

CONTENTS

Executive Summary		7
Chapter 1	Introduction	25
Chapter 2	Usual Daily Intakes of Vitamins, Minerals, and Fiber	37
Chapter 3	Energy Intakes	49
Chapter 4	Meal and Snack Patterns	63
Chapter 5	Food Choices	75
Chapter 6	The Healthy Eating Index-2005 and Sources of MyPyramid Intakes	99
Chapter 7	Conclusion	125
References		135
Appendix A	Data and Methods	139
Appendix B	Nutrient Intake Tables	159
Appendix C	Other Detailed Tables	199