Index

[Alphabetization is word-by-word (e.g., Tea consumption precedes Teacher education.]

```
A
```

```
ACS. See American Cancer Society
Added fats. See Fat consumption
Additives, 343-44, 359
Advertising, 4, 173–212, 338, 348–51, 359
        dairy products. See Dairy advertising
        expenditures, in general, 174
        expenditures by product categories, 177–80
        foodservice operators, 174-76
        health claims. See Health claims in advertising and labeling
        intensity of, 175-80
        manufacturers, 174, 176-78
        milk, 143. See also Dairy advertising
        retailers, 175
Agricultural assistance programs. See Farm assistance programs
AHA (American Heart Association), 390
Alar, 346
Alcohol consumption, 39
        advertising and, 176–78, 180
        average diet, 68
        hypertension and, 13, 68
        pregnant women, 40
        recommendations, 68
American Cancer Society (ACS), 24, 390
American Dietetic Association, 389–90
        surveys, 47, 262, 266, 269–70, 280
American Heart Association (AHA), 205, 390
Animal and Plant Health Inspection Service (APHIS), 361
Animal drugs, 347–48, 359
APHIS. See Animal and Plant Health Inspection Service
Antioxidants, 34
        consumer awareness of relationship to disease, 249
        coronary heart disease and, 8
Ascorbic acid See Vitamin C.
```

USDA/ERS • 442

Abstract • AIB-750

Assistance programs. See Farm assistance programs; Food assistance programs Attitudes of consumers. See Consumer behavior and attitudes

Away-from-home meals, 4, 122, 213–42. See also Fast food; Foodservice operations; Restaurants

behavioral change due to, 273–74 calcium density, 214, 219, 232–34 calorie consumption, 122, 219, 221–22 cholesterol consumption, 4, 219, 226–28 comparison to home meals, 216 definition of, 216 expenditures for, 214 fat consumption, 3–4, 122, 214, 219, 222–26 fiber consumption, 214, 219, 230–32 Food Stamp recipients and, 313 iron density, 219, 234–36 nutritional quality of, 215–38, 240–42 public policy and, 236–38 sodium consumption, 214, 219, 228–30 soft drink consumption, 142

В

Bean consumption, 80-81, 85

adjustments to satisfy Pyramid recommendations, 409 average diet, 78

Beef consumption, 56-58, 136-38. See also Meat consumption

Behavior of consumers. See Consumer behavior and attitudes

Blacks. See Racial and ethnic differences

Blood pressure. See Hypertension

Body mass index (BMI), 59

HEI score and, 105 overweight defined by, 114, 125

Bovine somatropin (rbST), 347-48, 351

Breakfast, school program. See School meals

C

Calcium, 5

away-from-home meals, 214, 219, 232–34 consumer awareness of, 249, 262 dairy consumption and, 82, 165

DRI's, 156-57

food consumption compared with RDA's, 53-55

Food Stamp recipients and, 313, 316

food supply trends and, 154-56

home meals, 232–33

National School Lunch or Breakfast Program and, 318-20

RDA, 250-51

recommendations, 35, 156-57, 220, 232-34

women's intake levels. See Women

Year 2000 goals, 115, 118-19

Caloric sweeteners. See Sugar consumption

Calorie consumption, 2, 154

average diet, 56-57, 59-60

away-from-home meals, 122, 219, 221-22

consumer attitudes, 266

consumer knowledge, 3, 262

home meals, 221

National School Lunch or Breakfast Program and, 318–19

new food products and, 398

nutrition labeling and, 350

recommendations, 38, 76, 220-21

Cancer, 5-6, 9-10

alcohol consumption and, 68

consumer knowledge of dietary links, 247-48, 271

dietary guidelines, 148

fat consumption and, 10, 86, 247, 287

fiber consumption and, 192-94, 245, 247, 250

fruit and vegetable consumption and, 247

medical costs, 17-19

morbidity rates, 9, 24

mortality rates, 8-9

overweight and, 10, 14

value of diet-related premature deaths, 21-23

work productivity losses resulting from, 20-21

Year 2000 goals, 113

Candy. See also Sugar consumption

advertising and, 177-80

Carbonated soft drinks. See Soft drink consumption

Cardiovascular disease. See Coronary heart disease; Stroke

CCC (Commodity Credit Corporation), 381

Center for Science in the Public Interest (CSPI), 214, 344, 389

Cereal consumption. See also Grain consumption

fiber as cancer preventative, 248 health claims in advertising/labeling and, 192–94, 201–02

Cheddar cheese, 144. See also Cheese consumption

Cheese consumption, 3, 83–84, 140–44. See also Dairy consumption

advertising and, 186-87

Emergency Food Assistance Program (TEFAP) and, 311–12 Food Stamp recipients and, 315

Chicken. See Egg consumption; Poultry consumption

Child and Adult Care Food Program, 311, 327, 397

Child Nutrition Programs, 311

Children's Nutrition Campaign, 391

Cholesterol consumption, 39, 154-55

average diet, 63-64, 285

away-from-home meals, 4, 219, 226–28

consumer attitudes, 266–69, 281–306

consumer knowledge and trends, 251-52, 262, 281-306

economic influences on consumption, 168-69

egg consumption and, 139-40

health claims in advertising and labeling and, 195-201

heart disease and, 245-47

HEI component, 99-100

HEI scores, 101-02, 106

home meals, 226–27

new food products and, 398

nutrition labeling and, 350

recommendations, 41, 63-64, 220, 226, 285

self-assessment, 281-306

Chronic diseases, 2, 5–25. See also Morbidity/mortality rates; specific disease

diet-disease claims in advertising and labeling. See Health claims . in advertising and labeling

