Diets of Families in the Open Country

. . a Georgia and an Ohio County Summer 1945

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Diets of Families in the Open Country A Georgia and an Ohio County Summer 1945

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FOREWORD

This report is concerned with the nutritional quality of diets of farm and nonfarm families living in the open country in a county in central Georgia and another in southern Ohio. Information for the report was collected in a survey made in the early summer of 1945; the data on food consumption and diet quality represent that season but the data on income refer to a 12-month period between January 1, 1944, and June 30, 1945.

The study on which the report is based was planned and conducted under the direction of Margaret G. Reid, former Head of the Family Economics Division (now with the University of Illinois).

Appreciation is expressed for the valuable assistance given by the two staff members, Lillian Fincher and Marie Linck, who were in charge of collection of data in the counties, and to the local women who served as interviewers under them. Thanks are extended to Evelyn Grossman and Mary Ann Moss, also staff members, for their help in the preparation of the report.

We are indebted to the Statistical Laboratory of Iowa State College and the Bureau of Agricultural Economics of the United States Department of Agriculture for their assistance in drawing the samples for the two counties.

Acknowledgment is made to the Extension Service, Farmers Home Administration (formerly the Farm Security Administration), and the Office of Experiment Stations and to their representatives who rendered valuable aid to the staff members in charge of collection in the two counties. Special mention is due Ophelia Smith, Home Demonstration Agent in the Georgia county, and Mary E. Miller, Home Demonstration Agent in the Ohio county, for their efforts in behalf of the survey and their many courtesies to the field staff.

HAZEL K. STIEBELING, *Chief.*

Contents

INTRODUCTION

National dietary surveys that give a broad picture of the quality of diets for a cross section of families in the United States rarely tell how well fed are small homogeneous segments of the population. To give the broad coverage and the details by regions, States, cities, counties, and the like necessitates large samples that are costly in time and money. The Consumer Purchases Study [1] is, perhaps, the only study in which an attempt was made to get a comprehensive cross section of the nutritional quality of diets in the United States as a whole and, separately, in cities, villages, and farm communities in the various regions of the country. Even in this study, certain population groups were omitted. Furthermore, the Consumer Purchases Study covered the period 1935–36 and more recent information on the quality of family diets is needed.

The survey of Family Spending and Saving in Wartime [2] for the spring of 1942 gave averages for urban, farm, and rural nonfarm groups, but no information at all for particular communities. Besides, it did not provide data for appraising the adequacy of the diet of each family separately. The general findings were that among farm families average diets were adequate at all income levels. It seems reasonable to suppose that analysis of family diets singly would reveal a relatively high proportion of poor diets among low-income farm families.

The study reported in this publication was undertaken in a county in southern Ohio and another county in central Georgia in which the economic levels of families were slightly below the averages for their regions at a time when national farm income was high. Its purpose was to find out the quality of diets of families living in farming communities in these counties in order to learn the kind and extent of dietary shortages that may occur among such families and the characteristics of those whose diets are poor.

Information will be found in this report on the kind, quantity, and money value of food consumed for 1 week in the early summer of 1945 by a random sample of the families in the open country of each county. The nutritive value of the food consumed is given also, both as averages for all the families and as distributions of the families by the quality of their individual diets.

The data are shown separately for each county. Within each county the data for farm and nonfarm families for the most part are kept distinct. Farm families have been classified by net cash income in two ways—as a total for the family and as a per capita average—

[1] Family food consumption and dietary levels. Five regions. Farm series. Misc. Pub. 405.
Family food consumption and dietary levels. Five regions. Urban and village series. Misc. Pub. 452.
[2] Family food consumption in the United States. Misc. Pub. 550.

and data for each class within them are then given separately. In addition, in the Georgia county, data are furnished separately for white and for Negro families, and for farm owners and renters apart from farm share croppers and laborers. Families are classified to some extent also by other factors that might affect the quality of their diets.

In each of 282 families in the Georgia county, a record was kept of the kinds and weight of food brought into the home during a 7-day period; this was immediately preceded and followed by an inventory of all the food on hand. The food on hand at the time of the beginning inventory and the food brought into the home during the 7 days, less any food on hand at the time the record was closed, gave the family's food consumption. Any food from family food supplies that was fed to farm animals, given away, or thrown out was also recorded and later deducted.

In the Ohio county, two methods were used to collect the information on food. About 56 families in the Ohio county gave the same type of food records as those in the Georgia county, and another 181 families gave food lists. Because so few families in the Ohio county were willing to participate, no comparison between consumption as reported on the record and the list could be made. To describe the consumption in the Ohio county, the records and lists were pooled; any possible differences due to schedule form were obscured by the smallness of the samples. For the food lists, each family was interviewed only once, at which time the homemaker reported on the food used during the 7 days preceding the interview.

In addition to giving the information on food consumption all families reported on their incomes for a 12-month period between January 1, 1944, and June 30, 1945, selecting the period on which they could report best; they also gave other information needed to analyze their food consumption.

FAMILY DIETS IN THE TWO COUNTIES

The Average Daily Diet

For ease in appraising the nutritional quality of the food consumed by families living in the open country in the two counties, quantities of the hundreds of foods used from family supplies were converted to quantities of nine dietary essentials.[3] Nutritive values for the diets of the families in each county are given in table 3 (Appendix B), in terms of averages per day for calories, protein, calcium, iron, vitamin A value, ascorbic acid, and three of the B-vitamins.

To minimize family size and composition differences in respect to sex, age, and physical activity, the nutritive values for the diets have been expressed on a per-nutrition-unit basis using the National Research Council's 1945 recommended dietary allowances with the allowances for the moderately active man treated as a base. (See Methodology, p. 85, and Appendix tables 4, 36, and 37.)

The average nutritive values of the diets of families in the two counties met allowances for some of the dietary essentials by a greater margin than for others. In the Georgia county average values for thiamine, iron, and niacin met allowances by the widest margin, 50 percent or more, and calcium was at the other extreme with no leeway at all; vitamin A value was also met with a narrow margin, less than 10 percent over allowances. In the Ohio county, there was a margin of at least 20 percent over allowances for all essentials and for four of them—iron, thiamine, ascorbic acid, and vitamin A value—the margin was from about 50 to 60 percent over allowances.

Average values for iron in the diets of open-country families were found to be similar in the two counties. Diets in the Georgia county were higher in thiamine and niacin and lower in the six other dietary essentials than diets in the Ohio county.

Individual Family Diets

Averages by themselves tell an incomplete story. The content of the food consumed by each family, therefore, was compared individually with the recommended allowances of 1945 of the National Research Council and classified into one of four groups for calories and each of eight important nutrients. The four levels represent the following percentages of allowances: (1) 100 percent or more; (2) 67 to 99 percent; (3) 34 to 66 percent; (4) 33 percent or less. The classification[4] permits simple and uniform tabular presentation of the

[3] Represents nutritive value of food brought into family kitchens before preparation for table. See Appendix, page 89, for source of data on nutritive value and for cooking losses estimated for 4 vitamins (Appendix table 40).

[4] See Appendix table 39 for quantities of dietary essentials covered by class intervals.

data. It also provides a basis for grading the diets according to the dietary essential in the diet that meets the recommended allowances least (fig. 1 and Appendix table 5). These are broad levels for diet quality and a wide range of variation was found within each level. In addition, therefore, cumulative frequency curves are shown in figures 2 and 3 from which the percentage of families that had more than a given number of calories or units of any nutrient may be read.

The limiting dietary essentials

Diets of more than 10 percent of the families, when studied individually, were found to have failed to meet the recommended allowances in full for each essential (fig. 1 and Appendix tables 6–14). This was true in both counties, except for thiamine for which nearly all of the families in the Georgia county had diets that met recommendations.

The three nutrients found in shortest supply were calcium, ascorbic acid, and vitamin A value. Only about 40 to 70 percent of the family diets in the Georgia county and about 70 percent of those in the Ohio county met allowances fully for these nutrients. The vitamin A value

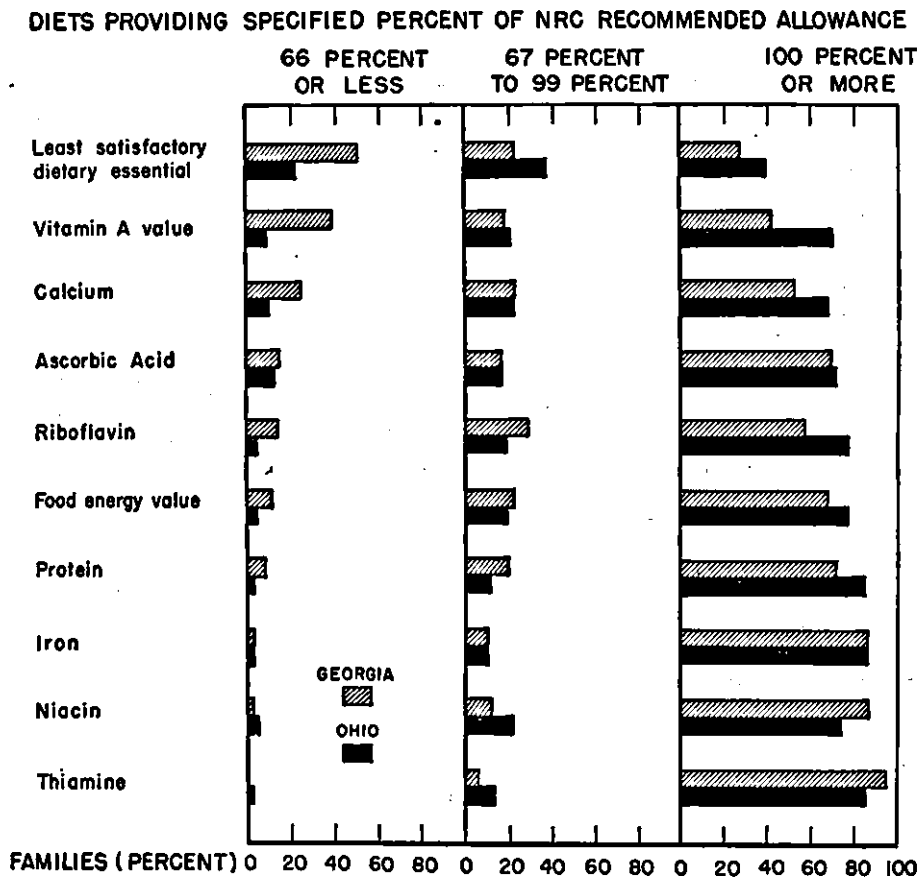

FIGURE 1.—Diets at three levels of nutritional quality, early summer 1945, open-country families in a Georgia and an Ohio county.

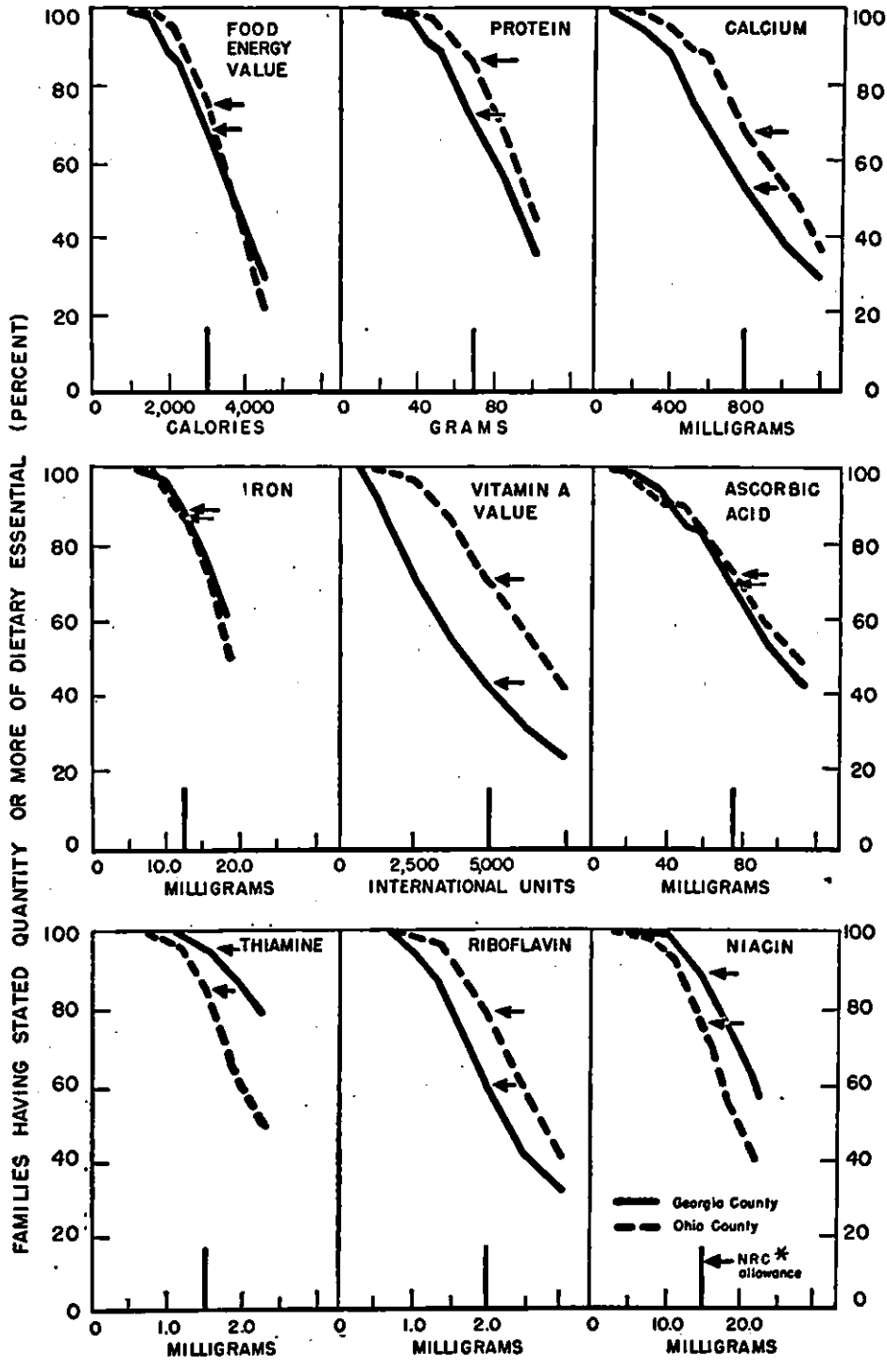

FIGURE 2.—Distribution of diets by food energy value and nutrient content, early summer 1945, open-country families in a Georgia and an Ohio county.

*Indicates National Research Council's recommended dietary allowance for moderately active man which is equal to one nutrition unit.

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for 13 percent of the diets in the Georgia county was below one-third of allowances. There was no other shortage as extreme as this.

When graded by the essential that was least satisfactory, diets of only 28 percent of the families in the Georgia county and 40 percent of those in the Ohio county were found to meet the allowances in full for all of the nine essentials.

About one-half of the families with diets that failed to provide two-thirds of recommendations were short in more than one dietary essential. The figures below show that 1 in 7 of the Georgia diets and 1 in 20 of the Ohio diets were short in as many as three nutrients:

	Percent of diets in which any essential is less than two-thirds of NRC recommended dietary allowances	
Number of dietary essentials:	*Georgia county*	*Ohio county*
None	50	76
One	25	14
Two	10	5
Three or four	9	3
Five or six	4	1
Seven or more	2	1

Diets that failed to meet at least two-thirds of the allowance for a single essential usually were short in vitamin A value in the Georgia county and in ascorbic acid in the Ohio county. Diets were likely to be low in calcium next, in either county; this was followed by ascorbic acid shortages in the Georgia county and vitamin A shortages in the Ohio county.

When diets were short in two essentials, the shortages were likely to be found in two of these three—vitamin A value, calcium, and ascorbic acid.

Three or more shortages in the Georgia diets usually occurred because of need for more calcium, vitamin A value, riboflavin, calories, protein, or ascorbic acid, in that order; few diets were low in iron or niacin and none in thiamine. All the essentials were involved in the few Ohio diets that had three or more shortages but usually the diets were found low in some combination including calcium, vitamin A value, ascorbic acid, riboflavin, or calories. Among the families with three or more shortages in their diets are those whose consumption of milk, meat, grain products, and succulent fruits and vegetables was low.

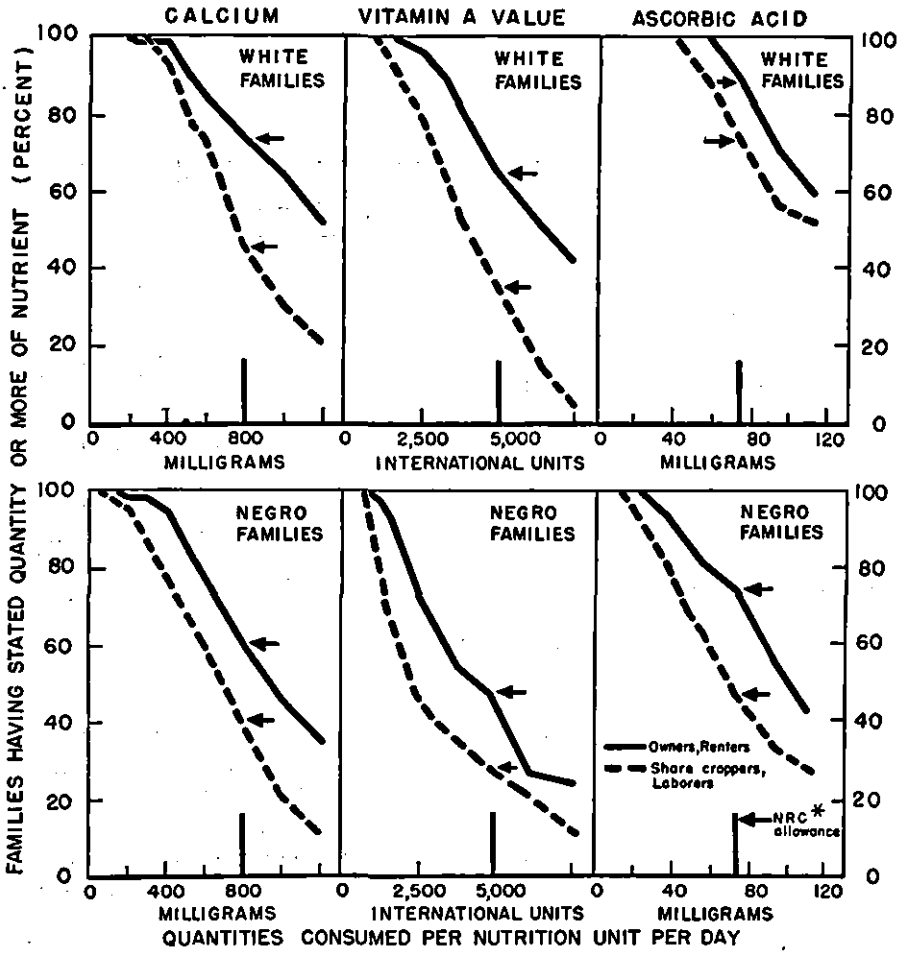

FIGURE 3.—Distribution of diets of white and Negro families by calcium, vitamin A, and ascorbic acid values of diets, early summer 1945, farm owners and renters, and share croppers and laborers in a Georgia county.

*Indicates National Research Council's recommended dietary allowance for moderately active man which is equal to one nutrition unit.

COMPARISON OF DIETS OF FARM AND NONFARM FAMILIES

The sample of nonfarm families is small but provides enough data for some comparison with the farm groups.

Farm families ate more food and had diets that were higher in calories and all eight nutrients than the few nonfarm families living in the open country (Appendix tables 3 and 15). Diets for the two groups were most similar in calorie content and least similar in calcium content. Greater difference was found between diets of farm and nonfarm families in the Ohio county than in the Georgia county. Average values for farm diets in both counties were more than 10 percent greater than nonfarm in calcium, riboflavin, and ascorbic acid, and in the Ohio county also in protein, thiamine, and iron.

Diet Quality and Food Consumption

In both counties the average nonfarm diet had only about three-fourths as much milk and calcium as the average farm diet. In the Georgia county where milk and grain products were the chief sources of calcium, 41 percent of the nonfarm families and 55 percent of the farm families had diets that met calcium recommendations in full. In the Ohio county where milk was the primary contributor of calcium, 47 percent of the nonfarm diets and 72 percent of the farm diets met calcium allowances.

Lower average ascorbic acid, iron, and vitamin A values reflected lower average consumption of succulent vegetables and fruits by nonfarm than by farm families. The lower values of nonfarm diets for protein, thiamine, and niacin were associated with consumption of smaller quantities of meat, poultry, and fish, and grain products.

Nonfarm families in the open country in the Georgia county consumed somewhat more eggs, dry beans and peas and nuts, potatoes and sweetpotatoes, and fats and oils than farm families but not enough to raise the nutritional level of their diets in any respect to that of farm families. In the Ohio county dry beans and peas and nuts was the only group of food of which nonfarm families used more than farm families.

Sources of Food

Home-produced food, as is usual, made a smaller contribution to diets of nonfarm than of farm families living in the open country (Appendix table 3). It accounted for two to four times as much of each essential in the farm diets as in the nonfarm. Conversely nonfarm families purchased more of every dietary essential (except ascorbic acid in the Ohio county) than farm families.

Nonfarm families, on the average, had higher net cash family incomes, $1,020 compared with $750 in the Georgia county, and $1,850 compared with $1,780 in the Ohio county, and laid out more cash for food. Their diets, however, were worth less than those of farm families when home-produced foods were valued at purchase prices (table 16). Nonfarm families raised only about one-third of their food supply in terms of money value while farm families raised about two-thirds of theirs. The purchased food of nonfarm families represented two-thirds of the money value of their total food supply but their purchased food was worth less than the home-produced food of farm families.

The groups of food purchased most by nonfarm families were: Meat, poultry, and fish; dry beans and peas and nuts; grain products; fats and oils; and sugars and other sweets.

The groups of food that nonfarm families most often produced at home were milk, eggs, and succulent vegetables. Among these are the two foods that would do most to improve nonfarm diets—milk and the green and yellow vegetables. A few nonfarm families reported liberal consumption of these home-produced foods. More nonfarm families need to be encouraged to start or increase home production of milk and vegetables. There will always be some families in the open country, of course, for whom increased food production is not practicable. The investment needed for a dairy cow as well as the land and time needed for home food production are important considerations.

SOME FACTORS INFLUENCING QUALITY OF FARM DIETS

Only farm families are considered in this section of the report. Dietary patterns of nonfarm families, as shown before, are different from those of farmers who produce a large share of their food supply at home, and the sample of nonfarm families covered is too small to permit separate analysis for the factors that influence diets.

Kind and Quantity of Food

The kinds and quantities of foods adults choose to eat are in large part influenced by what they, as children, ate at home. Although in time the early home diet is, of course, modified by personal likes and dislikes, food customs of associates, changes in economic situation, education, and by market supply and innovations, a deeply ingrained food custom is likely to continue for generations, even when the situation that brought it about is gone and maybe forgotten. The diets of the farm families in the Georgia county and the Ohio county presented in this publication are examples of two of the many different dietary patterns that have developed in the United States.

Foods consumed by the families have been assembled into 11 groups on the basis of nutritive value and use in the diet. The quantities of food consumed are given as averages per person per week in table 15 for each food group and in table 18 for selected items of food.

On the average, farm families in the Ohio county ate much more than farm families in the Georgia county of foods in the following six groups: Milk and milk products; eggs; dry beans and peas and nuts; potatoes and sweetpotatoes; tomatoes and citrus fruits; and sugars and other sweets. Foods that were consumed in much larger quantity by the Georgia families were in these three groups: Green and yellow vegetables, other vegetables and fruits, and grain products. The diets of farm families in both counties contained similar average quantities of meat, poultry, and fish and of fats and oils.

The quantities of food reported by many families were extraordinarily high. Some homemakers had difficulty and perhaps did not succeed in reporting the food consumption of their families free from food given to pets, poultry, and other farm animals. Families that reported food fed to animals most frequently listed fluid skim milk, corn bread, peas, and other vegetables. Another source of error is unreported food waste, especially the fat meat that is left on plates, and the fat and cereal that sticks to pans. The foods that might be reported but not consumed by the families are important carriers of calories and all the nutrients.

Families with relatively high incomes and more home-produced food probably are more likely than others to have animals and to feed

them edible family supplies and to throw out food. Since these are the families that usually have the better diets, it is perhaps safe to assume that these families would not have been classified differently as to the nutritional quality of their diets if they had reported their food consumption more accurately.

Five illustrations of family food consumption that provided diets (uncooked food basis) meeting recommendations in full are given in table 1. The families comprised four to five members and had per capita incomes for the year varying from $80 to $700. The diets were valued at $3.12 to $4.55 per person per week, of which $2.73 to $4.18 worth was furnished by the farm. Each family followed a different dietary pattern. Other illustrations of diets that met allowances might have been presented. The diets given were selected because the families consuming them represented common family sizes and because the kinds and quantities of foods used showed good management in that the diets furnished no more than 3,500 calories per nutrition unit per day.

