	13	3.7	47.3	9	10.3	41.2
30-34	24	4.3	50.7	8	7.1	54.8	13	3.7	51.0	3	3.4	44.6
35-39	27	4.8	55.5	6	5.3	60.1	17	4.9	55.9	3	3.4	48.0
40-44	24	4.3	59.8	5	4.4	64.5	17	4.9	60.8	2	2.3	50.3
45-49	16	2.9	62.7	4	3.5	68.0	10	2.9	63.7	1	1.1	51.4
50-59	23	4.1	66.8	5	4.4	72.4	15	4.3	68.0	2	2.3	53.7
60-69	25	4.5	71.3	6	5.3	77.7	15	4.3	72.3	3	3.4	57.1
70-79	14	2.5	73.8	2	1.8	79.5	7	2.0	74.3	5	5.7	62.8
80-89	28	5.0	78.8	4	3.5	83.0	19	5.5	79.8	4	4.6	67.4
90-99	20	3.6	82.4	5	4.4	87.4	13	3.7	83.5	2	2.3	69.7
100-109	14	2.5	84.9	1	0.9	88.3	6	1.7	85.2	7	8.0	77.7
110-119	9	1.6	86.5	1	0.9	89.2	6	1.7	86.9	2	2.3	80.0
120-129	5	0.9	87.4	—	—	89.2	5	1.4	88.3	—	—	80.0
130-139	9	1.6	89.0	—	—	89.2	9	2.6	90.9	—	—	80.0
140-149	6	1.1	90.1	2	1.8	91.0	3	0.9	91.8	1	1.1	81.1
>149	55	9.9	100.0	10	8.8	99.8	28	8.0	99.8	16	18.4	99.5

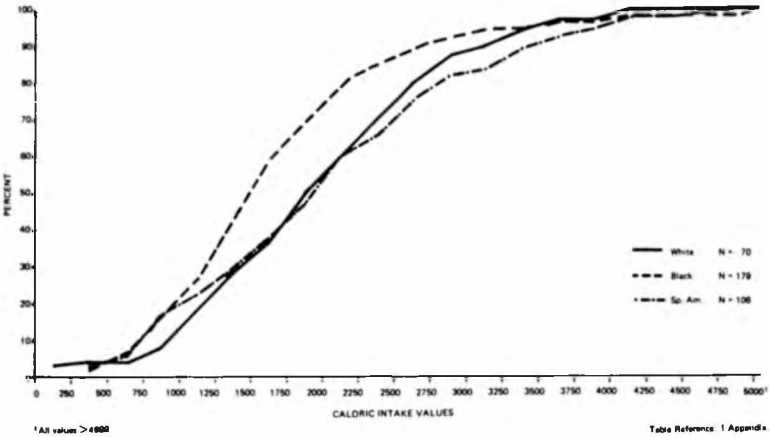
[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 36 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Viamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	739	100.0	100.0	392	100.0	100.0	168	100.0	100.0	141	100.0	100.0
<5	41	5.5	5.5	15	3.8	3.8	12	7.1	7.1	12	8.5	8.5
5-9	51	6.9	12.4	24	6.1	9.9	15	8.9	16.0	8	5.7	14.2
10-14	49	6.6	19.0	29	7.4	17.3	7	4.2	20.2	9	6.4	20.6
15-19	58	7.8	26.8	32	8.2	25.5	14	8.3	28.5	1	7.8	28.4
20-24	45	6.1	32.9	22	5.6	31.1	11	6.5	35.0	9	6.4	34.8
25-29	41	5.5	38.4	22	5.6	36.7	8	4.8	39.8	10	7.1	41.9
30-34	30	4.1	42.5	15	3.8	40.5	9	5.4	45.2	5	3.5	45.4
35-39	44	6.0	48.5	22	5.6	46.1	13	7.7	52.9	7	5.0	50.4
40-44	27	3.7	52.2	17	4.3	50.4	1	0.6	53.5	7	5.0	55.4
45-49	33	4.5	56.7	21	5.4	55.8	5	3.0	56.5	4	2.8	58.2
50-59	44	6.0	62.7	23	5.9	61.7	10	6.0	62.5	8	5.7	63.9
60-69	27	3.7	66.4	15	3.8	65.5	6	3.6	66.1	6	4.3	68.2
70-79	28	3.8	70.2	11	2.8	68.3	8	4.8	70.9	8	5.7	73.9
80-89	36	4.9	75.1	21	5.4	73.7	9	5.4	76.3	6	4.3	78.2
90-99	34	4.6	79.7	19	4.8	78.5	9	5.4	81.7	4	2.8	81.0
100-109	16	2.2	81.9	9	2.3	80.8	3	1.8	83.5	2	1.4	82.4
110-119	12	1.6	83.5	4	1.0	81.8	3	1.8	85.3	5	3.5	85.9
120-129	15	2.0	85.5	6	1.5	83.3	6	3.6	88.9	2	1.4	87.3
130-139	18	2.4	87.9	8	2.0	85.3	4	2.4	91.3	6	4.3	91.6
140-149	10	1.4	89.3	8	2.0	87.3	—	—	91.3	1	0.7	92.3
>149	80	10.8	100.1	49	12.5	99.8	15	8.9	100.2	11	7.8	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

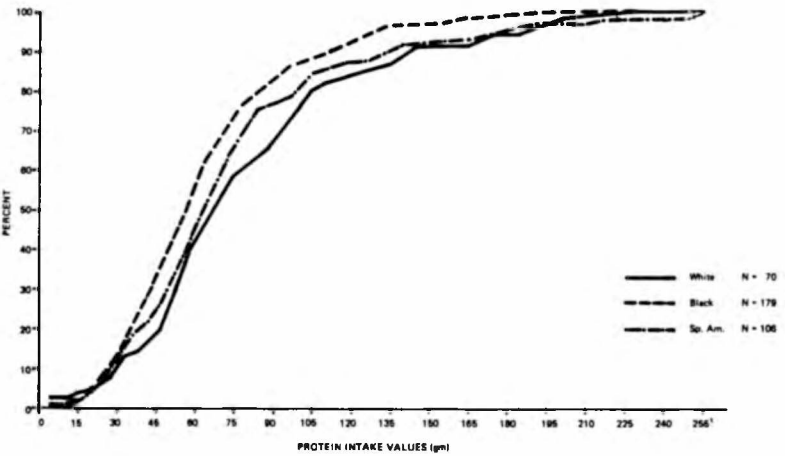
Figure 1 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All values > 4999

Table Reference: 1 Appendix

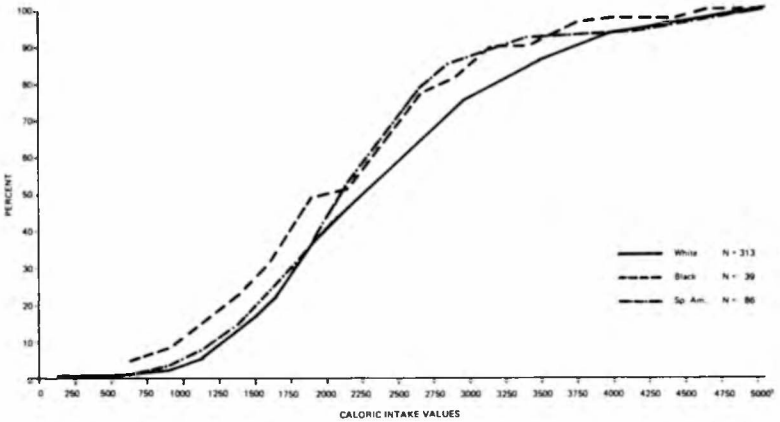
Figure 3 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All values > 249

Table Reference: 3 Appendix.

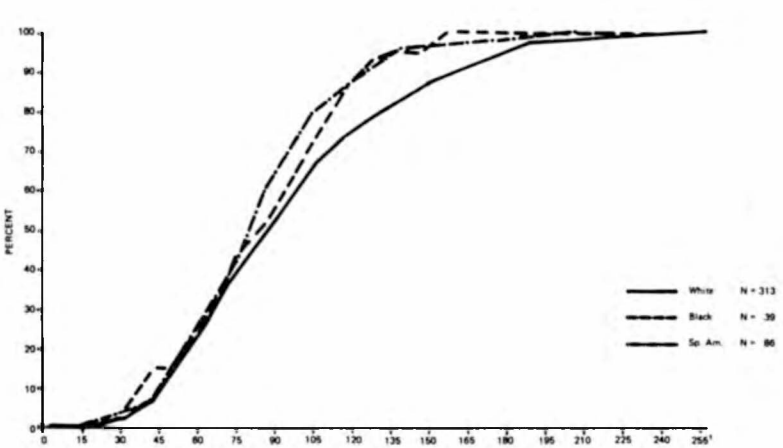
Figure 2 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All values > 4999

Table Reference: 2 Appendix

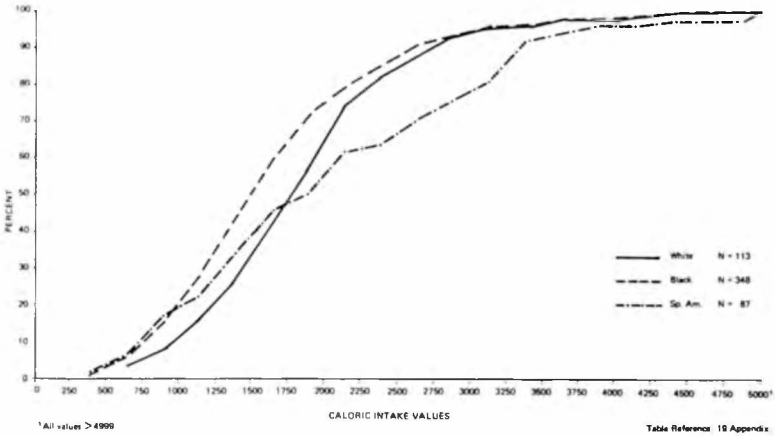
Figure 4 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All values > 249

Table Reference: 4 Appendix.

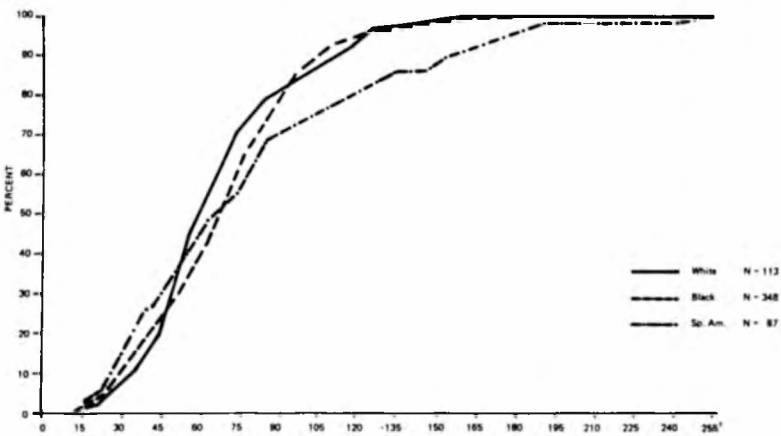
Figure 5 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All values > 4999

Table Reference: 19 Appendix.

Figure 7 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All values > 249

Table Reference: 21 Appendix.

Figure 6 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

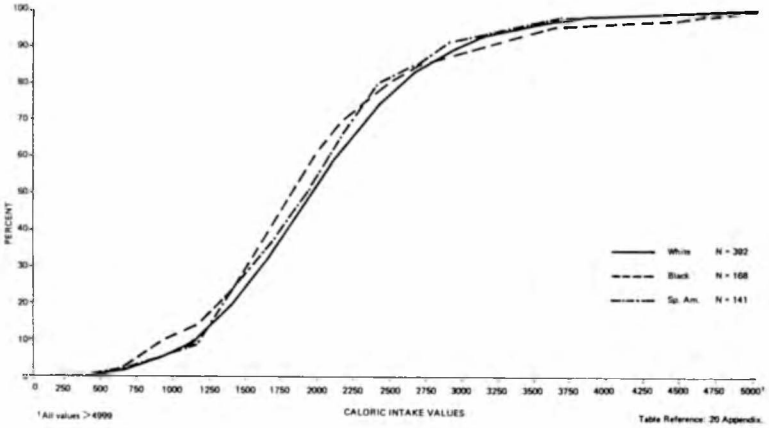


Figure 8 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Ten and Eleven Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

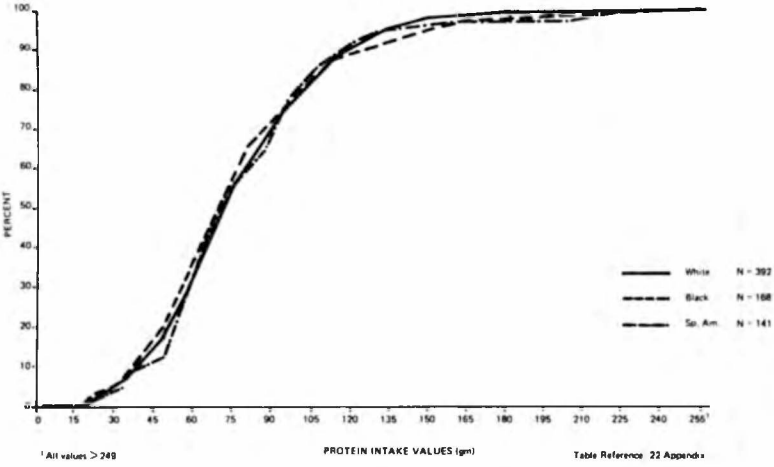


Table 37 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	5	0.7	0.7	1	0.6	0.6	4	1.0	1.0	—	—	—
500-749	19	2.7	3.4	1	0.6	1.2	15	3.8	4.8	3	2.3	2.3
750-999	44	6.2	9.6	3	1.8	3.0	38	9.6	14.4	2	1.6	3.9
1000-1249	66	9.3	18.9	11	6.7	9.7	43	10.8	25.2	11	8.6	12.5
1250-1499	65	9.2	28.1	9	5.5	15.2	41	10.3	35.5	12	9.4	21.9
1500-1749	80	11.3	39.4	20	12.1	27.3	49	12.3	47.8	8	6.3	28.2
1750-1999	76	10.8	50.2	16	9.7	37.0	46	11.6	59.4	12	9.4	37.6
2000-2249	79	11.2	61.4	19	11.5	48.5	44	11.1	70.5	15	11.7	49.3
2250-2499	54	7.6	69.0	12	7.3	55.8	28	7.1	77.6	13	10.2	59.5
2500-2749	39	5.5	74.5	12	7.3	63.1	17	4.3	81.9	9	7.0	66.5
2750-2999	35	5.0	79.5	12	7.3	70.4	15	3.8	85.7	8	6.3	72.8
3000-3249	25	3.5	83.0	5	3.0	73.4	15	3.8	89.5	4	3.1	75.9
3250-3499	19	2.7	85.7	7	4.2	77.6	4	1.0	90.5	8	6.3	82.2
3500-3749	24	3.4	89.1	11	6.7	84.3	7	1.8	92.3	6	4.7	86.9
3750-3999	17	2.4	91.5	5	3.0	87.3	6	1.5	93.8	5	3.9	90.8
4000-4249	14	2.0	93.5	3	1.8	89.1	7	1.8	95.6	3	2.3	93.1
4250-4499	11	1.6	95.1	7	4.2	93.3	2	0.5	96.1	2	1.6	94.7
4500-4749	14	2.0	97.1	4	2.4	95.7	9	2.3	98.4	1	0.8	95.5
4750-4999	6	0.8	97.9	3	1.8	97.5	3	0.8	99.2	—	—	95.5
>4999	14	2.0	99.9	4	2.4	99.9	4	1.0	100.2	6	4.7	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 38 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<250	1	0.1	0.1	—	—	—	—	—	—	1	0.6	0.6
250-499	1	0.1	0.2	1	0.2	0.2	—	—	—	—	—	0.6
500-749	9	1.0	1.2	3	0.6	0.8	3	1.5	1.5	3	1.9	2.5
750-999	22	2.4	3.6	7	1.4	2.2	11	5.4	6.9	3	1.9	4.4
1000-1249	34	3.7	7.3	17	3.3	5.5	8	3.9	10.8	5	3.2	7.6
1250-1499	53	5.8	13.1	23	4.5	10.0	13	6.4	17.2	10	6.4	14.0
1500-1749	59	6.4	19.5	27	5.3	15.3	15	7.4	24.6	12	7.7	21.7
1750-1999	66	7.2	26.7	32	6.2	21.5	14	6.9	31.5	16	10.3	32.0
2000-2249	100	10.9	37.6	52	10.1	31.6	28	13.8	45.3	17	10.9	42.9
2250-2499	79	8.6	46.2	49	9.6	41.2	18	8.9	54.2	7	4.5	47.4
2500-2749	79	8.6	54.8	48	9.4	50.6	15	7.4	61.6	12	7.7	55.1
2750-2999	78	8.5	63.3	52	10.1	60.7	10	4.9	66.5	13	8.3	63.4
3000-3249	55	6.0	69.3	34	6.6	67.3	8	3.9	70.4	9	5.8	69.2
3250-3499	61	6.6	75.9	32	6.2	73.5	15	7.4	77.8	12	7.7	76.9
3500-3749	51	5.6	81.5	31	6.0	79.5	10	4.9	82.7	8	5.1	82.0
3750-3999	32	3.5	85.0	19	3.7	83.2	6	3.0	85.7	6	3.8	85.8
4000-4249	32	3.5	88.5	17	3.3	86.5	7	3.4	89.1	7	4.5	90.3
4250-4499	34	3.7	92.2	17	3.3	89.8	7	3.4	92.5	10	6.4	96.7
4500-4749	21	2.3	94.5	14	2.7	92.5	4	2.0	94.5	3	1.9	98.6
4750-4999	9	1.0	95.5	7	1.4	93.9	2	1.0	95.5	—	—	98.6
>4999	42	4.6	100.1	31	6.0	99.9	9	4.4	99.9	2	1.3	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 39 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Su. vey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<5	—	—	—	—	—	—	—	—	—	—	—	—
5-9	1	0.1	0.1	1	0.6	0.6	—	—	—	—	—	—
10-14	3	0.4	0.5	—	—	0.6	2	0.5	0.5	1	0.8	0.8
15-19	7	1.0	1.5	1	0.6	1.2	6	1.5	2.0	—	—	0.8
20-24	18	2.5	4.0	1	0.6	1.8	14	3.5	5.5	3	2.3	3.1
25-29	20	2.8	6.8	3	1.8	3.6	15	3.8	9.3	2	1.6	4.7
30-34	33	4.7	11.5	4	2.4	6.0	26	6.5	15.8	3	2.3	7.0
35-39	28	4.0	15.5	8	4.8	10.8	19	4.8	20.6	1	0.8	7.8
40-44	32	4.5	20.0	6	3.6	14.4	18	4.5	25.1	7	5.5	13.3
45-49	35	5.0	25.0	10	6.1	20.5	20	5.0	30.1	5	3.9	17.2
50-59	87	12.3	37.3	17	10.3	30.8	50	12.6	42.7	16	12.5	29.7
60-69	80	11.3	48.6	15	9.1	39.9	50	12.6	55.3	14	10.9	40.6
70-79	75	10.6	59.2	.4	8.5	48.4	44	11.1	66.4	14	10.9	51.5
80-89	60	8.5	67.7	20	12.1	60.5	33	8.3	74.7	6	4.7	56.2
90-99	41	5.8	73.5	7	4.2	64.7	25	6.3	81.0	8	6.3	62.5
100-109	41	5.8	79.3	10	6.1	70.8	17	4.3	85.3	13	10.2	72.7
110-119	27	3.8	83.1	7	4.2	75.0	12	3.0	88.3	6	4.7	77.4
120-129	27	3.8	86.9	10	6.1	81.1	10	2.5	90.8	6	4.7	82.1
130-139	17	2.4	89.3	5	3.0	84.1	9	2.3	93.1	2	1.6	83.7
140-149	13	1.8	91.1	7	4.2	88.3	2	0.5	93.6	4	3.1	86.8
150-159	12	1.7	92.8	4	2.4	90.7	3	0.8	94.4	5	3.9	90.7
160-169	12	1.7	94.5	2	1.2	91.9	6	1.5	95.9	4	3.1	93.8
170-179	8	1.1	95.6	2	1.2	93.1	5	1.3	97.2	1	0.8	94.6
180-189	5	0.7	96.3	1	0.6	93.7	3	0.8	98.0	1	0.8	95.4
190-199	3	0.4	96.7	2	1.2	94.9	1	0.3	98.3	—	—	95.4
200-209	5	0.7	97.4	4	2.4	97.3	1	0.3	98.6	—	—	95.4
210-219	4	0.6	98.0	2	1.2	98.5	1	0.3	98.9	1	0.8	96.2
220-229	3	0.4	98.4	—	—	98.5	1	0.3	99.2	2	1.6	97.8
230-239	1	0.1	98.5	—	—	98.5	—	—	99.2	1	0.8	98.6
240-249	2	0.3	98.8	1	0.6	99.1	—	—	99.2	1	0.8	99.4
>249	6	0.8	99.6	1	0.6	99.7	4	1.0	100.2	1	0.8	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 40 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<5	1	0.1	0.1	—	—	—	—	—	—	1	0.6	0.6
5-9	1	0.1	0.2	1	0.2	0.2	—	—	—	—	—	0.6
10-14	—	—	0.2	—	—	0.2	—	—	—	—	—	0.6
15-19	9	1.0	1.2	3	0.6	0.8	3	1.5	1.5	3	1.9	2.5
20-24	5	0.5	1.7	4	0.8	1.6	—	—	1.5	1	0.6	3.1
25-29	10	1.1	2.8	1	0.2	1.8	7	3.4	4.9	2	1.3	4.4
30-34	8	0.9	3.7	3	0.6	2.4	5	2.5	7.4	—	—	4.4
35-39	19	2.1	5.8	6	1.2	3.6	8	3.9	11.3	2	1.3	5.7
40-44	25	2.7	8.5	8	1.6	5.2	6	3.0	14.3	6	3.8	9.5
45-49	23	2.5	11.0	13	2.5	7.7	5	2.5	16.8	5	3.2	12.7
50-59	52	5.7	16.7	29	5.7	13.4	10	4.9	21.7	8	5.1	17.8
60-69	75	8.2	24.9	39	7.6	21.0	14	6.9	28.6	16	10.3	28.1
70-79	81	8.8	33.7	41	8.0	29.0	17	8.4	37.0	18	11.5	39.6
80-89	89	9.7	43.4	49	9.6	38.6	21	10.3	47.3	17	10.9	50.5
90-99	79	8.6	52.0	46	9.0	47.6	17	8.4	55.7	12	7.7	58.2
100-109	83	9.0	61.0	45	8.8	56.4	20	9.9	65.6	12	7.7	65.9
110-119	67	7.3	68.3	38	7.4	63.8	15	7.4	73.0	12	7.7	73.6
120-129	43	4.7	73.0	27	5.3	69.1	8	3.9	76.9	6	3.8	77.4
130-139	45	4.9	77.9	27	5.3	74.4	7	3.4	80.3	9	5.8	83.2
140-149	38	4.1	82.0	21	4.1	78.5	10	4.9	85.2	6	3.8	87.0
150-159	34	3.7	85.7	20	3.9	82.4	7	3.4	88.6	7	4.5	91.5
160-169	27	2.9	88.6	19	3.7	86.1	6	3.0	91.6	2	1.3	92.3
170-179	18	2.0	90.6	12	2.3	88.4	3	1.5	93.1	3	1.9	94.7
180-189	14	1.5	92.1	8	1.6	90.0	2	1.0	94.1	4	2.6	97.3
190-199	12	1.3	93.4	7	1.4	91.4	3	1.5	95.6	1	0.6	97.9
200-209	19	2.1	95.5	13	2.5	93.9	3	1.5	97.1	1	0.6	98.5
210-219	13	1.4	96.9	11	2.1	96.0	2	1.0	98.1	—	—	98.5
220-229	8	0.9	97.8	7	1.4	97.4	1	0.5	98.6	—	—	98.5
230-239	1	0.1	97.9	—	—	97.4	1	0.5	99.1	—	—	98.5
240-249	2	0.2	98.1	2	0.4	97.8	—	—	99.1	—	—	98.5
>249	17	1.9	100.0	13	2.5	100.3	2	1.0	100.1	2	1.3	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 41 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<50	2	0.3	0.3	—	—	—	2	0.5	0.5	—	—	—
50-99	12	1.7	2.0	2	1.2	1.2	7	1.8	2.3	2	1.6	1.6
100-149	22	3.1	5.1	3	1.8	3.0	18	4.5	6.8	1	0.8	2.4
150-199	19	2.7	7.8	4	2.4	5.4	10	2.5	9.3	5	3.9	6.3
200-299	43	6.1	13.9	12	7.3	12.7	18	4.5	13.8	13	10.2	16.5
300-399	48	6.8	20.7	9	5.5	18.2	20	5.0	18.8	17	13.3	29.8
400-499	54	7.6	28.3	9	5.5	23.7	36	9.1	27.9	9	7.0	36.8
500-599	81	11.5	39.8	14	8.5	32.2	41	10.3	38.2	24	18.8	55.6
600-699	41	5.8	45.6	6	3.6	35.8	26	6.5	44.7	8	6.3	61.9
700-799	58	8.2	53.8	8	4.8	40.6	44	11.1	55.8	4	3.1	65.0
800-899	56	7.9	61.7	10	6.1	46.7	35	8.8	64.6	10	7.8	72.8
900-999	55	7.8	69.5	9	5.5	52.2	38	9.6	74.2	6	4.7	77.5
1000-1199	63	8.9	78.4	17	10.3	62.5	36	9.1	83.3	8	6.3	83.8
1200-1399	46	6.5	84.9	13	7.9	70.4	24	6.0	89.3	8	6.3	90.1
1400-1599	37	5.2	90.1	13	7.9	78.3	18	4.5	93.8	5	3.9	94.0
1600-1799	25	3.5	93.6	12	7.3	85.6	9	2.3	96.1	4	3.1	97.1
1800-1999	15	2.1	95.7	7	4.2	89.8	6	1.5	97.6	2	1.6	98.7
>1999	29	4.1	99.8	17	10.3	100.1	9	2.3	99.9	2	1.6	100.3

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 42 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<50	—	—	—	—	—	—	—	—	—	—	—	—
50-99	8	0.9	0.9	2	0.4	0.4	3	1.5	1.5	3	1.9	1.9
100-149	5	0.5	1.4	1	0.2	0.6	2	1.0	2.5	—	—	1.9
150-199	8	0.9	2.3	2	0.4	1.0	3	1.5	4.0	2	1.3	3.2
200-299	31	3.4	5.7	14	2.7	3.7	12	5.9	9.9	2	1.3	4.5
300-399	35	3.8	9.5	17	3.3	7.0	11	5.4	15.3	5	3.2	7.7
400-499	54	5.9	15.4	19	3.7	10.7	17	8.4	23.7	14	9.0	16.7
500-599	43	4.7	20.1	19	3.7	14.4	14	6.9	30.6	7	4.5	21.2
600-699	55	6.0	26.1	24	4.7	19.1	14	6.9	37.5	11	7.1	28.3
700-799	60	6.5	32.6	27	5.3	24.4	13	6.4	43.9	11	7.1	35.4
800-899	44	4.8	37.4	23	4.5	28.9	9	4.4	48.3	11	7.1	42.5
900-999	56	6.1	43.5	40	7.8	36.7	10	4.9	53.2	5	3.2	45.7
1000-1199	106	11.5	55.0	50	9.7	46.4	29	14.3	67.5	21	13.5	59.2
1200-1399	98	10.7	65.7	55	10.7	57.1	16	7.9	75.4	24	15.4	74.6
1400-1599	81	8.8	74.5	51	9.9	67.0	14	6.9	82.3	14	9.0	83.6
1600-1799	61	6.6	81.1	42	8.2	75.2	10	4.9	87.2	8	5.1	88.7
1800-1999	44	4.8	85.9	32	6.2	81.4	6	3.0	90.2	6	3.8	92.5
>1999	129	14.1	100.0	95	18.5	99.9	20	9.9	100.1	12	7.7	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 43 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<0.5	1	0.1	0.1	1	0.6	0.6	—	—	—	—	—	—
0.5-0.9	—	—	0.1	—	—	0.6	—	—	—	—	—	—
1.0-1.4	1	0,1	0.2	—	—	0.6	1	0.3	0.3	—	—	—
1.5-1.9	—	—	0.2	—	—	0.6	—	—	0.3	—	—	—
2.0-2.4	4	0.6	0.8	—	—	0.6	3	0.8	1.1	1	0.8	0.8
2.5-2.9	4	0.6	1.4	—	—	0.6	4	1.0	2.1	—	—	0.8
3.0-3.4	9	1.3	2.7	1	0.6	1.2	8	2.0	4.1	—	—	0.8
3.5-3.9	9	1.3	4.0	1	0.6	1.8	8	2.0	6.1	—	—	0.8
4.0-4.4	12	1.7	5.7	2	1.2	3.0	10	2.5	8.6	—	—	0.8
4.5-4.9	12	1.7	7.4	1	0.6	3.6	9	2.3	10.9	1	0.8	1.6
5.0-5.9	43	6.1	13.5	7	4.2	7.8	31	7.8	18.7	5	3.9	5.5
6.0-6.9	39	5.5	19.0	11	6.7	14.5	26	6.5	25.2	1	0.8	6.3
7.0-7.9	44	6.2	25.2	8	4.8	19.3	27	6.8	32.0	6	4.7	11.0
8.0-8.9	54	7.6	32.8	11	6.7	26.0	37	9.3	41.3	5	3.9	14.9
9.0-9.9	51	7.2	40.0	10	6.1	32.1	31	7.8	49.1	8	6.3	21.2
10.0-10.9	54	7.6	47.6	16	9.7	41.8	26	6.5	55.6	12	9.4	30.6
11.0-11.9	43	6.1	53.7	10	6.1	47.9	22	5.5	61.1	10	7.8	38.4
12.0-12.9	49	6.9	60.6	15	9.1	57.0	26	6.5	67.6	7	5.5	43.9
13.0-13.9	39	5.5	66.1	12	7.3	64.3	21	5.3	72.9	6	4.7	48.6
14.0-14.9	25	3.5	69.6	4	2.4	66.7	15	3.8	76.7	6	4.7	53.3
15.0-15.9	23	3.3	72.9	5	3.0	69.7	11	2.8	79.5	5	3.9	57.2
16.0-16.9	21	3.0	75.9	4	2.4	72.1	11	2.8	82.3	5	3.9	61.1
17.0-17.9	18	2.5	78.4	3	1.8	73.9	10	2.5	84.8	5	3.9	65.0
18.0-18.9	27	3.8	82.2	10	6.1	80.0	12	3.0	87.8	5	3.9	68.9
19.0-19.9	15	2.1	84.3	6	3.6	83.6	5	1.3	89.1	4	3.1	72.0
>19.9	109	15.4	99.7	27	16.4	100.0	43	10.8	99.9	36	28.1	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 44 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	1	0.1	0.1	1	0.2	0.2	—	—	—	—	—	—
1.5-1.9	4	0.4	0.5	1	0.2	0.4	2	1.0	1.0	1	0.6	0.6
2.0-2.4	1	0.1	0.6	—	—	0.4	—	—	1.0	1	0.6	1.2
2.5-2.9	6	0.7	1.3	5	1.0	1.4	1	0.5	1.5	—	—	1.2
3.0-3.4	5	0.5	1.8	—	—	1.4	1	0.5	2.0	4	2.6	3.8
3.5-3.9	6	0.7	2.5	1	0.2	1.6	2	1.0	3.0	2	1.3	5.1
4.0-4.4	14	1.5	4.0	4	0.8	2.4	9	4.4	7.4	1	0.6	5.7
4.5-4.9	8	0.9	4.9	6	1.2	3.6	1	0.5	7.9	—	—	5.7
5.0-5.9	28	3.1	8.0	16	3.1	6.7	8	3.9	11.8	1	0.6	6.3
6.0-6.9	45	4.9	12.9	17	3.3	10.0	13	6.4	18.2	8	5.1	11.4
7.0-7.9	37	4.0	16.9	23	4.5	14.5	6	3.0	21.2	6	3.8	15.2
8.0-8.9	51	5.6	22.5	23	4.5	19.0	13	6.4	27.6	11	7.1	22.3
9.0-9.9	47	5.1	27.6	32	6.2	25.2	5	2.5	30.1	8	5.1	27.4
10.0-10.9	61	6.6	34.2	31	6.0	31.2	15	7.4	37.5	12	7.7	35.1
11.0-11.9	60	6.5	40.7	36	7.0	38.2	14	6.9	44.4	9	5.8	40.9
12.0-12.9	64	7.0	47.7	35	6.8	45.0	21	10.3	54.7	6	3.8	44.7
13.0-13.9	55	6.0	53.7	33	6.4	51.4	7	3.4	58.1	14	9.0	53.7
14.0-14.9	54	5.9	59.6	34	6.6	58.0	12	5.9	64.0	6	3.8	57.5
15.0-15.9	37	4.0	63.6	22	4.3	62.3	5	2.5	66.5	8	5.1	62.6
16.0-16.9	44	4.8	68.4	27	5.3	67.6	9	4.4	70.9	6	3.8	66.4
17.0-17.9	46	5.1	73.5	27	5.3	72.9	14	6.9	77.8	4	2.6	69.0
18.0-18.9	27	2.9	76.4	11	2.1	75.0	7	3.4	81.2	4	2.6	71.6
19.0-19.9	26	2.8	79.2	14	2.7	77.7	3	1.5	82.7	9	5.8	77.4
>19.9	191	20.8	100.0	114	22.2	99.9	35	17.2	99.9	35	22.4	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 45 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<250	18	2.5	2.5	2	1.2	1.2	9	2.3	2.3	6	4.7	4.7
250-499	28	4.0	6.5	4	2.4	3.6	16	4.0	6.3	7	5.5	10.2
500-749	31	4.4	10.9	4	2.4	6.0	18	4.5	10.8	9	7.0	17.2
750-999	34	4.8	15.7	6	3.6	9.6	19	4.8	15.6	7	5.5	22.7
1000-1249	41	5.8	21.5	8	4.8	14.4	24	6.0	21.6	9	7.0	29.7
1250-1499	44	6.2	27.7	8	4.8	19.2	27	6.8	28.4	9	7.0	36.7
1500-1749	46	6.5	34.2	9	5.5	24.7	27	6.8	35.2	9	7.0	43.7
1750-1999	43	6.1	40.3	14	8.5	33.2	16	4.0	39.2	12	9.4	53.1
2000-2249	31	4.4	44.7	9	5.5	38.7	11	2.8	42.0	9	7.0	60.1
2250-2499	36	5.1	49.8	14	8.5	47.2	20	5.0	47.0	2	1.6	61.7
2500-2999	53	7.5	57.3	17	10.3	57.5	24	6.0	53.0	12	9.4	71.1
3000-3499	48	6.8	64.1	15	9.1	66.6	24	6.0	59.0	7	5.5	76.6
3500-3999	25	3.5	67.6	6	3.6	70.2	13	3.3	62.3	5	3.9	80.5
4000-4499	23	3.3	70.9	5	3.0	73.2	11	2.8	65.1	6	4.7	85.2
4500-4999	19	2.7	73.6	8	4.8	78.0	8	2.0	67.1	2	1.6	86.8
5000-5999	30	4.2	77.8	10	6.1	84.1	16	4.0	71.1	3	2.3	89.1
6000-6999	26	3.7	81.5	8	4.8	88.9	16	4.0	75.1	2	1.6	90.7
7000-7999	21	3.0	84.5	4	2.4	91.3	13	3.3	78.4	4	3.1	93.8
8000-8999	11	1.6	86.1	1	0.6	91.9	7	1.8	80.2	2	1.6	95.4
9000-9999	6	0.8	86.9	—	—	91.9	4	1.0	81.2	2	1.6	97.0
>9999	92	13.0	99.9	13	7.9	99.8	74	18.6	99.8	4	3.1	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 46 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<250	8	0.9	0.9	2	0.4	0.4	5	2.5	2.5	1	0.6	0.6
250-499	23	2.5	3.4	9	1.8	2.2	9	4.4	6.9	4	2.6	3.2
500-749	23	2.5	5.9	8	1.6	3.8	4	2.0	8.9	7	4.5	7.7
750-999	28	3.1	9.0	10	1.9	5.7	12	5.9	14.8	2	1.3	9.0
1000-1249	29	3.2	12.2	7	1.4	7.1	12	5.9	20.7	7	4.5	13.5
1250-1499	33	3.6	15.8	19	3.7	10.8	6	3.0	23.7	6	3.8	17.3
1500-1749	41	4.5	20.3	20	3.9	14.7	9	4.4	28.1	10	6.4	23.7
1750-1999	45	4.9	25.2	29	5.7	20.4	9	4.4	32.5	5	3.2	26.9
2000-2249	52	5.7	30.9	28	5.5	25.9	12	5.9	38.4	11	7.1	34.0
2250-2499	47	5.1	36.0	22	4.3	30.2	12	5.9	44.3	12	7.7	41.7
2500-2999	88	9.6	45.6	48	9.4	39.6	15	7.4	51.7	22	14.1	55.8
3000-3499	71	7.7	53.3	37	7.2	46.8	15	7.4	59.1	14	9.0	64.8
3500-3999	66	7.2	60.5	40	7.8	54.6	12	5.9	65.0	12	7.7	72.5
4000-4499	48	5.2	65.7	31	6.0	60.6	9	4.4	69.4	5	3.2	75.7
4500-4999	40	4.4	70.1	24	4.7	65.3	3	1.5	70.9	11	7.1	82.8
5000-5999	63	6.9	77.0	40	7.8	73.1	14	6.9	77.8	9	5.8	88.6
6000-6999	59	6.4	83.4	38	7.4	80.5	7	3.4	81.2	10	6.4	95.0
7000-7999	30	3.3	86.7	22	4.3	84.8	5	2.5	83.7	2	1.3	96.3
8000-8999	18	2.0	88.7	15	2.9	87.7	2	1.0	84.7	1	0.6	96.9
9000-9999	16	1.7	90.4	12	2.3	90.0	4	2.0	86.7	—	—	96.9
>9999	90	9.8	100.2	52	10.1	100.1	27	13.3	100.0	5	3.2	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 47 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	1	0.1	0.1	1	0.6	0.6	—	—	—	—	—	—
0.10-0.14	1	0.1	0.2	—	—	0.6	1	0.3	0.3	—	—	—
0.15-0.19	1	0.1	0.3	—	—	0.6	1	0.3	0.6	—	—	—
0.20-0.29	10	1.4	1.7	1	0.6	1.2	6	1.5	2.1	2	1.6	1.6
0.30-0.39	10	1.4	3.1	5	3.0	4.2	5	1.3	3.4	—	—	1.6
0.40-0.49	32	4.5	7.6	3	1.8	6.0	26	6.5	9.9	3	2.3	3.9
0.50-0.59	45	6.4	14.0	2	1.2	7.2	35	8.8	18.7	7	5.5	9.4
0.60-0.69	38	5.4	19.4	7	4.2	11.4	27	6.8	25.5	3	2.3	11.7
0.70-0.79	53	7.5	26.9	13	7.9	19.3	34	8.6	34.1	5	3.9	15.6
0.80-0.89	43	6.1	33.0	11	6.7	26.0	19	4.8	38.9	11	8.6	24.2
0.90-0.99	53	7.5	40.5	16	9.7	35.7	29	7.3	46.2	7	5.5	29.7
1.00-1.19	94	13.3	53.8	18	10.9	46.6	59	14.9	61.1	15	11.7	41.4
1.20-1.39	82	11.6	65.4	17	10.3	56.9	51	12.8	73.9	14	10.9	52.3
1.40-1.59	58	8.2	73.6	16	9.7	66.6	26	6.5	80.4	14	10.9	63.2
1.60-1.79	43	6.1	79.7	17	10.3	76.9	16	4.0	84.4	9	7.0	70.2
1.80-1.99	33	4.7	84.4	5	3.0	79.9	18	4.5	88.9	8	6.3	76.5
>1.99	109	15.4	99.8	33	20.0	99.9	44	11.1	100.0	30	23.4	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 48 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	—	—	—	—	—	—	—	—	—	—	—	—
0.10-0.14	1	0.1	0.1	1	0.2	0.2	—	—	—	—	—	—
0.15-0.19	2	0.2	0.3	—	—	0.2	—	—	—	2	1.3	1.3
0.20-0.29	6	0.7	1.0	—	—	0.2	3	1.5	1.5	3	1.9	3.2
0.30-0.39	18	2.0	3.0	10	1.9	2.1	4	2.0	3.5	2	1.3	4.5
0.40-0.49	19	2.1	5.1	10	1.9	4.0	6	3.0	6.5	3	1.9	6.4
0.50-0.59	29	3.2	8.3	7	1.4	5.4	11	5.4	11.9	5	3.2	9.6
0.60-0.69	44	4.8	13.1	23	4.5	9.9	12	5.9	17.8	4	2.6	12.2
0.70-0.79	56	6.1	19.2	27	5.3	15.2	18	8.9	26.7	6	3.8	16.0
0.80-0.89	47	5.1	24.3	27	5.3	20.5	10	4.9	31.6	9	5.8	21.8
0.90-0.99	52	5.7	30.0	26	5.1	25.6	14	6.9	38.5	8	5.1	26.9
1.00-1.19	111	12.1	42.1	65	12.7	38.3	26	12.8	51.3	14	9.0	35.9
1.20-1.39	126	13.7	55.8	85	16.6	54.9	22	10.8	62.1	16	10.3	46.2
1.40-1.59	91	9.9	65.7	50	9.7	64.6	21	10.3	72.4	14	9.0	55.2
1.60-1.79	73	8.0	73.7	45	8.8	73.4	11	5.4	77.8	14	9.0	64.2
1.80-1.99	51	5.6	79.3	33	6.4	79.8	9	4.4	82.2	8	5.1	69.3
>1.99	192	20.9	100.2	104	20.3	100.1	36	17.7	99.9	48	30.8	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 49 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<.05	—	—	—	—	—	—	—	—	—	—	—	—
.05-09	—	—	—	—	—	—	—	—	—	—	—	—
.10-.14	—	—	—	—	—	—	—	—	—	—	—	—
.15-.19	4	0.6	0.6	—	—	—	3	0.8	0.8	1	0.8	0.8
.20-.29	6	0.8	1.4	1	0.6	0.6	4	1.0	1.8	1	0.8	1.6
.30-.39	5	0.7	2.1	—	—	0.6	4	1.0	2.8	1	0.8	2.4
.40-.49	17	2.4	4.5	2	1.2	1.8	12	3.0	5.8	3	2.3	4.7
.50-.59	17	2.4	6.9	2	1.2	3.0	12	3.0	8.8	3	2.3	7.0
.60-.69	26	3.7	10.6	5	3.0	6.0	14	3.5	12.3	7	5.5	12.5
.70-.79	16	2.3	12.9	3	1.8	7.8	10	2.5	14.8	3	2.3	14.8
.80-.89	28	4.0	16.9	7	4.2	12.0	15	3.8	18.6	6	4.7	19.5
.90-.99	32	4.5	21.4	6	3.6	15.6	20	5.0	23.6	5	3.9	23.4
1.00-1.19	53	7.5	28.9	15	9.1	24.7	29	7.3	30.9	7	5.5	28.9
1.20-1.39	63	8.9	37.8	10	6.1	30.8	39	9.8	40.7	13	10.2	39.1
1.40-1.59	74	10.5	48.3	18	10.9	41.7	47	11.8	52.5	8	6.3	45.4
1.60-1.79	56	7.9	56.2	11	6.7	48.4	28	7.1	59.6	14	10.9	56.3
1.80-1.99	53	7.5	63.7	8	4.8	53.2	33	8.3	67.9	12	9.4	65.7
>1.99	256	36.3	100.0	77	46.7	99.9	127	32.0	99.9	44	34.4	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 50 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	512	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<.05	—	—	—	—	—	—	—	—	—	—	—	—
.05-09	—	—	—	—	—	—	—	—	—	—	—	—
.10-.14	—	—	—	—	—	—	—	—	—	—	—	—
.15-.19	1	0.1	0.1	—	—	—	—	—	—	1	0.6	0.6
.20-.29	3	0.3	0.4	2	0.4	0.4	1	0.5	0.5	—	—	0.6
.30-.39	2	0.2	0.6	—	—	0.4	—	—	0.5	2	1.3	1.9
.40-.49	5	0.5	1.1	2	0.4	0.8	3	1.5	2.0	—	—	1.9
.50-.59	13	1.4	2.5	1	0.2	1.0	9	4.4	6.4	—	—	1.9
.60-.69	15	1.6	4.1	6	1.2	2.2	3	1.5	7.9	4	2.6	4.5
.70-.79	14	1.5	5.6	3	0.6	2.8	6	3.0	10.9	5	3.2	7.7
.80-.89	24	2.6	8.2	15	2.9	5.7	4	2.0	12.9	2	1.3	9.0
.90-.99	20	2.2	10.4	7	1.4	7.1	9	4.4	17.3	2	1.3	10.3
1.00-1.19	43	4.7	15.1	21	4.1	11.2	10	4.9	22.2	7	4.5	14.8
1.20-1.39	50	5.4	20.5	23	4.5	15.7	15	7.4	29.6	7	4.5	19.3
1.40-1.59	66	7.2	27.7	31	6.0	21.7	14	6.9	36.5	15	9.6	28.9
1.60-1.79	64	7.0	34.7	32	6.2	27.9	15	7.4	43.9	14	9.0	37.9
1.80-1.99	67	7.3	42.0	36	7.0	34.9	16	7.9	51.8	13	8.3	46.2
>1.99	531	57.8	99.8	334	65.1	100.0	98	48.3	100.1	84	53.8	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 51 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<0.5	1	0.1	0.1	1	0.6	0.6	—	—	—	—	—	—
0.5-0.9	—	—	0.1	—	—	0.6	—	—	—	—	—	—
1.0-1.4	1	0.1	0.2	—	—	0.6	1	0.3	0.3	—	—	—
1.5-1.9	1	0.1	0.3	—	—	0.6	1	0.3	0.6	—	—	—
2.0-2.4	1	0.1	0.4	1	0.6	1.2	—	—	0.6	—	—	—
2.5-2.9	6	0.8	1.2	—	—	1.2	5	1.3	1.9	1	0.8	0.8
3.0-3.4	7	1.0	2.2	1	0.6	1.8	4	1.0	2.9	2	1.6	2.4
3.5-3.9	9	1.3	3.5	2	1.2	3.0	7	1.8	4.7	—	—	2.4
4.0-4.4	10	1.4	4.9	1	0.6	3.6	8	2.0	6.7	1	0.8	3.2
4.5-4.9	9	1.3	6.2	—	—	3.6	7	1.8	8.5	2	1.6	4.8
5.0-5.9	30	4.2	10.4	7	4.2	7.8	19	4.8	13.3	4	3.1	7.9
6.0-6.9	32	4.5	14.9	6	3.6	11.4	20	5.0	18.3	6	4.7	12.6
7.0-7.9	45	6.4	21.3	6	3.6	15.0	29	7.3	25.6	9	7.0	19.6
8.0-8.9	35	5.0	26.3	8	4.8	19.8	21	5.3	30.9	5	3.9	23.5
9.0-9.9	52	7.4	33.7	14	8.5	28.3	29	7.3	38.2	9	7.0	30.5
10.0-10.9	37	5.2	38.9	8	4.8	33.1	20	5.0	43.2	6	4.7	35.2
11.0-11.9	42	5.9	44.8	7	4.2	37.3	26	6.5	49.7	7	5.5	40.7
12.0-12.9	28	4.0	48.8	8	4.8	42.1	16	4.0	53.7	4	3.1	43.8
13.0-13.9	47	6.7	55.5	12	7.3	49.4	29	7.3	61.0	6	4.7	48.5
14.0-14.9	28	4.0	59.5	4	2.4	51.8	18	4.5	65.5	6	4.7	53.2
15.0-15.9	30	4.2	63.7	8	4.8	56.6	17	4.3	69.8	5	3.9	57.1
16.0-16.9	22	3.1	66.8	9	5.5	62.1	9	2.3	72.1	3	2.3	59.4
17.0-17.9	26	3.7	70.5	4	2.4	64.5	18	4.5	76.6	2	1.6	61.0
18.0-18.9	28	4.0	74.5	9	5.5	70.0	13	3.3	79.9	5	3.9	64.9
19.0-19.9	22	3.1	77.6	5	3.0	73.0	13	3.3	83.2	3	2.3	67.2
20.0-20.9	14	2.0	79.6	8	4.8	77.8	4	1.0	84.2	2	1.6	68.8
>20.9	143	20.3	99.9	36	21.8	99.6	63	15.9	100.1	40	31.3	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 52 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	1	0.1	0.1	—	—	—	—	—	—	1	0.6	0.6
1.0-1.4	2	0.2	0.3	1	0.2	0.2	1	0.5	0.5	—	—	0.6
1.5-1.9	3	0.3	0.6	—	—	0.2	2	1.0	1.5	1	0.6	1.2
2.0-2.4	2	0.2	0.8	1	0.2	0.4	—	—	1.5	1	0.6	1.8
2.5-2.9	6	0.7	1.5	2	0.4	0.8	3	1.5	3.0	1	0.6	2.4
3.0-3.4	2	0.2	1.7	2	0.4	1.2	—	—	3.0	—	—	2.4
3.5-3.9	3	0.3	2.0	1	0.2	1.4	—	—	3.0	1	0.6	3.0
4.0-4.4	4	0.4	2.4	2	0.4	1.8	2	1.0	4.0	—	—	3.0
4.5-4.9	9	1.0	3.4	5	1.0	2.8	4	2.0	6.0	—	—	3.0
5.0-5.9	17	1.9	5.3	9	1.7	4.5	3	1.5	7.5	3	1.9	4.9
6.0-6.9	26	2.8	8.1	11	2.1	6.6	8	3.9	11.4	5	3.2	8.1
7.0-7.9	29	3.2	11.3	9	1.7	8.3	10	4.9	16.3	7	4.5	12.6
8.0-8.9	36	3.9	15.2	18	3.5	11.8	9	4.4	20.7	8	5.1	17.7
9.0-9.9	30	3.3	18.5	14	2.7	14.5	5	2.5	23.2	7	4.5	22.2
10.0-10.9	36	3.9	22.4	20	3.9	18.4	7	3.4	26.6	8	5.1	27.3
11.0-11.9	42	4.6	27.0	19	3.7	22.1	8	3.9	30.5	12	7.7	35.0
12.0-12.9	44	4.8	31.8	27	5.3	27.4	8	3.9	34.4	7	4.5	39.5
13.0-13.9	41	4.5	36.3	21	4.1	31.5	13	6.4	40.8	5	3.2	42.7
14.0-14.9	39	4.2	40.5	23	4.5	36.0	9	4.4	45.2	7	4.5	47.2
15.0-15.9	36	3.9	44.4	20	3.9	39.9	5	2.5	47.7	10	6.4	53.6
16.0-16.9	42	4.6	49.0	21	4.1	44.0	9	4.4	52.1	12	7.7	61.3
17.0-17.9	38	4.1	53.1	25	4.9	48.9	8	3.9	56.0	3	1.9	63.2
18.0-18.9	39	4.2	57.3	19	3.7	52.6	11	5.4	61.4	7	4.5	67.7
19.0-19.9	44	4.8	62.1	29	5.6	58.2	9	4.4	65.8	3	1.9	69.6
20.0-20.9	24	2.6	64.7	13	2.5	60.7	7	3.4	69.2	2	1.3	70.9
>20.9	323	35.2	99.9	201	39.2	99.9	62	30.5	99.7	45	28.8	99.7

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 53 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	706	100.0	100.0	165	100.0	100.0	397	100.0	100.0	128	100.0	100.0
<5	80	11.3	11.3	11	6.7	6.7	38	9.6	9.6	26	20.3	20.3
5-9	72	10.2	21.5	12	7.3	14.0	52	13.1	22.7	8	6.3	26.6
10-14	43	6.1	27.6	8	4.8	18.8	28	7.1	29.8	7	5.5	32.1
15-19	37	5.2	32.8	10	6.1	24.9	22	5.5	35.3	4	3.1	35.2
20-24	34	4.8	37.6	8	4.8	29.7	21	5.3	40.6	4	3.1	38.3
25-29	38	5.4	43.0	9	5.5	35.2	24	6.0	46.6	4	3.1	41.4
30-34	32	4.5	47.5	14	8.5	43.7	12	3.0	49.6	6	4.7	46.1
35-39	40	5.7	53.2	13	7.9	51.6	21	5.3	54.9	5	3.9	50.0
40-44	24	3.4	56.6	10	6.1	57.7	10	2.5	57.4	4	3.1	53.1
45-49	25	3.5	60.1	8	4.8	62.5	13	3.3	60.7	3	2.3	55.4
50-59	34	4.8	64.9	6	3.6	66.1	23	5.8	66.5	4	3.1	58.5
60-69	27	3.8	68.7	12	7.3	73.4	13	3.3	69.8	2	1.6	60.1
70-79	32	4.5	73.2	5	3.0	76.4	21	5.3	75.1	4	3.1	63.2
80-89	29	4.1	77.3	6	3.6	80.0	18	4.5	79.6	5	3.9	67.1
90-99	21	3.0	80.3	7	4.2	84.2	11	2.8	82.4	3	2.3	69.4
100-109	17	2.4	82.7	5	3.0	87.2	8	2.0	84.4	3	2.3	71.7
110-119	13	1.8	84.5	2	1.2	88.4	6	1.5	85.9	5	3.9	75.6
120-129	9	1.3	85.8	2	1.2	89.6	6	1.5	87.4	—	—	75.6
130-139	6	0.8	86.6	1	0.6	90.2	1	0.3	87.7	4	3.1	78.7
140-149	12	1.7	88.3	4	2.4	92.6	5	1.3	89.0	3	2.3	81.0
>149	81	11.5	99.8	12	7.3	99.9	44	11.1	100.1	24	18.8	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 54 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	918	100.0	100.0	513	100.0	100.0	203	100.0	100.0	156	100.0	100.0
<5	55	6.0	6.0	20	3.9	3.9	19	9.4	9.4	11	7.1	7.1
5-9	59	6.4	12.4	30	5.8	9.7	16	7.9	17.3	12	7.7	14.8
10-14	63	6.9	19.3	23	4.5	14.2	19	9.4	26.7	17	10.9	25.7
15-19	58	6.3	25.6	29	5.7	19.9	23	11.3	38.0	5	3.2	28.9
20-24	51	5.6	31.2	29	5.7	25.6	10	4.9	42.9	10	6.4	35.3
25-29	55	6.0	37.2	27	5.3	30.9	11	5.4	48.3	14	9.0	44.3
30-34	39	4.2	41.4	27	5.3	36.2	6	3.0	51.3	5	3.2	47.5
35-39	25	2.7	44.1	16	3.1	39.3	5	2.5	53.8	2	1.3	48.8
40-44	34	3.7	47.8	19	3.7	43.0	7	3.4	57.2	7	4.5	53.3
45-49	34	3.7	51.5	26	5.1	48.1	2	1.0	58.2	4	2.6	55.9
50-59	65	7.1	58.6	33	6.4	54.5	21	10.3	68.5	6	3.8	59.7
60-69	42	4.6	63.2	24	4.7	59.2	8	3.9	72.4	8	5.1	64.8
70-79	47	5.1	68.3	28	5.5	64.7	11	5.4	77.8	6	3.8	68.6
80-89	39	4.2	72.5	28	5.5	70.2	10	4.9	82.7	1	0.6	69.2
90-99	25	2.7	75.2	12	2.3	72.5	5	2.5	85.2	6	3.8	73.0
100-109	20	2.2	77.4	14	2.7	75.2	1	0.5	85.7	4	2.6	75.6
110-119	24	2.6	80.0	16	3.1	78.3	1	0.5	86.2	5	3.2	78.8
120-129	19	2.1	82.1	9	1.8	80.1	3	1.5	87.7	4	2.6	81.4
130-139	19	2.1	84.2	15	2.9	83.0	1	0.5	88.2	2	1.3	82.7
140-149	23	2.5	86.7	11	2.1	85.1	6	3.0	91.2	5	3.2	85.9
>149	122	13.3	100.0	77	15.0	100.1	18	8.9	100.1	22	14.1	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 55 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<250	3	0.4	0.4	—	—	—	1	0.2	0.2	2	1.5	1.5
250-499	15	1.8	2.2	3	1.8	1.8	11	2.2	2.4	1	0.7	2.2
500-749	29	3.5	5.7	4	2.4	4.2	23	4.6	7.0	2	1.5	3.7
750-999	62	7.6	13.3	6	3.6	7.8	46	9.1	16.1	10	7.3	11.0
1000-1249	88	10.7	24.0	14	8.4	16.2	65	12.9	29.0	8	5.8	16.8
1250-1499	102	12.5	36.5	18	10.8	27.0	67	13.3	42.3	15	10.9	27.7
1500-1749	112	13.7	50.2	21	12.7	39.7	76	15.1	57.4	14	10.2	37.9
1750-1999	100	12.2	62.4	16	9.6	49.3	67	13.3	70.7	15	10.9	48.8
2000-2249	69	8.4	70.8	14	8.4	57.7	36	7.1	77.8	16	11.7	60.5
2250-2499	71	8.7	79.5	22	13.3	71.0	34	6.7	84.5	14	10.2	70.7
2500-2749	42	5.1	84.6	11	6.6	77.6	22	4.4	88.9	9	6.6	77.3
2750-2999	41	5.0	89.6	15	9.0	86.6	17	3.4	92.3	8	5.8	83.1
3000-3249	32	3.9	93.5	8	4.8	91.4	14	2.8	95.1	9	6.6	89.7
3250-3499	9	1.1	94.6	2	1.2	92.6	5	1.0	96.1	2	1.5	91.2
3500-3749	9	1.1	95.7	2	1.2	93.8	5	1.0	97.1	2	1.5	92.7
3750-3999	9	1.1	96.8	2	1.2	95.0	2	0.4	97.5	5	3.6	96.3
4000-4249	13	1.6	98.4	5	3.0	98.0	6	1.2	98.7	2	1.5	97.8
4250-4499	1	0.1	98.5	1	0.6	98.6	—	—	98.7	—	—	97.8
4500-4749	4	0.5	99.0	—	—	98.6	3	0.6	99.3	1	0.7	98.5
4750-4999	3	0.4	99.4	2	1.2	99.8	1	0.2	99.5	—	—	98.5
>4999	5	0.6	100.0	—	—	99.8	3	0.6	100.1	2	1.5	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 56 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<250	3	0.3	0.3	2	0.4	0.4	—	—	—	1	0.7	0.7
250-499	10	1.1	1.4	3	0.6	1.0	4	2.0	2.0	1	0.7	1.4
500-749	12	1.3	2.7	6	1.2	2.2	1	0.5	2.5	3	2.0	3.4
750-999	29	3.2	5.9	19	3.9	6.1	5	2.5	5.0	3	2.0	5.4
1000-1249	69	7.7	13.6	37	7.5	13.6	16	8.1	13.1	9	6.0	11.4
1250-1499	93	10.4	24.0	42	8.6	22.2	21	10.7	23.8	20	13.3	24.7
1500-1749	104	11.6	35.6	47	9.6	31.8	24	12.2	36.0	25	16.7	41.4
1750-1999	102	11.4	47.0	63	12.8	44.6	13	6.6	42.6	18	12.0	53.4
2000-2249	111	12.4	59.4	68	13.8	58.4	21	10.7	53.3	18	12.0	65.4
2250-2499	99	11.0	70.4	63	12.8	71.2	14	7.1	60.4	17	11.3	76.7
2500-2749	74	8.2	78.6	41	8.4	79.6	16	8.1	68.5	12	8.0	84.7
2750-2999	45	5.0	83.6	27	5.5	85.1	12	6.1	74.6	5	3.3	88.0
3000-3249	39	4.3	87.9	20	4.1	89.2	14	7.1	81.7	4	2.7	90.7
3250-3499	26	2.9	90.8	16	3.3	92.5	8	4.1	85.8	2	1.3	92.0
3500-3749	22	2.5	93.3	10	2.0	94.5	8	4.1	89.9	3	2.0	94.0
3750-3999	13	1.4	94.7	6	1.2	95.7	4	2.0	91.9	1	0.7	94.7
4000-4249	9	1.0	95.7	2	0.4	96.1	5	2.5	94.4	2	1.3	96.0
4250-4499	9	1.0	96.7	2	0.4	96.5	4	2.0	96.4	2	1.3	97.3
4500-4749	6	0.7	97.4	3	0.6	97.1	2	1.0	97.4	1	0.7	98.0
4750-4999	8	0.9	98.3	6	1.2	98.3	1	0.5	97.9	1	0.7	98.7
>4999	14	1.6	99.9	8	1.6	99.9	4	2.0	99.9	2	1.3	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 57 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	187	100.0	100.0
<5	4	0.5	0.5	1	0.6	0.6	—	—	—	3	2.2	2.2
5-9	3	0.4	0.9	—	—	0.6	3	0.6	0.6	—	—	2.2
10-14	7	0.9	1.8	1	0.6	1.2	6	1.2	1.8	—	—	2.2
15-19	15	1.8	3.6	2	1.2	2.4	11	2.2	4.0	2	1.5	3.7
20-24	26	3.2	6.8	7	4.2	6.6	16	3.2	7.2	3	2.2	5.9
25-29	27	3.3	10.1	5	3.0	9.6	16	3.2	10.4	5	3.6	9.5
30-34	35	4.3	14.4	3	1.8	11.4	25	5.0	15.4	7	5.1	14.6
35-39	45	5.5	19.9	6	3.6	15.0	31	6.2	21.6	8	5.8	20.4
40-44	55	6.7	26.6	11	6.6	21.6	34	6.7	28.3	9	6.6	27.0
45-49	56	6.8	33.4	7	4.2	25.8	41	8.1	36.4	8	5.8	32.8
50-59	92	11.2	44.6	19	11.4	37.2	63	12.5	48.9	8	5.8	38.6
60-69	108	13.2	57.8	19	11.4	48.6	72	14.3	63.2	15	10.9	49.5
70-79	85	10.4	68.2	19	11.4	60.0	52	10.3	73.5	13	9.5	59.0
80-89	74	9.0	77.2	19	11.4	71.4	41	8.1	81.6	12	8.8	67.8
90-99	51	6.2	83.4	10	6.0	77.4	31	6.2	87.8	10	7.3	75.1
100-109	38	4.6	88.0	11	6.6	84.0	15	3.0	90.8	10	7.3	82.4
110-119	31	3.8	91.8	12	7.2	91.2	11	2.2	93.0	7	5.1	87.5
120-129	15	1.8	93.6	2	1.2	92.4	8	1.6	94.6	5	3.6	91.1
130-139	17	2.1	95.7	3	1.8	94.2	11	2.2	96.8	3	2.2	93.3
140-149	7	0.9	96.6	2	1.2	95.4	4	0.8	97.6	1	0.7	94.0
150-159	9	1.1	97.7	2	1.2	96.6	5	1.0	98.6	2	1.5	95.5
160-169	8	1.0	98.7	3	1.8	98.4	4	0.8	99.4	1	0.7	96.2
170-179	4	0.5	99.2	—	—	98.4	2	0.4	99.8	2	1.5	97.7
180-189	1	0.1	99.3	—	—	98.4	—	—	99.8	1	0.7	98.4
190-199	5	0.6	99.9	2	1.2	99.6	2	0.4	100.2	1	0.7	99.1
200-209	1	0.1	100.0	—	—	99.6	—	—	100.2	1	0.7	99.8
210-219	—	—	100.0	—	—	99.6	—	—	100.2	—	—	99.8
220-229	—	—	100.0	—	—	99.6	—	—	100.2	—	—	99.8
230-239	—	—	100.0	—	—	99.6	—	—	100.2	—	—	99.8
240-249	—	—	100.0	—	—	99.6	—	—	100.2	—	—	99.8
>249	—	—	100.0	—	—	99.6	—	—	100.2	—	—	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 58 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<5	6	0.7	0.7	3	0.6	0.6	—	—	—	2	1.3	1.3
5-9	—	—	0.7	—	—	0.6	—	—	—	—	—	1.3
10-14	3	0.3	1.0	2	0.4	1.0	—	—	—	—	—	1.3
15-19	12	1.2	2.2	8	1.6	2.6	3	1.5	1.5	—	—	1.3
20-24	11	1.2	3.4	4	0.8	3.4	3	1.5	3.0	2	1.3	2.6
25-29	15	1.7	5.1	7	1.4	4.8	4	2.0	5.0	2	1.3	3.9
30-34	25	2.8	7.9	10	2.0	6.8	9	4.6	9.6	6	4.0	7.9
35-39	30	3.3	11.2	11	2.2	9.0	9	4.6	14.2	9	6.0	13.9
40-44	24	2.7	13.9	15	3.1	12.1	3	1.5	15.7	4	2.7	16.6
45-49	45	5.0	18.9	20	4.1	16.2	8	4.1	19.8	11	7.3	23.9
50-59	90	10.0	28.9	52	10.6	26.8	15	7.6	27.4	18	12.0	35.9
60-69	111	12.4	41.3	64	13.0	39.8	20	10.2	37.6	20	13.3	49.2
70-79	115	12.8	54.1	62	12.6	52.4	24	12.2	49.8	21	14.0	63.2
80-89	87	9.7	63.8	52	10.6	63.0	15	7.6	57.4	11	7.3	70.5
90-99	72	8.0	71.8	42	8.6	71.6	17	8.6	66.0	10	6.7	77.2
100-109	62	6.9	78.7	38	7.7	79.3	12	6.1	72.1	9	6.0	83.2
110-119	44	4.9	83.6	27	5.5	84.8	13	6.6	78.7	3	2.0	85.2
120-129	39	4.3	87.9	15	3.1	87.9	15	7.6	86.3	7	4.7	89.9
130-139	21	2.3	90.2	13	2.6	90.5	4	2.0	88.3	3	2.0	91.9
140-149	18	2.0	92.2	15	3.1	93.6	1	0.5	88.8	1	0.7	92.6
150-159	17	1.9	94.1	6	1.2	94.8	7	3.6	92.4	4	2.7	95.3
160-169	10	1.1	95.2	5	1.0	95.8	2	1.0	93.4	1	0.7	96.0
170-179	6	0.7	95.9	4	0.8	96.6	1	0.5	93.9	1	0.7	96.7
180-189	7	0.8	96.7	1	0.2	96.8	3	1.5	95.4	2	1.3	98.0
190-199	3	0.3	97.0	—	—	96.8	2	1.0	96.4	1	0.7	98.7
200-209	7	0.8	97.8	4	0.8	97.6	3	1.5	97.9	—	—	98.7
210-219	2	0.2	98.0	1	0.2	97.8	—	—	97.9	1	0.7	99.4
220-229	2	0.2	98.2	1	0.2	98.0	1	0.5	98.4	—	—	99.4
230-239	2	0.2	98.4	1	0.2	98.2	1	0.5	98.9	—	—	99.4
240-249	1	0.1	98.5	1	0.2	98.4	—	—	98.9	—	—	99.4
>249	10	1.1	99.6	7	1.4	99.8	2	1.0	99.9	1	0.7	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 59 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<50	11	1.3	1.3	1	0.6	0.6	7	1.4	1.4	3	2.2	2.2
50-99	18	2.2	3.5	2	1.2	1.8	15	3.0	4.4	1	0.7	2.9
100-149	24	2.9	6.4	2	1.2	3.0	18	3.6	8.0	4	2.9	5.8
150-199	36	4.4	10.8	2	1.2	4.2	24	4.8	12.8	9	6.6	12.4
200-299	65	7.9	18.7	4	2.4	6.6	38	7.5	20.3	21	15.3	27.7
300-399	65	7.9	26.6	7	4.2	10.8	47	9.3	29.6	10	7.3	35.0
400-499	93	11.4	38.0	11	6.6	17.4	69	13.7	43.3	13	9.5	44.5
500-599	75	9.2	47.2	13	7.8	25.2	45	8.9	52.2	16	11.7	56.2
600-699	71	8.7	55.9	16	9.6	34.8	41	8.1	60.3	13	9.5	65.7
700-799	66	8.1	64.0	18	10.8	45.6	36	7.1	67.4	11	8.0	73.7
800-899	61	7.4	71.4	10	6.0	51.6	44	8.7	76.1	6	4.4	78.1
900-999	52	6.3	77.7	13	7.8	59.4	33	6.5	82.6	6	4.4	82.5
1000-1199	72	8.8	86.5	22	13.3	72.7	40	7.9	90.5	9	6.6	89.1
1200-1399	44	5.4	91.9	21	12.7	85.4	19	3.8	94.3	4	2.9	92.0
1400-1599	26	3.2	95.1	4	2.4	87.8	15	3.0	97.3	5	3.6	95.6
1600-1799	19	2.3	97.4	10	6.0	93.8	6	1.2	98.5	3	2.2	97.8
1800-1999	10	1.2	98.6	3	1.8	95.6	5	1.0	99.5	2	1.5	99.3
>1999	11	1.3	99.9	7	4.2	99.8	2	0.4	99.9	1	0.7	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 60 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<50	11	1.2	1.2	4	0.8	0.8	3	1.5	1.5	3	2.0	2.0
50-99	8	0.9	2.1	3	0.6	1.4	1	0.5	2.0	1	0.7	2.7
100-149	20	2.2	4.3	7	1.4	2.8	6	3.0	5.0	6	4.0	6.7
150-199	21	2.3	6.6	6	1.2	4.0	10	5.1	10.1	3	2.0	8.7
200-299	43	4.8	11.4	16	3.3	7.3	11	5.6	15.7	9	6.0	14.7
300-399	41	4.6	16.0	18	3.7	11.0	13	6.6	22.3	5	3.3	18.0
400-499	60	6.7	22.7	33	6.7	17.7	14	7.1	29.4	7	4.7	22.7
500-599	84	9.4	32.1	46	9.4	27.1	23	11.7	41.1	12	8.0	30.7
600-699	70	7.8	39.9	34	6.9	34.0	17	8.6	49.7	15	10.0	40.7
700-799	68	7.6	47.5	36	7.3	41.3	19	9.6	59.3	8	5.3	46.0
800-899	66	7.4	54.9	39	7.9	49.2	13	6.6	65.9	12	8.0	54.0
900-999	54	6.0	60.9	32	6.5	55.7	7	3.6	69.5	12	8.0	62.0
1000-1199	99	11.0	71.9	55	11.2	66.9	23	11.7	81.2	16	10.7	72.7
1200-1399	79	8.8	80.7	49	10.0	76.9	12	6.1	87.3	11	7.3	80.0
1400-1599	69	7.7	88.4	43	8.8	85.7	9	4.6	91.9	15	10.0	90.0
1600-1799	31	3.5	91.9	17	3.5	89.2	5	2.5	94.4	6	4.0	94.0
1800-1999	20	2.2	94.1	16	3.3	92.5	2	1.0	95.4	2	1.3	95.3
>1999	53	5.9	100.0	37	7.5	100.0	9	4.6	100.0	7	4.7	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 61 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<0.5	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
0.5-0.9	2	0.2	0.3	1	0.6	0.6	—	—	—	1	0.7	1.4
1.0-1.4	4	0.5	0.8	1	0.6	1.2	2	0.4	0.4	1	0.7	2.1
1.5-1.9	2	0.2	1.0	—	—	1.2	2	0.4	0.8	—	—	2.1
2.0-2.4	6	0.7	1.7	2	1.2	2.4	3	0.6	1.4	1	0.7	2.8
2.5-2.9	10	1.2	2.9	1	0.6	3.0	8	1.6	3.0	1	0.7	8.5
3.0-3.4	14	1.7	4.6	4	2.4	5.4	10	2.0	5.0	—	—	3.5
3.5-3.9	15	1.8	6.4	2	1.2	6.6	13	2.6	7.6	—	—	3.5
4.0-4.4	28	3.4	9.8	4	2.4	9.0	21	4.2	11.8	3	2.2	5.7
4.5-4.9	23	2.8	12.6	3	1.8	10.8	19	3.8	15.6	1	0.7	6.4
5.0-5.9	55	6.7	19.3	10	6.0	16.8	40	7.9	23.5	4	2.9	9.3
6.0-6.9	68	8.3	27.6	11	6.6	23.4	49	9.7	33.2	8	5.8	15.1
7.0-7.9	63	7.7	35.3	15	9.0	32.4	40	7.9	41.1	8	5.8	20.9
8.0-8.9	64	7.8	43.1	9	5.4	37.8	43	8.5	49.6	10	7.3	28.2
9.0-9.9	71	8.7	51.8	10	6.0	43.8	48	9.5	59.1	11	8.0	36.2
10.0-10.9	71	8.7	60.5	15	9.0	52.8	42	8.3	67.4	12	8.8	45.0
11.0-11.9	54	6.6	67.1	12	7.2	60.0	34	6.7	74.1	7	5.1	50.1
12.0-12.9	46	5.6	72.7	9	5.4	65.4	26	5.2	79.3	11	8.0	58.1
13.0-13.9	42	5.1	77.8	10	6.0	71.4	21	4.2	83.5	8	5.8	63.9
14.0-14.9	25	3.1	80.9	3	1.8	73.2	18	3.6	87.1	4	2.9	66.8
15.0-15.9	30	3.7	84.6	13	7.8	81.0	13	2.6	89.7	3	2.2	69.0
16.0-16.9	23	2.8	87.4	9	5.4	86.4	9	1.8	91.5	5	3.6	72.6
17.0-17.9	19	2.3	89.7	4	2.4	88.8	10	2.0	93.5	5	3.6	76.2
18.0-18.9	19	2.3	92.0	6	3.6	92.4	4	0.8	94.3	9	6.6	82.8
19.0-19.9	8	1.0	93.0	4	2.4	94.8	2	0.4	94.7	2	1.5	84.3
>19.9	56	6.8	99.8	8	4.8	99.6	27	5.4	100.1	21	15.3	99.6

