APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS AUSTRALIA 1979-80

CATALOGUE NO. 4306.0

AUSTRALIAN BUREAU OF STATISTICS Canberra

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AUSTRALIA

1979-80

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AUSTRALIAN BUREAU OF STATISTICS

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EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1979-80 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 and the Central Statistical Unit of the Commonwealth Department of Health to whom thanks are extended.

Revision of data

2. This edition of *Apparent Consumption of Foodstuffs and Nutrients* incorporates revised data from 1975-76. In 1980-81, officers of the Nutrition Section, Commonwealth Department of Health and of the Australian ureau of Statistics commenced a major review of the adequacy and reliability of these statistics. The review concentrated on the supply and utilisation of foodstuffs and on the factors used for converting these to nutrients available per capita of population per day.

3. Anomalies in both data and factors have been identified. The magnitude of the necessary changes has been such that a five year revision has been made to provide the user with meaningful and comparable data.

4. The following are the items that have changed significantly:

(a) *Food supply and utilisation.*

Oils and fats. Although data for butter and margarine are available it has 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 has been determined. The data have been revised accordingly and these revisions have increased the apparent per capita consumption of fat by 27 per cent.

(b) *Available nutrients*

(i) *Sugar.* Although the total quantity of sugar available for consumption is unchanged, the sugar used in the brewing industry was, in energy contribution terms, being counted twice — as sugar in manufactured foods and as alcohol in beer. This has resulted in an apparent decrease in the potential energy contribution in sugar (in sugar forms).

(ii) Generally, the updating of the specificity and accuracy of the factors together with the revision to food supply and utilisation, has resulted in changes to the calculated availability of nutrients. The most significant of these, in relation to previously published data, are increases in iron, ascorbic acid, thiamin and niacin with a small decrease in riboflavin.

5. Time constraints have limited the extent of this review. The review, however, will continue and future issues of this publication will contain further adjustments, mostly concerned with data presentation.

Changes in consumption of foodstuffs and nutrients

6. In the five years 1975-76 to 1979-80 total meat available for consumption has decreased by 22 per cent from 111.6kg to 87.1kg per capita per year. This is represented by decreases in beef (by 30 per cent), veal (by 41 per cent) and mutton (by 27 per cent). Lamb intake has fluctuated but is little different in 1979-80 from 1975-76. The availability of pigmeat, bacon and ham has been increasing. Relative to 1968-69, however, the total meat availability to 1979-80 has decreased by only 11 per cent from 98.8kg to 87.1kg per capita per year. In this period the availability of beef, veal, bacon and ham increased while that of other meats decreased. If poultry is included with the other meats, there has been no change in total meat and poultry availability in the last decade.

7. Apparent poultry intake in itself has increased by 40 per cent from 14.5kg to 20.3kg per capita per year from 1975-76 to 1979-80. The current availability of poultry represents an increase of 145 per cent since 1968-69.

8. Total fruit available for consumption over the past five years has increased by 10 per cent and since 1968-69 by 23 per cent. There have, however, been considerable fluctuations within the types of fruit available. Of specific interest is the decrease in jams, conserves, etc, which in 1979-80 represent just under half those available in 1968-69. The availability of processed fruit has varied little in the past ten years but is reported as 12.3kg per capita per year in 1979-80, an increase, on average, of 2kg.

9. While the total apparent consumption of butter and margarine has varied little, that of butter continues to decline from 9.8kg per capita in 1968-69 to 6.8kg in 1975-76 to 4.6kg per capita in 1979-80 - a decrease of just over 50 per cent in ten years. Total margarine has increased by 82 per cent in this same period, and the ratio of table to 'other' margarine has been reversed. In 1968-69 the ratio was 0.4:1, in 1975-76, 0.8:1 and in 1979-80 it was 2.6:1. This represents an increase of over four fold in consumption of table margarine since 1968 (from 1.5kg to 6.5kg per capita per year) and a 26 per cent decrease in 'other' margarine. Total fat content availability from this commodity group has fluctuated little in the past five years.

10. The apparent consumption of total milk and milk products has fluctuated little in the past 5 or 10 years, although availability of individual commodities has varied considerably. Fluid milk which had decreased from 128 litres in 1968-69 to 101 litres in 1975-76 has stabilised in the last 5 years while cheese continues to increase.

11. Total available vegetables increased by 14 per cent between 1975-76 and 1979-80 from 117.5kg to 133.6kg per capita per year. All component vegetable types have increased, the largest of which was the recorded 18 per cent increase in potatoes.

12. The shift from sugar available for home purchase to its use by manufacturers continues. There is now approximately three times more sugar used in manufactured foods than in home use.

13. Apparent consumption of beer has not varied greatly in the past 10 years. Wine, however, has been steadily increasing, with a rise of 34 per cent in the past 5 years (from 13.0 litres in 1975-76 to 17.4 litres per capita in 1979-80).

14. The adjustments made to supply and utilisation data and the factors of conversion to nutrients have affected nutrient consumption such that iron, thiamin and niacin are higher than previously reported.

15. Apparent consumption of protein has decreased by 7 per cent over the five year period. Three quarters of this decrease is from animal protein. Niacin equivalents have similarly decreased (by 7.5 per cent).

16. Total apparent energy consumption has shown a small but steady decrease in this period.

17. All nutrients available for consumption are considerably in excess of the estimated recommended dietary allowances for the population.

Related publications

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

Crops, Australia, 1979-80 (7302.0)

Dairying and Dairy Products, Australia, 1979-80 (7209.0)

Fisheries, Australia, 1978-79 (7603.0)

Fruit, Australia, 1979-80 (7303.0)

Manufacturing Commodities, Principal Articles Produced, Australia, 1977-78 and 1978-79 (8303.0)

Meat, Australia, 1979-80 (7206.0)

Overseas Trade, Australia, 1978-79, Part 1 : Exports and Imports (5409.0)

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

19. Current publications produced by the ABS are listed in the *Catalogue of Publications, Australia* (1101.0) which is available free of charge from any ABS office.

Symbols and other usages

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

Abbreviations

g	grams
mg	milligrams
μ	micrograms
kJ	kilojoules

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

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 + Ships' and aircraft stores + 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:

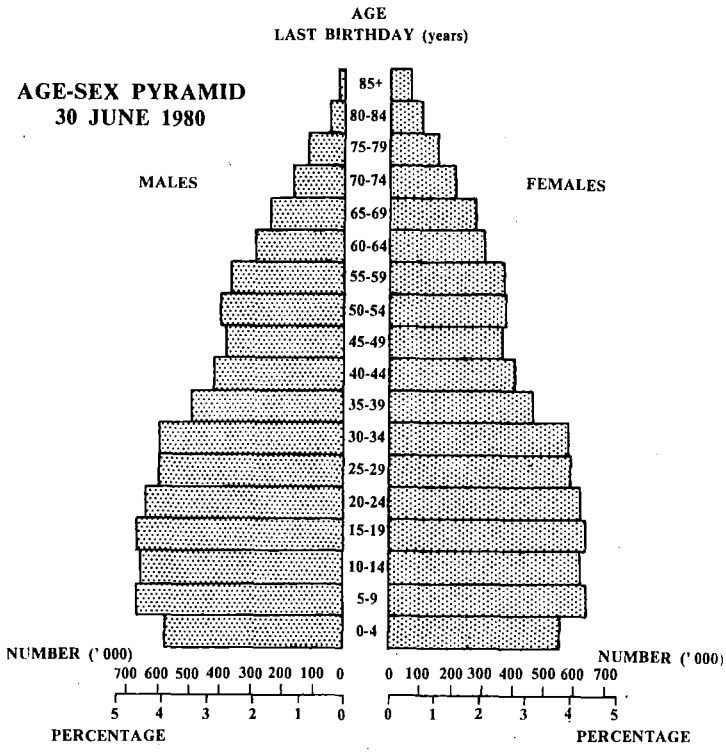
Average 3 years ended—		*Individual years—*	
1938-39	6,870,261	1975-76	13,846,241
1948-49	7,651,558	1976-77	13,991,838
1958-59	9,741,073	1977-78	14,161,421
1968-69	11,919,046	1978-79	14,333,241
1978-79	14,162,166	1979-80	14,516,690

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 and 22.4 per cent in 1976).

