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**APPARENT CONSUMPTION  
OF FOODSTUFFS AND NUTRIENTS,  
AUSTRALIA**

**1983-84**

**CATALOGUE NO. 4306.0**

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**APPARENT CONSUMPTION OF FOODSTUFFS  
AND NUTRIENTS, AUSTRALIA  
1983-84**

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**AUSTRALIAN BUREAU OF STATISTICS**

**CATALOGUE NO. 4306.0**

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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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## EXPLANATORY NOTES

### Introduction

This publication contains detailed statistics of the consumption of foodstuffs and nutrient intake in Australia for 1983-84 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 1984-85 covering major food items have been published in *Apparent Consumption of Selected Foodstuffs, Australia (Preliminary) 1984-85* (4315.0) and is available from any ABS office.

### Changes in consumption of foodstuffs and nutrients

2. Generally, there have been few changes between 1982-83 and 1983-84, in both foodstuffs and nutrients consumption.
3. In the six years 1978-79 to 1983-84 total meat available for consumption has decreased by 12 per cent from 98.3kg to 86.7 kg per capita per year. This is represented by decreases in beef (by 27 per cent), and veal (by 32 per cent). Lamb intake has increased by 19 per cent. The availability of pigmeat, bacon and ham has also been increasing. Relative to 1968-69, however, the total meat availability to 1983-84 has decreased by 12 per cent from 98.8 kg to 86.7 kg per capita per year.
4. Apparent poultry intake has increased by 6 per cent from 18.8 kg to 20.0 kg per capita per year from 1978-79 to 1983-84. The current availability of poultry represents an increase of 141 per cent since 1968-69.
5. Total fruit available for consumption over the past six years has increased by 21 per cent and since 1968-69 by 31 per cent. There have, however, been considerable fluctuations within the types of fruit available. Of specific interest is the decrease in jams, conserves, etc, which in 1983-84 represent just over half those available in 1968-69. The availability of citrus fruit (85 per cent oranges) was reported as 51.2 kg per capita in 1983-84, an increase of 44 per cent since 1978-79. This includes citrus used for the juice market. The availability of other fresh fruit has increased by just 11 per cent in this same period.
6. While the total apparent consumption of butter and margarine has varied little, that of butter continues to decline from 9.8 kg per capita in 1968-69 to 4.5 kg in 1978-79 to 3.9 kg per capita in 1983-84, a decrease of 60 per cent in fifteen years. Total margarine has increased by 95 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 1978-79, 2.0:1 and in 1983-84 it was 2.5:1. This represents an increase of over fourfold in consumption of table margarine since 1968 (from 1.5 kg to 6.9 kg per capita per year) and a 20 per cent decrease in 'other' margarine. Total fat content availability from this commodity group has varied 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 102 litres in 1983-84 has stabilised in the last 7 years. Cheese has increased steadily since 1968-69, from 3.5kg per capita per year to 7.7 kg in 1983-84. Apparent consumption of cheese has increased by 28 per cent in the past six years.
8. Total available vegetables increased by 7.4 per cent between 1978-79 and 1983-84 from 129 kg to 139 kg per capita per year. Component vegetable types have varied considerably in availability, with potato increasing by 22 per cent and tomato by 38 per cent.
9. Total sugars available, excluding that used in beer production, has decreased by 9 per cent in the past 6 years. 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 by 10 per cent in the past six years from 130.8 litres in 1978-79 to 117.8 litres in 1983-84. Wine, however, has been steadily increasing, with a rise of 25 per cent in the past 6 years (from 16.4 litres in 1978-79 to 20.4 litres per capita in 1983-84).
11. Total cereal products available for human consumption has been relatively stable for the last few years. Breakfast foods and rice have, however shown a small but steady increase in the past 6 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 decrease over this period, but has fluctuated considerably from year to year.
14. All nutrients available for consumption are in excess of the estimated recommended dietary allowances for the population. Note, however, that revised dietary allowances for thiamin, riboflavin and niacin equivalent have been used since 1982-83. This change in the time series suggests a 'lowered' availability of these nutrients relative to earlier years but is explained by the change in the basis of comparison.

### Related publications

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

*Apparent Consumption of Selected Foodstuffs, Australia, 1984-85 Preliminary* (4315.0)

*Crops and Pastures, Australia, 1983-84* (7321.0)

*Fruit, Australia, 1983-84* (7322.0)

*Livestock and Livestock Products, Australia, 1983-84*  
(7221.0)

*Manufacturing Commodities, Principal Articles Produced, Australia, 1981-82 and 1982-83* (8303.0) (\$1.80, \$2.60 incl. postage)

*Foreign Trade, Australia, 1983-84, 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

### Abbreviations

g grams  
mg milligrams  
µg micrograms  
kJ kilojoules

17. 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.

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

19. Year to year percentage movements are calculated using the actual figures. As a result, there may be minor differences in percentages obtained from data in Tables 1, 2 and 7 compared with those shown in the Explanatory Notes.

## 1. 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:

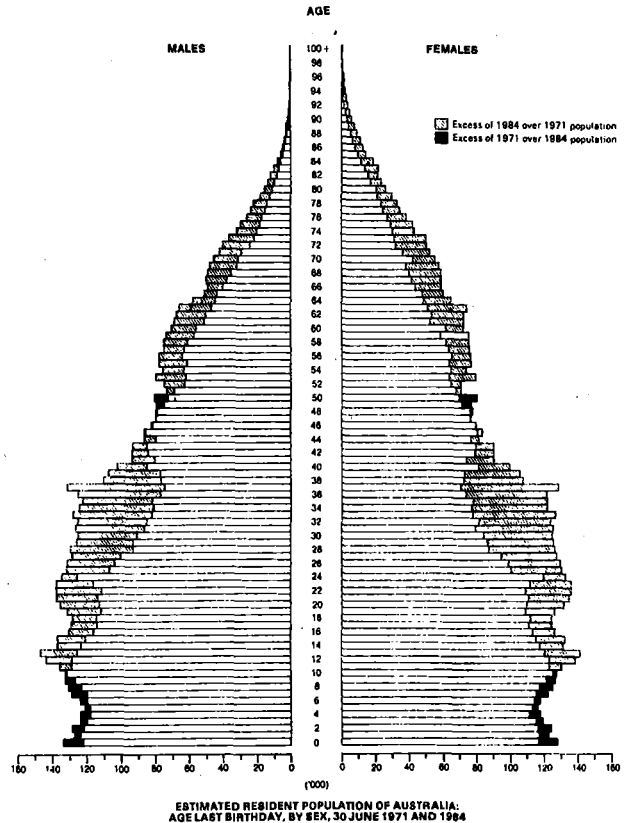
Average 3 years ended—		Individual years—	
1938-39	6,870,261	1978-79	14,436,399
1948-49	7,651,558	1979-80	14,601,777
1958-59	9,741,073	1980-81	14,809,796
1968-69	11,919,046	1981-82	15,051,546
1978-79	14,275,870	1982-83	15,280,879
		1983-84	15,460,673

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 July 1984. 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



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, cheese, rice, bread, butter, 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 are not always available. 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:

*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 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 (062) 525038 or by writing to PO Box 10, Belconnen A.C.T. 2616.

*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.* The methodology for calculating meat consumption has been revised for the years 1975-76 to 1983-84 and is now shown purely 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 70 per cent for beef, 80 to 85 per cent for lamb and 80 per cent for pork.)

*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. 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.



