

## 8. 每人每日熱量供給量

單位：大卡

年別 產品別	民國95年 (2006)	民國96年 (2007)	民國97年 (2008)	民國98年 (2009)	民國99年 (2010)
<b>1. 穀類</b>	<b>801.09</b>	<b>830.61</b>	<b>774.19</b>	<b>825.02</b>	<b>807.28</b>
(1) 米	460.25	454.45	458.65	450.56	442.28
(2) 小麥	315.38	350.34	290.05	349.43	337.30
(3) 玉米	20.38	21.35	21.13	20.47	22.71
(4) 高粱	-	-	-	-	-
(5) 其他	5.09	4.46	4.36	4.54	4.98
<b>2. 薯類</b>	<b>118.92</b>	<b>111.67</b>	<b>107.77</b>	<b>109.99</b>	<b>106.36</b>
(1) 甘藷	8.60	7.28	7.70	8.28	7.54
(2) 樹薯	85.57	82.59	78.61	78.87	72.34
(3) 馬鈴薯	23.68	20.84	20.44	22.43	25.99
(4) 其他	1.08	0.96	1.01	0.42	0.49
<b>3. 糖及蜂蜜</b>	<b>247.09</b>	<b>244.70</b>	<b>247.01</b>	<b>257.30</b>	<b>244.15</b>
(1) 糖	244.92	243.00	245.34	256.63	241.41
(2) 蜂蜜	2.18	1.70	1.68	0.67	2.74
<b>4. 子仁及油籽類</b>	<b>240.80</b>	<b>237.57</b>	<b>203.97</b>	<b>216.62</b>	<b>220.18</b>
(1) 大豆	151.63	156.22	134.94	143.54	145.44
(2) 花生	20.37	14.64	16.17	16.40	18.48
(3) 芝麻	4.56	5.22	3.75	5.69	5.83
(4) 其他	64.24	61.49	49.10	50.98	50.43
<b>5. 蔬菜類</b>	<b>78.71</b>	<b>75.24</b>	<b>73.79</b>	<b>73.55</b>	<b>73.88</b>
(1) 葉菜類	16.61	14.77	15.70	16.21	15.43
(2) 根菜類	9.56	9.59	9.24	9.03	8.44
(3) 莖菜類	29.40	30.79	29.41	28.26	29.63
(4) 花果菜類	22.73	19.70	19.01	19.73	20.06
(5) 菇類	0.40	0.39	0.44	0.32	0.32
<b>6. 果品類</b>	<b>133.83</b>	<b>128.00</b>	<b>123.72</b>	<b>116.66</b>	<b>126.80</b>
(1) 香蕉	12.13	12.92	12.03	9.92	16.70
(2) 鳳梨	13.15	12.42	11.86	11.21	10.86
(3) 柑桔類	18.19	15.27	18.31	17.76	17.16
(4) 瓜果類	6.91	5.92	5.37	5.55	5.70
(5) 其他	83.45	81.46	76.15	72.21	76.38
