

## 1. 民國100年糧食平衡表

人口數：23,139,864人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,428.1</b>	<b>6,149.3</b>	<b>100.0</b>	<b>72.4</b>	<b>7,333.7</b>	<b>4,677.9</b>
(1) 米	1,347.8	131.7	19.2	142.8	1,246.1	71.3
(2) 小麥	0.3	1,433.2	46.9	25.2	1,361.4	156.8
(3) 玉米	79.2	4,211.6	0.8	-95.6	4,385.6	4,268.1
(4) 高粱	0.1	97.6	-	-	97.7	71.8
(5) 其他	0.8	275.2	33.1	-	242.8	178.5
<b>2. 薯類</b>	<b>283.0</b>	<b>1,477.9</b>	<b>70.1</b>	<b>163.6</b>	<b>1,528.8</b>	<b>11.2</b>
(1) 甘藷	205.5	0.3	0.2	-	205.6	10.3
(2) 樹薯	0.6	1,333.0	45.3	219.9	1,068.3	0.9
(3) 馬鈴薯	63.3	137.9	2.7	-56.4	254.9	-
(4) 其他	13.5	6.8	21.9	-	-	-
<b>3. 糖及蜂蜜</b>	<b>69.8</b>	<b>682.4</b>	<b>11.5</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	54.7	680.5	9.1	-	-	-
(2) 蜂蜜	15.1	1.8	2.5	-	14.5	-
<b>4. 子仁及油籽類</b>	<b>81.3</b>	<b>2,513.8</b>	<b>14.6</b>	<b>126.1</b>	<b>2,454.4</b>	<b>293.1</b>
(1) 大豆	0.1	2,345.0	9.6	126.1	2,209.4	293.1
(2) 花生	68.2	8.8	0.8	-	76.2	-
(3) 芝麻	0.8	39.5	0.0	-	40.2	-
(4) 其他	12.3	120.6	4.2	-	128.7	-
<b>5. 蔬菜類</b>	<b>2,556.2</b>	<b>324.9</b>	<b>122.1</b>	<b>-</b>	<b>2,759.1</b>	<b>-</b>
(1) 葉菜類	947.9	51.1	10.0	-	988.9	-
(2) 根菜類	219.1	32.3	22.2	-	229.3	-
(3) 莖菜類	767.7	85.4	16.8	-	836.4	-
(4) 花果菜類	581.3	136.9	69.2	-	649.1	-
(5) 菇類	40.1	19.3	3.9	-	55.5	-
<b>6. 果品類</b>	<b>3,034.7</b>	<b>506.8</b>	<b>152.8</b>	<b>-</b>	<b>3,388.7</b>	<b>-</b>
(1) 香蕉	305.7	0.0	10.3	-	295.5	-
(2) 鳳梨	401.4	29.3	4.2	-	426.4	-
(3) 柑桔類	556.9	43.6	19.0	-	581.5	-
(4) 瓜果類	324.4	2.6	0.3	-	326.7	-
(5) 其他	1,446.2	431.4	118.9	-	1,758.7	-
<b>7. 肉類</b>	<b>1,585.9</b>	<b>341.1</b>	<b>12.2</b>	<b>4.3</b>	<b>1,910.4</b>	<b>-</b>
(1) 豬肉	897.4	80.4	4.5	4.3	968.9	-
(2) 牛肉	6.1	109.4	1.0	-	114.6	-
(3) 羊肉	2.4	24.6	0.0	-	27.0	-
(4) 家禽肉	680.1	125.8	6.7	-	799.1	-
(5) 其他	-	0.9	-	-	0.9	-
<b>8. 蛋類</b>	<b>399.7</b>	<b>1.5</b>	<b>2.1</b>	<b>-</b>	<b>399.1</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,238.8</b>	<b>349.5</b>	<b>679.0</b>	<b>-</b>	<b>909.0</b>	<b>10.5</b>
(1) 魚類	944.2	174.6	640.4	-	478.4	10.5
(2) 蝦蟹類	47.2	59.1	2.0	-	104.3	-
(3) 頭足類	110.4	35.1	23.1	-	122.5	-
(4) 貝介類	110.0	55.3	10.6	-	154.7	-
(5) 其他	9.6	18.0	1.4	-	25.9	-
(6) 乾漬	17.4	7.4	1.5	-	23.3	-
<b>10. 乳品類</b>	<b>367.5</b>	<b>140.0</b>	<b>6.6</b>	<b>-0.7</b>	<b>501.6</b>	<b>-</b>
(1) 鮮奶	367.5	20.7	0.0	-	388.2	-
(2) 奶粉	-	76.6	3.0	-0.7	74.3	-
(3) 其他	-	42.7	3.6	-	39.1	-
<b>11. 油脂類</b>	<b>364.8</b>	<b>339.4</b>	<b>42.1</b>	<b>13.2</b>	<b>648.9</b>	<b>31.3</b>
(1) 植物油	325.9	227.5	32.1	13.2	508.0	-
a. 大豆油	301.8	5.2	13.7	13.2	280.0	-
b. 花生油	8.1	-	0.1	-	8.0	-
c. 芝麻油	12.9	0.5	6.1	-	7.2	-
d. 其他	3.2	221.9	12.2	-	212.9	-
(2) 動物油	38.9	111.9	10.0	-	140.8	31.3
a. 豬油	38.9	4.8	5.6	-	38.1	11.7
b. 奶油	-	20.9	3.4	-	17.4	-
c. 其他	-	86.3	1.0	-	85.3	19.6
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>5,079.9</b>	<b>1,851.0</b>	<b>-</b>	<b>-</b>	<b>6,746.6</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 1. Food Balance Sheet, 2011

Population : 23,139,864  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>12.3</b>	<b>182.5</b>	<b>39.2</b>	<b>2,421.8</b>	<b>81.5</b>	<b>1,973.0</b>	<b>1. Cereals</b>
11.9	36.6	12.7	1,182.3	88.0	1,040.4	(1) Rice
0.0	61.4	22.9	1,120.4	73.5	823.5	(2) Wheat
0.4	15.0	3.1	99.1	-	99.1	(3) Corn
-	25.9	-	-	85.0	-	(4) Sorghum
0.0	43.6	0.6	20.1	50.0	10.0	(5) Others
<b>2.4</b>	<b>17.2</b>	<b>94.7</b>	<b>1,403.3</b>	<b>40.8</b>	<b>572.4</b>	<b>2. Starchy roots</b>
0.3	16.5	16.1	162.5	-	162.5	(1) Sweet Potatos
-	0.7	53.3	1,013.4	18.0	182.4	(2) Cassava
2.2	-	25.3	227.4	-	227.4	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.6</b>	<b>-</b>	<b>560.8</b>	<b>-</b>	<b>560.8</b>	<b>3. Sugars &amp; honey</b>
-	2.6	-	546.3	-	546.3	(1) Sugars
-	-	-	14.5	-	14.5	(2) Honey
<b>7.8</b>	<b>1,836.3</b>	<b>18.3</b>	<b>298.8</b>	<b>96.5</b>	<b>288.3</b>	<b>4. Pulses and oilseeds</b>
2.0	1,775.1	13.0	126.1	-	126.1	(1) Soybeans
3.5	29.1	1.3	42.3	75.0	31.7	(2) Peanuts
0.0	32.1	0.2	7.8	-	7.8	(3) Sesame
2.3	-	3.8	122.6	-	122.6	(4) Others
<b>6.1</b>	<b>-</b>	<b>275.3</b>	<b>2,477.7</b>	<b>-</b>	<b>2,477.7</b>	<b>5. Vegetables</b>
-	-	98.9	890.0	-	890.0	(1) Green leafy
-	-	22.9	206.3	-	206.3	(2) Roots
6.1	-	83.0	747.2	-	747.2	(3) Bulbs & tubers
-	-	64.9	584.1	-	584.1	(4) Flowers & fruits
-	-	5.6	50.0	-	50.0	(5) Mushrooms
<b>-</b>	<b>2.2</b>	<b>338.7</b>	<b>3,047.9</b>	<b>-</b>	<b>3,047.9</b>	<b>6. Fruits</b>
-	-	29.5	265.9	-	265.9	(1) Bananas
-	-	42.6	383.7	-	383.7	(2) Pineapples
-	-	58.2	523.4	-	523.4	(3) Citrus
-	-	32.7	294.0	-	294.0	(4) Melons
-	2.2	175.6	1,580.8	-	1,580.8	(5) Others
<b>-</b>	<b>86.5</b>	<b>38.2</b>	<b>1,785.7</b>	<b>-</b>	<b>1,785.7</b>	<b>7. Meat</b>
-	86.5	19.4	863.0	-	863.0	(1) Pork
-	-	2.3	112.3	-	112.3	(2) Beef
-	-	0.5	26.5	-	26.5	(3) Sheepmeat & Goat
-	-	16.0	783.1	-	783.1	(4) Poultry
-	-	0.0	0.9	-	0.9	(5) Others
<b>-</b>	<b>-</b>	<b>8.0</b>	<b>391.1</b>	<b>-</b>	<b>391.1</b>	<b>8. Eggs</b>
<b>-</b>	<b>43.6</b>	<b>42.7</b>	<b>812.1</b>	<b>-</b>	<b>812.1</b>	<b>9. Fish &amp; seafood</b>
-	24.5	22.2	421.2	-	421.2	(1) Fish
-	12.1	4.6	87.6	-	87.6	(2) Shrimps & crabs
-	6.3	5.8	110.4	-	110.4	(3) Cephalopods
-	-	7.7	147.0	-	147.0	(4) Shellfish
-	0.7	1.3	23.9	-	23.9	(5) Others
-	-	1.2	22.1	-	22.1	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>3.9</b>	<b>497.7</b>	<b>-</b>	<b>497.7</b>	<b>10. Milk</b>
-	-	3.9	384.3	-	384.3	(1) Fresh
-	-	-	74.3	-	74.3	(2) Powdered
-	-	-	39.1	-	39.1	(3) Others
<b>-</b>	<b>126.5</b>	<b>1.5</b>	<b>489.6</b>	<b>-</b>	<b>489.6</b>	<b>11. Oils and fats</b>
-	118.7	1.2	388.1	-	388.1	(1) Vegetable
-	-	0.8	279.1	-	279.1	a. Soybean
-	-	0.0	7.9	-	7.9	b. Peanut
-	-	0.0	7.2	-	7.2	c. Sesame
-	118.7	0.3	93.9	-	93.9	d. Others
-	7.8	0.3	101.5	-	101.5	(2) Animal
-	7.8	0.1	18.6	-	18.6	a. Lard
-	-	0.1	17.4	-	17.4	b. Butter
-	-	0.2	65.5	-	65.5	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>6,746.6</b>	<b>-</b>	<b>6,746.6</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>6,746.6</b>	<b>-</b>	<b>6,746.6</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 1. 民國100年糧食平衡表(續)

人口數：23,139,864人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>85.26</b>	<b>233.60</b>	<b>806.91</b>	<b>19.34</b>	<b>2.20</b>	<b>175.49</b>	<b>25.99</b>
(1) 米	44.96	123.18	430.57	8.02	0.86	97.70	8.57
(2) 小麥	35.59	97.50	351.00	11.02	1.20	72.31	16.90
(3) 玉米	4.28	11.73	20.90	0.18	0.09	4.63	0.30
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.43	1.19	4.43	0.13	0.05	0.85	0.22
<b>2. 薯類</b>	<b>24.74</b>	<b>67.77</b>	<b>117.56</b>	<b>0.86</b>	<b>0.17</b>	<b>28.05</b>	<b>14.67</b>
(1) 甘藷	7.02	19.25	21.48	0.17	0.05	4.95	5.89
(2) 樹薯	7.88	21.60	76.02	0.02	0.04	19.00	8.04
(3) 馬鈴薯	9.83	26.93	20.07	0.67	0.07	4.09	0.74
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>24.23</b>	<b>66.39</b>	<b>244.84</b>	<b>0.01</b>	<b>0.00</b>	<b>63.25</b>	<b>9.60</b>
(1) 糖	23.61	64.68	239.51	0.01	-	61.87	9.60
(2) 蜂蜜	0.62	1.71	5.33	0.00	0.00	1.38	-
<b>4. 子仁及油籽類</b>	<b>12.46</b>	<b>34.13</b>	<b>122.34</b>	<b>8.18</b>	<b>6.19</b>	<b>9.51</b>	<b>59.00</b>
(1) 大豆	5.45	14.93	41.77	3.96	1.78	2.80	37.23
(2) 花生	1.37	3.76	19.01	1.08	1.45	0.77	1.35
(3) 芝麻	0.34	0.92	5.24	0.17	0.46	0.19	7.09
(4) 其他	5.30	14.52	56.31	2.97	2.50	5.74	13.33
<b>5. 蔬菜類</b>	<b>107.07</b>	<b>293.35</b>	<b>75.30</b>	<b>4.27</b>	<b>1.01</b>	<b>13.82</b>	<b>105.77</b>
(1) 葉菜類	38.46	105.38	17.27	1.22	0.31	2.93	66.86
(2) 根菜類	8.92	24.43	7.35	0.23	0.09	1.53	6.17
(3) 莖菜類	32.29	88.47	28.97	1.42	0.37	5.46	19.73
(4) 花果菜類	25.24	69.16	21.35	1.37	0.23	3.86	12.97
(5) 菇類	2.16	5.91	0.36	0.03	0.00	0.05	0.04
<b>6. 果品類</b>	<b>131.72</b>	<b>360.86</b>	<b>131.49</b>	<b>2.10</b>	<b>0.69</b>	<b>32.83</b>	<b>28.04</b>
(1) 香蕉	11.49	31.48	17.76	0.25	0.04	4.63	0.98
(2) 鳳梨	16.58	45.43	10.45	0.20	0.05	2.64	4.09
(3) 柑桔類	22.62	61.97	18.06	0.37	0.09	4.29	10.46
(4) 瓜果類	12.71	34.81	6.18	0.16	0.03	1.48	1.26
(5) 其他	68.32	187.17	79.04	1.11	0.48	19.79	11.26
<b>7. 肉類</b>	<b>77.17</b>	<b>211.43</b>	<b>373.35</b>	<b>25.69</b>	<b>29.24</b>	<b>0.35</b>	<b>6.77</b>
(1) 豬肉	37.30	102.18	184.80	13.26	14.21	0.18	5.20
(2) 牛肉	4.85	13.29	27.11	1.50	2.30	0.12	0.54
(3) 羊肉	1.14	3.13	3.41	0.32	0.22	-	0.14
(4) 家禽肉	33.84	92.72	157.92	10.59	12.51	0.04	0.89
(5) 其他	0.04	0.10	0.09	0.01	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>16.90</b>	<b>46.31</b>	<b>58.84</b>	<b>4.91</b>	<b>4.15</b>	<b>0.16</b>	<b>13.30</b>
<b>9. 水產類</b>	<b>35.10</b>	<b>96.15</b>	<b>75.68</b>	<b>10.51</b>	<b>3.15</b>	<b>1.01</b>	<b>35.00</b>
(1) 魚類	18.20	49.87	48.45	5.45	2.80	0.02	3.53
(2) 蝦蟹類	3.79	10.37	5.65	1.19	0.05	0.11	4.27
(3) 頭足類	4.77	13.07	7.57	1.71	0.05	0.09	0.68
(4) 貝介類	6.35	17.40	7.87	1.28	0.07	0.53	8.26
(5) 其他	1.03	2.83	0.46	0.04	0.00	0.07	2.01
(6) 乾漬	0.96	2.62	5.69	0.83	0.18	0.18	16.26
<b>10. 乳品類</b>	<b>21.51</b>	<b>58.93</b>	<b>75.82</b>	<b>4.70</b>	<b>3.46</b>	<b>6.57</b>	<b>165.26</b>
(1) 鮮奶	16.61	45.51	27.99	1.40	1.59	2.10	49.83
(2) 奶粉	3.21	8.79	38.20	2.84	1.32	3.73	101.81
(3) 其他	1.69	4.63	9.63	0.46	0.55	0.74	13.62
<b>11. 油脂類</b>	<b>21.16</b>	<b>57.97</b>	<b>509.66</b>	<b>0.02</b>	<b>57.32</b>	<b>0.18</b>	<b>0.47</b>
(1) 植物油	16.77	45.96	405.78	-	45.91	-	-
a. 大豆油	12.06	33.05	291.81	-	33.01	-	-
b. 花生油	0.34	0.94	8.29	-	0.94	-	-
c. 芝麻油	0.31	0.85	7.50	-	0.85	-	-
d. 其他	4.06	11.12	98.17	-	11.11	-	-
(2) 動物油脂	4.39	12.01	103.89	0.02	11.41	0.18	0.47
a. 豬油	0.80	2.20	19.50	-	2.18	-	-
b. 奶油	0.75	2.06	13.98	0.02	1.48	0.18	0.47
c. 其他	2.83	7.76	70.41	0.00	7.75	-	-
<b>合計</b>			<b>2,591.80</b>	<b>80.59*</b>	<b>107.59</b>	<b>331.20</b>	<b>463.88</b>
<b>12. 酒類(參考)</b>	<b>29.16</b>	<b>79.88</b>	<b>63.95</b>	*含植物性蛋白質 34.77 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,655.74</b>	Including vegetable protein 34.77 grams			

## 1. Food Balance Sheet, 2011 (Cont'd)

Population : 23,139,864

Per caput daily nutrients supply							Category
磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)	
<b>226.02</b>	<b>1.29</b>	<b>1.17</b>	<b>0.31</b>	<b>0.09</b>	<b>3.05</b>	<b>0.43</b>	<b>1. Cereals</b>
169.60	0.37	-	0.16	0.02	2.01	-	(1) Rice
49.08	0.85	-	0.14	0.06	0.94	-	(2) Wheat
4.84	0.04	1.16	0.00	0.00	0.05	0.41	(3) Corn
-	-	-	-	-	-	-	(4) Sorghum
2.50	0.03	0.01	0.01	0.00	0.05	0.03	(5) Others
<b>22.34</b>	<b>0.21</b>	<b>2,632.77</b>	<b>0.03</b>	<b>0.01</b>	<b>0.44</b>	<b>9.72</b>	<b>2. Starchy roots</b>
9.18	0.09	2,632.77	0.01	0.01	0.10	2.25	(1) Sweet Potatos
1.27	-	-	0.00	-	0.02	1.27	(2) Cassava
11.89	0.12	-	0.02	0.01	0.32	6.19	(3) Potatoes
-	-	-	-	-	-	-	(4) Others
<b>0.49</b>	<b>0.71</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.66</b>	<b>3. Sugars &amp; honey</b>
0.49	0.71	-	-	0.02	0.00	2.61	(1) Sugars
-	-	-	-	0.00	-	0.04	(2) Honey
<b>136.19</b>	<b>2.05</b>	<b>39.25</b>	<b>0.16</b>	<b>0.06</b>	<b>0.57</b>	<b>0.80</b>	<b>4. Pulses and oilseeds</b>
52.61	0.88	0.70	0.05	0.02	0.14	-	(1) Soybeans
19.61	0.13	0.11	0.05	0.00	0.13	0.05	(2) Peanuts
5.52	0.15	-	0.01	0.00	0.05	0.01	(3) Sesame
58.45	0.89	38.43	0.06	0.04	0.25	0.74	(4) Others
<b>96.57</b>	<b>2.09</b>	<b>2,983.73</b>	<b>0.09</b>	<b>0.11</b>	<b>1.35</b>	<b>52.82</b>	<b>5. Vegetables</b>
29.27	1.04	1,687.82	0.02	0.03	0.36	23.34	(1) Green leafy
7.23	0.07	697.46	0.00	0.01	0.12	2.47	(2) Roots
32.51	0.47	309.03	0.03	0.03	0.39	6.86	(3) Bulbs & tubers
26.76	0.50	288.87	0.03	0.03	0.45	20.15	(4) Flowers & fruits
0.80	0.01	0.54	0.00	0.00	0.03	0.00	(5) Mushrooms
<b>43.90</b>	<b>0.57</b>	<b>828.28</b>	<b>0.07</b>	<b>0.12</b>	<b>0.96</b>	<b>71.84</b>	<b>6. Fruits</b>
4.29	0.06	4.55	0.01	0.00	0.08	1.95	(1) Bananas
1.82	0.05	11.55	0.01	0.00	0.05	2.04	(2) Pineapples
8.96	0.09	11.75	0.02	0.01	0.14	14.98	(3) Citrus
3.40	0.06	125.02	0.00	0.00	0.05	2.14	(4) Melons
25.43	0.32	675.41	0.02	0.10	0.65	50.72	(5) Others
<b>205.64</b>	<b>1.54</b>	<b>1,458.95</b>	<b>0.57</b>	<b>0.28</b>	<b>5.80</b>	<b>5.96</b>	<b>7. Meat</b>
131.19	0.88	1,268.65	0.48	0.18	2.51	0.93	(1) Pork
18.38	0.24	8.32	0.01	0.02	0.29	0.20	(2) Beef
2.02	0.01	0.80	0.00	0.00	0.05	-	(3) Sheepmeat & Goat
53.88	0.41	181.16	0.08	0.08	2.94	4.83	(4) Poultry
0.17	0.00	0.01	0.00	0.00	0.01	0.00	(5) Others
<b>76.57</b>	<b>0.77</b>	<b>284.24</b>	<b>0.04</b>	<b>0.17</b>	<b>0.55</b>	<b>-</b>	<b>8. Eggs</b>
<b>109.94</b>	<b>1.36</b>	<b>145.28</b>	<b>0.02</b>	<b>0.12</b>	<b>2.10</b>	<b>0.62</b>	<b>9. Fish &amp; seafood</b>
54.65	0.20	126.64	0.01	0.04	1.45	0.27	(1) Fish
15.13	0.06	2.82	0.00	0.01	0.18	0.11	(2) Shrimps & crabs
14.11	0.06	0.34	0.00	0.01	0.21	0.01	(3) Cephalopods
15.20	0.85	6.42	0.00	0.05	0.16	0.20	(4) Shellfish
0.46	0.01	7.87	-	0.00	0.01	0.02	(5) Others
10.39	0.17	1.19	0.00	0.01	0.09	0.00	(6) Dried (salted)
<b>127.15</b>	<b>0.11</b>	<b>424.12</b>	<b>0.05</b>	<b>0.33</b>	<b>0.07</b>	<b>0.08</b>	<b>10. Milk</b>
43.00	0.05	59.16	0.02	0.08	0.06	0.02	(1) Fresh
74.34	0.03	344.50	0.03	0.24	-	-	(2) Powdered
9.82	0.04	20.46	0.01	0.02	0.01	0.06	(3) Others
<b>0.83</b>	<b>0.00</b>	<b>79.03</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>	<b>11. Oils and fats</b>
-	-	11.22	-	-	-	-	(1) Vegetable
-	-	8.07	-	-	-	-	a. Soybean
-	-	0.23	-	-	-	-	b. Peanut
-	-	0.21	-	-	-	-	c. Sesame
-	-	2.71	-	-	-	-	d. Others
0.83	0.00	67.81	0.00	0.00	0.00	-	(2) Animal
-	-	5.34	-	-	-	-	a. Lard
0.78	0.00	35.96	0.00	0.00	-	-	b. Butter
0.05	0.00	26.51	-	-	0.00	-	c. Others
<b>1,045.63</b>	<b>10.72</b>	<b>8,876.80</b>	<b>1.34</b>	<b>1.34</b>	<b>14.88</b>	<b>144.92</b>	<b>Grand total (1~11)</b>
45.82 公克							<b>12. Wine &amp; beer(reference)</b>
and animal protein		45.82 grams					<b>Grand total (1~12)</b>

## 2. 民國101年糧食平衡表

人口數：23,270,367人  
單位：千公噸

產 品 別	國內生產量 Domestic production	國 際 貿 易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀 類</b>	<b>1,436.9</b>	<b>6,336.8</b>	<b>121.4</b>	<b>204.8</b>	<b>7,340.3</b>	<b>4,648.4</b>
(1) 米	1,368.2	156.8	24.8	113.6	1,279.4	4.1
(2) 小 麥	0.3	1,431.7	55.4	3.4	1,373.2	107.2
(3) 玉 米	67.5	4,391.2	0.6	87.8	4,370.3	156.5
(4) 高 粱	0.1	98.5	-	-	98.6	72.7
(5) 其 他	0.8	258.7	40.6	-	218.8	151.8
<b>2. 薯 類</b>	<b>280.3</b>	<b>1,583.4</b>	<b>66.9</b>	<b>42.2</b>	<b>1,763.3</b>	<b>13.1</b>
(1) 甘 藷	220.3	0.4	0.3	-	220.4	11.0
(2) 樹 薯	0.7	1,278.9	37.1	-25.4	1,267.8	2.1
(3) 馬 鈴 薯	45.4	298.2	1.0	67.6	275.1	-
(4) 其 他	14.0	5.9	28.5	-	-	-
<b>3. 糖 及 蜂 蜜</b>	<b>61.3</b>	<b>693.9</b>	<b>12.7</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	47.1	691.7	9.4	-	-	-
(2) 蜂 蜜	14.2	2.1	3.4	-	13.0	-
<b>4. 子 仁 及 油 籽 類</b>	<b>69.0</b>	<b>2,510.7</b>	<b>18.0</b>	<b>-54.0</b>	<b>2,615.8</b>	<b>293.5</b>
(1) 大 豆	0.2	2,348.1	12.6	-54.0	2,389.7	293.5
(2) 花 生	56.8	8.5	0.7	-	64.7	-
(3) 芝 麻	0.6	37.6	0.1	-	38.2	-
(4) 其 他	11.5	116.4	4.6	-	123.3	-
<b>5. 蔬 菜 類</b>	<b>2,371.3</b>	<b>415.0</b>	<b>116.3</b>	<b>-</b>	<b>2,670.0</b>	<b>-</b>
(1) 葉 菜 類	905.4	91.2	11.7	-	984.9	-
(2) 根 菜 類	197.4	36.8	13.7	-	220.6	-
(3) 莖 菜 類	686.3	117.7	5.1	-	798.9	-
(4) 花 果 菜 類	539.9	150.7	82.0	-	608.7	-
(5) 菇 類	42.2	18.5	3.8	-	57.0	-
<b>6. 果 品 類</b>	<b>2,890.1</b>	<b>518.8</b>	<b>155.2</b>	<b>-</b>	<b>3,253.7</b>	<b>-</b>
(1) 香 蕉	295.3	0.0	9.2	-	286.1	-
(2) 鳳 梨	392.2	27.0	5.5	-	413.7	-
(3) 柑 桔 類	528.3	46.8	17.7	-	557.4	-
(4) 瓜 果 類	309.3	3.7	0.3	-	312.7	-
(5) 其 他	1,365.1	441.2	122.5	-	1,683.8	-
<b>7. 肉 類</b>	<b>1,550.4</b>	<b>326.8</b>	<b>8.8</b>	<b>-6.1</b>	<b>1,874.5</b>	<b>-</b>
(1) 豬 肉	910.5	59.7	4.1	-6.1	972.3	-
(2) 牛 肉	6.1	98.9	0.7	-	104.2	-
(3) 羊 肉	2.3	22.2	0.0	-	24.5	-
(4) 家 禽 肉	631.5	145.2	4.0	-	772.6	-
(5) 其 他	-	0.8	-	-	0.8	-
<b>8. 蛋 類</b>	<b>404.6</b>	<b>2.5</b>	<b>2.3</b>	<b>-</b>	<b>404.8</b>	<b>-</b>
<b>9. 水 產 類</b>	<b>1,266.9</b>	<b>385.1</b>	<b>725.4</b>	<b>-</b>	<b>926.4</b>	<b>2.2</b>
(1) 魚 類	987.1	191.9	683.9	-	495.1	2.2
(2) 蝦 蟹 類	49.3	57.4	1.7	-	105.0	-
(3) 頭 足 類	107.2	33.1	17.6	-	122.7	-
(4) 貝 介 類	105.6	77.2	19.4	-	163.5	-
(5) 其 他	6.1	14.2	1.3	-	18.6	-
(6) 乾 漬	11.7	11.3	1.4	-	21.5	-
<b>10. 乳 品 類</b>	<b>364.6</b>	<b>135.6</b>	<b>9.4</b>	<b>-0.0</b>	<b>490.9</b>	<b>-</b>
(1) 鮮 奶	364.6	19.3	0.0	-	384.0	-
(2) 奶 粉	-	73.2	4.3	-0.0	68.9	-
(3) 其 他	-	43.1	5.1	-	38.0	-
<b>11. 油 脂 類</b>	<b>388.6</b>	<b>357.8</b>	<b>40.6</b>	<b>0.5</b>	<b>705.3</b>	<b>37.3</b>
(1) 植 物 油 脂	349.1	233.6	30.4	0.5	551.8	-
a. 大 豆 油	326.7	0.3	11.5	0.5	315.0	-
b. 花 生 油	6.9	-	0.1	-	6.7	-
c. 芝 麻 油	12.2	1.1	7.8	-	5.5	-
d. 其 他	3.3	232.3	11.0	-	224.6	-
(2) 動 物 油 脂	39.5	124.2	10.2	-	153.4	37.3
a. 豬 油	39.5	3.7	4.8	-	38.5	11.8
b. 奶 油	-	20.8	4.5	-	16.3	-
c. 其 他	-	99.6	1.0	-	98.6	25.5
<b>合 計</b>						
<b>12. 酒 類(參考)</b>	<b>5,365.8</b>	<b>1,859.9</b>	<b>-</b>	<b>-</b>	<b>7,072.2</b>	<b>-</b>
<b>合 計(含酒類)</b>						

