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Nota di contenuto	Intro -- Diet Quality of Americans -- Contents -- Executive Summary -- The Food Stamp Program -- Focus of the Research -- Do Food Stamp Program Participants Get Enough of the Right Kinds of Food to Eat? -- Are Food Stamp Program Participants More Likely to be Overweight than Nonparticipants? -- How Does Diet Quality Compare for FSP Participants and Nonparticipants? -- In What Ways Do FSP Participants Make Different Food Choices than Nonparticipants? -- Conclusions and Implications for FSP Nutrition Education -- Introduction -- The Food Stamp Program -- The National Health and Nutrition Examination Survey -- MyPyramid Equivalent Database for USDA Survey Food Codes -- NHANES Samples for Tabulation -- General Analytic Approach -- Usual Daily Intakes of Vitamins, Minerals, and Fiber -- Vitamins and Minerals with Defined Estimated Average Requirements -- Nutrients Assessed using Adequate Intake Levels -- Use of Dietary Supplements -- Summary -- Energy Intakes -- Mean Daily Energy Intakes -- Usual Daily Intakes of Energy from Macronutrients -- 24-Hour Intakes of Energy from Solid Fats, Alcoholic Beverages, and Added Sugars -- Energy Density -- Body Mass Index as an Indicator of the Appropriateness of Usual Daily Energy Intakes -- Summary -- Meal and Snack Patterns -- Meals Eaten -- Snacks Eaten -- Energy Density of Meals and Snacks -- Energy from Solid Fats, Alcoholic Beverages, and Added Sugars in Meals and Snacks -- Nutrient Density of Meals and Snacks -- Summary -- Food Choices -- Food Choices - Supermarket Aisle Approach -- Food Choices - Nutritional

Quality Approach -- Summary -- The Healthy Eating Index-2005 and Sources of MyPyramid Intakes -- The Healthy Eating Index-2005 -- HEI-2005 Scores for FSP Participants and Nonparticipants -- HEI-2005 Components and Underlying Food and Nutrient Intakes -- Summary -- Conclusion -- Key Findings. Implications for FSP Nutrition Education -- References -- Appendix A: Data and Methods -- NHANES Data -- MyPyramid Equivalent Database for USDA Food Codes -- Dietary Intake Data, Reference Intake Standards, and Estimation of Usual Intakes -- Variable Construction -- Statistical Methods -- References -- Appendix B: Nutrient Intake Tables -- List of Tables -- Appendix C: Other Detailed Tables -- List of Tables -- Index.
