# APPENDIX A

## USUAL NUTRIENT INTAKE DISTRIBUTIONS:

## INDIVIDUALS IN FOOD INSUFFICIENT VERSUS FOOD SUFFICIENT HOUSEHOLDS

This appendix includes distributions of usual intake for individuals from food insufficient and food sufficient households. Overall, these results suggest that individuals in food insufficient households have poor dietary outcomes. For all age groups, the prevalence of inadequacy is higher for individuals in food insufficient households than for individuals in food sufficient households. In addition, mean intakes of calcium, food energy, and fiber are lower for individuals in food insufficient households than for individuals in food sufficient households. In some of these cases, these differences are statistically significant.

Because of small sample sizes, however, these results need to be interpreted with caution. Only a very small number of individuals report living in households that sometimes or often do not have enough to eat. Thus, even large differences are generally not statistically significant. Further, those differences that are statistically significant often involve percentages close to 0 or 100, and statistical tests for the difference in the percentages inadequate (percentage with usual intake < EAR) are not reliable at these two extremes. Finally, as with the other comparisons, the analysis does not account for other factors affecting intake or for potential selection bias.

# Usual Nutrient Intake: Vitamin C (mg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 82 | 60 | 64 | 71 | 81 | 91 | 101 | 108 | 121 | < 1% |
| Kids 4-13, Food Sufficient | 4,949 | 101 | 38 | 47 | 66 | 93 | 127 | 165 | 191 | 249 | 3.0% ** |
| Males 14-30, Food Insufficient | 58 | 71 | 20 | 26 | 41 | 63 | 92 | 126 | 150 | 204 | 62.3% |
| Males 14-30, Food Sufficient | 1,317 | 120 | 35 | 45 | 68 | 104 | 153 | 214 | 259 | 365 | 32.7% |
| Males 31-50, Food Insufficient | 56 | 56 | 12 | 16 | 27 | 45 | 73 | 110 | 138 | 209 | 83.7% |
| Males 31-50, Food Sufficient | 1,741 | 106 | 30 | 39 | 60 | 92 | 137 | 189 | 227 | 312 | 44.6% ** |
| Males 51+, Food Insufficient | 25 | 44 | 22 | 26 | 33 | 43 | 54 | 65 | 73 | 88 | 98.2% |
| Males 51+, Food Sufficient | 2,361 | 106 | 26 | 36 | 58 | 92 | 139 | 195 | 235 | 328 | 42.3% ** |
| Females 14-30, Food Insufficient | 43 | 97 | 34 | 43 | 61 | 88 | 124 | 163 | 190 | 251 | 31.6% |
| Females 14-30, Food Sufficient | 1,286 | 90 | 30 | 38 | 55 | 81 | 116 | 155 | 183 | 245 | 35.0% |
| Females 31-50, Food Insufficient | 50 | 62 | 34 | 39 | 48 | 60 | 73 | 88 | 97 | 116 | 79.0% |
| Females 31-50, Food Sufficient | 1,674 | 87 | 26 | 34 | 50 | 76 | 112 | 154 | 184 | 256 | 42.7% |
| Females 51+, Food Insufficient | 37 | 91 | 19 | 26 | 44 | 73 | 119 | 178 | 224 | 337 | 43.0% |
| Females 51+, Food Sufficient | 2,222 | 94 | 28 | 36 | 56 | 85 | 122 | 164 | 193 | 258 | 34.4% |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