## 2. Food Balance Sheet, 2012

Population : 23,270,367  
Units : 1,000 metric tons

種 用 Seed	內 供 給 量 分 配 Disposal of domestic supply					Category
	加工用 Manufacture	損耗量 Waste	糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>12.5</b>	<b>192.7</b>	<b>39.7</b>	<b>2,447.0</b>	<b>81.4</b>	<b>1,992.4</b>	<b>1. Cereals</b>
12.1	43.1	13.3	1,206.8	88.0	1,062.0	(1) Rice
0.0	62.3	23.1	1,131.3	73.5	831.5	(2) Wheat
0.3	15.0	2.8	89.0	-	89.0	(3) Corn
0.0	25.9	-	-	85.0	-	(4) Sorghum
0.0	46.5	0.6	19.9	50.0	10.0	(5) Others
<b>2.0</b>	<b>14.8</b>	<b>108.2</b>	<b>1,625.3</b>	<b>39.4</b>	<b>640.5</b>	<b>2. Starchy roots</b>
0.3	13.2	17.6	178.3	-	178.3	(1) Sweet Potatos
-	1.6	63.2	1,201.0	18.0	216.2	(2) Cassava
1.7	-	27.3	246.0	-	246.0	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.8</b>	<b>-</b>	<b>601.8</b>	<b>-</b>	<b>601.8</b>	<b>3. Sugars &amp; honey</b>
-	2.8	-	588.8	-	588.8	(1) Sugars
-	-	-	13.0	-	13.0	(2) Honey
<b>6.8</b>	<b>1,977.0</b>	<b>19.0</b>	<b>319.6</b>	<b>97.2</b>	<b>310.6</b>	<b>4. Pulses and oilseeds</b>
2.2	1,921.7	14.0	158.3	-	158.3	(1) Soybeans
2.9	24.7	1.1	35.9	75.0	27.0	(2) Peanuts
0.0	30.5	0.2	7.4	-	7.4	(3) Sesame
1.7	0.0	3.6	117.9	-	117.9	(4) Others
<b>5.8</b>	<b>-</b>	<b>266.4</b>	<b>2,397.8</b>	<b>-</b>	<b>2,397.8</b>	<b>5. Vegetables</b>
-	-	98.5	886.4	-	886.4	(1) Green leafy
-	-	22.1	198.5	-	198.5	(2) Roots
5.8	-	79.3	713.8	-	713.8	(3) Bulbs & tubers
-	-	60.9	547.8	-	547.8	(4) Flowers & fruits
-	-	5.7	51.3	-	51.3	(5) Mushrooms
<b>-</b>	<b>2.6</b>	<b>325.1</b>	<b>2,926.0</b>	<b>-</b>	<b>2,926.0</b>	<b>6. Fruits</b>
-	-	28.6	257.5	-	257.5	(1) Bananas
-	-	41.4	372.3	-	372.3	(2) Pineapples
-	-	55.7	501.6	-	501.6	(3) Citrus
-	-	31.3	281.4	-	281.4	(4) Melons
-	2.6	168.1	1,513.1	-	1,513.1	(5) Others
<b>-</b>	<b>87.8</b>	<b>37.5</b>	<b>1,749.2</b>	<b>-</b>	<b>1,749.2</b>	<b>7. Meat</b>
-	87.8	19.4	865.1	-	865.1	(1) Pork
-	-	2.1	102.2	-	102.2	(2) Beef
-	-	0.5	24.0	-	24.0	(3) Sheepmeat & Goat
-	-	15.5	757.2	-	757.2	(4) Poultry
-	-	0.0	0.8	-	0.8	(5) Others
<b>-</b>	<b>-</b>	<b>8.1</b>	<b>396.7</b>	<b>-</b>	<b>396.7</b>	<b>8. Eggs</b>
<b>-</b>	<b>28.6</b>	<b>44.8</b>	<b>850.8</b>	<b>-</b>	<b>850.8</b>	<b>9. Fish &amp; seafood</b>
-	17.9	23.7	451.2	-	451.2	(1) Fish
-	4.5	5.0	95.4	-	95.4	(2) Shrimps & crabs
-	5.8	5.8	111.1	-	111.1	(3) Cephalopods
-	-	8.2	155.3	-	155.3	(4) Shellfish
-	0.4	0.9	17.3	-	17.3	(5) Others
-	-	1.1	20.4	-	20.4	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>3.8</b>	<b>487.1</b>	<b>-</b>	<b>487.1</b>	<b>10. Milk</b>
-	-	3.8	380.1	-	380.1	(1) Fresh
-	-	-	68.9	-	68.9	(2) Powdered
-	-	-	38.0	-	38.0	(3) Others
<b>-</b>	<b>132.1</b>	<b>1.6</b>	<b>534.3</b>	<b>-</b>	<b>534.3</b>	<b>11. Oils and fats</b>
-	124.2	1.3	426.4	-	426.4	(1) Vegetable
-	-	0.9	314.1	-	314.1	a. Soybean
-	-	0.0	6.7	-	6.7	b. Peanut
-	-	0.0	5.5	-	5.5	c. Sesame
-	124.2	0.3	100.1	-	100.1	d. Others
-	7.9	0.3	107.9	-	107.9	(2) Animal
-	7.9	0.1	18.7	-	18.7	a. Lard
-	-	0.0	16.3	-	16.3	b. Butter
-	-	0.2	73.0	-	73.0	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,072.2</b>	<b>-</b>	<b>7,072.2</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 2. 民國101年糧食平衡表(續)

人口數：23,270,367人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>85.62</b>	<b>233.94</b>	<b>810.14</b>	<b>19.43</b>	<b>2.20</b>	<b>176.23</b>	<b>26.10</b>
(1) 米	45.64	124.69	435.98	8.11	0.86	98.94	8.69
(2) 小麥	35.73	97.63	351.45	11.03	1.20	72.41	16.92
(3) 玉米	3.82	10.45	18.35	0.16	0.08	4.05	0.27
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.43	1.17	4.36	0.13	0.05	0.83	0.22
<b>2. 薯類</b>	<b>27.52</b>	<b>75.20</b>	<b>134.23</b>	<b>0.93</b>	<b>0.19</b>	<b>32.11</b>	<b>16.65</b>
(1) 甘藷	7.66	20.93	23.36	0.19	0.06	5.39	6.40
(2) 樹薯	9.29	25.38	89.34	0.03	0.05	22.34	9.45
(3) 馬鈴薯	10.57	28.89	21.53	0.72	0.08	4.39	0.80
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>25.86</b>	<b>70.65</b>	<b>260.73</b>	<b>0.01</b>	<b>0.00</b>	<b>67.35</b>	<b>10.26</b>
(1) 糖	25.30	69.13	255.99	0.01	-	66.13	10.26
(2) 蜂蜜	0.56	1.52	4.74	0.00	0.00	1.23	-
<b>4. 子仁及油籽類</b>	<b>13.35</b>	<b>36.46</b>	<b>127.75</b>	<b>8.81</b>	<b>6.47</b>	<b>9.61</b>	<b>66.70</b>
(1) 大豆	6.80	18.59	51.98	4.92	2.22	3.48	46.33
(2) 花生	1.16	3.16	16.01	0.91	1.22	0.65	1.14
(3) 芝麻	0.32	0.87	4.94	0.16	0.44	0.18	6.68
(4) 其他	5.07	13.84	54.82	2.81	2.60	5.29	12.55
<b>5. 蔬菜類</b>	<b>103.04</b>	<b>281.53</b>	<b>71.78</b>	<b>4.06</b>	<b>0.92</b>	<b>13.30</b>	<b>102.87</b>
(1) 葉菜類	38.09	104.07	17.05	1.19	0.30	2.90	65.75
(2) 根菜類	8.53	23.31	7.26	0.22	0.09	1.50	5.91
(3) 莖菜類	30.67	83.81	26.22	1.31	0.31	5.00	19.46
(4) 花果菜類	23.54	64.32	20.89	1.30	0.21	3.84	11.72
(5) 菇類	2.20	6.02	0.36	0.03	0.00	0.05	0.04
<b>6. 果品類</b>	<b>125.74</b>	<b>343.55</b>	<b>124.44</b>	<b>2.00</b>	<b>0.66</b>	<b>31.06</b>	<b>26.51</b>
(1) 香蕉	11.07	30.23	17.06	0.24	0.04	4.44	0.94
(2) 鳳梨	16.00	43.72	10.05	0.20	0.04	2.54	3.93
(3) 柑桔類	21.56	58.90	17.09	0.35	0.09	4.06	9.88
(4) 瓜果類	12.09	33.05	5.84	0.15	0.03	1.40	1.18
(5) 其他	65.02	177.65	74.39	1.05	0.46	18.61	10.58
<b>7. 肉類</b>	<b>75.17</b>	<b>205.38</b>	<b>362.42</b>	<b>25.01</b>	<b>28.35</b>	<b>0.33</b>	<b>6.65</b>
(1) 豬肉	37.18	101.57	183.71	13.18	14.13	0.18	5.17
(2) 牛肉	4.39	11.99	24.47	1.35	2.07	0.11	0.48
(3) 羊肉	1.03	2.81	3.06	0.29	0.20	-	0.12
(4) 家禽肉	32.54	88.90	151.09	10.17	11.95	0.04	0.87
(5) 其他	0.03	0.09	0.08	0.01	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>17.05</b>	<b>46.58</b>	<b>59.15</b>	<b>4.94</b>	<b>4.17</b>	<b>0.16</b>	<b>13.36</b>
<b>9. 水產類</b>	<b>36.56</b>	<b>99.89</b>	<b>74.51</b>	<b>10.85</b>	<b>2.79</b>	<b>1.17</b>	<b>32.40</b>
(1) 魚類	19.39	52.98	46.82	5.81	2.46	0.02	3.28
(2) 蝦蟹類	4.10	11.20	6.10	1.29	0.05	0.12	4.62
(3) 頭足類	4.77	13.04	7.56	1.70	0.05	0.09	0.69
(4) 貝介類	6.67	18.23	8.42	1.34	0.09	0.56	8.08
(5) 其他	0.74	2.03	0.32	0.03	0.00	0.05	1.48
(6) 乾漬	0.88	2.40	5.29	0.69	0.15	0.32	14.24
<b>10. 乳品類</b>	<b>20.93</b>	<b>57.19</b>	<b>72.03</b>	<b>4.43</b>	<b>3.30</b>	<b>6.26</b>	<b>155.68</b>
(1) 鮮奶	16.34	44.63	27.45	1.37	1.56	2.06	48.87
(2) 奶粉	2.96	8.09	35.16	2.61	1.22	3.43	93.71
(3) 其他	1.63	4.46	9.42	0.44	0.52	0.76	13.09
<b>11. 油脂類</b>	<b>22.96</b>	<b>62.73</b>	<b>552.15</b>	<b>0.02</b>	<b>62.11</b>	<b>0.17</b>	<b>0.44</b>
(1) 植物油	18.32	50.06	441.99	-	50.01	-	-
a. 大豆油	13.50	36.87	325.56	-	36.83	-	-
b. 花生油	0.29	0.79	6.94	-	0.79	-	-
c. 芝麻油	0.24	0.65	5.73	-	0.65	-	-
d. 其他	4.30	11.75	103.76	-	11.74	-	-
(2) 動物油	4.64	12.67	110.16	0.02	12.10	0.17	0.44
a. 豬油	0.80	2.19	19.45	-	2.18	-	-
b. 奶油	0.70	1.91	12.98	0.02	1.37	0.17	0.44
c. 其他	3.14	8.57	77.73	0.00	8.55	-	-
<b>合計</b>			<b>2,649.33</b>	<b>80.48*</b>	<b>111.17</b>	<b>337.75</b>	<b>457.62</b>
<b>12. 酒類(參考)</b>	<b>30.39</b>	<b>83.04</b>	<b>66.47</b>	*含植物性蛋白質 35.23 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,715.80</b>	Including vegetable protein 35.23 grams			

## 2. Food Balance Sheet, 2012 (Cont'd)

Population : 23,270,367

Category	Per caput daily nutrients supply						
	磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)
<b>1. Cereals</b>	<b>227.86</b>	<b>1.29</b>	<b>1.09</b>	<b>0.31</b>	<b>0.09</b>	<b>3.08</b>	<b>0.40</b>
(1) Rice	171.82	0.38	-	0.16	0.03	2.04	-
(2) Wheat	49.14	0.85	-	0.14	0.06	0.94	-
(3) Corn	4.45	0.04	1.08	0.00	0.00	0.05	0.38
(4) Sorghum	-	-	-	-	-	-	-
(5) Others	2.46	0.03	0.01	0.00	0.00	0.04	0.03
<b>2. Starchy roots</b>	<b>24.23</b>	<b>0.23</b>	<b>2,863.30</b>	<b>0.03</b>	<b>0.01</b>	<b>0.48</b>	<b>10.59</b>
(1) Sweet Potatos	9.98	0.09	2,863.30	0.01	0.01	0.11	2.45
(2) Cassava	1.49	-	-	0.00	-	0.02	1.49
(3) Potatoes	12.76	0.13	-	0.02	0.01	0.35	6.64
(4) Others	-	-	-	-	-	-	-
<b>3. Sugars &amp; honey</b>	<b>0.52</b>	<b>0.76</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.83</b>
(1) Sugars	0.52	0.76	-	-	0.02	0.00	2.79
(2) Honey	-	-	-	-	0.00	-	0.04
<b>4. Pulses and oilseeds</b>	<b>143.30</b>	<b>2.18</b>	<b>35.96</b>	<b>0.16</b>	<b>0.07</b>	<b>0.57</b>	<b>0.73</b>
(1) Soybeans	65.48	1.09	0.87	0.06	0.03	0.17	-
(2) Peanuts	16.51	0.11	0.09	0.04	0.00	0.11	0.04
(3) Sesame	5.21	0.14	-	0.01	0.00	0.04	0.01
(4) Others	56.10	0.83	35.00	0.06	0.04	0.24	0.68
<b>5. Vegetables</b>	<b>91.41</b>	<b>1.99</b>	<b>3,207.73</b>	<b>0.09</b>	<b>0.10</b>	<b>1.30</b>	<b>49.67</b>
(1) Green leafy	28.79	1.01	1,609.04	0.02	0.03	0.36	23.36
(2) Roots	7.31	0.07	735.37	0.00	0.01	0.12	2.22
(3) Bulbs & tubers	29.58	0.46	320.57	0.03	0.03	0.37	6.18
(4) Flowers & fruits	24.94	0.45	542.21	0.03	0.03	0.43	17.91
(5) Mushrooms	0.79	0.01	0.53	0.00	0.00	0.03	0.00
<b>6. Fruits</b>	<b>41.60</b>	<b>0.54</b>	<b>801.37</b>	<b>0.07</b>	<b>0.11</b>	<b>0.92</b>	<b>67.52</b>
(1) Bananas	4.12	0.06	4.37	0.01	0.00	0.07	1.87
(2) Pineapples	1.75	0.04	11.11	0.01	0.00	0.04	1.97
(3) Citrus	8.52	0.09	11.32	0.02	0.01	0.13	14.22
(4) Melons	3.24	0.06	119.41	0.00	0.00	0.04	1.99
(5) Others	23.98	0.30	655.16	0.02	0.09	0.63	47.48
<b>7. Meat</b>	<b>201.06</b>	<b>1.50</b>	<b>1,442.39</b>	<b>0.56</b>	<b>0.28</b>	<b>5.63</b>	<b>5.71</b>
(1) Pork	130.41	0.87	1,261.15	0.48	0.18	2.49	0.93
(2) Beef	16.59	0.22	7.51	0.00	0.01	0.26	0.18
(3) Sheepmeat & Goat	1.81	0.01	0.72	0.00	0.00	0.05	-
(4) Poultry	52.09	0.40	173.00	0.08	0.08	2.82	4.60
(5) Others	0.16	0.00	0.01	0.00	0.00	0.00	0.00
<b>8. Eggs</b>	<b>76.99</b>	<b>0.77</b>	<b>285.82</b>	<b>0.04</b>	<b>0.17</b>	<b>0.55</b>	<b>-</b>
<b>9. Fish &amp; seafood</b>	<b>112.79</b>	<b>1.39</b>	<b>148.24</b>	<b>0.03</b>	<b>0.12</b>	<b>2.16</b>	<b>0.67</b>
(1) Fish	57.68	0.20	131.06	0.01	0.04	1.49	0.32
(2) Shrimps & crabs	16.37	0.07	3.06	0.00	0.01	0.19	0.12
(3) Cephalopods	14.14	0.06	0.44	0.00	0.01	0.22	0.01
(4) Shellfish	15.54	0.80	6.52	0.00	0.05	0.17	0.21
(5) Others	0.29	0.01	5.90	-	0.00	0.01	0.01
(6) Dried (salted)	8.79	0.25	1.27	0.00	0.01	0.08	0.00
<b>10. Milk</b>	<b>120.06</b>	<b>0.11</b>	<b>394.37</b>	<b>0.05</b>	<b>0.31</b>	<b>0.07</b>	<b>0.07</b>
(1) Fresh	42.18	0.04	58.02	0.02	0.08	0.06	0.02
(2) Powdered	68.42	0.03	317.10	0.03	0.22	-	-
(3) Others	9.46	0.03	19.25	0.00	0.02	0.01	0.05
<b>11. Oils and fats</b>	<b>0.78</b>	<b>0.00</b>	<b>79.79</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>
(1) Vegetable	-	-	11.81	-	-	-	-
a. Soybean	-	-	8.70	-	-	-	-
b. Peanut	-	-	0.19	-	-	-	-
c. Sesame	-	-	0.15	-	-	-	-
d. Others	-	-	2.77	-	-	-	-
(2) Animal	0.78	0.00	67.98	0.00	0.00	0.00	-
a. Lard	-	-	5.33	-	-	-	-
b. Butter	0.73	0.00	33.39	0.00	0.00	-	-
c. Others	0.06	0.00	29.27	-	-	0.00	-
<b>Grand total (1~11)</b>	<b>1,040.62</b>	<b>10.76</b>	<b>9,260.08</b>	<b>1.33</b>	<b>1.30</b>	<b>14.75</b>	<b>138.21</b>
<b>12. Wine &amp; beer(reference)</b>	<b>45.25</b>	<b>公克</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Grand total (1~12)</b>	<b>1,085.87</b>	<b>10.76</b>	<b>9,260.08</b>	<b>1.33</b>	<b>1.30</b>	<b>14.75</b>	<b>138.21</b>

## 3. 民國102年糧食平衡表

人口數：23,344,670人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,362.9</b>	<b>6,013.0</b>	<b>133.1</b>	<b>-408.0</b>	<b>7,482.4</b>	<b>4,783.5</b>
(1) 米	1,275.5	138.8	22.5	-47.5	1,270.7	3.8
(2) 小麥	0.4	1,387.3	66.4	14.5	1,306.8	65.0
(3) 玉米	86.2	4,100.5	0.7	-375.0	4,560.9	4,460.7
(4) 高粱	0.0	119.7	-	-	119.7	93.8
(5) 其他	0.9	266.8	43.5	-	224.3	160.2
<b>2. 薯類</b>	<b>278.6</b>	<b>1,371.5</b>	<b>71.8</b>	<b>-92.7</b>	<b>1,687.2</b>	<b>12.3</b>
(1) 甘藷	214.9	0.7	0.3	-	215.2	10.8
(2) 樹薯	0.6	1,109.0	37.2	-69.0	1,141.4	1.5
(3) 馬鈴薯	51.3	256.5	0.8	-23.6	330.6	-
(4) 其他	11.8	5.4	33.5	-	-	-
<b>3. 糖及蜂蜜</b>	<b>56.8</b>	<b>612.2</b>	<b>15.2</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	45.7	608.9	11.1	-	-	-
(2) 蜂蜜	11.1	3.2	4.1	-	10.3	-
<b>4. 子仁及油籽類</b>	<b>61.9</b>	<b>2,312.3</b>	<b>20.1</b>	<b>-14.7</b>	<b>2,368.8</b>	<b>267.6</b>
(1) 大豆	0.9	2,140.6	14.1	-14.7	2,142.1	267.6
(2) 花生	46.8	9.9	0.8	-	55.8	-
(3) 芝麻	1.4	39.0	0.1	-	40.3	-
(4) 其他	12.9	122.9	5.2	-	130.6	-
<b>5. 蔬菜類</b>	<b>2,443.5</b>	<b>386.1</b>	<b>123.3</b>	<b>-</b>	<b>2,706.3</b>	<b>-</b>
(1) 葉菜類	881.7	81.1	13.4	-	949.4	-
(2) 根菜類	231.1	40.9	11.9	-	260.2	-
(3) 莖菜類	679.9	106.1	7.0	-	778.9	-
(4) 花果菜類	608.3	138.4	87.6	-	659.0	-
(5) 菇類	42.5	19.6	3.3	-	58.8	-
<b>6. 果品類</b>	<b>2,870.9</b>	<b>522.3</b>	<b>163.8</b>	<b>-</b>	<b>3,229.4</b>	<b>-</b>
(1) 香蕉	291.3	-	7.2	-	284.1	-
(2) 鳳梨	413.5	29.2	6.2	-	436.5	-
(3) 柑桔類	506.1	48.7	19.1	-	535.8	-
(4) 瓜果類	282.6	1.3	0.3	-	283.5	-
(5) 其他	1,377.4	443.1	131.1	-	1,689.5	-
<b>7. 肉類</b>	<b>1,470.8</b>	<b>325.6</b>	<b>13.2</b>	<b>-7.2</b>	<b>1,790.4</b>	<b>-</b>
(1) 豬肉	852.7	63.7	4.0	-7.2	919.5	-
(2) 牛肉	6.6	109.5	0.8	-	115.4	-
(3) 羊肉	1.8	23.0	0.0	-	24.8	-
(4) 家禽肉	609.7	128.4	8.4	-	729.7	-
(5) 其他	-	1.0	-	-	1.0	-
<b>8. 蛋類</b>	<b>405.4</b>	<b>2.4</b>	<b>2.8</b>	<b>-</b>	<b>405.1</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,282.5</b>	<b>368.6</b>	<b>755.8</b>	<b>-</b>	<b>895.3</b>	<b>2.0</b>
(1) 魚類	984.6	168.9	698.2	-	455.2	2.0
(2) 蝦蟹類	48.7	62.6	2.1	-	109.2	-
(3) 頭足類	131.7	28.3	32.2	-	127.8	-
(4) 貝介類	99.6	83.5	20.7	-	162.4	-
(5) 其他	7.5	14.4	1.3	-	20.6	-
(6) 乾漬	10.4	10.8	1.3	-	20.0	-
<b>10. 乳品類</b>	<b>374.0</b>	<b>146.6</b>	<b>14.3</b>	<b>0.0</b>	<b>506.4</b>	<b>-</b>
(1) 鮮奶	374.0	15.0	0.0	-	389.0	-
(2) 奶粉	-	79.0	6.0	0.0	73.0	-
(3) 其他	-	52.6	8.2	-	44.4	-
<b>11. 油脂類</b>	<b>353.5</b>	<b>357.4</b>	<b>54.5</b>	<b>-6.1</b>	<b>662.4</b>	<b>25.4</b>
(1) 植物油	315.0	257.2	44.2	-6.1	534.1	-
a. 大豆油	293.1	0.1	25.7	-6.1	273.5	-
b. 花生油	5.9	0.0	0.1	-	5.8	-
c. 芝麻油	12.9	2.2	7.7	-	7.4	-
d. 其他	3.1	255.0	10.7	-	247.4	-
(2) 動物油	38.5	100.2	10.3	-	128.4	25.4
a. 豬油	38.5	3.9	3.8	-	38.6	11.5
b. 奶油	-	19.9	5.1	-	14.8	-
c. 其他	-	76.4	1.4	-	75.0	13.9
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>5,038.1</b>	<b>1,901.6</b>	<b>-</b>	<b>-</b>	<b>6,828.7</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 3. Food Balance Sheet, 2013

Population : 23,344,670  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>12.8</b>	<b>195.4</b>	<b>40.5</b>	<b>2,450.3</b>	<b>81.3</b>	<b>1,991.0</b>	<b>1. Cereals</b>
12.5	48.0	13.7	1,192.6	88.0	1,049.5	(1) Rice
0.0	63.2	23.6	1,155.0	73.5	848.9	(2) Wheat
0.2	15.0	2.5	82.4	-	82.4	(3) Corn
0.0	25.9	-	-	85.0	-	(4) Sorghum
0.0	43.2	0.6	20.2	50.0	10.1	(5) Others
<b>2.2</b>	<b>9.8</b>	<b>107.4</b>	<b>1,555.6</b>	<b>43.0</b>	<b>668.5</b>	<b>2. Starchy roots</b>
0.3	8.6	17.6	178.0	-	178.0	(1) Sweet Potatos
-	1.2	56.9	1,081.8	18.0	194.7	(2) Cassava
1.9	-	32.9	295.8	-	295.8	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
-	<b>2.6</b>	<b>-</b>	<b>605.7</b>	<b>-</b>	<b>605.7</b>	<b>3. Sugars &amp; honey</b>
-	2.6	-	595.5	-	595.5	(1) Sugars
-	-	-	10.3	-	10.3	(2) Honey
<b>5.6</b>	<b>1,777.8</b>	<b>17.6</b>	<b>300.2</b>	<b>97.4</b>	<b>292.5</b>	<b>4. Pulses and oilseeds</b>
1.3	1,724.3	12.5	136.4	-	136.4	(1) Soybeans
2.8	21.2	1.0	30.8	75.0	23.1	(2) Peanuts
0.0	32.3	0.2	7.8	-	7.8	(3) Sesame
1.5	0.0	3.9	125.2	-	125.2	(4) Others
<b>5.3</b>	<b>-</b>	<b>270.1</b>	<b>2,430.9</b>	<b>-</b>	<b>2,430.9</b>	<b>5. Vegetables</b>
-	-	94.9	854.4	-	854.4	(1) Green leafy
-	-	26.0	234.2	-	234.2	(2) Roots
5.3	-	77.4	696.2	-	696.2	(3) Bulbs & tubers
-	-	65.9	593.1	-	593.1	(4) Flowers & fruits
-	-	5.9	52.9	-	52.9	(5) Mushrooms
-	<b>2.1</b>	<b>322.7</b>	<b>2,904.5</b>	<b>-</b>	<b>2,904.5</b>	<b>6. Fruits</b>
-	-	28.4	255.7	-	255.7	(1) Bananas
-	-	43.6	392.8	-	392.8	(2) Pineapples
-	-	53.6	482.2	-	482.2	(3) Citrus
-	-	28.4	255.2	-	255.2	(4) Melons
-	2.1	168.7	1,518.6	-	1,518.6	(5) Others
-	<b>85.5</b>	<b>35.8</b>	<b>1,669.1</b>	<b>-</b>	<b>1,669.1</b>	<b>7. Meat</b>
-	85.5	18.4	815.6	-	815.6	(1) Pork
-	-	2.3	113.1	-	113.1	(2) Beef
-	-	0.5	24.3	-	24.3	(3) Sheepmeat & Goat
-	-	14.6	715.1	-	715.1	(4) Poultry
-	-	0.0	1.0	-	1.0	(5) Others
-	<b>-</b>	<b>8.1</b>	<b>397.0</b>	<b>-</b>	<b>397.0</b>	<b>8. Eggs</b>
-	<b>28.5</b>	<b>43.2</b>	<b>821.6</b>	<b>-</b>	<b>821.6</b>	<b>9. Fish &amp; seafood</b>
-	13.6	22.0	417.6	-	417.6	(1) Fish
-	9.0	5.0	95.2	-	95.2	(2) Shrimps & crabs
-	5.9	6.1	115.8	-	115.8	(3) Cephalopods
-	-	8.1	154.3	-	154.3	(4) Shellfish
-	-	1.0	19.6	-	19.6	(5) Others
-	-	1.0	19.0	-	19.0	(6) Dried (salted)
-	<b>-</b>	<b>3.9</b>	<b>502.5</b>	<b>-</b>	<b>502.5</b>	<b>10. Milk</b>
-	-	3.9	385.1	-	385.1	(1) Fresh
-	-	-	73.0	-	73.0	(2) Powdered
-	-	-	44.4	-	44.4	(3) Others
-	<b>153.8</b>	<b>1.4</b>	<b>481.7</b>	<b>-</b>	<b>481.7</b>	<b>11. Oils and fats</b>
-	146.1	1.2	386.7	-	386.7	(1) Vegetable
-	-	0.8	272.7	-	272.7	a. Soybean
-	-	0.0	5.8	-	5.8	b. Peanut
-	-	0.0	7.4	-	7.4	c. Sesame
-	146.1	0.3	100.9	-	100.9	d. Others
-	7.7	0.3	95.0	-	95.0	(2) Animal
-	7.7	0.1	19.3	-	19.3	a. Lard
-	-	0.0	14.8	-	14.8	b. Butter
-	-	0.2	60.9	-	60.9	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>6,828.7</b>	<b>-</b>	<b>6,828.7</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>6,828.7</b>	<b>-</b>	<b>6,828.7</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 3. 民國102年糧食平衡表(續)