(b) Another similar factor is the age distribution of the population which may also affect data relating to per capita consumption. For example, while per capita consumption of infants' and invalids' food has been calculated on the basis of the mean Australian population for the years concerned, these commodities are clearly consumed by a relatively small proportion of people. The effective per capita consumption by these consumers would therefore be considerably higher than the figures shown in the relevant table. The following diagram shows the age distribution of the Australian male and female population at 30 June 1980. The age distribution is based on the results of the Population Census of 30 June 1976 brought forward by reference to natural increase derived from records of births and recorded age at death, and details of overseas migration. Further details are available in the publication *Estimated Age Distribution of the Population : States and Territories of Australia* (3201.0).

ESTIMATED POPULATION—AUSTRALIA



(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 of estimating consumption is available. In this publication the equation is not used for rice, bread, butter, beer, wine and spirits.

(b) *Commercial production and estimated home production.* Available production statistics are confined mainly to commercial production and are deficient for the purposes of the calculation to the extent of production by householders for their own use. This applies particularly in the case of vegetables, fruit, eggs, poultry and fish. However, in all these cases estimates of non-commercial production have been included, based on somewhat inadequate information obtained from a household expenditure survey conducted in 1944 and other investigations conducted by government departments during the 1939-45 War. Statistics of production of agricultural products are generally derived from the annual Agricultural Census, and those for manufactured products from recorded monthly production for the year in question.

(c) *Stocks.* Statistics of stocks refer to in-store (i.e. those held by marketing authorities) and factory stocks. With minor exceptions no details are available of wholesalers', retailers' or householders' stocks. For perishable commodities this point is of little importance since the very nature of the commodity precludes the accumulation of stocks. This is not the case, however, with non-perishable foods, and estimates derived for consumption of such foodstuffs for individual years may not state the position correctly with regard to consumption as ordinarily understood, i.e. foodstuffs consumed by the individual. This difficulty is apparent particularly in the case of canned foodstuffs, where in some years it has been necessary to initiate special enquiries from the trade and other informed sources in an endeavour to take better account of these deficiencies.

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

Additional information

5. Additional information related to some of the individual food groups in Tables 1,2 and 3 are set out below:

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

Vegetables. Vegetables are shown in terms of fresh or fresh equivalent, that is, the statistics in effect relate to the pre-processing stage. For example, the consumption of tomatoes includes fresh tomatoes consumed plus the fresh equivalent of tomatoes consumed as tomato products (canned tomatoes, tomato juice, etc.). Stocks, imports, and exports, of processed tomatoes are converted to fresh equivalent for this purpose. Data are also shown for some vegetables as product weight.

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

Eggs and egg products. The production of eggs shown in Table 3 is based on Egg Boards' records of output from areas under their control, plus estimates of production for uncontrolled areas and for 'back-yard' poultry keepers based on information obtained from other sources. Because of the inadequacy of data covering the volume of uncontrolled production, the figures should be used with some reserve.

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

Fish. For the purpose of estimating supplies of fish available for consumption, in this publication, an allowance of 10 per cent of commercial production has been made for the non-commercial catch of fish. No such allowances have been made for crustacea or molluscs as it is considered that the non-commercial take is not significant.

Oils and fats (including butter). In assessing consumption of all oils and fats no allowance is made for fats consumed in association with carcass meat. The quantities of carcass meat shown in Table 3 include fats which remain in the carcass after slaughtering and which may or may not be subsequently removed for boiling down, etc., prior to retailing of the meat. No duplication occurs for fats removed from the carcass at the slaughtering stage.

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

	Average 3 years ended					
	1938-39	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1979-80*
MEAT—						
Carcass meat—						
Beef and veal	63.6	49.5	56.2	40.0	64.4	46.6
Lamb	6.8	11.4	13.3	20.5	13.8	15.8
Mutton	27.2	20.5	23.1	18.8	4.3	5.1
Pigmeat	3.9	3.2	4.6	6.7	4.3	4.9
Total carcass meat	*101.5*	*84.6*	*97.2*	*85.9*	*86.7*	*72.4*
Offal and meat, n.e.i.	3.8	4.0	5.2	5.1	6.5	4.7
Canned meat (canned weight)	1.0	1.2	1.9	2.2	1.6	1.4
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	3.6	6.0	6.3
Total (converted to carcass equivalent weight)	**118.5**	**103.0**	**112.4**	**98.8**	**103.5**	**87.1**
POULTRY—						
Poultry (dressed weight)	n.a.	n.a.	n.a.	8.3	17.2	20.3
SEAFOOD—						
Fresh and frozen (edible weight)—						
Fish—						
Australian	2.7	2.4	1.4	1.4	1.6	1.5
Imported			1.4	1.9	1.6	1.1
Crustacea and molluscs	0.3	0.3	0.4	0.8	0.9	0.8
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	1.9
Crustacea and molluscs					0.4	0.3
Total seafood	**4.9**	**4.1**	**4.5**	**5.6**	**6.9**	**6.1**
MILK AND MILK PRODUCTS—						
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	128.2	104.2	104.2
Condensed, concentrated and evaporated milk—						
Full cream—						
Sweetened	2.0	1.6	1.2	1.1	0.8	0.7
Unsweetened(c)		1.8	2.9	3.5	2.5	2.2
Skim	n.a.	n.a.	0.6	0.7	1.6	1.3
Powdered milk—						
Full cream	1.2	1.5	1.1	0.8	1.3	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	4.3	2.8	3.7
Infants' and invalids' food	0.5	0.6	1.0	1.3	1.2	1.1
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	3.5	5.9	6.9
Total (converted to milk solids fat and non-fat)(e)	**17.8**	**22.3**	**22.1**	**25.4**	**23.1**	**24.2**
FRUIT AND FRUIT PRODUCTS—						
Fresh fruit (incl. fruit for fruit juice)—						
Citrus	14.5	16.9	16.1	22.5	34.7	44.2
Other	42.6	39.5	35.6	40.8	31.2	35.8
Jams, conserves, etc	5.2	5.6	3.9	3.3	2.0	1.5
Dried fruit	3.8	3.9	2.8	2.5	2.0	2.3
Processed fruit	3.5	3.4	6.0	9.9	10.8	12.3
Total (fresh fruit equivalent)	**78.7**	**80.9**	**72.2**	**86.5**	**89.3**	**106.1**
VEGETABLES—						
White potatoes	47.1	56.3	51.7	53.7	50.5	55.1
Other root and bulb vegetables(f)	n.a.	19.1	15.9	17.1	16.7	17.4
Tomatoes	7.1	11.5	13.0	14.2	13.6	14.6
Leafy and green vegetables	n.a.	20.5	17.9	21.3	24.5	25.3
Other vegetables	n.a.	22.3	18.6	18.1	21.6	21.4
Total (fresh equivalent weight)	**n.a.**	**129.7**	**117.1**	**124.3**	**126.9**	**133.7**

