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APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS, AUSTRALIA 1985-86

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ON *VIATEL* • key ***656#** for selected economic, social and demographic statistics on *VIATEL.*

MAIN FEATURES

1985-86 apparent consumption of total meat and meat products has maintained its 1984-85 level of 85.0kg per person, but has decreased by 2.9 per cent (2.5kg) since 1980-81. Over the previous five years, there have been major movements in the type of meat consumed. Beef and veal has declined by 11.9 per cent (5.6kg), whilst mutton, lamb and pigmeat have had gains of 44.9, 7.0 and 9.0 per cent (2.2, 1.1 and 1.4kg's) respectively. Offal had decreased by 35.7 per cent (1.5kg) during this period. Per capita consumption of poultry continues to increase; the 1985-86 level of 23.0kg reflects a 5.5 per cent (1.2kg) increase on the previous year and a 13.3 per cent (2.7kg) increase since 1980-81.

Total apparent per capita consumption of dairy products has decreased marginally in the past five years, but there have been changes in the type of product consumed. Condensed, concentrated and evaporated milks have decreased by 19.6 per cent and powdered milk by 29.3 per cent. The apparent per capita consumption of cheese, has however, increased by 19.7 per cent in this period.

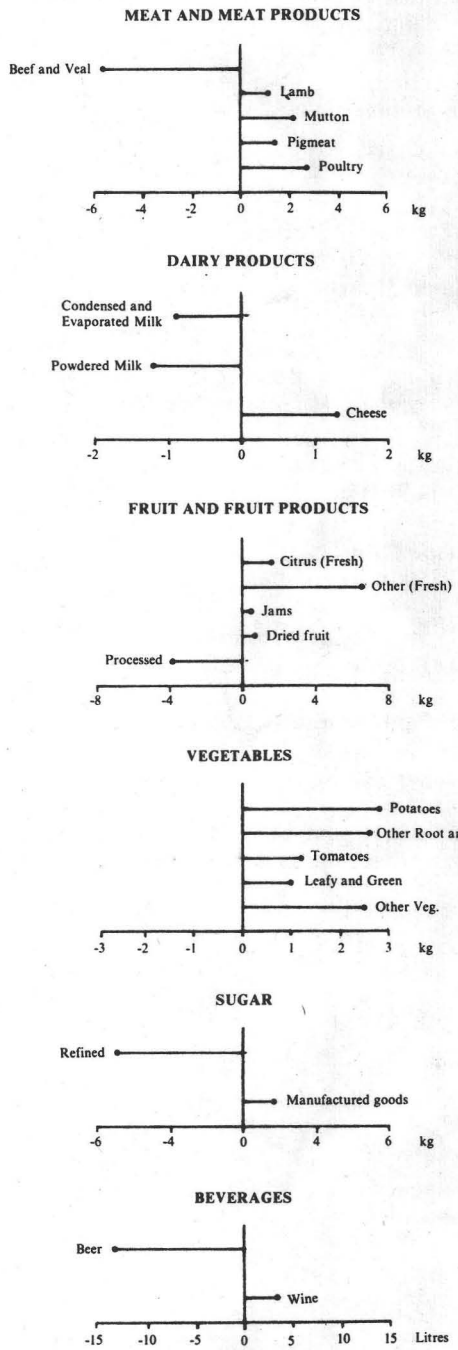
The per capita apparent consumption of non-citrus fresh fruit has shown steady increases in the past five years from 35.5kg in 1980-81 to 42.1kg in 1985-86. Citrus fruits have fluctuated in this period with a 1985-86 per capita consumption of 40.8kg compared to 39.2kg in 1980-81. Overall, total fruit (fresh fruit equivalent) increased by 7.0 per cent in this period.

Vegetable apparent per capita consumption of 136.2kg in 1985-86 reflects a decrease of 4.4 per ecent (6.2kg) on 1984-85 but shows an increase of 7.8 per cent (9.9kg) since 1980-81.

The apparent consumption of sugar increased by 0.8kg per capita in 1985-86 compared to 1984-85. There has been a further shift away from the retail market to manufacturing use of the commodity. Just over 80 per cent of sugar that is available for consumption is used in manufactured foods.

The apparent per capita consumption of beer has decreased by 10.7 per cent in the past five years from 129.3 litres in 1980-81 to 115.5 litres per person in 1985-86. In litres alcohol terms, this represents a decrease of 15.6 per cent in this period. Wine per capita consumption continues to increase, from 18.2 litres in 1980-81 to 21.6 litres in 1985-86, a gain of 18.7 per cent.

CHANGE IN PER CAPITA CONSUMPTION 1980-81 AND 1985-86



EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1985-86 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 1986-87 covering major food items have been published in *Apparent Consumption of Selected Foodstuffs, Australia, 1986-87, 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, 1986-87, Preliminary (4315.0)

Crops and Pastures, Australia, 1985-86 (7321.0)

Fruit, Australia, 1985-86 (7322.0)

Livestock and Livestock Products, Australia, 1985-86 (7221.0)

Manufacturing Commodities, Principal Articles Produced, Australia, 1983-84 and 1984-85 (8303.0)

Foreign Trade, Australia, 1985-86, 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.

Electronic services

4. VIATEL. Key *656# for selected current economic, social and demographic statistics.

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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.

W. McLENNAN
Acting Australian Statistician

INDEX

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	1980-81	14,809,796
1948-49	7,651,558	1981-82	15,051,546
1958-59	9,741,073	1982-83	15,280,879
1968-69	11,919,046	1983-84	15,466,675
1978-79	14,275,870	1984-85	15,654,818
		1985-86	15,861,410

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 overall ageing of the population will also have an effect on the patterns of consumption.

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

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

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

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

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

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

(d) *Wastage.* In many cases, allowance is not made for wastage before the foodstuffs are consumed. The importance of this factor is difficult to estimate, but in some seasons gluts result in considerable destruction of perishable foodstuffs. The effect of ignoring wastage is ultimately to overstate the consumption figures. In recent

years, however, it is likely that there has been less wastage of foodstuffs than previously, because of more efficient methods of distribution and storage (including refrigerated transport, air freight and household refrigeration).

Additional information

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

Sugar. 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).

