

9. 每人每日蛋白質供給量

單位：公克

| 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) |
|------------------|-----------------|-----------------|-----------------|-----------------|-----------------|
| 1. 穀類 | 20.04 | 19.85 | 19.61 | 19.85 | 20.51 |
| (1) 米 | 9.79 | 9.39 | 8.95 | 8.93 | 8.77 |
| (2) 小麥 | 9.80 | 10.06 | 10.27 | 10.51 | 11.42 |
| (3) 玉米 | 0.27 | 0.25 | 0.22 | 0.26 | 0.24 |
| (4) 高粱 | — | — | — | — | — |
| (5) 其他 | 0.18 | 0.15 | 0.17 | 0.16 | 0.09 |
| 2. 薯類 | 0.84 | 0.84 | 0.79 | 0.78 | 0.81 |
| (1) 甘藷 | 0.07 | 0.06 | 0.06 | 0.06 | 0.06 |
| (2) 樹薯 | 0.03 | 0.03 | 0.03 | 0.02 | 0.02 |
| (3) 馬鈴薯 | 0.75 | 0.75 | 0.71 | 0.71 | 0.73 |
| (4) 其他 | — | — | — | — | 0.00 |
| 3. 糖及蜂蜜 | 0.01 | 0.01 | 0.01 | 0.01 | 0.01 |
| (1) 糖 | 0.01 | 0.01 | 0.01 | 0.01 | 0.01 |
| (2) 蜂蜜 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 4. 子仁及油籽類 | 17.79 | 18.20 | 17.12 | 18.94 | 19.16 |
| (1) 大豆 | 13.49 | 13.80 | 13.38 | 14.21 | 14.56 |
| (2) 花生 | 1.06 | 1.23 | 0.88 | 1.25 | 1.17 |
| (3) 芝麻 | 0.15 | 0.16 | 0.15 | 0.17 | 0.15 |
| (4) 其他 | 3.09 | 3.01 | 2.72 | 3.32 | 3.28 |
| 5. 蔬菜類 | 5.14 | 5.05 | 4.92 | 5.31 | 5.05 |
| (1) 葉菜類 | 1.28 | 1.12 | 1.01 | 1.20 | 1.12 |
| (2) 根菜類 | 0.36 | 0.30 | 0.28 | 0.31 | 0.25 |
| (3) 莖菜類 | 1.55 | 1.56 | 1.52 | 1.59 | 1.56 |
| (4) 花果菜類 | 1.93 | 2.04 | 2.08 | 2.17 | 2.08 |
| (5) 菇類 | 0.03 | 0.03 | 0.03 | 0.03 | 0.04 |
| 6. 果品類 | 2.39 | 2.17 | 2.15 | 2.37 | 2.33 |
| (1) 香蕉 | 0.15 | 0.14 | 0.16 | 0.18 | 0.17 |
