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REPUBLIC OF THE PHILIPPINES
PHILIPPINE STATISTICS AUTHORITY

Food Balance Sheets of the Philippines

2018 to 2020

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FOREWORD

The Food Balance Sheets (FBS) presents a comprehensive picture of the country's food supply during a specified reference period. It gives an indication of the adequacy of food supply relative to the nutritional requirement of the population. It is a useful tool in designing, planning, and assessing the policies and programs related to food security and nutrition.

The FBS of the Philippines is an annual publication of the Philippine Statistics Authority (PSA). The statistical tables cover the reference period 2018 to 2020, while the highlights focus on the 2020 data.

While the FBS report is being prepared annually, PSA will continue to carry out improvements in the data support and the compiling system for FBS. This report includes technical notes to provide brief description on the data source, data coverage, estimation methodology, parameters, and technical conversion ratios as well as the terms and definitions that will guide the data users.

The PSA welcomes comments and suggestions from the data users for further improvement of this publication.

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June 2021

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TECHNICAL NOTES ON THE PREPARATION OF FOOD BALANCE SHEETS OF THE PHILIPPINES

I. BACKGROUND

The Food Balance Sheets (FBS) is an aggregated and analytical data set that presents a comprehensive picture of the pattern of a country's food supply during a specified reference period. FBS provides estimates for every food item of per capita food available for human consumption in terms of quantity, calories, proteins, and fats. (Global Strategy to Improve Agricultural and Rural Statistics, "Guidelines for the compilation of Food Balance Sheets", October 2017).

The FBS is also useful for analyzing the country's overall diet. It estimates the country's overall Dietary Energy Supply (DES) and micronutrient availability like fats and proteins. DES serves as an indicator if the food supply is sufficient nationally. Other indicators derived from FBS data include the self-sufficiency ratio (SSR), which compares the magnitude of a country's agricultural production to its domestic utilization and the import dependency ratio (IDR), which compares the magnitude of a country's imports to its domestic utilization.

The Philippines was one of the beneficiaries and key partners in the Food and Agriculture Organization (FAO) Regional Project (TCP/RAS/3409), "Building Statistical Capacity for Quality Food Security and Nutrition Information in Support of Better Informed Policies" which started in 2013. Through this project, the Philippines participated in the series of capacity building on the compilation of FBS. FAO provided excel-based compiling system in processing the FBS tables. This project generated preliminary estimates which served as benchmark data for the compilation of the 2018 to 2020 FBS.

II. Sources of Basic Data

The compilation of the FBS requires basic data on production, stocks, foreign trade, domestic utilization, nutrient values, dietary allowances, and population which were obtained from the results of censuses, household and establishment surveys, administrative reports of government agencies, and special studies conducted by various research institutions.

1. Production

1.1 Crops

The production data of palay and corn were obtained from the quarterly Palay Production Survey (PPS) and Corn Production Survey (CPS) of the PSA. Data for other crops were sourced from the Crops Production Survey (CrPS).

The Sugar Regulatory Administration (SRA) provides data on centrifugal sugar.

1.2 Livestock and Poultry

For livestock and poultry animals, production data including the production of milk and eggs were taken from the Backyard Livestock and Poultry Survey (BLPS) and Commercial Livestock and Poultry Survey (CLPS) of the PSA. Data used include the inventory of animals and production of milk and eggs which were disaggregated for all types of animals such as carabao, cattle, hogs, goat, chicken, and ducks.

1.3 Fish

For fisheries, production data were sourced from the quarterly fishery surveys of the PSA such as the Quarterly Aquaculture Survey (QAqS), Quarterly Commercial Fisheries Survey (QCFS), Quarterly Municipal Fisheries Survey (QMFS), and Quarterly Inland Fisheries Survey (QIFS).

1.4 Processed Food Commodities

Data for processed food commodities used the Technical Conversion Factors for Agricultural Commodities sourced from the FAO's publication which was published in August 2000 (Annex 1).

2. Stocks

Stock data on rice and corn were obtained from monthly rice and corn stocks inventory which are generated from three sectors namely: household, commercial, and National Food Authority (NFA). The household stocks are taken from the Palay and Corn Stock Survey (PCSS) of the PSA. The commercial stocks are sourced from registered grains businessmen through the Commercial Stocks Survey (CSS), conducted by the NFA and the results are submitted to the PSA while the NFA stocks are monitored from their warehouses/depositories.

3. Foreign Trade

Data on the volume of exports and imports of each food commodity were obtained from the Foreign Trade Statistics (FTS) compiled by the PSA.

4. Domestic Utilization

Data on domestic utilization such as feeds, seeds, waste, and processed for food and non-food for selected primary commodities were obtained from the parameters being used in the compilation of Supply Utilization Accounts (SUA) for Selected Agricultural Commodities (Annex 2).

5. Balancing Item

The balancing item for the 78 food commodities covered in the SUA for Selected Agricultural Commodities was adopted. For the other remaining commodities, the FAO's recommended balancing item was employed.

6. Nutrient Values

The nutrient values in terms of energy, proteins, and fats for each food item were obtained from the 1997 Food Composition Table (FCT) on Per Capita Food Intake published by the Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI), and from the FAO and World Standard Nutritional Values (Annex 3).

7. Population

The mid-year population estimates of the PSA based on the 2015 Census of Population were used for the estimation of the per capita food supply and the per capita food nutrient.

III. ESTIMATION METHODOLOGY

1. Total Domestic Supply (TDS)

$$TDS = Production + Net\ Imports - Changes\ in\ Stocks$$

This represents the quantity of food supplies available before disposal to non-food and food uses. It is obtained by adding the change in stocks, if the sign is minus and subtracting it, if the sign is plus, from production, plus net imports (i.e., imports less exports).

1.1 Production

1.1.1 Unprocessed Food Commodities

All production data in the PSA data system were accounted for in the compilation of the FBS.

1.1.2 Processed Food Commodities

Production estimates of the processed food commodities were derived by applying appropriate parameters taken from FAO's publication of Technical Conversion Factors for Agricultural Commodities (Annex 1).

1.2 Changes in Stocks

$$Changes\ in\ Stocks = Ending\ Stocks - Beginning\ Stocks$$

1.3 Net Imports

$$Net\ Imports = Total\ Imports - Total\ Exports$$

Data on exports and imports of commodities in terms of quantity (in net kilo equivalent) were sourced from the Foreign Trade Statistics of the PSA. Trade commodities were matched with the FBS commodities using the Philippine Standard Commodity Classification (PSCC) codes.

2. Total Domestic Utilization (TDU)

$$TDU = Net\ available\ food\ supply + non - food\ utilization + processed\ for\ food$$

The net available food supply represents the total amount of food available for consumption while non-food utilization refers to a part of total domestic utilization which is used for seed, feed, processed for non-food including the amount wasted.

2.1 Net Available Food Supply

The net available food supply was obtained by deducting from the total domestic supply of food commodities the total amount for allowances for non-food utilization and processed for food. The amount derived represents the actual quantity of food in the retail stage or "as purchased basis".

2.2 Non-Food Utilization

Estimates of non-food utilization such as feeds, seeds, waste, and processed for non-food made use of the parameters from SUA for Selected Agricultural Commodities (Annex2) and FAO's publication of Technical Conversion Factors for Agricultural Commodities (Annex 1).

2.2.1 Feed, which refers to the amount of food for animals, was estimated by applying appropriate parameters to the reported total production of certain food crops;

2.2.2 Seed, which refers to the quantity of food crops used as seeds or planting materials, was estimated by applying the recommended seeding allowance per hectare by type of crop;

2.2.3 Processed for non-food, which refers to the quantity of food crops converted into non-food commodities for industrial and manufacturing purposes, was estimated using the available parameters as shown in Annex 2; and

2.2.4 Waste, which refers to the amount of losses that occur during harvesting, infestations, spoilage, storage, distribution, etc., was estimated by applying the required wastage parameters to the total estimate of production or total domestic supply.

2.3 Food Utilization

Processed for Food refers to the quantity of food crops which are further processed into other form of food commodities.

3. Per Capita Food Supply

3.1 Annual Per Capita Food Supply (in kilograms)

The annual per capita food supply in kilograms was estimated by dividing the net available food supply by the estimated mid-year population multiplied by 1,000.

3.2 Daily Per Capita Food Supply (in grams)

The daily per capita food supply in grams was estimated by dividing the annual per capita food supply by 365 days multiplied by 1,000.

4. Nutrient Supply

The nutrient equivalent of the food supply in terms of energy, proteins, and fats were computed by multiplying the daily per capita food supply in grams by the corresponding nutrient values per 100 grams.

5. Self-Sufficiency Ratio (SSR) and Import Dependency Ratio (IDR)

Self-Sufficiency Ratio (SSR) shows the extent to which country relies on its own production resources or the extent of sufficiency of domestic production in relation to domestic consumption. It is the ratio of production to the sum of production plus import minus export and multiplied by 100.