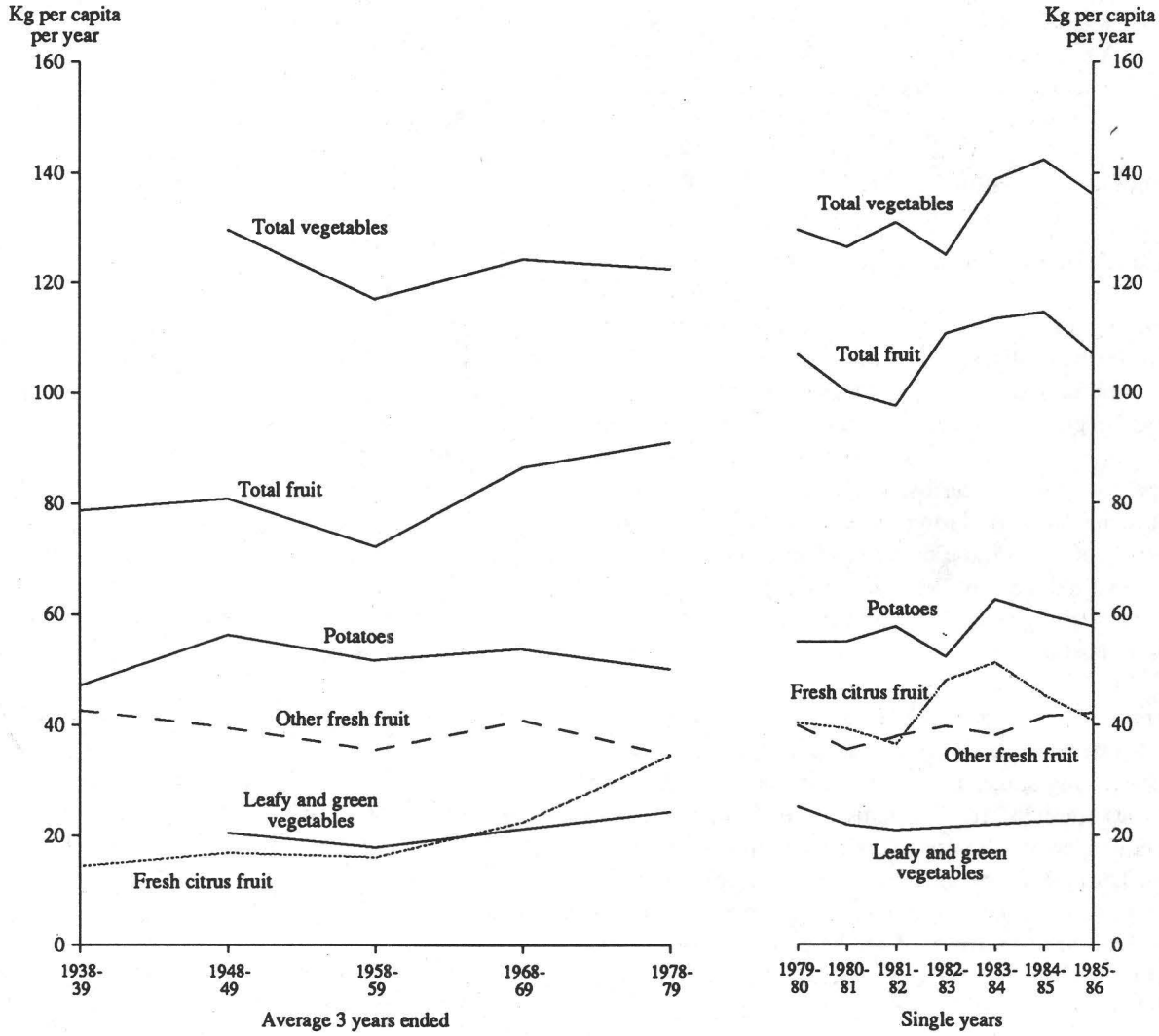
Eggs and egg products. Data prior to 1982-83 for eggs are based on Egg Boards' records of output from areas under their control, plus estimates of production for uncontrolled areas and for 'back-yard' poultry keepers based on information obtained from other sources. Because of the inadequacy of data 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.

Grain and grain products. Bread statistics are derived from the annual Manufacturing Census sales and transfers out of bread by manufacturing establishments which employ four or more employees. Consequently, bread statistics are understated due to establishments with less than four employees (such as hot bakes) being out-of-scope. As the 1985-86 Manufacturing Census was not conducted, bread and some breakfast foods statistics are not available.

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*
	1938-39	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1985-86*
MEAT AND MEAT PRODUCTS—						
Carcass meat—						
Beef and veal	63.6	49.5	56.2	40.0	64.8	41.4
Lamb	6.8	11.4	13.3	20.5	14.4	16.9
Mutton	27.2	20.5	23.1	18.8	3.6	7.1
Pigmeat	3.9	3.2	4.6	6.7	13.3	17.0
Total carcass meat	*101.5*	*84.6*	*97.2*	*85.9*	*96.1*	*82.3*
Offal	3.8	4.0	5.2	5.1	5.9	2.7
Total Meat and Meat Products (carcass equivalent weight)	**118.5**	**103.0**	**112.4**	**98.8**	**102.0**	**85.0**
Canned meat (canned weight)	1.0	1.2	1.9	2.2	1.6	n.a.
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	3.6	6.0	6.5
POULTRY—						
Poultry (dressed weight)	n.a.	n.a.	n.a.	8.3	17.1	23.0
SEAFOOD—						
Fresh and frozen (edible weight)—						
Fish—						
Australian	2.7	2.4	1.4	1.4	1.6	2.2
Imported			1.4	1.9	1.2	1.8
Crustacea and molluscs	0.3	0.3	0.4	0.8	0.9	0.7
Seafood, otherwise prepared (product weight)(a)—						
Australian	1.9	1.4	0.4	0.4	0.5	0.5
Imported—						
Fish			0.8	1.0	1.8	1.8
Crustacea and molluscs					0.4	0.5
Total seafood	**4.9**	**4.1**	**4.5**	**5.6**	**6.4**	**7.5**
DAIRY PRODUCTS—						
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	128.2	100.5	102.5
Condensed, concentrated and evaporated milk—						
Full cream—						
Sweetened	2.0	1.6	1.2	1.1	0.8	2.8
Unsweetened(c)		1.8	2.9	3.5	2.5	
Skim	n.a.	n.a.	0.6	0.7	1.6	0.9
Powdered milk—						
Full cream	1.2	1.5	1.1	0.8	1.3	0.6
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	4.3	2.7	2.3
Infants' and invalids' food	0.5	0.6	1.0	1.3	1.2	1.2
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	3.5	5.3	7.9
Total (converted to milk solids fat and non-fat)(e)	**17.8**	**22.3**	**22.1**	**25.4**	**22.1**	**22.6**
FRUIT AND FRUIT PRODUCTS—						
Fresh fruit (incl. fruit for fruit juice)—						
Citrus	14.5	16.9	16.1	22.5	34.5	40.8
Other	42.6	39.5	35.6	40.8	34.6	42.1
Jams, conserves, etc.	5.2	5.6	3.9	3.3	2.0	1.9
Dried fruit	3.8	3.9	2.8	2.5	2.0	2.9
Processed fruit	3.5	3.4	6.0	9.9	10.5	8.0
Total (fresh fruit equivalent)	**78.7**	**80.9**	**72.2**	**86.5**	**91.0**	**106.9**
VEGETABLES—						
Potatoes	47.1	56.3	51.7	53.7	50.1	57.7
Other root and bulb vegetables(f)	n.a.	19.1	15.9	17.1	16.7	18.9
Tomatoes	7.1	11.5	13.0	14.2	13.6	16.9
Leafy and green vegetables	n.a.	20.5	17.9	21.3	24.3	22.8
Other vegetables	n.a.	22.3	18.6	18.1	17.9	20.0
Total (fresh equivalent weight)	**n.a.**	**129.7**	**117.1**	**124.3**	**122.5**	**136.2**

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*
	1938-39	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1985-86*
GRAIN PRODUCTS—						
Flour(g)	84.9	91.6	82.3	77.4	69.6	71.8
Breakfast foods	4.8	6.1	6.2	6.8	7.8	n.c.
Table rice	1.8	0.4	n.a.	1.9	2.4	3.7
Total	**92.5**	**98.6**	**n.a.**	**86.8**	**79.9**	n.a.
Bread	49.6	64.0	69.1	59.5	47.7	n.c.
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	134
NUTS (in shell)—						
Peanuts	n.a.	4.2	3.1	2.8	2.1	1.6
Tree nuts	n.a.	1.8	3.4	5.8	2.9	3.8
OILS AND FATS—						
Butter	14.9	11.2	12.3	9.8	5.1	3.8
Margarine—						
Table	0.4	0.4	n.a.	1.5	5.4	6.9
Other	1.8	2.4	2.2	3.4	3.1	2.1
Total (fat content)(i)	**17.1**	**14.0**	**n.a.**	**14.6**	**21.6**	**21.0**
SUGAR—						
As refined sugar	32.0	31.2	27.0	21.0	14.9	8.2
In manufactured foods	16.3	23.1	23.6	27.7	34.6	36.8
Total (j)	**50.8**	**56.8**	**53.0**	**51.9**	**54.5**	**49.9**
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	1.6
Aerated and carbonated waters (litres)	n.a.	n.a.	n.a.	47.3	67.4	73.0
Beer (litres)	53.2	76.8	99.7	113.5	133.2	115.5
Wine (litres)	2.7	5.9	5.0	8.2	14.7	21.6
ALCOHOL (litres alcohol)(l)—						
Beer	2.55	3.58	4.79	5.45	6.40	5.24
Wine	0.35	0.77	0.87	1.15	1.98	2.51
Spirits	0.50	0.80	0.74	0.89	1.21	1.22
Total	**3.40**	**5.15**	**6.40**	**7.49**	**9.59**	**8.98**

