

This dietary evaluation was part of a regional project to examine food choices with nutritional health of girls, and to assess the impact of income and race on food choices. Approximately 1000 girls in 9 states were measured 24-hr diet records twice during years 10, 11, and 12. Energy and nutrient intakes were compared with RDAs for 3 ages, 2 income levels, and 2 races. Food energy, protein, and vitamin intakes were above the RDAs but over 2/3 for all groups. Median intakes of B6, B12, and folate were similar for all groups. There was no significant difference in intake of iron or zinc. There was a trend for higher intake of vitamins A and C in girls from the southern states than in those from the northern states. (Supported by NUTRITION FED.)


Changes in nutritional status of black and white girls for 9 to 11 years of age from low and middle income families in 8 southern states were evaluated over a 3 year longitudinal period. Blood and urine samples were collected at yearly intervals during the study and used for biochemical determinations of hemoglobin, hematocrit, thiamin, riboflavin, and ascorbic acid. In general, mean values for these variables for either race at either of the above ages were above the acceptable level used in this study. At 9 years of age the mean value for one variable was significantly greater for whites than blacks. At 11 years of age only hemoglobin, hematocrit, and riboflavin were significantly greater for whites as compared to blacks. Throughout, there was a trend for increased intake of ascorbic acid in black girls. There was no significant increase in hematocrit and a decrease in riboflavin and ascorbic acid from age 9 to 11 years for both races. Thiamin, however, tended to decrease for both races and decrease for whites from 9 to 11 years of age. (Part of a 5-year Regional Nutrition Project, supported in part under the NCHC act, as amended, 1955 and 614-1085)