



Apparent Consumption of Foodstuffs and Nutrients Australia 1992-93



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**APPARENT CONSUMPTION OF FOODSTUFFS AND
NUTRIENTS, AUSTRALIA
1992-93**

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INQUIRIES

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SUMMARY OF FINDINGS

Meat and Meat Products

In 1992-93, the apparent consumption of total meat and meat products in Australia declined 5.1 per cent over the previous year to 77.0 kg per capita, the lowest on record. This is the third consecutive year in which a decline has occurred.

This decline in consumption of meat and meat products in 1992-93 is in contrast to an increase in stocks of 23,103 tonnes and an increase in exports of 1.7 per cent to 1,552,857 tonnes or 53.4 per cent of total supply. The consumption of meat and meat products has fallen 35.0 per cent since the late 1930's when the average intake for the three years ended 1938-39 was 118.5 kg per capita.

Beef remains the most significant individual item despite falling 2.5 per cent to 34.9 kg per capita in 1992-93. Demand for veal remained constant at 1.6 kg per capita, however, it is still 15.8 per cent down on consumption in 1986-87.

Lamb consumption decreased for the fourth consecutive year, with the total available for consumption down 5.6 per cent and per capita intake declining 6.7 per cent to 12.5 kg. Consumption has fallen 16.1 per cent since 1987-88, when the per capita intake of lamb was 14.9 kg. Since the late 1930's, lamb consumption has grown from a low 6.8 kg to a 20.5 kg peak in the late 1960's before its steady decline to the current level.

The apparent consumption of mutton decreased 2.6 per cent to 7.4 kg per capita. This is the third consecutive fall and its lowest level since the 6.8 kg of 1988-89. In 1992-93, 230,116 tonnes of mutton were exported. This is 63.9 per cent of total supply, a reduction on the previous year's 66.3 per cent.

Consumption of pig meat continued to fluctuate. In 1992-93 consumption was recorded at 18.4 kg per capita, a decrease of 4.7 per cent on the previous year of 19.3

kg. The current level of pig meat consumption is 5.1 per cent above the average of the late 1980's but is substantially more than the 3.9 kg consumed in the late 1930's.

Offal consumption fell (for the second consecutive year) to 2.2 kg per capita, down 35.3 per cent on the previous year to its lowest ever recorded level. From its peak in the late 1970's with an average of 5.9 kg, offal consumption has fallen 62.7 per cent.

Poultry's popularity continued in 1992-93 with an increase over the previous year of 2.7 per cent to 26.5 kg per capita, the highest on record. Since the late 1960's, consumption of poultry has increased threefold from the 8.3 kg per capita average for the three years ended 1968-69.

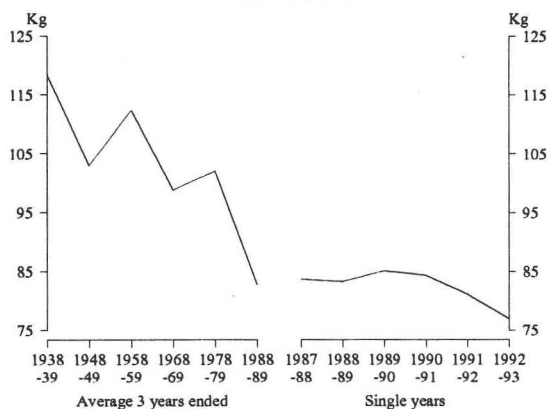
Seafood

Consumption of seafood in 1992-93 declined by 5.8 per cent to 9.7 kg per capita when compared to the previous year of 10.3 kg per capita. This is the first fall since 1982-83. The major component, Australian fish, fell (for the second year) 8.1 per cent to 3.4 kg per capita. Consumption of imported fish remained constant while Australians ate 12.5 per cent less crustaceans and molluscs (1.4 kg per capita) than in 1991-92. Imported fish was consumed at a rate of 1.8 kg per capita, 5.3 per cent less than the previous year. Overall, seafood consumption at 9.7 kg per capita is nearly double the 4.9 kg consumed per capita in the 1930's and 16.9 per cent higher than the 8.3 kg of the late 1980's.

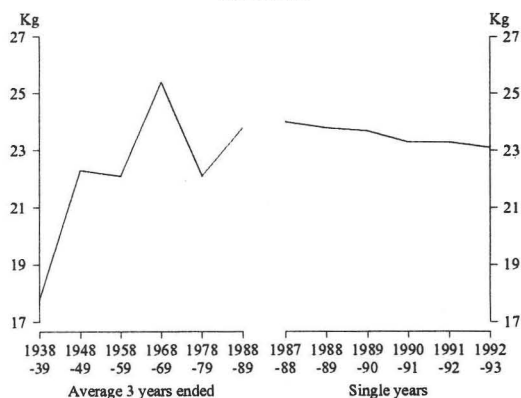
Dairy Products

Per capita consumption of dairy products in 1992-93 has fallen 0.9 per cent over the previous year to 23.1 kgs. This represents the lowest level of consumption since 22.6 kg recorded in 1985-86. Market milk continues to fluctuate slightly, down 0.2 per cent to 101.1 litres per capita over the previous year. Consumption of sweetened and unsweetened full cream increased by 4.8 per cent to 2.2 litres per capita and skim milk (fluid whole) also rose (5.0 per cent to 2.1 litres per capita). Full

APPARENT PER CAPITA CONSUMPTION OF MEAT AND MEAT PRODUCTS



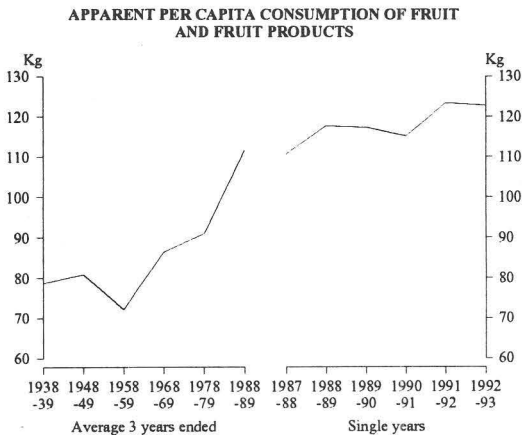
APPARENT PER CAPITA CONSUMPTION OF DAIRY PRODUCTS



cream and skim powdered milk fell 11.1 and 14.3 per cent respectively as did infants and invalids' food, by 7.7 per cent to 1.2 kg, the lowest since 1986-87.

Fruit and fruit products

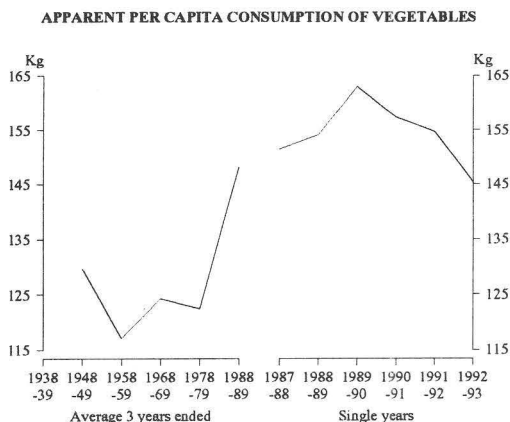
Total fruit intake (including fruit for fruit juices) for 1992-93 decreased by 0.5 per cent to 122.8 kg per capita compared with the previous year. Total fruit consumption has increased by about 42 per cent since the late 1960's and about 56 per cent since the late 1930's.



Per capita consumption of citrus fruit reached 45.6 kg, a rise of 5.6 per cent over 1991-92 and the highest since 1983-84. Consumption of other fresh fruit remained static. Jams continue to fluctuate, with a rise of 4.8 per cent to 2.2 kg per capita while dried fruit fell 16.7 per cent back to its 1988-89 level of 2.5 kg per capita. Consumption of processed fruit fell 2.5 per cent to 7.8 kg per capita.

Vegetables

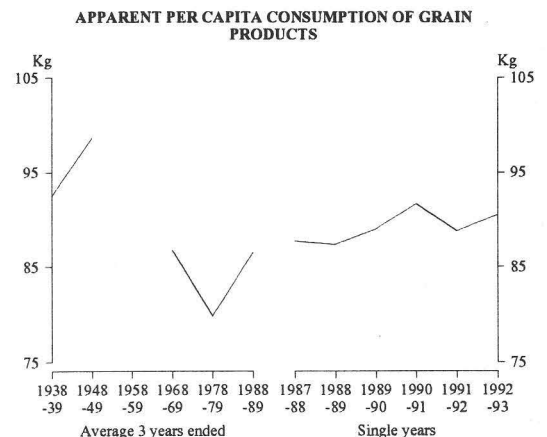
Per capita consumption of vegetables for the year 1992-93 declined by 6.1 per cent, to 145.3 kg per capita, when compared to the previous year. Potato consumption was down 7.1 per cent to 61.1 kgs per capita, the lowest level since 1988-89. Consumption of other root and bulb vegetables fell 5.2 per cent to 18.3 kg per capita while



tomato consumption fell 7.2 per cent to 20.7 kg per capita. Per capita consumption of leafy and green vegetables declined by 10.0 per cent over 1991-92 to 20.6 kg but other vegetables was the only vegetable group to lift production and therefore saw a slight increase of 0.4 per cent (to 24.6 kg per capita) in consumption.

Overall, total vegetable consumption was at its lowest level since 1986-87. While the current level is on par with the levels seen in the late 1980's, it is still about 12 per cent above the consumption level of the late 1940's.

Grain products



During 1992-93, the consumption of grain products increased by 1.9 per cent to 90.5 kg per capita. The major contributor, flour, rose 4.3 per cent to 74.7 kg per capita.

Consumption of oatmeal & rolled oats fell 20.0 per cent to 1.2 kg per capita with other (breakfast foods from grain) falling 6.7 per cent to 9.7 kg per capita. Table rice consumption was 4.9 kg per capita, down 5.8 per cent (the same level as 1989-90).

Over the last 50 years, grain has been consumed at a rate of about 89 kg per capita. The current level is therefore about average, being well above the low of 78.8 kg per capita in 1977-78 but below the peak of the late 1940's of 98.6 kg per capita.

The 3.6 per cent rise in the per capita consumption of bread to 54.4 kg per capita achieves the highest level since 1975-76 and is on a par with the levels in the late 1960's, although well below the high consumption rate of nearly 70 kg in the late 1950's.

Eggs and Egg Products

Per capita consumption of eggs in 1992-93 increased 2.7 per cent to 151. This level is the highest since 1987-88 but well down on the 243 eggs consumed by Australians in the late 1930's.

Nuts

Per capita consumption of peanuts in 1992-93 fell 38.1 per cent over 1991-92 to 1.3 kg. Following a rise in 1992, this new level is as low as it was in 1979-80. The

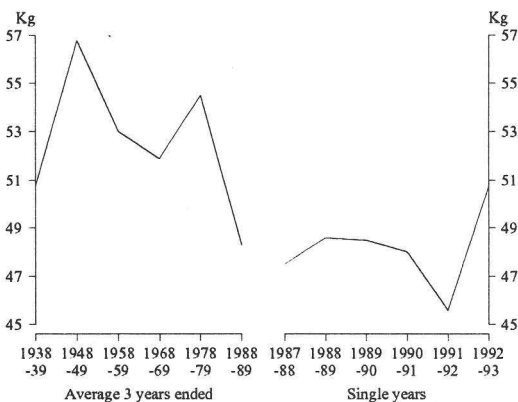
last 40 years have seen consumption of peanuts fall from 4.2 kg per capita to the current level, a decline of 69.0 per cent.

Oils and Fats

In 1992-93, the apparent consumption of fats declined by 3.1 per cent over the previous year, to 19.0 kg per capita. Consumption of butter has stabilised, maintaining the same level (2.6 kg per capita) for the past three years. Per capita consumption of table and other margarine fell by 4.6 per cent (to 6.2 kg) and 10.0 per cent (to 1.8 kg) respectively. While the decline in consumption of butter is levelling off, the trend in the consumption of table margarine since the peak in 1988-89 is down. The latest figure is the lowest since 1978-79 (5.9 kg). Other margarine has had a less volatile history. We still consume the same amount as we did in the 1930's although its popularity rose significantly in the 1960's and 1970's.