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

	Average 3 years ended				Current year 1983-84
	1938-39	1948-49	1958-59	1978-79	
<b>MEAT AND MEAT PRODUCTS—</b>					
Carcass meat—					
Beef and veal	63.6	49.5	56.2	68.6	44.3
Lamb	6.8	11.4	13.3	13.7	16.7
Mutton	27.2	20.5	23.1	4.9	5.1
Pigmeat	3.9	3.2	4.6	13.4	16.5
<i>Total carcass meat</i>	101.5	84.6	97.2	100.6	82.7
Offal	3.8	4.0	5.2	5.9	4.0
<b>Total meat and meat products (carcass equivalent weight)</b>	<b>118.5</b>	<b>103.0</b>	<b>112.4</b>	<b>106.5</b>	<b>86.7</b>
Canned meat (canned weight)	1.0	1.2	1.9	1.6	n.a.
Bacon and ham (cured carcass weight)	4.6	5.3	3.2	6.0	6.4
<b>POULTRY—</b>					
Poultry (dressed weight)	n.a.	n.a.	n.a.	17.1	20.0
<b>SEAFOOD—</b>					
Fresh and frozen (edible weight)—					
Fish—					
Australian		2.4	1.4	1.6	1.7
Imported	2.7		1.4	1.2	1.8
Crustacea and molluscs	0.3	0.3	0.4	0.9	0.8
Seafood, otherwise prepared (product weight)(a)—					
Australian		1.4	0.4	0.5	0.6
Imported	1.9				
Fish			0.8	1.8	2.0
Crustacea and molluscs	4.9	4.1	4.5	6.4	7.3
<b>Total seafood</b>	106.4	138.7	128.7	100.5	101.7
<b>MILK AND MILK PRODUCTS—</b>					
Market milk (fluid whole)(litres)(b)					
Condensed, concentrated and evaporated milk—					
Full cream—					
Sweetened	2.0	1.6	1.2	0.8	0.7
Unsweetened(c)	n.a.	1.8	2.9	2.5	2.2
Skim		n.a.	0.6	1.6	0.9
Powdered milk—					
Full cream	1.2	1.5	1.1	1.3	0.7
Skim (incl. buttermilk and mixed skim and buttermilk)	—	0.3	1.1	2.7	2.3
Infants' and invalids' food	0.5	0.6	1.0	1.2	1.2
Cheese (natural equivalent weight)(d)	2.0	2.5	2.6	5.3	7.7
<b>Total (converted to milk solids fat and non-fat)(e)</b>	<b>17.8</b>	<b>22.3</b>	<b>22.1</b>	<b>22.1</b>	<b>22.5</b>
<b>FRUIT AND FRUIT PRODUCTS—</b>					
Fresh fruit (incl. fruit for fruit juice)—					
Citrus	14.5	16.9	16.1	34.5	51.2
Other	42.6	39.5	35.6	34.6	38.2
Jams, conserves, etc.	5.2	5.6	3.3	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	9.8
<b>Total (fresh fruit equivalent)</b>	<b>78.7</b>	<b>80.9</b>	<b>72.2</b>	<b>91.0</b>	<b>113.1</b>
<b>VEGETABLES—</b>					
White potatoes	47.1	56.3	51.7	50.1	62.6
Other root and bulb vegetables(f)	n.a.	19.1	15.9	16.7	17.4
Tomatoes	n.a.	11.5	13.0	13.6	18.6
Leafy and green vegetables	n.a.	20.5	17.9	24.3	21.8
Other vegetables	n.a.	22.3	18.6	17.9	18.3
<b>Total (fresh equivalent weight)</b>	<b>n.a.</b>	<b>129.7</b>	<b>117.1</b>	<b>122.5</b>	<b>138.8</b>

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 1983-84
	1938-39	1948-49	1958-59	1978-79	
<b>GRAIN PRODUCTS—</b>					
Flour(g)	84.9	91.6	82.3	77.4	69.6
Breakfast foods	4.8	6.1	6.2	6.8	7.8
Table rice	1.8	0.4	n.a.	1.9	2.4
<b>Total</b>	<b>92.5</b>	<b>98.6</b>	<b>n.a.</b>	<b>86.8</b>	<b>79.9</b>
Bread	49.6	64.0	69.1	59.5	47.7
<b>EGGS AND EGG PRODUCTS—</b>					
<b>Total</b>	<b>12.1</b>	<b>12.7</b>	<b>10.2</b>	<b>12.6</b>	<b>12.4</b>
Equivalent number of eggs	243	255	206	222	220
<b>NUTS (in shell)—</b>					
Peanuts	n.a.	4.2	3.1	2.8	2.1
Tree nuts	n.a.	1.8	3.4	5.8	2.9
<b>OILS AND FATS—</b>					
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
<b>Total (fat content)(h)</b>	<b>17.1</b>	<b>14.0</b>	<b>n.a.</b>	<b>14.6</b>	<b>21.6</b>
<b>SUGAR—</b>					
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
<b>Total (i)</b>	<b>50.8</b>	<b>56.8</b>	<b>53.0</b>	<b>51.9</b>	<b>54.5</b>
<b>BEVERAGES—</b>					
Tea	3.1	2.9	2.7	2.3	1.7
Coffee(j)	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	99.7	113.5	133.2
Wine (litres)	2.7	5.9	5.0	8.2	14.7
<b>ALCOHOL (litres alcohol)—</b>					
Beer	2.55	3.58	4.79	5.45	6.40
Wine	0.35	0.77	0.87	1.15	1.98
Spirits	0.50	0.80	0.74	0.89	1.21
<b>Total</b>	<b>3.40</b>	<b>5.15</b>	<b>6.40</b>	<b>7.49</b>	<b>9.59</b>

(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) Includes an estimate for vegetable oils and other fats. Prior to 1975-76 this was estimated at 2kg. from 1975-76 onwards estimated at 10kg. (i) Includes sugar content of syrups, honey and glucose. (j) Coffee and coffee products in terms of roasted coffee.

TABLE 2. TOTAL APPARENT CONSUMPTION OF SELECTED FOODSTUFFS, AUSTRALIA

	Available for consumption—					Apparent per capita consumption—						
	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84
MEAT AND MEAT PRODUCTS—												
Carcass meat—	—tonnes—					—kg—						
Beef and veal	878,436	728,618	728,068	785,544	740,226	684,899	60.8	49.9	49.2	52.2	48.4	44.3
Beef	828,257	691,723	691,146	746,521	686,924	648,247	57.4	47.4	46.7	49.6	45.0	41.9
Veal	50,179	36,895	36,922	39,023	53,302	36,652	3.5	2.5	2.5	2.6	3.5	2.4
Lamb	203,049	226,428	233,710	244,767	246,895	257,958	14.1	15.5	15.8	16.3	16.2	16.7
Mutton	68,655	76,633	77,191	71,868	79,585	79,585	4.8	5.2	5.2	3.8	4.7	5.1
Pigmeat	196,352	212,885	232,880	228,080	234,101	255,455	13.6	14.6	15.7	15.2	15.3	16.5
Total carcass meat	1,346,492	1,244,504	1,271,849	1,315,834	1,293,090	1,277,897	93.3	85.2	85.9	87.4	84.6	82.7
Offal	73,068	57,429	62,218	65,992	67,143	62,236	5.1	3.9	4.2	4.4	4.4	4.0
Total meat and meat products (carcass equivalent weight)	1,419,560	1,301,993	1,334,067	1,381,826	1,360,233	1,340,133	98.3	89.2	90.1	91.8	89.0	86.7
Canned meat (canned weight)	20,578	20,669	22,387	24,423	24,720	n.a.	1.4	1.4	1.5	1.6	1.6	n.a.
Bacon and ham (cured carcass weight)	93,192	91,337	100,413	104,229	89,901	99,235	6.5	6.3	6.8	6.9	5.9	6.4
POULTRY—	270,730	295,427	300,804	294,413	311,121	308,705	18.8	20.2	20.3	19.6	20.4	20.0
SEAFOOD—												
Fresh and frozen (edible weight)—												
Fish—												
Australian	24,264	20,496	26,056	24,174	18,320	26,262	1.7	1.4	1.8	1.6	1.2	1.7
Imported	17,343	22,559	25,551	16,001	23,473	27,809	1.2	1.5	1.7	1.1	1.5	1.8
Crustacea and molluscs	12,579	7,584	15,651	14,583	17,146	13,111	0.9	0.5	1.1	1.0	1.1	0.8
Seafood otherwise prepared (product weight)—												
Australian	8,098	7,792	6,629	6,303	8,786	8,662	0.6	0.5	0.4	0.4	0.6	0.6
Imported—												
Fish	23,299	28,102	27,024	28,014	22,725	30,590	1.6	1.9	1.8	1.9	1.5	2.0
Crustacea and molluscs	4,807	4,261	5,814	6,904	5,811	6,955	0.3	0.3	0.4	0.5	0.4	0.4
Total seafood	90,390	90,794	106,725	95,979	96,261	113,389	6.3	6.2	7.2	6.4	6.3	7.3
MILK AND MILK PRODUCTS—												
Market milk (fluid whole)	1,452,013	1,509,735	1,540,033	1,552,272	1,572,213	1,571,916	100.6	103.4	104.0	103.1	102.9	101.7
Condensed, concentrated and evaporated milk—												
Full cream sweetened	9,994	9,630	12,826	9,683	14,409	10,228	0.7	0.7	0.9	0.6	0.9	0.7
Full cream unsweetened	36,258	32,265	40,640	36,876	26,852	33,749	2.5	2.2	2.7	2.4	1.8	2.2
Skim	22,521	21,005	15,041	17,599	12,153	13,957	1.6	1.4	1.0	1.2	0.8	0.9
Powdered milk—												
Full cream	12,900	11,400	12,700	13,315	11,847	11,511	0.9	0.8	0.9	0.9	0.8	0.7
Skim	45,723	54,160	46,681	42,458	41,289	35,161	3.2	3.7	3.2	2.8	2.7	2.3
Infants' and invalids' food	15,626	16,771	14,291	19,264	18,034	18,502	1.1	1.1	1.0	1.3	1.2	1.2
Cheese (natural equivalent weight)	86,742	96,307	97,627	105,004	113,224	118,495	6.0	6.6	6.6	7.0	7.4	7.7
Total (converted to milk solids, fat and non-fat)	325,527	343,348	342,576	346,569	348,750	347,509	22.5	23.5	23.1	23.0	22.8	22.5

For footnotes see end of table.