(a) Comprises canned seafood only prior to 1972-73. Prepared seafood other than canned was included with 'Fresh and frozen' in this period. (b) Prior to 1978-79 known as Fluid Whole Milk. (c) Included ice-cream mix prior to 1972-73. (d) Combined product and natural equivalent weights prior to 1971-72. (e) Includes an allowance for estimated cream consumption. (f) Sweet potatoes included with 'other root and bulb vegetables' since 1968-69; formerly included with 'other vegetables'. (g) Includes flour used for breadmaking. (h) 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—*					
	1980-81	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*	*1980-81*	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*
MEAT AND MEAT PRODUCTS—	—tonnes—						—kg—					
Carcass meat—												
Beef and veal	*695,332*	*749,997*	*700,989*	*654,024*	*659,566*	*655,883*	*47.0*	*49.8*	*45.9*	*42.3*	*42.1*	*41.4*
Beef	658,999	711,487	648,170	617,587	626,270	622,610	44.5	47.3	42.4	39.9	40.0	39.3
Veal	36,334	38,510	52,818	36,437	33,296	33,273	2.5	2.6	3.5	2.4	2.1	2.1
Lamb	233,730	244,810	246,905	261,400	266,902	268,213	15.8	16.3	16.2	16.9	17.0	16.9
Mutton	72,280	53,120	68,218	81,068	103,920	112,980	4.9	3.5	4.5	5.2	6.6	7.1
Pigmeat	231,650	226,899	233,085	254,241	256,249	268,901	15.6	15.1	15.3	16.4	16.4	17.0
Total carcass meat	*1,232,993*	*1,274,826*	*1,249,197*	*1,250,733*	*1,286,637*	*1,305,977*	*83.3*	*84.7*	*81.7*	*80.9*	*82.2*	*82.3*
Offal	62,218	65,993	67,066	52,559	44,175	42,633	4.2	4.4	4.4	3.4	2.8	2.7
Total Meat and Meat Products (carcass equivalent weight)	**1,295,211**	**1,340,818**	**1,316,262**	**1,303,292**	**1,330,812**	**1,348,611**	**87.5**	**89.1**	**86.1**	**84.3**	**85.0**	**85.0**
Canned meat (canned weight)	22,387	24,423	24,720	n.a.	n.a.	n.a.	1.5	1.6	1.6	n.a.	n.a.	n.a.
Bacon and ham (cured carcass weight)	100,414	104,229	89,896	99,964	105,503	103,693	6.8	6.9	5.9	6.5	6.7	6.5
POULTRY—												
Poultry (dressed weight)	300,805	294,413	310,792	309,039	341,014	365,146	20.3	19.6	20.3	20.0	21.8	23.0
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian	26,056	24,174	18,319	26,261	28,796	34,274	1.8	1.6	1.2	1.7	1.8	2.2
Imported	25,551	16,036	23,487	27,819	30,088	28,552	1.7	1.1	1.5	1.8	1.9	1.8
Crustacea and molluscs	15,651	14,582	17,146	13,112	14,557	11,758	1.1	1.0	1.1	0.8	0.9	0.7
Seafood otherwise prepared (product weight)—												
Australian	6,629	5,995	8,761	9,037	6,977	7,745	0.4	0.4	0.6	0.6	0.4	0.5
Imported—												
Fish	27,024	28,014	22,724	30,590	29,606	28,729	1.8	1.9	1.5	2.0	1.9	1.8
Crustacea and molluscs	5,814	6,904	5,811	6,955	7,964	8,174	0.4	0.5	0.4	0.4	0.5	0.5
Total seafood	**106,725**	**95,705**	**96,248**	**113,774**	**117,988**	**119,232**	**7.2**	**6.5**	**6.3**	**7.3**	**7.4**	**7.5**
DAIRY PRODUCTS—	—'000 litres—						—litres—					
Market milk (fluid whole)	1,540,033	1,552,272	1,572,213	1,571,916	1,593,752	1,625,485	104.0	103.1	102.9	101.6	101.8	102.5
Condensed, concentrated and evaporated milk—	—tonnes—						—kg—					
Full cream sweetened	12,826	9,683	14,409	10,228	10,531	43,679	0.9	0.6	0.9	0.7	0.7	2.8
Full cream unsweetened	40,640	36,540	26,852	33,749	31,071		2.7	2.4	1.8	2.2	2.0	
Skim	15,041	17,690	12,153	13,957	18,978	13,467	1.0	1.2	0.8	0.9	1.2	0.9
Powdered milk—												
Full cream	12,700	13,315	11,847	11,511	11,062	9,358	0.9	0.9	0.8	0.7	0.7	0.6
Skim	46,681	42,458	41,289	35,161	35,743	36,082	3.2	2.8	2.7	2.3	2.3	2.3
Infants' and invalids' food	14,291	19,264	18,034	18,502	15,013	18,829	1.0	1.3	1.2	1.2	1.0	1.2
Cheese (natural equivalent weight)	97,627	105,004	113,224	118,495	126,142	125,498	6.6	7.0	7.4	7.7	8.1	7.9
Total (converted to milk solids, fat and non-fat)	**344,077**	**345,673**	**347,497**	**347,503**	**355,533**	**357,636**	**23.2**	**23.0**	**22.7**	**22.5**	**22.7**	**22.6**

For footnotes see end of table.

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

	Available for consumption—						*Apparent per capita consumption—*					
	1980-81	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*	*1980-81*	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*
FRUIT AND FRUIT PRODUCTS—			—tonnes—						—kg—			
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	580,553	547,806	731,274	791,464	709,215	646,703	39.2	36.4	47.9	51.2	45.3	40.8
Other	526,460	568,361	605,842	589,957	648,325	667,852	35.5	37.8	39.6	38.1	41.4	42.1
Jams, conserves, etc.	22,943	26,506	26,847	27,976	32,790	30,582	1.5	1.8	1.8	1.8	2.1	1.9
Dried fruit	32,759	34,121	37,838	37,243	46,194	45,582	2.2	2.3	2.5	2.4	3.0	2.9
Processed fruit	176,968	155,055	143,095	151,806	174,056	126,797	11.9	10.3	9.4	9.8	11.1	8.0
Total (fresh fruit equivalent)	**1,479,535**	**1,465,465**	**1,690,463**	**1,752,543**	**1,793,892**	**1,695,956**	**99.9**	**97.4**	**110.6**	**113.3**	**114.6**	**106.9**
VEGETABLES—												
Potatoes	812,796	866,950	797,888	967,970	938,409	914,976	54.9	57.6	52.2	62.6	59.9	57.7
Other root and bulb vegetables	241,974	281,314	258,139	269,301	302,145	299,343	16.3	18.7	16.9	17.4	19.3	18.9
Tomatoes	232,259	250,723	251,482	288,051	307,494	267,739	15.7	16.7	16.5	18.6	19.6	16.9
Leafy and green vegetables	323,379	312,366	327,116	339,233	352,051	361,139	21.8	20.8	21.4	21.9	22.5	22.8
Other vegetables	259,371	256,973	273,810	282,557	329,313	316,838	17.5	17.1	17.9	18.3	21.0	20.0
Total (fresh equivalent weight)	**1,869,777**	**1,968,326**	**1,908,434**	**2,147,113**	**2,229,412**	**2,160,035**	**126.3**	**130.8**	**124.9**	**138.8**	**142.4**	**136.2**
GRAIN PRODUCTS—												
Flour(a)	1,047,569	1,084,182	1,024,986	1,130,830	1,135,583	1,138,270	70.7	72.0	67.1	73.1	72.6	71.8
Breakfast foods—												
Oatmeal and rolled oats	12,587	12,978	17,769	19,609	20,794	24,543	0.9	0.9	1.2	1.3	1.3	1.5
Other (from grain)	102,777	107,122	115,436	122,869	129,008	n.c.	6.9	7.1	7.6	7.9	8.2	n.c.
Total breakfast foods	*115,364*	*120,100*	*133,205*	*142.478*	*149,802*	*n.a.*	*7.8*	*8.0*	*8.7*	*9.2*	*9.6*	*n.a.*
Table rice	42,993	43,880	46,283	50,530	57,138	58,625	2.9	2.9	3.0	3.3	3.7	3.7
Total grain products	**1,205,925**	**1,248,162**	**1,204,474**	**1,323,838**	**1,342,523**	**n.a.**	**81.4**	**82.9**	**78.8**	**85.6**	**85.8**	**n.a.**
Bread(b)	682,474	715,689	752,778	705,038	710,918	n.c.	46.1	47.5	49.3	45.6	45.4	n.c.
EGGS AND EGG PRODUCTS—			—'000 dozen—						—number—			
Number of eggs	271,571	277,943	(c)179,149	(c)179.992	(c)178,649	(c)177,442	220	222	(c)141	(c)140	(c)137	(c)134
NUTS (in shell)—			—tonnes—						—kg—			
Peanuts	22,050	22,983	31,574	27,422	22,613	25,741	1.5	1.5	2.1	1.8	1.4	1.6
Tree nuts	44,680	49,564	48,589	55,602	59,697	60,836	3.0	3.3	3.2	3.6	3.8	3.8

