

## 8. 每人每日熱量供給量

單位：卡路里

年別 產品別	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)
<b>1. 穀類</b>	<b>864.97</b>	<b>843.02</b>	<b>845.32</b>	<b>859.23</b>	<b>862.08</b>
(1) 米	505.34	481.85	480.68	471.80	465.93
(2) 小麥	320.62	327.27	334.82	363.71	372.50
(3) 玉米	33.83	27.95	24.46	20.54	18.39
(4) 高粱	—	—	—	—	—
(5) 其他	5.19	5.96	5.36	3.18	5.26
<b>2. 薯類</b>	<b>128.00</b>	<b>114.82</b>	<b>99.91</b>	<b>106.40</b>	<b>115.34</b>
(1) 甘藷	7.41	7.04	7.10	7.38	6.44
(2) 樹薯	97.87	86.47	70.82	75.36	86.65
(3) 馬鈴薯	22.52	21.18	21.15	21.79	20.77
(4) 其他	0.20	0.13	0.84	1.88	1.48
<b>3. 糖及蜂蜜</b>	<b>289.15</b>	<b>260.23</b>	<b>247.64</b>	<b>271.77</b>	<b>248.65</b>
(1) 糖	285.53	258.53	245.64	268.92	246.47
(2) 蜂蜜	3.63	1.70	2.00	2.85	2.18
<b>4. 子仁及油籽類</b>	<b>230.88</b>	<b>212.36</b>	<b>243.76</b>	<b>243.22</b>	<b>221.54</b>
(1) 大豆	145.75	141.29	150.00	153.74	135.33
(2) 花生	21.64	15.37	22.00	20.53	19.48
(3) 芝麻	4.81	4.49	5.11	4.47	5.49
(4) 其他	58.68	51.21	66.66	64.47	61.24
<b>5. 蔬菜類</b>	<b>92.92</b>	<b>91.19</b>	<b>98.87</b>	<b>91.17</b>	<b>92.02</b>
(1) 葉菜類	16.86	15.29	17.86	16.19	16.49
(2) 根菜類	9.65	9.25	10.15	8.25	8.29
(3) 莖菜類	30.66	30.54	31.80	30.41	31.42
(4) 花果菜類	35.46	35.75	38.68	35.92	35.37
(5) 菇類	0.29	0.36	0.38	0.41	0.45
<b>6. 果品類</b>	<b>130.38</b>	<b>129.36</b>	<b>140.63</b>	<b>139.17</b>	<b>134.11</b>
(1) 香蕉	9.80	11.20	12.54	11.74	10.57
(2) 鳳梨	9.95	10.59	11.34	12.01	12.28
(3) 柑桔類	15.86	15.24	15.29	16.44	17.94
(4) 瓜果類	9.91	9.07	11.45	9.06	8.53
(5) 其他	84.86	83.26	90.00	89.91	84.80
<b>7. 肉類</b>	<b>377.91</b>	<b>368.06</b>	<b>371.23</b>	<b>369.65</b>	<b>373.63</b>
(1) 豬肉	201.10	200.66	199.01	195.63	198.25
(2) 牛肉	18.44	17.28	19.89	21.60	17.49
(3) 羊肉	3.80	3.74	4.56	4.03	4.65
(4) 家禽肉	153.71	145.51	147.21	147.92	152.82
(5) 其他	0.87	0.86	0.56	0.47	0.41
<b>8. 蛋類</b>	<b>66.61</b>	<b>66.84</b>	<b>64.27</b>	<b>63.59</b>	<b>62.20</b>
<b>9. 水產類</b>	<b>72.81</b>	<b>68.58</b>	<b>72.66</b>	<b>86.21</b>	<b>68.39</b>
(1) 魚類	46.07	50.04	53.45	62.62	49.40
(2) 蝦蟹類	4.43	3.47	2.31	3.13	3.12
(3) 頭足類	13.94	7.22	5.78	7.62	3.33
(4) 貝介類	4.90	4.05	4.87	5.46	5.20
(5) 其他	0.53	0.58	0.56	0.52	0.52
(6) 乾漬	2.95	3.22	5.69	6.86	6.81
<b>10. 乳品類</b>	<b>92.33</b>	<b>89.85</b>	<b>92.91</b>	<b>87.33</b>	<b>84.46</b>
(1) 鮮奶	29.34	28.00	28.85	28.57	26.21
(2) 奶粉	55.02	53.99	55.23	49.39	48.14
(3) 其他	7.96	7.86	8.83	9.37	10.11
<b>11. 油脂類</b>	<b>602.58</b>	<b>561.01</b>	<b>603.81</b>	<b>605.62</b>	<b>576.79</b>
(1) 植物油脂	506.54	471.82	505.21	508.11	477.82
a. 大豆油	351.73	344.70	377.34	387.26	347.11
b. 花生油	9.57	6.79	9.71	9.05	8.55
c. 芝麻油	9.62	8.90	10.20	7.20	9.08
d. 其他	135.62	111.43	107.96	104.60	113.08
(2) 動物油脂	96.04	89.18	98.60	97.51	98.97
a. 豬油	23.95	20.81	33.75	33.04	28.97
b. 奶油	12.21	11.80	12.25	11.81	12.59
c. 其他	59.88	56.57	52.61	52.65	57.40
<b>合計</b>	<b>2,948.53</b>	<b>2,805.32</b>	<b>2,881.01</b>	<b>2,923.37</b>	<b>2,839.21</b>
<b>12. 酒類(參考)</b>	<b>73.39</b>	<b>74.74</b>	<b>53.63</b>	<b>53.42</b>	<b>52.33</b>
<b>合計(含酒類)</b>	<b>3,021.92</b>	<b>2,880.07</b>	<b>2,934.64</b>	<b>2,976.79</b>	<b>2,891.54</b>