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

	Available for consumption—					Apparent per capita consumption—						
	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84
<b>FRUIT AND FRUIT PRODUCTS—</b>												
Fresh fruit (incl. fruit for fruit juice)—												
Citrus	511,865	587,416	580,211	547,807	731,279	791,463	35.5	40.2	39.2	36.4	47.9	51.2
Other	496,901	573,178	530,044	568,453	602,641	590,175	34.4	39.3	35.8	37.8	39.4	38.2
Jams, conserves, etc.	32,733	22,501	22,480	26,361	26,744	27,818	2.3	1.5	1.5	1.7	1.7	1.8
Dried fruit	30,721	36,034	32,759	34,696	37,838	37,243	2.1	2.5	2.2	2.3	2.5	2.4
Processed fruit	151,359	180,830	172,622	163,840	143,096	151,806	10.5	12.4	11.7	10.9	9.4	9.8
<b>Total (fresh fruit equivalent)</b>	<b>1,347,077</b>	<b>1,558,753</b>	<b>1,479,638</b>	<b>1,485,371</b>	<b>1,690,428</b>	<b>1,748,246</b>	<b>93.3</b>	<b>106.8</b>	<b>99.9</b>	<b>98.7</b>	<b>110.6</b>	<b>113.1</b>
<b>VEGETABLES—</b>												
White potatoes	743,701	801,605	812,383	866,951	797,888	967,971	51.5	54.9	54.9	57.6	52.2	62.6
Other root and bulb vegetables	248,192	253,070	258,977	281,315	258,139	269,300	17.2	17.3	17.5	18.7	16.9	17.4
Tomatoes	194,796	212,406	232,259	250,722	251,482	288,050	13.5	14.5	15.7	16.7	16.5	18.6
Leafy and green vegetables	397,101	365,808	329,669	312,384	327,177	337,542	27.5	25.1	22.3	20.8	21.4	21.8
Other vegetables	282,030	257,529	259,274	256,972	275,422	282,557	19.5	17.6	17.5	17.1	18.0	18.3
<b>Total (fresh equivalent weight)</b>	<b>1,865,820</b>	<b>1,890,418</b>	<b>1,892,562</b>	<b>1,968,344</b>	<b>1,910,108</b>	<b>2,145,420</b>	<b>129.2</b>	<b>129.5</b>	<b>127.8</b>	<b>130.8</b>	<b>125.0</b>	<b>138.8</b>
<b>GRAIN PRODUCTS—</b>												
Flour(a)	1,006,779	1,029,048	1,047,572	1,084,181	1,024,987	1,093,832	69.7	70.5	70.7	72.0	67.1	70.7
Breakfast foods—												
Oatmeal and rolled oats	12,818	4,498	12,587	12,978	17,769	19,609	0.9	0.3	0.8	0.9	1.2	1.3
Other (from grain)	107,182	101,015	102,866	107,122	115,436	121,246	7.4	6.9	6.9	7.1	7.6	7.8
<b>Total breakfast foods</b>	<b>120,000</b>	<b>105,513</b>	<b>115,453</b>	<b>120,100</b>	<b>133,205</b>	<b>140,855</b>	<b>8.3</b>	<b>7.2</b>	<b>7.8</b>	<b>8.0</b>	<b>8.7</b>	<b>9.1</b>
Table rice	35,463	37,086	42,992	43,880	46,283	50,530	2.5	2.5	2.9	2.9	3.0	3.3
<b>Total grain products</b>	<b>1,162,242</b>	<b>1,171,647</b>	<b>1,206,017</b>	<b>1,248,161</b>	<b>1,204,475</b>	<b>1,285,217</b>	<b>80.5</b>	<b>80.2</b>	<b>81.4</b>	<b>82.9</b>	<b>78.8</b>	<b>83.1</b>
Bread(b)	675,233	700,329	682,475	715,688	739,921	728,123	46.8	48.0	46.1	47.5	48.4	47.1
<b>EGGS AND EGG PRODUCTS—</b>												
<b>Total (eggs in shell weight)</b>	<b>180,653</b>	<b>182,768</b>	<b>184,244</b>	<b>188,282</b>	<b>191,227</b>	<b>192,335</b>	<b>12.5</b>	<b>12.5</b>	<b>12.4</b>	<b>12.5</b>	<b>12.5</b>	<b>12.4</b>
Equivalent number of eggs	265,514	267,979	271,571	277,943	281,411	286,848	221	220	220	222	221	223
<b>NUTS (in shell)—</b>												
Peanuts	22,806	19,616	22,050	22,983	31,574	27,422	1.6	1.3	1.5	1.5	2.1	1.8
Tree nuts	37,166	40,839	44,680	49,564	48,589	55,602	2.6	2.8	3.0	3.3	3.2	3.6

For footnotes see end of table.

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

	Available for consumption—							Apparent per capita consumption—				
	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84
<b>OILS AND FATS—</b>				—tonnes—					—kg—			
Butter	65,352	66,480	63,701	64,637	61,094	60,389	4.5	4.6	4.3	4.3	4.0	3.9
Total margarine	126,855	129,696	136,369	143,499	146,402	147,906	8.8	8.9	9.2	9.5	9.6	9.6
Table margarine	84,869	93,985	99,580	102,576	103,274	105,991	5.9	6.4	6.7	6.8	6.8	6.9
Other margarine	41,986	35,711	36,789	40,923	43,128	41,915	2.9	2.4	2.5	2.7	2.8	2.7
<b>Total (fat content)(c)</b>	<b>308,303</b>	<b>313,342</b>	<b>318,957</b>	<b>328,361</b>	<b>330,276</b>	<b>332,804</b>	<b>21.4</b>	<b>21.5</b>	<b>21.5</b>	<b>21.8</b>	<b>21.6</b>	<b>21.5</b>
<b>SUGAR—</b>												
As refined sugar	203,636	186,852	203,353	187,546	183,117	178,212	14.1	12.8	13.7	12.5	12.0	11.5
In manufactured foods	506,418	505,603	518,022	523,221	514,744	502,839	35.1	34.6	35.0	34.8	33.7	32.5
<b>Total</b>	<b>710,054</b>	<b>692,455</b>	<b>721,375</b>	<b>710,767</b>	<b>697,861</b>	<b>681,051</b>	<b>49.2</b>	<b>47.4</b>	<b>48.7</b>	<b>47.2</b>	<b>45.7</b>	<b>44.0</b>
Honey	11,192	13,246	9,567	13,446	11,958	13,873	0.8	0.9	0.6	0.9	0.8	0.9
<b>Total(d)</b>	<b>767,188</b>	<b>753,314</b>	<b>780,076</b>	<b>772,903</b>	<b>750,497</b>	<b>744,340</b>	<b>53.1</b>	<b>51.6</b>	<b>52.7</b>	<b>51.4</b>	<b>49.1</b>	<b>48.1</b>
<b>BEVERAGES—</b>												
Tea	24,148	23,412	22,473	24,029	21,877	22,691	1.7	1.6	1.5	1.6	1.4	1.5
Coffee(e)	24,470	25,551	28,066	29,339	30,286	32,330	1.7	1.7	1.9	1.9	2.0	2.1
			—'000 litres—						—litres—			
Aerated and carbonated waters	953,811	933,330	1,001,597	965,697	1,003,305	974,350	66.1	63.9	67.6	64.2	65.7	63.0
Beer	1,888,520	1,932,188	1,915,412	1,936,016	1,859,028	1,821,438	130.8	132.3	129.3	128.6	121.6	117.8
Wine	236,257	252,401	269,398	287,052	301,330	315,278	16.4	17.3	18.2	19.1	19.7	20.4
<b>ALCOHOL—</b>			—'000 litres alcohol—						—litres alcohol—			
Beer	90,649	92,745	91,940	92,929	89,233	87,429	6.28	6.35	6.21	6.17	5.84	5.65
Wine	31,285	32,865	34,789	36,750	38,164	39,714	2.17	2.25	2.35	2.44	2.50	2.57
Spirits	15,402	14,817	16,325	17,455	17,888	17,311	1.07	1.01	1.10	1.16	1.17	1.12
<b>Total</b>	<b>137,336</b>	<b>140,427</b>	<b>143,054</b>	<b>147,134</b>	<b>145,285</b>	<b>144,454</b>	<b>9.50</b>	<b>9.62</b>	<b>9.66</b>	<b>9.77</b>	<b>9.51</b>	<b>9.34</b>

(a) Includes flour used for breadmaking. (b) Per capita data on bread is now shown in kg per year. (c) Includes an estimate for vegetable oils and other fats. (d) Includes sugar content of syrups and glucose. (e) Coffee and coffee products in terms of roasted coffee.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1983-84

