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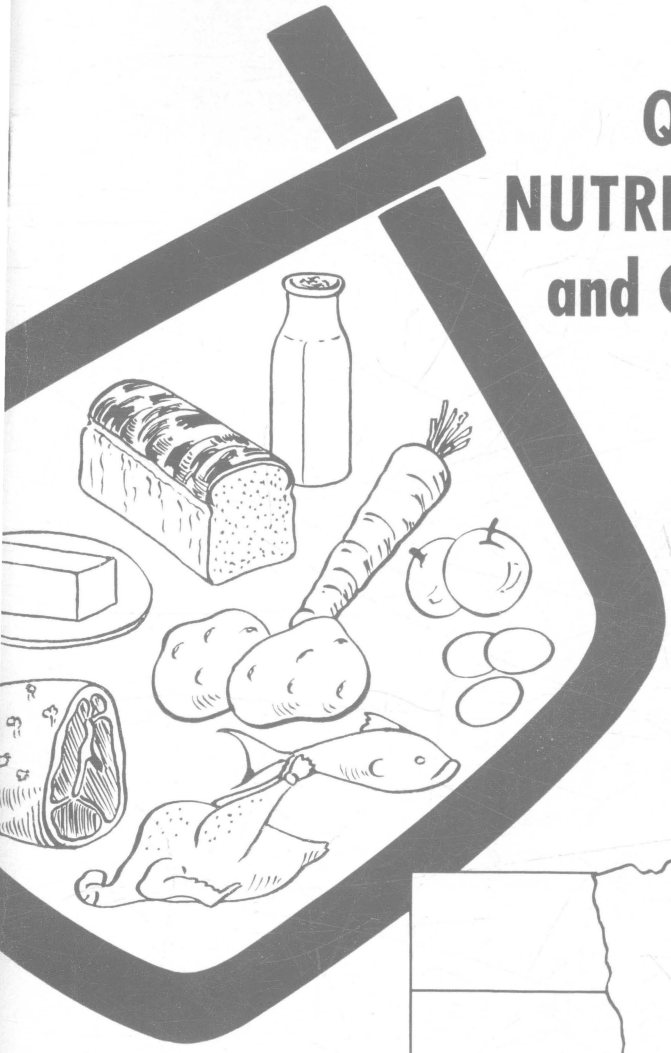

QUANTITY, NUTRITIVE CONTENT and CASH VALUE of FOOD

BY 178 FAMILIES
IN KANSAS
and
268 FAMILIES IN
OHIO

Agricultural Experiment Stations of

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- Indiana
- Iowa
- Kansas
- Michigan
- Minnesota
- Missouri
- Nebraska
- North Dakota
- Ohio
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Contribution No. 24, Subproject II of the North Central Regional Cooperative Project NC-5, Nutritional Status and Dietary Needs of Population Groups.

QUANTITY, NUTRITIVE CONTENT AND CASH VALUE OF FOOD USED BY 178 FAMILIES IN KANSAS AND 268 FAMILIES IN OHIO

SUMMARY AND CONCLUSIONS

Average quantities of food used per person per week and mean nutrient content of diets per nutrition unit for 178 families of 9-, 10- and 11-year-old school children in Kansas and for 268 families in Ohio are presented. Conclusions are drawn directly from the basic data presented in the tables.

In the 1-week period studied, the state averages per nutrition unit for 8 nutrients and calories met or exceeded the Recommended Dietary Allowances of the National Research Council. Individual food intakes, however, were frequently low in calcium and ascorbic acid in Kansas and in calcium, caloric value, vitamin A value and ascorbic acid in Ohio.

Relatively few families surveyed in Kansas and Ohio had diets which met less than 67 percent of the NRC Allowances per nutrition unit for calories and the nutrients considered in this study. This was true also for children's diets as calculated from 3-day records. Only about 15 percent of the children's diets, however, met 100 percent of the Recommended Allowances for the 8 nutrients and calories when their family diets met or exceeded these Allowances. In a few cases in each state children's diets were adequate according to Recommended Allowances although family diets supplied some nutrients at less than 67 percent of the Allowances per nutrition unit.

Food consumption varied with state, size of community, income level and size of family. Families in Ohio used on the average slightly larger quantities per person per week than did families in Kansas of meat, dried beans, potatoes, citrus fruit and other fruit and vegetables; averages for grain and fat were higher in Kansas; and all other food groups were used in comparable quantities per person per week by families in both states. In both Kansas and Ohio, families in rural areas used less citrus fruits and green and yellow vegetables than did families in other community classifications. Rural families in both states used the most grain, sugar and fat. Families with medium and

high incomes used, in general, larger quantities per person per week of the 10 food groups considered than did families with low incomes. In general, small families, and especially small families in villages, used larger quantities per person per week of the 10 food groups than did large families. Calcium and riboflavin were directly related to level of consumption of milk; protein, thiamine and niacin to the meat group; vitamin A value to green and yellow vegetables; and ascorbic acid to citrus fruits and tomatoes.

Cash value of foods used per person per week by families in Ohio was, in general, higher than in Kansas. In both states cash value of food used was directly but not necessarily proportionally related to income level. Most of the food used by families in both states was purchased. As might be expected, however, home-grown products contributed substantially more to cash value of family food supplies in rural areas than in villages and cities.

In 1947 a coordinated program was developed by workers at the Iowa, Kansas and Ohio Agricultural Experiment Stations to ascertain dietary habits and physical development of a group of children in public schools in these states and to study the general health and nutrition practices of their families. A map showing location of school districts selected for study in the three states and a table showing distribution of schools by size of community were included in a previous publication by Patton et al. (8).

The nutritive content of the diets of this group of children has been reported by Eppright et al. (3). At the same time that information was collected for Eppright's report, a group of approximately one-third of the families of the children in Kansas and Ohio contributed information on use of food in the home during the week in which the children kept their dietary records. Relationships between estimated nutritive content of diets of the children and those of their families could thus be studied. This report is based on information obtained from those families.

The food list-recall method was used to obtain information about family food supplies. Time and personnel available were limited and did not permit either collection of more detailed information or inclusion of a larger number of families. Evidence suggests that the food list gives a fairly accurate measure of food used by individual families and by large groups of families (2, 6). Further, more homemakers were likely to cooperate with use of a method that required a minimum of time and trouble on their part, and food consumption patterns were less likely to be affected when a field agent needed to be in the home for only one or two brief visits.

Information presented in this report is based on 7-day dietary data collected from a total of 446 households in Kansas and Ohio. Included are calculated mean nutrient content of family diets per nutrition unit, comparisons with the 1948 Recommended Dietary Allowances of the National Research Council (7), average quantities of food by groups used per person, and average money value of the food used. Conclusions based on quantity, nutritive content and cash value of food used are drawn from basic data presented in the tables.

METHOD

COLLECTION OF DATA

From the fall of 1948 through the first half of 1951, workers for the Kansas and Ohio Agricultural Experiment Stations interviewed 178 families in Kansas and 268 families in Ohio. The homemaker in each participating family was asked to recall—with the aid of a detailed food list—all food used by the family during the week immediately preceding the interview. Food waste for the week was also estimated. The information was recorded in common household units of measure.

Additional information obtained during the survey included cost of food, size and composition of family, family income, number of meals served during the week—including those served to guests—home facilities, education of the mother and her activities outside the home.

Quantities of food used. The various food items used by the families during the 1-week period were classified into 10 food groups by similarity as sources of certain important nutrients. The weights of such foods as ice cream, bread, baked beans and other were converted to equivalent weights of fluid whole milk, flour, dry beans and other, respectively, for totalling with foods in their respective food groups. Factors for conversion were furnished by the then Bureau of Human Nutrition and Home Economics. As examples, ice cream was usually reported in pints or quarts. This measure was changed to pounds of ice cream and then converted to equivalent pounds of fluid whole milk by multiplying by the factor 1.2. Loaves of bread were changed to pounds of bread and converted to equivalent pounds of flour by multiplying by the factor 0.6. The total poundage of each food group used per family in a week was obtained by totalling the reported quantities of individual foods.

The mean quantities of foods used per person per week were computed by dividing the total quantities of food used by a group of families or households by the number of meal-equivalent persons considered (21 meals = 1 person per week.)

Nutrient content of diets. The nutrient content of food used by the families was calculated by using the figures given in USDA Handbook 8, **Composition of Foods** (9), supplemented by **Food Values of Portions Commonly Used** by Bowes and Church (1). The calculated value of the family diet for each nutrient was divided by the total number of nutrition units in the family to obtain the value per nutrition unit. The nutrition unit used was the Recommended Allowance of given nutrients for a moderately active adult male of average height according to National Research Council standards for 1948. Allowances for other sex-age-activity individuals were related to this standard. For example, for calories the number of nutrition units in the following family would be:

Moderately active man		1.00
Moderately active woman		.80
Ten-year-old girl		.83
Sixteen-year-old boy		1.27
Total nutrition units	=	3.90

(See table 1, Appendix.)

Money value of food. Money value per person per week of food used by the families was based on retail prices paid. Prices prevailing in the community at the time of the survey were used for food which had been home-produced, received as gifts, and when price information could not be supplied by the person interviewed.

CLASSIFICATION OF DATA

The above data were classified by size of family (small families were those with from 0 to 5.99 persons and large families, 6.00 or more members); size of community (Ohio used (a) city, (b) village and (c) rural classifications and Kansas, (a) town and village and (b) rural); and level of income ((a) intervals of $1000 and (b) the 3 groupings lowest 1/3, middle 1/3 and highest 1/3).

MEAN NUTRIENT INTAKE

Average values per nutrition unit for calories and 8 nutrients in the diets of 178 families in Kansas and 268 in Ohio are presented in tables 2-7, Appendix, according to classifications indicated above.

The average values per nutrition unit for calories and each of the 8 nutrients for all families observed in both states are as follows:

	No. families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
1948 NRC Recommended Allowances		3000	70.0	1000	12.0	5,000	1.5	2.0	15.0	75
Kansas, all families	178	3974	104.0	1135	17.2	10,151	2.25	2.67	24.4	111
Ohio, all families	268	4017	108.3	1102	19.2	10,333	2.51	2.67	26.2	133

These state averages for nutritive values of diets per nutrition unit are well above the 1948 Recommended Allowances, indicating that the families were well-fed. However, as shown in tables 4 and 5, Appendix, the averages conceal the frequency of low intakes of certain important nutrients among individual families.

Average values for calcium in certain classifications in Kansas (table 2, Appendix) and for calcium and vitamin A in Ohio (table 3, Appendix) were the only nutrient intakes apparently lower per nutrition unit than Recommended Allowances. In Kansas, among town and village and rural families with incomes of $2,000 to $2,999 the mean calcium values were 872 and 981 mg, respectively. In Ohio, among city families with incomes of less than $1,000 and $1,000-1,999, calcium levels were 746 and 834 mg, respectively. Among village families with incomes between $3,000 and $4,999 calcium was slightly below the 1 gram level. In addition, city families with incomes of under $1,000 had average intakes per nutrition unit slightly low in vitamin A according to Recommended Allowances.

In both states, average ascorbic acid values per nutrition unit appeared to be more closely related to income level than were other nutrients (tables 2 and 3, Appendix).

When families in Kansas were divided into the 3 income groups (high, medium and low) and by size of community, only rural families in the so-called low-income group had average calcium levels per nutrition unit below the Recommended Allowance (table 4, Appendix, and figure 1).. When families in Ohio were similarly divided (table 5, Appendix, and figure 2), the mean calcium value per nutrition unit of so-called low-income city families was practically equal to the Allowance and that for middle-income village families was slightly below. Rural families in Ohio had average intakes per nutrition unit of this nutrient that met or exceeded the Allowances.

In Kansas, when rural and urban families were classified by income into these same 3 groups (table 4, Appendix, and figure 1), those in the lowest income group had less liberal average amounts of all nutrients per nutrition unit than did families in the middle and upper classifications. In Ohio the pattern in this regard was not clear-cut (table 5, Appendix, and figure 2).

Size of family appeared to be a factor in amounts of calcium in diets in Kansas (table 6, Appendix) and in Ohio among city families only (table 7, Appendix). (Also see figures 3 and 4.) In Kansas as

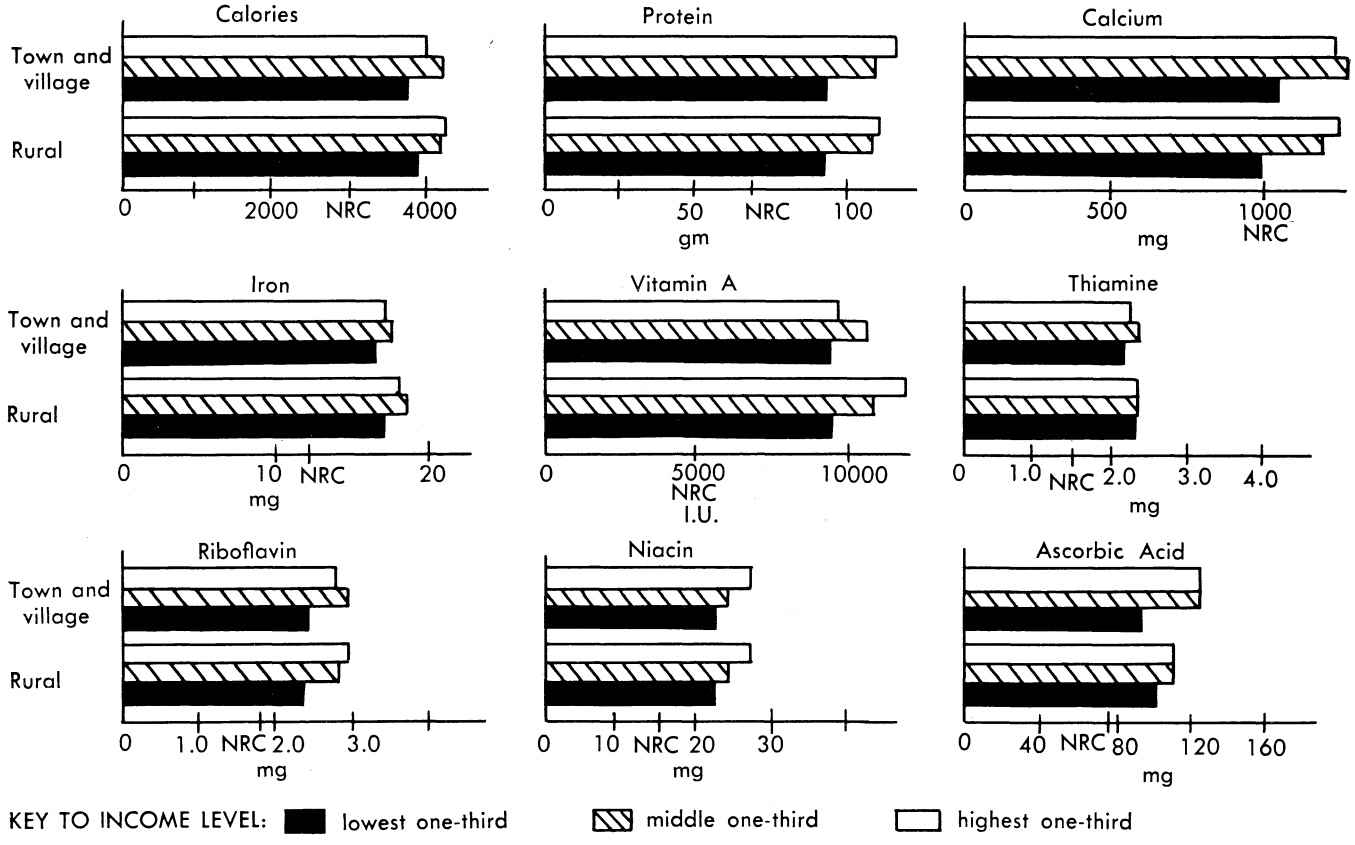


Fig. 1.—Average nutritive value of diets per nutrition unit for 164 families in Kansas by size of community and income level.

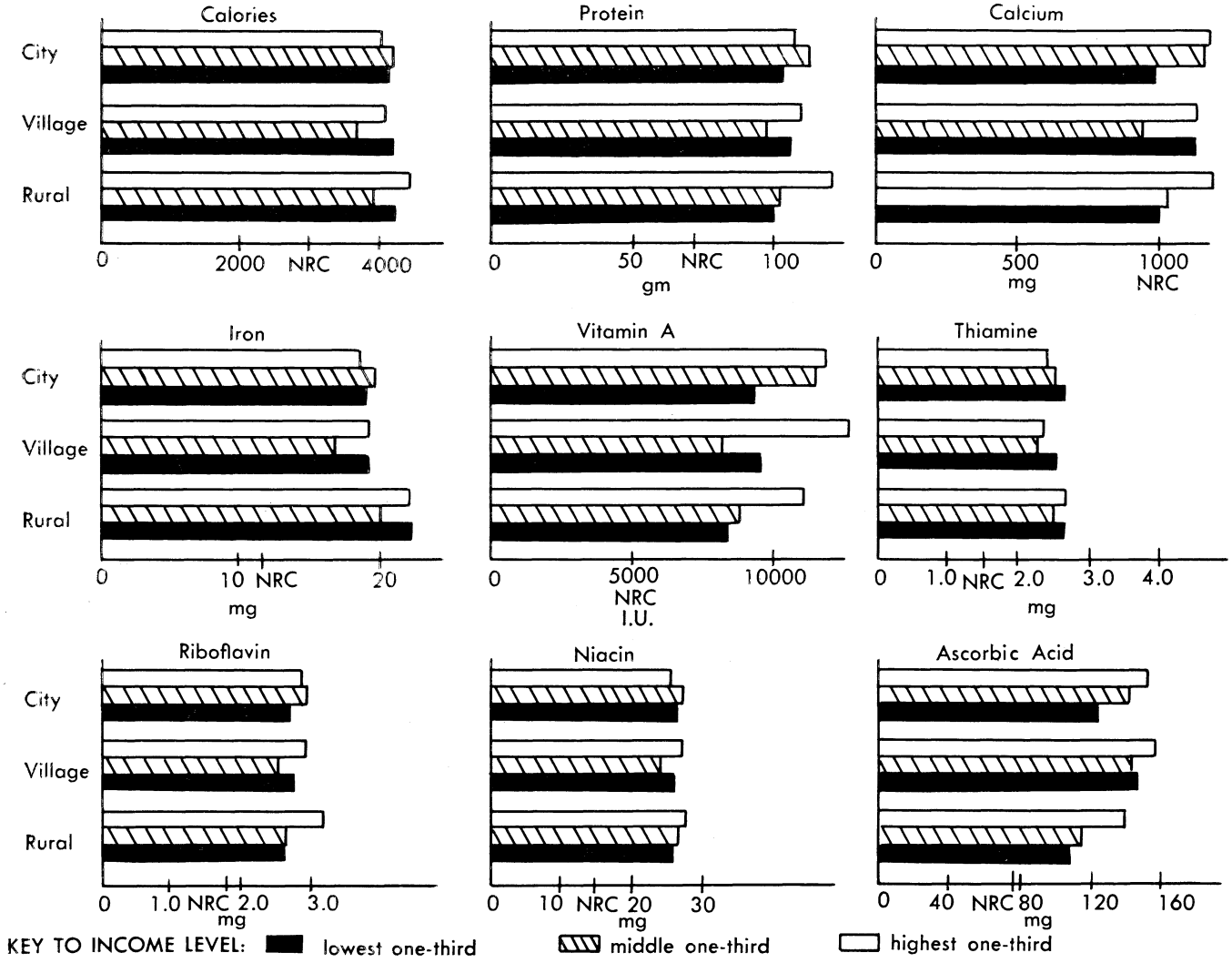


Fig. 2.—Average nutritive value of diets per nutrition unit for 258 families in Ohio by size of community and income level.