TABLE 1.—*Quantities of food in 5 diets (uncooked food basis) meeting NRC recommended allowances in full for 9 dietary essentials, farm families in a Georgia county and an Ohio county, early summer 1945*

Food group and selected facts about the family	Average quantity of food consumed by selected farm families, per person per week				
	Georgia county			Ohio county	
Milk equivalent [1]—quarts	3. 72	3. 14	6. 57	3. 94	8. 77
Fats, oils—pounds	1. 77	. 76	. 72	1. 02	. 55
Eggs—dozens	1. 04	. 92	. 90	. 34	. 68
Meats, poultry, fish—pounds	1. 88	1. 05	2. 48	2. 60	. 95
Dry beans and peas, nuts [2]—do	. 26	0	0	. 05	. 67
Total vegetables and fruits—do	14. 17	22. 06	28. 63	12. 29	6. 06
Potatoes, sweetpotatoes—do	. 49	0	0	2. 41	1. 52
Tomatoes, citrus fruit—do	2. 12	1. 18	1. 10	2. 97	1. 79
Green and yellow vegetables—do	4. 35	2. 11	2. 97	3. 10	. 58
Other vegetables and fruits [3]—do	7. 21	18. 77	24. 56	3. 81	2. 17
Grain products [4]—do	7. 08	7. 72	4. 44	2. 46	1. 97
Sugars, other sweets [5]—do	. 56	. 74	. 86	1. 88	3. 77
Household size in equivalent persons—number	4. 10	3. 81	5. 00	4. 67	4. 76
Money value of food per person per week:					
All food—dollars	4. 12	3. 12	4. 55	4. 53	3. 36
Home-produced food—do	. 97	2. 73	4. 18	1. 52	1. 84
Net cash income per person for year—do	260	120	80	700	540

[1] See table 15, footnote 3.
[2] See table 15, footnote 5.
[3] See table 15, footnote 6.
[4] See table 15, footnote 7.
[5] See table 15, footnote 8.

Contributions of food groups to nutritive value of diets

The percentage contributions made to calories and the 8 nutrients in the diets of the farm families by the foods in each of the 11 groups, separately or in certain combinations, are given in table 19, and illustrated for selected nutrients in figures 4 and 5.

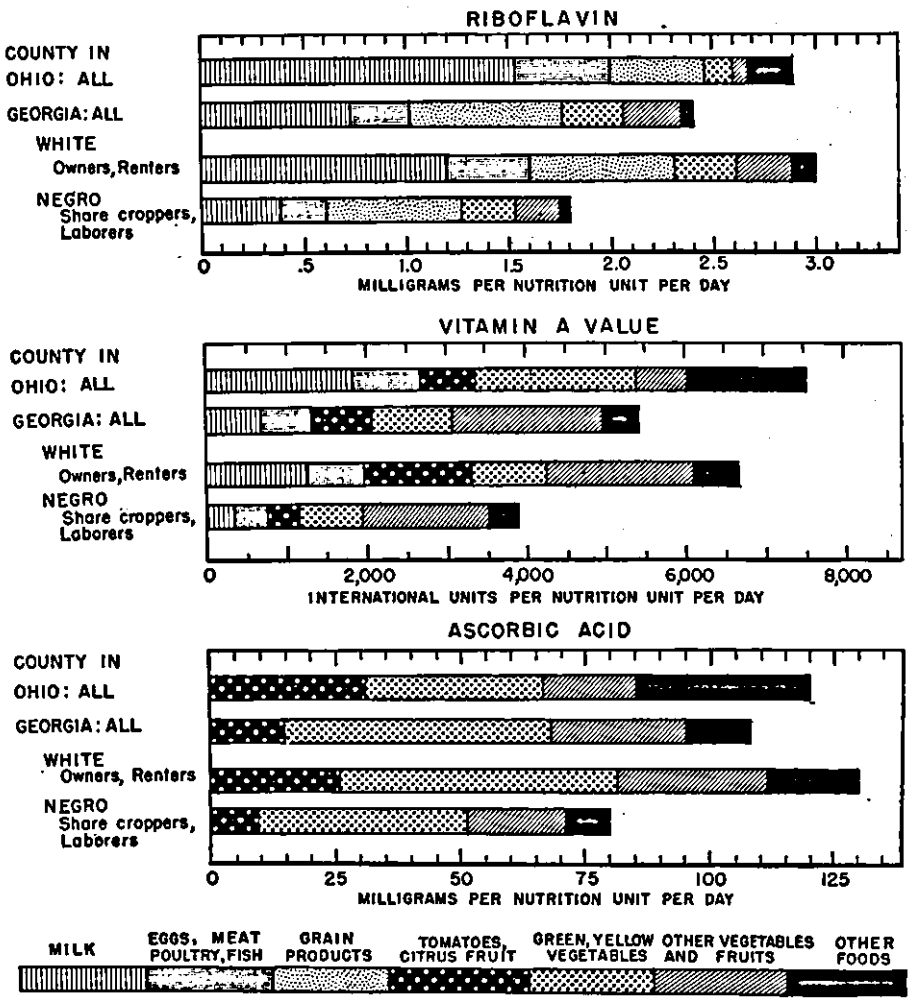

FIGURE 4.—Dietary sources of three nutrients, early summer 1945, farm families in a Georgia and an Ohio county.

The outstanding fact observed in these percentage contributions is that, for the Georgia farm families, foods of vegetable origin—grain products, vegetables, and fruits—were major contributors of several of the nutrients usually contributed by foods of animal origin. In the Ohio county, however, farm diets followed rather closely the usual pattern of farm diets in the United States.

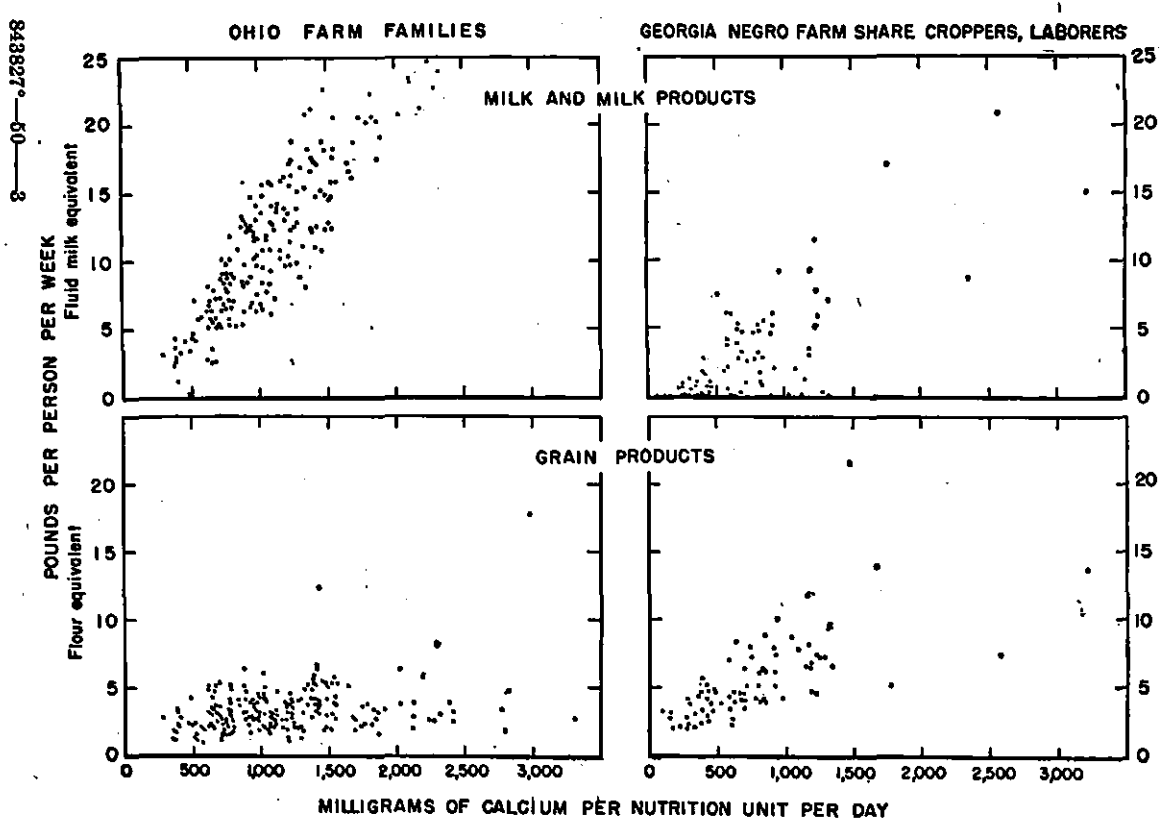

FIGURE 5.—Calcium content of diets in relation to consumption of milk and grain products, early summer 1945, farm families in an Ohio county and Negro farm families of share croppers and laborers in a Georgia county.

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In the Georgia diets, grain products were the primary source of food energy value and of all nutrients except vitamin A value and ascorbic acid; they contributed as much calcium and riboflavin as milk products and as much protein as milk products and meat, poultry, and fish combined. Vegetables and fruit also accounted for more protein than either milk products or meat, poultry, and fish; in addition, they provided nearly as much riboflavin as milk products. This unusual situation in the Georgia county is attributable to extraordinarily low consumption of milk products and table fats, compensated for partly but not fully by extraordinarily high consumption of vegetables, fruits, and grain products in general and by lima beans, field peas, self-rising flour, and enriched grain products in particular.

Calcium.—The unusual relationship of grain products to calcium in the diets of Negro farm share croppers and laborers in the Georgia county and the more usual relationship of milk and milk products to calcium in farm diets in the Ohio county is shown in the scattergram in figure 5. Grain products contributed about one-third of a gram of calcium to daily diets in the Georgia county, and barely one-tenth of a gram of calcium to diets in the Ohio county. Self-rising flour (flour with added leavening), used widely in Georgia, was responsible for most of this difference.

The Georgia families used 20 times as much calcium-rich, self-rising flour as plain (non-self-rising) flour, consuming about 2.5 pounds of self-rising flour and 0.1 pound of plain flour per person per week. The Ohio families consumed about 1.0 pound of plain flour and only a negligible quantity of self-rising flour. Each pound of white self-rising flour contributes approximately 1 gram of calcium whereas each pound of plain flour provides only one-twelfth of a gram. It follows, therefore, that from white flour alone the Georgia families received an average of about 2.5 grams of calcium per person per week while the Ohio families got barely 0.1 gram of calcium.

In order to use the plain white flour for baking, the Ohio families had to add some leavening agent to it. Yeast was included in estimating the calcium value of the diets but baking powder was omitted.[6] If calcium credit is given for the 0.02 pound of baking powder purchased per person per week, an average of 0.49 gram of calcium per week should be added to the Ohio diets; such addition, however, would not change the conclusion that the Ohio families had most of their calcium from milk or the fact that they had less calcium from grain products plus baking powder than families in the Georgia county.

Calcium recommendations were met in full by fewer than six-tenths of the diets of farm families in the Georgia county and by slightly more than seven-tenths of those in the Ohio county (Appendix table 8). Two-thirds of calcium allowances were met by the diets of nearly eight-tenths of the Georgia families and nine-tenths of the Ohio families.

The percentage of families that had diets meeting two-thirds of the calcium allowances at given levels of milk consumption is shown

[6] Data were obtained on the purchase of baking powder rather than on its consumption, to simplify collection. Purchase data have been used in place of consumption data on the assumption that for a group of families the two averages for a staple item will be about the same.

in table 20 and at given levels of grain consumption in table 24. These tables indicate that nearly all the Georgia diets furnishing at least two-thirds of calcium allowances contained for each person 1 glass of milk or its equivalent in nonfat solids per day and 5 pounds of grain products per week. The Ohio diets at this calcium level were twice as high in milk (2 glasses per day) but much lower in grain products (3 pounds per week).

All farm families in the Ohio county had milk in some form but about 15 percent of those in the Georgia county had none during the week of the survey. Of the Georgia farm families that had no milk about two-fifths succeeded in getting at least two-thirds of calcium recommendations.

The food consumption of a Negro cash tenant family of four, including the parents, a 6-year-old girl, and a 3-year-old boy, has been selected for presentation because of wide interest in the nutrient content of diets that include little variety and none of such an important food as milk. The diet is limited in variety and would not lend itself to appetizing menus. But the type of menu it afforded was fairly frequent among families in the Georgia county.

The food (uncooked food basis) consumed by this family met recommended allowances as follows: 70 percent for calcium, 90 percent for food energy and vitamin A value, and 100 percent or more for protein, riboflavin, ascorbic acid, niacin, iron, and thiamine. There were other families with children that had milk-free diets of equal or better quality but their diet quality was achieved less efficiently by consuming an excess of calories. During the week of their food record this family consumed the following kinds and quantities of food:

Home-produced food:		
Eggs	number	14
Chicken	pounds	2.65
Tomatoes, fresh	do	9.00
Collards, fresh	do	2.00
Field peas, fresh shelled	do	2.00
Onions, mature	do	1.00
Watermelon	do	10.00
Purchased foods:		
Self-rising white flour, enriched	do	12.60
White water-ground corn meal	do	10.80
White grits	do	1.00
Cane sirup	do	5.60
Vegetable shortening	do	.25
Stewing beef, bone in	do	2.00

All the eggs, chicken, and vegetables were furnished by the farm. The family purchased only six foods for which they paid $2.50.

Meals were simple. The morning meal was likely to be biscuits and sirup; sometimes it included fried eggs. The usual noon meal consisted of peas, collards or soup, biscuits or corn bread, sirup, and perhaps sliced tomatoes. The evening meal was the same as the noon meal. Beef stew and fried chicken were served on the same day, a Sunday, for all three meals of that day.

Riboflavin.—Food from animal sources made chief contributions of riboflavin to diets in the Ohio county and from vegetable, fruit, and grain sources in the Georgia county (fig. 4).

About six-tenths of the farm families in the Georgia county and eight-tenths of those in the Ohio county had diets that met the recommended allowances for riboflavin in full. Almost nine-tenths of the Georgia families and about all the Ohio families had diets that provided at least two-thirds of the riboflavin allowances (Appendix table 13).

Nearly all farm families in both counties with diets furnishing two-thirds of riboflavin allowances used an average of 1 glass of milk or its equivalent per person per day (Appendix table 20). In the Ohio county the milk group was the only food group in which consumption followed closely the riboflavin content of the diets. In the Georgia county, however, two out of three of the diets that contained no milk at all provided two-thirds of riboflavin allowances; but nearly all families with diets containing two-thirds of riboflavin allowances had at least 2 pounds of meat, poultry, and fish per person per week and 3 pounds of grain products, much of which was enriched or whole grain (Appendix tables 21 and 24).

Protein.—Somewhat more than seven-tenths of the farm families in the Georgia county and fewer than nine-tenths of those in the Ohio county had diets that met protein allowances in full (Appendix table 7). Most families, however, had diets that provided at least two-thirds of protein allowances. The few diets that failed to meet the latter level contained less than 2 pounds of meat, poultry, and fish, and 4 pounds of grain products per week, and 1 glass of milk or its equivalent per day for each person (Appendix tables 20, 21 and 24).

Iron.—The allowances for iron were met to about the same extent in the farm diets of both counties (Appendix table 9). The diets of 88 percent of the families furnished the iron allowances in full and nearly all diets furnished at least two-thirds of the allowances.

Food energy value—Nearly seven-tenths of the farm families in the Georgia county and eight-tenths of the farm families in the Ohio county had diets that provided calorie allowances in full (Appendix table 6). Few diets in the Ohio county but as many as 1 out of 10 diets in the Georgia county failed to provide at least two-thirds of the calorie allowances. The quantity of grain products used by nearly all farm families with diets as short as this in calories was below the median level of consumption for farm families in their county—less than 4 pounds per person per week in the Georgia county and 2 pounds in the Ohio county (Appendix table 24).

Vitamin A value.—Carotene was as usual the chief source of vitamin A value in the diets. Vegetables and fruits contributed more than one-half of the total value of vitamin A in diets of the Ohio farm families, and more than two-thirds of it in diets of the Georgia farm families (fig. 4).

Although the survey was conducted almost simultaneously in the two counties, seasons were not parallel. Seasonal differences were reflected in kinds of vegetables and fruits consumed. The families in the more northern county were enjoying such early garden vegetables as lettuce, cabbage, snap beans, garden peas, mustard greens, and green onions. The families in the more southern county, at the peak of their garden season, had generous quantities of fresh field peas, lima beans, tomatoes, melons, and corn in their diets as well as peaches from

their orchards. As a result green and yellow vegetables were the most important carotene source in the Ohio diets and the group of vegetables and fruits termed "other" were the main ones in the Georgia diets. In a season of more plentiful supply (late summer, fall, or winter) sweetpotatoes and green leafy vegetables undoubtedly would have accounted for a greater share of the vitamin A value in the diets of the Georgia families and total vitamin A values would have been greater.

Only about four-tenths of the farm families in the Georgia county and seven-tenths of those in the Ohio county met allowances for vitamin A value in full (Appendix table 11). This was by far the most limiting dietary essential in the Georgia diets, nearly 40 percent failing to furnish even two-thirds of the recommendations; nearly all Ohio farm diets, however, furnished this much.

Distribution of families by the level of their consumption of specific food groups indicates that nearly all farm families in the Georgia county that consumed 6 pounds of green and yellow vegetables, 9 pounds of other vegetables and fruits, and 5¼ quarts of milk per person per week usually had diets providing at least two-thirds of allowances for vitamin A value (Appendix tables 20, 22, and 25). Ohio families, because they got appreciable quantities of vitamin A from butter and margarine, reached this level of diet quality with only 2 pounds of green and yellow vegetables, 3 pounds of other vegetables and fruits, and 3½ quarts of milk per person per week.

Ascorbic acid.—More than nine-tenths of the ascorbic acid in the diet (uncooked food basis) of the farm families in both counties came from fruits and vegetables. Milk and milk products contributed most of the ascorbic acid from other sources (fig. 4).

Green and yellow vegetables contributed a higher proportion of the ascorbic acid in the farm diets than any other food group. Tomatoes and citrus fruit were almost as important as green and yellow vegetables in the diets of families in the Ohio county but other vegetables and fruits took second place in the diets of families in the Georgia county. Families in the two counties used about equal quantities of tomatoes and citrus fruit as a group. In Ohio this food group included twice as much citrus fruit as tomatoes while in Georgia it consisted chiefly of tomatoes, only half as rich in ascorbic acid as citrus fruit. As a result, farm families in the Georgia county got only about one-half as much ascorbic acid from this food group as those in the Ohio county.

The contribution of the group classified as other vegetables and fruits to the ascorbic acid value of the Georgia diets illustrates the importance of foods commonly considered only fair sources of a nutrient when eaten in large quantity. The Georgia farm families consumed about 9 pounds of foods in this group per person per week, or two and one-half times as much as the Ohio families. The Ohio pattern of consumption is more usual. Watermelon was in season in Georgia and accounted for about 40 percent of the other-vegetables-and-fruits group.

Season was also a factor in the small contribution made by potatoes and sweetpotatoes to ascorbic acid in the diets of the Georgia families; when the study was made sweetpotatoes were not ready for harvest.

Diets of farm families in both counties were about equal in ascorbic acid; approximately 7 out of 10 diets met allowances in full and 1 out of 10 diets failed to provide two-thirds of allowances (Appendix table 10). In the Georgia county, families with diets containing at least two-thirds of ascorbic acid allowances used at least 2 pounds of green and yellow vegetables, 1 pound of tomatoes and citrus fruit, and 3 pounds of other vegetables and fruits; in the Ohio county, diets reaching this level contained only 1 pound of green and yellow vegetables but similar quantities of the foods in the other groups.

Thiamine and niacin.—In order of the quantity they supplied, the three most important sources of thiamine and niacin were grain products, vegetables and fruits, and eggs, meat, poultry, and fish (Appendix table 19).

Enriched flour, corn meal (not degermed in Georgia), and bread in the diets of families in both counties were the chief grain sources of thiamine and niacin. Thiamine from vegetables came primarily from field peas, green lima beans, and okra in the Georgia diets and from dry beans and peas and potatoes in the Ohio diets.

Eggs, and meat, poultry, and fish supplied a greater share of niacin than of thiamine, primarily because beef, fish, and chicken are richer sources of niacin than of thiamine. Thiamine-rich pork on the other hand, amounting to about one-third of the meat, poultry, and fish group, provided more than one-third of the thiamine that came from the meat group.

Due to enrichment of flour and meal the diets of nearly all farm families in the Georgia county and nearly nine-tenths of the families in the Ohio county, met the thiamine allowances in full (Appendix table 12). Niacin was a more limiting essential; only about nine-tenths of the Georgia diets and eight-tenths of the Ohio diets met the niacin allowances in full, but only a few diets failed to meet two-thirds of allowances (Appendix table 14). For the most part, families with diets that were short in thiamine and niacin consumed less than 4 pounds of grain products and 2 pounds of meat, poultry, and fish per person per week (Appendix tables 21 and 24).

Contributions of home-produced food

Home-produced food was an important factor in the quality of diets. Three-fourths or more of the Georgia families that had diets providing at least 67 percent of allowances had gardens in 1944 and brood sows, milk cows, and poultry in the summer of 1945. Even in the lower per capita income groups the average value of home-produced food was higher for those that had better diets; a large share of the families had gardens, milk cows, and other sources of home-produced foods (Appendix table 26).

Home-produced foods made large contributions to the diets of farm families in both counties (Appendix table 3). They provided more ascorbic acid, thiamine, niacin, and iron to diets in the Georgia county than in the Ohio county, reflecting seasonal differences in the kinds and quantities of vegetables, fruits, and grains furnished by farms in the two counties (Appendix table 15). Specific home-produced foods that

figured more prominently in the Georgia than in the Ohio diets and made large nutritional contributions to Georgia diets because of concentration of nutritive value or quantity consumed, were the following: Fresh lima beans, field peas, cabbage, okra, tomatoes, corn, and watermelon; corn meal, and cane sirup (table 2).

On the other hand, home-produced foods contributed more calcium, riboflavin, and protein to farm diets in the Ohio county than to those in the Georgia county. In large part, this was the result of a greater abundance of milk and other livestock products in the Ohio county.

TABLE 2.—*Important home-produced foods, averages for farm families in a Georgia county and an Ohio county, early summer 1945*

Food group	Food	Average quantity of home-produced food consumed per person per week	
		Georgia county	Ohio county
		Pounds	*Pounds*
Milk, cream, ice cream, cheese.	Fluid milk (whole milk, buttermilk, skim milk).	4. 92	9. 89
Fats, oils	Lard	. 23	. 26
	Bacon	. 07	. 24
	Salt pork	. 23	. 01
Eggs, meat, poultry, fish	Eggs	. 52	1. 06
	Pork (excluding bacon, salt pork)	. 43	. 67
	Beef	. 02	. 29
	Chicken	. 47	. 35
Green and yellow vegetables	Lima beans, fresh and canned (unshelled weight).	1. 67	. 05
	Cabbage, fresh and canned	. 28	. 07
	Okra, fresh and canned	. 19	0
	Garden peas, fresh and canned (unshelled weight).	. 05	. 49
	Field peas (unshelled weight)	3. 69	0
	Mustard greens, fresh	0	. 14
	Green beans, fresh and canned	. 12	. 48
	Onions, green	. 05	. 29
	Lettuce, leaf and head	. 01	. 37
Potatoes, sweetpotatoes	Potatoes, white	. 47	. 95
Tomatoes, citrus fruit	Tomatoes, fresh	. 91	. 02
	Tomato juice, canned	(1)	. 44
Other vegetables and fruits	Corn, fresh and canned (in-husk weight).	2. 15	. 20
	Watermelon	5. 82	0
	Cantaloup	. 12	0
	Apples, fresh and canned	. 01	. 44
	Peaches, fresh and canned	. 19	. 25
	Blackberries, raspberries, other berries, fresh.	. 01	. 31
Grain products	Corn meal, white, not degermed	. 44	(1)
	Corn meal, refined	. 32	. 02
Sugars, other sweets	Cane sirup	. 33	0

[1] 0.005 pound or less.

Home-produced food in the Georgia county furnished diets with more vitamin A value, calcium, ascorbic acid, and riboflavin, on the average, than other essentials. But there were great differences among families. Some raised large quantities of foods that are important carriers of these nutrients and others raised little or none at all. About two-fifths of the families produced no milk or tomatoes at home and three-fifths no grain products (Appendix table 17). Farm families in the Ohio county were more homogeneous in respect to their home production. Milk, which can be a large contributor of calcium, riboflavin, and vitamin A, was furnished for family tables by about nine-tenths of the farms in the Ohio county.

Effect of 1944 gardens.—All but 5 percent of the farm families in the Ohio county and 10 percent of those in the Georgia county had planted gardens in 1944, the year before the survey. Georgia gardens were larger than Ohio gardens. In the Georgia county, 67 percent of all the gardens were one-half an acre or larger while in the Ohio county only 25 percent of the gardens were as large (Appendix table 27).

Families in the Georgia county that had gardens in 1944 had diets in the summer of 1945 that were somewhat better in vitamin A value and ascorbic acid than families that had no garden the previous year. Size of garden was important for diet quality. Families that had a potato and sweet-corn patch, plus a small garden (from ¼ to ½ acre in size) in 1944 used an average of 61 cents worth of home-produced fruits and vegetables (fresh and processed) per person during the week of the study in 1945; families with a patch plus a large garden (¾ acre or more) in 1944 used garden produce worth nearly twice as much, $1.13, during the week of the study. Differences between the diets of families with small and large gardens, therefore, are to be expected. Among families with the smaller gardens 42 percent had diets that failed to provide at least two-thirds of allowances for vitamin A value and 22 percent for ascorbic acid, while only about one-half as many with larger gardens had diets below the two-thirds line in either vitamin.

