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APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS AUSTRALIA 1980-81

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AUSTRALIAN BUREAU OF STATISTICS Canberra

NOON 16 SEPTEMBER 1982

**APPARENT CONSUMPTION
OF FOODSTUFFS AND NUTRIENTS**

AUSTRALIA

1980-81

A. R. BAGNALL
Acting Australian Statistician

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PHONE INQUIRIES *for more information about these statistics—contact Mr Terry Bain on Canberra (062) 52 6436 or any of our State offices.*
other inquiries including copies of publications—contact Information Services on Canberra (062) 52 6627 or in any of our State offices.

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EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1980-81 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 Bureau 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 six year revision has been made to provide the user with meaningful and comparable data.

4. The following are the items that have changed significantly. Reporting of the adjusted data began in the 1979-80 publication.

(a) Food supply and utilisation.

(i) *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 was determined. Data from 1975-76 have been revised accordingly and these revisions have increased the apparent per capita consumption of fat by 27 per cent.

(ii) *Fruit and vegetables.* Previous publications have included melons available for consumption (rock melon, water melon and cantaloupe) as 'other vegetables'. In this issue they have been included as fruit. As melons made up some 50 per cent of the 'other vegetables' available, this revision has affected the quantity and nutrient data reported for these two food groups.

(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 of data on food supply and utilisation, has resulted in changes to the calculated availability of nutrients. Computerisation of the nutrient calculations in 1982 has also had a small effect.

5. Time constraints have limited the extent of this review. The review, however, is continuing 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 six years 1975-76 to 1980-81 total meat available for consumption has decreased by 22 per cent from 111.6kg to 86.8kg per capita per year. This is represented by decreases in beef (by 32 per cent), veal (by 50 per cent) and mutton (by 43 per cent). Lamb intake has fluctuated in this period. The availability of pigmeat, bacon and ham has also been increasing. Relative to 1968-69, however, the total meat availability to 1980-81 has decreased by only 12 per cent from 98.8kg to 86.8kg 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 12 years.

7. Apparent poultry intake in itself has increased by 41 per cent from 14.5kg to 20.1kg per capita per year from 1975-76 to 1980-81. The current availability of poultry represents an increase of 142 per cent since 1968-69.

8. Total fruit available for consumption over the past six years has increased by 5 per cent and since 1968-69 by 20 per cent. There have, however, been considerable fluctuations within the types of fruit available. Of specific interest is the decrease in jams, preserves, etc, which in 1980-81 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 12.7kg per capita per year in 1980-81, an increase, on average, of about 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 4.3kg per capita in 1980-81 — a decrease of just over 50 per cent in twelve years. Total margarine has increased by 87 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 1980-81 it was 2.7:1. This represents an increase of over fourfold in consumption of table margarine since 1968 (from 1.5kg to 6.8kg 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 six 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 103 litres in 1980-81 has stabilised in the last 5 years. Cheese has increased steadily since 1968-69, from 3.5kg per capita per year to 6.7kg in 1980-81.

11. Total available vegetables increased by 11 per cent between 1975-76 and 1980-81 from 115kg to 128kg 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 six years. Wine, however, has been steadily increasing, with a rise of 40 per cent in the past 6 years (from 13.0 litres in 1975-76 to 18.3 litres per capita in 1980-81).

14. The apparent consumption of cereal products has fluctuated in the last 12 years. The total available has however been stable for the last three years.

15. Apparent consumption of protein has decreased by 7 per cent over the six year period. This decrease is in animal protein and is due to the decrease in the meat group. This effect is also seen on total fat available. Niacin equivalent shows a similar decrease.

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, 1980-81 (7302.0)

Dairying and Dairy Products, Australia, 1980-81 (7209.0)

Fisheries, Australia, 1980-81 (7603.0)

Fruit, Australia, 1980-81 (7303.0)

Manufacturing Commodities, Principal Articles Produced, Australia, 1978-79 and 1979-80 (8303.0)

Meat, Australia, 1980-81 (7206.0)

Overseas Trade, Australia, 1979-80, 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

19. Current publications produced by the ABS are listed in the *Catalogue of Publications, Australia* (1101.0). The ABS also issues, on Tuesdays and Fridays, a *Publications Advice* (1105.0) which lists publications to be released in the next few days. The Catalogue and Publications Advice are available from any ABS office.

Symbols and other usages

n.a. not available

.. not applicable

- nil or rounded to zero

n.e.i. not elsewhere included

n.y.a. not yet available

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:

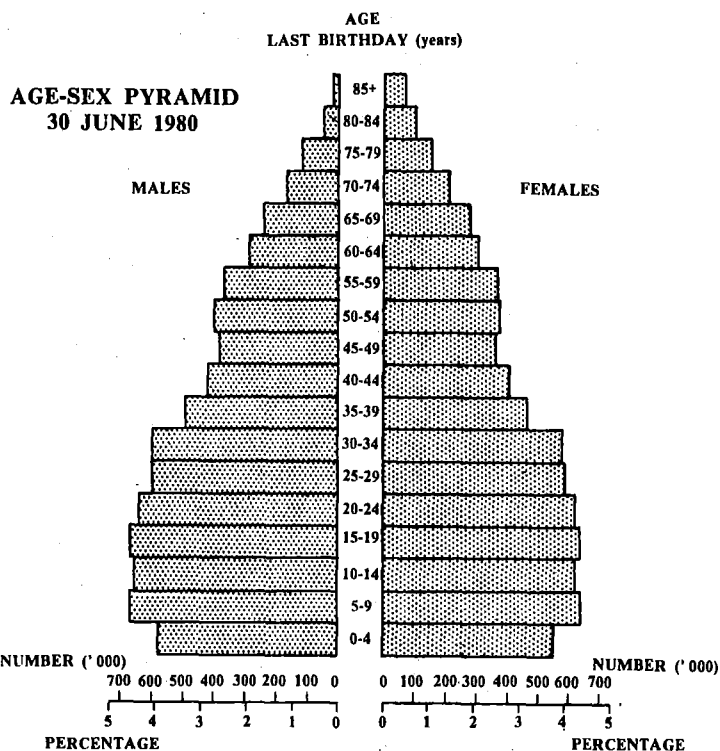
Average 3 years ended—		Individual years—	
1938-39	6,870,261	1975-76	13,846,241
1948-49	7,651,558	1976-77	13,991,838
1958-59	9,741,073	1977-78	14,161,421
1968-69	11,919,046	1978-79	14,333,241
1978-79	14,162,166	1979-80	14,516,690
		1980-81	14,729,900

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. A similar age-distribution for 30 June 1981 consistent with 30 June 1980 has not been prepared. The pattern of distribution, however, should be much the same as in the 1980 Age-Sex Pyramid. Population and age distribution data

ESTIMATED POPULATION—AUSTRALIA



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

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

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

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

The general consumption equation is not used in those instances where certain components of the equation are not available, or where a more appropriate technique of estimating consumption is available. In this publication the equation is not used for milk, 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. Production statistics are derived from sources such as the annual Agricultural Census and other annual or monthly collections for the year in question. Where these are unavailable, outside sources or reliable estimates have been used.
- (c) *Stocks.* Statistics of stocks refer to in-store (i.e. those held by marketing authorities) and factory stocks. With minor exceptions no details are available of wholesalers', retailers' or householders' stocks. For perishable commodities this point is of little importance since the very nature of the commodity precludes the accumulation of stocks. This is not the case, however, with non-perishable foods, and estimates derived for consumption of such foodstuffs for individual years may not state the position correctly with regard to consumption as ordinarily understood, i.e. foodstuffs consumed by the individual. This difficulty is apparent particularly in the case of canned foodstuffs, where in some years it has been necessary to initiate special enquiries from the trade and other informed sources in an endeavour to take better account of these deficiencies.
- (d) *Wastage.* In many cases, allowance is not made for wastage before the foodstuffs are consumed. The importance of this factor is difficult to estimate, but in some seasons gluts result in considerable destruction of perishable foodstuffs, and it should therefore be taken into account when using these statistics. The effect of ignoring wastage is ultimately to overstate the consumption figures. In recent years, however, it is likely that there has been less wastage of foodstuffs than previously, because of more efficient methods of distribution and storage (including refrigerated transport, air freight and household refrigeration).

Additional information

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

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

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

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

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

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

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

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

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

APPARENT PER CAPITA CONSUMPTION OF FOODSTUFFS

% of 1966-67 to 1968-69
(AVERAGE)

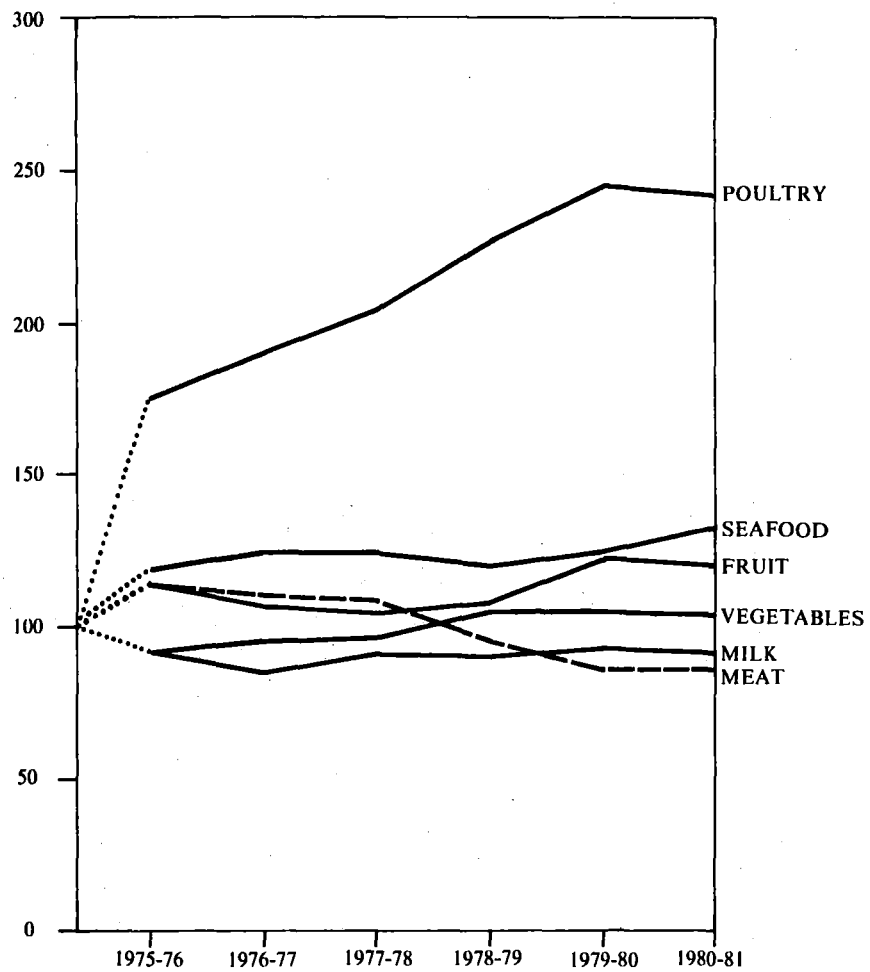


TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA
(kg per year, except where otherwise stated)

