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APPARENT CONSUMPTION OF FOODSTUFFS AND NUTRIENTS

AUSTRALIA

1981-82

PHONE INQUIRIES	<i>for more information about these statistics</i> —contact Mr Terry Bain on Canberra (062) 52 6436 or any of our State offices. <i>other inquiries including copies of publications</i> —contact Information Services on Canberra (062) 52 6627 or in any of our State offices.
MAIL INQUIRIES	<i>write to</i> Information Services, ABS, P.O. Box 10, Belconnen, A.C.T. 2616 or any of our State offices.

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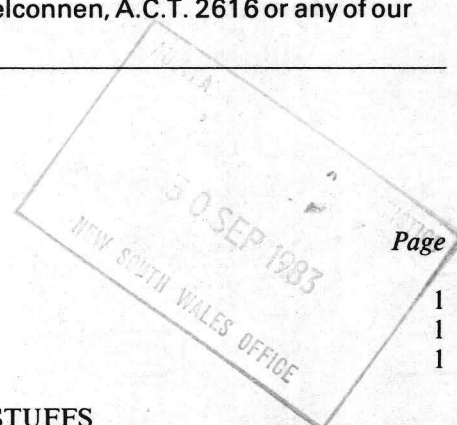
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EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1981-82 as well as comparative data for earlier years. Section I deals with the supply and utilisation of foodstuffs, while Section II deals primarily with the level of nutrient intake in Australia. These levels are compiled by officers of the Nutrition Section of the Commonwealth Department of Health to whom thanks are extended. Preliminary statistics for 1982-83 covering major food items will be published shortly in *Apparent Consumption of Selected Foodstuffs, Australia 1982-83 (Preliminary)* (4315.0) and will be available from any ABS office.

Revision of data

2. 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 per day.

Changes in consumption of foodstuffs and nutrients

3. In the six years 1976-77 to 1981-82 total meat available for consumption has decreased by 15 per cent from 107.2kg to 91.2kg per capita per year. This is represented by decreases in beef (by 27 per cent), and veal (by 53 per cent). Lamb intake has fluctuated in this period. Mutton has increased by 6 per cent. The availability of pigmeat, bacon and ham has also been increasing. Relative to 1968-69, however, the total meat availability to 1981-82 has decreased by only 8 per cent from 98.8kg to 91.2kg 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 a small increase in total meat and poultry availability in the last 13 years.

4. Apparent poultry intake in itself has increased by 22 per cent from 15.7kg to 19.1kg per capita per year from 1976-77 to 1981-82. The current availability of poultry represents an increase of 130 per cent since 1968-69.

5. Total fruit available for consumption over the past six years has increased by 12 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 1981-82 represent just over half those available in 1968-69. The availability of processed fruit was reported as 10.8kg per capita in 1981-82, a decrease of 15 per cent since 1980-81.

6. 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 5.7kg in 1976-77 to 4.3kg per capita in 1981-82 — a decrease of 56 per cent in thirteen years. Total margarine has increased by 94 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 1976-77, 1.4:1 and in 1981-82 it was 2.5:1. 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 20 per cent decrease in 'other' margarine. Total fat content availability from this commodity group has fluctuated little in the past six years.

7. The apparent consumption of total milk and milk products has fluctuated little in the past 5 or 10 years, although availability of individual commodities has varied considerably. Fluid milk which had decreased from 128 litres in 1968-69 to 103 litres in 1981-82 has stabilised in the last 5 years. Cheese has increased steadily since 1968-69, from 3.5kg per capita per year to 7.0kg in 1981-82.

8. Total available vegetables increased by 12 per cent between 1976-77 and 1981-82 from 117kg to 131kg per capita per year. Component vegetable types have varied considerably in availability.

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

10. Apparent consumption of beer has decreased in the past six years from 136.7 litres in 1976-77 to 128.9 litres in 1981-82. Wine, however, has been steadily increasing, with a rise of 41 per cent in the past 6 years (from 13.5 litres in 1976-77 to 19.1 litres per capita in 1981-82).

11. The apparent consumption of cereal products has fluctuated in the last 13 years. The total available has however been stable for the last three years.

12. Apparent consumption of protein has decreased by 2 per cent over the six year period. Most of this decrease is in animal protein and is due to the decrease in the meat group.

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

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

Related publications

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

Crops and Pastures, Australia, 1981-82 (7321.0)

Fisheries, Australia, 1980-81 (7603.0)

Fruit, Australia, 1981-82 (7322.0)

Livestock and Livestock Products, Australia, 1981-82 (7221.0)

Manufacturing Commodities, Principal Articles Produced, Australia, 1979-80 and 1980-81 (8303.0)

Overseas Trade, Australia, 1980-81, Part 1 : Exports and Imports (5409.0)

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

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

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

Symbols and other usages

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

Abbreviations

g grams
 mg milligrams
 µg micrograms
 kJ kilojoules

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

A. R. BAGNALL
 Acting Australian Statistician

I. SUPPLY AND UTILISATION OF FOODSTUFFS

In general, the method employed in this publication to estimate consumption in Australia of each of the various foodstuffs is as follows:

Apparent consumption = (Commercial production + Estimated home production + Imports + Opening stocks) minus (Exports + Usage for processed food + Non-food usage + Wastage + Closing stocks).

Per capita consumption = Apparent consumption divided by the mean population for that period.

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

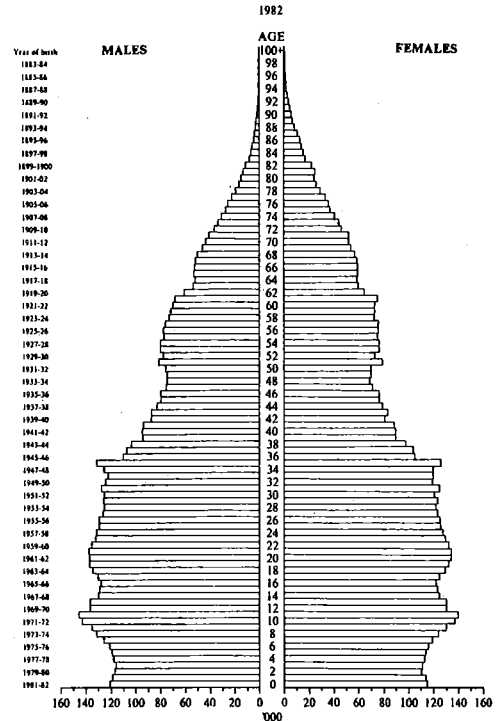
Average 3 years ended—		Individual years—	
1938-39	6,870,261	1976-77	14,110,800
1948-49	7,651,558	1977-78	14,279,500
1958-59	9,741,073	1978-79	14,435,000
1968-69	11,919,046	1979-80	14,599,200
1978-79	14,275,100	1980-81	14,808,100
		1981-82	15,050,600

3. In interpreting the figures shown in this publication the following factors should be noted:

- (a) Changes in the composition of the population have a bearing on trends in the patterns of consumption (particularly on estimates of consumption per capita). The most significant change since 1945, which has almost certainly had some effect on the consumption pattern, is the increasing proportion of the population born overseas and resident for only a comparatively short period in Australia (e.g. the proportion of the population born overseas was 9.8 per cent in 1947, 14.3 per cent in 1954, 16.9 per cent in 1961, 18.4 per cent in 1966, 20.2 per cent in 1971, 20.1 per cent in 1976 and 20.6 per cent in 1981).

- (b) Another similar factor is the age distribution of the population which may also affect data relating to per capita consumption. For example, while per capita consumption of infants' and invalids' food has been calculated on the basis of the mean Australian population for the years concerned, these commodities are clearly consumed by a relatively small proportion of people. The effective per capita consumption by these consumers would therefore be considerably higher than the figures shown in the relevant table. The following diagram shows the age distribution of the Australian male and female population at 30 June 1982. The age distribution is based on the results of the Population Census of 30 June 1981 brought forward by reference to natural increase derived from records of births and recorded age at death, and details of overseas migration. Population and age distribution data

ESTIMATED POPULATION GRAPH



ESTIMATED RESIDENT POPULATION OF AUSTRALIA: AGE LAST BIRTHDAY, BY SEX, 30 JUNE 1982

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

- (c) In general, the statistics in the publication are for financial years. However, where there is a marked seasonal pattern in the production or marketing of certain crops, the statistics in practice refer to crop years. For example, statistics relating to commercial production of citrus fruit are on the basis of the year ending 31 March.
4. In estimating apparent consumption, four significant components in the general equation should be noted.

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

The general consumption equation is not used in those instances where certain components of the equation are not available, or where a more appropriate technique for estimating consumption is available. In this publication the equation is not used for milk, rice, bread, butter, 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)

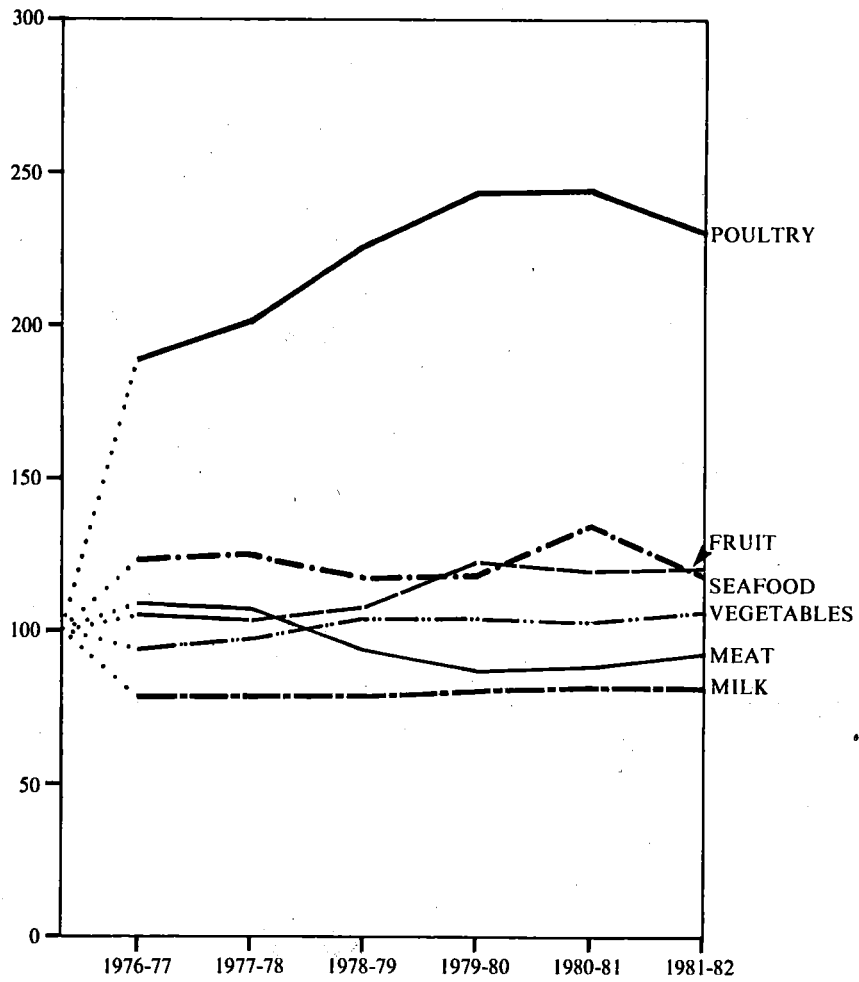


TABLE I. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA
(kg per year, except where otherwise stated)