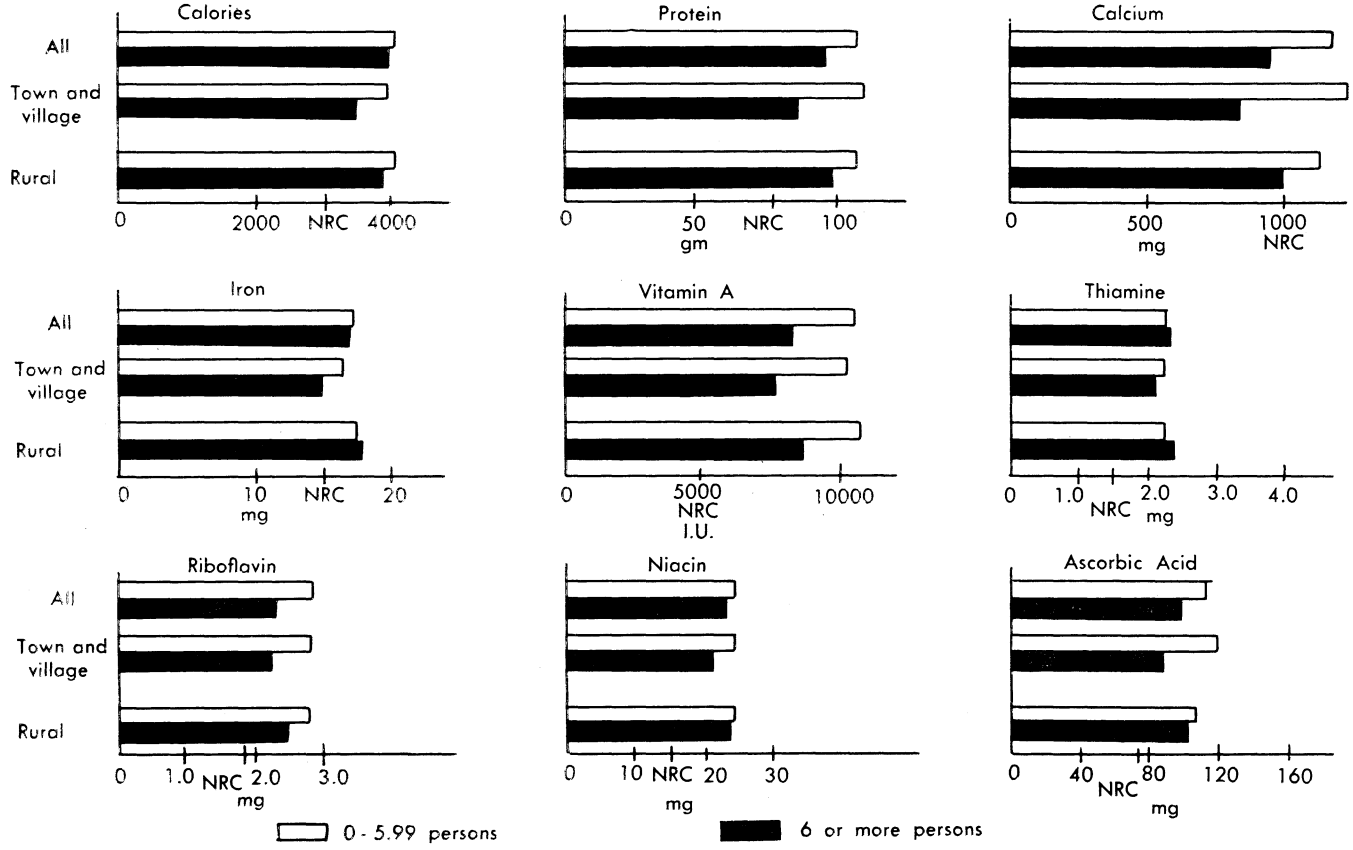


Fig. 3.—Average nutritive value of diets per nutrition unit for 178 families in Kansas classified by size of community and size of family.

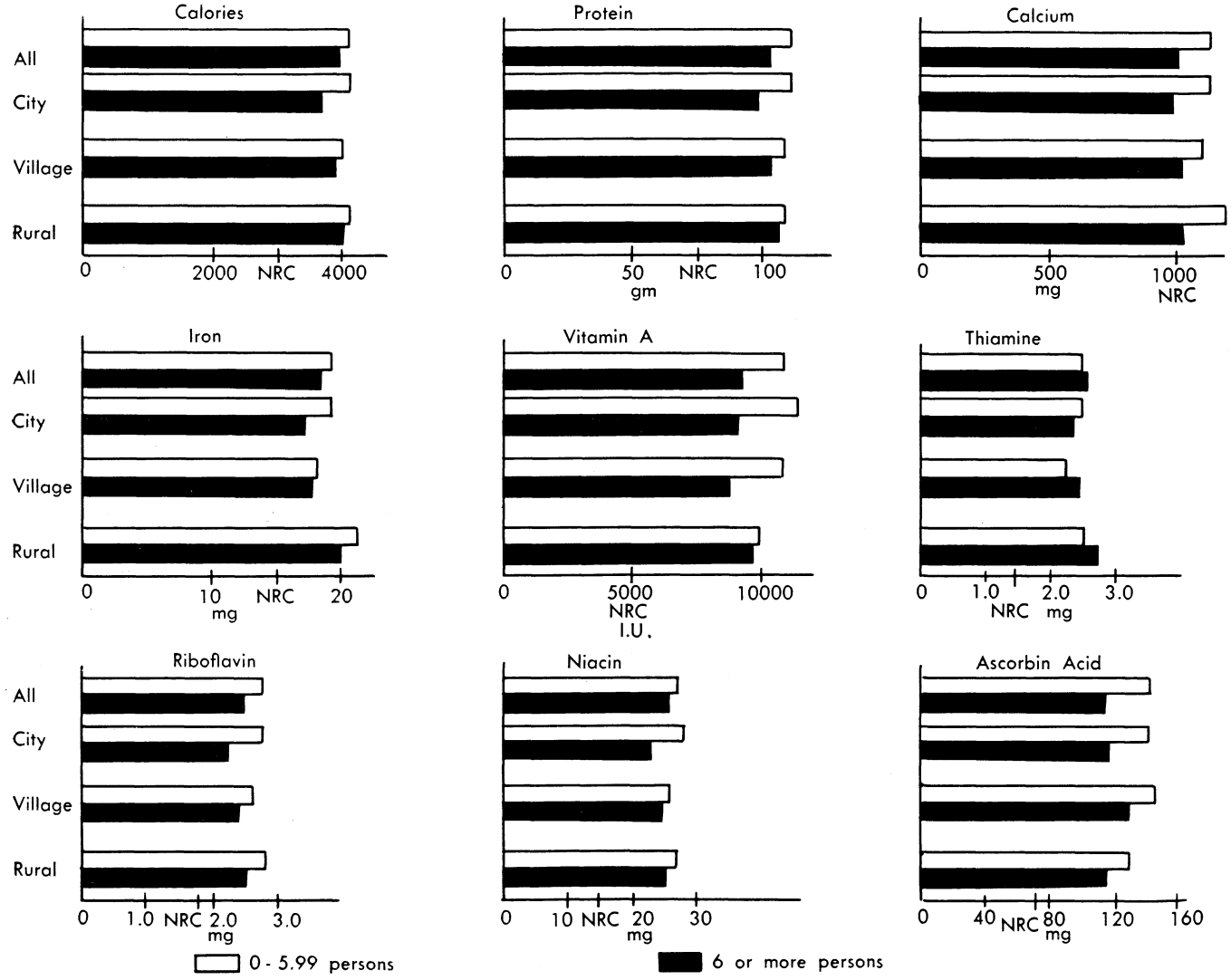


Fig. 4.—Average nutritive value of diets per nutrition unit for 268 families in Ohio classified by size of community and size of family.

well as in Ohio, average nutritive values of diets per nutrition unit were generally lower for families of 6 or more persons than for the small families. However, the large families in village and rural areas in Ohio had larger average values per nutrition unit for thiamine than did small families. Large families among the sample studied in rural areas of Kansas had higher average intakes of iron, thiamine and niacin per nutrition unit than did the small ones.

Percentages of families surveyed in Kansas and Ohio meeting 100 percent of Recommended Allowances for calories and 8 nutrients per nutrition unit are presented in tables 8 and 9, Appendix, respectively. In both states, more diets were low in calcium than in any other nutrient. The greatest percentages of families having low intakes of calcium per nutrition unit were in town and village areas in Kansas and in cities in Ohio.

In addition to calcium, about 1 in 5 families had diets low per nutrition unit in ascorbic acid in Kansas in both rural areas and towns. In Ohio, only about 1 in 10 diets was low in ascorbic acid, but about 1 in 5 was low in calories and about 1 in 8, in vitamin A. Inspection of data in table 9 indicates that low amounts of these nutrients per nutrition unit occurred more frequently among city families and less often among village residents.

The percentages of families meeting Recommended Dietary Allowances per nutrition unit for calories and 8 nutrients appears to be related to income in both states. (See figures 5 and 6.) More families with medium and high than with low incomes met Recommended levels of the nutrients considered.

In tables 10 and 11, Appendix, families surveyed in Kansas and in Ohio whose diets met specified percentages of Recommended Allowances for 8 nutrients and calories per nutrition unit are classified by size of community and by income (above or below the median). In both states as a whole more families with incomes above median than below tended to meet the Recommended Allowances per nutrition unit for all nutrients except thiamine in Ohio and iron in Kansas. In these two cases percentages were the same for both income classifications.

In Ohio when the data are classified by community, larger percentages of the city families with median and above incomes than with below met the 100 percent level for each nutrient per nutrition unit. This was true for all nutrients except for riboflavin in the case of rural families and among village families for only calories, calcium and vitamin A. In Kansas, larger percentages of the families in towns and villages with median and above incomes than with below met the 100 percent level for each nutrient except for iron and niacin. Percentages of rural

families in the two income groups meeting 100 percent of the calorie Allowance per nutrition unit were equal. Among the 8 nutrients, the higher income levels were associated with the higher percentages of families with recommended amounts.

In these tables (tables 10 and 11, Appendix) as in the preceding ones in this report, it can be observed that a larger percentage of the families had diets below the Recommended Allowances in calcium and ascorbic acid than other nutrients. In Ohio, calcium in all communities and vitamin A among rural and city families were the nutrients most frequently low in the diets.

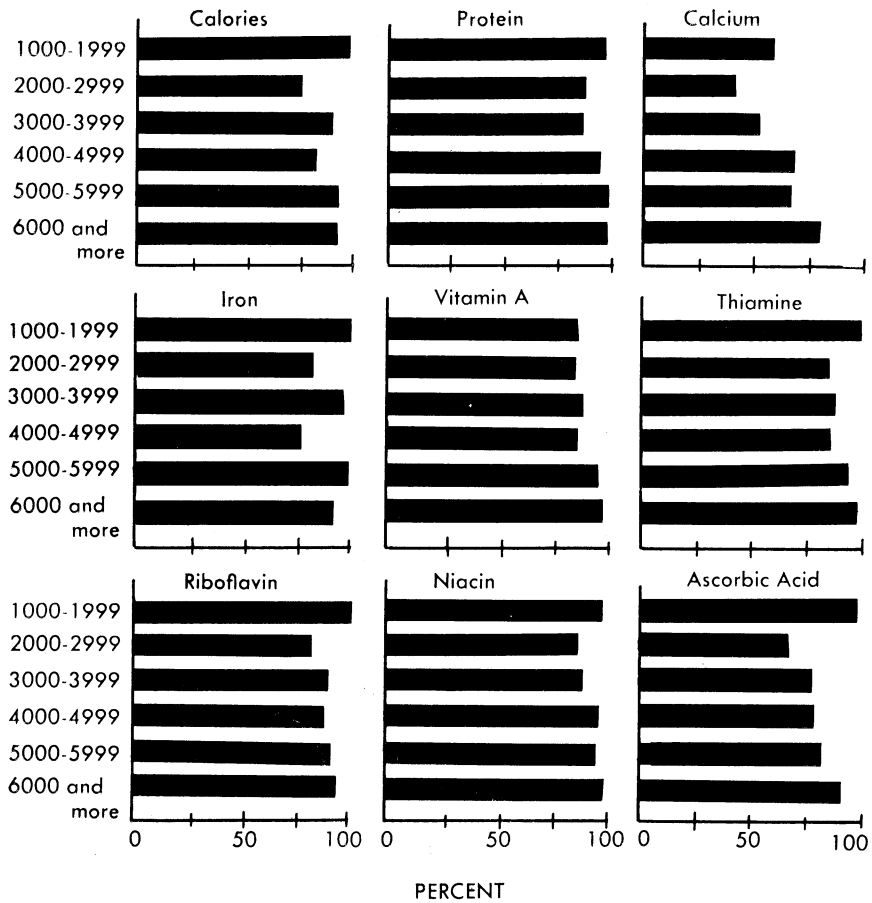


Fig. 5.—Percentage of family diets in Kansas meeting 100 percent of NRC Recommended Allowances for specific nutrients classified by income level (164 families).

In tables 12 and 13, Appendix, the relation of family size to adequacy of diet per nutrition unit is shown. Among all families studied in Kansas smaller percentages of the large families met the 100 percent level per nutrition unit for each nutrient except thiamine than was true for small families. When families were classified by size of community

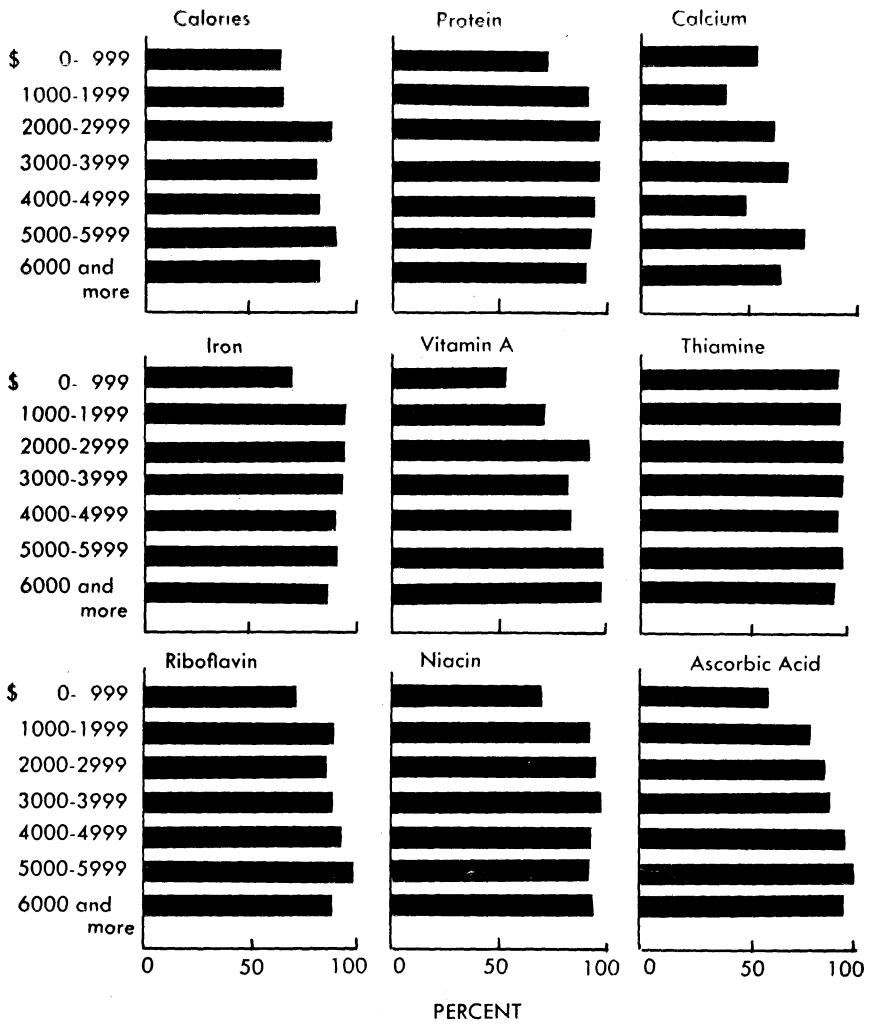


Fig. 6.—Percentage of family diets in Ohio meeting 100 percent of NRC Recommended Allowances for specific nutrients classified by income level (258 families).

as well as size of family, larger percentages of the small families than of the large families in towns and villages met the Allowance for each nutrient per nutrition unit. However, among rural families percentages were higher among small than among large families per nutrition unit only for calcium, vitamin A, riboflavin and ascorbic acid.

In Ohio larger percentages of small families in cities and in villages met 100 percent of the Recommended Allowances per nutrition unit for each of the 8 nutrients and calories than did large families (table 13, Appendix). On the other hand, larger percentages of large families than of the small families in rural areas met the Recommended Allowances per nutrition unit for protein, iron, thiamine, niacin, and for calories.

Comparatively few families surveyed in Kansas or in Ohio met less than 67 percent of the Allowances per nutrition unit for the nutrients considered in this study. In Kansas, calcium and vitamin A and in Ohio, calcium, vitamin A and ascorbic acid were the nutrients most often falling short at this level. The shortages occurred most commonly among the large families.

COMPARISONS BETWEEN FAMILY DIETS AND CHILDREN'S DIETS

Eppright et al. (3), in studying food habits and nutrient intake of the 9-, 10- and 11-year-old school children belonging to the families in the present study and to families in Iowa, found that: "Except for calcium, the average intake levels for each year of age and each state conformed to or exceeded the Recommended Dietary Allowances of the National Research Council. Frequently, however, individual intakes were somewhat low in calcium, ascorbic acid and vitamin A value." These findings are borne out repeatedly in the dietary findings reported herein for families of these children in Kansas and Ohio when the 3-day intake records kept by the children were compared with the 7-day family records.

Level of nutrients in family diets and in children's diets. In both Kansas and Ohio higher percentages of family diets than of children's diets met the Recommended Allowances per nutrition unit for calories and each of the 8 nutrients considered (table 14, Appendix). Larger percentages of children's diets than of family diets met from 67-99 percent of the Allowances. In both states the percentages of family and children's diets meeting 67-99 percent of the calcium requirements per nutrition unit were not only high but also similar (30 and 36 percent for family and children's diets, respectively, in Kansas, and 31 and 34

percent for family and children's diets, respectively, in Ohio). Relatively small percentages of the children's diets met less than 67 percent of the Allowances in both states except for calcium, vitamin A value and ascorbic acid in Ohio and except for calcium and ascorbic acid in Kansas.

Children's diets at 3 levels of Recommended Allowances for nutrients compared with family diets at 2 levels. In Kansas and in Ohio only 13 and 17 percent, respectively, of the children's diets met the Recommended Allowances for calories and 8 nutrients when their family diets were adequate (table 15, Appendix). Nearly one-half of the children in Kansas and more than one-third in Ohio whose diet records are compared in table 15 had diets supplying less than 67 percent of the recommended amounts for some nutrients.

In cases of family diets supplying some nutrients at less than 67 percent of Recommended Allowances per nutrition unit, a few children's diets in each state met 100 percent of the recommended level for all nutrients. More than one-half of the diets of the children in Kansas and more than three-fourths of the children in Ohio whose family diets supplied some nutrients at less than 67 percent of the Recommended Allowances also had diets with some nutrients less than 67 percent of their requirements.

