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APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS, AUSTRALIA

1982-83

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CATALOGUE NO. 4306.0

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**APPARENT CONSUMPTION OF FOODSTUFFS
AND NUTRIENTS, AUSTRALIA
1982-83**

R. J. CAMERON
Australian Statistician

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PHONE INQUIRIES	<i>for more information about these statistics</i> —contact Mr John Wilkinson on Canberra (062) 52 5038 or any of our State offices. <i>other inquiries including copies of publications</i> —contact Information Services on Canberra (062) 52 6627 or in any of our State offices.
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EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1982-83 as well as comparative data for earlier years. 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 Nutrition Section of the Commonwealth Department of Health to whom thanks are extended. Preliminary statistics for 1983-84 covering major food items have been published in *Apparent Consumption of Selected Foodstuffs, Australia (Preliminary) 1983-84* (4315.0) and is available from any ABS office.

Changes in consumption of foodstuffs and nutrients

2. Generally, there have been few changes between 1981-82 and 1982-83, in both foodstuffs and nutrients consumption.
3. In the six years 1977-78 to 1982-83 total meat available for consumption has decreased by 18 per cent from 106.1kg to 86.8 kg per capita per year. This is represented by decreases in beef (by 33 per cent), and veal (by 41 per cent). Lamb intake has increased by 18 per cent. The availability of pigmeat, bacon and ham has also been increasing. Relative to 1968-69, however, the total meat availability to 1982-83 has decreased by 12 per cent from 98.8 kg to 86.8 kg per capita per year.
4. Apparent poultry intake has increased by 21 per cent from 16.8 kg to 20.4 kg per capita per year from 1977-78 to 1982-83. The current availability of poultry represents an increase of 146 per cent since 1968-69.
5. Total fruit available for consumption over the past six years has increased by 14.6 per cent and since 1968-69 by 21 per cent. There have, however, been considerable fluctuations within the types of fruit available. Of specific interest is the decrease in jams, preserves, etc, which in 1982-83 represent just over half those available in 1968-69. The availability of processed fruit was reported as 9.5 kg per capita in 1982-83, a decrease of 11 per cent since 1977-78.
6. While the total apparent consumption of butter and margarine has varied little, that of butter continues to decline from 9.8 kg per capita in 1968-69 to 5.1 kg in 1977-78 to 4.0 kg per capita in 1982-83—a decrease of 59 per cent in fourteen years. Total margarine has increased by 96 per cent in this same period, and the ratio of table to 'other' margarine has been reversed. In 1968-69 the ratio was 0.4:1, in 1977-78, 1.9:1 and in 1982-83 it was 2.4:1. This represents an increase of over fourfold in consumption of table margarine since 1968 (from 1.5 kg to 6.8 kg per capita per year) and a 18 per cent decrease in 'other' margarine. Total fat content availability from this commodity group has varied little in the past six years.
7. The apparent consumption of total milk and milk products has fluctuated little in the past 5 or 10 years, although availability of individual commodities has varied considerably. Fluid milk which had decreased from 128 litres in 1968-69 to 102.9 litres in 1982-83 has stabilised in the last 6 years. Cheese has increased steadily since 1968-69, from 3.5kg per capita per year to 7.4 kg in 1982-83. Apparent consumption of cheese has increased by nearly a third in the past six years.
8. Total available vegetables increased by 3.4 per cent between 1977-78 and 1982-83 from 120.9 kg to 125 kg per capita per year. Component vegetable types have varied considerably in availability, with potato increasing by 3.8 per cent and tomato by 23 per cent.
9. The shift from sugar available for home purchase to its use by manufacturers continues. There is now approximately three times more sugar used in manufactured foods than in home use.
10. Apparent consumption of beer has decreased in the past six years from 134.8 litres in 1977-78 to 121.6 litres in 1982-83. Wine, however, has been steadily increasing, with a rise of 38.7 per cent in the past 6 years (from 14.2 litres in 1977-78 to 19.7 litres per capita in 1982-83).
11. The apparent consumption of cereal products has fluctuated in the last 14 years. The total available has however been relatively stable for the last few years.
12. Apparent consumption of protein has decreased by 5 per cent over the six year period. Most of this decrease is in animal protein and is due to the decrease in the meat group.
13. Total apparent energy consumption has shown a small decrease over this period, but has fluctuated considerably from year to year.
14. All nutrients available for consumption are in excess of the estimated recommended dietary allowances for the population. Note, however, that revised dietary allowances for thiamin, riboflavin and niacin equivalent has been used for 1982-83. This change in the time series suggests a 'lowered' availability of these nutrients relative to earlier years but is explained by the change in the basis of comparison.

Related publications

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

Apparent Consumption of Selected Foodstuffs, Australia, 1983-84 Preliminary (4315.0)

Crops and Pastures, Australia, 1982-83 (7321.0)

Fruit, Australia, 1982-83 (7322.0)

Livestock and Livestock Products, Australia, 1982-83 (7221.0)

Manufacturing Commodities, Principal Articles Produced, Australia, 1980-81 and 1981-82 (8303.0)

Foreign Trade, Australia, 1982-83, Part 1: Exports and Imports (5409.0)

Production Bulletin No.3: Food, Drink and Tobacco, Australia (8359.0)—issued monthly

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

16. Current publications produced by the ABS are listed in the *Catalogue of Publications, 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. The *Catalogue* and *Publications Advice* are available from any ABS office.

Symbols and other usages

- n.a. not available
- .. not applicable
- nil or rounded to zero
- n.e.i. not elsewhere included

Abbreviations

- g grams
- mg milligrams
- µg micrograms
- kJ kilojoules

17. 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.

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

R. J. CAMERON
Australian Statistician

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.

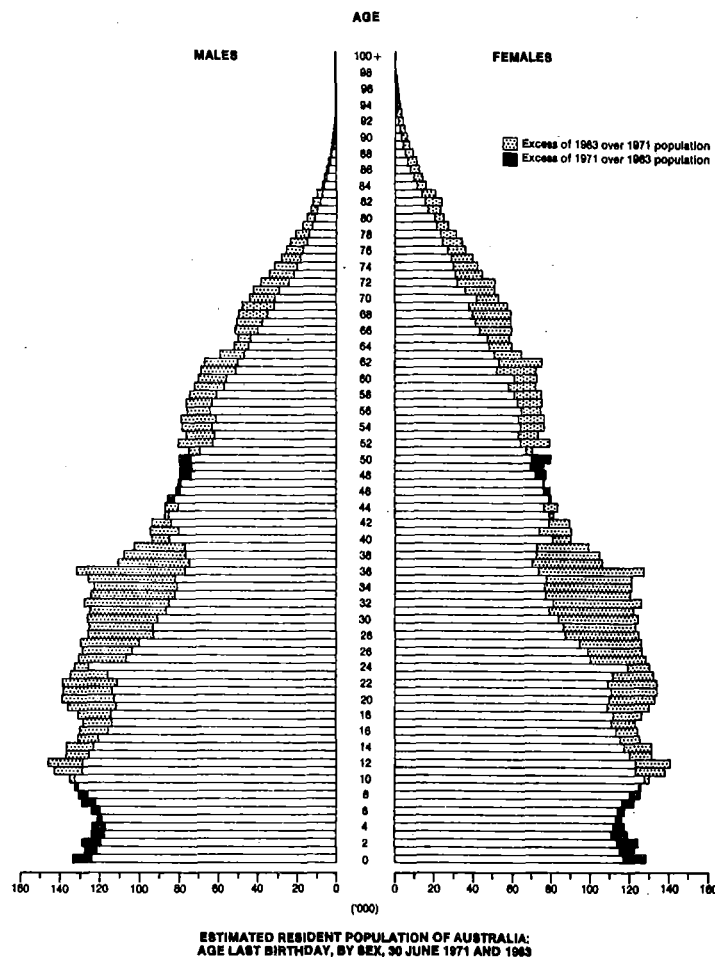
2. The following mean population figures (year ended 30 June basis) have been used in this publication:

Average 3 years ended—		Individual years—	
1938-39	6,870,261	1977-78	14,280,222
1948-49	7,651,558	1978-79	14,436,399
1958-59	9,741,073	1979-80	14,601,777
1968-69	11,919,046	1980-81	14,809,796
1978-79	14,275,100	1981-82	15,051,546
		1982-83	15,282,164

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 and 20.6 per cent in 1981).

(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 the relevant table. The following diagram shows the age distribution of the Australian male and female population at 30 June 1983. The age distribution is based on the results of the Population Census of 30 June 1981 brought forward by reference to natural increase derived from records of births and recorded age at death, and details of overseas migration. Population and age distribution data



from 30 June 1981 onwards incorporates a conceptual change in the procedures of estimating Australia's population. Details of this change and its effect on preceding years are available in the publication *Australian Demographic Statistics Quarterly, September and December 1981* (3101.0) and in the information paper *Population Estimates: An Outline of the New Conceptual Basis of ABS Population Estimates* (3216.0) published on 29 March 1982.

(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, cheese, rice, bread, butter, beer, wine and spirits.

- (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, eggs, 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. 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 with regard to consumption as ordinarily understood, i.e. foodstuffs consumed by the individual. This difficulty is apparent particularly in the case of canned foodstuffs, where in some years it has been necessary to initiate special enquiries from the trade and other informed sources in an endeavour to take better account of these deficiencies.
- (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, and it should therefore be taken into account when using these statistics. 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 are set out below:

Nuts. Formerly this section contained details on pulse and nuts. However, due to a lack of adequate information estimates on consumption of dried pulse and cocoa have not been calculated in recent years.

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. Data are also shown for some vegetables as product weight.

Fruit. Fruit is shown in terms of fresh or fresh equivalent and, as in the case of vegetables, relate 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. Owing to diverse cutting practices by butchers in Australia and because of the difficulty of clearly defining the term 'retail weight of meat', it is considered impracticable to derive a satisfactory factor for the purpose of expressing estimated meat consumption in terms of retail weight. Depending on cutting practices employed and whether or not bones, etc., sold to customers are included in retail weight of meat, the retail weight as a proportion of carcass weight ranges from about 60 per cent to 75 per cent for beef, from 80 per cent to 95 per cent for mutton and lamb and from 90 per cent to 95 per cent for pork. For this reason apparent consumption of carcass meat is expressed in terms of carcass weight.

Eggs and egg products. The production of eggs shown in Table 3 is 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 figures should be used with some reserve.

Advances in poultry technology have resulted in a gradual increase in the average weight of eggs produced. For statistical purposes, the average weight of an egg was increased in 1960-61 from 49.6g to 56.7g. Although the increase in average weight actually occurred over a period of years, no adjustment has been made to 1959-60 and earlier years. No further adjustments are anticipated.

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 as it is considered that the non-commercial take is not significant.

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.

