

## 8. 每人每日熱量供給量

單位：卡路里

年別 產品別	民國90年 (2001)	民國91年 (2002)	民國92年 (2003)	民國93年 (2004)	民國94年 (2005)
<b>1. 穀類</b>	<b>843.02</b>	<b>845.32</b>	<b>859.23</b>	<b>862.08</b>	<b>868.01</b>
(1) 米	481.85	480.68	471.80	465.93	467.32
(2) 小麥	327.27	334.82	363.71	372.50	374.39
(3) 玉米	27.95	24.46	20.54	18.39	20.72
(4) 高粱	-	-	-	-	-
(5) 其他	5.96	5.36	3.18	5.26	5.58
<b>2. 薯類</b>	<b>114.79</b>	<b>99.87</b>	<b>106.35</b>	<b>115.28</b>	<b>107.32</b>
(1) 甘藷	7.04	7.10	7.38	6.44	7.85
(2) 樹薯	86.44	70.78	75.31	86.59	76.10
(3) 馬鈴	21.18	21.15	21.79	20.77	22.82
(4) 其他	0.13	0.84	1.88	1.48	0.55
<b>3. 糖及蜂蜜</b>	<b>260.23</b>	<b>247.64</b>	<b>271.77</b>	<b>248.65</b>	<b>266.09</b>
(1) 糖	258.53	245.64	268.92	246.47	263.65
(2) 蜂蜜	1.70	2.00	2.85	2.18	2.45
<b>4. 子仁及油籽類</b>	<b>212.36</b>	<b>243.76</b>	<b>243.22</b>	<b>221.54</b>	<b>237.92</b>
(1) 大豆	141.29	150.00	153.74	135.33	153.61
(2) 花生	15.37	22.00	20.53	19.48	15.71
(3) 芝麻	4.49	5.11	4.47	5.49	5.16
(4) 其他	51.21	66.66	64.47	61.24	63.44
<b>5. 蔬菜類</b>	<b>91.19</b>	<b>98.87</b>	<b>91.17</b>	<b>92.02</b>	<b>87.28</b>
(1) 葉菜類	15.29	17.86	16.19	16.49	15.48
(2) 根菜類	9.25	10.15	8.25	8.29	9.82
(3) 莖菜類	30.54	31.80	30.41	31.42	29.19
(4) 花果菜類	35.75	38.68	35.92	35.37	32.36
(5) 菇類	0.36	0.38	0.41	0.45	0.42
<b>6. 果品類</b>	<b>129.36</b>	<b>140.63</b>	<b>139.17</b>	<b>134.11</b>	<b>120.56</b>
(1) 香蕉	11.20	12.54	11.74	10.57	8.22
(2) 鳳梨	10.59	11.34	12.01	12.28	11.80
(3) 柑桔類	15.24	15.29	16.44	17.94	16.35
(4) 瓜果類	9.07	11.45	9.06	8.53	6.32
(5) 其他	83.26	90.00	89.91	84.80	77.87
