



United States
Department of
Agriculture

Center for Nutrition
Policy and Promotion

Home Economics
Research Report
Number 58

March 2008

Nutrient Content of the U.S. Food Supply, 2005



Nutrient Content of the U.S. Food Supply, 2005

H.A.B. Hiza

L. Bente

T. Fungwe

**Center for Nutrition Policy and Promotion
U.S. Department of Agriculture**

Home Economics Research Report No. 58

March 2008

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability and where applicable, sex, marital status, familial status, parental status, religion, sexual orientation, genetic information, political beliefs, reprisal, or because all or part of an individual's income is derived from any public assistance program. (Not all prohibited bases apply to all programs.) Persons with disabilities who require alternative means for communication of program information (Braille, large print, audio-tape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TDD). USDA is an equal opportunity provider and employer.

Contents

	Page No.
Introduction	1
Developments in 2005	1
Availability of Macronutrients Fluctuated Over the Decade	1
Availability and Consumption of Calories on the Rise	1
Micronutrients Fluctuated Over the Decade	3
Fruits and Vegetables Play a Major Role in the Availability of Micronutrients	3
The Contribution of Other Major Food Groups to the Amount of Vitamins Available for Consumption	5
The Contribution of Other Major Food Groups to the Amount of Minerals Available for Consumption	7
Tables and Data	8
Other Available Data	9
Glossary	10
Tables	12

Nutrient Content of the U.S. Food Supply, 2005

Introduction

The U.S. Food Supply Series measures the amount of nutrients available for consumption on a per capita and per day basis. The Series, dating back to 1909, provides information on food energy and the energy-yielding nutrients—protein, carbohydrate, and fat (total, saturated, monounsaturated, and polyunsaturated fatty acids), cholesterol, dietary fiber, 10 vitamins, and 9 minerals. The Nutrient Content of the U.S. Food Supply, 2005, estimates on the availability and percentage contributions of nutrients by major food groups. The data and trends presented in this report are invaluable for monitoring the potential of the food supply to meet nutritional needs; for examining relationships between food supplies, diet, and health; and for examining dietary trends of Americans. Additionally, estimates of nutrients in the food supply reflect Federal enrichment and fortification standards and technological advances in the food industry, as well as contribute to the Federal dietary guidance system.

Developments in 2005

Availability of Macronutrients Fluctuated Over the Decade

The major changes regarding food energy and macronutrients in 2005, compared with 1995, were related to kilocalories (calories), total fat, and monounsaturated fatty acids. In 2005, the total available kilocalories reached an all-time high of 4,000, on both a per capita and per day basis (table 1). Similarly, the availability of total fat reached a record high of 190 grams. Among the various fat components, monounsaturated fatty acids increased to 85 grams per capita and per day, the highest level over the decade. The amount of carbohydrate available dropped to the lowest level of 479 grams per capita and per day over the last decade, whereas fiber remained stable: between 24 and 25 grams. Protein increased to 115 grams per capita and per day.

Availability and Consumption of Calories on the Rise

More calories are available for consumption—and Americans are consuming more calories than they did 10 years ago. The increase in the amount of calories available for consumption is due mainly to a 28-percent increase in the amount of fat contributing to caloric levels, from 148 to 190 grams per day during this period (table 1).

Although the total amount of kilocalories available for consumption increased, the amounts by which food groups contributed to kilocalories in the food supply fluctuated. The share of kilocalories from grains was 23 percent in 2005, compared with 25 percent in 1995 (table 4). Percentage contribution of kilocalories from meat, poultry, and fish fluctuated throughout the decade but slightly increased from 14 percent in 1995 to 15 percent in 2005. However, the percentage contribution of kilocalories from dairy products generally decreased over the decade and showed a 2-percentage-point decrease from 1995 to 2005. The eggs, and the legumes, nuts, and soy group remained about the same during the decade.

On the other hand, the vegetable group showed a small but steady decline in its contribution of kilocalories in the food supply, from 5 percent in 1995 to 4 percent in 2005 (table 4). The contribution of calories from fruit showed little variation over the decade, approximately 3 percent. The fats and oils group increased its share of calories, approximately 6 percentage points over the decade, whereas the sugars and sweeteners group showed a steady decline, about 2 percentage points.

The major sources of carbohydrates, protein, fat, and their components contributing to calories fluctuated over the decade (tables 5-12). Grain products provided the highest percentage of carbohydrates (40 percent in 2005) (table 5) and were also the main source of dietary fiber (36 percent) during this period (table 6). The contribution of vegetables to fiber decreased by 3 percentage points, while miscellaneous foods reflected a 5-percentage-point increase between 1995 and 2005 (table 6). The meat, poultry, and fish group provided the largest share of protein in 2005 (42 percent), a 3-percentage-point increase from 1995 (table 7).

In 2005, the fats and oils group provided 59 percent of total fats (table 8), a 6-percentage-point increase from 1995. Although butter and margarine showed a 1-percentage-point and 4-percentage-point decline, respectively, shortening, lard, beef tallow, and salad oils showed an increase in availability. Shortening increased the most since 1995, by 7 percentage points, probably the result of increased consumption of baked goods including pastries and cookies (table 8).

The fats and oils group was the primary source of saturated fatty acids and showed a 9-percentage-point increase from 1995 to 2005. On the other hand, dairy products plummeted by 8 percentage points in 2005, compared with 1995 (table 9).

Similarly, the fats and oils group continued to be the leading contributor of monounsaturated fatty acids and showed a 6-percentage-point increase from 1995 to 2005. This rise in the last decade was due mainly to an increase in the availability of shortening (table 10). During this period, the fats and oils group also contributed about three-fourths (71 percent) of the total polyunsaturated fatty acids (table 11), which was mainly the result of the increased use of shortening, which reflected increased consumption of baked goods. For cholesterol, the meat, poultry, and fish group increased by 3 percentage points. On the other hand, the dairy group decreased by 3 percentage points in 2005, compared with 1995 (table 12).

Micronutrients Fluctuated Over the Decade

For vitamin A (RAE), carotene, and ascorbic acid (vitamin C), the amount available for consumption declined by 19 percent, 12 percent, and 8 percent, respectively, from their 1995 levels (table 2). The amount of niacin, vitamin E, folate DFE, and vitamin B₁₂ available for consumption increased by 6 percent, 32 percent, 117 percent, and 6 percent, respectively, from their 1995 levels. Meanwhile, thiamin, riboflavin, and vitamin B₆ showed a slight fluctuation of about 4 percent during this period. Generally, the amount of most minerals available for consumption, on a per capita and per day basis, indicated a small upward trend between 1995 and 2005 (table 3). Selenium increased 16 percent; zinc, 7 percent; iron, 5 percent; magnesium, 3 percent; phosphorus, 2 percent; and potassium, 1 percent from 1995 to 2005. The amount of calcium and sodium available for consumption decreased between 1995 and 2005: by 3 and 2 percent, respectively, whereas the amount of copper available for consumption remained unchanged.

Fruits and Vegetables Play a Major Role in the Availability of Micronutrients

Both fruits and vegetables are major sources of micronutrients (vitamins and minerals). In the U.S. food supply, the vegetable group was the second leading source of vitamin A in both 1995 and 2005 (26 and 27 percent, respectively) (table 13). The availability of vitamin A and carotene (table 14) is due to dark-green and deep-yellow vegetables, such as broccoli and carrots, and to the revision of the miscellaneous vegetable composites that resulted in a different, more reflective mix of these nutrients. Between 1995 and 2005, vegetable sources of carotene, vitamin E, thiamin, niacin, vitamin B₆, and folate dropped, whereas vegetable sources for vitamin A, vitamin C, and riboflavin increased (tables 15, 17, 19, 20, 21).

The contribution of vitamin C from fruits and vegetables in the food supply was consistent: around 88 percent between 1995 and 2005. In particular, citrus fruits (26 percent) and white potatoes (15 percent) were the largest contributors of vitamin C to the fruit and vegetable groups. Also, the availability of both dark-green and deep-yellow vegetables and tomatoes increased over this period (table 16).

Fruits and vegetables provided approximately 12 percent of thiamin in the food supply between 1995 and 2005 (table 17). The contribution of riboflavin from fruits and vegetables was stable during this period, about 2 and 6 percent for fruits and vegetables, respectively (table 18).

From 1995 to 2005, fruits contributed about 2 percent to the total amount of niacin that was available, whereas contributions by vegetables decreased, from 11 to 10 percent, respectively (table 19).

After grain products, vegetables were the second leading source of total folate (and folate DFE), accounting for nearly 23 percent of the total folate in the food supply in 1995, but dropping by almost 50 percentage points in 2005. A corresponding decrease in contribution occurred from the fruit group, with a decrease from 10 to 6 percent of total folate and from 9 to 5 percent of folate DFE from 1995 to 2005, respectively (tables 21 and 22).

After meat, the second leading source of vitamin B₆ was vegetables. The contribution of vitamin B₆ from vegetables declined, however, between 1995 and 2005. This decline was attributable mainly to a decrease in the availability of vitamin B₆ from white potatoes (table 20).

The contribution of minerals from fruits and vegetables suggests a fluctuation over the decade. Contributions of fruits to calcium, phosphorus, iron, potassium, selenium, and zinc remained about the same throughout the decade (tables 24, 25, 27, 30, 32, and 28). While the contribution of fruit to magnesium (6.1 and 5.9 percent) and copper (6.1 and 5.9 percent) varied slightly between 1995 and 2005, respectively, there was a slight decrease overall in these nutrients (tables 26 and 29). The contribution of sodium from fruits did not vary much over the decade (table 31).

In general, the contribution of minerals from all sources indicated a fluctuation over the decade, with increased contribution by 2005 (tables 24-32). Vegetable contribution to calcium remained about the same over the decade, at about 7 percent (table 24). Vegetables and fruits combined contributed about 9 percent of calcium during this period (table 24). Between 1995 and 2005, respectively, the contributions of vegetables to minerals mainly decreased: phosphorus (from 8.0 to 7.4 percent), iron (from 10.2 to 9.4 percent), potassium (from 27.2 to 25.8 percent), sodium (from 29.8 to 27.1 percent), selenium (from 2.6 to 2.2 percent), zinc (from 6.6 to 5.8 percent), magnesium (from 14.7 to 13.3 percent), and copper (from 18.6 to 16.6 percent) (tables 25-32). In 2005, total vegetables were the key contributors of potassium (26 percent) (table 30). The contribution of vegetables to iron decreased during this decade (table 27). With the increase in processed potato and tomato products over the years, total vegetable contributions of sodium to the food supply provided more than a quarter of the total sodium availability during 1995-2005 (table 31).

The Contribution of Other Major Food Groups to the Amount of Vitamins Available for Consumption

The leading contributor of vitamin A from 1995 to 2005 was the meat, poultry, and fish group, which increased by 6 percentage points (table 13). The dairy group was the third leading source of vitamin A, despite a decrease in contribution from 21 percent in 1995 to 16 percent in 2005. This was likely due to decreased use of dairy foods, such as yogurt and frozen desserts (table 13).

There was a drop in all sources of vitamin E, with the exception of fats and oils (table 15). In 2005, the available vitamin E in the U.S. food supply reached its highest level of 21 milligrams (mg) (table 2), up 32 percent from 1995. This change reflects the increased use of shortening and cooking oils over this period.

In 2005, the level of vitamin C in the food supply was 115 mg per person per day, which was 8 percent lower than the 125 mg per capita and per day in 1995 (table 2). Besides fruits and vegetables, the contribution of vitamin C by other food groups mainly decreased or remained the same (table 16).

The grain group was the main contributor of thiamin, riboflavin, and niacin. These contributions reflect the enrichment and fortification of flour and cereal with these nutrients (tables 17-19).

In 2005, the meat, poultry, and fish group provided more than one-third of the total available vitamin B₆ (table 20). As expected, the meat, poultry, and fish group is the primary contributor of vitamin B₁₂, providing about three-fourths of the total vitamin B₁₂ in 2005 (table 23).

The highest level of folate DFE was 927 micrograms (mcg) per capita per day in 2000, which was mainly due to additional grain fortification, a 1998 mandate (table 2).

Box 1. Brief Description of the U.S. Food Supply Series

The U.S. Food Supply Series reports data on the food available for consumption or the disappearance of food into the marketing system. Food consumption, on the other hand, refers to food and beverages actually consumed. The U.S. Food Supply Series provides data on the availability of foods, on the national level, for about 400 basic commodities, from production to end uses. Thus, the food available for human use reflects what remains after the deduction of exports, industrial uses, farm inputs, nonfood uses, and end-of-year inventories.

The nutrient content of the U.S. Food Supply Series is calculated by using food availability data from the Economic Research Service of the U.S. Department of Agriculture and information on the nutrient composition of foods from the Agricultural Research Service of the U.S. Department of Agriculture. Other specific data used in the determination of the nutrient content of the U.S. Food Supply Series consists of fish and seafood data obtained from National Marine Fisheries Service of the National Oceanic and Atmosphere Administration, duck and geese data obtained from the U.S. Fish and Wildlife Service of the U.S. Department of the Interior, and on harvested game data from the 50 States.

Estimates of per capita consumption for each commodity (in pounds per year) at the retail level are multiplied by the amount of food energy and each of 27 nutrients and dietary components in the raw edible portion of the food. Results for each nutrient from all foods are totaled and converted to amount available for consumption on a per capita and per day basis.

Estimates of the nutrient content of the food supply exclude nutrients from any inedible parts of foods, such as bones, rinds, and seeds but include nutrients from parts of foods that are edible but not always eaten, such as the separable fat on meat. With the exception of canned fruits and vegetables for which nutrient data account for losses during processing, estimates of the food available for consumption include nutrients that may be lost during processing, marketing, or cooking.

The Contribution of Other Major Food Groups to the Amount of Minerals Available for Consumption

Calcium per capita and per day fluctuated over the decade but decreased from 980 mg in 1995 to 950 mg in 2005 (table 3). The primary sources of calcium available in the food supply have remained the same over the decade. Dairy products contributed almost three-fourths of the calcium in the food supply. Despite the decreased contribution of calcium from whole and lowfat milk, the contribution from cheese increased during this period (table 24). The third highest contributor of calcium was from grain products, which remained somewhat stable, providing 5 percent of total calcium between 1995 and 2005.

Dairy products contributed about one-third of the total phosphorus to the food supply (table 25). The percentage contribution of phosphorus from dairy products fluctuated slightly over the decade but dropped by 3 percentage points. From 1995 to 2005, the meat, poultry, and fish group contributed about 24 percent of the total phosphorus, with a 3-percentage-point increase in 2005. Grain products provided about 20 percent of phosphorus during this time.

The contribution of dairy products to magnesium decreased from 16 percent in 1995 to 14 percent in 2005, mainly attributable to the decreased availability of fluid milk and frozen dairy products (table 26).

The predominant source of iron in the food supply is grain products primarily due to fortification. In 1995, grain products accounted for an average of 52 percent of the iron in the food supply, but this amount decreased by approximately 50 percent in 2005 (table 27).

Zinc levels increased in the food supply, from an average of 15 mg per capita and per day in 1995 to an average 16 mg per capita and per day in 2005 (table 3). In both 1995 and in 2005, the meat, poultry, and fish group was the lead contributor of zinc in the food supply (37 and 41 percent, respectively) (table 28). Grain products were the second most important contributor of this nutrient (27 and 25 percent, respectively) in 1995 and in 2005.

Copper levels remained the same during 1995-2005 at 2 mg per capita and per day, whereas availability of potassium fluctuated between 3,800 and 3,820 mg per capita and per day between 1995 and 2005 (table 3).

Food supply per capita estimates for sodium fluctuated over the decade, ranging from 1,290 to 1,270 mg per day (table 3). Higher sodium levels are partly due to the increased consumption of cheese (table 31). With the exception of canned vegetables and cheeses, sodium estimates in the food supply do not account for sodium added in processing; thus, sodium values are underestimated. Over the decade, the dairy group as the primary contributor of sodium has provided about one-third of the total sodium in the food supply, mainly because of cheese consumption, which provided about half of the sodium contribution from dairy.

Selenium showed a rapid increase throughout 1995-2005 with its highest level of per capita at 184 micrograms per day (table 3). The grain group which was the main contributor of selenium in the food supply, provided about 40 percent during this period. The meat, poultry, and fish group was a secondary source of selenium, providing 29 percent in 2005 (table 32).


Tables and Data

Tables in this report provide data on the amount of nutrients available for consumption on a per capita and per day basis. Tables show data for kilocalories and 27 nutrients and dietary components. Food availability and nutrient trends are compared by major food groups and by nutrients. Data for 1909 through 1969 are collapsed by decade. For 1970 through 1974, data are grouped in 5-year increments. To facilitate emphasis on the most recent data, 1995 through 2005, data are presented by individual years. Tables for the above classifications, and with more detail than is given in this report, can be obtained by contacting USDA's Center for Nutrition Policy and Promotion at (703) 305-7600.

Other Available Data

The Interactive Food Supply allows users to query data on the availability of food and nutrients and presents the data in table format. Query functions of the Interactive Food Supply, at www.cnpp.usda.gov, are listed in the box.

Box 2. Query Functions of the Interactive Food Supply



FOOD SUPPLY DATABASE

You can query quantity, nutrient per capita per day, and food nutrient percentage contribution. Results are presented in table format. (See [Foods](#) and [Nutrients](#) in Food Supply Database for a list of foods and nutrients in the database). Data are available for most commodities from 1909 to 2005.