## 8. Per Caput Per Day Energy Supply

Units : Kcal.

民國94年 (2005)	民國95年 (2006)	民國96年 (2007)	民國97年 (2008)	民國98年 (2009)	Year Category
<b>868.01</b>	<b>850.83</b>	<b>836.97</b>	<b>774.79</b>	<b>841.66</b>	<b>1. Cereals</b>
467.32	462.25	456.11	461.65	462.41	(1) Rice
374.39	363.12	355.05	287.58	354.23	(2) Wheat
20.72	20.38	21.35	21.19	20.47	(3) Corn
—	—	—	—	—	(4) Sorghum
5.58	5.09	4.46	4.37	4.54	(5) Others
<b>107.41</b>	<b>118.92</b>	<b>111.67</b>	<b>108.06</b>	<b>109.99</b>	<b>2. Starchy roots</b>
7.85	8.60	7.28	7.72	8.28	(1) Sweet Potatos
76.19	85.57	82.59	78.83	78.87	(2) Cassava
22.82	23.68	20.84	20.50	22.43	(3) Potatoes
0.55	1.08	0.96	1.01	0.42	(4) Others
<b>266.09</b>	<b>247.09</b>	<b>244.70</b>	<b>247.69</b>	<b>257.30</b>	<b>3. Sugars &amp; honey</b>
263.65	244.92	243.00	246.01	256.63	(1) Sugars
2.45	2.18	1.70	1.68	0.67	(2) Honey
<b>237.92</b>	<b>240.80</b>	<b>237.57</b>	<b>204.52</b>	<b>216.62</b>	<b>4. Pulses and oilseeds</b>
153.61	151.63	156.22	135.31	143.54	(1) Soybeans
15.71	20.37	14.64	16.22	16.40	(2) Peanuts
5.16	4.56	5.22	3.76	5.69	(3) Sesame
63.44	64.24	61.49	49.24	50.98	(4) Others
<b>87.28</b>	<b>90.47</b>	<b>86.17</b>	<b>85.34</b>	<b>85.31</b>	<b>5. Vegetables</b>
15.48	16.61	14.77	15.75	16.21	(1) Green leafy
9.82	9.56	9.59	9.26	9.03	(2) Roots
29.19	29.40	30.79	29.49	28.26	(3) Bulbs & tubers
32.36	34.49	30.63	30.40	31.49	(4) Flowers & fruits
0.42	0.40	0.39	0.44	0.32	(5) Mushrooms
<b>120.56</b>	<b>133.83</b>	<b>128.00</b>	<b>124.06</b>	<b>116.66</b>	<b>6. Fruits</b>
8.22	12.13	12.92	12.06	9.92	(1) Bananas
11.80	13.15	12.42	11.89	11.21	(2) Pineapples
16.35	18.19	15.27	18.36	17.76	(3) Citrus
6.32	6.91	5.92	5.38	5.55	(4) Melons
77.87	83.45	81.46	76.36	72.21	(5) Others