人口數：23,344,670人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>85.29</b>	<b>233.66</b>	<b>809.79</b>	<b>19.57</b>	<b>2.22</b>	<b>175.96</b>	<b>26.33</b>
(1) 米	44.96	123.17	430.58	8.01	0.85	97.71	8.57
(2) 小麥	36.36	99.63	358.66	11.26	1.23	73.89	17.27
(3) 玉米	3.53	9.67	16.12	0.17	0.08	3.52	0.26
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.43	1.19	4.43	0.13	0.05	0.85	0.22
<b>2. 薯類</b>	<b>28.64</b>	<b>78.46</b>	<b>129.62</b>	<b>1.07</b>	<b>0.20</b>	<b>30.76</b>	<b>15.85</b>
(1) 甘藷	7.62	20.88	23.31	0.19	0.06	5.38	6.39
(2) 樹薯	8.34	22.85	80.44	0.02	0.05	20.11	8.51
(3) 馬鈴薯	12.67	34.72	25.87	0.86	0.10	5.27	0.96
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>25.95</b>	<b>71.09</b>	<b>262.52</b>	<b>0.01</b>	<b>0.00</b>	<b>67.82</b>	<b>10.37</b>
(1) 糖	25.51	69.88	258.77	0.01	-	66.85	10.37
(2) 蜂蜜	0.44	1.20	3.75	0.00	0.00	0.97	-
<b>4. 子仁及油籽類</b>	<b>12.53</b>	<b>34.33</b>	<b>122.04</b>	<b>8.17</b>	<b>6.19</b>	<b>9.36</b>	<b>61.27</b>
(1) 大豆	5.84	16.00	44.76	4.24	1.91	3.00	39.90
(2) 花生	0.99	2.71	13.73	0.78	1.04	0.56	0.98
(3) 芝麻	0.34	0.92	5.22	0.17	0.46	0.19	7.05
(4) 其他	5.36	14.69	58.32	2.98	2.78	5.62	13.34
<b>5. 蔬菜類</b>	<b>104.13</b>	<b>285.29</b>	<b>73.66</b>	<b>4.08</b>	<b>0.94</b>	<b>13.73</b>	<b>100.90</b>
(1) 葉菜類	36.60	100.28	16.61	1.15	0.29	2.84	62.76
(2) 根菜類	10.03	27.48	8.57	0.26	0.11	1.77	6.94
(3) 莖菜類	29.82	81.71	25.59	1.27	0.31	4.87	19.22
(4) 花果菜類	25.41	69.61	22.57	1.37	0.22	4.21	11.94
(5) 菇類	2.27	6.21	0.33	0.03	0.00	0.05	0.04
<b>6. 果品類</b>	<b>124.42</b>	<b>340.88</b>	<b>123.34</b>	<b>1.97</b>	<b>0.65</b>	<b>30.79</b>	<b>26.15</b>
(1) 香蕉	10.95	30.01	16.93	0.24	0.04	4.41	0.93
(2) 鳳梨	16.83	46.10	10.60	0.21	0.05	2.67	4.15
(3) 柑桔類	20.66	56.59	16.45	0.34	0.09	3.91	9.60
(4) 瓜果類	10.93	29.95	5.32	0.14	0.02	1.28	1.09
(5) 其他	65.05	178.22	74.04	1.04	0.46	18.53	10.37
<b>7. 肉類</b>	<b>71.50</b>	<b>195.89</b>	<b>345.97</b>	<b>23.84</b>	<b>27.08</b>	<b>0.33</b>	<b>6.41</b>
(1) 豬肉	34.94	95.72	173.13	12.42	13.31	0.17	4.87
(2) 牛肉	4.84	13.27	27.07	1.50	2.29	0.12	0.54
(3) 羊肉	1.04	2.85	3.11	0.30	0.20	-	0.13
(4) 家禽肉	30.63	83.92	142.56	9.61	11.27	0.04	0.87
(5) 其他	0.04	0.12	0.11	0.02	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>17.01</b>	<b>46.59</b>	<b>59.10</b>	<b>4.94</b>	<b>4.17</b>	<b>0.16</b>	<b>13.31</b>
<b>9. 水產類</b>	<b>35.19</b>	<b>96.42</b>	<b>73.00</b>	<b>10.43</b>	<b>2.81</b>	<b>1.20</b>	<b>32.03</b>
(1) 魚類	17.89	49.01	45.25	5.33	2.50	0.02	3.24
(2) 蝦蟹類	4.08	11.18	6.09	1.29	0.05	0.12	4.58
(3) 頭足類	4.96	13.59	7.88	1.78	0.05	0.09	0.72
(4) 貝介類	6.61	18.11	8.55	1.37	0.09	0.57	7.78
(5) 其他	0.84	2.30	0.38	0.04	0.00	0.06	1.60
(6) 乾漬	0.81	2.23	4.85	0.64	0.11	0.34	14.11
<b>10. 乳品類</b>	<b>21.52</b>	<b>58.97</b>	<b>76.00</b>	<b>4.68</b>	<b>3.49</b>	<b>6.59</b>	<b>164.08</b>
(1) 鮮奶	16.50	45.20	27.80	1.39	1.58	2.09	49.49
(2) 奶粉	3.13	8.57	37.23	2.77	1.29	3.63	99.23
(3) 其他	1.90	5.21	10.97	0.52	0.62	0.86	15.36
<b>11. 油脂類</b>	<b>20.64</b>	<b>56.54</b>	<b>497.48</b>	<b>0.02</b>	<b>55.97</b>	<b>0.15</b>	<b>0.40</b>
(1) 植物油	16.57	45.39	400.72	-	45.34	-	-
a. 大豆油	11.68	32.01	282.58	-	31.97	-	-
b. 花生油	0.25	0.67	5.96	-	0.67	-	-
c. 芝麻油	0.31	0.86	7.62	-	0.86	-	-
d. 其他	4.32	11.84	104.57	-	11.83	-	-
(2) 動物油	4.07	11.15	96.76	0.02	10.63	0.15	0.40
a. 豬油	0.83	2.27	20.14	-	2.25	-	-
b. 奶油	0.63	1.73	11.76	0.01	1.24	0.15	0.40
c. 其他	2.61	7.15	64.87	0.00	7.14	-	-
<b>合計</b>			<b>2,572.53</b>	<b>78.78*</b>	<b>103.72</b>	<b>336.87</b>	<b>457.09</b>
<b>12. 酒類(參考)</b>	<b>29.25</b>	<b>80.14</b>	<b>63.19</b>	*含植物性蛋白質 34.87 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,635.72</b>	Including vegetable protein 34.87 grams			

## 3. Food Balance Sheet, 2013 (Cont'd)

Population : 23,344,670

Per caput daily nutrients supply							Category
磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)	
<b>226.76</b>	<b>1.31</b>	<b>1.15</b>	<b>0.31</b>	<b>0.09</b>	<b>3.07</b>	<b>0.43</b>	<b>1. Cereals</b>
169.54	0.37	-	0.16	0.02	2.01	-	(1) Rice
50.15	0.86	-	0.15	0.06	0.96	-	(2) Wheat
4.58	0.04	1.14	0.00	0.00	0.05	0.40	(3) Corn
-	-	-	-	-	-	-	(4) Sorghum
2.50	0.03	0.01	0.01	0.00	0.05	0.03	(5) Others
<b>26.63</b>	<b>0.25</b>	<b>2,856.97</b>	<b>0.04</b>	<b>0.02</b>	<b>0.54</b>	<b>11.78</b>	<b>2. Starchy roots</b>
9.96	0.09	2,856.97	0.01	0.01	0.11	2.44	(1) Sweet Potatos
1.34	-	-	0.00	-	0.02	1.35	(2) Cassava
15.33	0.16	-	0.02	0.01	0.42	7.99	(3) Potatoes
-	-	-	-	-	-	-	(4) Others
<b>0.53</b>	<b>0.76</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.85</b>	<b>3. Sugars &amp; honey</b>
0.53	0.76	-	-	0.02	0.00	2.82	(1) Sugars
-	-	-	-	0.00	-	0.03	(2) Honey
<b>135.74</b>	<b>2.07</b>	<b>37.26</b>	<b>0.15</b>	<b>0.07</b>	<b>0.54</b>	<b>0.77</b>	<b>4. Pulses and oilseeds</b>
56.38	0.94	0.75	0.05	0.03	0.15	-	(1) Soybeans
14.16	0.09	0.08	0.03	0.00	0.10	0.03	(2) Peanuts
5.50	0.15	-	0.01	0.00	0.05	0.01	(3) Sesame
59.70	0.88	36.43	0.06	0.04	0.26	0.72	(4) Others
<b>91.53</b>	<b>1.93</b>	<b>3,382.80</b>	<b>0.09</b>	<b>0.10</b>	<b>1.32</b>	<b>50.13</b>	<b>5. Vegetables</b>
27.57	0.95	1,511.09	0.02	0.03	0.34	22.59	(1) Green leafy
8.47	0.08	818.85	0.01	0.01	0.13	2.67	(2) Roots
28.70	0.45	318.34	0.03	0.03	0.36	6.23	(3) Bulbs & tubers
26.06	0.44	734.03	0.04	0.03	0.46	18.64	(4) Flowers & fruits
0.73	0.01	0.49	0.00	0.00	0.03	0.00	(5) Mushrooms
<b>40.99</b>	<b>0.54</b>	<b>865.48</b>	<b>0.07</b>	<b>0.11</b>	<b>0.91</b>	<b>65.99</b>	<b>6. Fruits</b>
4.09	0.06	4.34	0.01	0.00	0.07	1.86	(1) Bananas
1.84	0.05	11.72	0.01	0.00	0.05	2.07	(2) Pineapples
8.20	0.08	9.57	0.02	0.01	0.12	13.57	(3) Citrus
2.93	0.05	107.31	0.00	0.00	0.04	1.86	(4) Melons
23.92	0.30	732.54	0.02	0.08	0.63	46.63	(5) Others
<b>193.27</b>	<b>1.48</b>	<b>1,358.73</b>	<b>0.53</b>	<b>0.27</b>	<b>5.35</b>	<b>5.35</b>	<b>7. Meat</b>
122.90	0.82	1,188.51	0.45	0.17	2.35	0.87	(1) Pork
18.35	0.24	8.30	0.01	0.02	0.29	0.20	(2) Beef
1.84	0.01	0.73	0.00	0.00	0.05	-	(3) Sheepmeat & Goat
49.98	0.40	161.17	0.07	0.08	2.65	4.28	(4) Poultry
0.19	0.00	0.02	0.00	0.00	0.01	0.00	(5) Others
<b>76.91</b>	<b>0.77</b>	<b>285.36</b>	<b>0.04</b>	<b>0.17</b>	<b>0.55</b>	<b>-</b>	<b>8. Eggs</b>
<b>109.89</b>	<b>1.38</b>	<b>109.60</b>	<b>0.02</b>	<b>0.12</b>	<b>2.04</b>	<b>0.64</b>	<b>9. Fish &amp; seafood</b>
54.46	0.19	92.39	0.01	0.04	1.37	0.29	(1) Fish
16.32	0.07	3.03	0.00	0.01	0.19	0.12	(2) Shrimps & crabs
14.67	0.07	0.43	0.01	0.01	0.22	0.01	(3) Cephalopods
15.66	0.78	6.42	0.00	0.05	0.17	0.20	(4) Shellfish
0.41	0.01	6.14	-	0.00	0.01	0.02	(5) Others
8.37	0.26	1.19	0.00	0.01	0.07	0.00	(6) Dried (salted)
<b>126.19</b>	<b>0.12</b>	<b>417.01</b>	<b>0.05</b>	<b>0.33</b>	<b>0.07</b>	<b>0.09</b>	<b>10. Milk</b>
42.71	0.05	58.76	0.02	0.08	0.06	0.02	(1) Fresh
72.45	0.03	335.78	0.03	0.23	-	-	(2) Powdered
11.02	0.04	22.47	0.01	0.02	0.01	0.06	(3) Others
<b>0.71</b>	<b>0.00</b>	<b>72.31</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>	<b>11. Oils and fats</b>
-	-	12.13	-	-	-	-	(1) Vegetable
-	-	8.55	-	-	-	-	a. Soybean
-	-	0.18	-	-	-	-	b. Peanut
-	-	0.23	-	-	-	-	c. Sesame
-	-	3.17	-	-	-	-	d. Others
0.71	0.00	60.18	0.00	0.00	0.00	-	(2) Animal
-	-	5.52	-	-	-	-	a. Lard
0.66	0.00	30.24	0.00	0.00	-	-	b. Butter
0.05	0.00	24.42	-	-	0.00	-	c. Others
<b>1,029.14</b>	<b>10.61</b>	<b>9,386.67</b>	<b>1.30</b>	<b>1.30</b>	<b>14.40</b>	<b>138.02</b>	<b>Grand total (1~11)</b>
43.90 公克							<b>12. Wine &amp; beer(reference)</b>
and animal protein		43.90 grams					<b>Grand total (1~12)</b>

## 4. 民國103年糧食平衡表

人口數：23,403,635人

單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,515.5</b>	<b>6,100.1</b>	<b>148.2</b>	<b>-342.9</b>	<b>7,619.2</b>	<b>4,886.8</b>
(1) 米	1,399.4	130.2	30.0	11.6	1,297.0	4.2
(2) 小麥	0.8	1,368.6	71.8	-3.3	1,301.0	50.1
(3) 玉米	114.0	4,252.7	0.6	-351.2	4,717.3	4,616.6
(4) 高粱	0.0	87.6	-	-	87.7	61.8
(5) 其他	1.2	260.9	45.9	-	216.3	154.2
<b>2. 薯類</b>	<b>304.2</b>	<b>1,436.6</b>	<b>77.2</b>	<b>25.2</b>	<b>1,652.2</b>	<b>12.3</b>
(1) 甘藷	234.6	1.0	0.2	-	235.4	11.8
(2) 樹薯	0.5	1,241.5	42.2	52.9	1,147.0	0.5
(3) 馬鈴薯	56.3	186.5	0.6	-27.7	269.9	-
(4) 其他	12.8	7.6	34.2	-	-	-
<b>3. 糖及蜂蜜</b>	<b>63.0</b>	<b>721.0</b>	<b>17.6</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	50.2	716.2	12.4	-	-	-
(2) 蜂蜜	12.8	4.8	5.3	-	12.2	-
<b>4. 子仁及油籽類</b>	<b>84.1</b>	<b>2,548.4</b>	<b>23.8</b>	<b>39.5</b>	<b>2,569.3</b>	<b>296.9</b>
(1) 大豆	1.2	2,375.2	18.0	39.5	2,318.8	296.9
(2) 花生	68.5	10.0	0.7	-	77.7	-
(3) 芝麻	2.2	46.3	0.1	-	48.4	-
(4) 其他	12.3	116.9	5.0	-	124.2	-
<b>5. 蔬菜類</b>	<b>2,517.5</b>	<b>371.4</b>	<b>130.6</b>	<b>-</b>	<b>2,758.2</b>	<b>-</b>
(1) 葉菜類	897.8	77.4	13.9	-	961.3	-
(2) 根菜類	251.6	37.6	16.6	-	272.6	-
(3) 莖菜類	724.2	101.3	8.2	-	817.3	-
(4) 花果菜類	603.2	135.6	88.0	-	650.8	-
(5) 菇類	40.6	19.5	3.9	-	56.2	-
<b>6. 果品類</b>	<b>2,913.0</b>	<b>536.8</b>	<b>171.5</b>	<b>-</b>	<b>3,278.3</b>	<b>-</b>
(1) 香蕉	299.9	0.2	4.2	-	295.9	-
(2) 鳳梨	456.2	25.2	10.8	-	470.6	-
(3) 柑桔類	542.8	48.7	18.0	-	573.4	-
(4) 瓜果類	280.8	2.5	0.3	-	283.0	-
(5) 其他	1,333.3	460.2	138.1	-	1,655.4	-
<b>7. 肉類</b>	<b>1,507.6</b>	<b>394.8</b>	<b>12.6</b>	<b>2.0</b>	<b>1,887.7</b>	<b>-</b>
(1) 豬肉	845.2	89.5	3.3	2.0	929.4	-
(2) 牛肉	6.7	117.4	0.8	-	123.3	-
(3) 羊肉	1.9	27.1	0.0	-	29.0	-
(4) 家禽肉	653.7	159.6	8.6	-	804.8	-
(5) 其他	-	1.3	-	-	1.3	-
<b>8. 蛋類</b>	<b>408.5</b>	<b>3.4</b>	<b>2.7</b>	<b>-</b>	<b>409.2</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,415.0</b>	<b>396.9</b>	<b>906.7</b>	<b>-</b>	<b>905.3</b>	<b>2.0</b>
(1) 魚類	1,034.8	175.2	723.8	-	486.2	2.0
(2) 蝦蟹類	50.7	55.0	3.5	-	102.3	-
(3) 頭足類	212.8	27.4	124.1	-	116.1	-
(4) 貝介類	99.5	113.7	52.5	-	160.7	-
(5) 其他	5.1	15.6	1.1	-	19.5	-
(6) 乾漬	12.1	10.1	1.7	-	20.5	-
<b>10. 乳品類</b>	<b>378.8</b>	<b>161.2</b>	<b>12.0</b>	<b>0.1</b>	<b>527.9</b>	<b>-</b>
(1) 鮮奶	378.8	21.9	0.0	-	400.7	-
(2) 奶粉	-	79.2	6.0	0.1	73.1	-
(3) 其他	-	60.1	6.0	-	54.1	-
<b>11. 油脂類</b>	<b>381.5</b>	<b>385.5</b>	<b>27.8</b>	<b>1.4</b>	<b>737.8</b>	<b>20.5</b>
(1) 植物油	344.8	291.5	18.3	1.4	616.6	-
a. 大豆油	317.7	3.2	5.4	1.4	314.2	-
b. 花生油	8.3	0.0	0.0	-	8.2	-
c. 芝麻油	15.5	1.3	5.1	-	11.6	-
d. 其他	3.3	287.0	7.7	-	282.6	-
(2) 動物油	36.7	94.0	9.5	-	121.2	20.5
a. 豬油	36.7	8.2	1.8	-	43.1	11.0
b. 奶油	-	23.7	2.8	-	20.9	-
c. 其他	-	62.1	4.9	-	57.3	9.5
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>5,061.7</b>	<b>2,129.1</b>	<b>-</b>	<b>-</b>	<b>7,038.4</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 4. Food Balance Sheet, 2014

Population : 23,403,635

Units : 1,000 metric tons

種用 Seed	內供給量分配 Disposal of domestic supply					Category
	加工用 Manufacture	損耗量 Waste	糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>13.2</b>	<b>198.5</b>	<b>41.1</b>	<b>2,479.6</b>	<b>81.3</b>	<b>2,016.4</b>	<b>1. Cereals</b>
12.8	50.5	14.2	1,215.3	88.0	1,069.5	(1) Rice
0.0	63.7	23.7	1,163.4	73.5	855.1	(2) Wheat
0.4	15.0	2.6	82.7	-	82.7	(3) Corn
0.0	25.9	-	-	85.0	-	(4) Sorghum
0.0	43.5	0.5	18.1	50.0	9.1	(5) Others
<b>2.4</b>	<b>5.1</b>	<b>103.8</b>	<b>1,528.7</b>	<b>41.6</b>	<b>635.9</b>	<b>2. Starchy roots</b>
0.3	4.7	19.7	198.9	-	198.9	(1) Sweet Potatos
-	0.4	57.3	1,088.8	18.0	196.0	(2) Cassava
2.1	-	26.8	241.0	-	241.0	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.6</b>	<b>-</b>	<b>632.1</b>	<b>-</b>	<b>632.1</b>	<b>3. Sugars &amp; honey</b>
-	2.6	-	619.9	-	619.9	(1) Sugars
-	-	-	12.2	-	12.2	(2) Honey
<b>3.7</b>	<b>1,937.3</b>	<b>18.8</b>	<b>312.5</b>	<b>96.5</b>	<b>301.7</b>	<b>4. Pulses and oilseeds</b>
0.4	1,868.7	13.5	139.4	-	139.4	(1) Soybeans
3.2	29.8	1.3	43.4	75.0	32.5	(2) Peanuts
0.0	38.8	0.3	9.4	-	9.4	(3) Sesame
0.1	0.0	3.7	120.4	-	120.4	(4) Others
<b>6.0</b>	<b>-</b>	<b>275.2</b>	<b>2,477.0</b>	<b>-</b>	<b>2,477.0</b>	<b>5. Vegetables</b>
-	-	96.1	865.1	-	865.1	(1) Green leafy
-	-	27.3	245.3	-	245.3	(2) Roots
6.0	-	81.1	730.2	-	730.2	(3) Bulbs & tubers
-	-	65.1	585.8	-	585.8	(4) Flowers & fruits
-	-	5.6	50.6	-	50.6	(5) Mushrooms
<b>-</b>	<b>2.2</b>	<b>327.6</b>	<b>2,948.6</b>	<b>-</b>	<b>2,948.6</b>	<b>6. Fruits</b>
-	-	29.6	266.3	-	266.3	(1) Bananas
-	-	47.1	423.5	-	423.5	(2) Pineapples
-	-	57.3	516.1	-	516.1	(3) Citrus
-	-	28.3	254.7	-	254.7	(4) Melons
-	2.2	165.3	1,487.9	-	1,487.9	(5) Others
<b>-</b>	<b>81.5</b>	<b>37.8</b>	<b>1,768.5</b>	<b>-</b>	<b>1,768.5</b>	<b>7. Meat</b>
-	81.5	18.6	829.3	-	829.3	(1) Pork
-	-	2.5	120.8	-	120.8	(2) Beef
-	-	0.6	28.4	-	28.4	(3) Sheepmeat & Goat
-	-	16.1	788.7	-	788.7	(4) Poultry
-	-	0.0	1.2	-	1.2	(5) Others
<b>-</b>	<b>-</b>	<b>8.2</b>	<b>401.0</b>	<b>-</b>	<b>401.0</b>	<b>8. Eggs</b>
<b>-</b>	<b>29.4</b>	<b>43.7</b>	<b>830.2</b>	<b>-</b>	<b>830.2</b>	<b>9. Fish &amp; seafood</b>
-	18.8	23.3	442.1	-	442.1	(1) Fish
-	3.6	4.9	93.8	-	93.8	(2) Shrimps & crabs
-	7.0	5.5	103.6	-	103.6	(3) Cephalopods
-	-	8.0	152.6	-	152.6	(4) Shellfish
-	-	1.0	18.5	-	18.5	(5) Others
-	-	1.0	19.5	-	19.5	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>4.0</b>	<b>523.9</b>	<b>-</b>	<b>523.9</b>	<b>10. Milk</b>
-	-	4.0	396.7	-	396.7	(1) Fresh
-	-	-	73.1	-	73.1	(2) Powdered
-	-	-	54.1	-	54.1	(3) Others
<b>-</b>	<b>171.3</b>	<b>1.6</b>	<b>544.4</b>	<b>-</b>	<b>544.4</b>	<b>11. Oils and fats</b>
-	163.9	1.4	451.3	-	451.3	(1) Vegetable
-	-	0.9	313.2	-	313.2	a. Soybean
-	-	0.0	8.2	-	8.2	b. Peanut
-	-	0.0	11.6	-	11.6	c. Sesame
-	163.9	0.4	118.3	-	118.3	d. Others
-	7.3	0.3	93.1	-	93.1	(2) Animal
-	7.3	0.1	24.6	-	24.6	a. Lard
-	-	0.1	20.8	-	20.8	b. Butter
-	-	0.1	47.6	-	47.6	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,038.4</b>	<b>-</b>	<b>7,038.4</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,038.4</b>	<b>-</b>	<b>7,038.4</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 4. 民國103年糧食平衡表(續)

人口數：23,403,635人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>86.16</b>	<b>236.05</b>	<b>816.81</b>	<b>19.78</b>	<b>2.24</b>	<b>177.49</b>	<b>26.54</b>
(1) 米	45.70	125.20	437.70	8.14	0.87	99.33	8.72
(2) 小麥	36.54	100.10	360.38	11.31	1.23	74.24	17.35
(3) 玉米	3.53	9.68	14.78	0.20	0.09	3.16	0.28
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.39	1.06	3.96	0.12	0.05	0.76	0.20
<b>2. 薯類</b>	<b>27.17</b>	<b>74.45</b>	<b>127.77</b>	<b>0.93</b>	<b>0.19</b>	<b>30.47</b>	<b>16.44</b>
(1) 甘藷	8.50	23.29	25.99	0.21	0.06	5.99	7.13
(2) 樹薯	8.37	22.94	80.76	0.02	0.05	20.19	8.54
(3) 馬鈴薯	10.30	28.21	21.02	0.70	0.08	4.28	0.78
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>27.01</b>	<b>74.00</b>	<b>273.16</b>	<b>0.01</b>	<b>0.00</b>	<b>70.57</b>	<b>10.77</b>
(1) 糖	26.49	72.56	268.69	0.01	-	69.41	10.77
(2) 蜂蜜	0.52	1.43	4.46	0.00	0.00	1.15	-
<b>4. 子仁及油籽類</b>	<b>12.89</b>	<b>35.31</b>	<b>128.06</b>	<b>8.45</b>	<b>6.85</b>	<b>9.23</b>	<b>62.95</b>
(1) 大豆	5.96	16.32	45.63	4.32	1.95	3.06	40.67
(2) 花生	1.39	3.81	19.26	1.10	1.47	0.78	1.37
(3) 芝麻	0.40	1.10	6.25	0.20	0.55	0.23	8.45
(4) 其他	5.14	14.09	56.92	2.83	2.88	5.16	12.46
<b>5. 蔬菜類</b>	<b>105.84</b>	<b>289.97</b>	<b>75.75</b>	<b>4.09</b>	<b>0.94</b>	<b>14.24</b>	<b>102.20</b>
(1) 葉菜類	36.97	101.28	16.75	1.16	0.29	2.87	62.91
(2) 根菜類	10.48	28.72	8.99	0.28	0.12	1.86	7.28
(3) 莖菜類	31.20	85.49	27.93	1.37	0.33	5.31	20.23
(4) 花果菜類	25.03	68.57	21.75	1.26	0.20	4.15	11.74
(5) 菇類	2.16	5.92	0.34	0.03	0.00	0.05	0.04
<b>6. 果品類</b>	<b>125.99</b>	<b>345.17</b>	<b>125.17</b>	<b>2.01</b>	<b>0.67</b>	<b>31.23</b>	<b>27.16</b>
(1) 香蕉	11.38	31.18	17.59	0.25	0.04	4.58	0.97
(2) 鳳梨	18.10	49.58	11.40	0.22	0.05	2.88	4.46
(3) 柑桔類	22.05	60.41	17.49	0.36	0.09	4.15	10.28
(4) 瓜果類	10.88	29.81	5.30	0.14	0.02	1.27	1.09
(5) 其他	63.58	174.18	73.38	1.04	0.46	18.34	10.37
<b>7. 肉類</b>	<b>75.56</b>	<b>207.02</b>	<b>365.28</b>	<b>25.12</b>	<b>28.62</b>	<b>0.35</b>	<b>6.61</b>
(1) 豬肉	35.44	97.09	175.59	12.60	13.50	0.17	4.94
(2) 牛肉	5.16	14.14	28.85	1.59	2.44	0.13	0.57
(3) 羊肉	1.21	3.33	3.62	0.34	0.24	-	0.15
(4) 家禽肉	33.70	92.32	157.08	10.56	12.43	0.04	0.95
(5) 其他	0.05	0.14	0.13	0.02	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>17.14</b>	<b>46.95</b>	<b>59.49</b>	<b>4.97</b>	<b>4.19</b>	<b>0.16</b>	<b>13.36</b>
<b>9. 水產類</b>	<b>35.47</b>	<b>97.18</b>	<b>75.68</b>	<b>10.50</b>	<b>3.09</b>	<b>1.16</b>	<b>31.13</b>
(1) 魚類	18.89	51.76	48.93	5.64	2.76	0.02	3.47
(2) 蝦蟹類	4.01	10.98	5.97	1.26	0.05	0.12	4.54
(3) 頭足類	4.43	12.13	7.04	1.59	0.04	0.08	0.63
(4) 貝介類	6.52	17.87	8.32	1.33	0.09	0.55	7.82
(5) 其他	0.79	2.17	0.36	0.03	0.00	0.05	1.51
(6) 乾漬	0.83	2.28	5.06	0.65	0.14	0.33	13.16
<b>10. 乳品類</b>	<b>22.39</b>	<b>61.33</b>	<b>79.26</b>	<b>4.82</b>	<b>3.65</b>	<b>6.90</b>	<b>168.54</b>
(1) 鮮奶	16.95	46.44	28.56	1.43	1.63	2.15	50.85
(2) 奶粉	3.12	8.56	37.19	2.76	1.29	3.63	99.11
(3) 其他	2.31	6.33	13.51	0.63	0.74	1.12	18.58
<b>11. 油脂類</b>	<b>23.26</b>	<b>63.73</b>	<b>559.20</b>	<b>0.02</b>	<b>62.96</b>	<b>0.21</b>	<b>0.56</b>
(1) 植物油	19.28	52.83	466.45	-	52.77	-	-
a. 大豆油	13.38	36.67	323.71	-	36.62	-	-
b. 花生油	0.35	0.96	8.47	-	0.96	-	-
c. 芝麻油	0.50	1.36	12.00	-	1.36	-	-
d. 其他	5.05	13.85	122.27	-	13.83	-	-
(2) 動物油	3.98	10.90	92.76	0.02	10.18	0.21	0.56
a. 豬油	1.05	2.89	25.62	-	2.87	-	-
b. 奶油	0.89	2.44	16.54	0.02	1.75	0.21	0.56
c. 其他	2.04	5.58	50.60	0.00	5.57	-	-
<b>合計</b>			<b>2,685.64</b>	<b>80.70*</b>	<b>113.39</b>	<b>342.00</b>	<b>466.29</b>
<b>12. 酒類(參考)</b>	<b>30.07</b>	<b>82.39</b>	<b>64.96</b>	*含植物性蛋白質 35.27 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,750.60</b>	Including vegetable protein 35.27 grams			

