

Dietary Intake Findings

United States, 1971-1974

Presents tables from the Health and Nutrition Examination Survey on the dietary intake of various nutrients in a probability sample of the U.S. population 1-74 years of age by age, sex, race, and income level, 1971-1974

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COOPERATION OF THE U.S. BUREAU OF THE CENSUS

In accordance with specifications established by the National Health Survey, the Bureau of the Census, under a contractual agreement, participated in the design and selection of the sample, and carried out the first stage of the field interviewing and certain parts of the statistical processing.

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SYMBOLS

Data not available-----	---
Category not applicable-----	...
Quantity zero-----	
Quantity more than 0 but less than 0.05----	0.0
Figure does not meet standards of reliability or precision-----	*

DIETARY INTAKE FINDINGS

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INTRODUCTION

This report presents data on dietary intake obtained to assess the nutritional status of the U.S. population aged 1-74 years. It is the first report in a series of *Vital and Health Statistics* reports presenting data on dietary intake obtained in the first Health and Nutrition Examination Survey (HANES). The second report will present the text and charts of the analysis and will discuss data on various nutrients by age, sex, race, and income groups. The present report presents the tabular material on which the second will be based.

The third report will examine the dietary data for several specific groups of the U.S. population; Spanish-American persons, pregnant and lactating women, and persons indicating that they are taking vitamins and minerals to supplement their diet. The fourth report will analyze and discuss data from the dietary frequency questionnaire, in which quantitative data are presented regarding the frequency of consumption of selected foods and food groups during the 3 months preceding the dietary interview.

The first four reports are to be published in Series 11 of *Vital and Health Statistics*. A fifth report, consisting of several hundred pages, will be published as a separate source document outside the *Vital and Health Statistics* series. It will present tables of cumulative percentage distributions of nutrient intake by age, sex, race, and income groups. Other tables will present by nutrient the mean intake, standard deviation, standard error of the mean, and values for

selected percentiles of intake from the 5th through the 95th by similar variables.

THE HANES PROGRAM

The HANES program was undertaken by the National Center for Health Statistics in response to a directive from the Secretary of the Department of Health, Education, and Welfare to establish a continuing national nutrition surveillance system under the authority of the National Health Survey Act of 1956. This system has as its purposes the measuring of nutritional status for the U.S. population and monitoring the changes in this status over time.

The HANES is the first program to collect measures of nutritional status for a scientifically designed sample representative of the U.S. civilian noninstitutionalized population in a broad range of ages, 1-74 years. Other earlier nutrition surveys, such as the Ten-State Nutrition Survey,¹ have had more limited objectives. The probability sample design permits estimates to be made for the total population, and at the same time permits more detailed analysis of data for certain groups at high risk of malnutrition—the poor, preschool children, women of child-bearing ages, and the elderly.²

This is made possible through use of differential sampling of these high-risk groups and appropriate weighting of the data.

The first HANES program began data collection in April 1971, was in full operation by August, and was completed in June 1974.

A detailed description of the specific content and plan of operation, including the sample

design, has been published³ and only the general characteristics are mentioned here. The U.S. Bureau of the Census cooperated in the sample design and in the initial visits to and interviewing at selected eligible households in the 65 primary sampling units (PSU's) throughout the United States. Additional household visiting, interviewing, history taking, and explaining the examination portion of the program were performed by members of the field teams of the Center. These teams traveled to the various locations and included professional and paraprofessional medical and dental examiners along with technicians, interviewers, and other staff. The selected sample persons for whom appointments could be made were brought into specially constructed mobile examination centers that were moved into a central location in each PSU area.

Data presented here are based on findings from the Health and Nutrition Examination Survey of a sample of 28,043 persons aged 1-74 years selected to be examined at the 65 locations visited between April 1971 and June 1974. These persons are a representative probability sample of the total U.S. population. Of the 28,043 persons selected for the sample, 20,749 (74 percent) were examined. This corresponds to an effective response rate of 75 percent when adjustment is made for the effect of oversampling among the poor, preschool children, women of childbearing age, and the elderly. Estimates in this report are based on weighted observations, i.e., the data obtained for the examined persons are inflated to the level of the total population using the appropriate weights to account for both sampling fractions and response results. The question of any possible bias in the estimates resulting from assuming that the nonexamined are like their examined counterparts will be discussed in more detail in the second report, and it can be concluded that the weighted examined group may be treated as a probability sample of the population so that the estimates may be regarded as representative of the civilian noninstitutionalized population of the United States.

The estimated populations shown at the top of each table, along with the numbers of sample persons, are presented only to give a general indication of the size of the population which the data characterize. These are produced from

the sample weighting process and will therefore vary somewhat from U.S. Bureau of the Census figures.

DEFINITIONS OF VARIABLES

Race was observed and recorded as white, Negro, and other races. Of the 20,749 sample persons examined, 78.80 percent were white and 20.07 percent were Negro. There were few other numbers for other races, only 1.13 percent. Other races are included only when the total subjects are used, but they are not used in the white-Negro breakdowns.

The sample design focused special attention on groups of people known to be at greater risk of malnutrition by oversampling these groups. The oversampling was directed first of all to the poor. The design thus enabled us to obtain sufficient numbers to analyze the nutritional status of Negroes and poor white persons without resorting to separate oversampling of racial or ethnic groups. Thus while Negroes represent about 11 percent of the U.S. population, they constitute one-fifth of the HANES sample. Such large numbers were found because the economically poor segments of the population include disproportionate numbers of Negro persons. These larger numbers yield more reliable estimates for this group.

For analysis, two groups of income levels are presented: income below poverty level, a ratio of less than one; and income at and above poverty level, a ratio of one or more. Small numbers preclude the analysis of dietary intake data by further gradation of incomes in both income groups. There were 723 (3.5 percent) of the total persons examined with unknown income information. These persons were excluded from the two income classification groups, but they were included in the total group.

Income status is another population characteristic considered when nutritional data are presented because quantity and quality of dietary intake have been known to be associated with level of income. The income status for each examined person is expressed by the Poverty Income Ratio (see appendix I). Families and unrelated individuals are classified as being above or below the low income or poverty level, using the poverty index adopted by the Federal

Interagency Committee in 1969. This index, in contrast to total family income, reflects the different consumption requirements of families based on their size and composition, sex and age of the family head, and farm-nonfarm residence.

Nutrient intake per kilogram of body weight shown in tables 1-16 is the usual presentation which tries to take into account differences in nutrient requirements thus permitting comparisons between males and females and between persons of different ages.

The mean nutrient intake as a percent of a standard presented in tables 1-16 is another way of looking at the distribution of nutrient levels related to nutrient requirements. These percentages are crude estimates of desirable or expected nutrient intakes and prove useful for comparisons of dietary intake data between population subgroups. Percents of standard below 100 do not, however, necessarily mean inadequate nutrient intakes. The standards used for the HANES dietary data are shown in appendix II, table II. Standards for assessing caloric and protein allowances for adults are based on expected median body weight for sex and height at ages 20-29 years. More specifically, an expected body weight at ages 20-29 years was computed for each individual adult based on height and sex. The median of the distribution of expected weight for each height and sex group was determined. The standardized allowance for each individual 20 years and over was then calculated by multiplying the median expected weight for height and sex by the recommended nutrient allowance per kilogram of body weight (table II). The resultant product was then taken as that individual's sex-height-standardized allow-

ance. The reported caloric or protein intake for each individual was then divided by this standardized allowance to arrive at the "percent of recommended daily allowance." Height-sex-specific weight at ages 20-29 years is used because at these ages it is thought to most closely approximate the body's cell mass. Cell mass, the metabolically active part of the body, is the major determinant of adult nutrient needs. Weight gain after 20-29 years is presumed to be fat, with little increase of the body's cell mass. In fact, cell mass tends to decrease with age even as weight increases,⁴ which indicates that these standardized allowances tend to overstate the nutrient needs of older people as compared with younger people. This bias is much less, however, than the presentation of nutrient intake per kilogram of body weight. Those who weigh less than the height-sex-specific weight at 20-29 years of age are presumed to be underweight, and their nutrient needs may be presumed to be greater than their weight implied.

A similar method was used to obtain height-standardized allowances for assessing caloric and protein dietary intakes of children. The expected median body weight for age, sex, and height was derived from anthropometric data collected in HANES.

Tables 17-32 present nutrient intake by age for race, sex, and income groups in terms of mean intake per 1,000 calories. This statistic indicates the extent to which nutrient intake is a function of specific choices of foods with high nutrient content (higher nutrient density) rather than due to a simple increase of total caloric intake.



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⁹Circular No. A-46, Transmittal Memorandum No. 9, Executive Office of the President, Bureau of the Budget, Aug. 29, 1969, and Exhibit L (rev.).

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Table 1. Intake of selected nutrients for persons aged 1-74 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>BOTH SEXES</u>									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	20,749	16,350	4,164	4,203	2,202	1,967	15,823	13,610	2,024
Estimated population in thousands.....	193,976	169,584	22,435	25,955	16,811	8,853	160,784	146,573	12,651
<u>Calories</u>									
Mean.....	1,994	2,017	1,825	1,817	1,858	1,742	2,021	2,032	1,886
Median.....	1,820	1,840	1,668	1,645	1,675	1,583	1,845	1,858	1,725
Mean nutrient intake:									
Percent of standard ³	87	88	81	85	87	81	88	88	82
Per kilogram of body weight	33.64	33.83	31.82	33.89	34.28	33.11	33.60	33.77	31.11
<u>Protein (gm)</u>									
Mean.....	77.83	78.92	69.65	68.76	70.42	65.65	79.11	79.67	72.50
Median	69.63	70.78	60.85	61.41	63.75	57.92	70.96	71.47	64.27
Mean nutrient intake:									
Percent of standard ³	139	140	132	141	144	136	139	140	130
Per kilogram of body weight	1.31	1.32	1.21	1.28	1.30	1.25	1.31	1.32	1.20
<u>Calcium (mg)</u>									
Mean	867	897	654	782	849	658	882	903	652
Median	727	755	553	653	722	558	740	760	549
Mean nutrient intake:									
Percent of standard	175	181	131	156	171	129	178	182	132
Per kilogram of body weight	14.62	15.03	11.40	14.59	15.66	12.50	14.65	14.99	10.75
<u>Iron (mg)</u>									
Mean	11.95	12.10	10.80	10.70	10.90	10.26	12.13	12.21	11.21
Median	10.58	10.69	9.55	9.38	9.58	8.79	10.77	10.81	9.97
Mean nutrient intake:									
Percent of standard	98	99	86	87	90	81	99	100	91
Per kilogram of body weight	0.20	0.20	0.19	0.20	0.20	0.20	0.20	0.20	0.18
<u>Vitamin A (IU)</u>									
Mean	4,774	4,802	4,613	4,381	4,286	4,537	4,821	4,837	4,714
Median	3,060	3,133	2,569	2,627	2,685	2,475	3,147	3,190	2,654
Median nutrient intake:									
Percent of standard	98	100	85	87	88	84	101	102	85
Mean nutrient intake:									
Percent of standard	150	150	150	145	142	152	151	151	151
Per kilogram of body weight	80.25	80.30	80.38	81.65	79.04	86.23	79.94	80.18	77.73
<u>Vitamin C (mg)</u>									
Mean	86.32	86.99	80.01	72.05	69.33	75.97	88.53	88.83	83.31
Median	59.23	60.42	49.09	41.37	39.89	46.61	61.97	62.92	50.92
Mean nutrient intake:									
Percent of standard	167	168	159	146	140	157	171	171	162
Per kilogram of body weight	1.46	1.46	1.39	1.34	1.28	1.44	1.47	1.48	1.37
<u>Thiamine (mg)</u>									
Mean	1.28	1.29	1.20	1.19	1.20	1.17	1.29	1.29	1.23
Median	1.12	1.13	1.03	1.03	1.04	1.01	1.14	1.14	1.05
Mean nutrient intake:									
Percent of standard	160	160	165	163	163	168	160	160	163
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	1.92	1.97	1.60	1.75	1.84	1.57	1.95	1.98	1.63
Median	1.69	1.73	1.40	1.55	1.62	1.38	1.72	1.75	1.42
Mean nutrient intake:									
Percent of standard	175	178	160	175	180	164	175	176	156
Per kilogram of body weight	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03
<u>Preformed niacin (mg)</u>									
Mean.....	16.77	17.04	14.78	14.14	14.47	13.47	17.14	17.27	15.74
Median.....	14.48	14.75	12.38	11.88	12.27	11.12	14.86	14.98	13.34
Per kilogram of body weight.....	0.28	0.28	0.26	0.26	0.27	0.26	0.28	0.29	0.26

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 1. Intake of selected nutrients for persons aged 1-74 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>MALE</u>									
All income									
Number of examined persons	8,819	7,003	1,707	1,715	912	784	6,792	5,855	853
Estimated population in thousands.....	94,151	82,652	10,423	11,881	7,773	3,915	78,779	71,909	6,033
<u>Calories</u>									
Mean.....	2,393	2,428	2,141	2,108	2,182	1,970	2,434	2,450	2,262
Median	2,225	2,256	1,965	1,931	1,994	1,859	2,272	2,287	2,111
Mean nutrient intake:									
Percent of standard ³	91	92	85	90	93	84	92	92	86
Per kilogram of body weight	37.74	37.85	36.61	39.86	40.24	39.05	37.50	37.62	35.56
<u>Protein (gm)</u>									
Mean	92.80	94.28	81.81	80.41	83.23	74.89	94.59	95.33	86.65
Median	84.16	85.55	72.63	70.65	73.35	64.18	86.07	86.88	78.17
Mean nutrient intake:									
Percent of standard ³	155	156	147	161	165	153	155	155	144
Per kilogram of body weight	1.46	1.47	1.40	1.52	1.54	1.48	1.46	1.46	1.36
<u>Calcium (mg)</u>									
Mean	1,018	1,052	764	914	997	752	1,033	1,057	771
Median	885	922	661	801	864	647	899	926	668
Mean nutrient intake:									
Percent of standard	225	233	166	199	220	160	229	234	171
Per kilogram of body weight	16.05	16.40	13.06	17.27	18.38	14.91	15.91	16.23	12.12
<u>Iron (mg)</u>									
Mean	14.15	14.36	12.60	12.51	12.84	11.80	14.39	14.50	13.21
Median	12.74	12.96	11.20	10.77	10.93	10.06	13.04	13.15	11.91
Mean nutrient intake:									
Percent of standard	130	132	114	114	118	104	132	133	122
Per kilogram of body weight	0.22	0.22	0.22	0.24	0.24	0.23	0.22	0.22	0.21
<u>Vitamin A (IU)</u>									
Mean	5,138	5,164	5,026	4,597	4,410	4,941	5,173	5,192	5,102
Median	3,503	3,585	2,805	2,921	2,978	2,728	3,604	3,653	2,888
Mean nutrient intake:									
Percent of standard	113	115	94	98	99	96	115	116	91
Per kilogram of body weight	163	163	163	157	150	169	162	163	162
Per kilogram of body weight	80.92	80.41	85.93	86.90	81.33	97.94	79.60	79.63	80.18
<u>Vitamin C (mg)</u>									
Mean	90.37	91.05	83.23	72.75	68.41	78.67	93.07	93.40	87.41
Median	61.91	63.89	48.23	42.86	40.92	46.68	65.19	66.76	48.68
Mean nutrient intake:									
Percent of standard	172	172	162	146	137	161	175	176	166
Per kilogram of body weight	1.43	1.42	1.42	1.38	1.26	1.56	1.43	1.43	1.37
<u>Thiamine (mg)</u>									
Mean	1.49	1.51	1.38	1.37	1.40	1.32	1.51	1.52	1.42
Median	1.32	1.33	1.21	1.21	1.21	1.17	1.34	1.34	1.24
Mean nutrient intake:									
Percent of standard	155	155	160	163	160	168	155	155	158
Per kilogram of body weight	0.02	0.02	0.02	0.03	0.03	0.03	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.26	2.32	1.86	2.03	2.14	1.80	2.29	2.32	1.91
Median	2.02	2.08	1.67	1.79	1.91	1.63	2.06	2.10	1.70
Mean nutrient intake:									
Percent of standard	171	173	158	175	178	165	171	173	155
Per kilogram of body weight	0.04	0.04	0.03	0.04	0.04	0.04	0.04	0.04	0.03
<u>Preformed niacin (mg)</u>									
Mean	20.15	20.51	17.50	16.49	16.97	15.41	20.67	20.84	19.01
Median	17.98	18.35	14.98	13.93	14.55	12.82	18.58	18.71	16.70
Per kilogram of body weight	0.32	0.32	0.30	0.31	0.31	0.31	0.32	0.32	0.30

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 1. Intake of selected nutrients for persons aged 1-74 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
All income									
Number of examined persons	11,930	9,347	2,457	2,488	1,290	1,183	9,031	7,755	1,171
Estimated population in thousands	99,825	86,932	12,012	14,074	9,038	4,938	82,005	74,664	6,618
Calories									
Mean	1,618	1,626	1,551	1,571	1,579	1,560	1,624	1,630	1,543
Median	1,527	1,536	1,440	1,470	1,489	1,428	1,534	1,539	1,448
Mean nutrient intake:									
Percent of standard ³	83	84	78	81	83	79	83	84	78
Per kilogram of body weight	29.19	29.38	27.50	28.97	29.14	28.73	29.21	29.39	26.65
Protein (gm)									
Mean	63.72	64.32	59.10	58.93	59.41	58.33	64.24	64.58	59.59
Median	58.61	59.36	51.93	53.84	55.37	51.82	59.35	59.78	52.58
Mean nutrient intake:									
Percent of standard ³	124	125	120	125	126	123	124	124	118
Per kilogram of body weight	1.15	1.16	1.05	1.09	1.10	1.07	1.16	1.16	1.03
Calcium (mg)									
Mean	725	749	559	672	722	583	736	754	543
Median	612	633	480	564	608	506	620	635	475
Mean nutrient intake:									
Percent of standard	127	131	100	120	129	104	129	132	96
Per kilogram of body weight	13.07	13.52	9.91	12.39	13.32	10.73	13.24	13.60	9.38
Iron (mg)									
Mean	9.88	9.96	9.24	9.16	9.23	9.04	9.97	10.01	9.39
Median	8.94	9.02	8.23	8.21	8.33	7.98	9.04	9.07	8.41
Mean nutrient intake:									
Percent of standard	67	68	62	64	65	62	67	68	62
Per kilogram of body weight	0.18	0.18	0.18	0.17	0.17	0.17	0.18	0.18	0.16
Vitamin A (IU)									
Mean	4,431	4,457	4,255	4,198	4,179	4,216	4,483	4,496	4,361
Median	2,714	2,761	2,294	2,403	2,467	2,264	2,762	2,785	2,386
Median nutrient intake:									
Percent of standard	86	87	77	77	77	77	87	88	78
Mean nutrient intake:									
Percent of standard	139	139	139	136	135	138	140	140	141
Per kilogram of body weight	79.76	80.37	75.42	77.38	77.10	77.62	80.51	80.97	75.30
Vitamin C (mg)									
Mean	82.50	83.13	77.21	71.45	70.12	73.83	84.17	84.43	79.56
Median	56.38	57.03	50.43	40.12	39.16	46.51	59.08	59.41	51.50
Mean nutrient intake:									
Percent of standard	164	164	157	146	142	153	166	167	160
Per kilogram of body weight	1.49	1.50	1.37	1.32	1.29	1.36	1.51	1.52	1.37
Thiamine (mg)									
Mean	1.07	1.08	1.05	1.04	1.03	1.05	1.08	1.08	1.05
Median	0.96	0.97	0.93	0.91	0.91	0.91	0.97	0.97	0.93
Mean nutrient intake:									
Percent of standard	165	165	170	165	163	168	165	165	170
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
Riboflavin (mg)									
Mean	1.61	1.64	1.37	1.51	1.58	1.39	1.62	1.65	1.37
Median	1.43	1.47	1.20	1.34	1.43	1.22	1.45	1.47	1.19
Mean nutrient intake:									
Percent of standard	180	184	162	175	182	162	182	184	162
Per kilogram of body weight	0.03	0.03	0.02	0.03	0.03	0.03	0.03	0.03	0.02
Preformed niacin (mg)									
Mean	13.59	13.75	12.42	12.15	12.31	11.93	13.75	13.83	12.75
Median	12.06	12.25	10.66	10.61	10.94	10.02	12.29	12.38	11.25
Per kilogram of body weight	0.25	0.25	0.22	0.22	0.23	0.22	0.25	0.25	0.22

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 2. Intake of selected nutrients for persons aged 1 year by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	553	400	145	139	57	80	404	337	62
Estimated population in thousands	3,222	2,648	531	596	295	289	2,569	2,321	222
<u>Calories</u>									
Mean	1,265	1,288	1,182	1,253	1,338	1,181	1,271	1,279	1,213
Median	1,203	1,223	1,153	1,200	1,245	1,172	1,207	1,213	1,174
Mean nutrient intake:									
Percent of standard ³	124	126	116	124	133	116	125	125	120
Per kilogram of body weight.....	111.51	113.11	105.65	111.84	117.50	106.94	111.81	112.33	107.92
<u>Protein (gm)</u>									
Mean	51.02	52.05	46.98	50.59	54.34	47.37	51.27	51.68	47.57
Median	48.46	49.52	44.24	48.47	52.21	44.89	48.47	48.74	45.58
Mean nutrient intake:									
Percent of standard ³	238	242	220	237	255	221	238	240	224
Per kilogram of body weight.....	4.50	4.57	4.20	4.51	4.77	4.29	4.51	4.54	4.23
<u>Calcium (mg)</u>									
Mean	922	966	723	899	1,089	704	927	945	761
Median	892	940	641	874	1,082	635	897	918	675
Mean nutrient intake:									
Percent of standard	205	215	161	200	242	157	206	210	169
Per kilogram of body weight.....	81.30	84.81	64.60	80.27	95.68	63.75	81.50	82.97	67.72
<u>Iron (mg)</u>									
Mean	7.36	7.44	7.05	6.36	6.18	6.51	7.66	7.64	8.06
Median	5.81	5.71	6.10	5.97	5.20	6.18	5.80	5.78	6.01
Mean nutrient intake:									
Percent of standard	49	50	47	42	41	43	51	51	54
Per kilogram of body weight.....	0.65	0.65	0.63	0.57	0.54	0.59	0.67	0.67	0.72
<u>Vitamin A (IU)</u>									
Mean	3,655	3,684	3,622	3,875	4,242	3,586	3,635	3,628	3,838
Median	2,773	2,876	2,411	2,544	2,649	2,528	2,830	2,894	2,257
Median nutrient intake:									
Percent of standard	139	144	122	130	140	128	141	144	116
Mean nutrient intake:									
Percent of standard	183	184	181	194	212	178	182	181	192
Per kilogram of body weight.....	322.15	323.46	323.82	345.78	372.52	324.73	319.68	318.60	341.34
<u>Vitamin C (mg)</u>									
Mean	67.27	67.23	66.48	50.94	41.34	61.04	71.45	70.67	74.97
Median	40.72	40.47	45.10	29.89	23.92	43.42	43.95	43.67	50.13
Mean nutrient intake:									
Percent of standard	168	168	166	127	103	153	179	177	188
Per kilogram of body weight.....	5.93	5.90	5.94	4.55	3.63	5.53	6.28	6.21	6.67
<u>Thiamine (mg)</u>									
Mean	0.92	0.94	0.86	0.82	0.85	0.79	0.95	0.95	0.96
Median	0.81	0.82	0.78	0.76	0.75	0.77	0.84	0.84	0.86
Mean nutrient intake:									
Percent of standard	183	183	180	165	160	168	188	185	198
Per kilogram of body weight.....	0.08	0.08	0.08	0.07	0.08	0.07	0.08	0.08	0.08
<u>Riboflavin (mg)</u>									
Mean	1.73	1.79	1.46	1.71	2.00	1.42	1.74	1.76	1.55
Median	1.68	1.74	1.32	1.78	2.01	1.39	1.67	1.71	1.32
Mean nutrient intake:									
Percent of standard	249	253	225	247	273	218	249	251	233
Per kilogram of body weight.....	0.15	0.16	0.13	0.15	0.18	0.13	0.15	0.15	0.14
<u>Preformed niacin (mg)</u>									
Mean	8.19	8.35	7.45	7.43	7.73	7.20	8.41	8.45	7.98
Median	6.80	6.84	6.69	6.75	6.85	6.76	6.86	6.85	6.56
Per kilogram of body weight.....	0.72	0.73	0.67	0.66	0.68	0.65	0.74	0.74	0.71

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 2. Intake of selected nutrients for persons aged 1 year by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
• MALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons.....	286	211	72	68	30	38	212	178	32
Estimated population in thousands	1,724	1,405	306	323	158	165	1,361	1,227	129
Calories									
Mean.....	1,316	1,350	1,192	1,312	1,434	1,194	1,320	1,332	1,221
Median.....	1,254	1,282	1,146	1,195	1,241	1,149	1,271	1,283	1,209
Mean nutrient intake:									
Percent of standard ³	124	127	114	127	139	115	124	125	116
Per kilogram of body weight.....	111.70	113.63	104.57	114.78	121.77	107.66	111.41	112.15	105.21
Protein (gm)									
Mean.....	52.42	53.45	48.69	52.49	56.09	49.03	52.61	52.95	49.52
Median.....	50.20	50.61	48.57	50.52	58.22	49.22	50.14	50.28	48.84
Mean nutrient intake:									
Percent of standard ³	235	239	221	240	256	224	235	236	224
Per kilogram of body weight.....	4.45	4.50	4.27	4.59	4.76	4.42	4.44	4.46	4.27
Calcium (mg)									
Mean.....	933	975	747	914	1,053	780	934	956	719
Median.....	881	921	701	872	963	811	884	908	680
Mean nutrient intake:									
Percent of standard	207	217	166	203	234	174	208	213	160
Per kilogram of body weight.....	79.14	82.10	65.56	79.97	89.43	70.33	78.80	80.47	61.95
Iron (mg)									
Mean.....	7.50	7.53	7.43	6.99	7.39	6.60	7.71	7.60	8.89
Median.....	6.29	6.40	6.13	6.26	6.93	6.10	6.33	6.34	6.27
Mean nutrient intake:									
Percent of standard	50	50	50	47	49	44	51	51	59
Per kilogram of body weight.....	0.64	0.63	0.65	0.61	0.63	0.60	0.65	0.64	0.77
Vitamin A (IU)									
Mean.....	3,783	3,933	3,149	4,526	5,522	3,569	3,639	3,738	2,764
Median.....	2,894	2,919	2,865	3,416	3,493	3,332	2,707	2,858	2,244
Median nutrient intake:									
Percent of standard	145	147	142	169	179	165	136	142	115
Mean nutrient intake:									
Percent of standard	189	197	158	226	276	179	182	187	138
Per kilogram of body weight.....	320.99	331.04	276.21	396.02	468.96	321.68	307.08	314.66	238.18
Vitamin C (mg)									
Mean.....	70.14	72.46	60.92	54.59	43.59	65.14	74.53	76.23	59.29
Median.....	39.79	40.67	36.40	30.34	23.20	45.38	42.70	49.58	27.07
Mean nutrient intake:									
Percent of standard	175	181	152	136	109	163	186	191	148
Per kilogram of body weight.....	5.35	6.10	5.34	4.78	3.70	5.87	6.29	6.42	5.11
Thiamine (mg)									
Mean.....	0.92	0.93	0.86	0.86	0.90	0.82	0.94	0.94	0.94
Median.....	0.80	0.82	0.79	0.80	0.84	0.77	0.81	0.81	0.80
Mean nutrient intake:									
Percent of standard	175	173	180	165	158	173	178	175	193
Per kilogram of body weight.....	0.08	0.08	0.08	0.08	0.08	0.07	0.08	0.08	0.08
Riboflavin (mg)									
Mean.....	1.75	1.81	1.50	1.77	2.02	1.53	1.75	1.77	1.49
Median.....	1.68	1.73	1.42	1.87	2.01	1.67	1.66	1.67	1.44
Mean nutrient intake:									
Percent of standard	242	244	229	245	256	233	240	242	222
Per kilogram of body weight.....	0.15	0.15	0.13	0.15	0.17	0.14	0.15	0.15	0.13
Preformed niacin (mg)									
Mean.....	8.34	8.50	7.77	7.75	7.91	7.59	8.54	8.58	8.30
Median.....	7.03	7.19	6.76	6.94	7.18	6.86	7.15	7.20	6.68
Per kilogram of body weight.....	0.71	0.72	0.68	0.68	0.67	0.68	0.72	0.72	0.72

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 2. Intake of selected nutrients for persons aged 1 year by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons.....	267	189	73	71	27	42	192	159	30
Estimated population in thousands	1,499	1,243	225	273	137	124	1,207	1,095	93
<u>Calories</u>									
Mean.....	1,207	1,219	1,168	1,184	1,227	1,163	1,216	1,220	1,203
Median.....	1,160	1,162	1,182	1,215	1,353	1,237	1,157	1,159	1,096
Mean nutrient intake:									
Percent of standard ³	124	125	119	120	126	117	125	125	126
Per kilogram of body weight.....	111.28	112.45	107.19	108.22	112.19	105.97	112.30	112.56	111.97
<u>Protein (gm)</u>									
Mean.....	49.41	50.48	44.66	48.34	52.32	45.17	49.76	50.26	44.86
Median.....	46.66	48.25	37.74	45.15	50.36	39.36	47.16	48.01	37.82
Mean nutrient intake:									
Percent of standard ³	240	246	218	234	254	217	242	244	224
Per kilogram of body weight.....	4.56	4.66	4.10	4.42	4.78	4.11	4.60	4.64	4.18
<u>Calcium (mg)</u>									
Mean.....	911	956	689	882	1,131	603	918	932	820
Median.....	908	963	568	884	1,214	561	911	931	644
Mean nutrient intake:									
Percent of standard	202	212	153	196	252	134	204	207	182
Per kilogram of body weight.....	84.01	88.18	63.24	80.63	103.44	54.94	84.83	86.04	76.36
<u>Iron (mg)</u>									
Mean.....	7.20	7.34	6.54	5.61	4.79	6.40	7.60	7.69	6.90
Median.....	5.51	5.44	5.90	5.06	4.93	6.93	5.56	5.54	5.64
Mean nutrient intake:									
Percent of standard	48	49	44	37	32	43	51	51	46
Per kilogram of body weight.....	0.66	0.68	0.60	0.51	0.44	0.58	0.70	0.71	0.64
<u>Vitamin A (IU)</u>									
Mean.....	3,509	3,404	4,265	3,105	2,764	3,609	3,629	3,505	5,328
Median.....	2,626	2,790	1,981	2,275	2,421	1,736	2,879	2,933	2,470
Median nutrient intake:									
Percent of standard	133	139	99	112	124	88	143	146	125
Mean nutrient intake:									
Percent of standard	176	170	213	155	138	181	182	175	266
Per kilogram of body weight.....	323.59	314.07	391.59	283.71	252.70	328.81	335.23	323.44	495.92
<u>Vitamin C (mg)</u>									
Mean.....	63.96	61.32	74.03	46.62	38.74	55.60	67.97	64.44	96.72
Median.....	42.03	40.27	68.96	28.60	24.65	36.55	44.17	42.32	85.32
Mean nutrient intake:									
Percent of standard	160	153	185	117	97	139	170	161	242
Per kilogram of body weight.....	5.90	5.66	6.80	4.26	3.54	5.07	6.28	5.95	9.00
<u>Thiamine (mg)</u>									
Mean.....	0.93	0.94	0.85	0.78	0.80	0.75	0.96	0.96	0.98
Median.....	0.82	0.82	0.78	0.74	0.74	0.76	0.86	0.86	0.93
Mean nutrient intake:									
Percent of standard	193	193	183	165	163	163	198	198	205
Per kilogram of body weight.....	0.09	0.09	0.08	0.07	0.07	0.07	0.09	0.09	0.09
<u>Riboflavin (mg)</u>									
Mean.....	1.71	1.77	1.42	1.64	1.98	1.28	1.73	1.75	1.63
Median.....	1.67	1.75	1.26	1.63	2.01	1.26	1.69	1.72	1.31
Mean nutrient intake:									
Percent of standard	258	264	220	253	293	200	258	260	247
Per kilogram of body weight.....	0.16	0.16	0.13	0.15	0.18	0.12	0.16	0.16	0.15
<u>Preformed niacin (mg)</u>									
Mean.....	8.02	8.18	7.02	7.05	7.52	6.67	8.27	8.30	7.52
Median.....	6.51	6.46	6.55	6.60	6.75	5.97	6.44	6.36	6.44
Per kilogram of body weight	0.74	0.76	0.64	0.64	0.69	0.61	0.76	0.77	0.70

