



Changes in Eating Patterns and Diet Quality Among Working-Age Adults (Paperback)

By United States Department of Agriculture

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The recession of 2007-09, the deepest of the postwar period, has had large and long-lasting effects. Using data from the 2005-10 National Health and Nutrition Examination Survey, this study compares a number of measures of food intake and diet quality for the cohort of working-age adults born between 1946 and 1985. During the period, consumption of food away from home (FAFH) declined, as measured by total daily calories, share of daily calories, and the number of FAFH meals and snacks. At the same time, diet quality improved slightly, with a lower share of calories coming from fat and saturated fat and with less cholesterol and more fiber consumed. Regression analysis indicates, however, that the decline in FAFH consumption explains less than 20 percent of the improvements in diet quality. Increased consumer preferences for nutritious foods and greater use of nutrition information during food shopping also likely led to improvements in diet quality over this period.



READ ONLINE
[1.77 MB]

Reviews

Good e book and helpful one. It is really basic but excitement from the 50 % of your pdf Your way of life span is going to be enhance when you comprehensive looking at this pdf.

-- Novella Maggio

It in a of the best publication. It really is loaded with knowledge and wisdom You may like the way the blogger write this ebook.

-- Prof. Shannon Wehner PhD