## 4. Food Balance Sheet, 2014 (Cont'd)

Population : 23,403,635

Per caput daily nutrients supply							Category
磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)	
<b>230.29</b>	<b>1.32</b>	<b>1.36</b>	<b>0.31</b>	<b>0.09</b>	<b>3.11</b>	<b>0.50</b>	<b>1. Cereals</b>
172.38	0.38	-	0.16	0.03	2.04	-	(1) Rice
50.39	0.87	-	0.15	0.06	0.97	-	(2) Wheat
5.30	0.04	1.35	0.00	0.00	0.06	0.48	(3) Corn
-	-	-	-	-	-	-	(4) Sorghum
2.23	0.03	0.01	0.00	0.00	0.04	0.02	(5) Others
<b>24.91</b>	<b>0.23</b>	<b>3,185.92</b>	<b>0.04</b>	<b>0.01</b>	<b>0.48</b>	<b>10.57</b>	<b>2. Starchy roots</b>
11.11	0.10	3,185.92	0.01	0.01	0.13	2.72	(1) Sweet Potatos
1.34	-	-	0.00	-	0.02	1.35	(2) Cassava
12.46	0.13	-	0.02	0.01	0.34	6.49	(3) Potatoes
-	-	-	-	-	-	-	(4) Others
<b>0.55</b>	<b>0.79</b>	<b>-</b>	<b>-</b>	<b>0.03</b>	<b>0.00</b>	<b>2.97</b>	<b>3. Sugars &amp; honey</b>
0.55	0.79	-	-	0.02	0.00	2.93	(1) Sugars
-	-	-	-	0.00	-	0.04	(2) Honey
<b>141.76</b>	<b>2.11</b>	<b>34.91</b>	<b>0.16</b>	<b>0.07</b>	<b>0.59</b>	<b>0.69</b>	<b>4. Pulses and oilseeds</b>
57.48	0.96	0.76	0.05	0.03	0.15	-	(1) Soybeans
19.86	0.13	0.11	0.05	0.00	0.13	0.05	(2) Peanuts
6.58	0.18	-	0.01	0.00	0.05	0.01	(3) Sesame
57.84	0.84	34.03	0.05	0.04	0.25	0.63	(4) Others
<b>93.55</b>	<b>1.95</b>	<b>3,486.45</b>	<b>0.09</b>	<b>0.10</b>	<b>1.34</b>	<b>50.46</b>	<b>5. Vegetables</b>
27.79	0.95	1,489.00	0.02	0.03	0.34	22.88	(1) Green leafy
9.08	0.08	919.61	0.01	0.01	0.14	2.70	(2) Roots
31.26	0.48	330.62	0.03	0.03	0.38	6.62	(3) Bulbs & tubers
24.67	0.43	746.71	0.03	0.03	0.45	18.26	(4) Flowers & fruits
0.75	0.01	0.51	0.00	0.00	0.03	0.00	(5) Mushrooms
<b>41.79</b>	<b>0.55</b>	<b>753.59</b>	<b>0.07</b>	<b>0.11</b>	<b>0.91</b>	<b>66.75</b>	<b>6. Fruits</b>
4.25	0.06	4.51	0.01	0.00	0.08	1.93	(1) Bananas
1.98	0.05	12.60	0.01	0.00	0.05	2.23	(2) Pineapples
8.79	0.09	12.62	0.02	0.01	0.13	14.60	(3) Citrus
2.91	0.05	106.84	0.00	0.00	0.04	1.85	(4) Melons
23.85	0.30	617.03	0.02	0.08	0.61	46.13	(5) Others
<b>201.34</b>	<b>1.55</b>	<b>1,392.80</b>	<b>0.55</b>	<b>0.28</b>	<b>5.67</b>	<b>5.82</b>	<b>7. Meat</b>
124.65	0.83	1,205.41	0.46	0.17	2.38	0.89	(1) Pork
19.56	0.26	8.85	0.01	0.02	0.31	0.21	(2) Beef
2.14	0.01	0.85	0.00	0.00	0.06	-	(3) Sheepmeat & Goat
54.75	0.44	177.66	0.08	0.08	2.91	4.72	(4) Poultry
0.24	0.00	0.02	0.00	0.00	0.01	0.00	(5) Others
<b>77.43</b>	<b>0.78</b>	<b>287.21</b>	<b>0.04</b>	<b>0.17</b>	<b>0.56</b>	<b>-</b>	<b>8. Eggs</b>
<b>111.84</b>	<b>1.38</b>	<b>124.01</b>	<b>0.02</b>	<b>0.12</b>	<b>2.11</b>	<b>0.66</b>	<b>9. Fish &amp; seafood</b>
58.84	0.21	107.44	0.01	0.04	1.48	0.31	(1) Fish
16.00	0.07	2.99	0.00	0.01	0.19	0.12	(2) Shrimps & crabs
13.10	0.06	0.33	0.00	0.01	0.20	0.01	(3) Cephalopods
15.39	0.79	6.26	0.00	0.05	0.17	0.19	(4) Shellfish
0.39	0.01	5.76	-	0.00	0.01	0.02	(5) Others
8.13	0.25	1.24	0.00	0.01	0.07	0.00	(6) Dried (salted)
<b>129.67</b>	<b>0.12</b>	<b>422.52</b>	<b>0.05</b>	<b>0.34</b>	<b>0.08</b>	<b>0.10</b>	<b>10. Milk</b>
43.89	0.05	60.37	0.02	0.08	0.06	0.02	(1) Fresh
72.37	0.03	335.36	0.03	0.23	-	-	(2) Powdered
13.42	0.05	26.79	0.01	0.02	0.02	0.07	(3) Others
<b>0.96</b>	<b>0.00</b>	<b>82.64</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>	<b>11. Oils and fats</b>
-	-	14.02	-	-	-	-	(1) Vegetable
-	-	9.73	-	-	-	-	a. Soybean
-	-	0.25	-	-	-	-	b. Peanut
-	-	0.36	-	-	-	-	c. Sesame
-	-	3.68	-	-	-	-	d. Others
0.96	0.00	68.62	0.00	0.00	0.00	-	(2) Animal
-	-	7.02	-	-	-	-	a. Lard
0.93	0.00	42.54	0.00	0.00	-	-	b. Butter
0.04	0.00	19.05	-	-	0.00	-	c. Others
<b>1,054.10</b>	<b>10.79</b>	<b>9,771.41</b>	<b>1.33</b>	<b>1.33</b>	<b>14.85</b>	<b>138.49</b>	<b>Grand total (1~11)</b>
45.43 公克							<b>12. Wine &amp; beer(reference)</b>
and animal protein	45.43 grams						<b>Grand total (1~12)</b>



## 5. 民國104年糧食平衡表

人口數：23,462,914人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,380.2</b>	<b>6,162.1</b>	<b>216.8</b>	<b>-465.1</b>	<b>7,593.4</b>	<b>4,841.5</b>
(1) 米	1,260.4	152.9	93.3	-175.3	1,298.1	3.8
(2) 小麥	1.5	1,419.5	75.4	25.6	1,320.0	50.4
(3) 玉米	117.0	4,255.0	0.9	-315.4	4,686.5	4,585.7
(4) 高粱	0.0	69.1	-	-	69.1	43.2
(5) 其他	1.3	265.6	47.2	-	219.7	158.4
<b>2. 薯類</b>	<b>307.3</b>	<b>1,461.8</b>	<b>76.4</b>	<b>12.7</b>	<b>1,695.5</b>	<b>11.8</b>
(1) 甘藷	230.3	0.9	0.3	-	230.9	11.5
(2) 樹薯	0.5	1,162.0	42.7	-33.4	1,153.2	0.2
(3) 馬鈴薯	64.2	294.1	0.7	46.2	311.4	-
(4) 其他	12.2	4.9	32.6	-	-	-
<b>3. 糖及蜂蜜</b>	<b>68.2</b>	<b>713.8</b>	<b>21.5</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	56.5	709.1	14.6	-	-	-
(2) 蜂蜜	11.7	4.7	6.9	-	9.6	-
<b>4. 子仁及油籽類</b>	<b>80.0</b>	<b>2,863.9</b>	<b>24.1</b>	<b>98.7</b>	<b>2,821.1</b>	<b>327.3</b>
(1) 大豆	2.7	2,696.3	18.2	98.7	2,582.2	327.3
(2) 花生	62.0	9.7	0.8	-	70.9	-
(3) 芝麻	2.0	39.2	0.1	-	41.0	-
(4) 其他	13.3	118.8	5.1	-	127.0	-
<b>5. 蔬菜類</b>	<b>2,370.6</b>	<b>430.2</b>	<b>121.8</b>	<b>-</b>	<b>2,679.0</b>	<b>-</b>
(1) 葉菜類	878.9	107.2	14.3	-	971.8	-
(2) 根菜類	215.3	48.1	13.0	-	250.4	-
(3) 莖菜類	643.3	99.4	4.7	-	738.0	-
(4) 花果菜類	589.7	154.4	87.2	-	656.9	-
(5) 菇類	43.5	21.1	2.6	-	62.0	-
<b>6. 果品類</b>	<b>2,801.5</b>	<b>561.5</b>	<b>190.0</b>	<b>-</b>	<b>3,173.0</b>	<b>-</b>
(1) 香蕉	274.1	0.2	3.3	-	271.0	-
(2) 鳳梨	494.0	30.8	25.3	-	499.5	-
(3) 柑桔類	469.5	47.2	22.9	-	493.7	-
(4) 瓜果類	289.2	4.2	0.2	-	293.1	-
(5) 其他	1,274.7	479.2	138.3	-	1,615.7	-
<b>7. 肉類</b>	<b>1,493.0</b>	<b>474.0</b>	<b>7.7</b>	<b>5.6</b>	<b>1,953.8</b>	<b>-</b>
(1) 豬肉	862.9	129.4	2.5	5.6	984.3	-
(2) 牛肉	6.8	114.9	0.4	-	121.3	-
(3) 羊肉	1.9	24.9	0.0	-	26.9	-
(4) 家禽肉	621.4	203.5	4.7	-	820.2	-
(5) 其他	-	1.2	-	-	1.2	-
<b>8. 蛋類</b>	<b>413.4</b>	<b>2.1</b>	<b>2.1</b>	<b>-</b>	<b>413.3</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,310.9</b>	<b>376.0</b>	<b>935.9</b>	<b>-</b>	<b>751.0</b>	<b>5.7</b>
(1) 魚類	895.2	184.7	698.5	-	381.5	5.7
(2) 蝦蟹類	34.1	60.0	3.4	-	90.7	-
(3) 頭足類	271.0	47.2	143.8	-	174.4	-
(4) 貝介類	94.4	58.7	86.9	-	66.1	-
(5) 其他	3.5	15.5	1.3	-	17.7	-
(6) 乾漬	12.6	9.9	1.9	-	20.6	-
<b>10. 乳品類</b>	<b>391.0</b>	<b>178.6</b>	<b>10.8</b>	<b>-0.3</b>	<b>559.1</b>	<b>-</b>
(1) 鮮奶	391.0	26.4	0.0	-	417.4	-
(2) 奶粉	-	81.9	5.0	-0.3	77.2	-
(3) 其他	-	70.4	5.8	-	64.5	-
<b>11. 油脂類</b>	<b>392.4</b>	<b>388.8</b>	<b>29.1</b>	<b>3.2</b>	<b>749.0</b>	<b>23.7</b>
(1) 植物油	355.0	298.5	25.0	3.2	625.2	-
a. 大豆油	331.3	5.2	16.5	3.2	316.8	-
b. 花生油	7.5	0.0	0.0	-	7.5	-
c. 芝麻油	13.1	2.3	4.4	-	11.0	-
d. 其他	3.1	291.0	4.1	-	289.9	-
(2) 動物油	37.4	90.3	4.0	-	123.7	23.7
a. 豬油	37.4	6.0	0.2	-	43.2	11.2
b. 奶油	-	27.4	0.1	-	27.3	-
c. 其他	-	57.0	3.7	-	53.3	12.5
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>5,020.3</b>	<b>2,270.3</b>	<b>-</b>	<b>-</b>	<b>7,140.1</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 5. Food Balance Sheet, 2015

Population : 23,462,914  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>12.3</b>	<b>198.9</b>	<b>41.5</b>	<b>2,499.3</b>	<b>81.3</b>	<b>2,031.3</b>	<b>1. Cereals</b>
11.9	50.4	14.3	1,217.8	88.0	1,071.7	(1) Rice
0.0	64.6	24.1	1,181.0	73.5	868.0	(2) Wheat
0.4	15.0	2.6	82.8	-	82.8	(3) Corn
0.0	25.9	-	-	85.0	-	(4) Sorghum
0.0	43.0	0.5	17.7	50.0	8.8	(5) Others
<b>2.5</b>	<b>0.2</b>	<b>108.3</b>	<b>1,572.7</b>	<b>42.9</b>	<b>674.7</b>	<b>2. Starchy roots</b>
0.3	-	19.7	199.4	-	199.4	(1) Sweet Potatoes
-	0.2	57.6	1,095.1	18.0	197.1	(2) Cassava
2.2	-	30.9	278.2	-	278.2	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.6</b>	<b>-</b>	<b>651.4</b>	<b>-</b>	<b>651.4</b>	<b>3. Sugars &amp; honey</b>
-	2.6	-	641.8	-	641.8	(1) Sugars
-	-	-	9.6	-	9.6	(2) Honey
<b>4.7</b>	<b>2,008.6</b>	<b>24.2</b>	<b>456.3</b>	<b>97.8</b>	<b>446.5</b>	<b>4. Pulses and oilseeds</b>
1.4	1,948.6	19.0	286.0	-	286.0	(1) Soybeans
3.1	27.1	1.2	39.5	75.0	29.6	(2) Peanuts
0.0	32.8	0.2	8.0	-	8.0	(3) Sesame
0.2	0.0	3.8	122.9	-	122.9	(4) Others
<b>4.8</b>	<b>-</b>	<b>267.4</b>	<b>2,406.7</b>	<b>-</b>	<b>2,406.7</b>	<b>5. Vegetables</b>
-	-	97.2	874.7	-	874.7	(1) Green leafy
-	-	25.0	225.3	-	225.3	(2) Roots
4.8	-	73.3	659.8	-	659.8	(3) Bulbs & tubers
-	-	65.7	591.2	-	591.2	(4) Flowers & fruits
-	-	6.2	55.8	-	55.8	(5) Mushrooms
<b>-</b>	<b>2.1</b>	<b>317.1</b>	<b>2,853.8</b>	<b>-</b>	<b>2,853.8</b>	<b>6. Fruits</b>
-	-	27.1	243.9	-	243.9	(1) Bananas
-	-	49.9	449.5	-	449.5	(2) Pineapples
-	-	49.4	444.4	-	444.4	(3) Citrus
-	-	29.3	263.8	-	263.8	(4) Melons
-	2.1	161.4	1,452.2	-	1,452.2	(5) Others
<b>-</b>	<b>83.2</b>	<b>39.1</b>	<b>1,831.5</b>	<b>-</b>	<b>1,831.5</b>	<b>7. Meat</b>
-	83.2	19.7	881.4	-	881.4	(1) Pork
-	-	2.4	118.9	-	118.9	(2) Beef
-	-	0.5	26.3	-	26.3	(3) Sheepmeat & Goat
-	-	16.4	803.8	-	803.8	(4) Poultry
-	-	0.0	1.2	-	1.2	(5) Others
<b>-</b>	<b>-</b>	<b>8.3</b>	<b>405.0</b>	<b>-</b>	<b>405.0</b>	<b>8. Eggs</b>
<b>-</b>	<b>36.9</b>	<b>35.4</b>	<b>673.0</b>	<b>-</b>	<b>673.0</b>	<b>9. Fish &amp; seafood</b>
-	17.1	17.9	340.7	-	340.7	(1) Fish
-	2.8	4.4	83.5	-	83.5	(2) Shrimps & crabs
-	9.8	8.2	156.4	-	156.4	(3) Cephalopods
-	0.1	3.3	62.7	-	62.7	(4) Shellfish
-	7.1	0.5	10.1	-	10.1	(5) Others
-	-	1.0	19.6	-	19.6	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>4.2</b>	<b>554.9</b>	<b>-</b>	<b>554.9</b>	<b>10. Milk</b>
-	-	4.2	413.2	-	413.2	(1) Fresh
-	-	-	77.2	-	77.2	(2) Powdered
-	-	-	64.5	-	64.5	(3) Others
<b>-</b>	<b>174.5</b>	<b>1.7</b>	<b>549.1</b>	<b>-</b>	<b>549.1</b>	<b>11. Oils and fats</b>
-	167.0	1.4	456.8	-	456.8	(1) Vegetable
-	-	1.0	315.8	-	315.8	a. Soybean
-	-	0.0	7.5	-	7.5	b. Peanut
-	-	0.0	11.0	-	11.0	c. Sesame
-	167.0	0.4	122.5	-	122.5	d. Others
-	7.5	0.3	92.2	-	92.2	(2) Animal
-	7.5	0.1	24.4	-	24.4	a. Lard
-	-	0.1	27.2	-	27.2	b. Butter
-	-	0.1	40.6	-	40.6	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,140.1</b>	<b>-</b>	<b>7,140.1</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 5. 民國104年糧食平衡表(續)

人口數：23,462,914人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>86.58</b>	<b>237.19</b>	<b>820.81</b>	<b>19.91</b>	<b>2.25</b>	<b>178.29</b>	<b>26.74</b>
(1) 米	45.67	125.14	437.36	8.14	0.87	99.24	8.70
(2) 小麥	37.00	101.36	364.88	11.45	1.25	75.17	17.57
(3) 玉米	3.53	9.67	14.72	0.20	0.09	3.14	0.28
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.38	1.03	3.85	0.11	0.05	0.74	0.19
<b>2. 薯類</b>	<b>28.76</b>	<b>78.78</b>	<b>131.21</b>	<b>1.04</b>	<b>0.20</b>	<b>31.18</b>	<b>16.59</b>
(1) 甘藷	8.50	23.28	25.98	0.21	0.06	5.99	7.12
(2) 樹薯	8.40	23.02	81.02	0.02	0.05	20.26	8.57
(3) 馬鈴薯	11.86	32.49	24.21	0.81	0.09	4.93	0.90
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>27.76</b>	<b>76.06</b>	<b>280.98</b>	<b>0.01</b>	<b>0.00</b>	<b>72.59</b>	<b>11.12</b>
(1) 糖	27.35	74.94	277.51	0.01	-	71.69	11.12
(2) 蜂蜜	0.41	1.12	3.47	0.00	0.00	0.90	-
<b>4. 子仁及油籽類</b>	<b>19.03</b>	<b>52.13</b>	<b>173.27</b>	<b>12.91</b>	<b>8.56</b>	<b>12.54</b>	<b>104.37</b>
(1) 大豆	12.19	33.39	93.39	8.84	3.98	6.26	83.23
(2) 花生	1.26	3.46	17.49	1.00	1.33	0.71	1.24
(3) 芝麻	0.34	0.93	5.28	0.17	0.47	0.19	7.14
(4) 其他	5.24	14.36	57.11	2.90	2.78	5.38	12.76
<b>5. 蔬菜類</b>	<b>102.58</b>	<b>281.03</b>	<b>72.74</b>	<b>3.92</b>	<b>0.90</b>	<b>13.72</b>	<b>99.14</b>
(1) 葉菜類	37.28	102.13	16.90	1.17	0.29	2.89	63.14
(2) 根菜類	9.60	26.31	8.18	0.25	0.11	1.69	6.65
(3) 莖菜類	28.12	77.05	25.13	1.21	0.30	4.80	17.45
(4) 花果菜類	25.20	69.03	22.15	1.25	0.19	4.28	11.86
(5) 菇類	2.38	6.51	0.39	0.03	0.00	0.05	0.04
<b>6. 果品類</b>	<b>121.63</b>	<b>333.24</b>	<b>120.35</b>	<b>1.94</b>	<b>0.65</b>	<b>30.02</b>	<b>25.99</b>
(1) 香蕉	10.39	28.48	16.07	0.23	0.04	4.18	0.88
(2) 鳳梨	19.16	52.49	12.07	0.24	0.05	3.04	4.72
(3) 柑桔類	18.94	51.89	14.94	0.31	0.08	3.55	8.97
(4) 瓜果類	11.24	30.80	5.48	0.14	0.02	1.31	1.13
(5) 其他	61.90	169.58	71.79	1.02	0.46	17.93	10.29
<b>7. 肉類</b>	<b>78.06</b>	<b>213.86</b>	<b>378.59</b>	<b>25.99</b>	<b>29.68</b>	<b>0.32</b>	<b>6.75</b>
(1) 豬肉	37.56	102.91	186.13	13.36	14.31	0.18	5.24
(2) 牛肉	5.07	13.88	28.32	1.56	2.40	0.13	0.56
(3) 羊肉	1.12	3.07	3.35	0.32	0.22	-	0.14
(4) 家禽肉	34.26	93.85	160.67	10.73	12.75	0.01	0.81
(5) 其他	0.05	0.14	0.12	0.02	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>17.26</b>	<b>47.30</b>	<b>59.93</b>	<b>5.01</b>	<b>4.22</b>	<b>0.16</b>	<b>13.46</b>
<b>9. 水產類</b>	<b>28.68</b>	<b>78.58</b>	<b>56.68</b>	<b>8.94</b>	<b>1.83</b>	<b>0.88</b>	<b>25.12</b>
(1) 魚類	14.52	39.79	32.50	4.33	1.56	0.02	2.71
(2) 蝦蟹類	3.56	9.75	5.31	1.12	0.05	0.11	4.02
(3) 頭足類	6.66	18.26	10.66	2.41	0.06	0.12	0.91
(4) 貝介類	2.67	7.32	2.95	0.46	0.04	0.20	3.80
(5) 其他	0.43	1.18	0.19	0.02	0.00	0.03	0.84
(6) 乾漬	0.84	2.29	5.07	0.62	0.12	0.41	12.83
<b>10. 乳品類</b>	<b>23.65</b>	<b>64.80</b>	<b>85.58</b>	<b>5.12</b>	<b>3.89</b>	<b>7.66</b>	<b>179.05</b>
(1) 鮮奶	17.61	48.25	29.67	1.48	1.69	2.23	52.83
(2) 奶粉	3.29	9.01	39.17	2.91	1.36	3.82	104.38
(3) 其他	2.75	7.53	16.74	0.72	0.85	1.61	21.83
<b>11. 油脂類</b>	<b>23.40</b>	<b>64.12</b>	<b>560.94</b>	<b>0.03</b>	<b>63.14</b>	<b>0.28</b>	<b>0.73</b>
(1) 植物油	19.47	53.34	471.01	-	53.29	-	-
a. 大豆油	13.46	36.88	325.62	-	36.84	-	-
b. 花生油	0.32	0.87	7.70	-	0.87	-	-
c. 芝麻油	0.47	1.29	11.36	-	1.29	-	-
d. 其他	5.22	14.31	126.33	-	14.29	-	-
(2) 動物油	3.93	10.77	89.93	0.03	9.85	0.28	0.73
a. 豬油	1.04	2.85	25.34	-	2.84	-	-
b. 奶油	1.16	3.17	21.55	0.03	2.28	0.28	0.73
c. 其他	1.73	4.74	43.05	0.00	4.74	-	-
<b>合計</b>			<b>2,741.09</b>	<b>84.82*</b>	<b>115.33</b>	<b>347.64</b>	<b>509.06</b>
<b>12. 酒類(參考)</b>	<b>30.43</b>	<b>83.37</b>	<b>65.74</b>	*含植物性蛋白質 39.74 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,806.82</b>	Including vegetable protein 39.74 grams			

## 5. Food Balance Sheet, 2015 (Cont'd)

Population : 23,462,914

Per caput daily nutrients supply							Category
磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)	
<b>230.64</b>	<b>1.33</b>	<b>1.37</b>	<b>0.31</b>	<b>0.10</b>	<b>3.12</b>	<b>0.50</b>	<b>1. Cereals</b>
172.14	0.38	-	0.16	0.03	2.04	-	(1) Rice
51.02	0.88	-	0.15	0.06	0.98	-	(2) Wheat
5.31	0.04	1.36	0.00	0.00	0.06	0.48	(3) Corn
-	-	-	-	-	-	-	(4) Sorghum
2.17	0.03	0.01	0.00	0.00	0.04	0.02	(5) Others
<b>26.80</b>	<b>0.25</b>	<b>3,184.66</b>	<b>0.04</b>	<b>0.02</b>	<b>0.53</b>	<b>11.55</b>	<b>2. Starchy roots</b>
11.10	0.10	3,184.66	0.01	0.01	0.13	2.72	(1) Sweet Potatos
1.35	-	-	0.00	-	0.02	1.36	(2) Cassava
14.35	0.15	-	0.02	0.01	0.39	7.47	(3) Potatoes
-	-	-	-	-	-	-	(4) Others
<b>0.56</b>	<b>0.82</b>	<b>-</b>	<b>-</b>	<b>0.03</b>	<b>0.00</b>	<b>3.06</b>	<b>3. Sugars &amp; honey</b>
0.56	0.82	-	-	0.03	0.00	3.03	(1) Sugars
-	-	-	-	0.00	-	0.03	(2) Honey
<b>199.84</b>	<b>3.10</b>	<b>38.35</b>	<b>0.22</b>	<b>0.10</b>	<b>0.72</b>	<b>0.70</b>	<b>4. Pulses and oilseeds</b>
117.63	1.96	1.57	0.11	0.05	0.31	-	(1) Soybeans
18.04	0.12	0.10	0.04	0.00	0.12	0.04	(2) Peanuts
5.56	0.15	-	0.01	0.00	0.05	0.01	(3) Sesame
58.60	0.87	36.68	0.06	0.04	0.25	0.65	(4) Others
<b>89.62</b>	<b>1.89</b>	<b>3,412.83</b>	<b>0.09</b>	<b>0.10</b>	<b>1.30</b>	<b>49.58</b>	<b>5. Vegetables</b>
28.13	0.96	1,526.73	0.02	0.03	0.34	22.86	(1) Green leafy
8.06	0.08	774.28	0.00	0.01	0.13	2.58	(2) Roots
27.83	0.41	266.73	0.03	0.03	0.34	5.81	(3) Bulbs & tubers
24.72	0.44	844.51	0.04	0.03	0.46	18.33	(4) Flowers & fruits
0.87	0.01	0.59	0.00	0.00	0.04	0.00	(5) Mushrooms
<b>40.01</b>	<b>0.53</b>	<b>766.50</b>	<b>0.06</b>	<b>0.10</b>	<b>0.88</b>	<b>62.07</b>	<b>6. Fruits</b>
3.88	0.05	4.12	0.01	0.00	0.07	1.77	(1) Bananas
2.10	0.05	13.34	0.02	0.01	0.05	2.36	(2) Pineapples
7.62	0.08	10.99	0.02	0.01	0.11	12.60	(3) Citrus
3.01	0.05	110.31	0.00	0.00	0.04	1.91	(4) Melons
23.40	0.29	627.74	0.02	0.08	0.61	43.42	(5) Others
<b>207.80</b>	<b>1.57</b>	<b>1,471.07</b>	<b>0.57</b>	<b>0.28</b>	<b>5.88</b>	<b>6.08</b>	<b>7. Meat</b>
132.13	0.88	1,277.78	0.48	0.18	2.52	0.94	(1) Pork
19.20	0.25	8.69	0.01	0.02	0.31	0.21	(2) Beef
1.98	0.01	0.79	0.00	0.00	0.05	-	(3) Sheepmeat & Goat
54.26	0.42	183.79	0.08	0.08	2.99	4.94	(4) Poultry
0.22	0.00	0.02	0.00	0.00	0.01	0.00	(5) Others
<b>77.99</b>	<b>0.78</b>	<b>289.23</b>	<b>0.04</b>	<b>0.17</b>	<b>0.56</b>	<b>-</b>	<b>8. Eggs</b>
<b>92.85</b>	<b>0.96</b>	<b>116.28</b>	<b>0.02</b>	<b>0.09</b>	<b>1.64</b>	<b>0.49</b>	<b>9. Fish &amp; seafood</b>
45.14	0.15	106.21	0.01	0.03	1.03	0.29	(1) Fish
14.28	0.06	2.67	0.00	0.01	0.17	0.10	(2) Shrimps & crabs
19.56	0.09	0.24	0.01	0.02	0.30	0.01	(3) Cephalopods
5.75	0.36	2.52	0.00	0.02	0.07	0.08	(4) Shellfish
0.18	0.00	3.33	-	0.00	0.00	0.01	(5) Others
7.95	0.29	1.30	0.00	0.01	0.07	0.00	(6) Dried (salted)
<b>137.82</b>	<b>0.13</b>	<b>445.51</b>	<b>0.06</b>	<b>0.36</b>	<b>0.10</b>	<b>0.10</b>	<b>10. Milk</b>
45.60	0.05	62.73	0.02	0.09	0.06	0.02	(1) Fresh
76.21	0.03	353.20	0.03	0.24	-	-	(2) Powdered
16.01	0.05	29.58	0.01	0.03	0.04	0.08	(3) Others
<b>1.24</b>	<b>0.00</b>	<b>92.40</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>	<b>11. Oils and fats</b>
-	-	13.81	-	-	-	-	(1) Vegetable
-	-	9.55	-	-	-	-	a. Soybean
-	-	0.23	-	-	-	-	b. Peanut
-	-	0.33	-	-	-	-	c. Sesame
-	-	3.70	-	-	-	-	d. Others
1.24	0.00	78.59	0.00	0.00	0.00	-	(2) Animal
-	-	6.94	-	-	-	-	a. Lard
1.21	0.00	55.44	0.00	0.00	-	-	b. Butter
0.03	0.00	16.21	-	-	0.00	-	c. Others
<b>1,105.17</b>	<b>11.37</b>	<b>9,818.19</b>	<b>1.41</b>	<b>1.34</b>	<b>14.73</b>	<b>134.14</b>	<b>Grand total (1~11)</b>
45.09 公克							<b>12. Wine &amp; beer(reference)</b>
and animal protein		45.09 grams					<b>Grand total (1~12)</b>

