



APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS, AUSTRALIA 1984-85

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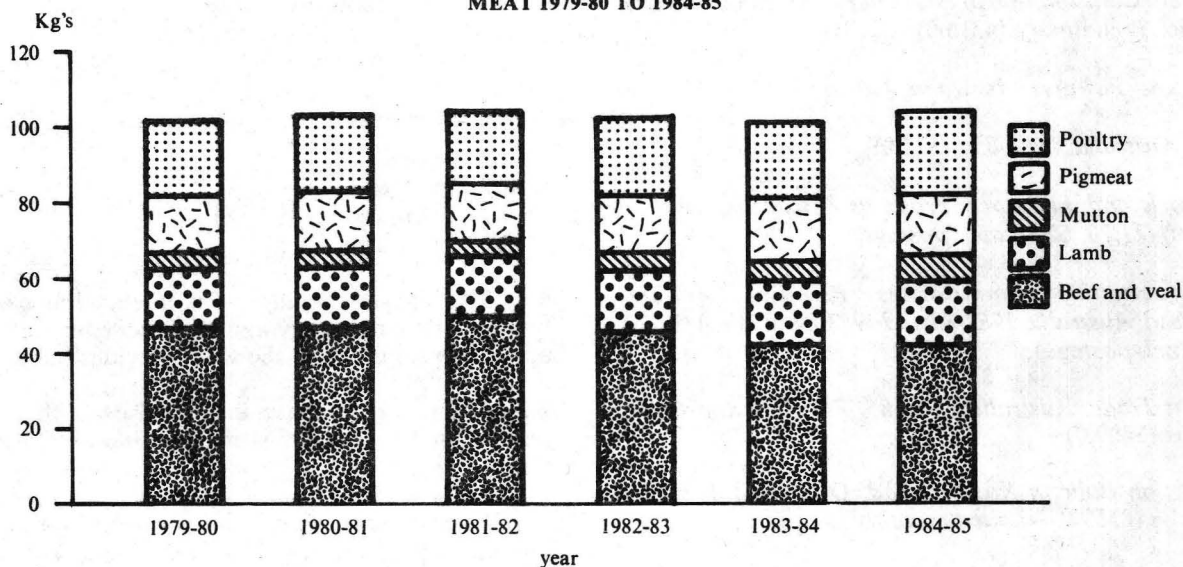
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MAIN FEATURES

APPARENT PER CAPITA CONSUMPTION OF
MEAT 1979-80 TO 1984-85



Apparent consumption of red meat has shown a decrease in the six years since 1979-80. Beef and veal per capita consumption decreased from 46.9 kg in 1979-80 to 42.0 kg (10.4%). This was, however, offset in other red meat consumption, particularly in mutton, lamb and pigmeat. Mutton and lamb increased 15.6% from 20.5 kg per capita in 1979-80 to 23.7 kg in 1984-85. Consumption of pigmeat has increased 13.1% from 14.5 kg per capita in 1979-80 to 16.4 kg in 1984-85.

Poultry per capita consumption in the eighties has remained around the 20 kg per capita level for a number of years but has shown an increase of 9.0% to 21.8 kg in 1984-85 from 20.0 kg in 1983-84.

Dairy products over the six years have decreased marginally in per capita consumption. Cheese consumption, however, has risen 22.7% from 6.6 kg per capita in 1979-80 to 8.1 kg in 1984-85.

Butter per capita consumption decreased from 4.6 kg in 1979-80 to 3.9 kg in 1984-85. Margarine per capita consumption on the other hand in the past six years has remained relatively stable, increasing only 1.1% from 8.9 kg to 9.0 kg between 1979-80 and 1984-85.

Consumption of fresh fruit in 1984-85 has risen 9.0% to 86.7 kg per capita over the six years, from 79.5 kg in 1979-80. Consumption of citrus fruit is the major contributor to this increase, rising from 40.2 kg in 1979-80 to 45.3 kg in 1984-85. Other fresh fruit has increased marginally (5.3%) to 41.4 kg for 1984-85 from 39.3 kg in 1979-80.

Per capita consumption of vegetables for the six years since 1979-80 has risen from 129.5 kg in 1979-80 to 142.7 kg in 1984-85. The major contributor to this increase has been potatoes which increased 8.9% from 54.9 kg per capita in 1979-80 to 59.8 kg per capita in 1984-85.

Per capita consumption of bread has decreased 5.4% from 48.0 kg in 1979-80 to 45.4 kg. Per capita consumption of sugar has decreased by 6.8% from 51.6 kg in 1979-80 to 48.1 kg.

Beer consumption has declined from 132.3 litres per capita in 1979-80 to 114.5 litres per capita in 1984-85 (13.5%). On the other hand, consumption of wine has risen 23.1% from 17.3 litres per capita in 1979-80 to 21.3 litres per capita in 1984-85.

EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1984-85 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 1985-86 covering major food items have been published in *Apparent Consumption of Selected Foodstuffs, Australia, 1985-86, Preliminary* (4315.0), which is available from any ABS office.

Related publications

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

Apparent Consumption of Selected Foodstuffs, Australia, 1985-86, Preliminary (4315.0)

Crops and Pastures, Australia, 1984-85 (7321.0)

Fruit, Australia, 1984-85 (7322.0)

Livestock and Livestock Products, Australia, 1984-85 (7221.0) (\$1.20, \$2.10 incl. postage)

Manufacturing Commodities, Principal Articles Produced, Australia, 1982-83 and 1983-84 (8303.0) (\$1.90, \$2.80 incl. postage)

Foreign Trade, Australia, 1984-85, 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

3. 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.

AUSSTATS

4. A wide range of economic, social and demographic statistics is available on AUSSTATS, ABS' on-line service through CSIRONET.

5. For further information phone the AUSSTATS Help Desk on (062) 52 6017.

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

Abbreviations

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

6. 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.

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

8. Year to year percentage movements are calculated using the actual figures. As a result, there may be minor differences in percentages obtained from data in Tables 1, 2 and 7 compared with those shown in the Main Features.

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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 is as follows:

Sugar. 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. However, sugar used in the brewing industry was, in energy contribution terms, being counted twice — 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 has 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. 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 (062) 52 5038 or by writing to P.O. Box 10, Belconnen, A.C.T. 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. From 1984-85,

alcohol consumption data will show the apparent decrease resulting from the inclusion of low alcoholic beverages.

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 70 per cent for beef, 80 to 85 per cent for lamb and 80 per cent for pork).

