



2019 FOOD BALANCE SHEET of the PHILIPPINES



Food Balance Sheet

Presents a comprehensive picture of the pattern of a country's food supply during a specified reference period. It also provides estimates of per capita food available for human consumption in terms of quantity, calories, proteins, and fats.

CALORIES



Total Daily Per Capita Supply

2,424.15 ↓ **-3.2%**
KILOCALORIES

2013 RECOMMENDED ENERGY INTAKE (REI) FOR CALORIES ^{a/} 1,810.00 KILOCALORIES

*not comparable with the supply

PROTEINS



Total Daily Per Capita Supply

81.75 ↑ **1.8%**
GRAMS

2013 ESTIMATED AVERAGE REQUIREMENTS (EAR) FOR PROTEIN ^{a/} 56.50 GRAMS

*not comparable with the supply

FATS

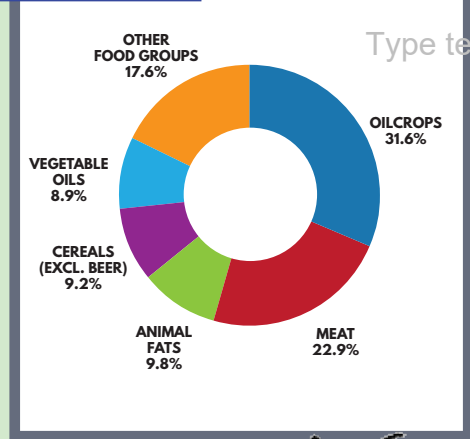
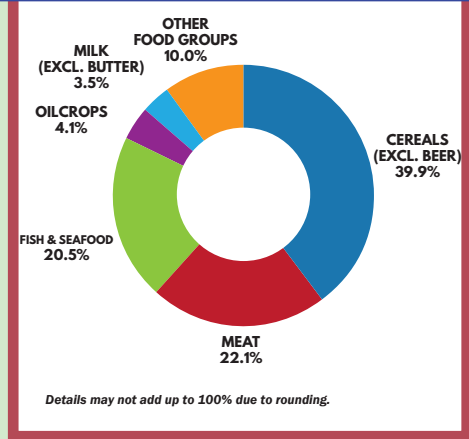
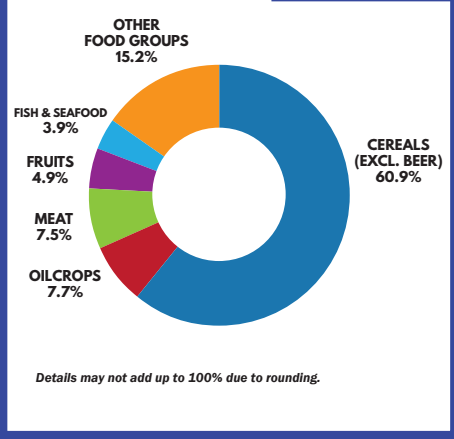


Total Daily Per Capita Supply

52.64
GRAMS

↓ **-13.4%**

PERCENT DISTRIBUTION BY SOURCE



^{a/} - Based on the results of the DOST-FNRI 8th National Nutrition Survey, 2013

CSM