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 62 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<0.5	4	0.4	0.4	2	0.4	0.4	1	0.5	0.5	1	0.7	0.7
0.5-0.9	1	0.1	0.5	—	—	0.4	—	—	0.5	1	0.7	1.4
1.0-1.4	5	0.6	1.1	3	0.6	1.0	—	—	0.5	—	—	1.4
1.5-1.9	1	0.1	1.2	1	0.2	1.2	—	—	0.5	—	—	1.4
2.0-2.4	4	0.4	1.6	2	0.4	1.6	2	1.0	1.5	—	—	1.4
2.5-2.9	9	1.0	2.6	5	1.0	2.6	2	1.0	2.5	2	1.3	2.7
3.0-3.4	9	1.0	3.6	2	0.4	3.0	3	1.5	4.0	1	0.7	3.4
3.5-3.9	10	1.1	4.7	5	1.0	4.0	2	1.0	5.0	3	2.0	5.4
4.0-4.4	20	2.2	6.9	9	1.8	5.8	7	3.6	8.6	1	0.7	6.1
4.5-4.9	12	1.3	8.2	7	1.4	7.2	2	1.0	9.6	1	0.7	6.8
5.0-5.9	47	5.2	13.4	29	5.9	13.1	10	5.1	14.7	6	4.0	10.8
6.0-6.9	58	6.5	19.9	32	6.5	19.6	10	5.1	19.8	12	8.0	18.8
7.0-7.9	62	6.9	26.8	33	6.7	26.3	14	7.1	26.9	10	6.7	25.5
8.0-8.9	87	9.7	36.5	47	9.6	35.9	9	4.6	31.5	24	16.0	41.5
9.0-9.9	84	9.4	45.9	49	10.0	45.9	17	8.6	40.1	13	8.7	50.2
10.0-10.9	75	8.4	54.3	41	8.4	54.3	14	7.1	47.2	14	9.3	59.5
11.0-11.9	69	7.7	62.0	39	7.9	62.2	13	6.6	53.8	12	8.0	67.5
12.0-12.9	49	5.5	67.5	28	5.7	67.9	11	5.6	59.4	9	6.0	73.5
13.0-13.9	43	4.8	72.3	23	4.7	72.6	8	4.1	63.5	10	6.7	80.2
14.0-14.9	52	5.8	78.1	33	6.7	79.3	13	6.6	70.1	3	2.0	82.2
15.0-15.9	28	3.1	81.2	17	3.5	82.8	6	3.0	73.1	5	3.3	85.5
16.0-16.9	24	2.7	83.9	14	2.9	85.7	6	3.0	76.1	4	2.7	88.2
17.0-17.9	21	2.3	86.2	7	1.4	87.1	9	4.6	80.7	1	0.7	88.9
18.0-18.9	19	2.1	88.3	9	1.8	88.9	6	3.0	83.7	3	2.0	90.9
19.0-19.9	20	2.2	90.5	10	2.0	90.9	6	3.0	86.7	4	2.7	93.6
>19.9	84	9.4	99.9	44	9.0	99.9	26	13.2	99.9	10	6.7	100.3

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 63 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<250	35	4.3	4.3	6	3.6	3.6	19	3.8	3.8	10	7.3	7.3
250-499	25	3.1	7.4	4	2.4	6.0	19	3.8	7.6	2	1.5	8.8
500-749	44	5.4	12.8	7	4.2	10.2	25	5.0	12.6	12	8.8	17.6
750-999	66	8.1	20.9	11	6.6	16.8	44	8.7	21.3	9	6.6	24.2
1000-1249	48	5.9	26.8	2	1.2	18.0	35	6.9	28.2	8	5.8	30.0
1250-1499	53	6.5	33.3	8	4.8	22.8	35	6.9	35.1	10	7.3	37.3
1500-1749	57	7.0	40.3	12	7.2	30.0	33	6.5	41.6	11	8.0	45.3
1750-1999	50	6.1	46.4	12	7.2	37.2	26	5.2	46.8	11	8.0	53.3
2000-2249	49	6.0	52.4	9	5.4	42.6	28	5.6	52.4	11	8.0	61.3
2250-2499	37	4.5	56.9	8	4.8	47.4	23	4.6	57.0	6	4.4	65.7
2500-2999	61	7.4	64.3	19	11.4	58.8	31	6.2	63.2	11	8.0	73.7
3000-3499	43	5.3	69.6	9	5.4	64.2	23	4.6	67.8	11	8.0	81.7
3500-3999	31	3.8	73.4	10	6.0	70.2	15	3.0	70.8	6	4.4	86.1
4000-4490	26	3.2	76.6	7	4.2	74.4	18	3.6	74.4	1	0.7	86.8
4500-4999	22	2.7	79.3	4	2.4	76.8	17	3.4	77.8	1	0.7	87.5
5000-5999	30	3.7	83.0	8	4.8	81.6	11	2.2	80.0	9	6.6	94.1
6000-6999	30	3.7	86.7	8	4.8	86.4	21	4.2	84.2	1	0.7	94.8
7000-7999	11	1.3	88.0	3	1.8	88.2	5	1.0	85.2	2	1.5	96.3
8000-8999	16	2.0	90.0	4	2.4	90.6	11	2.2	87.4	1	0.7	97.0
9000-9999	9	1.1	91.1	1	0.6	91.2	7	1.4	88.8	1	0.7	97.7
>9999	76	9.3	100.4	14	8.4	99.6	58	11.5	100.3	3	2.2	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 64 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<250	29	3.2	3.2	7	1.4	1.4	11	5.6	5.6	6	4.0	4.0
250-499	23	2.6	5.8	9	1.8	3.2	6	3.0	8.6	6	4.0	8.0
500-749	22	2.5	8.3	7	1.4	4.6	8	4.1	12.7	5	3.3	11.3
750-999	33	3.7	12.0	19	3.9	8.5	10	5.1	17.8	3	2.0	13.3
1000-1249	51	5.7	17.7	25	5.1	13.6	11	5.6	23.4	11	7.3	20.6
1250-1499	57	6.4	24.1	34	6.9	20.5	10	5.1	28.5	8	5.3	25.9
1500-1749	63	7.0	31.1	38	7.7	28.2	11	5.6	34.1	12	8.0	33.9
1750-1999	46	5.1	36.2	25	5.1	33.3	8	4.1	38.2	11	7.3	41.2
2000-2249	50	5.6	41.8	25	5.1	38.4	11	5.6	43.8	12	8.0	49.2
2250-2499	39	4.3	46.1	19	3.9	42.3	9	4.6	48.4	9	6.0	55.2
2500-2999	67	7.5	53.6	39	7.9	50.2	14	7.1	55.5	9	6.0	61.2
3000-3499	72	8.0	61.6	38	7.7	57.9	15	7.6	63.1	14	9.3	70.5
3500-3999	66	7.4	69.0	44	9.0	66.9	9	4.6	67.7	9	6.0	76.5
4000-4490	49	5.5	74.5	29	5.9	72.8	10	5.1	72.8	5	3.3	79.8
4500-4999	35	3.9	78.4	16	3.3	76.1	11	5.6	78.4	5	3.3	83.1
5000-5999	46	5.1	83.5	26	5.3	81.4	12	6.1	84.5	4	2.7	85.8
6000-6999	33	3.7	87.2	21	4.3	85.7	7	3.6	88.1	4	2.7	88.5
7000-7999	26	2.9	90.1	17	3.5	89.2	6	3.0	91.1	3	2.0	90.5
8000-8999	17	1.9	92.0	13	2.6	91.8	3	1.5	92.6	1	0.7	91.2
9000-9999	13	1.4	93.4	8	1.6	93.4	2	1.0	93.6	1	0.7	91.9
>9999	60	6.7	100.1	32	6.5	99.9	13	6.6	100.2	12	8.0	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 65 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<0.05	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
0.05-0.09	2	0.2	0.3	1	0.6	0.6	—	—	—	1	0.7	1.4
0.10-0.14	1	0.1	0.4	—	—	0.6	—	—	—	1	0.7	2.1
0.15-0.19	5	0.6	1.0	1	0.6	1.2	4	0.8	0.8	—	—	2.1
0.20-0.29	16	2.0	3.0	3	1.8	3.0	10	2.0	2.8	3	2.2	4.3
0.30-0.39	37	4.5	7.5	5	3.0	6.0	30	6.0	8.8	2	1.5	5.8
0.40-0.49	44	5.4	12.9	6	3.6	9.6	35	6.9	15.7	3	2.2	8.0
0.50-0.59	54	6.6	19.5	8	4.8	14.4	40	7.9	23.6	6	4.4	12.4
0.60-0.69	63	7.7	27.2	16	9.6	24.0	38	7.5	31.1	7	5.1	17.5
0.70-0.79	75	9.2	36.4	12	7.2	31.2	49	9.7	40.8	13	9.5	27.0
0.80-0.89	74	9.0	45.4	17	10.2	41.4	50	9.9	50.7	6	4.4	31.4
0.90-0.99	71	8.7	54.1	12	7.2	48.6	45	8.9	59.6	12	8.8	40.2
1.00-1.19	124	15.1	69.2	29	17.5	66.1	70	13.9	73.5	20	14.6	54.8
1.20-1.39	70	8.5	77.7	18	10.8	76.9	38	7.5	81.0	14	10.2	65.0
1.40-1.59	63	7.7	85.4	16	9.6	86.5	33	6.5	87.5	14	10.2	75.2
1.60-1.79	26	3.2	88.6	6	3.6	90.1	14	2.8	90.3	5	3.6	78.8
1.80-1.99	22	2.7	91.3	4	2.4	92.5	16	3.2	93.5	2	1.5	80.3
>1.99	71	8.7	100.0	12	7.2	99.7	32	6.3	99.8	27	19.7	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 66 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<0.05	3	0.3	0.3	2	0.4	0.4	—	—	—	1	0.7	0.7
0.05-0.09	2	0.2	0.5	—	—	0.4	—	—	—	1	0.7	1.4
0.10-0.14	2	0.2	0.7	1	0.2	0.6	—	—	—	1	0.7	2.1
0.15-0.19	4	0.4	1.1	1	0.2	0.8	2	1.0	1.0	1	0.7	2.8
0.20-0.29	12	1.3	2.4	4	0.8	1.6	4	2.0	3.0	1	0.7	3.5
0.30-0.39	28	3.1	5.5	14	2.9	4.5	6	3.0	6.0	4	2.7	6.2
0.40-0.49	29	3.2	8.7	15	3.1	7.6	5	2.5	8.5	4	2.7	8.9
0.50-0.59	55	6.1	14.8	31	6.3	13.9	15	7.6	16.1	6	4.0	12.9
0.60-0.69	68	7.6	22.4	37	7.5	21.4	14	7.1	23.2	11	7.3	20.2
0.70-0.79	81	9.0	31.4	42	8.6	30.0	19	9.6	32.8	15	10.0	30.2
0.80-0.89	86	9.6	41.0	53	10.8	40.8	16	8.1	40.9	13	8.7	38.9
0.90-0.99	64	7.1	48.1	37	7.5	48.3	12	6.1	47.0	11	7.3	46.2
1.00-1.19	129	14.4	62.5	74	15.1	63.4	26	13.2	60.2	22	14.7	60.9
1.20-1.39	89	9.9	72.4	51	10.4	73.8	18	9.1	69.3	16	10.7	71.6
1.40-1.59	65	7.2	79.6	41	8.4	82.2	12	6.1	75.4	8	5.3	76.9
1.60-1.79	51	5.7	85.3	27	5.5	87.7	15	7.6	83.0	9	6.0	82.9
1.80-1.99	35	3.9	89.2	15	3.1	90.8	11	5.6	88.6	7	4.7	87.6
>1.99	94	10.5	99.7	46	9.4	100.2	22	11.2	99.8	19	12.7	100.3

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 67 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<.05	2	0.2	0.2	1	0.6	0.6	—	—	—	1	0.7	0.7
.05-.09	1	0.1	0.3	—	—	0.6	—	—	—	1	0.7	1.4
.10-.14	2	0.2	0.5	—	—	0.6	1	0.2	0.2	1	0.7	2.1
.15-.19	2	0.2	0.7	—	—	0.6	2	0.4	0.6	—	—	2.1
.20-.29	10	1.2	1.9	2	1.2	1.8	6	1.2	1.8	2	1.5	3.6
.30-.39	18	2.2	4.1	3	1.8	3.6	13	2.6	4.4	2	1.5	5.1
.40-.49	15	1.8	5.9	—	—	3.6	13	2.6	7.0	2	1.5	6.6
.50-.59	28	3.4	9.3	4	2.4	6.0	20	4.0	11.0	4	2.9	9.5
.60-.69	30	3.7	13.0	4	2.4	8.4	19	3.8	14.8	6	4.4	13.9
.70-.79	30	3.7	16.7	4	2.4	10.8	23	4.6	19.4	3	2.2	16.1
.80-.89	35	4.3	21.0	3	1.8	12.6	24	4.8	24.2	7	5.1	21.2
.90-.99	47	5.7	26.7	6	3.6	16.2	32	6.3	30.5	9	6.6	27.8
1.00-1.19	64	7.8	34.5	10	6.0	22.2	38	7.5	38.0	16	11.7	39.5
1.20-1.39	79	9.6	44.1	20	12.0	34.2	51	10.1	48.1	7	5.1	44.6
1.40-1.59	79	9.6	53.7	24	14.5	48.7	46	9.1	57.2	9	6.6	51.2
1.60-1.79	57	7.0	60.7	4	2.4	51.1	38	7.5	64.7	14	10.2	61.4
1.80-1.99	56	6.8	67.5	14	8.4	59.5	33	6.5	71.2	7	5.1	66.5
>1.99	264	32.2	99.7	67	40.4	99.9	145	28.8	100.0	46	33.6	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 68 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<.05	4	0.4	0.4	2	0.4	0.4	—	—	—	2	1.3	1.3
.05-.09	1	0.1	0.5	—	—	0.4	—	—	—	—	—	1.3
.10-.14	1	0.1	0.6	1	0.2	0.6	—	—	—	—	—	1.3
.15-.19	1	0.1	0.7	1	0.2	0.8	—	—	—	—	—	1.3
.20-.29	8	0.9	1.6	3	0.6	1.4	2	1.0	1.0	2	1.3	2.6
.30-.39	6	0.7	2.3	2	0.4	1.8	2	1.0	2.0	1	0.7	3.3
.40-.49	17	1.9	4.2	7	1.4	3.2	4	2.0	4.0	3	2.0	5.3
.50-.59	19	2.1	6.3	4	0.8	4.0	8	4.1	8.1	5	3.3	8.6
.60-.69	14	1.6	7.9	6	1.2	5.2	2	1.0	9.1	3	2.0	10.6
.70-.79	21	2.3	10.2	8	1.6	6.8	7	3.6	12.7	3	2.0	12.6
.80-.89	25	2.8	13.0	11	2.2	9.0	11	5.6	18.3	2	1.3	13.9
.90-.99	38	4.2	17.2	19	3.9	12.9	7	3.6	21.9	8	5.3	19.2
1.00-1.19	69	7.7	24.9	34	6.9	19.8	17	8.6	30.5	13	8.7	27.9
1.20-1.39	81	9.0	33.9	47	9.6	29.4	21	10.7	41.2	9	6.0	33.9
1.40-1.59	96	10.7	44.6	55	11.2	40.6	17	8.6	49.8	19	12.7	46.6
1.60-1.79	66	7.4	52.0	36	7.3	47.9	16	8.1	57.9	9	6.0	52.6
1.80-1.99	80	8.9	60.9	44	9.0	56.9	19	9.6	67.5	9	6.0	58.6
>1.99	350	39.0	99.9	211	43.0	99.9	64	32.5	100.0	62	41.3	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 69 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<0.5	1	0.1	0.1	—	—	—	—	—	—	1	0.7	0.7
0.5-0.9	5	0.6	0.7	1	0.6	0.6	1	0.2	0.2	3	2.2	2.9
1.0-1.4	1	0.1	0.8	1	0.6	1.2	—	—	0.2	—	—	2.9
1.5-1.9	3	0.4	1.2	—	—	1.2	3	0.6	0.8	—	—	2.9
2.0-2.4	5	0.6	1.8	1	0.6	1.8	4	0.8	1.6	—	—	2.9
2.5-2.9	7	0.9	2.7	3	1.8	3.6	3	0.6	2.2	1	0.7	3.6
3.0-3.4	6	0.7	3.4	2	1.2	4.8	4	0.8	3.0	—	—	3.6
3.5-3.9	11	1.3	4.7	1	0.6	5.4	8	1.6	4.6	2	1.5	5.1
4.0-4.4	11	1.3	6.0	4	2.4	7.8	5	1.0	5.6	2	1.5	6.6
4.5-4.9	18	2.2	8.2	2	1.2	9.0	12	2.4	8.0	4	2.9	9.5
5.0-5.9	35	4.3	12.5	10	6.0	15.0	21	4.2	12.2	3	2.2	11.7
6.0-6.9	50	6.1	18.6	5	3.0	18.0	36	7.1	19.3	8	5.8	17.5
7.0-7.9	57	7.0	25.6	11	6.6	24.6	34	6.7	26.0	12	8.8	26.3
8.0-8.9	50	6.1	31.7	14	8.4	33.0	30	6.0	32.0	6	4.4	30.7
9.0-9.9	66	8.1	39.8	8	4.8	37.8	50	9.9	41.9	8	5.8	36.5
10.0-10.9	44	5.4	45.2	13	7.8	45.6	25	5.0	46.9	6	4.4	40.9
11.0-11.9	59	7.2	52.4	13	7.8	53.4	39	7.7	54.6	6	4.4	45.3
12.0-12.9	49	6.0	58.4	8	4.8	58.2	28	5.6	60.2	12	8.8	54.1
13.0-13.9	43	5.3	63.7	8	4.8	63.0	30	6.0	66.2	3	2.2	56.3
14.0-14.9	45	5.5	69.2	7	4.2	67.2	31	6.2	72.4	6	4.4	60.7
15.0-15.9	24	2.9	72.1	4	2.4	69.6	14	2.8	75.2	5	3.6	64.3
16.0-16.9	31	3.8	75.9	6	3.6	73.2	21	4.2	79.4	4	2.9	67.2
17.0-17.9	21	2.6	78.5	3	1.8	75.0	14	2.8	82.2	3	2.2	69.4
18.0-18.9	17	2.1	80.6	2	1.2	76.2	9	1.8	84.0	4	2.9	72.3
19.0-19.9	18	2.2	82.8	3	1.8	78.0	9	1.8	85.8	6	4.4	76.7
20.0-20.9	24	2.9	85.7	7	4.2	82.2	11	2.2	88.0	5	3.6	80.3
>20.9	118	14.4	100.1	29	17.5	99.7	62	12.3	100.3	27	19.7	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 70 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<0.5	3	0.3	0.3	2	0.4	0.4	—	—	—	1	0.7	0.7
0.5-0.9	1	0.1	0.4	—	—	0.4	1	0.5	0.5	—	—	0.7
1.0-1.4	1	0.1	0.5	—	—	0.4	—	—	0.5	1	0.7	1.4
1.5-1.9	4	0.4	0.9	3	0.6	1.0	1	0.5	1.0	—	—	1.4
2.0-2.4	1	0.1	1.0	1	0.2	1.2	—	—	1.0	—	—	1.4
2.5-2.9	7	0.8	1.8	3	0.6	1.8	2	1.0	2.0	1	0.7	2.1
3.0-3.4	8	0.9	2.7	3	0.6	2.4	3	1.5	3.5	1	0.7	2.8
3.5-3.9	7	0.8	3.5	3	0.6	3.0	2	1.0	4.5	2	1.3	4.1
4.0-4.4	8	0.9	4.4	5	1.0	4.0	2	1.0	5.5	1	0.7	4.8
4.5-4.9	13	1.4	5.8	4	0.8	4.8	5	2.5	8.0	2	1.3	6.1
5.0-5.9	31	3.5	9.3	18	3.7	8.5	3	1.5	9.5	7	4.7	10.8
6.0-6.9	46	5.1	14.4	28	5.7	14.2	10	5.1	14.6	5	3.3	14.1
7.0-7.9	30	3.3	17.7	14	2.8	17.0	4	2.0	16.6	10	6.7	20.8
8.0-8.9	46	5.1	22.8	24	4.9	21.9	6	3.0	19.6	13	8.7	29.5
9.0-9.9	56	6.2	29.0	33	6.7	28.6	10	5.1	24.7	7	4.7	34.2
10.0-10.9	51	5.7	34.7	23	4.7	33.3	10	5.1	29.8	14	9.3	43.5
11.0-11.9	63	7.0	41.7	37	7.5	40.8	13	6.6	36.4	10	6.7	50.2
12.0-12.9	57	6.4	48.1	31	6.3	47.1	11	5.6	42.0	10	6.7	56.9
13.0-13.9	48	5.4	53.5	26	5.3	52.4	11	5.6	47.6	6	4.0	60.9
14.0-14.9	47	5.2	58.7	26	5.3	57.7	10	5.1	52.7	6	4.0	64.9
15.0-15.9	33	3.7	62.4	17	3.5	61.2	7	3.6	56.3	8	5.3	70.2
16.0-16.9	44	4.9	67.3	24	4.9	66.1	11	5.6	61.9	8	5.3	75.5
17.0-17.9	35	3.9	71.2	16	3.2	69.3	13	6.6	68.5	5	3.3	78.8
18.0-18.9	28	3.1	74.3	19	3.9	73.2	6	3.0	71.5	3	2.0	80.8
19.0-19.9	24	2.7	77.0	15	3.0	76.2	4	2.0	73.5	3	2.0	82.8
20.0-20.9	27	3.0	80.0	17	3.5	79.7	4	2.0	75.5	3	2.0	84.8
>20.9	178	19.8	99.8	99	20.2	99.9	48	24.4	99.9	23	15.3	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 71 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	819	100.0	100.0	166	100.0	100.0	504	100.0	100.0	137	100.0	100.0
<5	88	10.7	10.7	11	6.6	6.6	60	11.9	11.9	16	11.7	11.7
5-9	69	8.4	19.1	12	7.2	13.8	49	9.7	21.6	6	4.4	16.1
10-14	67	8.2	27.3	13	7.8	21.6	45	8.9	30.5	9	6.6	22.7
15-19	48	5.9	33.2	9	5.4	27.0	32	6.3	36.8	6	4.4	27.1
20-24	55	6.7	39.9	12	7.2	34.2	38	7.5	44.3	5	3.6	30.7
25-29	46	5.6	45.5	12	7.2	41.4	25	5.0	49.3	8	5.8	36.5
30-34	39	4.8	50.3	12	7.2	48.6	22	4.4	53.7	5	3.6	40.1
35-39	26	3.2	53.5	9	5.4	54.0	14	2.8	56.5	3	2.2	42.3
40-44	30	3.7	57.2	8	4.8	58.8	18	3.6	60.1	4	2.9	45.2
45-49	19	2.3	59.5	6	3.6	62.4	9	1.8	61.9	4	2.9	48.1
50-59	39	4.8	64.3	11	6.6	69.0	23	4.6	66.5	5	3.6	51.7
60-69	38	4.6	68.9	5	3.0	72.0	22	4.4	70.9	11	8.0	59.7
70-79	37	4.5	73.4	4	2.4	74.4	26	5.2	76.1	4	2.9	62.6
80-89	41	5.0	78.4	9	5.4	79.8	20	4.0	80.1	10	7.3	69.9
90-99	30	3.7	82.1	5	3.0	82.8	19	3.8	83.9	6	4.4	74.3
100-109	15	1.8	83.9	2	1.2	84.0	10	2.0	85.9	3	2.2	76.5
110-119	14	1.7	85.6	1	0.6	84.6	9	1.8	87.7	4	2.9	79.4
120-129	17	2.1	87.7	2	1.2	85.8	9	1.8	89.5	6	4.4	83.8
130-139	11	1.3	89.0	1	0.6	86.4	7	1.4	90.9	3	2.2	86.0
140-149	10	1.2	90.2	3	1.8	88.2	7	1.4	92.3	—	—	86.0
>149	80	9.8	100.0	19	11.4	99.6	40	7.9	100.2	19	13.9	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 72 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	897	100.0	100.0	491	100.0	100.0	197	100.0	100.0	150	100.0	100.0
<5	63	7.0	7.0	17	3.5	3.5	26	13.2	13.2	11	7.3	7.3
5-9	63	7.0	14.0	32	6.5	10.0	14	7.1	20.3	12	8.0	15.3
10-14	67	7.5	21.5	33	6.7	16.7	14	7.1	27.4	17	11.3	26.6
15-19	64	7.1	28.6	31	6.3	23.0	13	6.6	34.0	14	9.3	35.9
20-24	53	5.9	34.5	37	7.5	30.5	4	2.0	36.0	8	5.3	41.2
25-29	41	4.6	39.1	21	4.3	34.8	6	3.0	39.0	10	6.7	47.9
30-34	32	3.6	42.7	15	3.1	37.9	6	3.0	42.0	7	4.7	52.6
35-39	26	2.9	45.6	16	3.3	41.2	7	3.6	45.6	2	1.3	53.9
40-44	39	4.3	49.9	25	5.1	46.3	10	5.1	50.7	4	2.7	56.6
45-49	22	2.5	52.4	9	1.8	48.1	11	5.6	56.3	1	0.7	57.3
50-59	72	8.0	60.4	43	8.8	56.9	17	8.6	64.9	8	5.3	62.6
60-69	28	3.1	63.5	18	3.7	60.6	6	3.0	67.9	3	2.0	64.6
70-79	34	3.8	67.3	20	4.1	64.7	9	4.6	72.5	3	2.0	66.6
80-89	34	3.8	71.1	18	3.7	68.4	7	3.6	76.1	7	4.7	71.3
90-99	33	3.7	74.8	20	4.1	72.5	6	3.0	79.1	6	4.0	75.3
100-109	27	3.0	77.8	21	4.3	76.8	3	1.5	80.6	3	2.0	77.3
110-119	22	2.5	80.3	10	2.0	78.8	6	3.0	83.6	5	3.3	80.6
120-129	23	2.6	82.9	14	2.9	81.7	5	2.5	86.1	2	1.3	81.9
130-139	23	2.6	85.5	15	3.1	84.8	2	1.0	87.1	4	2.7	84.6
140-149	19	2.1	87.6	11	2.2	87.0	4	2.0	89.1	3	2.0	86.6
>149	112	12.5	100.1	65	13.2	100.2	21	10.7	99.8	20	13.3	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Figure 9 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

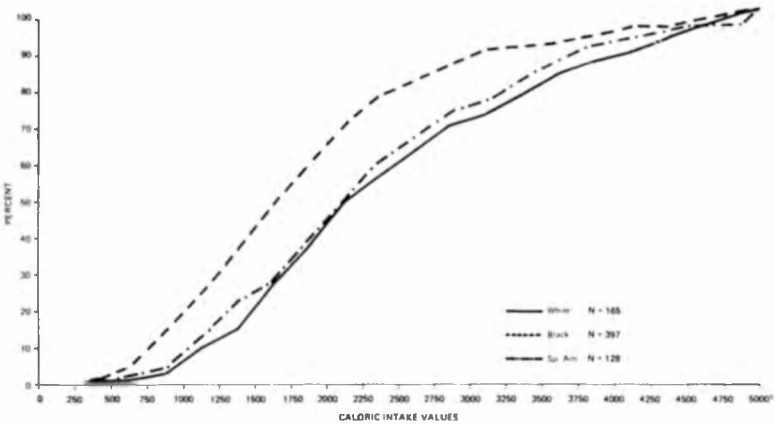


Table Reference: 37 Appendix.

Figure 11 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

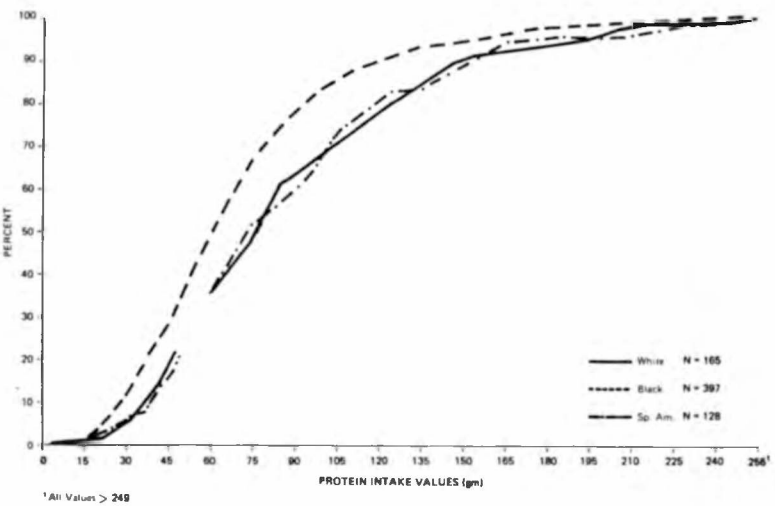


Table Reference: 38 Appendix.

Figure 18 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

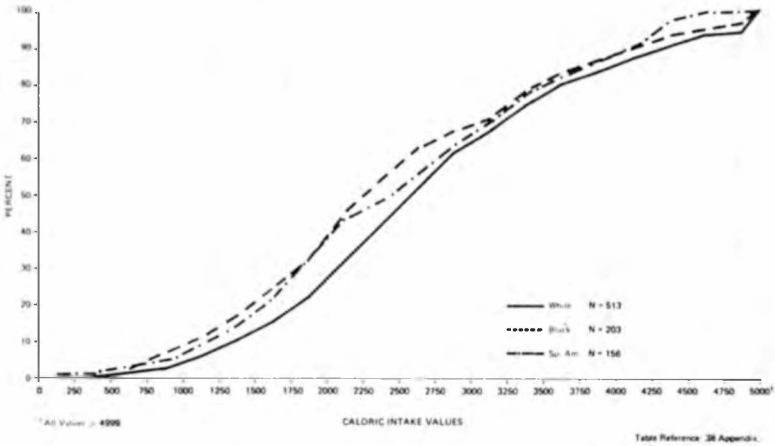


Figure 12 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

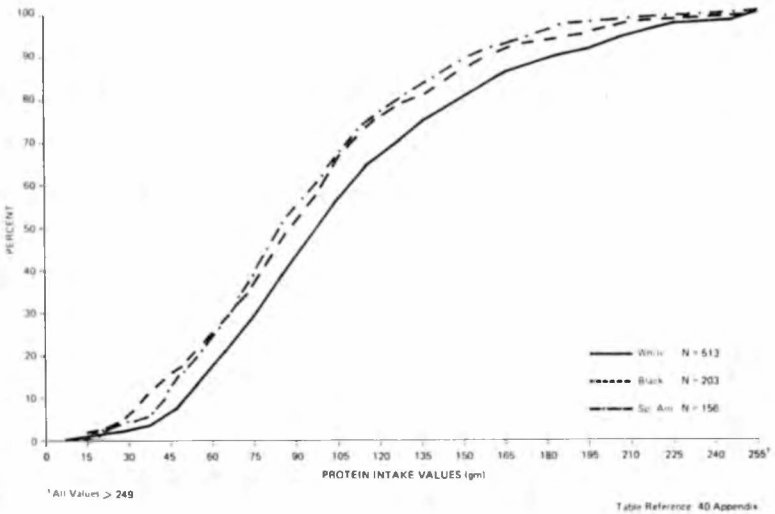
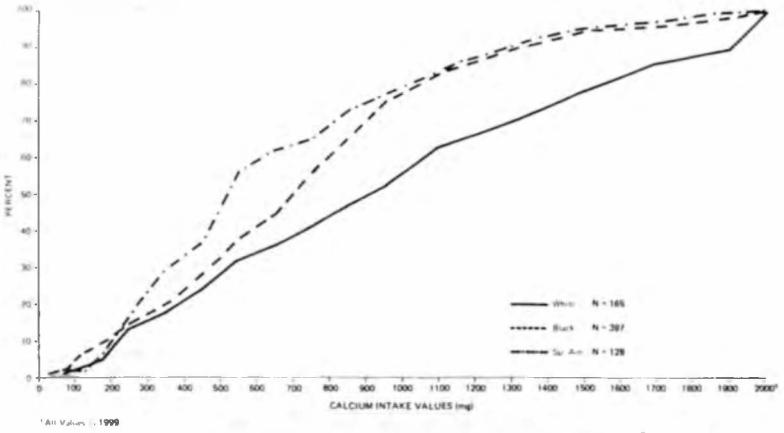


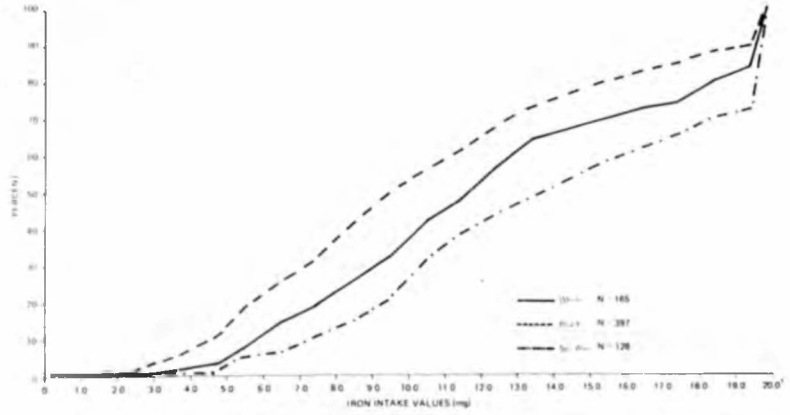
Figure 13 Appendix—Cumulative Percentage Distribution of Calcium Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 1999

Table Reference 41 Appendix

Figure 15 Appendix—Cumulative Percentage Distribution of Iron Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] Values > 19.9

Table Reference 43 Appendix

Figure 14 Appendix—Cumulative Percentage Distribution of Calcium Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

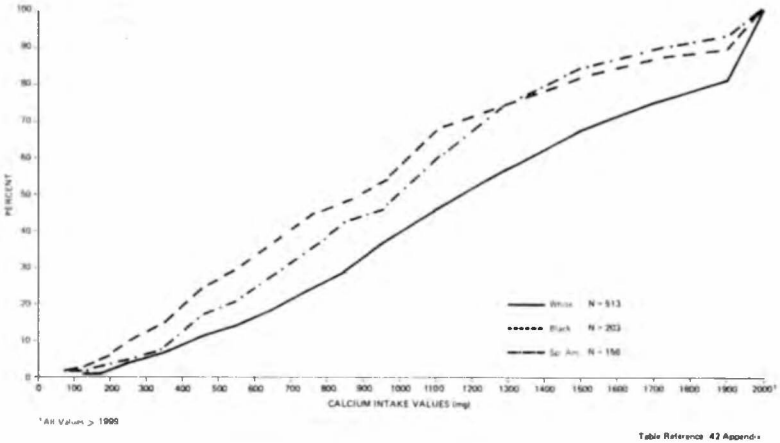


Table Reference 42 Appendix

Figure 16 Appendix—Cumulative Percentage Distribution of Iron Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

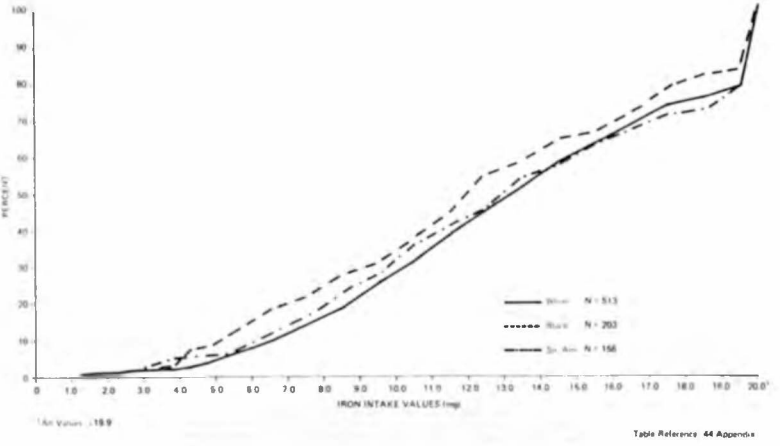


Table Reference 44 Appendix

Figure 17 Appendix—Cumulative Percentage Distribution of Vitamin A Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

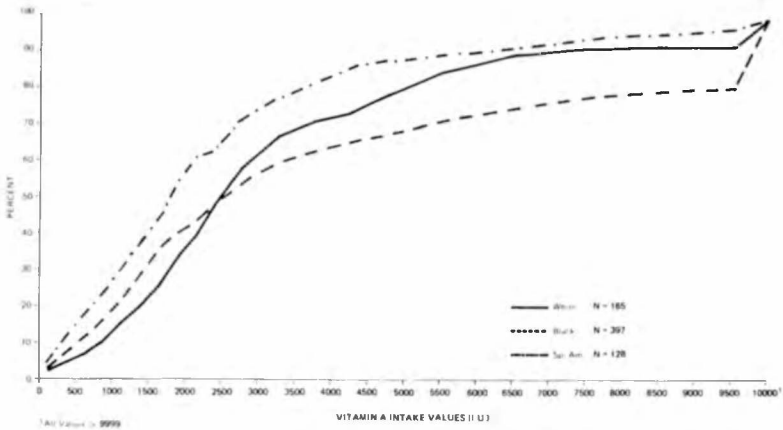


Table Reference 46 Appendix

Figure 18 Appendix—Cumulative Percentage Distribution of Thiamine Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

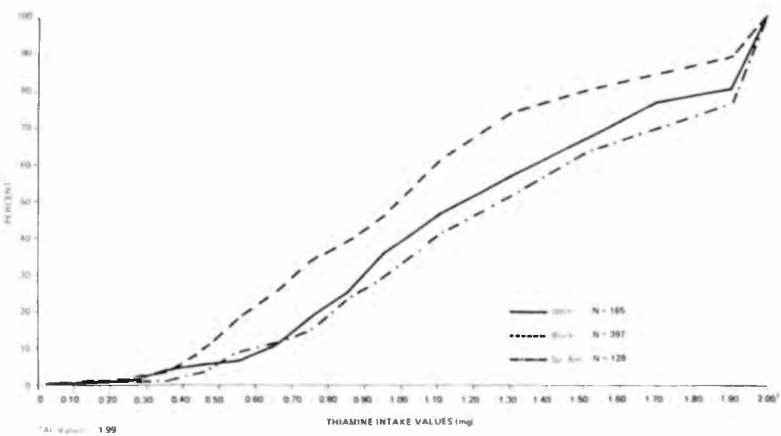


Table Reference 47 Appendix

Figure 18 Appendix—Cumulative Percentage Distribution of Vitamin A Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

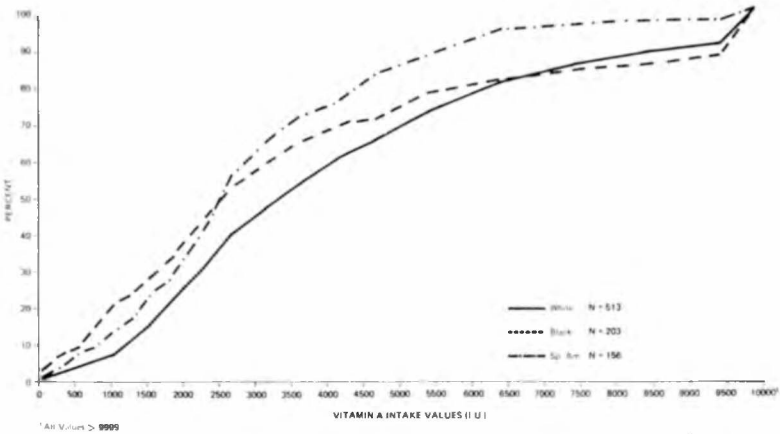


Table Reference 48 Appendix

Figure 20 Appendix—Cumulative Percentage Distribution of Thiamine Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

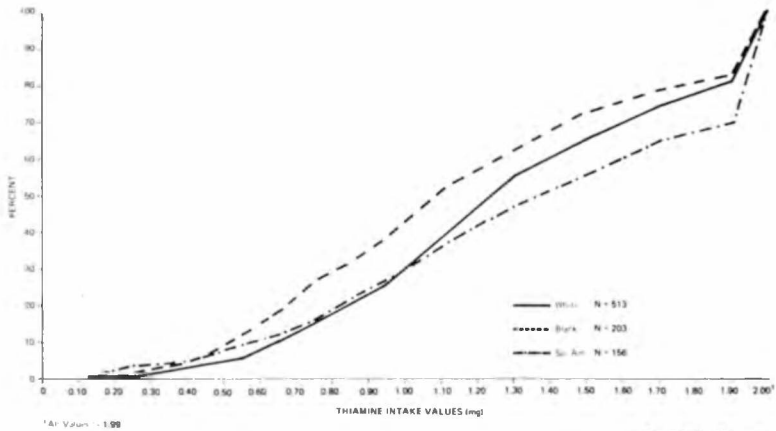


Table Reference 48 Appendix

Figure 21 Appendix—Cumulative Percentage Distribution of Riboflavin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

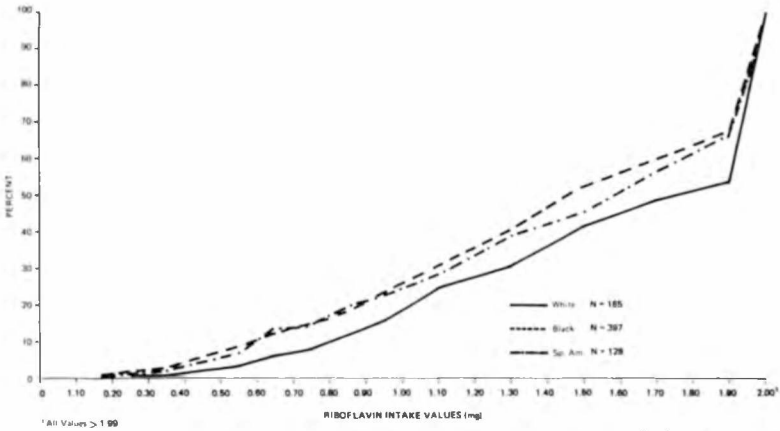


Table Reference 49 Appendix

Figure 23 Appendix—Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

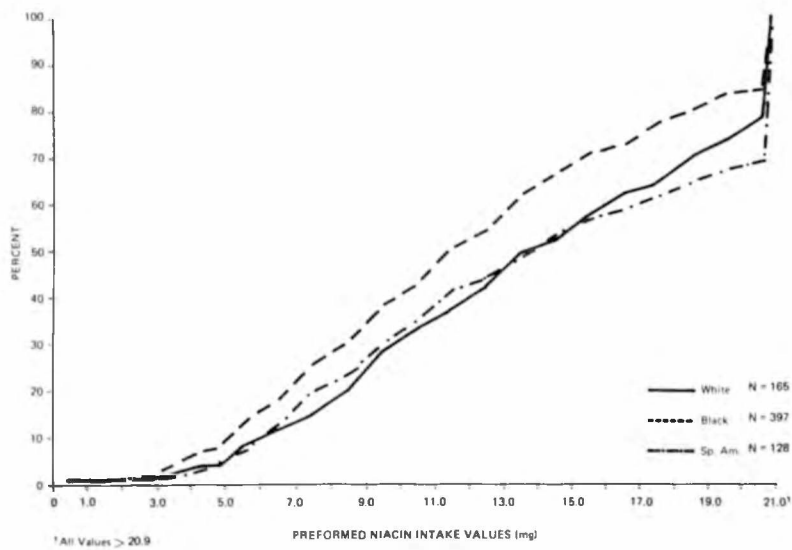
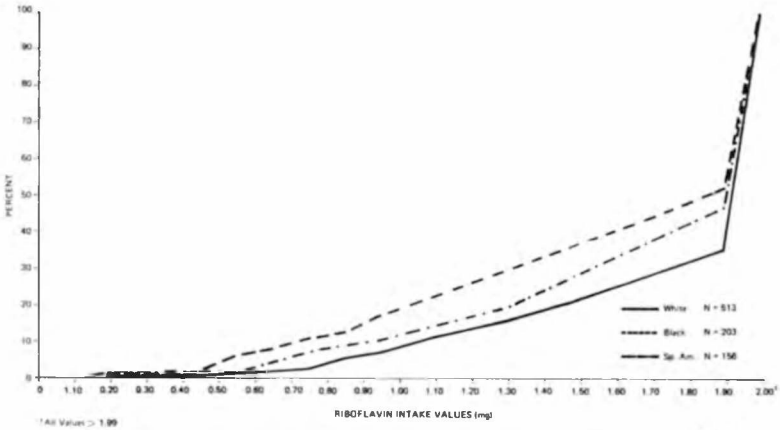


Table Reference 51 Appendix.

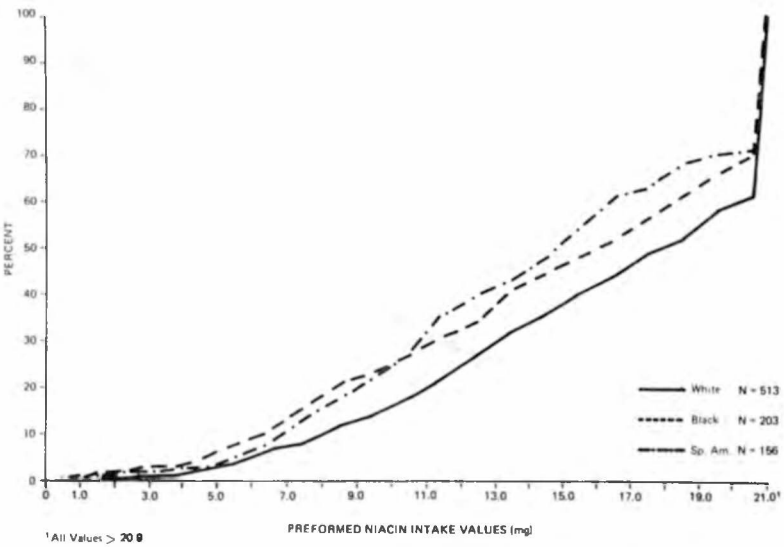
Figure 23 Appendix—Cumulative Percentage Distribution of Riboflavin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 1.99

Table Reference: 50 Appendix.

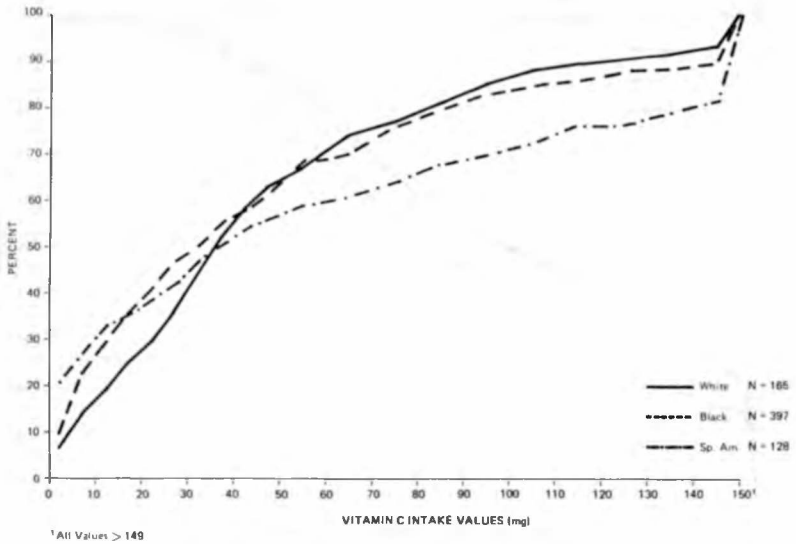
Figure 24 Appendix—Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 20.9

Table Reference: 52 Appendix.

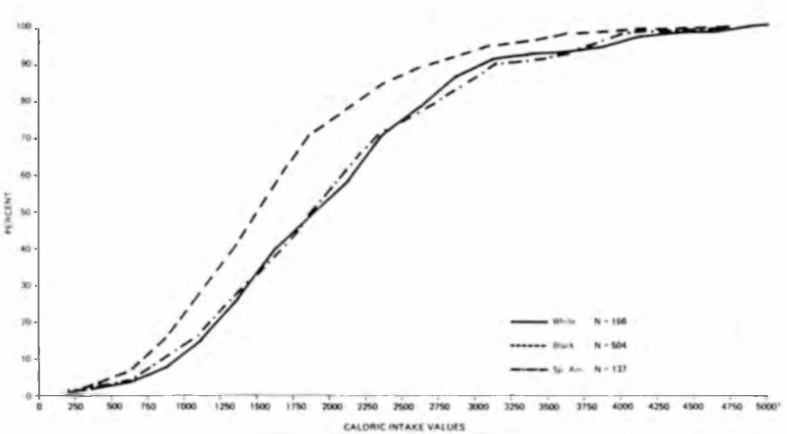
Figure 25 Appendix—Cumulative Percentage Distribution of Vitamin C Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All Values > 149

Table Reference: 53 Appendix.

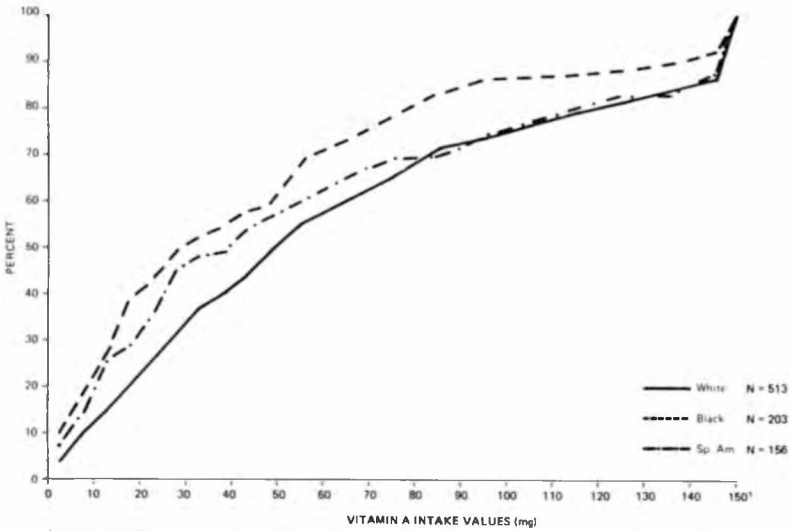
Figure 27 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All Values > 4999

Table Reference 58 Appendix.

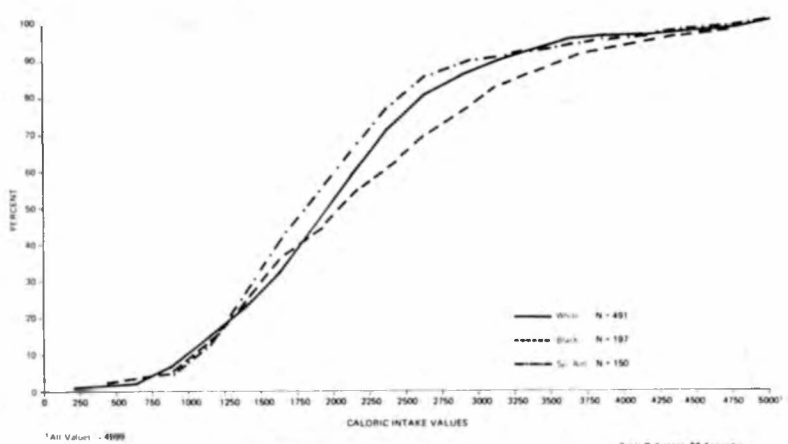
Figure 26 Appendix—Cumulative Percentage Distribution of Vitamin C Intake Values of Males Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All Values > 149

Table Reference: 54 Appendix.

Figure 28 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All Values > 4999

Table Reference: 56 Appendix.

Figure 29 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

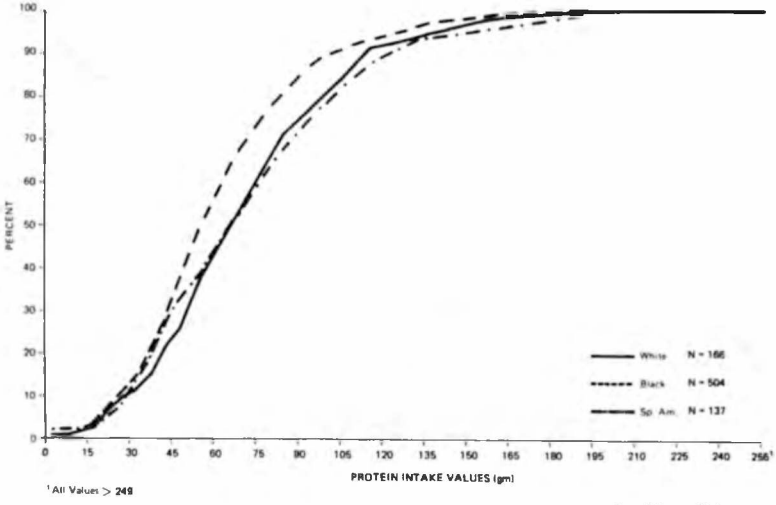


Table Reference 57 Appendix.

Figure 31 Appendix—Cumulative Percentage Distribution of Calcium Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

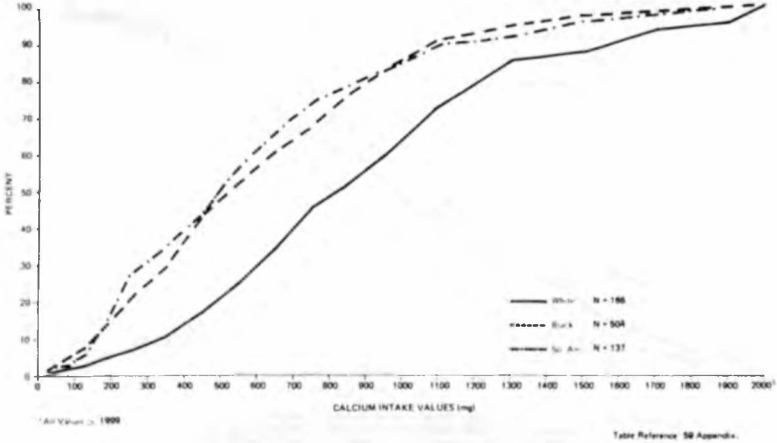
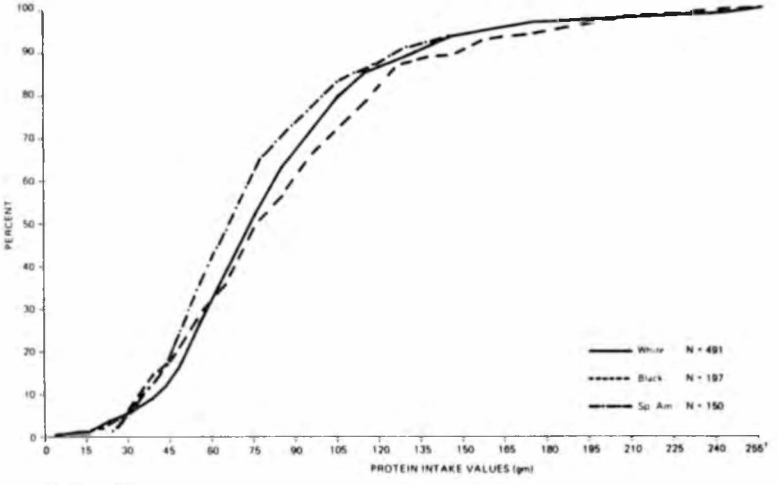


Table Reference 58 Appendix.