| (2) 鳳梨 | 0.20 | 0.20 | 0.21 | 0.22 | 0.24 |
| (3) 柑桔類 | 0.36 | 0.32 | 0.31 | 0.31 | 0.34 |
| (4) 瓜果類 | 0.29 | 0.26 | 0.24 | 0.30 | 0.24 |
| (5) 其他 | 1.40 | 1.25 | 1.23 | 1.35 | 1.35 |
| 7. 肉類 | 26.14 | 26.42 | 25.69 | 25.86 | 25.76 |
| (1) 豬肉 | 13.78 | 14.43 | 14.40 | 14.28 | 14.04 |
| (2) 牛肉 | 1.16 | 1.02 | 0.96 | 1.10 | 1.19 |
| (3) 羊肉 | 0.39 | 0.36 | 0.36 | 0.43 | 0.38 |
| (4) 家禽肉 | 10.68 | 10.47 | 9.84 | 9.96 | 10.07 |
| (5) 其他 | 0.13 | 0.14 | 0.14 | 0.09 | 0.07 |
| 8. 蛋類 | 5.64 | 5.57 | 5.59 | 5.37 | 5.31 |
| 9. 水產類 | 13.93 | 12.61 | 10.73 | 10.77 | 11.99 |
| (1) 魚類 | 8.32 | 7.27 | 7.35 | 7.75 | 8.22 |
| (2) 蝦蟹類 | 0.83 | 0.94 | 0.73 | 0.49 | 0.66 |
| (3) 頭足類 | 3.37 | 3.14 | 1.62 | 1.30 | 1.71 |
| (4) 貝介類 | 0.72 | 0.79 | 0.64 | 0.77 | 0.87 |
| (5) 其他 | 0.05 | 0.04 | 0.04 | 0.04 | 0.04 |
| (6) 乾漬 | 0.63 | 0.43 | 0.34 | 0.42 | 0.48 |
| 10. 乳品類 | 6.07 | 5.97 | 5.82 | 6.00 | 5.58 |
| (1) 鮮奶 | 1.41 | 1.47 | 1.40 | 1.44 | 1.43 |
| (2) 奶粉 | 4.27 | 4.09 | 4.01 | 4.11 | 3.67 |
| (3) 其他 | 0.39 | 0.41 | 0.41 | 0.45 | 0.48 |
| 11. 油脂類 | 0.02 | 0.02 | 0.02 | 0.02 | 0.02 |
| (1) 植物油脂 | — | — | — | — | — |
| a. 大豆油 | — | — | — | — | — |
| b. 花生油 | — | — | — | — | — |
| c. 芝麻油 | — | — | — | — | — |
| d. 其他 | — | — | — | — | — |
| (2) 動物油脂 | 0.02 | 0.02 | 0.02 | 0.02 | 0.02 |
| a. 豬油 | — | — | — | — | — |
| b. 奶油 | 0.02 | 0.01 | 0.01 | 0.01 | 0.01 |
| c. 其他 | 0.00 | 0.00 | 0.00 | 0.00 | 0.00 |
| 合計 | 97.99 | 96.69 | 92.44 | 95.28 | 96.52 |