A ratio of less than 100 percent indicates inadequacy of food production to cope with the demand of the population; equal to 100 percent indicates that food production capacity of the sector is just enough to support the food needs of the population; ratio of greater than 100 percent indicates that domestic production is more than enough to support the domestic requirements, the higher the ratio the greater the self-sufficiency.

$$SSR = \frac{Production}{Production + Import - Export}\ x\ 100$$

Import dependency ratio (IDR) is the extent of dependency on importation in relation to domestic consumption. It is the ratio of quantity imported to the sum of production plus import minus export and multiplied by 100. The higher ratio implies greater dependency on importation.

$$IDR = \frac{Import}{Production + Import - Export}\ x\ 100$$

FOOD BALANCE SHEETS (FBS) OF THE PHILIPPINES

I. FOOD SUPPLY SITUATION IN THE PHILIPPINES

Table 1. Per Capita Supply of Food, Calories, Proteins, and Fats, Philippines, 2018 to 2020

Items	PER CAPITA SUPPLY									
	Food					Calories				
	Kilograms/Year			Growth Rates (in percent)		Kilocalories/Day			Growth Rates (in percent)	
	2018	2019	2020	18-19	19-20	2018	2019	2020	18-19	19-20
Products										
Grand total						**2,921.89**	**2,828.80**	**2,809.08**	**-3.2**	**-0.7**
Vegetable prod.						**2,515.39**	**2,423.34**	**2,435.39**	**-3.7**	**0.5**
Animal prod.						**406.51**	**405.46**	**373.69**	**-0.3**	**-7.8**
Cereals (excl. beer)	174.97	178.74	182.59	2.2	2.2	1,636.24	1,700.36	1,704.99	3.9	0.3
Starchy roots	15.18	14.91	14.67	-1.8	-1.6	44.07	42.99	42.67	-2.5	-0.7
Sugar crops	2.34	1.93	2.24	-17.4	16.2	3.20	2.65	3.07	-17.4	16.2
Sugar & Sweeteners	27.60	24.19	24.03	-12.4	-0.7	263.65	228.28	228.50	-13.4	0.1
Pulses	1.39	1.31	1.46	-6.0	11.4	8.09	7.63	8.89	-5.7	16.5
Treenuts	0.40	0.36	0.36	-10.9	1.7	3.39	2.62	2.52	-22.6	-4.0
Oilcrops	57.11	55.61	53.97	-2.6	-2.9	191.25	186.06	178.57	-2.7	-4.0
Vegetable oils	4.48	1.71	1.90	-61.9	11.0	108.55	41.35	45.92	-61.9	11.0
Vegetables	26.22	26.37	26.14	0.6	-0.8	30.30	30.19	30.19	-0.4	0.0
Fruits	84.81	69.01	73.18	-18.6	6.1	162.93	118.30	131.86	-27.4	11.5
Stimulants	7.08	7.19	5.79	1.6	-19.5	24.23	24.29	21.85	0.2	-10.0
Spices	0.39	0.46	0.49	19.5	6.9	1.50	1.70	1.78	13.1	4.7
Alcoholic beverages	19.31	18.38	12.75	-4.8	-30.7	37.25	36.49	33.63	-2.0	-7.9
Meat	36.11	36.00	33.26	-0.3	-7.6	184.94	181.72	167.18	-1.7	-8.0
Offals	5.60	5.50	4.37	-1.8	-20.6	24.25	23.68	18.77	-2.4	-20.7
Animal fats	2.45	2.43	2.01	-0.5	-17.4	48.05	47.48	39.57	-1.2	-16.6
Milk (excluding butter)	37.09	38.76	41.06	4.5	5.9	34.44	34.90	32.62	1.3	-6.5
Eggs	5.11	5.50	5.61	7.6	2.1	22.54	24.25	24.77	7.6	2.1
Fish & seafood	34.04	34.16	32.64	0.3	-4.5	92.28	93.44	90.78	1.3	-2.8
Miscellaneous	0.07	0.04	0.09	-41.8	129.5	0.71	0.43	0.94	-39.8	118.5

Source: Philippine Statistics Authority
0.0 - Less than 0.05 but not equal to 0

Table 1. (Continued)

Items	PER CAPITA SUPPLY									
	Proteins					Fats				
	Grams/Day			Growth Rates (in percent)		Grams/Day			Growth Rates (in percent)	
	2018	2019	2020	18-19	19-20	2018	2019	2020	18-19	19-20
Products										
Grand total	**84.28**	**85.92**	**83.02**	**1.9**	**-3.4**	**67.55**	**59.73**	**56.81**	**-11.6**	**-4.9**
Vegetable prod.	**42.65**	**43.93**	**43.30**	**3.0**	**-1.4**	**43.57**	**36.00**	**35.44**	**-17.4**	**-1.6**
Animal prod.	**41.63**	**41.99**	**39.72**	**0.9**	**-5.4**	**23.99**	**23.73**	**21.37**	**-1.1**	**-9.9**
Cereals (excl. beer)	34.86	36.77	36.27	5.5	-1.4	11.18	11.94	11.45	6.9	-4.1
Starchy roots	0.35	0.34	0.34	-2.4	-0.4	0.10	0.10	0.10	-2.2	1.0
Sugar crops	0.01	0.01	0.01	-17.4	16.2	0.01	0.01	0.01	-17.4	16.2
Sugar & Sweeteners	0.00	0.00	0.00	5,626.3	-20.6	0.00	0.00	0.00	34.5	-11.4
Pulses	0.55	0.52	0.61	-5.5	17.1	0.03	0.03	0.03	-6.7	17.8
Treenuts	0.09	0.07	0.07	-21.2	-1.9	0.22	0.21	0.20	-3.2	-6.1
Oilcrops	3.45	3.32	3.06	-3.9	-7.9	17.08	16.62	16.03	-2.7	-3.6
Vegetable oils	-	-	-	-	-	12.28	4.68	5.19	-61.9	11.0
Vegetables	1.09	1.10	1.10	0.7	-0.3	0.21	0.21	0.21	-2.1	0.7
Fruits	1.56	1.12	1.26	-28.1	12.3	0.93	0.66	0.75	-28.6	12.7
Stimulants	0.49	0.49	0.44	0.8	-11.4	1.47	1.47	1.40	-0.4	-4.7
Spices	0.05	0.06	0.06	12.1	4.3	0.04	0.05	0.05	13.9	1.3
Alcoholic beverages	0.13	0.12	0.07	-5.7	-38.0	0.00	0.00	0.00	-2.6	-1.5
Meat	18.04	18.08	16.71	0.2	-7.6	12.45	12.08	11.08	-3.0	-8.3
Offals	2.21	2.18	1.74	-1.2	-20.3	1.58	1.53	1.20	-3.4	-21.1
Animal fats	0.29	0.28	0.23	-1.9	-18.3	5.20	5.14	4.29	-1.2	-16.6
Milk (excluding butter)	2.69	2.84	2.78	5.6	-2.2	0.62	0.65	0.55	3.7	-14.8
Eggs	1.72	1.86	1.90	7.6	2.2	1.56	1.67	1.71	7.6	2.1
Fish & seafood	16.68	16.75	16.37	0.4	-2.2	2.58	2.67	2.54	3.5	-4.6
Miscellaneous	0.01	0.01	0.02	-44.1	141.9	0.01	0.01	0.01	-12.0	21.3

Source: Philippine Statistics Authority

0.0 - Less than 0.05 but not equal to 0

- No reported protein nutrient value

Per Capita Food Supply of Protein for Sugar and Sweeteners (gram per day)
2018: 0.00001, 2019: 0.00074, and 2020: 0.00059

FOOD

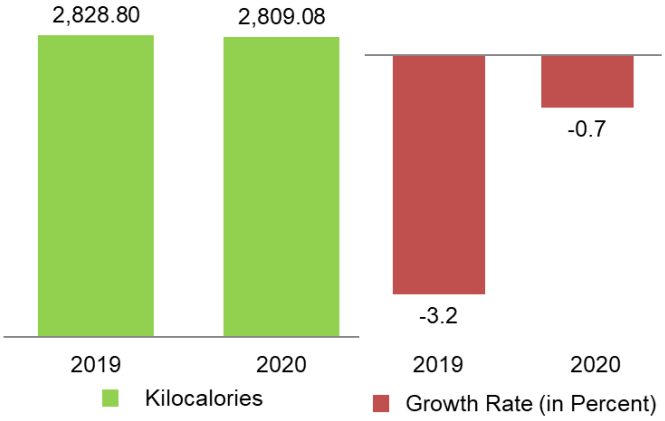
The annual per capita supply of cereals (excluding beer) available for food was 182.59 kilograms in 2020, higher by 2.2 percent from the previous year's level of 178.74 kilograms. This was caused by the increase in production of rice and maize. Likewise, the available per capita food supply for fruits increased by 6.1 percent or 73.18 kilograms this year due to higher imports of orange, mandarin, lemon and limes, and other fruits. Milk (excluding butter) had an available per capita food supply of 41.06 kilograms or up by 5.9 percent from last year because of higher imports.

On the other hand, reductions in the available per capita food supply were recorded on the following: meat by -7.6 percent (33.26 kilograms), fish and seafood by -4.5 percent (32.64 kilograms), oilcrops by -2.9 percent (53.97 kilograms), vegetables by -0.8 percent (26.14 kilograms), and sugar and sweeteners by -0.7 percent (24.03 kilograms). These were attributed to lower production and imports. (Table 1)

CALORIES

In per capita terms, the total calories supply available from all the food products was estimated at 2,809.08 kilocalories per day in 2020. This was lower by -0.7 percent from the previous year's record. The decline was traced to the lower calories supply from animal products by -7.8 percent. Meanwhile, the calories supply from vegetable products inched up by 0.5 percent.

Figure 1. Per Capita Supply of Calories, Philippines, 2019 to 2020



Source: Philippine Statistics Authority

Among the major sources of calories, increases in the daily supply were recorded from fruits by 11.5 percent (131.86 kilocalories), cereals (excluding beer) by 0.3 percent (1,704.99 kilocalories), and sugar and sweeteners by 0.1 percent (228.50 kilocalories).

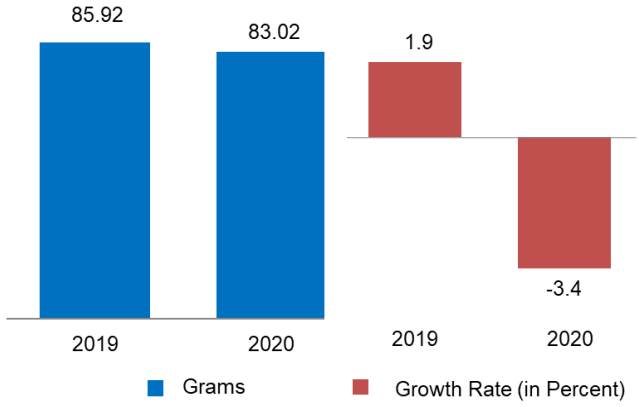
Lower calories supplies were noted from meat by -8.0 percent (167.18 kilocalories), oilcrops by -4.0 percent (178.57 kilocalories), and fish and seafood by -2.8 percent (90.78 kilocalories). (Table 1 and Figure 1)

PROTEINS

In 2020, the daily per capita supply of proteins at 83.02 grams was lower by -3.4 percent from the 2019 level. The downtrend was attributed to the reductions in the supply of proteins from animal products by -5.4 percent, and vegetable products by -1.4 percent.

