

## ATTACHMENT 1

### Number of Foods Consumed per Day In the U.S. Population

The average number of foods consumed per day was calculated using NHANES 1999-00 data<sup>1</sup>. The number of foods reported in each subject's 24-hour recall, which is stored in the Individual Foods data file, was counted and a weighted mean was generated using SUDAAN<sup>®</sup> software. It is appropriate to weight NHANES data in order to accurately reflect a population estimate.

The entire set of eight-digit food codes were counted for estimates of total number of foods. Because of the manner in which foods are recorded, the component parts of salads and sandwiches are counted as individual items contributing to the total, in most cases. Sandwiches and salads eaten away from home are coded as 1 item and a few in-home sandwiches are 1 item. The number of foods consumed excluding beverages counted all foods except the following food codes:

11000000-11340000 Fluid Milk Products  
11511000-11531500 Flavored Milk Products  
61201000-61226000 Fruit Juices  
64100100-64221010 Additional Fruit Juices  
67202000-67250100 Baby Food Juices  
74301100-74304000 Vegetable Juices  
73105010 Carrot Juice  
92100000-93512000 Coffee, tea, soft drinks, carbonated water, fruit drinks and alcoholic beverages

Based on these procedures:

Weighted Mean Number of Foods Consumed per Day

Total Population = 15.5

<20 years = 14.0

>20 years = 16.1

Weighted Mean Number of Foods Consumed per Day Excluding Beverages

Total Population = 12.0

<20 years = 10.8

>20 years = 12.4

<sup>1</sup> U.S. Department of Health and Human Services. Centers for Disease Control and Prevention. NHANES 1999-2000. 2002. Available at <http://www.cdc.gov/nchs/nhanes.htm>.

This report was prepared by The Bell Institute of Health and Nutrition, General Mills, Inc. January 2004.

Attachment 1

SAS? /SUDAAN? Generated Results

All Foods Including Beverages

Variable		AGEGROUP		
		Total	19 or less	20 or Greater
#FOODS	Sample Size	8600	4363	4237
	<b>Mean</b>	<b>15.48</b>	<b>14.00</b>	<b>16.06</b>
	SE Mean	0.19	0.14	0.24

All Foods Excluding Beverages

Variable		AGEGROUP		
		Total	19 or less	20 or Greater
#FOODS	Sample Size	8591	4360	4231
	<b>Mean</b>	<b>11.96</b>	<b>10.76</b>	<b>12.43</b>
	SE Mean	0.14	0.13	0.18

The DESCRIPT Procedure  
 Variance Estimation Method: Replicate Weight Jackknife  
 by: Variable, AGEGROUP.