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					
	1938-39	*1948-49*	*1958-59*	*1968-69*	*1978-79*	*1979-80*
GRAIN PRODUCTS—						
Flour(g)	84.9	91.6	82.3	77.4	70.2	70.9
Breakfast foods	4.8	6.1	6.2	6.8	8.1	7.3
Table rice	1.8	0.4	n.a.	1.9	2.4	2.6
Total	**92.5**	**98.6**	**n.a.**	**86.8**	**80.7**	**80.7**
Bread (900 g loaves)	55.1	71.1	76.7	66.1	53.2	53.4
EGGS AND EGG PRODUCTS—						
Total	**12.1**	**12.7**	**10.2**	**12.6**	**12.5**	**12.5**
Equivalent number of eggs	243	255	206	222	220	220
NUTS (in shell)—						
Peanuts	n.a.	4.2	3.1	2.8	2.4	1.4
Tree nuts	n.a.	1.8	3.4	5.8	3.0	2.9
OILS AND FATS—						
Butter	14.9	11.2	12.3	9.8	5.1	4.6
Margarine—						
Table	0.4	0.4	n.a.	1.5	5.5	6.5
Other	1.8	2.4	2.2	3.4	3.1	2.5
Total (fat content)(h)	**17.1**	**14.0**	**n.a.**	**14.3**	**21.7**	**21.5**
SUGAR—						
As refined sugar	32.0	31.2	27.0	21.0	15.0	12.9
In manufactured foods	16.3	23.1	23.6	27.7	34.9	34.7
Total (i)	**50.8**	**56.8**	**53.0**	**51.9**	**54.2**	**52.0**
BEVERAGES—						
Tea	3.1	2.9	2.7	2.3	1.7	1.6
Coffee(j)	0.3	0.5	0.6	1.2	1.6	1.7
Aerated and carbonated waters (litres)	n.a.	n.a.	n.a.	47.3	67.7	64.3
Beer (litres)	53.2	76.8	103.2	116.8	136.0	134.3
Wine (litres)	2.7	5.9	5.0	8.2	14.8	17.4
Spirits (litres alcohol)	0.5	0.8	0.8	0.8	1.2	1.0

(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) 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. (i) Includes sugar content of syrups, honey and glucose. (j) Coffee and coffee products in terms of roasted coffee.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA

	Available for consumption—					*Apparent per capita consumption—*				
	1975-76	*1976-77*	*1977-78*	*1978-79*	*1979-80*	*1975-76*	*1976-77*	*1977-78*	*1978-79*	*1979-80*
MEAT—			— tonnes —					— kg —		
Carcass meat—										
Beef and veal	*936,352*	*975,724*	*963,989*	*794,817*	*676,414*	*67.6*	*69.7*	*68.1*	*55.5*	*46.6*
Beef	873,300	897,884	891,714	745,298	636,966	63.1	64.2	63.0	52.0	43.9
Veal	63,052	77,840	72,275	49,519	39,448	4.6	5.6	5.1	3.5	2.7
Lamb	231,545	188,164	195,130	201,622	229,966	16.7	13.4	13.8	14.1	15.8
Mutton	97,496	65,984	52,467	65,685	73,384	7.0	4.7	3.7	4.6	5.1
Pigmeat	60,655	61,135	64,561	55,119	71,008	4.4	4.4	4.6	3.8	4.9
Total carcass meat	*1,326,048*	*1,291,007*	*1,276,147*	*1,117,243*	*1,050,772*	*95.8*	*92.3*	*90.1*	*77.9*	*72.4*
Offal and meat, n.e.i.	92,717	97,332	99,782	80,596	67,955	6.7	7.0	7.0	5.6	4.7
Canned meat (canned weight)	23,112	23,988	24,306	20,525	20,372	1.7	1.7	1.7	1.4	1.4
Bacon and ham (cured carcass weight)	71,783	77,663	86,087	93,192	90,931	5.2	5.6	6.1	6.5	6.3
Total meat (converted to carcass equivalent weight)	**1,545,161**	**1,522,656**	**1,523,154**	**1,350,050**	**1,264,191**	**111.6**	**108.8**	**107.6**	**94.2**	**87.1**
POULTRY—										
Poultry (dressed weight)	201,373	221,547	239,492	270,722	295,345	14.5	15.8	16.9	18.9	20.3
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	20,729	20,149	23,437	23,759	21,244	1.5	1.4	1.7	1.7	1.5
Imported	22,834	22,938	23,571	21,905	16,272	1.6	1.6	1.7	1.5	1.1
Crustacea and molluscs	13,631	13,017	12,562	13,348	10,952	1.0	0.9	0.9	0.9	0.8
Seafood otherwise prepared (product weight)—										
Australian	9,286	6,760	7,365	7,855	7,469	0.7	0.5	0.5	0.5	0.5
Imported—										
Fish	23,180	27,499	26,319	23,299	28,097	1.7	2.0	1.9	1.6	1.9
Crustacea and molluscs	5,603	6,870	5,997	4,773	4,261	0.4	0.5	0.4	0.3	0.3
Total seafood	**95,263**	**97,233**	**99,251**	**94,939**	**88,295**	**6.9**	**6.9**	**7.0**	**6.6**	**6.1**
MILK AND MILK PRODUCTS—			— '000 litres —					— litres —		
Market milk (fluid whole)(a)	1,400,516	1,459,631	1,473,782	1,490,242	1,512,375	101.1	104.3	104.1	104.0	104.2
Condensed, concentrated and evaporated milk—			— tonnes —					— kg —		
Full cream sweetened	14,574	11,599	11,765	9,994	9,630	1.1	0.8	0.8	0.7	0.7
Full cream unsweetened	31,391	36,108	32,147	36,258	32,085	2.3	2.6	2.3	2.5	2.2
Skim	21,116	22,247	22,040	22,521	19,043	1.5	1.6	1.6	1.6	1.3
Powdered milk—										
Full cream	19,069	22,475	19,676	13,099	13,137	1.4	1.6	1.4	0.9	0.9
Skim	53,089	28,160	42,894	46,917	54,076	3.8	2.0	3.0	3.3	3.7
Infants' and invalids' food	19,967	15,855	18,057	15,088	16,027	1.4	1.1	1.3	1.1	1.1
Cheese (natural equivalent weight)	82,206	71,483	89,543	90,825	100,294	5.9	5.1	6.3	6.3	6.9
Total (converted to milk solids, fat and non-fat)	**328,924**	**309,126**	**333,272**	**333,739**	**349,108**	**23.8**	**22.1**	**23.5**	**23.3**	**24.0**

For footnotes see end of table.

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

	Available for consumption—					*Apparent per capita consumption—*				
	1975-76	*1976-77*	*1977-78*	*1978-79*	*1979-80*	*1975-76*	*1976-77*	*1977-78*	*1978-79*	*1979-80*
FRUIT AND FRUIT PRODUCTS—			— tonnes —					— kg —		
Fresh fruit (incl. fruit for fruit juice)—										
Citrus	548,888	458,712	505,135	512,075	641,101	39.6	32.8	35.7	35.7	44.2
Other	464,305	461,987	420,046	444,470	519,236	33.5	33.0	29.7	31.0	35.8
Jams, conserves, etc	26,824	28,012	25,000	32,407	21,906	1.9	2.0	1.8	2.3	1.5
Dried fruit	29,797	27,307	27,821	29,347	33,114	2.2	2.0	2.0	2.0	2.3
Processed fruit	140,562	151,858	152,439	155,948	178,040	10.2	10.9	10.8	10.9	12.3
Total (fresh fruit equivalent)	**1,336,237**	**1,249,053**	**1,248,499**	**1,297,384**	**1,540,772**	**96.5**	**89.3**	**88.2**	**90.5**	**106.1**
VEGETABLES—										
White potatoes	644,911	681,041	719,886	743,568	799,375	46.6	48.7	50.8	51.9	55.1
Other root and bulb vegetables	218,604	223,462	239,777	245,647	251,992	15.8	16.0	16.9	17.1	17.4
Tomatoes	183,822	192,329	187,327	197,277	211,336	13.3	13.7	13.2	13.8	14.6
Leafy and green vegetables	326,490	321,191	321,436	396,940	366,577	23.6	23.0	22.7	27.7	25.3
Other vegetables	252,998	277,808	307,213	334,590	311,215	18.3	19.9	21.7	23.3	21.4
Total (fresh equivalent weight)	**1,626,825**	**1,695,833**	**1,775,639**	**1,918,022**	**1,940,495**	**117.5**	**121.2**	**125.4**	**133.8**	**133.7**
GRAIN PRODUCTS—										
Flour(b)	1,022,623	1,018,571	957,209	1,006,779	1,029,048	73.9	72.8	67.6	70.2	70.9
Breakfast foods—										
Oatmeal and rolled oats	3,538	7,884	7,892	12,818	4,498	0.3	0.6	0.6	0.9	0.3
Other (from grain)	95,252	102,785	105,267	107,499	101,062	6.9	7.3	7.4	7.5	7.0
Total breakfast foods	*98,790*	*110,669*	*113,159*	*120,317*	*105,560*	*7.1*	*7.9*	*8.0*	*8.4*	*7.3*
Table rice	33,486	33,328	34,789	35,463	37,086	2.4	2.4	2.5	2.5	2.6
Total grain products	**1,154,898**	**1,162,568**	**1,105,157**	**1,162,559**	**1,171,694**	**83.4**	**83.1**	**78.0**	**81.1**	**80.7**
			— '000 900g loaves —					— 900g loaves —		
Bread	759,107	759,611	754,060	747,698	775,327	54.8	54.3	53.2	52.2	53.4
EGGS AND EGG PRODUCTS—			— tonnes —					— kg —		
Total (eggs in shell weight)	**171,244**	**173,149**	**176,048**	**180,109**	**181,780**	**12.4**	**12.4**	**12.4**	**12.6**	**12.5**
			— '000 dozen —					— number —		
Equivalent number of eggs	253,618	255,135	258,863	263,743	266,466	220	219	219	221	220
NUTS (in shell)—			— tonnes —					— kg —		
Peanuts	34,536	20,644	48,023	31,285	20,148	2.5	1.5	3.4	2.2	1.4
Tree nuts	45,934	44,359	43,698	37,730	41,699	3.3	3.2	3.1	2.6	2.9