Among the food groups, contractions in the daily per capita supply of proteins were noted from meat by -7.6 percent, fish and seafood by -2.2 percent, and cereals (excluding beer) by -1.4 percent. (Table 1 and Figure 2)

Figure 2. Per Capita Supply of Proteins, Philippines, 2019 to 2020



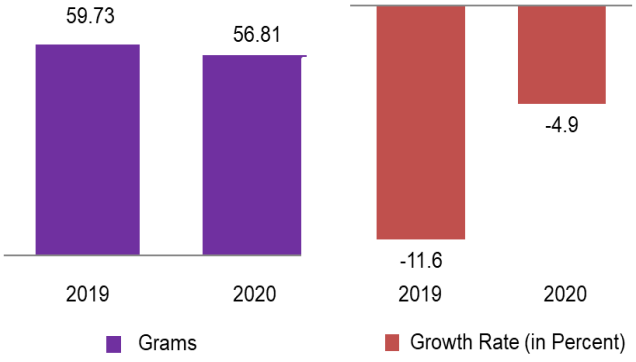
Source: Philippine Statistics Authority

FATS

The daily per capita supply of fats dropped to 56.81 grams or -4.9 percent lower from the 2019 level. Daily fat supplies from animal products and vegetable products went down by -9.9 percent and -1.6 percent, respectively.

Improvement in the daily fat supply was exhibited from vegetable oils which grew by 11.0 percent. Meanwhile, contractions were noted from meat by -8.3 percent, cereals (excluding beer) by -4.1 percent, and oilcrops by -3.6 percent. (Table 1 and Figure 3)

Figure 3. Per Capita Supply of Fats, Philippines, 2019 to 2020



Source: Philippine Statistics Authority

Table 2. Percent Distribution of Daily Per Capita Supply of Calories, Proteins, and Fats, by Source, Philippines, 2018 to 2020

Items	PER DAY								
	Calories (Kilocalorie/Day)			Proteins (Grams/Day)			Fats (Grams/Day)		
	2018	2019	2020	2018	2019	2020	2018	2019	2020
Products									
Grand total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Vegetable prod.	**86.1**	**85.7**	**86.7**	**50.6**	**51.1**	**52.2**	**64.5**	**60.3**	**62.4**
Animal prod.	**13.9**	**14.3**	**13.3**	**49.4**	**48.9**	**47.8**	**35.5**	**39.7**	**37.6**
Cereals (excl. beer)	56.0	60.1	60.7	41.4	42.8	43.7	16.5	20.0	20.2
Starchy roots	1.5	1.5	1.5	0.4	0.4	0.4	0.2	0.2	0.2
Sugar crops	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
Sugar & Sweeteners	9.0	8.1	8.1	0.0	0.0	0.0	0.0	0.0	0.0
Pulses	0.3	0.3	0.3	0.7	0.6	0.7	0.0	0.0	0.1
Treenuts	0.1	0.1	0.1	0.1	0.1	0.1	0.3	0.3	0.3
Oilcrops	6.5	6.6	6.4	4.1	3.9	3.7	25.3	27.8	28.2
Vegetable oils	3.7	1.5	1.6	-	-	-	18.2	7.8	9.1
Vegetables	1.0	1.1	1.1	1.3	1.3	1.3	0.3	0.4	0.4
Fruits	5.6	4.2	4.7	1.9	1.3	1.5	1.4	1.1	1.3
Stimulants	0.8	0.9	0.8	0.6	0.6	0.5	2.2	2.5	2.5
Spices	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1
Alcoholic beverages	1.3	1.3	1.2	0.2	0.1	0.1	0.0	0.0	0.0
Meat	6.3	6.4	6.0	21.4	21.0	20.1	18.4	20.2	19.5
Offals	0.8	0.8	0.7	2.6	2.5	2.1	2.3	2.6	2.1
Animal fats	1.6	1.7	1.4	0.3	0.3	0.3	7.7	8.6	7.6
Milk (excluding butter)	1.2	1.2	1.2	3.2	3.3	3.3	0.9	1.1	1.0
Eggs	0.8	0.9	0.9	2.0	2.2	2.3	2.3	2.8	3.0
Fish & seafood	3.2	3.3	3.2	19.8	19.5	19.7	3.8	4.5	4.5
Miscellaneous	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

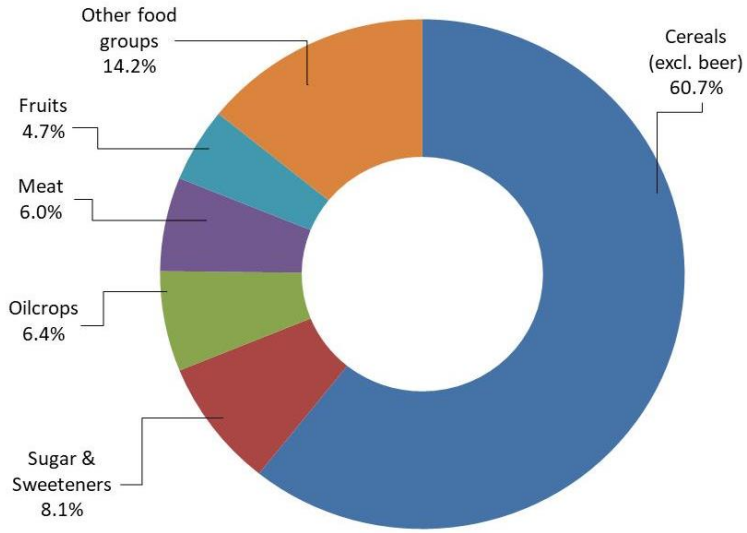
Source: Philippine Statistics Authority

0.0 - Less than 0.05 but not equal to 0

- No reported protein nutrient value

In 2020, the highest contributor to the total daily per capita calories supply was cereals (excluding beer) at 60.7 percent. Sugar and sweeteners and oilcrops came next with 8.1 percent and 6.4 percent, respectively. Meat and fruits had corresponding shares of 6.0 percent and 4.7 percent. (Table 2 and Figure 4)

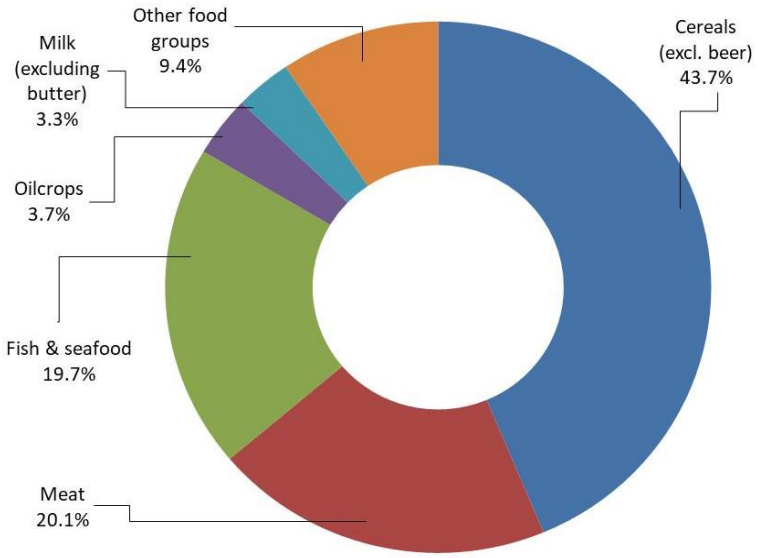
Figure 4. Percent Distribution of Daily Per Capita Supply of Calories by Source, Philippines, 2020



Details may not add up to 100% due to rounding.
Source: Philippine Statistics Authority

On per capita basis, cereals (excluding beer) was the leading source of daily supply of proteins at 43.7 percent. This was followed by meat contributing 20.1 percent. Fish and seafood shared 19.7 percent. Oilcrops, and milk (excluding butter) contributed 3.7 percent and 3.3 percent, respectively. (Table 2 and Figure 5)

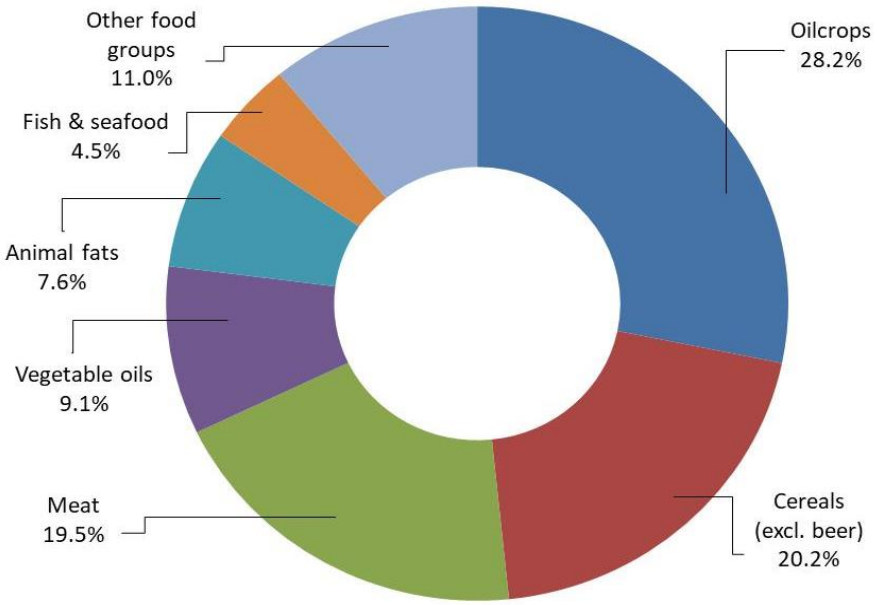
Figure 5. Percent Distribution of Daily Per Capita Supply of Proteins by Source, Philippines, 2020



