



1. 가 1 1 ( )

	1998				2001			
	1) (n=2328)	2) (n=4168)	3) (n=2197)	4) (n=1707)	1) (n=1331)	2) (n=3495)	3) (n=2692)	4) (n=2450)
(kcal)	1822.0	1955.1	1989.4	2109.3	1741.3	1941.9	2009.1	2091.7
(g)	64.4	72.5	74.1	83.5	59.2	69.0	74.0	79.0
(g)	31.1	40.1	43.0	47.4	29.3	40.2	44.3	46.7
(g)	314.2	322.4	321.2	335.7	296.8	313.1	314.4	326.0
(g)	6.2	6.7	6.7	7.1	6.8	6.7	6.5	7.0
(g)	16.6	18.4	19.1	20.0	18.2	19.1	19.5	20.9
(mg)	441.7	491.5	526.1	562.4	462.5	477.0	507.5	541.2
(mg)	938.7	1057.1	1096.8	1187.0	1011.3	1134.5	1192.5	1268.9
(mg)	11.0	12.3	12.5	13.7	11.4	11.7	12.3	13.0
(mg)	4302.5	4545.5	4559.3	4718.7	4824.8	4845.3	4835.0	5145.5
(mg)	2179.9	2485.6	2583.7	2810.2	2476.6	2775.4	2851.9	3084.6
A(RE)	486.2	609.3	640.4	705.9	538.8	609.6	621.9	677.8
(mg)	1.20	1.30	1.40	1.40	1.00	1.30	1.30	1.40
(mg)	0.90	1.10	1.10	1.20	0.90	1.10	1.20	1.30
(mg)	13.2	15.4	15.9	17.6	13.6	16.3	17.3	18.4
C(mg)	102.9	119.2	129.3	135.5	112.9	131.6	136.9	139.3

: 1) 100% 2) 100 199%  
 3) 200 299% 4) 300%

1998 2001 가 ,  
 ( ) 가 가  
 1998 2001 가 , A  
 가 ,  
 1~2  
 가 1998 2001  
 가  
 2001 1.8

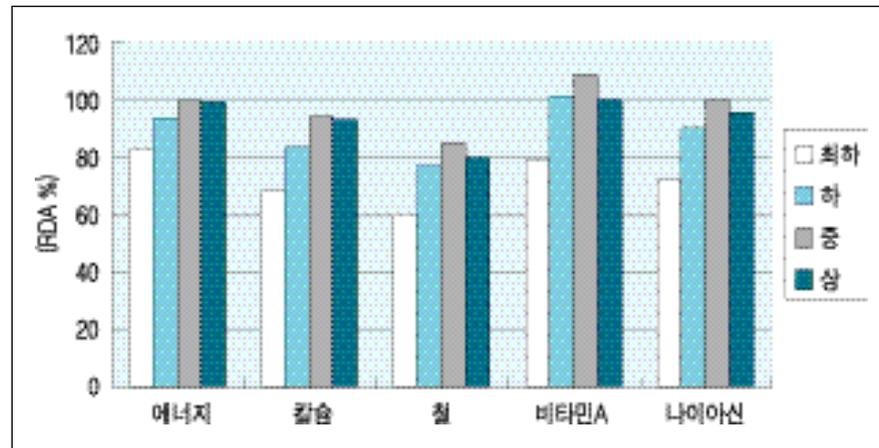
2001 가  
 70% 가  
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 2001 , , A,  
 C  
 가 2001 4  
 가  
 2. 가 1 1 (3~6 )

	1998				2001			
	1) (n=111)	2) (n=345)	3) (n=156)	4) (n=109)	1) (n=67)	2) (n=283)	3) (n=181)	4) (n=153)
(kcal)	1335.5	1489.3	1496.1	1501.7	1265.1	1374.3	1518.1	1590.7
(g)	45.1	50.4	49.7	49.8	39.5	46.0	52.8	56.0
(g)	30.9	38.7	40.4	41.6	26.8	34.7	38.8	42.4
(g)	219.8	237.5	236.2	234.5	214.9	218.2	236.6	245.5
(g)	3.4	3.8	3.5	3.4	2.8	3.3	3.1	3.4
(g)	9.5	11.4	11.9	12.8	10.2	11.1	12.1	12.6
(mg)	347.9	399.9	405.6	416.8	315.3	399.2	465.9	458.4
(mg)	700.4	784.5	785.9	796.8	692.8	802.2	904.7	930.3
(mg)	6.5	8.1	7.8	7.3	5.6	6.9	7.4	7.7
(mg)	2014.0	2367.2	2490.4	2912.5	2303.9	2315.3	2552.1	2623.9
(mg)	1349.4	1633.6	1610.2	1624.4	1501.4	1703.4	1953.3	2068.3
A(RE)	346.2	409.2	397.2	369.1	268.0	351.9	394.9	418.3
(mg)	1.00	1.20	1.20	1.20	0.70	0.90	1.10	1.10
(mg)	0.80	0.90	0.90	0.90	0.70	0.90	1.10	1.10
(mg)	8.0	10.1	9.8	9.8	7.8	9.5	11.3	11.1
C(mg)	62.2	96.8	156.0	89.9	59.8	89.3	108.3	102.6

: 1) 100% 2) 100 199%  
 3) 200 299% 4) 300%

: , F . 1998, 2001.

