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Food Statistics

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Food Statistics

2009

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Note of appreciation

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User information

Symbols

The following standard symbols are used in Statistics Canada publications:

- . not available for any reference period
- .. not available for a specific reference period
- ... not applicable
- 0 true zero or a value rounded to zero
- 0^s value rounded to 0 (zero) where there is a meaningful distinction between true zero and the value that was rounded
- p preliminary
- r revised
- x suppressed to meet the confidentiality requirements of the *Statistics Act*
- E use with caution
- F too unreliable to be published

Note: This publication represents a small portion of information available from Canada Food Stats (23F0001X), a free internet downloadable product, also available on CD-ROM. The powerful and friendly system gathers data from across Statistics Canada and even includes data from other organizations. It contains information on food available for consumption and prices, nutrition, supply and demand, as well as data on the food industry, processing, employment, productivity, trade and much more. In addition, Canada Food Stats provides a reservoir of written articles and analysis relevant to food from production to processing to consumption.

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Highlights

- On a per capita basis, the Canadian diet in 2009 included more fresh fruit and vegetables, cereals, coffee and fish compared with 2008.
- Total fresh fruit intake, including citrus, reached a record 39.3 kg per person, up slightly from 2008.
- After reaching a record high in 2008, processed fruit in the diet fell by 2.4% in 2009.
- The total fresh vegetable intake, excluding potatoes, reached a record 40.7 kg per person in 2009, slightly higher than the five-year average of 38.6 kg per person.
- The amount of potatoes in the diet, regardless of how they were consumed, rose by 1.4% to 27.9 kg per person in 2009. This was the first increase since 2001.
- Per capita red meat available for consumption continued its decline in 2009, falling by 0.7% to 23.4 kg per person per year.
- Intake of poultry in the diet fell by 1.2% to 13.4 kg per person, similar to levels in 2006 and 2007.
- Canadians consumed 16.0 kg per person of dairy products, down 3.5% from 2008.
- Total cereal products available for consumption recovered in 2009, increasing 0.8% over 2008, following declines in the past four years.
- After six years of declines, the amount of sugar and syrup in the Canadian diet has risen for two years in a row, reaching 23.8 kg per person.
- Total oil and fat consumption continued to decline, falling to 17.9 kg per person in 2009, down by 3.6 kg from the peak of 21.4 kg per person in 1998.
- Coffee consumption increased 3.6% to 90.0 litres per person in 2009.
- The total daily intake of calories per person fell to 2358.2 calories, down by 155.0 since the peak recorded in 2001.

Analysis

In the past two decades, Canadians have shifted towards a diet which includes more fruits and vegetables, cereal products, and nuts and beans.

During this time, poultry consumption has increased, while beef and pork consumption has continued to decline. Oil and fat consumption increased through the 1990s to a peak in 1998, but has since been falling steadily. Sugar available for consumption has increased over the past two years from the record low set in 2007.

On a per capita basis, the Canadian diet in 2009 included more fresh fruit and vegetables, cereals, coffee and fish compared with 2008. In contrast, per capita availability has declined for consumption of processed fruit and vegetables, juices, dairy products and meat products.

Estimates on food availability have been adjusted to account for losses in cooking, storage and waste that occur in homes, restaurants and institutions while preparing and processing food.

Fruit

Total fresh fruit intake, including citrus, reached a record 39.3 kg per person, up slightly from 2008. Total fresh apples available for consumption increased by 8.2% from 2008, as did strawberries (+7.9%), avocados (+13.2%), cranberries (+26.8%) and cherries (+33.3%).

Declines occurred for fresh grapes (-5.3%), peaches (-17.7%) and nectarines (-21.7%). Intake of blueberries, which had been steadily climbing during the past 10 years, fell 1.3% in 2009. Other berries, including raspberries, saskatoons, loganberries, mulberries, blackberries, currants and gooseberries, rose by 6.4%.

After reaching a record high in 2008, processed fruit in the diet fell by 2.4% in 2009. Among processed fruits, canned fruits recorded the largest reduction (-3.4%) to 4.8 kg per person. Citrus fruit in the diet fell by 6.0% to 5.8 kg per person, as imports dropped from the previous year.

Vegetables

The total fresh vegetable intake, excluding potatoes, reached a record 40.7 kg per person in 2009, slightly higher than the five-year average of 38.6 kg per person. This was just above the previous record of 40.3 kg in 2001.

Notable increases occurred in a number of fresh vegetables, such as beets, of which Canadians doubled their intake from 0.2 kg per person to 0.4. Intake of fresh cucumbers rose 8.0%, as did peppers (+10.0%), eggplant (+12.5%), sweet potatoes (+24.3%) and onions (+35.8%).

The amount of potatoes in the diet, regardless of how they were consumed, rose by 1.4% to 27.9 kg per person in 2009. This was the first increase since 2001. Total processed vegetable intake fell by 0.3% to 14.9 kg per person.

Animal products

Per capita red meat available for consumption continued its decline in 2009, falling by 0.7% to 23.4 kg per person per year. Red meat available for consumption has declined by 5.2 kg per person over the last 20 years.

The amount of beef and veal in the diet dropped 2.3% from 2008, while pork declined 1.3%. Intake of poultry in the diet fell by 1.2% to 13.4 kg per person, similar to levels in 2006 and 2007. In contrast to red meat intake, poultry in the diet has risen by 3.5 kg per person over the last 20 years.

The number of eggs in the diet per person fell 1.2% to 12.7 dozen per person. However, intake of eggs remained above the five-year average of 12.5 dozen per person per year from 2004 to 2008. Fish available for consumption rebounded, increasing 1.5% over 2008 levels.

The amount of dairy products in the diet fell for the second year in a row. Canadians consumed 16.0 kg per person of dairy products, down 3.5% from 2008. Intake of fluid milk was down 0.8%, total cheese dropped 1.4% and all other dairy products were down 5.2%. Only the intake of total cheeses remained near the five-year average (2004-2008) of 10.0 kg per person.

Cereals

Total cereal products available for consumption recovered in 2009, increasing 0.8% over 2008, following declines in the past four years. Since 1989, per capita cereal in the diet has grown by 8.9 kg per person.

Wheat flour intake increased 1.0% to 43.6 kg per person in 2009. Canadians increased the amount of rice in their diets by 1.3% to a record high of 7.1 kg per person. Rice availability for consumption has more than doubled (+108.8%) over the past 20 years, the equivalent of an increase of 3.7 kg per person.

Sugar and syrup

After six years of declines, the amount of sugar and syrup in the Canadian diet has risen for two years in a row, reaching 23.8 kg per person. Intake of maple syrup reached 0.2 kg per person, its highest level since 1984. A record production year for maple syrup in 2009 increased the supply of maple products.

Oils and fats

Total oil and fat consumption continued to decline, falling to 17.9 kg per person in 2009, down by 3.6 kg from the peak of 21.4 kg per person in 1998.

Beverages

During the last 20 years, the per capita consumption of alcoholic beverages has dropped by 7%, or seven litres, for every individual aged 15 and over.

On average in 2009, Canadians aged 15 and over drank 99.44 litres of alcoholic beverages per person, up 0.2 litres over 2008. Of this total, Canadians drank 15.2 litres of wine, 6.9 litres of spirits and 77.3 litres of ale.

Coffee consumption increased 3.6% to 90.0 litres per person in 2009. This is an increase of 14 litres per person from 1989.

Tea intake dropped 15.9% from 2008 to 65.2 litres per person last year.

The amount of tea in the diet has increased 61.0%, or 24.7 litres per person, from 20 years ago.

Soft drink consumption fell 1.3% in 2009. This excludes high energy drinks and sports drinks.

Nutrients

The total daily intake of calories per person fell to 2358.2 calories, down by 155.0 since the peak recorded in 2001.

Caloric intake, however, was down last year by 0.2% or 5 calories per person per day, from 2008.

Related products

Selected publications from Statistics Canada

23-012-X	Cattle Statistics
23F0001X	Canada Food Stats

Selected CANSIM tables from Statistics Canada

002-0010	Supply and disposition of food in Canada, annual
002-0011	Food available in Canada, annual
002-0019	Food available by major groups in Canada, annual
003-0035	Per capita disappearance of meats and output of meats and offal, annual
003-0036	Animals slaughtered, supply and disappearance in Canada, annual
003-0037	Meat production, supply and disappearance in Canada, annual
003-0080	Nutrients in the food supply, by source of nutritional equivalent and commodity, annual

Selected surveys from Statistics Canada

3423	Stocks Survey - Frozen and Chilled Meats
3430	Dairy Factory Production and Stocks
3460	Livestock Survey
3475	Food Statistics in Canada

Statistical tables

Table 1-1
Food available by major group, per person — Fruits 1,2

	Total fresh fruits	Processed			Juice	Total ³
		Canned	Frozen	Dried		
	kilograms			litres	kilograms	
1961	49.18	5.06	1.03	1.99	7.40	82.35
1962	50.74	4.79	1.10	2.06	8.31	85.31
1963	49.54	5.21	1.26	2.13	7.93	84.09
1964	50.60	5.04	1.25	1.99	7.35	82.57
1965	50.80	5.46	1.69	2.01	6.74	82.82
1966	48.77	5.27	1.47	1.72	7.81	80.43
1967	51.08	5.29	1.59	1.92	8.76	86.04
1968	50.29	4.86	1.32	1.77	7.95	82.11
1969	54.77	4.92	1.37	1.92	8.58	88.82
1970	52.27	4.21	1.50	1.59	8.67	83.86
1971	52.58	5.06	1.37	1.50	9.27	85.83
1972	49.46	4.54	1.39	1.58	9.48	83.08
1973	52.39	4.95	1.33	1.70	11.11	89.77
1974	55.91	4.25	1.31	1.37	10.79	90.15
1975	56.24	4.20	1.39	1.59	14.07	97.52
1976	61.12	3.99	1.18	1.64	14.73	103.66
1977	58.32	4.14	1.26	1.59	16.52	103.39
1978	56.56	4.34	1.11	1.71	18.61	106.21
1979	56.74	4.54	1.15	1.58	20.30	108.87
1980	56.59	3.88	1.36	1.48	21.41	109.60
1981	59.47	3.88	1.23	1.50	23.27	115.66
1982	59.12	3.42	1.10	1.66	20.91	110.94
1983	58.45	3.30	1.33	1.58	21.76	110.94
1984	60.26	3.71	1.24	1.67	23.72	116.84
1985	59.14	3.77	1.36	1.64	21.67	112.17
1986	59.39	3.20	1.17	1.59	23.98	114.95
1987	60.58	3.45	1.85	1.73	25.14	119.84
1988	58.54	5.48	1.50	1.48	23.39	114.84
1989	58.53	4.71	1.67	1.55	22.75	113.61
1990	61.36	4.53	1.56	1.47	19.79	110.75
1991	58.05	4.78	1.48	1.62	20.15	109.04
1992	62.18	4.96	1.60	1.45	22.29	115.92
1993	62.55	4.35	1.71	1.55	22.61	117.31
1994	65.60	4.09	1.78	1.33	25.95	124.14
1995	64.27	4.05	1.78	1.34	26.40	123.91
1996	63.05	4.47	1.73	1.41	27.11	124.87
1997	63.30	4.98	1.67	1.53	27.85	127.80
1998	63.61	4.78	1.71	1.35	25.39	122.11
1999	62.42	5.12	1.97	1.40	25.58	122.78
2000	63.64	4.97	1.86	1.51	26.65	126.53
2001	63.30	5.02	1.94	1.47	25.41	124.07
2002	65.55	5.13	1.97	1.49	27.44	129.83
2003	67.44	5.13	2.21	1.59	26.74	131.37
2004	68.71	5.31	2.20	1.64	26.75	133.53
2005	70.97	5.12	2.44	1.48	26.32	134.18
2006	73.02	5.24	2.67	1.60	26.40	137.22
2007	73.48	5.33	2.83	1.56	26.87	138.50
2008	73.96	5.92	2.85	1.39	25.08	135.00
2009	73.77	5.72	2.85	1.34	23.53	131.80

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

3. In fresh equivalent weight.

Table 1-2
Food available by major group, per person — Vegetables ^{1,2}

	Total fresh vegetables	Processed		Juice	Total ³
		Canned	Frozen		
		kilograms			
1961	108.65	11.89	1.63	4.57	134.35
1962	113.77	12.83	1.36	5.16	141.99
1963	110.20	12.22	1.81	5.09	139.22
1964	110.10	12.21	1.86	4.38	136.70
1965	102.57	13.06	2.16	4.26	132.35
1966	104.00	13.66	2.40	4.67	135.48
1967	117.75	13.12	2.22	3.79	148.42
1968	109.55	13.94	2.43	4.13	141.86
1969	117.42	13.04	2.41	3.73	148.08
1970	112.74	12.82	2.76	3.64	142.23
1971	112.61	13.39	2.59	3.77	142.94
1972	112.56	13.44	2.67	3.47	142.47
1973	111.89	14.99	2.92	3.80	147.86
1974	111.02	15.05	3.27	3.97	146.30
1975	121.18	12.00	2.56	3.98	149.17
1976	118.06	11.78	2.51	3.64	146.64
1977	121.84	12.50	3.21	4.72	153.70
1978	125.51	13.19	3.38	4.39	159.60
1979	134.24	13.68	3.65	4.31	170.06
1980	127.70	12.92	3.98	4.17	161.70
1981	122.91	13.34	3.71	3.62	158.29
1982	123.90	12.99	4.07	3.50	159.04
1983	138.39	12.94	3.18	3.37	172.46
1984	125.19	13.29	3.92	3.41	161.32
1985	129.19	12.33	3.58	3.06	163.48
1986	138.35	12.36	3.77	2.77	173.73
1987	137.96	12.56	4.41	2.70	174.76
1988	127.89	11.80	4.42	2.85	164.51
1989	127.99	12.71	4.95	2.63	167.22
1990	130.50	12.75	4.72	2.07	170.75
1991	129.05	11.99	4.97	2.05	166.09
1992	139.50	12.91	4.35	1.82	178.34
1993	146.59	13.15	4.82	1.59	187.39
1994	145.91	13.37	4.81	1.56	185.59
1995	142.61	12.79	5.46	1.53	181.93
1996	145.24	12.94	5.42	1.54	186.86
1997	146.45	13.25	5.54	1.54	188.21
1998	145.98	13.48	5.51	1.52	187.46
1999	147.53	12.99	5.35	1.51	187.34
2000	145.98	12.62	5.64	1.48	186.47
2001	150.26	13.28	5.89	1.48	192.19
2002	144.62	13.12	5.79	1.44	185.65
2003	141.26	12.33	5.77	1.46	181.13
2004	139.64	12.04	5.84	1.35	178.91
2005	141.17	11.73	5.71	1.37	179.77
2006	138.80	12.48	5.61	1.33	178.94
2007	136.29	12.74	5.75	1.33	176.89
2008	131.65	12.56	5.45	1.26	171.61
2009	139.58	12.48	5.50	1.20	179.30