<b>7. 肉類</b>	<b>368.06</b>	<b>371.23</b>	<b>369.65</b>	<b>373.63</b>	<b>370.22</b>
(1) 豬肉	200.66	199.01	195.63	198.25	195.25
(2) 牛肉	17.28	19.89	21.60	17.49	20.30
(3) 羊肉	3.74	4.56	4.03	4.65	4.83
(4) 家禽肉	145.51	147.21	147.92	152.82	149.37
(5) 其他	0.86	0.56	0.47	0.41	0.46
<b>8. 蛋類</b>	<b>66.84</b>	<b>64.27</b>	<b>63.59</b>	<b>62.20</b>	<b>58.67</b>
<b>9. 水產類</b>	<b>68.45</b>	<b>72.26</b>	<b>85.75</b>	<b>68.01</b>	<b>69.70</b>
(1) 魚類	50.04	53.45	62.62	49.36	49.10
(2) 蝦蟹類	3.47	2.31	3.13	3.12	3.42
(3) 頭足類	7.22	5.78	7.62	3.33	3.65
(4) 貝介類	4.05	4.87	5.46	5.20	5.92
(5) 其他	0.58	0.56	0.52	0.52	0.33
(6) 乾漬	3.10	5.29	6.40	6.47	7.28
<b>10. 乳品類</b>	<b>89.85</b>	<b>92.91</b>	<b>87.33</b>	<b>84.46</b>	<b>80.13</b>
(1) 鮮奶	28.00	28.85	28.57	26.21	24.62
(2) 奶粉	53.99	55.23	49.39	48.14	46.20
(3) 其他	7.86	8.83	9.37	10.11	9.31
<b>11. 油脂類</b>	<b>561.01</b>	<b>603.81</b>	<b>605.62</b>	<b>576.79</b>	<b>632.82</b>
(1) 植物油	471.82	505.21	508.11	477.82	527.19
a. 大豆油	344.70	377.34	387.26	347.11	388.09
b. 花生油	6.79	9.71	9.05	8.55	6.89
c. 芝麻油	8.90	10.20	7.20	9.08	9.40
d. 其他	111.43	107.96	104.60	113.08	122.80
(2) 動物油脂	89.18	98.60	97.51	98.97	105.64
a. 豬油	20.81	33.75	33.04	28.97	30.23
b. 奶油	11.80	12.25	11.81	12.59	14.18
c. 其他	56.57	52.61	52.65	57.40	61.23
<b>合計</b>	<b>2,805.16</b>	<b>2,880.57</b>	<b>2,922.85</b>	<b>2,838.76</b>	<b>2,898.73</b>
<b>12. 酒類(參考)</b>	<b>74.74</b>	<b>53.63</b>	<b>53.42</b>	<b>52.33</b>	<b>49.57</b>
<b>合計(含酒類)</b>	<b>2,879.91</b>	<b>2,934.20</b>	<b>2,976.27</b>	<b>2,891.09</b>	<b>2,948.31</b>