Since by the time of collection of data on their food consumption many of the families in the Georgia county were enjoying peak gardens, the kinds and quantities of home-produced food used were more related to their 1945 gardens than to their previous 1944 gardens. Some of the families having no gardens in the previous year must have had gardens in 1945 because they averaged 23 cents worth of home-produced vegetables and fruits per person per week during the week of the survey.

No clear effect either of having gardens or of size of garden on the quality of diets of farm families was indicated by the data from the Ohio county, probably because 1944 garden produce was about all consumed by the time of the survey and 1945 garden produce was not available in large quantity.

The kinds and quantities of vegetables and fruits furnished family tables by gardens during the season covered by the survey probably did not represent the supply raised the previous year. At the time of the survey, dry beans and peas and nuts produced in the previous year

by farm families in the Georgia county were all gone, comparatively few potatoes were on hand, and succulent vegetables and fruits were in relative abundance. The garden supply of all these vegetables and fruits was undoubtedly low for farm families in the Ohio county during the period surveyed, compared with other seasons.

Money Value of Food

All food

Farm family diets in the Georgia county that provided at least two-thirds of allowances or better in every dietary essential had an average retail value nearly twice that of less satisfactory diets, $4.21 per person per week compared with $2.22. Although the average money value of more satisfactory diets was higher than less satisfactory ones, there were some diets of very low money value that provided two-thirds of allowances (fig. 6 and table 28). Conversely, a few diets valued within the high range of $5.00–$5.99 per person per week failed to provide at least two-thirds of allowances.

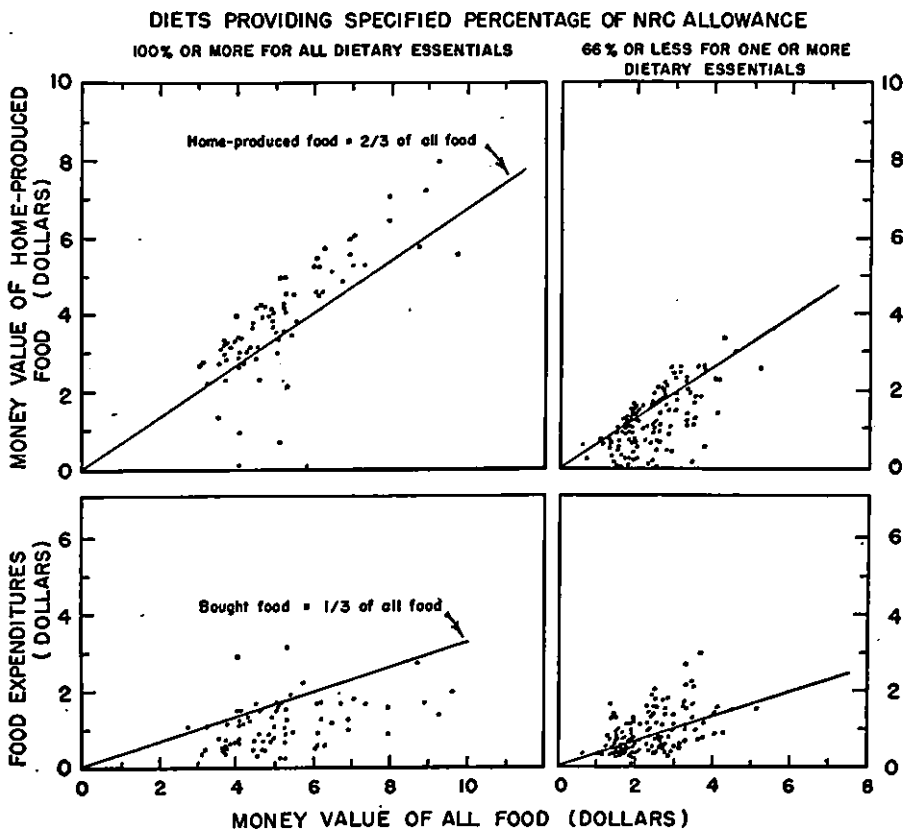

FIGURE 6.—Money value of all food in relation to money value of home-produced food and food expenditures, per person per week, two levels of diet quality, early summer 1945, farm families in a Georgia county.

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Home-produced food

The large difference in retail value between diets that met at least two-thirds of the allowances for each essential and those that did not was primarily due in the Georgia county to more liberal use of home-produced food by the families with more satisfactory diets. This is shown by the figures below:

Source of food:	*Average retail money value of food consumed per person per week by farm families in Georgia county, with the least satisfactory essential in diet meeting NRC allowances—*	
	67 percent or more	*66 percent or less*
All food	$4.21	$2.22
Home-produced food	3.07	1.24
Bought food	1.02	.82
Other food	.12	.16

The retail value of home-produced food usually represented two-thirds or more of the retail value of all food in the more satisfactory diets. Diet quality, however, varied more among families according to the retail value of home-produced food. than according to expense for bought food (fig. 6).

Bought food

Food expenditures were more closely related to diet quality in the Ohio county than in the Georgia county (table 28).

More than one-half of the families in the Georgia county but only about one-seventh of those in the Ohio county spent less than $1 per person per week for food. The median food expenditure for families with diets that met recommended allowances in full was about $1 per person per week in the Georgia county and $2 in the Ohio county.

Net Cash Income in Year 1944–45

Families were classified by their net cash income for the year, both "family" and "per capita," for ease in studying the relationship of net cash income and quality of diets.[6]

Family income

Farm families with net cash incomes of $995 or more had diets that were nutritionally better than those of families with lower incomes. But high incomes did not assure liberal diets. Some families in the

[6] Families were asked to report on their income for the continuous 12-month period between January 1, 1944 and June 30, 1945, that was most convenient for them. From information on their cash income from the farm business and other sources and on expenses incurred in their pursuit, the net cash income of each family was derived both as a total or "family" income and as a hypothetically apportioned or "per capita" income. Net cash income includes no adjustment for value of inventory change in livestock or other farm products, value of farm-furnished food and housing, and cost of electricity or automobile for family use. If farm-operator families in the Georgia county had been classified by net cash family income adjusted for value of changes in inventory of livestock, hay, and grain, about 5 percent would have been placed in a lower income group and about 10 percent in a higher one. See Methodology, page 83, for a fuller explanation.

highest income group in each county had diets that failed to meet allowances in full for all essentials (Appendix table 5). Even in the group with cash incomes of $2,995 or more nearly 40 percent of the families in the Ohio county were found to have diets that failed to provide the full allowances for one or more essentials.

Vitamin A value, calcium, and ascorbic acid were the essentials in shortest supply in diets of families at both the highest and lowest income levels in both counties (Appendix tables 8, 10, 11). Such shortages are associated in this survey with diets that contained less than 3½ quarts of milk, 1 pound of tomatoes and citrus fruit, and 2 pounds of green and yellow vegetables per person per week (Appendix tables 20, 22, 23).

Although families in the Georgia county spent about 40 percent of their cash incomes for food not furnished by the farm, the actual amount of their outlay was only slightly higher than that of the Ohio families who spent only 15 percent. On the average in the year 1944–45 the Georgia families spent $280 for home food for the family out of an average cash income of $750, and the Ohio families spent $270 out of $1,780 income.

Food expenditures in summer 1945 (the survey period) compared with the year 1944–45 reflected the garden season in each county. Farm families in the Georgia county spent about 80 cents less for purchased food per family per week in the summer when gardens were at peak production than their average over the previous year. Farm families in the Ohio county made up for insufficient garden stuff by spending about 60 cents more for purchased food in the summer as compared with the preceding year as a whole. During the summer, therefore, Georgia families were spending a smaller share of income for food, only 32 percent, and Ohio families were spending 17 percent, about their average for the year.

Per capita income

Families were also classified by their per capita incomes, the result obtained when net cash income is divided by the number of persons dependent on family income. Classification of families by per capita income ignores the economy of group living and the differences in needs due to age, sex, occupation, or the like of persons in the family. Hence the same per capita income is likely to yield a higher level of living for a large family than for a small one and also for a family including young children than for one of adults.

Some families at a low family income level were found at a relatively high per capita income level because of small size of family; the reverse was also found (Appendix tables 29 and 30).

The per capita income classification sharpened the relationship of income and diet quality (Appendix table 5). Diets were more satisfactory at almost every successively higher per capita income level. In both counties, however, some of the higher-income families had diets that failed to meet allowances fully.

In the Georgia county fewer than half of the families at the highest per capita income level, $295 or more, had diets that met allowances

in full. Thiamine was the only nutrient in which all diets at the highest level satisfied allowances (Appendix tables 6–14). Diets of nine-tenths of the families met allowances in full for calories, protein, iron, and niacin. The situation in respect to the other nutrients was less good. Only about eight-tenths of the families had diets that met allowances for calcium, ascorbic acid, and riboflavin and even fewer, six-tenths, reached vitamin A allowances. As already stated, the shortage in vitamin A value may be attributed in part to season.

The diets of only six-tenths of the families in the Ohio county with incomes of $745 or more met allowances for all essentials. At these relatively high incomes, the Ohio diets were lowest in thiamine, vitamin A value, niacin, and ascorbic acid; at least one-tenth of the diets failed to meet allowances for these nutrients.

Race

Twice as many white families (40 percent) as Negro families (20 percent) had diets that met allowances fully (Appendix table 5). The better diets of the white families reflect their better economic position in relation to their farm tenure and cash income, and their opportunity for greater production of food for family use. More than 60 percent of the white families and only about 40 percent of the Negro families were farm owners and renters. The white families consumed an average of $92 worth of home-produced food per person per year in 1944–45, compared with $65 worth consumed by the Negro families. Net cash incomes for the year averaged $940 for white families and $580 for Negro families; on a per capita basis incomes were $210 and $120, respectively.

The four most limiting nutrients in the diets of both white and Negro farm families were vitamin A value, calcium, ascorbic acid, and riboflavin (Appendix tables 6–14). Diets of 5 out of 10 white families met allowances in full for vitamin A value, more than 6 for calcium, more than 7 for riboflavin, and more than 8 for ascorbic acid. But diets of fewer than 4 out of 10 Negro families met allowances in full for vitamin A value, fewer than 5 for calcium or riboflavin, and fewer than 6 for ascorbic acid.

Among the 30 percent of white farm families that had diets failing to meet allowances at least two-thirds for all essentials, more than one-half had diets short in only one essential; the rest had diets short in two to four essentials. Multiple shortages were more complex and occurred more frequently in Negro diets. Among Negro families 27 percent had diets that were below two-thirds of allowances in one essential, 18 percent in two or three essentials, and 12 percent in four to seven essentials.

When diets of white families failed to meet two-thirds of the allowances for any essential, the diet was likely to be low in vitamin A value or perhaps calcium. When two essentials were low, both vitamin A value and calcium were involved. Vitamin A value, calcium, and riboflavin were equally limiting in diets with three or four short essentials.

Among Negro families with diets low in one essential, it was usually vitamin A value and occasionally calcium or ascorbic acid that was short. Diets low in two essentials were likely to be short in vitamin A value in combination with ascorbic acid or less frequently with calcium. Essentials that were usually limiting in diets with three or more shortages, were limiting in this order: Calcium, vitamin A value, riboflavin, protein, food energy value, and ascorbic acid.

The superior nutritive quality of the diets of white over Negro families was associated with a greater abundance and better selection of food (Appendix table 15). Compared with white families, Negro families used only about half as much milk and milk products, eggs, and dry beans and peas and nuts, two-thirds as much meat, poultry, and fish, and four-fifths as much fats and oils and sugars and other sweets. Quantities of grain products and of succulent vegetables and fruits were about equal, on the average. Negro families had only about 40 percent as much tomatoes and citrus fruit, 60 percent as much potatoes and sweetpotatoes, and 85 percent as much green and yellow vegetables as white families; consumption of more than 130 percent as much other vegetables and fruits tended to equalize their consumption of vegetables and fruits by weight, but did not raise the ascorbic acid and vitamin A value of their diets to a comparable level.

The retail value of food consumed by Negro families was only about 70 percent of that consumed by white families, reflecting differences primarily in consumption of home-produced food (table 16). Negro families had home-produced food worth 60 percent and purchased food costing 90 percent of that of white families.

To measure up to the diets of white farm families, Negro farm families would have needed to increase farm production for family use primarily of milk, meat, fish, fats, potatoes, tomatoes, and green and yellow vegetables.

Farm Tenure

Diets of families of farm owners and renters were found to meet allowances in full more than twice as frequently as diets of families of farm share croppers and laborers, in the Georgia county (Appendix table 5).[7]

Among owners and renters, 21 percent had family diets that failed to provide at least two-thirds of allowances in one or more essentials, 7 percent in two essentials, and 6 percent in three to seven essentials. Both single and multiple shortages were more frequent in family diets of share croppers and laborers; 28 percent were found low in one essential, 10 percent in two essentials and 23 percent in three to seven essentials.

[7] Only owners and tenants were found among the farm families in the Ohio county and therefore no study was made of their dietary patterns by tenure. The dietary patterns of farm owners and tenants in the Georgia county were found to be fairly similar and, therefore, the food records they supplied were combined in order to provide a larger number for each analysis unit. For the same reasons records from farm share croppers and laborers were combined but held separate from the owner-tenant group from whose diet patterns they differed sharply.

The most frequently occurring shortages were in the vitamin A value and calcium content of the diets of both groups of families. In addition, ascorbic acid, riboflavin, food energy value, and protein were found to be relatively low in the diets of more than 10 percent of the families of farm share croppers and laborers.

Farm tenure made more difference in diet quality of white families than of Negro families. Three times as many share croppers and laborers as owners and renters in the white group had family diets that failed to provide at least two-thirds of allowances for one or more essentials. In the Negro group, one and one-half times as many share croppers and laborers as owners and renters had such unsatisfactory family diets.

Even with the same cash income, family diets of farm share croppers and laborers were poorer than those of farm owners and renters. Among white families with annual net cash incomes between $495 and $994, the diets of 23 percent of owners and renters failed to provide at least two-thirds of allowances in one or more essentials, whereas 50 percent of the families of share croppers and laborers had diets equally unsatisfactory. Their average family incomes ($690) and average per capita incomes ($140) were similar.

Negro families of share croppers and laborers fared considerably worse than any other farm group in the Georgia county. Not only did more of them have unsatisfactory diets but their diets were unsatisfactory to a greater degree; 38 percent had diets that failed to provide more than one-third of allowances for one or more essentials. Moreover, 30 percent had diets falling short of two-thirds of allowances in three or more essentials; one-half of these were short in three or four essentials and the other one-half were short in five to seven of the nine essentials studied.

Family diets of Negro share croppers and laborers that failed to meet two-thirds of the allowances in only one essential usually were short in vitamin A value. Although the families' consumption of green and yellow vegetables and other vegetables and fruits would usually be considered good, quantities were not great enough to make up for low consumption of other foods that are important sources of vitamin A. During the period of the study, milk and tomatoes were the chief contributors of vitamin A value to the family diets of white farm owners and renters, and these families consumed three times as much of these two foods as did families of Negro share croppers and laborers. White families of owners and renters got an average per nutrition unit per day of 2,970 International Units of vitamin A value from animal sources and 3,630 International Units from vegetable sources. Negro families of share croppers and laborers got only about one-half as much vitamin A value from animal sources, 1,560 International Units, and two-thirds as much from vegetable sources, 2,340 International Units (fig. 4).

When diets of Negro families of share croppers and laborers failed to provide at least two-thirds of allowances for two nutrients, they were usually low in vitamin A value and ascorbic acid. Diets unsatisfactory to this degree in three or more essentials usually needed more vitamin A value and calcium and more ascorbic acid, riboflavin,

protein, or calories. Among the families with diets low in three or more essentials are those with low consumption of milk and meat, and succulent fruits and vegetables.

The better nutritional quality of family diets of owners and renters as compared with share croppers and laborers is due to a larger and better selected food supply, and especially to more home-produced food (Appendix tables 15 and 16). Families of share croppers and laborers purchased relatively more food but not enough more to make up for the food that families of owners and renters got from the farm. As a result the food that families of share croppers and laborers used had a retail value of only about three-fourths that of families of owners and renters. For diets equal to those of families of owners and renters, families of share croppers and laborers would need to step up their production for family use of milk, meat, and all kinds of vegetables, especially tomatoes, potatoes, and green and yellow vegetables.

The greater home-production of the family's food by owners and renters than by share croppers and laborers is associated to some extent with their longer residence on the same place (Appendix table 26). Two out of three owners and renters but only two out of five share croppers and laborers had lived on their places 3 years or longer at the time of the survey. Share croppers and laborers that had lived on the same place for 3 years or longer were better off than those with shorter continuity. Money value of their food from the farm during the 1944–45 schedule year averaged $263 as compared with $207. More had brood sows (55 percent compared with 41 percent), milk cows (51 percent compared with 32 percent) and gardens (87 percent compared with 76 percent). Keeping laying hens was not affected by length of time on the same place; about 95 percent of all families had laying hens.

The greater abundance of home-produced food that families of farm share croppers and laborers with longer residence on the farm place had, gave them better diets; about 60 percent of the diets of those in their dwellings 3 years or longer provided at least two-thirds of allowances for all essentials, compared with only about 40 percent of the diets of those with shorter residence.

Family Size and Composition

Family size

Smaller families were found to have better diets than larger families (Appendix table 5). Almost one-half of the two-member farm families in the Georgia county but only one-fourth of the four-member families and one-fifth of the six-member families had diets that met allowances fully. Differences by family size were somewhat sharper in the Ohio county where three-fifths of the two-member families compared with one-fourth of the four-member families had diets meeting allowances in full.

The fewer persons a given family income must support, the more satisfactory family diets tend to be. In the $495–$994 family income

group of the Georgia county, seven-tenths of the farm families with two or three members had diets providing at least two-thirds of allowances for all essentials, compared with only four-tenths of the families with six or seven members. Differences in respect to the calcium contents of the diets were especially striking: 96 percent of two- or three-member households but only 70 percent of six- or seven-member households had diets providing at least two-thirds of calcium allowances.

Families of similar household size had better diets at successively higher income levels. In the Georgia county only 42 percent of farm families of three to five persons with family incomes of $0–$494 had diets that provided at least two-thirds of allowances for all essentials, whereas 85 percent of those with incomes of $995–$1,494 had diets of comparable quality. At least two-thirds of the calcium allowance was provided by the diets of only three out of four families of this size in the $0–$494 income group but by the diets of all families in the $995–$1,494 income group. Similarly vitamin A values measured up to at least two-thirds of allowances for only 47 percent of the three- to five-member households with incomes of $0–$494, compared with 85 percent of those with incomes of $995–$1,494.

Family composition

Diets were better for families composed of adults only than for those including children (Appendix table 5). In the Georgia county, the diets of about one out of two families without children but only about one out of four families with children 7 to 20 years old and one out of five families with children 6 years or younger met allowances in full. In the Ohio county the diets of about one out of two families composed of adults only and one out of three households with children of any age met allowances in full.

In each county there were more families with children than families without children; consequently, the comparatively poor nutritional situation in families with children particularly needs attention. Families with children were four times as numerous as families without children in the Georgia county and one and one-half times as numerous in the Ohio county. Children 6 years or younger were found in one-half of all families in the Georgia county and in one-third of those in the Ohio county.

The relative nutritional quality of diets among families differing in composition is largely a result of differences in family income and household size. The families of adults only were smallest in size and had the highest per capita income, while the families with children 6 years of age and younger tended to be largest and had the lowest per capita income. Average per capita incomes in the Georgia county varied from $140 for families with children 6 years or younger to $290 for families of adults only; in the Ohio county similar averages were $280 and $810, respectively.

The greatest dietary difference between families with and without children was in calcium, in which children's needs are high in relation to adult's needs (Appendix table 8). The high correlation of calcium

and milk content of diets indicates that families with children were consuming too small a quantity of milk. In the Georgia county, diets of 94 percent of families of adults only, but diets of only 45 percent of families including children, met calcium allowances. Similar percentages in the Ohio county were 86 percent and 63 percent, respectively. Even fewer families including children 6 years or younger had diets that met calcium allowances, 37 percent in the Georgia county and 56 percent in the Ohio county. There were also large differences between families with and without children for five other essentials in the Georgia county; in descending order of magnitude, they were—riboflavin, calories, protein, ascorbic acid, and vitamin A value (Appendix tables 6, 7, 10, 11, 13).

Participation in Program of Farmers Home Administration

About one-fifth of the families in the Georgia county had at one time borrowed from the Farmers Home Administration (formerly the Farm Security Administration). FHA-borrower families were found to have diets that provided at least two-thirds of allowances for all essentials roughly one and one-half times as frequently as families that had not had the advantage of FHA financial and educational programs (Appendix table 31). The average family income and size of household were larger for borrower families than for other families. Their average per capita income was only $130, however, compared with $160 for other families.

The variation in diet quality between FHA borrower families and other families was somewhat more marked among the families at lower than higher income levels. Diets providing at least two-thirds of allowances were found one and three-fourths times as frequently among FHA borrower families as others in the $0–$494 income group, and one and one-third times as frequently at the $995–$1,994 income level.

The effect of the program on diet quality was particularly great among Negro owners and tenants. Nearly two and one-half times as large a proportion of FHA borrower families (73 percent) as others (31 percent) had diets providing at least two-thirds of allowances for all essentials. The somewhat higher per capita income of FHA borrowers, $140 compared with $130, and their greater family size, 6.39 compared with 4.32 persons, made their economic situation better than that of other Negro families of owners and renters.

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SUMMARY

Many farm and nonfarm families living in the open country in one county in Georgia and in another in Ohio were found to have poor diets in the early summer of 1945. Low incomes in relation to the number of persons the income supported and small quantities of farm-furnished foods contributed to this situation. The two counties were selected in order to provide data on food consumption in a farming community in the North and another in the South where the economic level was somewhat below the average for the region. The nutritive value of the diets, therefore, does not tell the quality of diets of open country families in general. However, it does show that even in a year when national income is fairly high, as it was in 1945, all families are not well fed.

Families that participated in the dietary survey, 282 families in a Georgia county and 237 families in an Ohio county, kept records or made reports on their food consumption for a continuous 7-day period. Nutritive values for the unprepared foods that went into the family diets are compared with the National Research Council's recommended allowances for nine dietary essentials. Estimates on the percent of diets not meeting allowances tend to be understatements especially in respect to such vulnerable nutrients as ascorbic acid and the B-vitamins since the nutritive values of the food were computed from tables providing data on the composition of food as it enters the family kitchen before preparation for eating.

In the Georgia county the diets of only about three-tenths of the families provided in full the allowances for all essentials considered. About another two-tenths provided at least two-thirds of these allowances. Nearly two-tenths of the diets were so poor that, for at least one essential, they provided only one-third or less of allowances.

In the Ohio county families had much better diets. Four-tenths met allowances in full and another four-tenths met at least two-thirds of the allowances; all but a few diets met more than one-third of allowances.

The most limiting nutrients in food supplies of families in both counties were calcium, vitamin A value, and ascorbic acid.

Dietary shortages were more frequent among families in the Georgia county than among those in the Ohio county. In the Georgia county, 25 percent of the diets of open-country families failed to supply at least two-thirds of allowances for one essential, 10 percent for two essentials, and 15 percent for three to seven essentials. In the Ohio county, 14 percent of family diets failed to supply at least two-thirds of allowances for one essential, 5 percent for two essentials, and another 5 percent for three to eight essentials.

The key to the better diets characterizing the Ohio families as compared with Georgia was more milk cows for family use and more purchased food to supplement their home-produced food; both doubtless are related to higher incomes. Families in the Georgia county would have benefited from more milk and oranges. Families in the

Ohio county, on the other hand, would have improved their diets by using self-rising flour and home-produced vegetables and fruits to the extent that families in the Georgia county did. In late summer and fall, vegetables and fruits from the garden probably would have been more abundant on tables in the Ohio county. Although the times of collection of the information on food were fairly parallel for the two counties, there were seasonal differences because summer gardens mature later in the year in Ohio than in Georgia. The families in the Georgia county had from three to four times as much garden produce in their diets as did those in the Ohio county during the survey.

Grain products, milk and milk products, and vegetables and fruits were large contributors to the farm diets in both counties. Nevertheless the dietary patterns of the families in the two places were dissimilar. The kinds and quantities of food used by the farm families in the Ohio county was a fairly usual pattern, with milk contributing most of the calcium to the diet and much of the riboflavin, protein, vitamin A, and calories. The diets of the farm families in the Georgia county demonstrate, however, that large quantities of self-rising flour and whole and enriched grain products, and fresh tomatoes, green beans, peas, and other vegetables and fruits can provide much of the calcium and some of the other essentials ordinarily supplied by milk. Even though consumption of these foods compensated in part for shortage of milk, the quantities consumed failed to bring diets to levels of nutritional quality comparable in these respects with the diets of the Ohio families.

Farm families in the Georgia county that achieved diets providing at least two-thirds of allowances for all essentials, consumed per person per week an average of about 1¾ quarts of milk (1 glass a day), 2 pounds of meat, poultry, and fish, 3 pounds of green and yellow vegetables, 1 pound of tomatoes and citrus fruit, 5 pounds of grain products, and 9 pounds of other vegetables and fruits, besides quantities of foods in the other five groups. In the Ohio county families with diets of similar quality consumed an average of 3½ quarts of milk (2 glasses a day), 1 pound of meat, poultry, and fish, 1 pound of green and yellow vegetables, 1 pound of tomatoes and citrus fruit, 2 pounds of grain products, and 3 pounds of other vegetables and fruits in addition to other foods.