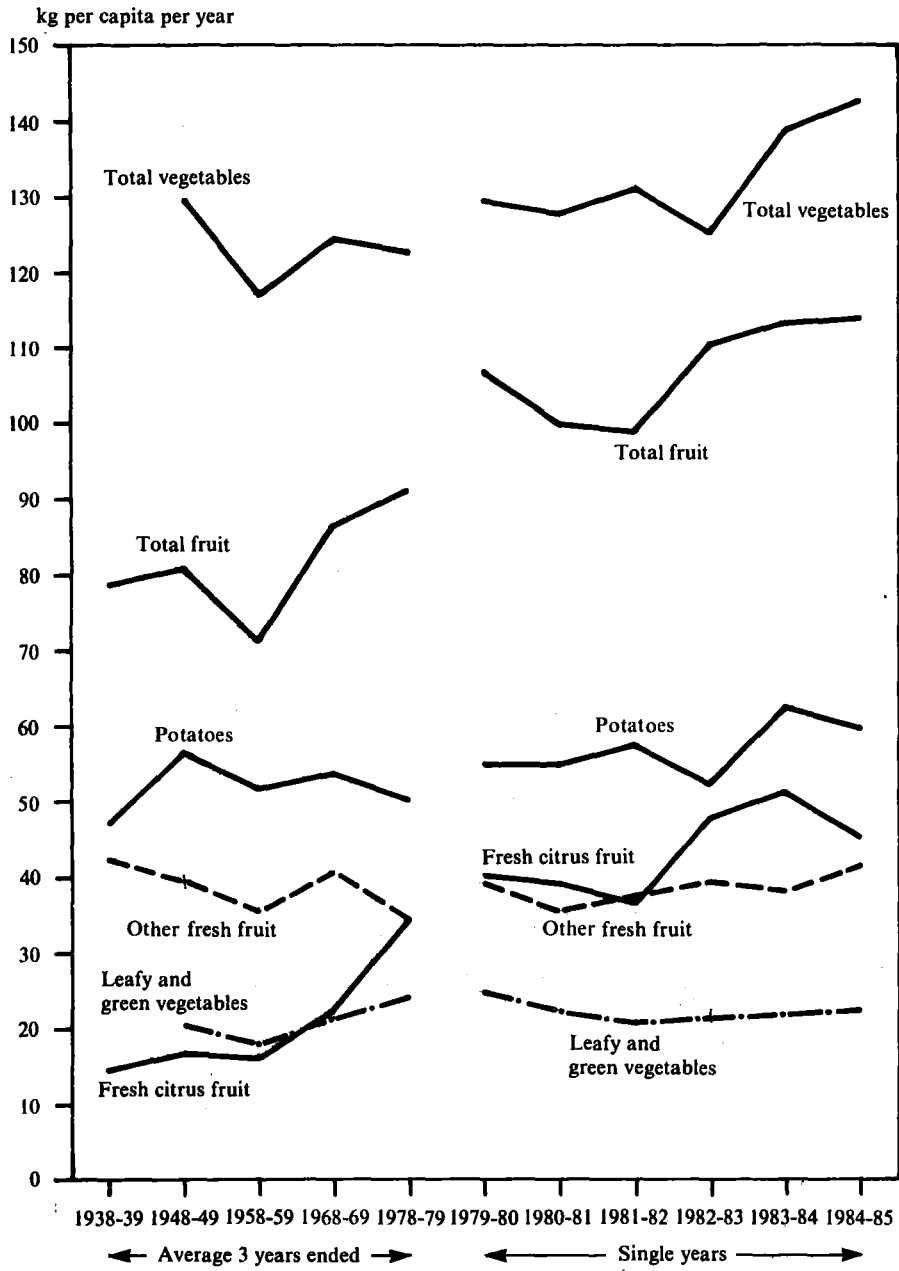
Eggs and egg products. Data prior to 1982-83 for eggs are based on Egg Boards' records of output from areas under their control, plus estimates of production for uncontrolled areas and for 'back-yard' poultry keepers based on information obtained from other sources. Because of the inadequacy of data covering the volume of uncontrolled production the data shown from 1982-83 consists of commercial disposals, by State Egg Boards, of areas under their control. The Northern Territory and North Queensland are not included. Care should therefore be taken in comparing current egg consumption with data from earlier years.

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. 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.

APPARENT PER CAPITA CONSUMPTION OF VEGETABLES AND FRUIT



APPARENT PER CAPITA CONSUMPTION OF SUGAR

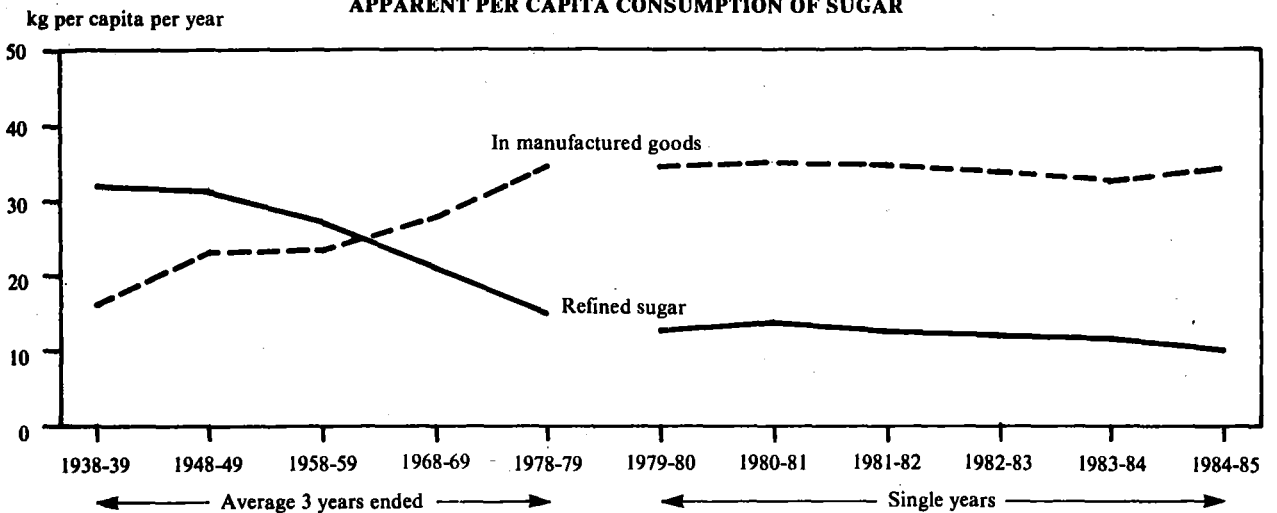


TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA
(kg per year, except where otherwise stated)

	Average 3 years ended				Current year 1984-85
	1938-39	1948-49	1958-59	1978-79	
MEAT AND MEAT PRODUCTS—					
Carcass meat—					
Beef and veal	63.6	49.5	56.2	64.8	42.0
Lamb	6.8	11.4	13.3	14.4	17.1
Mutton	27.2	20.5	23.1	3.6	6.6
Pigmeat	3.9	3.2	4.6	13.3	16.4
Total carcass meat	101.5	84.6	97.2	96.1	82.1
Offal	3.8	4.0	5.2	5.9	3.3
Total Meat and Meat Products (carcass equivalent weight)	118.5	103.0	112.4	102.0	85.4
Canned meat (canned weight)	1.0	1.2	1.9	1.6	n.a.
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	6.0	6.6
POULTRY—					
Poultry (dressed weight)	n.a.	n.a.	n.a.	17.1	21.8
SEAFOOD—					
Fresh and frozen (edible weight)—					
Fish—					
Australian	2.7	2.4	1.4	1.6	1.8
Imported			1.4	1.2	1.9
Crustacea and molluscs	0.3	0.3	0.4	0.9	0.9
Seafood, otherwise prepared (product weight)(a)—					
Australian		1.4	0.4	0.5	0.4
Imported					
Fish	1.9				1.9
Crustacea and molluscs			0.8	1.8	0.5
Total seafood	4.9	4.1	4.5	6.4	7.5
MILK AND MILK PRODUCTS—					
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	100.5	101.8
Condensed, concentrated and evaporated milk—					
Full cream—					
Sweetened	2.0	1.6	1.2	0.8	0.7
Unsweetened(c)		1.8	2.9	2.5	2.0
Skim	n.a.	n.a.	0.6	1.6	1.2
Powdered milk—					
Full cream	1.2	1.5	1.1	1.3	0.7
Skim (incl. buttermilk and mixed skim and buttermilk)		0.3	1.1	2.7	2.3
Infants' and invalids' food	0.5	0.6	1.0	1.2	1.0
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	5.3	8.1
Total (converted to milk solids fat and non-fat)(e)	17.8	22.3	22.1	22.1	22.7
FRUIT AND FRUIT PRODUCTS—					
Fresh fruit (incl. fruit for fruit juice)—					
Citrus	14.5	16.9	16.1	34.5	45.3
Other	42.6	39.5	35.6	34.6	41.4
Jams, conserves, etc.	5.2	5.6	3.9	2.0	2.1
Dried fruit	3.8	3.9	2.8	2.0	2.8
Processed fruit	3.5	3.4	6.0	10.5	11.1
Total (fresh fruit equivalent)	78.7	80.9	72.2	91.0	114.0
VEGETABLES—					
White potatoes	47.1	56.3	51.7	50.1	59.8
Other root and bulb vegetables(f)	n.a.	19.1	15.9	16.7	19.3
Tomatoes	7.1	11.5	13.0	13.6	19.6
Leafy and green vegetables	n.a.	20.5	17.9	24.3	22.5
Other vegetables	n.a.	22.3	18.6	17.9	21.4
Total (fresh equivalent weight)	n.a.	129.7	117.1	122.5	142.7