	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							
<b>MEAT AND MEAT PRODUCTS—</b>									
Carcass meat(a)—									
<i>Beef and veal</i>									
Beef	(+10,144)	1,338,109	—	2,710	1,330,675	645,776	..	684,899	kg
Veal	(+9,840)	1,296,172	—	2,168	1,288,500	640,253	..	648,247	44.3
	(+304)	41,937	—	542	42,175	5,523	..	36,652	41.9
Lamb	(+1,507)	292,507	—	—	291,000	33,042	..	257,958	2.4
Mutton	(-2,100)	164,035	—	3,470	169,605	90,020	..	79,585	16.7
Pigmeat	(-3,513)	253,289	—	—	256,802	1,347	..	255,455	5.1
<i>Total carcass meat</i>	(+6,038)	2,047,940	—	6,180	2,048,082	770,185	..	1,277,897	16.5
Offal(a)	(-1,855)	101,501	—	869	104,225	38,989	..	62,236	82.7
<b>Total meat and meat products (carcass equivalent weight)</b>	<b>(+4,183)</b>	<b>2,149,441</b>	<b>—</b>	<b>7,049</b>	<b>2,152,307</b>	<b>809,174</b>	<b>..</b>	<b>1,340,133</b>	<b>86.7</b>
Bacon and ham (cured carcass weight)	(+421)	106,996	—	—	106,575	474	..	99,235	6.4
Canned meat (not available)	..	..	..	..	..	..	..	..	..
<b>POULTRY—</b>									
Poultry (dressed weight)	(-8,468)	297,929	3,505	—	309,902	1,197	..	308,705	20.0
<b>SEAFOOD—</b>									
Fresh and frozen (edible weight)—									
Fish—									
Australian	n.a.	38,728	3,873	..	42,601	7,759	n.a.	26,262	1.7
Imported	n.a.	..	..	27,937	27,937	128	n.a.	27,809	1.8
Crustacea and molluscs	n.a.	31,762	—	1,992	33,754	18,492	n.a.	13,111	0.8
Seafood, otherwise prepared (product weight)—									
Australian	(-853)	10,731	—	..	11,384	2,722	..	8,662	0.6
Imported—									
Fish	n.a.	..	..	30,701	30,701	111	..	30,590	2.0
Crustacea and molluscs	n.a.	..	..	7,052	7,052	97	..	6,955	0.4
<b>MILK AND MILK PRODUCTS—</b>									
Market milk (fluid whole)									
Condensed, concentrated and evaporated milk—									
Full cream sweetened	(-704)	10,942	—	419	12,065	1,837	..	10,228	kg
Full cream unsweetened	(+47)	36,887	—	—	36,840	3,091	..	33,749	0.7
Skim	(+4,706)	20,830	—	955	17,079	3,122	..	13,957	2.2
Powdered milk—									
Full cream	..	..	..	..	..	..	..	..	0.9
Skim (incl. buttermilk and mixed skim and buttermilk)	..	..	..	..	..	..	..	(b)11,511	0.7
Infants' and invalids' food	(+431)	30,464	—	1,228	31,261	12,759	..	(b)35,161	2.3
Cheese (natural equivalent weight)	..	..	..	..	..	..	..	18,502	1.2
	..	..	..	..	..	..	..	(b)118,495	7.7

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1983-84—continued

	Production			Supply			Utilisation				Per capita per year
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	Apparent consumption in Australia as human food		
									Total	kg	
<b>FRUIT AND FRUIT PRODUCTS—</b>											
Fresh fruit (incl. fruit for fruit juice)—											
Oranges	..	391,841	19,592	301,365	712,798	33,165	7,837	n.a.	671,796	43.5	
Other citrus fruit	..	99,029	4,951	21,998	125,978	6,311	n.a.	n.a.	119,667	7.7	
Other fresh fruit—											
Apples	(c)(-)	266,998	—	17	279,135	24,579	n.a.	25,771	228,785	14.8	
Apricots	..	23,618	—	—	23,618	—	n.a.	8,014	15,604	1.0	
Bananas	..	146,423	—	—	146,423	36	n.a.	—	146,387	9.5	
Grapes	..	25,778	—	—	25,778	3,903	n.a.	..	21,875	1.4	
Melons, cantaloupes etc.	..	65,904	—	—	65,904	—	n.a.	—	65,904	4.3	
Peaches	..	48,275	—	—	48,275	—	n.a.	25,593	22,682	1.5	
Pears	(c)(+)	122,076	—	—	112,597	22,746	n.a.	32,551	57,300	3.7	
Pineapples	..	115,056	—	—	115,056	1,012	n.a.	66,887	47,157	3.0	
Plums and prunes	..	19,961	—	—	19,961	—	n.a.	9,124	10,837	0.7	
Total	(c)(-)	866,167	15,000	16,374	900,182	57,382	n.a.	252,625	590,175	38.2	
Jams, conserves, etc. (product weight)	(-)	24	—	—	34,001	6,183	..	..	27,818	1.8	
Dried vine fruit (product weight)—											
Currants	..	..	..	..	..	..	..	..	(d)3,606	0.2	
Raisins	..	..	..	..	..	..	..	..	(d)2,589	0.2	
Sultanas	..	..	..	..	..	..	..	..	(d)20,662	1.3	
Dried tree fruit (product weight)—											
Apricots	..	..	..	..	..	..	..	..	(e)1,959	0.1	
Prunes	..	..	..	..	..	..	..	..	(e)2,411	0.2	
Other	..	..	..	..	..	..	..	..	(e)6,016	0.4	
Processed fruit (product weight)—											
Apples	(-)	12,156	—	—	14,254	52	..	..	14,202	0.9	
Apricots	(-)	5,663	150	—	8,245	1,384	..	..	6,861	0.4	
Mixed fruits (incl. fruit salad)	(-)	34,699	—	—	35,525	13,635	..	..	21,890	1.4	
Peaches	(-)	26,790	150	—	35,458	17,317	..	..	18,141	1.2	
Pears	(+)	29,225	100	—	27,682	14,484	..	..	13,198	0.9	
Pineapples	n.a.	n.a.	100	9,275	41,962	2,243	..	..	39,719	2.6	
Other	(-)	5,957	—	32,220	38,665	870	..	..	37,795	2.4	

For footnotes see end of table.

TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1983-84—continued

	Supply				Utilisation				Per capita per year
	Production				Apparent consumption in Australia as human food				
	Net change in stocks	Commercial	Estimated home production	Imports	Total supply	Exports	Non-food use, waste, etc.	For processed food	
					— tonnes —				kg
<b>VEGETABLES—</b>									62.6
White potatoes	n.a.	1,019,840	25,400	1,050	1,046,290	5,419	72,900	..	967,971
Other root and bulb vegetables—									
Beetroot	(-),573	23,995	1,680	—	27,248	33	240	..	26,975
Carrots	(-),903	124,325	6,216	382	131,826	10,582	3,730	..	117,514
Onions	(-),3,000	115,925	5,796	4,881	129,602	19,976	3,478	..	106,148
Parsnips	n.a.	8,982	449	—	9,431	214	180	..	9,037
Sweet potatoes	n.a.	4,403	—	—	4,403	—	—	..	4,403
White turnips and swedes	n.a.	6,190	186	—	6,376	124	—	..	5,223
<b>Total</b>	(-),5,476	283,820	14,327	5,263	308,886	31,834	7,752	..	269,300
Tomatoes	(+),824	258,281	25,828	18,902	302,187	1,223	12,914	..	288,050
Leafy and green (incl. legumes)—									
Beans	(+),3,886	47,261	7,089	3,388	53,852	519	945	..	52,388
Cabbages and other greens	(-),9	82,898	4,145	—	87,052	3,860	4,145	..	79,047
Celery	n.a.	32,449	1,622	—	34,071	1,622	1,622	..	32,277
Lettuce	n.a.	63,232	6,323	—	69,555	2,087	4,426	..	63,042
Peas	(+),10,811	99,661	14,949	17,132	120,931	2,170	7,973	..	110,788
<b>Total</b>	(+),14,688	325,501	34,128	20,520	365,461	8,808	19,111	..	337,542
<b>Other vegetables—</b>									
Asparagus	(+),255	3,519	352	3,348	6,964	111	..	..	6,853
Cauliflowers	—	84,356	4,218	—	88,574	5,715	5,905	..	76,954
Cucumbers (incl. gherkins)	(+),212	14,699	735	431	15,653	183	441	..	15,029
Marrows, squashes and zucchinis	n.a.	5,427	271	—	5,698	172	n.a.	..	5,526
Pumpkins	n.a.	73,639	3,682	—	77,321	172	n.a.	..	77,149
Sweet corn	(-),2,677	44,618	2,231	—	49,526	187	892	..	48,447
Other	(+),6,954	37,208	—	22,345	52,599	—	n.a.	..	52,599
<b>Total</b>	(+),4,744	263,466	11,489	26,124	296,335	6,540	7,238	..	282,557
<b>Total all vegetables</b>	(+),14,780	2,150,908	111,172	71,859	2,319,159	53,824	119,915	..	2,145,420
<b>GRAIN PRODUCTS—</b>									
Flour (incl. flour for breadmaking)	(+),3,114	1,140,993	..	10,911	1,148,790	54,958	..	..	1,093,832
Breakfast foods—									
Oatmeal and rolled oats	n.a.	24,361	..	697	25,058	5,449	..	..	19,609
Other (from grain)	(+),845	129,418	..	987	129,560	8,314	..	..	121,246
Table rice	..	44,097	..	6,433	50,530	..	..	..	50,530
<b>Total grain products</b>	(+),3,959	1,338,869	..	19,028	1,353,938	68,721	..	..	1,285,217
Bread(f)	..	726,939	..	1,382	728,321	198	..	..	728,123
<b>EGGS AND EGG PRODUCTS—</b>									
<b>Total (eggs in shell weight)</b>	(g),(-),583	132,482	73,478	—	207,543	14,602	606	..	192,335
<b>NUTS (in shell)—</b>									
Peanuts	(+),18,443	n.a.	n.a.	n.a.	33,820	n.a.	n.a.	n.a.	27,422
Tree nuts	n.a.	6,228	n.a.	49,950	56,178	576	n.a.	n.a.	55,602

For footnotes see end of table.