Details may not add up to 100% due to rounding.
Source: Philippine Statistics Authority

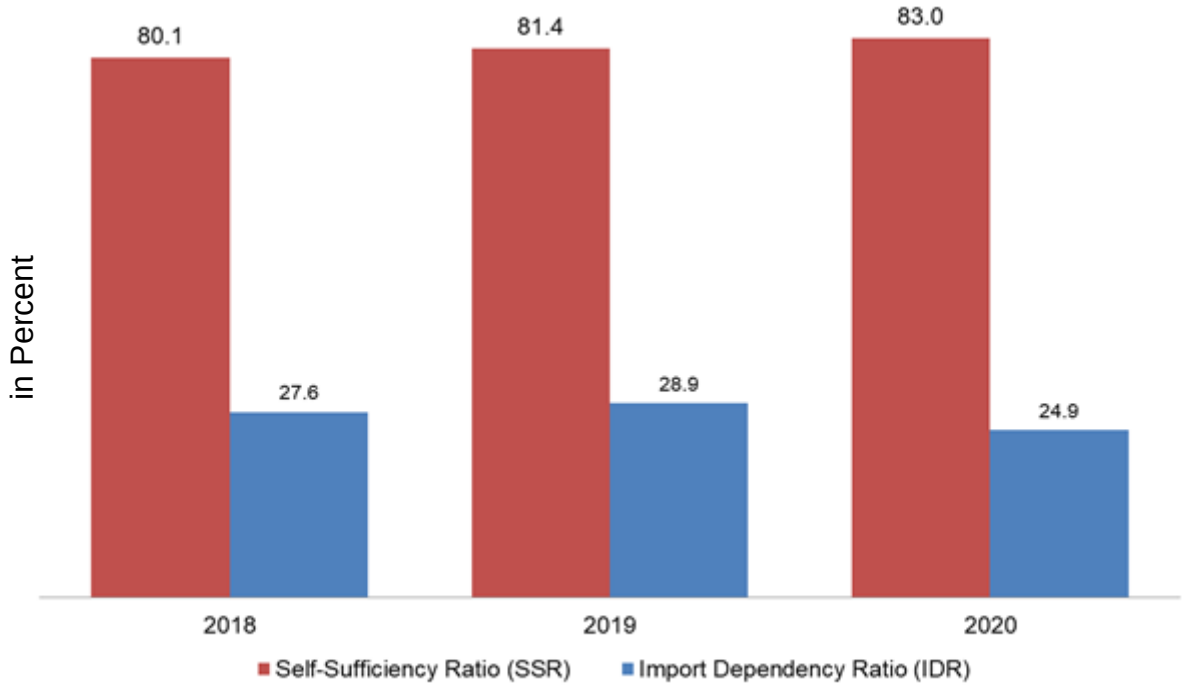
Oilcrops accounted for the biggest share in the daily per capita supply of fats at 28.2 percent. Cereals (excluding beer) and meat contributed 20.2 percent and 19.5 percent, respectively. Other primary sources of fats were vegetable oils with 9.1 percent, animal fats with 7.6 percent, and fish and seafood with 4.5 percent. (Table 2 and Figure 6)

Figure 6. Percent Distribution of Daily Per Capita Supply of Fats by Source, Philippines, 2020



Details may not add up to 100% due to rounding.
Source: Philippine Statistics Authority

Figure 7. Self-Sufficiency Ratio (SSR) and Import Dependency Ratio (IDR), Philippines, 2018 to 2020



Source: Philippine Statistics Authority

In 2020, the estimated self-sufficiency ratio (SSR) for the aggregated food products of the country was recorded at 83.0 percent. This indicates that 83.0 percent of the country's food supply came from domestic production.

The country's import dependency ratio (IDR) for food was estimated at 24.9 percent. This implies that 24.9 percent of the food supply comprised imports. (Figure 7)

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ANNEXES

Annex 1. Technical Conversion Factors for Agricultural Commodities

FAOSTAT code	FAOSTAT Commodity List	Extraction rate / Carcass weights
16	Flour of Wheat	74
17	Bran of Wheat	23
18	Macaroni	100
20	Bread	120
22	Pastry	100
31	Milled Paddy Rice	65
35	Bran of Rice	8
41	Breakfast Cereals	120
49	Malt of Barley	75
51	Beer of Barley	900
57	Germ of Maize	7
58	Flour of Maize	60
59	Bran of Maize	22
60	Oil of Maize	40
61	Cake of Maize	52
63	Maize Gluten	10
64	Starch of Maize	88
110	Wafers	90
117	Flour of Potatoes	25
126	Flour of Cassava	25
127	Cassava Tapioca	20
128	Cassava Dried	25
129	Cassava Starch	25
150	Flour of Roots and Tuber	25
158	Cane Sugar	9
163	Sugar non Centrifugal	8
164	Sugar Refined	92
165	Molasses	4
168	Sugar Confectionery	100
170	Bagasse	20
235	Preprd Nuts(Excl.Grnuts)	100
237	Oil of Soya Beans	18
238	Cake of Soya Beans	80
239	Soya Sauce	400
243	Groundnuts Shelled	70
246	Prepared Groundnuts	100
250	Coconuts, Dessicated	17
251	Copra	22
252	Oil of Coconuts	64
253	Cake of Coconuts	35
256	Palm Kernels	6
257	Oil of Palm	17
258	Oil of Palm Kernels	45
259	Cake of Palm Kernels	50

FAOSTAT code	FAOSTAT Commodity List	Extraction rate / Carcass weights
261	Oil of Olive	20
262	Olives, Preserved	100
266	Oil of Castor Beans	40
268	Oil of Sunflower Seed	41
269	Cake of Sunflower Seed	47
271	Oil of Rapeseed	38
272	Cake of Rapeseed	60
273	Olive Residues	40
274	Oil of Olive Residues	5
290	Oil of Sesame Seed	43
291	Cake of Sesame Seed	51
293	Oil of Mustard Seed	36
294	Cake of Mustard Seed	60
295	Flour of Mustard	80
306	Vegetable Tallow	15
307	Oil of Stillingia	15
311	Kapokseed in Shell	66
312	Kapokseed Shelled	70
313	Oil of Kapok	20
314	Cake of Kapok	80
329	Cottonseed	67
331	Oil of Cotton Seed	18
332	Cake of Cotton Seed	45
334	Oil of Linseed	35
335	Cake of Linseed	63
343	Flour/Meal of Oilseeds	85
390	Tomatojuice Single-Stren	70
491	Oranjuice Single-Strength	40
513	Citrusjuice Single-Strength	40
575	Pineapples, Canned	55
576	Pineapplejuice Single-Strength	25
580	Pineapplejuice Concentrated	12
583	Mango Juice	12
584	Mango Pulp	70
628	Pulp, Waste of Fruit for Feed	20
632	Alcohol Non Food Purpose	10
633	Beverages Non-Alcoholic	150
634	Beverages Dist Alcoholic	20
654	Dregs from Brewing+Dist.	40
657	Coffee Roasted	75
659	Coffee Extracts	35
662	Cocoa Paste	80
663	Cocoa Husks+Shell	20
664	Cocoa Butter	47
665	Cocoa Powder and Cake	53
666	Chocolate Products nes	470

FAOSTAT code	FAOSTAT Commodity List	Extraction rate / Carcass weights
767	Cotton Lint	23
867	Beef and Veal	50
868	Offals of Cattle, Edible	9
869	Fat of Cattle	3
872	Beef Dried Salt Smoked	46
875	Beef Preparations	60
919	Cattle Hides, Fresh	2
944	Indigenous Cattle Meat	23
945	Biological Cattle Meat	47
947	Buffalo Meat	22
948	Offals of Buffalo, Edible	2
949	Fat of Buffalo	1
957	Buffalo Hides, Fresh	2
958	Hides Wet-Salted, Buffalo	80
959	Hides Dry-Salted, Buffalo	60
972	Indigenous Buffalo Meat	22
973	Biological Buffalo Meat	46
1017	Goat Meat	44
1018	Offals of Goats, Edible	14
1019	Fat of Goats	0.04
1025	Goatskins, Fresh	0.28
1032	Indigenous Goat Meat	2
1033	Biological Goat Meat	4
1035	Pigmeat	70
1036	Offals of Pigs, Edible	14
1037	Fat of Pigs	6
1039	Bacon-Ham of Pigs	77
1041	Sausages Pig Meat	85
1043	Lard	80
1055	Indigenous Pig Meat	7
1056	Biological Pig Meat	10
1058	Chicken Meat	77
1069	Duck Meat	75
1070	Indigenous Duck Meat	200
1071	Biological Duck Meat	260
1094	Indigenous Chicken Meat	112
1095	Biological Chicken Meat	144
1172	Meat Prepared nes	100
1243	Fat Preparations nes	80
1275	Oils Hydrogenated	140
1502	Freshwater Frozen Whole	99
1515	Demersal Frozen Whole	80
1516	Demersal Fillets	40
1517	Demersal Frozen Fillets	40
1520	Demersal Prep nes	100
1528	Pelagic Frozen Whole	90

FAOSTAT code	FAOSTAT Commodity List	Extraction rate / Carcass weights
1531	Pelagic Cured	62
1532	Pelagic Canned	52
1533	Pelagic Prep nes	62
1541	Marine nes Frozen Whole	90
1554	Crustaceans Frozen	100
1555	Crustaceans Cured	25
1556	Crustaceans Canned	25
1557	Crustaceans Prep nes	38
1563	Molluscs Frozen	40
1565	Molluscs Canned	62
1571	Cephalopods Frozen	100
1590	Aquatic Animals Prep nes	53
1595	Aquatic Plants Dried	10

Sources: Food and Agriculture Organization of the United Nations (FAO) and Handbook on Supply Utilization Accounts

