

APPENDIX EXHIBIT 1 (table) Mean number of snacks per day, kilocalories and grams consumed per snacking occasion by US children from the 1977-78, 1989-91, 1994-98 and 2003-06 surveys by age group¹.

	1977-1978	1989-1991	1994-1998	2003-2006
Ages 2-6 years				
Snacks/day	1.34 ± 90.04	1.59 ± 0.06 ^a	2.34 ± 0.04 ^{ab}	2.75 ± 0.05 ^{abc}
Kcal/snack	135 ± 2.93	167 ± 4.56 ^a	181 ± 2.66 ^{ab}	173 ± 3.62 ^a
(% from food) ²	(47)	(59)	(72)	(76)
Grams/snack	126 ± 2.88	137 ± 3.91	159 ± 2.53 ^{ab}	155 ± 3.79 ^{ab}
(% from food) ³	(38)	(49)	(62)	(66)
Total kcal from snacks	310 ± 5.3	356 ± 5.3 ^a	465 ± 6.8 ^{ab}	491 ± 8.9 ^{ab}
	1977-1978	1989-1991	1994-1998	2003-2006
Ages 7-12 years				
Snacks/day	1.18 ± 0.03	1.35 ± 0.08	1.99 ± 0.04 ^{ab}	2.28 ± 0.03 ^{abc}
Kcal/snack	178 ± 4.25	205 ± 8.84 ^a	239 ± 5.56 ^{ab}	232 ± 4.22 ^{ab}
(% from food) ²	(47)	(56)	(71)	(75)
Grams/snack	155 ± 3.77	172 ± 9.39	198 ± 5.15 ^a	195 ± 5.08 ^a
(% from food) ³	(38)	(47)	(60)	(65)
Total kcal from snacks	395 ± 7.2	448 ± 13.9 ^a	547 ± 13.1 ^{ab}	568 ± 12.4 ^{ab}
	1977-1978	1989-1991	1994-1998	2003-2006
Ages 13-18 years				
Snacks/day	1.20 ± 0.03	1.38 ± 0.04 ^a	1.89 ± 0.05 ^{ab}	2.09 ± 0.04 ^{abc}
Kcal/snack	23 ± 5.74	263 ± 9.04 ^a	306 ± 8.65 ^{ab}	271 ± 4.29 ^{ac}
(% from food) ²	(43)	(49)	(61)	(65)
Grams/snack	209 ± 5.03	248 ± 6.15 ^a	322 ± 11.89 ^{ab}	285 ± 6.38 ^{abc}
(% from food) ³	(32)	(38)	(50)	(56)
Total kcal from snacks	515 ± 9.5	609 ± 27.6 ^a	734 ± 29.2 ^{ab}	674 ± 14.8 ^a
	1977-1978	1989-1991	1994-1998	2003-2006
Ages 2-18 years				
Snacks/day	1.23 ± 0.03	1.44 ± 0.04 ^a	2.07 ± 0.03 ^{ab}	2.34 ± 0.02 ^{abc}
Kcal/snack	185 ± 3.71	210 ± 3.92 ^a	241 ± 4.43 ^{ab}	231 ± 2.58 ^{ab}
(% from food) ²	(45)	(55)	(68)	(72)
Grams/snack	169 ± 3.36	183 ± 4.00 ^a	224 ± 4.90 ^{ab}	219 ± 4.06 ^{ab}
(% from food) ³	(35)	(45)	(57)	(62)
Total kcal from snacks	418 ± 6.0	463 ± 14.2 ^a	576 ± 12.0 ^{ab}	586 ± 8.0 ^{ab}

SOURCE: Content based on authors' assessments.

Notes:¹All estimates are mean \pm S.E. Data were obtained from those individuals who reported any snack over a 2 day period (d1, d2 or both).

² % Energy from food was calculated dividing the energy from foods by the total energy (food plus beverages) *100.

³ % Grams from food was calculated dividing the grams from foods by the total grams (food plus beverages) *100.

^aSignificantly different from 1977-78. $P < 0.01$ (Student's t test).

^bSignificantly different from 1989-91. $P < 0.01$ (Student's t test).

^cSignificantly different from 1994-96. $P < 0.01$ (Student's t test).