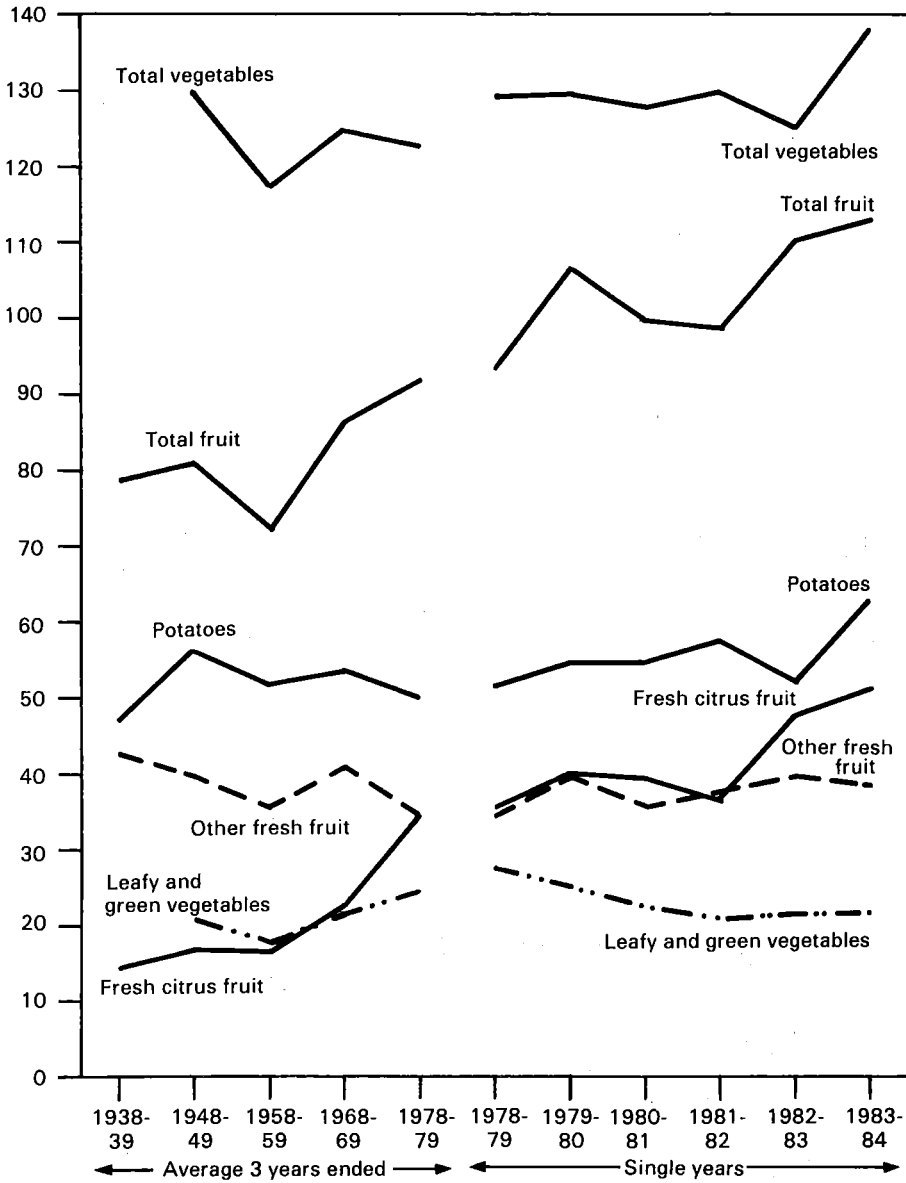
TABLE 3. ESTIMATED SUPPLY AND UTILISATION OF FOODSTUFFS, AUSTRALIA, 1983-84—continued

	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							
<b>OILS AND FATS—</b>									
Butter									kg
Total margarine	(+145	152,038	..	1,868	153,761	..	..	(b)60,389	3.9
Table margarine	(+53	106,579	..	1,868	108,394	..	..	147,906	9.6
Other margarine	(+92	45,459	..	..	45,367	..	..	105,991	6.9
								41,915	2.7
<b>SUGAR—</b>									
As refined sugar	(+5,426	682,051	..	33	676,658	..	..	178,212	11.5
In manufactured foods	..	509,328	..	14,824	524,152	..	..	502,839	32.5
Honey	n.a.	n.a.	..	67	24,710	..	..	13,873	0.9
<b>BEVERAGES—</b>									
Tea	n.a.	660	..	22,302	22,962	..	..	22,691	1.5
Coffee	n.a.	..	..	36,501	36,501	..	..	32,330	2.1
<b>Aerated and carbonated waters</b>									
Beer	n.a.	986,649	n.a.	9,146	995,795	..	..	974,350	litres
Wine—	..	..	..	(h)2,557	..	..	..	(i)1,821,438	117.8
Dessert wine	..	..	..	(h)170	..	..	..	20,762	1.3
Sherry	..	..	..	76	..	..	..	22,071	1.4
Sparkling and carbonated wine	..	..	..	2,462	..	..	..	31,483	2.0
Table wine	..	..	..	6,606	..	..	..	234,411	15.2
Vermouth	..	..	..	90	..	..	..	4,338	0.3
Other wine, n.e.i.	..	..	..	72	..	..	..	2,213	0.1
Total wine	..	..	..	9,476	..	..	..	315,278	20.4
<b>Spirits—</b>									
									litres alcohol
Brandy	..	..	..	(h)743	..	..	..	(i)	..
Gin	..	..	..	453	..	..	..	2,814	0.18
Liqueurs (incl. flavoured spirits)	..	..	..	1,286	..	..	..	885	0.06
Rum	..	..	..	665	..	..	..	1,459	0.09
Vodka	..	..	..	101	..	..	..	2,824	0.18
Whisky	..	..	..	7,693	..	..	..	793	0.05
Other, n.e.i. (incl. bitters)	..	..	..	327	..	..	..	7,922	0.51
Total	..	..	..	11,268	..	..	..	614	0.04
								17,311	1.12

(a) Stocks supplied by the Australian Meat and Livestock Corporation. (b) Domestic sales supplied by the Australian Dairy Corporation. (c) Cold store stocks of apples and pears. (d) Deliveries year ended 30 June as recorded by the Australian Dried Fruits Association. (e) Comprises deliveries for consumption in Australia. (f) Per capita data on bread is now shown kg per year. (g) Stocks held by Egg Boards. (h) Imports cleared for consumption in Australia. (i) Comprises quantities upon which excise duty was paid and imports cleared for consumption in Australia. (j) Comprises quantity of sales by winemakers and imports cleared for consumption in Australia.

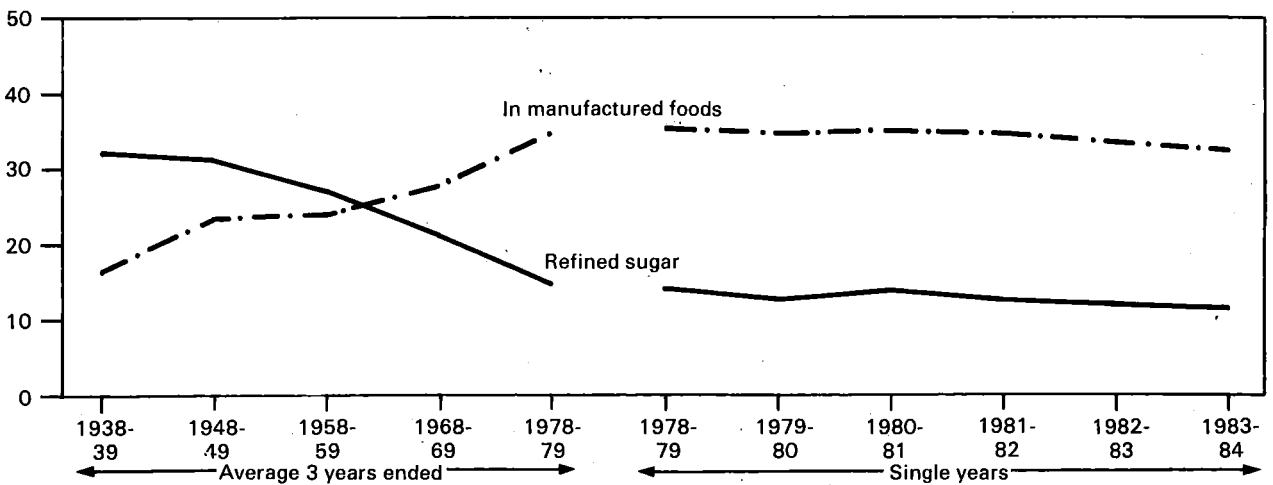
**APPARENT PER CAPITA CONSUMPTION OF VEGETABLES AND FRUIT**

