Australian Bureau of Statistics

Apparent Consumption of Foodstuffs and Nutrients Australia 1991-92

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APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS, AUSTRALIA 1991-92

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SUMMARY OF FINDINGS

Meat and Meat Products

In 1991-92, the apparent consumption of total meat and meat products in Australia declined by 3.9 per cent to 81.1 kg per capita.

Overall in 1991-92, meat produced in Australia accounted for 99.4 per cent of the total meat supply of which 52.0 per cent went to export markets, with the remaining 48.0 per cent available for domestic consumption. Australia's meat consumption has fluctuated between 81.4 kg in 1986-87 and the current 81.1 kg, with a high of 85.1 kg per person in 1989-90. The consumption of meat and meat products has fallen by 31.6 per cent since the late 1930's, when the average intake for the three years ended 1938-39 was 118.5 kg per capita.

Beef remains the most significant individual item despite falling by 8.7 per cent to 35.8 kg per capita in 1991-92. Demand for veal increased for the first time in ten years with intake up 6.7 per cent on the previous year, to 1.6 kg per capita. Nevertheless, it is still 15.8 per cent down on consumption in 1986-87.

Lamb consumption decreased for the third consecutive year, with the total available for consumption down 4.1 per cent and per capita intake declining by 5.0 per cent to 13.4 kg. These falls result from the decreased production over the same period. Consumption has fallen by 10.1 per cent since 1986-87, when the per capita intake of lamb was 14.9 kg. In the longer term, lamb consumption per capita is at a similar level as that of the late 1950's.

The apparent per capita consumption of mutton decreased marginally to 7.6 kg in 1991-92, compared with a fall of 6.1 per cent in 1990-91. Despite this, intake is 4.1 per cent greater than in 1986-87. However in the longer term consumption has steadily declined from a high of 27.2 kg per capita for the average of the three years ended 1938-39. In 1991-92, some 262 thousand tonnes (66.3%) of the total supply was exported in 1991-92, with the remaining 133 thousand tonnes (34%) going to domestic markets.

Intake of pigmeat increased by 7.2 per cent in 1991-92 with Australians eating 19.3 kg per capita. The consumption of pigmeat grew by 15.6 per cent over the six years ended 1991-92. Intake has risen steadily from the 1940's, when the average consumption for the three years ended 1948-49 was 3.2 kg per capita. The consumption of pigmeat products, (bacon and ham) also increased in 1991-92, by 4.2 per cent to 7.4 kg per capita, after falling 6.6 per cent in the previous year. Since 1986-87, intake increased 10.4 per cent from 6.7 kg per capita.

Offal consumption continues to fluctuate with intake falling 13.2 per cent to 3.3 kg per capita. This follows a 40.7 per cent increase in 1990-91.

Poultry continues to grow in popularity, with the per capita consumption increasing by 3.6 per cent to 25.9 kg in 1991-92. This compares with a 1.6 per cent increase in the previous year. Since 1986-87, poultry intake has risen 10.7 per cent from 23.4 kg per capita. The consumption of poultry has trebled since the late 1960's when the per capita intake was 8.3 kg.

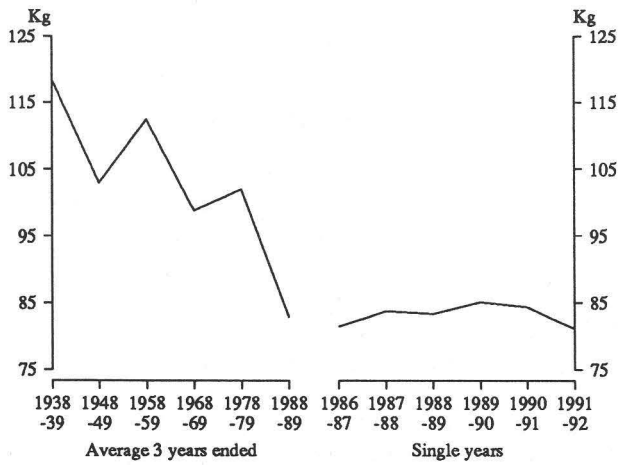
Seafood

Consumption of seafood levelled at 9.5 kg in 1991-92 following a gradual increase over the previous five years. However, per capita consumption of Australian fish fell 10.5 per cent to 3.4 kg, after a 26.7 per cent increase in the previous year. This was offset by increased consumption of fresh and frozen imported fish, and imported prepared fish products, both up by 11.8 per cent. Since 1986-87, seafood consumption has increased 25.0 per cent from 7.6 kg per capita, with the most notable change in consumption over that time being the intake of Australian fish, which increased by 47.8 per cent. Over the past 50 years the per capita consumption of seafood in Australia has almost doubled.

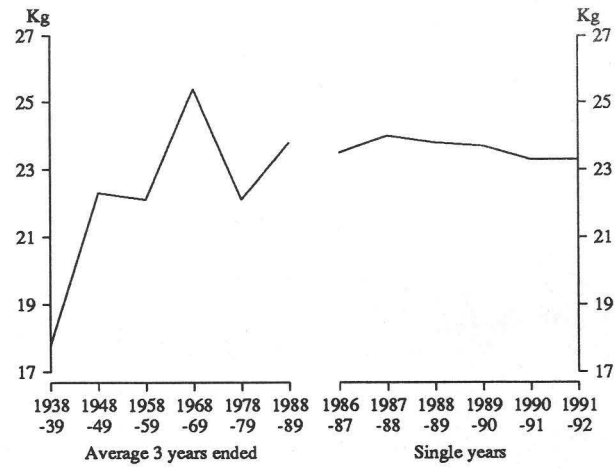
Dairy Products

The per capita consumption of total dairy products has remained relatively constant since 1948-49. Similarly, in the last five years, the consumption of market milk per capita has not varied greatly. However the consumption

APPARENT PER CAPITA CONSUMPTION OF MEAT AND MEAT PRODUCTS



APPARENT PER CAPITA CONSUMPTION OF DAIRY PRODUCTS



of condensed full cream and powdered skim milk have decreased by 16.0 per cent and 22.2 per cent respectively. These falls were offset by increased consumption of condensed skim milk which has doubled over the same period, and infants' and invalids food which has increased by 44.4 per cent.

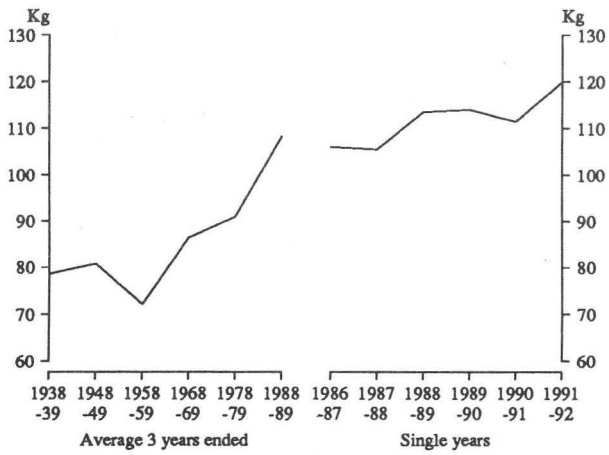
Fruit and fruit products

Total fruit intake (including fruit for fruit juices) increased by 7.6 per cent to 120.1 kg per capita in 1991-92, compared with a fall of 2.2 per cent in 1990-91. Since 1986-87 fruit consumption has shown a gradual increase and is now 13.2 per cent greater than intake at that time. The increased demand for fruit is also evident in the longer term and is due largely to the growth in consumption of citrus fruit (including juice), which has trebled since the late 1930's.

More recently the consumption of citrus fruit has tended to fluctuate, and in 1991-92 increased to 43.1 kg per capita, (18.7%) when compared with 1990-91. This followed a 5.8 per cent increase in the previous year. Consumption in 1991-92 was 2.6 kg or 6.4 per cent more than the per capita consumption recorded in 1986-87. These variations can be related largely to annual changes in supply, and in particular the 79.1 per cent increase in imports in 1991-92 when compared with 1990-91. Conversely, consumption of other fresh fruit fell 8.4 per cent in 1991-92, to 51.7 kg per person, but was 16.7 per cent up on the 44.3 kg per capita consumed in 1986-87.

Consumption of dried fruit continued to increase in 1991-92, by 3.4 per cent to 3.0 kg per capita. This is 30.4 per cent greater than in 1986-87. Consumption of processed fruit increased by 1.1 kg (14.9%) to 8.5 kg per capita. Over the past five years the per capita consumption of processed fruit has fluctuated between 7.4 kg and 9.5 kg. The level of consumption is less than that of late 1970's.

APPARENT PER CAPITA CONSUMPTION OF FRUIT AND FRUIT PRODUCTS

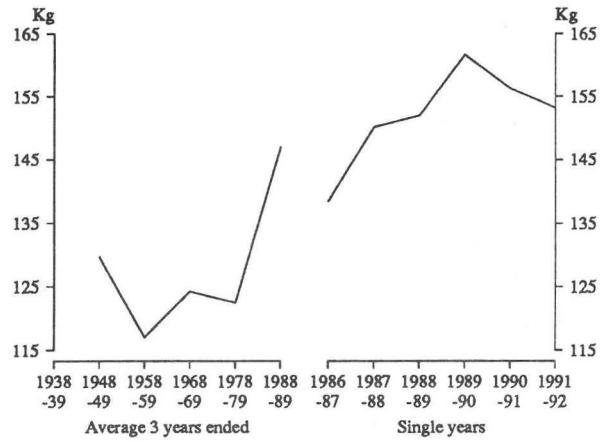


Vegetables

During 1991-92, per capita consumption of total vegetables declined by 2.0 per cent to 153.2 kg, largely related to increased demand by export markets. This follows a fall in the previous year after a record high in vegetable intake for 1989-90. Falls in per capita consumption were recorded in most of the vegetable groups, the only exception being potatoes which increased by 4.9 per cent to 66.6 kg, due to increased production and higher imports. Tomatoes declined to 23.2 kg per capita, (9.7%) when compared with 1990-91.

In the longer term total vegetable consumption per capita has increased by 18.1 per cent, from 129.7 kg in 1948-49 to 153.2 kg in 1991-92. The largest single factor contributing to this change has been the increased availability of tomatoes which has seen per capita intake of this vegetable double since the late 1940's. This can be attributed in part to improvements in transport and storage.

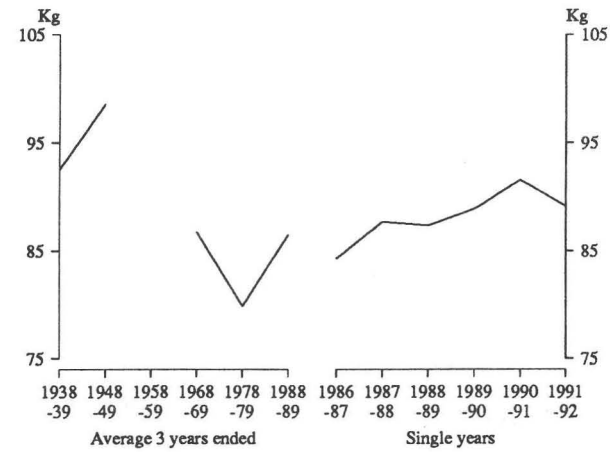
APPARENT PER CAPITA CONSUMPTION OF VEGETABLES



Grain products

During 1991-92, the consumption of grain products decreased by 2.4 kg (2.6%) to 89.2 kg per capita, reversing the upward trend of the previous five years. The most significant fall was for flour, with intake down 2.6 kg on consumption in 1990-91. The consumption of oatmeal and rolled oats also declined, by 16.7 per cent to 1.5 kg per capita. Despite these falls, consumption of grain products in 1991-92 was 5.8 per cent greater than in 1986-87.

APPARENT PER CAPITA CONSUMPTION OF GRAIN PRODUCTS



The trend towards increasing consumption of table rice continued, and since 1986-87 consumption grew by 1.9 kg to 5.6 kg (up 51.4%). Similarly, breakfast food consumption rose by 3.1 kg to 11.9 kg (up 35.2%). The consumption of grain products is now at a similar level to that of the late 1930's when intake was 92.5 kg per capita. However, breakfast foods and rice have increased, while flour has declined significantly.

Eggs and Egg Products

The consumption of eggs in 1991-92 increased for the second successive year, up 2.4 per cent to 129 per capita. Nevertheless, it is still 5.8 per cent down on the intake of 137 per capita in 1986-87.

Nuts

The per capita consumption of both peanuts and tree nuts increased on 1990-91 intake, by 15.8 per cent and 10.3 per cent respectively, following falls in the previous year. Peanut intake is at the same level as it was in 1986-87, fluctuating between 1.6 kg, in 1989-90 and 2.2 kg per capita in 1991-92. The increased supply of peanuts is the result of higher production together with a rundown in stocks, but was partially offset by a fall in imports. The per capita intake of tree nuts in 1991-92 was 4.3 kg, an increase of 22.9 per cent over the past five years, due largely to higher imports.

Oils and Fats

At 19.6 kg per capita, the level of fats in the food supply did not change in 1991-92. This follows a steady decline over the previous five years, with intake down 4.4 per cent when compared with 1986-87. Particularly significant is the downward trend in butter intake, which declined by 25.7 per cent from 3.5 kg in 1986-87 to 2.6 kg in 1991-92. Margarine consumption appears to have stabilised at 8.5 kg per capita and remains the dominant fat spread. These trends are also evident in the longer term with a shift away from butter towards margarine, vegetable oils and other fats.

