

TABLE D.1

استهلاك الطاقة الغذائية والبروتينات والدهون
 膳食热能、蛋白和脂肪消费量
 Dietary energy, protein and fat consumption
 Consommation de calories, protéines et lipides
 Consumo de energía alimentaria, proteínas y grasas

C O U N T R I E S	ENERGY (kcal/person/day)			PROTEIN (g/person/day)			FAT (g/person/day)		
	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003
	Afghanistan	2 280	1 960		64	55		40	40
Albania	2 690	2 560	2 860	79	79	96	62	66	86
Algeria	2 640	2 880	3 040	67	78	82	62	71	68
American Samoa									
Angola	2 110	1 770	2 070	51	42	45	50	46	43
Antigua and Barbuda	2 120	2 450	2 320	66	81	73	76	100	83
Argentina	3 210	2 960	2 980	107	94	94	116	103	100
Armenia			2 260			68			47
Australia	3 070	3 210	3 120	105	109	107	115	132	134
Austria	3 330	3 490	3 740	96	101	111	146	156	162
Azerbaijan			2 620			77			41
Bahamas	2 470	2 720	2 710	71	81	92	79	91	96
Bahrain									
Bangladesh	1 980	2 060	2 200	44	44	48	15	19	25
Barbados	3 040	3 130	3 110	85	96	92	94	108	99
Belarus			2 960			87			99
Belgium			3 640			92			162
Belize	2 770	2 580	2 840	69	64	76	74	64	69
Benin	2 040	2 320	2 530	49	55	62	48	43	48
Bhutan									
Bolivia	2 130	2 120	2 220	55	54	57	52	49	58
Bosnia and Herzegovina			2 710			72			58
Botswana	2 030	2 240	2 180	65	69	68	44	57	51
Brazil	2 680	2 780	3 060	64	68	83	65	82	93
Brunei Darussalam	2 590	2 790	2 850	72	82	82	55	72	73
Bulgaria	3 620	3 460	2 850	104	107	89	107	116	95
Burkina Faso	1 720	2 290	2 460	51	67	71	33	46	56
Burundi	2 030	1 860	1 640	68	57	45	16	14	10
Cambodia	1 710	1 810	2 060	39	43	51	13	21	32
Cameroon	2 280	2 090	2 270	57	50	59	48	44	46
Canada	2 930	3 030	3 590	93	96	106	120	129	147
Cape Verde	2 540	2 930	3 220	68	71	76	54	68	99
Central African Republic	2 300	1 870	1 940	36	40	46	64	61	64
Chad	1 640	1 740	2 160	50	51	66	39	44	67
Chile	2 670	2 540	2 860	71	70	80	60	63	85
China	2 330	2 680	2 940	54	65	82	33	53	90
Colombia	2 290	2 410	2 580	49	54	60	47	56	65
Comoros	1 800	1 900	1 750	39	44	42	35	43	42
Congo	2 040	1 890	2 150	38	40	43	41	44	54
Congo, Democratic Republic of	2 110	2 190	1 610	33	33	25	34	35	26
Costa Rica	2 510	2 730	2 850	62	68	71	60	70	78
Côte d'Ivoire	2 830	2 470	2 630	59	52	54	50	50	59
Croatia			2 770			74			87
Cuba	2 880	2 880	3 190	70	68	78	78	80	53

Continued

TABLE D.1 (cont.)