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 3. Intake of selected nutrients for persons aged 2-3 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES	All income			Income below poverty level ²			Income above poverty level ²		
Number of examined persons.....	1,170	857	293	312	140	168	835	701	118
Estimated population in thousands	6,814	5,746	960	1,264	768	478	5,434	4,881	463
Calories									
Mean.....	1,489	1,492	1,473	1,467	1,488	1,441	1,493	1,492	1,499
Median.....	1,411	1,417	1,374	1,393	1,450	1,357	1,415	1,417	1,391
Mean nutrient intake:									
Percent of standard ³	122	122	121	122	125	119	121	121	122
Per kilogram of body weight.....	104.06	104.42	102.40	102.51	103.56	101.08	104.31	104.48	103.23
Protein (gm)									
Mean.....	54.46	54.66	53.53	54.53	55.51	53.29	54.39	54.50	53.46
Median.....	50.53	50.91	48.71	49.65	50.71	48.43	50.66	50.92	48.52
Mean nutrient intake:									
Percent of standard ³	225	226	221	231	238	222	224	224	219
Per kilogram of body weight.....	3.81	3.83	3.72	3.81	3.86	3.74	3.80	3.82	3.68
Calcium (mg)									
Mean.....	865	891	721	821	901	704	873	888	728
Median.....	807	831	639	758	831	656	816	830	631
Mean nutrient intake:									
Percent of standard	192	198	160	183	200	156	194	197	161
Per kilogram of body weight.....	60.49	62.40	50.13	57.38	62.69	49.35	61.00	62.17	50.17
Iron (mg)									
Mean.....	7.72	7.70	7.89	7.70	7.63	7.81	7.73	7.71	8.04
Median.....	6.93	6.88	7.38	6.53	6.17	7.66	6.98	6.99	7.16
Mean nutrient intake:									
Percent of standard	52	51	53	51	51	52	52	51	55
Per kilogram of body weight.....	0.54	0.54	0.55	0.54	0.53	0.55	0.54	0.54	0.55
Vitamin A (IU)									
Mean.....	3,541	3,280	5,117	3,645	3,361	4,091	3,518	3,261	6,263
Median.....	2,642	2,638	2,277	2,667	2,591	2,442	2,641	2,651	2,235
Median nutrient intake:									
Percent of standard	132	132	116	131	129	126	132	132	113
Mean nutrient intake:									
Percent of standard	177	164	255	182	168	205	176	163	312
Per kilogram of body weight.....	247.52	229.60	355.81	254.66	233.91	286.93	245.82	228.40	431.37
Vitamin C (mg)									
Mean.....	78.33	80.60	62.78	69.92	72.77	66.31	80.28	81.72	60.26
Median.....	51.91	52.55	42.76	43.81	44.29	43.41	54.26	53.95	42.28
Mean nutrient intake:									
Percent of standard	196	202	157	175	182	166	201	204	150
Per kilogram of body weight.....	5.48	5.64	4.37	4.88	5.06	4.65	5.61	5.72	4.15
Thiamine (mg)									
Mean	1.02	1.02	1.02	1.04	1.02	1.07	1.02	1.03	0.97
Median	0.94	0.93	0.99	0.94	0.88	1.02	0.93	0.93	0.92
Mean nutrient intake:									
Percent of standard	173	173	173	178	170	185	170	173	163
Per kilogram of body weight.....	0.07	0.07	0.07	0.07	0.07	0.07	0.07	0.07	0.07
Riboflavin (mg)									
Mean.....	1.73	1.74	1.68	1.70	1.77	1.59	1.73	1.73	1.76
Median.....	1.59	1.62	1.44	1.58	1.61	1.48	1.60	1.62	1.35
Mean nutrient intake:									
Percent of standard	211	213	207	211	216	202	211	211	213
Per kilogram of body weight.....	0.12	0.12	0.12	0.12	0.12	0.11	0.12	0.12	0.12
Preformed niacin (mg)									
Mean.....	9.78	9.88	9.26	9.44	9.64	9.12	9.86	9.92	9.48
Median.....	8.75	8.84	7.93	8.06	7.97	8.51	8.84	8.92	7.73
Per kilogram of body weight.....	0.68	0.69	0.64	0.66	0.67	0.64	0.69	0.69	0.65

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 3. Intake of selected nutrients for persons aged 2-3 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE		All income				Income below poverty level ²		Income above poverty level ²	
Number of examined persons.....	606	443	149	165	72	89	434	365	59
Estimated population in thousands	3,463	2,888	496	685	407	260	2,726	2,437	227
Calories									
Mean.....	1,563	1,564	1,573	1,568	1,610	1,521	1,559	1,555	1,611
Median.....	1,478	1,504	1,379	1,521	1,571	1,388	1,464	1,487	1,346
Mean nutrient intake:									
Percent of standard ³	125	125	128	129	132	126	124	124	128
Per kilogram of body weight.....	107.05	107.43	105.95	108.62	110.72	106.19	106.37	106.73	104.05
Protein (gm)									
Mean.....	56.59	56.93	55.54	57.21	57.91	56.92	56.25	56.62	53.29
Median.....	52.04	52.48	49.81	53.74	55.11	51.54	51.48	51.93	47.67
Mean nutrient intake:									
Percent of standard ³	230	230	228	240	243	238	226	228	214
Per kilogram of body weight.....	3.88	3.91	3.74	3.96	3.98	3.97	3.84	3.89	3.44
Calcium (mg)									
Mean.....	873	901	721	870	980	720	867	881	716
Median.....	826	857	655	804	906	661	826	845	615
Mean nutrient intake:									
Percent of standard	194	200	160	193	218	160	193	196	159
Per kilogram of body weight.....	59.81	61.91	48.59	60.28	67.37	50.28	59.18	60.47	46.26
Iron (mg)									
Mean.....	8.25	8.27	8.27	8.16	7.88	8.64	8.29	8.36	7.83
Median.....	7.24	7.23	7.63	6.76	6.30	7.97	7.32	7.39	6.95
Mean nutrient intake:									
Percent of standard	55	55	55	54	53	58	55	56	52
Per kilogram of body weight.....	0.56	0.57	0.56	0.57	0.54	0.60	0.57	0.57	0.51
Vitamin A (IU)									
Mean.....	3,598	3,586	3,702	3,972	3,795	4,252	3,525	3,575	3,086
Median.....	2,769	2,760	2,732	2,750	2,473	2,752	2,791	2,791	2,461
Median nutrient intake:									
Percent of standard	137	136	134	132	127	133	139	139	122
Mean nutrient intake:									
Percent of standard	180	179	185	199	190	213	176	179	154
Per kilogram of body weight.....	246.36	246.33	249.35	275.23	260.99	296.78	240.56	245.41	199.27
Vitamin C (mg)									
Mean.....	83.63	86.44	64.98	74.36	77.93	70.86	86.01	87.87	58.69
Median.....	56.81	58.21	45.18	45.86	43.90	51.69	59.97	61.43	29.96
Mean nutrient intake:									
Percent of standard	209	216	162	186	195	177	215	220	147
Per kilogram of body weight.....	5.73	5.94	4.38	5.15	5.36	4.95	5.87	6.03	3.79
Thiamine (mg)									
Mean.....	1.08	1.07	1.13	1.12	1.08	1.19	1.07	1.07	1.05
Median.....	0.98	0.97	1.02	0.98	0.94	1.08	0.97	0.97	0.91
Mean nutrient intake:									
Percent of standard	173	170	180	178	168	195	170	173	163
Per kilogram of body weight.....	0.07	0.07	0.08	0.08	0.07	0.08	0.07	0.07	0.07
Riboflavin (mg)									
Mean.....	1.76	1.80	1.59	1.78	1.90	1.62	1.75	1.77	1.55
Median.....	1.64	1.69	1.43	1.63	1.70	1.45	1.63	1.68	1.39
Mean nutrient intake:									
Percent of standard	205	209	184	205	215	193	204	207	175
Per kilogram of body weight.....	0.12	0.12	0.11	0.12	0.13	0.11	0.12	0.12	0.10
Preformed niacin (mg)									
Mean.....	10.46	10.66	9.56	9.90	10.01	9.79	10.59	10.77	9.26
Median.....	9.32	9.61	8.53	8.47	8.35	8.83	9.52	9.84	7.18
Per kilogram of body weight.....	0.72	0.73	0.64	0.69	0.69	0.68	0.72	0.74	0.60

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 3. Intake of selected nutrients for persons aged 2-3 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>FEMALE</u>									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons.....	564	414	144	147	68	79	401	336	59
Estimated population in thousands	3,351	2,858	464	580	362	218	2,708	2,443	236
<u>Calories</u>									
Mean.....	1,412	1,418	1,365	1,349	1,351	1,346	1,426	1,429	1,390
Median.....	1,342	1,340	1,360	1,214	1,180	1,289	1,361	1,355	1,449
Mean nutrient intake:									
Percent of standard ³	118	119	113	114	116	111	119	119	116
Per kilogram of body weight.....	100.84	101.26	98.34	95.16	95.30	94.93	102.14	102.16	102.33
<u>Protein (gm)</u>									
Mean.....	52.25	52.37	51.38	51.36	52.80	48.97	52.52	52.39	53.63
Median.....	48.73	48.87	47.87	45.70	45.33	46.27	49.58	49.58	49.35
Mean nutrient intake:									
Percent of standard ³	221	222	214	221	232	203	221	221	225
Per kilogram of body weight.....	3.73	3.74	3.70	3.62	3.73	3.45	3.76	3.75	3.95
<u>Calcium (mg)</u>									
Mean.....	857	881	721	764	812	684	879	894	740
Median.....	789	810	636	724	755	636	808	819	634
Mean nutrient intake:									
Percent of standard	190	196	159	170	181	152	195	199	162
Per kilogram of body weight.....	61.23	62.91	51.90	53.89	57.30	48.23	62.92	63.94	54.48
<u>Iron (mg)</u>									
Mean.....	7.17	7.12	7.49	7.15	7.35	6.81	7.15	7.05	8.25
Median.....	6.56	6.54	7.18	5.82	5.67	6.76	6.60	6.57	7.27
Mean nutrient intake:									
Percent of standard	48	47	52	48	49	45	48	47	58
Per kilogram of body weight.....	0.51	0.51	0.54	0.50	0.52	0.48	0.51	0.50	0.61
<u>Vitamin A (IU)</u>									
Mean.....	3,483	2,970	6,630	3,259	2,872	3,900	3,510	2,948	9,328
Median.....	2,476	2,513	2,202	2,599	2,688	2,130	2,434	2,462	2,193
Median nutrient intake:									
Percent of standard	124	126	111	130	134	107	123	124	110
Mean nutrient intake:									
Percent of standard	174	149	330	163	144	195	175	147	464
Per kilogram of body weight.....	248.77	212.02	477.52	229.91	202.66	275.09	251.38	210.73	686.61
<u>Vitamin C (mg)</u>									
Mean.....	72.85	74.70	60.44	64.67	66.95	60.89	74.52	75.58	61.77
Median.....	48.57	50.46	41.58	42.02	45.03	30.96	51.25	50.87	56.68
Mean nutrient intake:									
Percent of standard	182	187	151	162	167	152	186	189	154
Per kilogram of body weight.....	5.20	5.33	4.35	4.56	4.72	4.29	5.34	5.40	4.55
<u>Thiamine (mg)</u>									
Mean.....	0.97	0.98	0.91	0.94	0.95	0.92	0.97	0.98	0.90
Median.....	0.90	0.90	0.91	0.85	0.81	0.89	0.91	0.91	0.93
Mean nutrient intake:									
Percent of standard	173	173	165	175	175	173	170	173	188
Per kilogram of body weight.....	0.07	0.07	0.07	0.07	0.07	0.07	0.07	0.07	0.07
<u>Riboflavin (mg)</u>									
Mean.....	1.69	1.68	1.77	1.60	1.63	1.57	1.71	1.69	1.96
Median.....	1.57	1.58	1.46	1.56	1.56	1.56	1.57	1.58	1.17
Mean nutrient intake:									
Percent of standard	218	215	236	216	218	211	218	215	180
Per kilogram of body weight.....	0.12	0.12	0.13	0.11	0.11	0.11	0.12	0.12	0.14
<u>Preformed niacin (mg)</u>									
Mean.....	9.07	9.09	8.94	8.90	9.24	8.33	9.12	9.07	9.69
Median.....	7.96	8.05	7.69	7.38	7.38	7.39	8.06	8.13	7.81
Per kilogram of body weight.....	0.65	0.65	0.64	0.63	0.65	0.59	0.65	0.65	0.71

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 4. Intake of selected nutrients for persons aged 4-5 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES		All income			Income below poverty level ²			Income above poverty level ²	
Number of examined persons.....									
Estimated population in thousands	1,172 6,903	864 5,817	299 1,030	315 1,355	143 843	171 504	831 5,399	706 4,861	117 490
Calories									
Mean.....	1,726	1,739	1,659	1,706	1,758	1,611	1,732	1,735	1,722
Median.....	1,638	1,643	1,611	1,657	1,683	1,591	1,632	1,632	1,642
Mean nutrient intake:									
Percent of standard ³	115	116	108	116	124	103	115	115	114
Per kilogram of body weight.....	92.93	93.80	88.24	92.78	97.13	85.59	93.11	93.26	92.23
Protein (gm)									
Mean.....	61.67	62.26	58.28	60.51	62.19	57.33	61.94	62.18	59.93
Median.....	58.83	59.33	54.42	60.54	61.84	56.20	58.39	58.68	52.55
Mean nutrient intake:									
Percent of standard ³	224	227	207	225	240	200	224	224	217
Per kilogram of body weight.....	3.32	3.36	3.10	3.29	3.44	3.04	3.33	3.34	3.21
Calcium (mg)									
Mean.....	948	983	752	856	947	694	971	987	816
Median.....	874	903	679	761	850	640	900	913	740
Mean nutrient intake:									
Percent of standard.....	211	218	167	190	210	154	216	219	181
Per kilogram of body weight.....	51.04	53.00	39.99	46.55	52.31	36.86	52.19	53.07	43.72
Iron (mg)									
Mean.....	8.92	8.91	9.02	8.92	8.89	8.97	8.92	8.90	9.24
Median.....	8.12	8.04	8.73	8.45	8.44	8.41	8.01	7.95	8.94
Mean nutrient intake:									
Percent of standard.....	89	89	90	89	89	90	89	89	92
Per kilogram of body weight.....	0.48	0.48	0.48	0.49	0.49	0.48	0.48	0.48	0.50
Vitamin A (IU)									
Mean.....	3,674	3,668	3,736	3,792	3,833	3,696	3,648	3,641	3,798
Median.....	2,726	2,772	2,296	2,369	2,418	2,194	2,794	2,824	2,313
Median nutrient intake:									
Percent of standard.....	135	137	116	119	122	110	139	140	117
Mean nutrient intake:									
Percent of standard.....	184	183	187	190	192	185	182	182	190
Per kilogram of body weight.....	197.81	197.77	198.75	206.26	211.76	196.29	196.10	195.65	203.43
Vitamin C (mg)									
Mean.....	82.28	81.59	86.14	71.8	65.5	82.7	85.3	84.9	89.2
Median.....	53.78	52.70	65.28	39.43	33.70	64.74	58.63	58.14	67.10
Mean nutrient intake:									
Percent of standard.....	206	204	215	180	164	207	213	212	223
Per kilogram of body weight.....	4.43	4.40	4.58	3.91	3.62	4.39	4.59	4.56	4.78
Thiamine (mg)									
Mean.....	1.16	1.14	1.26	1.18	1.16	1.20	1.15	1.14	1.34
Median.....	1.08	1.07	1.12	1.10	1.07	1.12	1.08	1.07	1.12
Mean nutrient intake:									
Percent of standard.....	168	165	190	173	165	188	168	163	195
Per kilogram of body weight.....	0.06	0.06	0.07	0.06	0.06	0.06	0.06	0.06	0.07
Riboflavin (mg)									
Mean.....	1.89	1.92	1.68	1.74	1.85	1.54	1.92	1.93	1.85
Median.....	1.76	1.78	1.47	1.56	1.62	1.42	1.79	1.81	1.58
Mean nutrient intake:									
Percent of standard.....	198	202	184	185	191	173	202	202	195
Per kilogram of body weight.....	0.10	0.10	0.09	0.09	0.10	0.08	0.10	0.10	0.10
Preformed niacin (mg)									
Mean.....	11.40	11.39	11.48	11.62	11.60	11.57	11.38	11.36	11.63
Median.....	10.26	10.19	10.68	10.83	10.87	10.54	10.17	10.10	11.20
Per kilogram of body weight.....	0.61	0.61	0.61	0.63	0.64	0.61	0.61	0.61	0.62

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 4. Intake of selected nutrients for persons aged 4-5 years by race and sex for income levels; number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons.....	577	436	138	166	76	89	400	351	47
Estimated population in thousands	3,437	2,966	447	707	443	257	2,659	2,456	187
<u>Calories</u>									
Mean.....	1,826	1,846	1,717	1,754	1,819	1,629	1,845	1,851	1,833
Median.....	1,712	1,721	1,647	1,687	1,697	1,623	1,713	1,721	1,759
Mean nutrient intake:									
Percent of standard ³	119	121	110	116	124	103	120	121	120
Per kilogram of body weight.....	96.77	98.02	89.95	92.38	96.75	84.58	97.96	98.31	97.10
<u>Protein (gm)</u>									
Mean.....	64.80	65.76	59.19	60.97	62.92	56.88	65.56	66.02	62.08
Median.....	62.05	62.65	57.23	61.93	63.12	56.01	61.73	62.01	61.25
Mean nutrient intake:									
Percent of standard ³	231	235	207	220	232	195	233	235	222
Per kilogram of body weight.....	3.44	3.49	3.10	3.21	3.35	2.95	3.48	3.51	3.29
<u>Calcium (mg)</u>									
Mean.....	1,002	1,037	787	846	930	683	1,040	1,053	926
Median.....	951	984	717	758	834	662	1,010	1,019	902
Mean nutrient intake:									
Percent of standard	223	230	175	188	207	152	231	234	206
Per kilogram of body weight.....	53.12	55.09	41.21	44.57	49.43	35.49	55.20	55.93	49.04
<u>Iron (mg)</u>									
Mean.....	9.40	9.46	9.12	8.93	9.16	8.67	9.52	9.53	9.71
Median.....	8.37	8.38	8.32	8.40	8.57	7.47	8.37	8.36	8.96
Mean nutrient intake:									
Percent of standard	94	95	91	90	92	87	95	95	97
Per kilogram of body weight.....	0.50	0.50	0.48	0.47	0.49	0.45	0.51	0.51	0.51
<u>Vitamin A (IU)</u>									
Mean.....	3,788	3,723	4,289	3,942	3,909	3,953	3,774	3,716	4,774
Median.....	2,848	2,912	2,307	2,234	2,275	2,028	3,013	3,037	2,965
Mean nutrient intake:									
Percent of standard	143	145	116	112	116	106	149	151	144
Mean nutrient intake:									
Percent of standard	189	186	214	197	196	198	189	186	239
Per kilogram of body weight.....	200.80	197.73	224.73	207.68	207.86	205.27	200.41	197.35	252.95
<u>Vitamin C (mg)</u>									
Mean.....	85.48	86.92	78.61	72.2	69.3	77.8	89.4	90.5	79.8
Median.....	58.75	62.98	41.53	43.11	34.82	64.53	66.30	71.44	35.69
Mean nutrient intake:									
Percent of standard	214	217	196	181	173	194	223	226	199
Per kilogram of body weight.....	4.53	4.62	4.12	3.80	3.69	4.04	4.75	4.81	4.22
<u>Thiamine (mg)</u>									
Mean.....	1.24	1.22	1.37	1.24	1.21	1.26	1.24	1.22	1.52
Median.....	1.11	1.11	1.12	1.12	1.11	1.09	1.11	1.11	1.12
Mean nutrient intake:									
Percent of standard	170	165	200	175	168	193	168	165	208
Per kilogram of body weight.....	0.07	0.06	0.07	0.07	0.06	0.07	0.07	0.06	0.08
<u>Riboflavin (mg)</u>									
Mean.....	1.99	2.02	1.82	1.76	1.86	1.54	2.04	2.04	2.20
Median.....	1.82	1.83	1.56	1.55	1.58	1.40	1.90	1.90	1.96
Mean nutrient intake:									
Percent of standard	198	198	193	182	185	173	202	200	218
Per kilogram of body weight.....	0.11	0.11	0.10	0.09	0.10	0.08	0.11	0.11	0.12
<u>Preformed niacin (mg)</u>									
Mean.....	11.81	11.86	11.49	11.59	11.62	11.41	11.87	11.91	11.55
Median.....	10.36	10.34	10.48	10.88	11.19	10.17	10.31	10.28	11.55
Per kilogram of body weight.....	0.63	0.63	0.60	0.61	0.62	0.59	0.63	0.63	0.61

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 4. Intake of selected nutrients for persons aged 4-5 years by race and sex for income levels; number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
Number of examined persons.....									
Estimated population in thousands	595 3,466	428 2,850	161 584	149 647	67 400	82 248	431 2,739	355 2,405	70 303
Calories									
Mean	1,628	1,629	1,614	1,653	1,691	1,593	1,623	1,617	1,653
Median	1,558	1,548	1,594	1,610	1,669	1,567	1,554	1,542	1,627
Mean nutrient intake:									
Percent of standard ³	110	111	107	116	124	104	109	109	111
Per kilogram of body weight.....	88.98	89.25	86.90	93.26	97.58	86.69	88.29	87.97	89.16
Protein (gm)									
Mean	58.56	58.63	57.58	60.01	61.39	57.79	58.43	58.25	58.61
Median	56.07	56.40	53.36	58.12	60.01	56.36	55.80	56.14	51.31
Mean nutrient intake:									
Percent of standard ³	217	218	207	232	247	206	214	214	214
Per kilogram of body weight.....	3.20	3.21	3.10	3.38	3.54	3.14	3.18	3.17	3.16
Calcium (mg)									
Mean	894	926	725	866	966	705	904	920	749
Median	811	842	675	763	871	599	824	838	694
Mean nutrient intake:									
Percent of standard	199	206	161	192	214	157	201	204	166
Per kilogram of body weight.....	48.89	50.74	39.02	48.86	55.77	38.35	49.18	50.06	40.37
Iron (mg)									
Mean	8.43	8.34	8.94	8.85	8.59	9.27	8.33	8.26	8.95
Median	7.85	7.77	8.96	8.51	8.28	9.38	7.75	7.71	8.92
Mean nutrient intake:									
Percent of standard	84	83	89	88	86	93	83	82	89
Per kilogram of body weight.....	0.46	0.46	0.48	0.50	0.50	0.50	0.45	0.45	0.48
Vitamin A (IU)									
Mean	3,562	3,610	3,312	3,627	3,750	3,429	3,526	3,563	3,194
Median	2,561	2,595	2,292	2,473	2,455	2,517	2,581	2,607	2,114
Mean nutrient intake:									
Percent of standard	128	129	116	125	126	124	129	130	104
Mean nutrient intake:									
Percent of standard	178	180	166	181	187	171	176	178	160
Per kilogram of body weight.....	194.71	197.79	178.30	204.58	216.44	186.53	191.78	193.83	172.22
Vitamin C (mg)									
Mean	79.10	76.06	91.90	71.5	61.3	87.9	81.3	79.1	95.2
Median	47.17	42.73	83.50	35.09	27.66	67.63	52.25	47.28	90.90
Mean nutrient intake:									
Percent of standard	198	190	230	179	153	220	203	198	238
Per kilogram of body weight.....	4.32	4.17	4.95	4.03	3.54	4.78	4.42	4.30	5.13
Thiamine (mg)									
Mean	1.08	1.06	1.18	1.12	1.10	1.15	1.07	1.05	1.23
Median	1.02	0.99	1.12	1.08	1.04	1.12	1.00	0.99	1.12
Mean nutrient intake:									
Percent of standard	165	163	183	170	163	180	165	163	188
Per kilogram of body weight.....	0.06	0.06	0.06	0.06	0.06	0.06	0.06	0.06	0.07
Riboflavin (mg)									
Mean	1.79	1.83	1.57	1.73	1.85	1.54	1.81	1.82	1.63
Median	1.67	1.72	1.41	1.59	1.69	1.50	1.70	1.73	1.43
Mean nutrient intake:									
Percent of standard	200	204	176	191	198	176	202	205	180
Per kilogram of body weight.....	0.10	0.10	0.08	0.10	0.11	0.08	0.10	0.10	0.09
Preformed niacin (mg)									
Mean	11.00	10.90	11.48	11.64	11.58	11.74	10.90	10.80	11.69
Median	10.04	9.92	10.76	10.81	10.73	11.06	9.92	9.87	10.95
Per kilogram of body weight.....	0.60	0.60	0.62	0.66	0.67	0.64	0.59	0.59	0.63

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 5. Intake of selected nutrients for persons aged 6-7 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income			Income below poverty level ²			Income above poverty level ²		
Number of examined persons	688	498	186	209	93	115	464	394	67
Estimated population in thousands	7,824	6,450	1,338	1,901	1,166	724	5,785	5,173	588
<u>Calories</u>									
Mean	1,951	1,977	1,825	1,945	2,043	1,776	1,960	1,966	1,919
Median	1,871	1,893	1,734	1,799	1,955	1,553	1,883	1,892	1,824
Mean nutrient intake:									
Percent of standard ³	106	107	97	110	118	98	105	105	99
Per kilogram of body weight	83.76	84.84	78.37	85.94	90.03	78.70	83.71	84.19	79.88
<u>Protein (gm)</u>									
Mean	71.80	73.13	65.35	70.40	74.86	62.93	72.39	72.71	69.76
Median	67.23	68.50	60.42	66.01	70.02	58.37	68.16	68.56	66.54
Mean nutrient intake:									
Percent of standard ³	246	251	220	253	274	218	244	246	227
Per kilogram of body weight	3.08	3.14	2.81	3.11	3.30	2.79	3.09	3.11	2.90
<u>Calcium (mg)</u>									
Mean	1,050	1,091	859	955	1,033	828	1,089	1,110	913
Median	972	1,035	832	896	971	773	1,026	1,060	864
Mean nutrient intake:									
Percent of standard	233	242	191	212	230	184	242	247	203
Per kilogram of body weight	45.09	46.80	36.89	42.18	45.53	36.72	46.52	47.54	38.00
<u>Iron (mg)</u>									
Mean	10.40	10.57	9.51	10.38	11.05	9.20	10.44	10.47	10.11
Median	9.23	9.32	8.64	9.20	9.67	7.98	9.28	9.20	9.59
Mean nutrient intake:									
Percent of standard	104	106	95	104	111	92	104	105	101
Per kilogram of body weight	0.45	0.45	0.41	0.46	0.49	0.41	0.45	0.45	0.42
<u>Vitamin A (IU)</u>									
Mean	4,031	3,876	4,757	4,339	4,078	4,738	3,924	3,820	4,825
Median	2,979	2,960	3,130	3,100	3,044	3,026	2,959	2,928	3,209
Median nutrient intake:									
Percent of standard	120	119	127	125	123	123	119	118	133
Mean nutrient intake:									
Percent of standard	161	155	191	174	163	190	157	153	193
Per kilogram of body weight	173.09	166.37	204.29	191.72	179.66	210.00	167.59	163.58	200.78
<u>Vitamin C (mg)</u>									
Mean	80.80	80.00	85.28	69.7	64.3	78.5	84.7	83.4	96.6
Median	54.14	54.30	53.46	41.60	34.29	47.29	62.15	59.83	70.16
Mean nutrient intake:									
Percent of standard	202	200	213	174	161	196	212	209	242
Per kilogram of body weight	3.47	3.43	3.66	3.08	2.83	3.48	3.62	3.57	4.02
<u>Thiamine (mg)</u>									
Mean	1.27	1.28	1.20	1.26	1.31	1.18	1.28	1.28	1.24
Median	1.17	1.19	1.09	1.11	1.14	1.04	1.21	1.21	1.20
Mean nutrient intake:									
Percent of standard	163	163	165	163	160	165	163	163	163
Per kilogram of body weight	0.05	0.06	0.05	0.06	0.06	0.05	0.05	0.05	0.05
<u>Riboflavin (mg)</u>									
Mean	2.08	2.13	1.82	1.94	2.02	1.81	2.13	2.16	1.88
Median	1.94	2.01	1.68	1.77	1.87	1.62	2.01	2.03	1.91
Mean nutrient intake:									
Percent of standard	193	196	182	182	180	185	198	200	178
Per kilogram of body weight	0.09	0.09	0.08	0.09	0.09	0.08	0.09	0.09	0.08
<u>Preformed niacin (mg)</u>									
Mean	13.50	13.63	12.78	12.96	13.45	12.05	13.71	13.68	13.94
Median	11.96	12.27	11.62	11.66	11.93	10.06	12.41	12.36	12.71
Per kilogram of body weight	0.58	0.59	0.55	0.57	0.59	0.53	0.59	0.59	0.58

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 5. Intake of selected nutrients for persons aged 6-7 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
	All income				Income below poverty level ²		Income above poverty level ²		
Number of examined persons	343	251	90	103	49	53	232	197	34
Estimated population in thousands	4,099	3,422	656	1,106	723	371	2,895	2,625	262
Calories									
Mean	2,061	2,089	1,910	2,046	2,142	1,838	2,082	2,082	2,089
Median	1,986	2,023	1,769	1,896	1,980	1,523	2,048	2,049	2,115
Mean nutrient intake:									
Percent of standard ³	113	115	105	120	127	107	112	112	108
Per kilogram of body weight	87.33	88.20	82.13	90.81	93.61	84.00	87.31	87.65	84.16
Protein (gm)									
Mean	76.45	78.05	68.09	73.63	77.65	65.35	77.80	78.10	75.27
Median	71.87	74.55	64.15	67.14	70.65	58.95	74.58	74.90	74.36
Mean nutrient intake:									
Percent of standard ³	265	271	237	275	293	237	264	265	249
Per kilogram of body weight	3.24	3.30	2.93	3.27	3.39	2.99	3.26	3.29	3.03
Calcium (mg)									
Mean	1,095	1,120	970	962	984	920	1,161	1,168	1,088
Median	1,046	1,087	898	927	1,004	850	1,120	1,134	983
Mean nutrient intake:									
Percent of standard	243	249	216	214	219	204	258	259	242
Per kilogram of body weight	46.40	47.26	41.72	42.70	43.02	42.02	48.68	49.16	43.84
Iron (mg)									
Mean	11.16	11.43	9.67	11.43	12.38	9.41	11.12	11.19	10.51
Median	10.19	10.43	9.04	10.04	10.41	7.92	10.30	10.43	9.68
Mean nutrient intake:									
Percent of standard	112	114	97	114	124	94	111	112	105
Per kilogram of body weight	0.47	0.48	0.42	0.51	0.54	0.43	0.47	0.47	0.42
Vitamin A (IU)									
Mean	4,377	4,181	5,396	4,599	4,347	5,053	4,281	4,108	6,072
Median	3,214	3,123	3,534	3,352	2,399	3,547	3,205	3,204	3,801
Median nutrient intake:									
Percent of standard	130	126	146	132	97	148	130	128	152
Mean nutrient intake:									
Percent of standard	175	167	217	184	174	203	171	164	243
Per kilogram of body weight	185.41	176.51	232.06	204.16	189.95	230.89	179.55	172.96	244.63
Vitamin C (mg)									
Mean	82.03	81.22	87.68	69.0	63.0	81.2	87.0	85.5	104.0
Median	55.26	55.28	55.64	42.22	40.80	54.12	65.25	64.74	65.90
Mean nutrient intake:									
Percent of standard	205	203	219	173	158	203	217	214	260
Per kilogram of body weight	3.48	3.43	3.77	3.06	2.75	3.71	3.65	3.60	4.19
Thiamine (mg)									
Mean	1.34	1.36	1.25	1.35	1.42	1.21	1.35	1.35	1.35
Median	1.26	1.27	1.20	1.15	1.22	1.05	1.29	1.29	1.34
Mean nutrient intake:									
Percent of standard	163	163	163	165	165	165	163	163	163
Per kilogram of body weight	0.06	0.06	0.05	0.06	0.06	0.06	0.06	0.06	0.05
Riboflavin (mg)									
Mean	2.20	2.24	2.02	2.00	2.00	1.98	2.30	2.32	2.17
Median	2.07	2.13	1.79	1.78	1.87	1.69	2.20	2.21	1.94
Mean nutrient intake:									
Percent of standard	195	195	193	178	169	196	202	202	189
Per kilogram of body weight	0.09	0.09	0.09	0.09	0.09	0.09	0.10	0.10	0.09
Preformed niacin (mg)									
Mean	14.64	14.82	13.76	13.88	14.41	12.66	15.03	14.97	15.97
Median	13.26	13.46	12.27	11.95	13.06	10.18	14.05	13.96	15.98
Per kilogram of body weight	0.62	0.63	0.59	0.62	0.63	0.58	0.63	0.63	0.64