The home-produced food in the diets of farm families in both counties contributed nutrients in quantities ranging from 50 to 100 percent or more of recommended allowances for each dietary essential. Home-produced food accounted for 90 percent or more of allowances for vitamin A value, ascorbic acid, and thiamine in diets in the Georgia county and for 90 percent or more of allowances for vitamin A value, riboflavin, and calcium in diets in the Ohio county. Important contributors were milk and meat in the Ohio diets and vegetables and fruits in the Georgia diets. The average contributions, however, obscure the uneven production of food for home use by farm families in the Georgia county; only 60 percent produced milk or tomatoes at home and even fewer, 40 percent, raised their own grain. On the other hand, 88 percent of the Ohio families produced milk.

The contribution of home-produced food to the nutritive value of the diets during the survey period in the summer of 1945 probably was

somewhat below its annual contribution. The summer consumption of home-produced dry beans and peas and nuts, potatoes and sweetpotatoes, milk, meats, and fats seemed low in the Georgia county; on the other hand there was a relatively high consumption of succulent vegetables and fruits and eggs. Vegetables and fruits and meats from home production seemed low in the diets of families in the Ohio county.

In both counties the retail value of farm family diets that met allowances in full for all dietary essentials was higher than the value of those that were less satisfactory. This was true especially in respect to home-produced food. Food expenditures showed little relationship to the quality of diets in the Georgia county, but in the Ohio county food expenditures and diet quality were related.

Average family size was larger in successively higher income brackets and, therefore, somewhat obscured differences in diet adequacy from one family income level to the next. Smaller households were found to have better diets than larger households at the same income level. Families of similar size had better diets at successively higher income levels.

Diets of families including adults only were better than those including children and adults. The families composed of adults only had diets that were better in calcium, a nutrient needed in generous amounts by children. The poorest diets were found among families in which there were children of 6 years or less. Incomes of these families were low particularly in relation to number of persons supported.

Classified by per capita income rather than total income, families achieved improved diets at almost every successively higher income level, but at no income level did the diets of all families meet allowances in full. In the highest per capita income groups, shortages were in vitamin A value, calcium, and ascorbic acid, the same nutrients that were shortest in family diets of the lowest income groups.

Farm families were found to fare better than nonfarm families in both counties. On farms in the Georgia county, farm tenure and food furnished by the farm diets were better among white families than Negro families, reflecting differences in cash income. Also, farm owners and renters had more satisfactory diets than farm share croppers and laborers. The diets of Negro families of share croppers and farm laborers were less adequate than those of any other farm group in the Georgia county; more of the Negro families had diets that failed to meet even two-thirds of allowances, in at least one nutrient, and shortages of several nutrients were also more frequent.

Families of farm owners and renters had better diets than share croppers and laborers, reflecting greater home production of food which, in turn, was to some extent associated with longer residence on their farms. The families of two out of three farm owners and renters but only two out of five farm share croppers and laborers had lived on their place 3 years or longer. Longer residence meant more milk cows and larger gardens for family use and therefore more farm-furnished food. These factors made a difference in the quality of diets in the Georgia county.

In the Georgia county, families that had at one time borrowed from Farmers Home Administration were found to have better diets than others in the same income class that had not had the advantage of FHA's educational program. This was particularly true of families with low incomes and of families of Negro owners and tenants.

APPENDIX A. TABLE TITLES AND FIGURE LEGENDS

Text Tables

Appendix B Tables

Appendix C Tables

Figure Legends

APPENDIX B. TABLES

TABLE 3.—*Nutritive value of diets, averages for open-country families in a Georgia county and an Ohio county, early summer, 1945*

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [2]	Average nutritive value of diets [1]								
			Food energy	Protein	Calcium	Iron	Vitamin A value	Ascorbic acid	Thiamine	Riboflavin	Niacin
	Number	*Number*	*Calories*	*Grams*	*Grams*	*Milligrams*	*International Units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
COUNTY IN GEORGIA			All food, per nutrition unit per day [3]								
All families	[4] 282	4.67	3,500	87	0.8	19	5,400	106	3.0	2.3	23
Farm families	[4] 249	4.79	3,500	88	.8	19	5,400	107	3.0	2.4	23
$0–$494	94	4.24	3,400	84	.8	19	5,000	103	3.0	2.2	22
$495–$994	97	5.17	3,400	85	.8	19	5,300	107	2.9	2.3	22
$995 or more	48	5.13	3,700	95	1.0	18	6,500	109	3.0	2.7	24
White families	119	4.65	3,900	100	1.0	20	5,800	120	3.2	2.7	25
Owners, renters	75	4.68	4,100	110	1.1	21	6,600	130	3.4	3.0	26
Share croppers, laborers	44	4.62	3,500	90	.8	19	4,500	105	2.9	2.3	23
Negro families	130	4.91	3,100	75	.7	18	5,100	95	2.8	2.1	21
Owners, renters	51	5.22	3,400	85	.9	19	6,700	115	3.1	2.4	22
Share croppers, laborers	79	4.71	2,900	70	.6	17	3,900	80	2.6	1.8	20
Nonfarm families	32	3.83	3,400	80	.6	18	4,900	94	2.7	2.0	22
White	16	3.85	3,600	90	.7	18	7,200	110	2.8	2.4	24
Negro	16	3.82	3,200	70	.6	17	2,600	80	2.6	1.6	19
COUNTY IN OHIO											
All families	[4] 237	3.53	3,700	100	1.1	19	7,400	115	2.3	2.8	20
Farm families	[4] 201	3.54	3,800	105	1.1	19	7,500	120	2.3	2.9	20
$0–$494	22	3.19	3,500	90	1.0	18	6,500	115	2.2	2.6	20
$495–$994	43	3.84	3,600	100	1.0	18	5,800	100	2.3	2.6	18
$995 or more	114	3.48	3,700	103	1.1	18	7,900	120	2.3	2.9	20
$995–$1,994	65	3.46	3,700	100	1.1	18	7,000	106	2.2	2.8	19
$1,995–$2,994	25	3.48	3,800	105	1.1	18	8,600	130	2.2	2.8	19
$2,995 or more	24	3.54	3,900	110	1.2	20	9,400	140	2.4	3.1	23
Nonfarm families	32	3.55	3,500	85	.8	16	6,800	90	1.9	2.4	18
			All food, per person per day								
County in Georgia	[4] 282	4.67	2,900	80	1.0	18	4,700	98	2.4	2.0	18
County in Ohio	[4] 237	3.53	3,100	93	1.2	18	6,600	105	1.9	2.4	16

See footnotes at end of table.

TABLE 3.—*Nutritive value of diets, averages for open-country families in a Georgia county and an Ohio county, early summer, 1945*—Continued

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [2]	Average nutritive value of diets [1]								
			Food energy	Protein	Calcium	Iron	Vitamin A value	Ascorbic acid	Thiamine	Riboflavin	Niacin
	Number	*Number*	*Calories*	*Grams*	*Grams*	*Milligrams*	*International Units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
			Home-produced food, per nutrition unit per day [3]								
COUNTY IN GEORGIA											
All families	[4] 282	4.67	1,500	45	0.4	9	4,500	92	1.4	1.4	10
Farm families	[4] 249	4.79	1,600	48	.5	9	4,700	95	1.5	1.5	10
$0–$494	94	4.24	1,400	44	.4	8	4,300	90	1.4	1.3	9
$495–$994	97	5.17	1,600	46	.4	9	4,500	95	1.5	1.4	10
$995 or more	48	5.13	1,900	57	.6	10	5,800	100	1.7	1.8	12
White families	119	4.65	2,000	62	.6	11	5,100	106	1.8	1.9	13
Owners, renters	75	4.68	2,300	73	.7	12	6,000	120	2.1	2.2	15
Share croppers, laborers	44	4.62	1,400	43	.4	9	3,400	82	1.3	1.3	10
Negro families	130	4.91	1,200	35	.3	7	4,400	85	1.2	1.1	8
Owners, renters	51	5.22	1,600	45	.5	9	6,200	108	1.5	1.5	10
Share croppers, laborers	79	4.71	1,000	29	.2	6	3,000	60	1.0	.8	7
Nonfarm families	32	3.83	500	18	.2	3	1,800	52	.5	.6	4
White	16	3.85	700	24	.2	4	2,500	60	.6	.7	6
Negro	16	3.82	300	13	.1	2	1,200	44	.4	.4	3
COUNTY IN OHIO											
All families	[4] 237	3.53	1,520	51	.7	6	4,400	55	1.0	1.8	7
Farm families	[4] 201	3.54	1,640	55	.8	7	4,600	58	1.1	1.9	8
$0–$494	22	3.19	1,260	41	.6	5	3,700	49	.8	1.6	5
$495–$994	43	3.84	1,510	49	.7	6	3,800	51	1.1	1.7	6
$995 or more	114	3.48	1,700	57	.8	7	4,800	57	1.1	2.0	8
$995–$1,994	65	3.46	1,586	53	.8	6	4,300	51	1.0	1.9	7
$1,995–$2,994	25	3.48	1,860	59	.8	7	5,300	54	1.1	2.0	8
$2,995 or more	24	3.54	1,840	66	.9	8	5,800	73	1.2	2.2	11
Nonfarm families	32	3.55	560	19	.3	3	2,400	29	.3	.8	2

[1] Without adjustment for nutrient loss in preparation and cooking of food. Averages are based on the total number of families in each class (col. 2).

[2] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person, regardless of sex, age, or physical activity and fewness of meals consumed by individuals. To compute household size in persons, total meals were divided by 21.

[3] The National Research Council's recommended dietary allowances for the moderately active man were considered equal to one nutrition unit; allowances for other sex-age-physical activity groups were expressed in relation to these.

[4] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 4.—*Household size of families in equivalent persons and nutrition units, averages for open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family income for year, race, and farm tenure	Average household size									
	Equivalent persons [2]	Equivalent nutrition units [1]								
		Food energy	Protein	Calcium	Iron	Vitamin A value	Ascorbic acid	Thiamine	Riboflavin	Niacin
COUNTY IN GEORGIA	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*	*Number*
All families [3]	4.67	3.83	4.32	5.71	4.43	4.06	4.32	3.76	3.95	3.76
Farm families [3]	4.79	3.95	4.44	5.87	4.55	4.20	4.47	3.89	4.09	3.89
$0–$494	4.24	3.44	3.87	5.14	3.98	3.68	3.92	3.40	3.56	3.40
$495–$994	5.17	4.28	4.83	6.41	4.94	4.54	4.82	4.21	4.43	4.21
$995 or more	5.13	4.28	4.82	6.28	4.95	4.56	4.84	4.21	4.43	4.21
White families	4.65	3.85	4.29	5.61	4.41	4.07	4.29	3.78	3.95	3.78
Owners, renters	4.68	3.84	4.26	5.54	4.40	4.09	4.28	3.77	3.94	3.77
Share croppers, laborers	4.62	3.87	4.34	5.74	4.41	4.03	4.30	3.79	3.97	3.79
Negro families	4.91	4.04	4.59	6.11	4.69	4.31	4.63	3.99	4.22	3.99
Owners, renters	5.22	4.24	4.88	6.46	5.01	4.59	4.91	4.20	4.46	4.20
Share croppers, laborers	4.71	3.92	4.40	5.89	4.48	4.14	4.45	3.86	4.07	3.86
Nonfarm families	3.83	2.93	3.38	4.58	3.52	3.20	3.37	2.92	3.07	2.92
White	3.85	2.94	3.45	4.61	3.63	3.26	3.43	2.93	3.08	2.93
Negro	3.82	2.92	3.32	4.54	3.42	3.14	3.32	2.90	3.06	2.90
COUNTY IN OHIO										
All families [3]	3.53	2.94	3.25	4.10	3.39	3.15	3.25	2.89	3.00	2.89
Farm families [3]	3.54	2.98	3.28	4.10	3.42	3.19	3.28	2.93	3.03	2.93
$0–$494	3.19	2.54	2.85	3.62	2.98	2.76	2.84	2.51	2.60	2.51
$495–$994	3.84	3.15	3.47	4.46	3.60	3.34	3.46	3.09	3.21	3.09
$995 or more	3.48	2.98	3.28	4.05	3.42	3.19	3.28	2.93	3.03	2.93
$995–$1,994	3.46	2.91	3.24	4.03	3.36	3.14	3.23	2.86	2.97	2.86
$1,995–$2,994	3.48	3.03	3.28	4.05	3.43	3.19	3.28	2.97	3.07	2.97
$2,995 or more	3.54	3.12	3.40	4.06	3.56	3.32	3.41	3.06	3.15	3.06
Nonfarm families	3.55	2.67	3.14	4.18	3.26	3.00	3.14	2.66	2.81	2.66

[1] Represents household size in 21-meal-equivalent persons in terms of the National Research Council's recommended dietary allowances (1945) for calories and each of 8 nutrients for the moderately active man. Dietary allowances of the moderately active man were considered equal to 1 nutrition unit; the needs of other sex-age-activity groups were expressed in relation to those of the moderately active man. To compute household size in nutrition units, meals for persons of each sex-age-physical activity group were multiplied by factors indicating their relative recommended allowances, the results were added, and the total was divided by 21.

[2] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person, regardless of sex, age, or physical activity and fewness of meals consumed by individuals. To compute household size in persons, total meals were divided by 21.

[3] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

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TABLE 5.—*Over-all quality of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets in which least satisfactory dietary essential provides specified percent of NRC recommended allowance [1]			
		100 or more	67–99	34–66	33 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 282	28	22	33	17
Farm families	[2] 249	29	22	33	16
Family income of:					
$0–$494	94	27	15	37	21
$495–$994	97	27	26	28	19
$995 or more	48	40	31	27	2
Per person income of:					
$0–$44	30	13	13	54	20
$45–$94	42	29	17	33	21
$95–$144	53	28	19	30	23
$145–$194	41	24	27	34	15
$195–$294	36	33	28	22	17
$295 or more	37	46	30	24	0
Families of:					
2 persons	39	46	21	23	10
3 persons	46	39	20	24	17
4 persons	34	24	31	24	21
5 persons	39	30	23	26	21
6 persons	32	19	31	34	16
7 persons	20	5	10	70	15
Families of:					
Adults only	48	54	17	23	6
Adults and children 20 years or under	201	23	24	35	18
With one or more children 6 years or under	124	21	21	43	15
With no children 6 years or under	77	27	29	21	23
White families	119	40	30	25	5
Owners, renters	75	49	33	17	1
Share croppers, laborers	44	25	25	39	11
Negro families	130	20	15	39	26
Owners, renters	51	31	18	43	8
Share croppers, laborers	79	13	14	35	38
Nonfarm families	32	16	19	43	22
White	16	25	25	44	6
Negro	16	6	12	44	38

See footnotes at end of table.

TABLE 5.—*Over-all quality of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets in which least satisfactory dietary essential provides specified percent of NRC recommended allowance [1]			
		100 or more	67–99	34–66	33 or less
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 237	40	37	19	4
Farm families	[2] 201	42	38	19	1
Family income of:					
$0–$494	22	18	50	27	5
$495–$994	43	30	37	28	5
$995 or more	114	49	38	13	0
$995–$1,994	65	45	37	18	0
$1,995–$2,994	25	48	44	8	0
$2,995 or more	24	63	33	4	0
Per person income of:					
$0–$94	10	30	40	30	0
$95–$194	31	6	46	42	6
$195–$294	22	36	37	27	0
$295–$494	39	36	44	18	2
$495–$744	34	65	29	6	0
$745–$1,244	22	50	45	5	0
$1,245 or more	20	70	25	5	0
Families of:					
2 persons	65	63	26	8	3
3 persons	48	43	40	17	0
4 persons	34	26	59	15	0
5 persons	28	18	53	29	0
6 persons	11	27	27	37	9
Families of:					
Adults only	72	55	32	12	1
Adults and children 20 years or under	129	35	41	22	2
With one or more children 6 years or under	66	36	38	24	2
With no children 6 years or under	63	33	44	21	2
Nonfarm families	32	25	37	19	19

[1] Without adjustment for nutrient loss in preparation and cooking of food. Nutritive value of a family's diet was related to recommended allowances of the National Research Council (1945) proper for sex, age, and physical activity, separately for food energy value and each of 8 nutrients. Diet was then classified by the dietary essential satisfying recommended allowances least, into 1 of the 4 categories given. See table 39 for absolute figures for each dietary essential.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 6.—*Food energy value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing food energy value within specified calories per nutrition unit per day [1]		
		3,000 or more	2,010–2,990	990–2,000
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 282	69	21	10
Farm families	[2] 249	69	21	10
Family income of:				
$0–$494	94	66	23	11
$495–$994	97	65	23	12
$995 or more	48	81	17	2
Per person income of:				
$0–$44	30	50	33	17
$45–$94	42	60	21	19
$95–$144	53	66	26	8
$145–$194	41	66	24	10
$195–$294	36	77	17	6
$295 or more	37	92	8	0
Families of:				
2 persons	39	90	10	0
3 persons	46	79	17	4
4 persons	34	76	18	6
5 persons	39	74	13	13
6 persons	32	63	25	12
7 persons	20	25	45	30
Families of:				
Adults only	48	90	10	0
Adults and children 20 years or under	201	64	24	12
With one or more children 6 years or under	124	60	27	13
With no children 6 years or under	77	69	19	12
White families	119	81	15	4
Owners, renters	75	85	12	3
Share croppers, laborers	44	73	20	7
Negro families	130	58	27	15
Owners, renters	51	69	25	6
Share croppers, laborers	79	50	28	22
Nonfarm families	32	72	16	12
White	16	75	19	6
Negro	16	69	12	19

See footnotes at end of table.

TABLE 6.—*Food energy value of diets; distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing food energy value within specified calories per nutrition unit per day [1]		
		3,000 or more	2,010–2,990	990–2,000
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 237	78	19	3
Farm families	[2] 201	78	19	3
Family income of:				
$0–$494	22	77	23	0
$495–$994	43	72	23	5
$995 or more	114	78	18	4
$995–$1,994	65	72	25	3
$1,995–$2,994	25	84	12	4
$2,995 or more	24	88	8	4
Per person income of:				
$0–$94	10	70	30	0
$95–$194	31	68	29	3
$195–$294	22	82	14	4
$295–$494	39	64	31	5
$495–$744	34	85	12	3
$745–$1,244	22	82	18	0
$1,245 or more	20	90	5	5
Families of:				
2 persons	65	92	6	2
3 persons	48	88	8	4
4 persons	34	56	44	0
5 persons	28	75	18	7
6 persons	11	64	36	0
Families of:				
Adults only	72	87	10	3
Adults and children 20 years or under	129	72	25	3
With one or more children 6 years or under	66	69	29	2
With no children 6 years or under	63	74	21	5
Nonfarm families	32	69	22	9

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, and 34 to 66 percent of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 7.—*Protein value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing protein within specified grams per nutrition unit per day [1]		
		70 or more	47–69	23–46
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 282	73	19	8
Farm families	[2] 249	74	18	8
Family income of:				
$0–$494	94	73	17	10
$495–$994	97	66	24	10
$995 or more	48	88	8	4
Per person income of:				
$0–$44	30	53	27	20
$45–$94	42	64	26	10
$95–$144	53	74	15	11
$145–$194	41	76	17	7
$195–$294	36	75	19	6
$295 or more	37	95	5	0
Families of:				
2 persons	39	95	5	0
3 persons	46	85	13	2
4 persons	34	79	18	3
5 persons	39	77	13	10
6 persons	32	75	16	9
7 persons	20	25	55	20
Families of:				
Adults only	48	94	6	0
Adults and children 20 years or under	201	69	21	10
With one or more children 6 years or under	124	65	24	11
With no children 6 years or under	77	75	16	9
White families	119	85	13	2
Owners, renters	75	90	9	1
Share croppers, laborers	44	80	18	2
Negro families	130	62	23	15
Owners, renters	51	70	24	6
Share croppers, laborers	79	57	23	20
Nonfarm families	32	66	25	9
White	16	75	19	6
Negro	16	57	31	12

See footnotes at end of table.

TABLE 7.—*Protein value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing protein within specified grams per nutrition unit per day [1]		
		70 or more	47–69	23–46
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 237	87	11	2
Farm families	[2] 201	90	9	1
Family income of:				
$0–$494	22	91	9	0
$495–$994	43	86	14	0
$995 or more	114	90	8	2
$995–$1,994	65	88	9	3
$1,995–$2,994	25	92	8	0
$2,995 or more	24	96	4	0
Per person income of:				
$0–$94	10	80	20	0
$95–$194	31	87	10	3
$195–$294	22	81	14	5
$295–$494	39	87	13	0
$495–$744	34	94	6	0
$745–$1,244	22	95	5	0
$1,245 or more	20	95	5	0
Families of:				
2 persons	65	98	2	0
3 persons	48	94	6	0
4 persons	34	82	18	0
5 persons	28	85	11	4
6 persons	11	73	27	0
Families of:				
Adults only	72	94	6	0
Adults and children 20 years or under	129	87	11	2
With one or more children 6 years or under	66	86	12	2
With no children 6 years or under	63	88	10	2
Nonfarm families	32	66	25	9

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, and 34 to 66 percent of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 8.—*Calcium value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing calcium within specified milligrams per nutrition unit per day [1]			
		800 or more	536–799	264–535	263 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 282	52	23	20	5
Farm families	[2] 249	55	23	18	4
Family income of:					
$0–$494	94	53	19	23	5
$495–$994	97	54	26	15	5
$995 or more	48	63	25	12	0
Per person income of:					
$0–$44	30	30	20	43	7
$45–$94	42	45	19	26	10
$95–$144	53	58	23	15	4
$145–$194	41	51	34	10	5
$195–$294	36	61	28	11	0
$295 or more	37	78	14	8	0
Families of:					
2 persons	39	92	3	5	0
3 persons	46	67	22	7	4
4 persons	34	53	32	15	0
5 persons	39	49	28	18	5
6 persons	32	34	34	16	16
7 persons	20	20	25	50	5
Families of:					
Adults only	48	94	4	2	0
Adults and children 20 years or under	201	45	28	22	5
With one or more children 6 years or under	124	37	31	27	5
With no children 6 years or under	77	59	22	14	5
White families	119	63	22	14	1
Owners, renters	75	74	16	9	1
Share croppers, laborers	44	45	32	23	0
Negro families	130	46	25	22	7
Owners, renters	51	58	24	16	2
Share croppers, laborers	79	40	25	25	10
Nonfarm families	32	41	19	31	9
White	16	44	25	25	6
Negro	16	38	12	38	12

See footnotes at end of table.

TABLE 8.—*Calcium value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing calcium within specified milligrams per nutrition unit per day [1]			
		800 or more	536–799	284–535	283 or less
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 237	68	22	10	0
Farm families	[2] 201	72	21	7	0
Family income of:					
$0–$494	22	54	27	19	0
$495–$994	43	60	33	7	0
$995 or more	114	77	17	6	0
$995–$1,994	65	77	17	6	0
$1,995–$2,994	25	72	24	4	0
$2,995 or more	24	88	8	4	0
Per person income of:					
$0–$94	10	60	30	10	0
$95–$194	31	42	39	19	0
$195–$294	22	59	32	9	0
$295–$494	39	69	28	3	0
$495–$744	34	88	6	6	0
$745–$1,244	22	100	0	0	0
$1,245 or more	20	85	10	5	0
Families of:					
2 persons	65	84	11	5	0
3 persons	48	84	10	6	0
4 persons	34	62	32	6	0
5 persons	28	43	46	11	0
6 persons	11	46	45	9	0
Families of:					
Adults only	72	86	10	4	0
Adults and children 20 years or less	129	63	28	9	0
With one or more children 6 years or under	66	56	33	11	0
With no children 6 years or under	63	70	22	8	0
Nonfarm families	32	47	28	22	3

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, 34 to 66 percent, and 33 percent or less of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 9.—*Iron value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing iron within specified milligrams per nutrition unit per day [1]		
		12.0 or more	8.0–11.9	4.0–7.9
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 282	88	10	2
Farm families	[2] 249	89	9	2
Family income of:				
$0–$494	94	90	7	3
$495–$994	97	88	11	1
$995 or more	48	90	10	0
Per person income of:				
$0–$44	30	80	13	7
$45–$94	42	86	12	2
$95–$144	53	85	13	2
$145–$194	41	93	7	0
$195–$294	36	92	8	0
$295 or more	37	97	3	0
Families of:				
2 persons	39	97	3	0
3 persons	46	96	4	0
4 persons	34	94	3	3
5 persons	39	87	10	3
6 persons	32	94	6	0
7 persons	20	70	20	10
Families of:				
Adults only	48	100	0	0
Adults and children 20 years or under	201	87	11	2
With one or more children 6 years or under	124	86	12	2
With no children 6 years or under	77	89	10	1
White families	119	95	5	0
Owners, renters	75	95	5	0
Share croppers, laborers	44	95	5	0
Negro families	130	84	13	3
Owners, renters	51	92	6	2
Share croppers, laborers	79	78	18	4
Nonfarm families	32	85	12	3
White	16	88	12	0
Negro	16	82	12	6

See footnotes at end of table.