risk of, 6-7, 34

Year 2000 goals, 113-14

Coffee consumption, 65–66

Commodity Credit Corporation (CCC), 381

Commodity Futures Trading Commission, 356

Commodity programs (generally), 332, 335–36

Commodity Standardization Program, 354

Commodity Supplemental Food Program (CSFP), 328–29

Community-based nutrition education interventions, 394-95

Community Nutrition Education Cooperative Agreements, 394–95

Confectionery. See also Sugar consumption

advertising and, 177-80

Confusion about dietary advice, 270, 305

Conservation Reserve Program, 333, 336

Consumer education, 47–48, 386–95. See also Dietary recommendations

alternative sources of information, 209-12

characteristics of effective program, 35, 38, 272, 293, 304–05

cholesterol and fat consumption, 254, 290-94, 296

dairy promotion programs, 183-85

diet-disease claims, 250–51. See also Health claims in advertising and labeling

expenditures on, 179–80, 310

Food Stamp Program and, 310

government/public sources of information, 205-06, 209-10

HEI and, 107-08

producers as sources of information, 210–12

public health campaigns, 245, 250, 272, 386–95

school programs. See School courses on nutrition

USDA's Team Nutrition, 236

WIC and, 311

worksite programs, 123-24

Consumer knowledge, 3, 243-80

antioxidants and disease, 249

away-from-home meals, nutrient value of, 237-38

calcium and, 249, 262

calorie consumption and trends in knowledge, 3, 262

cancer and diet, 247-48

cholesterol and heart disease, 245-47, 272

cholesterol consumption/trends in knowledge, 251-54, 262, 281-306

demographics and, 281-94

diet-disease relationships, 244–51, 271–72, 282, 287–90

effectiveness of public media campaigns, 250-51

erroneous knowledge, 251

fat and heart disease, 245-47, 272

fat consumption/trends in knowledge, 251-54, 259-64, 272, 281-94

fiber-cancer link, 193-94, 245, 247-48

fiber consumption and trends in knowledge, 260

folic acid and disease, 249

food composition knowledge, 259-61

food guides and, 254-59

fruit/vegetable consumption and trends in knowledge, 271–72 grain consumption and trends in knowledge, 259 how-to-knowledge, 259–64, 273 implications of awareness, 250–51, 273 measures of knowledge and attitudes, 244–71 overweight as cause of health problems, 250 principles of nutrition, of, 251–59 sodium and hypertension, 245–46 trends, 249 types of knowledge, 244

Consumption. See Food consumption; specific type of food Continuing Survey of Food Intakes by Individuals (CSFII), 52, 72, 101, 215–16

calcium intake among women, trends, 250 children's diets, 117, 375 cholesterol consumption, 295–306 collection methods, 70 consumption estimates and food disappearance trends, 67 converting data into servings, 55 disease-diet relationship's effect on food choice, 283 food supply data compared with, 88–89

Cooking oil consumption, 86, 134, 145–46. See also Fat consumption Corn sweeteners, 152–53, 408–11, 420

Coronary heart disease, 5-9

alcohol consumption and, 68 cholesterol consumption and, 245–47, 287 diabetes and, 8, 11, 17 fat consumption and, 8, 86, 245–47, 287 folate and, 8, 156 hypertension and, 8, 12–13 medical costs, 17–19, 24–25 morbidity rates, 8–9 mortality rates, 7–9, 24–25 overweight and, 8, 14 polyunsaturated fatty acids and, 145–46 value of diet-related premature deaths, 21–23 work productivity losses resulting from, 20–21 Year 2000 goals, 113

Cost considerations in food choices. See Economic influences on diet Crops. See Farm assistance programs; specific type of produce CSFII. See Continuing Survey of Food Intakes by Individuals CSFP. See Commodity Supplemental Food Program CSPI. See Center for Science in the Public Interest Cyclospora, 339–41

D

Daily Value (DV) information, 263, 272. See also Nutrition labeling Dairy advertising, 181–88

expenditures, 177-79

Dairy consumption, 140-44. See also Cheese consumption; Milk consumption

adjustments to satisfy Pyramid recommendations, 416-17

advertising and. See Dairy advertising

average diet, 56-57, 76-78, 82-84

calcium intake and, 82, 165

consumer attitudes, 266–69, 268

fat consumption and, 82–83, 86, 134, 146–47, 252 food supply servings compared with CSFII servings estimates, 88–89

food supply servings compared with Pyramid recommendations, 406

HEI component, 98-100

HEI scores, 102-03, 106

nutrient values, 164

projection of food supply servings through 2005, 89-91

recommendations, 41, 55–56, 75, 256–59

school meal programs, effect of changes in, 380-81

school meals and, 379

Year 2000 goals, 118-19

Dairy Production Stabilization Act of 1983, 183

Demographic influences on diet. See Sociodemographic influences on diet

Depression era, influence on dietary guidance, 35

DHKS. See Diet and Health Knowledge Survey

Diabetes, 6, 10-12

coronary heart disease and, 8, 11, 17

medical costs, 17-19

mortality rates, 8, 10–12, 17–18

overweight and, 11-12, 14

value of diet-related premature deaths, 21–23

work productivity losses resulting from, 20-21

Year 2000 goals, 113-14

Diet and Health Knowledge Survey (DHKS), 249–51, 255, 257–60, 262, 266–68, 271, 279, 283, 285

cholesterol consumption, 295-306

Diet quality. See also Dietary recommendations

early measures of, 98

HEI. See Healthy Eating Index (HEI)

Year 2000 goals. See Year 2000 goals

Dietary fiber. See Fiber consumption

Dietary Goals for the United States (1977), 39

Dietary Guidelines Alliance, 47

Dietary Guidelines and Your Diet, 41

Dietary Guidelines for Americans, 33-50, 51-70, 387. See also Food Guide Pyramid; Dietary recommendations

Advisory Committee report on future revisions, 44-46

alcohol consumption, 68

consumer awareness of, 255, 270, 281

fat and cholesterol consumption, 63-64, 285

food consumption compared with, 51-68, 403

grain, fruit and vegetable consumption, 61-63, 261

HEI components, 99-100

1980's, 39-43

1990's, 44-46, 48

salt and sodium consumption, 65-66

school meals, compliance of, 236, 311, 375–76, 396

sugar consumption, 65

variety of foods, 53-58

weight maintenance or improvement, 58-60

Year 2000 goals, 115

Dietary patterns. See Eating patterns; Food consumption

Dietary recommendations, 33-48. See also Dietary Guidelines for

Americans; Dietary Reference Intakes (DRI's); Food Guide Pyramid;

