

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			PROTEIN			FAT		
	<i>(kcal/person/day)</i>			<i>(g/person/day)</i>			<i>(g/person/day)</i>		
	1979-1981	1989-1991	2000-2002	1979-1981	1989-1991	2000-2002	1979-1981	1989-1991	2000-2002
Afghanistan	2 277	1 958		64	55		40	40	
Albania	2 690	2 560	2 860	79	79	96	62	66	88
Algeria	2 640	2 880	2 990	67	77	80	62	71	71
American Samoa									
Angola	2 110	1 770	2 040	51	42	44	50	46	42
Antigua and Barbuda	2 120	2 450	2 340	66	81	74	76	100	83
Argentina	3 200	2 960	3 070	107	94	100	116	103	106
Armenia			2 190			65			42
Australia	3 070	3 210	3 090	105	109	104	116	132	136
Austria	3 330	3 490	3 740	96	101	110	146	156	162
Azerbaijan			2 480			73			39
Bahamas	2 470	2 720	2 750	71	81	90	79	91	100
Bahrain									
Bangladesh	1 980	2 060	2 190	44	44	47	15	19	26
Barbados	3 040	3 130	3 060	85	97	91	94	109	97
Belarus			3 010			87			98
Belgium			3 580			89			159
Belize	2 770	2 580	2 840	69	64	73	74	64	69
Benin	2 050	2 330	2 520	50	55	63	49	43	48
Bhutan									
Bolivia	2 130	2 120	2 250	55	54	59	52	49	50
Bosnia and Herzegovina			2 760			71			59
Botswana	2 030	2 240	2 160	65	69	69	44	57	50
Brazil	2 680	2 780	3 010	64	68	81	65	82	92
Brunei Darussalam	2 590	2 790	2 860	72	82	82	56	72	71
Bulgaria	3 620	3 460	2 800	104	107	86	107	116	94
Burkina Faso	1 720	2 290	2 410	51	67	70	33	47	56
Burundi	2 030	1 860	1 640	68	57	45	16	14	11
Cambodia	1 720	1 820	2 060	39	43	51	13	21	31
Cameroon	2 280	2 090	2 260	57	50	59	48	44	48
Canada	2 930	3 030	3 560	93	96	106	120	129	146
Cape Verde	2 540	2 930	3 210	68	71	75	54	68	99
Central African Rep.	2 290	1 870	1 980	35	39	45	64	62	62
Chad	1 640	1 740	2 150	50	51	66	39	44	68
Chile	2 670	2 540	2 850	71	70	78	61	63	84
China	2 330	2 680	2 960	55	65	82	33	53	87
Colombia	2 290	2 410	2 580	49	54	61	47	56	66
Comoros	1 800	1 900	1 750	39	44	42	35	43	41
Congo	2 030	1 890	2 090	38	40	40	41	44	51
Congo, Democratic Rep. of	2 100	2 190	1 630	32	33	25	34	35	26
Costa Rica	2 520	2 720	2 860	63	68	72	60	70	78
Côte d'Ivoire	2 830	2 470	2 620	59	52	52	51	50	58
Croatia			2 770			73			89
Cuba	2 880	2 880	3 000	70	68	74	78	80	52

Continued

TABLE D.1 (cont.)