<b>7. 肉類</b>	<b>379.94</b>	<b>358.51</b>	<b>348.14</b>	<b>356.60</b>	<b>367.18</b>
(1) 豬肉	197.96	191.22	184.30	188.86	183.25
(2) 牛肉	21.80	21.29	21.55	23.44	27.41
(3) 羊肉	4.57	4.18	4.65	3.30	3.85
(4) 家禽	155.50	141.73	137.57	140.93	152.59
(5) 其他	0.10	0.09	0.07	0.07	0.09
<b>8. 蛋類</b>	<b>59.55</b>	<b>60.08</b>	<b>57.84</b>	<b>57.08</b>	<b>59.76</b>
<b>9. 水產類</b>	<b>53.34</b>	<b>68.33</b>	<b>68.37</b>	<b>58.17</b>	<b>68.34</b>
(1) 魚類	34.59	40.96	37.82	37.13	45.04
(2) 蝦蟹類	3.11	3.71	4.89	5.03	5.96
(3) 頭足類	6.17	13.80	11.77	2.34	3.47
(4) 貝介類	5.93	5.97	7.72	6.81	8.16
(5) 其他	0.36	0.46	0.42	0.37	0.38
(6) 乾漬	3.18	3.43	5.74	6.48	5.33
<b>10. 乳品類</b>	<b>82.24</b>	<b>79.60</b>	<b>65.53</b>	<b>73.87</b>	<b>73.04</b>
(1) 鮮奶	25.88	25.52	24.85	25.62	26.91
(2) 奶粉	47.13	45.46	32.10	38.74	36.79
(3) 其他	9.23	8.62	8.58	9.51	9.33
<b>11. 油脂類</b>	<b>563.85</b>	<b>587.26</b>	<b>509.48</b>	<b>535.26</b>	<b>547.24</b>
(1) 植物油	473.40	487.84	417.88	437.39	445.51
a. 大豆油	345.13	366.48	308.95	328.44	324.97
b. 花生油	8.95	6.39	7.08	7.18	8.08
c. 芝麻油	7.84	8.51	5.44	8.75	9.13
d. 其他	111.49	106.45	96.41	93.02	103.34
(2) 動物油脂	90.44	99.42	91.60	97.87	101.73
a. 豬油	23.71	22.10	19.04	19.67	19.21
b. 奶油	11.74	14.44	8.72	9.84	11.66
c. 其他	54.99	62.87	63.84	68.36	70.86
<b>合計</b>	<b>2,759.38</b>	<b>2,781.55</b>	<b>2,579.82</b>	<b>2,680.12</b>	<b>2,694.20</b>
<b>12. 酒類(參考)</b>	<b>57.06</b>	<b>55.77</b>	<b>53.70</b>	<b>56.51</b>	<b>59.32</b>
<b>合計(含酒類)</b>	<b>2,816.44</b>	<b>2,837.32</b>	<b>2,633.52</b>	<b>2,736.63</b>	<b>2,753.52</b>