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 5. Intake of selected nutrients for persons aged 6-7 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>FEMALE</u>									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	345	247	96	106	44	62	232	197	33
Estimated population in thousands	3,725	3,028	682	795	443	352	2,890	2,548	327
<u>Calories</u>									
Mean	1,829	1,850	1,743	1,806	1,882	1,709	1,838	1,847	1,784
Median	1,774	1,784	1,692	1,742	1,782	1,582	1,789	1,786	1,807
Mean nutrient intake:									
Percent of standard ³	97	99	90	97	104	88	97	98	91
Per kilogram of body weight	79.71	80.89	74.76	79.25	84.04	73.44	79.96	80.50	76.23
<u>Protein (gm)</u>									
Mean	66.69	67.57	62.71	65.90	70.30	60.37	66.98	67.17	65.34
Median	61.60	62.04	56.40	61.29	63.58	54.60	61.66	61.65	61.88
Mean nutrient intake:									
Percent of standard ³	224	228	202	223	243	197	225	226	209
Per kilogram of body weight	2.91	2.96	2.69	2.89	3.14	2.59	2.91	2.93	2.79
<u>Calcium (mg)</u>									
Mean	1,000	1,058	752	944	1,113	732	1,018	1,051	773
Median	896	963	764	842	940	726	914	976	894
Mean nutrient intake:									
Percent of standard	222	235	167	210	248	163	226	234	172
Per kilogram of body weight	43.60	46.26	32.24	41.45	49.71	31.45	44.27	45.81	33.03
<u>Iron (mg)</u>									
Mean	9.55	9.59	9.36	8.93	8.89	8.97	9.75	9.74	9.80
Median	8.35	8.37	8.25	8.48	8.64	8.12	8.35	8.31	9.34
Mean nutrient intake:									
Percent of standard	96	96	94	89	89	90	98	97	98
Per kilogram of body weight	0.42	0.42	0.40	0.39	0.40	0.39	0.42	0.42	0.42
<u>Vitamin A (IU)</u>									
Mean	3,651	3,532	4,142	3,979	3,639	4,405	3,566	3,523	3,826
Median	2,735	2,736	2,697	2,821	3,174	2,172	2,718	2,705	3,041
Mean nutrient intake:									
Percent of standard	112	113	103	116	136	92	111	111	123
Mean nutrient intake:									
Percent of standard	146	141	166	159	146	176	143	141	153
Per kilogram of body weight	159.12	154.47	177.62	174.61	162.48	189.28	155.14	153.55	163.50
<u>Vitamin C (mg)</u>									
Mean	79.44	78.62	82.97	70.6	66.5	75.8	82.4	81.3	90.8
Median	52.64	53.74	48.10	36.95	33.97	46.58	59.98	59.35	70.45
Mean nutrient intake:									
Percent of standard	199	197	207	177	166	190	206	203	227
Per kilogram of body weight	3.46	3.44	3.56	3.10	2.97	3.26	3.58	3.54	3.88
<u>Thiamine (mg)</u>									
Mean	1.19	1.19	1.15	1.14	1.13	1.14	1.21	1.21	1.16
Median	1.11	1.11	1.01	1.02	1.12	1.00	1.12	1.11	1.12
Mean nutrient intake:									
Percent of standard	163	163	165	158	150	168	165	163	163
Per kilogram of body weight	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05	0.05
<u>Riboflavin (mg)</u>									
Mean	1.94	2.01	1.63	1.86	2.05	1.63	1.96	2.00	1.64
Median	1.87	1.91	1.61	1.68	1.84	1.61	1.91	1.91	1.73
Mean nutrient intake:									
Percent of standard	193	196	171	187	198	173	195	196	167
Per kilogram of body weight	0.08	0.09	0.07	0.08	0.09	0.07	0.09	0.09	0.07
<u>Preformed niacin (mg)</u>									
Mean	12.25	12.30	11.84	11.67	11.87	11.41	12.39	12.35	12.31
Median	10.81	10.79	10.99	11.14	11.27	9.78	10.77	10.70	11.65
Per kilogram of body weight	0.53	0.54	0.51	0.51	0.53	0.49	0.54	0.54	0.53

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 6. Intake of selected nutrients for persons aged 8-9 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>BOTH SEXES</u>		All income			Income below poverty level ²			Income above poverty level ²	
Number of examined persons	644	479	161	170	78	92	458	393	61
Estimated population in thousands	7,354	6,254	1,068	1,295	802	493	5,830	5,319	479
<u>Calories</u>									
Mean	2,015	2,043	1,858	2,001	2,052	1,918	2,025	2,049	1,768
Median	1,923	1,950	1,731	1,900	1,934	1,773	1,933	1,953	1,724
Mean nutrient intake:									
Percent of standard ³	86	87	76	88	93	80	85	86	72
Per kilogram of body weight	68.38	69.31	62.90	70.27	74.80	63.56	68.02	68.61	61.24
<u>Protein (gm)</u>									
Mean	73.15	74.74	63.78	73.43	77.74	66.43	73.31	74.52	59.93
Median	70.68	71.60	59.73	71.45	71.86	65.46	70.35	71.42	57.39
Mean nutrient intake:									
Percent of standard ³	195	200	165	206	224	175	193	197	154
Per kilogram of body weight	2.48	2.54	2.16	2.58	2.83	2.20	2.46	2.49	2.08
<u>Calcium (mg)</u>									
Mean	1,079	1,126	811	978	1,082	808	1,112	1,139	820
Median	1,018	1,084	715	897	1,082	713	1,051	1,091	722
Mean nutrient intake:									
Percent of standard	240	250	180	217	241	180	247	253	182
Per kilogram of body weight	36.62	38.19	27.43	34.33	39.45	26.77	37.34	38.13	28.40
<u>Iron (mg)</u>									
Mean	10.50	10.59	9.96	10.96	11.40	10.26	10.40	10.47	9.60
Median	9.73	9.74	9.62	10.33	10.50	9.90	9.63	9.66	8.78
Mean nutrient intake:									
Percent of standard	105	106	100	110	114	103	104	104	96
Per kilogram of body weight	0.36	0.36	0.34	0.39	0.42	0.34	0.35	0.35	0.33
<u>Vitamin A (IU)</u>									
Mean	4,290	4,420	3,576	4,692	5,447	3,462	4,245	4,278	3,980
Median	3,063	3,178	2,188	2,842	3,054	2,371	3,148	3,207	2,303
Median nutrient intake:									
Percent of standard	122	129	91	111	120	94	128	131	91
Mean nutrient intake:									
Percent of standard	172	177	143	188	218	138	170	171	159
Per kilogram of body weight	145.52	149.96	121.03	164.76	198.55	114.76	142.54	143.21	137.85
<u>Vitamin C (mg)</u>									
Mean	81.11	82.54	72.03	85.39	90.16	77.63	80.69	81.49	70.23
Median	49.43	50.98	43.93	46.14	51.47	43.68	50.39	50.47	47.98
Mean nutrient intake:									
Percent of standard	203	206	180	214	225	194	202	204	176
Per kilogram of body weight	2.75	2.80	2.44	3.00	3.29	2.57	2.71	2.73	2.43
<u>Thiamine (mg)</u>									
Mean	1.29	1.29	1.23	1.28	1.32	1.22	1.28	1.28	1.19
Median	1.23	1.22	1.23	1.22	1.19	1.22	1.23	1.22	1.21
Mean nutrient intake:									
Percent of standard	160	158	165	160	160	160	158	158	168
Per kilogram of body weight	0.04	0.04	0.04	0.05	0.05	0.04	0.04	0.04	0.04
<u>Riboflavin (mg)</u>									
Mean	2.15	2.23	1.68	1.97	2.15	1.68	2.20	2.24	1.69
Median	2.05	2.13	1.52	1.85	2.16	1.53	2.08	2.14	1.43
Mean nutrient intake:									
Percent of standard	193	198	164	180	191	160	196	198	175
Per kilogram of body weight	0.07	0.08	0.06	0.07	0.08	0.06	0.07	0.08	0.06
<u>Preformed niacin (mg)</u>									
Mean	14.12	14.36	12.72	13.73	13.80	13.61	14.22	14.43	11.95
Median	12.72	13.01	10.77	11.87	11.73	12.29	12.93	13.10	10.33
Per kilogram of body weight	0.48	0.49	0.43	0.48	0.50	0.45	0.48	0.48	0.41

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 6. Intake of selected nutrients for persons aged 8-9 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
	All income			Income below poverty level ²			Income above poverty level ²		
Number of examined persons	321	233	85	87	40	47	228	189	36
Estimated population in thousands	3,610	3,015	580	677	432	245	2,824	2,522	287
<u>Calories</u>									
Mean	2,173	2,202	2,024	2,132	2,142	2,114	2,189	2,222	1,896
Median	2,051	2,097	1,902	2,066	2,174	1,925	2,047	2,098	1,787
Mean nutrient intake:									
Percent of standard ³	94	96	82	95	99	87	93	95	77
Per kilogram of body weight	74.76	76.24	67.03	74.72	79.67	67.27	74.74	75.71	65.30
<u>Protein (gm)</u>									
Mean	77.99	79.65	69.19	76.50	79.41	71.37	78.51	80.18	63.53
Median	74.56	75.73	65.78	72.00	71.97	73.27	74.96	77.23	59.85
Mean nutrient intake:									
Percent of standard ³	212	218	177	216	233	187	211	216	162
Per kilogram of body weight	2.68	2.76	2.29	2.68	2.95	2.27	2.68	2.73	2.19
<u>Calcium (mg)</u>									
Mean	1,159	1,208	904	1,017	1,072	921	1,203	1,241	874
Median	1,112	1,167	777	1,013	1,084	834	1,153	1,198	748
Mean nutrient intake:									
Percent of standard	258	268	201	226	238	205	267	276	194
Per kilogram of body weight	39.86	41.83	29.93	35.64	39.85	29.29	41.08	42.29	30.11
<u>Iron (mg)</u>									
Mean	11.27	11.30	11.12	11.29	11.62	10.71	11.18	11.18	11.10
Median	10.32	10.16	11.24	10.66	10.84	10.43	10.11	10.02	11.46
Mean nutrient intake:									
Percent of standard	113	113	111	113	116	107	112	112	111
Per kilogram of body weight	0.39	0.39	0.37	0.40	0.43	0.34	0.38	0.38	0.38
<u>Vitamin A (IU)</u>									
Mean	4,652	4,769	4,046	4,181	4,580	3,478	4,780	4,775	4,842
Median	3,228	3,409	2,384	2,742	3,051	2,181	3,387	3,423	2,428
Median nutrient intake:									
Percent of standard	131	138	95	107	116	90	138	142	98
Mean nutrient intake:									
Percent of standard	187	191	162	167	183	139	191	191	194
Per kilogram of body weight	160.04	165.15	133.98	146.51	170.33	110.65	163.22	162.66	166.80
<u>Vitamin C (mg)</u>									
Mean	78.25	79.46	71.08	70.45	73.09	65.82	80.56	79.95	84.23
Median	47.04	48.43	43.92	39.30	39.92	36.75	48.76	48.03	54.16
Mean nutrient intake:									
Percent of standard	196	199	178	176	183	165	201	200	211
Per kilogram of body weight	2.69	2.75	2.35	2.47	2.72	2.09	2.75	2.72	2.90
<u>Thiamine (mg)</u>									
Mean	1.34	1.34	1.35	1.26	1.24	1.29	1.35	1.35	1.29
Median	1.28	1.27	1.32	1.29	1.24	1.31	1.28	1.27	1.33
Mean nutrient intake:									
Percent of standard	150	150	168	147	145	152	152	152	170
Per kilogram of body weight	0.05	0.05	0.04	0.04	0.05	0.04	0.05	0.05	0.04
<u>Riboflavin (mg)</u>									
Mean	2.33	2.42	1.86	2.05	2.14	1.88	2.41	2.47	1.83
Median	2.18	2.28	1.62	1.89	2.21	1.64	2.24	2.31	1.56
Mean nutrient intake:									
Percent of standard	195	200	167	175	181	162	200	202	175
Per kilogram of body weight	0.08	0.08	0.06	0.07	0.08	0.06	0.08	0.08	0.06
<u>Preformed niacin (mg)</u>									
Mean	14.90	15.18	13.46	14.20	14.26	14.09	15.05	15.29	12.90
Median	13.73	13.79	13.15	13.76	13.52	14.81	13.72	13.89	12.28
Per kilogram of body weight	0.51	0.53	0.45	0.50	0.53	0.45	0.51	0.52	0.44

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 6. Intake of selected nutrients for persons aged 8-9 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	323	246	76	83	38	45	230	204	25
Estimated population in thousands	3,744	3,240	488	619	371	248	3,006	2,798	192
Calories									
Mean	1,864	1,895	1,661	1,857	1,946	1,723	1,872	1,893	1,577
Median	1,799	1,833	1,645	1,770	1,825	1,663	1,813	1,834	1,563
Mean nutrient intake:									
Percent of standard ³	77	79	69	81	87	72	77	78	65
Per kilogram of body weight	62.39	63.11	57.75	65.37	69.37	59.57	61.91	62.41	55.07
Protein (gm)									
Mean	68.47	70.18	57.35	70.08	75.79	61.53	68.43	69.41	54.56
Median	66.39	67.78	47.60	67.08	71.25	50.86	66.34	66.90	41.52
Mean nutrient intake:									
Percent of standard ³	179	183	152	194	214	164	177	180	142
Per kilogram of body weight	2.29	2.34	1.99	2.47	2.70	2.13	2.26	2.29	1.91
Calcium (mg)									
Mean	1,003	1,049	700	935	1,094	696	1,026	1,047	739
Median	935	986	685	776	1,077	672	966	989	700
Mean nutrient intake:									
Percent of standard	223	233	156	208	243	155	228	232	164
Per kilogram of body weight	33.57	34.94	24.32	32.90	38.99	24.05	33.94	34.50	25.80
Iron (mg)									
Mean	9.76	9.94	8.58	10.61	11.14	9.82	9.66	9.82	7.36
Median	9.30	9.44	7.56	9.84	10.16	9.10	9.24	9.35	7.40
Mean nutrient intake:									
Percent of standard	97	99	86	106	111	98	96	98	74
Per kilogram of body weight	0.33	0.33	0.30	0.37	0.40	0.34	0.32	0.32	0.26
Vitamin A (IU)									
Mean	3,940	4,094	3,017	5,250	6,454	3,447	3,742	3,830	2,691
Median	2,879	2,980	2,026	2,859	3,612	2,539	2,954	2,995	2,004
Median nutrient intake:									
Percent of standard	114	119	85	117	128	102	116	120	76
Mean nutrient intake:									
Percent of standard	158	164	121	210	258	138	150	153	108
Per kilogram of body weight	131.92	136.36	104.87	184.83	230.03	119.18	123.75	126.25	93.98
Vitamin C (mg)									
Mean	83.86	85.40	73.16	101.73	110.03	89.31	80.82	82.88	49.29
Median	55.90	55.98	45.04	67.71	67.49	68.57	53.44	54.45	24.92
Mean nutrient intake:									
Percent of standard	210	214	183	254	275	223	202	207	123
Per kilogram of body weight	2.81	2.84	2.54	3.58	3.92	3.09	2.67	2.73	1.72
Thiamine (mg)									
Mean	1.23	1.25	1.10	1.31	1.41	1.16	1.21	1.22	1.05
Median	1.17	1.17	0.98	1.16	1.17	1.14	1.17	1.17	0.95
Mean nutrient intake:									
Percent of standard	165	165	165	175	180	168	163	163	165
Per kilogram of body weight	0.04	0.04	0.04	0.05	0.05	0.04	0.04	0.04	0.04
Riboflavin (mg)									
Mean	1.97	2.04	1.47	1.90	2.17	1.48	2.00	2.03	1.49
Median	1.86	1.99	1.41	1.67	2.12	1.50	1.90	1.97	1.24
Mean nutrient intake:									
Percent of standard	193	196	160	185	202	156	195	195	173
Per kilogram of body weight	0.07	0.07	0.05	0.07	0.08	0.05	0.07	0.07	0.05
Preformed niacin (mg)									
Mean	13.36	13.60	11.83	13.21	13.26	13.14	13.45	13.66	10.54
Median	11.61	11.85	9.64	10.26	10.37	9.80	11.77	11.86	8.95
Per kilogram of body weight	0.45	0.45	0.41	0.47	0.47	0.45	0.44	0.45	0.37

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 7. Intake of selected nutrients for persons aged 10-11 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
Number of examined persons									
Estimated population in thousands	725 8,852	550 7,540	166 1,186	156 1,390	71 817	84 561	551 7,229	469 6,547	75 582
Calories									
Mean	2,143	2,174	1,928	1,953	2,058	1,801	2,181	2,187	2,069
Median	2,006	2,038	1,870	1,864	1,930	1,808	2,041	2,045	1,938
Mean nutrient intake:									
Percent of standard ³	90	92	77	83	91	73	92	93	81
Per kilogram of body weight	58.05	59.17	50.58	54.40	58.40	49.36	58.85	59.22	52.79
Protein (gm)									
Mean	78.68	79.80	71.58	73.16	77.84	67.01	79.83	79.95	77.25
Median	74.15	76.11	61.76	63.87	71.89	59.11	78.79	76.12	66.46
Mean nutrient intake:									
Percent of standard ³	182	186	155	171	188	148	185	186	165
Per kilogram of body weight	2.13	2.17	1.88	2.04	2.21	1.84	2.15	2.16	1.97
Calcium (mg)									
Mean	1,143	1,195	809	917	1,033	762	1,188	1,214	876
Median	1,049	1,102	773	812	966	703	1,093	1,117	834
Mean nutrient intake:									
Percent of standard	177	185	127	141	159	117	184	187	140
Per kilogram of body weight	30.96	32.53	21.22	25.53	29.29	20.89	32.06	32.86	22.35
Iron (mg)									
Mean	11.51	11.57	10.95	11.45	12.37	10.15	11.54	11.48	11.81
Median	10.48	10.61	9.83	10.09	11.12	8.68	10.52	10.51	10.78
Mean nutrient intake:									
Percent of standard	92	93	84	88	95	77	94	93	92
Per kilogram of body weight	0.31	0.31	0.29	0.32	0.35	0.28	0.31	0.31	0.30
Vitamin A (IU)									
Mean	4,614	4,759	3,764	4,043	4,401	3,608	4,660	4,713	4,053
Median	3,544	3,632	2,522	2,890	3,134	2,375	3,675	3,691	2,608
Median nutrient intake:									
Percent of standard	142	145	111	121	129	96	145	146	121
Mean nutrient intake:									
Percent of standard	184	190	149	162	176	144	186	189	159
Per kilogram of body weight	124.99	129.51	98.72	112.61	124.87	98.91	125.72	127.58	103.40
Vitamin C (mg)									
Mean	86.17	86.85	75.96	64.34	63.08	67.07	89.44	89.06	80.09
Median	56.27	57.65	39.35	35.02	30.44	36.01	61.66	62.00	50.21
Mean nutrient intake:									
Percent of standard	215	217	188	161	158	168	223	223	196
Per kilogram of body weight	2.33	2.36	1.99	1.79	1.79	1.84	2.41	2.41	2.04
Thiamine (mg)									
Mean	1.38	1.39	1.30	1.32	1.39	1.23	1.38	1.38	1.39
Median	1.26	1.26	1.15	1.07	1.14	1.06	1.28	1.27	1.30
Mean nutrient intake:									
Percent of standard	160	160	168	170	170	170	158	158	168
Per kilogram of body weight	0.04	0.04	0.03	0.04	0.04	0.03	0.04	0.04	0.04
Riboflavin (mg)									
Mean	2.23	2.31	1.73	1.86	2.04	1.63	2.30	2.33	1.86
Median	2.08	2.15	1.61	1.73	1.97	1.53	2.15	2.17	1.76
Mean nutrient intake:									
Percent of standard	189	193	164	173	180	164	191	193	164
Per kilogram of body weight	0.06	0.06	0.05	0.05	0.06	0.04	0.06	0.06	0.05
Preformed niacin (mg)									
Mean	14.69	14.79	13.98	13.82	14.45	12.91	14.90	14.84	15.24
Median	12.83	12.92	11.59	12.18	12.48	10.83	12.99	12.97	13.15
Per kilogram of body weight	0.40	0.40	0.37	0.38	0.41	0.35	0.40	0.40	0.39

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 7. Intake of selected nutrients for persons aged 10-11 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>MALE</u>									
All income									
Number of examined persons	362	280	76	77	38	38	276	236	36
Estimated population in thousands	4,446	3,823	541	652	367	273	3,676	3,358	262
<u>Calories</u>									
Mean	2,261	2,297	1,963	1,936	2,077	1,748	2,317	2,317	2,186
Median	2,155	2,180	1,877	1,873	1,958	1,859	2,193	2,189	2,119
Mean nutrient intake:									
Percent of standard ³	92	94	75	79	87	68	95	95	82
Per kilogram of body weight	61.92	63.11	52.79	53.97	59.71	47.85	63.16	63.23	57.83
<u>Protein (gm)</u>									
Mean	83.91	85.39	73.41	72.00	80.38	62.11	86.08	85.85	85.35
Median	79.51	81.03	62.29	62.61	75.42	54.74	81.05	81.06	79.24
Mean nutrient intake:									
Percent of standard ³	193	199	157	166	192	135	199	200	179
Per kilogram of body weight	2.30	2.35	1.97	2.01	2.31	1.70	2.35	2.34	2.26
<u>Calcium (mg)</u>									
Mean	1,194	1,244	850	1,004	1,222	748	1,228	1,244	961
Median	1,119	1,166	817	806	1,040	599	1,155	1,172	900
Mean nutrient intake:									
Percent of standard	185	192	136	155	189	115	190	192	158
Per kilogram of body weight	32.70	34.16	22.85	28.02	35.13	20.47	33.49	33.96	25.41
<u>Iron (mg)</u>									
Mean	12.66	12.79	11.31	11.43	13.01	9.39	12.89	12.75	13.32
Median	11.72	11.96	9.43	8.67	10.32	8.49	12.11	12.04	12.35
Mean nutrient intake:									
Percent of standard	127	128	113	114	130	94	129	128	133
Per kilogram of body weight	0.35	0.35	0.30	0.32	0.37	0.26	0.35	0.35	0.35
<u>Vitamin A (IU)</u>									
Mean	5,190	5,325	4,391	3,927	4,166	3,780	5,260	5,266	5,077
Median	3,874	3,878	3,293	2,909	3,145	2,066	3,991	3,921	5,137
Mean nutrient intake:									
Percent of standard	152	154	131	118	132	92	157	155	157
Mean nutrient intake:									
Percent of standard	207	213	172	157	167	151	210	211	196
Per kilogram of body weight	142.10	146.25	118.09	109.50	119.79	103.46	143.39	143.72	134.30
<u>Vitamin C (mg)</u>									
Mean	89.32	91.65	61.54	50.04	53.03	47.22	93.62	92.83	76.14
Median	58.29	63.73	36.43	25.70	25.18	30.12	66.33	65.91	53.21
Mean nutrient intake:									
Percent of standard	223	229	149	125	133	118	233	232	180
Per kilogram of body weight	2.45	2.52	1.66	1.40	1.52	1.29	2.55	2.53	2.01
<u>Thiamine (mg)</u>									
Mean	1.49	1.52	1.28	1.31	1.45	1.15	1.51	1.51	1.42
Median	1.33	1.36	1.05	1.04	1.12	0.95	1.37	1.37	1.36
Mean nutrient intake:									
Percent of standard	165	165	163	170	175	165	163	163	163
Per kilogram of body weight	0.04	0.04	0.03	0.04	0.04	0.03	0.04	0.04	0.04
<u>Riboflavin (mg)</u>									
Mean	2.39	2.47	1.79	1.94	2.24	1.58	2.45	2.47	2.01
Median	2.27	2.34	1.62	1.68	1.96	1.42	2.37	2.41	1.74
Mean nutrient intake:									
Percent of standard	191	195	176	181	196	164	193	195	167
Per kilogram of body weight	0.07	0.07	0.05	0.05	0.06	0.04	0.07	0.07	0.05
<u>Preformed niacin (mg)</u>									
Mean	15.95	16.18	14.07	12.50	13.47	11.16	16.56	16.45	17.12
Median	13.94	14.50	11.85	11.39	12.50	9.67	14.86	14.73	15.07
Per kilogram of body weight	0.44	0.44	0.38	0.35	0.39	0.31	0.45	0.45	0.45

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 7. Intake of selected nutrients for persons aged 10-11 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	363	270	90	79	33	46	275	233	39
Estimated population in thousands	4,407	3,717	645	738	451	287	3,554	3,188	321
Calories									
Mean	2,023	2,047	1,900	1,968	2,043	1,851	2,041	2,051	1,974
Median	1,875	1,885	1,846	1,798	1,919	1,767	1,887	1,884	1,914
Mean nutrient intake:									
Percent of standard ³	89	90	78	88	94	78	89	90	81
Per kilogram of body weight	54.23	55.19	48.81	54.77	57.35	50.81	54.48	55.06	48.93
Protein (gm)									
Mean	73.40	74.06	70.04	74.18	75.77	71.63	73.37	73.73	70.64
Median	69.11	69.95	60.34	68.55	71.80	59.53	69.11	69.41	63.30
Mean nutrient intake:									
Percent of standard ³	171	174	154	176	185	161	170	172	154
Per kilogram of body weight	1.97	2.00	1.80	2.06	2.13	1.97	1.96	1.98	1.75
Calcium (mg)									
Mean	1,091	1,145	775	838	879	775	1,147	1,181	807
Median	961	1,023	750	812	914	771	1,004	1,033	771
Mean nutrient intake:									
Percent of standard	169	177	119	129	135	119	178	183	124
Per kilogram of body weight	29.23	30.88	19.91	23.33	24.66	21.28	30.61	31.72	20.01
Iron (mg)									
Mean	10.34	10.32	10.65	11.48	11.86	10.88	10.13	10.13	10.57
Median	9.55	9.51	10.19	11.18	11.56	10.40	9.33	9.33	9.82
Mean nutrient intake:									
Percent of standard	58	58	59	64	66	61	57	57	59
Per kilogram of body weight	0.28	0.28	0.27	0.32	0.33	0.30	0.27	0.27	0.26
Vitamin A (IU)									
Mean	4,033	4,177	3,238	4,145	4,592	3,444	4,039	4,129	3,217
Median	3,169	3,264	2,458	2,879	2,876	3,101	3,201	3,294	2,499
Median nutrient intake:									
Percent of standard	129	134	101	123	123	125	130	134	107
Mean nutrient intake:									
Percent of standard	161	167	130	166	184	138	162	165	129
Per kilogram of body weight	108.11	112.62	83.20	115.35	128.90	94.56	107.84	110.87	79.74
Vitamin C (mg)									
Mean	82.99	81.91	88.04	76.98	71.25	85.95	85.12	85.09	83.32
Median	52.92	53.09	51.73	44.93	42.43	71.83	57.33	58.16	29.34
Mean nutrient intake:									
Percent of standard	208	205	220	192	178	215	213	213	208
Per kilogram of body weight	2.22	2.21	2.26	2.14	2.00	2.36	2.27	2.28	2.07
Thiamine (mg)									
Mean	1.27	1.26	1.32	1.33	1.35	1.30	1.25	1.24	1.36
Median	1.18	1.17	1.28	1.15	1.15	1.17	1.18	1.17	1.28
Mean nutrient intake:									
Percent of standard	158	152	173	170	165	175	152	150	173
Per kilogram of body weight	0.03	0.03	0.03	0.04	0.04	0.04	0.03	0.03	0.03
Riboflavin (mg)									
Mean	2.08	2.14	1.68	1.80	1.88	1.67	2.14	2.18	1.74
Median	1.92	1.98	1.58	1.74	2.00	1.57	1.96	1.98	1.79
Mean nutrient intake:									
Percent of standard	187	191	160	165	167	164	191	193	160
Per kilogram of body weight	0.06	0.06	0.04	0.05	0.05	0.05	0.06	0.06	0.04
Preformed niacin (mg)									
Mean	13.43	13.37	13.90	14.99	15.25	14.57	13.17	13.14	13.70
Median	11.89	11.98	10.96	12.40	12.47	12.21	11.76	11.82	11.44
Per kilogram of body weight	0.36	0.36	0.36	0.42	0.43	0.40	0.35	0.35	0.34

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 8. Intake of selected nutrients for persons aged 12-14 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES		All income				Income below poverty level ²		Income above poverty level ²	
Number of examined persons	1,107	828	272	266	115	150	797	680	112
Estimated population in thousands	12,916	11,004	1,805	2,124	1,196	926	10,189	9,321	786
<u>Calories</u>									
Mean	2,226	2,244	2,109	2,060	2,122	1,981	2,251	2,254	2,214
Median	2,114	2,121	1,999	1,899	1,900	1,898	2,146	2,144	2,156
Mean nutrient intake:									
Percent of standard ³	75	75	71	72	73	70	75	76	71
Per kilogram of body weight	44.07	44.13	42.94	42.18	43.84	40.12	44.17	44.00	45.09
<u>Protein (gm)</u>									
Mean	82.90	84.24	74.43	75.54	80.35	69.40	84.10	84.65	77.51
Median	78.17	79.00	68.43	68.90	72.47	64.92	79.53	79.71	73.62
Mean nutrient intake:									
Percent of standard ³	139	141	126	132	142	118	140	141	130
Per kilogram of body weight	1.64	1.66	1.52	1.55	1.66	1.41	1.65	1.65	1.58
<u>Calcium (mg)</u>									
Mean	1,124	1,178	805	931	1,052	774	1,157	1,189	807
Median	1,027	1,095	762	854	1,062	670	1,066	1,100	841
Mean nutrient intake:									
Percent of standard	173	182	124	145	164	119	178	183	124
Per kilogram of body weight	22.24	23.17	16.39	19.06	21.75	15.67	22.70	23.21	16.44
<u>Iron (mg)</u>									
Mean	12.01	11.96	12.14	12.33	12.31	12.37	11.94	11.94	11.69
Median	10.84	10.83	10.67	10.54	10.56	10.50	10.89	10.87	10.74
Mean nutrient intake:									
Percent of standard	77	77	77	80	82	77	77	77	76
Per kilogram of body weight	0.24	0.24	0.25	0.25	0.25	0.25	0.23	0.23	0.24
<u>Vitamin A (IU)</u>									
Mean	4,302	4,361	3,909	4,479	4,234	4,767	4,259	4,357	2,968
Median	3,034	3,152	2,181	2,693	2,857	2,596	3,089	3,156	2,113
Mean nutrient intake:									
Percent of standard	98	101	75	87	94	81	99	101	73
Mean nutrient intake:									
Percent of standard	140	143	124	146	146	147	138	141	98
Per kilogram of body weight	85.14	85.73	79.58	91.73	87.49	96.55	83.55	85.04	60.44
<u>Vitamin C (mg)</u>									
Mean	84.72	84.30	86.50	73.35	67.48	80.27	87.64	86.45	100.36
Median	55.10	55.75	48.90	40.32	39.06	47.67	57.53	57.63	55.07
Mean nutrient intake:									
Percent of standard	185	184	188	161	152	172	190	188	220
Per kilogram of body weight	1.68	1.66	1.76	1.50	1.39	1.63	1.72	1.69	2.04
<u>Thiamine (mg)</u>									
Mean	1.41	1.41	1.36	1.38	1.45	1.29	1.41	1.41	1.45
Median	1.28	1.29	1.25	1.24	1.26	1.12	1.29	1.29	1.29
Mean nutrient intake:									
Percent of standard	158	158	163	168	170	163	158	120	163
Per kilogram of body weight	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03
<u>Riboflavin (mg)</u>									
Mean	2.24	2.30	1.86	2.03	2.12	1.92	2.27	2.32	1.75
Median	2.11	2.22	1.64	1.82	2.11	1.53	2.20	2.23	1.67
Mean nutrient intake:									
Percent of standard	184	187	160	180	181	176	184	187	144
Per kilogram of body weight	0.04	0.05	0.04	0.04	0.04	0.04	0.04	0.05	0.04
<u>Preformed niacin (mg)</u>									
Mean	15.95	16.05	15.22	14.67	14.92	14.36	16.15	16.16	15.83
Median	14.38	14.42	14.11	13.23	13.32	12.87	14.66	14.69	14.41
Per kilogram of body weight	0.32	0.32	0.31	0.30	0.31	0.29	0.32	0.32	0.32