## Usual Nutrient Intake: Vitamin E (mg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 7 | 4 | 5 | 6 | 7 | 9 | 10 | 12 | 14 | 31.7% |
| Kids 4-13, Food Sufficient | 4,949 | 7 | 4 | 5 | 5 | 7 | 8 | 9 | 11 | 13 | 38.4% |
| Males 14-30, Food Insufficient | 58 | 10 | 5 | 6 | 8 | 9 | 11 | 14 | 15 | 18 | 80.3% |
| Males 14-30, Food Sufficient | 1,317 | 10 | 5 | 6 | 7 | 9 | 12 | 15 | 17 | 21 | 75.7% |
| Males 31-50, Food Insufficient | 56 | 8 | 3 | 4 | 5 | 7 | 10 | 13 | 16 | 21 | 85.2% |
| Males 31-50, Food Sufficient | 1,741 | 10 | 5 | 6 | 7 | 10 | 12 | 16 | 18 | 24 | 73.2% |
| Males 51+, Food Insufficient | 25 | 5 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 10 | 99.8% |
| Males 51+, Food Sufficient | 2,361 | 9 | 4 | 5 | 6 | 9 | 11 | 15 | 18 | 25 | 78.7% |
| Females 14-30, Food Insufficient | 43 | 6 | 4 | 4 | 5 | 6 | 6 | 7 | 8 | 9 | 100.0% |
| Females 14-30, Food Sufficient | 1,286 | 7 | 4 | 5 | 6 | 7 | 9 | 10 | 11 | 14 | 96.6% ** |
| Females 31-50, Food Insufficient | 50 | 6 | 4 | 4 | 5 | 6 | 7 | 8 | 8 | 9 | 100.0% |
| Females 31-50, Food Sufficient | 1,674 | 7 | 4 | 4 | 5 | 7 | 9 | 11 | 13 | 17 | 93.0% ** |
| Females 51+, Food Insufficient | 37 | 5 | 3 | 3 | 4 | 5 | 6 | 7 | 8 | 10 | 100.0% |
| Females 51+, Food Sufficient | 2,222 | 7 | 3 | 4 | 5 | 6 | 8 | 11 | 12 | 16 | 94.5% ** |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

## Usual Nutrient Intake: Folate (mcg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 265 | 149 | 167 | 202 | 251 | 312 | 382 | 431 | 541 | 7.8% |
| Kids 4-13, Food Sufficient | 4,949 | 275 | 137 | 158 | 202 | 261 | 332 | 407 | 457 | 571 | 10.4% |
| Males 14-30, Food Insufficient | 58 | 310 | 158 | 182 | 228 | 292 | 372 | 460 | 522 | 657 | 60.0% |
| Males 14-30, Food Sufficient | 1,317 | 319 | 147 | 172 | 222 | 293 | 388 | 499 | 577 | 752 | 58.4% |
| Males 31-50, Food Insufficient | 56 | 244 | 113 | 134 | 176 | 232 | 299 | 370 | 417 | 517 | 80.6% |
| Males 31-50, Food Sufficient | 1,741 | 302 | 141 | 165 | 213 | 280 | 366 | 466 | 539 | 707 | 63.2% |
| Males 51+, Food Insufficient | 25 | 123 | 71 | 79 | 96 | 119 | 145 | 173 | 192 | 232 | 100.0% |
| Males 51+, Food Sufficient | 2,361 | 291 | 126 | 150 | 197 | 268 | 360 | 460 | 534 | 715 | 65.5% ** |
| Females 14-30, Food Insufficient | 43 | 235 | 146 | 162 | 192 | 230 | 272 | 315 | 342 | 399 | 91.2% |
| Females 14-30, Food Sufficient | 1,286 | 228 | 109 | 127 | 163 | 214 | 278 | 345 | 393 | 504 | 85.6% |
| Females 31-50, Food Insufficient | 50 | 179 | 83 | 100 | 131 | 171 | 219 | 268 | 300 | 366 | 96.9% |
| Females 31-50, Food Sufficient | 1,674 | 225 | 102 | 121 | 157 | 209 | 276 | 350 | 403 | 524 | 85.3% ** |
| Females 51+, Food Insufficient | 37 | 193 | 98 | 112 | 139 | 178 | 231 | 293 | 339 | 447 | 93.3% |
| Females 51+, Food Sufficient | 2,222 | 225 | 104 | 123 | 160 | 210 | 273 | 345 | 397 | 515 | 86.1% |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