Annex 2. Conversion Ratios and Parameters for the FBS

Item	Equivalent/Conversion
RICE	Quantity of Palay X 0.654
CATTLE	
Dressweight	Production (in mt) X 0.50
Offals	Production (in mt) X 0.0861
CARABAO	
Dressweight	Production (in mt) X 0.50
Offals	Production (in mt) X 0.0861
HOG	
Dressweight	Production (in mt) X 0.70
Offals	Production (in mt) X 0.1433
GOAT	
Dressweight	Production (in mt) X 0.44
Offals	Production (in mt) X 0. 1433
CHICKEN	
Dressweight	Production (in mt) X 0.77
DUCK	
Dressweight	Production (in mt) X 0.75

Item	Seed
1. Cereals	
Palay	75.00 (kg./ha)
Corn	20.00 (kg./ha)
2. Root crops	
Cassava	
Gabi	25.00 (kg./ha)
Pao/Galiang	9% of production
White potato	25.00 (kg./ha)
Sweet potato	20.00 (kg./ha)
Tugui	9% of production
Ubi	25.00 (kg./ha)
Ampalaya	2.20 (kg./ha)

Item	Seed
3. Vegetables and Legumes	
Cabbage	3.70 (kg./ha)
Chayote	3.50 (kg./ha)
Cucumber	3.50 (kg./ha)
Eggplant	2.10 (kg./ha)
Garlic	12% of production
Ginger	0.50% of production
Gourd (Upo)	3.30 (kg./ha)
Habitchuelas	6.00 (kg./ha)
Mongo	4.50 (kg./ha)
Onion	7% of production
Patola	1.10 (kg./ha)
Peanut	4.00 (kg./ha)
Soybean	4.50 (kg./ha)
Squash	1.00 (kg./ha)
Tomato	3.90 (kg./ha)
4. Nuts	
Cashew	4.00 (kg./ha)
Pili	4.00 (kg./ha)
5. Commercial Crops	
Coconut	1% of production
6. Livestock and	
Chicken Egg	6% of production
Duck Egg	4% of production

Source: Handbook on Supply Utilization Accounts

FAOSTAT code	FAOSTAT Commodity List	Domestic Utilization elements: user calculated values			
		Feed	Waste	Processed	Other Utilization
31	Milled Paddy Rice		6.50		4.00
56	Maize	65.00		5.00	8.34
116	Potatoes		5.00	25.00	
122	Sweet Potatoes		5.00		
125	Cassava	6.00		17.00	67.00
136	Taro (Coco Yam)		5.00		
137	Yams		4.00		
156	Sugar Cane			99.00	
176	Beans, Dry		0.50		
217	Cashew Nuts		0.50	0.25	
234	Nuts nes		0.50	0.25	
236	Soybeans		0.50	0.25	
242	Groundnuts in Shell		0.50	7.00	
249	Coconuts	0.30	0.05	40.00	54.00
252	Oil of Coconuts			0.10	
358	Cabbages		8.00		
367	Asparagus		8.00		
388	Tomatoes		7.00	15.00	
393	Cauliflower		8.00		
399	Eggplants		8.00		
401	Chillies&Peppers, Green		5.00		
403	Onions, Dry		8.00		
406	Garlic		8.00		
426	Carrots		8.00		
430	Okra		8.00		
486	Bananas		6.00	25.00	
490	Oranges		6.00		
495	Tang.Mand.Clement.Satsuma		6.00		
507	Grapefruit and Pomelos		6.00		
512	Citrus Fruit nes		6.00		
544	Strawberries		6.00		
567	Watermelons		6.00		
571	Mangoes		6.00		
572	Avocados		6.00		
574	Pineapples		6.00	44.00	
600	Papayas		6.00		
656	Coffee, Green		6.00	23.00	
661	Cocoa Beans			1.00	
687	Pepper,White/Long/Black		5.00		
720	Ginger		8.00		
826	Tobacco Leaves		10.00		
867	Beef and Veal			10.00	
919	Cattle Hides, Fresh		10.00		
1035	Pigmeat			1.20	
1036	Offals of Pigs, Edible			1.20	
1062	Hen Eggs			2.00	
1091	Eggs, excluding Hen			2.00	
1501	Freshwater Diadrom Fresh		3.00		
1540	Marine Fish nes Fresh		3.00	0.32	

Sources: Food and Agriculture Organization of the United Nations (FAO) and Handbook on Supply Utilization Accounts

Annex 3. Nutritional Values Used in FBS

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
15	Wheat	334	122	23
16	Flour of Wheat	352	126	8
17	Bran of Wheat	213	121	31
18	Macaroni	353	143	2
19	Germ of Wheat	382	291	107
20	Bread	329	97	51
21	Bulgur, Wholemeal	345	123	20
22	Pastry	364	75	8
23	Wheat Starch	362	5	3
24	Wheat Gluten	380	950	0
26	Wheat Fermented Beverages	60	19	3
27	Rice, Paddy	280	60	14
28	Rice, Husked	357	75	18
29	Milled/Husked Rice	371	100	28
31	Milled Paddy Rice	356	74	5
32	Rice, Broken	360	67	7
33	Rice, Gluten	380	950	0
34	Rice, Starch	362	5	3
35	Bran of Rice	276	133	158
36	Oil of Rice Bran	884	0	1,000
38	Rice Flour	358	76	3
39	Rice Fermented Beverages	133	3	0
41	Breakfast Cereals	400	51	4
44	Barley	332	110	18
45	Pot Barley	348	96	11
46	Barley, Pearled	346	90	14
48	Barley Flour and Grits	343	92	17
49	Malt of Barley	368	131	19
50	Malt Extracts	367	60	0
51	Beer of Barley	15	3	0
56	Maize	354	80	12
57	Germ of Maize	373	111	385
58	Flour of Maize	364	79	12
60	Oil of Maize	884	0	1,000
63	Maize Gluten	380	950	0
64	Starch of Maize	370	3	3
66	Beer of Maize	40	4	0
67	White Maize	357	83	15
68	Pop Corn	471	67	186
71	Rye	319	110	19
72	Flour of Rye	341	90	18
75	Oats	394	100	47
76	Oats, Rolled	384	160	63
79	Millet	340	97	30

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
80	Flour of Millet	340	97	30
82	Beer of Millet	40	4	0
83	Sorghum	343	101	33
84	Flour of Sorghum	343	101	33
86	Beer of Sorghum	40	4	0
89	Buckw heat	330	110	20
90	Flour of Buckw heat	344	64	12
92	Quinoa	342	120	50
94	Fonio	338	80	30
95	Flour of Fonio	355	90	22
97	Triticale	327	116	21
98	Flour of Triticale	341	114	21
101	Canary Seed	388	160	60
103	Mixed Grain	340	80	15
104	Flour of Mixed Grain	364	100	11
108	Cereals nes	340	80	15
109	Infant Food	371	66	16
110	Wafers	504	46	229
111	Flour of Cereals	364	100	11
113	Cereal Prep nes	364	100	11
114	Mixes and Doughs	393	62	120
115	Food Prep.Flour,Malt Ext	377	75	27
116	Potatoes	78	24	1
117	Flour of Potatoes	349	85	4
118	Potatoes, frozen	73	12	0
119	Potato Starch	362	5	3
121	Potato Tapioca	362	5	3
122	Sw eet Potatoes	121	8	4
125	Cassava	145	6	2
126	Flour of Cassava	362	11	7
127	Cassava Tapioca	354	5	3
128	Cassava Dried	255	28	7
129	Cassava Starch	362	5	3
135	Yautia (Cocoyam)	109	17	3
136	Taro (Coco Yam)	141	23	2
137	Yams	97	17	2
149	Roots and Tubers nes	141	10	27
150	Flour of Roots and Tuber	282	50	6
151	Roots and Tubers Dried	282	50	6
154	Fructose Chemically Pure	375	0	0
155	Maltose Chemically Pure	375	0	0
156	Sugar Cane	50	1	2
157	Sugar Beets	70	13	1
160	Maple Sugar and Syrups	348	0	0

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
161	Sugar Crops nes	390	0	0
162	Sugar (Centrifugal, Raw)	373	0	0
163	Sugar non Centrifugal	358	11	3
164	Sugar Refined	400	0	0
165	Molasses	260	18	4
166	Other Fructose and Syrup	298	3	0
167	Sugar and Syrups nes	308	0	1
168	Sugar Confectionery	400	0	0
169	Beet Pulp, Dry	288	111	6
171	Sugars Flavoured	310	0	0
172	Glucose and Dextrose	368	0	0
173	Lactose	387	0	0
175	Isoglucose	318	0	0
176	Beans, Dry	119	77	2
181	Broad Beans, Dry	343	234	20
187	Peas, Dry	340	241	13
191	Chick-Peas	377	192	62
195	Cow Peas, Dry	358	204	15
197	Pigeon Peas	348	212	12
201	Lentils	346	242	18
203	Bambara Beans	365	177	63
205	Vetches	325	315	19
210	Lupins	390	400	130
211	Pulses nes	340	220	20
212	Flour of Pulses	340	220	20
216	Brazil Nuts	315	69	318
217	Cashew Nuts	**170**	**55**	**139**
220	Chestnuts	158	18	17
221	Almonds	236	80	209
222	Walnuts	289	64	278
223	Pistachios	289	103	242
224	Kolanuts	349	90	20
225	Hazelnuts (Fliberts)	291	60	288
226	Areca Nuts (Betel)	342	34	94
229	Brazilnuts Shelled	656	143	662
230	Cáshew Nuts Shelled	**553**	**182**	**439**
231	Almonds Shelled	589	200	522
232	Walnuts Shelled	642	143	619
233	Hazelnuts Shelled	632	130	626
234	Nuts nes	699	142	685
235	Preprd Nuts(Excl.Grnuts)	615	155	562
236	Soybeans	151	131	61
237	Oil of Soya Beans	884	0	1,000
238	Cake of Soya Beans	123	129	70