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 8. Intake of selected nutrients for persons aged 12-14 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	548	415	131	126	62	64	393	331	60
Estimated population in thousands	6,480	5,559	885	1,076	669	407	5,001	4,571	394
Calories									
Mean	2,519	2,564	2,253	2,185	2,249	2,082	2,585	2,607	2,373
Median	2,397	2,441	2,161	2,097	2,079	2,121	2,463	2,480	2,320
Mean nutrient intake:									
Percent of standard ³	82	83	73	75	78	69	83	84	74
Per kilogram of body weight	50.54	50.97	47.41	47.30	48.80	44.84	51.13	51.31	48.37
Protein (gm)									
Mean	92.80	95.10	79.30	81.37	86.59	72.79	95.37	96.68	82.55
Median	85.98	88.27	75.25	74.01	77.87	70.83	88.36	89.40	84.26
Mean nutrient intake:									
Percent of standard ³	158	162	134	145	156	127	161	164	135
Per kilogram of body weight	1.86	1.89	1.67	1.76	1.88	1.57	1.89	1.90	1.68
Calcium (mg)									
Mean	1,282	1,349	875	1,009	1,147	782	1,333	1,372	910
Median	1,205	1,280	830	986	1,200	742	1,251	1,298	893
Mean nutrient intake:									
Percent of standard	198	208	135	158	181	120	205	211	140
Per kilogram of body weight	25.73	26.81	18.41	21.83	24.89	16.86	26.37	27.00	18.56
Iron (mg)									
Mean	13.58	13.57	13.79	13.71	12.74	15.29	13.66	13.80	12.38
Median	12.09	12.27	11.29	11.23	10.97	11.39	12.32	12.43	11.21
Mean nutrient intake:									
Percent of standard	96	96	96	99	95	105	97	97	90
Per kilogram of body weight	0.27	0.27	0.29	0.30	0.28	0.33	0.27	0.27	0.25
Vitamin A (IU)									
Mean	4,746	4,812	4,360	4,952	4,647	5,453	4,678	4,791	3,416
Median	3,355	3,539	2,177	2,855	3,168	2,635	3,487	3,574	2,157
Median nutrient intake:									
Percent of standard	111	117	76	99	108	86	114	117	75
Mean nutrient intake:									
Percent of standard	157	160	139	165	161	170	154	157	112
Per kilogram of body weight	95.24	95.65	91.75	107.17	100.85	117.49	92.54	94.29	69.63
Vitamin C (mg)									
Mean	89.10	88.81	89.47	75.50	72.88	79.80	93.41	91.53	112.21
Median	61.52	63.02	51.91	48.60	46.04	49.30	64.56	64.37	74.19
Mean nutrient intake:									
Percent of standard	195	195	196	168	163	175	205	200	247
Per kilogram of body weight	1.79	1.77	1.88	1.63	1.58	1.72	1.85	1.80	2.29
Thiamine (mg)									
Mean	1.58	1.60	1.45	1.48	1.54	1.37	1.60	1.61	1.53
Median	1.49	1.52	1.33	1.34	1.36	1.33	1.52	1.52	1.36
Mean nutrient intake:									
Percent of standard	158	120	160	170	170	165	150	150	163
Per kilogram of body weight	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03
Riboflavin (mg)									
Mean	2.55	2.64	2.06	2.23	2.28	2.16	2.62	2.68	1.90
Median	2.38	2.51	1.77	2.07	2.22	1.69	2.48	2.57	1.86
Mean nutrient intake:									
Percent of standard	184	187	167	185	184	189	184	187	145
Per kilogram of body weight	0.05	0.05	0.04	0.05	0.05	0.05	0.05	0.05	0.04
Preformed niacin (mg)									
Mean	18.03	18.24	17.02	16.31	16.24	16.43	18.45	18.59	17.42
Median	16.57	16.75	15.38	14.59	15.26	14.47	16.77	16.95	15.57
Per kilogram of body weight	0.36	0.36	0.36	0.35	0.35	0.35	0.36	0.37	0.36

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 8. Intake of selected nutrients for persons ages 12-14 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>FEMALE</u>									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	559	413	141	140	53	86	404	349	52
Estimated population in thousands	6,436	5,445	920	1,049	527	519	5,188	4,749	392
<u>Calories</u>									
Mean	1,932	1,918	1,970	1,931	1,961	1,902	1,930	1,915	2,055
Median	1,859	1,858	1,731	1,720	1,721	1,714	1,899	1,889	1,738
Mean nutrient intake:									
Percent of standard ³	73	72	75	74	75	74	72	72	76
Per kilogram of body weight	37.72	37.30	38.90	37.48	38.20	36.79	37.56	37.08	41.80
<u>Protein (gm)</u>									
Mean	72.94	73.16	69.74	69.56	72.43	66.74	73.22	73.08	72.45
Median	68.59	70.44	60.15	64.15	68.43	59.83	70.77	71.21	60.97
Mean nutrient intake:									
Percent of standard ³	120	120	118	118	126	110	120	119	125
Per kilogram of body weight	1.42	1.42	1.38	1.35	1.41	1.29	1.43	1.42	1.47
<u>Calcium (mg)</u>									
Mean	964	1,004	737	851	933	767	988	1,013	704
Median	847	877	630	746	857	609	866	877	693
Mean nutrient intake:									
Percent of standard	148	155	114	131	144	118	152	156	108
Per kilogram of body weight	18.82	19.52	14.56	16.51	18.17	14.84	19.22	19.62	14.32
<u>Iron (mg)</u>									
Mean	10.42	10.32	10.54	10.91	11.75	10.07	10.29	10.15	11.00
Median	9.68	9.61	9.60	9.18	8.93	9.44	9.72	9.65	9.90
Mean nutrient intake:									
Percent of standard	58	57	59	61	65	56	57	56	61
Per kilogram of body weight	0.20	0.20	0.21	0.21	0.23	0.19	0.20	0.20	0.22
<u>Vitamin A (IU)</u>									
Mean	3,854	3,901	3,475	3,994	3,710	4,229	3,855	3,940	2,519
Median	2,686	2,746	2,190	2,528	2,507	2,570	2,750	2,765	1,741
Median nutrient intake:									
Percent of standard	81	82	74	76	73	79	82	82	67
Mean nutrient intake:									
Percent of standard	124	126	109	128	126	129	123	126	85
Per kilogram of body weight	75.26	75.85	68.60	77.52	72.27	81.82	75.04	76.30	51.24
<u>Vitamin C (mg)</u>									
Mean	80.30	79.70	83.65	71.14	60.62	80.64	82.08	81.55	88.46
Median	49.23	49.19	38.83	36.20	34.27	37.26	51.36	51.10	47.74
Mean nutrient intake:									
Percent of standard	174	173	180	154	137	170	177	176	194
Per kilogram of body weight	1.57	1.55	1.56	1.38	1.18	1.56	1.60	1.58	1.80
<u>Thiamine (mg)</u>									
Mean	1.24	1.22	1.28	1.27	1.33	1.22	1.23	1.21	1.36
Median	1.13	1.13	1.05	1.04	1.17	1.02	1.13	1.13	1.13
Mean nutrient intake:									
Percent of standard	160	160	163	165	170	160	160	158	165
Per kilogram of body weight	0.02	0.02	0.03	0.02	0.03	0.02	0.02	0.02	0.03
<u>Riboflavin (mg)</u>									
Mean	1.92	1.97	1.67	1.82	1.92	1.73	1.94	1.97	1.60
Median	1.75	1.77	1.46	1.53	1.77	1.47	1.76	1.77	1.43
Mean nutrient intake:									
Percent of standard	181	185	155	171	178	165	184	187	142
Per kilogram of body weight	0.04	0.04	0.03	0.04	0.04	0.03	0.04	0.04	0.03
<u>Preformed niacin (mg)</u>									
Mean	13.85	13.82	13.49	12.99	13.25	12.74	13.93	13.83	14.22
Median	12.68	12.72	12.18	11.69	11.80	11.48	12.74	12.58	12.95
Per kilogram of body weight	0.27	0.27	0.27	0.25	0.26	0.25	0.27	0.27	0.29

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 9. Intake of selected nutrients for persons aged 15-17 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
Number of examined persons									
Estimated population in thousands	1,019 12,154	773 10,534	238 1,519	227 1,625	101 1,038	124 569	761 9,929	639 8,937	106 909
<u>Calories</u>									
Mean	2,394	2,428	2,156	2,062	2,056	2,070	2,449	2,481	2,128
Median	2,152	2,172	2,059	1,813	1,749	1,892	2,198	2,230	2,085
Mean nutrient intake:									
Percent of standard ³	78	79	70	70	72	67	79	79	71
Per kilogram of body weight	38.89	39.47	35.08	34.91	35.61	33.70	39.47	39.98	34.76
<u>Protein (gm)</u>									
Mean	90.38	91.89	79.04	74.79	73.44	76.33	93.42	94.89	78.06
Median	79.04	79.34	74.76	65.24	64.75	68.55	80.96	81.74	75.91
Mean nutrient intake:									
Percent of standard ³	127	129	112	108	108	108	131	133	111
Per kilogram of body weight	1.47	1.49	1.29	1.27	1.27	1.24	1.51	1.53	1.28
<u>Calcium (mg)</u>									
Mean	1,123	1,165	805	913	995	756	1,159	1,192	794
Median	958	994	671	772	827	630	972	1,001	672
Mean nutrient intake:									
Percent of standard	182	189	129	150	165	121	188	193	128
Per kilogram of body weight	18.25	18.95	13.09	15.45	17.24	12.30	18.67	19.20	12.97
<u>Iron (mg)</u>									
Mean	13.03	13.21	11.85	10.61	10.44	10.84	18.45	13.59	12.18
Median	11.12	11.07	11.21	9.39	9.06	10.24	11.72	11.68	11.88
Mean nutrient intake:									
Percent of standard	72	73	66	59	58	60	75	76	68
Per kilogram of body weight	0.21	0.21	0.19	0.18	0.18	0.18	0.22	0.22	0.20
<u>Vitamin A (IU)</u>									
Mean	4,740	4,912	3,455	3,695	3,857	3,101	4,978	5,120	3,631
Median	2,927	2,986	2,224	2,619	2,624	2,348	2,999	3,065	2,075
Median nutrient intake:									
Percent of standard	85	86	63	76	77	69	87	89	58
Mean nutrient intake:									
Percent of standard	135	140	98	106	110	88	142	146	103
Per kilogram of body weight	76.99	79.85	56.21	62.58	66.81	50.47	80.22	82.48	59.31
<u>Vitamin C (mg)</u>									
Mean	86.97	88.21	75.95	79.21	77.95	81.64	89.02	90.54	70.08
Median	55.28	56.12	50.21	46.77	46.63	44.80	56.38	56.68	50.17
Mean nutrient intake:									
Percent of standard	170	173	149	155	152	161	174	177	136
Per kilogram of body weight	1.41	1.43	1.24	1.34	1.35	1.33	1.43	1.46	1.14
<u>Thiamine (mg)</u>									
Mean	1.48	1.48	1.41	1.22	1.18	1.29	1.53	1.54	1.42
Median	1.24	1.24	1.24	1.02	0.98	1.10	1.29	1.28	1.33
Mean nutrient intake:									
Percent of standard	150	152	163	148	143	150	150	150	163
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.29	2.35	1.85	1.86	1.95	1.67	2.37	2.42	1.88
Median	1.97	2.01	1.66	1.60	1.61	1.52	2.05	2.08	1.71
Mean nutrient intake:									
Percent of standard	173	176	156	164	173	147	176	178	160
Per kilogram of body weight	0.04	0.04	0.03	0.03	0.03	0.03	0.04	0.04	0.03
<u>Preformed niacin (mg)</u>									
Mean	17.79	18.00	16.36	14.75	13.97	16.14	18.37	18.61	16.09
Median	15.06	15.23	13.88	11.50	11.14	12.44	15.89	15.98	14.56
Per kilogram of body weight	0.29	0.29	0.27	0.25	0.24	0.26	0.30	0.30	0.26

1-Total includes all races.

2-Excludes persons with unknown income.

3-Based on body weight for age, sex, and height.

Table 9. Intake of selected nutrients for persons aged 15-17 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>MALE</u>									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	516	391	119	110	44	64	385	332	49
Estimated population in thousands	6,327	5,465	782	748	417	313	5,317	4,820	434
<u>Calories</u>									
Mean	2,981	3,057	2,489	2,564	2,727	2,372	3,039	3,097	2,451
Median	2,791	2,890	2,311	2,331	2,349	2,332	2,875	2,961	2,261
Mean nutrient intake:									
Percent of standard ³	85	87	70	74	80	66	87	88	71
Per kilogram of body weight	45.68	46.79	38.37	41.47	43.95	38.45	46.24	47.16	36.68
<u>Protein (gm)</u>									
Mean	113.16	116.38	90.38	96.07	101.37	88.54	115.92	118.42	87.82
Median	101.23	104.83	81.73	79.10	78.60	84.09	104.43	107.28	81.16
Mean nutrient intake:									
Percent of standard ³	154	158	123	133	142	120	157	160	123
Per kilogram of body weight	1.73	1.78	1.39	1.55	1.63	1.43	1.76	1.80	1.31
<u>Calcium (mg)</u>									
Mean	1,401	1,467	916	1,211	1,470	871	1,423	1,467	872
Median	1,243	1,300	825	1,083	1,198	829	1,259	1,302	813
Mean nutrient intake:									
Percent of standard	229	240	149	201	250	139	232	239	144
Per kilogram of body weight	21.47	22.45	14.12	19.59	23.69	14.12	21.65	22.35	13.06
<u>Iron (mg)</u>									
Mean	16.30	16.73	13.56	13.40	14.05	12.55	16.73	17.03	13.88
Median	14.76	15.44	12.58	11.43	10.79	11.78	15.43	16.04	13.05
Mean nutrient intake:									
Percent of standard	91	93	75	74	78	70	93	95	77
Per kilogram of body weight	0.25	0.26	0.21	0.22	0.23	0.20	0.25	0.26	0.21
<u>Vitamin A (IU)</u>									
Mean	5,793	6,099	3,493	4,386	4,647	3,531	6,003	6,245	3,378
Median	3,754	3,961	2,443	3,013	2,981	3,150	3,817	4,057	2,082
Median nutrient intake:									
Percent of standard	107	113	67	89	88	89	108	115	58
Mean nutrient intake:									
Percent of standard	166	174	100	125	133	101	172	178	97
Per kilogram of body weight	88.75	93.32	53.84	70.93	74.90	57.23	91.31	95.10	50.55
<u>Vitamin C (mg)</u>									
Mean	100.75	102.76	82.04	88.17	82.87	95.96	102.63	104.93	67.86
Median	60.74	61.60	49.71	46.10	46.09	40.03	62.55	63.13	38.91
Mean nutrient intake:									
Percent of standard	195	199	160	170	156	190	199	203	130
Per kilogram of body weight	1.54	1.57	1.26	1.43	1.34	1.56	1.56	1.60	1.02
<u>Thiamine (mg)</u>									
Mean	1.82	1.87	1.49	1.58	1.65	1.50	1.86	1.90	1.40
Median	1.54	1.60	1.33	1.30	1.32	1.18	1.59	1.67	1.33
Mean nutrient intake:									
Percent of standard	152	152	150	150	152	158	152	152	143
Per kilogram of body weight	0.03	0.03	0.02	0.03	0.03	0.02	0.03	0.03	0.02
<u>Riboflavin (mg)</u>									
Mean	2.84	2.95	2.00	2.42	2.78	1.95	2.90	2.98	1.90
Median	2.51	2.59	1.71	2.13	2.13	1.95	2.58	2.63	1.62
Mean nutrient intake:									
Percent of standard	173	176	147	171	185	149	173	175	142
Per kilogram of body weight	0.04	0.05	0.03	0.04	0.04	0.03	0.04	0.05	0.03
<u>Preformed niacin (mg)</u>									
Mean	22.34	22.95	18.51	19.36	19.41	19.49	22.83	23.37	17.37
Median	19.24	19.61	16.54	14.30	12.73	17.13	19.85	20.19	16.36
Per kilogram of body weight	0.34	0.35	0.29	0.31	0.31	0.32	0.35	0.36	0.26

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 9. Intake of selected nutrients for persons aged 15-17 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	503	382	119	117	57	60	366	307	57
Estimated population in thousands	5,827	5,070	737	877	621	256	4,613	4,117	475
<u>Calories</u>									
Mean	1,756	1,750	1,802	1,633	1,605	1,702	1,768	1,761	1,832
Median	1,631	1,635	1,601	1,588	1,584	1,608	1,643	1,645	1,589
Mean nutrient intake:									
Percent of standard ³	69	69	71	67	66	69	69	69	71
Per kilogram of body weight	30.53	30.49	31.15	28.82	29.27	27.84	30.60	30.43	32.66
<u>Protein (gm)</u>									
Mean	65.64	65.48	67.00	56.64	54.67	61.42	67.49	67.35	69.15
Median	63.72	63.58	66.02	56.43	56.69	56.02	64.61	64.14	66.75
Mean nutrient intake:									
Percent of standard ³	99	99	99	88	85	93	101	101	101
Per kilogram of body weight	1.14	1.14	1.16	1.00	1.00	1.00	1.17	1.16	1.23
<u>Calcium (mg)</u>									
Mean	821	840	687	658	676	614	854	869	722
Median	720	738	611	580	586	547	747	760	614
Mean nutrient intake:									
Percent of standard	131	135	109	106	109	99	137	139	114
Per kilogram of body weight	14.27	14.64	11.87	11.61	12.33	10.05	14.78	15.02	12.87
<u>Iron (mg)</u>									
Mean	9.48	9.40	10.04	8.23	8.02	8.75	9.66	9.56	10.62
Median	8.50	8.45	9.88	7.23	7.19	7.82	8.66	8.61	10.75
Mean nutrient intake:									
Percent of standard	53	52	56	46	45	49	54	53	59
Per kilogram of body weight	0.16	0.16	0.17	0.15	0.15	0.14	0.17	0.17	0.19
<u>Vitamin A (IU)</u>									
Mean	3,597	3,633	3,415	3,107	3,326	2,576	3,798	3,803	3,862
Median	2,223	2,266	1,940	2,128	2,163	1,909	2,353	2,376	2,051
Median nutrient intake:									
Percent of standard	63	64	53	58	60	46	66	67	55
Mean nutrient intake:									
Percent of standard	102	104	96	89	95	73	108	108	108
Per kilogram of body weight	62.52	63.32	59.03	54.82	60.65	42.15	65.70	65.73	68.86
<u>Vitamin C (mg)</u>									
Mean	72.00	72.53	69.50	71.57	74.63	64.14	73.34	73.70	72.11
Median	49.59	49.64	50.26	49.20	49.12	49.54	50.28	50.42	50.52
Mean nutrient intake:									
Percent of standard	143	145	137	143	149	127	146	147	142
Per kilogram of body weight	1.25	1.26	1.20	1.26	1.36	1.05	1.27	1.27	1.29
<u>Thiamine (mg)</u>									
Mean	1.10	1.07	1.31	0.91	0.86	1.04	1.14	1.11	1.45
Median	0.95	0.94	1.11	0.84	0.84	0.85	0.99	0.96	1.35
Mean nutrient intake:									
Percent of standard	158	152	183	140	135	152	163	158	198
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.03
<u>Riboflavin (mg)</u>									
Mean	1.69	1.69	1.68	1.37	1.39	1.33	1.77	1.76	1.86
Median	1.54	1.53	1.58	1.29	1.32	1.23	1.62	1.60	1.86
Mean nutrient intake:									
Percent of standard	175	176	169	153	158	142	181	181	184
Per kilogram of body weight	0.03	0.03	0.03	0.02	0.03	0.02	0.03	0.03	0.03
<u>Preformed niacin (mg)</u>									
Mean	12.84	12.67	14.09	10.82	10.32	12.04	13.22	13.04	14.93
Median	11.41	11.34	12.40	9.99	10.05	9.61	11.80	11.66	14.03
Per kilogram of body weight	0.22	0.22	0.24	0.19	0.19	0.20	0.23	0.23	0.27

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 10. Intake of selected nutrients for persons aged 18-19 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES		All income				Income below poverty level ²		Income above poverty level ²	
Number of examined persons	540	411	122	138	77	59	378	315	58
Estimated population in thousands	6,326	5,390	862	1,140	735	376	4,934	4,438	451
<u>Calories</u>									
Mean	2,339	2,387	2,090	2,032	1,955	2,171	2,411	2,457	2,057
Median	2,151	2,181	1,947	1,760	1,571	2,229	2,229	2,312	1,769
Mean nutrient intake:									
Percent of standard ³	88	89	82	82	79	88	88	90	77
Per kilogram of body weight	35.39	36.05	31.87	33.06	31.72	35.34	35.82	36.59	29.79
<u>Protein (gm)</u>									
Mean	90.61	93.08	77.92	77.65	75.12	82.92	94.12	96.44	75.76
Median	80.93	82.50	71.96	71.09	66.41	87.37	85.08	85.91	71.50
Mean nutrient intake:									
Percent of standard ³	135	138	120	120	115	129	138	141	115
Per kilogram of body weight	1.37	1.41	1.19	1.26	1.22	1.35	1.40	1.44	1.10
<u>Calcium (mg)</u>									
Mean	982	1,038	675	765	819	675	1,040	1,083	679
Median	797	856	539	533	547	507	859	899	556
Mean nutrient intake:									
Percent of standard	178	188	124	140	149	125	189	196	124
Per kilogram of body weight	14.86	15.67	10.29	12.45	13.29	10.98	15.46	16.13	9.84
<u>Iron (mg)</u>									
Mean	13.21	13.58	11.32	11.57	11.41	11.97	13.62	13.95	10.98
Median	11.56	11.84	10.14	9.60	9.47	10.33	12.00	12.28	10.40
Mean nutrient intake:									
Percent of standard	74	75	65	66	63	71	76	78	61
Per kilogram of body weight	0.20	0.21	0.17	0.19	0.19	0.19	0.20	0.21	0.16
<u>Vitamin A (IU)</u>									
Mean	4,812	4,957	4,174	3,737	3,473	4,413	5,043	5,179	4,045
Median	2,998	3,179	2,099	2,618	2,713	2,569	3,168	3,276	1,588
Median nutrient intake:									
Percent of standard	86	90	60	73	76	73	90	95	48
Mean nutrient intake:									
Percent of standard	137	141	119	107	99	126	144	148	116
Per kilogram of body weight	72.80	74.86	63.64	60.81	56.34	71.83	74.92	77.13	58.58
<u>Vitamin C (mg)</u>									
Mean	105.01	109.94	73.64	91.82	91.72	85.75	107.24	112.07	63.22
Median	63.92	66.28	50.87	60.83	60.79	50.94	63.69	66.18	37.48
Mean nutrient intake:									
Percent of standard	199	208	139	175	178	159	203	212	120
Per kilogram of body weight	1.59	1.66	1.12	1.49	1.49	1.40	1.59	1.67	0.92
<u>Thiamine (mg)</u>									
Mean	1.41	1.44	1.26	1.28	1.24	1.35	1.44	1.47	1.22
Median	1.20	1.24	1.04	1.01	0.96	1.13	1.27	1.31	1.00
Mean nutrient intake:									
Percent of standard	150	150	150	157	157	155	150	150	147
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.12	2.21	1.62	1.67	1.72	1.61	2.23	2.30	1.66
Median	1.82	1.93	1.50	1.38	1.28	1.51	1.96	1.98	1.47
Mean nutrient intake:									
Percent of standard	165	169	142	149	160	134	167	169	145
Per kilogram of body weight	0.03	0.03	0.02	0.03	0.03	0.03	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	18.62	19.00	16.97	15.93	15.04	17.98	19.32	19.71	16.44
Median	16.58	16.79	15.53	12.12	11.80	14.31	17.27	17.51	17.21
Per kilogram of body weight	0.28	0.29	0.26	0.26	0.24	0.29	0.29	0.29	0.24

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 10. Intake of selected nutrients for persons aged 18-19 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	259	202	52	55	29	24	197	166	28
Estimated population in thousands	3,134	2,695	380	419	247	144	2,648	2,382	236
Calories									
Mean	2,949	3,018	2,627	2,590	2,586	2,681	2,980	3,036	2,595
Median	2,799	2,911	2,482	2,281	2,411	2,308	2,906	2,929	2,623
Mean nutrient intake:									
Percent of standard ³	92	94	84	83	81	87	93	94	82
Per kilogram of body weight	40.25	40.94	36.39	38.57	37.76	40.09	40.24	40.99	34.39
Protein (gm)									
Mean	113.35	117.55	91.14	100.53	106.54	95.70	114.62	117.97	88.36
Median	105.63	108.18	96.62	89.57	79.79	101.15	106.66	108.39	80.73
Mean nutrient intake:									
Percent of standard ³	156	161	128	142	147	138	156	161	122
Per kilogram of body weight	1.55	1.59	1.26	1.50	1.56	1.43	1.55	1.59	1.17
Calcium (mg)									
Mean	1,247	1,317	850	977	1,149	762	1,285	1,332	903
Median	1,118	1,197	804	803	925	635	1,173	1,226	833
Mean nutrient intake:									
Percent of standard	227	239	158	181	209	148	234	242	164
Per kilogram of body weight	17.01	17.87	11.77	14.55	16.78	11.40	17.35	17.98	11.97
Iron (mg)									
Mean	16.44	17.00	13.53	15.08	15.78	14.86	16.49	16.96	12.72
Median	14.68	15.25	12.97	11.96	11.98	13.08	14.96	15.35	12.86
Mean nutrient intake:									
Percent of standard	92	94	80	88	88	95	92	94	71
Per kilogram of body weight	0.22	0.23	0.19	0.22	0.23	0.22	0.22	0.23	0.17
Vitamin A (IU)									
Mean	5,636	5,998	3,692	3,622	3,824	3,669	5,820	6,082	3,707
Median	4,004	4,150	1,672	1,666	2,712	1,665	4,100	4,184	2,127
Median nutrient intake:									
Percent of standard	113	117	47	48	73	44	115	118	63
Mean nutrient intake:									
Percent of standard	161	171	106	104	109	105	166	174	106
Per kilogram of body weight	76.91	81.35	51.13	53.93	55.84	54.86	78.57	82.11	49.12
Vitamin C (mg)									
Mean	116.58	123.42	67.69	95.47	93.44	83.25	118.92	125.60	58.20
Median	66.58	67.82	26.57	72.12	71.54	25.72	63.89	67.21	37.45
Mean nutrient intake:									
Percent of standard	212	224	123	173	170	151	216	228	106
Per kilogram of body weight	1.59	1.67	0.94	1.42	1.36	1.24	1.61	1.70	0.77
Thiamine (mg)									
Mean	1.74	1.78	1.56	1.59	1.53	1.74	1.74	1.78	1.45
Median	1.64	1.66	1.56	1.49	1.58	1.56	1.65	1.66	1.56
Mean nutrient intake:									
Percent of standard	147	147	147	153	147	163	145	145	140
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.03	0.02	0.02	0.02
Riboflavin (mg)									
Mean	2.69	2.82	2.00	2.19	2.47	1.89	2.73	2.82	2.07
Median	2.39	2.57	1.88	1.61	2.12	1.80	2.52	2.59	2.01
Mean nutrient intake:									
Percent of standard	165	169	138	154	173	129	167	169	145
Per kilogram of body weight	0.04	0.04	0.03	0.03	0.04	0.03	0.04	0.04	0.03
Preformed niacin (mg)									
Mean	23.18	23.77	20.87	22.01	21.62	24.75	23.26	23.89	18.50
Median	21.75	22.50	19.55	19.84	17.74	23.57	21.88	22.59	17.56
Per kilogram of body weight	0.32	0.32	0.29	0.33	0.32	0.37	0.31	0.32	0.25

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 10. Intake of selected nutrients for persons aged 18-19 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	281	209	70	83	48	35	181	149	30
Estimated population in thousands	3,192	2,695	482	721	489	232	2,286	2,056	215
<u>Calories</u>									
Mean	1,739	1,756	1,668	1,707	1,637	1,856	1,750	1,785	1,468
Median	1,589	1,601	1,498	1,532	1,474	1,850	1,587	1,611	1,426
Mean nutrient intake:									
Percent of standard ³	83	84	80	82	79	89	84	85	71
Per kilogram of body weight	29.47	29.91	27.63	29.36	28.13	31.96	29.43	30.20	23.67
<u>Protein (gm)</u>									
Mean	68.29	68.61	67.51	64.35	59.27	75.01	70.36	71.49	61.94
Median	65.17	66.01	52.92	57.73	52.58	66.90	65.46	66.23	49.74
Mean nutrient intake:									
Percent of standard ³	114	114	113	107	99	124	117	119	106
Per kilogram of body weight	1.16	1.17	1.12	1.11	1.02	1.29	1.18	1.21	1.00
<u>Calcium (mg)</u>									
Mean	723	758	538	642	652	620	757	794	434
Median	594	634	479	474	425	505	635	665	430
Mean nutrient intake:									
Percent of standard	130	137	97	116	119	112	136	143	79
Per kilogram of body weight	12.24	12.92	8.91	11.04	11.21	10.68	12.73	13.44	7.00
<u>Iron (mg)</u>									
Mean	10.04	10.15	9.59	9.52	9.21	10.19	10.29	10.46	9.07
Median	8.84	8.94	8.12	8.27	8.27	8.27	8.92	8.96	7.79
Mean nutrient intake:									
Percent of standard	56	56	53	53	51	57	57	58	51
Per kilogram of body weight	0.17	0.17	0.16	0.16	0.16	0.18	0.17	0.18	0.15
<u>Vitamin A (IU)</u>									
Mean	4,002	3,916	4,552	3,804	3,295	4,873	4,142	4,131	4,417
Median	2,630	2,702	2,433	2,768	2,713	3,175	2,541	2,673	1,528
Median nutrient intake:									
Percent of standard	75	76	68	78	77	92	74	76	47
Mean nutrient intake:									
Percent of standard	114	111	130	109	94	139	118	117	126
Per kilogram of body weight	67.80	66.71	75.41	65.42	56.63	83.92	69.66	69.90	71.20
<u>Vitamin C (mg)</u>									
Mean	93.65	96.45	78.32	89.70	90.85	87.29	93.70	96.39	68.72
Median	61.59	61.46	61.35	51.08	42.69	51.72	62.60	61.87	37.75
Mean nutrient intake:									
Percent of standard	186	192	151	176	181	164	187	192	136
Per kilogram of body weight	1.59	1.64	1.30	1.54	1.56	1.50	1.58	1.63	1.11
<u>Thiamine (mg)</u>									
Mean	1.09	1.11	1.03	1.10	1.10	1.11	1.10	1.12	0.96
Median	0.98	0.99	0.94	0.94	0.87	1.01	0.99	1.01	0.76
Mean nutrient intake:									
Percent of standard	157	157	155	160	167	150	157	157	163
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	1.56	1.61	1.32	1.37	1.35	1.43	1.64	1.69	1.21
Median	1.41	1.43	1.24	1.29	1.04	1.38	1.43	1.48	1.03
Mean nutrient intake:									
Percent of standard	163	167	143	145	149	140	170	173	149
Per kilogram of body weight	0.03	0.03	0.02	0.02	0.02	0.02	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	14.15	14.23	13.90	12.39	11.72	13.79	14.75	14.87	14.17
Median	12.45	12.60	12.23	10.42	10.54	10.28	13.31	13.36	13.45
Per kilogram of body weight	0.24	0.24	0.23	0.21	0.20	0.24	0.25	0.25	0.23