TABLE 9.—*Iron value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing iron within specified milligrams per nutrition unit per day [1]		
		12.0 or more	8.0–11.9	4.0–7.9
COUNTY IN OHIO				
All families	*Number* [2] 237	*Percent* 88	*Percent* 10	*Percent* 2
Farm families	[2] 201	91	8	1
Family income of:				
$0–$494	22	100	0	0
$495–$994	43	93	5	2
$995 or more	114	87	11	2
$995–$1,994	65	87	11	2
$1,995–$2,994	25	88	12	0
$2,995 or more	24	88	8	4
Per person income of:				
$0–$94	10	100	0	0
$95–$194	31	94	6	0
$195–$294	22	91	9	0
$295–$494	39	80	15	5
$495–$744	34	94	6	0
$745–$1,244	22	100	0	0
$1,245 or more	20	90	5	5
Families of:				
2 persons	65	98	0	2
3 persons	48	96	4	0
4 persons	34	82	18	0
5 persons	28	75	18	7
6 persons	11	91	9	0
Families of:				
Adults only	72	96	3	1
Adults and children 20 years or under	129	87	11	2
With one or more children 6 years or under	66	87	11	2
With no children 6 years or under	63	87	11	2
Nonfarm families	32	75	22	3

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, and 34 to 66 percent of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 10.—*Ascorbic acid value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing ascorbic acid within specified milligrams per nutrition unit per day [1]			
		75 or more	50–74	25–49	24 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 282	70	16	12	2
Farm families	[2] 249	70	16	12	2
Family income of:					
$0–$494	94	66	15	16	3
$495–$994	97	70	18	9	3
$995 or more	48	73	17	10	0
Per person income of:					
$0–$44	30	70	7	23	0
$45–$94	42	64	19	10	7
$95–$144	53	60	17	19	4
$145–$194	41	76	20	2	2
$195–$294	36	69	17	14	0
$295 or more	37	79	16	5	0
Families of:					
2 persons	39	74	10	13	3
3 persons	46	79	17	2	2
4 persons	34	76	12	12	0
5 persons	39	56	21	18	5
6 persons	32	68	16	16	0
7 persons	20	50	25	25	0
Families of:					
Adults only	48	86	4	8	2
Adults and children 20 years or under	201	66	19	13	2
With one or more children 6 years or under	124	61	19	18	2
With no children 6 years or under	77	72	19	5	4
White families	119	83	14	3	0
Owners, renters	75	88	12	0	0
Share croppers, laborers	44	73	18	9	0
Negro families	130	57	18	20	5
Owners, renters	51	74	12	14	0
Share croppers, laborers	79	46	22	24	8
Nonfarm families	32	72	16	12	0
White	16	82	6	12	0
Negro	16	63	25	12	0

See footnotes at end of table.

TABLE 10.—*Ascorbic acid value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing ascorbic acid within specified milligrams per nutrition unit per day [1]			
		75 or more	50–74	25–49	24 or less
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 237	72	16	9	3
Farm families	[2] 201	75	16	8	1
Family income of:					
$0–$494	22	68	9	18	5
$495–$994	43	68	16	14	2
$995 or more	114	76	19	5	0
$995–$1,994	65	69	25	6	0
$1,995–$2,994	25	80	20	0	0
$2,995 or more	24	92	4	4	0
Per person income of:					
$0–$94	10	60	10	30	0
$95–$194	31	61	13	23	3
$195–$294	22	73	27	0	0
$295–$494	39	64	23	10	3
$495–$744	34	82	18	0	0
$745–$1,244	22	82	18	0	0
$1,245 or more	20	90	5	5	0
Families of:					
2 persons	65	83	9	5	3
3 persons	48	80	10	10	0
4 persons	34	65	32	3	0
5 persons	28	72	21	7	0
6 persons	11	64	9	27	0
Families of:					
Adults only	72	76	15	8	1
Adults and children 20 years or under	129	72	18	9	1
With one or more children 6 years or under	66	76	12	12	0
With no children 6 years or under	63	68	24	6	2
Nonfarm families	32	60	19	9	12

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, 34 to 66 percent, and 33 percent or less of NRC recommended allowances.
[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 11.—*Vitamin A value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing vitamin A value within specified International Units per nutrition unit per day [1]			
		5,000 or more	3,350–4,990	1,650–3,340	1,640 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 282	43	18	26	13
Farm families	[2] 249	44	19	24	13
Family income of:					
$0–$494	94	39	14	29	18
$495–$994	97	40	23	23	14
$995 or more	48	60	17	23	0
Per person income of:					
$0–$44	30	30	23	30	17
$45–$94	42	45	12	24	19
$95–$144	53	42	13	26	19
$145–$194	41	42	17	34	7
$195–$294	36	45	22	19	14
$295 or more	37	60	24	16	0
Families of:					
2 persons	39	56	15	21	8
3 persons	46	46	15	24	15
4 persons	34	35	26	21	18
5 persons	39	40	21	21	18
6 persons	32	44	28	16	12
7 persons	20	25	15	50	10
Families of:					
Adults only	48	60	15	21	4
Adults and children 20 years or under	201	40	20	25	15
With one or more children 6 years or under	124	38	21	29	12
With no children 6 years or under	77	44	18	19	19
White families	119	53	26	17	4
Owners, renters	75	64	24	12	0
Share croppers, laborers	44	34	30	25	11
Negro families	130	35	12	32	21
Owners, renters	51	47	14	33	6
Share croppers, laborers	79	29	11	30	30
Nonfarm families	32	38	12	34	16
White	16	69	12	19	0
Negro	16	6	12	51	31

See footnotes at end of table.

TABLE 11.—*Vitamin A value of diets; distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing vitamin A value within specified International Units per nutrition unit per day [1]			
		5,000 or more	3,350–4,990	1,650–3,340	1,640 or less
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 237	70	20	9	1
Farm families	[2] 201	74	20	6	0
Family income of:					
$0–$494	22	63	32	5	0
$495–$994	43	63	23	14	0
$995 or more	114	78	17	5	0
$995–$1,994	65	72	20	8	0
$1,995–$2,994	25	84	16	0	0
$2,995 or more	24	88	8	4	0
Per person income of:					
$0–$94	10	50	40	10	0
$95–$194	31	64	23	13	0
$195–$294	22	59	27	14	0
$295–$494	39	66	26	8	0
$495–$744	34	88	12	0	0
$745–$1,244	22	77	18	5	0
$1,245 or more	20	90	5	5	0
Families of:					
2 persons	65	87	11	2	0
3 persons	48	71	27	2	0
4 persons	34	70	24	6	0
5 persons	28	50	36	14	0
6 persons	11	91	0	9	0
Families of:					
Adults only	72	79	17	4	0
Adults and children 20 years or under	129	70	22	8	0
With one or more children 6 years or under	66	71	21	8	0
With no children 6 years or under	63	68	24	8	0
Nonfarm families	32	57	19	18	6

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, 34 to 66 percent, and 33 percent or less of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 12.—*Thiamine value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing thiamine within specified milligrams per nutrition unit per day [1]		
		1.50 or more	1.00–1.49	0.50–0.99
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 282	96	4	0
Farm families	[2] 249	96	4	0
Family income of:				
$0–$494	94	95	5	0
$495–$994	97	94	6	0
$995 or more	48	100	0	0
Per person income of:				
$0–$44	30	90	10	0
$45–$94	42	93	7	0
$95–$144	53	94	6	0
$145–$194	41	98	2	0
$195–$294	36	97	3	0
$295 or more	37	100	0	0
Families of:				
2 persons	39	100	0	0
3 persons	46	98	2	0
4 persons	34	97	3	0
5 persons	39	95	5	0
6 persons	32	94	6	0
7 persons	20	85	15	0
Families of:				
Adults only	48	100	0	0
Adults and children 20 years or under	201	95	5	0
With one or more children 6 years or under	124	94	6	0
With no children 6 years or under	77	96	4	0
White families	119	99	1	0
Owners, renters	75	99	1	0
Share croppers, laborers	44	100	0	0
Negro families	130	92	8	0
Owners, renters	51	98	2	0
Share croppers, laborers	79	89	11	0
Nonfarm families	32	97	3	0
White	16	94	6	0
Negro	16	100	0	0

See footnotes at end of table.

TABLE 12.—*Thiamine value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing thiamine within specified milligrams per nutrition unit per day [1]		
		1.50 or more	1.00–1.49	0.50–0.99
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 237	86	12	2
Farm families	[2] 201	87	11	2
Family income of:				
$0–$494	22	95	5	0
$495–$994	43	89	9	2
$995 or more	114	83	14	3
$995–$1,994	65	82	15	3
$1,995–$2,994	25	84	16	0
$2,995 or more	24	88	8	4
Per person income of:				
$0–$94	10	100	0	0
$95–$194	31	87	10	3
$195–$294	22	86	14	0
$295–$494	39	82	13	5
$495–$744	34	91	9	0
$745–$1,244	22	77	23	0
$1,245 or more	20	85	10	5
Families of:				
2 persons	65	92	6	2
3 persons	48	92	8	0
4 persons	34	76	21	3
5 persons	28	82	14	4
6 persons	11	82	18	0
Families of:				
Adults only	72	87	12	1
Adults and children 20 years or under	129	87	11	2
With one or more children 6 years or under	66	87	11	2
With no children 6 years or under	63	86	11	3
Nonfarm families	32	78	16	6

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, and 34 to 66 percent of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 13.—*Riboflavin value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing riboflavin within specified milligrams per nutrition unit per day [1]		
		2.00 or more	1.34–1.99	0.66–1.33
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*
All families	[2] 282	58	29	13
Farm families	[2] 249	61	26	13
Family income of:				
$0–$494	94	54	31	15
$495–$994	97	60	26	14
$995 or more	48	73	21	6
Per person income of:				
$0–$44	30	44	33	23
$45–$94	42	52	31	17
$95–$144	53	62	21	17
$145–$194	41	56	34	10
$195–$294	36	61	31	8
$295 or more	37	83	14	3
Families of:				
2 persons	39	84	13	3
3 persons	46	63	30	7
4 persons	34	67	21	12
5 persons	39	59	26	15
6 persons	32	56	28	16
7 persons	20	20	55	25
Families of:				
Adults only	48	86	12	2
Adults and children 20 years or under	201	55	30	15
With one or more children 6 years or under	124	53	31	16
With no children 6 years or under	77	59	27	14
White families	119	74	19	7
Owners, renters	75	84	12	4
Share croppers, laborers	44	57	32	11
Negro families	130	49	33	18
Owners, renters	51	61	29	10
Share croppers, laborers	79	41	35	24
Nonfarm families	32	41	47	12
White	16	62	38	0
Negro	16	19	56	25

See footnotes at end of table.

TABLE 13.—*Riboflavin value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing riboflavin within specified milligrams per nutrition unit per day [1]		
		2.00 or more	1.34–1.99	0.66–1.33
COUNTY IN OHIO				
All families	*Number* [2] 237	*Percent* 78	*Percent* 18	*Percent* 4
Farm families	[2] 201	83	16	1
Family income of:				
$0–$494	22	59	41	0
$495–$994	43	79	19	2
$995 or more	114	85	13	2
$995–$1,994	65	83	14	3
$1,995–$2,994	25	84	16	0
$2,995 or more	24	92	8	0
Per person income of:				
$0–$94	10	70	30	0
$95–$194	31	62	35	3
$195–$294	22	81	14	5
$295–$494	39	77	20	3
$495–$744	34	88	12	0
$745–$1,244	22	100	0	0
$1,245 or more	20	90	10	0
Families of:				
2 persons	65	89	11	0
3 persons	48	86	12	2
4 persons	34	71	26	3
5 persons	28	78	18	4
6 persons	11	73	27	0
Families of:				
Adults only	72	87	10	3
Adults and children 20 years or under	129	78	20	2
With one or more children 6 years or under	66	80	18	2
With no children 6 years or under	63	76	22	2
Nonfarm families	32	57	28	15

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, and 34 to 66 percent of NRC recommended allowances.

[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 14.—*Niacin value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing niacin within specified milligrams per nutrition unit per day [1]			
		15.0 or more	10.0–14.9	5.0–9.9	4.9 or less
COUNTY IN GEORGIA					
All families	*Number* [2] 282	*Percent* 88	*Percent* 11	*Percent* 1	*Percent* 0
Farm families	[2] 249	89	10	1	0
Family income of:					
$0–$494	94	89	10	1	0
$495–$994	97	87	12	1	0
$995 or more	48	94	6	0	0
Per person income of:					
$0–$44	30	80	17	3	0
$45–$94	42	86	12	2	0
$95–$144	53	89	11	0	0
$145–$194	41	93	7	0	0
$195–$294	36	92	8	0	0
$295 or more	37	95	5	0	0
Families of:					
2 persons	39	97	3	0	0
3 persons	46	98	2	0	0
4 persons	34	97	3	0	0
5 persons	39	90	10	0	0
6 persons	32	84	16	0	0
7 persons	20	75	20	5	0
Families of:					
Adults only	48	98	2	0	0
Adults and children 20 years or under	201	87	12	1	0
With one or more children 6 years or under	124	85	14	1	0
With no children 6 years or under	77	90	9	1	0
White families	119	97	3	0	0
Owners, renters	75	97	3	0	0
Share croppers, laborers	44	95	5	0	0
Negro families	130	82	16	2	0
Owners, renters	51	94	6	0	0
Share croppers, laborers	79	74	23	3	0
Nonfarm families	32	81	19	0	0
White	16	88	12	0	0
Negro	16	75	25	0	0

See footnotes at end of table.

TABLE 14.—*Niacin value of diets, distributions of open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family and per person incomes for year, size and composition of family, race, and farm tenure	Families	Diets furnishing niacin within specified milligrams per nutrition unit per day [1]			
		15.0 or more	10.0–14.9	5.0–9.9	4.9 or less
COUNTY IN OHIO	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[2] 237	75	21	4	[3]
Farm families	[2] 201	78	19	3	0
Family income of:					
$0–$494	22	77	23	0	0
$495–$994	43	65	30	5	0
$995 or more	114	79	16	5	0
$995–$1,994	65	77	18	5	0
$1,995–$2,994	25	84	12	4	0
$2,995 or more	24	84	12	4	0
Per person income of:					
$0–$94	10	60	40	0	0
$95–$194	31	65	29	6	0
$195–$294	22	68	23	9	0
$295–$494	39	74	23	3	0
$495–$744	34	85	15	0	0
$745–$1,244	22	86	9	5	0
$1,245 or more	20	85	10	5	0
Families of:					
2 persons	65	94	0	0	0
3 persons	48	83	15	2	0
4 persons	34	68	32	0	0
5 persons	28	68	25	7	0
6 persons	11	64	27	9	0
Families of:					
Adults only	72	85	14	1	0
Adults and children 20 years or under	129	73	22	5	0
With one or more children 6 years or under	66	71	26	3	0
With no children 6 years or under	63	77	17	6	0
Nonfarm families	32	57	34	6	3

[1] Without adjustment for nutrient loss in preparation and cooking of food. Class intervals represent 100 percent or more, 67 to 99 percent, 34 to 66 percent, and 33 percent or less of NRC recommended allowances.
[2] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.
[3] Less than 0.5 percent.

TABLE 15.—*Quantity of food from all sources and from home production, in terms of 11 food groups, averages for open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [2]	Average quantity of food consumed per person per week [1]										
			Milk [3]	Fats, oils [4]	Eggs	Meat, poultry, fish	Dry beans and peas, nuts [5]	Potatoes, sweetpotatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits [6]	Grain products [7]	Sugars, other sweets [8]
			From all sources										
COUNTY IN GEORGIA													
All families	*Number* [9] 282	*Number* 4.67	*Quarts* 2.61	*Pounds* 1.12	*Dozen* 0.39	*Pounds* 1.85	*Pounds* 0.05	*Pounds* 0.67	*Pounds* 1.08	*Pounds* 3.13	*Pounds* 8.52	*Pounds* 4.74	*Pounds* 1.27
Farm families	[9] 249	4.79	2.71	1.10	.39	1.87	.04	.67	1.10	3.16	9.01	4.78	1.29
$0–$494	94	4.24	2.20	1.05	.35	1.65	.05	.54	.94	3.06	8.99	4.97	1.21
$495–$994	97	5.17	2.63	1.15	.37	1.81	.04	.77	1.19	3.23	8.26	4.65	1.36
$995 or more	48	5.13	3.73	1.15	.50	2.41	.05	.68	1.34	2.85	10.74	4.69	1.49
White families	119	4.65	3.52	1.24	.52	2.30	.05	.83	1.58	3.45	7.63	4.74	1.40
Owners, renters	75	4.68	4.20	1.25	.57	2.48	.04	.94	1.81	3.42	8.06	4.77	1.43
Share croppers, laborers	44	4.62	2.36	1.24	.43	1.92	.09	.70	1.23	3.46	7.03	4.75	1.40
Negro families	130	4.91	1.93	.98	.27	1.52	.02	.48	.67	2.90	10.19	4.78	1.18
Owners, renters	51	5.22	2.64	.96	.35	1.49	.01	.53	.81	3.44	12.69	5.18	1.23
Share croppers, laborers	79	4.71	1.26	1.01	.22	1.57	.04	.45	.60	2.47	8.39	4.51	1.14
Nonfarm families	32	3.83	1.56	1.23	.44	1.65	.08	.70	.77	2.82	3.76	4.37	1.15
White	16	3.85	2.22	1.31	.63	2.01	.10	.77	1.27	3.02	4.54	3.90	1.14
Negro	16	3.82	.89	1.15	.23	1.25	.06	.63	.26	2.64	3.03	4.84	1.04

COUNTY IN OHIO													
All families	[9] 237	3.53	5.59	1.11	.72	1.83	.50	2.16	1.61	2.07	3.74	3.38	1.39
Farm families	[9] 201	3.54	5.78	1.14	.74	1.96	.49	2.25	1.64	2.12	3.81	3.37	1.39
$0–$494	22	3.19	4.93	.95	.59	1.19	.55	2.15	1.63	1.90	3.24	3.24	1.39
$495–$994	43	3.84	5.17	1.11	.71	1.64	.59	2.10	1.26	1.96	3.07	3.12	1.22
$995 or more	114	3.48	6.09	1.15	.79	2.08	.41	2.11	1.74	2.26	3.77	3.26	1.43
$995–$1,994	65	3.46	6.01	1.07	.76	1.80	.45	2.21	1.53	1.93	3.70	3.26	1.57
$1,995–$2,994	25	3.48	6.01	1.22	.82	2.20	.40	2.06	1.89	2.51	3.30	3.07	1.59
$2,995 or more	24	3.54	6.46	1.28	.87	2.73	.32	1.87	2.17	2.88	4.46	3.47	1.46
Nonfarm families	32	3.55	4.17	.91	.59	1.12	.58	1.67	1.27	1.53	3.28	3.19	1.24
COUNTY IN GEORGIA			From home production										
All families	[9] 282	4.67	2.16	0.55	0.34	1.00	[10]	0.51	0.88	2.78	7.61	0.72	0.40
Farm families	[9] 249	4.79	2.31	.55	.35	1.06	[10]	.53	.93	2.90	8.22	.40	.43
$0–$494	94	4.24	1.84	.48	.32	.88	[10]	.38	.79	2.79	8.20	.85	.31
$495–$994	97	5.17	2.18	.59	.33	1.00	[10]	.62	1.00	2.91	7.29	.73	.47
$995 or more	48	5.13	3.34	.74	.45	1.50	[10]	.60	1.10	2.71	8.05	1.00	.57
White families	119	4.65	3.22	.71	.46	1.47	[10]	.68	1.31	3.17	6.97	.53	.49
Owners, renters	75	4.68	4.04	.88	.54	1.79	[10]	.77	1.60	3.32	7.54	1.00	.47
Share croppers, laborers	44	4.62	1.82	.50	.32	.91	0	.54	.82	2.91	5.99	.76	.53
Negro families	130	4.91	1.48	.46	.25	.69	[10]	.39	.58	2.65	9.37	.67	.37
Owners, renters	51	5.22	2.29	.52	.34	.86	0.01	.51	.73	3.33	12.55	.64	.46
Share croppers, laborers	79	4.71	.90	.41	.19	.58	[10]	.31	.48	2.17	7.09	.68	.31
Nonfarm families	32	3.83	.93	.15	.20	.39	0	.35	.48	1.58	1.72	.02	.10
White	16	3.85	.88	.20	.28	.55	0	.39	.77	1.58	2.49	.05	.17
Negro	16	3.82	.98	.10	.11	.23	0	.31	.18	1.58	.95	0	.02

See footnotes at end of table.

TABLE 15.—*Quantity of food from all sources and from home production, in terms of 11 food groups, averages for open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [2]	Average quantity of food consumed per person per week [1]										
			Milk [3]	Fats, oils [4]	Eggs	Meat, poultry, fish	Dry beans and peas, nuts [5]	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits [6]	Grain products [7]	Sugars, other sweets [8]
			From home production										
COUNTY IN OHIO													
All families	*Number* [9] 237	*Number* 3.53	*Quarts* 4.44	*Pounds* 0.61	*Dozen* 0.66	*Pounds* 1.32	*Pounds* 0.03	*Pounds* 0.88	*Pounds* 0.46	*Pounds* 1.33	*Pounds* 1.85	*Pounds* 0.07	*Pounds* 0.22
Farm families	[9] 201	3.54	4.83	.69	.71	1.47	.03	.96	.50	1.40	1.96	.08	.22
$0–$494	22	3.19	3.91	.52	.56	.74	.02	.64	.54	1.05	1.76	0	.21
$495–$994	43	3.84	4.13	.71	.66	1.05	.05	1.21	.45	1.37	1.78	.06	.13
$995 or more	114	3.48	4.96	.70	.77	1.67	.02	.73	.51	1.47	2.07	.10	.26
$995–$1,994	65	3.46	4.84	.65	.72	1.34	.02	.77	.51	1.22	1.92	.06	.29
$1,995–$2,994	25	3.48	4.95	.72	.82	1.74	.01	.59	.39	1.46	2.26	.13	.19
$2,995 or more	24	3.54	5.36	.79	.87	2.45	0	.75	.67	2.12	2.30	.20	.24
Nonfarm families	32	3.55	1.73	.10	.33	.30	(10)	.40	.24	.85	.96	0	.12

[1] Averages are based on the total number of families in each class (col. 2).

[2] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person, regardless of sex, age, or physical activity and fewness of meals consumed by individuals. To compute household size in persons, total meals were divided by 21.

[3] Approximately the quantity of fluid milk plus the fluid milk equivalent of cream, ice cream, evaporated milk, and cheese. To get the total consumption of milk in its various forms, the amount of each dairy product was converted to the quantity of fluid whole milk which that product represents. The factors used for expressing dairy products in terms of their milk equivalents are shown below:

Dairy product:	*Factors for converting pounds of dairy products to quarts of milk*
Evaporated milk	0.94
Condensed milk	1.11
Dry skim milk	4.57
Dry whole milk	3.55
Cream	.33
Ice cream	.56
Cheese:	
Cottage	1.40
American, cream, other	3.20

Insofar as possible, the milk-equivalent factor was developed on the basis of the nutritive value of the product compared with fluid whole milk. The factors shown above apply only in equating the various dairy products to fluid whole milk on the basis of protein and minerals.

[4] Includes bacon and salt pork.

[5] Includes weight of dry beans and peas and nuts added to 40 percent of the weight of canned and cooked dry beans, and 67 percent of weight of peanuts and 40 percent of weight of other nuts in shell.

[6] Includes fresh and canned fruits and vegetables plus the fresh fruit equivalent of dried fruits, 2½ times the weight of prunes, 4 times the weight of raisins, and 6½ times the weight of other dried fruits.

[7] Includes the weight of flour, meal, cereals, pastes, and prepared mixes added to two-thirds the weight of commercially baked goods and to one-fifth the weight of canned cooked mixtures and hominy.

[8] Includes the weight of sugar, sirup, candy, and prepared desserts added to one-eighth the weight of soft drinks.

[9] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

[10] 0.005 pound or less.