APPARENT PER CAPITA CONSUMPTION OF FOODSTUFFS
% of 1966-67 to 1968-69
(AVERAGE)

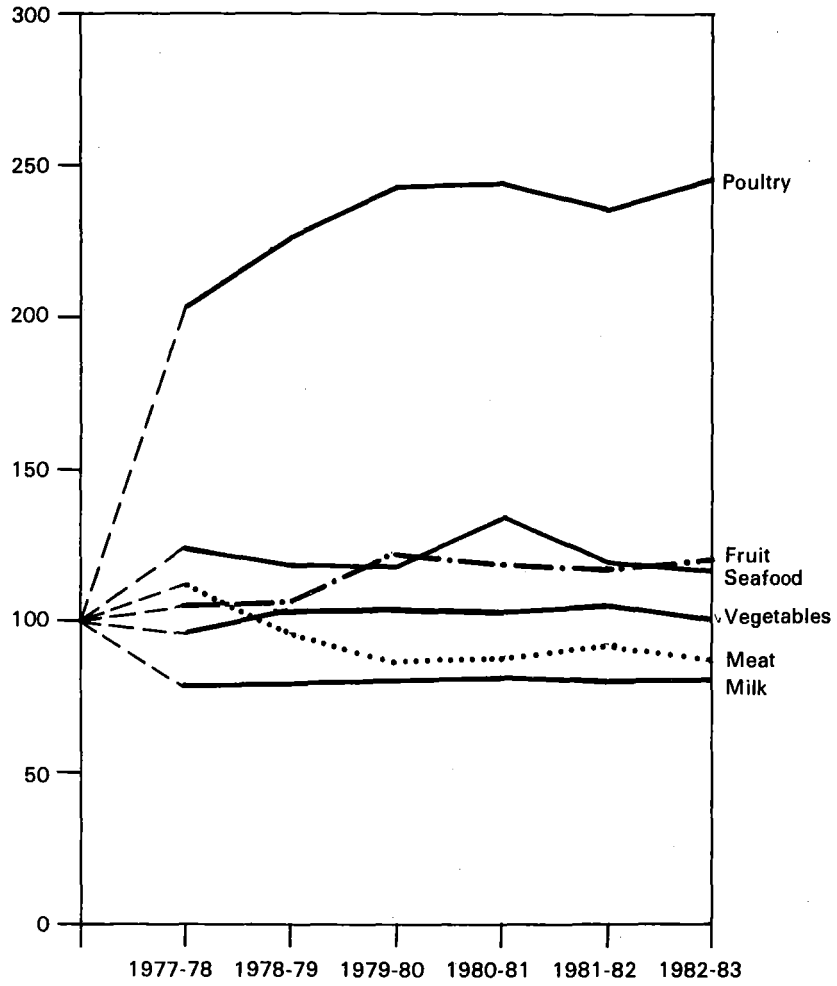


TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA
(kg per year, except where otherwise stated)

	Average 3 years ended				Current year 1982-83
	1938-39	1948-49	1958-59	1978-79	
MEAT—					
Carcass meat—					
Beef and veal	63.6	49.5	56.2	63.9	45.0
Lamb	6.8	11.4	13.3	13.7	16.2
Mutton	27.2	20.5	23.1	4.3	4.5
Pigmeat	3.9	3.2	4.6	4.2	5.7
<i>Total carcass meat</i>	101.5	84.6	97.2	86.1	71.4
Offal and meat, n.e.i.	3.8	4.0	5.2	5.9	4.5
Canned meat (canned weight)	1.0	1.2	1.9	1.6	1.6
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	6.0	6.4
<i>Total (converted to carcass equivalent weight)</i>	118.5	103.0	112.4	102.1	86.8
POULTRY—					
Poultry (dressed weight)	n.a.	n.a.	n.a.	17.1	20.4
SEAFOOD—					
Fresh and frozen (edible weight)—					
Fish—					
Australian					
Imported	2.7	2.4	1.4	1.6	1.2
Crustacea and molluscs	0.3	0.3	0.4	1.6	1.8
Seafood, otherwise prepared (product weight)(a)—				0.9	1.1
Australian					
Imported—					
Fish	1.9	1.4	0.4	0.5	0.6
Crustacea and molluscs					
Total seafood	4.9	4.1	4.5	6.8	6.6
MILK AND MILK PRODUCTS—					
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	100.5	102.9
Condensed, concentrated and evaporated milk—					
Full cream—					
Sweetened	2.0	1.6	1.2	0.8	0.9
Unsweetened(c)	n.a.	1.8	2.9	2.5	1.6
Skim		n.a.	0.6	1.6	0.8
Powdered milk—					
Full cream	1.2	1.5	1.1	1.3	0.8
Skim (incl. buttermilk and mixed skim and buttermilk)		0.3	1.1	2.7	2.7
Infants' and invalids' food	0.5	0.6	1.0	1.2	1.2
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	5.3	7.4
<i>Total (converted to milk solids fat and non-fat)(e)</i>	17.8	22.3	22.1	22.1	22.8
FRUIT AND FRUIT PRODUCTS—					
Fresh fruit (incl. fruit for fruit juice)—					
Citrus	14.5	16.9	16.1	34.5	42.6
Other	42.6	39.5	35.6	34.6	38.8
Jams, conserves, etc.	5.2	5.6	3.9	2.0	1.8
Dried fruit	3.8	3.9	2.8	2.0	2.4
Processed fruit	3.5	3.4	6.0	10.5	9.5
<i>Total (fresh fruit equivalent)</i>	78.7	80.9	72.2	91.0	104.4
VEGETABLES—					
White potatoes	47.1	56.3	51.7	50.0	52.3
Other root and bulb vegetables(f)	n.a.	19.1	15.9	16.7	16.9
Tomatoes	7.1	11.5	13.0	14.2	16.4
Leafy and green vegetables	n.a.	20.5	17.9	24.2	21.3
Other vegetables	n.a.	22.3	18.6	17.9	18.1
<i>Total (fresh equivalent weight)</i>	n.a.	129.7	117.1	122.3	125.0

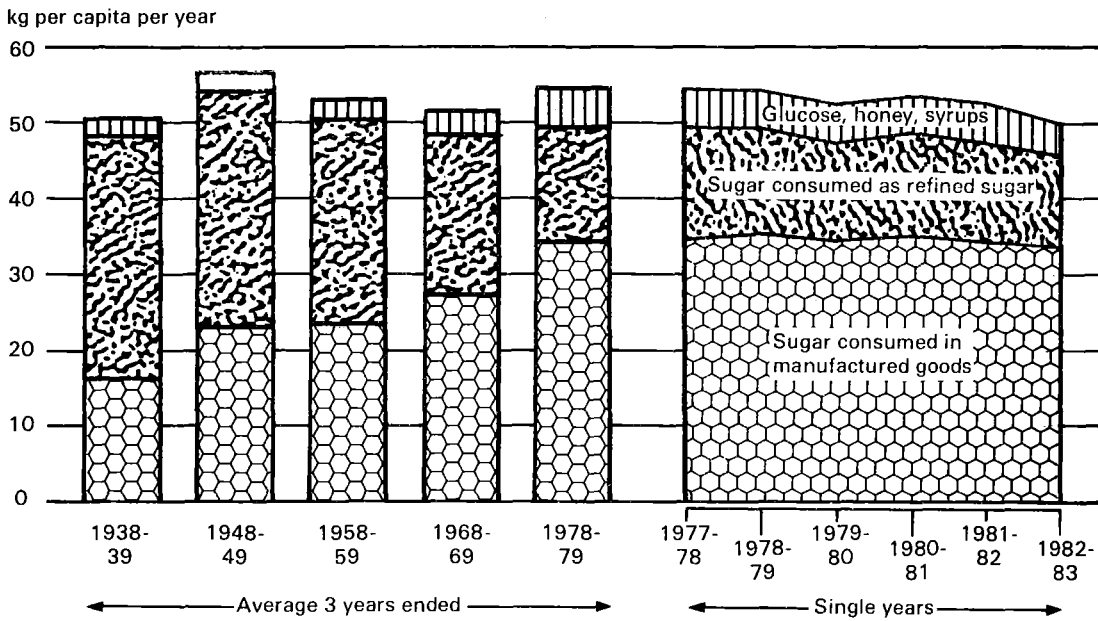
For footnotes see end of table.

TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA—continued
(kg per year, except where otherwise stated)

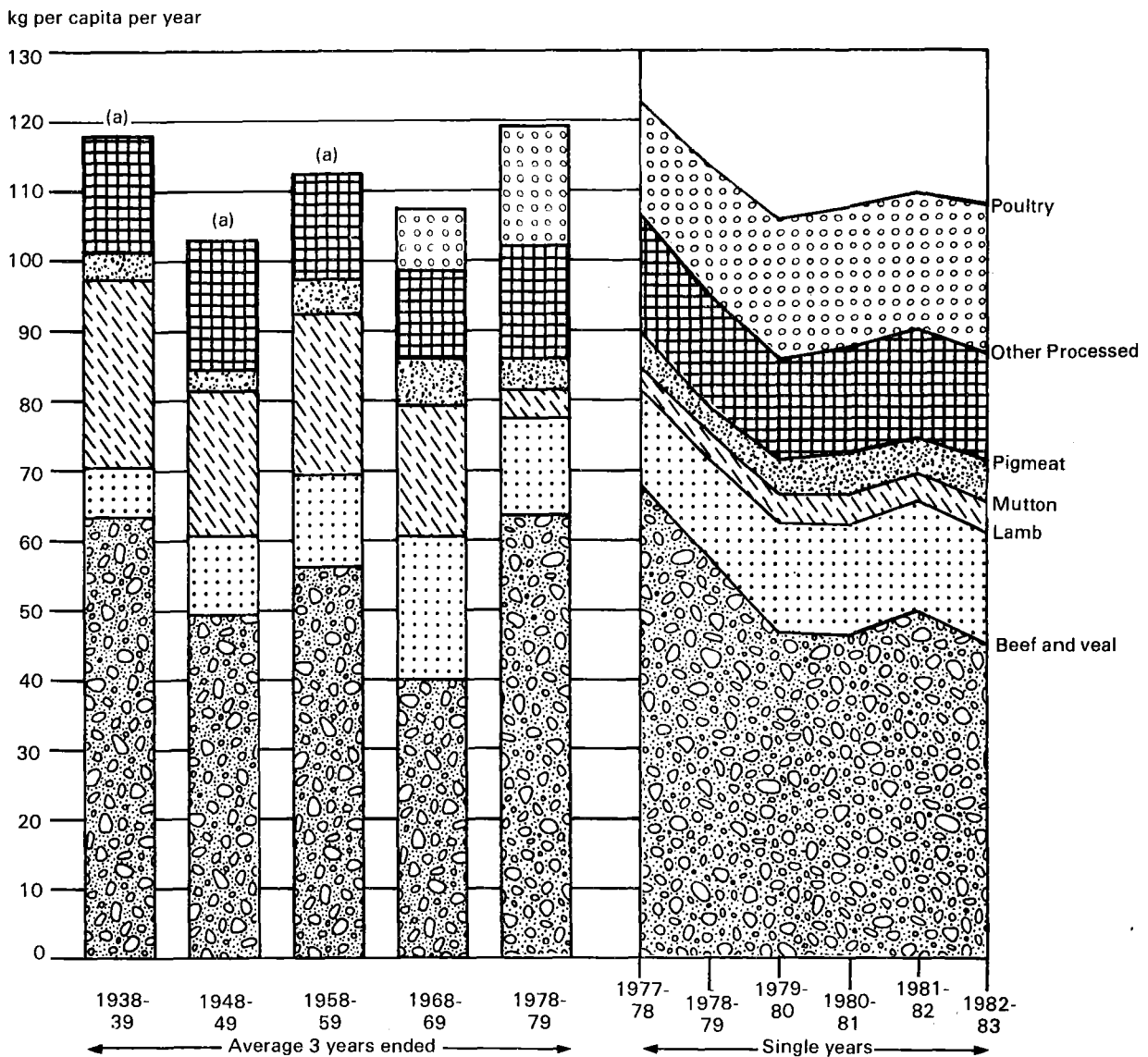
	Average 3 years ended				Current year 1982-83
	1938-39	1948-49	1958-59	1978-79	
GRAIN PRODUCTS—					
Flour(g)	84.9	91.6	82.3	77.4	67.1
Breakfast foods	4.8	6.1	6.2	6.8	8.7
Table rice	1.8	0.4	n.a.	1.9	3.0
Total	92.5	98.6	n.a.	86.8	78.8
Bread (h)	49.6	64.0	69.1	59.5	48.4
EGGS AND EGG PRODUCTS—					
Total	12.1	12.7	10.2	12.6	12.5
Equivalent number of eggs	243	255	206	222	221
NUTS (in shell)—					
Peanuts	n.a.	4.2	3.1	2.8	2.1
Tree nuts	n.a.	1.8	3.4	5.8	3.3
OILS AND FATS—					
Butter	14.9	11.2	12.3	9.8	4.0
Margarine—					
Table	0.4	0.4	n.a.	1.5	6.8
Other	1.8	2.4	2.2	3.4	2.8
Total (fat content)(i)	17.1	14.0	n.a.	14.6	21.6
SUGAR—					
As refined sugar	32.0	31.2	27.0	21.0	12.0
In manufactured foods	16.3	23.1	23.6	27.7	33.5
Total (j)	50.8	56.8	53.0	51.9	49.1
BEVERAGES—					
Tea	3.1	2.9	2.7	2.3	1.4
Coffee	0.3	0.5	0.6	1.2	2.0
Aerated and carbonated waters (litres)	n.a.	n.a.	n.a.	47.3	65.9
Beer (litres)	53.2	76.8	99.7	113.5	121.6
Wine (litres)	2.7	5.9	5.0	8.2	19.7
ALCOHOL (litres alcohol)—					
Beer	2.55	3.58	4.79	5.45	5.84
Wine	0.35	0.77	0.87	1.15	2.50
Spirits	0.50	0.80	0.74	0.89	1.17
Total	3.40	5.15	6.40	7.49	9.51