# Usual Nutrient Intake: Calcium (mg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th |
|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 916 | 580 | 643 | 758 | 900 | 1,057 | 1,211 | 1,309 | 1,507 |
| Kids 4-13, Food Sufficient | 4,949 | 922 | 514 | 587 | 723 | 894 | 1,092 | 1,292 | 1,424 | 1,707 |
| Males 14-30, Food Insufficient | 58 | 919 | 437 | 506 | 646 | 848 | 1,112 | 1,420 | 1,644 | 2,165 |
| Males 14-30, Food Sufficient | 1,317 | 1,050 | 490 | 579 | 752 | 983 | 1,272 | 1,602 | 1,838 | 2,373 |
| Males 31-50, Food Insufficient | 56 | 709 | 314 | 377 | 500 | 669 | 874 | 1,094 | 1,243 | 1,563 |
| Males 31-50, Food Sufficient | 1,741 | 915 ** | 414 | 491 | 644 | 853 | 1,116 | 1,414 | 1,626 | 2,103 |
| Males 51+, Food Insufficient | 25 | 571 | 337 | 380 | 459 | 558 | 669 | 780 | 852 | 998 |
| Males 51+, Food Sufficient | 2,361 | 777 * | 349 | 416 | 550 | 732 | 955 | 1,194 | 1,357 | 1,706 |
| Females 14-30, Food Insufficient | 43 | 600 | 281 | 329 | 426 | 561 | 731 | 921 | 1,054 | 1,350 |
| Females 14-30, Food Sufficient | 1,286 | 705 | 350 | 409 | 524 | 675 | 853 | 1,040 | 1,164 | 1,425 |
| Females 31-50, Food Insufficient | 50 | 550 | 390 | 421 | 478 | 545 | 617 | 685 | 728 | 812 |
| Females 31-50, Food Sufficient | 1,674 | 657 | 303 | 360 | 472 | 624 | 806 | 999 | 1,128 | 1,403 |
| Females 51+, Food Insufficient | 37 | 478 | 300 | 333 | 392 | 467 | 552 | 638 | 694 | 808 |
| Females 51+, Food Sufficient | 2,222 | 603 * | 274 | 327 | 431 | 571 | 741 | 920 | 1,042 | 1,299 |

Source: 1994-1996, 1998 CSFII.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

## Usual Nutrient Intake: Magnesium (mg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 226 | 185 | 193 | 207 | 224 | 242 | 260 | 272 | 298 | < 1% |
| Kids 4-13, Food Sufficient | 4,949 | 235 | 148 | 163 | 192 | 229 | 271 | 314 | 343 | 406 | < 1% |
| Males 14-30, Food Insufficient | 58 | 314 | 180 | 203 | 246 | 302 | 370 | 440 | 488 | 589 | 61.5% |
| Males 14-30, Food Sufficient | 1,317 | 329 | 179 | 205 | 254 | 315 | 388 | 471 | 529 | 660 | 56.0% |
| Males 31-50, Food Insufficient | 56 | 281 | 125 | 152 | 205 | 272 | 347 | 421 | 469 | 566 | 75.8% |
| Males 31-50, Food Sufficient | 1,741 | 337 | 185 | 213 | 263 | 325 | 398 | 475 | 528 | 642 | 59.6% * |
| Males 51+, Food Insufficient | 25 | 223 | 150 | 164 | 189 | 220 | 254 | 287 | 308 | 351 | 99.0% |
| Males 51+, Food Sufficient | 2,361 | 305 | 159 | 186 | 234 | 294 | 364 | 440 | 492 | 602 | 71.0% ** |
| Females 14-30, Food Insufficient | 43 | 203 | 105 | 122 | 155 | 196 | 244 | 292 | 324 | 389 | 79.4% |
| Females 14-30, Food Sufficient | 1,286 | 226 | 133 | 150 | 180 | 220 | 265 | 310 | 340 | 409 | 70.2% |
| Females 31-50, Food Insufficient | 50 | 208 | 125 | 141 | 169 | 204 | 243 | 280 | 304 | 352 | 85.0% |
| Females 31-50, Food Sufficient | 1,674 | 238 | 132 | 152 | 187 | 231 | 280 | 333 | 369 | 445 | 68.4% * |
| Females 51+, Food Insufficient | 37 | 194 | 117 | 132 | 156 | 186 | 223 | 267 | 299 | 376 | 89.7% |
| Females 51+, Food Sufficient | 2,222 | 233 | 131 | 150 | 184 | 226 | 274 | 325 | 359 | 432 | 71.1% |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