	Average 3 years ended				Current year 1980-81
	1938-39	1948-49	1958-59	1978-79	
MEAT—					
Carcass meat—					
Beef and veal	63.6	49.5	56.2	64.4	44.9
Lamb	6.8	11.4	13.3	13.8	16.2
Mutton	27.2	20.5	23.1	4.3	4.0
Pigmeat	3.9	3.2	4.6	6.7	5.7
<i>Total carcass meat</i>	<i>101.5</i>	<i>84.6</i>	<i>97.2</i>	<i>86.7</i>	<i>70.8</i>
Offal and meat, n.e.i.	3.8	4.0	5.2	6.5	5.0
Canned meat (canned weight)	1.0	1.2	1.9	1.6	1.5
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	6.0	6.8
Total (converted to carcass equivalent weight)	118.5	103.0	112.4	103.5	86.8
POULTRY—					
Poultry (dressed weight)	n.a.	n.a.	n.a.	17.2	20.1
SEAFOOD—					
Fresh and frozen (edible weight)—					
Fish—					
Australian		2.4	1.4	1.4	1.7
Imported	2.7	0.3	1.4	1.9	2.1
Crustacea and molluscs	0.3		0.4	0.8	1.0
Seafood, otherwise prepared (product weight)(a)—					
Australian			0.4	0.4	0.5
Imported—					
Fish	1.9	1.4	0.8	1.0	1.8
Crustacea and molluscs			4.5	5.6	0.4
Total seafood	4.9	4.1	128.7	101.3	102.8
MILK AND MILK PRODUCTS—					
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	128.2	101.3
Condensed, concentrated and evaporated milk—					
Full cream—					
Sweetened	2.0	1.6	1.2	1.1	0.9
Unsweetened(c)	n.a.	1.8	2.9	3.5	2.4
Skim		n.a.	0.6	0.7	1.0
Powdered milk—					
Full cream	1.2	1.5	1.1	0.8	1.2
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	4.3	3.6
Infants' and invalids' food	0.5	0.6	1.0	1.3	1.0
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	3.5	6.7
Total (converted to milk solids fat and non-fat)(e)	17.8	22.3	22.1	25.4	23.3
FRUIT AND FRUIT PRODUCTS—					
Fresh fruit (incl. fruit for fruit juice)—					
Citrus	14.5	16.9	16.1	22.5	41.7
Other	42.6	39.5	35.6	40.8	36.0
Jams, conserves, etc	5.2	5.6	3.9	3.3	1.5
Dried fruit	3.8	3.9	2.8	2.0	2.2
Processed fruit	3.5	3.4	6.0	9.9	12.7
Total (fresh fruit equivalent)	78.7	80.9	72.2	86.5	103.8
VEGETABLES—					
White potatoes	47.1	56.3	51.7	50.5	55.2
Other root and bulb vegetables(f)	n.a.	19.1	15.9	17.1	17.6
Tomatoes	7.1	11.5	13.0	14.2	15.6
Leafy and green vegetables	n.a.	20.5	17.9	21.3	22.4
Other vegetables	22.3	18.6	18.1	18.0	17.6
Total (fresh equivalent weight)	n.a.	129.7	117.1	124.3	128.3

For footnotes see end of table.

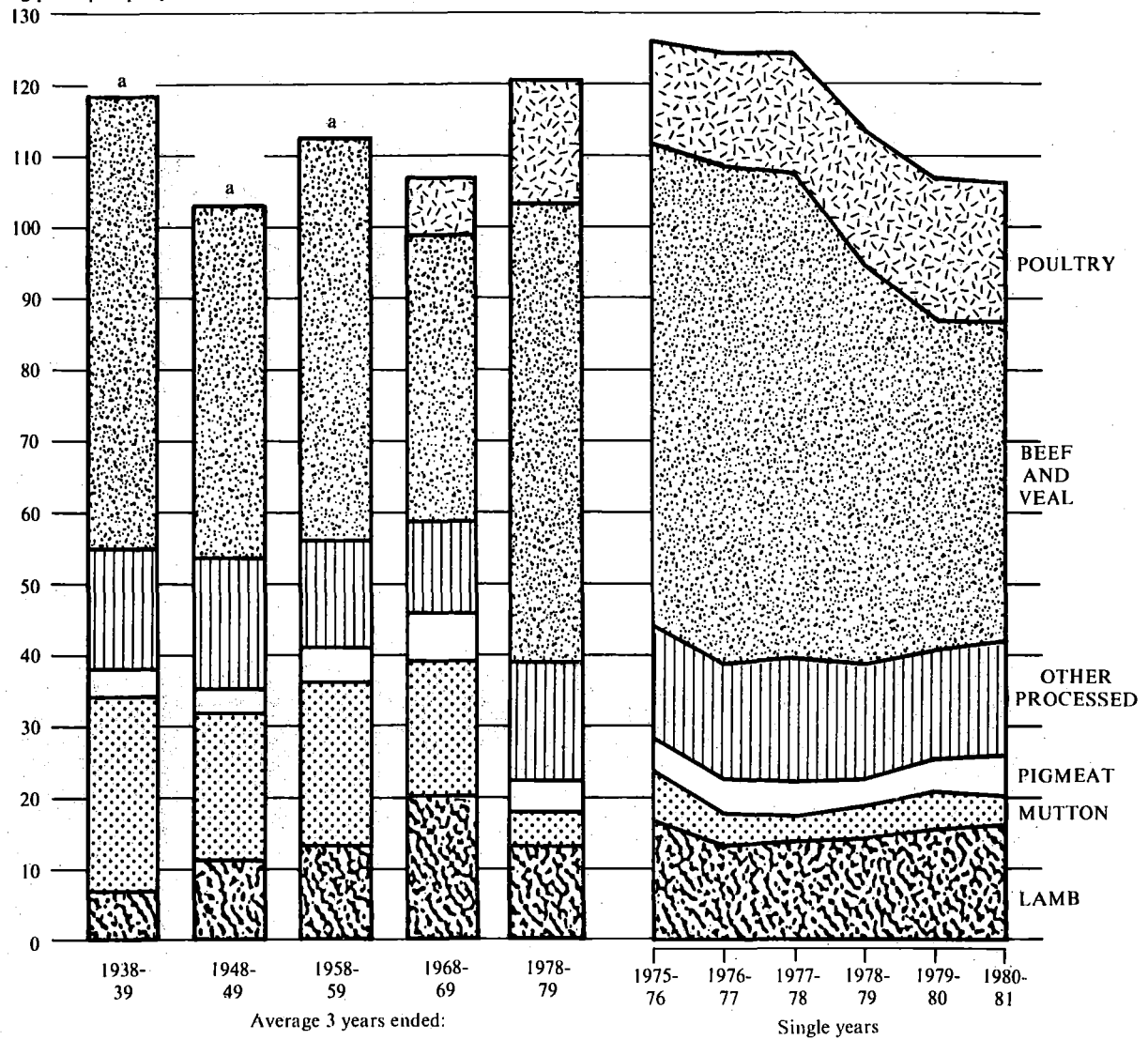
TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA—continued
(kg per year, except where otherwise stated)

	Average 3 years ended				Current year 1980-81
	1938-39	1948-49	1958-59	1978-79	
GRAIN PRODUCTS—					
Flour(g)	84.9	91.6	82.3	77.4	71.1
Breakfast foods	4.8	6.1	6.2	6.8	7.7
Table rice	1.8	0.4	n.a.	1.9	2.9
Total	92.5	98.6	n.a.	86.8	81.8
Bread (900 g loaves)	55.1	71.1	76.7	66.1	n.y.a.
EGGS AND EGG PRODUCTS—					
Total	12.1	12.7	10.2	12.6	12.4
Equivalent number of eggs	243	255	206	222	220
NUTS (in shell)—					
Peanuts	n.a.	4.2	3.1	2.8	2.3
Tree nuts	n.a.	1.8	3.4	5.8	3.2
OILS AND FATS—					
Butter	14.9	11.2	12.3	9.8	4.3
Margarine—					
Table	0.4	0.4	n.a.	1.5	6.8
Other	1.8	2.4	2.2	3.4	2.5
Total (fat content)(h)	17.1	14.0	n.a.	14.3	21.6
SUGAR—					
As refined sugar	32.0	31.2	27.0	21.0	13.8
In manufactured foods	16.3	23.1	23.6	27.7	35.2
Total (i)	50.8	56.8	53.0	51.9	52.9
BEVERAGES—					
Tea	3.1	2.9	2.7	2.3	1.5
Coffee(j)	0.3	0.5	0.6	1.2	1.9
Aerated and carbonated waters (litres)	n.a.	n.a.	n.a.	47.3	68.0
Beer (litres)	53.2	76.8	103.2	116.8	134.1
Wine (litres)	2.7	5.9	5.0	8.2	18.3
Spirits (litres alcohol)	0.5	0.8	0.8	0.8	1.1

(a) Comprises canned seafood other than canned was included with 'Fresh and frozen' in this period. (b) Prior to 1978-79 known as Fluid Whole Milk. (c) Included ice-cream mix prior to 1972-73. (d) Combined product and natural equivalent weights prior to 1971-72. (e) Includes an allowance for estimated cream consumption. (f) Sweet potatoes included with 'other root and bulb vegetables' since 1968-69; formerly included with 'other vegetables'. (g) Includes flour used for breadmaking. (h) 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.

