

## 8. 每人每日熱量供給量

單位：卡路里

年別 產品別	民國88年 (1999)	民國89年 (2000)	民國90年 (2001)	民國91年 (2002)	民國92年 (2003)
<b>1. 穀類</b>	<b>879.09</b>	<b>864.97</b>	<b>843.02</b>	<b>845.32</b>	<b>859.23</b>
(1) 米	525.81	505.34	481.85	480.68	471.80
(2) 小麥	312.30	320.62	327.27	334.82	363.71
(3) 玉米	34.79	33.83	27.95	24.46	20.54
(4) 高粱	—	—	—	—	—
(5) 其他	6.19	5.19	5.96	5.36	3.18
<b>2. 薯類</b>	<b>124.26</b>	<b>128.00</b>	<b>114.83</b>	<b>99.93</b>	<b>106.43</b>
(1) 甘藷	8.27	7.41	7.04	7.10	7.38
(2) 樹薯	93.07	97.88	86.48	70.84	75.39
(3) 馬鈴薯	22.44	22.52	21.19	21.15	21.79
(4) 其他	0.48	0.20	0.13	0.84	1.88
<b>3. 糖及蜂蜜</b>	<b>254.16</b>	<b>289.15</b>	<b>260.23</b>	<b>247.64</b>	<b>271.77</b>
(1) 糖	250.89	285.53	258.53	245.64	268.92
(2) 蜂蜜	3.27	3.63	1.70	2.00	2.86
<b>4. 子仁及油籽類</b>	<b>224.82</b>	<b>230.88</b>	<b>212.36</b>	<b>243.76</b>	<b>243.22</b>
(1) 大豆	142.48	145.75	141.29	150.00	153.74
(2) 花生	18.55	21.64	15.37	22.00	20.53
(3) 芝麻	4.62	4.81	4.49	5.11	4.47
(4) 其他	59.17	58.68	51.21	66.66	64.47
<b>5. 蔬菜類</b>	<b>95.77</b>	<b>92.92</b>	<b>91.19</b>	<b>98.87</b>	<b>91.17</b>
(1) 葉菜類	18.96	16.86	15.29	17.86	16.19
(2) 根菜類	11.32	9.65	9.25	10.15	8.25
(3) 莖菜類	29.92	30.66	30.54	31.80	30.41
(4) 花果菜類	35.24	35.46	35.75	38.68	35.92
(5) 其他	0.33	0.29	0.36	0.38	0.41
<b>6. 果品類</b>	<b>143.13</b>	<b>130.38</b>	<b>129.36</b>	<b>140.63</b>	<b>139.17</b>
(1) 香蕉	10.67	9.80	11.20	12.54	11.74
(2) 鳳梨	10.08	9.95	10.59	11.34	12.02
(3) 柑桔類	17.62	15.86	15.24	15.29	16.44
(4) 瓜果類	10.96	9.91	9.07	11.45	9.06
(5) 其他	93.80	84.87	83.26	90.00	89.91