TABLE 16.—*Money value of food from all sources and from home production, in terms of 11 food groups and accessories, averages for open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [2]	Average money value of food per person per week [1]												
			All food	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars, other sweets	Accessories [3]
COUNTY IN GEORGIA			From all sources												
All families	*Number* [4] 282	*Number* 4.67	*Dollars* 3.14	*Dollars* 0.34	*Dollars* 0.30	*Dollars* 0.15	*Dollars* 0.74	*Dollars* 0.01	*Dollars* 0.04	*Dollars* 0.12	*Dollars* 0.51	*Dollars* 0.36	*Dollars* 0.36	*Dollars* 0.14	*Dollars* 0.06
Farm families	[4] 249	4.79	3.18	.35	.30	.15	.75	.01	.04	.12	.52	.38	.35	.14	.06
$0–$494	94	4.24	2.95	.28	.28	.14	.65	.01	.03	.13	.50	.37	.36	.14	.05
$495–$994	97	5.17	3.08	.34	.31	.14	.70	.01	.05	.10	.53	.36	.34	.14	.06
$995 or more	48	5.13	3.72	.51	.31	.17	.99	.01	.04	.18	.47	.40	.37	.16	.07
White families	119	4.65	3.83	.48	.33	.19	.95	.02	.05	.16	.58	.42	.39	.16	.10
Owners, renters	75	4.68	4.16	.58	.35	.20	1.07	.01	.06	.16	.58	.47	.41	.17	.10
Share croppers, laborers	44	4.62	3.28	.30	.30	.16	.75	.02	.04	.17	.59	.33	.37	.15	.10
Negro families	130	4.91	2.59	.24	.27	.11	.57	.01	.03	.09	.46	.34	.32	.12	.03
Owners, renters	51	5.22	2.87	.34	.28	.13	.67	(5)	.04	.11	.53	.38	.33	.13	.03
Share croppers, laborers	79	4.71	2.39	.17	.27	.09	.56	.01	.03	.08	.40	.31	.32	.12	.03
Nonfarm families	32	3.83	2.74	.21	.33	.16	.66	.02	.05	.10	.42	.24	.34	.14	.06
White	16	3.85	3.43	.31	.36	.24	.85	.02	.06	.17	.49	.35	.34	.15	.09
Negro	16	3.82	2.05	.11	.30	.09	.46	.02	.04	.03	.36	.13	.35	.13	.03

COUNTY IN OHIO															
All families	[4] 237	3.53	4.03	.79	.32	.25	.70	.07	.14	.19	.25	.52	.46	.20	.12
Farm families	[4] 201	3.54	4.12	.81	.33	.25	.74	.07	.14	.20	.27	.53	.45	.20	.11
$0–$494	22	3.19	3.38	.62	.29	.20	.47	.09	.14	.17	.21	.45	.44	.18	.12
$495–$994	43	3.84	3.57	.68	.30	.24	.62	.08	.13	.15	.25	.44	.41	.16	.10
$995 or more	114	3.48	4.32	.87	.34	.27	.79	.06	.13	.22	.28	.56	.46	.21	.11
$995–$1,994	65	3.46	4.04	.86	.30	.26	.68	.07	.13	.19	.22	.52	.47	.21	.11
$1,995–$2,994	25	3.48	4.51	.93	.36	.28	.83	.06	.14	.26	.31	.56	.45	.22	.11
$2,995 or more	24	3.54	4.93	.83	.40	.30	1.06	.04	.12	.25	.43	.65	.45	.23	.11
Nonfarm families	32	3.55	3.23	.63	.24	.20	.37	.11	.12	.17	.19	.44	.44	.18	.12
COUNTY IN GEORGIA			From home production [5]												
All families	[4] 282	4.67	2.00	0.29	0.15	0.12	0.44	(6)	0.03	0.12	0.45	0.30	0.04	0.05	
Farm families	[4] 249	4.79	2.11	.30	.16	.13	.47	(6)	.03	.13	.47	.32	.05	.05	
$0–$494	94	4.24	1.83	.24	.12	.12	.39	(6)	.03	.11	.42	.31	.05	.04	
$495–$994	97	5.17	2.05	.28	.16	.13	.42	(6)	.04	.14	.46	.31	.05	.06	
$995 or more	48	5.13	2.57	.46	.20	.15	.67	(6)	.04	.15	.44	.34	.05	.07	
White families	119	4.65	2.68	.43	.20	.16	.66	(6)	.04	.18	.53	.35	.06	.07	
Owners, renters	75	4.68	3.17	.55	.25	.19	.81	(6)	.05	.22	.56	.41	.06	.07	
Share croppers, laborers	44	4.62	1.87	.24	.11	.12	.41	(6)	.03	.11	.49	.25	.05	.06	
Negro families	130	4.91	1.59	.19	.12	.10	.29	(6)	.03	.08	.41	.29	.04	.04	
Owners, renters	51	5.22	2.05	.30	.16	.13	.36	(6)	.04	.10	.51	.36	.04	.05	
Share croppers, laborers	79	4.71	1.27	.11	.10	.08	.24	0	.02	.06	.34	.25	.04	.03	
Nonfarm families	32	3.83	.87	.08	.04	.08	.19	0	.02	.06	.24	.12	(6)	.02	
White	16	3.85	1.18	.11	.06	.11	.28	0	.03	.10	.26	.19	(6)	.04	
Negro	16	3.82	.56	.06	.03	.04	.10	0	.02	.02	.23	.06	0	(6)	

See footnotes at end of table.

TABLE 16.—*Money value of food from all sources and from home production, in terms of 11 food groups and accessories, averages for open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [2]	Average money value of food per person per week [1]												
			All food	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars, other sweets	Accessories [3]
			From home production [4]												
COUNTY IN OHIO															
	Number	*Number*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*	*Dollars*
All families	[5] 237	3.53	2.17	0.63	0.18	0.23	0.50	(6)	0.05	0.05	0.18	0.31	(6)	0.04	
Farm families	[5] 201	3.54	2.36	.67	.20	.24	.56	(6)	.06	.06	.19	.33	(6)	.05	
$0–$494	22	3.19	1.75	.51	.16	.19	.32	(6)	.04	.06	.14	.29	0	.04	
$495–$994	43	3.84	2.01	.55	.20	.22	.41	0.01	.07	.05	.20	.27	(6)	.03	
$995 or more	114	3.48	2.55	.71	.21	.27	.63	(6)	.04	.06	.20	.36	0.01	.06	
$995–$1,994	65	3.46	2.30	.69	.19	.24	.53	(6)	.04	.06	.15	.33	(6)	.06	
$1,995–$2,994	25	3.48	2.74	.80	.21	.28	.68	(6)	.04	.05	.21	.41	.01	.05	
$2,995 or more	24	3.54	2.99	.68	.24	.30	.85	0	.04	.07	.35	.40	.01	.05	
Nonfarm families	32	3.55	.97	.33	.04	.11	.10	(6)	.03	.03	.12	.18	0	.03	

[1] Averages were based on the total number of families in each class (col. 2).
[2] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person, regardless of sex, age, or physical activity, and fewness of meals consumed by individuals. To compute household size in persons, total meals were divided by 21.
[3] Includes coffee, tea, leavening agents, salt, vinegar, extracts, spices, etc.
[4] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.
[5] Valued at the average retail prices paid for the same foods by other families of similar incomes in the county.
[6] Less than 0.005 dollar.

TABLE 17.—*Percent of families consuming food from all sources and from home production, in terms of 11 food groups, open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [1]	Families consuming food														
			From all sources [2]				From home production										
			Milk	Dry beans and peas, nuts	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars, other sweets
COUNTY IN GEORGIA																	
All families	*Number* [3] 282	*Number* 4.67	*Percent* 84	*Percent* 21	*Percent* 56	*Percent* 74	*Percent* 51	*Percent* 61	*Percent* 78	*Percent* 72	*Percent* 1	*Percent* 43	*Percent* 56	*Percent* 89	*Percent* 81	*Percent* 38	*Percent* 51
Farm families	[3] 249	4.79	86	21	57	76	56	65	82	76	2	45	60	92	84	43	54
$0–$494	94	4.24	78	16	47	70	45	54	72	67	1	34	53	90	80	40	46
$495–$994	97	5.17	88	23	60	78	54	66	87	73	1	47	63	92	84	44	56
$995 or more	48	5.13	96	25	71	85	77	79	90	94	2	65	65	94	90	46	67
White families	119	4.65	91	29	71	89	70	76	88	88	2	56	76	93	91	46	69
Owners, renters	75	4.68	97	29	75	96	84	87	93	95	3	64	89	97	97	51	72
Share croppers, laborers	44	4.62	80	30	64	77	45	57	80	77	0	43	52	86	80	39	64
Negro families	130	4.91	81	12	45	64	43	55	76	65	2	35	46	91	78	39	41
Owners, renters	51	5.22	88	8	48	69	63	71	90	86	2	43	59	98	84	35	57
Share croppers, laborers	79	4.71	76	18	46	61	30	44	67	51	1	30	38	87	73	42	30
Nonfarm families	32	3.83	75	22	54	60	16	28	47	40	0	28	28	60	59	3	22
White	16	3.85	88	25	49	88	25	31	56	50	0	38	44	50	62	6	38
Negro	16	3.82	62	19	38	31	6	25	38	31	0	19	12	69	56	0	6

See footnotes at end of table.

TABLE 17.—*Percent of families consuming food from all sources and from home production, in terms of 11 food groups, open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Location, occupation, net cash family income for year, race, and farm tenure	Families	Household size in equivalent persons [1]	Families consuming food														
			From all sources [2]				From home production										
			Milk	Dry beans and peas, nuts	Potatoes, sweetpotatoes	Tomatoes, citrus fruit	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweetpotatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars, other sweets
COUNTY IN OHIO																	
All families	*Number* [3] 237	*Number* 3.53	*Percent* 100	*Percent* 79	*Percent* 93	*Percent* 85	*Percent* 79	*Percent* 76	*Percent* 59	*Percent* 68	*Percent* 6	*Percent* 34	*Percent* 46	*Percent* 88	*Percent* 92	*Percent* 8	*Percent* 47
Farm families	[3] 201	3.54	100	78	94	85	88	84	95	76	6	34	48	91	96	9	48
$0–$494	22	3.19	100	77	91	73	82	68	95	64	5	23	50	86	100	0	50
$495–$994	43	3.84	100	86	86	86	84	84	93	72	12	42	47	93	93	12	40
$995 or more	114	3.48	100	76	97	88	89	88	96	79	3	33	47	93	96	9	53
$995–$1,994	65	3.46	100	80	95	85	86	85	92	77	3	35	51	91	97	8	54
$1,995–$2,994	25	3.48	100	76	100	92	96	96	100	80	8	32	36	92	96	8	56
$2,995 or more	24	3.54	100	67	100	92	92	88	100	83	0	29	50	100	92	12	46
Nonfarm families	32	3.55	100	84	84	88	25	19	50	19	3	28	41	69	72	6	41

[1] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person, regardless of sex, age, or physical activity and fewness of meals consumed by individuals. To compute the household size in persons, total meals were divided by 21.

[2] Percents are omitted for 7 food groups for which nearly all families reported some use.

[3] Includes some families with negative incomes and with income or farm tenure unknown, not shown separately.

TABLE 18.—*Consumption of selected items of food, per person per week, averages for farm families in a Georgia county and an Ohio county, early summer 1945*

Food	Georgia county				Ohio county
	White families		Negro families		
	Owners, renters	Share croppers, laborers	Owners, renters	Share croppers, laborers	
	Pounds	*Pounds*	*Pounds*	*Pounds*	*Pounds*
Milk and milk products:					
Fluid milk (whole milk, buttermilk, skim milk)	8.19	4.39	5.01	2.52	10.26
Evaporated milk	.05	.12	.03	.05	.15
Cream, heavy and light	.03	.15	.28	.03	.32
Cottage cheese	0	0	0	0	.15
American cheese	.04	.05	.05	.01	.14
Fats, oils:					
Butter	.13	.08	.08	.04	.29
Margarine	.01	.02	.01	.03	.13
Lard	.40	.40	.24	.23	.33
Other shortening	.08	.09	.14	.12	.02
Bacon	.15	.04	.06	.06	.26
Salt pork	.32	.50	.41	.49	.02
Eggs, meat, poultry, fish:					
Eggs	.86	.64	.52	.33	1.11
Beef	.17	.23	.22	.14	.49
Pork (excludes bacon, salt pork)	.94	.46	.48	.46	.77
Lunch meats, frankfurters	.08	.08	.05	.07	.15
Chicken, other poultry	.90	.64	.36	.39	.40
Fish, shellfish (fresh)	.36	.45	.33	.44	.08
Dry beans and peas, nuts:					
Dry beans and peas	(1)	.05	0	.01	.40
Peanut butter	.03	.04	.01	.03	.07
Fresh and frozen vegetables:					
Cabbage	.18	.27	.48	.37	.48
Collards	.02	0	.27	.06	0
Mustard greens	0	0	0	0	.14
Lima beans (unshelled weight)	2.81	2.07	1.28	.94	(1)
Snap beans	.06	.07	.14	.08	.16
Okra	.19	.21	.34	.16	0
Garden peas (unshelled weight)	(1)	.21	.09	.02	.47
Field peas (unshelled weight)	4.17	4.44	3.72	3.66	0
Carrots	.01	0	(1)	0	.08
Potatoes	.90	.66	.43	.40	2.14
Sweetpotatoes	.04	.04	.10	.05	.11
Tomatoes	1.67	1.06	.72	.54	.18
Corn (in-husk weight)	2.75	2.38	1.53	1.70	.04
Green onions	.08	.07	.07	.07	.30
Summer squash	.18	.19	.06	.14	0
Canned vegetables:					
Snap beans	.07	.11	0	0	.35
Garden peas	.02	.03	(1)	0	.09
Tomatoes (pulp and juice)	.02	.09	0	.02	.46
Corn	.02	.06	.01	.02	.19
Fresh fruits:					
Oranges	.04	0	0	.02	.52
Grapefruit	0	0	.02	0	.25
Apples	.06	.01	.04	(1)	.35
Bananas	.03	.08	(1)	0	.15
Berries	(1)	.01	.01	.01	.21
Peaches	.66	.14	.20	.07	.17
Melons	4.00	4.30	10.73	6.34	.41
Canned fruits:					
Apple sauce and apple butter	.03	.02	0	(1)	.26
Berries	.01	.01	0	0	.12
Peaches	.03	.04	.03	.04	.35
Grain products:					
White bread, enriched	.33	.27	.06	.11	1.52
Crackers	.06	.09	.03	.03	.18
Cake	.11	.06	.02	.03	.15
Cookies	.05	.02	(1)	.02	.17
White flour	2.33	2.50	3.07	2.65	.97
White corn meal—not degermed	1.00	.78	.91	.81	.01
White refined corn meal	.60	.77	.79	.66	.23
Hominy grits	.21	.18	.11	.10	(1)
Rice, white	.13	.11	.12	.15	.06
Rolled oats, oatmeal	.02	.01	(1)	0	.10
Ready-to-eat cereal	.04	.04	(1)	(1)	.26
Sugars, other sweets:					
Granulated sugar	.64	.46	.37	.29	.46
Corn sirup	(1)	.01	0	0	.38
Cane sirup	.49	.73	.78	.81	.01
Jellies, jams, preserves	.22	.13	.08	.02	.27
Soft drinks	.05	.03	.01	.02	.33

[1] 0.005 pound or less.

TABLE 19.—*Contribution of food in 11 groups to nutritive value of diets, average percentages for open-country families in a Georgia county and an Ohio county, early summer 1945*

Nutrient, location, occupation, race, and farm tenure	Percent of each nutrient contributed by specified food groups											
	All foods	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars, other sweets
Food energy												
COUNTY IN GEORGIA												
Farm families	100	9	20	2	7	(1)	1	(1)	6	5	41	9
White families:												
Owners, renters	100	13	18	2	9	(1)	1	1	6	5	36	9
Share croppers, laborers	100	8	21	2	7	1	1	1	7	5	37	10
Negro families:												
Owners, renters	100	9	18	2	6	(1)	1	(1)	6	7	42	9
Share croppers, laborers	100	5	21	1	7	1	1	(1)	6	5	43	10
Nonfarm families	100	6	25	2	7	1	1	(1)	6	3	40	9
COUNTY IN OHIO												
Farm families	100	18	17	3	10	4	3	1	1	4	29	10
Nonfarm families	100	17	17	3	6	6	3	1	1	4	31	11
Protein												
COUNTY IN GEORGIA												
Farm families	100	15	2	5	18	1	1	1	15	5	37	(1)
White families:												
Owners, renters	100	21	2	6	20	1	1	1	14	4	30	(1)
Share croppers, laborers	100	14	2	6	18	2	1	1	17	4	35	(1)
Negro families:												
Owners, renters	100	17	2	5	15	(1)	1	1	14	5	40	(1)
Share croppers, laborers	100	10	2	4	19	1	1	1	15	5	42	(1)
Nonfarm families	100	11	2	7	20	2	1	1	14	3	39	(1)
COUNTY IN OHIO												
Farm families	100	29	2	9	18	7	3	1	3	2	26	(1)
Nonfarm families	100	27	2	9	12	11	2	1	2	2	31	1
Calcium												
COUNTY IN GEORGIA												
Farm families	100	43	(1)	1	1	(1)	(1)	(1)	10	3	40	2
White families:												
Owners, renters	100	56	(1)	2	1	(1)	(1)	1	9	2	28	1
Share croppers, laborers	100	41	(1)	2	1	1	(1)	1	11	2	39	2
Negro families:												
Owners, renters	100	42	(1)	1	1	(1)	(1)	(1)	11	3	40	2
Share croppers, laborers	100	29	(1)	1	1	(1)	(1)	(1)	11	3	52	3
Nonfarm families	100	35	(1)	3	1	1	1	1	13	2	41	2
COUNTY IN OHIO												
Farm families	100	74	(1)	3	1	3	1	1	5	2	8	2
Nonfarm families	100	70	(1)	3	1	4	1	1	4	3	11	2

See footnote at end of table.

TABLE 19.—*Contribution of food in 11 groups to nutritive value of diets, average percentages for open-country families in a Georgia county and an Ohio county, early summer 1945*—Continued

Nutrient, location, occupation, race, and farm tenure	All foods	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweetpotatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars, other sweets
	Percent of each nutrient contributed by specified food groups											
	Iron											
COUNTY IN GEORGIA												
Farm families	100	1	1	5	10	(1)	1	2	20	6	43	11
White families:												
Owners, renters	100	2	1	7	12	(1)	2	3	21	6	39	7
Share croppers, laborers	100	1	1	5	9	2	1	2	22	4	42	11
Negro families:												
Owners, renters	100	1	1	4	9	(1)	1	1	18	7	46	12
Share croppers, laborers	100	1	1	3	9	(1)	1	1	18	5	47	14
Nonfarm families	100	1	2	6	12	2	2	2	17	4	43	9
COUNTY IN OHIO												
Farm families	100	3	1	9	13	14	5	2	8	6	31	8
Nonfarm families	100	3	1	9	9	18	4	2	7	6	33	8
	Vitamin A value											
COUNTY IN GEORGIA												
Farm families	100	14	4	8	3	(1)	5	14	18	34	0	(1)
White families:												
Owners, renters	100	20	5	10	(1)	(1)	3	19	15	28	(1)	(1)
Share croppers, laborers	100	15	5	11	(1)	(1)	4	19	17	29	(1)	(1)
Negro families:												
Owners, renters	100	11	3	6	6	0	8	8	19	39	0	(1)
Share croppers, laborers	100	9	4	6	5	(1)	6	10	20	40	0	(1)
Nonfarm families	100	10	9	10	15	(1)	4	11	20	21	0	(1)
COUNTY IN OHIO												
Farm families	100	23	12	11	2	(1)	7	8	28	9	(1)	(1)
Nonfarm families	100	21	9	10	6	1	6	7	26	14	(1)	(1)
	Ascorbic acid											
COUNTY IN GEORGIA												
Farm families	100	4	0	0	1	(1)	6	14	50	25	0	(1)
White families:												
Owners, renters	100	6	0	0	(1)	(1)	7	20	43	23	0	1
Share croppers, laborers	100	4	0	0	(1)	(1)	7	17	51	21	0	(1)
Negro families:												
Owners, renters	100	4	0	0	1	0	5	10	52	28	0	(1)
Share croppers, laborers	100	3	0	0	1	(1)	5	10	53	28	0	(1)
Nonfarm families	100	3	0	0	2	(1)	8	12	58	17	0	(1)
COUNTY IN OHIO												
Farm families	100	8	0	0	(1)	1	19	26	29	16	0	1
Nonfarm families	100	7	0	0	1	1	20	27	25	18	0	1

See footnote at end of table.

TABLE 19.—*Contribution of food in 11 groups to nutritive value of diets, averag percentages for open-country families in a Georgia county and an Ohio county early summer 1945*—Continued

Nutrient, location, occupation, race, and farm tenure	Percent of each nutrient contributed by specified food groups											
	All foods	Milk	Fats, oils	Eggs	Meat, poultry, fish	Dry beans and peas, nuts	Potatoes, sweet-potatoes	Tomatoes, citrus fruit	Green and yellow vegetables	Other vegetables and fruits	Grain products	Sugars other sweets
	Thiamine											
COUNTY IN GEORGIA												
Farm families	100	5	3	1	14	(1)	1	1	19	9	47	(1)
White families:												
Owners, renters	100	7	3	2	18	(1)	2	2	19	7	40	(1)
Share croppers, laborers	100	5	3	2	11	1	2	2	22	8	44	(1)
Negro families:												
Owners, renters	100	5	2	1	10	(1)	1	1	18	11	51	(1)
Share croppers, laborers	100	3	3	1	13	(1)	1	1	18	9	51	(1)
Nonfarm families	100	3	3	2	15	1	2	1	18	5	50	(1)
COUNTY IN OHIO												
Farm families	100	13	4	4	20	8	7	3	6	3	32	(1)
Nonfarm families	100	12	3	4	12	12	6	3	5	4	39	(1)
	Riboflavin											
COUNTY IN GEORGIA												
Farm families	100	30	1	5	8	(1)	1	1	13	10	31	(1)
White families:												
Owners, renters	100	40	1	6	8	(1)	1	2	11	8	23	(1)
Share croppers, laborers	100	28	1	6	7	1	1	1	15	9	30	
Negro families:												
Owners, renters	100	29	1	5	7	(1)	1	1	12	12	32	(1)
Share croppers, laborers	100	21	1	4	9	(1)	1	1	14	12	37	(1)
Nonfarm families	100	22	1	8	13	1	1	1	13	6	33	
COUNTY IN OHIO												
Farm families	100	52	1	9	8	3	2	1	4	3	16	
Nonfarm families	100	49	1	9	8	4	2	1	4	3	18	
	Niacin											
COUNTY IN GEORGIA												
Farm families	100	2	2	(1)	24	2	2	2	13	9	44	(1)
White families:												
Owners, renters	100	3	2	(1)	29	2	3	3	13	9	35	
Share croppers, laborers	100	2	2	(1)	24	3	2	2	15	8	41	
Negro families:												
Owners, renters	100	2	2	(1)	20	1	2	1	13	9	50	(1)
Share croppers, laborers	100	1	2	(1)	22	2	2	1	13	8	49	(1)
Nonfarm families	100	1	2	(1)	26	3	3	2	12	7	43	
COUNTY IN OHIO												
Farm families	100	5	2	(1)	29	8	8	3	4	5	35	
Nonfarm families	100	4	2	(1)	21	15	8	2	3	5	38	

[1] 0.5 percent or less.

TABLE 20.—*Level of consumption of milk, and calcium, riboflavin, vitamin A, protein, and food energy value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and average quantity, in quarts, of milk equivalent[1] consumed per person per week	Families	Diets furnishing specified quantities of dietary essentials per nutrition unit per day									
		Calcium (mg.)		Riboflavin (mg.)		Vitamin A value (I. U.)		Protein (gm.)		Food energy (cal.)	
		536 or more	535 or less	1.34 or more	1.33 or less	3,350 or more	3,340 or less	47 or more	46 or less	2,010 or more	2,000 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
None	36	39	61	67	33	33	67	78	22	78	22
0.01–1.74	77	62	38	74	26	52	48	84	16	84	16
1.75–3.49	54	94	6	100	0	56	44	100	0	93	7
3.50–5.24	30	97	3	100	0	80	20	97	3	97	3
5.25–6.99	26	100	0	100	0	96	4	100	0	100	0
7.00 or more	26	100	0	100	0	96	4	100	0	100	0
COUNTY IN OHIO											
0.01–1.74	13	31	69	69	31	85	15	85	15	77	23
1.75–3.49	39	85	15	100	0	90	10	100	0	95	5
3.50–5.24	44	100	0	100	0	95	5	100	0	100	0
5.25–6.99	45	100	0	100	0	91	9	100	0	98	2
7.00 or more	60	100	0	100	0	98	2	100	0	100	0

[1] Approximately the quantity of fluid milk plus the fluid-milk equivalent of cream, ice cream, evaporated milk, and cheese. Minerals and protein are taken into account in measuring equivalence. See table 15, footnote 3, for the factors used to convert pounds of dairy products to quarts of fluid milk.

TABLE 21.—*Level of consumption of meat, poultry, and fish, and protein, riboflavin, niacin, iron, food energy, and thiamine value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and average quantity, in pounds, of meat, poultry, and fish[1] consumed per person per week	Families	Diets furnishing specified quantities of dietary essentials per nutrition unit per day											
		Protein (gm.)		Riboflavin (mg.)		Niacin (mg.)		Iron (mg.)		Food energy (cal.)		Thiamine (mg.)	
		47 or more	46 or less	1.34 or more	1.33 or less	10.0 or more	9.9 or less	8.0 or more	7.9 or less	2,010 or more	2,000 or less	1.00 or more	0.99 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
None	15	93	7	87	13	100	0	93	7	93	7	100	0
0.01–0.99	51	76	24	76	24	98	2	96	4	76	24	100	0
1.00–1.99	71	89	11	83	17	99	1	99	1	86	14	100	0
2.00–2.99	59	100	0	97	3	100	0	100	0	98	2	100	0
3.00 or more	53	100	0	92	8	100	0	100	0	98	2	100	0
COUNTY IN OHIO													
None	14	100	0	100	0	86	14	93	7	86	14	93	7
0.01–0.99	34	97	3	94	6	88	12	97	3	91	9	94	6
1.00–1.99	57	98	2	98	2	98	2	98	2	98	2	98	2
2.00–2.99	41	100	0	98	2	100	0	100	0	100	0	100	0
3.00 or more	56	100	0	100	0	100	0	100	0	100	0	100	0

[1] Excludes bacon and salt pork.