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
239	Soya Sauce	75	35	1
240	Soya Paste	144	130	35
241	Soya Curd	123	129	70
242	Groundnuts in Shell	401	174	266
243	Groundnuts Shelled	567	257	492
244	Oil of Groundnuts	884	0	1,000
245	Cake of Groundnuts	363	417	76
246	Prepared Groundnuts	580	268	492
247	Peanut Butter	616	254	454
249	Coconuts	102	14	53
250	Coconuts, Dessicated	660	69	645
251	Copra	636	60	614
252	Oil of Coconuts	895	0	991
254	Oil Palm Fruit	900	0	1,000
256	Palm Kernels	514	73	434
257	Oil of Palm	884	0	1,000
258	Oil of Palm Kernels	884	0	1,000
260	Olives	175	13	175
261	Oil of Olive	884	0	1,000
262	Olives, Preserved	132	13	126
263	Karite Nuts (Sheanuts)	579	68	490
264	Butter of Karite Nuts	711	0	850
266	Oil of Castor Beans	884	0	1,000
267	Sunflower Seed	308	123	268
268	Oil of Sunflower Seed	880	0	1,000
270	Rapeseed	494	196	450
271	Oil of Rapeseed	884	0	1,000
274	Oil of Olive Residues	884	0	1,000
276	Oil of Tung	884	0	1,000
280	Safflower Seed	314	97	303
281	Oil of Safflower	884	0	1,000
289	Sesame Seed	642	251	535
290	Oil of Sesame Seed	884	0	1,000
291	Cake of Sesame Seed	469	249	288
292	Mustard Seed	469	249	288
293	Oil of Mustard Seed	884	0	1,000
295	Flour of Mustard	469	264	363
296	Poppy Seed	533	180	447
297	Oil of Poppy Seed	884	0	1,000
299	Melonseed	562	402	432
307	Oil of Stillingia	884	0	1,000
313	Oil of Kapok	884	0	1,000
331	Oil of Cotton Seed	884	0	1,000
333	Linseed	498	180	340

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
334	Oil of Linseed	884	0	1,000
337	Oil of Hempseed	884	0	1,000
339	Oilseeds nes	387	147	317
340	Oil of Veget Origin nes	884	0	1,000
343	Flour/Meal of Oilseeds	393	372	156
358	Cabbages	27	15	2
366	Artichokes	20	11	1
367	Asparagus	20	22	1
372	Lettuce	22	13	4
373	Spinach	26	19	5
378	Cassava Leaves	83	71	14
388	Tomatoes	27	9	3
389	Tomatojuice Concentrated	25	8	2
390	Tomatojuice Single-Stren	17	8	1
391	Tomato Paste	112	43	1
392	Peeled Tomatoes	19	9	2
393	Cauliflow er	25	17	2
394	Pumpkins, Squash, Gourds	36	11	4
397	Cucumbers and Gherkins	20	6	2
399	Eggplants	29	10	2
401	Chillies&Peppers, Green	46	14	5
402	Onions and Shallots, Green	37	17	10
403	Onions, Dry	60	17	4
406	Garlic	129	70	3
407	Leeks and Oth.Alliac.Veg	37	7	1
414	Beans, Green	50	30	4
417	Peas, Green	31	21	2
420	Broad Beans, Green	23	23	1
423	String Beans	43	31	2
426	Carrots	52	15	4
430	Okra	38	17	2
446	Green Corn (Maize)	56	21	8
447	Sw eet Corn Frozen	54	18	4
448	Sw eet Corn Prep. or Preserved	77	23	6
449	Mushrooms	48	38	6
450	Dried Mushrooms	330	160	9
451	Canned Mushrooms	23	23	4
459	Chicory Roots	60	11	2
460	Veg Prod Fresh or Dried	22	14	2
461	Carobs	111	16	5
463	Vegetables Fresh nes	12	4	2
464	Vegetables Dried nes	176	112	16
465	Vegetables Canned nes	36	14	3
466	Juice of Vegetables nes	19	6	1

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
469	Vegetables Dehydrated	341	66	13
471	Vegetables Produced by Vinegar	29	14	13
472	Vegetables Prepared nes	38	21	3
473	Vegetables Frozen	71	33	5
474	Veg. in Temp Preservatives	65	33	3
475	Veg.Prep or Pres.Frozen	54	24	4
476	Homogenized Veget. Prep.	41	12	5
486	Bananas	112	11	7
489	Plantains	75	8	3
490	Oranges	35	4	2
491	Oranjuice Single-Strength	43	2	2
492	Oranjuice Concentrated	244	0	7
495	Tang.Mand.Clement.Satsuma	33	4	2
496	Tangerine Juice	43	5	2
497	Lemons and Limes	50	8	24
498	Lemonjuice Single-Strength	42	5	16
499	Lemonjuice Concentrated	116	23	9
507	Grapefruit and Pomelos	51	7	6
509	Grapefruitjuice Sing-Strength	39	5	1
510	Grapefruitjuice Concentrated	230	0	13
512	Citrus Fruit nes	44	4	10
513	Citrusjuice Single-Strength	47	6	2
514	Citrusjuice Concentrated	157	21	5
515	Apples	62	5	1
517	Ferm. Beverages Exc Wine	34	4	1
518	Applejuice Single Strength	50	1	1
519	Applejuice Concentrated	166	5	4
521	Pears	54	4	4
523	Quinces	35	2	1
526	Apricots	45	13	4
527	Dry Apricots	238	37	5
530	Sour Cherries	45	9	3
531	Cherries	65	11	9
534	Peaches and Nectarines	33	5	1
536	Plums	71	8	4
537	Plums, Dried (Prunes)	278	25	7
538	Plumjuice, Single-Strength	71	6	0
539	Plumjuice, Concentrated	215	20	1
541	Stone Fruit nes, Fresh	52	9	3
542	Pome Fruit nes, Fresh	48	4	3
544	Straw berries	34	8	2
547	Raspberries	47	9	5
549	Gooseberries	40	8	7
550	Currants	59	14	3

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
552	Blueberries	55	7	4
554	Cranberries	47	4	2
558	Berries nes	49	10	7
560	Grapes	83	4	3
561	Raisins	340	35	11
562	Grape Juice	49	0	4
563	Must of Grapes	61	6	1
564	Wine	85	1	0
565	Vermouths and Similar	137	1	0
567	Watermelons	31	1	2
568	Cantaloupes & other melons	24	6	1
569	Figs	73	8	3
570	Figs, Dried	270	4	12
571	Mangoes	70	6	2
572	Avocados	101	9	62
574	Pineapples	55	4	2
575	Pineapples, Canned	92	4	4
576	Pineapplejuice Single-Strength	50	1	0
577	Dates	156	15	4
580	Pineapplejuice Concentrated	179	13	1
583	Mango Juice	56	4	7
584	Mango Pulp	65	5	3
587	Persimmons	86	4	6
591	Cashew apple	43	8	6
592	Kiw i Fruit	52	9	4
600	Papayas	53	7	2
603	Fruit Tropical Fresh nes	119	14	7
604	Fruit Tropical Dried nes	267	28	6
619	Fruit Fresh nes	43	6	3
620	Fruit Dried nes	267	28	6
622	Fruit Juice nes	48	5	1
623	Fruit Prepared nes	36	5	2
624	Flour of Fruit	346	39	18
625	Fruit,Nut,Peel,Sugar Prs	212	6	0
626	Homogen.Cooked Fruit Pre	59	3	0
631	Waters,Ice, etc.	0	0	0
633	Beverages Non-Alcoholic	39	0	0
634	Beverages Dist Alcoholic	295	0	0
652	Veg Products for Feed	52	60	4
656	Coffee, Green	47	67	0
657	Coffee Roasted	406	152	71
658	Coffee Subst Cont Coffee	56	80	0
659	Coffee Extracts	129	40	0
661	Cocoa Beans	414	40	400

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FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
662	Cocoa Paste	472	17	440
664	Cocoa Butter	711	0	850
665	Cocoa Powder and Cake	465	217	198
666	Chocolate Products nes	393	42	357
667	Tea	357	217	10
671	Mate	40	100	0
672	Extract Tea,Mate, Prep.	18	45	0
674	Tea nes	40	100	0
687	Pepper,White/Long/Black	276	107	27
689	Pimento, Allspice	318	120	173
692	Vanilla	334	113	115
693	Cinnamon (Canella)	261	39	32
698	Cloves, Whole+Stems	323	60	201
702	Nutmeg, Mace, Cardamons	525	58	363
711	Anise, Badian, Fennel	345	158	149
720	Ginger	46	11	8
723	Spices nes	337	113	155
780	Jute	65	65	10
862	Alfalfa Meal and Pellets	265	305	20
867	Beef and Veal	137	231	46
868	Offals of Cattle, Edible	176	158	106
869	Fat of Cattle	409	151	345
870	Beef and Veal,Boneless	150	185	79
871	Cattle Butcher Fat	847	20	930
872	Beef Dried Salt Smoked	203	343	63
873	Meat Extracts	238	160	89
874	Sausages Beef and Veal	313	117	284
875	Beef Preparations	233	250	140
876	Beef Canned	252	147	183
877	Homogenized Meat Prep.	110	137	57
878	Liver Preparations	275	134	198
882	Cow Milk, Whole, Fresh	65	33	36
883	Standardized Milk	48	33	15
885	Cream, Fresh	195	27	193
886	Butter of Cow Milk	717	9	811
887	Ghee (From Cow Milk)	873	3	991
888	Skim Milk of Cows	35	34	2
889	Whole Milk,Condensed	320	81	84
890	Whey, Condensed	26	9	3
891	Yoghurt	83	53	45
892	Yoghurt Concentrated or Not	82	47	15
893	Butterm,Curdl,Acid.Milk	43	35	50
894	Whole Milk, Evaporated	148	77	78
895	Skim Milk, Evaporated	120	76	48