Sugars

APPARENT PER CAPITA CONSUMPTION OF SUGAR



Consumption of sugar in 1992-93 rose by 11.2 per cent to 50.7 kg per capita when compared with 1991-92. This is the highest level since 1981-82. Refined sugar consumption fell 3.2 per cent to its 1988-89 level of 9.0 kg per capita. Sugar in manufactured foods was consumed at 36.5 kg per capita (a rise of 16.6 per cent), its highest level since 1985-86. Honey consumption rose 25.0 per cent to 1.0 kg per capita to continue its fluctuating trend.

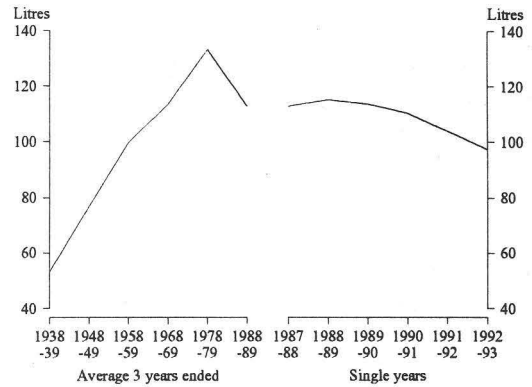
Beverages

Per capita consumption of tea for 1992-93 fell 9.1 per cent to 1.0 kg following the previous year's rise of the same magnitude. Coffee consumption rose 4.8 per cent to 2.2 kg per capita, the highest on record.

Per capita consumption of aerated and carbonated waters increased by 0.5 per cent over 1991-92 to 97.1 litres. This increase follows a fall in 1991-92 and puts current consumption 10.8 per cent higher than the 1987-88 level.

The consumption of beer declined for the fourth successive year to 97.5 litres per capita which is 6.3 per cent less than the 1991-92 intake. Popularity of low alcohol beer increased with consumption rising 6.7 per cent to 23.8 litres per capita. The downward trend of full

APPARENT PER CAPITA CONSUMPTION OF BEER



strength beer consumption over seven years continued, down a further 9.8 per cent to 73.7 litres per capita.

Wine consumption fell by 2.1 per cent to 18.3 litres per capita when compared to 1991-92. This current level is 12.0 per cent down on the 20.8 litres per capita consumption of 1987-88.

Alcohol

The consumption of alcohol (expressed in terms of alcoholic content) in 1992-93 reflects the trends in the consumption of alcoholic beverages. In 1992-93, the total alcohol consumption declined (for the seventh consecutive year) by 4.5 per cent to 7.47 litres alcohol per capita. The intake of alcohol consumed as beer fell 7.3 per cent to 4.21 litres alcohol per capita although alcohol consumed as low alcohol beer increased 7.7 per cent over 1991-92 consumption and 141.4 per cent over the 1987-88 level.

Alcohol consumed as wine declined 2.8 per cent to 2.1 litres alcohol per capita compared to 1991-92. Per capita consumption of spirits rose 3.6 per cent, the first increase since 1988-89 to 1.16 litres alcohol per capita over the previous year.

Nutrients Available for Consumption

The available supply of nutrients exceeded the Recommended Dietary Intakes (RDI's) for all nutrients estimated. As has been the case over a long period, calcium available for consumption was very little in excess of the RDI; the estimate for 1992-93 of a per capita availability of 856 mg/d continues a gradual fall from the 893 mg/d estimated in 1988-89. The annual change in the calcium supply from 1988-89 to 1992-93 was about -1.0 per cent.

There was no significant change in the total energy supply from 1991-92. The contribution of the sugars group to total energy increased by 10.0 per cent from 1991-92, after a slight downward trend since the mid-1980's. The increase was due almost entirely to an increase in cane sugar used in manufacturing.

The energy contribution of alcoholic beverages continued to decline, primarily due to the continuing decline in the supply of standard beer. The contribution of alcoholic

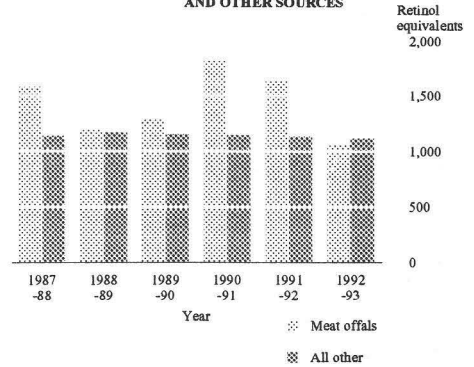
beverages to total energy fell to 4.8 per cent from 5.0 per cent in 1991-92.

There was a decline also in the iron supply from 1991-92, with the contribution of the grains group decreasing to 5.2 mg/d from the relatively high level of 5.6 mg/d of 1991-92. The contribution of the meats group continued to fall this year, to 2.6 mg/d. The overall decrease in the iron supply was 6.6 per cent. Other differences in the available micro-nutrient supply (adjusted: see Table 6, p 18) from 1991-92 are fat (-2.6%), retinol equivalents (-21.0%), vitamin C (-2.6%), riboflavin (-8.4%) and thiamin (+17.0%). As noted in previous issues, the available vitamin A excluding offals is still in excess of the population RDI (1121 µg/d retinol equivalents; 68% excess). The variation seen in vitamin A is almost entirely due to this food item. If the meat commodity group is excluded (and 'offals and meat not elsewhere included' account for almost all the vitamin A), the balance has remained between 1121 and 1171 µg/d retinol equivalents from 1987-88 to 1992-93. Over the same period, the figures for the meat commodity group ranged from 1053 µg/d to 1822 µg/d.

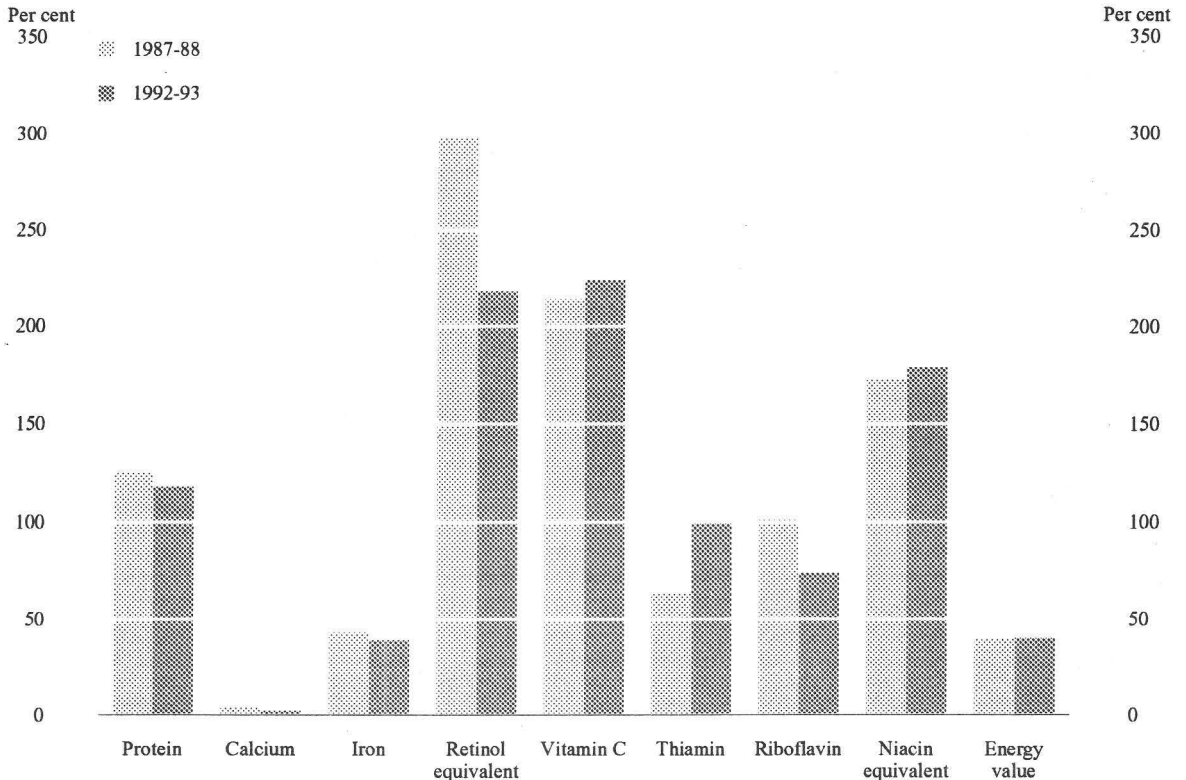
Available protein has fallen from 103.5 g/d in 1990-91 to 102.4 g/d in 1991-92 and 99.7 g/d in 1992-93. The contribution of the macro-nutrients to total energy has

also changed. There has been a slight upward trend between 1987-88 and 1992-93 in the contribution of carbohydrate to total energy, which has been at the expense of fat, protein and alcohol. In particular, the contribution of fat as a proportion of the total energy content of the food supply has declined, from 33.8 per cent in 1991-92 to 32.9 per cent in 1992-93.

VITAMIN A: CONTRIBUTION OF MEAT OFFALS AND OTHER SOURCES



NUTRIENTS AVAILABILITY: PERCENTAGE DIFFERENCE BETWEEN RECOMMENDED DIETARY ALLOWANCE AND AVAILABILITY



SECTION I. SUPPLY AND UTILISATION OF FOODSTUFFS

TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1938-39 to 1992-93
(kg per year, except where otherwise stated)

	Average 3 years ended					Current year 1992-93
	1938-39	1948-49	1958-59	1968-69	1978-79	
MEAT AND MEAT PRODUCTS—						
Carcass meat—						
Beef and veal	63.6	49.5	56.2	40.0	64.8	40.0
Lamb	6.8	11.4	13.3	20.5	14.4	14.9
Mutton	27.2	20.5	23.1	18.8	3.6	7.3
Pigmeat	3.9	3.2	4.6	6.7	13.3	17.5
<i>Total carcass meat</i>	101.5	84.6	97.2	85.9	96.1	79.8
Offal and meat n.e.i.	3.8	4.0	5.2	5.1	5.9	3.1
Total Meat and Meat Products (carcass equivalent weight)	118.5	103.0	112.4	98.8	102.0	r82.8
Canned meat (canned weight)	1.0	1.2	1.9	2.2	1.6	n.a.
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	3.6	6.0	6.9
POULTRY—						
Poultry (dressed weight)	n.a.	n.a.	n.a.	8.3	17.1	r24.1
SEAFOOD—						
Fresh and frozen (edible weight)—						
Fish—						
Australian		2.4	1.4	1.4	1.6	r2.6
Imported	2.7	0.3	1.4	1.9	1.2	1.9
Crustacea and molluscs	0.3	0.3	0.4	0.8	0.9	r1.0
Seafood, otherwise prepared (product weight)(a)—						
Australian		1.4	0.4	0.4	0.5	0.5
Imported	1.9					
Fish						
Crustacea and molluscs						
Total seafood	4.9	4.1	4.5	5.6	6.4	r8.3
DAIRY PRODUCTS—						
Market milk (fluid whole)(litres)(b)	106.4	138.7	128.7	128.2	100.5	101.7
Condensed, concentrated and evaporated milk—						
Full cream—						
Sweetened		1.6	1.2	1.1	0.8	2.2
Unsweetened(c)	2.0	1.8	2.9	3.5	2.5	2.2
Skim	n.a.	n.a.	0.6	0.7	1.6	1.2
Powdered milk—						
Full cream	1.2	1.5	1.1	0.8	1.3	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	4.3	2.7	2.8
Infants' and invalids' food	0.5	0.6	1.0	1.3	1.2	1.2
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	3.5	5.3	8.8
Total (converted to milk solids fat and non-fat)(e)	17.8	22.3	22.1	25.4	22.1	23.8
FRUIT AND FRUIT PRODUCTS—						
Fresh fruit (incl. fruit for fruit juice)—						
Citrus	14.5	16.9	16.1	22.5	34.5	r39.1
Other	42.6	39.5	35.6	40.8	34.6	r49.9
Jams, conserves, etc. (product weight)	5.2	5.6	3.9	3.3	2.0	r2.1
Dried fruit (product weight)	3.8	3.9	2.8	2.5	2.0	2.4
Processed fruit (product weight)	3.5	3.4	6.0	9.9	10.5	r8.4
Total (fresh fruit equivalent)	78.7	80.9	72.2	86.5	91.0	r111.6
VEGETABLES—						
Potatoes	47.1	56.3	51.7	53.7	50.1	r61.5
Other root and bulb vegetables(f)	n.a.	19.1	15.9	17.1	16.7	r19.3
Tomatoes	7.1	11.5	13.0	14.2	13.6	r19.3
Leafy and green vegetables	n.a.	20.5	17.9	21.3	24.3	r23.8
Other vegetables	n.a.	22.3	18.6	18.1	17.9	r24.2
Total (fresh equivalent weight)	n.a.	129.7	117.1	124.3	122.5	r148.1

