

1994 CONTINUING SURVEY AND FOOD INTAKES BY INDIVIDUALS/DIET AND HEALTH KNOWLEDGE SURVEY: RESULTS AND PRODUCTS

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ABSTRACT

Results from USDA's 10th nationwide food consumption survey--the 1994-96 Continuing Survey of Food Intakes by Individuals and its follow-up Diet and Health Knowledge Survey--indicate that Americans are continuing to make food selections containing less fat and more carbohydrate. Americans consumed 33 percent of calories from fat in 1994, continuing a downward trend from the past surveys. However, two-thirds of adults still eat more than the 30 percent recommended level. Fruit and vegetable consumption is also below recommended levels while consumption of grain-based products has soared. Eating away from home has become more popular over the years. In 1994, over half of individuals reported eating away from home at least once in a day. Nutrient intakes of zinc and magnesium are below the RDA for both men and women. Intakes by women were also below for iron, vitamin B6, calcium, and vitamin E. These results represent just a sampling from the massive 1994 CSFII/DHKS dataset available on CD-ROM. Internet access to more 1994 data results and other survey-related products can be obtained from the Food Surveys Research Group home page at the following address: <http://sun.ars-grin.gov/ars/Beltsville/barc/bhnrc/foodsurvey/home.hmt>