## 6. 民國105年糧食平衡表

人口數：23,515,945人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,382.1</b>	<b>6,227.5</b>	<b>232.4</b>	<b>-349.3</b>	<b>7,515.4</b>	<b>4,755.4</b>
(1) 米	1,264.1	150.8	104.6	-167.8	1,267.1	3.8
(2) 小麥	1.4	1,442.8	77.9	15.5	1,350.8	48.5
(3) 玉米	115.0	4,279.6	0.7	-196.9	4,590.8	4,484.5
(4) 高粱	0.2	68.8	-	-	69.0	43.1
(5) 其他	1.4	285.4	49.1	-	237.7	175.4
<b>2. 薯類</b>	<b>311.5</b>	<b>1,310.0</b>	<b>77.2</b>	<b>-80.0</b>	<b>1,634.2</b>	<b>12.4</b>
(1) 甘藷	242.0	1.4	0.3	-	243.1	12.2
(2) 樹薯	0.5	1,080.6	49.4	-32.1	1,063.9	0.2
(3) 馬鈴薯	58.0	222.1	0.7	-47.9	327.2	-
(4) 其他	11.0	5.9	26.8	-	-	-
<b>3. 糖及蜂蜜</b>	<b>47.0</b>	<b>666.5</b>	<b>20.6</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	39.1	661.1	15.9	-	-	-
(2) 蜂蜜	7.9	5.5	4.7	-	8.6	-
<b>4. 子仁及油籽類</b>	<b>79.0</b>	<b>2,628.4</b>	<b>29.6</b>	<b>-95.7</b>	<b>2,773.5</b>	<b>293.6</b>
(1) 大豆	3.1	2,446.4	23.6	-95.7	2,521.6	293.6
(2) 花生	61.8	11.8	0.7	-	72.9	-
(3) 芝麻	1.5	41.6	0.1	-	43.0	-
(4) 其他	12.7	128.6	5.3	-	136.0	-
<b>5. 蔬菜類</b>	<b>2,443.1</b>	<b>551.7</b>	<b>113.6</b>	<b>-</b>	<b>2,881.2</b>	<b>-</b>
(1) 葉菜類	962.8	142.9	13.5	-	1,092.2	-
(2) 根菜類	202.0	65.1	7.5	-	259.6	-
(3) 莖菜類	621.0	142.2	4.5	-	758.7	-
(4) 花果菜類	616.4	177.5	85.8	-	708.1	-
(5) 菇類	40.9	24.1	2.3	-	62.7	-
<b>6. 果品類</b>	<b>2,552.9</b>	<b>629.0</b>	<b>173.6</b>	<b>-</b>	<b>3,008.2</b>	<b>-</b>
(1) 香蕉	257.5	0.2	1.6	-	256.2	-
(2) 鳳梨	527.2	27.8	30.6	-	524.4	-
(3) 柑桔類	462.6	62.9	20.9	-	504.7	-
(4) 瓜果類	267.0	7.9	0.2	-	274.8	-
(5) 其他	1,038.5	530.1	120.4	-	1,448.2	-
<b>7. 肉類</b>	<b>1,523.2</b>	<b>424.7</b>	<b>12.7</b>	<b>3.5</b>	<b>1,931.7</b>	<b>-</b>
(1) 豬肉	857.5	89.1	3.0	3.5	940.1	-
(2) 牛肉	6.7	130.2	0.4	-	136.5	-
(3) 羊肉	1.8	21.1	0.0	-	23.0	-
(4) 家禽肉	657.2	183.2	9.4	-	831.0	-
(5) 其他	-	1.1	-	-	1.1	-
<b>8. 蛋類</b>	<b>434.9</b>	<b>2.3</b>	<b>2.3</b>	<b>-</b>	<b>434.9</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,012.5</b>	<b>386.8</b>	<b>779.4</b>	<b>-</b>	<b>619.9</b>	<b>4.8</b>
(1) 魚類	866.7	185.0	687.5	-	364.1	4.8
(2) 蝦蟹類	32.3	62.5	4.0	-	90.8	-
(3) 頭足類	33.4	48.4	42.1	-	39.7	-
(4) 貝介類	66.7	65.8	42.3	-	90.2	-
(5) 其他	2.7	14.9	1.3	-	16.2	-
(6) 乾漬	10.8	10.2	2.1	-	18.8	-
<b>10. 乳品類</b>	<b>393.1</b>	<b>196.7</b>	<b>8.9</b>	<b>-0.1</b>	<b>581.0</b>	<b>-</b>
(1) 鮮奶	393.1	34.0	0.0	-	427.0	-
(2) 奶粉	-	75.2	4.0	-0.1	71.2	-
(3) 其他	-	87.6	4.9	-	82.7	-
<b>11. 油脂類</b>	<b>386.0</b>	<b>372.6</b>	<b>29.1</b>	<b>-2.4</b>	<b>731.9</b>	<b>15.3</b>
(1) 植物油	348.8	296.7	23.9	-2.4	623.9	-
a. 大豆油	324.2	0.1	15.4	-2.4	311.3	-
b. 花生油	7.7	0.0	0.0	-	7.7	-
c. 芝麻油	13.8	3.2	4.7	-	12.3	-
d. 其他	3.1	293.4	3.8	-	292.7	-
(2) 動物油脂	37.2	75.8	5.1	-	107.9	15.3
a. 豬油	37.2	3.3	0.1	-	40.4	11.2
b. 奶油	-	27.2	0.1	-	27.2	-
c. 其他	-	45.3	4.9	-	40.3	4.1
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>4,931.2</b>	<b>2,480.0</b>	<b>-</b>	<b>-</b>	<b>7,350.1</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 6. Food Balance Sheet, 2016

Population : 23,515,945  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>13.3</b>	<b>197.0</b>	<b>42.2</b>	<b>2,507.6</b>	<b>81.1</b>	<b>2,034.2</b>	<b>1. Cereals</b>
12.8	47.8	14.1	1,188.5	88.0	1,045.9	(1) Rice
0.1	66.1	24.7	1,211.3	73.5	890.3	(2) Wheat
0.4	15.0	2.7	88.2	-	88.2	(3) Corn
0.0	25.9	-	-	85.0	-	(4) Sorghum
0.0	42.2	0.6	19.6	50.0	9.8	(5) Others
<b>2.8</b>	<b>0.2</b>	<b>106.4</b>	<b>1,512.4</b>	<b>45.2</b>	<b>684.0</b>	<b>2. Starchy roots</b>
0.3	-	20.8	209.9	-	209.9	(1) Sweet Potatoes
-	0.2	53.2	1,010.3	18.0	181.8	(2) Cassava
2.5	-	32.5	292.3	-	292.3	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.5</b>	<b>-</b>	<b>620.8</b>	<b>-</b>	<b>620.8</b>	<b>3. Sugars &amp; honey</b>
-	2.5	-	612.3	-	612.3	(1) Sugars
-	-	-	8.6	-	8.6	(2) Honey
<b>4.5</b>	<b>1,969.4</b>	<b>24.0</b>	<b>482.1</b>	<b>97.9</b>	<b>471.9</b>	<b>4. Pulses and oilseeds</b>
1.2	1,907.1	18.4	301.3	-	301.3	(1) Soybeans
3.2	27.9	1.3	40.6	75.0	30.4	(2) Peanuts
0.0	34.4	0.3	8.3	-	8.3	(3) Sesame
0.1	0.0	4.1	131.8	-	131.8	(4) Others
<b>4.9</b>	<b>-</b>	<b>287.6</b>	<b>2,588.7</b>	<b>-</b>	<b>2,588.7</b>	<b>5. Vegetables</b>
-	-	109.2	983.0	-	983.0	(1) Green leafy
-	-	26.0	233.6	-	233.6	(2) Roots
4.9	-	75.4	678.4	-	678.4	(3) Bulbs & tubers
-	-	70.8	637.3	-	637.3	(4) Flowers & fruits
-	-	6.3	56.4	-	56.4	(5) Mushrooms
<b>-</b>	<b>2.0</b>	<b>300.6</b>	<b>2,705.6</b>	<b>-</b>	<b>2,705.6</b>	<b>6. Fruits</b>
-	-	25.6	230.6	-	230.6	(1) Bananas
-	-	52.4	472.0	-	472.0	(2) Pineapples
-	-	50.5	454.2	-	454.2	(3) Citrus
-	-	27.5	247.3	-	247.3	(4) Melons
-	2.0	144.6	1,301.6	-	1,301.6	(5) Others
<b>-</b>	<b>82.7</b>	<b>38.6</b>	<b>1,810.4</b>	<b>-</b>	<b>1,810.4</b>	<b>7. Meat</b>
-	82.7	18.8	838.6	-	838.6	(1) Pork
-	-	2.7	133.8	-	133.8	(2) Beef
-	-	0.5	22.5	-	22.5	(3) Sheepmeat & Goat
-	-	16.6	814.4	-	814.4	(4) Poultry
-	-	0.0	1.1	-	1.1	(5) Others
<b>-</b>	<b>-</b>	<b>8.7</b>	<b>426.2</b>	<b>-</b>	<b>426.2</b>	<b>8. Eggs</b>
<b>-</b>	<b>25.8</b>	<b>29.5</b>	<b>559.8</b>	<b>-</b>	<b>559.8</b>	<b>9. Fish &amp; seafood</b>
-	16.3	17.2	325.9	-	325.9	(1) Fish
-	3.7	4.4	82.7	-	82.7	(2) Shrimps & crabs
-	1.6	1.9	36.2	-	36.2	(3) Cephalopods
-	-	4.5	85.7	-	85.7	(4) Shellfish
-	4.1	0.6	11.5	-	11.5	(5) Others
-	-	0.9	17.9	-	17.9	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>4.3</b>	<b>576.7</b>	<b>-</b>	<b>576.7</b>	<b>10. Milk</b>
-	-	4.3	422.8	-	422.8	(1) Fresh
-	-	-	71.2	-	71.2	(2) Powdered
-	-	-	82.7	-	82.7	(3) Others
<b>-</b>	<b>175.9</b>	<b>1.6</b>	<b>539.1</b>	<b>-</b>	<b>539.1</b>	<b>11. Oils and fats</b>
-	168.5	1.4	454.1	-	454.1	(1) Vegetable
-	-	0.9	310.3	-	310.3	a. Soybean
-	-	0.0	7.7	-	7.7	b. Peanut
-	-	0.0	12.2	-	12.2	c. Sesame
-	168.5	0.4	123.9	-	123.9	d. Others
-	7.4	0.3	84.9	-	84.9	(2) Animal
-	7.4	0.1	21.7	-	21.7	a. Lard
-	-	0.1	27.1	-	27.1	b. Butter
-	-	0.1	36.1	-	36.1	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,350.1</b>	<b>-</b>	<b>7,350.1</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 6. 民國105年糧食平衡表(續)

人口數：23,515,945人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>86.50</b>	<b>236.35</b>	<b>817.10</b>	<b>19.93</b>	<b>2.27</b>	<b>177.26</b>	<b>26.86</b>
(1) 米	44.48	121.52	424.48	7.91	0.85	96.29	8.43
(2) 小麥	37.86	103.45	372.40	11.69	1.28	76.72	17.93
(3) 玉米	3.75	10.25	15.97	0.21	0.09	3.43	0.29
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.42	1.14	4.24	0.12	0.05	0.81	0.21
<b>2. 薯類</b>	<b>29.09</b>	<b>79.47</b>	<b>126.89</b>	<b>1.08</b>	<b>0.20</b>	<b>30.02</b>	<b>16.26</b>
(1) 甘藷	8.92	24.38	27.21	0.22	0.07	6.28	7.46
(2) 樹薯	7.73	21.13	74.37	0.02	0.04	18.59	7.86
(3) 馬鈴薯	12.43	33.96	25.31	0.84	0.09	5.16	0.94
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>26.40</b>	<b>72.13</b>	<b>266.52</b>	<b>0.01</b>	<b>0.00</b>	<b>68.85</b>	<b>10.56</b>
(1) 糖	26.04	71.14	263.41	0.01	-	68.05	10.56
(2) 蜂蜜	0.37	1.00	3.11	0.00	0.00	0.80	-
<b>4. 子仁及油籽類</b>	<b>20.07</b>	<b>54.83</b>	<b>181.67</b>	<b>13.58</b>	<b>8.90</b>	<b>13.27</b>	<b>109.61</b>
(1) 大豆	12.81	35.01	97.92	9.27	4.18	6.56	87.28
(2) 花生	1.29	3.54	17.89	1.02	1.36	0.73	1.27
(3) 芝麻	0.35	0.97	5.50	0.18	0.49	0.20	7.44
(4) 其他	5.61	15.32	60.35	3.10	2.88	5.78	13.63
<b>5. 蔬菜類</b>	<b>110.08</b>	<b>300.78</b>	<b>77.45</b>	<b>4.14</b>	<b>0.96</b>	<b>14.66</b>	<b>108.39</b>
(1) 葉菜類	41.80	114.21	18.93	1.31	0.33	3.24	70.45
(2) 根菜類	9.93	27.14	8.51	0.26	0.11	1.76	6.84
(3) 莖菜類	28.85	78.82	25.13	1.18	0.31	4.82	18.47
(4) 花果菜類	27.10	74.05	24.45	1.35	0.20	4.77	12.58
(5) 菇類	2.40	6.56	0.42	0.04	0.00	0.06	0.05
<b>6. 果品類</b>	<b>115.06</b>	<b>314.36</b>	<b>111.58</b>	<b>1.80</b>	<b>0.62</b>	<b>27.80</b>	<b>25.14</b>
(1) 香蕉	9.80	26.79	15.11	0.22	0.03	3.94	0.83
(2) 鳳梨	20.07	54.84	12.61	0.25	0.05	3.18	4.94
(3) 柑桔類	19.31	52.77	15.21	0.31	0.08	3.62	9.21
(4) 瓜果類	10.52	28.73	5.11	0.13	0.02	1.23	1.05
(5) 其他	55.35	151.23	63.54	0.89	0.42	15.84	9.11
<b>7. 肉類</b>	<b>76.99</b>	<b>210.34</b>	<b>372.72</b>	<b>25.51</b>	<b>29.26</b>	<b>0.33</b>	<b>6.54</b>
(1) 豬肉	35.66	97.44	176.23	12.65	13.55	0.17	4.96
(2) 牛肉	5.69	15.55	31.72	1.75	2.68	0.15	0.63
(3) 羊肉	0.96	2.61	2.85	0.27	0.19	-	0.12
(4) 家禽肉	34.63	94.62	161.82	10.82	12.83	0.01	0.83
(5) 其他	0.04	0.12	0.11	0.02	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>18.13</b>	<b>49.52</b>	<b>62.70</b>	<b>5.25</b>	<b>4.42</b>	<b>0.17</b>	<b>14.06</b>
<b>9. 水產類</b>	<b>23.81</b>	<b>65.05</b>	<b>47.82</b>	<b>7.00</b>	<b>1.74</b>	<b>0.83</b>	<b>24.79</b>
(1) 魚類	13.86	37.86	31.15	4.13	1.50	0.02	2.65
(2) 蝦蟹類	3.52	9.61	5.23	1.10	0.04	0.11	3.95
(3) 頭足類	1.54	4.20	2.40	0.54	0.01	0.03	0.24
(4) 貝介類	3.65	9.96	4.16	0.64	0.05	0.28	4.87
(5) 其他	0.49	1.34	0.22	0.02	0.00	0.03	0.95
(6) 乾漬	0.76	2.08	4.65	0.57	0.12	0.35	12.12
<b>10. 乳品類</b>	<b>24.52</b>	<b>67.01</b>	<b>88.75</b>	<b>5.08</b>	<b>4.00</b>	<b>8.28</b>	<b>177.18</b>
(1) 鮮奶	17.98	49.12	30.21	1.51	1.72	2.27	53.79
(2) 奶粉	3.03	8.28	35.97	2.67	1.25	3.51	95.86
(3) 其他	3.52	9.61	22.57	0.90	1.03	2.50	27.54
<b>11. 油脂類</b>	<b>22.92</b>	<b>62.63</b>	<b>547.68</b>	<b>0.03</b>	<b>61.66</b>	<b>0.28</b>	<b>0.72</b>
(1) 植物油	19.31	52.76	465.83	-	52.70	-	-
a. 大豆油	13.20	36.06	318.34	-	36.02	-	-
b. 花生油	0.33	0.89	7.87	-	0.89	-	-
c. 芝麻油	0.52	1.42	12.55	-	1.42	-	-
d. 其他	5.27	14.39	127.07	-	14.38	-	-
(2) 動物油	3.61	9.87	81.85	0.03	8.96	0.28	0.72
a. 豬油	0.92	2.52	22.42	-	2.51	-	-
b. 奶油	1.15	3.15	21.38	0.03	2.26	0.28	0.72
c. 其他	1.54	4.19	38.06	0.00	4.19	-	-
<b>合計</b>			<b>2,700.87</b>	<b>83.40*</b>	<b>114.02</b>	<b>341.75</b>	<b>520.12</b>
<b>12. 酒類(參考)</b>	<b>31.26</b>	<b>85.40</b>	<b>67.33</b>	*含植物性蛋白質 40.54 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,768.20</b>	Including vegetable protein 40.54 grams			

## 6. Food Balance Sheet, 2016 (Cont'd)

Population : 23,515,945

Category	Per caput daily nutrients supply						
	磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)
<b>1. Cereals</b>	<b>226.82</b>	<b>1.34</b>	<b>1.39</b>	<b>0.31</b>	<b>0.10</b>	<b>3.07</b>	<b>0.51</b>
(1) Rice	166.93	0.37	-	0.15	0.02	1.96	-
(2) Wheat	52.07	0.90	-	0.15	0.07	1.00	-
(3) Corn	5.43	0.04	1.38	0.00	0.00	0.06	0.49
(4) Sorghum	-	-	-	-	-	-	-
(5) Others	2.39	0.03	0.01	0.00	0.00	0.04	0.02
<b>2. Starchy roots</b>	<b>27.87</b>	<b>0.27</b>	<b>3,335.61</b>	<b>0.04</b>	<b>0.02</b>	<b>0.55</b>	<b>11.91</b>
(1) Sweet Potatos	11.63	0.11	3,335.61	0.02	0.01	0.13	2.85
(2) Cassava	1.24	-	-	0.00	-	0.01	1.24
(3) Potatoes	15.00	0.16	-	0.02	0.01	0.41	7.81
(4) Others	-	-	-	-	-	-	-
<b>3. Sugars &amp; honey</b>	<b>0.54</b>	<b>0.78</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.90</b>
(1) Sugars	0.54	0.78	-	-	0.02	0.00	2.87
(2) Honey	-	-	-	-	0.00	-	0.03
<b>4. Pulses and oilseeds</b>	<b>209.55</b>	<b>3.26</b>	<b>43.12</b>	<b>0.23</b>	<b>0.10</b>	<b>0.76</b>	<b>0.77</b>
(1) Soybeans	123.34	2.06	1.64	0.11	0.06	0.32	-
(2) Peanuts	18.45	0.12	0.10	0.04	0.00	0.12	0.04
(3) Sesame	5.80	0.16	-	0.01	0.00	0.05	0.01
(4) Others	61.96	0.93	41.37	0.06	0.04	0.26	0.71
<b>5. Vegetables</b>	<b>94.35</b>	<b>2.04</b>	<b>3,773.08</b>	<b>0.09</b>	<b>0.10</b>	<b>1.38</b>	<b>54.50</b>
(1) Green leafy	31.40	1.06	1,674.60	0.02	0.04	0.38	25.85
(2) Roots	8.28	0.08	768.75	0.01	0.01	0.13	2.68
(3) Bulbs & tubers	27.02	0.42	264.16	0.03	0.03	0.34	6.24
(4) Flowers & fruits	26.72	0.47	1,064.94	0.04	0.03	0.49	19.72
(5) Mushrooms	0.94	0.01	0.63	0.00	0.00	0.04	0.00
<b>6. Fruits</b>	<b>36.82</b>	<b>0.50</b>	<b>656.81</b>	<b>0.06</b>	<b>0.09</b>	<b>0.82</b>	<b>54.89</b>
(1) Bananas	3.65	0.05	3.87	0.00	0.00	0.07	1.66
(2) Pineapples	2.19	0.05	13.94	0.02	0.01	0.05	2.47
(3) Citrus	7.77	0.08	10.91	0.02	0.01	0.11	12.85
(4) Melons	2.81	0.05	102.93	0.00	0.00	0.04	1.78
(5) Others	20.39	0.26	525.16	0.02	0.07	0.55	36.13
<b>7. Meat</b>	<b>203.48</b>	<b>1.56</b>	<b>1,404.89</b>	<b>0.55</b>	<b>0.28</b>	<b>5.79</b>	<b>6.08</b>
(1) Pork	125.10	0.84	1,209.79	0.46	0.17	2.39	0.89
(2) Beef	21.50	0.28	9.73	0.01	0.02	0.34	0.23
(3) Sheepmeat & Goat	1.68	0.01	0.67	0.00	0.00	0.04	-
(4) Poultry	54.99	0.43	184.68	0.08	0.08	3.01	4.95
(5) Others	0.20	0.00	0.02	0.00	0.00	0.01	0.00
<b>8. Eggs</b>	<b>81.61</b>	<b>0.82</b>	<b>302.58</b>	<b>0.04</b>	<b>0.18</b>	<b>0.59</b>	<b>-</b>
<b>9. Fish &amp; seafood</b>	<b>77.41</b>	<b>0.96</b>	<b>122.06</b>	<b>0.02</b>	<b>0.08</b>	<b>1.40</b>	<b>0.50</b>
(1) Fish	43.53	0.16	110.88	0.01	0.03	0.99	0.27
(2) Shrimps & crabs	14.11	0.06	2.64	0.00	0.01	0.17	0.10
(3) Cephalopods	4.59	0.02	0.24	0.00	0.00	0.07	0.01
(4) Shellfish	7.87	0.46	3.40	0.00	0.03	0.10	0.11
(5) Others	0.22	0.01	3.70	-	0.00	0.00	0.01
(6) Dried (salted)	7.09	0.26	1.21	0.00	0.01	0.07	0.00
<b>10. Milk</b>	<b>136.85</b>	<b>0.14</b>	<b>421.62</b>	<b>0.06</b>	<b>0.35</b>	<b>0.12</b>	<b>0.11</b>
(1) Fresh	46.42	0.05	63.86	0.02	0.09	0.06	0.02
(2) Powdered	69.99	0.03	324.35	0.03	0.22	-	-
(3) Others	20.44	0.06	33.40	0.01	0.04	0.06	0.09
<b>11. Oils and fats</b>	<b>1.22</b>	<b>0.00</b>	<b>89.77</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>
(1) Vegetable	-	-	14.31	-	-	-	-
a. Soybean	-	-	9.78	-	-	-	-
b. Peanut	-	-	0.24	-	-	-	-
c. Sesame	-	-	0.39	-	-	-	-
d. Others	-	-	3.90	-	-	-	-
(2) Animal	1.22	0.00	75.47	0.00	0.00	0.00	-
a. Lard	-	-	6.14	-	-	-	-
b. Butter	1.20	0.00	54.99	0.00	0.00	-	-
c. Others	0.03	0.00	14.33	-	-	0.00	-
<b>Grand total (1~11)</b>	<b>1,096.51</b>	<b>11.66</b>	<b>10,150.93</b>	<b>1.40</b>	<b>1.32</b>	<b>14.50</b>	<b>132.17</b>
<b>12. Wine &amp; beer(reference)</b>	<b>42.86 公克</b>						
<b>Grand total (1~12)</b>	<b>and animal protein</b>	<b>42.86 grams</b>					

## 7. 民國106年糧食平衡表

人口數：23,555,522人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,529.3</b>	<b>6,500.0</b>	<b>157.6</b>	<b>164.5</b>	<b>7,501.7</b>	<b>4,699.2</b>
(1) 米	1,396.1	154.2	28.6	21.9	1,294.4	4.2
(2) 小麥	1.3	1,522.6	77.2	73.1	205.5	205.5
(3) 玉米	130.1	4,494.2	1.0	69.6	1,373.7	62.5
(4) 高粱	0.1	53.9	-	-	4,553.8	4,441.0
(5) 其他	1.7	275.0	50.9	-	54.0	28.1
					225.8	163.5
<b>2. 薯類</b>	<b>311.8</b>	<b>1,375.6</b>	<b>93.5</b>	<b>35.4</b>	<b>1,569.5</b>	<b>12.5</b>
(1) 甘藷	241.6	1.1	0.3	-	242.5	12.1
(2) 樹薯	0.6	1,094.3	59.7	6.8	1,028.4	0.4
(3) 馬鈴薯	54.9	273.3	0.9	28.6	298.7	-
(4) 其他	14.7	6.9	32.6	-	-	-
<b>3. 糖及蜂蜜</b>	<b>41.7</b>	<b>961.6</b>	<b>218.0</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	35.4	955.9	212.9	-	-	-
(2) 蜂蜜	6.3	5.7	5.1	-	6.9	-
<b>4. 子仁及油籽類</b>	<b>83.9</b>	<b>2,737.7</b>	<b>20.4</b>	<b>-67.4</b>	<b>2,868.6</b>	<b>305.8</b>
(1) 大豆	4.7	2,553.0	14.7	-67.4	2,610.4	305.8
(2) 花生	63.3	13.5	0.6	-	76.2	-
(3) 芝麻	3.4	41.3	0.1	-	44.6	-
(4) 其他	12.6	129.8	5.0	-	137.4	-
<b>5. 蔬菜類</b>	<b>2,572.6</b>	<b>473.5</b>	<b>80.8</b>	<b>-</b>	<b>2,965.3</b>	<b>-</b>
(1) 葉菜類	1,028.2	109.7	11.2	-	1,126.7	-
(2) 根菜類	223.7	52.1	10.7	-	265.1	-
(3) 莖菜類	659.9	137.5	5.0	-	792.4	-
(4) 花果菜類	619.7	151.5	51.7	-	719.5	-
(5) 菇類	41.1	22.6	2.1	-	61.6	-
<b>6. 果品類</b>	<b>2,940.6</b>	<b>635.5</b>	<b>181.9</b>	<b>-</b>	<b>3,394.2</b>	<b>-</b>
(1) 香蕉	356.0	0.0	1.1	-	354.9	-
(2) 鳳梨	553.5	32.8	28.3	-	558.1	-
(3) 柑桔類	533.8	75.8	25.4	-	584.2	-
(4) 瓜果類	276.8	4.4	0.2	-	280.9	-
(5) 其他	1,220.5	522.4	126.9	-	1,616.0	-
<b>7. 肉類</b>	<b>1,503.4</b>	<b>459.8</b>	<b>12.2</b>	<b>1.4</b>	<b>1,949.6</b>	<b>-</b>
(1) 豬肉	841.0	123.2	2.7	1.4	960.1	-
(2) 牛肉	6.9	134.7	0.2	-	141.3	-
(3) 羊肉	1.8	21.5	0.0	-	23.3	-
(4) 家禽肉	653.7	179.2	9.3	-	823.6	-
(5) 其他	-	1.2	-	-	1.2	-
<b>8. 蛋類</b>	<b>443.6</b>	<b>3.1</b>	<b>2.5</b>	<b>-</b>	<b>444.1</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,031.6</b>	<b>398.1</b>	<b>790.4</b>	<b>-</b>	<b>639.3</b>	<b>3.8</b>
(1) 魚類	825.5	193.4	704.7	-	314.1	3.8
(2) 蝦蟹類	26.4	77.6	3.9	-	100.1	-
(3) 頭足類	89.8	47.4	75.6	-	61.7	-
(4) 貝介類	80.6	57.5	3.8	-	134.3	-
(5) 其他	3.1	12.7	0.9	-	14.9	-
(6) 乾漬	6.2	9.4	1.4	-	14.1	-
<b>10. 乳品類</b>	<b>400.4</b>	<b>218.7</b>	<b>8.2</b>	<b>-0.1</b>	<b>610.9</b>	<b>-</b>
(1) 鮮奶	400.4	45.4	0.0	-	445.8	-
(2) 奶粉	-	77.4	4.0	-0.1	73.5	-
(3) 其他	-	95.8	4.2	-	91.6	-
<b>11. 油脂類</b>	<b>396.5</b>	<b>382.5</b>	<b>19.8</b>	<b>6.3</b>	<b>752.8</b>	<b>15.0</b>
(1) 植物油	360.0	298.2	13.9	6.3	637.9	-
a. 大豆油	334.2	0.2	7.1	6.3	321.0	-
b. 花生油	8.1	-	0.0	-	8.0	-
c. 芝麻油	14.3	3.6	4.6	-	13.2	-
d. 其他	3.4	294.4	2.2	-	295.6	-
(2) 動物油	36.5	84.3	5.9	-	115.0	15.0
a. 豬油	36.5	6.5	0.1	-	43.0	11.0
b. 奶油	-	27.4	0.1	-	27.4	-
c. 其他	-	50.4	5.7	-	44.6	4.1
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>5,074.9</b>	<b>2,626.1</b>	<b>-</b>	<b>-</b>	<b>7,477.7</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 7. Food Balance Sheet, 2017