TABLE 22.—*Level of consumption of green and yellow vegetables, and ascorbic acid, vitamin A, and iron value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and average quantity, in pounds, of green and yellow vegetables consumed per person per week	Families	Diets furnishing specified quantities of nutrients per nutrition unit per day					
		Ascorbic acid (milligrams)		Vitamin A value (International Units)		Iron (milligrams)	
		50 or more	49 or less	3,350 or more	3,340 or less	8.0 or more	7.9 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
0.00–0.99	21	29	71	33	67	86	14
1.00–1.99	52	67	33	32	68	98	2
2.00–2.99	46	91	9	52	48	100	0
3.00–3.99	48	100	0	71	29	100	0
4.00–4.99	28	100	0	54	46	100	0
5.00–5.99	20	100	0	80	20	100	0
6.00 or more	34	100	0	85	15	100	0
COUNTY IN OHIO							
0.00–0.99	43	70	30	81	19	93	7
1.00–1.99	59	92	8	93	7	100	0
2.00–2.99	47	98	2	98	2	100	0
3.00 or more	52	100	0	100	0	100	0

TABLE 23.—*Level of consumption of tomatoes and citrus fruit, and ascorbic acid value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and average quantity, in pounds, of tomatoes and citrus fruit consumed per person per week	Families (number)	Diets furnishing specified milligrams of ascorbic acid per nutrition unit per day (percent)	
		50 or more	49 or less
		Tomatoes and citrus fruit	
COUNTY IN GEORGIA			
None	60	73	27
0.01–0.99	66	73	27
1.00–1.99	67	97	3
2.00 or more	56	100	0
		Citrus fruit	
None	210	85	15
0.01–0.99	34	88	12
1.00 or more	5	100	0
		Tomatoes and citrus fruit	
COUNTY IN OHIO			
None	30	70	30
0.01–0.99	55	82	18
1.00–1.99	42	100	0
2.00–2.99	31	97	3
3.00 or more	43	100	0
		Citrus fruit	
None	78	81	19
0.01–0.99	46	89	11
1.00 or more	77	100	0

TABLE 24.—*Level of consumption of grain products, and food energy, protein, calcium, iron, thiamine, riboflavin, and niacin value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and average quantity, in pounds, of grain products[1] consumed per person per week	Families	Diets furnishing specified quantities of dietary essentials per nutrition unit per day													
		Food energy (cal.)		Protein (gm.)		Calcium (mg.)		Iron (mg.)		Thiamine (mg.)		Riboflavin (mg.)		Niacin (mg.)	
		2,010 or more	2,000 or less	47 or more	46 or less	536 or more	535 or less	8.0 or more	7.9 or less	1.00 or more	0.99 or less	1.34 or more	1.33 or less	10.0 or more	9.9 or less
COUNTY IN GEORGIA	*No.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*	*Pct.*
1.00–2.99	25	48	52	60	40	36	64	96	4	100	0	60	40	96	4
3.00–3.99	40	75	25	82	18	45	55	92	8	100	0	62	38	98	2
4.00–4.99	69	97	3	94	6	81	19	100	0	100	0	91	9	100	0
5.00–5.99	39	100	0	100	0	92	8	100	0	100	0	97	3	100	0
6.00 or more	76	100	0	100	0	99	1	100	0	100	0	100	0	100	0
COUNTY IN OHIO															
1.00–1.99	27	89	11	96	4	78	22	89	11	93	7	93	7	89	11
2.00–2.99	62	95	5	98	2	90	10	100	0	97	3	97	3	97	3
3.00–3.99	53	100	0	100	0	96	4	100	0	100	0	100	0	98	2
4.00–4.99	33	100	0	100	0	97	3	100	0	100	0	100	0	100	0
5.00 or more	26	100	0	100	0	100	0	100	0	100	0	100	0	96	4

[1] Includes the weight of flour, meal, cereals, pastes, and prepared mixes added to two-thirds the weight of commercially baked goods and to one-fifth the weight of canned or cooked mixtures and canned cooked hominy.

TABLE 25.—*Level of consumption of other vegetables and fruits, and vitamin A and ascorbic acid value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and average quantity, in pounds, of other vegetables and fruits[1] consumed per person per week	Families	Diets furnishing specified quantities of nutrients per nutrition unit per day			
		Vitamin A value (International Units)		Ascorbic acid (milligrams)	
		3,350 or more	3,340 or less	50 or more	49 or less
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*
None	19	32	68	68	32
0.01–2.99	99	37	63	76	24
3.00–5.99	52	79	21	90	10
6.00–8.99	15	60	40	93	7
9.00 or more	64	98	2	100	0
COUNTY IN OHIO					
0.00–2.99	[2]87	86	14	80	20
3.00–5.99	77	99	1	96	4
6.00 or more	37	100	0	100	0

[1] Includes weight of fresh and canned products added to 2½ times the weight of prunes, 4 times the weight of raisins, and 6¼ times the weight of other dried fruits.

[2] None, 2 families.

TABLE 26.—*Over-all quality of diets and money value of home-produced food and frequency with which families had livestock and gardens for family use, averages for farm families in a Georgia county and an Ohio county, early summer 1945*

Location, percent of NRC allowance for least satisfactory essential in diet, race, farm tenure, net cash income per person per year, and time in dwelling	Families	Average money value of home-produced food for year [1]	Families having—					
			Livestock for family use, summer 1945					Gardens in 1944
			Brood sows	Milk cows	Poultry		Other animals	
					Laying hens	Other		
COUNTY IN GEORGIA								
	Number	*Dollars*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All families:								
67 percent or more	129	433	74	80	95	90	52	90
66 percent or less	120	271	53	46	88	81	35	88
White families:								
67 percent or more	83	432	73	86	96	90	48	94
66 percent or less	36	329	50	47	92	94	39	89
Negro families:								
67 percent or more	46	437	74	70	93	89	59	83
66 percent or less	84	247	40	38	51	49	32	45
Owners and renters:								
67 percent or more	86	513	83	95	99	93	58	98
66 percent or less	40	406	78	72	100	90	42	98
Share croppers and laborers:								
67 percent or more	43	275	56	49	88	84	40	74
66 percent or less	80	204	41	32	82	76	31	84
$0–$94:								
67 percent or more	27	473	78	74	100	93	63	93
66 percent or less	45	243	56	47	82	71	29	82
$95–$194:								
67 percent or more	46	451	76	80	93	89	56	87
66 percent or less	48	277	52	42	94	87	44	92
$195 or more:								
67 percent or more	50	412	70	82	94	88	50	92
66 percent or less	23	334	52	57	91	91	22	96
2 years or less:								
67 percent or more	52	400	67	67	92	88	50	83
66 percent or less	67	230	45	36	87	76	34	85
3 years or more:								
67 percent or more	77	456	78	88	97	91	53	95
66 percent or less	53	323	64	58	91	87	36	92
COUNTY IN OHIO								
All families:								
67 percent or more	160	363	61	89	93	55	7	96
66 percent or less	41	313	51	73	90	61	17	93
$0–$94:								
67 percent or more	7	307	71	100	100	43	0	100
66 percent or less	3	361	67	67	100	0	0	100
$95–$194:								
67 percent or more	16	320	50	81	88	62	0	100
66 percent or less	15	328	47	67	93	60	20	87
$195–$294:								
67 percent or more	16	331	50	75	94	38	0	94
66 percent or less	6	304	50	67	83	67	17	100
$295 or more:								
67 percent or more	105	373	62	91	93	60	10	95
66 percent or less	12	298	58	75	92	67	17	100
2 years or less:								
67 percent or more	40	342	44	68	70	44	2	74
66 percent or less	10	343	50	70	80	60	20	90
3 years or more:								
67 percent or more	120	369	47	90	94	55	8	97
66 percent or less	31	303	52	74	94	61	16	94

[1] At farm values.

TABLE 27.—*Size of garden and level of vitamin A and ascorbic acid value of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location, operation, and size of garden in 1944	Families	Diets furnishing specified quantities of nutrients per nutrition unit per day			
		Vitamin A value (International Units)		Ascorbic acid (milligrams)	
		3,350 or more	3,340 or less	50 or more	49 or less
COUNTY IN GEORGIA					
All families	*Number* [1] 249	*Percent* 63	*Percent* 37	*Percent* 86	*Percent* 14
Without garden	25	52	48	80	20
With garden	222	64	36	86	14
Including any potato and sweet-corn patch	41	54	46	83	17
Less than ¼ acre	6	17	83	67	33
¼ acre to less than ½ acre	10	40	60	80	20
½ acre to less than ¾ acre	12	58	42	75	25
¾ acre or more	13	77	23	100	0
Not including potato and sweet-corn patch	181	66	34	87	13
Less than ¼ acre	2	100	0	100	0
¼ acre to less than ½ acre	59	58	42	78	22
½ acre to less than ¾ acre	60	63	37	92	8
¾ acre or more	60	77	23	90	10
COUNTY IN OHIO					
All families	201	94	6	90	10
Without garden	10	90	10	100	0
With garden	191	94	6	90	10
Including any potato and sweet-corn patch	104	95	5	87	13
Less than ¼ acre	38	95	5	76	24
¼ acre to less than ½ acre	42	93	7	95	5
½ acre to less than ¾ acre	20	100	0	85	15
¾ acre or more	4	100	0	100	0
Not including potato and sweet-corn patch	87	93	7	93	7
Less than ¼ acre	20	95	5	95	5
¼ acre to less than ½ acre	46	89	11	91	9
½ acre to less than ¾ acre	19	100	0	95	5
¾ acre or more	2	100	0	100	0

[1] No report by 2 families.

TABLE 28.—*Level of money value of food and quality of diets, distributions of farm families in a Georgia county and an Ohio county, early summer 1945*

Location and money value of food [1] per person per week	Families	Diets in which least satisfactory dietary essential provides specified percent of NRC recommended allowances		Diets furnishing specified quantities of nutrients per nutrition unit per day					
				Vitamin A value (International Units)		Calcium (milligrams)		Ascorbic acid (milligrams)	
		67 or more	66 or less	3,350 or more	3,340 or less	536 or more	535 or less	50 or more	49 or less
COUNTY IN GEORGIA									
Money value of all food:	*Number*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
$0–$1.99	54	6	94	30	70	39	61	63	37
$2.00–$2.99	55	20	80	38	62	71	29	82	18
$3.00–$3.99	55	65	35	69	31	93	7	95	5
$4.00–$4.99	39	87	13	92	8	100	0	92	8
$5.00–$5.99	26	96	4	100	0	96	4	100	0
$6.00 or more	20	100	0	100	0	100	0	100	0
Expense for bought food:									
$0–$0.99	140	45	55	58	42	73	27	84	16
$1.00–$1.49	58	57	43	69	31	79	21	86	14
$1.50–$1.99	36	64	36	72	28	92	8	38	17
$2.00 or more	15	67	33	67	33	93	7	100	0
Money value of home-produced food:									
$0–$0.99	52	15	85	33	67	50	50	58	42
$1.00–$1.49	38	11	89	32	68	58	42	82	18
$1.50–$1.99	33	36	64	45	55	79	21	94	6
$2.00–$2.99	51	63	37	76	24	90	10	92	8
$3.00–$3.99	38	95	5	97	3	100	0	97	3
$4.00 or more	37	100	0	100	0	100	0	100	0
COUNTY IN OHIO									
Money value of all food:									
$0–$1.99	8	38	62	38	62	62	38	50	50
$2.00–$2.99	30	43	57	87	13	80	20	83	17
$3.00–$3.99	50	74	26	96	4	90	10	86	14
$4.00–$4.99	45	87	13	98	2	98	2	91	9
$5.00–$5.99	37	100	0	100	0	100	0	100	0
$6.00 or more	31	100	0	100	0	100	0	100	0
Expense for bought food:									
$0–$0.99	29	59	41	86	14	79	21	83	17
$1.00–$1.49	60	72	28	88	12	92	8	88	12
$1.50–$1.99	49	82	18	98	2	92	8	88	12
$2.00 or more	63	95	5	100	0	100	0	97	3
Money value of home-produced food:									
$0–$0.99	24	67	33	75	25	83	17	79	21
$1.00–$1.49	19	47	53	89	11	84	16	79	21
$1.50–$1.99	27	67	33	93	7	85	15	89	11
$2.00–$2.99	68	82	18	100	0	94	6	88	12
$3.00–$3.99	39	95	5	95	5	100	0	100	0
$4.00 or more	24	100	0	100	0	100	0	100	0

[1] Home-produced food valued at retail prices paid by families surveyed.

TABLE 29.—*Per capita income in relation to family income, distributions of farm families in a Georgia county, year 1944–45*

Net cash family income	All families		Families having specified net cash income per person					
			$0–$44	$45–$94	$95–$144	$145–$194	$195–$294	$295 or more
All families	*Number* [1] 239	*Percent* 100	*Percent* 13	*Percent* 18	*Percent* 22	*Percent* 17	*Percent* 15	*Percent* 15
$0–$494	94	100	31	28	27	12	1	1
$495–$994	97	100	0	16	22	27	26	9
$995 or more	48	100	0	0	15	8	21	56

[1] Excludes 10 families: 6 with negative incomes, 1 with no report on income, and 3 families established less than 1 year.

TABLE 30.—*Per capita income in relation to family income, distributions of farm families in an Ohio county, year 1944–45*

Net cash family income	All families		Families having specified net cash income per person						
			$0–$94	$95–$194	$195–$294	$295–$494	$495–$744	$745–$1,244	$1,245 or more
	Number	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All families	[1] 177	100	6	18	12	22	19	12	11
$0–$494	22	100	41	55	4	0	0	0	0
$495–$994	43	100	2	40	21	37	0	0	0
$995 or more	112	100	0	1	11	21	29	20	18
$995–$1,994	65	100	0	3	18	28	36	15	0
$1,995–$2,994	25	100	0	0	0	20	32	24	24
$2,995 or more	22	100	0	0	0	0	9	27	64

[1] Excludes 24 families: 6 with negative incomes, 16 with no report on income, and 2 families established less than 1 year.

TABLE 31.—*Over-all quality of diets of FHA borrowers and others, distributions of farm families in a Georgia county, early summer 1945*

Net cash family income for year, race, and farm tenure	FHA borrower families					Other families				
	Families	Household size in equivalent persons [1]	Average net cash family income for year	Diets in which least satisfactory dietary essential provides specified percent of NRC recommended allowances		Families	Household size in equivalent persons [1]	Average net cash family income for year	Diets in which least satisfactory dietary essential provides specified percent of NRC recommended allowances	
				67 or more	66 or less				67 or more	66 or less
	Number	*Number*	*Dollars*	*Percent*	*Percent*	*Number*	*Number*	*Dollars*	*Percent*	*Percent*
All families	53	5.80	778	75	25	194	4.54	740	45	55
$0–$494	14	4.85	316	64	36	79	4.15	288	37	63
$495–$994	17	6.23	717	76	24	79	4.99	689	48	52
$995 or more	17	6.41	1,361	82	18	31	4.42	2,109	61	39
White families	27	5.48	734	81	19	91	4.43	1,008	66	34
Owners, renters	23	5.36	652	78	22	51	4.40	1,237	82	18
Share croppers, laborers	4	6.14	1,205	100	0	40	4.47	717	45	55
Negro families	26	6.14	820	69	31	103	4.64	501	27	73
Owners, renters	22	6.39	885	73	27	29	4.32	553	31	69
Share croppers, laborers	4	4.75	340	50	50	74	4.76	480	26	74

[1] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person, regardless of sex, age, or physical activity and fewness of meals consumed by individuals. To compute household size in persons, total meals were divided by 21.

APPENDIX C. METHODOLOGY

Design and Analysis of Sample

The study was set up to find out the quality of diets in the open country of a northern and a southern county. In addition, the sample was originally designed to provide a comparison of the data collected on the two schedule forms, the food record and the food list described on pages 80–81. The schedule comparison was planned for the northern county but was not carried out in the analysis.

The northern county is in Ohio and the southern one in Georgia. Both are removed from metropolitan influence and each has a relatively large number of dwellings in the open country. Because the average farm income and level of living were low in these counties, the results are not to be considered representative of the States nor the regions in which they are located.

Universe

Within each county, a cross section of housekeeping families living in the open country was to be asked to provide food records. Families were considered to be housekeeping if they usually prepared at least one meal a day at home. The open country is defined as that part of the county which is neither urban [1] nor "built-up." [2]

An additional group of families in Ohio was to be asked to provide food lists. This group of families was to be as much like the Ohio families to be asked for food records as the sample design would permit.

Sample size

Approximately 270 food records were desired in the Georgia county and 150 in the Ohio county. It was estimated that about 20 percent more dwelling units would have to be visited to allow for vacancies, for ineligible families, and for those who would be unable or unwilling to provide the information requested for the record. The sample was designed to include the 20 percent allowance so that no direct substitution would be necessary for a nonparticipating dwelling unit.

Two hundred food lists were also wanted in the Ohio county. All families were expected to be willing to provide the food list. Therefore no extra visits were provided for in the sample design.

Within-county sample design

The area sampling method was used to select the families to be visited. The Georgia county open-country area was divided into small segments with clearly defined boundaries, each expected to contain, on the average, six dwelling units. Fifty-five areas were required, therefore, and they were selected systematically starting with a random number between 1 and n and taking every nth area thereafter; n is determined by dividing the total number of areas in the county by the number of areas required.

The areas in the Ohio county in which food records were to be requested were selected in the same manner. So that the food-record sample and the food-list sample would be parallel, an area next to each food-record area was selected for the food-list sample. Because more food lists than food records were to be obtained, a few extra areas were selected at random and included in the food-list sample.

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[1] Urban as defined by Census is applied, in general, to cities and other incorporated places having 2,500 inhabitants or more.

[2] The built-up area includes all incorporated places other than urban, all other name places with an estimated population of 100 or more, and all other areas which have a population density of 100 or more persons per square mile.

All dwellings in the sample areas were visited and all eligible families were asked to provide schedule data.

As the field work progressed, it was obvious that more visits than first planned would be required. Additional sets of areas were selected by the same procedure as the originals.

Summary of visits

Table 32 summarizes the results of the visits.

The families that were ineligible to provide food records were about evenly divided between those that were nonhousekeeping families and those that moved during the week the record was to be kept.

Participation in a survey of this type is entirely voluntary. Ordinarily families are willing to cooperate. The response in the Georgia county is fairly typical, but in the Ohio county in the summer of 1945 there was considerable resentment against the Government's sugar rationing program. A cut in the allowance of sugar for canning coincident with the beginning of the study caused some to feel that the Government was using this study as a means of checking up on hidden supplies.

TABLE 32.—*Results of visits for food records and food lists, by county*

Visits	Georgia county food record sample	Ohio county		
		Both samples	Food record sample	Food list sample
Dwelling units—number	469	569	262	307
Vacant—percent	23	15	17	14
Occupied—do	77	85	83	86
Ineligible families—do	3	2	3	1
Eligibility not determined—do	[1] 3	[2]	[2]	0
Eligible families—do	94	98	97	99
Participating families—do	83	50	27	69
Nonparticipating eligible families—do	17	50	73	31
Families not interviewed [1]—do	2	1	[3]	2
Families interviewed—do	15	49	73	29

[1] Person not in family provided enough information to determine that family was eligible.
[2] A few families could not be reached because roads were washed out.
[3] Less than ½ of 1 percent.

This feeling was particularly noticeable among the Ohio families asked to keep the food record. Twenty-six percent stated their resentment. Another 33 percent said they were "too busy." Fourteen percent more refused because of illness in the family or other reasons.

The Ohio families who were asked to fill the food list were less unwilling to participate. Seventeen percent stated their objection to the study, 9 percent said they were too busy, and 3 percent gave other reasons.

Thus 73 percent of those in Ohio asked to keep a food record and 29 percent of those requested to fill a food list did not participate. Pooling the two samples results in a refusal rate of 49 percent.

The families visited in the Georgia county, where only records were requested, were more receptive. Only 2 percent expressed resentment, 7 percent said they were too busy, and another 6 percent refused because of illness in the family or other reasons. Thus a total of 15 percent refused the requested information.

Analysis of sample

When some families do not provide the requested information, it is important to know how well those who do supply the data represent the population being described. Some of the characteristics of families that might influence their food

consumption are compared in table 33 for participating and eligible nonparticipating families. The first two refer to household composition; the next three might be considered indicators of economic level. Admittedly, these characteristics provide only a rough means of comparison.

In the Georgia county, although there are some differences between the participating and nonparticipating eligible families, there are not enough nonparticipating families to influence the averages for all eligible families for the items shown in table 33.

In general, the same may be said of the families providing food lists in Ohio. There is some indication of difference in household composition between the families that provided food records in Ohio and those that refused to do so. This difference would be important if the food records were analyzed separately, but, when the records and lists are pooled, the nonparticipating families carry less weight among all eligible families.

TABLE 33.—*Characteristics of eligible families, by county*

Characteristics	Georgia county			Ohio county								
	Food record sample			Food record and list sample			Food record sample			Food list sample		
	All families	Participating families	Nonparticipating families	All families	Participating families	Nonparticipating families	All families	Participating families	Nonparticipating families	All families	Participating families	Nonparticipating families
1. Household members[1] (mean)—number	4.6	4.7	4.2	3.3	3.5	3.1	3.3	3.7	3.2	3.3	3.4	2.9
2. Households with child 5 years or younger—percent	38	37	41	23	26	20	27	37	23	20	23	14
3. Households with electricity—percent	31	30	37	58	58	58	58	58	58	58	58	59
4. Households with automobile—percent	37	34	53	79	80	78	78	77	78	80	81	78
5. Households with both electricity and automobile—percent	18	16	27	54	54	52	51	53	50	54	54	55
6. Households on farms—percent	88	89	86	84	86	81	80	80	80	87	88	84

[1] Refers to a simple count of members living in the household at the time of the survey.

Collection of Schedules

The field work in each county was done by local residents. These were selected to meet certain qualifications by a supervisor from the Bureau's staff. A training school lasting about 1 week was held for the interviewers. Written instructions giving detailed explanations of every entry on the reporting form were furnished the interviewers for use during training and for reference during collection of data. The supervisor maintained a centrally located office in the county, was available for individual conferences with interviewers at their convenience, and held group conferences regularly each week.

Interviewers were instructed to visit all dwelling units in the sample areas assigned and to obtain schedules from all economic families that usually prepared at least one meal a day at home (termed housekeeping families in this study). See page 84 for definition of economic family.

Information requested

Each housekeeping family was asked to furnish detailed information on food consumed at home during a week as well as information on income, food expenditures, and food produced at home during a 12-month period. In the Georgia county, all families were asked to furnish daily menus and a food record, which

included a weighed inventory of foods on hand at the beginning and close of the week and a day-by-day record of quantity and expense for food brought into the home. An interviewer visited each family daily to assist the homemaker in keeping the record. In the Ohio county some families were asked for similar records while others were asked to give food lists which included an estimate of the quantities and expense for food used during the previous 7 days and of the number of meals had by each household member from home food supplies. The food list necessitated only one visit by the interviewer. All families were asked for an estimate of the quantity of family food going to animals during the period of the food report. Edible food brought into the home for the express purpose of feeding to animals was carefully excluded from both the food records and the food lists.

For both lists and records, a report was made on the sex, age at last birthday, and number of meals furnished from family food supplies in the 7 days covered by the food schedule for each family member, boarder, guest, or paid helper in the household; the degree of physical activity was obtained for each adult, also. Height and weight were obtained for household members in families giving food records but not for those in families giving food lists.[2]

Giving the data was entirely voluntary and no payments were made to households participating. While most families gave both annual and weekly data, some furnished data on annual income and food expenditures and production for family use but were unable or unwilling to furnish data on food consumed during the week. On the other hand some families gave the weekly data but were unable or unwilling to furnish all the information necessary to compute their annual net cash family income.

Periods covered by the survey

The food schedules represented food consumption in the early summer of 1945. Collection of schedules began in the Ohio county around the latter half of May and was finished by July 21; in the Georgia county collection was later by about 10 days, starting after the first of June and finishing around the first of August (table 34).

TABLE 34.—*Dates of collection of food reports, open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, race, and farm tenure	All food reports	Distribution of food reports[1]													
		Period of collection		Week of collection											
		May 20–June 30	July 1–Aug. 11	May 20–26	May 27–June 2	June 3–9	June 10–16	June 17–23	June 24–30	July 1–7	July 8–14	July 15–21	July 22–28	July 29–Aug. 2	Aug. 5–11
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All families	282	50	50	0	0	11	12	15	12	13	10	16	2	7	2
Farm families:															
White	119	53	47	0	0	12	10	16	15	13	6	16	4	7	1
Negro	130	44	56	0	0	12	14	9	9	12	11	16	2	10	5
Owners, renters	126	43	57	0	0	11	10	12	10	10	11	18	4	8	6
Share croppers, laborers	123	55	45	0	0	13	14	14	14	14	6	14	2	9	0
COUNTY IN OHIO															
All families	239	72	28	4	10	20	10	16	12	15	13	(3)	0	0	0

[1] Percentages are based on the total number of families in each class (col. 2). A food report was classified as covering a given week if 4 or more days fell within the dates specified above.
[3] 0.5 percent or less.

[2] See Nutrition Surveys—Their Techniques and Value, National Research Council Bulletin 117, 1949, for facsimiles of parts of typical food record and food list used by the Bureau of Human Nutrition and Home Economics.

Families were permitted to report income data for any continuous 12-month period they chose between January 1, 1944 and June 30, 1945. The 12-month period selected by most families for reporting income information was the calendar year 1944; this was selected by nearly 70 percent of all the families that reported income. With the Ohio families the 12-month period ending with the first quarter of 1945 was second choice, while the Georgia families gave second choice to a period closing with the month-end just preceding the interviewer's visit (table 35).