Sugars

The per capita consumption of sugars in 1991-92 declined by 5.0 per cent to a record low of 45.6 kg per capita. Since 1986-87 consumption of sugars has fallen by 6.4 per cent, with the can e sugar falling 7.3 per cent and honey down 11.1 per cent on the per capita intake in 1986-87. The continued decline in the intake of sugar in manufactured foods is due in part to decreased demand for sugar by the brewing industry, consistent with the overall fall in beer consumption and a shift towards low alcohol beer.

APPARENT PER CAPITA CONSUMPTION OF SUGAR

Beverages

The downward trend in the consumption of tea since the late 1930's appears to have stabilised over recent times with intake of 1.1 kg per capita in 1991-92. This long term decline has been offset by a rise in coffee consumption over the same period, although, like tea, it has levelled more recently, and at 2.1 kg per capita is unchanged compared with the previous year.

The intake of aerated and carbonated waters fell by 3.4% per cent to 96.6 litres per capita in 1991-92, reversing the upward trend of the previous seven years. Nevertheless, the long term consumption of this product has increased dramatically and is now 19.4 per cent up on the 80.9 litres per capita recorded in 1986-87.

The consumption of beer declined for the third successive year to 102.0 litres per capita, which is 5.9 per cent less than intake in 1990-91. However, Australians are drinking more low alcohol beer and less full strength beer, due in part to greater diversity in the range of the low alcohol product.

Wine consumption increased by 4.5 per cent to 18.6 litres in 1991-92. This reverses the downward trend of the previous six years, but it is still 11.0 per cent less than consumption in 1986-87.

APPARENT PER CAPITA CONSUMPTION OF BEER

Alcohol

The consumption of alcohol (expressed in terms of alcoholic content) in 1991-92 reflects the trends in the consumption of alcoholic beverages. In 1991-92, the total alchol consumption declined by 4.1 per cent to 7.71 litres alcohol per capita. The intake of alcohol consumed as beer fell 7.3 per cent to 4.45 litres alcohol per capita with a shift away from the alcohol consumed as the full strength beverage. There was a 16.1 per cent increase in alcohol consumed as low alcohol beer. Consumption of

alcohol as low alcohol beer has more than doubled since 1986-87. Alcohol consumed as wine fell 11.9 per cent in the six years ended 1991-92.

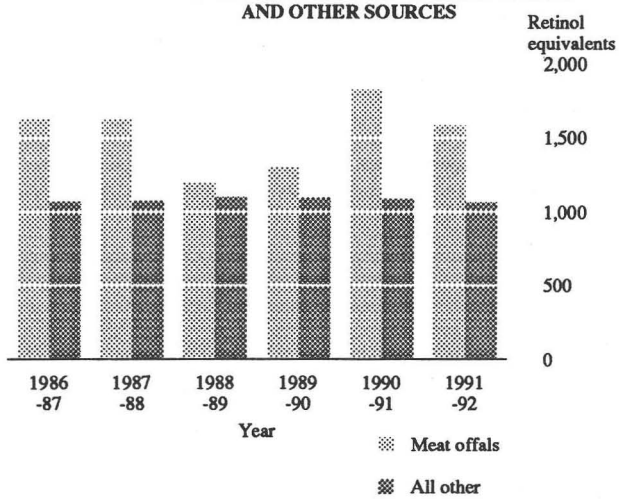
Nutrient Intake

Changes between most nutrients between 1990-91 and 1991-92 were minor. There was a decrease in the apparent consumption of carbohydrate of 2.5 per cent since the previous year. This was due mainly to a decrease in the sugars group, from 124.7g per day to 119.0g per day (a fall of 4.6%), which continues the decline from the recent (1989-90) peak of 126.1g per day.

The most notable change in energy contributions of food groups since the previous year is the 17.8 per cent fall in the contribution of alcoholic beverages. This continues the downward trend noted throughout the 1980's and the 1990's. There was a decline in the energy contributions of sugars (4.5%), fruits (2.6%) and grains (2.7%), and an increase for poultry (3.8%), meat and meat products (3.0%) and vegetables (1.5%).

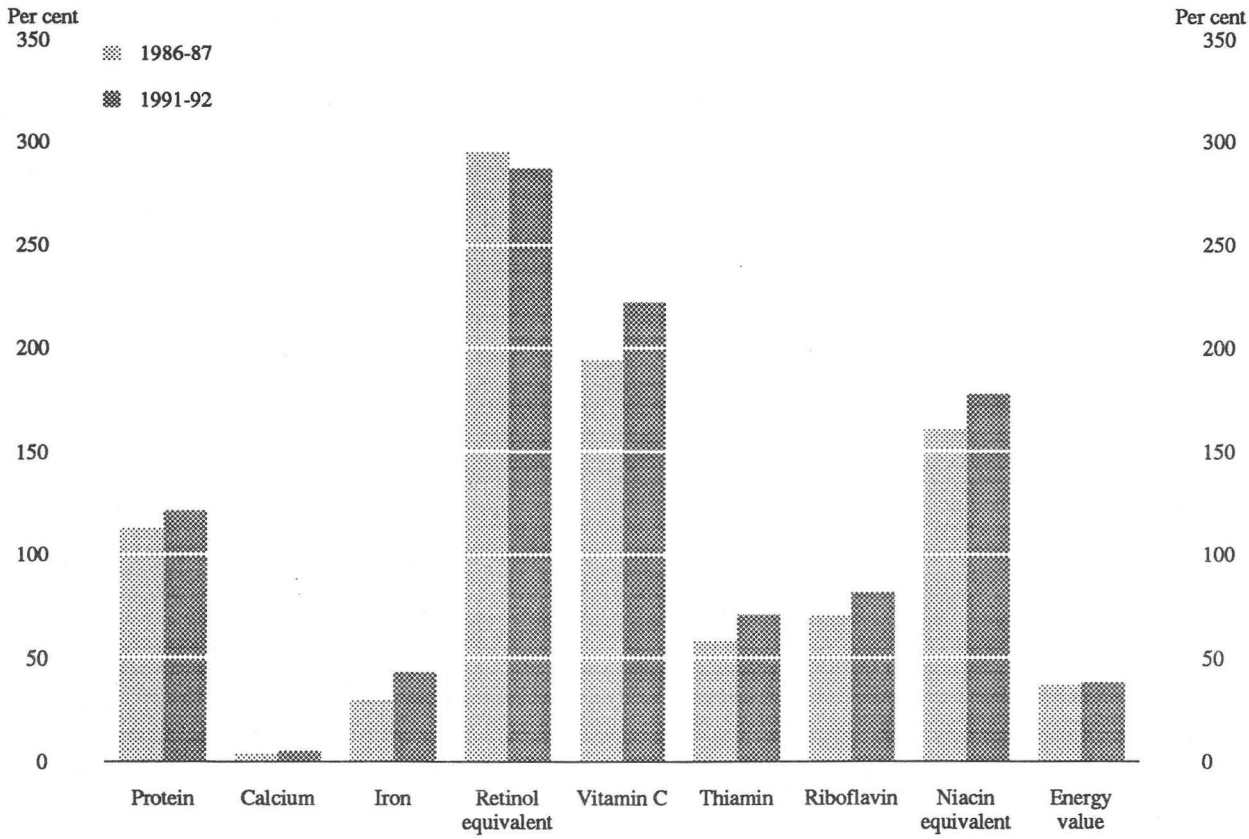
Retinol levels can vary considerably, however almost all the variation is accounted for by the contribution of meat offals which are a concentrated source of vitamin A.

VITAMIN A: CONTRIBUTION OF MEAT OFFALS AND OTHER SOURCES



Of the nutrients presented in this publication, the amounts available for consumption continue to be in excess of the recommended dietary intake (RDI's) and there is minimal variation from the previous year. It has been noted that offals represent a high proportion of the Vitamin A supply, but is eaten by relatively few persons. If offal meats are excluded, the effective Vitamin A supply available for consumption in 1991-92 is 56 per cent in excess of the RDI.

NUTRIENTS AVAILABILITY: PERCENTAGE DIFFERENCE BETWEEN RECOMMENDED DIETARY ALLOWANCE AND AVAILABILITY



SECTION I. SUPPLY AND UTILISATION OF FOODSTUFFS

TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1938-39 to 1991-92
(kg per year, except where otherwise stated)

	Average 3 years ended						*Current year*
	1938-39	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1988-89*	*1991-92*
MEAT AND MEAT PRODUCTS—							
Carcass meat—							
Beef and veal	63.6	49.5	56.2	40.0	64.8	r40.0	37.4
Lamb	6.8	11.4	13.3	20.5	14.4	14.9	13.4
Mutton	27.2	20.5	23.1	18.8	3.6	7.3	7.6
Pigmeat	3.9	3.2	4.6	6.7	13.3	17.5	19.3
Total carcass meat	*101.5*	*84.6*	*97.2*	*85.9*	*96.1*	*79.8*	*77.7*
Offal and meat n.e.i.	3.8	4.0	5.2	5.1	5.9	3.1	3.3
Total Meat and Meat Products (carcass equivalent weight)	**118.5**	**103.0**	**112.4**	**98.8**	**102.0**	**82.9**	**81.1**
Canned meat (canned weight)	1.0	1.2	1.9	2.2	1.6	n.a.	n.a.
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	3.6	6.0	6.9	7.4
POULTRY—							
Poultry (dressed weight)	n.a.	n.a.	n.a.	8.3	17.1	24.3	25.9
SEAFOOD—							
Fresh and frozen (edible weight)—							
Fish—							
Australian	} 2.7	2.4	{ 1.4	1.4	1.6	2.5	3.4
Imported			1.4	1.9	1.2	1.9	1.9
Crustacea and molluscs	0.3	0.3	0.4	0.8	0.9	0.9	1.2
Seafood, otherwise prepared (product weight)(a)—							
Australian			0.4	0.4	0.5	0.5	0.4
Imported—	1.9	1.4					
Fish			} 0.8	1.0	{ 1.8	1.7	1.9
Crustacea and molluscs					0.4	0.6	0.8
Total seafood	**4.9**	**4.1**	**4.5**	**5.6**	**6.4**	**r8.0**	**9.5**
DAIRY PRODUCTS—							
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	128.2	100.5	r101.7	101.4
Condensed, concentrated and evaporated milk—							
Full cream—							
Sweetened	} 2.0	{ 1.6	1.2	1.1	0.8	} 2.2	2.1
Unsweetened(c)		1.8	2.9	3.5	2.5		
Skim	n.a.	n.a.	0.6	0.7	1.6	1.2	2.0
Powdered milk—							
Full cream	1.2	1.5	1.1	0.8	1.3	0.9	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	4.3	2.7	r2.8	2.1
Infants' and invalids' food	0.5	0.6	1.0	1.3	1.2	1.2	1.3
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	3.5	5.3	8.8	8.8
Total (converted to milk solids fat and non-fat)(e)	**17.8**	**22.3**	**22.1**	**25.4**	**22.1**	**r23.8**	**23.3**
FRUIT AND FRUIT PRODUCTS—							
Fresh fruit (incl. fruit for fruit juice)—							
Citrus	14.5	16.9	16.1	22.5	34.5	38.5	43.1
Other	42.6	39.5	35.6	40.8	34.6	47.7	51.7
Jams, conserves, etc. (product weight)	5.2	5.6	3.9	3.3	2.0	r2.0	2.1
Dried fruit (product weight)	3.8	3.9	2.8	2.5	2.0	2.4	3.0
Processed fruit (product weight)	3.5	3.4	6.0	9.9	10.5	8.2	8.5
Total (fresh fruit equivalent)	**78.7**	**80.9**	**72.2**	**86.5**	**91.0**	**r108.5**	**120.1**
VEGETABLES—							
Potatoes	47.1	56.3	51.7	53.7	50.1	62.0	66.6
Other root and bulb vegetables(f)	n.a.	19.1	15.9	17.1	16.7	19.6	19.7
Tomatoes	7.1	11.5	13.0	14.2	13.6	19.6	23.2
Leafy and green vegetables	n.a.	20.5	17.9	21.3	24.3	r23.6	22.7
Other vegetables	n.a.	22.3	18.6	18.1	17.9	22.2	21.0
Total (fresh equivalent weight)	**n.a.**	**129.7**	**117.1**	**124.3**	**122.5**	**r147.0**	**153.2**

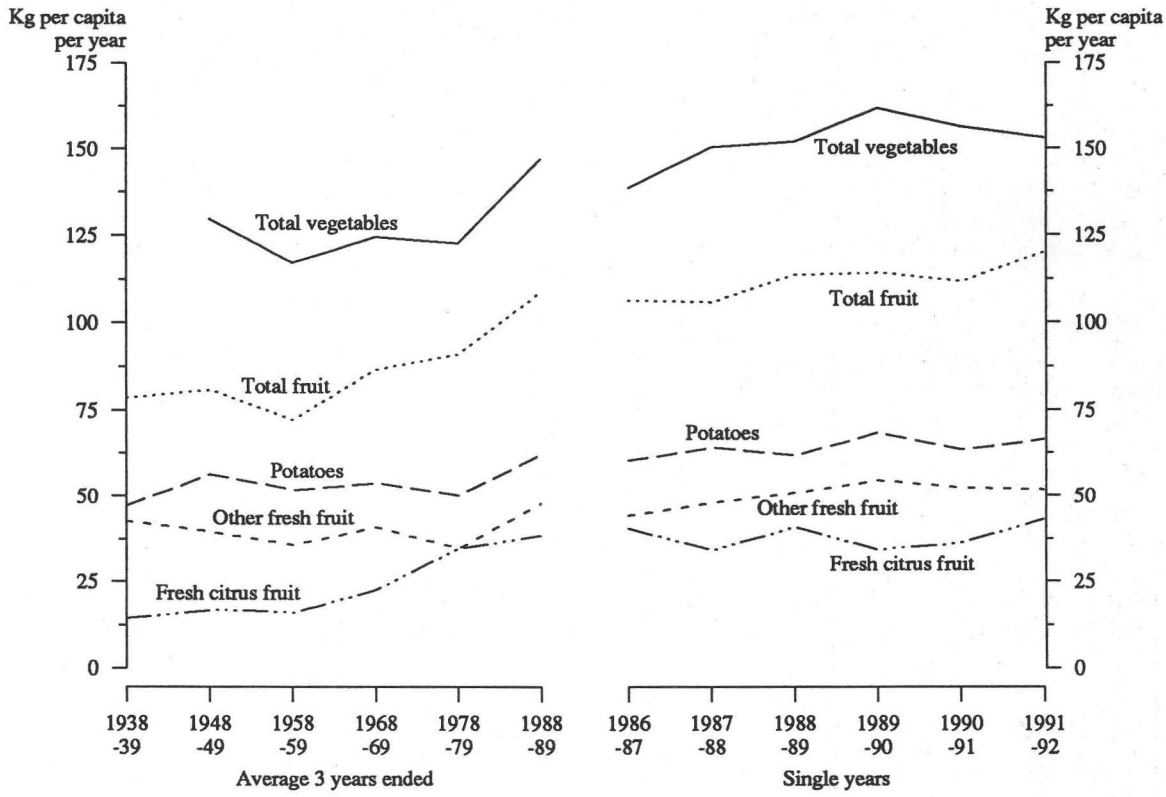
For footnotes see end of table.

TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1938-39 to 1991-92 — *continued*
(kg per year, except where otherwise stated)

	Average 3 years ended						*Current year*
	1938-39	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1988-89*	*1991-92*
GRAIN PRODUCTS—							
Flour(g)	84.9	91.6	82.3	77.4	69.6	72.6	71.7
Breakfast foods	4.8	6.1	6.2	6.8	7.8	9.7	11.9
Table rice	1.8	0.4	n.a.	1.9	2.4	r4.2	5.6
Total	**92.5**	**98.6**	**n.a.**	**86.8**	**79.9**	**r86.5**	**89.2**
Bread(h)	49.6	64.0	69.1	59.5	47.7	r43.8	n.c.
EGGS AND EGG PRODUCTS—							
Total	**12.1**	**12.7**	**10.2**	**12.6**	**12.4**	**n.c.**	**n.c.**
Equivalent number of eggs(i)	243	255	206	222	220	133	129
NUTS (in shell)—							
Peanuts	n.a.	4.2	3.1	2.8	2.1	1.8	2.2
Tree nuts	n.a.	1.8	3.4	5.8	2.9	3.7	4.3
OILS AND FATS—							
Butter	14.9	11.2	12.3	9.8	5.1	3.2	2.6
Margarine—							
Table	0.4	0.4	n.a.	1.5	5.4	6.8	6.5
Other	1.8	2.4	2.2	3.4	3.1	2.2	2.0
Total (fat content)(j)	**17.1**	**14.0**	**n.a.**	**14.3**	**21.6**	**20.4**	**19.6**
SUGARS—							
Cane Sugar—							
As refined sugar	32.0	31.2	27.0	21.0	14.9	8.8	9.3
In manufactured foods	16.3	23.1	23.6	27.7	34.6	33.9	31.3
Total(k)	**50.8**	**56.8**	**53.0**	**51.9**	**54.5**	**48.2**	**45.6**
BEVERAGES—							
Tea	3.1	2.9	2.7	2.3	1.7	1.2	1.1
Coffee(l)	0.3	0.5	0.6	1.2	1.6	2.0	2.1
Aerated and carbonated waters (litres)(m)	n.a.	n.a.	n.a.	47.3	67.4	r87.4	96.6
Beer (litres)	53.2	76.8	99.7	113.5	133.2	r111.6	102.0
Wine (litres)	2.7	5.9	5.0	8.2	14.7	20.2	18.6
ALCOHOL (litres alcohol)(n)—							
Beer	2.55	3.58	4.79	5.45	6.40	5.04	4.45
Wine	0.35	0.77	0.87	1.15	1.98	2.35	2.14
Spirits	0.50	0.80	0.74	0.89	1.21	r1.23	1.12
Total	**3.40**	**5.15**	**6.40**	**7.49**	**9.59**	**r8.62**	**7.71**

(a) Comprises canned seafood only prior to 1972-73. Prepared seafood other than canned was included with 'Fresh and frozen' in this period. (b) Prior to 1978-79 known as Fluid Whole Milk. (c) Included ice-cream mix prior to 1972-73. (d) Combined product and natural equivalent weights prior to 1971-72. (e) Includes an allowance for estimated cream consumption. (f) Sweet potatoes included with 'Other root and bulb vegetables' since 1968-69; formerly included with 'Other vegetables'. (g) Includes flour used for breadmaking. (h) From 1986-87 data only collected triennially. (i) Refer to paragraph 5, Section 1 of the Technical Notes. (j) Includes an estimate for vegetable oils and other fats. Prior to 1975-76 this was estimated at 2kg, from 1975-76 onwards estimated at 10kg. See notes on the Supply and Utilisation of Foodstuffs, page 22. (k) Includes sugar content of syrups, honey and glucose. (l) Coffee and coffee products in terms of roasted coffee. (m) Includes bulk pre-mix and post-mix concentrates in terms of drink equivalent. (n) From 1984-85 data makes allowance for low alcohol beers and wines. From 1989-90 onwards, data for beer have been compiled on the basis of excise data. Prior to this the alcohol content of beer was calculated using 2.4% by volume for low alcohol beer and 4.8% for other beer.

APPARENT PER CAPITA CONSUMPTION OF VEGETABLES AND FRUIT



APPARENT PER CAPITA CONSUMPTION OF CANE SUGAR

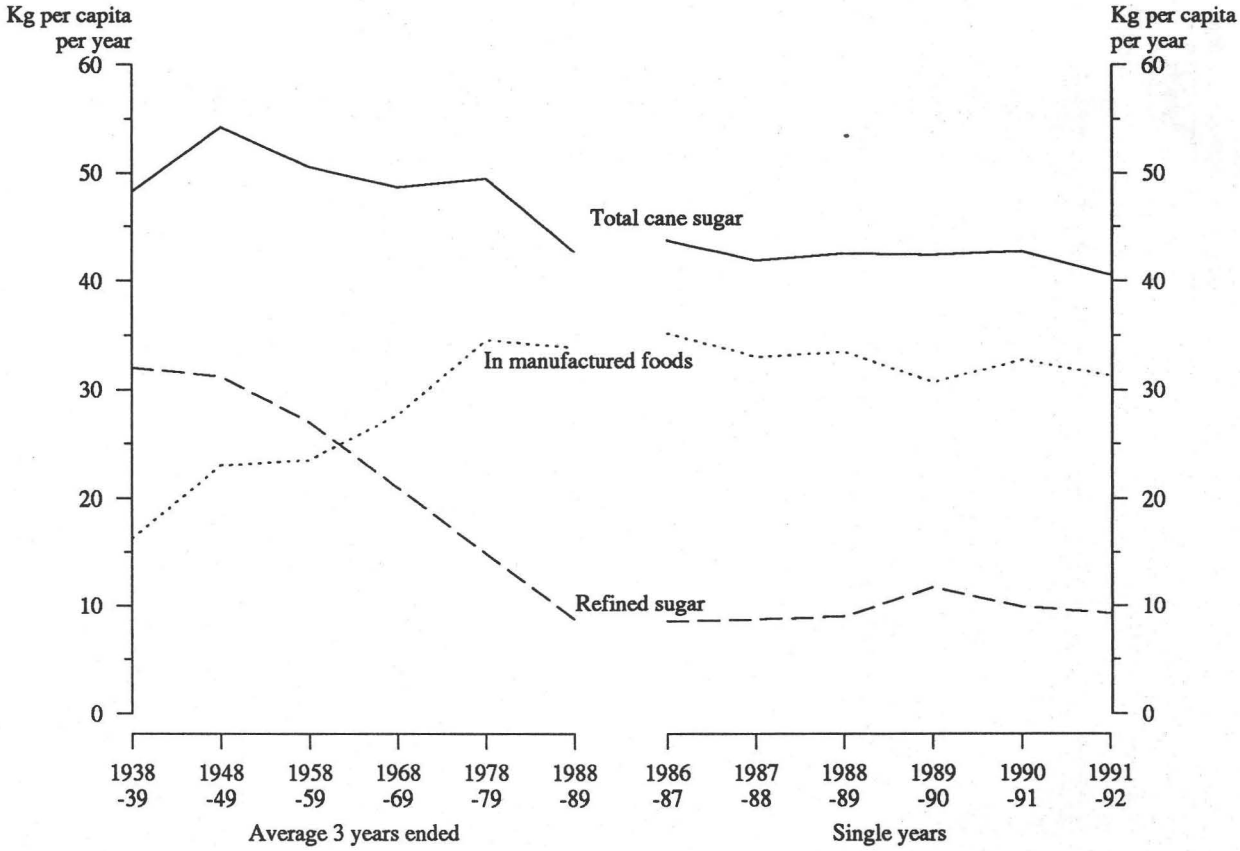


TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1986-87 to 1991-92

	Available for consumption—						*Apparent per capita consumption—*					
	1986-87	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*	*1986-87*	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*
MEAT AND MEAT PRODUCTS—				— tonnes—						—kg—		
Carcass meat—												
Beef and veal	*630,083*	*656,178*	*685,087*	*691,319*	*699,374*	*650,620*	*r39.0*	*40.0*	*41.0*	*40.8*	*40.7*	*37.4*
Beef	599,394	626,242	659,750	665,421	672,893	623,168	r37.1	38.2	39.5	39.3	39.2	35.8
Veal	30,689	29,937	25,337	25,898	26,481	27,452	1.9	1.8	1.5	1.5	1.5	1.6
Lamb	241,015	243,842	248,626	251,456	r242,947	232,891	r14.9	14.9	14.9	14.8	14.1	13.4
Mutton	118,383	130,110	112,942	139,224	132,114	132,873	r7.3	7.9	6.8	8.2	7.7	7.6
Pigmeat	269,877	288,136	301,987	312,297	308,592	335,138	r16.7	17.6	18.1	18.4	18.0	19.3
Total carcass meat	*1,259,359*	*1,318,266*	*1,348,642*	*1,394,296*	*r1,383,027*	*1,351,522*	*r78.0*	*80.4*	*80.8*	*r82.3*	*80.5*	*77.7*
Offal and meat n.e.i.	55,083	55,321	42,305	46,378	r66,029	58,174	3.4	3.4	2.5	2.7	3.8	3.3
Total Meat and Meat Products (carcass equivalent weight)	**1,314,442**	**1,373,587**	**1,390,947**	**1,440,674**	**r1,449,056**	**1,409,696**	**r81.4**	**r83.8**	**r83.4**	**r85.1**	**84.4**	**81.1**
Bacon and ham (cured carcass weight)	107,996	116,191	115,970	128,771	r122,192	129,245	6.7	7.1	r7.0	7.6	7.1	7.4
POULTRY—												
Poultry (dressed weight)	378,091	405,182	411,921	417,010	r430,149	450,973	r23.4	24.7	24.7	24.6	r25.0	25.9
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian	36,577	41,046	43,378	51,642	65,881	59,505	2.3	2.5	2.6	3.0	3.8	3.4
Imported	28,936	31,968	31,033	29,749	28,634	32,435	1.8	1.9	1.9	r1.8	1.7	1.9
Crustacea and molluscs	13,042	13,786	18,122	17,957	19,815	21,100	0.8	0.8	1.1	1.1	1.2	1.2
Seafood otherwise prepared (product weight)—												
Australian	7,855	7,863	8,243	7,999	7,609	6,337	0.5	0.5	0.5	0.5	0.4	0.4
Imported—												
Fish	27,599	25,411	28,358	29,668	28,609	32,835	1.7	1.5	1.7	r1.8	1.7	1.9
Crustacea and molluscs	8,527	9,868	12,618	12,697	13,250	13,763	0.5	0.6	0.8	0.7	0.8	0.8
Total seafood	**122,536**	**129,942**	**r142,050**	**149,712**	**163,798**	**165,975**	**7.6**	**7.9**	**r8.5**	**8.8**	**9.5**	**9.5**
DAIRY PRODUCTS—				—'000 litres—						—litres—		
Market milk (fluid whole) r	1,655,000	1,665,600	1,684,700	1,706,900	r1,735,623	1,762,647	102.5	101.6	101.0	100.8	101.0	101.4
Condensed, concentrated and evaporated milk—				—tonnes—						—kg—		
Full cream sweetened } Full cream unsweetened }	39,597	33,715	36,757	40,484	41,957	36,079	} 2.5	2.1	2.2	2.4	2.4	2.1
Skim	16,055	20,834	22,242	24,093	29,852	34,361	1.0	1.3	1.3	1.4	1.7	2.0
Powdered milk—												
Full cream r	13,735	15,867	15,486	16,626	14,644	15,039	0.9	1.0	0.9	1.0	0.9	0.9
Skim r	43,787	48,263	44,565	42,587	37,563	36,365	2.7	2.9	2.7	2.5	2.2	2.1
Infants' and invalids' food	15,245	21,133	23,045	24,856	22,855	23,310	0.9	1.3	1.4	1.5	1.3	1.3
Cheese (natural equivalent weight)	136,976	144,729	150,322	149,847	r149,806	153,821	8.5	8.8	9.0	8.8	8.7	8.8
Total (converted to milk solids, fat and non-fat) r	**379,278**	**392,923**	**396,929**	**400,781**	**399,567**	**404,604**	**23.5**	**24.0**	**23.8**	**23.7**	**23.3**	**23.3**

For footnotes see end of table.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1986-87 to 1991-92 — *continued*