Population : 23,555,522  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>13.1</b>	<b>198.2</b>	<b>42.7</b>	<b>2,548.4</b>	<b>81.2</b>	<b>2,070.2</b>	<b>1. Cereals</b>
12.8	47.0	14.4	1,216.0	88.0	1,070.1	(1) Rice
0.1	66.7	24.9	1,219.5	73.5	896.4	(2) Wheat
0.2	15.0	2.9	94.6	-	94.6	(3) Corn
0.0	25.9	-	-	85.0	-	(4) Sorghum
0.0	43.6	0.5	18.2	50.0	9.1	(5) Others
<b>2.5</b>	<b>0.3</b>	<b>101.7</b>	<b>1,452.5</b>	<b>44.9</b>	<b>651.9</b>	<b>2. Starchy roots</b>
0.3	-	20.7	209.3	-	209.3	(1) Sweet Potatos
-	0.3	51.4	976.3	18.0	175.7	(2) Cassava
2.2	-	29.7	266.9	-	266.9	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.6</b>	<b>-</b>	<b>625.8</b>	<b>-</b>	<b>625.8</b>	<b>3. Sugars &amp; honey</b>
-	2.6	-	619.0	-	619.0	(1) Sugars
-	-	-	6.9	-	6.9	(2) Honey
<b>4.4</b>	<b>2,030.9</b>	<b>25.0</b>	<b>502.4</b>	<b>97.9</b>	<b>491.8</b>	<b>4. Pulses and oilseeds</b>
1.1	1,966.0	19.3	318.1	-	318.1	(1) Soybeans
3.2	29.2	1.3	42.4	75.0	31.8	(2) Peanuts
0.0	35.7	0.3	8.6	-	8.6	(3) Sesame
0.1	0.1	4.1	133.2	-	133.2	(4) Others
<b>4.2</b>	<b>-</b>	<b>296.1</b>	<b>2,665.0</b>	<b>-</b>	<b>2,665.0</b>	<b>5. Vegetables</b>
-	-	112.7	1,014.1	-	1,014.1	(1) Green leafy
-	-	26.5	238.6	-	238.6	(2) Roots
4.2	-	78.8	709.3	-	709.3	(3) Bulbs & tubers
-	-	71.9	647.5	-	647.5	(4) Flowers & fruits
-	-	6.2	55.4	-	55.4	(5) Mushrooms
<b>-</b>	<b>2.2</b>	<b>339.2</b>	<b>3,052.8</b>	<b>-</b>	<b>3,052.8</b>	<b>6. Fruits</b>
-	-	35.5	319.4	-	319.4	(1) Bananas
-	-	55.8	502.3	-	502.3	(2) Pineapples
-	-	58.4	525.8	-	525.8	(3) Citrus
-	-	28.1	252.8	-	252.8	(4) Melons
-	2.2	161.4	1,452.5	-	1,452.5	(5) Others
<b>-</b>	<b>81.1</b>	<b>39.0</b>	<b>1,829.5</b>	<b>-</b>	<b>1,829.5</b>	<b>7. Meat</b>
-	81.1	19.2	859.8	-	859.8	(1) Pork
-	-	2.8	138.5	-	138.5	(2) Beef
-	-	0.5	22.9	-	22.9	(3) Sheepmeat & Goat
-	-	16.5	807.1	-	807.1	(4) Poultry
-	-	0.0	1.2	-	1.2	(5) Others
<b>-</b>	<b>-</b>	<b>8.9</b>	<b>435.2</b>	<b>-</b>	<b>435.2</b>	<b>8. Eggs</b>
<b>-</b>	<b>25.7</b>	<b>30.5</b>	<b>579.3</b>	<b>-</b>	<b>579.3</b>	<b>9. Fish &amp; seafood</b>
-	3.1	15.4	291.8	-	291.8	(1) Fish
-	2.9	4.9	92.3	-	92.3	(2) Shrimps & crabs
-	19.6	2.1	40.0	-	40.0	(3) Cephalopods
-	-	6.7	127.6	-	127.6	(4) Shellfish
-	0.0	0.7	14.1	-	14.1	(5) Others
-	-	0.7	13.4	-	13.4	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>4.5</b>	<b>606.5</b>	<b>-</b>	<b>606.5</b>	<b>10. Milk</b>
-	-	4.5	441.3	-	441.3	(1) Fresh
-	-	-	73.5	-	73.5	(2) Powdered
-	-	-	91.6	-	91.6	(3) Others
<b>-</b>	<b>178.6</b>	<b>1.7</b>	<b>557.6</b>	<b>-</b>	<b>557.6</b>	<b>11. Oils and fats</b>
-	171.3	1.4	465.2	-	465.2	(1) Vegetable
-	-	1.0	320.0	-	320.0	a. Soybean
-	-	0.0	8.0	-	8.0	b. Peanut
-	-	0.0	13.2	-	13.2	c. Sesame
-	171.3	0.4	124.0	-	124.0	d. Others
-	7.3	0.3	92.3	-	92.3	(2) Animal
-	7.3	0.1	24.6	-	24.6	a. Lard
-	-	0.1	27.3	-	27.3	b. Butter
-	-	0.1	40.4	-	40.4	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,477.7</b>	<b>-</b>	<b>7,477.7</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 7. 民國106年糧食平衡表(續)

人口數：23,555,522人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>87.88</b>	<b>240.78</b>	<b>831.09</b>	<b>20.23</b>	<b>2.30</b>	<b>180.38</b>	<b>27.23</b>
(1) 米	45.43	124.46	434.96	8.10	0.87	98.69	8.65
(2) 小麥	38.05	104.26	375.32	11.78	1.29	77.32	18.07
(3) 玉米	4.02	11.01	16.87	0.23	0.10	3.61	0.31
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.39	1.06	3.95	0.12	0.05	0.75	0.20
<b>2. 薯類</b>	<b>27.68</b>	<b>75.83</b>	<b>122.25</b>	<b>1.01</b>	<b>0.19</b>	<b>28.97</b>	<b>15.91</b>
(1) 甘藷	8.89	24.35	27.17	0.22	0.07	6.27	7.45
(2) 樹薯	7.46	20.44	71.95	0.02	0.04	17.99	7.61
(3) 馬鈴薯	11.33	31.04	23.13	0.77	0.09	4.71	0.86
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>26.57</b>	<b>72.79</b>	<b>269.06</b>	<b>0.01</b>	<b>0.00</b>	<b>69.51</b>	<b>10.68</b>
(1) 糖	26.28	71.99	266.58	0.01	-	68.86	10.68
(2) 蜂蜜	0.29	0.80	2.49	0.00	0.00	0.64	-
<b>4. 子仁及油籽類</b>	<b>20.88</b>	<b>57.20</b>	<b>188.59</b>	<b>14.20</b>	<b>9.18</b>	<b>13.82</b>	<b>115.10</b>
(1) 大豆	13.51	37.00	103.49	9.80	4.41	6.93	92.24
(2) 花生	1.35	3.70	18.73	1.07	1.43	0.76	1.33
(3) 芝麻	0.37	1.01	5.71	0.19	0.51	0.21	7.73
(4) 其他	5.65	15.49	60.65	3.15	2.84	5.91	13.81
<b>5. 蔬菜類</b>	<b>113.14</b>	<b>309.96</b>	<b>80.85</b>	<b>4.43</b>	<b>1.03</b>	<b>15.12</b>	<b>113.96</b>
(1) 葉菜類	43.05	117.94	19.44	1.35	0.34	3.31	73.77
(2) 根菜類	10.13	27.75	8.37	0.26	0.11	1.74	7.02
(3) 莖菜類	30.11	82.50	26.08	1.25	0.32	4.98	19.89
(4) 花果菜類	27.49	75.32	26.56	1.53	0.25	5.03	13.23
(5) 菇類	2.35	6.44	0.40	0.04	0.00	0.06	0.05
<b>6. 果品類</b>	<b>129.60</b>	<b>355.07</b>	<b>128.83</b>	<b>2.08</b>	<b>0.68</b>	<b>32.17</b>	<b>28.44</b>
(1) 香蕉	13.56	37.15	20.96	0.30	0.05	5.46	1.15
(2) 鳳梨	21.32	58.42	13.44	0.26	0.06	3.39	5.26
(3) 柑桔類	22.32	61.16	17.58	0.36	0.10	4.18	10.53
(4) 瓜果類	10.73	29.41	5.22	0.14	0.02	1.25	1.07
(5) 其他	61.66	168.93	71.64	1.02	0.45	17.89	10.42
<b>7. 肉類</b>	<b>77.67</b>	<b>212.79</b>	<b>377.11</b>	<b>25.83</b>	<b>29.59</b>	<b>0.35</b>	<b>6.72</b>
(1) 豬肉	36.50	100.00	180.86	12.98	13.91	0.18	5.09
(2) 牛肉	5.88	16.11	32.87	1.82	2.78	0.15	0.65
(3) 羊肉	0.97	2.66	2.90	0.27	0.19	-	0.12
(4) 家禽肉	34.26	93.87	160.36	10.74	12.71	0.02	0.85
(5) 其他	0.05	0.14	0.13	0.02	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>18.48</b>	<b>50.48</b>	<b>63.87</b>	<b>5.35</b>	<b>4.50</b>	<b>0.17</b>	<b>14.29</b>
<b>9. 水產類</b>	<b>24.59</b>	<b>67.38</b>	<b>46.60</b>	<b>7.05</b>	<b>1.52</b>	<b>1.00</b>	<b>22.77</b>
(1) 魚類	12.39	33.94	27.75	3.71	1.32	0.02	2.46
(2) 蝦蟹類	3.92	10.74	5.85	1.23	0.05	0.12	4.42
(3) 頭足類	1.70	4.65	2.65	0.59	0.02	0.03	0.27
(4) 貝介類	5.42	14.84	6.76	1.09	0.07	0.44	6.77
(5) 其他	0.60	1.64	0.27	0.02	0.00	0.04	1.16
(6) 乾漬	0.57	1.56	3.32	0.40	0.05	0.35	7.70
<b>10. 乳品類</b>	<b>25.75</b>	<b>70.54</b>	<b>94.31</b>	<b>5.33</b>	<b>4.21</b>	<b>8.97</b>	<b>185.62</b>
(1) 鮮奶	18.74	51.33	31.57	1.58	1.80	2.37	56.21
(2) 奶粉	3.12	8.55	37.16	2.76	1.29	3.63	99.03
(3) 其他	3.89	10.66	25.58	0.99	1.12	2.97	30.38
<b>11. 油脂類</b>	<b>23.67</b>	<b>64.85</b>	<b>567.38</b>	<b>0.03</b>	<b>63.87</b>	<b>0.28</b>	<b>0.73</b>
(1) 植物油類	19.75	54.11	477.73	-	54.05	-	-
a. 大豆油	13.59	37.22	328.63	-	37.18	-	-
b. 花生油	0.34	0.93	8.24	-	0.93	-	-
c. 芝麻油	0.56	1.54	13.56	-	1.53	-	-
d. 其他	5.26	14.42	127.30	-	14.40	-	-
(2) 動物油脂	3.92	10.74	89.66	0.03	9.82	0.28	0.73
a. 豬油	1.05	2.87	25.45	-	2.85	-	-
b. 奶油	1.16	3.17	21.54	0.03	2.28	0.28	0.73
c. 其他	1.72	4.70	42.67	0.00	4.69	-	-
<b>合計</b>			<b>2,769.95</b>	<b>85.55*</b>	<b>117.06</b>	<b>350.73</b>	<b>541.45</b>
<b>12. 酒類(參考)</b>	<b>31.75</b>	<b>86.97</b>	<b>68.57</b>	*含植物性蛋白質 41.96 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,838.53</b>	Including vegetable protein 41.96 grams			

## 7. Food Balance Sheet, 2017 (Cont'd)

Population : 23,555,522

Per caput daily nutrients supply							Category
磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)	
<b>231.85</b>	<b>1.36</b>	<b>1.54</b>	<b>0.32</b>	<b>0.10</b>	<b>3.14</b>	<b>0.56</b>	<b>1. Cereals</b>
171.16	0.38	-	0.16	0.02	2.02	-	(1) Rice
52.48	0.90	-	0.15	0.07	1.01	-	(2) Wheat
5.99	0.05	1.53	0.00	0.01	0.07	0.54	(3) Corn
-	-	-	-	-	-	-	(4) Sorghum
2.22	0.03	0.01	0.00	0.00	0.04	0.02	(5) Others
<b>26.52</b>	<b>0.25</b>	<b>3,330.78</b>	<b>0.04</b>	<b>0.02</b>	<b>0.52</b>	<b>11.19</b>	<b>2. Starchy roots</b>
11.61	0.11	3,330.78	0.02	0.01	0.13	2.85	(1) Sweet Potatos
1.20	-	-	0.00	-	0.01	1.20	(2) Cassava
13.71	0.14	-	0.02	0.01	0.37	7.14	(3) Potatoes
-	-	-	-	-	-	-	(4) Others
<b>0.54</b>	<b>0.79</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.93</b>	<b>3. Sugars &amp; honey</b>
0.54	0.79	-	-	0.02	0.00	2.91	(1) Sugars
-	-	-	-	0.00	-	0.02	(2) Honey
<b>218.39</b>	<b>3.41</b>	<b>44.14</b>	<b>0.24</b>	<b>0.10</b>	<b>0.79</b>	<b>0.77</b>	<b>4. Pulses and oilseeds</b>
130.35	2.17	1.73	0.12	0.06	0.34	-	(1) Soybeans
19.32	0.13	0.11	0.05	0.00	0.13	0.05	(2) Peanuts
6.02	0.17	-	0.01	0.00	0.05	0.01	(3) Sesame
62.70	0.95	42.30	0.06	0.04	0.27	0.72	(4) Others
<b>99.94</b>	<b>2.24</b>	<b>3,921.57</b>	<b>0.10</b>	<b>0.11</b>	<b>1.45</b>	<b>55.28</b>	<b>5. Vegetables</b>
32.54	1.12	1,793.20	0.02	0.04	0.40	26.56	(1) Green leafy
8.36	0.08	832.76	0.01	0.01	0.14	2.75	(2) Roots
28.32	0.46	298.25	0.03	0.03	0.36	6.74	(3) Bulbs & tubers
29.83	0.57	996.76	0.04	0.04	0.52	19.22	(4) Flowers & fruits
0.90	0.01	0.60	0.00	0.00	0.04	0.00	(5) Mushrooms
<b>42.51</b>	<b>0.56</b>	<b>758.29</b>	<b>0.07</b>	<b>0.11</b>	<b>0.93</b>	<b>65.27</b>	<b>6. Fruits</b>
5.07	0.07	5.37	0.01	0.00	0.09	2.30	(1) Bananas
2.34	0.06	14.85	0.02	0.01	0.06	2.63	(2) Pineapples
8.98	0.09	11.98	0.02	0.01	0.13	14.78	(3) Citrus
2.88	0.05	105.45	0.00	0.00	0.04	1.82	(4) Melons
23.25	0.29	620.63	0.02	0.08	0.61	43.73	(5) Others
<b>207.55</b>	<b>1.60</b>	<b>1,434.75</b>	<b>0.56</b>	<b>0.28</b>	<b>5.84</b>	<b>6.04</b>	<b>7. Meat</b>
128.39	0.86	1,241.59	0.47	0.18	2.45	0.91	(1) Pork
22.28	0.29	10.08	0.01	0.02	0.35	0.24	(2) Beef
1.71	0.01	0.68	0.00	0.00	0.05	-	(3) Sheepmeat & Goat
54.93	0.43	182.37	0.08	0.08	2.98	4.88	(4) Poultry
0.23	0.00	0.02	0.00	0.00	0.01	0.00	(5) Others
<b>83.12</b>	<b>0.83</b>	<b>308.11</b>	<b>0.04</b>	<b>0.19</b>	<b>0.60</b>	<b>-</b>	<b>8. Eggs</b>
<b>79.38</b>	<b>1.15</b>	<b>115.57</b>	<b>0.02</b>	<b>0.09</b>	<b>1.35</b>	<b>0.52</b>	<b>9. Fish &amp; seafood</b>
39.79	0.14	102.10	0.01	0.02	0.89	0.24	(1) Fish
15.75	0.06	2.94	0.00	0.01	0.19	0.11	(2) Shrimps & crabs
5.07	0.03	0.38	0.00	0.00	0.08	0.01	(3) Cephalopods
12.74	0.69	4.80	0.00	0.04	0.14	0.13	(4) Shellfish
0.28	0.01	4.49	-	0.00	0.00	0.01	(5) Others
5.75	0.22	0.85	0.00	0.00	0.04	0.00	(6) Dried (salted)
<b>143.50</b>	<b>0.14</b>	<b>436.93</b>	<b>0.06</b>	<b>0.37</b>	<b>0.14</b>	<b>0.12</b>	<b>10. Milk</b>
48.51	0.05	66.73	0.02	0.09	0.06	0.03	(1) Fresh
72.30	0.03	335.08	0.03	0.23	-	-	(2) Powdered
22.69	0.06	35.12	0.01	0.05	0.08	0.09	(3) Others
<b>1.24</b>	<b>0.00</b>	<b>92.95</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>	<b>11. Oils and fats</b>
-	-	14.50	-	-	-	-	(1) Vegetable
-	-	9.98	-	-	-	-	a. Soybean
-	-	0.25	-	-	-	-	b. Peanut
-	-	0.41	-	-	-	-	c. Sesame
-	-	3.86	-	-	-	-	d. Others
1.24	0.00	78.45	0.00	0.00	0.00	-	(2) Animal
-	-	6.97	-	-	-	-	a. Lard
1.21	0.00	55.41	0.00	0.00	-	-	b. Butter
0.03	0.00	16.06	-	-	0.00	-	c. Others
<b>1,134.53</b>	<b>12.33</b>	<b>10,444.62</b>	<b>1.44</b>	<b>1.39</b>	<b>14.76</b>	<b>142.68</b>	<b>Grand total (1~11)</b>
43.59 公克							<b>12. Wine &amp; beer(reference)</b>
and animal protein		43.59 grams					<b>Grand total (1~12)</b>

## 8. 民國107年糧食平衡表

人口數：23,580,080人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,686.8</b>	<b>6,058.2</b>	<b>218.4</b>	<b>-90.7</b>	<b>7,430.1</b>	<b>4,581.2</b>
(1) 米	1,561.6	127.5	74.5	129.3	1,298.4	187.0
(2) 小麥	1.5	1,332.2	89.7	-107.9	1,352.0	187.0
(3) 玉米	121.7	4,280.0	0.9	-112.0	4,512.8	4,339.1
(4) 高粱	0.0	64.1	-	-	64.1	38.3
(5) 其他	1.8	254.4	53.4	-	202.8	144.4
<b>2. 薯類</b>	<b>314.8</b>	<b>1,294.4</b>	<b>141.2</b>	<b>-32.4</b>	<b>1,526.3</b>	<b>12.2</b>
(1) 甘藷	236.2	0.8	0.3	-	236.8	11.8
(2) 樹薯	0.6	1,005.9	90.9	-35.2	950.8	0.4
(3) 馬鈴薯	62.3	281.0	1.6	2.9	338.8	-
(4) 其他	15.7	6.8	48.4	-	-	-
<b>3. 糖及蜂蜜</b>	<b>61.3</b>	<b>1,154.2</b>	<b>395.0</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	51.0	1,150.9	390.2	-	-	-
(2) 蜂蜜	10.3	3.3	4.8	-	8.7	-
<b>4. 子仁及油籽類</b>	<b>79.7</b>	<b>2,800.1</b>	<b>19.9</b>	<b>10.7</b>	<b>2,849.2</b>	<b>315.9</b>
(1) 大豆	4.4	2,632.6	13.1	10.7	2,613.2	315.9
(2) 花生	59.5	12.2	0.6	-	71.0	-
(3) 芝麻	1.9	38.8	0.1	-	40.6	-
(4) 其他	13.9	116.6	6.1	-	124.4	-
<b>5. 蔬菜類</b>	<b>2,623.0</b>	<b>424.9</b>	<b>95.5</b>	<b>-</b>	<b>2,952.4</b>	<b>-</b>
(1) 葉菜類	1,051.9	98.3	22.4	-	1,127.9	-
(2) 根菜類	220.1	44.2	13.3	-	251.0	-
(3) 莖菜類	685.6	98.9	7.4	-	777.1	-
(4) 花果菜類	623.6	160.2	50.5	-	733.4	-
(5) 菇類	41.7	23.3	1.9	-	63.1	-
<b>6. 果品類</b>	<b>2,895.6</b>	<b>557.6</b>	<b>203.0</b>	<b>-</b>	<b>3,250.2</b>	<b>-</b>
(1) 香蕉	356.2	0.0	1.9	-	354.4	-
(2) 鳳梨	432.1	25.1	33.4	-	423.8	-
(3) 柑桔類	524.1	52.8	32.4	-	544.4	-
(4) 瓜果類	278.5	4.8	0.5	-	282.8	-
(5) 其他	1,304.6	475.0	134.8	-	1,644.8	-
<b>7. 肉類</b>	<b>1,562.8</b>	<b>537.9</b>	<b>11.8</b>	<b>-2.3</b>	<b>2,091.2</b>	<b>-</b>
(1) 豬肉	858.8	122.8	3.0	-2.3	980.9	-
(2) 牛肉	6.9	147.6	0.3	-	154.1	-
(3) 羊肉	1.7	25.1	0.0	-	26.8	-
(4) 家禽肉	695.4	241.0	8.5	-	928.0	-
(5) 其他	-	1.4	-	-	1.4	-
<b>8. 蛋類</b>	<b>434.7</b>	<b>2.8</b>	<b>2.7</b>	<b>-</b>	<b>434.8</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,102.5</b>	<b>412.7</b>	<b>771.7</b>	<b>-</b>	<b>743.4</b>	<b>4.3</b>
(1) 魚類	926.2	204.9	710.5	-	420.7	4.3
(2) 蝦蟹類	23.8	80.5	9.1	-	95.1	-
(3) 頭足類	65.9	50.8	42.7	-	74.0	-
(4) 貝介類	76.8	54.0	6.5	-	124.4	-
(5) 其他	3.4	13.8	1.5	-	15.7	-
(6) 乾漬	6.4	8.7	1.6	-	13.5	-
<b>10. 乳品類</b>	<b>433.1</b>	<b>221.4</b>	<b>9.9</b>	<b>-0.0</b>	<b>644.6</b>	<b>-</b>
(1) 鮮奶	433.1	52.2	0.0	-	485.2	-
(2) 奶粉	-	77.3	6.5	-0.0	70.8	-
(3) 其他	-	92.0	3.3	-	88.6	-
<b>11. 油脂類</b>	<b>395.9</b>	<b>398.5</b>	<b>35.6</b>	<b>-11.2</b>	<b>770.0</b>	<b>14.9</b>
(1) 植物油	358.6	313.6	30.4	-11.2	653.0	-
a. 大豆油	334.4	0.1	20.7	-11.2	325.1	-
b. 花生油	7.5	0.0	0.1	-	7.5	-
c. 芝麻油	13.0	1.6	5.4	-	9.2	-
d. 其他	3.7	311.8	4.2	-	311.3	-
(2) 動物油脂	37.3	84.9	5.2	-	117.0	14.9
a. 豬油	37.3	7.2	0.2	-	44.3	11.2
b. 奶油	-	26.5	0.1	-	26.4	-
c. 其他	-	51.3	5.0	-	46.3	3.7
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>4,858.3</b>	<b>2,541.5</b>	<b>-</b>	<b>-</b>	<b>7,219.5</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 8. Food Balance Sheet, 2018

Population : 23,580,080  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>13.2</b>	<b>204.0</b>	<b>43.8</b>	<b>2,588.0</b>	<b>81.7</b>	<b>2,113.7</b>	<b>1. Cereals</b>
12.7	47.1	14.2	1,219.6	88.0	1,073.3	(1) Rice
0.1	65.8	24.6	1,206.8	73.5	887.0	(2) Wheat
0.3	23.7	4.5	145.2	-	145.2	(3) Corn
0.0	25.8	-	-	85.0	-	(4) Sorghum
0.0	41.4	0.5	16.5	50.0	8.2	(5) Others
<b>2.7</b>	<b>0.3</b>	<b>101.4</b>	<b>1,409.9</b>	<b>47.5</b>	<b>669.7</b>	<b>2. Starchy roots</b>
0.3	-	20.2	204.4	-	204.4	(1) Sweet Potatos
-	0.3	47.5	902.7	18.0	162.5	(2) Cassava
2.4	-	33.6	302.8	-	302.8	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.5</b>	<b>-</b>	<b>624.0</b>	<b>-</b>	<b>624.0</b>	<b>3. Sugars &amp; honey</b>
-	2.5	-	615.2	-	615.2	(1) Sugars
-	-	-	8.7	-	8.7	(2) Honey
<b>4.6</b>	<b>2,026.8</b>	<b>24.5</b>	<b>477.5</b>	<b>97.9</b>	<b>467.6</b>	<b>4. Pulses and oilseeds</b>
1.3	1,967.1	19.3	309.6	-	309.6	(1) Soybeans
3.2	27.1	1.2	39.5	75.0	29.6	(2) Peanuts
0.0	32.5	0.2	7.9	-	7.9	(3) Sesame
0.1	0.1	3.7	120.5	-	120.5	(4) Others
<b>5.2</b>	<b>-</b>	<b>294.7</b>	<b>2,652.5</b>	<b>-</b>	<b>2,652.5</b>	<b>5. Vegetables</b>
-	-	112.8	1,015.1	-	1,015.1	(1) Green leafy
-	-	25.1	225.9	-	225.9	(2) Roots
5.2	-	77.2	694.7	-	694.7	(3) Bulbs & tubers
-	-	73.3	660.0	-	660.0	(4) Flowers & fruits
-	-	6.3	56.8	-	56.8	(5) Mushrooms
<b>-</b>	<b>1.8</b>	<b>324.8</b>	<b>2,923.5</b>	<b>-</b>	<b>2,923.5</b>	<b>6. Fruits</b>
-	-	35.4	318.9	-	318.9	(1) Bananas
-	-	42.4	381.5	-	381.5	(2) Pineapples
-	-	54.4	490.0	-	490.0	(3) Citrus
-	-	28.3	254.5	-	254.5	(4) Melons
-	1.8	164.3	1,478.6	-	1,478.6	(5) Others
<b>-</b>	<b>82.9</b>	<b>41.8</b>	<b>1,966.5</b>	<b>-</b>	<b>1,966.5</b>	<b>7. Meat</b>
-	82.9	19.6	878.4	-	878.4	(1) Pork
-	-	3.1	151.1	-	151.1	(2) Beef
-	-	0.5	26.2	-	26.2	(3) Sheepmeat & Goat
-	-	18.6	909.4	-	909.4	(4) Poultry
-	-	0.0	1.4	-	1.4	(5) Others
<b>-</b>	<b>-</b>	<b>8.7</b>	<b>426.1</b>	<b>-</b>	<b>426.1</b>	<b>8. Eggs</b>
<b>-</b>	<b>24.7</b>	<b>35.7</b>	<b>678.6</b>	<b>-</b>	<b>678.6</b>	<b>9. Fish &amp; seafood</b>
-	1.6	20.7	394.0	-	394.0	(1) Fish
-	5.4	4.5	85.2	-	85.2	(2) Shrimps & crabs
-	17.7	2.8	53.5	-	53.5	(3) Cephalopods
-	-	6.2	118.1	-	118.1	(4) Shellfish
-	-	0.8	14.9	-	14.9	(5) Others
-	-	0.7	12.8	-	12.8	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>4.9</b>	<b>639.8</b>	<b>-</b>	<b>639.8</b>	<b>10. Milk</b>
-	-	4.9	480.3	-	480.3	(1) Fresh
-	-	-	70.8	-	70.8	(2) Powdered
-	-	-	88.6	-	88.6	(3) Others
<b>-</b>	<b>192.1</b>	<b>1.7</b>	<b>561.4</b>	<b>-</b>	<b>561.4</b>	<b>11. Oils and fats</b>
-	184.6	1.4	467.0	-	467.0	(1) Vegetable
-	-	1.0	324.1	-	324.1	a. Soybean
-	-	0.0	7.5	-	7.5	b. Peanut
-	-	0.0	9.2	-	9.2	c. Sesame
-	184.6	0.4	126.3	-	126.3	d. Others
-	7.5	0.3	94.4	-	94.4	(2) Animal
-	7.5	0.1	25.6	-	25.6	a. Lard
-	-	0.1	26.3	-	26.3	b. Butter
-	-	0.1	42.5	-	42.5	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,219.5</b>	<b>-</b>	<b>7,219.5</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,219.5</b>	<b>-</b>	<b>7,219.5</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 8. 民國107年糧食平衡表(續)