## Usual Nutrient Intake: Vitamin A (mcg RAE), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 673 | 428 | 471 | 552 | 656 | 775 | 897 | 977 | 1,145 | < 1% |
| Kids 4-13, Food Sufficient | 4,949 | 741 | 363 | 419 | 537 | 697 | 896 | 1,116 | 1,273 | 1,605 | 1.1% * |
| Males 14-30, Food Insufficient | 58 | 639 | 195 | 248 | 364 | 549 | 812 | 1,140 | 1,388 | 1,984 | 58.7% |
| Males 14-30, Food Sufficient | 1,317 | 818 | 312 | 381 | 523 | 732 | 1,015 | 1,360 | 1,619 | 2,244 | 37.4% |
| Males 31-50, Food Insufficient | 56 | 516 | 148 | 196 | 302 | 460 | 669 | 908 | 1,077 | 1,454 | 70.7% |
| Males 31-50, Food Sufficient | 1,741 | 839 | 305 | 376 | 525 | 744 | 1,041 | 1,411 | 1,696 | 2,407 | 36.6% ** |
| Males 51+, Food Insufficient | 25 | 403 | 164 | 199 | 270 | 372 | 501 | 645 | 745 | 969 | 88.6% |
| Males 51+, Food Sufficient | 2,361 | 982 | 318 | 397 | 541 | 818 | 1,217 | 1,757 | 2,193 | 3,335 | 33.3% ** |
| Females 14-30, Food Insufficient | 43 | 575 | 218 | 269 | 374 | 525 | 722 | 945 | 1,103 | 1,456 | 43.5% |
| Females 14-30, Food Sufficient | 1,286 | 624 | 233 | 287 | 397 | 557 | 773 | 1,037 | 1,239 | 1,734 | 39.0% |
| Females 31-50, Food Insufficient | 50 | 418 | 120 | 157 | 239 | 367 | 540 | 744 | 892 | 1,229 | 70.4% |
| Females 31-50, Food Sufficient | 1,674 | 654 | 252 | 309 | 425 | 592 | 811 | 1,072 | 1,267 | 1,740 | 36.3% ** |
| Females 51+, Food Insufficient | 37 | 464 | 210 | 245 | 319 | 426 | 567 | 732 | 851 | 1,126 | 64.7% |
| Females 51+, Food Sufficient | 2,222 | 715 | 276 | 335 | 459 | 644 | 891 | 1,183 | 1,397 | 1,894 | 30.7% |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