	Average 3 years ended				Current year 1981-82
	1938-39	1948-49	1958-59	1978-79	
MEAT—					
Carcass meat—					
Beef and veal	63.6	49.5	56.2	63.9	49.4
Lamb	6.8	11.4	13.3	13.7	16.3
Mutton	27.2	20.5	23.1	4.3	5.0
Pigmeat	3.9	3.2	4.6	4.2	5.8
<i>Total carcass meat</i>	101.5	84.6	97.2	86.7	76.4
Offal and meat, n.e.i.	3.8	4.0	5.1	5.9	4.5
Canned meat (canned weight)	1.0	1.2	1.9	1.6	1.2
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	6.0	6.3
<i>Total (converted to carcass equivalent weight)</i>	118.5	103.0	112.4	102.1	91.2
POULTRY—					
Poultry (dressed weight)	n.a.	n.a.	n.a.	17.1	19.1
SEAFOOD—					
Fresh and frozen (edible weight)—					
Fish—					
Australian	2.7	2.4	1.4	1.5	1.3
Imported	0.3	0.3	0.4	1.6	1.4
Crustacea and molluscs				0.8	0.9
Seafood, otherwise prepared (product weight)(a)—					
Australian	1.9	1.4	0.4	0.5	0.7
Imported—					
Fish				1.8	1.9
Crustacea and molluscs	4.9	4.1	4.5	6.9	6.6
<i>Total seafood</i>	106.4	138.7	128.7	100.5	103.2
MILK AND MILK PRODUCTS—					
Market milk (fluid whole)(litres)(b)					
Condensed, concentrated and evaporated milk—					
Full cream—	2.0	1.6	1.2	0.8	0.6
Sweetened	n.a.	1.8	2.9	2.5	2.5
Unsweetened(c)		n.a.	0.6	1.6	1.1
Powdered milk—					
Full cream	1.2	1.5	1.1	1.3	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	2.7	2.8
Infants' and invalids' food	0.5	0.6	1.0	1.3	1.3
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	5.3	7.0
<i>Total (converted to milk solids fat and non-fat)(e)</i>	17.8	22.3	22.1	22.1	23.0
FRUIT AND FRUIT PRODUCTS—					
Fresh fruit (incl. fruit for fruit juice)—					
Citrus	14.5	16.9	16.1	34.5	39.1
Other	42.6	39.5	35.6	34.6	40.0
Jams, conserves, etc.	5.2	5.6	3.9	2.0	1.8
Dried fruit	3.8	3.9	2.8	2.0	2.4
Processed fruit	3.5	3.4	6.0	10.5	10.8
<i>Total (fresh fruit equivalent)</i>	78.7	80.9	72.2	91.0	104.1
VEGETABLES—					
White potatoes	47.1	56.3	51.7	50.1	57.6
Other root and bulb vegetables(f)	n.a.	19.1	15.9	16.7	18.7
Tomatoes	7.1	11.5	13.0	13.5	17.0
Leafy and green vegetables	n.a.	20.5	17.9	24.2	20.6
Other vegetables	n.a.	22.3	18.6	17.9	16.9
<i>Total (fresh equivalent weight)</i>	n.a.	129.7	117.1	124.3	130.8

For footnotes see end of table.

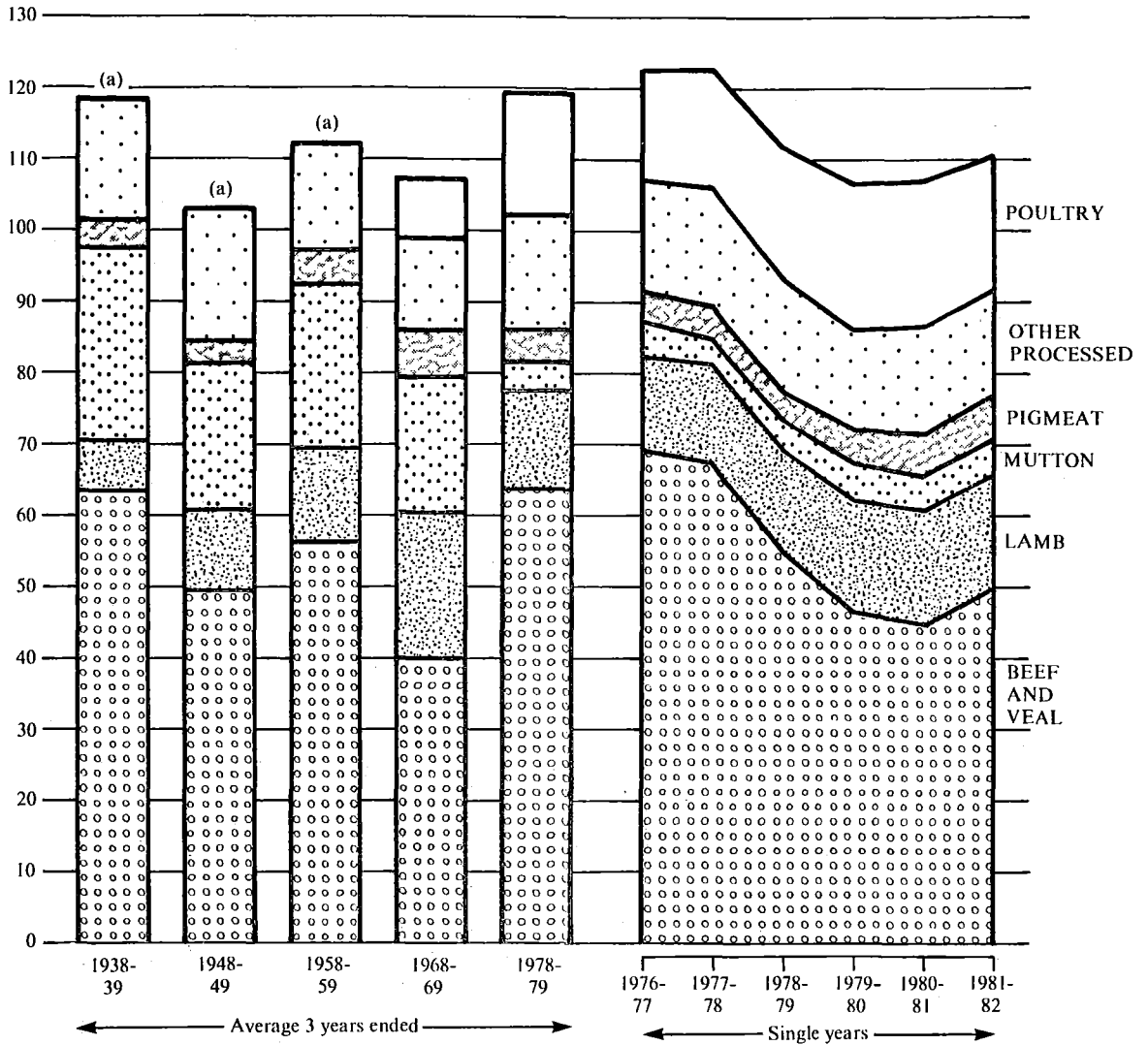
TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA—continued
(kg per year, except where otherwise stated)

	Average 3 years ended				Current year 1981-82
	1938-39	1948-49	1958-59	1978-79	
GRAIN PRODUCTS—					
Flour(g)	84.9	91.6	82.3	77.4	69.6
Breakfast foods	4.8	6.1	6.2	6.8	7.4
Table rice	1.8	0.4	n.a.	1.9	2.4
Total	92.5	98.6	n.a.	86.8	80.1
Bread (h)	49.6	64.0	69.1	59.5	47.7
EGGS AND EGG PRODUCTS—					
Total	12.1	12.7	10.2	12.6	12.4
Equivalent number of eggs	243	255	206	222	219
NUTS (in shell)—					
Peanuts	n.a.	4.2	3.1	2.8	1.8
Tree nuts	n.a.	1.8	3.4	5.8	2.9
OILS AND FATS—					
Butter	14.9	11.2	12.3	9.8	5.1
Margarine—					
Table	0.4	0.4	n.a.	1.5	5.4
Other	1.8	2.4	2.2	3.4	3.1
Total (fat content)(i)	17.1	14.0	n.a.	14.6	21.6
SUGAR—					
As refined sugar	32.0	31.2	27.0	21.0	14.9
In manufactured foods	16.3	23.1	23.6	27.7	34.6
Total (j)	50.8	56.8	53.0	51.9	54.5
BEVERAGES—					
Tea	3.1	2.9	2.7	2.3	1.7
Coffee(k)	0.3	0.5	0.6	1.2	1.6
Aerated and carbonated waters (litres)	n.a.	n.a.	n.a.	47.3	67.4
Beer (litres)	53.2	76.8	103.2	116.8	136.7
Wine (litres)	2.7	5.9	5.0	8.2	14.7
ALCOHOL (litres alcohol)—					
Beer	2.55	3.58	4.84	5.61	6.56
Wine	0.35	0.77	0.87	1.15	2.44
Spirits	0.50	0.80	0.74	0.89	1.21
Total	3.40	5.15	6.45	7.65	9.72

(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) Per capita data on bread is now shown in kg per year. (i) Includes an estimate for vegetable oils and other fats. Prior to 1975-76 this was estimated at 2kg. from 1975-76 onwards estimated at 10kg. (j) Includes sugar content of syrups, honey and glucose. (k) Coffee and coffee products in terms of roasted coffee.