Annual data on expenditures for food and on quantity of food produced and used for home consumption were requested for the period April 1944 to March 1945 from all families regardless of the 12-month period selected for reporting income data.

TABLE 35.—*12-month period selected for reporting annual income data, open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, race, occupation, and farm tenure	All	Distribution of families by ending date of year selected			
		Dec. 31, 1944	Jan. 31–Apr. 30, 1945	May 31, 1945	June 30, 1945
COUNTY IN GEORGIA	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All families	100	61	1	25	13
White families	100	59	2	29	10
Negro families	100	63	1	21	15
Farm families	100	63	(1)	26	11
Nonfarm families	100	55	3	19	23
Owners, renters	100	65	1	26	8
Share croppers, laborers	100	58	1	26	15
COUNTY IN OHIO					
All families	100	80	[2] 10	4	6
Farm families	100	82	[2] 10	4	4
Nonfarm families	100	67	[2] 9	6	18

[1] Less than 0.5 percent.
[2] 9 percent selected year ending Mar. 31, 1945.

Classification of Families

Occupation and tenure

Families that operated farms during the year and families whose chief income during the year consisted of wages earned through labor on a farm were classified as farm families. The definition of farm that is used by the Census of Agriculture was followed and is given here: The land, in one or more tracts, on which some agricultural operations are performed by one person, either by his own labor alone or with the assistance of members of his household or hired employees. A tract of fewer than 3 acres was not called a farm unless its agricultural products during the preceding year were valued at $250 or more. Families that lived in the open country but did not operate a farm themselves or whose chief income was not derived from labor on farms operated by others were classified as nonfarm families.

Farm families in Georgia were divided into two groups on the basis of entrepreneurial risk. Owners and renters who paid rent in cash or in farm products and usually owned their stock and equipment are included in the group called owners and renters. Renters who were allowed a proportion of the crop in return for farming operations performed with stock and equipment usually owned by the landlord and families whose chief income consisted of earnings as laborers on farms are included in the group called share croppers and laborers. Families of farm managers and overseers are included as nonfarm families.

Income

In this study families were classified by two types of net cash income. The major classification used for tabulating purposes was by family income for the year and a minor classification was by per capita income.

Family income.—The net cash family income for the year includes money receipts by all members of the economic family as follows: Cash income from farm operations; money wages and salaries, net cash income from self-employment at jobs or business other than a farm; net receipts from roomers and boarders; and cash income from other sources.

Net cash income from farm operations was determined as the difference between gross farm income and farm-operating expenditures. Gross farm income includes the receipts from sale of and Government loans on farm products, Government payments, and amounts received from the use of farm equipment. Nonmoney income from farm-furnished food [4] and fuel, the rental value of farm dwellings, and the value of the change in livestock owned and crops stored are not included in the figure for gross farm income used in this study to classify families.

Farm-operating expenditures were itemized as follows: Cash rent for rented land and buildings; taxes and insurance; interest and refinancing charges; wages of hired labor; machine hire, contract machine and custom hire; cost of livestock and poultry purchased; cost of feed purchased; fertilizer, liming materials; ginning, bagging, ties; seeds, bulbs, plants, trees; spray material; insecticides, fungicides; containers, hardware, harness, rope, twine; electricity; repairs on buildings and fences; repairs on farm machinery, tractors, trucks, including automobile; gasoline, oil, tires, distillate for farm machinery; food expense for farm help (computed as described below for boarders); water, irrigation, storage, freight, and other expenses chargeable to farm business. Depreciation of farm buildings and of farm machinery was not taken into account. The cost of electricity in the dwelling, and of operating the automobile for family use, and the expense for repairs on the dwelling are included as farm expenses.

Money wages and salaries included net receipts from employment, including any amounts withheld by employers for insurance and retirement funds, the old age and survivor's insurance tax, and unemployment insurance tax. Tips and bonuses were included in the total wages and salaries. Net cash income from self-employment in jobs or business other than a farm was reported by the respondent as a single amount representing the difference between gross receipts and expenses incurred in the business.

Net receipts from roomers and boarders were determined by deducting from the total receipts an estimate of the cost of food to boarders. The cost of food to boarders was considered to be the proportion of total cost of home food supplies represented by the number of meals served to boarders in relation to the total number of meals served from home food supplies.

Money income from sources other than farm operations, other self-employment, wages and salaries, and roomers and boarders, was itemized on the schedule as follows: Net rents from real estate; interest from bonds, savings accounts, mortgages, and loans; dividends from stocks and cooperatives; net income from business owned but not operated by family members; money receipts based on military service, including mustering-out pay, disability pensions, allowances for rehabilitation, and unemployment benefits; dependency allotments and contributions from members of the armed forces; contributions for support received from persons not in the family; pensions, retirement benefits, unemployment insurance payments, and workmen's compensation; periodic payments received from insurance, annuities, trust funds; cash relief payments and vouchers and other money receipts.

Eight families in the Ohio county gave incomplete income information but enough to indicate the income class in which they might properly be placed. The average income for the class was imputed to these families. Two of the families were placed in the lowest income class and six in income classes above the average for all families.

[4] Some families included as farm families because the value of home-produced food was at least $250, had no cash income from farm operations.

Per capita income.—Net cash income per person is used also for classification of families included in this study. It was computed by dividing the net cash family income for the year by the number of persons in the economic family during the income period.

Race

Members of all races were eligible but only white and Negro families were found in the sample selected. Georgia families were classified by race for purposes of comparison. Ohio families were not studied separately by race since only a few families were other than white.

Time in dwelling

Families were asked to state the number of years (or months, if less than 1 year) they had lived in the dwelling they occupied at the time of the interview. Farm families were classified according to whether they had lived on their place 3 years or more or less than 3 years. See table 26 for example of use of this classification.

FHA (formerly FSA) activity

On the basis of answers to the question, "Has the family ever borrowed money from the Farm Security Administration?" families were included in one of two groups for certain tabulations: (1) FHA borrowers, and (2) others (table 31).

Measurement of Household Size

Economic family size

The economic family was defined as a single person who lives as an independent spending unit or a group of persons who are dependent upon a common or pooled income, usually reside under the same roof, and share the food supply. Usually members of the family are related by blood or marriage. Related persons who were only partially dependent upon the common income, such as earning sons and daughters or elderly parents with some income, were usually included as family members because in such cases the household usually provides services not made available to unrelated boarders; only in cases where there was a clear separation of finances were they excluded. Persons who were members of the economic family for a month or more at any time during the period of the income report were included.

The total number of weeks in the economic family for all family members was divided by 52 to compute the number of persons in the economic family. Families in the Ohio county averaged 3.4 equivalent persons; in the Georgia county white families averaged 4.4 equivalent persons and Negro families, 4.9 equivalent persons. The chief use of economic family size was in determining net cash income per person for the year.

Household size in equivalent persons

Average household size in equivalent persons during the period of the food report is shown in table 4 by location, occupation, net cash family income, race, and farm tenure for families giving acceptable food schedules.

Size of family in respect to food consumption needs to be based on a count of the meals served from family food supplies during the week. The number of persons in the household during the week is not enough for this computation because it cannot be assumed that all household members ate their 21 meals from family food supplies or that meals away from home and meals eaten by persons not in the household balance for individual families. A comparable measure of household size in terms of equivalent persons for all families was derived

by dividing the total number of meals served to all persons during the week of the food report by 21, the usual number served to each person in a week. Meals for an entire week were considered as 21, even though more (as for infants or invalids) or fewer (as for persons omitting breakfasts or the Sunday evening meal) were reported as consumed. The count of family meals included meals carried from home supplies but excluded any purchased and eaten away from home and any received as a gift or pay.

In this computation, based only on the number of meals, each individual, regardless of sex, age, or physical activity, was considered equally important insofar as food consumption was concerned. The chief use made of household size computed in terms of equivalent persons was in determining the average consumption per person of various foods or groups of food (tables 15 and 18).

Household size in equivalent nutrition units

Household size in nutrition units refers to the size of a particular household or group of households in terms of recommendations for calories and specific nutrients, such as protein, calcium, iron, or the vitamins. The scale of relatives used in this study for determining household size in terms of equivalent nutrition units, shown in table 36, was derived from the daily allowances for calories and the specific nutrients recommended by the Food and Nutrition Board of the National Research Council, August 1945 (table 37). The dietary needs of a moderately active man of average height were considered equal to one nutrition unit; the needs of other sex-age-activity groups are expressed in relation to those of the moderately active man of average height. Table 38 shows the composition of the average household by sex-age-activity groups.

TABLE 36.—*Scale of relatives for determining household size in terms of equivalent nutrition units for food energy and eight nutrients by classification for sex, age, and physical activity*[1]

Persons	Equivalent nutrition units							
	Food energy	Protein	Calcium	Iron	Vitamin A value	Ascorbic acid	Thiamine and niacin	Riboflavin
MAN								
Moderate activity	1.0	1.0	1.0	1.0	1.0	1.0	1.0	1.0
Severe activity	1.5	1.0	1.0	1.0	1.0	1.0	1.3	1.3
Light activity	.8	1.0	1.0	1.0	1.0	1.0	.8	.8
Resting	.6	1.0	1.0	1.0	1.0	1.0	.8	.8
WOMAN								
Moderate activity	.8	.9	1.0	1.0	1.0	.9	.8	.8
Severe activity	1.0	.9	1.0	1.0	1.0	.9	1.0	1.0
Light activity	.7	.9	1.0	1.0	1.0	.9	.7	.8
Resting	.6	.9	1.0	1.0	1.0	.9	.7	.8
Pregnancy (latter half)	[2]1.0	1.2	1.9	1.2	1.2	1.3	1.2	1.2
Lactation	1.0	1.4	2.5	1.2	1.6	2.0	1.3	1.5
CHILDREN								
Boys:								
16–20 years	1.3	1.4	1.8	1.2	1.2	1.3	1.2	1.2
13–15 years	1.1	1.2	1.8	1.2	1.0	1.2	1.0	1.0
Girls:								
16–20 years	.8	1.1	1.2	1.2	1.0	1.1	.8	.9
13–15 years	.9	1.1	1.6	1.2	1.0	1.1	.9	1.0
Boys and girls:								
10–12 years	.8	1.0	1.5	1.0	.9	1.0	.8	.9
7–9 years	.7	.9	1.2	.8	.7	.8	.7	.8
4–6 years	.5	.7	1.2	.7	.5	.7	.5	.6
1–3 years	.4	.6	1.2	.6	.4	.5	.4	.4
Under 1 year	.3	.4	1.2	.5	.3	.4	.3	.3

[1] Based on Recommended Dietary Allowances, National Research Council Reprint and Circular Series No. 122, revised 1945. See table 37.
[2] For moderate activity. Relatives for light and severe activity are 0.8 and 1.1, respectively.

TABLE 37.—*Dietary allowances*[1] *per day for persons of specified sex, age, and physical activity*

Persons	Food energy	Protein	Calcium	Iron	Vitamin A value[2]	Ascorbic acid	Thiamine	Riboflavin	Niacin
	Calories	*Grams*	*Grams*	*Milligrams*	*International Units*	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*
MAN (154 POUNDS)									
Moderate activity	[3] 3,000	70	0.8	12	5,000	75	1.5	2.0	15
Severe activity	[3] 4,500	70	.8	12	5,000	75	2.0	2.6	20
Light activity	[3] 2,500	70	.8	12	5,000	75	1.2	1.6	12
Resting	[3] 1,800	70	.8	12	5,000	75	1.2	1.6	12
WOMEN (123 POUNDS)									
Moderate activity	[3] 2,500	60	.8	12	5,000	70	1.2	1.6	12
Severe activity	[3] 3,000	60	.8	12	5,000	70	1.5	2.0	15
Light activity	[3] 2,100	60	.8	12	5,000	70	1.1	1.5	11
Resting	[3] 1,500	60	.8	12	5,000	70	1.1	1.5	11
Pregnancy (latter half)	[3][4] 3,000	85	1.5	15	6,000	100	1.8	2.5	18
Lactation	[3] 3,000	100	2.0	15	8,000	150	2.0	3.0	20
CHILDREN [5]									
Boys:									
16–20 years	3,800	100	1.4	15	6,000	100	1.8	2.5	18
13–15 years	3,200	85	1.4	15	5,000	90	1.5	2.0	15
Girls:									
16–20 years	2,400	75	1.0	15	5,000	80	1.2	1.8	14
13–15 years	2,600	80	1.3	15	5,000	80	1.3	2.0	16
Boys and girls:									
10–12 years	2,500	70	1.2	12	4,500	75	1.2	1.8	12
7–9 years	2,000	60	1.0	10	3,500	60	1.0	1.5	10
4–6 years	1,600	50	1.0	8	2,500	50	.8	1.2	8
1–3 years	1,200	40	1.0	7	2,000	35	.6	.9	6
Under 1 year [6]	100/2.2 lb.	3.5/2.2 lb.	1.0	6	1,500	30	.4	.6	4

[1] Based on Recommended Dietary Allowances, National Research Council Reprint and Circular Series No. 122, revised 1945. Tentative goal toward which to aim in planning practical dietaries; can be met by a good diet with a variety of natural foods. Such a diet will also provide other minerals and vitamins, the requirements for which are less well known.

[2] Requirements may be less if provided as vitamin A; greater if provided chiefly as the pro-vitamin, carotene.

[3] Used in this report for persons of average height. The recommended allowances were reduced by 300 calories for men and women under 5 feet, increased by 300 calories for men from 6 feet to 6 feet 5 inches and for women 5 feet 8 inches or more, and increased by 1,500 calories for men 6 feet 6 inches or taller. In Georgia, about 90 percent of the men were between 5 and 6 feet in height, 10 percent were more than 6 feet, and a few were under 5 feet. About 90 percent of the women also fell in the middle group with about 5 percent under 5 feet and about 5 percent 5 feet 8 inches or taller. Similar data for Ohio families are not available.

[4] For moderate activity. For severe and light activity 3,300 calories and 2,500 calories, respectively, were used.

[5] Allowances are based on needs for the middle year in each group (2, 5, 8, etc.) and are for moderate activity and for average weight at the middle year of the age group.

[6] Needs of infants increase from month to month with size and activity. The amounts given are for those approximately 6–8 months old. The amounts of protein and calcium needed are less if derived from human milk.

TABLE 38.—*Composition of households by sex, age, and physical activity of members, distributions of persons in open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, race, occupation, and farm tenure	Household size in equivalent persons [2]	Persons in specified sex-age-physical activity groups [1]																			
		All	Men				Women						Boys		Girls		Children under 13 years				
			Moderate activity	Severe activity	Light activity	Resting	Moderate activity	Severe activity	Light activity	Resting	Pregnancy [3]	Lactation [4]	16–20 years	13–15 years	16–20 years	13–15 years	10–12 years	7–9 years	4–6 years	1–3 years	Under 1 year
COUNTY IN GEORGIA	*Number*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
White families	4.56	100.0	18.0	2.2	1.8	0.4	17.4	2.4	5.6	1.0	0.6	1.3	4.5	3.7	2.9	3.7	8.4	7.7	8.2	8.1	2.1
Farm families	4.65	100.0	18.2	2.5	1.8	.1	17.5	2.6	5.3	.9	.7	1.4	5.0	3.6	2.9	3.3	8.4	7.8	8.2	7.9	1.9
Owners, renters	4.68	100.0	18.2	2.8	2.2	0	18.3	2.8	6.7	1.4	.3	1.7	3.5	3.1	2.4	3.5	8.1	7.7	7.1	8.3	1.9
Share croppers, laborers	4.62	100.0	18.0	1.9	1.0	.3	15.9	2.4	2.9	.1	1.4	1.0	7.7	4.3	3.7	2.9	9.0	8.1	10.1	7.4	1.9
Nonfarm families	3.85	100.0	18.5	0	1.5	2.8	17.8	0	7.7	1.6	0	0	0	5.1	2.7	7.7	7.7	6.4	8.0	9.3	3.2
Negro families	4.78	100.0	17.2	1.4	1.8	.3	12.9	2.7	3.3	.6	1.1	3.4	4.5	4.0	5.2	4.8	10.0	8.7	7.5	7.2	3.4
Farm families	4.91	100.0	17.5	1.2	1.4	.3	13.0	2.6	2.9	.5	1.0	3.6	5.0	4.2	5.6	5.1	9.9	8.6	7.3	6.7	3.6
Owners, renters	5.22	100.0	18.7	0	1.5	0	13.1	2.6	3.0	.4	.8	3.3	4.4	2.7	7.6	5.9	10.3	9.6	6.3	6.5	3.3
Share croppers, laborers	4.71	100.0	16.9	2.0	1.3	.5	13.0	2.6	2.8	.5	1.2	3.8	5.3	5.3	4.2	4.5	9.6	7.9	8.0	6.8	3.8
Nonfarm families	3.82	100.0	13.0	3.3	4.7	0	11.2	4.4	7.6	1.6	1.6	1.6	0	1.6	1.3	2.3	11.6	9.8	9.7	13.1	1.6
COUNTY IN OHIO																					
All families	3.53	100.0	21.3	3.3	3.4	.8	17.6	1.9	10.5	.9	.2	.2	3.1	3.5	2.5	3.1	7.0	6.7	5.4	7.3	1.3
Farm families	3.54	100.0	23.4	3.2	2.7	.7	18.5	1.9	9.8	.8	.1	.1	3.3	3.6	2.7	3.3	6.8	6.1	5.0	7.0	1.0
Nonfarm families	3.55	100.0	9.4	4.0	7.5	1.6	12.4	2.1	14.3	1.4	.8	.6	1.7	2.9	1.6	2.2	8.2	10.2	7.1	9.0	3.0

[1] See table 37, footnote 3, for distribution by height.
[2] Represents household size in 21-meal-equivalent persons. Twenty-one meals consumed from family food supply considered equal to the consumption of 1 person regardless of sex, age, or physical activity and fewness of meals consumed by individuals. To compute household size in persons, total meals were divided by 21.
[3] Latter half of pregnancy; any activity.
[4] Any activity.

In 1948, after computations for nutritive value of the diets were completed, the National Research Council released a revised edition of the recommended dietary allowances; in it were changes for calories and four nutrients. Allowances for calcium were raised and those for riboflavin, thiamine, niacin, and calories were lowered for persons of certain sex, age, and physical activity from the 1945 recommendations.

The nutritive value of the diets covered in the publication have not been re-computed on the 1948 basis, because the small size of the changes did not seem to warrant the work involved. Instead, the probable effects of the two major revisions were studied to get some estimation of the importance of their effect on the quality of the diets. Adjustment factors were derived for converting average values for calcium and riboflavin per nutrition unit per day from the 1945 NRC basis to the 1948 NRC basis and for shifting the distribution of families by the levels of calcium and riboflavin in their diets.

The factor for converting calcium from the old basis to the new was found to be 1.15 for the families in the two counties; applying the factor, the average calcium per nutrition unit increases numerically from 0.8 to 0.9 gm. for the Georgia diets and from 1.1 to 1.3 gm. for the Ohio diets. Since there was indication that not even 5 percent fewer families in each county met the new higher calcium allowances than the old, it was decided that the dietary situations would not be greatly overrated by use of the 1945 calcium allowances.

For riboflavin a conversion factor of 0.95 was found to decrease the average content of the Georgia diets from 2.3 mg. of riboflavin per nutrition unit per day on the 1945 NRC allowance scale to 2.1 mg. on the new scale, and the Ohio diets from 2.8 to 2.7 mg. A few more diets met the lowered yardstick for riboflavin, but the improvement was not marked. By convenient coincidence, the 1948 revision of the recommended allowances for riboflavin about offsets the estimated losses of riboflavin in cooking. Riboflavin values on the 1945 basis that are given in the tables can, therefore, be considered adjusted for the 1948 NRC revision and probable cooking loss.

The adjustment factors for calcium and riboflavin given above are limited to use with averages for groups of families composed of men, women, and children. They are not applicable to the diets of individual families because of differences in family composition. The larger the proportion of adults to children, the larger the effect of the calcium revisions since changes were made only in NRC recommended calcium allowances for adults.

No study was made of the effect of the 1948 revisions to thiamine, niacin, and calories since the calcium and riboflavin changes, which would affect more persons in the population, proved fairly negligible.

TABLE 39.—*Four grades of diet quality*[1]

Dietary essential	Percent of NRC recommended dietary allowances represented by quantities of food energy and nutrients per nutrition unit per day			
	100 or more	67–99	34–66	33 or less
Food energy—calories	3,000 or more	2,010–2,990	990–2,000	980 or less.
Protein—grams	70 or more	47–69	23–46	22 or less.
Calcium—milligrams	800 or more	536–799	264–535	263 or less.
Iron—do	12.0 or more	8.0–11.9	4.0–7.9	3.9 or less.
Vitamin A value—International Units	5,000 or more	3,350–4,990	1,650–3,340	1,640 or less.
Ascorbic acid—milligrams	75 or more	50–74	25–49	24 or less.
Thiamine—do	1.50 or more	1.00–1.49	0.50–0.99	0.49 or less.
Riboflavin—do	2.00 or more	1.34–1.99	0.66–1.33	0.65 or less.
Niacin—do	15.0 or more	10.0–14.9	5.0–9.9	4.9 or less.

[1] Adapted from Recommended Dietary Allowances, National Research Council Reprint and Circular Series No. 122, revised 1945.

Food Composition Values

Food values published in 1945 by the Bureau of Human Nutrition and Home Economics in Tables of Food Composition in Terms of Eleven Nutrients, Miscellaneous Publication No. 572, were used in calculating the nutritive values of the diets wherever possible. For foods not included in that publication, values were based on other compilations, on original data in the literature, or on results of analyses made in the laboratories of the Bureau.

Nutrient Losses in Cooking

Nutritive values of the food were computed from tables providing data on the composition of food as it enters the family kitchen. Before being served most foods undergo cooking or some other form of preparation which usually causes reduction of nutritive value. When evaluating the adequacy of diets it is therefore important to take account of losses that may occur, at least in the most vulnerable nutrients. These perhaps are ascorbic acid and the B-vitamins. Retentions of these in the diets studied here were estimated to be: Ascorbic acid 55 to 70 percent; thiamine and niacin 80 to 90 percent; and riboflavin 90 to 95 percent.

In deriving these figures, consideration was given to the amounts of different foods eaten and the type of preparation they were thought to undergo. These figures do not allow for the excessive nutrient losses that would occur if poor cooking practices were always followed, and they do not allow for unusual waste in food preparation. It is recognized that such losses may be considerable in some cases. On the other hand, the retention factors are not based on the best cooking practices; doubtless in some families a greater percentage of these vitamins would be saved.

Average values for the four vitamins in the diets of the families in the two counties and distributions of individual family diets are shown after adjustment for cooking loss in table 40. They indicate that in the diets of these families losses due to cooking were probably not important for riboflavin but were very important for ascorbic acid. With adjustment for cooking loss, ascorbic acid became the most limiting dietary essential in the diets of families in both counties.

TABLE 40.—*Values for 4 vitamins after adjustment for cooking losses, averages and distributions, open-country families in a Georgia county and an Ohio county, early summer 1945*

Location, occupation, race, and farm tenure	After adjustment for cooking loss[1]																			
	Average vitamin values per nutrition unit per day				Diets furnishing vitamins within specified milligrams per nutrition unit per day															
						Ascorbic acid				Thiamine				Riboflavin				Niacin			
	Ascorbic acid	Thiamine	Riboflavin	Niacin	All	75 or more	50–74	25–49	24 or less	1.50 or more	1.00–1.49	0.50–0.99	0.49 or less	2.00 or more	1.34–1.99	0.66–1.33	0.65 or less	15.0 or more	10.0–14.9	5.0–9.9	4.9 or less
COUNTY IN GEORGIA	*Milligrams*	*Milligrams*	*Milligrams*	*Milligrams*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*	*Percent*
All families	64	2.4	2.1	19	100	39	24	28	9	87	11	2	0	51	31	17	1	76	19	5	0
Farm families: White	76	2.6	2.4	21	100	54	25	21	0	94	5	1	0	67	24	9	0	89	10	1	0
Owners, renters	84	2.7	2.7	22	100	59	28	13	0	96	3	1	0	78	17	5	0	91	8	1	0
Share croppers, laborers	63	2.3	2.1	20	100	45	20	32	3	91	9	0	0	48	37	14	1	85	14	0	0
Negro	55	2.2	1.9	17	100	31	18	34	17	82	15	3	0	41	32	25	2	65	26	9	0
Owners, renters	63	2.5	2.2	18	100	36	24	30	10	94	5	1	0	54	28	17	1	69	26	5	0
Share croppers, laborers	48	2.1	1.6	17	100	27	15	36	22	74	21	5	0	32	35	30	3	63	26	10	1
Nonfarm families	56	2.2	1.8	19	100	20	43	31	6	84	15	1	0	35	50	13	2	73	23	4	0
COUNTY IN OHIO																					
All families	80	2.0	2.7	18	100	52	21	20	7	72	21	7	0	74	21	5	0	65	29	5	1
Farm families	84	2.0	2.8	18	100	53	22	20	5	73	21	6	0	77	20	3	0	68	26	6	0
Nonfarm families	63	1.7	2.3	16	100	44	17	19	20	63	25	11	1	57	26	16	1	49	42	5	4

[1] Adjusted by factors based on average food consumption of families surveyed and usual cooking practices in the United States.

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