## Usual Nutrient Intake: Iron (mg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 14.3 | 10.3 | 11.0 | 12.4 | 14.0 | 15.9 | 17.9 | 19.2 | 22.1 | < 1% |
| Kids 4-13, Food Sufficient | 4,949 | 15.1 | 8.9 | 9.9 | 11.8 | 14.4 | 17.6 | 21.1 | 23.6 | 29.2 | < 1% |
| Males 14-30, Food Insufficient | 58 | 18.0 | 10.8 | 11.9 | 14.1 | 17.2 | 20.9 | 25.1 | 28.0 | 34.4 | < 1% |
| Males 14-30, Food Sufficient | 1,317 | 19.8 | 11.2 | 12.6 | 15.1 | 18.7 | 23.3 | 28.4 | 32.1 | 40.9 | < 1% |
| Males 31-50, Food Insufficient | 56 | 15.0 | 7.2 | 8.6 | 11.3 | 14.6 | 18.3 | 22.0 | 24.4 | 29.2 | 4.1% |
| Males 31-50, Food Sufficient | 1,741 | 19.0 | 10.2 | 11.5 | 14.2 | 17.8 | 22.4 | 27.9 | 31.9 | 42.0 | < 1% |
| Males 51+, Food Insufficient | 25 | 10.6 | 7.2 | 7.9 | 9.1 | 10.4 | 11.9 | 13.7 | 15.0 | 18.0 | 3.0% |
| Males 51+, Food Sufficient | 2,361 | 17.1 | 8.5 | 9.9 | 12.4 | 15.9 | 20.5 | 25.8 | 29.7 | 39.0 | 1.2% |
| Females 14-30, Food Insufficient | 43 | 11.3 | 6.1 | 7.0 | 8.7 | 10.9 | 13.4 | 16.0 | 17.7 | 21.1 | 21.9% |
| Females 14-30, Food Sufficient | 1,286 | 13.5 | 7.6 | 8.5 | 10.3 | 12.8 | 16.0 | 19.3 | 21.8 | 27.6 | 12.4% |
| Females 31-50, Food Insufficient | 50 | 11.8 | 6.3 | 7.3 | 9.2 | 11.6 | 14.2 | 16.7 | 18.2 | 21.4 | 19.8% |
| Females 31-50, Food Sufficient | 1,674 | 13.1 | 7.0 | 7.9 | 9.8 | 12.3 | 15.6 | 19.3 | 22.0 | 28.6 | 18.4% |
| Females 51+, Food Insufficient | 37 | 10.7 | 5.2 | 6.1 | 7.8 | 10.2 | 13.0 | 16.0 | 18.1 | 22.6 | 15.4% |
| Females 51+, Food Sufficient | 2,222 | 12.4 | 6.7 | 7.7 | 9.4 | 11.8 | 14.7 | 18.0 | 20.3 | 25.6 | 2.2% |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

## Usual Nutrient Intake: Zinc (mg/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th | % < EAR[a] |
|---|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 9.7 | 7.1 | 7.7 | 8.5 | 9.6 | 10.7 | 12.0 | 12.8 | 14.7 | < 1% |
| Kids 4-13, Food Sufficient | 4,949 | 10.5 | 6.5 | 7.2 | 8.5 | 10.2 | 12.2 | 14.3 | 15.7 | 18.7 | < 1% |
| Males 14-30, Food Insufficient | 58 | 12.7 | 6.5 | 7.4 | 9.3 | 11.9 | 15.2 | 18.9 | 21.4 | 27.1 | 18.0% |
| Males 14-30, Food Sufficient | 1,317 | 14.9 | 8.6 | 9.6 | 11.7 | 14.3 | 17.4 | 20.9 | 23.3 | 28.6 | 4.5% |
| Males 31-50, Food Insufficient | 56 | 11.4 | 5.9 | 6.9 | 8.7 | 11.1 | 13.8 | 16.5 | 18.3 | 22.0 | 32.1% |
| Males 31-50, Food Sufficient | 1,741 | 14.3 | 8.2 | 9.2 | 11.1 | 13.7 | 16.8 | 20.1 | 22.4 | 27.3 | 11.2% |
| Males 51+, Food Insufficient | 25 | 8.0 | 4.5 | 5.1 | 6.2 | 7.6 | 9.4 | 11.3 | 12.6 | 15.4 | 75.0% |
| Males 51+, Food Sufficient | 2,361 | 12.5 | 6.6 | 7.5 | 9.2 | 11.7 | 14.9 | 18.5 | 21.1 | 27.2 | 26.8% ** |
| Females 14-30, Food Insufficient | 43 | 8.0 | 4.2 | 4.8 | 6.0 | 7.6 | 9.6 | 11.8 | 13.3 | 16.7 | 37.5% |
| Females 14-30, Food Sufficient | 1,286 | 9.7 | 5.7 | 6.4 | 7.6 | 9.3 | 11.3 | 13.3 | 14.7 | 17.7 | 14.6% |
| Females 31-50, Food Insufficient | 50 | 8.4 | 4.3 | 5.0 | 6.4 | 8.1 | 10.2 | 12.3 | 13.7 | 16.5 | 31.1% |
| Females 31-50, Food Sufficient | 1,674 | 9.6 | 5.3 | 6.0 | 7.3 | 9.1 | 11.3 | 13.8 | 15.5 | 19.6 | 19.1% |
| Females 51+, Food Insufficient | 37 | 8.1 | 5.9 | 6.3 | 7.1 | 8.0 | 9.0 | 9.9 | 10.5 | 11.7 | 18.2% |
| Females 51+, Food Sufficient | 2,222 | 8.6 | 4.9 | 5.5 | 6.6 | 8.2 | 10.1 | 12.2 | 13.7 | 16.9 | 27.3% |

