

Table 42--U.S. food supply: Nutrients and other food components, per capita per day, 1970-94 1/

Year	Food energy	Carbo-hydrate	Protein	Fat				Choles-terol	Vitamins				
				Total fat	Satu-rated Fat	Monoun-saturated fat	Polyun-saturated fat		Vitamin A	Caro-tenes	Vitamin E	Vitamin C	Thia-min
	Kilo-calories			Grams				Milligrams	Micrograms	Milligrams			
								Retinol equivalents	Alpha-TE	Milligrams			
1970	3,300	386	95	154	54	63	26	470	1,500	510	13.7	107	2.0
1971	3,300	387	96	154	55	63	26	470	1,510	520	13.5	108	2.0
1972	3,300	386	95	155	54	63	27	460	1,530	550	13.9	108	2.0
1973	3,200	390	94	150	52	61	27	440	1,520	580	14.4	106	2.0
1974	3,200	383	94	151	52	62	27	440	1,560	600	14.2	108	2.1
1975	3,200	385	93	146	50	59	27	430	1,550	620	14.4	112	2.2
1976	3,300	399	97	152	51	60	29	430	1,580	620	14.7	113	2.3
1977	3,300	398	96	149	51	59	28	430	1,530	580	14.2	112	2.3
1978	3,200	392	95	150	51	59	29	430	1,510	580	14.5	108	2.2
1979	3,300	400	96	151	51	60	30	430	1,530	610	14.6	109	2.3
1980	3,300	406	96	153	52	60	30	430	1,520	600	14.6	112	2.3
1981	3,300	394	96	153	51	61	30	430	1,510	600	14.7	109	2.3
1982	3,300	396	96	152	51	60	30	420	1,510	620	15.0	110	2.3
1983	3,300	400	97	157	53	62	31	430	1,500	600	15.4	115	2.3
1984	3,400	404	98	155	53	62	29	430	1,530	640	14.9	112	2.3
1985	3,500	420	101	163	55	65	32	430	1,520	630	16.2	114	2.4
1986	3,500	425	102	162	54	65	32	420	1,500	610	16.3	118	2.4
1987	3,500	436	103	160	53	64	32	420	1,530	640	16.4	115	2.5
1988	3,600	443	105	161	53	64	33	420	1,470	610	16.9	116	2.5
1989	3,500	445	104	156	51	63	32	410	1,500	640	16.5	115	2.6
1990	3,600	458	105	156	51	63	32	400	1,530	670	16.8	111	2.6
1991	3,600	464	107	155	50	63	32	400	1,500	640	17.0	115	2.6
1992	3,700	473	108	158	52	64	32	410	1,540	670	17.1	117	2.7
1993	3,700	482	108	161	52	66	32	410	1,530	670	17.6	122	2.7
1994	3,800	491	110	159	52	65	31	410	1,520	660	16.9	124	2.7
Vitamins--continued							Minerals						
Riboflavin	Niacin	Vitamin B6	Folate	Vitamin B12	Calcium	Phos-phorus	Mag-nesium	Iron	Zinc	Copper	Potassium		
----- Milligrams -----			--- Micrograms ---		----- Milligrams -----								
1970	2.3	22	2.0	279	9.5	890	1,460	320	15.4	12.2	1.6	3,510	
1971	2.3	22	2.0	280	9.5	890	1,470	320	15.6	12.3	1.6	3,500	
1972	2.3	22	2.0	279	9.4	890	1,470	330	15.6	12.2	1.6	3,490	
1973	2.3	22	1.9	284	8.9	880	1,440	330	15.8	11.8	1.6	3,460	
1974	2.3	23	2.0	276	9.2	850	1,430	320	18.1	12.0	1.6	3,410	
1975	2.3	24	1.9	298	8.8	840	1,430	320	19.8	11.8	1.7	3,440	
1976	2.5	26	2.0	303	9.1	890	1,480	330	23.8	12.3	1.7	3,530	
1977	2.4	25	2.0	302	9.0	880	1,470	320	23.3	12.2	1.7	3,460	
1978	2.4	25	1.9	291	8.7	880	1,460	320	23.0	12.0	1.6	3,410	
1979	2.4	25	2.0	299	8.5	890	1,480	330	16.1	11.9	1.7	3,480	
1980	2.4	25	2.0	292	8.4	870	1,460	320	16.0	11.8	1.7	3,440	
1981	2.4	26	2.0	292	8.5	860	1,460	320	16.2	11.9	1.7	3,400	
1982	2.4	25	2.0	298	8.2	870	1,460	330	16.4	11.9	1.7	3,430	
1983	2.4	26	2.0	301	8.4	890	1,490	330	17.4	12.1	1.7	3,490	
1984	2.5	26	2.0	295	8.5	900	1,500	330	18.4	12.1	1.7	3,500	
1985	2.5	27	2.1	310	8.5	920	1,540	350	19.1	12.5	1.8	3,590	
1986	2.5	27	2.1	313	8.4	930	1,570	350	19.2	12.6	1.8	3,650	
1987	2.5	27	2.1	304	8.5	930	1,580	350	19.3	12.5	1.8	3,590	
1988	2.5	28	2.1	316	8.3	930	1,600	360	19.8	12.7	1.8	3,630	
1989	2.5	28	2.2	308	8.2	920	1,600	360	19.8	12.6	1.8	3,630	
1990	2.6	28	2.2	311	8.2	940	1,620	370	20.2	12.7	1.8	3,650	
1991	2.5	28	2.2	321	8.2	940	1,630	380	20.5	12.8	1.9	3,690	
1992	2.6	29	2.3	326	8.3	950	1,660	380	20.8	13.0	1.9	3,750	
1993	2.6	29	2.3	329	8.0	950	1,650	380	20.9	13.0	1.9	3,750	
1994	2.6	29	2.3	331	8.1	960	1,680	380	21.2	13.2	1.9	3,780	