For footnotes see end of table.

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

	Available for consumption—					*Apparent per capita consumption—*				
	1975-76	*1976-77*	*1977-78*	*1978-79*	*1979-80*	*1975-76*	*1976-77*	*1977-78*	*1978-79*	*1979-80*
OILS AND FATS—			— tonnes —					— kg —		
Butter	93,475	81,115	72,441	64,902	66,420	6.8	5.8	5.1	4.5	4.6
Total margarine	*96,472*	*114,824*	*121,812*	*126,856*	*129,675*	*7.0*	*8.2*	*8.6*	*8.9*	*8.9*
Table margarine	42,506	66,238	80,601	84,869	93,985	3.1	4.7	5.7	5.9	6.5
Other margarine	53,966	48,586	41,211	41,987	35,690	3.9	3.5	2.9	2.9	2.5
Total (fat content)(c)	**299,043**	**306,329**	**306,992**	**306,917**	**312,447**	**21.6**	**21.9**	**21.7**	**21.4**	**21.5**
SUGAR—										
As refined sugar	222,009	226,160	209,392	203,636	186,862	16.0	16.2	14.8	14.2	12.9
In manufactured foods	467,592	481,315	494,578	506,430	504,023	33.8	34.4	34.9	35.3	34.7
Total	*689,601*	*707,475*	*703,970*	*710,066*	*690,885*	*49.8*	*50.6*	*49.7*	*49.5*	*47.6*
Honey	10,146	8,368	14,159	11,978	13,107	0.7	0.6	1.0	0.8	0.9
Total(d)	**751,292**	**764,511**	**767,149**	**770,403**	**754,780**	**54.3**	**54.6**	**54.2**	**53.7**	**52.0**
BEVERAGES—										
Tea	26,257	27,382	22,131	24,145	23,404	1.9	2.0	1.6	1.7	1.6
Coffee(e)	21,179	25,610	18,495	24,164	25,268	1.5	1.8	1.3	1.7	1.7
			— '000 litres —					— litres —		
Aerated and carbonated waters	900,568	953,135	974,377	949,531	933,535	65.0	68.1	68.8	66.2	64.3
Beer	1,901,979	1,905,283	1,948,578	1,923,389	1,948,978	137.4	136.2	137.6	134.2	134.3
Wine	180,087	191,078	202,181	236,257	252,401	13.0	13.7	14.3	16.5	17.4
			— '000 litres alcohol —					— litres alcohol —		
Spirits	15,899	17,725	18,802	15,183	14,817	1.1	1.3	1.3	1.1	1.0

(a) Prior to 1978-79 was known as Fluid Whole Milk. (b) Includes flour used for breadmaking. (c) Includes an estimate for vegetable oils and other fats. (d) Includes sugar content of syrups and glucose. (e) Coffee and coffee products in terms of roasted coffee.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1979-80

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports (incl. ships' stores)*	*Non-food use, waste, etc.*	*For processed food*	*Total*	*Per capita per year*
MEAT—					— tonnes —					kg
Carcass meat(a)—										
Beef and veal	*(-)29,615*	*1,563,934*	—	*2,215*	*1,595,764*	*871,518*	..	*47,832*	*676,414*	*46.6*
Beef	(-)28,727	1,507,386	—	1,772	1,537,885	855,479	..	45,440	636,966	43.9
Veal	(-)888	56,548	—	443	57,879	16,039	..	2,392	39,448	2.7
Lamb	(-)6,387	273,165	—	7	279,559	49,593	..	—	229,966	15.8
Mutton	(+)10,196	275,333	—	3	265,140	184,066	..	7,690	73,384	5.1
Pigmeat	(+)2,350	219,565	—	—	217,215	2,315	..	143,892	71,008	4.9
Total carcass meat	*(-)23,456*	*2,331,997*	—	*2,225*	*2,357,678*	*1,107,492*	..	*199,414*	*1,050,772*	*72.4*
Offal and meat n.e.i.(a)	(+)6,266	130,990	—	1,364	126,088	55,133	3,000	..	67,955	4.7
Canned meat (canned weight)	(-)1,418	39,112	—	1,094	41,624	21,252	..	..	20,372	1.4
Bacon and ham (cured carcass weight)	(+)2,774	103,141	—	24	100,391	726	..	8,734	90,931	6.3
Total meat (carcass equivalent weight)	**(-)12,307**	**2,674,281**	**—**	**5,103**	**2,691,691**	**1,213,208**	**3,000**	**211,292**	**1,264,191**	**87.1**
POULTRY—										
Poultry (dressed weight)	(+)13,825	312,971	3,291	230	302,667	7,322	..	n.a.	295,345	20.3
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	n.a.	34,300	3,430	..	37,730	8,416	n.a.	8,070	21,244	1.5
Imported	n.a.	..	..	16,659	16,659	387	n.a.	..	16,272	1.1
Crustacea and molluscs	n.a.	30,900	—	1,009	31,909	19,787	n.a.	1,170	10,952	0.8
Seafood, otherwise prepared (product weight)—										
Australian	(-)246	9,240	—	..	9,486	2,017	..	..	7,469	0.5
Imported—										
Fish	n.a.	..	..	28,303	28,303	206	..	..	28,097	1.9
Crustacea and molluscs	n.a.	..	..	4,291	4,291	30	..	..	4,261	0.3
MILK AND MILK PRODUCTS—					— '000 litres —					litres
Market milk (fluid whole)	..	1,525,038	n.a.	—	1,525,038	12,663	..	..	1,512,375	104.2
Condensed, concentrated and evaporated milk—					—tonnes—					kg
Full cream sweetened	(+)1,447	17,942	—	413	16,908	7,278	..	..	9,630	0.7
Full cream unsweetened	(+)1,760	40,736	—	—	38,976	6,891	..	..	32,085	2.2
Skim	(+)9	22,548	—	778	23,317	4,274	..	..	19,043	1.3
Powdered milk—										
Full cream	(-)4,742	75,414	—	981	81,137	68,000	..	..	13,137	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	(-)1,791	67,129	—	—	68,920	14,844	..	..	54,076	3.7
Infants' and invalids' food	(-)1,826	26,119	—	670	28,615	12,588	..	..	16,027	1.1
Cheese (natural equivalent weight)	(b)(+)7,149	154,221	—	10,322	157,394	57,100	..	..	100,294	6.9