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

3. In fresh equivalent weight.

Table 1-3
Food available by major group, per person — Beverages^{1,2}

	Alcoholic		Soft drinks	Coffee	Tea	Cocoa ³	Total juices
	Total population	Population 15 years old and over					
			litres			kilograms	litres
1961	66.17	100.36	88.12	1.43	11.97
1962	67.73	102.72	80.86	1.27	13.46
1963	69.86	105.88	91.13	1.51	13.02
1964	70.90	107.11	88.13	1.25	11.74
1965	72.11	108.41	85.40	1.44	11.00
1966	74.49	111.25	..	88.51	81.01	1.22	12.48
1967	76.18	112.76	..	88.61	85.21	1.41	12.55
1968	75.99	111.38	..	97.23	88.78	1.40	12.07
1969	79.61	115.52	..	94.16	84.83	1.38	12.31
1970	83.51	119.97	..	101.25	80.09	1.41	12.31
1971	87.85	124.25	..	90.55	84.90	1.56	13.04
1972	91.82	128.47	55.12	92.18	85.33	1.68	12.95
1973	96.00	132.85	58.25	94.02	86.73	1.58	14.90
1974	97.71	133.72	57.29	95.62	99.16	1.43	14.76
1975	99.22	134.41	58.41	96.43	84.96	1.30	18.06
1976	97.85	131.19	63.14	98.08	87.53	1.40	18.38
1977	99.65	132.38	65.80	90.34	90.07	1.28	21.24
1978	98.67	129.85	67.58	91.10	78.72	1.39	23.00
1979	101.29	132.11	67.19	92.97	75.36	1.23	24.61
1980	98.39	127.33	66.99	96.83	76.87	1.42	25.58
1981	101.04	130.02	67.65	101.81	68.34	1.52	26.89
1982	98.61	126.43	68.63	94.08	73.30	1.42	24.41
1983	98.10	125.40	71.07	91.41	68.76	1.78	25.13
1984	97.16	123.85	73.63	92.76	66.54	1.51	27.13
1985	96.28	122.34	77.92	96.50	63.25	1.43	24.73
1986	95.29	120.65	80.11	91.01	59.44	1.07	26.75
1987	96.55	122.05	83.62	89.91	52.59	1.03	27.84
1988	94.59	119.45	96.41	91.67	50.09	1.83	26.24
1989	92.02	116.09	94.92	89.66	47.89	1.64	25.38
1990	88.95	112.16	96.38	95.85	42.40	1.14	21.86
1991	86.12	108.56	101.15	97.28	42.12	1.70	22.20
1992	82.16	103.60	98.56	87.62	47.61	1.45	24.11
1993	81.56	102.80	102.91	92.04	60.86	1.80	24.20
1994	81.89	103.07	109.06	99.21	55.58	1.28	27.51
1995	81.98	102.98	109.72	95.63	50.61	1.10	27.93
1996	80.55	100.96	110.88	97.42	48.90	1.40	28.65
1997	81.30	101.61	112.93	93.93	56.77	1.39	29.39
1998	82.71	103.08	117.35	95.67	62.53	1.38	26.91
1999	83.76	104.01	117.00	99.25	68.31	1.39	27.09
2000	83.08	102.78	113.15	101.31	69.88	1.40	28.13
2001	84.94	104.70	113.57	101.68	72.99	1.38	26.89
2002	84.89	104.28	112.43	104.02	71.38	1.40	28.88
2003	85.82	105.06	110.50	106.09	73.48	1.42	28.20
2004	85.57	104.38	106.59	105.80	74.70	1.43	28.10
2005	87.50	106.29	103.07	102.15	67.15	1.43	27.69
2006	88.64	107.25	100.34	101.15	62.04	1.42	27.73
2007	88.96	107.26	90.25	104.04	85.68	1.48	28.20
2008	89.61	107.74	85.84	102.68	91.65	1.37	26.34
2009	89.97	107.92	84.74	106.39	77.08	1.33	24.73

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

3. In green bean equivalent.

Table 1-4
Food available by major group, per person — Dairy products and eggs ^{1,2}

	Fluid milk	Total cheeses	Total creams	Other dairy products	Total dairy products ³	Eggs ⁴	
	litres	kilograms	litres	kilograms		dozens	kilograms
1961	84.36	3.38	..	19.18	19.80	22.60	15.38
1962	85.11	3.64	..	19.20	19.72	22.45	15.27
1963	85.99	3.76	..	20.03	20.45	21.44	14.58
1964	86.89	3.91	..	20.06	20.52	21.36	14.53
1965	94.87	4.13	3.76	23.82	22.27	21.16	14.40
1966	94.47	4.17	3.70	24.33	22.58	20.47	13.93
1967	93.48	4.45	3.68	23.64	21.86	20.85	14.18
1968	93.90	4.70	3.72	24.13	22.50	20.92	14.23
1969	93.99	5.11	3.70	25.07	23.71	21.50	14.63
1970	95.73	5.40	3.64	23.14	22.22	21.65	14.73
1971	94.86	5.62	3.62	22.50	21.62	20.99	14.28
1972	96.73	5.77	3.68	22.35	21.77	20.27	13.79
1973	98.82	6.23	3.64	21.97	22.11	19.36	13.17
1974	99.09	6.86	3.66	21.83	22.63	19.16	13.04
1975	95.96	6.76	3.46	21.31	21.95	19.04	12.96
1976	97.79	6.86	3.56	22.09	22.93	18.77	12.77
1977	98.76	6.92	3.47	25.32	25.12	18.28	12.44
1978	100.27	7.39	3.62	24.24	23.38	17.99	12.24
1979	102.86	7.57	3.81	24.84	24.57	18.74	12.75
1980	102.84	7.84	4.00	23.93	24.07	18.56	12.63
1981	102.08	8.39	4.17	24.13	24.33	18.29	12.44
1982	101.70	8.45	4.04	24.53	24.76	18.24	12.41
1983	100.68	8.52	4.15	24.71	24.66	17.79	12.11
1984	100.06	8.24	4.43	23.42	24.15	17.06	11.61
1985	98.89	9.17	4.71	24.45	24.02	16.66	11.33
1986	99.91	9.59	4.94	24.53	24.17	16.55	11.26
1987	100.90	10.29	5.02	25.32	25.55	16.21	11.03
1988	99.46	10.79	5.01	24.80	25.13	15.70	10.68
1989	96.40	10.83	4.89	24.29	24.70	15.30	10.41
1990	95.47	10.98	5.25	22.87	23.51	15.07	10.25
1991	94.51	11.19	5.10	22.55	23.28	15.04	10.23
1992	92.59	11.26	5.12	21.64	22.90	14.57	9.91
1993	89.89	11.19	5.22	22.77	23.06	14.51	9.88
1994	90.79	11.55	5.33	22.90	23.36	14.53	9.89
1995	90.32	11.61	5.46	22.99	23.29	14.42	9.81
1996	90.05	11.31	5.48	22.83	23.28	14.98	10.19
1997	89.14	12.15	5.62	22.36	23.14	15.13	10.29
1998	88.77	11.75	6.04	22.65	23.04	15.29	10.40
1999	87.73	11.88	6.36	23.51	23.19	15.31	10.42
2000	88.22	12.08	6.83	24.16	23.56	15.74	10.71
2001	87.04	11.87	7.13	25.12	23.78	15.91	10.83
2002	85.59	11.80	7.27	25.55	23.45	15.71	10.69
2003	85.28	11.76	7.95	25.46	23.21	15.99	10.88
2004	85.59	12.16	8.26	26.27	23.51	15.29	10.41
2005	83.96	12.09	8.37	27.02	23.35	15.69	10.68
2006	83.54	12.26	8.60	26.95	23.29	16.20	11.02
2007	83.01	12.32	8.72	27.07	23.43	15.54	10.57
2008	81.92	12.39	8.45	26.41	22.84	16.23	11.05
2009	81.28	12.22	8.40	25.02	22.04	16.05	10.92

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.
3. In milk solid equivalent.
4. In fresh equivalent weight.

Table 1-5
Food available by major group, per person — Meats and fish ¹

	Red meats, carcass weight	Red meats, retail weight	Red meats, boneless weight	Poultry, eviscerated weight	Poultry, boneless weight	Total fish ²
kilograms						
1961	63.57	50.27	42.86
1962	63.83	50.44	43.09
1963	65.26	51.23	44.12	14.73	10.47	..
1964	68.12	53.38	46.47	15.67	11.13	..
1965	68.20	53.36	46.69	16.35	11.63	..
1966	67.89	53.14	46.59	17.60	12.54	..
1967	71.51	56.05	49.07	18.26	12.99	..
1968	72.00	56.42	49.50	17.82	12.66	..
1969	70.48	55.19	48.63	19.35	13.70	..
1970	73.02	56.86	50.37	20.26	14.33	..
1971	76.90	59.86	53.28	19.15	13.55	..
1972	78.23	60.90	54.36	19.56	13.83	..
1973	74.84	58.19	52.16	20.20	14.24	..
1974	77.06	59.81	53.83	19.70	13.92	..
1975	78.28	60.73	54.85	18.43	12.99	..
1976	80.56	62.16	56.58	19.45	13.66	..
1977	78.79	60.78	55.44	20.31	14.25	..
1978	76.27	58.92	53.88	20.97	14.67	..
1979	73.14	55.65	51.66	22.34	15.62	..
1980	74.98	57.17	53.26	22.30	15.54	..
1981	74.58	56.72	52.95	22.11	15.28	..
1982	71.58	54.40	50.83	22.22	15.13	..
1983	72.41	54.79	51.53	22.50	15.13	..
1984	69.94	52.98	49.85	23.12	15.51	..
1985	71.00	53.81	50.73	24.62	16.47	..
1986	70.30	52.91	49.96	25.08	16.67	..
1987	67.48	50.75	47.25	26.52	17.51	..
1988	67.44	50.59	47.02	27.42	17.74	8.66
1989	67.90	51.14	47.63	27.10	17.22	9.60
1990	64.31	48.51	45.14	28.15	17.82	8.95
1991	63.16	47.62	44.17	28.30	17.89	8.63
1992	64.55	48.66	45.20	28.82	18.35	8.74
1993	62.00	46.66	43.33	29.14	18.69	9.50
1994	63.77	48.08	44.63	30.87	19.68	8.34
1995	63.11	47.54	44.22	30.58	19.38	7.91
1996	60.84	45.80	42.71	30.77	19.38	8.42
1997	60.15	45.24	42.17	31.77	19.92	8.79
1998	64.14	48.32	45.10	32.65	20.46	8.84
1999	66.54	50.20	46.89	33.78	21.12	10.04
2000	64.02	48.19	44.90	35.28	22.04	9.51
2001	62.83	47.28	44.06	36.46	22.74	9.65
2002	61.73	46.47	43.32	36.73	22.92	9.56
2003	61.20	46.10	42.92	35.53	22.15	9.81
2004	61.23	46.19	43.06	36.92	23.00	9.13
2005	56.55	42.54	39.57	37.34	23.32	8.98
2006	56.76	42.76	39.78	37.70	23.53	8.73
2007	59.04	44.44	41.36	37.82	23.61	8.82
2008	56.10	42.19	39.26	38.08	23.81	7.76
2009	55.54	41.91	39.01	37.66	23.53	7.81

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In edible weight equivalent.

Table 1-6
Food available by major group, per person — Other products ^{1,2}

	Total oils and fats	Total cereal products	Total pulses and nuts	Total sugars and syrups
kilograms				
1961	17.35	63.66	6.93	44.15
1962	18.36	64.71	6.57	45.48
1963	18.89	69.86	6.95	43.45
1964	18.94	59.96	8.04	44.27
1965	18.35	72.94	7.32	45.30
1966	19.08	62.65	6.70	47.28
1967	20.39	63.68	7.04	45.61
1968	20.81	63.59	6.87	46.28
1969	20.95	65.47	6.34	46.17
1970	20.74	65.23	6.53	46.06
1971	20.25	60.89	8.31	45.43
1972	21.20	63.72	7.77	44.97
1973	21.20	64.68	8.15	47.43
1974	21.58	63.36	8.80	41.55
1975	21.61	63.99	9.73	40.22
1976	22.05	65.87	6.77	42.30
1977	22.03	64.28	5.35	42.37
1978	21.79	63.23	7.73	41.18
1979	21.94	62.11	5.92	41.30
1980	21.91	65.33	5.81	35.00
1981	22.41	62.59	8.19	38.52
1982	22.26	65.06	7.85	38.45
1983	23.11	63.42	7.31	39.34
1984	22.37	64.22	7.36	41.45
1985	23.11	67.48	7.15	42.20
1986	22.75	67.03	8.70	42.28
1987	23.70	68.49	8.08	43.42
1988	23.61	71.25	7.47	39.47
1989	23.50	69.31	7.52	36.10
1990	23.60	70.47	7.69	36.84
1991	23.80	67.96	7.50	35.62
1992	23.70	69.01	7.89	37.49
1993	24.70	71.68	8.15	38.21
1994	25.71	73.23	8.57	39.09
1995	27.00	74.62	8.39	36.98
1996	28.45	77.13	8.31	37.32
1997	29.89	80.85	8.24	37.11
1998	31.15	81.92	8.54	34.59
1999	30.87	83.25	8.70	34.82
2000	30.66	83.54	9.03	35.36
2001	30.90	84.03	9.21	35.38
2002	30.04	83.42	9.54	35.30
2003	29.52	82.17	9.20	35.25
2004	28.63	83.77	9.55	35.13
2005	28.27	83.74	9.39	33.68
2006	27.28	82.77	9.45	32.45
2007	27.04	82.26	9.76	32.09
2008	26.17	81.42	9.85	32.81
2009	26.15	82.08	9.73	33.46