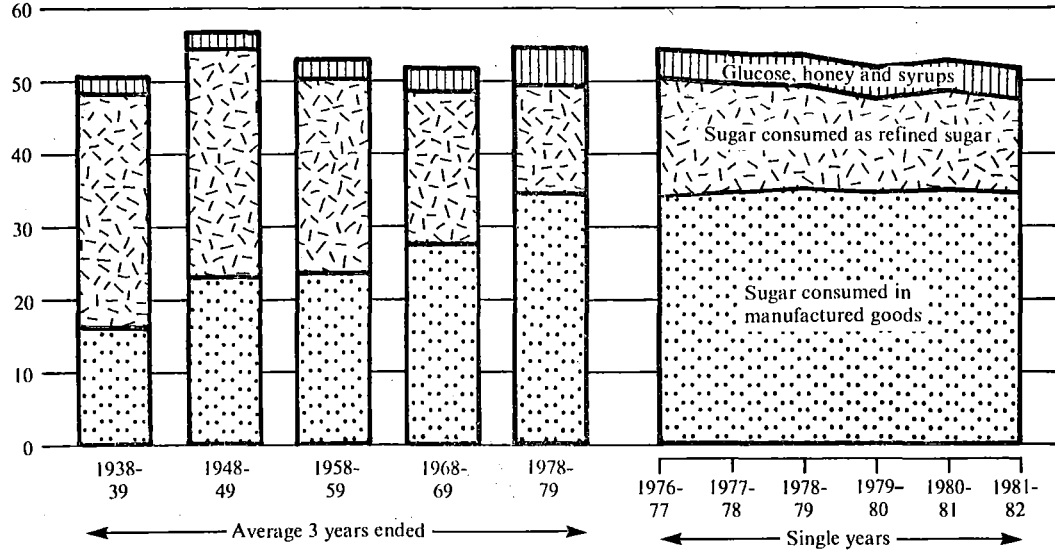
APPARENT PER CAPITA CONSUMPTION OF MEAT AND POULTRY

kg per capita per year



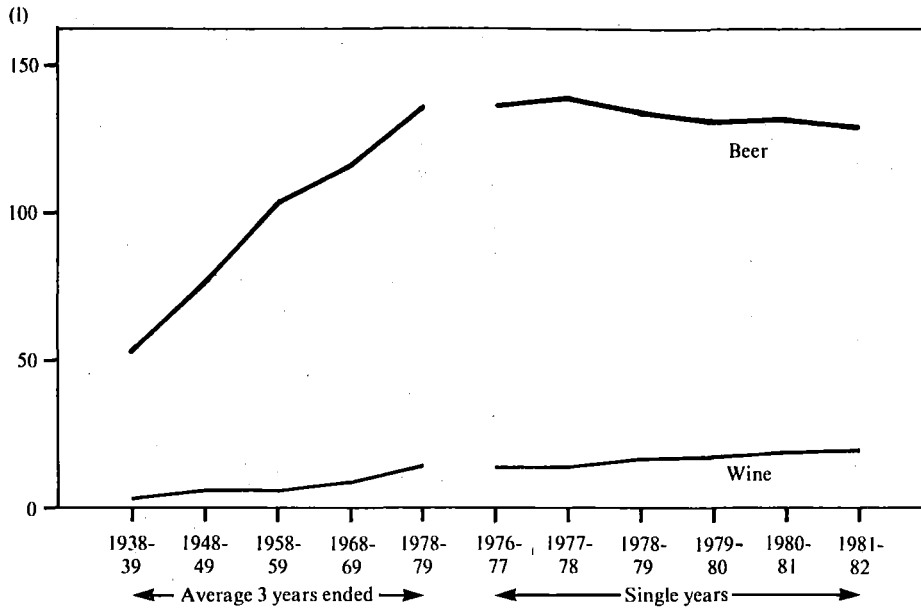
APPARENT PER CAPITA CONSUMPTION OF SUGAR

kg per capita per year

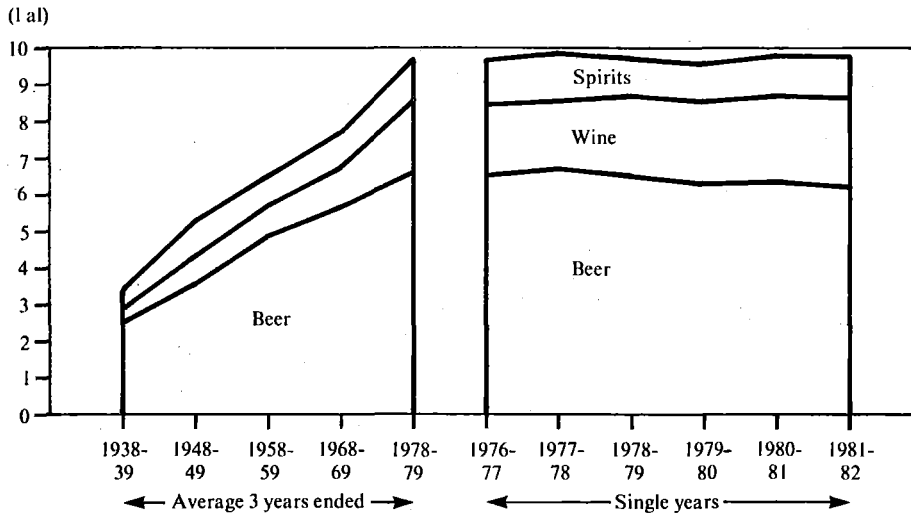


APPARENT CONSUMPTION OF BEVERAGES

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



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



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

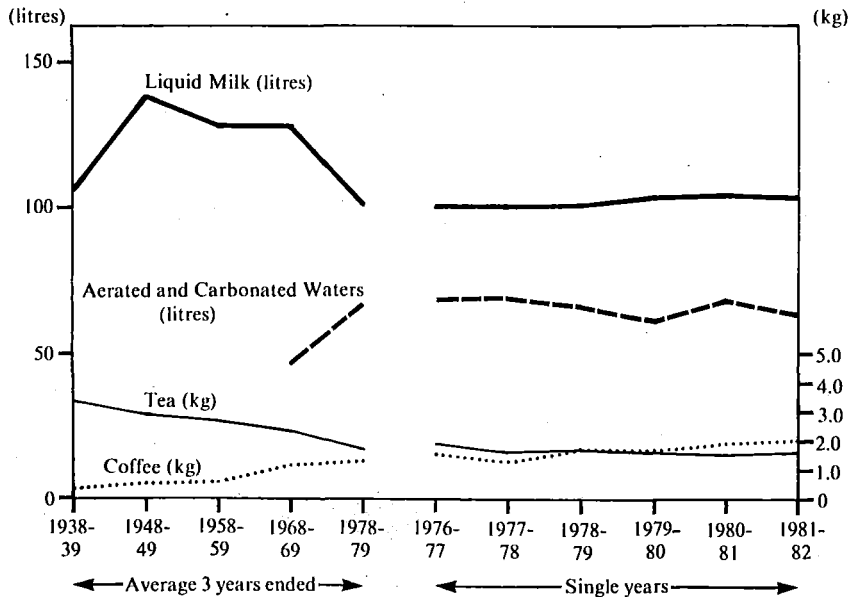


TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA

	Available for consumption—					Apparent per capita consumption—						
	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82
MEAT—				—tonnes—					—kg—			
Carcass meat—												
<i>Beef and veal</i>												
Beef	975,724	963,988	794,938	676,921	662,724	742,894	69.1	67.5	55.1	46.4	44.8	49.4
Veal	897,884	883,690	745,425	640,004	628,139	703,179	63.6	61.9	51.6	43.8	42.4	46.7
Lamb	77,840	80,298	49,513	36,917	34,585	39,716	5.5	5.5	3.4	2.5	2.3	2.6
Mutton	188,164	195,130	201,622	229,966	238,769	245,002	13.3	13.7	14.0	15.8	16.1	16.3
Pigmeat	65,984	52,467	65,685	73,384	72,560	75,095	4.7	3.7	4.6	5.0	4.9	5.0
Total carcass meat	61,135	64,561	55,119	71,008	84,113	87,462	4.3	4.5	3.8	4.9	5.7	5.8
Offal and meat, n.e.i.	1,291,007	1,276,147	1,117,364	1,051,279	1,058,166	1,150,454	91.5	89.4	77.4	72.0	71.5	76.4
Canned meat (canned weight)	87,092	91,470	73,067	58,913	64,231	67,259	6.2	6.4	5.1	4.0	4.3	4.5
Bacon and ham (cured carcass weight)	23,907	24,516	20,578	20,669	22,387	18,109	1.7	1.7	1.4	1.4	1.5	1.2
Total meat (converted to carcass equivalent weight)	77,663	86,087	93,192	91,337	100,413	94,524	5.5	6.0	6.5	6.3	6.8	6.3
Total meat (converted to carcass equivalent weight)	1,512,416	1,515,026	1,342,655	1,256,210	1,284,491	1,372,996	107.2	106.1	93.0	86.0	86.7	91.2
POULTRY—												
Poultry (dressed weight)	221,578	239,515	270,730	295,419	300,804	287,647	15.7	16.8	18.8	20.2	20.3	19.1
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian	20,268	23,472	23,644	18,399	18,884	19,839	1.4	1.6	1.6	1.3	1.3	1.3
Imported	22,938	23,571	21,940	27,418	30,425	20,731	1.6	1.7	1.5	1.9	2.1	1.4
Crustacea and molluscs	13,043	12,510	14,193	6,547	14,915	13,023	0.9	0.9	1.0	0.5	1.0	0.9
Seafood otherwise prepared (product weight)—												
Australian	7,162	7,464	8,105	10,928	14,537	10,482	0.5	0.5	0.6	0.8	1.0	0.7
Imported—												
Fish	27,495	26,319	23,299	28,102	27,024	28,014	2.0	1.8	1.6	1.9	1.8	1.9
Crustacea and molluscs	6,864	5,997	4,807	4,261	5,814	6,904	0.5	0.4	0.3	0.3	0.4	0.5
Total seafood	97,770	99,333	95,988	95,655	111,599	98,993	6.9	7.0	6.6	6.6	7.5	6.6
MILK AND MILK PRODUCTS—				—'000 litres—					—litres—			
Market milk (fluid whole)(a)	1,418,499	1,432,251	1,452,928	1,511,500	1,540,117	1,552,998	100.5	100.3	100.7	103.5	104.0	103.2
Condensed, concentrated and evaporated milk—				—tonnes—					—kg—			
Full cream sweetened	11,599	11,765	9,994	9,630	12,826	9,683	0.8	0.8	0.7	0.7	0.9	0.6
Full cream unsweetened	36,108	32,147	36,258	32,265	40,640	36,876	2.6	2.3	2.5	2.2	2.7	2.5
Skim	22,247	22,040	22,521	21,005	15,041	16,938	1.6	1.6	1.6	1.4	1.0	1.1
Powdered milk—												
Full cream	22,475	19,676	12,900	11,400	12,700	13,300	1.6	1.4	0.9	0.8	0.9	0.9
Skim	28,160	42,894	45,723	53,500	45,181	42,458	2.0	3.0	3.2	3.7	3.0	2.8
Infants' and invalids' food	15,855	18,057	15,626	16,771	14,291	19,264	1.1	1.3	1.1	1.1	1.0	1.3
Cheese (natural equivalent weight)	61,299	79,770	86,742	96,307	97,627	105,004	4.3	5.6	6.1	6.6	6.6	7.0
Total (converted to milk solids, fat and non-fat)	297,294	321,657	325,605	343,539	347,557	346,661	21.1	22.5	22.6	23.5	23.1	23.0