For footnotes see end of table.

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

	Available for consumption—						*Apparent per capita consumption—*					
	1980-81	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*	*1980-81*	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*
OILS AND FATS—			—tonnes—						—kg—			
Butter	63,701	64,637	61,094	60,389	61,741	59,550	4.3	4.3	4.0	3.9	3.9	3.8
Total margarine	*136,369*	*142,925*	*146,402*	*147,906*	*139,731*	*143,463*	*9.2*	*9.5*	*9.6*	*9.6*	*9.0*	*9.0*
Table margarine	99,580	102,576	103,274	105,991	103,622	109,576	6.7	6.8	6.8	6.9	6.6	6.9
Other margarine	36,789	40,349	43,128	41,915	36,109	33,887	2.5	2.7	2.8	2.7	2.3	2.1
Total (fat content)(d)	**318,974**	**327,863**	**330,276**	**332,864**	**328,742**	**332,258**	**21.5**	**21.8**	**21.6**	**21.5**	**21.0**	**21.0**
SUGAR—												
As refined sugar	203,353	187,546	183,117	178,282	156,713	130,781	13.7	12.5	12.0	11.5	10.0	8.2
In manufactured foods	518,023	523,200	519,880	501,207	535,659	583,276	35.0	34.8	34.0	32.4	34.2	36.8
Total	*721,376*	*710,746*	*702,997*	*679,489*	*692,372*	*714,057*	*48.7*	*47.2*	*46.0*	*43.9*	*44.2*	*45.0*
Honey	9,567	13,446	11,648	13,873	11,063	12,341	0.7	0.9	0.8	0.9	0.7	0.8
Total(e)	**780,077**	**774,711**	**757,569**	**757,985**	**768,475**	**790,839**	**52.7**	**51.5**	**49.6**	**49.0**	**49.1**	**49.9**
BEVERAGES—												
Tea	22,473	24,028	21,877	22,691	21,175	21,502	1.5	1.6	1.4	1.5	1.4	1.4
Coffee(f)	27,518	29,339	30,287	32,330	31,406	25,392	1.9	1.9	2.0	2.1	2.0	1.6
			—'000 litres—						—litres—			
Aerated and carbonated waters	1,001,499	965,698	1,003,305	974,171	1,052,930	1,157,189	67.6	64.2	65.7	63.0	67.3	73.0
Beer—												
Low alcohol	1,915,412	1,936,016	1,859,028	1,821,438	201,339	201,044	129.3	128.6	121.6	117.8	12.9	12.7
Other beer					1,590,745	1,630,970					101.6	102.8
Total beer	*1,915,412*	*1,936,016*	*1,859,028*	*1,821,438*	*1,792,084*	*1,832,014*	*129.3*	*128.6*	*121.6*	*117.8*	*114.5*	*115.5*
Wine	269,397	287,026	301,300	315,238	332,749	343,112	18.2	19.1	19.7	20.4	21.3	21.6
ALCOHOL—			—'000 litres alcohol—						—litres alcohol—			
Beer—												
Low alcohol	91,940	92,929	89,233	87,429	4,832	4,825	6.21	6.17	5.84	5.65	0.31	0.30
Other beer					76,356	78,287					4.88	4.94
Total beer	*91,940*	*92,929*	*89,233*	*87,429*	*81,188*	*83,112*	*6.21*	*6.17*	*5.84*	*5.65*	*5.19*	*5.24*
Wine	34,790	36,745	38,158	39,706	38,887	39,879	2.35	2.44	2.50	2.57	2.48	2.51
Spirits	16,325	17,455	17,888	17,311	18,764	19,425	1.10	1.16	1.17	1.12	1.20	1.22
Total	*143,055*	*147,129*	*145,279*	*144,446*	*138,839*	*142,416*	*9.66*	*9.78*	*9.51*	*9.34*	*8.87*	*8.98*

(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, 1985-86

	Supply					Utilisation				
		Production							Apparent consumption in Australia as human food	
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	Per capita per year
MEAT AND MEAT PRODUCTS—					— tonnes —					kg
Carcass meat(a)—										
Beef and veal	-6,136	1,384,904	—	2,744	1,393,784	737,901	..		655,883	41.4
Beef	-5,952	1,344,064	—	2,195	1,352,211	729,601	..		622,610	39.3
Veal	-184	40,840	—	549	41,573	8,300	..		33,273	2.1
Lamb	+970	320,309	—	—	319,339	51,126	..	(b)	268,213	16.9
Mutton	-1,655	257,943	—	1,477	261,075	148,095	..		112,980	7.1
Pigmeat	-2,339	268,527	—	—	270,866	1,965	..		268,901	17.0
Total carcass meat	-9,160	2,231,683	—	4,221	2,245,064	939,087	..		1,305,977	82.3
Offal(a)	+89	110,735	—	2,161	112,807	67,174	3,000	..	42,633	2.7
Total Meat and Meat Products(carcass equivalent weight)	**-9,071**	**2,342,418**	**—**	**6,382**	**2,357,872**	**1,006,261**	**3,000**	**..**	**1,348,611**	**85.0**
Bacon and ham (cured carcass weight)	-2,570	107,962	—	1	110,533	98	..	6,742	103,693	6.5
POULTRY—										
Poultry (dressed weight)	+3,631	366,832	3,596	83	366,880	1,734	..	n.a.	365,146	23.0
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	n.a.	44,750	4,475	..	49,225	7,205	n.a.	7,746	34,274	2.2
Imported	n.a.	..	..	28,965	28,965	413	n.a.	..	28,552	1.8
Crustacea and molluscs	n.a.	25,979	—	2,792	28,771	14,913	n.a.	2,100	11,758	0.7
Seafood, otherwise prepared (product weight)—										
Australian	-251	9,621	—	..	9,872	2,127	..	..	7,233	0.5
Imported—										
Fish	n.a.	..	..	28,851	28,851	122	..	..	28,729	1.8
Crustacea and molluscs	n.a.	..	..	8,243	8,243	69	..	..	8,174	0.5
DAIRY PRODUCTS—					—'000 litres—					litres
Market milk (fluid whole)	..	..	..	..	..	..	..	..	(c)1,625,485	102.5
Condensed, concentrated and evaporated milk—					— tonnes —					kg
Full cream sweetened / Full cream unsweetened	-4,701	42,900	—	812	48,413	4,734	..	..	43,679	2.8
Skim	-949	17,918	—	550	19,417	5,950	..	..	13,467	0.9
Powdered milk—										
Full cream	..	..	..	..	..	..	..	..	(c)9,358	0.6
Skim (incl. buttermilk and mixed skim and buttermilk)	..	..	..	..	..	..	..	..	(c)36,082	2.3
Infants' and invalids' food	+783	29,337	—	1,477	30,031	11,202	..	..	18,829	1.2
Cheese (natural equivalent weight)	..	..	..	..	..	..	..	..	(c)125,498	7.9

