

PRESS RELEASE

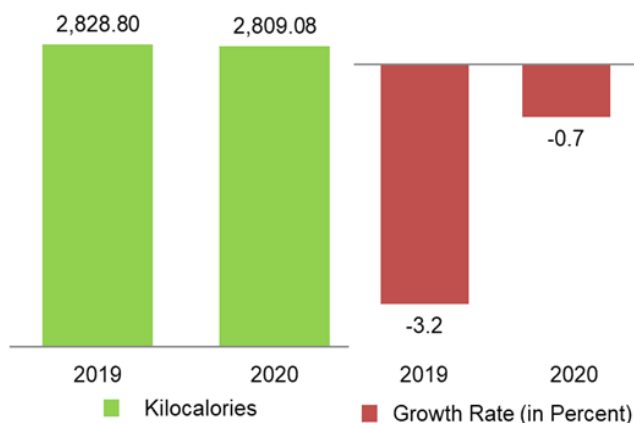
Daily per capita food supply of calories was at 2,809.08 kilocalories in 2020

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The Food Balance Sheet, compiled by the Philippine Statistics Authority, 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. It provides estimates of per capita food available for human consumption in terms of quantity, calories, protein, and fat contents.

Calories

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



Source: Philippine Statistics Authority

In 2020, the daily per capita supply of calories from the aggregated food products at 2,809.08 kilocalories was -0.7 percent lower than the previous year's level. The per capita supply of calories from cereals (excluding beer) increased by 0.3 percent with 1,704.99 kilocalories per day this year. Cereals (excluding beer) accounted for the biggest share in the total calories supply at 60.7 percent.

Proteins

For protein, the per capita supply in 2020 was registered at 83.02 grams per day or a decrease of -3.4 percent compared to the 2019 level. The major sources of protein were the following: Cereals (excluding beer) with 43.7 percent share, meat with 20.1 percent share, and fish and seafood with 19.7 percent share.

Fats

The daily per capita supply of fats in 2020 went down to 56.81 grams or by -4.9 percent from the 2019 level. The primary sources of daily per capita supply of fats were oilcrops with 28.2 percent share; cereals (excluding beer) with 20.2 percent share; and meat with 19.5 percent share.

COF

Self-Sufficiency Ratio (SSR)

In 2020, the self-sufficiency ratio reached 83.0 percent, which indicates that 83.0 percent of the country's total food supply was sourced from local production.

Import Dependency Ratio (IDR)

The import dependency ratio for food was registered at 24.9 percent in 2020. This implies that 24.9 percent of the total food supply was from imports.



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