

**Table 208. Nutrition—Nutrients in Foods Available for Civilian Consumption Per Capita Per Day: 1970 to 2005**

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

Nutrient	Unit	1970–79	1980–89	1990–99	2000	2005
Food energy . . . . .	Kilocalories . . . . .	3,200	3,400	3,600	3,900	4,000
Carbohydrate . . . . .	Grams . . . . .	395	420	481	498	479
Fiber . . . . .	Grams . . . . .	20	21	24	25	25
Protein . . . . .	Grams . . . . .	97	101	109	112	115
Total fat <sup>1</sup> . . . . .	Grams . . . . .	145	152	150	173	190
Saturated . . . . .	Grams . . . . .	49	50	48	54	59
Monounsaturated . . . . .	Grams . . . . .	58	61	64	76	85
Polyunsaturated . . . . .	Grams . . . . .	27	31	31	36	37
Cholesterol . . . . .	Milligrams . . . . .	440	420	400	420	430
Vitamin A . . . . .	Micrograms RAE <sup>2</sup> . . . . .	1,260	1,230	1,270	1,260	1,040
Carotene . . . . .	Micrograms . . . . .	580	630	750	730	670
Vitamin E . . . . .	Milligrams a-TE <sup>3</sup> . . . . .	14	16	17	20	21
Vitamin C . . . . .	Milligrams . . . . .	112	119	127	131	116
Thiamin . . . . .	Milligrams . . . . .	2	3	3	3	3
Riboflavin . . . . .	Milligrams . . . . .	3	3	3	3	3
Niacin . . . . .	Milligrams . . . . .	25	29	32	33	33
Vitamin B <sub>6</sub> . . . . .	Milligrams . . . . .	2	2	2	3	3
Folate <sup>4</sup> . . . . .	Micrograms DFE <sup>5</sup> . . . . .	343	386	518	927	893
Vitamin B <sub>12</sub> . . . . .	Micrograms . . . . .	9	8	8	8	9
Calcium . . . . .	Milligrams . . . . .	940	940	980	990	950
Phosphorus . . . . .	Milligrams . . . . .	1,530	1,580	1,690	1,720	1,730
Magnesium . . . . .	Milligrams . . . . .	340	360	400	410	410
Iron . . . . .	Milligrams . . . . .	17	20	23	24	24
Zinc . . . . .	Milligrams . . . . .	13	14	15	15	16
Copper . . . . .	Milligrams . . . . .	2	2	2	2	2
Potassium . . . . .	Milligrams . . . . .	3,610	3,640	3,850	3,920	3,820
Sodium <sup>6</sup> . . . . .	Milligrams . . . . .	1,270	1,260	1,290	1,280	1,270
Selenium . . . . .	Micrograms . . . . .	129	139	163	179	184

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

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

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

Source: U.S. Dept. of Agriculture, Center for Nutrition Policy and Promotion, *Nutrient Content of the U.S. Food Supply, 1909–2005*, (released 28 March 2008) Data also published by Economic Research Service in *Food Consumption, Prices, and Expenditures*, annual. See also <<http://www.usda.gov/cnpp/>>.