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1985-86—*continued*

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports*	*Non-food use, waste, etc.*	*For processed food*	*Total*	*Per capita per year*
FRUIT AND FRUIT PRODUCTS—					— tonnes —					kg
Fresh fruit (incl. fruit for fruit juice)—										
Oranges	..	496,178	24,809	68,602	589,589	45,675	9,924	n.a.	533,990	33.7
Other citrus fruit	..	116,108	5,805	7,790	129,703	16,990	n.a.	n.a.	112,713	7.1
Other fresh fruit—										
Apples	(d)-39,298	292,081	—	—	331,379	29,829	n.a.	28,412	273,137	17.2
Apricots	..	29,627	—	—	29,627	—	n.a.	17,642	11,985	0.8
Bananas	..	134,414	—	133	134,547	6	n.a.	—	134,541	8.5
Grapes	..	37,843	—	—	37,843	8,693	n.a.	..	29,150	1.8
Melons, cantaloupes etc.	..	80,110	—	—	80,110	—	n.a.	—	80,110	5.1
Peaches	..	61,400	—	—	61,400	—	n.a.	40,843	20,557	1.3
Pears	(d)+3,325	142,914	—	—	139,589	35,091	n.a.	35,256	69,242	4.4
Pineapples	..	131,613	—	97	131,710	1,392	n.a.	68,652	61,666	3.9
Plums and prunes	..	21,748	—	—	21,748	—	n.a.	10,480	11,268	0.7
Total	*(d)-35,973*	*971,914*	*15,000*	*17,782*	*1,040,669*	*85,058*	*n.a.*	*287,759*	*667,852*	*42.1*
Jams, conserves, etc. (product weight)	+373	29,491	1,000	2,459	32,577	1,995	..	..	30,582	1.9
Dried vine fruit (product weight)—										
Currants	..	..	..	..	..	..	..	..	(e)5,238	0.3
Raisins	..	..	..	..	..	..	..	..	(e)3,720	0.2
Sultanas	..	..	..	..	..	..	..	..	(e)27,419	1.7
Dried tree fruit (product weight)—										
Apricots	..	..	..	..	..	..	..	..	(f)2,715	0.2
Prunes	..	..	..	..	..	..	..	..	(f)2,893	0.2
Other	..	..	..	..	..	..	..	..	(f)3,597	0.2
Processed fruit (product weight)—										
Apples	+435	13,402	—	—	12,967	66	..	..	12,901	0.8
Apricots	+2,660	10,750	150	—	8,240	735	..	..	7,505	0.5
Mixed fruits (incl. fruit salad)	+2,964	34,667	—	—	31,703	15,683	..	..	16,020	1.0
Peaches	+13,951	42,843	150	—	29,042	13,776	..	..	15,266	1.0
Pears	+2,347	31,662	100	—	29,415	22,376	..	..	7,039	0.4
Pineapples	n.p.	n.p.	100	12,276	51,235	4,130	..	..	47,105	3.0
Other	+418	6,446	—	15,139	21,167	205	..	..	20,962	1.3

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1985-86—*continued*

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports*	*Non-food use, waste, etc.*	*For processed food*	*Total*	*Per capita per year*
VEGETABLES—					— tonnes —					kg
Potatoes	n.a.	964,892	25,400	1,948	992,240	6,715	70,550		914,976	57.7
Other root and bulb vegetables—										
Beetroot	-605	28,005	1,960	—	30,570	45	280		30,246	1.9
Carrots	-17	127,605	6,380	397	134,399	15,072	3,828		115,499	7.3
Onions	-2,482	159,737	7,987	2,790	172,995	31,930	4,792		136,273	8.6
Parsnips	n.a.	7,971	399	—	8,370	277	159		7,933	0.5
Sweet potatoes	n.a.	4,279	—	—	4,279	—	—		4,279	0.3
White turnips and swedes	n.a.	6,378	191	—	6,569	1,329	128		5,113	0.3
Total	*-3,103*	*333,975*	*16,917*	*3,187*	*357,183*	*48,652*	*9,187*		*299,343*	*18.9*
Tomatoes	+10,168	252,571	25,257	14,464	282,124	1,757	12,629		267,739	16.9
Leafy and green veg. (incl. legumes)—										
Beans	+2,158	53,548	8,032	2,808	62,230	679	1,071		60,480	3.8
Cabbages and other greens	-9	82,531	4,127	—	86,667	5,063	4,127		77,477	4.9
Celery	n.a.	43,313	2,166	—	45,479	221	2,166	(b)	43,092	2.7
Lettuce	n.a.	76,729	7,673	—	84,402	3,208	5,371		75,823	4.8
Peas	-11,848	89,641	13,446	566	115,501	4,062	7,171		104,268	6.6
Total	*-9,699*	*345,762*	*35,443*	*3,374*	*394,279*	*13,234*	*19,905*		*361,139*	*22.8*
Other vegetables—										
Asparagus	+264	4,682	468	3,843	8,729	139	..		8,590	0.5
Cauliflowers	—	103,767	5,188	—	108,955	6,349	7,264		95,343	6.0
Cucumbers (incl. gherkins)	+602	15,389	769	213	15,770	237	462		15,071	1.0
Marrows, squashes and zucchinis	n.a.	7,380	369	—	7,749	221	n.a.		7,528	0.5
Pumpkins	n.a.	68,416	3,421	—	71,837	221	n.a.		71,615	4.5
Sweet corn	-4,980	49,397	2,470	—	56,847	169	988		55,690	3.5
Other	+8,059	49,629	—	21,431	63,001	—	n.a.		63,001	4.0
Total	+3,945	298,660	12,686	25,487	332,887	7,336	8,713		316,838	20.0
Total all vegetables	**+1,310**	**2,195,860**	**115,704**	**48,460**	**2,358,713**	**77,694**	**120,985**		**2,160,035**	**136.2**
GRAIN PRODUCTS—										
Flour (incl. flour for breadmaking)	+832	1,176,276	..	12,574	1,188,018	49,748	..	..	1,138,270	71.8
Breakfast foods—										
Oatmeal and rolled oats	—	25,141	..	629	25,770	1,227	..	..	24,543	1.5
Other (from grain)	+5,290	n.c.	..	1,063	n.a.	11,910	..	..	n.a.	n.a.
Table rice	—	47,759	..	10,866	58,625	..	..	..	58,625	3.7
Total grain products	**+6,122**	**n.c.**	**..**	**25,132**	**n.a.**	**62,885**	**..**	**..**	**n.a.**	**n.a.**
Bread(g)	..	n.c.	..	433	n.a.	411	..	..	n.a.	n.a.
EGGS AND EGG PRODUCTS—									'000 doz.	No.
Number of eggs	..	..	..	—	..	..	..	..	(h)177,442	134
NUTS (in shell)—					— tonnes —					kg
Peanuts	+2,550	n.a.	n.a.	n.a.	37,619	n.a.	n.a.	n.a.	25,741	1.6
Tree nuts	n.a.	8,737	n.a.	53,743	62,480	1,644	n.a.	n.a.	60,836	3.8