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 1984-85
	1938-39	1948-49	1958-59	1968-69	1978-79	
GRAIN PRODUCTS—						
Flour(g)	84.9	91.6	82.3	77.4	69.6	71.5
Breakfast foods	4.8	6.1	6.2	6.8	7.8	9.5
Table rice	1.8	0.4	n.a.	1.9	2.4	3.6
Total	92.5	98.6	n.a.	86.8	79.9	84.7
Bread	49.6	64.0	69.1	59.5	47.7	45.4
EGGS AND EGG PRODUCTS—						
Total	12.1	12.7	10.2	12.6	12.4	n.c.
Equivalent number of eggs (h)	243	255	206	222	220	137
NUTS (in shell)—						
Peanuts	n.a.	4.2	3.1	2.8	2.1	1.4
Tree nuts	n.a.	1.8	3.4	5.8	2.9	3.9
OILS AND FATS—						
Butter	14.9	11.2	12.3	9.8	5.1	3.9
Margarine—						
Table	0.4	0.4	n.a.	1.5	5.4	6.7
Other	1.8	2.4	2.2	3.4	3.1	2.3
Total (fat content)(i)	17.1	14.0	n.a.	14.6	21.6	21.1
SUGAR—						
As refined sugar	32.0	31.2	27.0	21.0	14.9	10.0
In manufactured foods	16.3	23.1	23.6	27.7	34.6	34.2
Total (j)	50.8	56.8	53.0	51.9	54.5	48.1
BEVERAGES—						
Tea	3.1	2.9	2.7	2.3	1.7	1.4
Coffee(k)	0.3	0.5	0.6	1.2	1.6	2.0
Aerated and carbonated waters (litres)	n.a.	n.a.	n.a.	47.3	67.4	67.2
Beer (litres)	53.2	76.8	99.7	113.5	133.2	114.5
Wine (litres)	2.7	5.9	5.0	8.2	14.7	21.3
ALCOHOL (litres alcohol)(l)—						
Beer	2.55	3.58	4.79	5.45	6.40	5.19
Wine	0.35	0.77	0.87	1.15	1.98	2.48
Spirits	0.50	0.80	0.74	0.89	1.21	1.20
Total	3.40	5.15	6.40	7.49	9.59	8.87

(a) Comprises canned seafood other than canned '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) Data from 1982-83 consists only of commercial disposals by State Egg Boards. (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. See notes on the Supply and Utilisation of Foodstuffs, page 5. (j) Includes sugar content of syrups, honey and glucose. (k) Coffee and coffee products in terms of roasted coffee. (l) From 1984-85 data makes allowance for low alcohol beers and wines.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA

	Available for consumption—					Apparent per capita consumption—						
	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85
MEAT AND MEAT PRODUCTS—												
Carcass meat—												
Beef and veal												
Beef	685,187	695,333	749,997	700,996	653,171	658,066	46.9	47.0	49.8	45.9	42.2	42.0
Veal	649,216	658,999	711,487	648,169	616,738	624,815	44.5	44.5	47.3	42.4	39.9	39.9
Lamb	35,971	36,334	38,510	52,826	36,433	33,251	2.5	2.5	2.6	3.5	2.4	2.1
Mutton	226,431	233,731	244,810	246,913	261,373	266,904	15.5	15.8	16.3	16.2	16.9	17.1
Pigmeat	71,317	72,281	53,120	68,223	80,969	103,855	4.9	4.9	3.5	4.5	5.2	6.6
Total carcass meat	211,732	231,650	226,899	233,083	254,318	256,250	14.5	15.6	15.1	15.3	16.4	16.4
Offal	1,194,667	1,232,995	1,274,826	1,249,215	1,249,831	1,285,074	81.8	83.3	84.7	81.7	80.8	82.1
Total	57,429	62,218	65,992	67,143	52,561	52,213	3.9	4.2	4.4	4.4	3.4	3.3
Total Meat and Meat Products (carcass equivalent weight)	1,252,096	1,295,213	1,340,818	1,316,268	1,302,301	1,337,287	85.7	87.5	89.1	86.1	84.2	85.4
Canned meat (canned weight)	20,669	22,387	24,423	24,720	n.a.	n.a.	1.4	1.5	1.6	1.6	n.a.	n.a.
Bacon and ham (cured carcass weight)	91,337	100,413	104,229	89,901	99,235	104,021	6.3	6.8	6.9	5.9	6.4	6.6
POULTRY—												
Poultry (dressed weight)	295,427	300,804	294,413	311,121	308,705	341,003	20.2	20.3	19.6	20.4	20.0	21.8
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian	20,496	26,056	24,174	18,320	26,262	28,796	1.4	1.8	1.6	1.2	1.7	1.8
Imported	22,559	25,551	16,001	23,473	27,809	30,073	1.5	1.7	1.1	1.5	1.8	1.9
Crustacea and molluscs	7,584	15,651	14,583	17,146	13,111	14,428	0.5	1.1	1.0	1.1	0.8	0.9
Seafood otherwise prepared (product weight)—												
Australian	7,792	6,629	6,303	8,786	8,662	6,653	0.5	0.4	0.4	0.6	0.6	0.4
Imported—												
Fish	28,102	27,024	28,014	22,725	30,590	29,605	1.9	1.8	1.9	1.5	2.0	1.9
Crustacea and molluscs	4,261	5,814	6,904	5,811	6,955	7,964	0.3	0.4	0.5	0.4	0.4	0.5
Total seafood	90,794	106,725	95,979	96,261	113,389	117,519	6.2	7.2	6.4	6.3	7.3	7.5
MILK AND MILK PRODUCTS—												
Market milk (fluid whole)	1,509,735	1,540,033	1,552,272	1,572,213	1,571,916	1,593,752	103.4	104.0	103.1	102.9	101.6	101.8
Condensed, concentrated and evaporated milk—												
Full cream sweetened	9,630	12,826	9,683	14,409	10,228	10,531	0.7	0.9	0.6	0.9	0.7	0.7
Full cream unsweetened	32,265	40,640	36,876	26,852	33,749	31,071	2.2	2.7	2.5	1.8	2.2	2.0
Skim	21,005	15,041	17,599	12,153	13,957	18,978	1.4	1.0	1.2	0.8	0.9	1.2
Powdered milk—												
Full cream	11,400	12,700	13,315	11,847	11,511	11,062	0.8	0.9	0.9	0.8	0.7	0.7
Skim	54,160	46,681	42,458	41,289	35,161	35,743	3.7	3.2	2.8	2.7	2.3	2.3
Infants and invalids' food	16,771	14,291	19,264	18,034	15,071	15,013	1.1	1.0	1.3	1.2	1.1	1.0
Cheese (natural equivalent weight)	96,307	97,627	105,004	113,224	118,495	126,142	6.6	6.6	7.0	7.4	7.7	8.1
Total (converted to milk solids, fat and non-fat)	343,348	342,576	346,782	348,750	347,511	355,500	23.5	23.1	23.0	22.8	22.5	22.7

For footnotes see end of table.

