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Nutrient Content of the U.S. Food Supply

Developments Between 2000-2006

Nutrient Content of the U.S. Food Supply: Developments Between 2000 and 2006

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Abstract

This report presents historical data on the availability of nutrients in the U.S. food supply. 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, food supply nutrient estimates reflect Federal enrichment and fortification standards and technological advances in the food industry and contribute to the Federal dietary guidance system. As such, these data are of interest to agricultural policymakers, economists, nutrition researchers, and nutrition and public health educators. Data are provided for food energy and the energy-yielding nutrients. This summary report highlights changes between 2000 and 2006. In 2000 and 2006, food energy levels were at 3,900 kilocalories, the highest level in the series. This level reflects higher levels of macronutrients, principally fat, between 2000 and 2006. Cholesterol levels were higher in 2006 than in 2000, reflecting a slight increase in the use of meat, poultry, and fish. The level of carbohydrate between 2000 and 2006 decreased but was at the highest level over the series. This reflects a fluctuation of grain consumption and a slight decrease in the use of sugars and sweeteners. The level of dietary fiber was almost the same between 2000 and 2006. The high level of dietary fiber during this period was attributable mainly to consumption of grain products. Levels for most vitamins and minerals were higher in 2000 than in 2006. Higher levels of thiamin, riboflavin, niacin, and iron reflect Federal enrichment standards and the greater use of enriched grain products. The higher folate level in 2000 reflects folate fortification of grain products beginning in 1998. The level of vitamin A was higher in 2000 than in 2006, but this level fluctuated over this period depending on the mix of animal and plant foods in the food supply, as well as that available due to fortification of certain foods with vitamin A. The higher carotene level is linked to the increased use of vegetables, such as broccoli and carrots. Although the vitamin C fluctuated between 2000 and 2006, the amount available was still the highest over the series. The higher vitamin C levels were due to increased vegetables and fruits availability, especially citrus fruits. The high vitamin E level between 2000 and 2006 reflects the greater use of vegetable fats and oils and is associated with the increase of polyunsaturated fatty acids. Higher calcium and phosphorus levels between 2000 and 2006 reflect the increased consumption of low-fat milk, cheese, yogurt, and other dairy products, such as dairy desserts. The availability of both copper and selenium were about the same between 2000 and 2006. High sodium levels indicate the availability of more processed foods, such as cheese and canned vegetables. Levels for vitamin B_{12} were stable between 2000 and 2006, and potassium levels were lower in 2006 than in 2000. The levels of vitamin B_{12} during this period were due to sustained consumption of meats especially organ meats; whereas, the lower levels of potassium reflect lower consumption of plant foods, and fresh potatoes in particular.

Introduction

The U.S. food supply series measures the amount of nutrients available for consumption on a per capita per day basis. The series which dates back to 1909, provides data for 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. This report, Nutrient Content of the U.S. Food Supply, estimates per capita availability of nutrients and percentage contributions of nutrients by major food groups.

Food supply per capita nutrient estimates have historically played a key role in nutrition monitoring activities. The estimates are needed to monitor the potential of the food supply to meet the nutritional needs of the U.S. population, as well as to examine historical trends and to evaluate changes in the American diet. Additionally, food supply nutrient estimates reflect Federal enrichment and fortification standards and technological advances in the food industry and contribute to the Federal dietary guidance system.

Food supply nutrient estimates reflect the food industry's response to health concerns and to Federal dietary guidance. Many of the production techniques and marketing changes made by the manufacturing food industry are responsive to and reflective of dietary recommendations (Davis & Stewart, 2002). By responding to consumers' desires for a convenient, healthy, high quality, and varied food supply, as well as to the directives of Federal dietary guidance, the food industry has reshaped many aspects of the food supply.

Purpose

The food supply data are used for trend comparisons of foods and their nutrients over the years. This summary report highlights changes between 2000 and 2006. Estimates of percentage contributions of nutrients by major food groups and quantities of food and dietary components available for consumption are provided.

Methodology

The nutrient content of the food supply is calculated by using data on the amount of food available for consumption from USDA's Economic Research Service (ERS) and information on the nutrient composition of foods from USDA's Agricultural Research Service (ARS). Estimates of per capita consumption for each commodity (in pounds per year) at 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 per capita per day.

Per Capita Consumption Estimates

ERS annually calculates the amount of food available for consumption on a per capita basis in the United States (Putnam & Allshouse, 1999). Estimates for several hundred foods available for human use are calculated from supply and utilization balance sheets. The availability of food for human use represents disappearance of food into the marketing system, and it is often referred

to as food disappearance. Food disappearance measures food supplies available for consumption through all outlets—home and away from home. Per capita food use, or consumption, is calculated by dividing the total annual food disappearance by the total U.S. population. Since food supply data represent the disappearance of food into the marketing system, per capita consumption and nutrient estimates typically overstate the amount of food and nutrients people ingest.

Food Composition Data

CNPP uses food composition data to estimate the nutrients available in the food supply. These data are obtained from the USDA ARS's Primary Nutrient Data Set, which contains about 2,670 foods and their nutrient profiles. CNPP uses the ERS per capita consumption data and nutrient information from ARS to calculate the nutrient content of the food supply. The per capita consumption data for each commodity is multiplied by the amount of food energy and each of 27 nutrients and dietary components found in the edible portion of the food. Results for each nutrient from all foods are totaled and converted to amount available on a per capita per day basis. Nutrients added to certain commodities commercially through fortification and enrichment are also included in the nutrient content of the food supply.

Food Energy

Food energy or kilocalories/calories is the energy released from the metabolism of foods and allows the production and maintenance of body tissue cells. Energy is required to sustain the body's various functions, including respiration, circulation, physical work, and protein synthesis. This energy is supplied by carbohydrates, proteins, fats, and alcohol in the diet. The energy balance of an individual depends on his or her dietary energy intake and energy expenditure.

The Estimated Energy Requirement (EER) is defined as the average dietary energy intake that is predicted to maintain energy balance in a healthy adult of a defined age, gender, weight, height, and level of physical activity, consistent with good health. In children and pregnant and lactating women, the EER is taken to include the needs associated with the deposition of tissues or the secretion of milk at rates consistent with good health (IOM, 2003).

Availability of Calories

More calories are available for consumption, as the amount reached a record high of 3,900 kilocalories during 2000 and 2006 (table 1, fig. 1). The amounts by which food groups contributed to kilocalories in the food supply fluctuated (fig. 2). The increase in the amount of calories available for consumption is mainly due to a 5 percent increase of total fats between 2000 and 2006, contributing to caloric levels, from 169 to 178 grams per capita per day (table 1). Among the various fat components, polyunsaturated fatty acids increased from 35 grams in 2000 to 39 grams per capita per day in 2006, the highest level over the series (table 1).

Total kilocalories remained stable from 2000 to 2006 at about 3,900 kilocalories, the highest over the series. There was a slight decrease of 100 calories per capita per day in 2001. Contributions of major food groups to total kilocalories varied during this period. While there was a slight increase in total meats (meat, poultry, and fish); legumes, nuts, and soy; total fats and oils; and miscellaneous commodities, there was a decrease in total dairy and grain products; fruits, vegetables, sugars and sweeteners. Eggs contribution to total kilocalories was consistent throughout this period, at 1.3 percent (table 4).

Figure 1. Food energy in the U.S. food supply, per capita per day, 2000-2006

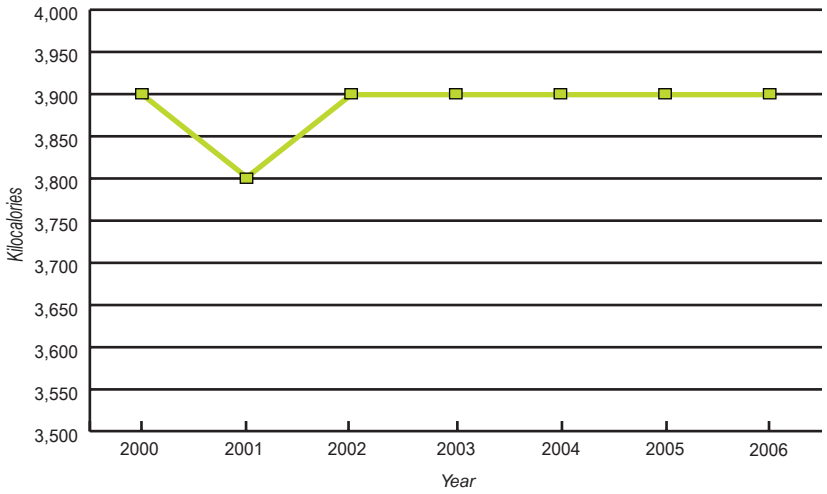
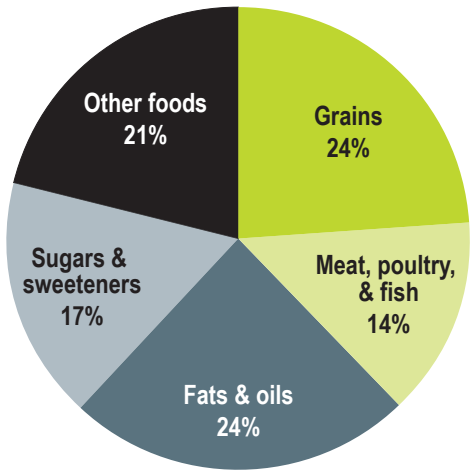


Figure 2. Sources of food energy in the U.S. food supply, 2006



The predominant sources of kilocalories were from grains and fats and oils (table 4). The percentage share of kilocalories (food energy) from grains and fats and oils was about 24 percent during 2000 and 2006. The kilocalorie percentage contribution from meat, poultry, and fish fluctuated throughout this period but slightly increased from 13.2 percent in 2000 to 13.6 percent in 2006. The kilocalorie percentage contribution from dairy products generally decreased over the period and showed a slight 0.2 percent decrease from 2000-2006. On the other hand, the vegetable group showed a small but steady decline in its contribution of kilocalories in the food supply, from 4.5 percent in 2000 to 4.2 percent in 2006. The contribution of calories from fruit showed little variation over the decade at around 3 percent. The sugars and sweeteners group showed a small but steady decline during this period (table 4).

Macronutrients and Dietary Components Fluctuate Between 2000 and 2006

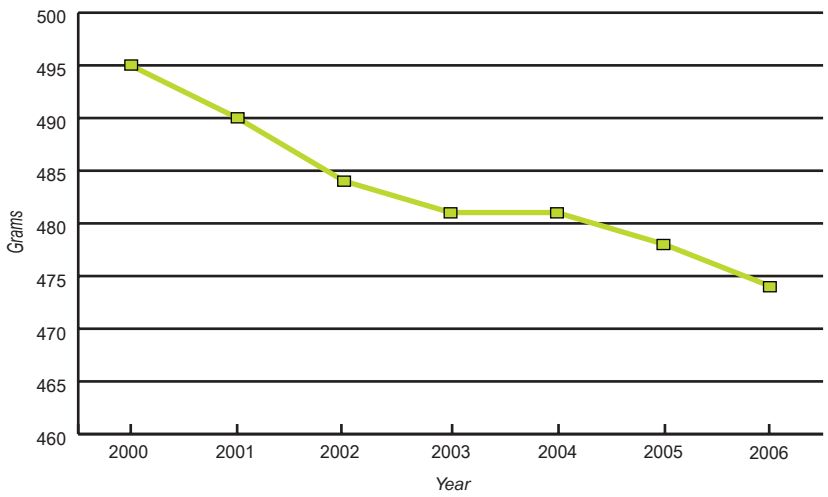
Sources of Macronutrients

The major sources of carbohydrates, protein, fat, and their components contributing to calories have fluctuated between 2000 and 2006 (tables 5-12). Foods derived from plant sources have always contributed most of the carbohydrate available for consumption. Two food groups in particular, grain products and sugars and sweeteners, have been the major sources of carbohydrate throughout the years. Grain products provided the highest percentage of carbohydrates (41 percent), followed by sugars and sweeteners (37 percent) in 2006 (table 5). Grain products were also the main source of dietary fiber (34 percent) during this period (table 6).The contribution of vegetables to fiber decreased by about 2 percentage points from 2000 to 2006 (table 6). The meat, poultry, and fish group provided the largest share of protein (41 percent), followed by grain products (22 percent) and then dairy products (19 percent) in 2006 (table 7). The fats and oils group was the predominant source of total fats in the U.S. food supply and have shown an increasing trend of availability over the years (table 8). During 2000 to 2006, the fats and oils group contributed about 58 percent of the total fats to the food supply. Meats, poultry, and fish have provided about 21 percent of total fats, and dairy products have provided about 11 percent during 2000 and 2006 (table 8).

Carbohydrate and Fiber

Carbohydrates (sugars and starches) provide energy to cells in the body, particularly the brain, which is a carbohydrate-dependent organ. Dietary fiber is primarily the storage and cell wall of polysaccharides found in plants and is resistant to human digestive enzymes. An Estimated Average Requirement (EAR) for carbohydrate is established based on the average amount of glucose utilized by the brain. Per capita availability of total carbohydrate declined 4 percent from 2000 to 2006, while fiber remained mostly stable at 24 grams per capita per day (fig. 3, table 1).

Figure 3. Carbohydrate in the U.S. food supply, per capita per day, 2000-2006



Protein

Proteins form the major structural components of all the cells of the body. Protein provides amino acids to build and maintain body tissues, function as enzymes, membrane carriers, and hormones and combines with fatty acids to transport vitamins and minerals in the body (IOM, 2005). The level of protein in the food supply fluctuated during 2000 and 2006 and increased to 111 grams per capita per day in 2006 (table 1; fig. 4).

In 2000, animal sources contributed about 63 percent of total protein; and in 2006, animal sources was still the largest contributor at about 64 percent of total protein (fig. 5). Grain products provided about 22 percent of the protein available during 2000 to 2006. In 2000, the meat, poultry, and fish group contributed 40 percent, and grain products contributed 23 percent of the protein available in the food supply. Within the meat, poultry, and fish group, red meat has consistently provided the highest share of protein. Poultry has also made a great contribution to protein at about 15 percent during this period (table 7). Dairy products have supplied about one-fifth of the protein in the U.S. food supply. Actual protein contribution from dairy products was about 19 percent for 2000 and 2006, respectively (table 7).

Figure 4. Protein in the U.S. food supply, per capita per day, 2000-2006

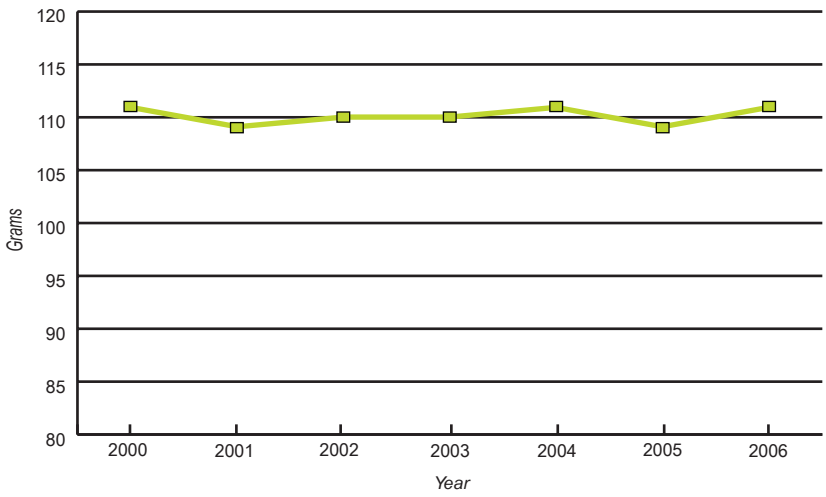
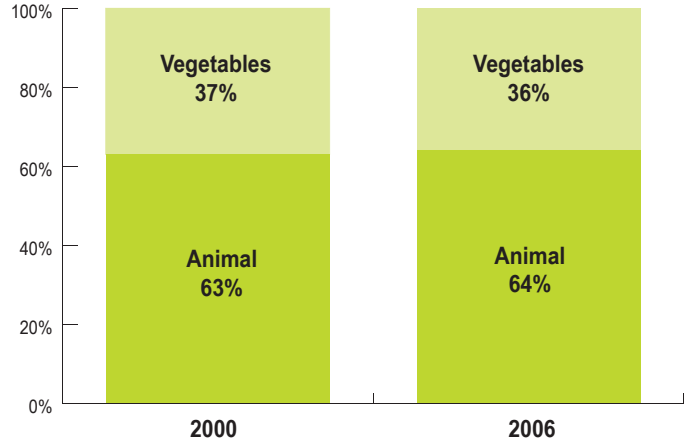


Figure 5. Types of protein in the U.S. food supply, 2000 and 2006



Fats

Fats are the major source of fuel energy for the body. They help to hold body organs and nerves in position, protect against injury and shock, insulate and maintain body temperature, and act in the transportation and absorption of fat-soluble vitamins and other food components such as carotenoids. U.S. food supply fat estimates include levels for saturated fatty acids, monounsaturated fatty acids, polyunsaturated fatty acids, and for the dietary component, cholesterol. Estimates of the total fat content in the food supply include visible fats (i.e., lard, margarine, and oils) and invisible fats (distinguished from the fats and oils group) present in dairy, meat, and baked products.

In 2006, the American diet maintained a high level of total dietary fat. The nutrient content of the U.S. food supply indicates that per capita availability of total dietary fat fluctuated but increased slightly (fig. 6). Fats jumped 5 percent between 2000 and 2006, reaching a high level and maintaining per capita calorie availability to the highest level of 3,900 calories per person per day. The distribution of fats among saturated, monounsaturated, and polyunsaturated fats, as well as cholesterol showed a generally increasing trend with slightly declining fluctuations in some intervening years (table 1; fig. 7).

Figure 6. Total fat in the U.S. food supply, per capita per day, 2000-2006

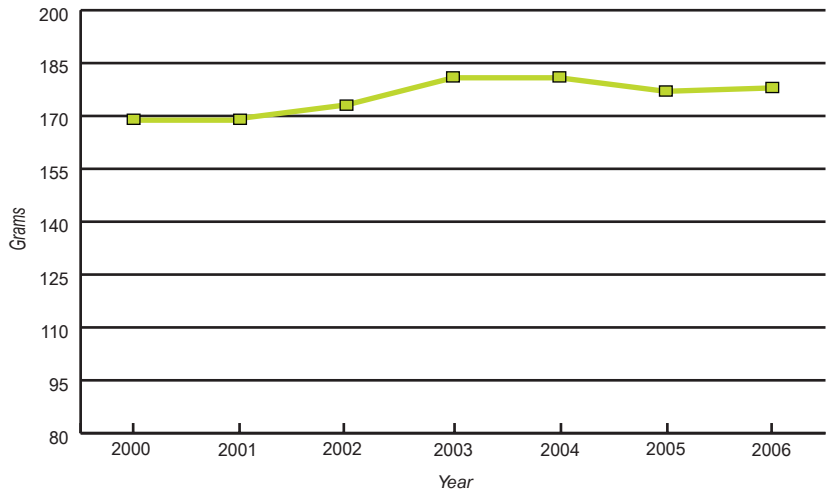
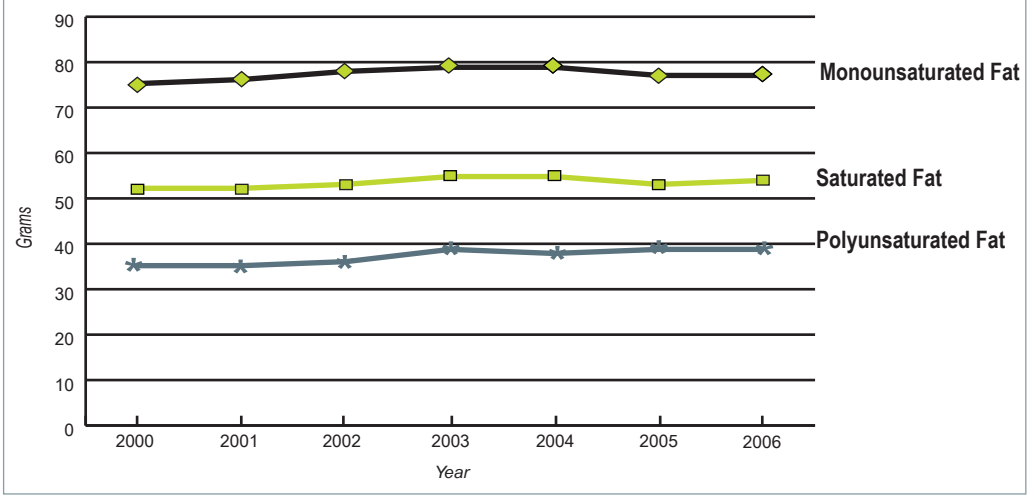


Figure 7. Saturated, monounsaturated, and polyunsaturated fat in the U.S. food supply, per capita per day, 2000-2006



Increases in total fat availability may be attributed to increased consumption of products prepared with salad, cooking, and edible oils; lard and beef tallow; and cheeses. Several trends helped to moderate fat availability during this period, such as the closer trimming of outside fat on retail cuts of meat, the marketing of a host of lower fat ground and processed meat products, and consumer substitution of poultry and fish for red meat. An overall decrease in per capita availability of milks and growing consumer preference for lower fat milks also stemmed fat availability. Mandatory nutrition labeling on packaged foods, beginning in early 1994, prompted food manufacturers to market lower fat versions of regular high-fat foods, which likely spawned the decline in availability of margarine and shortening between 2000 and 2006 (table 8).

In 2006, the fats and oils group provided 58 percent of the total fats (table 8). This represented almost a 1-percentage-point increase from 2000. Although margarine and shortening showed a 2- and 3-percentage-point decline, respectively, lard, beef tallow, and salad oils showed an increase in availability. Salad and cooking oils increased the most since 2000, by 5 percentage points, probably the result of increased consumption of fried foods and baked goods, including pastries and cookies (table 8).

The fats and oils group was the primary source of saturated fatty acids and availability fluctuated slightly between 2000 and 2006, providing 46 percent. Meat, poultry, and fish was the second largest group at 24 percent, while dairy products ranked as the third largest contributor of saturated fatty acids at about 22 percent (table 9).

During the period between 2000 and 2006, the fats and oils group has continued to be the leading contributor of monounsaturated fatty acids ranging from 62 to 63 percent, the highest availability over the series. This rise was mainly due to salad and cooking oils and shortening availability (table 10). During 2000-2006, the fats and oils group also contributed about three-fourths (73 percent) of the total polyunsaturated fatty acids (table 11). This was mainly due to the increased use of salad, cooking, and other edible oils, which reflected increased consumption of fried foods and baked goods. For cholesterol, the meat, poultry, and fish group was the predominant source, followed by eggs between 2000 and 2006 (table 12).

Micronutrients Fluctuated Over the Period

Vitamins

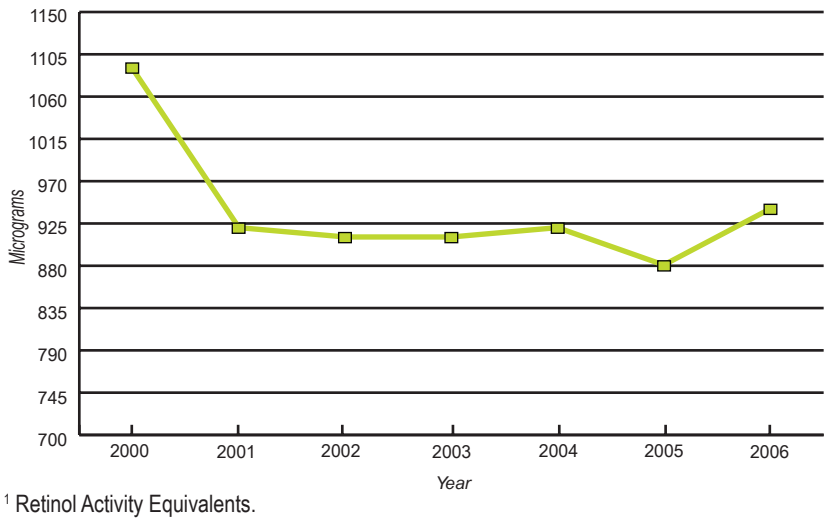
Vitamins are organic compounds essential for specific metabolic reactions in the body. They are non-caloric molecules that cannot be synthesized by human tissue cells from simple metabolites. Many vitamins act as coenzymes or as parts of enzymes responsible for essential chemical reactions associated with functional or health outcomes. With the current science of plant metabolism, it is possible to increase the vitamin content of staple foods by both conventional plant breeding and genetic engineering. Such activities provide a strategy to reduce nutrient deficiencies in human populations by replacing or complementing other strategies already in place, such as food fortification or nutrient supplementation.

