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Chapter 14—Total Food Intake

14. TOTAL FOOD INTAKE**14.1. INTRODUCTION**

The U.S. food supply is generally considered to be one of the safest in the world. Nevertheless, contamination of foods may occur as a result of environmental pollution of the air, water, or soil, or the intentional use of chemicals such as pesticides or other agrochemicals. Ingestion of contaminated foods is a potential pathway of exposure to such contaminants. To assess chemical exposure through this pathway, information on food ingestion rates is needed. Chapters 9 through 13 of this handbook report per capita and consumer-only data on food consumption rates for various food items and food categories. These intake rates were estimated by the U.S. Environmental Protection Agency (EPA) using databases developed by the U.S. Department of Agriculture (USDA). U.S. EPA (2007) expanded the analysis of food intake in order to examine individuals' food consumption habits in greater detail. Using data from the USDA's Continuing Survey of Food Intake by Individuals (CSFII) conducted in 1994–1996 and 1998, U.S. EPA (2007) derived distributions to characterize (1) the total food intake among various groups in the U.S. population, subdivided by age, race, geographic region, and urbanization; (2) the contribution of various food categories (e.g., meats, grains, vegetables, etc.) to total food intake among these populations; and (3) the contribution of various food categories to total food intake among individuals exhibiting low- or high-end consumption patterns of a specific food category (e.g., individuals below the 10th percentile or above the 90th percentile for fish consumption). These data may be useful for assessing exposure among populations exhibiting lower or higher than usual intake of certain types of foods (e.g., people who eat little or no meat, or people who eat large quantities of fish). Recently, U.S. EPA's Office of Pesticide Programs (OPP) used data from the 2003 to

2006 National Health and Nutrition Examination Survey (NHANES) to estimate intake of various foods, including total foods.

The recommendations for total food intake rates are provided in the next section, along with a summary of the confidence ratings for these recommendations. Following the recommendations, the studies on total food intake are summarized.

14.2. RECOMMENDATIONS

Table 14-1 presents a summary of recommended values for total food intake. Table 14-2 presents the confidence ratings for these recommendations. The recommended total food intake rates are based on data from the U.S. EPA/OPP's recent analysis of NHANES data from 2003 to 2006. For information about the proportion of total intake represented by the major food groups, it is recommended that the data based on a re-analysis of the data from U.S. EPA (2007) be used. Section 14.4 describes this re-analysis, and Table 14-3 through Table 14-11 provide the data. However, it should be noted that, because the U.S. EPA (2007) data are based on 1994–1996 and 1998 CSFII data, they may not reflect recent changes that may have occurred in consumption patterns.

Both of the studies of total dietary intake presented in this chapter are based on data collected over a 2-day period and may not necessarily reflect the long-term distribution of average daily intake rates. However, because the broad categories of foods used in this analysis (e.g., total foods, total fruits, total vegetables, etc.) are typically eaten on a daily basis throughout the year with minimal seasonality, the short-term distribution may be a reasonable approximation of the long-term distribution, although it will display somewhat increased variability. This implies that the upper percentiles shown here will tend to overestimate the corresponding percentiles of the true long-term distribution.

Table 14-1. Recommended Values for Per Capita Total Food Intake, Edible Portion, Uncooked Weight				
Age Group (years)	Mean	95 th Percentile	Multiple Percentiles	Source
	g/kg-day			
Children				
Birth to <1	91	208 ^c	See Table 14-12	U.S. EPA/OPP analysis of NHANES 2003–2006
1 to <3	113	185 ^c		
3 to <6	79	137		
6 to <11 ^a	47	92		
11 to <16 ^b	28	56		
16 to <21 ^b	28	56		
Adults				
21 to <50	29	63		
≥50	29	59		
^a	Based on data for ages 6 to <13 years.			
^b	Based on data for ages 13 to <20 years.			
14.2.1. *	^c	Estimates are less statistically reliable based on guidance published in the <i>Joint Policy on Variance Estimation and Statistical Reporting Standards on NHANES III and CSFII Reports: NHIS/NCHS Analytical Working Group Recommendations</i> (NCHS, 1993).		
Note:	Total food intake was defined as intake of the sum of all foods, beverages, and water ingested.			

Table 14-2. Confidence in Recommendations for Total Food Intake		
General Assessment Factors	Rationale	Rating
Soundness		High
<i>Adequacy of Approach</i>	The survey methodologies were adequate and the analytical approaches were competently executed. The study sizes were very large; sample sizes varied with age. The response rates were good. The studies analyzed primary data on recall of ingestion.	
<i>Minimal (or Defined) Bias</i>	No direct measurements were taken. The studies relied on survey data.	
Applicability and Utility		Medium
<i>Exposure Factor of Interest</i>	The analyses were specifically designed to address food intake.	
<i>Representativeness</i>	The populations studied were representative of the U.S. population.	
<i>Currency</i>	The data used were the most current data publicly available at the time the analysis was conducted for the handbook. However, the data used in the re-analysis of the U.S. EPA study are now 11–15 years old. The national trends in bodyweight, (increasing obesity prevalence) may in part be due to changes in food intake patterns.	
<i>Data Collection Period</i>	Ingestion rates were estimated based on short-term data collected in the CSFII 1994–1996, 1998 and NHANES 2003–2006.	
Clarity and Completeness		Medium
<i>Accessibility</i>	The NHANES and CSFII data are publicly available. The U.S. EPA (2007) report is available online.	
<i>Reproducibility</i>	The methodology was clearly presented; enough information was included to reproduce results.	
<i>Quality Assurance</i>	NHANES and CSFII follow strict QA/QC procedures. U.S. EPA's analysis of NHANES data has only been reviewed internally, but the methodology has been used in an analysis of previous data.	
Variability and Uncertainty		Medium
<i>Variability in Population</i>	Short term distributions of total intake were provided. The survey was not designed to capture long-term day-to-day variability.	
<i>Uncertainty</i>	The survey data were based on recall over a 2-day period. The U.S. EPA/OPP analysis of NHANES data included all foods, beverages, and water ingested. Beverages, sugar, candy, and sweets, and nuts and nut products were not included in the re-analysis of the U.S. EPA (2007) data. There is also some uncertainty associated with the translation of mixed foods (i.e., recipes) to food commodity ingredients in both studies.	
Evaluation and Review		Medium
<i>Peer Review</i>	The USDA CSFII survey received a high level of peer review. The U.S. EPA (2007) analysis was also peer reviewed; however, the re-analysis of these data using the new age categories for children was not peer reviewed outside the Agency. The methodology used in the NHANES 2003–2006 analysis is the same as used in previous peer-reviewed analysis conducted by U.S. EPA/OPP.	
<i>Number and Agreement of Studies</i>	Two studies were available for this factor.	
Overall Rating		Medium

14.3. STUDIES OF TOTAL FOOD INTAKE**14.4. U.S. EPA Re-Analysis of 1994–1996, 1998 Continuing Survey of Food Intake by Individuals (CSFII), Based on U.S. EPA (2007)—Analysis of Total Food Intake and Composition of Individual’s Diet Based on U.S. Department of Agriculture’s (USDA’s) 1994–1996, 1998 CSFII**

U.S. EPA’s National Center for Environmental Assessment (NCEA) conducted an analysis to evaluate the total food intake of individuals in the United States using data from the USDA’s 1994–1996, 1998 CSFII ([USDA, 2000](#)) and U.S. EPA’s *Food Commodity Intake Database* (FCID) ([U.S. EPA, 2000](#)). The 1994–1996 CSFII and its 1998 Supplemental Children’s Survey were designed to obtain data from a statistically representative sample of non-institutionalized persons living in the United States. Survey participants were selected using a multistage process. The respondents were interviewed twice to collect information on food consumption during 2 non-consecutive days. For both survey days, data were collected by an in-home interviewer. The Day 2 interview was conducted 3 to 10 days later and on a different day of the week. Of the more than 20,000 individuals surveyed, approximately 10,000 were under 21 years of age, and approximately 9,000 were under the age of 11. The 1994–1996 survey and 1998 supplement are referred to collectively as CSFII 1994–1996, 1998. Each individual in the survey was assigned a sample weight based on his or her demographic data; these weights were taken into account when calculating mean and percentile values of food consumption for the various demographic categories that were analyzed in the study. The sample weighting process used in the CSFII 1994–1996, 1998 is discussed in detail in [USDA \(2000\)](#).

For the analysis of total food intake, food commodity codes provided in U.S. EPA’s FCID ([U.S. EPA, 2000](#)) were used to translate as-eaten foods (e.g., beef stew) identified by USDA food codes in the CSFII data set into food commodities (e.g., beef, potatoes, carrots, etc.). The method used to translate USDA food codes into U.S. EPA commodity codes is discussed in detail in [USDA \(2000\)](#). The U.S. EPA commodity codes were assigned to broad food categories (e.g., total meats, total vegetables, etc.) for use in the analysis. Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats.

Beverages, sugar, candy, and sweets, and nuts (and nut products) were not included because they could not be categorized into the major food groups. Also, human milk intake was not included. Percent consuming, mean, standard error, and a range of percentile values were calculated on the basis of grams of food per kilogram of body weight per day (g/kg-day) and on the basis of grams per day (g/day). In addition to total food intake, intake of the various major food groups for the various age groups in units of g/day and g/kg-day were also estimated for comparison to total intake.

To evaluate variability in the contributions of the major food groups to total food intake, individuals were ranked from lowest to highest, based on total food intake. Three subsets of individuals were defined, as follows: a group at the low end of the distribution of total intake (below the 10th percentile of total intake), a mid-range or central group (the 45th to 55th percentile of total intake), and a group at the high end of the distribution of total intake (above the 90th percentile of total intake). Mean total food intake (in g/day and g/kg-day), mean intake of each of the major food groups (in g/day and g/kg-day), and the percent of total food intake that each of these food groups represents were calculated for each of the three populations (i.e., individuals with low-end, central, and high-end total food intake). A similar analysis was conducted to estimate the contribution of the major food groups to total food intake for individuals at the low-end, central, and high-end of the distribution of total meat intake, total dairy intake, total meat and dairy intake, total fish intake, and total fruit and vegetable intake. For example, to evaluate the variability in the diets of individuals at the low-end, mid-range, and high-end of the distribution of total meat intake, survey individuals were ranked according to their reported total meat intake. Three subsets of individuals were formed as described above. Mean total food intake, intake of the major food groups, and the percent of total food intake represented by each of the major food groups were tabulated. U.S. EPA (2007) presented the results of the analysis for the following age groups: <1 year, 1 to 2 years, 3 to 5 years, 6 to 11 years, 12 to 19 years, 20 to 39 years, 40 to 69 years, and 70 years and older. The data were tabulated in units of g/kg-day and g/day.

The analysis presented in U.S. EPA (2007) was conducted before U.S. EPA published the guidance entitled *Selecting Age Groups for Monitoring and Assessing Childhood Exposures to Environmental Contaminants* ([U.S. EPA, 2005](#)). As a result, the age groups used for children in U.S. EPA (2007) were not

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entirely consistent with the age groups recommended in the 2005 guidance. In order to conform to the standard age categories for children recommended in *Guidance on Selecting Age Groups for Monitoring and Assessing Childhood Exposures to Environmental Contaminants* (U.S. EPA, 2005), each of the tables from U.S. EPA (2007) was modified by re-analyzing the source data and applying the new childhood age categories (i.e., <1 month, 1 to <3 months, 3 to <6 months, 6 to <12 months, 1 to <2 years, 2 to <3 years, 3 to <6 years, 6 to <11 years, 11 to <16 years, and 16 to <21 years). Table 14-3 presents distributions of total food intake in units of g/day and g/kg-day. Table 14-4 and Table 14-5 compare total food intake to intake of the various major food groups for the various age groups in units of g/day and g/kg-day, respectively. It should be noted that some U.S. EPA commodity codes are listed under more than one food category. For this reason, in the tables, the intake rates for the individual food categories do not necessarily add up to the figure given for total food intake (U.S. EPA, 2007). Also, data are not reported for food groups for which there were less than 20 consumers in a particular age group. Table 14-6 through Table 14-11 present the contributions of the major food groups to total food intake for individuals (in the various age groups) at the low-end, central, and high-end of the distribution of total food intake (see Table 14-6), total meat intake (see Table 14-7), total meat and dairy intake (see Table 14-8), total fish intake (see Table 14-9), total fruit and vegetable intake (see Table 14-10), and total dairy intake (see Table 14-11) in units of g/day and g/kg-day. For each of the three classes of consumers, consumption of nine different food categories is presented (i.e., total foods, dairy, meats, fish, eggs, grains, vegetables, fruits, and fats). For example, in Table 14-9 one will find the mean consumption of meats, eggs, vegetables, etc. for individuals with an unusually high (or low or average) consumption of fish.

As discussed in previous chapters, the 1994–1996, 1998 CSFII data have both advantages and limitations with regard to estimating food intake rates. The large sample size (more than 20,000 persons) is sufficient to allow categorization within narrowly defined age categories. In addition, the survey was designed to obtain a statistically valid sample of the entire U.S. population that included children and low income groups. However, the survey design is of limited utility for assessing small and potentially at-risk populations based on ethnicity, medical status, geography, or other factors (such as activity level). Another limitation is that data are based on a 2-day survey period and, as such, may not

accurately reflect long-term eating patterns. This is particularly true for the extremes of the distribution of food intake.

14.4.1. U.S. EPA Analysis of National Health and Nutrition Examination Survey (NHANES) 2003–2006 Data

U.S. EPA/OPP used data from the 2003 to 2006 NHANES to estimate intake of various individual foods, major food groups, and total foods. This chapter presents the data for total foods (Chapter 9 provides data on the intake of fruits and vegetables; Chapter 11 provides data on intake of meat, dairy products, and fats, and Chapter 12 provides data on intake of grain and grain products). The total intake rates presented here represent intake of all forms of foods eaten (e.g., both home produced and commercially produced). Individuals who provided data for 2 days of the survey were included in the intake estimates. Individuals who did not provide information on body weight or for whom identifying information was unavailable were excluded from the analysis. The U.S. EPA/OPP analysis of 2003–2006 NHANES data included all foods, beverages, and water ingested. Two-day average intake rates were calculated for all individuals in the database for each of the food items/groups. These average daily intake rates were divided by each individual's reported body weight to generate intake rates in units of grams per kilogram of body weight per day (g/kg-day). The data were weighted according to the 4-year, 2-day sample weights provided in the 2003–2006 NHANES to adjust the data for the sample population to reflect the national population.

Intake data from the NHANES were based on uncooked forms of the edible portion of the food items/groups. Summary statistics, including: number of individuals represented in the estimates, mean intake rate, and standard error of the mean intake rate were calculated for total foods. Percentiles of the intake rate distribution (i.e., 1st, 5th, 10th, 25th, 50th, 75th, 90th, 95th, 99th, and the maximum value) were also provided. The data represent per capita data. However, the intake rates are the same as those for consumers only because all survey respondents ate some type of food during the survey period. Data were provided for the following age groups: <1 year, 1 to <3 years, 3 to <6 years, 6 to <13 years, 13 to <20 years, 20 to <50 years, ≥50 years, females only—13 to 49 years, and all ages combined. Data were also generated for various racial/ethnic groups (i.e., Mexican American, non-Hispanic Black, non-Hispanic White, other Hispanic, and other race). Table 14-12 presents intake data for total foods in

g/kg-day from the 2003–2006 NHANES analysis for these age groups and racial/ethnic groups.

