

**TABLE 7.77**      **Frequency of food items eaten by children in South Africa as determined by the 24-H-R (n = 2868)**

<b>Food item</b>	<b>No of times eaten</b>	<b>No of children eating it</b>	<b>Total<sup>a</sup> amount eaten/day (g)</b>	<b>Ave<sup>b</sup> portions per day</b>	<b>Portion size (g)<sup>a/b</sup></b>
1. Maize	4360	2226	442	2.0	221
2. White sugar	3277	2187	21	1.5	14
3. Tea	1610	1327	235	1.2	196
4. Whole milk	2106	1200	167	1.8	93
5. Brown bread	1372	1067	101	1.3	78
6. White rice	949	773	140	1.2	117
7. White bread	1077	771	96	1.4	69
8. Hard marg/ine	1077	761	13	1.4	9
9. Chicken	886	726	80	1.2	67
10. Potatoes	815	647	117	1.3	90
11. Beef	594	493	108	1.2	90
12. Fruit (other)*	601	440	159	1.4	114
13. Cabbage gr	496	415	82	1.2	71
14. Squash‡	533	393	295	1.4	211
15. Eggs	410	374	74	1.1	67
16. Green leaves	499	351	142	1.4	101
17. Rooibos tea	426	336	241	1.3	185
18. Sour milk	404	328	310	1.2	258
19. Vg/ble (other)**	378	317	81	1.2	68
20. Non-dairy milk	350	299	7	1.2	6
21. Salty snacks	280	257	30	1.1	27
22. Pumpkin	296	248	92	1.2	77
23. Peanut butter	279	245	14	1.1	13
24. Br. Cereals	243	230	40	1.1	36
25. Legumes	265	228	166	1.2	138

\* Fruit other than vitamin C-rich or vitamin A-rich

\*\* Vegetables other than green leafy, cabbage group or pumpkin group

‡ Cordial made with water

**TABLE 7.78** Frequency of food items eaten by children in South Africa (n = 1738) as determined by the 24-H-R and according to HH income as determined by the S-DQ: annual HH income R ≤ 12000

Food item	No of times eaten	No of children eating it	Total <sup>a</sup> amount eaten/day (g)	Ave <sup>b</sup> portions per day	Portion size (g) <sup>a/b</sup>
1. Maize	2969	1464	464	2.0	232
2. Sugar (white)	1948	1305	22	1.5	15
3. Tea	1041	849	240	1.2	200
4. Milk (whole)	1088	646	153	1.7	90
5. Bread (brown)	777	618	104	1.3	80
6. White rice	509	416	154	1.2	128
7. Bread (white)	532	393	96	1.4	69
8. Fat (HM§/cooking fat)	525	372	13	1.4	9
9. Chicken	460	371	77	1.2	64
10. Vg/ble (pot/sw pot)	453	355	133	1.3	102
11. Vg/ble (cabbage gr)	321	261	89	1.2	74
12. Vg/ble (green lvs)	348	245	139	1.4	99
13. Beef	264	219	113	1.2	94
14. Maas/sour/butter mlk	276	216	330	1.3	254
15. Fruit (other)*	245	183	171	1.3	132
16. Vg/ble (other)**	222	181	83	1.2	69
17. Rooibos tea	227	180	236	1.3	182
18. Eggs	196	176	75	1.1	68
19. Milk (non-dairy)	204	173	8	1.2	7
20. Cold drink (squash)	211	164	282	1.3	217
21. Legumes	164	139	178	1.2	148
22. Vg/ble (pumpkin gr)	145	117	102	1.2	85
23. Coffee	143	116	235	1.2	196
24. Salty snacks	114	107	30	1.1	27
25. Peanut butter	120	105	16	1.1	15

§ HM Hard margarine

\* Fruit other than vitamin C-rich or vitamin A-rich

\*\* Vegetables other than green leafy, cabbage group or pumpkin group

**TABLE 7.79** Frequency of food items eaten by children in South Africa (n = 744) as determined by the 24-H-R and according to HH income as determined by the S-DQ: annual HH income R ≥ 12000