Vitamin A, Carotenes

Vitamin A is a fat-soluble antioxidant vitamin essential for vision, growth, bone development, development and maintenance of epithelial tissue, the integrity of the immune system, and reproduction. There are a variety of foods rich in vitamin A and provitamin A carotenoids available in the U.S. food supply, such that overt symptoms of vitamin A deficiency are rare. Vitamin A occurs in different forms: preformed retinoids and carotenoids. Preformed vitamin A is abundant in some animal-derived products; whereas, provitamin A carotenoids are abundant in darkly colored fruits and vegetables, as well as oily fruits and red palm oil. Beta-carotene is the most active of the carotenoids. Retinol Activity Equivalents (RAE) is 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 (IOM, 2001). As such, retinol activity in the food supply may be lower than previously reported as vitamin A (RE), especially from those foods high in provitamin A carotenoids, such as carotene-rich fruits and vegetables (table 2).

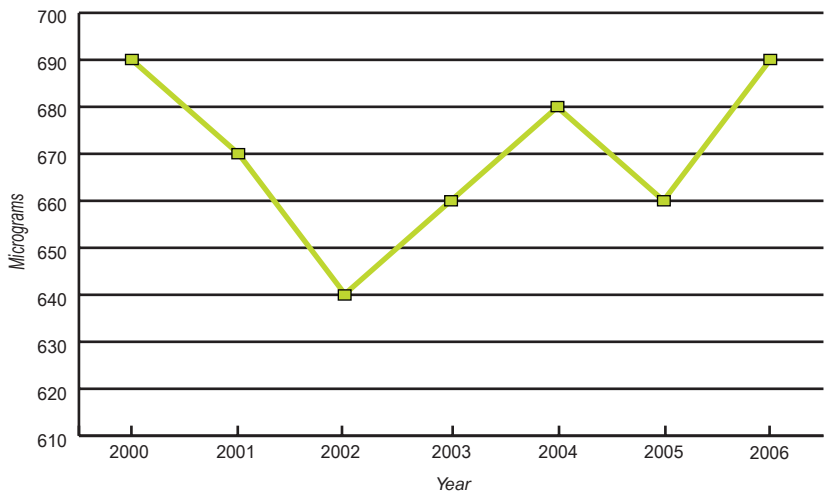
Total vitamin A decreased from 1,090 µg RAE per capita per day in 2000 to 940 µg RAE per capita per day in 2006 (table 2, fig. 8). Although carotenes remained stable at 690 µg per capita per day for 2000 and 2006 (table 2, fig. 9), these values fluctuated over the years between 640 µg and 690 µg per capita per day.

Figure 8. Vitamin A (RAE)[1] in the U.S. food supply, per capita per day, 2000-2006



[1] Retinol Activity Equivalents.

Figure 9. Carotene in the U.S. food supply, per capita per day, 2000-2006



The vegetable group was the leading source of vitamin A in both 2000 and 2006; this contribution increased from about 29 percent in 2000 to 32 percent in 2006. Dark-green and deep-yellow vegetables accounted for the greatest share of vitamin A from this group during this period. The meat, poultry, and fish group was the fourth and third leading sources of vitamin A in 2000 and 2006, providing 18 and 22 percent, respectively, to the total vitamin A in the food supply. Dairy products were the third and fourth leading sources of vitamin A in 2000 and 2006, providing 23 and 20 percent, respectively (table 13). Fortification of margarine with vitamin A since the mid-1940s and breakfast cereals beginning in 1974 has also made important vitamin A contributions to the total vitamin A content of the food supply.

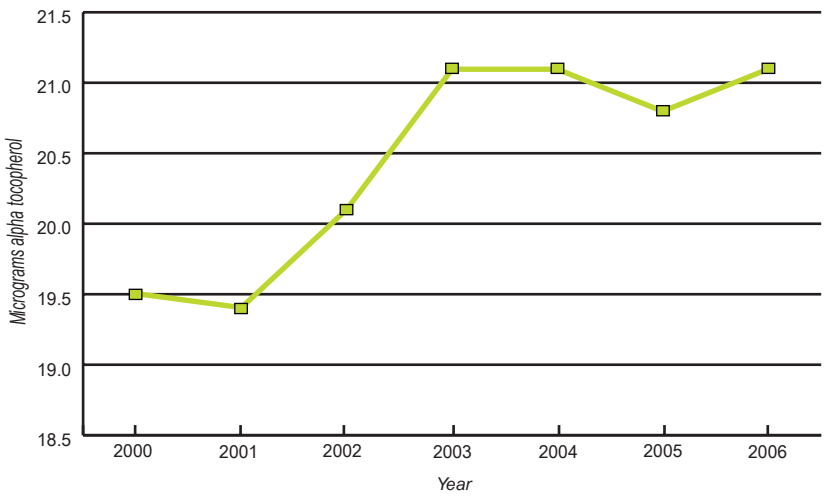
Carotene values were relatively high between 2000 and 2006, at 690 µg per capita per day for both 2000 and 2006 (table 2). As expected, total vegetables provided the most carotene at 80 and 77 percent for 2000 and 2006, respectively (table 14). Dark-green and deep-yellow vegetables made up 70 and 65 percent of the total vegetables for 2000 and 2006, respectively.

Vitamin E

Vitamin E is a fat-soluble antioxidant vitamin that prevents vitamin A and essential fatty acids from breaking down (oxidizing) and protects the body from cell damage that can lead to cancer, heart disease, and cataracts with age. Overt deficiency is very rare, thus current dietary patterns appear to provide sufficient vitamin E to prevent deficiency symptoms (IOM, 2000b).

The level of vitamin E was 21.1 mg alpha TE per capita per day in 2006, up from 19.5 mg alpha TE per capita per day in 2000. The level of vitamin E has generally increased over the series with the highest level in 2006 (table 2, fig. 10). Higher levels are due primarily to increased use of vegetable oils for salads and cooking, such as soybean, corn, sunflower, olive, and canola oils, as well as shortening and, to a lesser extent, use of butter, margarine, and lard. The fats and oils group is by far the largest contributor to vitamin E availability in the food supply, providing almost three-quarters during this period (table 15). This contribution is the highest of the series and reflects an increased use of fats and oils.

Figure 10. Vitamin E in the U.S. food supply, per capita per day, 2000-2006

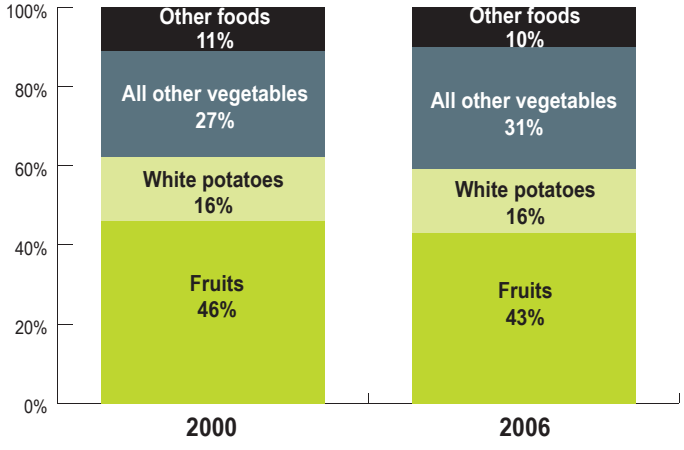


Vitamin C

Vitamin C or ascorbic acid functions physiologically as a water-soluble antioxidant (IOM, 2000b). Vitamin C is best known for its prevention of scurvy. It also has beneficial roles in immune responses, wound healing, and allergic reactions (Mahan & Escott-Stump, 2008). The level of vitamin C, which peaked at 121 mg per capita per day in 2000, dropped to 106 mg per capita per day in 2006 (table 2).

The fruit and vegetable share of total vitamin C in the food supply has been around 90 percent over the years. Although this percentage has remained relatively constant, shifts have occurred in the types of vegetables and fruits providing vitamin C. For example, early in the 20th century, white potatoes were an important source, providing around one-third; by 2000 their share was halved. Citrus fruits provided almost 30 percent of the vitamin C available between 2000 and 2006 (table 16; fig. 11).

Figure 11. Sources of vitamin C in the U.S. food supply, 2000 and 2006

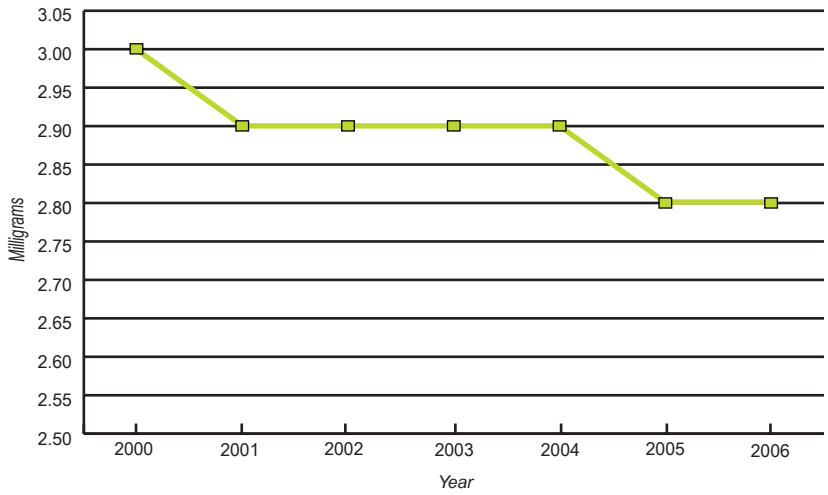


Thiamin, Riboflavin, Niacin

These vitamins are components of essential enzyme systems involved with energy metabolism. Levels of each of these vitamins in the food supply were considerably stable between 2000 and 2006, primarily because of the enrichment of flour and nutrient fortification standards for breakfast cereals, resulting in a higher level of fortification and subsequent increase in these nutrients. The enrichment of grain products is primarily responsible for the higher levels of these three vitamins.

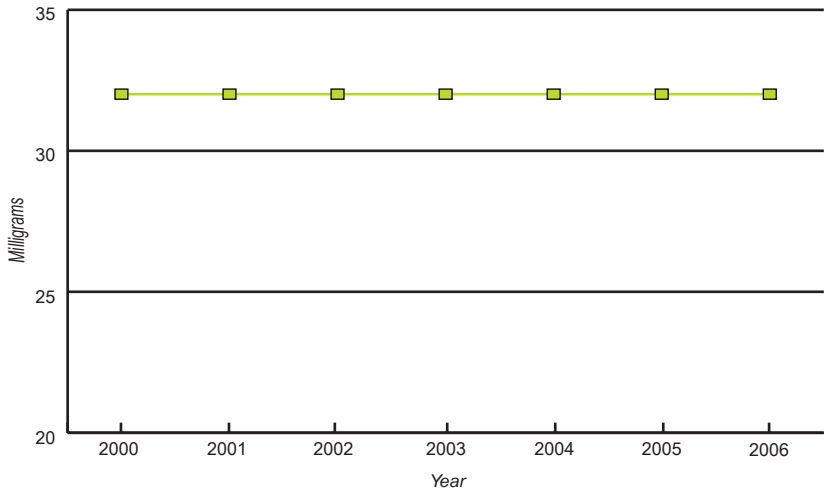
Between 2000 and 2006, thiamin and riboflavin fluctuated slightly but remained at approximately 3.0 mg (table 2, fig. 12). On the other hand, niacin was stable at 32 mg throughout this period (fig. 13). These high levels virtually ensure that these vitamins pose no public health problems to most Americans (IOM, 1998).

Figure 12. Thiamin and riboflavin in the U.S. food supply, per capita per day, 2000-2006



Note: Thiamin and riboflavin have the same values.

Figure 13. Niacin in the U.S. food supply, per capita per day, 2000-2006



The continued upward trend of these vitamins since the mid-1970s has been primarily due to the increase in the fortification standards of ready-to-eat cereals (U.S. Department of Commerce, 1999a) and the greater use in more recent years of enriched grain products. Before enrichment, the meat, poultry, and fish group was the primary source of thiamin, with grain products ranking second for most of the earlier years in the series.With the introduction of enriched flour, grain products became the primary source of thiamin. In 2000 and 2006, grain products accounted for about 60 percent of the thiamin in the food supply, followed by the meat, poultry, and fish group (18 percent), fruits and vegetables (11 percent), and dairy (6 and 5 percent, respectively, for 2000 and 2006) (table 17, fig. 14).). Riboflavin levels peaked between 2000 and 2006 at 2.9 mg and have since remained stable (table 2). The riboflavin share from grain products remained at peak levels between 2000 and 2006 at about 39 percent; whereas, that from dairy decreased from 28 to 27 percent, respectively, during that period. By contrast, the riboflavin share from the meat, poultry, and fish group was 10 percentage points lower than the dairy contribution in 2006, at 27 percent (table 18. fig. 15).

Figure 14. Sources of thiamin in the U.S. food supply, 2000 and 2006

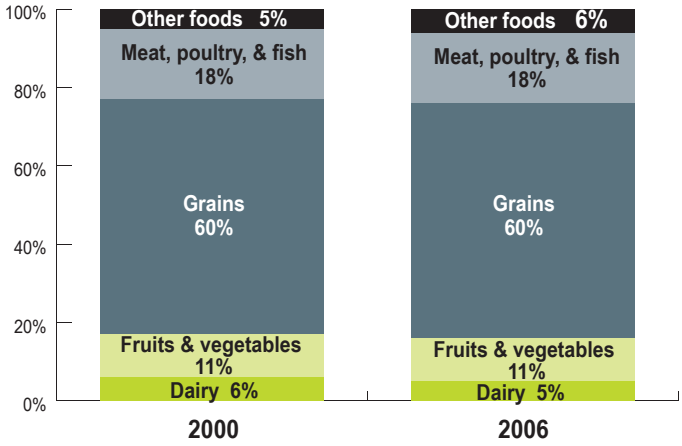
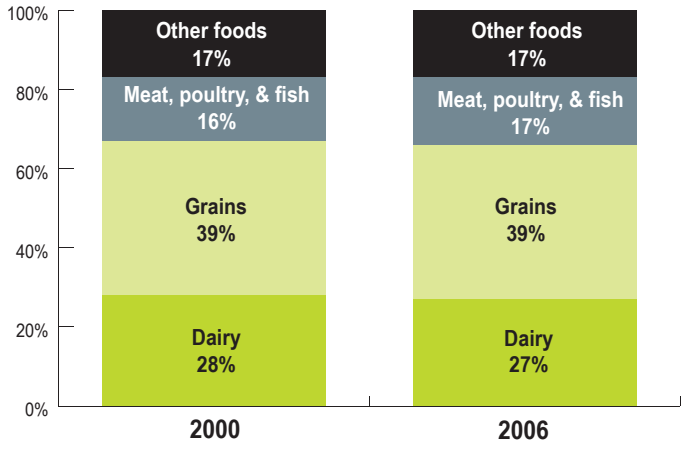
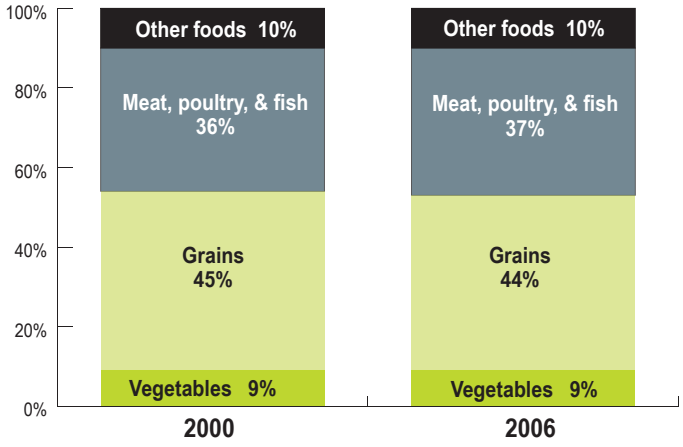


Figure 15. Sources of riboflavin in the U.S. food supply, 2000 and 2006



In 2006, grain products contributed the largest share of niacin in the food supply (44 percent), followed by the meat, poultry, and fish group (37 percent) and the vegetable group (9 percent) (table 19, fig.16).

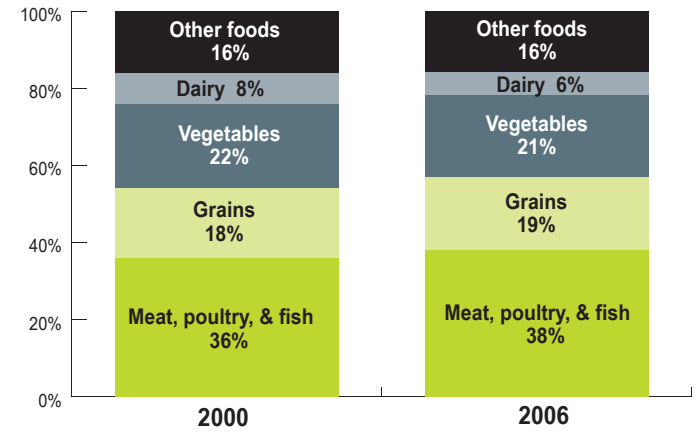
Figure 16. Sources of niacin in the U.S. food supply, 2000 and 2006



Vitamin B_6

As a coenzyme, vitamin B_6 aids in the synthesis and breakdown of amino acids, fatty acid synthesis, and the conversion of tryptophan to niacin. Vitamin B_6 remained nearly the same from 2000 to 2006 values at 2.4 and 2.3 mg, respectively (table 2). In 2006, the meat, poultry, and fish group contributed 38 percent of the total vitamin B_6, up from 36 percent in 2000. After meat, the second leading source of vitamin B_6 was vegetables. The contribution of vitamin B_6 from vegetables declined between 2000 and 2006. This decline was attributable mainly to a decrease in the availability of vitamin B_6 from white potatoes (table 20). However, vegetables still contributed 22 percent of vitamin B_6 to the food supply in 2000 and 21 percent in 2006. Grains provided 18 percent and 19 percent of the available B_6 to the food supply in 2000 and 2006, respectively, while dairy and fruit contributions were similar, at 8 and 7 percent, respectively, in 2000. On the other hand, dairy contribution to vitamin B_6 in 2006 dropped about 2 percentage points from 2000, while fruit contribution to vitamin B_6 in 2006 dropped only slightly from 2000 (table 20; fig. 17).

Figure 17. Sources of vitamin B_6 in the U.S. food supply, 2000 and 2006

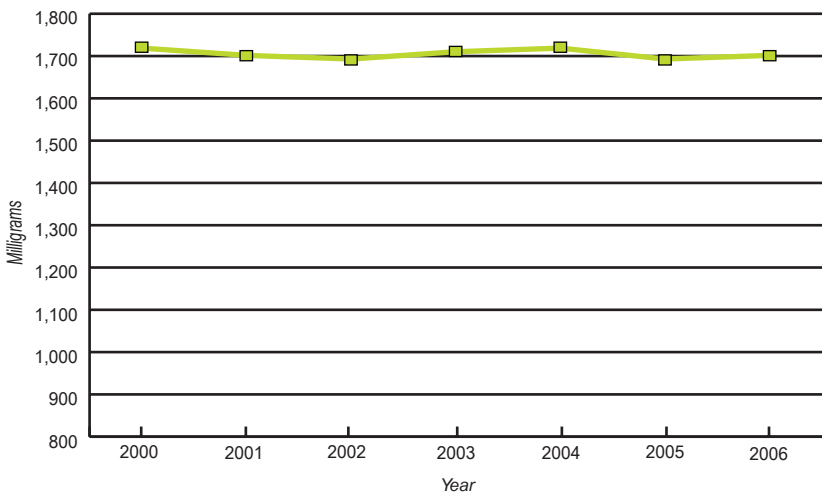


Folate (DFE)

Folate functions as a coenzyme and is essential for the biosynthesis of nucleic and amino acids and normal maturation of red blood cells. Low serum folate levels have been associated with elevated serum homocysteine, an independent risk factor for vascular disease, pregnancy complications, and adverse pregnancy outcomes (Vollset et al., 2000). In response to changes in folate reporting as recommended by the National Academy of Sciences, Institute of Medicine (IOM, 1998), folate will be reported as DFE. The use of DFE takes into account the greater bioavailability of synthetic folic acid compared with naturally occurring food folate.

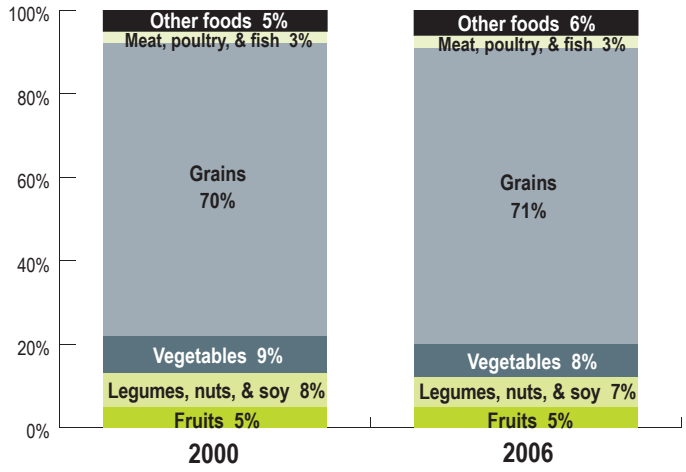
Folate (DFE) peaked at 902 µg in 2000 and dropped to 874 µg in 2006 (table 2, fig. 18). After grain products, vegetables were the second leading source of folate DFE during 2000 and 2006, accounting for nearly 9 percent of the total folate in the food supply in 2000 and 2006. Folate contribution from fruit was about 5 percent in 2000 and 2006, respectively (table 21, fig. 19).

Figure 18. Folate (DFE)[1] in the U.S. food supply, per capita per day, 2000-2006



[1] Dietary Folate Equivalent.

Figure 19. Sources of folate (DFE)[1] in the U.S. food supply, 2000 and 2006



[1] Dietary Folate Equivalent.

Vitamin B_{12}

Vitamin B_{12} (cobalamin) functions as a coenzyme for the production of methionine and succinyl Co-A. It is essential for normal cell metabolism, especially for cells in the gastrointestinal tract, bone marrow, and nervous tissue and is involved with folate metabolism (Mahan & Escott-Stump, 2008). Unlike the other B vitamins, B_{12} is normally found in animal products. During 2000 to 2006, Vitamin B_{12} fluctuated, but the overall level remained the same during this period at 8.1 mg (table 2). The meat, poultry, and fish group contributed 70 percent of the B_{12} to the U.S. food supply, while dairy products contributed almost a quarter of the total vitamin B_{12} to the U.S. food supply during this period (table 22).

Minerals

Minerals occur in the body and in food chiefly in the ionic form. In the body, they have essential roles both as dissolved ions in body fluids and as constituents of essential compounds (Mahan & Escott-Stump, 2008). Food supply data include calcium, phosphorus, magnesium, iron, zinc, copper, potassium, sodium, and selenium. Generally, per capita levels of minerals meet the DRIs (as RDAs) (IOM, 1997, 1998, 2000b, 2001, 2002) with the exception of calcium.

