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NFR

National Food Review

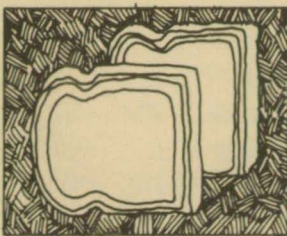


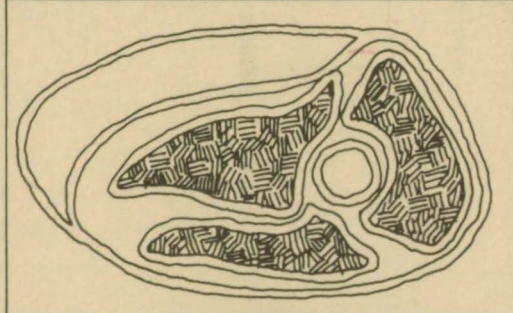

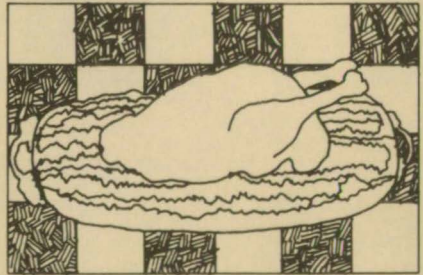

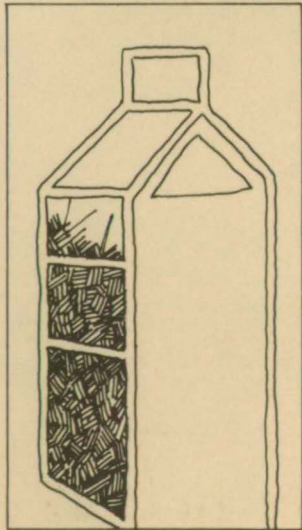



NFR-5

Economics,
Statistics, and
Cooperatives
Service

U.S. Department
of Agriculture

December 1978

Nutrient Content of the National Food Supply

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Special this Issue

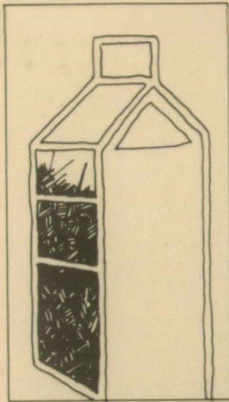
The Nutrient Content of the National Food Supply

Levels of most nutrients in the U.S. food supply in 1978 averaged just about the same or a little higher than the year before. The only exception was in our intake of vitamin B₁₂—the result of decreased beef production. And a comparison with the 1977 data shows that our intake of total fat has risen.

The authors use national food disappearance statistics from the turn of the century to 1978 to trace trends in the U.S. diet. Over the years, there have been some interesting shifts in our eating habits. For example, since 1900-13, over one-fourth more fat has been added to the U.S. diet.

Since the late 1960's, there's been a marked decline in deaths from coronary heart disease. As a result, scientists are examining possible factors that may have been instrumental in lowering the death rate—particularly changes in dietary habits. They have been looking at these changes in terms of per capita consumption of dietary fat, fatty acids, and cholesterol.

The extent to which our changing national diet has affected our health is not known, but it is evident that changes in food consumption during this century have affected our dietary fat, fatty acid, and cholesterol intake.



B-12 IRON

PROTEIN B-6

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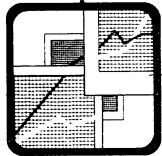
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NFR

National Food Review



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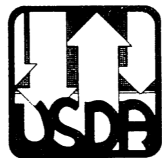
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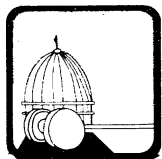
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