

**Table 215. Per Capita Consumption of Selected Beverages by Type: 1980 to 2009**

[In gallons. See headnote, Table 217. Per capita consumption uses U.S. resident population, July 1, for all beverages except coffee, tea, and fruit juices which use U.S. total population (Resident plus Armed Forces overseas), July 1]

Beverages	1980	1990	1995	2000	2005	2006	2007	2008	2009
Nonalcoholic	104.0	112.6	107.5	114.8	(NA)	(NA)	(NA)	(NA)	(NA)
Milk (plain and flavored)	27.5	25.7	23.9	22.5	21.0	21.0	20.6	20.8	20.6
Whole	17.0	10.5	8.6	8.1	7.0	6.7	6.4	6.1	5.9
Reduced-fat, light, and skim	10.5	15.2	15.3	14.4	14.1	14.2	14.3	14.6	14.6
Tea	7.3	6.9	7.9	7.8	8.0	8.4	8.4	8.0	9.0
Coffee	26.7	26.8	20.2	26.3	24.3	24.4	24.6	24.2	23.3
Carbonated soft drinks	35.1	46.2	47.4	49.3	(NA)	(NA)	(NA)	(NA)	(NA)
Diet	5.1	10.7	10.9	11.6	(NA)	(NA)	(NA)	(NA)	(NA)
Regular	29.9	35.6	36.5	37.7	(NA)	(NA)	(NA)	(NA)	(NA)
Fruit juices	7.4	7.0	8.1	8.9	8.1	7.9	7.9	6.9	7.4

NA Not available.

Source: U.S. Department of Agriculture, Economic Research Service, *Food Consumption, Prices, and Expenditures*, annual; Food Consumption (Per Capita) Data System, <<http://www.ers.usda.gov/data/foodconsumption/>>.

**Table 216. Nutrition—Nutrients in Foods Available for Civilian Consumption Per Capita Per Day: 1970 to 2006**

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

Nutrient	Unit	1970–79	1980–89	1990–99	2000	2006
Food energy	Kilocalories	3,200	3,400	3,600	3,900	3,900
Carbohydrate	Grams	395	421	478	495	474
Fiber	Grams	20	22	24	24	25
Protein	Grams	96	100	108	111	111
Total fat <sup>1</sup>	Grams	143	151	150	169	178
Saturated	Grams	49	50	48	52	54
Monounsaturated	Grams	57	61	64	75	77
Polyunsaturated	Grams	27	30	31	35	39
Cholesterol	Milligrams	430	420	400	410	420
Vitamin A	Micrograms RAE <sup>2</sup>	1,050	1,050	1,100	1,090	940
Carotene	Micrograms	560	600	710	690	690
Vitamin E	Milligrams a-TE <sup>3</sup>	14	16	17	20	21
Vitamin C	Milligrams	109	115	118	121	106
Thiamin	Milligrams	2	3	3	3	3
Riboflavin	Milligrams	3	3	3	3	3
Niacin	Milligrams	25	29	31	32	32
Vitamin B <sub>6</sub>	Milligrams	2	2	2	2	2
Folate <sup>4</sup>	Micrograms DFE <sup>5</sup>	341	383	504	902	874
Vitamin B <sub>12</sub>	Micrograms	9	8	8	8	8
Calcium	Milligrams	930	930	980	980	960
Phosphorus	Milligrams	1,540	1,590	1,690	1,720	1,700
Magnesium	Milligrams	340	360	390	400	400
Iron	Milligrams	17	20	23	23	23
Zinc	Milligrams	13	14	15	15	16
Copper	Milligrams	2	2	2	2	2
Potassium	Milligrams	3,510	3,550	3,720	3,780	3,620
Sodium <sup>6</sup>	Milligrams	1,210	1,210	1,240	1,230	1,150
Selenium	Micrograms	133	143	163	179	181

<sup>1</sup> Includes other types of fat not shown separately. <sup>2</sup> Retinol activity equivalents. <sup>3</sup> Alpha-Tocopherol equivalents. <sup>4</sup> Reflects new terminology from Institute of Medicine's Dietary Reference Intakes reports. <sup>5</sup> Dietary Folate Equivalents (DFE). <sup>6</sup> Does not include amount from processed foods; underestimates actual availability.

Source: U.S. Department of Agriculture, Center for Nutrition Policy and Promotion, *Nutrient Content of the U.S. Food Supply, 1909–2006*. Data also published by Economic Research Service, *Food Consumption, Prices, and Expenditures*, annual. See also <<http://www.usda.gov/cnpp/>>.