人口數：23,580,080人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>89.64</b>	<b>245.58</b>	<b>837.83</b>	<b>20.18</b>	<b>2.33</b>	<b>181.96</b>	<b>27.17</b>
(1) 米	45.52	124.70	435.79	8.12	0.87	98.88	8.67
(2) 小麥	37.62	103.06	371.00	11.65	1.27	76.43	17.86
(3) 玉米	6.16	16.87	27.47	0.32	0.15	5.96	0.46
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.35	0.96	3.57	0.10	0.04	0.68	0.18
<b>2. 薯類</b>	<b>28.40</b>	<b>77.81</b>	<b>119.17</b>	<b>1.11</b>	<b>0.20</b>	<b>28.07</b>	<b>15.27</b>
(1) 甘藷	8.67	23.75	26.51	0.21	0.06	6.11	7.27
(2) 樹薯	6.89	18.88	66.45	0.02	0.04	16.61	7.03
(3) 馬鈴薯	12.84	35.18	26.21	0.87	0.10	5.34	0.97
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>26.46</b>	<b>72.50</b>	<b>267.86</b>	<b>0.01</b>	<b>0.00</b>	<b>69.20</b>	<b>10.61</b>
(1) 糖	26.09	71.48	264.70	0.01	-	68.38	10.61
(2) 蜂蜜	0.37	1.02	3.16	0.00	0.00	0.82	-
<b>4. 子仁及油籽類</b>	<b>19.83</b>	<b>54.33</b>	<b>179.70</b>	<b>13.49</b>	<b>8.98</b>	<b>12.67</b>	<b>110.00</b>
(1) 大豆	13.13	35.97	100.61	9.53	4.29	6.74	89.67
(2) 花生	1.26	3.44	17.41	0.99	1.32	0.71	1.24
(3) 芝麻	0.33	0.91	5.20	0.17	0.46	0.19	7.03
(4) 其他	5.11	14.00	56.48	2.80	2.90	5.04	12.07
<b>5. 蔬菜類</b>	<b>112.49</b>	<b>308.19</b>	<b>81.75</b>	<b>4.52</b>	<b>1.03</b>	<b>15.24</b>	<b>112.93</b>
(1) 葉菜類	43.05	117.94	19.46	1.36	0.34	3.31	73.82
(2) 根菜類	9.58	26.25	7.93	0.25	0.10	1.64	6.64
(3) 莖菜類	29.46	80.72	26.47	1.26	0.32	5.06	18.71
(4) 花果菜類	27.99	76.69	27.49	1.62	0.27	5.16	13.70
(5) 菇類	2.41	6.60	0.41	0.04	0.00	0.06	0.05
<b>6. 果品類</b>	<b>123.98</b>	<b>339.68</b>	<b>126.05</b>	<b>2.03</b>	<b>0.67</b>	<b>31.48</b>	<b>26.60</b>
(1) 香蕉	13.53	37.06	20.91	0.30	0.05	5.44	1.15
(2) 鳳梨	16.18	44.32	10.19	0.20	0.04	2.57	3.99
(3) 柑桔類	20.78	56.93	16.29	0.34	0.09	3.87	9.61
(4) 瓜果類	10.79	29.57	5.23	0.14	0.02	1.26	1.05
(5) 其他	62.71	171.80	73.43	1.05	0.46	18.34	10.80
<b>7. 肉類</b>	<b>83.40</b>	<b>228.48</b>	<b>404.76</b>	<b>27.62</b>	<b>31.81</b>	<b>0.37</b>	<b>6.97</b>
(1) 豬肉	37.25	102.06	184.59	13.25	14.19	0.18	5.20
(2) 牛肉	6.41	17.55	35.81	1.98	3.03	0.16	0.71
(3) 羊肉	1.11	3.05	3.32	0.32	0.22	-	0.13
(4) 家禽肉	38.57	105.66	180.90	12.06	14.36	0.02	0.92
(5) 其他	0.06	0.16	0.14	0.02	0.00	0.00	0.01
<b>8. 蛋類</b>	<b>18.07</b>	<b>49.38</b>	<b>62.59</b>	<b>5.23</b>	<b>4.41</b>	<b>0.17</b>	<b>14.07</b>
<b>9. 水產類</b>	<b>28.78</b>	<b>78.85</b>	<b>62.00</b>	<b>8.33</b>	<b>2.65</b>	<b>0.94</b>	<b>23.58</b>
(1) 魚類	16.71	45.78	43.45	4.97	2.47	0.02	3.26
(2) 蝦蟹類	3.61	9.90	5.40	1.14	0.05	0.11	4.06
(3) 頭足類	2.27	6.22	3.61	0.81	0.02	0.04	0.32
(4) 貝介類	5.01	13.73	6.15	0.98	0.07	0.40	6.41
(5) 其他	0.63	1.73	0.28	0.02	0.00	0.05	1.23
(6) 乾漬	0.54	1.49	3.12	0.40	0.04	0.32	8.29
<b>10. 乳品類</b>	<b>27.13</b>	<b>74.34</b>	<b>94.22</b>	<b>5.34</b>	<b>4.30</b>	<b>8.73</b>	<b>185.90</b>
(1) 鮮奶	20.37	55.81	34.32	1.72	1.95	2.58	61.11
(2) 奶粉	3.00	8.23	35.75	2.66	1.24	3.49	95.28
(3) 其他	3.76	10.30	24.14	0.96	1.11	2.66	29.51
<b>11. 油脂類</b>	<b>23.81</b>	<b>65.23</b>	<b>571.07</b>	<b>0.03</b>	<b>64.29</b>	<b>0.27</b>	<b>0.70</b>
(1) 植物油	19.80	54.26	479.08	-	54.20	-	-
a. 大豆油	13.74	37.65	332.47	-	37.61	-	-
b. 花生油	0.32	0.87	7.65	-	0.87	-	-
c. 芝麻油	0.39	1.07	9.41	-	1.06	-	-
d. 其他	5.36	14.67	129.56	-	14.66	-	-
(2) 動物油	4.00	10.97	91.98	0.03	10.08	0.27	0.70
a. 豬油	1.08	2.97	26.37	-	2.95	-	-
b. 奶油	1.12	3.06	20.76	0.02	2.20	0.27	0.70
c. 其他	1.80	4.94	44.85	0.00	4.94	-	-
<b>合計</b>			<b>2,807.00</b>	<b>87.88*</b>	<b>120.66</b>	<b>349.08</b>	<b>533.80</b>
<b>12. 酒類(參考)</b>	<b>30.62</b>	<b>83.88</b>	<b>66.14</b>	*含植物性蛋白質 41.33 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,873.13</b>	Including vegetable protein 41.33 grams			

## 8. Food Balance Sheet, 2018 (Cont'd)

Population : 23,580,080

Category	Per caput daily nutrients supply						
	磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)
<b>1. Cereals</b>	<b>233.68</b>	<b>0.99</b>	<b>2.09</b>	<b>0.32</b>	<b>0.10</b>	<b>3.15</b>	<b>0.75</b>
(1) Rice	171.47	-	-	0.16	0.03	2.02	-
(2) Wheat	51.87	0.89	-	0.15	0.07	1.00	-
(3) Corn	8.33	0.07	2.08	0.00	0.01	0.09	0.73
(4) Sorghum	-	-	-	-	-	-	-
(5) Others	2.01	0.03	0.01	0.00	0.00	0.04	0.02
<b>2. Starchy roots</b>	<b>27.97</b>	<b>0.27</b>	<b>3,249.21</b>	<b>0.04</b>	<b>0.02</b>	<b>0.56</b>	<b>11.98</b>
(1) Sweet Potatos	11.33	0.11	3,249.21	0.01	0.01	0.13	2.78
(2) Cassava	1.11	-	-	0.00	-	0.01	1.11
(3) Potatoes	15.53	0.16	-	0.02	0.01	0.42	8.09
(4) Others	-	-	-	-	-	-	-
<b>3. Sugars &amp; honey</b>	<b>0.54</b>	<b>0.78</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.91</b>
(1) Sugars	0.54	0.78	-	-	0.02	0.00	2.89
(2) Honey	-	-	-	-	0.00	-	0.03
<b>4. Pulses and oilseeds</b>	<b>207.87</b>	<b>3.22</b>	<b>37.46</b>	<b>0.22</b>	<b>0.10</b>	<b>0.74</b>	<b>0.61</b>
(1) Soybeans	126.72	2.11	1.69	0.12	0.06	0.33	-
(2) Peanuts	17.96	0.12	0.10	0.04	0.00	0.12	0.04
(3) Sesame	5.48	0.15	-	0.01	0.00	0.05	0.01
(4) Others	57.71	0.84	35.67	0.05	0.04	0.24	0.56
<b>5. Vegetables</b>	<b>101.68</b>	<b>2.24</b>	<b>3,852.74</b>	<b>0.10</b>	<b>0.11</b>	<b>1.45</b>	<b>54.45</b>
(1) Green leafy	32.56	1.13	1,811.62	0.02	0.04	0.40	26.37
(2) Roots	7.91	0.07	789.80	0.00	0.01	0.13	2.60
(3) Bulbs & tubers	29.07	0.43	253.73	0.03	0.03	0.35	6.23
(4) Flowers & fruits	31.21	0.59	996.97	0.05	0.04	0.53	19.25
(5) Mushrooms	0.92	0.01	0.62	0.00	0.00	0.04	0.00
<b>6. Fruits</b>	<b>42.01</b>	<b>0.54</b>	<b>739.02</b>	<b>0.07</b>	<b>0.11</b>	<b>0.91</b>	<b>65.98</b>
(1) Bananas	5.05	0.07	5.36	0.01	0.00	0.09	2.30
(2) Pineapples	1.77	0.04	11.26	0.01	0.00	0.04	1.99
(3) Citrus	8.32	0.09	11.31	0.02	0.01	0.12	13.68
(4) Melons	2.90	0.05	106.88	0.00	0.00	0.04	1.78
(5) Others	23.97	0.30	604.19	0.02	0.08	0.62	46.23
<b>7. Meat</b>	<b>218.17</b>	<b>1.67</b>	<b>1,486.85</b>	<b>0.58</b>	<b>0.30</b>	<b>6.31</b>	<b>6.77</b>
(1) Pork	131.04	0.87	1,267.22	0.48	0.18	2.50	0.93
(2) Beef	24.28	0.32	10.98	0.01	0.02	0.39	0.26
(3) Sheepmeat & Goat	1.96	0.01	0.78	0.00	0.00	0.05	-
(4) Poultry	60.63	0.46	207.84	0.09	0.09	3.36	5.57
(5) Others	0.26	0.00	0.02	0.00	0.00	0.01	0.00
<b>8. Eggs</b>	<b>81.46</b>	<b>0.82</b>	<b>302.15</b>	<b>0.04</b>	<b>0.18</b>	<b>0.59</b>	<b>-</b>
<b>9. Fish &amp; seafood</b>	<b>91.69</b>	<b>1.13</b>	<b>155.53</b>	<b>0.02</b>	<b>0.10</b>	<b>1.75</b>	<b>0.54</b>
(1) Fish	52.86	0.20	142.52	0.01	0.04	1.30	0.29
(2) Shrimps & crabs	14.56	0.06	2.71	0.00	0.01	0.17	0.11
(3) Cephalopods	6.71	0.03	0.13	0.00	0.01	0.10	0.00
(4) Shellfish	11.50	0.63	4.56	0.00	0.04	0.13	0.13
(5) Others	0.28	0.01	4.82	-	0.00	0.01	0.01
(6) Dried (salted)	5.79	0.21	0.79	0.00	0.00	0.04	0.00
<b>10. Milk</b>	<b>144.22</b>	<b>0.15</b>	<b>430.93</b>	<b>0.06</b>	<b>0.36</b>	<b>0.14</b>	<b>0.12</b>
(1) Fresh	52.74	0.06	72.56	0.02	0.10	0.07	0.03
(2) Powdered	69.57	0.03	322.40	0.03	0.22	-	-
(3) Others	21.91	0.06	35.97	0.01	0.04	0.07	0.09
<b>11. Oils and fats</b>	<b>1.19</b>	<b>0.00</b>	<b>92.45</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>
(1) Vegetable	-	-	14.93	-	-	-	-
a. Soybean	-	-	10.36	-	-	-	-
b. Peanut	-	-	0.24	-	-	-	-
c. Sesame	-	-	0.29	-	-	-	-
d. Others	-	-	4.04	-	-	-	-
(2) Animal	1.19	0.00	77.52	0.00	0.00	0.00	-
a. Lard	-	-	7.23	-	-	-	-
b. Butter	1.16	0.00	53.40	0.00	0.00	-	-
c. Others	0.03	0.00	16.89	-	-	0.00	-
<b>Grand total (1~11)</b>	<b>1,150.47</b>	<b>11.82</b>	<b>10,348.44</b>	<b>1.45</b>	<b>1.40</b>	<b>15.61</b>	<b>144.12</b>
<b>12. Wine &amp; beer(reference)</b>	<b>46.55</b>	<b>公克</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Grand total (1~12)</b>	<b>1,197.02</b>	<b>公克</b>	<b>10,348.44</b>	<b>1.45</b>	<b>1.40</b>	<b>15.61</b>	<b>144.12</b>



## 9. 民國108年糧食平衡表

人口數：23,596,027人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,557.2</b>	<b>6,841.5</b>	<b>266.0</b>	<b>406.0</b>	<b>7,525.7</b>	<b>4,683.0</b>
(1) 米	1,428.3	139.7	112.5	-40.8	1,295.4	4.3
(2) 小麥	1.4	1,447.8	96.1	26.1	1,327.1	50.5
(3) 玉米	126.1	4,942.4	1.1	420.8	4,646.7	4,452.6
(4) 高粱	0.1	57.9	-	-	57.9	32.1
(5) 其他	1.3	253.6	56.3	-	198.6	143.5
<b>2. 薯類</b>	<b>276.0</b>	<b>1,342.5</b>	<b>265.8</b>	<b>8.6</b>	<b>1,375.9</b>	<b>10.2</b>
(1) 甘藷	198.1	1.0	0.6	-	198.5	9.9
(2) 樹薯	0.6	1,101.6	206.4	36.7	859.2	0.3
(3) 馬鈴薯	62.4	231.5	3.8	-28.1	318.2	-
(4) 其他	14.9	8.3	55.0	-	-	-
<b>3. 糖及蜂蜜</b>	<b>52.2</b>	<b>757.8</b>	<b>203.9</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	49.3	754.0	198.9	-	-	-
(2) 蜂蜜	2.9	3.8	5.0	-	1.7	-
<b>4. 子仁及油籽類</b>	<b>72.9</b>	<b>2,846.8</b>	<b>17.0</b>	<b>36.8</b>	<b>2,865.8</b>	<b>323.0</b>
(1) 大豆	4.8	2,679.6	10.9	36.8	2,636.7	323.0
(2) 花生	53.2	11.1	0.6	-	63.7	-
(3) 芝麻	2.1	33.5	0.2	-	35.4	-
(4) 其他	12.8	122.5	5.3	-	130.0	-
<b>5. 蔬菜類</b>	<b>2,482.2</b>	<b>519.0</b>	<b>81.7</b>	<b>-</b>	<b>2,919.5</b>	<b>-</b>
(1) 葉菜類	1,013.6	133.7	11.5	-	1,135.8	-
(2) 根菜類	207.1	46.4	10.2	-	243.3	-
(3) 莖菜類	624.2	142.3	5.7	-	760.8	-
(4) 花果菜類	596.9	173.6	52.4	-	718.1	-
(5) 菇類	40.4	23.0	1.8	-	61.5	-
<b>6. 果品類</b>	<b>2,636.6</b>	<b>585.7</b>	<b>243.6</b>	<b>-</b>	<b>2,978.7</b>	<b>-</b>
(1) 香蕉	342.6	0.0	2.9	-	339.7	-
(2) 鳳梨	431.1	22.8	54.7	-	399.2	-
(3) 柑桔類	523.1	62.7	47.2	-	538.7	-
(4) 瓜果類	226.0	4.1	0.6	-	229.6	-
(5) 其他	1,113.8	496.0	138.3	-	1,471.5	-
<b>7. 肉類</b>	<b>1,592.1</b>	<b>549.3</b>	<b>8.9</b>	<b>6.0</b>	<b>2,126.5</b>	<b>-</b>
(1) 豬肉	849.6	130.1	3.1	6.0	970.6	-
(2) 牛肉	7.2	158.0	0.7	-	164.5	-
(3) 羊肉	1.9	20.9	0.0	-	22.7	-
(4) 家禽肉	733.4	238.7	5.1	-	967.0	-
(5) 其他	-	1.6	-	-	1.6	-
<b>8. 蛋類</b>	<b>454.1</b>	<b>3.9</b>	<b>2.8</b>	<b>-</b>	<b>455.2</b>	<b>-</b>
<b>9. 水產類</b>	<b>1,039.7</b>	<b>435.1</b>	<b>843.3</b>	<b>-</b>	<b>631.6</b>	<b>4.3</b>
(1) 魚類	889.1	210.9	777.9	-	322.1	4.3
(2) 蝦蟹類	24.5	83.8	7.5	-	100.9	-
(3) 頭足類	44.9	55.2	50.9	-	49.2	-
(4) 貝介類	74.3	62.1	4.0	-	132.5	-
(5) 其他	3.5	14.0	1.4	-	16.2	-
(6) 乾漬	3.3	8.9	1.6	-	10.7	-
<b>10. 乳品類</b>	<b>444.8</b>	<b>234.8</b>	<b>10.4</b>	<b>-0.0</b>	<b>669.3</b>	<b>-</b>
(1) 鮮奶	444.8	59.8	0.0	-	504.6	-
(2) 奶粉	-	74.5	6.4	-0.0	68.1	-
(3) 其他	-	100.5	3.9	-	96.6	-
<b>11. 油脂類</b>	<b>395.5</b>	<b>392.5</b>	<b>34.3</b>	<b>3.3</b>	<b>750.4</b>	<b>13.7</b>
(1) 植物油	358.6	308.3	30.0	3.3	633.6	-
a. 大豆油	337.1	0.3	20.6	3.3	313.5	-
b. 花生油	6.7	0.0	0.0	-	6.7	-
c. 芝麻油	11.3	1.4	4.9	-	7.8	-
d. 其他	3.4	306.7	4.5	-	305.6	-
(2) 動物油	36.9	84.2	4.3	-	116.8	13.7
a. 豬油	36.9	5.9	0.1	-	42.6	11.1
b. 奶油	-	27.2	0.1	-	27.1	-
c. 其他	-	51.1	4.1	-	47.0	2.6
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>4,544.0</b>	<b>2,757.0</b>	<b>-</b>	<b>-</b>	<b>7,202.7</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 9. Food Balance Sheet, 2019

Population : 23,596,027  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>13.3</b>	<b>198.3</b>	<b>44.2</b>	<b>2,587.0</b>	<b>81.9</b>	<b>2,117.9</b>	<b>1. Cereals</b>
12.7	45.9	14.3	1,218.1	88.0	1,071.9	(1) Rice
0.1	64.5	24.2	1,187.7	73.5	873.0	(2) Wheat
0.5	23.7	5.1	164.7	-	164.7	(3) Corn
0.0	25.8	-	-	85.0	-	(4) Sorghum
0.0	38.3	0.5	16.4	50.0	8.2	(5) Others
<b>2.6</b>	<b>0.2</b>	<b>91.5</b>	<b>1,271.5</b>	<b>47.4</b>	<b>602.5</b>	<b>2. Starchy roots</b>
0.3	-	16.9	171.4	-	171.4	(1) Sweet Potatos
-	0.2	42.9	815.8	18.0	146.8	(2) Cassava
2.3	-	31.6	284.3	-	284.3	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
-	<b>2.3</b>	<b>-</b>	<b>616.7</b>	<b>-</b>	<b>616.7</b>	<b>3. Sugars &amp; honey</b>
-	2.3	-	615.0	-	615.0	(1) Sugars
-	-	-	1.7	-	1.7	(2) Honey
<b>4.2</b>	<b>2,035.5</b>	<b>24.8</b>	<b>478.3</b>	<b>98.2</b>	<b>469.4</b>	<b>4. Pulses and oilseeds</b>
1.2	1,982.8	19.6	310.0	-	310.0	(1) Soybeans
2.9	24.3	1.1	35.4	75.0	26.5	(2) Peanuts
0.0	28.3	0.2	6.9	-	6.9	(3) Sesame
0.1	0.1	3.9	126.0	-	126.0	(4) Others
<b>5.1</b>	<b>-</b>	<b>291.4</b>	<b>2,622.9</b>	<b>-</b>	<b>2,622.9</b>	<b>5. Vegetables</b>
-	-	113.6	1,022.2	-	1,022.2	(1) Green leafy
-	-	24.3	218.9	-	218.9	(2) Roots
5.1	-	75.6	680.1	-	680.1	(3) Bulbs & tubers
-	-	71.8	646.3	-	646.3	(4) Flowers & fruits
-	-	6.2	55.4	-	55.4	(5) Mushrooms
-	<b>1.3</b>	<b>297.7</b>	<b>2,679.6</b>	<b>-</b>	<b>2,679.6</b>	<b>6. Fruits</b>
-	-	34.0	305.7	-	305.7	(1) Bananas
-	-	39.9	359.3	-	359.3	(2) Pineapples
-	-	53.9	484.8	-	484.8	(3) Citrus
-	-	23.0	206.6	-	206.6	(4) Melons
-	1.3	147.0	1,323.2	-	1,323.2	(5) Others
-	<b>82.0</b>	<b>42.5</b>	<b>2,002.0</b>	<b>-</b>	<b>2,002.0</b>	<b>7. Meat</b>
-	82.0	19.4	869.2	-	869.2	(1) Pork
-	-	3.3	161.3	-	161.3	(2) Beef
-	-	0.5	22.3	-	22.3	(3) Sheepmeat & Goat
-	-	19.3	947.6	-	947.6	(4) Poultry
-	-	0.0	1.6	-	1.6	(5) Others
-	<b>-</b>	<b>9.1</b>	<b>446.1</b>	<b>-</b>	<b>446.1</b>	<b>8. Eggs</b>
-	<b>8.5</b>	<b>30.9</b>	<b>587.8</b>	<b>-</b>	<b>587.8</b>	<b>9. Fish &amp; seafood</b>
-	3.0	15.7	299.1	-	299.1	(1) Fish
-	3.5	4.9	92.5	-	92.5	(2) Shrimps & crabs
-	0.9	2.4	46.0	-	46.0	(3) Cephalopods
-	0.0	6.6	125.9	-	125.9	(4) Shellfish
-	1.2	0.7	14.2	-	14.2	(5) Others
-	-	0.5	10.1	-	10.1	(6) Dried (salted)
-	<b>-</b>	<b>5.0</b>	<b>664.2</b>	<b>-</b>	<b>664.2</b>	<b>10. Milk</b>
-	-	5.0	499.5	-	499.5	(1) Fresh
-	-	-	68.1	-	68.1	(2) Powdered
-	-	-	96.6	-	96.6	(3) Others
-	<b>185.7</b>	<b>1.7</b>	<b>549.3</b>	<b>-</b>	<b>549.3</b>	<b>11. Oils and fats</b>
-	178.3	1.4	453.9	-	453.9	(1) Vegetable
-	-	0.9	312.5	-	312.5	a. Soybean
-	-	0.0	6.7	-	6.7	b. Peanut
-	-	0.0	7.8	-	7.8	c. Sesame
-	178.3	0.4	126.9	-	126.9	d. Others
-	7.4	0.3	95.4	-	95.4	(2) Animal
-	7.4	0.1	24.1	-	24.1	a. Lard
-	-	0.1	27.0	-	27.0	b. Butter
-	-	0.1	44.3	-	44.3	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,202.7</b>	<b>-</b>	<b>7,202.7</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 9. 民國108年糧食平衡表(續)

人口數：23,596,027人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>89.76</b>	<b>245.90</b>	<b>836.56</b>	<b>19.97</b>	<b>2.31</b>	<b>181.85</b>	<b>26.92</b>
(1) 米	45.43	124.46	435.06	8.10	0.86	98.73	8.66
(2) 小麥	37.00	101.36	364.90	11.45	1.25	75.18	17.57
(3) 玉米	6.98	19.13	33.05	0.31	0.15	7.27	0.51
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.35	0.95	3.55	0.10	0.04	0.68	0.18
<b>2. 薯類</b>	<b>25.54</b>	<b>69.96</b>	<b>106.82</b>	<b>1.02</b>	<b>0.18</b>	<b>25.14</b>	<b>13.35</b>
(1) 甘藷	7.26	19.90	22.20	0.18	0.05	5.12	6.09
(2) 樹薯	6.22	17.05	60.01	0.02	0.03	15.00	6.35
(3) 馬鈴薯	12.05	33.01	24.60	0.82	0.09	5.01	0.91
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>26.14</b>	<b>71.60</b>	<b>265.03</b>	<b>0.01</b>	<b>0.00</b>	<b>68.46</b>	<b>10.60</b>
(1) 糖	26.06	71.40	264.40	0.01	-	68.30	10.60
(2) 蜂蜜	0.07	0.20	0.62	0.00	0.00	0.16	-
<b>4. 子仁及油籽類</b>	<b>19.89</b>	<b>54.50</b>	<b>180.47</b>	<b>13.48</b>	<b>9.01</b>	<b>12.77</b>	<b>109.68</b>
(1) 大豆	13.14	35.99	100.67	9.53	4.29	6.74	89.72
(2) 花生	1.12	3.08	15.58	0.89	1.19	0.63	1.11
(3) 芝麻	0.29	0.80	4.53	0.15	0.40	0.16	6.12
(4) 其他	5.34	14.63	59.69	2.91	3.13	5.23	12.73
<b>5. 蔬菜類</b>	<b>111.16</b>	<b>304.54</b>	<b>80.41</b>	<b>4.39</b>	<b>0.99</b>	<b>15.15</b>	<b>112.42</b>
(1) 葉菜類	43.32	118.69	19.61	1.36	0.34	3.36	73.68
(2) 根菜類	9.28	25.42	7.61	0.24	0.10	1.58	6.42
(3) 莖菜類	28.82	78.96	25.68	1.21	0.31	4.92	18.96
(4) 花果菜類	27.39	75.04	25.49	1.41	0.22	4.95	13.24
(5) 菇類	2.35	6.43	2.03	0.17	0.02	0.34	0.12
<b>6. 果品類</b>	<b>113.56</b>	<b>311.13</b>	<b>114.54</b>	<b>1.84</b>	<b>0.60</b>	<b>28.62</b>	<b>25.05</b>
(1) 香蕉	12.96	35.50	20.03	0.29	0.04	5.22	1.10
(2) 鳳梨	15.23	41.72	9.59	0.19	0.04	2.42	3.75
(3) 柑桔類	20.55	56.29	16.16	0.34	0.09	3.84	9.65
(4) 瓜果類	8.76	23.99	4.25	0.11	0.02	1.02	0.86
(5) 其他	56.08	153.63	64.50	0.92	0.40	16.12	9.68
<b>7. 肉類</b>	<b>84.84</b>	<b>232.45</b>	<b>412.10</b>	<b>28.06</b>	<b>32.42</b>	<b>0.38</b>	<b>6.99</b>
(1) 豬肉	36.84	100.92	182.53	13.10	14.04	0.18	5.14
(2) 牛肉	6.83	18.72	38.20	2.11	3.23	0.18	0.76
(3) 羊肉	0.94	2.59	2.82	0.27	0.18	-	0.11
(4) 家禽肉	40.16	110.03	188.38	12.56	14.96	0.02	0.97
(5) 其他	0.07	0.19	0.17	0.03	0.01	0.00	0.01
<b>8. 蛋類</b>	<b>18.91</b>	<b>51.80</b>	<b>65.48</b>	<b>5.49</b>	<b>4.61</b>	<b>0.17</b>	<b>14.63</b>
<b>9. 水產類</b>	<b>24.91</b>	<b>68.25</b>	<b>46.10</b>	<b>7.17</b>	<b>1.42</b>	<b>0.96</b>	<b>22.46</b>
(1) 魚類	12.68	34.73	27.57	3.85	1.24	0.02	2.63
(2) 蝦蟹類	3.92	10.74	5.86	1.24	0.05	0.12	4.40
(3) 頭足類	1.95	5.34	3.07	0.69	0.02	0.04	0.30
(4) 貝介類	5.34	14.62	6.72	1.09	0.07	0.43	6.66
(5) 其他	0.60	1.65	0.26	0.02	0.00	0.04	1.18
(6) 乾漬	0.43	1.17	2.62	0.28	0.04	0.30	7.30
<b>10. 乳品類</b>	<b>28.15</b>	<b>77.12</b>	<b>96.75</b>	<b>5.38</b>	<b>4.41</b>	<b>9.10</b>	<b>187.05</b>
(1) 鮮奶	21.17	58.00	35.67	1.78	2.03	2.68	63.51
(2) 奶粉	2.89	7.91	34.36	2.55	1.19	3.35	91.56
(3) 其他	4.10	11.22	26.72	1.04	1.19	3.07	31.98
<b>11. 油脂類</b>	<b>23.28</b>	<b>63.78</b>	<b>558.11</b>	<b>0.03</b>	<b>62.81</b>	<b>0.28</b>	<b>0.72</b>
(1) 植物油	19.24	52.70	465.29	-	52.64	-	-
a. 大豆油	13.25	36.29	320.37	-	36.25	-	-
b. 花生油	0.28	0.78	6.85	-	0.78	-	-
c. 芝麻油	0.33	0.91	8.01	-	0.91	-	-
d. 其他	5.38	14.73	130.05	-	14.71	-	-
(2) 動物油	4.04	11.08	92.82	0.03	10.17	0.28	0.72
a. 豬油	1.02	2.80	24.87	-	2.78	-	-
b. 奶油	1.15	3.14	21.31	0.03	2.25	0.28	0.72
c. 其他	1.88	5.14	46.64	0.00	5.13	-	-
<b>合計</b>			<b>2,762.37</b>	<b>86.83*</b>	<b>118.75</b>	<b>342.87</b>	<b>529.85</b>
<b>12. 酒類(參考)</b>	<b>30.53</b>	<b>83.63</b>	<b>65.94</b>	*含植物性蛋白質 40.71 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,828.31</b>	Including vegetable protein 40.71 grams			

