

## 8. 每人每日熱量供給量

單位：卡路里

年別	民國84年 (1995)	民國85年 (1996)	民國86年 (1997)	民國87年 (1998)	民國88年 (1999)
<b>1. 穀類</b>	<b>935.02</b>	<b>901.02</b>	<b>899.17</b>	<b>897.61</b>	<b>879.09</b>
(1) 米	567.63	562.26	559.67	543.58	525.81
(2) 小麥	314.16	290.61	298.56	314.61	312.30
(3) 玉米	47.95	42.05	34.73	32.95	34.79
(4) 高粱	-	-	-	-	-
(5) 其他	5.29	6.10	6.20	6.46	6.18
<b>2. 薯類</b>	<b>92.44</b>	<b>107.76</b>	<b>127.19</b>	<b>118.02</b>	<b>124.26</b>
(1) 甘藷	7.67	7.89	8.00	7.14	8.27
(2) 樹薯	67.12	82.20	97.14	89.24	93.07
(3) 馬鈴薯	17.52	17.47	21.82	21.64	22.44
(4) 其他	0.13	0.20	0.23	-	0.48
<b>3. 糖及蜂蜜</b>	<b>248.15</b>	<b>251.78</b>	<b>247.61</b>	<b>248.53</b>	<b>254.16</b>
(1) 糖	245.45	248.63	245.10	246.42	250.89
(2) 蜂蜜	2.71	3.15	2.51	2.11	3.27
<b>4. 子仁及油籽類</b>	<b>271.50</b>	<b>271.45</b>	<b>275.04</b>	<b>220.06</b>	<b>224.82</b>
(1) 大豆	188.71	186.65	181.80	140.73	142.48
(2) 花生	26.30	22.29	23.39	18.76	18.55
(3) 芝麻	4.92	4.51	4.74	4.22	4.62
(4) 其他	51.57	58.00	65.12	56.36	59.17
<b>5. 蔬菜類</b>	<b>81.13</b>	<b>86.65</b>	<b>87.34</b>	<b>82.81</b>	<b>95.92</b>
(1) 葉菜類	12.67	14.66	14.52	14.34	18.96
(2) 根菜類	8.96	10.25	9.42	8.64	11.32
(3) 莖菜類	29.91	30.80	29.34	27.81	29.92
(4) 花果菜類	29.07	30.36	33.44	31.52	35.24
(5) 其他	0.53	0.58	0.61	0.51	0.48
<b>6. 果品類</b>	<b>135.25</b>	<b>132.82</b>	<b>147.55</b>	<b>129.55</b>	<b>143.13</b>
(1) 香蕉	8.66	5.82	10.85	10.20	10.67
(2) 鳳梨	8.02	8.48	9.13	8.96	10.08
(3) 柑桔類	17.71	16.71	18.32	17.95	17.62
(4) 瓜果類	9.75	10.46	9.89	9.70	10.96
(5) 其他	91.12	91.35	99.37	82.75	93.80
<b>7. 肉類</b>	<b>351.19</b>	<b>362.11</b>	<b>372.13</b>	<b>379.72</b>	<b>373.81</b>
(1) 豬肉	197.04	202.23	193.48	203.80	192.06
(2) 牛肉	17.65	15.63	19.22	18.41	20.96
(3) 羊肉	3.09	3.29	3.87	3.73	4.06
(4) 家禽肉	133.37	140.91	155.47	153.41	155.92
(5) 其他	0.04	0.05	0.08	0.38	0.82
<b>8. 蛋類</b>	<b>56.91</b>	<b>61.33</b>	<b>67.73</b>	<b>67.41</b>	<b>67.46</b>
<b>9. 水產類</b>	<b>77.28</b>	<b>77.39</b>	<b>82.78</b>	<b>73.17</b>	<b>79.84</b>
(1) 魚類	48.99	50.83	49.60	49.37	51.76
(2) 蝦蟹類	4.96	5.04	5.19	4.01	3.92
(3) 頭足類	8.92	7.80	13.96	10.39	14.96
(4) 貝介類	5.04	5.08	5.60	4.66	4.54
(5) 其他	0.22	0.23	0.42	0.54	0.66
(6) 乾漬	9.15	8.41	8.01	4.21	4.01
<b>10. 乳品類</b>	<b>97.91</b>	<b>95.99</b>	<b>97.86</b>	<b>94.23</b>	<b>93.18</b>
(1) 鮮奶	27.14	26.99	28.11	28.45	28.22
(2) 奶粉	60.80	57.49	60.49	57.17	57.43
(3) 其他	9.96	11.52	9.27	8.62	7.53
<b>11. 油脂類</b>	<b>627.87</b>	<b>627.01</b>	<b>645.15</b>	<b>583.62</b>	<b>638.82</b>
(1) 植物油脂	499.90	515.58	539.86	491.45	531.92
a. 大豆油	391.42	407.67	419.45	381.05	390.42
b. 花生油	11.63	9.86	10.35	8.28	8.20
c. 芝麻油	9.82	9.43	9.65	8.48	8.84
d. 其他	87.02	88.62	100.41	93.65	124.46
(2) 動物油脂	127.98	111.43	105.29	92.17	106.90
a. 豬油	52.54	36.50	31.88	28.34	25.08
b. 奶油	12.10	10.91	12.18	12.45	13.13
c. 其他	63.34	64.02	61.23	51.38	68.69
<b>合計</b>	<b>2,974.65</b>	<b>2,975.31</b>	<b>3,049.56</b>	<b>2,894.74</b>	<b>2,974.51</b>
<b>12. 酒類</b>	<b>83.50</b>	<b>78.42</b>	<b>85.45</b>	<b>78.79</b>	<b>73.81</b>
<b>合計(含酒類)</b>	<b>3,058.15</b>	<b>3,053.74</b>	<b>3,135.01</b>	<b>2,973.53</b>	<b>3,048.32</b>