(a) Comprises canned 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) Per capita data on bread is now shown in kg per year. (i) 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. (j) Includes sugar content of syrups, honey and glucose. (k) Coffee and coffee products in terms of roasted coffee.

APPARENT PER CAPITA CONSUMPTION OF SUGAR



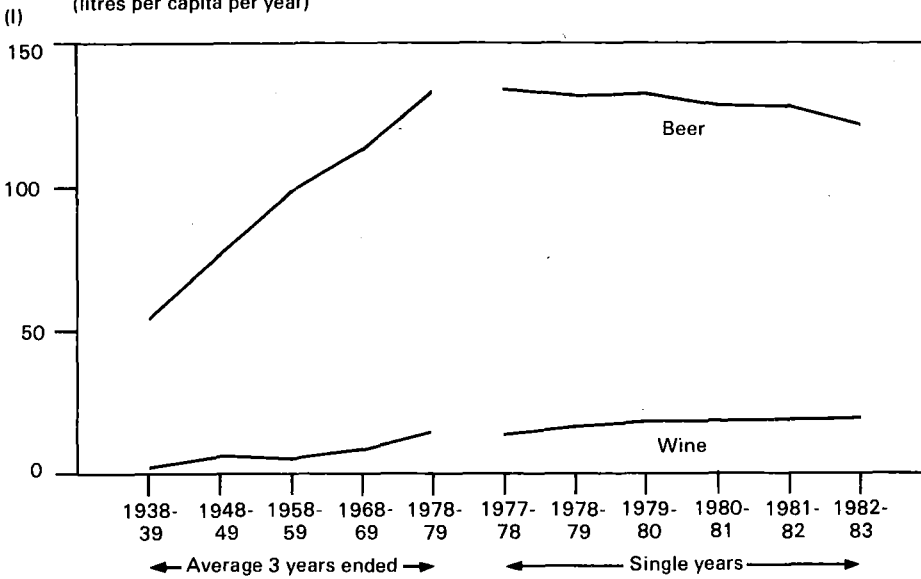
APPARENT PER CAPITA CONSUMPTION OF MEAT AND POULTRY



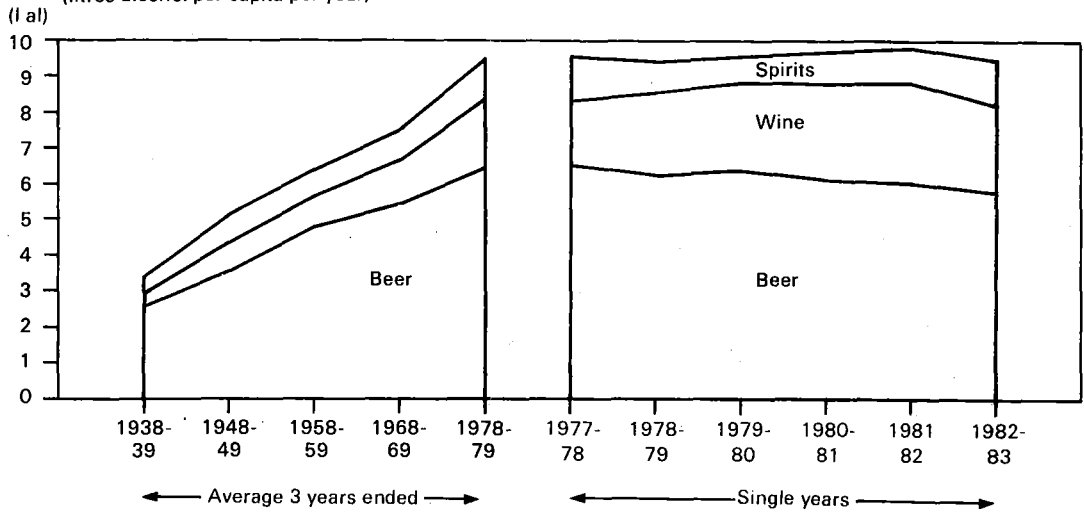
(a) No poultry data available

APPARENT CONSUMPTION OF BEVERAGES

Apparent per capita consumption of beer and wine
(litres per capita per year)



Apparent per capita consumption of alcohol
(litres alcohol per capita per year)



Apparent per capita consumption of non-alcoholic beverages
(litres, kilograms per capita per year)