1/ Data are based on ERS estimates of per capita quantities of food available for consumption from "Food Consumption, Prices, and Expenditures, 1970-94," (SB-928, ERS, USDA, April 1996), on imputed consumption data for foods no longer reported by ERS, and on estimates from USDA's Center for Nutrition Policy and Promotion (CNPP) of quantities of produce from home gardens. Historical data for this table are available from CNPP's Shirley Gerrior, (202) 606-4839, or Lisa Bente, (202) 208-2447.

Source: USDA/Center for Nutrition Policy and Promotion (CNPP).

Table 43--U.S. food supply: Nutrients contributed from major food groups, per capita per day, 1970 and 1994 1/

Food group	Food energy		Carbohydrates		Protein		Fat								Cholesterol	
	Kilo-calories	% of total	Grams	% of total	Grams	% of total	Total		Saturated		Monounsaturated		Polyunsaturated		Milli-grams	% of total
							Grams	% of total	Grams	% of total	Grams	% of total	Grams	% of total		
Meat, poultry, and fish																
1970	650	19.8	*	0.1	38	40.3	53	34.6	20	37.2	17	37.4	5	20.2	186	39.8
1994	540	14.3	*	0.1	43	39.3	39	24.5	14	26.4	24	25.7	5	14.9	181	43.8
Dairy products 2/																
1970	350	10.6	25	6.4	20	21.2	19	12.6	12	22.3	6	8.8	1	2.6	71	15.2
1994	350	9.3	23	4.7	21	19.3	20	12.3	12	23.6	6	8.6	1	2.1	67	16.1
Eggs																
1970	60	2.0	1	0.1	5	5.7	4	2.8	1	2.5	1	2.6	1	2.3	184	39.3
1994	50	1.3	*	0.1	4	3.8	3	2.1	1	2.0	2	2.0	1	1.5	142	34.4
Fats and oils 3/																
1970	580	17.8	*	**	*	0.1	66	42.7	18	32.7	37	45.0	17	62.9	27	5.7
1994	740	19.5	*	**	*	0.1	83	52.2	21	40.9	29	56.3	22	68.9	23	5.6
Fruits																
1970	100	2.9	24	6.1	1	1.2	1	0.4	*	0.2	*	0.3	*	0.5	0	0.0
1994	130	3.4	31	6.4	1	1.3	1	0.5	*	0.3	*	0.4	*	0.5	0	0.0
Citrus fruits																
1970	30	0.9	7	1.8	1	0.5	*	0.1	*	**	*	**	*	0.1	0	0.0
1994	40	1.0	9	1.9	1	0.6	*	0.1	*	**	*	**	*	0.1	0	0.0
Noncitrus fruits																
1970	70	2.1	17	4.3	1	0.7	1	0.3	*	0.2	*	0.3	*	0.4	0	0.0
1994	90	2.4	22	4.5	1	0.8	1	0.4	*	0.3	*	0.4	*	0.5	0	0.0
Legumes, soy, and nuts																
1970	100	2.9	9	2.2	5	5.4	5	3.4	1	1.9	3	3.7	2	5.9	0	0.0
1994	110	2.9	10	2.0	7	6.0	6	3.6	1	2.1	2	4.1	2	5.5	0	0.0
Vegetables 4/																
1970	170	5.2	39	10.1	5	5.8	1	0.5	*	0.2	*	0.1	*	1.2	0	0.0
1994	180	4.7	40	8.2	5	5.3	1	0.5	*	0.3	*	0.1	*	1.0	0	0.0
White potatoes																
1970	90	2.8	21	5.4	2	2.5	*	0.1	*	0.1	*	0.0	*	0.2	0	0.0
1994	100	2.6	22	4.5	3	2.3	*	0.1	*	0.1	*	0.0	*	0.2	0	0.0
Dark green, deep yellow																
1970	10	0.4	3	0.8	*	0.4	*	*	*	**	*	*	*	0.1	0	0.0
1994	10	0.4	3	0.6	*	0.4	*	0.1	*	**	*	*	*	0.1	0	0.0
Other vegetables																
1970	70	2.1	15	3.9	3	3.0	1	0.3	*	0.2	*	0.1	*	0.9	0	0.0
1994	70	1.8	15	3.1	3	2.6	1	0.3	*	0.2	*	0.1	*	0.7	0	0.0
Grain products																
1970	640	19.6	134	34.7	18	19.1	2	1.5	*	0.7	1	0.5	1	3.6	*	**
1994	950	25.1	199	40.5	26	23.7	4	2.2	1	1.1	*	1.0	1	4.5	*	**
Sugars and sweeteners																
1970	590	18.1	152	39.4	*	*	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
1994	690	18.3	184	37.3	*	*	0	0.0	0	0.0	0	0.0	0	0.0	0	0.0
Miscellaneous 5/																
1970	40	0.9	4	0.9	1	1.2	3	1.7	1	2.5	1	1.5	*	0.9	0	0.0
1994	50	1.2	4	0.9	1	1.2	4	2.3	2	3.4	1	1.9	*	1.1	0	0.0