Recommended Dietary Allowances (RDA's)

consumer awareness of, 254-59

first published dietary guidance, 33-34

future of dietary guidance, 46-48

1900 to 1940's, 34–35

1940's to 1970's, 35-38, 45

1970's to 1980's, 39-43

1990's, 44-46

nutrition labeling. See Nutrition labeling

Dietary Reference Intakes (DRI's), 154–57

calcium, 156-57

Dining out. See Away-from-home meals

Disappearance trends. See Food disappearance trends

Diseases. See also Chronic diseases; Morbidity rates; Mortality rates; specific disease

foodborne illness, effect, 339-41

DRI's. See Dietary Reference Intakes

Drugs, animal, 347-48, 359

E

E. coli, 339-40, 342

"Eat for Health" program, 393

Eating patterns, 3, 217–18. See also Food consumption

away-from-home meals. See Away-from-home meals at home meals. See Home meals

Economic consequences of unhealthy diet, 6-7, 15-23.

productivity losses, 6-7, 20-21, 23-24, 73

total costs, 23-25

value of diet-related premature deaths, 21-23, 73

value of life, 15-17, 25

Economic influences on diet, 2-3, 57, 134, 161-70, 270, 273, 282-83, 331-70

additive approval, 343-44

farm assistance programs, 333-48

fat and cholesterol consumption, 284-93, 299-301

fruit and vegetable consumption, 148-49

HEI score and, 103-04, 107-08

income and price effects. 161-70

mergers and monopolies, 356-57, 360

pesticide regulation, 344-47

trade policy, 357, 360-61

Education of consumers. See Consumer education

Educational attainment

attitudes toward dietary decisions, 282-83

fats and cholesterol, knowledge of and, 254, 260, 268, 284-92, 299-301

fiber-cancer link, knowledge of and, 193-94

HEI score and, 103-05, 107-08

Egg consumption, 85, 138-40

adjustments to satisfy Pyramid recommendations, 418

average diet, 56-57, 78

food supply servings compared with Pyramid recommendations, 406 health claims in advertising and labeling and, 199

```
price impact, 334
        quality grades, 354-55, 360
Elderly
        calcium recommendations, 156
        Food Facts for Older Adults, 41
        HEI score, 1994-96, 102
        Nutrition Program for the Elderly, 329, 397
        Vitamin D recommendations, 156
Emergency Food Assistance Program, The (TEFAP), 311–12, 330, 335–36
Environmental Protection Agency (EPA) pesticide regulation, 344–47
EPA. See Environmental Protection Agency
Environmental regulation, 355–56, 360
Ethnicity. See Racial and ethnic differences
Exercise, 3
        coronary heart disease and, 8
        decrease in physical activity, 115
        diabetes and, 11
        Dietary Guidelines recommendations, 58–60
        hypertension and, 13
        Year 2000 goals, 115, 121
F
Farm assistance programs, 333–38, 358
        Federal price and income support programs, 333–37, 358
        marketing orders for fruits, vegetables, and specialty crops, 337–38, 358
        marketing orders for milk, 334-36, 358
        national research and promotion programs, 338, 358
Farm Bill (1996), 333–34, 336, 410
Farm sector changes to meet Pyramid recommendations, 407–21
Farmers' markets, 147, 311
Fast food, 3. See also Away-from-home meals; Foodservice operations
        grain and fruit/vegetable consumption and, 149
        nutrition information availability, 261
Fat consumption, 134, 144–47, 154–55
        adjustments to satisfy Pyramid recommendations, 411–13
        average diet, 63–64, 76–78, 85–87
        away-from-home meals, 3-4, 122, 214, 219, 222-26
        cancer and, 10, 86, 247
        changes in, 2–3, 7, 51–52, 350
```

```
cheese consumption and, 144
children, 375, 379, 396-97
consumer attitudes, 266, 281-94
consumer knowledge/trends, 251-54, 259-60, 272, 281-94
dairy consumption and, 82-83, 86, 134, 146-47
economic influences on consumption, 168-69
Emergency Food Assistance Program (TEFAP) and, 311-12
Food Stamp recipients and, 314, 317-18
food supply servings compared with CSFII servings estimates, 88-89
health claims in advertising and labeling and, 195-201
heart disease and, 8, 86, 245-47
HEI component, 99-100
HEI scores, 102, 106
home meals, 223–25
low-fat labeling and, 352-53, 389
meat consumption and, 85, 135-37, 146, 398
milk consumption and, 143, 389
National School Lunch Program and, 319
new food products and, 398
nutrient values, 164
nutrition labeling and, 350
Project LEAN, 390
projection of food supply servings through 2005, 90–91
recommendations, 38-39, 41-42, 63-64, 75, 86-87, 220, 222-23, 285
Year 2000 goals, 115, 119-20
```

Fat replacers, 47

FDA. See Food and Drug Administration

Federal Trade Commission (FTC)

advertising regulation, 207, 349 competition regulation, 356

Feed grains, 334, 336, 409, 420

Female vs. male differences. See Gender differences

Fiber consumption, 3, 5, 34

average diet, 61–63 away-from-home meals, 214, 219, 230–32 cancer and, 245, 247, 250 consumer attitudes, 266–69 consumer knowledge and trends, 260 fruit/vegetable consumption and. See Fruit/vegetable consumption grain consumption and, 151, 165 health claims in advertising/labeling cereal, 192–94, 201–02 home meals, 230–31

new food products and, 398 recommendations, 220, 230 whole-grain consumption and, 151