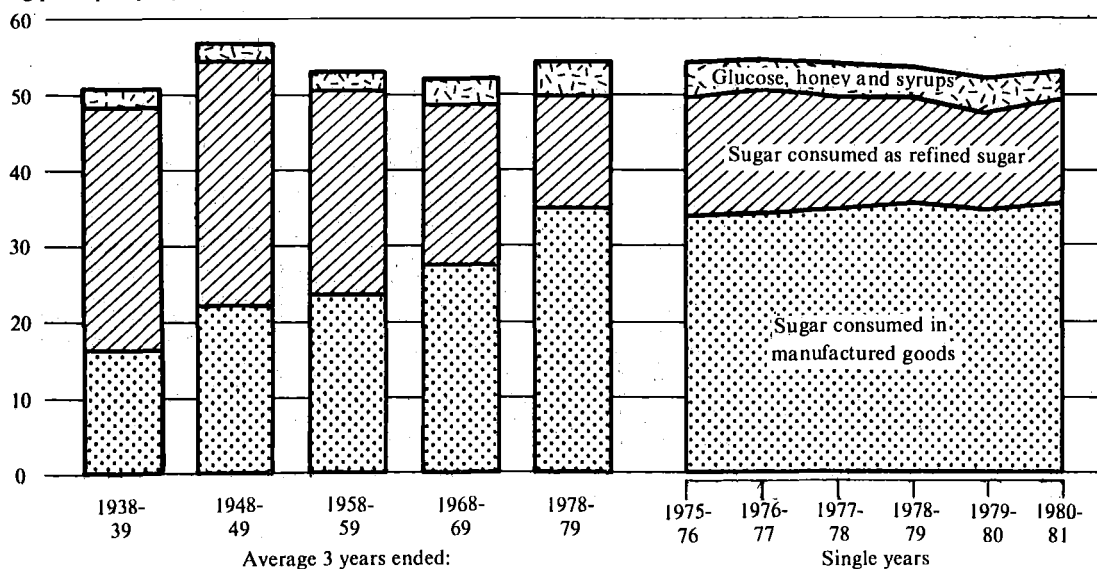
APPARENT PER CAPITA CONSUMPTION OF MEAT AND POULTRY

kg per capita per year



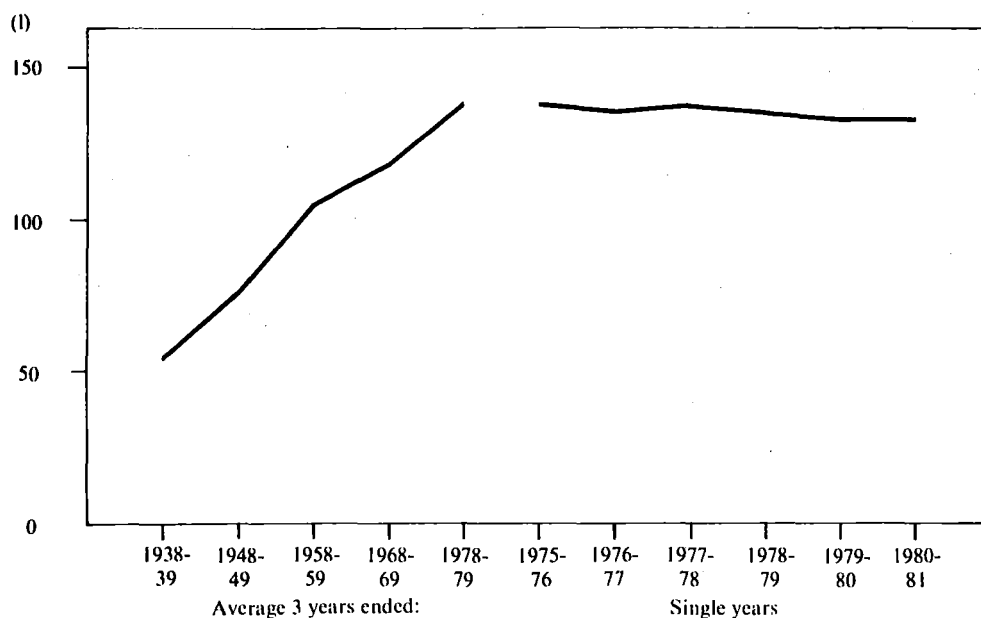
APPARENT PER CAPITA CONSUMPTION OF SUGAR

kg per capita per year

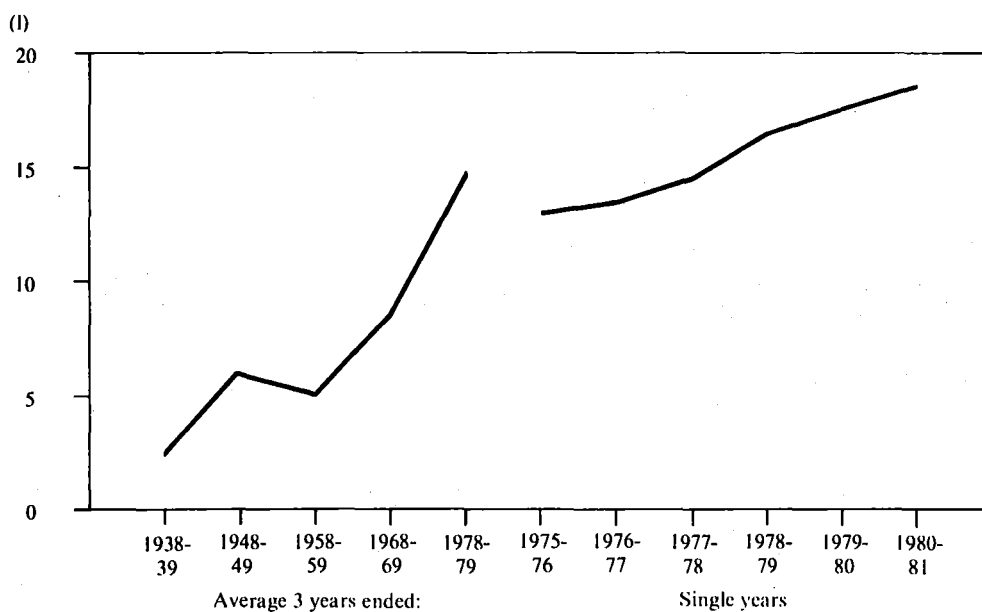


APPARENT PER CAPITA CONSUMPTION OF ALCOHOLIC BEVERAGES

Apparent per capita consumption of beer (l/head/year)



Apparent per capita consumption of wine (l/head/year)



Apparent per capita consumption of spirits (l al/head/year)

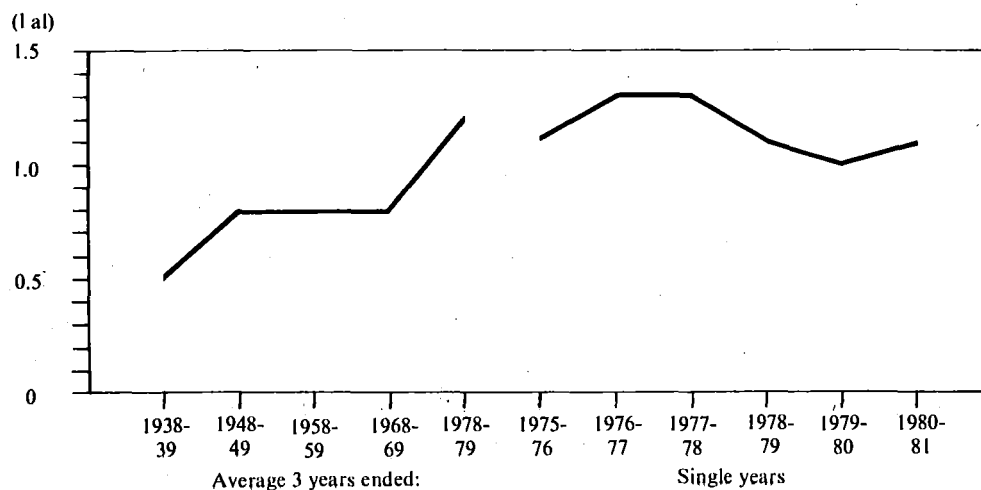


TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA

	Available for consumption—				Apparent per capita consumption—			
	1975-76	1976-77	1977-78	1978-79	1979-80	1980-81	1975-76	1976-77
MEAT—								
Carcass meat—								
Beef and veal	936,352	975,724	963,989	794,817	676,814	661,425	67.6	69.7
Beef	873,301	897,884	883,690	745,297	639,874	626,845	63.1	64.2
Veal	63,050	77,840	80,298	49,520	36,940	34,580	4.6	5.6
Lamb	231,545	188,164	195,130	201,622	229,966	238,769	16.7	13.4
Mutton	97,496	65,984	52,467	65,685	73,384	58,399	7.0	4.7
Pigmeat	60,655	61,135	64,561	55,119	71,008	84,113	4.4	4.4
Total carcass meat	1,326,048	1,291,007	1,276,147	1,117,243	1,051,172	1,042,706	95.8	92.3
Offal and meat, n.e.i.	92,721	97,338	99,787	80,597	68,143	74,354	6.7	7.0
Canned meat (canned weight)	23,127	23,907	24,516	20,578	20,669	22,387	1.7	1.7
Bacon and ham (cured carcass weight)	71,783	77,663	86,087	93,192	91,337	100,413	5.2	5.6
Total meat (converted to carcass equivalent weight)	1,545,159	1,522,662	1,523,258	1,350,052	1,265,140	1,279,154	111.6	108.8
POULTRY—								
Poultry (dressed weight)	201,373	221,547	239,492	270,722	295,345	295,529	14.5	15.8
SEAFOOD—								
Fresh and frozen (edible weight)—								
Fish—								
Australian	20,729	20,149	23,394	23,479	21,244	24,813	1.5	1.4
Imported	22,834	22,938	23,571	21,940	27,418	30,425	1.6	1.6
Crustacea and molluscs	13,643	13,043	12,510	14,193	12,747	14,091	1.0	0.9
Seafood otherwise prepared (product weight)—								
Australian	9,380	7,162	7,464	8,105	7,792	6,639	0.7	0.5
Imported—								
Fish	19,445	27,495	26,319	23,299	28,102	27,024	1.4	2.0
Crustacea and molluscs	5,600	6,864	5,997	4,807	4,261	5,814	0.4	0.5
Total seafood	91,631	97,651	99,255	95,823	101,564	108,806	6.6	7.0
MILK AND MILK PRODUCTS—								
Market milk (fluid whole)(a)	1,361,049	1,418,499	1,432,251	1,452,928	1,484,500	1,513,510	98.3	101.4
Condensed, concentrated and evaporated milk—								
Full cream sweetened	14,574	11,599	11,765	9,994	9,630	12,826	1.1	0.8
Full cream unsweetened	31,391	36,108	32,147	36,258	32,265	34,667	2.3	2.6
Skim	21,116	22,247	22,040	22,521	21,005	15,041	1.5	1.6
Powdered milk—								
Full cream	19,069	22,475	19,676	13,099	13,836	17,119	1.4	1.6
Skim	53,089	28,160	42,894	45,723	54,160	52,679	3.8	2.0
Infants' and invalids' food	19,967	15,855	18,057	15,626	16,771	14,291	1.4	1.1
Cheese (natural equivalent weight)	82,206	71,483	89,542	90,826	98,492	98,639	5.9	5.1
Total (converted to milk solids, fat and non-fat)	323,923	303,914	328,008	328,260	344,504	343,794	23.4	21.7