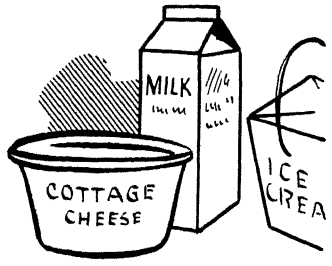
Children's diets compared with family diets at 3 levels of the Recommended Allowances for calories and 8 nutrients. Calories and 8 nutrients in children's diets at three specified levels of the Recommended Allowances in relation to nutrient level in family diets for families studied in Kansas and Ohio are shown in table 16, Appendix. In general, less than one-half of these children's diets contained the recommended amounts for calcium, calories and ascorbic acid in both states and for iron in Kansas although the family diets were adequate by National Research Council standards. Calcium was the nutrient most frequently low in children's diets.

When family diets were adequate larger percentages of the children's diets in Ohio than in Kansas met the Allowances for all nutrients except vitamin A. Sixty percent or more of the children's diets met recommended amounts for iron, protein, thiamine and riboflavin in Ohio and for protein and vitamin A value in Kansas.

When family diets were adequate per nutrition unit, according to Recommended Allowances, relatively small percentages of children's diets contained less than 67 percent of the Allowances for all nutrients in Kansas except for ascorbic acid, calcium, niacin and riboflavin and in Ohio except for ascorbic acid and vitamin A value.

QUANTITIES OF FOOD USED

Differences in amounts used of certain food groups occurred between the two states, Kansas and Ohio, and within states by size of community, income level and size of family.



Milk and milk products. More pounds of milk and milk products than any other food group were used per person per week by families in both Kansas and Ohio (tables 17 and 18, respectively, Appendix). The average quantities consumed per person per week by the families studied in Kansas and Ohio varied from as low as 4.42 pounds for city families in Ohio to 15.74 pounds for village families in Ohio, all with incomes of less than $1,000.

In Kansas, persons in town and village areas used an average of 10.21 pounds of milk and milk products per week and in rural areas, 10.10 pounds. In Ohio rural families used an average of 9.90 pounds per person per week; village families, 9.80 pounds and city families, 9.68 pounds.

In general, people in families in the medium and higher income groups in Kansas used larger average quantities of milk products per week than did those in the lower income groups, but quantities were not necessarily proportional to income.

In Ohio as in Kansas, families in the highest income groups tended to use the largest average quantities of milk and milk products per person per week and those in the lowest income groups, the least, although in both states a few families with lowest incomes used comparatively large quantities of this food group.

A study of weekly fluid milk consumption in four cities in Ohio in 1954-55 (5) showed that use of milk was directly related to income up to about $3500. Beyond that income level consumption figures varied little and even tended to decrease at highest income levels.

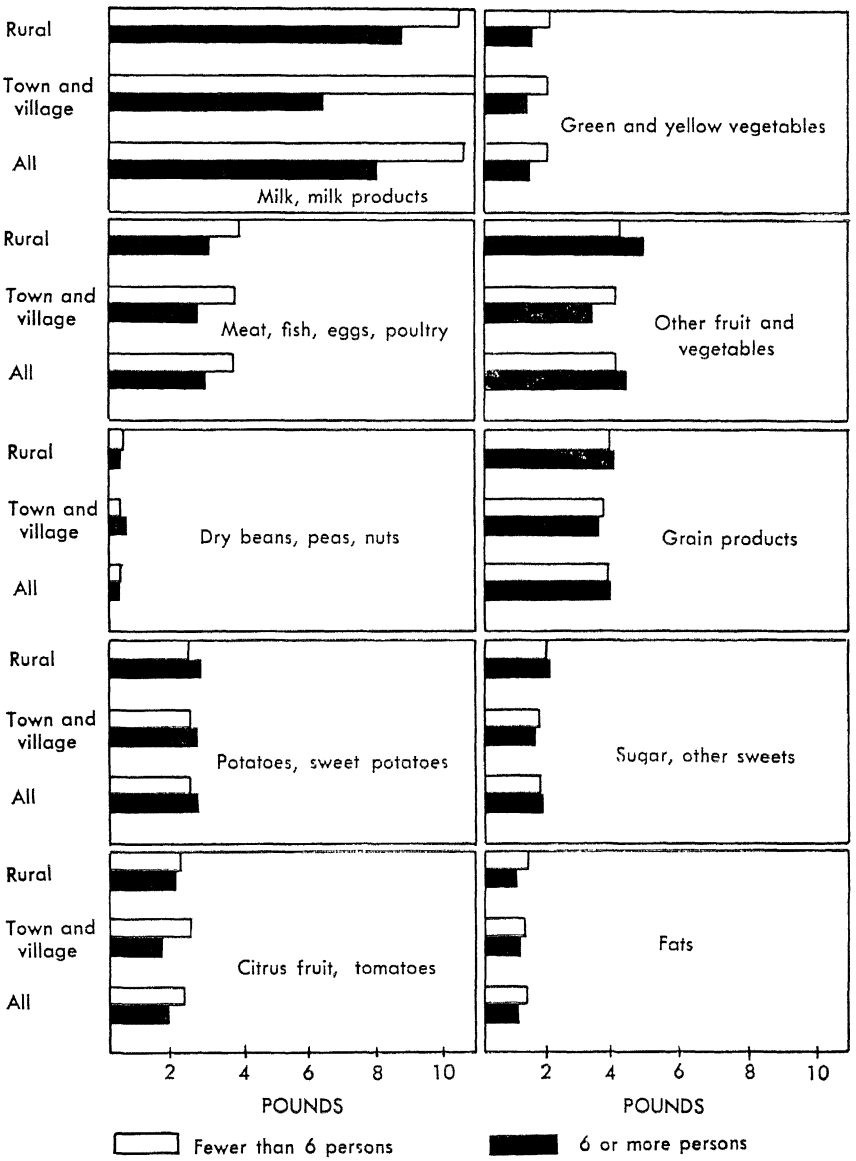


Fig. 7.—Amounts of ten food groups used per person per week in Kansas by size of community and size of family.

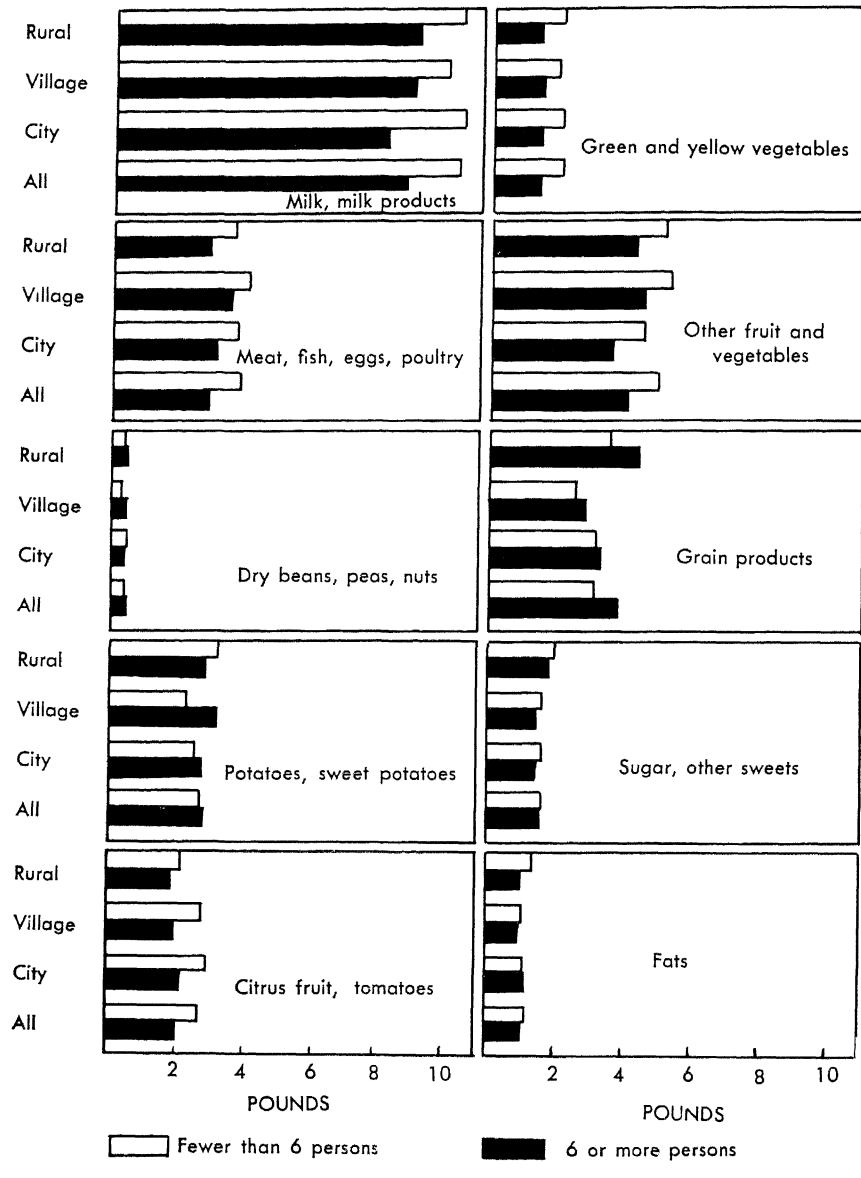
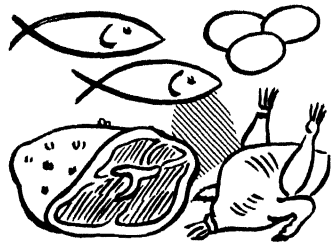


Fig. 8.—Amounts of ten food groups used per person per week in Ohio by size of community and size of family.

Families of fewer than 6 members in both Kansas and Ohio (tables 19 and 20, Appendix, and figures 7 and 8) used more milk and milk products per person per week than did families of 6 or more. The smaller families surveyed in Kansas reported use of an average of 2.66 pounds more of this food group per person per week than did the larger families. Among rural families, the difference between the average amounts used by small and large families was 1.69 pounds and for town and village families, 4.51 pounds.

In Ohio average quantities of milk and milk products used per person per week by the large families were less than those of small families in cities, villages and rural areas as well as for the state but differences were less than in Kansas.

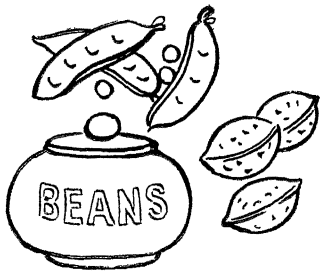


Meat, fish, poultry, eggs. Average consumption per person per week of meat, fish, poultry and eggs varied from 1.59 to 4.45 pounds in Ohio and in Kansas from 2.66 to 4.77 pounds with averages of 3.79 and 3.58 pounds in Ohio and Kansas, respectively.

Average quantities of meat, fish, poultry and eggs used per person per week were similar for both town and village and for rural families in Kansas (3.54 and 3.61 pounds, respectively). In Ohio, too, rural and village families used nearly equal amounts per person per week of this food group, but amounts used by city families were about two-fifths pound less (3.99, 3.95 and 3.51 pounds per person per week in rural, village and city areas, respectively).

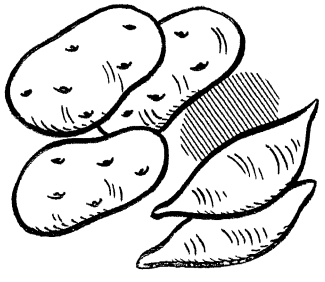
In Ohio and Kansas in general, families having the lowest incomes used the smallest average amounts of meat, fish, poultry and eggs per person per week. In both states, families of fewer than 6 members in this study used larger average amounts of meat, fish, poultry and eggs per person per week than did families of 6 or more. (See figures 7 and 8.) Among large families in Ohio, persons in villages used the largest average amount of meat per week and those in rural areas, the least.

In Kansas, rural families of fewer than 6 members used an average of 0.08 pound more meat, fish and poultry than did families of this size in towns and villages whereas the average per person per week for rural families of 6 or more members was 0.40 pound more than for families of corresponding size in towns and villages.



Dry beans, peas, nuts. Among families surveyed in both states, dry beans, peas and nuts were used in smallest quantities per person per week of any food group. Families in town and village and rural areas in Kansas used nearly equal average amounts with an average for the state of about one-third pound per person per week.

In Ohio, rural families used the most dry beans, peas and nuts and village families, the least. The average for the state was about one-half pound per person per week. Level of income and size of family (figures 7 and 8) apparently did not affect amount of these foods eaten in either Kansas or Ohio.



Potatoes, sweet potatoes. Mean quantities of potatoes and sweet potatoes used per person per week by families surveyed in Ohio ranged from as little as 2.12 pounds for village families with incomes of $5,000–$5,999 to as much as 12.15 pounds for the 2 village families with incomes of less than $1,000. The state mean was 2.83 pounds per person per week.

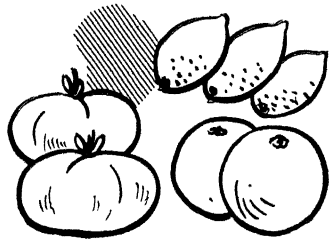
In Kansas the range in average consumption for this food group was from 1.86 pounds per person per week by rural families in the $4,000–$4,999 income bracket to 2.80 pounds by the $5,000–$5,999 income group in towns. The mean quantity for the state was 2.39 pounds or slightly less than one-half pound under the mean quantity used by families studied in Ohio.

Mean consumption of potatoes and sweet potatoes did not vary between community classifications in Kansas. In Ohio, on the other hand, rural families averaged nearly one-half pound more of these products than did city or village participants in the survey.

Level of income had no apparent effect on mean quantities of potatoes and sweet potatoes consumed in either Kansas or Ohio.

In Kansas, families of fewer than 6 members used a smaller average quantity of potatoes and sweet potatoes per person per week than did the larger families, regardless of community classification (figures

7 and 8). In Ohio the large families in cities used slightly larger average quantities of this food group than did small families and large families in villages used over three-fourths pound per person per week more than small families in villages. The small rural families in Ohio, on the other hand, used over one-fourth pound more potatoes and sweet potatoes per person per week than the average amount used per person per week by large rural households.



Citrus fruit, tomatoes. Mean quantities of citrus fruit and tomatoes used per person per week by families participating in this study in Kansas varied from 1.02 pounds (town families with incomes of $1,000–$1,999) to 3.52 pounds (town families in $5,000–$5,999 income bracket). In Ohio the quantities consumed on the average varied from 0.78 pound to 4.35 pounds (village families with incomes under $1,000 and city families with incomes of $4,000–$4,999, respectively).

The average quantity of citrus fruit and tomatoes used per person per week by families in Ohio was 2.48 pounds as compared with an average of 2.13 pounds in Kansas. Members of rural families surveyed in Kansas used a smaller average amount than did the town and village families (2.04 pounds and 2.26 pounds, respectively). In Ohio, the average quantity of these products used per person per week by the city families was higher than village and rural averages (2.74 compared with 2.64 and 2.06 pounds, respectively).

In general, in both Kansas and Ohio, families having incomes of under $2,000 (17 percent of families surveyed in both states) used the lowest average quantities of citrus fruit and tomatoes per person per week whereas families with incomes of $3,000 and up (67 percent of Kansas and Ohio families) consumed the largest amounts of these products.

Small families used substantially larger average quantities of citrus fruit and tomatoes per person per week than did the families of 6 or more members in both Kansas and Ohio (figures 7 and 8).

Green and yellow vegetables. In Kansas, mean quantities of green and yellow vegetables consumed per person per week varied from 0.88 pound (city families, incomes with $1,000 to $1,999) to 2.10 pounds (rural families, incomes within $5,000–$5,999). Mean intakes of this food group varied in Ohio from 0.45 pound to 2.73 pounds (city families having incomes of less than $1,000 and rural famiiles within the $5,000–$5,999 income bracket, respectively).

Average consumptions of green and yellow vegetables per person per week were almost equal in Kansas and Ohio (1.83 and 1.81 pounds, respectively). Mean values for city and village families in Ohio and for town and village and rural families in Kansas were also about equal —1.83, 1.88, 1.78 and 1.87 pounds, respectively. Rural families in Ohio, however, averaged only 1.47 pounds of this food group per person per week.

On the average, families in both states with incomes of under $2,000 used smaller quantities of green and yellow vegetables per person per week than those with incomes of $2,000 and more.

Households of fewer than 6 members consumed substantially larger average quantities of green and yellow vegetables per person per week than did large families in both Kansas and Ohio (figures 7 and 8).

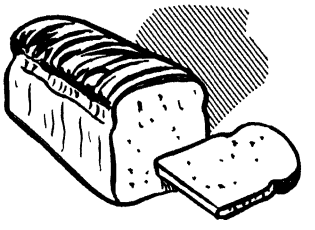
Other fruit and vegetables. Average quantities of other fruit and vegetables used in Kansas per person per week varied from 2.77 to 5.20 pounds (town families with incomes of $5,000–$5,999 and rural families with incomes of $4,000–$4,999, respectively). In Ohio variations ranged from extremes of 0.26 pound to 6.87 pounds (city families having incomes of $0–$999 and rural families with incomes of $5,000–$5,999, respectively).

The mean quantity of other fruit and vegetables consumed per person per week by the families surveyed in Kansas was 4.01 pounds compared with 4.66 pounds for families in Ohio. Rural families in Kansas used an average of 4.19 pounds of this food group per person per week compared to 3.77 pounds for town and village participants in the study. In Ohio, on the other hand, village families used more other fruit and vegetables than did either rural or city families—5.21 pounds compared with 4.80 and 4.21 pounds, respectively.

Families in Kansas having incomes of less than $2,000 consumed the largest average quantities of other fruit and vegetables per person per week during the survey (4.67 pounds) the group with incomes in the $2,000–$2,999 bracket used the least (3.36 pounds); and families with incomes of $3,000 and more used average amounts varying from 4.01 to 4.29 pounds.

In Ohio in general, families with low incomes in city and rural areas used less other fruit and vegetables per person per week than did families with medium and high incomes; village families used more of this food group than families in other community classifications but quantities and income did not appear to be related.

In Ohio, the small families (fewer than 6 persons) in all community classifications used more pounds of other fruit and vegetables per person per week than did the large families (figures 7 and 8). Small families in towns and villages in Kansas used more of this food group also than did large families but in rural areas the reverse was true.



Grain products. Variations in mean quantities of grain products consumed per person per week in Kansas were from 3.31 to 4.13 pounds (families in town and village areas with incomes of $2,000–$2,999 and rural families with incomes of $4,000–$4,999). In Ohio, the range was from 2.14 to 4.86 pounds (village families at the $5,000–$5,999 income level and rural families, $0–$999).

In Kansas, an average of 3.70 pounds of grain products was used per person per week compared to an average of 3.35 pounds in Ohio.

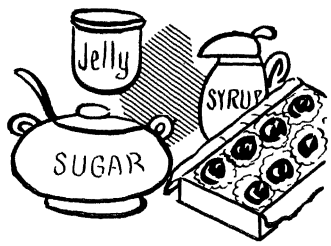
Although families in rural areas of Ohio averaged 4.08 pounds of grain products compared to the 3.79 pounds consumed per person per week in rural areas of Kansas, town and village residents in Kansas used more of this food group than did either city or village families in Ohio. Thus, in this study the per person per week average was about one-third pound larger for Kansas than Ohio. Families in rural areas in both states had higher consumption averages than other community classifications.

Income level and grain product consumption appear to be related inversely in Ohio, but showed little relationship in Kansas. The peak level of consumption per person per week in Ohio (4.35 pounds) was in

the group of families having incomes of $1,000–$1,999. In Kansas, on the other hand, peak average consumption of grain products occurred at the $3,000–$3,999 income level.