Food item	No of times eaten	No of children eating it	Total <sup>a</sup> amount eaten/day (g)	Ave <sup>b</sup> portions per day	Portion size (g) <sup>a/b</sup>
1. Sugar (white)	926	600	20	1.5	13
2. Maize	733	431	376	1.7	221
3. Milk (whole)	769	411	193	1.9	102
4. Bread (brown)	420	310	96	1.4	69
5. Tea	360	297	227	1.2	189
6. Fat (HM§/cooking fat)	416	289	14	1.4	10
7. Bread (white)	422	289	93	1.5	62
8. Rice (white)	329	266	116	1.2	97
9. Chicken	314	259	85	1.2	71
10. Fruit (other)*	300	219	148	1.4	106
11. Beef	261	215	100	1.2	83
12. Vg/ble (pot/sw pot)	258	210	90	1.2	75
13. Cold drink (squash) ‡	270	189	313	1.4	224
14. Cereals	163	158	40	1.0	40
15. Eggs	156	144	70	1.1	64
16. Fruit juice	195	132	283	1.5	189
17. Salty snacks	135	122	30	1.1	27
18. Rooibos tea	145	113	251	1.3	193
19. Peanut butter	121	110	14	1.1	13
20. Vg/ble (pumpkin gr)	123	105	79	1.2	66
21. Vg/ble (cabbage gr)	1117	104	67	1.1	61
22. Fat (PU/Med fat)	137	102	12	1.3	9
23. Pork & ham	122	97	39	1.3	30
24. Sweets	113	96	28	1.2	23
25. Bread spreads (swt)	112	95	23	1.2	19

§ HM Hard margarine

\* Fruit other than vitamin C-rich or vitamin A-rich

‡ Cordial made with water

**TABLE 7.80**      **Frequency of food items eaten by children in South Africa (n = 1373) as determined by the 24-H-R and according to HH income as determined by the Census 1996: annual HH income R ≤ 12000**

Food item	No of times eaten	No of children eating it	Total <sup>a</sup> amount eaten/day (g)	Ave <sup>b</sup> portions per day	Portion size (g) <sup>a/b</sup>
1. Maize	2506	1216	477	2.1	227
2. Sugar (white)	1435	990	22	1.4	16
3. Tea	806	680	234	1.2	195
4. Bread (brown)	594	486	107	1.2	89
5. Milk (whole)	710	417	156	1.7	92
6. White rice	345	272	169	1.3	130
7. Vg/ble(pot/sw pot)	331	254	132	1.3	102
8. Chicken	315	252	76	1.3	58
9. Bread (white)	315	247	94	1.3	72
10. Fat (HM§/cooking fat)	316	241	13	1.3	10
11. Vg/ble (green lvs)	355	234	154	1.5	103
12. Vg/ble (cabbage gr)	234	190	88	1.2	73
13. Maas/sour/butter mlk	247	189	345	1.3	265
14. Milk (non-dairy)	190	163	7	1.2	6
15. Beef	170	140	112	1.2	93
16. Rooibos tea	160	129	242	1.2	202
17. Vg/ble (other)**	155	126	80	1.2	67
18. Eggs	133	118	80	1.1	73
19. Fruit (other)*	139	109	157	1.3	121
20. Legumes	131	107	183	1.2	153
21. Cold drink (squash) ‡	111	94	275	1.2	229
22. Coffee	121	91	248	1.3	191
23. Sauce/soup	106	90	166	1.2	138
24. Samp + beans	100	89	331	1.1	301
25. Peanut butter	84	76	14	1.1	13

§ HM Hard margarine

\* Fruit other than vitamin C-rich or vitamin A-rich

\*\* Vegetables other than green leafy, cabbage group or pumpkin group

‡ Cordial made with water

**TABLE 7.81** Frequency of food items eaten by children in South Africa (n = 1496) as determined by the 24-H-R and according to HH income as determined by the Census 1996: annual HH income R ≥ 12 000

Food item	No of times eaten	No of children eating it	Total <sup>a</sup> amount eaten/day (g)	Ave <sup>b</sup> portions per day	Portion size (g) <sup>a/b</sup>
1. Sugar (white)	1842	1197	21	1.5	14
2. Maize	1854	1010	399	1.8	222
3. Milk (whole)	1396	783	173	1.8	96
4. Tea	804	747	236	1.2	197
5. Bread (brown)	778	581	97	1.3	75
6. Bread (white)	762	524	97	1.5	65
7. Fat (HM§/cooking fat)	761	520	14	1.5	9
8. Rice (white)	604	501	125	1.2	104
9. Chicken	571	474	82	1.2	68
10. Vg/ble (pot/sw pot)	484	393	108	1.2	90
11. Beef	424	353	106	1.2	88
12. Fruit (other)*	462	331	159	1.4	114
13. Cold drink (squash) ‡	422	299	301	1.4	215
14. Eggs	277	256	71	1.1	65
15. Vg/ble (cabbage gr)	262	225	78	1.2	65
16. Rooibos tea	266	207	241	1.3	185
17. Cereals	219	207	40	1.1	36
18. Vg/ble (other)**	223	191	82	1.2	68
19. Salty snacks	211	190	31	1.1	28
20. Fruit juice	247	176	268	1.4	191
21. Vg/ble (pumpkin gr)	200	173	88	1.2	73
22. Peanut butter	195	169	14	1.2	12
23. Pork & ham	201	165	37	1.2	31
24. Bread spreads (sw)	181	150	20	1.2	17
25. Sweets	175	147	26	1.2	22