## 8. Per Caput Per Day Energy Supply

Units : Kcal.

Year	Year	Year	Year	Year	Year
民國89年 (2000)	民國90年 (2001)	民國91年 (2002)	民國92年 (2003)	民國93年 (2004)	Category
<b>864.97</b>	<b>843.02</b>	<b>845.32</b>	<b>859.23</b>	<b>862.08</b>	<b>1. Cereals</b>
505.34	481.85	480.68	471.80	465.93	(1) Rice
320.62	327.27	334.82	363.71	372.50	(2) Wheat
33.83	27.95	24.46	20.54	18.39	(3) Corn
-	-	-	-	-	(4) Sorghum
5.19	5.96	5.36	3.18	5.26	(5) Others
<b>127.67</b>	<b>114.47</b>	<b>99.53</b>	<b>105.99</b>	<b>114.89</b>	<b>2. Starchy roots</b>
7.41	7.04	7.10	7.38	6.44	(1) Sweet Potatoes
97.55	86.12	70.44	74.94	86.20	(2) Cassava
22.52	21.18	21.15	21.79	20.77	(3) Potatoes
0.20	0.13	0.84	1.88	1.48	(4) Others
<b>289.15</b>	<b>260.23</b>	<b>247.64</b>	<b>271.77</b>	<b>248.65</b>	<b>3. Sugars &amp; honey</b>
285.53	258.53	245.64	268.92	246.47	(1) Sugars
3.63	1.70	2.00	2.85	2.18	(2) Honey
<b>230.88</b>	<b>212.36</b>	<b>243.70</b>	<b>243.14</b>	<b>221.45</b>	<b>4. Pulses &amp; oilseeds</b>
145.75	141.29	149.94	153.66	135.24	(1) Soybeans
21.64	15.37	22.00	20.53	19.48	(2) Peanuts
4.81	4.49	5.11	4.47	5.49	(3) Sesame
58.68	51.21	66.66	64.47	61.24	(4) Others
<b>93.12</b>	<b>91.33</b>	<b>99.08</b>	<b>91.47</b>	<b>95.37</b>	<b>5. Vegetables</b>
16.86	15.29	17.86	16.19	16.49	(1) Green leafy
9.65	9.25	10.15	8.25	8.29	(2) Roots
30.66	30.54	31.80	30.41	31.42	(3) Bulbs & tubers
35.46	35.75	38.68	35.92	38.38	(4) Flowers & fruits
0.49	0.51	0.59	0.70	0.79	(5) Mushrooms
<b>130.38</b>	<b>129.36</b>	<b>140.63</b>	<b>139.17</b>	<b>134.11</b>	<b>6. Fruits</b>
9.80	11.20	12.54	11.74	10.57	(1) Bananas
9.95	10.59	11.34	12.01	12.28	(2) Pineapples
15.86	15.24	15.29	16.44	17.94	(3) Citrus
9.91	9.07	11.45	9.06	8.53	(4) Melons