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

	Available for consumption—					Apparent per capita consumption—						
	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	587,416	580,211	547,807	731,279	791,463	709,268	40.2	39.2	36.4	47.9	51.2	45.3
Other	573,178	530,044	568,453	602,641	590,175	648,327	39.3	35.8	37.8	39.4	38.2	41.4
Jams, conserves, etc.	22,501	22,480	26,361	26,744	27,818	32,670	1.5	1.5	1.7	1.7	1.8	2.1
Dried fruit	36,034	32,759	34,696	37,838	37,243	43,740	2.5	2.2	2.3	2.5	2.4	2.8
Processed fruit	180,830	172,622	163,840	143,096	151,806	174,073	12.4	11.7	10.9	9.4	9.8	11.1
Total (fresh fruit equivalent)	1,558,753	1,479,638	1,485,371	1,690,428	1,752,698	1,784,035	106.8	99.9	98.7	110.6	113.3	114.0
VEGETABLES—												
White potatoes	801,605	812,383	866,951	797,888	967,971	936,334	54.9	54.9	57.6	52.2	62.6	59.8
Other root and bulb vegetables	253,070	258,977	281,315	258,139	269,300	302,145	17.3	17.5	18.7	16.9	17.4	19.3
Tomatoes	212,406	232,259	250,722	251,482	288,050	307,466	14.5	15.7	16.7	16.5	18.6	19.6
Leafy and green vegetables	365,808	329,669	312,384	327,177	339,273	352,504	25.1	22.3	20.8	21.4	21.9	22.5
Other vegetables	257,529	259,274	256,972	275,422	282,557	334,561	17.6	17.5	17.1	18.0	18.3	21.4
Total (fresh equivalent weight)	1,890,418	1,892,562	1,968,344	1,910,108	2,147,151	2,233,010	129.5	127.8	130.8	125.0	138.8	142.7
GRAIN PRODUCTS—												
Flour(a)	1,029,048	1,047,572	1,084,181	1,024,987	1,093,832	1,119,857	70.5	70.7	72.0	67.1	70.7	71.5
Breakfast foods—												
Oatmeal and rolled oats	4,498	12,587	12,978	17,769	19,609	19,849	0.3	0.8	0.9	1.2	1.3	1.3
Other (from grain)	101,015	102,866	107,122	115,436	121,246	129,008	6.9	6.9	7.1	7.6	7.8	8.2
Total breakfast foods	105,513	115,453	120,100	133,205	140,855	148,857	7.2	7.8	8.0	8.7	9.1	9.5
Table rice	37,086	42,992	43,880	46,283	50,530	57,138	2.5	2.9	2.9	3.0	3.3	3.6
Total grain products	1,171,647	1,206,017	1,248,161	1,204,475	1,285,217	1,325,852	80.2	81.4	82.9	78.8	83.1	84.7
Bread(b)	700,329	682,475	715,688	752,778	705,038	710,370	48.0	46.1	47.5	49.3	45.6	45.4
EGGS AND EGG PRODUCTS—												
Number of eggs	267,979	271,571	277,943	(c)179,149	(c)179,992	(c)178,649	220	220	222	(c)141	(c)140	(c)137
NUTS (in shell)—												
Peanuts	19,616	22,050	22,983	31,574	27,422	22,613	1.3	1.5	1.5	2.1	1.8	1.4
Tree nuts	40,839	44,680	49,564	48,589	55,602	60,509	2.8	3.0	3.3	3.2	3.6	3.9

For footnotes see end of table.

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

	Available for consumption—					Apparent per capita consumption—						
	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85
OILS AND FATS—												
Butter	66,480	63,701	64,637	61,094	60,389	61,741	4.6	4.3	4.3	4.0	3.9	3.9
Total margarine	129,696	136,369	143,499	146,402	147,906	141,292	8.9	9.2	9.5	9.6	9.6	9.0
Table margarine	93,985	99,580	102,576	103,274	105,991	105,199	6.4	6.7	6.8	6.8	6.9	6.7
Other margarine	35,711	36,789	40,923	43,128	41,915	36,093	2.4	2.5	2.7	2.8	2.7	2.3
Total (fat content)(d)	313,342	318,957	328,361	330,276	332,864	330,067	21.5	21.5	21.8	21.6	21.5	21.1
SUGAR—												
As refined sugar	186,852	203,353	187,546	183,117	178,212	156,713	12.8	13.7	12.5	12.0	11.5	10.0
In manufactured foods	505,603	518,022	523,221	514,744	502,839	535,659	34.6	35.0	34.8	33.7	32.5	34.2
Total	692,455	721,375	710,767	697,861	681,051	692,372	47.4	48.7	47.2	45.7	44.0	44.2
Honey	13,246	9,567	13,446	11,958	13,873	11,350	0.9	0.6	0.9	0.8	0.9	0.7
Total(e)	753,314	780,076	772,903	750,497	744,340	752,283	51.6	52.7	51.4	49.1	48.1	48.1
BEVERAGES—												
Tea	23,412	22,473	24,029	21,877	22,691	21,175	1.6	1.5	1.6	1.4	1.5	1.4
Coffee(f)	25,551	28,066	29,339	30,286	32,330	31,406	1.7	1.9	1.9	2.0	2.1	2.0
Aerated and carbonated waters												
Beer—	933,330	1,001,597	965,697	1,003,305	974,350	1,052,356	63.9	67.6	64.2	65.7	63.0	67.2
Low alcohol	1,932,188	1,915,412	1,936,016	1,859,028	1,821,438	201,339	132.3	129.3	128.6	121.6	117.8	12.9
Other beer	1,932,188	1,915,412	1,936,016	1,859,028	1,821,438	1,590,745	132.3	129.3	128.6	121.6	117.8	101.6
Total beer	252,401	269,398	287,052	301,330	315,278	332,749	17.3	18.2	19.1	19.7	20.3	21.3
Wine												
ALCOHOL—												
Beer—	92,745	91,940	92,929	89,233	87,429	4,832	6.35	6.21	6.17	5.84	5.65	0.31
Low alcohol	92,745	91,940	92,929	89,233	87,429	76,356	6.35	6.21	6.17	5.84	5.65	4.88
Other beer	32,865	34,789	36,750	38,164	39,714	81,188	2.25	2.35	2.44	2.50	2.57	5.19
Total beer	14,817	16,325	17,455	17,888	17,311	38,872	1.01	1.10	1.16	1.17	1.12	2.48
Spirits	140,427	143,054	147,134	145,285	144,454	138,824	9.62	9.66	9.77	9.51	9.34	8.87
Total												

(a) Includes flour used for breadmaking. (b) Per capita data on bread is now shown in kg per year. (c) Data from 1982-83 consists of commercial disposals only. (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, 1984-85

	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								Estimated home production
MEAT AND MEAT PRODUCTS—										
Carcass meat(a)—										kg
Beef and veal										
Beef	-3,559	1,310,048	5,116	1,318,724	660,658	658,066	42.0	
Veal	-3,452	1,270,579	4,093	1,278,125	653,310	624,815	39.9	
Lamb	-107	39,469	1,023	40,599	7,348	33,251	2.1	
Mutton	+41	300,756	..	300,715	33,811	266,904	17.1	
Pigmeat	-234	214,738	1,510	216,482	112,627	103,855	6.6	
Total carcass meat	+2,306	260,321	..	258,015	1,765	256,250	16.4	
Offal(a)	-1,446	2,085,863	6,626	2,093,935	808,861	1,285,074	82.1	
Total	+760	102,510	2,283	104,033	48,820	52,213	3.3	
Total Meat and Meat Products(carcass equivalent weight)	-686	2,188,373	8,910	2,197,968	857,681	3,000	..	1,337,287	85.4	
Bacon and ham (cured carcass weight)	n.a.	110,283	..	108,534	n.a.	..	n.a.	104,021	6.6	
POULTRY—										
Poultry (dressed weight)	+6,602	345,145	118	342,209	1,206	..	n.a.	341,003	21.8	
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	n.a.	37,951	..	41,746	6,029	n.a.	6,921	28,796	1.8	
Imported	n.a.	..	30,231	30,231	158	n.a.	..	30,073	1.9	
Crustacea and molluscs	n.a.	29,169	2,703	31,872	15,344	n.a.	2,100	14,428	0.9	
Seafood, otherwise prepared (product weight)—										
Australian	-170	9,021	..	9,191	2,538	6,653	0.4	
Imported—										
Fish	n.a.	..	29,755	29,755	150	29,605	1.9	
Crustacea and molluscs	n.a.	..	8,074	8,074	110	7,964	0.5	
MILK AND MILK PRODUCTS—										
Market milk (fluid whole)	(b)1,593,752	litres	
Condensed, concentrated and evaporated milk—									kg	
Full cream sweetened	-61	11,672	474	12,085	1,554	10,531	0.7	
Full cream unsweetened	+1,277	32,242	..	33,519	2,448	31,071	2.0	
Skim	+68	22,332	532	22,796	3,818	18,978	1.2	
Powdered milk—										
Full cream	(b)11,062	0.7	
Skim (incl. buttermilk and mixed skim and buttermilk)	(b)35,743	2.3	
Infants' and invalids' food	+476	26,155	1,379	27,058	12,045	15,013	1.0	
Cheese (natural equivalent weight)	(b)126,142	8.1	