[Food Supply Home](#)

[Food Availabilities](#)

[Food Composition](#)

[Food Supply Methodologies](#)

[Food Supply Database](#)

- [Quantity](#)
- [Nutrient Value](#)
- [Percent Contribution](#)
- [Fortification](#)
- [Grain Fortification](#)
- [Animal/Vegetable](#)
- [Pyramid Serving](#)

[FAQ](#)

[Related Publications](#)

[Quantity](#)

[Nutrient Per Capita Per Day](#)

[Food Percentage Contribution](#)

[Fortification](#)

[Historical Grain Fortification](#)

[Animal/Vegetable Percentage](#)

[Pyramid Serving](#)

Glossary

Alpha-tocopherol (ATE)

The most active component of the vitamin E complex is alpha-tocopherol. This organic substance is a powerful antioxidant in the lipid phase of the human body, thus alpha-tocopherol acts as a vitamin (vitamin E) and as an essential antioxidant. Its function as an antioxidant plays a crucial role in health outcomes.

Dietary Folate Equivalent (DFE)

Dietary Folate Equivalent (DFE) is a method of measuring folate in response to changes in folate reporting as recommended by the National Academy of Sciences, Institute of Medicine. The use of DFE takes into account the greater bioavailability of synthetic folic acid compared with folate that occurs in food. In 1998, with the folate fortification of cereal products, levels of total folate and folate DFE both increased as expected, but levels for folate DFE are about 30 percent higher than that for total folate.

Food Consumption

Food consumption refers to food and beverages actually consumed. There are various methods of estimating food consumption. These data are usually collected via dietary recall methods, and then reported through food surveys such as the National Health and Nutrition Examination Survey (NHANES). Food balance sheets such as the method used for the food supply data have also been used to estimate food consumption patterns. Generally, these methods have been used to inform, monitor, and evaluate nutrition policies.

Macronutrient

Macronutrients are nutrients that provide calories or energy and are needed in large amounts. They include carbohydrate, protein, and fat.

Micronutrient

Micronutrients are essential for life and are distinct from macronutrients in that they are only required in minuscule amounts. They include vitamins and minerals.

Nutrient Food Availability Data

Data are compiled by USDA's Center for Nutrition Policy and Promotion (CNPP), which uses data from ERS on the amount of food available for consumption together with data on the nutrient composition of foods obtained from USDA's Agricultural Research Service (ARS) to estimate the amounts of food energy and 27 nutrients and food components available for consumption per capita per day in the U.S. food supply.

Retinol Activity Equivalent (RAE)

Retinol Activity Equivalent (RAE) is now the unit used for expressing vitamin A activity. The RAE and its conversion factors, as applied to retinol and provitamin A carotenoids, are based on recent studies, which show that the conversion of provitamin A carotenoids to retinol is only half as great as previously thought.

Table 1. Food Energy and Macronutrients per Capita and per Day in the U.S. Food Supply, Selected Years

Year	Food energy (kcal)	Carbohydrate (g)	Fiber (g)	Protein (g)	Fat (g)	Saturated fatty acids (g)	Monounsaturated fatty acids (g)	Polyunsaturated fatty acids (g)	Cholesterol (mg)
1909-19	3,400	487	28	96	120	50	47	13	440
1920-29	3,400	478	26	92	127	54	49	15	470
1930-39	3,300	452	25	89	129	55	50	15	450
1940-49	3,300	431	24	98	138	56	54	18	510
1950-59	3,100	391	20	93	138	55	55	19	500
1960-69	3,100	383	18	93	143	54	56	22	470
1970-74	3,200	392	19	98	145	50	58	26	450
1975-84	3,200	400	20	97	146	49	59	29	420
1985-94	3,500	453	23	106	153	50	64	31	410
1995	3,600	482	24	109	148	48	63	31	400
1996	3,600	491	25	110	147	47	63	30	400
1997	3,700	494	25	109	146	46	62	31	400
1998	3,700	495	25	110	148	48	63	30	410
1999	3,700	499	25	112	153	49	65	32	420
2000	3,900	498	25	112	173	54	76	36	420
2001	3,900	492	25	111	172	53	76	36	410
2002	4,000	486	24	110	184	56	81	39	420
2003	3,900	483	25	111	183	56	81	39	420
2004	3,900	483	25	112	179	55	79	39	420
2005	4,000	479	25	115	190	59	85	37	430

Table 2. Vitamins per Capita and per Day in the U.S. Food Supply, Selected Years

Year	Vitamin A (RAE) (i g RAE)	Carotene (i g)	Vitamin E (mg ATE)	Vitamin C (mg)	Thiamin (mg)	Riboflavin (mg)	Niacin (mg)	Vitamin B ₆ (mg)	Total folate (i g)	Folate, DFE (i g)	Vitamin B ₁₂ (i g)
1909-19	1,040	430	7.7	95	1.5	1.8	18	2.1	309	313	7.8
1920-29	1,090	470	8.5	100	1.5	1.8	17	2.0	305	308	7.6
1930-39	1,070	510	9.2	104	1.4	1.8	16	1.9	309	313	7.2
1940-49	1,210	510	10.3	112	1.9	2.3	20	2.0	325	328	8.6
1950-59	1,140	410	10.6	98	1.8	2.3	20	1.8	297	299	8.6
1960-69	1,150	390	11.7	93	1.9	2.2	20	1.8	284	285	8.9
1970-74	1,240	550	13.5	108	2.1	2.4	23	2.0	306	313	9.3
1975-84	1,240	600	14.6	116	2.5	2.7	27	2.1	345	374	8.4
1985-94	1,230	650	16.5	122	2.8	2.9	31	2.4	376	409	8.0
1995	1,270	750	16.2	125	2.9	2.9	31	2.4	382	411	8.0
1996	1,290	800	16.1	130	3.0	2.9	32	2.4	384	414	8.0
1997	1,300	850	16.3	130	3.0	2.9	32	2.4	382	412	7.8
1998	1,240	710	16.2	131	3.0	2.9	32	2.4	697	913	8.0
1999	1,250	700	17.0	130	3.0	2.9	33	2.5	704	919	8.0
2000	1,260	710	19.8	131	3.0	2.9	33	2.5	707	927	7.9
2001	1,080	680	20.2	120	3.0	2.9	32	2.4	693	908	7.9
2002	1,070	660	21.3	115	2.9	2.8	32	2.4	681	891	7.9
2003	1,070	680	21.3	119	2.9	2.8	32	2.4	688	900	7.9
2004	1,080	680	21.1	118	2.9	2.8	32	2.4	686	898	8.0
2005	1,030	660	21.4	115	2.9	2.8	33	2.5	682	893	8.5

Table 3. Minerals per Capita and per Day in the U.S. Food Supply, Selected Years

Year	Calcium (mg)	Phosphorus (mg)	Magnesium (mg)	Iron (mg)	Zinc (mg)	Copper (mg)	Potassium (mg)	Sodium (mg)	Selenium (\hat{t} g)
1909-19	740	1,440	380	13.7	12.8	1.9	3,880	920	159.1
1920-29	810	1,430	370	13.0	12.1	1.9	3,810	1,010	150.0
1930-39	850	1,410	360	12.7	11.5	1.8	3,770	1,020	142.4
1940-49	990	1,570	380	14.9	12.5	1.9	4,040	1,160	143.7
1950-59	950	1,490	340	14.6	11.9	1.7	3,670	1,200	135.0
1960-69	910	1,470	330	14.9	11.9	1.6	3,500	1,270	128.0
1970-74	960	1,550	340	16.2	12.8	1.7	3,630	1,270	122.5
1975-84	920	1,520	350	17.7	13.9	1.8	3,560	1,260	135.2
1985-94	970	1,660	390	22.3	15.1	2.0	3,770	1,300	150.7
1995	980	1,680	390	22.9	15.2	2.0	3,800	1,290	158.8
1996	990	1,690	400	23.2	15.1	2.0	3,870	1,280	162.7
1997	980	1,680	390	23.1	14.8	2.0	3,840	1,280	163.0
1998	980	1,690	400	23.4	15.1	2.0	3,860	1,260	176.5
1999	990	1,710	400	23.8	15.5	2.1	3,910	1,270	177.3
2000	990	1,720	400	23.8	15.4	2.1	3,910	1,280	178.5
2001	980	1,690	400	23.5	15.2	2.0	3,820	1,240	180.1
2002	970	1,680	390	23.4	15.2	2.0	3,760	1,320	181.7
2003	980	1,690	400	23.6	15.2	2.0	3,810	1,300	185.1
2004	990	1,710	400	23.7	15.4	2.1	3,840	1,250	185.1
2005	950	1,720	400	24.1	16.2	2.1	3,820	1,270	184.4

Table 4. Food Energy Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils						Sugars & sweeteners	Miscellaneous
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils	Total		
	<i>Percent</i>															
1909-19	0.2	2.7	2.9	4.0	0.9	0.4	1.3	6.5	4.4	0.6	3.1	3.8	0.7	12.6	12.9	0.3
1920-29	0.3	2.8	3.1	3.5	0.9	0.4	1.4	6.1	4.6	0.7	2.7	4.2	1.4	13.5	16.4	0.5
1930-39	0.5	2.7	3.1	3.1	0.9	0.4	1.5	6.0	4.8	0.7	3.4	4.2	2.0	15.1	16.8	0.6
1940-49	0.7	2.5	3.2	2.9	0.8	0.5	1.6	5.8	3.4	1.1	3.2	4.3	2.3	14.3	15.7	0.6
1950-59	0.8	2.4	3.1	2.7	0.5	0.5	1.5	5.2	2.5	2.3	3.8	3.8	3.4	15.9	17.2	0.6
1960-69	0.7	2.1	2.8	2.8	0.4	0.5	1.4	5.1	1.8	2.8	5.1	2.2	4.8	16.8	17.8	0.7
1970-74	1.0	2.0	3.0	2.7	0.4	0.6	1.8	5.5	1.4	3.1	5.9	1.3	6.5	18.2	18.6	0.9
1975-84	1.1	2.2	3.3	2.7	0.4	0.6	1.8	5.4	1.2	3.1	6.2	1.1	7.6	19.2	18.0	0.8
1985-94	0.9	2.4	3.4	2.5	0.4	0.6	1.6	5.1	1.2	2.7	7.0	0.8	8.1	19.8	18.0	0.9
1995	0.9	2.3	3.3	2.6	0.4	0.6	1.6	5.2	1.1	2.3	6.8	1.0	8.0	19.1	19.2	0.9
1996	1.0	2.4	3.4	2.7	0.4	0.6	1.6	5.3	1.0	2.2	6.6	1.1	7.7	18.7	19.1	1.0
1997	1.0	2.4	3.4	2.5	0.5	0.6	1.6	5.2	1.0	2.1	6.2	0.9	8.5	18.6	19.4	0.9
1998	1.1	2.3	3.4	2.5	0.4	0.6	1.6	5.1	1.1	2.0	6.1	1.2	8.1	18.5	19.5	1.0
1999	1.0	2.4	3.4	2.5	0.4	0.6	1.6	5.1	1.1	1.9	6.2	1.3	8.4	18.9	19.4	1.0
2000	1.0	2.2	3.2	2.4	0.4	0.6	1.4	4.8	1.0	1.9	8.9	1.4	9.5	22.6	18.2	1.0
2001	1.0	2.2	3.2	2.4	0.4	0.5	1.4	4.7	1.0	1.6	9.2	1.2	10.1	23.1	18.2	1.0
2002	0.8	2.1	3.0	2.3	0.3	0.5	1.4	4.6	1.0	1.5	9.3	1.3	11.0	24.0	17.7	1.0
2003	0.9	2.2	3.1	2.4	0.4	0.5	1.4	4.7	1.0	1.2	9.2	1.4	11.2	24.0	17.2	1.0
2004	0.9	2.2	3.1	2.3	0.4	0.6	1.4	4.7	1.0	1.2	9.2	1.4	11.2	23.9	17.4	1.1
2005	0.8	2.1	2.9	2.2	0.4	0.6	1.4	4.4	1.0	0.9	10.7	1.5	10.5	24.7	17.0	1.1

Table 5. Carbohydrate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							<i>Percent</i>					
1909-19	0.1	0.0	0.0	0.1	2.5	0.7	0.0	0.7	4.0	0.1	2.1	54.7
1920-29	0.1	0.0	0.0	0.1	2.9	0.6	0.0	0.9	4.4	0.1	1.9	47.4
1930-39	0.1	0.0	0.0	0.1	3.1	0.6	0.0	1.2	4.9	0.1	2.3	44.6
1940-49	0.1	0.0	0.0	0.1	4.0	0.5	0.0	1.7	6.3	0.1	2.4	42.5
1950-59	0.1	0.0	0.0	0.1	4.3	0.5	0.1	2.1	6.8	0.2	2.3	38.0
1960-69	0.1	0.0	0.0	0.1	3.8	0.7	0.1	2.1	6.7	0.1	2.2	36.3
1970-74	0.1	0.0	0.0	0.1	3.4	1.2	0.1	2.1	6.8	0.1	2.2	33.4
1975-84	0.1	0.0	0.0	0.1	2.4	1.5	0.1	2.0	6.1	0.1	2.2	35.4
1985-94	0.0	0.0	0.0	0.1	1.4	1.8	0.2	2.0	5.3	0.1	2.1	38.4
1995	0.0	0.0	0.0	0.1	1.0	1.8	0.2	1.9	4.9	0.1	2.1	38.6
1996	0.0	0.0	0.0	0.1	0.9	1.8	0.2	1.9	4.8	0.1	2.0	39.1
1997	0.0	0.0	0.0	0.1	0.9	1.8	0.2	1.9	4.7	0.1	2.0	38.9
1998	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.8	4.7	0.1	2.0	38.8
1999	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.7	4.5	0.1	2.1	38.5
2000	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.8	4.6	0.1	2.0	39.2
2001	0.0	0.0	0.0	0.1	0.9	1.6	0.2	1.8	4.5	0.1	2.0	39.4
2002	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.8	4.5	0.1	2.0	39.4
2003	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.9	4.6	0.1	2.0	39.8
2004	0.0	0.0	0.0	0.1	0.8	1.7	0.2	1.9	4.6	0.1	1.9	39.7
2005	0.0	0.0	0.0	0.1	0.8	1.7	0.2	1.6	4.3	0.1	1.9	40.0

Table 5. Carbohydrate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.4	4.8	5.2	6.3	1.4	0.6	1.9	10.2	0.0	0.0	0.0	0.0	0.0	0.0	23.2	0.5
1920-29	0.6	5.0	5.6	5.6	1.4	0.6	2.2	9.7	0.0	0.0	0.0	0.0	0.0	0.0	30.1	0.7
1930-39	0.9	4.9	5.8	5.2	1.5	0.7	2.4	9.7	0.0	0.0	0.0	0.0	0.0	0.0	31.7	0.9
1940-49	1.4	4.8	6.2	5.0	1.3	0.9	2.7	10.0	0.0	0.0	0.0	0.0	0.0	0.0	31.4	1.0
1950-59	1.5	4.7	6.3	4.9	0.9	0.9	2.6	9.4	0.0	0.0	0.0	0.0	0.0	0.0	35.9	1.0
1960-69	1.5	4.3	5.8	5.2	0.8	0.9	2.6	9.5	0.0	0.0	0.0	0.0	0.0	0.0	38.1	1.1
1970-74	1.9	4.1	6.1	5.1	0.8	1.2	3.3	10.3	0.0	0.0	0.0	0.0	0.0	0.0	39.6	1.3
1975-84	2.1	4.4	6.5	4.9	0.7	1.2	3.2	10.0	0.0	0.0	0.0	0.0	0.0	0.0	38.3	1.2
1985-94	1.8	4.7	6.5	4.5	0.7	1.1	2.8	9.1	0.0	0.0	0.0	0.0	0.0	0.0	37.2	1.3
1995	1.7	4.3	6.0	4.4	0.7	1.1	2.8	8.9	0.0	0.0	0.0	0.0	0.0	0.0	38.2	1.2
1996	1.8	4.3	6.1	4.5	0.7	1.1	2.7	9.0	0.0	0.0	0.0	0.0	0.0	0.0	37.5	1.3
1997	1.8	4.3	6.1	4.3	0.8	1.1	2.7	8.7	0.0	0.0	0.0	0.0	0.0	0.0	38.1	1.3
1998	2.0	4.2	6.1	4.2	0.6	1.1	2.6	8.6	0.0	0.0	0.0	0.0	0.0	0.0	38.3	1.4
1999	1.8	4.4	6.1	4.2	0.6	1.1	2.7	8.6	0.0	0.0	0.0	0.0	0.0	0.0	38.6	1.4
2000	1.9	4.2	6.0	4.2	0.8	1.0	2.5	8.5	0.0	0.0	0.0	0.0	0.0	0.0	38.0	1.4
2001	1.9	4.1	6.0	4.3	0.7	1.0	2.5	8.5	0.0	0.0	0.0	0.0	0.0	0.0	37.9	1.4
2002	1.7	4.2	5.9	4.2	0.6	1.1	2.6	8.4	0.0	0.0	0.0	0.0	0.0	0.0	38.2	1.4
2003	1.8	4.3	6.0	4.4	0.7	1.1	2.6	8.7	0.0	0.0	0.0	0.0	0.0	0.0	37.1	1.5
2004	1.7	4.3	6.1	4.3	0.7	1.1	2.6	8.7	0.0	0.0	0.0	0.0	0.0	0.0	37.3	1.6
2005	1.7	4.2	5.9	4.1	0.7	1.1	2.5	8.4	0.0	0.0	0.0	0.0	0.0	0.0	37.6	1.7