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1985-86—*continued*

	Supply					Utilisation				
		Production							Apparent consumption in Australia as human food	
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	Per capita per year
OILS AND FATS—					—tonnes—					kg
Butter	..	..	..	..	..	..	..	..	59,550	3.8
Total margarine	*-1,836*	*148,958*	—	*658*	*151,452*	*7,989*	..	..	*143,463*	*9.0*
Table margarine	-1,622	110,494	—	658	112,774	3,198	..	..	109,576	6.9
Other margarine	-214	38,464	—	—	38,678	4,791	..	..	33,887	2.1
SUGAR—										
As refined sugar	-8,628	703,233	—	95	711,956	7,292	..	573,883	130,781	8.2
In manufactured foods	—	589,333	..	16,471	605,804	22,529	..	—	583,276	36.8
Honey	—	26,906	—	87	26,993	14,652	—	—	12,341	0.8
BEVERAGES—										
Tea	n.a.	627	—	21,126	21,753	251	..	..	21,502	1.4
Coffee	n.a.	—	—	30,257	30,257	4,865	..	..	25,392	1.6
					—'000 litres—					litres
Aerated and carbonated waters	n.a.	1,155,091	n.a.	19,395	1,174,486	17,297	..	..	1,157,189	73.0
Beer—				(i)					(j)	
Low alcohol	..	..	..	230	..	..	..	..	201,044	12.7
Other beer	..	..	..	5,188	..	..	..	..	1,630,970	102.8
Total beer—	..	..	..	*5,418*	..	..	..	..	*1,832,014*	*115.5*
Wine—				(i)					(k)	
Dessert wine	..	..	..	177	..	..	..	..	19,110	1.2
Sherry	..	..	..	153	..	..	..	..	18,039	1.1
Sparkling and carbonated wine	..	..	..	3,043	..	..	..	..	33,456	2.1
Table wine	..	..	..	14,130	..	..	..	..	267,175	16.8
Vermouth	..	..	..	313	..	..	..	..	3,310	0.2
Other wine, n.e.i.	..	..	..	112	..	..	..	..	2,022	0.1
Total wine	..	..	..	*17,928*	..	..	..	..	*343,112*	*21.6*
										litres alcohol
Spirits—					— '000 litres alcohol —					
				(i)					(j)	
Brandy	..	..	..	777	..	..	..	..	2,777	0.18
Gin	..	..	..	591	..	..	..	..	991	0.06
Liqueurs (incl. flavoured spirits)	..	..	..	1,677	..	..	..	..	1,837	0.12
Rum	..	..	..	48	..	..	..	..	2,248	0.14
Vodka	..	..	..	304	..	..	..	..	1,054	0.07
Whisky	..	..	..	9,601	..	..	..	..	9.801	0.62
Other, n.e.i. (incl. bitters)	..	..	..	337	..	..	..	..	717	0.05
Total	..	..	..	*13,335*	..	..	..	..	*19,425*	*1.22*

(a) Stocks supplied by the Australian Meat and Livestock Corporation. (b) Processed data are not shown separately but are included in production and total apparent consumption. (c) Domestic sales supplied by the Australian Dairy Corporation. (d) Cold store stocks of apples and pears. (e) Deliveries year ended 30 June as recorded by the Australian Dried Fruits Association. (f) Comprises deliveries for consumption in Australia. (g) Per capita data on bread is now shown in kg per year. (h) Commercial disposals by State Egg Boards. (i) Imports cleared for consumption in Australia. (j) Comprises quantities upon which excise duty was paid and imports cleared for consumption in Australia. (k) Comprises quantity of sales by winemakers and imports cleared for consumption in Australia.

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 1980-81 to 1985-86 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*	*Retinol equivalent (b)* *µg*	*Vitamin C* *mg*	*Thiamin* *mg*	*Ribo-flavin* *mg*	*Niacin* *mg*	*Energy value* *kJ*
				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
Dairy 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
Dairy 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**
				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
Dairy 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	2.0	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)	1.0	—	10.6	16	0.1	—	—	0.01	0.30	0.5	829
Total	**96.3**	**145.9**	**386.3**	**914**	**14.9**	**1,496**	**114**	**1.79**	**2.63**	**22.7**	**14,125**

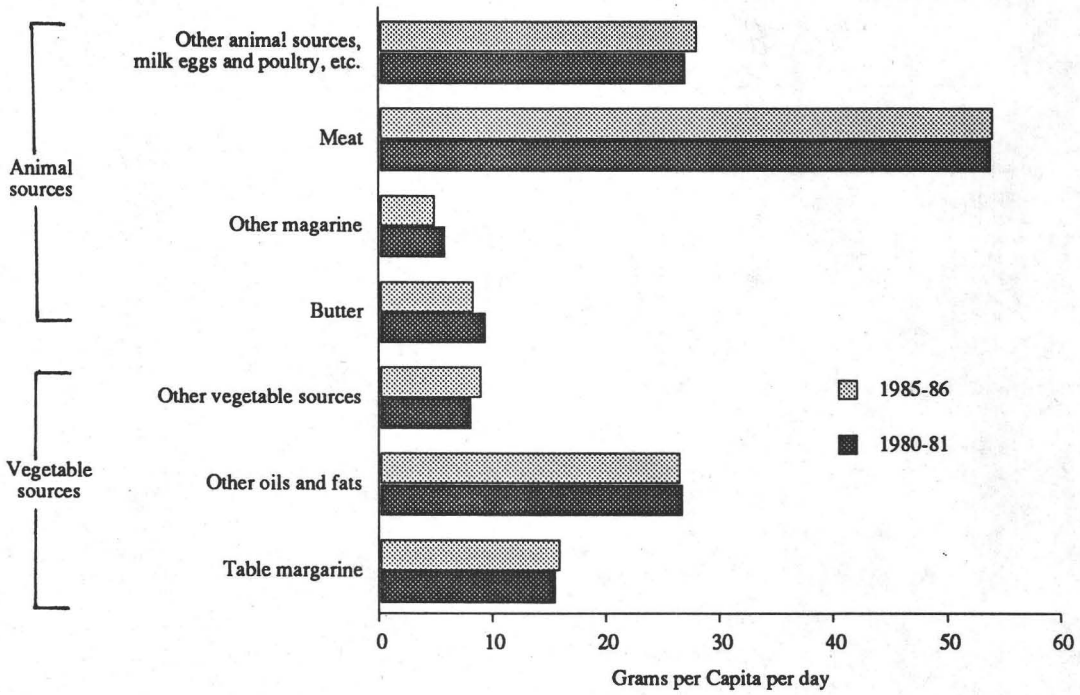
For footnotes see end of table.