FIFRA (Federal Insecticide, Fungicide, and Rodenticide Act), 356

Fish consumption, 85. See also Meat consumption

average diet, 56–58, 78 recommendations, 41, 256

5-A-Day for Better Health Program, 91, 248

consumer awareness of, 255, 257, 271, 389-90

Flour consumption, 149-50. See also Grain consumption

enrichment of flour, 33–34, 133, 151 food supply servings in average diet, 78–79 health claims in advertising and labeling and, 200–01

Fluid milk consumption. See Milk consumption

FMI. See Food Marketing Institute

Folate and folic acid

consumer awareness of relationship to disease, 249 coronary heart disease and, 8, 156 food consumption compared with RDA's, 53 Food Stamp recipients and, 316 food supply trends and, 151, 155 grain consumption and, 165

Food additives, 343-44, 359

Food advertising. See Advertising

Food and Drug Administration (FDA)

inspections, 340–41 sodium initiative, 206 survey of consumer knowledge, 193

Food assistance programs, 307–30. See also Food Stamp Program; Women, Infants, and Children (WIC) program; specific program

effect on participants' diet, 312–21 school programs. See School meals spending trends, 308–10

Food banks, 330

Food consumption. See also specific food items or elements (e.g., Cholesterol consumption; Fruit and vegetable consumption)

Dietary Guidelines for Americans, comparison with, 51–68, 403 economic consequences of. See Economic consequences of unhealthy diet

economic influences on. See Economic influences on diet factors influencing changes in, 134, 269–71 food disappearance trends and, 70
Food Guide Pyramid, comparison with, 55–56, 403 food supply data used to measure consumption, 158–60 health claims in advertising and labeling and per capita consumption trends, 197–201 health consequences of. See Chronic diseases; Morbidity/mortality rates healthy eating trends, 385–401 price impact. See Economic influences on diet recommendations. See Dietary recommendations sociodemographic influences. See Sociodemographic influences on diet surveys, 72, 215–16. See also Continuing Survey of Food Intakes by Individuals (CSFII)

Food disappearance trends; See also Food supply trends

estimation of food consumption by, 134 food consumption and, 70

Food distribution programs

charitable institutions and summer camps, 330 Indian Reservations, 329

Food energy. See Calorie consumption

Food Guide Pyramid, 43-44, 53, 71-71, 387

agricultural adjustments to satisfy recommendations, 408–20 consumer awareness of, 255–59, 271–73, 281–82 food consumption compared with, 55–56, 403 food supply compared with, 71–92, 405–06 HEI components, 98–100 recommended servings, 55–56, 74–75, 255–59, 404–05 Year 2000 goals, 115

Food guides, 33-50, 254-59. See also Dietary recommendations

1940's to 1970's, 36, 38 1980's, 40 1990's, 43–44 pyramid. See Food Guide Pyramid

Food labels. See Health claims in advertising/labeling; Nutrition labeling

Food Marketing Institute (FMI) surveys, 263, 265-67, 270-72, 280, 388

Food policy. See Public policy

Food prices. See Economic influences on diet

Food pyramid. See Food Guide Pyramid

Food Quality Protection Act (FQPA), 345-47

```
Food safety. See Safety issues
Food Safety and Inspection Service (FSIS), 340-43, 348, 352
Food Stamp Program (FSP)
        effect on recipients' diet, 313-18, 322
        fats and cholesterol consumption and, 284, 286, 288-91, 293, 317-18
        history of, 308
        nutrient intake, 315-17, 322
        summary of program, 310, 326
Food supply. See also Food supply trends
        CSFII data compared with, 88-89
        data collection, 72-74
        Food Guide Pyramid recommendations compared with, 71–92
        food servings, translating into, 74-76
        projection of food supply servings through 2005, 89-92
        serving weights, estimation, 76
Food supply trends, 133–60
        agricultural adjustments to satisfy recommendations, 408–20
        projection of food supply servings through 2005, 89-92
Foodborne illness, 339-41
Foodservice operations. See also Away-from-home meals;
 Fast food: Restaurants
        advertising by, 174-76
        milk consumption and, 143
Fruit/vegetable consumption, 2–3, 51, 147–49. See also specific fruit or vegetable
        adjustments to satisfy Pyramid recommendations, 409, 413–16
        advertising and, 178-80, 182-83, 338
        average diet, 56-58, 61-63, 76-82, 389
        cancer and, 10, 247-48, 250
        consumer attitudes, 266–69
        consumer knowledge and trends, 271-72
        environmental regulations and, 355-56
        fat consumption and, 252
        fiber consumption and, 165, 247-48, 250
        5-A-Day Program. See 5-A-Day for Better Health Program
        Food Stamp recipients and, 314
        food supply servings compared with CSFII servings estimates, 88–89
        food supply servings compared with Pyramid recommendations, 406
        health claims in advertising and labeling and, 200-01
        HEI component, 98-100
```

HEI scores, 101–03, 106 hypertension and, 13

inspections, 340–41
marketing orders, 337–38
NAFTA and, 357
pesticide regulation and, 344–47
price impact, 336
projection of food supply servings through 2005, 89–91
quality grades, 354–55, 360
recommendations, 41, 55, 61–63, 75, 80, 91, 256–59
school meal programs and, 381–83
school meals and, 379
variety in daily servings, 79–82
Vitamins A and C intake and, 62, 165
Year 2000 goals, 115–17

FSIS. See Food Safety and Inspection Service FSP. See Food Stamp Program

FTC. See Federal Trade Commission

Fumigants, 355-56

G

GATT. See General Agreement on Tariffs and Trade

Gender differences. See also Men; Women

attitudes toward Dietary Guidelines, 268–69 awareness of diet-disease relationship, 249–50 cholesterol consumption, 298–301, 304 dairy consumption, 119, 268 fat and cholesterol consumption, 195–97, 268, 284–92 HEI score, 1994-96, 102–04 RDA's, 220

General Agreement on Tariffs and Trade (GATT), 357, 361, 416 Generic advertising, 181–83, 338, 362. See also Dairy advertising Grain consumption, 133–34, 149–51.