Table 6. Fiber Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
	<i>Percent</i>											
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	49.2
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.0	44.0
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.8	39.8
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.8	36.3
1950-59	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	14.0	33.7
1960-69	0.0	0.0	0.0	0.0	0.3	0.1	0.0	0.0	0.4	0.0	14.5	33.0
1970-74	0.0	0.0	0.0	0.0	0.4	0.1	0.0	0.0	0.4	0.0	14.5	29.6
1975-84	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.4	0.0	14.9	31.4
1985-94	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	14.0	35.1
1995	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	14.1	36.0
1996	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	13.4	35.6
1997	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	13.9	35.5
1998	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	13.7	35.2
1999	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	14.0	34.9
2000	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.4	0.0	14.0	35.3
2001	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.4	0.0	13.6	36.3
2002	0.0	0.0	0.0	0.0	0.2	0.3	0.0	0.0	0.4	0.0	13.7	36.3
2003	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.4	0.0	13.4	35.8
2004	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.4	0.0	13.0	35.3
2005	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.4	0.0	12.9	35.5

Table 6. Fiber Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	1.3	11.4	12.8	9.7	3.5	2.3	10.1	25.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.4
1920-29	2.1	11.8	13.8	9.0	4.2	2.2	12.2	27.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1930-39	3.0	11.2	14.1	8.2	4.6	2.5	13.0	28.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.8
1940-49	4.3	10.5	14.8	8.0	4.7	3.2	13.8	29.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.4
1950-59	3.6	11.1	14.7	8.5	4.0	3.6	14.2	30.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.8
1960-69	2.9	10.3	13.2	9.3	3.7	3.6	13.9	30.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.4
1970-74	2.9	9.7	12.6	8.8	3.8	4.3	15.2	32.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.7
1975-84	2.7	10.0	12.8	8.3	3.7	4.3	14.7	30.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	9.6
1985-94	2.2	9.6	11.9	7.3	3.6	3.9	12.3	27.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.6
1995	2.2	8.9	11.1	7.3	4.1	4.0	12.0	27.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.0
1996	2.3	8.9	11.1	7.4	4.3	3.9	11.7	27.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.2
1997	2.4	9.0	11.5	7.0	4.5	3.8	11.8	27.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.8
1998	2.5	8.9	11.4	7.0	3.8	3.9	11.6	26.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.0
1999	1.9	9.2	11.1	6.9	3.8	3.8	11.9	26.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.2
2000	2.2	8.9	11.2	7.0	4.2	3.8	11.0	25.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.3
2001	2.3	8.7	11.0	7.1	3.8	3.6	10.8	25.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.4
2002	2.2	8.8	11.0	6.8	3.7	3.9	11.0	25.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.1
2003	2.3	8.8	11.1	7.0	3.9	3.8	10.9	25.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.7
2004	2.2	8.9	11.1	6.8	3.9	3.8	10.9	25.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	14.8
2005	2.2	8.8	10.9	6.4	3.7	3.9	10.6	24.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.6

Table 7. Protein Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.2	0.9	1.1	3.7	0.6	0.5	2.1	6.9	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.7
1920-29	0.2	1.0	1.3	3.3	0.7	0.5	2.5	7.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.1
1930-39	0.4	1.0	1.4	3.0	0.8	0.6	2.8	7.1	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.3
1940-49	0.5	0.9	1.4	2.6	0.7	0.6	2.6	6.5	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.4
1950-59	0.5	0.8	1.3	2.4	0.5	0.6	2.4	5.9	0.1	0.1	0.0	0.0	0.0	0.2	0.0	1.3
1960-69	0.4	0.7	1.2	2.4	0.4	0.5	2.2	5.6	0.1	0.1	0.0	0.0	0.0	0.2	0.0	1.5
1970-74	0.5	0.7	1.2	2.4	0.4	0.6	2.5	5.9	0.1	0.1	0.0	0.0	0.0	0.2	0.0	1.7
1975-84	0.6	0.7	1.3	2.4	0.4	0.7	2.5	6.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	1.6
1985-94	0.5	0.8	1.3	2.2	0.4	0.6	2.3	5.6	0.0	0.1	0.0	0.0	0.0	0.2	0.0	1.9
1995	0.5	0.7	1.2	2.3	0.5	0.7	2.3	5.8	0.0	0.1	0.0	0.0	0.0	0.1	0.0	1.7
1996	0.5	0.7	1.3	2.4	0.5	0.6	2.3	5.9	0.0	0.1	0.0	0.0	0.0	0.1	0.0	1.9
1997	0.6	0.8	1.3	2.3	0.5	0.6	2.3	5.8	0.0	0.1	0.0	0.0	0.0	0.1	0.0	1.9
1998	0.6	0.7	1.3	2.2	0.5	0.7	2.3	5.7	0.0	0.1	0.0	0.0	0.0	0.1	0.0	2.1
1999	0.5	0.8	1.3	2.2	0.5	0.6	2.4	5.7	0.0	0.1	0.0	0.0	0.0	0.1	0.0	2.0
2000	0.5	0.7	1.3	2.2	0.6	0.6	2.1	5.6	0.0	0.1	0.0	0.0	0.0	0.1	0.0	2.1
2001	0.6	0.7	1.3	2.3	0.5	0.6	2.1	5.5	0.0	0.1	0.0	0.0	0.0	0.1	0.0	2.1
2002	0.5	0.7	1.2	2.2	0.5	0.6	2.1	5.4	0.0	0.1	0.0	0.0	0.0	0.1	0.0	2.0
2003	0.5	0.7	1.3	2.3	0.5	0.6	2.2	5.6	0.0	0.1	0.0	0.0	0.0	0.1	0.0	2.1
2004	0.5	0.7	1.2	2.2	0.5	0.6	2.1	5.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.2
2005	0.5	0.7	1.2	2.0	0.5	0.6	2.0	5.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3

Table 8. Fat Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.0	0.5	0.5	0.1	0.1	0.1	0.3	0.6	14.1	1.8	9.9	11.8	2.2	39.8	0.0	0.3
1920-29	0.0	0.5	0.5	0.1	0.1	0.1	0.3	0.6	13.8	1.9	8.1	12.5	4.1	40.5	0.0	0.4
1930-39	0.0	0.4	0.5	0.1	0.1	0.1	0.3	0.6	13.8	1.9	9.9	11.8	5.6	43.0	0.0	0.5
1940-49	0.1	0.4	0.4	0.1	0.1	0.1	0.3	0.6	9.2	3.0	8.6	11.4	6.3	38.5	0.0	0.5
1950-59	0.0	0.4	0.4	0.1	0.1	0.1	0.3	0.5	6.5	5.9	9.8	9.5	8.7	40.4	0.0	0.5
1960-69	0.0	0.3	0.4	0.1	0.0	0.1	0.2	0.4	4.6	7.0	12.6	5.4	11.9	41.6	0.0	0.6
1970-74	0.1	0.3	0.4	0.1	0.0	0.1	0.3	0.5	3.4	7.7	14.7	3.3	16.3	45.4	0.0	0.8
1975-84	0.1	0.4	0.5	0.1	0.0	0.1	0.3	0.5	3.1	7.6	15.6	2.6	19.1	48.1	0.0	0.8
1985-94	0.0	0.5	0.5	0.1	0.0	0.1	0.3	0.5	3.1	7.0	18.3	2.1	21.3	51.7	0.0	1.0
1995	0.0	0.5	0.5	0.1	0.1	0.1	0.3	0.6	3.2	6.2	18.7	2.6	22.2	52.9	0.0	1.0
1996	0.1	0.5	0.6	0.1	0.1	0.1	0.3	0.6	2.9	6.2	18.6	2.9	21.8	52.4	0.0	1.2
1997	0.1	0.5	0.6	0.1	0.1	0.1	0.3	0.6	2.8	5.8	17.5	2.4	23.9	52.4	0.0	1.1
1998	0.1	0.5	0.5	0.1	0.1	0.1	0.3	0.6	3.0	5.6	17.3	3.2	22.9	51.9	0.0	1.2
1999	0.0	0.5	0.6	0.1	0.1	0.1	0.3	0.6	3.1	5.2	17.1	3.5	23.3	52.1	0.0	1.2
2000	0.0	0.5	0.5	0.1	0.1	0.1	0.2	0.5	2.6	4.7	22.7	3.4	24.2	57.7	0.0	1.1
2001	0.0	0.5	0.5	0.1	0.0	0.1	0.2	0.5	2.6	4.1	23.5	3.0	25.6	58.8	0.0	1.1
2002	0.0	0.5	0.5	0.1	0.0	0.1	0.2	0.4	2.4	3.5	22.6	3.2	26.9	58.6	0.0	1.0
2003	0.0	0.5	0.5	0.1	0.0	0.1	0.2	0.4	2.5	2.9	22.3	3.4	27.3	58.4	0.0	1.0
2004	0.0	0.5	0.6	0.1	0.1	0.1	0.2	0.5	2.5	2.9	22.6	3.3	27.7	59.0	0.0	1.1
2005	0.0	0.5	0.5	0.1	0.0	0.1	0.2	0.4	2.4	2.1	25.6	3.5	25.1	58.8	0.0	1.1

Table 9. Saturated Fatty Acids Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	21.0	1.4	5.9	11.1	1.4	40.7	0.0	0.3
1920-29	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	20.4	1.3	4.8	11.6	2.5	40.7	0.0	0.5
1930-39	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.2	20.3	1.1	5.9	10.9	4.2	42.3	0.0	0.6
1940-49	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.2	14.0	1.6	5.3	11.0	3.7	35.5	0.0	0.6
1950-59	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.2	10.2	3.0	6.8	9.5	6.0	35.6	0.0	0.6
1960-69	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.2	7.5	3.8	10.0	5.6	8.3	35.3	0.0	0.6
1970-74	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	6.2	4.5	12.4	3.7	7.7	34.5	0.0	0.9
1975-84	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.8	4.5	14.1	3.3	9.2	36.9	0.0	0.9
1985-94	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.9	4.1	16.4	2.9	11.2	40.5	0.0	1.2
1995	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	6.1	3.7	16.2	3.9	11.4	41.2	0.0	1.2
1996	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.6	3.6	16.0	4.4	10.9	40.5	0.0	1.4
1997	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.5	3.4	15.2	3.6	12.1	39.8	0.0	1.3
1998	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.8	3.3	14.6	4.7	12.0	40.4	0.0	1.4
1999	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.3	5.9	3.0	14.4	5.2	12.5	41.1	0.0	1.4
2000	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.2	2.9	19.6	5.3	13.3	46.2	0.0	1.3
2001	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.3	2.5	20.5	4.6	14.3	47.2	0.0	1.3
2002	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.0	2.2	19.8	4.9	15.1	46.9	0.0	1.1
2003	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.0	1.8	19.5	5.3	15.3	47.0	0.0	1.2
2004	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.2	1.8	20.0	5.2	15.5	47.7	0.0	1.4
2005	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.2	4.8	1.3	21.6	5.2	16.6	49.6	0.0	1.4

Table 10. Monounsaturated Fatty Acids Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
	<i>Percent</i>											
1909-19	37.3	1.5	0.7	39.6	6.2	0.1	1.0	3.5	10.8	3.2	2.4	1.7
1920-29	35.1	1.5	0.6	37.1	6.6	0.1	1.0	4.7	12.4	3.3	2.9	1.4
1930-39	32.1	1.5	0.5	34.1	6.6	0.1	1.2	5.0	12.9	3.1	3.2	1.2
1940-49	35.1	1.8	0.4	37.3	7.4	0.1	1.3	4.6	13.4	3.3	3.8	0.9
1950-59	34.7	2.1	0.4	37.3	6.8	0.1	1.6	3.6	12.1	3.6	3.5	0.7
1960-69	35.6	3.2	0.3	39.1	5.6	0.2	1.8	2.8	10.5	3.0	3.9	0.6
1970-74	30.4	4.2	0.3	34.9	4.6	0.5	2.3	2.3	9.7	2.7	4.1	0.6
1975-84	26.2	4.6	0.3	31.2	3.2	0.8	3.0	2.2	9.3	2.4	4.2	1.1
1985-94	20.6	5.7	0.3	26.6	1.8	1.0	3.7	2.3	8.8	2.0	4.3	1.3
1995	19.1	6.6	0.3	26.0	1.4	1.0	4.0	2.3	8.6	2.0	3.8	1.5
1996	18.8	6.7	0.3	25.7	1.4	1.0	4.0	2.3	8.7	2.0	4.0	1.5
1997	18.5	6.8	0.3	25.6	1.3	0.9	4.1	2.4	8.8	2.0	4.1	1.4
1998	19.1	6.8	0.3	26.2	1.3	0.9	4.1	2.5	8.8	2.0	4.2	1.4
1999	18.8	7.1	0.3	26.2	1.3	0.9	4.1	2.4	8.7	2.1	4.3	1.4
2000	15.8	6.2	0.2	22.3	1.1	0.7	3.6	2.1	7.5	1.8	3.5	1.2
2001	15.5	6.0	0.3	21.7	1.0	0.7	3.6	1.5	6.8	1.8	3.7	1.2
2002	16.8	5.9	0.2	22.9	1.0	0.6	3.5	1.4	6.5	1.7	3.6	1.1
2003	16.6	6.0	0.3	22.8	1.0	0.6	3.4	1.4	6.5	1.7	3.9	1.2
2004	15.1	6.3	0.3	21.7	0.9	0.7	3.6	1.5	6.7	1.7	4.1	1.2
2005	17.7	5.9	0.2	23.8	0.8	0.6	3.3	0.4	5.2	1.6	3.5	1.1

Table 10. Monounsaturated Fatty Acids Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils						Sugars & sweeteners	Miscellaneous
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils	Total		
	<i>Percent</i>															
1909-19	0.0	0.2	0.2	0.0	0.0	0.1	0.1	0.2	10.4	1.9	14.3	13.6	1.6	41.8	0.0	0.2
1920-29	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.2	10.3	2.2	11.9	14.6	3.0	42.1	0.0	0.4
1930-39	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.2	10.3	2.2	14.5	13.8	3.8	44.7	0.0	0.5
1940-49	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.2	6.8	3.4	12.4	13.2	4.4	40.2	0.0	0.5
1950-59	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	4.7	6.6	13.6	10.9	6.2	42.0	0.0	0.4
1960-69	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	3.4	7.6	16.9	6.2	7.8	41.9	0.0	0.5
1970-74	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.2	2.5	8.2	19.4	3.7	12.8	46.6	0.0	0.8
1975-84	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.2	2.2	8.0	22.1	2.9	15.1	50.4	0.0	0.7
1985-94	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.2	2.2	7.0	26.7	2.1	17.3	55.3	0.0	0.9
1995	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.2	2.1	5.9	27.5	2.6	18.5	56.6	0.0	0.9
1996	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.2	2.0	5.9	27.4	2.9	18.2	56.4	0.0	1.0
1997	0.0	0.5	0.6	0.0	0.0	0.0	0.1	0.2	1.9	5.5	25.9	2.4	20.5	56.2	0.0	1.0
1998	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.2	2.0	5.3	25.7	3.2	19.4	55.6	0.0	1.1
1999	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.2	2.1	5.0	25.6	3.4	19.5	55.6	0.0	1.0
2000	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	1.7	4.4	32.9	3.3	19.9	62.3	0.0	0.9
2001	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.1	1.7	3.8	34.0	2.9	20.9	63.2	0.0	0.9
2002	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	1.6	3.3	32.8	3.1	22.0	62.7	0.0	0.9
2003	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.1	1.6	2.7	32.5	3.3	22.3	62.4	0.0	0.8
2004	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.1	1.7	2.7	32.7	3.2	22.7	63.0	0.0	0.9
2005	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.1	1.6	1.9	36.7	3.3	19.7	63.2	0.0	0.9