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

Table 2-1
Food available adjusted for losses by major group, per person — Fruits ¹

	Total fresh fruits	Processed			Juice	Total ²
		Canned	Frozen	Dried		
	kilograms			litres	kilograms	
1961	26.42	4.28	0.87	1.68	6.26	54.05
1962	27.93	4.05	0.93	1.75	7.03	56.69
1963	27.63	4.41	1.07	1.80	6.71	56.42
1964	28.00	4.27	1.06	1.69	6.22	54.64
1965	27.93	4.62	1.43	1.70	5.70	54.65
1966	26.53	4.46	1.25	1.46	6.61	52.89
1967	27.84	4.47	1.35	1.63	7.41	56.93
1968	27.34	4.11	1.12	1.49	6.72	53.82
1969	29.93	4.16	1.16	1.63	7.26	58.26
1970	27.92	3.56	1.27	1.34	7.33	54.17
1971	28.36	4.28	1.16	1.27	7.84	55.97
1972	26.34	3.84	1.18	1.34	8.02	54.25
1973	28.20	4.19	1.13	1.44	9.40	59.22
1974	30.42	3.59	1.11	1.16	9.13	58.79
1975	30.56	3.55	1.17	1.34	11.91	64.70
1976	33.15	3.38	1.00	1.39	12.47	68.32
1977	31.62	3.50	1.07	1.35	13.97	68.84
1978	30.52	3.67	0.94	1.44	15.74	71.51
1979	31.07	3.84	0.97	1.34	17.18	74.07
1980	30.50	3.29	1.15	1.25	18.11	74.18
1981	32.33	3.28	1.04	1.27	19.68	78.59
1982	32.17	2.89	0.93	1.41	17.69	74.88
1983	31.64	2.80	1.13	1.34	18.41	74.86
1984	32.82	3.14	1.05	1.41	20.07	79.41
1985	32.25	3.19	1.15	1.39	18.33	75.95
1986	31.92	2.71	0.99	1.35	20.29	77.65
1987	32.64	2.92	1.56	1.46	21.27	81.43
1988	31.93	4.64	1.27	1.25	19.79	78.31
1989	32.04	3.98	1.41	1.31	19.24	77.43
1990	33.81	3.83	1.32	1.25	16.74	74.54
1991	31.73	4.05	1.25	1.37	17.04	73.79
1992	33.36	4.19	1.36	1.22	18.86	77.64
1993	33.45	3.68	1.45	1.31	19.13	78.58
1994	35.38	3.46	1.51	1.12	21.95	83.54
1995	34.46	3.42	1.51	1.13	22.34	83.52
1996	33.49	3.78	1.46	1.19	22.94	84.37
1997	33.36	4.22	1.41	1.29	23.56	86.46
1998	33.84	4.05	1.44	1.14	21.48	82.00
1999	32.93	4.33	1.67	1.19	21.64	82.64
2000	33.70	4.21	1.58	1.28	22.55	85.48
2001	33.60	4.25	1.64	1.25	21.50	83.65
2002	34.42	4.34	1.67	1.26	23.21	87.35
2003	35.40	4.34	1.87	1.34	22.62	88.07
2004	35.94	4.49	1.86	1.39	22.63	89.35
2005	37.49	4.33	2.06	1.25	22.27	89.56
2006	38.54	4.43	2.26	1.35	22.34	91.45
2007	38.77	4.51	2.40	1.32	22.73	92.35
2008	39.15	5.01	2.41	1.17	21.22	89.47
2009	39.34	4.84	2.41	1.14	19.90	87.18

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. In fresh equivalent weight.

Table 2-2
Food available adjusted for losses by major group, per person — Vegetables ¹

	Total fresh vegetables	Processed		Juice	Total ²
		Canned	Frozen		
	kilograms			litres	kilograms
1961	55.21	10.06	1.25	3.87	76.78
1962	57.59	10.85	1.05	4.36	81.32
1963	55.42	10.34	1.39	4.30	79.79
1964	55.69	10.33	1.44	3.71	78.00
1965	52.11	11.05	1.66	3.60	77.07
1966	52.85	11.56	1.84	3.95	79.21
1967	59.37	11.10	1.70	3.21	85.09
1968	55.15	11.79	1.89	3.49	82.25
1969	59.13	11.03	1.86	3.16	84.84
1970	56.84	10.85	2.14	3.08	81.52
1971	56.91	11.32	2.01	3.19	82.32
1972	56.84	11.37	2.08	2.93	81.90
1973	56.70	12.68	2.27	3.21	86.86
1974	56.41	12.73	2.53	3.36	85.93
1975	61.55	10.16	2.00	3.37	85.02
1976	60.23	9.97	1.97	3.08	84.21
1977	61.89	10.57	2.52	3.99	88.56
1978	63.84	11.16	2.66	3.72	92.38
1979	68.02	11.57	2.88	3.64	98.02
1980	64.93	10.93	3.14	3.53	93.37
1981	62.69	11.28	2.93	3.06	92.32
1982	63.02	10.99	3.21	2.96	92.42
1983	70.13	10.95	2.52	2.85	98.68
1984	63.53	11.25	3.08	2.88	93.76
1985	65.31	10.43	2.83	2.59	94.04
1986	70.00	10.46	3.00	2.34	99.62
1987	69.98	10.63	3.47	2.29	100.73
1988	64.00	9.98	3.45	2.41	94.56
1989	63.97	10.75	3.88	2.22	96.71
1990	65.15	10.79	3.69	1.75	98.75
1991	64.31	10.15	3.90	1.73	95.18
1992	70.01	10.92	3.41	1.54	102.47
1993	73.36	11.13	3.78	1.34	107.43
1994	73.10	11.31	3.79	1.32	106.24
1995	71.12	10.82	4.30	1.30	103.89
1996	71.78	10.95	4.27	1.30	106.49
1997	72.83	11.21	4.35	1.30	107.64
1998	71.90	11.41	4.32	1.29	106.47
1999	72.52	10.99	4.20	1.28	105.71
2000	72.54	10.68	4.41	1.25	106.26
2001	74.08	11.24	4.61	1.25	108.99
2002	71.05	11.10	4.53	1.22	105.19
2003	69.07	10.43	4.51	1.24	102.23
2004	68.17	10.19	4.57	1.14	100.82
2005	69.13	9.93	4.47	1.16	101.23
2006	67.94	10.56	4.40	1.13	101.35
2007	67.06	10.78	4.50	1.13	100.83
2008	64.30	10.63	4.27	1.07	97.57
2009	68.58	10.56	4.31	1.02	101.66

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. In fresh equivalent weight.

Table 2-3
Food available adjusted for losses by major group, per person — Beverages ¹

	Alcoholic		Soft drinks	Coffee	Tea	Cocoa ²	Total juices
	Total population	Population 15 years old and over					
	litres			kilograms		litres	
1961	60.97	92.48	74.55	1.21	10.13
1962	62.41	94.66	68.41	1.07	11.39
1963	64.38	97.56	77.10	1.28	11.01
1964	65.33	98.70	74.56	1.06	9.93
1965	66.45	99.90	72.25	1.22	9.30
1966	68.64	102.51	..	74.88	68.54	1.03	10.56
1967	70.20	103.91	..	74.96	72.08	1.19	10.62
1968	70.02	102.63	..	82.26	75.10	1.18	10.22
1969	73.36	106.46	..	79.66	71.77	1.17	10.42
1970	76.96	110.55	..	85.66	67.76	1.20	10.41
1971	80.96	114.50	..	76.61	71.82	1.32	11.03
1972	84.61	118.38	46.63	77.98	72.19	1.42	10.95
1973	88.46	122.43	49.28	79.54	73.37	1.34	12.61
1974	90.04	123.23	48.46	80.89	83.89	1.21	12.49
1975	91.43	123.86	49.41	81.58	71.88	1.10	15.28
1976	90.17	120.90	53.42	82.98	74.05	1.18	15.55
1977	91.83	121.99	55.67	76.43	76.20	1.09	17.97
1978	90.92	119.66	57.17	77.07	66.60	1.17	19.46
1979	93.34	121.74	56.84	78.66	63.76	1.04	20.82
1980	90.66	117.34	56.68	81.92	65.04	1.20	21.64
1981	93.11	119.82	57.23	86.13	57.81	1.29	22.75
1982	90.87	116.50	58.06	79.59	62.02	1.20	20.65
1983	90.40	115.56	60.13	77.33	58.17	1.50	21.26
1984	89.53	114.13	62.29	78.47	56.29	1.28	22.95
1985	88.73	112.74	65.92	81.64	53.51	1.21	20.92
1986	87.81	111.18	67.77	76.99	50.28	0.91	22.63
1987	88.97	112.47	70.74	76.06	44.49	0.87	23.55
1988	87.17	110.07	81.56	77.55	42.38	1.55	22.20
1989	84.80	106.97	80.30	75.85	40.51	1.39	21.47
1990	81.97	103.35	81.54	81.09	35.87	0.96	18.49
1991	79.36	100.04	85.57	82.30	35.63	1.43	18.78
1992	75.71	95.47	83.39	74.13	40.28	1.23	20.40
1993	75.16	94.73	87.06	77.87	51.49	1.53	20.47
1994	75.46	94.98	92.27	83.94	47.02	1.08	23.27
1995	75.54	94.89	92.82	80.90	42.82	0.93	23.63
1996	74.23	93.04	93.81	82.42	41.37	1.18	24.24
1997	74.92	93.63	95.54	79.46	48.03	1.18	24.87
1998	76.22	94.99	99.28	80.94	52.90	1.17	22.76
1999	77.19	95.85	98.98	83.97	57.79	1.18	22.92
2000	76.55	94.71	95.72	85.71	59.12	1.18	23.80
2001	78.27	96.48	96.08	86.02	61.75	1.17	22.75
2002	78.23	96.10	95.12	88.00	60.38	1.18	24.43
2003	79.08	96.81	93.48	89.76	62.17	1.20	23.85
2004	78.86	96.19	90.18	89.50	63.20	1.21	23.78
2005	80.63	97.94	87.20	86.42	56.81	1.21	23.43
2006	81.68	98.83	84.89	85.57	52.49	1.20	23.46
2007	81.98	98.84	76.35	88.02	72.49	1.26	23.85
2008	82.57	99.28	72.62	86.86	77.53	1.16	22.29
2009	82.91	99.44	71.69	90.01	65.21	1.12	20.92

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. In green bean equivalent.

Table 2-4
Food available adjusted for losses by major group, per person — Dairy products and eggs ¹

	Fluid milk	Total cheeses	Total creams	Other dairy products	Total dairy products ²	Eggs ³	
	litres	kilograms	litres	kilograms		dozens	kilograms
1961	59.39	2.76	..	13.50	14.17	17.87	12.16
1962	59.92	2.98	..	13.51	14.13	17.74	12.07
1963	60.54	3.07	..	14.10	14.65	16.94	11.53
1964	61.17	3.20	..	14.12	14.71	16.88	11.49
1965	66.79	3.37	2.65	16.78	15.91	16.73	11.38
1966	66.51	3.41	2.61	17.14	16.13	16.18	11.01
1967	65.81	3.64	2.59	16.65	15.65	16.48	11.21
1968	66.11	3.84	2.62	16.99	16.12	16.54	11.25
1969	66.17	4.18	2.60	17.65	17.01	16.99	11.56
1970	67.40	4.41	2.56	16.30	15.98	17.12	11.65
1971	66.78	4.60	2.55	15.85	15.57	16.59	11.29
1972	68.10	4.72	2.59	15.74	15.68	16.02	10.90
1973	69.57	5.09	2.57	15.48	15.95	15.30	10.41
1974	69.76	5.61	2.58	15.38	16.35	15.15	10.31
1975	67.56	5.53	2.43	15.01	15.87	15.05	10.24
1976	68.84	5.61	2.51	15.55	16.56	14.84	10.09
1977	69.53	5.66	2.44	17.83	18.11	14.45	9.83
1978	70.59	6.04	2.55	17.08	16.91	14.22	9.68
1979	72.41	6.19	2.68	17.03	17.63	14.81	10.08
1980	72.40	6.41	2.82	16.78	17.41	14.67	9.98
1981	71.87	6.86	2.94	16.94	17.64	14.46	9.84
1982	71.59	6.91	2.84	17.22	17.94	14.42	9.81
1983	70.88	6.97	2.92	17.34	17.87	14.07	9.57
1984	70.44	6.74	3.12	16.45	17.49	13.49	9.18
1985	69.62	7.50	3.31	17.19	17.46	13.17	8.96
1986	70.34	7.84	3.48	17.17	17.56	13.08	8.90
1987	71.03	8.42	3.53	17.70	18.56	12.81	8.72
1988	70.02	8.82	3.53	17.27	18.29	12.41	8.45
1989	67.86	8.86	3.44	16.91	17.98	12.10	8.23
1990	67.21	8.98	3.70	15.96	17.16	11.91	8.10
1991	66.54	9.15	3.59	15.74	17.01	11.89	8.09
1992	65.18	9.21	3.61	15.10	16.74	11.52	7.84
1993	63.28	9.15	3.67	16.05	16.89	11.47	7.81
1994	63.92	9.45	3.75	16.15	17.12	11.49	7.82
1995	63.58	9.49	3.84	16.22	17.06	11.40	7.76
1996	63.40	9.25	3.86	16.10	17.02	11.84	8.06
1997	62.75	9.94	3.96	15.77	16.96	11.96	8.14
1998	62.50	9.61	4.25	15.99	16.85	12.09	8.23
1999	61.76	9.72	4.48	16.60	16.94	12.10	8.23
2000	62.10	9.88	4.81	17.07	17.18	12.44	8.47
2001	61.27	9.71	5.02	17.75	17.31	12.58	8.56
2002	60.25	9.65	5.12	18.06	17.05	12.42	8.45
2003	60.04	9.61	5.60	18.01	16.84	12.64	8.60
2004	60.26	9.94	5.81	18.59	17.05	12.09	8.23
2005	59.11	9.89	5.89	19.12	16.91	12.40	8.44
2006	58.81	10.03	6.05	19.08	16.86	12.81	8.71
2007	58.44	10.08	6.14	19.17	16.95	12.28	8.36
2008	57.67	10.13	5.95	18.71	16.54	12.83	8.73
2009	57.22	9.99	5.92	17.73	15.96	12.68	8.63

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. In milk solid equivalent.