adjustments to satisfy Pyramid recommendations, 409, 418–20 advertising and, 178–80 average diet, 56–58, 61–63, 77–79 consumer attitudes, 266–69 consumer awareness of health need for, 259 fiber consumption and, 151, 165 folate intake and, 165 Food Stamp recipients and, 314 food supply servings compared with CSFII servings estimates, 88–89 food supply servings compared with Pyramid recommendations, 406

HEI component, 98–100
HEI scores, 102, 106
iron intake and, 165
nutrient values, 164
price impact, 334
projection of food supply servings through 2005, 90–91
quality grades, 354–55, 360
recommendations, 41, 55, 61–63, 75, 256, 259
school meals and, 379
Year 2000 goals, 115–17

Grain Inspection, Packers, and Stockyards Administration, 356

Grocery stores

advertising by, 175
beef trim specifications, 137
food labeling. See Health claims in advertising and labeling;
Nutrition labeling
interventions, 393
pesticide information from EPA provided to, 347
salad bars, 399
Year 2000 goals for availability of reduced-fat processed foods, 122–23

Guides. See Food guides

Н

HACCP. See Hazard Analysis and Critical Control Points

HDS. See Health and Diety Survey

Hazard Analysis and Critical Control Points (HACCP), 341-42

Health and Diet Survey (HDS), 243-44, 249-50, 255, 268, 279

Health campaigns, 245, 250, 272, 386–95

Health care costs. See Medical costs.

Health claims in advertising and labeling, 189–212

fat and cholesterol intake and, 195-201, 261

how-to-knowledge and, 261-62

regulatory constraints, 190-91, 202, 206-09, 261

Health consequences of diet. See Chronic diseases; Morbidity rates;

Mortality rates; specific disease

Healthy Eating Index (HEI), 3, 97–108

WIC participants' scores, 321

```
Healthy eating trends, 385-401
        consumer education. See Consumer education
        governmental efforts, 395-398
        nutritional improvements by food industry, 398-400
Healthy People 2000, 59, 111-12. See also Year 2000 goals
        fruit and vegetable consumption recommendations, 91
Healthy People 2010, 127–28
Heart disease. See Coronary heart disease
HEI. See Healthy Eating Index (HEI)
High blood pressure. See Hypertension
Hispanics. See Racial and ethnic differences
Home meals
        calcium density, 232-33
        calorie consumption, 221
        cholesterol consumption, 226–27
        comparison to away-from-home meals, 216
        control of consumer over nutritional quality, 216
        fat consumption, 223-25
        fiber consumption, 230–31
        iron density, 234-35
        nutritional quality of, 215-38, 240-42
        salt and sodium consumption, 228-30
How-to-knowledge, 259-64, 273
Hunger programs. See Food assistance programs
Hypertension, 6, 12–13
        alcohol consumption and, 68
        coronary heart disease and, 8, 11-12
        diabetes and, 11
        medical costs, 18-19
        mortality rates, 12, 18
        overweight and, 13-14
        sodium consumption and, 13, 66, 206, 245
        stroke and, 10, 12-13
1
Ice cream, 65, 352-53
Income. See Economic influences on diet
Inspections, 340-42, 358
```

```
FDA, 340–41 FSIS, 341–42
```

Institutional food services. See also Away-from-home meals; School meals

Year 2000 goals for low-fat, low-calorie offerings, 122–24

International Food Information Council surveys, 266

Internet. See World Wide Web

Iron

away-from-home meals, 219, 234–36 economic influences on intake, 168–69 flour enrichment, 133 food consumption compared with RDA's, 53–55

Food Stamp recipients and, 316 food supply trends and, 155 grain consumption and, 165

home meals, 234-35

meat consumption and, 165

National School Breakfast Program and, 320

recommendations, 35, 220, 234–36

WIC participants and, 320

Irradiation, 342

K

Knowledge of consumers. See Consumer knowledge

L

Labeling, 359. See also Health claims in advertising and labeling; Nutrition labeling

non-health information, 351 quality grades, 354–55, 360 safe handling of meat and poultry, 351 standards of identity, 351–54, 359

Land use

acreage adjustments implied by Food Guide Pyramid, 409, 414, 419–20 Acreage Reduction Programs, 333, 336

Legumes. See Fruit and vegetable consumption

Low-income consumers, 270. See also Economic influences on diet; Food assistance programs

dietary differences from other consumers, 309 fat consumption and, 317–18

М

Magnesium

food consumption compared with RDA's, 53–54 Food Stamp recipients and, 316 food supply trends and, 155–56 National School Lunch or Breakfast Program and, 318–20 whole-grain consumption and, 151

Making Healthy Food Choices, 41

Manufacturers

advertising by, 174, 176–78 health claims. See Health claims in advertising and labeling

Margarine consumption, 146

Marketing. See Advertising

Marketing orders

fruits, vegetables, and specialty crops, 337–38, 358 milk, 334–36, 358

Meals at home. See Home meals

Meals away from home. See Away-from-home meals

Meals per day, 217-18

Meat consumption, 135-38. See also specific meat

adjustments to satisfy Pyramid recommendations, 417-18

advertising and, 177-79

annual consumption, 135

average diet, 56-58, 76-78, 83-85

fat consumption and, 85, 135-37, 146, 398

Food Stamp recipients and, 314-15

food supply servings compared with CSFII servings estimates, 88–89 food supply servings compared with Pyramid recommendations, 406 health claims in advertising and labeling and, 198–99