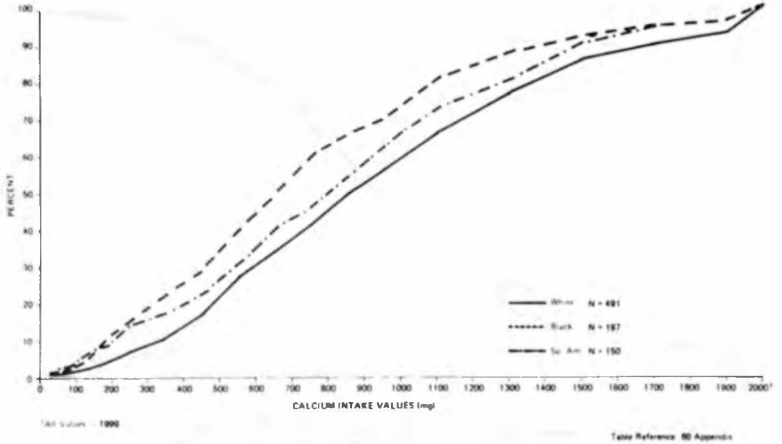
Figure 30 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 249

Table Reference 58 Appendix

Figure 33 Appendix—Cumulative Percentage Distribution of Calcium Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 1999

Table Reference 60 Appendix

Figure 33 Appendix—Cumulative Percentage Distribution of Iron Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

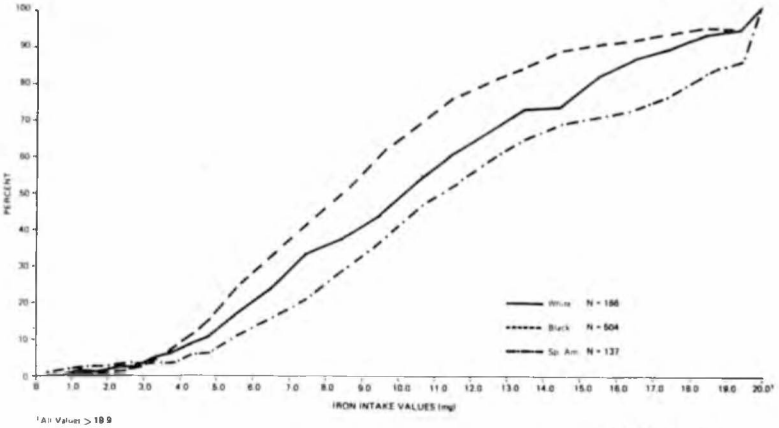


Table Reference: 81 Appendix

Figure 35 Appendix—Cumulative Percentage Distribution of Vitamin A Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

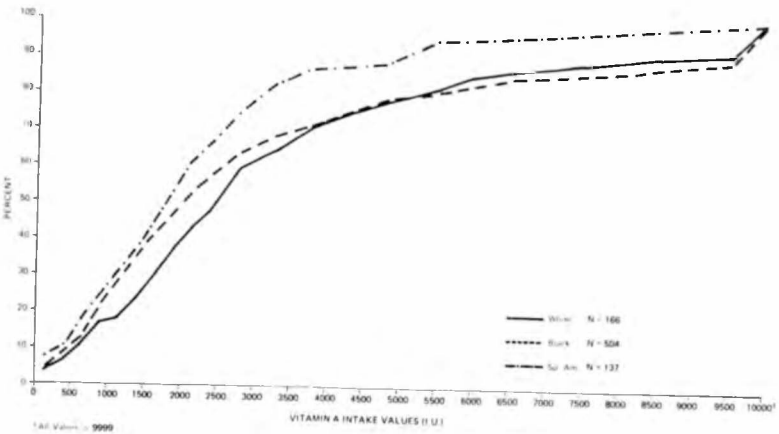


Table Reference: 83 Appendix

Figure 34 Appendix—Cumulative Percentage Distribution of Iron Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

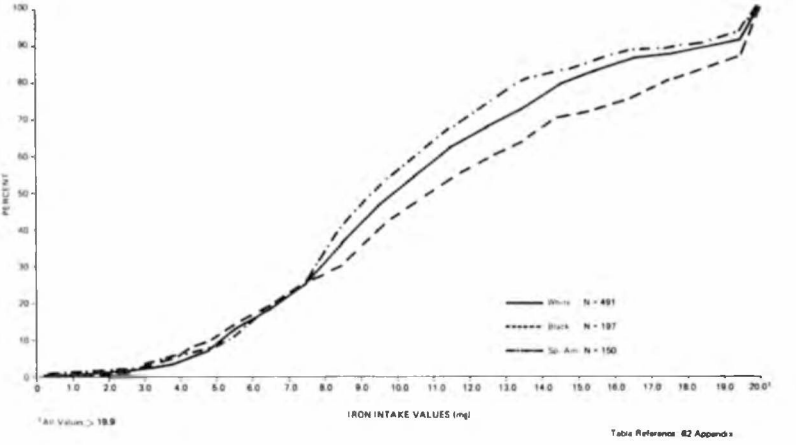


Figure 35 Appendix—Cumulative Percentage Distribution of Vitamin A Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

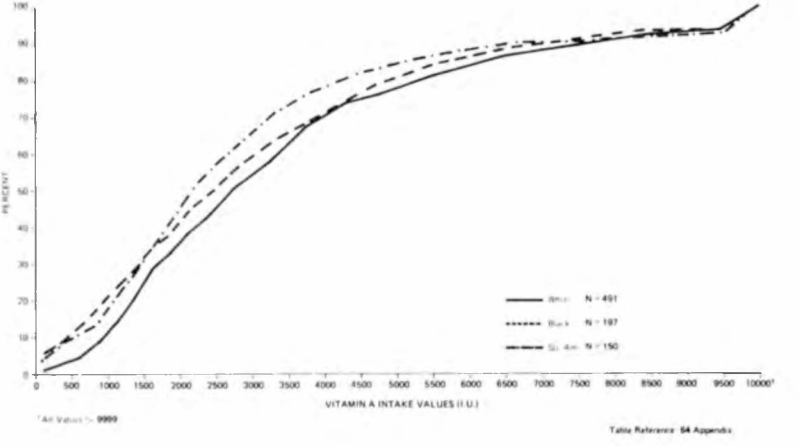


Figure 37 Appendix—Cumulative Percentage Distribution of Thiamine Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio Status—Ten-State Nutrition Survey (1968-1970)

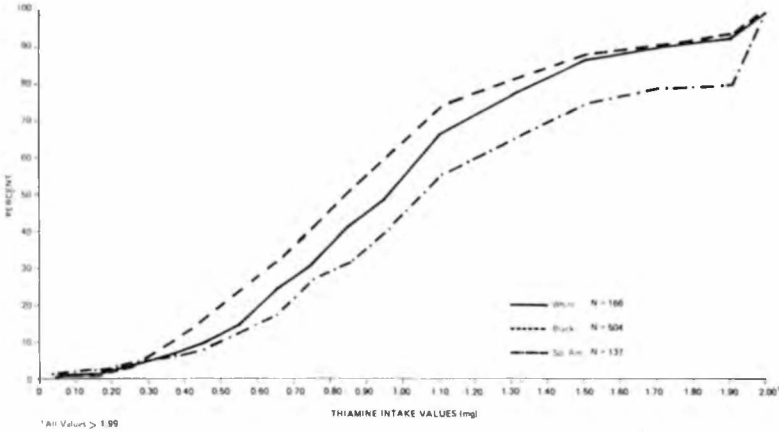


Table Reference 65 Appendix.

Figure 39 Appendix—Cumulative Percentage Distribution of Riboflavin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio Status—Ten-State Nutrition Survey (1968-1970)

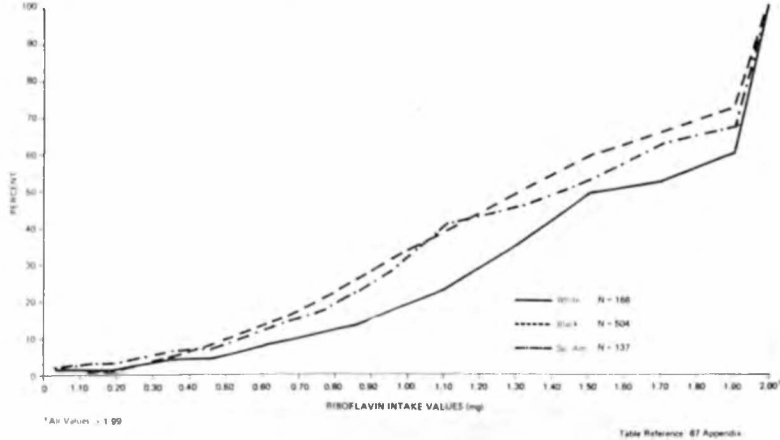
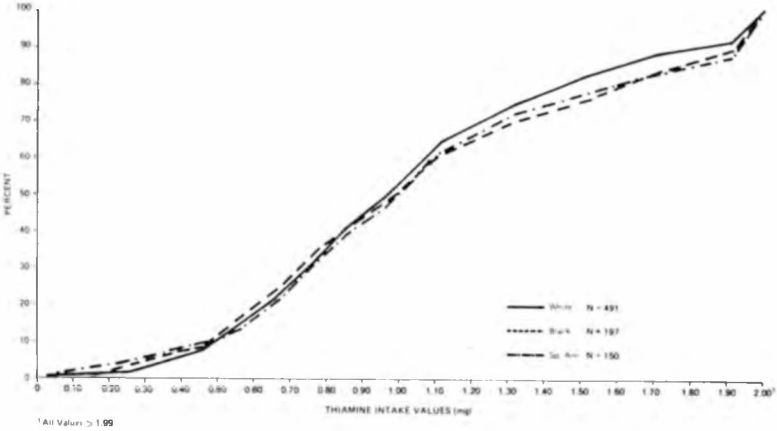


Table Reference 67 Appendix.

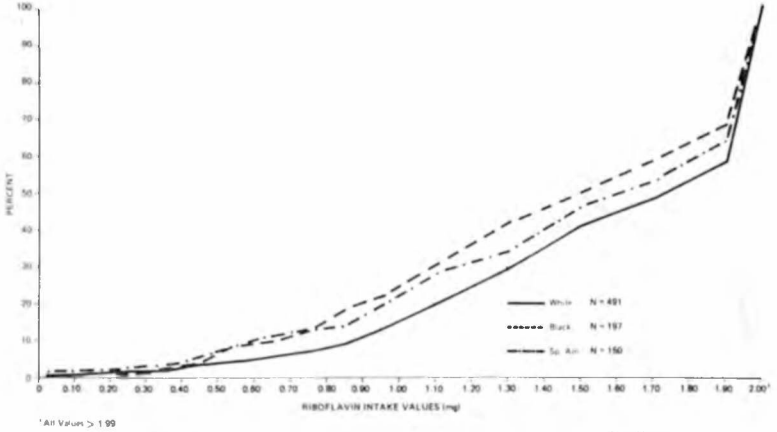
Figure 39 Appendix—Cumulative Percentage Distribution of Thiamine Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 1.99

Table Reference 66 Appendix

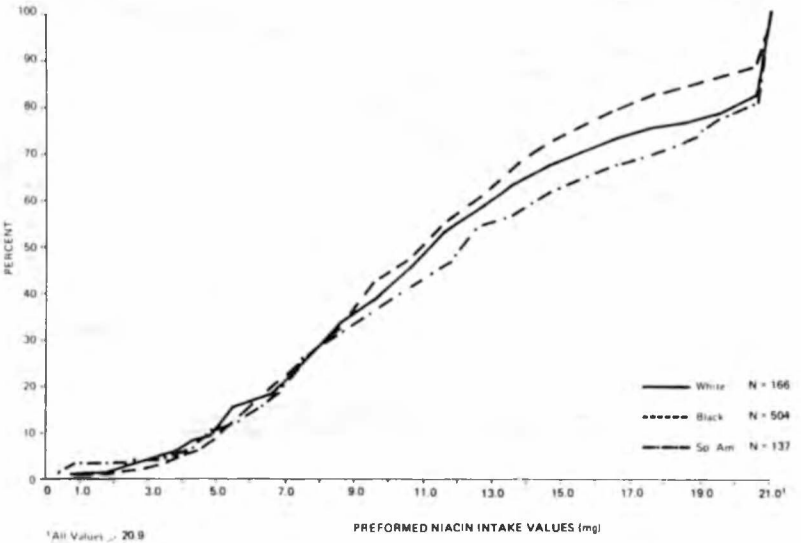
Figure 40 Appendix—Cumulative Percentage Distribution of Riboflavin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 1.99

Table Reference 68 Appendix

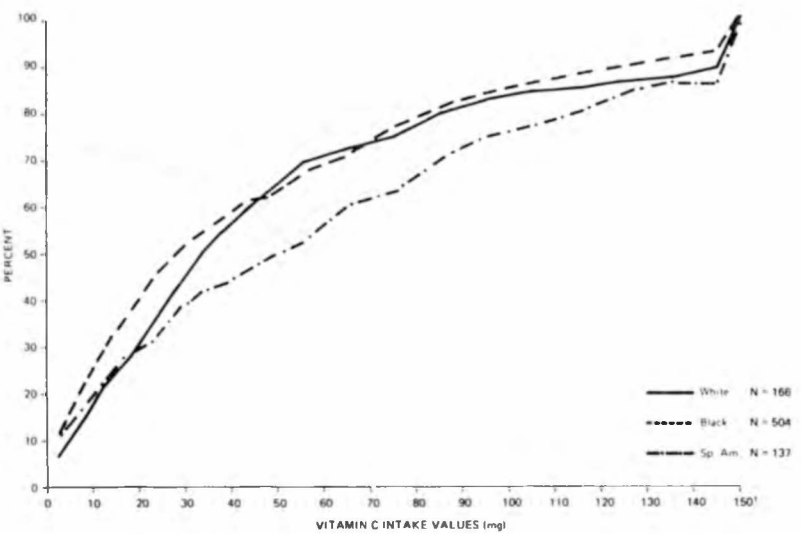
Figure 41 Appendix—Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All Values > 20.9

Table Reference 69 Appendix

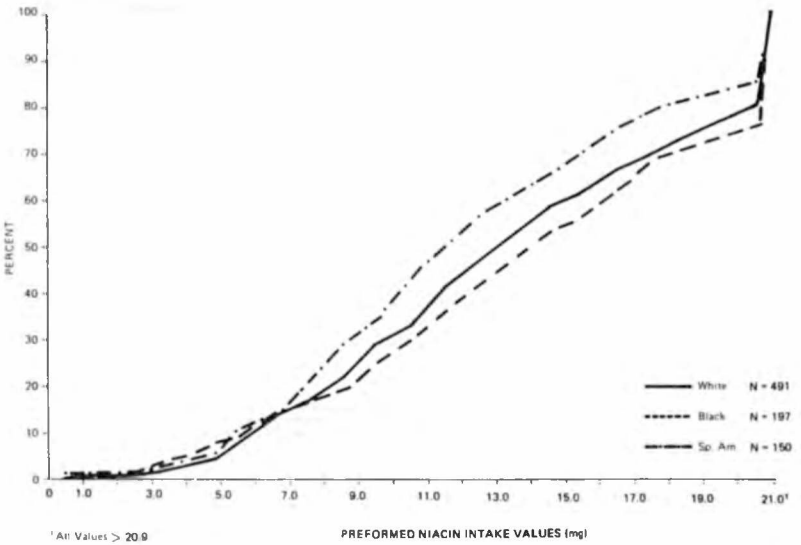
Figure 43 Appendix—Cumulative Percentage Distribution of Vitamin C Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1]All Values > 149

Table Reference 71 Appendix

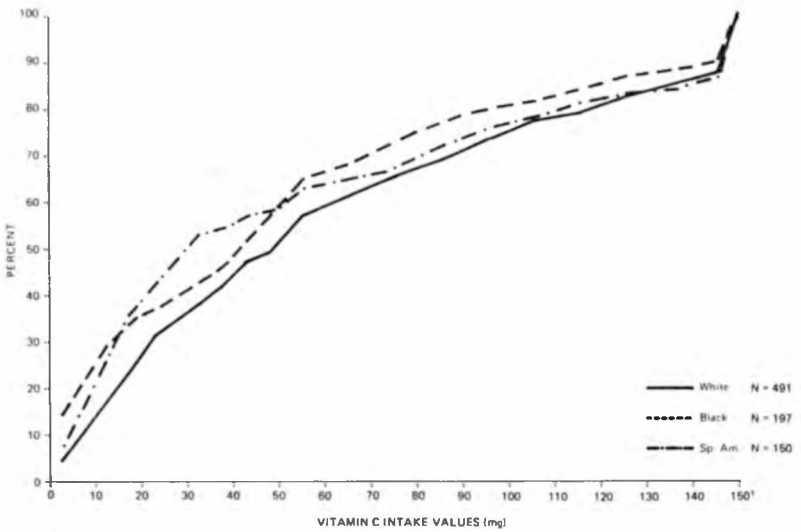
Figure 42 Appendix—Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 20.9

Table Reference 70 Appendix.

Figure 44 Appendix—Cumulative Percentage Distribution of Vitamin C Intake Values of Females Twelve through Fourteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 149

Table Reference: 72 Appendix.

Table 73 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	3	1.2	1.2	1	1.5	1.5	1	0.6	0.6	1	3.7	3.7
500-749	4	1.6	2.8	—	—	1.5	1	0.6	1.2	2	7.4	11.1
750-999	8	3.1	5.9	—	—	1.5	6	3.8	5.0	1	3.7	14.8
1000-1249	14	5.4	11.3	2	3.1	4.6	9	5.6	10.6	3	11.1	25.9
1250-1499	18	7.0	18.3	3	4.6	9.2	14	8.8	19.4	—	—	25.9
1500-1749	20	7.8	26.1	5	7.7	16.9	14	8.8	28.2	1	3.7	29.6
1750-1999	28	10.9	37.0	5	7.7	24.6	22	13.8	42.0	1	3.7	33.3
2000-2249	24	9.3	16.3	8	12.3	36.9	15	9.4	51.4	1	3.7	37.0
2250-2499	23	8.9	55.2	8	12.3	49.2	12	7.5	58.9	3	11.1	48.1
2500-2749	33	12.8	68.0	8	12.3	61.5	20	12.5	71.4	5	18.5	66.6
2750-2999	13	5.0	73.0	2	3.1	64.6	7	4.4	75.8	4	14.8	81.4
3000-3249	14	5.4	78.4	6	9.2	73.8	8	5.0	80.8	—	—	81.4
3250-3499	9	3.5	81.9	2	3.1	76.9	7	4.4	85.2	—	—	81.4
3500-3749	8	3.1	85.0	1	1.5	78.4	6	3.8	89.0	1	3.7	85.1
3750-3999	6	2.3	87.3	3	4.6	83.0	—	—	89.0	1	3.7	88.8
4000-4249	5	1.9	89.2	1	1.5	84.5	3	1.9	90.9	1	3.7	92.5
4250-4499	6	2.3	91.5	1	1.5	86.0	4	2.5	93.4	—	—	92.5
4500-4749	6	2.3	93.8	4	6.2	92.2	2	1.3	94.7	—	—	92.5
4750-4999	4	1.6	95.4	1	1.5	93.7	2	1.3	96.0	1	3.7	96.2
>4999	12	4.7	100.1	4	6.2	99.9	7	4.4	100.4	1	3.7	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 74 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<250	1	0.3	0.3	1	0.6	0.6	—	—	—	—	—	—
250-499	1	0.3	0.6	1	0.6	1.2	—	—	—	—	—	—
500-749	5	1.7	2.3	2	1.3	2.5	2	2.7	2.7	1	2.3	2.3
750-999	4	1.4	3.7	3	1.9	4.4	1	1.3	4.0	—	—	2.3
1000-1249	13	4.5	8.2	5	3.1	7.5	4	5.3	9.3	3	7.0	9.3
1250-1499	6	2.1	10.3	3	1.9	9.4	—	—	9.3	2	4.7	14.0
1500-1749	20	6.9	17.2	9	5.6	15.0	7	9.3	18.6	2	4.7	18.7
1750-1999	19	6.6	23.8	9	5.6	20.6	7	9.3	27.9	3	7.0	25.7
2000-2249	15	5.2	29.0	7	4.4	25.0	6	8.0	35.9	2	4.7	30.4
2250-2499	20	6.9	35.9	7	4.4	29.4	5	6.7	42.6	8	18.6	49.0
2500-2749	32	11.1	47.0	21	12.9	42.3	10	13.3	55.9	—	—	49.0
2750-2999	17	5.9	52.9	9	5.6	47.9	4	5.3	61.2	2	4.7	53.7
3000-3249	21	7.3	60.2	11	6.9	54.8	4	5.3	66.5	4	9.3	63.0
3250-3499	28	9.7	69.9	18	11.2	66.0	4	5.3	71.8	6	14.0	77.0
3500-3749	11	3.8	73.7	6	3.8	69.8	3	4.0	75.8	1	2.3	79.3
3750-3999	15	5.2	78.9	8	5.0	74.8	6	8.0	83.8	1	2.3	81.6
4000-4249	12	4.2	83.1	5	3.1	77.9	4	5.3	89.1	3	7.0	88.6
4250-4499	9	3.1	86.2	8	5.0	82.9	—	—	89.1	1	2.3	90.9
4500-4749	6	2.1	88.3	3	1.9	84.8	1	1.3	90.4	2	4.7	95.6
4750-4999	6	2.1	90.4	4	2.5	87.3	2	2.7	93.1	—	—	95.6
>4999	28	9.7	100.1	21	12.9	100.2	5	6.7	99.8	2	4.7	100.3

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 75 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<5	—	—	—	—	—	—	—	—	—	—	—	—
5-9	—	—	—	—	—	—	—	—	—	—	—	—
10-14	3	1.2	1.2	1	1.5	1.5	2	1.3	1.3	—	—	—
15-19	2	0.8	2.0	—	—	1.5	1	0.6	1.9	1	3.7	3.7
20-24	1	0.4	2.4	—	—	1.5	—	—	1.9	—	—	3.7
25-29	2	0.8	3.2	—	—	1.5	1	0.6	2.5	1	3.7	7.4
30-34	9	3.5	6.7	—	—	1.5	4	2.5	5.0	4	14.8	22.2
35-39	7	2.7	9.4	1	1.5	3.0	6	3.8	8.8	—	—	22.2
40-44	7	2.7	12.1	3	4.6	7.6	4	2.5	11.3	—	—	22.2
45-49	12	4.7	16.8	4	6.2	13.8	6	3.8	15.1	2	7.4	29.6
50-59	19	7.4	24.2	3	4.6	18.4	14	8.8	23.9	2	7.4	37.0
60-69	30	11.6	35.8	8	12.3	30.7	19	11.9	35.8	2	7.4	44.4
70-79	31	12.0	47.8	6	9.2	39.9	24	15.0	50.8	1	3.7	48.1
80-89	20	7.8	55.6	3	4.6	44.5	14	8.8	59.6	2	7.4	55.5
90-99	21	8.1	63.7	8	12.3	56.8	10	6.3	65.9	3	11.1	66.6
100-109	15	5.8	69.5	4	6.2	63.0	11	6.9	72.8	—	—	66.6
110-119	15	5.8	75.3	5	7.7	70.7	7	4.4	77.2	3	11.1	77.7
120-129	11	4.3	79.6	4	6.2	76.9	6	3.8	81.0	1	3.7	81.4
130-139	13	5.0	84.6	3	4.6	81.5	7	4.4	85.4	2	7.4	88.8
140-149	8	3.1	87.7	2	3.1	84.6	5	3.1	88.5	1	3.7	92.5
150-159	9	3.5	91.2	1	1.5	86.1	7	4.4	92.9	1	3.7	96.2
160-169	3	1.2	92.4	1	1.5	87.6	1	0.6	93.5	—	—	96.2
170-179	1	0.4	92.8	—	—	87.6	1	0.6	94.1	—	—	96.2
180-189	8	3.1	95.9	3	4.6	92.2	4	2.5	96.6	1	3.7	99.9
190-199	2	0.8	96.7	—	—	92.2	2	1.3	97.9	—	—	99.9
200-209	1	0.4	97.1	—	—	92.2	1	0.6	98.5	—	—	99.9
210-219	3	1.2	98.3	3	4.6	96.8	—	—	98.5	—	—	99.9
220-229	2	0.8	99.1	1	1.5	98.3	1	0.6	99.1	—	—	99.9
230-239	1	0.4	99.5	—	—	98.3	1	0.6	99.7	—	—	99.9
240-249	1	0.4	99.9	1	1.5	99.8	—	—	99.7	—	—	99.9
>249	1	0.4	100.3	—	—	99.8	1	0.6	100.3	—	—	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 76 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<5	2	0.7	0.7	2	1.2	1.2	—	—	—	—	—	—
5-9	—	—	0.7	—	—	1.2	—	—	—	—	—	—
10-14	—	—	0.7	—	—	1.2	—	—	—	—	—	—
15-19	2	0.7	1.4	1	0.6	1.8	1	1.3	1.3	—	—	—
20-24	2	0.7	2.1	1	0.6	2.4	—	—	1.3	1	2.3	2.3
25-29	4	1.4	3.5	1	0.6	3.0	2	2.7	4.0	1	2.3	4.6
30-34	5	1.7	5.2	4	2.5	5.5	1	1.3	5.3	—	—	4.6
35-39	5	1.7	6.9	4	2.5	8.0	1	1.3	6.6	—	—	4.6
40-44	2	0.7	7.6	2	1.2	9.2	—	—	6.6	—	—	4.6
45-49	6	2.1	9.7	1	0.6	9.8	3	4.0	10.6	2	4.7	9.3
50-59	18	6.2	15.9	7	4.3	14.1	4	5.3	15.9	5	11.6	20.9
60-69	16	5.5	21.4	6	3.7	17.8	5	6.7	22.6	4	9.3	30.2
70-79	22	7.6	29.0	11	6.8	24.6	6	8.0	30.6	3	7.0	37.2
80-89	20	6.9	35.9	10	6.2	30.8	7	9.3	39.9	3	7.0	44.2
90-99	15	5.2	41.1	5	3.1	33.9	6	8.0	47.9	3	7.0	51.2
100-109	30	10.4	51.5	18	11.2	45.1	7	9.3	57.2	5	11.6	62.8
110-119	23	8.0	59.5	11	6.8	51.9	6	8.0	65.2	4	9.3	72.1
120-129	24	8.3	67.8	12	7.5	59.4	8	10.7	75.9	4	9.3	81.4
130-139	12	4.2	72.0	8	5.0	64.4	4	5.3	81.2	—	—	81.4
140-149	19	6.6	78.6	12	7.5	71.9	5	6.7	87.9	—	—	81.4
150-159	10	3.5	82.1	7	4.3	76.2	—	—	87.9	3	7.0	88.4
160-169	7	2.4	84.5	4	2.5	78.7	1	1.3	89.2	2	4.7	93.1
170-179	7	2.4	86.9	5	3.1	81.8	2	2.7	91.9	—	—	93.1
180-189	9	3.1	90.0	8	5.0	86.8	1	1.3	93.2	—	—	93.1
190-199	4	1.4	91.4	3	1.9	88.7	—	—	93.2	1	2.3	95.4
200-209	5	1.7	93.1	3	1.9	90.6	2	2.7	95.9	—	—	95.4
210-219	2	0.7	93.8	2	1.2	91.8	—	—	95.9	—	—	95.4
220-229	3	1.0	94.8	3	1.9	93.7	—	—	95.9	—	—	95.4
230-239	1	0.3	95.1	1	0.6	94.3	—	—	95.9	—	—	95.4
240-249	2	0.7	95.8	1	0.6	94.9	—	—	95.9	1	2.3	97.7
>249	12	4.2	100.0	8	5.0	99.9	3	4.0	99.9	1	2.3	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 77 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<50	—	—	—	—	—	—	—	—	—	—	—	—
50-99	4	1.6	1.6	2	3.1	3.1	2	1.3	1.3	—	—	—
100-149	6	2.3	3.9	—	—	3.1	5	3.1	4.4	1	3.7	3.7
150-199	2	0.8	4.7	—	—	3.1	1	0.6	5.0	1	3.7	7.4
200-299	11	4.3	9.0	—	—	3.1	8	5.0	10.0	2	7.4	14.8
300-399	22	8.5	17.5	1	1.5	4.6	13	8.1	18.1	7	25.9	40.7
400-499	16	6.2	23.7	2	3.1	7.7	9	5.6	23.7	4	14.8	55.5
500-599	25	9.7	33.4	3	4.6	12.3	20	12.5	36.2	2	7.4	62.9
600-699	17	6.6	40.0	4	6.2	18.5	12	7.5	43.7	1	3.7	66.6
700-799	13	5.0	45.0	3	4.6	23.1	10	6.3	50.0	—	—	66.6
800-899	19	7.4	52.4	3	4.6	27.7	15	9.4	59.4	1	3.7	70.3
900-999	21	8.1	60.5	7	10.8	38.5	11	6.9	66.3	3	11.1	81.4
1000-1199	21	8.1	68.6	4	6.2	44.7	15	9.4	75.7	2	7.4	88.8
1200-1399	30	11.6	80.2	10	15.4	60.1	19	11.9	87.6	—	—	88.8
1400-1599	12	4.7	84.9	7	10.8	70.9	5	3.1	90.7	—	—	88.8
1600-1799	12	4.7	89.6	6	9.2	80.1	5	3.1	93.8	1	3.7	92.5
1800-1999	9	3.5	93.1	4	6.2	86.3	4	2.5	96.3	—	—	92.5
>1999	18	7.0	100.1	9	13.8	100.1	6	3.8	100.1	2	7.4	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 78 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<50	1	0.3	0.3	1	0.6	0.6	—	—	—	—	—	—
50-99	3	1.0	1.3	1	0.6	1.2	2	2.7	2.7	—	—	—
100-149	4	1.4	2.7	1	0.6	1.8	3	4.0	6.7	—	—	—
150-199	5	1.7	4.4	5	3.1	4.9	—	—	6.7	—	—	—
200-299	11	3.8	8.2	3	1.9	6.8	4	5.3	12.0	3	7.0	7.0
300-399	9	3.1	11.3	4	2.5	9.3	3	4.0	16.0	1	2.3	9.3
400-499	12	4.2	15.5	6	3.7	13.0	4	5.3	21.3	2	4.7	14.0
500-599	12	4.2	19.7	5	3.1	16.1	5	6.7	28.0	1	2.3	16.3
600-699	15	5.2	24.9	6	3.7	19.8	5	6.7	34.7	3	7.0	23.3
700-799	21	7.3	32.2	8	5.0	24.8	6	8.0	42.7	5	11.6	34.9
800-899	8	2.8	35.0	5	3.1	27.9	—	—	42.7	3	7.0	41.9
900-999	20	6.9	41.9	11	6.8	34.7	5	6.7	49.4	4	9.3	51.2
1000-1199	32	11.1	53.0	17	10.6	45.3	12	16.0	65.4	2	4.7	55.9
1200-1399	19	6.6	59.6	11	6.8	52.1	4	5.3	70.7	3	7.0	62.9
1400-1599	23	8.0	67.6	13	8.1	60.2	6	8.0	78.7	4	9.3	72.2
1600-1799	16	5.5	73.1	8	5.0	65.2	5	6.7	85.4	2	4.7	76.9
1800-1999	15	5.2	78.3	9	5.6	70.8	3	4.0	89.4	3	7.0	83.9
>1999	63	21.8	100.1	47	29.2	100.0	8	10.7	100.1	7	16.3	100.2

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 79 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	1	0.4	0.4	—	—	—	1	0.6	0.6	—	—	—
1.0-1.4	1	0.4	0.8	—	—	—	—	—	0.6	1	3.7	3.7
1.5-1.9	—	—	0.8	—	—	—	—	—	0.6	—	—	3.7
2.0-2.4	—	—	0.8	—	—	—	—	—	0.6	—	—	3.7
2.5-2.9	2	0.8	1.6	—	—	—	2	1.3	1.9	—	—	3.7
3.0-3.4	1	0.4	2.0	1	1.5	1.5	—	—	1.9	—	—	3.7
3.5-3.9	—	—	2.0	—	—	1.5	—	—	1.9	—	—	3.7
4.0-4.4	4	1.6	3.6	—	—	1.5	3	1.9	3.8	1	3.7	7.4
4.5-4.9	2	0.8	4.4	—	—	1.5	—	—	3.8	1	3.7	11.1
5.0-5.9	9	3.5	7.9	2	3.1	4.6	6	3.8	7.6	—	—	11.1
6.0-6.9	14	5.4	13.3	3	4.6	9.2	10	6.3	13.9	1	3.7	14.8
7.0-7.9	18	7.0	20.3	4	6.2	15.4	12	7.5	21.4	2	7.4	22.2
8.0-8.9	13	5.0	25.3	1	1.5	16.9	11	6.9	28.3	—	—	22.2
9.0-9.9	21	8.1	33.4	8	12.3	29.2	12	7.5	35.8	1	3.7	25.9
10.0-10.9	18	7.0	40.4	4	6.2	35.4	13	8.1	43.9	1	3.7	29.6
11.0-11.9	14	5.4	45.8	2	3.1	38.5	10	6.3	50.2	2	7.4	37.0
12.0-12.9	9	3.5	49.3	3	4.6	43.1	6	3.8	54.0	—	—	37.0
13.0-13.9	12	4.7	54.0	6	9.2	52.3	6	3.8	57.8	—	—	37.0
14.0-14.9	15	5.8	59.8	4	6.2	58.5	6	3.8	61.6	4	14.8	51.8
15.0-15.9	14	5.4	65.2	3	4.6	63.1	10	6.3	67.9	1	3.7	55.5
16.0-16.9	10	3.9	69.1	4	6.2	69.3	5	3.1	71.0	1	3.7	59.2
17.0-17.9	13	5.0	74.1	3	4.6	73.9	9	5.6	76.6	1	3.7	62.9
18.0-18.9	7	2.7	76.8	2	3.1	77.0	5	3.1	79.7	—	—	62.9
19.0-19.9	11	4.3	81.1	3	4.6	81.6	5	3.1	82.8	2	7.4	70.3
>19.9	49	19.0	100.1	12	18.5	100.1	28	17.5	100.3	8	29.6	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 80 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<0.5	2	0.7	0.7	2	1.2	1.2	—	—	—	—	—	—
0.5-0.9	—	—	0.7	—	—	1.2	—	—	—	—	—	—
1.0-1.4	1	0.3	1.0	—	—	1.2	—	—	—	1	2.3	2.3
1.5-1.9	—	—	1.0	—	—	1.2	—	—	—	—	—	2.3
2.0-2.4	1	0.3	1.3	—	—	1.2	1	1.3	1.3	—	—	2.3
2.5-2.9	—	—	1.3	—	—	1.2	—	—	1.3	—	—	2.3
3.0-3.4	3	1.0	2.3	2	1.2	2.4	1	1.3	2.6	—	—	2.3
3.5-3.9	3	1.0	3.3	2	1.2	3.6	1	1.3	3.9	—	—	2.3
4.0-4.4	4	1.4	4.7	2	1.2	4.8	1	1.3	5.2	1	2.3	4.6
4.5-4.9	1	0.3	5.0	—	—	4.8	1	1.3	6.5	—	—	4.6
5.0-5.9	8	2.8	7.8	3	1.9	6.7	1	1.3	7.8	2	4.7	9.3
6.0-6.9	8	2.8	10.6	2	1.2	7.9	3	4.0	11.8	3	7.0	16.3
7.0-7.9	12	4.2	14.8	7	4.3	12.2	3	4.0	15.8	2	4.7	21.0
8.0-8.9	9	3.1	17.9	4	2.5	14.7	4	5.3	21.1	1	2.3	23.3
9.0-9.9	11	3.8	21.7	4	2.5	17.2	5	6.7	27.8	1	2.3	25.6
10.0-10.9	19	6.6	28.3	9	5.6	22.8	6	8.0	35.8	3	7.0	32.6
11.0-11.9	21	7.3	35.6	12	7.5	30.3	4	5.3	41.1	5	11.6	44.2
12.0-12.9	18	6.2	41.8	15	9.3	39.6	2	2.7	43.8	1	2.3	46.5
13.0-13.9	15	5.2	47.0	8	5.0	44.6	5	6.7	50.5	1	2.3	48.8
14.0-14.9	12	4.2	51.2	4	2.5	47.1	6	8.0	58.5	1	2.3	51.1
15.0-15.9	13	4.5	55.7	10	6.2	53.3	—	—	58.5	2	4.7	55.8
16.0-16.9	22	7.6	63.3	10	6.2	59.5	7	9.3	67.8	5	11.6	67.4
17.0-17.9	13	4.5	67.8	5	3.1	62.6	3	4.0	71.8	4	9.3	76.7
18.0-18.9	12	4.2	72.0	8	5.0	67.6	2	2.7	74.5	1	2.3	79.0
19.0-19.9	6	2.1	74.1	2	1.2	68.8	3	4.0	78.5	1	2.3	81.3
>19.9	75	26.0	100.1	50	31.1	99.9	16	21.3	99.8	8	18.6	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 81 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<250	11	4.3	4.3	1	1.5	1.5	8	5.0	5.0	2	7.4	7.4
250-499	6	2.3	6.6	—	—	1.5	5	3.1	8.1	1	3.7	11.1
500-749	10	3.9	10.5	1	1.5	3.0	8	5.0	13.1	1	3.7	14.8
750-999	16	6.2	16.7	2	3.1	6.1	12	7.5	20.6	1	3.7	18.5
1000-1249	5	1.9	18.6	2	3.1	9.2	3	1.9	22.5	—	—	18.5
1250-1499	13	5.0	23.6	1	1.5	10.7	9	5.6	28.1	3	11.1	29.6
1500-1749	15	5.8	29.4	2	3.1	13.8	12	7.5	35.6	1	3.7	33.3
1750-1999	19	7.4	36.8	3	4.6	18.4	14	8.8	44.4	2	7.4	40.7
2000-2249	14	5.4	42.2	3	4.6	23.0	10	6.3	50.7	1	3.7	44.4
2250-2499	4	1.6	43.8	2	3.1	26.1	2	1.3	52.0	—	—	44.4
2500-2999	18	7.0	50.8	7	10.8	36.9	11	6.9	58.9	—	—	44.4
3000-3499	21	8.1	58.9	7	10.8	47.7	8	5.0	63.9	5	18.5	62.9
3500-3999	12	4.7	63.6	4	6.2	53.9	6	3.8	67.7	2	7.4	70.3
4000-4499	13	5.0	68.6	11	16.9	70.8	2	1.3	69.0	—	—	70.3
4500-4999	10	3.9	72.5	3	4.6	75.4	6	3.8	72.8	—	—	70.3
5000-5999	13	5.0	77.5	4	6.2	81.6	9	5.6	78.4	—	—	70.3
6000-6999	12	4.7	82.2	3	4.6	86.2	6	3.8	82.2	2	7.4	77.7
7000-7999	6	2.3	84.5	—	—	86.2	3	1.9	84.1	2	7.4	85.1
8000-8999	2	0.8	85.3	1	1.5	87.7	1	0.6	84.7	—	—	85.1
9000-9999	3	1.2	86.5	—	—	87.7	3	1.9	86.6	—	—	85.1
>9999	35	13.6	100.1	8	12.3	100.0	22	13.8	100.4	4	14.8	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 82 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<250	5	1.7	1.7	3	1.9	1.9	2	2.7	2.7	—	—	—
250-499	3	1.0	2.7	1	0.6	2.5	2	2.7	5.4	—	—	—
500-749	5	1.7	4.4	—	—	2.5	2	2.7	8.1	2	4.7	4.7
750-999	6	2.1	6.5	3	1.9	4.4	1	1.3	9.4	1	2.3	7.0
1000-1249	13	4.5	11.0	7	4.3	8.7	5	6.7	16.1	1	2.3	9.3
1250-1499	12	4.2	15.2	6	3.7	12.4	4	5.3	21.4	2	4.7	14.0
1500-1749	7	2.4	17.6	2	1.2	13.6	3	4.0	25.4	2	4.7	18.7
1750-1999	6	2.1	19.7	3	1.9	15.5	2	2.7	28.1	1	2.3	21.0
2000-2249	14	4.8	24.5	8	5.0	20.5	4	5.3	33.4	2	4.7	25.7
2250-2499	13	4.5	29.0	8	5.0	25.5	3	4.0	37.4	2	4.7	30.4
2500-2999	30	10.4	39.4	14	8.7	34.2	7	9.3	46.7	6	14.0	44.4
3000-3499	21	7.3	46.7	10	6.2	40.4	8	10.7	57.4	3	7.0	51.4
3500-3999	26	9.0	55.7	17	10.6	51.0	4	5.3	62.7	3	7.0	58.4
4000-4499	17	5.9	61.6	9	5.6	56.6	4	5.3	68.0	4	9.3	67.7
4500-4999	13	4.5	66.1	6	3.7	60.3	3	4.0	72.0	3	7.0	74.7
5000-5999	19	6.6	72.7	13	8.1	68.4	1	1.3	73.3	5	11.6	86.3
6000-6999	11	3.8	76.5	7	4.3	72.7	3	4.0	77.3	1	2.3	88.6
7000-7999	13	4.5	81.0	8	5.0	77.7	2	2.7	80.0	1	2.3	90.9
8000-8999	11	3.8	84.8	8	5.0	82.7	2	2.7	82.7	1	2.3	93.2
9000-9999	9	3.1	87.9	5	3.1	85.8	4	5.3	88.0	—	—	93.2
>9999	35	12.1	100.0	23	14.3	100.1	9	12.0	100.0	3	7.0	100.2

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 83 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	—	—	—	—	—	—	—	—	—	—	—	—
0.10-0.14	—	—	—	—	—	—	—	—	—	—	—	—
0.15-0.19	1	0.4	0.4	—	—	—	—	—	—	1	3.7	3.7
0.20-0.29	1	0.4	0.8	—	—	—	1	0.6	0.6	—	—	3.7
0.30-0.39	4	1.6	2.4	—	—	—	3	1.9	2.5	1	3.7	7.4
0.40-0.49	6	2.3	4.7	1	1.5	1.5	3	1.9	4.4	1	3.7	11.1
0.50-0.59	11	4.3	9.0	1	1.5	3.0	9	5.6	10.0	—	—	11.1
0.60-0.69	12	4.7	13.7	3	4.6	7.6	7	4.4	14.4	2	7.4	18.5
0.70-0.79	18	7.0	20.7	4	6.2	13.8	13	8.1	22.5	1	3.7	22.2
080-0.89	18	7.0	27.7	6	9.2	23.0	11	6.9	29.4	1	3.7	25.9
0.90-0.99	15	5.8	33.5	3	4.6	27.6	11	6.9	36.3	1	3.7	29.6
1.00-1.19	31	12.0	45.5	7	10.8	38.4	21	13.1	49.4	2	7.4	37.0
1.20-1.39	24	9.3	54.8	7	10.8	49.2	16	10.0	59.4	1	3.7	40.7
1.40-1.59	29	11.2	66.0	7	10.8	60.0	19	11.9	71.3	2	7.4	48.1
1.60-1.79	25	9.7	75.7	12	18.5	78.5	7	4.4	75.7	6	22.2	70.3
1.80-1.99	12	4.7	80.4	2	3.1	81.6	8	5.0	80.7	2	7.4	77.7
>1.99	51	19.8	100.2	12	18.5	100.1	31	19.4	100.1	6	22.2	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 84 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<0.05	2	0.7	0.7	2	1.2	1.2	—	—	—	—	—	—
0.05-0.09	—	—	0.7	—	—	1.2	—	—	—	—	—	—
0.10-0.14	—	—	0.7	—	—	1.2	—	—	—	—	—	—
0.15-0.19	—	—	0.7	—	—	1.2	—	—	—	—	—	—
0.20-0.29	3	1.0	1.7	—	—	1.2	2	2.7	2.7	1	2.3	2.3
0.30-0.39	8	2.8	4.5	6	3.7	4.9	2	2.7	5.4	—	—	2.3
0.40-0.49	2	0.7	5.2	—	—	4.9	1	1.3	6.7	1	2.3	4.6
0.50-0.59	8	2.8	8.0	4	2.5	7.4	1	1.3	8.0	2	4.7	9.3
0.60-0.69	9	3.1	11.1	4	2.5	9.9	5	6.7	14.7	—	—	9.3
0.70-0.79	11	3.8	14.9	3	1.9	11.8	6	8.0	22.7	1	2.3	11.6
0.80-0.89	20	6.9	21.8	9	5.6	17.4	5	6.7	29.4	5	11.6	23.2
0.90-0.99	19	6.6	28.4	11	6.8	24.2	3	4.0	33.4	4	9.3	32.5
1.00-1.19	27	9.3	37.7	14	8.7	32.9	9	12.0	45.4	1	2.3	34.8
1.20-1.39	41	14.2	51.9	13	8.1	41.0	20	26.7	72.1	8	18.6	53.4
1.40-1.59	30	10.4	62.3	24	14.9	55.9	4	5.3	77.4	2	4.7	58.1
1.60-1.79	20	6.9	69.2	11	6.8	62.7	5	6.7	84.1	3	7.0	65.1
1.80-1.99	21	7.3	76.5	14	8.7	71.4	4	5.3	89.4	2	4.7	69.8
>1.99	68	23.5	100.0	46	28.6	100.0	8	10.7	100.1	13	30.2	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 85 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<.05	—	—	—	—	—	—	—	—	—	—	—	—
.05-.09	—	—	—	—	—	—	—	—	—	—	—	—
.10-.14	—	—	—	—	—	—	—	—	—	—	—	—
.15-.19	—	—	—	—	—	—	—	—	—	—	—	—
.20-.29	1	0.4	0.4	1	1.5	1.5	—	—	—	—	—	—
.30-.39	2	0.8	1.2	—	—	1.5	1	0.6	0.6	1	3.7	3.7
.40-.49	3	1.2	2.4	—	—	1.5	2	1.3	1.9	1	3.7	7.4
.50-.59	6	2.3	4.7	1	1.5	3.0	3	1.9	3.8	1	3.7	11.1
.60-.69	3	1.2	5.9	—	—	3.0	1	0.6	4.4	1	3.7	14.8
.70-.79	5	1.9	7.8	—	—	3.0	4	2.5	6.9	1	3.7	18.5
.80-.89	5	1.9	9.7	—	—	3.0	3	1.9	8.8	2	7.4	25.9
.90-.99	10	3.9	13.6	2	3.1	6.1	8	5.0	13.8	—	—	25.9
1.00-1.19	18	7.0	20.6	3	4.6	10.7	12	7.5	21.3	3	11.1	37.0
1.20-1.39	22	8.5	29.1	5	7.7	18.4	14	8.8	30.1	3	11.1	48.1
1.40-1.59	24	9.3	38.4	3	4.6	23.0	20	12.5	42.6	1	3.7	51.8
1.60-1.79	16	6.2	44.6	4	6.2	29.2	9	5.6	48.2	2	7.4	59.2
1.80-1.99	15	5.8	50.4	2	3.1	32.3	11	6.9	55.1	2	7.4	66.6
>1.99	128	49.6	100.0	44	67.7	100.0	72	45.0	100.1	9	33.3	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 86 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<.05	1	0.3	0.3	1	0.6	0.6	—	—	—	—	—	—
.05-.09	—	—	0.3	—	—	0.6	—	—	—	—	—	—
.10-.14	1	0.3	0.6	1	0.6	1.2	—	—	—	—	—	—
.15-.19	—	—	0.6	—	—	1.2	—	—	—	—	—	—
.20-.29	3	1.0	1.6	1	0.6	1.8	2	2.7	2.7	—	—	—
.30-.39	1	0.3	1.9	—	—	1.8	1	1.3	4.0	—	—	—
.40-.49	1	0.3	2.2	1	0.6	2.4	—	—	4.0	—	—	—
.50-.59	4	1.4	3.6	3	1.9	4.3	—	—	4.0	1	2.3	2.3
.60-.69	3	1.0	4.6	2	1.2	5.5	—	—	4.0	1	2.3	4.6
.70-.79	4	1.4	6.0	1	0.6	6.1	2	2.7	6.7	—	—	4.6
.80-.89	4	1.4	7.4	1	0.6	6.7	3	4.0	10.7	—	—	4.6
.90-.99	8	2.8	10.2	3	1.9	8.6	3	4.0	14.7	2	4.7	9.3
1.00-1.19	17	5.9	16.1	8	5.0	13.6	5	6.7	21.4	3	7.0	16.3
1.20-1.39	13	4.5	20.6	5	3.1	16.7	6	8.0	29.4	1	2.3	18.6
1.40-1.59	19	6.6	27.2	8	5.0	21.7	4	5.3	34.7	6	14.0	32.6
1.60-1.79	24	8.3	35.5	12	7.5	29.2	7	9.3	44.0	5	11.6	44.2
1.80-1.99	21	7.3	42.8	11	6.8	36.0	6	8.0	52.0	3	7.0	51.2
>1.99	165	57.1	99.9	103	64.0	100.0	36	48.0	100.0	21	48.8	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table on twenty-four hour recall.

Table 87 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	1	0.4	0.4	—	—	—	1	0.6	0.6	—	—	—
1.5-1.9	1	0.4	0.8	—	—	—	—	—	0.6	1	3.7	3.7
2.0-2.4	—	—	0.8	—	—	—	—	—	0.6	—	—	3.7
2.5-2.9	4	1.6	2.4	1	1.5	1.5	2	1.3	1.9	1	3.7	7.4
3.0-3.4	1	0.4	2.8	—	—	1.5	1	0.6	2.5	—	—	7.4
3.5-3.9	1	0.4	3.2	—	—	1.5	—	—	2.5	1	3.7	11.1
4.0-4.4	3	1.2	4.4	—	—	1.5	2	1.3	3.8	1	3.7	14.8
4.5-4.9	1	0.4	4.8	—	—	1.5	—	—	3.8	1	3.7	18.5
5.0-5.9	6	2.3	7.1	1	1.5	3.0	2	1.3	5.1	1	3.7	22.2
6.0-6.9	8	3.1	10.2	3	4.6	7.6	5	3.1	8.2	—	—	22.2
7.0-7.9	8	3.1	13.3	4	6.2	13.8	4	2.5	10.7	—	—	22.2
8.0-8.9	16	6.2	19.5	6	9.2	23.0	9	5.6	16.3	1	3.7	25.9
9.0-9.9	4	1.6	21.1	—	—	23.0	4	2.5	18.8	—	—	25.9
10.0-10.9	16	6.2	27.3	3	4.6	27.6	12	7.5	26.3	1	3.7	29.6
11.0-11.9	17	6.6	33.9	4	6.2	33.8	10	6.3	32.6	2	7.4	37.0
12.0-12.9	9	3.5	37.4	4	6.2	40.0	5	3.1	35.7	—	—	37.0
13.0-13.9	12	4.7	42.1	4	6.2	46.2	8	5.0	40.7	—	—	37.0
14.0-14.9	9	3.5	45.6	1	1.5	47.7	6	3.8	44.5	1	3.7	40.7
15.0-15.9	11	4.3	49.9	4	6.2	53.9	5	3.1	47.6	2	7.4	48.1
16.0-16.9	11	4.3	54.2	1	1.5	55.4	9	5.6	53.2	1	3.7	51.8
17.0-17.9	8	3.1	57.3	2	3.1	58.5	6	3.8	57.0	—	—	51.8
18.0-18.9	8	3.1	60.4	1	1.5	60.0	6	3.8	60.8	1	3.7	55.5
19.0-19.9	11	4.3	64.7	2	3.1	63.1	7	4.4	65.2	2	7.4	62.9
20.0-20.9	11	4.3	69.0	3	4.6	67.7	7	4.4	69.6	—	—	62.9
>20.9	81	31.4	100.4	21	32.3	100.0	49	30.6	100.2	10	37.0	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 88 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<0.5	2	0.7	0.7	2	1.2	1.2	—	—	—	—	—	—
0.5-0.9	—	—	0.7	—	—	1.2	—	—	—	—	—	—
1.0-1.4	—	—	0.7	—	—	1.2	—	—	—	—	—	—
1.5-1.9	—	—	0.7	—	—	1.2	—	—	—	—	—	—
2.0-2.4	—	—	0.7	—	—	1.2	—	—	—	—	—	—
2.5-2.9	2	0.7	1.4	1	0.6	1.8	—	—	—	1	2.3	2.3
3.0-3.4	2	0.7	2.1	—	—	1.8	2	2.7	2.7	—	—	2.3
3.5-3.9	—	—	2.1	—	—	1.8	—	—	2.7	—	—	2.3
4.0-4.4	3	1.0	3.1	2	1.2	3.0	—	—	2.7	1	2.3	4.6
4.5-4.9	2	0.7	3.8	—	—	3.0	1	1.3	4.0	1	2.3	6.9
5.0-5.9	7	2.4	6.2	6	3.7	6.7	—	—	4.0	—	—	6.9
6.0-6.9	6	2.1	8.3	2	1.2	7.9	1	1.3	5.3	3	7.0	13.9
7.0-7.9	9	3.1	11.4	2	1.2	9.1	5	6.7	12.0	2	4.7	18.6
8.0-8.9	5	1.7	13.1	1	0.6	9.7	1	1.3	13.3	2	4.7	23.3
9.0-9.9	10	3.5	16.6	4	2.5	12.2	3	4.0	17.3	3	7.0	30.3
10.0-10.9	7	2.4	19.0	5	3.1	15.3	1	1.3	18.6	1	2.3	32.6
11.0-11.9	7	2.4	21.4	3	1.9	17.2	2	2.7	21.3	2	4.7	37.3
12.0-12.9	18	6.2	27.6	7	4.3	21.5	3	4.0	25.3	7	16.3	53.6
13.0-13.9	10	3.5	31.1	4	2.5	24.0	5	6.7	32.0	—	—	53.6
14.0-14.9	13	4.5	35.6	6	3.7	27.7	6	8.0	40.0	1	2.3	55.9
15.0-15.9	6	2.1	37.7	5	3.1	30.8	1	1.3	41.3	—	—	55.9
16.0-16.9	17	5.9	43.6	10	6.2	37.0	4	5.3	46.6	3	7.0	62.9
17.0-17.9	13	4.5	48.1	6	3.7	40.7	4	5.3	51.9	1	2.3	65.2
18.0-18.9	7	2.4	50.5	5	3.1	43.8	1	1.3	53.2	1	2.3	67.5
19.0-19.9	10	3.5	54.0	7	4.3	48.1	2	2.7	55.9	—	—	67.5
20.0-20.9	8	2.8	56.8	4	2.5	50.6	3	4.0	59.9	1	2.3	69.8
>20.9	125	43.3	100.1	79	49.1	99.7	30	40.0	99.9	13	30.2	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 89 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	258	100.0	100.0	65	100.0	100.0	160	100.0	100.0	27	100.0	100.0
<5	23	8.9	8.9	2	3.1	3.1	18	11.3	11.3	3	11.1	11.1
5-9	22	8.5	17.4	7	10.8	13.9	15	9.4	20.7	—	—	11.1
10-14	24	9.3	26.7	4	6.2	20.1	18	11.3	32.0	2	7.4	18.5
15-19	17	6.6	33.3	1	1.5	21.6	13	8.1	40.1	1	3.7	22.2
20-24	11	4.3	37.6	2	3.1	24.7	8	5.0	45.1	1	3.7	25.9
25-29	14	5.4	43.0	8	12.3	37.0	5	3.1	48.2	1	3.7	29.6
30-34	10	3.9	46.9	4	6.2	43.2	6	3.8	52.0	—	—	29.6
35-39	16	6.2	53.1	2	3.1	46.3	13	8.1	60.1	—	—	29.6
40-44	5	1.9	55.0	1	1.5	47.8	4	2.5	62.6	—	—	29.6
45-49	6	2.3	57.3	4	6.2	54.0	1	0.6	63.2	1	3.7	33.3
50-59	16	6.2	63.5	6	9.2	63.2	6	3.8	67.0	2	7.4	40.7
60-69	9	3.5	67.0	5	7.7	70.9	1	0.6	67.6	3	11.1	51.8
70-79	14	5.4	72.4	3	4.6	75.5	10	6.3	73.9	1	3.7	55.5
80-89	3	1.2	73.6	—	—	75.5	2	1.3	75.2	1	3.7	59.2
90-99	10	3.9	77.5	3	4.6	80.1	7	4.4	79.6	—	—	59.2
100-109	7	2.7	80.2	2	3.1	83.2	3	1.9	81.5	2	7.4	66.6
110-119	5	1.9	82.1	1	1.5	84.7	4	2.5	84.0	—	—	66.6
120-129	2	0.8	82.9	1	1.5	86.2	1	0.6	84.6	—	—	66.6
130-139	5	1.9	84.8	1	1.5	87.7	3	1.9	86.5	1	3.7	70.3
140-149	—	—	84.8	—	—	87.7	—	—	86.5	—	—	70.3
>149	39	15.1	99.9	8	12.3	100.0	22	13.8	100.3	8	29.6	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 90 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	289	100.0	100.0	161	100.0	100.0	75	100.0	100.0	43	100.0	100.0
<5	18	6.2	6.2	7	4.3	4.3	4	5.3	5.3	7	16.3	16.3
5-9	17	5.9	12.1	9	5.6	9.9	5	6.7	12.0	2	4.7	21.0
10-14	14	4.8	16.9	5	3.1	13.0	5	6.7	18.7	2	4.7	25.7
15-19	15	5.2	22.1	8	5.0	18.0	5	6.7	25.4	1	2.3	28.0
20-24	16	5.5	27.6	6	3.7	21.7	5	6.7	32.1	3	7.0	35.0
25-29	11	3.8	31.4	5	3.1	24.8	3	4.0	36.1	3	7.0	42.0
30-34	9	3.1	34.5	3	1.9	26.7	3	4.0	40.1	3	7.0	49.0
35-39	15	5.2	39.7	11	6.8	33.5	1	1.3	41.4	3	7.0	56.0
40-44	13	4.5	44.2	6	3.7	37.2	4	5.3	46.7	2	4.7	60.7
45-49	6	2.1	46.3	3	1.9	39.1	2	2.7	49.4	—	—	60.7
50-59	18	6.2	52.5	11	6.8	45.9	6	8.0	57.4	1	2.3	63.0
60-69	15	5.2	57.7	10	6.2	52.1	3	4.0	61.4	1	2.3	65.3
70-79	15	5.2	62.9	7	4.3	56.4	7	9.3	70.7	—	—	65.3
80-89	16	5.5	68.4	13	8.1	64.5	3	4.0	74.7	—	—	65.3
90-99	11	3.8	72.2	7	4.3	68.8	3	4.0	78.7	1	2.3	67.6
100-109	6	2.1	74.3	4	2.5	71.3	1	1.3	80.0	1	2.3	69.9
110-119	4	1.4	75.7	1	0.6	71.9	1	1.3	81.3	2	4.7	74.6
120-129	5	1.7	77.4	3	1.9	73.8	1	1.3	82.6	1	2.3	76.9
130-139	7	2.4	79.8	4	2.5	76.3	2	2.7	85.4	1	2.3	79.2
140-149	5	1.7	81.5	3	1.9	78.2	1	1.3	86.6	1	2.3	81.5
>149	53	18.3	99.8	35	21.7	99.9	10	13.3	99.9	8	18.6	100.1

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four recall.