## 8. Per Caput Per Day Energy Supply

Units : Kcal.

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)	Year Category
<b>850.83</b>	<b>836.97</b>	<b>772.67</b>	<b>831.61</b>	<b>792.71</b>	<b>1. Cereals</b>
462.25	456.11	460.38	452.36	444.08	(1) Rice
363.12	355.05	286.79	354.23	320.93	(2) Wheat
20.38	21.35	21.13	20.47	22.71	(3) Corn
-	-	-	-	-	(4) Sorghum
5.09	4.46	4.36	4.54	4.98	(5) Others
<b>118.92</b>	<b>111.67</b>	<b>107.77</b>	<b>109.99</b>	<b>106.37</b>	<b>2. Starchy roots</b>
8.60	7.28	7.70	8.28	7.55	(1) Sweet Potatos
85.57	82.59	78.61	78.87	72.34	(2) Cassava
23.68	20.84	20.44	22.43	26.00	(3) Potatoes
1.08	0.96	1.01	0.42	0.49	(4) Others
<b>247.09</b>	<b>244.70</b>	<b>247.01</b>	<b>257.30</b>	<b>244.15</b>	<b>3. Sugars &amp; honey</b>
244.92	243.00	245.34	256.63	241.41	(1) Sugars
2.18	1.70	1.68	0.67	2.74	(2) Honey
<b>240.80</b>	<b>237.57</b>	<b>203.97</b>	<b>216.62</b>	<b>220.20</b>	<b>4. Pulses and oilseeds</b>
151.63	156.22	134.94	143.54	145.44	(1) Soybeans
20.37	14.64	16.17	16.40	18.50	(2) Peanuts
4.56	5.22	3.75	5.69	5.83	(3) Sesame
64.24	61.49	49.10	50.98	50.43	(4) Others
<b>90.47</b>	<b>86.17</b>	<b>85.11</b>	<b>85.31</b>	<b>86.86</b>	<b>5. Vegetables</b>
16.61	14.77	15.70	16.21	15.44	(1) Green leafy
9.56	9.59	9.24	9.03	8.44	(2) Roots
29.40	30.79	29.41	28.26	29.73	(3) Bulbs & tubers
34.49	30.63	30.32	31.49	32.93	(4) Flowers & fruits
0.40	0.39	0.44	0.32	0.32	(5) Mushrooms
<b>133.83</b>	<b>128.00</b>	<b>123.72</b>	<b>116.66</b>	<b>126.81</b>	<b>6. Fruits</b>
12.13	12.92	12.03	9.92	16.70	(1) Bananas
13.15	12.42	11.86	11.21	10.86	(2) Pineapples
18.19	15.27	18.31	17.76	17.16	(3) Citrus
6.91	5.92	5.37	5.55	5.70	(4) Melons
83.45	81.46	76.15	72.21	76.38	(5) Others
<b>379.94</b>	<b>358.51</b>	<b>348.14</b>	<b>356.60</b>	<b>365.56</b>	<b>7. Meat</b>
197.96	191.22	184.30	188.86	183.70	(1) Pork
21.80	21.29	21.55	23.44	27.43	(2) Beef
4.57	4.18	4.65	3.30	3.85	(3) Mutton
155.50	141.73	137.57	140.93	150.48	(4) Poultry
0.10	0.09	0.07	0.07	0.09	(5) Others
<b>59.55</b>	<b>60.08</b>	<b>57.84</b>	<b>57.08</b>	<b>59.85</b>	<b>8. Eggs</b>
<b>55.50</b>	<b>69.97</b>	<b>71.20</b>	<b>60.93</b>	<b>71.81</b>	<b>9. Fish &amp; sea food</b>
34.58	40.95	37.80	37.04	44.79	(1) Fish
3.11	3.71	4.89	5.03	5.96	(2) Shrimps & crabs
6.17	13.80	11.77	2.34	3.47	(3) Cephaopodas
5.93	5.97	7.72	6.81	8.16	(4) Shell fish
0.36	0.46	0.42	0.37	0.38	(5) Others
5.34	5.09	8.60	9.34	9.05	(6) Dried (salted)
<b>82.24</b>	<b>79.60</b>	<b>65.53</b>	<b>73.87</b>	<b>73.06</b>	<b>10. Milk</b>
25.88	25.52	24.85	25.62	26.94	(1) Fresh
47.13	45.46	32.10	38.74	36.79	(2) Powdered
9.23	8.62	8.58	9.51	9.33	(3) Others
<b>563.85</b>	<b>587.26</b>	<b>509.48</b>	<b>535.26</b>	<b>547.25</b>	<b>11. Oils and fats</b>
473.40	487.84	417.88	437.39	445.52	(1) Vegetable
345.13	366.48	308.95	328.44	324.97	a. Soybean
8.95	6.39	7.08	7.18	8.09	b. Peanut
7.84	8.51	5.44	8.75	9.13	c. Sesame
111.49	106.45	96.41	93.02	103.34	d. Others
90.44	99.42	91.60	97.87	101.73	(2) Animal
23.71	22.10	19.04	19.67	19.21	a. Lard
11.74	14.44	8.72	9.84	11.66	b. Butter
54.99	62.87	63.84	68.36	70.86	c. Others
<b>2,823.04</b>	<b>2,800.49</b>	<b>2,592.45</b>	<b>2,701.23</b>	<b>2,694.62</b>	<b>Grand total (1~11)</b>
<b>57.06</b>	<b>55.77</b>	<b>53.70</b>	<b>56.51</b>	<b>59.32</b>	<b>12. Wine &amp; beer(reference)</b>
<b>2,880.10</b>	<b>2,856.26</b>	<b>2,646.15</b>	<b>2,757.74</b>	<b>2,753.94</b>	<b>Grand total (1~12)</b>