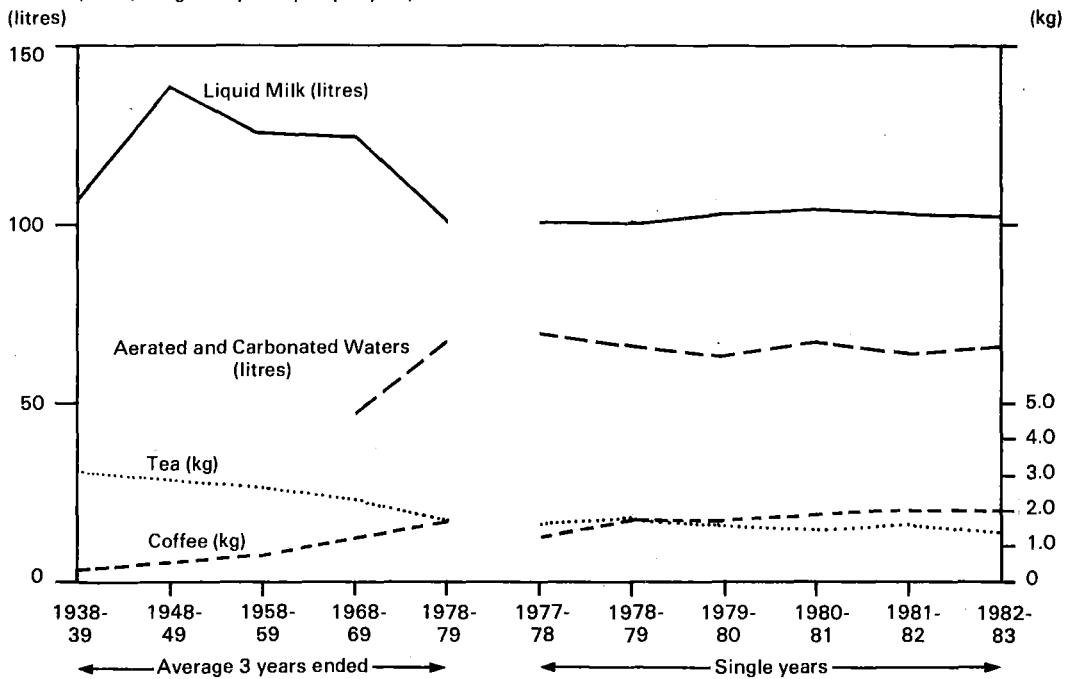


TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA

	Available for consumption—					Apparent per capita consumption—						
	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83
MEAT—												
Carcass meat—												
<i>Beef and veal</i>												
Beef	963,988	826,276	680,786	683,929	742,684	688,133	67.5	57.2	46.6	46.2	49.3	45.0
Veal	883,690	778,705	646,282	649,214	705,804	637,400	61.9	53.9	44.3	43.8	46.9	41.8
Lamb	80,298	47,571	34,503	34,715	36,880	50,733	5.6	3.3	2.4	2.3	2.5	3.3
Mutton	195,130	203,049	226,428	233,710	244,767	246,895	13.7	14.1	15.5	15.8	16.3	16.2
Pigmeat	64,561	54,722	68,993	83,216	53,980	68,698	3.7	4.3	4.7	4.8	3.6	4.5
<i>Total carcass meat</i>	1,276,147	1,145,710	1,045,150	1,072,688	1,116,502	1,090,975	89.4	79.4	71.5	72.4	74.2	71.4
Offal and meat, n.e.i.	91,459	73,068	58,765	64,121	67,365	68,659	6.4	5.1	4.0	4.3	4.5	4.5
Canned meat (canned weight)	24,516	20,578	20,669	22,387	24,423	24,720	1.7	1.4	1.4	1.5	1.6	1.6
Bacon and ham (cured carcass weight)	86,087	93,192	91,337	100,413	104,229	97,296	6.0	6.5	6.3	6.8	6.9	6.4
Total meat (converted to carcass equivalent weight)	1,514,930	1,370,990	1,249,932	1,298,903	1,354,476	1,326,153	106.1	95.0	85.6	87.7	90.0	86.8
POULTRY—												
Poultry (dressed weight)	239,515	270,730	295,427	300,804	294,413	311,121	16.8	18.8	20.2	20.3	19.6	20.4
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian	23,896	24,264	20,496	26,056	24,174	18,320	1.7	1.7	1.4	1.8	1.6	1.2
Imported	23,571	21,940	27,418	30,425	20,695	27,928	1.7	1.5	1.9	2.1	1.4	1.8
Crustacea and molluscs	11,827	12,579	7,584	15,651	14,583	17,146	0.8	0.9	0.5	1.1	1.0	1.1
Seafood otherwise prepared (product weight)—												
Australian	7,363	8,098	7,792	6,629	6,303	8,786	0.5	0.6	0.5	0.4	0.4	0.6
Imported—												
Fish	26,319	23,299	28,102	27,024	28,014	22,725	1.8	1.6	1.9	1.8	1.9	1.5
Crustacea and molluscs	5,997	4,807	4,261	5,814	6,904	5,811	0.4	0.3	0.3	0.4	0.5	0.4
Total seafood	98,973	94,987	95,653	111,599	100,673	100,716	6.9	6.6	6.6	7.5	6.7	6.6
MILK AND MILK PRODUCTS—												
Market milk (fluid whole)(a)	1,432,251	1,452,013	1,509,735	1,540,033	1,552,272	1,572,213	100.3	100.6	103.4	104.0	103.1	102.9
Condensed, concentrated and evaporated milk—												
Full cream sweetened	11,765	9,994	9,630	12,826	9,683	14,409	0.8	0.7	0.7	0.9	0.6	0.9
Full cream unsweetened	32,147	36,258	32,265	40,640	36,876	25,210	2.3	2.5	2.2	2.7	2.5	1.6
Skim	22,040	22,521	21,005	15,041	17,599	12,153	1.5	1.6	1.4	1.0	1.2	0.8
Powdered milk—												
Full cream	19,676	12,900	11,400	12,700	13,315	11,847	1.4	0.9	0.8	0.9	0.9	0.8
Skim	42,894	45,723	54,160	46,681	42,458	41,289	3.0	3.2	3.7	3.2	2.8	2.7
Infants' and invalids' food	18,057	15,626	16,771	14,291	19,264	18,034	1.3	1.1	1.1	1.0	1.3	1.2
Cheese (natural equivalent weight)	79,770	86,742	96,307	97,627	105,004	113,224	5.6	6.0	6.6	6.6	7.0	7.4
Total (converted to milk solids, fat and non-fat)	321,701	325,527	343,348	342,576	346,782	348,257	22.5	22.5	23.5	23.1	23.0	22.8

For footnotes see end of table.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA-continued

	Available for consumption—							Apparent per capita consumption—				
	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	505,135	512,075	587,416	613,851	589,122	650,614	35.4	35.5	40.2	41.4	39.1	42.6
Other	473,530	496,901	573,178	530,044	583,685	592,870	33.2	34.4	39.3	35.8	38.8	38.8
Jams, conserves, etc.	25,000	32,733	22,501	22,142	26,361	26,744	1.8	2.3	1.5	1.5	1.8	1.8
Dried fruit	27,840	30,721	36,034	32,759	34,696	36,824	1.9	2.1	2.5	2.2	2.3	2.4
Processed fruit	152,217	151,359	180,830	172,622	163,840	144,696	10.7	10.5	12.4	11.7	10.9	9.5
Total (fresh fruit equivalent)	1,301,608	1,342,102	1,549,275	1,513,210	1,541,918	1,596,104	91.1	93.0	106.1	102.2	102.4	104.4
VEGETABLES—												
White potatoes	720,316	743,701	801,605	812,383	866,951	799,575	50.4	51.5	54.9	54.9	57.6	52.3
Other root and bulb vegetables	241,164	248,192	253,070	258,977	281,315	258,128	16.9	17.2	17.3	17.5	18.7	16.9
Tomatoes	190,339	194,695	212,479	232,402	250,942	251,263	13.3	13.5	14.6	15.7	16.7	16.4
Leafy and green vegetables	321,518	397,102	365,808	329,669	312,384	325,043	22.5	27.5	25.1	22.3	20.8	21.3
Other vegetables	252,543	282,028	257,530	259,274	259,071	276,259	17.7	19.5	17.6	17.5	17.2	18.1
Total (fresh equivalent weight)	1,725,880	1,865,718	1,890,492	1,892,705	1,970,663	1,910,268	120.9	129.2	129.5	127.8	130.9	125.0
GRAIN PRODUCTS—												
Flour(b)	957,209	1,006,779	1,029,048	1,047,572	1,084,181	1,024,987	67.0	69.7	70.5	70.7	72.0	67.1
Breakfast foods—												
Oatmeal and rolled oats	7,892	12,818	4,498	12,587	12,978	17,769	0.6	0.9	0.3	0.8	0.9	1.2
Other (from grain)	102,506	107,182	101,015	102,866	107,122	115,436	7.2	7.4	6.9	6.9	7.1	7.6
Total breakfast foods	110,398	120,000	105,513	115,453	120,100	133,205	7.7	8.3	7.2	7.8	8.0	8.7
Table rice	34,789	35,463	37,086	42,992	43,880	46,283	2.4	2.5	2.5	2.9	2.9	3.0
Total grain products	1,102,396	1,162,242	1,171,647	1,206,017	1,248,161	1,204,475	77.2	80.5	80.2	81.4	82.9	78.8
Bread(c)	680,718	675,233	700,329	682,475	715,688	739,921	47.7	46.8	48.0	46.1	47.5	48.4
EGGS AND EGG PRODUCTS—												
Total (eggs in shell weight)	176,031	180,166	182,445	183,311	188,282	191,227	12.3	12.5	12.5	12.4	12.5	12.5
Equivalent number of eggs	260,904	265,514	267,979	271,571	277,943	281,411	219	221	220	220	222	221
NUTS (in shell)—												
Peanuts	34,872	22,806	19,616	22,050	22,983	31,574	2.4	1.6	1.3	1.5	1.5	2.1
Tree nuts	43,698	37,731	41,699	47,023	49,794	50,206	3.1	2.6	2.9	3.2	3.3	3.3

For footnotes see end of table.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA—continued

	Available for consumption—							Apparent per capita consumption—				
	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83
OILS AND FATS—												
Butter	72,441	65,352	66,480	63,701	64,637	61,094	5.1	4.5	4.6	4.3	4.3	4.0
Total margarine	121,813	126,855	129,696	136,369	143,499	146,402	8.5	8.8	8.9	9.2	9.5	9.6
Table margarine	80,601	84,869	93,985	99,580	102,576	103,274	5.6	5.9	6.4	6.7	6.8	6.8
Other margarine	41,212	41,986	35,711	36,789	40,923	43,128	2.9	2.9	2.4	2.5	2.7	2.8
Total (fat content)(d)	308,174	308,303	313,342	318,957	328,361	330,289	21.6	21.4	21.5	21.5	21.8	21.6
SUGAR—												
As refined sugar	209,392	203,636	186,852	203,353	187,546	183,303	14.7	14.1	12.8	13.7	12.5	12.0
In manufactured foods	494,578	506,418	505,603	518,022	523,221	512,686	34.6	35.1	34.6	35.0	34.8	33.5
Total	703,970	710,054	692,455	721,375	710,767	695,989	49.3	49.2	47.4	48.7	47.2	45.5
Honey	13,051	11,192	13,246	9,567	13,446	11,958	0.9	0.8	0.9	0.6	0.9	0.8
Total(e)	763,888	767,188	753,314	780,076	772,903	750,497	53.5	53.1	51.6	52.7	51.4	49.1
BEVERAGES—												
Tea	22,136	24,148	23,412	22,473	24,029	21,877	1.6	1.7	1.6	1.5	1.6	1.4
Coffee(f)	18,703	24,470	25,551	28,066	29,339	31,093	1.3	1.7	1.7	1.9	2.0	2.0
Aerated and carbonated waters												
Beer	976,915	953,811	933,330	1,001,597	965,697	1,007,481	68.4	66.1	63.9	67.6	64.2	65.9
Wine	1,924,339	1,888,520	1,932,188	1,915,412	1,936,016	1,859,028	134.8	130.8	132.3	129.3	128.6	121.6
Total	2,021,181	2,362,257	2,524,401	2,693,998	2,870,522	3,012,399	14.2	16.4	17.3	18.2	19.1	19.7
ALCOHOL—												
Beer	92,368	90,649	92,745	91,940	92,929	89,233	6.47	6.28	6.35	6.21	6.17	5.84
Wine	27,115	31,285	32,865	34,789	36,750	38,164	1.90	2.17	2.25	2.35	2.44	2.50
Spirits	18,802	15,402	14,817	16,325	17,455	17,888	1.32	1.07	1.01	1.10	1.16	1.17
Total	138,285	137,336	140,427	143,054	147,134	145,285	9.69	9.52	9.61	9.66	9.77	9.51

(a) Prior to 1978-79 was known as Fluid Whole Milk. (b) Includes flour used for breadmaking. (c) Per capita data on bread is now shown in kg per year. (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.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1982-83

	Supply				Utilisation				Per capita per year
	Production		Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	
	Net change in stocks	Commercial							
MEAT—									kg
Carcass meat(a)—									
Beef and veal									
Beef	(-22,950)	1,542,694	5,310	1,570,954	830,729	..	52,092	688,133	45.0
Veal	(-22,262)	1,481,426	4,248	1,507,936	821,012	..	49,524	637,400	41.8
Lamb	(-1,689)	61,268	1,062	63,019	9,717	..	2,569	50,733	3.3
Mutton	(-1,464)	280,446	445	281,910	35,015	..	3,170	246,895	16.2
Pigmeat	(-4,859)	249,771	445	255,075	183,207	..	146,852	68,698	4.5
Total carcass meat	(-26,364)	2,311,978	5,755	2,344,097	1,051,008	..	202,114	1,090,975	71.4
Offal and meat n.e.i.(a)	(-1,013)	122,002	962	123,977	52,318	3,000	..	68,659	4.5
Canned meat (canned weight)	(+607)	39,891	501	39,785	15,065	24,720	1.6
Bacon and ham (cured carcass weight)	(+1,416)	106,588	..	105,172	412	..	7,464	97,296	6.4
Total meat (carcass equivalent weight)	(-25,558)	2,646,247	7,134	2,678,939	1,137,521	3,000	212,265	1,326,153	86.8
POULTRY—									
Poultry (dressed weight)	(+3,192)	312,902	97	313,271	2,150	..	n.a.	311,121	20.4
SEAFOOD—									
Fresh and frozen (edible weight)—									
Fish—									
Australian	n.a.	37,685	..	41,454	13,529	n.a.	9,605	18,320	1.2
Imported	n.a.	..	28,095	28,095	167	n.a.	..	27,928	1.8
Crustacea and molluscs	n.a.	34,066	2,230	36,296	16,978	n.a.	2,172	17,146	1.1
Seafood, otherwise prepared (product weight)—									
Australian	(-614)	11,777	..	12,391	3,605	8,786	0.6
Imported—									
Fish	n.a.	..	22,920	22,920	195	22,725	1.5
Crustacea and molluscs	n.a.	..	5,902	5,902	91	5,811	0.4
MILK AND MILK PRODUCTS—									litres
Market milk (fluid whole)	(b)1,572,213	102.9
Condensed, concentrated and evaporated milk—									kg
Full cream sweetened	(-1,307)	14,154	336	15,797	1,388	14,409	0.9
Full cream unsweetened	(+2,236)	31,375	..	29,139	3,929	25,210	1.6
Skim	(+244)	20,184	875	20,815	8,662	12,153	0.8
Powdered milk—									
Full cream	(b)11,847	0.8
Skim (incl. buttermilk and mixed skim and buttermilk)	(b)41,289	2.7
Infants' and invalids' food	(+153)	27,709	1,244	28,800	10,766	18,034	1.2
Cheese (natural equivalent weight)	(b)113,224	7.4