Table 11. Polyunsaturated Fatty Acids Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.0	1.2	1.2	0.5	0.3	0.5	1.1	2.4	4.8	3.1	6.2	12.2	8.5	34.7	0.0	0.2
1920-29	0.0	1.1	1.1	0.4	0.3	0.4	1.1	2.2	4.5	3.9	4.9	12.2	14.7	40.2	0.0	0.4
1930-39	0.1	1.0	1.0	0.3	0.3	0.4	1.1	2.2	4.4	4.8	5.8	11.4	18.4	44.7	0.0	0.4
1940-49	0.1	0.8	0.8	0.3	0.3	0.4	1.0	2.0	2.7	7.0	4.7	10.0	22.3	46.8	0.0	0.3
1950-59	0.1	0.6	0.7	0.2	0.2	0.3	0.8	1.5	1.8	13.3	5.4	7.8	25.4	53.6	0.0	0.3
1960-69	0.1	0.5	0.5	0.2	0.1	0.2	0.7	1.2	1.1	14.6	6.6	4.0	33.3	59.5	0.0	0.4
1970-74	0.1	0.4	0.5	0.2	0.1	0.2	0.7	1.2	0.7	14.0	7.6	2.0	43.0	67.3	0.0	0.7
1975-84	0.1	0.4	0.5	0.2	0.1	0.2	0.7	1.1	0.6	13.1	9.6	1.2	45.7	70.1	0.0	0.6
1985-94	0.0	0.5	0.5	0.2	0.1	0.2	0.6	1.1	0.6	11.9	10.4	0.7	46.2	69.8	0.0	0.7
1995	0.0	0.5	0.5	0.2	0.1	0.2	0.7	1.2	0.6	10.7	10.4	0.6	46.9	69.1	0.0	0.8
1996	0.0	0.5	0.6	0.2	0.1	0.2	0.7	1.2	0.5	10.7	10.4	0.7	46.3	68.7	0.0	0.9
1997	0.0	0.5	0.6	0.2	0.1	0.2	0.7	1.2	0.5	9.8	9.5	0.7	48.8	69.3	0.0	0.9
1998	0.0	0.5	0.5	0.2	0.1	0.2	0.7	1.2	0.5	9.7	9.7	0.8	47.3	68.1	0.0	1.0
1999	0.0	0.5	0.6	0.2	0.1	0.2	0.7	1.2	0.6	9.0	9.6	0.9	48.0	68.0	0.0	0.9
2000	0.0	0.5	0.5	0.2	0.1	0.2	0.5	1.0	0.5	8.2	12.8	0.9	49.6	72.0	0.0	0.9
2001	0.0	0.5	0.5	0.1	0.1	0.2	0.5	0.9	0.5	6.9	13.1	0.8	51.4	72.7	0.0	0.9
2002	0.0	0.4	0.5	0.1	0.1	0.2	0.5	0.9	0.4	6.0	12.4	0.9	53.3	73.0	0.0	0.9
2003	0.0	0.5	0.5	0.1	0.1	0.2	0.5	0.9	0.4	4.8	12.3	0.9	54.1	72.5	0.0	0.8
2004	0.0	0.5	0.5	0.1	0.1	0.2	0.5	0.9	0.4	4.9	12.2	0.8	54.4	72.7	0.0	0.9
2005	0.0	0.5	0.5	0.1	0.1	0.2	0.5	0.9	0.5	3.8	15.4	1.1	50.4	71.1	0.0	0.9

Table 12. Cholesterol Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
	<i>Percent</i>											
1909-19	27.2	3.1	1.8	32.1	9.3	0.6	1.2	4.5	15.6	38.4	0.0	0.1
1920-29	24.8	3.0	1.8	29.6	9.7	0.5	1.3	5.9	17.4	39.2	0.0	0.1
1930-39	23.9	3.1	1.7	28.7	10.2	0.5	1.5	6.7	18.8	38.2	0.0	0.1
1940-49	25.6	3.9	1.5	30.9	11.1	0.5	1.6	5.8	19.1	39.9	0.0	0.0
1950-59	25.2	4.5	1.6	31.3	10.4	0.4	2.0	4.5	17.3	43.5	0.0	0.0
1960-69	28.1	6.5	1.7	36.3	9.5	0.5	2.6	3.8	16.3	40.5	0.0	0.0
1970-74	29.6	7.8	2.0	39.4	8.2	1.0	3.4	3.2	15.8	39.3	0.0	0.0
1975-84	29.6	9.3	2.3	41.2	6.2	1.5	4.8	3.3	15.8	37.8	0.0	0.0
1985-94	27.3	12.6	3.0	42.9	4.0	2.2	6.4	3.9	16.5	35.3	0.0	0.0
1995	26.6	14.3	3.1	44.0	3.1	2.2	7.0	4.0	16.3	34.6	0.0	0.0
1996	26.1	14.6	3.1	43.8	3.1	2.2	7.1	4.1	16.4	35.0	0.0	0.0
1997	25.7	14.9	3.2	43.8	3.0	2.1	7.2	4.2	16.5	35.3	0.0	0.0
1998	25.9	14.7	3.1	43.8	2.9	2.0	7.1	4.1	16.1	35.3	0.0	0.0
1999	25.3	15.2	3.2	43.7	2.8	1.9	7.1	4.0	15.9	35.5	0.0	0.0
2000	24.7	15.3	3.2	43.2	2.7	1.9	7.3	4.0	15.9	35.6	0.0	0.0
2001	24.9	15.3	3.4	43.5	2.7	1.8	7.5	2.8	14.8	36.8	0.0	0.0
2002	25.2	15.6	3.3	44.1	2.6	1.7	7.5	2.8	14.6	36.3	0.0	0.0
2003	24.7	15.7	3.6	44.0	2.6	1.7	7.4	2.9	14.6	36.3	0.0	0.0
2004	24.3	16.0	3.7	44.0	2.5	1.7	7.6	2.9	14.6	36.2	0.0	0.0
2005	27.9	15.7	3.5	47.2	2.3	1.8	7.4	1.0	12.5	35.2	0.0	0.0

Table 12. Cholesterol Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.3	0.2	0.2	3.0	0.0	13.8	0.0	0.0
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.2	0.2	0.2	3.2	0.0	13.8	0.0	0.0
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.7	0.1	0.2	3.2	0.0	14.2	0.0	0.0
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.8	0.0	0.2	3.0	0.0	10.1	0.0	0.0
1950-59	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8	0.0	0.6	2.5	0.0	7.9	0.0	0.0
1960-69	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8	0.1	1.3	1.6	0.0	6.8	0.0	0.0
1970-74	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.2	1.3	1.0	0.0	5.5	0.0	0.0
1975-84	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.1	1.3	0.9	0.0	5.2	0.0	0.0
1985-94	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1	0.0	1.2	0.8	0.0	5.2	0.0	0.0
1995	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	0.0	0.8	1.0	0.0	5.1	0.0	0.0
1996	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.7	1.1	0.0	4.8	0.0	0.0
1997	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.7	0.9	0.0	4.4	0.0	0.0
1998	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.6	1.2	0.0	4.8	0.0	0.0
1999	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	0.5	1.3	0.0	4.9	0.0	0.0
2000	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.8	1.5	0.0	5.2	0.0	0.0
2001	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.6	1.3	0.0	4.9	0.0	0.0
2002	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.6	1.5	0.0	4.9	0.0	0.0
2003	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.6	1.6	0.0	5.1	0.0	0.0
2004	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.8	1.5	0.0	5.2	0.0	0.0
2005	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.0	0.5	1.6	0.0	5.0	0.0	0.0

Table 13. Vitamin A (RAE) Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.1	2.4	2.6	0.0	16.0	1.6	1.9	19.5	14.2	0.0	0.0	0.0	0.0	14.2	0.0	0.1
1920-29	0.2	2.4	2.6	0.0	16.6	1.4	2.3	20.3	14.2	0.0	0.0	0.0	0.0	14.2	0.0	0.4
1930-39	0.3	2.4	2.8	0.0	17.2	1.6	2.7	21.5	14.6	0.2	0.0	0.0	0.0	14.8	0.0	0.4
1940-49	0.4	2.2	2.6	0.0	14.8	1.7	2.5	19.0	9.3	3.2	0.0	0.0	0.0	12.5	0.0	0.3
1950-59	0.4	2.0	2.3	0.0	11.3	1.6	2.3	15.2	6.9	9.6	0.0	0.0	0.0	16.4	0.0	0.4
1960-69	0.3	1.7	2.0	0.0	10.6	1.4	2.2	14.1	5.1	12.1	0.0	0.0	0.0	17.1	0.0	1.3
1970-74	0.3	1.4	1.7	0.0	15.5	1.5	2.5	19.4	3.5	7.6	0.0	0.0	0.0	11.1	0.0	4.8
1975-84	0.3	1.4	1.8	0.0	17.3	1.5	2.4	21.2	3.2	7.9	0.0	0.0	0.0	11.2	0.0	4.7
1985-94	0.3	1.7	2.0	0.0	18.8	1.6	2.5	22.8	3.4	7.7	0.0	0.0	0.0	11.1	0.0	5.0
1995	0.3	1.6	1.8	0.0	22.0	1.6	2.5	26.1	3.2	6.4	0.0	0.0	0.0	9.6	0.0	5.0
1996	0.3	1.7	2.0	0.0	23.5	1.6	2.5	27.6	2.9	6.3	0.0	0.0	0.0	9.2	0.0	5.1
1997	0.3	1.7	2.1	0.0	24.8	1.5	2.5	28.9	2.8	5.8	0.0	0.0	0.0	8.6	0.0	5.0
1998	0.4	1.8	2.2	0.0	20.4	1.7	2.6	24.7	3.1	6.0	0.0	0.0	0.0	9.1	0.0	5.6
1999	0.3	1.9	2.2	0.0	19.6	1.6	2.8	24.1	3.3	5.7	0.0	0.0	0.0	9.0	0.0	5.6
2000	0.3	1.9	2.2	0.0	20.5	1.6	2.1	24.2	3.2	5.9	0.0	0.0	0.0	9.1	0.0	5.6
2001	0.4	2.1	2.5	0.0	22.5	1.8	2.4	26.7	3.6	5.8	0.0	0.0	0.0	9.5	0.0	1.5
2002	0.4	2.2	2.5	0.0	21.0	1.9	2.7	25.6	3.7	5.5	0.0	0.0	0.0	9.2	0.0	2.0
2003	0.4	2.1	2.5	0.0	22.3	1.9	2.7	26.8	3.7	4.4	0.0	0.0	0.0	8.1	0.0	1.9
2004	0.4	2.0	2.4	0.0	22.0	1.9	2.7	26.6	3.7	4.4	0.0	0.0	0.0	8.0	0.0	2.0
2005	0.4	2.1	2.5	0.0	22.1	2.1	2.9	27.1	3.9	3.4	0.0	0.0	0.0	7.4	0.0	2.2

Table 14. Carotene Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.7	12.0	12.7	0.0	58.9	6.7	9.2	74.7	4.1	0.0	0.0	0.0	0.0	4.1	0.0	0.3
1920-29	1.0	11.4	12.4	0.0	59.2	5.4	10.6	75.2	3.8	0.0	0.0	0.0	0.0	3.8	0.0	1.6
1930-39	1.4	10.5	11.9	0.0	60.0	5.4	11.3	76.6	3.6	0.0	0.0	0.0	0.0	3.6	0.0	1.8
1940-49	2.1	10.3	12.4	0.0	60.0	6.0	11.8	77.7	2.6	0.0	0.0	0.0	0.0	2.6	0.0	1.5
1950-59	2.2	11.2	13.4	0.0	55.7	6.2	12.9	74.8	2.3	1.7	0.0	0.0	0.0	3.9	0.0	2.1
1960-69	1.9	10.2	12.1	0.0	57.4	5.2	12.7	75.3	1.7	2.8	0.0	0.0	0.0	4.6	0.0	2.8
1970-74	1.5	6.5	8.0	0.0	68.0	3.7	11.0	82.7	0.9	3.2	0.0	0.0	0.0	4.2	0.0	1.7
1975-84	1.4	5.9	7.3	0.0	71.0	3.7	9.9	84.6	0.8	3.1	0.0	0.0	0.0	3.9	0.0	1.2
1985-94	1.2	6.4	7.6	0.0	70.7	3.8	9.4	83.9	0.8	2.8	0.0	0.0	0.0	3.5	0.0	1.9
1995	1.0	5.3	6.4	0.0	74.2	3.4	8.5	86.1	0.6	2.0	0.0	0.0	0.0	2.7	0.0	2.1
1996	1.0	5.5	6.5	0.0	74.9	3.1	7.9	85.9	0.5	1.9	0.0	0.0	0.0	2.4	0.0	2.6
1997	1.0	5.4	6.4	0.0	76.0	2.9	7.7	86.6	0.5	1.7	0.0	0.0	0.0	2.2	0.0	2.3
1998	1.3	6.3	7.6	0.0	70.6	3.6	9.1	83.4	0.6	1.9	0.0	0.0	0.0	2.6	0.0	3.8
1999	1.1	6.7	7.8	0.0	69.4	3.8	9.8	83.0	0.7	1.9	0.0	0.0	0.0	2.6	0.0	3.9
2000	1.2	6.7	7.9	0.0	72.0	3.6	7.3	82.9	0.7	1.9	0.0	0.0	0.0	2.6	0.0	3.9
2001	1.3	6.8	8.1	0.0	70.9	3.7	7.6	82.2	0.7	1.7	0.0	0.0	0.0	2.4	0.0	4.5
2002	1.2	7.0	8.2	0.0	67.8	4.0	8.6	80.5	0.7	1.7	0.0	0.0	0.0	2.4	0.0	6.0
2003	1.2	6.8	7.9	0.0	69.4	3.8	8.3	81.6	0.7	1.3	0.0	0.0	0.0	2.0	0.0	5.7
2004	1.1	6.5	7.7	0.0	69.1	3.9	8.5	81.5	0.7	1.3	0.0	0.0	0.0	2.0	0.0	6.0
2005	1.2	6.7	7.8	0.0	68.3	4.1	9.0	81.5	0.7	1.0	0.0	0.0	0.0	1.7	0.0	6.4

Table 15. Vitamin E Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.5	7.0	7.5	1.3	1.9	3.3	3.9	10.5	4.3	2.5	19.7	2.2	9.4	38.1	0.0	0.1
1920-29	0.7	6.6	7.2	1.0	2.7	2.9	4.4	11.0	4.0	3.3	15.5	2.3	16.3	41.3	0.0	0.4
1930-39	0.9	5.7	6.6	0.8	2.9	3.1	4.3	11.2	3.8	3.9	17.6	2.0	19.1	46.4	0.0	0.4
1940-49	1.2	5.0	6.2	0.7	2.7	4.0	4.0	11.4	2.4	6.1	14.5	1.8	22.4	47.2	0.0	0.3
1950-59	1.1	4.2	5.3	0.6	1.9	4.0	3.4	9.9	1.6	11.8	14.0	1.5	26.2	55.2	0.0	0.3
1960-69	0.9	3.4	4.3	0.6	1.4	3.6	2.9	8.4	1.1	12.7	15.0	0.8	32.6	62.2	0.0	0.4
1970-74	1.0	3.0	4.0	0.5	1.2	4.0	2.7	8.4	0.7	12.1	16.6	0.4	36.5	66.4	0.0	0.4
1975-84	1.0	3.0	4.0	0.5	1.2	3.7	2.4	7.7	0.6	11.7	16.3	0.4	38.3	67.4	0.0	0.4
1985-94	0.9	2.9	3.7	0.4	1.2	3.7	2.0	7.3	0.6	9.9	19.5	0.4	38.0	68.5	0.0	0.5
1995	0.9	2.6	3.5	0.4	1.4	3.9	2.0	7.8	0.6	8.6	21.0	0.6	37.7	68.4	0.0	0.5
1996	1.0	2.8	3.8	0.5	1.5	3.9	2.0	7.9	0.5	8.6	21.2	0.7	36.9	67.8	0.0	0.6
1997	1.0	2.9	3.8	0.4	1.6	3.8	2.0	7.8	0.5	7.9	19.5	0.5	39.7	68.2	0.0	0.6
1998	1.1	2.8	3.8	0.4	1.4	4.0	2.0	7.8	0.5	7.8	19.9	0.7	38.2	67.1	0.0	0.7
1999	0.9	2.8	3.7	0.4	1.4	3.7	2.0	7.5	0.5	7.1	19.6	0.8	39.2	67.3	0.0	0.6
2000	0.8	2.3	3.1	0.4	1.8	3.1	1.5	6.7	0.4	6.4	25.3	0.7	39.4	72.2	0.0	0.6
2001	0.8	2.3	3.1	0.4	1.3	2.9	1.4	5.9	0.4	5.3	26.2	0.6	40.8	73.4	0.0	0.6
2002	0.7	2.2	2.9	0.3	1.2	2.9	1.4	5.7	0.4	4.7	25.3	0.6	43.1	74.2	0.0	0.6
2003	0.7	2.2	2.9	0.3	1.2	2.9	1.4	5.8	0.4	3.8	25.0	0.7	43.7	73.6	0.0	0.6
2004	0.7	2.2	3.0	0.3	1.3	2.9	1.4	6.0	0.4	3.8	24.6	0.7	43.8	73.3	0.0	0.6
2005	0.7	2.2	2.9	0.3	1.2	3.0	1.4	5.9	0.4	2.8	30.0	0.7	40.7	74.6	0.0	0.6

Table 16. Vitamin C Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	8.7	14.8	23.5	31.6	8.4	10.2	20.4	70.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1920-29	12.1	14.7	26.7	26.2	9.8	8.7	22.1	66.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1930-39	16.5	13.0	29.6	23.0	10.4	9.4	21.2	63.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
1940-49	23.4	10.9	34.3	20.3	9.4	10.1	18.8	58.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1950-59	24.6	12.1	36.6	20.5	8.0	10.2	16.9	55.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1960-69	24.0	14.2	38.2	20.7	7.7	8.6	15.4	52.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8
1970-74	26.6	13.7	40.3	17.1	6.8	8.9	15.3	48.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2
1975-84	27.0	13.6	40.6	15.4	7.3	8.2	14.3	45.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.9
1985-94	25.0	15.6	40.6	14.9	9.0	7.7	13.0	44.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0
1995	25.1	15.5	40.5	15.0	10.5	7.8	12.6	46.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1
1996	25.9	15.7	41.6	15.2	10.9	7.5	12.1	45.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0
1997	26.8	15.8	42.5	14.5	10.7	7.4	12.4	45.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0
1998	28.1	15.0	43.0	14.4	10.0	7.6	12.3	44.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2
1999	25.2	16.1	41.2	14.4	10.9	7.7	12.7	45.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
2000	26.7	15.9	42.6	14.4	12.0	7.5	10.6	44.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.2
2001	30.0	12.6	42.6	15.7	11.8	7.9	11.3	46.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
2002	27.1	13.3	40.4	15.7	12.1	8.7	11.8	48.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
2003	27.4	13.4	40.8	15.9	12.4	8.3	11.5	48.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
2004	26.8	13.3	40.1	15.5	12.9	8.5	11.9	48.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
2005	26.5	14.0	40.5	15.0	12.6	9.0	11.6	48.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7

