

# Per Capita Availability\* of Major Food Commodities

	2014 Lbs. per year
Beef	53.90
Pork	45.80
Chicken	83.70
Fish and shellfish	14.50
Eggs	34.30
Cheese	33.90
Fluid milk and cream	178.20
Frozen dairy products	21.90
Cottage cheese	2.10
Butter	5.50
Peaches and nectarines	6.65
Melons	22.12
Apples	45.87
Bananas	27.90
Berries	13.29
Grapes	19.28
Citrus	88.64
Potatoes	112.10
Bell peppers	10.70
Tomatoes	87.80
Lettuce	25.30
Celery	5.50
Carrots	10.40
Broccoli	9.20
Sweet corn	21.10
Peanuts (consumed in products)	6.96
Tree nuts	4.25
Wheat flour	134.70
Corn flour, meal and starch	34.00
Oat products	4.50
Corn sweeteners	60.70
Cane and beet sugar	68.30
Honey	1.20



\*Food Availability Data System does not measure actual food consumption or the quantities ingested. In other words, the data serves as an indirect measure of trends in food use.

Source: USDA/ERS, Food Availability (Per Capita) Data System