For footnotes see end of table.

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

	Available for consumption—					Apparent per capita consumption—						
	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	458,712	505,135	512,075	587,416	613,851	589,153	32.5	35.4	35.5	40.2	41.5	39.1
Other	508,914	473,530	496,901	573,178	530,044	602,331	36.1	33.2	34.4	39.3	35.8	40.0
Jams, conserves, etc.	28,012	25,000	32,733	22,501	22,142	26,358	2.0	1.8	2.3	1.6	1.5	1.8
Dried fruit	27,322	27,840	30,721	36,034	32,713	36,269	1.9	1.9	2.1	2.5	2.2	2.4
Processed fruit	144,730	152,217	151,359	180,830	187,526	162,848	10.3	10.7	10.5	12.4	12.7	10.8
Total (fresh fruit equivalent)	1,280,868	1,271,608	1,342,102	1,549,275	1,529,390	1,567,271	90.8	89.1	93.0	106.1	103.3	104.1
VEGETABLES—												
White potatoes	681,041	719,886	743,568	801,723	812,597	867,426	48.3	50.4	51.5	54.9	54.9	57.6
Other root and bulb vegetables	224,933	241,164	248,192	253,070	258,977	281,314	15.9	16.9	17.2	17.3	17.5	18.7
Tomatoes	192,329	187,327	197,277	211,336	229,366	255,042	13.6	13.1	13.7	14.5	15.5	17.0
Leafy and green vegetables	320,947	321,518	397,102	365,808	329,669	311,132	22.7	22.5	27.5	25.1	22.3	20.6
Other vegetables	230,769	252,543	282,028	257,530	259,274	253,641	16.4	17.7	19.5	17.6	17.5	16.9
Total (fresh equivalent weight)	1,650,019	1,722,438	1,868,167	1,889,467	1,889,883	1,968,555	116.9	120.6	129.4	129.4	127.6	130.8
GRAIN PRODUCTS—												
Flour(b)	1,018,571	957,209	1,006,779	1,029,048	1,047,572	1,084,181	72.2	67.0	69.7	70.5	70.7	72.0
Breakfast foods—												
Oatmeal and rolled oats	7,884	7,892	12,818	4,498	10,241	10,387	0.6	0.6	0.9	0.3	0.7	0.7
Other (from grain)	102,785	105,267	107,499	101,062	103,646	108,478	7.3	7.4	7.5	7.0	7.0	7.2
Total breakfast foods	110,669	113,159	120,317	105,560	113,887	118,865	7.8	7.9	8.3	7.3	7.7	7.9
Table rice	33,328	34,789	35,463	37,086	42,992	43,880	2.4	2.4	2.5	2.5	2.9	2.9
Total grain products	1,162,568	1,105,157	1,162,559	1,171,694	1,204,451	1,246,926	82.4	77.4	80.5	80.3	81.3	82.8
Bread(c)	685,530	680,718	675,233	700,329	682,475	715,688	48.6	47.7	46.8	48.0	46.1	47.5
EGGS AND EGG PRODUCTS—												
Total (eggs in shell weight)	173,137	176,031	180,166	182,445	183,311	188,659	12.3	12.3	12.5	12.5	12.4	12.5
Equivalent number of eggs	255,136	258,864	263,743	266,518	270,199	277,927	217	218	221	219	219	222
NUTS (in shell)—												
Peanuts	23,719	38,639	12,397	23,991	24,565	17,596	1.7	2.7	0.9	1.6	1.7	1.2
Tree nuts	44,359	43,698	37,731	41,699	47,023	48,932	3.1	3.1	2.6	2.9	3.2	3.3

For footnotes see end of table.

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

	Available for consumption—					Apparent per capita consumption—						
	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82
OILS AND FATS—				—tonnes—					—kg—			
Butter	81,115	72,441	65,352	66,480	63,701	64,637	5.7	5.1	4.5	4.6	4.3	4.3
Total margarine	114,824	121,813	126,855	129,696	136,369	143,000	8.1	8.5	8.8	8.9	9.2	9.5
Table margarine	66,238	80,601	84,869	93,985	99,580	102,077	4.7	5.6	5.9	6.4	6.7	6.8
Other margarine	48,586	41,212	41,986	35,711	36,789	40,923	3.4	2.9	2.9	2.4	2.5	2.7
Total (fat content)(d)	307,519	308,174	308,303	313,342	318,957	327,918	21.8	21.6	21.4	21.5	21.5	21.8
SUGAR—												
As refined sugar	226,160	209,392	203,636	186,852	203,353	187,546	16.0	14.7	14.1	12.8	13.7	12.5
In manufactured foods	481,315	494,578	506,418	505,603	518,022	523,221	34.1	34.6	35.1	34.6	35.0	34.7
Total	707,475	703,970	710,054	692,455	721,375	710,767	50.1	49.3	49.2	47.4	48.7	47.2
Honey	8,368	14,159	11,978	13,107	9,211	11,162	0.6	1.0	0.8	0.9	0.6	0.7
Total(e)	764,497	764,796	767,833	753,200	779,784	772,860	54.2	53.6	53.2	51.6	52.9	51.4
BEVERAGES—												
Tea	27,382	22,136	24,148	23,412	22,473	24,029	1.9	1.6	1.7	1.6	1.5	1.6
Coffee(f)	25,610	18,495	24,164	25,268	27,680	29,402	1.8	1.3	1.7	1.7	1.9	2.0
Aerated and carbonated waters			—'000 litres—						—litres—			
Beer	956,068	976,915	953,811	933,330	1,001,597	965,721	67.8	68.4	66.1	63.9	67.6	64.2
Wine	1,928,876	1,982,584	1,943,114	1,915,008	1,957,381	1,939,555	136.7	138.8	134.6	131.2	132.2	128.9
Total	191,078	202,181	236,257	252,401	269,398	287,052	13.5	14.2	16.4	17.3	18.2	19.1
ALCOHOL—			—'000 litres alcohol—						—litres alcohol—			
Beer	92,586	95,164	93,269	91,920	93,954	93,099	6.56	6.66	6.46	6.30	6.34	6.19
Wine	26,282	27,177	31,338	32,906	34,817	36,783	1.86	1.90	2.17	2.25	2.35	2.44
Spirits	17,724	18,802	15,402	14,817	16,325	17,455	1.26	1.32	1.05	1.01	1.10	1.16
Total	136,592	141,143	140,009	139,643	145,096	147,337	9.68	9.88	9.68	9.56	9.79	9.79

(a) Prior to 1978-79 was known as Fluid Whole Milk. (b) Includes flour used for breadmaking. (c) Per capita data on bread is now shown in kg per year. (d) Includes an estimate for vegetable oils and other fats. (e) Includes sugar content of syrups and glucose. (f) Coffee and coffee products in terms of roasted coffee.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1981-82

	Supply				Utilisation				Per capita consumption in Australia as human food	
	Production		Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food		
	Net change in stocks	Commercial								
MEAT—										
Carcass meat(a)—										
Beef and veal										
Beef	(-)/1,142	1,573,101	—	2,440	1,576,683	790,928	..	42,860	742,894	kg
Veal	(-)/1,108	1,523,272	—	1,952	1,526,332	782,436	..	40,717	703,179	49.4
Lamb	(-)/34	49,829	—	488	50,351	8,492	..	2,143	39,716	46.7
Mutton	(-)/975	276,119	—	83	277,094	32,092	..	—	245,002	2.6
Pigmeat	(-)/448	230,149	—	83	230,680	152,122	..	3,463	75,095	16.3
Total carcass meat	(-)/1,098	2,307,284	—	2,523	2,313,470	976,883	..	139,810	87,462	5.0
Offal and meat n.e.i.(a)	(-)/3,563	117,565	—	549	120,863	50,604	3,000	..	1,150,454	5.8
Canned meat (canned weight)	(-)/2,749	34,358	—	1,062	38,502	20,393	67,259	4.5
Bacon and ham (cured carcass weight)	(-)/3,082	101,459	—	—	101,245	399	..	6,322	94,524	1.2
Total meat (carcass equivalent weight)	(-)/10,974	2,619,580	—	4,893	2,635,447	1,064,720	3,000	194,731	1,372,996	6.3
POULTRY—										
Poultry (dressed weight)	(-)/8,781	279,434	3,412	153	291,780	4,133	..	n.a.	287,647	19.1
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	n.a.	38,000	3,800	..	41,800	11,616	n.a.	10,345	19,839	1.3
Imported	n.a.	21,090	21,090	359	n.a.	..	20,731	1.4
Crustacea and molluscs	n.a.	31,415	..	1,667	33,082	17,259	n.a.	2,800	13,023	0.9
Seafood, otherwise prepared (product weight)—										
Australian	(-)/207	13,145	—	..	13,352	2,870	10,482	0.7
Imported—										
Fish	n.a.	28,073	28,073	59	28,014	1.9
Crustacea and molluscs	n.a.	6,960	6,960	56	6,904	0.5
MILK AND MILK PRODUCTS—										
Market milk (fluid whole)	(b)1,552,998	litres
Condensed, concentrated and evaporated milk—										
Full cream sweetened	(-)/529	15,299	—	373	16,201	6,518	9,683	kg
Full cream unsweetened	(-)/1,035	39,080	—	336	40,451	3,575	36,876	0.6
Skim	(+)/392	19,106	—	977	19,691	2,753	16,938	2.5
Powdered milk—										
Full cream	(-)/2,955	59,700	—	736	63,391	50,091	13,300	1.1
Skim (incl. buttermilk and mixed skim and buttermilk)	(-)/7,316	87,443	—	599	95,358	52,900	42,458	0.9
Infants' and invalids' food	(-)/1,774	29,513	..	892	32,179	12,915	19,264	2.8
Cheese (natural equivalent weight)	(b)105,004	1.3
										7.0