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1984-85—continued

	Supply				Utilisation				Per capita per year			
	Net change in stocks	Production		Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.		For processed food	Total	Apparent consumption in Australia as human food
		Commercial	Estimated production									
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Oranges	..	444,953	22,248	167,933	635,134	34,234	8,899	n.a.	592,001	37.8		
Other citrus fruit	..	108,571	5,429	7,678	121,678	4,410	n.a.	n.a.	117,268	7.5		
Other fresh fruit—												
Apples	(c)+48,161	351,997	—	—	303,836	19,382	n.a.	28,098	256,356	16.4		
Apricots	..	24,485	—	—	24,485	—	n.a.	9,952	14,533	0.9		
Bananas	..	144,774	—	211	144,985	10	n.a.	—	144,975	9.3		
Grapes	..	33,843	—	—	33,843	5,743	n.a.	—	28,100	1.8		
Melons, cantaloupes etc.	..	76,078	—	—	76,078	—	n.a.	—	76,078	4.9		
Peaches	..	59,779	—	—	59,779	—	n.a.	—	12,636	0.8		
Pears	(c)-5,500	138,507	—	—	144,007	30,930	n.a.	47,143	71,331	4.6		
Pineapples	..	124,501	—	44	124,545	721	n.a.	41,746	67,586	4.3		
Plums and prunes	..	20,638	—	—	20,638	—	n.a.	56,238	10,726	0.7		
Total	(c)+42,661	1,007,986	15,000	20,083	1,000,408	64,255	n.a.	287,826	648,327	41.4		
Jams, conserves, etc. (product weight)	-401	29,819	1,000	3,723	34,943	2,273	32,670	2.1		
Dried vine fruit (product weight)—												
Currants	(d)4,841	0.3		
Raisins	(d)2,268	0.1		
Sultanas	(d)26,823	1.7		
Dried tree fruit (product weight)—												
Apricots	(e)1,920	0.1		
Prunes	(e)2,624	0.2		
Other	(e)5,264	0.3		
Processed fruit (product weight)—												
Apples	+2,228	13,254	—	—	11,026	23	11,003	0.7		
Apricots	-1,413	8,163	150	—	9,726	424	9,302	0.6		
Mixed fruits (incl. fruit salad)	+1,097	40,058	—	—	38,961	11,135	27,826	1.8		
Peaches	+4,843	49,474	150	—	44,781	13,352	31,429	2.0		
Pears	-4,461	37,509	100	—	42,070	20,771	21,299	1.4		
Pineapples	n.a.	n.a.	100	9,725	45,469	3,150	42,319	2.7		
Other	-827	5,478	—	24,773	31,078	183	30,895	2.0		

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1984-85—continued

	Supply			Utilisation				Per capita consumption in Australia as human food	
	Production			Imports	Total supply	Exports	Non-food use, waste, etc.		For processed food
	Net change in stocks	Commercial	Estimated home production						
VEGETABLES—					tonnes—			kg	
White potatoes	n.a.	992,092	25,400	1,537	1,019,029	9,895	72,800	936,334	
Other root and bulb vegetables—									
Beetroot	-1,600	28,506	1,995	—	32,101	30	285	31,786	
Carrots	+309	130,587	6,529	491	137,298	12,166	3,918	121,214	
Onions	+1,921	151,744	7,587	3,467	160,877	23,840	4,552	132,485	
Parsnips	n.a.	7,253	363	—	7,616	242	145	7,229	
Sweet potatoes	n.a.	4,622	—	—	4,622	—	—	4,622	
White turnips and swedes	n.a.	5,912	177	—	6,089	1,162	118	4,809	
Total	+630	328,624	16,651	3,958	348,603	37,440	9,078	302,145	
Tomatoes	-2,551	270,475	27,048	22,276	322,350	1,360	13,524	307,466	
Leafy and green (incl. legumes)—									
Beans	-154	49,430	7,415	4,518	61,517	582	989	59,946	
Cabbages and other greens	-9	81,732	4,087	—	85,828	4,305	4,087	77,436	
Celery	n.a.	38,430	1,922	—	40,352	194	1,922	38,236	
Lettuce	n.a.	69,370	6,937	—	76,307	1,955	4,856	69,496	
Peas	+7,892	95,041	14,256	16,197	117,602	2,609	7,603	107,390	
Total	+7,729	334,003	34,617	20,715	381,606	9,645	19,457	352,504	
Other vegetables—									
Asparagus	+264	6,560	656	5,903	12,855	179	—	12,676	
Cauliflowers	-102	101,124	5,056	—	106,180	5,559	7,079	93,542	
Cucumbers (incl. gherkins)	n.a.	15,167	758	410	16,437	204	455	15,778	
Marrows, squashes and zucchinis	n.a.	6,040	302	—	6,342	194	n.a.	6,148	
Pumpkins	n.a.	78,818	3,941	—	82,759	194	n.a.	82,565	
Sweet corn	-4,980	38,137	1,907	—	45,024	55	763	44,206	
Other	-9,101	42,506	—	28,039	79,646	—	n.a.	79,646	
Total	-13,919	288,352	12,620	34,352	349,243	6,385	8,297	334,561	
Total all vegetables	-8,111	2,213,546	116,336	82,838	2,420,831	64,725	123,096	2,233,010	
GRAIN PRODUCTS—									
Flour (incl. flour for breadmaking)	+2,341	1,161,647	..	13,376	1,172,682	52,825	..	1,119,857	
Breakfast foods—									
Oatmeal and rolled oats	—	25,692	..	598	26,290	6,441	..	19,849	
Other (from grain)	+373	135,418	..	755	135,800	6,792	..	129,008	
Table rice	..	47,788	..	9,350	57,138	57,138	
Total grain products	+2,714	1,370,545	..	24,078	1,391,909	66,057	..	1,325,852	
Bread(f)	..	709,408	..	1,196	710,604	234	..	710,370	
EGGS AND EGG PRODUCTS—									
Number of eggs	100 doz.	
NUTS(in shell)—								kg	
Peanuts	+554	n.a.	n.a.	n.a.	36,448	n.a.	n.a.	22,613	
Tree nuts	n.a.	9,094	n.a.	57,695	66,789	6,280	n.a.	60,509	

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1984-85—continued

	Supply			Utilisation				Per capita per year	
	Production		Estimated home production	Total supply	Exports	Non-food use, waste, etc.	For processed food		Apparent consumption in Australia as human food
	Net change in stocks	Commercial							
OILS AND FATS—									
Butter				—tonnes—				kg	
Total margarine	+450	146,322	1,527	147,399	6,107	3.9	
Table margarine	-559	105,138	1,527	107,224	2,025	9.0	
Other margarine	+1,009	41,184	—	40,175	4,082	6.7	
SUGAR—									
As refined sugar	-955	680,170	74	681,199	4,730	..	519,756	10.0	
In manufactured foods	..	536,162	18,653	554,815	19,156	34.2	
Honey	n.a.	n.a.	129	28,667	17,317	0.7	
BEVERAGES—									
Tea	n.a.	573	20,784	21,357	182	1.4	
Coffee	n.a.	—	36,030	36,030	4,625	2.0	
Aerated and carbonated waters									
Beer—	n.a.	1,056,596	n.a.	— '000 litres—	16,119	litres	
Low alcohol	(h)	1,068,475	67.2	
Other beer	108	
Total beer—	3,920	12.9	
Wine—	4,028	101.6	
Dessert wine	(h)	114.5	
Sherry	198	1.3	
Sparkling and carbonated wine	130	1.2	
Table wine	2,973	2.2	
Vermouth	8,727	16.2	
Other wine, n.e.i.	106	0.2	
Total wine	135	0.1	
	12,269	21.3	
Spirits—									
Brandy	(h)	— '000 litres alcohol—	litres alcohol	
Gin	761	0.18	
Liqueurs (incl. flavoured spirits)	492	0.06	
Rum	1,323	0.09	
Vodka	663	0.19	
Whisky	72	0.05	
Other, n.e.i. (incl. bitters)	8,791	0.58	
Total	404	0.05	
	12,506	1.20	

(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) Commercial disposals by State 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 quantities of sales by winemakers and imports cleared for consumption in Australia.