C O U N T R I E S	ENERGY (kcal/person/day)			PROTEIN (g/person/day)			FAT (g/person/day)		
	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003
	Cyprus	2 790	3 050	3 240	77	95	105	104	123
former Czechoslovakia	3 360	3 520		99	102		123	131	
Czech Republic			3 240			93			115
Denmark	3 100	3 190	3 450	87	102	110	135	132	140
Dominica	2 240	2 970	2 770	58	76	83	59	83	76
Dominican Republic	2 270	2 270	2 290	50	50	49	57	65	78
Ecuador	2 360	2 490	2 710	50	50	57	60	87	99
Egypt	2 900	3 180	3 350	72	84	93	65	58	58
El Salvador	2 300	2 450	2 560	56	60	67	50	54	61
Equatorial Guinea									
Eritrea			1 520			47			29
Estonia			3 160			90			96
Ethiopia			1 860			54			20
Ethiopia, former People's Democratic Republic of	1 860	1 640		59	48		25	24	
Fiji	2 500	2 600	2 960	62	68	74	88	97	97
Finland	3 040	3 160	3 150	94	99	102	129	127	127
France	3 390	3 540	3 640	112	117	118	148	163	170
French Polynesia	2 760	2 850	2 900	76	87	99	91	102	124
Gabon	2 420	2 450	2 670	71	69	73	44	49	55
Gambia	1 770	2 380	2 280	43	52	52	40	52	77
Georgia			2 520			71			52
Germany	3 330	3 390	3 490	96	98	100	136	142	141
Ghana	1 700	2 010	2 650	40	44	55	35	36	38
Greece	3 310	3 570	3 680	105	112	117	124	141	145
Guatemala	2 290	2 340	2 210	58	59	56	44	44	49
Guinea	2 230	2 040	2 420	50	47	51	50	42	58
Guinea-Bissau	2 010	2 260	2 070	42	45	39	54	55	51
Guyana	2 500	2 360	2 730	63	58	76	52	31	56
Haiti	2 040	1 770	2 090	48	44	47	34	29	38
Honduras	2 120	2 310	2 360	53	55	57	42	57	65
Hungary	3 450	3 670	3 500	97	102	95	131	151	149
Iceland	3 300	3 110	3 240	132	114	124	143	123	130
India	2 080	2 370	2 440	51	57	57	33	41	52
Indonesia	2 220	2 650	2 880	47	59	64	35	51	61
Iran, Islamic Republic of	2 730	2 930	3 090	72	77	83	61	63	61
Iraq	2 840	3 050		75	78		58	63	
Ireland	3 570	3 610	3 690	112	114	117	137	137	136
Israel	3 150	3 390	3 680	106	111	124	108	120	149
Italy	3 560	3 600	3 670	106	111	113	129	151	157
Jamaica	2 610	2 530	2 680	66	63	68	64	64	75
Japan	2 710	2 820	2 770	87	95	92	69	80	86
Jordan	2 610	2 800	2 680	67	74	69	62	70	80
Kazakhstan			2 710			85			80
Kenya	2 250	2 020	2 150	62	56	59	42	45	49
Korea, Dem. People's Rep. of	2 300	2 450	2 160	74	80	63	37	48	35
Korea, Republic of	2 990	3 020	3 040	83	82	89	37	57	78
Kuwait	2 980	2 410	3 060	92	73	84	88	82	113
Kyrgyzstan			3 050			101			54
Lao People's Democratic Rep.	2 070	2 110	2 320	51	51	61	22	23	29

TABLE D.1 (cont.)

C O U N T R I E S	ENERGY (kcal/person/day)			PROTEIN (g/person/day)			FAT (g/person/day)		
	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003
	Latvia			3 020			83		
Lebanon	2 710	3 140	3 170	75	79	89	82	102	113
Lesotho	2 360	2 420	2 630	69	68	73	33	37	37
Liberia	2 550	2 320	1 940	50	42	32	48	47	52
Libyan Arab Jamahiriya	3 450	3 270	3 330	90	82	79	109	105	107
Lithuania			3 370			110			100
Luxembourg			3 710			118			161
Macedonia, The former Yugoslav Republic of			2 800			72			91
Madagascar	2 370	2 110	2 040	57	50	47	35	31	29
Malawi	2 270	1 930	2 140	66	53	55	40	27	33
Malaysia	2 760	2 770	2 870	59	65	75	78	97	84
Mali	1 700	2 240	2 230	51	62	63	42	49	46
Malta	3 280	3 260	3 530	102	101	118	112	114	110
Mauritania	2 050	2 540	2 780	71	79	81	55	61	71
Mauritius	2 670	2 840	2 960	61	69	80	67	72	80
Mexico	3 120	3 090	3 180	85	81	91	79	81	89
Moldova, Republic of			2 730			66			54
Mongolia	2 380	2 210	2 250	80	75	79	85	80	84
Morocco	2 750	3 060	3 070	72	85	84	52	59	59
Mozambique	1 860	1 780	2 070	32	32	39	32	38	33
Myanmar	2 330	2 620	2 900	60	65	79	35	42	49
Namibia	2 230	2 070	2 260	68	59	65	42	34	52
Nepal	1 850	2 390	2 450	49	62	62	26	32	38
Netherlands	3 050	3 260	3 440	93	96	108	130	138	144
New Caledonia	2 910	2 830	2 780	78	78	82	99	103	113
New Zealand	3 080	3 170	3 200	98	95	92	124	128	118
Nicaragua	2 270	2 230	2 290	62	55	62	44	45	47
Niger	2 140	2 060	2 160	64	55	57	35	31	39
Nigeria	2 050	2 430	2 700	48	56	61	55	59	63
Norway	3 320	3 170	3 480	102	98	107	144	130	144
Occupied Palestinian Territory			2 240			61			63
Oman									
Pakistan	2 210	2 320	2 340	55	59	59	46	56	69
Panama	2 270	2 270	2 260	57	59	64	67	65	65
Papua New Guinea									
Paraguay	2 580	2 470	2 530	75	70	69	70	69	87
Peru	2 130	2 010	2 570	54	50	67	38	41	48
Philippines	2 220	2 320	2 450	51	55	58	36	41	48
Poland	3 530	3 380	3 370	111	103	99	117	113	112
Portugal	2 780	3 410	3 750	76	101	119	87	120	141
Qatar									
Romania	3 210	3 020	3 520	98	91	109	95	92	101
Russian Federation			3 080			91			83
Rwanda	2 270	1 960	2 070	54	47	49	15	16	15
Saint Kitts and Nevis	2 270	2 630	2 700	62	71	81	67	86	87
Saint Lucia	2 360	2 690	2 960	61	83	95	64	64	81
Saint Vincent and Grenadines	2 420	2 290	2 580	55	58	71	59	68	68
Samoa	2 460	2 650	2 910	60	71	84	96	116	133
Sao Tome and Principe	2 090	2 280	2 440	46	51	48	68	83	73