kg per capita per year



**APPARENT PER CAPITA CONSUMPTION OF SUGAR**

kg per capita per year



## II. LEVEL OF NUTRIENT INTAKE

1. 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.
2. 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.
3. 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 Foods* (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.
4. 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).
5. *Nutrients available for consumption.* Details of the estimated supplies of nutrients passing into consumption in the years 1978-79 to 1983-84 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.
6. 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).
7. *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.
8. 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	1978-79										1979-80										1980-81															
	Protein g	Fat g	Carbo- hydrate g	Energy Value kJ	Calcium mg	Iron mg	Vitamin A activity (b) µg	Thiamin mg	Ribo- flavin mg	Niacin mg	Vitamin C mg	Protein g	Fat g	Carbo- hydrate g	Energy Value kJ	Calcium mg	Iron mg	Vitamin A activity (b) µg	Thiamin mg	Ribo- flavin mg	Niacin mg	Vitamin C mg	Protein g	Fat g	Carbo- hydrate g	Energy Value kJ	Calcium mg	Iron mg	Vitamin A activity (b) µg	Thiamin mg	Ribo- flavin mg	Niacin mg	Vitamin C mg			
<b>Total</b>	<b>99.9</b>	<b>148.4</b>	<b>395.2</b>	<b>14,431</b>	<b>899</b>	<b>15.4</b>	<b>1,552</b>	<b>1.76</b>	<b>2.72</b>	<b>23.3</b>	<b>105.4</b>	<b>97.7</b>	<b>145.3</b>	<b>396.0</b>	<b>932</b>	<b>14.7</b>	<b>1,432</b>	<b>1.75</b>	<b>2.65</b>	<b>22.3</b>	<b>108.9</b>	<b>98.6</b>	<b>147.6</b>	<b>399.9</b>	<b>14,461</b>	<b>922</b>	<b>14.9</b>	<b>1,492</b>	<b>1.77</b>	<b>2.65</b>	<b>22.6</b>	<b>106.7</b>				
Beverages (c)	1.0		11.1	832	16	0.1		0.01	0.32	0.5																										
Poultry	7.3	2.1		208	5	0.6	22	0.03	0.06	2.6																										
Cereals	23.5	3.7	165.6	3,339	47	4.6	1	0.77	0.58	5.9																										
Eggs	3.8	3.5	0.2	202	16	0.7	85	0.03	0.09																											
Oils and fats		56.8	0.3	2,122	7		272																													
Seafood	3.4	0.8	0.1	93	14	0.3	4	0.01	0.02	0.8																										
Fruit	1.3	0.5	26.7	438	41	0.9	68	0.11	0.07	0.6	0.1																									
Meat (d)	33.8	58.0	0.3	2,801	19	5.2	478	0.35	0.56	9.0	2.6																									
Dairy products (e)	19.4	19.4	22.3	1,449	666	0.7	226	0.17	0.83	0.6	4.3																									
Nuts	1.2	3.1	1.0	143	6	0.2		0.04	0.02	0.6																										
Sugars			133.6	2,182	6	0.2																														
Vegetables	5.1	0.5	34.0	622	56	2.0	395	0.26	0.17	2.6	54.1																									
<b>Total</b>	<b>99.9</b>	<b>148.4</b>	<b>395.2</b>	<b>14,431</b>	<b>899</b>	<b>15.4</b>	<b>1,552</b>	<b>1.76</b>	<b>2.72</b>	<b>23.3</b>	<b>105.4</b>	<b>97.7</b>	<b>145.3</b>	<b>396.0</b>	<b>932</b>	<b>14.7</b>	<b>1,432</b>	<b>1.75</b>	<b>2.65</b>	<b>22.3</b>	<b>108.9</b>	<b>98.6</b>	<b>147.6</b>	<b>399.9</b>	<b>14,461</b>	<b>922</b>	<b>14.9</b>	<b>1,492</b>	<b>1.77</b>	<b>2.65</b>	<b>22.6</b>	<b>106.7</b>				
Beverages (c)	1.0		11.1	843	16	0.1		0.01	0.33	0.5																										
Poultry	7.9	2.2		225	5	0.6	24	0.03	0.06	2.8																										
Cereals	23.7	3.7	167.1	3,371	47	4.4	1	0.74	0.54	5.7																										
Eggs	3.7	3.5	0.2	200	16	0.7	85	0.03	0.09																											
Oils and fats		57.3	0.3	2,139	7		274																													
Seafood	0.2		0.3	105	16	0.3	5	0.01	0.02	0.8																										
Fruit	3.8	1.0	28.3	467	45	0.9	76	0.12	0.08	0.7	0.2																									
Meat (d)	30.6	55.3	0.3	2,636	17	4.7	394	0.35	0.50	8.2	48.9																									
Dairy products (e)	20.0	20.3	22.8	1,504	687	0.7	237	0.17	0.85	0.6	4.3																									
Nuts	1.2	3.3	1.0	150	6	0.2		0.04	0.02	0.6																										
Sugars			133.5	2,178	6	0.2																														
Vegetables	5.1	0.5	35.3	644	54	2.0	397	0.26	0.16	2.6	51.2																									
<b>Total</b>	<b>98.6</b>	<b>147.6</b>	<b>399.9</b>	<b>14,461</b>	<b>922</b>	<b>14.9</b>	<b>1,492</b>	<b>1.77</b>	<b>2.65</b>	<b>22.6</b>	<b>106.7</b>	<b>97.7</b>	<b>145.3</b>	<b>396.0</b>	<b>932</b>	<b>14.7</b>	<b>1,432</b>	<b>1.75</b>	<b>2.65</b>	<b>22.3</b>	<b>108.9</b>	<b>98.6</b>	<b>147.6</b>	<b>399.9</b>	<b>14,461</b>	<b>922</b>	<b>14.9</b>	<b>1,492</b>	<b>1.77</b>	<b>2.65</b>	<b>22.6</b>	<b>106.7</b>				

For footnotes see end of table.

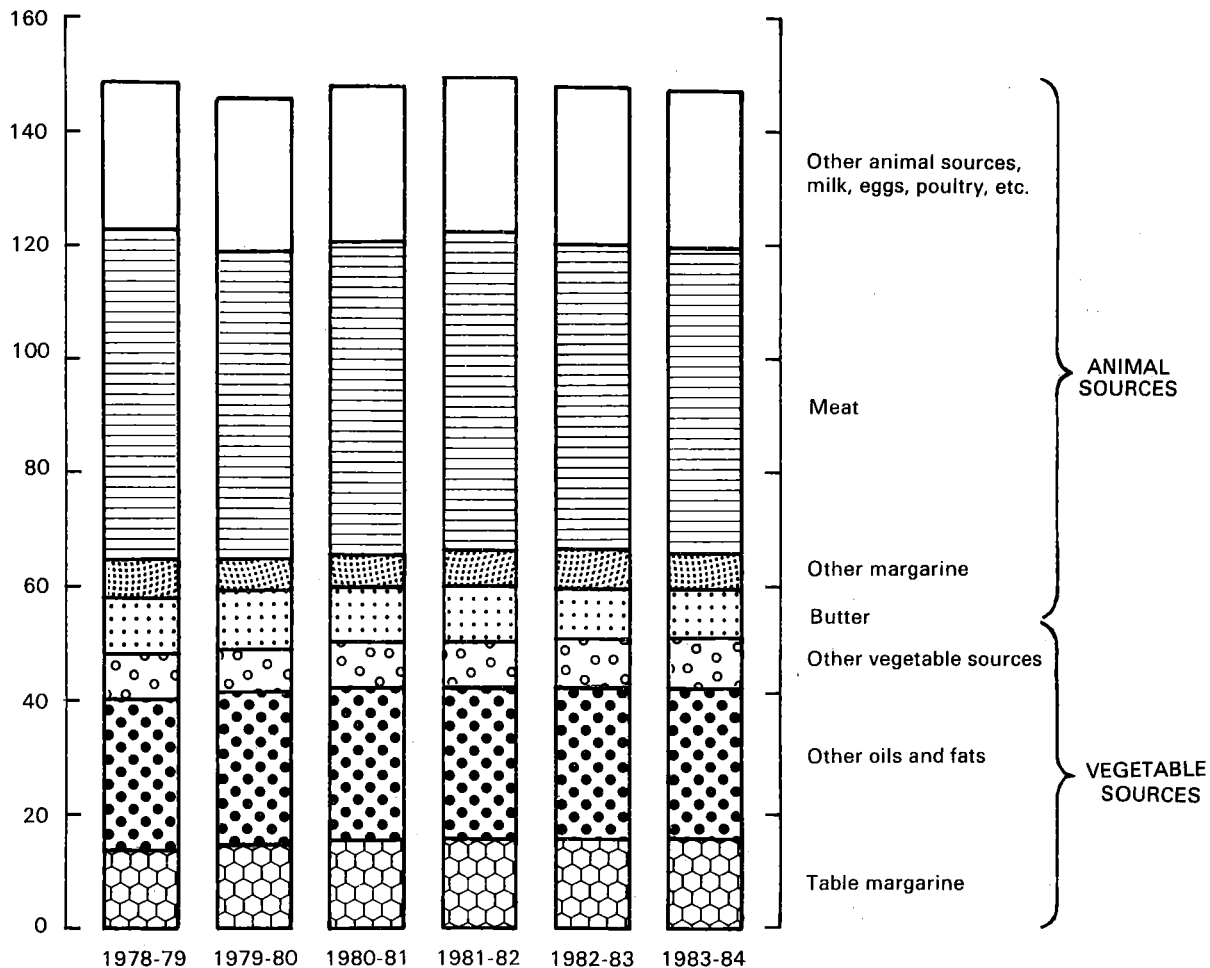
TABLE 4. ESTIMATED SUPPLY OF NUTRIENTS, UNADJUSTED, AUSTRALIA(a)-continued  
(per capita per day)