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, 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 Foods* (Sucy 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 1979-80 to 1984-85 are shown in Table 4. 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.

Trends in the consumption of nutrients:

All nutrients available for consumption are in excess of the estimated recommended dietary allowances for the Australian population. With the statistics shown on page 22 of this publication, it should be noted that revised dietary allowances for calcium, iron, thiamin, riboflavin, niacin equivalent and retinol equivalent have been used since 1977-78. This change in the time series suggests a '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 the most affected, now being available in about 10% of excess of the estimated recommended dietary allowance for the population.

Total apparent energy consumption has shown a small increase over the past 6 years, but has fluctuated from year to year.

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

Commodity group	Protein g	Fat g	Carbo- hydrate g	Calcium mg	Iron mg	equivalent (b) µg	Retinol Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ	1978-79	
Meat and meat products	29.1	52.3	0.2	16	4.4	365	2	0.33	0.47	7.8	2,496		
Poultry	7.8	2.2	—	5	0.6	24	—	0.03	0.06	2.8	223		
Seafood	3.3	0.9	0.1	14	0.3	4	—	0.01	0.02	0.7	94		
Milk and milk products(c)	20.3	20.0	23.1	698	0.7	234	4	0.18	0.87	0.6	1,503		
Fruit and fruit products	1.5	0.6	29.9	46	0.7	74	50	0.12	0.08	0.6	491		
Vegetables	5.2	0.5	35.5	54	2.0	369	52	0.27	0.17	2.7	648		
Grain products	23.4	3.6	164.4	46	4.4	1	—	0.74	0.54	5.7	3,315		
Eggs and egg products	3.8	3.5	0.2	16	0.7	85	—	0.03	0.09	—	201		
Nuts	1.1	3.0	0.9	6	0.2	—	—	0.03	0.02	0.5	135		
Oils and fats	0.2	56.9	0.3	7	—	275	—	—	—	—	2,125		
Sugar	—	—	130.2	6	0.2	—	—	—	—	—	2,125		
Beverages(alcoholic)(d)	1.0	—	11.3	16	0.1	—	—	0.01	0.33	0.5	839		
Total	96.7	143.5	396.1	930	14.6	1,431	108	1.75	2.65	22.0	14,195		
1980-81													
Meat and meat products	29.7	53.8	0.3	17	4.5	393	2	0.35	0.49	7.9	2,564		
Poultry	7.9	2.2	—	5	0.6	24	—	0.03	0.07	2.8	225		
Seafood	3.8	1.0	0.1	16	0.3	5	—	0.01	0.02	0.8	105		
Milk and milk products(c)	20.0	20.3	22.8	687	0.7	237	4	0.17	0.85	0.6	1,504		
Fruit and fruit products	1.4	0.6	28.3	45	0.9	76	49	0.12	0.08	0.7	467		
Vegetables	5.1	0.5	35.3	54	2.0	397	51	0.26	0.16	2.6	644		
Grain products	23.7	3.7	167.1	47	4.5	1	—	0.75	0.54	5.7	3,371		
Eggs and egg products	3.7	3.5	0.2	16	0.7	85	—	0.03	0.09	—	200		
Nuts	1.2	3.3	1.0	6	0.2	—	—	0.04	0.02	0.6	150		
Oils and fats	0.2	57.3	0.3	7	—	274	—	—	—	—	2,139		
Sugar	—	—	133.5	6	0.2	—	—	—	—	—	2,178		
Beverages(alcoholic)(d)	1.0	—	11.1	16	0.1	—	—	0.01	0.32	0.5	843		
Total	97.7	146.2	400.0	922	14.7	1,492	106	1.77	2.64	22.2	14,390		
1981-82													
Meat and meat products	30.3	54.3	0.3	17	4.7	412	2	0.34	0.50	8.1	2,596		
Poultry	7.6	2.2	—	5	0.6	23	—	0.03	0.06	2.7	217		
Seafood	3.4	0.9	0.1	16	0.3	4	—	0.01	0.02	0.7	97		
Milk and milk products(c)	19.9	20.6	22.1	681	0.7	243	5	0.17	0.83	0.6	1,501		
Fruit and fruit products	1.4	0.6	27.7	43	0.9	72	46	0.11	0.07	0.7	456		
Vegetables	5.1	0.6	36.6	54	2.0	391	52	0.26	0.16	2.7	666		
Grain products	24.2	3.8	170.4	48	4.6	1	—	0.77	0.56	5.9	3,438		
Eggs and egg products	3.8	3.5	0.2	16	0.7	85	—	0.03	0.09	—	202		
Nuts	1.3	3.5	1.1	7	0.2	—	—	0.04	0.02	0.6	158		
Oils and fats	0.2	58.0	0.3	7	—	279	—	—	—	—	2,164		
Sugar	—	—	130.0	6	0.2	—	—	—	—	—	2,121		
Beverages(alcoholic)(d)	1.0	—	11.1	17	0.1	—	—	0.01	0.32	0.5	855		
Total	98.2	148.0	399.9	917	15.0	1,510	105	1.77	2.63	22.5	14,471		

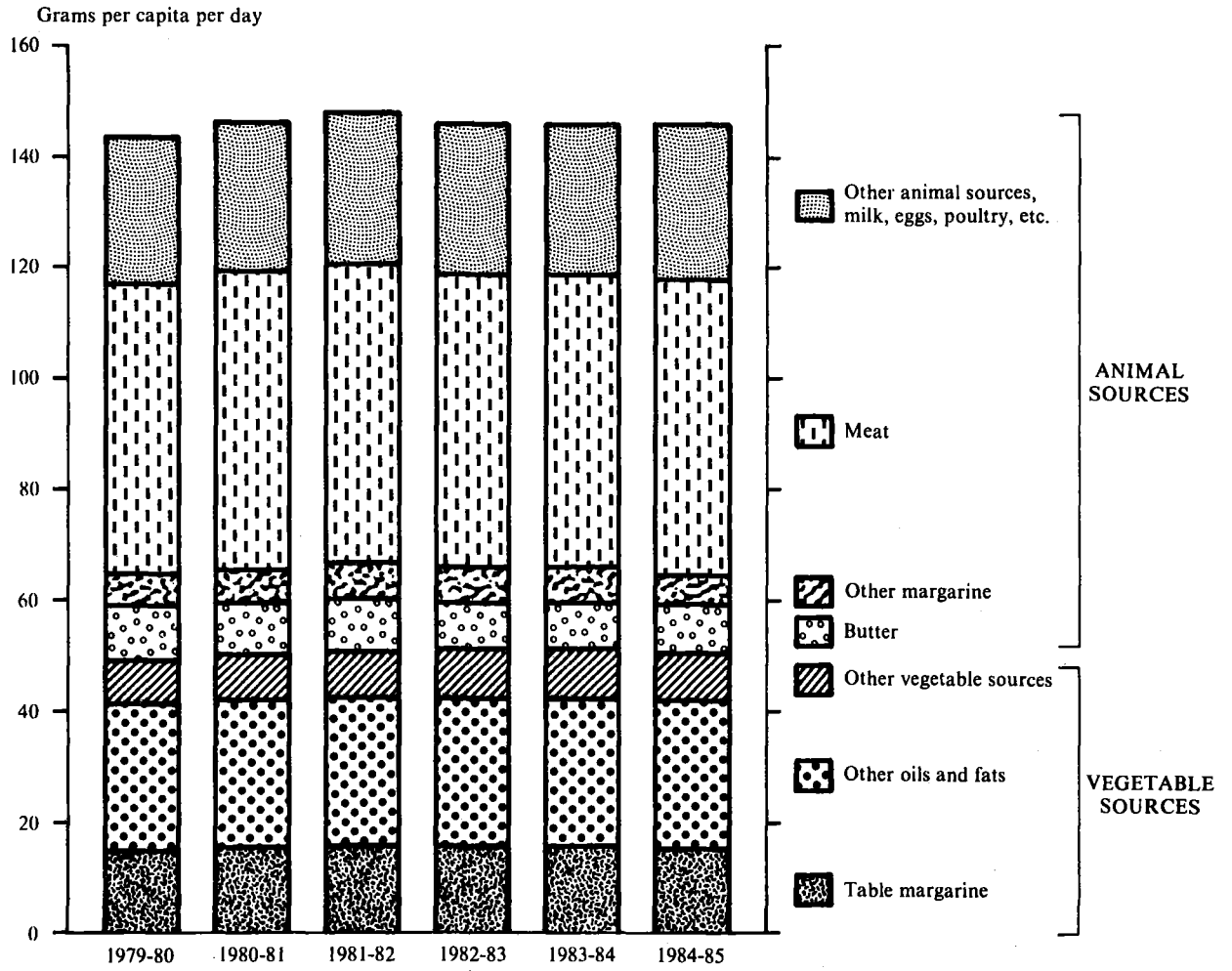
For footnotes see end of table.