Source: 1994-1996, 1998 CSFII.

[a]EAR = Estimated Average Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

# Estimated Energy Requirements and Usual Intake of Food Energy (kcal): Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th |
|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | | | | | | | | | | |
| Usual intake | 173 | 1,866 | 1,331 | 1,439 | 1,621 | 1,834 | 2,074 | 2,331 | 2,510 | 2,906 |
| EER[a] | 103 | 1,763 | 1,167 | 1,257 | 1,470 | 1,644 | 1,924 | 2,529 | 2,729 | 3,209 |
| Kids 4-13, Food Sufficient | | | | | | | | | | |
| Usual intake | 4,949 | 1,941 | 1,295 | 1,411 | 1,629 | 1,898 | 2,205 | 2,519 | 2,730 | 3,204 |
| EER | 4,214 | 1,820 | 1,270 | 1,354 | 1,520 | 1,770 | 2,043 | 2,375 | 2,631 | 3,019 |
| Males 14-30, Food Insufficient | | | | | | | | | | |
| Usual intake | 58 | 2,643 | 1,361 | 1,566 | 1,966 | 2,508 | 3,172 | 3,892 | 4,386 | 5,456 |
| EER | 55 | 2,793 | 2,242 | 2,354 | 2,447 | 2,783 | 2,974 | 3,300 | 3,734 | 3,908 |
| Males 14-30, Food Sufficient | | | | | | | | | | |
| Usual intake | 1,317 | 2,827 | 1,652 | 1,870 | 2,253 | 2,725 | 3,291 | 3,913 | 4,346 | 5,293 |
| EER | 1,303 | 2,911 | 2,352 | 2,449 | 2,675 | 2,894 | 3,126 | 3,366 | 3,555 | 3,979 |
| Males 31-50, Food Insufficient | | | | | | | | | | |
| Usual intake | 56 | 2,143 | 1,076 | 1,287 | 1,666 | 2,116 | 2,587 | 3,029 | 3,301 | 3,831 |
| EER | 49 | 2,761 | 2,241 | 2,326 | 2,481 | 2,767 | 2,985 | 3,218 | 3,410 | 3,820 |
| Males 31-50, Food Sufficient | | | | | | | | | | |
| Usual intake | 1,741 | 2,549 * | 1,534 | 1,713 | 2,044 | 2,475 | 2,969 | 3,468 | 3,811 | 4,614 |
| EER | 1,729 | 2,810 | 2,313 | 2,393 | 2,575 | 2,793 | 3,022 | 3,234 | 3,381 | 3,698 |
| Males 51+, Food Insufficient | | | | | | | | | | |
| Usual intake | 25 | 1,475 | 771 | 911 | 1,162 | 1,458 | 1,769 | 2,058 | 2,236 | 2,581 |
| EER | 25 | 2,366 | 1,859 | 1,866 | 2,131 | 2,288 | 2,549 | 2,790 | 2,856 | 2,969 |
| Males 51+, Food Sufficient | | | | | | | | | | |
| Usual intake | 2,361 | 2,069 ** | 1,166 | 1,336 | 1,642 | 2,012 | 2,431 | 2,875 | 3,173 | 3,798 |
| EER | 2,338 | 2,542 | 1,937 | 2,093 | 2,300 | 2,543 | 2,777 | 2,997 | 3,135 | 3,408 |
| Females 14-30, Food Insufficient | | | | | | | | | | |
| Usual intake | 43 | 1,611 | 937 | 1,073 | 1,313 | 1,595 | 1,891 | 2,168 | 2,339 | 2,669 |
| EER | 38 | 2,146 | 1,729 | 1,829 | 1,973 | 2,071 | 2,276 | 2,624 | 2,645 | 2,754 |
| Females 14-30, Food Sufficient | | | | | | | | | | |
| Usual intake | 1,286 | 1,860 | 1,169 | 1,307 | 1,547 | 1,826 | 2,134 | 2,453 | 2,667 | 3,113 |
| EER | 1,248 | 2,199 | 1,817 | 1,873 | 2,002 | 2,150 | 2,343 | 2,586 | 2,744 | 3,068 |