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1982-83—continued

	Supply				Utilisation				Per capita per year	
	Production		Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food		Total
	Net change in stocks	Commercial								
FRUIT AND FRUIT PRODUCTS—										
Fresh fruit (incl. fruit for fruit juice)—										
Oranges	..	409,998	20,500	159,959	590,457	32,111	8,200	n.a.	550,146	36.0
Other citrus fruit	..	92,705	4,635	10,763	108,103	7,635	n.a.	n.a.	100,468	6.6
Other fresh fruit—										
Apples	(+)+7,777	292,557	—	15	284,795	29,044	n.a.	28,775	226,976	14.9
Apricots	..	26,850	—	—	26,850	—	n.a.	14,082	12,768	0.8
Bananas	..	140,481	—	—	140,481	71	n.a.	—	140,410	9.2
Grapes	..	25,969	—	—	25,969	3,457	n.a.	—	22,512	1.5
Melons, cantaloupes etc.	..	68,340	—	—	68,340	—	n.a.	—	68,340	4.5
Peaches	..	63,036	—	—	63,036	—	n.a.	36,579	26,457	1.7
Pears	(-)-1,317	119,242	—	—	120,559	27,983	n.a.	33,024	59,552	3.9
Pineapples	..	111,280	—	—	111,280	744	n.a.	48,894	61,642	4.0
Plums and prunes	..	20,642	—	—	20,642	—	n.a.	14,002	6,640	0.4
Total	(+)+6,460	895,486	15,000	11,229	915,255	67,736	n.a.	254,649	592,870	38.8
Jams, conserves, etc. (product weight)	(-)-481	29,265	1,000	2,312	33,058	6,314	26,744	1.8
Dried vine fruit (product weight)—										
Currants	(d)3,775	0.2
Raisins	(d)3,299	0.2
Sultanas	(d)21,253	1.4
Dried tree fruit (product weight)—										
Apricots	(d)1,558	0.1
Prunes	(d)2,601	0.2
Other	(d)4,380	0.3
Processed fruit (product weight)—										
Apples	(+)+398	13,573	—	—	13,175	60	13,115	0.9
Apricots	(+)+697	11,182	150	—	10,635	342	10,293	0.7
Mixed fruits (incl. fruit salad)	(-)-2,406	31,732	—	—	34,138	16,598	17,540	1.1
Peaches	(-)-2,375	38,354	150	—	40,879	9,320	31,559	2.1
Pears	(-)-7,513	29,651	100	—	37,264	27,286	9,978	0.7
Pineapples	n.a.	n.a.	100	5,692	37,458	2,187	35,271	2.3
Other	(-)-137	6,683	—	20,239	27,059	119	26,940	1.8

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1982-83—continued

	Supply				Utilisation				Per capita consumption in Australia as human food
	Production		Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	
	Net change in stocks	Commercial							
VEGETABLES—									
Total vegetables									kg
White potatoes	n.a.	858,484	25,400	635	884,519	12,545	72,399	n.a.	799,575
Other root and bulb vegetables—									
Beetroot	(-1,531	24,865	1,741	—	28,137	40	249	..	27,848
Carrots	(+1,154	105,009	5,250	360	109,465	9,100	3,150	..	97,215
Onions	(+1,928	129,003	6,450	3,639	137,164	16,934	3,870	..	116,360
Parsnips	n.a.	7,918	396	—	8,314	143	158	..	8,013
Sweet potatoes	n.a.	3,405	—	—	3,405	—	—	..	3,405
White turnips and swedes	n.a.	5,913	177	—	6,090	685	118	..	5,287
Total	(-1,551	276,113	14,014	3,999	292,575	26,902	7,545	..	258,128
Tomatoes	(-14,086	224,077	22,408	12,998	263,569	1,102	11,204	..	251,263
Leafy and green (incl. legumes)—									
Beans	(-2,113	40,399	6,060	3,095	51,667	533	808	..	50,326
Cabbages and other greens	(+49	78,029	3,902	—	81,882	2,714	3,902	..	75,266
Celery	n.a.	29,851	1,493	—	31,344	114	1,493	..	29,737
Lettuce	n.a.	58,029	5,803	—	63,832	1,303	4,062	..	58,467
Peas	(+4,682	103,038	15,593	7,404	121,353	1,863	8,243	..	111,247
Total	(+2,618	309,346	32,851	10,499	350,078	6,527	18,508	..	325,043
Other vegetables—									
Asparagus	(-141	5,300	530	3,721	9,592	128	9,464
Cauliflowers	—	76,453	3,823	—	80,276	4,907	5,352	..	70,017
Cucumbers (incl. gherkins)	(-160	14,833	742	383	16,118	128	445	..	15,545
Marrows, squashes and zucchinis	n.a.	5,301	265	—	5,566	114	n.a.	..	5,452
Pumpkins	n.a.	75,410	3,771	—	79,181	114	n.a.	..	79,067
Sweet corn	(-2,443	31,718	1,586	—	35,747	80	634	..	35,033
Other	(-8,331	31,251	—	22,099	61,681	—	—	..	61,681
Total	(-10,975	240,266	10,717	26,203	288,161	5,471	6,431	..	276,259
Total all vegetables	(-10,892	1,908,286	105,390	54,334	2,078,902	52,547	116,087	..	1,910,268
Fresh, frozen and processed vegetables—									
Fresh vegetables (excl. frozen and processed vegetables)—									kg
Asparagus	..	5,300	530	—	5,830	—	n.a.	5,347	483
Beans	..	40,399	6,060	—	46,459	5	808	39,545	6,101
Cabbages and sprouts	..	75,293	3,765	—	79,058	2,397	3,765	1,125	71,771
Carrots	..	105,009	5,250	360	110,619	8,937	3,150	5,297	93,235
Cucumbers (incl. gherkins)	..	14,833	742	9	15,584	114	445	4,538	11,168
Onions	..	129,003	6,450	3,639	139,092	16,934	3,870	24,864	93,424
Peas	..	103,956	15,593	—	119,549	14	8,243	99,785	11,507
Potatoes	..	858,484	25,400	—	883,884	11,885	72,399	185,400	614,200
Sweet corn	..	31,718	1,586	—	33,304	—	634	19,601	13,069
Tomatoes	..	224,077	22,408	20	246,505	769	11,204	142,865	91,667
Frozen vegetables (product weight)—									
Beans	n.a.	n.a.	—	2,656	21,094	207	20,887
Peas	n.a.	n.a.	—	3,335	44,305	778	43,527
Potatoes	n.a.	n.a.	—	—	n.a.	—	96,000

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1982-83—continued

	Supply				Utilisation				Per capita per year	
	Production		Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food		Total
	Net change in stocks	Commercial								
VEGETABLES—continued										
Fresh, frozen and processed vegetables—										
Processed (product weight)—										
Asparagus	n.a.	n.a.	—	2,819	6,901	97	6,804	kg
Beans, baked	(-22)	27,368	—	646	28,036	477	27,559	1.8
Beans, green	n.a.	n.a.	—	—	4,354	12	4,342	0.3
Beetroot	(-1,265)	25,102	—	—	26,367	33	26,334	1.7
Cabbages and sprouts	n.a.	n.a.	—	—	1,145	337	808	0.1
Carrots	(+954)	4,378	—	—	3,424	135	3,289	0.2
Cucumbers (incl. gherkins)	(-188)	4,538	—	440	5,166	16	5,150	0.3
Onions	(+275)	3,547	—	—	3,272	—	3,272	0.2
Peas	n.a.	n.a.	—	—	12,604	96	12,508	0.8
Potatoes	n.a.	21,600	—	119	21,719	120	21,599	1.4
Sweet corn	n.a.	n.a.	—	—	8,853	32	8,821	0.6
Tomatoes	(-2,672)	71,825	—	8,785	—	152	83,130	litres
GRAIN PRODUCTS—										
Flour (incl. flour for breadmaking)										
Breakfast foods—	(-489)	1,090,269	..	6,973	1,097,731	72,744	1,024,987	kg
Oatmeal and rolled oats	n.a.	23,579	..	714	24,293	6,524	17,769	1.2
Other (from grain)	(+365)	129,109	..	751	129,495	14,059	115,436	7.6
Table rice	..	42,511	..	3,772	46,283	46,283	3.0
Total grain products	(-124)	1,285,468	..	12,210	1,297,802	93,327	1,204,475	78.8
Bread(f)	..	739,060	..	1,278	..	417	739,921	48.4
EGGS AND EGG PRODUCTS—										
Total (eggs in shell weight)										
NUTS (in shell)—	(g)(+2,759)	134,078	70,311	—	201,630	9,815	588	..	191,227	12.5
Peanuts	(-23,944)	n.a.	n.a.	n.a.	46,810	n.a.	n.a.	n.a.	31,574	2.1
Tree nuts	n.a.	6,554	n.a.	43,845	50,399	193	n.a.	n.a.	50,206	3.3

For footnotes see end of table.