Calcium

Unlike most of the other minerals, calcium requirements are set at Adequate Intakes (AI) rather than EARs. This decision was based on concerns related to balance studies and lack of agreement between observational and experimental studies as well as lack of longitudinal data. The recommended AI represents an approximation of the calcium intake that, in the judgment of the DRI committee, would appear to be sufficient to maintain calcium nutriture while recognizing that lower intakes may be adequate for some (IOM, 1997). Calcium is essential for the formation of bones and teeth, and requirements are highest during adolescence, later adult years, pregnancy, and lactation. Calcium is very important from a public health perspective because inadequate intakes of this mineral may increase the risk for osteoporosis, a condition in which decreased bone mass weakens bones and leads to fractures.

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

Calcium per capita and per day fluctuated between 2000 and 2006 but primarily decreased from 980 mg per capita per day to 960 mg per capita per day (table 3, fig. 20). The primary sources of calcium available in the food supply have remained the same between 2000 and 2006. Dairy products contributed about 70 percent 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 23). Vegetables provided the second largest amount of calcium in the food supply, which was about 7 percent during 2000 and 2006. The third highest contributor of calcium was from grain products, which remained somewhat stable, providing about 5 percent of total calcium between 2000 and 2006 (fig. 21).

Figure 20. Calcium and phosphorus in the U.S. food supply, per capita per day, 2000-2006

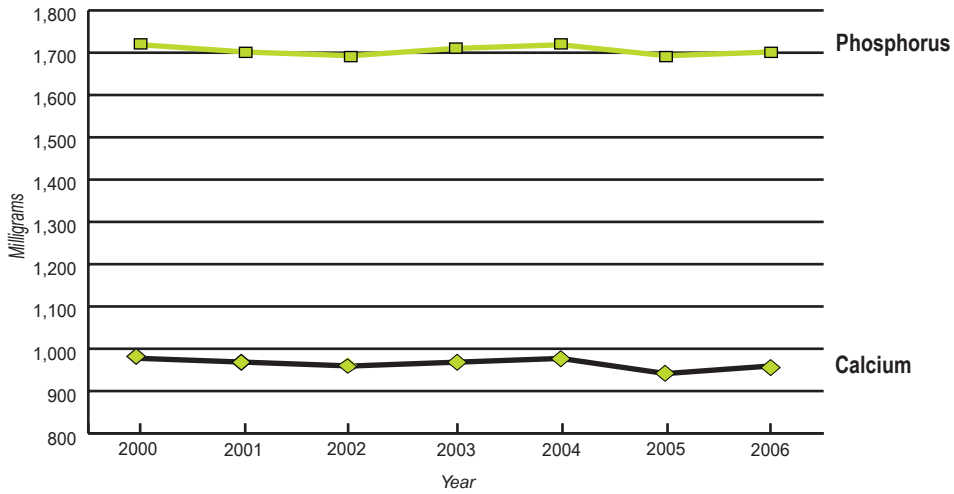
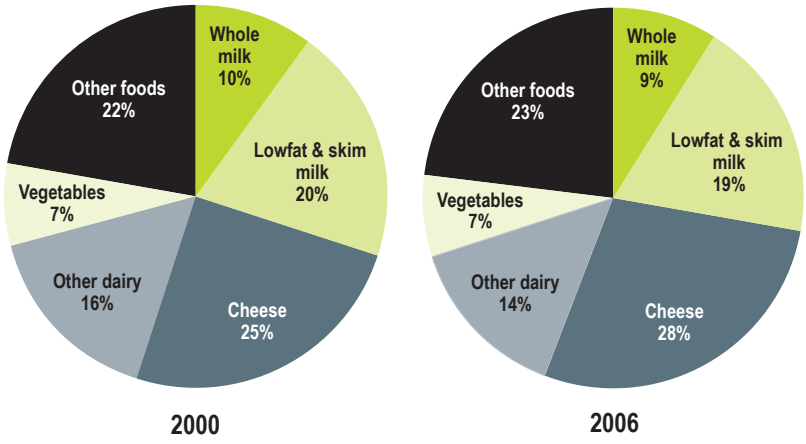


Figure 21. Sources of calcium in the U.S. food supply, 2000 and 2006

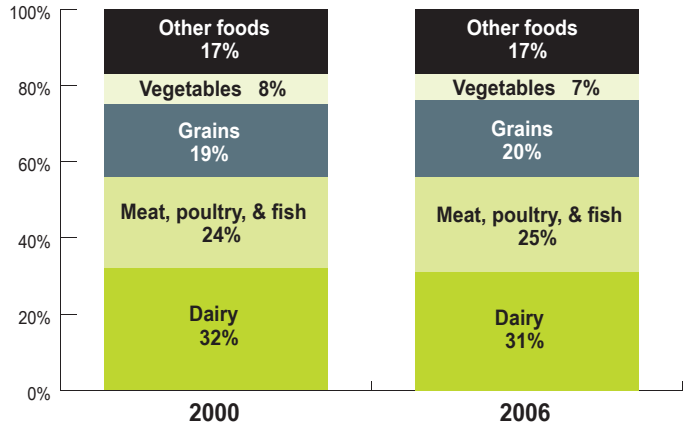


Phosphorus

Phosphorus is a component of every cell, ranking second to calcium in abundance in human tissues. It has numerous critical functions in the body related to bone, nucleic acid, and energy metabolism. Most food sources exhibit good phosphorus bioavailability; therefore, dietary deficiencies of the nutrient are unlikely to develop.

Phosphorus levels in the food supply peaked at 1,720 mg in 2000. The phosphorus levels fluctuated between 2000 and 2006, with a 1,700 mg available in 2006 (table 3, fig. 20). During this period, foods from plant sources contributed 35 percent of the phosphorus in the food supply, while foods from animal sources contributed about 56 percent. The dominant sources of phosphorus during this time were from dairy products, approximately 31 percent, followed by the meat, poultry, and fish group, approximately 25 percent, and then the grain products, about 20 percent (table 24, fig. 22).

Figure 22. Sources of phosphorus in the U.S. food supply, 2000 and 2006



Magnesium

More than half the magnesium in the human body is found in bones, and most of the rest is found in intracellular fluid. Magnesium functions as an activator of many enzyme systems in the body (Mahan & Escott-Stump, 2008). Magnesium levels have fluctuated somewhat over the series, with the 2000 and 2006 levels peaking at 400 mg per capita per day (table 3). Several shifts have occurred in the sources of magnesium over the years. In 2000 and 2006, foods originating from plants accounted for about 56 percent of the total supply of magnesium, with grains being the primary source. Animal products contributed more than a quarter of the magnesium, while the miscellaneous group, which includes spices, is also an important (but concentrated) source, providing about 16 and 17 percent of the magnesium in the food supply during 2000 and 2006, respectively (table 25).

Iron

Iron is found in all body cells, and as a component of hemoglobin in blood and myoglobin in muscles, iron carries oxygen. Iron deficiency anemia is the most common nutritional deficiency in the United States: infants, adolescents, and women of childbearing age are at greatest risk for developing anemia. The higher need for iron, which is due to rapid growth or excessive blood loss during menstruation, usually cannot be compensated by dietary intake alone (Mahan & Escott-Stump, 2008).

The amount of iron in the food supply was highest between 2000 and 2006, which was at 23.4 mg per capita per day (table 3, fig. 23). The predominant source of iron in the food supply is grain products, primarily due to fortification. In 2000, grain products accounted for an average of 52 percent of the iron in the food supply; this amount decreased slightly to 51 percent in 2006 (table 26). After grain products, the meat, poultry, and fish group (particularly red meats) has ranked second as a source of iron through most of the years. This group provided 14 percent of the iron available in 2000 and 15 percent in 2006. The vegetable group, specifically white potatoes, was an important source in earlier years. However, the share of iron from vegetables declined as the use of white potatoes declined. In 2000 and 2006, the vegetable group furnished about 9 percent of the iron in the food supply. Another important source of iron is the legumes, nuts, and soy group. In 2000, this group provided 8 percent of the iron in the food supply; however, the iron share decreased to 7 percent in 2006 (table 26**,** fig. 24**)**

Figure 23. Iron in the U.S. food supply, per capita per day, 2000-2006

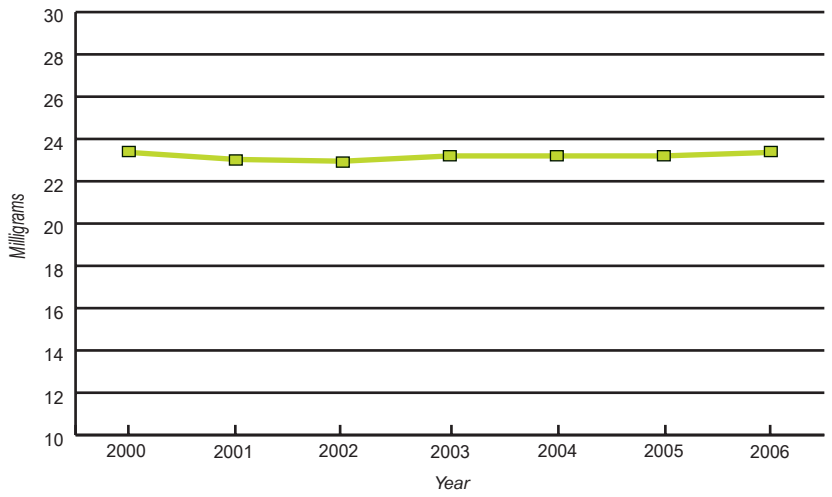
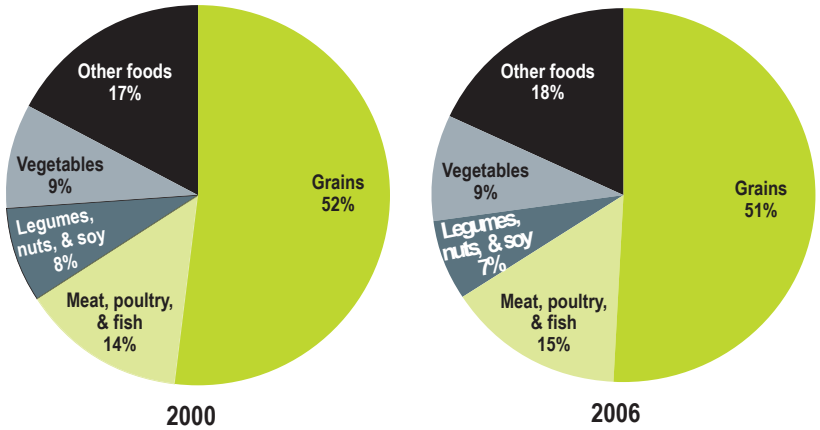


Figure 24. Sources of iron in the U.S. food supply, 2000 and 2006

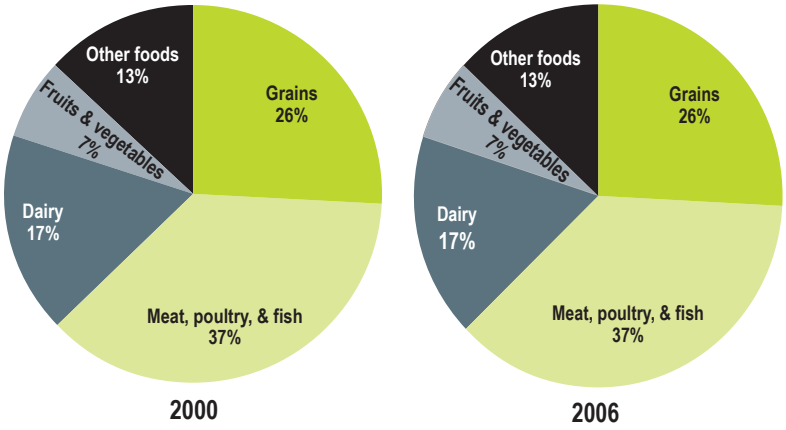


Zinc

Zinc is involved in numerous aspects of cellular metabolism of carbohydrates, lipids, proteins, and nucleic acids. It also plays an important role in wound healing, blood formation, and general growth and maintenance of all body tissues (Maret & Sandstead, 2006)

Zinc levels fluctuated slightly between 2000 and 2006 but remained essentially stable at about 15 mg per capita per day (table 3). In both 2000 and 2006, the meat, poultry, and fish group was the lead contributor of zinc in the food supply at 37 percent (table 27). With fortification of ready-to eat breakfast cereals with zinc in 1974, the zinc contributions from grains increased. Grain products were the second most important contributor of this nutrient at 26 percent in 2000 and in 2006. During this time, fruits and vegetables contribution to zinc was at about 7 percent (table 27, fig. 25).

Figure 25. Sources of zinc in the U.S. food supply, 2000 and 2006



Copper

Copper is found in all body tissues and works with iron to form hemoglobin. Copper also helps maintain healthy bones, blood vessels, and nerves. The level of copper in the food supply remained stable during 2000 to 2006 at 2 mg per capita per day (table 3).

Foods of plant origin are the primary source of copper. In 2000, plant sources provided 57 percent of the copper in the food supply, and in 2006, the share decreased slightly to 56 percent. During 2000 and 2006, the grain group and the meat, poultry, and fish group were the leading sources of copper, providing 21 percent to the food supply, respectively, followed closely by the legumes, nuts, and soy group at 19 percent. Miscellaneous items (mostly spices), vegetables, and fruits provided smaller amounts of copper to the food supply (table 28).

Potassium

Potassium aids in muscle contraction and in maintaining fluid and electrolyte balance in body cells. Potassium functions in nerve impulses as well as in carbohydrate and protein metabolism. Values have dropped 160 mg for potassium per capita per day between 2000 and 2006, with availability of potassium fluctuating between 3,780 and 3,620 mg per capita per day (table 3, fig. 26).

Foods from plants have been the primary sources of potassium. Even though the percentage decreased over the years, foods from plants still provided more than half of the potassium in the food supply during 2000 and 2006. Vegetables contributed about 25 percent of the potassium in the food supply, with white potatoes alone contributing about 11 percent. On the other hand, the contribution from fruit has generally increased over time, although there were some fluctuations between 2000 and 2006. The share of potassium provided by the dairy group decreased somewhat from 18 percent in 2000 to 17 percent in 2006; whereas, that provided by the meat, poultry, and fish group increased from 17 to 18 percent, respectively, during this period. However, the share from grains increased slightly from 9 percent in 2000 to 10 percent in 2006 (table 29, fig. 27).

Figure 26. Potassium in the U.S. food supply, per capita per day, 2000-2006

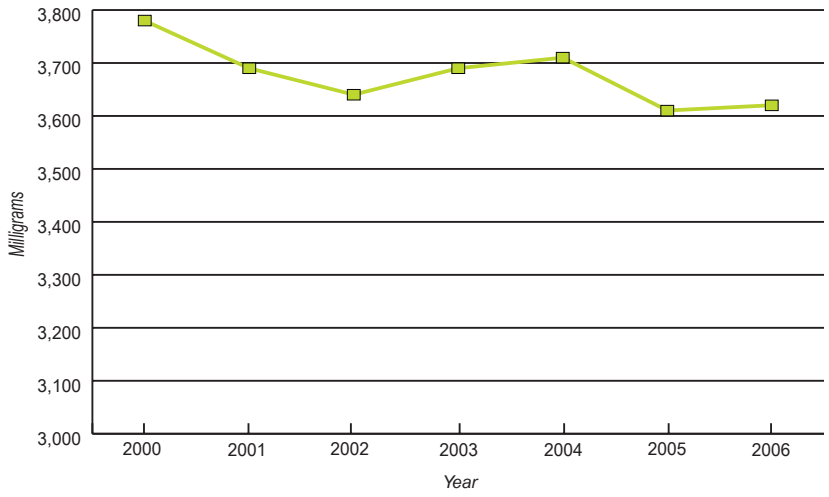
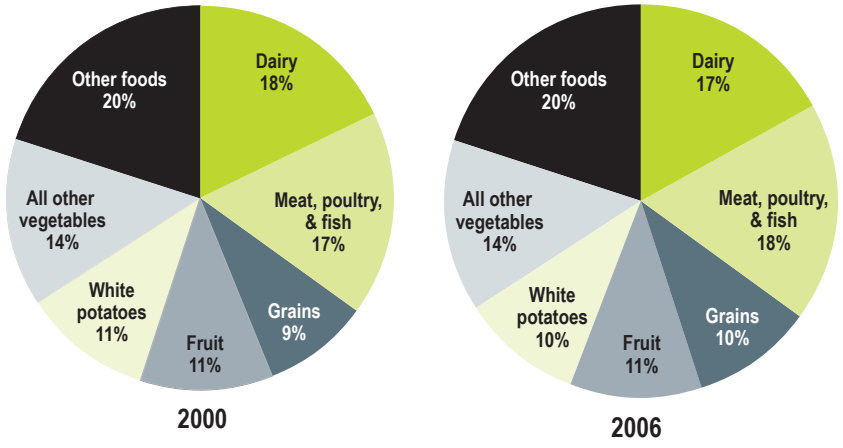


Figure 27. Sources of potassium in the U.S. food supply, 2000 and 2006



Sodium

Sodium, a major cation, regulates extracellular fluid and plasma volume. It also aids in conduction of nerve impulses and muscle contractions. Excessive sodium intake is more of a concern than is a deficiency of intake. Sodium is found in all foods, except fruit. The amount of sodium available in the food supply has generally increased over the years.

Food supply per capita estimates for sodium fluctuated over the last decade, ranging from 1,230 to 1,150 mg per day (table 3, fig. 28). Higher sodium levels are partly due to the increased consumption of cheese (table 30). 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. From 2000 to 2006, the dairy group was the primary contributor of sodium and has provided about one-third of the total sodium in the food supply, mainly because of cheese consumption, which provided more that half of the sodium contribution from dairy (table 30, fig. 29).

Figure 28. Sodium in the U.S. food supply, per capita per day, 2000-2006

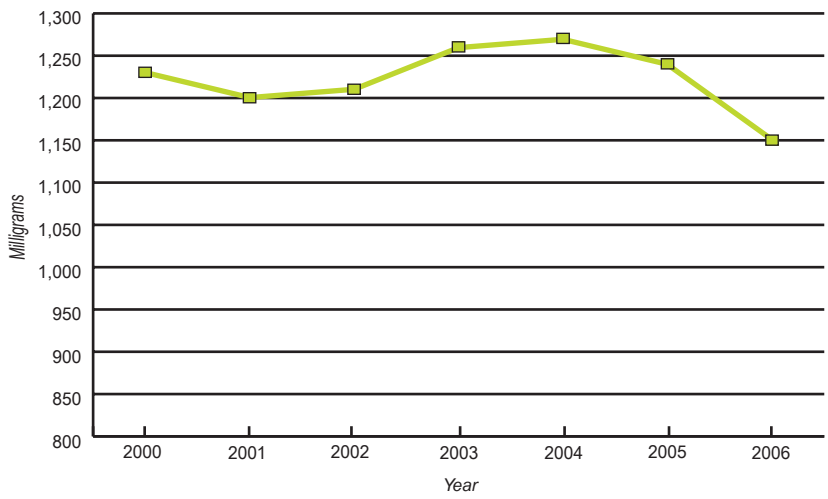
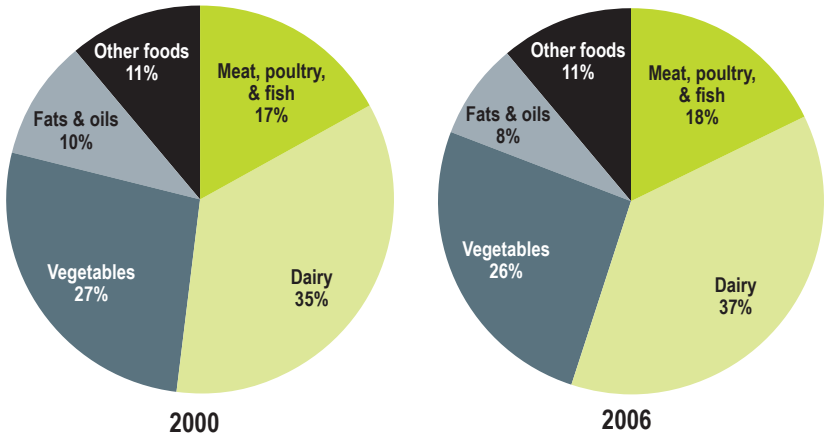


Figure 29. Sources of sodium in the U.S. food supply, 2000 and 2006



Selenium

Selenium is a micronutrient with antioxidant properties. Like vitamin E, it protects cells from oxidative damage. Deficiency is rare in humans. Selenium is found in most foods, but the primary sources include meats, seafood, and grains.

Selenium showed a slight increase from 2000 to 2006, increasing to 181 µg per day (table 3, fig. 30). Grains have always been the primary source of selenium in the food supply, although contributions have decreased over time.

The grain group provided about 43 percent during this period. The meat, poultry, and fish group was a secondary source of selenium, providing 27 percent in 2006. Contributions from the dairy group were about 13 percent during 2000 and 2006 (table 31).