Commodity group	Protein g	Fat g	Carbo- hydrate g	Energy Value kJ	Calcium mg	Iron mg	Vitamin A		Thiamin mg	Ribo- flavin mg	Niacin mg	Vitamin C mg
							activity (b) µg	µg				
1981-82												
Beverages (c)	1.0	—	11.1	855	17	0.1	—	—	0.01	0.32	0.5	—
Poultry	7.6	2.2	—	217	5	0.6	23	—	0.03	0.06	2.7	—
Cereals	24.2	3.8	170.4	3,438	48	4.6	1	—	0.77	0.56	5.9	—
Eggs	3.8	3.5	0.2	202	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	58.0	0.3	2,164	7	—	279	—	—	—	—	—
Seafood	3.4	0.9	0.1	97	16	0.3	4	—	0.01	0.02	0.7	0.1
Fruit	1.4	0.6	27.7	456	43	0.9	72	—	0.11	0.08	0.7	46.4
Meat (d)	31.3	55.9	0.3	2,671	18	4.8	413	—	0.35	0.51	8.3	2.2
Dairy products (e)	19.9	20.6	22.1	1,501	681	0.7	243	—	0.17	0.83	0.6	4.6
Nuts	1.3	3.5	1.1	158	7	0.2	—	—	0.04	0.02	—	—
Sugars	—	—	130.0	2,121	6	0.2	—	—	—	—	—	—
Vegetables	5.1	0.6	36.6	666	54	2.0	391	—	0.26	0.16	2.7	52.0
<b>Total</b>	<b>99.2</b>	<b>149.3</b>	<b>399.7</b>	<b>14,545</b>	<b>917</b>	<b>15.2</b>	<b>1,512</b>	<b>1.78</b>	<b>2.65</b>	<b>22.8</b>	<b>105.3</b>	
1982-83												
Beverages (c)	1.0	—	10.6	829	16	0.1	—	—	0.01	0.30	0.5	—
Poultry	7.9	2.2	—	226	5	0.6	24	—	0.03	0.07	2.9	—
Cereals	23.0	3.6	162.4	3,274	47	4.6	1	—	0.77	0.59	5.9	—
Eggs	3.8	3.5	0.2	202	16	0.7	85	—	0.03	0.09	—	—
Oils and fats	0.2	57.5	0.3	2,147	7	—	272	—	—	—	—	—
Seafood	3.4	0.8	0.1	93	14	0.3	4	—	0.01	0.02	0.7	0.2
Fruit	1.6	0.6	31.1	510	52	1.0	80	—	0.13	0.08	0.7	58.2
Meat (d)	30.3	54.1	0.3	2,590	17	4.6	411	—	0.35	0.50	8.2	2.2
Dairy products (e)	19.7	20.7	21.8	1,498	675	0.7	244	—	0.17	0.81	0.6	4.4
Nuts	1.5	3.9	1.2	182	7	0.2	—	—	0.05	0.02	0.8	—
Sugars	—	—	124.3	2,030	6	0.2	—	—	—	—	—	—
Vegetables	4.9	0.5	34.0	620	52	2.0	376	—	0.25	0.16	2.6	50.2
<b>Total</b>	<b>97.2</b>	<b>147.6</b>	<b>386.2</b>	<b>14,200</b>	<b>914</b>	<b>15.0</b>	<b>1,499</b>	<b>1.80</b>	<b>2.65</b>	<b>22.9</b>	<b>115.3</b>	
1983-84												
Beverages (c)	0.9	—	10.3	811	16	0.1	—	—	0.01	0.29	0.5	—
Poultry	7.7	2.2	—	221	5	0.6	24	—	0.03	0.06	2.8	—
Cereals	24.1	3.8	170.6	3,439	49	4.8	1	—	0.80	0.60	6.1	—
Eggs	3.7	3.5	0.2	200	16	0.7	84	—	0.03	0.09	—	—
Oils and fats	0.2	57.1	0.3	2,133	7	—	269	—	—	—	—	—
Seafood	3.9	1.0	0.1	110	16	0.3	5	—	0.01	0.02	0.9	0.2
Fruit	1.7	0.6	31.3	515	54	1.0	80	—	0.14	0.08	0.8	61.0
Meat (d)	29.2	53.8	0.2	2,554	16	4.4	373	—	0.35	0.48	7.8	2.0
Dairy products (e)	19.3	20.8	20.8	1,475	662	0.7	245	—	0.16	0.79	0.6	4.4
Nuts	1.5	3.9	1.2	179	8	0.2	—	—	0.04	0.02	0.7	—
Sugars	—	—	123.9	2,023	6	0.2	—	—	—	—	—	—
Vegetables	5.5	0.6	39.2	713	56	2.2	421	—	0.28	0.17	2.9	54.8
<b>Total</b>	<b>97.7</b>	<b>147.3</b>	<b>398.0</b>	<b>14,372</b>	<b>911</b>	<b>15.2</b>	<b>1,503</b>	<b>1.86</b>	<b>2.61</b>	<b>23.1</b>	<b>122.3</b>	

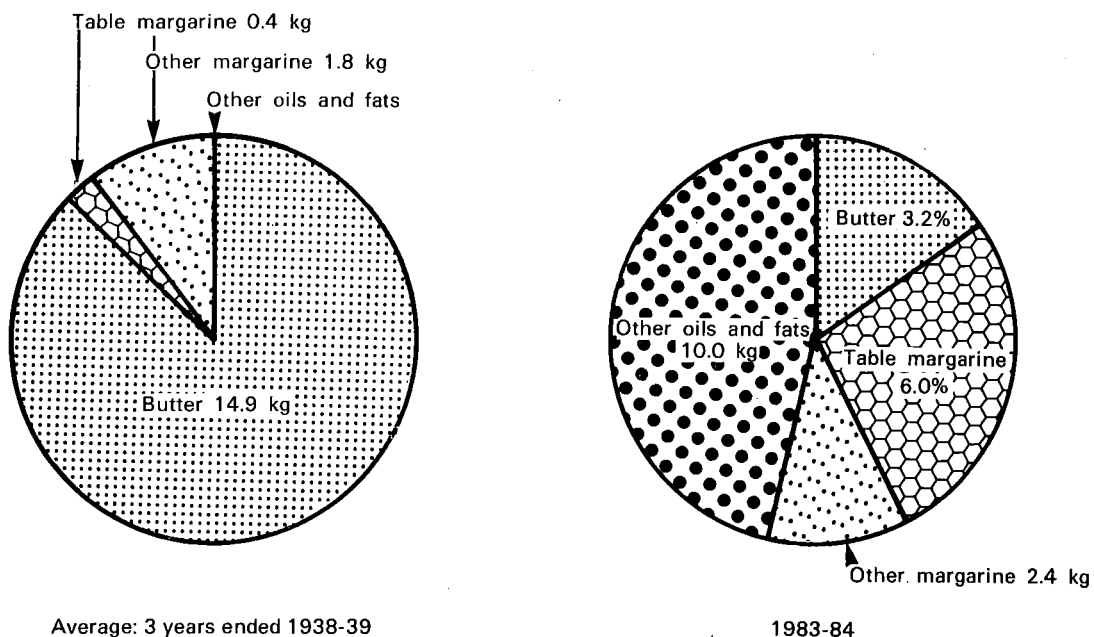
(a) Adjustments have not been made for the loss of nutrients in cooking, or the extra niacin obtained from the metabolism of protein. See Table 5 for adjustments for specific vitamin availabilities. (b) Expressed as the sum of retinol content and one sixth of the  $\beta$  carotene equivalent. (c) Comprises beer, wine and spirits, the energy value of which includes the contribution made by alcohol. (d) Includes canned and cured meat and edible offal. (e) Excludes butter, which is included in 'Oils and fats'.

SOURCES OF NUTRIENT FAT

Grams per capita per day



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	1978-79		1979-80		1980-81		1981-82		1982-83		1983-84	
	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	2.8	2.8	2.8	2.8	2.9	2.9	2.8	2.8	2.8	2.8	2.8	2.8
Other milk products	1.5	1.5	1.5	1.5	1.4	1.4	1.7	1.7	1.6	1.6	1.6	1.6
Meat	2.6	(b)	2.0	(b)	2.1	(b)	2.2	(b)	2.2	(b)	2.0	(b)
Fruit and fruit products—												
Fresh, canned and dried	10.3	9.0	11.3	9.8	11.2	9.8	11.3	10.0	11.3	10.0	11.2	9.9
Cooked	0.5	0.2	0.3	0.1	0.3	0.1	0.4	0.2	0.4	0.2	0.4	0.2
Citrus	33.6	33.6	38.7	38.7	37.4	37.4	34.7	34.7	46.5	46.5	49.4	49.4
Vegetables—												
Fresh tomatoes	7.7	6.3	8.2	4.9	8.9	5.7	9.5	6.0	9.4	6.1	10.5	7.0
Lettuce	0.9	0.9	1.0	1.0	1.0	1.0	0.9	0.9	1.0	1.0	1.1	1.1
Canned vegetables	2.8	0.9	2.7	0.8	2.9	0.9	2.8	0.9	2.8	0.9	2.7	0.9
Cooked potatoes and other vegetables	42.7	21.4	40.2	20.1	38.4	19.2	38.8	19.4	37.0	18.5	40.5	20.3
<b>Total vitamin C</b>	<b>105.4</b>	<b>75.8</b>	<b>108.9</b>	<b>79.7</b>	<b>106.7</b>	<b>78.4</b>	<b>105.3</b>	<b>76.6</b>	<b>115.3</b>	<b>87.6</b>	<b>122.3</b>	<b>93.2</b>
Thiamin	1.77	1.50	1.75	1.49	1.77	1.50	1.78	1.51	1.80	1.53	1.86	1.58
Niacin equivalent(c)	23.3	40.0	22.3	38.6	22.6	39.0	22.8	39.3	22.9	39.1	23.1	39.3

(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 (1984 Edition)*, 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.