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1981-82—continued

	Supply					Utilisation					Per capita per year kg	
	Production					Apparent consumption in Australia as human food						
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply — tonnes —	Exports	Non-food use, waste, etc.	For processed food	Total			
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Oranges	..	376,317	18,816	128,987	524,120	32,950	7,526	n.a.	483,644	32.1		
Other citrus fruit	..	100,902	5,045	8,723	114,670	9,161	n.a.	n.a.	105,509	7.0		
Other fresh fruit—												
Apples	(c)(+)	294,476	—	21	280,359	47,530	n.a.	21,808	211,021	14.0		
Apricots	..	27,067	—	—	27,067	—	n.a.	5,227	21,840	1.5		
Bananas	..	129,582	—	—	129,582	15	n.a.	—	129,567	8.6		
Grapes	..	23,256	—	—	23,256	2,663	n.a.	..	20,593	1.4		
Melons, Cantaloupes etc.	..	57,540	—	—	57,540	—	n.a.	—	57,540	3.8		
Peaches	..	64,562	—	—	64,562	—	n.a.	37,474	27,088	1.8		
Pears	(c)(-)	109,657	—	—	117,008	23,248	n.a.	24,672	69,088	4.6		
Pineapples	..	132,961	—	—	132,961	285	n.a.	53,220	79,456	5.3		
Plums and prunes	..	16,378	—	—	16,378	—	n.a.	5,162	11,216	0.7		
Total	(c)(+)	887,343	15,000	13,213	908,769	78,621	n.a.	227,817	602,331	40.0		
Jams, conserves, etc. (product weight)	(+)	32,646	1,000	2,618	36,044	9,686	26,358	1.8		
Dried vine fruit (product weight)—												
Currants	(-)	5,333	—	—	5,333	821	(d)5,012	0.3		
Raisins	(+)	5,230	—	—	5,030	1,652	(d)3,378	0.2		
Sultanas	(+)	70,380	—	—	55,380	36,880	(d)18,500	1.2		
Dried tree fruit (product weight)(e)—												
Apricots	(-)	920	—	24	1,298	560	738	—		
Prunes	(-)	2,700	—	372	3,759	121	3,638	0.2		
Other	(-)	209	—	5,100	5,388	385	5,003	0.3		
Processed fruit (product weight)—												
Apples	(-)	10,287	—	—	13,495	189	13,306	0.9		
Apricots	(-)	5,670	150	—	7,436	478	6,958	0.5		
Mixed fruits(f)	(+)	26,530	—	—	25,539	3,439	22,100	1.5		
Peaches	(-)	39,296	150	—	39,976	6,864	33,112	2.2		
Pears	(+)	22,127	100	—	19,112	3,352	15,760	1.0		
Pineapples	n.a.	n.a.	100	3,357	39,671	4,718	34,953	2.3		
Other	(-)	5,471	—	31,603	37,259	600	36,659	2.4		

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1981-82—continued

	Supply				Utilisation				Per capita per year
	Production		Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	
	Net change in stocks	Commercial							
	tonnes	tonnes	tonnes	tonnes	tonnes	tonnes	tonnes	kg	
VEGETABLES—									
Fresh—									
Asparagus	..	5,200	520	—	5,720	—	5,618	102	—
Beans	..	41,717	6,258	—	47,975	834	43,915	3,194	0.2
Cabbages and sprouts	..	75,508	3,775	—	79,283	1,604	955	72,949	4.9
Carrots	..	112,450	5,623	419	118,492	6,589	4,509	104,020	6.9
Cucumbers (incl. gherkins)	..	15,980	799	12	16,791	76	3,967	12,269	0.8
Onions	..	127,449	6,372	5,717	139,538	15,122	22,916	97,677	6.5
Peas	..	104,835	15,725	—	120,560	8,387	99,649	12,500	0.8
Sweet corn	..	35,573	1,779	—	37,352	711	24,362	12,279	0.8
Tomatoes	..	228,390	22,839	1,598	259,592	748	23,295	224,129	14.9
Frozen (product weight)—									
Beans	(+4,361	22,512	—	2,979	21,130	178	..	20,952	1.4
Peas	(+6,445	47,306	—	4,186	45,047	424	..	44,623	3.0
Processed (product weight)—									
Asparagus	n.a.	n.a.	—	3,003	6,721	103	..	6,618	0.4
Beans, baked	(-468	25,017	—	332	25,817	742	..	25,075	1.7
Beans, green	n.a.	n.a.	—	—	4,762	11	..	4,751	0.3
Beetroot	(-955	26,128	—	—	27,083	31	..	27,052	1.8
Cabbages and sprouts	n.a.	n.a.	—	—	1,027	319	..	708	0.1
Carrots	(-709	3,726	—	—	4,435	128	..	4,307	0.3
Cucumbers (incl. gherkins)	(-703	4,668	—	484	5,855	18	..	5,837	0.4
Onions	(+111	3,269	—	—	3,258	109	..	3,258	0.2
Peas	n.a.	n.a.	—	—	13,363	—	..	13,254	0.9
Sweet corn	n.a.	n.a.	—	—	10,304	26	..	10,278	0.7
Tomatoes	(+2,612	15,427	—	7,657	20,472	—	..	20,472	1.4
Total (fresh equivalent weight)—	n.a.	918,577	25,400	3,658	947,635	9,655	n.a.	867,426	57.6
White potatoes									
Other root and bulb vegetables—									
Beetroot	(-1,156	27,900	1,953	—	31,009	38	..	30,692	2.0
Carrots	(-858	112,450	5,623	419	119,350	6,743	..	109,232	7.3
Onions	(+777	127,449	6,372	5,717	139,461	15,122	..	120,516	8.0
Parsnips	n.a.	10,050	503	—	10,553	95	..	10,257	0.7
Sweet potatoes	n.a.	3,500	—	—	3,500	—	..	3,500	0.2
White turnips and swedes	n.a.	7,500	225	—	7,725	458	..	7,117	0.5
Total	(-1,937	288,849	14,676	6,136	311,598	22,456	..	281,314	18.7
Tomatoes	(-2,821	228,390	22,839	13,160	267,210	748	..	255,042	17.0

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1981-82—continued

	Supply				Utilisation				Per capita per year
	Production		Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	
	Net change in stocks	Commercial							
Leafy and green (incl. legumes)—									
Beans	(+)5,242	41,717	6,258	3,221	45,954	700	2,086	43,168	2.9
Cabbages and other greens	(-110)	78,178	3,909	—	82,097	1,904	3,909	76,284	5.1
Celery	n.a.	33,150	1,658	—	34,808	76	1,658	33,074	2.2
Lettuce	n.a.	51,092	5,109	—	56,201	913	3,576	51,712	3.4
Peas	(+)13,468	104,835	15,725	9,293	116,385	1,104	8,387	106,894	7.1
Total	(+)18,700	308,972	32,659	12,514	335,445	4,697	19,616	311,132	20.6
Other vegetables—									
Asparagus	(+)711	5,200	520	3,964	8,973	136	..	8,837	0.6
Cauliflowers	(-5)	85,367	4,268	—	89,640	3,768	5,976	79,896	5.3
Cucumbers (incl. gherkins)	(-598)	15,980	799	423	17,800	89	479	17,232	1.1
Marrows, squashes and zucchinis	n.a.	5,028	251	—	5,279	76	n.a.	5,203	0.3
Pumpkins	n.a.	59,264	2,963	—	62,227	76	n.a.	62,151	4.1
Sweet corn	(-1,295)	35,573	1,779	—	38,647	65	711	37,871	2.5
Other	(+)6,528	29,779	—	19,200	42,451	—	n.a.	42,451	2.8
Total	(+)5,341	236,191	10,580	23,587	265,017	4,210	7,166	253,641	16.9
Total all vegetables	(+)19,283	1,980,979	106,154	59,056	2,126,905	41,766	116,583	1,968,555	130.8
GRAIN PRODUCTS—									
Flour(g)	(-873)	1,139,793	..	8,781	1,149,447	65,266	..	1,084,181	72.0
Breakfast foods—									
Oatmeal and rolled oats	(-302)	19,056	..	362	19,720	9,333	..	10,387	0.7
Other (from grain)	(+)143	125,106	..	365	125,328	16,850	..	108,478	7.2
Table rice	..	(b)42,152	..	1,728	43,880	43,880	2.9
Total grain products	(-)1,032	1,326,107	..	11,236	1,338,375	91,449	..	1,246,926	82.8
Bread(i)	..	714,578	..	1,497	..	386	..	715,688	47.5
EGGS AND EGG PRODUCTS(i)—									
Total (eggs in shell weight)	(-)1,088	131,370	68,331	—	200,789	11,509	621	188,659	12.5
NUTS (in shell)—									
Peanuts	(k)(+)200	30,667	n.a.	9,103	39,570	6,830	n.a.	17,596	1.2
Tree nuts	n.a.	5,107	n.a.	44,057	49,164	232	n.a.	48,932	3.3

For footnotes see end of table.