Table 17. Thiamin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.8	3.1	3.8	8.9	1.5	1.8	5.1	17.3	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.1
1920-29	1.1	3.7	4.8	7.9	1.8	1.6	6.1	17.4	0.1	0.0	0.0	0.0	0.0	0.1	0.5	0.3
1930-39	1.7	3.6	5.3	7.3	2.0	1.9	6.7	18.0	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.3
1940-49	2.0	2.5	4.5	5.2	1.5	1.7	5.3	13.7	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3
1950-59	2.0	2.4	4.4	4.6	1.1	1.6	4.4	11.7	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.3
1960-69	2.0	2.1	4.1	4.9	0.9	1.3	4.0	11.2	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.4
1970-74	2.3	1.7	4.0	5.1	0.8	1.4	3.9	11.2	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.6
1975-84	2.2	1.6	3.8	4.4	0.7	1.2	3.3	9.6	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.5
1985-94	1.8	1.8	3.6	4.1	0.7	1.1	2.9	8.8	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.6
1995	1.7	1.7	3.4	4.2	0.8	1.1	2.8	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1996	1.9	1.7	3.5	4.5	0.9	1.1	2.8	9.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1997	1.9	1.7	3.6	4.3	0.9	1.1	2.8	9.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
1998	2.0	1.6	3.7	4.3	0.7	1.1	2.8	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
1999	1.8	1.8	3.6	4.1	0.8	1.1	3.0	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
2000	1.9	1.7	3.6	4.2	0.9	1.1	2.6	8.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
2001	2.0	1.7	3.7	4.3	0.8	1.1	2.6	8.7	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
2002	1.8	1.8	3.5	4.2	0.8	1.1	2.7	8.7	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2003	1.8	1.8	3.6	4.3	0.8	1.1	2.7	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2004	1.8	1.8	3.6	4.2	0.8	1.1	2.7	8.8	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2005	1.8	1.8	3.6	4.0	0.8	1.2	2.6	8.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.9

Table 18. Riboflavin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.3	2.9	3.2	2.8	2.3	1.2	3.5	9.8	0.3	0.0	0.0	0.0	0.0	0.4	1.0	1.1
1920-29	0.5	3.0	3.4	2.4	2.4	1.0	4.0	9.9	0.4	0.0	0.0	0.0	0.0	0.4	1.0	1.2
1930-39	0.7	2.9	3.5	2.1	2.7	1.2	4.2	10.2	0.4	0.0	0.0	0.0	0.0	0.4	1.0	1.2
1940-49	0.8	2.1	2.9	1.6	2.7	1.2	3.5	9.0	0.2	0.1	0.0	0.0	0.0	0.3	0.7	1.0
1950-59	0.6	1.9	2.5	1.3	2.5	1.1	2.9	7.8	0.1	0.1	0.0	0.0	0.0	0.3	0.6	0.9
1960-69	0.5	1.8	2.4	1.3	1.4	1.0	2.8	6.4	0.1	0.2	0.0	0.0	0.0	0.3	0.7	1.1
1970-74	0.6	1.6	2.2	1.1	0.9	1.0	3.0	6.1	0.1	0.2	0.0	0.0	0.0	0.2	0.7	1.3
1975-84	0.5	1.6	2.2	1.0	0.8	1.0	2.8	5.5	0.1	0.2	0.0	0.0	0.0	0.2	0.6	1.1
1985-94	0.5	1.8	2.3	1.0	0.8	1.0	2.6	5.3	0.1	0.1	0.0	0.0	0.0	0.2	0.7	1.2
1995	0.4	1.8	2.2	1.0	0.9	1.0	2.7	5.6	0.1	0.1	0.0	0.0	0.0	0.2	0.7	1.3
1996	0.5	1.8	2.3	1.1	0.9	1.0	2.7	5.7	0.1	0.1	0.0	0.0	0.0	0.2	0.7	1.4
1997	0.5	1.9	2.4	1.0	1.0	1.0	2.7	5.7	0.1	0.1	0.0	0.0	0.0	0.2	0.8	1.4
1998	0.5	1.8	2.3	1.0	0.8	1.0	2.7	5.6	0.1	0.1	0.0	0.0	0.0	0.2	0.8	1.6
1999	0.4	2.0	2.4	1.0	0.9	1.0	2.8	5.7	0.1	0.1	0.0	0.0	0.0	0.2	0.8	1.6
2000	0.5	1.9	2.3	1.0	1.2	1.0	2.6	5.8	0.1	0.1	0.0	0.0	0.0	0.2	0.7	1.6
2001	0.5	1.9	2.3	1.0	0.9	1.0	2.6	5.5	0.1	0.1	0.0	0.0	0.0	0.1	0.8	1.6
2002	0.4	1.9	2.3	1.0	0.9	1.0	2.7	5.5	0.1	0.1	0.0	0.0	0.0	0.1	0.8	1.7
2003	0.5	1.9	2.4	1.0	1.0	1.0	2.7	5.7	0.1	0.1	0.0	0.0	0.0	0.1	0.7	1.7
2004	0.4	1.9	2.3	1.0	1.0	1.0	2.7	5.7	0.1	0.1	0.0	0.0	0.0	0.1	0.7	1.8
2005	0.4	1.9	2.3	0.9	1.0	1.1	2.7	5.7	0.1	0.1	0.0	0.0	0.0	0.1	0.7	1.9

Table 19. Niacin Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.2	2.8	3.0	13.9	1.4	2.0	3.6	20.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	3.0
1920-29	0.4	3.1	3.5	12.7	1.6	2.0	4.5	20.8	0.1	0.0	0.0	0.0	0.0	0.1	0.1	4.0
1930-39	0.6	3.2	3.7	11.8	1.8	2.3	5.0	20.9	0.1	0.0	0.0	0.0	0.0	0.1	0.1	4.7
1940-49	0.8	2.6	3.3	9.1	1.5	2.4	4.4	17.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	4.9
1950-59	0.7	2.4	3.1	7.9	1.1	2.2	3.7	14.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	5.0
1960-69	0.6	2.1	2.7	7.5	0.9	1.9	3.2	13.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.1
1970-74	0.7	1.7	2.5	6.8	0.8	2.2	3.8	13.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1975-84	0.7	1.6	2.3	5.7	0.7	1.8	3.2	11.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1985-94	0.5	1.6	2.1	5.2	0.7	1.7	3.0	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
1995	0.5	1.5	2.0	5.4	0.8	1.8	3.0	10.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5
1996	0.6	1.5	2.1	5.6	0.8	1.7	3.0	11.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8
1997	0.6	1.6	2.1	5.3	0.9	1.7	3.0	10.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9
1998	0.6	1.5	2.1	5.3	0.7	1.8	3.0	10.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0
1999	0.5	1.6	2.1	5.2	0.7	1.7	3.0	10.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0
2000	0.6	1.5	2.1	5.2	0.9	1.7	2.7	10.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
2001	0.6	1.5	2.1	5.3	0.7	1.6	2.7	10.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
2002	0.5	1.6	2.1	5.0	0.7	1.7	2.7	10.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
2003	0.5	1.6	2.1	5.2	0.7	1.7	2.7	10.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
2004	0.5	1.6	2.1	5.1	0.7	1.7	2.7	10.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
2005	0.5	1.5	2.0	4.7	0.7	1.7	2.6	9.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2

Table 20. Vitamin B₆ Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.5	8.0	8.5	21.3	3.6	2.2	5.3	32.4	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.1
1920-29	0.7	9.4	10.2	19.4	4.0	2.1	6.1	31.6	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.4
1930-39	1.1	9.5	10.6	18.1	4.4	2.5	6.5	31.5	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.6
1940-49	1.6	7.7	9.3	16.1	3.9	3.0	6.3	29.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.5
1950-59	1.6	8.7	10.3	14.8	2.8	3.1	5.6	26.3	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.6
1960-69	1.4	8.1	9.5	14.0	2.4	2.8	5.1	24.3	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.7
1970-74	1.7	7.0	8.7	12.3	2.3	3.1	5.5	23.2	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.8
1975-84	1.7	7.5	9.2	11.5	2.3	3.0	5.5	22.3	0.0	0.1	0.0	0.0	0.0	0.1	0.2	0.7
1985-94	1.5	8.2	9.6	10.6	2.3	2.8	5.3	20.9	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.9
1995	1.4	8.1	9.6	10.8	2.6	2.8	5.5	21.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.1
1996	1.5	8.3	9.8	11.2	2.8	2.8	5.7	22.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.2
1997	1.6	8.3	9.9	10.8	2.8	2.8	5.7	22.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.2
1998	1.7	8.3	10.0	10.8	2.5	2.8	5.8	21.9	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.4
1999	1.4	8.8	10.2	10.5	2.4	2.7	6.1	21.7	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.4
2000	1.6	8.4	9.9	10.6	2.8	2.7	5.2	21.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.4
2001	1.6	8.2	9.9	10.9	2.6	2.6	5.4	21.4	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.6
2002	1.4	8.3	9.7	10.3	2.4	2.8	5.4	21.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.8
2003	1.5	8.2	9.6	10.8	2.6	2.8	5.5	21.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.8
2004	1.4	8.0	9.5	10.4	2.6	2.8	5.5	21.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.9
2005	1.3	7.8	9.1	9.7	2.5	2.8	5.1	20.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	1.9

Table 21. Folate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
	<i>Percent</i>											
1909-19	5.3	1.8	0.5	7.6	4.3	1.2	0.3	0.6	6.4	6.1	21.7	24.1
1920-29	5.1	1.8	0.5	7.4	4.8	1.1	0.4	0.9	7.1	6.6	20.1	20.6
1930-39	4.7	1.8	0.4	6.9	4.8	0.9	0.4	1.3	7.5	6.2	22.3	17.8
1940-49	5.4	2.4	0.4	8.2	5.7	0.8	0.5	1.8	8.8	6.9	21.7	15.3
1950-59	5.6	3.2	0.4	9.2	6.0	0.6	0.8	2.3	9.6	8.2	20.2	14.6
1960-69	6.0	3.5	0.4	9.9	5.4	1.0	1.0	2.3	9.6	7.4	20.0	15.5
1970-74	5.8	3.0	0.4	9.2	4.5	1.6	1.1	2.0	9.3	6.4	18.9	16.7
1975-84	4.9	2.5	0.4	7.7	2.9	1.8	1.2	1.5	7.3	5.1	17.5	25.8
1985-94	3.9	2.2	0.4	6.5	1.7	2.2	1.4	1.4	6.7	4.3	17.4	30.4
1995	3.9	2.2	0.4	6.4	1.3	2.3	1.4	1.5	6.5	4.0	17.7	30.5
1996	3.8	2.2	0.4	6.3	1.2	2.3	1.4	1.5	6.5	4.0	17.4	29.9
1997	3.7	2.2	0.4	6.3	1.2	2.3	1.4	1.5	6.4	4.1	17.7	29.3
1998	2.1	1.2	0.2	3.5	0.6	1.2	0.8	0.8	3.5	2.3	9.6	60.8
1999	2.1	1.3	0.2	3.6	0.6	1.2	0.8	0.8	3.4	2.3	9.9	60.6
2000	2.0	1.3	0.2	3.5	0.6	1.2	0.8	0.8	3.4	2.3	9.8	61.0
2001	2.1	1.3	0.2	3.5	0.6	1.1	0.8	0.8	3.4	2.4	9.5	61.2
2002	2.1	1.3	0.2	3.6	0.6	1.2	0.9	0.8	3.5	2.5	9.5	61.4
2003	2.1	1.3	0.2	3.5	0.6	1.1	0.9	0.8	3.4	2.4	9.4	61.1
2004	2.1	1.4	0.2	3.7	0.6	1.1	0.9	0.9	3.5	2.5	9.2	60.9
2005	2.3	1.3	0.2	3.8	0.6	1.1	0.9	0.7	3.3	2.5	9.3	61.2

Table 21. Folate Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/ deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	1.4	2.7	4.1	7.1	2.3	2.5	16.0	27.9	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.9
1920-29	2.0	3.0	5.0	6.2	4.0	2.3	18.5	31.1	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.8
1930-39	2.8	2.9	5.7	5.4	4.8	2.6	19.0	31.7	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.7
1940-49	4.1	2.6	6.7	4.8	4.6	2.9	18.3	30.6	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.6
1950-59	5.2	2.9	8.1	4.5	3.8	2.8	17.1	28.3	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.7
1960-69	5.6	2.9	8.4	4.7	3.3	2.5	16.6	27.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1970-74	7.1	2.5	9.6	4.3	2.9	2.9	17.4	27.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.3
1975-84	7.2	2.5	9.8	3.8	2.8	2.5	15.5	24.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1985-94	6.8	2.9	9.7	3.6	2.8	2.3	14.0	22.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1995	7.0	2.8	9.9	3.7	3.2	2.3	13.4	22.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3
1996	7.7	2.9	10.6	3.8	3.3	2.3	13.3	22.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.4
1997	7.8	2.9	10.8	3.6	3.4	2.3	13.6	23.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3
1998	4.7	1.6	6.3	2.0	1.7	1.3	7.4	12.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
1999	4.2	1.7	6.0	2.0	1.8	1.3	7.6	12.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
2000	4.4	1.7	6.1	2.0	2.4	1.3	6.8	12.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
2001	4.7	1.7	6.3	2.0	2.0	1.2	6.8	12.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
2002	4.0	1.7	5.7	2.0	2.0	1.3	6.9	12.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
2003	4.2	1.8	6.0	2.0	2.2	1.3	6.9	12.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
2004	4.2	1.8	5.9	2.0	2.4	1.3	7.0	12.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
2005	4.1	1.8	5.9	1.9	2.2	1.4	6.8	12.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7

Table 22. Folate (DFE) Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
	<i>Percent</i>											
1909-19	5.2	1.8	0.4	7.5	4.2	1.1	0.3	0.6	6.2	6.0	21.4	23.4
1920-29	5.0	1.8	0.5	7.3	4.8	1.0	0.4	0.9	7.0	6.6	19.9	19.9
1930-39	4.6	1.8	0.4	6.8	4.8	0.9	0.4	1.3	7.4	6.1	22.1	17.2
1940-49	5.4	2.4	0.4	8.1	5.6	0.7	0.5	1.8	8.7	6.8	21.5	14.9
1950-59	5.6	3.2	0.4	9.1	5.9	0.6	0.8	2.3	9.5	8.1	20.1	14.3
1960-69	5.9	3.5	0.4	9.9	5.4	0.7	1.0	2.3	9.3	7.3	19.9	15.3
1970-74	5.7	2.9	0.4	9.0	4.4	1.2	1.1	2.0	8.7	6.3	18.5	17.9
1975-84	4.5	2.3	0.3	7.1	2.7	1.5	1.1	1.3	6.7	4.7	16.2	31.1
1985-94	3.6	2.0	0.3	5.9	1.6	1.9	1.3	1.3	6.1	3.9	16.0	35.7
1995	3.6	2.0	0.3	5.9	1.2	2.0	1.3	1.4	5.9	3.7	16.5	35.0
1996	3.5	2.0	0.3	5.8	1.1	2.0	1.3	1.4	5.9	3.7	16.1	34.7
1997	3.5	2.1	0.3	5.8	1.1	2.0	1.3	1.4	5.9	3.8	16.4	34.1
1998	1.6	0.9	0.1	2.7	0.5	0.9	0.6	0.6	2.6	1.7	7.4	70.0
1999	1.6	1.0	0.1	2.7	0.5	0.9	0.6	0.6	2.6	1.8	7.6	69.7
2000	1.6	1.0	0.1	2.7	0.5	0.8	0.6	0.6	2.6	1.8	7.4	70.1
2001	1.6	1.0	0.1	2.7	0.5	0.9	0.6	0.6	2.6	1.8	7.2	70.2
2002	1.6	1.0	0.1	2.7	0.5	0.9	0.7	0.6	2.6	1.9	7.3	70.4
2003	1.6	1.0	0.1	2.7	0.5	0.8	0.7	0.6	2.6	1.9	7.2	70.1
2004	1.6	1.1	0.1	2.8	0.5	0.8	0.7	0.7	2.7	1.9	7.0	70.0
2005	1.8	1.0	0.1	2.9	0.4	0.9	0.7	0.5	2.5	1.9	7.1	70.2

Table 22. Folate (DFE) Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	1.4	2.7	4.0	8.7	2.3	2.5	15.8	29.4	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.9
1920-29	2.0	3.0	4.9	7.7	4.0	2.3	18.4	32.4	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.8
1930-39	2.8	2.9	5.7	6.7	4.8	2.5	18.8	32.8	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.7
1940-49	4.1	2.5	6.6	5.9	4.6	2.9	18.2	31.6	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.6
1950-59	5.1	2.8	8.0	5.5	3.8	2.8	17.0	29.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.7
1960-69	5.5	2.8	8.4	5.5	3.3	2.5	16.5	27.8	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1970-74	7.0	2.5	9.4	4.9	2.9	2.9	17.1	27.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.3
1975-84	6.7	2.4	9.1	4.0	2.6	2.3	14.3	23.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.9
1985-94	6.3	2.7	9.0	3.7	2.6	2.1	12.9	21.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1995	6.6	2.6	9.2	3.8	3.0	2.2	12.5	21.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1996	7.2	2.7	9.9	4.0	3.1	2.1	12.4	21.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3
1997	7.3	2.7	10.0	3.8	3.2	2.1	12.7	21.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.2
1998	3.6	1.2	4.8	1.7	1.3	1.0	5.6	9.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
1999	3.3	1.3	4.6	1.7	1.4	1.0	5.8	9.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
2000	3.4	1.3	4.7	1.7	1.8	1.0	5.2	9.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
2001	3.6	1.3	4.9	1.7	1.5	0.9	5.2	9.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
2002	3.1	1.3	4.4	1.7	1.6	1.0	5.3	9.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
2003	3.2	1.3	4.6	1.7	1.7	1.0	5.3	9.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
2004	3.2	1.3	4.5	1.7	1.8	1.0	5.3	9.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
2005	3.2	1.4	4.5	1.6	1.7	1.0	5.2	9.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3