§ HM Hard margarine

\* Fruit other than vitamin C-rich or vitamin A-rich

\*\* Vegetables other than green leafy, cabbage group or pumpkin group

‡ Cordial made with water

**TABLE 7.82**                    **Frequency of food items eaten by children in South Africa (n = 2883) as determined by the QFFQ**

Food item	No of times recorded	No of children eating it <sup>a</sup>	Ave total amount eaten/day (g) <sup>b</sup>	Ave No of times eaten/day <sup>c</sup>	Ave <sup>d</sup> portion size
1. Maize	5212	2720	397	1.6	248
2. White sugar	5286	2605	25	1.7	15
3. Chicken	4406	2574	27	0.4	68
4. Vg/ble (pot / sw pot)	3961	2377	55	0.5	110
5. White rice	2356	2332	49	0.4	123
6. Fruit (other)*	5544	2277	90	0.7	129
7. Eggs	2917	2239	32	0.5	64
8. Vg/ble (cabbage gr)	2435	2184	26	0.3	87
9. Beef	4195	2051	34	0.4	85
10. Tea	1868	1865	204	1.1	185
11. Vg/ble (pumpkin gr)	1892	1779	24	0.3	80
12. Milk (whole)	3811	1767	140	1.7	82
13. Bread (brown)	1794	1759	73	0.9	81
14. Salty snacks	2388	1719	18	0.5	36
15. Bread (white)	2248	1705	67	0.9	74
16. Fat (HM§/cooking fat)	2440	1563	6	1.2	5
17. Fish (pilch /sard)	1600	1559	19	0.2	95
18. Vg/ble (other)**	1652	1332	33	0.5	66
19. Vg/ble (green lvs)	1421	1323	46	0.4	115
20. Sweets	1906	1319	11	0.6	18
21. Mutton	1827	1318	24	0.2	120
22. Cakes (c/kies / rusk)	1449	1282	14	0.5	28
23. Salads	2068	1279	23	0.4	58
24. Samp + beans	1244	1211	61	0.2	305
25. Cold drink (squash) ‡	1226	1154	167	0.8	209

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

\*\* Vegetables other than green leafy, cabbage group or pumpkin group; ‡ Cordial made with water

<sup>a</sup>: the number of children eating a particular food

<sup>b</sup>: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"<sup>a</sup>

<sup>c</sup>: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"<sup>a</sup>

<sup>d</sup>: the average portion size was calculated by dividing <sup>b</sup> by <sup>c</sup>

**TABLE 7.83**      **Frequency of food items eaten by children in South Africa (n = 1748) as determined by the QFFQ and according to HH income as determined by the S-DQ: annual HH income R ≤ 12000**

Food item	No of times recorded	No of <sup>a</sup> children eating it	Ave total <sup>b</sup> amount eaten/day (g)	Ave No <sup>c</sup> of times eaten/Day	Ave <sup>d</sup> portion size
1. Maize	3456	1714	431	1.8	239
2. White sugar	3047	1589	25	1.7	15
3. Chicken	2506	1525	26	0.4	65
4. Vg/ble (pot / sw pot)	2114	1420	57	0.5	114
5. Vg/ble (cabbage gr)	1555	1388	28	0.4	70
6. White rice	1379	1363	51	0.4	128
7. Fruit (other)*	2971	1315	79	0.6	132
8. Eggs	1643	1291	31	0.4	78
9. Tea	1213	1210	207	1.1	188
10. Beef	2066	1150	31	0.4	78
11. Bread (brown)	1077	1068	70	0.8	88
12. Vg/ble (pumpkin gr)	1103	1057	26	0.2	130
13. Bread (white)	1312	1044	62	0.8	78
14. Salty snacks	1251	987	15	0.5	30
15. Milk (whole)	1893	979	123	1.6	77
16. Fish (Pilch/sard)	977	958	20	0.2	100
17. Fat (HM§/Cooking fat)	1381	916	6	1.1	5
18. Vg/ble (green lvs)	926	869	50	0.5	100
19. Samp + beans	840	817	68	0.3	227
20. Mutton	1044	776	23	0.2	115
21. Vg/ble (other)**	944	776	33	0.5	66
22. Vetkoek	770	764	31	0.3	103
23. Sweets	924	731	8	0.5	16
24. Cookies/rusks	764	711	12	0.4	30
25. Salads	935	688	20	0.3	67

