

American Eating Habits Improved In Past 20 Years, Survey Shows

American eating patterns have shown great improvement over the past 20 years, the U.S. Department of Agriculture reports in a new publication "Dietary Levels of Households in the United States." This publication is the most recent in a series giving the results of a nationwide survey made by the Department in the spring of 1955. The study covered food used in one week by 6,000 households.

In a previous large-scale survey, made in 1936, one-third of the diets studied were classed as poor. Today probably as few as a tenth of U.S. households have diets that would be classed as poor by 1936 standards.

Rising real incomes and greater public understanding of the importance of good diet are two of the factors that have influenced this improvement in American diets. The bread and flour enrichment program begun in the early 1940's has helped bring

more iron and the B vitamins thiamine, niacin, and riboflavin into the Nation's food supply. Increased use of milk and meat has meant higher levels of calcium and protein as well as B vitamins for the average family.

The survey covered the amounts of food used up by households, and did not attempt to estimate how much of the food and nutrients were discarded "as waste." But the average quantity of food brought into American kitchens could supply families with more than enough of 8 important nutrients, as well as plenty of calories.

Not all households had food supplies that provided families with the nutrient levels recommended by the National Research Council. However, because these allowances provide a safety margin for most nutrients, families whose diets fell short of recommendations were not necessarily suffering from malnutrition.

In about a third of the households, diets did not meet calcium recommendations, usually because they did not contain enough milk. Because their consumption of vitamin C-rich fruits and vegetables was too low, a quarter of the households were not getting enough of this vital nutrient. But 90 per cent of the households surveyed got at least two-thirds of the allowances for vitamin C and calcium, and over 90 per cent of them got at least two-thirds of allowances for the other nutrients studied: protein, iron, thiamine, riboflavin, niacin, and vitamin A.

"Dietary Levels of Households in the United States" is the sixth in a series of publications drawn from the USDA food consumption survey. The first five reports present data on quantities of food used in households. The calculations on nutrient content of home food supplies given in Report No. 6 are based on the quantity data. Four future reports will furnish statistical information on dietary levels in the Northeastern, North Central, Southern, and Western regions of the United States.

Potato Storage Stocks Above Last Year

Storage stocks of fall potatoes held by growers and local dealers on March 1 totaled 59.2 million cwt., according to the Crop Reporting Board.

This is 21 per cent above March 1, 1956, holdings and 14 per cent above the 1950-55 average.

Disappearance of storage potatoes during February of this year totaled 20.1 million cwt. This is 2.2 million above average February disappearance.

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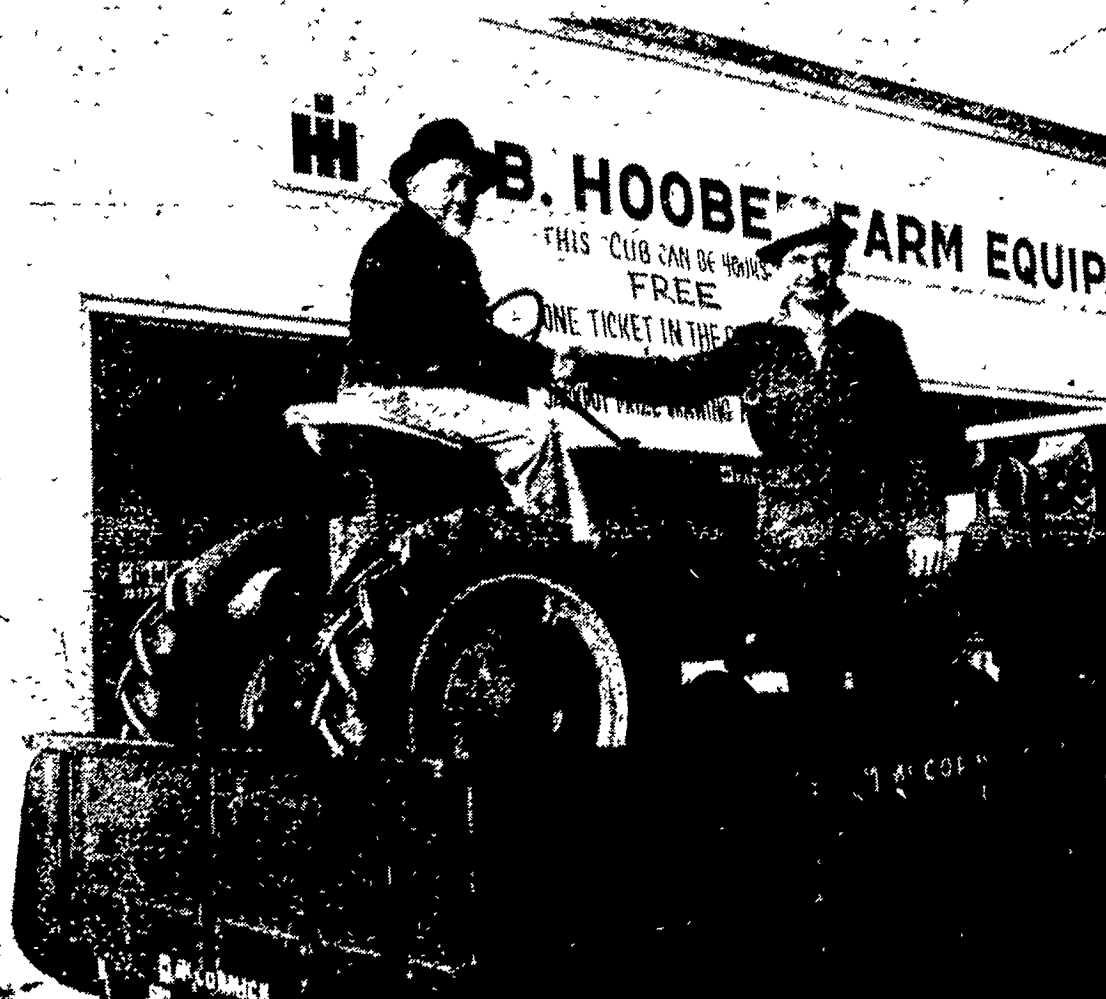
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C. B. HOOBER PRESENTS FARMALL CUB TO FIELD DAY WINNER



Intercourse International Harvester dealer 'Bud' Hooper congratulates H. S. Lapp, R1, Kinzers, on winning a Farmall Cub tractor at Hooper's Field Day Saturday.

A large crowd attended the field day which featured actual field trial plowing demonstrations by International Harvester two and three bottom plow-tractors, and the new Powell transplanter planting cabbage.

Other prize winners were Allen G. Wenger, R1, Bareville, miniature 400 tractor; Steve Lloyd, R2, Pottstown; John H. Martin, R1 Narvon; Lester Sheaffer, Terre Hill; Ira Livengood, R7 Lancaster; Allen G. Wenger, R1 Bareville, all winners of five bales of baler twine; H. Gene Koser, Lincoln Highway East, and J. Landis Herr, R3 Lititz, toy tractors. (adv.)

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