America Eats More of Everything...

...and Too Much of Some Things

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



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 oounds in 2006.



GRAINS

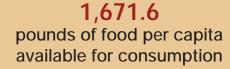
Whole wheat flour accounts for 4.1% of wheat production, a larger share than in 1970.



MEAT, EGGS, NUTS

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

1970 2006 563.9......DAIRY up 8%......606.3 224.8.....MEAT, EGGS, NUTS up 8%......243.7 336.8....VEGETABLES up 21%......406.4 52.5.....ADDED FATS AND OILS up 61%......84.5 up 41%......192.8 136.5......GRAINS 237.9 FRUIT up 13%......269.6 up 17%......138.9 119.1.....ADDED SUGAR/SWEETENERS



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

1,942.4 pounds of food per capita available for consumption



Three-quarters of the tomatoes available for consumption in 2006 were canned or used in tomatobased products such as salsa and



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.