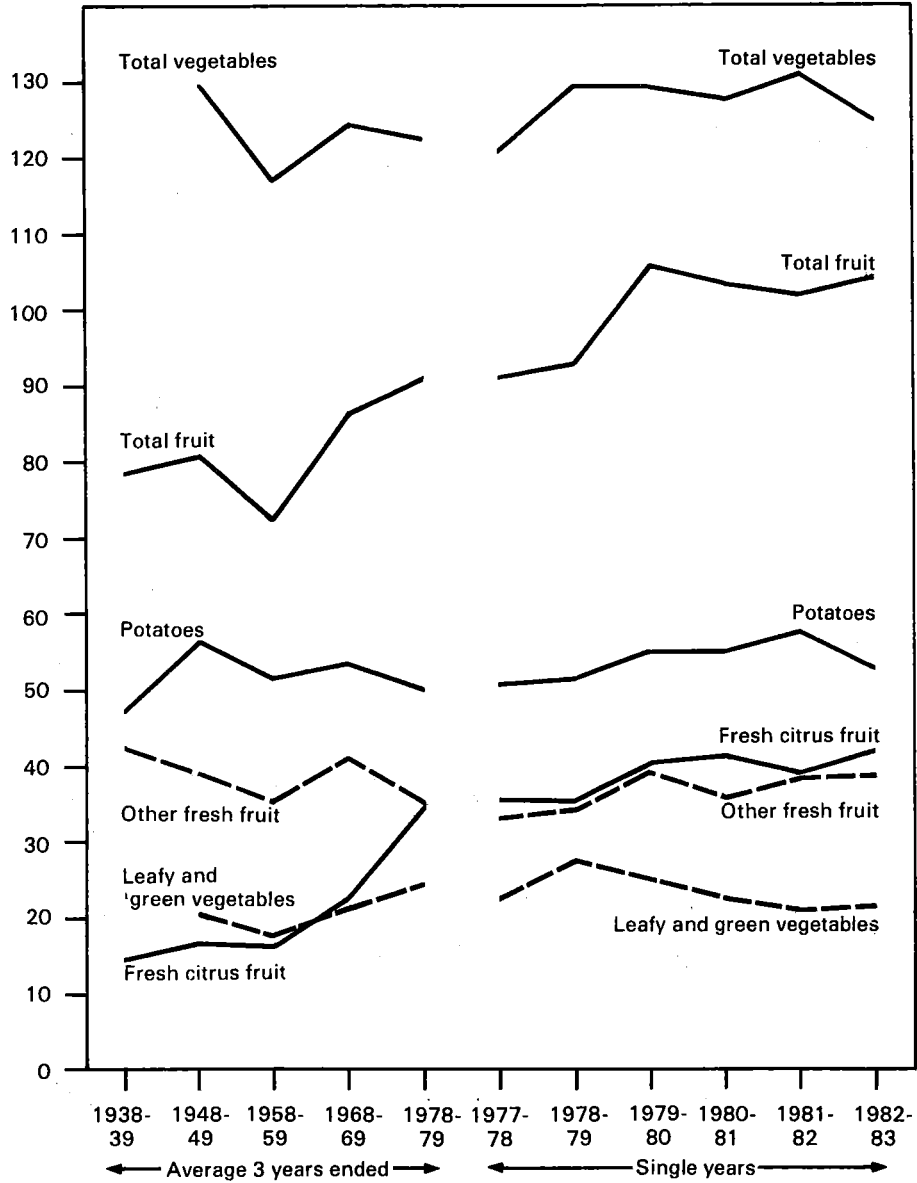
TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1982-83—continued

	Supply				Utilisation				Per capita per year	
	Net change in stocks	Production		Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food		Total
		Commercial	Estimated home production							
OILS AND FATS—										
Butter					— tonnes —					kg
Total margarine	(+2,643	152,780	—	1,089	151,226	4,824	(b)61,094	4.0
Table margarine	(+1,796	105,624	—	1,089	104,917	1,643	146,402	9.6
Other margarine	(+847	47,156	—	—	46,309	3,181	103,274	6.8
SUGAR—										
As refined sugar	(-3,876	701,708	—	33	705,617	11,536	..	510,778	183,303	12.0
In manufactured foods	..	526,771	..	10,448	537,219	24,533	512,686	33.5
Honey	(-3,804	22,722	—	90	26,616	14,658	11,958	0.8
BEVERAGES—										
Tea	n.a.	409	—	21,737	22,146	269	21,877	1.4
Coffee	n.a.	—	—	33,952	33,952	2,859	31,093	2.0
Aerated and carbonated waters										
Beer	n.a.	1,017,742	n.a.	7,915	— '000 litres—	18,176	1,007,481	litres
Wine	(h)2,094	1,025,657	(i)1,859,028	121.6
Dessert wine	237	19,733	1.3
Sherry	70	23,692	1.6
Sparkling and carbonated wine	1,841	28,863	1.9
Table wine	5,369	222,318	14.5
Vermouth	78	4,285	0.3
Other wine, n.e.i.	61	2,439	0.2
Total wine	7,656	301,239	19.7
Spirits—										
Brandy	(h)764	— '000 litres alcohol—	(i)2,987	litres alcohol
Gin	470	926	0.2
Liqueurs (incl. flavoured spirits)	1,512	1,691	0.1
Rum	707	2,930	0.2
Vodka	88	778	0.1
Whisky	7,859	8,143	0.5
Other, n.e.i. (incl. bitters)	154	433	—
Total	11,554	17,888	1.2

(a) Stocks supplied by the Australian Meat and Livestock Corporation. (b) Domestic sales supplied by the Australian Dairy Corporation. (c) Cold store stocks of apples and pears. (d) Deliveries year ended 30 June as recorded by the Australian Dried Fruits Association. (e) Comprises deliveries for consumption in Australia. (f) Per capita data on bread is now shown in kg per year. (g) Stocks held by Egg Boards. (h) Imports cleared for consumption in Australia. (i) Comprises quantities upon which excise duty was paid and imports cleared for consumption in Australia. (j) Comprises quantity of sales by winemakers and imports cleared for consumption in Australia.

APPARENT PER CAPITA CONSUMPTION OF VEGETABLES AND FRUIT

kg per capita per year



II. LEVEL OF NUTRIENT INTAKE

1. In order to determine whether the quantities of the various foodstuffs available for consumption are likely to be sufficient for adequate nutrition, 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. See notes to Section I for a statement of these qualifications.

3. The basis for the calculations of estimated supplies of nutrients available for consumption in Australia was changed after Bulletin No. 23 (1967-68) and is now dependent on conversion factors calculated from *Metric Tables of Composition of Australian Food* (Suey Thomas and Margaret Corden, A.G.P.S. Canberra, 1977). The previously used Tables, compiled by Anita Osmond and Winifred Wilson, 1954, have been revised and considerably enlarged and nutrient values for almost all food items altered in the light of improved analytical techniques. While comparison with figures published for previous years is no longer entirely valid, the differences in conversion factors are not so great as to negate the value of all such comparisons.

4. 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 now stated as micrograms of vitamin A (retinol) activity. Strict comparisons between vitamin A activity values published since 1968-69 cannot be made with previous values, since the values given for individual food items vary considerably in the food composition tables (1954 and 1977).

5. *Nutrients available for consumption.* Details of the estimated supplies of nutrients passing into consumption in the years 1977-78 to 1982-83 are shown in Table 4. A note on trends in consumption of nutrients is included in **Changes in Consumption of Foodstuffs and Nutrients in**

the Explanatory notes. All nutrient determinations are based on the fresh equivalent 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, bacon, ham, dried fruit, canned fish and alcoholic beverages.

6. 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 7 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).

7. *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 (ascorbic acid) 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.

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

TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a)
(per capita per day)

Commodity group	Protein g	Fat g	Carbo- hydrate g	Energy Value kJ	Calcium mg	Iron mg	Vitamin A		Thiamin mg	Ribo- flavin mg	Niacin mg	Vitamin C mg
							activity (b)	µg				
1977-78												
Beverages (c)	1.0	—	11.3	841	15	0.1	—	—	0.01	0.33	0.6	—
Poultry	6.5	1.8	—	186	4	0.5	20	—	0.03	0.05	2.4	—
Cereals	22.5	3.5	158.8	3,202	45	4.4	1	—	0.74	0.56	5.7	—
Eggs	3.7	3.5	0.2	200	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	57.5	0.3	2,147	7	—	283	—	—	—	—	—
Seafood	3.7	1.0	0.1	103	15	0.3	5	—	0.01	0.02	0.8	0.2
Fruit	1.3	0.6	25.7	423	41	0.8	65	—	0.11	0.07	0.6	44.5
Meat (d)	36.7	60.0	0.5	2,930	21	5.8	597	—	0.35	0.65	9.9	3.2
Dairy products (e)	19.3	19.4	22.9	1,460	663	0.7	227	—	0.17	0.84	0.6	4.6
Nuts	1.7	4.1	1.3	193	7	0.2	—	—	0.05	0.02	0.9	—
Sugars	—	—	135.8	2,216	6	0.2	—	—	—	—	—	—
Vegetables	4.8	0.5	32.9	600	51	1.9	357	—	0.24	0.16	2.5	48.9
Total	101.4	151.9	389.7	14,501	891	15.6	1,640	1,640	1.74	2.79	24.0	101.4
1978-79												
Beverages (c)	1.0	—	11.1	832	16	0.1	—	—	0.01	0.32	0.5	—
Poultry	7.3	2.1	—	208	5	0.6	22	—	0.03	0.06	2.6	—
Cereals	23.5	3.7	165.6	3,339	47	4.6	1	—	0.77	0.58	5.9	—
Eggs	3.8	3.5	0.2	202	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	56.8	0.3	2,122	7	—	272	—	—	—	—	—
Seafood	3.5	0.9	0.1	98	14	0.3	4	—	0.01	0.02	0.8	0.2
Fruit	1.3	0.5	26.7	438	41	0.9	68	—	0.11	0.07	0.6	44.4
Meat (d)	32.6	55.3	0.4	2,677	19	5.0	477	—	0.33	0.55	8.7	2.6
Dairy products (e)	19.4	19.4	22.3	1,449	666	0.7	226	—	0.17	0.83	0.6	4.3
Nuts	1.2	3.1	1.0	143	6	0.2	—	—	0.04	0.02	0.6	—
Sugars	—	—	133.6	2,182	6	0.2	—	—	—	—	—	—
Vegetables	5.1	0.5	34.0	622	56	2.0	395	—	0.26	0.17	2.6	54.1
Total	98.9	145.7	395.3	14,312	899	15.2	1,552	1,552	1.75	2.71	23.0	105.5
1979-80												
Beverages (c)	1.0	—	11.3	839	16	0.1	—	—	0.01	0.33	0.5	—
Poultry	7.8	2.2	—	223	5	0.6	24	—	0.03	0.06	2.8	—
Cereals	23.4	3.6	164.4	3,315	46	4.4	1	—	0.74	0.54	5.7	—
Eggs	3.8	3.5	0.2	201	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	56.9	0.3	2,125	7	—	275	—	—	—	—	—
Seafood	3.5	1.0	0.1	100	14	0.3	5	—	0.01	0.02	0.8	0.2
Fruit	1.5	0.6	29.9	491	46	1.0	74	—	0.12	0.08	0.7	50.3
Meat (d)	29.0	51.1	0.3	2,453	17	4.4	374	—	0.31	0.47	7.7	2.0
Dairy products (e)	20.3	20.0	23.1	1,503	698	0.7	234	—	0.18	0.87	0.6	4.3
Nuts	1.1	3.0	0.9	138	6	0.2	—	—	0.03	0.02	0.5	—
Sugars	—	—	130.2	2,125	6	0.2	—	—	—	—	—	—
Vegetables	5.2	0.5	35.5	648	54	2.0	369	—	0.27	0.17	2.7	52.1
Total	96.7	142.4	396.1	14,163	932	14.6	1,441	1,441	1.73	2.65	22.1	109.0