TABLE D.1 (cont.)

C O U N T R I E S	ENERGY (kcal/person/day)			PROTEIN (g/person/day)			FAT (g/person/day)		
	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003	1979-1981	1989-1991	2001-2003
	Saudi Arabia	2 900	2 770	2 820	77	77	76	76	81
Senegal	2 280	2 260	2 310	67	68	58	54	53	69
Serbia and Montenegro			2 670			75			118
Seychelles	2 260	2 310	2 460	66	68	84	44	53	73
Sierra Leone	2 110	1 980	1 930	45	42	44	58	56	45
Singapore									
Slovakia			2 830			77			107
Slovenia			2 970			102			108
Solomon Islands	2 220	2 060	2 250	56	52	51	53	45	41
Somalia	1 650	1 760		55	58		64	62	
South Africa	2 780	2 830	2 940	73	73	77	63	66	76
Spain	3 050	3 270	3 410	96	104	113	113	140	154
Sri Lanka	2 360	2 250	2 390	47	48	54	47	45	44
Sudan	2 180	2 160	2 260	63	67	71	75	59	69
Suriname	2 400	2 490	2 660	61	63	60	52	47	71
Swaziland	2 400	2 450	2 360	63	59	60	41	46	45
Sweden	2 980	2 970	3 160	97	95	107	124	123	125
Switzerland	3 460	3 310	3 500	96	95	96	158	151	157
Syrian Arab Republic	2 950	2 800	3 060	80	72	78	83	81	101
Tajikistan			1 840			48			40
Tanzania, United Republic of	2 190	2 120	1 960	54	53	47	31	31	31
Thailand	2 280	2 190	2 410	50	51	57	32	45	52
Togo	2 190	2 180	2 320	50	52	53	33	44	48
Tonga									
Trinidad and Tobago	2 960	2 670	2 770	78	63	65	73	72	76
Tunisia	2 820	3 120	3 250	77	84	89	70	84	94
Turkey	3 230	3 510	3 340	96	101	96	77	89	90
Turkmenistan			2 750			85			70
Uganda	2 110	2 310	2 380	51	55	57	23	29	32
Ukraine			3 030			84			79
former Union of Soviet Socialist Republics	3 360	3 240		103	104		94	100	
United Arab Emirates	3 300	2 950	3 220	104	94	106	130	105	92
United Kingdom	3 170	3 250	3 440	89	94	104	137	137	138
United States of America	3 180	3 460	3 770	99	107	114	128	138	156
Uruguay	2 850	2 570	2 850	86	79	86	103	90	86
Uzbekistan			2 270			67			64
Vanuatu	2 560	2 530	2 590	65	58	60	98	101	87
Venezuela, Bolivarian Republic of	2 760	2 390	2 350	70	58	62	78	69	68
Viet Nam	2 030	2 140	2 580	47	50	63	19	27	46
Yemen	1 970	2 060	2 020	59	57	57	37	40	41
Yugoslavia, former Socialist Federal Republic of	3 650	3 540		106	101		104	110	
Zambia	2 220	1 960	1 930	59	49	48	35	30	29
Zimbabwe	2 260	2 050	2 010	60	52	45	54	51	55
World	2 550	2 700	2 800	67	72	75	59	68	78