HEI component, 98-100

HEI scores, 102, 106

inspections, 340-42

iron intake and, 165

nutrient values, 164

processed meats and composition standards, 352-53

projection of food supply servings through 2005, 89-91

quality grades, 354-55, 360

```
recommendations, 41, 55, 75, 83-84, 256
        safe handling labels and, 351
Media
        advertising in. See Advertising
        nutrition research, coverage of, 47
Medical costs, 6–7, 17–19, 23–25, 73
Men. See also Gender differences
        cholesterol consumption, 227, 297–301, 304
        sodium consumption, 229
Methyl bromide, 355
Mexico, 357-58, 414-15
Micronutrients. See specific type (e.g., Niacin)
Milk consumption, 51–52, 83–84, 140–43. See also Dairy consumption
        adjustments to satisfy Pyramid recommendations, 416-17
        advertising, effect of, 185-87
        average diet, 56-57, 64-66
        fat consumption and, 143, 389
        Food Stamp recipients and, 314
        food supply servings compared with Pyramid recommendations, 406
        marketing orders, effect, 344-46
        price impact, 334
        quality grades, 354-55, 360
        rbST (bovine somatropin) and, 347-48, 351
        Special Milk Program (for children), 328
        Vitamin D intake and, 156
Minerals. See also specific minerals
        Food Stamp recipients and, 316
        National School Lunch Program and, 318-19
Monounsaturated fatty acids (MUFA's), 145-46, 253
Morbidity rates
        cancer, 9, 24
        coronary heart disease, 8–9
        diabetes, 11
        diet relationship to, 282
        hypertension, 12–13
        overweight and, 13–14
        stroke, 9-10
        Year 2000 goals, 113-14
Mortality rates, 5-7
```

alcohol consumption and, 68 cancer, 8–9 coronary heart disease, 7–9, 24–25 diabetes, 8, 10–12, 17–18 diet-related premature deaths, 21–23, 73, 282 hypertension, 12, 18 obesity and overweight and, 13–14, 18 stroke, 8, 10, 24–25 Year 2000 goals, 113

Mozzarella cheese, 144. See also Cheese consumption MUFA's. See Monounsaturated fatty acids

Ν

NAFTA. See North American Free Trade Agreement

National Cancer Institute, 248, 389, 393

National Cholesterol Education Program, 245, 272

National Dairy Promotion and Research Board, 183-84

National Fluid Milk Processor Promotion Board, 184

National generic advertising programs, 182-83

National Health and Nutrition Examination Survey (NHANES), 114-15

National Heart, Lung, and Blood Institute (NHLBI), 206, 245

Cholesterol Education Campaign, 251

National Nutrition Monitoring and Related Research Act, 44

National policy. See Public policy

National School Lunch Program (NSLP), 311, 318–20, 371–84, 396–97. See also School meals

National WIC Evaluation, 320–21

Nationwide Food Consumption Surveys (NFCS), 215, 309

NCI. See National Cancer Institute

NCEP. See National Cholesterol Education Program

New food introductions, 350, 398–99

Newspapers. See Media

NFCS. See Nationwide Food Consumption Surveys

NHANES. See National Health and Nutrition Examination Survey

NHLBI. See National Heart, Lung, and Blood Institute

Niacin

flour enrichment, 133, 151 food consumption compared with RDA's, 53 Food Stamp recipients and, 316 food supply trends and, 155–56 National School Lunch Program and, 318 RDA's, 35 WIC participants and, 320

NLEA. See Nutrition Labeling and Education Act of 1990 (NLEA)

Non-health information on labels, 351

North American Free Trade Agreement (NAFTA), 357, 416

NSLP. See National School Lunch Program

Nut consumption, 85. See also specific types of nuts

adjustments to satisfy Pyramid recommendations, 409, 418 Food Stamp recipients and, 314 marketing orders, 337 peanut butter. See Peanut butter

Nutrition and Your Health: Dietary Guidelines for Americans. See Dietary Guidelines for Americans

Nutrition Assistance Programs for U.S. Territories, 326

Nutrition Education and Training (NET) program, 391-92

Nutrition educators, 47–48. See also Consumer education

Nutrition knowledge. See Consumer knowledge

Nutrition labeling, 44, 349–51, 387–89. See also Health claims in advertising and labeling

consumer use of and confidence in, 121, 254, 259–64, 272, 305 fiber content of cereals, 192–94 format studies, 280 how-to-knowledge and, 259–64 new foods, 350 raw foods, 349 sugar content, 88, 153 Year 2000 goals, 122–23

Nutrition Labeling and Education Act of 1990 (NLEA), 44, 88, 122, 261, 349, 387–88

Nutrition promotion. See Consumer education; Health claims in advertising and labeling

0

464 • USDA/ERS

```
Oatrim, 333
Obesity and overweight problems, 3, 6, 13–14, 25
        awareness of relationship to disease, 250
        body mass index and, 114, 125
        cancer and, 10, 14
        consumer attitudes, 266-68
        coronary heart disease and, 8, 14
        diabetes and, 11-12, 14
        Dietary Guidelines recommendations, 58-60
        hypertension and, 13-14
        medical costs, 17-19
        morbidity rates and, 13-14
        mortality rates and, 13-14, 18
        percentage of population overweight, 59-60, 221
        worksite programs for weight control, 123-24
        Year 2000 goals, 113-15
OBRA. See Omnibus Budget Reconciliation Act of 1981
Occupational Safety and Health Administration (OSHA) regulations, 356
Oils, cooking. See Cholesterol consumption; Cooking oil consumption; Fat
consumption
Olean, 413
Olestra, 343-44
Omnibus Budget Reconciliation Act of 1981 (OBRA), 373
On-Pak (AHA certification program), 390
OSHA. See Occupational Safety and Health Administration) regulations, 356
Osteoporosis, 24–25
        calcium and, 249
        DRI's and, 154
Overweight. See Obesity and overweight problems
P
Pantothenic acid, 156
        whole-grain consumption and, 151
Pasta. See Grain consumption
Peanut butter, 85, 334, 336
Peanuts, 333-34, 336
        adjustments to satisfy Pyramid recommendations, 409, 418
```