Table 91 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	7	2.2	2.2	1	1.4	1.4	6	2.9	2.9	—	—	—
500-749	13	4.1	6.3	2	2.9	4.3	10	4.9	7.8	1	2.5	2.5
750-999	28	8.8	15.1	6	8.6	12.9	15	7.4	15.2	6	15.0	17.5
1000-1249	36	11.4	26.5	4	5.7	18.6	29	14.2	29.4	3	7.5	25.0
1250-1499	47	14.8	41.3	11	15.7	34.3	31	15.2	44.6	5	12.5	37.5
1500-1749	41	12.9	54.2	12	17.1	51.4	27	13.2	57.8	2	5.0	42.5
1750-1999	38	12.0	66.2	9	12.9	64.3	22	10.8	68.6	6	15.0	57.5
2000-2249	30	9.5	75.7	6	8.6	72.9	20	9.8	78.4	4	10.0	67.5
2250-2499	26	8.2	83.9	4	5.7	78.6	18	8.8	87.2	4	10.0	77.5
2500-2749	13	4.1	88.0	5	7.1	85.7	7	3.4	90.6	1	2.5	80.0
2750-2999	11	3.5	91.5	3	4.3	90.0	8	3.9	94.5	—	—	80.0
3000-3249	8	2.5	94.0	3	4.3	94.3	2	1.0	95.5	2	5.0	85.0
3250-3499	—	—	94.0	—	—	94.3	—	—	95.5	—	—	85.0
3500-3749	7	2.2	96.2	1	1.4	95.7	3	1.5	97.0	3	7.5	92.5
3750-3999	3	0.9	97.1	—	—	95.7	3	1.5	98.5	—	—	92.5
4000-4249	1	0.3	97.4	—	—	95.7	1	0.5	99.0	—	—	92.5
4250-4499	3	0.9	98.3	1	1.4	97.1	1	0.5	99.5	1	2.5	95.0
4500-4749	1	0.3	98.6	1	1.4	98.5	—	—	99.5	—	—	95.0
4750-4999	—	—	98.6	—	—	98.5	—	—	99.5	—	—	95.0
>4999	4	1.3	99.9	1	1.4	99.9	1	0.5	100.0	2	5.0	100.0
TOTAL KNOWN	317			70			204			40		

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 92 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<250	2	0.7	0.7	—	—	—	2	2.5	2.5	—	—	—
250-499	2	0.7	1.4	1	0.6	0.6	—	—	2.5	—	—	—
500-749	4	1.4	2.8	—	—	0.6	1	1.3	3.8	3	6.2	6.2
750-999	17	5.8	8.6	10	6.5	7.1	5	6.3	10.1	2	4.2	10.4
1000-1249	28	9.5	18.1	14	9.1	16.2	6	7.6	17.7	3	6.2	16.6
1250-1499	31	10.5	28.6	19	12.3	28.5	4	5.1	22.8	5	10.4	27.0
1500-1749	28	9.5	38.1	13	8.4	36.9	10	12.7	35.5	5	10.4	37.4
1750-1999	33	11.2	49.3	17	11.0	47.9	5	6.3	41.8	10	20.8	58.2
2000-2249	31	10.5	59.8	17	11.0	58.9	7	8.9	50.7	5	10.4	68.6
2250-2499	18	6.1	65.9	13	8.4	67.3	5	6.3	57.0	—	—	68.6
2500-2749	19	6.5	72.4	11	7.1	74.4	5	6.3	63.3	3	6.2	74.8
2750-2999	13	4.4	76.8	6	3.9	78.3	5	6.3	69.6	2	4.2	79.0
3000-3249	16	5.4	82.2	9	5.8	84.1	5	6.3	75.9	2	4.2	83.2
3250-3499	12	4.1	86.3	5	3.2	87.3	5	6.3	82.2	2	4.2	87.4
3500-3749	13	4.4	90.7	8	5.2	92.5	2	2.5	84.7	2	4.2	91.6
3750-3999	8	2.7	93.4	5	3.2	95.7	1	1.3	86.0	2	4.2	95.8
4000-4249	1	0.3	93.7	1	0.6	96.3	—	—	86.0	—	—	95.8
4250-4499	4	1.4	95.1	1	0.6	96.9	3	3.8	89.8	—	—	95.8
4500-4749	5	1.7	96.8	1	0.6	97.5	4	5.1	94.9	—	—	95.8
4750-4999	3	1.0	97.8	1	0.6	98.1	1	1.3	96.2	1	2.1	97.9
>4999	6	2.0	99.8	2	1.3	99.4	3	3.8	100.0	1	2.1	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 93 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<5	1	0.3	0.3	—	—	—	1	0.5	0.5	—	—	—
5-9	—	—	0.3	—	—	—	—	—	0.5	—	—	—
10-14	3	0.9	1.2	2	2.9	2.9	1	0.5	1.0	—	—	—
15-19	5	1.6	2.8	1	1.4	4.3	4	2.0	3.0	—	—	—
20-24	16	5.0	7.8	4	5.7	10.0	11	5.4	8.4	1	2.5	2.5
25-29	13	4.1	11.9	1	1.4	11.4	8	3.9	12.3	3	7.5	10.0
30-34	9	2.8	14.7	3	4.3	15.7	6	2.9	15.2	—	—	10.0
35-39	28	8.8	23.5	7	10.0	25.7	18	8.8	24.0	3	7.5	17.5
40-44	22	6.9	30.4	6	8.6	34.3	12	5.9	29.9	4	10.0	27.5
45-49	20	6.3	36.7	4	5.7	40.0	14	6.9	36.8	2	5.0	32.5
50-59	42	13.2	49.9	10	14.3	54.3	26	12.7	49.5	5	12.5	45.0
60-69	46	14.5	64.4	6	8.6	62.9	35	17.2	66.7	5	12.5	57.5
70-79	30	9.5	73.9	5	7.1	70.0	20	9.8	76.5	4	10.0	67.5
80-89	26	8.2	82.1	5	7.1	77.1	17	8.3	84.8	4	10.0	77.5
90-99	13	4.1	86.2	5	7.1	84.2	8	3.9	88.7	—	—	77.5
100-109	9	2.8	89.0	1	1.4	85.6	6	2.9	91.6	2	5.0	82.5
110-119	12	3.8	92.8	6	8.6	94.2	6	2.9	94.5	—	—	82.5
120-129	3	0.9	93.7	—	—	94.2	3	1.5	96.0	—	—	82.5
130-139	4	1.3	95.0	1	1.4	95.6	2	1.0	97.0	1	2.5	85.0
140-149	3	0.9	95.9	—	—	95.6	2	1.0	98.0	1	2.5	87.5
150-159	3	0.9	96.8	1	1.4	97.0	—	—	98.0	2	5.0	92.5
160-169	—	—	96.8	—	—	97.0	—	—	98.0	—	—	92.5
170-179	1	0.3	97.1	—	—	97.0	—	—	98.0	1	2.5	95.0
180-189	3	0.9	98.0	—	—	97.0	2	1.0	99.0	1	2.5	97.5
190-199	—	—	98.0	—	—	97.0	—	—	99.0	—	—	97.5
200-209	1	0.3	98.3	—	—	97.0	1	0.5	99.5	—	—	97.5
210-219	—	—	98.3	—	—	97.0	—	—	99.5	—	—	97.5
220-229	1	0.3	98.6	—	—	97.0	1	0.5	100.0	—	—	97.5
230-239	1	0.3	98.9	1	1.4	98.4	—	—	100.0	—	—	97.5
240-249	—	—	98.9	—	—	98.4	—	—	100.0	—	—	97.5
>249	2	0.6	99.5	1	1.4	99.8	—	—	100.0	1	2.5	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 94 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<5	2	0.7	0.7	—	—	—	2	2.5	2.5	—	—	—
5-9	1	0.3	1.0	—	—	—	—	—	2.5	1	2.1	2.1
10-14	3	1.0	2.0	1	0.6	0.6	—	—	2.5	1	2.1	4.2
15-19	2	0.7	2.7	—	—	0.6	1	1.3	3.8	1	2.1	6.3
20-24	2	0.7	3.4	1	0.6	1.2	—	—	3.8	—	—	6.3
25-29	5	1.7	5.1	3	1.9	3.1	2	2.5	6.3	—	—	6.3
30-34	8	2.7	7.8	5	3.2	6.3	3	3.8	10.1	—	—	6.3
35-39	8	2.7	10.5	2	1.3	7.6	3	3.8	13.9	1	2.1	8.4
40-44	14	4.8	15.3	6	3.9	11.5	4	5.1	19.0	4	8.3	16.7
45-49	14	4.8	20.1	6	3.9	15.4	4	5.1	24.1	2	4.2	20.9
50-59	32	10.9	31.0	19	12.3	27.7	4	5.1	29.2	5	10.4	31.3
60-69	34	11.6	42.6	21	13.6	41.3	6	7.6	36.8	7	14.6	45.9
70-79	39	13.3	55.9	22	14.3	55.6	11	13.9	50.7	6	12.5	58.4
80-89	17	5.8	61.7	11	7.1	62.7	2	2.5	53.2	3	6.2	64.6
90-99	27	9.2	70.9	10	6.5	69.2	9	11.4	64.6	7	14.6	79.2
100-109	11	3.7	74.6	9	5.8	75.0	1	1.3	65.9	1	2.1	81.3
110-119	16	5.4	80.0	9	5.8	80.8	5	6.3	72.2	2	4.2	85.5
120-129	14	4.8	84.8	7	4.5	85.3	5	6.3	78.5	2	4.2	89.7
130-139	10	3.4	88.2	5	3.2	88.5	3	3.8	82.3	1	2.1	91.8
140-149	6	2.0	90.2	3	1.9	90.4	2	2.5	84.8	1	2.1	93.9
150-159	3	1.0	91.2	2	1.3	91.7	1	1.3	86.1	—	—	93.9
160-169	7	2.4	93.6	5	3.2	94.9	1	1.3	87.4	1	2.1	96.0
170-179	2	0.7	94.3	1	0.6	95.5	1	1.3	88.7	—	—	96.0
180-189	6	2.0	96.3	4	2.6	98.1	2	2.5	91.2	—	—	96.0
190-199	3	1.0	97.3	—	—	98.1	3	3.8	95.0	—	—	96.0
200-209	—	—	97.3	—	—	98.1	—	—	95.0	—	—	96.0
210-219	—	—	97.3	—	—	98.1	—	—	95.0	—	—	96.0
220-229	2	0.7	98.0	—	—	98.1	2	2.5	97.5	—	—	96.0
230-239	—	—	98.0	—	—	98.1	—	—	97.5	—	—	96.0
240-249	3	1.0	99.0	2	1.3	99.4	—	—	97.5	1	2.1	98.1
>249	3	1.0	100.0	—	—	99.4	2	2.5	100.0	1	2.1	100.2

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 95 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulativr Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<50	2	0.6	0.6	—	—	—	2	1.0	1.0	—	—	—
50-99	9	2.8	3.4	4	5.7	5.7	5	2.5	3.5	—	—	—
100-149	19	6.0	9.4	3	4.3	10.0	14	6.9	10.4	2	5.0	5.0
150-199	10	3.2	12.6	1	1.4	11.4	7	3.4	13.8	2	5.0	10.0
200-299	30	9.5	22.1	4	5.7	17.1	17	8.3	22.1	7	17.5	27.5
300-399	36	11.4	33.5	4	5.7	22.8	26	12.7	34.8	6	15.0	42.5
400-499	32	10.1	43.6	3	4.3	27.1	21	10.3	45.1	8	20.0	62.5
500-599	33	10.4	54.0	7	10.0	37.1	21	10.3	55.4	4	10.0	72.5
600-699	27	8.5	62.5	8	11.4	48.5	18	8.8	64.2	1	2.5	75.0
700-799	21	6.6	69.1	7	10.0	58.5	13	6.4	70.6	1	2.5	77.5
800-899	21	6.6	75.7	8	11.4	69.9	10	4.9	75.5	3	7.5	85.0
900-999	24	7.6	83.3	6	8.6	78.5	18	8.8	84.3	—	—	85.0
1000-1199	21	6.6	89.9	3	4.3	82.8	14	6.9	91.2	4	10.0	95.0
1200-1399	16	5.0	94.9	5	7.1	89.9	10	4.9	96.1	1	2.5	97.5
1400-1599	6	1.9	96.8	4	5.7	95.6	2	1.0	97.1	—	—	97.5
1600-1799	5	1.6	98.4	1	1.4	97.0	4	2.0	99.1	—	—	97.5
1800-1999	—	—	98.4	—	—	97.0	—	—	99.1	—	—	97.5
>1999	5	1.6	100.0	2	2.9	99.9	2	1.0	100.1	1	2.5	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 96 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Balck			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<50	3	1.0	1.0	—	—	—	3	3.8	3.8	—	—	—
50-99	11	3.7	4.7	5	3.2	3.2	4	5.1	8.9	1	2.1	2.1
100-149	7	2.4	7.1	3	1.9	5.1	1	1.3	10.2	3	6.2	8.3
150-199	9	3.1	10.2	3	1.9	7.0	5	6.3	16.5	—	—	8.3
200-299	18	6.1	16.3	8	5.2	12.2	5	6.3	22.8	2	4.2	12.5
300-399	15	5.1	21.4	5	3.2	15.4	6	7.6	30.4	3	6.2	18.7
400-499	22	7.5	28.9	9	5.8	21.2	8	10.1	40.5	4	8.3	27.0
500-599	22	7.5	36.4	11	7.1	28.3	7	8.9	49.4	3	6.2	33.2
600-699	23	7.8	44.2	12	7.8	36.1	6	7.6	57.0	4	8.3	41.5
700-799	16	5.4	49.6	10	6.5	42.6	1	1.3	58.3	4	8.3	49.8
800-899	17	5.8	55.4	9	5.8	48.4	4	5.1	63.4	4	8.3	58.1
900-999	25	8.5	63.9	12	7.8	56.2	7	8.9	72.3	5	10.4	68.5
1000-1199	32	10.9	74.8	21	13.6	69.8	6	7.6	79.9	4	8.3	76.8
1200-1399	21	7.1	81.9	16	10.4	80.2	3	3.8	83.7	2	4.2	81.0
1400-1599	16	5.4	87.3	8	5.2	85.4	5	6.3	90.0	3	6.2	87.2
1600-1799	10	3.4	90.7	7	4.5	89.9	1	1.3	91.3	2	4.2	91.4
1800-1999	10	3.4	94.1	5	3.2	93.1	3	3.8	95.1	2	4.2	95.6
>1999	17	5.8	99.9	10	6.5	99.6	4	5.1	100.2	2	4.2	99.8

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 97 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<0.5	1	0.3	0.3	—	—	—	1	0.5	0.5	—	—	—
0.5-0.9	1	0.3	0.6	—	—	—	1	0.5	1.0	—	—	—
1.0-1.4	1	0.3	0.9	1	1.4	1.4	—	—	1.0	—	—	—
1.5-1.9	3	0.9	1.8	2	2.9	4.3	1	0.5	1.5	—	—	—
2.0-2.4	6	1.9	3.7	—	—	4.3	5	2.5	4.0	1	2.5	2.5
2.5-2.9	1	0.3	4.0	—	—	4.3	—	—	4.0	1	2.5	5.0
3.0-3.4	5	1.6	5.6	2	2.9	7.2	3	1.5	5.5	—	—	5.0
3.5-3.9	3	0.9	6.5	—	—	7.2	3	1.5	7.0	—	—	5.0
4.0-4.4	14	4.4	10.9	3	4.3	11.5	10	4.9	11.9	1	2.5	7.5
4.5-4.9	14	4.4	15.3	7	10.0	21.5	5	2.5	14.4	1	2.5	10.0
5.0-5.9	28	8.8	24.1	5	7.1	28.6	21	10.3	24.7	2	5.0	15.0
6.0-6.9	27	8.5	32.6	7	10.0	38.6	18	8.8	33.5	2	5.0	20.0
7.0-7.9	27	8.5	41.1	7	10.0	48.6	18	8.8	42.3	2	5.0	25.0
8.0-8.9	28	8.8	49.9	7	10.0	58.6	19	9.3	51.6	2	5.0	30.0
9.0-9.9	32	10.1	60.0	4	5.7	64.3	23	11.3	62.9	4	10.0	40.0
10.0-10.9	30	9.5	69.5	7	10.0	74.3	21	10.3	73.2	2	5.0	45.0
11.0-11.9	16	5.0	74.5	2	2.9	77.2	13	6.4	79.6	1	2.5	47.5
12.0-12.9	12	3.8	78.3	2	2.9	80.1	7	3.4	83.0	2	5.0	52.5
13.0-13.9	16	5.0	83.3	—	—	80.1	11	5.4	88.4	5	12.5	65.0
14.0-14.9	10	3.2	86.5	2	2.9	83.0	6	2.9	91.3	2	5.0	70.0
15.0-15.9	8	2.5	89.0	4	5.7	88.7	3	1.5	92.8	1	2.5	72.5
16.0-16.9	5	1.6	90.6	1	1.4	90.1	2	1.0	93.8	2	5.0	77.5
17.0-17.9	7	2.2	92.8	2	2.9	93.0	3	1.5	95.3	2	5.0	82.5
18.0-18.9	3	0.9	93.7	1	1.4	94.4	2	1.0	96.3	—	—	82.5
19.0-19.9	2	0.6	94.3	—	—	94.4	1	0.5	96.8	1	2.5	85.0
>19.9	17	5.4	99.7	4	5.7	100.1	7	3.4	100.2	6	15.0	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 98 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<0.5	1	0.3	0.3	—	—	—	1	1.3	1.3	—	—	—
0.5-0.9	1	0.3	0.6	—	—	—	1	1.3	2.6	—	—	—
1.0-1.4	—	—	0.6	—	—	—	—	—	2.6	—	—	—
1.5-1.9	4	1.4	2.0	3	1.9	1.9	—	—	2.6	1	2.1	2.1
2.0-2.4	1	0.3	2.3	—	—	1.9	—	—	2.6	1	2.1	4.2
2.5-2.9	3	1.0	2.3	1	0.6	2.5	1	1.3	3.9	—	—	4.2
3.0-3.4	2	0.7	4.0	1	0.6	3.1	—	—	3.9	1	2.1	6.3
3.5-3.9	4	1.4	5.4	3	1.9	5.0	1	1.3	5.2	—	—	6.3
4.0-4.4	5	1.7	7.1	3	1.9	6.9	1	1.3	6.5	1	2.1	8.4
4.5-4.9	10	3.4	10.5	4	2.6	9.5	4	5.1	11.6	1	2.1	10.5
5.0-5.9	11	3.7	14.2	7	4.5	14.0	2	2.5	14.1	2	4.2	14.7
6.0-6.9	17	5.8	20.0	6	3.9	17.9	5	6.3	20.4	4	8.3	23.0
7.0-7.9	26	8.8	28.8	13	8.4	26.3	6	7.6	28.0	5	10.4	33.4
8.0-8.9	27	9.2	38.0	14	9.1	35.4	8	10.1	38.1	4	8.3	41.7
9.0-9.9	14	4.8	42.8	9	5.8	41.2	2	2.5	40.6	3	6.2	47.9
10.0-10.9	33	11.2	54.0	20	13.0	54.2	9	11.4	52.0	2	4.2	52.1
11.0-11.9	18	6.1	60.1	10	6.5	60.7	4	5.1	57.1	3	6.2	58.3
12.0-12.9	15	5.1	65.2	9	5.8	66.5	3	3.8	60.9	3	6.2	64.5
13.0-13.9	13	4.4	69.6	4	2.6	69.1	2	2.5	63.4	6	12.5	77.0
14.0-14.9	13	4.4	74.0	6	3.9	73.0	5	6.3	69.7	2	4.2	81.2
15.0-15.9	9	3.1	77.1	8	5.2	78.2	—	—	69.7	1	2.1	83.3
16.0-16.9	7	2.4	79.5	3	1.9	80.1	3	3.8	73.5	1	2.1	85.4
17.0-17.9	7	2.4	81.9	5	3.2	83.3	—	—	73.5	1	2.1	87.5
18.0-18.9	7	2.4	84.3	3	1.9	85.2	4	5.1	78.6	—	—	87.5
19.0-19.9	5	1.7	86.0	3	1.9	87.1	2	2.5	81.1	—	—	87.5
>19.9	41	14.0	100.0	19	12.3	99.4	15	19.0	100.1	6	12.5	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 99 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<250	11	3.5	3.5	2	2.9	2.9	8	3.9	3.9	1	2.5	2.5
250-499	19	6.0	9.5	6	8.6	11.5	10	4.9	8.8	2	5.0	7.5
500-749	19	6.0	15.5	2	2.9	14.4	11	5.4	14.2	6	15.0	22.5
750-999	18	5.7	21.2	5	7.1	21.5	12	5.9	20.1	1	2.5	25.0
1000-1249	19	6.0	27.2	4	5.7	27.2	13	6.4	26.5	2	5.0	30.0
1250-1499	26	8.2	35.4	6	8.6	35.8	14	6.9	33.4	6	15.0	45.0
1500-1749	25	7.9	43.3	6	8.6	44.4	14	6.9	40.3	5	12.5	57.5
1750-1999	16	5.0	48.3	5	7.1	51.5	7	3.4	43.7	3	7.5	65.0
2000-2249	15	4.7	53.0	5	7.1	58.6	10	4.9	48.6	—	—	65.0
2250-2499	19	6.0	59.0	4	5.7	64.3	14	6.9	55.5	1	2.5	67.5
2500-2999	22	6.9	65.9	3	4.3	68.6	16	7.8	63.3	3	7.5	75.0
3000-3499	17	5.4	71.3	5	7.1	75.7	11	5.4	68.7	1	2.5	77.5
3500-3999	7	2.2	73.5	2	2.9	78.6	3	1.5	70.2	2	5.0	82.5
4000-4499	9	2.8	76.3	2	2.9	81.5	5	2.5	72.7	2	5.0	87.5
4500-4999	6	1.9	78.2	3	4.3	85.8	2	1.0	73.7	1	2.5	90.0
5000-5999	17	5.4	83.6	1	1.4	87.2	14	6.9	80.6	1	2.5	92.5
6000-6999	11	3.5	87.1	4	5.7	92.9	6	2.9	83.5	1	2.5	95.0
7000-7999	5	1.6	88.7	—	—	92.9	5	2.5	86.0	—	—	95.0
8000-8999	6	1.9	90.6	1	1.4	94.3	3	1.5	87.5	2	5.0	100.0
9000-9999	2	0.6	91.2	1	1.4	95.7	1	0.5	88.0	—	—	100.0
>9999	28	8.8	100.0	3	4.3	100.0	25	12.3	100.3	—	—	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.

Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 100 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<250	8	2.7	2.7	3	1.9	1.9	4	5.1	5.1	—	—	—
250-499	10	3.4	6.1	2	1.3	3.2	5	6.3	11.4	3	6.2	6.2
500-749	12	4.1	10.2	4	2.6	5.8	5	6.3	17.7	2	4.2	10.4
750-999	12	4.1	14.3	8	5.2	11.0	2	2.5	20.2	2	4.2	14.6
1000-1249	16	5.4	19.7	10	6.5	17.5	4	5.1	25.3	1	2.1	16.7
1250-1499	19	6.5	26.2	10	6.5	24.0	4	5.1	30.4	5	10.4	27.1
1500-1749	23	7.8	34.0	13	8.4	32.4	6	7.6	38.0	4	8.3	35.4
1750-1999	16	5.4	39.4	6	3.9	36.3	4	5.1	43.1	5	10.4	45.8
2000-2249	10	3.4	42.8	5	3.2	39.5	2	2.5	45.6	3	6.2	52.0
2250-2499	16	5.4	48.2	6	3.9	43.4	3	3.8	49.4	5	10.4	62.4
2500-2999	28	9.5	57.7	13	8.4	51.8	9	11.4	60.8	5	10.4	72.8
3000-3499	18	6.1	63.8	9	5.8	57.6	8	10.1	70.9	1	2.1	74.9
3500-3999	19	6.5	70.3	12	7.8	65.4	4	5.1	76.0	1	2.1	77.0
4000-4499	9	3.1	73.4	7	4.5	69.9	2	2.5	78.5	—	—	77.0
4500-4999	11	3.7	77.1	6	3.9	73.8	2	2.5	81.0	3	6.2	83.2
5000-5999	16	5.4	82.5	9	5.8	79.6	3	3.8	84.8	3	6.2	89.4
6000-6999	8	2.7	85.2	3	1.9	81.5	4	5.1	89.9	1	2.1	91.5
7000-7999	10	3.4	88.6	7	4.5	86.0	3	3.8	93.7	—	—	91.5
8000-8999	4	1.4	90.0	4	2.6	88.6	—	—	93.7	—	—	91.5
9000-9999	2	0.7	90.7	2	1.3	89.9	—	—	93.7	—	—	91.5
>9999	27	9.2	99.9	15	9.7	99.6	5	6.3	100.0	4	8.3	99.8

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 101 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<0.05	1	0.3	0.3	—	—	—	1	0.5	0.5	—	—	—
0.05-0.09	—	—	0.3	—	—	—	—	—	0.5	—	—	—
0.10-0.14	1	0.3	0.6	1	1.4	1.4	—	—	0.5	—	—	—
0.15-0.19	3	0.9	1.5	—	—	1.4	3	1.5	2.0	—	—	—
0.20-0.29	11	3.5	5.0	3	4.3	5.7	7	3.4	5.4	1	2.5	2.5
0.30-0.39	15	4.7	9.7	3	4.3	10.0	9	4.4	9.8	3	7.5	10.0
0.40-0.49	20	6.3	16.0	6	8.6	18.6	14	6.9	16.7	—	—	10.0
0.50-0.59	24	7.6	23.6	6	8.6	27.2	17	8.3	25.0	1	2.5	12.5
0.60-0.69	25	7.9	31.5	10	14.3	41.5	12	5.9	30.9	3	7.5	20.0
0.70-0.79	37	11.7	43.2	6	8.6	50.1	27	13.2	44.1	3	7.5	27.5
0.80-0.89	33	10.4	53.6	8	11.4	61.5	23	11.3	55.4	2	5.0	32.5
0.90-0.99	26	8.2	61.8	3	4.3	65.8	21	10.3	65.7	2	5.0	37.5
1.00-1.19	35	11.0	72.8	4	5.7	71.5	25	12.3	78.0	5	12.5	50.0
1.20-1.39	32	10.1	82.9	9	12.9	84.4	18	8.8	86.8	5	12.5	62.5
1.40-1.59	10	3.2	86.1	2	2.9	87.3	6	2.9	89.7	2	5.0	67.5
1.60-1.79	14	4.4	90.5	2	2.9	90.2	9	4.4	94.1	2	5.0	72.5
1.80-1.99	6	1.9	92.4	1	1.4	91.6	2	1.0	95.1	3	7.5	80.0
>1.99	24	7.6	100.0	6	8.6	100.2	10	4.9	100.0	8	20.0	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 102 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<0.05	1	0.3	0.3	—	—	—	1	1.3	1.3	—	—	—
0.05-0.09	1	0.3	0.6	—	—	—	—	—	1.3	1	2.1	2.1
0.10-0.14	—	—	0.6	—	—	—	—	—	1.3	—	—	2.1
0.15-0.19	—	—	0.6	—	—	—	—	—	1.3	—	—	2.1
0.20-0.29	11	3.7	4.3	6	3.9	3.9	2	2.5	3.8	2	4.2	6.3
0.30-0.39	10	3.4	7.7	4	2.6	6.5	3	3.8	7.6	3	6.2	12.5
0.40-0.49	11	3.7	11.4	5	3.2	9.7	2	2.5	10.1	2	4.2	16.7
0.50-0.59	20	6.8	18.2	11	7.1	16.8	7	8.9	19.0	1	2.1	18.8
0.60-0.69	28	9.5	27.7	14	9.1	25.9	6	7.6	26.6	7	14.6	33.4
0.70-0.79	21	7.1	34.8	12	7.8	33.7	7	8.9	35.5	1	2.1	35.5
0.80-0.89	25	8.5	43.3	15	9.7	43.4	5	6.3	41.8	3	6.2	41.7
0.90-0.99	22	7.5	50.8	13	8.4	51.8	2	2.5	44.3	6	12.5	54.2
1.00-1.19	40	13.6	64.4	20	13.0	64.8	14	17.7	62.0	6	12.5	66.7
1.20-1.39	29	9.9	74.3	20	13.0	77.8	4	5.1	67.1	4	8.3	75.0
1.40-1.59	12	4.1	78.4	6	3.9	81.7	6	7.6	74.7	—	—	75.0
1.60-1.79	14	4.8	83.2	7	4.5	86.2	2	2.5	77.2	4	8.3	83.3
1.80-1.99	10	3.4	86.6	5	3.2	89.4	2	2.5	79.7	2	4.2	87.5
>1.99	39	13.3	99.9	16	10.4	99.8	16	20.3	100.0	6	12.5	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 103 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<.05	—	—	—	—	—	—	—	—	—	—	—	—
.05-.09	—	—	—	—	—	—	—	—	—	—	—	—
.10-.14	1	0.3	0.3	—	—	—	1	0.5	0.5	—	—	—
.15-.19	1	0.3	0.6	—	—	—	1	0.5	0.5	—	—	—
.20-.29	5	1.6	2.2	3	4.3	4.3	2	1.0	2.0	—	—	—
.30-.39	12	3.8	6.0	2	2.9	7.2	9	4.4	6.4	1	2.5	2.5
.40-.49	8	2.5	8.5	3	4.3	11.5	5	2.5	8.9	—	—	2.5
.50-.59	10	3.2	11.7	1	1.4	12.9	7	3.4	12.3	1	2.5	5.0
.60-.69	10	3.2	14.9	3	4.3	17.2	7	3.4	15.7	—	—	5.0
.70-.79	25	7.9	22.8	4	5.7	22.9	15	7.4	23.1	6	15.0	20.0
.80-.89	5	1.6	24.4	—	—	22.9	4	2.0	25.1	1	2.5	22.5
.90-.99	8	2.5	26.9	3	4.3	27.2	3	1.5	26.6	2	5.0	27.5
1.00-1.19	30	9.5	36.4	8	11.4	38.6	19	9.3	35.9	2	5.0	32.5
1.20-1.39	41	12.9	49.3	11	15.7	54.3	26	12.7	48.6	4	10.0	42.5
1.40-1.59	22	6.9	56.2	2	2.9	57.2	16	7.8	56.4	3	7.5	50.0
1.60-1.79	22	6.9	63.1	5	7.1	64.3	14	6.9	63.3	3	7.5	57.5
1.80-1.99	20	6.3	69.4	2	2.9	67.2	15	7.4	70.7	3	7.5	65.0
>1.99	97	30.6	100.0	23	32.9	100.1	60	29.4	100.1	14	35.0	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 104 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<.05	1	0.3	0.3	—	—	—	1	1.3	1.3	—	—	—
.05-.09	1	0.3	0.6	—	—	—	1	1.3	2.6	—	—	—
.10-.14	—	—	0.6	—	—	—	—	—	2.6	—	—	—
.15-.19	1	0.3	0.9	—	—	—	—	—	2.6	1	2.1	2.1
.20-.29	2	0.7	1.6	—	—	—	1	1.3	3.9	—	—	2.1
.30-.39	1	0.3	1.9	1	0.6	0.6	—	—	3.9	—	—	2.1
.40-.49	4	1.4	3.3	1	0.6	1.2	2	2.5	6.4	1	2.1	4.2
.50-.59	8	2.7	6.0	4	2.6	3.8	2	2.5	8.9	1	2.1	6.3
.60-.69	11	3.7	9.7	3	1.9	5.7	5	6.3	15.2	3	6.2	12.5
.70-.79	12	4.1	13.8	7	4.5	10.2	1	1.3	16.5	—	—	12.5
.80-.89	17	5.8	19.6	8	5.2	15.4	6	7.6	24.1	3	6.2	18.7
.90-.99	9	3.1	22.7	4	2.6	18.0	2	2.5	26.6	2	4.2	22.9
1.00-1.19	28	9.5	32.2	14	9.1	27.1	7	8.9	35.5	5	10.4	33.3
1.20-1.39	24	8.2	40.4	10	6.5	33.6	7	8.9	44.4	6	12.5	45.8
1.40-1.59	23	7.8	48.2	12	7.8	41.4	7	8.9	53.3	4	8.3	54.1
1.60-1.79	18	6.1	54.3	10	6.5	47.9	5	6.3	59.6	2	4.2	58.3
1.80-1.99	23	7.8	62.1	12	7.8	55.7	7	8.9	68.5	4	8.3	66.6
>1.99	111	37.8	99.9	68	44.2	99.9	25	31.6	100.1	16	33.3	99.9

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 105 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<0.5	1	0.3	0.3	—	—	—	1	0.5	0.5	—	—	—
0.5-0.9	—	—	0.3	—	—	—	—	—	0.5	—	—	—
1.0-1.4	2	0.6	0.9	1	1.4	1.4	1	0.5	1.0	—	—	—
1.5-1.9	3	0.9	1.8	1	1.4	2.8	1	0.5	1.5	1	2.5	2.5
2.0-2.4	5	1.6	3.4	1	1.4	4.2	4	2.0	3.5	—	—	2.5
2.5-2.9	4	1.3	4.7	2	2.9	7.1	1	0.5	4.0	1	2.5	5.0
3.0-3.4	6	1.9	6.6	2	2.9	10.0	4	2.0	6.0	—	—	5.0
3.5-3.9	2	0.6	7.2	—	—	10.0	2	1.0	7.0	—	—	5.0
4.0-4.4	2	0.6	7.8	—	—	10.0	2	1.0	8.0	—	—	5.0
4.5-4.9	9	2.8	10.6	4	5.7	15.7	5	2.5	10.5	—	—	5.0
5.0-5.9	12	3.8	14.4	2	2.9	18.6	9	4.4	14.9	1	2.5	7.5
6.0-6.9	21	6.6	21.0	4	5.7	24.3	14	6.9	21.8	2	5.0	12.5
7.0-7.9	19	6.0	27.0	8	11.4	35.7	11	5.4	27.2	—	—	12.5
8.0-8.9	24	7.6	34.6	6	8.6	44.3	14	6.9	34.1	4	10.0	22.5
9.0-9.9	26	8.2	42.8	7	10.0	54.3	18	8.8	42.9	1	2.5	25.0
10.0-10.9	22	6.9	49.7	5	7.1	61.4	14	6.9	49.8	3	7.5	32.5
11.0-11.9	22	6.9	56.6	4	5.7	67.1	15	7.4	57.2	2	5.0	37.5
12.0-12.9	14	4.4	61.0	1	1.4	68.5	9	4.4	61.6	3	7.5	45.0
13.0-13.9	17	5.4	66.4	1	1.4	69.9	11	5.4	67.0	5	12.5	57.5
14.0-14.9	16	5.0	71.4	4	5.7	75.6	10	4.9	71.9	2	5.0	62.5
15.0-15.9	12	3.8	75.2	2	2.9	78.5	9	4.4	76.3	1	2.5	65.0
16.0-16.9	4	1.3	76.5	1	1.4	79.9	3	1.5	77.8	—	—	65.0
17.0-17.9	10	3.2	79.7	1	1.4	81.3	8	3.9	81.7	1	2.5	67.5
18.0-18.9	10	3.2	82.9	—	—	81.3	10	4.9	86.6	—	—	67.5
19.0-19.9	11	3.5	86.4	3	4.3	85.6	7	3.4	90.0	1	2.5	70.0
20.0-20.9	6	1.9	88.3	1	1.4	87.0	3	1.5	91.5	2	5.0	75.0
>20.9	37	11.7	100.0	9	12.9	99.9	18	8.8	100.3	10	25.0	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 106 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<0.5	1	0.3	0.3	—	—	—	1	1.3	1.3	—	—	—
0.5-0.9	—	—	0.3	—	—	—	—	—	1.3	—	—	—
1.0-1.4	2	0.7	1.0	—	—	—	1	1.3	2.6	1	2.1	2.1
1.5-1.9	1	0.3	1.3	1	0.6	0.6	—	—	2.6	—	—	2.1
2.0-2.4	2	0.7	2.0	2	1.3	1.9	—	—	2.6	—	—	2.1
2.5-2.9	2	0.7	2.7	1	0.6	2.6	—	—	2.6	1	2.1	4.2
3.0-3.4	1	0.3	3.0	—	—	2.6	—	—	2.6	1	2.1	6.3
3.5-3.9	3	1.0	4.0	2	1.3	3.8	1	1.3	3.9	—	—	6.3
4.0-4.4	5	1.7	5.7	2	1.3	5.1	2	2.5	6.4	—	—	6.3
4.5-4.9	6	2.0	7.7	2	1.3	6.4	2	2.5	8.9	1	2.1	8.4
5.0-5.9	7	2.4	10.1	2	1.3	7.7	3	3.8	12.7	2	4.2	12.6
6.0-6.9	7	2.4	12.5	4	2.6	10.3	1	1.3	14.0	2	4.2	16.8
7.0-7.9	10	3.4	15.9	5	3.2	13.5	3	3.8	17.8	1	2.1	18.9
8.0-8.9	15	5.1	21.0	6	3.9	17.4	4	5.1	22.9	2	4.2	23.1
9.0-9.9	9	3.1	24.1	6	3.9	21.3	1	1.3	24.2	1	2.1	25.2
10.0-10.9	14	4.8	28.9	8	5.2	26.5	4	5.1	29.3	2	4.2	29.4
11.0-11.9	16	5.4	34.3	8	5.2	31.7	3	3.8	33.1	3	6.2	35.6
12.0-12.9	17	5.8	40.1	10	6.5	38.2	3	3.8	36.9	4	8.3	43.9
13.0-13.9	19	6.5	46.6	9	5.8	44.0	5	6.3	43.2	4	8.3	52.2
14.0-14.9	17	5.8	52.4	13	8.4	52.4	2	2.5	45.7	2	4.2	56.4
15.0-15.9	11	3.7	56.1	7	4.5	56.9	1	1.3	47.0	2	4.2	60.6
16.0-16.9	11	3.7	59.8	7	4.5	61.4	1	1.3	48.3	2	4.2	64.8
17.0-17.9	14	4.8	64.6	5	3.2	64.6	4	5.1	53.4	4	8.3	73.1
18.0-18.9	13	4.4	69.0	8	5.2	69.8	4	5.1	58.5	1	2.1	75.2
19.0-19.9	9	3.1	72.1	4	2.6	72.4	1	1.3	59.8	4	8.3	83.5
20.0-20.9	7	2.4	74.5	4	2.6	75.0	3	3.8	63.6	—	—	83.5
>20.9	75	25.5	100.0	38	24.7	99.7	29	36.7	100.3	8	16.7	100.2

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 107 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	317	100.0	100.0	70	100.0	100.0	204	100.0	100.0	40	100.0	100.0
<5	44	13.9	13.9	7	10.0	10.0	29	14.2	14.2	7	17.5	17.5
5-9	26	8.2	22.1	7	10.0	20.0	16	7.8	22.0	3	7.5	25.0
10-14	26	8.2	30.3	4	5.7	25.7	19	9.3	31.3	2	5.0	30.0
15-19	20	6.3	36.6	6	8.6	34.3	12	5.9	37.2	2	5.0	35.0
20-24	12	3.8	40.4	2	2.9	37.2	9	4.4	41.6	1	2.5	37.5
25-29	25	7.9	48.3	10	14.3	51.5	14	6.9	48.5	1	2.5	40.0
30-34	18	5.7	54.0	4	5.7	57.2	12	5.9	54.4	2	5.0	45.0
35-39	11	3.5	57.5	4	5.7	62.9	4	2.0	56.4	3	7.5	52.5
40-44	13	4.1	61.6	3	4.3	67.2	7	3.4	59.8	3	7.5	60.0
45-49	6	1.9	63.5	—	—	67.2	5	2.5	62.3	1	2.5	62.5
50-59	13	4.1	67.6	4	5.7	72.9	9	4.4	66.7	—	—	62.5
60-69	10	3.2	70.8	4	5.7	78.6	4	2.0	68.7	2	5.0	67.5
70-79	19	6.0	76.8	5	7.1	85.7	11	5.4	74.1	2	5.0	72.5
80-89	8	2.5	79.3	—	—	85.7	7	3.4	77.5	1	2.5	75.0
90-99	8	2.5	81.8	1	1.4	87.1	4	2.0	79.5	3	7.5	82.5
100-109	3	0.9	82.7	—	—	87.1	2	1.0	80.5	1	2.5	85.0
110-119	6	1.9	84.6	—	—	87.1	6	2.9	83.4	—	—	85.0
120-129	7	2.2	86.8	—	—	87.1	6	2.9	86.3	1	2.5	87.5
130-139	8	2.5	89.3	2	2.9	90.0	6	2.9	89.2	—	—	87.5
140-149	6	1.9	91.2	1	1.4	91.4	4	2.0	91.2	1	2.5	90.0
>149	28	8.8	100.0	6	8.6	100.0	18	8.8	100.0	4	10.0	100.0

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Table 108 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	294	100.0	100.0	154	100.0	100.0	79	100.0	100.0	48	100.0	100.0
<5	17	5.8	5.8	5	3.2	3.2	8	10.1	10.1	3	6.2	6.2
5-9	14	4.8	10.6	5	3.2	6.4	6	7.6	17.7	3	6.2	12.4
10-14	24	8.2	18.8	10	6.5	12.9	6	7.6	25.3	6	12.5	24.9
15-19	19	6.5	25.3	9	5.8	18.7	4	5.1	30.4	6	12.5	37.4
20-24	14	4.8	30.1	10	6.5	25.2	2	2.5	32.9	1	2.1	39.5
25-29	14	4.8	34.9	7	4.5	29.7	4	5.1	38.0	1	2.1	41.6
30-34	13	4.4	39.3	6	3.9	33.6	2	2.5	40.5	5	10.4	52.0
35-39	15	5.1	44.4	8	5.2	38.8	3	3.8	44.3	4	8.3	60.3
40-44	17	5.8	50.2	13	8.4	47.2	2	2.5	46.8	1	2.1	62.4
45-49	8	2.7	52.9	6	3.9	51.1	1	1.3	48.1	1	2.1	64.5
50-59	20	6.8	59.7	9	5.8	56.9	10	12.7	60.8	—	—	64.5
60-69	13	4.4	64.1	8	5.2	62.1	2	2.5	63.3	2	4.2	68.7
70-79	8	2.7	66.8	5	3.2	65.3	3	3.8	67.1	—	—	68.7
80-89	11	3.7	70.5	7	4.5	69.8	2	2.5	69.6	1	2.1	70.8
90-99	7	2.4	72.9	5	3.2	73.0	—	—	69.6	1	2.1	72.9
100-109	11	3.7	76.6	6	3.9	76.9	3	3.8	73.4	1	2.1	75.0
110-119	12	4.1	80.7	6	3.9	80.8	5	6.3	79.7	1	2.1	77.1
120-129	7	2.4	83.1	4	2.6	83.4	1	1.3	81.0	1	2.1	79.2
130-139	3	1.0	84.1	—	—	83.4	1	1.3	82.3	2	4.2	83.4
140-149	5	1.7	85.8	3	1.9	85.3	1	1.3	83.6	1	2.1	85.5
>149	42	14.3	100.1	22	14.3	99.6	13	16.5	100.1	7	14.6	100.1

[1]Total includes American Indians, Orientals and unknown ethnic groups.
Note: Dietary data presented in this table are based on twenty-four hour recall.

Figure 45 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

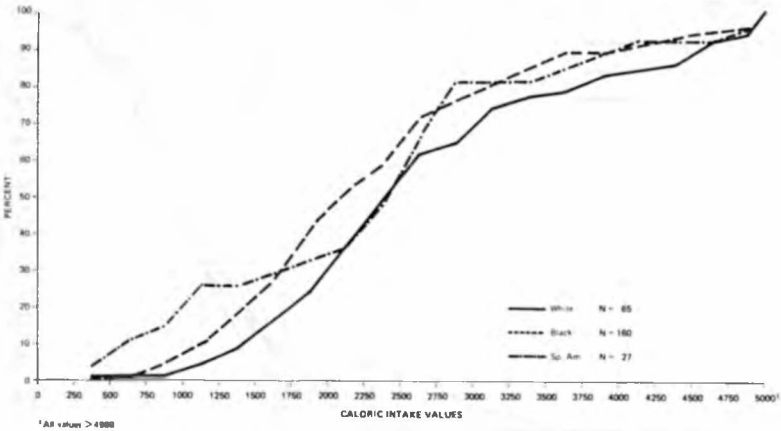


Table Reference: 73 Appendix.

Figure 47 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

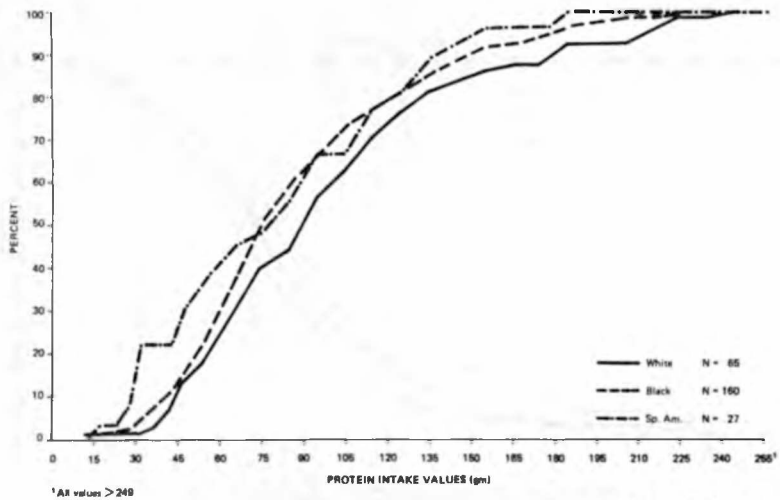


Table Reference: 75 Appendix.

Figure 46 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

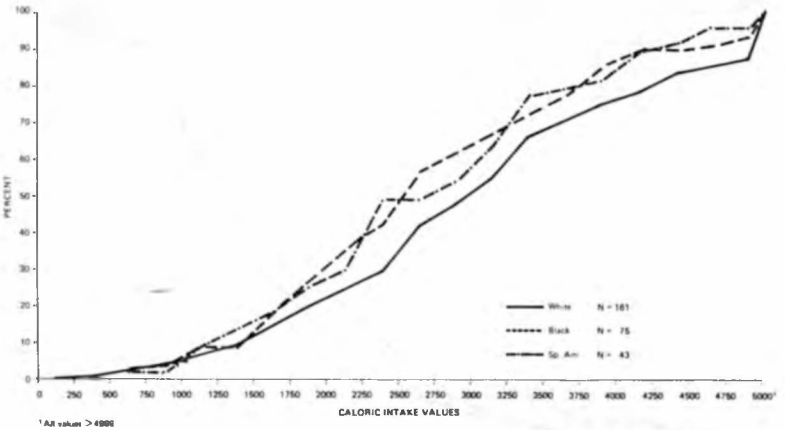


Table Reference: 74 Appendix

Figure 48 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

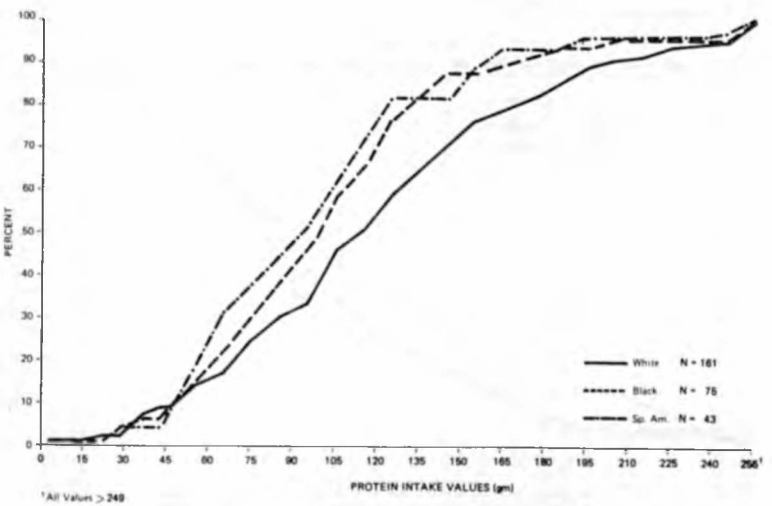
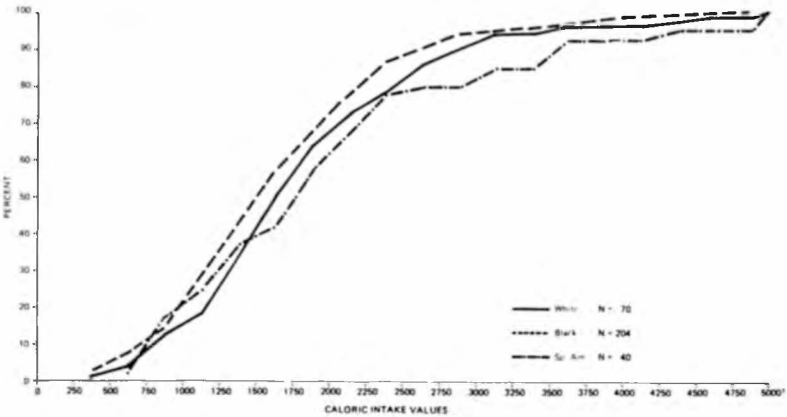


Table Reference: 78 Appendix

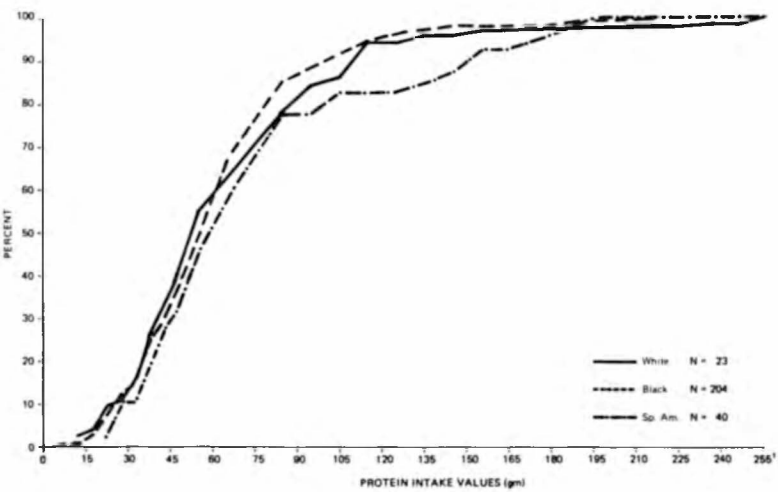
Figure 49 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States —Ten-State Nutrition Survey (1968-1970)



[1] All values > 4999

Table Reference: 81 Appendix

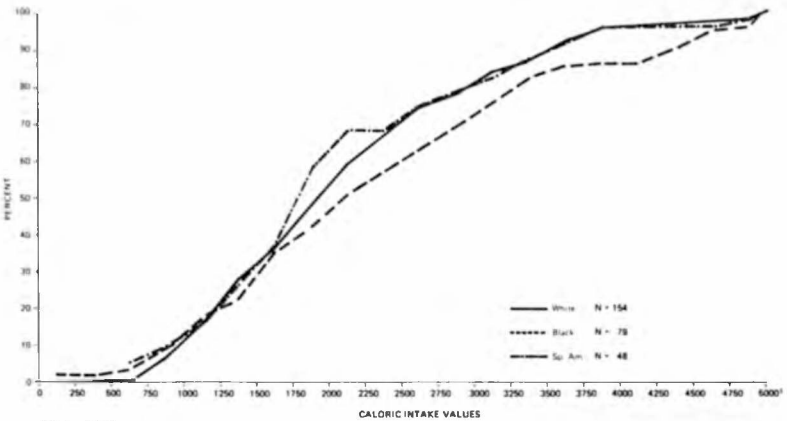
Figure 51 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States —Ten-State Nutrition Survey (1968-1970)



[1] All values > 249

Table Reference: 93 Appendix.

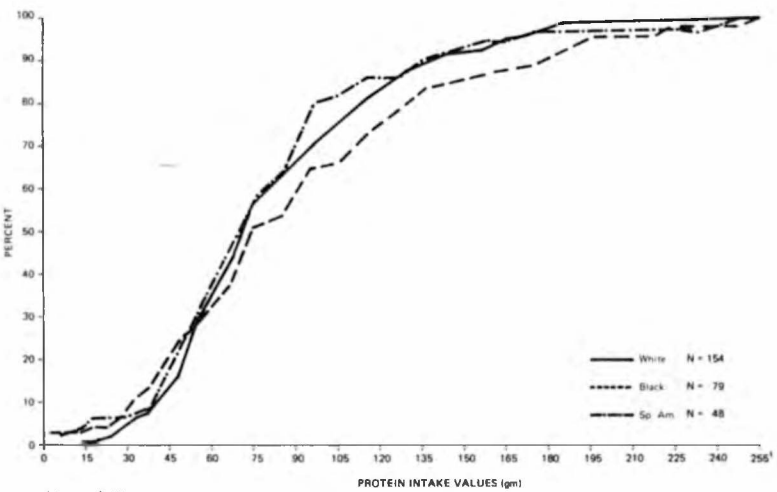
Figure 50 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States —Ten-State Nutrition Survey (1968-1970)



[1] All values > 4999

Table Reference: 92 Appendix.

Figure 52 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Fifteen and Sixteen Years of Age by Ethnic Group for High Income Ratio States —Ten-State Nutrition Survey (1968-1970)



[1] All values > 249

Table Reference: 94 Appendix.

Table 109A Appendix. *Quartile Intervals of Biochemical Values for Corresponding Nutrient Intakes for All Persons Ten and Eleven Years of Age for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles	Biochemical						
	Hemoglobin (gm/100 ml)		Plasma Vitamin A (μg/100 ml)	Serum Vitamin C (mg/100 ml)	Serum Albumin (gm/100 ml)	Urinary Thiamine (μg/gm creatinine)	Urinary Riboflavin (μg/gm creatinine)
	Male	Female					
Number of Persons	729	1104	1399	1351	1420	1326	1495
First Quartile	<12.1	<11.8	<22	<0.50	<4.09	<288	<303
Second Quartile	12.1-12.9	11.8-12.5	22-30	0.50-0.88	4.09-4.35	288-460	303-531
Third Quartile	13.0-13.6	12.6-13.2	31-39	0.89-1.27	4.36-4.66	461-702	532-957
Fourth Quartile	>13.6	>13.2	>39	>1.27	>4.66	>702	>957

Table 109B Appendix. *Quartile Intervals of Biochemical Values for Corresponding Nutrient Intakes for All Persons Twelve through Fourteen Years of Age for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles	Biochemical						
	Hemoglobin (gm/100 ml)		Plasma Vitamin A (μg/100 ml)	Serum Vitamin C (mg/100 ml)	Serum Albumin (gm/100 ml)	Urinary Thiamine (μg/gm creatinine)	Urinary Riboflavin (μg/gm creatinine)
	Male	Female					
Number of Persons	1472	1520	2359	2356	2402	2092	2315
First Quartile	<12.4	<12.0	<26	<0.45	<4.06	<213	<245
Second Quartile	12.4-13.1	12.0-12.7	26-33	0.45-0.75	4.06-4.32	213-341	245-438
Third Quartile	13.2-14.0	12.8-13.4	34-40	0.76-1.15	4.33-4.63	342-527	439-780
Fourth Quartile	>14.0	>13.4	>40	>1.15	>4.63	>527	>780

Table 109C Appendix. *Quartile Intervals of Biochemical Values for Corresponding Nutrient Intakes for All Persons Fifteen and Sixteen Years of Age for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles	Biochemical						
	Hemoglobin (gm/100 ml)		Plasma Vitamin A (μg/100 ml)	Serum Vitamin C (mg/100 ml)	Serum Albumin (gm/100 ml)	Urinary Thiamine (μg/gm creatinine)	Urinary Riboflavin (μg/gm creatinine)
	Male	Female					
Number of Persons	521	559	846	852	823	703	753
First Quartile	<13.0	<11.8	<27	<0.37	<4.03	<174	<203
Second Quartile	13.0-14.0	11.8-12.7	27-36	0.37-0.66	4.03-4.37	174-268	203-360
Third Quartile	14.1-14.8	12.8-13.5	37-45	0.67-1.08	4.38-4.70	269-427	361-623
Fourth Quartile	>14.8	>13.5	>45	>1.08	>4.70	>427	>623

Note: Hemoglobin vs Iron Intake; Plasma Vitamin A vs Vitamin A Intake; Serum Vitamin C vs Vitamin C Intake; Serum Albumin vs Protein Intake; Urinary Thiamine vs Thiamine Intake; Urinary Riboflavin vs Riboflavin Intake.

4. PREGNANT AND LACTATING WOMEN

Abstract: *The diets of pregnant and lactating women in this survey were below the standards for calories, iron, calcium, vitamin A, and protein. These below-standard dietary intakes were found in spite of the consumption of foods with higher nutrient density by the pregnant females as compared to 15- to 16-year-old adolescent girls. The prevalence of dietary inadequacies among these women is consistent with biochemical data showing nutritional problems in this population group.*

There were over 600 females in the survey population who were either pregnant or lactating (Chapter II). Although nutrient requirements vary during the course of pregnancy and are different during lactation, the small number of individuals in the latter group made separate analysis impractical. In the discussion that follows, the reference to pregnant females also includes those who may have been lactating at the time of the examination.

There were relatively small numbers of white and Spanish-American individuals in the low-income-ratio states. Thus, comparisons between ethnic groups should be interpreted with caution. In general, however, the findings suggesting differences between ethnic groups were consistent with similar data for the female adolescent populations.

MEAN AND MEDIAN NUTRIENT INTAKES

The mean nutrient intakes tended to be lower for all ethnic groups in the low-income-ratio states than in the high-income-ratio states (Table 1). The black pregnant females tended to have lower mean nutrient intakes than did either the white or Spanish-American, except for vitamin A, where the intake by black females was higher in both groups of states. The relatively high vitamin A intakes of black persons had been observed for adolescents also.

The mean caloric intakes in this group were below the dietary standard. The median caloric intakes (Table 2) showed that in the low-income-ratio states over half the subjects consumed less than 1800 calories per day; in the high-income-ratio states, over half of these women ate less than 2100 calories per day. A further examination of the cumulative percentage distribution data showed that in the low-income-ratio states about 25 percent of the pregnant females ate less than 1000 calories per day. In the high-income-ratio states about 10 percent of the persons had equally low caloric values.

The mean iron intakes ranged between 54 and 81 percent of the standard for all ethnic groups in both groups of states. The median values for iron intake showed that, with the exception of Spanish-American persons in the low-income-ratio states, more than half the pregnant females had less than 11.0 mg. iron per day as compared to the dietary standard of 18 mg. per day (Figure 1). These data are consistent with the biochemical data showing that a problem with iron nutriture exists in this and other segments of the population.

The median vitamin A intakes for black pregnant females in both groups of states were less than half the mean values, indicating the wide range of intakes. Over half of all the pregnant females in the low-income-ratio states had vitamin A intakes below 2000 I.U. per day, as compared to the adult standard of 3500 I.U. per day. Median vitamin A intakes for all ethnic groups were higher in the high-income-ratio states than in the low-income-ratio states (Figure 2).

The mean and median calcium intakes for all ethnic groups in the low-income-ratio states were considerably below the dietary standards. The median values in the high-income-ratio states were almost twice as high as in the low-income-ratio states (Figure 3).

Although the mean protein intakes were slightly above standard for all subgroups except the black pregnant females, a large number of pregnant women had protein intakes that were less than the standard. In the low-income-ratio states, 38 percent of the subjects had protein intakes less than 50 gm. per day; in the high-income-ratio states, 18 percent had intakes below this level.

MEAN NUTRIENT INTAKES PER 1000 CALORIES

Differences in intake of dietary protein and iron between low- and high-income-ratio states were related to caloric intake (Table 3). In addition, the higher values for mean iron intake per 1000 calories in the low-income-ratio states suggested a qualitative difference as well. Differences in vitamin A intakes between subgroups appeared to be influenced more by the quality of the diets than by the quantity.

The mean caloric intakes were lower for pregnant females than for the 15- to 16-year-old females except for Spanish-American persons in the high-income-ratio states (Table 3). The mean protein intakes per 1000 calories were generally higher for pregnant females than for the adolescent group, indicating the selection of foods of higher protein content. The mean iron intake per 1000 calories was higher for pregnant females than for 15- to 16-year-old girls, again suggesting a higher iron-to-calorie ratio in the diets of the former group.

The mean vitamin C intakes per 1000 calories were higher for pregnant females than for the 15- to 16-year-old females. This suggested the greater use of foods rich in vitamin C by the pregnant females. For Spanish-Americans in the low-income-ratio states, there were marked differences in the mean vitamin A intake per 1000 calories. However, the differences pointed out above should be interpreted with caution because of the small number of persons in certain of the subgroups.

MEAN INTAKE OF NUTRIENTS BY QUARTILE OF CORRESPONDING BIOCHEMICAL VALUES

The mean intakes of all selected nutrients except iron increased from the first through the fourth quartile of the corresponding biochemical values, suggesting a relationship between dietary intake values and nutritional status (Table 4). The mean intake per 1000 calories for persons in the fourth quartile by biochemical values was higher than that of persons in the first quartile for all nutrients except iron. The differences between the lowest and highest values were relatively small except for vitamin C. Thus, for most nutrients the nutritional status reflected by biochemical values appeared to be a function of both the quantity and the quality of the food consumed.

SUMMARY

The nutrients most apt to be limiting in the diets of pregnant and lactating women were calories, iron, calcium, vitamin A, and, to a lesser extent, protein. Included in this list are nutrients of considerable importance during the stress conditions of pregnancy and lactation. The pregnant females had lower mean caloric intakes than did 15- to 16-year-old females. This may be a result of an increase in calorie and weight consciousness beyond the adolescent years.

Pregnant women, in general, had higher mean nutrient intakes per 1000 calories than did the 15- to 16-year-old females. Since the caloric intakes of the former group were lower, this suggested a selection of foods with greater nutrient density. However, with caloric intakes as low as the mean values found in this survey of pregnant females, it would be most difficult to ensure adequacy of intakes of nutrients such as calcium and iron without increasing caloric intake.

In general, nutrient intakes for all ethnic groups were lower for persons in the low-income-ratio states than for those in the high-income-ratio states. Comparisons between ethnic groups in each category of states indicated differences in dietary adequacy. However, because of the relatively small numbers of persons in certain subgroups, it was difficult to reach meaningful conclusions.

The data presented in this section are consistent with the biochemical data, suggesting major nutritional and dietary inadequacies among pregnant females.

Table 1. *Mean Nutrient Intake and Percent Adequacy for Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
White	22	1591	70	76.79	108	685.93	122	10.74	59	2954	82	1.07	118	1.55	126	13.53	74.71	249
Black	85	1506	61	59.97	75	508.12	75	9.87	54	4944	173	1.12	116	1.54	116	13.33	67.49	225
Spanish American	18	2070	87	86.22	113	507.81	85	14.69	81	4470	127	1.78	182	1.93	150	19.74	85.43	284
HIGH INCOME RATIO STATES																		
White	200	2127	89	89.25	112	1056.77	151	12.05	67	4814	135	1.17	121	1.97	148	17.78	86.16	287
Black	102	2024	80	79.06	96	795.59	115	11.47	63	7611	216	1.11	111	1.71	122	14.98	116.46	388
Spanish American	44	2205	93	83.59	105	907.83	129	12.43	69	3957	112	1.64	172	1.98	152	15.40	106.25	354

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2. *Median Nutrient Intake of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	22	1450	60.00	500.00	9.00	1999	0.93	1.16	11.5	60.00
Black	85	1319	54.41	375.00	8.23	1812	0.85	1.10	11.6	24.42
Spanish American	18	1750	70.00	550.00	14.00	1832	1.19	1.59	15.8	30.00
HIGH INCOME RATIO STATES										
White	200	1969	83.48	929.41	10.80	3675	0.97	1.84	14.9	62.00
Black	102	1792	67.06	755.55	9.58	2955	0.89	1.52	12.3	88.33
Spanish American	44	2042	71.67	800.00	10.25	2499	0.98	1.33	13.4	60.00

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Figure 1—Median Iron Intake of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

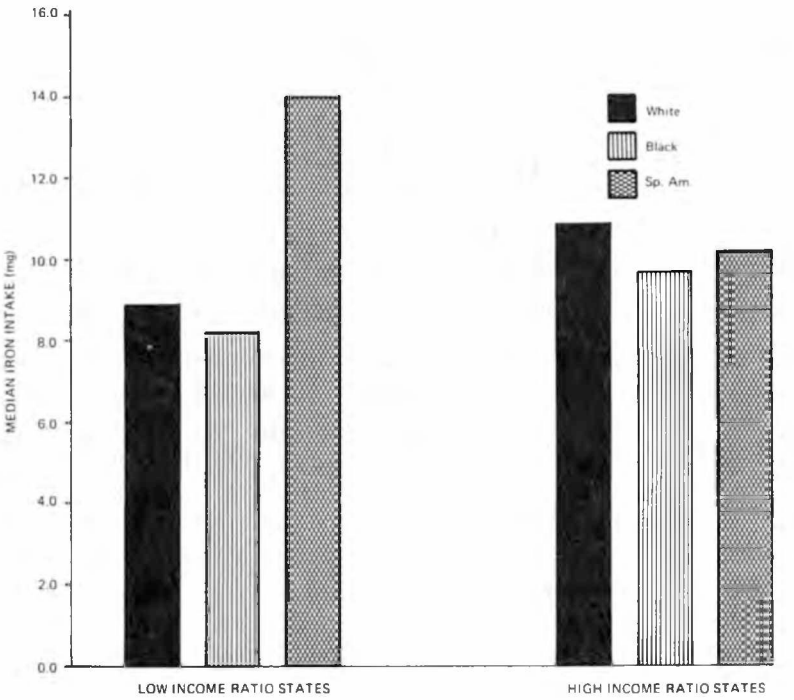


Table Reference 2.

Figure 2—Median Vitamin A Intake of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

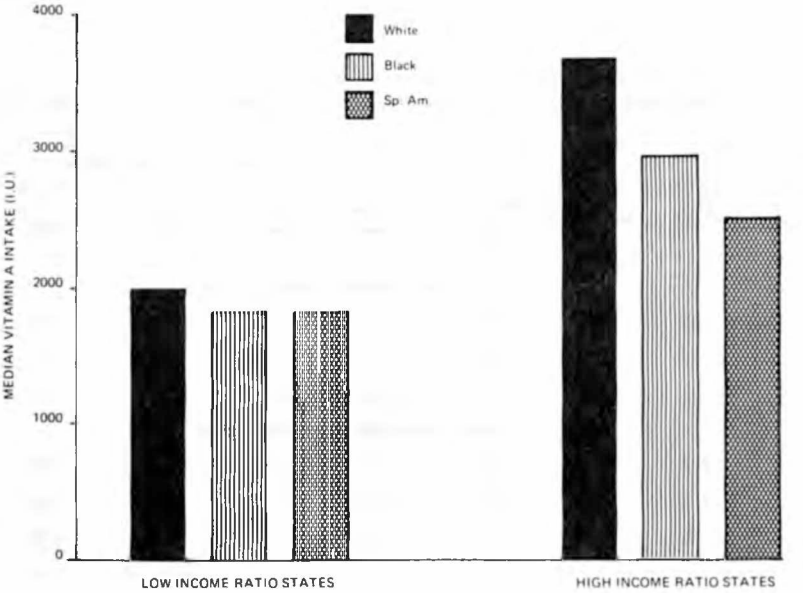


Table Reference 2.

Figure 3—Median Calcium Intake of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

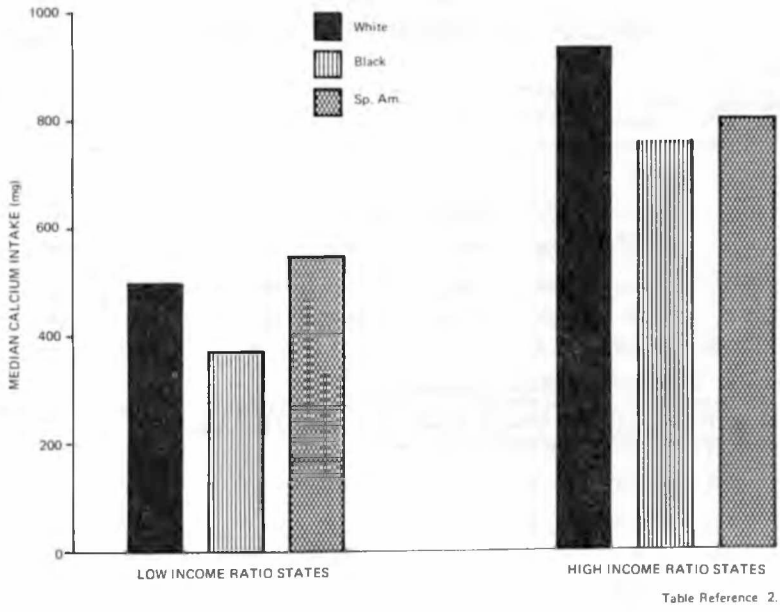


Table 3. *Mean Carolic Intake and Mean Intake per 1000 Ca'ories of Selected Nutrients for Pregnant/Lactating Females Compared with Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age Group and Ethnic Group	Number of Persons	Mean Nutrient Intake per 1000 Calories								
		Mean Caloric Intake	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White										
Pregnant	22	1591	48.26	431.12	6.75	1857	0.67	0.97	8.50	46.96
15-16 years	70	1945	35.51	430.63	4.91	1500	0.51	0.86	6.48	24.16
Black										
Pregnant	85	1506	39.81	337.29	6.55	3282	0.74	1.02	8.85	44.80
15-16 years	204	1724	37.07	365.17	5.45	2518	0.55	0.99	7.28	33.38
Spanish American										
Pregnant	18	2070	41.66	245.35	7.10	2160	0.86	0.93	9.54	41.28
15-16 years	40	2107	38.15	260.23	6.42	1118	0.74	0.88	8.01	30.46
HIGH INCOME RATIO STATES										
White										
Pregnant	200	2127	41.95	496.72	5.66	2263	0.55	0.93	8.36	40.50
15-16 years	154	2208	39.21	445.91	5.51	2169	0.50	0.91	7.56	33.62
Black										
Pregnant	102	2024	39.06	393.09	5.67	3761	0.55	0.84	7.40	57.54
15-16 years	79	2486	39.14	329.58	5.45	1740	0.58	0.73	7.93	28.98
Spanish American										
Pregnant	44	2205	37.90	411.64	5.63	1794	0.74	0.90	6.98	48.18
15-16 years	48	2177	37.98	400.88	5.40	1884	0.58	0.87	7.03	34.86

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4. *Mean Intake of Nutrients by Quartile of Corresponding Biochemical Values for Pregnant/Lactating Females for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles [1]	Mean Nutrient Intake of Dietaries											
	Iron		Vitamin A		Vitamin C		Protein		Thiamine		Riboflavin	
	Female											
	mg	mg/1000 Calories	I.U.	I.U./1000 Calories	mg	mg/1000 Calories	gm	gm/1000 Calories	mg	mg/1000 Calories	mg	mg/1000 Calories
Number of Persons	437		389		399		404		321		384	
First Quartile	11.71	6.11	4620	2695	66.55	40.88	78.55	41.26	1.03	0.57	1.26	0.78
Second Quartile	11.55	6.04	5331	2708	94.71	52.71	82.30	41.66	0.97	0.55	1.83	0.91
Third Quartile	12.34	6.11	5543	3046	98.11	51.53	84.25	41.84	1.27	0.62	2.03	1.08
Fourth Quartile	11.40	5.82	6417	3207	115.38	55.81	85.15	43.50	1.28	0.70	2.04	1.07

[1] For Quartile Intervals of Biochemical Values refer to Table 20 Appendix.

NOTE: Hemoglobin vs Iron Intake; Plasma Vitamin A vs Vitamin A Intake; Serum Vitamin C vs Vitamin C Intake; Serum Albumin vs Protein Intake; Urinary Thiamine vs Thiamine Intake; Urinary Riboflavin vs Riboflavin Intake.
Dietary data presented in this table are based on twenty-four hour recall.