	Available for consumption—						*Apparent per capita consumption—*					
	1986-87	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*	*1986-87*	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*
FRUIT AND FRUIT PRODUCTS—			—tonnes—						—kg—			
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	653,566	558,524	680,878	581,116	623,751	749,632	40.5	34.1	40.8	34.3	36.3	43.1
Other	715,574	785,293	847,566	921,446	897,289	898,295	44.3	47.9	50.8	54.4	52.2	51.7
Jams, conserves, etc. (product weight) r	30,237	32,342	37,585	38,392	36,878	36,523	1.9	2.0	2.3	2.3	r2.1	2.1
Dried fruit (product weight)	37,087	40,703	42,005	r46,515	r49,481	52,322	2.3	2.5	2.5	r2.7	r2.9	3.0
Processed fruit (product weight)	131,208	146,826	123,459	161,271	127,611	148,625	8.2	9.0	7.4	9.5	r7.4	8.5
Total (fresh fruit equivalent) r	**1,712,787**	**1,731,555**	**1,895,322**	**1,931,926**	**1,917,221**	**2,089,221**	**106.1**	**105.6**	**113.6**	**114.1**	**111.6**	**120.1**
VEGETABLES—												
Potatoes	975,422	1,049,167	1,027,071	1,157,491	r1,091,049	1,157,049	r60.4	64.0	r61.6	68.3	63.5	66.6
Other root and bulb vegetables	304,549	305,139	353,457	333,985	360,604	342,333	18.9	18.6	21.2	19.7	21.0	19.7
Tomatoes	289,475	r326,540	r349,468	401,741	442,230	404,043	r17.9	19.9	r20.9	23.7	r25.7	23.2
Leafy and green vegetables	r345,526	392,340	424,788	441,790	413,379	394,931	r21.4	23.9	r25.5	26.1	24.1	22.7
Other vegetables	320,779	389,536	381,970	404,806	376,765	364,718	19.9	r23.8	22.9	23.9	21.9	21.0
Total (fresh equivalent weight)	**r2,235,751**	**r2,462,722**	**r2,536,754**	**2,739,813**	**r2,684,027**	**2,663,624**	**r138.5**	**150.2**	**152.0**	**161.7**	**156.3**	**153.2**
GRAIN PRODUCTS—												
Flour(a)	1,158,778	1,208,389	1,205,837	1,247,853	1,275,729	1,246,144	r71.8	73.7	r72.3	73.7	74.3	71.7
Breakfast foods—												
Oatmeal and rolled oats	25,301	26,759	31,550	r20,401	r31,381	25,828	1.6	1.6	1.9	r1.2	r1.8	1.5
Other (from grain)	115,943	134,544	143,151	r153,470	r178,872	181,687	7.2	8.2	8.6	r9.1	r10.4	10.4
Total breakfast foods	*141,244*	*161,303*	*174,701*	*r173,871*	*r210,253*	*207,515*	*8.8*	*9.8*	*10.5*	*r10.3*	*12.2*	*11.9*
Table rice r	60,035	68,177	77,181	83,701	87,582	98,163	3.7	4.2	4.6	4.9	5.1	5.6
Total grain products r	**1,360,057**	**1,437,869**	**1,457,719**	**1,505,425**	**1,573,564**	**1,551,822**	**84.3**	**87.7**	**87.4**	**88.9**	**91.6**	**89.2**
Bread	719,025	n.c.	n.c.	n.c.	n.c.	n.c.	r44.6	n.c.	n.c.	n.c.	n.c.	n.c.
EGGS AND EGG PRODUCTS			—'000 dozen—						—number—			
Number of eggs(b)	184,473	183,961	178,302	176,368	180,358	186,559	r137	135	128	125	126	129
NUTS (in shell)—			—tonnes—						—kg—			
Peanuts	35,084	28,394	27,477	33,270	33,383	37,680	2.2	1.7	1.6	2.0	1.9	2.2
Tree nuts	56,134	r58,050	68,170	69,650	67,105	74,396	3.5	r3.5	4.1	4.1	3.9	4.3

For footnotes see end of table.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1986-87 to 1991-92 — *continued*

	Available for consumption—						*Apparent per capita consumption—*					
	1986-87	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*	*1986-87*	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*
OILS AND FATS—			—tonnes—							—kg—		
Butter(c) r	56,182	50,305	49,142	49,834	44,704	45,741	3.5	3.1	2.9	2.9	2.6	2.6
Total margarine	*142,676*	*148,093*	*149,640*	*145,662*	*147,735*	*148,467*	*8.8*	*9.0*	*9.0*	*8.6*	*8.6*	*8.5*
Table margarine	108,854	112,267	113,278	109,435	115,027	113,750	6.7	6.8	6.8	6.5	6.7	6.5
Other margarine	33,822	35,826	36,362	36,227	32,708	34,717	2.1	2.2	2.2	2.1	1.9	2.0
Total (fat content)(d) r	**331,594**	**334,081**	**337,339**	**336,976**	**336,956**	**340,582**	**20.5**	**20.4**	**20.2**	**19.9**	**19.6**	**19.6**
SUGARS—												
Cane Sugar—												
As refined sugar r	138,246	144,002	150,228	198,892	170,312	162,565	8.6	8.8	9.0	11.7	9.9	9.3
In manufactured foods r	568,300	542,422	558,197	520,596	564,037	544,239	35.2	33.1	33.5	30.7	32.8	31.3
Total cane sugar r	*706,546*	*686,424*	*708,425*	*719,488*	*734,349*	*706,804*	*43.8*	*41.9*	*42.5*	*42.4*	*42.7*	*40.6*
Honey	14,679	16,851	16,285	14,050	15,409	13,264	0.9	1.0	1.0	0.8	0.9	0.8
Total(e) r	**786,628**	**779,132**	**806,509**	**823,962**	**824,891**	**793,656**	**48.7**	**47.5**	**48.3**	**48.6**	**48.0**	**45.6**
BEVERAGES—												
Tea	20,928	19,804	19,587	18,228	17,128	18,483	1.3	1.2	1.2	1.1	1.0	1.1
Coffee(f)	28,859	34,733	33,583	33,081	35,324	37,250	1.8	2.1	2.0	2.0	2.1	2.1
			—'000 litres—							—litres—		
Aerated and carbonated waters(g)	1,306,174	1,436,827	1,560,339	r1,651,847	r1,718,088	1,679,486	r80.9	87.6	r93.5	r97.5	r100.0	96.6
Beer—												
Low alcohol	185,009	198,592	273,596	318,114	338,167	387,938	11.5	12.1	16.4	18.8	19.7	22.3
Other beer	1,605,987	1,618,095	1,614,416	1,574,015	1,523,751	1,386,440	r99.5	98.7	r96.8	r92.9	88.7	79.7
Total beer	*1,790,996*	*1,816,687*	*1,888,012*	*1,892,129*	*1,861,918*	*1,774,378*	*r111.0*	*110.8*	*r113.2*	*r111.7*	*108.4*	*102.0*
Wine	337,588	338,701	318,888	311,063	305,271	323,532	r20.9	r20.7	19.1	r18.4	17.8	18.6
ALCOHOL—			—'000 litres alcohol—						—litres alcohol —			
Beer(h)—												
Low alcohol	4,440	4,766	6,566	9,046	9,665	11,241	0.28	0.29	0.39	0.53	0.56	0.65
Other beer	77,087	77,669	77,492	75,219	72,864	66,127	r4.78	4.74	4.64	4.44	4.24	3.80
Total beer	*81,527*	*82,435*	*84,058*	*84,265*	*82,529*	*77,368*	*r5.05*	*5.03*	*r5.04*	*4.97*	*r4.80*	*4.45*
Wine	39,233	39,287	37,009	36,118	35,312	37,216	r2.43	2.40	2.22	2.13	2.06	2.14
Spirits	18,997	20,275	21,488	21,629	20,232	19,450	1.18	1.24	1.29	1.28	1.18	1.12
Total	**139,757**	**141,997**	**142,555**	**142,012**	**138,073**	**134,034**	**r8.66**	**8.66**	**8.54**	**r8.38**	**8.04**	**7.71**

(a) Includes flour used for breadmaking. (b) Includes commercial disposals only. (c) Includes butter equivalent of butter oil, butter concentrate and ghee. (d) Includes an estimate for vegetable oils and other fats. (e) Includes sugar content of syrups and glucose. (f) Coffee and coffee products in terms of roasted coffee. (g) Includes bulk pre-mix and post-mix concentrates in terms of drink equivalent. (h) From 1989-90 onwards, data for beer have been compiled on the basis of excise data. Prior to this, the alcohol content of beer was calculated using 2.4% by volume for low alcohol beer and 4.8% for other beer.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1991-92

	Supply					Utilisation				
		Production							Apparent consumption in Australia as human food	
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	Per capita per year
MEAT AND MEAT PRODUCTS—					— tonnes —					kg
Carcass meat(a)—										
Beef and veal	–1,389	1,790,870	—	3,748	1,796,007	1,145,387	..		650,620	37.4
Beef	–1,348	1,752,755	—	2,998	1,757,101	1,133,933	..		623,168	35.8
Veal	–42	38,115	—	750	38,906	11,454	..		27,452	1.6
Lamb	401	274,671	—	1	274,271	41,380	..	(b)	232,891	13.4
Mutton	–2,322	392,220	—	174	394,716	261,843	..		132,873	7.6
Pigmeat	147	335,785	—	4,033	339,671	4,533	..		335,138	19.3
Total carcass meat	*–3,163*	*2,793,546*	—	*7,956*	*2,804,665*	*1,453,143*	..		*1,351,521*	*77.7*
Offal and meat n.e.i.(a)	–2,068	128,730	—	4,244	135,042	73,868	3,000		58,174	3.3
Total Meat and Meat Products (carcass equivalent weight)	**–5,231**	**2,922,276**	—	**12,199**	**2,939,706**	**1,527,011**	**3,000**	..	**1,409,696**	**81.1**
Bacon and ham (cured carcass weight)	1,002	134,069	—	342	133,409	1,155	..	3,008	129,245	7.4
POULTRY—										
Poultry (dressed weight)	1,578	451,569	3,943	632	454,565	3,592	..	n.a.	450,973	25.9
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	n.a.	69,966	6,997	..	76,963	9,836	n.a.	7,622	59,505	3.4
Imported	n.a.	..	..	32,649	32,649	214	n.a.	..	32,435	1.9
Crustacea and molluscs	n.a.	33,671	—	5,896	39,567	16,351	n.a.	2,116	21,100	1.2
Seafood, otherwise prepared (product weight)—										
Australian	341	10,138	—	..	9,797	3,460	..	..	6,337	0.4
Imported—										
Fish	n.a.	..	..	32,884	32,884	49	..	..	32,835	1.9
Crustacea and molluscs	n.a.	..	..	13,858	13,858	95	..	..	13,763	0.8
DAIRY PRODUCTS—					— '000 litres —					litres
Market milk (fluid whole)	..	..	..	..	..	..	..	..	(c)1,762,647	101.4
Condensed, concentrated and evaporated milk—					— tonnes —					kg
Full cream sweetened / Full cream unsweetened	717	39,563	—	394	39,240	3,161	..	..	36,079	2.1
Skim	–131	44,897	—	907	45,935	11,574	..	..	34,361	2.0
Powdered milk—										
Full cream	..	..	..	..	..	..	..	..	(c)15,039	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	..	..	..	..	..	..	..	..	(c)36,365	2.1
Infants' and invalids' food	166	29,808	—	1,669	31,311	8,001	..	..	23,310	1.3
Cheese (natural equivalent weight)	..	..	..	..	..	..	..	..	(c)153,821	8.8

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1991-92 — *continued*

	Supply					Utilisation				
		Production							Apparent consumption in Australia as human food	
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	Per capita per year
FRUIT AND FRUIT PRODUCTS—					— tonnes —					kg
Fresh fruit (incl. fruit for fruit juice)—										
Oranges	..	481,781	24,089	205,915	711,785	69,065	9,636	n.a.	633,084	36.4
Other citrus fruit	..	110,277	5,514	11,126	126,917	10,369	n.a.	n.a.	116,548	6.7
Other fresh fruit—										
Apples	(d)6,499	324,173	—	3	317,677	32,036	n.a.	21,003	264,838	15.2
Apricots	..	36,222	—	832	37,054	361	n.a.	14,667	22,026	1.3
Bananas	..	185,611	—	96	185,707	124	n.a.	—	185,583	10.7
Grapes	..	53,356	—	14	53,370	15,408	n.a.	..	37,962	2.2
Melons, cantaloupes etc.	..	146,357	—	1	146,358	8,127	n.a.	..	138,231	7.9
Peaches	..	65,643	—	1,750	67,393	780	n.a.	35,636	30,977	1.8
Pears	(d)324	183,516	—	152	183,344	34,496	n.a.	40,522	108,236	6.2
Pineapples	..	136,640	—	—	136,640	796	n.a.	56,112	79,732	4.6
Plums and prunes	..	22,561	—	7	22,568	2,840	n.a.	n.a.	19,729	1.1
Total	*(d)6,823*	*1,234,830*	*15,000*	*34,333*	*1,277,340*	*100,634*	*n.a.*	*278,411*	*898,295*	*51.7*
Jams, conserves, etc. (product weight)	530	31,178	1,000	5,802	38,050	1,527	..	..	36,523	2.1
Dried vine fruit (product weight)—										
Currants	..	..	..	..	..	..	..	..	(e)3,545	0.2
Raisins	..	..	..	..	..	..	..	..	(e)3,850	0.2
Sultanas	..	..	..	..	..	..	..	..	(e)31,822	1.8
Dried tree fruit (product weight)—										
Apricots	..	..	..	..	..	..	..	..	(f)4,053	0.2
Prunes	..	..	..	..	..	..	..	..	(f)3,508	0.2
Other	..	..	..	..	..	..	..	..	(f)5,544	0.3
Processed fruit (product weight)—										
Apples	1,372	9,907	—	3	8,538	32	..	..	8,506	0.5
Mixed fruits (incl. fruit salad)	4,455	40,621	—	510	36,676	16,189	..	..	20,487	1.2
Peaches	1,684	37,362	150	1,412	37,240	14,773	..	..	22,467	1.3
Other	3,225	86,500	350	42,750	126,375	29,570	..	..	96,805	5.6