<b>370.22</b>	<b>379.94</b>	<b>358.51</b>	<b>349.10</b>	<b>356.60</b>	<b>7. Meat</b>
195.25	197.96	191.22	184.81	188.86	(1) Pork
20.30	21.80	21.29	21.61	23.44	(2) Beef
4.83	4.57	4.18	4.67	3.30	(3) Mutton
149.37	155.50	141.73	137.94	140.93	(4) Poultry
0.46	0.10	0.09	0.07	0.07	(5) Others
<b>58.67</b>	<b>59.55</b>	<b>60.08</b>	<b>58.00</b>	<b>57.08</b>	<b>8. Eggs</b>
<b>71.25</b>	<b>55.63</b>	<b>69.31</b>	<b>72.76</b>	<b>60.04</b>	<b>9. Fish &amp; sea food</b>
50.30	34.49	39.98	38.45	39.97	(1) Fish
3.42	3.11	3.71	4.90	5.47	(2) Shrimps & crabs
3.65	6.17	13.79	11.81	2.63	(3) Cephalopods
5.92	5.93	5.97	7.74	6.81	(4) Shell fish
0.33	0.36	0.46	0.41	0.40	(5) Others
7.62	5.58	5.40	9.45	4.77	(6) Dried (salted)
<b>80.13</b>	<b>82.24</b>	<b>79.60</b>	<b>65.71</b>	<b>73.87</b>	<b>10. Milk</b>
24.62	25.88	25.52	24.92	25.62	(1) Fresh
46.20	47.13	45.46	32.19	38.74	(2) Powdered
9.31	9.23	8.62	8.61	9.51	(3) Others
<b>632.82</b>	<b>563.85</b>	<b>587.26</b>	<b>510.88</b>	<b>535.26</b>	<b>11. Oils and fats</b>
527.19	473.40	487.84	419.02	437.39	(1) Vegetable
388.09	345.13	366.48	309.79	328.44	a. Soybean
6.89	8.95	6.39	7.10	7.18	b. Peanut
9.40	7.84	8.51	5.45	8.75	c. Sesame
122.80	111.49	106.45	96.68	93.02	d. Others
105.64	90.44	99.42	91.85	97.87	(2) Animal
30.23	23.71	22.10	19.09	19.67	a. Lard
14.18	11.74	14.44	8.74	9.84	b. Butter
61.23	54.99	62.87	64.02	68.36	c. Others
<b>2,900.37</b>	<b>2,823.17</b>	<b>2,799.82</b>	<b>2,600.91</b>	<b>2,710.39</b>	<b>Grand total (1~11)</b>
<b>49.57</b>	<b>57.06</b>	<b>55.77</b>	<b>53.85</b>	<b>56.51</b>	<b>12. Wine &amp; beer(reference)</b>
<b>2,949.94</b>	<b>2,880.23</b>	<b>2,855.59</b>	<b>2,654.76</b>	<b>2,766.90</b>	<b>Grand total (1~12)</b>