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th |
|---|---|---|---|---|---|---|---|---|---|---|
| Females 31-50, Food Insufficient | | | | | | | | | | |
| Usual intake | 50 | 1,714 | 935 | 1,085 | 1,354 | 1,683 | 2,040 | 2,385 | 2,601 | 3,028 |
| EER | 46 | 2,224 | 1,806 | 1,851 | 2,027 | 2,223 | 2,442 | 2,566 | 2,712 | 2,877 |
| Females 31-50, Food Sufficient | | | | | | | | | | |
| Usual intake | 1,674 | 1,700 | 1,045 | 1,175 | 1,400 | 1,664 | 1,958 | 2,270 | 2,480 | 2,922 |
| EER | 1,610 | 2,176 | 1,741 | 1,817 | 1,960 | 2,149 | 2,351 | 2,586 | 2,739 | 3,080 |
| Females 51+, Food Insufficient | | | | | | | | | | |
| Usual intake | 37 | 1,302 | 841 | 935 | 1,100 | 1,292 | 1,493 | 1,680 | 1,795 | 2,017 |
| EER | 33 | 2,057 | 1,513 | 1,740 | 1,932 | 2,059 | 2,139 | 2,504 | 2,569 | 2,665 |
| Females 51+, Food Sufficient | | | | | | | | | | |
| Usual intake | 2,222 | 1,488 | 918 | 1,029 | 1,225 | 1,458 | 1,717 | 1,983 | 2,159 | 2,521 |
| EER | 2,149 | 1,970 | 1,505 | 1,598 | 1,764 | 1,961 | 2,154 | 2,355 | 2,476 | 2,778 |

Source: 1994-1996, 1998 CSFII.

[a]EER = Estimated Energy Requirement.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)

# Usual Nutrient Intake: Fat, Carbohydrate, and Protein, Individuals in Food Insufficient versus Sufficient Households

| | | Fat | | Carbohydrate | | Protein | |
|---|---|---|---|---|---|---|---|
| | N | % < AMDR[a] | % > AMDR | % < EAR[b] | % outside AMDR | % < EAR | % outside AMDR |
| Kids 4-13, Food Insufficient | 173 | <1 | 33.6 | < 1 | 2.9 | <1 | <1 |
| Kids 4-13, Food Sufficient | 4,949 | 1.5 | 23.7 | <1 | 2.5 | <1 | <1 |
| Males 14-30, Food Insufficient | 58 | <1 | 46.7 | <1 | 15.7 | 3.8 | <1 |
| Males 14-30, Food Sufficient | 1,317 | <1 | 27.0 | <1 | 14.0 | 2.1 | <1 |
| Males 31-50, Food Insufficient | 56 | <1 | 36.8 | 2.8 | 8.1 | 7.2 | <1 |
| Males 31-50, Food Sufficient | 1,741 | <1 | 39.0 | <1 | 27.5 | 3.3 | <1 |
| Males 51+, Food Insufficient | 25 | <1 | 9.0 | <1 | 5.6 | 35.0 | 1.0 |
| Males 51+, Food Sufficient | 2,361 | 1.4 | 40.3 | 1.3 | 28.7 | 10.2 | <1 |
| Females 14-30, Food Insufficient | 43 | 2.1 | 16.7 | 2.4 | 7.1 | 22.8 | 8.4 |
| Females 14-30, Food Sufficient | 1,286 | 1.0 | 28.0 | <1 | 12.9 | 7.8 | 1.7 |
| Females 31-50, Food Insufficient | 50 | <1 | 5.8 | 1.1 | 4.6 | 27.2 | <1 |
| Females 31-50, Food Sufficient | 1,674 | <1 | 34.4 | 2.1 | 20.7 | 13.1 | <1 |
| Females 51+, Food Insufficient | 37 | <1 | 51.0 | 7.6 | 29.5 | 25.8 | <1 |
| Females 51+, Food Sufficient | 2,222 | 2.2 | 30.9 | 3.0 | 18.2 | 17.7 | <1 |