## 8. Per Caput Per Day Energy Supply

Units : Kcal.

民國100年 (2011)	民國101年 (2012)	民國102年 (2013)	民國103年 (2014)	民國104年 (2015)	Year Category
<b>806.91</b>	<b>810.14</b>	<b>809.79</b>	<b>816.81</b>	<b>820.81</b>	<b>1. Cereals</b>
430.57	435.98	430.58	437.70	437.36	(1) Rice
351.00	351.45	358.66	360.38	364.88	(2) Wheat
20.90	18.35	16.12	14.78	14.72	(3) Corn
-	-	-	-	-	(4) Sorghum
4.43	4.36	4.43	3.96	3.85	(5) Others
<b>103.47</b>	<b>118.72</b>	<b>113.97</b>	<b>110.14</b>	<b>113.41</b>	<b>2. Starchy roots</b>
7.38	7.85	7.66	8.36	8.18	(1) Sweet Potatos
76.02	89.34	80.44	80.76	81.02	(2) Cassava
20.07	21.53	25.87	21.02	24.21	(3) Potatoes
-	-	-	-	-	(4) Others
<b>244.84</b>	<b>260.73</b>	<b>262.52</b>	<b>273.16</b>	<b>280.98</b>	<b>3. Sugars &amp; honey</b>
239.51	255.99	258.77	268.69	277.51	(1) Sugars
5.33	4.74	3.75	4.46	3.47	(2) Honey
<b>219.40</b>	<b>224.14</b>	<b>209.86</b>	<b>225.27</b>	<b>239.05</b>	<b>4. Pulses and oilseeds</b>
138.84	148.37	132.59	142.84	159.17	(1) Soybeans
19.01	16.01	13.73	19.26	17.49	(2) Peanuts
5.24	4.94	5.22	6.25	5.28	(3) Sesame
56.31	54.82	58.32	56.92	57.11	(4) Others
<b>75.30</b>	<b>71.78</b>	<b>73.66</b>	<b>75.75</b>	<b>72.74</b>	<b>5. Vegetables</b>
17.27	17.05	16.61	16.75	16.90	(1) Green leafy
7.35	7.26	8.57	8.99	8.18	(2) Roots
28.97	26.22	25.59	27.93	25.13	(3) Bulbs & tubers
21.35	20.89	22.57	21.75	22.15	(4) Flowers & fruits
0.36	0.36	0.33	0.34	0.39	(5) Mushrooms
<b>131.49</b>	<b>124.44</b>	<b>123.34</b>	<b>125.17</b>	<b>120.35</b>	<b>6. Fruits</b>
17.76	17.06	16.93	17.59	16.07	(1) Bananas
10.45	10.05	10.60	11.40	12.07	(2) Pineapples
18.06	17.09	16.45	17.49	14.94	(3) Citrus
6.18	5.84	5.32	5.30	5.48	(4) Melons
79.04	74.39	74.04	73.38	71.79	(5) Others
<b>373.35</b>	<b>362.42</b>	<b>345.97</b>	<b>365.28</b>	<b>378.59</b>	<b>7. Meat</b>
184.80	183.71	173.13	175.59	186.13	(1) Pork
27.11	24.47	27.07	28.85	28.32	(2) Beef
3.41	3.06	3.11	3.62	3.35	(3) Goats & Sheep
157.92	151.09	142.56	157.08	160.67	(4) Poultry
0.09	0.08	0.11	0.13	0.12	(5) Others
<b>58.84</b>	<b>59.15</b>	<b>59.10</b>	<b>59.49</b>	<b>59.93</b>	<b>8. Eggs</b>
<b>75.68</b>	<b>74.51</b>	<b>73.00</b>	<b>75.68</b>	<b>56.45</b>	<b>9. Fish &amp; sea food</b>
48.45	46.82	45.25	48.93	32.00	(1) Fish
5.65	6.10	6.09	5.97	5.31	(2) Shrimps & crabs
7.57	7.56	7.88	7.04	10.66	(3) Cephalopods
7.87	8.42	8.55	8.32	2.95	(4) Shell fish
0.46	0.32	0.38	0.36	0.19	(5) Others
5.69	5.29	4.85	5.06	5.34	(6) Dried (salted)
<b>75.82</b>	<b>72.03</b>	<b>76.00</b>	<b>79.26</b>	<b>85.58</b>	<b>10. Milk</b>
27.99	27.45	27.80	28.56	29.67	(1) Fresh
38.20	35.16	37.23	37.19	39.17	(2) Powdered
9.63	9.42	10.97	13.51	16.74	(3) Others
<b>509.66</b>	<b>552.15</b>	<b>497.48</b>	<b>559.20</b>	<b>583.61</b>	<b>11. Oils and fats</b>
405.78	441.99	400.72	466.45	493.68	(1) Vegetable
291.81	325.56	282.58	323.71	348.29	a. Soybean
8.29	6.94	5.96	8.47	7.70	b. Peanut
7.50	5.73	7.62	12.00	11.36	c. Sesame
98.17	103.76	104.57	122.27	126.33	d. Others
103.89	110.16	96.76	92.76	89.93	(2) Animal
19.50	19.45	20.14	25.62	25.34	a. Lard
13.98	12.98	11.76	16.54	21.55	b. Butter
70.41	77.73	64.87	50.60	43.05	c. Others
<b>2,674.77</b>	<b>2,730.21</b>	<b>2,644.71</b>	<b>2,765.21</b>	<b>2,811.50</b>	<b>Grand total (1~11)</b>
<b>63.95</b>	<b>66.47</b>	<b>63.19</b>	<b>64.96</b>	<b>65.74</b>	<b>12. Wine &amp; beer(reference)</b>
<b>2,738.72</b>	<b>2,796.68</b>	<b>2,707.90</b>	<b>2,830.18</b>	<b>2,877.24</b>	<b>Grand total (1~12)</b>