Table 23. Vitamin B₁₂ Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
						<i>Percent</i>						
1909-19	65.2	2.6	9.6	77.4	11.8	3.4	0.7	1.1	17.0	5.1	0.0	0.2
1920-29	62.5	2.7	9.4	74.5	13.5	3.0	0.8	1.9	19.2	5.7	0.0	0.2
1930-39	61.0	2.9	8.3	72.3	14.6	2.9	1.0	3.0	21.5	5.7	0.0	0.1
1940-49	62.4	3.4	6.5	72.3	15.0	2.0	1.1	3.7	21.8	5.5	0.0	0.1
1950-59	61.8	4.3	5.6	71.7	14.3	1.3	1.5	4.8	22.0	6.0	0.0	0.1
1960-69	63.7	4.6	5.0	73.4	12.2	2.0	1.8	4.9	20.9	5.0	0.0	0.5
1970-74	63.2	4.1	5.6	72.9	10.4	3.7	2.2	4.9	21.1	4.5	0.0	1.3
1975-84	63.0	4.4	6.7	74.1	8.4	5.0	3.0	4.6	21.1	4.5	0.0	0.1
1985-94	60.4	4.8	8.3	73.4	5.6	7.2	3.9	5.3	22.0	4.2	0.0	0.1
1995	60.3	4.9	8.8	74.1	4.2	7.7	4.1	5.5	21.5	4.1	0.0	0.1
1996	59.9	5.0	8.8	73.7	4.2	7.7	4.2	5.7	21.8	4.1	0.0	0.1
1997	60.2	5.2	8.1	73.5	4.1	7.8	4.3	5.8	22.0	4.2	0.0	0.1
1998	59.8	5.2	9.0	74.0	4.0	7.6	4.2	5.7	21.5	4.2	0.0	0.1
1999	59.9	5.4	9.1	74.4	4.0	7.4	4.3	5.2	20.9	4.4	0.0	0.1
2000	59.3	5.5	9.2	73.9	4.0	7.4	4.5	5.5	21.3	4.5	0.0	0.1
2001	58.7	5.4	10.1	74.1	3.9	7.0	4.6	5.6	21.1	4.5	0.0	0.1
2002	59.4	5.3	9.8	74.6	3.8	7.0	4.6	5.2	20.6	4.5	0.0	0.1
2003	58.6	5.3	10.5	74.4	3.8	6.9	4.7	5.4	20.8	4.5	0.0	0.1
2004	58.1	5.7	10.4	74.2	3.6	6.8	4.8	5.9	21.0	4.5	0.0	0.1
2005	63.6	5.1	8.7	77.4	3.2	6.4	4.5	4.1	18.2	4.2	0.0	0.1

Table 23. Vitamin B₁₂ Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.3	0.0	0.0
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.4	0.0	0.0
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.4	0.0	0.0
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.3	0.0	0.0
1950-59	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.3	0.0	0.0
1960-69	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1970-74	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1975-84	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1985-94	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1995	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1996	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1997	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1998	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
1999	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2000	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2001	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2002	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2003	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2004	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2005	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0

Table 24. Calcium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							<i>Percent</i>					
1909-19	1.4	0.2	1.8	3.4	42.5	11.9	4.8	6.9	66.1	2.6	5.4	7.9
1920-29	1.2	0.2	1.9	3.3	43.3	9.5	4.9	10.2	67.9	2.6	4.5	6.6
1930-39	1.1	0.2	1.9	3.2	42.0	8.1	5.3	13.9	69.3	2.3	4.8	5.5
1940-49	1.1	0.2	1.4	2.7	44.4	5.9	5.6	17.0	73.0	2.3	4.2	4.4
1950-59	1.2	0.3	1.3	2.8	44.2	4.3	7.5	19.6	75.6	2.6	3.8	3.6
1960-69	1.2	0.5	1.1	2.8	40.1	7.0	9.6	19.4	76.2	2.4	3.8	3.5
1970-74	1.2	0.5	1.0	2.7	34.2	12.4	11.8	17.8	76.2	2.1	3.6	3.3
1975-84	1.2	0.6	1.0	2.8	26.1	15.8	16.8	15.7	74.3	2.0	4.2	4.0
1985-94	1.2	0.8	0.9	2.9	15.7	20.3	21.4	16.1	73.5	1.7	4.3	4.7
1995	1.4	0.9	0.9	3.2	11.8	21.5	22.9	16.3	72.4	1.6	4.3	4.9
1996	1.3	0.9	0.9	3.1	11.5	21.3	22.9	16.5	72.1	1.6	4.3	4.9
1997	1.3	0.9	0.9	3.1	11.2	21.1	23.3	16.4	72.0	1.6	4.3	4.9
1998	1.3	0.9	0.8	3.1	10.9	20.8	23.4	16.5	71.6	1.7	4.3	4.9
1999	1.4	1.0	0.9	3.2	11.0	20.5	24.3	15.2	71.0	1.7	4.6	4.9
2000	1.3	1.0	0.9	3.2	10.9	20.1	24.8	15.7	71.4	1.8	4.5	4.9
2001	1.3	1.0	0.9	3.2	10.6	19.3	25.5	16.0	71.5	1.8	4.4	4.9
2002	1.3	1.0	0.9	3.2	10.6	19.3	25.9	15.2	71.1	1.8	4.4	4.9
2003	1.3	1.0	0.9	3.2	10.4	18.9	25.8	15.7	70.8	1.8	4.4	4.9
2004	1.3	1.1	0.9	3.3	9.8	18.7	26.1	16.5	71.1	1.8	4.2	4.8
2005	1.5	1.1	0.9	3.5	9.7	19.5	27.3	13.8	70.3	1.8	4.2	5.0

Table 24. Calcium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.8	1.8	2.6	1.6	1.3	0.7	5.2	8.7	0.7	0.1	0.0	0.0	0.0	0.7	1.4	1.0
1920-29	1.0	1.9	2.9	1.3	1.7	0.6	5.3	8.9	0.6	0.1	0.0	0.0	0.0	0.7	1.1	1.5
1930-39	1.4	1.6	3.0	1.1	1.9	0.6	5.0	8.6	0.6	0.1	0.0	0.0	0.0	0.7	1.0	1.6
1940-49	1.7	1.3	3.0	0.9	1.7	0.6	4.3	7.4	0.4	0.1	0.0	0.0	0.0	0.5	0.8	1.6
1950-59	1.3	1.2	2.5	0.8	1.3	0.6	3.7	6.4	0.3	0.3	0.0	0.0	0.0	0.6	0.5	1.6
1960-69	1.1	1.1	2.2	0.9	1.1	0.6	3.5	6.0	0.2	0.4	0.0	0.0	0.0	0.6	0.6	1.9
1970-74	1.2	1.0	2.3	0.8	1.0	0.9	3.5	6.2	0.2	0.4	0.0	0.0	0.0	0.5	0.6	2.4
1975-84	1.3	1.2	2.5	0.9	1.0	0.9	3.8	6.6	0.1	0.4	0.0	0.0	0.0	0.6	0.6	2.4
1985-94	1.1	1.4	2.5	0.8	1.0	0.8	3.6	6.3	0.1	0.4	0.0	0.0	0.0	0.5	0.6	2.9
1995	1.2	1.3	2.4	0.9	1.2	0.9	3.7	6.6	0.1	0.3	0.0	0.0	0.0	0.5	0.7	3.3
1996	1.2	1.3	2.6	0.9	1.2	0.9	3.7	6.7	0.1	0.3	0.0	0.0	0.0	0.4	0.7	3.5
1997	1.3	1.3	2.6	0.9	1.3	0.8	3.8	6.8	0.1	0.3	0.0	0.0	0.0	0.4	0.7	3.5
1998	1.3	1.3	2.6	0.9	1.1	0.9	3.9	6.7	0.1	0.3	0.0	0.0	0.0	0.4	0.7	4.0
1999	1.1	1.4	2.5	0.9	1.1	0.8	4.1	6.9	0.1	0.3	0.0	0.0	0.0	0.4	0.7	4.0
2000	1.2	1.3	2.6	0.9	1.5	0.8	3.5	6.7	0.1	0.3	0.0	0.0	0.0	0.4	0.6	3.8
2001	1.3	1.3	2.6	0.9	1.2	0.8	3.5	6.4	0.1	0.3	0.0	0.0	0.0	0.4	0.6	4.1
2002	1.2	1.3	2.5	0.8	1.2	0.8	3.7	6.5	0.1	0.2	0.0	0.0	0.0	0.4	0.6	4.6
2003	1.2	1.4	2.6	0.9	1.3	0.8	3.7	6.7	0.1	0.2	0.0	0.0	0.0	0.3	0.6	4.7
2004	1.2	1.3	2.5	0.8	1.3	0.8	3.7	6.7	0.1	0.2	0.0	0.0	0.0	0.3	0.6	4.7
2005	1.2	1.4	2.6	0.8	1.2	0.9	3.8	6.7	0.1	0.1	0.0	0.0	0.0	0.3	0.6	5.0

Table 25. Phosphorus Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products	
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total				
						<i>Percent</i>							
1909-19	17.4	1.7	2.2	21.3	17.2	5.0	1.8	2.9	26.9	5.0	4.5	28.5	
1920-29	16.8	1.7	2.4	20.8	19.1	4.4	2.0	4.5	29.9	5.3	4.4	24.8	
1930-39	15.9	1.8	2.3	20.0	19.8	4.0	2.3	6.5	32.6	5.1	5.1	22.1	
1940-49	17.1	2.2	1.9	21.2	22.0	3.1	2.6	8.3	36.0	5.4	5.1	18.2	
1950-59	17.7	2.7	2.2	22.6	22.2	2.2	3.6	9.8	37.8	6.2	5.0	15.6	
1960-69	18.6	3.8	2.1	24.5	19.6	3.5	4.4	9.5	37.0	5.4	5.1	15.3	
1970-74	18.5	4.3	2.2	25.0	16.7	6.1	5.4	9.0	37.1	4.8	5.3	14.0	
1975-84	16.8	5.0	2.2	24.0	12.4	7.5	7.3	8.1	35.3	4.4	6.1	16.4	
1985-94	15.0	6.3	2.3	23.6	7.2	9.4	9.0	8.2	33.8	3.7	6.0	18.9	
1995	14.7	7.0	2.3	24.0	5.4	10.0	9.5	8.2	33.1	3.5	5.9	19.6	
1996	14.2	7.0	2.2	23.4	5.3	9.9	9.5	8.3	33.0	3.5	5.8	19.7	
1997	14.0	7.2	2.2	23.4	5.1	9.9	9.7	8.3	33.0	3.5	6.0	19.6	
1998	14.4	7.2	2.2	23.8	5.0	9.6	9.7	8.2	32.6	3.5	6.0	19.4	
1999	14.5	7.6	2.2	24.3	5.0	9.4	10.0	7.6	31.9	3.7	6.2	19.3	
2000	14.1	7.6	2.2	23.9	4.9	9.2	10.2	7.9	32.2	3.7	6.0	19.5	
2001	14.0	7.5	2.3	23.8	4.8	8.9	10.5	8.0	32.2	3.7	6.1	19.7	
2002	14.3	7.9	2.2	24.4	4.8	8.9	10.6	7.6	32.0	3.8	6.2	19.6	
2003	13.9	7.9	2.4	24.2	4.7	8.7	10.6	7.8	31.8	3.8	6.3	19.6	
2004	13.9	8.0	2.4	24.3	4.5	8.6	10.7	8.0	31.9	3.7	6.2	19.3	
2005	16.4	7.9	2.3	26.6	4.2	8.6	10.8	6.5	30.1	3.7	5.9	19.2	

Table 25. Phosphorus Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.2	1.4	1.5	5.5	0.8	0.9	3.3	10.4	0.3	0.0	0.0	0.0	0.0	0.4	0.4	1.3
1920-29	0.2	1.5	1.7	4.7	0.9	0.8	3.7	10.2	0.3	0.0	0.0	0.0	0.0	0.4	0.4	2.0
1930-39	0.3	1.4	1.7	4.2	1.1	0.9	3.9	10.1	0.4	0.0	0.0	0.0	0.0	0.4	0.4	2.4
1940-49	0.5	1.2	1.7	3.5	1.0	1.0	3.7	9.2	0.2	0.1	0.0	0.0	0.0	0.3	0.3	2.5
1950-59	0.5	1.1	1.6	3.2	0.7	1.0	3.3	8.2	0.2	0.2	0.0	0.0	0.0	0.3	0.3	2.4
1960-69	0.5	1.0	1.5	3.2	0.7	0.8	3.0	7.7	0.1	0.2	0.0	0.0	0.0	0.3	0.3	2.8
1970-74	0.7	1.0	1.6	2.9	0.6	1.0	3.6	8.0	0.1	0.2	0.0	0.0	0.0	0.3	0.3	3.5
1975-84	0.7	1.1	1.8	2.9	0.7	1.0	3.7	8.2	0.1	0.2	0.0	0.0	0.0	0.3	0.3	3.2
1985-94	0.7	1.2	1.8	2.7	0.7	1.0	3.4	7.7	0.1	0.2	0.0	0.0	0.0	0.3	0.3	3.9
1995	0.7	1.1	1.8	2.7	0.8	1.0	3.4	8.0	0.1	0.1	0.0	0.0	0.0	0.2	0.3	3.6
1996	0.7	1.1	1.9	2.8	0.9	1.0	3.4	8.1	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.1
1997	0.8	1.1	1.9	2.7	0.9	1.0	3.4	8.0	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.0
1998	0.8	1.1	1.9	2.7	0.8	1.0	3.4	7.9	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.4
1999	0.7	1.2	1.9	2.6	0.8	1.0	3.6	8.0	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.3
2000	0.8	1.1	1.9	2.6	1.0	1.0	3.2	7.8	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.5
2001	0.8	1.1	1.9	2.7	0.8	0.9	3.2	7.6	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.4
2002	0.7	1.1	1.8	2.6	0.8	1.0	3.2	7.6	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.2
2003	0.7	1.1	1.9	2.7	0.8	1.0	3.3	7.7	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.4
2004	0.7	1.1	1.8	2.6	0.8	1.0	3.2	7.6	0.1	0.1	0.0	0.0	0.0	0.2	0.3	4.7
2005	0.7	1.1	1.8	2.4	0.8	1.0	3.1	7.4	0.1	0.1	0.0	0.0	0.0	0.1	0.3	4.9

Table 26. Magnesium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							<i>Percent</i>					
1909-19	6.6	0.8	1.2	8.7	9.5	2.2	0.4	1.2	13.2	1.1	9.8	36.0
1920-29	6.5	0.8	1.3	8.6	10.7	1.9	0.4	2.1	15.2	1.2	9.7	30.7
1930-39	6.2	0.9	1.1	8.2	11.1	1.8	0.5	3.0	16.4	1.1	11.0	26.9
1940-49	7.0	1.1	1.0	9.2	13.1	1.4	0.6	4.1	19.2	1.3	11.5	22.2
1950-59	7.8	1.5	1.4	10.7	14.1	1.2	0.8	5.1	21.2	1.5	11.7	19.1
1960-69	8.4	2.2	1.4	12.0	12.6	2.1	1.1	5.1	21.0	1.4	12.1	18.2
1970-74	8.6	2.5	1.4	12.6	10.8	3.8	1.3	5.2	21.1	1.2	12.2	16.1
1975-84	7.7	2.9	1.5	12.1	7.8	4.6	1.7	4.9	19.1	1.1	13.4	19.0
1985-94	6.7	3.5	1.6	11.8	4.5	5.6	2.1	5.0	17.1	0.9	12.9	22.6
1995	6.6	4.0	1.5	12.1	3.4	5.9	2.2	5.0	16.4	0.8	12.8	23.7
1996	6.3	4.0	1.5	11.7	3.2	5.7	2.2	5.0	16.1	0.8	12.5	23.3
1997	6.2	4.1	1.5	11.8	3.2	5.7	2.2	4.9	16.0	0.8	12.8	23.1
1998	6.4	4.0	1.5	11.9	3.1	5.6	2.2	4.9	15.7	0.9	12.7	22.9
1999	6.3	4.2	1.5	12.1	3.0	5.4	2.3	4.5	15.2	0.9	13.2	22.6
2000	6.1	4.3	1.5	11.9	3.0	5.3	2.3	4.8	15.4	0.9	12.8	22.8
2001	6.1	4.2	1.5	11.8	2.9	5.1	2.4	4.8	15.2	0.9	12.8	23.7
2002	6.2	4.5	1.5	12.2	2.9	5.2	2.4	4.6	15.2	0.9	13.1	23.8
2003	6.0	4.4	1.6	12.0	2.9	5.0	2.4	4.7	14.9	0.9	13.2	23.5
2004	6.1	4.5	1.6	12.2	2.7	5.0	2.4	4.7	14.8	0.9	12.8	23.2
2005	7.1	4.5	1.6	13.2	2.6	5.0	2.5	3.9	13.9	0.9	12.4	23.3