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

Commodity group	Protein g	Fat g	Carbo- hydrate g	Calcium mg	Iron mg	equivalent (b) µg	Retinol Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
1982-83											
Meat and meat products	29.3	52.6	0.3	17	4.5	410	2	0.34	0.49	7.9	2,514
Poultry	7.9	2.2	—	5	0.6	24	—	0.03	0.07	2.9	226
Seafood	3.4	0.8	0.1	14	0.3	4	—	0.01	0.02	0.7	93
Milk and milk products(c)	19.7	20.7	21.8	675	0.7	244	4	0.17	0.81	0.6	1,498
Fruit and fruit products	1.6	0.6	31.1	52	1.0	80	58	0.13	0.08	0.8	510
Vegetables	4.9	0.5	34.0	52	1.0	376	50	0.25	0.16	2.6	620
Grain products	23.0	3.6	162.4	47	4.6	1	—	0.77	0.59	5.9	3,274
Eggs and egg products	3.8	3.5	0.2	16	0.7	85	—	0.03	0.09	—	202
Nuts	1.5	3.9	1.2	7	0.2	—	—	0.05	0.02	0.8	182
Oils and fats	0.2	57.5	0.3	7	—	272	—	—	—	—	2,147
Sugar	—	—	124.3	6	0.2	—	—	—	—	—	2,030
Beverages(alcoholic)(d)	—	—	10.6	16	0.1	—	—	0.01	0.30	—	829
Total	96.3	145.9	386.3	914	14.9	1,496	114	1.79	2.63	22.7	14,125
1983-84											
Meat and meat products	28.3	52.7	0.2	16	4.2	318	2	0.35	0.44	7.5	2,496
Poultry	7.7	2.2	—	5	0.6	24	—	0.03	0.06	2.8	221
Seafood	3.9	1.0	0.1	16	0.3	5	—	0.01	0.02	0.9	110
Milk and milk products(c)	19.3	20.8	20.8	662	0.7	245	4	0.16	0.79	0.6	1,474
Fruit and fruit products	1.7	0.6	31.4	54	1.0	80	61	0.14	0.08	0.8	517
Vegetables	5.5	0.6	39.2	56	2.2	422	55	0.28	0.17	2.9	713
Grain products	24.1	3.8	170.6	49	4.8	1	—	0.80	0.60	6.1	3,439
Eggs and egg products	3.7	3.5	0.2	16	0.2	84	—	0.07	0.09	—	200
Nuts	1.5	3.9	1.2	8	0.2	—	—	0.03	0.02	0.7	179
Oils and fats	0.2	57.1	0.3	7	—	269	—	—	—	—	2,133
Sugar	—	—	123.9	6	0.2	—	—	—	—	—	2,023
Beverages(alcoholic)(d)	0.9	—	10.3	16	0.1	—	—	0.01	0.29	—	810
Total	96.8	146.2	398.2	911	15.0	1,448	122	1.85	2.56	22.8	14,315
1984-85											
Meat and meat products	28.8	53.7	0.2	16	4.3	310	2	0.35	0.44	7.6	2,543
Poultry	8.5	2.4	—	5	0.7	26	—	0.03	0.07	3.1	242
Seafood	3.9	1.0	0.1	16	0.3	5	—	0.01	0.02	0.8	109
Milk and milk products(c)	19.6	21.0	20.6	672	0.7	247	4	0.16	0.80	0.6	1,487
Fruit and fruit products	1.6	0.6	32.3	52	1.0	81	57	0.13	0.09	0.8	550
Vegetables	5.5	0.6	38.8	60	2.2	435	58	0.28	0.18	2.9	707
Grain products	24.5	3.9	173.3	50	4.8	1	—	0.81	0.61	6.2	3,494
Eggs and egg products	3.7	3.5	0.2	16	0.7	85	—	0.03	0.09	—	200
Nuts	1.2	3.5	1.0	7	0.2	—	—	0.03	0.02	0.5	157
Oils and fats	0.2	56.0	0.2	7	—	260	—	—	—	—	2,089
Sugar	—	—	123.9	6	0.2	—	—	—	—	—	2,023
Beverages(alcoholic)(d)	0.9	—	10.1	17	0.1	—	—	0.01	0.28	—	812
Total	98.4	146.2	400.7	924	15.2	1,450	121	1.84	2.60	23.0	14,393

(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) 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.

SOURCES OF NUTRIENT FAT



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

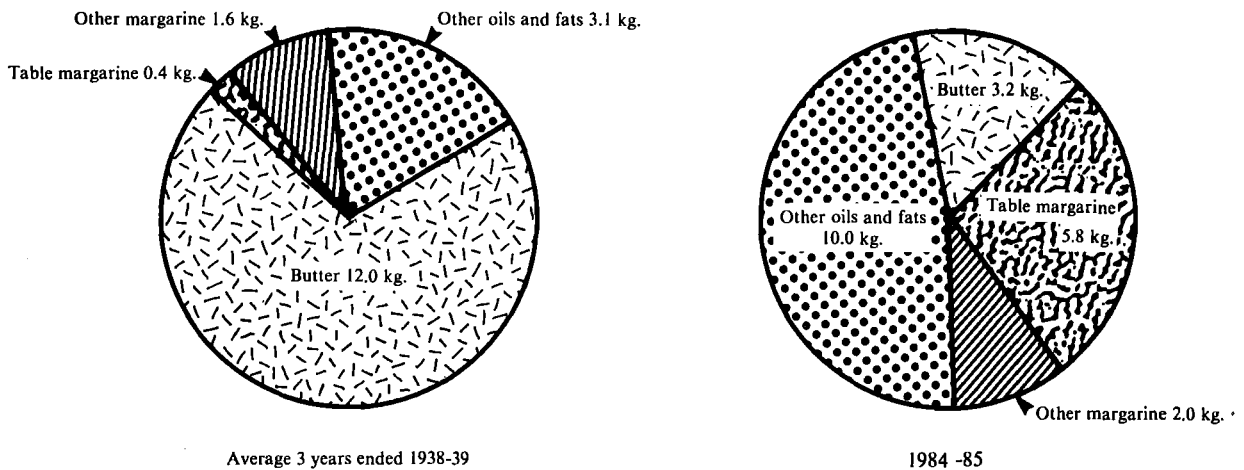


TABLE 5. ADJUSTMENTS TO THE AVAILABILITY OF SPECIFIC VITAMINS, AUSTRALIA(a)
(milligrams per capita per day)