Differences in average amounts of grain products used by small families and large families were slight in Kansas (3.70 and 3.73 pounds, respectively) whereas in Ohio the difference amounted to 0.69 pound (3.06 and 3.75 pounds, respectively). (See figures 7 and 8.)

In contrast to consumption patterns for most of the other food groups, the large families in Ohio used larger average quantities of grain products per person per week than did the small families in all community classifications. Small families in the town and village classifications but large families in rural areas in Kansas used slightly larger amounts of grain products than did the other family-size groups in either classifications.



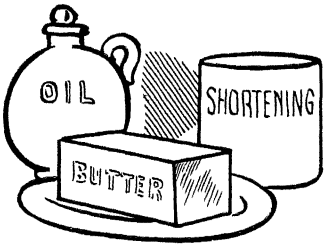
Sugar and other sweets. In Kansas, variations in mean quantities of sugar and sweets used per person per week were from 1.27 to 2.57 pounds (town families with incomes of $2,000–$2,999 and rural families with incomes of $1,000–$1,999, respectively). In Ohio the variation was from 1.21 to 2.26 pounds (village families with incomes of $6,000 and more and rural families making under $1,000 annually). Average quantities of this food group used per person per week in Kansas and Ohio were approximately equal (1.70 and 1.66 pounds, respectively).

Families in city and in village areas in Ohio and town and village families in Kansas used similar average quantities of sugar and other sweets per person per week (1.55–1.56 pounds). Average amounts of this food group used per person per week by rural families in Kansas and Ohio were about one-fourth pound more than for families in other community classifications.

Families in both states classified in the lowest income group consumed the largest average amounts of sugar. Other than this, no one income group tended to use more or less of sweets than another.

Small and large families in Kansas used almost identical average quantities of sugar and other sweets—1.70 and 1.71 pounds per person per week—and small families in Ohio averaged 1.68 pounds per person compared to 1.58 pounds for large families. (See figures 7 and 8.)

Families in rural areas in Kansas as well as in Ohio used similar mean amounts of sugar and other sweets regardless of family size. The small families in towns and villages in Kansas and in cities and villages in Ohio, however, all had somewhat larger averages per person per week for this food group than did large families.



Fats. Amounts of fat used in Kansas varied from 0.98 to 1.35 pounds per person per week (rural families with incomes of $1,000–$1,999 and $5,000–$5,999, respectively). In Ohio the variation was from 0.81 to 1.44 pounds (village families with incomes of $4,000–$4,999 and $0–$999, respectively). Families surveyed in Kansas used an average of 1.20 pounds of fat per person per week compared to 1.09 pounds for families in Ohio.

Rural families in Kansas used slightly more fat than did families in towns and villages, according to the averages calculated. Similarly, rural families in Ohio used slightly more fat than did city families and city families averaged more per person per week than village families—1.16, 1.11 and 0.96 pounds, respectively.

In Kansas, as a whole and among rural families, averages for fat consumption for families classified in middle income groups were slightly higher than those for either high or low income classes, but amount of fat used by town families was not related to income level.

Rural and village families in Ohio having incomes of less than $1,000 used larger average quantities of fat per person per week than did any other income groups but these families represented only about 2 percent of the Ohio sample. Otherwise, level of income had no relation to amount of fat consumed by families in Ohio.

Small families in Kansas used larger quantities of fat than did large families as indicated by the averages for the state; families of fewer than 6 persons, 1.24 pounds and 6 or more persons, 0.97 pound. (See figures 7 and 8.)

In Ohio, the average quantity of fat used by large families was 0.12 pound per person per week (about one-fourth cup) more than for small families. In both rural areas and villages the small families used more fat than did large families, but in cities a slightly larger amount was used by the large than by the small families.

QUANTITIES OF FOOD GROUPS USED AND LEVEL OF SPECIFIED NUTRIENTS IN THE DIETS

Scattergrams indicated that average amounts of calcium in family diets per nutrition unit in both Kansas and Ohio were closely related to quantities of milk in family diet per person per week. The level of ascorbic acid in the family diets per nutrition unit in both states also tended to be directly related to pounds of citrus fruit and tomatoes used per person per week by the families. No clear-cut relationship was observed between vitamin A value in the family diets per nutrition unit and quantities of green and yellow vegetables used per person per week in either Kansas or Ohio. Children's diets showed no clear-cut relationships between the above nutrients and corresponding food groups in family diets.

LEVEL OF NUTRIENTS IN DIETS IN RELATION TO QUANTITIES USED OF SPECIFIED FOOD GROUPS

The percentage of families in both Kansas and Ohio meeting 100 percent of the Recommended Dietary Allowances for specified nutrients were in most cases closely related to level of consumption of food groups rich in the specified nutrients. See table 21, Appendix.)

In both states, practically all of those families having 3 or more cups of milk per person per day (5.25 quarts or more per week) met the Recommended Allowances for calcium, protein and riboflavin. Among families having from 1 cup to 1 pint of milk per person per day, only 10 percent in Kansas and 5 percent in Ohio met the Allowances; of those having less than 1 cup, no one in either state had recommended amounts of these 3 nutrients.

In the case of meat, poultry and fish, practically all of those families using 2 or more pounds per person per week met the Allowances for protein, thiamine and niacin. With this amount of meat 9 out of 10 of the diets also met the riboflavin Allowance. With less than 1 pound of meat, poultry and fish per person per week, only about two-thirds of the families in both states met the Allowance for protein and riboflavin; three-fourths met the thiamine Allowance; and one-half of the families in Kansas and two-thirds of those in Ohio met the niacin Allowance.

The relationship between quantities of green and yellow vegetables used per person per week and total amount of vitamin A value in the diets was similar for the two states. About 75 percent of the families who used less than 1 pound of green and yellow vegetables per person per week had diets meeting the Allowance for vitamin A whereas 95 percent of families in Ohio and 100 percent of families studied in Kansas who used 2 or more pounds had diets that met the Allowance.

Potatoes often make a substantial contribution to the ascorbic acid value of the diet because of quantities eaten, and sweet potatoes are a relatively good source of vitamin A value. The relationship between these nutrients and amounts of these foods eaten appears somewhat more clear-cut for data from Ohio than from Kansas.

A positive relation between amounts of citrus fruits used per person per week and the level of ascorbic acid in the diet is evident in table 21. Among families using 1 pound and/or more of citrus fruit practically all met the Allowance for ascorbic acid. Among those using 0.5–0.99 pound only about one-half met the Allowance for this nutrient.

The relation between amounts of grain products used and the quantities of protein, iron, thiamine, riboflavin and niacin in the diet was similar in Kansas and Ohio. Iron and riboflavin levels in both states and calcium levels in Ohio seemed to be improved through increased use of cereals (table 21).

CASH VALUE OF FOOD

Costs of food have risen along with costs of other commodities since these data were collected. However, information pertinent to quantity and quality of the family food supply may be obtained from relationships existing between cash value of food and sources—i. e., purchased, home-grown, or gift—at various income levels.

Tables 22 and 23 show cash value of food used per person per week classified by community and income for families studied in Kansas and Ohio, respectively. Cash value of food purchased, home-produced and received as gifts is also shown in these tables.

On the average the cash value of food used per person per week by families studied in Ohio (figure 10) was more than that for families in Kansas (figure 9) at all income levels except $1,000–$1,999. In Kansas, for families with incomes of $2,000 and up and for most income classifications in Ohio, cash value of food used was related to income.

Most of the food used by families surveyed in both states was purchased. In rural areas, however, home-grown products contributed substantially to cash value of family food supplies. The home-produced food was chiefly milk and milk products, eggs and meat, fat, tomatoes, other fruit and vegetables, and in Kansas, green and yellow vegetables. In rural Kansas and for the state as a whole, but not in Ohio, the proportion of food produced at home was related directly to income except for families in the $1,000 to $1,999 income range. In both states home

production of food probably enabled families with low incomes to have better diets than might have been possible had actual cash outlay been required for this portion of the food supply.

In both Kansas and Ohio, cash value of food received as gifts was negligible.

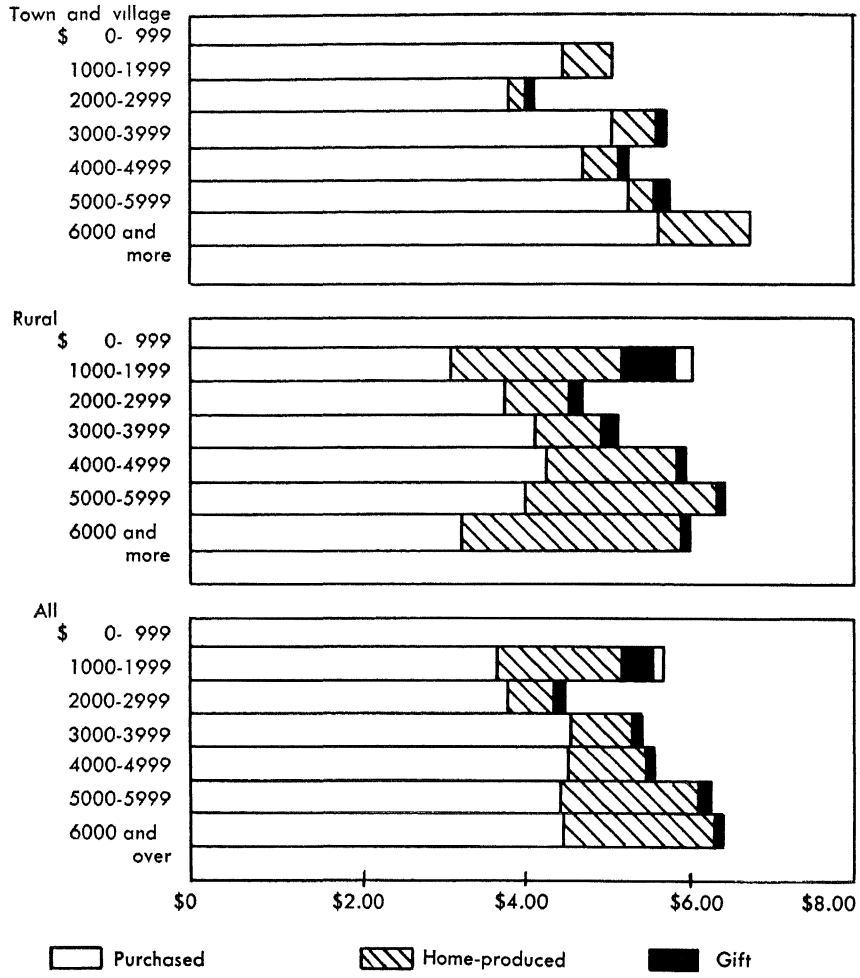


Fig. 9.—Total cash value of food used per person per week from 3 sources by 164 families in Kansas.

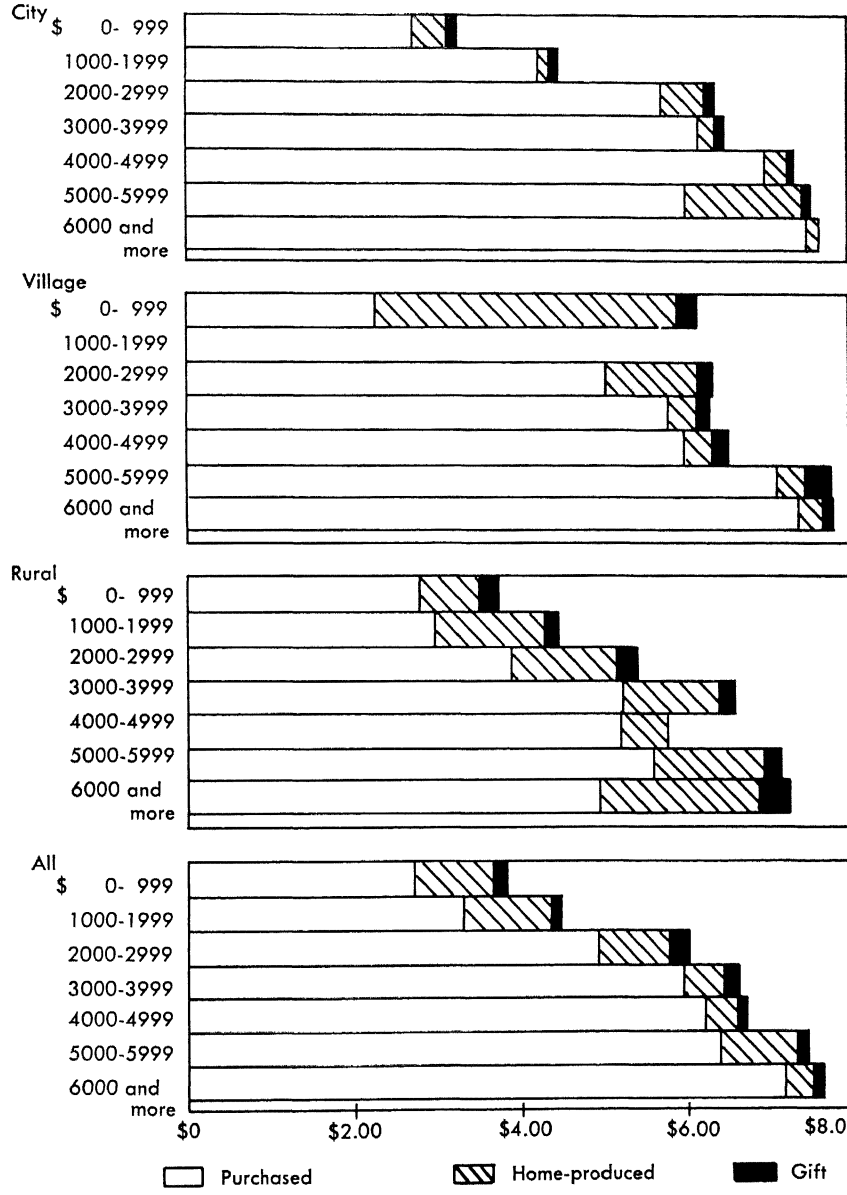


Fig. 10.—Total cash value of food used per person per week from 3 sources by 258 families in Ohio.

In both states the two food groups, milk and milk products and meat, fish, poultry and eggs accounted for nearly one-half of the money value of food used per person per week. Grain products were next in importance in the Ohio food dollar and took a larger share in this state than in Kansas although families in Kansas on the average consumed larger quantities of this food group. The proportion of the food dollar allotted to grain products appeared to be unrelated to income. Other fruit and vegetables, sugar and other sweets and fats ranked above grain products in the food dollar of families surveyed in Kansas. In both states other food groups ranked in order of decreasing cash value as follows: citrus and tomatoes, green and yellow vegetables, potatoes and sweet potatoes and dry beans, peas and nuts. Comparable fractions of the food dollar in the two states were allotted to each of these food groups.

Proportions of the food dollar allotted to citrus and tomatoes and to green and yellow vegetables were directly, but not necessarily proportionally related to income level, but not for potatoes and sweet potatoes and dry beans, peas and nuts.

Addendum to Kansas data: Cash value of food used. In a pilot study made in Kansas among 51 town families (4), the majority of the families had annual incomes of between $2,000 and $3,999. Few families made less or more than this.

Total cash value of food used per person per week tended to be directly, but not necessarily proportionally related to income level (table 24, Appendix). The range was from $4.00 at the lowest income to $8.14 at the highest.

Cash value of food groups used was directly but not proportionally related to income level except for fat, sugar and grain products. In addition, families with the low incomes spent more for food in the dry beans, peas, and nuts group than did higher income families.

LEVEL OF NUTRIENTS IN DIET COMPARED TO COST OF FOOD PER PERSON PER WEEK

In general, adequacy of diets according to Recommended Allowances was directly related to expenditure for food per person per week. This was noted in both Kansas and Ohio. At $7.00 and over none of the diets contained less than 67 percent of the Recommended Dietary Allowances for all nutrients. (See table 25.)

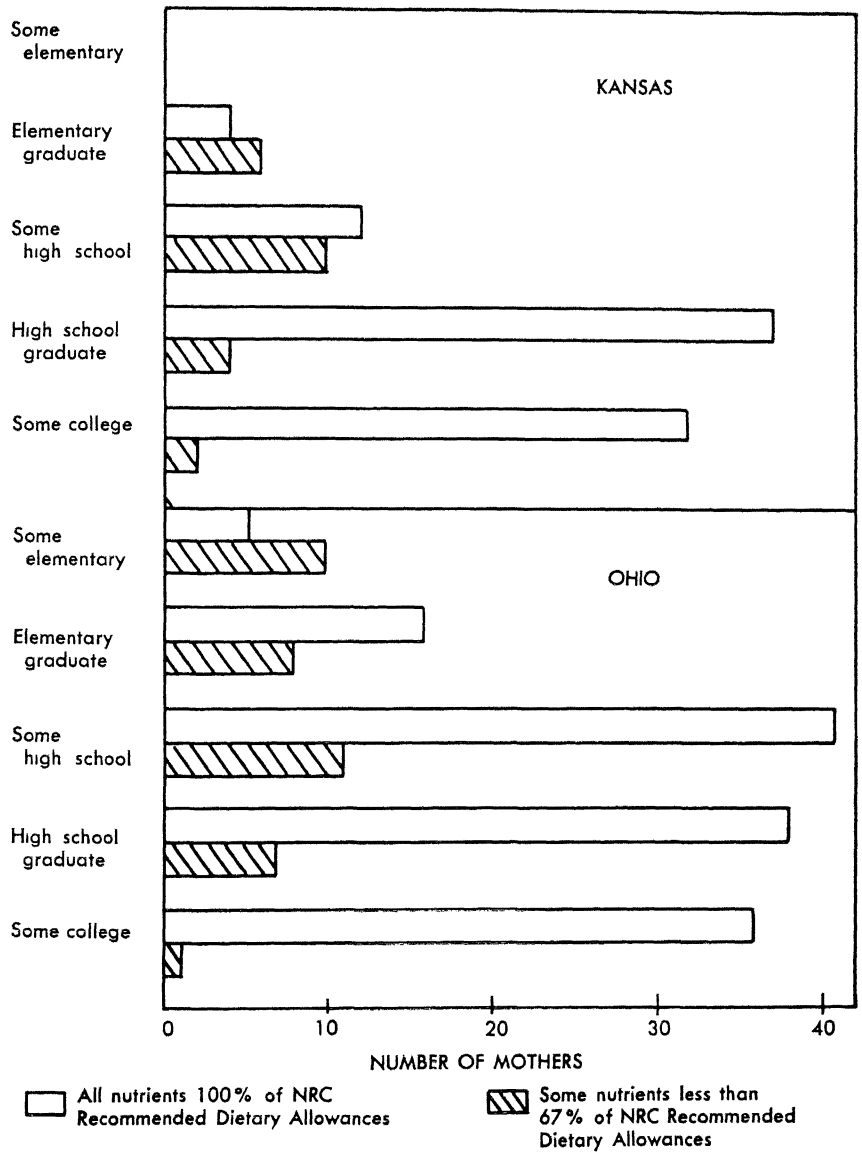


Fig. 11.—Adequacy of family diet compared with educational background of 107 mothers in Kansas and 171 mothers in Ohio.

LEVEL OF NUTRIENTS IN FAMILY DIETS COMPARED WITH EDUCATIONAL BACKGROUND OF MOTHERS

In both Kansas and Ohio the higher the level of education attained by the mothers (who provided information on educational background for this study) the fewer were the family diets with some nutrients below 67 percent of the Recommended Allowances (table 26 and figure 11). For example, more than one-half of the mothers in Ohio and four-fifths of the mothers in Kansas whose families' diets met 100 percent of the Recommended Allowances for all nutrients were high school graduates or had had some college experience. In both states fewer than one-fourth of the mothers whose families' diets were below 67 percent of the Recommended Allowances for some nutrients were high school graduates or had had some college work.

