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Food Consumption Trends . . . At a Glance

There has been a striking change in the proportion of carbohydrates from starches and from simple carbohydrates (sugars).

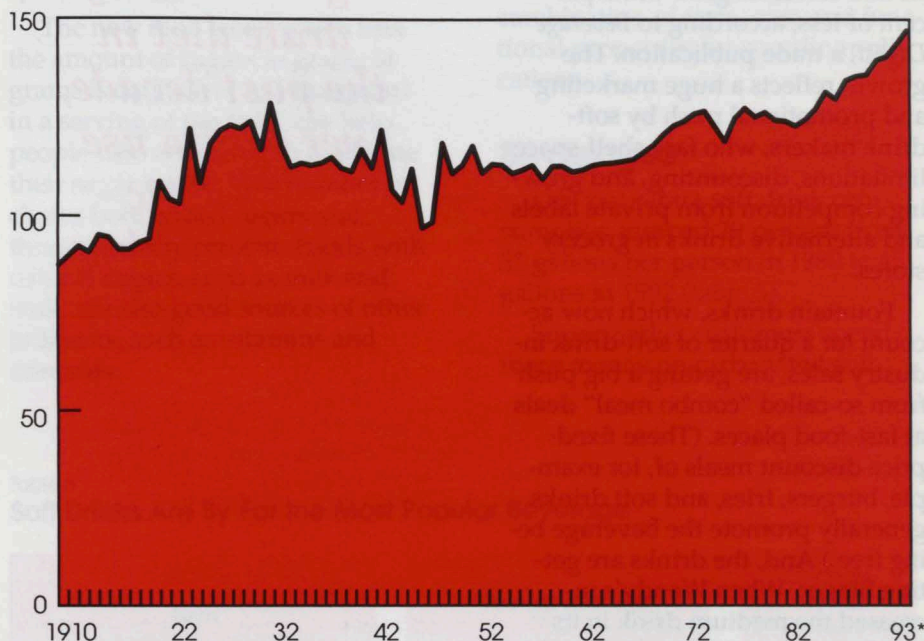
The use of grain products and potatoes has decreased, while the use of refined and processed sugars has increased.

From 1910 to 1913, only one-third of the carbohydrates came from sugars. But by 1990, this had increased to one half.

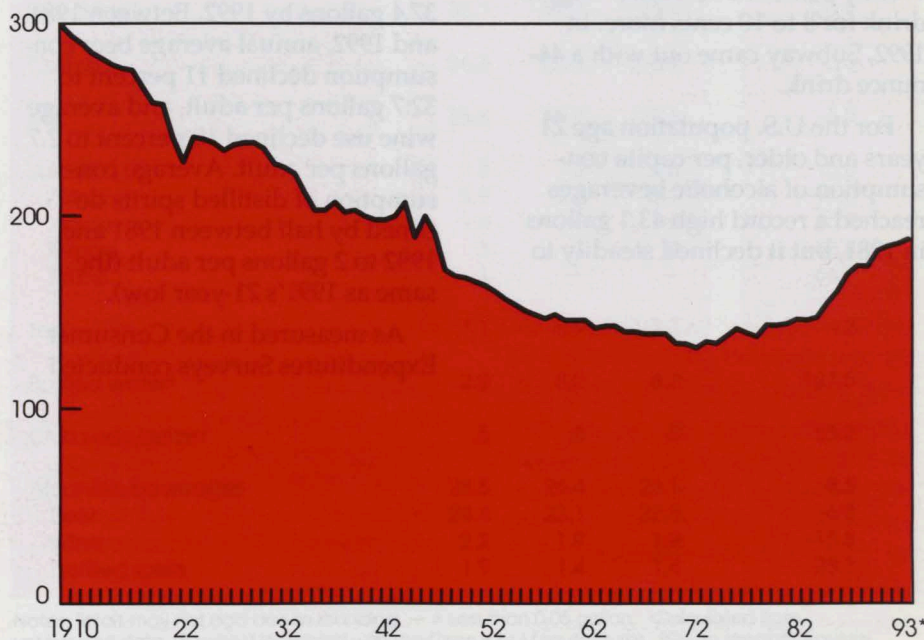
Today, much of the carbohydrates in the U.S. food supply comes from foods like candy, sweet baked goods, sugared soft drinks, and table sugar.

...For more details, contact
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(202) 501-7413.

Caloric Sweeteners, U.S. Consumption
Pounds per capita



Flour and Cereals, U.S. Consumption
Pounds per capita



*1993 preliminary data.