Figure 30. Selenium in the U.S. food supply, per capita per day, 2000-2006

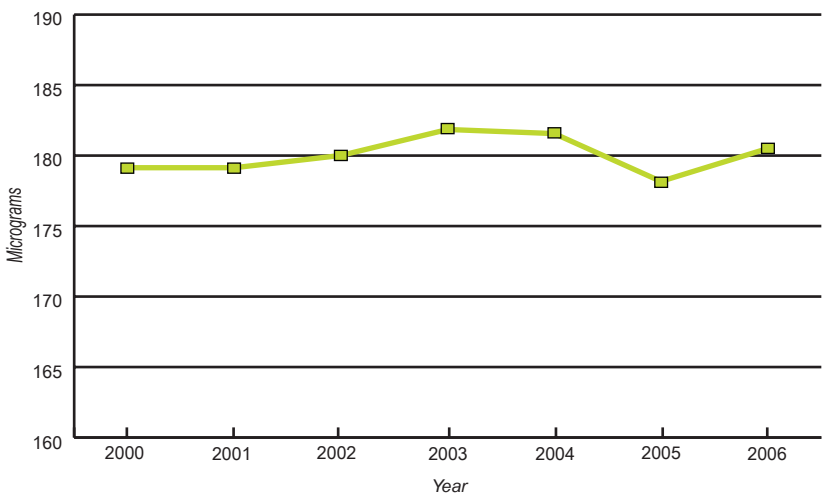


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Table 1. Food Energy and Macronutrients per Capita and per Day in the U.S. Food Supply, Selected Years

Year	Food energy (kilocalories)	Carbohydrate (grams)	Fiber (grams)	Protein (grams)	Fat (grams)	Saturated fatty acids (grams)	Monounsaturated fatty acids (grams)	Polyunsaturated fatty acids (grams)	Cholesterol (milligrams)
1909-19	3,300	484	28	96	117	48	45	13	430
1920-29	3,300	476	26	92	124	52	47	14	460
1930-39	3,200	449	25	89	127	53	48	15	440
1940-49	3,300	428	24	97	135	54	52	17	490
1950-59	3,100	389	20	92	135	52	52	19	490
1960-69	3,100	381	19	93	140	52	54	22	460
1970-79	3,200	395	20	96	143	49	57	27	430
1980-89	3,400	421	22	100	151	50	61	30	420
1990-99	3,600	478	24	108	150	48	64	31	400
2000	3,900	495	24	111	169	52	75	35	410
2001	3,800	490	24	109	169	52	76	35	410
2002	3,900	484	24	110	173	53	78	36	420
2003	3,900	481	24	110	181	55	79	39	420
2004	3,900	481	24	111	181	55	79	38	420
2005	3,900	478	24	109	177	53	77	39	410
2006	3,900	474	25	111	178	54	77	39	420

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

	Vitamin A (Retinol Activity Equivalents) (micrograms RAE)	Carotene (micrograms)	Vitamin E (Alpha Tocopherol Equivalents) (milligrams) alpha-TE)	Vitamin C (milligrams)	Thiamin (milligrams)	Riboflavin (milligrams)	Niacin (milligrams)	Vitamin B_6 (milligrams)	Total folate (micrograms)	Folate (micrograms)	Vitamin B_{12} (micrograms)
1909-19	820	430	7.7	82	1.5	1.8	18	2.1	310	308	7.9
1920-29	890	470	8.5	88	1.5	1.9	17	2.0	306	304	7.6
1930-39	900	510	9.2	92	1.4	1.9	16	1.8	311	309	7.2
1940-49	1,000	510	10.3	100	1.9	2.3	20	1.9	326	325	8.7
1950-59	940	410	10.6	87	1.8	2.3	19	1.8	297	296	8.7
1960-69	950	390	11.7	84	1.8	2.2	20	1.8	283	282	8.8
1970-79	1,050	560	13.9	109	2.3	2.6	25	2.0	326	341	8.9
1980-89	1,050	600	15.6	115	2.6	2.8	29	2.1	354	383	8.3
1990-99	1,100	710	16.7	118	2.9	2.9	31	2.3	438	504	8.1
2000	1,090	690	19.5	121	3.0	2.9	32	2.4	689	902	8.1
2001	920	670	19.4	111	2.9	2.9	32	2.3	676	886	8.1
2002	910	640	20.1	106	2.9	2.9	32	2.3	664	870	8.1
2003	910	660	21.1	110	2.9	2.9	32	2.3	672	880	8.1
2004	920	680	21.1	109	2.9	2.9	32	2.4	667	874	8.2
2005	880	660	20.8	107	2.8	2.8	32	2.3	665	871	7.9
2006	940	690	21.1	106	2.8	2.8	32	2.3	667	874	8.1

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

Year	Calcium (milligrams)	Phosphorus (milligrams)	Magnesium (milligrams)	Iron (milligrams)	Zinc (milligrams)	Copper (milligrams)	Potassium (milligrams)	Sodium (milligrams)	Selenium (micrograms)
1909-19	740	1,480	370	13.4	12.7	1.9	3,630	860	168.2
1920-29	810	1,470	360	12.8	12.0	1.8	3,590	940	156.5
1930-39	850	1,440	360	12.5	11.4	1.7	3,580	950	147.0
1940-49	990	1,600	370	14.7	12.5	1.9	3,850	1,090	151.5
1950-59	950	1,510	330	14.4	11.8	1.7	3,510	1,150	141.2
1960-69	910	1,490	320	14.7	11.9	1.6	3,370	1,210	131.8
1970-79	930	1,540	340	16.5	13.3	1.8	3,510	1,210	133.3
1980-89	930	1,590	360	19.8	14.4	1.9	3,550	1,210	143.0
1990-99	980	1,690	390	22.9	15.3	2.0	3,720	1,240	163.0
2000	980	1,720	400	23.4	15.4	2.1	3,780	1,230	179.1
2001	970	1,700	390	23.0	15.1	2.1	3,690	1,200	179.1
2002	960	1,690	390	22.9	15.3	2.0	3,640	1,210	180.0
2003	970	1,710	390	23.2	15.2	2.1	3,690	1,260	181.9
2004	980	1,720	400	23.2	15.4	2.1	3,710	1,270	181.6
2005	940	1,690	390	23.2	15.2	2.1	3,610	1,240	178.1
2006	960	1,700	400	23.4	15.5	2.1	3,620	1,150	180.5

Table 4. Food Energy 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			
							Percent					
1909-19	12.8	0.9	0.6	14.3	5.1	0.8	0.6	2.1	8.6	1.7	2.4	37.9
1920-29	12.4	0.9	0.6	13.9	5.7	0.7	0.7	2.8	9.8	1.8	2.4	32.4
1930-39	12.0	0.9	0.5	13.4	6.0	0.6	0.8	3.3	10.7	1.8	2.8	29.6
1940-49	14.1	1.2	0.5	15.8	7.3	0.6	1.0	3.7	12.5	2.1	3.1	26.7
1950-59	14.9	1.5	0.6	16.9	7.2	0.5	1.3	3.6	12.6	2.4	3.0	22.8
1960-69	15.7	2.2	0.5	18.4	6.2	0.7	1.6	3.2	11.7	2.0	3.1	21.3
1970-79	13.9	2.8	0.6	17.3	4.7	1.4	2.2	2.8	11.0	1.8	3.2	20.3
1980-89	11.8	3.4	0.6	15.8	2.9	1.9	3.0	2.7	10.4	1.5	3.2	22.2
1990-99	8.8	4.2	0.6	13.6	1.7	2.1	3.3	2.7	9.8	1.3	3.1	24.8
2000	8.1	4.5	0.6	13.2	1.4	1.9	3.4	2.2	8.9	1.3	3.0	24.2
2001	8.0	4.4	0.6	13.0	1.4	1.8	3.4	2.2	8.9	1.3	3.0	24.3
2002	8.2	4.5	0.5	13.3	1.3	1.8	3.5	2.2	8.8	1.3	3.1	23.8
2003	8.5	4.5	0.6	13.6	1.3	1.8	3.4	2.2	8.7	1.3	3.1	23.6
2004	8.5	4.6	0.6	13.8	1.2	1.8	3.5	2.3	8.8	1.3	3.1	23.4
2005	8.5	4.8	0.6	13.8	1.2	1.8	3.6	1.4	8.0	1.3	3.1	23.8
2006	8.1	4.8	0.6	13.6	1.2	1.8	3.7	2.0	8.7	1.3	3.2	23.8

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		
								Percent								
1909-19	0.2	2.6	2.8	3.9	0.7	0.3	1.3	6.3	4.5	0.6	3.1	3.8	0.7	12.7	13.0	0.3
1920-29	0.3	2.7	3.0	3.4	0.7	0.3	1.5	5.9	4.6	0.7	2.7	4.3	1.4	13.7	16.6	0.5
1930-39	0.5	2.6	3.0	3.1	0.8	0.4	1.6	5.8	4.8	0.7	3.5	4.2	2.0	15.2	17.0	0.6
1940-49	0.8	2.4	3.1	2.8	0.7	0.4	1.7	5.6	3.4	1.1	3.2	4.3	2.4	14.5	15.9	0.6
1950-59	0.8	2.3	3.1	2.6	0.5	0.5	1.5	5.1	2.5	2.3	3.9	3.8	3.4	16.0	17.5	0.6
1960-69	0.8	2.0	2.8	2.7	0.4	0.4	1.4	5.0	1.9	2.9	5.2	2.2	4.8	17.0	18.0	0.7
1970-79	1.3	2.0	3.3	2.7	0.4	0.6	1.6	5.2	1.3	3.1	6.0	1.1	6.9	18.5	18.5	0.8
1980-89	1.2	2.3	3.5	2.5	0.3	0.5	1.4	4.9	1.2	2.8	6.6	1.0	8.1	19.9	17.8	0.9
1990-99	1.0	2.3	3.3	2.5	0.3	0.6	1.4	4.8	1.1	2.4	6.8	0.9	8.2	19.4	18.9	1.0
2000	1.0	2.1	3.1	2.4	0.4	0.5	1.2	4.5	1.0	1.7	8.8	1.4	9.3	22.3	18.5	1.0
2001	1.0	2.1	3.1	2.4	0.3	0.5	1.2	4.5	1.0	1.6	9.3	1.2	9.4	22.6	18.4	1.0
2002	0.9	2.1	3.0	2.3	0.3	0.5	1.2	4.3	1.0	1.5	9.5	1.4	9.9	23.3	18.2	1.0
2003	0.9	2.1	3.0	2.4	0.3	0.5	1.2	4.4	1.0	1.2	9.0	1.5	11.3	23.9	17.3	1.0
2004	0.9	2.2	3.0	2.3	0.3	0.5	1.2	4.4	1.0	1.2	8.9	1.4	11.2	23.7	17.4	1.1
2005	0.9	2.2	3.0	2.2	0.3	0.5	1.2	4.3	1.0	0.9	8.2	1.6	12.2	23.9	17.7	1.1
2006	0.8	2.2	3.0	2.2	0.3	0.5	1.2	4.2	1.1	1.1	8.1	1.6	11.9	23.8	17.3	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			
							Percent					
1909-19	0.1	0.0	0.0	0.1	2.5	0.7	0.0	0.8	4.0	0.1	2.1	55.0
1920-29	0.1	0.0	0.0	0.1	2.8	0.6	0.0	0.9	4.4	0.1	1.9	47.7
1930-39	0.1	0.0	0.0	0.1	3.0	0.6	0.1	1.2	4.9	0.1	2.3	44.9
1940-49	0.1	0.0	0.0	0.1	3.9	0.5	0.1	1.7	6.3	0.1	2.4	42.8
1950-59	0.1	0.0	0.0	0.1	4.2	0.5	0.1	2.1	6.8	0.1	2.3	38.1
1960-69	0.1	0.0	0.0	0.1	3.8	0.7	0.2	2.1	6.7	0.1	2.2	36.5
1970-79	0.1	0.0	0.0	0.1	3.0	1.3	0.2	2.0	6.5	0.1	2.2	34.5
1980-89	0.0	0.0	0.0	0.1	1.8	1.7	0.2	2.0	5.7	0.1	2.1	37.2
1990-99	0.0	0.0	0.0	0.1	1.0	1.8	0.2	1.9	5.0	0.1	2.1	39.1
2000	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.8	4.7	0.1	2.1	39.4
2001	0.0	0.0	0.0	0.1	0.9	1.7	0.2	1.8	4.6	0.1	2.0	39.7
2002	0.0	0.0	0.0	0.1	0.9	1.7	0.3	1.8	4.6	0.1	2.0	39.7
2003	0.0	0.0	0.0	0.1	0.9	1.7	0.3	1.8	4.7	0.1	2.0	40.2
2004	0.0	0.0	0.0	0.1	0.8	1.7	0.3	1.9	4.7	0.1	1.9	39.9
2005	0.0	0.0	0.0	0.1	0.8	1.7	0.3	1.6	4.4	0.1	2.0	40.1
2006	0.0	0.0	0.0	0.1	0.8	1.8	0.3	1.6	4.4	0.1	2.0	40.6

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		
								Percent								
1909-19	0.4	4.6	5.0	6.1	1.2	0.5	2.0	9.9	0.0	0.0	0.0	0.0	0.0	0.0	23.4	0.5
1920-29	0.6	4.9	5.5	5.4	1.2	0.5	2.2	9.4	0.0	0.0	0.0	0.0	0.0	0.0	30.3	0.7
1930-39	0.9	4.8	5.7	5.1	1.3	0.6	2.4	9.4	0.0	0.0	0.0	0.0	0.0	0.0	31.9	0.9
1940-49	1.5	4.6	6.1	4.9	1.2	0.8	2.7	9.6	0.0	0.0	0.0	0.0	0.0	0.0	31.6	1.0
1950-59	1.6	4.6	6.2	4.8	0.8	0.8	2.6	9.1	0.0	0.0	0.0	0.0	0.0	0.0	36.1	1.1
1960-69	1.5	4.2	5.7	5.1	0.7	0.8	2.5	9.2	0.0	0.0	0.0	0.0	0.0	0.0	38.3	1.2
1970-79	2.5	4.1	6.6	5.0	0.6	1.1	2.9	9.6	0.0	0.0	0.0	0.0	0.0	0.0	39.1	1.3
1980-89	2.3	4.6	6.9	4.6	0.6	1.0	2.6	8.8	0.0	0.0	0.0	0.0	0.0	0.0	37.7	1.4
1990-99	1.8	4.3	6.2	4.3	0.6	1.0	2.3	8.2	0.0	0.0	0.0	0.0	0.0	0.0	37.9	1.4
2000	1.9	4.1	6.0	4.2	0.7	1.0	2.1	8.0	0.0	0.0	0.0	0.0	0.0	0.0	38.3	1.5
2001	2.0	4.0	6.0	4.3	0.6	0.9	2.1	7.9	0.0	0.0	0.0	0.0	0.0	0.0	38.2	1.5
2002	1.7	4.1	5.8	4.2	0.5	1.0	2.1	7.8	0.0	0.0	0.0	0.0	0.0	0.0	38.5	1.5
2003	1.8	4.2	6.0	4.4	0.6	1.0	2.2	8.1	0.0	0.0	0.0	0.0	0.0	0.0	37.4	1.5
2004	1.8	4.3	6.0	4.3	0.6	1.0	2.2	8.1	0.0	0.0	0.0	0.0	0.0	0.0	37.5	1.7
2005	1.7	4.2	5.9	4.0	0.6	1.0	2.2	7.8	0.0	0.0	0.0	0.0	0.0	0.0	37.9	1.7
2006	1.6	4.3	5.9	4.0	0.6	0.9	2.2	7.8	0.0	0.0	0.0	0.0	0.0	0.0	37.3	1.9

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			
							Percent					
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.1	46.1
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.1	41.4
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.8	37.6
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.8	34.6
1950-59	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	13.9	32.4
1960-69	0.0	0.0	0.0	0.0	0.3	0.1	0.0	0.0	0.4	0.0	14.4	31.9
1970-79	0.0	0.0	0.0	0.0	0.3	0.1	0.0	0.0	0.5	0.0	14.7	30.7
1980-89	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.4	0.0	14.4	33.5
1990-99	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	14.0	35.2
2000	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.4	0.0	14.4	34.4
2001	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.4	0.0	14.0	35.2
2002	0.0	0.0	0.0	0.0	0.2	0.3	0.0	0.0	0.5	0.0	14.3	35.2
2003	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.5	0.0	14.0	34.7
2004	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.5	0.0	13.5	34.1
2005	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.5	0.0	13.5	34.1
2006	0.0	0.0	0.0	0.0	0.1	0.4	0.0	0.0	0.5	0.0	13.7	34.0

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		
								Percent								
1909-19	1.4	10.7	12.1	13.5	3.5	2.4	9.9	29.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5
1920-29	2.1	11.1	13.1	12.4	4.1	2.3	12.0	30.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
1930-39	3.0	10.5	13.5	11.3	4.5	2.6	12.8	31.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.8
1940-49	4.3	9.9	14.2	10.9	4.5	3.2	13.5	32.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.4
1950-59	3.6	10.6	14.2	11.4	3.8	3.6	13.8	32.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.8
1960-69	2.9	9.9	12.8	11.7	3.6	3.4	13.4	32.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.4
1970-79	3.0	9.6	12.6	10.2	3.4	4.0	13.8	31.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.2
1980-89	2.6	10.0	12.6	9.0	3.2	3.8	12.0	28.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	11.1
1990-99	2.2	9.3	11.5	8.4	3.5	3.8	10.3	26.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	12.8
2000	2.3	9.2	11.5	8.2	3.8	3.7	9.7	25.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.8
2001	2.4	9.0	11.4	8.4	3.6	3.6	9.5	25.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.9
2002	2.2	9.2	11.4	8.1	3.4	3.9	9.7	25.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.5
2003	2.4	9.3	11.6	8.3	3.6	3.8	9.6	25.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	13.9
2004	2.2	9.3	11.6	8.0	3.6	3.8	9.6	25.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	15.4
2005	2.2	9.2	11.4	7.5	3.6	3.9	9.5	24.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.0
2006	2.1	9.1	11.3	7.2	3.5	3.5	9.6	23.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	16.7

Table 7. Protein 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			
							Percent					
1909-19	24.9	3.1	2.6	30.7	8.9	2.5	1.3	1.5	14.2	5.3	4.9	36.3
1920-29	24.7	3.3	2.8	30.8	10.3	2.3	1.6	2.4	16.6	5.9	4.8	32.5
1930-39	24.0	3.4	2.6	30.0	10.9	2.1	1.9	3.6	18.6	5.7	5.7	30.1
1940-49	26.1	4.3	2.3	32.7	12.3	1.6	2.2	4.7	20.9	6.1	5.7	25.2
1950-59	27.4	5.0	2.8	35.2	12.4	1.2	3.1	5.6	22.3	7.0	5.5	21.4
1960-69	28.7	7.2	2.8	38.6	10.7	1.9	3.8	5.3	21.6	6.1	5.5	19.8
1970-79	28.1	8.6	3.1	39.9	8.3	3.5	5.0	4.3	21.2	5.2	6.1	18.8
1980-89	25.3	10.7	3.4	39.4	5.2	4.6	6.8	3.6	20.3	4.5	6.5	20.5
1990-99	22.4	13.3	3.5	39.2	3.0	5.3	7.5	3.7	19.5	3.9	6.3	22.4
2000	21.6	14.4	3.5	39.5	2.6	4.9	8.0	3.4	18.9	4.0	6.3	22.5
2001	21.5	14.3	3.4	39.2	2.6	4.7	8.2	3.6	19.1	4.1	6.2	22.7
2002	21.9	14.9	3.4	40.1	2.5	4.7	8.3	3.4	18.9	4.1	6.2	22.2
2003	21.2	14.9	3.7	39.8	2.5	4.6	8.3	3.5	18.8	4.1	6.3	22.3
2004	21.2	15.1	3.8	40.0	2.4	4.6	8.4	3.8	19.1	4.1	6.2	21.8
2005	21.0	15.5	3.7	40.2	2.3	4.6	8.7	2.9	18.6	4.1	6.2	22.1
2006	21.4	15.5	3.7	40.6	2.2	4.6	8.8	3.0	18.5	4.0	6.2	21.9

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		
								Percent								
1909-19	0.2	1.0	1.1	3.6	0.5	0.5	2.0	6.7	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.7
1920-29	0.2	1.1	1.3	3.2	0.7	0.5	2.5	6.8	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.1
1930-39	0.4	1.1	1.4	3.0	0.7	0.6	2.7	6.9	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.3
1940-49	0.5	0.9	1.4	2.5	0.6	0.6	2.6	6.4	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.4
1950-59	0.5	0.9	1.3	2.3	0.5	0.6	2.3	5.8	0.1	0.1	0.0	0.0	0.0	0.2	0.0	1.3
1960-69	0.4	0.8	1.2	2.4	0.4	0.6	2.1	5.5	0.1	0.1	0.0	0.0	0.0	0.2	0.0	1.5
1970-79	0.7	0.7	1.4	2.4	0.4	0.7	2.3	5.7	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.7
1980-89	0.7	0.8	1.5	2.3	0.4	0.7	2.1	5.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	1.8
1990-99	0.5	0.8	1.3	2.3	0.4	0.7	2.0	5.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
2000	0.6	0.8	1.3	2.2	0.5	0.7	1.8	5.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.1
2001	0.6	0.8	1.4	2.3	0.4	0.6	1.8	5.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.1
2002	0.5	0.8	1.3	2.2	0.4	0.7	1.8	5.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
2003	0.5	0.8	1.3	2.3	0.5	0.7	1.9	5.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.1
2004	0.5	0.8	1.3	2.2	0.5	0.7	1.8	5.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.2
2005	0.5	0.8	1.3	2.1	0.5	0.7	1.9	5.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3
2006	0.5	0.8	1.2	2.0	0.5	0.6	1.9	5.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.4

Table 8. Fat 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			
							Percent					
1909-19	31.0	1.5	0.7	33.2	8.7	0.2	1.4	4.9	15.1	3.4	2.2	4.2
1920-29	28.5	1.5	0.6	30.5	9.0	0.2	1.5	6.4	17.1	3.4	2.8	3.4
1930-39	26.0	1.5	0.6	28.0	9.0	0.2	1.6	6.8	17.6	3.2	3.1	2.9
1940-49	28.8	1.9	0.5	31.1	10.3	0.2	1.8	6.3	18.6	3.5	3.6	2.4
1950-59	28.9	2.1	0.5	31.5	9.5	0.2	2.3	4.9	16.9	3.8	3.4	1.9
1960-69	29.5	3.2	0.4	33.1	7.8	0.3	2.6	3.9	14.7	3.2	3.7	1.7
1970-79	25.5	4.3	0.4	30.1	5.7	0.9	3.7	3.1	13.4	2.8	3.8	1.8
1980-89	21.2	5.1	0.3	26.7	3.5	1.3	5.0	3.2	13.0	2.4	4.0	2.2
1990-99	15.9	6.8	0.3	23.1	2.1	1.5	6.1	3.4	13.1	2.2	4.0	2.8
2000	13.9	6.9	0.3	21.1	1.7	1.2	5.9	2.4	11.2	2.1	3.6	2.4
2001	13.6	6.6	0.3	20.6	1.7	1.2	6.0	2.3	11.1	2.1	3.8	2.5
2002	13.5	6.8	0.3	20.6	1.6	1.1	5.9	2.3	10.9	2.1	3.8	2.4
2003	14.3	6.6	0.3	21.1	1.5	1.1	5.6	2.2	10.4	2.0	3.9	2.3
2004	14.3	6.7	0.3	21.4	1.4	1.1	5.8	2.2	10.5	2.0	3.9	2.3
2005	14.4	7.0	0.3	21.7	1.4	1.1	6.0	0.7	9.2	2.0	3.8	2.4
2006	13.2	7.0	0.4	20.6	1.3	1.1	6.1	2.2	10.8	2.0	4.0	2.3

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		
									Percent							
1909-19	0.0	0.3	0.3	0.1	0.0	0.1	0.2	0.5	14.5	1.8	10.1	12.1	2.3	40.8	0.0	0.3
1920-29	0.0	0.3	0.3	0.1	0.0	0.1	0.2	0.5	14.2	2.0	8.3	12.8	4.2	41.5	0.0	0.4
1930-39	0.0	0.3	0.3	0.1	0.1	0.1	0.3	0.5	14.1	2.0	10.1	12.1	5.7	43.9	0.0	0.5
1940-49	0.1	0.3	0.3	0.1	0.1	0.1	0.3	0.5	9.4	3.1	8.8	11.7	6.5	39.4	0.0	0.5
1950-59	0.0	0.3	0.3	0.1	0.0	0.1	0.2	0.4	6.6	6.0	10.0	9.8	8.9	41.3	0.0	0.5
1960-69	0.0	0.2	0.3	0.1	0.0	0.1	0.2	0.4	4.7	7.2	12.9	5.6	12.2	42.5	0.0	0.6
1970-79	0.1	0.3	0.3	0.1	0.0	0.1	0.2	0.4	3.3	7.9	15.1	2.7	17.5	46.5	0.0	0.8
1980-89	0.1	0.4	0.4	0.1	0.0	0.1	0.2	0.4	3.2	7.2	16.7	2.6	20.5	50.0	0.0	0.9
1990-99	0.1	0.4	0.4	0.1	0.1	0.1	0.2	0.4	3.0	6.4	18.4	2.5	22.5	52.8	0.0	1.2
2000	0.0	0.4	0.4	0.1	0.1	0.1	0.2	0.4	2.7	4.5	22.8	3.5	24.2	57.6	0.0	1.1
2001	0.0	0.4	0.5	0.1	0.0	0.1	0.2	0.4	2.6	4.1	24.0	3.1	24.2	58.0	0.0	1.1
2002	0.0	0.4	0.4	0.1	0.0	0.1	0.2	0.4	2.6	3.7	23.8	3.4	25.0	58.4	0.0	1.1
2003	0.0	0.4	0.4	0.1	0.0	0.1	0.2	0.4	2.5	2.9	22.0	3.5	27.6	58.5	0.0	1.0
2004	0.0	0.4	0.5	0.1	0.0	0.1	0.2	0.4	2.5	2.9	21.8	3.3	27.5	58.0	0.0	1.1
2005	0.0	0.5	0.5	0.1	0.0	0.1	0.2	0.4	2.6	2.3	20.1	3.8	30.1	58.9	0.0	1.1
2006	0.0	0.4	0.5	0.1	0.0	0.1	0.2	0.4	2.7	2.6	19.9	3.9	29.2	58.3	0.0	1.2