All of the mothers in Kansas supplying information on educational background had completed elementary school work, but in Ohio, about 8 percent had not graduated from elementary school.

In Ohio the average number of years of school attendance by the 136 mothers whose family diets met the Recommended Allowances for all nutrients was 11.6 years. The average schooling for mothers with family diets meeting less than 67 percent of the Allowances for some nutrients was 9.1 years. This information was not available for Kansas.

LEVEL OF NUTRIENTS IN FAMILY DIETS COMPARED WITH SOCIAL OR CULTURAL ACTIVITY OF MOTHERS

In both Kansas and Ohio, few mothers surveyed participated in more than two social and/or cultural activities outside the home (table 27). Many mothers in both states took part in no organized activity outside the home. More mothers attended PTA than any other organization (51 percent in Kansas and 57 percent in Ohio). The data are presented for information of the reader but relationship of quality of diet and activity of mother may be coincidental.

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TABLE 1.—Nutrition Needs of Sex-Age-Activity Groups in Relation to the Nutrition Unit*

Person	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
		gm	mg	mg	I.U.	mg	mg	mg	mg
				Standard (1 nutrition unit)					
Man (70 Kg)									
Physically active	3000	70	1000	12	5000	1.5	1.8	15	75
				Relation of Allowances for other sex-age-activity groups					
Man (70 Kg)									
Sedentary	0.80	1.00	1.00	1.00	1.00	0.80	1.00	0.80	1.00
Physically active	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00	1.00
With heavy work	1.50	1.00	1.00	1.00	1.00	1.20	1.00	1.20	1.00
Woman (56 Kg)									
Sedentary	0.67	0.86	1.00	1.00	1.00	0.67	0 83	0 67	0.93
Moderately active	0.80	0.86	1.00	1.00	1.00	0.80	0.83	0.80	0.93
Very active	1.00	0.86	1.00	1.00	1.00	1.00	0.83	1.00	0.93
Pregnancy (latter half)	0.80	1.21	1.50	1.25	1.20	1.00	1.39	1.00	1.33
Lactation	1.00	1.43	2.00	1.25	1.60	1.00	1.67	1.00	2.00
Children up to 12 years									
Under 1 yr.	(110/2.2 lb.)	(3.5/2.2 lb.)	1.00	0.50	0.30	0.27	0.33	0.27	0.40
1- 3 yr. (12 Kg)	0.40	0.57	1.00	0.58	0.40	0.40	0.50	0.40	0.47
4- 6 yr. (19 Kg)	0.53	0.71	1.00	0.67	0.50	0.53	0.67	0.53	0.67
7- 9 yr. (26 Kg)	0.67	0.86	1.00	0.83	0.70	0.67	0.83	0.67	0.80
10-12 yr. (35 Kg)	0.83	1.00	1.20	1.00	0.90	0.80	1.00	0.80	1.00
Children over 12 years									
Girls, 13-15 yr. (49 Kg)	0.87	1.14	1.30	1.25	1.00	0.87	1.11	0.87	1.07
16-20 yr. (55 Kg)	0.80	1.07	1.00	1.25	1.00	0.80	1.00	0.80	1.07
Boys, 13-15 yr. (49 Kg)	1.07	1.21	1.40	1.25	1.00	1.00	1.11	1.00	1.20
16-20 yr. (64 Kg)	1.27	1.43	1.40	1.25	1.20	1.13	1.39	1.13	1.33

*Based on Recommended Dietary Allowances, National Research Council, Reprint and Circular Series 129, 1948 (7).

TABLE 2.—Average Nutritive Value of Diets per Nutrition Unit for 178 Families in Kansas Classified by Size of Community and Net Income

Size of community, family income	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
Town and village families										
$1000–1999	3	4289	110	1327	18.5	10305	2.53	3.18	25.4	75
2000–2999	9	3369	84	872	14.6	7214	1.90	2.07	20.1	97
3000–3999	23	4069	104	1196	17.0	10073	2.38	2.72	23.9	113
4000–4999	17	3878	107	1230	16.5	10919	2.20	2.84	25.0	118
5000–5999	6	3977	104	1189	16.4	9165	2.22	2.56	24.6	146
6000 and over	14	3993	116	1185	17.4	10069	2.14	2.78	27.1	128
No information	2	3535	94	1201	15.2	13009	1.96	2.65	20.6	98
All town and village families	74	3913	104	1167	16.6	9934	2.22	2.68	24.3	116
Rural families										
$1000–1999	4	4664	108	1249	20.2	10371	2.84	3.11	27.8	122
2000–2999	19	3660	93	981	16.2	9138	2.16	2.36	21.6	99
3000–3999	30	4000	100	1027	17.8	10672	2.21	2.54	24.4	107
4000–4999	12	4070	111	1195	18.1	10575	2.38	2.80	24.6	118
5000–5999	13	4302	112	1101	18.5	10868	2.37	2.65	27.1	108
6000 and over	14	4013	111	1315	17.4	11974	2.28	3.11	24.8	113
No information	12	4063	104	1178	16.9	8387	2.23	2.61	24.3	99
All rural families	104	4018	104	1112	17.6	10305	2.28	2.66	24.4	108
Kansas families										
$1000–1999	7	4503	109	1282	19.4	10342	2.71	3.14	26.8	102
2000–2999	28	3566	90	946	15.7	8520	2.08	2 27	21.1	98
3000–3999	53	4030	102	1101	17.4	10412	2.28	2.62	24.1	110
4000–4999	29	3957	109	1215	17.1	10777	2.28	2.83	24.8	118
5000–5999	19	4200	109	1129	17.8	10330	2.32	2.62	26.3	120
6000 and over	28	4003	113	1250	17.4	11021	2.21	2.95	26.0	121
No information	14	3988	103	1181	16.7	9047	2.19	2.61	23.7	99
All Kansas families	178	3974	104	1135	17.2	10151	2.25	2.67	24.4	111

TABLE 3.—Average Nutritive Value of Diets per Nutrition Unit for 268 Families in Ohio Classified by Size of Community and Income

Size of community, income level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
City										
$ 0– 999	4	3202	74.2	746	14.0	4895	2.69	2.06	24.0	95
1000–1999	10	3498	89.1	834	16.1	7050	2.42	2.30	23.8	102
2000–2999	20	4531	119.0	1117	21.5	11723	2.82	2.74	29.1	144
3000–3999	33	3968	113.9	1134	19.5	10935	2.51	2.80	27.9	133
4000–4999	18	4064	105.9	1045	18.5	11623	2 52	2.48	26.6	145
5000–5999	6	3766	108.5	1274	16.6	10016	2.25	2.94	22.9	136
6000 and more	18	3960	109.4	1233	17.9	12163	2.17	2.84	25.2	160
No information	6	3860	99.7	954	16.4	8143	2.28	2.24	25.4	109
All city families	115	3996	108.3	1091	18.6	10630	2.49	2.65	26.6	136
Village										
$ 0– 999	2	5028	125.5	1684	24.0	8846	3.24	3.92	27.1	171
1000–1999	0	----	----	----	----	----	----	----	----	----
2000–2999	10	4178	108.3	1101	18.8	8645	2.52	2.61	26.2	120
3000–3999	23	3682	99.0	981	16.1	10221	2.16	2.38	23.9	133
4000–4999	10	3681	104.4	992	17.4	8726	2.44	2.49	24.0	144
5000–5999	6	4318	117.5	1088	18.5	13058	2.46	2.86	28.7	179
6000 and more	19	3977	111.4	1150	18.9	12150	2.41	2.73	27.3	153
No information	1	4916	130.0	968	31.9	8526	3.54	2.14	34.5	150
All village families	71	3940	107.1	1073	18.1	10482	2.39	2.60	25.8	143

TABLE 3.—Average Nutritive Value of Diets per Nutrition Unit for 268 Families in Ohio Classified by Size of Community and Income—Continued

Size of community, income level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
Rural										
$ 0– 999	4	4327	98.2	1040	21.2	10244	2.94	2.78	23.6	97
1000–1999	20	4050	102.8	1001	26.6	8508	2.76	2.59	25.5	102
2000–2999	16	3792	99.6	1038	20.2	7646	2.42	2.42	24.0	113
3000–3999	18	4194	117.6	1225	21.1	10923	2.70	2.96	28.1	127
4000–4999	11	3980	108.2	1111	19.0	8896	2.42	2.64	24.4	131
5000–5999	4	4400	124.2	1392	21.9	18515	2.66	3.52	29.0	149
6000 and more	6	4562	127.5	1346	24.2	11615	2.89	3.31	30.1	147
No information	3	4662	115.7	1627	20.1	10307	3.02	3.28	24.7	166
All rural families	82	4112	109.2	1141	21.0	9788	2.65	2.77	26.0	121
All families										
$ 0– 999	10	4017	94.1	1051	18.9	7824	2.90	2.72	24.4	111
1000–1999	30	3866	98.2	946	19.7	8022	2.61	2.45	24.9	102
2000–2999	46	4197	109.9	1086	20.5	9636	2.62	2.60	26.7	128
3000–3999	74	3934	110.2	1109	18.8	10710	2.45	2.71	26.7	131
4000–4999	39	3942	106.2	1050	18.4	10111	2.47	2.53	25.3	141
5000–5999	16	4132	115.8	1234	18.6	13282	2.43	3.06	26.6	156
6000 and more	43	4052	112.8	1212	19.2	12081	2.38	2.86	26.9	155
No information	10	4206	107.5	1157	19.1	8830	2.63	2.54	26.1	180
All families	268	4017	108.3	1102	19.2	10333	2.51	2.67	26.2	133

TABLE 4.—Average Nutritive Value of Diets per Nutrition Unit for 164 Families in Kansas Classified by Size of Community and Income

Size of community, income level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
Town and village										
Low income group	24	3682	93	1009	16.0	9226	2.16	2.42	22.5	95
Middle income group	24	4062	108	1262	17.1	10765	2.33	2.89	24.0	125
High income group	24	3923	113	1228	17.0	9554	2.18	2.74	26.7	128
Rural										
Low income group	31	3762	93	956	16.8	9158	2.21	2.37	22.5	103
Middle income group	31	4132	108	1159	18.1	10899	2.29	2.74	24.8	111
High income group	30	4148	111	1199	18.0	11645	2.34	2.90	26.0	112

TABLE 5.—Average Nutritive Value of Diets per Nutrition Unit for 258 Families in Ohio Classified by Size of Community and Income

Size of community, income level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
City										
Low income group	37	4025	105.9	993	18.9	9458	2.65	2.59	27.4	122
Middle income group	37	4056	112.6	1143	19.2	11464	2.53	2.79	27.8	139
High income group	38	3943	108.4	1170	18.1	11819	2.33	2.73	25.6	152
Village										
Low income group	22	4158	108.6	1132	18.8	9686	2.51	2.64	26.1	145
Middle income group	22	3594	98.5	939	16.0	8474	2.21	2.36	23.9	129
High income group	23	4007	111.9	1128	18.8	12592	2.39	2.74	27.6	155
Rural										
Low income group	26	4095	103.5	1018	22.0	8715	2.72	2.58	25.9	106
Middle income group	26	3829	103.2	1031	19.4	9355	2.45	2.52	26.5	114
High income group	27	4399	120.0	1312	21.7	11180	2.72	3.12	27.3	138

TABLE 6.—Average Nutritive Value of Diets per Nutrition Unit for 178 Families in Kansas Classified by Size of Community and Size of Family

Size of community, size of family	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
Town and village										
0–5.99 persons	64	3980	108	1220	16.8	10275	2.23	2.77	24.7	120
6.00 and more persons	10	3483	82	831	15.3	7748	2.11	2.15	21.8	88
Rural										
0–5.99 persons	83	4030	105	1141	17.4	10704	2.25	2.71	24.4	108
6.00 and more persons	21	3970	98	995	18.0	8727	2.38	2.46	24.5	104
All Kansas										
0–5.99 persons	147	4008	106	1176	17.2	10517	2.24	2.74	24.5	113
6.00 and more persons	31	3813	93	942	17.2	8412	2.30	2.36	23.6	99

TABLE 7.—Average Nutritive Value of Diets per Nutrition Unit for 268 Families in Ohio Classified by Size of Community and Size of Family

Size of community, size of family	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
			gm	mg	mg	I.U.	mg	mg	mg	mg
City										
0–5.99 persons	89	4089	111.9	1138	19.1	11176	2.54	2.78	27.8	142
6.00 and more persons	26	3679	96.0	930	17.1	8764	2.32	2.23	22.6	114
Village										
0–5.99 persons	61	3960	107.8	1084	18.1	10782	2.38	2.63	25.9	146
6.00 and more persons	10	3817	103.4	1009	17.8	8646	2.48	2.40	24.8	126
Rural										
0–5.99 persons	47	4134	111.2	1191	21.3	9935	2.57	2.79	26.6	128
6.00 and more persons	35	4083	106.7	1005	19.9	9590	2.74	2.57	25.3	113
All Ohio										
0–5.99 persons	197	4060	110.4	1134	19.3	10758	2.50	2.74	26.9	140
6.00 and more persons	71	3897	102.3	978	18.6	9154	2.55	2.42	24.3	115

TABLE 8.—Percentage of Families in Kansas Meeting 100 Percent or More of NRC Recommended Allowances for Calories and 8 Nutrients Classified by Size of Community and Income

Size of community, income	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
Town and village										
$1000–1999	3	100	100	67	100	67	100	100	100	67
2000–2999	9	56	89	22	78	89	78	78	100	78
3000–3999	23	87	96	52	91	91	91	96	91	83
4000–4999	17	88	94	76	76	88	88	82	94	76
5000–5999	6	100	100	50	100	83	100	100	100	83
6000 and more	14	93	100	79	93	100	100	93	100	100
No information	2	100	100	100	100	100	100	100	100	50
Rural										
$1000–1999	4	100	100	50	100	100	100	100	100	100
2000–2999	19	87	95	53	84	84	89	87	79	63
3000–3999	30	87	87	53	93	90	90	80	93	80
4000–4999	12	75	100	58	100	83	92	92	100	83
5000–5999	13	92	100	77	77	100	92	85	92	85
6000 and more	14	93	100	86	93	93	100	100	100	86
No information	12	100	100	75	92	83	92	92	100	83
All										
$1000–1999	7	100	100	57	100	86	100	100	100	100
2000–2999	28	75	93	43	82	86	86	82	86	68
3000–3999	53	87	91	53	92	91	91	87	92	81
4000–4999	29	83	97	69	86	86	90	86	97	79
5000–5999	19	95	100	68	84	95	95	89	95	84
6000 and more	28	93	100	82	93	96	100	96	100	93
No information	14	100	100	79	93	86	93	93	100	79
All	178	88	96	62	89	90	92	89	94	81

TABLE 9.—Percentage of Families in Ohio Meeting 100 Percent or More of NRC Recommended Allowances for Calories and 8 Nutrients by Size of Community and Income

Size of community, income	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
City										
$ 0– 999	4	25	25	25	25	25	75	50	50	25
1000–1999	10	50	90	20	80	70	90	80	90	70
2000–2999	20	85	100	65	100	100	95	85	100	95
3000–3999	33	82	97	55	91	79	97	82	100	85
4000–4999	18	89	100	44	100	89	100	94	100	100
5000–5999	6	83	83	83	83	100	83	100	100	100
6000 and more	18	72	94	78	83	94	94	89	89	100
No information	6	83	83	50	83	83	83	83	83	83
Village										
$ 0– 999	2	100	100	100	100	100	100	100	100	100
1000–1999	0	----	----	----	----	----	----	----	----	----
2000–2999	10	90	100	70	100	100	100	100	90	90
3000–3999	23	70	96	52	91	91	87	96	100	96
4000–4999	10	90	90	50	80	90	80	100	90	90
5000–5999	6	100	100	67	100	100	100	100	100	100
6000 and more	19	84	95	68	84	100	89	89	100	89
No information	1	100	100	100	100	100	100	100	100	100

TABLE 9.—Percentage of Families in Ohio Meeting 100 Percent or More of NRC Recommended Allowances for Calories and 8 Nutrients by Size of Community and Income—Cont'd.

Size of community, income	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
Rural										
$ 0– 999	4	100	100	50	100	50	100	75	75	75
1000–1999	20	70	95	45	100	75	95	95	95	85
2000–2999	16	88	94	56	88	81	94	88	94	75
3000–3999	18	89	100	72	100	83	100	89	94	83
4000–4999	11	64	91	55	91	82	91	91	91	91
5000–5999	4	100	100	75	100	100	100	100	100	100
6000 and more	6	100	100	83	100	100	100	100	100	100
No information	3	100	100	100	100	100	100	100	100	100
All										
$ 0– 999	10	60	70	50	70	50	90	70	70	60
1000–1999	30	63	93	37	93	73	93	90	93	80
2000–2999	46	87	98	63	96	93	96	87	96	87
3000–3999	74	80	97	58	93	82	97	88	99	88
4000–4999	39	82	95	49	92	85	92	95	95	95
5000–5999	16	94	94	75	94	100	94	100	94	100
6000 and more	43	79	93	65	86	98	93	91	95	95
No information	10	90	90	60	90	90	90	90	90	90
All	268	81	95	59	91	87	94	90	95	89

TABLE 10.—Percentage of Families in Kansas with Diets at Specified Percent of NRC Recommended Allowances for Calories and 8 Nutrients per Nutrition Unit Classified by Size of Community and Income Level (median and above or below)

Size of community, income level, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
Town and village										
Below median	29									
100 %		79	93	38	90	90	90	90	97	76
67–99 %		21	3	48	10	10	10	10	--	24
Less than 67 %		--	3	14	--	--	--	--	3	--
Median and above	43									
100 %		91	98	74	86	91	93	91	95	88
67–99 %		9	2	23	14	5	7	9	5	9
Less than 67 %		--	--	2	--	5	--	--	--	2
Rural										
Below median	47									
100 %		87	91	55	89	87	89	85	89	77
67–99 %		13	9	30	11	9	11	13	11	17
Less than 67 %		--	--	15	--	4	--	2	--	6
Median and above	45									
100 %		87	98	69	91	93	96	89	96	82
67–99 %		13	2	24	9	7	4	11	4	18
Less than 67 %		--	--	7	--	--	--	--	--	--

TABLE 10.—Percentage of Families in Kansas with Diets at Specified Percent of NRC Recommended Allowances for Calories and 8 Nutrients per Nutrition Unit Classified by Size of Community and Income Level (median and above or below)—Continued

Size of community, income level, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
All										
Below median	76									
100 %		84	92	49	89	88	89	87	92	76
67–99 %		16	7	37	11	9	11	12	7	20
Less than 67 %		--	1	14	--	3	--	1	1	4
Median and above	88									
100 %		89	98	72	89	92	94	90	95	85
67–99 %		11	2	24	11	6	6	10	5	14
Less than 67 %		--	--	5	--	2	--	--	--	1

TABLE 11.—Percentage of Families in Ohio with Diets at Specified Percent of NRC Recommended Allowances for Calories and 8 Nutrients per Nutrition Unit Classified by Size of Community and Income Level (median and above or below)

Size of community, income level, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
City										
Below median	54									
100 %		74	91	50	85	80	94	81	94	80
67–99 %		24	7	39	13	11	6	17	6	15
Less than 67 %		2	2	11	2	9	--	2	--	6
Median and above	55									
100 %		81	96	62	93	91	95	91	96	98
67–99 %		20	4	29	7	7	5	9	4	--
Less than 67 %		--	--	9	--	2	--	--	--	2
Village										
Below median	35									
100 %		77	97	60	94	94	91	97	97	94
67–99 %		23	3	31	6	6	9	3	3	6
Less than 67 %		--	--	9	--	--	--	--	--	--
Median and above	35									
100 %		89	94	63	86	97	89	94	97	91
67–99 %		11	6	37	14	3	11	6	3	6
Less than 67 %		--	--	--	--	--	--	--	--	3