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 11. Intake of selected nutrients for persons aged 20-24 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	1,756	1,379	339	349	200	143	1,351	1,140	180
Estimated population in thousands	17,136	14,757	2,043	2,567	1,759	730	14,037	12,531	1,256
<u>Calories</u>									
Mean	2,265	2,298	2,070	2,061	2,122	1,924	2,288	2,308	2,146
Median	2,058	2,092	1,850	1,901	1,965	1,678	2,078	2,103	1,879
Mean nutrient intake:									
Percent of standard ³	88	89	83	83	84	81	89	89	84
Per kilogram of body weight	33.55	34.05	29.92	30.94	31.77	28.52	33.77	34.10	30.52
<u>Protein (gm)</u>									
Mean	86.46	88.20	75.70	74.31	75.55	70.20	87.90	89.13	78.48
Median	75.26	76.80	68.01	68.65	71.61	55.28	76.18	77.60	68.77
Mean nutrient intake:									
Percent of standard ³	123	126	109	107	109	101	124	126	113
Per kilogram of body weight	1.28	1.31	1.09	1.12	1.13	1.04	1.30	1.32	1.12
<u>Calcium (mg)</u>									
Mean	888	925	630	750	762	700	904	938	581
Median	677	716	463	629	650	493	680	720	433
Mean nutrient intake:									
Percent of standard	191	200	131	161	168	139	194	202	125
Per kilogram of body weight	13.15	13.70	9.11	11.25	11.41	10.38	13.33	13.86	8.26
<u>Iron (mg)</u>									
Mean	13.14	13.33	11.77	11.55	11.71	10.79	13.33	13.45	12.34
Median	11.59	11.71	10.70	10.76	10.94	9.42	11.66	11.73	11.19
Mean nutrient intake:									
Percent of standard	108	110	93	92	95	79	110	111	101
Per kilogram of body weight	0.19	0.20	0.17	0.17	0.18	0.16	0.20	0.20	0.18
<u>Vitamin A (IU)</u>									
Mean	4,501	4,375	5,095	4,242	3,431	5,706	4,489	4,448	4,634
Median	2,979	2,970	2,686	2,474	2,327	2,722	3,059	3,051	2,693
Median nutrient intake:									
Percent of standard	86	86	78	70	67	76	89	88	81
Mean nutrient intake:									
Percent of standard	128	124	144	122	100	160	127	126	132
Per kilogram of body weight	66.66	64.78	73.66	63.68	51.36	84.58	66.23	65.69	65.90
<u>Vitamin C (mg)</u>									
Mean	96.16	96.34	89.95	86.39	85.62	79.64	98.07	98.07	94.71
Median	58.22	59.86	41.18	43.53	40.18	46.93	59.23	61.44	38.64
Mean nutrient intake:									
Percent of standard	166	167	155	150	149	138	169	170	163
Per kilogram of body weight	1.42	1.43	1.30	1.30	1.28	1.18	1.45	1.45	1.35
<u>Thiamine (mg)</u>									
Mean	1.42	1.43	1.31	1.32	1.34	1.26	1.40	1.41	1.33
Median	1.20	1.20	1.19	1.16	1.13	1.28	1.20	1.20	1.16
Mean nutrient intake:									
Percent of standard	157	155	157	160	157	163	153	153	155
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.02	2.08	1.63	1.84	1.90	1.70	2.00	2.05	1.58
Median	1.70	1.76	1.36	1.61	1.65	1.21	1.71	1.76	1.37
Mean nutrient intake:									
Percent of standard	162	163	143	162	162	162	160	162	134
Per kilogram of body weight	0.03	0.03	0.02	0.03	0.03	0.03	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	18.87	19.27	16.61	17.01	17.85	14.85	19.10	19.34	17.61
Median	15.93	16.25	13.57	14.93	16.01	12.36	15.93	16.09	15.16
Per kilogram of body weight	0.28	0.29	0.24	0.26	0.27	0.22	0.28	0.29	0.25

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 11. Intake of selected nutrients for persons aged 20-24 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>MALE</u>									
All income									
Number of examined persons	513	423	80	95	65	28	400	343	49
Estimated population in thousands	8,217	7,154	907	1,113	832	232	6,801	6,040	654
<u>Calories</u>									
Mean	2,888	2,944	2,520	2,555	2,611	2,407	2,928	2,973	2,566
Median	2,701	2,792	2,188	2,318	2,355	2,304	2,738	2,800	2,183
Mean nutrient intake:									
Percent of standard ³	94	96	82	84	86	78	95	97	84
Per kilogram of body weight	38.38	39.02	33.03	35.02	35.54	32.31	38.59	39.13	33.33
<u>Protein (gm)</u>									
Mean	109.94	112.51	92.01	94.71	94.09	94.32	111.38	113.94	91.01
Median	101.94	104.72	88.05	90.83	86.13	91.95	102.47	105.72	73.91
Mean nutrient intake:									
Percent of standard ³	143	146	120	125	124	122	145	148	119
Per kilogram of body weight	1.46	1.49	1.21	1.30	1.28	1.27	1.47	1.50	1.18
<u>Calcium (mg)</u>									
Mean	1,112	1,161	747	924	897	988	1,126	1,181	650
Median	888	956	494	790	770	678	893	981	470
Mean nutrient intake:									
Percent of standard	279	291	187	242	238	247	281	294	162
Per kilogram of body weight	14.77	15.38	9.79	12.66	12.21	13.26	14.85	15.54	8.44
<u>Iron (mg)</u>									
Mean	16.54	16.90	13.78	14.28	14.31	13.19	16.78	17.13	13.99
Median	15.28	15.47	13.97	14.59	14.21	13.95	15.39	15.58	13.49
Mean nutrient intake:									
Percent of standard	165	169	138	143	143	132	168	171	140
Per kilogram of body weight	0.22	0.22	0.18	0.20	0.19	0.18	0.22	0.23	0.18
<u>Vitamin A (IU)</u>									
Mean	5,305	5,134	6,318	4,737	3,776	7,540	5,239	5,174	5,548
Median	3,797	3,761	3,193	2,735	2,525	2,982	3,936	3,898	3,197
Median nutrient intake:									
Percent of standard	110	110	97	80	72	87	114	114	99
Mean nutrient intake:									
Percent of standard	152	147	181	139	113	215	150	148	159
Per kilogram of body weight	70.48	68.04	82.82	64.94	51.41	101.21	69.06	68.10	72.07
<u>Vitamin C (mg)</u>									
Mean	108.27	107.57	105.20	91.76	88.43	82.61	111.67	111.20	110.87
Median	73.46	75.19	38.10	64.14	51.84	74.45	75.91	81.31	37.22
Median nutrient intake:									
Percent of standard	180	179	175	153	147	138	186	185	185
Per kilogram of body weight	1.44	1.43	1.38	1.26	1.20	1.11	1.47	1.46	1.44
<u>Thiamine (mg)</u>									
Mean	1.74	1.77	1.51	1.60	1.63	1.46	1.73	1.76	1.49
Median	1.60	1.60	1.42	1.54	1.42	1.55	1.60	1.61	1.41
Mean nutrient intake:									
Percent of standard	150	150	150	157	155	152	147	147	145
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.54	2.63	1.98	2.35	2.39	2.25	2.51	2.59	1.88
Median	2.27	2.41	1.54	2.06	2.02	1.98	2.27	2.42	1.52
Median nutrient intake:									
Percent of standard	160	162	142	167	167	169	156	158	132
Per kilogram of body weight	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	24.59	25.16	20.91	22.06	22.85	18.81	24.90	25.35	21.71
Median	22.83	23.53	19.98	20.83	20.81	15.57	23.04	23.71	20.63
Per kilogram of body weight	0.33	0.33	0.27	0.30	0.31	0.25	0.33	0.33	0.28

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 11. Intake of selected nutrients for persons aged 20-24 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>FEMALE</u>									
All income									
Number of examined persons	1,243	956	259	254	135	115	951	797	131
Estimated population in thousands	8,919	7,603	1,136	1,454	926	497	7,236	6,491	603
<u>Calories</u>									
Mean	1,691	1,691	1,710	1,683	1,684	1,698	1,687	1,689	1,691
Median	1,580	1,580	1,619	1,561	1,580	1,550	1,576	1,573	1,651
Mean nutrient intake:									
Percent of standard ³	78	79	79	78	78	78	78	78	79
Per kilogram of body weight	28.01	28.17	26.93	27.25	27.67	26.47	28.05	28.16	26.80
<u>Protein (gm)</u>									
Mean	64.82	65.33	62.66	58.69	58.89	58.92	65.83	66.04	64.90
Median	58.82	58.95	56.60	51.51	54.56	49.20	59.13	58.87	59.68
Mean nutrient intake:									
Percent of standard ³	104	104	100	94	95	92	105	105	106
Per kilogram of body weight	1.07	1.09	0.99	0.95	0.97	0.92	1.09	1.10	1.03
<u>Calcium (mg)</u>									
Mean	672	703	538	617	641	565	695	712	506
Median	570	593	412	456	514	391	581	594	415
Mean nutrient intake:									
Percent of standard	111	114	87	100	105	88	113	116	85
Per kilogram of body weight	11.29	11.71	8.47	9.98	10.54	8.81	11.54	11.87	8.01
<u>Iron (mg)</u>									
Mean	10.01	9.98	10.17	9.46	9.37	9.67	10.08	10.03	10.54
Median	8.88	8.82	9.40	8.48	8.68	8.35	8.87	8.80	10.11
Mean nutrient intake:									
Percent of standard	56	56	57	53	52	54	56	56	59
Per kilogram of body weight	0.17	0.17	0.16	0.15	0.15	0.15	0.17	0.17	0.17
<u>Vitamin A (IU)</u>									
Mean	3,761	3,660	4,117	3,863	3,122	4,848	3,785	3,771	3,643
Median	2,502	2,498	2,462	2,300	2,158	2,581	2,571	2,584	2,317
Mean nutrient intake:									
Percent of standard	71	71	67	64	62	70	72	72	67
Mean nutrient intake:									
Percent of standard ³	106	103	115	108	88	134	106	106	103
Per kilogram of body weight	62.30	60.96	64.86	62.54	51.31	75.55	62.91	62.87	57.72
<u>Vitamin C (mg)</u>									
Mean	85.01	85.78	77.76	82.28	83.09	78.26	85.28	85.85	77.20
Median	47.78	47.31	52.71	40.05	39.45	44.06	47.95	47.37	62.03
Mean nutrient intake:									
Percent of standard	153	155	139	148	151	138	154	155	140
Per kilogram of body weight	1.41	1.43	1.23	1.33	1.37	1.22	1.42	1.43	1.22
<u>Thiamine (mg)</u>									
Mean	1.12	1.11	1.16	1.10	1.07	1.16	1.09	1.09	1.15
Median	0.94	0.93	1.00	0.94	0.87	1.01	0.93	0.93	1.00
Mean nutrient intake:									
Percent of standard	165	165	170	163	160	172	163	160	170
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	1.53	1.56	1.35	1.45	1.46	1.45	1.53	1.55	1.26
Median	1.33	1.37	1.13	1.19	1.29	1.11	1.34	1.36	1.14
Mean nutrient intake:									
Percent of standard	163	167	143	156	158	156	165	167	136
Per kilogram of body weight	0.03	0.03	0.02	0.02	0.02	0.02	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	13.60	13.72	13.17	13.14	13.36	13.00	13.66	13.74	13.15
Median	11.99	12.08	11.91	11.54	12.53	11.66	11.93	12.01	11.87
Per kilogram of body weight	0.23	0.23	0.21	0.21	0.22	0.20	0.23	0.23	0.21

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 12. Intake of selected nutrients for persons aged 25-34 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	2,700	2,211	454	384	210	169	2,240	1,941	271
Estimated population in thousands	26,762	23,529	2,917	2,438	1,560	827	23,542	21,246	2,036
<u>Calories</u>									
Mean	2,163	2,177	2,085	1,853	1,855	1,870	2,195	2,200	2,185
Median	1,997	2,017	1,823	1,722	1,770	1,672	2,044	2,054	1,965
Mean nutrient intake:									
Percent of standard ³	87	87	85	81	81	83	87	88	87
Per kilogram of body weight	30.38	30.63	28.44	26.73	27.21	25.86	30.69	30.80	29.57
<u>Protein (gm)</u>									
Mean	86.05	86.73	81.40	74.77	75.44	74.12	87.14	87.44	84.85
Median	75.69	76.32	71.13	63.29	65.15	60.57	76.85	76.95	75.51
Mean nutrient intake:									
Percent of standard ³	123	123	118	112	112	112	124	124	121
Per kilogram of body weight	1.21	1.22	1.11	1.08	1.11	1.02	1.22	1.22	1.15
<u>Calcium (mg)</u>									
Mean	845	880	581	634	698	504	864	891	617
Median	670	708	481	558	620	445	694	714	502
Mean nutrient intake:									
Percent of standard	181	189	126	126	137	101	186	192	138
Per kilogram of body weight	11.86	12.38	7.92	9.15	10.23	6.97	12.08	12.47	8.35
<u>Iron (mg)</u>									
Mean	13.35	13.44	12.72	12.26	12.24	12.29	13.48	13.54	12.94
Median	11.91	11.99	11.21	10.11	10.10	9.81	12.10	12.13	11.80
Mean nutrient intake:									
Percent of standard	110	110	105	94	94	93	111	111	110
Per kilogram of body weight	0.19	0.19	0.17	0.18	0.18	0.17	0.19	0.19	0.18
<u>Vitamin A (IU)</u>									
Mean	4,815	4,856	4,606	4,188	4,003	4,560	4,837	4,872	4,671
Median	3,011	3,112	2,483	2,307	2,469	1,955	3,068	3,136	2,763
Median nutrient intake:									
Percent of standard	87	89	71	68	70	59	88	90	77
Mean nutrient intake:									
Percent of standard	137	138	131	119	113	130	137	138	133
Per kilogram of body weight	67.59	68.28	62.83	60.41	58.72	63.05	67.61	68.18	63.19
<u>Vitamin C (mg)</u>									
Mean	82.67	83.46	75.87	62.27	56.83	66.77	84.39	84.93	80.20
Median	55.72	56.55	48.15	38.67	37.86	50.09	57.87	58.73	48.23
Mean nutrient intake:									
Percent of standard	143	145	132	110	100	118	146	147	139
Per kilogram of body weight	1.16	1.17	1.03	0.90	0.83	0.92	1.18	1.19	1.09
<u>Thiamine (mg)</u>									
Mean	1.35	1.35	1.29	1.21	1.19	1.23	1.36	1.37	1.32
Median	1.15	1.16	1.07	1.03	1.03	0.96	1.16	1.17	1.08
Mean nutrient intake:									
Percent of standard	155	155	155	163	160	165	155	155	153
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	1.95	1.99	1.62	1.61	1.66	1.52	1.98	2.01	1.67
Median	1.71	1.74	1.36	1.43	1.52	1.26	1.73	1.76	1.45
Mean nutrient intake:									
Percent of standard	163	165	140	158	162	147	163	165	138
Per kilogram of body weight	0.03	0.03	0.02	0.02	0.02	0.02	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	19.67	19.86	18.39	16.76	16.96	15.93	19.97	20.06	19.48
Median	17.12	17.41	15.03	14.35	14.61	12.84	17.51	17.69	15.90
Per kilogram of body weight	0.28	0.28	0.25	0.24	0.25	0.22	0.28	0.28	0.26

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 12. Intake of selected nutrients for persons aged 25-34 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
All income									
Number of examined persons	804	672	119	73	48	23	707	605	92
Estimated population in thousands	12,766	11,191	1,377	837	528	269	11,520	10,281	1,085
Calories									
Mean	2,739	2,765	2,667	2,359	2,359	2,497	2,772	2,791	2,723
Median	2,588	2,591	2,658	2,322	2,249	2,716	2,603	2,604	2,658
Mean nutrient intake:									
Percent of standard ³	91	92	92	81	80	87	92	93	94
Per kilogram of body weight	34.28	34.45	33.54	32.20	32.41	32.50	34.43	34.56	33.87
• Protein (gm)									
Mean	108.62	109.46	106.81	102.82	102.50	109.21	109.10	109.85	106.71
Median	101.23	102.31	96.13	99.25	94.80	105.50	101.41	102.54	93.39
Mean nutrient intake:									
Percent of standard ³	142	142	143	139	137	149	142	142	142
Per kilogram of body weight	1.36	1.36	1.34	1.40	1.41	1.42	1.36	1.36	1.33
Calcium (mg)									
Mean	1,049	1,093	755	775	840	627	1,067	1,104	791
Median	867	922	668	654	659	644	886	931	712
Mean nutrient intake:									
Percent of standard	262	273	189	194	210	157	267	276	198
Per kilogram of body weight	13.13	13.62	9.50	10.57	11.54	8.16	13.26	13.67	9.84
Iron (mg)									
Mean	16.67	16.80	16.20	17.15	17.39	17.42	16.67	16.81	15.92
Median	15.40	15.53	14.62	17.54	17.45	20.42	15.33	15.48	14.13
Mean nutrient intake:									
Percent of standard	167	168	162	172	174	174	167	168	159
Per kilogram of body weight	0.21	0.21	0.20	0.23	0.24	0.23	0.21	0.21	0.20
Vitamin A (IU)									
Mean	5,350	5,379	5,427	5,114	5,187	5,218	5,270	5,283	5,521
Median	3,538	3,689	2,953	3,341	4,082	2,751	3,588	3,688	2,993
Median nutrient intake:									
Percent of standard	102	106	86	92	121	75	103	106	90
Mean nutrient intake:									
Percent of standard	153	154	155	146	148	149	151	151	158
Per kilogram of body weight	66.95	67.02	68.25	69.80	71.25	67.92	65.46	65.40	68.68
Vitamin C (mg)									
Mean	89.70	91.22	79.11	61.83	52.47	64.27	91.46	92.90	83.26
Median	59.44	60.11	48.60	44.81	44.07	47.08	60.30	61.78	48.65
Mean nutrient intake:									
Percent of standard	150	152	132	103	88	107	152	155	139
Per kilogram of body weight	1.12	1.14	0.99	0.84	0.72	0.84	1.14	1.15	1.04
Thiamine (mg)									
Mean	1.66	1.67	1.62	1.55	1.54	1.61	1.68	1.69	1.64
Median	1.44	1.44	1.54	1.56	1.52	1.69	1.44	1.44	1.37
Mean nutrient intake:									
Percent of standard	153	150	153	165	163	162	150	150	150
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
Riboflavin (mg)									
Mean	2.40	2.45	2.08	2.05	2.10	2.00	2.41	2.46	2.11
Median	2.14	2.20	1.88	1.79	1.78	1.86	2.18	2.23	1.99
Median nutrient intake:									
Percent of standard	160	162	142	158	162	145	158	160	140
Per kilogram of body weight	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03	0.03
Preformed niacin (mg)									
Mean	25.06	25.32	24.02	23.23	23.69	21.95	25.25	25.47	24.61
Median	22.15	22.40	20.37	21.78	21.83	19.10	22.19	22.55	20.41
Per kilogram of body weight	0.31	0.32	0.30	0.32	0.33	0.29	0.31	0.32	0.31

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 12. Intake of selected nutrients for persons aged 25-34 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-1974—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	1,896	1,539	335	311	162	146	1,533	1,336	179
Estimated population in thousands	13,996	12,338	1,540	1,601	1,032	558	12,021	10,965	951
<u>Calories</u>									
Mean	1,638	1,644	1,564	1,589	1,597	1,567	1,643	1,646	1,572
Median	1,547	1,559	1,352	1,444	1,528	1,339	1,554	1,558	1,361
Mean nutrient intake:									
Percent of standard ³	83	83	80	81	81	81	83	83	79
Per kilogram of body weight	25.88	26.19	23.08	23.62	24.27	22.34	26.10	26.26	23.63
<u>Protein (gm)</u>									
Mean	65.47	66.12	58.68	60.11	61.59	57.17	66.10	66.43	59.92
Median	59.74	60.34	53.93	54.49	55.41	50.51	60.70	60.84	55.50
Mean nutrient intake:									
Percent of standard ³	105	106	96	98	100	94	106	107	97
Per kilogram of body weight	1.03	1.05	0.87	0.89	0.94	0.82	1.05	1.06	0.90
<u>Calcium (mg)</u>									
Mean	659	687	425	561	625	445	669	690	418
Median	547	576	360	500	594	417	551	573	339
Mean nutrient intake:									
Percent of standard	107	112	70	91	100	74	109	113	69
Per kilogram of body weight	10.40	10.94	6.27	8.34	9.50	6.35	10.64	11.01	6.29
<u>Iron (mg)</u>									
Mean	10.33	10.39	9.60	9.71	9.61	9.81	10.43	10.47	9.53
Median	9.32	9.39	8.74	8.41	8.38	8.40	9.47	9.51	8.91
Mean nutrient intake:									
Percent of standard	57	58	53	54	53	54	58	58	53
Per kilogram of body weight	0.16	0.17	0.14	0.14	0.15	0.14	0.17	0.17	0.14
<u>Vitamin A (IU)</u>									
Mean	4,328	4,382	3,872	3,704	3,398	4,242	4,423	4,486	3,700
Median	2,560	2,642	1,859	1,968	2,124	1,586	2,653	2,695	2,127
Median nutrient intake:									
Percent of standard	72	74	56	58	61	46	75	77	62
Mean nutrient intake:									
Percent of standard	122	124	109	105	96	121	125	127	104
Per kilogram of body weight	68.35	69.77	57.15	55.06	51.63	60.47	70.26	71.56	55.64
<u>Vitamin C (mg)</u>									
Mean	76.25	76.42	72.96	62.50	59.06	67.97	77.61	77.45	76.71
Median	49.49	49.54	47.01	37.14	35.60	51.09	53.22	53.69	47.23
Mean nutrient intake:									
Percent of standard	138	138	132	113	107	123	140	140	139
Per kilogram of body weight	1.20	1.22	1.08	0.93	0.90	0.97	1.23	1.24	1.15
<u>Thiamine (mg)</u>									
Mean	1.06	1.07	1.00	1.03	1.02	1.05	1.06	1.07	0.97
Median	0.94	0.95	0.83	0.89	0.90	0.82	0.95	0.95	0.85
Mean nutrient intake:									
Percent of standard	163	163	160	163	160	167	163	163	155
Per kilogram of body weight	0.02	0.02	0.01	0.02	0.02	0.01	0.02	0.02	0.01
<u>Riboflavin (mg)</u>									
Mean	1.53	1.57	1.20	1.38	1.43	1.28	1.56	1.59	1.17
Median	1.33	1.38	1.05	1.25	1.33	1.04	1.36	1.37	1.07
Mean nutrient intake:									
Percent of standard	171	174	140	158	162	149	173	174	134
Per kilogram of body weight	0.02	0.03	0.02	0.02	0.02	0.02	0.02	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	14.76	14.90	13.36	13.38	13.52	13.02	14.92	14.99	13.63
Median	13.22	13.39	12.11	11.69	11.95	10.74	13.36	13.44	12.62
Per kilogram of body weight	0.23	0.24	0.20	0.20	0.21	0.19	0.24	0.24	0.20

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 13. Intake of selected nutrients for persons aged 35-44 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	2,328	1,871	421	334	165	166	1,909	1,645	234
Estimated population in thousands	22,575	20,107	2,175	2,040	1,383	646	19,718	18,030	1,428
Calories									
Mean	2,035	2,069	1,719	1,954	2,052	1,743	2,043	2,069	1,719
Median	1,872	1,902	1,570	1,677	1,718	1,572	1,895	1,919	1,574
Mean nutrient intake:									
Percent of standard ³	86	87	76	84	87	78	87	87	75
Per kilogram of body weight	27.62	28.17	22.16	25.80	27.53	22.18	27.78	28.17	22.20
Protein (gm)									
Mean	81.73	83.00	69.23	78.56	85.25	64.24	82.04	82.73	71.74
Median	74.12	75.17	60.72	66.12	65.93	60.88	74.52	75.04	58.87
Mean nutrient intake:									
Percent of standard	118	119	101	115	124	96	118	119	104
Per kilogram of body weight	1.11	1.13	0.89	1.04	1.14	0.82	1.12	1.13	0.93
Calcium (mg)									
Mean	752	778	519	784	936	469	751	767	554
Median	605	628	441	569	653	431	612	625	493
Mean nutrient intake:									
Percent of standard	162	168	108	171	206	97	161	165	115
Per kilogram of body weight	10.20	10.59	6.69	10.36	12.55	5.98	10.20	10.44	7.15
Iron (mg)									
Mean	13.02	13.27	10.77	12.33	13.11	10.50	13.10	13.28	10.95
Median	11.62	11.81	9.24	10.59	10.86	9.52	11.77	11.89	9.23
Mean nutrient intake:									
Percent of standard	106	109	84	100	109	82	107	109	85
Per kilogram of body weight	0.18	0.18	0.14	0.16	0.18	0.13	0.18	0.18	0.14
Vitamin A (IU)									
Mean	4,769	4,803	4,623	4,624	5,008	3,864	4,729	4,717	5,073
Median	3,211	3,271	2,696	2,798	2,038	2,393	3,258	3,287	2,756
Median nutrient intake:									
Percent of standard	93	94	80	82	88	72	94	95	84
Mean nutrient intake:									
Percent of standard	136	137	132	132	143	110	135	135	145
Per kilogram of body weight	64.71	65.38	59.57	61.05	67.17	49.19	64.28	64.21	65.51
Vitamin C (mg)									
Mean	81.26	81.52	79.63	69.70	64.86	80.99	82.68	82.89	79.92
Median	58.42	60.09	44.49	40.67	40.16	52.55	60.44	61.92	44.37
Mean nutrient intake:									
Percent of standard	142	142	140	121	113	141	144	144	140
Per kilogram of body weight	1.10	1.11	1.03	0.92	0.87	1.03	1.12	1.13	1.03
Thiamine (mg)									
Mean	1.25	1.27	1.08	1.25	1.31	1.13	1.26	1.27	1.07
Median	1.11	1.12	0.92	1.04	1.12	0.86	1.12	1.13	0.93
Mean nutrient intake:									
Percent of standard	153	153	157	160	160	163	153	153	155
Per kilogram of body weight	0.02	0.02	0.01	0.02	0.02	0.01	0.02	0.02	0.01
Riboflavin (mg)									
Mean	1.81	1.86	1.42	1.80	2.03	1.30	1.81	1.84	1.49
Median	1.60	1.63	1.23	1.51	1.57	1.09	1.62	1.63	1.28
Mean nutrient intake:									
Percent of standard	162	163	151	167	180	136	162	162	158
Per kilogram of body weight	0.02	0.03	0.02	0.02	0.03	0.02	0.02	0.03	0.02
Preformed niacin (mg)									
Mean	19.18	19.54	15.80	16.30	16.82	15.11	19.45	19.71	16.24
Median	17.15	17.44	13.34	14.78	15.17	12.86	17.48	17.72	13.41
Per kilogram of body weight	0.26	0.27	0.20	0.22	0.23	0.19	0.26	0.27	0.21

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 13. Intake of selected nutrients for persons aged 35-44 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>MALE</u>									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	665	570	87	72	44	27	567	509	52
Estimated population in thousands	10,804	9,857	820	892	638	251	9,513	8,883	511
<u>Calories</u>									
Mean	2,554	2,576	2,354	2,651	2,786	2,328	2,549	2,561	2,428
Median	2,421	2,443	2,144	2,219	2,340	2,058	2,454	2,459	2,558
Mean nutrient intake:									
Percent of standard ³	90	91	83	94	98	83	90	90	85
Per kilogram of body weight	31.59	31.83	28.59	33.08	35.14	28.13	31.48	31.58	29.33
<u>Protein (gm)</u>									
Mean	101.96	102.66	94.82	106.01	115.86	81.45	101.99	101.98	103.37
Median	92.41	92.66	88.68	92.52	108.88	68.62	92.65	92.48	100.89
Mean nutrient intake:									
Percent of standard ³	134	135	125	142	154	110	134	134	134
Per kilogram of body weight	1.26	1.27	1.15	1.32	1.46	0.98	1.26	1.26	1.25
<u>Calcium (mg)</u>									
Mean	917	937	689	1,112	1,325	583	903	910	776
Median	737	751	524	776	854	447	728	732	613
Mean nutrient intake:									
Percent of standard	229	234	172	278	331	146	226	228	194
Per kilogram of body weight	11.34	11.57	8.37	13.88	16.72	7.05	11.15	11.22	9.37
<u>Iron (mg)</u>									
Mean	15.89	16.07	14.29	16.39	17.43	13.62	15.89	15.99	14.91
Median	14.69	14.83	14.01	15.71	18.41	11.52	14.76	14.79	15.09
Mean nutrient intake:									
Percent of standard	159	161	143	164	174	136	159	160	149
Per kilogram of body weight	0.20	0.20	0.17	0.20	0.22	0.16	0.20	0.20	0.18
<u>Vitamin A (IU)</u>									
Mean	5,370	5,413	5,174	6,126	6,823	4,407	5,227	5,219	5,825
Median	3,766	3,817	3,361	4,618	4,874	4,349	3,732	3,782	3,102
Median nutrient intake:									
Percent of standard	110	111	97	132	139	119	109	110	97
Mean nutrient intake:									
Percent of standard	153	155	147	175	195	126	149	149	166
Per kilogram of body weight	66.42	66.87	62.84	76.43	86.07	53.25	64.54	64.34	70.38
<u>Vitamin C (mg)</u>									
Mean	82.55	82.45	90.01	77.21	69.17	98.70	83.15	83.27	90.23
Median	61.11	63.80	52.75	49.55	42.65	62.36	63.24	65.61	45.45
Mean nutrient intake:									
Percent of standard	138	137	150	129	115	164	139	139	150
Per kilogram of body weight	1.02	1.02	1.09	0.96	0.87	1.19	1.03	1.03	1.09
<u>Thiamine (mg)</u>									
Mean	1.50	1.51	1.43	1.68	1.74	1.53	1.50	1.51	1.42
Median	1.36	1.37	1.34	1.54	1.51	1.54	1.36	1.37	1.30
Mean nutrient intake:									
Percent of standard	147	147	152	160	157	165	147	147	147
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.24	2.27	1.87	2.48	2.78	1.66	2.21	2.22	2.03
Median	2.01	2.03	1.77	1.84	1.94	1.62	2.02	2.03	1.85
Mean nutrient intake:									
Percent of standard	160	160	143	171	181	129	158	158	153
Per kilogram of body weight	0.03	0.03	0.02	0.03	0.04	0.02	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	23.83	24.06	21.23	20.81	21.31	19.50	24.15	24.24	22.69
Median	22.15	22.22	19.75	19.75	21.25	19.56	22.24	22.21	22.79
Per kilogram of body weight	0.29	0.30	0.26	0.26	0.27	0.24	0.30	0.30	0.27

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 13. Intake of selected nutrients for persons aged 35-44 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
All income									
Number of examined persons	1,663	1,301	334	262	121	139	1,342	1,136	182
Estimated population in thousands	11,772	10,250	1,354	1,148	745	395	10,205	9,147	917
<u>Calories</u>									
Mean	1,558	1,582	1,335	1,413	1,424	1,372	1,572	1,591	1,324
Median	1,489	1,512	1,324	1,359	1,444	1,256	1,499	1,520	1,338
Mean nutrient intake:									
Percent of standard ³	83	84	71	77	78	74	84	85	70
Per kilogram of body weight	23.23	23.88	17.86	19.54	20.19	18.08	23.59	24.10	17.78
<u>Protein (gm)</u>									
Mean	63.16	64.10	53.72	57.25	59.05	53.33	63.46	64.04	54.13
Median	57.52	58.50	48.57	50.36	52.06	47.53	58.01	58.59	48.74
Mean nutrient intake:									
Percent of standard ³	103	104	87	94	97	88	103	104	87
Per kilogram of body weight	0.94	0.97	0.72	0.79	0.84	0.70	0.95	0.97	0.73
<u>Calcium (mg)</u>									
Mean	600	625	417	530	602	397	609	628	431
Median	487	506	352	389	451	298	500	516	392
Mean nutrient intake:									
Percent of standard	100	104	69	88	99	66	101	104	72
Per kilogram of body weight	8.94	9.44	5.57	7.33	8.54	5.24	9.14	9.52	5.78
<u>Iron (mg)</u>									
Mean	10.39	10.57	8.64	9.17	9.41	8.53	10.51	10.64	8.75
Median	9.44	9.66	7.66	8.35	8.55	7.69	9.56	9.73	7.56
Mean nutrient intake:									
Percent of standard	58	59	48	51	52	47	58	59	49
Per kilogram of body weight	0.15	0.16	0.12	0.13	0.13	0.11	0.16	0.16	0.12
<u>Vitamin A (IU)</u>									
Mean	4,217	4,217	4,289	3,458	3,454	3,520	4,265	4,229	4,654
Median	2,746	2,796	2,401	2,138	2,314	1,819	2,820	2,842	2,565
Mean nutrient intake:									
Percent of standard	78	80	67	64	67	55	80	81	72
Mean nutrient intake:									
Percent of standard	120	120	123	98	98	101	122	121	133
Per kilogram of body weight	62.85	63.66	57.39	47.82	48.99	46.39	64.00	64.08	62.50
<u>Vitamin C (mg)</u>									
Mean	80.07	80.63	73.35	63.87	61.17	69.77	82.24	82.51	74.18
Median	55.00	56.65	42.09	36.58	39.04	33.69	57.35	57.89	44.06
Mean nutrient intake:									
Percent of standard	145	146	133	116	111	127	149	150	135
Per kilogram of body weight	1.19	1.22	0.98	0.88	0.87	0.92	1.23	1.25	1.00
<u>Thiamine (mg)</u>									
Mean	1.02	1.03	0.87	0.91	0.93	0.87	1.03	1.04	0.88
Median	0.91	0.93	0.76	0.83	0.89	0.71	0.92	0.93	0.78
Mean nutrient intake:									
Percent of standard	163	163	163	160	163	157	165	163	165
Per kilogram of body weight	0.02	0.02	0.01	0.01	0.01	0.01	0.02	0.02	0.01
<u>Riboflavin (mg)</u>									
Mean	1.43	1.46	1.15	1.28	1.39	1.07	1.44	1.47	1.19
Median	1.27	1.31	1.04	1.11	1.27	0.93	1.28	1.31	1.12
Mean nutrient intake:									
Percent of standard	167	169	156	163	178	142	167	167	163
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.01	0.02	0.02	0.02
<u>Preformed niacin (mg)</u>									
Mean	14.90	15.20	12.51	12.79	12.99	12.33	15.08	15.30	12.65
Median	13.35	13.62	10.97	11.65	11.84	11.03	13.48	13.72	10.95
Per kilogram of body weight	0.22	0.23	0.17	0.18	0.18	0.16	0.23	0.23	0.17