Table 9. Saturated 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			
	Percent											
1909-19	28.7	1.0	0.3	30.1	11.7	0.1	2.1	7.4	21.3	2.6	0.9	1.7
1920-29	25.9	1.0	0.3	27.1	12.4	0.1	2.2	9.5	24.2	2.6	1.4	1.4
1930-39	23.6	1.0	0.3	24.9	12.5	0.1	2.4	10.0	25.1	2.4	1.6	1.2
1940-49	27.4	1.3	0.2	28.9	14.8	0.1	2.9	9.7	27.5	2.7	1.7	1.0
1950-59	28.6	1.6	0.2	30.4	14.0	0.2	3.7	7.9	25.7	3.0	1.9	0.8
1960-69	30.8	2.4	0.2	33.4	11.8	0.5	4.5	6.4	23.3	2.6	2.1	0.7
1970-79	29.6	3.6	0.2	33.4	9.5	1.6	6.8	5.7	23.7	2.5	2.1	1.0
1980-89	24.8	4.4	0.2	29.4	5.9	2.5	9.6	6.0	24.0	2.2	2.1	1.3
1990-99	19.0	6.1	0.2	25.3	3.8	2.9	11.9	6.6	25.2	2.2	2.3	1.8
2000	17.1	6.3	0.2	23.7	3.1	2.4	12.1	4.8	22.4	2.1	2.3	1.6
2001	17.0	6.2	0.2	23.4	3.0	2.4	12.3	4.7	22.4	2.1	2.4	1.6
2002	17.0	6.3	0.2	23.5	2.9	2.3	12.2	4.6	22.0	2.1	2.3	1.6
2003	17.6	6.1	0.2	23.9	2.7	2.2	11.6	4.5	21.0	2.0	2.4	1.5
2004	17.6	6.3	0.2	24.1	2.6	2.2	11.9	4.5	21.2	2.0	2.4	1.5
2005	17.9	6.6	0.2	24.8	2.6	2.3	12.6	1.4	18.9	2.1	2.4	1.6
2006	16.7	6.6	0.2	23.5	2.5	2.3	12.7	4.5	22.0	2.0	2.4	1.6

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		
	Percent															
1909-19	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.2	22.2	1.4	6.2	11.5	1.4	42.8	0.0	0.3
1920-29	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.2	21.5	1.4	5.0	12.0	2.6	42.5	0.0	0.5
1930-39	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.2	21.3	1.1	6.1	11.3	4.3	44.0	0.0	0.6
1940-49	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.2	14.8	1.6	5.5	11.4	3.8	37.2	0.0	0.7
1950-59	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.2	10.8	3.1	7.1	9.9	6.3	37.2	0.0	0.6
1960-69	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.2	8.0	3.9	10.4	5.8	8.7	36.9	0.0	0.7
1970-79	0.0	0.1	0.2	0.1	0.0	0.0	0.1	0.2	6.2	4.5	13.3	3.1	8.8	35.9	0.0	0.9
1980-89	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	6.0	4.1	15.3	3.4	10.6	39.4	0.0	1.1
1990-99	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	6.0	3.7	16.1	3.7	11.8	41.3	0.0	1.4
2000	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.5	2.7	19.8	5.5	12.6	46.1	0.0	1.4
2001	0.0	0.2	0.3	0.1	0.0	0.0	0.1	0.2	5.5	2.5	20.9	4.7	12.7	46.3	0.0	1.4
2002	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.3	2.3	20.8	5.2	13.2	46.8	0.0	1.2
2003	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.1	1.8	19.2	5.4	15.9	47.5	0.0	1.2
2004	0.0	0.2	0.3	0.1	0.0	0.0	0.1	0.2	5.2	1.7	19.1	5.1	15.8	47.0	0.0	1.4
2005	0.0	0.3	0.3	0.1	0.0	0.0	0.1	0.2	5.5	1.4	17.9	5.9	17.6	48.2	0.0	1.5
2006	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.2	5.6	1.6	17.6	6.0	15.8	46.5	0.0	1.5

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			
							Percent					
1909-19	36.4	1.6	0.8	38.7	5.5	0.1	1.0	3.7	10.2	3.4	2.5	1.8
1920-29	34.0	1.5	0.6	36.1	6.1	0.1	1.1	4.9	12.1	3.5	3.0	1.5
1930-39	31.0	1.5	0.5	33.1	6.2	0.1	1.2	5.2	12.7	3.2	3.3	1.2
1940-49	33.9	1.9	0.4	36.2	6.8	0.1	1.4	4.8	13.0	3.5	4.0	1.0
1950-59	33.4	2.2	0.4	36.1	6.1	0.1	1.6	3.7	11.6	3.7	3.6	0.7
1960-69	34.3	3.3	0.4	37.9	5.0	0.2	1.9	2.9	10.0	3.1	4.1	0.7
1970-79	28.6	4.3	0.3	33.3	3.5	0.6	2.6	2.3	9.0	2.7	4.2	0.8
1980-89	23.3	5.1	0.3	28.7	2.1	0.9	3.5	2.3	8.8	2.3	4.4	1.1
1990-99	18.6	6.5	0.3	25.3	1.2	1.0	4.0	2.3	8.5	2.0	4.2	1.4
2000	15.8	6.3	0.3	22.3	0.9	0.7	3.7	1.5	6.9	1.8	3.6	1.2
2001	15.4	6.0	0.3	21.7	0.9	0.7	3.7	1.5	6.8	1.8	3.7	1.2
2002	15.3	6.2	0.2	21.7	0.9	0.7	3.7	1.4	6.7	1.8	3.8	1.2
2003	16.0	6.1	0.3	22.4	0.8	0.7	3.6	1.4	6.5	1.7	4.0	1.2
2004	16.1	6.2	0.3	22.6	0.8	0.7	3.7	1.4	6.6	1.7	4.1	1.2
2005	16.3	6.6	0.3	23.1	0.8	0.7	3.9	0.4	5.8	1.8	4.0	1.2
2006	15.4	6.6	0.3	22.3	0.8	0.7	4.0	1.4	6.9	1.7	4.1	1.2

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		
								Percent								
1909-19	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.1	9.8	2.0	15.0	14.3	1.7	42.8	0.0	0.2
1920-29	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.1	9.7	2.3	12.5	15.3	3.2	43.1	0.0	0.4
1930-39	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.2	9.7	2.3	15.2	14.4	4.0	45.6	0.0	0.5
1940-49	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.2	6.4	3.5	13.0	13.8	4.7	41.3	0.0	0.5
1950-59	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	4.4	6.8	14.2	11.3	6.6	43.4	0.0	0.5
1960-69	0.0	0.3	0.3	0.0	0.0	0.0	0.1	0.1	3.1	7.9	17.5	6.5	8.1	43.2	0.0	0.5
1970-79	0.0	0.4	0.4	0.0	0.0	0.0	0.1	0.1	2.2	8.9	20.6	3.1	13.9	48.7	0.0	0.8
1980-89	0.0	0.5	0.6	0.0	0.0	0.0	0.1	0.1	2.0	7.8	24.1	2.8	16.5	53.3	0.0	0.8
1990-99	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	1.8	6.5	27.1	2.4	19.1	57.0	0.0	1.0
2000	0.0	0.4	0.5	0.0	0.0	0.0	0.1	0.1	1.6	4.3	33.0	3.4	20.4	62.6	0.0	0.9
2001	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.1	1.5	4.0	34.4	2.9	20.4	63.2	0.0	0.9
2002	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	1.5	3.6	34.1	3.2	20.9	63.4	0.0	0.9
2003	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	1.5	2.9	32.2	3.4	22.8	62.7	0.0	0.8
2004	0.0	0.6	0.6	0.0	0.0	0.0	0.1	0.1	1.5	2.8	32.0	3.2	22.8	62.3	0.0	0.9
2005	0.0	0.6	0.7	0.0	0.0	0.0	0.1	0.1	1.5	2.3	29.7	3.7	25.2	62.4	0.0	0.9
2006	0.0	0.5	0.5	0.0	0.0	0.0	0.1	0.1	1.6	2.6	29.5	3.8	24.6	62.2	0.0	1.0

Table 11. Polyunsaturated 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			
							Percent					
1909-19	23.0	3.0	1.8	27.8	4.5	0.0	0.4	1.6	6.6	4.3	6.9	16.3
1920-29	20.9	2.7	1.8	25.3	4.1	0.0	0.4	2.0	6.6	4.1	7.8	12.4
1930-39	18.6	2.7	1.8	23.0	3.8	0.0	0.4	2.1	6.4	3.7	8.1	10.4
1940-49	18.6	3.1	1.4	23.2	4.2	0.0	0.4	1.8	6.4	3.7	8.9	7.9
1950-59	16.7	3.4	1.2	21.3	3.7	0.0	0.5	1.3	5.5	3.8	7.5	5.5
1960-69	14.3	4.4	0.9	19.6	2.8	0.1	0.5	0.9	4.2	2.8	7.1	4.3
1970-79	8.9	5.0	0.7	14.6	1.7	0.2	0.6	0.6	3.1	2.0	6.4	3.7
1980-89	7.1	5.5	0.6	13.3	1.0	0.2	0.7	0.6	2.5	1.6	6.2	4.1
1990-99	6.3	7.3	0.5	14.1	0.6	0.3	0.9	0.6	2.3	1.5	5.9	4.9
2000	5.5	7.3	0.5	13.3	0.5	0.2	0.9	0.4	2.0	1.4	5.3	4.4
2001	5.4	7.1	0.5	13.0	0.4	0.2	0.9	0.4	1.9	1.4	5.4	4.4
2002	5.3	7.1	0.4	12.9	0.4	0.2	0.9	0.4	1.9	1.4	5.5	4.2
2003	5.7	6.7	0.4	12.8	0.4	0.2	0.8	0.4	1.7	1.3	5.5	4.0
2004	5.7	6.9	0.5	13.0	0.4	0.2	0.8	0.4	1.8	1.3	5.6	4.0
2005	5.5	6.9	0.5	12.8	0.4	0.2	0.8	0.1	1.5	1.3	5.2	3.9
2006	4.8	7.0	0.5	12.3	0.3	0.2	0.8	0.4	1.7	1.2	5.5	3.9

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		
								Percent								
1909-19	0.0	0.7	0.7	0.5	0.1	0.3	0.8	1.7	5.0	3.1	6.3	12.5	8.6	35.5	0.0	0.2
1920-29	0.0	0.6	0.7	0.4	0.1	0.3	0.8	1.6	4.6	4.0	5.0	12.6	14.9	41.1	0.0	0.4
1930-39	0.1	0.6	0.6	0.4	0.2	0.3	0.9	1.7	4.5	4.9	5.9	11.6	18.6	45.6	0.0	0.4
1940-49	0.1	0.5	0.6	0.3	0.2	0.3	0.8	1.6	2.8	7.2	4.8	10.2	22.4	47.4	0.0	0.4
1950-59	0.1	0.4	0.5	0.2	0.1	0.2	0.7	1.3	1.8	13.5	5.5	8.0	25.5	54.3	0.0	0.3
1960-69	0.1	0.3	0.4	0.2	0.1	0.2	0.6	1.0	1.1	14.8	6.7	4.0	33.5	60.1	0.0	0.4
1970-79	0.1	0.3	0.4	0.2	0.1	0.2	0.6	1.0	0.7	13.5	8.5	1.6	43.9	68.3	0.0	0.7
1980-89	0.1	0.4	0.4	0.2	0.1	0.1	0.5	0.8	0.6	11.9	10.1	1.0	46.7	70.3	0.0	0.8
1990-99	0.0	0.4	0.4	0.2	0.1	0.2	0.4	0.9	0.6	10.8	10.3	0.7	46.7	69.0	0.0	1.0
2000	0.0	0.3	0.4	0.1	0.1	0.1	0.4	0.7	0.5	7.6	13.0	0.9	49.7	71.7	0.0	0.9
2001	0.0	0.4	0.4	0.2	0.1	0.1	0.4	0.7	0.5	7.1	13.7	0.9	49.6	71.7	0.0	1.0
2002	0.0	0.3	0.4	0.1	0.1	0.1	0.4	0.7	0.5	6.3	13.4	1.0	50.9	72.1	0.0	1.0
2003	0.0	0.3	0.4	0.1	0.1	0.1	0.3	0.7	0.4	4.8	12.1	0.9	54.5	72.8	0.0	0.8
2004	0.0	0.4	0.4	0.1	0.1	0.1	0.3	0.7	0.4	4.8	12.0	0.8	54.3	72.3	0.0	0.9
2005	0.0	0.4	0.4	0.1	0.1	0.1	0.3	0.7	0.4	3.7	10.7	1.0	57.5	73.3	0.0	0.9
2006	0.0	0.3	0.4	0.1	0.1	0.1	0.3	0.6	0.5	4.1	10.6	1.1	57.1	73.4	0.0	1.0

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			
							Percent					
1909-19	28.3	3.2	1.9	33.4	7.0	0.6	1.2	4.6	13.5	39.1	0.0	0.1
1920-29	25.7	3.0	1.9	30.6	7.8	0.6	1.3	6.0	15.7	39.7	0.0	0.1
1930-39	24.7	3.2	1.7	29.6	8.5	0.6	1.5	6.8	17.3	38.8	0.0	0.1
1940-49	26.6	4.0	1.5	32.0	9.0	0.6	1.6	5.9	17.1	40.6	0.0	0.1
1950-59	26.2	4.6	1.6	32.4	8.2	0.5	2.0	4.6	15.3	44.3	0.0	0.0
1960-69	29.2	6.7	1.7	37.6	7.3	0.5	2.6	3.9	14.4	41.2	0.0	0.0
1970-79	30.9	8.4	2.2	41.4	5.8	1.3	3.9	3.3	14.3	39.1	0.0	0.0
1980-89	29.2	10.7	2.7	42.6	3.8	2.1	5.7	3.7	15.3	36.7	0.0	0.0
1990-99	26.7	14.4	3.1	44.3	2.4	2.4	7.0	4.1	15.9	35.0	0.0	0.0
2000	25.5	15.6	3.3	44.4	2.1	2.1	7.4	2.9	14.5	36.1	0.0	0.0
2001	25.3	15.3	3.3	44.0	2.1	2.1	7.5	2.9	14.5	36.7	0.0	0.0
2002	25.4	15.7	3.3	44.4	2.0	2.0	7.5	2.9	14.4	36.4	0.0	0.0
2003	25.1	15.7	3.6	44.5	2.0	2.0	7.4	2.9	14.3	36.2	0.0	0.0
2004	25.0	15.9	3.8	44.7	1.9	2.0	7.6	3.0	14.4	36.1	0.0	0.0
2005	25.1	16.4	3.8	45.3	1.8	2.0	7.9	1.2	12.9	36.6	0.0	0.0
2006	24.9	16.4	3.8	45.1	1.7	2.0	7.9	2.8	14.4	35.3	0.0	0.0

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		
									Percent							
1909-19	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	10.4	0.3	0.2	3.1	0.0	13.9	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	3.3	0.0	13.9	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	0.3	3.3	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	6.9	0.0	0.2	3.0	0.0	10.2	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	8.0	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	6.9	0.0	0.0
1970-79	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9	0.1	1.3	0.8	0.0	5.2	0.0	0.0
1980-89	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.1	1.4	0.9	0.0	5.4	0.0	0.0
1990-99	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	0.8	1.0	0.0	4.8	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	0.6	1.5	0.0	5.0	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	4.8	0.0	0.0
2002	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.5	1.5	0.0	4.8	0.0	0.0
2003	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.5	1.6	0.0	5.0	0.0	0.0
2004	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.5	1.5	0.0	4.9	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	1.7	0.0	5.1	0.0	0.0
2006	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.0	0.0	0.5	1.7	0.0	5.2	0.0	0.0

Table 13. Vitamin A (RAE) 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			
	Percent											
1909-19	20.1	6.4	0.9	27.4	12.0	0.3	1.6	6.8	20.8	6.8	0.0	0.8
1920-29	17.6	5.8	0.6	24.1	12.2	0.3	1.7	8.9	23.2	6.8	0.0	0.6
1930-39	15.7	5.8	0.4	21.9	12.4	0.3	1.9	9.5	24.1	6.3	0.0	0.4
1940-49	17.9	7.3	0.4	25.5	13.6	0.3	2.1	8.9	24.9	6.7	0.0	0.3
1950-59	17.6	7.4	0.4	25.4	13.3	0.3	2.6	8.0	24.3	7.6	0.0	0.2
1960-69	17.4	7.6	0.4	25.4	11.2	0.5	3.1	10.4	25.2	6.6	0.0	0.2
1970-79	15.7	6.0	0.4	22.0	7.6	1.2	3.9	12.2	24.9	5.3	0.0	2.3
1980-89	13.3	5.1	0.4	18.8	4.8	1.9	5.7	12.7	25.1	4.8	0.0	4.6
1990-99	11.9	4.7	0.5	17.1	2.8	2.0	6.5	12.7	24.0	4.2	0.0	5.2
2000	12.2	5.2	0.6	18.0	2.5	1.8	7.3	11.8	23.4	4.6	0.0	4.8
2001	14.4	6.0	0.7	21.1	2.9	2.1	8.6	5.6	19.2	5.4	0.0	5.7
2002	14.6	5.9	0.7	21.3	2.9	2.1	8.8	5.8	19.7	5.5	0.0	5.8
2003	14.6	6.0	0.8	21.4	2.9	2.1	8.7	5.9	19.6	5.5	0.0	5.8
2004	14.4	6.1	0.8	21.3	2.7	2.1	8.9	5.9	19.6	5.5	0.0	5.7
2005	15.1	6.5	0.8	22.4	2.7	2.2	9.5	3.3	17.6	5.7	0.0	6.0
2006	14.1	6.7	0.8	21.6	2.5	2.1	9.1	5.9	19.6	5.3	0.0	5.6

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		
	Percent															
1909-19	0.2	3.1	3.3	0.0	17.9	2.3	3.3	23.5	17.3	0.0	0.0	0.0	0.0	17.3	0.0	0.1
1920-29	0.4	3.0	3.4	0.0	18.6	1.9	4.3	24.9	16.6	0.0	0.0	0.0	0.0	16.6	0.0	0.4
1930-39	0.6	2.9	3.5	0.0	19.5	2.1	4.7	26.2	16.7	0.3	0.0	0.0	0.0	17.0	0.0	0.5
1940-49	0.8	2.6	3.4	0.0	17.4	2.2	4.5	24.1	10.8	3.9	0.0	0.0	0.0	14.7	0.0	0.4
1950-59	0.7	2.4	3.1	0.0	13.4	2.0	4.0	19.3	8.0	11.6	0.0	0.0	0.0	19.6	0.0	0.4
1960-69	0.6	2.1	2.7	0.0	12.5	1.5	3.8	17.9	5.9	14.6	0.0	0.0	0.0	20.4	0.0	1.5
1970-79	0.7	1.7	2.4	0.0	17.9	1.4	3.8	23.2	3.8	10.1	0.0	0.0	0.0	13.9	0.0	6.1
1980-89	0.6	1.8	2.4	0.0	18.8	1.5	3.9	24.2	3.8	9.9	0.0	0.0	0.0	13.7	0.0	6.5
1990-99	0.5	1.8	2.3	0.0	22.3	1.5	4.5	28.2	3.5	8.4	0.0	0.0	0.0	11.9	0.0	6.9
2000	0.6	1.9	2.5	0.0	23.8	1.5	4.1	29.4	3.5	6.7	0.0	0.0	0.0	10.2	0.0	7.2
2001	0.7	2.2	2.9	0.0	25.0	1.8	4.8	31.6	4.1	7.3	0.0	0.0	0.0	11.4	0.0	2.7
2002	0.6	2.2	2.8	0.0	23.3	1.9	5.4	30.6	4.1	6.9	0.0	0.0	0.0	11.0	0.0	3.2
2003	0.6	2.2	2.8	0.0	24.7	1.9	5.8	32.4	4.1	5.6	0.0	0.0	0.0	9.7	0.0	2.8
2004	0.6	2.1	2.7	0.0	24.7	1.9	5.3	31.9	4.1	5.5	0.0	0.0	0.0	9.6	0.0	3.7
2005	0.6	2.2	2.7	0.0	25.7	2.0	5.9	33.5	4.4	4.4	0.0	0.0	0.0	8.8	0.0	3.2
2006	0.5	2.0	2.5	0.0	23.8	1.8	6.8	32.4	4.3	4.8	0.0	0.0	0.0	9.1	0.0	4.0

Table 14. Carotene 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			
							Percent					
1909-19	0.0	0.0	0.0	0.0	2.1	0.0	0.2	1.3	3.7	0.0	0.0	4.6
1920-29	0.0	0.0	0.0	0.0	2.1	0.0	0.2	1.6	3.9	0.0	0.0	3.0
1930-39	0.0	0.0	0.0	0.0	2.0	0.0	0.2	1.6	3.8	0.0	0.0	2.2
1940-49	0.0	0.0	0.0	0.0	2.4	0.0	0.3	1.5	4.2	0.0	0.0	1.6
1950-59	0.0	0.0	0.0	0.0	2.8	0.0	0.4	1.4	4.6	0.0	0.1	1.2
1960-69	0.0	0.0	0.0	0.0	2.5	0.1	0.6	1.2	4.4	0.0	0.1	0.9
1970-79	0.0	0.0	0.0	0.0	1.3	0.2	0.6	0.7	2.8	0.0	0.1	0.3
1980-89	0.0	0.0	0.0	0.0	0.8	0.3	0.8	0.7	2.6	0.0	0.1	0.5
1990-99	0.0	0.0	0.0	0.0	0.4	0.3	0.7	0.6	2.1	0.0	0.1	0.7
2000	0.0	0.0	0.0	0.0	0.4	0.3	0.9	0.6	2.1	0.0	0.1	0.5
2001	0.0	0.0	0.0	0.0	0.4	0.3	0.9	0.6	2.1	0.0	0.1	0.7
2002	0.0	0.0	0.0	0.0	0.4	0.3	0.9	0.6	2.2	0.0	0.1	0.7
2003	0.0	0.0	0.0	0.0	0.4	0.3	0.9	0.6	2.1	0.0	0.1	0.7
2004	0.0	0.0	0.0	0.0	0.3	0.3	0.9	0.6	2.1	0.0	0.1	0.7
2005	0.0	0.0	0.0	0.0	0.3	0.3	0.9	0.2	1.7	0.0	0.1	0.8
2006	0.0	0.0	0.0	0.0	0.3	0.3	0.9	0.6	2.1	0.0	0.1	0.7

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		
								Percent								
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
1970-79	1.7	6.3	8.0	0.0	67.2	3.8	10.3	81.3	0.9	3.3	0.0	0.0	0.0	4.1	0.0	3.4
1980-89	1.5	6.5	8.0	0.0	67.4	3.9	9.2	80.5	0.8	3.0	0.0	0.0	0.0	3.8	0.0	4.4
1990-99	1.1	6.0	7.1	0.0	69.5	3.6	8.0	81.1	0.7	2.3	0.0	0.0	0.0	3.0	0.0	6.0
2000	1.2	6.9	8.2	0.0	69.6	3.8	6.6	80.0	0.7	1.8	0.0	0.0	0.0	2.5	0.0	6.7
2001	1.3	6.9	8.2	0.0	68.8	3.8	6.7	79.3	0.7	1.8	0.0	0.0	0.0	2.4	0.0	7.2
2002	1.2	7.2	8.4	0.0	65.6	4.1	7.6	77.3	0.7	1.7	0.0	0.0	0.0	2.4	0.0	8.9
2003	1.2	7.0	8.2	0.0	67.8	3.9	7.5	79.2	0.7	1.3	0.0	0.0	0.0	2.0	0.0	7.7
2004	1.2	6.5	7.7	0.0	66.6	3.9	7.1	77.6	0.7	1.3	0.0	0.0	0.0	2.0	0.0	9.9
2005	1.2	6.6	7.8	0.0	67.9	4.1	7.6	79.6	0.7	1.0	0.0	0.0	0.0	1.7	0.0	8.4
2006	1.0	6.3	7.3	0.0	65.0	3.7	8.3	77.0	0.7	1.1	0.0	0.0	0.0	1.8	0.0	10.9