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich; \*\* Vegetables other than green leafy, cabbage group or pumpkin group

<sup>a</sup>: the number of children eating a particular food

<sup>b</sup>: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"<sup>a</sup>

<sup>c</sup>: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"<sup>a</sup>

<sup>d</sup>: the average portion size was calculated by dividing <sup>b</sup> by <sup>c</sup>

**TABLE 7.84**      **Frequency of food items eaten by children in South Africa (n = 1748) as determined by the QFFQ and according to HH income as determined by the S-DQ: annual HH income R ≥12000**

Food item	No of times recorded	No of <sup>a</sup> children eating it	Ave total <sup>b</sup> amount eaten/day (g)	Ave No <sup>c</sup> of times eaten/day	Ave <sup>d</sup> portion size
1. Chicken	1359	711	28	0.5	56
2. Sugar (white)	1620	680	24	1.8	13
3. Fruit (other)*	1896	667	115	1.0	115
4. White rice	671	663	48	0.5	96
5. Vg/ble (pot/sw pot)	1407	660	51	0.6	85
6. Eggs	905	655	33	0.5	66
7. Beef	1633	636	40	0.5	80
8. Maize	1052	631	280	1.2	233
9. Milk (whole)	1498	559	176	1.9	93
10. Salty snacks	864	531	21	0.6	35
11. Vg/ble (cabbage gr)	574	522	18	0.3	60
12. Vg/ble (pumpkin gr)	552	498	21	0.3	70
13. Bread (white)	703	470	80	1.2	67
14. Pork & ham	1007	466	17	0.6	28
15. Salads	946	460	27	0.5	54
16. Fat (HM§/cooking fat)	774	449	8	1.6	5
17. Bread (brown)	472	448	80	1.1	73
18. Sweets	779	444	16	0.7	23
19. Peanut butter	446	425	10	0.7	14
20. Cookies/rusks	525	421	16	0.5	32
21. Mutton	624	418	26	0.3	87
22. Pasta	663	411	31	0.3	103
23. Tea	404	404	193	1.0	193
24. Pudding	515	391	19	0.2	95
25. Pilchards/sardines	403	387	17	0.2	85

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

<sup>a</sup>: the number of children eating a particular food

<sup>b</sup>: the average amount eaten per day was calculated by “number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food<sup>a</sup>”

<sup>c</sup>: the average number of times eaten per day was calculated by “the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food<sup>a</sup>”

<sup>d</sup>: the average portion size was calculated by dividing <sup>b</sup> by <sup>c</sup>

**TABLE 7.85** Frequency of food items eaten by children in South Africa (n = 1375) as determined by the QFFQ and according to HH income as determined by the Census 1996: annual HH income R ≤ 12000

Food item	No of times recorded	No of <sup>a</sup> children eating it	Ave total <sup>b</sup> amount eaten/day (g)	Ave No <sup>c</sup> of times eaten/day	Ave <sup>d</sup> portion size
1. Maize	2802	1355	467	1.9	246
2. White sugar	2187	1219	24	1.6	15
3. Chicken	1835	1174	22	0.4	55
4. Vg/ble (pot / sw pot)	1484	1074	58	0.5	116
5. Vg/ble (cabbage gr)	1222	1071	32	0.4	80
6. White rice	1051	1037	49	0.4	123
7. Fruit (other)*	2113	992	65	0.5	130
8. Eggs	1199	971	32	0.5	64
9. Tea	950	947	203	1.0	203
10. Bread (brown)	870	863	66	0.8	83
11. Beef	1335	825	27	0.3	90
12. Bread (white)	945	761	58	0.7	83
13. Pilchards/sardines	767	752	21	0.2	105
14. Vg/ble (pumpkin gr)	766	743	27	0.3	90
15. Vg/ble (green lvs)	779	714	59	0.5	118
16. Milk (whole)	1248	695	113	1.5	75
17. Salty snacks	823	675	17	0.5	34
18. Fat (HM§/cooking fat)	933	640	5	1.0	5
19. Samp + beans	649	625	73	0.3	243
20. Vg/ble (other)**	668	578	31	0.4	78
21. Vetkoek	569	564	32	0.3	107
22. Mutton	728	548	23	0.3	77
23. Cookies/rusks	503	480	13	0.4	33
24. Sweets	570	478	8	0.5	16
25. Soya	491	465	52	0.4	130