3. In fresh equivalent weight.

Table 2-5
Food available adjusted for losses by major group, per person — Meats and fish ¹

	Red meats, boneless weight	Poultry, boneless weight	Fish ²
	kilograms		
1961	25.86
1962	26.01
1963	26.65	6.06	..
1964	28.11	6.44	..
1965	28.33	6.74	..
1966	28.27	7.27	..
1967	29.67	7.53	..
1968	29.96	7.32	..
1969	29.45	7.91	..
1970	30.40	8.26	..
1971	32.12	7.83	..
1972	32.84	7.99	..
1973	31.54	8.21	..
1974	32.54	8.04	..
1975	33.35	7.50	..
1976	34.46	7.85	..
1977	33.70	8.19	..
1978	32.67	8.43	..
1979	31.14	8.95	..
1980	32.03	8.91	..
1981	31.90	8.77	..
1982	30.69	8.67	..
1983	31.07	8.68	..
1984	30.04	8.88	..
1985	30.56	9.42	..
1986	30.12	9.54	..
1987	28.44	10.02	..
1988	28.30	10.15	6.06
1989	28.60	9.87	6.71
1990	27.14	10.21	6.24
1991	26.55	10.25	5.97
1992	27.09	10.51	5.87
1993	25.97	10.68	6.55
1994	26.73	11.24	5.62
1995	26.51	11.07	5.42
1996	25.65	11.05	5.69
1997	25.34	11.36	5.98
1998	27.02	11.67	6.04
1999	28.07	12.03	6.81
2000	26.92	12.55	6.42
2001	26.38	12.94	6.60
2002	25.96	13.04	6.62
2003	25.81	12.60	6.74
2004	25.82	13.08	6.42
2005	23.81	13.28	6.24
2006	23.90	13.39	6.08
2007	24.84	13.44	6.10
2008	23.59	13.56	5.35
2009	23.43	13.40	5.43

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. In edible weight equivalent.

Table 2-6
Food available adjusted for losses by major group, per person — Other products ¹

	Total oils and fats	Total cereal products	Total pulses and nuts	Total sugars and syrups
kilograms				
1961	12.98	44.49	5.86	31.43
1962	13.72	45.24	5.56	32.38
1963	14.11	48.86	5.88	30.94
1964	14.13	41.88	6.80	31.52
1965	13.67	51.03	6.19	32.25
1966	14.11	43.82	5.67	33.66
1967	14.97	44.53	5.96	32.47
1968	15.26	44.52	5.82	32.95
1969	15.31	45.87	5.37	32.87
1970	15.16	45.67	5.53	32.79
1971	14.79	42.63	7.03	32.35
1972	15.40	44.62	6.57	32.02
1973	15.34	45.36	6.89	33.77
1974	15.61	44.41	7.44	29.58
1975	15.60	44.85	8.23	28.64
1976	15.88	46.15	5.73	30.12
1977	15.85	45.05	4.53	30.17
1978	15.69	44.31	6.54	29.32
1979	15.77	43.50	5.01	29.41
1980	15.72	45.78	4.91	24.92
1981	16.14	43.84	6.93	27.43
1982	16.06	45.56	6.64	27.38
1983	16.60	44.42	6.18	28.01
1984	16.06	44.98	6.23	29.51
1985	16.55	47.28	6.05	30.05
1986	16.23	46.96	7.36	30.11
1987	16.79	47.98	6.83	30.91
1988	16.73	49.84	6.32	28.10
1989	16.61	48.53	6.36	25.70
1990	16.64	49.37	6.50	26.23
1991	16.77	47.62	6.35	25.36
1992	16.67	48.32	6.68	26.69
1993	17.27	50.26	6.89	27.21
1994	17.86	51.33	7.25	27.83
1995	18.78	52.21	7.10	26.33
1996	19.70	53.91	7.03	26.57
1997	20.57	56.61	6.97	26.43
1998	21.42	57.33	7.23	24.63
1999	21.19	58.27	7.36	24.79
2000	21.01	58.48	7.64	25.18
2001	21.16	58.82	7.79	25.19
2002	20.58	58.37	8.07	25.13
2003	20.21	57.40	7.78	25.10
2004	19.60	58.56	8.08	25.01
2005	19.32	58.55	7.94	23.98
2006	18.62	57.91	7.99	23.11
2007	18.45	57.51	8.26	22.85
2008	17.87	56.98	8.33	23.36
2009	17.86	57.46	8.23	23.82

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 3-1
Food available by commodity — Cereal products 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Breakfast food	3.58	4.34	3.96	5.06	5.15	5.66	5.65	5.76	5.80	5.90
Corn flour and meal	2.14	2.00	2.37	3.90	2.82	1.07	1.37	0.73	1.63	1.52
Oatmeal and rolled oats	1.42	1.51	1.55	2.68	2.32	2.78	2.47	2.72	2.29	2.22
Pot and pearl barley	0.13	0.09	0.05	0.11	0.05	0.08	0.09	0.09	0.10	0.10
Rice	3.33	4.31	5.45	5.74	6.11	7.06	7.37	7.41	10.01	10.14
Rye flour	0.43	0.32	0.32	0.29	0.32	0.27	0.26	0.27	0.27	0.27
Wheat flour	51.54	54.46	54.25	59.34	67.25	66.81	65.56	65.27	61.32	61.93
Total cereal products	62.59	67.03	67.96	77.13	84.03	83.74	82.77	82.26	81.42	82.08

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 3-2
Food available by commodity — Sugars and syrups 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Honey	1.09	0.86	0.78	1.03	0.90	0.99	0.93	0.95	0.90	0.91
Maple sugar	0.33	0.10	0.14	0.18	0.16	0.18	0.18	0.15	0.14	0.21
Sugar refined	37.10	41.32	34.70	36.10	34.32	32.51	31.34	30.99	31.78	32.34
Total sugars and syrups	38.52	42.28	35.62	37.32	35.38	33.68	32.45	32.09	32.81	33.46

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 3-3
Food available by commodity — Red meats (carcass weight) 1

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Beef	39.86	38.20	33.27	31.45	30.75	30.30	29.86	30.60	29.36	28.60
Mutton and lamb	0.69	0.90	0.87	0.75	1.03	1.12	1.21	1.22	1.16	1.17
Offal	1.35	1.67	1.68	1.33	0.85	1.05	1.20	1.07	0.90	1.36
Pork	31.17	27.90	25.86	25.99	28.94	23.03	23.44	25.08	23.68	23.36
Veal	1.52	1.63	1.48	1.30	1.25	1.05	1.04	1.08	1.00	1.05
Total red meats	74.58	70.30	63.16	60.84	62.83	56.55	56.76	59.04	56.10	55.54
Total beef and veal	41.38	39.83	34.75	32.76	32.00	31.35	30.90	31.67	30.35	29.65

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

Table 3-4
Food available by commodity — Poultry (eviscerated weight) ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Chicken	16.73	19.91	22.22	24.90	30.49	31.42	31.74	31.73	31.65	31.34
Stewing hen	1.31	1.05	1.54	1.75	1.74	1.42	1.52	1.57	1.71	1.77
Turkey	4.07	4.12	4.54	4.12	4.22	4.50	4.45	4.51	4.72	4.55
Total poultry	22.11	25.08	28.30	30.77	36.46	37.34	37.70	37.82	38.08	37.66
Total chicken and stewing hen	18.04	20.96	23.76	26.65	32.24	32.84	33.25	33.30	33.35	33.11

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

Table 3-5
Food available by commodity — Fish (edible weight) ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Fresh and frozen sea fish	4.28	4.49	4.39	3.70	3.48	4.02	3.55	3.51
Freshwater fish	0.21	0.30	0.47	0.47	0.50	0.55	0.54	0.53
Processed sea fish	2.63	1.97	2.67	2.90	2.88	2.68	2.31	2.51
Shellfish	1.51	1.66	2.12	1.91	1.86	1.57	1.37	1.27
Total fish	8.63	8.42	9.65	8.98	8.73	8.82	7.76	7.81

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

Table 3-6
Food available by commodity — Pulses and nuts ^{1,2}

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Baked and canned beans	2.32	2.31	1.55	1.43	1.42	1.29	1.29	1.26	1.23	1.21
Dry beans	0.61	0.74	0.76	1.34	2.11	2.45	2.40	2.50	2.60	2.71
Peanuts	2.84	2.94	2.74	3.22	2.68	2.88	2.90	2.92	3.02	2.81
Dry peas	1.11	1.19	1.16	1.38	1.41	1.43	1.43	1.44	1.44	1.45
Tree nuts	1.30	1.52	1.29	0.94	1.59	1.34	1.43	1.65	1.56	1.56
Total pulses and nuts	8.19	8.70	7.50	8.31	9.21	9.39	9.45	9.76	9.85	9.73

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

Table 3-7
Food available by commodity — Oils and fats 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Butter	4.34	3.81	2.99	2.86	2.81	2.79	2.70	2.59	2.63	2.68
Margarine	6.10	5.96	5.55	5.33	4.89	4.13	3.96	3.94	3.79	3.78
Salad oils	3.76	5.34	5.82	9.61	12.97	12.48	12.38	12.32	11.86	11.82
Shortening and shortening oils	8.21	7.64	9.44	10.65	10.23	8.87	8.24	8.19	7.89	7.87
Total oils and fats	22.41	22.75	23.80	28.45	30.90	28.27	27.28	27.04	26.17	26.15

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 3-8
Food available by commodity — Dairy products and eggs 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Cheddar cheese	2.45	2.61	3.12	3.07	3.13	3.26	3.40	3.04	3.21	3.09
Cheese cottage	1.26	1.25	1.03	0.76	0.78	0.85	0.85	0.91	0.89	0.77
Cheese processed	2.91	2.61	2.77	2.58	2.47	2.25	2.30	2.24	2.13	2.10
Cheese variety	3.03	4.37	5.30	5.66	6.28	6.57	6.57	7.05	7.05	7.03
Cream cereal 10%, litres	2.75	2.91	2.81	2.89	2.95	3.11	3.05	3.02	2.96	3.03
Cream sour, litres	0.49	0.75	0.99	0.94	1.36	1.33	1.39	1.37	1.20	1.04
Cream table 18%, litres	0.27	0.39	0.49	0.79	1.80	2.77	2.98	3.12	3.07	3.10
Cream whipping 32% or 35%, litres	0.66	0.89	0.82	0.87	1.03	1.16	1.17	1.21	1.21	1.23
Ice cream, litres	12.57	12.19	10.65	10.87	9.22	8.85	8.29	7.34	6.48	4.93
Ice milk, litres	1.02	1.26	1.24	1.96	2.23	1.84	1.69	1.65	1.72	1.63
Milk buttermilk, litres	0.57	0.52	0.46	0.40	0.39	0.42	0.42	0.45	0.44	0.37
Milk chocolate drink, litres	3.89	3.51	3.42	3.95	4.87	5.48	5.51	5.78	6.07	5.73
Milk concentrated skim, litres	1.42	0.63	1.09	0.61	0.26	0.33	0.35	0.32	0.18	0.44
Milk concentrated whole, litres	2.15	2.02	1.41	1.07	0.79	0.72	0.65	0.74	0.83	0.71
Milk other whole products	0.14	0.29	0.37	0.49	1.00	1.25	1.03	1.13	0.74	0.45
Milk partly skimmed 1%, litres	8.52	15.46	17.21	17.87	18.11	18.18	18.13	18.10
Milk partly skimmed 2%, litres	55.18	61.48	55.80	47.09	41.80	38.82	38.43	37.93	37.30	37.33
Milk skim, litres	3.37	4.74	6.37	7.76	8.73	8.75	8.71	8.75	8.67	8.60
Milk standard 3.25%, litres	39.06	29.66	19.94	15.40	14.03	12.61	12.35	11.93	11.31	11.14
Milk sweetened concentrated skim, litres	0.05	0.08	0.03	0.18	0.07	0.08	0.10	0.06	0.05	0.04
Milkshake, litres	0.98	1.03	0.69	0.60	0.49	0.18	0.22	0.27	0.33	0.22
Powder buttermilk	0.15	0.11	0.16	0.19	0.19	0.16	0.10	0.09	0.09	0.09
Powder skim milk	1.83	1.71	0.78	1.13	1.10	1.02	1.10	1.31	1.36	1.36
Powder whey	1.21	0.73	0.87	1.10	0.99	0.29	0.35	0.31	0.23	0.12
Sherbet, litres	0.12	0.10	0.12	0.17	0.35	0.19	0.17	0.17	0.17	0.14
Yogurt, litres	1.64	2.69	2.99	3.17	4.88	6.77	6.99	7.17	7.67	7.77
Fluid milk, litres	102.08	99.91	94.51	90.05	87.04	83.96	83.54	83.01	81.92	81.28
Total cheeses	8.39	9.59	11.19	11.31	11.87	12.09	12.26	12.32	12.39	12.22
Total creams, litres	4.17	4.94	5.10	5.48	7.13	8.37	8.60	8.72	8.45	8.40
Other dairy products	24.13	24.53	22.55	22.83	25.12	27.02	26.95	27.07	26.41	25.02
Total dairy products 3	24.33	24.17	23.28	23.28	23.78	23.35	23.29	23.43	22.84	22.04
Eggs 4	12.44	11.26	10.23	10.19	10.83	10.68	11.02	10.57	11.05	10.92
Eggs (dozens per person, per year) 4	18.29	16.55	15.04	14.98	15.91	15.69	16.20	15.54	16.23	16.05

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.
3. In milk solid equivalent.
4. In fresh equivalent weight.