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	*Retinol equivalent (b)* µg	*Vitamin C* mg	*Thiamin* mg	*Ribo-flavin* mg	*Niacin* mg	*Energy value* kJ
				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
Dairy 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	31.3	54	1.0	78	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	24.9	3.9	175.7	50	4.9	1	—	0.82	0.61	6.3	3,542
Eggs and egg products	3.7	3.5	0.2	16	0.7	84	—	0.03	0.09	—	200
Nuts	1.5	3.9	1.2	8	0.2	—	—	0.04	0.02	0.7	179
Oils and fats	0.2	57.1	0.3	7	—	269	—	—	—	—	2,133
Sugar	—	—	126.4	6	0.2	—	—	—	—	—	2,063
Beverages(alcoholic)(d)	0.9	—	10.3	16	0.1	—	—	0.01	0.29	0.5	811
Total	**97.6**	**146.3**	**405.7**	**912**	**15.1**	**1,446**	**122**	**1.87**	**2.57**	**23.0**	**14,458**
				1984-85							
Meat and meat products	28.6	53.6	0.2	16	4.2	265	1	0.35	0.42	7.5	2,534
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
Dairy products(c)	19.6	21.0	20.6	672	0.7	245	4	0.16	0.80	0.6	1,487
Fruit and fruit products	1.6	0.6	32.6	52	1.0	81	56	0.13	0.09	0.8	535
Vegetables	5.5	0.6	38.7	59	2.2	431	58	0.28	0.18	2.9	707
Grain products	24.9	3.9	176.7	51	5.0	1	—	0.83	0.63	6.4	3,561
Eggs and egg products	3.7	3.5	0.2	16	0.7	85	—	0.03	0.09	—	200
Nuts	1.3	3.7	1.1	7	0.2	—	—	0.04	0.02	0.6	167
Oils and fats	0.2	55.7	0.2	7	—	258	—	—	—	—	2,081
Sugar	—	—	127.0	6	0.2	—	—	—	—	—	2,070
Beverages(alcoholic)(d)	0.9	—	10.1	17	0.1	—	—	0.01	0.28	0.5	813
Total	**98.7**	**146.0**	**407.5**	**924**	**15.3**	**1,400**	**119**	**1.87**	**2.60**	**23.2**	**14,506**
				1985-86							
Meat and meat products	28.6	54.0	0.2	16	4.2	256	1	0.35	0.42	7.5	2,551
Poultry	8.9	2.5	—	6	0.7	27	—	0.04	0.07	3.2	255
Seafood	4.0	1.0	0.1	15	0.3	5	—	0.01	0.02	0.9	110
Milk and milk products(c)	19.5	21.0	20.8	668	0.7	248	4	0.16	0.79	0.6	1,487
Fruit and fruit products	1.5	0.6	30.7	48	1.0	80	52	0.12	0.08	0.7	503
Vegetables	5.3	0.6	37.5	57	2.1	407	55	0.27	0.17	2.8	683
Grain products	24.8	3.9	175.2	50	5.0	1	—	0.83	0.63	6.4	3,532
Eggs and egg products	3.7	3.5	0.2	16	0.7	85	—	0.03	0.09	—	200
Nuts	1.4	3.9	1.2	8	0.2	—	—	0.04	0.02	0.6	176
Oils and fats	0.2	55.7	0.2	7	—	258	—	—	—	—	2,081
Sugar	—	—	128.3	6	0.2	—	—	—	—	—	2,092
Beverages(alcoholic)(d)	0.9	—	10.2	17	0.1	—	—	0.01	0.28	0.5	827
Total	**98.8**	**146.7**	**404.6**	**914**	**15.2**	**1,367**	**112**	**1.86**	**2.57**	**23.2**	**14,497**

(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.

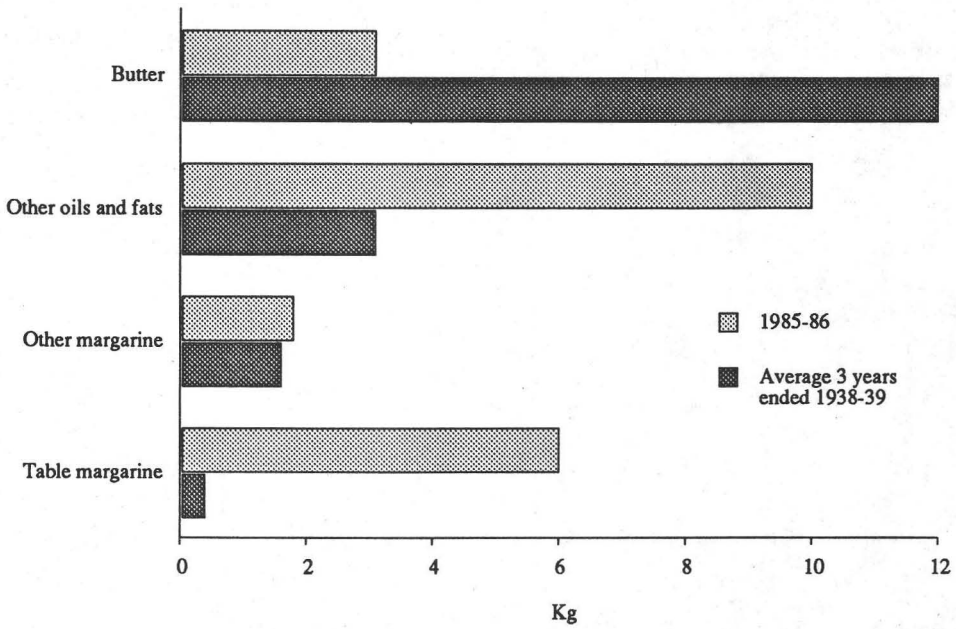


TABLE 5. ADJUSTMENTS TO THE AVAILABILITY OF SPECIFIC VITAMINS, AUSTRALIA(a)
(milligrams per capita per day)

	1980-81		*1981-82*		*1982-83*		*1983-84*		*1984-85*		*1985-86*	
Nutrient	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*
Vitamin C—												
products—												
Fluid whole milk	2.9	2.9	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8
Other milk products	1.4	1.4	1.8	1.8	1.6	1.6	1.2	1.2	1.2	1.2	1.2	1.2
Meat and meat products	2.1	(b)	2.2	(b)	2.2	(b)	2.0	(b)	1.0	(b)	1.0	(b)
Fish	0.2	(b)	0.1	(b)	0.2	(b)	0.2	(b)	0.2	(b)	0.2	(b)
Fruit and fruit products—												
Fresh, canned and dried	11.2	9.8	11.3	10.0	11.3	10.0	11.2	9.9	12.0	11.5	12.5	11.0
Cooked	0.3	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2
Citrus	37.4	37.4	34.7	34.7	46.5	46.5	49.4	49.4	43.6	43.6	39.1	39.1
Vegetables—												
Fresh tomatoes	8.9	5.6	9.5	6.0	9.4	6.1	10.5	7.1	11.1	7.5	9.6	6.2
Lettuce	1.0	0.5	0.9	0.9	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3
Canned vegetables	6.7	2.8	6.8	3.1	6.8	3.0	6.7	3.1	6.8	3.3	6.6	3.2
Cooked potatoes and other vegetables	34.6	17.3	34.8	17.4	33.0	16.5	36.7	18.4	38.9	19.5	37.5	18.8
Total vitamin C	**106.7**	**77.9**	**105.3**	**76.9**	**115.2**	**87.7**	**122.0**	**93.2**	**119.0**	**90.8**	**112.2**	**83.8**
Thiamin	1.77	1.50	1.77	1.51	1.79	1.52	1.87	1.60	1.87	1.59	1.86	1.58
Niacin equivalent(c)	22.2	38.6	22.5	38.9	22.7	38.7	23.0	39.3	23.2	39.7	23.2	39.7

(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).

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.