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 14. Intake of selected nutrients for persons aged 45-54 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income			Income below poverty level ²			Income above poverty level ²		
Number of examined persons	1,601	1,333	256	193	103	90	1,346	1,179	157
Estimated population in thousands	23,524	21,207	2,218	1,764	1,051	713	20,735	19,262	1,399
<u>Calories</u>									
Mean	1,901	1,930	1,635	1,741	1,866	1,557	1,908	1,927	1,656
Median	1,780	1,812	1,512	1,579	1,710	1,412	1,787	1,810	1,540
Mean nutrient intake:									
Percent of standard ³	85	86	73	79	86	69	85	86	73
Per kilogram of body weight	25.93	26.43	21.38	23.35	25.65	20.15	26.00	26.30	21.94
<u>Protein (gm)</u>									
Mean	79.25	79.96	73.32	70.12	69.25	71.41	79.29	79.84	72.71
Median	72.36	73.82	59.52	59.08	58.87	59.13	72.60	73.54	60.10
Mean nutrient intake:									
Percent of standard ³	116	117	108	105	104	105	116	117	106
Per kilogram of body weight	1.08	1.10	0.96	0.94	0.95	0.92	1.08	1.09	0.96
<u>Calcium (mg)</u>									
Mean	710	732	505	646	712	550	716	735	470
Median	579	602	369	474	576	387	581	603	359
Mean nutrient intake:									
Percent of standard	152	156	109	137	149	120	153	157	102
Per kilogram of body weight	9.68	10.03	6.60	8.66	9.79	7.11	9.76	10.03	6.22
<u>Iron (mg)</u>									
Mean	12.50	12.67	10.99	10.90	11.13	10.57	12.56	12.67	11.04
Median	11.56	11.69	9.98	9.80	9.98	9.14	11.65	11.74	10.26
Mean nutrient intake:									
Percent of standard	101	102	89	87	87	88	101	102	90
Per kilogram of body weight	0.17	0.17	0.14	0.15	0.15	0.14	0.17	0.17	0.15
<u>Vitamin A (IU)</u>									
Mean	5,249	5,258	5,171	6,350	6,958	5,452	5,211	5,208	5,226
Median	3,108	3,192	2,237	2,265	2,357	1,892	3,252	3,284	2,310
Median nutrient intake:									
Percent of standard	89	91	63	59	62	54	92	93	68
Mean nutrient intake:									
Percent of standard	150	150	148	181	199	156	149	149	149
Per kilogram of body weight	71.58	72.01	67.63	85.13	95.65	70.54	70.99	71.09	69.21
<u>Vitamin C (mg)</u>									
Mean	83.10	83.93	73.74	63.71	54.51	77.28	84.75	85.50	70.95
Median	62.18	63.57	46.69	39.39	37.72	43.59	65.24	67.15	46.01
Mean nutrient intake:									
Percent of standard	145	147	128	111	96	133	148	149	123
Per kilogram of body weight	1.13	1.15	0.96	0.85	0.75	1.00	1.16	1.17	0.94
<u>Thiamine (mg)</u>									
Mean	1.23	1.23	1.14	1.10	1.09	1.12	1.24	1.24	1.14
Median	1.09	1.10	0.95	1.06	1.07	0.96	1.09	1.10	0.92
Mean nutrient intake:									
Percent of standard	160	160	175	157	147	180	163	163	172
Per kilogram of body weight	0.02	0.02	0.01	0.01	0.02	0.01	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	1.77	1.81	1.45	1.75	1.95	1.45	1.77	1.80	1.43
Median	1.55	1.57	1.15	1.46	1.50	1.12	1.56	1.57	1.15
Mean nutrient intake:									
Percent of standard	169	171	162	181	191	169	169	169	156
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.03	0.02	0.02	0.02	0.02
<u>Preformed niacin (mg)</u>									
Mean	18.40	18.67	15.92	15.63	16.72	14.03	18.47	18.61	16.59
Median	16.25	16.49	13.04	12.79	13.94	10.95	16.40	16.49	14.59
Per kilogram of body weight	0.25	0.26	0.21	0.21	0.23	0.18	0.25	0.25	0.25

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 14. Intake of selected nutrients for persons aged 45-54 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
<u>MALE</u>									
All income									
Number of examined persons	765	628	130	93	49	44	643	555	82
Estimated population in thousands	11,260	10,117	1,087	845	464	381	10,002	9,288	673
<u>Calories</u>									
Mean	2,301	2,341	1,952	2,045	2,229	1,821	2,316	2,339	2,026
Median	2,202	2,244	1,929	1,948	2,076	1,882	2,229	2,242	2,071
Mean nutrient intake:									
Percent of standard ³	84	85	72	75	82	67	84	85	75
Per kilogram of body weight	28.91	29.28	25.61	26.63	29.41	23.35	28.96	29.11	26.95
<u>Protein (gm)</u>									
Mean	94.01	94.83	87.58	83.92	83.86	84.00	94.40	94.82	89.96
Median	87.64	88.17	79.40	80.51	82.56	60.72	88.26	88.30	89.51
Mean nutrient intake:									
Percent of standard ³	125	126	119	114	113	114	126	126	122
Per kilogram of body weight	1.18	1.19	1.15	1.09	1.11	1.08	1.18	1.18	1.20
<u>Calcium (mg)</u>									
Mean	838	864	604	744	826	644	849	869	581
Median	688	721	542	626	720	486	698	725	541
Mean nutrient intake:									
Percent of standard	210	216	151	186	207	161	212	217	145
Per kilogram of body weight	10.53	10.81	7.92	9.68	10.90	8.25	10.61	10.81	7.73
<u>Iron (mg)</u>									
Mean	14.62	14.83	12.84	12.63	12.91	12.29	14.69	14.81	13.25
Median	13.71	13.88	11.98	11.33	10.81	11.86	13.81	13.86	12.36
Mean nutrient intake:									
Percent of standard	146	148	129	126	129	123	147	148	133
Per kilogram of body weight	0.18	0.19	0.17	0.16	0.17	0.16	0.18	0.18	0.18
<u>Vitamin A (IU)</u>									
Mean	5,172	5,138	5,557	4,970	4,236	5,863	5,204	5,183	5,532
Median	3,340	3,409	2,531	2,524	2,476	2,575	3,450	3,528	2,323
Mean nutrient intake:									
Percent of standard	96	97	65	63	61	66	98	101	63
Mean nutrient intake:									
Percent of standard	148	147	159	142	121	167	149	148	158
Per kilogram of body weight	64.98	64.25	72.92	64.72	55.88	75.18	65.05	64.50	73.56
<u>Vitamin C (mg)</u>									
Mean	83.93	83.59	83.50	69.23	49.06	93.76	85.58	85.62	77.36
Median	58.61	59.68	47.22	41.66	40.57	59.81	61.97	64.95	45.46
Mean nutrient intake:									
Percent of standard	140	139	139	115	82	156	143	143	129
Per kilogram of body weight	1.05	1.05	1.10	0.90	0.65	1.20	1.07	1.07	1.03
<u>Thiamine (mg)</u>									
Mean	1.43	1.44	1.34	1.28	1.29	1.26	1.45	1.45	1.40
Median	1.26	1.27	1.15	1.13	1.14	1.08	1.27	1.28	1.15
Mean nutrient intake:									
Percent of standard	155	155	172	157	145	172	157	155	172
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	2.06	2.11	1.67	1.79	1.99	1.54	2.09	2.11	1.74
Median	1.84	1.89	1.56	1.76	1.83	1.55	1.87	1.89	1.53
Mean nutrient intake:									
Percent of standard	163	163	156	160	162	154	163	163	156
Per kilogram of body weight	0.03	0.03	0.02	0.02	0.03	0.02	0.03	0.03	0.02
<u>Preformed niacin (mg)</u>									
Mean	21.98	22.33	18.97	18.70	20.81	16.13	22.15	22.28	20.70
Median	20.58	20.87	17.20	16.32	18.35	13.64	20.80	20.88	19.73
Per kilogram of body weight	0.28	0.28	0.25	0.24	0.27	0.21	0.28	0.28	0.28

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 14. Intake of selected nutrients for persons aged 45-54 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
All income									
Number of examined persons	836	705	126	100	54	46	703	624	75
Estimated population in thousands	12,264	11,091	1,131	919	588	332	10,733	9,974	726
Calories									
Mean	1,533	1,555	1,330	1,462	1,580	1,255	1,527	1,543	1,313
Median	1,446	1,465	1,178	1,307	1,385	1,104	1,446	1,459	1,223
Mean nutrient intake:									
Percent of standard ³	86	87	74	82	89	71	85	86	72
Per kilogram of body weight	22.70	23.32	17.34	20.15	22.46	16.40	22.72	23.15	17.33
Protein (gm)									
Mean	65.69	66.40	59.60	57.44	57.72	56.95	65.21	65.88	56.73
Median	59.02	60.41	45.93	52.38	52.94	45.87	59.58	60.68	45.42
Mean nutrient intake:									
Percent of standard ³	108	110	98	97	98	95	107	109	91
Per kilogram of body weight	0.97	1.00	0.78	0.79	0.82	0.74	0.97	0.99	0.75
Calcium (mg)									
Mean	592	612	409	557	622	442	592	610	367
Median	491	514	320	452	457	340	493	514	315
Mean nutrient intake:									
Percent of standard	99	102	68	93	104	74	99	102	61
Per kilogram of body weight	8.76	9.18	5.33	7.67	8.84	5.77	8.81	9.15	4.84
Iron (mg)									
Mean	10.55	10.70	9.21	9.31	9.72	8.59	10.56	10.68	9.00
Median	9.71	9.86	8.23	7.84	9.39	7.04	9.78	9.88	8.28
Mean nutrient intake:									
Percent of standard	59	60	51	52	54	48	59	59	50
Per kilogram of body weight	0.16	0.16	0.12	0.13	0.14	0.11	0.16	0.16	0.12
Vitamin A (IU)									
Mean	5,319	5,368	4,800	7,618	9,106	4,980	5,217	5,232	4,942
Median	2,918	2,984	1,993	2,002	2,193	1,671	2,978	3,009	2,172
Median nutrient intake:									
Percent of standard	83	85	61	53	62	44	86	87	71
Mean nutrient intake:									
Percent of standard	152	153	137	218	260	142	149	150	141
Per kilogram of body weight	78.73	80.51	62.57	104.98	129.46	65.10	77.60	78.51	65.21
Vitamin C (mg)									
Mean	82.34	84.25	64.36	58.63	58.80	58.34	83.98	85.38	65.00
Median	65.55	66.80	46.43	35.44	34.52	35.96	67.14	67.92	46.40
Mean nutrient intake:									
Percent of standard	150	153	117	107	107	106	153	155	118
Per kilogram of body weight	1.22	1.26	0.84	0.81	0.84	0.76	1.25	1.28	0.86
Thiamine (mg)									
Mean	1.04	1.05	0.96	0.94	0.94	0.96	1.04	1.05	0.90
Median	0.93	0.95	0.82	0.77	0.89	0.59	0.93	0.94	0.82
Mean nutrient intake:									
Percent of standard	170	167	180	163	147	190	170	170	170
Per kilogram of body weight	0.02	0.02	0.01	0.01	0.01	0.01	0.02	0.02	0.01
Riboflavin (mg)									
Mean	1.51	1.54	1.24	1.71	1.92	1.34	1.48	1.51	1.14
Median	1.29	1.35	1.01	1.17	1.45	1.02	1.28	1.32	1.00
Mean nutrient intake:									
Percent of standard	178	180	169	213	222	193	176	178	158
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.03	0.02	0.02	0.02	0.02
Preformed niacin (mg)									
Mean	15.11	15.33	13.00	12.82	13.49	11.63	15.03	15.19	12.78
Median	13.14	13.51	9.81	9.69	11.54	8.21	13.40	13.71	9.91
Per kilogram of body weight	0.22	0.23	0.17	0.18	0.19	0.15	0.22	0.23	0.17

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 15. Intake of selected nutrients for persons aged 55-64 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	1,267	1,056	200	196	125	70	1,005	881	115
Estimated population in thousands	18,841	17,030	1,844	2,198	1,642	528	15,585	14,462	986
<u>Calories</u>									
Mean	1,710	1,726	1,451	1,473	1,550	1,256	1,739	1,738	1,581
Median	1,581	1,604	1,292	1,358	1,484	1,180	1,601	1,610	1,468
Mean nutrient intake:									
Percent of standard ³	80	81	70	71	73	63	81	81	76
Per kilogram of body weight	23.68	24.04	18.86	20.16	21.77	15.98	24.02	24.09	20.65
<u>Protein (gm)</u>									
Mean	70.31	71.16	58.81	55.88	58.25	50.12	71.85	71.94	64.96
Median	64.32	65.24	49.57	52.42	55.78	45.12	65.53	65.98	54.78
Mean nutrient intake:									
Percent of standard ³	105	107	89	85	89	77	107	107	99
Per kilogram of body weight	0.97	0.99	0.76	0.76	0.82	0.64	0.99	1.00	0.85
<u>Calcium (mg)</u>									
Mean	670	690	490	647	719	448	677	688	534
Median	551	576	377	517	558	303	570	581	419
Mean nutrient intake:									
Percent of standard	142	147	101	138	155	88	144	146	112
Per kilogram of body weight	9.28	9.61	6.36	8.86	10.09	5.70	9.35	9.54	6.98
<u>Iron (mg)</u>									
Mean	11.63	11.75	10.01	9.55	9.97	8.49	11.84	11.84	11.03
Median	10.43	10.57	8.60	8.57	8.94	7.62	10.59	10.64	9.37
Mean nutrient intake:									
Percent of standard	116	117	98	95	99	85	118	118	107
Per kilogram of body weight	0.16	0.16	0.13	0.13	0.14	0.11	0.16	0.16	0.14
<u>Vitamin A (IU)</u>									
Mean	5,956	5,931	6,476	4,824	4,266	6,719	6,045	6,047	6,352
Median	3,459	3,390	3,959	3,027	3,065	3,348	3,529	3,472	3,954
Median nutrient intake:									
Percent of standard	98	97	112	86	86	99	101	98	111
Mean nutrient intake:									
Percent of standard	170	170	185	138	122	192	173	173	182
Per kilogram of body weight	82.47	82.60	84.16	66.03	59.90	85.49	83.52	83.80	82.98
<u>Vitamin C (mg)</u>									
Mean	96.97	97.01	97.98	67.49	67.69	69.13	99.77	98.79	114.75
Median	76.19	76.77	71.80	37.85	37.23	49.95	79.00	78.68	88.85
Mean nutrient intake:									
Percent of standard	170	170	172	118	118	122	174	173	201
Per kilogram of body weight	1.34	1.35	1.27	0.92	0.95	0.88	1.38	1.37	1.50
<u>Thiamine (mg)</u>									
Mean	1.17	1.18	0.99	0.98	1.03	0.86	1.19	1.19	1.07
Median	1.05	1.06	0.89	0.88	0.97	0.67	1.06	1.06	1.00
Mean nutrient intake:									
Percent of standard	170	172	170	165	165	172	170	170	170
Per kilogram of body weight	0.02	0.02	0.01	0.01	0.01	0.01	0.02	0.02	0.01
<u>Riboflavin (mg)</u>									
Mean	1.70	1.74	1.30	1.47	1.57	1.19	1.73	1.75	1.40
Median	1.46	1.50	1.02	1.23	1.34	0.99	1.49	1.51	1.20
Mean nutrient intake:									
Percent of standard	180	184	162	181	185	171	180	184	162
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Preformed niacin (mg)</u>									
Mean	16.38	16.62	13.50	12.07	12.63	10.86	16.81	16.87	14.91
Median	14.44	14.75	11.48	10.77	11.04	9.74	15.16	15.22	13.63
Per kilogram of body weight	0.23	0.23	0.18	0.17	0.18	0.14	0.23	0.23	0.19

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 15. Intake of selected nutrients for persons aged 55-64 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
All income									
Number of examined persons	597	504	85	90	62	28	476	421	48
Estimated population in thousands	8,888	8,125	672	1,015	855	160	7,396	6,892	416
<u>Calories</u>									
Mean	2,076	2,082	1,788	1,725	1,772	1,479	2,127	2,111	2,018
Median	1,957	1,988	1,633	1,668	1,758	1,354	2,030	2,044	1,793
Mean nutrient intake:									
Percent of standard ³	80	80	69	68	70	57	82	81	78
Per kilogram of body weight	26.78	26.84	22.90	23.67	24.25	20.54	27.15	26.97	24.94
<u>Protein (gm)</u>									
Mean	83.64	83.81	74.83	65.67	65.92	64.30	86.31	85.78	84.56
Median	78.15	78.99	62.94	62.57	64.71	53.09	80.40	80.19	80.41
Mean nutrient intake:									
Percent of standard ³	113	114	101	91	92	87	117	116	115
Per kilogram of body weight	1.08	1.08	0.96	0.90	0.90	0.89	1.10	1.10	1.04
<u>Calcium (mg)</u>									
Mean	779	798	570	771	816	535	784	795	640
Median	680	694	415	609	668	293	696	704	428
Mean nutrient intake:									
Percent of standard	194	199	143	193	204	134	196	198	160
Per kilogram of body weight	10.04	10.28	7.31	10.58	11.16	7.43	10.01	10.16	7.91
<u>Iron (mg)</u>									
Mean	13.66	13.68	12.48	11.07	11.13	10.77	14.07	13.99	13.90
Median	12.56	12.74	10.28	10.51	10.75	8.19	12.97	13.03	12.02
Mean nutrient intake:									
Percent of standard	137	137	125	111	111	108	141	140	139
Per kilogram of body weight	0.18	0.18	0.16	0.15	0.15	0.15	0.18	0.18	0.17
<u>Vitamin A (IU)</u>									
Mean	5,693	5,558	7,595	4,641	3,828	8,977	5,800	5,762	6,905
Median	3,873	3,851	5,950	3,231	3,233	2,782	3,894	3,894	6,197
Median nutrient intake:									
Percent of standard	111	110	163	93	93	90	112	112	180
Mean nutrient intake:									
Percent of standard	163	159	217	133	109	257	166	165	197
Per kilogram of body weight	73.42	71.66	97.29	63.67	52.40	124.68	74.04	73.60	85.31
<u>Vitamin C (mg)</u>									
Mean	95.72	94.62	106.99	68.25	67.37	72.95	99.11	97.57	121.64
Median	73.38	72.61	72.57	38.33	40.21	29.13	76.29	75.62	76.66
Mean nutrient intake:									
Percent of standard	160	158	178	114	112	122	165	163	203
Per kilogram of body weight	1.23	1.22	1.37	0.94	0.92	1.01	1.27	1.25	1.50
<u>Thiamine (mg)</u>									
Mean	1.36	1.37	1.19	1.13	1.14	1.05	1.40	1.39	1.31
Median	1.24	1.26	1.08	1.04	1.07	0.74	1.25	1.26	1.15
Mean nutrient intake:									
Percent of standard	165	165	165	163	160	177	165	165	163
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.01	0.02	0.02	0.02
<u>Riboflavin (mg)</u>									
Mean	1.95	1.98	1.59	1.74	1.76	1.67	1.99	2.01	1.71
Median	1.71	1.74	1.20	1.51	1.61	1.17	1.75	1.76	1.51
Mean nutrient intake:									
Percent of standard	171	173	162	183	180	205	171	173	154
Per kilogram of body weight	0.03	0.03	0.02	0.02	0.02	0.02	0.03	0.03	0.03
<u>Preformed niacin (mg)</u>									
Mean	19.57	19.64	17.42	14.18	14.08	14.72	20.24	20.19	19.03
Median	18.10	18.19	14.98	12.59	12.64	12.16	18.59	18.56	16.47
Per kilogram of body weight	0.25	0.25	0.22	0.19	0.19	0.20	0.26	0.26	0.24

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 15. Intake of selected nutrients for persons aged 55-64 years by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
	All income				Income below poverty level ²		Income above poverty level ²		
Number of examined persons	670	552	115	106	63	42	529	460	67
Estimated population in thousands	9,953	8,905	971	1,183	787	368	8,188	7,570	570
Calories									
Mean	1,382	1,401	1,218	1,256	1,310	1,159	1,388	1,398	1,261
Median	1,307	1,331	1,156	1,192	1,229	1,060	1,315	1,327	1,175
Mean nutrient intake:									
Percent of standard ³	80	81	71	73	77	66	81	81	74
Per kilogram of body weight	20.49	21.06	15.98	17.16	18.93	14.23	20.72	21.00	17.19
Protein (gm)									
Mean	58.41	59.63	47.71	47.48	49.93	43.95	58.79	59.35	50.64
Median	52.67	54.48	44.19	45.23	45.75	44.47	53.10	54.19	44.20
Mean nutrient intake:									
Percent of standard ³	98	100	81	80	85	73	99	100	87
Per kilogram of body weight	0.87	0.90	0.63	0.65	0.72	0.54	0.88	0.89	0.69
Calcium (mg)									
Mean	573	591	434	541	613	411	579	591	457
Median	478	501	366	428	498	330	483	503	388
Mean nutrient intake:									
Percent of standard	96	99	72	90	102	68	97	98	76
Per kilogram of body weight	8.49	8.88	5.70	7.39	8.86	5.04	8.65	8.87	6.23
Iron (mg)									
Mean	9.82	9.99	8.29	8.24	8.72	7.50	9.82	9.89	8.94
Median	8.94	9.08	7.65	7.95	8.33	6.50	9.03	9.09	8.14
Mean nutrient intake:									
Percent of standard	97	100	80	81	86	75	98	99	84
Per kilogram of body weight	0.15	0.15	0.11	0.11	0.13	0.09	0.15	0.15	0.12
Vitamin A (IU)									
Mean	6,192	6,272	5,702	4,981	4,741	5,736	6,267	6,307	5,948
Median	2,983	2,947	3,860	2,541	2,515	3,843	3,013	2,958	3,906
Median nutrient intake:									
Percent of standard	87	86	104	74	72	110	87	85	107
Mean nutrient intake:									
Percent of standard	177	179	163	142	136	164	179	180	170
Per kilogram of body weight	91.77	94.26	74.85	68.06	68.50	70.41	93.54	94.73	81.09
Vitamin C (mg)									
Mean	98.08	99.19	91.74	66.84	68.03	67.47	100.37	99.91	109.71
Median	79.97	81.43	70.80	37.69	36.05	59.74	82.36	82.06	92.68
Mean nutrient intake:									
Percent of standard	178	180	167	122	124	123	183	182	199
Per kilogram of body weight	1.45	1.49	1.20	0.91	0.98	0.83	1.50	1.50	1.50
Thiamine (mg)									
Mean	1.00	1.01	0.85	0.85	0.90	0.78	1.00	1.00	0.89
Median	0.92	0.93	0.72	0.80	0.83	0.67	0.92	0.93	0.87
Mean nutrient intake:									
Percent of standard	180	180	172	170	172	167	180	180	177
Per kilogram of body weight	0.01	0.02	0.01	0.01	0.01	0.01	0.01	0.02	0.01
Riboflavin (mg)									
Mean	1.47	1.52	1.09	1.23	1.38	0.98	1.49	1.52	1.18
Median	1.26	1.29	0.96	1.07	1.14	0.93	1.28	1.30	0.99
Mean nutrient intake:									
Percent of standard	193	196	163	178	191	153	194	196	171
Per kilogram of body weight	0.02	0.02	0.01	0.02	0.02	0.01	0.02	0.02	0.02
Preformed niacin (mg)									
Mean	13.53	13.86	10.79	10.26	11.06	9.18	13.71	13.84	11.90
Median	12.28	12.47	10.63	10.20	10.56	9.39	12.44	12.52	11.15
Per kilogram of body weight	0.20	0.21	0.14	0.14	0.16	0.11	0.20	0.21	0.16

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 16. Intake of selected nutrients for persons aged 65 years and over by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
BOTH SEXES									
	All income				Income below poverty level ²			Income above poverty level ²	
Number of examined persons	3,479	2,840	612	815	524	286	2,503	2,190	291
Estimated population in thousands	12,773	11,570	1,140	2,256	1,755	488	9,869	9,245	574
<u>Calories</u>									
Mean	1,521	1,538	1,350	1,371	1,380	1,339	1,559	1,569	1,387
Median	1,422	1,438	1,257	1,230	1,247	1,155	1,458	1,468	1,342
Mean nutrient intake:									
Percent of standard ³	75	76	67	71	71	68	77	77	67
Per kilogram of body weight	21.85	22.13	18.89	19.86	20.04	19.09	22.36	22.56	18.97
<u>Protein (gm)</u>									
Mean	61.05	61.67	54.68	54.35	54.15	55.10	62.68	63.08	55.82
Median	56.36	56.96	48.79	47.91	48.32	46.22	57.95	58.40	50.70
Mean nutrient intake:									
Percent of standard ³	94	95	85	86	86	86	96	97	85
Per kilogram of body weight	0.88	0.89	0.77	0.79	0.79	0.79	0.90	0.91	0.76
<u>Calcium (mg)</u>									
Mean	631	646	487	556	570	505	650	661	485
Median	538	551	418	472	476	405	557	570	439
Mean nutrient intake:									
Percent of standard	131	134	100	110	113	102	136	138	102
Per kilogram of body weight	9.06	9.30	6.82	8.05	8.27	7.19	9.32	9.50	6.63
<u>Iron (mg)</u>									
Mean	10.46	10.60	9.06	9.13	9.19	8.86	10.80	10.89	9.34
Median	9.44	9.61	7.87	7.90	8.04	7.37	9.82	9.93	8.11
Mean nutrient intake:									
Percent of standard	105	106	91	91	92	89	108	109	93
Per kilogram of body weight	0.15	0.15	0.13	0.13	0.13	0.13	0.15	0.16	0.13
<u>Vitamin A (IU)</u>									
Mean	5,315	5,308	5,486	4,244	4,055	4,993	5,646	5,648	5,771
Median	3,065	3,088	2,851	2,608	2,585	2,687	3,254	3,287	2,884
Median nutrient intake:									
Percent of standard	90	91	83	75	73	81	94	95	86
Mean nutrient intake:									
Percent of standard	152	152	157	121	116	143	161	161	165
Per kilogram of body weight	76.32	76.38	76.79	61.47	58.90	71.19	80.95	81.18	78.93
<u>Vitamin C (mg)</u>									
Mean	89.38	90.17	80.49	68.99	66.59	78.64	94.78	95.25	84.54
Median	73.89	75.95	52.52	48.78	48.82	51.26	79.47	80.49	53.22
Mean nutrient intake:									
Percent of standard	157	158	141	122	118	138	166	167	148
Per kilogram of body weight	1.28	1.30	1.13	1.00	0.97	1.12	1.36	1.37	1.16
<u>Thiamine (mg)</u>									
Mean	1.08	1.10	0.97	0.97	0.97	1.00	1.11	1.12	0.95
Median	0.98	0.99	0.84	0.84	0.85	0.78	1.01	1.02	0.86
Mean nutrient intake:									
Percent of standard	177	177	180	177	175	187	177	177	172
Per kilogram of body weight	0.02	0.02	0.01	0.01	0.01	0.01	0.02	0.02	0.01
<u>Riboflavin (mg)</u>									
Mean	1.55	1.58	1.31	1.36	1.40	1.23	1.60	1.62	1.41
Median	1.38	1.41	1.11	1.21	1.24	1.10	1.42	1.43	1.15
Mean nutrient intake:									
Percent of standard	185	185	176	180	183	167	187	187	183
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Preformed niacin (mg)</u>									
Mean	13.96	14.17	11.60	12.41	12.74	11.29	14.25	14.35	12.25
Median	12.47	12.73	9.75	10.61	10.91	9.19	12.90	13.05	10.44
Per kilogram of body weight	0.20	0.20	0.16	0.18	0.19	0.16	0.20	0.21	0.17

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 16. Intake of selected nutrients for persons aged 65 years and over by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
MALE									
All income									
Number of examined persons	1,657	1,344	294	335	204	128	1,242	1,077	149
Estimated population in thousands	5,496	4,970	486	787	595	186	4,438	4,127	276
Calories									
Mean	1,805	1,828	1,571	1,686	1,706	1,618	1,832	1,850	1,568
Median	1,695	1,718	1,439	1,556	1,594	1,359	1,723	1,738	1,506
Mean nutrient intake:									
Percent of standard ³	74	75	64	70	71	67	75	75	64
Per kilogram of body weight	24.27	24.52	21.52	23.34	23.54	22.58	24.56	24.77	21.30
Protein (gm)									
Mean	71.64	72.60	61.54	64.67	65.08	63.36	73.20	73.93	61.87
Median	65.75	67.26	57.15	57.62	58.74	54.33	68.36	68.96	58.26
Mean nutrient intake:									
Percent of standard ³	99	101	85	91	92	88	102	103	85
Per kilogram of body weight	0.96	0.97	0.84	0.90	0.90	0.88	0.98	0.99	0.84
Calcium (mg)									
Mean	714	733	543	607	620	561	737	752	540
Median	602	621	477	504	507	501	632	655	476
Mean nutrient intake:									
Percent of standard	179	183	136	152	155	140	184	188	135
Per kilogram of body weight	9.60	9.83	7.44	8.40	8.56	7.83	9.88	10.07	7.33
Iron (mg)									
Mean	12.13	12.27	10.62	11.27	11.26	11.23	12.32	12.45	10.40
Median	11.02	11.22	8.93	9.66	9.80	9.09	11.21	11.39	8.90
Mean nutrient intake:									
Percent of standard	121	123	106	113	113	112	123	125	104
Per kilogram of body weight	0.16	0.16	0.15	0.16	0.16	0.16	0.17	0.17	0.14
Vitamin A (IU)									
Mean	5,480	5,462	5,800	3,964	3,408	5,831	5,845	5,851	5,949
Median	3,317	3,343	2,897	2,585	2,485	3,157	3,501	3,563	2,895
Median nutrient intake:									
Percent of standard	95	96	87	73	70	89	101	103	89
Mean nutrient intake:									
Percent of standard	157	156	166	113	97	167	167	167	170
Per kilogram of body weight	73.66	73.23	79.47	54.86	47.03	81.38	78.36	78.31	80.79
Vitamin C (mg)									
Mean	88.28	89.19	81.15	64.19	56.90	88.89	93.36	94.69	76.61
Median	69.68	72.11	56.50	38.27	37.56	44.78	77.12	77.94	61.00
Mean nutrient intake:									
Percent of standard	147	149	135	107	95	148	156	158	128
Per kilogram of body weight	1.19	1.20	1.11	0.89	0.79	1.24	1.25	1.27	1.04
Thiamine (mg)									
Mean	1.24	1.26	1.11	1.15	1.15	1.18	1.26	1.28	1.08
Median	1.14	1.16	0.92	1.04	1.05	0.89	1.17	1.18	0.93
Mean nutrient intake:									
Percent of standard	172	172	177	170	167	182	172	172	172
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.01
Riboflavin (mg)									
Mean	1.77	1.79	1.58	1.55	1.59	1.40	1.81	1.82	1.73
Median	1.57	1.61	1.24	1.38	1.43	1.18	1.62	1.65	1.27
Mean nutrient intake:									
Percent of standard	178	178	183	167	169	158	180	178	200
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
Preformed niacin (mg)									
Mean	16.25	16.49	13.31	14.35	14.91	12.68	16.47	16.58	14.06
Median	14.73	15.05	10.91	12.04	12.64	10.40	15.05	15.21	11.66
Per kilogram of body weight	0.22	0.22	0.18	0.20	0.21	0.18	0.22	0.22	0.19

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 16. Intake of selected nutrients for persons aged 65 years and over by race and sex for income levels: number of persons, mean, median, and mean nutrient intake as a percent of standard and per kilogram of body weight: United States, 1971-74—Con.

