

**Table 211. Nutrition—Nutrients in Foods Available for Civilian Consumption Per Capita Per Day: 1970 to 2006**

[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	2006
Food energy . . . . .	Kilocalories . . . . .	3,200	3,400	3,600	3,900	3,900
Carbohydrate . . . . .	Grams . . . . .	395	421	478	495	474
Fiber . . . . .	Grams . . . . .	20	22	24	24	25
Protein . . . . .	Grams . . . . .	96	100	108	111	111
Total fat <sup>1</sup> . . . . .	Grams . . . . .	143	151	150	169	178
Saturated . . . . .	Grams . . . . .	49	50	48	52	54
Monounsaturated . . . . .	Grams . . . . .	57	61	64	75	77
Polyunsaturated . . . . .	Grams . . . . .	27	30	31	35	39
Cholesterol . . . . .	Milligrams . . . . .	430	420	400	410	420
Vitamin A . . . . .	Micrograms RAE <sup>2</sup> . . . . .	1,050	1,050	1,100	1,090	940
Carotene . . . . .	Micrograms . . . . .	560	600	710	690	690
Vitamin E . . . . .	Milligrams a-TE <sup>3</sup> . . . . .	14	16	17	20	21
Vitamin C . . . . .	Milligrams . . . . .	109	115	118	121	106
Thiamin . . . . .	Milligrams . . . . .	2	3	3	3	3
Riboflavin . . . . .	Milligrams . . . . .	3	3	3	3	3
Niacin . . . . .	Milligrams . . . . .	25	29	31	32	32
Vitamin B <sub>6</sub> . . . . .	Milligrams . . . . .	2	2	2	2	2
Folate <sup>4</sup> . . . . .	Micrograms DFE <sup>5</sup> . . . . .	341	383	504	902	874
Vitamin B <sub>12</sub> . . . . .	Micrograms . . . . .	9	8	8	8	8
Calcium . . . . .	Milligrams . . . . .	930	930	980	980	960
Phosphorus . . . . .	Milligrams . . . . .	1,540	1,590	1,690	1,720	1,700
Magnesium . . . . .	Milligrams . . . . .	340	360	390	400	400
Iron . . . . .	Milligrams . . . . .	17	20	23	23	23
Zinc . . . . .	Milligrams . . . . .	13	14	15	15	16
Copper . . . . .	Milligrams . . . . .	2	2	2	2	2
Potassium . . . . .	Milligrams . . . . .	3,510	3,550	3,720	3,780	3,620
Sodium <sup>6</sup> . . . . .	Milligrams . . . . .	1,210	1,210	1,240	1,230	1,150
Selenium . . . . .	Micrograms . . . . .	133	143	163	179	181

<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, 1909–2006*. Data also published by Economic Research Service in *Food Consumption, Prices, and Expenditures*, annual. See <<http://www.cnpp.usda.gov/>>.