

Appendix B

**Estimated available supply of nutrients for
individual foods and groups 1990–91**

Table B.1: Estimated available supply of nutrients for individual foods and groups (unadjusted), 1990–91 (per capita per day)

Food type	Protein	Fat	Carbo- hydrates	Calcium	Iron	Retinol equiv	Vitamin C	Thiamin	Riboflavin	Niacin	Energy
	g	g	g	mg	mg	µg	mg	mg	mg	mg	kJ
Alcoholic beverages											
Beer, standard	0.7	–	4.9	9.7	–	–	4.9	–	–	1.0	365
Beer, low alcohol	0.2	–	1.2	1.6	–	–	1.1	–	–	0.2	57
Spirits, litre alcohol	–	–	–	–	–	–	–	–	–	–	96
Wine, all types	0.1	–	0.8	3.2	0.1	–	0.7	–	–	0.1	151
Total	1.0	–	6.9	14.7	0.1	–	6.7	–	–	1.3	668
Eggs and egg products											
Egg (by weight)	2.1	1.7	0.1	6.6	0.3	27	–	0.01	0.07	–	101
Fruit and fruit products											
Apple	0.1	–	5.2	2.1	0.1	1	2.1	0.01	–	–	87
Apple, product weight	–	–	0.4	0.2	–	1	–	–	–	–	6
Apricot	–	–	0.3	0.7	–	2	0.6	–	–	0.1	7
Apricot, dried	–	–	0.1	0.2	–	1	–	–	–	0.1	2
Banana	0.4	–	4.8	1.6	0.1	2	3.1	0.01	0.02	0.1	86
Cherry	–	–	0.1	0.2	–	–	0.1	–	–	–	2
Currant, dried	–	–	0.4	0.5	–	–	–	–	–	–	6
Custard apple	–	–	–	–	–	–	0.1	–	–	–	1
Fig	–	–	–	0.1	–	–	–	–	–	–	–
Grape	0.1	–	0.9	0.6	–	1	0.4	–	–	–	15
Jam fruit	–	–	0.3	0.5	–	2	0.4	–	–	–	4
Mango	–	–	0.2	0.1	–	5	0.4	–	–	–	3
Melons	0.1	–	0.7	2.3	–	7	2.5	–	–	–	13
Nectarine	–	–	0.2	0.2	–	–	0.2	–	–	–	3
Olive	–	–	–	0.2	–	–	–	–	–	–	2
Orange	0.6	0.1	4.8	17.7	0.2	13	31.6	0.07	0.02	0.1	95
Other citrus	0.1	–	0.6	2.7	–	1	5.3	0.01	–	–	15
Passionfruit	–	–	–	–	–	–	–	–	–	–	–
Pawpaw	–	–	0.1	0.3	–	2	0.7	–	–	–	1

(continued)

Table B.1: Estimated available supply of nutrients for individual foods and groups (unadjusted), 1990–91 (per capita per day) (continued)