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich; \*\* Vegetables other than green leafy, cabbage group or pumpkin group

<sup>a</sup>: the number of children eating a particular food

<sup>b</sup>: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"<sup>a</sup>

<sup>c</sup>: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"<sup>a</sup>

<sup>d</sup>: the average portion size was calculated by dividing <sup>b</sup> by <sup>c</sup>

**TABLE 7.86**      **Frequency of food items eaten by children in South Africa (n = 1508) as determined by the QFFQ and according to HH income as determined by the Census 1996: annual HH income R ≥ 12000**

Food item	No of times recorded	No of <sup>a</sup> children eating it	Ave total <sup>b</sup> amount eaten/day (g)	Ave No <sup>c</sup> of times eaten/day	Ave <sup>d</sup> portion size
1. Chicken	2571	1400	30	0.5	60
2. Sugar (white)	3099	1386	26	1.8	14
3. Maize	2410	1365	328	1.4	234
4. Vg/ble (pot/sw pot)	2477	1303	52	0.6	87
5. White rice	1305	1295	49	0.5	98
6. Fruit (other)*	3431	1285	109	0.9	121
7. Eggs	1718	1268	31	0.5	62
8. Beef	2860	1226	39	0.5	78
9. Vg/ble (cabbage gr)	1213	1113	20	0.3	67
10. Milk (whole)	2563	1072	158	1.8	88
11. Salty snacks	1565	1044	18	0.6	30
12. Vg/ble (pumpkin gr)	1126	1036	22	0.3	73
13. Bread (white)	1303	944	74	1.0	74
14. Fat (HM§/cooking fat)	1507	923	7	1.4	5
15. Tea	918	918	205	1.1	186
16. Bread (brown)	924	896	81	1.1	74
17. Salads	1509	845	24	0.4	60
18. Sweets	1336	841	13	0.7	19
19. Pilchards/sardines	833	807	17	0.2	85
20. Cookies/rusks	946	802	14	0.5	28
21. Pork & Ham	1513	784	15	0.5	30
22. Mutton	1099	770	24	0.2	120
23. Vg/bles (other)**	984	754	34	0.5	68
24. Peanut butter	753	719	11	0.7	16
25. Cold drink (squash)	766	716	188	0.9	209

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich; \*\* Vegetables other than green leafy, cabbage group or pumpkin group

<sup>a</sup>: the number of children eating a particular food

<sup>b</sup>: the average amount eaten per day was calculated by "number of times a given food item was recorded in the QFFQ multiplied by the amount (g) eaten on each recorded occasion and divided by the number of children who ate that particular food"<sup>a</sup>

<sup>c</sup>: the average number of times eaten per day was calculated by "the number of times a particular food was recorded in the QFFQ per day multiplied by the number of times the same particular food was eaten per week multiplied by the number of times the same particular food was eaten per month and divided by 28. The sum of the individual values so calculated for all children was then divided by the number of children who ate that particular food"<sup>a</sup>

<sup>d</sup>: the average portion size was calculated by dividing <sup>b</sup> by <sup>c</sup>

**TABLE 7.87**      **Frequency of food items procured by families in South Africa (n = 2804) as determined by FPHIQ**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families procuring it</b>	<b>Ave times recorded</b>
1. Maize	2807	2645	1.1
2. White sugar	2618	2605	1.0
3. Salt	2513	2433	1.0
4. Chicken	3162	2425	1.3
5. White rice	2416	2409	1.0
6. Vg/ble (pot/sw pot)	2729	2338	1.2
7. Fruit (other)*	5798	2204	2.6
8. Tea	2201	2190	1.0
9. Bread (white)	4813	2182	2.2
10. Eggs	2168	2162	1.0
11. Vg/ble (cabbage gr)	2335	2075	1.1
12. Fat (SO/PU oil)	2059	2053	1.0
13. Beef	4279	2044	2.1
14. Salads	5228	2025	2.5
15. Vg/ble (pumpkin gr)	1808	1756	1.0
16. Fat (HM§/cooking fat)	1866	1665	1.1
17. Milk (whole)	1787	1641	1.1
18. Beans / Lentils	2064	1627	1.3
19. Fish (pilchards/sar)	1661	1615	1.0
20. Salty snacks	2350	1580	1.5
21. Bread (brown)	1552	1468	1.1
22. Maize samp & rice	1338	1300	1.0
23. Cookies & rusks	1401	1203	1.2
24. Mutton	1380	1149	1.2
25. Coffee	1147	1138	1.0