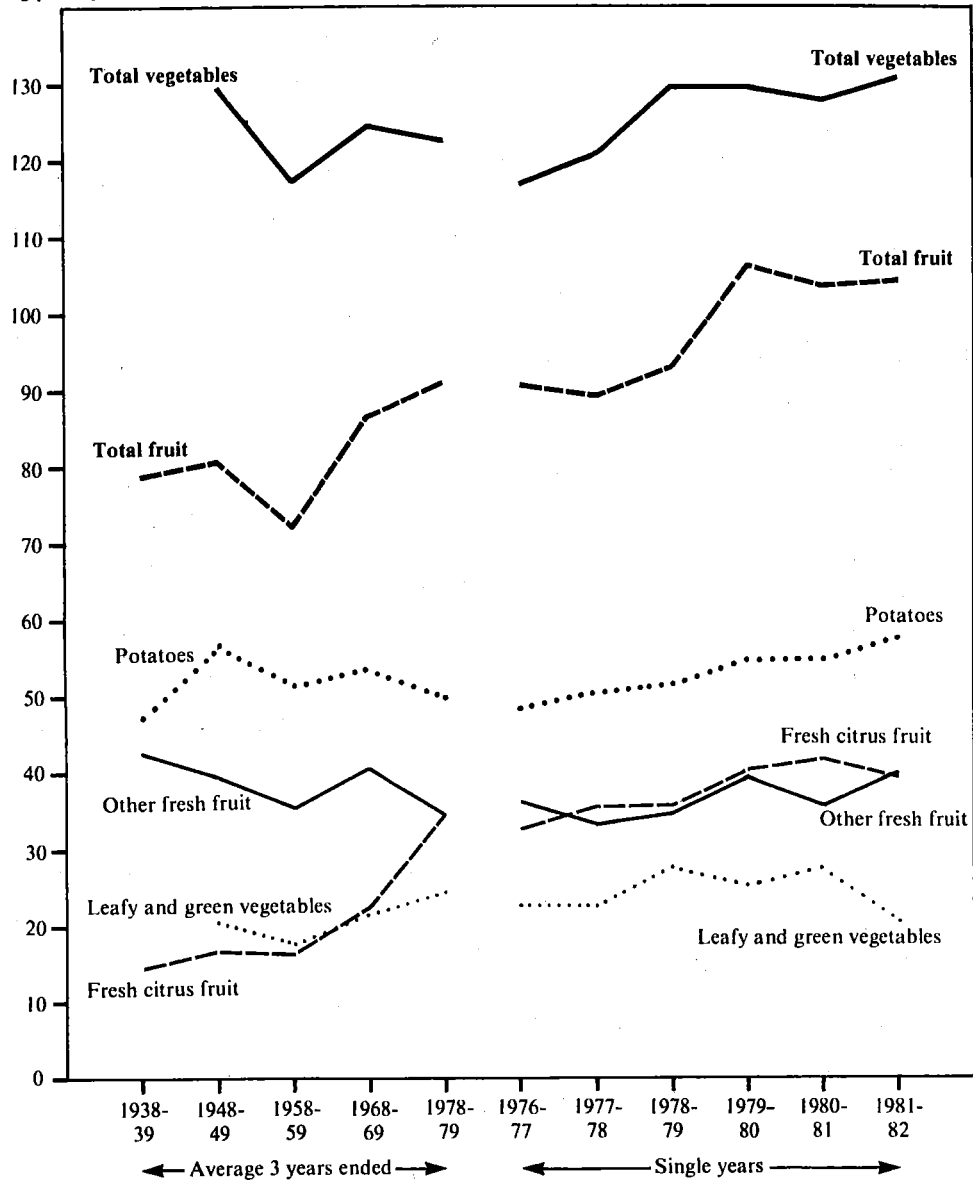
TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1981-82—continued

	Supply				Utilisation				Per capita per year
	Production		Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Total	
	Net change in stocks	Commercial							
OILS AND FATS—									
Butter	(b) 64,637	kg
Total margarine	(-37	147,556	..	15	147,608	143,000	4.3
Table margarine	(+803	104,783	103,980	102,077	9.5
Other margarine	(-840	42,773	..	15	43,628	40,923	6.8
SUGAR—									
As refined sugar	(+2,125	737,155	..	68	735,098	..	525,810	187,546	12.5
In manufactured foods	..	540,676	..	10,791	551,467	523,221	34.7
Honey	(+821	24,794	..	59	24,032	11,162	0.7
BEVERAGES—									
Tea	n.a.	n.a.	..	n.a.	n.a.	(l) 24,029	1.6
Coffee	n.a.	33,398	33,398	(l) 29,402	2.0
Aerated and carbonated waters									
Beer	n.a.	974,532	n.a.	7,435	981,967	965,721	litres
Wine	(m) 1,658	(n) 1,939,555	128.9
Dessert wine	(m) 267	(o) 19,981	1.3
Sherry	80	25,555	1.7
Sparkling and carbonated wine	1,648	29,397	2.0
Table wine	6,331	204,238	13.6
Vermouth	72	5,007	0.3
Other wine, n.e.i.	56	2,874	0.2
Total wine	8,454	287,052	19.1
Spirits—									
Brandy	448	(q) 2,792	litres alcohol
Gin	448	930	0.2
Liqueurs (incl. flavoured spirits)	1,729	1,926	0.1
Rum	756	3,137	0.2
Vodka	91	807	0.1
Whisky	7,164	7,472	0.5
Other, n.e.i. (incl. bitters)	96	391	..
Total	10,732	17,455	1.2

(a) Stocks supplied by the Australian Meat and Livestock Corporation. (b) Domestic sales by 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 Australian Dried Fruits Association. (f) Includes fruit salad. (g) Includes flour used for breadmaking. (h) Comprises deliveries for home consumption. (i) Per capita data on bread is now shown in kg per year. (j) Stocks held by Egg Boards. (k) Stocks held by Queensland Peanut Marketing Board. (l) Stocks collection discontinued under Review of Commonwealth Functions. Australian production of tea confidential; included in total. (m) Imports cleared for home consumption. (n) Comprises quantity of beer produced in Australia and imports cleared for home consumption. (o) Comprises quantity of sales by winemakers and imports cleared for home consumption. (p) Comprises quantity of potable spirits upon which excise duty was paid and imports cleared for home consumption. (q) Comprises quantity of sales by winemakers and imports cleared for home consumption.

APPARENT PER CAPITA CONSUMPTION OF VEGETABLES AND FRUIT

kg per capita per year



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 1976-77 to 1981-82 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		Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
						activity (b) µg	Vitamin C mg				
1976-77											
Meat(c)	37.09	60.28	0.44	21.15	5.81	579.73	3.11	0.34	0.65	9.97	2,946.1
Poultry	6.09	1.72	—	3.86	0.47	18.50	—	0.02	0.05	2.20	173.9
Seafood	3.68	3.68	0.08	15.92	0.30	4.79	0.18	0.01	0.02	0.79	104.5
Milk and milk products(d)	17.48	18.31	21.53	602.89	0.62	211.70	4.38	0.16	0.78	0.59	1,365.9
Fruit and fruit products	1.24	0.52	25.01	38.58	0.78	61.60	41.98	0.10	0.07	0.59	411.6
Vegetables	4.67	0.50	31.80	49.71	1.84	355.29	46.61	0.24	0.15	2.39	580.8
Grain products	24.12	3.71	169.59	47.85	4.64	1.00	—	0.78	0.57	5.93	3,420.8
Eggs and egg products	3.71	3.44	0.21	16.01	0.71	84.02	—	0.03	0.09	0.03	198.7
Nuts	1.33	3.51	1.09	6.64	0.18	0.01	—	0.04	0.02	0.63	161.6
Oils and fats	0.22	57.93	0.26	6.91	0.02	291.43	—	—	—	—	2,163.2
Sugar	0.01	—	137.47	5.94	0.21	—	0.02	—	—	—	2,243.7
Beverages (alcoholic)(e)	1.01	—	11.22	14.73	0.07	—	—	0.01	0.33	0.55	830.1
Total	100.63	150.90	398.70	830.17	15.65	1,608.06	96.28	1.74	2.72	23.68	14,600.8
1977-78											
Meat(c)	36.63	60.01	0.46	20.94	5.77	597.21	3.21	0.35	0.65	9.88	2,927.8
Poultry	6.51	1.84	—	4.13	0.51	19.80	—	0.03	0.05	2.35	186.1
Seafood	3.66	0.94	0.08	14.99	0.29	4.63	0.19	0.01	0.02	0.79	102.7
Milk and milk products(d)	19.30	19.42	22.90	663.88	0.69	227.02	4.56	0.17	0.84	0.64	1,461.2
Fruit and fruit products	1.25	0.53	24.60	40.17	0.78	63.64	44.39	0.10	0.07	0.10	405.8
Vegetables	4.79	0.50	32.89	51.26	1.89	356.00	48.79	0.24	0.16	2.47	600.2
Grain products	22.57	3.47	159.29	45.09	4.47	1.01	—	0.75	0.57	5.79	3,210.4
Eggs and egg products	3.71	3.44	0.21	16.01	0.71	84.02	—	0.03	0.09	0.03	198.7
Nuts	1.83	4.41	1.42	7.72	0.22	0.02	—	0.06	0.02	0.96	206.4
Oils and fats	0.21	57.50	0.25	6.87	0.01	283.10	—	—	—	—	2,146.9
Sugar	0.01	—	135.93	5.94	0.21	—	0.03	—	—	—	2,219.0
Beverages (alcoholic)(e)	1.02	—	11.31	15.05	0.08	—	—	0.01	0.33	0.55	839.9
Total	101.51	152.07	389.33	892.05	15.63	1,636.45	101.18	1.76	2.80	24.08	14,505.1
1978-79											
Meat(c)	31.91	54.19	0.39	18.36	4.94	476.57	2.56	0.32	0.55	8.53	2,622.2
Poultry	7.29	2.06	—	4.62	0.57	22.15	—	0.03	0.06	2.63	208.2
Seafood	3.43	0.86	0.08	14.06	0.28	4.31	0.17	0.01	0.02	0.75	95.5
Milk and milk products(d)	19.53	19.54	22.33	671.15	0.67	228.57	4.30	0.17	0.84	0.61	1,459.4
Fruit and fruit products	1.28	0.51	25.83	40.65	0.80	64.27	44.29	0.11	0.07	0.60	423.5
Vegetables	5.07	0.54	34.08	56.60	2.01	395.88	54.22	0.26	0.17	2.56	623.4
Grain products	23.54	3.66	165.79	47.15	4.63	1.03	—	0.77	0.58	5.95	3,343.6
Eggs and egg products	3.77	3.50	0.21	16.27	0.72	85.39	—	0.03	0.09	0.03	201.9
Nuts	0.85	2.47	0.74	5.01	0.13	0.01	—	0.02	0.01	0.36	111.9
Oils and fats	0.20	56.83	0.25	6.76	0.01	271.87	—	—	—	—	2,121.9
Sugar	0.01	—	133.63	6.42	0.20	—	0.02	—	—	—	2,181.6
Beverages (alcoholic)(e)	1.01	—	11.15	15.71	0.09	—	—	0.01	0.32	0.54	833.0
Total	97.89	144.15	394.47	902.76	15.05	1,550.05	105.56	1.74	2.71	22.56	14,226.2

For footnotes see end of table.