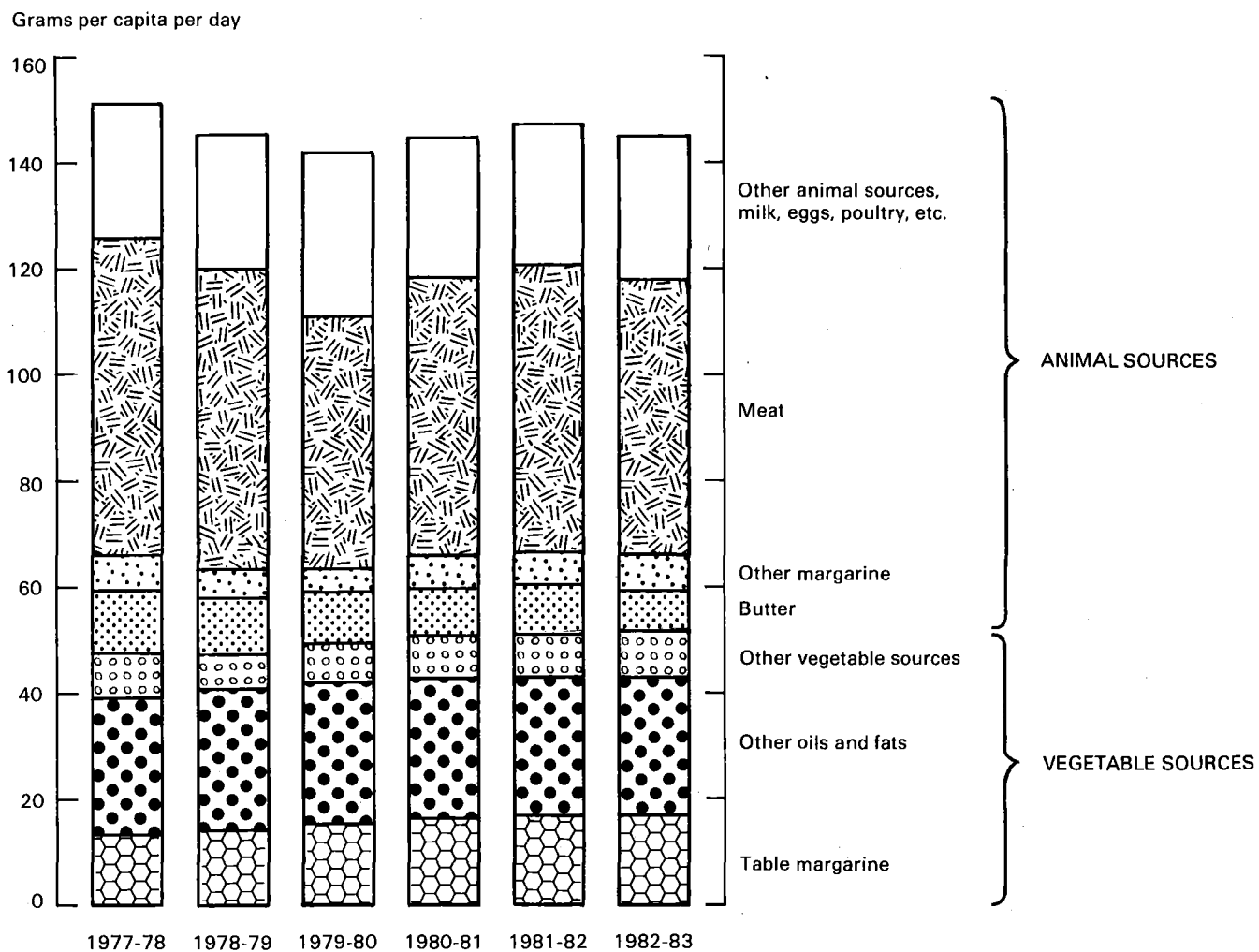
For footnotes see end of table.

TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a)-continued
(per capita per day)

Commodity group	Protein g	Fat g	Carbo- hydrate g	Energy Value kJ	Calcium mg	Iron mg	Vitamin A		Thiamin mg	Ribo- flavin mg	Niacin mg	Vitamin C mg
							activity (b) µg	µg				
1980-81												
Beverages (c)	1.0	—	11.1	843	16	0.1	—	—	0.01	0.32	0.5	—
Poultry	7.9	2.2	—	225	5	0.6	24	—	0.03	0.07	2.8	—
Cereals	23.7	3.7	167.1	3,371	47	4.5	1	—	0.75	0.54	5.7	—
Eggs	3.7	3.5	0.2	200	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	57.3	0.3	2,139	7	—	274	—	—	—	—	—
Seafood	4.0	1.0	0.1	111	16	0.3	5	—	0.01	0.02	0.8	0.2
Fruit	1.5	0.6	28.9	476	47	0.9	76	—	0.12	0.08	0.7	51.2
Meat (d)	29.7	53.1	0.3	2,539	17	4.5	402	—	0.34	0.49	7.9	2.2
Dairy products (e)	20.0	20.3	22.8	1,504	687	0.7	237	—	0.17	0.85	0.6	4.3
Nuts	1.2	3.4	1.0	155	7	0.2	—	—	0.04	0.02	0.6	—
Sugars	—	—	133.5	2,178	6	0.2	—	—	—	—	—	—
Vegetables	5.1	0.5	35.3	644	54	2.0	397	—	0.26	0.16	2.6	51.2
Total	98.0	145.6	400.6	14,385	924	14.8	1,501	1.76	2.65	22.4	109.1	
1981-82												
Beverages (c)	1.0	—	11.1	855	17	0.1	—	—	0.01	0.32	0.5	—
Poultry	7.6	2.2	—	217	5	0.6	23	—	0.03	0.06	2.7	—
Cereals	24.2	3.8	170.4	3,438	48	4.6	1	—	0.77	0.56	5.9	—
Eggs	3.8	3.5	0.2	202	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	58.0	0.3	2,164	7	—	279	—	—	—	—	—
Seafood	3.6	0.9	0.1	101	16	0.3	5	—	0.01	0.02	0.7	0.2
Fruit	1.4	0.6	28.6	471	45	0.9	73	—	0.12	0.08	0.7	49.2
Meat (d)	30.7	53.8	0.4	2,584	18	4.7	421	—	0.33	0.51	8.1	2.3
Dairy products (e)	19.9	20.6	22.1	1,501	681	0.7	243	—	0.17	0.83	0.6	4.6
Nuts	1.3	3.5	1.1	158	7	0.2	—	—	0.04	0.02	0.6	—
Sugars	—	—	130.0	2,121	6	0.2	—	—	—	—	—	—
Vegetables	5.2	0.6	36.6	666	54	2.0	391	—	0.26	0.16	2.7	52.1
Total	98.7	147.3	400.8	14,478	920	15.1	1,522	1.77	2.65	22.7	108.3	
1982-83												
Beverages (c)	1.0	—	10.6	829	16	0.1	—	—	0.01	0.30	0.5	—
Poultry	7.9	2.2	—	226	5	0.6	24	—	0.03	0.07	2.9	—
Cereals	23.0	3.6	162.4	3,274	47	4.6	1	—	0.77	0.59	5.9	—
Eggs	3.8	3.5	0.2	202	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	57.5	0.3	2,147	7	—	272	—	—	—	—	—
Seafood	3.5	0.9	0.1	97	14	0.3	4	—	0.01	0.02	0.8	0.2
Fruit	1.5	0.5	29.7	485	48	1.0	76	—	0.12	0.08	0.7	52.7
Meat (d)	29.6	52.0	0.4	2,498	17	4.5	420	—	0.33	0.50	7.9	2.3
Dairy products (e)	19.7	20.7	21.7	1,494	673	0.7	244	—	0.16	0.81	0.6	4.4
Nuts	1.6	4.0	1.3	185	7	0.2	—	—	0.05	0.02	0.8	—
Sugars	—	—	124.3	2,030	6	0.2	—	—	—	—	—	—
Vegetables	4.9	0.5	34.0	620	52	2.0	376	—	0.25	0.16	2.6	50.1
Total	96.5	145.5	384.9	14,088	908	14.8	1,503	1.77	2.64	22.7	109.7	

(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 β carotene equivalent. (c) Comprises beer, wine and spirits, the energy value of which includes the contribution made by alcohol. (d) Includes canned and cured meat and edible offal. (e) Excludes butter, which is included in 'Oils and fats'.

SOURCES OF NUTRIENT FAT



APPARENT PER CAPITA CONSUMPTION OF BUTTER, MARGARINE AND OTHER OILS AND FATS IN TERMS OF FAT CONTENT

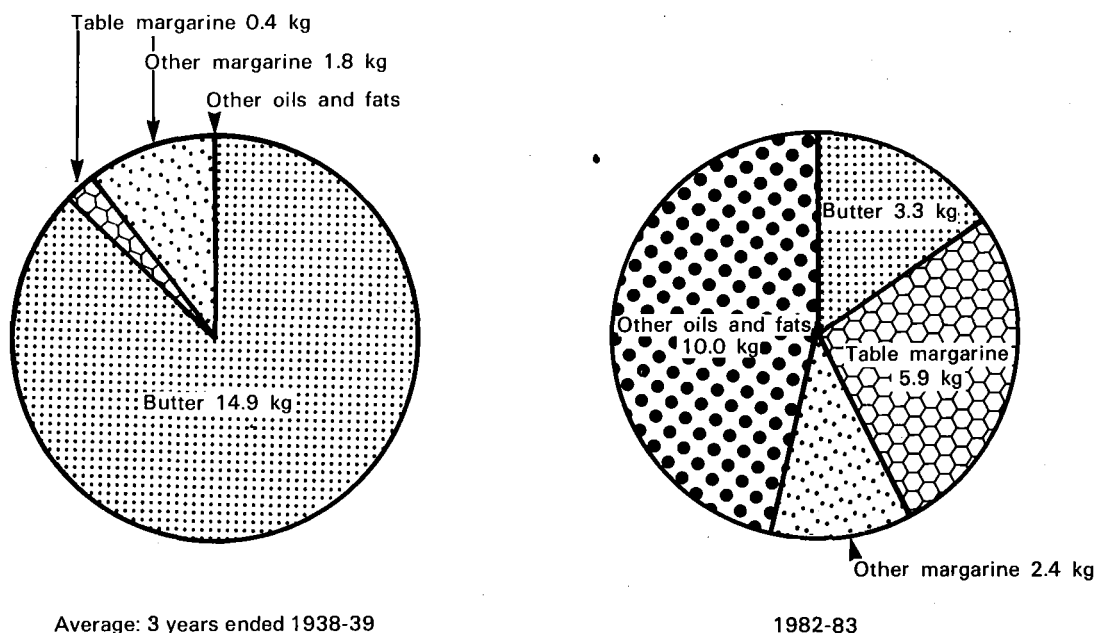


TABLE 5. ADJUSTMENTS TO THE AVAILABILITY OF SPECIFIC VITAMINS, AUSTRALIA(a)
(milligrams per capita per day)

Nutrient	1977-78		1978-79		1979-80		1980-81		1981-82		1982-83	
	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able
Vitamin C—												
Milk and milk products—												
Fluid whole milk	2.8	2.8	2.8	2.8	2.8	2.8	2.9	2.9	2.8	2.8	2.8	2.8
Other milk products	1.8	1.8	1.5	1.5	1.5	1.5	1.4	1.4	1.7	1.7	1.6	1.6
Meat	3.2	(b)	2.6	(b)	2.0	(b)	2.2	(b)	2.3	(b)	2.3	(b)
Fruit and fruit products—												
Fresh, canned and dried	10.3	9.0	10.3	9.0	11.4	9.9	11.2	9.8	11.3	10.0	11.6	10.3
Cooked	0.4	0.2	0.5	0.3	0.3	0.2	0.3	0.3	0.4	0.2	0.4	0.2
Citrus	33.9	33.9	33.7	33.7	38.7	38.7	39.7	39.7	37.5	37.5	41.1	41.1
Vegetables—												
Fresh tomatoes	7.5	4.2	7.7	6.3	8.3	5.0	8.9	5.6	9.5	6.2	9.3	6.0
Lettuce	0.8	0.8	0.9	0.9	1.0	1.0	1.0	1.0	0.9	0.9	1.0	1.0
Canned vegetables	1.9	0.9	2.0	0.9	1.9	0.9	2.0	0.9	2.0	0.9	1.9	0.9
Cooked potatoes and other vegetables	38.6	19.3	43.5	21.8	41.0	20.5	39.3	19.7	39.7	19.9	37.9	19.0
Total vitamin C	101.4	72.9	105.5	77.2	109.0	80.5	109.1	81.3	108.3	80.1	109.7	82.9
Thiamin	1.74	1.48	1.75	1.49	1.73	1.47	1.76	1.5	1.77	1.5	1.77	1.5
Niacin equivalent(c)	24.0	40.8	23.0	39.4	22.1	38.2	22.4	38.7	22.7	39.1	22.7	38.8

(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.