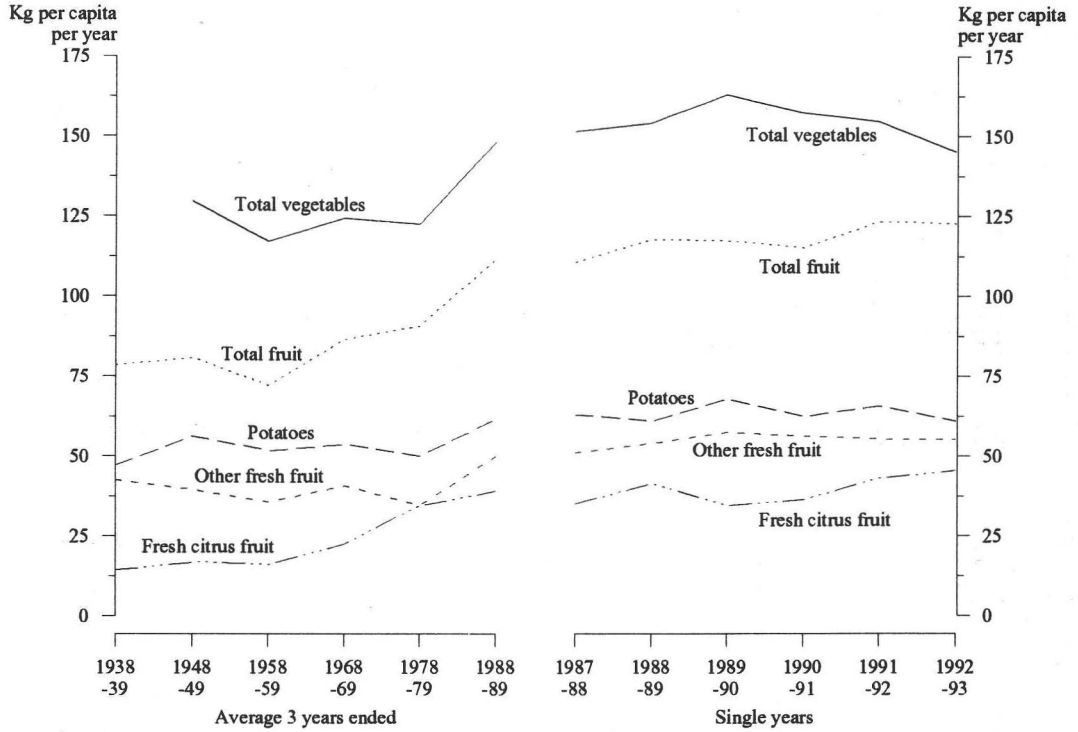
For footnotes see end of table.

TABLE 1. APPARENT PER CAPITA CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1938-39 to 1992-93 — continued
(kg per year, except where otherwise stated)

	Average 3 years ended					Current year 1992-93
	1938-39	1948-49	1958-59	1968-69	1978-79	
GRAIN PRODUCTS—						
Flour(g)	84.9	91.6	82.3	77.4	69.6	72.6
Breakfast foods	4.8	6.1	6.2	6.8	7.8	9.7
Table rice	1.8	0.4	n.a.	1.9	2.4	4.2
Total	92.5	98.6	n.a.	86.8	79.9	86.5
Bread(h)	49.6	64.0	69.1	59.5	47.7	r49.6
EGGS AND EGG PRODUCTS—						
Total	12.1	12.7	10.2	12.6	12.4	n.c.
Equivalent number of eggs(i)	243	255	206	222	220	146
NUTS (in shell)—						
Peanuts	n.a.	4.2	3.1	2.8	2.1	1.8
Tree nuts	n.a.	1.8	3.4	5.8	2.9	r3.8
OILS AND FATS—						
Butter	14.9	11.2	12.3	9.8	5.1	3.2
Margarine—						
Table	0.4	0.4	n.a.	1.5	5.4	6.8
Other	1.8	2.4	2.2	3.4	3.1	2.2
Total (fat content)(j)	17.1	14.0	n.a.	14.3	21.6	20.4
SUGARS—						
Cane Sugar—						
As refined sugar	32.0	31.2	27.0	21.0	14.9	8.8
In manufactured foods	16.3	23.1	23.6	27.7	34.6	33.9
Total(k)	50.8	56.8	53.0	51.9	54.5	r48.3
BEVERAGES—						
Tea	3.1	2.9	2.7	2.3	1.7	1.2
Coffee(l)	0.3	0.5	0.6	1.2	1.6	2.0
Aerated and carbonated waters (litres)(m)	n.a.	n.a.	n.a.	47.3	67.4	87.4
Beer (litres)	53.2	76.8	99.7	113.5	133.2	r113.1
Wine (litres)	2.7	5.9	5.0	8.2	14.7	20.2
ALCOHOL (litres alcohol)(n)—						
Beer	2.55	3.58	4.79	5.45	6.40	r5.11
Wine	0.35	0.77	0.87	1.15	1.98	r2.36
Spirits	0.50	0.80	0.74	0.89	1.21	1.23
Total	3.40	5.15	6.40	7.49	9.59	r8.70

(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) From 1986-87 data only collected triennially. (i) Refer to paragraph 5, Section 1 of the Technical Notes. (j) 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. See notes on the Supply and Utilisation of Foodstuffs, page 22. (k) Includes sugar content of syrups, honey and glucose. (l) Coffee and coffee products in terms of roasted coffee. (m) Includes bulk pre-mix and post-mix concentrates in terms of drink equivalent. (n) From 1984-85 data makes allowance for low alcohol beers and wines. From 1989-90 onwards, data for beer have been compiled on the basis of excise data. Prior to this the alcohol content of beer was calculated using 2.4% by volume for low alcohol beer and 4.8% for other beer.