Table 3-9
Food available by commodity — Beverages and juices 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	litres per person									
Ale, beer, stout and porter, total population	84.07	79.45	72.99	67.63	68.85	69.47	69.86	69.64	69.69	69.93
Ale, beer, stout and porter, population 15 years old and over	108.19	100.60	92.01	84.76	84.87	84.39	84.52	83.97	83.79	83.89
Bottled water	19.66	29.66
Coffee	101.81	91.01	97.28	97.42	101.68	102.15	101.15	104.04	102.68	106.39
Distilled spirits, total population	7.96	6.15	4.88	4.39	5.88	6.28	6.33	6.40	6.39	6.27
Distilled spirits, population 15 years old and over	10.24	7.79	6.15	5.50	7.24	7.63	7.66	7.72	7.68	7.52
Soft drinks	67.65	80.11	101.15	110.88	113.57	103.07	100.34	90.25	85.84	84.74
Tea	68.34	59.44	42.12	48.90	72.99	67.15	62.04	85.68	91.65	77.08
Wines, total population	9.01	9.69	8.25	8.53	10.21	11.75	12.45	12.91	13.53	13.77
Wines, population 15 years old and over	11.59	12.26	10.40	10.69	12.58	14.27	15.07	15.57	16.27	16.51
Apple juice	7.26	9.14	8.31	6.97	6.85	7.18	7.13	7.05	6.96	7.23
Grape juice	0.87	1.73	1.83	4.45	2.87	3.00	3.49	3.59	3.95	2.93
Grapefruit juice	1.53	0.84	0.90	1.01	0.76	0.92	0.70	0.42	0.47	0.42
Lemon juice	0.27	0.26	0.34	0.40	0.38	0.56	0.62	0.65	0.64	0.66
Orange juice	12.75	11.72	7.99	13.61	13.59	13.74	13.57	14.07	11.99	11.50
Pineapple juice	0.58	0.29	0.77	0.67	0.96	0.91	0.89	1.09	1.08	0.79
Tomato juice	3.62	2.77	2.05	1.54	1.48	1.37	1.33	1.33	1.26	1.20
Total juices	26.89	26.75	22.20	28.65	26.89	27.69	27.73	28.20	26.34	24.73
Fruit juice	23.27	23.98	20.15	27.11	25.41	26.32	26.40	26.87	25.08	23.53
Vegetable juice	3.62	2.77	2.05	1.54	1.48	1.37	1.33	1.33	1.26	1.20
Total beverages and juices	365.72	352.60	348.87	386.06	429.73
Alcoholic beverages, total population	101.04	95.29	86.12	80.55	84.94	87.50	88.64	88.96	89.61	89.97
Alcoholic beverages, population 15 years old and over	130.02	120.65	108.56	100.96	104.70	106.29	107.25	107.26	107.74	107.92
Non-alcoholic beverages (includes juices)	264.68	257.30	262.75	305.51	344.79

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 3-10
Food available by commodity — Fruits fresh ^{1,2}

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Apples	12.75	10.70	11.83	11.95	11.41	10.95	11.33	10.90	11.16	12.08
Apricots	0.07	0.11	0.10	0.12	0.17	0.16	0.10	0.16	0.17	0.14
Avocados	0.27	0.22	0.20	0.34	0.38	0.53	0.63	0.66	0.71	0.79
Bananas	10.49	11.52	12.68	13.78	13.07	13.95	14.06	14.31	14.31	14.27
Berries other	0.01	0.06	0.08	0.10	0.22	0.27	0.39	0.54	0.70	0.75
Blueberries	0.30	0.22	0.38	0.24	0.39	0.80	0.77	0.96	1.19	1.16
Cherries	0.40	0.31	0.31	0.28	0.47	0.55	0.69	0.82	0.80	1.08
Other citrus	0.04	0.03	0.04	0.10	0.09	0.05	0.03	0.03
Coconut	0.22	0.24	0.30	0.24	0.28	0.29	0.30	0.29	0.29	0.25
Cranberries	0.42	0.45	0.64	0.50	0.39	0.72	0.94	0.83	1.07	1.34
Dates	1.24	0.94	1.04	0.75	0.52	1.07	1.25	1.29	1.06	0.99
Figs	0.30	0.30	0.31	0.27	0.31	0.39	0.40	0.30	0.30	0.34
Grapefruits	3.16	2.91	2.75	2.36	1.66	1.35	1.42	1.61	1.49	1.35
Grapes	4.85	5.56	5.49	4.21	4.24	5.23	4.89	5.13	5.28	4.99
Guavas, mangoes	0.45	0.69	0.96	1.06	1.19	1.32	1.18	1.14
Kiwis	0.38	0.59	0.46	0.52	0.55	0.60	0.59	0.60
Lemons	0.83	0.97	0.88	0.95	1.16	1.22	1.23	1.19	1.16	1.16
Limes	0.10	0.14	0.18	0.22	0.35	0.42	0.46	0.51	0.53	0.49
Mandarins	2.10	2.53	2.51	3.10	3.20	3.45	3.44	3.46
Muskmelons, cantaloups	1.20	1.81	1.41	2.29	2.58	3.11	3.04	3.15	2.91	2.99
Other melons	0.18	0.18	0.15	0.36	0.30	0.47	0.59	0.50	0.59	0.42
Melons total	4.17	5.42	3.73	7.32	7.93	10.08	10.54	10.59	10.03	10.00
Nectarines	0.85	0.97	1.01	1.01	1.12	1.03	0.87	0.95	1.07	0.82
Oranges	11.80	10.66	7.40	9.23	8.70	9.93	9.53	8.62	9.49	8.91
Papayas	0.09	0.13	0.17	0.34	0.35	0.41	0.36	0.37
Peaches	1.85	1.67	1.72	1.53	1.36	1.24	1.32	1.55	1.43	1.18
Pears	1.92	1.92	2.07	2.17	2.46	2.23	2.42	2.49	2.22	2.19
Pineapples	0.45	0.48	0.58	0.57	1.51	2.47	3.03	2.94	2.95	2.67
Plums	1.20	1.07	1.06	0.97	0.97	0.90	0.80	0.82	0.83	0.74
Quinces	0.00	0.01	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	1.45	1.66	1.96	2.03	2.01	2.72	2.98	3.06	3.04	3.29
Unspecified fresh fruits	0.36	0.89	0.38	0.46	0.60	0.44	0.48	0.60	0.52	0.63
Watermelons	2.39	2.82	1.53	3.79	3.59	5.28	5.66	5.72	5.48	5.54
Wintermelons	0.40	0.61	0.64	0.89	1.46	1.22	1.24	1.22	1.05	1.06
Total fresh fruits	59.47	59.39	58.05	63.05	63.30	70.97	73.02	73.48	73.96	73.77

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 3-11
Food available by commodity — Fruits processed 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Apple pie filling	0.13	0.05	0.33	0.14	0.12	0.10	0.10	0.10	0.10	0.10
Apple sauce	0.51	0.45	0.55	0.62	0.52	0.50	0.50	0.49	0.50	0.48
Apples canned	0.10	0.01	0.05	0.05	0.26	0.35	0.40	0.39	0.45	0.34
Apples dried	0.02	0.02	0.04	0.04	0.05	0.05	0.06	0.07	0.05	0.05
Apples frozen	0.04	0.11	0.05	0.07	0.07	0.05	0.05	0.06	0.05	0.05
Apricots canned	0.13	0.07	0.04	0.04	0.03	0.05	0.05	0.04	0.04	0.04
Blueberries canned	0.02	0.01	0.03	0.01	0.01	0.01	0.01	0.02	0.02	0.02
Blueberries frozen	0.11	0.22	0.21	0.33	0.45	0.50	0.56	0.59	0.68	0.85
Cherries frozen	0.19	0.18	0.32	0.14	0.21	0.25	0.21	0.23	0.21	0.27
Peaches canned	1.13	1.05	0.86	1.00	1.08	1.00	0.97	0.97	0.96	0.93
Pears canned	0.53	0.47	0.36	0.35	0.37	0.34	0.32	0.32	0.31	0.30
Pineapples canned	1.30	1.07	1.34	1.04	0.97	0.89	0.85	0.85	0.81	0.77
Raspberries frozen	0.30	0.20	0.33	0.38	0.30	0.37	0.40	0.49	0.41	0.35
Strawberries canned	0.03	0.00	0.03	0.05	0.05	0.07	0.08	0.10	0.07	0.05
Strawberries frozen	0.48	0.35	0.39	0.49	0.55	0.59	0.62	0.65	0.60	0.55
Unspecified canned fruits	1.21	1.18	1.61	1.82	1.94	2.05	2.66	2.69
Unspecified dried fruits	1.49	1.57	1.57	1.36	1.42	1.43	1.54	1.49	1.33	1.30
Unspecified frozen fruits	0.11	0.11	0.19	0.31	0.37	0.68	0.83	0.82	0.90	0.78
Total processed fruits	6.62	5.96	7.88	7.60	8.43	9.04	9.51	9.72	10.16	9.91
Total processed fruits (fresh equivalent)	15.16	14.71	17.07	15.54	16.80	17.49	18.59	18.61	18.20	17.59
Canned fruits	3.88	3.20	4.78	4.47	5.02	5.12	5.24	5.33	5.92	5.72
Canned fruits (fresh equivalent)	5.14	4.18	6.05	5.45	6.08	6.14	6.27	6.33	6.93	6.60
Frozen fruits	1.23	1.17	1.48	1.73	1.94	2.44	2.67	2.83	2.85	2.85
Frozen fruits (fresh equivalent)	1.25	1.26	1.54	1.84	2.05	2.63	2.91	3.07	3.11	3.08
Dried fruits	1.50	1.59	1.62	1.41	1.47	1.48	1.60	1.56	1.39	1.34
Dried fruits (fresh equivalent)	8.76	9.28	9.48	8.25	8.67	8.72	9.41	9.21	8.16	7.91

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 3-12
Food available by commodity — Vegetables fresh ^{1,2}

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Artichokes	0.09	0.09	0.08	0.07	0.08	0.06	0.05	0.06	0.08	0.05
Asparagus	0.19	0.24	0.37	0.22	0.37	0.53	0.60	0.59	0.63	0.70
Beans green and wax	0.70	0.72	0.83	0.74	0.82	0.92	1.08	0.99	0.95	0.96
Beets	0.59	0.34	0.29	0.29	0.37	0.30	0.46	0.36	0.32	0.64
Broccoli	1.08	2.25	2.64	3.27	3.15	3.08	2.98	3.11	2.89	2.89
Brussels sprouts	0.14	0.20	0.15	0.17	0.17	0.13	0.14	0.15	0.16	0.14
Chinese cabbage	0.43	0.66	0.63	0.72	0.74	0.77	0.80	0.85
Cabbage	6.13	5.33	4.85	5.34	4.81	4.81	4.88	4.99	4.59	5.20
Carrots	7.62	8.09	8.21	8.72	8.67	8.31	6.64	7.05	6.30	7.19
Cauliflower	2.16	2.93	2.34	2.16	2.31	2.25	2.25	2.07	2.32	2.57
Celery	4.39	4.23	4.42	3.82	3.46	3.51	3.38	3.56	3.27	3.32
Corn	3.42	3.07	3.69	3.90	3.05	3.56	3.54	2.92	3.35	3.21
Cucumbers	2.23	2.95	2.88	3.23	4.16	4.14	5.27	4.58	4.39	4.76
Other edible roots	0.01	0.01	0.29	0.28	0.20	0.25	0.29	0.40	0.40	0.43
Eggplants	0.17	0.22	0.26	0.32	0.41	0.42	0.45	0.45	0.46	0.53
Garlic	0.12	0.11	0.18	0.34	0.36	0.35	0.34	0.45	0.44	0.44
Kohlrabi	0.00	0.01	0.08	0.11	0.16	0.20	0.21	0.24	0.23	0.25
Leeks	0.06	0.05	0.09	0.21	0.25	0.24	0.24	0.25	0.25	0.27
Other leguminous vegetables	0.03	0.03	0.02	0.00	0.01	0.00	0.00	0.01
Lettuce	9.36	9.91	10.39	9.38	11.11	11.11	10.60	10.05	9.64	9.98
Manioc	0.01	0.00	0.02	0.05	0.06	0.06	0.07	0.09	0.08	0.09
Mushrooms	0.96	1.29	1.51	1.43	1.67	1.30	1.40	1.37	1.63	1.69
Okra	0.02	0.03	0.04	0.05	0.08	0.09	0.10	0.10	0.09	0.10
Olives	0.02	0.02	0.02	0.02	0.02	0.02	0.02	0.01	0.01	0.00
Onions and shallots	6.84	7.41	6.47	8.33	8.50	8.36	8.67	8.35	7.23	9.81
Parsley	0.10	0.16	0.15	0.19	0.27	0.22	0.26	0.26	0.26	0.25
Parsnips	0.16	0.13	0.10	0.14	0.12	0.09	0.11	0.08	0.10	0.13
Peas	0.15	0.08	0.13	0.20	0.25	0.27	0.34	0.30	0.29	0.31
Peppers	1.65	2.34	2.53	3.21	3.26	3.98	4.24	4.10	4.01	4.39
Potatoes sweet fresh	0.46	0.40	0.28	0.42	0.61	0.75	0.78	0.72	0.80	1.01
Potatoes white fresh and processed, fresh equivalent	62.17	74.39	65.52	75.09	76.52	68.02	65.91	64.47	63.35	64.22
Pumpkins and squash	0.34	0.49	0.50	1.92	2.55	2.62	2.85	2.75	2.77	3.09
Radishes	0.53	0.52	0.53	0.55	0.50	0.49	0.57	0.56	0.55	0.63
Rappini	0.04	0.07	0.11	0.15	0.16	0.16	0.16	0.19	0.18	0.16
Rutabagas and turnips	2.72	2.18	2.02	1.97	1.41	1.46	1.00	1.24	1.07	1.21
Spinach	0.44	0.48	0.49	0.49	0.83	0.62	0.53	0.54	0.59	0.65
Tomatoes	6.76	7.32	6.22	7.37	8.43	7.45	7.39	7.94	7.42	7.43
Unspecified fresh vegetables	1.09	0.29	0.35	1.09	1.03	1.03	0.97	0.95	0.54	0.87
Total fresh vegetables	122.91	138.35	129.05	145.24	150.26	141.17	138.80	136.29	131.65	139.58