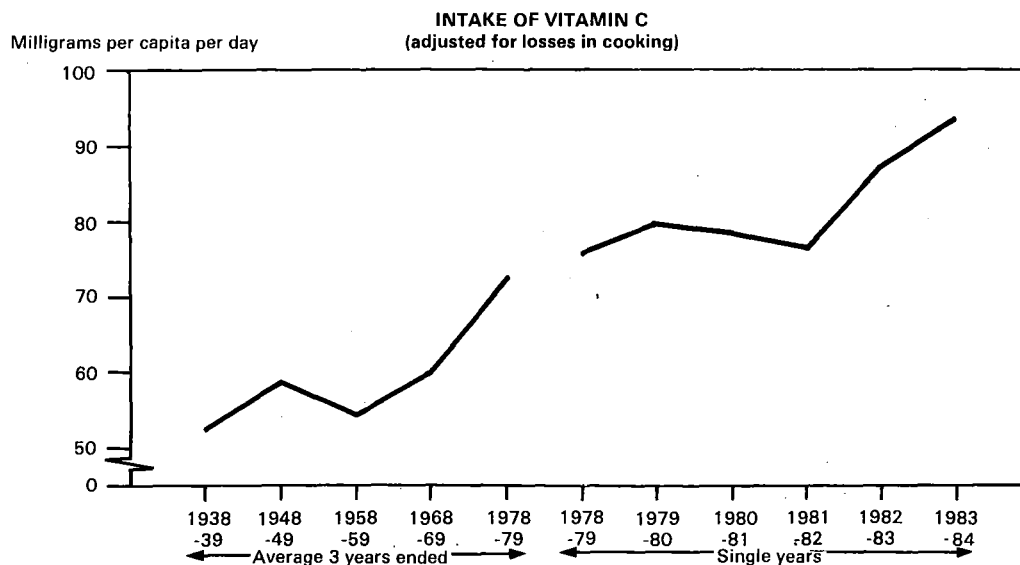


TABLE 6. PERCENTAGE OF TOTAL ENERGY DERIVED FROM EACH COMMODITY GROUP, AUSTRALIA

	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84
Meat	19.4	18.1	18.2	18.3	18.2	17.8
Poultry	1.4	1.6	1.6	1.5	1.6	1.5
Seafood	0.7	0.7	0.7	0.7	0.7	0.8
Milk and milk products	10.1	10.5	10.4	10.3	10.5	10.3
Fruit and fruit products	3.0	3.4	3.2	3.1	3.6	3.6
Vegetables	4.3	4.5	4.5	4.6	4.4	5.0
Grain products	23.1	23.2	23.3	23.6	23.1	23.9
Eggs and egg products	1.4	1.4	1.4	1.4	1.4	1.4
Nuts	1.0	0.9	1.0	1.1	1.3	1.2
Oils and fats	14.7	14.9	14.8	14.9	15.1	14.8
Sugar	15.1	14.9	15.1	14.6	14.3	14.1
Beverages (alcoholic)	5.8	5.9	5.8	5.9	5.8	5.6
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>

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	1978-79	1979-80	1980-81	1981-82	1982-83	1983-84
Protein—												
Animal	g	58.7	57.4	59.6	64.2	69.3	67.6	65.4	66.0	66.0	65.0	63.8
Vegetable	g	30.9	35.3	32.3	35.5	32.2	32.3	32.3	32.6	33.2	32.2	33.9
<i>Total</i>	<i>g</i>	<i>89.6</i>	<i>92.7</i>	<i>91.9</i>	<i>99.7</i>	<i>101.5</i>	<i>99.9</i>	<i>97.7</i>	<i>98.6</i>	<i>99.2</i>	<i>97.2</i>	<i>97.7</i>
Fat(from all sources)	g	133.5	121.7	131.7	123.2	152.6	148.4	145.3	147.6	149.3	147.6	147.3
Carbohydrate	g	377.4	424.8	416.7	406.8	396.2	395.2	396.0	400.0	400.0	386.2	398.0
Calcium	mg	642	785	817	968	874	899	932	922	917	914.0	911.0
Iron	mg	15.4	15.1	14.0	14.7	15.7	15.4	14.7	14.9	15.2	15.0	15.2
Vitamin A activity	µg	1,471.5	1,389.0	1,370.4	1,347.9	1,602	1,552	1,432	1,492	1,512	1,499	1,503
Vitamin C	mg	52.6	58.8	54.3	59.8	72.7	75.8	79.7	78.4	76.6	87.6	93.2
Thiamin	mg	1.2	1.3	1.1	1.4	1.50	1.50	1.49	1.50	1.51	1.53	1.58
Riboflavin	mg	1.7	1.9	1.8	2.7	2.74	2.72	2.65	2.65	2.65	2.65	2.60
Niacin equivalent	mg	33.0	32.4	33.3	36.2	40.8	40.0	38.6	39.0	39.3	39.1	39.3
Energy value	kJ	13,048	13,584	13,801	13,835	14,635	14,430	14,285	14,460	14,545	14,200	14,370

(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 11. 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 mg	Iron mg	Vitamin A activity µg	Vitamin C mg	Thiamin mg	Ribo- flavin mg	Niacin mg	Energy value kJ
<b>1978-79—</b>									
Dietary allowance	59.9	436.3	10.5	679.6	31.8	0.9	1.1	14.1	8,946
Nutrients—									
Available	99.9	899	15.4	1,552	75.8	1.50	2.72	40.0	14,430
In excess of dietary allowance (%)	67	106	47	128	138	67	147	184	61
<b>1979-80—</b>									
Dietary allowance	60.0	436.0	10.5	681.3	31.8	0.9	1.1	14.1	8,952
Nutrients									
Available	97.7	932	14.7	1,432	79.7	1.49	2.65	38.6	14,285
In excess of dietary allowance (%)	63	114	40	110	151	66	141	174	60
<b>1980-81—</b>									
Dietary allowance	59.5	427.0	10.4	672.3	31.2	0.8	1.1	13.9	8,861
Nutrients									
Available	98.6	922	14.9	1,492	78.4	1.50	2.65	39.0	14,460
In excess of dietary allowance (%)	66	116	43	122	151	88	141	181	63
<b>1981-82—</b>									
Dietary allowance	59.5	427.0	10.4	672.3	31.2	0.8	1.1	13.9	8,861
Nutrients—									
Available	99.2	917	15.2	1,512	76.6	1.51	2.65	39.3	14,545
In excess of dietary allowance (%)	67	115	46	125	146	89	141	183	64
<b>1982-83—</b>									
Dietary allowance	59.8	434.2	10.4	677.1	31.7	0.9	1.4	15.2	8,922
Nutrients									
Available	97.2	914	15.0	1,499	87.6	1.53	2.65	39.1	14,200
In excess of dietary allowance (%)	63	111	44	121	176	70	89	157	59
<b>1983-84—</b>									
Dietary allowance	59.8	434.2	10.4	677.1	31.7	0.9	1.4	15.2	8,922
Nutrients									
Available	97.7	911	15.2	1,503	93.2	1.58	2.60	39.3	14,370
In excess of dietary allowance (%)	63	110	46	122	194	76	86	159	61

(a) Adjustments have been made for the loss of nutrients in cooking and the extra niacin obtained from the metabolism of protein.

- NOTE: 1. Sources: Up to 1981-82, the National Health and Medical Research Council's 'Dietary Allowances for use in Australia', AGPS, 1979. For 1982-83, the National Health and Medical Research Council's 'Dietary Allowances for use in Australia', AGPS, 1984 and 'Nutrition Policy Statements', Commonwealth Department of Health, 1984.
2. Protein, Thiamin, Riboflavin and Niacin are calculated on the mid value for the dietary allowance range given for each age group.
3. Calcium has been calculated on the lower level of the dietary allowance range given for each age group.
4. For other nutrients, the allowances are averages weighted according to various age groups in the population; the age distributions at the beginning of each period have been used.

**NUTRIENTS AVAILABLE FOR CONSUMPTION IN AUSTRALIA 1973-74 AND 1983-84  
(expressed as a percentage in excess of dietary allowances)**