APPARENT PER CAPITA CONSUMPTION OF VEGETABLES AND FRUIT



APPARENT PER CAPITA CONSUMPTION OF CANE SUGAR

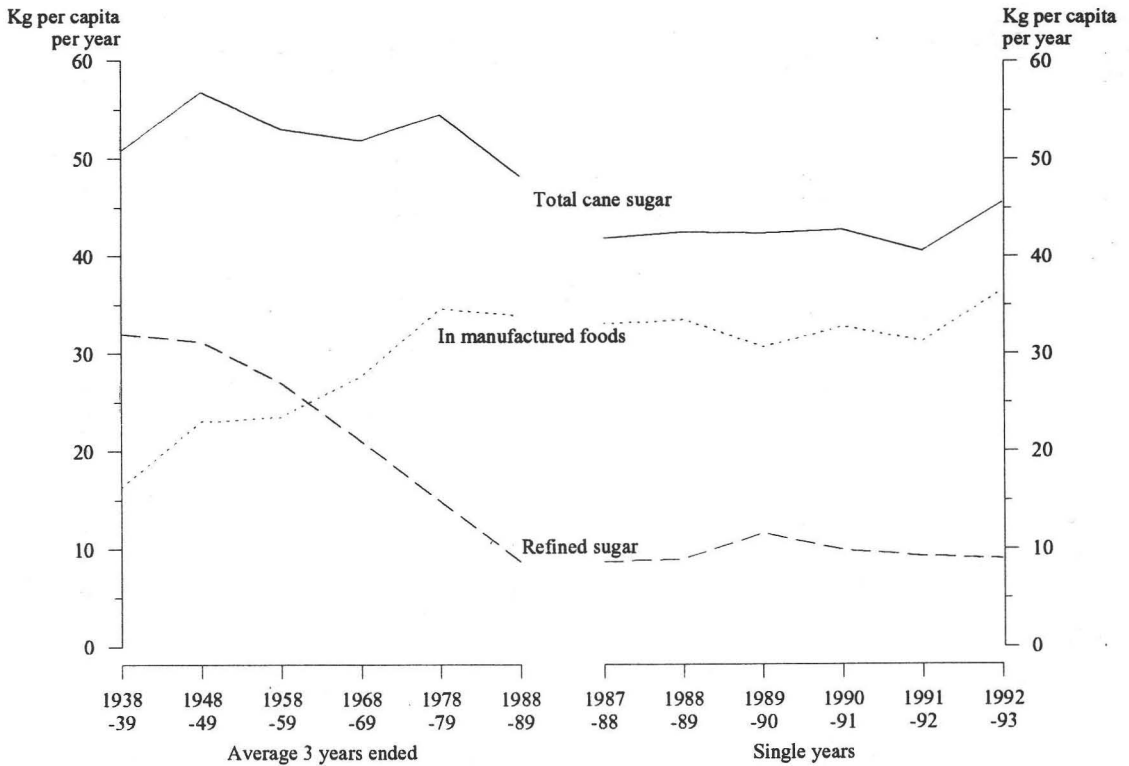


TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1987-88 to 1992-93

	Available for consumption—					Apparent per capita consumption—						
	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93
MEAT AND MEAT PRODUCTS—												
Carcass meat—												
Beef and veal	656,178	685,087	691,319	699,374	650,620	641,125	40.0	r41.1	40.8	40.7	37.4	36.5
Beef	626,242	659,750	665,421	672,893	623,168	613,668	38.2	39.5	39.3	39.2	35.8	34.9
Veal	29,937	25,337	25,898	26,481	27,452	27,457	1.8	1.5	1.5	1.5	1.6	1.6
Lamb	243,842	248,626	251,456	242,947	232,891	219,918	14.9	14.9	14.8	14.1	13.4	12.5
Mutton	130,110	112,942	139,224	132,114	132,873	130,240	7.9	6.8	8.2	7.7	7.6	7.4
Pigmeat	288,136	301,987	312,297	308,592	335,138	323,445	17.6	18.1	18.4	18.0	19.3	18.4
Total carcass meat	1,318,266	1,348,642	1,394,296	1,383,027	1,351,521	1,314,728	80.4	80.8	82.3	80.5	77.7	74.8
Offal and meat n.e.i. r	54,319	42,049	46,385	66,079	58,487	38,852	3.3	2.5	2.7	3.8	3.4	2.2
Total Meat and Meat Products (carcass equivalent weight) r	1,372,585	1,390,691	1,440,681	1,449,107	1,410,008	1,353,579	83.7	83.3	85.1	84.4	81.1	77.0
Bacon and ham (cured carcass weight) r	116,746	117,160	125,471	123,112	130,044	138,456	7.1	7.0	7.4	7.2	7.5	7.9
POULTRY—												
Poultry (dressed weight) r	403,323	404,519	415,939	428,025	449,098	465,670	24.6	24.2	24.6	24.9	25.8	26.5
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian r	45,226	47,635	56,807	72,466	65,102	60,557	2.8	2.9	3.4	4.2	3.7	3.4
Imported	31,968	31,033	r29,750	r28,635	32,435	32,725	1.9	1.9	1.8	1.7	1.9	1.9
Crustacea and molluscs r	17,260	21,070	21,702	26,537	28,614	25,050	1.1	1.3	1.3	1.5	1.6	1.4
Seafood otherwise prepared (product weight)—												∞
Australian	r8,166	r8,541	r7,998	7,609	r6,338	6,874	0.5	0.5	0.5	0.4	0.4	0.4
Imported—												
Fish	25,411	28,358	29,668	28,609	32,835	31,025	1.5	1.7	1.8	1.7	1.9	1.8
Crustacea and molluscs	9,868	12,618	12,697	13,250	13,763	14,281	0.6	0.8	0.7	0.8	0.8	0.8
Total seafood r	137,596	148,958	158,623	177,105	179,086	170,513	8.4	8.9	9.4	10.3	10.3	9.7
DAIRY PRODUCTS—												
Market milk (fluid whole)	1,665,600	1,684,700	1,706,900	1,735,623	1,762,647	1,777,519	101.6	101.0	100.8	101.0	r101.3	101.1
Condensed, concentrated and evaporated milk—												
Full cream sweetened	33,715	36,757	40,484	41,957	36,079	37,872	2.1	2.2	2.4	2.4	2.1	2.2
Full cream unsweetened	20,834	22,242	r24,077	r32,782	34,361	37,565	1.3	1.3	1.4	1.9	2.0	2.1
Powdered milk—												
Full cream	15,867	15,486	16,626	14,644	15,039	14,663	1.0	0.9	1.0	0.9	0.9	0.8
Skim	48,263	44,565	42,587	37,563	36,365	31,082	2.9	2.7	2.5	2.2	2.1	1.8
Infants' and invalids' food	21,133	r23,151	r24,712	r22,885	23,310	20,509	1.3	1.4	1.5	1.3	1.3	1.2
Cheese (natural equivalent weight)	r144,629	150,322	149,847	149,806	153,821	159,014	8.8	9.0	8.8	8.7	8.8	9.0
Total (converted to milk solids, fat and non-fat)	r392,857	r396,944	r400,739	r400,453	404,604	405,493	24.0	23.8	23.7	23.3	23.3	23.1

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1987-88 to 1992-93 — continued

	Available for consumption—					Apparent per capita consumption—						
	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93
FRUIT AND FRUIT PRODUCTS—												
Fresh fruit (incl. fruit for fruit juice)—												
Citrus r	575,050	694,491	583,833	625,496	751,334	801,357	31.5	41.6	34.5	36.4	43.2	45.6
Other r	839,993	903,114	973,759	967,607	962,215	972,275	51.2	54.1	57.5	56.3	55.3	55.3
Jams, conserves, etc. (product weight) r	36,975	37,665	38,432	36,984	36,523	39,097	2.3	2.3	2.3	2.2	2.1	2.2
Dried fruit (product weight)	40,703	42,005	46,515	r49,476	52,322	43,681	2.5	2.5	2.7	2.9	3.0	2.5
Processed fruit (product weight) r	156,023	124,135	161,762	118,276	139,315	136,270	9.5	7.4	9.5	6.9	8.0	7.8
Total (fresh fruit equivalent) r	1,813,629	1,965,940	1,988,023	1,979,602	2,145,929	2,159,526	110.6	117.8	117.4	115.2	123.4	122.8
VEGETABLES—												
Potatoes r	1,034,132	1,018,558	1,152,012	1,072,860	1,144,162	1,074,421	63.1	61.0	68.0	62.5	65.8	61.1
Other root and bulb vegetables r	299,738	347,784	328,122	354,331	335,204	322,069	18.3	20.8	19.4	20.6	19.3	18.3
Tomatoes r	320,667	337,504	376,617	422,405	387,540	363,927	19.6	20.2	22.2	24.6	22.3	20.7
Leafy and green vegetables r	393,460	431,655	443,962	420,833	397,850	361,262	24.0	25.9	26.2	24.5	22.9	20.6
Other vegetables r	436,383	435,870	459,661	431,685	425,811	432,553	26.6	26.1	27.1	25.1	24.5	24.6
Total (fresh equivalent weight) r	2,484,381	2,571,372	2,760,373	2,702,113	2,690,567	2,554,232	151.5	154.1	163.0	157.3	154.7	145.3
GRAIN PRODUCTS—												
Flour(a) r	1,208,393	1,205,806	1,247,804	1,275,798	1,245,545	1,313,890	73.7	72.3	73.7	74.3	71.6	74.7
Breakfast foods—												
Oatmeal and rolled oats	26,759	r31,551	20,401	31,381	25,828	20,413	1.6	1.9	1.2	1.8	1.5	1.2
Other (from grain)	134,544	r143,152	r155,729	r179,645	181,687	170,371	8.2	8.6	r9.2	r10.5	10.4	9.7
<i>Total breakfast foods</i>	<i>161,303</i>	<i>r174,703</i>	<i>r176,130</i>	<i>r211,026</i>	<i>207,515</i>	<i>190,784</i>	<i>9.8</i>	<i>10.5</i>	<i>r10.4</i>	<i>r12.3</i>	<i>11.9</i>	<i>10.9</i>
Table rice	68,177	r77,088	83,701	87,582	r90,601	86,930	4.2	4.6	4.9	5.1	r5.2	4.9
Total grain products r	1,437,872	1,457,598	1,507,635	1,574,406	1,543,662	1,591,604	87.7	87.4	89.0	91.7	88.8	90.5
Bread	837,194	886,101	886,907	889,506	913,890	956,026	51.1	53.1	52.4	51.8	52.5	54.4
EGGS AND EGG PRODUCTS												
Number of eggs(b) r	209,716	203,264	201,060	205,608	212,677	220,621	153	146	142	144	147	151
NUTS (in shell)—												
Peanuts	r27,516	r26,854	r33,073	33,383	r37,264	22,215	1.7	1.6	2.0	1.9	r2.1	1.3
Tree nuts r	59,338	69,754	71,247	68,936	76,209	72,544	3.6	4.2	4.2	4.0	4.4	4.1

For footnotes see end of table.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA, 1987-88 to 1992-93 — continued

	Available for consumption—					Apparent per capita consumption—						
	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93
OILS AND FATS—												
Butter(c)	50,305	49,142	49,834	r44,720	45,741	45,576	3.1	2.9	2.9	2.6	2.6	2.6
<i>Total margarine</i>	148,093	149,640	145,662	147,735	148,467	139,903	9.0	9.0	8.6	8.6	8.5	8.0
Table margarine	112,267	113,278	109,435	115,027	113,750	108,365	6.8	6.8	6.5	6.7	6.5	6.2
Other margarine	35,826	36,362	36,227	32,708	34,717	31,538	2.2	2.2	2.1	1.9	2.0	1.8
Total (fat content)(d)	334,081	337,339	336,976	r336,969	r340,595	334,878	20.4	20.2	19.9	19.6	19.6	19.0
SUGARS—												
Cane Sugar—												
As refined sugar	144,002	150,228	r197,289	r170,313	162,565	158,786	8.8	9.0	r11.6	9.9	9.3	9.0
In manufactured foods	542,422	558,197	520,596	564,037	544,239	642,178	33.1	33.5	30.7	32.8	31.3	36.5
<i>Total cane sugar</i>	686,424	708,425	r717,885	r734,350	706,804	800,964	41.9	42.5	42.4	r42.8	40.6	45.6
Honey	16,851	r16,283	r13,554	15,409	r13,263	17,040	1.0	1.0	0.8	0.9	0.8	1.0
Total(e)	779,132	r810,459	r821,993	r824,893	793,656	891,946	47.5	r48.6	r48.5	48.0	45.6	50.7
BEVERAGES—												
Tea	19,804	19,587	r18,229	17,128	r18,400	17,283	1.2	1.2	1.1	1.0	1.1	1.0
Coffee(f)	34,733	33,583	33,081	r35,345	37,250	39,257	2.1	2.0	2.0	2.1	2.1	2.2
Aerated and carbonated waters(g)	1,436,827	1,560,339	r1,651,848	1,718,088	1,679,486	1,706,792	87.6	93.5	97.5	100.0	96.6	97.1
Beer—												
Low alcohol	198,592	273,596	318,114	338,167	387,938	417,665	12.1	16.4	18.8	19.7	22.3	23.8
Other beer r	1,654,265	1,651,950	1,611,594	1,560,772	1,421,692	1,295,540	100.9	99.0	95.1	90.9	81.7	73.7
<i>Total beer r</i>	<i>1,852,857</i>	<i>1,925,546</i>	<i>1,929,709</i>	<i>1,898,939</i>	<i>1,809,631</i>	<i>1,713,205</i>	<i>113.0</i>	<i>115.4</i>	<i>113.9</i>	<i>110.6</i>	<i>104.0</i>	<i>97.5</i>
Wine	r341,259	r321,265	r313,363	r307,554	r325,999	321,926	r20.8	r19.3	r18.5	r17.9	r18.7	18.3
ALCOHOL—												
Beer(h)—												
Low alcohol	4,766	6,566	9,046	9,665	11,241	12,365	0.29	0.39	0.53	0.56	0.65	0.70
Other beer r	79,367	79,253	76,973	74,592	67,767	61,646	4.84	4.75	4.54	4.34	3.90	3.51
<i>Total beer r</i>	<i>84,133</i>	<i>85,819</i>	<i>86,019</i>	<i>84,257</i>	<i>79,008</i>	<i>74,011</i>	<i>5.13</i>	<i>5.14</i>	<i>5.08</i>	<i>4.91</i>	<i>4.54</i>	<i>4.21</i>
Wine r	39,563	37,266	36,366	35,559	37,483	36,878	2.41	2.23	2.15	2.07	2.16	2.10
Spirits	20,275	21,488	21,629	20,232	19,450	20,448	1.24	1.29	1.28	1.18	1.12	1.16
Total r	143,971	144,573	144,014	140,048	135,940	131,336	8.78	8.66	8.50	8.15	7.82	7.47

(a) Includes flour used for breadmaking. (b) Includes commercial disposals only. (c) Includes butter equivalent of butter oil, butter concentrate and ghee. (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. (g) Includes bulk pre-mix and post-mix concentrates in terms of drink equivalent. (h) From 1989-90 onwards, data for beer have been compiled on the basis of excise data. Prior to this, the alcohol content of beer was calculated using 2.4% by volume for low alcohol beer and 4.8% for other beer.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1992-93

	Supply				Utilisation				Per capita per year	
	Net change in stocks	Production		Imports	Total supply	Exports	Non-food use, etc.	For processed food		Total
		Commercial	Estimated home production							
MEAT AND MEAT PRODUCTS—										
Carcass meat(a)—										
Beef and veal	6,834	1,825,814	—	2,561	1,821,541	1,180,416	641,125	36.5
Beef	6,629	1,786,860	—	2,048	1,782,280	1,168,612	613,668	34.9
Veal	205	38,954	—	512	39,261	11,804	27,457	1.6
Lamb	1,754	273,424	—	32	271,702	51,784	..	(b)	219,918	12.5
Mutton	9,692	369,953	—	95	360,356	230,116	130,240	7.4
Pigmeat	781	328,317	—	1,589	329,125	5,680	323,445	18.4
Total carcass meat	19,061	2,797,508	—	4,277	2,782,724	1,467,996	1,314,728	74.8
Offal and meat n.e.i.(a)	4,042	124,676	—	6,079	126,713	84,861	..	3,000	38,852	2.2
Total Meat and Meat Products	23,103	2,922,184	—	10,356	2,909,437	1,552,857	1,353,579	77.0
(carcass equivalent weight)	-86	141,151	—	27	141,264	127	..	2,681	138,456	7.9
Bacon and ham (cured carcass weight)										
POULTRY—										
Poultry (dressed weight)	-1,578	467,824	2,199	464	472,064	6,394	..	n.a.	465,670	26.5
SEAFOOD—										
Fresh and frozen (edible weight)—										
Fish—										
Australian	n.a.	65,113	11,720	..	76,833	9,532	n.a.	6,744	60,557	3.4
Imported	n.a.	33,017	33,017	292	n.a.	..	32,725	1.9
Crustacea and molluscs	n.a.	35,356	4,071	5,204	44,631	17,345	n.a.	1,236	26,050	1.4
Seafood, otherwise prepared (product weight)—										
Australian	-294	8,980	—	..	9,274	2,399	6,874	0.4
Imported—										
Fish	n.a.	31,135	31,135	110	31,025	1.8
Crustacea and molluscs	n.a.	14,341	14,341	60	14,281	0.8
DAIRY PRODUCTS—										
Market milk (fluid whole)	(c)1,777,519	101.1
Condensed, concentrated and evaporated milk—										
Full cream sweetened	-110	41,785	—	466	42,361	4,489	37,872	2.2
Full cream unsweetened	33	62,208	—	1,490	63,665	26,100	37,565	2.1
Skim
Powdered milk—										
Full cream	(c)14,663	0.8
Skim (incl. buttermilk and mixed skim and buttermilk)	(c)31,082	1.8
Infants' and invalids' food	231	23,686	—	4,740	28,195	7,686	20,509	1.2
Cheese (natural equivalent weight)	(c)159,014	9.0