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Table 43--U.S. food supply: Nutrients contributed from major food groups, per capita per day, 1970 and 1994 1/--continued

Food group	Vitamins																			
	Vitamin A		Carotene		Vitamin E		Vitamin C		Thiamin		Riboflavin		Niacin		Vitamin B6		Folate		Vitamin B12	
	Retinol equiv.	% of total	Retinol equiv.	% of total	Alpha TE	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Micro-grams	% of total	Micro-grams	% of total
Meat, poultry, and fish																				
1970	440	29.3	0	0.0	0.9	6.3	3	2.4	0.5	25.2	0.5	21.8	9.7	44.5	0.8	38.9	29	10.5	7.1	74.8
1994	325	21.4	0	0.0	0.8	4.8	3	2.0	0.5	18.7	0.5	18.1	11.1	38.2	0.8	36.4	24	7.4	5.9	72.9
Dairy products 2/																				
1970	256	17.0	16	3.2	0.5	3.8	4	4.0	0.2	9.6	0.8	36.4	0.5	2.1	0.2	11.7	26	9.4	1.8	19.0
1994	264	17.4	15	2.3	0.5	2.8	3	2.7	0.2	6.2	0.8	30.7	0.4	1.4	0.2	9.7	24	7.3	1.7	21.0
Eggs																				
1970	83	5.5	0	0.0	0.5	3.3	0	0.0	**	1.4	0.2	9.6	**	0.2	0.1	3.0	20	7.3	0.4	4.5
1994	64	4.2	0	0.0	0.4	2.1	0	0.0	**	0.8	0.2	6.5	**	0.1	0.1	2.0	16	4.8	0.3	4.1
Fats and oils 3/																				
1970	196	13.0	18	3.5	8.7	63.6	0	0.0	0.0	0.0	0.0	0.1	**	**	**	**	*	**	**	0.1
1994	178	11.7	16	2.4	11.5	67.8	*	0.0	0.0	0.0	**	0.1	**	**	**	**	*	0.1	**	0.1
Fruits																				
1970	46	3.1	46	9.1	0.5	4.0	42	39.2	**	4.7	**	2.6	0.6	2.7	0.1	9.1	27	9.8	0.0	0.0
1994	51	3.3	51	7.6	0.7	3.8	54	43.5	0.1	4.7	0.1	3.0	0.7	2.4	0.2	11.0	41	12.4	0.0	0.0
Citrus fruits																				
1970	8	0.5	8	1.6	0.1	0.9	27	24.9	**	2.5	**	0.7	0.2	0.7	**	1.6	19	6.9	0.0	0.0
1994	9	0.6	9	1.3	0.2	1.0	34	27.8	0.1	2.3	**	0.7	0.2	0.6	**	1.8	30	9.1	0.0	0.0
Noncitrus fruits																				
1970	38	2.6	38	7.6	0.4	3.1	15	14.3	**	2.2	**	1.9	0.4	2.0	0.1	7.4	8	2.9	0.0	0.0
1994	42	2.8	42	6.3	0.5	2.8	20	15.8	0.1	2.1	0.1	2.3	0.5	1.7	0.2	9.2	11	3.3	0.0	0.0
