

America Eats More of Everything...

...and Too Much of Some Things

According to the 2005 Dietary Guidelines for Americans (see red highlights below)



DAIRY

Yogurt availability grew 1,213 percent between 1970 and 2006.



ADDED FATS AND OILS

Per capita availability of salad and cooking oils is up from 15.4 pounds in 1970 to 44.5 pounds in 2006.



GRAINS

Whole wheat flour accounts for 4.1% of wheat production, a larger share than in 1970.



MEAT, EGGS, NUTS

Chicken availability trailed beef by 52 pounds in 1970, but is close to beef today.

1970

563.9

DAIRY

up 8%

224.8

MEAT, EGGS, NUTS

up 8%

336.8

VEGETABLES

up 21%

52.5

ADDED FATS AND OILS

up 61%

136.5

GRAINS

up 41%

237.9

FRUIT

up 13%

119.1

ADDED SUGAR/SWEETENERS

up 17%

1,671.6
pounds of food per capita
available for consumption

U.S. Food Availability
Up 16%
Per Person Since 1970

2006

606.3

243.7

406.4

84.5

192.8

269.6

138.9

1,942.4
pounds of food per capita
available for consumption



VEGETABLES

Three-quarters of the tomatoes available for consumption in 2006 were canned or used in tomato-based products such as salsa and pasta sauce.



FRUIT

Bananas and apples continue to be the top two fruit choices.



ADDED SUGAR/SWEETENERS

High-fructose corn syrup's share of caloric sweeteners grew from 0.5% in 1970 to 42% in 2006.