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1979-80—*continued*

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports (incl. ships' stores)*	*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	..	392,092	19,605	197,119	608,816	42,059	7,842	n.a.	558,915	38.5
Other citrus fruit	..	94,004	4,700	2,694	101,398	19,212	n.a.	n.a.	82,186	5.7
Other fresh fruit—										
Apples	(c)(–)30,353	298,812	—	—	329,165	53,055	n.a.	25,186	250,924	17.3
Apricots	..	26,353	—	—	26,353	—	n.a.	8,794	17,559	1.2
Bananas	..	125,123	—	171	125,294	14	n.a.	—	125,280	8.6
Grapes	..	23,631	—	—	23,631	1,567	n.a.	..	22,064	1.5
Peaches	..	71,523	—	—	71,523	—	n.a.	51,623	19,900	1.4
Pears	(c)(–)4,931	125,204	—	—	130,135	32,736	n.a.	64,414	32,985	2.3
Pineapples	..	123,300	—	17	123,317	477	n.a.	70,595	52,245	3.6
Plums and prunes	..	22,000	—	—	22,000	—	n.a.	12,931	9,069	0.6
Total	*(c)(–)35,284*	*846,914*	*15,000*	*20,453*	*917,651*	*94,639*	*n.a.*	*303,776*	*519,236*	*35.8*
Jams, conserves, etc. (product weight)	(–)1,963	21,244	1,000	1,530	25,737	3,831	..	..	21,906	1.5
Dried vine fruit (product weight)—										
Currants	(d)(+)1,189	5,766	—	—	4,577	2,304	..	..	(e)2,273	0.2
Raisins	(d)(+)71	5,267	—	—	5,196	1,697	..	..	(e)3,499	0.2
Sultanas	(d)(+)15,807	71,777	—	—	55,970	37,521	..	..	(e)18,449	1.3
Dried tree fruit (product weight)—										
Apricots	(f)(–)257	810	—	65	1,132	392	..	..	740	0.1
Prunes	(f)(–)159	2,386	—	111	2,656	632	..	..	2,024	0.1
Other	(f)(+)7	187	—	6,147	6,327	198	..	..	6,129	0.4
Processed fruit (product weight)—										
Apples	(–)418	11,880	—	—	12,298	260	..	..	12,038	0.8
Apricots	(–)5,059	7,355	150	—	12,564	2,283	..	..	10,281	0.7
Fruit salad	(–)12,250	29,393	—	—	41,643	16,598	..	..	25,045	1.7
Peaches	(–)12,768	54,190	150	—	67,108	33,810	..	..	33,298	2.3
Pears	(–)14,458	57,931	100	—	72,489	35,343	..	..	37,146	2.6
Pineapples	(+)3,932	41,208	100	3,696	41,072	4,107	..	..	36,965	2.5
Other	(–)161	6,417	—	17,329	23,907	640	..	..	23,267	1.6

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1979-80—*continued*

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports (incl. ships' stores)*	*Non-food use, waste, etc.*	*For processed food*	*Total*	*Per capita per year*
VEGETABLES—					— tonnes —					kg
Fresh—										
Asparagus	..	4,758	476	—	5,234	—	n.a.	5,024	210	—
Beans	..	38,604	5,791	—	44,395	42	n.a.	37,728	6,625	0.5
Cabbages and sprouts	..	80,610	4,031	—	84,641	1,739	4,031	1,408	77,463	5.3
Carrots	..	101,584	5,079	417	107,080	5,572	3,048	7,364	91,096	6.3
Cucumbers (incl. gherkins)	..	15,597	780	1	16,378	77	468	3,650	12,183	0.8
Onions	..	119,940	5,997	599	126,536	19,589	3,598	28,601	74,748	5.1
Peas	..	97,599	14,640	—	112,239	39	n.a.	100,439	11,761	0.8
Sweet corn	..	30,979	1,549	—	32,528	—	620	17,193	14,715	1.0
Tomatoes	(+)1,811	196,922	19,692	2,507	217,310	823	9,846	19,793	186,848	12.9
Frozen (product weight)—										
Beans	(–)13,926	16,139	—	693	30,758	339	..	..	30,419	2.1
Peas	(–)13,601	38,851	—	1,182	53,634	651	..	..	52,983	3.6
Processed (product weight)—										
Asparagus	(–)226	3,806	—	2,243	6,275	239	..	..	6,036	0.4
Beans, baked	(+)2,002	26,099	—	284	24,381	910	..	..	23,471	1.6
Beans, green	(+)1,594	3,740	—	—	2,146	149	..	..	1,997	0.1
Beetroot	(–)590	25,894	—	—	26,484	186	..	..	26,298	1.8
Cabbages and sprouts	(–)10	1,498	—	—	1,508	427	..	..	1,081	0.1
Carrots	(+)937	6,086	—	—	5,149	171	..	..	4,978	0.3
Cucumbers (incl. gherkins)	(–)223	4,295	—	356	4,874	20	..	..	4,854	0.3
Onions	(–)166	4,080	—	—	4,246	2	..	..	4,244	0.3
Peas	(+)1,200	11,121	—	—	12,321	155	..	..	12,166	0.8
Sweet corn	(–)786	6,905	—	—	7,691	73	..	..	7,618	0.5
Tomatoes	(+)1,408	13,108	—	4,517	16,217	—	..	..	16,217	1.1
Total (fresh equivalent weight)—										
White potatoes	n.a.	857,379	25,400	678	883,457	11,682	72,400	..	799,375	55.1
Other root and bulb vegetables—										
Beetroot	(–)713	27,647	1,935	—	30,295	265	276	..	29,754	2.0
Carrots	(+)1,134	101,584	5,079	417	105,946	5,779	3,048	..	97,119	6.7
Onions	(–)1,164	119,940	5,997	599	127,700	19,603	3,598	..	104,499	7.2
Parsnips	n.a.	10,347	517	—	10,864	132	207	..	10,525	0.7
Sweet potatoes	n.a.	3,814	—	—	3,814	—	—	..	3,814	0.3
White turnips and swedes	n.a.	6,852	206	—	7,058	640	137	..	6,281	0.4
Total	*(–)743*	*270,184*	*13,734*	*1,016*	*285,677*	*26,419*	*7,266*	..	*251,992*	*17.4*
Tomatoes	(+)3,937	196,922	19,692	9,328	222,005	823	9,846	..	211,336	14.6