C O U N T R I E S	ENERGY			PROTEIN			FAT		
	(kcal/person/day)			(g/person/day)			(g/person/day)		
	1979–1981	1989–1991	2000–2002	1979–1981	1989–1991	2000–2002	1979–1981	1989–1991	2000–2002
Cyprus	2 770	3 070	3 250	77	95	105	103	125	131
former Czechoslovakia	3 360	3 520		99	102		123	131	
Czech Republic			3 120			91			115
Denmark	3 100	3 200	3 410	87	102	109	135	132	140
Dominica	2 240	2 970	2 750	58	76	81	59	83	77
Dominican Republic	2 270	2 270	2 320	50	50	50	57	65	81
Ecuador	2 360	2 490	2 740	50	50	57	60	87	96
Egypt	2 910	3 180	3 340	73	84	95	65	58	59
El Salvador	2 300	2 450	2 550	56	60	65	50	54	60
Equatorial Guinea									
Eritrea			1 520			47			28
Estonia			2 990			92			90
Ethiopia			1 840			54			19
Ethiopia, former People's Dem. Rep. of	1 860	1 640		59	48		25	24	
Fiji	2 500	2 600	2 890	62	68	75	88	97	96
Finland	3 070	3 190	3 120	95	100	101	130	127	122
France	3 390	3 540	3 630	112	117	119	148	163	169
French Polynesia	2 760	2 850	2 880	76	87	97	91	102	120
Gabon	2 420	2 450	2 610	71	69	73	44	49	60
Gambia	1 770	2 380	2 270	43	52	51	40	52	75
Georgia			2 280			67			45
Germany	3 330	3 390	3 470	96	99	99	136	142	145
Ghana	1 700	2 010	2 620	40	44	54	35	36	38
Greece	3 300	3 560	3 690	105	112	116	124	140	149
Guatemala	2 290	2 340	2 190	58	59	55	44	44	49
Guinea	2 230	2 030	2 380	50	47	51	50	42	57
Guinea-Bissau	2 010	2 260	2 100	42	45	41	54	55	51
Guyana	2 500	2 360	2 710	63	58	78	52	31	54
Haiti	2 040	1 770	2 080	48	44	46	34	29	41
Honduras	2 120	2 310	2 350	53	55	58	42	57	66
Hungary	3 450	3 670	3 470	97	102	95	131	151	146
Iceland	3 300	3 110	3 220	132	114	124	143	123	129
India	2 080	2 370	2 420	51	58	56	33	41	51
Indonesia	2 210	2 650	2 910	47	59	65	35	51	59
Iran, Islamic Rep. of	2 720	2 930	3 070	72	77	84	61	63	59
Iraq	2 840	3 047		75	78		58	63	
Ireland	3 640	3 620	3 660	113	116	115	144	136	134
Israel	3 150	3 380	3 640	106	111	126	108	121	139
Italy	3 560	3 600	3 690	106	111	114	129	151	158
Jamaica	2 610	2 530	2 670	66	63	67	64	64	75
Japan	2 710	2 820	2 780	87	95	92	69	80	86
Jordan	2 610	2 790	2 670	67	74	70	62	70	81
Kazakhstan			2 550			81			74
Kenya	2 180	1 960	2 110	58	52	58	41	45	48
Korea, Dem. People's Rep. of	2 280	2 440	2 140	73	80	62	37	47	34
Korea, Rep. of	2 990	3 020	3 060	83	82	88	37	57	76
Kuwait	3 000	2 430	3 050	91	73	84	91	84	111
Kyrgyzstan			2 950			99			55
Lao People's Dem. Rep.	2 070	2 110	2 290	51	51	60	22	23	28

TABLE D.1 (cont.)

C O U N T R I E S	ENERGY			PROTEIN			FAT		
	(kcal/person/day)			(g/person/day)			(g/person/day)		
	1979-1981	1989-1991	2000-2002	1979-1981	1989-1991	2000-2002	1979-1981	1989-1991	2000-2002
Latvia			2 960			80			105
Lebanon	2 710	3 140	3 160	76	79	88	82	102	115
Lesotho	2 360	2 420	2 620	69	68	72	33	37	37
Liberia	2 550	2 320	1 990	50	42	34	48	47	53
Libyan Arab Jamahiriya	3 450	3 280	3 320	90	84	88	109	105	104
Lithuania			3 360			108			97
Luxembourg			3 590			115			156
Macedonia, The Former Yugoslav Rep. of			2 640			70			80
Madagascar	2 370	2 110	2 060	57	50	48	35	31	30
Malawi	2 270	1 930	2 150	66	53	54	40	27	29
Malaysia	2 750	2 760	2 890	59	65	76	78	97	83
Mali	1 700	2 240	2 200	51	62	63	42	49	45
Malta	3 280	3 260	3 540	102	101	115	112	114	111
Mauritania	2 050	2 540	2 780	71	79	78	55	61	70
Mauritius	2 670	2 840	2 960	61	69	79	67	72	82
Mexico	3 120	3 090	3 160	85	81	91	79	81	87
Moldova, Rep. of			2 720			66			53
Mongolia	2 380	2 210	2 240	80	75	81	85	80	83
Morocco	2 750	3 060	3 040	72	85	83	52	59	59
Mozambique	1 860	1 780	2 030	32	32	39	32	38	32
Myanmar	2 330	2 620	2 880	60	65	77	35	42	48
Namibia	2 230	2 060	2 270	68	59	67	42	34	53
Nepal	1 850	2 390	2 440	49	62	62	26	32	38
Netherlands	3 050	3 270	3 350	93	96	109	130	139	145
New Caledonia	2 910	2 830	2 790	78	78	81	99	103	111
New Zealand	3 120	3 180	3 220	99	96	98	128	129	113
Nicaragua	2 270	2 230	2 280	62	55	60	44	45	49
Niger	2 140	2 060	2 130	64	55	58	35	31	38
Nigeria	2 050	2 430	2 700	48	56	61	55	59	62
Norway	3 310	3 170	3 420	102	98	106	144	130	141
Oman									
Pakistan	2 210	2 320	2 430	55	59	62	46	56	65
Palestine, Occupied Territory			2 190			59			62
Panama	2 270	2 270	2 240	57	59	63	67	65	66
Papua New Guinea									
Paraguay	2 580	2 470	2 560	75	70	72	70	69	95
Peru	2 130	2 010	2 550	54	50	67	38	41	48
Philippines	2 220	2 320	2 380	51	55	56	36	41	48
Poland	3 530	3 380	3 380	111	103	99	117	113	112
Portugal	2 780	3 410	3 750	76	101	119	87	120	140
Qatar									
Romania	3 210	3 020	3 410	98	91	104	95	92	96
Russian Federation			3 000			89			80
Rwanda	2 270	1 960	2 050	54	47	49	15	16	16
Saint Kitts and Nevis	2 270	2 630	2 640	63	71	78	67	86	81
Saint Lucia	2 340	2 690	2 940	61	83	92	64	64	81
Saint Vincent and Grenadines	2 420	2 290	2 530	55	58	68	60	68	74
Samoa	2 460	2 650	2 900	60	71	83	96	116	133
Sao Tome and Principe	2 090	2 270	2 390	46	51	47	68	83	70