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1992-93 — continued

	Supply				Utilisation				Per capita per year kg	
	Net change in stocks	Production		Imports	Total supply — tonnes	Exports	Non-food use, waste, etc.	For processed food		Total
		Commercial	Estimated home production							
FRUIT AND FRUIT PRODUCTS—										
Fresh fruit (incl. fruit for fruit juice)—										
Oranges	..	6,16,496	12,330	150,637	779,463	102,480	12,330	n.a.	664,653	37.8
Other citrus fruit	..	115,446	21,400	17,046	153,893	17,189	n.a.	n.a.	136,704	7.8
Other fresh fruit—										
Apples	(d)35,865	327,792	9,834	—	301,761	33,332	n.a.	27,734	240,695	13.7
Apricots	..	29,463	5,009	977	35,449	242	n.a.	16,697	18,510	1.1
Bananas	..	213,908	8,556	8	222,472	187	n.a.	—	222,285	12.6
Grapes	..	49,681	3,478	7	53,166	10,447	n.a.	..	42,719	2.4
Melons, cantaloupes etc.	..	154,043	7,702	1	161,746	8,901	n.a.	..	152,845	8.7
Peaches	..	62,648	6,265	632	69,545	802	n.a.	29,008	39,735	2.3
Pears	(d)-3,981	161,413	3,228	37	168,659	23,495	n.a.	54,908	90,256	5.1
Pineapples	..	146,825	—	—	146,825	676	n.a.	65,612	80,537	4.6
Plums and prunes	..	25,046	7,764	3	32,813	4,176	n.a.	n.a.	28,637	1.5
<i>Total</i>	(d)31,883	1,258,152	85,736	33,857	1,345,862	87,995	n.a.	285,592	972,275	55.3
Jams, conserves, etc. (product weight)	-593	32,435	1,000	6,410	40,438	1,341	39,097	2.2
Dried vine fruit (product weight)—										
Currants	(e)4,550	0.3
Raisins	(e)2,824	0.2
Sultanas	(e)25,025	1.4
Dried tree fruit (product weight)—										
Apricots	(f)5,411	0.3
Prunes	(f)659	0.0
Other	(f)5,212	0.3
Processed fruit (product weight)—										
Apples	2,772	13,082	—	1,046	11,356	371	10,985	0.6
Mixed fruits (incl. fruit salad)	33	35,418	—	706	36,091	15,723	20,368	1.2
Peaches	2,254	30,535	150	298	28,729	9,701	19,029	1.1
Other	8,725	103,021	350	26,465	121,111	24,821	96,289	5.6

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1992-93 — 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							
VEGETABLES—									
Potatoes	n.a.	1,129,211	37,196	1,177,699	19,463	33,876		1,074,421	61.1
Other root and bulb vegetables—									
Beetroot	—	21,646	23	23,184	307	216		22,661	1.3
Carrots	—	169,517	21	174,623	29,585	5,086		139,953	8.0
Onions	-173	167,912	9,342	180,786	41,128	5,037		134,620	7.7
Parsnips	n.a.	8,919	—	9,900	735	178		8,987	0.5
Sweet potatoes	n.a.	7,564	69	7,709	—	151		7,558	0.4
White turnips and swedes	n.a.	7,659	21	8,445	1	153		8,291	0.5
Total	-173	383,217	9,476	404,648	71,756	10,822		322,069	18.3
Tomatoes	-36,896	279,762	44,726	383,765	5,850	13,988		363,927	20.7
Leafy and green veg. (incl. legumes)—									
Beans	—	36,698	5,917	48,487	2,769	734		44,983	2.6
Cabbages and other greens	—	79,780	1,533	101,864	8,903	3,989		88,972	5.1
Celery	n.a.	43,134	—	44,428	2,470	2,157		39,801	2.3
Lettuce	n.a.	98,992	—	114,831	3,743	6,929		104,159	5.9
Peas	1,742	79,971	16,283	96,111	6,367	6,398		83,346	4.7
Total	1,742	338,575	23,733	405,721	24,252	20,207		361,262	20.6
Other vegetables—									
Asparagus	n.a.	6,125	6,648	12,957	3,277	..		9,680	0.6
Cauliflowers	n.a.	80,202	—	84,212	12,297	5,614		66,301	3.8
Cucumbers (incl. gherkins)	-41	11,496	3,947	18,013	104	345		17,564	1.0
Marrows, squashes and zucchinis	n.a.	12,757	867	17,706	524	n.a.		17,182	1.0
Pumpkins	n.a.	80,364	867	106,143	524	n.a.		105,619	6.0
Sweet corn	—	52,216	20,237	75,586	4,201	1,044		70,341	4.0
Other	-1,173	106,949	41,595	163,953	18,088	n.a.		145,865	8.3
Total	-1,214	350,109	74,161	478,571	39,015	7,003		432,553	24.6
Total all vegetables	-36,541	2,480,874	189,292	2,850,404	160,335	85,897		2,554,232	145.3
GRAIN PRODUCTS—									
Flour (incl. flour for breadmaking)	1,038	1,341,351	32,731	1,373,043	59,154	..		1,313,890	74.7
Breakfast foods—									
Oatmeal and rolled oats	n.a.	28,558	2	28,560	8,147	..		20,413	1.2
Other (from grain)	1,060	197,772	2,971	199,683	29,312	..		170,371	9.7
Table rice	n.a.	59,716	27,214	86,930		86,930	4.9
Total grain products	2,098	1,627,397	62,918	1,688,216	96,613	..		1,591,604	90.5
Bread(g)	n.a.	946,591	9,722	956,313	287	..		956,026	54.4
EGGS AND EGG PRODUCTS—									
Number of eggs		'000 doz. (b)220,621	number 151
NUTS (in shell)—									
Peanuts	2,140	23,987	10,918	32,765	4,300	..		22,215	kg 1.3
Tree nuts	n.a.	20,092	58,575	80,676	8,132	n.a.		72,544	4.1

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1992-93 — continued

	Supply			Utilisation				Per capita per year	
	Net change in stocks	Production		Total supply	Exports	Non-food use, waste, etc.	For processed food		Total
		Commercial	Estimated home production						
OILS AND FATS—									
Butter	577	159,668	..	541	19,729	(c)45,576	
Total margarine	364	114,732	—	541	6,544	139,903	
Other margarine	213	44,936	—	—	13,185	108,365	
SUGARS—									
Cane Sugar—									
As refined sugar	-12,277	764,580	—	8,259	17,703	..	608,627	158,786	
In manufactured foods	—	608,627	—	99,546	65,995	642,178	
Honey	—	26,073	—	74	9,107	17,040	
BEVERAGES—									
Tea	n.a.	899	—	16,843	460	17,283	
Coffee	n.a.	80	—	43,542	4,365	39,257	
Aerated and carbonated waters									
Beer—	n.a.	1,678,041	n.a.	41,762	13,011	1,706,792	
Low alcohol	(i)	(j)	
Other beer	494	417,665	
Total beer	12,355	1,295,540	
Wine—	12,849	1,713,205	
Dessert wine	(i)	(k)	
Sherry	56	16,981	
Sparkling and carbonated wine	51	11,040	
Table wine	2,346	35,685	
Vermouth	4,710	253,481	
Other wine, n.e.i.	200	1,481	
Total wine	469	3,258	
..	7,832	321,926	
Spirits—									
Brandy	(i)	(j)	
Gin	629	1,941	
Liqueurs (incl. flavoured spirits)	600	803	
Rum	1,679	1,762	
Vodka	553	2,484	
Whisky	583	955	
Other, n.e.i. (incl. bitters)	10,928	10,954	
Total spirits	341	1,549	
..	15,313	20,448	

(a) Stocks supplied by the Australian Meat and Livestock Corporation. (b) Processed foods are not shown separately, but are included in production and apparent consumption. (c) Domestic sales supplied by the Australian Dairy Corporation. (d) Cold store stocks of apples and pears. (e) Comprises deliveries year ended 30 June as recorded by the Australian Dried Fruits Association, and imports. (f) Comprises deliveries and imports for consumption in Australia. (g) Data collected triennially and not available for 1991-92. (h) See paragraph 5, Section 1 of the Technical Notes. (i) Imports cleared for consumption in Australia. (j) Comprises quantities upon which excise duty was paid and imports cleared for consumption in Australia. (k) Comprises quantity of sales by winemakers and imports cleared for consumption in Australia.

SECTION II. LEVEL OF NUTRIENT INTAKE

TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a), 1987-88 to 1992-93
(per capita per day)