APPENDIX

4. Pregnant and Lactating Women

Table 1 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<250	—	—	—	—	—	—	—	—	—	—	—	—
250-499	4	3.1	3.1	—	—	—	3	3.5	3.5	1	5.6	5.6
500-749	11	8.7	11.8	2	9.1	9.1	7	8.2	11.7	2	11.1	16.7
750-999	17	13.4	25.2	3	13.6	22.7	14	16.5	28.2	—	—	16.7
1000-1249	18	14.2	39.4	2	9.1	31.8	16	18.8	47.0	—	—	16.7
1250-1499	16	12.6	52.0	5	22.7	54.5	9	10.6	57.6	2	11.1	27.8
1500-1749	15	11.8	63.8	1	4.5	59.0	9	10.6	68.2	4	22.2	50.0
1750-1999	18	14.2	78.0	3	13.6	72.6	14	16.5	84.7	1	5.6	55.6
2000-2249	10	7.9	85.9	3	13.6	86.2	5	5.9	90.6	1	5.6	61.2
2250-2499	5	3.9	89.8	2	9.1	95.3	1	1.2	91.8	2	11.1	72.3
2500-2749	5	3.9	93.7	—	—	95.3	2	2.4	94.2	3	16.7	89.0
2750-2999	1	0.8	94.5	1	4.5	99.8	—	—	94.2	—	—	89.0
3000-3249	1	0.8	95.3	—	—	99.8	1	1.2	95.4	—	—	89.0
3250-3499	—	—	95.3	—	—	99.8	—	—	95.4	—	—	89.0
3500-3749	—	—	95.3	—	—	99.8	—	—	95.4	—	—	89.0
3750-3999	1	0.8	96.1	—	—	99.8	1	1.2	96.6	—	—	89.0
4000-4249	1	0.8	96.9	—	—	99.8	1	1.2	97.8	—	—	89.0
4250-4499	1	0.8	97.7	—	—	99.8	—	—	97.8	1	5.6	94.6
4500-4749	1	0.8	98.5	—	—	99.8	1	1.2	99.0	—	—	94.6
4750-4999	—	—	98.5	—	—	99.8	—	—	99.0	—	—	94.6
>4999	2	1.6	100.1	—	—	99.8	1	1.2	100.2	1	5.6	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<250	2	0.5	0.5	2	1.0	1.0	—	—	—	—	—	—
250-499	5	1.3	1.8	2	1.0	2.0	1	1.0	1.0	1	2.3	2.3
500-749	9	2.4	4.2	3	1.5	3.5	4	3.9	4.9	2	4.5	6.8
750-999	19	5.1	9.3	9	4.5	8.0	7	6.9	11.8	2	4.5	11.3
1000-1249	32	8.6	17.9	17	8.5	16.5	11	10.8	22.6	4	9.1	20.4
1250-1499	42	11.2	29.1	19	9.5	26.0	16	15.7	38.3	2	4.5	24.9
1500-1749	50	13.4	42.5	27	13.5	39.5	10	9.8	48.1	8	18.2	43.1
1750-1999	41	11.0	53.5	24	12.0	51.5	12	11.8	59.9	2	4.5	57.6
2000-2249	42	11.2	64.7	23	11.5	63.0	7	6.9	66.8	6	13.6	61.2
2250-2499	27	7.2	71.9	14	7.0	70.0	6	5.9	72.7	4	9.1	70.3
2500-2749	33	8.8	80.7	19	9.5	79.5	10	9.8	82.5	4	9.1	79.4
2750-2999	25	6.7	87.4	13	6.5	86.0	7	6.9	89.4	3	6.8	86.2
3000-3249	9	2.4	89.8	7	3.5	89.5	1	1.0	90.4	—	—	86.2
3250-3499	9	2.4	92.2	6	3.0	92.5	2	2.0	92.4	1	2.3	88.5
3500-3749	8	2.1	94.3	3	1.5	94.0	2	2.0	94.4	2	4.5	93.0
3750-3999	5	1.3	95.6	5	2.5	96.5	—	—	94.4	—	—	93.0
4000-4249	3	0.8	96.4	2	1.0	97.5	—	—	94.4	1	2.3	95.3
4250-4499	2	0.5	96.9	—	—	97.5	2	2.0	96.4	—	—	95.3
4500-4749	2	0.5	97.4	—	—	97.5	2	2.0	98.4	—	—	95.3
4750-4999	1	0.3	97.7	1	0.5	98.0	—	—	98.4	—	—	95.3
>4999	8	2.1	99.8	4	2.0	100.0	2	2.0	100.4	2	4.5	99.8

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 3 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<5	—	—	—	—	—	—	—	—	—	—	—	—
5-9	1	0.8	0.8	—	—	—	—	—	—	1	5.6	5.6
10-14	1	0.8	1.6	—	—	—	1	1.2	1.2	—	—	5.6
15-19	3	2.4	4.0	—	—	—	2	2.4	3.6	1	5.6	11.2
20-24	4	3.1	7.1	—	—	—	3	3.5	7.1	1	5.6	16.8
25-29	6	4.7	11.8	1	4.5	4.5	5	5.9	13.0	—	—	16.8
30-34	4	3.1	14.9	1	4.5	9.0	3	3.5	16.5	—	—	16.8
35-39	12	9.4	24.3	2	9.1	18.1	9	10.6	27.1	1	5.6	22.4
40-44	5	3.9	28.2	—	—	18.1	3	3.5	30.6	1	5.6	28.0
45-49	12	9.4	37.6	3	13.6	31.7	9	10.6	41.2	—	—	28.0
50-59	23	18.1	55.7	4	18.2	49.9	17	20.0	61.2	2	11.1	39.1
60-69	14	11.0	66.7	—	—	49.9	12	14.1	75.3	2	11.1	50.2
70-79	12	9.4	76.1	2	9.1	59.0	9	10.6	85.9	—	—	50.2
80-89	7	5.5	81.6	3	13.6	72.6	1	1.2	87.1	3	16.7	66.9
90-99	3	2.4	84.0	—	—	72.6	3	3.5	90.6	—	—	66.9
100-109	3	2.4	86.4	1	4.5	77.1	1	1.2	91.8	1	5.6	72.5
110-119	2	1.6	88.0	1	4.5	81.6	1	1.2	93.0	—	—	72.5
120-129	1	0.8	88.8	—	—	90.7	—	—	93.0	1	5.6	78.1
130-139	7	5.5	94.3	2	9.1	95.2	4	4.7	97.7	1	5.6	83.7
140-149	1	0.8	95.1	1	4.5	95.2	—	—	97.7	—	—	83.7
150-159	2	1.6	96.7	—	—	95.2	1	1.2	98.9	1	5.6	89.3
160-169	1	0.8	97.5	—	—	95.2	—	—	98.9	1	5.6	94.9
170-179	2	1.6	99.1	1	4.5	99.7	1	1.2	100.1	—	—	94.9
180-189	—	—	99.1	—	—	99.7	—	—	100.1	—	—	94.9
190-199	—	—	99.1	—	—	99.7	—	—	100.1	—	—	94.9
200-209	—	—	99.1	—	—	99.7	—	—	100.1	—	—	94.9
210-219	—	—	99.1	—	—	99.7	—	—	100.1	—	—	94.9
220-229	—	—	99.1	—	—	99.7	—	—	100.1	—	—	94.9
230-239	—	—	99.1	—	—	99.7	—	—	100.1	—	—	94.9
240-249	1	0.8	99.9	—	—	99.7	—	—	100.1	1	5.6	100.5
>249	—	—	99.9	—	—	99.7	—	—	100.1	—	—	100.5

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Pregnant-Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<5	2	0.5	0.5	2	1.0	1.0	—	—	—	—	—	—
5-9	2	0.5	1.0	1	0.5	1.5	1	1.0	1.0	—	—	—
10-14	3	0.8	1.8	2	1.0	2.5	1	1.0	2.0	—	—	—
15-19	3	0.8	2.6	—	—	2.5	1	1.0	3.0	1	2.3	2.3
20-24	4	1.1	3.7	1	0.5	3.0	1	1.0	4.0	2	4.5	6.8
25-29	4	1.1	4.8	1	0.5	3.5	2	2.0	6.0	1	2.3	9.1
30-34	5	1.3	6.1	4	2.0	5.5	1	1.0	7.0	—	—	9.1
35-39	13	3.5	9.6	7	3.5	9.0	4	3.9	10.9	2	4.5	13.6
40-44	18	4.8	14.4	9	4.5	13.5	7	6.9	17.8	1	2.3	15.9
45-49	15	4.0	18.4	6	3.0	16.5	7	6.9	24.7	1	2.3	18.2
50-59	43	11.5	29.9	22	11.0	27.5	14	13.7	38.4	4	9.1	27.3
60-69	53	14.2	44.1	22	11.0	38.5	17	16.7	55.1	9	20.5	47.8
70-79	35	9.4	53.5	15	7.5	46.0	7	6.9	62.0	6	13.6	61.4
80-89	31	8.3	61.8	23	11.5	57.5	4	3.9	65.9	2	4.5	65.9
90-99	40	10.7	72.5	27	13.5	71.0	9	8.8	74.7	2	4.5	70.4
100-109	21	5.6	78.1	12	6.0	77.0	7	6.9	81.6	2	4.5	74.9
110-119	21	5.6	83.7	12	6.0	83.0	7	6.9	88.5	1	2.3	77.2
120-129	11	2.9	86.6	6	3.0	86.0	1	1.0	89.5	2	4.5	81.7
130-139	13	3.5	90.1	4	2.0	88.0	3	2.9	92.4	5	11.4	93.1
140-149	6	1.6	91.7	5	2.5	90.5	1	1.0	93.4	—	—	93.1
150-159	6	1.6	93.3	2	1.0	91.5	2	2.0	95.4	1	2.3	95.4
160-169	6	1.6	94.9	5	2.5	94.0	—	—	95.4	—	—	95.4
170-179	4	1.1	96.0	3	1.5	95.5	1	1.0	96.4	—	—	95.4
180-189	4	1.1	97.1	2	1.0	96.5	2	2.0	98.4	—	—	95.4
190-199	1	0.3	97.4	—	—	96.5	—	—	98.4	1	2.3	97.7
200-209	2	0.5	97.9	2	1.0	97.5	—	—	98.4	—	—	97.7
210-219	1	0.3	98.2	—	—	97.5	1	1.0	99.4	—	—	97.7
220-229	2	0.5	98.7	2	1.0	98.5	—	—	99.4	—	—	97.7
230-239	3	0.8	99.5	1	0.5	99.0	1	1.0	100.4	1	2.3	100.0
240-249	—	—	99.5	—	—	99.0	—	—	100.4	—	—	100.0
>249	2	0.5	100.0	2	1.0	100.0	—	—	100.4	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 5 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<50	5	3.9	3.9	—	—	—	4	4.7	4.7	1	5.6	5.6
50-99	3	2.4	6.3	—	—	—	3	3.5	8.2	—	—	5.6
100-149	9	7.1	13.4	—	—	—	8	9.4	17.6	1	5.6	11.2
150-199	16	12.6	26.0	5	22.7	22.7	10	11.8	29.4	1	5.6	16.8
200-299	14	11.0	37.0	1	4.5	27.2	13	15.3	44.7	—	—	16.8
300-399	14	11.0	48.0	3	13.6	40.8	6	7.1	51.8	4	22.2	39.0
400-499	9	7.1	55.1	2	9.1	49.9	6	7.1	58.9	1	5.6	44.6
500-599	13	10.2	65.3	1	4.5	54.4	10	11.8	70.7	2	11.1	55.7
600-699	9	7.1	72.4	—	—	54.4	6	7.1	77.8	3	16.7	72.4
700-799	7	5.5	77.9	1	4.5	58.9	2	2.4	80.2	3	16.7	89.1
800-899	6	4.7	82.6	1	4.5	63.4	3	3.5	83.7	2	11.1	100.2
900-999	8	6.3	88.9	1	4.5	67.9	7	8.2	91.9	—	—	100.2
1000-1199	6	4.7	93.6	3	13.6	81.5	3	3.5	95.4	—	—	100.2
1200-1399	3	2.4	96.0	2	9.1	90.6	1	1.2	96.6	—	—	100.2
1400-1599	2	1.6	97.6	2	9.1	99.7	—	—	96.6	—	—	100.2
1600-1799	—	—	97.6	—	—	99.7	—	—	96.6	—	—	100.2
1800-1999	1	0.8	98.4	—	—	99.7	1	1.2	97.8	—	—	100.2
>1999	2	1.6	100.0	—	—	99.7	2	2.4	100.2	—	—	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 6 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<50	3	0.8	0.8	2	1.0	1.0	—	—	—	1	2.3	2.3
50-99	6	1.6	2.4	1	0.5	1.5	3	2.9	2.9	1	2.3	4.6
100-149	5	1.3	3.7	2	1.0	2.5	2	2.0	4.9	—	—	4.6
150-199	9	2.4	6.1	2	1.0	3.5	3	2.9	7.8	2	4.5	9.1
200-299	15	4.0	10.1	7	3.5	7.0	4	3.9	11.7	3	6.8	15.9
300-399	23	6.1	16.2	9	4.5	11.5	9	8.8	20.5	4	9.1	25.0
400-499	29	7.8	24.0	17	8.5	20.0	7	6.9	27.4	4	9.1	34.1
500-599	26	7.0	31.0	9	4.5	24.5	10	9.8	37.2	3	6.8	40.9
600-699	30	8.0	39.0	20	10.0	34.5	8	7.8	45.0	1	2.3	43.2
700-799	23	6.1	45.1	11	5.5	40.0	9	8.8	53.8	3	6.8	50.0
800-899	37	9.9	55.0	15	7.5	47.5	14	13.7	67.5	5	11.4	61.4
900-999	32	8.6	63.6	17	8.5	56.0	10	9.8	77.3	2	4.5	65.9
1000-1199	39	10.4	74.0	23	11.5	67.5	8	7.8	85.1	2	4.5	70.4
1200-1399	30	8.0	82.0	18	9.0	76.5	6	5.9	91.0	5	11.4	81.8
1400-1599	20	5.3	87.3	12	6.0	82.5	3	2.9	93.9	3	6.8	88.6
1600-1799	12	3.2	90.5	10	5.0	87.5	—	—	93.9	1	2.3	90.9
1800-1999	14	3.7	94.2	9	4.5	92.0	4	3.9	97.8	1	2.3	93.2
>1999	21	5.6	99.8	16	8.0	100.0	2	2.0	99.8	3	6.8	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	—	—	—	—	—	—	—	—	—	—	—	—
1.5-1.9	—	—	—	—	—	—	—	—	—	—	—	—
2.0-2.4	2	1.6	1.6	1	4.5	4.5	1	1.2	1.2	—	—	—
2.5-2.9	3	2.4	4.0	—	—	4.5	2	2.4	3.6	1	5.6	5.6
3.0-3.4	1	0.8	4.8	—	—	4.5	1	1.2	4.8	—	—	5.6
3.5-3.9	3	2.4	7.2	—	—	4.5	3	3.5	8.3	—	—	5.6
4.0-4.4	5	3.9	11.1	—	—	4.5	4	4.7	13.0	1	5.6	11.2
4.5-4.9	7	5.5	16.6	—	—	4.5	7	8.2	21.2	—	—	11.2
5.0-5.9	9	7.1	23.7	—	—	4.5	9	10.6	31.8	—	—	11.2
6.0-6.9	12	9.4	33.1	4	18.2	22.7	7	8.2	40.0	—	—	11.2
7.0-7.9	12	9.4	42.5	4	18.2	40.9	6	7.1	47.1	2	11.1	22.3
8.0-8.9	14	11.0	53.5	2	9.1	50.0	11	12.9	60.0	1	5.6	27.9
9.0-9.9	9	7.1	60.6	—	—	50.0	7	8.2	68.2	2	11.1	39.0
10.0-10.9	5	3.9	64.5	1	4.5	54.5	4	4.7	72.9	—	—	39.0
11.0-11.9	4	3.1	67.6	1	4.5	59.0	3	3.5	76.4	—	—	39.0
12.0-12.9	7	5.5	73.1	3	13.6	72.6	3	3.5	79.9	—	—	39.0
13.0-13.9	5	3.9	77.0	1	4.5	77.1	2	2.4	82.3	2	11.1	50.1
14.0-14.9	3	2.4	79.4	—	—	77.1	3	3.5	85.8	—	—	50.1
15.0-15.9	5	3.9	83.3	1	4.5	81.6	2	2.4	88.2	2	11.1	61.2
16.0-16.9	3	2.4	85.7	—	—	81.6	1	1.2	89.4	2	11.1	72.3
17.0-17.9	2	1.6	87.3	—	—	81.6	1	1.2	90.6	1	5.6	77.9
18.0-18.9	3	2.4	89.7	3	13.6	95.2	—	—	90.6	—	—	77.9
19.0-19.9	4	3.1	92.8	1	4.5	99.7	3	3.5	94.1	—	—	77.9
>19.9	9	7.1	99.9	—	—	99.7	5	5.9	100.0	4	22.2	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 8 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<0.5	4	1.1	1.1	3	1.5	1.5	1	1.0	1.0	—	—	—
0.5-0.9	1	0.3	1.4	—	—	1.5	1	1.0	2.0	—	—	—
1.0-1.4	—	—	1.4	—	—	1.5	—	—	2.0	—	—	—
1.5-1.9	2	0.5	1.9	2	1.0	2.5	—	—	2.0	—	—	—
2.0-2.4	2	0.5	2.4	—	—	2.5	—	—	2.0	2	4.5	4.5
2.5-2.9	3	0.8	3.2	2	1.0	3.5	1	1.0	3.0	—	—	4.5
3.0-3.4	5	1.3	4.5	1	0.5	4.0	2	2.0	5.0	1	2.3	6.8
3.5-3.9	5	1.3	5.8	3	1.5	5.5	2	2.0	7.0	—	—	6.8
4.0-4.4	8	2.1	7.9	2	1.0	6.5	6	5.9	12.9	—	—	6.8
4.5-4.9	5	1.3	9.2	2	1.0	7.5	2	2.0	14.9	1	2.3	9.1
5.0-5.9	17	4.5	13.7	8	4.0	11.5	6	5.9	20.8	3	6.8	15.9
6.0-6.9	21	5.6	19.3	12	6.0	17.5	6	5.9	26.7	—	—	15.9
7.0-7.9	38	10.2	29.5	21	10.5	28.0	9	8.8	35.5	6	13.6	29.5
8.0-8.9	26	7.0	36.5	14	7.0	35.0	8	7.8	43.3	4	9.1	38.6
9.0-9.9	35	9.4	45.9	14	7.0	42.0	12	11.8	55.1	4	9.1	47.7
10.0-10.9	32	8.6	54.5	20	10.0	52.0	5	4.9	60.0	4	9.1	56.8
11.0-11.9	23	6.1	60.6	13	6.5	58.5	6	5.9	65.9	2	4.5	61.3
12.0-12.9	20	5.3	65.9	14	7.0	65.5	4	3.9	69.8	—	—	61.3
13.0-13.9	20	5.3	71.2	10	5.0	70.5	3	2.9	72.7	6	13.6	74.9
14.0-14.9	19	5.1	76.3	13	6.5	77.0	5	4.9	77.6	—	—	74.9
15.0-15.9	15	4.0	80.3	8	4.0	81.0	2	2.0	79.6	3	6.8	81.7
16.0-16.9	15	4.0	84.3	7	3.5	84.5	6	5.9	85.5	1	2.3	84.0
17.0-17.9	8	2.1	86.4	3	1.5	86.0	5	4.9	90.4	—	—	84.0
18.0-18.9	6	1.6	88.0	5	2.5	88.5	1	1.0	91.4	—	—	84.0
19.0-19.9	8	2.1	90.1	5	2.5	91.0	2	2.0	93.4	—	—	84.0
>19.9	36	9.6	99.7	18	9.0	100.0	7	6.9	100.3	7	15.9	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 9 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Gumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<250	4	3.1	3.1	1	4.5	4.5	2	2.4	2.4	1	5.6	5.6
250-499	8	6.3	9.4	1	4.5	9.0	7	8.2	10.6	—	—	5.6
500-749	11	8.7	18.1	2	9.1	18.1	7	8.2	18.8	2	11.1	16.7
750-999	7	5.5	23.6	—	—	18.1	7	8.2	27.0	—	—	16.7
1000-1249	11	8.7	32.3	2	9.1	27.2	8	9.4	36.4	1	5.6	22.3
1250-1499	6	4.7	37.0	—	—	27.2	5	5.9	42.3	1	5.6	27.9
1500-1749	12	9.4	46.4	3	13.6	40.8	6	7.1	49.4	3	16.7	44.6
1750-1999	7	5.5	51.9	2	9.1	49.9	2	2.4	51.8	3	16.7	61.3
2000-2249	4	3.1	55.0	2	9.1	59.0	2	2.4	54.2	—	—	61.3
2250-2499	9	7.1	62.1	—	—	59.0	7	8.2	62.4	2	11.1	72.4
2500-2999	6	4.7	66.8	3	13.6	72.6	3	3.5	65.9	—	—	72.4
3000-3499	6	4.7	71.5	—	—	72.6	5	5.9	71.8	1	5.6	78.0
3500-3999	2	1.6	73.1	—	—	72.6	1	1.2	73.0	1	5.6	83.6
4000-4499	3	2.4	75.5	1	4.5	77.1	1	1.2	74.2	—	—	83.6
4500-4999	6	4.7	80.2	1	4.5	81.6	5	5.9	80.1	—	—	83.6
5000-5999	4	3.1	83.3	—	—	81.6	3	3.5	83.6	1	5.6	89.2
6000-6999	3	2.4	85.7	2	9.1	90.7	—	—	83.6	—	—	89.2
7000-7999	2	1.6	87.3	—	—	90.7	1	1.2	84.8	1	5.6	94.8
8000-8999	2	1.6	88.9	1	4.5	95.2	1	1.2	86.0	—	—	94.8
9000-9999	1	0.8	89.7	1	4.5	99.7	—	—	86.0	—	—	94.8
>9999	13	10.2	99.9	—	—	99.7	12	14.1	100.1	1	5.6	100.4

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 10 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<250	3	0.8	0.8	2	1.0	1.0	—	—	—	1	2.3	2.3
250-499	9	2.4	3.2	4	2.0	3.0	3	2.9	2.9	2	4.5	6.8
500-749	9	2.4	5.6	3	1.5	4.5	4	3.9	6.8	2	4.5	11.3
750-999	10	2.7	8.3	3	1.5	6.0	5	4.9	11.7	1	2.3	13.6
1000-1249	12	3.2	11.5	5	2.5	8.5	4	3.9	15.6	3	6.8	20.4
1250-1499	13	3.5	15.0	10	5.0	13.5	1	1.0	16.6	1	2.3	22.7
1500-1749	20	5.3	20.3	4	2.0	15.5	12	11.8	28.4	3	6.8	29.5
1750-1999	18	4.8	25.1	8	4.0	19.5	4	3.9	32.3	5	11.4	40.9
2000-2249	23	6.1	31.2	14	7.0	26.5	3	2.9	35.2	3	6.8	47.7
2250-2499	17	4.5	35.7	11	5.5	32.0	4	3.9	39.1	1	2.3	50.0
2500-2999	35	9.4	45.1	16	8.0	40.0	12	11.8	50.9	4	9.1	59.1
3000-3499	26	7.0	52.1	14	7.0	47.0	9	8.8	59.7	2	4.5	63.6
3500-3999	24	6.4	58.5	17	8.5	55.5	6	5.9	65.6	1	2.3	65.9
4000-4499	21	5.6	64.1	15	7.5	63.0	3	2.9	68.5	—	—	65.9
4500-4999	12	3.2	67.3	10	5.0	68.0	—	—	68.5	1	2.3	68.2
5000-5999	25	6.7	74.0	16	8.0	76.0	2	2.0	70.5	6	13.6	81.8
6000-6999	19	5.1	79.1	9	4.5	80.5	4	3.9	74.4	3	6.8	88.6
7000-7999	11	2.9	82.0	7	3.5	84.0	1	1.0	75.4	2	4.5	93.1
8000-8999	8	2.1	84.1	6	3.0	87.0	2	2.0	77.4	—	—	93.1
9000-9999	5	1.3	85.4	5	2.5	89.5	—	—	77.4	—	—	93.1
>9999	54	14.4	99.8	21	10.5	100.0	23	22.5	99.9	3	6.8	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<0.05	2	0.5	0.5	2	1.0	1.0	—	—	—	—	—	—
0.05-0.09	1	0.3	0.8	1	0.5	1.5	—	—	—	—	—	—
0.10-0.14	4	1.1	1.9	1	0.5	2.0	1	1.0	1.0	1	2.3	2.3
0.15-0.19	3	0.8	2.7	1	0.5	2.5	2	2.0	3.0	—	—	2.3
0.20-0.29	4	1.1	3.8	1	0.5	3.0	2	2.0	5.0	1	2.3	4.6
0.30-0.39	8	2.1	5.9	2	1.0	4.0	5	4.9	9.9	1	2.3	6.9
0.40-0.49	14	3.7	9.6	8	4.0	8.0	2	2.0	11.9	2	4.5	11.4
0.50-0.59	26	7.0	16.6	11	5.5	13.5	13	12.7	24.6	—	—	11.4
0.60-0.69	34	9.1	25.7	21	10.5	24.0	7	6.9	31.5	6	13.6	25.0
0.70-0.79	39	10.4	36.1	18	9.0	33.0	13	12.7	44.2	3	6.8	31.8
0.80-0.89	38	10.2	46.3	24	12.0	45.0	6	5.9	50.1	3	6.8	38.6
0.90-0.99	29	7.8	54.1	15	7.5	52.5	6	5.9	56.0	6	13.6	52.2
1.00-1.19	47	12.6	66.7	28	14.0	66.5	12	11.8	67.8	4	9.1	61.3
1.20-1.39	34	9.1	75.8	18	9.0	75.5	9	8.8	76.6	4	9.1	70.4
1.40-1.59	23	6.1	81.9	15	7.5	83.0	6	5.9	82.5	—	—	70.4
1.60-1.79	18	4.8	86.7	12	6.0	89.0	3	2.9	85.4	2	4.5	74.9
1.80-1.99	11	2.9	89.6	4	2.0	91.0	6	5.9	91.3	1	2.3	77.2
>1.99	39	10.4	100.0	18	9.0	100.0	9	8.8	100.1	10	22.7	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 12 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	—	—	—	—	—	—	—	—	—	—	—	—
0.10-0.14	1	0.8	0.8	—	—	—	1	1.2	1.2	—	—	—
0.15-0.19	—	—	0.8	—	—	—	—	—	1.2	—	—	—
0.20-0.29	5	3.9	4.7	1	4.5	4.5	3	3.5	4.7	1	5.6	5.6
0.30-0.39	8	6.3	11.0	1	4.5	9.0	6	7.1	11.8	1	5.6	11.2
0.40-0.49	6	4.7	15.7	1	4.5	13.5	5	5.9	17.7	—	—	11.2
0.50-0.59	10	7.9	23.6	3	13.6	27.1	6	7.1	24.8	1	5.6	16.8
0.60-0.69	14	11.0	34.6	2	9.1	36.2	12	14.1	38.9	—	—	16.8
0.70-0.79	11	8.7	43.3	2	9.1	45.3	7	8.2	47.1	2	11.1	27.9
0.80-0.89	7	5.5	48.8	—	—	45.3	5	5.9	53.0	1	5.6	33.5
0.90-0.99	10	7.9	56.7	4	18.2	63.5	6	7.1	60.1	—	—	33.5
1.00-1.19	14	11.0	67.7	2	9.1	72.6	8	9.4	69.5	3	16.7	50.2
1.20-1.39	13	10.2	77.9	4	18.2	90.8	8	9.4	78.9	1	5.6	55.8
1.40-1.59	8	6.3	84.2	1	4.5	95.3	5	5.9	84.8	2	11.1	66.9
1.60-1.79	6	4.7	88.9	—	—	95.3	2	2.4	87.2	4	22.2	89.1
1.80-1.99	1	0.8	89.7	—	—	95.3	1	1.2	88.4	—	—	89.1
>1.99	13	10.2	99.9	1	4.5	99.8	10	11.8	100.2	2	11.1	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 13 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<.05	—	—	—	—	—	—						
.05-.09	—	—	—	—	—	—	—	—	—	—	—	—
.10-.14	2	1.6	1.6	—	—	—	1	1.2	1.2	1	5.6	5.6
.15-.19	—	—	1.6	—	—	—	—	—	1.2	—	—	5.6
.20-.29	3	2.4	4.0	—	—	—	3	3.5	4.7	—	—	5.6
.30-.39	1	0.8	4.8	—	—	—	—	—	4.7	1	5.6	11.2
.40-.49	9	7.1	11.9	—	—	—	8	9.4	14.1	1	5.6	16.8
.50-.59	5	3.9	15.8	1	4.5	4.5	4	4.7	18.8	—	—	16.8
.60-.69	3	2.4	18.2	—	—	4.5	3	3.5	22.3	—	—	16.8
.70-.79	8	6.3	24.5	2	9.1	13.6	6	7.1	29.4	—	—	16.8
.80-.89	6	4.7	29.2	—	—	13.6	6	7.1	36.5	—	—	16.8
.90-.99	14	11.0	40.2	4	18.2	31.8	8	9.4	45.9	1	5.6	22.4
1.00-1.19	13	10.2	50.4	5	22.7	54.5	7	8.2	54.1	1	5.6	28.0
1.20-1.39	4	3.1	53.5	—	—	54.5	4	4.7	58.8	—	—	28.0
1.40-1.59	13	10.2	63.7	2	9.1	63.6	6	7.1	65.9	4	22.2	50.2
1.60-1.79	10	7.9	71.6	—	—	63.6	9	10.6	76.5	1	5.6	55.8
1.80-1.99	8	6.3	77.9	1	4.5	68.1	5	5.9	82.4	2	11.1	66.9
>1.99	28	22.0	99.9	7	31.8	99.9	15	17.6	100.0	6	33.3	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 14 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Percent Cumulative	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<.05	1	0.3	0.3	1	0.5	0.5	—	—	—	—	—	—
.05-.09	—	—	0.3	—	—	0.5	—	—	—	—	—	—
.10-.14	1	0.3	0.6	1	0.5	1.0	—	—	—	—	—	—
.15-.19	2	0.5	1.1	2	1.0	2.0	—	—	—	—	—	—
.20-.29	2	0.5	1.6	—	—	2.0	1	1.0	1.0	1	2.3	2.3
.30-.39	1	0.3	1.9	—	—	2.0	1	1.0	2.0	—	—	2.3
.40-.49	4	1.1	3.0	1	0.5	2.5	2	2.0	4.0	1	2.3	4.6
.50-.59	11	2.9	5.9	3	1.5	4.0	4	3.9	7.9	3	6.8	11.4
.60-.69	6	1.6	7.5	2	1.0	5.0	1	1.0	8.9	3	6.8	18.2
.70-.79	11	2.9	10.4	2	1.0	6.0	6	5.9	14.8	—	—	18.2
.80-.89	21	5.6	16.0	10	5.0	11.0	7	6.9	21.7	3	6.8	25.0
.90-.99	16	4.3	20.3	10	5.0	16.0	6	5.9	27.6	—	—	25.0
1.00-1.19	22	5.9	26.2	12	6.0	22.0	4	3.9	31.5	5	11.4	36.4
1.20-1.39	34	9.1	35.3	16	8.0	30.0	13	12.7	44.2	—	—	36.4
1.40-1.59	40	10.7	46.0	18	9.0	39.0	10	9.8	54.0	9	20.5	56.9
1.60-1.79	33	8.8	54.8	18	9.0	48.0	11	10.8	64.8	1	2.3	59.2
1.80-1.99	31	8.3	63.1	19	9.5	57.5	6	5.9	70.7	3	6.8	66.0
>1.99	138	36.9	100.0	85	42.5	100.0	30	29.4	100.1	15	34.1	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 15 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	—	—	—	—	—	—	—	—	—	—	—	—
1.5-1.9	1	0.8	0.8	—	—	—	1	1.2	1.2	—	—	—
2.0-2.4	3	2.4	3.2	—	—	—	1	1.2	2.3	2	11.1	11.1
2.5-2.9	—	—	3.2	—	—	—	—	—	2.3	—	—	11.1
3.0-3.4	1	0.8	4.0	—	—	—	1	1.2	3.5	—	—	11.1
3.5-3.9	3	2.4	6.4	—	—	—	3	3.5	7.0	—	—	11.1
4.0-4.4	4	3.1	9.5	1	4.5	4.5	2	2.3	9.4	1	5.6	16.7
4.5-4.9	3	2.4	11.9	—	—	4.5	3	3.5	12.9	—	—	16.7
5.0-5.9	5	3.9	15.8	1	4.5	9.0	3	3.5	16.4	1	5.6	22.3
6.0-6.9	7	5.5	21.3	2	9.1	18.1	4	4.7	21.1	—	—	22.3
7.0-7.9	8	6.3	27.6	1	4.5	22.6	7	8.2	29.3	—	—	22.3
8.0-8.9	7	5.5	33.1	1	4.5	27.1	5	5.9	35.2	1	5.6	27.9
9.0-9.9	7	5.5	38.6	2	9.1	36.2	5	5.9	41.1	—	—	27.9
10.0-10.9	7	5.5	44.1	2	9.1	45.3	5	5.9	47.0	—	—	27.9
11.0-11.9	7	5.5	49.6	2	9.1	54.4	4	4.7	51.7	1	5.6	33.5
12.0-12.9	6	4.7	54.4	2	9.1	63.5	4	4.7	56.4	—	—	33.5
13.0-13.9	3	2.4	56.7	—	—	63.5	2	2.3	58.7	1	5.6	39.1
14.0-14.9	6	4.7	61.4	3	13.6	77.1	3	3.5	62.3	—	—	39.1
15.0-15.9	9	7.1	68.5	—	—	77.1	6	7.0	69.3	2	11.1	50.2
16.0-16.9	3	2.4	70.9	—	—	77.1	3	3.5	72.8	—	—	50.2
17.0-17.9	5	3.9	74.8	—	—	77.1	4	4.7	77.5	1	5.6	55.8
18.0-18.9	2	1.6	76.4	1	4.5	81.6	1	1.2	78.7	—	—	55.8
19.0-19.9	2	1.6	78.0	—	—	81.6	2	2.3	81.0	—	—	55.8
20.0-20.9	5	3.9	81.9	—	—	81.6	4	4.7	85.7	1	5.6	61.4
>20.9	23	18.1	100.0	4	18.2	99.8	12	14.1	100.0	7	38.9	100.3

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 16 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<0.5	4	1.1	1.1	3	1.5	1.5	—	—	—	—	—	—
0.5-0.9	1	0.3	1.4	—	—	1.5	1	1.0	1.0	—	—	—
1.0-1.4	1	0.3	1.7	—	—	1.5	1	1.0	2.0	—	—	—
1.5-1.9	1	0.3	2.0	—	—	1.5	1	1.0	3.0	—	—	—
2.0-2.4	—	—	2.0	—	—	1.5	—	—	3.0	—	—	—
2.5-2.9	2	0.5	2.5	2	1.0	2.5	—	—	3.0	—	—	—
3.0-3.4	1	0.3	2.8	1	0.5	3.0	—	—	3.0	—	—	—
3.5-3.9	2	0.5	3.3	1	0.5	3.5	1	1.0	4.0	—	—	—
4.0-4.4	4	1.1	4.4	2	1.0	4.5	2	2.0	6.0	—	—	—
4.5-4.9	7	1.9	6.3	3	1.5	6.0	1	1.0	7.0	3	6.8	6.8
5.0-5.9	9	2.4	8.7	6	3.0	9.0	2	2.0	9.0	1	2.3	9.1
6.0-6.9	18	4.8	13.5	7	3.5	12.5	7	6.9	15.9	3	6.8	15.9
7.0-7.9	22	5.9	19.4	9	4.5	17.0	7	6.9	22.8	3	6.8	22.7
8.0-8.9	9	2.4	21.8	4	2.0	19.0	4	3.9	26.7	—	—	22.7
9.0-9.9	17	4.5	26.3	9	4.5	23.5	7	6.9	33.6	1	2.3	25.0
10.0-10.9	22	5.9	32.2	8	4.0	27.5	7	6.9	40.5	4	9.1	34.1
11.0-11.9	26	7.0	39.2	13	6.5	34.0	8	7.8	48.3	3	6.8	40.9
12.0-12.9	22	5.9	45.1	13	6.5	40.5	6	5.9	54.2	2	4.5	45.4
13.0-13.9	14	3.7	48.8	5	2.5	43.0	2	2.0	56.2	5	11.4	56.8
14.0-14.9	19	5.1	53.9	15	7.5	50.5	2	2.0	58.2	1	2.3	59.1
15.0-15.9	14	3.7	57.6	7	3.5	54.0	4	3.9	62.1	2	4.5	63.6
16.0-16.9	17	4.5	62.1	10	5.0	59.0	4	3.9	66.0	2	4.5	68.1
17.0-17.9	16	4.3	66.4	8	4.0	63.0	7	6.9	72.9	1	2.3	70.4
18.0-18.9	11	2.9	69.3	9	4.5	67.5	2	2.0	74.9	—	—	70.4
19.0-19.9	10	2.7	72.0	5	2.5	70.0	2	2.0	76.9	2	4.5	74.9
20.0-20.9	9	2.4	74.4	6	3.0	73.0	1	1.0	77.9	2	4.5	79.4
>20.9	96	25.7	100.1	54	27.0	100.0	23	22.5	100.4	9	20.5	99.9

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 17 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	127	100.0	100.0	22	100.0	100.0	85	100.0	100.0	18	100.0	100.0
<5	23	18.1	18.1	3	13.6	13.6	16	18.8	18.8	4	22.2	22.2
5-9	6	4.7	22.8	2	9.1	22.7	4	4.7	23.5	—	—	22.2
10-14	13	10.2	33.0	2	9.1	31.8	11	12.9	36.4	—	—	22.2
15-19	8	6.3	39.3	1	4.5	36.3	5	5.9	42.3	2	11.1	33.3
20-24	8	6.3	45.6	—	—	36.3	6	7.1	49.4	2	11.1	44.4
25-29	8	6.3	51.9	1	4.5	40.8	6	7.1	56.5	1	5.6	50.0
30-34	2	1.6	53.5	—	—	40.8	2	2.4	58.9	—	—	50.0
35-39	3	2.4	55.9	1	4.5	45.3	2	2.4	61.3	—	—	50.0
40-44	2	1.6	57.5	1	4.5	49.8	1	1.2	62.5	—	—	50.0
45-49	—	—	57.5	—	—	49.8	—	—	62.5	—	—	50.0
50-59	4	3.1	60.6	—	—	49.8	1	1.2	63.7	2	11.1	61.1
60-69	7	5.5	66.1	2	9.1	58.9	4	4.7	68.4	1	5.6	66.7
70-79	8	6.3	72.4	1	4.5	63.4	6	7.1	75.5	1	5.6	72.3
80-89	—	—	72.4	—	—	63.4	—	—	75.5	—	—	72.3
90-99	2	1.6	74.0	1	4.5	67.9	1	1.2	76.7	—	—	72.3
100-109	4	3.1	77.1	—	—	67.9	3	3.5	80.2	1	5.6	77.9
110-119	2	1.6	78.7	1	4.5	72.4	1	1.2	81.4	—	—	77.9
120-129	4	3.1	81.8	—	—	72.4	4	4.7	86.1	—	—	77.9
130-139	2	1.6	83.4	—	—	72.4	1	1.2	87.3	1	5.6	83.5
140-149	2	1.6	85.0	2	9.1	81.5	—	—	87.3	—	—	83.5
>149	19	15.0	100.0	4	18.2	99.7	11	12.9	100.2	3	16.7	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 18 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Pregnant/Lactating Females by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total [1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	374	100.0	100.0	200	100.0	100.0	102	100.0	100.0	44	100.0	100.0
<5	21	5.6	5.6	12	6.0	6.0	6	5.9	5.9	2	4.5	4.5
5-9	15	4.0	9.6	10	5.0	11.0	4	3.9	9.8	1	2.3	6.8
10-14	15	4.0	13.6	7	3.5	14.5	7	6.9	16.7	1	2.3	9.1
15-19	23	6.1	19.7	14	7.0	21.5	5	4.9	21.6	2	4.5	13.6
20-24	19	5.1	24.8	9	4.5	26.0	1	1.0	22.6	8	18.2	31.8
25-29	17	4.5	29.3	10	5.0	31.0	3	2.9	25.5	2	4.5	36.3
30-34	14	3.7	33.0	8	4.0	35.0	—	—	25.5	4	9.1	45.4
35-39	12	3.2	36.2	6	3.0	38.0	5	4.9	30.4	—	—	45.4
40-44	8	2.1	38.3	5	2.5	40.5	1	1.0	31.4	—	—	45.4
45-49	9	2.4	40.7	6	3.0	43.5	3	2.9	34.3	—	—	45.4
50-59	20	5.3	46.0	11	5.5	49.0	4	3.9	38.2	2	4.5	49.9
60-69	18	4.8	50.8	10	5.0	54.0	5	4.9	43.1	1	2.3	52.2
70-79	18	4.8	55.6	12	6.0	60.0	2	2.0	45.1	1	2.3	54.5
80-89	19	5.1	60.7	11	5.5	65.5	6	5.9	51.0	1	2.3	56.8
90-99	19	5.1	65.8	10	5.0	70.5	7	6.9	57.9	2	4.5	61.3
100-109	17	4.5	70.3	9	4.5	75.0	5	4.9	62.8	1	2.3	63.6
110-119	12	3.2	73.5	6	3.0	78.0	6	5.9	68.7	—	—	63.6
120-129	9	2.4	75.9	4	2.0	80.0	4	3.9	72.6	1	2.3	65.9
130-139	4	1.1	77.0	—	—	80.0	3	2.9	75.5	1	2.3	68.2
140-149	6	1.6	78.6	3	1.5	81.5	1	1.0	76.5	1	2.3	70.5
>149	79	21.1	99.7	37	18.5	100.0	24	23.5	100.0	13	29.5	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 19 Appendix. *Mean Nutrient Intake per Kilogram of Body Weight for Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	21	27.73	1.33	12.31	0.18	55.16	0.01	0.02	0.23	1.31
Black	70	24.14	0.94	8.66	0.15	88.56	0.01	0.02	0.21	1.24
Spanish American	18	32.10	1.32	8.12	0.22	77.53	0.03	0.03	0.30	1.34
HIGH INCOME RATIO STATES										
White	174	34.17	1.43	16.94	0.19	79.08	0.01	0.03	0.29	1.34
Black	94	30.30	1.18	12.16	0.17	108.81	0.01	0.02	0.22	1.73
Spanish American	42	33.20	1.31	14.36	0.18	64.77	0.02	0.03	0.24	1.72

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 20 Appendix. *Quartile Intervals of Biochemical Values for Corresponding Nutrient Intakes for All Pregnant/Lactating Females for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles	Biochemical					
	Hemoglobin (gm/100 ml)	Plasma Vitamin A (μg/100 ml)	Serum Vitamin C (mg/100 ml)	Serum Albumin (gm/100 ml)	Urinary Thiamine (μg/gm creatinine)	Urinary Riboflavin (μg/gm creatinine)
Number of Persons	437	389	399	404	321	384
First Quartile	<11.3	<30	<0.51	<3.00	<267	<173
Second Quartile	11.3-12.1	30-38	0.51-0.81	3.00-3.28	267-444	173-498
Third Quartile	12.2-12.9	39-47	0.82-1.11	3.29-3.60	445-800	499-1100
Fourth Quartile	>12.9	>47	>1.11	>3.60	>800	>1100

NOTE: Hemoglobin vs Iron Intake; Plasma Vitamin A vs Vitamin A Intake; Serum Vitamin C vs Vitamin C Intake; Serum Albumin vs Protein Intake; Urinary Thiamine vs Thiamine Intake; Urinary Riboflavin vs Riboflavin Intake.

5. PERSONS 60 YEARS OF AGE AND OLDER

Abstract: *Persons 60 years of age and older consumed far less food than needed to meet the nutrient standards for their age, sex, and weight. No subgroup met the caloric adequacy standard. Other limiting nutrients were protein, iron, and vitamin A. In general, blacks and Spanish-Americans had poorer diets than whites. The diets, though lower in calories than diets of 15- to 16-year-old persons, were of higher quality, particularly for protein and vitamin A, and for vitamin C in females. No strong relationship to income was observed in either group of states, but a slightly higher intake was observed for higher PIR groups in the low-income-ratio states. Differences in intakes of dietary iron, protein, and thiamine, and, to some degree, of vitamin A, were dependent on total food intake, while differences in vitamin C and riboflavin intake reflected selection of foods high in those nutrients. Dietary intakes were positively related to biochemical findings.*

Dietary information for persons 60 years of age and over was obtained using the 24-hour recall method previously described. Older persons often have poor food habits because of physical disabilities, lack of mobility necessary for food purchasing, and decreased interest in preparing food. Because of these factors, this group is often considered to be at high nutritional risk.

MEAN NUTRIENT INTAKES

Mean caloric intakes were below the dietary standard for all persons 60 years of age or older (Tables 1A-B). Values for black persons were consistently lower than those for either whites or Spanish-Americans. The mean intakes of most other nutrients approached or exceeded dietary standards; however, black females had inadequate intakes of iron and protein and Spanish-American females in the high-income-ratio states had iron, protein, and vitamin A intakes below adequate levels. In general, mean nutrient intakes of persons in the low-income-ratio states tended to be lower than those of individuals of the same ethnic group in the high-income-ratio states. The differences, however, did not appear to be as great as those observed for other subgroups.

MEDIAN NUTRIENT INTAKES

Median nutrient intakes were lower than mean values (Tables 2A-B). There were small differences between medians in the two groups of states, and generally lower values were seen in the low-income-ratio states. Black persons had lower median nutrient intakes than persons of the other two ethnic groups. Median caloric and iron intakes for both sexes by ethnic group illustrate the relatively small difference between the two groups of states for this age group (Figures 1a-d).

The cumulative frequency distributions showed a wide range of values and substantial numbers of persons had very low intakes. Over half the male population had caloric intakes less than 2000 calories, and half the females consumed less than 1500 calories. Median iron intakes were less than the standard of 10 mg. for black males, and all females had less than 10 mg. of iron. The cumulative frequency distributions also showed that large numbers of black and Spanish-American males and all females had low intakes of vitamin A.

A comparison between the mean nutrient intakes of persons 60 years of age and over in the Ten-State Nutrition Survey with those for persons of a comparable age group included in the 1965 USDA survey revealed only minor differences. In general, mean intakes of individuals in the Ten-State Nutrition Survey were lower than those of persons in the USDA survey (Table 3).

Numbers of persons 60 years of age and older are too small in certain groups to make meaningful comparisons; therefore, each nutrient has not been examined in as great detail as was done for infants and adolescents.

MEAN NUTRIENT INTAKE PER KILOGRAM OF BODY WEIGHT

Mean intake per kilogram of body weight did not vary between low- and high-income-ratio states (Tables 4A-B). Females tended to show somewhat larger ethnic variation than males, a group who showed little variation except for markedly lower vitamin A values among Spanish-Americans.

MEAN NUTRIENT INTAKE PER 1000 CALORIES

Older persons did not have large ethnic differences in intakes of any nutrients based on intake per 1000 calories (Tables 5A-B), nor were there large differences between low- and high-income-ratio states. Major exceptions were the very high intakes of vitamin A for all blacks and the very low intakes of vitamin A for all Spanish-Americans. Generally, one might conclude that, except for vitamin A, the quality of the diets of older persons in this survey was not too different among various subgroups and that any differences were more influenced by total food consumption than by nutrient density.

Older persons had considerably higher mean nutrient intakes per 1000 calories than did 15- to 16-year-old adolescents for most nutrients. This was particularly true for protein, iron, and vitamin A, and for vitamin C in males. Mean caloric values were much lower for persons 60 years of age and older, indicating that the foods they selected had a generally higher nutrient content than those selected by adolescents.

MEAN NUTRIENT INTAKE AND POVERTY INCOME RATIO

There was no consistent relationship between Poverty-Income-Ratio (PIR) and nutrient intake per 1000 calories. Persons with a PIR above and below 1.00 had similar intakes within each group of states (Table 6). Neither were there any great differences noted between low- and high-income-ratio states for persons in the same PIR group (Figure 2). A comparison of six different PIR levels in low-income-ratio states showed that calories, protein, calcium, iron, niacin, and vitamin C intakes were higher at a PIR greater than 2.49 than at a PIR less than 0.5 but that the increase was not a steady progression. Upon similar comparisons for high-income-ratio states, substantial increases from the lowest to the highest PIR group were found only for vitamins A and C.

MEAN INTAKE OF NUTRIENTS BY QUARTILE OF CORRESPONDING BIOCHEMICAL VALUES

Mean nutrient intakes by quartile of the appropriate biochemical values were evaluated and are presented in Table 7. Mean intakes for vitamin C and riboflavin increased progressively through the fourth quartile of the corresponding biochemical values. Thiamine and iron intakes increased through the third quartile. Mean intakes of vitamin A were greater in the fourth quartile than in the first but this was not associated with a progressive increase. These data suggest that dietary intakes and biochemical values are related.

Mean intakes per 1000 calories for iron, protein, and thiamine were similar between the four corresponding biochemical quartiles, suggesting that the mean intake of these nutrients is strongly influenced by total food consumption. The progressive increases for vitamin C and riboflavin indicate that differences in intakes of these nutrients are more a function of dietary quality. The data for vitamin A suggest a relationship to both the quality and quantity of the diet.

SUMMARY

Persons 60 years of age and older had dietary intakes indicating that, as a group, they were at nutritional risk. Mean caloric intakes for all persons were substantially lower than the standard for age, sex, and weight. With the exception of iron and protein intakes in women, standards for other nutrients were met or closely approximated. However, the data did show a wide range of intakes for most nutrients, with a high percentage of individuals consuming specific nutrient intakes below the standards.

Generally, persons in low-income-ratio states had lower dietary intakes than persons in high-income-ratio states, although the differences were less than for other subgroups. Males tended to have higher intakes than females. Blacks had the lowest values for most nutrients, except that Spanish-Americans had the lowest intakes of vitamin A.

No consistent relationship was observed between body weight and nutrient intake. Intakes per 1000 calories were fairly comparable among various subgroups.

Dietary intake in this age group was not strongly related to income. A slight relation to PIR was noted in low-income-ratio states for calories, protein, calcium, vitamin A, and vitamin C,

with values in high PIR groups greater than those in low PIR groups. There was a comparable difference in high-income-ratio states for vitamin A and vitamin C.

Older persons' mean intakes of most nutrients were lower than those of adolescents 15-16 years of age. However, based on intakes per 1000 calories, nutrient quality was higher.

Dietary intakes were positively related to biochemical values. A comparison of mean intakes and nutrient densities by quartile of corresponding biochemical values suggests that intakes of iron, protein, and thiamine were strongly related to total food intake, while intakes of vitamin C and riboflavin depended more on qualitative food selection. Vitamin A intake was influenced by both the quality and quantity of the diet.

Table 1A. *Mean Nutrient Intake and Percent Adequacy for Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
White	189	1937	82	77.63	112	869.96	217	12.16	121	5138	146	1.17	122	1.86	143	16.15	57.80	192
Black	166	1508	61	64.44	89	539.96	135	10.64	106	5028	143	1.01	101	1.75	127	15.04	56.14	187
Spanish American	43	1812	76	78.19	110	461.78	115	13.74	137	3354	95	1.25	130	1.71	130	23.80	50.62	168
HIGH INCOME RATIO STATES																		
White	401	2181	88	88.80	121	811.14	202	14.97	149	5341	159	1.17	115	1.79	131	22.29	62.80	209
Black	47	1833	73	75.10	101	605.48	151	11.12	111	4086	116	1.17	112	1.41	103	14.52	45.53	151
Spanish American	21	1826	79	77.75	113	873.56	211	11.72	114	3046	85	1.28	132	1.83	142	12.79	54.53	181

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 1B. *Mean Nutrient Intake and Percent Adequacy for Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Percent Adequacy	Mean Intake	Mean Intake	Percent Adequacy
LOW INCOME RATIO STATES																		
White	221	1442	81	58.05	93	623.62	155	9.48	94	3791	108	0.94	127	1.37	138	12.39	65.77	219
Black	275	1174	59	48.34	71	488.78	122	7.83	78	5867	167	0.74	91	1.33	122	12.14	61.45	204
Spanish American	50	1623	87	68.72	108	586.61	146	11.05	110	3441	98	1.00	128	1.36	136	19.44	75.78	252
HIGH INCOME RATIO STATES																		
White	549	1513	81	64.98	100	603.58	150	10.50	105	5542	189	0.87	112	1.48	142	17.00	71.00	236
Black	79	1276	62	56.92	80	456.06	113	8.64	86	6091	174	0.78	94	1.11	100	12.02	65.44	218
Spanish American	35	1405	76	57.06	90	566.69	141	8.77	87	2622	75	1.19	150	1.46	143	10.50	43.95	146

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2A. *Median Nutrient Intake of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	189	1755	69.8	741.7	10.88	3190	1.01	1.59	14.2	43.61
Black	166	1250	58.0	465.0	9.38	2567	0.82	1.27	12.5	30.56
Spanish American	43	1575	70.7	370.0	11.70	1957	1.01	1.22	20.7	33.75
HIGH INCOME RATIO STATES										
White	401	1980	79.3	666.2	12.67	3512	0.95	1.56	17.4	47.50
Black	47	1577	65.0	530.0	9.75	2575	0.86	1.29	11.9	22.50
Spanish American	21	1780	81.6	587.5	11.71	2312	0.85	1.50	12.2	22.50

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2B. *Median Nutrient Intake of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Median Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	221	1340	51.7	493.2	8.38	2617	0.77	1.17	11.3	40.36
Black	275	1057	41.2	486.0	6.91	2087	0.61	1.02	10.2	27.96
Spanish American	50	1355	53.3	440.0	9.50	2415	0.85	1.23	16.9	39.99
HIGH INCOME RATIO STATES										
White	549	1415	60.3	512.0	9.26	3185	0.75	1.19	13.5	55.41
Black	79	1137	50.3	361.0	7.83	2950	0.63	0.88	10.2	55.00
Spanish American	35	1275	49.5	587.0	7.83	1812	0.65	1.17	8.2	27.50

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Figure 1a—Median Caloric Intake of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

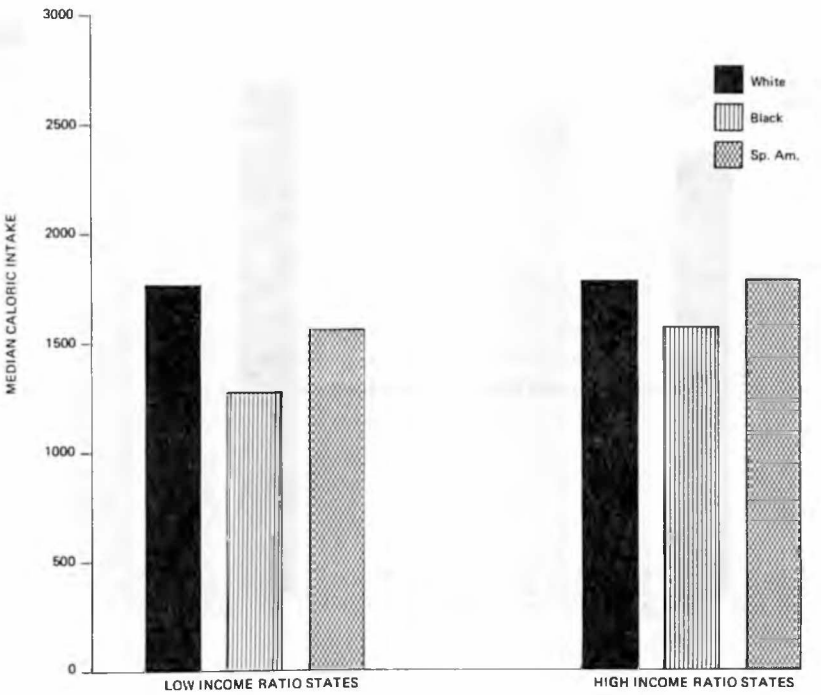


Table Reference: 2A.

Figure 1b—Median Caloric Intake of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

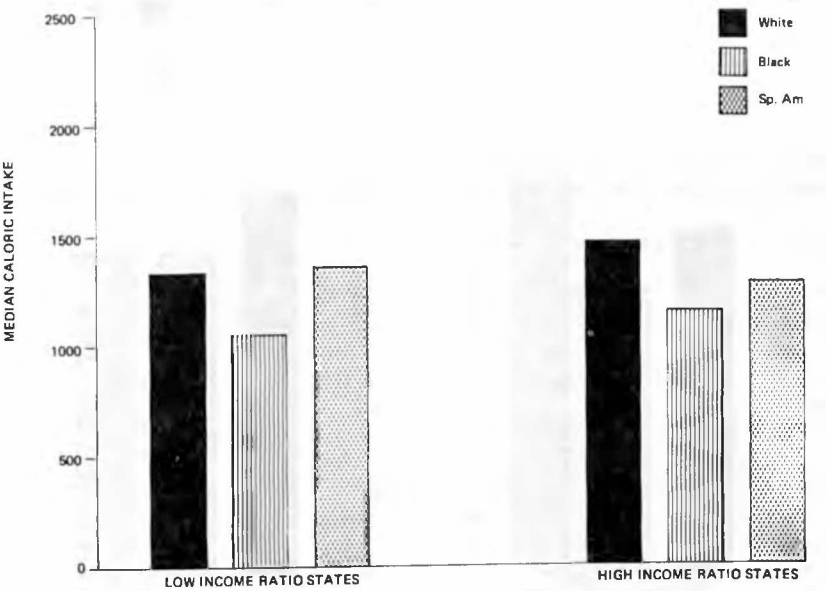


Table Reference: 2B.

Figure 1c—Median Iron Intake of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

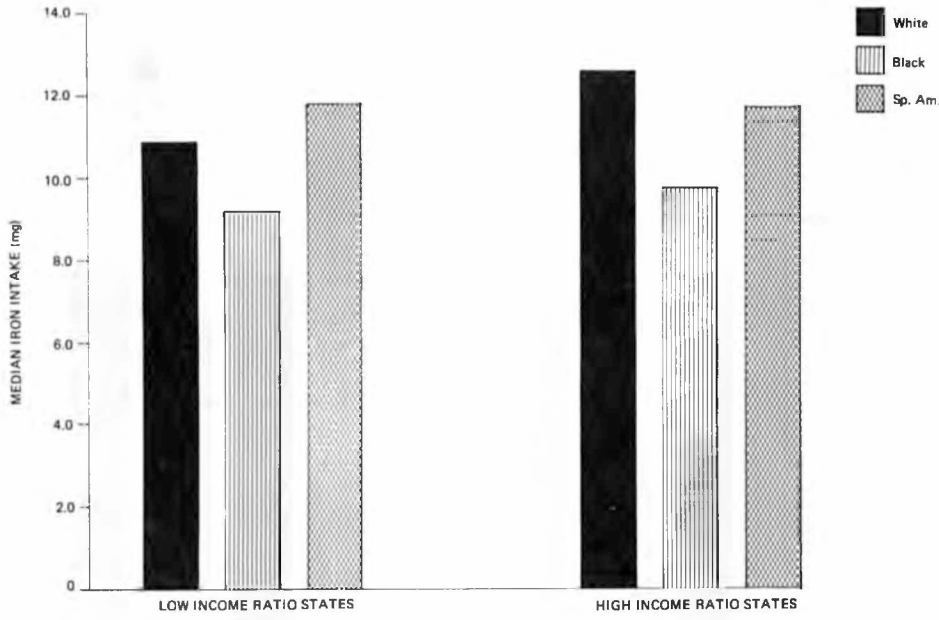


Table Reference: 2A.

Figure 1d—Median Iron Intake of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

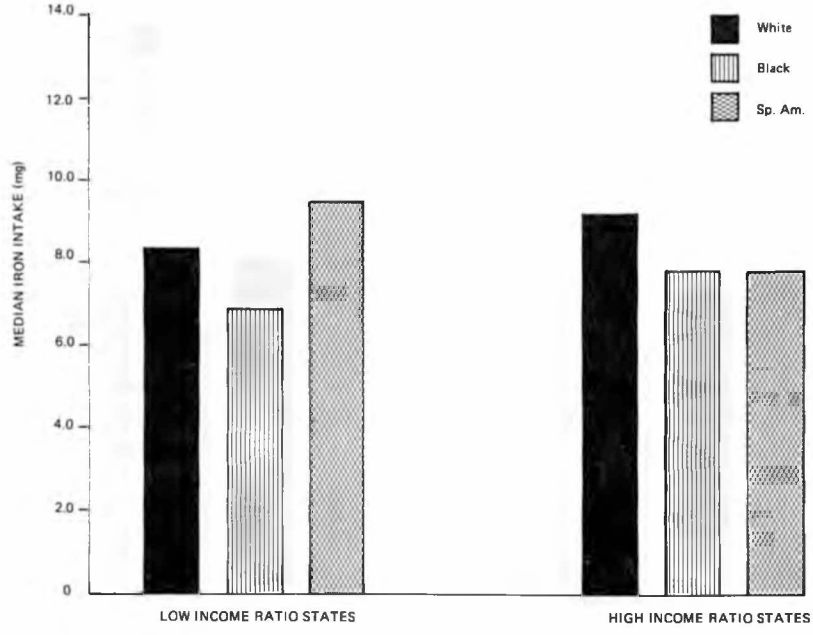


Table Reference: 2B.

Table 3. *Mean Nutrient Intake of All Persons Sixty Years of Age and Over in the Ten-State Survey Compared with the Nutritive Value of Diets of Persons Sixty-Five through Seventy-four Years of Age in the United States Department of Agriculture Survey (Spring 1965) by Sex—Ten-State Nutrition Survey (1968-1970)*

	Number of Persons	Mean Nutrient Intake								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Male										
Ten-State Nutrition Survey	895	1949	80.1	736	13.1	4979	1.14	1.76	19.06	59
U.S.D.A. [1] 1965	460	2058	82.5	691	13.5	5800	1.17	1.70	N.A.	66
Female										
Ten-State Nutrition Survey	1233	1412	59.5	568	9.6	5172	0.86	1.40	14.72	67
U.S.D.A. [1] 1965	624	1473	60.3	502	9.8	4940	0.84	1.25	N.A.	57

N.A.: Not Available.
[1] Food Intake and Nutritive Value of Diets of Men, Women, and Children in the United States, Spring 1965 Agricultural Research Service/United States Department of Agriculture ARS-62-18 March 1969.
NOTE: Ten-State dietary data presented in this table are based on twenty-four hour recall.

Table 4A. *Mean Nutrient Intake per Kilogram of Body Weight for Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	172	28.54	1.13	12.35	0.18	74.37	0.01	0.02	0.23	0.87
Black	131	21.22	0.90	7.60	0.15	68.90	0.01	0.02	0.21	0.80
Spanish American	43	26.12	1.10	6.66	0.19	49.31	0.01	0.02	0.34	0.73
HIGH INCOME RATIO STATES										
White	366	30.07	1.21	11.46	0.20	71.97	0.01	0.02	0.30	0.89
Black	45	25.32	1.04	8.39	0.15	56.88	0.01	0.02	0.20	0.61
Spanish American	21	27.51	1.17	13.41	0.17	46.34	0.01	0.02	0.19	0.85

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4B. *Mean Nutrient Intake per Kilogram of Body Weight for Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White	210	23.74	0.94	10.13	0.15	61.48	0.01	0.02	0.20	1.11
Black	215	17.48	0.72	7.25	0.11	74.63	0.01	0.02	0.18	0.85
Spanish American	47	26.36	1.13	9.89	0.17	51.94	0.01	0.02	0.31	1.18
HIGH INCOME RATIO STATES										
White	494	24.01	1.03	9.56	0.16	86.88	0.01	0.02	0.26	1.12
Black	76	18.30	0.81	6.54	0.12	90.00	0.01	0.01	0.16	0.89
Spanish American	35	22.18	0.90	9.25	0.13	43.51	0.01	0.02	0.16	0.73

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 5A. *Mean Caloric Intake and Mean Intake per 1000 Calories of Selected Nutrients for Males Sixty Years of Age and Over Compared with Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age Group and Ethnic Group	Number of Persons	Mean Caloric Intake	Mean Nutrient Intake per 1000 Calories							
			Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White										
60 years and over	189	1937	40.07	449.04	6.27	2652	0.06	0.96	8.34	29.84
15-16 years	65	2774	36.97	468.26	5.44	1966	0.54	1.02	6.19	27.35
Black										
60 years and over	166	1508	42.73	358.06	7.05	3334	0.67	1.16	9.97	37.23
15-16 years	160	2475	37.01	355.27	5.81	1981	0.59	0.98	7.18	26.38
Spanish American										
60 years and over	43	1812	43.15	254.84	7.58	1851	0.69	0.94	13.14	27.93
15-16 years	27	2418	34.62	292.92	6.58	1827	0.71	0.82	7.21	39.19
HIGH INCOME RATIO STATES										
White										
60 years and over	401	2181	41.70	371.88	6.86	2449	0.54	0.82	10.22	28.79
15-16 years	161	3294	38.19	461.22	5.19	1732	0.54	0.89	7.00	29.83
Black										
60 years and over	47	1833	40.97	330.33	6.07	2229	0.64	0.77	7.92	24.84
15-16 years	75	2919	37.44	401.35	5.31	1819	0.46	0.82	7.14	28.79
Spanish American										
60 years and over	21	1826	42.59	478.45	6.42	1668	0.70	1.00	7.01	29.86
15-16 years	43	2906	36.18	446.29	5.28	1421	0.85	1.02	5.78	31.94

Table 5B. *Mean Caloric Intake and Mean Nutrient Intake per 1000 Calories of Selected Nutrients for Females Sixty Years of Age and Over Compared with Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age Group and Ethnic Group	Number of Persons	Mean Caloric Intake	Mean Nutrient Intake per 1000 Calories							
			Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
White										
60 years and over	221	1442	40.27	432.59	6.58	2630	0.65	0.95	8.60	45.62
15-16 years	70	1945	35.51	430.63	4.91	1500	0.51	0.86	6.48	24.16
Black										
60 years and over	275	1174	41.17	416.23	6.67	4997	0.63	1.13	10.34	52.34
15-16 years	204	1724	37.07	365.17	5.45	2518	0.55	0.99	7.28	33.38
Spanish American										
60 years and over	50	1623	42.34	361.45	6.81	2120	0.61	0.84	11.98	46.70
15-16 years	40	2107	38.15	260.23	6.42	1118	0.74	0.88	8.01	30.46
HIGH INCOME RATIO STATES										
White										
60 years and over	549	1513	42.94	398.88	6.94	3662	0.58	0.98	11.23	46.92
15-16 years	154	2208	39.21	445.91	5.51	2169	0.50	0.91	7.56	33.62
Black										
60 years and over	79	1276	44.59	357.28	6.77	4772	0.61	0.87	9.42	51.27
15-16 years	79	2486	39.14	329.58	5.45	1740	0.58	0.73	7.93	28.98
Spanish American										
60 years and over	35	1405	40.62	403.45	6.24	1867	0.85	1.04	7.47	31.29
15-16 years	48	2177	37.98	400.88	5.40	1884	0.58	0.87	7.03	34.86

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 6. *Mean Nutrient Intake per 1000 Calories of Selected Nutrients for Males Sixty Years of Age and Over by Specified Poverty Income Ratio Groups for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio Group	Number of Persons	Mean Caloric Intake	Mean Nutrient Intake Per 1000 Calories							
			Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	535	1446	39.54	412.67	6.57	3472.81	0.66	0.99	9.12	41.76
1.00 or greater	242	1611	44.44	409.74	6.98	3000.39	0.62	1.03	9.88	37.75
HIGH INCOME RATIO STATES										
Less than 1.00	300	1615	42.69	426.46	7.54	2300.00	0.63	0.92	10.59	38.43
1.00 or greater	741	1796	41.66	371.32	6.66	3134.20	0.55	0.90	10.48	38.29

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7. *Mean Intake of Nutrients by Quartile of Corresponding Biochemical Values for All Persons Sixty Years of Age and Over for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles[1]	Mean Nutrient Intake of Dietaries											
	Iron		Vitamin A		Vitamin C		Protein		Thiamine		Riboflavin	
	mg	mg/1000 Calories	I.U.	I.U./1000 Calories	mg	mg/1000 Calories	gm	gm/1000 Calories	mg	mg/1000 Calories	mg	mg/1000 Calories
Number of persons	1924		1654		1655		1621		1405		1556	
First Quartile	9.50	6.91	4834	3299	48.09	33.81	67.34	42.51	0.82	0.56	1.27	0.84
Second Quartile	9.96	6.95	4667	3494	55.41	40.01	70.40	41.15	0.99	0.61	1.40	0.92
Third Quartile	12.65	7.00	4801	3372	68.93	48.79	70.76	42.60	1.15	0.66	1.62	0.96
Fourth Quartile	12.39	6.76	5923	4476	87.14	58.67	67.42	41.71	1.01	0.61	1.79	1.11

[1] For Quartile Intervals of Biochemical Values refer to Table 40 Appendix.
NOTE: Hemoglobin vs Iron Intake; Plasma Vitamin A vs Vitamin A Intake; Serum Vitamin C vs Vitamin C Intake; Serum Albumin vs Protein Intake; Urinary Thiamine vs Thiamine Intake; Urinary Riboflavin vs Riboflavin Intake.
Dietary data presented in this table are based on twenty-four hour recall.