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
896	Skim Milk, Condensed	334	85	70
897	Dry Whole Cow Milk	480	241	225
898	Dry Skim Cow Milk	362	408	8
899	Dry Buttermilk	387	343	58
900	Dry Whey	346	123	8
901	Cheese (Whole Cow Milk)	388	271	304
903	Whey, Fresh	26	8	2
904	Cheese (Skim Cow Milk)	247	460	40
905	Whey Cheese	72	124	10
907	Processed Cheese	310	190	231
908	Reconstituted Milk	61	18	34
909	Prod.Of Nat.Milk Constit	61	18	34
910	Ice Cream and Edible Ice	157	42	95
916	Egg Albumine	61	127	2
917	Casein	427	1,000	0
947	Buffalo Meat	99	204	19
948	Offals of Buffalo, Edible	107	133	48
949	Fat of Buffalo	847	20	930
951	Buffalo Milk	115	52	87
952	Butter of Buffalo Milk	717	9	811
953	Ghee (from Buffalo Milk)	873	3	991
954	Skim Milk of Buffalo	41	43	1
955	Cheese of Buffalo Milk	269	169	220
977	Mutton and Lamb	195	120	159
978	Offals of Sheep, Edible	117	146	57
979	Fat of Sheep	902	0	1,000
982	Sheep Milk	94	59	60
983	Butter and Ghee (Sheep Milk)	716	6	810
984	Cheese of Sheep Milk	310	232	228
985	Skim Sheep Milk	48	61	4
1017	Goat Meat	95	183	23
1018	Offals of Goats, Edible	101	170	33
1019	Fat of Goats	847	20	930
1020	Goat Milk	72	36	41
1021	Cheese of Goat Milk	280	160	150
1022	Butter of Goat Milk	717	9	811
1023	Skim Milk of Goat	35	34	2
1035	Pigmeat	274	155	234
1036	Offals of Pigs, Edible	159	141	106
1037	Fat of Pigs	712	47	767
1038	Pork	220	134	180
1039	Bacon-Ham of Pigs	603	111	583
1040	Pig Butcher Fat	712	47	767
1041	Sausages Pig Meat	587	107	600

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FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
1042	Meat Preparations Pigs	239	161	188
1043	Lard	900	0	1,000
1044	Pigskins, Fresh	320	198	266
1058	Chicken Meat	110	206	31
1059	Offals Liver of Chickens	125	180	39
1060	Fat Liver Prep(Foie Gras	462	114	438
1061	Meat Canned Chicken	221	118	139
1062	Hen Eggs	160	124	110
1063	Eggs Liquid Hen	158	121	112
1064	Eggs Dry Whole Yolks Hen	594	458	418
1065	Fat of Poultry	629	37	680
1066	Fat of Poultry Rendered	901	0	998
1069	Duck Meat	139	216	58
1073	Goose Meat	124	232	35
1074	Offals Liver Geese	133	164	43
1075	Offals Liver Ducks	136	187	46
1080	Turkey Meat	100	222	13
1081	Offals Liver Turkeys	137	200	40
1083	Pigeons and Other Birds	226	142	183
1089	Meat of Pigeon and Other Birds	185	171	124
1091	Eggs, excluding Hen	177	117	126
1097	Horsemeat	125	205	37
1098	Offals of Horse	105	184	25
1108	Meat of Asses	94	150	30
1111	Meat of Mules	94	150	30
1127	Meat of Camels	174	127	132
1128	Offals of Camel, Edible	105	184	25
1129	Fat of Camels	847	20	930
1130	Camel Milk	73	38	45
1141	Rabbit Meat	144	204	63
1151	Meat of Other Rodents	81	162	14
1158	Meat of Other Camelids	143	146	90
1159	Offals of Other Camelids	105	184	25
1160	Fat of Other Camelids	847	20	930
1163	Game Meat	104	180	30
1164	Meat, Dried, nes	250	554	15
1166	Meat nes	126	164	60
1167	Offals nes	105	184	25
1168	Animal Oils and Fats nes	902	0	1,000
1172	Meat Prepared nes	242	206	169
1176	Snails Not Sea Snails	94	94	8
1182	Honey	258	1	1
1225	Tallow	884	0	1,000
1232	Food Prepared nes	41	12	5

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
1241	Liquid Margarine	445	5	500
1242	Margarine + Shortening	832	0	919
1243	Fat Preparations nes	720	6	810
1274	Oils Boiled etc	902	0	1,000
1275	Oils Hydrogenated	720	6	810
1501	Freshw ater Diadrom Fresh	107	181	38
1502	Freshw ater Frozen Whole	69	109	25
1503	Freshw ater Fillets	127	203	45
1504	Freshw ater Frozen Fillets	127	203	45
1505	Freshw ater Cured	199	313	72
1506	Freshw ater Canned	161	198	84
1507	Freshw ater Prep nes	262	269	150
1509	Freshw ater Body Oils	902	0	1,000
1510	Freshw ater Liver Oils	902	0	1,000
1514	Demersl Marine Fish Fresh	42	83	8
1515	Demersal Frozen Whole	42	83	8
1516	Demersal Fillets	90	179	16
1517	Demersal Frozen Fillets	90	179	16
1518	Demersal Cured	186	379	19
1519	Demersal Canned	173	250	63
1520	Demersal Prep nes	320	250	235
1522	Demersal Body Oils	902	0	1,000
1523	Demersal Liver Oils	902	0	1,000
1527	Pelagic Marine Fish Fresh	110	229	20
1528	Pelagic Frozen Whole	86	126	36
1529	Pelagic Fillets	141	202	60
1530	Pelagic Frozen Fillets	141	202	60
1531	Pelagic Cured	156	264	45
1532	Pelagic Canned	185	208	102
1533	Pelagic Prep nes	318	442	136
1535	Pelagic Body Oils	902	0	1,000
1536	Pelagic Liver Oils	902	0	1,000
1540	Marine Fish nes Fresh	136	198	64
1541	Marine nes Frozen Whole	64	103	22
1542	Marine nes Fillets	115	190	38
1543	Marine nes Frozen Fillets	115	190	38
1544	Marine nes Cured	169	321	32
1545	Marine nes Canned	179	229	82
1546	Marine nes Prep nes	132	175	50
1548	Marine nes Body Oils	902	0	1,000
1549	Marine nes Liver Oils	902	0	1,000
1553	Crustaceans Fresh	107	187	22
1554	Crustaceans Frozen	91	184	8
1555	Crustaceans Cured	149	254	13

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based from 1997 FCT from FNRI

FAOSTAT code	FAOSTAT Commodity List	Philippines NUTRITIONAL VALUES		
		Calories	Proteins	Fats
		u/mg	g/mg	g/mg
1556	Crustaceans Canned	98	198	11
1557	Crustaceans Prep nes	113	195	18
1562	Molluscs excl cephal fresh	113	98	46
1563	Molluscs Frozen	71	105	12
1564	Molluscs Cured	345	494	47
1565	Molluscs Canned	98	149	26
1570	Cephalopods Fresh	66	135	7
1571	Cephalopods Frozen	74	151	9
1572	Cephalopods Cured	341	616	62
1573	Cephalopods Prep nes	137	208	28
1574	Cephalopods Prep nes	130	208	15
1580	Aquatic Mammals Meat	136	210	50
1582	Aquatic Mammals Oils	902	0	1,000
1583	Aquatic Mammals Prep nes	156	206	75
1587	Aquatic Animals nes Frsh	30	40	2
1588	Aquatic Animals Cured	33	55	1
1590	Aquatic Animals Prep nes	168	115	38
1594	Aquatic Plants	54	28	6
1595	Aquatic Plants Dried	215	164	9
1596	Aquatic Plants Prep nes	312	13	12