Dietary allowances. The nutritive value of food available for consumption may be compared with an arbitrary standard such as the *Dietary Allowances for Use in Australia (1984 Edition)*, formulated by the Nutrition Committee of the National Health and Medical Research Council. This comparison has been made in Table 8, where the quantity of nutrients available for consumption in the Australian diet (as shown in Table 4), less estimated cooking loss, is compared with desirable quantities recommended by the Council. The allowances shown in Table 8 are averages weighted according to the various age groups in the population. The allowance data are based on information from the publication *Estimated Age Distribution of the Population (3201.0)*. See the age-sex pyramid of the Australian population in the notes to Section I of this publication.

The comparisons in these tables are useful as an indication of trends in food consumption, although it

must be emphasised that the allowances do not necessarily represent nutrient requirement; rather they were devised for the planning of practical diets within the average Australian food pattern. 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 comparison with these allowances. A deviation from the allowances of the order of 10-15 per cent is not regarded as a serious deficiency. Even if the nutrient intake is more than 15 per cent below the allowance, a nutritional deficiency cannot be assumed 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 estimates that in communities with a plentiful food supply, up to 15 per cent of the food available may be wasted.

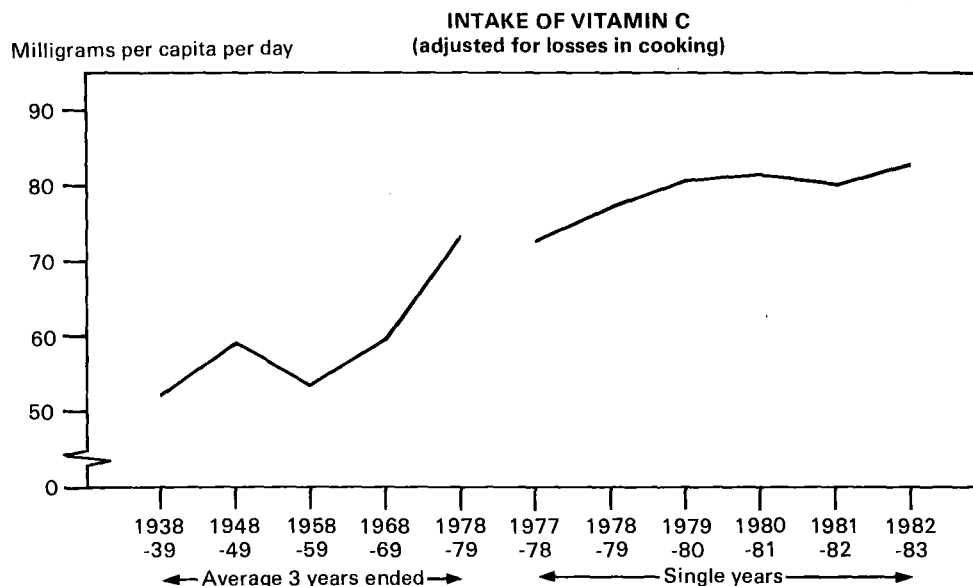


TABLE 6. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA

	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83
Meat	20.2	18.7	17.3	17.7	17.8	17.7
Poultry	1.3	1.5	1.6	1.6	1.5	1.6
Seafood	0.7	0.7	0.7	0.8	0.7	0.7
Milk and milk products	10.1	10.1	10.6	10.5	10.4	10.6
Fruit and fruit products	2.9	3.1	3.5	3.3	3.3	3.4
Vegetables	4.1	4.3	4.6	4.5	4.6	4.4
Grain products	22.1	23.3	23.4	23.4	23.7	23.2
Eggs and egg products	1.4	1.4	1.4	1.4	1.4	1.4
Nuts	1.3	1.0	1.0	1.1	1.1	1.3
Oils and fats	14.8	14.8	15.0	14.9	14.9	15.2
Sugar	15.2	15.2	15.0	15.1	14.7	14.4
Beverages (alcoholic)	5.8	5.8	5.9	5.9	5.9	5.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

TABLE 7. ESTIMATED NUTRIENTS AVAILABLE FOR CONSUMPTION, ADJUSTED, AUSTRALIA(a)
(per capita per day)

Nutrient	Unit	Average 3 years ended—										
		1938-39	1948-49	1958-59	1968-69	1978-79	1977-78	1978-79	1979-80	1980-81	1981-82	1982-83
Protein—												
Animal	g	58.7	57.4	59.6	64.2	68.2	69.9	66.6	64.4	65.2	65.4	64.4
Vegetable	g	30.9	35.3	32.3	35.5	32.1	31.5	32.3	32.3	32.7	33.3	32.1
<i>Total</i>	g	<i>89.6</i>	<i>92.7</i>	<i>91.9</i>	<i>99.7</i>	<i>100.3</i>	<i>101.4</i>	<i>98.9</i>	<i>96.7</i>	<i>98.0</i>	<i>98.7</i>	<i>96.5</i>
Fat(from all sources)	g	133.5	121.7	131.7	123.2	149.7	151.9	145.7	142.4	145.6	147.3	145.5
Carbohydrate	g	377.4	424.8	416.7	406.8	395.7	389.7	395.3	396.1	400.6	400.8	384.9
Calcium	mg	642	785	817	968	873.0	891	899	932	924	920	908
Iron	mg	15.4	15.1	14.0	14.7	15.5	15.6	15.2	14.6	14.8	15.1	14.8
Vitamin A activity	µg	1,471.5	1,389.0	1,370.4	1,347.9	1,601	1,640	1,552	1,441	1,501	1,522	1,503
Vitamin C	mg	52.6	58.8	54.3	59.8	73.2	72.9	77.2	80.5	81.3	80.1	82.9
Thiamin	mg	1.2	1.3	1.1	1.4	1.48	1.48	1.49	1.47	1.50	1.50	1.50
Riboflavin	mg	1.7	1.9	1.8	2.7	2.73	2.79	2.71	2.65	2.65	2.65	2.64
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.2	40.8	39.4	38.2	38.7	39.1	38.8
Energy value	kJ	13,048	13,584	13,801	13,835	14,505	14,501	14,312	14,163	14,385	14,478	14,088

(a) Not comparable with years prior to 1968-69. Figures are based on conversion factors calculated from the revised and enlarged edition of S. Thomas and M. Corden *Metric Tables of Composition of Australian Food* A.G.P.S., Canberra 1977. See notes to Section II. Adjustments have been made for loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein.

**TABLE 8. NUTRIENTS AVAILABLE FOR CONSUMPTION(a) IN AUSTRALIA
COMPARED WITH DIETARY ALLOWANCES**

	Protein g	Calcium mg	Iron mg	Vitamin A activity µg	Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
<i>1977-78—</i>									
Dietary allowance	59.6	436.5	10.4	678.2	31.8	0.9	1.1	14.0	8,911
Nutrients—									
Available	101.4	891	15.6	1,640	72.9	1.48	2.79	40.8	14,501
In excess of dietary allowance (%)	70	104	50	142	129	64	154	191	63
<i>1978-79—</i>									
Dietary allowance	59.9	436.3	10.5	679.6	31.8	0.9	1.1	14.1	8,946
Nutrients—									
Available	98.9	899	15.2	1,552	77.2	1.49	2.71	39.4	14,312
In excess of dietary allowance (%)	65	106	45	128	143	66	146	179	60
<i>1979-80—</i>									
Dietary allowance	60.0	436.0	10.5	681.3	31.8	0.9	1.1	14.1	8,952
Nutrients—									
Available	96.7	932	14.6	1,441	80.5	1.47	2.65	38.2	14,163
In excess of dietary allowance (%)	61	114	39	112	153	63	141	171	58
<i>1980-81—</i>									
Dietary allowance	59.5	427.0	10.4	672.3	31.2	0.8	1.1	13.9	8,861
Nutrients—									
Available	98.0	924	14.8	1,501	81.3	1.50	2.65	38.7	14,385
In excess of dietary allowance (%)	65	116	42	123	161	88	141	178	62
<i>1981-82—</i>									
Dietary allowance	59.5	427.0	10.4	672.3	31.2	0.8	1.1	13.9	8,861
Nutrients—									
Available	98.7	920	15.1	1,522	80.1	1.50	2.65	39.1	14,478
In excess of dietary allowance (%)	66	115	45	126	157	88	141	181	63
<i>1982-83—</i>									
Dietary allowance	59.8	434.2	10.4	677.1	31.7	0.9	1.4	15.2	8,922
Nutrients—									
Available	96.5	908	14.8	1,503	82.9	1.50	2.64	38.8	14,088
In excess of dietary allowance (%)	61	109	42	122	162	67	89	155	58

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein.

- NOTE: 1. Sources: Up to 1981-82, the National Health and Medical Research Council's 'Dietary Allowances for use in Australia', AGPS, 1979. For 1982-83, the National Health and Medical Research Council's 'Dietary Allowances for use in Australia', AGPS, 1984 and 'Nutrition Policy Statements', Commonwealth Department of Health, 1984.
2. Protein, Thiamin, Riboflavin and Niacin are calculated on the mid value for the dietary allowance range given for each age group.
3. Calcium has been calculated on the lower level of the dietary allowance range given for each age group.
4. For other nutrients, the allowances are averages weighted according to various age groups in the population; the age distributions at the beginning of each period have been used.

**NUTRIENTS AVAILABLE FOR CONSUMPTION IN AUSTRALIA 1972-73 AND 1982-83
(expressed as a percentage in excess of dietary allowances)**