9. Per Caput Per Day Protein Supply

Units : Gm.

| 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 |
|-----------------|-----------------|-----------------|-----------------|-----------------|-------------------------------|
| 20.71 | 20.80 | 20.33 | 19.95 | 17.91 | 1. Cereals |
| 8.65 | 8.69 | 8.58 | 8.49 | 8.59 | (1) Rice |
| 11.69 | 11.75 | 11.40 | 11.15 | 9.03 | (2) Wheat |
| 0.21 | 0.20 | 0.20 | 0.19 | 0.16 | (3) Corn |
| — | — | — | — | — | (4) Sorghum |
| 0.15 | 0.16 | 0.15 | 0.13 | 0.13 | (5) Others |
| 0.77 | 0.85 | 0.88 | 0.78 | 0.77 | 2. Starchy roots |
| 0.05 | 0.06 | 0.07 | 0.06 | 0.06 | (1) Sweet Potatos |
| 0.03 | 0.02 | 0.02 | 0.02 | 0.02 | (2) Cassava |
| 0.69 | 0.76 | 0.79 | 0.70 | 0.68 | (3) Potatoes |
| — | — | — | — | — | (4) Others |
| 0.01 | 0.01 | 0.01 | 0.01 | 0.01 | 3. Sugars & honey |
| 0.01 | 0.01 | 0.01 | 0.01 | 0.01 | (1) Sugars |
| 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | (2) Honey |
| 17.19 | 18.82 | 18.96 | 18.99 | 16.42 | 4. Pulses and oilseeds |
| 12.82 | 14.55 | 14.36 | 14.80 | 12.81 | (1) Soybeans |
| 1.11 | 0.89 | 1.16 | 0.83 | 0.92 | (2) Peanuts |
| 0.18 | 0.17 | 0.15 | 0.17 | 0.12 | (3) Sesame |
| 3.08 | 3.21 | 3.29 | 3.19 | 2.56 | (4) Others |
| 5.10 | 4.58 | 4.81 | 4.40 | 4.36 | 5. Vegetables |
| 1.15 | 1.06 | 1.13 | 1.01 | 1.08 | (1) Green leafy |
| 0.26 | 0.30 | 0.29 | 0.28 | 0.28 | (2) Roots |
| 1.58 | 1.35 | 1.46 | 1.45 | 1.39 | (3) Bulbs & tubers |
| 2.08 | 1.83 | 1.89 | 1.62 | 1.57 | (4) Flowers & fruits |
| 0.04 | 0.04 | 0.04 | 0.04 | 0.04 | (5) Mushrooms |
| 2.25 | 2.01 | 2.23 | 2.09 | 2.04 | 6. Fruits |
| 0.15 | 0.12 | 0.17 | 0.19 | 0.17 | (1) Bananas |
| 0.24 | 0.23 | 0.26 | 0.24 | 0.23 | (2) Pineapples |
| 0.37 | 0.33 | 0.37 | 0.31 | 0.37 | (3) Citrus |
| 0.22 | 0.17 | 0.18 | 0.16 | 0.14 | (4) Melons |
| 1.27 | 1.16 | 1.25 | 1.20 | 1.12 | (5) Others |
| 26.11 | 25.81 | 26.38 | 24.90 | 24.29 | 7. Meat |
| 14.23 | 14.01 | 14.21 | 13.72 | 13.26 | (1) Pork |
| 0.97 | 1.12 | 1.20 | 1.18 | 1.19 | (2) Beef |
| 0.44 | 0.46 | 0.43 | 0.40 | 0.44 | (3) Mutton |
| 10.41 | 10.15 | 10.52 | 9.59 | 9.38 | (4) Poultry |
| 0.07 | 0.07 | 0.02 | 0.01 | 0.01 | (5) Others |
| 5.21 | 4.89 | 4.97 | 5.01 | 4.84 | 8. Eggs |
| 9.36 | 8.58 | 8.15 | 11.21 | 10.10 | 9. Fish & sea food |
| 6.63 | 5.56 | 4.79 | 5.95 | 4.48 | (1) Fish |
| 0.66 | 0.72 | 0.66 | 0.79 | 1.04 | (2) Shrimps & crabs |
| 0.75 | 0.82 | 1.39 | 3.11 | 2.66 | (3) Cephalopods |
| 0.84 | 0.96 | 0.95 | 0.95 | 1.28 | (4) Shell fish |
| 0.04 | 0.03 | 0.03 | 0.03 | 0.03 | (5) Others |
| 0.44 | 0.49 | 0.35 | 0.37 | 0.62 | (6) Dried (salted) |
| 5.40 | 5.14 | 5.25 | 5.06 | 4.05 | 10. Milk |
| 1.31 | 1.23 | 1.29 | 1.28 | 1.25 | (1) Fresh |
| 3.58 | 3.43 | 3.50 | 3.38 | 2.39 | (2) Powdered |
| 0.52 | 0.47 | 0.45 | 0.40 | 0.41 | (3) Others |
| 0.02 | 0.02 | 0.02 | 0.02 | 0.01 | 11. Oils and fats |
| — | — | — | — | — | (1) Vegetable |
| — | — | — | — | — | a. Soybean |
| — | — | — | — | — | b. Peanut |
| — | — | — | — | — | c. Sesame |
| — | — | — | — | — | d. Others |
| 0.02 | 0.02 | 0.02 | 0.02 | 0.01 | (2) Animal |
| — | — | — | — | — | a. Lard |
| 0.02 | 0.02 | 0.01 | 0.02 | 0.01 | b. Butter |
| 0.00 | 0.00 | 0.00 | 0.00 | 0.00 | c. Others |
| 92.12 | 91.49 | 91.98 | 92.42 | 84.79 | Grand total (1~11) |