Figure 2—Mean Caloric Intake per Kilogram of Body Weight for All Persons Sixty Years of Age and Over by Specified Poverty Income Ratio Groups for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

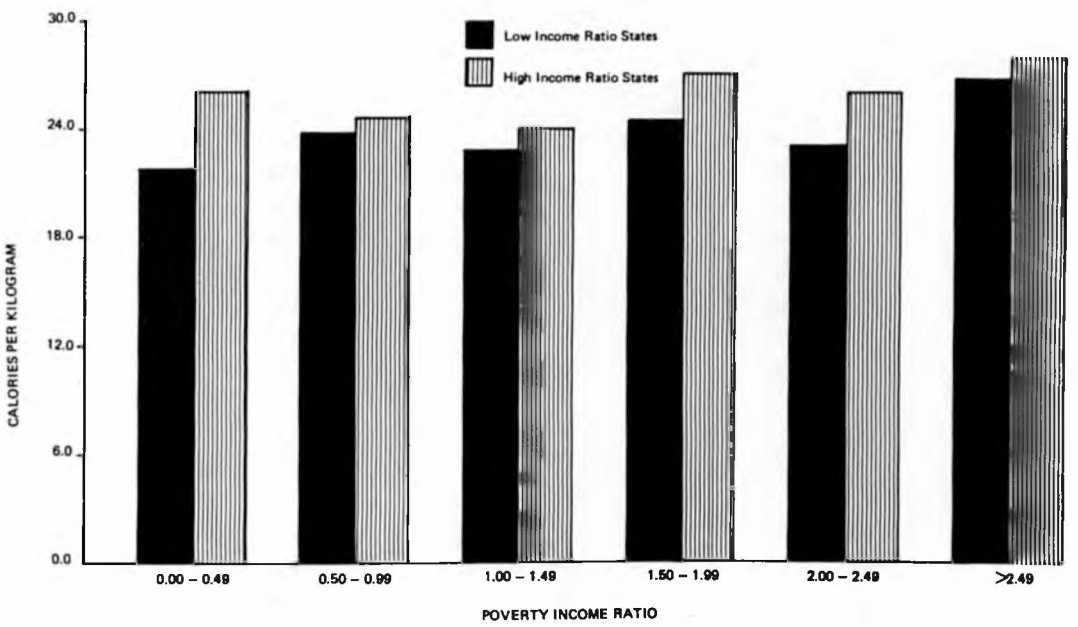


Table Reference: 38-39 Appendix.

APPENDIX

5. Persons 60 Years of Age and Older

Table 1 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<250	3	0.7	0.7	1	0.5	0.5	2	1.2	1.2	—	—	—
250-499	14	3.5	4.2	—	—	0.5	11	6.6	7.8	3	7.0	7.0
500-749	23	5.7	9.9	10	5.3	5.8	12	7.2	15.0	1	2.3	9.3
750-999	23	5.7	15.6	4	2.1	7.9	18	10.8	25.8	1	2.3	11.6
1000-1249	51	12.7	28.3	17	9.0	16.9	27	16.3	42.1	7	16.3	27.9
1250-1499	69	17.2	45.5	35	18.5	35.4	26	15.7	57.8	8	18.6	46.5
1500-1749	56	14.0	59.5	27	14.3	49.7	24	14.5	72.3	5	11.6	58.1
1750-1999	38	9.5	69.0	23	12.2	61.9	12	7.2	79.5	3	7.0	65.1
2000-2249	20	5.0	74.0	9	4.8	66.7	8	4.8	84.3	3	7.0	72.1
2250-2499	24	6.0	80.0	14	7.4	74.1	6	3.6	87.9	3	7.0	79.1
2500-2749	25	6.2	86.2	19	10.1	84.2	3	1.8	89.7	2	4.7	83.8
2750-2999	20	5.0	91.2	12	6.3	90.5	5	3.0	92.7	2	4.7	88.5
3000-3249	12	3.0	94.2	6	3.2	93.7	5	3.0	95.7	1	2.3	90.8
3250-3499	9	2.2	96.4	3	1.6	95.3	5	3.0	98.7	1	2.3	93.1
3500-3749	6	1.5	97.9	3	1.6	96.9	1	0.6	99.3	2	4.7	97.8
3750-3999	3	0.7	98.6	2	1.1	98.0	1	0.6	99.9	—	—	97.8
4000-4249	4	1.0	99.6	4	2.1	100.1	—	—	99.9	—	—	97.8
4250-4499	1	0.2	99.8	—	—	100.1	—	—	99.9	1	2.3	100.1
4500-4749	—	—	99.8	—	—	100.1	—	—	99.9	—	—	100.1
4750-4999	—	—	99.8	—	—	100.1	—	—	99.9	—	—	100.1
>4999	—	—	99.8	—	—	100.1	—	—	99.9	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 2 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<250	3	0.6	0.6	3	0.7	0.7	—	—	—	—	—	—
250-499	2	0.4	1.0	1	0.2	0.9	—	—	—	—	—	—
500-749	15	3.0	4.0	12	3.0	3.9	2	4.3	4.3	1	4.8	4.8
750-999	29	5.9	9.9	20	5.0	8.9	6	12.8	17.1	2	9.5	14.3
1000-1249	37	7.5	17.4	30	7.5	16.4	3	6.4	23.5	2	9.5	23.8
1250-1499	56	11.3	28.7	40	10.0	26.4	10	21.3	44.8	1	4.8	28.6
1500-1749	66	13.4	42.1	50	12.5	38.9	8	17.0	61.8	4	19.0	47.6
1750-1999	61	12.3	54.4	48	12.0	50.9	3	6.4	68.2	4	19.0	66.6
2000-2249	46	9.3	63.7	41	10.2	61.1	4	8.5	76.7	1	4.8	71.4
2250-2499	40	8.1	71.8	35	8.7	69.8	2	4.3	81.0	1	4.8	76.2
2500-2749	32	6.5	78.3	26	6.5	76.3	1	2.1	83.1	3	14.3	90.5
2750-2999	28	5.7	84.0	25	6.2	82.5	1	2.1	85.2	1	4.8	95.3
3000-3249	19	3.8	87.8	16	4.0	86.5	1	2.1	87.3	1	4.8	100.1
3250-3499	14	2.8	90.6	13	3.2	89.7	1	2.1	89.4	—	—	100.1
3500-3749	13	2.6	93.2	10	2.5	92.2	3	6.4	95.8	—	—	100.1
3750-3999	6	1.2	94.4	6	1.5	93.7	—	—	95.8	—	—	100.1
4000-4249	6	1.2	95.6	5	1.2	94.9	1	2.1	97.9	—	—	100.1
4250-4499	6	1.2	96.8	5	1.2	96.1	1	2.1	100.0	—	—	100.1
4500-4749	6	1.2	98.0	6	1.5	97.6	—	—	100.0	—	—	100.1
4750-4999	—	—	98.0	—	—	97.6	—	—	100.0	—	—	100.1
>4999	9	1.8	99.8	9	2.2	99.8	—	—	100.0	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 3 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<5 gms	—	—	—	—	—	—	—	—	—	—	—	—
5-9	5	1.2	1.2	—	—	—	4	2.4	2.4	1	2.3	2.3
10-14	8	2.0	3.2	3	1.6	1.6	4	2.4	4.8	1	2.3	4.6
15-19	6	1.5	4.7	1	0.5	2.1	5	3.0	7.8	—	—	4.6
20-24	10	2.5	7.2	2	1.1	3.2	7	4.2	12.0	1	2.3	6.9
25-29	18	4.5	11.7	4	2.1	5.3	14	8.4	20.4	—	—	6.9
30-34	12	3.0	14.7	5	2.6	7.9	5	3.0	23.4	2	4.7	11.6
35-39	20	5.0	19.7	7	3.7	11.6	9	5.4	28.8	4	9.3	20.9
40-44	22	5.5	25.2	5	2.6	14.2	14	8.4	37.2	3	7.0	27.9
45-49	22	5.5	30.7	10	5.3	19.5	9	5.4	42.6	3	7.0	34.9
50-59	52	13.0	43.7	33	17.5	37.0	15	9.0	51.6	4	9.3	44.2
60-69	50	12.5	56.2	25	13.2	50.2	23	13.9	65.5	2	4.7	48.9
70-79	38	9.5	65.7	21	11.1	61.3	10	6.0	71.5	7	16.3	65.2
80-89	32	8.0	73.7	15	7.9	69.2	13	7.8	79.3	3	7.0	72.2
90-99	27	6.7	80.4	15	7.9	77.1	9	5.4	84.7	2	4.7	76.9
100-109	20	5.0	85.4	9	4.8	81.9	9	5.4	90.1	2	4.7	81.6
110-119	13	3.2	88.6	9	4.8	86.7	3	1.8	91.8	1	2.3	83.9
120-129	11	2.7	91.3	7	3.7	90.4	3	1.8	93.7	1	2.3	86.2
130-139	5	1.2	92.5	5	2.6	93.0	—	—	93.7	—	—	86.2
140-149	7	1.7	94.2	3	1.6	94.6	2	1.2	94.9	2	4.7	90.9
150-159	8	2.0	96.2	5	2.6	97.2	3	1.8	96.7	—	—	90.9
160-169	5	1.2	97.4	2	1.1	98.3	1	0.6	97.3	1	2.3	93.2
170-179	1	0.2	97.6	—	—	98.3	—	—	97.3	1	2.3	95.5
180-189	—	—	97.6	—	—	98.3	—	—	97.3	—	—	95.5
190-199	4	1.0	98.6	3	1.6	99.9	—	—	97.3	1	2.3	97.8
200-209	1	0.2	98.8	—	—	99.9	1	0.6	97.9	—	—	97.8
210-219	1	0.2	99.0	—	—	99.9	1	0.6	98.5	—	—	97.8
220-229	—	—	99.0	—	—	99.9	—	—	98.5	—	—	97.8
230-239	1	0.2	99.2	—	—	99.9	—	—	98.5	1	2.3	100.1
240-249	—	—	99.2	—	—	99.9	—	—	98.5	—	—	100.1
>249	2	0.5	99.7	—	—	99.9	2	1.2	99.7	—	—	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<5 gms	4	0.8	0.8	4	1.0	1.0	—	—	—	—	—	—
5-9	—	—	0.8	—	—	1.0	—	—	—	—	—	—
10-14	2	0.4	1.2	1	0.2	1.2	—	—	—	—	—	—
15-19	4	0.8	2.0	3	0.7	1.9	1	2.1	2.1	—	—	—
20-24	6	1.2	3.2	4	1.0	2.9	—	—	2.1	1	4.8	4.8
25-29	10	2.0	5.2	10	2.5	5.4	—	—	2.1	—	—	4.8
30-34	14	2.8	8.0	11	2.7	8.1	1	2.1	4.2	1	4.8	9.6
35-39	14	2.8	10.8	10	2.5	10.6	2	4.3	8.5	1	4.8	14.4
40-44	22	4.5	15.3	19	4.7	15.3	3	6.4	14.9	—	—	14.4
45-49	30	6.1	21.4	21	5.2	20.5	6	12.8	27.7	2	9.5	23.9
50-59	50	10.1	31.5	39	9.7	30.2	6	12.8	40.5	2	9.5	33.4
60-69	55	11.1	42.6	41	10.2	40.4	9	19.1	59.6	2	9.5	42.9
70-79	47	9.5	52.1	40	10.0	50.4	3	6.4	66.0	1	4.8	47.7
80-89	49	9.9	62.0	39	9.7	60.1	5	10.6	76.6	3	14.3	62.0
90-99	34	6.9	68.9	23	5.7	65.8	3	6.4	83.0	3	14.3	76.3
100-109	46	9.3	78.2	41	10.2	76.0	1	2.1	85.1	2	9.5	85.8
110-119	20	4.0	82.2	18	4.5	80.5	1	2.1	87.2	1	4.8	90.6
120-129	16	3.2	85.4	14	3.5	84.0	1	2.1	89.3	1	4.8	95.4
130-139	17	3.4	88.8	13	3.2	87.2	1	2.1	91.4	1	4.8	100.2
140-149	7	1.4	90.2	7	1.7	88.9	—	—	91.4	—	—	100.2
150-159	11	2.2	92.4	10	2.5	91.4	1	2.1	93.5	—	—	100.2
160-169	8	1.6	94.0	7	1.7	93.1	1	2.1	95.6	—	—	100.2
170-179	4	0.8	94.8	4	1.0	94.1	—	—	95.6	—	—	100.2
180-189	4	0.8	95.6	3	0.7	94.8	1	2.1	97.7	—	—	100.2
190-199	4	0.8	96.4	3	0.7	95.5	1	2.1	99.8	—	—	100.2
200-209	3	0.6	97.0	3	0.7	96.2	—	—	99.8	—	—	100.2
210-219	2	0.4	97.4	2	0.5	96.7	—	—	99.8	—	—	100.2
220-229	3	0.6	98.0	3	0.7	97.4	—	—	99.8	—	—	100.2
230-239	3	0.6	98.6	3	0.7	98.1	—	—	99.8	—	—	100.2
240-249	1	0.2	98.8	1	0.2	98.3	—	—	99.8	—	—	100.2
>249	4	0.8	99.6	4	1.0	99.3	—	—	99.8	—	—	100.2

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 5 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<50	3	0.7	0.7	—	—	—	2	1.2	1.2	1	2.3	2.3
50-99	9	2.2	2.9	—	—	—	7	4.2	5.4	2	4.7	7.0
100-149	25	6.2	9.1	6	3.2	3.2	17	10.2	15.6	2	4.7	11.7
150-199	22	5.5	14.6	6	3.2	6.4	11	6.6	22.2	5	11.6	23.3
200-299	46	11.5	26.1	15	7.9	14.3	23	13.9	36.1	8	18.6	41.9
300-399	37	9.2	35.3	22	11.6	25.9	10	6.0	42.1	5	11.6	53.5
400-499	35	8.7	44.0	11	5.8	31.7	20	12.0	54.1	3	7.0	60.5
500-599	36	9.0	53.0	15	7.9	39.6	16	9.6	63.7	5	11.6	72.1
600-699	28	7.0	60.0	12	6.3	45.9	13	7.8	71.5	3	7.0	79.1
700-799	31	7.7	67.7	18	9.5	55.4	9	5.4	76.9	3	7.0	86.1
800-899	27	6.7	74.4	16	8.5	63.9	10	6.0	82.9	1	2.3	88.4
900-999	17	4.2	78.6	5	2.6	66.5	8	4.8	87.7	3	7.0	95.4
1000-1199	31	7.7	86.3	21	11.1	77.6	10	6.0	93.7	—	—	95.4
1200-1399	14	3.5	89.8	9	4.8	82.4	4	2.4	96.1	1	2.3	97.7
1400-1599	17	4.2	94.0	14	7.4	89.8	2	1.2	97.3	1	2.3	100.0
1600-1799	6	1.5	95.5	5	2.6	92.4	1	0.6	97.9	—	—	100.0
1800-1999	6	1.5	97.0	5	2.6	95.0	1	0.6	98.5	—	—	100.0
>1999	11	2.7	99.7	9	4.8	99.8	2	1.2	99.7	—	—	100.0

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 6 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<50	2	0.4	0.4	2	0.5	0.5	—	—	—	—	—	—
50-99	4	0.8	1.2	2	0.5	1.0	1	2.1	2.1	—	—	—
100-149	11	2.2	3.4	5	1.2	2.2	4	8.5	10.6	—	—	—
150-199	23	4.7	8.1	12	3.0	5.2	5	10.6	21.2	2	9.5	9.5
200-299	39	7.9	16.0	36	9.0	14.2	2	4.3	25.5	—	—	9.5
300-399	50	10.1	26.1	37	9.2	23.4	6	12.8	38.3	3	14.3	23.8
400-499	53	10.7	36.8	43	10.7	34.1	4	8.5	46.8	2	9.5	33.3
500-599	53	10.7	47.5	41	10.2	44.3	5	10.6	57.4	4	19.0	52.3
600-699	44	8.9	56.4	34	8.5	52.8	4	8.5	65.9	2	9.5	61.8
700-799	28	5.7	62.1	23	5.7	58.5	5	10.6	76.5	—	—	61.8
800-899	30	6.1	68.2	28	7.0	65.5	1	2.1	78.6	—	—	61.8
900-999	35	7.1	75.3	31	7.7	73.2	3	6.4	85.0	—	—	61.8
1000-1199	37	7.5	82.8	33	8.2	81.4	2	4.3	89.3	2	9.5	71.3
1200-1399	36	7.3	90.1	32	8.0	89.4	1	2.1	91.4	3	14.3	85.6
1400-1599	11	2.2	92.3	9	2.2	91.6	2	4.3	95.7	—	—	85.6
1600-1799	14	2.8	95.1	11	2.7	94.3	2	4.3	100.0	1	4.8	90.4
1800-1999	11	2.2	97.3	10	2.5	96.8	—	—	100.0	1	4.8	95.2
>1999	13	2.6	99.9	12	3.0	99.8	—	—	100.0	1	4.8	100.0

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<0.5	1	0.2	0.2	1	0.5	0.5	—	—	—	—	—	—
0.5-0.9	1	0.2	0.4	—	—	0.5	1	0.6	0.6	—	—	—
1.0-1.4	1	0.2	0.6	—	—	0.5	1	0.6	1.2	—	—	—
1.5-1.9	2	0.5	1.1	—	—	0.5	2	1.2	2.4	—	—	—
2.0-2.4	5	1.2	2.3	—	—	0.5	4	2.4	4.8	1	2.3	2.3
2.5-2.9	4	1.0	3.3	—	—	0.5	4	2.4	7.2	—	—	2.3
3.0-3.4	4	1.0	4.3	1	0.5	1.0	3	1.8	9.0	—	—	2.3
3.5-3.9	6	1.5	5.8	1	0.5	1.5	4	2.4	11.4	1	2.3	4.6
4.0-4.4	3	0.7	6.5	1	0.5	2.0	2	1.2	12.6	—	—	4.6
4.5-4.9	10	2.5	9.0	6	3.2	5.2	4	2.4	15.0	—	—	4.6
5.0-5.9	23	5.7	14.7	6	3.2	8.4	15	9.0	24.0	2	4.7	9.3
6.0-6.9	34	8.5	23.2	14	7.4	15.8	17	10.2	34.2	3	7.0	16.3
7.0-7.9	25	6.2	29.4	14	7.4	23.2	10	6.0	40.2	1	2.3	18.6
8.0-8.9	31	7.7	37.1	19	10.1	33.3	11	6.6	46.8	1	2.3	20.9
9.0-9.9	32	8.0	45.1	13	6.9	40.2	13	7.8	54.6	6	14.0	34.9
10.0-10.9	38	9.5	54.6	21	11.1	51.3	14	8.4	63.0	3	7.0	41.9
11.0-11.9	35	8.7	63.3	15	7.9	59.2	15	9.0	72.0	5	11.6	53.5
12.0-12.9	19	4.7	68.0	10	5.3	64.5	5	3.0	75.0	3	7.0	60.5
13.0-13.9	17	4.2	72.2	10	5.3	69.8	5	3.0	78.0	2	4.7	65.2
14.0-14.9	24	6.0	78.2	13	6.9	76.7	8	4.8	82.8	3	7.0	72.2
15.0-15.9	11	2.7	80.9	7	3.7	80.4	3	1.8	84.6	—	—	72.2
16.0-16.9	5	1.2	82.1	1	0.5	80.9	4	2.4	87.0	—	—	72.2
17.0-17.9	11	2.7	84.8	5	2.6	83.5	1	0.6	87.6	4	9.3	81.5
18.0-18.9	9	2.2	87.0	4	2.1	85.6	5	3.0	90.6	—	—	81.5
19.0-19.9	5	1.2	88.2	3	1.6	87.2	1	0.6	91.2	1	2.3	83.8
>19.9	45	11.2	99.4	24	12.7	99.9	14	8.4	99.6	7	16.3	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 8 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<0.5	3	0.6	0.6	3	0.7	0.7	—	—	—	—	—	—
0.5-0.9	1	0.2	0.8	1	0.2	0.9	—	—	—	—	—	—
1.0-1.4	—	—	0.8	—	—	0.9	—	—	—	—	—	—
1.5-1.9	—	—	0.8	—	—	0.9	—	—	—	—	—	—
2.0-2.4	1	0.2	1.0	—	—	0.9	1	2.1	2.1	—	—	—
2.5-2.9	4	0.8	1.8	4	1.0	1.9	—	—	2.1	—	—	—
3.0-3.4	6	1.2	3.0	4	1.0	2.9	—	—	2.1	—	—	—
3.5-3.9	4	0.8	3.8	3	0.7	3.6	—	—	2.1	1	4.8	4.8
4.0-4.4	2	0.4	4.2	1	0.2	3.8	—	—	2.1	—	—	4.8
4.5-4.9	9	1.8	6.0	7	1.7	5.5	2	4.3	6.4	—	—	4.8
5.0-5.9	20	4.0	10.0	14	3.5	9.0	6	12.8	19.2	—	—	4.8
6.0-6.9	35	7.1	17.1	26	6.5	15.5	5	10.6	29.8	2	9.5	14.3
7.0-7.9	33	6.7	23.8	28	7.0	22.5	2	4.3	34.1	1	4.8	19.1
8.0-8.9	23	4.7	28.5	19	4.7	27.2	3	6.4	40.5	1	4.8	23.9
9.0-9.9	41	8.3	36.8	32	8.0	35.2	6	12.8	53.3	2	9.5	33.4
10.0-10.9	40	8.1	44.9	30	7.5	42.7	4	8.5	61.8	3	14.3	47.7
11.0-11.9	31	6.3	51.2	22	5.5	48.2	4	8.5	70.3	3	14.3	62.0
12.0-12.9	33	6.7	57.9	24	6.0	54.2	3	6.4	76.7	3	14.3	76.3
13.0-13.9	29	5.9	63.8	25	6.2	60.4	2	4.3	81.0	1	4.8	81.1
14.0-14.9	20	4.0	67.8	17	4.2	64.6	2	4.3	85.3	—	—	81.1
15.0-15.9	18	3.6	71.4	15	3.7	68.3	—	—	85.3	1	4.8	85.9
16.0-16.9	16	3.2	74.6	14	3.5	71.8	1	2.1	87.4	—	—	85.9
17.0-17.9	12	2.4	77.0	10	2.5	74.3	—	—	87.4	—	—	85.9
18.0-18.9	13	2.6	79.6	13	3.2	77.5	—	—	87.4	—	—	85.9
19.0-19.9	21	4.3	83.9	19	4.7	82.2	—	—	87.4	1	4.8	90.7
>19.9	79	16.0	99.9	70	17.5	99.7	6	12.8	100.2	2	9.5	100.2

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 9 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<250	12	3.0	3.0	3	1.6	1.6	7	4.2	4.2	2	4.7	4.7
250-499	16	4.0	7.0	5	2.6	4.2	9	5.4	9.6	2	4.7	9.4
500-749	17	4.2	11.2	4	2.1	6.3	13	7.8	17.4	—	—	9.4
750-999	19	4.7	15.9	1	0.5	6.8	12	7.2	24.6	6	14.0	23.4
1000-1249	8	2.0	17.9	2	1.1	7.9	5	3.0	27.6	1	2.3	25.7
1250-1499	17	4.2	22.1	7	3.7	11.6	5	3.0	30.6	5	11.6	37.3
1500-1749	26	6.5	28.6	11	5.8	17.4	12	7.2	37.8	3	7.0	44.3
1750-1999	17	4.2	32.8	10	5.3	22.7	4	2.4	40.2	3	7.0	51.3
2000-2249	21	5.2	38.0	10	5.3	28.0	8	4.8	45.0	3	7.0	58.3
2250-2499	13	3.2	41.2	6	3.2	31.2	5	3.0	48.0	2	4.7	63.0
2500-2999	32	8.0	49.2	21	11.1	42.3	11	6.6	54.6	—	—	63.0
3000-3499	28	7.0	56.2	19	10.1	52.4	7	4.2	58.8	2	4.7	67.7
3500-3999	26	6.5	62.7	13	6.9	59.3	9	5.4	64.2	3	7.0	74.7
4000-4499	18	4.5	67.2	13	6.9	66.2	5	3.0	67.2	—	—	74.7
4500-4999	24	6.0	73.2	12	6.3	72.5	7	4.2	71.4	4	9.3	84.0
5000-5999	22	5.5	78.7	18	9.5	82.0	4	2.4	73.8	—	—	84.0
6000-6999	16	4.0	82.7	8	4.2	86.2	6	3.6	77.4	1	2.3	86.3
7000-7999	9	2.2	84.9	6	3.2	89.4	2	1.2	78.6	1	2.3	88.6
8000-8999	8	2.0	86.9	1	0.5	89.9	4	2.4	81.0	3	7.0	95.6
9000-9999	7	1.7	88.6	3	1.6	91.5	3	1.8	82.8	1	2.3	97.9
>9999	45	11.2	99.8	16	8.5	100.0	28	16.9	99.7	1	2.3	100.2

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 10 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<250	5	1.0	1.0	3	0.7	0.7	1	2.1	2.1	—	—	—
250-499	4	0.8	1.8	4	1.0	1.7	—	—	2.1	—	—	—
500-749	14	2.8	4.6	8	2.0	3.7	2	4.3	6.4	2	9.5	9.5
750-999	21	4.3	8.9	13	3.2	6.9	4	8.5	14.9	2	9.5	19.0
1000-1249	25	5.1	14.0	19	4.7	11.6	3	6.4	21.3	2	9.5	28.5
1250-1499	20	4.0	18.0	12	3.0	14.6	6	12.8	34.1	—	—	28.5
1500-1749	23	4.7	22.7	20	5.0	19.6	1	2.1	36.2	2	9.5	38.0
1750-1999	21	4.3	27.0	19	4.7	24.3	—	—	36.2	1	4.8	42.8
2000-2249	29	5.9	32.9	24	6.0	30.3	4	8.5	44.7	1	4.8	47.6
2250-2499	17	3.4	36.3	14	3.5	33.8	1	2.1	46.8	2	9.5	57.1
2500-2999	43	8.7	45.0	33	8.2	42.0	5	10.6	57.4	1	4.8	61.9
3000-3499	37	7.5	52.5	30	7.5	49.5	3	6.4	63.8	2	9.5	71.4
3500-3999	33	6.7	59.2	28	7.0	56.5	4	8.5	72.3	1	4.8	76.2
4000-4499	22	4.5	63.7	18	4.5	61.0	1	2.1	74.4	1	4.8	81.0
4500-4999	22	4.5	68.2	17	4.2	65.2	2	4.3	78.7	2	9.5	90.5
5000-5999	31	6.3	74.5	27	6.7	71.9	3	6.4	85.1	—	—	90.5
6000-6999	23	4.7	79.2	21	5.2	77.1	—	—	85.1	—	—	90.5
7000-7999	16	3.2	82.4	15	3.7	80.8	—	—	85.1	—	—	90.5
8000-8999	19	3.8	86.2	15	3.7	84.5	2	4.3	89.4	1	4.8	95.3
9000-9999	11	2.2	88.4	10	2.5	87.0	—	—	89.4	—	—	95.3
>9999	58	11.7	100.1	51	12.7	99.7	5	10.6	100.0	1	4.8	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<0.05	—	—	—	—	—	—	—	—	—	—	—	—
0.05-0.09	—	—	—	—	—	—	—	—	—	—	—	—
0.10-0.14	2	0.5	0.5	—	—	—	1	0.6	0.6	1	2.3	2.3
0.15-0.19	7	1.7	2.2	—	—	—	7	4.2	4.8	—	—	2.3
0.20-0.29	11	2.7	4.9	2	1.1	1.1	7	4.2	9.0	2	4.7	7.0
0.30-0.39	9	2.2	7.1	5	2.6	3.7	3	1.8	10.8	1	2.3	9.3
0.40-0.49	27	6.7	13.8	8	4.2	7.9	17	10.2	21.0	2	4.7	14.0
0.50-0.59	26	6.5	20.3	8	4.2	12.1	16	9.6	30.6	2	4.7	18.7
0.60-0.69	31	7.7	28.0	10	5.3	17.4	16	9.6	40.2	5	11.6	30.3
0.70-0.79	33	8.2	36.2	16	8.5	25.9	12	7.2	47.4	5	11.6	41.9
0.80-0.89	34	8.5	44.7	17	9.0	34.9	16	9.6	57.0	1	2.3	44.2
0.90-0.99	35	8.7	53.4	25	13.2	48.1	8	4.8	61.8	2	4.7	48.9
1.00-1.19	57	14.2	67.6	28	14.8	62.9	20	12.0	73.8	9	20.9	69.8
1.20-1.39	39	9.7	77.3	22	11.6	74.5	13	7.8	81.6	4	9.3	79.1
1.40-1.59	25	6.2	83.5	16	8.5	83.0	7	4.2	85.8	—	—	79.1
1.60-1.79	15	3.7	87.2	9	4.8	87.8	5	3.0	88.8	—	—	79.1
1.80-1.99	9	2.2	89.4	6	3.2	91.0	3	1.8	90.6	—	—	79.1
>1.99	41	10.2	99.6	17	9.0	100.0	15	9.0	99.6	9	20.9	100.0

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 12 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<0.05	3	0.6	0.6	3	0.7	0.7	—	—	—	—	—	—
0.05-0.09	1	0.2	0.8	1	0.2	0.9	—	—	—	—	—	—
0.10-0.14	—	—	0.8	—	—	0.9	—	—	—	—	—	—
0.15-0.19	6	1.2	2.0	3	0.7	1.6	1	2.1	2.1	1	4.8	4.8
0.20-0.29	7	1.4	3.4	4	1.0	2.6	1	2.1	4.2	2	9.5	14.3
0.30-0.39	16	3.2	6.6	12	3.0	5.6	2	4.3	8.5	—	—	14.3
0.40-0.49	36	7.3	13.9	24	6.0	11.6	6	12.8	21.3	2	9.5	23.8
0.50-0.59	29	5.9	19.8	26	6.5	18.1	1	2.1	23.4	1	4.8	28.6
0.60-0.69	38	7.7	27.5	26	6.5	24.6	4	8.5	31.9	3	14.3	42.9
0.70-0.79	49	9.9	37.4	43	10.7	35.3	4	8.5	40.4	1	4.8	47.7
0.80-0.89	48	9.7	47.1	40	10.0	45.3	7	14.9	55.3	1	4.8	52.5
0.90-0.99	45	9.1	56.2	38	9.5	54.8	4	8.5	63.8	—	—	52.5
1.00-1.19	63	12.8	69.0	52	13.0	67.8	5	10.6	74.4	3	14.3	66.8
1.20-1.39	36	7.3	76.3	27	6.7	74.5	4	8.5	82.9	1	4.8	71.6
1.40-1.59	39	7.9	84.2	36	9.0	83.5	1	2.1	85.0	1	4.8	76.4
1.60-1.79	21	4.3	88.5	20	5.0	88.5	—	—	85.0	1	4.8	81.2
1.80-1.99	9	1.8	90.3	8	2.0	90.5	1	2.1	87.1	—	—	81.2
>1.99	48	9.7	100.0	38	9.5	100.0	6	12.8	99.9	4	19.0	100.2

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 13 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<.05	—	—	—	—	—	—	—	—	—	—	—	—
.05-.09	1	0.2	0.2	—	—	—	1	0.6	0.6	—	—	—
.10-.14	1	0.2	0.4	—	—	—	—	—	0.6	1	2.3	2.3
.15-.19	1	0.2	0.6	—	—	—	1	0.6	1.2	—	—	2.3
.20-.29	9	2.2	2.8	2	1.1	1.1	6	3.6	8.4	1	2.3	6.9
.30-.39	8	2.0	4.8	1	0.5	1.6	6	3.6	8.4	1	2.3	6.9
.40-.49	10	2.5	7.3	4	2.1	3.7	6	3.6	12.0	—	—	6.9
.50-.59	14	3.5	10.8	3	1.6	5.3	7	4.2	16.2	4	9.3	16.2
.60-.69	14	3.5	14.3	4	2.1	7.4	9	5.4	21.6	1	2.3	18.5
.70-.79	20	5.0	19.3	9	4.8	12.2	8	4.8	26.4	3	7.0	25.5
.80-.89	12	3.0	22.3	4	2.1	14.3	7	4.2	30.6	1	2.3	27.8
.90-.99	29	7.2	29.5	7	3.8	18.0	19	11.4	42.0	3	7.0	34.8
1.00-1.19	36	9.0	38.5	21	11.1	29.1	9	5.4	47.4	6	14.0	48.8
1.20-1.39	32	8.0	46.5	17	9.0	38.1	11	6.6	54.0	4	9.3	58.1
1.40-1.59	43	10.7	57.2	23	12.2	50.3	14	8.4	62.4	4	9.3	67.4
1.60-1.79	27	6.7	63.9	11	5.8	56.1	15	9.0	71.4	1	2.3	69.7
1.80-1.99	22	5.5	69.4	15	7.9	64.0	6	3.6	75.0	—	—	69.7
>1.99	122	30.4	99.8	68	36.0	100.0	41	24.7	99.7	13	30.2	99.9

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 14 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<.05	1	0.2	0.2	1	0.2	0.2	—	—	—	—	—	—
.05-.09	2	0.4	0.6	2	0.5	0.7	—	—	—	—	—	—
.10-.14	—	—	0.6	—	—	0.7	—	—	—	—	—	—
.15-.19	—	—	0.6	—	—	0.7	—	—	—	—	—	—
.20-.29	2	0.4	1.0	1	0.2	0.9	1	2.1	2.1	—	—	—
.30-.39	3	0.6	1.6	1	0.2	1.1	1	2.1	4.2	—	—	—
.40-.49	7	1.4	3.0	6	1.5	2.6	—	—	4.2	1	4.8	4.8
.50-.59	9	1.8	4.8	5	1.2	3.8	3	6.4	10.6	—	—	4.8
.60-.69	21	4.3	9.1	16	4.0	7.8	3	6.4	17.0	—	—	4.8
.70-.79	12	2.4	11.5	9	2.2	10.0	1	2.1	19.1	2	9.5	14.3
.80-.89	17	3.4	14.9	14	3.5	13.5	1	2.1	21.2	1	4.8	19.1
.90-.99	31	6.3	21.2	27	6.7	20.2	1	2.1	23.3	—	—	19.1
1.00-1.19	52	10.5	31.7	34	8.5	28.7	7	14.9	38.2	4	19.0	38.1
1.20-1.39	72	14.6	46.3	53	13.2	41.9	12	25.5	63.7	2	9.5	47.6
1.40-1.59	48	9.7	56.0	39	9.7	51.6	5	10.6	74.3	1	4.8	52.4
1.60-1.79	47	9.5	65.5	44	11.0	62.6	—	—	74.3	1	4.8	57.2
1.80-1.99	30	6.1	71.6	27	6.7	69.3	2	4.3	78.6	1	4.8	62.0
>1.99	140	28.3	99.9	122	30.4	99.7	10	21.3	99.9	8	38.1	100.1

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 15 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	—	—	—	—	—	—	—	—	—	—	—	—
1.0-1.4	1	0.2	0.2	—	—	—	1	0.6	0.6	—	—	—
1.5-1.9	—	—	0.2	—	—	—	—	—	0.6	—	—	—
2.0-2.4	1	0.2	0.4	—	—	—	1	0.6	1.2	—	—	—
2.5-2.9	5	1.2	1.6	2	1.1	1.1	3	1.8	3.0	—	—	—
3.0-3.4	7	1.7	3.3	2	1.1	2.2	5	3.0	6.0	—	—	—
3.5-3.9	4	1.0	4.3	3	1.6	3.8	1	0.6	6.6	—	—	—
4.0-4.4	4	1.0	5.3	2	1.1	4.9	2	1.2	7.8	—	—	—
4.5-4.9	2	0.5	5.8	1	0.5	5.4	1	0.6	8.4	—	—	—
5.0-5.9	13	3.2	9.0	4	2.1	7.5	9	5.4	13.8	—	—	—
6.0-6.9	22	5.5	14.5	11	5.8	13.3	10	6.0	19.8	1	2.3	2.3
7.0-7.9	24	6.0	20.5	12	6.3	19.6	10	6.0	25.8	2	4.7	7.0
8.0-8.9	12	3.0	23.5	5	2.6	22.2	6	3.6	29.4	1	2.3	9.3
9.0-9.9	27	6.7	30.2	10	5.3	27.5	16	9.6	39.0	1	2.3	11.6
10.0-10.9	22	5.5	35.7	13	6.9	34.4	7	4.2	43.2	2	4.7	16.3
11.0-11.9	16	4.0	39.7	9	4.8	39.2	6	3.6	46.8	1	2.3	18.6
12.0-12.9	22	5.5	45.2	11	5.8	45.0	9	5.4	52.2	2	4.7	23.3
13.0-13.9	14	3.5	48.7	7	3.7	48.7	5	3.0	55.2	2	4.7	28.0
14.0-14.9	17	4.2	52.9	10	5.3	54.0	5	3.0	58.2	2	4.7	32.7
15.0-15.9	20	5.0	57.9	14	7.4	61.4	5	3.0	61.2	1	2.3	35.0
16.0-16.9	13	3.2	61.1	7	3.7	65.1	6	3.6	64.8	—	—	35.0
17.0-17.9	17	4.2	65.3	7	3.7	68.8	9	5.4	70.2	1	2.3	37.3
18.0-18.9	12	3.0	68.3	4	2.1	70.9	6	3.6	73.8	2	4.7	42.0
19.0-19.9	11	2.7	71.0	5	2.6	73.5	2	1.2	75.0	3	7.0	49.0
20.0-20.9	13	3.2	74.2	5	2.6	76.1	6	3.6	78.6	2	4.7	53.7
>20.9	102	25.4	99.6	45	23.8	99.9	35	21.1	99.7	20	46.5	100.2

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 16 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<0.5	3	0.6	0.6	3	0.7	0.7	—	—	—	—	—	—
0.5-0.9	2	0.4	1.0	2	0.5	1.2	—	—	—	—	—	—
1.0-1.4	—	—	1.0	—	—	1.2	—	—	—	—	—	—
1.5-1.9	1	0.2	1.2	1	0.2	1.5	—	—	—	—	—	—
2.0-2.4	—	—	1.2	—	—	1.5	—	—	—	—	—	—
2.5-2.9	1	0.2	1.4	—	—	1.5	—	—	—	—	—	—
3.0-3.4	—	—	1.4	—	—	1.5	—	—	—	—	—	—
3.5-3.9	3	0.6	2.0	1	0.2	1.7	1	2.1	2.1	—	—	—
4.0-4.4	5	1.0	3.0	5	1.2	2.9	—	—	2.1	—	—	—
4.5-4.9	4	0.8	4.8	2	0.5	3.4	1	2.1	4.2	1	4.8	4.8
5.0-5.9	11	2.2	6.0	5	1.2	4.7	5	10.6	14.8	1	4.8	9.6
6.0-6.9	10	2.0	8.0	8	2.0	6.7	2	4.3	19.1	—	—	9.6
7.0-7.9	25	5.1	13.1	19	4.7	11.4	3	6.4	25.5	2	9.5	19.1
8.0-8.9	19	3.8	16.9	14	3.5	14.9	3	6.4	31.9	2	9.5	28.6
9.0-9.9	18	3.6	20.5	17	4.2	19.1	1	2.1	34.0	—	—	28.6
10.0-10.9	20	4.0	24.5	13	3.2	22.4	4	8.5	42.5	3	14.3	42.9
11.0-11.9	20	4.0	28.5	14	3.5	25.8	4	8.5	51.0	1	4.8	47.7
12.0-12.9	19	3.8	32.3	16	4.0	29.8	—	—	51.0	2	9.5	57.2
13.0-13.9	26	5.3	37.6	19	4.7	34.6	5	10.6	61.6	—	—	57.2
14.0-14.9	29	5.9	43.5	24	6.0	40.5	2	4.3	65.9	2	—	66.7
15.0-15.9	24	4.9	48.4	19	4.7	45.3	2	4.3	70.2	1	4.8	71.5
16.0-16.9	15	3.0	51.4	14	3.5	48.8	—	—	70.2	1	4.8	76.3
17.0-17.9	13	2.6	54.0	10	2.5	51.3	—	—	70.2	1	4.8	81.1
18.0-18.9	18	3.6	57.6	12	3.0	54.2	—	—	70.2	2	9.5	90.6
19.0-19.9	10	2.0	59.6	9	2.2	56.5	1	2.1	72.3	—	—	90.6
20.0-20.9	22	4.5	64.1	19	4.7	61.2	2	4.3	76.6	1	4.8	95.4
>20.9	176	35.6	99.7	155	38.6	100.0	11	23.4	100.0	1	4.8	100.2

[1] Total includes American Indian, Oriental and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 17 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	401	100.0	100.0	189	100.0	100.0	166	100.0	100.0	43	100.0	100.0
<5	55	13.7	13.7	13	6.9	6.9	34	20.5	20.5	8	18.6	18.6
5-9	32	8.0	21.7	15	7.9	14.8	14	8.4	28.9	3	7.0	25.6
10-14	29	7.2	28.9	16	8.5	23.3	11	6.6	35.5	2	4.7	30.3
15-19	24	6.0	34.9	11	5.8	29.1	11	6.6	42.1	2	4.7	35.0
20-24	17	4.2	39.1	7	3.7	32.8	7	4.2	46.3	3	7.0	42.0
25-29	14	3.5	42.6	7	3.7	36.5	5	3.0	49.3	2	4.7	46.7
30-34	19	4.7	47.3	8	4.2	40.7	9	5.4	54.7	2	4.7	51.4
35-39	21	5.2	52.5	11	5.8	46.5	8	4.8	59.5	2	4.7	56.1
40-44	16	4.0	56.5	9	4.8	51.3	3	1.8	61.3	4	9.3	65.4
45-49	11	2.7	59.2	3	1.6	52.9	5	3.0	64.3	2	4.7	70.1
50-59	30	7.5	66.7	15	7.9	60.8	10	6.0	70.3	4	9.3	79.4
60-69	24	6.0	72.7	15	7.9	68.7	7	4.2	74.5	1	2.3	81.7
70-79	14	3.5	76.2	8	4.2	72.9	5	3.0	77.5	1	2.3	84.0
80-89	13	3.2	79.4	9	4.8	77.7	3	1.8	79.3	1	2.3	86.3
90-99	8	2.0	81.4	7	3.7	81.4	1	0.6	79.9	—	—	86.3
100-109	16	4.0	85.4	10	5.3	86.7	6	3.6	83.5	—	—	86.3
110-119	7	1.7	87.1	3	1.6	88.3	3	1.8	85.3	1	2.3	88.6
120-129	7	1.7	88.8	1	0.5	88.8	6	3.6	88.9	—	—	88.6
130-139	7	1.7	90.5	5	2.6	91.4	2	1.2	90.1	—	—	88.6
140-149	4	1.0	91.5	4	2.1	93.5	—	—	90.1	—	—	88.6
>149	33	8.2	99.7	12	6.3	99.8	16	9.6	99.7	5	11.6	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 18 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	494	100.0	100.0	401	100.0	100.0	47	100.0	100.0	21	100.0	100.0
<5	42	8.5	8.5	26	6.5	6.5	8	17.0	17.0	4	19.0	19.0
5-9	33	6.7	15.2	20	5.0	11.5	10	21.3	38.3	2	9.5	28.5
10-14	32	6.5	21.7	26	6.5	18.0	3	6.4	44.7	2	9.5	38.0
15-19	31	6.3	28.0	28	7.0	25.0	1	2.1	46.8	2	9.5	47.5
20-24	33	6.7	34.7	28	7.0	32.0	3	6.4	53.2	1	4.8	52.3
25-29	27	5.5	40.2	24	6.0	38.0	2	4.3	57.5	1	4.8	57.1
30-34	18	3.6	43.8	14	3.5	41.5	3	6.4	63.9	—	—	57.1
35-39	23	4.7	48.5	17	4.2	45.7	1	2.1	66.0	2	9.5	66.6
40-44	14	2.8	51.3	11	2.7	48.4	2	4.3	70.3	—	—	66.6
45-49	15	3.0	54.3	13	3.2	51.6	1	2.1	72.4	—	—	66.6
50-59	31	6.3	60.6	28	7.0	58.6	1	2.1	74.5	—	—	66.6
60-69	23	4.7	65.3	19	4.7	63.3	2	4.3	78.8	1	4.8	71.4
70-79	25	5.1	70.4	21	5.2	68.5	1	2.1	80.9	—	—	71.4
80-89	24	4.9	75.3	22	5.5	74.0	—	—	80.9	1	4.8	76.2
90-99	22	4.5	79.8	20	5.0	79.0	—	—	80.9	1	4.8	81.0
100-109	22	4.5	84.3	20	5.0	84.0	1	2.1	83.0	—	—	81.0
110-119	17	3.4	87.7	15	3.7	87.7	—	—	83.0	—	—	81.0
120-129	13	2.6	90.3	11	2.7	90.4	2	4.3	87.3	—	—	81.0
130-139	13	2.6	92.9	10	2.5	92.9	2	4.3	91.6	1	4.8	85.8
140-149	6	1.2	94.1	4	1.0	93.9	2	4.3	95.9	—	—	85.8
>149	30	6.1	100.2	24	6.0	99.9	2	4.3	100.2	3	14.3	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 19 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<250	5	0.9	0.9	1	0.5	0.5	4	1.5	1.5	—	—	—
250-499	34	6.1	7.0	10	4.5	5.0	22	8.0	9.5	1	2.0	2.0
500-749	76	13.6	20.6	20	9.8	14.8	50	18.2	27.7	5	10.0	12.0
750-999	84	15.1	35.7	26	11.8	26.6	50	18.2	45.9	7	14.0	26.0
1000-1249	97	17.4	53.1	38	17.2	43.8	48	17.5	63.4	9	18.0	44.0
1250-1499	84	15.1	68.2	42	19.0	62.8	34	12.4	75.8	7	14.0	58.0
1500-1749	59	10.6	78.8	30	13.6	76.4	24	8.7	84.5	3	6.0	64.0
1750-1999	37	6.6	85.4	15	6.8	83.2	15	5.5	90.0	6	12.0	76.0
2000-2249	29	5.2	90.6	13	5.9	89.1	13	4.7	94.7	3	6.0	82.0
2250-2499	18	3.2	93.8	10	4.5	93.6	5	1.8	96.5	2	4.0	86.0
2500-2749	9	1.6	95.4	5	2.3	95.9	2	0.7	97.2	2	4.0	90.0
2750-2999	9	1.6	97.0	2	0.9	96.8	4	1.5	98.7	3	6.0	96.0
3000-3249	6	1.1	98.1	4	1.8	98.6	2	0.7	99.4	—	—	96.0
3250-3499	4	0.7	98.8	2	0.9	99.5	1	0.4	99.8	—	—	96.0
3500-3749	—	—	98.8	—	—	99.5	—	—	99.8	—	—	96.0
3750-3999	—	—	98.8	—	—	99.5	—	—	99.8	—	—	96.0
4000-4249	2	0.4	99.2	2	0.9	100.4	—	—	99.8	—	—	96.0
4250-4499	1	0.2	99.4	—	—	100.4	—	—	99.8	1	2.0	98.0
4500-4749	1	0.2	99.6	1	0.5	100.9	—	—	99.8	—	—	98.0
4750-4999	—	—	99.6	—	—	100.9	—	—	99.8	—	—	98.0
>4999	2	0.4	100.0	—	—	100.9	1	0.4	100.2	1	2.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 20 Appendix. *Cumulative Percentage Distribution of Caloric Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Caloric Intake Values	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<250	2	0.3	0.3	—	—	—	1	1.3	1.3	1	2.9	2.9
250-499	13	1.9	2.2	9	1.6	1.6	3	3.8	5.1	—	—	2.9
500-749	47	7.0	9.2	35	6.4	8.0	8	10.1	15.2	4	11.4	14.3
750-999	95	14.1	23.3	71	12.9	20.9	18	22.8	38.0	5	14.3	28.6
1000-1249	123	18.2	41.5	96	17.5	38.4	17	21.5	59.5	7	20.0	48.6
1250-1499	115	17.0	58.5	96	17.5	55.9	12	15.2	74.7	5	14.3	62.9
1500-1749	97	14.3	72.8	79	14.4	70.3	9	11.4	86.1	7	20.0	82.9
1750-1999	58	8.6	81.4	53	9.7	80.0	3	3.8	89.9	2	5.7	88.6
2000-2249	41	6.1	87.5	36	6.6	86.6	1	1.3	91.2	2	5.7	94.3
2250-2499	31	4.6	92.1	27	4.9	91.5	3	3.8	95.0	—	—	94.3
2500-2749	25	3.7	95.8	24	4.4	95.9	1	1.3	96.3	—	—	94.3
2750-2999	14	2.1	97.9	12	2.2	98.1	1	1.3	97.6	1	2.9	97.2
3000-3249	7	1.0	98.9	6	1.1	99.2	1	1.3	98.9	—	—	97.2
3250-3499	4	0.6	99.5	4	0.7	99.9	—	—	98.9	—	—	97.2
3500-3749	1	0.1	99.6	1	0.2	100.1	—	—	98.9	—	—	97.2
3750-3999	—	—	99.6	—	—	100.1	—	—	98.9	—	—	97.2
4000-4249	1	0.1	99.7	—	—	100.1	1	1.3	100.2	—	—	97.2
4250-4499	1	0.1	99.8	—	—	100.1	—	—	100.2	1	2.9	100.1
4500-4749	—	—	99.8	—	—	100.1	—	—	100.2	—	—	100.1
4750-4999	—	—	99.8	—	—	100.1	—	—	100.2	—	—	100.1
>4999	1	0.1	99.9	—	—	100.1	—	—	100.2	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 21 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<5	5	0.9	0.9	1	0.5	0.5	4	1.5	1.5	—	—	—
5-9	6	1.1	2.0	3	1.4	1.9	3	1.1	2.6	—	—	—
10-14	20	3.6	5.6	6	2.7	4.6	12	4.4	7.0	1	2.0	2.0
15-19	27	4.8	10.4	7	3.2	7.8	19	6.9	13.9	1	2.0	4.0
20-24	36	6.5	16.9	10	4.5	12.3	21	7.6	21.5	4	8.0	12.0
25-29	40	7.2	24.1	11	5.0	17.3	28	10.2	31.7	1	2.0	14.0
30-34	36	6.5	30.6	8	3.6	20.9	23	8.4	40.1	4	8.0	22.0
35-39	37	6.6	37.2	17	7.7	28.6	17	6.2	46.3	3	6.0	28.0
40-44	44	7.9	45.1	16	7.2	35.8	22	8.0	54.3	2	4.0	32.0
45-49	43	7.7	52.8	24	10.9	46.7	15	5.5	59.8	4	8.0	40.0
50-59	80	14.4	67.2	42	19.0	65.7	32	11.6	71.4	6	12.0	52.0
60-69	55	9.9	77.1	23	10.4	76.1	27	9.8	81.2	4	8.0	60.0
70-79	32	5.7	82.8	12	5.4	81.5	16	5.8	87.0	3	6.0	66.0
80-89	31	5.6	88.4	12	5.4	86.9	12	4.4	91.4	7	14.0	80.0
90-99	23	4.1	92.5	11	5.0	91.9	10	3.6	95.0	1	2.0	82.0
100-109	9	1.6	94.1	5	2.3	94.2	2	0.7	95.7	2	4.0	86.0
110-119	9	1.6	95.7	2	0.9	95.1	5	1.8	97.5	2	4.0	90.0
120-129	5	0.9	96.6	2	0.9	96.0	1	0.4	97.9	2	4.0	94.0
130-139	5	0.9	97.5	1	0.5	96.5	2	0.7	98.6	2	4.0	98.0
140-149	2	0.4	97.9	—	—	96.5	2	0.7	99.3	—	—	98.0
150-159	2	0.4	98.3	1	0.5	97.0	1	0.4	99.7	—	—	98.0
160-169	2	0.4	98.7	2	0.9	97.9	—	—	99.7	—	—	98.0
170-179	—	—	98.7	—	—	97.9	—	—	99.7	—	—	98.0
180-189	1	0.2	98.9	1	0.5	98.4	—	—	99.7	—	—	98.0
190-199	3	0.5	99.4	2	0.9	99.3	—	—	99.7	—	—	98.0
200-209	2	0.4	99.8	2	0.9	100.2	—	—	99.7	—	—	98.0
210-219	—	—	99.8	—	—	100.2	—	—	99.7	—	—	98.0
220-229	—	—	99.8	—	—	100.2	—	—	99.7	—	—	98.0
230-239	—	—	99.8	—	—	100.2	—	—	99.7	—	—	98.0
240-249	1	0.2	100.0	—	—	100.2	1	0.4	100.1	—	—	98.0
>249	1	0.2	100.2	—	—	100.2	—	—	100.1	1	2.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 22 Appendix. *Cumulative Percentage Distribution of Protein Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Protein Intake Values gm	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<5	4	0.6	0.6	2	0.4	0.4	1	1.3	1.3	1	2.9	2.9
5-9	1	0.1	0.7	—	—	0.4	1	1.3	2.6	—	—	2.9
10-14	3	0.4	1.1	2	0.4	0.8	1	1.3	3.9	—	—	2.9
15-19	6	0.9	2.0	4	0.7	1.5	—	—	3.9	1	2.9	5.8
20-24	18	2.7	4.7	12	2.2	3.7	2	2.5	6.4	4	11.4	17.2
25-29	26	3.8	8.5	19	3.5	7.2	5	6.3	12.7	2	5.7	22.9
30-34	38	5.6	14.1	28	5.1	12.3	8	10.1	22.8	2	5.7	28.6
35-39	52	7.7	21.8	43	7.8	20.1	6	7.6	30.4	1	2.9	31.5
40-44	42	6.2	28.0	32	5.8	25.9	8	10.1	40.5	2	5.7	37.2
45-49	56	0.9	28.9	42	7.7	33.6	7	8.9	49.4	5	14.3	51.5
50-59	104	7.4	36.3	88	16.0	49.6	13	16.5	65.9	1	2.9	54.4
60-69	91	15.4	51.7	75	13.7	63.3	9	11.4	77.3	6	17.1	71.5
70-79	77	13.5	65.2	67	12.2	75.5	6	7.6	84.9	3	8.6	80.1
80-89	49	11.4	76.6	42	7.7	83.2	4	5.1	90.0	3	8.6	88.7
90-99	26	3.8	80.4	23	4.2	87.4	1	1.3	91.3	—	—	88.7
100-109	27	4.0	84.4	24	4.4	91.8	1	1.3	92.6	2	5.7	94.4
110-119	20	3.0	87.4	17	3.1	94.9	3	3.8	96.4	—	—	94.4
120-129	11	1.6	89.0	8	1.5	96.4	2	2.5	98.9	1	2.9	97.3
130-139	12	1.8	90.8	12	2.2	98.6	—	—	98.9	—	—	97.3
140-149	7	1.0	91.8	6	1.1	99.7	—	—	98.9	1	2.9	100.2
150-159	2	0.3	92.1	1	0.2	99.9	—	—	98.9	—	—	100.2
160-169	1	0.1	92.2	1	0.2	100.1	—	—	98.9	—	—	100.2
170-179	—	—	92.2	—	—	100.1	—	—	98.9	—	—	100.2
180-189	1	0.1	92.3	1	0.2	100.3	—	—	98.9	—	—	100.2
190-199	1	0.1	92.4	—	—	100.3	—	—	98.9	—	—	100.2
200-209	—	—	92.4	—	—	100.3	—	—	98.9	—	—	100.2
210-219	—	—	92.4	—	—	100.3	—	—	98.9	—	—	100.2
220-229	—	—	92.4	—	—	100.3	—	—	98.9	—	—	100.2
230-239	1	0.1	92.5	—	—	100.3	1	1.3	100.2	—	—	100.2
240-249	—	—	92.5	—	—	100.3	—	—	100.2	—	—	100.2
>249	—	—	92.5	—	—	100.3	—	—	100.2	—	—	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 23 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<50	16	2.9	2.9	3	1.4	1.4	13	4.7	4.7	—	—	—
50-99	23	4.1	7.0	4	1.8	3.2	16	5.8	10.5	1	2.0	2.0
100-149	49	8.8	15.8	6	2.7	5.9	38.	13.8	24.3	3	6.0	8.0
150-199	43	7.7	23.5	15	6.8	12.7	24	8.7	33.0	4	8.0	16.0
200-299	69	12.4	35.9	30	13.6	26.3	30	10.9	43.9	6	12.0	28.0
300-399	66	11.8	47.7	32	14.5	40.8	25	9.1	53.0	9	18.0	46.0
400-499	56	10.1	57.8	22	10.0	50.8	29	10.5	63.5	5	10.0	56.0
500-599	36	6.5	64.3	18	8.1	58.9	14	5.1	68.6	4	8.0	64.0
600-699	42	7.5	71.8	18	8.1	67.0	20	7.3	75.9	4	8.0	72.0
700-799	26	4.7	76.5	11	5.0	72.0	13	4.7	80.6	1	2.0	74.0
800-899	26	4.7	81.2	15	6.8	78.8	9	3.3	83.9	1	2.0	76.0
900-999	27	4.8	86.0	14	6.3	85.1	10	3.6	87.5	2	4.0	80.0
1000-1199	30	5.4	91.4	10	4.5	89.6	14	5.1	92.6	5	10.0	90.0
1200-1399	21	3.8	95.2	8	3.6	93.2	11	4.0	96.6	2	4.0	94.0
1400-1599	8	1.4	96.6	5	2.3	95.3	1	0.4	97.0	2	4.0	98.0
1600-1799	7	1.3	97.9	3	1.4	96.9	4	1.5	98.5	—	—	98.0
1800-1999	4	0.7	98.6	1	0.5	97.4	2	0.7	99.2	1	2.0	100.0
>1999	8	1.4	100.0	6	2.7	100.1	2	0.7	99.9	—	—	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 24 Appendix. *Cumulative Percentage Distribution of Calcium Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Calcium Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<50	3	0.4	0.4	1	0.2	0.2	1	1.3	1.3	1	2.9	2.9
50-99	11	1.6	2.0	6	1.1	1.3	3	3.8	5.1	1	2.9	5.8
100-149	29	4.3	6.3	21	3.8	5.1	6	7.6	12.7	2	5.7	11.5
150-199	32	4.7	11.0	21	3.8	8.9	8	10.1	22.8	1	2.9	14.4
200-299	96	14.2	25.2	78	14.2	23.1	16	20.3	43.1	2	5.7	20.1
300-399	85	12.6	37.8	69	12.6	35.7	9	11.4	54.5	5	14.3	34.4
400-499	84	12.4	50.2	72	13.1	48.8	9	11.4	65.9	2	5.7	40.1
500-599	65	9.6	59.8	53	9.7	58.5	6	7.6	73.5	4	11.4	51.5
600-699	76	11.2	71.0	62	11.3	69.8	3	3.8	77.3	9	25.7	77.2
700-799	50	7.4	78.4	45	8.2	78.0	5	6.3	83.6	—	—	77.2
800-899	28	4.1	82.5	21	3.8	81.8	4	5.1	88.7	3	8.6	85.8
900-999	23	3.4	85.9	20	3.6	85.4	2	2.5	91.2	—	—	85.8
1000-1199	50	7.4	93.3	40	7.3	92.7	4	5.1	96.3	4	11.4	97.2
1200-1399	16	2.4	95.7	14	2.6	95.3	1	1.3	97.6	1	2.9	100.1
1400-1599	13	1.9	97.6	11	2.0	97.3	2	2.5	100.1	—	—	100.1
1600-1799	4	0.6	98.2	4	0.7	98.0	—	—	100.1	—	—	100.1
1800-1999	5	0.7	98.9	5	0.9	98.9	—	—	100.1	—	—	100.1
>1999	6	0.9	99.8	6	1.1	100.0	—	—	100.1	—	—	100.1

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 25 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<0.5	1	0.2	0.2	1	0.5	0.5	—	—	—	—	—	—
0.5-0.9	3	0.5	0.7	—	—	0.5	3	1.1	1.1	—	—	—
1.0-1.4	6	1.1	1.8	2	0.9	1.4	4	1.5	2.6	—	—	—
1.5-1.9	11	2.0	3.8	2	0.9	2.3	8	2.9	5.5	—	—	—
2.0-2.4	5	0.9	4.7	2	0.9	3.2	3	1.1	6.6	—	—	—
2.5-2.9	18	3.2	7.9	9	4.1	7.3	7	2.5	9.1	2	4.0	4.0
3.0-3.4	17	3.1	11.0	3	1.4	8.7	13	4.7	13.8	—	—	4.0
3.5-3.9	21	3.8	14.8	4	1.8	10.5	15	5.5	19.3	2	4.0	8.0
4.0-4.4	35	6.3	21.1	8	3.6	14.1	24	8.7	28.0	2	4.0	12.0
4.5-4.9	17	3.1	24.2	9	4.1	18.2	7	2.5	30.5	1	2.0	14.0
5.0-5.9	57	10.2	34.4	17	7.7	25.9	37	13.5	44.0	3	6.0	20.0
6.0-6.9	56	10.1	44.5	20	9.0	34.9	29	10.5	54.5	4	8.0	28.0
7.0-7.9	57	10.2	54.7	26	11.8	46.7	25	9.1	63.6	5	10.0	38.0
8.0-8.9	45	8.1	62.8	20	9.0	55.7	20	7.3	70.9	4	8.0	46.0
9.0-9.9	38	6.8	69.6	21	9.5	65.2	13	4.7	75.6	4	8.0	54.0
10.0-10.9	26	4.7	74.3	11	5.0	70.2	13	4.7	80.3	2	4.0	58.0
11.0-11.9	30	5.4	79.7	15	6.8	77.0	13	4.7	85.0	1	2.0	60.0
12.0-12.9	22	3.9	83.6	8	3.6	80.6	9	3.3	88.3	4	8.0	68.0
13.0-13.9	20	3.6	87.2	10	4.5	85.1	8	2.9	91.2	2	4.0	72.0
14.0-14.9	13	2.3	89.5	6	2.7	87.8	5	1.8	93.0	2	4.0	76.0
15.0-15.9	11	2.0	91.5	5	2.3	90.1	3	1.1	94.1	2	4.0	80.0
16.0-16.9	12	2.2	93.7	4	1.8	91.9	4	1.5	95.6	4	8.0	88.0
17.0-17.9	5	0.9	94.6	2	0.9	92.8	2	0.7	96.3	1	2.0	90.0
18.0-18.9	6	1.1	95.7	3	1.4	94.2	2	0.7	97.0	1	2.0	92.0
19.0-19.9	3	0.5	96.2	—	—	94.2	2	0.7	97.7	1	2.0	94.0
>19.9	22	3.9	100.1	13	5.9	100.1	6	2.2	99.9	3	6.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 26 Appendix. *Cumulative Percentage Distribution of Iron Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Iron Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<0.5	2	0.3	0.3	1	0.2	0.2	—	—	—	1	2.9	2.9
0.5-0.9	—	—	0.3	—	—	0.2	—	—	—	—	—	2.9
1.0-1.4	2	0.3	0.6	—	—	0.2	2	2.5	2.5	—	—	2.9
1.5-1.9	1	0.1	0.7	1	0.2	0.4	—	—	2.5	—	—	2.9
2.0-2.4	3	0.4	1.1	3	0.5	0.9	—	—	2.5	—	—	2.9
2.5-2.9	10	1.5	2.6	3	0.5	1.4	4	5.1	7.6	2	5.7	8.6
3.0-3.4	7	1.0	3.6	6	1.1	2.5	1	1.3	8.9	—	—	8.6
3.5-3.9	15	2.2	5.8	10	1.8	4.3	1	1.3	10.2	3	8.6	17.2
4.0-4.4	21	3.1	8.9	14	2.6	6.9	6	7.6	17.8	1	2.9	20.1
4.5-4.9	19	2.8	11.7	17	3.1	10.0	2	2.5	20.3	—	—	20.1
5.0-5.9	61	9.0	20.7	47	8.6	18.6	11	13.9	34.2	3	8.6	28.7
6.0-6.9	53	7.8	28.5	43	7.8	26.4	5	6.3	40.5	5	14.3	43.0
7.0-7.9	77	11.4	39.9	63	11.5	37.9	9	11.4	51.9	3	8.6	51.6
8.0-8.9	70	10.4	50.3	56	10.2	48.1	7	8.9	60.8	4	11.4	63.0
9.0-9.9	58	8.6	58.9	41	7.5	55.6	12	15.2	76.0	5	14.3	77.3
10.0-10.9	40	5.9	64.8	38	6.9	62.5	1	1.3	77.3	1	2.9	80.2
11.0-11.9	41	6.1	70.9	35	6.4	68.9	3	3.8	81.1	2	5.7	85.9
12.0-12.9	38	5.6	76.5	35	6.4	75.3	3	3.8	84.9	—	—	85.9
13.0-13.9	27	4.0	80.5	24	4.4	79.7	1	1.3	86.2	1	2.9	88.8
14.0-14.9	23	3.4	83.9	18	3.3	83.0	4	5.1	91.3	1	2.9	91.7
15.0-15.9	17	2.5	86.4	14	2.6	85.6	3	3.8	95.1	—	—	91.7
16.0-16.9	16	2.4	88.8	15	2.7	88.3	—	—	95.1	1	2.9	94.6
17.0-17.9	19	2.8	91.6	16	2.9	91.2	2	2.5	97.6	—	—	94.6
18.0-18.9	13	1.9	93.5	13	2.4	93.6	—	—	97.6	—	—	94.6
19.0-19.9	6	0.9	94.4	5	0.9	94.5	—	—	97.6	1	2.9	97.5
>19.9	37	5.5	99.9	31	5.6	100.1	2	2.5	100.1	1	2.9	100.4