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

**TABLE 7.88**      **Frequency of food items procured by families in South Africa (n = 1713) as determined by the FPHIQ and according to HH income as determined by the S-DQ: annual income R ≤ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families procuring it</b>	<b>Ave times recorded</b>
1. Maize	1788	1671	1.1
2. White sugar	1586	1580	1.0
3. Salt	1541	1492	1.0
4. Chicken	1923	1467	1.3
5. Vg/ble (pot/sw pot)	1621	1430	1.1
6. White rice	1433	1429	1.0
7. Tea	1355	1351	1.0
8. Fruit (other)*	3093	1314	2.4
9. Bread (white)	2771	1308	2.1
10. Vg/ble (cabbage gr)	1333	1292	1.0
11. Eggs	1263	1260	1.0
12. Fat (SO/PU oil)	1231	1227	1.0
13. Beef	2249	1185	1.9
14. Salads	2577	1178	2.1
15. Vg/ble (pumpkin gr)	1115	1084	1.0
16. Fat (HM§/cooking fat)	1164	1023	1.1
17. Fish (pilch/sard)	1025	1009	1.0
18. Legumes	1159	989	1.2
19. Milk (whole)	972	928	1.0
20. Salty snacks	1149	892	1.3
21. Bread (brown)	908	873	1.0
22. Maize samp & rice	889	859	1.0
23. Vg/ble (green lvs)	718	692	1.0
24. Mutton	718	692	1.0
25. Cookies/rusks	693	653	1.1

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

**TABLE 7.89**      **Frequency of food items procured by families in South Africa (n = 725) as determined by the FPHIQ and according to HH income as determined by the S-DQ: annual income R ≥ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families procuring it</b>	<b>Ave times recorded</b>
1. Sugar (white)	701	694	1.0
2. White rice	676	673	1.0
3. Chicken	865	668	1.3
4. Salt	667	642	1.0
5. Eggs	630	628	1.0
6. Vg/ble (pot/sw pot)	795	627	1.3
7. Fruit (other)*	2062	625	3.3
8. Maize	645	624	1.0
9. Beef	1584	615	2.6
10. Bread (white)	1501	613	2.4
11. Salads	2068	602	3.4
12. Fat (SO/PU oil)	562	561	1.0
13. Tea	555	549	1.0
14. Vg/ble (cabbage gr)	744	544	1.4
15. Salty snacks	951	506	1.9
16. Milk (whole)	589	506	1.2
17. Vg/ble (pumpkin gr)	498	481	1.0
18. Salad dressing	491	460	1.1
19. Bread spreads (sw)	558	460	1.2
20. Pork & ham	972	452	2.2
21. Fat (HM§/cooking fat)	478	448	1.1
22. Sauce/soup (sav)	451	443	1.0
23. Legumes	667	440	1.5
24. Coffee	445	438	1.0
25. Cookies/rusks	567	425	1.3

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

**TABLE 7.90**      **Frequency of food items procured by families in South Africa (n = 1357) as determined by the FPHIQ and according to HH income as determined by the Census 1996: annual income R ≤ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families procuring it</b>	<b>Ave times recorded</b>
1. Maize	1425	1319	1.1
2. Sugar (white)	1242	1239	1.0
3. Salt	1166	1128	1.0
4. White rice	1094	1092	1.0
5. Chicken	1446	1088	1.3
6. Tea	1076	1071	1.0
7. Vg/ble (pot/sw pot)	1171	1063	1.1
8. Bread (white)	2024	981	2.1
9. Fruit (other)*	2054	956	2.1
10. Vg/ble (cabbage gr)	949	933	1.0
11. Eggs	925	923	1.0
12. Fat (SO/PU oil)	912	910	1.0
13. Salads	1764	863	2.0
14. Beef	1434	828	1.7
15. Vg/ble (pumpkin gr)	786	769	1.0
16. Legumes	817	739	1.1
17. Pilchards/sard	735	731	1.0
18. Fat (HM§/cooking fat)	846	715	1.2
19. Bread (brown)	707	684	1.0
20. Milk (whole)	693	656	1.1
21. Maize samp & rice	661	651	1.0
22. Salty snacks	731	587	1.2
23. Vg/ble (green lvs)	556	526	1.1
24. Mutton	589	488	1.2
25. Soya	462	450	1.0