Sex and nutrients	Total ¹	White	Negro	Total ¹	White	Negro	Total ¹	White	Negro
FEMALE									
Number of examined persons									
Estimated population in thousands	1,822 7,277	1,496 6,601	318 654	480 1,469	320 1,160	158 302	1,261 5,431	1,113 5,118	142 298
<u>Calories</u>									
Mean	1,307	1,319	1,186	1,203	1,212	1,168	1,335	1,342	1,219
Median	1,239	1,254	1,104	1,120	1,129	1,041	1,279	1,288	1,145
Mean nutrient intake:									
Percent of standard ³	77	77	69	71	72	68	78	79	71
Per kilogram of body weight	19.80	20.10	16.87	17.87	18.10	16.87	20.31	20.53	16.78
<u>Protein (gm)</u>									
Mean	53.06	53.43	49.59	48.83	48.53	50.02	54.08	54.33	50.21
Median	49.14	49.82	42.93	43.83	43.92	43.70	50.77	51.18	43.69
Mean nutrient intake:									
Percent of standard ³	90	91	84	84	83	85	92	92	85
Per kilogram of body weight	0.80	0.81	0.71	0.73	0.72	0.72	0.82	0.83	0.69
<u>Calcium (mg)</u>									
Mean	568	581	445	628	543	470	579	588	433
Median	495	504	373	445	457	382	501	511	385
Mean nutrient intake:									
Percent of standard	95	97	74	88	91	78	97	98	72
Per kilogram of body weight	8.61	8.85	6.34	7.85	8.12	6.79	8.80	8.98	5.97
<u>Iron (mg)</u>									
Mean	9.21	9.34	7.90	7.98	8.12	7.41	9.55	9.63	8.36
Median	8.22	8.35	6.86	7.15	7.22	6.73	8.57	8.64	7.38
Mean nutrient intake:									
Percent of standard	92	93	79	80	81	74	96	96	84
Per kilogram of body weight	0.14	0.14	0.11	0.12	0.12	0.11	0.15	0.15	0.12
<u>Vitamin A (IU)</u>									
Mean	5,190	5,193	5,252	4,395	4,387	4,479	5,483	5,484	5,606
Median	2,953	2,964	2,664	2,664	2,722	2,651	2,999	3,009	2,756
Median nutrient intake:									
Percent of standard	85	86	76	76	77	75	89	89	77
Mean nutrient intake:									
Percent of standard	148	148	150	126	125	128	157	157	160
Per kilogram of body weight	78.62	79.11	74.72	65.27	65.50	64.70	83.38	83.84	77.18
<u>Vitamin C (mg)</u>									
Mean	90.21	90.91	80.00	71.57	71.56	72.34	95.93	95.70	91.89
Median	76.35	78.41	50.07	54.46	54.93	53.69	80.74	81.23	46.83
Mean nutrient intake:									
Percent of standard	164	165	146	130	130	132	174	174	167
Per kilogram of body weight	1.37	1.39	1.14	1.06	1.07	1.05	1.46	1.46	1.27
<u>Thiamine (mg)</u>									
Mean	0.96	0.97	0.86	0.88	0.87	0.89	0.98	0.99	0.83
Median	0.89	0.90	0.76	0.79	0.80	0.73	0.93	0.94	0.78
Mean nutrient intake:									
Percent of standard	185	185	182	182	180	190	185	185	170
Per kilogram of body weight	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.02	0.01
<u>Riboflavin (mg)</u>									
Mean	1.39	1.42	1.11	1.26	1.30	1.13	1.43	1.45	1.11
Median	1.25	1.27	1.03	1.13	1.14	1.04	1.28	1.30	1.01
Mean nutrient intake:									
Percent of standard	193	196	169	191	194	176	194	196	165
Per kilogram of body weight	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.02
<u>Preformed niacin (mg)</u>									
Mean	12.23	12.42	10.32	11.36	11.63	10.43	12.43	12.55	10.56
Median	11.08	11.25	9.03	9.63	9.87	8.25	11.40	11.54	9.67
Per kilogram of body weight	0.19	0.19	0.15	0.17	0.17	0.15	0.19	0.19	0.15

¹Total includes all races.

²Excludes persons with unknown income.

³Based on body weight for age, sex, and height.

Table 17. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 1-74 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	20,749	193,976	1,994	39.02	434.57	6.00	2,386	43.27	0.64	0.96	8.39
White	16,350	169,584	2,017	39.12	444.35	6.00	2,375	43.12	0.64	0.98	8.43
Negro	4,164	22,435	1,825	38.16	358.28	5.92	2,526	43.84	0.66	0.88	8.10
Income below poverty level ²											
Total ¹	4,203	25,955	1,817	37.84	430.57	5.89	2,409	39.65	0.65	0.96	7.78
White	2,202	16,811	1,858	37.90	456.95	5.87	2,306	37.31	0.65	0.99	7.79
Negro	1,967	8,853	1,742	37.70	377.54	5.89	2,604	43.62	0.67	0.90	7.73
Income above poverty level ²											
Total ¹	15,823	160,784	2,021	39.14	436.16	6.01	2,380	43.80	0.64	0.96	8.46
White	13,610	146,573	2,032	39.19	444.04	6.01	2,375	43.70	0.64	0.97	8.48
Negro	2,024	12,651	1,886	38.43	345.61	5.94	2,498	44.16	0.65	0.86	8.34
Male											
Total ¹	8,819	94,151	2,393	38.77	425.36	5.91	2,144	37.76	0.62	0.94	8.41
White	7,003	82,652	2,428	38.84	433.42	5.92	2,125	37.50	0.62	0.95	8.44
Negro	1,707	10,423	2,141	38.21	355.59	5.89	2,347	38.87	0.64	0.87	8.17
Income below poverty level ²											
Total ¹	1,715	11,881	2,108	38.14	433.31	5.94	2,180	34.51	0.65	0.96	7.82
White	912	7,773	2,182	38.14	456.75	5.89	2,021	31.35	0.64	0.98	7.78
Negro	784	3,915	1,970	38.02	381.69	5.99	2,508	39.94	0.67	0.91	7.82
Income above poverty level ²											
Total ¹	6,792	78,779	2,434	38.85	424.41	5.91	2,123	38.23	0.62	0.94	8.48
White	5,855	71,909	2,450	38.90	431.33	5.92	2,117	38.11	0.62	0.95	8.50
Negro	853	6,033	2,262	38.30	340.81	5.84	2,255	38.64	0.63	0.85	8.40
Female											
Total ¹	11,930	99,825	1,618	39.38	447.84	6.11	2,736	50.98	0.66	0.99	8.40
White	9,347	86,932	1,626	39.54	460.18	6.12	2,739	51.11	0.66	1.01	8.46
Negro	2,457	12,012	1,551	38.11	360.41	5.96	2,744	49.80	0.68	0.89	8.01
Income below poverty level ²											
Total ¹	2,488	14,074	1,571	37.51	427.54	5.83	2,672	45.48	0.66	0.96	7.73
White	1,290	9,038	1,579	37.62	457.23	5.85	2,646	44.40	0.65	1.00	7.80
Negro	1,183	4,938	1,560	37.38	373.41	5.79	2,702	47.31	0.67	0.89	7.65
Income above poverty level ²											
Total ¹	9,031	82,005	1,624	39.56	453.40	6.14	2,759	51.84	0.66	1.00	8.47
White	7,755	74,664	1,630	39.63	462.70	6.14	2,757	51.81	0.66	1.01	8.49
Negro	1,171	6,618	1,543	38.61	352.06	6.09	2,825	51.55	0.68	0.89	8.26

¹Total includes all races.²Excludes persons with unknown income.

Table 18. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 1 year by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	553	3,222	1,265	40.32	729.07	5.82	2,889	53.16	0.73	1.37	6.47
White	400	2,648	1,288	40.40	749.86	5.78	2,860	52.18	0.73	1.39	6.48
Negro	145	531	1,182	39.76	611.45	5.97	3,065	56.25	0.72	1.24	6.31
All income											
Total ¹	139	596	1,253	40.36	717.67	5.07	3,092	40.64	0.66	1.36	5.93
White	57	295	1,338	40.62	814.29	4.62	3,171	30.90	0.64	1.50	5.78
Negro	80	289	1,181	40.11	596.17	5.52	3,037	51.68	0.67	1.20	6.09
Income below poverty level ²											
Total ¹	404	2,569	1,271	40.33	728.92	6.03	2,859	56.20	0.75	1.37	6.62
White	337	2,321	1,279	40.40	738.61	5.97	2,836	55.25	0.74	1.38	6.60
Negro	62	222	1,213	39.20	627.50	6.64	3,163	61.78	0.79	1.28	6.57
Income above poverty level ²											
Total ¹	286	1,724	1,316	39.82	708.48	5.70	2,874	53.29	0.70	1.33	6.34
White	211	1,405	1,350	39.59	722.52	5.58	2,913	53.67	0.69	1.34	6.30
Negro	72	306	1,192	40.84	626.91	6.23	2,641	51.10	0.72	1.26	6.51
All income											
Total ¹	68	323	1,312	40.02	696.76	5.33	3,450	41.62	0.66	1.35	5.91
White	30	158	1,434	39.12	734.45	5.15	3,852	30.40	0.63	1.41	5.52
Negro	38	165	1,194	41.05	653.30	5.53	2,988	54.54	0.69	1.28	6.36
Income below poverty level ²											
Total ¹	212	1,361	1,320	39.85	707.32	5.84	2,756	56.45	0.71	1.32	6.47
White	178	1,227	1,332	39.74	717.56	5.70	2,806	57.22	0.70	1.33	6.44
Negro	32	129	1,221	40.55	588.79	7.28	2,264	48.56	0.77	1.22	6.80
All income											
Total ¹	267	1,499	1,207	40.95	754.92	5.97	2,908	53.01	0.77	1.42	6.65
White	189	1,243	1,219	41.42	784.12	6.02	2,793	50.31	0.77	1.45	6.72
Negro	73	225	1,168	38.25	589.98	5.60	3,653	63.41	0.73	1.21	6.02
Income below poverty level ²											
Total ¹	71	273	1,184	40.82	745.09	4.74	2,622	39.37	0.66	1.39	5.96
White	27	137	1,227	42.64	921.98	3.91	2,252	31.57	0.65	1.61	6.13
Negro	42	124	1,163	38.83	518.44	5.50	3,103	47.80	0.65	1.10	5.74
Income above poverty level ²											
Total ¹	192	1,207	1,216	40.92	755.36	6.25	2,985	55.90	0.79	1.42	6.80
White	159	1,095	1,220	41.21	764.38	6.30	2,873	52.84	0.79	1.43	6.80
Negro	30	93	1,203	37.29	682.00	5.74	4,429	80.41	0.82	1.36	6.25

¹Total includes all races.²Excludes persons with unknown income.

Table 19. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 2-3 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Cal-cium (mg)	Iron (mg)	Vita-min A (IU)	Vita-min C (mg)	Thia-mine (mg)	Ribo-flavin (mg)	Pre-formed niacin (mg)
BOTH SEXES				All income							
Total ¹	1,170	6,814	1,489	36.58	581.34	5.18	2,379	52.61	0.69	1.16	6.57
White	857	5,746	1,492	36.64	597.58	5.16	2,199	54.04	0.69	1.17	6.62
Negro	293	960	1,473	36.35	489.56	5.36	3,475	42.63	0.69	1.14	6.29
				Income below poverty level²							
Total ¹	312	1,264	1,467	37.16	559.71	5.24	2,484	47.65	0.71	1.16	6.43
White	140	768	1,488	37.30	605.34	5.13	2,259	48.90	0.68	1.19	6.48
Negro	168	478	1,441	36.98	488.25	5.42	2,839	46.01	0.74	1.11	6.33
				Income above poverty level²							
Total ¹	835	5,434	1,493	36.44	584.74	5.18	2,357	53.78	0.68	1.16	6.60
White	701	4,881	1,492	36.53	595.03	5.17	2,186	54.77	0.69	1.16	6.65
Negro	118	463	1,499	35.67	486.03	5.37	4,179	40.20	0.65	1.17	6.32
Male				All income							
Total ¹	606	3,463	1,563	36.20	558.74	5.28	2,301	53.50	0.69	1.13	6.69
White	443	2,888	1,564	36.40	576.31	5.29	2,293	55.27	0.68	1.15	6.82
Negro	149	496	1,573	35.30	458.57	5.26	2,353	41.31	0.72	1.01	6.08
				Income below poverty level²							
Total ¹	165	685	1,568	36.49	554.94	5.21	2,534	47.43	0.71	1.13	6.31
White	72	407	1,610	35.97	608.41	4.90	2,357	48.41	0.67	1.18	6.21
Negro	89	260	1,521	37.42	473.53	5.68	2,795	46.58	0.78	1.06	6.44
				Income above poverty level²							
Total ¹	434	2,726	1,559	36.08	556.31	5.32	2,262	55.18	0.68	1.12	6.79
White	365	2,437	1,555	36.42	566.80	5.38	2,299	56.51	0.69	1.14	6.92
Negro	59	227	1,611	33.08	444.59	4.96	1,915	36.42	0.65	0.96	5.75
Female				All income							
Total ¹	564	3,351	1,412	37.02	607.23	5.08	2,467	51.60	0.89	1.20	6.43
White	414	2,958	1,418	36.92	621.29	5.02	2,094	52.66	0.69	1.18	6.41
Negro	144	464	1,365	37.63	527.72	5.48	4,856	44.26	0.66	1.30	6.55
				Income below poverty level²							
Total ¹	147	580	1,349	38.07	566.26	5.30	2,416	47.94	0.70	1.19	6.59
White	68	362	1,351	39.09	601.23	5.44	2,127	49.57	0.70	1.20	6.84
Negro	79	218	1,346	36.38	508.07	5.06	2,898	45.24	0.69	1.16	6.19
				Income above poverty level²							
Total ¹	401	2,708	1,426	36.83	616.05	5.02	2,461	55.25	0.68	1.20	6.40
White	336	2,443	1,429	36.66	625.91	4.93	2,063	52.89	0.69	1.18	6.35
Negro	59	236	1,390	38.57	532.36	5.93	6,709	44.43	0.75	0.99	7.07

¹Total includes all races.²Excludes persons with unknown income.

Table 20. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 4-5 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Prominent niacin (mg)
<u>BOTH SEXES</u>											
Total ¹	1,172	6,903	1,726	35.72	549.17	5.16	2,129	47.66	0.67	1.09	6.60
White	864	5,817	1,739	35.80	565.01	5.12	2,109	46.91	0.66	1.11	6.55
Negro	299	1,030	1,659	35.14	453.15	5.44	2,252	51.94	0.76	1.01	6.92
All income											
Total ¹	315	1,355	1,706	35.48	501.63	5.23	2,223	42.11	0.69	1.02	6.81
White	143	843	1,758	35.37	538.57	5.06	2,180	37.25	0.66	1.05	6.60
Negro	171	504	1,611	35.57	430.65	5.56	2,293	51.34	0.75	0.95	7.18
Income below poverty level ²											
Total ¹	831	5,399	1,732	35.75	560.48	5.15	2,106	49.25	0.67	1.11	6.57
White	706	4,861	1,735	35.83	569.02	5.13	2,098	48.92	0.65	1.11	6.55
Negro	117	490	1,722	34.81	474.03	5.37	2,206	51.82	0.78	1.07	6.76
Income above poverty level ²											
Total ¹	577	3,437	1,826	35.50	548.94	5.15	2,075	46.83	0.68	1.09	6.47
White	436	2,966	1,846	35.63	562.01	5.12	2,017	47.09	0.66	1.09	6.43
Negro	138	447	1,717	34.48	458.17	5.31	2,499	45.79	0.80	1.06	6.69
All income											
Total ¹	166	707	1,764	34.77	482.43	5.13	2,248	41.16	0.70	1.00	6.61
White	76	443	1,819	34.58	510.94	5.04	2,148	38.09	0.67	1.02	6.39
Negro	89	257	1,629	34.92	419.59	5.32	2,427	47.74	0.77	0.95	7.01
Income below poverty level ²											
Total ¹	400	2,659	1,845	35.54	563.54	5.16	2,046	48.46	0.67	1.11	6.43
White	351	2,456	1,851	35.66	568.93	5.15	2,007	48.91	0.66	1.10	6.43
Negro	47	187	1,833	33.87	505.00	5.30	2,605	43.45	0.83	1.20	6.30
<u>Male</u>											
Total ¹	595	3,466	1,628	35.97	549.46	5.18	2,188	48.59	0.66	1.10	6.76
White	428	2,850	1,629	36.00	568.56	5.12	2,216	46.70	0.65	1.12	6.69
Negro	161	584	1,614	35.68	449.06	5.54	2,052	56.94	0.73	0.97	7.11
All income											
Total ¹	149	647	1,653	36.30	523.90	5.35	2,194	43.21	0.68	1.05	7.04
White	67	400	1,691	36.31	571.51	5.08	2,218	36.24	0.65	1.09	6.85
Negro	82	248	1,593	36.27	442.37	5.82	2,152	55.16	0.72	0.97	7.37
Income below poverty level ²											
Total ¹	431	2,739	1,623	36.00	557.12	5.13	2,172	50.12	0.66	1.11	6.71
White	355	2,405	1,617	36.02	569.13	5.11	2,204	48.94	0.65	1.13	6.68
Negro	70	303	1,653	35.45	452.78	5.42	1,932	57.57	0.75	0.99	7.07
Income above poverty level ²											

¹Total includes all races.²Excludes persons with unknown income.

Table 21. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 6-7 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Promeniacin (mg)
<u>BOTH SEXES</u>											
Total ¹	688	7,824	1,951	36.81	538.28	5.33	2,066	41.42	0.65	1.06	6.92
White	498	6,450	1,977	37.00	551.69	5.35	1,961	40.47	0.65	1.08	6.90
Negro	186	1,338	1,825	35.81	470.67	5.21	2,607	46.73	0.66	1.00	7.00
Income below poverty level ²											
Total ¹	209	1,901	1,945	36.19	490.74	5.34	2,231	35.81	0.65	1.00	6.66
White	93	1,166	2,043	36.63	505.75	5.41	1,996	31.48	0.64	0.99	6.58
Negro	115	724	1,776	35.44	466.56	5.18	2,668	44.24	0.66	1.02	6.79
Income above poverty level ²											
Total ¹	464	5,785	1,960	36.94	555.73	5.33	2,002	43.20	0.65	1.09	7.00
White	394	5,173	1,966	36.99	564.65	5.33	1,943	42.44	0.65	1.10	6.96
Negro	67	588	1,919	36.34	475.68	5.27	2,514	50.35	0.65	0.98	7.26
<u>Male</u>											
Total ¹	343	4,099	2,061	37.08	531.26	5.41	2,123	39.79	0.65	1.07	7.10
White	251	3,422	2,089	37.36	535.85	5.47	2,001	38.88	0.65	1.07	7.09
Negro	90	656	1,910	35.65	508.02	5.06	2,826	45.91	0.65	1.06	7.20
Income below poverty level ²											
Total ¹	103	1,106	2,046	35.99	470.22	5.59	2,248	33.71	0.66	0.98	6.79
White	49	723	2,142	36.25	459.57	5.78	2,029	29.40	0.66	0.93	6.73
Negro	53	371	1,838	35.55	500.31	5.12	2,749	44.15	0.66	1.08	6.88
Income above poverty level ²											
Total ¹	232	2,895	2,082	37.37	557.56	5.34	2,057	41.78	0.65	1.11	7.22
White	197	2,625	2,082	37.51	560.89	5.38	1,973	41.08	0.65	1.11	7.19
Negro	34	262	2,089	36.03	520.92	5.03	2,907	49.78	0.65	1.04	7.65
<u>Female</u>											
Total ¹	345	3,725	1,829	36.47	546.99	5.22	1,966	43.43	0.65	1.06	6.70
White	347	3,028	1,850	36.53	571.91	5.18	1,910	42.51	0.65	1.08	6.65
Negro	96	682	1,743	35.97	431.28	5.37	2,376	47.59	0.66	0.94	6.79
Income below poverty level ²											
Total ¹	106	795	1,806	36.50	523.07	4.94	2,203	39.12	0.63	1.03	6.46
White	44	443	1,882	37.35	591.52	4.72	1,933	35.35	0.60	1.09	6.31
Negro	62	352	1,709	35.32	428.28	5.25	2,577	44.33	0.67	0.95	6.68
Income above poverty level ²											
Total ¹	232	2,890	1,838	36.44	553.66	5.31	1,940	44.82	0.66	1.07	6.74
White	197	2,548	1,847	36.37	569.03	5.27	1,908	44.03	0.65	1.08	6.69
Negro	33	327	1,784	36.63	433.22	5.49	2,145	50.88	0.65	0.92	6.90

¹Total includes all races.²Excludes persons with unknown income.

Table 22. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 8-9 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	644	7,354	2,015	36.29	535.50	5.21	2,128	40.24	0.64	1.06	7.01
White	479	6,254	2,043	36.59	551.02	5.19	2,163	40.41	0.63	1.09	7.03
Negro	161	1,068	1,858	34.32	436.14	5.36	1,924	38.76	0.66	0.90	6.84
Income below poverty level ²											
Total ¹	170	1,295	2,001	36.70	488.60	5.48	2,345	42.68	0.64	0.99	6.86
White	78	802	2,052	37.89	527.35	5.55	2,654	43.94	0.64	1.05	6.73
Negro	92	493	1,918	34.64	421.12	5.35	1,806	40.48	0.64	0.88	7.10
Income above poverty level ²											
Total ¹	458	5,830	2,025	36.20	548.96	5.13	2,096	39.84	0.63	1.08	7.02
White	393	5,319	2,049	36.36	555.76	5.11	2,087	39.77	0.63	1.09	7.04
Negro	61	479	1,768	33.90	463.71	5.43	2,251	39.72	0.67	0.96	6.76
Male											
Total ¹	321	3,610	2,173	35.89	533.17	5.19	2,141	36.01	0.62	1.07	6.86
White	233	3,015	2,202	36.18	548.62	5.13	2,166	36.09	0.61	1.10	6.90
Negro	85	580	2,024	34.18	446.52	5.49	1,999	35.11	0.67	0.92	6.65
Income below poverty level ²											
Total ¹	87	677	2,132	35.88	476.95	5.29	1,961	33.04	0.59	0.96	6.66
White	40	432	2,142	37.07	500.22	5.42	2,138	34.11	0.58	1.00	6.66
Negro	47	245	2,114	33.76	435.46	5.06	1,645	31.13	0.61	0.89	6.66
Income above poverty level ²											
Total ¹	228	2,824	2,189	35.87	549.68	5.11	2,184	36.81	0.61	1.10	6.88
White	189	2,522	2,222	36.08	558.52	5.03	2,148	35.98	0.61	1.11	6.88
Negro	36	287	1,896	33.51	461.06	5.85	2,554	44.44	0.68	0.96	6.80
Female											
Total ¹	323	3,744	1,864	36.74	538.12	5.24	2,114	45.00	0.66	1.06	7.17
White	246	3,240	1,895	37.04	553.63	5.25	2,161	45.07	0.66	1.08	7.18
Negro	76	488	1,661	34.52	421.10	5.17	1,816	44.04	0.66	0.88	7.12
Income below poverty level ²											
Total ¹	83	619	1,857	37.74	503.25	5.71	2,827	54.79	0.70	1.02	7.11
White	38	371	1,946	38.94	562.11	5.72	3,316	56.53	0.72	1.11	6.81
Negro	45	248	1,723	35.71	403.70	5.70	2,001	51.84	0.67	0.86	7.62
Income above poverty level ²											
Total ¹	230	3,006	1,872	36.55	548.17	5.16	1,999	43.17	0.65	1.07	7.18
White	204	2,798	1,893	36.66	552.84	5.19	2,023	43.78	0.65	1.07	7.21
Negro	25	192	1,577	34.59	468.48	4.67	1,706	31.26	0.66	0.95	6.68

¹Total includes all races.²Excludes persons with unknown income.

Table 23. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 10-11 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
<u>BOTH SEXES</u>											
Total ¹	725	8,852	2,143	36.72	533.24	5.37	2,153	40.22	0.64	1.04	6.86
White	550	7,540	2,174	36.71	549.76	5.32	2,189	39.95	0.64	1.06	6.80
Negro	166	1,186	1,928	37.12	419.45	5.68	1,952	39.39	0.67	0.90	7.25
All income											
Total ¹	156	1,390	1,953	37.46	469.29	5.86	2,070	32.94	0.68	0.95	7.08
White	71	817	2,058	37.82	501.66	6.01	2,138	30.65	0.68	0.99	7.02
Negro	84	561	1,801	37.21	423.17	5.64	2,004	37.24	0.68	0.90	7.17
Income below poverty level ²											
Total ¹	551	7,229	2,181	36.60	544.74	5.29	2,136	41.01	0.63	1.05	6.83
White	469	6,547	2,187	36.55	554.84	5.25	2,154	40.72	0.63	1.06	6.78
Negro	75	582	2,069	37.33	423.37	5.70	1,959	38.70	0.67	0.90	7.36
Income above poverty level ²											
Total ¹	362	4,446	2,261	37.11	528.10	5.60	2,295	39.50	0.66	1.05	7.05
White	280	3,823	2,297	37.17	541.37	5.57	2,318	39.89	0.66	1.07	7.04
Negro	76	541	1,963	37.40	432.93	5.76	2,237	31.35	0.65	0.91	7.17
All income											
Total ¹	77	652	1,936	37.20	519.17	5.90	2,029	25.85	0.68	1.00	6.46
White	38	367	2,077	38.71	588.36	6.27	2,006	25.54	0.70	1.08	6.49
Negro	38	273	1,748	35.52	427.91	5.37	2,162	27.01	0.66	0.90	6.39
Income below poverty level ²											
Total ¹	276	3,676	2,317	37.15	530.17	5.57	2,270	40.41	0.65	1.06	7.15
White	236	3,358	2,317	37.05	537.00	5.50	2,273	40.06	0.65	1.07	7.10
Negro	36	262	2,186	39.04	439.41	6.09	2,322	34.83	0.65	0.92	7.83
Income above poverty level ²											
Total ¹	363	4,407	2,023	36.28	539.05	5.11	1,993	41.02	0.63	1.03	6.64
White	270	3,717	2,047	36.17	559.45	5.04	2,040	40.01	0.61	1.05	6.53
Negro	90	645	1,900	36.87	407.78	5.61	1,704	46.35	0.69	0.88	7.32
All income											
Total ¹	79	738	1,968	37.69	425.92	5.83	2,107	39.11	0.68	0.91	7.61
White	33	451	2,043	37.08	429.97	5.80	2,248	34.87	0.66	0.92	7.46
Negro	46	287	1,851	38.73	418.91	5.88	1,861	46.44	0.70	0.90	7.87
Income below poverty level ²											
Total ¹	275	3,554	2,041	35.96	561.86	4.97	1,979	41.71	0.61	1.06	6.46
White	233	3,188	2,051	35.95	576.09	4.94	2,014	41.49	0.60	1.06	6.41
Negro	39	321	1,974	35.78	408.86	5.36	1,630	42.21	0.69	0.88	6.94
Income above poverty level ²											

¹Total includes all races.²Excludes persons with unknown income.

Table 24. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 12-14 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (gm)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	1,107	12,916	2,226	37.24	504.70	5.39	1,932	38.06	0.63	1.01	7.16
White	828	11,004	2,244	37.54	524.97	5.33	1,943	37.56	0.63	1.03	7.15
Negro	272	1,805	2,109	35.29	381.68	5.76	1,854	41.02	0.65	0.88	7.22
Income below poverty level ²											
Total ¹	266	2,124	2,060	36.67	451.85	5.98	2,174	35.61	0.67	0.99	7.12
White	115	1,196	2,122	37.87	496.02	5.80	1,995	31.80	0.68	1.00	7.03
Negro	150	926	1,981	35.04	390.62	6.24	2,407	40.53	0.65	0.97	7.25
Income above poverty level ²											
Total ¹	797	10,189	2,251	37.36	513.96	5.30	1,892	38.93	0.63	1.01	7.17
White	680	9,321	2,254	37.55	527.55	5.30	1,933	38.35	0.62	1.03	7.17
Negro	112	786	2,214	35.00	364.62	5.28	1,340	45.32	0.65	0.79	7.15
Male											
All income											
Total ¹	548	6,480	2,519	36.85	509.05	5.39	1,884	35.38	0.63	1.01	7.16
White	415	5,559	2,564	37.09	526.10	5.29	1,877	34.64	0.62	1.03	7.11
Negro	131	885	2,253	35.20	388.45	6.12	1,935	39.72	0.64	0.92	7.56
Income below poverty level ²											
Total ¹	126	1,076	2,185	37.23	461.65	6.27	2,266	34.55	0.68	1.02	7.46
White	62	669	2,249	38.51	509.97	5.67	2,067	32.41	0.68	1.01	7.22
Negro	64	407	2,082	34.97	375.88	7.35	2,620	38.34	0.66	1.04	7.89
Income above poverty level ²											
Total ¹	393	5,001	2,585	36.90	515.64	5.28	1,810	36.14	0.62	1.01	7.14
White	331	4,571	2,607	37.08	526.25	5.30	1,838	35.11	0.62	1.03	7.13
Negro	60	394	2,373	34.79	383.65	5.22	1,440	47.29	0.65	0.80	7.34
Female											
All income											
Total ¹	559	6,436	1,932	37.76	499.02	5.40	1,995	41.57	0.64	1.00	7.17
White	413	5,445	1,918	38.14	523.43	5.38	2,034	41.55	0.64	1.02	7.20
Negro	141	920	1,970	35.39	374.24	5.35	1,763	42.45	0.65	0.85	6.84
Income below poverty level ²											
Total ¹	140	1,049	1,931	36.02	440.49	5.65	2,068	36.84	0.66	0.94	6.73
White	53	527	1,961	36.93	475.74	5.99	1,892	30.91	0.68	0.98	6.76
Negro	86	519	1,902	35.10	403.26	5.30	2,224	42.41	0.64	0.91	6.70
Income above poverty level ²											
Total ¹	404	5,188	1,930	37.95	511.81	5.33	1,998	42.54	0.64	1.01	7.22
White	349	4,749	1,915	38.16	529.25	5.30	2,058	42.59	0.63	1.03	7.22
Negro	52	392	2,055	35.25	342.57	5.35	1,226	43.04	0.66	0.78	6.92

¹Total includes all races.²Excludes persons with unknown income.

Table 25. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 15-17 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	1,019	12,154	2,394	37.75	469.13	5.44	1,979	36.33	0.62	0.95	7.43
White	773	10,534	2,428	37.84	479.95	5.44	2,023	36.33	0.61	0.97	7.41
Negro	238	1,519	2,156	36.66	373.28	5.50	1,603	35.23	0.65	0.86	7.59
Income below poverty level ²											
Total ¹	227	1,625	2,062	36.28	442.65	5.15	1,793	38.42	0.59	0.90	7.15
White	101	1,038	2,056	35.73	484.06	5.08	1,876	37.92	0.57	0.95	6.80
Negro	124	569	2,070	36.87	364.91	5.23	1,498	39.43	0.62	0.81	7.79
Income above poverty level ²											
Total ¹	751	9,929	2,449	38.15	473.16	5.49	2,033	36.35	0.62	0.97	7.50
White	639	8,937	2,481	38.25	480.36	5.48	2,063	36.49	0.62	0.98	7.50
Negro	106	909	2,128	36.69	373.06	5.72	1,707	32.94	0.67	0.88	7.56
Male											
Total ¹	516	6,327	2,981	37.96	470.08	5.47	1,943	33.80	0.61	0.95	7.49
White	391	5,465	3,057	38.07	479.83	5.47	1,995	33.61	0.61	0.97	7.51
Negro	119	782	2,489	36.30	367.99	5.45	1,403	32.95	0.60	0.81	7.43
Income below poverty level ²											
Total ¹	110	748	2,564	37.47	472.37	5.22	1,710	34.39	0.62	0.94	7.55
White	44	417	2,727	37.18	535.05	5.15	1,704	30.39	0.61	1.02	7.12
Negro	64	313	2,372	37.32	367.27	5.29	1,489	40.45	0.63	0.82	8.22
Income above poverty level ²											
Total ¹	385	5,317	3,039	38.14	468.18	5.51	1,975	33.77	0.61	0.95	7.51
White	332	4,820	3,097	38.24	473.91	5.50	2,017	33.89	0.61	0.96	7.55
Negro	49	434	2,451	35.83	355.88	5.66	1,378	27.68	0.57	0.78	7.09
Female											
Total ¹	503	5,827	1,756	37.37	467.38	5.40	2,048	40.99	0.63	0.96	7.31
White	382	5,070	1,750	37.42	480.19	5.38	2,077	41.46	0.61	0.97	7.24
Negro	119	737	1,802	37.18	381.04	5.57	1,895	38.57	0.73	0.93	7.82
Income below poverty level ²											
Total ¹	117	877	1,633	34.68	402.88	5.04	1,902	43.82	0.56	0.84	6.63
White	57	621	1,605	34.07	421.26	5.00	2,072	46.51	0.54	0.87	6.43
Negro	60	256	1,702	36.09	360.89	5.14	1,514	37.69	0.61	0.78	7.08
Income above poverty level ²											
Total ¹	366	4,613	1,768	38.17	483.05	5.46	2,147	41.48	0.65	1.00	7.48
White	307	4,117	1,761	38.25	493.67	5.43	2,160	41.86	0.63	1.00	7.41
Negro	57	475	1,832	37.75	394.06	5.80	2,108	39.37	0.79	1.01	8.15

¹Total includes all races.²Excludes persons with unknown income.