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	1980-81	1975-76	1976-77	1977-78	1978-79	1979-80	1980-81
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	548,888	458,712	505,135	512,075	587,416	613,851	39.6	32.8	35.7	35.7	40.5	41.7
Other	499,826	509,025	473,530	496,901	573,178	530,044	36.1	36.4	33.4	34.7	39.5	36.0
Jams, conserves, etc	26,824	28,012	25,000	32,733	22,501	22,309	1.9	2.0	1.8	2.3	1.6	1.5
Dried fruit	29,797	27,307	27,821	29,347	36,034	32,715	2.2	2.0	2.0	2.0	2.4	2.2
Processed fruit	140,336	144,730	152,217	151,359	175,891	187,526	10.1	10.3	10.7	10.6	12.1	12.7
Total (fresh fruit equivalent)	1,371,363	1,280,979	1,271,608	1,342,102	1,549,275	1,529,390	99.0	91.6	89.8	93.6	106.7	103.8
VEGETABLES—												
White potatoes	644,911	681,041	719,886	743,568	801,723	812,597	46.6	48.7	50.8	51.9	55.2	55.2
Other root and bulb vegetables	221,400	224,933	241,164	248,192	253,070	258,977	16.0	16.1	17.0	17.3	17.4	17.6
Tomatoes	183,822	192,329	187,327	197,277	211,336	229,366	13.3	13.7	13.2	13.8	14.6	15.6
Leafy and green vegetables	326,175	320,947	321,518	397,102	365,808	329,669	23.6	22.9	22.7	27.7	25.2	22.4
Other vegetables	217,479	230,769	252,543	282,028	257,530	259,274	15.7	16.5	17.8	19.7	17.7	17.6
Total (fresh equivalent weight)	1,593,786	1,650,019	1,722,438	1,868,167	1,889,467	1,889,883	115.1	117.9	121.6	130.3	130.2	128.3
GRAIN PRODUCTS—												
Flour(b)	1,026,264	1,018,571	957,209	1,006,779	1,029,048	1,047,572	74.1	72.8	67.6	70.2	70.9	71.1
Breakfast foods—												
Oatmeal and rolled oats	3,538	7,884	7,892	12,818	4,498	10,241	0.3	0.6	0.6	0.9	0.3	0.7
Other (from grain)	95,252	102,785	105,267	107,499	101,062	103,646	6.9	7.3	7.4	7.5	7.0	7.0
Total breakfast foods	98,790	110,669	113,159	120,317	105,560	113,887	7.1	7.9	8.0	8.4	7.3	7.7
Table rice	33,486	33,328	34,789	35,463	37,086	42,992	2.4	2.4	2.5	2.5	2.6	2.9
Total grain products	1,158,540	1,162,568	1,105,157	1,162,559	1,171,694	1,204,451	83.7	83.1	78.0	81.1	80.7	81.8
			—'000 900g loaves—						—900g loaves—			
Bread	759,006	759,506	753,947	747,698	775,327	n.y.a.	54.8	54.3	53.2	52.2	53.4	n.y.a.
EGGS AND EGG PRODUCTS—												
Total (eggs in shell weight)	171,243	173,137	176,031	180,102	181,779	183,311	12.4	12.4	12.4	12.6	12.5	12.4
			—tonnes—						—kg—			
Equivalent number of eggs	253,620	255,136	258,864	263,743	266,518	270,199	220	219	219	221	220	220
			—'000 dozen—						—number—			
NUTS (in shell)—												
			—tonnes—						—kg—			
Peanuts	34,536	20,644	48,023	31,285	20,148	33,761	2.5	1.5	3.4	2.2	1.4	2.3
Tree nuts	45,934	44,359	43,698	37,731	41,699	47,069	3.3	3.2	3.1	2.6	2.9	3.2

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	1980-81	1975-76	1976-77	1977-78	1978-79	1979-80	1980-81	1975-76	1980-81
OILS AND FATS—														
Butter	93,475	81,115	72,441	64,902	66,480	63,701	6.8	5.8	5.1	4.5	4.6	4.3		
Total margarine	96,472	114,824	121,813	126,855	129,675	136,229	7.0	8.2	8.6	8.9	8.9	9.2		
Table margarine	42,506	66,238	80,601	84,869	93,985	99,463	3.1	4.7	5.7	5.9	6.5	6.8		
Other margarine	53,966	48,586	41,212	41,986	35,690	36,766	3.9	3.5	2.9	2.9	2.5	2.5		
Total (fat content)(c)	299,043	306,329	306,993	306,916	312,498	318,055	21.6	21.9	21.7	21.4	21.5	21.6		
SUGAR—														
As refined sugar	222,009	226,160	209,392	203,636	186,852	203,353	16.0	16.2	14.8	14.2	12.9	13.8		
In manufactured foods	467,592	481,315	494,578	506,418	505,603	518,022	33.8	34.4	34.9	35.3	34.8	35.2		
Total	689,601	707,475	703,970	710,054	692,455	721,375	49.8	50.6	49.7	49.5	47.7	49.0		
Honey	10,146	8,368	14,159	11,978	13,107	9,211	0.7	0.6	1.0	0.8	0.9	0.6		
Total(d)	748,576	764,497	764,796	767,833	753,200	779,784	54.1	54.6	54.0	53.6	51.9	52.9		
BEVERAGES—														
Tea	26,257	27,382	22,136	24,148	23,412	22,473	1.9	2.0	1.6	1.7	1.6	1.5		
Coffee(e)	21,179	25,610	18,495	24,164	25,268	27,680	1.5	1.8	1.3	1.7	1.7	1.9		
				—'000 litres—										
Aerated and carbonated waters	903,103	956,068	976,915	953,811	933,330	1,001,597	65.2	68.3	69.0	66.5	64.3	68.0		
Beer	1,901,979	1,905,283	1,948,578	1,923,389	1,948,978	1,975,756	137.4	136.2	137.6	134.2	134.3	134.1		
Wine	180,087	191,078	202,181	236,257	252,401	269,398	13.0	13.7	14.3	16.5	17.4	18.3		
				—'000 litres alcohol—										
Spirits	15,899	17,724	18,802	15,183	14,817	16,325	1.1	1.3	1.3	1.1	1.0	1.1		

(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, 1980-81

	Supply			Utilisation						Per capita per year	
	Net change in stocks	Production		Imports	Total supply	Exports (incl. ships' stores)	Non-food use, waste, etc.	For processed food	Total		
		Commercial	Estimated home production								
MEAT—											
Carcass meat(a)—					— tonnes —					kg	
Beef and veal											
Beef	(-16,319	1,465,893	—	3,262	1,475,474	769,910	..	44,139	661,425	44.9	44.9
Veal	(-16,129	1,416,372	—	2,610	1,425,111	756,334	..	41,932	626,845	42.6	42.6
Lamb	(-190	49,521	—	652	50,363	13,576	..	2,207	34,580	2.3	2.3
Mutton	(+2,196	280,367	—	16	278,187	39,418	..	—	238,769	16.2	16.2
Pigmeat	(-17,340	298,981	—	—	306,321	242,564	..	5,358	58,399	4.0	4.0
Total carcass meat	(-12,379	234,131	—	—	236,510	2,733	..	149,664	84,113	5.7	5.7
Offal and meat n.e.i.(a)	(-13,842	2,279,372	—	3,278	2,296,492	1,054,625	..	199,161	1,042,706	70.8	70.8
Canned meat (canned weight)	(-12,723	129,334	—	424	132,481	55,127	3,000	..	74,354	5.0	5.0
Bacon and ham (cured carcass weight)	(+163	36,054	—	877	36,768	14,381	22,387	1.5	1.5
Total meat (carcass equivalent weight)	(-362	108,303	—	—	108,665	512	..	7,740	100,413	6.8	6.8
	(-17,773	2,618,394	—	5,297	2,641,464	1,149,623	3,000	209,687	1,279,154	86.8	86.8
POULTRY—											
Poultry (dressed weight)	(+3,100	302,847	3,339	187	303,273	7,744	..	n.a.	295,529	20.1	20.1
SEAFOOD—											
Fresh and frozen (edible weight)—											
Fish—											
Australian	n.a.	35,000	3,500	..	38,500	5,954	n.a.	7,733	24,813	1.7	1.7
Imported	n.a.	30,790	30,790	365	n.a.	..	30,425	2.1	2.1
Crustacea and molluscs	n.a.	27,500	—	1,675	29,175	14,084	n.a.	1,000	14,091	1.0	1.0
Seafood, otherwise prepared (product weight)—											
Australian	(+534	9,248	—	..	8,714	2,075	6,639	0.5	0.5
Imported—											
Fish	n.a.	27,142	27,142	118	27,024	1.8	1.8
Crustacea and molluscs	n.a.	5,861	5,861	47	5,814	0.4	0.4
MILK AND MILK PRODUCTS—											
Market milk (fluid whole)(h)	— '000 litres—	1,513,510	102.8	102.8
Condensed, concentrated and evaporated milk—					— tonnes—					kg	
Full cream sweetened	(-14,538	15,106	—	385	20,029	7,203	12,826	0.9	0.9
Full cream unsweetened	(-13,896	37,852	—	—	41,748	7,081	34,667	2.4	2.4
Skim	(-120	18,804	—	856	19,680	4,639	15,041	1.0	1.0
Powdered milk—											
Full cream	(+6,064	69,372	—	2,033	65,341	48,222	17,119	1.2	1.2
Skim (incl. buttermilk and mixed skim and buttermilk)	(+8,297	69,973	—	—	61,676	8,997	52,679	3.6	3.6
Infants' and invalids' food	(+1,986	29,284	—	593	27,891	13,600	14,291	1.0	1.0
Cheese (natural equivalent weight)	(b)(-1,688	136,744	—	12,633	150,065	49,646	1,780	..	98,639	6.7	6.7