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

**TABLE 7.91**      **Frequency of food items procured by families in South Africa (n = 1447) as determined by the FPHIQ and according to income as determined by the Census 1996: annual income R ≥ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families procuring it</b>	<b>Ave times recorded</b>
1. Sugar (white)	1376	1366	1.0
2. Chicken	1716	1337	1.3
3. Maize	1382	1326	1.0
4. White rice	1322	1317	1.0
5. Salt	1347	1305	1.0
6. Vg/ble (pot/sw pot)	1558	1275	1.2
7. Fruit (other)*	3744	1248	3.0
8. Eggs	1243	1239	1.0
9. Beef	2845	1216	2.3
10. Bread (white)	2789	1201	2.3
11. Salads	3464	1162	3.0
12. Fat (SO/PU oil)	1147	1143	1.0
13. Vg/ble (cabbage gr)	1386	1142	1.2
14. Tea	1125	1119	1.0
15. Salty snacks	1619	993	1.6
16. Vg/ble (pumpkin gr)	1022	987	1.0
17. Milk (whole)	1094	985	1.1
18. Fat (HM§/cooking fat)	1020	950	1.1
19. Legumes	1247	888	1.4
20. Pilchards/sardines	926	884	1.0
21. Pork/ham	1471	790	1.9
22. Bread spreads (swt)	896	785	1.1
23. Bread (brown)	845	784	1.1
24. Cookies/rusks	958	780	1.2
25. Sweets	1309	755	1.7

§ HM Hard margarine; \* Fruit other than vitamin C-rich or vitamin A-rich

**TABLE 7.92**                      **Frequency of food items in the HH inventory in South Africa (n = 1728) as determined by FPHIQ**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families having it in inventory</b>	<b>Ave times recorded</b>
1. Maize	1477	1454	1.0
2. White sugar	1139	1136	1.0
3. Salt	1119	1090	1.0
4. Tea	902	899	1.0
5. Fat (SO / PU oil)	786	785	1.0
6. White rice	712	710	1.0
7. Bread (white)	773	629	1.2
8. Vg/ble (pot / sw pot)	601	586	1.0
9. Eggs	400	399	1.0
10. Beans / lentils	398	374	1.1
11. Fat (HM / cooking fat)	386	359	1.1
12. Salads	484	351	1.4
13. Maize samp & rice	325	322	1.0
14. Milk (whole)	314	296	1.1
15. Coffee	295	294	1.0
16. Tea (rooibos)	254	252	1.0
17. Milk (non-dairy)	227	226	1.0
18. Soya	226	223	1.0
19. Chicken	270	222	1.2
20. Bread (brown)	209	205	1.0
21. Fish (pilch / sard)	189	186	1.0
22. Vg/ble (cabbage gr)	186	184	1.0
23. Bread spread (salty)	193	182	1.1
24. Beef	205	160	1.3
25. Salad dressing	144	141	1.0

§ HM Hard Margarine

**TABLE 7.93**      **Frequency of food items in the HH inventory in South Africa (n = 1180) as determined by FPHIQ and according to HH income as determined by the S-DQ: annual income R ≤ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families having it in inventory</b>	<b>Ave times recorded</b>
1. Maize	996	977	1.0
2. Salt	755	737	1.0
3. Sugar (white)	728	727	1.0
4. Tea	598	598	1.0
5. Fat (SO/PU oil)	494	494	1.0
6. White rice	433	432	1.0
7. Bread (white)	482	407	1.2
8. Vg/ble (pot/sw pot)	398	391	1.0
9. Legumes	259	249	1.0
10. Salads	292	226	1.3
11. Maize samp & rice	227	224	1.0
12. Eggs	218	218	1.0
13. Fat (HM§/cooking fat)	218	202	1.1
14. Milk (whole)	188	183	1.0
15. Coffee	179	179	1.0
16. Soya	147	146	1.0
17. Rooibos tea	135	135	1.0
18. Bread (brown)	127	127	1.0
19. Bread spreads (salty)	126	123	1.0
20. Vg/ble (cabbage gr)	118	118	1.0
21. Milk (non-dairy)	114	114	1.0
22. Pilchards/sardines	105	104	1.0
23. Chicken	102	90	1.1
24. Vg/ble (pumpkin gr)	82	82	1.0
25. Bread spreads (swt)	67	67	1.0

