

**Table 204. Nutrition—Nutrients in Foods Available for Civilian Consumption Per Capita Per Day: 1970 to 2004**

[Computed by the Center for Nutrition Policy and Promotion (CNPP). Based on Economic Research Service (ERS) estimates of per capita quantities of food available for consumption from "Food Consumption, Prices, and, Expenditures," on imputed consumption data for foods no longer reported by ERS, and on CNPP estimates of quantities of produce from home gardens. Food supply estimates do not reflect loss of food or nutrients from further marketing or home processing. Enrichment and fortification levels of iron, zinc, thiamin, riboflavin, niacin, folate, vitamin A, vitamin B<sub>6</sub>, vitamin B<sub>12</sub>, and Vitamin C are included]

Nutrient	Unit	1970-79	1980-89	1990-99	2000	2004
Food energy . . . . .	Kilocalories . . . . .	3,200	3,400	3,600	3,900	3,900
Carbohydrate . . . . .	Grams . . . . .	396	420	481	497	481
Fiber . . . . .	Grams . . . . .	20	21	24	25	25
Protein . . . . .	Grams . . . . .	98	101	109	113	113
Total fat <sup>1</sup> . . . . .	Grams . . . . .	144	151	151	173	179
Saturated . . . . .	Grams . . . . .	49	50	48	54	56
Monounsaturated . . . . .	Grams . . . . .	58	61	64	77	79
Polyunsaturated . . . . .	Grams . . . . .	27	31	31	36	37
Cholesterol . . . . .	Milligrams . . . . .	440	420	400	420	430
Vitamin A . . . . .	Micrograms RAE <sup>2</sup> . . . . .	1,260	1,230	1,270	1,250	1,080
Carotene . . . . .	Micrograms . . . . .	580	620	750	720	680
Vitamin E . . . . .	Milligrams a-TE <sup>3</sup> . . . . .	13.9	15.6	16.8	20.0	21.0
Vitamin C . . . . .	Milligrams . . . . .	112	119	127	130	119
Thiamin . . . . .	Milligrams . . . . .	2.3	2.6	3.0	3.0	2.9
Riboflavin . . . . .	Milligrams . . . . .	2.5	2.8	2.9	2.9	2.9
Niacin . . . . .	Milligrams . . . . .	25	29	32	33	33
Vitamin B <sub>6</sub> . . . . .	Milligrams . . . . .	2.0	2.2	2.4	2.5	2.4
Folate <sup>4</sup> . . . . .	Micrograms DFE <sup>5</sup> . . . . .	343	386	517	925	898
Vitamin B <sub>12</sub> . . . . .	Micrograms . . . . .	8.9	8.1	7.9	8.2	8.2
Calcium . . . . .	Milligrams . . . . .	940	940	980	980	970
Phosphorus . . . . .	Milligrams . . . . .	1,530	1,580	1,690	1,720	1,710
Magnesium . . . . .	Milligrams . . . . .	340	360	390	400	400
Iron . . . . .	Milligrams . . . . .	16.7	19.9	23.1	23.7	23.4
Zinc . . . . .	Milligrams . . . . .	13.4	14.3	15.3	15.4	15.4
Copper . . . . .	Milligrams . . . . .	1.7	1.8	2.0	2.1	2.1
Potassium . . . . .	Milligrams . . . . .	3,610	3,640	3,850	3,920	3,820
Sodium <sup>6</sup> . . . . .	Milligrams . . . . .	1,270	1,260	1,290	1,280	1,240
Selenium . . . . .	Micrograms . . . . .	129.5	139.1	162.6	178.9	189.7

<sup>1</sup> Includes other types of fat not shown separately. <sup>2</sup> Retinol activity equivalents. <sup>3</sup> Alpha-Tocopherol equivalents.

<sup>4</sup> Reflects new terminology from Institute of Medicine's Dietary Reference Intakes reports. <sup>5</sup> Dietary Folate Equivalents (DFE).

<sup>6</sup> Does not include amount from processed foods; underestimates actual availability.

Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, *Nutrient Content of the U.S. Food Supply, 1909-2004*, (released 15 March 2007). Data also published by Economic Research Service in *Food Consumption, Prices, and Expenditures*, annual. See also <<http://www.usda.gov/cnpp/>>.