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 27 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<250	31	5.6	5.6	5	2.3	2.3	22	8.0	8.0	3	6.0	6.0
250-499	22	3.9	9.5	4	1.8	4.1	12	4.4	12.4	2	4.0	10.0
500-749	27	4.8	14.3	4	1.8	5.9	21	7.6	20.0	2	4.0	14.0
750-999	39	7.0	21.3	15	6.8	12.7	22	8.0	28.0	1	2.0	16.0
1000-1249	25	4.5	25.8	7	3.2	15.9	14	5.1	33.1	3	6.0	22.0
1250-1499	40	7.2	33.0	13	5.9	21.8	24	8.7	41.8	2	4.0	26.0
1500-1749	27	4.8	37.8	11	5.0	26.8	12	4.4	46.2	4	8.0	34.0
1750-1999	22	3.9	41.7	12	5.4	32.2	8	2.9	49.1	2	4.0	38.0
2000-2249	25	4.5	46.2	14	6.3	38.5	7	2.5	51.6	4	8.0	46.0
2250-2499	30	5.4	51.6	17	7.7	46.2	9	3.3	54.9	3	6.0	52.0
2500-2999	29	5.2	56.8	18	8.1	54.3	10	3.6	58.5	1	2.0	54.0
3000-3499	31	5.6	62.4	19	8.6	62.9	9	3.3	61.8	2	4.0	58.0
3500-3999	23	4.1	66.5	13	5.9	68.8	6	2.2	64.0	4	8.0	66.0
4000-4499	22	3.9	70.4	12	5.4	74.2	9	3.3	67.3	1	2.0	68.0
4 500-4999	22	3.9	74.3	9	4.1	78.3	8	2.9	70.2	5	10.0	78.0
5000-5999	23	4.1	78.4	9	4.1	82.4	9	3.3	73.5	5	10.0	88.0
6000-6999	20	3.6	82.0	8	3.6	86.0	11	4.0	77.5	1	2.0	90.0
7000-7999	14	2.5	84.5	6	2.7	88.7	7	2.5	80.0	1	2.0	92.0
8000-8999	11	2.0	86.5	7	3.2	91.9	3	1.1	81.1	1	2.0	94.0
9000-9999	13	2.3	88.8	5	2.3	94.2	6	2.2	83.3	2	4.0	98.0
>9999	61	11.0	99.8	13	5.9	100.1	46	16.7	100.0	1	2.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 28 Appendix. *Cumulative Percentage Distribution of Vitamin A Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin A Intake Values I.U.	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<250	8	1.2	1.2	5	0.9	0.9	2	2.5	2.5	1	2.9	2.9
250-499	20	3.0	4.2	9	1.6	2.5	6	7.6	10.1	5	14.3	17.2
500-749	17	2.5	6.7	14	2.6	5.1	2	2.5	12.6	1	2.9	20.1
750-999	26	3.8	10.5	21	3.8	8.9	3	3.8	16.4	1	2.9	23.0
1000-1249	27	4.0	14.5	23	4.2	13.1	1	1.3	17.7	1	2.9	25.9
1250-1499	41	6.1	20.6	34	6.2	19.3	4	5.1	22.8	3	8.6	34.5
1500-1749	38	5.6	26.2	28	5.1	24.4	4	5.1	27.9	5	14.3	48.8
1750-1999	29	4.3	30.5	25	4.6	29.0	2	2.5	30.4	2	5.7	54.5
2000-2249	37	5.5	36.0	28	5.1	34.1	9	11.4	41.8	—	—	54.5
2250-2499	36	5.3	41.3	32	5.8	39.9	2	2.5	44.3	1	2.9	57.4
2500-2999	50	7.4	48.7	40	7.3	47.2	5	6.3	50.6	4	11.4	68.8
3000-3499	47	7.0	55.7	41	7.5	54.7	3	3.8	54.4	3	8.6	77.4
3500-3999	33	4.9	60.6	32	5.8	60.5	—	—	54.4	1	2.9	80.3
4000-4499	33	4.9	65.5	25	4.6	65.1	4	5.1	59.5	1	2.9	83.2
4500-4999	20	3.0	68.5	15	2.7	67.8	2	2.5	62.0	2	5.7	88.9
5000-5999	45	6.7	75.2	40	7.3	75.1	4	5.1	67.1	1	2.9	91.8
6000-6999	33	4.9	80.1	28	5.1	80.2	4	5.1	72.2	1	2.9	94.7
7000-7999	23	3.4	83.5	19	3.5	83.7	4	5.1	77.3	—	—	94.7
8000-8999	21	3.1	86.6	16	2.9	86.6	4	5.1	82.4	—	—	94.7
9000-9999	11	1.6	88.2	9	1.6	88.2	1	1.3	83.7	1	2.9	97.6
>9999	81	12.0	100.2	65	11.8	100.0	13	16.5	100.2	1	2.9	100.5

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 29 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<0.05	2	0.4	0.4	1	0.5	0.5	1	0.4	0.4	—	—	—
0.05-0.09	1	0.2	0.6	1	0.5	1.0	—	—	0.4	—	—	—
0.10-0.14	6	1.1	1.7	—	—	1.0	6	2.2	2.6	—	—	—
0.15-0.19	10	1.8	3.5	2	0.9	1.9	7	2.5	5.1	—	—	—
0.20-0.29	37	6.6	10.1	9	4.1	6.0	26	9.5	14.6	2	4.0	4.0
0.30-0.39	45	8.1	18.2	12	5.4	11.4	29	10.5	25.1	2	4.0	8.0
0.40-0.49	62	11.1	29.3	19	8.6	20.0	32	11.6	36.7	9	18.0	26.0
0.50-0.59	61	11.0	40.3	23	10.4	30.4	33	12.0	48.7	5	10.0	36.0
0.60-0.69	57	10.2	50.5	28	12.7	43.1	26	9.5	58.2	2	4.0	40.0
0.70-0.79	45	8.1	58.6	22	10.0	53.1	19	6.9	65.1	3	6.0	46.0
0.80-0.89	39	7.0	65.6	15	6.8	59.9	19	6.9	72.0	4	8.0	54.0
0.90-0.99	44	7.9	73.5	17	7.7	67.6	20	7.3	79.3	5	10.0	64.0
1.00-1.19	52	9.3	82.8	25	11.3	78.9	21	7.6	86.9	6	12.0	76.0
1.20-1.39	24	4.3	87.1	11	5.0	83.9	8	2.9	89.8	4	8.0	84.0
1.40-1.59	25	4.5	91.6	14	6.3	90.2	9	3.3	93.1	2	4.0	88.0
1.60-1.79	13	2.3	93.9	8	3.6	93.8	5	1.8	94.9	—	—	88.0
1.80-1.99	6	1.1	95.0	1	0.5	94.3	4	1.5	96.4	1	2.0	90.0
>1.99	28	5.0	100.0	13	5.9	100.2	10	3.6	100.0	5	10.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 30 Appendix. *Cumulative Percentage Distribution of Thiamine Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Thiamine Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<0.05	2	0.3	0.3	—	—	—	1	1.3	1.3	1	2.9	2.9
0.05-0.09	—	—	0.3	—	—	—	—	—	1.3	—	—	2.9
0.10-0.14	3	0.4	0.7	2	0.4	0.4	1	1.3	2.6	—	—	2.9
0.15-0.19	4	0.6	1.3	3	0.5	0.9	1	1.3	3.9	—	—	2.9
0.20-0.29	17	2.5	3.8	10	1.8	2.7	4	5.1	9.0	1	2.9	5.8
0.30-0.39	42	6.2	10.0	30	5.5	8.2	6	7.6	16.6	4	11.4	17.2
0.40-0.49	75	11.1	21.1	60	10.9	19.1	8	10.1	26.7	5	14.3	31.5
0.50-0.59	95	14.1	35.2	74	13.5	32.6	15	19.0	45.7	5	14.3	45.8
0.60-0.69	79	11.7	46.9	65	11.8	44.4	11	13.9	59.6	3	8.6	54.4
0.70-0.79	79	11.7	58.6	65	11.8	56.2	7	8.9	68.5	7	20.0	74.4
0.80-0.89	60	8.9	67.5	50	9.1	65.3	6	7.6	76.1	3	8.6	83.0
0.90-0.99	43	6.4	73.9	38	6.9	72.2	2	2.5	78.6	2	5.7	88.7
1.00-1.19	62	9.2	83.1	52	9.5	81.7	7	8.9	87.5	1	2.9	91.6
1.20-1.39	40	5.9	89.0	35	6.4	88.1	5	6.3	93.8	—	—	91.6
1.40-1.59	19	2.8	91.8	18	3.3	91.4	—	—	93.8	—	—	91.6
1.60-1.79	18	2.7	94.5	17	3.1	94.5	—	—	93.8	1	2.9	94.5
1.80-1.99	7	1.0	95.5	7	1.3	95.8	—	—	93.8	—	—	94.5
>1.99	31	4.6	100.1	23	4.2	100.0	5	6.3	100.1	2	5.7	100.2

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 31 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<.05	3	0.5	0.5	—	—	—	3	1.1	1.1	—	—	—
.05-.09	1	0.2	0.7	1	0.5	0.5	—	—	1.1	—	—	—
.10-.14	4	0.7	1.4	2	0.9	1.4	2	0.7	1.8	—	—	—
.15-.19	3	0.5	1.9	1	0.5	1.9	2	0.7	2.5	—	—	—
.20-.29	15	2.7	4.6	4	1.8	3.7	10	3.6	6.1	1	2.0	2.0
.30-.39	24	4.3	8.9	4	1.8	3.7	19	6.9	13.0	1	2.0	4.0
.40-.49	23	4.1	13.0	6	2.7	8.2	16	5.8	18.8	1	2.0	6.0
.50-.59	28	5.0	18.0	12	5.4	13.6	13	4.7	23.5	2	4.0	10.0
.60-.69	38	6.8	24.8	15	6.8	20.4	18	6.5	30.0	5	10.0	20.0
.70-.79	27	4.8	29.6	12	5.4	25.8	11	4.0	34.0	2	4.0	24.0
.80-.89	48	8.6	38.2	21	9.5	35.3	23	8.4	42.4	3	6.0	30.0
.90-.99	35	6.3	44.5	13	5.9	41.2	17	6.2	48.6	3	6.0	36.0
1.00-1.19	64	11.5	56.0	23	10.4	51.6	34	12.4	61.0	6	12.0	48.0
1.20-1.39	56	10.1	66.1	24	10.9	62.5	24	8.7	69.7	7	14.0	62.0
1.40-1.59	37	6.6	72.7	14	6.3	68.8	16	5.8	75.5	7	14.0	76.0
1.60-1.79	31	5.6	78.3	17	7.7	76.5	12	4.4	79.9	—	—	76.0
1.80-1.99	25	4.5	82.8	12	5.4	81.9	9	3.3	83.2	3	6.0	82.0
>1.99	95	17.1	99.9	40	18.1	100.0	46	16.7	99.9	9	18.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 32 Appendix. *Cumulative Percentage Distribution of Riboflavin Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Riboflavin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<.05	2	0.3	0.3	—	—	—	1	1.3	1.3	1	2.9	2.9
.05-.09	—	—	0.3	—	—	—	—	—	1.3	—	—	2.9
.10-.14	—	—	0.3	—	—	—	—	—	1.3	—	—	2.9
.15-.19	4	0.6	0.9	4	0.7	0.7	—	—	1.3	—	—	2.9
.20-.29	6	0.9	1.8	4	0.7	1.4	2	2.5	3.8	—	—	2.9
.30-.39	15	2.2	4.0	8	1.5	2.9	4	5.1	8.9	2	5.7	8.6
.40-.49	14	2.1	6.1	11	2.0	4.9	2	2.5	11.4	1	2.9	11.5
.50-.59	37	5.5	11.6	28	5.1	10.0	7	8.9	20.3	2	5.7	17.2
.60-.69	36	5.3	16.9	24	4.4	14.4	7	8.9	29.2	4	11.4	28.6
.70-.79	49	7.2	24.1	37	6.7	21.1	10	12.7	41.9	—	—	28.6
.80-.89	51	7.5	31.6	38	6.9	28.0	8	10.1	52.0	4	11.4	40.0
.90-.99	41	6.1	37.7	35	6.4	34.4	6	7.6	59.6	—	—	40.0
1.00-1.19	105	15.5	53.2	87	15.8	50.2	13	16.5	76.1	4	11.4	51.4
1.20-1.39	88	13.0	66.2	74	13.5	63.7	4	5.1	81.2	7	20.0	71.4
1.40-1.59	54	8.0	74.2	51	9.3	73.0	1	1.3	82.5	2	5.7	77.1
1.60-1.79	43	6.4	80.6	40	7.3	80.3	1	1.3	83.8	1	2.9	80.0
1.80-1.99	40	5.9	86.5	32	5.8	86.1	4	5.1	88.9	4	11.4	91.4
>1.99	91	13.5	100.0	76	13.8	99.9	9	11.4	100.3	3	8.6	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 33 Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	2	0.4	0.4	—	—	—	2	0.7	0.7	—	—	—
1.0-1.4	4	0.7	1.1	2	0.9	0.9	2	0.7	1.4	—	—	—
1.5-1.9	6	1.1	2.2	3	1.4	2.3	2	0.7	2.1	1	2.0	2.0
2.0-2.4	4	0.7	2.9	1	0.5	2.8	3	1.1	3.2	—	—	2.0
2.5-2.9	8	1.4	4.3	2	0.9	3.7	6	2.2	5.4	—	—	2.0
3.0-3.4	14	2.5	6.8	6	2.7	6.4	8	2.9	8.3	—	—	2.0
3.5-3.9	13	2.3	9.1	3	1.4	7.8	10	3.6	11.9	—	—	2.0
4.0-4.4	12	2.2	11.3	4	1.8	9.6	7	2.5	14.4	—	—	2.0
4.5-4.9	11	2.0	13.3	7	3.2	12.8	3	1.1	15.5	—	—	2.0
5.0-5.9	35	6.3	19.6	15	6.8	19.6	20	7.3	22.8	—	—	2.0
6.0-6.9	37	6.6	26.2	17	7.7	27.3	18	6.5	29.3	2	4.0	6.0
7.0-7.9	41	7.4	33.6	17	7.7	35.0	21	7.6	36.9	3	6.0	12.0
8.0-8.9	28	5.0	38.6	11	5.0	40.0	17	6.2	43.1	—	—	12.0
9.0-9.9	37	6.6	45.2	17	7.7	47.7	16	5.8	48.9	4	8.0	20.0
10.0-10.9	34	6.1	51.3	17	7.7	55.4	14	5.1	54.0	3	6.0	26.0
11.0-11.9	29	5.2	56.5	16	7.2	62.6	11	4.0	58.0	2	4.0	30.0
12.0-12.9	26	4.7	61.2	10	4.5	67.1	14	5.1	63.1	—	—	30.0
13.0-13.9	22	3.9	65.1	8	3.6	70.7	11	4.0	67.1	2	4.0	34.0
14.0-14.9	24	4.3	69.4	10	4.5	75.2	11	4.0	71.1	3	6.0	40.0
15.0-15.9	15	2.7	72.1	3	1.4	76.6	10	3.6	74.7	2	4.0	44.0
16.0-16.9	15	2.7	74.8	4	1.8	78.4	8	2.9	77.6	3	6.0	50.0
17.0-17.9	23	4.1	78.9	5	2.3	80.7	13	4.7	82.3	3	6.0	56.0
18.0-18.9	11	2.0	80.9	2	0.9	81.6	7	2.5	84.8	1	2.0	58.0
19.0-19.9	11	2.0	82.9	4	1.8	83.4	6	2.2	87.0	1	2.0	60.0
20.0-20.9	11	2.0	84.9	4	1.8	85.2	6	2.2	89.2	1	2.0	62.0
>20.9	84	15.1	100.0	33	14.9	100.1	29	10.5	99.7	19	38.0	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 34. Appendix. *Cumulative Percentage Distribution of Preformed Niacin Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Preformed Niacin Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<0.5	—	—	—	—	—	—	—	—	—	—	—	—
0.5-0.9	2	0.3	0.3	1	0.2	0.2	—	—	—	1	2.9	2.9
1.0-1.4	3	0.4	0.7	2	0.4	0.5	1	1.3	1.3	—	—	2.9
1.5-1.9	1	0.1	0.8	1	0.2	0.7	—	—	1.3	—	—	2.9
2.0-2.4	2	0.3	1.1	—	—	0.7	1	1.3	2.6	1	2.9	5.8
2.5-2.9	1	0.1	1.2	—	—	0.7	1	1.3	3.9	—	—	5.8
3.0-3.4	7	1.0	2.2	4	0.7	1.4	1	1.3	5.2	1	2.9	8.7
3.5-3.9	7	1.0	3.2	7	1.3	2.7	—	—	5.2	—	—	8.7
4.0-4.4	10	1.5	4.7	7	1.3	4.0	1	1.3	6.5	2	5.7	14.4
4.5-4.9	15	2.2	6.9	10	1.8	5.8	4	5.1	11.6	1	2.9	17.3
5.0-5.9	26	3.8	10.7	18	3.3	9.1	5	6.3	17.9	3	8.6	25.9
6.0-6.9	29	4.3	15.0	21	3.8	12.9	5	6.3	24.2	2	5.7	31.6
7.0-7.9	44	6.5	21.5	31	5.6	18.5	7	8.9	33.1	6	17.1	48.7
8.0-8.9	30	4.4	25.9	24	4.4	22.9	2	2.5	35.6	2	5.7	54.4
9.0-9.9	38	5.6	31.5	26	4.7	27.6	10	12.7	48.3	2	5.7	60.1
10.0-10.9	41	6.1	37.6	33	6.0	33.6	6	7.6	55.9	2	5.7	65.8
11.0-11.9	39	5.8	43.4	34	6.2	39.8	4	5.1	61.0	1	2.9	68.8
12.0-12.9	43	6.4	49.8	36	6.5	46.4	3	3.8	64.8	2	5.7	74.7
13.0-13.9	43	6.4	56.2	36	6.5	52.9	7	8.9	73.7	—	—	74.7
14.0-14.9	19	2.8	59.0	18	3.3	56.2	1	1.3	75.0	—	—	74.4
15.0-15.9	22	3.3	62.3	17	3.1	59.3	3	3.8	78.8	2	5.7	80.1
16.0-16.9	24	3.6	65.9	20	3.6	62.9	1	1.3	80.1	3	8.6	88.7
17.0-17.9	21	3.1	69.0	18	3.3	66.2	3	3.8	83.9	—	—	88.7
18.0-18.9	19	2.8	71.8	18	3.3	69.5	1	1.3	85.2	—	—	88.7
19.0-19.9	21	3.1	74.9	15	2.7	72.2	4	5.1	90.3	—	—	88.7
20.0-20.9	15	2.2	77.1	14	2.5	74.7	—	—	90.3	1	2.9	91.6
>20.9	154	22.8	100.0	138	25.1	100.0	8	10.1	100.0	3	8.6	100.0

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 35 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	557	100.0	100.0	221	100.0	100.0	275	100.0	100.0	50	100.0	100.0
<5	84	15.1	15.1	13	5.9	5.9	63	22.9	22.9	5	10.0	10.0
5-9	48	8.6	23.7	21	9.5	15.4	21	7.6	30.5	4	8.0	18.0
10-14	43	7.7	31.4	18	8.1	23.5	19	6.9	37.4	5	10.0	28.0
15-19	30	5.4	36.8	13	5.9	29.4	14	5.4	42.5	3	6.0	34.0
20-24	27	4.8	41.6	13	5.9	35.3	12	4.4	46.9	2	4.0	38.0
25-29	32	5.7	47.3	11	5.0	40.3	16	5.8	52.7	3	6.0	44.0
30-34	28	5.0	52.3	11	5.0	45.3	14	5.1	57.8	2	4.0	48.0
35-39	14	2.5	54.8	10	4.5	49.8	3	1.1	58.9	1	2.0	50.0
40-44	17	3.1	57.9	7	3.2	53.0	6	2.2	61.1	4	8.0	58.0
45-49	12	2.2	60.1	8	3.6	56.6	2	0.7	61.8	2	4.0	62.0
50-59	29	5.2	65.3	11	5.0	61.6	16	5.8	67.6	2	4.0	66.0
60-69	17	3.1	68.4	10	4.5	66.1	6	2.2	69.8	1	2.0	68.0
70-79	31	5.6	74.0	14	6.3	72.4	14	5.1	74.9	3	6.0	74.0
80-89	16	2.9	76.9	7	3.2	75.6	7	2.5	77.4	2	4.0	78.0
90-99	14	2.5	79.4	6	2.7	78.3	6	2.2	79.6	2	4.0	82.0
100-109	10	1.8	81.2	5	2.3	80.6	4	1.5	81.1	—	—	82.0
110-119	9	1.6	82.8	4	1.8	82.4	5	1.8	82.9	—	—	82.0
120-129	6	1.1	83.9	2	0.9	83.3	2	0.7	83.6	2	4.0	86.0
130-139	13	2.3	86.2	7	3.2	86.5	6	2.2	85.8	—	—	86.0
140-149	5	0.9	87.1	3	1.4	87.9	2	0.7	86.5	—	—	86.0
>149	72	12.9	100.0	27	12.2	100.1	37	13.5	100.0	7	14.0	100.0

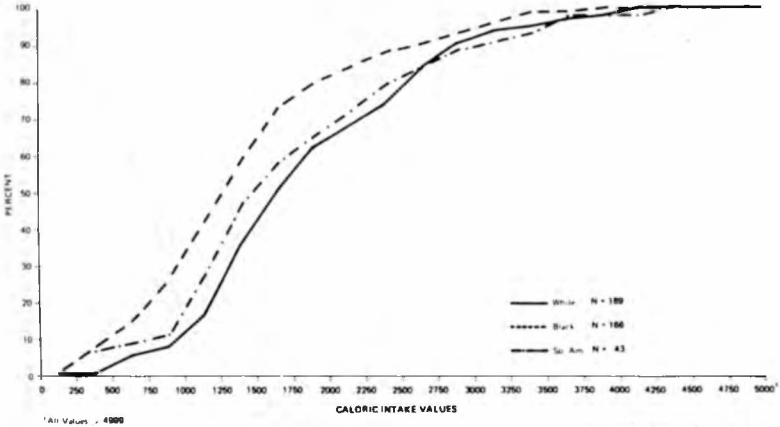
[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 36 Appendix. *Cumulative Percentage Distribution of Vitamin C Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Vitamin C Intake Values mg	Ethnic Group											
	Total[1]			White			Black			Spanish American		
	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent	Number	Percent	Cumulative Percent
TOTAL	676	100.0	100.0	549	100.0	100.0	79	100.0	100.0	35	100.0	100.0
<5	40	5.9	5.9	19	3.5	3.5	10	12.7	12.7	8	22.9	22.9
5-9	39	5.8	11.7	27	4.9	8.4	9	11.4	24.1	3	8.6	31.5
10-14	31	4.6	16.3	25	4.6	13.0	2	2.5	26.6	3	8.6	40.1
15-19	32	4.7	21.0	30	5.5	18.5	1	1.3	27.9	1	2.9	43.0
20-24	41	6.1	27.1	33	6.0	24.5	4	5.1	33.0	2	5.7	48.7
25-29	28	4.1	31.2	25	4.6	29.1	2	2.5	35.5	1	2.9	51.6
30-34	30	4.4	35.6	27	4.9	34.0	1	1.3	36.8	2	5.7	57.3
35-39	24	3.6	39.2	21	3.8	37.8	2	2.5	39.3	1	2.9	60.2
40-44	30	4.4	43.6	28	5.1	42.9	1	1.3	40.6	1	2.9	63.1
45-49	27	4.0	47.6	20	3.6	46.5	4	5.1	45.7	3	8.6	71.7
50-59	45	6.7	54.3	36	6.6	53.1	7	8.9	54.6	1	2.9	74.6
60-69	36	5.3	59.6	34	6.2	59.3	2	2.5	57.1	—	—	74.6
70-79	34	5.0	64.6	28	5.1	64.4	6	7.6	64.7	—	—	74.6
80-89	47	7.0	71.6	36	6.6	71.0	8	10.1	74.8	3	8.6	83.2
90-99	26	3.8	75.4	17	3.1	74.1	6	7.6	82.4	2	5.7	88.9
100-109	30	4.4	79.8	28	5.1	79.2	2	2.5	84.9	—	—	88.9
110-119	25	3.7	83.5	21	3.8	83.0	2	2.5	87.4	1	2.9	91.8
120-129	17	2.5	86.0	16	2.9	85.9	—	—	87.4	1	2.9	94.7
130-139	11	1.6	87.6	10	1.8	87.7	1	1.3	88.7	—	—	94.7
140-149	15	2.2	89.8	9	1.6	89.3	3	3.8	92.5	—	—	94.7
>149	68	10.1	99.9	59	10.7	100.0	6	7.6	100.1	2	5.7	100.4

[1] Total includes American Indians, Orientals and unknown ethnic groups.
NOTE: Dietary data presented in this table are based on twenty-four hour recall.

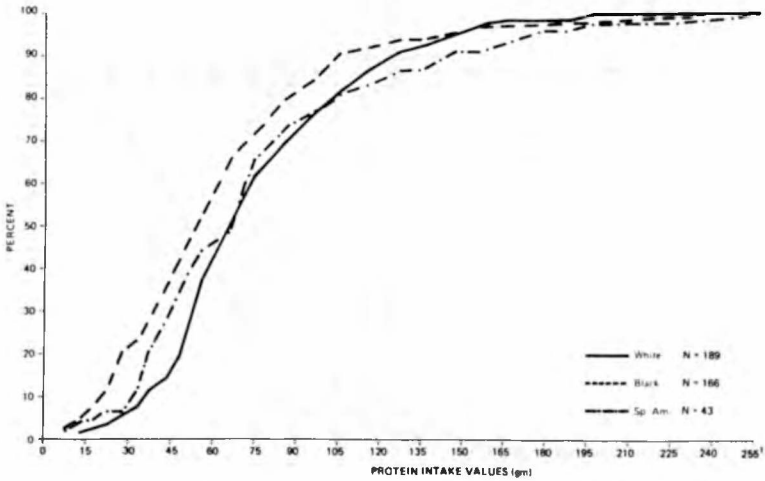
Figure 1 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 4999

Table Reference 1 Appendix

Figure 3 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 249

Table Reference 3 Appendix

Figure 2 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

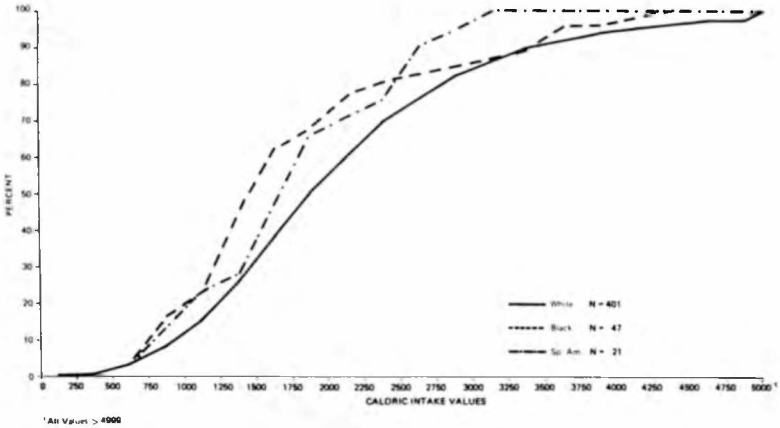


Table Reference: 2 Appendix.

Figure 4 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Males Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)

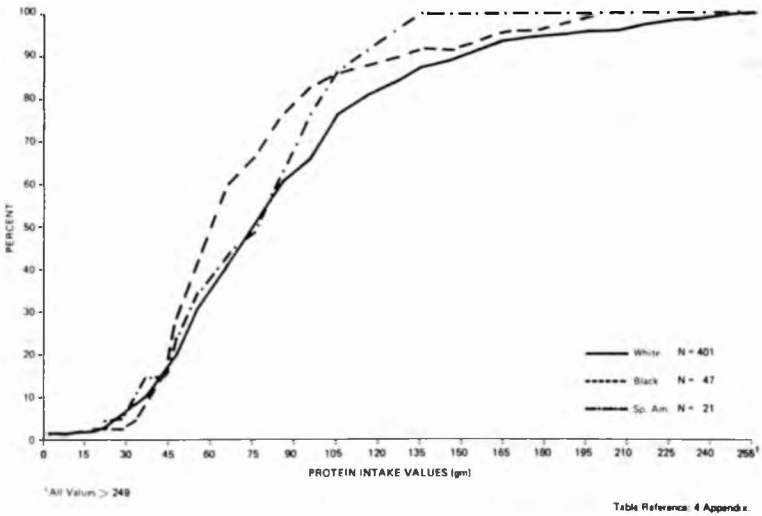


Table Reference: 4 Appendix.

Figure 5 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

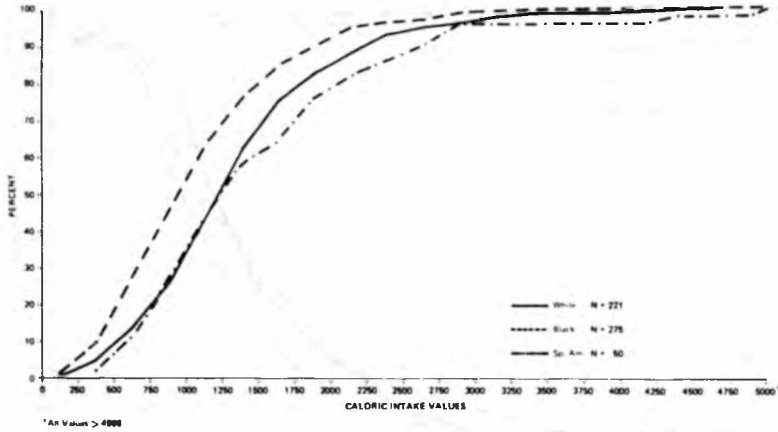


Table Reference: 18 Appendix

Figure 7 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)

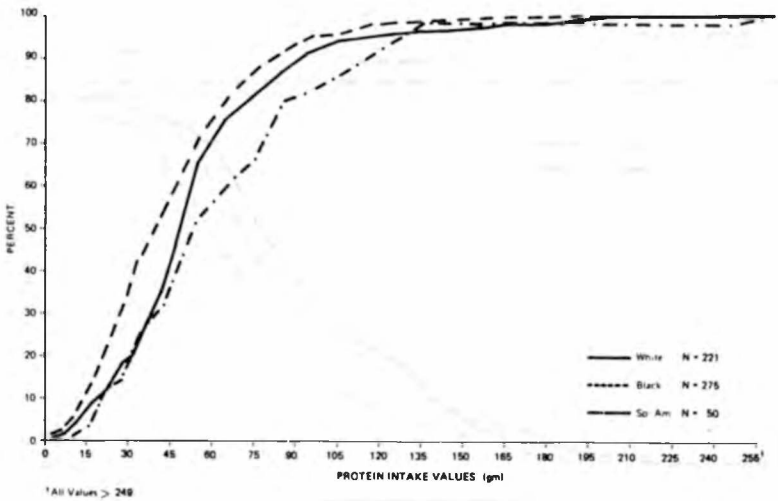
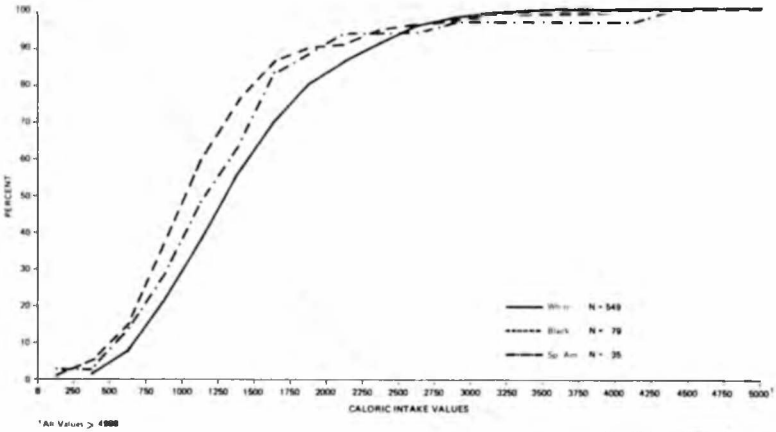


Table Reference: 21 Appendix

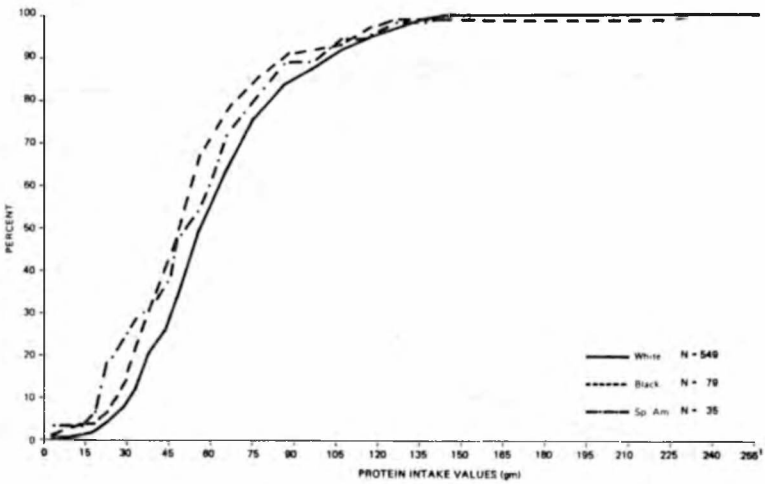
Figure 6 Appendix—Cumulative Percentage Distribution of Caloric Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 4999

Table Reference: 20 Appendix.

Figure 8 Appendix—Cumulative Percentage Distribution of Protein Intake Values of Females Sixty Years of Age and Over by Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)



[1] All Values > 249

Table Reference: 22 Appendix.

Table 37 Appendix. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Sixty Years of Age and Over by Specified Poverty Income Ratio Groups for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES										
Less than 1.00	452	22.86	0.89	9.31	0.14	71.94	0.01	0.02	0.20	0.94
1.00 or greater	212	24.08	1.08	9.62	0.16	62.42	0.01	0.02	0.23	0.89
HIGH INCOME RATIO STATES										
Less than 1.00	264	24.72	1.04	10.68	0.18	76.98	0.01	0.02	0.25	0.98
1.00 or greater	692	26.21	1.09	9.78	0.17	80.03	0.01	0.02	0.26	1.01

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 38 Appendix. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Sixty Years of Age and Over by Specified Poverty Income Ratio Groups for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<0.50	200	21.84	0.85	8.99	0.14	74.28	0.01	0.02	0.20	0.79
0.50-0.99	252	23.68	0.92	9.56	0.15	70.09	0.01	0.02	0.21	1.06
1.00-1.49	94	22.66	0.99	9.34	0.16	56.51	0.01	0.02	0.22	0.75
1.50-1.99	47	24.57	1.06	9.50	0.16	69.75	0.01	0.02	0.29	0.85
2.00-2.49	25	23.37	1.00	9.23	0.15	75.08	0.01	0.02	0.22	0.79
>2.49	46	26.89	1.31	10.55	0.19	60.11	0.01	0.02	0.26	1.28

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 39 Appendix. *Mean Nutrient Intake per Kilogram of Body Weight for All Persons Sixty Years of Age and Over by Specified Poverty Income Ratio Groups for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Poverty Income Ratio Group	Number of Persons	Mean Nutrient Intake per Kilogram								
		Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
<0.50	36	26.00	1.14	10.90	0.16	55.14	0.01	0.02	0.27	0.84
0.50-0.99	228	24.52	1.03	10.65	0.18	80.43	0.01	0.02	0.25	1.00
1.00-1.49	214	24.05	1.00	9.48	0.16	75.75	0.01	0.02	0.24	0.93
1.50-1.99	144	27.09	1.10	9.67	0.18	87.95	0.01	0.02	0.29	1.04
2.00-2.49	111	25.93	1.09	10.02	0.17	78.15	0.01	0.02	0.27	0.82
>2.49	223	27.87	1.17	10.02	0.17	79.97	0.01	0.02	0.28	1.16

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 40 Appendix. *Quartile Intervals of Biochemical Values for Corresponding Nutrient Intakes for All Persons Sixty Years of Age and Over for Low and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Biochemical Quartiles	Biochemical					
	Hemoglobin (gm/100 ml)	Plasma Vitamin A (μg/100 ml)	Serum Vitamin C (mg/100 ml)	Serum Albumin (gm/100 ml)	Urinary Thiamine (μg/gm creatinine)	Urinary Riboflavn (μg/gm creatinine)
Number of Persons	1924	1654	1655	1621	1405	1556
First Quartile	<12.8	<38	<0.39	<3.80	<143	<182
Second Quartile	12.8-13.8	38-50	0.39-0.72	3.80-4.10	143-245	182-371
Third Quartile	13.9-14.7	51-65	0.73-1.13	4.11-4.40	246-489	372-846
Fourth Quartile	>14.7	>65	>1.13	>4.40	>489	>846

NOTE: Hemoglobin vs Iron Intake, Plasma Vitamin A vs Vitamin A Intake, Serum Vitamin C vs Vitamin C Intake, Serum Albumin vs Protein Intake, Urinary Thiamine vs Thiamine Intake, Urinary Riboflavin vs Riboflavin Intake.

6. MISCELLANEOUS

Data presented in this section are concerned with various factors that bear on nutriture but are not treated in previous sections. Included are: household dietary intakes; comparisons of individual and household intakes of selected food groups; the contribution of selected food groups to total nutrient intake; percentages of mean nutrient intakes supplied by between-meal foods and beverages; and the effect of school lunch programs on the nutriture of children.

HOUSEHOLD DIETARY INTAKES

One half of all households were studied by the 24-hour recall method to determine if the total amount of food consumed by household members on the day of data collection was adequate to meet the combined needs of individuals within the household. No effort was made to allocate specific amounts of food to each individual. Household requirements were determined from the sum of the requirements of all individuals, based on their age, weight, and sex. From the total amount of food consumed and the requirement, an adequacy figure was determined.

Obviously such data have limitations. They cannot reflect actual food distribution within the household, nor can they account for meals consumed away from home. However, the data can suggest general patterns and can serve as a basis for educational programs.

Mean intakes of households met adequacy standards except for calorie and iron intakes of blacks (Table 1). In both groups of states, intakes of nutrients were generally lower for blacks than for whites and Spanish-Americans, except that the latter had the lowest mean intakes for vitamin A. Adequacy figures for both blacks and Spanish-Americans were lower in low-income-ratio states than in high-income-ratio states. Intakes for whites in both groups of states were comparable.

COMPARISON OF INDIVIDUAL AND HOUSEHOLD INTAKES OF SELECTED FOOD GROUPS

The frequency with which persons consume certain food groups may be as important to total nutrient intake as is the nutrient content of the food *per se*. Usual household food patterns revealed variation between low- and high-income-ratio states relative to frequency of intake of selected key food groups (Appendix Tables 1-4). Individual 24-hour food recalls revealed similar trends and showed some ethnic variations (Appendix Tables 5-16).

Milk as a Beverage

Over two-thirds of all households used fresh milk as a beverage daily. However, 15-20 percent reported only occasional use. Very few households used evaporated milk as a beverage, but the reported use in low-income-ratio states was twice as high as in high-income-ratio states. Over 80 percent of all households reported never using dry skim milk as a beverage. Among individuals, Spanish-Americans in high-income-ratio states consumed considerably more milk in proportion to calories than they did in low-income-ratio states.

Meat, Fish, Poultry, Legumes, and Nuts

Households in low-income-ratio states did not use meat as frequently as in high-income-ratio states. On the 24-hour recall, almost one-third of the Spanish-American individuals in the low-income-ratio states reported no meat consumption, this low intake being most evident in adolescents. For persons 60 years of age and over, meat consumption in the two groups of states was similar.

Poultry was used twice as frequently by households in low-income-ratio states as in high-income-ratio states. Blacks of all ages in low-income-ratio states had the highest rate of poultry consumption. In the high-income-ratio states, pregnant women and older individuals ate poultry most frequently.

Fish was consumed infrequently by households in both groups of states. On the day the 24-hour recalls were collected, one and one-half times more individuals (infants excepted) in low-income-ratio states ate no meat, poultry, or fish.

Legumes and nuts were consumed fairly equally among households. Highest intakes in relation to calories were found for Spanish-Americans in low-income-ratio states.

Eggs

Household use of eggs was comparable in both groups of states. However, on individual recalls, fewer persons in the high-income-ratio states consumed eggs. The greatest use of eggs was by older persons in low-income-ratio states.

Fruits and Vegetables Rich in Vitamin A and Vitamin C

Households in both groups of states consumed foods rich in vitamin C with comparable frequency. Almost one-half reported daily use. However, 10-12 percent reported only occasional or no use.

Foods rich in vitamin A were consumed on a daily basis by only 15 percent of all households. Twenty percent reported they never used them or used them only rarely. Little variation existed between low- and high-income-ratio states.

CONTRIBUTION OF SELECTED FOOD GROUPS TO TOTAL NUTRIENT INTAKE

Twenty-four-hour dietary recalls of both individuals and households were analyzed to determine the percent contribution of 15 arbitrarily selected food groups to total nutrient intake. These data are presented in the Appendix and represent recalls from 10,913 individuals and from 5,381 households. Data for individuals represent the total food intake regardless of source. The household data represent only food prepared at home.

In general, the same food groups were major contributors to the different nutrients for each age subgroup. However, variations did exist between ethnic groups and between low- and high-income-ratio states (Appendix Tables 17-46).

Calories

Dairy products were the major source of calories for the 0- to 36-month-old infants and children in both low- and high-income-ratio states, varying from approximately one-third of calories for whites to one-half for Spanish-Americans. More calories were obtained from dairy products among persons 10-16 years old and among pregnant or lactating women than among individuals 60 years of age and older. There were fewer calories obtained from dairy products in the low-income-ratio states than in the high-income-ratio states. In all age groups, intakes of calories from dairy products were lower for blacks and Spanish-Americans than for whites. Spanish-Americans in the low-income-ratio states received a substantially lower percentage of their calories from dairy products than did other groups.

Cereals and grains contributed substantially to the caloric intake in all subgroups of the population, with Spanish-Americans in the low-income-ratio states consuming the highest percentage of their caloric intake as cereals and grains.

Young persons and pregnant or lactating women consumed a higher percentage of their calories as fruits, vegetables, or juices than did other groups. Desserts and foods that were primarily sugar (carbonated beverages, syrups, and candies) contributed approximately ten percent of the calories and their consumption was greatest in the age group 10-16 years. The consumption of these food items was slightly greater in the high-income-ratio states than in the low-income-ratio states, while blacks and whites tended to consume more calories from these food items than did Spanish-Americans.

The contribution of protein from all sources to the caloric value of the diet ranged between 15 and 18 percent for all groups. The contribution of visible fats (oils, margarine, and butter) to caloric intake was approximately 5 percent for all groups. This figure, which does not represent total fat intake, compares well with U.S. Department of Agriculture food consumption data.[1]

Protein

While foods of animal origin, as well as cereals and grains, were major sources of protein in all subgroups of the population, meat contributed more to the protein intake in the white population and in high-income-ratio states. Cereals and grains contributed more to the protein intake in low-income-ratio states and among blacks than in high-income-ratio states and among other ethnic groups.

Legumes and nuts were important sources of protein among Spanish-Americans in the low-income-ratio states. Eggs were important protein sources among persons 60 years of age and older, and generally were more important in the low-income-ratio states than in the high-income-ratio states.

Iron

Cereals, grains, and meats were major sources of iron for all subgroups of the population. The iron intake from cereals and grains was generally lower among older children and adolescents than among younger children. Fruits, vegetables, and juices became significant sources of iron for older children, pregnant or lactating women, and persons 60 years of age and older. The contribution of legumes and nuts to iron intake was greater in the low-income-ratio states than in the high-income-ratio states, and was particularly important among Spanish-Americans

[1] *Food Intake and Nutritive Value of Diets of Men, Women, and Children in the United States, Spring 1965. op cit.*

in the low-income-ratio states. A similar pattern of importance of these foods was noted earlier in relation to protein nutriture.

Vitamin A

Fruits and vegetables were the major source of vitamin A for all groups. Another major source of vitamin A for infants and young children was dairy products. Spanish-Americans and whites generally obtained more of their vitamin A requirements from dairy products than did blacks. This was also true for all persons in the high-income-ratio states as compared to the low-income-ratio states. Blacks, on the other hand, received more of their vitamin A requirement from meat than did either whites or Spanish-Americans. In the low-income-ratio states, and particularly among Spanish-Americans, eggs were a major source of vitamin A.

Riboflavin

Dairy products were the source of 60 to 70 percent of the riboflavin in the diets of infants and young children. The contribution of milk to riboflavin intake declined sharply after infancy and early childhood; only pregnant women in high-income-ratio states had an intake approximating that of the younger age group. Adolescents, pregnant women, older persons, and households received about three-fourths of their riboflavin intake from milk, meat, and cereals and grains, with no great difference in the proportion supplied by each of the three food groups. Generally, contributions from milk and meat were higher in the high-income-ratio states, while cereals and grains contributed more in low-income-ratio states.

BETWEEN-MEAL NUTRIENT INTAKE

The 24-hour dietary recall data indicate that all groups received a substantial percentage of nutrient intake from between-meal foods and beverages (Tables 2-10). Some observations regarding specific nutrients follow:

Calories

In terms of between-meal calories, there were no great variations among ethnic groups, between low- and high-income-ratio states, or between the sexes. Adolescents consumed more calories between meals than did pregnant or lactating women or persons 60 years of age and older. The 15- to 16-year-old group reported the highest proportion of total calories from between-meal intakes, ranging up to one-fourth of the total intake. Persons 60 years of age or older had the fewest calories between meals. In general, blacks tended to have the highest intake of between-meal calories and Spanish-Americans the lowest.

These are not always "empty" calories as can be noted by the contribution the between-meal foods and beverages make to other nutrient intakes. For example, Spanish-Americans, in general, had the lowest vitamin A intakes, often below the standard of 2500-3500 IU. It is interesting to note, therefore, that the between-meal contribution to vitamin A intake was greater for this ethnic group, ranging as high as 54 percent of the total intake for the 15- to 16-year-old males and 35 percent for the 12- to 14-year-old females in the low-income-ratio states. Spanish-Americans also received a substantial amount of vitamin C from between-meal foods and beverages, ranging from 25 to 35 percent for males and from 20 to 44 percent for females.

Further indication that the calories were not "empty" is provided by the data concerning the group of foods classified as "primarily sugar." Within the total population, these foods contributed less than 11 percent to the total caloric intake.

Protein

Between-meal foods and beverages supplied about half the percentage of protein that they supplied of calories. The percent of protein from between meal foods and beverages was similar for most pregnant and lactating females and persons 60 years of age and older. The percentage was also similar for adolescents except for Spanish-Americans in the low-income-ratio states, where the percentage was less.

Iron

Blacks tended to receive much more iron from between-meal foods than did Spanish-Americans and whites. This was particularly evident among older males and pregnant and lactating females in low-income-ratio states. Most adolescents consumed between 10 and 20 percent of their iron intake between meals, while older persons, as well as pregnant and lactating women, had somewhat less.

SCHOOL LUNCH

Twenty-four-hour dietary recalls were collected for 8,495 individuals between the ages of 10 and 16 during vacations as well as when school

was in session. All subjects were queried regarding the availability of an organized school lunch program. Since respondents did not know whether an existing lunch program was USDA supported, the term "school lunch" has been used to describe any organized food service provided at the noon period. It may reflect either hot or cold meals but does not include vending-machine or concession-type service.

The availability of school lunch programs is presented in Tables 11-14. The percentages were similar in both groups of states. However, approximately 15 percent more persons participated in school lunch programs in the low-income-ratio states than in the high-income-ratio states. At the time the survey was made, 20 to 45 percent of all the 10 to 16 year olds did not have a school lunch program available.

Dietary recalls collected during school sessions and excluding weekends were reviewed to compare nutrient intakes of persons who did and those who did not eat school lunch. In both low- and high-income-ratio states, the mean intakes for all nutrients except for thiamine in the low-income-ratio states, were greatest among persons who ate school lunch. The differences in mean nutrient intakes for those consuming school lunch were greatest for protein, calcium, and vitamin A.

Mean intakes for both those who ate and those who did not eat school lunch were higher in the high-income-ratio states.

In both the low- and high-income-ratio states, whites tended to have the highest mean intakes for most nutrients. Blacks and Spanish-Americans had fairly comparable intakes within either group of states, except for vitamin A and vitamin C intakes, which were lower in the Spanish-Americans.

Nutrient contribution of the school lunch to total intake for all ethnic groups in low-income-ratio states ranged between 30 and 50 percent. In the high-income-ratio states, the contribution was approximately 20 to 40 percent. In both groups of states, blacks received the greatest nutrient contribution from school lunch except that Spanish-Americans received the greatest contribution of vitamin A.

Table 1. *Percent Adequacy of Nutrient Intake for Households by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Households	Percent Adequacy[1] of Nutrient Intake							
		Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Vitamin C
LOW INCOME RATIO STATES									
White	668	107	161	209	117	184	163	182	269
Black	1061	86	145	141	96	205	148	167	213
Spanish American	238	102	169	128	113	104	180	158	199
HIGH INCOME RATIO STATES									
White	2373	104	166	209	113	198	146	167	301
Black	551	101	172	174	105	242	151	155	284
Spanish American	479	110	184	191	114	195	221	194	266

[1] Percent adequacy based on each Household member's age, weight and sex.

Table 2. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Males Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	50	2220	19.6	86.5	10.4	1056.5	15.5	13.1	10.5	3800	12.8	1.3	11.3	2.1	12.7	14.3	60.6	12.5
Black	111	1930	19.2	67.4	12.3	756.1	14.2	11.5	15.1	6003	13.6	1.3	12.4	1.7	11.9	12.6	61.6	19.7
Spanish American	72	2306	17.8	83.8	9.8	635.6	17.7	15.3	14.0	3041	40.3	1.5	14.9	1.8	17.3	16.0	69.0	43.2
HIGH INCOME RATIO STATES																		
White	258	2613	19.1	103.4	11.6	1246.1	16.2	14.4	11.5	5288	10.0	1.3	11.4	2.4	13.7	19.0	80.9	14.8
Black	31	2317	16.5	89.7	9.1	1003.5	17.2	11.1	10.0	7157	4.5	1.2	9.5	2.2	8.4	18.1	90.6	16.2
Spanish American	68	2347	16.0	90.4	10.6	1108.1	16.7	14.3	8.7	3677	16.4	1.6	8.5	2.2	13.2	16.2	76.3	25.0

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 3. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Females Ten and Eleven Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	79	2032	20.1	70.3	11.9	937.1	14.0	10.6	12.6	3151	11.7	1.1	12.6	1.9	12.5	12.7	48.3	19.0
Black	211	1873	22.1	66.3	12.5	706.4	15.4	10.2	14.6	4585	9.0	1.1	12.7	1.9	11.0	12.7	55.4	21.3
Spanish American	55	2424	17.9	90.3	10.5	838.6	24.1	15.3	12.2	3363	36.5	1.6	12.9	2.0	16.4	15.6	94.2	44.4
HIGH INCOME RATIO STATES																		
White	322	2199	18.7	83.2	11.2	1112.5	17.0	11.3	10.3	4134	11.4	1.2	10.2	2.1	14.0	15.0	70.7	15.5
Black	132	2154	18.4	83.2	10.0	919.0	15.7	12.2	12.3	5033	11.0	1.3	10.4	1.9	11.7	15.0	69.4	18.6
Spanish American	110	2096	18.2	82.0	12.3	996.2	20.1	13.0	12.9	4588	19.3	1.6	11.6	2.2	15.4	16.4	65.6	30.4

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 4. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Males Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	113	2751	21.1	95.8	13.2	1109.8	18.7	14.9	12.9	4228	18.1	1.6	12.3	2.2	15.7	17.4	79.7	20.6
Black	258	2234	23.9	80.8	14.6	848.8	20.6	12.7	16.3	6632	17.1	1.3	15.6	2.0	15.2	16.1	69.9	25.6
Spanish American	85	2732	12.6	99.8	7.0	808.4	16.6	17.4	7.7	3124	21.1	1.8	8.6	2.1	10.1	18.6	93.3	40.2
HIGH INCOME RATIO STATES																		
White	445	3044	20.3	118.1	12.1	1472.3	19.5	15.8	12.1	5161	13.1	1.6	12.1	2.8	16.0	22.1	83.6	18.7
Black	110	2806	23.3	105.0	14.0	1116.2	19.8	14.7	15.3	5157	9.9	1.5	13.6	2.4	15.6	19.1	62.4	18.2
Spanish American	125	2751	20.5	99.6	13.9	1148.1	20.9	15.2	13.4	3854	14.9	2.0	12.0	2.5	15.7	17.3	80.2	26.3

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 5. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Females Twelve through Fourteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	127	2193	21.3	77.0	13.1	976.8	18.3	11.8	13.3	4246	15.6	1.1	13.5	2.1	13.9	14.0	72.6	26.1
Black	363	1878	25.2	67.2	14.7	667.9	18.8	10.2	17.4	4137	16.9	1.1	15.9	1.7	14.9	13.3	54.2	23.7
Spanish American	106	2185	16.4	77.4	9.2	683.5	20.1	13.5	11.5	2788	35.4	1.4	12.7	1.7	13.9	14.7	87.0	38.1
HIGH INCOME RATIO STATES																		
White	413	2264	19.3	87.4	10.3	1072.3	16.1	11.8	11.4	4268	10.7	1.2	11.6	2.0	14.0	16.1	77.2	21.2
Black	157	2508	24.6	93.9	14.2	903.2	22.8	13.4	14.7	4118	10.9	1.3	15.2	1.9	17.7	17.3	68.6	25.7
Spanish American	113	2268	20.1	83.4	13.3	1005.6	21.6	11.8	12.9	3840	17.2	1.4	13.5	2.1	16.9	15.0	76.3	21.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 6. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Males Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	49	3009	21.1	113.3	13.8	1421.6	22.2	15.6	12.6	5067	12.9	1.6	14.8	3.1	15.3	18.5	85.1	23.2
Black	122	2660	27.2	95.1	16.3	917.0	23.2	15.3	17.8	4764	23.2	1.5	15.0	2.5	16.7	18.6	70.5	28.4
Spanish American	18	2537	15.1	90.4	8.1	836.1	19.0	16.0	14.5	4804	54.5	1.7	13.0	2.2	14.0	17.5	98.5	50.5
HIGH INCOME RATIO STATES																		
White	133	3517	21.3	132.6	12.3	1646.1	20.0	17.7	11.9	5500	13.9	1.9	12.9	3.0	17.1	24.0	100.0	18.0
Black	61	3107	25.1	115.9	15.9	1269.1	20.2	16.3	20.3	5246	17.6	1.5	17.4	2.6	27.7	22.3	91.1	18.0
Spanish American	38	2892	25.3	106.4	18.5	1288.9	28.0	14.8	18.3	4160	23.2	1.8	18.4	2.5	24.2	16.4	96.7	26.9

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Females Fifteen and Sixteen Years of Age by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	57	2034	24.9	72.5	17.8	885.5	30.1	9.5	15.7	2699	22.9	1.0	14.2	1.7	18.3	13.2	46.2	21.7
Black	144	1869	27.2	67.4	16.7	678.7	22.9	9.9	18.9	4540	12.7	1.0	17.8	1.8	15.6	13.1	65.0	24.2
Spanish American	25	2062	16.1	77.2	9.9	453.2	24.5	13.4	7.6	2757	20.0	1.6	6.1	1.9	11.2	17.5	72.7	19.5
HIGH INCOME RATIO STATES																		
White	134	2265	23.6	87.4	13.1	1026.4	20.0	12.3	15.0	4537	16.4	1.1	13.7	2.1	16.4	16.8	76.8	17.3
Black	65	2633	23.4	102.5	16.1	863.3	19.7	14.4	18.4	4765	10.7	1.5	17.5	1.9	17.0	21.0	77.4	30.1
Spanish American	45	2185	22.7	83.0	14.0	883.3	26.6	11.7	14.1	4294	15.7	1.3	14.2	1.9	18.6	15.3	77.9	21.7

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 8. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Pregnant/Lactating Females by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	10	1690	16.6	76.6	9.5	712.8	27.7	11.0	8.7	3982	26.3	1.0	12.4	1.6	18.6	13.3	77.4	26.6
Black	44	1724	21.0	63.4	11.4	655.2	19.8	10.4	15.9	6177	20.4	1.1	13.1	1.7	13.2	13.9	83.0	31.2
Spanish American	9	2472	11.1	115.4	4.0	623.6	15.5	17.7	8.7	7499	55.1	1.3	10.8	2.0	7.4	25.5	131.6	29.4
HIGH INCOME RATIO STATES																		
White	153	2255	20.0	92.3	11.3	1110.3	18.2	12.7	13.0	5224	15.5	1.2	11.6	2.1	15.3	18.1	91.5	20.0
Black	83	2174	21.8	83.9	13.0	821.1	22.7	12.4	12.9	8168	7.3	1.2	14.6	1.8	16.9	16.3	123.5	24.9
Spanish American	34	2265	18.0	88.3	10.6	967.7	22.2	13.0	11.5	4330	21.9	1.7	9.9	2.0	14.5	15.9	120.9	36.9

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 9. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Males Sixty Years of Age ond Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	88	2119	13.6	84.3	8.7	946.8	18.0	12.6	6.6	4979	12.0	1.3	7.1	2.1	12.6	18.6	63.6	9.7
Black	62	1745	17.2	72.8	11.0	621.4	20.5	12.4	12.7	5620	13.4	1.2	12.7	1.9	14.1	16.1	69.5	31.0
Spanish American	19	1817	9.9	82.5	4.8	573.1	18.3	14.3	6.1	4419	9.3	1.3	6.2	1.8	9.9	25.6	58.2	28.2
HIGH INCOME RATIO STATES																		
White	246	2326	15.5	92.2	9.1	847.1	22.5	14.4	8.0	5910	8.1	1.2	9.4	1.8	15.8	22.7	73.7	14.3
Black	18	2109	18.4	86.2	10.1	669.6	32.0	12.2	9.3	5419	8.6	1.6	9.0	1.6	21.8	18.1	70.8	23.6
Spanish American	10	2039	12.1	83.4	6.5	872.2	15.3	13.6	4.4	3224	6.5	1.5	6.7	1.9	11.6	13.5	51.9	15.1

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 10. *Mean Nutrient Intake and Percent Supplied by Between-meal Foods and Beverages for Females Sixty Years of Age and Over by Ethnic Group for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Ethnic Group	Number of Persons	Nutrients																
		Calories		Protein (gm)		Calcium (mg)		Iron (mg)		Vitamin A (I.U.)		Thiamine (mg)		Riboflavin (mg)		Preformed Niacin (mg)	Vitamin C (mg)	
		Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Percent	Mean Intake	Mean Intake	Percent
LOW INCOME RATIO STATES																		
White	102	1499	15.3	58.0	10.5	660.3	20.8	9.6	10.9	4234	20.0	0.9	11.3	1.4	16.4	13.4	69.7	22.2
Black	143	1246	18.2	51.4	10.0	513.3	20.5	8.0	11.6	5444	12.3	0.7	14.3	1.4	12.4	13.1	65.4	31.8
Spanish American	27	1694	20.6	65.5	18.2	731.9	37.2	10.5	13.4	3949	35.8	1.1	18.4	1.5	28.5	18.5	92.3	43.5
HIGH INCOME RATIO STATES																		
White	369	1590	15.2	67.1	9.1	628.6	20.8	11.0	9.3	6080	9.5	0.9	9.9	1.5	13.6	17.2	78.1	16.0
Black	40	1449	13.9	59.3	9.1	537.5	23.1	9.0	5.9	5744	5.9	0.9	8.0	1.1	14.7	11.9	66.6	22.5
Spanish American	21	1360	17.9	53.9	10.0	482.7	21.5	8.5	10.9	2879	11.2	0.8	13.0	1.1	16.1	10.1	48.7	31.7

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11. *School Lunch Participation for Persons Ten through Sixteen Years of Age Attending School in Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age Group	Low Income Ratio States					High Income Ratio States				
	Number Interviewed	School Lunch Available		Participating in School Lunch		Number Interviewed	School Lunch Available		Participating in School Lunch	
		Number	Percent	Number	Percent		Number	Percent	Number	Percent
TOTAL	4037	2935	73	2279	78	4458	3001	67	1880	63
10-11	1301	895	69	723	81	1612	935	58	602	64
12-14	1811	1481	82	1134	77	1922	1546	80	971	63
15-16	925	559	60	422	75	924	520	56	307	59

Table 12. *Percent of Daily Nutrient Intake Contribution by School Lunch Programs and Comparison of Mean Nutrient Intake of Persons Ten through Sixteen Years of Age Participating in School Lunch Programs with Those Not Participating for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

	Nutrients								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
LOW INCOME RATIO STATES									
Non-School Lunch									
Number of Persons 519									
Mean Intake	1926	65.69	603	11.11	3496	1.21	1.59	13.15	57.46
School Lunch									
Number of Persons 1093									
Mean Intake	2011	76.10	903	11.24	5232	1.18	1.99	13.88	58.71
School Lunch Mean Contribution	699	28.35	420	3.73	1993	0.37	0.83	4.63	20.51
Percent Contributed by School Lunch	34.75	37.25	46.51	33.18	38.09	31.35	41.70	33.35	34.93
HIGH INCOME RATIO STATES									
Non-School Lunch									
Number of Persons 1339									
Mean Intake	2371	88.85	989	12.88	4429	1.37	2.02	16.47	71.94
School Lunch									
Number of Persons 1155									
Mean Intake	2601	102.88	1285	13.91	5868	1.42	2.51	18.91	80.97
School Lunch Mean Contribution	676	28.61	418	3.23	1348	0.31	0.72	4.39	17.16
Percent Contributed by School Lunch	25.99	27.80	32.52	23.22	22.97	21.83	28.68	23.21	21.19

NOTE: Records reflect nutrient intake of one day prior to interview excluding weekends and non-school session.

Table 13. *Percent of Specified Nutrient Intakes Contributed by School Lunch for Persons Ten through Sixteen Years of Age by Ethnic Group in Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

	Nutrients								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
White									
Number of Persons 214									
Mean Intake	2187	80.82	1074	11.73	3796	1.21	2.10	13.59	53.59
School Lunch Contribution	687	27.30	429	3.56	1375	0.34	0.78	4.16	16.14
Percent Contributed by School Lunch	31.41	33.76	39.94	30.35	36.22	28.14	37.20	30.62	30.12
Black									
Number of Persons 837									
Mean Intake	1956	74.37	855	11.10	5734	1.18	1.92	13.87	59.98
School Lunch Contribution	706	28.70	420	3.80	2190	0.39	0.85	4.76	21.81
Percent Contributed by School Lunch	36.09	38.59	49.13	34.24	38.19	33.12	44.26	34.33	36.36
Spanish American									
Number of Persons 20									
Mean Intake	1952	74.56	798	10.98	2522	1.07	1.62	12.96	44.53
School Lunch Contribution	472	19.37	261	2.73	1166	0.26	0.49	3.24	19.00
Percent Contributed by School Lunch	24.18	25.98	32.70	24.86	46.24	24.20	30.18	25.00	42.67

NOTE: Records reflect nutrient intake of one day prior to interview excluding weekends and non-school session.