Commodity group	Protein g	Fat g	Carbo- hydrate g	Calcium mg	Iron mg	Retinol equivalent		Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
						(a)	(b)					
1987-88												
Meat and meat products	29.2	r26.8	0.2	12	3.0	r1,583	2	0.28	r0.54	6.2	r1,496	
Poultry	7.7	5.5	—	3	0.4	16	—	0.02	0.05	1.5	r334	
Seafood r	4.4	1.1	—	21	0.3	6	—	—	—	0.9	121	
Dairy products(c) r	21.8	21.6	19.4	659	1.0	269	5	0.21	1.10	1.0	1,482	
Fruit and fruit products r	2.0	0.2	26.6	39	0.8	42	53	0.12	0.07	0.7	488	
Vegetables and vegetable products r	6.8	0.5	25.5	44	2.0	462	74	0.24	0.16	3.2	574	
Grain products	25.5	3.4	173.8	46	4.8	—	—	0.78	r0.63	8.8	3,512	
Eggs and egg products r	2.6	2.1	0.1	8	0.3	33	—	0.01	0.09	—	123	
Nuts	r1.7	4.2	0.5	14	0.3	—	—	r0.03	0.07	0.7	r192	
Oils and fats	0.2	54.1	0.2	4	—	312	—	—	0.01	0.1	2,010	
Sugars	—	—	122.0	5	0.1	—	—	—	—	—	1,951	
Beverages(alcoholic)(d)	1.0	—	r7.2	16	0.1	—	7	—	—	r1.4	r727	
T total r	103.0	119.6	375.5	870	13.1	2,724	140	1.71	2.75	24.3	13,010	
1988-89												
Meat and meat products	28.8	26.7	0.1	11	r2.8	1,201	2	0.28	0.47	6.0	1,483	
Poultry	r7.6	r5.4	—	3	0.4	16	—	0.02	0.05	r1.4	r328	
Seafood	r4.8	1.2	—	r23	0.3	6	—	0.01	0.03	r1.0	r131	
Dairy products(c) r	20.2	21.9	20.9	672	0.6	271	5	0.19	0.81	0.4	1,487	
Fruit and fruit products r	2.1	0.3	27.9	43	0.9	44	60	0.13	0.08	0.7	513	
Vegetables and vegetable products r	6.9	0.5	25.6	47	2.0	496	73	0.24	0.17	3.3	578	
Grain products	25.4	3.4	173.0	46	4.9	—	—	0.79	0.65	8.9	3,499	
Eggs and egg products r	1.8	2.0	0.1	8	0.3	32	—	0.01	0.08	—	118	
Nuts	1.8	r4.5	0.5	r16	0.3	—	—	0.03	0.08	0.7	r207	
Oils and fats	0.2	53.7	0.2	4	—	307	—	—	—	0.1	1,993	
Sugars	—	—	r125.0	5	0.1	—	—	—	—	—	r1,999	
Beverages(alcoholic)(d)	r1.1	—	r7.3	16	0.1	—	7	—	—	r1.4	r721	
T total r	101.3	119.6	380.7	893	12.8	2,372	147	1.72	2.41	23.7	13,057	
1989-90												
Meat and meat products	29.4	27.4	0.1	12	2.9	1,297	2	0.28	0.49	6.2	1,519	
Poultry	7.7	5.5	—	3	0.4	16	—	0.02	0.05	1.5	334	
Seafood	r5.0	r1.3	—	r24	0.3	6	—	0.01	0.03	1.0	r137	
Dairy products(c) r	20.0	21.9	21.0	666	0.6	271	5	0.20	0.80	0.4	1,484	
Fruit and fruit products r	2.0	0.3	28.1	41	0.9	46	54	0.12	0.07	0.7	515	
Vegetables and vegetable products	r7.3	0.5	27.6	r47	2.1	r495	r78	0.26	0.17	3.5	r620	
Grain products	25.8	3.3	r176.3	46	5.0	—	—	r0.81	0.67	9.2	r3,560	
Eggs and egg products r	2.5	2.0	0.1	8	0.3	31	—	0.01	0.08	—	115	
Nuts	2.0	4.9	0.6	16	0.3	—	—	0.04	0.08	0.8	225	
Oils and fats	0.2	52.8	0.2	4	—	296	—	—	r—	0.1	1,960	
Sugars	—	—	r125.9	5	0.1	—	—	—	—	—	r,2012	
Beverages(alcoholic)(d)	1.0	—	r7.2	15	0.1	—	7	—	—	1.3	704	
T total r	102.9	119.8	387.1	886	13.1	2,459	145	1.75	2.46	24.6	13,184	

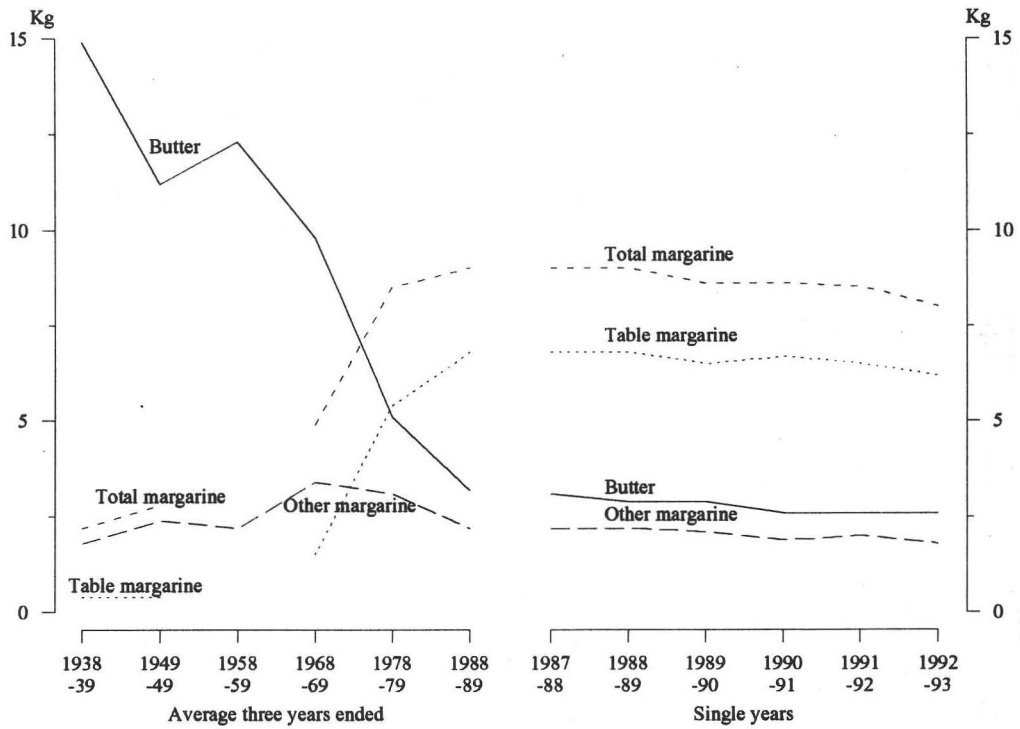
For footnotes see end of table.

TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a), 1987-88 to 1992-93 — continued

Commodity group	Protein g	Fat g	Carbo- hydrate g	Calcium mg	Iron mg	Retinol equivalent		Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
						(a)	(b)					
1990-91												
Meat and meat products	29.5	26.9	0.2	12	3.1	1,822	2	0.29	0.59	6.3	1,505	
Poultry	7.8	5.6	—	3	0.4	17	—	0.02	0.05	1.5	r338	
Seafood	r5.5	1.3	—	r24	0.3	r7	—	0.01	0.03	r1.1	r146	
Dairy products(c) r	19.6	21.6	20.3	652	0.6	267	5	0.19	0.78	0.3	1,456	
Fruit and fruit products r	2.1	0.3	28.4	42	0.9	51	56	0.12	0.08	0.7	521	
Vegetables and vegetable products r	6.9	0.5	25.9	46	2.0	486	75	0.24	0.16	3.3	584	
Grain products	26.6	3.6	r181.2	48	5.4	—	—	0.85	0.73	9.7	r3,665	
Eggs and egg products r	2.5	2.0	0.1	8	0.3	31	—	0.01	0.08	—	115	
Nuts	1.9	4.6	0.6	15	0.3	—	—	0.04	0.08	—	r214	
Oils and fats	0.2	52.1	0.2	3	—	289	—	—	F—	—	1,935	
Sugars	—	124.7	—	4	0.1	—	—	—	—	—	1,993	
Beverages(alcoholic)(d)	1.0	—	r7.0	15	0.1	—	7	—	—	—	r676	
Total r	103.5	118.5	388.6	872	13.5	2,970	145	1.78	2.58	25.1	13,148	
1991-92												
Meat and meat products	r28.3	26.3	0.2	11	2.9	r1,631	2	0.29	r0.54	6.0	r1,462	
Poultry	8.1	5.8	—	3	0.4	17	—	0.02	0.05	1.5	r350	
Seafood r	5.4	1.4	—	25	0.3	7	—	0.01	0.03	1.1	147	
Dairy products(c) r	19.5	21.6	20.2	650	0.6	268	5	0.19	0.78	0.3	1,455	
Fruit and fruit products r	2.2	0.3	29.3	46	1.0	55	63	0.14	0.08	0.8	539	
Vegetables and vegetable products r	6.9	0.5	26.5	44	2.0	470	74	0.24	0.17	3.4	594	
Grain products r	26.2	3.5	177.9	48	5.6	—	—	0.86	0.77	10.0	3,598	
Eggs and egg products r	2.5	2.0	0.1	8	0.3	32	—	0.01	0.08	—	118	
Nuts	2.2	r5.2	0.7	17	0.3	—	—	0.04	0.09	0.9	r240	
Oils and fats	0.2	51.9	0.2	3	—	286	—	—	—	—	1,927	
Sugars	—	—	119.0	4	0.1	—	—	—	—	—	1,904	
Beverages(alcoholic)(d)	r1.0	—	r6.6	14	0.1	—	6	—	—	—	r647	
Total r	102.4	118.5	380.6	874	13.6	2,766	151	1.82	2.59	25.3	12,979	
1992-93												
Meat and meat products	26.6	25.0	0.1	11	2.6	1,057	2	0.27	0.42	5.5	1,382	
Poultry	8.3	5.9	—	3	0.4	18	—	0.02	0.05	1.6	360	
Seafood	5.1	1.3	—	23	0.3	6	—	0.01	0.03	1.0	139	
Dairy products(c)	19.3	21.7	19.5	640	0.6	268	4	0.19	0.76	0.3	1,441	
Fruit and fruit products	2.2	0.3	28.8	46	1.0	58	65	0.14	0.08	0.8	531	
Vegetables and vegetable products	6.5	0.5	24.8	42	1.9	465	70	0.23	0.16	3.2	557	
Grain products	26.3	3.4	179.2	47	5.2	—	—	0.83	0.70	9.5	3,618	
Eggs and egg products	2.6	2.0	0.1	8	0.3	32	—	0.01	0.08	—	120	
Nuts	1.8	4.4	0.5	15	0.3	—	—	0.03	0.08	0.7	204	
Oils and fats	0.2	50.8	0.2	3	—	274	—	—	—	—	1,886	
Sugars	—	—	133.2	4	0.1	—	—	—	—	—	2,130	
Beverages(alcoholic)(d)	0.9	—	6.3	14	0.1	—	6	—	—	—	618	
Total	99.7	115.4	392.6	856	12.7	2,178	147	1.73	2.37	23.8	12,986	

(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 carotene equivalent. (c) Excludes butter, which is included in 'Oils and fats'. (d) Comprises beer, wine and spirits, the energy value of which includes the contribution made by alcohol.

APPARENT PER CAPITA CONSUMPTION OF BUTTER AND MARGARINE



**APPARENT PER CAPITA INTAKE OF VITAMIN C
(adjusted for losses in cooking)**

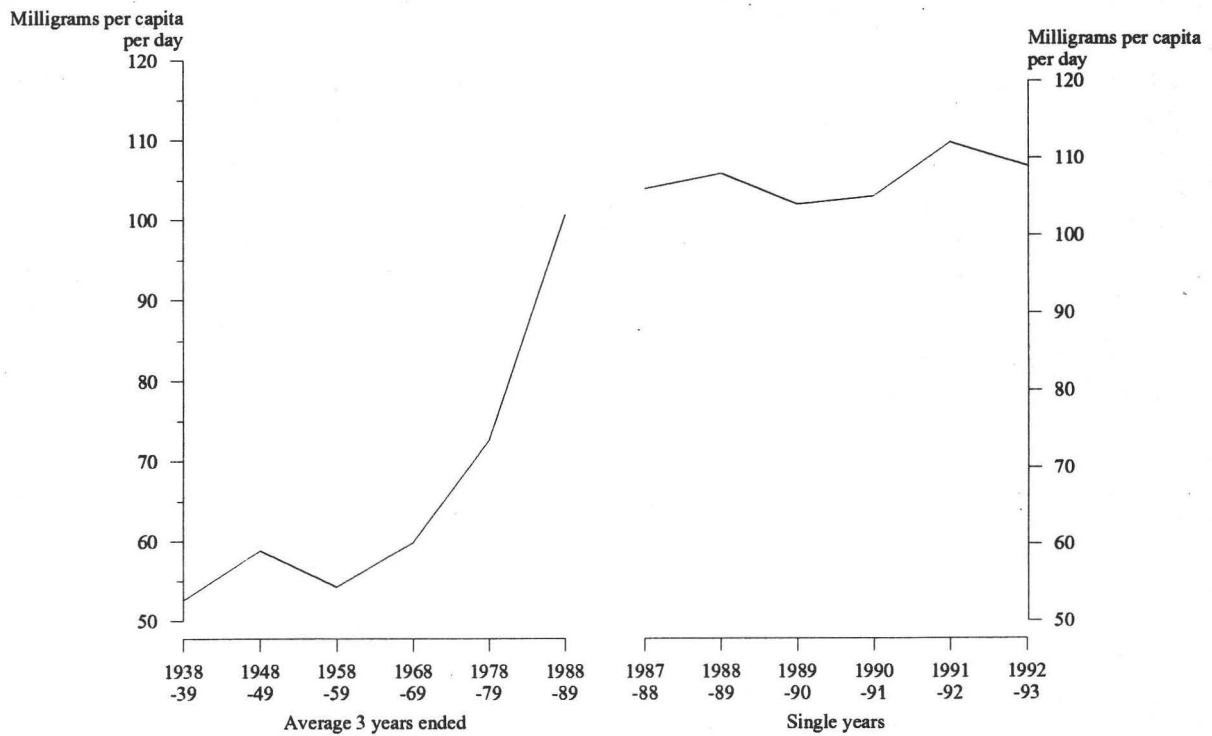


TABLE 5. ADJUSTMENTS TO THE AVAILABILITY OF SPECIFIC VITAMINS, AUSTRALIA(a), 1987-88 to 1992-93
(milligrams per capita per day)