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1991-92 — *continued*

	Supply					Utilisation				
		Production							Apparent consumption in Australia as human food	
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	Per capita per year
VEGETABLES—					— tonnes —					kg
Potatoes	n.a.	1,227,210	25,400	10,312	1,262,922	18,507	86,816		1,157,599	66.6
Other root and bulb vegetables—										
Beetroot	—	27,803	1,946	—	29,749	361	278		29,110	1.7
Carrots	—	163,788	8,189	—	171,977	26,577	4,914		140,486	8.1
Onions	203	225,782	11,289	3,201	240,069	75,505	6,773		157,791	9.1
Parsnips	n.a.	5,287	264	—	5,551	867	106		4,578	0.3
Sweet potatoes	n.a.	6,442	—	33	6,475	—	129		6,346	0.4
White turnips and swedes	n.a.	5,764	173	—	5,937	1,800	115		4,022	0.2
Total	*203*	*434,866*	*21,861*	*3,234*	*459,758*	*105,110*	*12,315*		*342,333*	*19.7*
Tomatoes	–1,600	342,006	34,201	48,304	426,111	4,968	17,100		404,043	23.2
Leafy and green veg. (incl. legumes)—										
Beans	n.a.	45,586	6,838	6,235	58,659	1,728	912		56,019	3.2
Cabbages and other greens	n.a.	92,141	4,607	1,304	98,052	7,049	4,607	(b)	86,396	5.0
Celery	n.a.	44,305	2,215	—	46,520	694	2,215		43,611	2.5
Lettuce	n.a.	104,025	10,403	—	114,428	3,297	7,282		103,849	6.0
Peas	3,304	86,407	12,961	25,159	121,223	9,254	6,913		105,056	6.0
Total	*3,304*	*372,464*	*37,024*	*32,698*	*438,882*	*22,022*	*21,929*		*394,931*	*22.7*
Other vegetables—										
Asparagus	n.a.	6,386	639	4,689	11,714	3,290	. .		8,424	0.5
Cauliflowers	n.a.	80,860	4,043	3	84,906	9,940	5,660		69,306	4.0
Cucumbers (incl. gherkins)	–233	13,892	695	3,700	18,520	256	417		17,847	1.0
Marrows, squashes and zucchinis	n.a.	11,663	583	—	12,246	694	n.a.		11,552	0.7
Pumpkins	n.a.	86,410	4,321	—	90,731	694	n.a.		90,037	5.2
Sweet corn	n.a.	50,934	2,547	17,718	71,199	710	1,019		69,470	4.0
Other	–9,450	87,611	—	38,882	135,943	37,861	n.a.		98,082	5.6
Total	*–9,683*	*337,756*	*12,828*	*64,992*	*425,259*	*53,445*	*7,096*		*364,718*	*21.0*
Total all vegetables	**–7,776**	**2,714,302**	**131,314**	**159,540**	**3,012,932**	**204,052**	**145,256**		**2,663,624**	**153.2**
GRAIN PRODUCTS—										
Flour (incl. flour for breadmaking)	1,188	1,282,967	. .	29,383	1,312,350	66,206	. .	. .	1,246,144	71.7
Breakfast foods—										
Oatmeal and rolled oats	n.a.	32,399	. .	—	32,399	6,571	. .	. .	25,828	1.5
Other (from grain)	–221	203,774	. .	6,290	210,285	28,598	. .	. .	181,687	10.4
Table rice	n.a.	69,953	. .	28,210	98,163	. .	. .	. .	98,163	5.6
Total grain products	**–221**	**1,589,093**	**. .**	**63,883**	**1,653,197**	**101,375**	**. .**	**. .**	**1,551,822**	**89.2**
Bread(g)	n.c.	n.c.	n.c.	n.c.	n.c.	n.c.	n.c.	n.c.	n.c.	n.c.
EGGS AND EGG PRODUCTS—									'000 doz.	number
Number of eggs	. .	. .	. .	. .	. .	. .	. .	. .	(h)186,559	129
NUTS (in shell)—					— tonnes —					kg
Peanuts	415	26,940	n.a.	20,300	47,240	2,270	. .	7,290	37,680	2.2
Tree nuts	n.a.	18,045	n.a.	61,490	79,535	5,139	n.a.	n.a.	74,396	4.3

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1991-92 — *continued*

	Supply					Utilisation				
		Production							Apparent consumption in Australia as human food	
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	Per capita per year
OILS AND FATS—					— tonnes —					kg
Butter	..	..	..	..	..	..	..	..	(c)45,471	2.6
Total margarine	*–3,366*	*161,988*	—	*1,273*	*166,627*	*18,160*	..	..	*148,467*	*8.5*
Table margarine	–1,576	116,726	—	1,273	119,575	5,825	..	..	113,750	6.5
Other margarine	–1,790	45,262	—	—	47,052	12,335	..	..	34,717	2.0
SUGARS—										
Cane Sugar—										
As refined sugar	–10,849	738,941	—	11,539	761,329	21,910	..	576,854	162,565	9.3
In manufactured foods	—	576,854	—	67,415	644,269	100,030	..	..	544,239	31.3
Honey	—	22,224	—	76	22,300	9,036	..	..	13,264	0.8
BEVERAGES—										
Tea	n.a.	1,506	—	17,219	18,725	242	..	..	18,483	1.1
Coffee	n.a.	441	—	40,297	40,738	3,488	..	..	37,250	2.1
					— '000 litres —					litres
Aerated and carbonated waters	n.a.	1,666,513	n.a.	34,734	1,701,247	21,761	..	..	1,679,486	96.6
Beer—				(i)					(j)	
Low alcohol	..	..	..	415	..	..	..	..	387,938	22.3
Other beer	..	..	..	11,336	..	..	..	..	1,386,440	79.7
Total beer	..	..	..	*11,751*	..	..	..	..	*1,774,378*	*102.0*
Wine—				(i)					(k)	
Dessert wine	..	..	..	105	..	..	..	..	17,604	1.0
Sherry	..	..	..	55	..	..	..	..	12,447	0.7
Sparkling and carbonated wine	..	..	..	2,373	..	..	..	..	36,277	2.1
Table wine	..	..	..	5,190	..	..	..	..	251,894	14.5
Vermouth	..	..	..	227	..	..	..	..	1,637	0.1
Other wine, n.e.i.	..	..	..	752	..	..	..	..	3,673	0.2
Total wine	..	..	..	*8,702*	..	..	..	..	*323,532*	*18.6*
Spirits—					— '000 litres alcohol —					litres alcohol
				(i)					(j)	
Brandy	..	..	..	662	..	..	..	..	2,042	0.12
Gin	..	..	..	581	..	..	..	..	798	0.05
Liqueurs (incl. flavoured spirits)	..	..	..	1,727	..	..	..	..	1,826	0.10
Rum	..	..	..	485	..	..	..	..	2,449	0.14
Vodka	..	..	..	562	..	..	..	..	903	0.05
Whisky	..	..	..	9,800	..	..	..	..	9,836	0.57
Other, n.e.i. (incl. bitters)	..	..	..	336	..	..	..	..	1,596	0.09
Total spirits	..	..	..	*14,153*	..	..	..	..	*19,450*	*1.12*

(a) Stocks supplied by the Australian Meat and Livestock Corporation. (b) Processed foods are not shown separately, but are included in production and apparent consumption. (c) Domestic sales supplied by the Australian Dairy Corporation. (d) Cold store stocks of apples and pears. (e) Comprises deliveries year ended 30 June as recorded by the Australian Dried Fruits Association, and imports. (f) Comprises deliveries and imports for consumption in Australia. (g) Data collected triennially and not available for 1991-92. (h) See paragraph 5, Section 1 of the Technical Notes. (i) Imports cleared for consumption in Australia. (j) Comprises quantities upon which excise duty was paid and imports cleared for consumption in Australia. (k) Comprises quantity of sales by winemakers and imports cleared for consumption in Australia.

SECTION II. LEVEL OF NUTRIENT INTAKE

TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a), 1986-87 to 1991-92
(per capita per day)

Commodity group	*Protein* g	*Fat* g	*Carbo-hydrate* g	*Calcium* mg	*Iron* mg	*Retinol equivalent (b)* µg	*Vitamin C* mg	*Thiamin* mg	*Ribo-flavin* mg	*Niacin* mg	*Energy value* kJ
					1986-87						
Meat and meat products r	28.4	26.0	0.2	11	2.9	1,631	2	0.27	0.54	6.1	1,450
Poultry	7.3	5.2	—	3	0.4	16	—	0.02	0.04	1.4	318
Seafood	4.0	1.1	—	20	0.3	5	—	0.01	0.02	0.8	114
Dairy products(c) r	19.7	21.3	20.1	672	0.6	211	4	0.21	0.79	0.4	1,448
Fruit and fruit products	1.9	0.2	25.0	40	0.8	37	55	0.12	0.07	0.6	461
Vegetables and vegetable products	6.1	0.4	24.0	41	1.8	453	66	0.22	0.14	3.0	535
Grain products	24.6	3.2	167.2	44	4.5	—	—	0.74	0.59	8.3	3,379
Eggs and egg products	2.4	1.9	0.1	7	0.3	30	—	0.01	0.08	—	110
Nuts	1.9	4.5	0.6	14	0.3	—	—	0.04	0.07	0.8	210
Oils and fats	0.2	54.6	0.3	4	—	317	—	—	0.01	0.1	2,027
Sugars	—	—	125.4	5	0.1	—	—	—	—	—	2,005
Beverages(alcoholic)(d)	1.0	—	7.1	16	0.1	—	7	—	—	1.3	719
Total r	**97.5**	**118.5**	**369.9**	**877**	**12.0**	**2,700**	**135**	**1.65**	**2.34**	**22.7**	**12,774**
					1987-88						
Meat and meat products r	29.2	26.9	0.2	12	3.0	1,631	2	0.28	0.55	6.2	1,498
Poultry	7.7	5.5	—	3	0.4	16	—	0.02	0.05	1.5	335
Seafood	4.1	1.1	—	20	0.3	5	—	0.01	0.02	0.9	115
Dairy products(c) r	20.2	21.8	21.0	690	0.6	218	5	0.22	0.80	0.4	1,486
Fruit and fruit products	1.8	0.2	25.3	37	0.8	37	50	0.11	0.07	0.6	463
Vegetables and vegetable products	6.7	0.5	25.6	43	2.0	455	72	0.24	0.16	3.2	574
Grain products	25.5	3.4	173.8	46	4.8	—	—	0.78	0.64	8.8	3,512
Eggs and egg products	2.3	1.8	0.1	7	0.3	29	—	0.01	0.07	—	108
Nuts	1.8	4.2	0.5	14	0.3	—	—	0.04	0.07	0.7	195
Oils and fats	0.2	54.1	0.2	4	—	312	—	—	0.01	0.1	2,010
Sugars	—	—	122.0	5	0.1	—	—	—	—	—	1,951
Beverages(alcoholic)(d)	1.0	—	7.1	16	0.1	—	7	—	—	1.3	714
Total r	**100.6**	**119.5**	**375.8**	**896**	**12.6**	**2,704**	**136**	**1.71**	**2.43**	**23.7**	**12,960**
					1988-89						
Meat and meat products r	28.8	26.7	0.1	11	2.9	1,201	2	0.28	0.47	6.0	1,483
Poultry	7.7	5.5	—	3	0.4	16	—	0.02	0.05	1.5	335
Seafood	4.6	1.2	—	22	0.3	6	—	0.01	0.03	0.9	125
Dairy products(c) r	20.1	21.9	20.7	685	0.6	221	5	0.21	0.79	r 0.5	r 1,485
Fruit and fruit products	2.0	0.2	26.5	42	0.9	39	58	0.13	0.07	0.6	486
Vegetables and vegetable products	6.8	0.5	r 25.6	45	2.0	485	71	0.24	0.16	3.2	r 576
Grain products	25.4	3.4	173.0	46	4.9	—	—	0.79	0.65	8.9	3,499
Eggs and egg products	2.2	1.8	0.1	7	0.3	28	—	0.01	0.07	—	103
Nuts	1.8	4.4	0.5	15	0.3	—	—	0.03	0.08	0.7	204
Oils and fats	0.2	53.7	0.2	4	—	307	—	—	0.01	0.1	1,993
Sugars	—	—	124.3	5	0.1	—	—	—	—	—	1,988
Beverages(alcoholic)(d)	1.0	—	7.2	16	0.1	—	7	—	—	1.3	710
Total r	**100.6**	**119.3**	**378.3**	**901**	**12.7**	**2,302**	**142**	**1.73**	**2.37**	**23.6**	**12,988**