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1979-80—*continued*

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports (incl. ships' stores)*	*Non-food use, waste, etc.*	*For processed food*	*Total*	*Per capita per year*
Leafy and green (incl. legumes)—					— tonnes —					kg
Beans	(–)10,753	38,604	5,791	881	56,029	1,155	n.a.	..	54,874	3.8
Cabbages and other greens	(–)9	83,350	4,168	—	87,527	2,140	4,168	..	81,219	5.6
Celery	n.a.	33,655	1,683	—	35,338	105	1,683	..	33,550	2.3
Lettuce	n.a.	51,221	5,122	—	56,343	769	3,585	..	51,989	3.6
Peas	(–)31,725	97,599	14,640	2,624	146,588	1,643	n.a.	..	144,945	10.0
Total	*(–)42,487*	*304,429*	*31,404*	*3,505*	*381,825*	*5,812*	*9,436*	..	*366,577*	*25.3*
Other vegetables—										
Asparagus	(–)298	4,758	476	2,961	8,493	315	..	..	8,178	0.6
Cauliflowers	(–)6	94,574	4,729	—	99,309	3,812	6,620	..	88,877	6.1
Cucumbers (incl. gherkins)	(–)190	15,597	780	304	16,871	94	468	..	16,309	1.1
Marrows, squashes and zucchinis	n.a.	4,843	242	—	5,085	103	n.a.	..	4,982	0.3
Pumpkins	n.a.	55,180	2,759	—	57,939	103	n.a.	..	57,836	4.0
Sweet corn	(–)1,957	30,979	1,549	—	34,485	182	620	..	33,683	2.3
Other	(–)5,220	80,046	—	16,084	101,350	—	n.a.	..	101,350	7.0
Total	*(–)7,671*	*285,977*	*10,535*	*19,349*	*323,532*	*4,609*	*7,708*	..	*311,215*	*21.4*
Total all vegetables	**(–)46,964**	**1,914,891**	**100,765**	**33,876**	**2,096,496**	**49,345**	**106,656**	..	**1,940,495**	**133.7**
GRAIN PRODUCTS—										
Flour(g)	(+)729	1,085,598	..	4,704	1,089,573	60,525	..	..	1,029,048	70.9
Breakfast foods—										
Oatmeal and rolled oats	(–)382	15,368	..	—	15,750	11,252	..	..	4,498	0.3
Other (from grain)	(–)491	119,411	..	237	120,139	19,077	..	..	101,062	7.0
Table rice(h)	..	(i)36,252	..	834	37,086	..	..	..	37,086	2.6
Total grain products	**(–)144**	**1,256,629**	..	**5,775**	**1,262,548**	**90,854**	..	..	**1,171,694**	**80.7**
				— '000 900g loaves —						900g loaves
Bread(h)	..	..	..	681	..	260	..	..	775,327	53.4
EGGS AND EGG PRODUCTS(j)—					— tonnes —					kg
Total (eggs in shell weight)	**(+)924**	**130,696**	**63,888**	**—**	**193,660**	**11,209**	**671**	..	**181,780**	**12.5**
NUTS (in shell)—										
Peanuts	(k)(–)3,235	38,939	n.a.	350	42,524	14,199	n.a.	8,177	20,148	1.4
Tree nuts	n.a.	3,000	n.a.	38,978	41,978	279	n.a.	..	41,699	2.9

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1979-80—*continued*

	Supply					*Utilisation*				
		Production							*Apparent consumption in Australia as human food*	
	Net change in stocks	*Commercial*	*Estimated home production*	*Imports*	*Total supply*	*Exports (incl. ships' stores)*	*Non-food use, waste, etc.*	*For processed food*	*Total*	*Per capita per year*
OILS AND FATS—				— tonnes —						kg
Butter(h)	..	..	..	..	..	..	..	..	(l)66,420	4.6
Total margarine	*(-)593*	*132,086*	—	*13*	*132,692*	*3,017*	..	..	*129,675*	*8.9*
Table margarine	(-)408	94,243	—	—	94,651	666	..	..	93,985	6.5
Other margarine	(-)185	37,843	—	13	38,041	2,351	..	..	35,690	2.5
SUGAR—										
As refined sugar	(-)6,850	713,915	—	13	720,778	24,575	..	509,341	186,862	12.9
In manufactured foods	..	518,958	..	12,188	531,146	27,123	..	..	504,023	34.7
Honey	(+)856	24,954	—	64	24,162	11,055	—	—	13,107	0.9
BEVERAGES—										
Tea	(m)(+)661	(m)	—	24,294	23,633	229	..	..	23,404	1.6
Coffee	(+)3,992	—	—	31,626	27,634	2,366	..	..	25,268	1.7
					— litres —					litres
Aerated and carbonated waters	n.a.	947,108	n.a.	532	947,640	14,105	..	..	933,535	64.3
Beer(h)	..	..	..	(n)926	..	..	..	..	(o)1,948,978	134.3
Wine(h)				(m)					(q)	
Dessert wine	..	..	..	227	..	..	..	..	18,104	1.2
Sherry	..	..	..	63	..	..	..	..	27,773	1.9
Sparkling and carbonated wine	..	..	..	1,585	..	..	..	..	31,500	2.2
Table wine	..	..	..	5,195	..	..	..	..	166,062	11.4
Vermouth	..	..	..	234	..	..	..	..	5,724	0.4
Other wine, n.e.i.	..	..	..	57	..	..	..	..	3,238	0.2
Total wine	..	..	..	*7,361*	..	..	..	..	*252,401*	*17.4*
										litres
Spirits(h)—				— '000 litres alcohol —					(s)	alcohol
Brandy	..	..	..	300	..	..	..	..	2,494	0.2
Gin	..	..	..	370	..	..	..	..	840	0.1
Liqueurs (incl. flavoured spirits)	..	..	..	1,198	..	..	..	..	1,615	0.1
Rum	..	..	..	752	..	..	..	..	2,293	0.2
Vodka	..	..	..	55	..	..	..	..	649	..
Whisky	..	..	..	6,425	..	..	..	..	6,736	0.5
Other, n.e.i. (incl. bitters)	..	..	..	180	..	..	..	..	190	..
Total	..	..	..	*9,280*	..	..	..	..	*14,817*	*1.00*

(a) Stocks held by the Australian Meat and Livestock Corporation. (b) Stocks obtained from the Australian Dairy Corporation. (c) Cold Store stocks of apples and pears. (d) Stocks year ended 30 June as recorded by the Australian Dried Fruits Association (ADFA). (e) Deliveries year ended 30 June as recorded by the ADFA. (f) Stocks and commercial production obtained from the ADFA. (g) Includes flour used for breadmaking. (h) The general equation has not been used for this item. (i) Comprises deliveries for domestic consumption. (j) Stocks held by Egg Boards. (k) Stocks held by the Queensland Peanut Marketing Board. (l) Domestic sales by the Australian Dairy Corporation. (m) Australian production confidential; included with stocks. (n) Imports cleared for home consumption. (o) Comprises the quantity of beer removed (duty paid and duty free) for consumption in Australia and imports cleared for home consumption. (q) Comprises the quantity of wholesale sales of wine and imports cleared for home consumption. (s) Comprises the quantity of potable spirits upon which excise duty was paid and imports cleared for home consumption.

II. LEVEL OF NUTRIENT INTAKE

The explanatory notes of this publication contain particulars of data revisions resulting from investigations into the adequacy and accuracy of statistics on foodstuffs and nutrient consumption.

2. 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.

3. 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.

4. The basis for the calculations of estimated supplies of nutrients available for consumption in Australia was changed after Bulletin No. 23 (1967-68) and is now dependent on conversion factors calculated from *Metric Tables of Composition of Australian Food* (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.

5. 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).

6. *Nutrients available for consumption.* Details of the estimated supplies of nutrients passing into consumption in the years 1975-76 to 1979-80 are shown in Table 4. A note on trends in consumption of nutrients is included in **Changes in Consumption of Foodstuffs and Nutrients** in the explanatory notes. All nutrient determinations are based on the fresh equivalent weight of the foods with an allowance for natural wastage, i.e. from skins, seeds, bones, etc. The exceptions are foods such as cheese, powdered and canned milks, bacon, ham, dried fruit, canned fish and alcoholic beverages.

7. 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).

8. *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.