Table 26. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 18-19 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	540	6,326	2,339	38.74	419.98	5.65	2,057	44.90	0.60	0.91	7.96
White	411	5,390	2,387	38.99	434.71	5.69	2,076	46.05	0.60	0.93	7.96
Negro	122	862	2,090	37.27	322.95	5.42	1,996	35.23	0.60	0.78	8.12
Income below poverty level ²											
Total ¹	138	1,140	2,032	38.22	376.58	5.69	1,839	45.19	0.63	0.82	7.84
White	77	735	1,955	38.42	418.89	5.84	1,776	46.91	0.63	0.88	7.69
Negro	59	376	2,171	38.19	310.68	5.51	2,033	39.50	0.62	0.74	8.28
Income above poverty level ²											
Total ¹	378	4,934	2,411	39.04	431.58	5.65	2,092	44.49	0.60	0.92	8.01
White	315	4,438	2,457	39.26	440.73	5.68	2,108	45.62	0.60	0.93	8.02
Negro	58	451	2,057	36.82	330.21	5.34	1,966	30.73	0.59	0.80	7.99
Male											
Total ¹	259	3,134	2,949	38.43	422.67	5.57	1,911	39.53	0.59	0.91	7.86
White	202	2,695	3,018	38.95	436.34	5.63	1,987	40.89	0.59	0.93	7.88
Negro	52	380	2,627	34.69	323.41	5.15	1,405	25.76	0.59	0.76	7.94
Income below poverty level ²											
Total ¹	55	419	2,590	38.81	377.20	5.82	1,398	36.86	0.61	0.85	8.50
White	29	247	2,586	41.20	444.38	6.10	1,479	36.13	0.59	0.95	8.36
Negro	24	144	2,681	35.70	284.27	5.54	1,368	31.05	0.65	0.71	9.23
Income above poverty level ²											
Total ¹	197	2,648	2,980	38.46	431.14	5.53	1,953	39.90	0.68	0.92	7.80
White	166	2,382	3,036	38.85	438.55	5.58	2,003	41.36	0.58	0.93	7.87
Negro	28	236	2,595	34.05	348.07	4.90	1,429	22.43	0.56	0.80	7.13
Female											
Total ¹	281	3,192	1,739	39.26	415.52	5.77	2,301	53.84	0.63	0.90	8.13
White	209	2,695	1,756	39.07	431.92	5.78	2,230	54.93	0.63	0.92	8.11
Negro	70	482	1,668	40.48	322.38	5.75	2,730	46.96	0.62	0.79	8.33
Income below poverty level ²											
Total ¹	83	721	1,707	37.69	376.04	5.58	2,228	52.54	0.64	0.80	7.26
White	48	489	1,637	36.21	398.57	5.62	2,013	55.50	0.67	0.82	7.16
Negro	35	232	1,856	40.42	334.29	5.49	2,626	47.04	0.60	0.77	7.43
Income above poverty level ²											
Total ¹	181	2,286	1,750	40.20	432.46	5.88	2,367	53.54	0.63	0.94	8.43
White	149	2,056	1,785	40.06	445.03	5.86	2,315	54.02	0.63	0.95	8.33
Negro	30	215	1,468	42.19	295.58	6.18	3,009	46.81	0.65	0.82	9.65

¹Total includes all races.²Excludes persons with unknown income.

Table 27. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 20-24 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Prominent niacin (mg)
BOTH SEXES											
Total ¹	1,756	17,136	2,265	38.17	391.99	5.80	1,987	42.45	0.63	0.89	8.33
White	1,379	14,757	2,298	38.37	402.33	5.80	1,903	41.91	0.62	0.90	8.38
Negro	339	2,043	2,070	36.58	304.60	5.69	2,462	43.46	0.63	0.79	8.03
Income below poverty level ²											
Total ¹	349	2,567	2,061	36.06	363.76	5.61	2,058	41.92	0.64	0.89	8.25
White	200	1,759	2,122	35.60	359.09	5.52	1,617	40.34	0.63	0.89	8.41
Negro	143	730	1,924	36.48	363.75	5.61	2,965	41.39	0.65	0.89	7.72
Income above poverty level ²											
Total ¹	1,351	14,037	2,288	38.41	394.90	5.82	1,961	42.85	0.61	0.88	8.35
White	1,140	12,531	2,308	38.62	406.36	5.83	1,926	42.49	0.61	0.89	8.38
Negro	180	1,256	2,146	36.57	270.51	5.75	2,159	44.13	0.62	0.74	8.20
Male											
Total ¹	513	8,217	2,888	38.06	384.92	5.72	1,836	37.48	0.60	0.88	8.51
White	423	7,154	2,944	38.22	394.25	5.74	1,744	36.54	0.60	0.89	8.54
Negro	80	907	2,520	36.51	296.28	5.47	2,507	41.74	0.60	0.78	8.30
Income below poverty level ²											
Total ¹	95	1,113	2,555	37.07	361.52	5.59	1,854	35.92	0.63	0.92	8.63
White	65	832	2,611	36.04	343.43	5.48	1,446	33.88	0.62	0.92	8.75
Negro	28	232	2,407	39.18	410.54	5.48	3,132	34.32	0.61	0.93	7.82
Income above poverty level ²											
Total ¹	400	6,801	2,928	38.04	384.66	5.73	1,789	38.14	0.59	0.86	8.50
White	343	6,040	2,973	38.32	397.10	5.76	1,740	37.40	0.59	0.87	8.53
Negro	49	654	2,566	35.47	253.17	5.45	2,162	43.21	0.58	0.73	8.46
Female											
Total ¹	1,243	8,919	1,691	38.34	403.17	5.92	2,224	50.28	0.66	0.90	8.05
White	956	7,603	1,691	38.63	415.60	5.90	2,164	50.72	0.66	0.92	8.11
Negro	259	1,136	1,710	36.65	314.42	5.95	2,408	45.49	0.68	0.79	7.71
Income below poverty level ¹											
Total ¹	254	1,454	1,683	34.87	366.37	5.62	2,295	48.89	0.65	0.86	7.81
White	135	926	1,684	34.98	380.91	5.57	1,854	49.35	0.64	0.87	7.94
Negro	115	497	1,698	34.69	332.75	5.70	2,855	46.08	0.69	0.86	7.66
Income above poverty level ²											
Total ¹	951	7,236	1,687	39.01	411.64	5.98	2,243	50.54	0.65	0.91	8.09
White	797	6,491	1,689	39.09	421.56	5.94	2,233	50.82	0.64	0.92	8.13
Negro	131	603	1,691	38.38	299.05	6.23	2,154	45.65	0.68	0.75	7.78

¹Total includes all races.²Excludes persons with unknown income.

Table 28. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 25-34 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Cal-cium (mg)	Iron (mg)	Vita-min A (IU)	Vita-min C (mg)	Thia-mine (mg)	Ribo-flavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	2,700	26,762	2,163	39.78	390.58	6.17	2,225	38.22	0.62	0.90	9.09
White	2,211	23,529	2,177	39.83	404.14	6.17	2,230	38.33	0.62	0.91	9.12
Negro	454	2,917	2,085	39.05	278.63	6.10	2,209	36.39	0.62	0.77	8.82
Income below poverty level ²											
Total ¹	384	2,438	1,863	40.34	342.31	6.62	2,259	33.60	0.65	0.87	9.04
White	210	1,560	1,855	40.66	376.06	6.60	2,158	30.63	0.64	0.89	9.14
Negro	169	827	1,870	39.64	269.65	6.57	2,438	35.70	0.66	0.81	8.52
Income above poverty level ²											
Total ¹	2,240	23,542	2,195	39.70	393.58	6.14	2,203	38.44	0.62	0.90	9.10
White	1,941	21,246	2,200	39.74	404.76	6.15	2,214	38.60	0.62	0.91	9.12
Negro	271	2,036	2,185	38.83	282.29	5.92	2,137	36.70	0.61	0.76	8.92
Male											
All income											
Total ¹	804	12,766	2,739	39.66	383.10	6.09	1,953	32.75	0.61	0.88	9.15
White	672	11,191	2,765	39.59	395.25	6.08	1,945	32.99	0.60	0.89	9.16
Negro	119	1,377	2,667	40.04	283.14	6.07	2,035	29.66	0.61	0.78	9.01
Income below poverty level ²											
Total ¹	73	837	2,359	43.58	328.39	7.27	2,168	26.21	0.66	0.87	9.85
White	48	528	2,359	43.45	356.03	7.37	2,199	22.24	0.65	0.89	10.04
Negro	23	269	2,497	43.73	250.94	6.98	2,090	25.74	0.65	0.80	8.79
Income above poverty level ²											
Total ¹	707	11,520	2,772	39.36	385.01	6.01	1,901	33.00	0.60	0.87	9.11
White	605	10,281	2,791	39.36	395.63	6.02	1,893	33.29	0.60	0.88	9.13
Negro	92	1,085	2,723	39.19	290.50	5.85	2,028	30.58	0.60	0.77	9.04
Female											
All income											
Total ¹	1,896	13,996	1,638	39.97	402.06	6.31	2,641	46.56	0.65	0.94	9.01
White	1,539	12,338	1,644	40.22	417.75	6.32	2,665	46.48	0.65	0.96	9.06
Negro	335	1,540	1,564	37.53	271.77	6.14	2,476	46.66	0.64	0.77	8.54
Income below poverty level ²											
Total ¹	311	1,601	1,589	37.82	353.12	6.11	2,331	39.33	0.65	0.87	8.42
White	162	1,032	1,597	38.56	391.19	6.02	2,127	36.97	0.64	0.89	8.47
Negro	146	558	1,567	36.48	284.05	6.26	2,707	43.38	0.67	0.82	8.31
Income above poverty level ²											
Total ¹	1,533	12,021	1,643	40.24	407.51	6.35	2,692	47.25	0.65	0.95	9.08
White	1,336	10,965	1,646	40.36	419.32	6.36	2,725	47.06	0.65	0.96	9.11
Negro	179	951	1,572	38.12	266.09	6.07	2,354	48.80	0.62	0.74	8.67

¹Total includes all races.²Excludes persons with unknown income.

Table 29. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 35-44 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	2,328	22,575	2,035	40.17	369.37	6.40	2,343	39.94	0.61	0.89	9.42
White	1,871	20,107	2,069	40.11	375.99	6.41	2,320	39.40	0.61	0.90	9.44
Negro	421	2,175	1,719	40.26	302.14	6.27	2,689	46.32	0.63	0.83	9.19
Income below poverty level ²											
Total ¹	334	2,040	1,954	40.20	401.40	6.31	2,366	35.67	0.64	0.92	8.34
White	165	1,383	2,052	41.54	456.02	6.39	2,440	31.61	0.64	0.99	8.20
Negro	166	646	1,743	36.87	269.36	6.03	2,217	46.48	0.65	0.75	8.67
Income above poverty level ²											
Total ¹	1,909	19,718	2,043	40.15	367.32	6.41	2,314	40.46	0.61	0.89	9.52
White	1,645	18,030	2,069	39.99	370.65	6.42	2,279	40.06	0.61	0.89	9.52
Negro	234	1,428	1,719	41.74	322.31	6.37	2,951	46.50	0.62	0.87	9.45
Male											
Total ¹	665	10,804	2,554	39.93	359.14	6.22	2,103	32.32	0.59	0.88	9.33
White	570	9,857	2,576	39.85	363.63	6.24	2,101	32.00	0.59	0.88	9.34
Negro	87	820	2,354	40.28	292.83	6.07	2,198	38.24	0.61	0.79	9.02
Income below poverty level ²											
Total ¹	72	892	2,651	39.98	419.49	6.18	2,310	29.12	0.64	0.94	7.85
White	44	638	2,786	41.58	475.75	6.26	2,449	24.83	0.63	1.00	7.65
Negro	27	251	2,328	34.99	250.47	5.85	1,893	42.40	0.66	0.71	8.38
Income above poverty level ²											
Total ¹	567	9,513	2,549	40.01	354.11	6.23	2,050	32.62	0.59	0.87	9.47
White	509	8,893	2,561	39.82	355.28	6.24	2,037	32.51	0.59	0.87	9.46
Negro	52	511	2,428	42.58	319.42	6.14	2,399	37.17	0.59	0.84	9.35
Female											
Total ¹	1,663	11,772	1,558	40.53	384.81	6.67	2,706	51.39	0.65	0.92	9.57
White	1,301	10,250	1,582	40.53	395.41	6.68	2,666	50.98	0.65	0.93	9.61
Negro	334	1,354	1,335	40.25	312.10	6.47	3,213	54.95	0.35	0.86	9.38
Income below poverty level ²											
Total ¹	262	1,148	1,413	40.53	375.04	6.49	2,448	45.21	0.64	0.90	9.05
White	121	745	1,424	41.48	422.97	6.61	2,426	42.97	0.65	0.98	9.12
Negro	139	395	1,372	38.88	289.69	6.22	2,566	50.87	0.63	0.78	8.99
Income above poverty level ²											
Total ¹	1,342	10,205	1,572	40.37	387.34	6.68	2,713	52.32	0.66	0.92	9.59
White	1,136	9,147	1,591	40.26	394.75	6.69	2,658	51.88	0.65	0.92	9.62
Negro	182	917	1,324	40.88	325.26	6.61	3,515	56.02	0.66	0.90	9.56

¹Total includes all races.²Excludes persons with unknown income.

Table 30. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 45-54 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Calcium (mg)	Iron (mg)	Vitamin A (IU)	Vitamin C (mg)	Thiamine (mg)	Riboflavin (mg)	Pre-formed niacin (mg)
BOTH SEXES											
Total ¹	1,601	23,524	1,901	41.69	373.30	6.58	2,761	43.72	0.64	0.93	9.68
White	1,333	21,207	1,930	41.43	379.40	6.56	2,724	43.49	0.64	0.94	9.67
Negro	256	2,218	1,635	44.85	308.60	6.72	3,163	45.11	0.70	0.89	9.74
All income											
Total ¹	193	1,764	1,741	40.27	371.15	6.26	3,647	36.59	0.63	1.00	8.98
White	103	1,051	1,866	37.11	381.50	5.96	3,729	29.21	0.59	1.05	8.96
Negro	90	713	1,557	45.86	352.86	6.79	3,501	49.62	0.72	0.93	9.01
Income below poverty level ²											
Total ¹	1,346	20,735	1,908	41.56	375.30	6.58	2,731	44.42	0.65	0.93	9.68
White	1,179	19,262	1,927	41.44	381.42	6.58	2,703	44.38	0.65	0.93	9.66
Negro	157	1,399	1,656	43.90	283.78	6.67	3,155	42.84	0.69	0.86	10.02
Income above poverty level ²											
Total ¹	765	11,260	2,301	40.85	364.21	6.35	2,247	36.47	0.62	0.90	9.55
White	628	10,117	2,341	40.50	369.14	6.33	2,194	35.70	0.62	0.90	9.54
Negro	130	1,087	1,952	44.87	309.29	6.58	2,847	42.78	0.69	0.86	9.72
All income											
Total ¹	93	845	2,045	41.04	363.65	6.18	2,430	33.86	0.63	0.88	9.14
White	49	464	2,229	37.62	370.51	5.79	1,900	22.01	0.58	0.89	9.34
Negro	44	381	1,821	46.14	353.43	6.75	3,220	51.49	0.69	0.85	8.86
Income below poverty level ²											
Total ¹	643	10,002	2,316	40.76	366.48	6.34	2,247	36.95	0.63	0.90	9.56
White	555	9,288	2,339	40.55	371.57	6.33	2,216	36.61	0.62	0.90	9.53
Negro	82	673	2,026	44.39	286.72	6.54	2,730	38.18	0.69	0.86	10.22
Male											
Total ¹	836	12,264	1,533	42.85	385.85	6.88	3,469	53.71	0.68	0.98	9.85
White	705	11,091	1,555	42.71	393.52	6.88	3,453	54.19	0.67	0.99	9.86
Negro	126	1,131	1,330	44.82	307.65	6.93	3,609	48.40	0.72	0.93	9.77
All income											
Total ¹	100	919	1,462	39.28	380.79	6.37	5,209	40.10	0.65	1.17	8.77
White	54	588	1,580	36.54	393.73	6.15	5,765	37.23	0.59	1.22	8.54
Negro	46	332	1,255	45.39	351.92	6.85	3,970	46.50	0.76	1.06	9.27
Income below poverty level ²											
Total ¹	703	10,733	1,527	42.69	387.79	6.92	3,415	54.99	0.68	0.97	9.84
White	624	9,974	1,543	42.70	395.36	6.92	3,391	55.34	0.68	0.98	9.85
Negro	75	726	1,313	43.20	279.57	6.85	3,764	49.50	0.68	0.87	9.73
Income above poverty level ²											

¹Total includes all races.²Excludes persons with unknown income.

Table 31. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 55-64 years by sex and race for income levels: United States, 1971-74

Sex and race	Number of examined persons	Estimated population in thousands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Protein (gm)	Cali-cium (mg)	Iron (mg)	Vita-min A (IU)	Vita-min C (mg)	Thia-mine (mg)	Ribo-flavin (mg)	Pre-formed niacin (mg)
<u>BOTH SEXES</u>				All income							
Total ¹	1,267	18,841	1,710	41.13	391.88	6.80	3,483	56.72	0.68	0.99	9.58
White	1,056	17,030	1,726	41.23	399.62	6.81	3,436	56.21	0.69	1.01	9.63
Negro	200	1,644	1,451	40.53	337.54	6.90	4,463	67.52	0.68	0.89	9.31
Income below poverty level ²				Income above poverty level ²							
Total ¹	196	2,198	1,473	37.95	439.41	6.48	3,276	45.84	0.66	1.00	8.20
White	125	1,642	1,550	37.57	463.43	6.43	2,751	43.66	0.66	1.02	8.15
Negro	70	528	1,256	39.90	356.90	6.76	5,349	55.03	0.69	0.94	8.64
Total ¹				All income							
White	1,005	15,585	1,739	41.32	389.11	6.81	3,476	57.38	0.68	0.99	9.67
Negro	881	14,462	1,738	41.39	395.89	6.82	3,479	56.85	0.68	1.01	9.70
Total ¹				Income below poverty level ²							
White	597	8,888	2,076	40.28	374.94	6.58	2,741	46.10	0.66	0.94	9.42
Negro	504	8,125	2,082	40.26	383.18	6.57	2,670	45.45	0.66	0.95	9.43
Total ¹				Income above poverty level ²							
White	90	1,015	1,725	38.06	447.00	6.42	2,690	39.56	0.65	1.01	8.22
Negro	62	855	1,772	37.21	460.29	6.28	2,160	38.02	0.64	0.99	7.95
Total ¹				All income							
White	476	7,396	2,127	40.59	368.73	6.62	2,727	46.60	0.66	0.94	9.52
Negro	421	6,892	2,111	40.62	376.49	6.63	2,729	46.21	0.66	0.95	9.56
Total ¹				Income below poverty level ²							
White	48	416	2,018	41.89	317.21	6.89	3,421	60.26	0.65	0.85	9.43
<u>Male</u>				Income above poverty level ²							
Total ¹	597	8,888	2,076	40.28	374.94	6.58	2,741	46.10	0.66	0.94	9.42
White	504	8,125	2,082	40.26	383.18	6.57	2,670	45.45	0.66	0.95	9.43
Negro	85	672	1,788	41.85	319.00	6.98	4,248	59.84	0.66	0.89	9.74
Total ¹				All income							
White	90	1,015	1,725	38.06	447.00	6.42	2,690	39.56	0.65	1.01	8.22
Negro	62	855	1,772	37.21	460.29	6.28	2,160	38.02	0.64	0.99	7.95
Total ¹				Income below poverty level ²							
White	62	855	1,772	37.21	460.29	6.28	2,160	38.02	0.64	0.99	7.95
Negro	28	160	1,479	43.49	362.03	7.29	6,071	49.34	0.71	1.13	9.95
Total ¹				Income above poverty level ²							
White	476	7,396	2,127	40.59	368.73	6.62	2,727	46.60	0.66	0.94	9.52
Negro	421	6,892	2,111	40.62	376.49	6.63	2,729	46.21	0.66	0.95	9.56
Total ¹				All income							
White	670	9,953	1,382	42.27	414.65	7.10	4,480	70.97	0.72	1.06	9.79
Negro	552	8,905	1,401	42.56	421.92	7.13	4,476	70.80	0.72	1.08	9.89
Total ¹				Income below poverty level ²							
White	106	1,183	1,256	37.82	430.48	6.56	3,967	53.24	0.68	0.98	8.17
Negro	63	787	1,310	38.11	468.05	6.65	3,618	51.92	0.69	1.05	8.44
Total ¹				Income above poverty level ²							
White	529	8,188	1,388	42.35	417.33	7.08	4,514	72.30	0.72	1.07	9.88
Negro	460	7,570	1,398	42.46	422.60	7.08	4,512	71.48	0.72	1.08	9.90
Total ¹				All income							
White	67	570	1,261	40.16	362.28	7.09	4,717	87.00	0.71	0.94	9.44
Total ¹				Income below poverty level ²							
White	460	7,570	1,398	42.46	422.60	7.08	4,512	71.48	0.72	1.08	9.90
Negro	67	570	1,261	40.16	362.28	7.09	4,717	87.00	0.71	0.94	9.44

¹Total includes all races.²Excludes persons with unknown income.

Table 32. Mean caloric intake and mean intake per 1,000 calories of selected nutrients for persons aged 65 years and over by sex and race for income levels: United States, 1971-74

Sex and race	Number of exam- ined persons	Esti- mated popu- lation in thous- ands	Mean caloric intake	Mean nutrient intake per 1,000 calories							
				Pro- tein (gm)	Cal- cium (mg)	Iron (mg)	Vita- min A (IU)	Vita- min C (mg)	Thia- mine (mg)	Ribo- flavin (mg)	Pre- formed niacin (mg)
BOTH SEXES											
Total ¹	3,479	12,773	1,521	40.14	414.79	6.88	3,493	58.77	0.71	1.02	9.17
White	2,840	11,570	1,538	40.11	420.16	6.89	3,451	58.65	0.71	1.02	9.22
Negro	612	1,140	1,350	40.51	360.84	6.71	4,064	59.63	0.72	0.97	8.59
All income											
Total ¹	815	2,256	1,371	39.63	405.05	6.65	3,095	50.31	0.71	0.99	9.05
White	524	1,755	1,380	39.25	412.86	6.66	2,939	48.27	0.70	1.01	9.24
Negro	286	488	1,339	41.14	376.78	6.62	3,729	58.72	0.75	0.92	8.43
Income below poverty level ²											
Total ¹	2,503	9,869	1,559	40.21	416.79	6.93	3,621	60.80	0.71	1.03	9.14
White	2,190	9,245	1,569	40.20	421.31	6.94	3,599	60.70	0.71	1.03	9.14
Negro	291	574	1,387	40.25	349.38	6.73	4,161	60.95	0.69	1.01	8.83
Income above poverty level ²											
Total ¹	1,657	5,496	1,805	39.69	395.71	6.72	3,036	48.92	0.69	0.98	9.00
White	1,344	4,970	1,828	39.71	400.92	6.71	2,987	48.79	0.69	0.98	9.02
Negro	294	486	1,571	39.18	345.84	6.76	3,693	51.67	0.71	1.01	8.48
All income											
Total ¹	335	787	1,686	38.35	359.79	6.69	2,351	38.07	0.68	0.92	8.51
White	204	595	1,706	38.14	363.59	6.60	1,997	33.34	0.67	0.93	8.74
Negro	128	186	1,618	39.16	346.63	6.94	3,603	54.93	0.73	0.87	7.84
Income below poverty level ²											
Total ¹	1,242	4,438	1,832	39.96	402.12	6.73	3,190	50.97	0.69	0.99	8.99
White	1,077	4,127	1,850	39.96	406.62	6.73	3,162	51.18	0.69	0.98	8.96
Negro	149	276	1,568	39.46	344.34	6.63	3,794	48.86	0.69	1.10	8.97
Income above poverty level ²											
Total ¹	1,822	7,277	1,307	40.61	434.77	7.05	3,971	69.04	0.74	1.06	9.36
White	1,496	6,601	1,319	40.52	440.30	7.08	3,937	68.93	0.74	1.08	9.42
Negro	318	654	1,186	41.82	375.62	6.67	4,429	67.47	0.73	0.93	8.71
All income											
Total ¹	480	1,469	1,203	40.59	439.06	6.63	3,653	59.49	0.73	1.05	9.45
White	320	1,160	1,212	40.05	448.48	6.70	3,620	59.05	0.72	1.07	9.59
Negro	158	302	1,168	42.83	402.49	6.34	3,836	61.95	0.76	0.97	8.93
Income below poverty level ²											
Total ¹	1,261	5,431	1,335	40.49	433.28	7.15	4,105	71.83	0.74	1.07	9.31
White	1,113	5,118	1,342	40.47	437.67	7.17	4,085	71.29	0.74	1.08	9.35
Negro	142	298	1,219	41.19	355.40	6.86	4,598	75.37	0.68	0.91	8.66
Income above poverty level ²											

¹Total includes all races.²Excludes persons with unknown income.

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APPENDIX I

DEMOGRAPHIC AND SOCIOECONOMIC TERMS

The demographic and socioeconomic characteristics of the population sampled are defined as follows:

Age.—The age recorded for each examinee was the age at his last birthday on the date of examination. The age criterion for inclusion in the sample used in this survey was defined in terms of his age at time of census interview. Some of those who were 74 years old at the time of interview became 75 years old by the time of the examination. There were 20 such cases. In the adjustment and weighting procedures used to produce national estimates, these persons were included in the 74-year-old group.

Race.—For each individual, race was recorded as "white," "Negro," or "other races." The last category included American Indians, Chinese, Japanese, and all races other than white or Negro. Mexican persons were included with "white" unless definitely known to be American Indian or of a race other than white. Negroes and persons of mixed Negro and other parentage were recorded as "Negro."

Family Income.—The income recorded was the total income reported during the past 12 months by the head of the household and all other household members related to the head by blood, marriage, or adoption. This income was the total cash income (excluding pay in kind, e.g., meals, living quarters, or supplies provided in place of cash wages) except in the case of a family with its own farm or business, in which case net income was recorded. Also included in the family income figure were allotments and

other money received by the family from a member of the Armed Forces whether he was living at home or not.

Poverty Index.—Income status was determined by the Poverty Income Ratio (PIR). Poverty statistics published in the Census Bureau reports⁵ were based on the poverty index developed by the Social Security Administration in 1964. (For a detailed discussion of the SSA poverty standards, see references.^{6,7}) Modifications in the definition of poverty were adopted in 1969.⁸ The standard data series in poverty for statistical use by all executive departments and establishments has been established.⁹

The two components of the PIR are the total income of the household (numerator) and a multiple of the total income necessary to maintain a family with given characteristics on a nutritionally adequate food plan⁷ (denominator). The dollar value of the denominator of the PIR is constructed from a food plan (economy plan) necessary to maintain minimum recommended daily nutritional requirements. The economy plan is designated by the Department of Agriculture for "emergency or temporary use when funds are low."

For families of three or more persons, the poverty level was set at three times the cost of the economy food plan. For smaller families and persons living alone, the cost of the economy food plan was adjusted by the relatively higher fixed expenses of these smaller households.

The denominator or poverty income cutoff adjusts the family poverty income maintenance requirements by the family size, the sex of the family head, the age of the family head in fami-

NOTE: The list of references follows the text.

lies with one or two members, and the place of residence (farm, nonfarm). Annual revisions of the poverty income cutoffs are based on the changes in the average cost of living as reflected in the Consumer Price Index.

As shown in table I the annual income considered to be the poverty level increases as the family size increases. A family with any combination of characteristics and with the same income as shown in the table has been designated as having a PIR or poverty level of 1.0. The same family with twice the income found in the table would have a PIR of 2.0. Ratios of less than 1.0

can be described as "below poverty," ratios greater than 1.0, as "above poverty."

Poverty thresholds are computed on a national basis only. No attempt has been made to adjust these thresholds for regional, State, or other local variation in the cost of living (except for the farm, nonfarm difference). None of the noncash public welfare benefits such as food stamp bonuses or free food commodities are included in the income of the low income families receiving these benefits.

Table I shows threshold income values for the combinations listed above.

Table I. Weighted average thresholds at the low income level in 1971, by size of family and sex of head, by farm-nonfarm residence

Size of family	Total	Nonfarm			Farm		
		Total	Male head ¹	Female head ¹	Total	Male head ¹	Female head ¹
All unrelated individuals	\$2,033	\$2,040	\$2,136	\$1,978	\$1,727	\$1,783	\$1,669
Under 65 years	2,093	2,098	2,181	2,017	1,805	1,853	1,715
65 years and over	1,931	1,940	1,959	1,934	1,652	1,666	1,643
All families	3,700	3,724	3,764	3,428	3,235	3,242	3,079
2 persons	2,612	2,633	2,641	2,581	2,219	2,224	2,130
Head under 65 years	2,699	2,716	2,731	2,635	2,317	2,322	2,195
Head 65 years and over	2,424	2,448	2,450	2,437	2,082	2,081	2,089
3 persons	3,207	3,229	3,246	3,127	2,745	2,749	2,627
4 persons	4,113	4,137	4,139	4,116	3,527	3,528	3,513
5 persons	4,845	4,880	4,884	4,837	4,159	4,159	4,148
6 persons	5,441	5,489	5,492	5,460	4,688	4,689	4,656
7 persons or more	6,678	6,751	6,771	6,583	5,736	5,749	5,516

¹For unrelated individuals, sex of the individual.

SOURCE: U.S. Department of Commerce, Social and Economic Statistics Administration, U.S. Bureau of the Census "Characteristics of the Low Income Population: 1971," Current Population Reports, Series P-60, No. 86, p. 18.



APPENDIX II

STANDARDS FOR HANES DIETARY INTAKE DATA

Table II. Standards for evaluation of daily dietary intake used in the Health and Nutrition Examination Survey, by age, sex, and physiological state: United States, 1971-74

Age, sex, and physiological state	Calories (per kg)	Protein (gm per kg)	Calcium (mg)	Iron (mg)	Vitamin A ¹ (IU)	Vitamin C (mg)	B vitamins (all ages)
<u>Age and sex</u>							
1-5 years:							
12-23 months, male and female	90	1.9	450	15	2,000	40	Thiamine 0.4 mg per 1,000 calories
24-47 months, male and female	86	1.7	450	15	2,000	40	
48-71 months, male and female	82	1.5	450	10	2,000	40	
6-7 years, male and female	82	1.3	450	10	2,500	40	
8-9 years, male and female	82	1.3	450	10	2,500	40	Riboflavin 0.55 mg per 1,000 calories
10-12 years	68	1.2	650	10	2,500	40	
Male	64	1.2	650	18	2,500	40	
Female	60	1.2	650	18	3,500	50	
13-16 years	48	1.2	650	18	3,500	50	
17-19 years	44	1.1	550	18	3,500	55	Niacin 6.6 mg per 1,000 calories
20-29 years	40	1.0	400	10	3,500	60	
Male	35	1.0	600	18	3,500	55	
Female	38	1.0	400	10	3,500	60	
30-39 years	33	1.0	600	18	3,500	55	
40-49 years	37	1.0	400	10	3,500	60	
Male	31	1.0	600	18	3,500	55	
Female	36	1.0	400	10	3,500	60	
50-54 years	30	1.0	600	18	3,500	55	
55-59 years	36	1.0	400	10	3,500	60	
60-69 years	30	1.0	600	10	3,500	55	
70 years and over	34	1.0	400	10	3,500	60	
Male	29	1.0	600	10	3,500	55	
Female	34	1.0	400	10	3,500	60	
Female	29	1.0	600	10	3,500	55	
<u>Physiological state</u>							
Pregnancy (5th month and beyond), add to basic standard	200	20	200		1,000	² 5	
Lactating, add to basic standard	1,000	25	500		1,000	5	

¹Assumed 70 percent carotene, 30 percent retinol.

²For all pregnancies.



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