Table 15. Vitamin E 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			
							Percent					
1909-19	5.1	0.8	1.6	7.5	3.9	0.7	0.3	1.8	6.8	5.5	6.4	17.7
1920-29	4.6	0.7	1.5	6.8	4.0	0.6	0.3	2.3	7.2	5.3	6.9	13.7
1930-39	3.9	0.7	1.3	5.9	3.7	0.6	0.3	2.3	6.9	4.6	6.8	11.2
1940-49	4.2	0.8	1.2	6.2	4.1	0.6	0.4	2.1	7.1	4.8	7.8	9.0
1950-59	3.9	0.8	1.3	6.1	3.7	0.4	0.5	1.5	6.1	5.1	6.6	5.5
1960-69	3.6	1.0	1.1	5.7	2.8	0.2	0.5	1.1	4.7	4.0	6.7	3.5
1970-79	2.8	1.0	1.0	4.8	1.8	0.4	0.6	0.8	3.6	3.0	6.2	3.3
1980-89	2.3	1.2	1.0	4.4	1.0	0.5	0.8	0.8	3.1	2.4	6.3	4.1
1990-99	1.9	1.4	1.0	4.3	0.6	0.5	0.9	0.8	2.8	2.1	5.9	4.8
2000	1.6	1.4	0.9	3.8	0.4	0.4	0.9	0.6	2.3	1.9	5.4	4.2
2001	1.6	1.3	0.8	3.7	0.4	0.4	0.9	0.6	2.3	1.9	5.5	4.3
2002	1.5	1.3	0.8	3.7	0.4	0.4	0.9	0.5	2.2	1.9	5.7	4.1
2003	1.5	1.3	0.8	3.6	0.4	0.4	0.8	0.5	2.1	1.8	5.8	4.0
2004	1.5	1.3	0.9	3.7	0.4	0.4	0.8	0.5	2.1	1.8	5.6	4.0
2005	1.5	1.3	0.9	3.7	0.4	0.4	0.9	0.2	1.8	1.8	5.1	4.0
2006	1.4	1.3	0.9	3.7	0.3	0.4	0.9	0.5	2.1	1.8	5.7	4.0

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		
								Percent								
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
1970-79	1.2	3.0	4.1	0.5	1.1	3.9	2.5	8.0	0.7	12.1	16.3	0.3	37.0	66.4	0.0	0.5
1980-89	1.1	2.9	4.0	0.4	1.1	3.6	2.1	7.2	0.6	10.6	17.3	0.5	38.9	67.9	0.0	0.5
1990-99	0.9	2.7	3.7	0.4	1.3	3.8	1.9	7.4	0.5	8.8	20.5	0.5	38.0	68.3	0.0	0.7
2000	0.8	2.4	3.2	0.4	1.7	3.1	1.4	6.6	0.5	5.9	25.7	0.7	39.1	71.9	0.0	0.6
2001	0.9	2.4	3.2	0.4	1.3	3.0	1.4	6.0	0.4	5.5	27.1	0.6	38.7	72.4	0.0	0.7
2002	0.7	2.3	3.0	0.3	1.2	3.0	1.4	5.9	0.4	5.0	26.8	0.7	40.0	72.8	0.0	0.7
2003	0.7	2.2	2.9	0.3	1.2	2.9	1.3	5.8	0.4	3.9	24.5	0.7	43.9	73.5	0.0	0.6
2004	0.7	2.2	2.9	0.3	1.2	2.9	1.3	5.8	0.4	3.8	24.5	0.7	43.9	73.3	0.0	0.7
2005	0.7	2.2	3.0	0.3	1.3	3.1	1.3	6.0	0.4	3.0	22.2	0.7	47.5	73.9	0.0	0.7
2006	0.7	2.1	2.8	0.3	1.2	2.7	1.4	5.6	0.4	3.4	21.9	0.7	47.3	73.7	0.0	0.8

Table 16. Vitamin C 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			
	Percent											
1909-19	0.8	0.5	0.1	1.4	0.0	0.0	0.0	0.5	0.5	0.0	0.0	0.3
1920-29	0.7	0.4	0.1	1.3	1.2	0.0	0.0	0.6	1.8	0.0	0.0	0.3
1930-39	0.6	0.4	0.1	1.1	1.7	0.0	0.0	0.9	2.5	0.0	0.0	0.3
1940-49	0.7	0.5	0.1	1.3	1.3	0.0	0.0	1.1	2.4	0.0	0.0	0.2
1950-59	0.7	0.7	0.1	1.6	0.9	0.1	0.0	1.3	2.3	0.0	0.1	0.2
1960-69	0.7	0.9	0.1	1.7	0.5	0.5	0.0	1.2	2.2	0.0	0.0	0.3
1970-79	0.6	0.7	0.1	1.4	0.2	0.6	0.0	0.8	1.5	0.0	0.0	3.0
1980-89	0.5	0.7	0.1	1.4	0.1	0.4	0.0	0.6	1.1	0.0	0.0	5.6
1990-99	0.5	0.9	0.2	1.5	0.0	0.4	0.0	0.7	1.1	0.0	0.0	5.6
2000	0.5	1.0	0.2	1.6	0.0	0.3	0.0	0.6	1.0	0.0	0.1	4.5
2001	0.5	1.0	0.2	1.7	0.0	0.3	0.0	0.7	1.0	0.0	0.1	4.9
2002	0.5	1.1	0.2	1.9	0.1	0.3	0.0	0.7	1.0	0.0	0.1	5.1
2003	0.5	1.1	0.2	1.8	0.0	0.3	0.0	0.7	1.0	0.0	0.1	5.0
2004	0.5	1.1	0.2	1.8	0.0	0.3	0.0	0.7	1.1	0.0	0.1	5.0
2005	0.5	1.2	0.2	1.9	0.0	0.3	0.0	0.6	0.9	0.0	0.1	5.1
2006	0.5	1.2	0.2	2.0	0.0	0.3	0.0	0.6	0.9	0.0	0.1	5.1

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		
	Percent															
1909-19	10.1	15.7	25.8	36.6	3.6	8.0	23.7	72.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
1920-29	13.6	15.4	29.0	29.7	5.6	6.7	25.3	67.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1930-39	18.5	13.6	32.1	25.9	6.7	7.3	23.8	63.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3
1940-49	26.0	11.3	37.3	22.8	6.8	8.0	21.0	58.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1950-59	27.1	12.6	39.7	22.8	6.5	8.1	18.5	55.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
1960-69	26.2	14.9	41.1	22.8	6.4	6.8	16.7	52.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0
1970-79	33.5	13.3	46.8	16.7	5.2	6.6	14.4	42.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1980-89	31.5	14.9	46.4	15.4	6.7	5.8	13.2	41.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
1990-99	27.8	16.5	44.3	15.8	9.0	5.8	12.3	42.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6
2000	28.5	17.0	45.5	15.5	11.1	5.7	10.5	42.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6
2001	32.5	13.4	45.9	16.9	10.8	6.0	11.3	45.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
2002	29.3	14.3	43.6	16.9	11.2	6.6	11.8	46.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
2003	29.8	14.6	44.3	17.1	11.4	6.3	11.4	46.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
2004	29.2	14.5	43.7	16.7	11.6	6.4	11.7	46.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.9
2005	28.6	15.1	43.7	15.9	12.1	6.7	11.9	46.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
2006	27.5	15.5	42.9	15.6	12.1	6.3	12.8	46.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.2

Table 17. Thiamin 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			
						Percent						
1909-19	29.5	0.7	0.6	30.9	7.0	1.9	0.1	0.8	9.8	1.6	6.1	31.0
1920-29	31.2	0.8	0.8	32.7	7.6	1.7	0.1	1.3	10.7	1.8	6.2	26.8
1930-39	30.1	0.8	0.6	31.5	7.9	1.6	0.1	2.0	11.7	1.8	7.5	24.6
1940-49	26.9	0.8	0.5	28.1	7.5	1.0	0.1	2.2	10.9	1.5	6.1	35.6
1950-59	24.9	1.1	0.4	26.4	7.5	0.7	0.2	2.8	11.2	1.7	5.5	39.8
1960-69	23.2	1.4	0.3	24.9	6.6	1.0	0.3	2.8	10.7	1.5	5.4	42.7
1970-79	19.9	1.3	0.3	21.4	4.4	1.5	0.3	2.4	8.6	1.1	5.0	49.5
1980-89	17.1	1.4	0.3	18.7	2.5	1.7	0.4	2.1	6.6	0.8	4.7	56.4
1990-99	15.7	1.6	0.3	17.6	1.4	1.9	0.6	2.0	5.8	0.7	4.4	59.5
2000	15.5	1.7	0.3	17.5	1.2	1.7	0.6	1.9	5.5	0.7	4.5	59.5
2001	15.4	1.7	0.4	17.5	1.2	1.7	0.6	2.0	5.4	0.7	4.4	59.7
2002	16.0	1.8	0.3	18.1	1.2	1.7	0.6	1.9	5.4	0.7	4.5	59.2
2003	15.1	1.8	0.4	17.3	1.2	1.7	0.7	1.9	5.4	0.7	4.6	59.6
2004	15.1	1.9	0.4	17.4	1.1	1.7	0.7	2.0	5.5	0.8	4.6	59.4
2005	14.9	1.9	0.4	17.2	1.1	1.7	0.7	1.6	5.1	0.8	4.6	60.1
2006	15.6	1.9	0.4	17.9	1.0	1.7	0.7	1.5	5.0	0.7	4.6	59.8

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		
								Percent								
1909-19	0.8	2.2	3.0	9.0	1.5	1.1	5.1	16.8	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.1
1920-29	1.1	2.7	3.8	8.1	1.8	1.1	6.2	17.1	0.1	0.0	0.0	0.0	0.0	0.1	0.5	0.3
1930-39	1.7	2.7	4.4	7.5	2.0	1.3	6.8	17.6	0.1	0.0	0.0	0.0	0.0	0.1	0.5	0.4
1940-49	2.0	1.9	3.8	5.3	1.4	1.1	5.3	13.1	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.3
1950-59	1.9	1.8	3.7	4.7	1.0	1.0	4.5	11.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.3
1960-69	1.9	1.6	3.6	5.0	0.8	0.8	4.0	10.6	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.4
1970-79	2.7	1.3	4.0	4.8	0.6	0.9	3.4	9.7	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.6
1980-89	2.4	1.4	3.7	4.1	0.6	0.7	2.8	8.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.6
1990-99	1.8	1.3	3.2	4.2	0.6	0.7	2.6	8.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6
2000	1.9	1.3	3.3	4.3	0.8	0.7	2.4	8.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
2001	2.0	1.3	3.4	4.3	0.7	0.7	2.4	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.7
2002	1.8	1.4	3.1	4.2	0.6	0.7	2.4	7.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2003	1.9	1.4	3.3	4.4	0.7	0.7	2.5	8.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2004	1.8	1.4	3.2	4.3	0.7	0.7	2.5	8.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2005	1.8	1.4	3.2	4.0	0.7	0.7	2.5	8.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.8
2006	1.7	1.4	3.1	3.9	0.7	0.7	2.6	7.8	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

Year	Meat, poultry, and fish				Dairy products					Eggs	Legumes, nuts, & soy	Grain products
	Meat	Poultry	Fish	Total	Whole milk	Lowfat milk	Cheese	Other	Total			
							Percent					
1909-19	20.2	1.8	0.9	22.9	25.9	7.0	1.0	3.7	37.7	10.2	1.6	14.1
1920-29	19.0	1.8	0.9	21.7	27.3	5.9	1.2	5.6	40.0	10.7	1.6	11.8
1930-39	17.8	1.8	0.9	20.5	27.9	5.4	1.4	8.0	42.7	10.3	1.7	10.2
1940-49	17.3	2.0	0.6	20.0	28.0	3.7	1.4	9.1	42.3	9.6	1.7	13.9
1950-59	16.4	3.3	0.6	20.3	26.8	2.5	1.9	10.0	41.2	10.4	1.4	15.5
1960-69	17.2	3.8	0.6	21.6	24.5	3.9	2.4	10.2	41.1	9.4	1.5	16.4
1970-79	15.5	2.9	0.5	18.8	17.5	6.6	2.9	9.0	36.0	7.4	1.5	26.9
1980-89	13.1	3.1	0.5	16.7	10.5	8.7	3.6	8.5	31.2	6.1	1.6	35.3
1990-99	11.7	3.6	0.5	15.8	6.2	10.3	4.0	8.6	29.1	5.3	1.6	38.9
2000	11.4	4.0	0.5	16.0	5.5	9.8	4.3	8.7	28.2	5.7	1.7	38.6
2001	11.5	4.0	0.5	16.0	5.4	9.6	4.5	8.7	28.1	5.8	1.7	38.8
2002	11.8	4.1	0.5	16.4	5.4	9.6	4.6	8.3	27.9	5.9	1.8	38.3
2003	11.4	4.2	0.5	16.2	5.3	9.5	4.6	8.5	27.9	5.9	1.9	38.4
2004	11.5	4.3	0.6	16.3	5.1	9.5	4.7	8.8	28.0	5.9	1.7	38.0
2005	11.5	4.4	0.6	16.5	5.0	9.7	4.9	7.2	26.8	6.0	1.7	38.9
2006	11.8	4.5	0.6	16.9	4.8	9.8	4.9	7.0	26.5	5.9	1.8	38.8

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		
								Percent								
1909-19	0.3	2.6	2.9	2.8	1.2	0.6	3.7	8.2	0.3	0.0	0.0	0.0	0.0	0.4	0.9	1.0
1920-29	0.4	2.7	3.1	2.3	1.5	0.5	4.1	8.5	0.3	0.0	0.0	0.0	0.0	0.4	1.0	1.1
1930-39	0.7	2.5	3.2	2.1	1.8	0.6	4.4	8.9	0.4	0.0	0.0	0.0	0.0	0.4	1.0	1.2
1940-49	0.8	1.9	2.7	1.6	2.2	0.7	3.6	8.0	0.2	0.1	0.0	0.0	0.0	0.3	0.7	0.9
1950-59	0.6	1.7	2.3	1.3	2.2	0.7	2.9	7.1	0.1	0.1	0.0	0.0	0.0	0.3	0.6	0.9
1960-69	0.5	1.6	2.1	1.2	1.2	0.8	2.8	6.0	0.1	0.2	0.0	0.0	0.0	0.3	0.7	1.1
1970-79	0.7	1.4	2.0	1.1	0.6	0.9	2.7	5.3	0.1	0.2	0.0	0.0	0.0	0.2	0.6	1.2
1980-89	0.6	1.5	2.1	1.0	0.6	0.9	2.5	4.9	0.1	0.1	0.0	0.0	0.0	0.2	0.6	1.3
1990-99	0.5	1.6	2.0	1.0	0.7	0.9	2.4	5.0	0.1	0.1	0.0	0.0	0.0	0.2	0.7	1.5
2000	0.5	1.6	2.0	1.0	1.0	0.9	2.3	5.2	0.1	0.1	0.0	0.0	0.0	0.2	0.7	1.6
2001	0.5	1.6	2.1	1.0	0.7	0.9	2.3	4.9	0.1	0.1	0.0	0.0	0.0	0.1	0.8	1.7
2002	0.4	1.6	2.0	1.0	0.7	0.9	2.4	4.9	0.1	0.1	0.0	0.0	0.0	0.1	0.8	1.7
2003	0.5	1.6	2.1	1.0	0.8	0.9	2.4	5.1	0.1	0.1	0.0	0.0	0.0	0.1	0.7	1.7
2004	0.4	1.6	2.1	1.0	0.8	0.9	2.4	5.1	0.1	0.1	0.0	0.0	0.0	0.1	0.7	1.9
2005	0.4	1.7	2.1	0.9	0.8	1.0	2.4	5.2	0.1	0.1	0.0	0.0	0.0	0.1	0.8	2.0
2006	0.4	1.7	2.1	0.9	0.8	0.9	2.5	5.1	0.1	0.1	0.0	0.0	0.0	0.1	0.7	2.1

Table 19. Niacin 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			
	Percent											
1909-19	33.7	5.3	3.1	42.1	1.5	0.4	0.0	0.2	2.1	0.2	3.1	29.4
1920-29	34.4	5.6	3.4	43.3	1.7	0.3	0.0	0.4	2.4	0.2	3.7	25.6
1930-39	33.9	5.9	3.5	43.2	1.7	0.3	0.1	0.6	2.7	0.2	4.6	23.3
1940-49	33.0	6.6	2.6	42.1	1.8	0.2	0.1	0.7	2.8	0.2	5.0	27.3
1950-59	31.9	6.9	3.3	42.1	1.8	0.2	0.1	0.8	2.8	0.2	4.3	30.0
1960-69	30.3	10.0	3.3	43.5	1.5	0.2	0.1	0.7	2.5	0.2	4.8	29.4
1970-79	25.1	11.0	3.1	39.2	1.0	0.4	0.1	0.6	2.1	0.1	4.5	36.5
1980-89	20.5	12.2	3.0	35.7	0.6	0.4	0.1	0.5	1.6	0.1	4.2	43.1
1990-99	16.9	14.8	3.0	34.7	0.3	0.5	0.1	0.5	1.4	0.1	3.8	45.4
2000	16.2	16.3	3.1	35.5	0.3	0.5	0.1	0.4	1.3	0.1	3.7	44.8
2001	16.2	16.1	2.9	35.2	0.3	0.5	0.1	0.4	1.3	0.1	3.7	45.2
2002	16.5	16.8	2.9	36.3	0.3	0.5	0.2	0.4	1.3	0.1	3.8	44.3
2003	16.1	16.8	3.2	36.1	0.3	0.4	0.2	0.4	1.3	0.1	4.0	44.1
2004	16.1	17.2	3.2	36.5	0.3	0.4	0.2	0.5	1.3	0.1	4.1	43.6
2005	15.9	17.6	3.1	36.5	0.2	0.5	0.2	0.4	1.2	0.1	4.1	43.8
2006	16.1	17.7	3.0	36.8	0.2	0.5	0.2	0.4	1.2	0.1	4.0	43.8

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		
	Percent															
1909-19	0.2	2.9	3.1	10.2	1.3	2.0	3.4	16.8	0.0	0.0	0.0	0.0	0.0	0.0	0.1	3.1
1920-29	0.4	3.2	3.5	9.2	1.5	1.9	4.2	16.9	0.1	0.0	0.0	0.0	0.0	0.1	0.1	4.1
1930-39	0.6	3.2	3.8	8.5	1.7	2.3	4.8	17.3	0.1	0.0	0.0	0.0	0.0	0.1	0.1	4.8
1940-49	0.8	2.5	3.3	6.5	1.4	2.3	4.1	14.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	4.9
1950-59	0.7	2.3	3.0	5.8	1.0	2.2	3.5	12.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	5.0
1960-69	0.6	2.1	2.7	5.9	0.9	1.9	3.0	11.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.2
1970-79	0.8	1.6	2.5	5.3	0.7	2.0	3.0	10.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1
1980-89	0.7	1.6	2.3	4.7	0.6	1.7	2.5	9.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4
1990-99	0.6	1.5	2.1	4.7	0.7	1.7	2.3	9.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.1
2000	0.6	1.6	2.1	4.6	0.8	1.6	2.1	9.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
2001	0.6	1.6	2.2	4.7	0.7	1.6	2.1	9.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
2002	0.5	1.6	2.1	4.5	0.7	1.7	2.1	8.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
2003	0.5	1.6	2.1	4.7	0.7	1.6	2.1	9.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.2
2004	0.5	1.6	2.1	4.5	0.7	1.7	2.1	9.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
2005	0.5	1.6	2.1	4.3	0.7	1.7	2.1	8.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.3
2006	0.5	1.5	2.0	4.2	0.7	1.6	2.1	8.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.4

Table 20. Vitamin B_6 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			
							Percent					
1909-19	24.3	2.5	1.5	28.3	3.9	1.0	0.2	0.6	5.6	2.7	3.0	17.5
1920-29	24.5	2.6	1.5	28.7	4.9	1.0	0.2	1.0	7.1	3.1	3.1	15.0
1930-39	24.1	2.9	1.5	28.4	5.4	0.9	0.2	1.6	8.2	3.1	3.7	13.5
1940-49	27.6	3.8	1.3	32.7	6.2	0.7	0.3	2.2	9.4	3.4	3.8	11.2
1950-59	29.9	5.0	1.6	36.5	6.3	0.6	0.4	2.7	10.0	4.1	3.7	9.1
1960-69	31.2	7.1	1.5	39.8	5.4	1.1	0.5	3.0	9.9	3.5	3.7	9.3
1970-79	28.4	7.9	1.5	37.8	3.8	1.8	0.7	4.0	10.2	2.8	3.8	13.6
1980-89	24.5	9.5	1.7	35.6	2.3	2.0	0.9	3.8	9.1	2.4	3.9	18.2
1990-99	21.9	11.7	1.7	35.3	1.3	2.3	1.0	3.7	8.3	2.0	3.8	19.7
2000	21.7	12.9	1.7	36.3	1.2	2.1	1.1	3.7	8.1	2.1	3.9	18.4
2001	21.8	12.8	1.6	36.3	1.2	2.1	1.1	2.6	6.9	2.2	3.9	19.2
2002	22.1	13.3	1.6	37.0	1.1	2.0	1.2	2.4	6.8	2.2	3.9	19.1
2003	21.2	13.3	1.7	36.3	1.1	2.0	1.2	2.5	6.8	2.1	3.9	19.1
2004	21.2	13.5	1.8	36.5	1.1	2.0	1.2	2.5	6.8	2.1	3.9	19.0
2005	21.2	13.9	1.8	36.9	1.0	2.0	1.2	2.1	6.4	2.2	3.9	19.4
2006	21.8	14.0	1.7	37.5	1.0	2.0	1.3	2.0	6.3	2.1	3.9	19.3

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		
								Percent								
1909-19	0.5	5.4	5.9	24.0	3.1	2.3	5.9	35.2	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.2
1920-29	0.7	6.2	7.0	21.9	3.5	2.2	6.8	34.3	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.5
1930-39	1.1	6.3	7.4	20.4	3.9	2.6	7.2	34.0	0.0	0.0	0.0	0.0	0.0	0.1	1.0	0.6
1940-49	1.5	5.2	6.7	18.1	3.5	2.9	6.9	31.3	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.6
1950-59	1.5	5.9	7.4	16.7	2.6	2.9	6.1	28.2	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.6
1960-69	1.4	5.5	6.9	15.4	2.3	2.5	5.5	25.7	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.8
1970-79	2.0	4.9	6.9	13.1	2.0	2.9	5.3	23.4	0.0	0.1	0.0	0.0	0.0	0.1	0.2	1.2
1980-89	1.9	5.6	7.4	12.0	2.0	2.6	5.2	21.7	0.0	0.1	0.0	0.0	0.0	0.1	0.2	1.4
1990-99	1.5	5.6	7.2	11.6	2.2	2.5	5.3	21.6	0.0	0.0	0.0	0.0	0.0	0.1	0.2	1.9
2000	1.6	5.8	7.4	11.5	2.6	2.5	5.0	21.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.1
2001	1.7	5.6	7.4	11.9	2.4	2.4	5.1	21.7	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.3
2002	1.5	5.7	7.1	11.2	2.2	2.5	5.2	21.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.5
2003	1.5	5.6	7.2	11.7	2.4	2.5	5.3	21.9	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.4
2004	1.5	5.6	7.1	11.4	2.4	2.5	5.3	21.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.8
2005	1.5	5.7	7.1	10.8	2.5	2.7	5.3	21.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	2.6
2006	1.4	5.6	7.0	10.3	2.4	2.4	5.5	20.6	0.0	0.0	0.0	0.0	0.0	0.0	0.2	3.2