Food type	Protein	Fat	Carbo- hydrates	Calcium	Iron	Retinol equiv	Vitamin C	Thiamin	Riboflavin	Niacin	Energy
	g	g	g	mg	mg	µg	mg	mg	mg	mg	kJ
Peach	0.1	–	0.5	0.5	–	1	0.8	–	–	0.1	10
Pear	–	–	1.9	0.7	–	1	0.7	–	–	–	31
Pineapple	0.2	–	1.3	4.5	–	1	3.5	0.01	0.01	–	26
Prune, dried	–	–	0.1	0.1	–	–	–	–	–	–	1
Raisin, dried	–	–	0.4	0.2	–	–	–	–	–	–	7
Strawberry	–	–	–	0.2	–	–	0.7	–	–	–	1
Sultana, dried	0.1	–	3.1	2.3	0.1	–	–	0.01	–	–	52
Total	1.9	0.2	26.2	38.7	0.8	42	53.5	0.12	0.07	0.6	480
Grain products											
Flour	22.0	2.4	149.2	36.6	2.6	–	–	0.55	0.31	5.7	3,000
Oatmeal and rolled oats	0.7	0.5	3.9	2.8	0.2	–	–	0.03	0.01	0.1	97
Other breakfast foods	3.0	0.6	16.9	8.1	2.3	–	–	0.25	0.39	3.5	360
Rice	1.1	0.1	13.0	1.2	0.1	–	–	0.01	–	0.3	242
Total	26.8	3.7	183.0	48.8	5.3	–	–	0.85	0.71	9.6	3,700
Meat and meat products (carcass equivalent weight)											
Beef	14.2	8.3	–	4.9	1.4	2	0.7	0.05	0.13	2.7	547
Lamb and mutton	6.8	9.4	–	2.7	0.6	2	–	0.04	0.06	1.4	466
Offal and other meat	2.4	0.9	0.2	1.0	0.7	1,816	1.6	0.03	0.34	1.0	75
Pig meat	5.7	8.3	–	2.9	0.3	1	–	0.16	0.05	1.1	404
Poultry, dressed weight	7.9	5.7	–	3.0	0.4	17	–	0.02	0.05	1.5	345
Veal	0.5	0.1	–	0.2	–	–	–	–	0.01	0.1	12
Total	37.5	32.6	0.2	14.8	3.5	1,838	2.3	0.30	0.64	7.8	1,849
Oils and fats											
Butter	0.1	6.2	0.1	1.8	–	73	–	–	–	–	233
Margarine, cooking	–	4.2	–	0.6	–	46	–	–	–	–	155
Margarine, table	0.1	14.8	0.1	1.3	–	176	–	–	–	–	550
Oil	–	27.4	–	–	–	–	–	–	–	–	1,014
Total	0.2	52.6	0.2	3.6	–	294	–	–	–	–	1,952

(continued)

Table B.1: Estimated available supply of nutrients for individual foods and groups (unadjusted), 1990–91 (per capita per day) (continued)

Food type	Protein	Fat	Carbo- hydrates	Calcium	Iron	Retinol equiv	Vitamin C	Thiamin	Riboflavin	Niacin	Energy
	g	g	g	mg	mg	µg	mg	mg	mg	mg	kJ
Milk and milk products											
Cheese	6.1	8.1	–	184.7	0.1	93	–	–	0.12	–	402
Cream	0.1	0.9	0.1	1.5	–	10	–	–	–	–	35
Milk, fluid whole	9.1	10.5	12.7	332.4	0.3	83	2.8	0.14	0.43	–	751
Milk, condensed, con- centr & evap, unsweet- ened	0.4	0.4	0.5	12.2	–	5	0.1	–	0.03	–	30
Milk, condensed, con- centr & evap, sweetened	0.1	0.2	0.2	4.2	–	2	–	–	0.01	–	11
Milk, condensed, con- cent & evap, skim	0.4	–	0.5	11.6	–	–	0.1	–	0.02	–	15
Milk, powdered, full cream	0.5	0.5	0.7	15.0	–	7	0.1	0.01	0.03	–	39
Milk, powdered, skim	2.2	0.1	3.1	79.0	–	–	0.1	0.03	0.11	0.1	89
Milk, infants and invalids	0.5	0.9	2.0	18.5	0.2	16	1.4	0.01	0.01	0.2	72
Total	19.3	21.4	19.8	659.1	0.6	215	4.5	0.20	0.76	0.4	1,442
Nuts											
Peanut, in shell	0.9	1.7	0.3	1.9	0.1	–	–	0.03	–	0.5	83
Tree nut, in shell	1.0	2.9	0.3	13.1	0.2	–	–	0.01	0.07	0.2	127
Total	1.9	4.6	0.6	15.0	0.3	–	–	0.04	0.08	0.7	210
Seafood											
Crustacea & molluscs	0.5	–	–	3.0	0.1	–	–	–	–	0.1	10
Crustacea & molluscs,- canned	0.5	–	–	2.1	–	–	–	–	–	–	11
Fish, fresh & frozen, Aust	2.2	0.4	–	3.6	–	3	0.1	–	0.01	0.5	52
Fish, fresh & frozen, imported	0.8	0.2	–	0.8	–	1	0.2	–	0.01	0.2	24
Fish, canned, Aust	0.2	0.1	–	3.7	–	–	–	–	–	0.1	7
Fish, canned, imported	0.9	0.5	–	9.4	0.1	2	–	–	0.01	0.2	35
Total	5.1	1.3	–	22.5	0.3	6	0.3	0.01	0.03	1.0	138