Nutrient	1987-88		1988-89		1989-90		1990-91		1991-92		1992-93	
	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—												
Dairy products—												
Fluid whole milk	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8	2.8
Other milk products	1.8	1.8	1.9	1.9	2.0	2.0	1.8	1.8	1.8	1.8	1.7	1.7
Meat and meat products	2.1	(b)	1.7	(b)	1.8	(b)	2.3	(b)	r2.1	(b)	1.5	(b)
Fish	0.3	(b)	0.3	(b)	0.3	(b)	0.3	(b)	0.3	(b)	0.3	(b)
Beverages, alcoholic r	7.0	7.0	7.1	7.1	7.0	7.0	6.8	6.8	6.5	6.5	6.1	6.1
Fruit and fruit products—												
Fresh, canned and dried r	17.1	19.0	17.5	15.6	18.6	16.6	18.6	17.1	18.9	17.1	18.1	16.6
Cooked	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2	0.4	0.2
Citrus r	35.3	35.3	42.0	42.0	34.6	34.6	36.9	36.9	43.9	43.9	46.4	46.4
Vegetables and vegetable products—												
Fresh tomatoes r	9.6	6.5	9.9	5.2	10.8	5.5	12.0	6.7	10.9	5.9	10.1	3.6
Lettuce	r0.3	r0.3	r0.6	r0.6	0.7	0.7	0.6	0.6	0.6	0.6	0.6	0.6
Canned vegetables r	9.1	5.8	9.6	6.0	10.0	6.6	9.3	6.0	9.8	6.4	10.1	6.7
Cooked potatoes												
and other vegetables r	54.6	27.3	53.2	26.6	56.0	28.0	52.8	26.4	53.0	26.5	49.3	24.6
Total vitamin C r	140.3	106.0	146.8	107.9	145.0	104.0	144.6	105.4	150.9	111.6	147.4	109.3
Thiamin r	1.71	1.45	1.72	1.46	1.75	1.49	1.78	1.52	1.82	1.54	1.73	1.47
Niacin equivalent(c) r	24.3	41.5	23.7	40.6	24.6	41.8	25.1	42.4	25.3	42.4	23.8	40.4

(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.

TABLE 6. ESTIMATED NUTRIENTS AVAILABLE FOR CONSUMPTION, ADJUSTED, AUSTRALIA(a), 1938-39 to 1992-93
(per capita per day)

Nutrient	Unit	Average 3 years ended—												
		1938-39	1948-49	1958-59	1968-69	1978-79	1988-89	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93	
Protein—														
Animal	g	58.7	57.4	59.6	64.2	69.3	62.9	65.8	63.9	64.5	64.8	63.8	61.8	
Vegetable	g	30.9	35.3	32.3	35.5	32.2	36.7	37.2	37.5	38.4	38.7	38.6	37.9	
Total	g	89.6	92.7	91.9	99.7	101.5	99.6	103.0	101.3	102.9	103.5	102.4	99.7	
Fat (from all sources)	g	133.5	121.7	131.7	123.2	152.6	119.1	119.6	119.6	119.8	118.5	118.5	115.4	
Carbohydrate	g	377.4	424.8	416.7	406.8	396.2	374.7	375.5	380.7	387.1	388.6	380.6	392.6	
Calcium	mg	642	785	817	968	874	891	870	893	886	872	874	856	
Iron	mg	15.4	15.1	14.0	14.7	15.7	12.4	13.1	12.8	13.1	13.5	13.6	12.7	
Retinol equivalent	µg	1,472	1,389	1,370	1,348	1,602	2,569	2,724	2,372	2,459	2,970	2,766	2,178	
Vitamin C	mg	52.6	58.8	54.3	59.8	72.7	100.7	106	108	104	105	112	109	
Thiamin	mg	1.2	1.3	1.1	1.4	1.50	1.44	1.45	1.72	1.46	1.75	1.49	1.78	
Riboflavin	mg	1.7	1.9	1.8	2.7	2.74	2.38	2.75	2.41	2.46	2.58	2.59	2.37	
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.8	40.6	41.5	41.8	40.6	41.8	42.4	42.4	
Energy value	kJ	13,048	13,584	13,801	13,835	14,635	12,907	13,010	13,057	13,184	13,148	12,979	12,986	

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein. See paragraphs 1 to 6 of Section II for information on the effect on data comparisons of changes to nutrient tables used.

TABLE 7. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA, 1987-88 to 1992-93

	1987-88	1988-89	1989-90	1990-91	1991-92	1992-93
	r			r	r	
Meat and meat products	11.5	11.4	11.5	11.4	11.3	10.6
Poultry	2.6	2.5	2.5	2.6	2.7	2.8
Seafood	0.9	1.0	1.0	1.1	1.1	1.1
Dairy products	11.4	11.4	11.3	11.1	11.2	11.1
Fruit and fruit products	3.7	3.9	3.9	4.0	4.2	4.1
Vegetables and vegetable products	4.4	4.4	4.7	4.4	4.6	4.3
Grain products	27.0	26.8	27.0	27.9	27.7	27.9
Eggs and egg products	0.9	0.9	0.9	0.9	0.9	0.9
Nuts	1.5	1.6	1.7	1.6	1.8	1.6
Oils and fats	15.4	15.3	14.9	14.7	14.8	14.5
Sugar	15.0	15.3	15.3	15.2	14.7	16.4
Beverages(alcoholic)	5.6	5.5	5.3	5.1	5.0	4.8
Total	100.0	100.0	100.0	100.0	100.0	100.0

TABLE 8. NUTRIENTS AVAILABLE FOR CONSUMPTION(a) IN AUSTRALIA COMPARED WITH RECOMMENDED DIETARY INTAKES (RDI), 1987-88 to 1992-93

	Protein g	Calcium mg	Iron mg	Retinol equivalent µg	Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin equivalent mg	Energy value kJ
1987-88—									
RDI	45.8	840	9.2	684	34	0.89	1.36	15.2	9,292
Nutrients—									
Available r	103.0	870	13.1	2,724	106	1.45	2.75	41.5	13,010
In excess of RDI (%) r	125	4	43	298	214	63	101	173	40
1988-89—									
RDI	45.8	839	9.2	684	34	0.89	1.36	15.2	9,291
Nutrients—									
Available r	101.3	893	12.8	2,372	108	1.72	2.41	23.7	13,057
In excess of RDI (%) r	121	6	40	247	220	92	77	56	41
1989-90—									
RDI	45.8	838	9.2	685	34	0.89	1.36	15.2	9,287
Nutrients—									
Available r	102.9	886	13.1	2,459	104	1.46	2.46	40.6	13,184
In excess of RDI (%) r	125	6	43	259	208	63	80	167	42
1990-91—									
RDI	45.8	838	9.2	685	34	0.89	1.36	15.2	9,284
Nutrients—									
Available r	103.5	872	13.5	2,970	105	1.75	2.58	41.8	13,148
In excess of RDI (%) r	126	4	48	334	212	96	89	175	42
1991-92—									
RDI	45.8	838	9.2	685	34	0.89	1.36	15.2	9,286
Nutrients—									
Available r	102.4	874	13.6	2,766	112	1.49	2.59	42.4	12,979
In excess of RDI (%) r	124	4	49	304	231	67	90	179	40
1992-93—									
RDI	45.8	838	9.2	686	34	0.89	1.36	15.2	9,284
Nutrients—									
Available	99.7	856	12.7	2,178	109	1.78	2.37	42.4	12,986
In excess of RDI (%)	118	2	39	218	224	100	74	179	40

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein. See paragraph 13 of Section II for the source of Recommended Dietary Intakes (RDI) used and the determination of population RDIs. Protein and iron are calculated on the mid value for the RDI range given for each age group. The same applies for thiamin, riboflavin and niacin in the years to which ranges for RDI's of these nutrients applied. Energy calculated from mid value of the range up to 18 years. Energy for 18 years onwards is based on BMRX1.5 and mean weights for age from NHF Risk Factor Prevalence Study 1983 and 1989.

EXPLANATORY NOTES

Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1992-93 as well as comparative data for earlier years. Historical data published in Tables 1 and 6 refer to averages for the three-year periods ending 1938-39, 1948-49, 1958-59, 1968-69, 1978-79, and 1988-89. 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 Health, Food and Nutrition Unit of the Australian Institute of Health and Welfare to whom thanks are extended. Preliminary statistics for 1993-94 covering major food items have been published on 15 November 1994 in *Apparent Consumption of Selected Foodstuffs, Australia, 1993-94, Preliminary* (4315.0), which is available from any ABS office.

Related publications

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

Summary of Crops, Australia, (7330.0)

Livestock and Livestock Products, Australia, (7221.0)

Home Production of Selected Foodstuffs, Australia, Year ended April 1992 (7110.0)

Manufacturing Commodities, Principal Articles Produced, Australia (8303.0)

Foreign Trade, Australia: Merchandise Exports, Detailed Commodity Tables (5436.0)

Foreign Trade, Australia: Merchandise Imports, Detailed Commodity Tables (5437.0)

Manufacturing Production, Australia, Food, Drink, Tobacco, Stock and Poultry Food (8359.0) — issued monthly

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

National Health Survey: Health Risk Factors, 1989-90 (4380.0)

National Health Survey: Alcohol Consumption 1989-90 (4381.0)

3. The ABS has more detailed agricultural statistics on magnetic tape, compact disk, microfiche and floppy disk. AgStats on floppy disk offers a wider range of data, aggregated at smaller geographic areas than those generally available in printed publications.

4. Current publications produced by the ABS are listed in the *Catalogue of Publications and Products, 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.

5. The figures shown in this publication have been revised where necessary and as a consequence may not agree with similar data shown in previous publications.

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

Symbols and other usages

n.a.	not available
..	not applicable
—	nil or rounded to zero
n.e.i.	not elsewhere included
n.c.	not collected
	break in series
r	revised.

Abbreviations

kg	kilograms
g	grams
mg	milligrams
µg	micrograms
kJ	kilojoules

TECHNICAL NOTES

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	1987-88	16,398,988
1948-49	7,651,558	1988-89	16,685,623
1958-59	9,741,073	1989-90	16,938,640
1968-69	11,919,046	1990-91	17,176,910
1978-79	14,275,870	1991-92	17,392,135
1988-89	16,408,095	1992-93	17,579,009

These data are published in *Australian Demographic Statistics* (3101.0). Revised estimates for the period 1988 to 1993 incorporate the final results from the 1993 Census. See also population data published on page 25.

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, 20.8 per cent in 1981, 21.2 per cent in 1986 and 22.7 per cent in 1991).
- (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 relevant tables (see Technical Note III). The overall ageing of the population will also have an effect on the patterns of con-

sumption. In particular, the recommended dietary intakes of the population are dependent on the age and sex distribution of the population. Changes in the age distribution will affect the comparison of the nutrients available to the population, with dietary needs.

- (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, some milk products, cheese, rice, bread, butter, eggs, beer, wine, spirits and dried fruits.