TABLE 11.—Percentage of Families in Ohio with Diets at Specified Percent of NRC Recommended Allowances for Calories and 8 Nutrients per Nutrition Unit Classified by Size of Community and Income Level (median and above or below)—Continued

Size of community, income level, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
Rural										
Below median	39									
100 %		79	95	51	95	77	95	92	92	85
67–99 %		18	5	31	5	13	5	5	8	10
Less than 67 %		3	--	18	--	10	--	3	--	5
Median and above	40									
100 %		85	98	68	98	85	98	90	95	88
67–99 %		15	2	30	2	10	2	10	5	8
Less than 67 %		--	--	2	--	5	--	--	--	5
All										
Below median	128									
100 %		77	94	53	91	83	94	88	95	85
67–99 %		22	5	34	9	10	6	9	5	11
Less than 67 %		2	1	12	1	7	--	2	--	4
Median and above	130									
100 %		84	96	64	92	91	94	92	96	93
67–99 %		16	4	32	8	7	6	8	4	4
Less than 67 %		--	--	5	--	2	--	--	--	3

TABLE 12.—Percentage of Families in Kansas with Diets at Specified Percent of NRC Recommended Allowances for 8 Nutrients and Calories per Nutrition Unit Classified by Size of Community and Size of Family

Size of community, size of family, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
Town and village										
0–5.99 persons	63									
100 %		89	98	65	90	92	94	95	98	87
67–99 %		11	2	32	10	6	6	5	--	13
Less than 67 %		--	--	3	--	2	--	--	2	--
6 or more persons	11									
100 %		73	82	36	73	82	82	64	82	55
67–99 %		27	9	36	27	9	18	36	18	36
Less than 67 %		--	9	27	--	9	--	--	--	9
Rural										
0–5.99 persons	82									
100 %		87	95	67	90	93	90	89	93	80
67–99 %		13	5	27	10	7	10	10	7	15
Less than 67 %		--	--	6	--	--	--	1	--	5
6 or more persons	21									
100 %		95	95	48	90	76	100	81	95	76
67–99 %		5	5	29	10	10	--	19	5	24
Less than 67 %		--	--	24	--	14	--	--	--	--

TABLE 12.—Percentage of Families in Kansas with Diets at Specified Percent of NRC Recommended Allowances for 8 Nutrients and Calories per Nutrition Unit Classified by Size of Community and Size of Family

Size of community, size of family, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
All										
0–5 99 persons	145									
100 %		88	97	66	90	92	92	92	95	83
67–99 %		12	3	29	10	7	8	8	4	14
Less than 67 %		--	--	5	--	1	--	1	1	3
6 or more persons	32									
100 %		88	91	44	84	78	94	75	91	69
67–99 %		12	6	31	16	9	6	25	9	28
Less than 67 %		--	3	25	--	12	--	--	--	3

TABLE 13.—Percentage of Families in Ohio with Diets at Specified Percent of NRC Recommended Allowances for 8 Nutrients and Calories per Nutrition Unit Classified by Size of Community and Size of Family

Size of community, size of family, nutrient level	Number of families	Calories	Protein	Calcium	Iron	Vitamin A	Thiamine	Riboflavin	Niacin	Ascorbic acid
City										
0–5.99 persons	88									
100%		80	97	61	92	90	97	89	98	93
67–99%		20	3	33	8	7	3	11	2	6
Less than 67%		--	--	6	--	3	--	--	--	1
6 or more persons	27									
100%		67	81	37	78	70	85	74	85	74
67–99%		26	11	37	19	15	15	19	15	11
Less than 67%		7	7	26	4	15	--	7	--	15
Village										
0–5.99 persons	61									
100%		84	97	64	92	97	92	97	98	95
67–99%		16	3	31	8	3	8	3	2	5
Less than 67%		--	--	5	--	--	--	--	--	--
6 or more persons	10									
100%		80	90	40	80	90	80	90	90	80
67–99%		20	10	60	20	10	20	10	10	10
Less than 67%		--	--	--	--	--	--	--	--	10

TABLE 13.—Percentage of Families in Ohio with Diets at Specified Percent of NRC Recommended Allowances for 8 Nutrients and Calories per Nutrition Unit Classified by Size of Community and Size of Family—Continued

Size of community, size of family, nutrient level	Number of families	Calories	Protein	Calcium	Less than 67 % Iron	Less than 67 % Vitamin A	Thiamine	3 Riboflavin	3 Niacin	14 Ascorbic acid
Rural										
0–5.99 persons	47									
100 %		81	96	68	96	85	96	94	91	91
67–99 %		17	4	21	4	9	4	4	9	9
Less than 67 %		2	--	11	--	6	--	2	--	--
6 or more persons	35									
100 %		86	97	51	97	77	97	89	97	77
67–99 %		14	3	40	3	14	3	11	3	11
Less than 67 %		--	--	9	--	9	--	--	--	11
All										
0–5.99 persons	196									
100 %		81	96	64	93	91	95	92	97	93
67–99 %		18	5	30	7	6	5	7	4	6
Less than 67 %		1	--	7	--	3	--	1	--	1
6 or more persons	72									
100 %		78	90	44	88	76	90	83	92	76
67–99 %		19	7	42	11	14	10	14	8	11
Less than 67 %		3	3	14	1	10	--	3	--	12

TABLE 14.—Distribution of Family and Children's Diets at 3 Levels of the NRC Recommended Allowances* in Kansas (155 Records) and Ohio (246 Records)

Nutrient and level	Kansas				Ohio			
	Family diet		Children's diet		Family diet		Children's diet	
	No.	%	No.	%	No.	%	No.	%
Fuel value								
100% level	136	88	62	40	72	81	118	43
67–99% level	19	12	78	50	43	18	132	48
Less than 67%	--	--	15	10	3	1	24	9
Protein								
100% level	149	96	96	63	107	96	188	69
67–99%	5	3	49	31	9	4	70	26
Less than 67%	1	1	10	6	2	7	16	6
Calcium								
100% level	97	63	59	38	21	61	130	47
67–99% level	45	30	56	36	76	31	94	34
Less than 67%	13	7	40	26	21	8	50	18
Iron								
100% level	139	90	81	52	98	92	168	61
67–99% level	16	10	68	44	20	8	87	32
Less than 67%	--	--	6	4	--	--	19	7
Vitamin A value								
100% level	139	90	116	75	87	88	159	49
67–99% level	12	7	24	16	21	8	53	19
Less than 67%	4	3	15	9	10	4	62	23
Thiamine								
100% level	143	92	94	60	103	94	192	70
67–99% level	12	8	60	39	15	6	69	25
Less than 67%	--	--	1	1	--	--	13	5
Riboflavin								
100% level	138	89	95	61	94	91	200	74
67–99% level	16	10	42	27	22	9	51	19
Less than 67%	1	1	18	12	2	1	23	8
Niacin								
100% level	147	95	88	57	106	95	163	60
67–99% level	7	4	46	29	12	5	95	35
Less than 67%	1	1	21	14	--	--	16	6
Ascorbic Acid								
100% level	125	81	67	43	93	90	134	49
67–99% level	26	17	40	26	16	7	59	21
Less than 67%	4	2	48	31	9	4	81	30

*1948 NRC Recommended Allowances

TABLE 15.—Children's Diets at 3 Levels of NRC Recommended Allowances when Family Diets Supply Nutrients at 2 Levels of Allowances in Kansas (107 Records) and Ohio (155 Records)

Children's diets	Family Diets							
	Kansas				Ohio			
	All nutrients 100% or more of NRC allowances		Some nutrients less than 67% of NRC allowances		All nutrients 100% or more of NRC allowances		Some nutrients less than 67% of NRC allowances	
	No.	%	No.	%	No.	%	No.	%
All nutrients 100 percent or more of NRC Allowances	11	13	2	9	21	17	2	6
Some nutrients less than 100 percent but none less than 67 percent of NRC Allowances	33	40	7	32	57	46	5	16
Some nutrients less than 67 percent of NRC Allowances	38	46	13	59	46	37	24	77
No information	3	--	--	--	--	--	--	--
Totals	85		22		124		31	

TABLE 16.—Comparison of Child's Diet with Family Diet at 3 Levels of the NRC Recommended Allowances* for Calories and 8 Nutrients in Kansas (155 Records) and Ohio (246 Records)

Child's Diet	Family Diet					
	Kansas			Ohio		
	100% level	67–99% level	Less than 67%	100% level	67–99% level	Less than 67%
	Percent children	Percent children	Percent children	Percent children	Percent children	Percent children
Fuel value						
100% level	36	4	--	39	4	--
67–99% level	46	4	--	37	12	1
Less than 67%	6	4	--	6	2	--
Protein						
100% level	61	1	1	67	2	--
67–99% level	30	1	--	25	2	--
Less than 67%	5	1	--	4	--	--
Calcium						
100% level	27	8	3	32	15	--
67–99% level	24	10	2	23	11	3
Less than 67%	12	12	2	4	6	5
Iron						
100% level	47	5	--	60	2	--
67–99% level	41	3	--	27	5	--
Less than 67%	2	2	--	4	1	--
Vitamin A value						
100% level	70	4	1	54	2	1
67–99% level	14	2	--	19	2	1
Less than 67%	6	1	2	15	4	2
Thiamine						
100% level	57	3	--	68	2	--
67–99%	35	4	--	21	4	--
Less than 67%	--	1	--	4	1	--
Riboflavin						
100% level	57	4	--	70	6	--
67–99% level	23	4	--	14	2	--
Less than 67%	9	2	1	6	2	--
Niacin						
100% level	55	1	1	58	2	--
67–99% level	28	1	--	33	3	--
Less than 67%	12	2	--	4	--	--
Ascorbic Acid						
100% level	39	3	1	49	2	--
67–99% level	21	5	--	18	1	1
Less than 67%	21	9	1	22	3	2

*1948 NRC Recommended Allowances

TABLE 17.—Average Quantity of Food (Pounds) Used per Person per Week (No Meals ÷ 21) by 178 Families in Kansas Classified by Size of Community and Income

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats
Town and village											
$1000–1999	3	11.20	3.28	.36	2.05	1.02	.88	5.10	3.96	2.23	1.17
2000–2999	9	6.58	2.66	.42	2.74	1.33	1.44	3.28	3.31	1.27	1.10
3000–3999	23	11.12	3.38	.35	2.34	2.20	1.96	4.26	3.90	1.68	1.14
4000–4999	17	10.51	3.48	.36	2.27	2.42	1.76	3.30	3.35	1.45	1.21
5000–5999	6	9.98	3.64	.28	2.80	3.52	1.76	2.77	3.88	1.79	1.05
6000 and more	14	10.69	4.54	.29	2.28	2.57	1.91	3.83	3.33	1.54	1.22
No information	2	9.45	2.94	.32	1.94	1.80	1.87	4.81	3.04	.67	1 18
All town and village	74	10.21	3.54	.34	2.38	2.26	1.76	3.77	3.57	1.56	1.16
Rural											
$1000–1999	4	14.42	3.10	.51	2.50	2.32	1.50	4.35	3.61	2.57	.98
2000–2999	19	8.58	2.95	.40	2.77	1.78	1.69	3.41	3.55	1.61	1.12
3000–3999	30	8.70	3.35	.31	2.59	2.06	1.93	4 31	4.09	1.75	1.30
4000–4999	12	10.25	3.76	.44	1.86	2.46	2.00	5.20	4.13	2 30	1.30
5000–5999	13	9.89	4.77	.40	2.37	2.13	2.10	4.62	3.51	2.05	1.35
6000 and more	14	13.84	3.91	.33	2.50	2.04	1.73	4.20	3.60	1.74	1.01
No information	12	10.23	3.76	.31	1.68	1.77	1.93	3.54	3.69	1.28	1.28
All rural	104	10.10	3.61	.36	2.39	2.04	1.87	4.19	3.79	1.80	1.22
All											
$1000–1999	7	13.04	3.17	.44	2.31	1.76	1.23	4.67	3.75	2 43	1.06
2000–2999	28	7.94	2.85	.40	2.76	1.64	1.61	3.36	3.47	1.50	1 12
3000–3999	53	9.75	3.36	.33	2.48	2.12	1.94	4.29	4.01	1.72	1 23
4000–4999	29	10.40	3.59	.40	2.10	2.44	1.86	4.08	3.67	1.80	1.24
5000–5999	19	9.92	4.42	.36	2.50	2.57	1.99	4.04	3.62	1.97	1.26
6000 and more	28	12.26	4.23	.31	2.39	2.31	1.82	4.01	3.46	1.64	1.12
No information	14	10.12	3.64	.31	1.72	1.78	1.92	3.68	3.60	1.19	1 26
All families	178	10.15	3.58	.35	2.39	2.13	1.83	4.01	3.70	1.70	1.20

TABLE 18.—Average Quantity (Pounds) of Food Used per Person per Week (No Meals ÷ 21) by 268 Families in Ohio Classified by Size of Community and Income

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats
City											
$ 0– 999	4	4.42	1.59	.39	2.54	.97	.45	.26	2.85	1.27	.86
1000–1999	10	6.53	2.64	.51	2.37	1.56	1.06	2.20	3.48	1.47	1.14
2000–2999	20	9.71	3.81	.42	2.95	2.42	2.00	4.40	3.83	1.80	1.33
3000–3999	33	10.11	3.73	.51	2.54	2.28	2.22	4.80	3.19	1.39	1.06
4000–4999	18	9.17	3.58	.53	2.84	4.35	1.87	4.94	3.11	1.77	1.10
5000–5999	6	14.01	3.13	.47	2.38	3.49	2.06	3.78	3.71	1.59	.91
6000 and more	18	11.61	3.66	.31	2.78	3.39	1.81	4.13	2.32	1.54	1.12
No information	6	9.00	4.07	.51	2.80	2.32	1.34	3.73	2.71	1.55	1.04
All city	115	9.68	3.51	.46	2.68	2.74	1.83	4.21	3.16	1.56	1.11
Village											
$ 0– 999	2	15.74	3.31	.13	12.15	.78	.94	6.43	3.23	2.15	1.44
1000–1999	0	----	----	----	----	----	----	----	----	----	----
2000–2999	10	9.86	3.74	.32	2.26	1.72	1.73	6.78	3.13	2.04	.97
3000–3999	23	8.96	3.82	.29	2.23	2.94	1.88	4.35	2.59	1.72	.98
4000–4999	10	9.07	3.75	.34	2.23	2.60	1.72	4.11	2.48	1.30	.81
5000–5999	6	10.97	4.29	.31	2.12	3.46	2.02	4.02	2.14	1.40	.86
6000 and more	19	10.68	4.26	.28	2.28	2.79	2.14	6.16	2.49	1.21	.99
No information	1	6.00	3.81	1.56	6.80	1.61	1.52	6.90	4.29	2.22	1.20
All village	71	9.80	3.95	.34	2.61	2.64	1.88	5.21	2.64	1.55	.96

TABLE 18.—Average Quantity (Pounds) of Food Used per Person per Week (No Meals ÷ 21) by 268 Families in Ohio Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats
Rural											
$ 0– 999	4	8.70	1.92	.70	3.41	1.19	.82	2.25	4.86	2.26	1.60
1000–1999	20	8.09	2.76	.52	2.97	1.50	1.59	3.67	4.71	1.67	1.11
2000–2999	16	9.72	2.97	.55	3.64	1.93	1.59	4.78	4.54	1.73	1.14
3000–3999	18	10.89	3.88	.44	3.16	2.40	1.80	5.78	3.92	2.10	1.13
4000–4999	11	9.66	3.19	.35	2.94	2.02	1.74	6.00	2.99	1.88	.96
5000–5999	4	11.95	3.24	.36	3.03	2.61	2.73	6.87	2.97	1.77	1.32
6000 and more	6	12.60	4.45	.66	2.75	2.78	2.28	5.07	3.51	1.80	1.25
No information	3	14.54	1.89	.53	3.53	4.80	1.91	3.76	3.05	1.54	1.65
All rural	82	9.90	3.99	.50	3.15	2.06	1.47	4.80	4.08	1.85	1.16
All											
$ 0– 999	10	7.89	1.97	.50	4.20	1.05	.69	2.94	3.83	1.85	1.28
1000–1999	30	7.64	2.72	.52	2.79	1.52	1.43	3.25	4.35	1.61	1.12
2000–2999	46	9.75	3.48	.45	3.07	2.10	1.79	5.01	3.96	1.82	1.18
3000–3999	74	10.04	3.80	.43	2.64	2.49	2.01	4.97	3.25	1.68	1.06
4000–4999	39	9.29	3.50	.43	2.71	3.19	1.79	5.04	2.91	1.68	.98
5000–5999	16	12.20	3.64	.38	2.44	3.25	2.22	4.66	2.86	1.55	1.00
6000 and more	43	11.36	4.04	.35	2.56	3.04	2.02	5.14	2.57	1.44	1.09
No information	10	9.84	3.44	.73	3.81	2.83	1.53	4.39	3.12	1.69	1.23
All	268	9.78	3.79	.45	2.83	2.48	1.81	4.66	3.35	1.66	1.09

TABLE 19.—Average Quantity of Food (Pounds) Used per Person per Week by 178 Families in Kansas Classified by Size of Community and Size of Family

Size of community, size of family	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats
Town and village											
0–5.99 persons	64	10.96	3.70	.34	2.39	2.40	1.86	3.87	3.59	1.57	1.19
6.00 or more persons	10	6.45	2.55	.37	2.49	1.38	1.24	3.12	3.43	1.47	.95
Rural											
0–5.99 persons	83	10.44	3.78	.37	2.34	2.10	1.98	4.04	3.77	1.81	1.28
6.00 or more persons	21	8.75	2.95	.32	2.60	1.80	1.43	4.76	3.87	1.83	.98
All											
0–5.99 persons	147	10 67	3.74	.36	2.36	2.23	1.93	3.97	3.70	1.70	1.24
6.00 or more persons	31	8 01	2.82	.34	2.57	1.66	1.37	4 23	3.73	1.71	.97

TABLE 20.—Average Quantity (Pounds) of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Size of Family

Size of community, size of family	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats
City families											
0–5.99 persons	89	10.43	3.76	.47	2 65	3.04	2.03	4.52	3.10	1.64	1.10
6.00 or more persons	26	8.14	3.01	.44	2.76	2.13	1.43	3.59	3.28	1.39	1.15
Village families											
0–5.99 persons	61	10.03	4.08	.31	2.43	2.80	1.97	5.38	2.60	1.62	1.00
6.00 or more persons	10	8.95	3.49	.46	3.27	2.09	1.57	4.59	2.81	1.30	.83
Rural families											
0–5.99 persons	'47	10.44	3.57	.49	3.24	2.22	2.05	5.22	3.55	1.82	1.34
6.00 or more persons	35	9.10	2.71	.51	2.96	1.86	1.39	4.29	4.33	1.79	.97
All Ohio families											
0–5.99 persons	197	10.31	3.81	.43	2.73	2.76	2.02	4.95	3.06	1.68	1.13
6.00 or more persons	71	8.74	2.92	.48	2.93	1.98	1.43	4.08	3.75	1.58	1.01

TABLE 21.—Distribution of Families in Kansas and in Ohio by Level of NRC Recommended Allowances for Specified Nutrients at Specified Levels of Food Group Consumption

