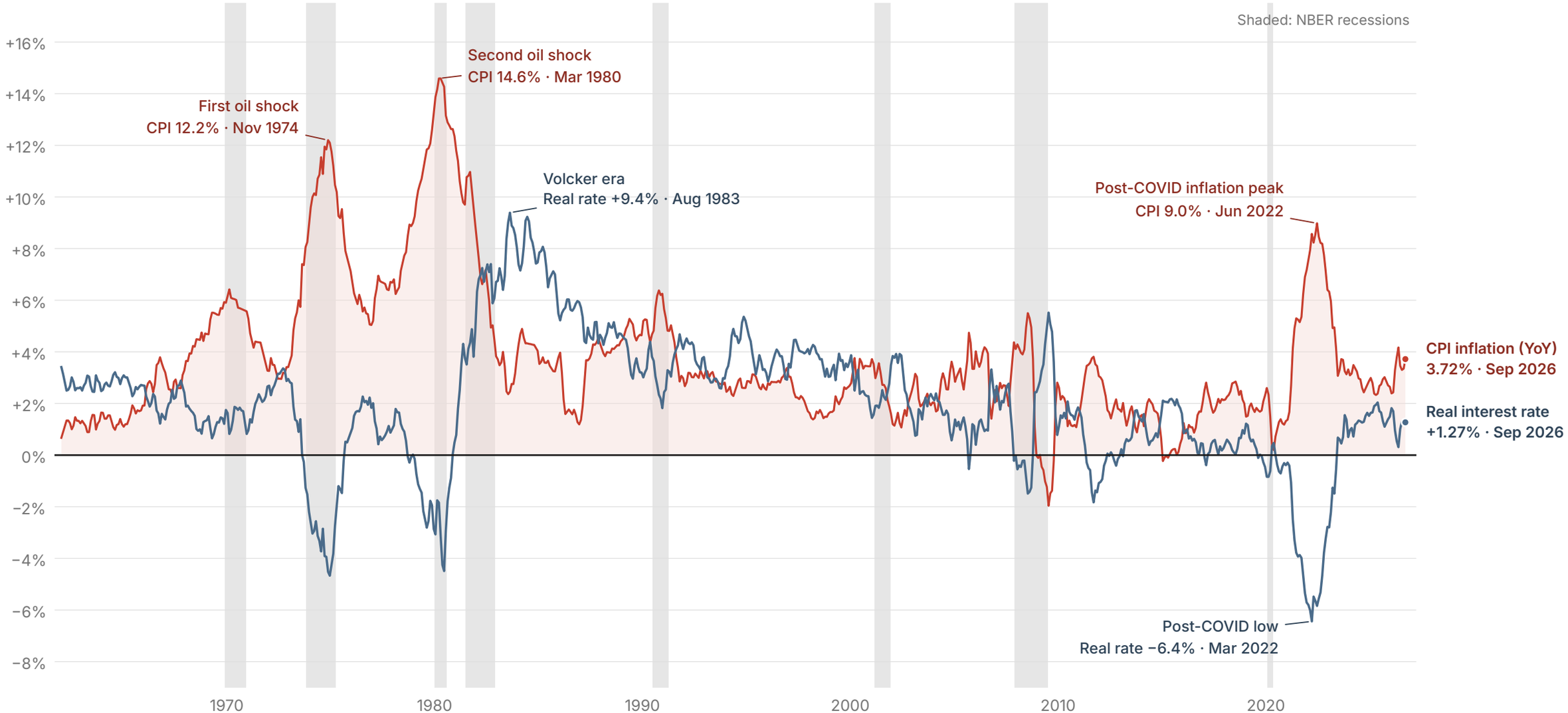
US Inflation vs Real Interest Rate (1962–2026)

CPI inflation (YoY) and real interest rate (10-Year Treasury yield minus CPI) · Monthly data · 776 observations



Sources: Federal Reserve Board (DGS10 via FRED); BLS (CPIAUCSL); NBER (recession dates)

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Data Jan 1962 to Sep 2026 · real rate = 10Y yield minus CPI YoY · shaded: NBER recessions, peak to trough · Values rounded for readability

eco3min.fr/en/real-interest-rates-history/