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

2. In retail weight unless otherwise specified.

Table 3-13
Food available by commodity — Vegetables processed 1,2

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Asparagus canned	0.16	0.15	0.13	0.16	0.18	0.29	0.31	0.30	0.32	0.35
Beans green and wax canned	1.42	0.99	0.85	1.04	1.17	1.18	1.12	1.08	1.08	0.99
Beans green and wax frozen	0.50	0.44	0.46	0.30	0.31	0.34	0.33	0.33	0.32	0.28
Beets canned	0.26	0.21	0.34	0.18	0.19	0.15	0.16	0.14	0.13	0.17
Broccoli frozen	0.27	0.15	0.30	0.52	0.70	0.71	0.67	0.69	0.64	0.69
Brussels sprouts frozen	0.21	0.18	0.08	0.06	0.08	0.07	0.08	0.10	0.09	0.10
Carrots canned	0.21	0.21	0.11	0.15	0.15	0.14	0.15	0.12	0.11	0.14
Carrots frozen	0.61	1.00	1.04	1.23	1.15	1.15	1.15	1.15	1.14	1.14
Cauliflower frozen	0.17	0.09	0.14	0.16	0.19	0.11	0.12	0.10	0.12	0.12
Corn canned	2.13	1.89	1.70	1.58	1.33	1.12	1.15	1.09	1.03	1.00
Corn frozen	0.62	0.85	0.84	1.03	0.99	0.94	0.93	0.92	0.88	0.89
Lima beans frozen	0.05	0.04	0.03	0.01	0.05	0.02	0.01	0.02	0.02	0.02
Mushrooms canned	1.26	1.46	1.16	0.88	0.71	0.62	0.63	0.56	0.53	0.51
Peas canned	1.47	1.23	0.79	0.76	0.52	0.44	0.43	0.41	0.40	0.38
Peas frozen	1.21	0.95	1.28	1.18	1.21	1.17	1.15	1.15	1.12	1.11
Spinach frozen	0.08	0.08	0.08	0.12	0.13	0.18	0.19	0.23	0.20	0.22
Tomatoes canned	3.39	3.03	3.16	3.65	3.79	3.93	3.92	3.93	3.87	3.70
Tomatoes, pulp, paste and puree	1.69	2.04	2.27	2.91	2.79	2.59	2.76	2.74	2.80	2.77
Unspecified canned vegetables	1.35	1.16	1.49	1.63	2.46	1.27	1.85	2.36	2.30	2.45
Unspecified frozen vegetables	0.70	0.82	1.07	1.03	0.98	1.05	0.92	0.92
Total processed vegetables	17.05	16.13	16.96	18.36	19.17	17.45	18.10	18.50	18.01	17.98
Total processed vegetables (fresh equivalent)	31.76	32.61	34.99	40.08	40.46	37.23	38.81	39.26	38.69	38.53
Canned vegetables	13.34	12.36	11.99	12.94	13.28	11.73	12.48	12.74	12.56	12.48
Canned vegetables (fresh equivalent)	25.63	25.70	26.48	30.42	30.28	27.38	29.09	29.38	29.29	29.04
Frozen vegetables	3.71	3.77	4.97	5.42	5.89	5.71	5.61	5.75	5.45	5.50
Frozen vegetables (fresh equivalent)	6.13	6.91	8.51	9.66	10.18	9.85	9.72	9.89	9.40	9.49

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.
2. In retail weight unless otherwise specified.

Table 4-1
Food available adjusted for losses by commodity — Cereal products 1

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Breakfast food	2.52	3.05	2.79	3.56	3.62	3.99	3.97	4.06	4.08	4.16
Corn flour and meal	1.51	1.41	1.67	2.74	1.99	0.75	0.96	0.52	1.15	1.07
Oatmeal and rolled oats	0.80	0.85	0.87	1.51	1.31	1.57	1.39	1.53	1.29	1.25
Pot and pearl barley	0.08	0.05	0.03	0.06	0.03	0.05	0.05	0.05	0.05	0.05
Rice	2.34	3.03	3.84	4.04	4.30	4.97	5.19	5.21	7.05	7.14
Rye flour	0.31	0.23	0.23	0.21	0.23	0.19	0.19	0.19	0.19	0.19
Wheat flour	36.28	38.34	38.19	41.77	47.34	47.03	46.16	45.95	43.17	43.60
Total cereal products	43.84	46.96	47.62	53.91	58.82	58.55	57.91	57.51	56.98	57.46

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-2
Food available adjusted for losses by commodity — Sugars and syrups ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Honey	0.77	0.61	0.55	0.73	0.64	0.70	0.66	0.68	0.64	0.65
Maple sugar	0.24	0.07	0.10	0.13	0.11	0.13	0.13	0.11	0.10	0.15
Sugar refined	26.42	29.42	24.70	25.71	24.43	23.15	22.32	22.06	22.62	23.02
Total sugars and syrups	27.43	30.11	25.36	26.57	25.19	23.98	23.11	22.85	23.36	23.82

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-3
Food available adjusted for losses by commodity — Red meats (boneless weight) ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Beef	17.59	16.67	13.95	13.31	13.01	12.82	12.63	12.94	12.42	12.10
Mutton and lamb	0.27	0.35	0.34	0.30	0.41	0.44	0.46	0.48	0.46	0.46
Offal	0.76	0.95	0.95	0.75	0.48	0.60	0.68	0.60	0.51	0.77
Pork	12.64	11.47	10.69	10.75	11.97	9.52	9.69	10.37	9.79	9.66
Veal	0.63	0.68	0.61	0.54	0.52	0.43	0.43	0.45	0.41	0.43
Total red meats	31.90	30.12	26.55	25.65	26.38	23.81	23.90	24.84	23.59	23.43
Total beef and veal	18.22	17.35	14.56	13.85	13.53	13.25	13.06	13.39	12.83	12.54

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-4
Food available adjusted for losses by commodity — Poultry (boneless weight) ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Chicken	6.24	7.11	7.46	8.41	10.24	10.55	10.66	10.66	10.63	10.53
Stewing hen	0.49	0.38	0.52	0.59	0.59	0.48	0.51	0.53	0.57	0.59
Turkey	2.03	2.06	2.27	2.06	2.11	2.25	2.22	2.26	2.36	2.27
Total poultry	8.77	9.54	10.25	11.05	12.94	13.28	13.39	13.44	13.56	13.40
Total chicken and stewing hen	6.73	7.49	7.98	9.00	10.83	11.03	11.17	11.19	11.20	11.12

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-5
Food available adjusted for losses by commodity — Fish (edible weight) ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Fresh and frozen sea fish	2.67	2.80	2.74	2.30	2.17	2.51	2.21	2.18
Freshwater fish	0.13	0.19	0.29	0.29	0.31	0.34	0.33	0.33
Processed sea fish	2.23	1.67	2.25	2.46	2.44	2.27	1.95	2.12
Shellfish	0.94	1.03	1.32	1.19	1.16	0.98	0.85	0.79
Total fish	5.97	5.69	6.60	6.24	6.08	6.10	5.35	5.43

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-6
Food available adjusted for losses by commodity — Pulses and nuts ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Baked and canned beans	1.96	1.95	1.31	1.21	1.20	1.09	1.09	1.06	1.04	1.02
Dry beans	0.52	0.63	0.64	1.13	1.78	2.07	2.03	2.11	2.20	2.29
Peanuts	2.40	2.49	2.32	2.73	2.26	2.43	2.46	2.47	2.55	2.38
Dry peas	0.94	1.00	0.98	1.16	1.20	1.21	1.21	1.22	1.22	1.22
Tree nuts	1.10	1.28	1.09	0.80	1.35	1.13	1.21	1.40	1.32	1.32
Total pulses and nuts	6.93	7.36	6.35	7.03	7.79	7.94	7.99	8.26	8.33	8.23

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-7
Food available adjusted for losses by commodity — Oils and fats ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Butter	3.43	3.01	2.37	2.26	2.22	2.21	2.14	2.05	2.08	2.12
Margarine	4.82	4.71	4.38	4.21	3.87	3.26	3.13	3.11	3.00	2.99
Salad oils	2.37	3.38	3.68	6.07	8.20	7.89	7.82	7.79	7.50	7.47
Shortening and shortening oils	5.52	5.13	6.34	7.15	6.87	5.96	5.53	5.50	5.30	5.28
Total oils and fats	16.14	16.23	16.77	19.70	21.16	19.32	18.62	18.45	17.87	17.86

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-8
Food available adjusted for losses by commodity — Dairy products and eggs ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person ²									
Cheddar cheese	2.01	2.14	2.55	2.51	2.56	2.67	2.78	2.48	2.63	2.53
Cheese cottage	0.89	0.88	0.73	0.54	0.55	0.60	0.60	0.64	0.63	0.55
Cheese processed	2.38	2.13	2.26	2.11	2.02	1.84	1.88	1.83	1.74	1.71
Cheese variety	2.48	3.57	4.34	4.63	5.13	5.38	5.37	5.76	5.77	5.75
Cream cereal 10%, litres	1.94	2.05	1.98	2.03	2.07	2.19	2.15	2.13	2.09	2.14
Cream sour, litres	0.34	0.53	0.70	0.66	0.96	0.94	0.98	0.97	0.84	0.73
Cream table 18%, litres	0.19	0.27	0.35	0.56	1.27	1.95	2.10	2.19	2.16	2.18
Cream whipping 32% or 35%, litres	0.47	0.63	0.58	0.61	0.72	0.82	0.82	0.85	0.86	0.87
Ice cream, litres	8.85	8.58	7.50	7.65	6.49	6.23	5.84	5.16	4.56	3.47
Ice milk, litres	0.72	0.89	0.87	1.38	1.57	1.29	1.19	1.16	1.21	1.15
Milk buttermilk, litres	0.40	0.37	0.33	0.28	0.27	0.30	0.30	0.32	0.31	0.26
Milk chocolate drink, litres	2.74	2.47	2.41	2.78	3.43	3.86	3.88	4.07	4.27	4.03
Milk concentrated skim, litres	1.00	0.45	0.77	0.43	0.18	0.23	0.25	0.22	0.12	0.31
Milk concentrated whole, litres	1.51	1.42	0.99	0.75	0.55	0.50	0.46	0.52	0.58	0.50
Milk other whole products	0.10	0.20	0.26	0.34	0.71	0.88	0.73	0.80	0.52	0.31
Milk partly skimmed 1%, litres	6.00	10.88	12.12	12.58	12.75	12.80	12.77	12.75
Milk partly skimmed 2%, litres	38.85	43.28	39.28	33.15	29.43	27.33	27.06	26.70	26.26	26.28
Milk skim, litres	2.37	3.34	4.49	5.46	6.14	6.16	6.13	6.16	6.10	6.05
Milk standard 3.25%, litres	27.50	20.88	14.04	10.84	9.88	8.88	8.70	8.40	7.97	7.84
Milk sweetened concentrated skim, litres	0.03	0.06	0.02	0.12	0.05	0.05	0.07	0.04	0.03	0.03
Milkshake, litres	0.69	0.73	0.49	0.42	0.34	0.13	0.16	0.19	0.23	0.16
Powder buttermilk	0.11	0.08	0.11	0.13	0.14	0.11	0.07	0.06	0.07	0.06
Powder skim milk	1.29	1.20	0.55	0.80	0.78	0.72	0.77	0.92	0.95	0.96
Powder whey	0.85	0.51	0.62	0.78	0.70	0.21	0.24	0.22	0.16	0.08
Sherbet, litres	0.08	0.07	0.09	0.12	0.25	0.13	0.12	0.12	0.12	0.10
Yogurt, litres	1.16	1.90	2.11	2.23	3.44	4.76	4.92	5.05	5.40	5.47
Fluid milk, litres	71.87	70.34	66.54	63.40	61.27	59.11	58.81	58.44	57.67	57.22
Total cheeses	6.86	7.84	9.15	9.25	9.71	9.89	10.03	10.08	10.13	9.99
Total creams, litres	2.94	3.48	3.59	3.86	5.02	5.89	6.05	6.14	5.95	5.92
Other dairy products	16.94	17.17	15.74	16.10	17.75	19.12	19.08	19.17	18.71	17.73
Total dairy products ³	17.64	17.56	17.01	17.02	17.31	16.91	16.86	16.95	16.54	15.96
Eggs ⁴	9.84	8.90	8.09	8.06	8.56	8.44	8.71	8.36	8.73	8.63
Eggs (dozens per person, per year) ⁴	14.46	13.08	11.89	11.84	12.58	12.40	12.81	12.28	12.83	12.68

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

2. Unless otherwise specified.

3. In milk solid equivalent.

4. In fresh equivalent weight.

Table 4-9
Food available adjusted for losses by commodity — Beverages and juices ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	litres per person									
Ale, beer, stout and porter, total population	77.47	73.22	67.26	62.32	63.45	64.02	64.37	64.18	64.22	64.44
Ale, beer, stout and porter, population 15 years old and over	99.69	92.70	84.79	78.11	78.21	77.76	77.89	77.38	77.21	77.30
Bottled water	16.63	25.09
Coffee	86.13	76.99	82.30	82.42	86.02	86.42	85.57	88.02	86.86	90.01
Distilled spirits, total population	7.33	5.67	4.50	4.05	5.42	5.79	5.83	5.90	5.88	5.77
Distilled spirits, population 15 years old and over	9.44	7.18	5.67	5.07	6.68	7.03	7.06	7.11	7.07	6.93
Soft drinks	57.23	67.77	85.57	93.81	96.08	87.20	84.89	76.35	72.62	71.69
Tea	57.81	50.28	35.63	41.37	61.75	56.81	52.49	72.49	77.53	65.21
Wines, total population	8.30	8.93	7.60	7.86	9.41	10.83	11.48	11.90	12.47	12.69
Wines, population 15 years old and over	10.68	11.30	9.58	9.85	11.60	13.15	13.89	14.35	14.99	15.22
Apple juice	6.14	7.73	7.03	5.90	5.80	6.08	6.03	5.96	5.89	6.11
Grape juice	0.73	1.47	1.55	3.77	2.43	2.54	2.96	3.04	3.34	2.48
Grapefruit juice	1.30	0.71	0.76	0.86	0.64	0.78	0.60	0.35	0.40	0.36
Lemon juice	0.23	0.22	0.29	0.34	0.32	0.47	0.52	0.55	0.54	0.56
Orange juice	10.79	9.92	6.76	11.51	11.49	11.63	11.48	11.90	10.15	9.73
Pineapple juice	0.49	0.25	0.65	0.57	0.81	0.77	0.76	0.92	0.91	0.67
Tomato juice	3.06	2.34	1.73	1.30	1.25	1.16	1.13	1.13	1.07	1.02
Total juices	22.75	22.63	18.78	24.24	22.75	23.43	23.46	23.85	22.29	20.92
Fruit juice	19.68	20.29	17.04	22.94	21.50	22.27	22.34	22.73	21.22	19.90
Vegetable juice	3.06	2.34	1.73	1.30	1.25	1.16	1.13	1.13	1.07	1.02
Total beverages and juices	318.32	306.40	303.08	333.87	371.13
Alcoholic beverages, total population	93.11	87.81	79.36	74.23	78.27	80.63	81.68	81.98	82.57	82.91
Alcoholic beverages, population 15 years old and over	119.82	111.18	100.04	93.04	96.48	97.94	98.83	98.84	99.28	99.44
Non-alcoholic beverages (includes juices)	225.21	218.59	223.72	259.65	292.86