Table 26. Magnesium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.4	4.1	4.5	9.5	1.3	1.6	5.8	18.2	0.1	0.0	0.0	0.0	0.0	0.1	2.0	6.5
1920-29	0.6	4.6	5.2	8.5	2.0	1.5	6.6	18.6	0.1	0.0	0.0	0.0	0.0	0.1	1.5	9.1
1930-39	1.0	4.5	5.4	7.6	2.4	1.7	7.0	18.6	0.1	0.0	0.0	0.0	0.0	0.1	1.4	10.7
1940-49	1.5	3.8	5.3	6.7	2.3	2.0	6.8	17.8	0.1	0.0	0.0	0.0	0.0	0.1	1.3	12.1
1950-59	1.6	4.2	5.8	6.5	1.9	2.1	6.4	16.9	0.1	0.1	0.0	0.0	0.0	0.1	0.8	12.1
1960-69	1.7	3.9	5.6	6.3	1.6	1.9	6.0	15.9	0.0	0.1	0.0	0.0	0.0	0.1	0.7	13.1
1970-74	2.1	3.7	5.8	5.7	1.4	2.2	6.9	16.2	0.0	0.1	0.0	0.0	0.0	0.1	0.7	14.1
1975-84	2.3	4.0	6.3	5.5	1.4	2.2	6.8	15.8	0.0	0.1	0.0	0.0	0.0	0.1	0.7	12.5
1985-94	2.0	4.2	6.1	4.9	1.3	2.1	5.7	14.1	0.0	0.1	0.0	0.0	0.0	0.1	0.6	13.7
1995	2.0	4.1	6.1	5.1	1.6	2.2	5.8	14.7	0.0	0.1	0.0	0.0	0.0	0.1	0.7	12.5
1996	2.1	4.2	6.3	5.2	1.6	2.1	5.7	14.7	0.0	0.1	0.0	0.0	0.0	0.1	0.7	13.8
1997	2.2	4.2	6.3	5.0	1.7	2.1	5.7	14.6	0.0	0.1	0.0	0.0	0.0	0.1	0.7	13.7
1998	2.3	4.1	6.3	4.9	1.5	2.2	5.7	14.2	0.0	0.1	0.0	0.0	0.0	0.1	0.7	14.6
1999	2.0	4.3	6.4	4.8	1.5	2.1	5.8	14.3	0.0	0.1	0.0	0.0	0.0	0.1	0.7	14.7
2000	2.1	4.1	6.3	4.8	1.8	2.1	5.2	13.9	0.0	0.1	0.0	0.0	0.0	0.1	0.6	15.3
2001	2.2	4.1	6.3	4.9	1.5	2.0	5.2	13.6	0.0	0.1	0.0	0.0	0.0	0.1	0.6	14.9
2002	1.9	4.2	6.1	4.7	1.5	2.2	5.3	13.7	0.0	0.1	0.0	0.0	0.0	0.1	0.7	14.3
2003	2.0	4.1	6.1	4.9	1.6	2.1	5.2	13.8	0.0	0.0	0.0	0.0	0.0	0.1	0.6	14.8
2004	1.9	4.1	6.0	4.7	1.7	2.1	5.2	13.7	0.0	0.0	0.0	0.0	0.0	0.1	0.6	15.8
2005	1.8	4.1	5.9	4.4	1.6	2.2	5.1	13.3	0.0	0.0	0.0	0.0	0.0	0.1	0.6	16.5

Table 27. Iron Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							<i>Percent</i>					
1909-19	16.1	1.6	1.9	19.7	1.0	0.2	0.2	0.2	1.6	4.2	12.8	33.1
1920-29	15.7	1.7	1.9	19.3	1.1	0.2	0.3	0.4	2.0	4.7	12.3	29.0
1930-39	15.1	1.8	1.6	18.5	1.2	0.2	0.3	0.5	2.2	4.6	14.1	26.2
1940-49	15.5	2.1	1.4	18.9	1.2	0.1	0.4	0.6	2.4	4.6	12.3	31.7
1950-59	16.1	2.6	1.4	20.2	1.3	0.1	0.5	0.6	2.5	5.1	10.8	35.2
1960-69	17.2	3.3	1.4	21.9	1.1	0.2	0.6	0.6	2.5	4.3	9.9	36.7
1970-74	16.8	3.3	1.5	21.7	0.9	0.3	0.7	0.5	2.5	3.7	9.2	37.2
1975-84	14.2	3.3	1.4	18.9	0.6	0.4	0.8	0.5	2.3	3.1	9.0	43.3
1985-94	10.5	3.4	1.4	15.2	0.3	0.4	0.8	0.4	2.0	2.2	7.8	52.1
1995	10.1	3.6	1.4	15.1	0.2	0.4	0.8	0.4	1.9	2.1	7.8	52.3
1996	9.7	3.6	1.3	14.6	0.2	0.4	0.8	0.4	1.9	2.0	7.6	52.1
1997	9.6	3.7	1.3	14.5	0.2	0.4	0.9	0.4	1.9	2.1	7.8	52.1
1998	9.7	3.7	1.4	14.7	0.2	0.4	0.8	0.4	1.9	2.1	7.6	51.5
1999	9.6	3.8	1.4	14.8	0.2	0.4	0.9	0.4	1.9	2.1	7.9	51.1
2000	9.3	3.9	1.4	14.6	0.2	0.4	0.9	0.4	1.9	2.1	7.8	51.6
2001	9.2	3.8	1.5	14.5	0.2	0.4	0.9	0.4	1.9	2.2	7.5	51.8
2002	9.4	4.0	1.5	14.9	0.2	0.4	0.9	0.4	1.9	2.2	7.5	51.2
2003	9.1	3.9	1.6	14.6	0.2	0.4	0.9	0.4	1.9	2.2	7.5	51.0
2004	9.2	4.0	1.6	14.9	0.2	0.4	0.9	0.4	1.9	2.2	7.2	50.5
2005	11.1	3.9	1.5	16.5	0.2	0.4	0.9	0.3	1.8	2.1	7.0	49.6

Table 27. Iron Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.2	3.2	3.3	9.5	1.7	1.9	5.4	18.4	0.2	0.0	0.0	0.0	0.0	0.3	3.1	3.5
1920-29	0.3	3.7	4.0	8.6	2.5	1.8	6.9	19.8	0.3	0.0	0.0	0.0	0.0	0.3	2.7	5.9
1930-39	0.4	3.6	4.0	7.8	2.9	2.1	7.5	20.2	0.3	0.0	0.0	0.0	0.0	0.3	2.5	7.3
1940-49	0.7	3.0	3.6	6.2	2.5	2.2	6.7	17.5	0.2	0.0	0.0	0.0	0.0	0.2	2.2	6.7
1950-59	0.6	2.8	3.5	5.4	1.8	2.1	5.9	15.1	0.1	0.0	0.0	0.0	0.0	0.2	1.3	6.1
1960-69	0.6	2.5	3.1	4.9	1.4	1.8	5.3	13.5	0.1	0.0	0.0	0.0	0.0	0.1	1.2	6.8
1970-74	0.6	2.3	2.9	4.5	1.3	2.1	5.7	13.5	0.1	0.0	0.0	0.0	0.0	0.1	1.1	7.9
1975-84	0.6	2.3	2.9	4.2	1.2	1.9	5.2	12.5	0.1	0.0	0.0	0.0	0.0	0.1	1.0	6.8
1985-94	0.4	2.1	2.6	3.5	1.0	1.5	4.0	10.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8	7.3
1995	0.4	2.0	2.4	3.6	1.1	1.6	3.9	10.2	0.0	0.0	0.0	0.0	0.0	0.1	0.9	7.3
1996	0.5	2.0	2.5	3.7	1.1	1.5	3.9	10.2	0.0	0.0	0.0	0.0	0.0	0.1	0.9	8.0
1997	0.5	2.0	2.5	3.6	1.2	1.5	4.0	10.2	0.0	0.0	0.0	0.0	0.0	0.1	0.9	7.8
1998	0.5	2.0	2.4	3.5	1.0	1.6	3.9	10.0	0.0	0.0	0.0	0.0	0.0	0.1	0.9	8.7
1999	0.4	2.0	2.4	3.5	1.0	1.5	4.0	10.1	0.0	0.0	0.0	0.0	0.0	0.1	0.9	8.7
2000	0.4	2.0	2.4	3.5	1.3	1.5	3.7	10.0	0.0	0.0	0.0	0.0	0.0	0.1	0.9	8.7
2001	0.5	2.0	2.5	3.5	1.0	1.4	3.7	9.7	0.0	0.0	0.0	0.0	0.0	0.1	0.9	9.0
2002	0.4	2.0	2.4	3.4	1.0	1.5	3.8	9.7	0.0	0.0	0.0	0.0	0.1	0.1	0.9	9.2
2003	0.4	2.0	2.5	3.5	1.1	1.5	3.8	9.9	0.0	0.0	0.0	0.0	0.1	0.1	0.8	9.6
2004	0.4	2.0	2.5	3.4	1.1	1.5	3.8	9.9	0.0	0.0	0.0	0.0	0.1	0.1	0.8	10.1
2005	0.4	2.0	2.4	3.2	1.1	1.5	3.6	9.4	0.0	0.0	0.0	0.0	0.1	0.1	0.8	10.3

Table 28. Zinc Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
						<i>Percent</i>						
1909-19	29.7	1.7	10.4	41.9	7.9	2.2	1.2	1.2	12.5	3.4	5.6	24.1
1920-29	29.6	1.9	8.3	39.7	9.2	2.1	1.4	2.1	14.8	3.9	5.7	21.8
1930-39	29.4	2.0	6.0	37.4	9.9	2.0	1.7	3.2	16.7	3.9	6.8	20.2
1940-49	32.2	2.6	4.7	39.5	11.2	1.5	1.9	4.2	18.9	4.2	6.6	16.7
1950-59	34.5	3.6	4.1	42.2	11.3	1.2	2.6	5.0	20.1	4.8	6.2	13.9
1960-69	37.2	4.9	2.8	44.9	9.8	1.8	3.2	4.8	19.6	4.1	6.1	13.1
1970-74	37.2	5.3	2.6	45.1	8.2	3.0	3.9	4.2	19.3	3.6	5.8	13.4
1975-84	32.4	5.5	2.4	40.3	5.5	3.4	4.9	3.3	17.0	3.0	5.5	22.5
1985-94	27.6	6.9	2.0	36.6	3.2	4.2	6.0	3.3	16.7	2.5	5.5	26.9
1995	26.7	7.7	2.2	36.6	2.4	4.5	6.4	3.3	16.6	2.4	5.4	27.0
1996	26.3	7.8	2.2	36.4	2.4	4.5	6.5	3.4	16.8	2.4	5.4	26.3
1997	26.4	8.1	1.6	36.1	2.4	4.5	6.6	3.5	17.0	2.4	5.7	26.1
1998	26.6	8.0	2.2	36.9	2.3	4.4	6.6	3.4	16.7	2.5	5.5	25.6
1999	26.3	8.3	2.2	36.8	2.2	4.2	6.7	3.1	16.3	2.5	5.7	25.9
2000	26.0	8.4	2.2	36.6	2.2	4.2	6.9	3.2	16.5	2.5	5.6	25.9
2001	25.8	8.3	2.2	36.3	2.2	4.0	7.1	3.3	16.6	2.6	5.6	26.3
2002	26.1	8.6	2.2	36.9	2.2	4.0	7.2	3.1	16.4	2.6	5.6	26.2
2003	25.4	8.6	2.3	36.3	2.1	3.9	7.2	3.2	16.4	2.6	5.7	26.2
2004	25.6	8.7	2.3	36.6	2.0	3.9	7.3	3.4	16.6	2.6	5.6	25.8
2005	30.1	8.3	2.1	40.5	1.8	3.7	6.9	2.6	15.0	2.4	5.2	24.5

Table 28. Zinc Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous		
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total	
	<i>Percent</i>																
1909-19	0.1	1.1	1.2	5.2	0.7	0.4	2.8	9.1	0.1	0.0	0.0	0.1	0.0	0.2	0.7	1.3	
1920-29	0.1	1.2	1.4	4.8	0.9	0.4	3.4	9.5	0.1	0.0	0.0	0.1	0.0	0.2	0.7	2.2	
1930-39	0.2	1.3	1.5	4.4	1.1	0.5	3.8	9.8	0.1	0.0	0.0	0.1	0.0	0.2	0.7	2.8	
1940-49	0.4	1.1	1.5	3.8	1.0	0.6	3.6	9.0	0.1	0.0	0.0	0.1	0.0	0.2	0.6	2.9	
1950-59	0.3	1.1	1.4	3.4	0.7	0.6	3.3	8.1	0.0	0.0	0.0	0.1	0.0	0.2	0.5	2.6	
1960-69	0.3	1.0	1.3	3.2	0.6	0.6	3.0	7.4	0.0	0.0	0.0	0.1	0.0	0.1	0.5	2.9	
1970-74	0.3	0.9	1.2	2.8	0.6	0.7	3.3	7.4	0.0	0.0	0.0	0.0	0.0	0.1	0.5	3.7	
1975-84	0.3	0.9	1.2	2.6	0.5	0.6	3.1	6.8	0.0	0.0	0.0	0.0	0.0	0.1	0.4	3.2	
1985-94	0.3	0.9	1.2	2.4	0.5	0.6	2.8	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.4	3.9	
1995	0.3	0.9	1.2	2.5	0.6	0.7	2.9	6.6	0.0	0.0	0.0	0.0	0.0	0.0	0.4	3.7	
1996	0.3	0.9	1.2	2.6	0.6	0.7	2.9	6.8	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.3	
1997	0.3	0.9	1.3	2.5	0.7	0.7	3.0	6.8	0.0	0.0	0.0	0.0	0.0	0.0	0.5	4.2	
1998	0.3	0.9	1.2	2.4	0.6	0.7	2.9	6.6	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.5	
1999	0.3	0.9	1.2	2.4	0.6	0.7	3.0	6.6	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.5	
2000	0.3	0.9	1.2	2.4	0.8	0.6	2.7	6.5	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.7	
2001	0.3	0.9	1.2	2.4	0.6	0.6	2.7	6.3	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.6	
2002	0.3	0.9	1.2	2.3	0.6	0.7	2.7	6.2	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.4	
2003	0.3	0.9	1.2	2.4	0.6	0.7	2.7	6.4	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.6	
2004	0.3	0.9	1.2	2.3	0.6	0.7	2.7	6.3	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.9	
2005	0.3	0.8	1.1	2.1	0.6	0.6	2.5	5.8	0.0	0.0	0.0	0.0	0.0	0.0	0.4	4.9	

Table 29. Copper Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.3	4.9	5.2	21.9	2.4	2.2	3.7	30.2	0.1	0.0	0.0	0.0	0.0	0.1	2.9	5.6
1920-29	0.5	5.6	6.1	19.6	2.7	2.1	4.5	29.0	0.1	0.0	0.0	0.0	0.0	0.1	3.4	8.5
1930-39	0.8	5.5	6.3	18.0	2.9	2.5	5.0	28.4	0.1	0.0	0.0	0.0	0.0	0.1	3.5	10.5
1940-49	1.2	5.0	6.2	16.1	2.5	3.1	5.1	26.9	0.1	0.0	0.0	0.0	0.0	0.1	3.2	11.5
1950-59	1.4	5.1	6.5	15.1	1.8	3.5	5.0	25.3	0.1	0.0	0.0	0.0	0.0	0.1	3.6	11.0
1960-69	1.4	4.8	6.1	13.1	1.5	3.4	4.8	22.8	0.1	0.0	0.0	0.0	0.0	0.1	3.8	12.2
1970-74	1.7	4.4	6.1	10.7	1.4	4.0	5.2	21.2	0.0	0.0	0.0	0.0	0.0	0.0	3.8	14.2
1975-84	1.8	4.6	6.4	9.6	1.3	3.8	5.1	19.8	0.0	0.0	0.0	0.0	0.0	0.0	3.5	12.2
1985-94	1.5	4.8	6.3	8.5	1.1	3.8	4.6	18.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2	14.8
1995	1.6	4.5	6.1	8.6	1.2	4.0	4.7	18.6	0.0	0.0	0.0	0.0	0.0	0.0	3.4	13.4
1996	1.6	4.5	6.2	8.7	1.3	3.8	4.6	18.4	0.0	0.0	0.0	0.0	0.0	0.0	3.4	14.9
1997	1.7	4.6	6.3	8.3	1.3	3.8	4.8	18.2	0.0	0.0	0.0	0.0	0.0	0.0	3.5	14.6
1998	1.8	4.5	6.3	8.2	1.1	3.9	4.7	17.9	0.0	0.0	0.0	0.0	0.0	0.0	3.4	15.6
1999	1.6	4.7	6.3	8.2	1.1	3.7	4.8	17.9	0.0	0.0	0.0	0.0	0.0	0.0	3.4	15.8
2000	1.6	4.5	6.1	8.0	1.6	3.7	4.3	17.6	0.0	0.0	0.0	0.0	0.0	0.0	3.3	16.5
2001	1.7	4.5	6.3	8.2	1.2	3.6	4.3	17.2	0.0	0.0	0.0	0.0	0.0	0.0	3.4	16.1
2002	1.5	4.7	6.2	7.9	1.1	3.8	4.5	17.3	0.0	0.0	0.0	0.0	0.0	0.0	3.4	14.8
2003	1.6	4.6	6.2	8.1	1.2	3.7	4.4	17.5	0.0	0.0	0.0	0.0	0.0	0.0	3.2	15.6
2004	1.5	4.5	6.0	7.8	1.2	3.7	4.4	17.2	0.0	0.0	0.0	0.0	0.0	0.0	3.2	17.0
2005	1.4	4.5	5.9	7.4	1.2	3.8	4.2	16.6	0.0	0.0	0.0	0.0	0.0	0.0	3.2	18.0