3 6  
 1998 2001  
 가  
 A, 60 80%  
 가  
 ( 1 )  
 1.5 (1998, 2001)



1998, 2001.

< 3> 7 12

2001

1998 2001

가 1998 20% 가가  
 가

< 4>

2001 15%

13%

2001

3. 가 1 1 (7~12 )

	1998				2001			
	1) (n=134)	2) (n=413)	3) (n=206)	4) (n=158)	1) (n=121)	2) (n=371)	3) (n=341)	4) (n=255)
(kcal)	1978.2	1888.2	2007.7	2004.3	1755.2	1796.0	1847.1	1954.3
(g)	70.5	67.4	70.3	73.3	60.5	63.0	65.4	70.9
(g)	48.0	47.9	52.5	51.8	39.4	45.5	46.8	51.7
(g)	317.2	299.7	316.6	314.5	285.4	279.6	286.7	298.0
(g)	5.3	5.2	5.2	5.4	4.7	4.7	4.6	5.0
(g)	15.8	15.7	16.5	15.4	15.0	15.4	15.7	17.5
(mg)	523.5	491.8	575.4	536.7	472.5	439.4	468.8	550.1
(mg)	1079.1	1015.2	1109.7	1113.0	994.0	1033.0	1055.0	1142.8
(mg)	10.2	10.2	11.3	10.9	8.7	8.7	9.2	10.5
(mg)	3607.4	3636.1	3464.2	3247.3	3654.9	3501.1	3564.0	4113.1
(mg)	2191.9	2121.7	2288.5	2366.0	2109.3	2412.2	2342.2	2592.2
A(RE)	471.5	527.3	594.2	652.2	473.8	499.1	513.1	550.4
(mg)	1.40	1.30	1.40	1.30	1.00	1.20	1.20	1.30
(mg)	1.10	1.10	1.20	1.20	1.00	1.10	1.20	1.30
(mg)	12.9	12.9	14.1	14.3	11.8	13.7	13.9	14.8
C(mg)	93.3	99.4	110.5	118.3	90.4	119.6	116.0	121.5

: 1) 100% 2) 100 199%  
 3) 200 299% 4) 300%  
 : 1998, 2001.

가

( 가)

가

4. 가 1 1 (13~19 )

	1998				2001			
	1) (n=244)	2) (n=477)	3) (n=237)	4) (n=152)	1) (n=92)	2) (n=330)	3) (n=316)	4) (n=230)
(g)	1230.8	1272.8	1253.7	1538.2	1183.7	1280.1	1317.6	1329.3
(kcal)	2200.5	2178.3	2015.5	2481.2	1928.0	2085.9	2143.8	2119.9
(g)	71.6	74.5	73.1	91.8	62.3	72.1	76.9	79.6
(g)	48.2	51.5	50.4	63.8	43.7	52.1	57.0	54.6
(g)	368.5	354.8	318.1	387.1	312.1	322.8	325.1	318.2
(g)	6.1	6.3	5.8	6.7	5.4	6.0	5.8	5.9
(g)	17.5	18.6	17.5	20.7	17.1	18.6	18.6	18.8
(mg)	455.0	487.5	483.8	631.8	433.2	445.2	496.2	489.8
(mg)	1046.5	1112.7	1080.3	1358.9	1019.2	1118.7	1202.8	1230.2
(mg)	11.9	12.2	11.0	13.6	9.2	11.0	11.2	11.1
(mg)	4493.8	4450.3	4221.3	4786.6	4350.8	4638.5	4391.5	4607.3
(mg)	2222.5	2369.7	2371.7	2915.5	2409.4	2542.5	2696.4	2699.5
A(RE)	482.5	569.9	546.3	807.5	504.5	556.5	638.9	576.4
(mg)	1.40	1.40	1.40	1.60	1.30	1.40	1.60	1.50
(mg)	1.10	1.20	1.10	1.50	1.10	1.20	1.30	1.30
(mg)	14.1	14.7	15.0	18.1	13.5	15.8	16.6	17.4
C(mg)	100.0	110.7	120.5	143.5	121.5	110.4	123.0	118.3

: 1) 100% 2) 100 199%  
 3) 200 299% 4) 300%

(20 29 )

1998 2001 가 ,

가 , 가 .

30 49 1998 2001 ,

가 , 2001

가 .

1998 가 2001

50 64

2001 20% 가 , A  
1998 가 .

3 700 1,100mg/ / 2 3g

65 가

2001 가 .