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1980-81—continued

	Supply-			Utilisation					Apparent consumption in Australia as human food
	Production		Imports	Total supply	Exports (incl. ships' stores)	Non-food use, waste, etc.	For processed food		
	Net change in stocks	Commercial						Estimated home production	
				— tonnes —					kg
FRUIT AND FRUIT PRODUCTS—									
Fresh fruit (incl. fruit for fruit juice)—									
Oranges	..	424,494	21,225	102,633	548,352	39,639	8,490	n.a.	500,223
Other citrus fruit	..	112,563	5,628	6,686	124,877	11,249	n.a.	n.a.	113,628
Other fresh fruit—									
Apples	(c)(+)11,097	306,921	—	17	295,841	38,861	n.a.	28,751	228,229
Apricots	..	30,621	—	—	30,621	—	n.a.	14,599	16,022
Bananas	..	124,341	—	98	124,439	14	n.a.	—	124,425
Grapes	..	22,241	—	—	22,241	1,599	n.a.	..	20,642
Melons, Cantaloupes etc.	..	54,000	—	—	54,000	—	n.a.	..	54,000
Peaches	..	79,194	—	—	79,194	—	n.a.	65,748	13,446
Pears	(c)(+)10,416	145,643	—	—	135,227	36,082	n.a.	52,391	46,754
Pineapples	..	123,259	—	—	123,259	462	n.a.	60,290	62,507
Plums and prunes	..	20,827	—	—	20,827	—	n.a.	12,704	8,123
Total	(c)(*)21,513	935,918	15,000	14,796	944,201	84,377	n.a.	329,780	530,044
Jams, conserves, etc. (product weight)	(-)-338	23,864	1,000	1,754	26,956	4,647	22,309
Dried vine fruit (product weight)—									
Currants	(-)-609	4,778	—	—	5,387	1,884	(d)3,503
Raisins	(+)-106	5,675	—	—	5,569	2,155	(d)3,414
Sultanas	(-)-16,653	50,735	—	—	67,389	47,952	(d)19,437
Dried tree fruit (product weight)(c)—									
Apricots	(+)-316	1,078	—	153	915	346	569
Prunes	(-)-592	2,628	—	143	3,363	138	3,225
Other	(+)-79	218	—	2,964	3,103	538	2,565
Processed fruit (product weight)—									
Apples	(+)-186	13,562	—	—	13,376	70	13,306
Apricots	(-)-1,880	13,751	150	—	15,781	1,741	14,040
Mixed fruits(f)	(-)-1,194	40,801	—	—	41,995	16,803	25,192
Peaches	(-)-3,083	69,058	150	—	72,291	25,598	46,693
Pears	(-)-13,800	47,099	100	—	60,999	35,218	25,781
Pineapples	n.a.	n.a.	100	2,959	40,162	5,234	34,928
Other	(-)-2,299	5,992	—	19,704	27,995	409	27,586

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1980-81—continued

	Supply			Utilisation					Apparent consumption in Australia as human food
	Net change in stocks	Production		Imports	Total supply	Exports (incl. ships' stores)	Non-food use, waste, etc.	For processed food	
		Commercial	Estimated home production						
					— tonnes —				
									kg
VEGETABLES—									
Fresh—									
Asparagus	..	5,000	500	—	5,500	—	n.a.	5,400	100
Beans	..	36,243	5,436	—	41,679	41	n.a.	37,323	4,315
Cabbages and sprouts	..	81,937	4,097	—	86,034	1,942	4,097	1,012	78,983
Carrots	..	112,594	5,630	198	118,422	7,028	3,378	5,324	102,692
Cucumbers (incl. gherkins)	..	13,724	686	3	14,413	89	412	3,937	9,975
Onions	..	114,755	5,738	1,680	122,173	21,992	3,443	32,505	64,233
Peas	..	91,333	13,700	—	105,033	62	7,307	87,404	10,260
Sweet corn	..	31,917	1,596	—	33,513	—	638	17,248	15,627
Tomatoes	(+673)	216,836	21,684	1,203	239,050	1,122	10,842	23,082	204,004
Frozen (product weight)—									
Beans	(-3,468)	19,195	—	1,227	23,890	321	23,569
Peas	(-3,589)	33,476	—	4,010	41,075	521	40,554
Processed (product weight)—									
Asparagus	n.a.	n.a.	—	3,961	7,981	224	7,757
Beans, baked	(-11,086)	21,254	—	298	22,638	852	21,786
Beans, green	(-599)	3,426	—	—	4,025	18	4,007
Beetroot	(-2,576)	23,284	—	—	25,860	207	25,653
Cabbages and sprouts	n.a.	n.a.	—	—	1,148	513	635
Carrots	(-834)	4,400	—	—	5,234	206	5,028
Cucumbers (incl. gherkins)	(+385)	4,632	—	339	4,586	24	4,562
Onions	(+111)	4,637	—	—	4,526	2	4,524
Peas	n.a.	n.a.	—	—	12,377	226	12,151
Sweet corn	n.a.	n.a.	—	—	8,650	82	8,568
Tomatoes	(+2,153)	15,286	—	3,663	16,796	—	16,796
Total (fresh equivalent weight)—	n.a.	865,836	25,400	591	891,827	8,830	70,400	n.a.	812,597
White potatoes									
Other root and bulb vegetables)—									
Beetroot	(-3,117)	28,000	1,960	—	33,077	303	233	..	32,541
Carrots	(-11,009)	112,594	5,630	198	119,431	7,277	3,378	..	108,776
Onions	(+778)	114,755	5,738	1,680	121,395	22,006	3,443	..	95,946
Parsnips	n.a.	10,600	530	—	11,130	151	212	..	10,767
Sweet potatoes	n.a.	3,800	—	—	3,800	—	—	..	3,800
White turnips and swedes	n.a.	7,800	234	—	8,034	731	156	..	7,147
Total	(-3,348)	277,549	14,092	1,878	296,867	30,468	7,422	..	258,977
Tomatoes	(+3,924)	216,836	21,684	6,734	241,330	1,122	10,842	..	229,366

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1980-81—continued

	Supply			Utilisation				Apparent consumption in Australia as human food	
	Net change in stocks	Production		Imports	Total supply	Exports (incl. ships' stores)	Non-food use, waste, etc.		For processed food
		Commercial	Estimated home production						
Leafy and green (incl. legumes)—					— tonnes —			kg	
Beans	(-)-4,960	36,243	5,436	1,429	48,068	932	n.a.	47,136	
Cabbages and other greens	(-)-67	84,737	4,237	—	89,041	2,424	4,237	82,380	
Celery	n.a.	29,084	1,454	—	30,538	120	1,454	28,964	
Lettuce	n.a.	54,482	5,448	—	59,930	722	3,814	55,394	
Peas	(-)-10,674	91,333	13,700	8,902	124,609	1,507	7,307	115,795	
Total	(-)-15,701	295,879	30,275	10,331	352,186	5,705	16,812	329,669	
Other vegetables—									
Asparagus	(+)-94	5,000	500	5,229	10,635	296	..	10,339	
Cauliflowers	—	84,164	4,208	—	88,372	4,403	5,891	78,078	
Cucumbers (incl. gherkins)	(+)-327	13,724	686	291	14,374	109	412	13,853	
Marrows, squashes and zucchinis	n.a.	4,950	248	—	5,198	118	n.a.	5,080	
Pumpkins	n.a.	64,914	3,246	—	68,160	118	n.a.	68,042	
Sweet corn	(-)-4,290	31,917	1,596	—	37,803	204	638	36,961	
Other	(-)-1,902	26,000	—	19,019	46,921	—	n.a.	46,921	
Total	(-)-5,771	230,669	10,484	24,539	271,463	5,248	6,941	259,274	
Total all vegetables	(-)-20,896	1,886,769	101,935	44,073	2,053,673	51,378	112,417	1,889,883	
GRAIN PRODUCTS—									
Flour(g)	(-)-1,516	1,134,403	..	5,518	1,141,437	93,867	..	1,047,572	
Breakfast foods—									
Oatmeal and rolled oats	(+)-165	19,921	..	73	19,829	9,588	..	10,241	
Other (from grain)	(+)-243	120,684	..	359	120,800	17,154	..	103,646	
Table rice(h)	..	(i)-41,677	..	1,315	42,992	42,992	
Total grain products	(-)-1,108	1,316,685	..	7,265	1,325,058	120,609	..	1,204,451	
					— '000 900g loaves —			900g loaves	
Bread(h)	..	n.y.a.	..	1,695	..	379	..	n.y.a.	
EGGS AND EGG PRODUCTS(j)—					— tonnes —			kg	
Total (eggs in shell weight)	(-)-518	136,539	65,905	—	202,962	18,871	780	183,311	
NUTS (in shell)—									
Peanuts	(k)(-)-4,111	43,187	n.a.	4,798	52,096	7,134	n.a.	33,761	
Tree nuts	n.a.	5,500	n.a.	41,702	47,202	133	n.a.	47,069	

For footnotes see end of table.