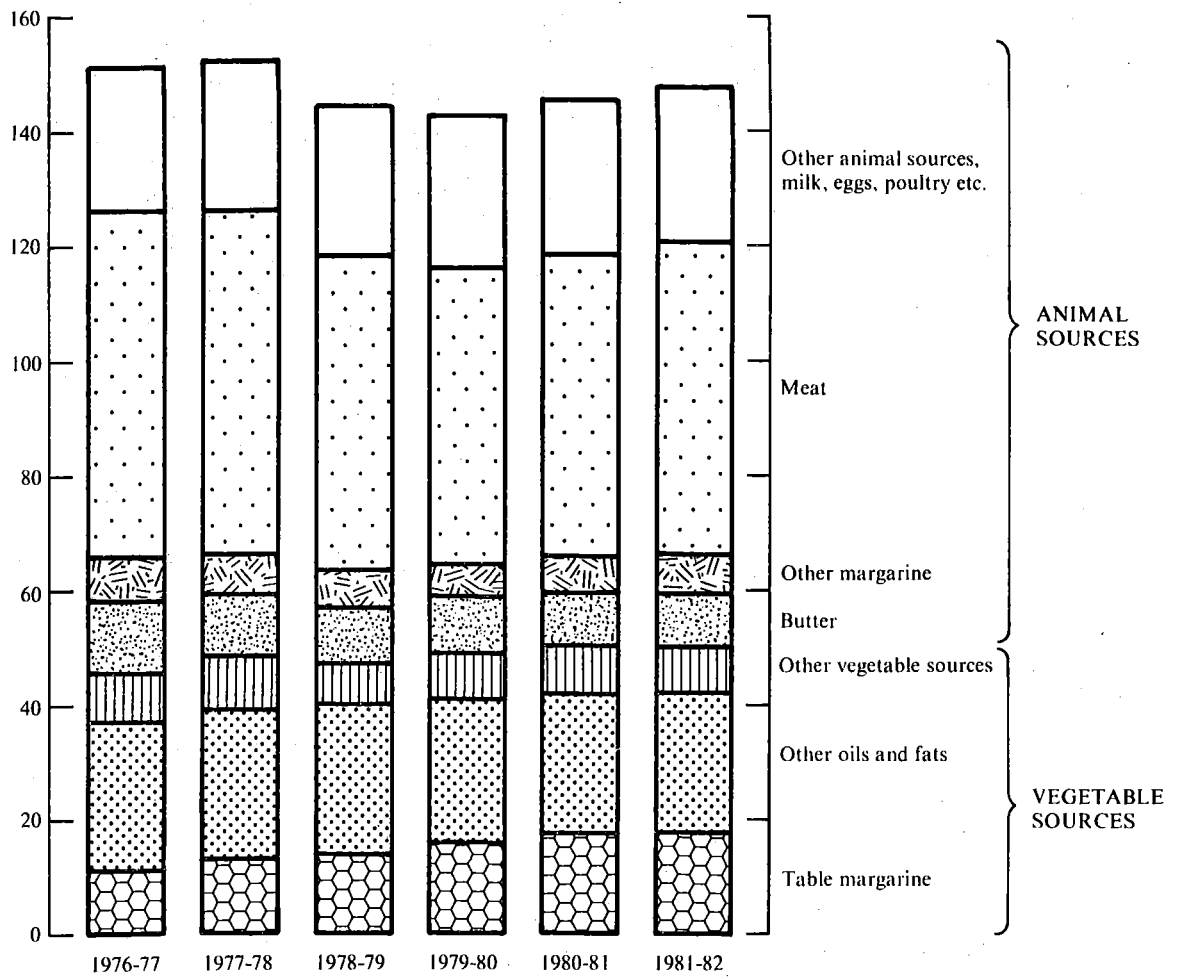
TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a)—continued
(per capita per day)

Commodity group	Protein g	Fat g	Carbo- hydrate g	Calcium mg	Iron mg	Vitamin A		Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
						activity (b) µg	(b) µg					
1979-80												
Meat(c)	29.14	51.42	0.32	16.83	4.40	373.80	2.00	0.32	0.48	7.73	2,466.9	
Poultry	7.81	2.21	—	4.95	0.61	23.74	—	0.03	0.06	2.82	223.1	
Seafood	3.57	0.99	0.05	14.19	0.27	4.60	0.20	0.01	0.02	0.85	102.6	
Milk and milk products(d)	20.18	19.83	22.83	692.69	0.68	232.43	4.28	0.17	0.86	0.62	1,489.9	
Fruit and fruit products	1.44	0.58	28.80	45.75	0.90	70.18	50.18	0.12	0.08	0.67	473.4	
Vegetables	5.19	0.54	35.48	54.16	2.03	369.05	52.05	0.27	0.17	2.68	647.8	
Grain products	23.35	3.55	164.42	46.04	4.44	0.94	—	0.74	0.54	5.68	3,315.0	
Eggs and egg products	3.76	3.49	0.21	16.23	0.72	85.15	—	0.03	0.09	0.03	201.4	
Nuts	1.24	3.28	1.02	6.21	0.17	0.01	—	0.04	0.02	0.60	151.2	
Oils and fats	0.20	0.25	0.25	6.81	0.01	275.01	—	—	—	—	2,124.8	
Sugar	0.01	130.42	—	5.81	0.20	—	0.02	—	—	0.01	2,129.0	
Beverages (alcoholic)(e)	1.02	—	11.26	16.12	0.09	—	—	0.01	0.33	0.54	839.0	
Total	96.92	142.80	395.06	925.80	14.53	1,434.92	108.74	1.74	2.64	22.22	14,164.0	
1980-81												
Meat(c)	29.32	52.67	0.34	16.99	4.46	401.45	2.16	0.34	0.49	7.81	2,517.4	
Poultry	7.87	2.22	—	4.99	0.61	23.92	—	0.03	0.07	2.84	224.9	
Seafood	4.05	1.04	0.08	15.33	0.32	5.09	0.23	0.01	0.02	0.96	113.6	
Milk and milk products(d)	19.80	20.28	22.47	679.78	0.67	236.63	4.26	0.17	0.84	0.60	1,494.9	
Fruit and fruit products	1.45	0.61	28.31	46.41	0.89	72.31	51.17	0.12	0.08	0.68	466.7	
Vegetables	5.05	0.54	35.34	53.56	2.00	400.02	51.14	0.26	0.16	2.64	644.0	
Grain products	23.72	3.66	167.16	47.16	4.53	0.96	—	0.76	0.55	5.77	3,370.8	
Eggs and egg products	3.74	3.47	0.21	16.14	0.72	84.70	—	0.03	0.09	0.03	200.3	
Nuts	1.34	3.57	1.11	6.80	0.18	0.01	—	0.04	0.02	0.64	164.3	
Oils and fats	0.20	0.25	0.25	6.91	0.01	274.31	—	—	—	—	2,178.2	
Sugar	0.01	133.45	—	5.82	0.20	—	0.02	—	—	—	2,178.2	
Beverages (alcoholic)(e)	1.01	—	11.11	16.33	0.10	—	—	0.01	0.32	0.53	842.8	
Total	97.55	145.35	399.83	916.22	14.69	1,499.42	108.98	1.77	2.64	22.51	14,356.9	
1981-82												
Meat(c)	31.03	54.48	0.35	17.89	4.72	420.99	2.26	0.34	0.52	8.26	2,616.5	
Poultry	7.40	2.09	—	4.69	0.58	22.51	—	0.03	0.06	2.67	211.6	
Seafood	3.55	0.94	0.08	15.22	0.29	4.58	0.16	0.01	0.02	0.78	100.4	
Milk and milk products(d)	19.83	20.63	22.08	680.49	0.72	242.81	4.55	0.17	0.83	0.64	1,500.8	
Fruit and fruit products	1.43	0.60	28.28	45.37	0.89	73.84	49.58	0.12	0.08	0.68	466.0	
Vegetables	5.14	0.56	36.59	54.33	2.03	392.08	51.82	0.26	0.16	2.69	665.4	
Grain products	24.16	3.73	170.25	48.04	4.63	0.99	—	0.77	0.57	5.91	3,433.1	
Eggs and egg products	3.77	3.50	0.21	16.27	0.72	85.39	—	0.03	0.09	0.03	201.9	
Nuts	1.11	3.18	0.96	6.41	0.16	0.01	—	0.03	0.02	0.48	144.6	
Oils and fats	0.21	0.25	0.25	7.06	0.01	279.13	—	—	—	—	2,163.7	
Sugar	0.01	57.95	—	5.77	0.20	—	0.02	—	—	—	2,109.5	
Beverages (alcoholic)(e)	1.01	—	11.14	16.68	0.10	—	—	0.01	0.32	0.53	856.8	
Total	98.65	147.64	399.44	918.23	15.07	1,522.33	108.38	1.77	2.66	22.67	14,470.4	

(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.