AIB-750 • Index

Pesticides, 344–47, 356, 359

Phosphorus

food consumption compared with RDA's, 53

Food Stamp recipients and, 316

food supply trends and, 154-56

National School Lunch or Breakfast Program and, 318–19

Physical activity. See Exercise

Phytochemicals, and whole-grain consumption, 151

Policy. See Public policy

Polyunsaturated fatty acids (PUFA's), 145-46

Potassium

food supply trends and, 155

hypertension and, 13

whole-grain consumption and, 151

Poultry consumption, 85, 136. See also Meat consumption

adjustments to satisfy Pyramid recommendations, 417-18

average diet, 56-58, 78

food supply servings compared with Pyramid recommendations, 406

inspections, 340-42

quality grades, 354–55, 360

recommendations, 41, 256

safe handling labels and, 351

school meals and, 379

Poverty programs. See Food assistance programs

Pre-packaged meals. See Convenience foods

Premature deaths. See Mortality rates

Prevention magazine surveys, 263, 270

Prices. See Economic influences on diet

Principles of nutrition, knowledge of, 251–59

Product safety considerations, 265. See also Safety issues

Project LEAN (Low-fat Eating for America Now), 390

Promotions. See Advertising; Consumer education

Propargite, 346

Protein, 154-55

food consumption compared with RDA's, 53

Food Stamp recipients and, 316

National School Lunch Program and, 318–19

RDA's, 35

Public health campaigns. See Consumer education

Public policy, 33–34, 331–69. See also Dietary recommendations

advertising and labeling. See Health claims in advertising/labeling away-from-home meals and, 236–38 HEI scores and 107–08

HEI scores and, 107–08 school meal programs, 372–76

PUFA's. See Polyunsaturated fatty acids

Pyramid. See Food Guide Pyramid

Q

Quality grades, 354–55, 360 Quality of diet. See Diet quality Quality of life, 7

R

Racial and ethnic differences

diabetes morbidity among Blacks and Hispanics, 11 exercise, 115 fat and cholesterol consumption, 284–85, 287–92, 301–02 overweight, 114

rbST. See Bovine somatropin

RDA's. See Recommended Dietary Allowances

Recommendations. See Dietary recommendations

Recommended Dietary Allowances (RDA's), 35, 38, 154, 220

calcium, 250-51

food consumption compared with, 53-54

Food Stamp recipients and, 315-17

HEI correlation with, 105

lower-income families and, 309, 315

school meals and, 376

Red meat. See Meat consumption; specific meat

Regional differences in HEI score, 104

Regulations, 331-69. See also Marketing orders

environmental, 355-56

Federal Insecticide, Fungicide, and Rodenticide Act, 356

food safety, 338-48, 359

information and disclosure, 348-55, 359

mergers and monopolies, 356–57, 360

```
Occupational Safety and Health Administration, 356
        pesticides, 344-47, 359
        trade policy, 357, 360-61
Report of the Dietary Guidelines Advisory Committee on the Dietary
 Guidelines for Americans (1995), 46–47
Restaurants. See also Away-from-home meals; Foodservice operations
        nutrient content of meals, 213-242
        nutrition information availability, 261
        Year 2000 goals for low-fat, low-calorie offerings, 122–23
Retailers. See Grocery stores
Riboflavin
        flour enrichment, 133, 151
        food consumption compared with RDA's, 53
        Food Stamp recipients and, 316
        food supply trends and, 155-56
        National School Lunch or Breakfast Program and, 318-19
        RDA's, 35
        WIC participants and, 320
Safety issues, 265, 338–48, 359
        animal drugs, 347-48, 359
        food additives, 343-44, 359
        foodborne illness, 339-41
        meat and poultry labels indicating safe handling, 351
        pesticides, 344-47, 359
        price impact, 339
        technology approval, 342-43
        worker safety, 356, 360
Salad oil consumption, 86, 134, 145–46. See also Fat consumption
Salmonella, 342–43
Salt and sodium consumption, 39
        average diet, 66
        away-from-home meals, 214, 219, 228-30
        consumer attitudes, 266-69
        consumer awareness of, 262
        HEI component, 99–100
        HEI scores, 102, 106
```

S

467 • USDA/ERS AIB-750 • Index

home meals, 228-30

hypertension and, 13, 66, 206, 245 iodine fortification of salt, 33

new food products and, 398 nutrition labeling and, 350 recommendations, 65–66, 220, 228 Year 2000 goals, 115, 120–21

Saturated fat. See Fat consumption

School courses on nutrition

USDA's Team Nutrition, 236 Year 2000 goals, 123–24

School meals. See also Away-from-home meals

changes in current offerings, 378–80 costs associated with, 377–78 dairy sector and, 381–82

Dietary Guidelines, compliance with, 236, 311, 375–76, 396 economic impact, 376–78, 380–83

economic impact, 376-78, 380-83

entitlement agricultural commodities for, 374

fat consumption and, 379, 396-97

fruit and vegetable sector and, 381-83

government expenditures, 374-75, 377

National Evaluation of School Nutrition Programs (NESNP), 318 nutrition levels, 376

policy development of programs, 372-76

poultry sector and, 381-82

RDA's and, 376

School Lunch and School Breakfast programs, 311, 318–20, 322, . 326–27, 371–84, 396–97

School Meals Initiative, 274, 311, 327, 372, 375–76, 396

School Nutrition Dietary Assessment (SNDA), 319, 375, 377

sodium consumption and, 229

subsidies, 374

training of foodservice personnel, 391-92

Year 2000 goals for low-fat, low-calorie offerings, 122-24

School Nutrition Dietary Assessment (SNDA), 375, 377

Self-assessments

behavioral effects of information, 271 cholesterol consumption, 296 diet, correlation with HEI, 105

Smokers

coronary heart disease and, 8 fats and cholesterol consumption and, 284–92, 301–03