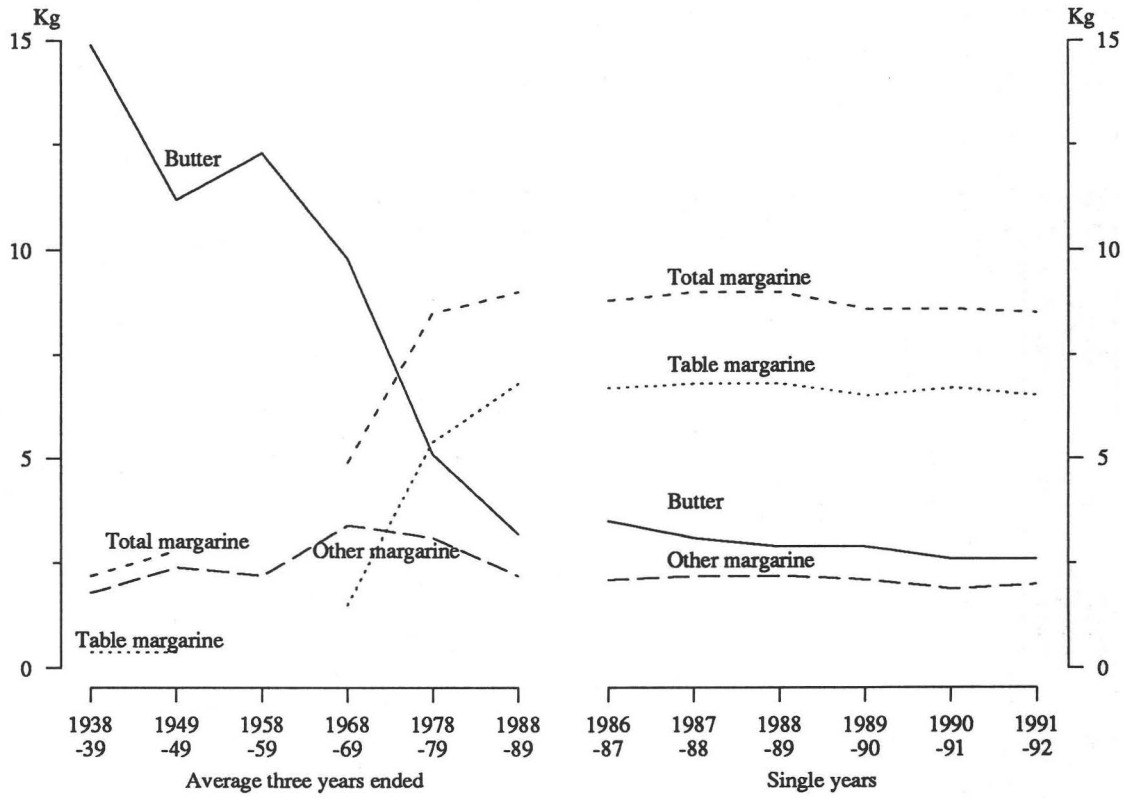
For footnotes see end of table.

TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a), 1986-87 to 1991-92 — *continued*
(per capita per day)

Commodity group	*Protein* g	*Fat* g	*Carbo-hydrate* g	*Calcium* mg	*Iron* mg	*Retinol equivalent (b)* µg	*Vitamin C* mg	*Thiamin* mg	*Ribo-flavin* mg	*Niacin* mg	*Energy value* kJ
					1989-90						
Meat and meat products r	29.4	27.4	0.1	12	2.9	1,297	2	0.28	0.49	6.2	1,519
Poultry	7.7	5.5	—	3	0.4	16	—	0.02	0.05	1.5	334
Seafood	4.7	1.2	—	23	0.3	6	—	0.01	0.03	1.0	r130
Dairy products(c) r	19.9	21.9	20.7	678	0.6	221	5	0.21	0.79	0.5	1,481
Fruit and fruit products	1.9	0.2	26.8	39	0.8	41	52	0.11	0.07	0.6	488
Vegetables and vegetable products	7.2	0.5	27.6	46	2.1	487	76	0.26	0.17	3.5	618
Grain products	25.8	3.3	176.2	46	5.0	—	—	0.80	0.67	9.2	3,556
Eggs and egg products	2.2	1.7	0.1	7	0.3	27	—	0.01	0.07	—	101
Nuts	2.0	4.8	0.6	16	0.3	—	—	0.04	0.08	0.8	221
Oils and fats	0.2	52.8	0.2	4	—	296	—	—	0.01	0.1	1,960
Sugars	—	—	126.1	5	0.1	—	—	—	—	—	r2,017
Beverages(alcoholic)(d)	1.0	—	7.1	15	0.1	—	7	—	—	1.3	r696
Total r	**102.0**	**119.4**	**385.5**	**893**	**13.0**	**2,392**	**141**	**1.76**	**2.41**	**24.5**	**13,121**
					1990-91						
Meat and meat products	29.5	26.9	0.2	12	3.1	1,822	2	0.29	0.59	6.3	1,505
Poultry	7.8	5.6	—	3	0.4	17	—	0.02	0.05	1.5	339
Seafood	5.1	1.3	—	23	0.3	6	—	0.01	0.03	1.0	138
Dairy products(c) r	19.5	21.6	20.0	663	0.6	217	5	0.21	0.77	0.4	1,453
Fruit and fruit products	2.0	0.2	27.8	41	0.9	51	53	0.12	0.07	0.7	507
Vegetables and vegetable products	6.8	0.5	26.0	45	2.0	477	73	0.25	0.16	3.3	583
Grain products r	26.6	3.6	181.0	48	5.4	—	—	0.85	0.73	9.7	3,661
Eggs and egg products	2.2	1.7	0.1	7	0.3	27	—	0.01	0.07	—	101
Nuts	1.9	4.6	0.6	15	0.3	—	—	0.04	0.08	0.7	210
Oils and fats	0.2	52.1	0.2	3	—	289	—	—	0.01	0.1	1,935
Sugars	—	—	124.7	4	0.1	—	—	—	—	—	1,993
Beverages(alcoholic)(d)	1.0	—	6.9	15	0.1	—	7	—	—	1.3	668
Total r	**102.6**	**118.1**	**387.4**	**879**	**13.4**	**2,906**	**140**	**1.79**	**2.53**	**25.0**	**13,093**
					1991-92						
Meat and meat products r	28.2	26.3	0.2	11	2.9	1,583	2	0.29	0.53	6.0	1,460
Poultry	8.1	5.8	—	3	0.4	17	—	0.02	0.05	1.5	352
Seafood	5.1	1.3	0.1	23	0.3	7	—	0.01	0.03	1.0	139
Dairy products(c)	19.5	21.6	19.9	663	0.6	217	5	0.21	0.77	0.4	1,453
Fruit and fruit products	2.1	0.3	28.4	45	0.9	48	62	0.14	0.08	0.7	520
Vegetables and vegetable products	6.8	0.5	26.5	43	2.0	464	72	0.24	0.15	3.3	592
Grain products	25.8	3.4	176.4	47	5.3	—	—	0.83	0.71	9.5	3,563
Eggs and egg products	2.2	1.8	0.1	7	0.3	28	—	0.01	0.07	—	103
Nuts	2.2	5.1	0.7	17	0.3	—	—	0.04	0.09	0.9	237
Oils and fats	0.2	51.9	0.2	3	—	286	—	—	—	—	1,927
Sugars	—	—	119.0	4	0.1	—	—	—	—	—	1,904
Beverages(alcoholic)(d)	0.9	—	6.5	14	0.1	—	6	—	r—	1.2	549
Total	**101.1**	**118.1**	**377.9**	**881**	**13.2**	**2,650**	**147**	**1.79**	**2.48**	**24.6**	**12,800**

(a) Adjustments have not been made for the loss of nutrients in cooking, or the extra niacin obtained from the metabolism of protein. See Table 5 for adjustments for specific vitamin availabilities. (b) Expressed as the sum of retinol content and one sixth of the carotene equivalent. (c) Excludes butter, which is included in 'Oils and fats'. (d) Comprises beer, wine and spirits, the energy value of which includes the contribution made by alcohol.

APPARENT PER CAPITA CONSUMPTION OF BUTTER AND MARGARINE



APPARENT PER CAPITA INTAKE OF VITAMIN C
(adjusted for losses in cooking)

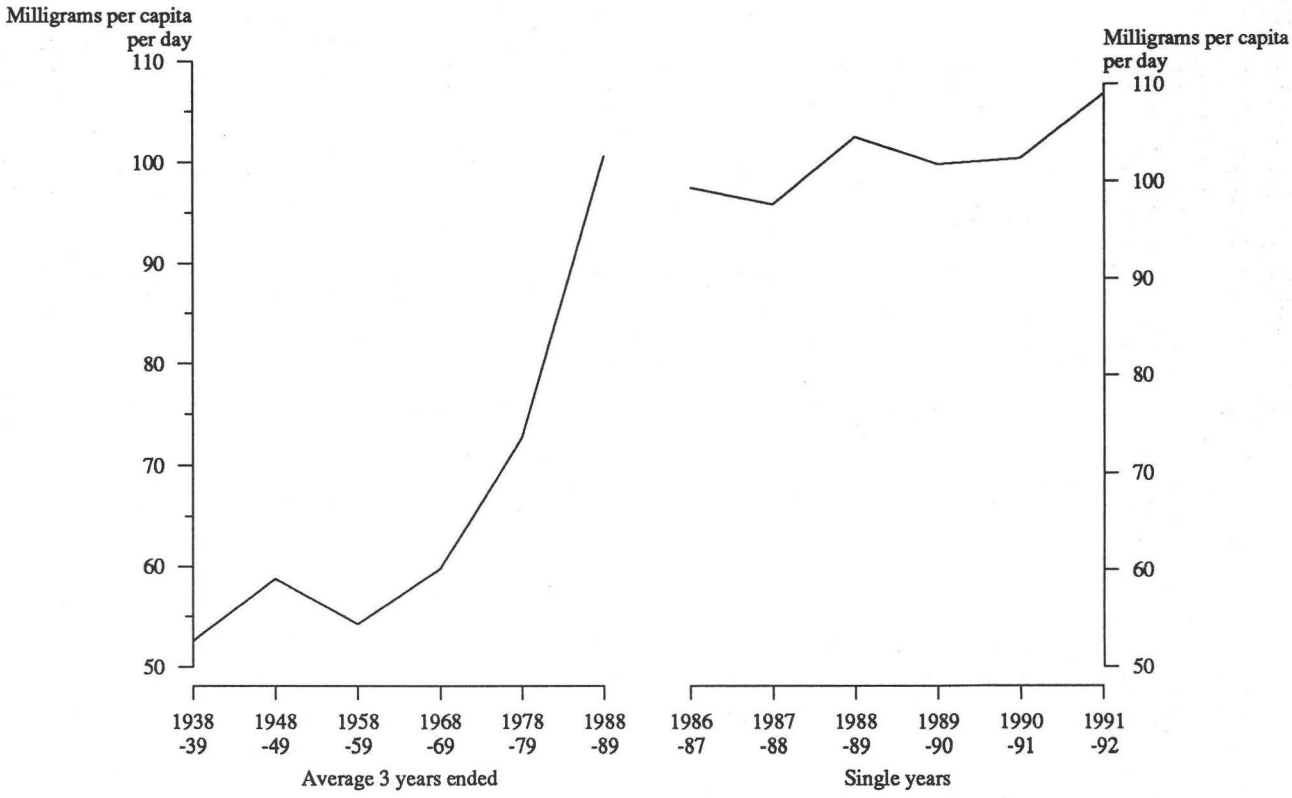


TABLE 5. ADJUSTMENTS TO THE AVAILABILITY OF SPECIFIC VITAMINS, AUSTRALIA(a), 1986-87 to 1991-92
(milligrams per capita per day)

	1986-87		*1987-88*		*1988-89*		*1989-90*		*1990-91*		*1991-92*	
Nutrient	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*
Vitamin C—												
Dairy products—												
Fluid whole milk	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8
Other milk products	1.3	1.3	1.8	1.8	1.9	1.9	2.0	2.0	1.8	1.8	1.8	1.8
Meat and meat products	2.1	(b)	2.1	(b)	1.7	(b)	1.8	(b)	2.3	(b)	2.0	(b)
Fish	0.2	(b)	0.3	(b)	0.3	(b)	0.3	(b)	0.3	(b)	0.3	(b)
Beverages, alcoholic	7.0	r 6.9	6.9	6.9	7.0	6.9	6.9	6.9	6.9	6.9	6.7	6.7
Fruit and fruit products—												
Fresh, canned and dried	13.8	12.7	15.4	13.9	15.8	14.4	16.5	15.2	16.1	14.8	17.2	15.8
Cooked	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2
Citrus	41.3	41.3	34.7	34.7	41.3	41.3	34.7	34.7	36.9	36.9	44.0	44.0
Vegetables and vegetable products—												
Fresh tomatoes	8.7	3.8	9.7	4.6	10.2	4.7	11.6	5.3	12.5	6.9	11.3	5.7
Lettuce	0.5	0.5	0.5	0.5	0.5	0.5	0.7	0.7	0.6	0.6	0.6	0.6
Canned vegetables	9.2	6.0	9.2	5.9	9.4	6.2	9.7	6.8	9.3	6.3	9.8	6.5
Cooked potatoes and other vegetables	47.3	23.7	52.4	26.2	50.7	25.4	54.0	27.0	50.4	25.2	50.2	25.1
Total vitamin C	**134.6**	**99.4**	**136.1**	**97.6**	**142.0**	**104.6**	**141.3**	**101.8**	**140.1**	**102.4**	**146.7**	**109.0**
Thiamin	1.65	1.40	1.71	1.46	1.73	1.47	1.76	1.49	1.79	1.52	1.79	1.52
Niacin equivalent(c)	22.7	39.6	23.7	41.1	23.6	41.1	24.5	42.2	25.0	42.8	24.6	42.2

(a) Losses in cooking have been estimated for vitamin C and thiamin only; losses of other nutrients are not likely to be significant. (b) Little vitamin C would be retained in these foods. (c) The niacin equivalent of a diet is computed from dietary niacin plus 0.16 times the dietary protein in grams, expressed in milligrams.