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

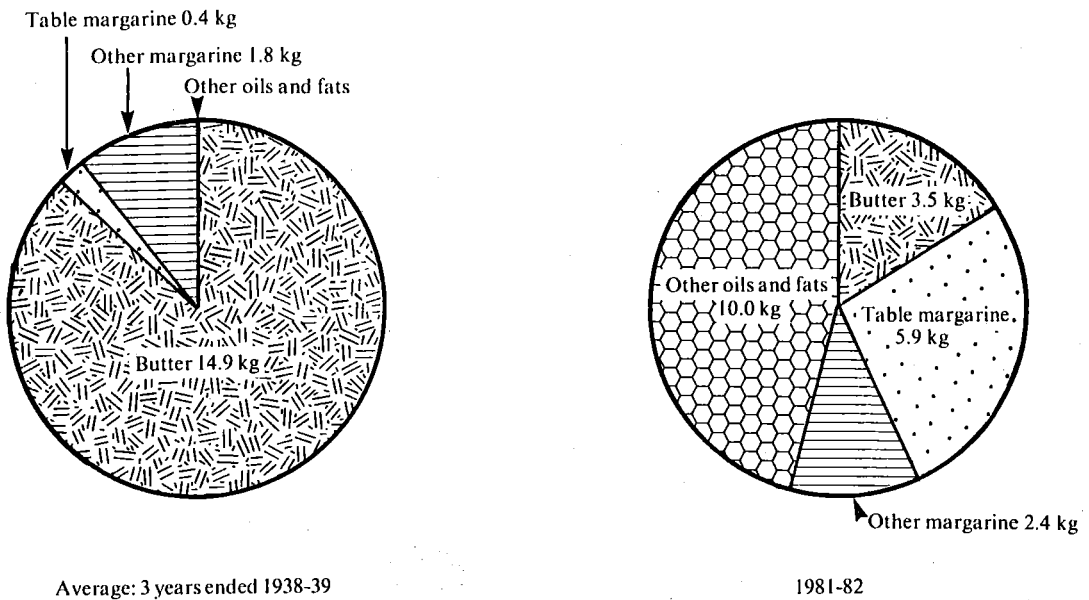


TABLE 5. ADJUSTMENTS TO THE AVAILABILITY OF SPECIFIC VITAMINS, AUSTRALIA(a)
(milligrams per capita per day)

Nutrient	1976-77		1977-78		1978-79		1979-80		1980-81		1981-82	
	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	2.75	2.75	2.75	2.75	2.76	2.76	2.78	2.78	2.85	2.85	2.83	2.83
Other milk products	1.63	1.63	1.81	1.81	1.54	1.54	1.50	1.50	1.41	1.41	1.72	1.72
Meat	3.11	(b)	3.21	(b)	2.56	(b)	2.00	(b)	2.16	(b)	2.26	(b)
Fruit and fruit products—												
Fresh, canned and dried	10.54	9.24	10.12	8.83	10.62	9.30	11.23	9.79	11.21	9.78	11.78	10.46
Cooked	0.40	0.20	0.35	0.18	0.45	0.23	0.30	0.15	0.30	0.15	0.35	0.18
Citrus	31.04	31.04	33.92	33.92	33.67	33.67	38.65	38.65	39.66	39.66	37.45	37.45
Vegetables—												
Fresh tomatoes	7.71	4.74	7.42	4.16	7.76	4.50	8.19	5.12	8.78	5.71	9.63	6.59
Lettuce	0.91	0.91	0.83	0.83	0.93	0.93	0.96	0.96	0.99	0.99	0.91	0.91
Canned vegetables	2.04	0.91	1.82	0.83	1.82	0.83	1.64	0.76	1.83	0.76	1.89	0.78
Cooked potatoes and other vegetables	35.95	17.98	38.72	19.36	43.71	21.86	41.26	20.63	39.54	19.77	39.39	19.70
Total vitamin C	96.28	69.40	101.18	72.67	105.56	75.62	108.74	80.34	108.98	80.32	108.38	80.62
Thiamin	1.74	1.48	1.76	1.50	1.74	1.48	1.74	1.48	1.77	1.50	1.77	1.50
Niacin equivalent(c)	23.68	40.45	24.08	41.00	22.56	38.88	22.22	38.37	22.51	37.77	22.67	39.11

(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.

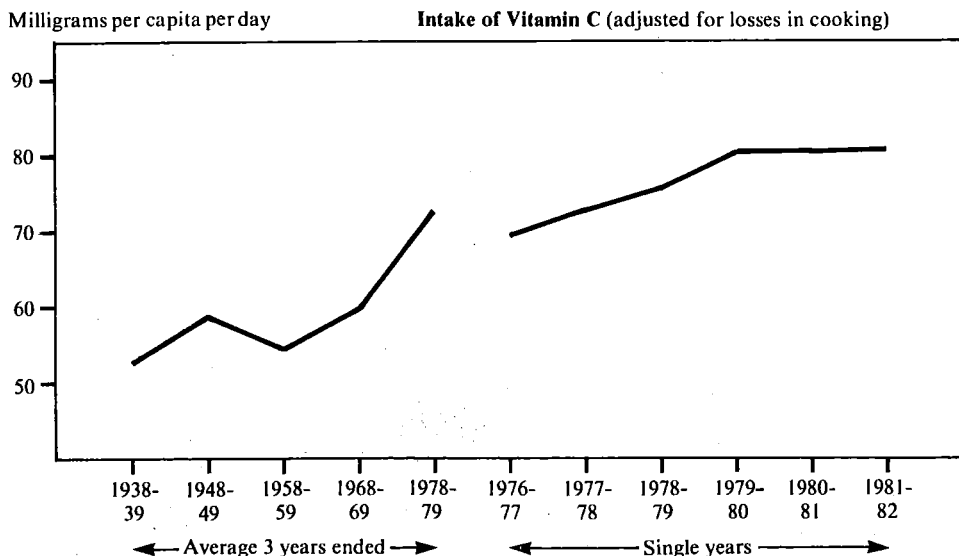


TABLE 6. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA

	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82
Meat	20.2	20.2	18.4	17.4	17.5	18.1
Poultry	1.2	1.3	1.5	1.6	1.6	1.5
Seafood	0.7	0.7	0.7	0.7	0.8	0.7
Milk and milk products	9.4	10.1	10.3	10.5	10.4	10.4
Fruit and fruit products	2.8	2.8	3.0	3.3	3.3	3.2
Vegetables	4.0	4.1	4.4	4.6	4.5	4.5
Grain products	23.4	22.1	23.5	23.4	23.5	23.7
Eggs and egg products	1.4	1.4	1.4	1.4	1.4	1.4
Nuts	1.1	1.4	0.8	1.1	1.1	1.0
Oils and fats	14.8	14.8	14.9	15.0	14.9	15.0
Sugar	15.4	15.3	15.3	15.0	15.2	14.6
Beverages (alcoholic)	5.7	5.8	5.9	5.9	5.9	5.9
Total	100.0	100.0	100.0	100.0	100.0	100.0

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

Nutrient	Unit	Average 3 years ended—										
		1938-39	1948-49	1958-59	1968-69	1978-79	1976-77	1977-78	1978-79	1979-80	1980-81	1981-82
Protein—												
Animal	g	58.7	57.4	59.6	64.2	67.9	68.1	69.8	65.9	64.5	64.8	65.6
Vegetable	g	30.9	35.3	32.3	35.5	32.1	32.5	31.7	32.0	32.4	32.8	33.1
<i>Total</i>	<i>g</i>	<i>89.6</i>	<i>92.7</i>	<i>91.9</i>	<i>99.7</i>	<i>100.0</i>	<i>100.6</i>	<i>101.5</i>	<i>97.9</i>	<i>96.9</i>	<i>97.6</i>	<i>98.7</i>
Fat(from all sources)	g	133.5	121.7	131.7	123.2	149.1	150.9	152.1	144.2	142.8	145.4	147.6
Carbohydrate	g	377.4	424.8	416.7	406.8	394.2	398.7	389.3	394.5	395.1	399.8	399.4
Calcium	mg	642	785	817	968	875.0	830.2	892.1	902.8	925.8	916.2	918.2
Iron	mg	15.4	15.1	14.0	14.7	15.5	15.7	15.6	15.1	14.5	14.7	15.1
Vitamin A activity	µg	1,471.5	1,389.0	1,370.4	1,347.9	1,598.2	1,608.1	1,636.5	1,550.1	1,434.9	1,499.4	1,522.3
Vitamin C	mg	52.6	58.8	54.3	59.8	72.6	69.4	72.7	75.6	80.3	80.3	80.6
Thiamin	mg	1.2	1.3	1.1	1.4	1.5	1.48	1.50	1.48	1.48	1.50	1.50
Riboflavin	mg	1.7	1.9	1.8	2.7	2.7	2.72	2.80	2.71	2.64	2.64	2.66
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.1	40.5	41.0	38.9	38.4	37.8	39.1
Energy value	kJ	13,048	13,584	13,801	13,835	14,444	14,601	14,505	14,226	14,164	14,357	14,470

(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
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	100.6	830.2	15.7	1,608.1	69.4	1.48	2.72	40.5	14,601
In excess of dietary allowance (%)	68.5	90.1	49.5	137.7	118.2	64.4	147.3	189.3	63.5
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	101.5	892.1	15.6	1,636.5	72.7	1.50	2.80	41.0	14,505
In excess of dietary allowance (%)	70.3	104.4	50.0	141.3	128.6	66.7	154.5	192.9	62.8
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	97.9	902.8	15.1	1,550.1	75.6	1.48	2.71	38.9	14,226
In excess of dietary allowance (%)	63.4	106.9	43.8	128.1	137.7	64.4	146.4	175.9	59.0
1979-80—									
Dietary allowance(c)	60.0	436.0	10.5	681.3	31.8	0.9	1.1	14.1	8,952
Nutrients—									
Available	96.9	925.8	14.5	1,434.9	80.3	1.48	2.64	38.4	14,164
In excess of dietary allowance (%)	61.5	112.3	38.1	110.6	152.5	64.4	140.0	172.3	58.2
1980-81—									
Dietary allowance(c)	59.5	427.0	10.4	672.3	31.2	0.8	1.1	13.9	8,861
Nutrients—									
Available	97.6	916.2	14.7	1,499.4	80.3	1.50	2.64	37.8	14,357
In excess of dietary allowance (%)	64.0	114.6	41.3	123.0	157.4	87.5	140.0	171.9	62.0
1981-82—									
Dietary allowance(c)	59.5	427.0	10.4	672.3	31.2	0.8	1.1	13.9	8,861
Nutrients—									
Available	98.7	918.2	15.1	1,522.3	80.6	1.50	2.66	39.1	14,470
In excess of dietary allowance (%)	65.9	115.0	45.2	126.4	158.3	87.5	141.8	181.3	63.3

(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.