Nutrient	1979-80		1980-81		1981-82		1982-83		1983-84		1984-85	
	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	2.9	2.9	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8
Other milk products	1.5	1.5	1.4	1.4	1.8	1.8	1.6	1.6	1.6	1.6	1.4	1.4
Meat and meat products	2.0	(b)	2.1	(b)	2.2	(b)	2.2	(b)	1.7	(b)	1.7	(b)
Fish	0.2	(b)	0.2	(b)	0.1	(b)	0.2	(b)	0.2	(b)	0.2	(b)
Fruit and fruit products—												
Fresh, canned and dried	10.3	8.8	11.2	9.8	11.3	10.0	11.3	10.0	11.2	9.9	12.4	10.9
Cooked	0.3	0.2	0.3	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2
Citrus	39.7	39.7	37.4	37.4	34.7	34.7	46.5	46.5	49.4	49.4	43.9	43.9
Vegetables—												
Fresh tomatoes	8.2	4.9	8.9	5.6	9.5	6.0	9.4	6.1	10.5	7.1	11.1	7.6
Lettuce	1.0	1.0	1.0	0.5	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2
Canned vegetables	5.9	2.4	6.7	2.8	6.8	3.1	6.8	3.0	6.7	2.9	6.8	3.3
Cooked potatoes and other vegetables	37.0	18.5	34.6	17.3	34.8	17.4	33.0	16.5	36.5	18.3	38.9	19.5
Total vitamin C	108.9	79.8	106.7	77.9	105.3	76.9	115.2	87.7	122.1	93.3	120.8	90.8
Thiamin	1.75	1.48	1.77	1.50	1.77	1.51	1.79	1.52	1.85	1.57	1.84	1.57
Niacin equivalent(c)	22.0	38.2	22.2	38.6	22.5	38.9	22.7	38.7	22.8	38.9	23.0	39.3

(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 for some vitamins, 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.

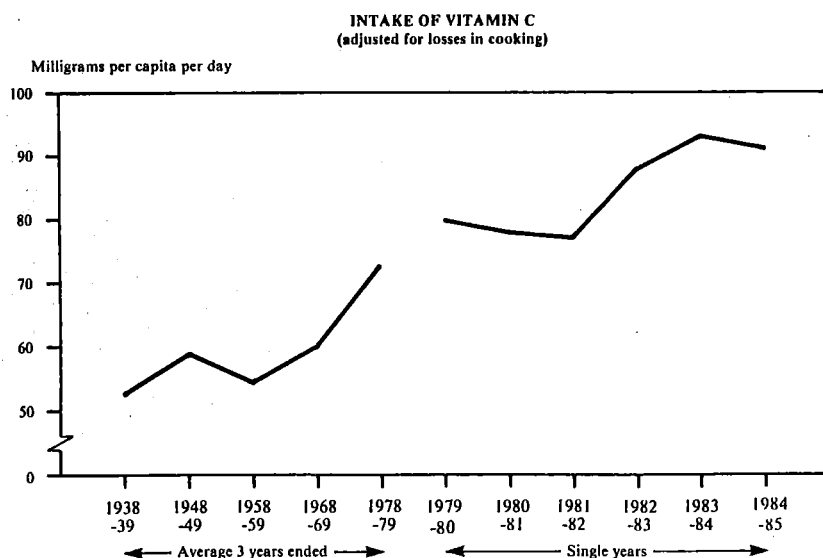


TABLE 6. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA

	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85
Meat and meat products	17.6	17.8	17.9	17.8	17.4	17.7
Poultry	1.6	1.6	1.5	1.6	1.5	1.7
Seafood	0.7	0.7	0.7	0.6	0.8	0.8
Milk and milk products	10.6	10.5	10.4	10.6	10.3	10.3
Fruit and fruit products	3.4	3.2	3.1	3.6	3.6	3.7
Vegetables	4.6	4.5	4.6	4.4	5.0	4.9
Grain products	23.3	23.4	23.8	23.2	24.0	24.3
Eggs and egg products	1.4	1.4	1.4	1.4	1.4	1.4
Nuts	0.9	1.0	1.1	1.3	1.3	1.1
Oils and fats	15.0	14.9	14.9	15.2	14.9	14.5
Sugar	15.0	15.1	14.7	14.4	14.1	14.0
Beverages	5.9	5.9	5.9	5.9	5.7	5.6
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	1979-80	1980-81	1981-82	1982-83	1983-84	1984-85
Protein—												
Animal	g	58.7	57.4	59.6	64.2	69.3	64.3	65.1	65.0	64.1	62.9	64.5
Vegetable	g	30.9	35.3	32.3	35.5	32.2	32.4	32.6	33.2	32.2	33.9	33.9
Total	g	89.6	92.7	91.9	99.7	101.5	96.7	97.7	98.2	96.3	96.8	98.4
Fat(from all sources)	g	133.5	121.7	131.7	123.2	152.6	143.4	146.2	148.0	145.9	146.2	146.2
Carbohydrate	g	377.4	424.8	416.7	406.8	396.2	396.0	400.0	399.9	386.3	398.2	400.7
Calcium	mg	642	785	817	968	874	930	922	917	914	911	924
Iron	mg	15.4	15.1	14.0	14.7	15.7	14.6	14.7	15.0	14.9	15.0	15.2
Retinol equivalent	µg	1,471	1,389	1,370	1,348	1,602	1,431	1,492	1,510	1,496	1,448	1,450
Vitamin C	mg	52.6	58.8	54.3	59.8	72.7	80.0	78.0	77.0	88.0	93.0	91.0
Thiamin	mg	1.2	1.3	1.1	1.4	1.50	1.75	1.50	1.51	1.52	1.57	1.57
Riboflavin	mg	1.7	1.9	1.8	2.7	2.74	2.65	2.64	2.63	2.63	2.56	2.60
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.8	38.2	38.6	38.9	38.7	38.9	39.3
Energy value	kJ	13,048	13,584	13,801	13,835	14,635	14,197	14,390	14,471	14,125	14,315	14,393

(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	Retinol equivalent µg	Vitamin C mg	Thiamin mg	Ribo- flavin mg	Nicamin equivalent mg	Energy value kJ
1979-80—									
Dietary allowance	59.7	847	8.9	675	32	0.89	1.37	15.2	8,900
Nutrients—									
Available	96.7	930	14.7	1,431	80	1.75	2.65	38.2	14,197
In excess of dietary allowance (%)	62	10	64	112	150	97	93	151	60
1980-81—									
Dietary allowance	59.8	848	9.0	681	32	0.89	1.37	15.2	8,908
Nutrients—									
Available	97.7	922	14.7	1,492	78	1.50	2.64	38.6	14,390
In excess of dietary allowance (%)	63	9	63	119	144	69	93	154	62
1981-82—									
Dietary allowance	58.8	837	8.8	669	32	0.88	1.35	15.0	8,732
Nutrients—									
Available	98.2	917	15.0	1,510	77	1.51	2.63	38.9	14,471
In excess of dietary allowance (%)	67	10	70	126	141	72	95	159	66
1982-83—									
Dietary allowance	59.6	842	8.9	675	32	0.89	1.36	15.2	8,863
Nutrients—									
Available	96.3	914	14.9	1,496	88	1.52	2.63	38.7	14,125
In excess of dietary allowance (%)	62	9	67	122	175	71	93	155	59
1983-84—									
Dietary allowance	59.8	812	8.9	678	32	0.89	1.36	15.2	8,865
Nutrients—									
Available	96.8	911	15.0	1,448	93	1.57	2.56	38.9	14,315
In excess of dietary allowance (%)	62	12	69	114	191	76	88	156	61
1984-85—									
Dietary allowance	59.8	812	8.9	678	32	0.89	1.37	15.2	8,865
Nutrients—									
Available	98.4	924	15.2	1,450	91	1.57	2.60	39.3	14,393
In excess of dietary allowance (%)	65	14	71	114	184	76	90	159	62

(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: for protein, energy and vitamin C, the National Health and Medical Research Council's 'Dietary Allowances for use in Australia', 1984. For calcium, iron, retinol equivalent (vitamin A), thiamin, riboflavin and niacin equivalent, the Commonwealth Department of Health's 'Nutrition Policy Statements', 1986.
2. Protein, thiamin, riboflavin, niacin and iron are calculated on the mid value for the dietary allowance range given for each age group.
3. Population 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 1974-75 AND 1984-85 (expressed as a percentage in excess of dietary allowances)