TABLE 6. ESTIMATED NUTRIENTS AVAILABLE FOR CONSUMPTION, ADJUSTED, AUSTRALIA(a), 1938-39 to 1991-92
(per capita per day)

		Average 3 years ended—						*Individual Year*					
Nutrient	*Unit*	*1938-39*	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1988-89*	*1986-87*	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*
Protein—							r	r	r	r	r	r	
Animal	g	58.7	57.4	59.6	64.2	69.3	62.9	61.8	63.6	63.4	63.9	64.1	63.1
Vegetable	g	30.9	35.3	32.3	35.5	32.2	36.7	35.8	37.0	37.23	38.1	38.5	38.0
Total	g	89.6	92.7	91.9	99.7	101.5	99.6	97.5	100.6	100.6	102.0	102.6	101.1
Fat (from all sources)	g	133.5	121.7	131.7	123.2	152.6	119.1	118.5	119.5	119.3	119.4	118.1	118.1
Carbohydrate	g	377.4	424.8	416.7	406.8	396.2	374.7	369.9	375.8	378.3	385.5	387.4	377.9
Calcium	mg	642	785	817	968	874	891	877	896	901	893	879	88.1
Iron	mg	15.4	15.1	14.0	14.7	15.7	12.4	12.0	12.6	12.7	13.0	13.4	13.2
Retinol equivalent	µg	1,472	1,389	1,370	1,348	1,602	2,569	2,700	2,704	2,302	2,392	2,906	2,650
Vitamin C	mg	52.6	58.8	54.3	59.8	72.7	100.7	99	98	105	102	102	109
Thiamin	mg	1.2	1.3	1.1	1.4	1.50	1.44	1.40	1.46	1.47	1.49	1.52	1.52
Riboflavin	mg	1.7	1.9	1.8	2.7	2.74	2.38	2.34	2.43	2.37	2.41	2.53	2.48
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.8	40.6	39.6	41.1	41.1	42.2	42.8	42.2
Energy value	kJ	13,048	13,584	13,801	13,835	14,635	12,907	12,774	12,960	12,988	13,121	13,093	12,800

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein. See paragraphs 1 to 6 of Section II for information on the effect on data comparisons of changes to nutrient tables used.

TABLE 7. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA, 1986-87 to 1991-92

	1986-87	*1987-88*	*1988-89*	*1989-90*	*1990-91*	*1991-92*
Meat and meat products	11.4	11.6	11.4	11.6	11.5	11.4
Poultry	2.5	2.6	2.6	2.5	2.6	2.7
Seafood	0.9	0.9	1.0	1.0	1.1	1.1
Dairy products	11.3	11.5	11.4	11.3	11.1	11.4
Fruit and fruit products	3.6	3.6	3.7	3.7	3.9	4.1
Vegetables and vegetable products	4.2	4.4	4.4	4.7	4.5	4.6
Grain products	26.4	27.1	26.9	27.1	28.0	27.8
Eggs and egg products	0.9	0.8	0.8	0.8	0.8	0.8
Nuts	1.6	1.5	1.6	1.7	1.6	1.8
Oils and fats	15.9	15.5	15.3	14.9	14.8	15.1
Sugar	15.7	15.1	15.3	15.4	15.2	14.9
Beverages(alcoholic)	5.6	5.5	5.5	5.3	5.1	4.3
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**

TABLE 8. NUTRIENTS AVAILABLE FOR CONSUMPTION(a) IN AUSTRALIA COMPARED WITH RECOMMENDED DIETARY INTAKES (RDI), 1986-87 to 1991-92

	Protein *g*	*Calcium* *mg*	*Iron* *mg*	*Retinol equivalent* *µg*	*Vitamin C* *mg*	*Thiamin* *mg*	*Ribo-flavin* *mg*	*Niacin equivalent* *mg*	*Energy value* *kJ*
1986-87—	r	r		r					
RDI	45.8	841	9.2	684	34	r0.89	1.37	15.2	9,292
Nutrients—									
Available r	97.5	877	12.0	2,700	99	1.40	2.34	39.6	12,774
In excess of RDI (%)	113	4	r30	295	r195	r58	71	161	37
1987-88—									
RDI	45.8	840	9.2	684	34	0.89	1.36	15.2	9,292
Nutrients—									
Available	100.6	896	12.6	2,704	98	1.46	2.43	41.1	12,960
In excess of RDI (%)	120	7	37	295	190	64	r79	170	39
1988-89—									
RDI	45.8	839	9.2	685	34	0.89	1.36	15.2	9,291
Nutrients—									
Available	100.6	901	12.7	2,302	105	1.47	2.37	41.1	12,988
In excess of RDI (%)	120	7	38	236	r210	65	74	170	40
1989-90—									
RDI	45.8	839	9.2	685	34	0.89	1.36	15.2	9,287
Nutrients—									
Available	102.0	893	r13.0	2,392	102	1.49	2.41	42.2	13,121
In excess of RDI (%)	123	7	41	249	r202	68	77	177	41
1990-91—									
RDI	45.8	838	9.2	685	34	0.89	1.36	15.2	9,284
Nutrients—									
Available	102.6	879	r13.4	2,906	102	1.52	2.53	42.8	13,093
In excess of RDI (%)	124	5	r46	324	r203	r71	86	182	41
1991-92—									
RDI	45.8	838	9.2	685	34	0.89	1.36	15.2	9,286
Nutrients—									
Available	101.1	881	13.2	2,650	109	1.52	2.48	42.2	12,800
In excess of RDI (%)	121	5	43	287	222	71	82	178	38

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein. See paragraph 13 of Section II for the source of Recommended Dietary Intakes (RDI) used and the determination of population RDIs. Protein and iron are calculated on the mid value for the RDI range given for each age group. The same applies for thiamin, riboflavin and niacin in the years to which ranges for RDI's of these nutrients applied. Energy calculated from mid value of the range up to 18 years. Energy for 18 years onwards is based on BMRX1.5 and mean weights for age from NHF Risk Factor Prevalence Study 1983 and 1989.

EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1991-92 as well as comparative data for earlier years. Historical data published in Tables 1 and 6 refer to averages for the three-year periods ending 1938-39, 1948-49, 1958-59, 1968-69, 1978-79, and 1988-89. Section I deals with the supply and utilisation of foodstuffs, while Section II deals primarily with the level of nutrient intake in Australia. These levels are compiled by officers of the Health, Food and Nutrition Unit of the Australian Institute of Health and Welfare to whom thanks are extended. Preliminary statistics for 1992-93 covering major food items have been published in *Apparent Consumption of Selected Foodstuffs, Australia, 1992-93, Preliminary* (4315.0), which is available from any ABS office.

Related publications

2. Users may also wish to refer to the following priced publications which are available on request:

Summary of Crops, Australia, (7330.0)

Livestock and Livestock Products, Australia, (7221.0)

Home Production of Selected Foodstuffs, Australia, Year ended April 1992 (7110.0)

Manufacturing Commodities, Principal Articles Produced, Australia (8303.0)

Foreign Trade, Australia: Merchandise Exports, Detailed Commodity Tables (5436.0)

Foreign Trade, Australia: Merchandise Imports, Detailed Commodity Tables (5437.0)

Manufacturing Production, Australia, Food, Drink, Tobacco, Stock and Poultry Food (8359.0) — issued monthly

Sales of Australian Wine and Brandy by Winemakers (8504.0) — issued monthly

National Health Survey: Health Risk Factors, 1989-90 (4380.0)

National Health Survey: Alcohol Consumption 1989-90 (4381.0)

3. The ABS has more detailed agricultural statistics on magnetic tape, compact disk, microfiche and floppy disk. Agstats on floppy disk offers a wider range of data, aggregated at smaller geographic areas than those generally available in printed publications.

4. Current publications produced by the ABS are listed in the *Catalogue of Publications and Products, Australia* (1101.0). The ABS also issues, on Tuesdays and Fridays, a *Publications Advice* (1105.0) which lists publications to be released in the next few days. *Statistics Weekly* (1318.0), issued on Thursdays, describes the highlights from publications released during the week. The Catalogue and Publications Advice are available from any ABS office.

5. The figures shown in this publication have been revised where necessary and as a consequence may not agree with similar data shown in previous publications.

6. The derivation of Apparent Consumption includes the addition of imports and the subtraction of exports of foodstuffs available for consumption. A new system for classifying imports and exports, The Australian Harmonised Commodity Classification, was introduced on 1 January 1987 and may have some impact on the data from 1987-88 onwards, when compared with data for previous years.

7. Where figures have been rounded, discrepancies may occur between sums of the component items and totals.

Symbols and other usages

n.a.	not available
. .	not applicable
—	nil or rounded to zero
n.e.i.	not elsewhere included
n.c.	not collected
|	break in series
r	revised.

Abbreviations

kg	kilograms
g	grams
mg	milligrams
µg	micrograms
kJ	kilojoules

TECHNICAL NOTES

I. SUPPLY AND UTILISATION OF FOODSTUFFS

In general, the method employed in this publication to estimate consumption in Australia of each of the various foodstuffs is as follows:

Apparent consumption = (Commercial production + Estimated home production + Imports + Opening stocks) minus (Exports + Usage for processed food + Non-food usage + Wastage + Closing stocks).

Per capita consumption = Apparent consumption divided by the mean population for that period.

2. The following mean population figures (year ended 30 June basis) have been used in this publication:

Average 3 years ended—		Individual years—	
1938-39	6,870,261	1986-87	16,139,675
1948-49	7,651,558	1987-88	16,398,988
1958-59	9,741,073	1988-89	16,685,623
1968-69	11,919,046	1989-90	16,938,640
1978-79	14,275,870	1990-91	17,176,910
1988-89	16,408,095	1991-92	17,390,836

These data are published in *Australian Demographic Statistics* (3101.0). Revised estimates for the period 1986 to 1991 incorporate the final results from the 1991 Census. See also population data published on page 24.

3. In interpreting the figures shown in this publication the following factors should be noted:

(a) Changes in the composition of the population have a bearing on trends in the patterns of consumption (particularly on estimates of consumption per capita). The most significant change since 1945, which has almost certainly had some effect on the consumption pattern, is the increasing proportion of the population born overseas and resident for only a comparatively short period in Australia (e.g. the proportion of the population born overseas was 9.8 per cent in 1947, 14.3 per cent in 1954, 16.9 per cent in 1961, 18.4 per cent in 1966, 20.2 per cent in 1971, 20.1 per cent in 1976, 20.8 per cent in 1981, 21.2 per cent in 1986 and 22.7 per cent in 1991).

(b) Another similar factor is the age distribution of the population which may also affect data relating to per capita consumption. For example, while per capita consumption of infants' and invalids' food has been calculated on the basis of the mean Australian population for the years concerned, these commodities are clearly consumed by a relatively small proportion of people. The effective per capita consumption by these consumers would therefore be considerably higher than the figures shown in relevant tables (see Technical Note III). The overall ageing of the population will also have an effect on the patterns of consumption. In particular, the recommended dietary intakes of the population are dependent on the age and sex distribution of the population. Changes in the age distribution will affect the comparison of the nutrients available to the population, with dietary needs.

(c) In general, the statistics in the publication are for financial years. However, where there is a marked seasonal pattern in the production or marketing of certain crops, the statistics in practice refer to crop years. For example, statistics relating to commercial production of citrus fruit are on the basis of the year ending 31 March.

4. In estimating apparent consumption, four significant components in the general equation should be noted.

(a) *Consumption.* Because of qualifications in respect of stocks and wastage (described below), the term 'consumption' is used in a specialised sense, since the quantities actually measured are broadly the quantities available for consumption at a particular level in the process of distribution, i.e. ex-market, ex-store or ex-factory, depending on the method of marketing and/or processing. It is considered that in most cases these foodstuffs will find their way to the ultimate individual consumers with a minimum time lag. The figures therefore represent fairly accurately total consumption, as defined above, in the year to which they relate.

The general consumption equation is not used in those instances where certain components of the equation are not available, or where a more appropriate technique for estimating consumption is available. In this publication the equation is not used for milk, some milk products, cheese, rice, bread, butter, eggs, beer, wine, spirits and dried fruits.

(b) *Commercial production and estimated home production.* Available production statistics are confined mainly to commercial production. Calculations of the extent of production by householders for their own use are not always available. This applies particularly in the case of vegetables, fruit, poultry and fish. However, in all these cases estimates of non-commercial production have been included, based on somewhat inadequate information obtained from a household expenditure survey conducted in 1944 and other investigations conducted by government departments during the 1939-45 War. The ABS recently updated this information which will be included in future publications. Production statistics are derived from sources such as the annual Agricultural Census and other annual or monthly collections for the year in question. Where these are unavailable, outside sources or reliable estimates have been used.

(c) *Stocks*. Statistics of stocks refer to in-store (i.e. those held by marketing authorities) and factory stocks. With minor exceptions no details are available of wholesalers', retailers' or householders' stocks. For perishable commodities this point is of little importance since the very nature of the commodity precludes the accumulation of stocks. This is not the case, however, with non-perishable foods, and estimates derived for consumption of such foodstuffs for individual years may not state the position correctly particularly in the case of canned foodstuffs which have a long shelf life.

(d) *Wastage*. In many cases, allowance is not made for wastage before the foodstuffs are consumed. The importance of this factor is difficult to estimate, but in some seasons gluts result in considerable destruction of perishable foodstuffs. The effect of ignoring wastage is ultimately to overstate the consumption figures. In recent years, however, it is likely that there has been less wastage of foodstuffs than previously, because of more efficient methods of distribution and storage including refrigerated transport, air freight and household refrigeration.