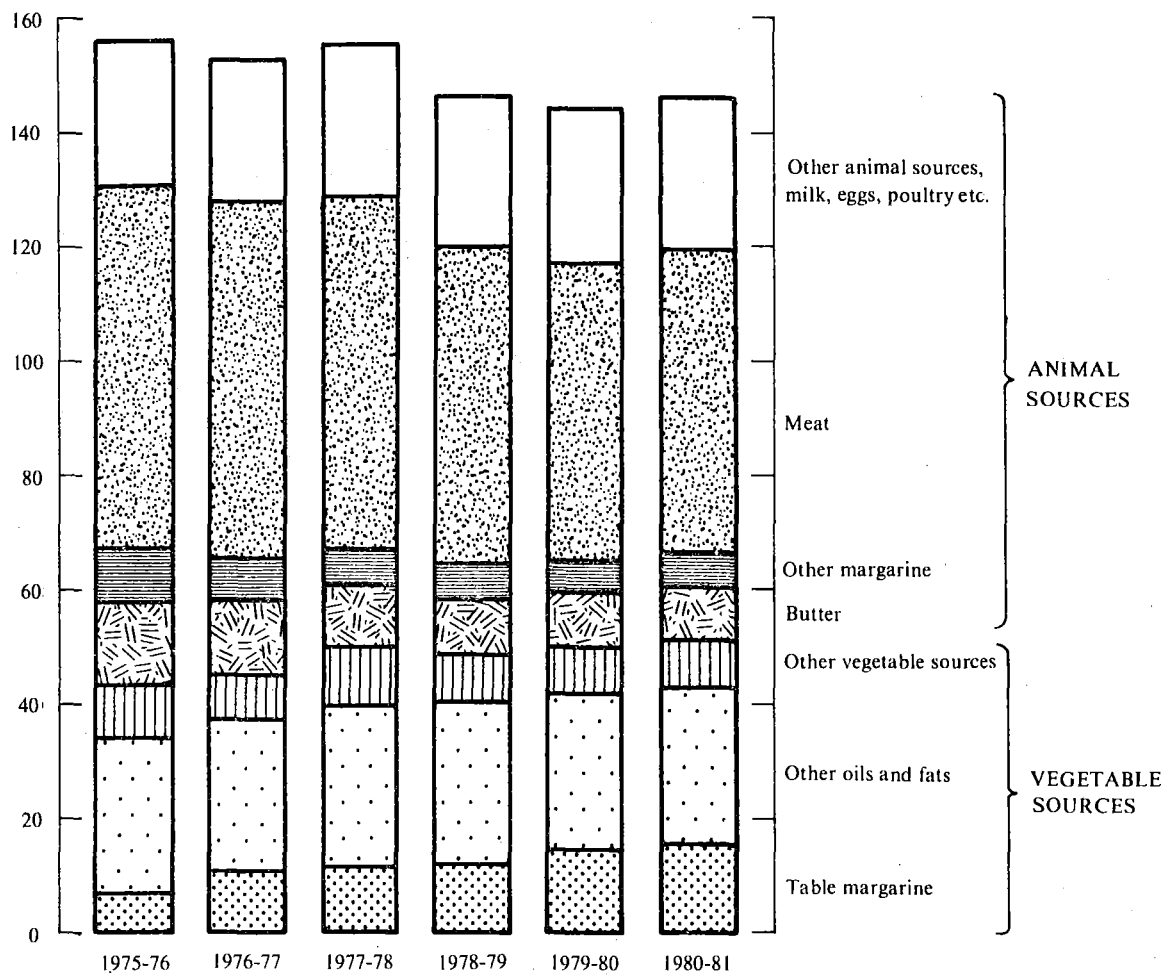
TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1980-81—continued

	Supply			Utilisation					Apparent consumption in Australia as human food
	Production		Imports	Total supply	Exports (incl. ships' stores)	Non-food use, waste, etc.	For processed food		
	Net change in stocks	Commercial						Estimated home production	
OILS AND FATS—									
Butter(h)	— tonnes —	kg
Total margarine	(-1870	139,027	9	139,906	3,677	(l)63,701	4.3
Table margarine	(-1903	99,488	—	100,391	928	136,229	9.2
Other margarine	(+133	39,539	9	39,515	2,749	99,463	6.8
SUGAR—									
As refined sugar	(+16,823	750,459	32	743,668	21,165	..	519,160	203,343	13.8
In manufactured foods	..	532,120	12,797	544,917	26,895	518,022	35.2
Honey	(+12,200	19,548	59	17,407	8,196	—	—	9,211	0.6
BEVERAGES—									
Tea	n.a.	n.a.	n.a.	n.a.	n.a.	(m)22,473	1.5
Coffee	n.a.	—	30,951	30,951	3,271	(m)27,680	1.9
— '000 litres —									
Aerated and carbonated waters									
Beer(h)	n.a.	1,008,124	7,294	1,015,418	13,821	1,001,597	68.0
Wine(h)	(n)1,451	(o)1,975,756	134.1
Dessert wine	209	19,381 (p)	1.3
Sherry	60	26,757	1.8
Sparkling and carbonated wine	1,585	31,154	2.1
Table wine	4,553	183,831	12.5
Vermouth	80	5,155	0.3
Other wine, n.e.i.	37	3,120	0.2
Total wine	6,524	269,398	18.3
— '000 litres alcohol —									
Spirits(h)—									
Brandy	444	(q) 2,893	0.2
Gin	438	957	0.1
Liqueurs (incl. flavoured spirits)	1,535	1,983	0.1
Rum	678	2,578	0.2
Vodka	75	731	—
Whisky	6,746	7,089	0.5
Other, n.e.i. (incl. bitters)	88	94	—
Total	10,004	16,325	1.1

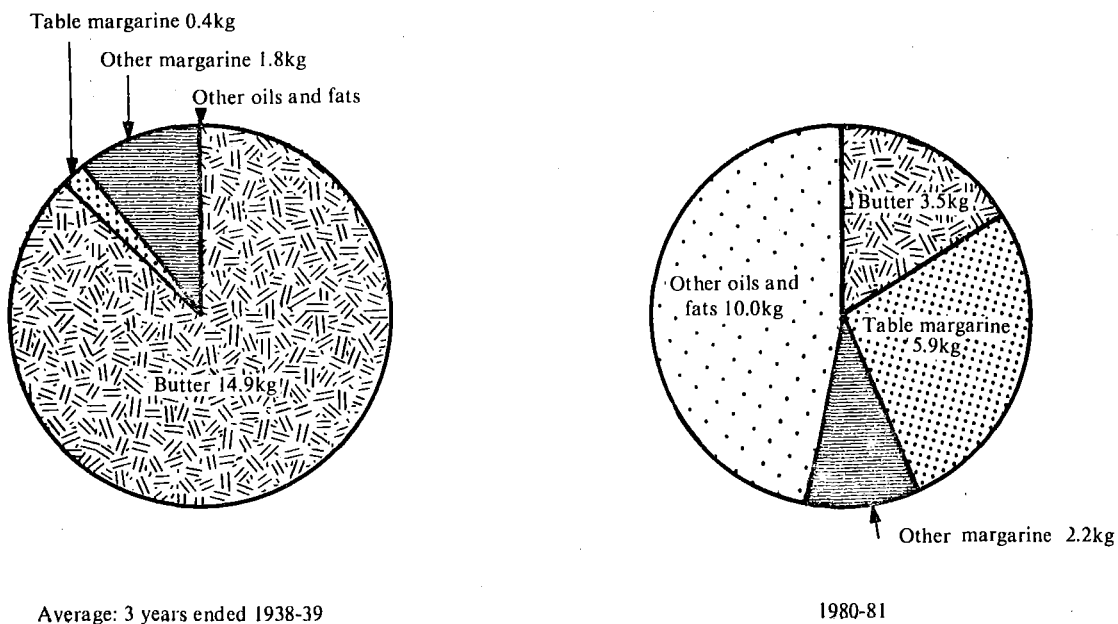
(a) Stocks held by the Australian Meat and Livestock Corporation. (b) Stocks obtained from the Australian Dairy Corporation. (c) Cold store stocks of apples and pears. (d) Deliveries year ended 30 June as recorded by the Australian Dried Fruits Association. (e) Stocks and commercial production obtained from the ADFA. (f) Includes fruit salad. (g) Includes flour used for bread making. (h) The general equation has not been used for this item. (i) Comprises deliveries for home consumption. (j) Stocks held by the Queensland Peanut Marketing Board. (k) Stocks held by the Queensland Dairy Corporation. (l) Domestic sales by the Australian Dairy Corporation. (m) Stocks collection discontinued under Review of Commonwealth Functions. Australian production of tea confidential; included in total. (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. (p) Comprises the quantity of sales by winemakers and imports cleared for home consumption. (q) Comprises the quantity of potable spirits upon which excise duty was paid and imports cleared for home consumption.

