

## Chapter 13—Intake of Home-Produced Foods

meats, and dairy from all sources (i.e., both home-produced and commercial sources) from the 1994-1996, 1998 CSFII, as described in Chapters 9 and 11. The age groups used are those recommended in U.S. EPA (2005). Age-specific intake mean and 95<sup>th</sup> percentile intake rates were estimated as: age-specific ratio  $\times$  mean (or 95<sup>th</sup> percentile) per capita intake for the total population, where the age-specific ratio = age-specific mean per capita total intake (g/kg-day)/ total population mean per capita total intake (g/kg-day). Table 13-70 provides the both the adjusted and unadjusted estimated mean and 95<sup>th</sup> per-capita intake rates for the total populations that garden, farm, and raise animals. Table 13-70 also provides age-specific per capita intake rates based on data that have been adjusted to account for preparation and post-cooking losses.

The advantages of this analysis are that it provides data for populations that may be of particular interest because they may represent the high-end of the per capita home-produced food intake distribution (Phillips and Moya, 2012), and that age-specific intake rates are provided for the age groups recommended by U.S. EPA (2005). However, it should be noted that these estimates are based on data that are more than 20 years old and may not reflect recent changes in consumption patterns. Also, the data for children less than 1 year of age are considered to be less certain than for other age groups because the diets of children in this age range would be expected to be highly variable (Phillips and Moya, 2012). Other limitations associated with this analysis are the same as those described in Section 13.3.1 for the analysis of the NFCS data.

### 13.4. RELEVANT STUDY FOR INTAKE OF HOME-PRODUCED FOODS

#### 13.4.1. National Gardening Association (2009)

According to a survey by the National Gardening Association (2009), an estimated 36 million (or 31%) of U.S. households participated in food gardening in 2008. Food gardening includes growing vegetables, berries, fruit, and herbs. Of the estimated 36 million food-gardening households, 23% participated in vegetable gardening, 12% participated in herb gardening, 10% participated in growing fruit trees, and 6% grew berries. Table 13-71 contains demographic data on food gardening in 2008 by sex, age, education, household income, and household size. Table 13-72 contains information on the types of vegetables grown by home gardeners in 2008. Tomatoes, cucumbers, peppers, beans, carrots, summer squash, onions, lettuce, peas, and corn are among the vegetables grown by the largest

percentage of gardeners.

### 13.5. REFERENCES FOR CHAPTER 13

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