<b>7. 肉類</b>	<b>373.82</b>	<b>377.91</b>	<b>368.06</b>	<b>371.23</b>	<b>369.65</b>
(1) 豬肉	192.06	201.10	200.66	199.01	195.63
(2) 牛肉	20.96	18.44	17.28	19.89	21.60
(3) 羊肉	4.06	3.80	3.74	4.56	4.03
(4) 家禽肉	155.92	153.71	145.51	147.21	147.93
(5) 其他	0.82	0.87	0.86	0.56	0.47
<b>8. 蛋類</b>	<b>67.46</b>	<b>66.61</b>	<b>66.85</b>	<b>64.27</b>	<b>63.59</b>
<b>9. 水產類</b>	<b>79.84</b>	<b>72.81</b>	<b>68.58</b>	<b>72.66</b>	<b>86.21</b>
(1) 魚類	51.76	46.07	50.04	53.45	62.62
(2) 蝦蟹類	3.92	4.43	3.47	2.31	3.13
(3) 頭足類	14.96	13.95	7.22	5.78	7.62
(4) 貝介類	4.54	4.90	4.05	4.87	5.46
(5) 其他	0.66	0.53	0.58	0.56	0.52
(6) 乾漬	4.01	2.95	3.22	5.69	6.86
<b>10. 乳品類</b>	<b>93.18</b>	<b>92.33</b>	<b>89.85</b>	<b>92.91</b>	<b>87.33</b>
(1) 鮮奶	28.22	29.35	28.00	28.85	28.57
(2) 奶粉	57.43	55.03	53.99	55.23	49.39
(3) 其他	7.53	7.96	7.86	8.83	9.37
<b>11. 油脂類</b>	<b>638.82</b>	<b>602.58</b>	<b>561.01</b>	<b>603.81</b>	<b>605.62</b>
(1) 植物油	531.92	506.54	471.82	505.21	508.11
a. 大豆油	390.42	351.73	344.70	377.34	387.26
b. 花生油	8.20	9.57	6.80	9.71	9.05
c. 芝麻油	8.84	9.62	8.90	10.20	7.20
d. 其他	124.46	135.62	111.43	107.96	104.60
(2) 動物油	106.90	96.04	89.19	98.60	97.51
a. 豬油	25.08	23.95	20.81	33.75	33.04
b. 奶油	13.13	12.21	11.80	12.25	11.81
c. 其他	68.70	59.88	56.57	52.61	52.65
<b>合計</b>	<b>2,974.36</b>	<b>2,948.54</b>	<b>2,805.34</b>	<b>2,881.03</b>	<b>2,923.40</b>
<b>12. 酒類(參考)</b>	<b>73.81</b>	<b>73.39</b>	<b>74.74</b>	<b>53.63</b>	<b>53.42</b>
<b>合計(含酒類)</b>	<b>3,048.17</b>	<b>3,021.93</b>	<b>2,880.08</b>	<b>2,934.66</b>	<b>2,976.82</b>