Table 21. 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			
	Percent											
1909-19	5.8	1.8	0.5	8.1	4.3	1.2	0.3	0.6	6.3	6.1	21.8	22.1
1920-29	5.6	1.8	0.5	7.9	4.8	1.0	0.3	0.9	7.1	6.6	20.1	19.0
1930-39	5.1	1.8	0.4	7.3	4.9	0.9	0.4	1.3	7.4	6.2	22.4	16.6
1940-49	5.9	2.4	0.4	8.7	5.7	0.7	0.5	1.8	8.7	6.9	21.8	14.5
1950-59	6.1	3.2	0.4	9.7	6.0	0.5	0.7	2.3	9.5	8.2	20.3	14.1
1960-69	6.6	3.6	0.4	10.5	5.5	0.7	0.8	2.3	9.3	7.4	20.2	15.2
1970-79	5.7	2.6	0.3	8.7	3.7	1.2	1.0	1.7	7.6	5.6	17.5	24.4
1980-89	4.4	2.1	0.3	6.9	2.1	1.7	1.2	1.3	6.3	4.4	16.2	33.6
1990-99	3.4	1.8	0.3	5.5	1.1	1.8	1.1	1.2	5.2	3.4	14.8	43.5
2000	1.7	1.0	0.1	2.9	0.5	0.9	0.6	0.6	2.6	1.8	7.7	70.4
2001	1.8	1.0	0.1	2.9	0.5	0.9	0.6	0.6	2.6	1.9	7.4	70.6
2002	1.8	1.0	0.1	2.9	0.5	0.9	0.7	0.6	2.6	1.9	7.5	70.8
2003	1.7	1.0	0.1	2.9	0.5	0.8	0.6	0.6	2.6	1.9	7.4	70.6
2004	1.8	1.0	0.1	2.9	0.5	0.8	0.7	0.7	2.7	1.9	7.3	70.4
2005	1.8	1.0	0.1	2.9	0.4	0.9	0.7	0.5	2.5	1.9	7.4	70.5
2006	1.8	1.1	0.1	3.0	0.4	0.9	0.7	0.6	2.5	1.9	7.4	70.6

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		
	Percent															
1909-19	1.4	3.1	4.4	8.8	2.2	2.5	15.5	29.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.9
1920-29	2.0	3.4	5.3	7.8	3.9	2.3	17.9	31.8	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.9
1930-39	2.8	3.2	6.0	6.7	4.7	2.5	18.1	32.1	0.2	0.0	0.0	0.0	0.0	0.2	0.0	1.7
1940-49	4.1	2.8	7.0	5.9	4.6	2.9	17.3	30.7	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.6
1950-59	5.3	3.1	8.4	5.6	3.8	2.8	15.8	28.0	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.7
1960-69	5.6	3.1	8.7	5.6	3.4	2.4	15.0	26.5	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1970-79	8.5	2.6	11.1	4.5	2.5	2.5	13.4	22.9	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.1
1980-89	8.0	2.9	10.8	3.9	2.4	2.1	11.3	19.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0
1990-99	6.2	2.7	8.8	3.5	2.3	1.8	9.1	16.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.1
2000	3.5	1.5	4.9	1.7	1.7	0.9	4.1	8.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
2001	3.7	1.5	5.1	1.8	1.4	0.9	4.1	8.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
2002	3.1	1.5	4.6	1.7	1.4	1.0	4.2	8.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
2003	3.3	1.5	4.8	1.8	1.5	0.9	4.2	8.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
2004	3.3	1.5	4.8	1.8	1.6	1.0	4.2	8.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
2005	3.2	1.6	4.8	1.7	1.7	1.0	4.3	8.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
2006	3.0	1.6	4.6	1.6	1.5	0.9	4.4	8.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4

Table 22. Vitamin B_{12} 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			
							Percent					
1909-19	59.4	2.6	9.5	71.5	14.7	4.8	0.8	1.1	21.4	6.5	0.0	0.2
1920-29	56.8	2.7	9.3	68.8	16.2	4.3	0.9	1.9	23.2	7.3	0.0	0.2
1930-39	55.6	2.9	8.3	66.8	17.1	4.1	1.0	3.0	25.3	7.3	0.0	0.1
1940-49	56.9	3.4	6.4	66.7	18.0	2.9	1.1	3.7	25.7	7.1	0.0	0.1
1950-59	56.5	4.3	5.6	66.4	17.4	1.8	1.5	4.8	25.5	7.7	0.0	0.1
1960-69	59.0	4.7	5.0	68.7	15.0	2.2	1.9	4.9	24.1	6.5	0.0	0.5
1970-79	59.2	4.2	5.8	69.2	12.0	4.5	2.9	4.8	24.1	5.8	0.0	0.7
1980-89	56.8	4.4	7.6	68.9	8.6	7.2	4.5	4.8	25.1	5.6	0.0	0.1
1990-99	54.6	5.0	8.6	68.2	5.4	9.5	5.9	5.4	26.2	5.3	0.0	0.1
2000	53.9	5.3	9.3	68.5	4.8	9.0	6.5	5.3	25.6	5.6	0.0	0.1
2001	53.5	5.3	9.7	68.5	4.7	8.7	6.7	5.5	25.5	5.7	0.0	0.1
2002	54.0	5.2	9.9	69.0	4.6	8.6	6.7	5.1	25.0	5.7	0.0	0.1
2003	53.2	5.3	10.5	68.9	4.6	8.4	6.8	5.3	25.1	5.7	0.0	0.1
2004	52.9	5.3	10.7	68.8	4.3	8.3	6.9	5.7	25.2	5.7	0.0	0.1
2005	53.9	5.5	10.1	69.4	4.2	8.6	7.2	4.4	24.5	5.8	0.0	0.1
2006	54.2	5.7	10.0	69.8	4.0	8.6	7.3	4.3	24.2	5.6	0.0	0.1

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		
								Percent								
1909-19	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	0.5	0.0	0.0
1920-29	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.5	0.0	0.0
1930-39	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.6	0.0	0.0
1940-49	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.0	0.0	0.0	0.4	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	0.2	0.1	0.0	0.0	0.0	0.3	0.0	0.0
1970-79	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	0.3	0.0	0.0
1980-89	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	0.3	0.0	0.0
1990-99	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	0.3	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	0.1	0.0	0.0	0.0	0.2	0.0	0.0
2006	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

Table 23. 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			
	Percent											
1909-19	1.6	0.2	1.8	3.6	40.4	12.1	4.8	6.9	64.2	2.9	5.4	7.9
1920-29	1.4	0.2	1.9	3.5	41.5	9.6	4.9	10.2	66.3	2.8	4.5	6.6
1930-39	1.3	0.2	1.9	3.3	40.5	8.2	5.3	13.9	67.9	2.5	4.8	5.5
1940-49	1.3	0.2	1.4	2.9	42.8	6.0	5.7	17.1	71.6	2.5	4.2	4.4
1950-59	1.3	0.3	1.3	3.0	42.4	4.4	7.6	19.7	74.1	2.9	3.8	3.6
1960-69	1.4	0.5	1.1	2.9	38.4	7.0	9.8	19.5	74.8	2.6	3.8	3.6
1970-79	1.4	0.6	1.0	2.9	30.2	13.0	13.7	17.1	74.0	2.3	3.9	3.7
1980-89	1.3	0.7	1.0	3.0	19.8	17.6	19.8	15.7	72.9	2.1	4.2	4.4
1990-99	1.4	0.9	0.9	3.3	11.7	20.9	22.7	16.4	71.7	1.8	4.4	5.0
2000	1.5	1.0	0.9	3.4	10.4	19.8	25.0	15.8	71.0	1.9	4.5	4.9
2001	1.5	1.0	0.9	3.4	10.2	19.1	25.8	16.2	71.2	1.9	4.4	4.9
2002	1.5	1.1	0.9	3.4	10.1	19.1	26.1	15.4	70.7	2.0	4.5	4.9
2003	1.4	1.1	0.9	3.4	9.9	18.7	26.0	15.8	70.5	2.0	4.5	4.9
2004	1.4	1.1	0.9	3.4	9.4	18.5	26.4	16.7	70.9	2.0	4.2	4.8
2005	1.4	1.1	1.0	3.5	9.3	19.3	27.9	13.6	70.0	2.0	4.3	5.0
2006	1.5	1.1	0.9	3.5	8.9	19.3	28.2	13.6	69.9	2.0	4.4	4.9

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		
	Percent															
1909-19	0.8	1.7	2.5	2.8	1.6	1.0	5.1	10.4	0.7	0.1	0.0	0.0	0.0	0.7	1.4	1.0
1920-29	1.0	1.8	2.8	2.2	2.0	0.8	5.2	10.2	0.6	0.1	0.0	0.0	0.0	0.7	1.1	1.5
1930-39	1.4	1.5	2.9	1.8	2.1	0.8	5.0	9.7	0.6	0.1	0.0	0.0	0.0	0.7	1.0	1.6
1940-49	1.7	1.3	3.0	1.5	1.9	0.8	4.3	8.4	0.4	0.1	0.0	0.0	0.0	0.5	0.8	1.6
1950-59	1.3	1.2	2.5	1.3	1.4	0.8	3.9	7.4	0.3	0.3	0.0	0.0	0.0	0.6	0.5	1.6
1960-69	1.1	1.1	2.2	1.3	1.2	0.7	3.9	7.0	0.2	0.4	0.0	0.0	0.0	0.6	0.6	1.9
1970-79	1.5	1.1	2.5	1.2	1.1	1.0	3.9	7.1	0.2	0.4	0.0	0.0	0.0	0.6	0.6	2.3
1980-89	1.4	1.3	2.7	1.1	1.0	1.0	3.9	7.0	0.2	0.4	0.0	0.0	0.0	0.6	0.6	2.6
1990-99	1.2	1.3	2.5	1.1	1.1	1.0	3.7	7.0	0.1	0.3	0.0	0.0	0.0	0.5	0.6	3.2
2000	1.3	1.3	2.6	1.1	1.5	1.0	3.5	7.1	0.1	0.3	0.0	0.0	0.0	0.4	0.7	3.5
2001	1.3	1.3	2.6	1.1	1.3	0.9	3.4	6.8	0.1	0.3	0.0	0.0	0.0	0.4	0.6	3.7
2002	1.2	1.3	2.5	1.1	1.2	1.0	3.6	6.9	0.1	0.2	0.0	0.0	0.0	0.4	0.6	4.1
2003	1.3	1.4	2.6	1.1	1.3	1.0	3.6	7.0	0.1	0.2	0.0	0.0	0.0	0.3	0.6	4.2
2004	1.2	1.4	2.5	1.1	1.3	1.0	3.6	7.0	0.1	0.2	0.0	0.0	0.0	0.3	0.6	4.3
2005	1.2	1.4	2.6	1.0	1.4	1.0	3.6	7.1	0.1	0.2	0.0	0.0	0.0	0.3	0.7	4.5
2006	1.1	1.4	2.5	1.0	1.3	0.9	3.7	7.0	0.1	0.2	0.0	0.0	0.0	0.3	0.6	4.8

Table 24. 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			
						Percent						
1909-19	17.7	1.7	2.1	21.5	16.3	4.9	1.8	2.8	25.8	5.2	4.4	27.8
1920-29	17.2	1.7	2.3	21.2	18.3	4.3	2.0	4.4	28.9	5.6	4.3	24.1
1930-39	16.4	1.7	2.2	20.3	19.0	3.9	2.4	6.4	31.7	5.4	5.0	21.5
1940-49	17.7	2.2	1.9	21.7	21.2	3.0	2.7	8.2	35.1	5.7	5.0	17.7
1950-59	18.3	2.7	2.2	23.1	21.3	2.2	3.8	9.6	37.0	6.5	4.9	15.1
1960-69	19.2	3.8	2.1	25.1	18.8	3.4	4.7	9.4	36.4	5.7	5.1	14.8
1970-79	18.0	4.5	2.2	24.7	14.7	6.3	6.3	8.6	35.8	5.0	5.7	15.0
1980-89	16.1	5.5	2.3	23.9	9.3	8.3	8.5	8.1	34.2	4.3	6.1	17.5
1990-99	14.6	6.9	2.2	23.8	5.5	9.7	9.5	8.2	32.9	3.7	6.0	19.4
2000	14.3	7.6	2.3	24.1	4.8	9.1	10.3	8.0	32.1	3.9	6.1	19.3
2001	14.2	7.5	2.2	23.9	4.7	8.8	10.6	8.1	32.2	4.0	6.1	19.7
2002	14.5	7.8	2.2	24.6	4.7	8.8	10.7	7.7	31.9	4.0	6.2	19.5
2003	14.3	7.8	2.4	24.4	4.6	8.6	10.6	7.8	31.6	4.0	6.3	19.5
2004	14.2	7.9	2.5	24.5	4.3	8.5	10.8	8.1	31.8	4.0	6.2	19.1
2005	14.2	8.1	2.4	24.8	4.2	8.8	11.2	6.6	30.9	4.1	6.2	19.5
2006	14.3	8.2	2.5	24.9	4.0	8.8	11.4	6.5	30.8	4.0	6.3	19.5

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		
								Percent								
1909-19	0.2	1.7	1.8	6.6	1.0	0.9	3.2	11.7	0.3	0.0	0.0	0.0	0.0	0.4	0.2	1.2
1920-29	0.2	1.8	2.0	5.7	1.2	0.8	3.6	11.3	0.4	0.0	0.0	0.0	0.0	0.4	0.2	2.0
1930-39	0.3	1.7	2.0	5.1	1.2	0.9	3.8	11.1	0.4	0.0	0.0	0.0	0.0	0.4	0.2	2.4
1940-49	0.5	1.4	1.9	4.3	1.1	1.0	3.6	10.0	0.2	0.1	0.0	0.0	0.0	0.3	0.2	2.4
1950-59	0.5	1.3	1.8	3.9	0.8	0.9	3.2	8.8	0.2	0.1	0.0	0.0	0.0	0.3	0.1	2.4
1960-69	0.5	1.2	1.7	3.7	0.7	0.8	3.0	8.2	0.1	0.2	0.0	0.0	0.0	0.3	0.1	2.7
1970-79	0.9	1.1	2.0	3.3	0.6	1.0	3.3	8.1	0.1	0.2	0.0	0.0	0.0	0.3	0.2	3.3
1980-89	0.9	1.3	2.1	3.1	0.6	0.9	3.1	7.8	0.1	0.2	0.0	0.0	0.0	0.3	0.2	3.6
1990-99	0.7	1.3	2.0	3.0	0.7	1.0	2.9	7.6	0.1	0.2	0.0	0.0	0.0	0.2	0.2	4.1
2000	0.8	1.3	2.0	2.9	0.9	0.9	2.8	7.6	0.1	0.1	0.0	0.0	0.0	0.2	0.2	4.5
2001	0.8	1.3	2.1	3.0	0.7	0.9	2.8	7.4	0.1	0.1	0.0	0.0	0.0	0.2	0.2	4.3
2002	0.7	1.3	2.0	2.9	0.7	1.0	2.8	7.3	0.1	0.1	0.0	0.0	0.0	0.2	0.2	4.1
2003	0.7	1.3	2.0	3.0	0.8	1.0	2.8	7.5	0.1	0.1	0.0	0.0	0.0	0.2	0.2	4.2
2004	0.7	1.3	2.0	2.9	0.8	1.0	2.8	7.4	0.1	0.1	0.0	0.0	0.0	0.2	0.2	4.6
2005	0.7	1.3	2.0	2.7	0.8	1.0	2.8	7.4	0.1	0.1	0.0	0.0	0.0	0.1	0.2	4.9
2006	0.6	1.3	2.0	2.6	0.8	0.9	2.9	7.2	0.1	0.1	0.0	0.0	0.0	0.2	0.2	5.0

Table 25. 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			
	Percent											
1909-19	6.9	0.8	1.2	8.9	7.1	2.1	0.4	1.3	10.9	1.3	9.9	35.8
1920-29	6.8	0.8	1.3	8.9	8.6	1.9	0.5	2.1	13.1	1.4	9.8	30.5
1930-39	6.5	0.9	1.1	8.5	9.2	1.7	0.5	3.0	14.5	1.4	11.2	26.7
1940-49	7.3	1.2	1.0	9.5	10.6	1.4	0.7	4.2	16.8	1.5	11.8	22.2
1950-59	8.2	1.5	1.4	11.1	11.2	1.2	1.0	5.2	18.6	1.9	12.1	19.3
1960-69	8.8	2.2	1.4	12.5	9.9	2.1	1.2	5.3	18.5	1.7	12.5	18.4
1970-79	8.4	2.7	1.5	12.6	7.5	3.7	1.6	5.1	17.9	1.4	13.1	18.0
1980-89	7.4	3.2	1.6	12.2	4.6	4.5	2.1	5.0	16.2	1.2	13.5	21.5
1990-99	6.5	4.0	1.6	12.1	2.7	5.1	2.3	5.0	15.0	1.0	13.2	23.6
2000	6.3	4.4	1.6	12.2	2.3	4.7	2.4	4.9	14.3	1.1	13.2	23.0
2001	6.3	4.3	1.5	12.1	2.3	4.5	2.5	4.9	14.2	1.1	13.2	23.9
2002	6.5	4.5	1.5	12.6	2.3	4.6	2.6	4.7	14.1	1.1	13.6	24.0
2003	6.2	4.5	1.6	12.3	2.2	4.4	2.5	4.7	13.9	1.1	13.8	23.7
2004	6.2	4.5	1.7	12.4	2.1	4.4	2.6	4.8	13.8	1.1	13.3	23.3
2005	6.1	4.6	1.7	12.4	2.0	4.5	2.6	4.0	13.1	1.1	13.1	23.6
2006	6.3	4.7	1.7	12.6	1.9	4.5	2.7	3.8	12.9	1.1	13.5	23.5

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		
	Percent															
1909-19	0.4	4.1	4.5	10.5	2.2	1.6	5.7	20.0	0.1	0.0	0.0	0.0	0.0	0.1	2.0	6.5
1920-29	0.6	4.6	5.3	9.3	2.9	1.5	6.4	20.1	0.1	0.0	0.0	0.0	0.0	0.1	1.5	9.2
1930-39	1.0	4.5	5.4	8.3	3.1	1.7	6.8	20.0	0.1	0.0	0.0	0.0	0.0	0.1	1.4	10.8
1940-49	1.5	3.9	5.4	7.4	2.9	2.0	6.7	19.0	0.1	0.0	0.0	0.0	0.0	0.1	1.3	12.3
1950-59	1.7	4.2	5.9	7.2	2.2	2.1	6.4	17.8	0.1	0.1	0.0	0.0	0.0	0.1	0.8	12.4
1960-69	1.7	4.0	5.7	6.9	1.8	1.8	6.0	16.6	0.1	0.1	0.0	0.0	0.0	0.1	0.7	13.4
1970-79	2.8	3.7	6.5	6.0	1.5	2.1	6.4	16.1	0.0	0.1	0.0	0.0	0.0	0.1	0.7	13.5
1980-89	2.6	4.2	6.8	5.5	1.4	2.0	5.7	14.6	0.0	0.1	0.0	0.0	0.0	0.1	0.7	13.3
1990-99	2.1	4.2	6.3	5.3	1.5	2.0	5.0	13.8	0.0	0.1	0.0	0.0	0.0	0.1	0.7	14.2
2000	2.1	4.2	6.3	5.2	1.8	1.9	4.7	13.6	0.0	0.1	0.0	0.0	0.0	0.1	0.7	15.5
2001	2.3	4.1	6.4	5.3	1.5	1.9	4.6	13.3	0.0	0.1	0.0	0.0	0.0	0.1	0.7	15.0
2002	2.0	4.2	6.2	5.1	1.5	2.0	4.7	13.3	0.0	0.1	0.0	0.0	0.0	0.1	0.7	14.3
2003	2.0	4.2	6.2	5.2	1.6	2.0	4.7	13.5	0.0	0.0	0.0	0.0	0.0	0.1	0.7	14.7
2004	2.0	4.2	6.1	5.0	1.7	2.0	4.7	13.4	0.0	0.0	0.0	0.0	0.0	0.1	0.7	15.9
2005	1.9	4.2	6.1	4.7	1.7	2.1	4.7	13.3	0.0	0.0	0.0	0.0	0.0	0.1	0.7	16.7
2006	1.8	4.2	5.9	4.6	1.6	1.9	4.8	12.8	0.0	0.0	0.0	0.0	0.0	0.1	0.6	17.0

Table 26. 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			
	Percent											
1909-19	15.4	1.6	2.0	19.0	0.6	0.2	0.2	0.2	1.2	5.4	13.0	33.7
1920-29	15.0	1.7	1.9	18.7	0.8	0.1	0.3	0.4	1.6	6.1	12.5	29.6
1930-39	14.4	1.8	1.7	17.9	0.9	0.1	0.3	0.5	1.9	6.0	14.3	26.8
1940-49	14.8	2.1	1.4	18.3	0.9	0.1	0.3	0.6	2.0	5.9	12.5	32.2
1950-59	15.4	2.7	1.5	19.5	0.9	0.1	0.4	0.7	2.1	6.5	10.9	35.7
1960-69	16.5	3.4	1.4	21.3	0.8	0.2	0.5	0.6	2.1	5.5	10.0	37.2
1970-79	15.4	3.3	1.5	20.3	0.6	0.3	0.6	0.5	2.0	4.5	9.3	40.1
1980-89	11.8	3.3	1.4	16.6	0.3	0.3	0.7	0.5	1.8	3.4	8.3	49.1
1990-99	9.5	3.7	1.4	14.5	0.2	0.3	0.7	0.4	1.7	2.7	7.8	53.3
2000	9.0	3.9	1.5	14.4	0.2	0.3	0.8	0.4	1.7	2.8	7.9	52.4
2001	9.0	3.9	1.5	14.4	0.2	0.3	0.8	0.4	1.7	2.8	7.6	52.8
2002	9.2	4.0	1.6	14.8	0.2	0.3	0.8	0.4	1.7	2.9	7.6	52.3
2003	8.8	4.0	1.6	14.5	0.2	0.3	0.8	0.4	1.7	2.8	7.6	52.1
2004	8.9	4.1	1.7	14.7	0.1	0.3	0.8	0.4	1.7	2.8	7.3	51.6
2005	8.8	4.1	1.6	14.4	0.1	0.3	0.8	0.4	1.7	2.8	7.3	51.6
2006	9.0	4.2	1.6	14.8	0.1	0.4	0.8	0.4	1.7	2.8	7.4	51.2

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		
	Percent															
1909-19	0.2	3.0	3.2	9.9	1.7	1.6	5.0	18.1	0.0	0.0	0.0	0.0	0.0	0.1	2.7	3.6
1920-29	0.3	3.5	3.8	9.0	2.4	1.6	6.4	19.5	0.0	0.0	0.0	0.0	0.0	0.1	2.3	6.0
1930-39	0.4	3.4	3.8	8.1	2.8	1.8	7.1	19.8	0.0	0.0	0.0	0.0	0.0	0.1	2.1	7.4
1940-49	0.6	2.8	3.4	6.5	2.3	2.0	6.3	17.0	0.0	0.0	0.0	0.0	0.0	0.1	1.8	6.8
1950-59	0.6	2.8	3.3	5.6	1.7	2.0	5.6	14.8	0.0	0.0	0.0	0.0	0.0	0.1	0.9	6.2
1960-69	0.5	2.5	3.0	5.1	1.3	1.9	5.0	13.2	0.0	0.0	0.0	0.0	0.0	0.1	0.8	6.8
1970-79	0.7	2.1	2.8	4.6	1.0	2.2	5.0	12.8	0.0	0.0	0.0	0.0	0.0	0.1	0.8	7.3
1980-89	0.6	2.0	2.6	3.9	0.8	1.9	4.0	10.6	0.0	0.0	0.0	0.0	0.0	0.1	0.7	6.9
1990-99	0.4	1.8	2.2	3.6	0.8	1.8	3.3	9.5	0.0	0.0	0.0	0.0	0.1	0.1	0.7	7.6
2000	0.4	1.7	2.1	3.6	1.1	1.7	3.1	9.4	0.0	0.0	0.0	0.0	0.1	0.1	0.7	8.5
2001	0.5	1.7	2.2	3.6	0.8	1.6	3.1	9.1	0.0	0.0	0.0	0.0	0.1	0.1	0.7	8.5
2002	0.4	1.7	2.1	3.5	0.8	1.7	3.1	9.1	0.0	0.0	0.0	0.0	0.1	0.1	0.7	8.6
2003	0.4	1.8	2.2	3.6	0.9	1.7	3.1	9.3	0.0	0.0	0.0	0.0	0.1	0.1	0.7	9.0
2004	0.4	1.8	2.2	3.5	0.9	1.7	3.1	9.3	0.0	0.0	0.0	0.0	0.1	0.1	0.7	9.6
2005	0.4	1.8	2.2	3.3	1.0	1.8	3.1	9.2	0.0	0.0	0.0	0.0	0.1	0.1	0.7	10.0
2006	0.4	1.7	2.1	3.1	0.9	1.6	3.2	8.8	0.0	0.0	0.0	0.0	0.1	0.1	0.6	10.5