(continued)

Table B.1: Estimated available supply of nutrients for individual foods and groups (unadjusted), 1990–91 (per capita per day) (continued)

Food type	Protein	Fat	Carbo- hydrats	Calcium	Iron	Retinol equiv	Vitamin C	Thiamin	Riboflavin	Niacin	Energy
	g	g	g	mg	mg	µg	mg	mg	mg	mg	kJ
Sugar											
Glucose	–	–	12.2	1.2	0.1	–	–	–	–	–	193
Honey	–	–	2.0	0.2	–	–	–	–	–	–	32
Sucrose	–	–	107.7	1.1	–	–	–	–	–	–	1,723
Syrup	–	–	0.6	1.9	–	–	–	–	–	–	10
Total	–	–	122.5	4.3	0.1	–	–	–	–	–	1,958
Vegetable and vegetable products											
Asparagus	–	–	–	0.1	–	–	0.2	–	–	–	1
Bean, green	0.2	–	0.2	3.0	0.1	4	1.5	–	0.01	–	6
Beetroot	–	–	0.2	0.2	–	–	0.1	–	–	–	3
Cabbage	0.2	–	0.2	4.5	0.1	8	5.9	0.01	0.01	0.1	8
Carrot	0.2	–	1.0	6.9	0.1	344	1.2	0.01	0.01	0.1	21
Cauliflower	0.2	–	0.2	1.1	–	–	5.2	0.01	0.01	–	6
Celery	–	–	0.2	2.7	–	–	0.4	–	–	–	4
Corn, sweet	0.2	0.1	0.9	1.2	0.1	2	0.3	0.01	–	–	22
Cucumber	–	–	–	–	–	1	0.2	–	–	–	1
Lettuce	0.1	–	0.1	2.3	0.1	2	0.6	–	–	0.1	4
Marrow, squash	–	–	–	0.2	–	1	0.3	–	–	–	1
Onion	0.4	–	1.1	4.5	0.1	–	1.7	0.01	0.01	0.1	26
Other vegetables	0.4	–	0.3	0.8	0.1	4	5.2	–	0.03	0.2	12
Parsnip	–	–	0.1	0.2	–	–	0.1	–	–	–	1
Peas, green	0.4	–	0.5	2.1	0.1	5	2.1	0.02	0.01	0.2	16
Potato, sweet	–	–	0.2	0.2	–	2	0.3	–	–	–	3
Potato, white	3.4	0.1	18.8	5.7	0.9	–	32.9	0.13	0.04	1.9	390
Pumpkin	0.3	0.1	0.8	3.6	0.1	62	2.0	0.01	0.01	0.1	20
Tomato	0.7	0.1	1.3	5.6	0.2	41	12.6	0.03	0.01	0.5	39
Turnip, swede	–	–	–	0.1	–	–	0.1	–	–	–	–
Total	6.8	0.5	26.0	45.0	2.0	477	72.8	0.25	0.16	3.3	583

Australian Institute of Health and Welfare, adapted from *Apparent Consumption of Foodstuffs and Nutrients* series, Australian Bureau of Statistics (Cat. no. 4306.0)

Source: Australian Bureau of Statistics and Australian Institute of Health and Welfare unpublished data