America Eats More of Everything...

...and Too Much of Some Things

According to the 2005 Dietary Guidelines for Americans (see red highlights below)

ERS maintains the only time series data on the amount of food available for consumption in the United States. For many commodities, the data series extends back to 1909. ERS builds on these data to provide estimates of per-capita consumption and nutrient availability.

For more information, see the ERS Website: Diet Quality and Food Consumption: Dietary Trends from Food and Nutrient Availability Data, www.ers.usda.gov/briefing/dietquality/availability.htm