SOURCES OF NUTRIENT FAT

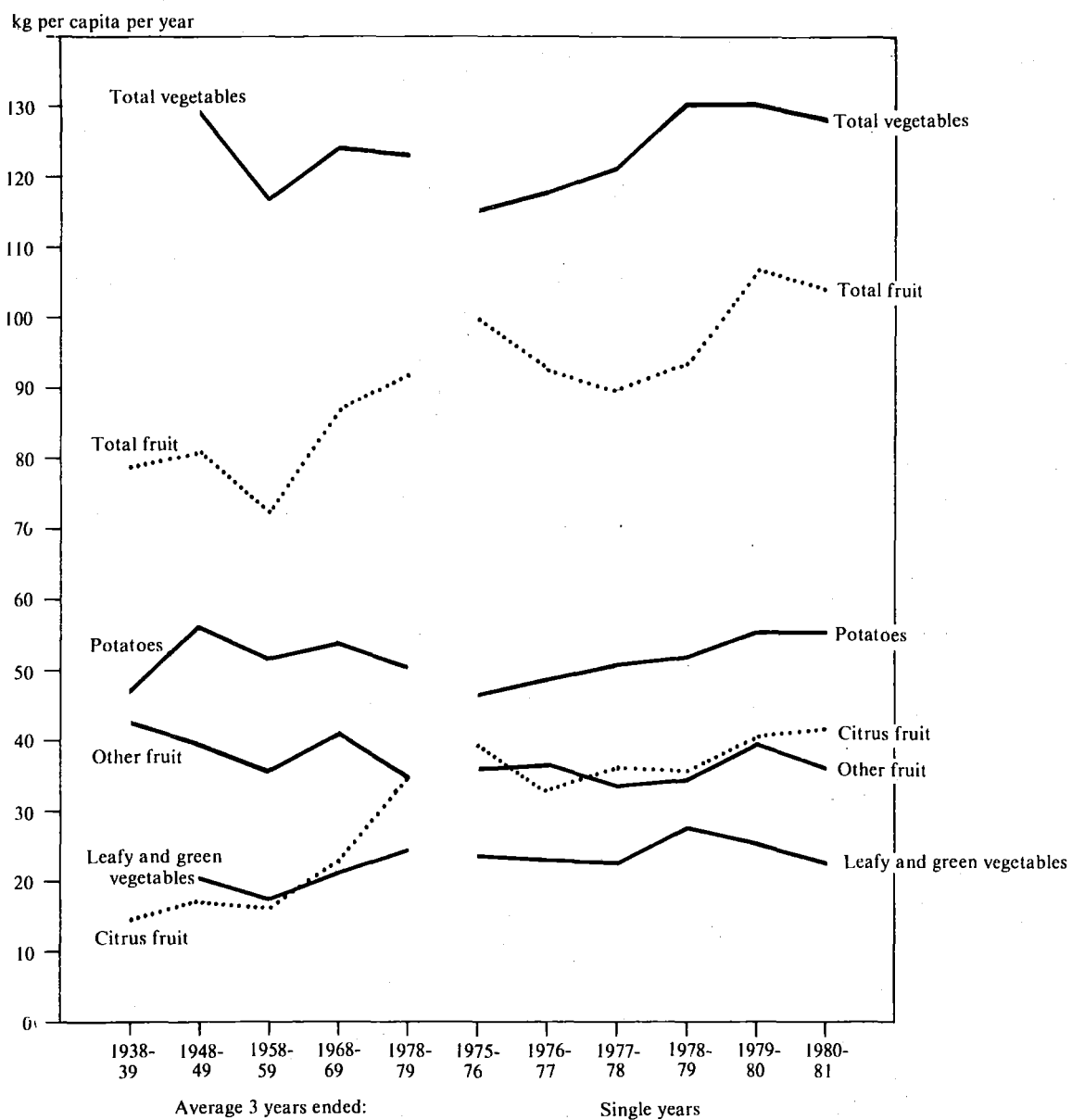
grams per capita per year



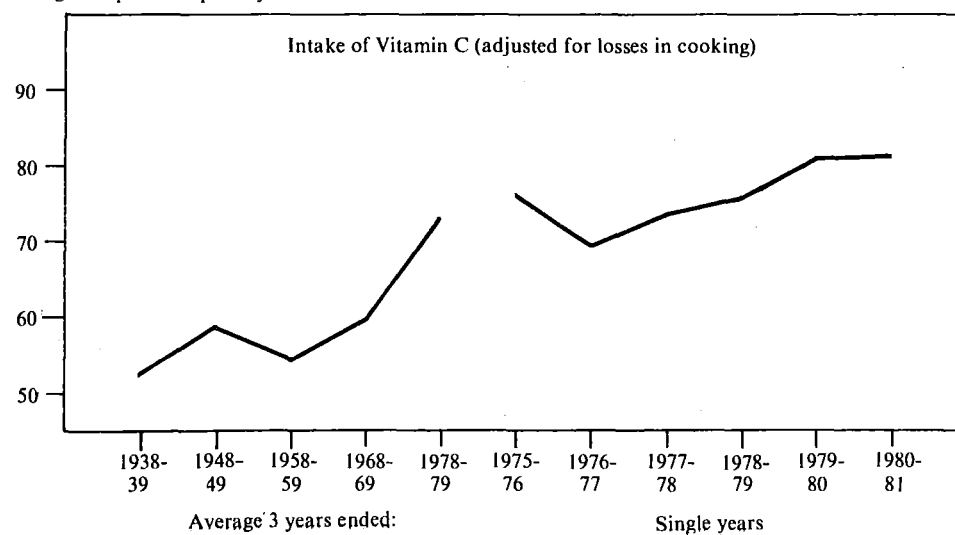
APPARENT PER CAPITA CONSUMPTION OF BUTTER, MARGARINE AND OTHER OILS AND FATS IN TERMS OF FAT CONTENT



APPARENT PER CAPITA CONSUMPTION OF VEGETABLES, FRUIT AND VITAMIN C



Milligrams per head per day



II. LEVEL OF NUTRIENT INTAKE

The explanatory notes in 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 1980-81 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)	39.0	63.5	0.5	22.2	6.1	623.4	3.4	0.36	0.69	10.5	3,102
Poultry	5.6	1.6	..	3.6	0.4	17.0	..	0.02	0.05	2.0	160
Seafood	3.5	0.9	0.1	13.0	0.3	4.2	0.2	0.01	0.02	0.8	97
Milk and milk products(d)	20.2	19.6	24.2	694.2	0.7	229.7	4.6	0.18	0.88	0.7	1,506
Fruit and fruit products	1.4	0.6	28.1	45.0	0.9	66.3	48.8	0.12	0.08	0.7	463
Vegetables	4.6	0.5	31.0	49.7	1.8	339.1	46.2	0.23	0.15	2.3	567
Grain products	24.4	3.7	171.5	48.0	4.6	0.9	..	0.76	0.55	5.8	3,459
Eggs and egg products	3.7	3.5	0.2	16.1	0.7	84.5	..	0.03	0.09	..	200
Nuts	1.8	4.4	1.4	7.8	0.2	0.05	0.02	0.9	202
Oils and fats	0.2	57.8	0.3	6.8	..	300.4	2,157
Sugar	136.5	5.9	0.2	0.01	0.34	0.6	2,227
Beverages (alcoholic)(e)	1.0	..	11.4	14.7	0.1	1.77	2.87	24.3	826
Total	105.4	156.1	405.2	927.1	16.0	1,665.5	103.2	1.77	2.87	24.3	14,966
1976-77											
Meat(c)	38.3	61.8	0.5	21.8	6.1	652.5	3.5	0.35	0.69	10.4	3,025
Poultry	6.1	1.7	..	3.9	0.5	18.6	..	0.02	0.05	2.2	175
Seafood	3.7	1.0	0.1	15.9	0.3	4.8	0.2	0.01	0.02	0.8	105
Milk and milk products(d)	18.1	19.1	21.7	624.7	0.6	222.0	4.4	0.16	0.79	0.6	1,410
Fruit and fruit products	1.3	0.6	26.1	39.3	0.8	62.8	42.6	0.10	0.07	0.6	429
Vegetables	4.7	0.5	32.0	50.0	1.9	356.6	46.9	0.24	0.15	2.4	585
Grain products	24.3	3.7	170.8	48.2	4.7	1.0	..	0.78	0.57	6.0	3,446
Eggs and egg products	3.7	3.5	0.2	16.1	0.7	84.7	..	0.03	0.09	..	200
Nuts	1.2	3.4	1.0	6.6	0.2	0.04	0.02	0.6	155
Oils and fats	0.2	58.4	0.3	7.0	..	295.7	2,180
Sugar	138.6	6.0	0.2	2,262
Beverages (alcoholic)(e)	1.0	..	11.4	15.0	0.1	0.01	0.34	0.6	842
Total	102.6	153.7	402.7	854.5	16.1	1,698.7	97.6	1.74	2.79	24.2	14,814
1977-78											
Meat(c)	37.7	61.4	0.5	21.5	6.0	651.9	3.5	0.36	0.69	10.2	3,001
Poultry	6.6	1.9	..	4.2	0.5	19.9	..	0.03	0.05	2.4	187
Seafood	3.8	1.0	0.1	15.6	0.3	4.8	0.2	0.01	0.02	0.8	106
Milk and milk products(d)	19.9	20.1	23.0	683.0	0.7	236.0	4.6	0.17	0.85	0.7	1,500
Fruit and fruit products	1.3	0.6	26.1	41.2	0.8	66.3	44.9	0.11	0.07	0.6	430
Vegetables	4.8	0.5	33.1	51.6	1.9	356.8	49.3	0.25	0.16	2.5	605
Grain products	22.8	3.5	160.7	45.5	4.5	1.0	..	0.75	0.57	5.8	3,239
Eggs and egg products	3.7	3.5	0.2	16.1	0.7	84.7	..	0.03	0.09	..	200
Nuts	2.2	5.1	1.7	8.5	0.3	0.07	0.02	1.2	238
Oils and fats	0.2	57.7	0.3	6.9	..	284.9	2,155
Sugar	137.0	6.0	0.2	0.01	0.34	0.6	2,237
Beverages (alcoholic)(e)	1.0	..	11.6	15.3	0.1	0.01	0.34	0.6	855
Total	104.0	155.3	394.3	915.4	16.0	1,706.3	102.5	1.79	2.86	24.8	14,753