Table 30. Potassium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							<i>Percent</i>					
1909-19	9.9	0.8	1.1	11.7	10.3	3.1	0.1	1.7	15.2	1.2	7.7	12.4
1920-29	9.6	0.8	1.2	11.6	11.6	2.7	0.2	2.8	17.3	1.4	7.2	10.7
1930-39	9.1	0.8	1.0	11.0	12.0	2.5	0.2	4.0	18.7	1.3	8.2	9.4
1940-49	10.2	1.1	0.9	12.2	13.9	1.9	0.2	5.4	21.5	1.4	8.0	7.8
1950-59	11.1	1.4	1.1	13.6	14.6	1.5	0.3	6.8	23.2	1.7	7.8	6.8
1960-69	12.1	2.1	1.0	15.3	13.3	2.4	0.4	7.0	23.1	1.5	7.8	6.8
1970-74	12.7	2.4	1.1	16.2	11.5	4.2	0.5	7.0	23.2	1.4	7.8	6.2
1975-84	11.7	2.8	1.2	15.7	8.6	5.2	0.7	6.5	21.0	1.3	8.9	7.2
1985-94	10.8	3.7	1.3	15.9	5.2	6.8	0.9	6.8	19.6	1.1	9.0	8.7
1995	10.8	4.1	1.3	16.3	3.9	7.2	0.9	6.8	18.8	1.0	9.2	9.2
1996	10.3	4.1	1.3	15.7	3.7	7.1	0.9	6.9	18.6	1.0	9.0	9.2
1997	10.2	4.2	1.3	15.7	3.7	7.0	0.9	6.8	18.5	1.0	9.2	9.1
1998	10.5	4.2	1.3	16.0	3.6	6.9	0.9	6.8	18.2	1.1	9.0	9.1
1999	10.5	4.4	1.3	16.2	3.5	6.7	1.0	6.2	17.5	1.1	9.3	9.0
2000	10.3	4.4	1.3	16.0	3.5	6.6	1.0	6.6	17.7	1.1	9.2	9.1
2001	10.3	4.4	1.3	16.1	3.5	6.4	1.0	6.7	17.6	1.1	9.1	9.5
2002	10.5	4.7	1.3	16.4	3.5	6.5	1.1	6.5	17.6	1.2	9.2	9.5
2003	10.1	4.6	1.4	16.2	3.4	6.3	1.0	6.6	17.4	1.1	9.1	9.4
2004	10.3	4.7	1.4	16.5	3.2	6.3	1.1	6.8	17.4	1.1	8.7	9.3
2005	12.2	4.8	1.4	18.4	3.1	6.4	1.1	5.5	16.0	1.1	8.7	9.4

Table 30. Potassium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.7	7.3	8.0	23.8	2.3	3.2	7.4	36.7	0.1	0.0	0.0	0.0	0.0	0.2	1.5	5.3
1920-29	1.1	7.8	8.9	21.0	2.8	3.0	8.2	35.0	0.1	0.0	0.0	0.0	0.0	0.2	1.2	6.6
1930-39	1.6	7.4	9.0	18.7	3.1	3.4	8.4	33.6	0.2	0.0	0.0	0.0	0.0	0.2	1.1	7.5
1940-49	2.4	6.3	8.7	16.2	2.9	3.9	7.9	30.9	0.1	0.1	0.0	0.0	0.0	0.2	0.9	8.5
1950-59	2.7	6.4	9.0	15.2	2.3	3.9	7.2	28.7	0.1	0.1	0.0	0.0	0.0	0.2	0.5	8.5
1960-69	2.7	6.0	8.7	14.7	2.1	3.6	6.7	27.1	0.1	0.1	0.0	0.0	0.0	0.2	0.5	8.9
1970-74	3.5	5.6	9.1	13.2	1.9	4.3	7.4	26.8	0.0	0.1	0.0	0.0	0.0	0.2	0.5	8.6
1975-84	4.0	6.4	10.4	13.0	2.0	4.4	7.7	27.2	0.0	0.2	0.0	0.0	0.0	0.2	0.5	7.6
1985-94	3.6	7.3	10.9	12.5	2.1	4.4	7.3	26.3	0.0	0.1	0.0	0.0	0.0	0.2	0.5	7.8
1995	3.6	7.1	10.7	12.7	2.5	4.6	7.3	27.2	0.0	0.1	0.0	0.0	0.0	0.2	0.5	6.9
1996	3.9	7.2	11.0	13.0	2.7	4.5	7.2	27.3	0.0	0.1	0.0	0.0	0.0	0.2	0.5	7.5
1997	4.0	7.3	11.2	12.4	2.8	4.4	7.4	27.0	0.0	0.1	0.0	0.0	0.0	0.1	0.5	7.6
1998	4.2	7.2	11.4	12.3	2.3	4.6	7.3	26.5	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.1
1999	3.8	7.6	11.3	12.3	2.4	4.5	7.5	26.6	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.3
2000	4.0	7.3	11.2	12.2	3.1	4.4	6.8	26.4	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.6
2001	4.2	7.2	11.4	12.6	2.4	4.3	6.9	26.2	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.5
2002	3.6	7.4	11.0	12.1	2.4	4.6	7.1	26.1	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.4
2003	3.8	7.4	11.2	12.6	2.5	4.5	7.0	26.6	0.0	0.1	0.0	0.0	0.0	0.1	0.4	8.6
2004	3.7	7.4	11.1	12.2	2.6	4.5	7.1	26.4	0.0	0.1	0.0	0.0	0.0	0.1	0.5	9.0
2005	3.5	7.3	10.9	11.6	2.5	4.7	7.0	25.8	0.0	0.1	0.0	0.0	0.0	0.1	0.4	9.2

Table 31. Sodium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							<i>Percent</i>					
1909-19	27.3	1.2	6.0	34.4	14.1	4.0	3.2	2.3	23.6	5.5	0.3	2.9
1920-29	25.4	1.1	4.4	30.9	14.2	3.2	3.2	3.4	24.0	5.4	0.3	2.4
1930-39	23.1	1.1	3.8	28.0	14.4	2.8	3.6	4.9	25.7	5.0	0.3	1.8
1940-49	24.2	1.3	2.8	28.3	15.7	2.1	4.0	6.2	28.1	5.2	0.3	1.4
1950-59	23.1	1.4	2.9	27.4	14.4	1.7	4.9	6.7	27.8	5.4	0.3	0.9
1960-69	22.3	1.9	2.5	26.7	12.0	2.4	5.9	6.4	26.6	4.4	0.2	0.7
1970-74	12.0	2.3	2.6	17.0	10.7	4.2	7.5	7.0	29.4	4.2	0.2	0.6
1975-84	10.2	2.7	2.6	15.4	7.9	5.0	10.3	7.1	30.3	3.8	0.3	0.7
1985-94	8.5	3.6	2.8	14.9	4.9	6.5	13.5	7.8	32.8	3.3	0.3	0.8
1995	8.2	4.0	2.8	15.1	3.7	6.9	14.7	7.8	33.1	3.2	0.3	0.9
1996	8.0	4.1	2.7	14.9	3.7	7.0	14.9	8.0	33.6	3.2	0.3	0.9
1997	7.9	4.2	2.7	14.8	3.6	6.9	15.4	7.9	33.8	3.2	0.3	0.9
1998	8.3	4.3	2.8	15.4	3.5	6.9	15.6	8.0	34.1	3.4	0.3	0.9
1999	8.4	4.6	2.8	15.8	3.5	6.8	16.0	7.4	33.7	3.5	0.3	0.9
2000	8.1	4.6	2.9	15.6	3.5	6.6	16.3	8.1	34.4	3.5	0.3	0.9
2001	8.3	4.6	2.8	15.7	3.5	6.5	17.0	8.1	35.1	3.6	0.3	1.0
2002	12.4	4.5	2.7	19.6	3.3	6.1	16.4	7.3	33.1	3.4	0.3	0.9
2003	12.5	4.6	2.9	20.0	3.2	6.1	16.6	7.6	33.5	3.5	0.3	1.0
2004	8.3	4.9	3.0	16.2	3.2	6.3	17.7	7.8	35.1	3.6	0.3	1.0
2005	13.6	4.9	2.9	21.3	3.0	6.3	17.5	6.4	33.2	3.5	0.3	1.0

Table 31. Sodium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.0	0.8	0.8	1.1	0.7	3.6	5.0	10.4	18.7	1.4	0.0	0.0	0.0	20.0	1.7	0.3
1920-29	0.0	0.9	0.9	0.9	1.3	3.3	9.0	14.4	17.7	1.9	0.0	0.0	0.0	19.6	1.9	0.3
1930-39	0.0	1.0	1.0	0.8	1.5	3.3	10.2	15.8	17.8	2.6	0.0	0.0	0.0	20.3	1.7	0.4
1940-49	0.0	1.1	1.1	0.6	1.5	4.4	11.4	18.0	11.2	3.9	0.0	0.0	0.0	15.2	2.1	0.4
1950-59	0.0	1.3	1.3	1.2	1.1	5.4	12.0	19.7	7.6	7.7	0.0	0.0	0.0	15.3	1.6	0.4
1960-69	0.0	1.3	1.3	2.5	1.0	6.4	13.5	23.4	5.3	8.9	0.0	0.0	0.0	14.2	2.0	0.3
1970-74	0.1	1.4	1.5	3.0	1.3	9.3	16.6	30.2	4.0	10.0	0.0	0.0	0.0	14.0	2.6	0.4
1975-84	0.1	1.8	1.8	3.1	1.1	10.3	15.7	30.3	3.7	10.5	0.0	0.0	0.0	14.2	2.9	0.3
1985-94	0.1	1.9	1.9	3.1	1.0	11.6	13.2	28.9	3.7	9.9	0.0	0.0	0.0	13.7	3.0	0.4
1995	0.1	1.4	1.5	3.2	1.3	12.4	13.0	29.8	3.7	8.6	0.0	0.0	0.0	12.3	3.4	0.4
1996	0.1	2.3	2.4	3.3	1.3	12.2	11.9	28.8	3.4	8.6	0.0	0.0	0.0	12.0	3.5	0.4
1997	0.1	1.8	1.8	3.1	1.3	12.2	13.1	29.6	3.3	8.1	0.0	0.0	0.0	11.4	3.7	0.4
1998	0.1	1.7	1.7	3.1	1.1	12.6	11.7	28.5	3.6	8.0	0.0	0.0	0.0	11.5	3.7	0.5
1999	0.1	2.1	2.2	3.1	1.1	12.0	11.9	28.2	3.8	7.6	0.0	0.0	0.0	11.4	3.5	0.5
2000	0.1	1.4	1.5	3.1	1.1	11.7	12.6	28.6	3.6	7.8	0.0	0.0	0.0	11.4	3.4	0.5
2001	0.1	2.2	2.3	3.4	1.2	11.4	11.5	27.5	3.7	6.9	0.0	0.0	0.0	10.6	3.4	0.6
2002	0.1	1.9	1.9	3.0	1.0	11.3	12.1	27.5	3.5	6.1	0.0	0.0	0.0	9.5	3.2	0.6
2003	0.1	2.0	2.1	3.2	1.1	11.6	11.5	27.4	3.5	5.0	0.0	0.0	0.0	8.5	3.2	0.6
2004	0.1	1.9	2.0	3.2	1.2	12.1	12.5	29.0	3.7	5.1	0.0	0.0	0.0	8.8	3.4	0.6
2005	0.1	2.1	2.2	3.0	1.1	12.4	10.5	27.1	3.7	3.8	0.0	0.0	0.0	7.5	3.3	0.6

Table 32. Selenium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
						<i>Percent</i>						
1909-19	7.0	1.1	3.3	11.5	7.1	2.8	0.5	0.7	11.0	7.7	3.9	63.0
1920-29	7.4	1.2	3.3	11.9	8.3	2.7	0.6	0.9	12.5	8.8	5.2	58.1
1930-39	7.3	1.3	3.1	11.7	8.9	2.7	0.7	1.2	13.6	8.8	7.0	55.1
1940-49	8.6	1.8	3.2	13.6	10.8	2.9	0.9	1.8	16.4	10.2	6.2	49.6
1950-59	8.6	2.7	4.2	15.5	10.9	2.1	1.4	2.4	16.7	11.7	8.9	43.0
1960-69	8.8	4.1	4.5	17.5	9.9	1.6	1.8	2.6	15.9	10.7	9.5	41.3
1970-74	5.7	5.2	5.4	16.3	9.0	3.1	2.4	2.9	17.3	10.5	9.6	40.0
1975-84	15.4	5.5	5.2	26.1	5.8	3.6	2.7	2.5	14.7	8.6	7.1	37.9
1985-94	14.8	7.2	5.2	27.2	3.3	4.5	3.1	2.5	13.5	7.0	7.2	39.5
1995	17.8	7.7	4.8	30.3	2.4	4.5	3.2	2.5	12.5	6.3	6.2	39.1
1996	16.8	7.7	4.5	29.0	2.3	4.4	3.1	2.5	12.2	6.2	7.0	39.7
1997	16.5	7.7	4.4	28.7	2.2	4.2	3.1	2.4	12.0	6.2	7.3	40.1
1998	15.9	7.2	4.3	27.3	2.0	3.8	2.9	2.2	11.0	5.9	6.6	43.8
1999	16.0	7.6	4.3	27.9	2.0	3.8	3.0	2.1	10.9	6.1	6.7	43.0
2000	15.6	7.6	4.4	27.6	2.0	3.7	3.1	2.2	10.9	6.1	6.1	44.1
2001	15.2	7.3	4.2	26.7	1.9	3.4	3.1	2.1	10.5	6.1	8.6	42.9
2002	15.5	7.6	4.2	27.2	1.8	3.3	3.1	2.0	10.3	6.1	9.5	41.6
2003	15.0	7.5	4.5	26.9	1.8	3.3	3.0	2.1	10.2	6.0	11.2	40.6
2004	14.9	7.6	4.5	27.0	1.7	3.3	3.1	2.2	10.3	6.0	11.8	39.7
2005	16.9	7.7	4.4	28.9	1.6	3.4	3.1	1.7	9.8	6.0	10.0	40.3

Table 32. Selenium Contributed from Major Food Groups to the U.S. Food Supply, Selected Years (cont'd)

Year	Fruits			Vegetables					Fats and oils					Sugars & sweeteners	Miscellaneous	
	Citrus	Non-citrus	Total	White potatoes	Dark green/deep yellow	Tomatoes	Other	Total	Butter	Margarine	Shortening	Lard & beef tallow	Salad, cooking & other edible oils			Total
	<i>Percent</i>															
1909-19	0.1	0.4	0.5	0.3	0.2	0.2	0.6	1.2	0.1	0.0	0.0	0.0	0.0	0.2	0.6	0.4
1920-29	0.1	0.5	0.6	0.3	0.2	0.2	0.7	1.4	0.1	0.0	0.0	0.0	0.0	0.2	0.7	0.7
1930-39	0.2	0.5	0.6	0.3	0.2	0.2	0.8	1.5	0.2	0.0	0.0	0.0	0.0	0.2	0.8	0.8
1940-49	0.2	0.4	0.6	0.3	0.2	0.2	0.8	1.5	0.1	0.0	0.0	0.0	0.0	0.1	0.7	1.0
1950-59	0.2	0.4	0.6	0.5	0.2	0.2	0.7	1.6	0.1	0.0	0.0	0.0	0.0	0.1	0.7	1.0
1960-69	0.2	0.4	0.6	1.4	0.2	0.2	0.7	2.4	0.1	0.0	0.0	0.0	0.0	0.1	0.8	1.2
1970-74	0.2	0.4	0.6	1.8	0.2	0.3	0.8	3.0	0.1	0.0	0.0	0.0	0.0	0.1	0.9	1.7
1975-84	0.2	0.4	0.6	1.6	0.2	0.2	0.8	2.8	0.0	0.0	0.0	0.0	0.0	0.1	0.8	1.4
1985-94	0.1	0.4	0.5	1.5	0.2	0.2	0.8	2.7	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.5
1995	0.1	0.4	0.5	1.4	0.2	0.2	0.8	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.4
1996	0.1	0.4	0.5	1.4	0.3	0.2	0.8	2.7	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.6
1997	0.1	0.4	0.5	1.4	0.3	0.2	0.8	2.6	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.6
1998	0.1	0.4	0.5	1.2	0.2	0.2	0.8	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.6
1999	0.1	0.4	0.5	1.2	0.2	0.2	0.8	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.5
2000	0.1	0.4	0.5	1.3	0.2	0.2	0.7	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.9	1.5
2001	0.1	0.3	0.5	1.3	0.2	0.2	0.7	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.5
2002	0.1	0.3	0.4	1.2	0.2	0.2	0.7	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.6
2003	0.1	0.3	0.4	1.3	0.2	0.2	0.7	2.4	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.5
2004	0.1	0.3	0.4	1.2	0.2	0.2	0.7	2.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.5
2005	0.1	0.3	0.4	1.1	0.2	0.2	0.7	2.2	0.0	0.0	0.0	0.0	0.0	0.0	0.8	1.5