A, 가 . 3

가

가가 900 1260mg ,

2001

60% 가

가

65

가 ,

2001 (MAR)가 0.68-0.73

75% ( 2 ).

2.

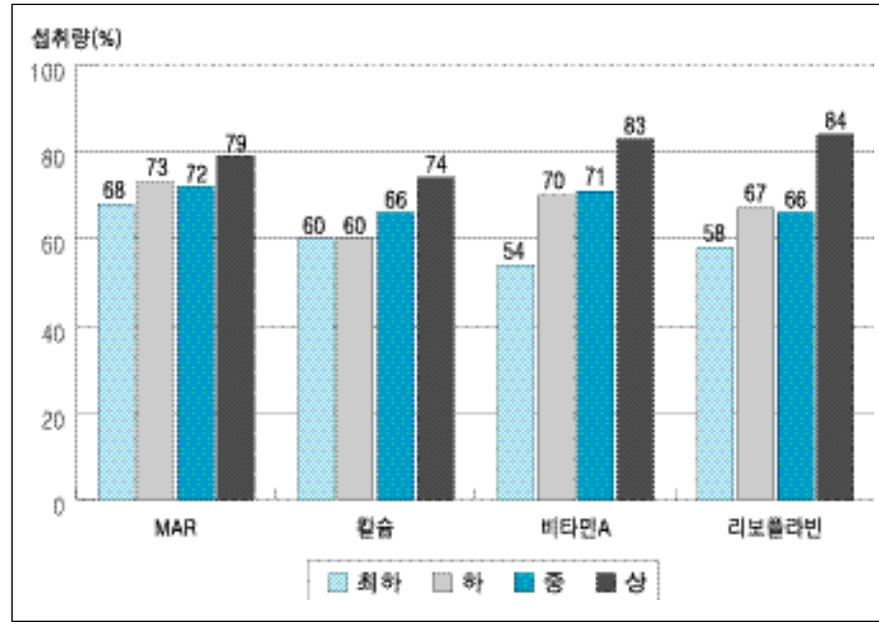
1998 2001 1 1

1998 2001

가

( 5 ). 2003 11 WHO

2. 65



2001.

가 Fruit and Vegetable Promotion Initiative 가

1998 2001

가

2001

가 1998 2001 40% 가

( ' ) ( ' ) 가가 (30% ), 2001 가

5. 가 1 1 ( )

( : g)

	1998				2001			
	1) (n=2328)	2) (n=4168)	3) (n=2197)	4) (n=1707)	1) (n=1331)	2) (n=3495)	3) (n=2692)	4) (n=2450)
	354.5	345.6	340.8	347.6	302.9	309.6	313.6	315.9
	37.4	39.7	31.8	33.2	20.8	25.5	26.3	28.5
	5.6	8.0	8.3	9.3	8.7	10.5	10.8	12.3
	25.5	30.4	30.3	35.0	27.0	30.4	31.6	33.4
	1.4	2.2	2.3	1.7	2.8	2.1	3.5	2.8
	286.7	280.3	278.8	291.7	296.4	280.6	288.9	307.3
	2.0	3.6	4.2	6.0	3.1	4.1	4.7	6.6
	130.8	185.3	220.7	244.4	157.8	200.1	210.3	231.6
	6.1	7.5	6.9	8.8	8.2	10.7	8.2	8.5
	74.8	83.8	96.5	99.5	84.6	102.2	115.7	131.2
	23.5	25.7	26.2	26.8	32.9	29.6	29.9	34.2
( )	3.9	5.7	6.2	6.5	6.8	9.2	10.1	11.0
( )	2.0	2.1	4.6	4.0	4.8	4.3	5.2	6.2
	954.3	1020.4	1057.5	1114.6	956.7	1018.9	1059.0	1129.6
	48.6	65.1	72.7	84.3	56.5	90.4	96.1	102.3
	15.7	22.0	21.8	25.7	13.5	21.5	21.3	25.1
	56.0	63.2	68.4	78.1	49.6	59.5	67.0	74.8
	51.7	80.8	99.8	107.1	55.7	78.3	92.1	103.8
( )	1.3	2.0	1.9	2.8	0.0	0.1	0.1	0.2
( )	0.1	0.1	0.0	0.1	0.2	0.2	0.3	0.2
	173.4	233.1	264.7	298.0	175.5	250.0	276.8	306.3
	1127.7	1253.5	1322.1	1412.7	1132.3	1268.8	1335.8	1435.9
(%)	84.6	81.4	80.0	78.9	84.5	80.3	79.3	78.7
(%)	15.4	18.6	20.0	21.1	15.5	19.7	20.7	21.3

: 1) 100% , 2) 100 199%  
 3) 200 299%, 4) 300%  
 : , 1998, 2001.



4.

1998 2001  
 3 가  
 가  
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 WIC(Special Supplemental Nutrition Program for Women, Infant and Children)

3 6 가  
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