Source: 1994-1996 CSFII.
[a]AMDR = Acceptable Macronutrient Distribution Range.
[b]EAR = Estimated Average Requirement.

# Usual Nutrient Intake: Fiber (g/d), Individuals in Food Insufficient versus Sufficient Households

| Sex-Age Category | N | Mean | 5th | 10th | 25th | 50th | 75th | 90th | 95th | 99th |
|---|---|---|---|---|---|---|---|---|---|---|
| Kids 4-13, Food Insufficient | 173 | 12.9 | 4.6 | 5.8 | 8.3 | 11.3 | 15.3 | 21.5 | 26.8 | 41.2 |
| Kids 4-13, Food Sufficient | 4,949 | 13.1 | 7.7 | 8.6 | 10.3 | 12.6 | 15.3 | 18.1 | 20.1 | 24.4 |
| Males 14-30, Food Insufficient | 58 | 19.0 | 8.7 | 10.4 | 13.7 | 18.1 | 23.3 | 28.7 | 32.2 | 39.7 |
| Males 14-30, Food Sufficient | 1,317 | 18.1 | 9.0 | 10.5 | 13.4 | 17.1 | 21.7 | 26.9 | 30.4 | 38.3 |
| Males 31-50, Food Insufficient | 56 | 16.3 | 7.7 | 9.1 | 11.9 | 15.6 | 19.9 | 24.4 | 27.4 | 33.6 |
| Males 31-50, Food Sufficient | 1,741 | 18.8 | 9.4 | 11.0 | 14.0 | 17.9 | 22.6 | 27.8 | 31.4 | 39.3 |
| Males 51+, Food Insufficient | 25 | 11.8 | 7.9 | 8.5 | 9.8 | 11.4 | 13.4 | 15.5 | 17.0 | 20.1 |
| Males 51+, Food Sufficient | 2,361 | 18.3 * | 8.0 | 9.7 | 13.0 | 17.3 | 22.4 | 28.1 | 32.1 | 40.7 |
| Females 14-30, Food Insufficient | 43 | 12.3 | 5.6 | 6.7 | 8.8 | 11.6 | 15.1 | 18.8 | 21.3 | 26.7 |
| Females 14-30, Food Sufficient | 1,286 | 13.1 | 6.8 | 7.9 | 9.9 | 12.5 | 15.7 | 18.9 | 21.1 | 26.1 |
| Females 31-50, Food Insufficient | 50 | 12.1 | 8.5 | 9.2 | 10.5 | 12.0 | 13.6 | 15.1 | 16.1 | 18.0 |
| Females 31-50, Food Sufficient | 1,674 | 13.9 | 6.5 | 7.7 | 10.1 | 13.3 | 17.0 | 21.0 | 23.6 | 29.1 |
| Females 51+, Food Insufficient | 37 | 11.9 | 5.9 | 7.0 | 8.9 | 11.5 | 14.4 | 17.4 | 19.4 | 23.4 |
| Females 51+, Food Sufficient | 2,222 | 14.3 | 6.8 | 8.1 | 10.5 | 13.7 | 17.4 | 21.3 | 23.9 | 29.2 |

Source: 1994-1996 CSFII.

*(**): p-value for difference between food insufficient and food sufficient is < .05(.01)