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)	32.6	55.1	0.4	18.8	5.1	522.1	2.8	0.33	0.58	8.8	2,669
Poultry	7.3	2.1	..	4.6	0.6	22.3	..	0.03	0.06	2.7	209
Seafood	3.5	0.9	0.1	13.8	0.3	4.3	0.2	0.01	0.02	0.8	96
Milk and milk products(d)	19.7	19.7	22.4	675.8	0.7	230.5	4.3	0.17	0.84	0.6	1,470
Fruit and fruit products	1.3	0.5	27.7	41.4	0.8	68.5	44.7	0.11	0.07	0.6	437
Vegetables	5.1	0.6	34.4	57.1	2.0	397.6	54.7	0.26	0.17	2.6	629
Grain products	23.7	3.7	166.8	47.4	4.7	1.0	..	0.78	0.58	6.0	3,364
Eggs and egg products	3.8	3.5	0.2	16.4	0.7	86.1	..	0.03	0.09	204	..
Nuts	1.5	3.6	1.2	6.4	0.2	0.05	0.02	..	170
Oils and fats	0.2	56.8	0.3	6.8	..	271.9	0.8	2,122
Sugar	134.5	6.4	0.2	2,195
Beverages (alcoholic)(e)	1.0	..	11.4	16.0	0.1	0.01	0.33	0.6	849
Total	99.7	146.5	399.4	910.9	15.4	1,604.3	106.7	1.78	2.76	23.5	14,414
1979-80											
Meat(c)	29.8	52.1	0.4	17.2	4.6	437.1	2.4	0.32	0.51	8.0	2,506
Poultry	7.9	2.2	..	5.0	0.6	23.9	..	0.03	0.07	2.8	224
Seafood	3.7	1.0	0.1	15.5	0.3	4.8	0.2	0.01	0.02	0.8	105
Milk and milk products(d)	20.6	20.3	23.3	706.0	0.7	238.1	4.4	0.18	0.88	0.6	1,521
Fruit and fruit products	1.6	0.6	31.0	50.2	1.0	76.1	50.6	0.13	0.09	0.7	510
Vegetables	5.2	0.5	35.6	54.3	2.0	369.4	52.2	0.27	0.17	2.7	651
Grain products	23.5	3.6	165.7	46.4	4.5	1.0	..	0.75	0.55	5.7	3,340
Eggs and egg products	3.8	3.5	0.2	16.2	0.7	85.2	..	0.03	0.09	201	..
Nuts	1.1	3.1	1.0	6.0	0.2	0.03	0.02	0.5	142
Oils and fats	0.2	57.3	0.3	6.9	..	278.3	2,141
Sugar	131.0	5.8	0.2	2,138
Beverages (alcoholic)(e)	1.0	..	11.4	16.3	0.1	0.01	0.33	0.6	850
Total	98.4	144.2	400.0	945.8	14.9	1,513.9	109.8	1.76	2.73	22.4	14,329
1980-81											
Meat(c)	29.6	52.8	0.4	17.2	4.6	464.9	2.5	0.34	0.52	8.0	2,529
Poultry	7.8	2.2	..	4.9	0.6	23.7	..	0.03	0.06	2.8	223
Seafood	4.0	1.0	0.1	16.1	0.3	5.1	0.2	0.01	0.02	0.9	113
Milk and milk products(d)	19.9	20.2	22.5	683.0	0.7	235.8	4.2	0.17	0.84	0.6	1,493
Fruit and fruit products	1.5	0.6	29.1	47.0	0.9	74.2	51.5	0.12	0.08	0.7	479
Vegetables	5.1	0.6	35.5	53.8	2.0	401.1	51.4	0.26	0.16	2.7	647
Grain products	23.9	3.7	168.9	47.7	4.7	1.0	..	0.78	0.58	6.0	3,405
Eggs and egg products	3.7	3.5	0.2	16.1	0.7	84.7	..	0.03	0.09	200	..
Nuts	1.6	4.1	1.3	7.4	0.2	0.05	0.02	0.8	191
Oils and fats	0.2	57.5	0.3	7.0	..	276.1	2,147
Sugar	134.3	5.8	0.2	2,192
Beverages (alcoholic)(e)	1.0	..	11.5	16.7	0.1	0.01	0.33	0.6	866
Total	98.3	146.2	404.1	922.7	15.0	1,566.6	109.8	1.79	2.67	23.1	14,485

(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		1980-81	
	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able	Cal- culated value	Amount avail- able
Vitamin C—												
Milk and milk products—												
Fluid whole milk	2.7	2.7	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8
Other milk products	1.9	1.9	1.6	1.6	1.8	1.8	1.5	1.5	1.6	1.6	1.4	1.4
Meat	3.4	(b)	3.5	(b)	3.5	(b)	2.8	(b)	2.4	(b)	2.5	(b)
Fruit and fruit products—												
Fresh, canned and dried	10.2	8.8	10.9	9.5	10.3	9.0	10.3	9.0	11.4	9.9	11.2	9.7
Cooked	0.4	0.2	0.4	0.2	0.4	0.2	0.5	0.2	0.3	0.1	0.3	0.1
Citrus	38.2	38.2	31.3	31.3	34.2	34.2	33.9	33.9	38.9	38.9	40.0	40.0
Vegetables—												
Fresh tomatoes	7.5	4.7	7.8	4.8	7.5	4.6	7.8	4.5	8.3	5.2	8.8	6.0
Lettuce	0.8	0.8	0.9	0.9	0.8	0.8	0.9	0.9	1.0	1.0	1.0	1.0
Canned vegetables	2.5	0.9	2.6	0.9	2.4	0.9	2.3	0.8	2.1	0.8	2.3	0.8
Cooked potatoes and other vegetables	35.4	17.7	35.6	17.8	38.6	19.3	43.7	21.9	40.8	20.4	39.3	19.7
Total vitamin C	103.2	75.9	97.6	69.8	102.5	73.6	106.7	75.5	109.8	80.7	109.8	81.5
Thiamin	1.77	1.50	1.74	1.48	1.79	1.52	1.78	1.51	1.76	1.50	1.79	1.52
Niacin equivalent(c)	24.3	41.2	24.2	40.6	24.8	41.4	23.5	39.5	22.4	38.1	23.1	38.8

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

Dietary allowances. The nutritive value of food available for consumption may be compared with an arbitrary standard such as the *Dietary Allowances for Use in Australia (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	1980-81
Meat	20.7	20.4	20.3	18.5	17.5	17.5
Poultry	1.1	1.2	1.3	1.4	1.6	1.5
Seafood	0.6	0.7	0.7	0.7	0.7	0.8
Milk and milk products	10.1	9.5	10.2	10.2	10.6	10.3
Fruit and fruit products	3.1	2.9	2.9	3.0	3.6	3.3
Vegetables	3.8	3.9	4.1	4.4	4.5	4.5
Grain products	23.1	23.3	22.0	23.3	23.3	23.5
Eggs and egg products	1.3	1.4	1.4	1.4	1.4	1.4
Nuts	1.3	1.0	1.6	1.2	1.0	1.3
Oils and fats	14.4	14.7	14.6	14.7	14.9	14.8
Sugar	14.9	15.3	15.2	15.2	14.9	15.1
Beverages (alcoholic)	5.5	5.7	5.8	5.9	5.9	6.0
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	1975-76	1976-77	1977-78	1978-79	1979-80	1980-81
Protein—												
Animal	g	58.7	57.4	59.6	64.2	69.5	72.0	69.9	71.7	66.9	65.8	65.0
Vegetable	g	30.9	35.3	32.3	35.5	32.6	33.4	32.7	32.3	32.8	32.6	33.3
Total	g	89.6	92.7	91.9	99.7	102.1	105.4	102.6	104.0	99.7	98.4	98.3
Fat(from all sources)	g	133.5	121.7	131.7	123.2	151.8	156.1	153.7	155.3	146.5	144.2	146.2
Carbohydrate	g	377.4	424.8	416.7	406.8	398.8	405.2	402.7	394.3	399.4	400.0	404.1
Calcium	mg	642	785	817	968	893.6	927.1	854.5	915.4	910.9	945.8	922.7
Iron	mg	15.4	15.1	14.0	14.7	15.8	16.0	16.1	16.0	15.4	14.9	15.0
Vitamin A activity	µg	1,471.5	1,389.0	1,370.4	1,347.9	1,669.8	1,665.5	1,698.7	1,706.3	1,604.3	1,513.9	1,566.6
Vitamin C	mg	52.6	58.8	54.3	59.8	73.0	75.9	69.8	73.6	75.5	80.7	81.5
Thiamin	mg	1.2	1.3	1.1	1.4	1.5	1.5	1.5	1.5	1.5	1.5	1.5
Riboflavin	mg	1.7	1.9	1.8	2.7	2.8	2.9	2.8	2.9	2.8	2.7	2.7
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.5	41.2	40.6	41.4	39.5	38.1	38.8
Energy value	kJ	13,048	13,584	13,801	13,835	14,660	14,966	14,814	14,753	14,414	14,329	14,485

(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(b) mg	Iron mg	Vitamin A activity µg	Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
1975-76—									
Dietary allowance(c)	59.6	437.2	10.4	675.3	31.6	0.9	1.1	14.1	8,927
Nutrients—									
Available	105.4	927.1	16.0	1,665.5	75.9	1.5	2.9	41.2	14,966
In excess of dietary allowance (%)	76.8	112.1	53.8	146.6	140.2	66.7	160.9	192.2	67.6
1976-77—									
Dietary allowance(c)	59.7	436.7	10.5	676.6	31.8	0.9	1.1	14.0	8,932
Nutrients—									
Available	102.6	854.5	16.1	1,698.7	69.8	1.5	2.8	40.6	14,814
In excess of dietary allowance (%)	71.9	95.7	53.3	151.1	119.5	64.4	153.6	190.0	65.8
1977-78—									
Dietary allowance(c)	59.6	436.5	10.4	678.2	31.8	0.9	1.1	14.0	8,911
Nutrients—									
Available	104.0	915.4	16.0	1,706.3	73.6	1.5	2.9	41.4	14,753
In excess of dietary allowance (%)	74.5	109.7	53.8	151.6	131.4	68.9	160.0	195.7	65.6
1978-79—									
Dietary allowance(c)	59.9	436.3	10.5	679.6	31.8	0.9	1.1	14.1	8,946
Nutrients—									
Available	99.7	910.9	15.4	1,604.3	75.5	1.5	2.8	39.5	14,414
In excess of dietary allowance (%)	66.4	108.8	46.7	136.1	137.4	67.8	150.9	180.1	61.1
1979-80—									
Dietary allowance(c)	60.0	436.2	10.5	681.3	31.8	0.9	1.1	14.1	8,952
Nutrients—									
Available	98.4	945.8	14.9	1,513.9	80.7	1.5	2.7	38.1	14,329
In excess of dietary allowance (%)	64.0	116.8	41.9	122.2	153.8	66.7	148.2	170.2	60.1
1980-81—									
Dietary allowance(c)	60.0	436.2	10.5	681.3	31.8	0.9	1.1	14.1	8,952
Nutrients—									
Available	98.3	922.7	15.0	1,566.6	81.5	1.5	2.7	38.8	14,485
In excess of dietary allowance (%)	63.8	111.5	42.9	129.9	156.3	68.9	142.7	175.2	61.8

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein. (b) Calculated on the lower level of the dietary allowance range given for each age group. (c) 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.

NUTRIENTS AVAILABLE FOR CONSUMPTION IN AUSTRALIA, 1970-71 AND 1980-81

(Expressed as percentages in excess of dietary allowances)