The strength of U.S. EPA's analysis is that it provides distributions of total food intake for various age groups of children and adults, normalized by body weight. The analysis uses the 2003–2006 NHANES data set, which was designed to be representative of the U.S. population. The data set includes 4 years of intake data combined, and is based on a 2-day survey period. Because these data were developed for use in U.S. EPA's pesticide registration program, the childhood age groups used are slightly different than those recommended in U.S. EPA's *Guidance on Selecting Age Groups for Monitoring and Assessing Childhood Exposures to Environmental Contaminants* (U.S. EPA, 2005). However, given the similarities in the age groups used, the data should provide suitable intake estimates for the age groups of interest. The data for infants <12 months could not be separated out into the recommended age groups due to sample size limitations. This analysis generated data for total foods only. Analyses to estimate the proportion of total food intake represented by the various food groups were not conducted for this data set.

of food intakes by individuals (CSFII) [EPA Report]. (EPA/600/R-05/062F). Washington, DC.

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Table 14-3. Per Capita Total Food Intake, Edible Portion, Uncooked^a

Age Group	N cons. ^b	N Total ^c	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Total Food Intake (g/day)															
Birth to <1 month	59	88	67.0	67	59	0	0	0	0	67	108	142	221	222	222
1 to <3 months	183	245	74.7	80	70	0	0	0	0	94	120	168	188	273	404
3 to <6 months	385	411	93.7	197	150	0	0	12	100	167	286	385	476	705	1,151
6 to <12 months	676	678	99.7	507	344	34	141	191	283	413	600	925	1,220	1,823	2,465
1 to <2 years	1,002	1,002	100	1,039	407	216	414	570	770	998	1,244	1,556	1,756	2,215	3,605
2 to <3 years	994	994	100	1,024	377	312	491	575	752	994	1,257	1,517	1,649	2,071	2,737
3 to <6 years	4,112	4,112	100	1,066	380	416	548	629	805	1,020	1,276	1,548	1,746	2,168	4,886
6 to <11 years	1,553	1,553	100	1,118	372	438	586	680	846	1,052	1,344	1,642	1,825	2,218	3,602
11 to <16 years	975	975	100	1,209	499	343	536	657	851	1,124	1,491	1,860	2,179	2,668	4,548
16 to <21 years	743	743	100	1,184	634	308	467	556	750	1,061	1,447	1,883	2,283	3,281	8,840
21 to <40 years	2,950	2,950	100	1,100	518	-	493	579	778	1,040	1,390	1,780	2,110	3,120	5,640
40 to <70 years	4,818	4,818	100	1,100	468	-	472	567	766	1,030	1,350	1,710	1,930	2,480	4,320
70 years and older	1,393	1,393	100	1,000	430	-	449	549	741	982	1,280	1,560	1,820	2,260	3,090
Total Food Intake (g/kg-day)															
Birth to <1 month	59	88	67.0	20	18	0	0	0	0	19	33	43	61	69	69
1 to <3 months	183	245	74.7	16	14	0	0	0	0	18	25	36	40	55	76
3 to <6 months	385	411	93.7	28	21	0	0	2	15	24	38	53	65	107	169
6 to <12 months	676	678	99.7	56	36	3	17	22	33	47	66	99	134	211	233
1 to <2 years	1,002	1,002	100	90	37	17	38	48	65	85	109	137	161	207	265
2 to <3 years	994	994	100	74	29	23	34	39	52	72	92	113	126	146	194
3 to <6 years	4,112	4,112	100	61	24	21	30	34	44	57	73	91	102	132	239
6 to <11 years	1,553	1,553	100	40	17	10	17	21	28	38	49	61	70	88	122
11 to <16 years	975	975	100	24	11	5	9	11	16	22	30	38	45	55	82
16 to <21 years	743	743	100	18	9	5	6	8	12	16	22	30	35	47	115
20 to <40 years	2,950	2,950	100	16	7	-	6	8	11	15	20	25	30	38	70
40 to <70 years	4,818	4,818	100	14	6	-	6	7	10	14	18	23	26	34	75
70 years and older	1,393	1,393	100	15	6	-	6	8	10	14	19	24	27	35	47

^a Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts (and nut products) were not included because they could not be categorized into the major food groups.

^b Number of consumers. The number of consumers of total food may be less than the number of individuals in the study sample for the youngest age groups because human milk was not included in the total food intake estimates presented here.

^c Sample size.

PC = Percent consuming.

SE = Standard error.

- = Value not available.

Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.

Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, edible portion, uncooked)															
Food Group	N cons ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: Birth to <1 month															
Total Food Intake ^c	59	88	67.0	67	59	0	0	0	0	67	108	142	221	222	222
Total Dairy Intake	51	88	58.0	41	38	0	0	0	0	40	72	81	156	156	156
Total Meat Intake	0	88	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Egg Intake	0	88	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Fish Intake	0	88	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Grain Intake	5	88	5.7	-	-	-	-	-	-	-	-	-	-	-	-
Total Vegetable Intake	27	88	30.7	5	23	0	0	0	0	0	0.29	16	32	108	125
Total Fruit Intake	2	88	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Total Fat Intake	58	88	65.9	19	16	0	0	0	0	20	32	38	64	64	64
Age Group: 1 to <3 months															
Total Food Intake ^c	183	245	74.7	80	70	0	0	0	0	94	120	168	188	273	404
Total Dairy Intake	147	245	60.0	37	40	0	0	0	0	19	72	89	103	129	155
Total Meat Intake	1	245	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Total Egg Intake	0	245	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Fish Intake	0	245	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Grain Intake	44	245	18.0	1	5	0	0	0	0	0	0	3	9	20	45
Total Vegetable Intake	88	245	35.9	15	33	0	0	0	0	0	0.92	74	94	119	211
Total Fruit Intake	23	245	9.4	4	21	0	0	0	0	0	0	0	31	114	171
Total Fat Intake	176	245	71.8	21	17	0	0	0	0	27	34	42	49	65	72
Age Group: 3 to <6 months															
Total Food Intake ^c	385	411	93.7	197	150	0	0	12	100	167	286	385	476	705	1,151
Total Dairy Intake	308	411	74.9	56	56	0	0	0	0	60	85	109	124	260	496
Total Meat Intake	44	411	10.7	2	7	0	0	0	0	0	0	1	13	29	92
Total Egg Intake	28	411	6.8	0.23	3	0	0	0	0	0	0	0	0.49	4	50
Total Fish Intake	1	411	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Total Grain Intake	284	411	69.1	8	11	0	0	0	0	4	11	21	27	44	68
Total Vegetable Intake	263	411	64.0	34	46	0	0	0	0	13	58	102	120	184	226
Total Fruit Intake	218	411	53.0	68	102	0	0	0	0	15	99	196	282	522	750
Total Fat Intake	357	411	86.9	28	17	0	0	0	20	30	38	45	53	81	106

Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, edible portion, uncooked) (continued)															
Food Group	N cons. ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: 6 to <12 months															
Total Food Intake ^c	676	678	99.7	507	344	34	141	191	283	413	600	925	1,220	1,823	2,465
Total Dairy Intake	628	678	92.6	151	246	0	0	1.0	26	71	124	401	722	1,297	1,873
Total Meat Intake	500	678	73.7	22	27	0	0	0	0	14	32	59	78	117	269
Total Egg Intake	352	678	51.9	6	13	0	0	0	0	0	2	22	42	73	103
Total Fish Intake	34	678	5.0	0.62	3	0	0	0	0	0	0	0	0	21	42
Total Grain Intake	653	678	96.3	33	28	0	0.83	6	14	28	45	66	84	125	260
Total Vegetable Intake	662	678	97.6	91	67	0	2	14	41	81	127	180	231	285	452
Total Fruit Intake	639	678	94.2	169	142	0	0	17	70	147	232	335	425	670	1,254
Total Fat Intake	661	678	97.5	31	16	0	2	7	23	31	40	51	58	81	90
Age Group: 1 to <2 years															
Total Food Intake ^c	1,002	1,002	100	1,039	407	216	414	570	770	998	1,244	1,556	1,756	2,215	3,605
Total Dairy Intake	999	1,002	99.7	489	332	1	38	94	241	451	681	917	1,090	1,474	2,935
Total Meat Intake	965	1,002	96.3	47	37	0	0	6	20	39	66	100	120	181	221
Total Egg Intake	906	1,002	90.4	14	21	0	0	0	1	4	23	45	57	86	212
Total Fish Intake	188	1,002	18.8	3	10	0	0	0	0	0	0	11	21	45	135
Total Grain Intake	997	1,002	99.5	66	34	8	19	27	42	60	83	111	126	172	209
Total Vegetable Intake	1,000	1,002	99.8	120	75	9	25	37	68	107	155	220	255	402	739
Total Fruit Intake	986	1,002	98.4	254	204	0	4	30	99	209	349	532	664	828	1,762
Total Fat Intake	1,002	1,002	100	39	17	8	15	20	28	37	48	62	69	87	146
Age Group: 2 to <3 years															
Total Food Intake ^c	994	994	100	1,024	377	312	491	575	752	994	1,257	1,517	1,649	2,071	2,737
Total Dairy Intake	994	994	100	383	243	6	54	104	201	346	510	709	838	1,079	1,378
Total Meat Intake	981	994	98.7	60	41	0	8	14	31	51	80	115	139	199	280
Total Egg Intake	943	994	94.9	18	24	0	0	0	1	7	27	50	60	93	169
Total Fish Intake	190	994	19.1	4	12	0	0	0	0	0	0	13	26	53	127
Total Grain Intake	993	994	99.9	81	35	16	32	41	58	78	99	126	147	195	263
Total Vegetable Intake	994	994	100	145	89	18	45	57	86	128	178	249	302	431	846
Total Fruit Intake	970	994	97.6	279	230	0	2	25	117	231	382	594	750	992	2,042
Total Fat Intake	994	994	100	42	18	11	17	22	30	40	51	65	73	101	129

Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, edible portion, uncooked) (continued)															
Food Group	N cons. ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: 3 to <6 years															
Total Food Intake ^c	4,112	4,112	100	1,066	380	416	548	629	805	1,020	1,276	1,548	1,746	2,168	4,886
Total Dairy Intake	4,112	4,112	100	392	249	14	68	121	224	356	522	706	805	1,151	3,978
Total Meat Intake	4,062	4,112	98.8	73	49	0	11	20	38	65	97	133	163	230	433
Total Egg Intake	3,910	4,112	95.1	16	23	0	0	0	1	6	24	47	59	99	290
Total Fish Intake	801	4,112	19.5	5	16	0	0	0	0	0	0	19	36	71	192
Total Grain Intake	4,111	4,112	100	101	41	29	44	54	72	95	122	155	175	230	410
Total Vegetable Intake	4,111	4,112	100	170	89	30	56	75	109	156	213	280	329	454	915
Total Fruit Intake	4,021	4,112	97.8	243	220	0	2	16	85	196	344	516	642	1,000	2,252
Total Fat Intake	4,112	4,112	100	50	19	14	23	27	36	47	60	74	85	113	167
Age Group: 6 to <11 years															
Total Food Intake ^c	1,553	1,553	100	1,118	372	438	586	680	846	1,052	1,344	1,642	1,825	2,218	3,602
Total Dairy Intake	1,553	1,553	100	408	243	10	63	126	229	371	557	741	837	1,130	2,680
Total Meat Intake	1,533	1,553	98.7	87	56	0	12	24	48	79	116	156	195	268	435
Total Egg Intake	1,490	1,553	95.9	16	22	0	0	0	2	6	22	46	58	107	163
Total Fish Intake	258	1,553	16.6	6	17	0	0	0	0	0	0	23	38	102	169
Total Grain Intake	1,553	1,553	100	119	48	31	54	67	87	114	143	179	201	262	513
Total Vegetable Intake	1,553	1,553	100	210	103	42	76	96	136	193	264	342	410	560	896
Total Fruit Intake	1,515	1,553	97.6	193	184	0	1	8	60	141	280	440	545	880	1,406
Total Fat Intake	1,553	1,553	100	58	22	16	27	33	42	56	70	86	95	121	168
Age Group: 11 to <16 years															
Total Food Intake ^c	975	975	100	1,209	499	343	536	657	851	1,124	1,491	1,860	2,179	2,668	4,548
Total Dairy Intake	975	975	100	368	291	1	25	43	152	307	507	740	948	1,401	1,972
Total Meat Intake	970	975	99.5	114	75	1	18	32	63	101	154	208	244	355	578
Total Egg Intake	930	975	95.4	19	27	0	0	0	2	7	25	53	72	123	244
Total Fish Intake	167	975	17.1	9	24	0	0	0	0	0	0	30	62	125	227
Total Grain Intake	975	975	100	136	63	33	56	70	93	127	168	212	249	333	645
Total Vegetable Intake	975	975	100	280	146	65	105	124	176	246	352	472	552	713	1,333
Total Fruit Intake	923	975	94.7	195	202	0	0	0.68	31	135	273	483	635	930	1,535
Total Fat Intake	975	975	100	69	33	18	28	34	47	64	83	110	131	176	321
Age Group: 16 to <21 years															
Total Food Intake ^c	743	743	100	1,184	634	308	467	556	750	1,061	1,447	1,883	2,283	3,281	8,840
Total Dairy Intake	742	743	99.9	283	279	0	8	19	63	196	410	649	934	1,235	1,866
Total Meat Intake	730	743	98.3	139	127	0	12	28	64	116	185	266	310	458	2,343
Total Egg Intake	703	743	94.6	21	30	0	0	0	1	7	29	59	89	126	223
Total Fish Intake	143	743	19.2	10	33	0	0	0	0	0	0	34	76	146	399
Total Grain Intake	743	743	100	150	93	13	48	58	88	132	190	256	307	543	730
Total Vegetable Intake	743	743	100	325	204	43	86	128	194	280	400	562	683	1,160	2,495
Total Fruit Intake	671	743	90.3	168	237	0	0	0	3	74	242	432	665	1,023	2,270
Total Fat Intake	743	743	100	74	42	13	22	30	46	67	94	129	148	213	391

Table 14-4. Per Capita Intake of Total Food and Intake of Major Food Groups (g/day, edible portion, uncooked) (continued)															
Food Group	N cons. ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: 20 years and older															
Total Food Intake ^c	9,161	9,161	100	1,110	481	-	477	570	769	1,030	1,360	1,730	2,010	2,650	5,640
Total Dairy Intake	9,161	9,143	99.8	221	228	-	9	20	60	153	312	509	643	1,020	3,720
Total Meat Intake	9,161	9,005	98.3	130	90	-	15	35	65	111	171	246	299	457	1,010
Total Egg Intake	9,161	8,621	94.1	24	32	-	0	0.13	2	10	36	63	87	129	445
Total Fish Intake	9,161	2,648	28.9	15	36	-	0	0	0	0	12	56	86	162	434
Total Grain Intake	9,161	9,152	99.9	136	84	-	42	53	79	116	167	238	297	462	1,110
Total Vegetable Intake	9,161	9,161	100	309	171	-	91	124	191	281	394	525	626	850	1,810
Total Fruit Intake	9,161	8,566	93.5	191	224	-	0	0	18	125	280	473	625	996	2,690
Total Fat Intake	9,161	9,161	100	64	34	-	20	26	39	57	81	109	127	178	359
^a Number of consumers. The number of consumers of total food may be less than the number of individuals in the study sample for the youngest age groups because human milk was not included in the total food intake estimates presented here. ^b Sample size. ^c Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups. PC = Percent consuming. SE = Standard error. - = Value not available or data not reported where the number of consumers was less than 20.															
Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.															

Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, edible portion, uncooked)															
Food Group	N cons ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: Birth to <1 month															
Total Food Intake ^c	59	88	67.0	20	18	0	0	0	0	19	33	43	61	69	69
Total Dairy Intake	51	88	58.0	12	12	0	0	0	0	13	21	25	43	49	49
Total Meat Intake	0	88	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Egg Intake	0	88	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Fish Intake	0	88	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Grain Intake	5	88	5.7	-	-	-	-	-	-	-	-	-	-	-	-
Total Vegetable Intake	27	88	30.7	2	6	0	0	0	0	0	0	4	12	30	35
Total Fruit Intake	2	88	2.3	-	-	-	-	-	-	-	-	-	-	-	-
Total Fat Intake	58	88	65.9	6	5	0	0	0	0	6	9	11	18	20	20
Age Group: 1 to <3 months															
Total Food Intake ^c	183	245	74.7	16	14	0	0	0	0	18	25	36	40	55	76
Total Dairy Intake	147	245	60.0	8	9	0	0	0	0	4	15	20	26	34	43
Total Meat Intake	1	245	0.4	-	-	-	-	-	-	-	-	-	-	-	-
Total Egg Intake	0	245	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Fish Intake	0	245	0.0	-	-	-	-	-	-	-	-	-	-	-	-
Total Grain Intake	44	245	18.0	0	1	0	0	0	0	0	0	1	2	3	9
Total Vegetable Intake	88	245	35.9	3	6	0	0	0	0	0	0	13	17	26	34
Total Fruit Intake	23	245	9.4	1	5	0	0	0	0	0	0	0	7	19	43
Total Fat Intake	176	245	71.8	4	4	0	0	0	0	5	7	9	11	14	18
Age Group: 3 to <6 months															
Total Food Intake ^c	385	411	93.7	28	21	0	0	2	15	24	38	53	65	107	169
Total Dairy Intake	308	411	74.9	8	8	0	0	0	0	8	12	16	20	38	73
Total Meat Intake	44	411	10.7	0	1	0	0	0	0	0	0	0	1	4	13
Total Egg Intake	28	411	6.8	0	0	0	0	0	0	0	0	0	0	1	4
Total Fish Intake	1	411	0.2	-	-	-	-	-	-	-	-	-	-	-	-
Total Grain Intake	284	411	69.1	1	2	0	0	0	0	1	1	3	4	6	10
Total Vegetable Intake	263	411	64.0	5	7	0	0	0	0	2	8	14	18	25	52
Total Fruit Intake	218	411	53.0	9	15	0	0	0	0	2	13	29	37	72	110
Total Fat Intake	357	411	86.9	4	3	0	0	0	2	4	6	7	8	12	17

Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, edible portion, uncooked) (continued)															
Food Group	N cons ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: 6 to <12 months															
Total Food Intake ^c	676	678	99.7	56	36	3	17	22	33	47	66	99	134	211	233
Total Dairy Intake	628	678	92.6	16	26	0	0	0	3	8	14	38	72	165	180
Total Meat Intake	500	678	73.7	2	3	0	0	0	0	1	4	6	8	12	30
Total Egg Intake	352	678	51.9	1	1	0	0	0	0	0	0	2	4	7	11
Total Fish Intake	34	678	5.0	0	0	0	0	0	0	0	0	0	0	2	4
Total Grain Intake	653	678	96.3	4	3	0	0	1	2	3	5	7	9	14	26
Total Vegetable Intake	662	678	97.6	10	8	0	0	2	5	9	14	20	25	34	67
Total Fruit Intake	639	678	94.2	19	16	0	0	2	8	16	26	36	46	84	138
Total Fat Intake	661	678	97.5	3	2	0	0	1	2	3	4	6	7	8	10
Age Group: 1 to <2 years															
Total Food Intake ^c	1,002	1,002	100	90	37	17	38	48	65	85	109	137	161	207	265
Total Dairy Intake	999	1,002	99.7	43	30	0	3	8	20	38	59	83	100	137	216
Total Meat Intake	965	1,002	96.3	4	3	0	0	1	2	3	6	8	10	14	21
Total Egg Intake	906	1,002	90.4	1	2	0	0	0	0	0	2	4	5	7	15
Total Fish Intake	188	1,002	18.8	0	1	0	0	0	0	0	0	1	2	3	12
Total Grain Intake	997	1,002	99.5	6	3	1	2	2	4	5	7	9	11	15	19
Total Vegetable Intake	1,000	1,002	99.8	10	7	1	2	3	6	9	14	19	22	33	61
Total Fruit Intake	986	1,002	98.4	22	18	0	0	3	9	18	31	44	58	81	144
Total Fat Intake	1,002	1,002	100	3	2	0.73	1	2	2	3	4	5	6	8	11
Age Group: 2 to <3 years															
Total Food Intake ^c	994	994	100	74	29	23	34	39	52	72	92	113	126	146	194
Total Dairy Intake	994	994	100	28	18	0	4	7	14	24	37	52	63	84	108
Total Meat Intake	981	994	98.7	4	3	0	1	1	2	4	6	8	9	14	20
Total Egg Intake	943	994	94.9	1	2	0	0	0	0	0	2	4	4	6	13
Total Fish Intake	190	994	19.1	0	1	0	0	0	0	0	0	1	2	4	11
Total Grain Intake	993	994	99.9	6	3	1	2	3	4	5	7	9	10	14	28
Total Vegetable Intake	994	994	100	10	6	1	3	4	6	9	13	18	22	34	64
Total Fruit Intake	970	994	97.6	20	17	0	0	2	8	16	27	44	56	71	114
Total Fat Intake	994	994	100	3	1	1	1	1	2	3	4	5	5	7	9

Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, edible portion, uncooked) (continued)															
Food Group	N cons ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: 3 to <6 years															
Total Food Intake ^c	4,112	4,112	100	61	24	21	30	34	44	57	73	91	102	132	239
Total Dairy Intake	4,112	4,112	100	22	15	1	4	7	12	20	30	41	48	66	195
Total Meat Intake	4,062	4,112	98.8	4	3	0	1	1	2	4	5	8	9	13	23
Total Egg Intake	3,910	4,112	95.1	1	1	0	0	0	0	0	1	3	3	5	13
Total Fish Intake	801	4,112	19.5	0	1	0	0	0	0	0	0	1	2	4	12
Total Grain Intake	4,111	4,112	100	6	3	2	2	3	4	5	7	9	10	14	27
Total Vegetable Intake	4,111	4,112	100	10	5	2	3	4	6	9	12	16	19	26	60
Total Fruit Intake	4,021	4,112	97.8	14	13	0	0	1	5	11	20	30	39	57	124
Total Fat Intake	4,112	4,112	100	3	1	1	1	2	2	3	3	4	5	6	10
Age Group: 6 to <11 years															
Total Food Intake ^c	1,553	1,553	100	40	17	10	17	21	28	38	49	61	70	88	122
Total Dairy Intake	1,553	1,553	100	15	10	0	2	4	7	13	20	27	33	42	79
Total Meat Intake	1,533	1,553	98.7	3	2	0	0	1	2	3	4	6	7	10	18
Total Egg Intake	1,490	1,553	95.9	1	1	0	0	0	0	0	1	2	2	4	8
Total Fish Intake	258	1,553	16.6	0	1	0	0	0	0	0	0	1	1	3	7
Total Grain Intake	1,553	1,553	100	4	2	1	2	2	3	4	5	7	8	11	16
Total Vegetable Intake	1,553	1,553	100	7	4	1	2	3	5	7	9	12	15	20	50
Total Fruit Intake	1,515	1,553	97.6	7	7	0	0	0	2	5	10	16	21	32	55
Total Fat Intake	1,553	1,553	100	2	1	1	1	1	1	2	3	3	4	5	9
Age Group: 11 to <16 years															
Total Food Intake ^c	975	975	100	24	11	5	9	11	16	22	30	38	45	55	82
Total Dairy Intake	975	975	100	7	6	0	0	1	3	6	10	15	20	29	38
Total Meat Intake	970	975	99.5	2	1	0	0	1	1	2	3	4	5	7	10
Total Egg Intake	930	975	95.4	0	1	0	0	0	0	0	0	1	1	3	7
Total Fish Intake	167	975	17.1	0	0	0	0	0	0	0	0	1	1	2	7
Total Grain Intake	975	975	100	3	1	1	1	1	2	2	3	5	5	7	9
Total Vegetable Intake	975	975	100	5	3	1	2	2	3	5	7	9	11	14	31
Total Fruit Intake	923	975	94.7	4	4	0	0	0	1	3	6	10	14	18	32
Total Fat Intake	975	975	100	1	1	0	0	1	1	1	2	2	3	4	5

Table 14-5. Per Capita Intake of Total Food and Intake of Major Food Groups (g/kg-day, edible portion, uncooked) (continued)															
Food Group	N cons ^a	N total ^b	PC (%)	Mean	SE	Percentiles									
						1	5	10	25	50	75	90	95	99	Max
Age Group: 16 to <21 years															
Total Food Intake ^c	743	743	100	18	9	5	6	8	12	16	22	30	35	47	115
Total Dairy Intake	742	743	99.9	4	4	0	0	0	1	3	6	10	12	19	25
Total Meat Intake	730	743	98.3	2	2	0	0	0	1	2	3	4	5	7	30
Total Egg Intake	703	743	94.6	0	0	0	0	0	0	0	0	1	1	2	3
Total Fish Intake	143	743	19.2	0	1	0	0	0	0	0	0	1	1	2	7
Total Grain Intake	743	743	100	2	1	0	1	1	1	2	3	4	5	7	12
Total Vegetable Intake	743	743	100	5	3	1	1	2	3	4	6	8	10	15	32
Total Fruit Intake	671	743	90.3	3	4	0	0	0	0	1	4	7	10	16	29
Total Fat Intake	743	743	100	1	1	0	0	0	1	1	1	2	2	3	5
Age Group: 20 years and older															
Total Food Intake ^c	9,161	9,161	100	15	7	-	6	8	10	14	19	24	28	37	75
Total Dairy Intake	9,161	9,143	99.8	3	3	-	0	0	1	2	4	7	9	14	41
Total Meat Intake	9,161	9,005	98.3	2	1	-	0	0	1	2	2	3	4	6	13
Total Egg Intake	9,161	8,621	94.1	0	0	-	0	0	0	0	0	1	1	2	8
Total Fish Intake	9,161	2,648	28.9	0	0	-	0	0	0	0	0	1	1	2	8
Total Grain Intake	9,161	9,152	100	2	1	-	1	1	1	2	2	3	4	6	16
Total Vegetable Intake	9,161	9,161	100	4	2	-	1	2	3	4	5	7	9	12	28
Total Fruit Intake	9,161	8,566	93.5	3	3	-	0	0	0	2	4	7	9	15	52
Total Fat Intake	9,161	9,161	100	1	0	-	0	0	1	1	1	1	2	2	4
^a	Number of consumers. The number of consumers of total food may be less than the number of individuals in the study sample for the youngest age groups because human milk was not included in the total food intake estimates presented here.														
^b	Sample size.														
^c	Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups.														
PC	= Percent consuming.														
SE	= Standard error.														
-	= Data not reported where the number of consumers was less than 20.														
Source:	U.S. EPA analysis of 1994–1996, 1998 CSFII.														

Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Food Intake													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: Birth to <1 month (g/day)							Age Group: Birth to <1 month (g/kg-day)						
Total Foods ^a	0	0.0	64	100.0	196	100.0	Total Foods ^a	0	0.0	20	100.0	58	100.0
Total Dairy	0	0.0	39	61.2	109	55.4	Total Dairy	0	0.0	14	70.5	35	60.1
Total Meats	0	0.0	0	0.0	0	0.0	Total Meats	0	0.0	0	0.0	0	0.0
Total Fish	0	0.0	0	0.0	0	0.0	Total Fish	0	0.0	0	0.0	0	0.0
Total Eggs	0	0.0	0	0.0	0	0.0	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	0	0.0	0	0.0	4	2.1	Total Grains	0	0.0	0	0.0	1	2.1
Total Vegetables	0	0.0	5	7.4	24	12.1	Total Vegetables	0	0.0	0	0.1	6	10.0
Total Fruits	0	0.0	0	0.0	8	4.1	Total Fruits	0	0.0	0	0.0	0	0.0
Total Fats ^b	0	0.0	19	29.4	52	26.2	Total Fats ^b	0	0.0	6	29.4	16	27.8
Age Group: 1 to <3 months (g/day)							Age Group: 1 to <3 months (g/kg-day)						
Total Foods ^a	0	0.0	94	100.0	206	100.0	Total Foods ^a	0	0.0	18	100.0	44	100.0
Total Dairy	0	0.0	53	56.9	63	30.8	Total Dairy	0	0.0	9	51.9	20	45.4
Total Meats	0	0.0	0	0.0	0	0.0	Total Meats	0	0.0	0	0.0	0	0.0
Total Fish	0	0.0	0	0.0	0	0.0	Total Fish	0	0.0	0	0.0	0	0.0
Total Eggs	0	0.0	0	0.0	0	0.0	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	0	0.0	1	1.1	3	1.3	Total Grains	0	0.0	0	1.1	0	0.5
Total Vegetables	0	0.0	11	12.0	58	28.4	Total Vegetables	0	0.0	3	18.9	7	16.4
Total Fruits	0	0.0	0	0.0	27	13.0	Total Fruits	0	0.0	0	0.0	5	12.3
Total Fats ^b	0	0.0	27	28.4	49	23.6	Total Fats ^b	0	0.0	5	27.7	11	24.4
Age Group: 3 to <6 months (g/day)							Age Group: 3 to <6 months (g/kg-day)						
Total Foods ^a	1	100.0	166	100.0	507	100.0	Total Foods ^a	0	100.0	24	100.0	73	100.0
Total Dairy	0	3.0	69	41.9	90	17.8	Total Dairy	0	0.5	9	37.3	13	17.9
Total Meats	0	0.0	0	0.2	4	0.8	Total Meats	0	0.0	0	0.5	1	0.8
Total Fish	0	0.0	0	0.0	0	0.1	Total Fish	0	0.0	0	0.0	0	0.1
Total Eggs	0	0.0	1	0.3	1	0.1	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	1	74.5	8	4.9	14	2.8	Total Grains	0	85.0	1	4.0	2	3.4
Total Vegetables	0	10.9	27	16.3	73	14.4	Total Vegetables	0	7.4	5	20.8	11	14.5
Total Fruits	0	9.9	24	14.6	284	56.0	Total Fruits	0	6.7	4	15.0	40	55.0
Total Fats ^b	0	1.3	34	20.4	36	7.2	Total Fats ^b	0	0.2	5	21.3	5	7.5

Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Food Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 6 to <12 months (g/day)							Age Group: 6 to <12 months (g/kg-day)						
Total Foods ^a	124	100.0	414	100.0	1,358	100.0	Total Foods ^a	15	100.0	47	100.0	144	100.0
Total Dairy	33	26.4	72	17.5	770	56.7	Total Dairy	4	25.4	6	13.8	77	53.1
Total Meats	3	2.4	19	4.6	47	3.5	Total Meats	0	2.3	2	4.9	5	3.4
Total Fish	0	0.2	1	0.3	0	0.0	Total Fish	0	0.2	0	0.2	0	0.0
Total Eggs	1	0.5	7	1.6	8	0.6	Total Eggs	0	0.9	1	1.5	1	0.8
Total Grains	11	9.1	37	8.9	50	3.7	Total Grains	2	10.7	4	9.1	5	3.6
Total Vegetables	30	24.2	90	21.9	121	8.9	Total Vegetables	3	21.9	10	22.4	14	9.8
Total Fruits	30	24.4	151	36.5	314	23.1	Total Fruits	4	25.9	19	40.0	37	25.8
Total Fats ^b	14	11.6	35	8.4	44	3.2	Total Fats ^b	2	11.4	4	7.5	5	3.2
Age Group: 1 to <2 years (g/day)							Age Group: 1 to <2 years (g/kg-day)						
Total Foods ^a	407	100.0	998	100.0	1,859	100.0	Total Foods ^a	35	100.0	85	100.0	167	100.0
Total Dairy	113	27.8	487	48.8	1,008	54.2	Total Dairy	10	29.5	41	48.1	94	56.1
Total Meats	28	6.9	46	4.6	66	3.5	Total Meats	3	7.5	4	4.7	5	3.2
Total Fish	1	0.3	3	0.3	4	0.2	Total Fish	0	0.4	1	0.5	0	0.2
Total Eggs	9	2.2	16	1.6	22	1.2	Total Eggs	1	2.1	1	1.4	2	0.9
Total Grains	44	10.8	63	6.3	81	4.3	Total Grains	4	10.9	5	6.0	7	4.3
Total Vegetables	82	20.1	101	10.2	165	8.9	Total Vegetables	7	18.6	10	11.9	13	7.8
Total Fruits	100	24.6	238	23.8	446	24.0	Total Fruits	8	23.0	19	22.8	40	24.0
Total Fats ^b	24	5.8	38	3.8	61	3.3	Total Fats ^b	2	6.4	3	3.8	5	3.2
Age Group: 2 to <3 years (g/day)							Age Group: 2 to <3 years (g/kg-day)						
Total Foods ^a	448	100.0	989	100.0	1,760	100.0	Total Foods ^a	32	100.0	72	100.0	129	100.0
Total Dairy	118	26.3	370	37.4	698	39.7	Total Dairy	8	24.8	26	36.3	54	42.2
Total Meats	50	11.1	60	6.1	72	4.1	Total Meats	4	11.2	4	5.3	5	3.8
Total Fish	1	0.3	4	0.4	7	0.4	Total Fish	0	0.4	0	0.2	0	0.3
Total Eggs	12	2.7	14	1.4	24	1.4	Total Eggs	1	3.6	1	1.7	2	1.3
Total Grains	62	13.7	86	8.7	98	5.6	Total Grains	4	13.8	6	8.0	7	5.6
Total Vegetables	98	21.9	145	14.6	185	10.5	Total Vegetables	7	22.0	10	13.3	13	10.0
Total Fruits	70	15.6	255	25.8	609	34.6	Total Fruits	5	16.2	21	29.8	42	32.9
Total Fats ^b	31	6.8	44	4.4	56	3.2	Total Fats ^b	2	7.1	3	3.9	4	3.2

Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Food Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 3 to <6 years (g/day)							Age Group: 3 to <6 years (g/kg-day)						
Total Foods ^a	527	100.0	1,020	100.0	1,817	100.0	Total Foods ^a	28	100.0	57	100.0	108	100.0
Total Dairy	144	27.3	378	37.0	728	40.1	Total Dairy	8	27.3	21	36.3	43	40.3
Total Meats	53	10.0	72	7.0	94	5.2	Total Meats	3	10.4	4	7.1	5	4.8
Total Fish	3	0.6	5	0.5	9	0.5	Total Fish	0	0.5	0	0.5	0	0.4
Total Eggs	11	2.0	15	1.5	24	1.3	Total Eggs	1	2.1	1	1.6	1	1.1
Total Grains	76	14.4	103	10.1	132	7.3	Total Grains	4	14.0	6	9.9	8	7.1
Total Vegetables	117	22.3	163	16.0	233	12.8	Total Vegetables	6	22.0	9	16.0	14	12.5
Total Fruits	76	14.4	216	21.2	509	28.0	Total Fruits	4	15.2	13	22.1	31	29.0
Total Fats ^b	34	6.5	50	4.9	68	3.7	Total Fats ^b	2	6.4	3	4.8	4	3.7
Age Group: 6 to <11 years (g/day)							Age Group: 6 to <11 years (g/kg-day)						
Total Foods ^a	565	100.0	1,060	100.0	1,886	100.0	Total Foods ^a	16	100.0	38	100.0	73	100.0
Total Dairy	147	26.1	370	34.9	766	40.6	Total Dairy	4	26.2	15	38.6	30	40.8
Total Meats	65	11.4	95	9.0	104	5.5	Total Meats	2	11.9	3	8.1	4	5.9
Total Fish	2	0.3	6	0.6	10	0.5	Total Fish	0	0.5	0	0.5	0	0.4
Total Eggs	10	1.7	16	1.5	22	1.2	Total Eggs	0	1.8	1	1.6	1	1.3
Total Grains	89	15.8	116	10.9	157	8.3	Total Grains	2	14.7	4	10.8	7	9.0
Total Vegetables	136	24.1	203	19.2	294	15.6	Total Vegetables	4	24.7	7	18.0	11	15.5
Total Fruits	66	11.6	178	16.8	426	22.6	Total Fruits	2	11.2	6	14.9	15	21.2
Total Fats ^b	39	6.8	58	5.5	76	4.0	Total Fats ^b	1	7.3	2	5.3	3	4.3
Age Group: 11 to <16 years (g/day)							Age Group: 11 to <16 years (g/kg-day)						
Total Foods ^a	513	100.0	1,127	100.0	2,256	100.0	Total Foods ^a	8	100.0	22	100.0	46	100.0
Total Dairy	92	17.9	308	27.3	808	35.8	Total Dairy	1	17.3	6	26.9	18	38.4
Total Meats	71	13.9	116	10.3	172	7.6	Total Meats	1	14.7	2	10.3	3	7.0
Total Fish	4	0.8	7	0.6	16	0.7	Total Fish	0	0.9	0	0.8	0	0.8
Total Eggs	10	1.9	20	1.8	28	1.2	Total Eggs	0	1.8	0	2.2	1	1.3
Total Grains	84	16.3	133	11.8	207	9.2	Total Grains	1	16.6	3	11.7	4	9.3
Total Vegetables	162	31.6	258	22.9	459	20.3	Total Vegetables	3	31.7	5	23.4	9	18.4
Total Fruits	42	8.2	203	18.0	420	18.6	Total Fruits	1	7.2	4	17.4	8	18.2
Total Fats ^b	40	7.8	64	5.7	114	5.0	Total Fats ^b	1	8.3	1	5.9	2	4.8

Table 14-6. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Food Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 16 to <21 years (g/day)							Age Group: 16 to <21 years (g/kg-day)						
Total Foods ^a	438	100.0	1,060	100.0	2,590	100.0	Total Foods ^a	6	100.0	16	100.0	38	100.0
Total Dairy	56	12.8	219	20.7	759	29.3	Total Dairy	1	12.2	4	23.8	10	27.4
Total Meats	61	14.0	141	13.3	272	10.5	Total Meats	1	15.6	2	11.5	4	10.0
Total Fish	7	1.5	11	1.1	14	0.5	Total Fish	0	1.7	0	1.0	0	0.5
Total Eggs	8	1.9	17	1.6	29	1.1	Total Eggs	0	1.8	0	1.6	0	1.1
Total Grains	67	15.2	138	13.0	241	9.3	Total Grains	1	14.8	2	13.1	4	9.9
Total Vegetables	148	33.8	312	29.4	620	23.9	Total Vegetables	2	34.0	5	30.0	10	25.3
Total Fruits	48	11.0	138	13.1	487	18.8	Total Fruits	1	10.2	2	10.9	8	19.7
Total Fats ^b	33	7.6	72	6.8	136	5.3	Total Fats ^b	1	8.1	1	7.1	2	5.0
Age Group: 20 years and older (g/day)							Age Group: 20 years and older (g/kg-day)						
Total Foods ^a	451	100.0	1,030	100.0	2,140	100.0	Total Foods ^a	6	100.0	14	100.0	30	100.0
Total Dairy	55	12.1	188	18.3	520	24.3	Total Dairy	1	12.5	3	19.4	7	24.9
Total Meats	74	16.5	128	12.5	210	9.8	Total Meats	1	17.3	2	12.2	2	8.2
Total Fish	7	1.6	13	1.2	25	1.2	Total Fish	0	1.6	0	1.4	0	0.9
Total Eggs	15	3.2	23	2.3	34	1.6	Total Eggs	0	3.5	0	2.3	0	1.5
Total Grains	69	15.3	130	12.7	230	10.8	Total Grains	1	15.6	2	13.1	3	10.1
Total Vegetables	147	32.6	291	28.4	516	24.2	Total Vegetables	2	32.1	4	28.9	7	23.5
Total Fruits	40	8.9	174	17.0	466	21.8	Total Fruits	0	7.9	2	14.9	7	23.6
Total Fats ^b	34	7.6	60	5.9	105	4.9	Total Fats ^b	0	7.7	1	6.1	1	4.6
^a Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups. ^b Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.													
Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.													

Table 14-7. Per Capita Intake of Total Foods ^a and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat Intake													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: Birth to <1 month (g/day) ^c							Age Group: Birth to <1 month (g/kg-day) ^c						
Total Foods ^a	67	100.0	-	-	-	-	Total Foods ^a	20	100.0	-	-	-	-
Total Dairy	41	61.5	-	-	-	-	Total Dairy	12	61.6	-	-	-	-
Total Meats	0	0.0	-	-	-	-	Total Meats	0	0.0	-	-	-	-
Total Fish	0	0.0	-	-	-	-	Total Fish	0	0.0	-	-	-	-
Total Eggs	0	0.0	-	-	-	-	Total Eggs	0	0.0	-	-	-	-
Total Grains	0	0.7	-	-	-	-	Total Grains	0	0.7	-	-	-	-
Total Vegetables	5	7.7	-	-	-	-	Total Vegetables	2	7.7	-	-	-	-
Total Fruits	1	1.3	-	-	-	-	Total Fruits	0	1.1	-	-	-	-
Total Fats ^b	19	28.3	-	-	-	-	Total Fats ^b	6	28.4	-	-	-	-
Age Group: 1 to <3 months (g/day) ^d							Age Group: 1 to <3 months (g/kg-day) ^d						
Total Foods ^a	79	100.0	-	-	149	100.0	Total Foods ^a	16	100.0	-	-	47	100.0
Total Dairy	37	46.4	-	-	103	68.9	Total Dairy	8	47.9	-	-	32	68.9
Total Meats	0	0.0	-	-	1	0.7	Total Meats	0	0.0	-	-	0	0.7
Total Fish	0	0.0	-	-	0	0.0	Total Fish	0	0.0	-	-	0	0.0
Total Eggs	0	0.0	-	-	0	0.0	Total Eggs	0	0.0	-	-	0	0.0
Total Grains	1	1.5	-	-	0	0.1	Total Grains	0	1.4	-	-	0	0.1
Total Vegetables	15	18.6	-	-	3	2.1	Total Vegetables	3	16.8	-	-	1	2.1
Total Fruits	4	5.2	-	-	0	0.0	Total Fruits	1	5.6	-	-	0	0.0
Total Fats ^b	21	26.4	-	-	42	28.2	Total Fats ^b	4	26.5	-	-	13	28.2
Age Group: 3 to <6 months (g/day) ^e							Age Group: 3 to <6 months (g/kg-day) ^e						
Total Foods ^a	181	100.0	-	-	316	100.0	Total Foods ^a	26	100.0	-	-	41	100.0
Total Dairy	55	30.1	-	-	62	19.7	Total Dairy	8	30.6	-	-	8	20.5
Total Meats	0	0.0	-	-	16	4.9	Total Meats	0	0.0	-	-	2	4.9
Total Fish	0	0.0	-	-	0	0.1	Total Fish	0	0.0	-	-	0	0.1
Total Eggs	0	0.1	-	-	1	0.5	Total Eggs	0	0.0	-	-	0	0.3
Total Grains	7	3.7	-	-	16	5.0	Total Grains	1	3.7	-	-	2	4.8
Total Vegetables	31	17.0	-	-	56	17.9	Total Vegetables	4	16.9	-	-	7	17.6
Total Fruits	59	32.9	-	-	133	42.3	Total Fruits	8	32.2	-	-	17	41.7
Total Fats ^b	28	15.3	-	-	28	8.9	Total Fats ^b	4	15.6	-	-	4	9.2

Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 6 to <12 months (g/day)							Age Group: 6 to <12 months (g/kg-day)						
Total Foods ^a	347	100.0	466	100.0	922	100.0	Total Foods ^a	40	100.0	48	100.0	99	100.0
Total Dairy	80	23.0	108	23.2	384	41.6	Total Dairy	9	22.6	11	23.9	41	41.1
Total Meats	0	0.0	14	2.9	85	9.3	Total Meats	0	0.0	1	3.0	9	9.3
Total Fish	0	0.0	0	0.1	0	0.0	Total Fish	0	0.0	0	0.1	0	0.0
Total Eggs	2	0.5	3	0.6	11	1.2	Total Eggs	0	0.5	0	1.0	1	0.9
Total Grains	24	6.8	29	6.2	51	5.6	Total Grains	3	6.6	3	6.0	6	5.8
Total Vegetables	69	19.8	116	24.8	135	14.7	Total Vegetables	8	19.7	10	21.9	15	15.4
Total Fruits	143	41.3	162	34.8	216	23.4	Total Fruits	17	41.9	17	36.5	23	23.1
Total Fats ^b	27	7.7	31	6.7	43	4.6	Total Fats ^b	2	7.8	3	7.1	5	4.6
Age Group: 1 to <2 years (g/day)							Age Group: 1 to <2 years (g/kg-day)						
Total Foods ^a	921	100.0	992	100.0	1,229	100.0	Total Foods ^a	82	100.0	90	100.0	108	100.0
Total Dairy	464	50.4	483	48.7	460	37.4	Total Dairy	41	49.9	46	50.5	43	40.1
Total Meats	2	0.2	39	4.0	128	10.4	Total Meats	0	0.2	3	3.8	11	10.0
Total Fish	3	0.3	2	0.2	6	0.5	Total Fish	0	0.3	0	0.3	0	0.5
Total Eggs	8	0.9	14	1.5	24	1.9	Total Eggs	1	0.8	1	1.4	2	1.9
Total Grains	56	6.1	64	6.5	78	6.4	Total Grains	5	6.1	6	6.1	7	6.9
Total Vegetables	97	10.5	113	11.3	189	15.4	Total Vegetables	9	11.1	10	10.8	16	15.1
Total Fruits	250	27.2	228	23.0	290	23.6	Total Fruits	22	27.3	21	22.7	22	20.8
Total Fats ^b	30	3.3	38	3.8	57	4.6	Total Fats ^b	3	3.3	3	3.8	5	4.7
Age Group: 2 to <3 years (g/day)							Age Group: 2 to <3 years (g/kg-day)						
Total Foods ^a	950	100.0	947	100.0	1,131	100.0	Total Foods ^a	71	100.0	68	100.0	83	100.0
Total Dairy	426	44.9	373	39.3	374	33.0	Total Dairy	31	44.2	26	37.7	27	32.3
Total Meats	7	0.7	52	5.4	148	13.1	Total Meats	1	0.7	4	5.5	10	12.4
Total Fish	4	0.5	4	0.5	2	0.2	Total Fish	0	0.5	0	0.3	0	0.2
Total Eggs	12	1.3	18	1.9	21	1.9	Total Eggs	1	1.3	1	1.3	2	1.8
Total Grains	73	7.7	76	8.1	90	8.0	Total Grains	6	7.8	6	8.3	7	8.1
Total Vegetables	104	10.9	146	15.4	202	17.9	Total Vegetables	8	11.1	10	15.1	14	16.8
Total Fruits	279	29.4	226	23.8	232	20.5	Total Fruits	21	29.6	18	26.7	19	23.1
Total Fats ^b	29	3.0	40	4.2	62	5.5	Total Fats ^b	2	3.1	3	4.0	4	5.2

Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 3 to <6 years (g/day)							Age Group: 3 to <6 years (g/kg-day)						
Total Foods ^a	991	100.0	1,037	100.0	1,246	100.0	Total Foods ^a	57	100.0	59	100.0	74	100.0
Total Dairy	419	42.3	376	36.3	389	31.2	Total Dairy	24	42.1	23	38.2	23	31.3
Total Meats	10	1.0	65	6.3	176	14.1	Total Meats	1	1.0	4	6.0	10	13.4
Total Fish	7	0.7	6	0.5	4	0.3	Total Fish	0	0.6	0	0.5	0	0.3
Total Eggs	10	1.0	16	1.5	24	1.9	Total Eggs	1	1.0	1	1.4	1	2.0
Total Grains	98	9.9	101	9.8	117	9.4	Total Grains	6	9.9	6	9.5	7	9.4
Total Vegetables	128	13.0	170	16.4	217	17.4	Total Vegetables	7	13.0	9	15.8	13	17.5
Total Fruits	257	25.9	238	22.9	243	19.5	Total Fruits	15	26.1	13	22.0	15	20.1
Total Fats ^b	35	3.6	48	4.7	73	5.9	Total Fats ^b	2	3.6	3	4.8	4	5.7
Age Group: 6 to <11 years (g/day)							Age Group: 6 to <11 years (g/kg-day)						
Total Foods ^a	1,028	100.0	1,087	100.0	1,300	100.0	Total Foods ^a	36	100.0	39	100.0	51	100.0
Total Dairy	424	41.3	386	35.5	382	29.4	Total Dairy	15	41.5	15	38.7	15	29.7
Total Meats	11	1.1	79	7.3	206	15.8	Total Meats	0	1.0	3	7.0	8	14.8
Total Fish	6	0.6	5	0.5	4	0.3	Total Fish	0	0.9	0.32	0.8	0	0.3
Total Eggs	13	1.3	15	1.4	17	1.3	Total Eggs	0	1.2	0.42	1.1	1	1.5
Total Grains	121	11.8	117	10.7	136	10.4	Total Grains	4	11.5	4	10.7	5	10.4
Total Vegetables	164	16.0	212	19.5	270	20.7	Total Vegetables	5	15.1	7	19.1	10	20.2
Total Fruits	214	20.8	191	17.6	198	15.2	Total Fruits	8	21.7	6	15.6	8	16.5
Total Fats ^b	40	3.9	59	5.4	81	6.2	Total Fats ^b	1	3.8	2	5.1	3	6.0
Age Group: 11 to <16 years (g/day)							Age Group: 11 to <16 years (g/kg-day)						
Total Foods ^a	1,043	100.0	1,194	100.0	1,606	100.0	Total Foods ^a	19	100.0	22	100.0	33	100.0
Total Dairy	342	32.8	377	31.6	435	27.1	Total Dairy	6	31.5	6	27.0	10	29.7
Total Meats	17	1.6	101	8.5	268	16.7	Total Meats	0	1.6	2	8.8	5	16.3
Total Fish	13	1.3	7	0.6	7	0.4	Total Fish	0	1.5	0	0.5	0	0.5
Total Eggs	17	1.6	13	1.1	21	1.3	Total Eggs	0	1.5	0	1.3	0	1.4
Total Grains	116	11.1	144	12.1	159	9.9	Total Grains	2	11.6	3	11.7	3	10.0
Total Vegetables	227	21.7	260	21.8	404	25.2	Total Vegetables	4	22.2	5	24.1	8	23.3
Total Fruits	238	22.8	202	16.9	204	12.7	Total Fruits	4	23.1	4	18.9	4	11.7
Total Fats ^b	44	4.2	67	5.6	106	6.6	Total Fats ^b	1	4.4	1	5.7	2	6.7

Table 14-7. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 16 to <21 years (g/day)							Age Group: 16 to <21 years (g/kg-day)						
Total Foods ^a	922	100.0	1,084	100.0	1,957	100.0	Total Foods ^a	15	100.0	18	100.0	28	100.0
Total Dairy	307	33.3	280	25.8	403	20.6	Total Dairy	4	30.3	4	24.0	5	18.1
Total Meats	12	1.3	115	10.6	385	19.7	Total Meats	0	1.3	2	9.6	5	19.8
Total Fish	20	2.1	9	0.9	12	0.6	Total Fish	0	2.2	0	1.0	0	0.4
Total Eggs	14	1.5	15	1.4	31	1.6	Total Eggs	0	1.4	0	1.9	0	1.6
Total Grains	131	14.2	147	13.6	231	11.8	Total Grains	2	14.5	2	12.8	3	12.3
Total Vegetables	215	23.3	287	26.5	532	27.2	Total Vegetables	4	24.6	5	27.5	8	28.9
Total Fruits	151	16.4	147	13.5	226	11.6	Total Fruits	3	17.8	3	15.7	3	12.4
Total Fats ^b	42	4.5	73	6.7	139	7.1	Total Fats ^b	1	4.6	1	6.2	2	6.5
Age Group: 20 years and older (g/day)							Age Group: 20 years and older (g/kg-day)						
Total Foods ^a	943	100.0	1,030	100.0	1,560	100.0	Total Foods ^a	14	100.0	15	100.0	21	100.0
Total Dairy	213	22.6	211	20.4	254	16.3	Total Dairy	3	22.6	3	20.7	3	15.9
Total Meats	15	1.6	111	10.8	338	21.7	Total Meats	0	1.6	2	10.3	4	21.3
Total Fish	25	2.6	12	1.2	13	0.8	Total Fish	0	2.6	0	1.3	0	0.9
Total Eggs	17	1.8	21	2.0	33	2.1	Total Eggs	0	1.8	0	2.1	0	2.0
Total Grains	113	12.0	124	12.0	196	12.5	Total Grains	2	11.9	2	12.2	3	12.2
Total Vegetables	259	27.4	282	27.2	446	28.5	Total Vegetables	4	27.3	4	27.6	6	28.2
Total Fruits	234	24.9	192	18.6	165	10.5	Total Fruits	3	25.3	3	18.2	3	12.3
Total Fats ^b	38	4.1	59	5.7	115	7.4	Total Fats ^b	1	4.0	1	5.5	1	7.0
^a	Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups.												
^b	Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.												
^c	All individuals in this sample group consumed 0 g/day of meat. Therefore, results are reported in the low-end decile.												
^d	Only one individual in this sample group consumed more than 0 g/day of meat. This result is reported in the high-end decile. All other samples are reported in the low-end decile.												
^e	All individuals in this sample group below the 89 th percentile consumed 0 g/day of meat. Therefore, only high-end and low-end consumer groups are reported.												
Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.													

Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat and Dairy Intake

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: Birth to <1 month (g/day)							Age Group: Birth to <1 month (g/kg-day)						
Total Foods ^a	12	100.0	60	100.0	185	100.0	Total Foods ^a	4	100.0	18	100.0	56	100.0
Total Dairy	0	0.0	40	67.3	127	69.0	Total Dairy	0	0.0	12	67.1	39	69.0
Total Meats	0	0.0	0	0.0	0	0.0	Total Meats	0	0.0	0	0.0	0	0.0
Total Fish	0	0.0	0	0.0	0	0.0	Total Fish	0	0.0	0	0.0	0	0.0
Total Eggs	0	0.0	0	0.0	0	0.0	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	0	0.3	0	0.0	4	2.2	Total Grains	0	0.2	0	0.0	1	2.1
Total Vegetables	8	66.1	2	3.4	1	0.4	Total Vegetables	2	64.4	1	3.7	0	0.5
Total Fruits	0	0.0	0	0.0	0	0.0	Total Fruits	0	0.0	0	0.0	0	0.0
Total Fats ^b	3	27.1	18	29.2	52	28.4	Total Fats ^b	1	27.5	5	29.2	16	28.4
Age Group: 1 to <3 months (g/day)							Age Group: 1 to <3 months (g/kg-day)						
Total Foods ^a	36	100.0	84	100.0	166	100.0	Total Foods ^a	7	100.0	14	100.0	41	100.0
Total Dairy	0	0.0	19	22.4	109	65.6	Total Dairy	0	0.0	3	24.0	26	64.1
Total Meats	0	0.0	0	0.0	0	0.0	Total Meats	0	0.0	0	0.0	0	0.0
Total Fish	0	0.0	0	0.0	0	0.0	Total Fish	0	0.0	0	0.0	0	0.0
Total Eggs	0	0.0	0	0.0	0	0.0	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	0	0.9	1	1.2	1	0.8	Total Grains	0	0.8	0	2.0	0	0.6
Total Vegetables	21	58.8	42	50.7	4	2.7	Total Vegetables	4	57.8	7	48.7	0	1.1
Total Fruits	2	4.3	0	0.0	6	3.7	Total Fruits	0	5.4	0	0.0	3	7.7
Total Fats ^b	10	26.7	21	25.4	45	27.2	Total Fats ^b	2	26.4	4	25.0	11	26.5
Age Group: 3 to <6 months (g/day)							Age Group: 3 to <6 months (g/kg-day)						
Total Foods ^a	121	100.0	204	100.0	334	100.0	Total Foods ^a	17	100.0	30	100.0	45	100.0
Total Dairy	0	0.0	60	29.7	159	47.7	Total Dairy	0	0.0	8	26.5	24	53.4
Total Meats	0	0.0	0	0.3	5	1.4	Total Meats	0	0.0	0	0.6	1	1.3
Total Fish	0	0.0	0	0.0	0	0.1	Total Fish	0	0.0	0	0.0	0	0.1
Total Eggs	0	0.0	0	0.1	1	0.2	Total Eggs	0	0.0	0	0.3	0	0.1
Total Grains	5	4.5	7	3.2	12	3.7	Total Grains	1	4.5	1	3.7	2	3.6
Total Vegetables	44	36.4	29	14.5	27	8.0	Total Vegetables	6	37.1	3	11.2	2	5.3
Total Fruits	52	42.9	80	39.0	74	22.3	Total Fruits	7	41.7	14	46.0	8	17.3
Total Fats ^b	15	12.3	27	13.2	54	16.3	Total Fats ^b	2	12.6	3	11.4	8	18.7

Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat and Dairy Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 6 to <12 months (g/day)							Age Group: 6 to <12 months (g/kg-day)						
Total Foods ^a	253	100.0	403	100.0	1,284	100.0	Total Foods ^a	29	100.0	43	100.0	135	100.0
Total Dairy	1	0.5	71	17.6	827	64.5	Total Dairy	0	0.4	8	18.0	87	64.2
Total Meats	1	0.3	17	4.1	45	3.5	Total Meats	0	0.3	2	4.7	5	3.3
Total Fish	0	0.0	1	0.4	0	0.0	Total Fish	0	0.0	0	0.3	0	0.0
Total Eggs	3	1.0	3	0.7	7	0.5	Total Eggs	0	1.1	0	0.9	1	0.5
Total Grains	22	8.5	32	8.0	45	3.5	Total Grains	2	8.0	3	7.1	5	3.5
Total Vegetables	95	37.7	82	20.3	108	8.4	Total Vegetables	11	38.2	9	20.0	12	8.6
Total Fruits	110	43.4	166	41.1	209	16.3	Total Fruits	13	43.4	17	40.4	22	16.6
Total Fats ^b	17	6.7	32	8.0	41	3.2	Total Fats ^b	2	6.7	4	8.3	4	3.2
Age Group: 1 to <2 years (g/day)							Age Group: 1 to <2 years (g/kg-day)						
Total Foods ^a	569	100.0	1,014	100.0	1,687	100.0	Total Foods ^a	51	100.0	82	100.0	155	100.0
Total Dairy	46	8.0	456	45.0	1,165	69.0	Total Dairy	4	7.7	38	45.6	106	68.2
Total Meats	30	5.2	43	4.2	52	3.1	Total Meats	3	5.5	4	5.3	4	2.8
Total Fish	2	0.4	2	0.2	3	0.2	Total Fish	0	0.2	0	0.3	0	0.1
Total Eggs	12	2.0	13	1.3	19	1.1	Total Eggs	1	2.1	1	1.6	1	0.9
Total Grains	54	9.5	64	6.3	65	3.8	Total Grains	5	9.5	6	7.2	6	3.7
Total Vegetables	128	22.5	114	11.3	111	6.6	Total Vegetables	11	22.2	11	13.0	11	6.9
Total Fruits	264	46.4	278	27.4	209	12.4	Total Fruits	24	46.6	19	22.7	21	13.7
Total Fats ^b	25	4.5	36	3.6	59	3.5	Total Fats ^b	2	4.5	3	3.8	5	3.4
Age Group: 2 to <3 years (g/day)							Age Group: 2 to <3 years (g/kg-day)						
Total Foods ^a	641	100.0	981	100.0	1,546	100.0	Total Foods ^a	46	100.0	73	100.0	114	100.0
Total Dairy	57	9.0	348	35.5	883	57.1	Total Dairy	4	8.2	24	32.6	67	58.3
Total Meats	45	6.9	59	6.0	60	3.9	Total Meats	3	7.4	5	6.5	4	3.8
Total Fish	4	0.6	3	0.3	4	0.3	Total Fish	0	0.4	0	0.3	0	0.2
Total Eggs	21	3.2	18	1.9	20	1.3	Total Eggs	1	3.2	1	1.6	2	1.3
Total Grains	75	11.8	86	8.7	86	5.6	Total Grains	5	11.6	6	8.7	7	5.7
Total Vegetables	155	24.1	148	15.1	143	9.2	Total Vegetables	11	23.6	11	14.9	11	9.5
Total Fruits	240	37.5	264	26.9	286	18.5	Total Fruits	18	38.7	22	29.9	19	16.6
Total Fats ^b	32	5.0	42	4.3	55	3.6	Total Fats ^b	2	5.2	3	4.3	4	3.7

Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat and Dairy Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 3 to <6 years (g/day)							Age Group: 3 to <6 years (g/kg-day)						
Total Foods ^a	702	100.0	1,043	100.0	1,646	100.0	Total Foods ^a	39	100.0	59	100.0	97	100.0
Total Dairy	75	10.7	352	33.8	878	53.3	Total Dairy	4	10.8	20	33.6	52	53.1
Total Meats	52	7.5	79	7.6	88	5.4	Total Meats	3	7.6	4	7.1	5	5.2
Total Fish	5	0.7	5	0.5	5	0.3	Total Fish	0	0.8	0	0.4	0	0.3
Total Eggs	15	2.2	16	1.5	19	1.2	Total Eggs	1	2.2	1	1.6	1	1.0
Total Grains	85	12.0	107	10.2	121	7.3	Total Grains	5	12.0	6	10.0	7	7.2
Total Vegetables	159	22.6	167	16.0	191	11.6	Total Vegetables	9	22.7	10	16.1	11	11.7
Total Fruits	258	36.7	251	24.1	259	15.8	Total Fruits	14	36.1	15	25.0	16	16.2
Total Fats ^b	35	5.0	51	4.9	67	4.1	Total Fats ^b	2	5.1	3	4.7	4	4.1
Age Group: 6 to <11 years (g/day)							Age Group: 6 to <11 years (g/kg-day)						
Total Foods ^a	725	100.0	1,061	100.0	1,727	100.0	Total Foods ^a	21	100.0	38	100.0	68	100.0
Total Dairy	76	10.5	366	34.5	883	51.1	Total Dairy	2	11.6	13	34.8	35	51.0
Total Meats	66	9.2	91	8.6	105	6.1	Total Meats	2	9.9	3	8.2	4	5.9
Total Fish	6	0.8	7	0.7	6	0.3	Total Fish	0	0.8	0	0.6	0	0.4
Total Eggs	16	2.3	17	1.6	18	1.1	Total Eggs	1	2.4	1	1.4	1	1.0
Total Grains	101	13.9	116	10.9	151	8.7	Total Grains	3	14.1	4	10.9	6	9.2
Total Vegetables	202	27.9	205	19.4	245	14.2	Total Vegetables	6	27.0	7	18.7	10	14.1
Total Fruits	198	27.3	178	16.7	221	12.8	Total Fruits	6	25.9	7	17.8	8	12.4
Total Fats ^b	43	6.0	56	5.3	73	4.2	Total Fats ^b	1	6.2	2	5.4	3	4.4
Age Group: 11 to <16 years (g/day)							Age Group: 11 to <16 years (g/kg-day)						
Total Foods ^a	727	100.0	1,111	100.0	2,045	100.0	Total Foods ^a	12	100.0	23	100.0	43	100.0
Total Dairy	38	5.2	299	26.9	1,004	49.1	Total Dairy	1	4.9	6	26.0	21	47.9
Total Meats	58	8.0	118	10.6	161	7.9	Total Meats	1	9.3	2	10.9	3	7.5
Total Fish	10	1.4	11	1.0	12	0.6	Total Fish	0	1.3	0	0.6	0	0.8
Total Eggs	16	2.2	22	2.0	26	1.3	Total Eggs	0	2.5	0	1.5	1	1.2
Total Grains	103	14.2	137	12.4	181	8.9	Total Grains	2	14.2	3	11.5	4	9.1
Total Vegetables	234	32.2	265	23.9	332	16.2	Total Vegetables	4	32.4	6	24.5	7	15.5
Total Fruits	213	29.3	176	15.8	204	10.0	Total Fruits	3	27.0	4	17.1	5	11.8
Total Fats ^b	42	5.8	66	6.0	104	5.1	Total Fats ^b	1	6.3	1	6.1	2	4.9