Legumes, soy, and nuts																				
1970	*	**	*	0.1	0.8	5.9	*	0.1	0.1	5.4	**	1.5	1.0	4.8	0.1	3.4	56	20.2	0.0	0.0
1994	1	**	*	0.1	0.9	5.5	*	0.1	0.1	4.7	**	1.7	1.2	4.0	0.1	3.8	67	20.1	0.0	0.0
Vegetables 4/																				
1970	406	27.0	406	80.1	1.1	8.1	53	49.9	0.2	12.6	0.1	6.4	3.0	13.6	0.5	23.4	78	27.9	0.0	0.0
1994	536	35.3	536	80.7	1.2	7.3	59	47.2	0.2	10.0	0.1	6.1	3.2	11.1	0.6	22.5	79	24.0	0.0	0.0
White potatoes																				
1970	0	0.0	0	0.0	0.1	0.5	19	18.2	0.1	5.7	**	1.4	1.6	7.4	0.3	12.9	14	4.9	0.0	0.0
1994	0	0.0	0	0.0	0.1	1.1	20	15.8	0.1	4.9	**	1.3	1.7	6.0	0.3	11.8	15	4.4	0.0	0.0
Dark green, deep yellow																				
1970	305	20.3	305	60.2	0.1	1.1	7	6.4	**	0.9	**	1.0	0.2	0.8	**	2.2	8	2.9	0.0	0.0
1994	431	28.4	431	64.9	0.2	0.4	12	9.4	**	0.8	**	0.9	0.2	0.7	0.1	2.4	10	3.1	0.0	0.0
Other vegetables																				
1970	101	6.7	101	19.8	0.9	6.5	27	25.4	0.1	6.0	0.1	4.1	1.2	5.5	0.2	8.4	56	20.1	0.0	0.0
1994	105	6.9	105	15.8	0.9	5.7	27	22.0	0.1	4.3	0.1	3.9	1.3	4.4	0.2	8.4	55	16.5	0.0	0.0
Grain products																				
1970	5	0.3	4	0.8	0.6	4.5	*	**	0.8	40.4	0.4	19.3	6.0	27.8	0.2	9.3	36	12.9	0.2	1.6
1994	10	0.7	9	1.4	0.9	5.1	*	**	1.5	54.5	0.8	31.0	11.7	40.2	0.3	12.8	72	21.8	0.2	1.9
Sugars and sweeteners																				
1970	0	0.0	0	0.0	0.0	0.0	*	**	**	0.2	**	1.2	**	**	**	0.3	*	**	0.0	0.0
1994	0	0.0	0	0.0	0.0	0.0	*	**	**	0.2	**	1.4	**	**	**	0.2	*	**	0.0	0.0
Miscellaneous 5/																				
1970	72	4.8	17	3.3	0.1	0.7	5	4.5	**	0.6	**	1.1	1.0	4.4	**	0.9	6	2.0	0.0	0.0
1994	93	6.1	38	5.7	0.1	0.9	6	4.5	**	0.7	**	1.4	0.8	2.7	**	1.5	7	2.2	0.0	0.0

See footnotes at end of table

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Table 43--U.S. food supply: Nutrients contributed by major food groups, per capita per day, 1970 and 1994 1/--continued