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-10
Food available adjusted for losses by commodity — Fruits fresh ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Apples	8.26	6.93	7.66	7.74	7.39	7.09	7.34	7.06	7.23	7.82
Apricots	0.05	0.07	0.07	0.08	0.11	0.10	0.07	0.11	0.11	0.09
Avocados	0.15	0.12	0.11	0.18	0.20	0.28	0.34	0.36	0.38	0.43
Bananas	4.80	5.27	5.80	6.31	5.98	6.38	6.43	6.55	6.55	6.53
Berries other	0.01	0.04	0.05	0.06	0.15	0.18	0.26	0.36	0.47	0.50
Blueberries	0.20	0.15	0.25	0.16	0.26	0.53	0.51	0.64	0.79	0.78
Cherries	0.25	0.19	0.20	0.18	0.30	0.35	0.44	0.52	0.51	0.68
Other citrus	0.02	0.01	0.02	0.06	0.05	0.03	0.02	0.02
Coconut	0.19	0.20	0.26	0.20	0.23	0.25	0.26	0.25	0.24	0.21
Cranberries	0.28	0.30	0.43	0.33	0.26	0.48	0.63	0.55	0.71	0.90
Dates	0.94	0.72	0.79	0.57	0.40	0.81	0.95	0.99	0.81	0.75
Figs	0.26	0.25	0.26	0.23	0.26	0.33	0.34	0.26	0.25	0.29
Grapefruits	1.11	1.02	0.97	0.83	0.59	0.48	0.50	0.57	0.53	0.48
Grapes	3.28	3.76	3.71	2.84	2.87	3.53	3.31	3.47	3.57	3.38
Guavas, mangoes	0.22	0.33	0.46	0.52	0.58	0.64	0.57	0.55
Kiwis	0.23	0.35	0.28	0.32	0.33	0.36	0.36	0.36
Lemons	0.31	0.36	0.33	0.35	0.43	0.45	0.46	0.44	0.43	0.43
Limes	0.06	0.08	0.11	0.13	0.21	0.25	0.27	0.30	0.31	0.29
Mandarins	1.06	1.28	1.27	1.57	1.62	1.75	1.74	1.75
Muskmelons, cantaloups	0.43	0.65	0.51	0.82	0.93	1.12	1.09	1.13	1.05	1.07
Other melons	0.06	0.06	0.05	0.12	0.10	0.15	0.19	0.16	0.19	0.14
Melons total	1.57	2.06	1.44	2.78	3.09	3.83	4.00	4.01	3.78	3.78
Nectarines	0.37	0.42	0.44	0.44	0.49	0.45	0.38	0.41	0.46	0.36
Oranges	6.06	5.48	3.80	4.75	4.47	5.10	4.90	4.43	4.88	4.58
Papayas	0.04	0.06	0.08	0.16	0.16	0.19	0.17	0.17
Peaches	0.81	0.73	0.75	0.67	0.59	0.54	0.57	0.67	0.62	0.51
Pears	1.24	1.25	1.34	1.40	1.59	1.44	1.57	1.61	1.44	1.42
Pineapples	0.16	0.18	0.21	0.21	0.55	0.90	1.11	1.08	1.08	0.98
Plums	0.79	0.71	0.70	0.64	0.64	0.60	0.53	0.54	0.55	0.49
Quinces	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Strawberries	0.96	1.10	1.30	1.34	1.33	1.80	1.97	2.02	2.02	2.18
Unspecified fresh fruits	0.22	0.54	0.23	0.28	0.36	0.27	0.29	0.36	0.32	0.38
Watermelons	0.88	1.03	0.56	1.39	1.31	1.93	2.07	2.10	2.01	2.03
Wintermelons	0.21	0.32	0.33	0.45	0.75	0.63	0.64	0.63	0.54	0.54
Total fresh fruits	32.33	31.92	31.73	33.49	33.60	37.49	38.54	38.77	39.15	39.34

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-11
Food available adjusted for losses by commodity — Fruits processed ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Apple pie filling	0.11	0.04	0.28	0.12	0.10	0.08	0.08	0.08	0.08	0.08
Apple sauce	0.43	0.38	0.46	0.52	0.44	0.42	0.42	0.42	0.42	0.40
Apples canned	0.08	0.01	0.04	0.04	0.22	0.29	0.34	0.33	0.38	0.29
Apples dried	0.01	0.02	0.04	0.04	0.05	0.04	0.05	0.06	0.04	0.04
Apples frozen	0.03	0.09	0.04	0.06	0.06	0.05	0.04	0.05	0.05	0.04
Apricots canned	0.11	0.06	0.03	0.04	0.03	0.05	0.04	0.03	0.03	0.03
Blueberries canned	0.01	0.01	0.02	0.00	0.01	0.01	0.01	0.01	0.02	0.01
Blueberries frozen	0.09	0.19	0.18	0.28	0.38	0.42	0.47	0.50	0.58	0.72
Cherries frozen	0.16	0.15	0.27	0.12	0.18	0.21	0.18	0.19	0.18	0.23
Peaches canned	0.96	0.89	0.73	0.84	0.91	0.84	0.82	0.82	0.81	0.79
Pears canned	0.45	0.40	0.31	0.30	0.31	0.28	0.27	0.27	0.27	0.26
Pineapples canned	1.10	0.91	1.13	0.88	0.82	0.75	0.72	0.72	0.69	0.65
Raspberries frozen	0.26	0.16	0.28	0.32	0.25	0.31	0.34	0.41	0.35	0.30
Strawberries canned	0.03	0.00	0.02	0.04	0.05	0.06	0.07	0.08	0.06	0.04
Strawberries frozen	0.41	0.30	0.33	0.41	0.46	0.50	0.52	0.55	0.51	0.47
Unspecified canned fruits	1.02	1.00	1.36	1.54	1.64	1.74	2.25	2.27
Unspecified dried fruits	1.26	1.33	1.33	1.15	1.20	1.21	1.30	1.26	1.13	1.10
Unspecified frozen fruits	0.09	0.09	0.16	0.27	0.31	0.58	0.70	0.69	0.76	0.66
Total processed fruits	5.60	5.05	6.67	6.43	7.14	7.65	8.04	8.22	8.60	8.39
Total processed fruits (fresh equivalent)	12.83	12.45	14.44	13.15	14.21	14.80	15.73	15.74	15.40	14.88
Canned fruits	3.28	2.71	4.05	3.78	4.25	4.33	4.43	4.51	5.01	4.84
Canned fruits (fresh equivalent)	4.35	3.54	5.12	4.61	5.14	5.19	5.31	5.36	5.86	5.58
Frozen fruits	1.04	0.99	1.25	1.46	1.64	2.06	2.26	2.40	2.41	2.41
Frozen fruits (fresh equivalent)	1.06	1.06	1.31	1.56	1.74	2.23	2.46	2.60	2.63	2.61
Dried fruits	1.27	1.35	1.37	1.19	1.25	1.25	1.35	1.32	1.17	1.14
Dried fruits (fresh equivalent)	7.41	7.85	8.02	6.98	7.33	7.37	7.96	7.79	6.90	6.69

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-12
Food available adjusted for losses by commodity — Vegetables fresh ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Artichokes	0.02	0.03	0.02	0.02	0.02	0.02	0.01	0.02	0.02	0.01
Asparagus	0.07	0.09	0.14	0.08	0.14	0.20	0.22	0.22	0.24	0.26
Beans green and wax	0.42	0.44	0.50	0.45	0.49	0.55	0.65	0.60	0.57	0.58
Beets	0.37	0.21	0.18	0.18	0.23	0.19	0.29	0.23	0.20	0.40
Broccoli	0.47	0.97	1.13	1.40	1.35	1.32	1.28	1.33	1.24	1.24
Brussels sprouts	0.09	0.12	0.10	0.11	0.11	0.08	0.09	0.10	0.10	0.09
Chinese cabbage	0.24	0.37	0.35	0.41	0.42	0.43	0.45	0.48
Cabbage	3.45	3.00	2.73	3.01	2.71	2.71	2.75	2.81	2.59	2.93
Carrots	4.77	5.07	5.14	5.46	5.43	5.21	4.16	4.42	3.95	4.50
Cauliflower	0.59	0.80	0.64	0.59	0.64	0.62	0.62	0.57	0.64	0.71
Celery	2.75	2.65	2.77	2.39	2.17	2.20	2.12	2.23	2.05	2.08
Corn	0.74	0.66	0.79	0.84	0.66	0.77	0.76	0.63	0.72	0.69
Cucumbers	1.15	1.52	1.48	1.66	2.14	2.13	2.71	2.35	2.26	2.44
Other edible roots	0.00	0.00	0.16	0.15	0.11	0.14	0.16	0.22	0.22	0.23
Eggplants	0.09	0.12	0.14	0.17	0.21	0.22	0.23	0.24	0.24	0.27
Garlic	0.07	0.07	0.11	0.21	0.22	0.21	0.21	0.28	0.27	0.27
Kohlrabi	..	0.01	0.04	0.06	0.09	0.11	0.11	0.13	0.13	0.14
Leeks	0.03	0.03	0.05	0.11	0.13	0.12	0.13	0.13	0.13	0.14
Other leguminous vegetables	0.02	0.02	0.01	0.00	0.00	0.00	0.00	0.01
Lettuce	5.37	5.69	5.96	5.38	6.40	6.38	6.08	5.77	5.53	5.72
Manioc	0.01	0.03	0.03	0.03	0.04	0.05	0.04	0.05
Mushrooms	0.65	0.88	1.03	0.98	1.14	0.89	0.96	0.93	1.11	1.15
Okra	0.01	0.02	0.03	0.03	0.05	0.06	0.06	0.06	0.05	0.06
Olives	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.01	0.00	0.00
Onions and shallots	3.52	3.81	3.33	4.29	4.37	4.30	4.47	4.30	3.72	5.05
Parsley	0.05	0.08	0.08	0.10	0.14	0.11	0.13	0.13	0.13	0.13
Parsnips	0.10	0.08	0.06	0.09	0.08	0.06	0.07	0.05	0.06	0.08
Peas	0.09	0.05	0.08	0.12	0.15	0.16	0.21	0.18	0.17	0.19
Peppers	0.95	1.35	1.46	1.85	1.88	2.30	2.45	2.37	2.31	2.54
Potatoes sweet fresh	0.21	0.18	0.13	0.19	0.28	0.34	0.36	0.33	0.37	0.46
Potatoes white fresh and processed	29.49	35.28	29.92	33.77	33.80	29.50	28.58	27.96	27.47	27.85
Pumpkins and squash	0.17	0.25	0.25	0.96	1.28	1.31	1.42	1.37	1.38	1.54
Radishes	0.34	0.33	0.33	0.35	0.31	0.31	0.36	0.36	0.35	0.40
Rappini	0.02	0.04	0.06	0.07	0.08	0.08	0.08	0.10	0.09	0.08
Rutabagas and turnips	1.29	1.03	0.96	0.94	0.67	0.69	0.48	0.59	0.51	0.57
Spinach	0.22	0.24	0.25	0.25	0.42	0.32	0.27	0.28	0.30	0.33
Tomatoes	4.33	4.69	3.98	4.72	5.40	4.77	4.74	5.09	4.76	4.76
Unspecified fresh vegetables	0.77	0.20	0.25	0.77	0.72	0.72	0.68	0.66	0.36	0.61
Total fresh vegetables	62.69	70.00	64.31	71.78	74.08	69.13	67.94	67.06	64.30	68.58

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 4-13
Food available adjusted for losses by commodity — Vegetables processed ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
	kilograms per person									
Asparagus canned	0.14	0.13	0.11	0.14	0.15	0.25	0.26	0.25	0.27	0.30
Beans green and wax canned	1.20	0.83	0.72	0.88	0.99	1.00	0.95	0.91	0.91	0.84
Beans green and wax frozen	0.37	0.33	0.35	0.23	0.24	0.26	0.25	0.25	0.24	0.21
Beets canned	0.22	0.18	0.29	0.15	0.16	0.13	0.13	0.12	0.11	0.15
Broccoli frozen	0.21	0.12	0.24	0.41	0.55	0.56	0.53	0.55	0.51	0.54
Brussels sprouts frozen	0.16	0.14	0.07	0.05	0.06	0.06	0.06	0.08	0.07	0.08
Carrots canned	0.17	0.17	0.09	0.13	0.13	0.12	0.13	0.10	0.09	0.12
Carrots frozen	0.51	0.83	0.86	1.02	0.95	0.95	0.95	0.95	0.95	0.94
Cauliflower frozen	0.14	0.07	0.12	0.13	0.15	0.09	0.10	0.08	0.10	0.10
Corn canned	1.80	1.60	1.44	1.33	1.12	0.95	0.97	0.92	0.87	0.85
Corn frozen	0.50	0.68	0.68	0.83	0.80	0.76	0.75	0.75	0.71	0.72
Lima beans frozen	0.03	0.02	0.02	0.01	0.03	0.01	0.01	0.01	0.01	0.01
Mushrooms canned	1.07	1.23	0.98	0.74	0.60	0.52	0.54	0.48	0.45	0.43
Peas canned	1.24	1.04	0.67	0.65	0.44	0.38	0.37	0.35	0.34	0.32
Peas frozen	0.94	0.74	1.00	0.92	0.94	0.91	0.90	0.90	0.87	0.87
Spinach frozen	0.06	0.06	0.06	0.08	0.10	0.13	0.14	0.17	0.15	0.16
Tomatoes canned	2.86	2.56	2.67	3.09	3.21	3.33	3.32	3.33	3.28	3.13
Tomatoes, pulp, paste and puree	1.43	1.73	1.92	2.46	2.36	2.19	2.34	2.32	2.37	2.34
Unspecified canned vegetables	1.15	0.98	1.26	1.38	2.08	1.07	1.57	1.99	1.94	2.07
Unspecified frozen vegetables	0.50	0.59	0.78	0.75	0.71	0.76	0.67	0.67
Total processed vegetables	14.21	13.46	14.04	15.21	15.84	14.40	14.96	15.28	14.90	14.86
Total processed vegetables (fresh equivalent)	26.56	27.28	29.14	33.40	33.65	30.94	32.28	32.65	32.21	32.06
Canned vegetables	11.28	10.46	10.15	10.95	11.24	9.93	10.56	10.78	10.63	10.56
Canned vegetables (fresh equivalent)	21.68	21.74	22.40	25.74	25.62	23.16	24.61	24.85	24.78	24.57
Frozen vegetables	2.93	3.00	3.90	4.27	4.61	4.47	4.40	4.50	4.27	4.31
Frozen vegetables (fresh equivalent)	4.88	5.54	6.74	7.67	8.04	7.78	7.67	7.80	7.43	7.49