Table 14-8. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Meat and Dairy Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 16 to <21 years (g/day)							Age Group: 16 to <21 years (g/kg-day)						
Total Foods ^a	610	100.0	1,017	100.0	2,379	100.0	Total Foods ^a	9	100.0	15	100.0	34	100.0
Total Dairy	22	3.5	204	20.1	923	38.8	Total Dairy	0	3.8	3	19.1	13	39.1
Total Meats	42	6.8	128	12.6	256	10.8	Total Meats	1	6.8	2	13.4	4	10.8
Total Fish	12	1.9	12	1.2	8	0.3	Total Fish	0	1.8	0	0.9	0	0.3
Total Eggs	13	2.2	19	1.8	28	1.2	Total Eggs	0	2.0	0	1.8	0	1.1
Total Grains	87	14.3	140	13.8	233	9.8	Total Grains	1	14.6	2	14.3	3	10.1
Total Vegetables	202	33.1	305	29.9	492	20.7	Total Vegetables	3	34.0	5	30.4	7	20.8
Total Fruits	177	29.1	133	13.1	282	11.9	Total Fruits	3	28.1	2	12.2	4	11.2
Total Fats ^b	34	5.6	68	6.6	127	5.3	Total Fats ^b	1	5.5	1	6.8	2	5.4
Age Group: 20 years and older (g/day)							Age Group: 20 years and older (g/kg-day)						
Total Foods ^a	679	100.0	1,050	100.0	1,860	100.0	Total Foods ^a	9	100.0	14	100.0	26	100.0
Total Dairy	28	4.1	157	14.9	696	37.5	Total Dairy	0	3.9	2	15.2	10	37.6
Total Meats	45	6.6	136	12.9	208	11.2	Total Meats	1	6.8	2	12.7	3	10.4
Total Fish	21	3.1	14	1.3	17	0.9	Total Fish	0	3.1	0	1.4	0	1.0
Total Eggs	19	2.8	22	2.1	29	1.5	Total Eggs	0	2.8	0	2.1	0	1.5
Total Grains	99	14.6	131	12.5	185	10.0	Total Grains	1	14.5	2	12.9	3	9.8
Total Vegetables	236	34.7	319	30.3	385	20.7	Total Vegetables	3	35.0	4	29.9	5	20.3
Total Fruits	179	26.3	190	18.1	215	11.6	Total Fruits	2	26.1	3	18.1	3	13.1
Total Fats ^b	34	5.0	65	6.1	100	5.4	Total Fats ^b	0	5.1	1	6.0	1	5.1
^a Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups. ^b Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.													
Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.													

Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fish Intake

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: Birth to <1 month (g/day) ^a							Age Group: Birth to <1 month (g/kg-day) ^a						
Total Foods ^b	67	100.0	-	-	-	-	Total Foods ^b	20	100.0	-	-	-	-
Total Dairy	41	61.5	-	-	-	-	Total Dairy	12	61.6	-	-	-	-
Total Meats	0	0.0	-	-	-	-	Total Meats	0	0.0	-	-	-	-
Total Fish	0	0.0	-	-	-	-	Total Fish	0	0.0	-	-	-	-
Total Eggs	0	0.0	-	-	-	-	Total Eggs	0	0.0	-	-	-	-
Total Grains	0	0.7	-	-	-	-	Total Grains	0	0.7	-	-	-	-
Total Vegetables	5	7.7	-	-	-	-	Total Vegetables	2	7.7	-	-	-	-
Total Fruits	1	1.3	-	-	-	-	Total Fruits	0	1.1	-	-	-	-
Total Fats ^c	19	28.3	-	-	-	-	Total Fats ^c	6	28.4	-	-	-	-
Age Group: 1 to <3 months (g/day) ^a							Age Group: 1 to <3 months (g/kg-day) ^a						
Total Foods ^b	80	100.0	-	-	-	-	Total Foods ^b	16	100.0	-	-	-	-
Total Dairy	37	46.5	-	-	-	-	Total Dairy	8	48.2	-	-	-	-
Total Meats	0	0.0	-	-	-	-	Total Meats	0	0.0	-	-	-	-
Total Fish	0	0.0	-	-	-	-	Total Fish	0	0.0	-	-	-	-
Total Eggs	0	0.0	-	-	-	-	Total Eggs	0	0.0	-	-	-	-
Total Grains	1	1.5	-	-	-	-	Total Grains	0	1.4	-	-	-	-
Total Vegetables	15	18.5	-	-	-	-	Total Vegetables	3	16.6	-	-	-	-
Total Fruits	4	5.2	-	-	-	-	Total Fruits	1	5.5	-	-	-	-
Total Fats ^c	21	26.4	-	-	-	-	Total Fats ^c	4	26.5	-	-	-	-
Age Group: 3 to <6 months (g/day) ^d							Age Group: 3 to <6 months (g/kg-day) ^d						
Total Foods ^b	196	100.0	-	-	410	100.0	Total Foods ^b	28	100.0	-	-	53	100.0
Total Dairy	55	28.3	-	-	159	38.8	Total Dairy	8	28.9	-	-	21	38.8
Total Meats	2	0.8	-	-	28	6.8	Total Meats	0	0.7	-	-	4	6.8
Total Fish	0	0.0	-	-	17	4.1	Total Fish	0	0.0	-	-	2	4.1
Total Eggs	0	0.1	-	-	4	1.0	Total Eggs	0	0.1	-	-	1	1.0
Total Grains	8	3.9	-	-	47	11.5	Total Grains	1	3.8	-	-	6	11.5
Total Vegetables	34	17.2	-	-	34	8.3	Total Vegetables	5	17.1	-	-	4	8.3
Total Fruits	68	34.7	-	-	30	7.2	Total Fruits	9	33.9	-	-	4	7.2
Total Fats ^c	28	14.1	-	-	81	19.8	Total Fats ^c	4	14.5	-	-	11	19.8

Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fish Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 6 to <12 months (g/day) ^e							Age Group: 6 to <12 months (g/kg-day) ^e						
Total Foods ^b	799	100.0	-	-	770	100.0	Total Foods ^b	81	100.0	-	-	74	100.0
Total Dairy	334	41.8	-	-	287	37.3	Total Dairy	34	41.8	-	-	27	37.1
Total Meats	38	4.7	-	-	46	6.0	Total Meats	4	4.7	-	-	4	6.0
Total Fish	0	0.0	-	-	7	0.9	Total Fish	0	0.0	-	-	1	0.9
Total Eggs	11	1.4	-	-	14	1.9	Total Eggs	1	1.4	-	-	1	2.0
Total Grains	47	5.9	-	-	66	8.6	Total Grains	5	5.9	-	-	6	8.4
Total Vegetables	101	12.6	-	-	117	15.3	Total Vegetables	10	12.6	-	-	12	15.6
Total Fruits	227	28.4	-	-	194	25.2	Total Fruits	23	28.4	-	-	19	25.2
Total Fats ^c	37	4.7	-	-	36	4.7	Total Fats ^c	4	4.7	-	-	3	4.7
Age Group: 1 to <2 years (g/day) ^e							Age Group: 1 to <2 years (g/kg-day) ^e						
Total Foods ^b	1,032	100.0	-	-	1,139	100.0	Total Foods ^b	90	100.0	-	-	98	100.0
Total Dairy	496	48.1	-	-	461	40.5	Total Dairy	43	48.2	-	-	41	42.4
Total Meats	46	4.5	-	-	56	4.9	Total Meats	4	4.4	-	-	5	4.8
Total Fish	0	0.0	-	-	26	2.3	Total Fish	0	0.0	-	-	2	2.2
Total Eggs	14	1.4	-	-	19	1.7	Total Eggs	1	1.3	-	-	2	1.6
Total Grains	65	6.3	-	-	76	6.7	Total Grains	6	6.2	-	-	7	6.7
Total Vegetables	118	11.4	-	-	151	13.2	Total Vegetables	10	11.4	-	-	12	12.3
Total Fruits	247	24.0	-	-	300	26.3	Total Fruits	22	24.0	-	-	25	25.5
Total Fats ^c	39	3.8	-	-	43	3.8	Total Fats ^c	3	3.8	-	-	4	3.8
Age Group: 2 to <3 years (g/day) ^e							Age Group: 2 to <3 years (g/kg-day) ^e						
Total Foods ^b	1,015	100.0	-	-	1,107	100.0	Total Foods ^b	73	100.0	-	-	82	100.0
Total Dairy	381	37.6	-	-	424	38.3	Total Dairy	28	37.9	-	-	31	37.6
Total Meats	62	6.1	-	-	53	4.8	Total Meats	4	6.0	-	-	4	4.6
Total Fish	0	0.0	-	-	31	2.8	Total Fish	0	0.0	-	-	2	2.9
Total Eggs	18	1.8	-	-	17	1.6	Total Eggs	1	1.7	-	-	1	1.5
Total Grains	81	7.9	-	-	84	7.6	Total Grains	6	7.9	-	-	6	7.5
Total Vegetables	144	14.2	-	-	142	12.8	Total Vegetables	10	14.1	-	-	10	12.7
Total Fruits	276	27.2	-	-	304	27.4	Total Fruits	20	27.0	-	-	23	28.5
Total Fats ^c	42	4.2	-	-	43	3.9	Total Fats ^c	3	4.2	-	-	3	3.9

Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fish Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 3 to <6 years (g/day) ^c							Age Group: 3 to <6 years (g/kg-day) ^c						
Total Foods ^b	1,053	100.0	-	-	1,156	100.0	Total Foods ^b	60	100.0	-	-	66	100.0
Total Dairy	390	37.1	-	-	399	34.5	Total Dairy	22	37.1	-	-	22	33.9
Total Meats	76	7.2	-	-	62	5.3	Total Meats	4	7.1	-	-	3	5.3
Total Fish	0	0.0	-	-	43	3.7	Total Fish	0	0.0	-	-	2	3.7
Total Eggs	16	1.5	-	-	17	1.4	Total Eggs	1	1.5	-	-	1	1.6
Total Grains	101	9.6	-	-	103	8.9	Total Grains	6	9.5	-	-	6	9.0
Total Vegetables	168	15.9	-	-	193	16.7	Total Vegetables	9	15.8	-	-	11	16.9
Total Fruits	237	22.5	-	-	273	23.6	Total Fruits	14	22.7	-	-	16	23.8
Total Fats ^c	50	4.8	-	-	50	4.3	Total Fats ^c	3	4.7	-	-	3	4.3
Age Group: 6 to <11 years (g/day) ^c							Age Group: 6 to <11 years (g/kg-day) ^c						
Total Foods ^b	1,109	100.0	-	-	1,234	100.0	Total Foods ^b	40	100.0	-	-	44	100.0
Total Dairy	408	36.8	-	-	430	34.8	Total Dairy	15	37.0	-	-	16	35.6
Total Meats	89	8.0	-	-	76	6.2	Total Meats	3	7.9	-	-	3	6.1
Total Fish	0	0.0	-	-	51	4.1	Total Fish	0	0.0	-	-	2	4.1
Total Eggs	15	1.3	-	-	22	1.8	Total Eggs	1	1.3	-	-	1	1.6
Total Grains	119	10.7	-	-	126	10.2	Total Grains	4	10.7	-	-	4	10.1
Total Vegetables	208	18.8	-	-	233	18.9	Total Vegetables	7	18.5	-	-	8	18.4
Total Fruits	190	17.1	-	-	218	17.7	Total Fruits	7	17.3	-	-	8	17.5
Total Fats ^c	58	5.2	-	-	61	4.9	Total Fats ^c	2	5.2	-	-	2	4.9

Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fish Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 11 to <16 years (g/day) ^c							Age Group: 11 to <16 years (g/kg-day) ^c						
Total Foods ^b	1,197	100.0	-	-	1,378	100.0	Total Foods ^b	24	100.0	-	-	28	100.0
Total Dairy	372	31.1	-	-	397	28.8	Total Dairy	7	31.1	-	-	9	30.9
Total Meats	117	9.8	-	-	104	7.5	Total Meats	2	9.7	-	-	2	6.9
Total Fish	0	0.0	-	-	72	5.2	Total Fish	0	0.0	-	-	1	4.9
Total Eggs	17	1.4	-	-	28	2.0	Total Eggs	0	1.4	-	-	1	1.9
Total Grains	135	11.3	-	-	146	10.6	Total Grains	3	11.3	-	-	3	10.5
Total Vegetables	277	23.1	-	-	310	22.5	Total Vegetables	5	22.9	-	-	6	21.1
Total Fruits	190	15.8	-	-	226	16.4	Total Fruits	4	16.2	-	-	5	17.1
Total Fats ^c	69	5.8	-	-	76	5.5	Total Fats ^c	1	5.7	-	-	1	5.2
Age Group: 16 to <21 years (g/day) ^c							Age Group: 16 to <21 years (g/kg-day) ^c						
Total Foods ^b	1,171	100.0	-	-	1,339	100.0	Total Foods ^b	18	100.0	-	-	19	100.0
Total Dairy	288	24.6	-	-	261	19.5	Total Dairy	4	24.5	-	-	4	20.3
Total Meats	143	12.2	-	-	139	10.4	Total Meats	2	11.9	-	-	2	9.4
Total Fish	0	0.0	-	-	86	6.5	Total Fish	0	0.0	-	-	1	6.7
Total Eggs	20	1.7	-	-	21	1.6	Total Eggs	0	1.7	-	-	0	1.6
Total Grains	146	12.5	-	-	162	12.1	Total Grains	2	12.5	-	-	2	12.0
Total Vegetables	325	27.8	-	-	357	26.6	Total Vegetables	5	27.9	-	-	5	26.0
Total Fruits	160	13.7	-	-	219	16.3	Total Fruits	2	13.9	-	-	3	16.9
Total Fats ^c	75	6.4	-	-	80	6.0	Total Fats ^c	1	6.4	-	-	1	5.9

Table 14-9. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fish Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 20 years and older (g/day)							Age Group: 20 years and older (g/kg-day)						
Total Foods ^b	1,040	100.0	1,060	100.0	1,340	100.0	Total Foods ^b	14	100.0	15	100.0	19	100.0
Total Dairy	207	20.0	205	19.3	250	18.7	Total Dairy	3	20.2	3	19.1	4	19.0
Total Meats	126	12.1	143	13.4	121	9.1	Total Meats	2	11.9	2	12.7	2	8.5
Total Fish	0	0.0	0	0.0	102	7.7	Total Fish	0	0.0	0	0.0	1	7.6
Total Eggs	22	2.1	24	2.2	27	2.0	Total Eggs	0	2.0	0	2.0	0	1.9
Total Grains	134	12.9	133	12.5	152	11.4	Total Grains	2	13.0	2	12.3	2	11.2
Total Vegetables	303	29.2	300	28.3	348	26.0	Total Vegetables	4	29.1	4	28.3	5	26.0
Total Fruits	165	15.9	180	16.9	238	17.8	Total Fruits	2	16.1	3	18.2	4	18.7
Total Fats ^c	62	6.0	64	6.0	74	5.5	Total Fats ^c	1	5.9	1	5.8	1	5.2

^a All individuals in this sample group consumed 0 g/day of fish. Therefore, only low-end consumers are reported.
^b Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups.
^c Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.
^d Only one individual in this sample group consumed more than 0 g/day of fish. Therefore, this sample is reported in the high-end consumer group and all other samples are placed in the low-end consumer group.
^e All individuals in this sample group below the 80th percentile consumed 0 g/day of fish. Therefore, only high-end and low-end consumer groups are reported.

Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.

Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fruit and Vegetable Intake																	
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer					
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%				
Age Group: Birth to <1 month (g/day) ^a						Age Group: Birth to <1 month (g/kg-day) ^a											
Total Foods ^b	49	100.0	-	-	101	100.0	Total Foods ^b	14	100.0	-	-	29	100.0				
Total Dairy	34	69.7	-	-	21	21.1	Total Dairy	10	69.6	-	-	6	19.4				
Total Meats	0	0.0	-	-	0	0.0	Total Meats	0	0.0	-	-	0	0.0				
Total Fish	0	0.0	-	-	0	0.0	Total Fish	0	0.0	-	-	0	0.0				
Total Eggs	0	0.0	-	-	0	0.0	Total Eggs	0	0.0	-	-	0	0.0				
Total Grains	1	1.2	-	-	0.21	0.2	Total Grains	0	1.3	-	-	0	0.2				
Total Vegetables	0	0.0	-	-	44	43.3	Total Vegetables	0	0.0	-	-	13	44.8				
Total Fruits	0	0.0	-	-	8	7.6	Total Fruits	0	0.0	-	-	2	6.4				
Total Fats ^c	14	29.1	-	-	25	24.8	Total Fats ^c	4	29.1	-	-	7	25.4				
Age Group: 1 to <3 months (g/day) ^a						Age Group: 1 to <3 months (g/kg-day) ^a											
Total Foods ^b	49	100.0	-	-	171	100.0	Total Foods ^b	11	100.0	-	-	35	100.0				
Total Dairy	34	69.2	-	-	16	9.5	Total Dairy	7	69.4	-	-	4	11.5				
Total Meats	0	0.0	-	-	0	0.0	Total Meats	0	0.0	-	-	0	0.0				
Total Fish	0	0.0	-	-	0	0.0	Total Fish	0	0.0	-	-	0	0.0				
Total Eggs	0	0.0	-	-	0	0.0	Total Eggs	0	0.0	-	-	0	0.0				
Total Grains	1	1.9	-	-	2	1.0	Total Grains	0	1.7	-	-	0	1.1				
Total Vegetables	0	0.0	-	-	89	52.0	Total Vegetables	0	0.0	-	-	16	46.8				
Total Fruits	0	0.0	-	-	18	10.2	Total Fruits	0	0.0	-	-	5	13.9				
Total Fats ^c	14	28.9	-	-	40	23.4	Total Fats ^c	3	29.0	-	-	8	22.7				
Age Group: 3 to <6 months (g/day)						Age Group: 3 to <6 months (g/kg-day)											
Total Foods ^b	69	100.0	144	100.0	495	100.0	Total Foods ^b	11	100.0	21	100.0	70	100.0				
Total Dairy	47	68.0	51	35.6	49	9.9	Total Dairy	7	68.1	8	37.2	7	10.1				
Total Meats	0	0.0	2	1.3	4	0.8	Total Meats	0	0.0	0	1.5	1	0.7				
Total Fish	0	0.0	0	0.3	0	0.0	Total Fish	0	0.0	0	0.3	0	0.0				
Total Eggs	0	0.0	1	0.4	0	0.0	Total Eggs	0	0.0	0	0.5	0	0.0				
Total Grains	2	3.3	10	6.7	12	2.4	Total Grains	0	3.2	1	6.6	2	2.6				
Total Vegetables	0	0.0	24	16.6	88	17.7	Total Vegetables	0	0.0	3	15.1	12	17.7				
Total Fruits	0	0.0	29	19.9	311	62.8	Total Fruits	0	0.0	4	20.8	44	62.4				
Total Fats ^c	20	28.4	25	17.7	27	5.4	Total Fats ^c	3	28.5	4	16.9	4	5.5				

Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fruit and Vegetable Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 6 to <12 months (g/day)							Age Group: 6 to <12 months (g/kg-day)						
Total Foods ^b	189	100.0	461	100.0	951	100.0	Total Foods ^b	21	100.0	57	100.0	100	100.0
Total Dairy	91	48.3	129	28.0	207	21.8	Total Dairy	10	48.1	19	33.2	18	17.9
Total Meats	8	4.0	17	3.6	37	3.9	Total Meats	1	3.6	2	4.3	4	3.8
Total Fish	1	0.4	1	0.2	0	0.0	Total Fish	0	0.4	0	0.1	0	0.0
Total Eggs	4	1.9	9	1.9	8	0.8	Total Eggs	0	1.7	1	1.0	1	0.7
Total Grains	23	12.1	31	6.8	41	4.3	Total Grains	2	11.4	4	6.5	5	4.6
Total Vegetables	18	9.4	83	18.1	160	16.8	Total Vegetables	2	9.3	10	16.9	19	19.0
Total Fruits	15	7.7	158	34.3	459	48.2	Total Fruits	2	8.4	18	30.8	50	49.5
Total Fats ^c	31	16.3	31	6.8	35	3.6	Total Fats ^c	3	16.8	4	6.6	4	3.9
Age Group: 1 to <2 years (g/day)							Age Group: 1 to <2 years (g/kg-day)						
Total Foods ^b	796	100.0	1,048	100.0	1,499	100.0	Total Foods ^b	68	100.0	88	100.0	133	100.0
Total Dairy	578	72.7	535	51.0	425	28.4	Total Dairy	49	71.8	44	49.6	39	29.5
Total Meats	35	4.5	46	4.4	62	4.2	Total Meats	3	4.7	4	4.5	5	3.6
Total Fish	1	0.1	3	0.3	5	0.4	Total Fish	0	0.2	0	0.3	0	0.2
Total Eggs	8	1.0	16	1.5	17	1.1	Total Eggs	1	1.1	1	1.2	2	1.2
Total Grains	49	6.2	65	6.2	77	5.1	Total Grains	4	6.2	6	6.9	7	5.2
Total Vegetables	56	7.1	123	11.7	179	11.9	Total Vegetables	5	7.1	11	12.6	15	11.6
Total Fruits	26	3.2	210	20.1	687	45.8	Total Fruits	2	3.4	18	20.5	60	45.4
Total Fats ^c	36	4.6	41	3.9	39	2.6	Total Fats ^c	3	4.7	3	3.7	4	2.7
Age Group: 2 to <3 years (g/day)							Age Group: 2 to <3 years (g/kg-day)						
Total Foods ^b	601	100.0	942	100.0	1,589	100.0	Total Foods ^b	43	100.0	69	100.0	114	100.0
Total Dairy	308	51.2	352	37.4	384	24.1	Total Dairy	22	51.3	27	39.3	27	23.6
Total Meats	53	8.8	59	6.3	64	4.0	Total Meats	4	8.8	4	6.0	4	3.8
Total Fish	2	0.3	4	0.5	5	0.3	Total Fish	0	0.3	0	0.4	0	0.4
Total Eggs	14	2.3	18	2.0	20	1.3	Total Eggs	1	2.3	1	1.9	2	1.4
Total Grains	72	12.0	80	8.5	91	5.7	Total Grains	5	12.0	6	8.6	7	5.7
Total Vegetables	81	13.4	141	15.0	202	12.7	Total Vegetables	6	13.8	10	14.0	14	12.4
Total Fruits	24	4.0	237	25.1	765	48.1	Total Fruits	2	3.7	17	24.6	56	49.1
Total Fats ^c	38	6.3	40	4.2	46	2.9	Total Fats ^c	3	6.3	3	4.1	3	2.9

Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fruit and Vegetable Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 3 to <6 years (g/day)							Age Group: 3 to <6 years (g/kg-day)						
Total Foods ^b	731	100.0	1,014	100.0	1,594	100.0	Total Foods ^b	40	100.0	58	100.0	95	100.0
Total Dairy	388	53.1	385	38.0	401	25.1	Total Dairy	21	52.7	22	38.2	25	25.8
Total Meats	60	8.2	74	7.3	81	5.1	Total Meats	3	8.6	4	7.0	5	4.8
Total Fish	4	0.5	7	0.7	9	0.6	Total Fish	0	0.4	0	0.6	0	0.5
Total Eggs	13	1.7	14	1.4	21	1.3	Total Eggs	1	1.6	1	1.4	1	1.1
Total Grains	92	12.5	96	9.4	113	7.1	Total Grains	5	12.4	6	10.3	7	6.8
Total Vegetables	92	12.5	174	17.1	231	14.5	Total Vegetables	5	13.0	10	16.5	13	13.9
Total Fruits	27	3.6	199	19.6	668	41.9	Total Fruits	1	3.4	11	19.5	41	42.5
Total Fats ^c	45	6.1	49	4.9	53	3.3	Total Fats ^c	2	6.1	3	4.9	3	3.3
Age Group: 6 to <11 years (g/day)							Age Group: 6 to <11 years (g/kg-day)						
Total Foods ^b	784	100.0	1,068	100.0	1,664	100.0	Total Foods ^b	23	100.0	38	100.0	64	100.0
Total Dairy	385	49.2	406	38.0	448	26.9	Total Dairy	11	47.0	14	37.6	18	27.5
Total Meats	76	9.7	88	8.3	98	5.9	Total Meats	2	10.1	3	8.9	4	5.7
Total Fish	5	0.6	6	0.6	8	0.5	Total Fish	0	0.8	0	0.4	0	0.5
Total Eggs	16	2.1	16	1.5	17	1.0	Total Eggs	1	2.3	1	1.5	1	1.2
Total Grains	105	13.3	117	11.0	127	7.6	Total Grains	3	13.8	5	11.8	5	8.1
Total Vegetables	103	13.2	213	19.9	313	18.8	Total Vegetables	3	13.8	7	19.1	11	17.7
Total Fruits	26	3.4	144	13.5	559	33.6	Total Fruits	1	3.6	5	13.3	22	33.6
Total Fats ^c	48	6.2	59	5.5	64	3.9	Total Fats ^c	1	6.4	2	5.4	3	3.9
Age Group: 11 to <16 years (g/day)							Age Group: 11 to <16 years (g/kg-day)						
Total Foods ^b	709	100.0	1,149	100.0	1,911	100.0	Total Foods ^b	12	100.0	23	100.0	39	100.0
Total Dairy	301	42.4	362	31.5	395	20.7	Total Dairy	5	42.0	8	33.1	9	22.3
Total Meats	91	12.8	112	9.7	146	7.7	Total Meats	1	12.4	2	9.8	3	6.4
Total Fish	3	0.4	10	0.8	14	0.7	Total Fish	0	0.5	0	0.5	0	0.5
Total Eggs	13	1.8	20	1.7	24	1.3	Total Eggs	0	1.9	0	1.7	1	1.5
Total Grains	106	15.0	136	11.8	165	8.6	Total Grains	2	14.8	3	12.1	3	8.8
Total Vegetables	125	17.7	286	24.9	458	24.0	Total Vegetables	2	18.2	5	23.0	9	22.4
Total Fruits	13	1.9	136	11.8	597	31.2	Total Fruits	0	2.2	3	12.3	13	32.3
Total Fats ^c	49	6.9	66	5.8	87	4.5	Total Fats ^c	1	7.0	1	5.9	2	4.2

Table 14-10. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Fruit and Vegetable Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 16 to <21 years (g/day)							Age Group: 16 to <21 years (g/kg-day)						
Total Foods ^b	624	100.0	970	100.0	2,353	100.0	Total Foods ^b	9	100.0	16	100.0	34	100.0
Total Dairy	238	38.1	203	21.0	449	19.1	Total Dairy	4	39.0	3	21.0	6	17.8
Total Meats	76	12.2	112	11.5	245	10.4	Total Meats	1	11.7	2	12.7	3	9.6
Total Fish	8	1.2	15	1.6	17	0.7	Total Fish	0	1.4	0	0.8	0	0.6
Total Eggs	21	3.3	16	1.6	30	1.3	Total Eggs	0	3.4	0	2.5	0	1.0
Total Grains	100	16.1	138	14.2	211	9.0	Total Grains	1	16.2	2	14.6	3	10.0
Total Vegetables	109	17.5	283	29.2	615	26.1	Total Vegetables	2	17.9	5	30.7	9	25.8
Total Fruits	18	2.9	121	12.5	644	27.4	Total Fruits	0	1.8	1	9.1	10	30.0
Total Fats ^c	46	7.3	66	6.8	116	4.9	Total Fats ^c	1	7.2	1	7.5	2	4.4
Age Group: 20 years and older (g/day)							Age Group: 20 years and older (g/kg-day)						
Total Foods ^b	602	100.0	1,040	100.0	1,920	100.0	Total Foods ^b	8	100.0	14	100.0	27	100.0
Total Dairy	178	29.6	215	20.6	282	14.7	Total Dairy	2	28.6	3	20.3	4	14.7
Total Meats	99	16.4	129	12.4	168	8.7	Total Meats	1	16.9	2	13.0	2	7.5
Total Fish	11	1.8	15	1.4	23	1.2	Total Fish	0	1.8	0	1.2	0	1.3
Total Eggs	21	3.5	23	2.2	28	1.5	Total Eggs	0	3.4	0	2.1	0	1.3
Total Grains	105	17.5	131	12.6	177	9.2	Total Grains	1	17.8	2	13.2	2	9.0
Total Vegetables	115	19.1	306	29.4	527	27.4	Total Vegetables	2	19.6	4	29.7	7	27.2
Total Fruits	16	2.6	138	13.3	610	31.7	Total Fruits	0	2.5	2	12.5	9	33.9
Total Fats ^c	45	7.5	64	6.2	83	4.3	Total Fats ^c	1	7.7	1	6.3	1	3.8
^a	All individuals in this sample group below the 75 th percentile consumed 0 g/day of fruits and vegetables. Therefore, only high-end and low-end consumer groups are reported.												
^b	Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups.												
^c	Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.												
Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.													

Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Dairy Intake

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: Birth to <1 month (g/day)							Age Group: Birth to <1 month (g/kg-day)						
Total Foods ^a	12	100.0	60	100.0	185	100.0	Total Foods ^a	4	100.0	18	100.0	56	100.0
Total Dairy	0	0.0	40	67.3	127	69.0	Total Dairy	0	0.0	12	67.1	39	69.0
Total Meats	0	0.0	0	0.0	0	0.0	Total Meats	0	0.0	0	0.0	0	0.0
Total Fish	0	0.0	0	0.0	0	0.0	Total Fish	0	0.0	0	0.0	0	0.0
Total Eggs	0	0.0	0	0.0	0	0.0	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	0	0.3	0	0.0	4	2.2	Total Grains	0	0.2	0	0.0	1	2.1
Total Vegetables	8	66.1	2	3.4	1	0.4	Total Vegetables	2	64.4	1	3.7	0	0.5
Total Fruits	0	0.0	0	0.0	0	0.0	Total Fruits	0	0.0	0	0.0	0	0.0
Total Fats ^b	3	27.1	18	29.2	52	28.4	Total Fats ^b	1	27.5	5	29.2	16	28.4
Age Group: 1 to <3 months (g/day)							Age Group: 1 to <3 months (g/kg-day)						
Total Foods ^a	36	100.0	84	100.0	166	100.0	Total Foods ^a	7	100.0	14	100.0	41	100.0
Total Dairy	0	0.0	19	22.4	109	65.6	Total Dairy	0	0.0	3	24.0	26	64.1
Total Meats	0	0.0	0	0.0	0	0.0	Total Meats	0	0.0	0	0.0	0	0.0
Total Fish	0	0.0	0	0.0	0	0.0	Total Fish	0	0.0	0	0.0	0	0.0
Total Eggs	0	0.0	0	0.0	0	0.0	Total Eggs	0	0.0	0	0.0	0	0.0
Total Grains	0	0.9	1	1.2	0	0.8	Total Grains	0	0.8	0	2.0	0	0.6
Total Vegetables	21	58.8	42	50.7	4	2.7	Total Vegetables	4	57.8	7	48.7	0	1.1
Total Fruits	2	4.3	0	0.0	6	3.7	Total Fruits	0	5.4	0	0.0	3	7.7
Total Fats ^b	10	26.7	21	25.4	45	27.2	Total Fats ^b	2	26.4	4	25.0	11	26.5
Age Group: 3 to <6 months (g/day)							Age Group: 3 to <6 months (g/kg-day)						
Total Foods ^a	132	100.0	217	100.0	346	100.0	Total Foods ^a	19	100.0	32	100.0	44	100.0
Total Dairy	0	0.0	59	27.0	160	46.3	Total Dairy	0	0.0	8	24.8	24	54.9
Total Meats	1	0.4	2	1.0	4	1.1	Total Meats	0	0.5	0	0.7	0	1.0
Total Fish	0	0.0	0	0.0	0	0.1	Total Fish	0	0.0	0	0.0	0	0.1
Total Eggs	0	0.0	0	0.2	1	0.2	Total Eggs	0	0.0	0	0.3	0	0.1
Total Grains	6	4.5	8	3.8	12	3.4	Total Grains	1	4.5	1	3.8	2	3.4
Total Vegetables	46	34.9	37	17.0	26	7.6	Total Vegetables	7	35.6	4	13.7	2	5.0
Total Fruits	58	44.1	84	38.8	87	25.1	Total Fruits	8	43.0	14	45.8	7	15.9
Total Fats ^b	16	11.9	26	12.1	55	15.8	Total Fats ^b	2	12.2	3	10.7	8	19.2

Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Dairy Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 6 to <12 months (g/day)							Age Group: 6 to <12 months (g/kg-day)						
Total Foods ^a	317	100.0	368	100.0	1,285	100.0	Total Foods ^a	36	100.0	43	100.0	135	100.0
Total Dairy	0	0.0	71	19.2	833	64.8	Total Dairy	0	0.0	8	18.2	87	64.8
Total Meats	11	3.4	16	4.4	41	3.2	Total Meats	1	3.5	2	4.8	4	3.0
Total Fish	0	0.0	1	0.3	0	0.0	Total Fish	0	0.0	0	0.3	0	0.0
Total Eggs	3	0.9	5	1.4	6	0.5	Total Eggs	0	1.0	1	2.1	1	0.5
Total Grains	27	8.6	23	6.3	46	3.6	Total Grains	3	7.9	3	7.7	5	3.5
Total Vegetables	114	35.9	75	20.4	106	8.2	Total Vegetables	13	35.3	8	17.9	11	8.2
Total Fruits	137	43.3	147	39.9	211	16.4	Total Fruits	16	44.6	18	40.7	22	16.6
Total Fats ^b	20	6.4	30	8.2	40	3.1	Total Fats ^b	2	6.3	4	8.1	4	3.1
Age Group: 1 to <2 years (g/day)							Age Group: 1 to <2 years (g/kg-day)						
Total Foods ^a	601	100.0	989	100.0	1,700	100.0	Total Foods ^a	55	100.0	86	100.0	154	100.0
Total Dairy	40	6.7	451	45.6	1,170	68.8	Total Dairy	3	6.1	38	44.0	106	68.5
Total Meats	43	7.1	51	5.2	45	2.6	Total Meats	4	7.2	4	4.8	4	2.6
Total Fish	3	0.5	4	0.4	3	0.2	Total Fish	0	0.5	1	0.6	0	0.1
Total Eggs	14	2.3	15	1.5	18	1.1	Total Eggs	1	2.3	2	1.8	1	0.8
Total Grains	57	9.5	65	6.5	63	3.7	Total Grains	5	9.5	6	6.9	6	3.7
Total Vegetables	139	23.1	120	12.1	112	6.6	Total Vegetables	12	21.8	11	13.0	10	6.7
Total Fruits	268	44.7	240	24.3	226	13.3	Total Fruits	25	46.3	21	24.5	21	13.8
Total Fats ^b	29	4.8	38	3.8	58	3.4	Total Fats ^b	3	4.7	3	3.7	5	3.4
Age Group: 2 to <3 years (g/day)							Age Group: 2 to <3 years (g/kg-day)						
Total Foods ^a	661	100.0	996	100.0	1,528	100.0	Total Foods ^a	47	100.0	72	100.0	114	100.0
Total Dairy	48	7.3	348	34.9	885	57.9	Total Dairy	3	7.2	24	33.7	67	58.4
Total Meats	61	9.3	63	6.3	55	3.6	Total Meats	4	9.4	4	6.2	4	3.6
Total Fish	2	0.3	6	0.6	5	0.3	Total Fish	0	0.3	0	0.4	0	0.2
Total Eggs	25	3.8	20	2.1	19	1.3	Total Eggs	2	3.7	1	1.5	1	1.3
Total Grains	78	11.9	82	8.2	86	5.6	Total Grains	5	11.6	6	8.5	6	5.7
Total Vegetables	163	24.7	144	14.5	137	9.0	Total Vegetables	12	24.6	10	14.0	11	9.3
Total Fruits	237	35.8	279	28.0	277	18.1	Total Fruits	17	36.4	22	30.2	20	17.3
Total Fats ^b	37	5.5	41	4.1	55	3.6	Total Fats ^b	3	5.5	3	4.2	4	3.6

Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Dairy Intake (continued)

Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 3 to <6 years (g/day)							Age Group: 3 to <6 years (g/kg-day)						
Total Foods ^a	725	100.0	1,047	100.0	1,612	100.0	Total Foods ^a	41	100.0	58	100.0	97	100.0
Total Dairy	64	8.9	355	33.9	886	55.0	Total Dairy	4	8.8	20	34.2	52	54.0
Total Meats	75	10.4	72	6.9	70	4.3	Total Meats	4	10.6	4	6.6	4	4.4
Total Fish	4	0.6	6	0.5	6	0.4	Total Fish	0	0.5	0	0.5	0	0.3
Total Eggs	19	2.6	15	1.4	18	1.1	Total Eggs	1	2.6	1	1.5	1	1.0
Total Grains	87	12.1	104	9.9	116	7.2	Total Grains	5	12.1	6	9.9	7	7.2
Total Vegetables	168	23.2	173	16.	183	11.3	Total Vegetables	10	23.8	9	16.3	11	11.6
Total Fruits	253	34.9	257	24.5	251	15.6	Total Fruits	14	34.0	14	24.7	16	16.5
Total Fats ^b	40	5.6	49	4.7	63	3.9	Total Fats ^b	2	5.7	3	4.7	4	4.0
Age Group: 6 to <11 years (g/day)							Age Group: 6 to <11 years (g/kg-day)						
Total Foods ^a	766	100.0	1,053	100.0	1,722	100.0	Total Foods ^a	25	100.0	38	100.0	67	100.0
Total Dairy	63	8.2	372	35.4	892	51.8	Total Dairy	2	8.1	13	34.2	35	51.9
Total Meats	99	12.9	80	7.6	87	5.1	Total Meats	3	13.2	2	8.0	3	4.9
Total Fish	6	0.8	5	0.5	6	0.4	Total Fish	0	0.8	0	0.5	0	0.4
Total Eggs	17	2.2	14	1.3	17	1.0	Total Eggs	1	2.3	1	1.8	1	0.9
Total Grains	105	13.7	113	10.7	152	8.8	Total Grains	3	13.6	4	10.7	6	9.0
Total Vegetables	221	28.9	214	20.3	242	14.0	Total Vegetables	7	29.5	8	19.7	9	13.7
Total Fruits	194	25.3	175	16.6	227	13.2	Total Fruits	6	24.4	7	17.8	9	13.5
Total Fats ^b	49	6.4	56	5.3	70	4.1	Total Fats ^b	2	6.6	2	5.2	3	4.2
Age Group: 11 to <16 years (g/day)							Age Group: 11 to <16 years (g/kg-day)						
Total Foods ^a	747	100.0	1,094	100.0	2,020	100.0	Total Foods ^a	13	100.0	22	100.0	42	100.0
Total Dairy	22	3.0	307	28.0	1,017	50.3	Total Dairy	0	2.9	6	27.3	21	49.4
Total Meats	102	13.6	101	9.2	134	6.7	Total Meats	2	13.8	2	9.6	3	6.4
Total Fish	8	1.1	9	0.8	12	0.6	Total Fish	0	1.0	0	0.6	0	0.8
Total Eggs	20	2.7	18	1.6	25	1.2	Total Eggs	0	2.6	0	1.7	1	1.2
Total Grains	104	13.9	133	12.2	181	9.0	Total Grains	2	13.7	3	12.2	4	9.1
Total Vegetables	239	32.0	265	24.2	322	16.0	Total Vegetables	4	33.0	5	23.3	6	15.1
Total Fruits	197	26.4	180	16.4	204	10.1	Total Fruits	3	25.7	4	17.8	5	11.9
Total Fats ^b	47	6.2	62	5.6	100	5.0	Total Fats ^b	1	6.2	1	5.9	2	4.8

Table 14-11. Per Capita Intake of Total Foods and Major Food Groups, and Percent of Total Food Intake for Individuals With Low-End, Mid-Range, and High-End Total Dairy Intake (continued)													
Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer		Food Group	Low-End Consumer		Mid-Range Consumer		High-End Consumer	
	Intake	%	Intake	%	Intake	%		Intake	%	Intake	%	Intake	%
Age Group: 16 to <21 years (g/day)							Age Group: 16 to <21 years (g/kg-day)						
Total Foods ^a	647	100.0	1,095	100.0	2,233	100.0	Total Foods ^a	10	100.0	17	100.0	33	100.0
Total Dairy	8	1.2	197	18.0	950	42.5	Total Dairy	0	1.2	3	16.6	14	42.8
Total Meats	101	15.7	125	11.4	197	8.8	Total Meats	2	15.1	2	13.6	3	8.9
Total Fish	8	1.2	16	1.5	8	0.4	Total Fish	0	1.1	0	0.9	0	0.3
Total Eggs	12	1.8	28	2.5	27	1.2	Total Eggs	0	1.7	0	2.2	0	1.2
Total Grains	90	13.9	162	14.8	217	9.7	Total Grains	1	14.1	2	14.0	3	9.6
Total Vegetables	228	35.2	324	29.6	438	19.6	Total Vegetables	4	35.8	5	28.6	7	20.0
Total Fruits	152	23.5	154	14.1	249	11.2	Total Fruits	2	23.9	3	16.1	3	10.6
Total Fats ^b	37	5.8	73	6.7	114	5.1	Total Fats ^b	1	5.6	1	6.5	2	5.1
Age Group: 20 years and older (g/day)							Age Group: 20 years and older (g/kg-day)						
Total Foods ^a	741	100.0	1,030	100.0	1,810	100.0	Total Foods ^a	10	100.0	14	100.0	25	100.0
Total Dairy	9	1.2	155	15.1	725	40.1	Total Dairy	0	1.2	2	14.8	10	41.0
Total Meats	117	15.8	129	12.6	156	8.6	Total Meats	2	15.8	2	12.3	2	7.3
Total Fish	16	2.2	16	1.6	19	1.1	Total Fish	0	2.1	0	1.6	0	1.0
Total Eggs	20	2.7	23	2.3	26	1.4	Total Eggs	0	2.7	0	2.3	0	1.4
Total Grains	113	15.2	130	12.6	176	9.7	Total Grains	2	15.0	2	12.5	2	9.5
Total Vegetables	258	34.8	304	29.6	361	20.0	Total Vegetables	4	34.5	4	29.5	5	19.4
Total Fruits	159	21.4	189	18.4	226	12.5	Total Fruits	2	21.9	3	19.4	3	14.2
Total Fats ^b	42	5.6	62	6.0	89	4.9	Total Fats ^b	1	5.5	1	5.9	1	4.5
^a Total food intake was defined as intake of the sum of all foods in the following major food categories: dairy, meats, fish, eggs, grains, vegetables, fruits, and fats. Beverages, sugar, candy, and sweets, and nuts and nut products were not included because they could not be categorized into the major food groups. ^b Includes added fats such as butter, margarine, dressings and sauces, vegetable oil, etc.; does not include fats eaten as components of other foods such as meats.													
Source: U.S. EPA analysis of 1994–1996, 1998 CSFII.													

Table 14-12. Intake of Total Food^a (g/kg-day), Edible Portion, Uncooked Weight

Age or Race/Ethnic Group	N	Mean	SE ^b	LCL ^c	UCL ^d	Percentiles										
						Min ^e	1 st	5 th	10 th	25 th	50 th	75 th	90 th	95 th	99 th	Max ^f
<1 year	865	90.9	3.50	Age	98.1	0*	0*	0*	3.8	32.0	90.0	134.2	179.9	207.7*	277.8*	355.2*
1 to <3 years	1,052	113.1	2.46	108.0	118.1	0*	38.3*	54.0*	65.2	84.5	106.6	137.8	164.3	184.9*	244.2*	346.0*
3 to <6 years	978	78.6	1.27	76.0	81.2	0*	28.3*	41.3	45.9	55.5	73.0	96.5	119.0	136.5	167.4*	254.0*
6 to <13 years	2,256	47.1	1.15	44.7	49.4	0*	7.1*	16.1	21.3	30.1	42.2	59.3	76.8	92.3	128.1*	167.3*
13 to <20 years	3,450	27.5	0.69	26.0	28.9	0*	5.0	9.4	11.7	17.1	24.5	34.8	46.6	56.3	75.2	122.0*
20 to <50 years	4,289	29.4	0.74	27.9	30.9	0*	4.1	9.4	12.1	17.8	25.9	37.6	52.3	62.8	82.1	211.2*
≥50 years	3,893	29.1	0.55	28.0	30.3	0*	0	10.0	13.0	18.6	26.2	36.3	49.5	58.5	80.8	119.6*
All Ages	16,783	36.1	0.56	35.0	37.2	0*	3.4	10.0	13.0	19.4	28.8	43.1	66.7	89.4	148.0	355.2*
Female 13 to 49 years	4,103	28.8	0.85	27.1	30.5	0*	3.1	9.0	11.5	17.1	24.9	36.7	52.7	62.9	84.1	211.2*
Mexican American	4,450	40.2	0.86	38.4	42.0	0*	4.8	11.1	14.0	19.7	29.5	48.7	82.6	108.4	163.5	278.1*
Non-Hispanic Black	4,265	30.7	0.85	29.0	32.4	0*	0	7.1	9.6	14.6	22.3	36.8	60.8	83.4	147.4	304.1*
Non-Hispanic White	6,757	36.0	0.72	34.6	37.5	0*	5.4	10.5	13.5	20.2	29.5	43.1	64.9	84.1	141.9	355.2*
Other Hispanic	562	39.5	2.01	35.4	43.7	0*	0*	12.1	14.1	20.8	27.9	42.9	83.1	115.2	170.7*	346.0*
Other	749	40.3	1.94	36.3	44.3	0*	0*	11.2	14.1	21.9	31.9	50.1	76.6	99.0	157.1*	315.6*

^a Total food includes all foods, beverages, and water ingested.
^b SE = Standard error of the mean.
^c LCL = Lower confidence limit of the mean.
^d UCL = Upper confidence limit of the mean.
^e Min = Minimum value.
^f Max = Maximum value.
* Estimates are less statistically reliable based on guidance published in the *Joint Policy on Variance Estimation and Statistical Reporting Standards on NHANES III and CSFII Reports: NHIS/NCHS Analytical Working Group Recommendations* ([NCHS, 1993](#)).

Source: U.S. EPA analysis of NHANES 2003–2006 data.