

# Only 50% of Americans Have Good Diets, USDA Finds

How well fed are Americans? A national survey by the U.S. Department of Agriculture indicates that only half of the 15,000 families studied had diets rated "good." About one in five families or 21 per cent had diets rated "poor."

Calcium, vitamin A, and vitamin C were the nutrients most often found below recommended dietary allowances according to Dr. Daniel A. Swope of the Agricultural Research Service, USDA. Dr. Swope reported the findings at a recent College of Agriculture seminar at Pennsylvania State University.

The survey suggests that nutrition can be improved through increased use of milk and dairy products, vegetables, and fruits. This is especially true for meeting the recommended allowances for calcium, vitamin A, and vitamin C, Dr. Swope stated.

He said diets rated "good" had nutrients meeting fully, or exceeding, recommended dietary allowances set by the Food and Nutrition Board of the National Research Council. Diets rated "poor" provided less than two-thirds of the recommended dietary allowance for one or more of seven nutrients studied.

A survey made 10 years earlier indicated that 60 per cent of the families had "good" diets—compared with 50 per cent for the most recent study. Dr. Swope is chief of the Food Consumption Branch of the Agricultural Research Service, USDA.

Speaking before a seminar in the department of agricultural economics and rural sociology at Penn State, he said adequate income, alone, does not guarantee good diets. Among households with incomes of \$10,000 and over, nine per cent had poor diets.

This suggests there may be a need to explain nutrition education efforts at all income levels. Or perhaps there is simply a lack of motivation to select the most nutritious foods," Dr. Swope observed.

Diets of females, generally, were not as good as those of males. Adolescent girls and women from ages 9 through 54 averaged below the recommended allowances for calcium, iron, and thiamine. Older men and women, especially those aged 75 and above, were low in calcium, riboflavin, and vitamin A. Infants and children under age six were below the recommended levels for iron.

Males in the survey consumed more milk generally than did females. This reduction in milk consumption was observed among girls aged 9 to 11 and continued steadily downward through the 35 to 54 age group of women. This was linked with diets being at least 20 per cent below the recommended allowances for calcium.

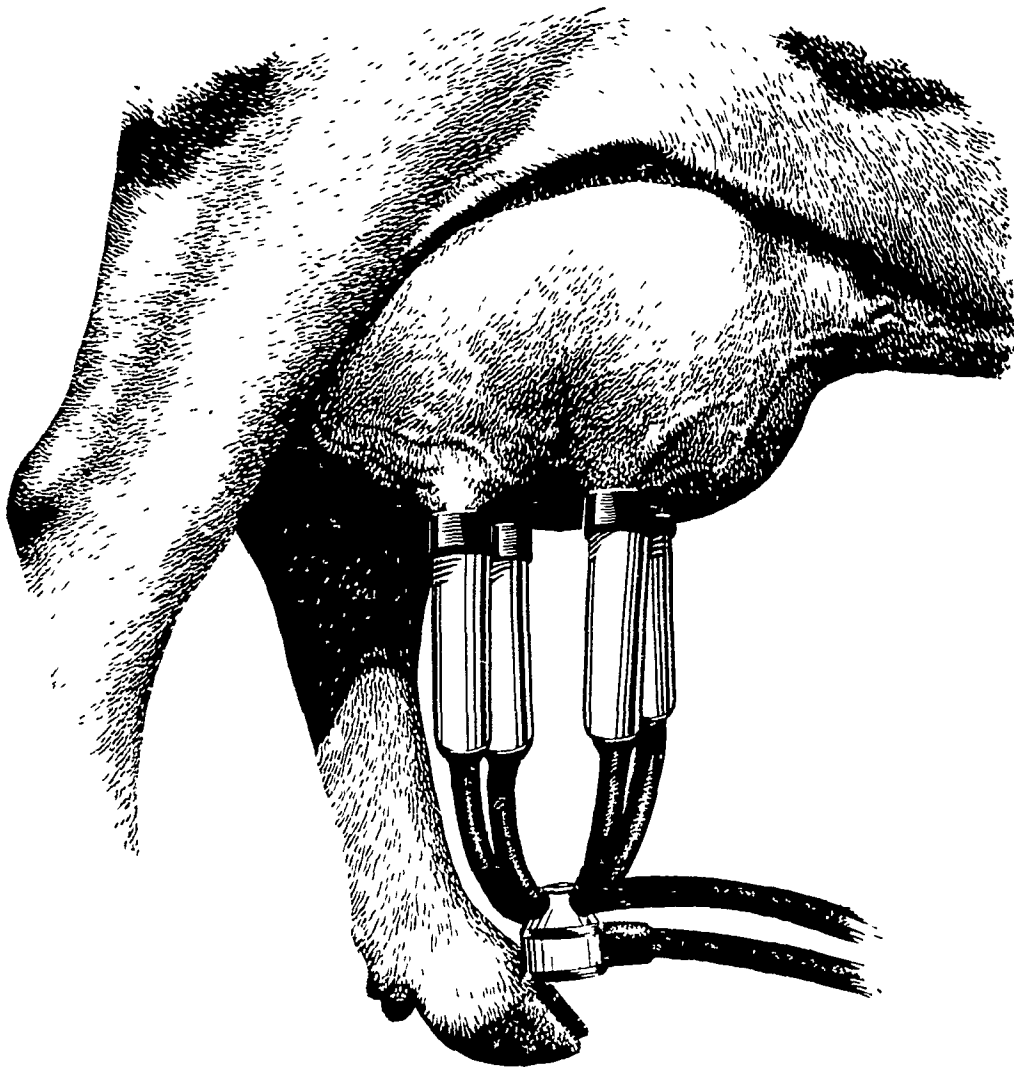
The findings underscore the need for educating people about the food sources of calcium, principally milk and milk products. The need to include these in the diet is evident, he affirmed.

For both males and females, the use of beverages other than milk and juices—mostly soft drinks and coffee—increased after ages 9 to 11. Especially for girls, these beverages seemed to offset the use of milk.

A principle goal of periodic USDA surveys of food consumption is to develop and distribute information to assist in improving diets. All regions of the continental United States have been included in the surveys.

## HORNCO FEEDS --- The Growing Choice of Business Farmers

# THE END RESULTS ARE WHAT COUNT!



## MORE Milk - Better Herd Health - Less Breeding Problems

The reasons more Lancaster County Dairymen are feeding **HORNCO UNI-PEL FEED** than ever before!



Why not check with your neighbor who changed to Uni-Pel. He'll tell you what Uni-Pel did for him.

**D. E. Horn & Co., Inc.** York, Pa. Ph. 854-7867