Snack foods, 43–44

```
advertising and, 177-80
        fat consumption and, 146
        fat-free, 344
        grain consumption and, 149, 151
Snacking patterns, 3, 217–18
Sociodemographic influences on diet, 2, 4
        away-from-home meals, 214
        fat and cholesterol consumption, 281-94
        food consumption changes, 134
        Healthy Eating Index (HEI), 102–05
Sodium consumption. See Salt and sodium consumption
Soft drink consumption, 3, 52
        advertising and, 177–80
        average diet, 56-57, 65-66
        away-from-home meals, 142
        milk consumption and, 140, 142
        sugar consumption and, 153
Soup kitchens, meals for, 330
South Carolina Cardiovascular Disease Prevention Project, 394
Special Milk Program (for children), 328
Special Supplemental Nutrition Program for Women, Infants, and Children.
 See Women, Infants, and Children (WIC) program
Steam pasteurization, 342–43
Stroke, 5-6, 10
        alcohol consumption and, 68
        diabetes and, 11, 17
        hypertension and, 10, 12–13
        medical costs, 18-19, 24-25
        morbidity rates, 9–10
        mortality rates, 8, 10, 24–25
        value of diet-related premature deaths, 21–23
        work productivity losses resulting from, 20-21
        Year 2000 goals, 113
Subsidies for school meal programs, 374
Sucrose, 152-53
Sugar consumption, 39, 134, 151–53
        adjustments to satisfy Pyramid recommendations, 408–11
        average diet, 65, 76–78, 87–88
        consumer attitudes, 266
```

469 • USDA/ERS

AIB-750 • Index

Food Stamp recipients and, 314

food supply servings compared with CSFII servings estimates, 88–89

food supply servings compared with Pyramid recommendations, 406

new food products and, 398 nutrient values, 164

price impact, 334

projection of food supply servings through 2005, 90-92

recommendations, 38, 65, 75, 87

Sugar substitutes, 47

Summer Food Service Program, 311, 327

Supermarkets. See Grocery stores

Supply of food. See Food supply

Surgeon General's Report on Nutrition and Health, The (1988), 41

Sweeteners. See Sugar consumption

T

Tariffs, 357, 410

Taste considerations, 4, 265-66, 273, 305

Tea consumption, 140

Teacher education about nutrition, 391–92

Team Nutrition, 236, 391

Technology for food safety, 342-43

TEFAP. See Emergency Food Assistance Program, The

Television. See Media

Ten-Year Comprehensive Plan for National Nutrition Monitoring and Related Research Program, 72

Thiamin

flour enrichment, 133, 151

food consumption compared with RDA's, 53

food supply trends and, 155-56

Food Stamp recipients and, 316

National School Lunch Program and, 318

RDA's, 35

WIC participants and, 320

Thrifty Food Plan, 310, 326

Time considerations in food choices, 270, 273

Tomato consumption, 80–81, 355–56. See also Fruit/vegetable consumption

Trade policy, 357, 360–61, 414–16. See also Exports; Imports

Trans-fatty acids, 146, 253-54

Trends in food supply. See Food supply trends

Turkey. See Poultry consumption

U

Uruguay Round Agreements of the General Agreement on Tariffs and Trade (GATT), 357, 361, 416

U.S. Territories and Nutrition Assistance Programs, 326

V

Value of life, 15-17, 25

Variety of foods

consumer awareness of importance, 267-69

food consumption compared with Dietary Guidelines

for Americans, 53–58

fruit and vegetable consumption, 79-82

HEI component, 100

HEI scores, 102, 106

Vegetable consumption. See Fruit and vegetable consumption

Vegetarians, and fat and cholesterol consumption, 284-91, 293

Vitamin A

dairy consumption and, 165

food consumption compared with RDA's, 53, 62-63

Food Stamp recipients and, 316

food supply trends and, 155

fruit and vegetable consumption and, 62, 165

National School Lunch or Breakfast Program and, 318-20

RDA's, 35

WIC participants and, 320

Vitamin B-6

food consumption compared with RDA's, 53-54

Food Stamp recipients and, 316

food supply trends and, 155-56

National School Lunch or Breakfast Program and, 318-20

whole-grain consumption and, 151

WIC participants and, 320

Vitamin B-12

food consumption compared with RDA's, 53 Food Stamp recipients and, 316 food supply trends and, 154–56

Vitamin C

food consumption compared with RDA's, 53, 62–63 Food Stamp recipients and, 316 food supply trends and, 155 fruit and vegetable consumption and, 62, 165 National School Lunch Program and, 318–19 RDA's, 35 WIC participants and, 320

Vitamin E

fat consumption and, 165 food consumption compared with RDA's, 53–54 Food Stamp recipients and, 316 food supply trends and, 155 whole-grain consumption and, 151

W

Water quality standards, 355-56, 360

Web. See World Wide Web

Weight. See Obesity and overweight problems

Welfare programs. See Food assistance programs; Food Stamp Program;

Women, Infants, and Children (WIC) program

Wheat consumption. See Grain consumption

Whole-grain consumption, 134, 151. See also Grain consumption

food supply servings in average diet, 79 Year 2000 goals, 117

WIC. See Women, Infants, and Children (WIC) program

Women. See also Gender differences:

awareness of diet-disease relationship, 249–50 calcium intake, 53–55, 233–34, 250, 268 cholesterol consumption, 297–301, 304 dairy consumption, 118–19, 268 fiber consumption, 61, 268 folic acid recommendations, 156 iron intake, 53–55, 235–36

Women, Infants, and Children (WIC) program

fats and cholesterol consumption and, 284, 286, 288–91, 293 food consumption and, 312 history of, 308

National WIC Evaluation, 320–21 nutrient intake and, 320–22 summary of program, 310–11, 328

Workers

interventions at worksites, 392 productivity, 6–7, 20–21, 23–24, 73 safety, 356, 360

Year 2000 goals for nutrition education and weight control, 123-24

World Wide Web

dietary recommendations, 46 Healthy People 2010 objectives, 127

Y

Year 2000 goals, 112-27; See also Healthy People 2000

assessment of progress towards, 126–27 data interpretation issues, 124–27 health status objectives, 112–15 national vs. state-level data, 127 risk reduction objectives, 112, 115–21 services and protection objectives, 112, 122–24 Year 2010 goals, development of, 127–28

Yogurt. See Dairy consumption

Z

Zinc

food consumption compared with RDA's, 53–54 Food Stamp recipients and, 316 food supply trends and, 155 whole-grain consumption and, 151