

Trends and Changes in Food Patterns from the CSFII: Implications for Databases

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Data from the 1989-91 Continuing Survey of Food Intakes by Individuals indicate that diets in 1989-91 differed considerably from those in 1977-78. During this period, Americans shifted to a lower-fat, higher-carbohydrate diet. In 1989-91, Americans ate more grain products, especially grain mixtures; drank less whole milk and more lowfat and skim milk; ate more meat mixtures and fewer separate cuts of beef and pork; ate fewer eggs; and drank more carbonated soft drinks. Americans also ate more meals away from home and more "ethnic" foods. These dietary changes have implications for USDA's food coding data base. Over 1000 new food codes were created for items reported in CSFII 1989-91, including codes for frozen dinners, juice blends, processed cheeses, fast-food items, and many ethnic foods; as well as foods low in sodium, cholesterol, fat and calories.