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

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

Commodity group	*Protein g*	*Fat g*	*Carbo-hydrate g*	*Calcium mg*	*Iron mg*	*Vitamin A activity (b) µg*	*Vitamin C mg*	*Thiamin mg*	*Ribo-flavin mg*	*Niacin mg*	*Energy value kJ*
					1975-76						
Meat(c)	38.53	62,82	0.46	21,93	6.03	622.92	3.35	0.36	0.68	10.43	3,067.57
Poultry	5.61	1.58	—	3.55	0.44	17.04	—	0.02	0.05	2.02	160.17
Seafood	3.69	0.93	0.08	14.62	0.03	4.59	0.18	0.01	0.02	0.84	102.67
Milk and milk products(d)	20.47	19.89	24.60	703.34	0.73	232.89	4.69	0.18	0.89	0.68	1,519.51
Fruit and fruit products	1.48	0.60	29.60	46.19	0.94	61.60	50.27	0.12	0.07	0.70	486.74
Vegetables	5.07	0.51	32.17	58.86	3.21	338.13	55.69	0.24	0.15	2.37	576.82
Grain products	24.35	3.71	171.06	47.86	4.57	0.94	—	0.76	0.55	5.79	3,450.90
Eggs and egg products	3.73	3.46	0.21	16.10	0.71	84.47	—	0.03	0.09	0.03	199.76
Nuts	1.75	4.35	1.38	7.79	0.22	0.02	—	0.05	0.02	0.90	202.41
Oils and fats	0.24	57.72	0.27	6.77	0.02	300.38	—	—	—	—	2,152.59
Sugar	0.01	—	136.63	5.98	0.21	—	0.02	—	—	0.01	2,206.65
Beverages(e)	1.03	—	11.43	14.71	0.07	—	—	0.01	0.34	0.56	825.88
Total	**105.96**	**155.57**	**407.89**	**947.70**	**17.45**	**1,662.98**	**114.20**	**1.78**	**2.87**	**24.36**	**14,951.67**
					1976-77						
Meat(c)	37.78	61.07	0.49	21.53	6.00	652.07	3.51	0.35	0.69	10.25	2,988.91
Poultry	6.13	1.73	—	3.88	0.48	18.62	—	0.02	0.05	2.21	175.01
Seafood	3.68	0.98	0.08	15.92	0.30	4.79	0.18	0.01	0.02	0.79	104.49
Milk and milk products(d)	18.41	19.45	22.02	634.02	0.65	225.32	4.48	0.17	0.80	0.60	1,432.88
Fruit and fruit products	1.33	0.58	27.77	40.43	0.98	55.67	43.78	0.11	0.07	0.64	456.14
Vegetables	4.91	0.52	32.95	60.43	3.50	355.67	58.85	0.24	0.16	2.45	596.74
Grain products	24.30	3.74	170.80	48.18	4.67	1.00	—	0.78	0.57	5.95	3,445.54
Eggs and egg products	3.74	3.47	0.21	16.14	0.72	84.70	—	0.03	0.09	0.03	200.30
Nuts	1.24	3.39	1.04	6.58	0.17	0.01	—	0.04	0.02	0.57	155.33
Oils and fats	0.23	58.45	0.27	7.00	0.02	295.71	—	—	—	—	2,179.75
Sugar	0.01	—	138.29	5.96	0.21	—	0.02	—	—	0.01	2,237.17
Beverages(e)	1.03	—	11.40	14.96	0.08	—	—	0.01	0.34	0.56	842.22
Total	**102.79**	**153.38**	**405.32**	**875.03**	**17.78**	**1,693.56**	**110.82**	**1.76**	**2.81**	**24.06**	**14,814.48**
					1977-78						
Meat(c)	37.23	60.95	0.49	21.27	5.92	651.66	3.51	0.36	0.68	10.10	2,974.45
Poultry	6.55	1.85	—	4.15	0.51	19.91	—	0.03	0.05	2.36	187.20
Seafood	3.76	0.98	0.08	15.63	0.30	4.78	0.19	0.01	0.02	0.82	105.94
Milk and milk products(d)	20.23	20.55	23.39	695.01	0.72	240.64	4.61	0.18	0.87	0.66	1,528.12
Fruit and fruit products	1.35	0.57	27.32	42.02	0.87	57.55	45.79	0.11	0.07	0.77	449.40
Vegetables	5.03	0.53	34.05	63.48	3.87	355.50	63.47	0.25	0.16	2.54	614.85
Grain products	22.77	3.50	160.73	45.46	4.49	1.01	—	0.75	0.57	5.82	3,239.25
Eggs and egg products	3.74	3.47	0.21	16.14	0.72	84.70	—	0.03	0.09	0.03	200.30
Nuts	2.18	5.05	1.65	8.48	0.26	0.02	—	0.07	0.02	1.19	237.85
Oils and fats	0.21	57.80	0.26	6.93	0.01	284.86	—	—	—	—	2,155.23
Sugar	0.01	—	137.48	6.01	0.21	—	0.03	—	—	0.01	2,210.98
Beverages(e)	1.04	—	11.55	15.30	0.08	—	—	0.01	0.34	0.57	854.65
Total	**104.10**	**155.25**	**397.21**	**939.88**	**17.96**	**1,700.63**	**117.60**	**1.80**	**2.87**	**24.87**	**14,758.19**

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*	*Vitamin A activity (b) µg*	*Vitamin C mg*	*Thiamin mg*	*Ribo-flavin mg*	*Niacin mg*	*Energy value kJ*
					1978-79						
Meat(c)	32.36	54.70	0.42	18.61	5.06	521.79	2.81	0.33	0.57	8.71	2,649.90
Poultry	7.33	2.07	—	4.64	0.57	22.27	—	0.03	0.06	2.64	209.35
Seafood	3.44	0.86	0.07	13.85	0.27	4.27	0.17	0.01	0.02	0.75	95.64
Milk and milk products(d)	19.94	19.91	22.80	685.50	0.68	232.77	4.37	0.17	0.86	0.62	1,488.91
Fruit and fruit products	1.38	0.54	28.16	42.50	0.89	60.90	45.99	0.11	0.07	0.65	461.18
Vegetables	5.43	0.58	35.72	69.21	3.87	396.70	67.94	0.26	0.17	2.63	648.34
Grain products	23.63	3.68	166.34	47.30	4.64	1.02	—	0.78	0.58	5.95	3,355.07
Eggs and egg products	3.80	3.52	0.21	16.40	0.73	86.07	—	0.03	0.09	0.03	203.53
Nuts	1.50	3.64	1.17	6.41	0.19	0.01	—	0.05	0.02	0.79	170.25
Oils and fats	0.20	57.18	0.25	6.76	0.01	271.87	—	—	—	—	2,132.02
Sugar	0.01	—	135.14	6.51	0.21	—	0.02	—	—	0.01	2,179.40
Beverages(e)	1.03	—	11.41	15.97	0.09	—	—	0.01	0.33	0.55	848.64
Total	**100.05**	**146.68**	**401.69**	**933.66**	**17.21**	**1,597.67**	**121.27**	**1.78**	**2.77**	**23.33**	**14,442.23**
					1979-80						
Meat(c)	29.57	51.70	0.36	17.07	4.54	436.80	2.35	0.32	0.51	7.94	2,485.99
Poultry	7.85	2.22	—	4.98	0.61	23.86	—	0.03	0.07	2.83	224.24
Seafood	3.25	0.88	0.07	14.83	0.27	4.28	0.13	0.01	0.02	0.72	92.66
Milk and milk products(d)	20.69	20.45	23.23	709.72	0.70	239.60	4.36	0.18	0.88	0.63	1,529.07
Fruit and fruit products	1.62	0.65	32.30	48.66	1.02	67.35	56.29	0.13	0.08	0.77	530.74
Vegetables	5.50	0.57	36.87	67.04	4.01	368.45	66.21	0.27	0.17	2.71	667.51
Grain products	23.51	3.57	165.68	46.40	4.48	0.96	—	0.75	0.55	5.74	3,339.85
Eggs and egg products	3.76	3.49	0.21	16.23	0.72	85.15	—	0.03	0.09	0.03	201.37
Nuts	1.14	3.10	0.95	5.99	0.16	0.01	—	0.03	0.02	0.53	142.20
Oils and fats	0.21	57.04	0.25	6.92	0.01	278.29	—	—	—	—	2,121.10
Sugar	0.01	—	131.15	5.86	0.21	—	0.02	—	—	0.01	2,110.87
Beverages(e)	1.04	—	11.43	16.30	0.10	—	—	0.01	0.33	0.55	849.54
Total	**98.15**	**143.67**	**402.50**	**960.00**	**16.83**	**1,504.75**	**129.36**	**1.76**	*2.72*	*22.46*	*14,295.14*