Table 14. *Percent of Specified Nutrient Intakes Contributed by School Lunch for Persons Ten through Sixteen Years of Age by Ethnic Group in High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

	Nutrients								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
White									
Number of Persons 627									
Mean Intake	2697	107.35	1402	14.02	5216	1.43	2.63	20.17	90.35
School Lunch Contribution	622	26.85	407	2.91	1232	0.29	0.70	4.10	14.33
Percent Contributed by School Lunch	23.06	25.01	29.26	20.76	23.62	20.32	26.62	20.33	15.86
Black									
Number of Persons 284									
Mean Intake	2562	99.46	1177	13.76	7227	1.35	2.37	17.72	70.01
School Lunch Contribution	805	32.91	476	3.74	1527	0.36	0.81	4.97	16.49
Percent Contributed by School Lunch	31.42	33.09	40.43	27.18	21.13	26.70	34.24	28.05	23.55
Spanish American									
Number of Persons 195									
Mean Intake	2360	93.10	1142	13.20	4492	1.54	2.41	16.34	58.84
School Lunch Contribution	671	28.18	387	3.47	1438	0.33	0.69	4.47	13.44
Percent Contributed by School Lunch	28.43	30.27	33.89	26.29	32.01	21.48	28.66	27.35	22.84

NOTE: Records reflect nutrient intake of one day prior to interview excluding weekends and non-school session.

APPENDIX

6. Miscellaneous

Table 1 Appendix. *Percentage Distribution of Frequency of Milk Intake by Household Members for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Milk (As a beverage or used on cereals)	Number of Households	Frequency of Intake: Two or More Times a Day	One Time a Day	Two-Six Times a Week	Occasionally	Never
Fresh Whole Milk						
Low Income Ratio States	2284	44.75	23.73	13.53	7.44	10.55
High Income Ratio States	4012	60.79	16.18	7.30	4.26	11.46
Fresh Skim or Buttermilk						
Low Income Ratio States	2134	6.79	8.52	10.50	15.98	58.20
High Income Ratio States	4014	6.00	4.66	4.41	10.44	74.49
Evaporated Milk						
Low Income Ratio States	2145	10.44	18.41	14.87	12.77	43.50
High Income Ratio States	4013	4.24	5.90	5.58	12.68	71.59
Dry Skim Milk						
Low Income Ratio States	2063	4.17	5.67	4.60	6.30	79.25
High Income Ratio States	4014	5.16	3.37	3.64	6.86	80.99

NOTE: Household data presented in this table are based on the usual frequency with which the item is served in the household and not on a twenty-four hour recall.

Table 2 Appendix. *Percentage Distribution of Frequency of Meat and Dry Bean Intake by Household Members for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Group	Number of Households	Frequency of Intake: One or More Times a Day	Five-Six Times Weekly	One-Four Times Weekly	Occasionally	Never
Poultry						
Low Income Ratio States	2320	3.32	1.25	75.99	17.33	2.11
High Income Ratio States	4014	1.69	0.55	63.45	31.44	2.86
Fish						
Low Income Ratio States	2289	1.44	0.44	43.38	40.02	14.72
High Income Ratio States	4014	1.57	1.10	54.38	34.38	8.57
Mixed Meat						
Low Income Ratio States	2245	5.21	0.89	49.98	27.30	16.61
High Income Ratio States	4007	2.54	1.00	51.93	30.65	13.88
Meat						
Low Income Ratio States	2279	36.55	7.59	40.24	9.48	6.14
High Income Ratio States	4009	44.38	24.00	26.62	2.89	2.12
Dried Beans, Peas, Nuts Peanut Butter						
Low Income Ratio States	2296	22.82	5.84	50.13	15.42	5.79
High Income Ratio States	4003	22.58	7.84	38.65	21.26	9.67

NOTE: Household data presented in this table are based on the usual frequency with which the item is served in the household and not on a twenty-four hour recall.

Table 3 Appendix. *Percentage Distribution of Frequency of Egg Intake by Household Members for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Group	Number of Households	Frequency of Intake: One or More Times Daily	Five-Six Times Weekly	Two-Four Times Weekly	Less than Two Times Weekly	Never
Eggs						
Low Income Ratio States	2318	59.66	7.29	23.60	7.64	1.81
High Income Ratio States	4009	46.74	7.23	32.63	10.92	2.47

NOTE: Household data presented in this table are based on the usual frequency with which the item is served in the household and not on a twenty-four hour recall.

Table 4 Appendix. *Percentage Distribution of Frequency of Fruits and Vegetables Rich in Vitamin C and Fruits and Vegetables Rich in Vitamin A Intake by Household Members for Low Income Ratio States and High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Group	Number of Households	Frequency of Intake: One Or More Times Daily	Five-Six Times Weekly	One-Four Times Weekly	Occasionally	Never
Fruits and Vegetables Rich In Vitamin C						
Low Income Ratio States	2302	40.09	8.73	38.53	9.47	3.17
High Income Ratio States	4003	51.06	11.27	28.10	6.02	3.55
Fruits and Vegetables Rich In Vitamin A						
Low Income Ratio States	2297	15.24	5.18	58.25	16.24	5.09
High Income Ratio States	4001	13.12	6.85	59.43	15.42	5.42

NOTE: Household data presented in this table are based on the usual frequency with which the item is served in the household and not on a twenty-four hour recall.

Table 5 Appendix. *Percent of Persons Consuming Specified Number of Meat Servings by Age and Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	168	1.2	20.2	38.1	40.5
Black	631	5.7	16.8	30.4	47.1
Spanish Americans	64	1.6	9.4	29.7	59.4
Persons Ten through Sixteen Years of Age					
White	649	8.2	23.1	36.7	32.0
Black	1792	9.3	25.2	40.8	24.6
Spanish Americans	525	5.5	19.8	39.8	34.9
Pregnant/Lactating Females					
White	22	4.5	27.3	59.1	9.1
Black	85	9.4	22.4	47.1	21.2
Spanish Americans	18	5.6	16.7	50.0	27.8
Persons Sixty Years of Age and Over					
White	410	7.5	22.4	41.2	28.8
Black	441	6.8	21.5	39.9	31.7
Spanish Americans	93	8.6	22.6	37.6	31.2

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 6 Appendix. *Percent of Persons Consuming Specified Number of Meat Servings by Age and Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	705	2.1	15.5	34.9	47.5
Black	212	8.0	18.4	34.4	39.2
Spanish Americans	209	1.9	12.4	26.8	58.9
Persons Ten through Sixteen Years of Age					
White	2024	5.3	27.0	42.5	25.1
Black	761	12.6	31.8	38.0	17.6
Spanish Americans	624	8.6	24.5	42.8	24.0
Pregnant/Lactating Females					
White	200	3.0	24.0	47.0	26.0
Black	102	12.8	25.5	34.3	27.5
Spanish Americans	44	6.8	22.7	47.7	22.7
Persons Sixty Years of Age and Over					
White	951	4.9	25.4	45.3	24.3
Black	126	2.4	26.2	42.1	29.4
Spanish Americans	56	5.4	25.0	39.3	30.4

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 7 Appendix. *Percent of Persons Consuming Specified Number of Fish Servings by Age and Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	168	0.0	0.0	0.6	99.4
Black	631	0.0	0.0	4.4	95.6
Spanish Americans	64	0.0	0.0	0.0	100.0
Persons Ten through Sixteen Years of Age					
White	649	0.2	0.5	3.1	96.3
Black	1792	0.0	0.3	6.9	92.9
Spanish Americans	525	0.2	0.4	4.0	95.4
Pregnant/Lactating Females					
White	22	0.0	0.0	4.5	95.5
Black	85	0.0	0.0	9.4	90.6
Spanish Americans	18	0.0	0.0	0.0	100.0
Persons Sixty Years of Age and Over					
White	410	0.0	0.5	2.9	96.6
Black	441	0.0	1.1	6.6	92.3
Spanish Americans	93	1.1	0.0	0.0	98.9

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 8 Appendix. *Percent of Persons Consuming Specified Number of Fish Servings by Age and Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	705	0.0	0.1	6.2	93.6
Black	212	0.0	0.5	3.8	95.8
Spanish Americans	209	0.0	0.5	1.0	98.6
Persons Ten through Sixteen Years of Age					
White	2024	0.0	0.7	8.9	90.3
Black	761	0.0	0.1	7.6	92.2
Spanish Americans	624	0.2	0.2	8.0	91.7
Pregnant/Lactating Females					
White	200	0.0	0.0	13.0	87.0
Black	102	0.0	1.0	5.9	93.1
Spanish Americans	44	0.0	0.0	6.8	93.2
Persons Sixty Years of Age and Over					
White	951	0.0	1.2	9.8	89.1
Black	126	0.0	0.8	10.3	88.9
Spanish Americans	56	0.0	0.0	5.4	94.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 9 Appendix. *Percent of Persons Consuming Specified Number of Poultry Servings by Age and Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	168	0.0	0.6	11.3	88.1
Black	631	0.0	4.4	22.0	73.5
Spanish Americans	64	0.0	1.6	7.8	90.6
Persons Ten through Sixteen Years of Age					
White	649	0.4	2.2	15.1	82.4
Black	1792	1.2	7.0	31.0	60.8
Spanish Americans	525	0.2	2.5	13.5	83.8
Pregnant/Lactating Females					
White	22	0.0	9.1	13.6	77.3
Black	85	1.2	7.1	23.5	68.2
Spanish Americans	18	0.0	0.0	5.6	94.4
Persons Sixty Years of Age and Over					
White	410	0.5	2.7	8.0	88.8
Black	441	2.3	7.0	20.0	70.7
Spanish Americans	93	0.0	4.3	9.7	86.0

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 10 Appendix. *Percent of Persons Consuming Specified Number of Poultry Servings by Age and Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	702	0.0	0.4	9.2	90.4
Black	212	0.0	0.5	14.6	84.9
Spanish Americans	209	0.0	0.5	12.0	87.6
Persons Ten through Sixteen Years of Age					
White	2024	0.1	2.1	11.5	86.2
Black	761	1.4	5.4	17.7	75.4
Spanish Americans	624	0.3	2.1	18.4	79.2
Pregnant/Lactating Females					
White	200	1.0	3.0	12.5	83.5
Black	102	3.0	7.8	20.6	68.6
Spanish Americans	44	0.0	4.5	18.2	77.3
Persons Sixty Years of Age and Over					
White	951	0.3	2.2	13.9	83.6
Black	126	0.8	6.3	23.0	69.8
Spanish Americans	56	0.0	3.6	5.4	91.1

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 11 Appendix. *Percent of Persons Consuming Specified Number of Meat, Fish, and Poultry Servings by Age and Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	168	3.0	25.6	35.1	36.3
Black	631	11.4	26.9	26.6	35.0
Spanish Americans	64	4.7	12.5	25.0	57.8
Persons Ten through Sixteen Years of Age					
White	649	12.7	28.5	35.6	23.1
Black	1792	21.2	38.3	31.3	9.2
Spanish Americans	525	9.0	26.5	39.8	24.8
Pregnant/Lactating Females					
White	22	13.6	40.9	40.9	4.5
Black	85	24.7	28.2	38.8	8.2
Spanish Americans	18	5.6	22.2	44.4	27.8
Persons Sixty Years of Age and Over					
White	410	11.2	27.1	39.3	22.4
Black	441	17.0	30.4	38.1	14.5
Spanish Americans	93	11.9	28.0	36.6	23.7

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 12 Appendix. *Percent of Persons Consuming Specified Number of Meat, Fish, and Poultry Servings by Age and Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	705	3.9	20.6	35.3	40.1
Black	212	9.5	25.0	34.9	30.7
Spanish Americans	209	2.9	17.2	29.2	50.7
Persons Ten through Sixteen Years of Age					
White	2024	9.1	35.5	40.4	15.0
Black	761	21.9	40.1	30.9	7.2
Spanish Americans	624	13.1	35.1	38.6	13.1
Pregnant/Lactating Females					
White	200	10.0	32.5	42.5	15.0
Black	102	22.5	34.3	37.3	5.9
Spanish Americans	44	6.9	38.6	43.2	11.4
Persons Sixty Years of Age and Over					
White	951	9.3	34.9	44.0	11.9
Black	126	5.6	49.2	36.5	8.7
Spanish Americans	56	7.2	26.8	46.4	19.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 13 Appendix. *Percent of Persons Consuming Specified Number of Egg Servings by Age and Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	168	0.0	2.4	40.5	57.1
Black	631	0.0	2.4	39.3	58.3
Spanish Americans	64	0.0	4.7	50.0	45.3
Persons Ten through Sixteen Years of Age					
White	649	0.4	2.2	35.7	61.8
Black	1792	0.0	1.6	28.6	69.8
Spanish Americans	525	0.2	4.2	49.7	45.9
Pregnant/Lactating Females					
White	22	0.0	0.0	45.5	54.5
Black	85	0.0	1.2	42.4	56.5
Spanish Americans	18	0.0	5.6	66.7	27.8
Persons Sixty Years of Age and Over					
White	410	0.5	5.9	53.9	39.8
Black	441	0.0	1.6	39.9	58.5
Spanish Americans	93	0.0	6.5	58.1	35.5

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 14 Appendix. *Percent of Persons Consuming Specified Number of Egg Servings by Age and Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	705	0.1	2.1	29.8	67.9
Black	212	0.0	1.4	36.8	61.8
Spanish Americans	209	0.5	2.9	45.5	51.2
Persons Ten through Sixteen Years of Age					
White	2024	0.1	1.7	20.9	77.2
Black	761	0.1	1.6	23.1	75.2
Spanish Americans	624	0.4	3.0	37.5	59.1
Pregnant/Lactating Females					
White	200	0.0	4.0	31.5	64.5
Black	102	0.0	3.9	36.3	59.8
Spanish Americans	44	0.0	2.3	47.7	50.0
Persons Sixty Years of Age and Over					
White	951	0.5	3.2	36.7	59.6
Black	126	0.0	1.6	51.6	46.8
Spanish Americans	56	0.0	3.6	48.2	48.2

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 15 Appendix. *Percent of Persons Consuming Specified Number of Legume Servings by Age and Ethnic Group for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	168	1.8	10.1	26.8	61.3
Black	631	1.0	8.7	26.3	64.0
Spanish Americans	64	3.1	14.1	17.2	65.6
Persons Ten through Sixteen Years of Age					
White	649	1.2	12.8	30.7	55.3
Black	1792	0.8	6.4	33.9	58.9
Spanish Americans	525	7.8	22.1	42.7	27.4
Pregnant/Lactating Females					
White	22	0.0	4.5	27.3	68.2
Black	85	2.4	7.1	32.9	57.6
Spanish Americans	18	5.6	38.9	22.2	33.3
Persons Sixty Years of Age and Over					
White	410	0.7	5.4	21.2	72.7
Black	441	0.2	2.5	20.9	76.4
Spanish Americans	93	3.3	14.0	36.6	46.2

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 16 Appendix. *Percent of Persons Consuming Specified Number of Legume Servings by Age and Ethnic Group for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Age and Ethnic Group	Number of Persons	Frequency of Consumption (Percent)			
		Three or More Times Daily	Two Times Daily	One Time Daily	None
Persons Zero through Thirty-Six Months of Age					
White	705	0.0	2.1	20.3	77.6
Black	212	0.0	3.3	27.8	68.9
Spanish Americans	209	1.9	3.8	23.9	70.3
Persons Ten through Sixteen Years of Age					
White	2024	0.4	4.2	22.9	72.4
Black	761	0.3	3.3	21.6	74.9
Spanish Americans	624	2.0	9.8	41.0	47.3
Pregnant/Lactating Females					
White	200	0.0	1.5	21.5	77.0
Black	102	0.0	1.0	13.7	85.3
Spanish Americans	44	4.5	4.5	36.4	54.5
Persons Sixty Years of Age and Over					
White	951	0.1	1.3	12.3	86.3
Black	126	0.0	2.4	16.7	81.0
Spanish Americans	56	3.6	7.1	37.5	51.8

NOTE: Dietary data presented in this table are based on twenty-four hour recall.

Table 17 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Persons Zero through Thirty-six Months of Age for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	33.2	42.4	73.8	1.6	29.6	19.7	57.1	7.8	18.8
Meats	11.5	18.7	0.4	11.0	2.4	12.7	5.7	21.8	1.0
Poultry	0.9	2.6	0.1	0.9	0.9	0.3	1.1	4.2	0.1
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0
Eggs	4.3	7.0	2.0	5.3	11.0	2.6	4.5	0.3	0.0
Soups and Gravy	1.9	0.9	0.4	0.7	5.9	0.5	0.4	1.0	0.6
Fats	2.5	0.0	0.0	0.0	2.3	0.0	0.0	0.0	0.0
Legumes and Nuts	2.6	3.5	0.9	4.2	1.1	3.2	0.9	4.5	2.2
Cereal and Grain	17.2	12.6	14.3	61.4	1.1	47.3	21.3	38.9	0.8
Fruits, Vegetables and Juices	9.3	3.3	2.4	6.6	26.8	8.3	3.1	10.6	72.1
Foods Primarily Sugar	4.1	0.3	0.5	1.1	0.1	0.3	0.3	0.3	0.2
Desserts	9.1	3.5	2.9	2.5	3.1	2.2	2.7	2.1	0.9
Miscellaneous	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.8	0.0
Mixed Dishes – Protein	3.2	5.0	2.2	4.5	15.5	2.8	2.7	7.4	3.2
Mean Intake	1375.6	55.5	1055.3	12.2	3462.0	1.1	2.0	9.4	41.3

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 168 recalls.

Table 18 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Persons Zero through Thirty-six Months of Age for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	33.9	46.8	78.0	4.8	25.7	23.9	66.2	9.1	17.8
Meats	9.1	14.6	0.3	9.9	3.5	9.2	6.3	18.6	0.3
Poultry	0.7	2.2	0.0	0.7	0.4	0.3	0.7	3.8	0.0
Shell Fish	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.3	0.9	0.0	0.3	0.1	0.1	0.1	1.7	0.0
Eggs	2.7	4.4	1.2	3.8	6.0	1.8	3.0	0.2	0.0
Soups and Gravy	2.2	1.9	0.7	1.6	6.8	1.1	0.8	2.3	0.9
Fats	2.5	0.1	0.1	0.0	3.1	0.0	0.0	0.0	0.0
Legumes and Nuts	1.7	2.1	0.5	2.0	0.3	1.3	0.4	4.3	0.4
Cereal and Grain	16.2	12.0	11.2	55.4	0.6	44.3	12.0	35.0	1.2
Fruits, Vegetables and Juices	12.2	3.9	2.9	10.0	36.6	11.3	3.8	12.2	74.6
Foods Primarily Sugar	4.0	0.3	0.5	1.8	0.2	0.2	0.4	0.4	0.1
Desserts	8.9	3.3	2.5	2.6	1.9	1.9	2.6	1.9	0.4
Miscellaneous	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0
Mixed Dishes – Protein	5.6	7.6	2.1	7.0	14.7	4.7	3.6	10.4	4.2
Mean Intake	1317.0	54.6	1059.9	10.8	3950.0	1.0	1.8	9.2	52.7

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 705 recalls.

Table 19 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Persons Zero through Thirty-six Months of Age for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	36.7	44.2	79.6	7.8	27.2	25.8	57.7	11.3	21.6
Meats	9.9	14.9	0.4	12.7	11.5	14.4	7.1	21.8	1.3
Poultry	2.7	7.5	0.2	3.3	0.8	1.1	2.3	13.3	0.0
Shell Fish	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.1	0.0
Fish	0.3	0.7	0.1	0.2	0.0	0.1	0.1	0.8	0.0
Eggs	4.3	6.7	2.3	6.6	8.1	2.9	4.3	0.4	0.1
Soups and Gravy	1.2	0.6	0.1	0.7	2.7	0.3	0.1	0.7	0.6
Fats	2.1	0.0	0.1	0.0	2.1	0.0	0.0	0.0	0.0
Legumes and Nuts	3.4	4.4	1.2	7.4	0.9	4.3	0.9	5.8	2.4
Cereal and Grain	19.6	12.7	9.3	45.9	2.2	38.1	21.6	31.0	0.5
Fruits, Vegetables and Juices	7.1	2.8	3.5	8.6	37.7	9.4	2.7	8.5	71.5
Foods Primarily Sugar	3.9	0.2	0.3	1.5	0.0	0.3	0.1	0.4	0.1
Desserts	6.9	2.4	1.8	2.2	2.0	1.5	1.5	1.4	0.4
Miscellaneous	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.4	0.0
Mixed Dishes – Protein	1.9	2.9	0.9	2.8	4.7	1.7	1.4	4.2	1.4
Mean Intake	1064.8	44.1	825.6	7.2	3466.3	0.7	1.6	6.6	39.2

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 631 recalls.

Table 20 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Persons Zero through Thirty-six Months of Age for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	33.6	44.1	78.4	6.6	25.9	23.0	64.8	10.6	19.5
Meats	13.6	20.5	0.5	16.2	13.7	19.9	9.9	28.0	0.5
Poultry	1.2	3.3	0.1	1.4	0.6	0.4	1.1	5.9	0.0
Shell Fish	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.2	0.6	0.1	0.2	0.0	0.1	0.1	0.7	0.0
Eggs	3.2	5.4	1.8	5.2	6.8	2.2	4.1	0.3	0.0
Soups and Gravy	1.6	1.3	0.3	1.2	4.4	0.9	0.5	2.1	0.7
Fats	2.4	0.0	0.1	0.0	2.4	0.0	0.0	0.0	0.0
Legumes and Nuts	1.9	2.6	0.7	3.5	0.5	2.9	0.7	4.3	1.0
Cereal and Grain	15.1	10.9	10.0	46.7	0.9	34.6	10.1	28.2	0.4
Fruits, Vegetables and Juices	10.6	3.8	3.6	10.3	34.6	11.0	3.8	11.8	74.8
Foods Primarily Sugar	4.6	0.2	0.4	1.3	0.1	0.2	0.3	0.1	0.1
Desserts	8.3	3.0	2.0	2.9	1.6	1.8	2.0	2.0	0.3
Miscellaneous	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1
Mixed Dishes – Protein	3.5	4.3	2.0	4.3	8.4	3.2	2.4	5.7	2.4
Mean Intake	1384.5	55.9	990.2	9.5	4293.9	1.0	1.7	8.8	56.5

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 212 recalls.

Table 21 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Persons Zero through Thirty-six Months of Age for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	47.3	53.8	88.1	12.6	45.6	35.5	72.0	18.6	30.3
Meats	11.5	19.6	0.5	18.9	0.3	14.3	5.3	31.1	3.3
Poultry	1.6	3.8	0.2	2.0	0.6	0.8	1.1	9.1	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Eggs	5.6	7.7	2.5	9.8	14.6	4.3	5.6	0.5	0.0
Soups and Gravy	0.4	0.3	0.1	0.4	2.3	0.2	0.1	0.5	0.0
Fats	0.5	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0
Legumes and Nuts	3.2	2.8	1.0	6.4	0.7	5.8	0.7	2.3	0.7
Cereal and Grain	12.5	6.3	4.7	34.5	0.8	25.7	10.1	19.0	0.8
Fruits, Vegetables and Juices	8.7	2.5	1.5	8.9	21.5	10.3	2.6	13.7	61.7
Foods Primarily Sugar	3.4	0.0	0.1	1.5	0.0	0.0	0.0	0.1	0.0
Desserts	3.3	0.9	0.6	1.1	0.7	1.0	0.7	0.8	0.1
Miscellaneous	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.3	0.0
Mixed Dishes - Protein	1.8	2.2	0.6	3.8	12.1	2.0	1.6	4.1	2.9
Mean Intake	1141.0	53.6	986.5	7.1	2881.2	0.7	1.8	6.6	43.3

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 64 recalls.

Table 22 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Persons Zero through Thirty-six Months of Age for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	45.6	54.8	84.6	7.8	31.5	32.6	72.2	15.0	23.8
Meats	6.2	10.7	0.3	9.9	5.8	6.4	3.9	16.9	0.2
Poultry	1.1	3.2	0.1	1.3	0.6	0.3	0.8	8.0	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0
Eggs	5.0	8.1	1.9	10.0	10.2	3.6	5.0	0.5	0.0
Soups and Gravy	2.0	2.3	0.5	2.8	10.1	1.4	0.8	4.1	0.4
Fats	1.8	0.0	0.0	0.0	1.1	0.0	0.0	0.0	0.0
Legumes and Nuts	3.2	3.1	0.9	6.3	0.2	4.2	0.7	2.6	0.3
Cereal and Grain	12.8	7.5	7.0	42.4	0.3	35.8	9.9	29.2	0.3
Fruits, Vegetables and Juices	10.2	3.0	2.0	9.4	24.0	10.5	2.7	12.6	71.6
Foods Primarily Sugar	2.4	0.0	0.1	1.1	0.1	0.0	0.1	0.2	0.0
Desserts	5.1	1.8	1.3	2.0	0.8	1.2	1.4	1.1	0.3
Miscellaneous	0.3	0.1	0.1	0.5	0.0	0.1	0.1	0.5	0.0
Mixed Dishes - Protein	4.3	5.0	1.5	6.4	15.2	3.8	2.4	8.6	3.0
Mean Intake	1166.3	49.7	1059.5	7.2	3970.3	0.9	1.8	6.6	50.1

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 209 recalls.

Table 23 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Persons Ten through Sixteen Years of Age for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	15.0	22.1	58.8	1.2	19.0	11.4	40.3	3.4	7.5
Meats	13.8	25.1	1.0	21.5	3.0	19.8	11.0	28.2	0.8
Poultry	1.6	5.2	0.3	2.3	1.1	0.8	2.3	8.3	0.0
Shell Fish	0.1	0.3	0.1	0.3	0.0	0.0	0.0	0.2	0.0
Fish	0.4	1.1	0.2	0.4	0.1	0.2	0.2	1.1	0.0
Eggs	2.8	5.0	2.0	5.7	10.7	2.3	4.5	0.2	0.0
Soups and Gravy	2.4	1.4	1.5	1.2	7.1	0.9	1.2	1.0	0.9
Fats	2.7	0.1	0.2	0.1	4.9	0.0	0.0	0.0	0.0
Legumes and Nuts	4.9	7.4	3.1	13.2	0.9	9.9	2.2	6.8	1.8
Cereal and Grain	21.9	16.8	16.8	26.8	3.5	33.1	23.1	23.9	2.6
Fruits, Vegetables and Juices	10.9	5.3	5.2	13.8	37.0	14.3	5.9	16.5	79.9
Foods Primarily Sugar	8.3	0.7	1.4	3.1	0.4	0.9	0.9	1.2	0.3
Desserts	11.7	4.8	6.7	4.9	5.9	3.5	5.3	2.3	1.6
Miscellaneous	0.3	0.1	0.3	0.5	0.3	0.1	0.6	1.7	0.7
Mixed Dishes – Protein	3.0	4.5	2.4	5.0	6.2	2.7	2.4	5.3	3.9
Mean Intake	2232.4	80.8	995.3	12.1	3816.9	1.3	2.0	14.4	62.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 649 recalls.

Table 24 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Persons Ten through Sixteen Years of Age for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	17.6	25.2	67.8	1.4	21.3	15.2	48.8	3.5	8.2
Meats	16.8	28.8	1.1	27.9	7.3	20.4	15.3	31.8	0.7
Poultry	1.5	4.8	0.1	2.0	1.9	0.7	1.9	6.8	0.0
Shell Fish	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0
Fish	0.6	1.6	0.1	0.6	0.1	0.3	0.3	2.1	0.0
Eggs	1.4	2.5	1.0	3.0	5.2	1.3	2.3	0.1	0.0
Soups and Gravy	1.7	1.2	0.6	1.6	6.1	1.0	0.6	1.3	1.2
Fats	3.4	0.1	0.2	0.1	5.7	0.0	0.0	0.0	0.0
Legumes and Nuts	2.2	2.7	1.0	3.7	0.2	2.2	0.7	4.9	0.3
Cereal and Grain	17.0	12.5	9.9	24.4	1.4	31.5	12.6	20.4	1.1
Fruits, Vegetables and Juices	10.8	4.6	4.5	13.2	33.0	15.6	5.2	13.3	78.7
Foods Primarily Sugar	7.4	0.7	1.6	3.5	0.3	0.7	1.0	0.7	0.2
Desserts	12.6	4.9	6.9	5.3	5.3	3.9	5.7	2.2	1.0
Miscellaneous	0.3	0.1	0.2	0.6	0.1	0.2	0.2	0.8	0.1
Mixed Dishes – Protein	6.9	10.3	4.9	12.7	12.1	6.9	5.2	12.0	8.4
Mean Intake	2498.7	97.3	1190.9	13.3	4572.4	1.3	2.3	18.4	76.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 2024 recalls.

Table 25 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Persons Ten through Sixteen Years of Age for Low Income Ratio States—Ten State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Iron (mg)	Thiamine (mg)	Vitamin A (I.U.)	Calcium (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	11.3	16.1	52.5	0.6	9.3	8.2	29.1	2.3	5.2
Meats	17.4	27.6	1.5	23.6	10.7	28.9	14.2	29.1	2.3
Poultry	3.8	12.1	0.7	5.6	1.6	1.7	5.1	18.1	0.0
Shell Fish	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0
Fish	0.7	1.8	0.2	0.6	0.1	0.4	0.2	1.7	0.1
Eggs	2.4	4.1	2.4	4.3	5.5	1.8	3.7	0.2	0.0
Soups and Gravy	1.5	0.6	0.2	0.7	2.4	0.3	0.2	0.5	0.5
Fats	1.8	0.1	0.1	0.1	1.9	0.0	0.0	0.0	0.0
Legumes and Nuts	4.3	6.3	3.3	11.8	0.9	7.1	1.8	4.7	2.2
Cereal and Grain	24.4	16.6	17.7	27.0	3.3	33.0	32.2	24.4	1.3
Fruits, Vegetables and Juices	8.4	4.3	10.0	12.5	55.8	11.6	5.8	10.0	83.2
Foods Primarily Sugar	7.8	0.7	1.6	2.7	0.1	1.2	0.8	1.1	0.1
Desserts	12.7	4.7	6.5	5.1	4.8	3.2	4.2	2.3	1.2
Miscellaneous	0.3	0.1	0.3	0.4	0.1	0.1	0.3	0.6	0.3
Mixed Dishes – Protein	3.2	4.8	3.0	4.7	3.4	2.5	2.4	5.0	3.4
Mean Intake	1863.4	69.5	710.0	10.7	4935.1	1.1	1.8	13.5	57.4

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 1792 recalls.

Table 26 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Persons Ten through Sixteen Years of Age for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	12.9	17.9	58.8	1.1	14.8	9.9	38.2	2.5	6.5
Meats	20.6	34.0	1.6	31.9	11.3	33.3	22.2	38.0	1.1
Poultry	2.3	7.5	0.2	3.0	1.1	0.9	3.3	10.7	0.0
Shell Fish	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.0
Fish	0.5	1.3	0.2	0.5	0.1	0.2	0.2	1.7	0.0
Eggs	1.8	3.1	1.8	3.5	6.0	1.5	3.4	0.1	0.0
Soups and Gravy	1.1	0.6	0.2	0.6	2.6	0.3	0.2	0.5	0.4
Fats	2.6	0.1	0.1	0.1	3.5	0.0	0.0	0.0	0.0
Legumes and Nuts	2.5	3.4	1.9	6.2	0.3	3.5	1.1	3.7	0.7
Cereal and Grain	17.0	12.2	12.5	21.1	1.9	26.7	13.0	16.7	0.7
Fruits, Vegetables and Juices	10.4	4.4	6.8	12.2	43.3	13.4	5.7	12.0	82.4
Foods Primarily Sugar	8.5	0.9	2.2	3.6	0.4	1.0	1.4	1.1	0.2
Desserts	13.3	5.1	7.9	4.9	5.9	3.4	5.6	2.2	1.0
Miscellaneous	0.2	0.1	0.2	0.4	0.2	0.3	0.2	0.3	0.1
Mixed Dishes – Protein	6.4	9.3	5.5	10.7	8.8	5.5	5.4	10.2	6.9
Mean Intake	2426.3	92.9	941.4	13.2	4648.1	1.3	2.0	17.4	65.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 761 recalls.

Table 27 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Persons Ten through Sixteen Years of Age for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	8.4	12.2	50.5	0.4	15.2	5.4	25.7	1.8	3.5
Meats	15.9	33.8	1.9	24.9	1.4	13.1	14.4	35.2	9.4
Poultry	1.4	4.3	0.3	1.7	1.3	0.5	1.9	6.4	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.3	0.9	0.2	0.3	0.2	0.1	0.2	1.3	0.0
Eggs	4.2	7.4	5.5	6.9	20.8	2.9	7.8	0.3	0.1
Soups and Gravy	0.4	0.4	0.1	0.3	3.9	0.1	0.2	0.4	0.0
Fats	0.8	0.0	0.1	0.0	1.6	0.0	0.0	0.0	0.0
Legumes and Nuts	13.1	15.3	11.6	24.3	0.4	23.4	5.3	7.9	0.3
Cereal and Grain	31.0	16.6	14.9	24.4	1.2	38.9	33.1	24.8	0.6
Fruits, Vegetables and Juices	9.1	4.2	6.9	11.3	45.9	12.1	6.3	12.9	83.1
Foods Primarily Sugar	6.4	0.4	0.9	0.7	0.1	0.5	0.5	0.7	0.0
Desserts	7.5	3.0	5.8	2.8	4.3	2.2	3.6	1.7	0.5
Miscellaneous	0.2	0.1	0.3	0.4	0.0	0.2	0.3	5.0	0.1
Mixed Dishes – Protein	1.2	1.3	0.8	1.5	3.7	0.6	0.7	1.6	2.4
Mean Intake	2219.4	81.7	655.2	14.4	2760.8	1.5	1.8	15.4	74.7

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 525 recalls.

Table 28 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Persons Ten through Sixteen Years of Age for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	16.5	23.6	66.9	1.1	21.9	9.9	42.4	3.5	7.5
Meats	13.4	25.7	1.1	22.1	6.5	12.6	11.2	29.0	0.3
Poultry	1.8	5.5	0.2	2.4	2.3	0.5	2.7	8.1	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.4	1.5	0.1	0.6	0.1	0.2	0.3	2.5	0.0
Eggs	2.9	5.0	2.2	5.6	11.4	1.9	4.5	0.2	0.0
Soups and Gravy	0.8	0.7	0.2	0.8	3.8	0.4	0.3	0.9	0.3
Fats	3.5	0.1	0.1	0.1	3.8	0.0	0.0	0.0	0.0
Legumes and Nuts	7.5	8.8	4.2	16.1	0.2	9.9	2.5	6.1	0.6
Cereal and Grain	23.5	15.3	11.8	27.2	0.8	48.2	24.7	26.1	0.6
Fruits, Vegetables and Juices	10.4	4.1	4.2	10.9	36.4	10.7	4.4	12.6	84.2
Foods Primarily Sugar	6.6	0.6	1.1	2.3	0.6	0.4	0.8	0.9	0.1
Desserts	8.0	3.0	3.9	3.0	3.1	1.6	2.9	1.4	0.6
Miscellaneous	0.4	0.2	0.2	1.0	0.4	0.4	0.3	1.4	0.0
Mixed Dishes – Protein	4.2	5.9	3.6	6.9	8.8	3.3	3.2	7.3	5.9
Mean Intake	2311.2	86.9	1019.7	13.2	3825.8	1.7	2.2	15.6	71.9

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 624 recalls.

Table 29 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Pregnant/Lactating Females for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	14.2	18.0	65.3	0.7	15.7	10.3	39.7	2.5	4.4
Meats	27.7	46.7	2.3	43.4	1.1	39.5	21.6	49.4	12.5
Poultry	2.9	5.4	0.3	2.2	1.2	0.8	2.3	5.9	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.3	0.5	0.0	0.2	0.3	0.1	0.1	0.8	0.0
Eggs	4.4	5.8	3.5	6.9	15.2	3.0	6.6	0.3	0.0
Soups and Gravy	2.4	1.5	1.3	1.2	14.6	0.9	1.2	1.2	0.0
Fats	1.7	0.0	0.1	0.1	1.9	0.0	0.0	0.0	0.0
Legumes and Nuts	3.3	2.9	1.9	6.9	2.5	5.8	1.4	2.3	2.4
Cereal and Grain	16.8	9.3	10.1	16.2	1.0	21.4	13.6	13.7	0.6
Fruits, Vegetables and Juices	10.2	3.7	5.3	11.9	37.9	14.5	6.5	10.7	77.5
Foods Primarily Sugar	3.8	0.0	0.1	0.5	0.0	0.1	0.0	0.0	0.0
Desserts	8.4	2.6	5.8	2.3	4.1	1.4	3.6	0.7	0.2
Miscellaneous	0.4	0.0	0.8	2.4	0.1	0.0	0.9	8.8	0.1
Mixed Dishes – Protein	3.5	3.5	3.2	5.1	4.5	2.2	2.4	3.6	2.3
Mean Intake	1591.0	76.8	685.9	10.7	2954.0	1.1	1.5	13.5	74.7

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 22 recalls.

Table 30 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Pregnant/Lactating Females for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	16.9	25.4	68.9	2.6	17.2	15.0	50.1	2.9	5.7
Meats	20.6	31.0	1.2	29.4	0.5	29.7	13.8	31.0	0.0
Poultry	2.2	6.2	0.2	2.6	1.8	0.9	2.7	8.2	0.0
Shell Fish	0.3	0.8	0.2	0.5	0.0	0.1	0.1	0.4	0.0
Fish	0.5	1.7	0.3	0.6	0.4	0.2	0.2	1.9	0.0
Eggs	2.3	3.7	1.6	4.7	6.7	2.1	3.8	0.2	0.0
Soups and Gravy	2.6	1.8	1.8	2.3	5.5	1.6	1.5	1.5	1.0
Fats	3.8	0.1	0.2	0.1	4.9	0.0	0.0	0.0	0.0
Legumes and Nuts	1.9	2.2	1.0	3.6	0.2	1.7	0.6	3.4	0.3
Cereal and Grain	14.7	10.4	8.4	19.2	1.0	22.4	9.8	13.5	0.8
Fruits, Vegetables and Juices	11.5	4.8	6.1	16.5	50.0	18.3	7.3	11.5	87.9
Foods Primarily Sugar	6.7	0.6	1.1	2.4	0.3	0.6	0.8	0.7	0.1
Desserts	10.0	3.8	5.2	4.5	5.5	3.2	4.6	1.6	0.6
Miscellaneous	1.1	0.1	0.7	2.8	0.1	0.1	0.9	15.3	0.0
Mixed Dishes – Protein	4.9	7.2	3.2	8.3	5.9	4.2	3.8	7.9	3.4
Mean Intake	2127.5	89.3	10.56	12.1	4814.0	1.2	2.0	17.8	86.2

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 200 recalls.

Table 31 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Pregnant/Lactating Females for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	9.8	13.0	50.9	0.6	7.1	5.6	23.3	1.6	3.0
Meats	23.8	32.5	1.9	28.8	16.4	41.5	25.1	33.9	1.6
Poultry	3.8	12.0	0.8	5.1	1.9	1.4	5.2	17.2	0.1
Shell Fish	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
Fish	1.2	3.0	0.1	0.6	0.0	0.2	0.2	2.1	0.0
Eggs	4.0	6.6	4.8	6.3	7.8	2.4	6.1	0.2	0.0
Soups and Gravy	0.8	0.2	0.1	0.4	1.2	0.1	0.1	0.2	0.5
Fats	2.2	0.1	0.1	0.0	1.4	0.0	0.0	0.0	0.0
Legumes and Nuts	5.1	7.3	4.2	13.2	0.9	6.5	2.2	5.0	1.8
Cereal and Grain	23.4	15.3	18.0	23.3	3.3	26.3	2.6	18.7	0.9
Fruits, Vegetables and Juices	10.5	5.0	14.0	15.4	57.7	13.8	7.7	9.6	90.9
Foods Primarily Sugar	9.2	0.1	0.4	0.9	0.0	0.3	0.2	0.2	0.0
Desserts	4.1	1.5	2.5	1.7	1.1	0.9	1.6	0.6	0.4
Miscellaneous	0.3	0.3	0.5	1.3	0.0	0.0	0.6	7.7	0.0
Mixed Dishes – Protein	1.7	2.9	1.6	2.3	1.1	0.8	1.2	2.9	0.7
Mean Intake	1506.5	60.0	508.1	9.9	4713.2	1.1	1.5	13.3	67.5

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 85 recalls.

Table 32 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Pregnant/Lactating Females for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	11.2	15.9	51.2	1.1	6.7	8.2	31.4	2.0	2.5
Meats	20.6	33.2	1.6	31.0	16.8	28.5	21.5	35.2	0.7
Poultry	4.0	13.1	0.4	5.4	1.0	1.8	5.1	17.4	0.0
Shell Fish	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.8	2.6	0.2	0.9	0.0	0.6	0.3	1.9	0.1
Eggs	3.4	5.7	3.3	6.4	5.8	2.9	6.2	0.2	0.0
Soups and Gravy	0.9	0.4	0.1	0.4	1.2	0.2	0.1	0.3	0.0
Fats	3.7	0.1	0.2	0.1	2.5	0.0	0.0	0.0	0.0
Legumes and Nuts	0.8	1.2	0.5	2.3	0.3	1.6	0.6	1.5	1.0
Cereal and Grain	16.8	12.4	13.4	20.9	1.4	25.1	13.1	16.3	0.7
Fruits, Vegetables and Juices	13.9	7.1	15.1	22.0	59.2	25.0	12.1	16.3	92.9
Foods Primarily Sugar	11.0	0.2	0.9	2.1	0.0	0.5	0.5	0.1	0.1
Desserts	9.2	4.1	7.6	3.1	2.3	2.9	5.5	1.6	0.5
Miscellaneous	0.8	0.1	0.3	0.7	0.0	0.0	0.9	3.4	0.0
Mixed Dishes – Protein	2.7	3.6	5.3	3.7	2.7	2.8	2.8	3.7	1.5
Mean Intake	2023.9	79.1	795.6	11.5	7610.9	1.1	1.7	15.0	116.5

NOTE: Dietary data presented in this table are based on twenty-four hour recall. and include 102 recalls.

Table 33 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Pregnant/Lactating Females for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	5.9	7.7	43.3	0.3	6.6	2.8	15.3	0.8	1.9
Meats	29.8	51.2	4.0	38.2	1.1	24.7	22.6	46.2	9.1
Poultry	0.7	2.1	0.1	0.7	0.2	0.2	1.1	2.8	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Eggs	5.1	8.1	7.4	8.0	15.0	2.8	8.2	0.3	0.0
Soups and Gravy	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fats	1.2	0.1	0.2	0.0	1.9	0.0	0.1	0.0	0.0
Legumes and Nuts	9.4	9.2	9.4	15.8	0.7	12.1	3.1	3.7	0.8
Cereal and Grain	26.4	12.9	23.6	21.2	0.6	45.1	39.3	16.7	0.3
Fruits, Vegetables and Juices	10.5	4.3	7.9	10.6	72.8	10.2	6.7	14.0	86.5
Foods Primarily Sugar	6.7	0.6	1.6	1.0	0.0	0.9	0.5	1.0	0.0
Desserts	1.7	0.5	1.0	0.8	0.4	0.6	0.7	0.5	0.9
Miscellaneous	0.3	0.0	0.5	0.8	0.0	0.0	1.1	11.3	0.0
Mixed Dishes – Protein	1.7	3.1	1.1	2.6	0.6	0.7	1.3	2.6	0.4
Mean Intake	2069.7	86.2	507.8	14.7	4469.7	1.8	1.9	19.7	85.4

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 18 recalls.

Table 34 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Pregnant/Lactating Females for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	15.1	21.8	66.2	1.0	19.7	8.1	40.3	2.9	4.1
Meats	15.2	30.9	1.3	25.6	0.5	17.8	11.2	31.1	0.0
Poultry	2.4	7.3	0.2	2.3	1.8	0.6	1.8	10.9	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.5	1.2	0.5	0.4	0.1	0.1	0.3	1.7	0.0
Eggs	3.4	6.0	2.5	7.0	12.6	2.2	5.5	0.2	0.0
Soups and Gravy	1.7	1.3	0.8	1.4	3.3	0.6	0.8	1.3	0.5
Fats	4.1	0.1	0.1	0.1	2.7	0.0	0.1	0.0	0.0
Legumes and Nuts	4.8	6.1	3.2	12.0	0.2	7.3	2.1	3.3	0.2
Cereal and Grain	22.4	13.4	12.3	22.1	1.1	44.6	26.7	19.0	0.1
Fruits, Vegetables and Juices	12.9	5.4	7.0	15.6	50.9	15.8	7.4	15.7	92.1
Foods Primarily Sugar	4.7	0.1	0.5	1.1	0.1	0.1	0.2	0.1	0.0
Desserts	10.7	4.0	3.3	7.0	3.3	1.6	2.2	2.4	0.1
Miscellaneous	0.4	0.1	0.5	2.0	0.0	0.0	0.2	8.4	0.1
Mixed Dishes – Protein	1.8	2.3	1.7	2.3	3.9	1.1	1.3	3.0	2.7
Mean Intake	2205.4	83.6	907.8	12.4	3957.3	1.6	2.0	15.4	106.3

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 44 recalls.

Table 35 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Persons Sixty Years of Age and Over for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	13.6	19.5	56.7	0.8	10.9	10.0	36.9	2.4	5.0
Meats	19.2	31.4	1.3	25.2	4.9	25.2	13.6	28.7	1.4
Poultry	1.4	4.2	0.2	1.7	1.0	0.6	2.0	5.7	0.1
Shell Fish	0.1	0.2	0.3	0.3	0.1	0.1	0.2	0.1	0.0
Fish	0.4	0.9	0.1	0.3	0.0	0.2	0.2	0.9	0.0
Eggs	5.6	9.4	4.0	10.1	14.1	4.3	8.6	0.3	0.0
Soups and Gravy	1.5	0.9	1.0	0.8	4.6	0.6	0.8	0.7	0.4
Fats	3.9	0.1	0.2	0.0	5.0	0.0	0.0	0.0	0.0
Legumes and Nuts	3.2	5.0	2.1	7.6	0.5	5.7	1.5	3.3	1.3
Cereal and Grain	24.0	17.1	18.3	25.4	3.4	32.5	21.8	20.6	3.2
Fruits, Vegetables and Juices	11.1	5.9	8.3	16.8	49.5	17.1	8.7	14.7	86.0
Foods Primarily Sugar	4.6	0.1	0.7	1.9	0.0	0.3	0.3	0.2	0.2
Desserts	9.9	3.6	5.1	3.5	4.0	2.6	4.0	1.5	1.2
Miscellaneous	0.7	0.1	1.2	4.0	0.0	0.0	0.6	19.2	0.0
Mixed Dishes – Protein	1.0	1.5	0.6	1.5	1.8	0.8	0.8	1.6	1.1
Mean Intake	1670.1	67.1	737.2	10.7	4412.0	1.0	1.6	14.1	62.1

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 410 recalls.

Table 36 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Persons Sixty Years of Age and Over for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	11.5	16.5	55.3	1.2	8.6	9.0	32.1	1.5	3.7
Meats	23.3	36.7	1.8	30.0	14.8	25.4	24.4	29.7	1.4
Poultry	2.2	6.6	0.2	2.4	1.9	1.0	3.0	7.1	0.1
Shell Fish	0.1	0.4	0.1	0.2	0.0	0.1	0.1	0.1	0.0
Fish	0.7	2.2	0.4	0.6	0.1	0.4	0.5	2.3	0.0
Eggs	3.1	5.2	2.7	5.4	7.0	2.8	5.3	0.2	0.0
Soups and Gravy	2.3	1.9	1.8	1.8	6.2	1.3	1.4	1.3	0.5
Fats	4.7	0.1	0.3	0.1	5.3	0.0	0.0	0.0	0.0
Legumes and Nuts	1.1	1.5	0.9	2.3	0.2	1.5	0.5	1.1	0.3
Cereal and Grain	17.9	13.5	15.5	24.3	1.3	31.4	14.4	16.8	1.2
Fruits, Vegetables and Juices	11.6	5.2	8.2	15.9	46.1	19.1	8.3	10.5	87.7
Foods Primarily Sugar	4.4	0.2	0.9	1.7	0.1	0.2	0.4	0.2	0.1
Desserts	10.9	4.0	6.7	3.7	2.8	3.5	4.9	1.5	1.1
Miscellaneous	2.3	0.2	1.8	4.3	0.3	0.7	1.5	22.8	0.0
Mixed Dishes – Protein	4.0	5.8	3.3	5.9	5.3	3.6	3.1	4.9	3.7
Mean Intake	1795.4	75.0	691.3	12.4	5323.5	1.0	1.6	19.2	67.5

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 952 recalls.

Table 37 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Persons Sixty Years of Age and Over for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	8.1	10.5	37.8	0.3	4.1	5.5	18.1	1.2	2.4
Meats	21.5	31.0	1.5	26.9	8.3	28.9	21.1	27.3	3.4
Poultry	5.0	13.8	0.9	6.3	2.2	2.1	5.7	17.2	0.1
Shell Fish	0.3	1.1	0.4	0.7	0.0	0.2	0.1	0.4	0.0
Fish	1.1	2.3	0.3	0.8	0.0	0.5	0.4	1.6	0.1
Eggs	5.1	8.0	4.8	8.1	7.5	3.7	6.6	0.3	0.1
Soups and Gravy	1.5	0.5	0.3	0.5	0.9	0.2	0.2	0.3	0.6
Fats	3.0	0.1	0.1	0.0	1.8	0.0	0.0	0.0	0.0
Legumes and Nuts	3.0	4.2	2.1	7.4	0.7	6.0	1.3	3.0	2.1
Cereal and Grain	26.3	16.6	21.9	23.9	3.0	33.0	31.4	17.8	0.9
Fruits, Vegetables and Juices	8.8	5.1	18.2	15.5	67.3	15.5	8.9	8.8	86.8
Foods Primarily Sugar	6.6	0.1	0.5	1.2	0.0	0.3	0.1	0.2	0.1
Desserts	6.8	2.9	6.7	2.2	2.2	2.3	3.6	0.9	0.6
Miscellaneous	0.9	0.3	1.4	2.4	0.1	0.1	0.8	17.8	0.2
Mixed Dishes – Protein	2.3	3.7	2.9	3.6	2.0	1.8	1.5	3.3	2.7
Mean Intake	1296.8	54.3	506.9	8.9	5538.5	0.8	1.5	13.2	59.3

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 441 recalls.

Table 38 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Persons Sixty Years of Age and Over for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	8.8	12.5	50.2	0.7	5.2	6.5	28.0	1.5	3.0
Meats	23.6	34.0	1.9	28.5	11.4	34.0	21.0	34.4	0.5
Poultry	4.9	13.0	0.6	5.5	2.4	1.7	6.1	17.7	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	1.1	3.3	0.4	0.9	0.1	0.5	0.7	2.9	0.1
Eggs	5.2	8.2	5.3	9.1	9.5	4.0	9.6	0.3	0.0
Soups and Gravy	1.7	1.1	0.6	1.4	4.6	1.1	0.7	1.2	0.1
Fats	4.9	0.1	0.3	0.1	3.9	0.0	0.0	0.0	0.0
Legumes and Nuts	2.3	3.0	1.9	5.9	0.4	4.4	1.3	2.3	1.4
Cereal and Grain	19.3	12.8	15.8	21.3	1.5	26.2	14.5	16.3	0.7
Fruits, Vegetables and Juices	9.9	4.9	12.6	15.5	56.0	16.4	9.2	10.7	91.7
Foods Primarily Sugar	5.5	0.3	0.4	2.4	0.5	0.4	0.7	1.0	0.2
Desserts	9.8	3.8	7.7	3.6	3.3	3.0	5.4	1.7	0.7
Miscellaneous	1.1	0.2	1.1	2.3	0.0	0.2	1.2	7.2	0.0
Mixed Dishes – Protein	2.0	2.8	1.2	2.8	1.3	1.6	1.6	2.9	1.4
Mean Intake	1484.0	63.7	511.8	9.6	5342.9	0.9	1.2	13.0	58.0

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 126 recalls.

Table 39 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Persons Sixty Years of Age and Over for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	8.3	11.3	51.4	0.3	8.9	5.9	25.1	1.0	3.2
Meats	21.9	42.9	2.7	34.8	3.4	20.3	26.3	32.0	8.1
Poultry	2.1	4.9	0.4	1.9	1.5	0.7	2.0	5.1	0.0
Shell Fish	0.1	0.4	0.3	0.3	0.0	0.0	0.0	0.1	0.0
Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Eggs	6.3	9.7	6.6	9.8	20.6	4.6	10.4	0.3	0.0
Soups and Gravy	0.9	0.9	0.3	1.0	6.7	0.6	0.5	0.7	0.4
Fats	1.5	0.1	0.1	0.0	1.7	0.0	0.0	0.0	0.0
Legumes and Nuts	7.0	6.9	5.6	11.6	0.7	13.7	2.7	2.2	1.3
Cereal and Grain	30.3	15.3	18.9	22.4	1.8	38.7	22.0	12.8	1.0
Fruits, Vegetables and Juices	8.3	3.6	6.8	10.2	47.2	12.5	6.2	6.6	81.9
Foods Primarily Sugar	7.1	0.1	0.4	0.7	0.0	0.1	0.2	0.1	0.1
Desserts	3.5	1.5	2.8	0.8	1.4	1.2	2.2	0.5	0.6
Miscellaneous	1.1	0.1	1.8	3.3	0.0	0.0	1.3	36.6	0.0
Mixed Dishes - Protein	1.6	2.3	1.8	2.7	5.9	1.6	1.1	2.0	3.3
Mean Intake	1710.4	73.1	528.9	12.3	3400.4	1.1	1.5	21.5	64.1

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 93 recalls.

Table 40 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Persons Sixty Years of Age and Over for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	16.0	21.8	67.1	1.3	19.8	8.6	38.5	3.0	6.8
Meats	19.2	31.8	1.3	25.1	1.0	11.4	10.9	34.1	0.0
Poultry	2.3	4.6	0.2	2.1	3.6	0.5	1.7	8.7	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.1	0.2	0.0	0.1	0.0	0.0	0.3	1.4	0.0
Eggs	5.9	9.9	4.9	10.9	22.2	3.7	9.1	0.5	0.0
Soups and Gravy	1.7	2.3	0.6	2.2	8.3	0.6	0.7	3.2	0.0
Fats	4.1	0.0	0.1	0.0	4.1	0.0	0.0	0.0	0.0
Legumes and Nuts	7.3	8.1	4.4	15.5	0.4	9.8	2.5	5.0	0.5
Cereal and Grain	24.6	15.3	13.1	26.3	0.7	53.7	28.5	21.8	0.0
Fruits, Vegetables and Juices	8.6	3.4	4.6	10.5	36.4	10.4	4.9	10.7	91.6
Foods Primarily Sugar	4.1	0.2	0.5	0.8	0.1	0.1	0.3	0.1	0.2
Desserts	3.9	1.4	2.1	1.4	2.8	0.9	1.5	1.0	0.1
Miscellaneous	1.8	0.2	1.1	3.2	0.0	0.0	0.8	9.4	0.2
Mixed Dishes - Protein	0.4	0.7	0.2	0.7	0.8	0.3	0.3	1.1	0.6
Mean Intake	1562.5	64.8	681.7	9.9	2781.0	1.2	1.6	11.4	47.9

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 56 recalls.

Table 41 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Households for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	10.9	15.5	49.9	0.6	11.4	8.0	30.4	2.0	4.8
Meats	19.7	33.1	1.5	28.2	2.4	26.5	18.7	33.0	2.3
Poultry	2.3	7.0	0.3	2.7	2.2	0.9	3.6	9.4	0.1
Shell Fish	0.1	0.2	0.2	0.2	0.1	0.1	0.1	0.2	0.0
Fish	0.5	1.5	0.1	0.2	0.2	0.4	0.2	1.3	0.0
Eggs	3.9	6.6	3.2	7.1	12.4	3.1	6.3	0.2	0.0
Soups and Gravy	3.4	1.7	2.6	1.3	6.6	1.0	1.8	0.9	1.7
Fats	4.0	0.1	0.3	0.1	6.1	0.0	0.1	0.0	0.0
Legumes and Nuts	4.7	6.4	3.4	11.2	1.3	9.0	2.1	5.1	2.4
Cereal and Grain	23.4	16.2	21.6	24.2	3.6	31.8	23.4	19.6	2.6
Fruits, Vegetables and Juices	10.2	5.3	7.4	13.8	46.5	14.7	7.1	13.7	82.1
Foods Primarily Sugar	5.4	0.2	0.9	2.1	0.1	0.4	0.4	0.3	0.3
Desserts	9.0	3.4	5.2	3.3	3.5	2.2	3.6	1.3	1.2
Miscellaneous	0.4	0.1	0.7	1.9	0.1	0.1	0.6	10.3	0.3
Mixed Dishes – Protein	2.0	2.8	2.8	2.9	3.6	1.8	1.7	2.8	2.2
Mean Intake	2352.3	91.6	929.2	14.4	4823.2	1.4	2.1	19.0	73.0

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 668 recalls (2331 people).

Table 42 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of White Households for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	13.1	18.7	61.1	1.2	13.3	10.5	38.8	2.1	4.9
Meats	21.8	34.9	1.6	31.2	3.5	26.4	19.7	33.1	0.6
Poultry	2.3	6.3	0.2	2.8	2.3	0.9	3.4	8.2	0.1
Shell Fish	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0
Fish	0.7	2.1	0.3	0.7	0.2	0.3	0.4	2.7	0.0
Eggs	2.4	4.1	2.0	4.7	7.4	2.1	4.3	0.1	0.0
Soups and Gravy	2.3	1.6	1.1	1.8	6.2	1.1	1.0	1.4	1.3
Fats	4.7	0.1	0.3	0.1	6.7	0.0	0.1	0.0	0.0
Legumes and Nuts	2.3	2.7	1.4	4.0	0.3	2.6	0.8	3.7	0.4
Cereal and Grain	17.2	12.4	12.3	21.7	1.5	29.5	13.5	16.4	1.3
Fruits, Vegetables and Juices	11.6	5.3	7.1	15.4	47.1	18.0	7.5	12.6	85.4
Foods Primarily Sugar	4.5	0.2	0.8	1.7	0.1	0.2	0.4	0.2	0.2
Desserts	10.7	4.0	6.7	4.1	3.9	3.2	5.0	1.6	0.7
Miscellaneous	1.2	0.2	0.9	2.2	0.1	0.2	0.9	10.4	0.1
Mixed Dishes – Protein	5.0	7.2	4.2	8.2	7.3	4.7	4.1	7.3	5.0
Mean Intake	2376.0	97.3	955.6	14.3	5244.3	1.3	2.1	21.0	86.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 2378 recalls (7176 people).

Table 43 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Households for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	7.7	10.1	41.4	0.5	6.2	5.0	18.3	1.3	3.5
Meats	21.8	31.4	1.9	27.2	2.5	34.3	17.5	30.5	3.0
Poultry	5.7	16.1	0.9	6.8	3.4	2.0	7.1	22.3	0.1
Shell Fish	0.1	0.3	0.2	0.3	0.0	0.0	0.0	0.1	0.0
Fish	1.2	2.6	0.4	0.9	0.1	0.5	0.4	1.7	0.1
Eggs	3.8	5.9	4.4	6.1	8.9	2.5	5.3	0.2	0.1
Soups and Gravy	1.8	0.5	0.2	0.6	1.9	0.2	0.1	0.3	0.9
Fats	3.5	0.1	0.3	0.1	3.9	0.0	0.0	0.0	0.0
Legumes and Nuts	4.6	6.1	3.8	11.2	1.4	7.4	1.9	4.6	3.7
Cereal and Grain	29.1	17.8	25.0	28.5	4.5	34.9	39.1	22.8	1.5
Fruits, Vegetables and Juices	6.5	3.9	13.9	10.7	61.5	9.9	6.1	7.5	84.1
Foods Primarily Sugar	6.3	0.1	0.7	1.8	0.1	0.5	0.3	0.2	0.2
Desserts	5.9	2.3	4.5	2.0	3.2	1.4	2.3	0.9	0.7
Miscellaneous	0.3	0.1	0.5	0.9	0.1	0.0	0.4	5.2	0.4
Mixed Dishes - Protein	1.8	2.6	2.2	2.4	2.2	1.3	1.3	2.5	1.8
Mean Intake	1828.3	76.2	622.8	12.0	4793.1	1.3	2.0	16.7	56.9

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 1068 recalls (4421 people).

Table 44 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Black Households for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	10.2	13.6	52.9	0.6	9.2	7.1	30.7	1.8	3.8
Meats	25.8	37.8	2.0	33.7	2.6	37.0	24.7	39.2	0.9
Poultry	3.6	9.8	0.4	4.7	3.3	1.4	6.2	14.1	0.0
Shell Fish	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0
Fish	0.8	2.5	0.2	0.6	0.1	0.3	0.4	1.8	0.0
Eggs	3.1	5.0	3.4	5.6	8.4	2.4	5.8	0.2	0.0
Soups and Gravy	1.1	0.8	0.4	0.9	2.8	0.5	0.4	0.9	0.7
Fats	4.5	0.1	0.3	0.1	5.8	0.0	0.0	0.0	0.0
Legumes and Nuts	3.2	4.0	2.3	6.8	0.4	5.2	1.5	4.5	1.0
Cereal and Grain	19.5	12.9	15.5	21.8	1.9	26.4	14.4	16.6	0.5
Fruits, Vegetables and Juices	9.5	4.8	11.8	13.5	55.4	14.2	7.9	10.5	88.1
Foods Primarily Sugar	5.7	0.1	0.7	1.7	0.2	0.2	0.4	0.2	0.2
Desserts	8.4	3.0	5.4	2.8	3.4	2.0	3.7	1.2	0.6
Miscellaneous	0.8	0.1	0.5	1.0	0.5	0.0	0.6	2.9	0.1
Mixed Dishes - Protein	3.8	5.2	4.1	6.1	6.1	3.3	3.4	5.9	3.9
Mean Intake	2229.4	93.2	792.6	13.7	5407.3	1.4	1.9	18.4	81.6

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 552 recalls (1853 people).

Table 45 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Households for Low Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	7.5	10.2	48.3	0.7	12.3	4.5	21.9	1.3	4.5
Meats	18.6	37.0	2.4	28.0	3.2	17.5	20.9	34.4	10.3
Poultry	3.0	8.9	0.6	3.6	4.7	1.1	5.9	12.3	0.0
Shell Fish	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Fish	0.2	0.6	0.1	0.2	0.1	0.1	0.1	0.6	0.0
Eggs	5.3	8.6	7.0	8.3	23.0	3.5	9.5	0.3	0.1
Soups and Gravy	0.6	0.2	0.0	0.1	0.9	0.0	0.1	0.1	0.0
Fats	2.6	0.1	0.2	0.0	3.8	0.0	0.0	0.0	0.0
Legumes and Nuts	11.8	11.5	10.2	19.0	0.5	19.6	4.2	4.7	0.5
Cereal and Grain	33.4	16.5	20.8	26.2	1.7	42.3	28.8	20.7	1.1
Fruits, Vegetables and Juices	7.7	3.6	6.0	10.1	43.0	9.6	5.6	9.8	78.7
Foods Primarily Sugar	5.0	0.0	0.1	0.3	0.0	0.0	0.1	0.0	0.1
Desserts	2.6	1.0	2.6	0.8	1.5	0.7	1.4	0.4	0.4
Miscellaneous	0.3	0.0	0.8	0.9	0.1	0.0	0.7	13.3	0.1
Mixed Dishes – Protein	1.4	1.7	0.9	1.8	5.1	0.9	1.0	1.9	4.3
Mean Intake	2173.9	86.8	597.7	14.9	3168.5	1.5	1.8	19.1	55.8

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 239 recalls (1190 people).

Table 46 Appendix. *Percent Contribution of Food Groups to Total Nutrient Intake of Spanish American Households for High Income Ratio States—Ten-State Nutrition Survey (1968-1970)*

Food Groups	Nutrients (Percent)								
	Calories	Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (I.U.)	Thiamine (mg)	Riboflavin (mg)	Preformed Niacin (mg)	Vitamin C (mg)
Total	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0	100.0
Dairy Products	12.9	17.5	63.0	0.6	17.6	6.2	31.8	2.4	5.9
Meats	16.5	30.7	1.5	25.1	0.8	13.2	14.5	32.6	0.7
Poultry	3.6	8.7	0.4	3.5	5.4	0.8	3.9	13.5	0.0
Shell Fish	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0
Fish	0.3	1.1	0.1	0.4	0.1	0.1	0.2	1.7	0.0
Eggs	4.3	7.3	3.9	7.8	17.6	2.4	6.6	0.3	0.0
Soups and Gravy	1.2	1.0	0.5	1.0	5.1	0.4	0.5	1.1	0.7
Fats	4.7	0.1	0.1	0.1	3.8	0.0	0.0	0.0	0.0
Legumes and Nuts	11.2	11.4	7.3	20.2	0.1	13.7	3.4	6.0	0.2
Cereal and Grain	26.3	14.7	14.2	25.3	0.8	52.5	31.4	23.4	0.3
Fruits, Vegetables and Juices	9.1	4.0	4.9	9.8	42.5	9.0	4.7	12.1	88.9
Foods Primarily Sugar	4.0	0.1	0.3	1.5	0.7	0.0	0.4	0.5	0.1
Desserts	3.8	1.4	2.2	1.1	1.5	0.6	1.3	0.5	0.2
Miscellaneous	0.6	0.2	0.5	1.5	0.2	0.1	0.5	3.4	0.1
Mixed Dishes – Protein	1.4	1.7	1.1	2.1	3.7	0.9	0.9	2.3	2.9
Mean Intake	2320.6	92.8	853.8	14.8	3809.3	2.0	2.3	17.4	69.3

NOTE: Dietary data presented in this table are based on twenty-four hour recall, and include 481 recalls (2128 people).