MILK AND MILK PRODUCTS

Quart per person per week	No. families	Protein		
		100%	67-99%	Less than 67%
	Kansas			
0.1 –1.74	16	81	13	6
1.75–3.49	30	90	10	----
3.50–5.24	63	98	2	----
5.25–6.99	43	98	2	----
7.00 and over	26	100	--	----
	Ohio			
0.1 –1.74	7	71	14	14
1.75–3.49	55	84	15	2
3.50–5.24	97	96	4	----
5.25–6.99	70	99	1	----
7.00 and over	39	100	--	----

Quart per person per week	No. families	Calcium		
		100%	67-99%	Less than 67%
	Kansas			
0.1 –1.74	16	--	38	62
1.75–3.49	30	10	77	13
3.50–5.24	63	65	35	----
5.25–6.99	43	96	2	2
7.00 and over	26	100	--	----
	Ohio			
0.1 –1.74	7	----	14	86
1.75–3.49	55	5	64	31
3.50–5.24	97	53	47	----
5.25–6.99	70	93	8	----
7.00 and over	39	100	--	----

Quart per person per week	No. families	Riboflavin		
		100%	67-99%	Less than 67%
	Kansas			
0.1 –1.74	16	44	50	6
1.75–3.49	30	70	30	----
3.50–5.24	63	98	2	----
5.25–6.99	43	98	2	----
7.00 and over	26	100	--	----
	Ohio			
0.1 –1.74	7	29	43	29
1.75–3.49	55	71	25	4
3.50–5.24	97	94	6	----
5.25–6.99	70	99	1	----
7.00 and over	39	100	--	----

TABLE 21.—Distribution of Families in Kansas and in Ohio by Level of NRC Recommended Allowances for Specified Nutrients at Specified Levels of Food Group Consumption—Continued

MEAT, POULTRY AND FISH

Pound per person per week	No. families	Protein		
		100 %	67-99 %	Less than 67 %
	Kansas			
0.00–0.99	11	64	36	----
1.00–1.99	45	91	7	2
2.00–2.99	56	100	--	----
3.00 and over	66	100	--	----
	Ohio			
0.00–0.99	20	65	25	10
1.00–1.99	55	91	9	----
2.00–2.99	82	98	2	----
3.00 and over	111	100	1	----

Pound per person per week	No. families	Thiamine		
		100 %	67-99 %	Less than 67 %
	Kansas			
0.00–0.99	11	82	18	----
1.00–1.99	45	84	16	----
2.00–2.99	56	98	2	----
3.00 and over	66	94	6	----
	Ohio			
0.00–0.99	20	75	25	----
1.00–1.99	55	89	11	----
2.00–2.99	82	96	4	----
3.00 and over	111	98	2	----

Pound per person per week	No. families	Riboflavin		
		100 %	67-99 %	Less than 67 %
	Kansas			
0 00–0.99	11	64	27	9
1.00–1.99	45	80	20	----
2.00–2.99	56	91	9	----
3.00 and over	66	97	3	----
	Ohio			
0.00–0.99	20	70	15	15
1.00–1.99	55	85	15	----
2.00–2.99	82	89	11	----
3.00 and over	111	96	4	----

TABLE 21.—Distribution of Families in Kansas and in Ohio by Level of NRC Recommended Allowances for Specified Nutrients at Specified Levels of Food Group Consumption—Continued

Pound per person per week	No. families	Niacin		
		100 %	67-99 %	Less than 67 %
	Kansas			
0.00–0.99	11	45	46	9
1.00–1.99	45	93	7	----
2.00–2.99	56	98	2	----
3.00 and over	66	100	--	----
	Ohio			
0.00–0.99	20	70	30	----
1.00–1.99	55	89	11	----
2.00–2.99	82	99	1	----
3.00 and over	111	100	--	----

GREEN AND YELLOW VEGETABLES

Pound per person per week	No. families	Vitamin A		
		100 %	67-99 %	Less than 67 %
	Kansas			
None	----	----	--	----
0.10–0.99	32	75	19	6
1.00–1.99	81	88	8	4
2.00 and over	65	100	--	----
	Ohio			
None	6	----	17	83
0.10–0.99	51	71	18	12
1.00–1.99	103	91	7	2
2.00 and over	108	95	5	----

Pound per person per week	No. families	Ascorbic Acid		
		100 %	67-99 %	Less than 67 %
	Kansas			
None	----	----	--	----
0.10–0.99	32	50	38	12
1.00–1.99	81	80	19	1
2.00 and over	65	97	3	----
	Ohio			
None	6	50	17	33
0.10–0.99	51	75	16	10
1.00–1.99	103	89	8	3
2.00 and over	108	98	2	----

TABLE 21.—Distribution of Families in Kansas and in Ohio by Level of NRC Recommended Allowances for Specified Nutrients at Specified Levels of Food Group Consumption Continued

POTATOES AND SWEET POTATOES

Pound per person per week	No. families	Vitamin A		
		100 %	67-99 %	Less than 67 %
	Kansas			
None	1	100	--	----
0.10–0.99	7	85	14	----
1.00–1.99	62	90	7	3
2.00 and over	108	90	7	3
	Ohio			
None	1	----	100	----
0.10–0.99	11	55	45	----
1.00–1.99	94	91	4	4
2.00 and over	162	87	8	5

Pound per person per week	No. families	Ascorbic Acid		
		100 %	67-99 %	Less than 67 %
	Kansas			
None	1	----	--	100
0.10–0.99	7	86	14	----
1.00–1.99	62	73	24	3
2.00 and over	108	86	12	2
	Ohio			
None	1	100	--	----
0.10–0.99	11	73	27	----
1.00–1.99	94	84	7	9
2.00 and over	162	93	7	1

CITRUS FRUITS

Pound per person per week	No. families	Ascorbic Acid		
		100 %	67-99 %	Less than 67 %
	Kansas			
None	4	25	50	25
0.10–0.49	11	46	27	27
0.50–0.99	27	52	44	4
1.00 and over	136	91	9	----
	Ohio			
None	2	100	--	----
0.10–0.49	12	42	33	25
0.50–0.99	27	56	26	19
1.00 and over	227	95	4	1

TABLE 21.—Distribution of Families in Kansas and in Ohio by Level of NRC Recommended Allowances for Specified Nutrients at Specified Levels of Food Group Consumption—Continued

GRAIN PRODUCTS

Pound per person per week	No. families	Protein		
		100 %	67-99 %	Less than 67 %
	Kansas			
Less than 5.0	156	95	4	1
5.0 and over	22	100	--	----
	Ohio			
Less than 5.0	241	94	5	1
5.0 and over	27	100	--	----

Pound per person per week	No. families	Calcium		
		100 %	67-99 %	Less than 67 %
	Kansas			
Less than 5.0	156	62	29	9
5.0 and over	22	63	32	5
	Ohio			
Less than 5.0	241	57	34	9
5.0 and over	27	74	26	----

Pound per person per week	No. families	Iron		
		100 %	67-99 %	Less than 67 %
	Kansas			
Less than 5.0	156	88	12	----
5.0 and over	22	100	--	----
	Ohio			
Less than 5.0	241	91	9	----
5.0 and over	27	100	--	----

Pound per person per week	No. families	Thiamine		
		100 %	67-99 %	Less than 67 %
	Kansas			
Less than 5.0	156	91	9	----
5.0 and over	22	100	--	----
	Ohio			
Less than 5.0	241	93	7	----
5.0 and over	27	100	--	----

TABLE 21.—Distribution of Families in Kansas and in Ohio by Level of NRC Recommended Allowances for Specified Nutrients at Specified Levels of Food Group Consumption—Concluded

Pound per person per week	No. families	Riboflavin		
		100 %	67-99 %	Less than 67 %
	Kansas			
Less than 5.0	156	87	12	1
5.0 and over	22	100	--	----
	Ohio			
Less than 5.0	241	89	10	1
5.0 and over	27	100	--	----

Pound per person per week	No. families	Niacin		
		100 %	67-99 %	Less than 67 %
	Kansas			
Less than 5.0	136	94	5	1
5.0 and over	22	100	--	----
	Ohio			
Less than 5.0	241	97	3	----
5.0 and over	27	100	--	----

TABLE 22.—Cash Value of Food Used per Person per Week by 178 Families in Kansas Classified by Size of Community and Income

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Total cash value of food							
Town and village												
$1000–1999	3	1.23	1.36	.08	.11	.12	.11	.68	.33	.68	.45	5.15
2000–2999	9	.82	1.19	.08	.13	.18	.13	.45	.17	.57	.43	4.15
3000–3999	23	1.25	1 66	.10	.11	.30	.24	.63	.31	.62	.50	5.72
4000–4999	17	1.16	1.60	.08	.11	.28	.24	.51	.23	.51	.55	5.27
5000–5999	6	1.20	1.78	.07	.11	.48	.30	.44	.28	.67	.47	5.80
6000 and more	14	1 21	2.61	.11	.11	.39	.30	.65	.25	.56	.58	6.77
No information	2	1.14	1.31	.08	.11	.32	.22	.41	.12	.52	.44	4.67
Rural												
$1000–1999	4	1.37	1.74	.16	.09	.29	.22	.64	.46	.62	.51	6.10
2000–2999	19	.87	1.41	.10	.15	.20	.21	.51	.23	.53	.46	4.67
3000–3999	30	.96	1.52	.11	.11	.24	.24	.60	.27	.64	.47	5.16
4000–4999	12	1.09	1.84	.13	.13	.31	.31	.73	31	.57	.52	5.94
5000–5999	13	1.14	2.19	.15	.12	.28	.34	.71	.37	.54	.60	6.44
6000 and more	14	1 30	2.00	.10	.10	.34	28	.63	.25	.55	.50	6.05
No information	12	1.09	1.61	.08	.08	.20	.27	.44	.20	.59	.52	5.08
All												
$1000–1999	7	1.31	1.57	.13	.10	.22	.17	.66	.40	.65	.48	5.69
2000–2999	28	.85	1.34	.09	.14	.19	.19	.49	.21	.54	.45	4.49
3000–3999	53	.109	1.58	.11	.11	.27	.24	.61	.29	.63	.48	5.41
4000–4999	29	1.13	1.70	.10	.12	.29	.27	.60	.26	.53	.54	5.54
5000–5999	19	1.16	2.06	.12	.12	.34	.33	.62	.34	.58	.56	6.23
6000 and more	28	1.26	2.30	.10	.10	.36	.29	64	25	.56	.54	6.40
No information	14	1.10	1.56	.08	.08	.22	.26	.44	.19	.58	.51	5.02

TABLE 22.—Cash Value of Food Used per Person per Week by 178 Families in Kansas Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Cash expenditure for food							
Town and village												
$1000–1999	3	1.23	1.36	.08	.11	.11	.06	.33	.32	.45	.45	4.50
2000–2999	9	.82	1.10	.08	.10	.14	.12	.37	.16	.57	.43	3.89
3000–3999	23	1.15	1.40	.10	.11	.26	.21	.54	.28	.62	.47	5.14
4000–4999	17	1.04	1.39	.08	.11	.24	.20	.43	.21	.51	.55	4.76
5000–5999	6	1.20	1.69	.07	.11	.26	.28	.35	28	.67	.44	5.35
6000 and more	14	1.13	1.76	.11	.11	.39	.27	.60	.23	.55	.55	5.70
No information	2	1.14	1.21	.08	.11	.28	.18	.41	.12	.52	.44	4.49
Rural												
$1000–1999	4	.30	.87	.16	.05	.16	.13	.35	.41	.47	.30	3.20
2000–2999	19	.79	1 09	.10	.14	.15	.15	.28	.21	.51	.41	3.83
3000–3999	30	.78	1.15	.09	.11	.19	.20	.40	.26	.63	.40	4.21
4000–4999	12	.70	1.14	.13	.11	.25	.21	.55	.28	.54	.41	4.32
5000–5999	13	.82	.86	.13	.10	.19	.21	.52	.33	.54	.42	4.12
6000 and more	14	.45	.67	.10	.08	.23	.21	.49	.23	.54	.34	3.34
No information	12	.88	1.12	.08	.06	.16	.20	.28	.19	.54	.46	3.97
All												
$1000–1999	7	70	1.08	.13	.08	.14	.10	.34	.37	.46	.36	3.76
2000–2999	28	.80	1.09	.09	.13	.15	.14	.31	.19	.53	.42	3.85
3000–3999	53	.94	1.26	.09	.11	.22	.20	.46	.27	.63	.43	4.61
4000–4999	29	.90	1.28	.10	.11	.24	.20	.48	.24	.52	.49	4.56
5000–5999	19	.94	1.12	.11	.10	.21	.23	.47	.31	.58	.43	4.50
6000 and more	28	.79	1.21	.11	.10	.31	.24	.55	.23	.55	.45	4.54
No information	14	.92	1.13	.08	.07	.18	.20	.30	.18	.54	.46	4.06

TABLE 22.—Cash Value of Food Used per Person per Week by 178 Families in Kansas Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain prodcuts	Sugar, other sweets	Fats	Total
					Cash value of home-produced food							
Town and village												
$1000–1999	3	--	----	--	--	.01	.05	.35	----	.22	--	.63
2000–2999	9	--	.04	--	.03	.05	.01	.07	.01	--	--	.21
3000–3999	23	.09	.27	--	--	.03	.03	.07	.01	--	.02	.52
4000–4999	17	.08	.17	--	--	.03	.04	.08	.01	--	--	.41
5000–5999	6	--	.08	--	--	.01	.03	.09	----	--	.03	.24
6000 and more	14	.07	.84	--	--	--	.02	.07	.02	--	.03	1.05
No information	2	--	.10	--	--	.05	.04	--	----	--	--	.19
Rural												
$1000–1999	4	.86	.44	--	.02	.13	.09	.29	.05	.10	.13	2.11
2000–2999	19	.08	.27	--	.01	.04	.07	.23	.02	.02	.04	.78
3000–3999	30	.18	.33	--	--	.04	04	.19	----	--	.07	.85
4000–4999	12	.54	.68	--	.02	.06	.10	.16	.03	.02	.11	1.72
5000–5999	13	.29	1.34	--	.02	.09	.13	.19	.04	--	.18	2.28
6000 and more	14	.84	1.31	--	.02	.09	.07	.14	.02	.02	.16	2.67
No information	12	.20	.48	--	.01	.04	.06	.15	----	.05	.06	1.05
All												
$1000–1999	7	49	.25	--	.01	.08	.07	.32	.03	.16	.07	1.48
2000–2999	28	.05	.19	--	.02	.04	.05	.18	.02	.01	.03	.59
3000–3999	53	.14	.30	--	--	.04	.04	.14	----	--	.05	.71
4000–4999	29	.27	.38	--	.01	.04	.06	.11	.02	.01	.05	.95
5000–5999	19	.20	.94	--	.01	.06	.10	.16	.03	--	.13	1.63
6000 and more	28	.46	1.07	--	.01	.04	.05	.10	.02	.01	.10	1.86
No information	14	.17	.42	--	.01	.04	.06	.13	----	.04	.05	.92

TABLE 22.—Cash Value of Food Used per Person per Week by 178 Families in Kansas Classified by Size of Community and Income—Concluded

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Cash value of food received as gifts							
Town and village												
$1000–1999	3	--	----	--	--	--	--	--	----	--	--	----
2000–2999	9	--	.06	--	--	--	--	--	----	--	--	.06
3000–3999	23	--	----	--	--	--	--	.01	.01	--	--	.02
4000–4999	17	.04	.04	--	--	--	--	--	.01	--	--	.09
5000–5999	6	--	----	--	--	21	--	--	----	--	--	.21
6000 and more	14	--	.01	--	--	--	--	--	----	--	--	.01
No information	2	--	----	--	--	--	--	--	----	--	--	----
Rural												
$1000–1999	4	.22	.19	--	.02	--	--	--	----	05	.08	.56
2000–2999	19	--	.05	--	--	.01	--	--	----	--	--	.06
3000–3999	30	.01	.04	.02	--	--	--	--	----	--	--	.07
4000–4999	12	--	----	--	--	--	--	03	----	--	--	.03
5000–5999	13	03	----	.01	--	--	--	--	----	--	--	.04
6000 and more	14	--	.02	--	--	.02	--	--	----	--	--	.04
No information	12	--	----	--	--	--	--	--	----	--	--	----
All												
$1000–1999	7	.12	.11	--	.01	--	--	--	----	.03	.05	.32
2000–2999	28	--	.05	--	--	.01	--	--	----	--	--	.06
3000–3999	53	.01	.03	.01	--	--	--	--	----	--	--	.05
4000–4999	29	.02	.02	--	--	--	--	.01	.01	--	--	.06
5000–5999	19	.02	----	.01	--	.06	--	--	----	--	--	.09
6000 and more	28	--	.02	--	--	.01	--	--	----	--	--	.03
No information	14	--	----	--	--	--	--	--	----	--	--	----

TABLE 23.—Cash Value of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Income

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Total cash value of food							
City												
Less than $1000	4	.49	.83	.10	.11	.11	.05	.30	.61	.24	.40	3.24
1000–1999	10	.74	1.37	.12	.13	.18	.16	.29	.75	.27	.46	4.47
2000–2.999	20	1.11	1.90	.13	.17	.28	.29	.62	.97	.40	.52	6.39
3000–3999	33	1.12	2.16	.18	.15	.30	.31	.66	.85	.36	.45	6.49
4000–4999	18	1.69	2.14	.16	.16	.36	.28	.75	.89	.41	.50	7.34
5000–5999	6	1.48	1.98	.20	.18	.49	.40	.74	1.12	.43	.45	7.47
6000 and more	18	1.41	2.51	.12	.14	.50	.36	.76	.71	.41	.62	7.54
No information	6	1.09	2.44	.16	.16	.34	.25	.63	.69	.35	.45	6.56
Village												
Less than $1000	2	1.42	1.53	.04	.55	.18	.13	.47	.78	.32	.47	5.89
1000–1999	0	----	----	--	--	--	--	--	----	--	--	----
2000–2999	10	1.05	2.05	.11	.14	.27	.24	.92	.78	.34	.43	6.33
3000–3999	23	1.02	2.14	.11	.15	.36	.32	.66	.69	.39	.44	6.28
4000–4999	10	.97	2.25	.14	.14	.49	.31	.65	.72	.38	.39	6.44
5000–5999	6	1.32	2.71	.28	.16	.57	.42	.70	71	.38	.45	7.70
6000 and more	19	1.35	2.75	.13	.16	.46	.40	.81	.75	.38	.53	7.72
No in formation	1	1.10	1.92	.36	.66	.22	.20	.36	.88	.36	.46	6.42
Rural												
Less than $1000	4	.87	.55	.12	.20	.13	.10	.37	.60	.37	.41	3.72
1000–1999	20	.79	1.09	.10	.12	.17	.19	.48	.78	.31	.38	4.41
2000–2999	16	.87	1.54	.12	.16	.22	.19	.65	.86	.37	.43	5.41
3000–3999	18	1.15	2.22	.13	.14	.41	.26	.63	.85	.42	.40	6.61
4000–4999	11	.89	1.90	.10	.14	.26	.22	.71	.83	.36	.42	5.83