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Table 5
Total nutrients available from the Canadian food supply ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
Energy (kilocalories)	3,089.82	3,190.16	3,121.40	3,384.87	3,568.06	3,446.08	3,404.27	3,397.08	3,344.01	3,338.88
Carbohydrates (grams)	374.84	399.82	384.74	419.60	431.35	421.34	415.44	411.06	408.31	410.64
Proteins (grams)	100.01	100.62	97.62	101.29	107.94	104.70	104.55	105.81	103.37	102.77
Fat (grams)	123.06	124.33	125.16	138.46	149.07	140.82	138.61	139.06	135.28	133.94
Fatty acids, mono-unsaturated (grams)	57.19	57.45	59.62	66.97	71.44	66.30	64.77	65.01	63.07	62.49
Fatty acids, poly-unsaturated (grams)	18.07	19.55	20.22	24.90	28.50	26.93	26.54	26.56	25.75	25.59
Fatty acids, saturated (grams)	39.12	38.56	36.91	37.59	39.41	38.19	37.93	38.04	37.25	36.72
Cholesterol (milligrams)	399.53	383.72	358.83	353.58	375.19	365.84	369.82	367.59	364.58	361.37
Vitamin A (retinol equivalent)	1,464.39	1,536.03	1,515.04	1,571.10	1,573.12	1,529.09	1,432.82	1,456.03	1,384.00	1,485.15
Vitamine B										
Thiamin (milligrams)	3.40	3.19	2.89	3.46	3.40	3.42	3.45	3.48	3.39	3.40
Riboflavin (milligrams)	2.62	2.62	2.52	2.62	2.77	2.69	2.68	2.70	2.63	2.62
Niacin (niacin equivalent)	48.76	49.71	48.29	50.69	54.55	52.96	52.74	53.33	51.82	51.77
Folate (micrograms)	269.02	275.07	262.29	292.49	311.78	312.12	311.39	311.31	306.47	310.48
Vitamin B-6 (milligrams)	2.34	2.40	2.28	2.43	2.53	2.42	2.42	2.45	2.41	2.42
Vitamin B-12 (micrograms)	7.41	7.36	6.87	6.53	6.54	6.41	6.45	6.46	6.13	6.27
Vitamin C (milligrams)	114.40	121.95	112.70	130.23	131.98	133.99	134.08	134.21	130.38	131.96
Vitamin D (micrograms)	6.05	5.85	5.24	5.09	4.82	4.43	4.37	4.42	4.32	4.29
Vitamin E (milligrams)	10.15	10.85	10.61	12.58	14.04	12.93	12.66	12.60	12.15	12.14
Vitamin K (micrograms)	114.44	142.66	150.25	213.96	274.76	264.88	261.94	260.40	251.66	252.58
Calcium (milligrams)	929.13	926.41	905.48	922.60	947.55	933.79	935.25	940.51	926.71	918.80
Phosphorus (milligrams)	1,635.09	1,640.58	1,593.79	1,664.80	1,746.20	1,693.35	1,688.84	1,705.85	1,669.06	1,658.90
Magnesium (milligrams)	322.40	324.86	313.48	335.81	354.93	345.04	344.29	349.40	344.20	343.32
Sodium (milligrams)	1,349.28	1,310.25	1,253.35	1,233.44	1,273.88	1,218.84	1,217.12	1,208.52	1,170.88	1,166.35
Potassium (milligrams)	3,906.26	3,969.57	3,730.11	4,023.46	4,213.48	4,049.53	4,016.39	4,099.93	4,022.69	4,013.54
Iron (milligrams)	16.70	17.47	16.98	18.46	20.00	19.90	19.74	19.85	19.20	19.37
Zinc (milligrams)	12.83	12.84	12.24	12.54	13.20	12.78	12.77	12.91	12.64	12.56
Copper (milligrams)	1.53	1.63	1.57	1.70	1.80	1.75	1.74	1.74	1.71	1.72
Manganese (milligrams)	5.00	4.94	4.50	5.01	5.96	5.81	5.67	6.29	6.40	6.05
Fibre, total dietary (grams)	15.37	16.03	15.72	17.62	18.07	18.04	17.96	17.93	17.50	17.77

1. Does not adjust for losses, such as waste and/or spoilage, in stores, households, private institutions or restaurants or losses during preparation.

Table 6
Total nutrients available adjusted for losses from the Canadian food supply ¹

	1981	1986	1991	1996	2001	2005	2006	2007	2008	2009
Energy (kilocalories)	2,214.42	2,280.37	2,218.45	2,391.61	2,513.20	2,433.42	2,405.09	2,397.66	2,362.72	2,358.17
Carbohydrates (grams)	271.05	288.74	278.30	302.60	310.92	303.61	299.62	296.27	294.26	295.65
Proteins (grams)	67.87	68.36	66.17	68.59	72.96	71.12	71.03	71.79	70.25	69.85
Fat (grams)	85.33	86.02	86.27	94.66	101.11	95.69	94.17	94.38	91.96	91.02
Fatty acids, mono-unsaturated (grams)	39.29	39.40	40.73	45.41	48.09	44.67	43.62	43.76	42.50	42.10
Fatty acids, poly-unsaturated (grams)	12.58	13.50	13.86	16.82	19.02	17.96	17.69	17.70	17.18	17.06
Fatty acids, saturated (grams)	27.53	27.14	25.98	26.35	27.48	26.73	26.54	26.57	26.07	25.70
Cholesterol (milligrams)	280.70	268.63	250.50	246.28	260.89	255.58	258.45	255.95	254.79	252.46
Vitamin A (retinol equivalent)	1,061.80	1,110.41	1,094.56	1,138.03	1,142.80	1,105.56	1,037.36	1,055.57	1,005.69	1,072.44
B Vitamins										
Thiamin (milligrams)	2.22	2.11	1.93	2.28	2.27	2.29	2.30	2.32	2.25	2.26
Riboflavin (milligrams)	1.84	1.84	1.77	1.84	1.95	1.89	1.89	1.90	1.85	1.85
Niacin (niacin equivalent)	33.28	33.90	32.86	34.42	36.94	36.02	35.87	36.24	35.25	35.21
Folate (micrograms)	199.16	202.54	191.98	215.17	229.29	230.31	229.91	230.39	227.09	229.51
Vitamin B-6 (milligrams)	1.58	1.61	1.53	1.62	1.68	1.62	1.62	1.64	1.62	1.62
Vitamin B-12 (micrograms)	4.91	4.86	4.54	4.31	4.36	4.27	4.30	4.30	4.09	4.17
Vitamin C (milligrams)	82.30	87.17	79.83	92.38	93.01	94.63	94.81	95.08	92.16	93.00
Vitamin D (micrograms)	4.46	4.31	3.87	3.76	3.55	3.25	3.20	3.24	3.16	3.14
Vitamin E (milligrams)	7.65	8.06	7.82	9.03	9.88	9.04	8.84	8.80	8.49	8.48
Vitamin K (micrograms)	76.85	94.64	99.26	139.83	178.66	172.27	170.38	169.39	163.88	164.48
Calcium (milligrams)	679.76	679.04	667.23	676.45	693.36	683.73	685.47	688.72	678.62	672.21
Phosphorus (milligrams)	1,149.56	1,154.38	1,123.35	1,170.26	1,227.12	1,193.87	1,191.45	1,202.05	1,178.27	1,170.68
Magnesium (milligrams)	234.11	235.17	226.31	241.89	255.66	249.53	249.13	253.35	249.95	248.97
Sodium (milligrams)	1,028.11	996.91	953.06	932.19	962.65	922.81	921.92	914.23	885.42	882.95
Potassium (milligrams)	2,750.44	2,780.96	2,597.41	2,793.07	2,924.15	2,820.02	2,799.39	2,867.67	2,818.37	2,805.87
Iron (milligrams)	11.64	12.14	11.78	12.73	13.70	13.61	13.52	13.58	13.13	13.22
Zinc (milligrams)	8.67	8.69	8.29	8.51	8.95	8.70	8.70	8.79	8.63	8.57
Copper (milligrams)	1.09	1.15	1.11	1.19	1.26	1.22	1.22	1.22	1.21	1.21
Manganese (milligrams)	3.85	3.76	3.39	3.78	4.53	4.41	4.30	4.82	4.92	4.62
Fibre, total dietary (grams)	10.97	11.39	11.12	12.37	12.65	12.63	12.61	12.60	12.30	12.47

1. Experimental, use with caution. The data have been adjusted for retail, household, cooking and plate loss.

Concepts and methods

Data presented in this bulletin are compiled from a wide variety of sources, both survey and administrative, and from various divisions within Statistics Canada along with other government departments. More information can be obtained from the Statistics Canada web site or by contacting the Agriculture Division directly. As this bulletin features food statistics, a summary of the concepts and methods used for these data series has been provided.

Statistics Canada's Agriculture Division has produced data depicting the amount of food that is available for consumption from the Canadian food supply as far back as 1960. Food available for consumption does not account for losses in stores, households, private institutions or restaurants. Estimated quantities of food available adjusted for losses are adjusted for retail, institutional and household, including cooking, storage and plate loss.

The nutrients available data are derived by applying nutritional equivalent factors to the retail weight of per capita food available data. The Food Bureau of Agriculture and Agri-Food Canada developed these factors in cooperation with Statistics Canada. The factors were applied to each food or beverage type and then summed to derive subtotals or totals. These factors remain consistent over time starting in 1976. Consequently, the nutritional data are a subset of the Food Available in Canada data series. This data series is more correctly termed per capita food available.

The nutrients available adjusted for losses is a proxy of fork level consumption based on food supply data. They have been derived by adjusting the nutrients available from the Canadian food supply to account for retail, institutional, household, cooking and plate loss. As the factors used to adjust the food available data are estimates themselves, considerable caution should be used when working with the data — the data should be viewed as experimental.

The food available refers to the amount of food available for consumption and is derived residually using supply-disposition tables. All components of supply are added together and all uses (disposition) other than human consumption are deducted. The resulting amount is assumed to be available for human consumption.

To calculate total supply, beginning stocks, production and imports are added together. Net supply is then derived by subtracting disposition items including exports, manufacturing uses, feeds, waste and ending stocks. The net supply is divided by the Canadian population at July 1 to obtain per capita values or disappearance per person.

The data for the numerous supply-disposition tables are obtained from a myriad of survey, administrative and other sources. Each food commodity table is unique.

In general, beginning stocks are those quantities of fresh and frozen food products held in storage at January 1 while ending stocks refer to year-end inventories (December 31). Stock and production data are obtained through surveys of producers and food processors. Import and export data are provided by the International Trade Division of Statistics Canada. Manufacturing data include requirements for processing, seed, animal feed and industrial use. Processed foods are then accounted for directly.

Traditionally, the waste factors attempt to account for quantities removed during processing or lost in storage. They do not allow for losses in stores, households, restaurants or institutions during storage and preparation or for unconsumed food. Consequently, the food available data are sometimes referred to as "apparent" to remind users of this data limitation. The nutrients available adjusted for losses are not apparent but rather represent a proxy of consumption as the food available data were adjusted to account for food losses not previously accounted for.

The new waste adjustment factors account for losses at the retail and consumer levels, including institutions, restaurants and households. The factors attempt to account for losses or waste from storage, in the preparation of food and from the plate. The factors were provided, with appreciation, from the United States Department of Agriculture.

All of the nutrient factors and waste adjustment factors are based on weight. Consequently, the waste adjustments have a limitation in that they may only partially account for losses of some nutrients as a result of cooking. For instance, more (or less) fat, fat soluble nutrients or water soluble nutrients may be wasted depending on the methods used in preparation and cooking. Although every attempt has been made to adjust the nutrient data to approximate consumption, the data are estimates, a limitation that readers should keep in mind when working with the files. Further, these data refer to nutrients available from food and beverages and do not account for nutrients that may be provided by dietary supplements or from the water supply.

Appendix I

Sources

Statistics Canada:

- Agriculture Division
- Distributive Trades Division
- Income and Expenditure Accounts Division
- Industry, Measures and Analysis Division
- Input-Output Division
- International Trade Division
- Investment and Capital Stock Division
- Labour Statistics Division
- Manufacturing, Construction and Energy Division
- Micro-Economic Studies and Analysis Division
- Service Industries Division

Other departments:

- Agriculture and Agri-Food Canada
- Fisheries and Oceans Canada
- United States Department of Agriculture
- Ontario Ministry of Agriculture and Food
- B.C. Ministry of Agriculture and Fisheries
- Canadian Soft Drink Association
- Brewers Association of Canada
- Association of Canadian Distillers
- Canadian Wine Institute
- Canadian Bottled Water Association
- Canadian Sugar Institute
- All other useful sources