TABLE D.1 (cont.)

C O U N T R I E S	ENERGY			PROTEIN			FAT		
	(kcal/person/day)			(g/person/day)			(g/person/day)		
	1979-1981	1989-1991	2000-2002	1979-1981	1989-1991	2000-2002	1979-1981	1989-1991	2000-2002
Saudi Arabia	2 920	2 770	2 840	77	76	75	76	81	86
Senegal	2 280	2 260	2 280	67	68	60	54	53	69
Serbia and Montenegro			2 660			76			117
Seychelles	2 260	2 310	2 450	67	68	83	44	53	77
Sierra Leone	2 110	1 980	1 930	45	42	44	58	56	46
Singapore									
Slovakia			2 880			77			108
Slovenia			3 010			103			108
Solomon Islands	2 220	2 060	2 240	56	52	51	53	45	43
Somalia	1 652	1 575		55	58		64	62	
South Africa	2 790	2 830	2 920	73	73	76	63	66	75
Spain	3 050	3 270	3 360	96	104	111	113	140	150
Sri Lanka	2 360	2 250	2 390	47	48	54	47	44	46
Sudan	2 180	2 150	2 260	63	66	72	75	59	69
Suriname	2 400	2 480	2 630	61	63	60	52	47	66
Swaziland	2 400	2 450	2 360	63	59	60	41	46	45
Sweden	2 980	2 970	3 140	97	95	104	124	123	124
Switzerland	3 460	3 310	3 470	96	95	95	158	151	153
Syrian Arab Rep.	2 950	2 800	3 040	80	72	75	83	81	107
Tajikistan			1 840			47			40
Tanzania, United Rep. of	2 190	2 120	1 960	54	53	48	31	31	31
Thailand	2 260	2 230	2 450	50	51	57	32	46	51
Togo	2 190	2 180	2 300	50	52	53	33	45	47
Tonga									
Trinidad and Tobago	2 960	2 680	2 730	78	63	63	73	72	77
Tunisia	2 820	3 120	3 270	77	84	90	70	84	97
Turkey	3 230	3 510	3 360	96	101	96	77	89	90
Turkmenistan			2 720			79			67
Uganda	2 110	2 310	2 360	51	55	56	23	29	31
Ukraine			2 980			82			77
former Union of Soviet Socialist Reps	3 360	3 240		103	104		94	100	
United Arab Emirates	3 310	2 950	3 200	104	93	100	131	107	96
United Kingdom	3 170	3 250	3 400	89	94	101	137	137	141
United States of America	3 180	3 460	3 790	99	107	114	129	138	157
Uruguay	2 860	2 580	2 830	86	80	89	103	90	94
Uzbekistan			2 270			66			62
Vanuatu	2 560	2 520	2 570	65	58	60	97	101	88
Venezuela	2 760	2 390	2 350	70	58	64	78	69	63
Viet Nam	2 030	2 140	2 530	47	50	62	19	27	43
Yemen	1 970	2 060	2 040	59	57	57	37	40	40
Yugoslavia, former Socialist Fed. Rep. of	3 650	3 540		106	101		104	110	
Zambia	2 220	1 960	1 900	59	49	47	35	30	31
Zimbabwe	2 260	2 040	2 020	60	52	46	54	50	55
World	2 550	2 700	2 800	67	72	75	59	68	77