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

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

Nutrient	1975-76		1976-77		1977-78		1978-79		1979-80	
	Calculated value	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*	*Calculated value*	*Amount available*
Vitamin C—										
Milk and milk products—										
Fluid whole milk	2.76	2.76	2.86	2.86	2.85	2.85	2.83	2.83	2.85	2.85
Other milk products	1.93	1.93	1.63	1.63	1.76	1.76	1.54	1.54	1.51	1.51
Meat	3.53	(b)	3.69	(b)	3.70	(b)	2.98	(b)	2.48	(b)
Fruit and fruit products—										
Fresh, canned and dried	11.66	9.91	12.06	10.25	11.22	9.54	11.66	9.91	13.08	11.12
Cooked	0.40	0.20	0.40	0.20	0.35	0.17	0.45	0.23	0.30	0.15
Citrus	38.21	38.21	31.32	31.32	34.22	34.22	33.88	33.88	42.91	42.91
Vegetables—										
Fresh tomatoes	7.51	3.76	7.76	3.88	7.48	3.74	7.82	3.91	8.25	4.13
Lettuce	0.77	0.77	0.93	0.93	0.83	0.83	0.93	0.93	0.96	0.96
Canned vegetables	1.82	1.14	1.82	1.14	1.80	1.13	1.75	1.09	1.54	0.96
Cooked potatoes and other vegetables	45.59	22.80	48.34	24.17	53.39	26.70	57.41	28.71	55.46	27.73
Total vitamin C	**114.20**	**81.48**	**110.82**	**76.38**	**117.60**	**80.94**	**121.27**	**83.03**	**129.36**	**92.32**
Thiamin	1.78	1.51	1.76	1.50	1.80	1.53	1.78	1.51	1.76	1.50
Niacin equivalent(c)	24.36	41.31	24.06	40.51	24.87	41.53	23.33	39.34	22.46	38.16

(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 (1970 Revision, reprinted in metric version 1977),* formulated by the Nutrition Committee of the National Health and Medical Research Council. This comparison has been made in Table 8, where the quantity of nutrients available for consumption in the Australian diet (as shown in Table 4), less estimated cooking loss, is compared with desirable quantities recommended by the Council. The allowances shown in Table 8 are averages weighted according to the various age groups in the population. The allowance data are based on information from the publication *Estimated Age Distribution of the Population* (3201.0). See the age-sex pyramid of the Australian population in the notes to Section I of this publication.

The comparisons in these tables are useful as an indication of trends in food consumption, although it must be emphasised that the allowances do not necessarily represent nutrient requirement; rather they were devised for the planning of practical diets within the average Australian food pattern. Precise information concerning human requirements of certain nutrients is far from complete, and no conclusion regarding the nutritional status of the community should be drawn from comparison with these allowances. A deviation from the allowances of the order of 10-15 per cent is not regarded as a serious deficiency. Even if the nutrient intake is more than 15 per cent below the allowance, a nutritional deficiency cannot be assumed without clinical verification.

The calculated figures, being averages, give no information on the food consumption of individuals or of specific groups within the population. Also the figures represent food available for consumption, which is not the same as foods consumed. The Food and Agriculture Organisation of the United Nations estimates that in communities with a plentiful food supply, up to 15 per cent of the food available may be wasted.

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

	1975-76	*1976-77*	*1977-78*	*1978-79*	*1979-80*
Meat	20.5	20.2	20.2	18.3	17.4
Poultry	1.1	1.2	1.3	1.4	1.6
Seafood	0.7	0.7	0.7	0.7	0.6
Milk and milk products	10.2	9.7	10.4	10.3	10.7
Fruit and fruit products	3.3	3.1	3.0	3.2	3.7
Vegetables	3.9	4.0	4.2	4.5	4.7
Grain products	23.1	23.3	21.9	23.2	23.4
Eggs and egg products	1.3	1.4	1.4	1.4	1.4
Nuts	1.4	1.0	1.6	1.2	1.0
Oils and fats	14.4	14.7	14.6	14.8	14.8
Sugar	14.8	15.1	15.0	15.1	14.8
Beverages	5.5	5.7	5.8	5.9	5.9
Total	**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*	*1975-76*	*1976-77*	*1977-78*	*1978-79*	*1979-80*
Protein—										
Animal	g	58.7	57.4	59.6	64.2	72.2	69.9	71.6	67.0	65.2
Vegetable	g	30.9	35.3	32.3	35.5	33.8	32.9	32.5	33.1	32.9
Total	*g*	*89.6*	*92.7*	*91.9*	*99.7*	*106.0*	*102.8*	*104.1*	*100.1*	*98.1*
Fat(from all sources)	g	133.5	121.7	131.7	123.2	155.6	153.4	155.3	146.7	143.7
Carbohydrate	g	377.4	424.8	416.7	406.8	407.9	405.3	397.2	401.7	402.5
Calcium	mg	642	785	817	968	947.7	875.0	939.9	933.7	960.0
Iron	mg	15.4	15.1	14.0	14.7	17.5	17.8	18.0	17.2	16.8
Vitamin A activity	μg	1,471.5	1,389.0	1,370.4	1,347.9	1,663.0	1,693.6	1,700.6	1,597.9	1,504.8
Vitamin C	mg	52.6	58.8	54.3	59.8	81.5	76.4	80.9	83.0	92.3
Thiamin	mg	1.2	1.3	1.1	1.4	1.5	1.5	1.5	1.5	1.5
Riboflavin	mg	1.7	1.9	1.8	2.7	2.9	2.8	2.9	2.8	2.7
Niacin equivalent	mg	33.0	32.4	33.3	36.2	41.3	40.5	41.5	39.3	38.2
Energy value	kJ	13,048	13,584	13,801	13,835	14,951.7	14,814.5	14,758.2	14,442.2	14,295.1

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

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

	Protein g	*Calcium mg*	*Iron mg*	*Vitamin A activity (b) µg*	*Vitamin C mg*	*Thiamin mg*	*Ribo-flavin mg*	*Niacin mg*	*Energy value kJ*
1975-76—									
Dietary allowance(b)	59.6	437.2	10.4	675.3	31.6	0.9	1.1	14.1	8,927.2
Nutrients-									
Available	106.0	947.7	17.5	1,663.0	81.5	1.5	2.9	41.3	14,951.7
In excess of dietary allowance (%)	77.9	116.8	68.3	146.3	157.6	66.7	163.6	192.9	67.5
1976-77—									
Dietary allowance(b)	59.7	436.7	10.5	676.6	31.8	0.9	1.1	14.0	8,932.9
Nutrients—									
Available	102.8	875.0	17.8	1,693.6	76.4	1.5	2.8	40.5	14,814.5
In excess of dietary allowance (%)	72.2	100.4	69.5	150.3	140.3	66.7	154.5	189.3	65.8
1977-78—									
Dietary allowance(b)	59.6	436.5	10.4	678.2	31.8	0.9	1.1	14.0	8,911.3
Nutrients—									
Available	104.1	939.9	18.0	1,700.6	80.9	1.5	2.9	41.5	14,758.2
In excess of dietary allowance (%)	74.7	115.3	73.1	150.8	154.4	66.7	163.6	196.4	65.6
1978-79—									
Dietary allowance(b)	59.9	436.3	10.5	679.6	31.8	0.9	1.1	14.1	8,946.0
Nutrients—									
Available	100.1	933.7	17.2	1,597.7	83.0	1.5	2.8	39.3	14,442.2
In excess of dietary allowance (%)	67.1	114.0	63.8	135.1	161.0	66.7	154.5	178.7	61.4
1979-80—									
Dietary allowance(b)	60.0	436.2	10.5	681.3	31.8	0.9	1.1	14.1	8,952.0
Nutrients—									
Available	98.1	960.0	16.8	1,504.8	92.3	1.5	2.7	38.2	14,295.1
In excess of dietary allowance (%)	63.5	120.1	60.0	120.9	190.3	66.7	145.5	170.9	59.7

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein. (b) Source. S. Thomas and M. Corden, *Metric Tables of Composition of Australian Food* A.G.P.S., Canberra, 1977. Appendix 1. The allowances are averages weighted according to various age groups in the population; the age distributions at the beginning of each period have been used.

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