Additional information

5. Additional information related to some of the individual food groups in Tables 1, 2 and 3 is as follows:

Sugar. This grouping includes sugar cane products, honey and syrups. Sugar consumption represents apparent consumption in terms of disposals of sugar by refineries and the sugar content of disposals of sugar products by manufacturers. In general stocks are not taken into account. At one time, however, sugar used in the brewing industry was, in energy contribution terms, being counted twice, i.e. as sugar in manufactured foods and as alcohol in beer. Once the effect of the double count was removed in 1980-81, there resulted an apparent decrease in the potential energy contribution in sugar (in sugar forms). Data from 1975-76 have been corrected.

Vegetables. Vegetables are shown in terms of fresh or fresh equivalent, that is, the statistics in effect relate to the pre-processing stage. For example, the consumption of tomatoes includes fresh tomatoes consumed plus the fresh equivalent of tomatoes consumed as tomato products (canned tomatoes, tomato juice, etc.). Stocks, imports and exports of processed tomatoes are converted to fresh equivalent for this purpose. Separate data on processed vegetables (product weight) and fresh vegetables are no longer available for publication; some data are available on request by contacting the ABS on Canberra (06) 252 5329 or by writing to PO Box 10, Belconnen, ACT 2616.

Alcoholic beverages. The increased market share of 'low alcohol' beers and wines had led to a revision in the methodology of calculating litres of alcohol consumption. Low alcohol beer is beer with an alcoholic content greater than or equal to 1.15 percent and less than 3.8 percent by volume. Other beer is beer with an alcoholic content greater than or equal to 3.8 percent by volume.

Fruit. Fruit is shown in terms of fresh or fresh equivalent and, as in the case of vegetables, relates to the pre-processing stage. Stocks, imports and exports are converted to fresh equivalent for this purpose. Data are also shown for some fruit as product weight. Melons and cantaloupes, included in vegetables in earlier issues of this publication, are now included in fruit.

Meat. The methodology for calculating meat consumption has been revised from 1975-76 and now shows meat consumption in carcass weight equivalent terms. Canned meat as such is not available. Carcass weight is defined as ex-abattoir (i.e. bone-in). Owing to diverse cutting practices by butchers and the difficulty in clearly defining 'retail weight of meat' it is considered impractical to derive a factor for the purpose of expressing estimated meat consumption in terms of retail weight. Estimates of retail weight as a percentage of carcass weight range from 72 per cent for beef, 83 per cent for veal, 80 to 85 per cent for lamb and 82 per cent for pork.

Eggs and egg products. Data prior to 1982-83 for eggs are based on Egg Boards' records of output from areas under their control, plus estimates of production for uncontrolled areas and for 'back-yard' poultry keepers based on information obtained from other sources. Because of the inadequacy of data covering the volume of uncontrolled production, the data shown for 1986-87 and 1987-88 consists of commercial disposals, by State Egg Boards, of areas under their control. Estimates for those states without Egg Boards were obtained from other sources as were estimates for North Queensland and the Northern Territory. Care should therefore be taken in comparing current egg consumption with data from earlier years.

Grain and grain products. In the past, bread statistics have been collected as part of the Manufacturing Census, which was not conducted in 1985-86, and in 1987-88 and 1988-89 commodity data were not collected. In 1989-90, Bread statistics were collected, however due to deficiencies in these estimates an alternative source is currently being sought.

Fish. For the purpose of estimating supplies of fish available for consumption in this publication, an allowance of 10 per cent of commercial production has been made for the non-commercial catch of fish. No such allowances have been made for crustacea or molluscs. Fresh and frozen seafood is expressed in edible weight (i.e. the edible portion of the fish or shellfish).

Oils and fats (including butter). In assessing consumption of all oils and fats no allowance is made for fats consumed in association with carcass meat. The quantities of carcass meat shown in Table 3 include fats which remain in the carcass after slaughtering and which may or may not be subsequently removed for boiling down, etc., prior to retailing of the meat. No duplication occurs for fats removed from the carcass at the slaughtering stage. It has, however, been necessary to estimate the availability of other edible oils and fats. Source limitations have always made this difficult to update but a new method for estimating the availability of these foods was determined in 1980-81. Data from 1975-76 have been revised accordingly and these revisions have increased the apparent per capita consumption of fat by about 27 per cent.

II. LEVEL OF NUTRIENT INTAKE

In order to determine whether the quantities of the various foodstuffs available for consumption are likely to be sufficient for adequate nutrition of the population, it is necessary to calculate the amount of nutrients the foods provide.

2. The analysis in this section is based on the statistics collected by the Australian Statistician as set out elsewhere in this publication and is therefore subject to the same qualifications. Data in this publication have been revised where necessary and as a consequence may not agree with similar data shown in previous publications. Where data have been rounded, discrepancies may occur between sums of the component items and totals.

3. The basis for the calculations of estimated supplies of nutrients available for consumption in Australia from the 1987-88 publication onwards is *Composition of Foods, Australia* (COFA) Cashel, English & Lewis 1989; English, Lewis & Cashel 1990; Lewis & English 1990a, 1990b; English & Lewis 1990; and Lewis, Holt & English, 1992 (AGPS, Canberra). There are additions to, and revisions of data provided through this series. These additions and revisions are incorporated into the nutrient calculations included in this bulletin as they become available, resulting in minor fluctuations in the data provided. The factors used for converting foods from 'as described weight' to 'edible weight' are now taken directly from COFA or determined from data available through the Australian food analytical program. COFA provides a complete replacement of *Metric Tables of Composition of Australian Foods* (TCAF) with conversion factors and nutrients values based on a food analytical program begun in the early 1980s. The basis for the calculations of estimated supplies of nutrients available for consumption in Australia was previously changed after Bulletin No. 23 (1967-68) and from then to 1986-87 was dependent on conversion factors calculated from TCAF, S. Thomas and M. Corden, (AGPS Canberra, 1977). The previously used tables were those compiled by Anita Osmond and Winifred Wilson, 1954. While comparison with figures published for previous years is no longer entirely valid, the differences in most of the conversion factors are not so great as to negate the value of all such comparisons. To assist the user to assess the effect of the change in factors and nutrient table, beginning with the 1987-88 bulletin, the tables in Section II have been recalculated from 1983-84 onwards using the revised factors. Similarly, any revisions to the nutrient data base used to calculate the available nutrients for the latest year in the apparent consumption series, will be reflected in all the years included in the tables in Section II.

4. Revised factors and nutrients have been applied to all food groups in the 1991-92 publication except for tree nuts. Revised Australian data on tree nuts are not expected to be significantly different from those available on TCAF. A more detailed level of data on alcoholic beverages has also been used from the 1987-88 publication onwards.

5. The biggest impact of the change in calculation bases has been on the meat and poultry data. For meat, a significant proportion of this has been due to the change to factors used to estimate 'raw edible weight of available retail meat' from carcass equivalent weight. The increase in available vitamin A has been due to the revised data on offal content of this nutrient.

6. Following a recommendation of the joint FAO – WHO Expert Group which reported on the *Requirements of Vitamin A, Thiamine, Riboflavin and Niacin* (FAO Rome, 1967) the total vitamin A of the diet is stated in micrograms of vitamin A (retinol) activity. Strict comparisons between vitamin A activity values published since 1968-69 cannot be made with previous values.

7. *Nutrients available for consumption.* Details of the estimated supplies of nutrients passing into consumption in the years 1986-87 to 1991-92 are shown in Table 4. All nutrient determinations are based on the fresh equivalent edible weight of the foods with an allowance for natural wastage, i.e. from skins, seeds, bones, etc. The exceptions are foods such as cheese, powdered and canned milks, dried fruit, canned fish and alcoholic beverages. No allowance is made for the addition of vitamins and supplements (e.g. vitamin tablets, supplements and fortification) in the nutrient supply data. The only exception is for ready to eat breakfast foods for which there are a common range of nutrient additions.

8. Losses in total food available for consumption due to processing have been allowed for by way of an adjustment to the conversion factors used for processed and preserved foods. No allowances have been made for losses of nutrients (other than vitamins) due to the effect of storage and cooking; losses of vitamins are referred to in the following paragraphs. The figures in Tables 6 and 8 are adjusted for losses of vitamins in cooking and for the additional niacin obtained from the metabolism of protein (see Table 5 for these adjustments).

9. *Loss of vitamins in cooking.* As a result of storage and cooking, certain foods, particularly fruit and vegetables, lose some of their nutritive value. Estimates of possible loss of vitamin C and thiamin in cooking are set out in Table 5. Losses in cooking of other nutrients do occur but not in amounts likely to be significant. Losses due to storage have not been estimated.

10. Losses of vitamin C cover a wide range, from almost nil to 100 per cent. On average, 60 per cent of vitamin C in leafy green vegetables is lost through cooking, while losses for skinned potatoes, other vegetables and stewed fruit are approximately 50 per cent. There is also a significant loss of thiamin in the cooking of meat and vegetables, the amount of loss depending on the method and duration of cooking. In a normal mixed diet it is accurate enough for statistical purposes to allow 15 per cent deduction from the total thiamin available. The estimates in Table 5 are calculated assuming average conditions and methods of cooking. Losses could be re-

duced to less than these figures by careful cooking. Losses from uncooked fruits and vegetables are assumed to be negligible.

Trends in the consumption of nutrients

11. All nutrients available for consumption are in excess of the estimated recommended dietary intakes (RDIs) for the Australian population. With the statistics shown on page 19 of this publication, it should be noted that revised RDIs for all nutrients are now being applied. This use of revised data began with the 1982-83 publication. The previous revision was in 1977-78. This change in the time series suggests 'lowered' availability for some of these nutrients relative to earlier years but is explained by the change in the basis of comparison. Calcium has been one of the most affected, now being available marginally in excess of the estimated recommended dietary intake for the population.

12. The combined effect of reduced available energy and iron for consumption and an increase in the reference energy and iron has been to nearly halve the energy and iron available in excess of the population reference. A reduction in the reference protein has markedly increased the protein available in excess of the population reference.

Dietary intakes

13. The nutrients available for consumption may be compared to the national nutrition reference *Recommended Dietary Intakes for Use in Australia* (RDI), formulated by the National Health and Medical Research Council. There has been a revision of this reference in the 1980's, with serial publication of the revised references. The complete set of revised references were published by the Australian Government Publishing Service in 1991. For this publication they have been determined on the data for each individual year. These are regularly updated, but not necessarily annually, to the age and sex composition of the population.

14. The data in these tables are useful as an indicator of trends in food and nutrient consumption. Whilst it must be emphasized that RDI's do not necessarily represent nutritional requirement, they are devised for the purpose of monitoring the availability and adequacy of nutrients in the national food supply to meet the needs of the population. Precise information concerning human requirements of certain nutrients is far from complete, and no conclusion regarding the nutritional status of the community should be drawn from these comparisons. A deviation from the RDI cannot be assumed to represent nutritional deficiency without clinical verification. The calculated figures, being averages, give no information on the food consumption of individuals or of specific groups within the population. Also the figures represent food available for consumption, which is not the same as foods consumed. The Food and Agriculture Organisation of the United Nations has estimated that in communities with a plentiful food supply, up to 15 per cent of the food available may be wasted.

III. PER CAPITA STATISTICS

The following age-group distributions of the Estimated Resident Australian Male and Female Population at 30 June 1991 and 1992 are based on the results of the Australian Population Census of 6 August 1991. These revised estimates take account of new information provided by final census counts and estimates of census underenumeration.

Data may be used in conjunction with information in Tables 2 and 3 to vary apparent per capita consumption according to the user's specific interest.

ESTIMATED RESIDENT POPULATION BY AGE GROUPS, AUSTRALIA, 30 JUNE 1991 AND 1992

Age group (years)	*Number*		*Per cent of total population*		*Number*		*Per cent of total population*	
	1991	*1992*	*1991*	*1992*	*1991*	*1992*	*1991*	*1992*
	MALES				FEMALES			
0-4	652,302	656,002	3.77	3.75	619,401	623,262	3.58	3.57
5-9	652,418	655,526	3.77	3.75	619,790	622,554	3.59	3.56
10-14	638,311	642,479	3.69	3.67	603,308	607,992	3.49	3.48
15-19	698,773	679,344	4.04	3.89	665,301	645,253	3.85	3.69
20-24	707,124	725,997	4.09	4.15	689,640	705,969	3.99	4.04
25-29	702,728	692,022	4.07	3.96	696,935	688,218	4.03	3.94
30-34	713,784	725,155	4.13	4.15	711,951	724,409	4.12	4.14
35-39	664,228	673,398	3.84	3.85	654,159	675,412	3.84	3.86
40-44	655,138	654,344	3.79	3.74	639,133	642,470	3.70	3.67
45-49	526,498	561,497	3.05	3.21	502,647	538,532	2.91	3.08
50-54	433,762	447,012	2.51	2.56	413,172	424,484	2.39	2.43
55-59	367,302	373,480	2.13	2.14	358,648	365,469	2.08	2.09
60-64	366,779	361,865	2.12	2.07	370,089	364,893	2.14	2.09
65-69	320,142	325,109	1.85	1.86	351,248	352,757	2.03	2.02
70-74	228,494	239,133	1.32	1.37	282,261	292,853	1.63	1.68
75-79	158,993	162,352	0.92	0.93	225,502	229,403	1.30	1.31
80-84	84,413	88,423	0.49	0.51	145,415	151,535	0.84	0.87
85 and over	44,220	47,821	0.26	0.27	110,027	116,169	0.64	0.66
All ages	*8,615,409*	*8,710,959*	*49.85*	*49.83*	*8,668,627*	*8,771,634*	*50.15*	*50.17*

Source: Australian Demographic Statistics, September Quarter 1993 (3101.0) published by the ABS on 11 April 1994.

Australian Bureau of Statistics

For more information ...

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