§ HM Hard Margarine

**TABLE 7.94**      **Frequency of food items in the HH inventory in South Africa (n = 313) as determined by FPHIQ and according to HH income as determined by the S-DQ: annual income R ≥ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families having it in inventory</b>	<b>Ave times recorded</b>
1. Maize	278	275	1.0
2. White sugar	258	256	1.0
3. Salt	223	213	1.0
4. White rice	185	184	1.0
5. Fat (SO/PU oil)	185	184	1.0
6. Tea	177	175	1.0
7. Bread (white)	188	139	1.4
8. Eggs	132	131	1.0
9. Vg/ble (pot/sw pot)	128	121	1.1
10. Fat (HM§/cooking ft)	116	110	1.1
11. Chicken	125	102	1.2
12. Rooibos tea	90	88	1.0
13. Coffee	83	83	1.0
14. Milk (non-dairy)	82	81	1.0
15. Beef	104	78	1.3
16. Legumes	86	77	1.1
17. Salads	122	76	1.6
18. Milk (whole)	86	76	1.1
19. Salad dressing	75	73	1.0
20. Sauce/soup	60	60	1.0
21. Cold drink (squash)	59	58	1.0
22. Bread (brown)	60	56	1.1
23. Fish (pilcards/sard)	56	55	1.0
24. Maize samp & rice	54	54	1.0
25. Soya	51	49	1.0

§ HM Hard Margarine

**TABLE 7.95**      **Frequency of food items in the HH inventory in South Africa (n = 1215) as determined by FPHIQ and according to HH income as determined by the Census 1996: annual income R ≤ 12000**

<b>Food item</b>	<b>No of times recorded</b>	<b>No of families having it in inventory</b>	<b>Ave times recorded</b>
1. Maize	1049	1033	1.0
2. White sugar	765	764	1.0
3. Salt	769	748	1.0
4. Tea	653	651	1.0
5. Fat (SO/PU oil)	508	508	1.0
6. White rice	441	440	1.0
7. Bread (white)	508	426	1.2
8. Vg/ble (pot/sw pot)	423	415	1.0
9. Legumes	280	268	1.0
10. Salads	308	237	1.3
11. Maize samp & rice	232	230	1.0
12. Eggs	229	229	1.0
13. Fat (HM§/cooking fat)	231	213	1.1
14. Milk (whole)	186	178	1.0
15. Coffee	175	175	1.0
16. Soya	164	162	1.0
17. Milk (non-dairy)	145	144	1.0
18. Rooibos tea	142	142	1.0
19. Bread spreads (salty)	135	131	1.0
20. Vg/ble (cabbage gr)	121	121	1.0
21. Bread (brown)	118	117	1.0
22. Chicken	118	100	1.2
23. Fish (pilchards/sard)	98	98	1.0
24. Vg/ble (pumpkin gr)	75	75	1.0
25. Cold drink (squash)	73	73	1.0

§ HM Hard Margarine

**TABLE 7.96**      **Frequency of food items in the HH inventory in South Africa (n = 513) as determined by FPHIQ and according to HH income as determined by the Census 1996: annual income R ≥ 12000**

Food item	No of times recorded	No of families having it in inventory	Ave times recorded
1. Maize	428	421	1.0
2. White sugar	374	372	1.0
3. Salt	350	342	1.0
4. Fat (SO/PU oil)	278	277	1.0
5. White rice	271	270	1.0
6. Tea	249	248	1.0
7. Bread (white)	265	203	1.3
8. Vg/ble (pot / sw pot)	178	171	1.0
9. Eggs	171	170	1.0
10. Fat (HM§/cooking fat)	155	146	1.1
11. Chicken	152	122	1.2
12. Coffee	120	119	1.0
13. Milk (whole)	128	118	1.1
14. Salads	176	114	1.5
15. Rooibos tea	112	110	1.0
16. Legumes	118	106	1.1
17. Beef	123	94	1.3
18. Maize samp & rice	93	92	1.0
19. Fish (pilchards/sard)	91	88	1.0
20. Bread (brown)	91	88	1.0
21. Milk (non-dairy)	82	82	1.0
22. Salad dressing	75	72	1.0
23. Pasta	86	66	1.3
24. Cold drink (squash)	67	66	1.0
25. Sauce/soup	66	65	1.0

§ HM Hard Margarine