- (b) *Commercial production and estimated home production*. Available production statistics are confined mainly to commercial production. Calculations of the extent of production by householders for their own use have been based on the results of a survey of Home Production conducted by the ABS in April 1992. (Details available in Home Production of Selected Foodstuffs, Australia, Year Ended April 1992). New factors produced using the results of this survey have been used to revise the 'Estimated home production' series in this bulletin back to 1987-88. 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 particularly in the case of canned foodstuffs which have a long shelf life.
- (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. 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 is as follows:

Sugar. This grouping includes sugar cane products, honey and syrups. Sugar consumption represents apparent consumption in terms of disposals of sugar by refineries and the sugar content of disposals of sugar products by manufacturers. In general stocks are not taken into account. At one time, however, sugar used in the brewing industry was, in energy contribution terms, being counted twice, i.e. as sugar in manufactured foods and as alcohol in beer. Once the effect of the double count was removed in 1980-81, there resulted an apparent decrease in the potential energy contribution in sugar (in sugar forms). Data from 1975-76 have been corrected.

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. Separate data on processed vegetables (product weight) and fresh vegetables are no longer available for publication; some data are available on request by contacting the ABS on Canberra (06) 252 5329 or by writing to PO Box 10, Belconnen, ACT 2616.

Alcoholic beverages. The increased market share of 'low alcohol' beers and wines had led to a revision in the methodology of calculating litres of alcohol consumption. Low alcohol beer is beer with an alcoholic content greater than or equal to 1.15 percent and less than 3.8 percent by volume. Other beer is beer with an alcoholic content greater than or equal to 3.8 percent by volume.

Fruit. Fruit is shown in terms of fresh or fresh equivalent and, as in the case of vegetables, relates to the pre-processing stage. Stocks, imports and exports are con-

verted 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. The methodology for calculating meat consumption has been revised from 1975-76 and now shows meat consumption in carcass weight equivalent terms. Canned meat as such is not available. Carcass weight is defined as ex-abattoir (i.e. bone-in). Owing to diverse cutting practices by butchers and the difficulty in clearly defining 'retail weight of meat' it is considered impractical to derive a factor for the purpose of expressing estimated meat consumption in terms of retail weight. Estimates of retail weight as a percentage of carcass weight range from 72 per cent for beef, 83 per cent for veal, 80 to 85 per cent for lamb and 82 per cent for pork.

Eggs and egg products. Data prior to 1982-83 for eggs are 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 data shown for 1986-87 and 1987-88 consists of commercial disposals, by State Egg Boards, of areas under their control. Estimates for those states without Egg Boards were obtained from other sources as were estimates for North Queensland and the Northern Territory. Care should therefore be taken in comparing current egg consumption with data from earlier year. Revisions back to 1987-88 have been made to the home production component based on results of the Home Production Survey.

Grain and grain products. In the past, bread statistics have been collected as part of the Manufacturing Census, which was not conducted in 1985-86, and in 1987-88 and 1988-89 commodity data were not collected. In 1989-90, Bread statistics were collected, however due to deficiencies in these estimates an alternative source is currently being sought.

Fish. For the purpose of estimating supplies of non-commercially caught fish and crustaceans and molluscs available for consumption, factors derived from results of the Home Production Survey have been applied to commercial production. No such allowances have been made for crustacea or molluscs. Fresh and frozen seafood is expressed in edible weight (i.e. the edible portion of the fish or shellfish).

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. It has, however, 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 in 1980-81. Data from 1975-76 have been revised accordingly and these revisions have increased the apparent per capita consumption of fat by about 27 per cent.

II. NUTRIENT AVAILABILITY

The nutrient content of the food supply can be estimated from the data on foodstuffs. An assessment can be made based on these estimates of whether the nutrients available are adequate to meet the needs of the population. Note that because the calculated values are averages of per capita availability of the food supply for the population as a whole, they give no information on the food consumption of individuals or groups of individuals within the population. Also, the data are for 'food available for consumption' which is not the same as food consumed. The Food and Agricultural Organization has estimated that where there is a plentiful food supply, up to 15 per cent of food available may be wasted.

Data on foodstuffs

2. The data on foodstuffs available for consumption can be used to calculate the levels of nutrients available for consumption. The nutrient calculations in this publication are based on the food data collected by the Australian Statistician as set out in the Explanatory Notes and the Technical Notes on foodstuffs (pages 20-22). Therefore they are subject to the same qualifications.

3. Note that data in this publication have been revised where necessary and may not agree with corresponding data in previous publications. Also, where data have been rounded, there may be small differences between the totals shown and the sum of the component items (e.g. 1992-93 per capita supply of fat, Table 4).

Food composition data

4. Since the 1987-88 publication, nutrient calculations are based on food composition data from the Australian Nutrient Data Bank, as they appear in the published series *Composition of Foods, Australia* (volumes 1-6), available from the Australian Government Publishing Services (Cashel, English & Lewis, 1989; English, Lewis & Cashel, 1990; Lewis & English, 1990a; English & Lewis, 1990; Lewis & English, 1990b; Lewis, Holt & English, 1992). Updates and additions to the nutrient data base are incorporated into nutrient calculations as they become available. These may give rise to some minor changes to the data compared with previous years.

5. The food composition data base in use until 1987-88 (Thomas & Corden, 1977) was changed after the 1967-68 publication (No. 23). Until then, the tables compiled by Osmond & Wilson (1954) had been used. Changes in the food composition data bases affect the comparability of the nutrient data, but for most of the factors used to convert food data into nutrient data ('conversion factors'), the differences do not negate the usefulness of comparisons. Nutrient data for the years 1983-84 to 1986-87 were re-calculated using the current food composition database and users can assess the effect of the changes (see the 1987-88 and 1986-87 issues). Note that strict comparisons between vitamin A activity values after 1968-69 cannot be made with earlier values.

Revisions in this issue

6. Data back to 1987-88 have been revised in this issue and the effect can be assessed by comparing the estimates with those shown in the 1991-92 issue.

7. Data for some dairy products have been updated. The effect was generally small (e.g. the greatest difference in 1991-92 data was a reduction in the calcium estimate from 106.0 per cent of the population RDI to 105.0 per cent).

8. A more substantial effect is due to a change in the method of estimating home production of foodstuffs (see Technical notes p 20). These changes should be taken into account in making comparisons with unrevised data (i.e. before 1987-88).

Expression of nutrients available for consumption

9. Details of nutrients available for consumption in 1987-88 to 1992-93 are given in Table 4. Most of the nutrient estimates are based on the fresh equivalent weight of the foods (for processed foods, this is the amount of fresh produce used to make the product weight given for that foodstuff). There are some exceptions, where the fresh equivalent weight is inappropriate or unavailable, such as cheese, powdered and canned milk, canned fish and alcoholic beverages. Allowance is made for natural wastage (e.g. from skins, seeds, bones).

10. No allowance is made for the addition of supplementary vitamins or minerals to food products, except for ready-to-eat breakfast cereals for which there are a common range of nutrient additions.

Adjustments to vitamins

11. Losses in the total food available for consumption due to processing or preserving are allowed for through adjustments in the conversion factors used for calculating available thiamin and vitamin C. In addition, certain foods, particularly fruit and vegetables, lose these vitamins during cooking or storage. Table 5 gives values adjusted for such losses. Calculations for losses due to cooking assume average conditions and usual methods, although careful cooking could reduce loss. Losses from uncooked vegetables and fruit, and the possible effects of storage on foods in general are assumed to be negligible. Losses of other of the nutrients estimated do occur during cooking, but not in amounts likely to be significant.

12. *Thiamin*. There is a significant loss of thiamin when meat and vegetables are cooked, and this varies according to the method and duration of cooking. It is considered that an allowance of 15.0 per cent loss of thiamin over the foods comprising a normal mixed diet is sufficiently accurate for statistical purposes.

13. *Vitamin C*. Losses of vitamin C from foods are variable. On average, 60.0 per cent of vitamin C in leafy green vegetables will be lost on cooking. About 50.0 per cent is lost from skinned potatoes, other vegetables and stewed fruit.

14. *Niacin*. Niacin is synthesised in the body from dietary protein in the food supply. About 0.016 per cent of protein is converted to niacin. Consequently, the total available niacin supply, expressed in niacin equivalents, includes an adjustment for the protein contribution.

15. Note: adjusted nutrient data are used for Tables 6 and 8.

Nutritional adequacy of the food supply

16. Recommended Dietary Intakes (RDI's) are reference levels of nutrients (expressed as amount per capita per day) likely to provide adequately for the needs of the population. A comparison between RDI's and the estimated supply of nutrients is shown in Table 8. RDI's differ for population groups, and the RDI values used in Table 8 are population averages weighted according to the age/sex composition of the population published in *Estimated Age Distribution of the Population* (ABS cat. no. 3201.0).

17. The food supply has levels of all nutrients estimated in excess of the RDI's for the Australian population. In assessing the nutritional adequacy of the food supply, it must be noted that RDI's are designed to 'exceed the actual nutrient requirements of practically all healthy persons and are not synonymous with requirements' (NHMRC, 1991). They are used appropriately as an indicator of the nutritional adequacy of the food supply, that is, if nutrient estimates exceed the RDI's (as is the case at present), then it is known that the population as a whole has available to it an adequate supply of nutrients. The converse is not true, however, and if the supply of a nutrient was below the RDI, it would indicate a need for further investigation of nutrient intake rather than nutrient supply.

18. It should be noted that revisions to the RDI's, for the 1977-78 issue and between 1982-83 and 1989-90, mean that care should be taken in making comparisons over time. For example, RDI's for iron and calcium in the 1981-82 issue were 427 mg/d and 10.4 mg/d compared with revised values of 837 mg/d and 8.8 mg/d.

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III. PER CAPITA STATISTICS

The following age-group distributions of the Estimated Resident Australian Male and Female Population at 30 June 1992 and 1993 are based on the results of the Australian Population Census of 6 August 1991. These revised estimates take account of new information provided by final census counts and estimates of census underenumeration.

Data may be used in conjunction with information in Tables 2 and 3 to vary apparent per capita consumption according to the user's specific interest.

ESTIMATED RESIDENT POPULATION BY AGE GROUPS, AUSTRALIA, 30 JUNE 1992 AND 1993

Age group (years)	Number		Per cent of total population		Number		Per cent of total population	
	1992	1993	1992	1993	1992	1993	1992	1993
	MALES				FEMALES			
0-4	656,935	659,773	3.76	3.74	624,086	626,274	3.57	3.55
5-9	655,720	654,439	3.75	3.71	622,730	622,687	3.56	3.53
10-14	642,650	648,963	3.67	3.68	608,137	613,688	3.48	3.48
15-19	679,645	665,409	3.89	3.77	645,481	631,565	3.69	3.58
20-24	726,476	736,291	4.15	4.17	706,416	713,510	4.04	4.04
25-29	692,546	683,601	3.96	3.87	688,676	679,403	3.94	3.85
30-34	725,568	729,998	4.15	4.13	724,750	730,189	4.14	4.14
35-39	673,702	682,000	3.85	3.86	675,653	685,300	3.86	3.88
40-44	654,565	654,391	3.74	3.71	642,605	647,937	3.67	3.67
45-49	561,608	595,889	3.21	3.37	538,595	573,621	3.08	3.25
50-54	447,166	456,880	2.56	2.59	424,543	433,827	2.43	2.46
55-59	373,830	383,862	2.14	2.17	365,621	375,251	2.09	2.13
60-64	362,272	356,357	2.07	2.02	365,165	357,954	2.09	2.03
65-69	325,240	330,957	1.86	1.87	352,908	356,272	2.02	2.02
70-74	239,249	250,169	1.37	1.42	292,925	303,430	1.67	1.72
75-79	162,310	164,013	0.93	0.93	229,500	231,352	1.31	1.31
80-84	88,162	92,644	0.50	0.52	151,095	157,096	0.86	0.89
85 and over	47,295	50,210	0.27	0.28	115,247	121,225	0.66	0.69
All ages	8,714,939	8,795,846	49.83	49.82	8,774,133	8,860,581	50.17	50.18

Source: Australian Demographic Statistics, June Quarter 1994 (3101.0) published by the ABS on 20 December 1994.

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