Food group	Minerals													
	Calcium		Phosphorus		Magnesium		Iron		Zinc		Copper		Potassium	
	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total	Milli-grams	% of total
Meat, poultry, and fish														
1970	28	3.1	400	27.3	44	13.5	3.6	23.3	5.6	47.6	0.3	19.3	606	17.3
1994	32	3.3	415	24.8	49	12.8	3.4	16.3	5.5	41.5	0.3	14.0	633	16.7
Dairy products 2/														
1970	670	75.2	529	36.1	66	20.4	0.4	2.4	2.3	18.6	0.1	3.4	774	22.0
1994	698	72.8	550	32.8	63	16.4	0.4	2.1	2.5	18.9	0.1	2.8	702	18.5
Eggs														
1970	21	2.4	77	5.3	4	1.3	0.6	4.0	0.5	3.9	**	0.4	52	1.5
1994	16	1.7	60	3.6	3	0.9	0.5	2.3	0.4	2.8	**	0.3	41	1.1
Fats and oils 3/														
1970	2	0.2	2	0.1	*	**	**	0.1	**	0.1	**	0.1	2	0.1
1994	1	0.2	1	0.1	*	**	**	0.1	**	0.1	**	0.1	2	**
Fruits														
1970	22	2.5	24	1.7	20	6.0	0.5	3.2	0.1	1.3	0.1	6.9	327	9.3
1994	26	2.7	32	1.9	25	6.6	0.6	2.8	0.1	1.4	0.1	7.2	438	11.6
Citrus fruits														
1970	11	1.3	9	0.6	7	2.0	0.1	0.6	**	0.3	**	1.9	116	3.3
1994	12	1.3	13	0.8	9	2.2	0.1	0.5	**	0.4	**	2.0	153	4.0
Noncitrus fruits														
1970	11	1.2	15	1.0	13	4.0	0.4	2.5	0.1	1.0	0.1	5.1	212	6.0
1994	14	1.4	19	1.1	17	4.4	0.5	2.3	0.1	1.1	0.1	5.2	285	7.5
Legumes, soy, and nuts														
1970	34	3.8	77	5.3	40	12.3	1.4	9.4	0.7	6.0	0.3	16.2	271	7.7
1994	43	4.4	100	5.9	50	13.2	1.8	8.3	0.8	6.3	0.4	20.1	349	9.2
Vegetables 4/														
1970	58	6.5	119	8.1	54	16.7	2.2	14.3	1.0	7.6	0.4	24.0	972	27.7
1994	58	6.4	123	7.3	54	14.1	2.3	11.0	1.0	7.2	0.4	19.8	1,003	26.5
White potatoes														
1970	8	0.9	47	3.2	21	6.4	0.8	5.0	0.4	3.1	0.2	12.6	508	14.5
1994	9	0.9	47	2.8	20	5.3	0.9	4.0	0.4	2.9	0.2	9.5	501	13.2
Dark green, deep yellow														
1970	9	1.0	9	0.6	5	1.4	0.2	1.3	0.1	0.5	**	1.5	64	1.8
1994	9	1.0	11	0.7	5	1.4	0.2	1.0	0.1	0.6	**	1.2	77	2.0
Other vegetables														
1970	41	4.6	63	4.3	29	9.0	1.2	8.1	0.5	3.9	0.2	9.9	400	11.4
1994	43	4.5	65	3.9	29	7.5	1.2	6.0	0.5	3.7	0.2	9.1	425	11.2
Grain products														
1970	32	3.5	199	13.6	58	17.8	5.6	36.6	1.5	12.1	0.3	16.9	217	6.2
1994	47	4.9	350	20.8	98	25.5	10.7	50.5	2.4	18.4	0.4	23.3	365	9.7
Sugars and sweeteners														
1970	6	0.7	5	0.4	3	0.8	0.2	1.3	0.1	0.5	0.1	4.3	19	0.5
1994	8	0.8	6	0.3	3	0.9	0.2	1.1	0.1	0.5	0.1	4.2	22	0.6
Miscellaneous 5/														
1970	19	2.2	33	2.3	36	11.1	0.9	5.5	0.3	2.4	0.1	8.6	274	7.8
1994	28	2.9	42	2.5	37	9.6	1.2	5.7	0.4	3.0	0.2	8.4	231	6.1

* = Less than 1.0 but more than 0. ** = Less than 0.05 but more than 0.

1/ Percentages for food groups are based on aggregate nutrient data from table 42. 2/ Excludes butter. 3/ Includes butter. 4/ Total may not add due to rounding.

5/ Coffee, tea, spices, chocolate liquor equivalent of cocoa beans, and fortification not assigned to a particular group.

Source: USDA/Center for Nutrition Policy and Promotion (CNPP).