INTAKE OF VITAMIN C
(adjusted for losses in cooking)

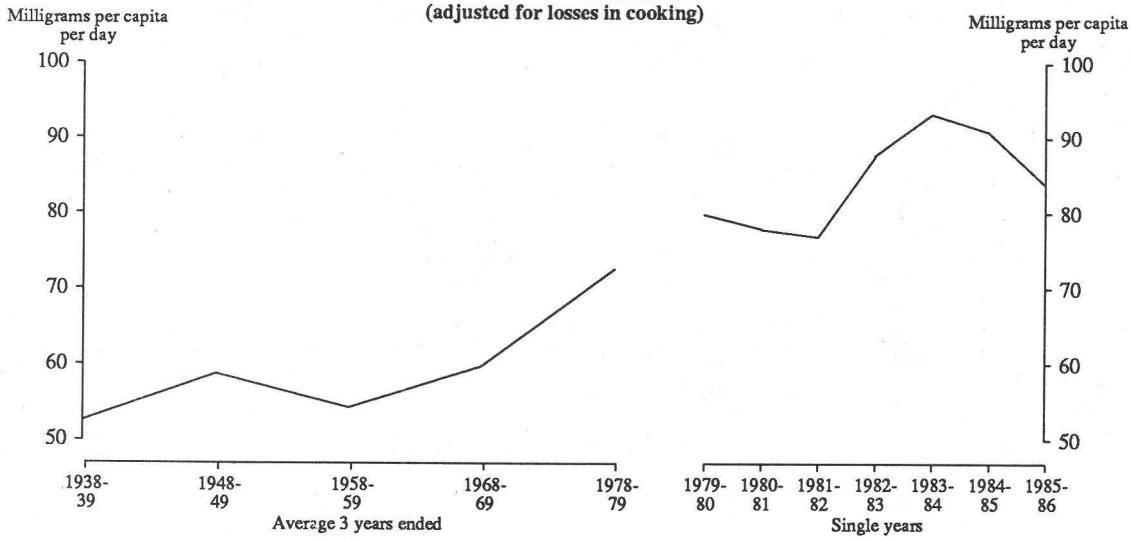


TABLE 6. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA

	1980-81	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*
Meat and meat products	17.8	17.9	17.8	17.3	17.5	17.6
Poultry	1.6	1.5	1.6	1.5	1.7	1.8
Seafood	0.7	0.7	0.6	0.8	0.8	0.8
Dairy products	10.5	10.4	10.6	10.2	10.2	10.2
Fruit and fruit products	3.2	3.1	3.6	3.6	3.7	3.5
Vegetables	4.5	4.6	4.4	4.9	4.9	4.7
Grain products	23.4	23.8	23.2	24.5	24.5	24.4
Eggs and egg products	1.4	1.4	1.4	1.4	1.4	1.4
Nuts	1.0	1.1	1.3	1.2	1.1	1.2
Oils and fats	14.9	14.9	15.2	14.7	14.3	14.3
Sugar	15.1	14.7	14.4	14.3	14.3	14.4
Beverages	5.9	5.9	5.9	5.6	5.6	5.7
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)

		Average 3 years ended—										
Nutrient	*Unit*	*1938-39*	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1980-81*	*1981-82*	*1982-83*	*1983-84*	*1984-85*	*1985-86*
Protein—												
Animal	g	58.7	57.4	59.6	64.2	69.3	65.1	65.0	64.1	62.9	64.3	64.7
Vegetable	g	30.9	35.3	32.3	35.5	32.2	32.6	33.2	32.2	34.7	34.4	34.1
Total	*g*	*89.6*	*92.7*	*91.9*	*99.7*	*101.5*	*97.7*	*98.2*	*96.3*	*97.6*	*98.7*	*98.8*
Fat(from all sources)	g	133.5	121.7	131.7	123.2	152.6	146.2	148.0	145.9	146.3	146.0	146.7
Carbohydrate	g	377.4	424.8	416.7	406.8	396.2	400.0	399.9	386.3	405.7	407.5	404.6
Calcium	mg	642	785	817	968	874	922	917	914	912	924	914
Iron	mg	15.4	15.1	14.0	14.7	15.7	14.7	15.0	14.9	15.1	15.3	15.2
Retinol equivalent	μg	1,471	1,389	1,370	1,348	1,602	1,492	1,510	1,496	1,446	1,400	1,367
Vitamin C	mg	52.6	58.8	54.3	59.8	72.7	77.9	76.9	87.7	93.2	90.8	83.8
Thiamin	mg	1.2	1.3	1.1	1.4	1.50	1.50	1.51	1.52	1.60	1.59	1.58
Riboflavin	mg	1.7	1.9	1.8	2.7	2.74	2.64	2.63	2.63	2.57	2.60	2.57
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.8	38.6	38.9	38.7	39.3	39.7	39.7
Energy value	kJ	13,048	13,584	13,801	13,835	14,635	14,390	14,471	14,125	14,458	14,506	14,497

(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.

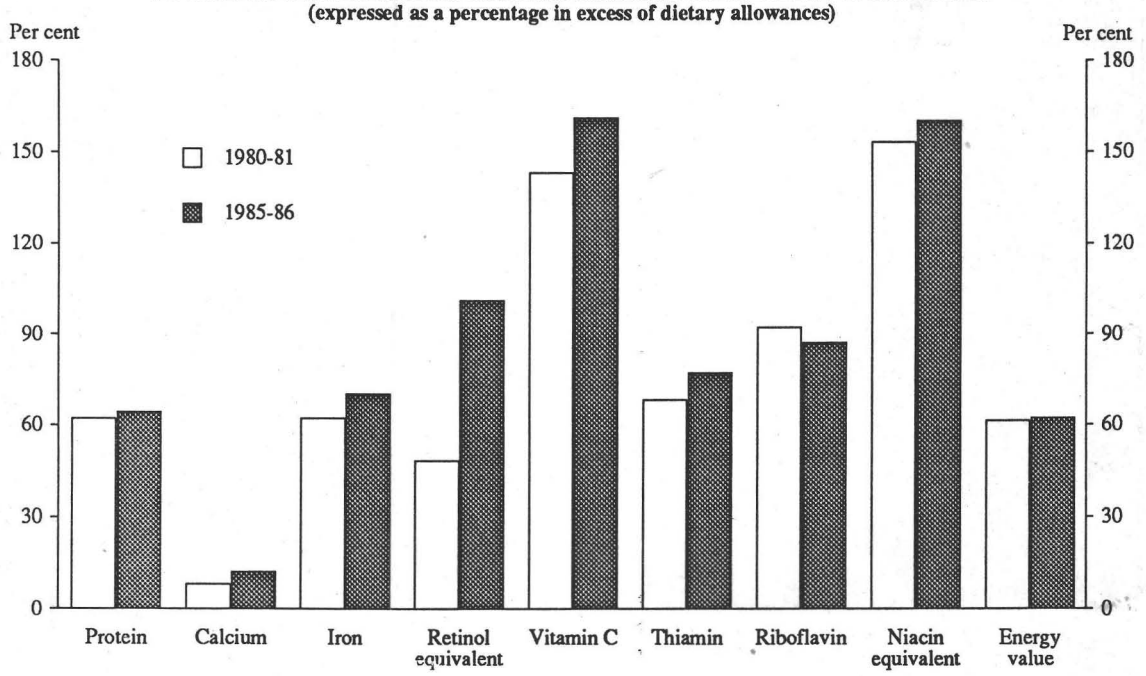
TABLE 8. NUTRIENTS AVAILABLE FOR CONSUMPTION(a) IN AUSTRALIA COMPARED WITH DIETARY ALLOWANCES

	Protein *g*	*Calcium* *mg*	*Iron* *mg*	*Retinol equivalent* *µg*	*Vitamin C* *mg*	*Thiamin* *mg*	*Ribo-flavin* *mg*	*Niacin equivalent* *mg*	*Energy value* *kJ*
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	97.6	912	15.1	1,446	93	1.60	2.57	393	14,450
In excess of dietary allowance (%)	63	12	70	113	191	80	89	159	63
1984-85—									
Dietary allowance	59.8	812	8.9	678	32	0.89	1.37	15.2	8,865
Nutrients—									
Available	98.7	924	15.3	1,400	91	1.59	2.60	39.7	14,506
In excess of dietary allowance (%)	65	14	72	106	184	79	90	161	64
1985-86—									
Dietary allowance	59.8	812	8.9	678	32	0.89	1.37	15.2	8,865
Nutrients—									
Available	98.8	914	15.2	1,367	83.8	1.58	2.57	39.7	14,497
In excess of dietary allowance (%)	65	13	71	102	162	78	88	161	64

(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 1980-81 AND 1985-86
(expressed as a percentage in excess of dietary allowances)



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