TABLE 23.—Cash Value of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
5000–5999	4	1.31	1.86	.14	.22	.34	.39	.71	1.07	.41	.62	7.07
6000 and more	6	1.28	2.68	.20	.13	.34	.25	.71	.78	.35	.53	7.25
No information	3	1.09	.78	.09	.08	.32	.22	.33	.62	.57	.26	4.36
All												
Less than $1000	10	.79	.80	.10	.21	.12	.08	.38	.61	.31	.42	3.82
1000–1999	30	.78	1.16	.11	.12	.18	.17	.42	.77	.31	.40	4.42
2000–2999	46	1.01	1.79	.12	.16	,24	.24	.68	.89	.39	.46	5.98
3000–3999	74	1.10	2.16	.15	.14	.34	.30	.66	.80	.40	.45	6 50
4000–4999	39	1.26	2.10	.13	.15	.37	.27	.71	.82	.39	.45	6 65
5000–5999	16	1.37	2.23	.22	.18	.49	.40	.72	.93	.40	.49	7.43
6000 and more	43	1.36	2.60	.14	.15	.46	.36	.78	.78	.38	.57	7.58
No information	10	1.19	1.89	.28	.21	.29	.31	.52	.69	.40	.47	6.25
					Cash expenditure for food							
City												
Less than $1000	4	.49	.73	.10	.06	.10	.03	.17	.61	.21	.29	2.79
1000–1999	10	.72	1.37	.10	.13	.18	.14	.21	.75	.26	.46	4.32
2000–2999	20	.98	1.83	.13	.14	.22	.25	.48	.97	.34	.50	5.84
3000–3999	33	1.12	2.05	.17	.14	.26	.27	.57	.85	.33	.45	6.21
4000–4999	18	1.69	2.10	.16	.14	.29	.24	.67	.88	.34	.50	7.01
5000–5999	6	.94	1.72	.17	.11	.39	.34	.56	1.07	.37	.40	6.07
6000 and more	18	1.41	2.51	.12	.14	.46	.36	.74	.71	.39	.62	7.46
No information	6	1.09	2.38	.16	.16	.30	.25	.58	.66	.30	.45	6.33
Village												
Less than $1000	2	.16	.67	.04	.05	—-	—-	.07	.78	.21	.30	2.28
1000–1999	0	----	----	—-	—-	—-	—-	—-	----	—-	—-	----

TABLE 23.—Cash Value of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
2000–2999	10	.83	1.59	.11	.10	.18	.19	.56	.76	.33	.41	5.06
3000–3999	23	1.02	2.03	.10	.14	.29	.28	.51	.68	.36	.43	5.84
4000–4999	10	.86	2.25	.12	.11	.38	.27	.60	.72	.36	.38	6.02
5000–5999	6	1.32	2.57	.28	.16	.43	.41	.61	.68	.32	.45	7.23
6000 and more	19	1.32	2.66	.12	.14	.41	.37	.75	.74	.35	.52	7.38
No information	1	.16	1.82	.36	.24	.18	.20	.36	.88	.36	.46	5.02
Rural												
Less than $1000	4	.58	.40	.12	.16	.12	.06	.19	.57	.27	.37	2.84
1000–1999	20	.37	.67	.10	.10	.12	.09	.21	.75	.25	.26	2.92
2000–2999	16	.71	.34	.12	.12	.13	.10	.34	.84	.34	.33	3.87
3000–3999	18	.77	1.68	.13	.12	.32	.19	.51	.85	.36	.39	5.32
4000–4999	11	.82	1.80	.10	.12	.20	.17	.51	.83	.29	.39	5.23
5000–5999	4	1.00	1.19	.14	.15	.29	.31	.59	1.07	.38	.56	5.68
6000 and more	6	.86	1.47	.20	.11	.26	.17	.45	.78	.31	.41	5.02
No information	3	1.09	.78	.09	.08	.32	.22	.29	.62	.57	.26	4.32
All												
Less than $100	10	.49	.57	.10	.11	.09	.04	.17	.61	.24	.33	2.75
1000–1999	30	.47	.87	.10	.11	.14	.10	.21	.75	.26	.32	3.33
2000–2999	46	.85	1.40	.12	.13	.17	.18	.44	.88	.34	.42	4.93
3000–3999	74	.99	1.94	.14	.13	.28	.25	.54	.80	.35	.43	5.94
4000–4999	39	1.21	2.04	.13	.13	.29	.23	.60	.82	.33	.44	6.22
5000–5999	16	1.11	1.91	.21	.14	.38	.36	.59	.90	.35	.46	6.41
6000 and more	43	1.29	2.46	.13	.14	.41	.34	.70	.78	.36	.55	7.16
No information	10	.90	1.84	.18	.16	.28	.23	.46	.69	.38	.40	5.52

TABLE 23.—Cash Value of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Cash value of home-produced food							
City												
Less than $1000	4	____	.10	__	.05	.01	.02	.07	____	.03	.11	.39
1000–1999	10	____	____	__	__	__	.02	.07	____	.01	__	.10
2000–2999	20	.13	.07	__	.03	.06	.04	.13	____	.05	.02	.53
3000–3999	33	____	.01	__	.01	.03	.04	.06	____	.03	__	.18
4000–4999	18	____	____	__	.02	.06	.04	.07	.01	.07	__	.27
5000–5999	6	.52	.26	.03	.07	.10	.06	.16	.05	.06	.05	1.36
6000 and more	18	____	____	__	__	.01	__	.02	____	.02	__	.05
No information	6	____	____	__	__	.04	__	.03	.03	.05	__	.15
Village												
Less than $1000	2	1.26	.86	__	.50	.18	.13	.40	____	.11	.17	3.61
1000–1999	0	____	____	__	__	__	__	__	____	__	__	____
2000–2999	10	.22	.46	__	.04	.08	.04	.24	.02	.01	.02	1.13
3000–3999	23	____	.10	__	.01	.05	.02	.10	____	.02	.01	.31
4000–4999	10	.11	____	.01	.02	.11	.04	.04	____	.01	.01	.35
5000–5999	6	____	.09	__	__	.13	.01	.05	____	.06	__	.34
6000 and more	19	.02	.08	__	.01	.03	.03	.05	.01	.03	.01	.27
No information	1	.94	____	__	.42	.04	__	__	____	__	__	1.40
Rural												
Less than $1000	4	.29	.12	__	.04	.01	.03	.17	.03	.03	.04	.76
1000–1999	20	42	.39	__	.02	.05	.10	.24	.03	.05	.12	1.42
2000–2999	16	.16	.54	__	.04	.08	.09	.29	.01	.03	.08	1.32
3000–3999	18	.37	.46	__	.02	.09	.07	.12	____	.06	.01	1.20
4000–4999	11	06	.10	__	.02	.06	.05	.20	____	.07	.03	.59

TABLE 23.—Cash Value of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Income—Continued

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
5000–5999	4	.31	.59	--	.07	.05	.06	.12	----	.03	.06	1.29
6000 and more	6	.42	.94	--	.02	.08	.07	.24	----	.04	.12	1.93
No information	3	----	----	--	--	--	--	--	----	--	--	----
All												
Less than $1000	10	.30	.21	--	.10	.03	.04	.16	----	.04	.09	.97
1000–1999	30	.30	.27	--	.01	.04	.07	.19	.02	.04	.08	1.02
2000–2999	46	.16	.32	--	.03	.07	.06	.21	----	.04	.04	.93
3000–3999	74	.11	.16	--	.01	.05	.04	.09	----	.04	.02	.52
4000–4999	39	.05	.03	--	.02	.07	.04	.10	----	.06	.01	.38
5000–5999	16	.25	.28	.01	.04	.10	.04	.10	.03	.05	.03	.93
6000 and more	43	.07	.17	.01	.01	.03	.02	.07	----	.02	.02	.42
No information	10	.29	.02	.10	.05	.01	.08	.04	----	.02	.07	.68
					Cash value of food received as gifts							
City												
Less than $1000	4	--	--	--	--	--	--	.06	--	--	--	.06
1000–1999	10	.02	--	.02	--	--	--	.01	--	--	--	.05
2000–2999	20	--	--	--	--	--	--	.01	--	.01	--	.02
3000–3999	33	--	.06	.01	--	.01	--	.03	--	--	--	.11
4000–4999	18	--	.04	--	--	.01	--	.01	--	--	--	.06
5000–5999	6	.02	--	--	--	--	--	.02	--	--	--	.04
6000 and more	18	--	--	--	--	.03	--	--	--	--	--	.03
No information	6	--	.06	--	--	--	--	.02	--	--	--	.08
Village												
Less than $1000	2	--	--	--	--	--	--	.19	.01	--	--	.20

TABLE 23.—Cash Value of Food Used per Person per Week by 268 Families in Ohio Classified by Size of Community and Income—Concluded

Size of community, income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes, sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
1000–1999	0	--	--	--	--	--	--	--	--	--	--	--
2000–2999	10	--	--	--	--	.01	.01	.12	--	--	--	.14
3000–3999	23	--	.01	.01	--	.02	.02	.05	.01	.01	--	.13
4000–4999	10	--	.03	.01	.01	--	--	.01	--	.01	--	.07
5000–5999	6	--	.05	--	--	.01	--	.04	.03	--	--	.13
6000 and more	19	.01	.01	.01	.01	03	--	.01	--	--	--	.08
No information	1	--	--	--	--	--	--	--	--	--	--	--
Rural												
Less than $1000	4	--	.03	--	--	--	.01	.01	--	.07	--	.12
1000–1999	20	--	.03	--	--	--	--	.03	--	.01	--	.07
2000–2999	16	--	.18	--	--	.01	--	.02	01	--	--	.20
3000–3999	18	.01	.08	--	--	--	--	--	--	--	--	.09
4000–4999	11	.01	--	--	--	--	--	--	--	--	--	.01
5000–5999	4	--	.08	--	--	--	.02	--	--	--	--	.10
6000 and more	6	--	.27	--	--	--	.01	.02	--	--	--	.30
No information	--	--	--	--	--	--	--	.04	--	--	--	.04
All												
Less than $1000	10	--	.02	--	--	--	--	.05	--	.03	--	.10
1000–1999	30	.01	.02	.01	--	--	--	.02	--	01	--	07
2000–2999	46	--	.07	--	--	--	--	.03	.01	.01	--	.12
3000–3999	74	--	.06	.01	--	.01	.01	.03	--	.01	--	.13
4000–4999	39	--	.03	--	--	.01	--	.01	--	--	--	.05
5000–5999	16	.01	.04	--	--	.01	--	.03	--	--	--	.09
6000 and more	43	--	.05	--	--	.02	--	.01	--	--	--	.08
No information	10	--	.03	--	--	--	--	.02	--	--	--	.05

TABLE 24.—Cash Value of Food Used per Person per Week by 51 Town Families in Kansas Classified by Income (Pilot Study)

Income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Total cash value							
$1000–1999	3	.87	.92	.10	.14	.27	.17	.38	.53	.24	.38	4.00
2000–2999	15	.96	1.77	.11	.17	.25	.26	.54	.55	.28	.54	5.43
3000–3999	12	1.22	1.57	.12	.21	.34	.29	.81	.54	.27	.51	5.88
4000–4999	2	.48	1.86	.06	.24	.29	.42	.91	.42	.22	.22	5.12
5000–5999	2	1.37	2.50	.06	.24	.44	.38	1.18	.51	.24	.88	7.80
6000 and more	3	1.48	3.01	.05	.20	.33	.45	.85	.73	.36	.68	8.14
No information	14	1.42	1.18	.13	.19	.26	.45	.89	.59	.32	.55	6.98
					Cash expenditure							
$1000–1999	3	.87	.92	.10	.14	.27	.11	.31	53	.21	.38	3.84
2000–2999	15	.89	1.40	.11	.16	.24	.19	.38	.55	.24	.48	4.64
3000–3999	12	1.02	1.46	.12	.20	.34	.26	.62	.54	.26	.51	5.33
4000–4999	2	.48	1.86	.06	.24	.29	.32	.90	.42	.22	.22	5.01
5000–5999	2	1.37	2.50	.06	.24	.44	.38	1.18	.51	.24	.88	7.80
6000 and more	3	1.10	1.81	.05	.16	.29	.26	.65	.73	.22	.58	5.85
No information	14	.92	1.30	.13	.15	.24	.26	.60	.57	.28	.45	4.90

TABLE 24.—Cash Value of Food Used per Person per Week by 51 Town Families in Kansas Classified by Income (Pilot Study)—Continued

Income	No. of families	Milk	Meat, fish, poultry, eggs	Dry beans, peas, nuts	Potatoes sweet potatoes	Citrus fruit, tomatoes	Green, yellow veg.	Other fruit, veg.	Grain products	Sugar, other sweets	Fats	Total
					Home-produced food							
$1000–1999	3	----	----	--	--	--	.05	----	.07	.03	--	.15
2000–2999	15	.07	.21	--	.01	--	.07	.15	--	.02	.03	.56
3000–3999	12	.10	.09	--	.01	--	.02	.16	--	.01	--	.39
4000–4999	2	----	----	--	--	--	--	----	--	--	--	----
5000–5999	2	----	----	--	--	--	--	----	--	--	--	----
6000 and more	3	.38	1.19	--	.04	.04	.16	.20	--	.14	.10	2.25
No information	14	.50	.75	--	.03	.01	.15	.28	--	.02	.10	1.84
					Food received as gifts							
$1000–1999	3	----	----	--	--	--	.01	----	--	--	--	.01
2000–2999	15	----	.16	--	--	--	--	----	--	.02	.03	.21
3000–3999	12	.10	.01	--	--	--	.01	.03	--	--	--	.15
4000–4999	2	----	----	--	--	--	.10	.01	--	--	--	.11
5000–5999	2	----	----	--	--	--	--	----	--	--	--	----
6000 and more	3	----	----	--	--	--	.03	----	--	--	--	.03
No information	14	----	.13	--	--	--	.04	.01	.02	.02	--	.22

TABLE 25.—Level of nutrients in diet in relation to money spent for food per person per week in Kansas and in Ohio

Expenditure per person per week	No. of families	Level of Nutrients					
		100% of RDA		67–99% of RDA		Less than 67% of RDA	
		No.	%	No.	%	No.	%
Kansas							
Less than $3.00	8	1	12	2	25	5	63
3.00 – 3.99	27	1	4	19	70	7	26
4.00 – 4.99	48	16	33	24	50	8	17
5.00 – 5.99	32	15	47	15	47	2	6
6.00 – 6.99	26	19	73	6	23	1	4
7.00 and over	37	34	92	3	8	--	--
Ohio							
Less than $3.00	32	13	41	6	19	13	41
3.00 – 3.99	31	10	32	11	35	10	32
4.00 – 4.99	37	13	35	20	54	4	11
5.00 – 5.99	58	22	38	30	52	6	10
6.00 – 6.99	46	23	50	21	46	2	4
7.00 and over	64	55	86	9	14	--	--

TABLE 26.—Educational Background of 107 Mothers in Kansas and 171 Mothers in Ohio with Family Diets Meeting One of Two Levels of NRC Allowances for Nutrients

Education	All nutrients 100% of NRC Recommended Allowances		Some nutrients below 67% of NRC Recommended Allowances	
	No.	Percent	No.	Percent
	KANSAS			
Some elementary school	--	--	--	--
Elementary graduate	4	5	6	27
Some high school	12	14	10	45
High school graduate	37	44	4	18
Some college	32	38	2	9
Total	85		22	
	OHIO			
Some elementary school	5	4	8	23
Elementary graduate	16	12	8	23
Some high school	41	30	11	31
High school graduate	38	28	7	20
Some college	36	26	1	3
Total	136		35	

TABLE 27.—Activity of Mother and Adequacy of Family Diet in Kansas (107 Families) and Ohio (171 Families)

Activity	Kansas				Ohio			
	All nutrients 100% or more of NRC Allowances		Some nutrients less than 67% of NRC Allowances		All nutrients 100% or more of NRC Allowances		Some nutrients less than 67% of NRC Allowances	
	No.	%	No.	%	No.	%	No.	%
None	21	25	9	41	43	32	22	63
Extension or adult education	2	2	1	5	4	3	--	--
Youth leadership	9	11	1	5	--	--	--	--
P.T.A.	39	47	5	23	56	41	10	29
Social, cultural or church	7	8	2	9	1	1	--	--
Extension and youth leadership	--	--	--	--	1	1	1	3
Extension and P.T. A.	3	4	4	18	23	17	2	6
Extension, youth leadership and P.T.A.	2	2	--	--	6	4	--	--
Youth leadership and P.T.A.	2	2	--	--	--	--	--	--
P.T.A. and social, cultural or church	--	--	--	--	2	1	--	--
Total	85		22		136		35	

TABLE 11a.—Percentage of Families in Ohio with Diets at Specified Percent of NRC Recommended Allowances for All Nutrients per Nutrition Unit Classified by Size of Community and Income Level (median and above or below)

Size of community, income level, nutrient level	Number of families	Percent
City		
Below median income	54	
All nutrients 100% or more of Allowances	23	42.6
Some nutrients below 100% but none below 67%	21	38.9
Some nutrients less than 67%	10	18.5
Median income and above	55	
All nutrients 100% or more of Allowances	30	54.5
Some nutrients below 100% but none below 67%	17	30.9
Some nutrients less than 67%	8	14.5
Village		
Below median income	35	
All nutrients 100% or more of Allowances	19	54.3
Some nutrients below 100% but none below 67%	13	37.1
Some nutrients less than 67%	3	8.6
Median income and above	35	
All nutrients 100% or more of Allowances	19	54.3
Some nutrients below 100% but none below 67%	16	45.7
Some nutrients less than 67%	0	0
Rural		
Below median income	39	
All nutrients 100% or more of Allowances	15	38.5
Some nutrients below 100% but none below 67%	14	35.9
Some nutrients less than 67%	10	25.6
Median income and above	40	
All nutrients 100% or more of Allowances	24	60.0
Some nutrients below 100% but none below 67%	13	32.5
Some nutrients less than 67%	3	7.5
All Ohio		
Below median income	128	
All nutrients 100% or more of Allowances	57	44.5
Some nutrients below 100% but none below 67%	48	37.5
Some nutrients less than 67%	23	18.0
Median income and above	130	
All nutrients 100% or more of Allowances	73	56.2
Some nutrients below 100% but none below 67%	46	35.4
Some nutrients less than 67%	11	8.5

TABLE 13a.—Percentage of Families in Ohio with Diets at Specified Percent of NRC Recommended Allowances for All Nutrients per Nutrition Unit Classified by Size of Community and Size of Family

Size of community, size of family, nutrient level	Number of families	Percent
City		
0 – 5.99 persons	88	
All nutrients 100 % or more of Allowances	47	53.4
Some nutrients below 100 % but none less than 67 %	32	36.4
Some nutrients below 67 % of Allowances	9	10.2
6 or more persons	27	
All nutrients 100 % or more of Allowances	9	33.3
Some nutrients below 100 % but none less than 67 %	8	29.6
Some nutrients below 67 % of Allowances	10	37.0
Village		
0 – 5.99 persons	61	
All nutrients 100 % or more of Allowances	35	57.4
Some nutrients below 100 % but none less than 67 %	23	37.7
Some nutrients below 67 % of Allowances	3	4.9
6 or more persons	10	
All nutrients 100 % or more of Allowances	3	30.0
Some nutrients below 100 % but none less than 67 %	7	70.0
Some nutrients below 67 % of Allowances	0	0
Rural		
0 – 5.99 persons	47	
All nutrients 100 % or more of Allowances	28	59.6
Some nutrients below 100 % but none less than 67 %	13	27.7
Some nutrients below 67 % of Allowances	6	12.8
6 or more persons	35	
All nutrients 100 % or more of Allowances	14	40.0
Some nutrients below 100 % but none less than 67 %	14	40.0
Some nutrients below 67 % of Allowances	7	20.0
All Ohio		
0 – 5.99 persons	196	
All nutrients 100 % or more of Allowances	110	56.1
Some nutrients below 100 % but none less than 67 %	68	34.7
Some nutrients below 67 % of Allowances	18	9.2
6 or more persons	72	
All nutrients 100 % or more of Allowances	26	36.1
Some nutrients below 100 % but none less than 67 %	29	40.3
Some nutrients below 67 % of Allowances	17	23.6

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