## 8. Per Caput Per Day Energy Supply

Units : Kcal.

民國93年 (2004)	民國94年 (2005)	民國95年 (2006)	民國96年 (2007)	民國97年 (2008)	Year Category
<b>862.09</b>	<b>868.01</b>	<b>850.83</b>	<b>836.97</b>	<b>775.02</b>	<b>1. Cereals</b>
465.93	467.32	462.25	456.11	461.90	(1) Rice
372.51	374.39	363.12	355.05	287.58	(2) Wheat
18.39	20.72	20.38	21.35	21.16	(3) Corn
—	—	—	—	—	(4) Sorghum
5.26	5.58	5.09	4.46	4.37	(5) Others
<b>115.39</b>	<b>107.48</b>	<b>118.92</b>	<b>111.67</b>	<b>108.06</b>	<b>2. Starchy roots</b>
6.44	7.85	8.60	7.28	7.72	(1) Sweet Potatos
86.70	76.26	85.57	82.59	78.83	(2) Cassava
20.77	22.82	23.68	20.84	20.50	(3) Potatoes
1.48	0.55	1.08	0.96	1.01	(4) Others
<b>248.65</b>	<b>266.09</b>	<b>247.09</b>	<b>244.70</b>	<b>247.69</b>	<b>3. Sugars &amp; honey</b>
246.47	263.65	244.92	243.00	246.01	(1) Sugars
2.18	2.45	2.18	1.70	1.68	(2) Honey
<b>221.54</b>	<b>237.92</b>	<b>240.80</b>	<b>237.57</b>	<b>204.52</b>	<b>4. Pulses and oilseeds</b>
135.33	153.61	151.63	156.22	135.31	(1) Soybeans
19.48	15.71	20.37	14.64	16.22	(2) Peanuts
5.49	5.16	4.56	5.22	3.76	(3) Sesame
61.24	63.44	64.24	61.49	49.24	(4) Others
<b>92.02</b>	<b>87.28</b>	<b>90.47</b>	<b>86.17</b>	<b>85.34</b>	<b>5. Vegetables</b>
16.49	15.48	16.61	14.77	15.75	(1) Green leafy
8.29	9.82	9.56	9.59	9.26	(2) Roots
31.42	29.19	29.40	30.79	29.49	(3) Bulbs & tubers
35.37	32.36	34.49	30.63	30.40	(4) Flowers & fruits
0.45	0.42	0.40	0.39	0.44	(5) Mushrooms
<b>134.11</b>	<b>120.56</b>	<b>133.83</b>	<b>128.00</b>	<b>124.06</b>	<b>6. Fruits</b>
10.57	8.22	12.13	12.92	12.06	(1) Bananas
12.28	11.80	13.15	12.42	11.89	(2) Pineapples
17.94	16.35	18.19	15.27	18.36	(3) Citrus
8.53	6.32	6.92	5.92	5.39	(4) Melons
84.80	77.87	83.45	81.46	76.36	(5) Others
<b>373.63</b>	<b>370.22</b>	<b>379.94</b>	<b>358.51</b>	<b>349.10</b>	<b>7. Meat</b>
198.25	195.25	197.96	191.22	184.81	(1) Pork
17.49	20.30	21.80	21.29	21.61	(2) Beef
4.65	4.83	4.57	4.18	4.67	(3) Mutton
152.82	149.37	155.50	141.73	137.94	(4) Poultry
0.42	0.46	0.10	0.09	0.07	(5) Others
<b>62.20</b>	<b>58.67</b>	<b>59.55</b>	<b>60.08</b>	<b>58.00</b>	<b>8. Eggs</b>
<b>68.39</b>	<b>70.58</b>	<b>55.63</b>	<b>69.33</b>	<b>72.74</b>	<b>9. Fish &amp; sea food</b>
49.40	49.64	34.49	40.00	38.43	(1) Fish
3.12	3.42	3.11	3.71	4.91	(2) Shrimps & crabs
3.33	3.65	6.17	13.79	11.81	(3) Cephalopods
5.20	5.92	5.93	5.97	7.74	(4) Shell fish
0.53	0.33	0.36	0.46	0.41	(5) Others
6.81	7.63	5.58	5.40	9.45	(6) Dried (salted)
<b>84.46</b>	<b>80.14</b>	<b>82.24</b>	<b>79.60</b>	<b>65.71</b>	<b>10. Milk</b>
26.21	24.62	25.88	25.52	24.92	(1) Fresh
48.14	46.20	47.13	45.46	32.19	(2) Powdered
10.11	9.31	9.23	8.62	8.61	(3) Others
<b>576.79</b>	<b>632.82</b>	<b>583.80</b>	<b>607.72</b>	<b>528.54</b>	<b>11. Oils and fats</b>
477.82	527.19	493.36	508.30	436.69	(1) Vegetable
347.11	388.09	365.07	386.94	327.54	a. Soybean
8.55	6.89	8.95	6.39	7.10	b. Peanut
9.08	9.40	7.84	8.51	5.45	c. Sesame
113.08	122.80	111.50	106.46	96.60	d. Others
98.97	105.64	90.44	99.42	91.85	(2) Animal
28.97	30.23	23.71	22.10	19.09	a. Lard
12.59	14.18	11.74	14.44	8.74	b. Butter
57.40	61.23	54.99	62.87	64.02	c. Others
<b>2,839.25</b>	<b>2,899.78</b>	<b>2,843.12</b>	<b>2,820.31</b>	<b>2,618.78</b>	<b>Grand total (1~11)</b>
<b>52.33</b>	<b>49.57</b>	<b>57.06</b>	<b>55.77</b>	<b>53.85</b>	<b>12. Wine &amp; beer(reference)</b>
<b>2,891.58</b>	<b>2,949.35</b>	<b>2,900.19</b>	<b>2,876.08</b>	<b>2,672.63</b>	<b>Grand total (1~12)</b>