Note: Nutritional Values were from FAO and World Standard Nutritional Values

Annex 4. 2018 to 2020 Food Balance Sheets (FBS) of the Philippines

	2018				2019				2020			
	Population ('000) 105,755				Population ('000) 107,288				Population ('000) 108,772			
	PER CAPITA SUPPLY				PER CAPITA SUPPLY				PER CAPITA SUPPLY			
	PER YEAR	PER DAY			PER YEAR	PER DAY			PER YEAR	PER DAY		
	FOOD	Calories	Proteins	Fats	FOOD	Calories	Proteins	Fats	FOOD	Calories	Proteins	Fats
Products	Kg.	units	grams	grams	Kg.	units	grams	grams	Kg.	units	grams	grams
Grand total		**2922**	**84**	**68**		**2829**	**86**	**60**		**2809**	**83**	**57**
Vegetable prod.		**2515**	**43**	**44**		**2423**	**44**	**36**		**2435**	**43**	**35**
Animal prod.		**407**	**42**	**24**		**405**	**42**	**24**		**374**	**40**	**21**
Cereals (excl. beer)	**175**	**1636**	**35**	**11**	**179**	**1700**	**37**	**12**	**183**	**1705**	**36**	**11**
Wheat	28	233	4	7	29	237	4	7	33	269	5	8
Maize	28	214	5	1	24	185	4	1	26	196	4	1
Rice (Milled Eq.)	119	1186	26	3	125	1275	28	4	124	1237	27	3
Barley	0	0	0	0	0	0	0	0	0	0	0	0
Rye	0	0	0	0	0	0	0	0	0	0	0	0
Oats	0	1	0	0	0	1	0	0	0	1	0	0
Millet	0	0	0	0	0	0	0	0	0	0	0	0
Sorghum	0	0	0	0	0	0	0	0	0	0	0	0
Cereals, other	0	2	0	0	0	2	0	0	0	2	0	0
Starchy roots	**15**	**44**	**0**	**0**	**15**	**43**	**0**	**0**	**15**	**43**	**0**	**0**
Cassava	7	19	0	0	7	18	0	0	6	17	0	0
Potatoes	2	5	0	0	2	5	0	0	2	5	0	0
Sweet Potatoes	5	16	0	0	5	15	0	0	5	16	0	0
Yams	0	0	0	0	0	0	0	0	0	0	0	0
Roots, other	1	4	0	0	1	4	0	0	1	4	0	0
Sugar crops	**2**	**3**	**0**	**0**	**2**	**3**	**0**	**0**	**2**	**3**	**0**	**0**
Sugar cane	2	3	0	0	2	3	0	0	2	3	0	0
Sugar beet	-	-	-	-	-	-	-	-	-	-	-	-
Sugar & Sweeteners	**28**	**264**	**0**	**0**	**24**	**228**	**0**	**0**	**24**	**229**	**0**	**0**
Sugar non-centrifugal	0	0	0	0	0	0	0	0	0	0	0	0
Sugar (raw equivalent)	25	256	0	0	22	218	0	0	22	219	0	0
Sweeteners, other	2	8	0	0	3	10	0	0	2	9	0	0
Honey	0	0	0	0	0	0	0	0	0	0	0	0
Pulses	**1**	**8**	**1**	**0**	**1**	**8**	**1**	**0**	**1**	**9**	**1**	**0**
Beans	1	3	0	0	1	2	0	0	1	3	0	0
Peas	1	5	0	0	1	5	0	0	1	6	0	0
Pulses, other	0	1	0	0	0	0	0	0	0	0	0	0
Treenuts	**0**	**3**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**3**	**0**	**0**
Oilcrops	**57**	**191**	**3**	**17**	**56**	**186**	**3**	**17**	**54**	**179**	**3**	**16**
Soybeans	2	8	1	0	2	7	1	0	1	6	1	0
Groundnuts	1	23	1	2	1	22	1	2	1	19	1	2
Sunflowerseed	0	0	0	0	0	0	0	0	0	0	0	0
Rape & Mustard seed	0	0	0	0	0	0	0	0	0	0	0	0
Cottonseed	0	0	0	0	0	0	0	0	0	0	0	0
Coconuts (incl. copra)	54	160	2	15	53	156	2	14	51	153	2	14
Sesame seed	0	0	0	0	0	0	0	0	0	0	0	0
Palm	0	0	0	0	0	0	0	0	0	0	0	0
Olive	0	0	0	0	0	0	0	0	0	0	0	0
Oilcrops, other	0	0	0	0	0	0	0	0	0	0	0	0
Vegetable oils	**4**	**109**	**0**	**12**	**2**	**41**	**0**	**5**	**2**	**46**	**0**	**5**
Soybean oil	0	7	0	1	0	7	0	1	0	6	0	1
Groundnut oil	0	0	0	0	0	0	0	0	0	0	0	0
Sunflower seed oil	-	-	-	-	-	-	-	-	-	-	-	-
Rape and mustard oil	0	0	0	0	0	1	0	0	0	1	0	0
Cottonseed oil	0	0	0	0	0	0	0	0	0	0	0	0
Palm kernel oil	1	21	0	2	0	9	0	1	0	7	0	1
Palm oil	3	78	0	9	1	23	0	3	1	29	0	3
Copra oil	0	0	0	0	0	0	0	0	0	0	0	0
Sesame seed oil	-	-	-	-	-	-	-	-	-	-	-	-
Olive oil	0	1	0	0	0	1	0	0	0	1	0	0
Rice bran oil	-	-	-	-	-	-	-	-	-	-	-	-
Maize germ oil	0	2	0	0	0	2	0	0	0	2	0	0
Oilcrops oil, other	0	0	0	0	0	0	0	0	0	0	0	0
Vegetables	**26**	**30**	**1**	**0**	**26**	**30**	**1**	**0**	**26**	**30**	**1**	**0**
Tomatoes	3	2	0	0	3	3	0	0	3	2	0	0
Onions	2	4	0	0	2	3	0	0	3	4	0	0
Vegetables, other	21	24	1	0	21	24	1	0	21	24	1	0

FOOD BALANCE SHEETS OF THE PHILIPPINES

	2018				2019				2020			
	Population ('000) 105,755				Population ('000) 107,288				Population ('000) 108,772			
	PER CAPITA SUPPLY				PER CAPITA SUPPLY				PER CAPITA SUPPLY			
	PER YEAR	PER DAY			PER YEAR	PER DAY			PER YEAR	PER DAY		
	FOOD	Calories	Proteins	Fats	FOOD	Calories	Proteins	Fats	FOOD	Calories	Proteins	Fats
Products	Kg.	units	grams	grams	Kg.	units	grams	grams	Kg.	units	grams	grams
Fruits	**85**	**163**	**2**	**1**	**69**	**118**	**1**	**1**	**73**	**132**	**1**	**1**
Oranges & mandarins	1	1	0	0	1	1	0	0	2	1	0	0
Lemons & limes	0	0	0	0	0	0	0	0	0	0	0	0
Grapefruit	0	0	0	0	0	0	0	0	0	0	0	0
Citrus, other	1	1	0	0	1	1	0	0	1	1	0	0
Bananas	32	97	1	1	18	55	1	0	22	69	1	0
Plantains	0	0	0	0	0	0	0	0	0	0	0	0
Apples (excl. cider)	2	2	0	0	2	2	0	0	2	3	0	0
Pineapples	20	21	0	0	18	18	0	0	17	17	0	0
Dates	0	0	0	0	0	0	0	0	0	0	0	0
Grapes (excl. wine)	1	1	0	0	1	2	0	0	1	2	0	0
Fruit, other	28	38	0	0	28	38	0	0	27	37	0	0
Stimulants	**7**	**24**	**0**	**1**	**7**	**24**	**0**	**1**	**6**	**22**	**0**	**1**
Coffee	6	8	0	0	6	8	0	0	5	6	0	0
Cocoa Beans	1	16	0	1	1	16	0	1	1	15	0	1
Tea	0	0	0	0	0	0	0	0	0	0	0	0
Spices	**0**	**2**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**2**	**0**	**0**
Pepper	0	0	0	0	0	0	0	0	0	1	0	0
Pimento	0	0	0	0	0	0	0	0	0	0	0	0
Cloves	0	0	0	0	0	0	0	0	0	0	0	0
Spices, other	0	1	0	0	0	1	0	0	0	1	0	0
Alcoholic beverages	**19**	**37**	**0**	**0**	**18**	**36**	**0**	**0**	**13**	**34**	**0**	**0**
Wine	0	0	0	0	0	0	0	0	0	0	0	0
Beer	15	6	0	0	14	6	0	0	9	4	0	0
Beverages, fermented	0	0	0	0	0	0	0	0	0	0	0	0
Beverages, alcoholic	4	31	0	0	4	30	0	0	4	30	0	0
Meat	**36**	**185**	**18**	**12**	**36**	**182**	**18**	**12**	**33**	**167**	**17**	**11**
Bovine meat	1	5	1	0	1	5	1	0	1	4	1	0
Mutton & goat meat	0	1	0	0	0	1	0	0	0	1	0	0
Pig meat	17	126	7	11	16	121	7	10	15	110	6	9
Poultry meat	16	49	9	1	17	51	10	1	16	48	9	1
Other meat	2	4	1	0	1	4	1	0	1	4	1	0
Offals	**6**	**24**	**2**	**2**	**5**	**24**	**2**	**2**	**4**	**19**	**2**	**1**
Animal fats	**2**	**48**	**0**	**5**	**2**	**47**	**0**	**5**	**2**	**40**	**0**	**4**
Butter, ghee	0	7	0	1	0	8	0	1	0	7	0	1
Cream	0	0	0	0	0	0	0	0	0	0	0	0
Fats, animal, raw	2	41	0	4	2	39	0	4	2	32	0	3
Fish, body oil	0	0	0	0	0	0	0	0	0	0	0	0
Fish, liver oil	-	-	-	-	-	-	-	-	-	-	-	-
Milk (excluding butter)	**37**	**34**	**3**	**1**	**39**	**35**	**3**	**1**	**41**	**33**	**3**	**1**
Eggs	**5**	**23**	**2**	**2**	**5**	**24**	**2**	**2**	**6**	**25**	**2**	**2**
Fish & seafood	**34**	**92**	**17**	**3**	**34**	**93**	**17**	**3**	**33**	**91**	**16**	**3**
Freshwater fish	8	22	4	1	8	22	4	1	7	21	4	1
Demersal fish	1	2	0	0	1	2	0	0	1	1	0	0
Pelagic fish	19	54	11	1	19	55	11	1	19	54	10	1
Marine fish, other	2	5	1	0	2	5	1	0	2	5	1	0
Crustaceans	1	3	1	0	1	3	1	0	1	3	1	0
Molluscs other	2	4	0	0	2	4	0	0	2	5	0	0
Cephalopods	1	2	0	0	1	2	0	0	1	2	0	0
Aquatic products, other	-	-	-	-	-	-	-	-	-	-	-	-
Aquatic mammals meat	-	-	-	-	-	-	-	-	-	-	-	-
Aquatic animals, other	-	-	-	-	-	-	-	-	-	-	-	-
Aquatic plants	0	0	0	0	0	0	0	0	0	0	0	0
Miscellaneous	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**
Infant food	0	1	0	0	0	0	0	0	0	1	0	0
Miscellaneous, other	0	0	0	0	0	0	0	0	0	0	0	0

FOOD GROUPS	2018 IDR	2018 TDR	2018 SDR	2018 SSR	2019 IDR	2019 TDR	2019 SDR	2019 SSR	2020 IDR	2020 TDR	2020 SDR	2020 SSR
	Import Dependency Ratio	Trade Depend. Ratio	Stock Depend. Ratio	Self sufficiency Ratio	Import Dependency Ratio	Trade Depend. Ratio	Stock Depend. Ratio	Self sufficiency Ratio	Import Dependency Ratio	Trade Depend. Ratio	Stock Depend. Ratio	Self sufficiency Ratio
	%	%	%	%	%	%	%	%	%	%	%	%
Grand total	**27.6**	**-19.8**	**0.0**	**80.1**	**28.9**	**-19.0**	**0.5**	**81.4**	**24.9**	**-16.5**	**-0.4**	**83.0**
Vegetable products	**28.0**	**-19.9**	**0.0**	**80.1**	**29.4**	**-19.0**	**0.5**	**81.5**	**25.3**	**-16.5**	**-0.5**	**83.1**
Animal products	**22.8**	**-19.4**	**0.0**	**80.6**	**22.3**	**-19.6**	**0.0**	**80.4**	**19.9**	**-17.2**	**0.0**	**82.8**

FOOD BALANCE SHEETS (FBS) OF THE PHILIPPINES
PHILIPPINE STATISTICS AUTHORITY

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