84.86	83.26	90.00	89.91	84.80	(5) Others
<b>377.91</b>	<b>368.06</b>	<b>371.23</b>	<b>369.65</b>	<b>373.63</b>	<b>7. Meat</b>
201.10	200.66	199.01	195.63	198.25	(1) Pork
18.44	17.28	19.89	21.60	17.49	(2) Beef
3.80	3.74	4.56	4.03	4.65	(3) Mutton
153.71	145.51	147.21	147.92	152.82	(4) Poultry
0.87	0.86	0.56	0.47	0.41	(5) Others
<b>66.61</b>	<b>66.84</b>	<b>64.27</b>	<b>63.59</b>	<b>62.20</b>	<b>8. Eggs</b>
<b>72.81</b>	<b>68.58</b>	<b>72.66</b>	<b>86.21</b>	<b>65.10</b>	<b>9. Fish &amp; sea food</b>
46.07	50.04	53.45	62.62	46.99	(1) Fish
4.43	3.47	2.31	3.13	3.12	(2) Shrimps & crabs
13.94	7.22	5.78	7.62	2.45	(3) Cephalopods
4.90	4.05	4.87	5.46	5.20	(4) Shell fish
0.53	0.58	0.56	0.52	0.52	(5) Others
2.95	3.22	5.69	6.86	6.81	(6) Dried (salted)
<b>92.33</b>	<b>89.85</b>	<b>92.91</b>	<b>87.33</b>	<b>84.46</b>	<b>10. Milk</b>
29.34	28.00	28.85	28.57	26.21	(1) Fresh
55.02	53.99	55.23	49.39	48.14	(2) Powdered
7.96	7.86	8.83	9.37	10.11	(3) Others
<b>602.58</b>	<b>561.01</b>	<b>603.60</b>	<b>605.37</b>	<b>576.54</b>	<b>11. Oils &amp; fats</b>
506.54	471.82	505.00	507.86	477.57	(1) Vegetable
351.73	344.70	377.13	387.01	346.86	a. Soybean
9.57	6.79	9.71	9.05	8.55	b. Peanut
9.62	8.90	10.20	7.20	9.08	c. Sesame
135.62	111.43	107.96	104.60	113.08	d. Others
96.04	89.18	98.60	97.51	98.97	(2) Animal
23.95	20.81	33.75	33.04	28.97	a. Lard
12.21	11.80	12.25	11.81	12.59	b. Butter
59.88	56.57	52.61	52.65	57.40	c. Others
<b>2,948.41</b>	<b>2,805.12</b>	<b>2,880.57</b>	<b>2,922.91</b>	<b>2,838.48</b>	<b>Grand total (1~11)</b>
<b>73.39</b>	<b>74.74</b>	<b>59.70</b>	<b>61.23</b>	<b>61.93</b>	<b>12. Wine &amp; beer</b>
<b>3,021.80</b>	<b>2,879.86</b>	<b>2,940.28</b>	<b>2,984.14</b>	<b>2,900.41</b>	<b>Grand total (1~12)</b>