Table 27. 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			
							Percent					
1909-19	29.7	1.8	10.5	41.9	8.3	2.4	1.2	1.3	13.1	3.5	5.6	24.5
1920-29	29.5	1.9	8.3	39.7	9.6	2.2	1.4	2.1	15.4	4.0	5.7	22.3
1930-39	29.4	2.0	6.0	37.4	10.3	2.1	1.7	3.2	17.2	3.9	6.8	20.7
1940-49	32.0	2.6	4.7	39.4	11.7	1.6	2.0	4.2	19.5	4.2	6.6	17.1
1950-59	34.3	3.6	4.2	42.0	11.9	1.2	2.7	5.0	20.7	4.8	6.2	14.3
1960-69	37.0	4.9	2.8	44.8	10.3	1.8	3.2	4.8	20.1	4.2	6.1	13.4
1970-79	35.2	5.2	2.5	42.9	7.5	3.0	4.2	3.8	18.6	3.3	5.6	18.1
1980-89	30.0	6.1	2.2	38.3	4.5	4.0	5.6	3.2	17.4	2.8	5.4	25.0
1990-99	26.1	7.7	2.2	36.0	2.6	4.7	6.3	3.4	17.1	2.4	5.5	27.6
2000	25.9	8.4	2.8	37.0	2.3	4.4	6.9	3.2	16.9	2.5	5.6	26.1
2001	25.8	8.3	2.2	36.3	2.3	4.3	7.2	3.4	17.1	2.6	5.5	26.7
2002	26.1	8.5	2.8	37.4	2.3	4.3	7.2	3.1	16.8	2.6	5.6	26.3
2003	25.2	8.6	2.9	36.7	2.2	4.2	7.2	3.2	16.9	2.6	5.7	26.4
2004	25.3	8.6	2.9	36.8	2.1	4.2	7.3	3.5	17.1	2.6	5.5	26.1
2005	25.1	8.8	2.9	36.8	2.0	4.2	7.5	2.8	16.6	2.6	5.5	26.3
2006	25.7	8.8	2.9	37.4	1.9	4.2	7.6	2.8	16.5	2.5	5.6	25.9

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		
								Percent								
1909-19	0.1	1.1	1.2	3.9	0.8	0.7	2.7	8.1	0.1	0.0	0.0	0.1	0.0	0.3	0.4	1.3
1920-29	0.1	1.3	1.4	3.6	1.0	0.7	3.3	8.5	0.2	0.0	0.0	0.1	0.0	0.3	0.4	2.2
1930-39	0.2	1.3	1.5	3.3	1.2	0.8	3.7	8.9	0.2	0.0	0.0	0.1	0.0	0.3	0.3	2.8
1940-49	0.3	1.2	1.5	2.8	1.0	0.9	3.5	8.3	0.1	0.0	0.0	0.1	0.0	0.3	0.3	2.9
1950-59	0.3	1.1	1.4	2.6	0.8	0.8	3.2	7.4	0.1	0.0	0.0	0.1	0.0	0.2	0.2	2.6
1960-69	0.3	1.0	1.3	2.6	0.6	0.7	2.9	6.8	0.1	0.0	0.0	0.1	0.0	0.2	0.2	2.9
1970-79	0.4	0.9	1.3	2.3	0.6	0.8	2.9	6.6	0.0	0.0	0.0	0.0	0.0	0.1	0.2	3.3
1980-89	0.4	1.0	1.3	2.1	0.5	0.7	2.6	6.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	3.5
1990-99	0.3	0.9	1.2	2.1	0.6	0.7	2.4	5.8	0.0	0.0	0.0	0.0	0.0	0.1	0.3	4.1
2000	0.3	0.9	1.3	2.1	0.8	0.7	2.3	5.8	0.0	0.0	0.0	0.0	0.0	0.1	0.3	4.5
2001	0.3	0.9	1.3	2.1	0.6	0.7	2.3	5.7	0.0	0.0	0.0	0.0	0.0	0.1	0.3	4.4
2002	0.3	0.9	1.2	2.0	0.6	0.7	2.2	5.6	0.0	0.0	0.0	0.0	0.0	0.1	0.3	4.2
2003	0.3	1.0	1.3	2.1	0.6	0.7	2.3	5.7	0.0	0.0	0.0	0.0	0.0	0.1	0.3	4.3
2004	0.3	1.0	1.2	2.0	0.6	0.7	2.3	5.7	0.0	0.0	0.0	0.0	0.0	0.1	0.3	4.7
2005	0.3	1.0	1.3	1.9	0.6	0.8	2.3	5.6	0.0	0.0	0.0	0.0	0.0	0.1	0.3	5.0
2006	0.3	1.0	1.2	1.9	0.6	0.7	2.3	5.4	0.0	0.0	0.0	0.0	0.0	0.1	0.3	5.1

Table 28. Copper 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			
							Percent					
1909-19	23.3	0.6	4.1	27.9	1.4	0.4	0.1	0.1	2.0	2.2	11.0	28.9
1920-29	22.6	0.6	3.3	26.5	1.6	0.3	0.1	0.2	2.3	2.4	11.1	26.0
1930-39	21.3	0.6	2.4	24.4	1.7	0.3	0.1	0.3	2.5	2.3	13.2	23.5
1940-49	24.7	0.8	2.0	27.5	2.0	0.3	0.2	0.4	2.8	2.5	13.9	19.9
1950-59	25.9	1.2	2.0	29.1	2.2	0.3	0.3	0.5	3.2	3.1	15.0	17.9
1960-69	26.6	1.6	1.7	29.9	2.1	0.4	0.3	0.5	3.3	2.7	15.6	17.2
1970-79	24.0	1.7	1.6	27.3	1.6	0.7	0.4	0.5	3.1	2.2	18.2	17.2
1980-89	19.6	1.8	1.5	23.0	1.0	0.9	0.5	0.5	2.9	1.9	19.8	20.0
1990-99	17.1	2.2	1.6	20.9	0.6	1.1	0.5	0.6	2.7	1.6	19.1	22.0
2000	16.5	2.3	1.8	20.6	0.5	1.1	0.5	0.6	2.6	1.7	18.9	21.3
2001	16.8	2.3	1.6	20.7	0.5	1.0	0.5	0.6	2.7	1.7	19.1	21.6
2002	17.1	2.4	1.9	21.4	0.5	1.1	0.5	0.6	2.7	1.8	19.6	21.7
2003	16.7	2.3	2.0	21.1	0.5	1.1	0.5	0.6	2.7	1.7	19.6	21.4
2004	16.5	2.3	2.0	20.8	0.5	1.1	0.5	0.6	2.7	1.7	19.1	20.9
2005	16.4	2.3	2.0	20.7	0.4	1.1	0.5	0.6	2.6	1.7	18.7	20.8
2006	16.4	2.4	2.0	20.7	0.4	1.1	0.5	0.6	2.6	1.7	19.1	20.8

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		
								Percent								
1909-19	0.3	4.3	4.6	9.2	2.4	1.7	3.3	16.6	0.0	0.0	0.0	0.0	0.0	0.0	0.9	5.9
1920-29	0.5	5.0	5.5	8.2	2.7	1.6	4.1	16.6	0.0	0.0	0.0	0.0	0.0	0.0	0.7	8.8
1930-39	0.8	4.9	5.7	7.5	2.9	1.9	4.6	16.9	0.0	0.0	0.0	0.0	0.0	0.0	0.7	10.9
1940-49	1.2	4.3	5.5	6.4	2.4	2.3	4.5	15.6	0.0	0.0	0.0	0.0	0.0	0.0	0.8	11.5
1950-59	1.3	4.4	5.7	6.1	1.8	2.4	4.3	14.5	0.0	0.0	0.0	0.0	0.0	0.0	0.5	10.9
1960-69	1.3	4.1	5.4	5.8	1.5	2.3	4.0	13.5	0.0	0.0	0.0	0.0	0.0	0.0	0.6	11.8
1970-79	2.0	3.6	5.6	5.1	1.3	2.7	4.2	13.2	0.0	0.0	0.0	0.0	0.0	0.0	0.8	12.4
1980-89	1.9	4.0	5.9	4.7	1.1	2.6	3.9	12.2	0.0	0.0	0.0	0.0	0.0	0.0	1.3	13.1
1990-99	1.6	3.9	5.4	4.6	1.1	2.7	3.6	12.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	14.8
2000	1.6	3.8	5.4	4.5	1.5	2.5	3.2	11.8	0.0	0.0	0.0	0.0	0.0	0.0	1.7	16.1
2001	1.7	3.8	5.5	4.6	1.1	2.5	3.2	11.4	0.0	0.0	0.0	0.0	0.0	0.0	1.7	15.6
2002	1.5	3.9	5.4	4.5	1.1	2.6	3.3	11.5	0.0	0.0	0.0	0.0	0.0	0.0	1.7	14.2
2003	1.5	3.8	5.4	4.6	1.1	2.6	3.3	11.6	0.0	0.0	0.0	0.0	0.0	0.0	1.6	15.0
2004	1.5	3.8	5.3	4.4	1.1	2.6	3.3	11.4	0.0	0.0	0.0	0.0	0.0	0.0	1.6	16.5
2005	1.4	3.8	5.2	4.1	1.1	2.7	3.2	11.1	0.0	0.0	0.0	0.0	0.0	0.0	1.6	17.5
2006	1.3	3.7	5.1	3.9	1.1	2.4	3.3	10.7	0.0	0.0	0.0	0.0	0.0	0.0	1.5	17.8

Table 29. 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			
							Percent					
1909-19	10.4	0.8	1.1	12.4	10.4	3.1	0.2	1.8	15.5	1.5	8.3	13.2
1920-29	10.1	0.9	1.3	12.2	11.8	2.7	0.2	2.9	17.6	1.6	7.6	11.3
1930-39	9.5	0.9	1.1	11.5	12.2	2.4	0.2	4.2	19.1	1.5	8.6	9.8
1940-49	10.5	1.1	1.0	12.6	13.9	1.9	0.3	5.7	21.8	1.7	8.4	8.1
1950-59	11.4	1.5	1.1	14.0	14.5	1.5	0.5	7.1	23.6	2.0	8.1	7.1
1960-69	12.4	2.2	1.1	15.7	13.1	2.5	0.6	7.3	23.5	1.8	8.1	7.0
1970-79	12.4	2.6	1.2	16.2	10.2	4.5	0.8	6.9	22.3	1.5	8.6	6.9
1980-89	11.5	3.3	1.3	16.1	6.6	6.0	1.0	6.8	20.3	1.4	9.2	8.3
1990-99	10.8	4.2	1.4	16.3	3.9	7.1	1.0	7.0	19.0	1.2	9.4	9.4
2000	10.5	4.6	1.4	16.5	3.4	6.6	1.1	6.8	18.0	1.3	9.5	9.4
2001	10.6	4.6	1.4	16.5	3.4	6.4	1.2	6.9	17.9	1.3	9.4	9.8
2002	11.0	4.8	1.3	17.1	3.4	6.5	1.2	6.8	17.9	1.3	9.5	9.8
2003	10.5	4.8	1.4	16.8	3.3	6.3	1.2	6.9	17.7	1.3	9.4	9.7
2004	10.5	4.9	1.5	16.9	3.2	6.3	1.2	7.1	17.8	1.3	9.0	9.6
2005	10.6	5.0	1.5	17.1	3.1	6.5	1.2	5.8	16.6	1.3	9.3	9.9
2006	10.9	5.1	1.5	17.5	3.0	6.6	1.3	5.6	16.5	1.3	9.5	9.9

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		
								Percent								
1909-19	0.8	7.3	8.1	19.7	3.3	3.5	7.2	33.7	0.1	0.0	0.0	0.0	0.0	0.2	1.6	5.7
1920-29	1.1	7.8	9.0	17.3	3.8	3.2	7.9	32.2	0.1	0.0	0.0	0.0	0.0	0.2	1.3	7.0
1930-39	1.7	7.3	9.0	15.3	4.1	3.6	8.2	31.2	0.1	0.0	0.0	0.0	0.0	0.2	1.1	7.9
1940-49	2.5	6.2	8.8	13.2	3.6	4.1	7.7	28.6	0.1	0.1	0.0	0.0	0.0	0.2	1.0	8.9
1950-59	2.8	6.3	9.1	12.5	2.7	4.2	7.1	26.4	0.1	0.1	0.0	0.0	0.0	0.2	0.6	8.9
1960-69	2.8	5.9	8.7	12.5	2.4	3.8	6.6	25.3	0.1	0.1	0.0	0.0	0.0	0.2	0.5	9.3
1970-79	4.7	5.6	10.3	11.6	2.1	4.3	7.0	25.1	0.0	0.2	0.0	0.0	0.0	0.2	0.5	8.5
1980-89	4.6	6.8	11.4	11.3	2.2	4.4	6.8	24.6	0.0	0.2	0.0	0.0	0.0	0.2	0.5	8.1
1990-99	3.9	6.9	10.8	11.3	2.5	4.6	6.5	24.8	0.0	0.1	0.0	0.0	0.0	0.2	0.5	8.2
2000	4.1	6.9	11.0	11.1	3.2	4.4	6.0	24.7	0.0	0.1	0.0	0.0	0.0	0.1	0.5	9.0
2001	4.4	6.9	11.2	11.5	2.5	4.4	6.0	24.4	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.8
2002	3.7	7.0	10.8	11.1	2.5	4.7	6.2	24.4	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.6
2003	3.9	7.0	10.9	11.4	2.6	4.6	6.2	24.8	0.0	0.1	0.0	0.0	0.0	0.1	0.5	8.8
2004	3.8	7.0	10.9	11.1	2.7	4.6	6.2	24.6	0.0	0.1	0.0	0.0	0.0	0.1	0.5	9.4
2005	3.8	7.1	10.9	10.7	2.8	4.9	6.3	24.6	0.0	0.1	0.0	0.0	0.0	0.1	0.5	9.7
2006	3.5	7.2	10.7	10.4	2.7	4.4	6.4	23.9	0.0	0.1	0.0	0.0	0.0	0.1	0.5	10.1

Table 30. 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			
							Percent					
1909-19	29.6	1.2	6.4	37.2	12.4	3.5	3.7	2.5	22.1	6.5	0.4	3.1
1920-29	27.5	1.1	4.7	33.3	13.1	2.8	3.7	3.7	23.4	6.4	0.3	2.5
1930-39	24.9	1.1	4.1	30.1	13.6	2.5	4.4	5.2	25.7	6.0	0.4	1.9
1940-49	25.8	1.4	3.0	30.1	14.2	1.8	5.1	6.6	27.7	6.1	0.3	1.4
1950-59	24.3	1.5	3.0	28.8	12.8	1.6	6.4	7.1	27.8	6.3	0.3	0.9
1960-69	23.4	2.0	2.6	28.1	10.4	2.5	7.6	6.7	27.2	5.2	0.3	0.7
1970-79	11.8	2.5	2.7	17.0	8.4	4.2	10.2	7.3	30.1	4.6	0.3	0.6
1980-89	10.0	3.2	2.8	16.0	5.5	5.3	14.0	7.9	32.7	4.2	0.3	0.8
1990-99	8.8	4.2	2.9	15.9	3.3	6.2	16.1	8.3	33.9	3.7	0.3	0.9
2000	8.9	4.8	3.0	16.7	3.0	6.0	17.8	8.5	35.3	4.0	0.3	1.0
2001	8.9	4.8	2.9	16.6	3.0	5.8	18.4	8.5	35.7	4.2	0.3	1.1
2002	9.1	4.9	2.9	16.9	2.9	5.8	18.6	8.1	35.4	4.1	0.3	1.1
2003	13.7	4.7	3.0	21.5	2.8	5.5	17.9	7.9	34.0	4.0	0.3	1.0
2004	13.6	4.8	3.0	21.3	2.6	5.4	18.2	7.9	34.1	4.0	0.3	1.0
2005	13.6	5.0	3.0	21.6	2.6	5.6	19.1	6.7	33.9	4.0	0.3	1.0
2006	9.4	5.4	3.1	17.9	2.7	6.1	21.0	6.9	36.6	4.3	0.3	1.1

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		
									Percent							
1909-19	0.0	0.9	0.9	1.2	2.2	3.6	5.2	12.2	14.0	1.5	0.0	0.0	0.0	15.5	1.8	0.3
1920-29	0.0	1.1	1.1	0.9	2.6	3.3	8.7	15.5	13.3	2.0	0.0	0.0	0.0	15.3	1.9	0.4
1930-39	0.0	1.1	1.1	0.8	2.8	3.2	9.8	16.7	13.3	2.8	0.0	0.0	0.0	16.0	1.7	0.4
1940-49	0.0	1.2	1.3	0.7	2.6	4.3	10.5	18.1	8.3	4.2	0.0	0.0	0.0	12.5	2.1	0.4
1950-59	0.0	1.4	1.4	1.2	1.8	5.3	10.6	18.8	5.5	8.0	0.0	0.0	0.0	13.6	1.6	0.4
1960-69	0.0	1.4	1.4	2.6	1.4	6.3	11.2	21.6	3.9	9.4	0.0	0.0	0.0	13.2	2.0	0.4
1970-79	0.1	1.7	1.8	3.2	1.6	9.9	14.4	29.0	2.8	10.7	0.0	0.0	0.0	13.5	2.8	0.4
1980-89	0.1	2.0	2.1	3.3	1.4	10.4	12.2	27.2	2.8	10.6	0.0	0.0	0.0	13.4	2.9	0.4
1990-99	0.1	1.9	2.0	3.2	1.6	12.2	10.4	27.4	2.6	9.4	0.0	0.0	0.0	12.0	3.4	0.5
2000	0.1	1.6	1.6	3.3	1.5	11.7	10.6	27.0	2.6	7.5	0.0	0.0	0.0	10.1	3.5	0.5
2001	0.1	2.3	2.4	3.5	1.4	11.2	9.8	26.0	2.6	7.2	0.0	0.0	0.0	9.8	3.5	0.6
2002	0.1	2.1	2.1	3.3	1.4	11.7	10.5	26.9	2.6	6.6	0.0	0.0	0.0	9.2	3.4	0.6
2003	0.1	2.1	2.2	3.3	1.4	11.3	9.6	25.6	2.5	5.2	0.0	0.0	0.0	7.7	3.2	0.6
2004	0.1	1.9	2.0	3.1	1.4	11.3	9.9	25.8	2.5	5.1	0.0	0.0	0.0	7.6	3.3	0.6
2005	0.1	2.2	2.3	3.0	1.4	12.2	9.6	26.2	2.6	4.0	0.0	0.0	0.0	6.6	3.3	0.6
2006	0.1	1.4	1.5	3.6	1.5	11.5	9.9	26.4	2.9	4.9	0.0	0.0	0.0	7.9	3.2	0.7

Table 31. 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			
							Percent					
1909-19	5.5	1.0	3.2	9.7	12.5	3.8	0.5	0.6	17.4	7.5	2.9	60.2
1920-29	5.8	1.1	3.2	10.2	13.1	3.9	0.6	0.8	18.4	8.7	3.7	56.0
1930-39	5.9	1.3	3.0	10.2	13.5	3.9	0.7	1.2	19.3	8.8	4.9	53.5
1940-49	6.7	1.7	3.1	11.5	17.0	4.0	0.9	1.7	23.6	9.9	4.4	47.1
1950-59	6.8	2.6	4.0	13.4	17.9	2.9	1.3	2.3	24.4	11.6	6.0	41.1
1960-69	7.0	4.0	4.4	15.4	17.0	1.8	1.7	2.6	23.1	10.7	6.5	39.9
1970-79	9.6	5.0	5.1	19.7	13.4	3.4	2.3	2.6	21.7	9.6	5.8	38.0
1980-89	12.8	6.2	5.2	24.3	8.1	4.9	3.0	2.5	18.4	8.0	4.9	39.3
1990-99	15.9	7.5	4.7	28.1	4.4	5.4	3.1	2.4	15.3	6.5	5.0	39.9
2000	15.0	7.6	4.5	27.1	3.5	4.7	3.1	2.1	13.4	6.3	4.3	44.0
2001	14.8	7.4	4.2	26.3	3.4	4.4	3.1	2.2	13.1	6.3	6.0	43.3
2002	15.0	7.7	4.3	27.0	3.4	4.4	3.1	2.1	12.9	6.3	6.6	42.2
2003	14.6	7.6	4.6	26.8	3.3	4.3	3.1	2.2	12.8	6.2	7.8	41.6
2004	14.6	7.7	4.7	27.0	3.1	4.3	3.2	2.3	12.9	6.3	8.2	40.7
2005	14.6	8.0	4.6	27.1	3.1	4.4	3.3	1.9	12.6	6.4	7.0	41.9
2006	14.8	7.9	4.5	27.3	2.9	4.4	3.3	1.8	12.5	6.2	7.5	41.6

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		
								Percent								
1909-19	0.0	0.2	0.2	0.3	0.1	0.0	0.5	0.9	0.1	0.0	0.0	0.0	0.0	0.1	0.7	0.3
1920-29	0.1	0.3	0.3	0.3	0.1	0.0	0.6	1.0	0.1	0.0	0.0	0.0	0.0	0.2	0.8	0.7
1930-39	0.1	0.3	0.4	0.3	0.2	0.0	0.7	1.1	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.8
1940-49	0.1	0.2	0.4	0.2	0.2	0.1	0.7	1.1	0.1	0.0	0.0	0.0	0.0	0.1	0.9	0.9
1950-59	0.1	0.3	0.4	0.4	0.1	0.1	0.6	1.2	0.1	0.0	0.0	0.0	0.0	0.1	0.9	1.0
1960-69	0.1	0.3	0.4	0.8	0.1	0.1	0.6	1.7	0.1	0.0	0.0	0.0	0.0	0.1	1.0	1.2
1970-79	0.1	0.3	0.4	0.9	0.1	0.2	0.6	1.9	0.0	0.0	0.0	0.0	0.0	0.1	1.1	1.7
1980-89	0.1	0.3	0.4	0.8	0.1	0.2	0.7	1.8	0.0	0.0	0.0	0.0	0.0	0.1	1.2	1.7
1990-99	0.1	0.3	0.4	0.8	0.1	0.2	0.7	1.8	0.0	0.0	0.0	0.0	0.0	0.0	1.2	1.8
2000	0.1	0.3	0.4	0.7	0.2	0.2	0.6	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.7
2001	0.1	0.3	0.3	0.7	0.1	0.2	0.6	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.7
2002	0.1	0.3	0.3	0.7	0.1	0.2	0.7	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.9
2003	0.1	0.3	0.3	0.7	0.1	0.2	0.7	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.7
2004	0.1	0.3	0.3	0.7	0.2	0.2	0.7	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.8
2005	0.1	0.3	0.3	0.7	0.1	0.2	0.7	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.1	1.8
2006	0.1	0.3	0.3	0.7	0.1	0.2	0.7	1.7	0.0	0.0	0.0	0.0	0.0	0.0	1.0	1.8