## 9. Food Balance Sheet, 2019 (Cont'd)

Population : 23,596,027

Per caput daily nutrients supply							Category
磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)	
<b>232.63</b>	<b>1.35</b>	<b>2.07</b>	<b>0.31</b>	<b>0.10</b>	<b>3.13</b>	<b>0.74</b>	<b>1. Cereals</b>
171.17	0.38	-	0.16	0.02	2.02	-	(1) Rice
51.02	0.88	-	0.15	0.06	0.98	-	(2) Wheat
8.44	0.07	2.06	0.00	0.01	0.09	0.72	(3) Corn
-	-	-	-	-	-	-	(4) Sorghum
2.00	0.03	0.01	0.00	0.00	0.04	0.02	(5) Others
<b>25.07</b>	<b>0.24</b>	<b>2,721.90</b>	<b>0.04</b>	<b>0.01</b>	<b>0.51</b>	<b>10.93</b>	<b>2. Starchy roots</b>
9.49	0.09	2,721.90	0.01	0.01	0.11	2.33	(1) Sweet Potatos
1.00	-	-	0.00	-	0.01	1.00	(2) Cassava
14.58	0.15	-	0.02	0.01	0.39	7.59	(3) Potatoes
-	-	-	-	-	-	-	(4) Others
<b>0.54</b>	<b>0.78</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>2.89</b>	<b>3. Sugars &amp; honey</b>
0.54	0.78	-	-	0.02	0.00	2.88	(1) Sugars
-	-	-	-	0.00	-	0.01	(2) Honey
<b>208.10</b>	<b>3.22</b>	<b>36.64</b>	<b>0.22</b>	<b>0.10</b>	<b>0.74</b>	<b>0.65</b>	<b>4. Pulses and oilseeds</b>
126.80	2.11	1.69	0.12	0.06	0.33	-	(1) Soybeans
16.07	0.11	0.09	0.04	0.00	0.11	0.04	(2) Peanuts
4.77	0.13	-	0.01	0.00	0.04	0.01	(3) Sesame
60.46	0.86	34.86	0.05	0.04	0.26	0.61	(4) Others
<b>102.42</b>	<b>2.21</b>	<b>3,792.65</b>	<b>0.10</b>	<b>0.13</b>	<b>1.63</b>	<b>55.42</b>	<b>5. Vegetables</b>
32.70	1.11	1,762.68	0.02	0.04	0.40	26.96	(1) Green leafy
7.54	0.07	741.59	0.00	0.01	0.12	2.56	(2) Roots
27.52	0.44	287.18	0.03	0.03	0.35	6.40	(3) Bulbs & tubers
28.33	0.55	1,000.65	0.04	0.04	0.52	19.48	(4) Flowers & fruits
6.33	0.05	0.54	0.00	0.02	0.25	0.02	(5) Mushrooms
<b>37.96</b>	<b>0.50</b>	<b>737.48</b>	<b>0.06</b>	<b>0.10</b>	<b>0.85</b>	<b>57.42</b>	<b>6. Fruits</b>
4.84	0.07	5.13	0.01	0.00	0.09	2.20	(1) Bananas
1.67	0.04	10.60	0.01	0.00	0.04	1.88	(2) Pineapples
8.25	0.09	11.36	0.02	0.01	0.12	13.59	(3) Citrus
2.35	0.04	86.32	0.00	0.00	0.03	1.46	(4) Melons
20.85	0.27	624.06	0.02	0.07	0.57	38.29	(5) Others
<b>220.69</b>	<b>1.70</b>	<b>1,481.62</b>	<b>0.58</b>	<b>0.30</b>	<b>6.43</b>	<b>7.00</b>	<b>7. Meat</b>
129.58	0.86	1,253.07	0.47	0.18	2.48	0.92	(1) Pork
25.90	0.34	11.72	0.01	0.02	0.41	0.28	(2) Beef
1.66	0.01	0.66	0.00	0.00	0.04	-	(3) Sheepmeat & Goat
63.25	0.48	216.15	0.10	0.10	3.49	5.79	(4) Poultry
0.31	0.00	0.03	0.00	0.00	0.01	0.00	(5) Others
<b>85.22</b>	<b>0.85</b>	<b>315.82</b>	<b>0.04</b>	<b>0.19</b>	<b>0.62</b>	<b>-</b>	<b>8. Eggs</b>
<b>79.01</b>	<b>1.12</b>	<b>101.30</b>	<b>0.02</b>	<b>0.09</b>	<b>1.34</b>	<b>0.51</b>	<b>9. Fish &amp; seafood</b>
40.71	0.14	87.81	0.01	0.02	0.89	0.24	(1) Fish
15.79	0.06	2.94	0.00	0.01	0.19	0.12	(2) Shrimps & crabs
5.87	0.03	0.31	0.00	0.00	0.09	0.01	(3) Cephalopods
12.56	0.68	4.78	0.00	0.04	0.14	0.13	(4) Shellfish
0.25	0.01	4.67	-	0.00	0.01	0.01	(5) Others
3.83	0.21	0.79	0.00	0.00	0.03	0.00	(6) Dried (salted)
<b>145.56</b>	<b>0.15</b>	<b>422.97</b>	<b>0.06</b>	<b>0.36</b>	<b>0.15</b>	<b>0.13</b>	<b>10. Milk</b>
54.81	0.06	75.40	0.02	0.10	0.07	0.03	(1) Fresh
66.85	0.03	309.83	0.03	0.21	-	-	(2) Powdered
23.90	0.06	37.75	0.01	0.05	0.08	0.10	(3) Others
<b>1.23</b>	<b>0.00</b>	<b>93.85</b>	<b>0.00</b>	<b>0.00</b>	<b>0.00</b>	<b>-</b>	<b>11. Oils and fats</b>
-	-	14.65	-	-	-	-	(1) Vegetable
-	-	10.09	-	-	-	-	a. Soybean
-	-	0.22	-	-	-	-	b. Peanut
-	-	0.25	-	-	-	-	c. Sesame
-	-	4.09	-	-	-	-	d. Others
1.23	0.00	79.20	0.00	0.00	0.00	-	(2) Animal
-	-	6.81	-	-	-	-	a. Lard
1.19	0.00	54.83	0.00	0.00	-	-	b. Butter
0.03	0.00	17.56	-	-	0.00	-	c. Others
<b>1,138.44</b>	<b>12.14</b>	<b>9,706.31</b>	<b>1.42</b>	<b>1.41</b>	<b>15.42</b>	<b>135.68</b>	<b>Grand total (1~11)</b>
46.11 公克							<b>12. Wine &amp; beer(reference)</b>
and animal protein		46.11 grams					<b>Grand total (1~12)</b>

## 10. 民國109年糧食平衡表

人口數：23,582,179人  
單位：千公噸

產品別	國內生產量 Domestic production	國際貿易 Foreign trade		存貨變動量 Change in stock	國內供給量 Domestic supply	國 飼料用 Feed
		進口量 Import	出口量 Export			
<b>1. 穀類</b>	<b>1,531.3</b>	<b>6,499.2</b>	<b>422.8</b>	<b>-117.9</b>	<b>7,518.3</b>	<b>4,666.1</b>
(1) 米	1,387.2	127.8	264.2	-216.5	1,260.0	4.2
(2) 小麥	0.9	1,523.7	99.4	57.2	1,368.0	53.5
(3) 玉米	141.7	4,559.1	1.1	41.4	4,658.3	4,457.6
(4) 高粱	0.1	34.5	1.2	-	33.4	7.6
(5) 其他	1.4	254.1	56.9	-	198.6	143.2
<b>2. 薯類</b>	<b>314.1</b>	<b>1,371.3</b>	<b>178.8</b>	<b>10.7</b>	<b>1,505.0</b>	<b>12.6</b>
(1) 甘藷	245.9	1.1	0.8	-	246.2	12.3
(2) 樹薯	0.6	1,075.7	142.6	-8.2	941.8	0.3
(3) 馬鈴薯	52.7	287.5	4.3	18.9	317.1	-
(4) 其他	14.8	7.0	31.1	-	-	-
<b>3. 糖及蜂蜜</b>	<b>55.9</b>	<b>646.9</b>	<b>77.9</b>	<b>-</b>	<b>-</b>	<b>-</b>
(1) 糖	47.5	643.0	74.1	-	-	-
(2) 蜂蜜	8.4	3.8	3.8	-	8.5	-
<b>4. 子仁及油籽類</b>	<b>73.8</b>	<b>2,774.3</b>	<b>15.1</b>	<b>-39.2</b>	<b>2,872.3</b>	<b>320.3</b>
(1) 大豆	4.4	2,597.3	9.0	-39.2	2,632.0	320.3
(2) 花生	53.8	11.7	0.8	-	64.6	-
(3) 芝麻	2.3	43.2	0.1	-	45.4	-
(4) 其他	13.3	122.2	5.2	-	130.3	-
<b>5. 蔬菜類</b>	<b>2,432.8</b>	<b>465.3</b>	<b>76.9</b>	<b>-</b>	<b>2,821.2</b>	<b>-</b>
(1) 葉菜類	1,005.2	106.5	9.9	-	1,101.8	-
(2) 根菜類	165.3	42.5	8.6	-	199.2	-
(3) 莖菜類	617.7	124.7	6.9	-	735.5	-
(4) 花果菜類	601.2	170.2	49.9	-	721.5	-
(5) 菇類	43.5	21.3	1.7	-	63.2	-
<b>6. 果品類</b>	<b>2,787.1</b>	<b>550.6</b>	<b>204.5</b>	<b>-</b>	<b>3,133.2</b>	<b>-</b>
(1) 香蕉	359.6	0.0	3.7	-	355.9	-
(2) 鳳梨	419.0	17.8	47.5	-	389.3	-
(3) 柑桔類	507.4	59.2	30.7	-	536.0	-
(4) 瓜果類	217.6	3.1	1.1	-	219.6	-
(5) 其他	1,283.4	470.5	121.6	-	1,632.3	-
<b>7. 肉類</b>	<b>1,641.1</b>	<b>557.6</b>	<b>12.1</b>	<b>17.6</b>	<b>2,168.9</b>	<b>-</b>
(1) 豬肉	874.6	86.4	7.0	17.6	936.5	-
(2) 牛肉	7.4	165.4	0.8	-	172.0	-
(3) 羊肉	1.9	21.0	0.0	-	22.8	-
(4) 家禽肉	757.2	283.2	4.3	-	1,036.1	-
(5) 其他	-	1.6	-	-	1.6	-
<b>8. 蛋類</b>	<b>480.3</b>	<b>3.2</b>	<b>3.0</b>	<b>-</b>	<b>480.5</b>	<b>-</b>
<b>9. 水產類</b>	<b>891.0</b>	<b>475.1</b>	<b>669.0</b>	<b>-</b>	<b>697.0</b>	<b>-</b>
(1) 魚類	719.9	259.0	630.9	-	348.0	-
(2) 蝦蟹類	23.8	85.4	4.7	-	104.5	-
(3) 頭足類	59.5	53.0	26.8	-	85.6	-
(4) 貝介類	76.4	56.9	4.1	-	129.2	-
(5) 其他	4.2	11.9	0.9	-	15.2	-
(6) 乾漬	7.2	9.0	1.6	-	14.6	-
<b>10. 乳品類</b>	<b>450.0</b>	<b>248.0</b>	<b>8.2</b>	<b>0.0</b>	<b>689.8</b>	<b>-</b>
(1) 鮮奶	450.0	66.2	0.0	-	516.1	-
(2) 奶粉	-	75.5	5.1	0.0	70.4	-
(3) 其他	-	106.4	3.1	-	103.3	-
<b>11. 油脂類</b>	<b>398.8</b>	<b>391.7</b>	<b>26.2</b>	<b>-2.0</b>	<b>766.3</b>	<b>22.1</b>
(1) 植物油	360.8	315.4	21.8	-2.0	656.5	-
a. 大豆油	336.3	0.2	11.9	-2.0	326.5	-
b. 花生油	6.7	0.0	0.1	-	6.7	-
c. 芝麻油	14.5	2.7	4.3	-	12.9	-
d. 其他	3.3	312.5	5.5	-	310.4	-
(2) 動物油	38.0	76.3	4.5	-	109.8	22.1
a. 豬油	38.0	3.6	0.1	-	41.5	11.4
b. 奶油	-	25.4	0.1	-	25.4	-
c. 其他	-	47.3	4.3	-	43.0	10.7
<b>合計</b>						
<b>12. 酒類(參考)</b>	<b>4,560.5</b>	<b>2,738.3</b>	<b>-</b>	<b>-</b>	<b>7,149.6</b>	<b>-</b>
<b>合計(含酒類)</b>						

## 10. Food Balance Sheet, 2020

Population : 23,582,179  
Units : 1,000 metric tons

種用 Seed	加工用 Manufacture	損耗量 Waste	內供給量分配 Disposal of domestic supply			Category
			糧食毛 供給量 Food (gross)	食用率 Extraction rate (%)	糧食純 供給量 Food (net)	
<b>16.2</b>	<b>197.5</b>	<b>44.8</b>	<b>2,593.7</b>	<b>81.7</b>	<b>2,119.4</b>	<b>1. Cereals</b>
15.8	43.1	14.0	1,182.9	88.0	1,040.9	(1) Rice
0.1	66.4	25.0	1,223.2	73.5	899.0	(2) Wheat
0.3	23.7	5.3	171.3	-	171.3	(3) Corn
0.0	25.8	-	-	85.0	-	(4) Sorghum
0.0	38.5	0.5	16.4	50.0	8.2	(5) Others
<b>2.7</b>	<b>0.2</b>	<b>99.6</b>	<b>1,390.0</b>	<b>47.2</b>	<b>656.7</b>	<b>2. Starchy roots</b>
0.3	-	21.0	212.6	-	212.6	(1) Sweet Potatos
-	0.2	47.1	894.2	18.0	161.0	(2) Cassava
2.4	-	31.5	283.2	-	283.2	(3) Potatoes
-	-	-	-	25.0	-	(4) Others
<b>-</b>	<b>2.3</b>	<b>-</b>	<b>616.2</b>	<b>-</b>	<b>616.2</b>	<b>3. Sugars &amp; honey</b>
-	2.3	-	607.7	-	607.7	(1) Sugars
-	-	-	8.5	-	8.5	(2) Honey
<b>5.2</b>	<b>2,038.6</b>	<b>24.9</b>	<b>483.2</b>	<b>98.2</b>	<b>474.4</b>	<b>4. Pulses and oilseeds</b>
1.3	1,978.0	19.6	312.7	-	312.7	(1) Soybeans
3.8	24.3	1.1	35.4	75.0	26.5	(2) Peanuts
0.0	36.3	0.3	8.8	-	8.8	(3) Sesame
0.1	0.0	3.9	126.3	-	126.3	(4) Others
<b>5.0</b>	<b>-</b>	<b>281.6</b>	<b>2,534.5</b>	<b>-</b>	<b>2,534.5</b>	<b>5. Vegetables</b>
-	-	110.2	991.6	-	991.6	(1) Green leafy
-	-	19.9	179.3	-	179.3	(2) Roots
5.0	-	73.0	657.4	-	657.4	(3) Bulbs & tubers
-	-	72.2	649.4	-	649.4	(4) Flowers & fruits
-	-	6.3	56.8	-	56.8	(5) Mushrooms
<b>-</b>	<b>1.4</b>	<b>313.2</b>	<b>2,818.6</b>	<b>-</b>	<b>2,818.6</b>	<b>6. Fruits</b>
-	-	35.6	320.3	-	320.3	(1) Bananas
-	-	38.9	350.4	-	350.4	(2) Pineapples
-	-	53.6	482.4	-	482.4	(3) Citrus
-	-	22.0	197.6	-	197.6	(4) Melons
-	1.4	163.1	1,467.9	-	1,467.9	(5) Others
<b>-</b>	<b>84.4</b>	<b>43.4</b>	<b>2,041.2</b>	<b>-</b>	<b>2,041.2</b>	<b>7. Meat</b>
-	84.4	18.7	833.4	-	833.4	(1) Pork
-	-	3.4	168.5	-	168.5	(2) Beef
-	-	0.5	22.4	-	22.4	(3) Sheepmeat & Goat
-	-	20.7	1,015.4	-	1,015.4	(4) Poultry
-	-	0.0	1.5	-	1.5	(5) Others
<b>-</b>	<b>-</b>	<b>9.6</b>	<b>470.9</b>	<b>-</b>	<b>470.9</b>	<b>8. Eggs</b>
<b>-</b>	<b>14.5</b>	<b>34.1</b>	<b>648.4</b>	<b>-</b>	<b>648.4</b>	<b>9. Fish &amp; seafood</b>
-	9.5	16.9	321.5	-	321.5	(1) Fish
-	2.8	5.1	96.6	-	96.6	(2) Shrimps & crabs
-	0.6	4.3	80.8	-	80.8	(3) Cephalopods
-	-	6.5	122.7	-	122.7	(4) Shellfish
-	1.6	0.7	12.9	-	12.9	(5) Others
-	-	0.7	13.8	-	13.8	(6) Dried (salted)
<b>-</b>	<b>-</b>	<b>5.2</b>	<b>684.7</b>	<b>-</b>	<b>684.7</b>	<b>10. Milk</b>
-	-	5.2	511.0	-	511.0	(1) Fresh
-	-	-	70.4	-	70.4	(2) Powdered
-	-	-	103.3	-	103.3	(3) Others
<b>-</b>	<b>189.0</b>	<b>1.7</b>	<b>553.6</b>	<b>-</b>	<b>553.6</b>	<b>11. Oils and fats</b>
-	181.4	1.4	473.7	-	473.7	(1) Vegetable
-	-	1.0	325.5	-	325.5	a. Soybean
-	-	0.0	6.7	-	6.7	b. Peanut
-	-	0.0	12.9	-	12.9	c. Sesame
-	181.4	0.4	128.6	-	128.6	d. Others
-	7.6	0.2	79.9	-	79.9	(2) Animal
-	7.6	0.1	22.4	-	22.4	a. Lard
-	-	0.1	25.3	-	25.3	b. Butter
-	-	0.1	32.2	-	32.2	c. Others
<b>-</b>	<b>-</b>	<b>-</b>	<b>7,149.6</b>	<b>-</b>	<b>7,149.6</b>	<b>Grand total (1~11)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>12. Wine &amp; beer(reference)</b>
<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>Grand total (1~12)</b>

## 10. 民國109年糧食平衡表(續)

人口數：23,582,179人

產品別	每人純糧食供給量 Per caput food supply		每人每日營養供給量				
	每年 Per year (kg.)	每日 Per day (gm.)	熱量 Energy (kcal.)	蛋白質 Protein (gm.)	脂肪 Fat (gm.)	碳水化合物 Carbohydrate (gm.)	鈣 Calcium (mg.)
<b>1. 穀類</b>	<b>89.82</b>	<b>246.09</b>	<b>847.17</b>	<b>21.16</b>	<b>2.51</b>	<b>180.44</b>	<b>18.83</b>
(1) 米	44.12	120.86	430.96	9.46	1.03	93.53	5.88
(2) 小麥	38.10	104.39	377.95	11.30	1.28	78.41	12.26
(3) 玉米	7.26	19.89	34.72	0.30	0.16	7.81	0.53
(4) 高粱	-	-	-	-	-	-	-
(5) 其他	0.35	0.95	3.54	0.10	0.04	0.69	0.16
<b>2. 薯類</b>	<b>27.83</b>	<b>76.25</b>	<b>115.62</b>	<b>1.07</b>	<b>0.14</b>	<b>26.77</b>	<b>14.39</b>
(1) 甘藷	9.01	24.68	25.21	0.29	0.04	5.77	7.32
(2) 樹薯	6.82	18.69	67.59	0.01	0.04	16.32	5.97
(3) 馬鈴薯	12.00	32.88	22.82	0.77	0.06	4.68	1.10
(4) 其他	-	-	-	-	-	-	-
<b>3. 糖及蜂蜜</b>	<b>26.11</b>	<b>71.55</b>	<b>264.25</b>	<b>0.01</b>	<b>0.00</b>	<b>68.28</b>	<b>10.47</b>
(1) 糖	25.76	70.56	261.19	0.01	-	67.49	10.47
(2) 蜂蜜	0.36	0.98	3.07	0.00	0.00	0.79	-
<b>4. 子仁及油籽類</b>	<b>20.10</b>	<b>55.08</b>	<b>180.57</b>	<b>13.76</b>	<b>9.04</b>	<b>12.80</b>	<b>113.40</b>
(1) 大豆	13.25	36.31	102.77	9.61	4.48	6.60	90.52
(2) 花生	1.12	3.08	15.58	0.89	1.19	0.63	1.11
(3) 芝麻	0.37	1.02	5.87	0.23	0.53	0.17	7.24
(4) 其他	5.35	14.67	56.34	3.03	2.85	5.39	14.53
<b>5. 蔬菜類</b>	<b>107.41</b>	<b>294.28</b>	<b>79.01</b>	<b>4.49</b>	<b>0.56</b>	<b>15.59</b>	<b>119.72</b>
(1) 葉菜類	42.03	115.14	19.73	1.49	0.20	3.64	72.63
(2) 根菜類	7.60	20.82	5.66	0.17	0.03	1.27	4.70
(3) 莖菜類	27.86	76.33	24.90	1.11	0.15	5.18	21.26
(4) 花果菜類	27.52	75.40	26.40	1.55	0.17	5.06	20.77
(5) 菇類	2.41	6.60	2.32	0.18	0.02	0.44	0.35
<b>6. 果品類</b>	<b>119.45</b>	<b>327.27</b>	<b>122.76</b>	<b>1.89</b>	<b>0.50</b>	<b>31.18</b>	<b>26.96</b>
(1) 香蕉	13.57	37.19	20.45	0.35	0.02	5.31	1.15
(2) 鳳梨	14.85	40.69	12.43	0.17	0.03	3.21	2.47
(3) 柑桔類	20.44	56.01	15.36	0.30	0.10	3.76	9.34
(4) 瓜果類	8.38	22.95	4.45	0.11	0.01	1.10	1.17
(5) 其他	62.21	170.43	70.07	0.96	0.34	17.79	12.84
<b>7. 肉類</b>	<b>86.50</b>	<b>237.00</b>	<b>416.94</b>	<b>29.43</b>	<b>32.29</b>	<b>0.40</b>	<b>7.54</b>
(1) 豬肉	35.32	96.76	171.68	12.77	12.99	0.14	5.10
(2) 牛肉	7.14	19.57	44.22	3.10	3.43	0.24	1.39
(3) 羊肉	0.95	2.60	3.99	0.51	0.20	0.01	0.15
(4) 家禽肉	43.03	117.89	196.89	13.03	15.66	0.02	0.90
(5) 其他	0.06	0.18	0.16	0.03	0.01	0.00	0.01
<b>8. 蛋類</b>	<b>19.96</b>	<b>54.53</b>	<b>65.65</b>	<b>6.03</b>	<b>4.36</b>	<b>0.74</b>	<b>25.82</b>
<b>9. 水產類</b>	<b>27.48</b>	<b>75.29</b>	<b>52.25</b>	<b>6.98</b>	<b>2.32</b>	<b>0.82</b>	<b>26.01</b>
(1) 魚類	13.63	37.33	33.42	3.64	1.98	0.08	5.85
(2) 蝦蟹類	4.10	11.22	5.53	1.11	0.09	0.06	3.38
(3) 頭足類	3.42	9.38	4.88	0.88	0.12	0.05	0.97
(4) 貝介類	5.20	14.25	4.36	0.89	0.06	0.21	4.14
(5) 其他	0.55	1.50	0.32	0.03	0.00	0.06	1.25
(6) 乾漬	0.59	1.61	3.74	0.42	0.07	0.37	10.42
<b>10. 乳品類</b>	<b>29.02</b>	<b>79.50</b>	<b>107.27</b>	<b>6.18</b>	<b>5.00</b>	<b>9.54</b>	<b>212.01</b>
(1) 鮮奶	21.65	59.33	37.49	1.85	2.13	2.82	61.76
(2) 奶粉	2.98	8.17	35.34	2.56	1.19	3.60	94.75
(3) 其他	4.38	12.00	34.44	1.78	1.68	3.12	55.50
<b>11. 油脂類</b>	<b>23.46</b>	<b>64.28</b>	<b>564.56</b>	<b>0.02</b>	<b>63.73</b>	<b>0.03</b>	<b>1.39</b>
(1) 植物油	20.07	55.00	486.00	0.00	54.98	0.00	0.71
a. 大豆油	13.80	37.80	334.08	-	37.79	-	-
b. 花生油	0.28	0.77	6.84	-	0.77	-	-
c. 芝麻油	0.55	1.50	13.19	0.00	1.49	0.00	-
d. 其他	5.45	14.93	131.89	0.00	14.92	0.00	0.71
(2) 動物油脂	3.39	9.28	78.55	0.02	8.75	0.03	0.68
a. 豬油	0.95	2.60	23.14	-	2.59	-	-
b. 奶油	1.07	2.94	21.52	0.02	2.43	0.03	0.57
c. 其他	1.37	3.74	33.90	0.00	3.73	0.01	0.11
<b>合計</b>			<b>2,816.04</b>	<b>91.03*</b>	<b>120.46</b>	<b>346.58</b>	<b>576.55</b>
<b>12. 酒類(參考)</b>	<b>30.30</b>	<b>83.01</b>	<b>65.45</b>	*含植物性蛋白質 42.39 公克及 動物性蛋白質			
<b>合計(含酒類)</b>			<b>2,881.49</b>	Including vegetable protein 42.39 grams			

## 10. Food Balance Sheet, 2020 (Cont'd)

Population : 23,582,179

Category	Per caput daily nutrients supply						
	磷 Phosphorus (mg.)	鐵 Iron (mg.)	維生素A Vitamin A (i.u.)	維生素B1 Thiamine (mg.)	維生素B2 Riboflavin (mg.)	菸鹼酸 Niacin (mg.)	維生素C Ascorbic acid (mg.)
<b>1. Cereals</b>	<b>182.21</b>	<b>1.55</b>	<b>8.62</b>	<b>0.26</b>	<b>0.09</b>	<b>3.01</b>	<b>6.18</b>
(1) Rice	90.68	0.32	-	0.11	0.03	1.82	-
(2) Wheat	80.73	1.14	-	0.14	0.05	1.05	5.28
(3) Corn	8.81	0.07	8.60	0.01	0.01	0.12	0.88
(4) Sorghum	-	-	-	-	-	-	-
(5) Others	1.99	0.02	0.01	0.00	0.00	0.03	0.02
<b>2. Starchy roots</b>	<b>22.29</b>	<b>0.35</b>	<b>765.84</b>	<b>0.04</b>	<b>0.02</b>	<b>0.54</b>	<b>14.29</b>
(1) Sweet Potatos	9.84	0.14	765.84	0.02	0.01	0.11	4.99
(2) Cassava	1.26	0.05	-	0.00	-	0.01	0.55
(3) Potatoes	11.19	0.17	-	0.02	0.01	0.42	8.75
(4) Others	-	-	-	-	-	-	-
<b>3. Sugars &amp; honey</b>	<b>0.53</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>0.02</b>	<b>0.00</b>	<b>0.12</b>
(1) Sugars	0.53	-	-	-	0.02	0.00	0.10
(2) Honey	-	-	-	-	0.00	-	0.03
<b>4. Pulses and oilseeds</b>	<b>214.33</b>	<b>3.15</b>	<b>17.58</b>	<b>0.23</b>	<b>0.09</b>	<b>0.80</b>	<b>0.53</b>
(1) Soybeans	127.92	2.13	1.70	0.11	0.06	0.33	-
(2) Peanuts	16.08	0.11	0.09	0.04	0.00	0.11	0.04
(3) Sesame	6.48	0.15	-	0.01	0.00	0.05	0.01
(4) Others	63.86	0.76	15.79	0.07	0.03	0.30	0.48
<b>5. Vegetables</b>	<b>104.99</b>	<b>2.51</b>	<b>4,187.43</b>	<b>0.13</b>	<b>0.14</b>	<b>1.36</b>	<b>51.77</b>
(1) Green leafy	34.60	1.18	1,796.48	0.04	0.06	0.40	27.80
(2) Roots	4.72	0.05	1,343.47	0.01	0.00	0.04	1.83
(3) Bulbs & tubers	29.72	0.49	180.21	0.03	0.03	0.22	5.51
(4) Flowers & fruits	30.59	0.74	867.24	0.05	0.04	0.41	16.62
(5) Mushrooms	5.36	0.05	0.03	0.01	0.02	0.28	0.01
<b>6. Fruits</b>	<b>39.40</b>	<b>0.63</b>	<b>532.95</b>	<b>0.10</b>	<b>0.09</b>	<b>0.78</b>	<b>78.81</b>
(1) Bananas	5.62	0.09	0.80	0.01	0.01	0.06	2.57
(2) Pineapples	2.53	0.08	6.91	0.02	0.01	0.05	2.84
(3) Citrus	7.24	0.08	80.24	0.03	0.01	0.10	15.64
(4) Melons	1.68	0.04	48.36	0.00	0.00	0.04	1.23
(5) Others	22.33	0.33	396.65	0.04	0.05	0.54	56.53
<b>7. Meat</b>	<b>212.61</b>	<b>1.73</b>	<b>346.78</b>	<b>0.50</b>	<b>0.27</b>	<b>6.91</b>	<b>12.15</b>
(1) Pork	115.80	0.79	106.82	0.39	0.14	2.58	1.04
(2) Beef	29.55	0.45	8.27	0.01	0.03	0.56	0.17
(3) Sheepmeat & Goat	3.76	0.04	0.91	0.00	0.01	0.11	0.01
(4) Poultry	63.21	0.43	230.76	0.10	0.09	3.65	10.94
(5) Others	0.29	0.00	0.02	0.00	0.00	0.01	0.00
<b>8. Eggs</b>	<b>89.75</b>	<b>0.94</b>	<b>275.99</b>	<b>0.05</b>	<b>0.23</b>	<b>0.05</b>	<b>0.28</b>
<b>9. Fish &amp; seafood</b>	<b>86.20</b>	<b>0.91</b>	<b>117.47</b>	<b>0.02</b>	<b>0.08</b>	<b>1.18</b>	<b>0.34</b>
(1) Fish	39.84	0.13	39.73	0.01	0.03	0.85	0.18
(2) Shrimps & crabs	13.22	0.10	0.75	0.00	0.01	0.14	0.06
(3) Cephalopods	7.55	0.06	24.13	0.00	0.01	0.04	0.02
(4) Shellfish	20.05	0.40	3.02	0.00	0.03	0.09	0.09
(5) Others	0.21	0.01	3.38	0.00	0.00	0.00	0.00
(6) Dried (salted)	5.34	0.21	46.47	0.00	0.01	0.05	0.00
<b>10. Milk</b>	<b>166.51</b>	<b>0.21</b>	<b>242.18</b>	<b>0.05</b>	<b>0.41</b>	<b>0.28</b>	<b>1.47</b>
(1) Fresh	49.06	0.05	85.02	0.03	0.10	0.12	0.22
(2) Powdered	70.63	0.02	92.11	0.02	0.24	0.07	1.17
(3) Others	46.82	0.14	65.04	0.01	0.07	0.09	0.07
<b>11. Oils and fats</b>	<b>1.41</b>	<b>0.02</b>	<b>118.06</b>	<b>0.00</b>	<b>0.00</b>	<b>0.03</b>	<b>-</b>
(1) Vegetable	0.65	-	6.23	-	-	-	-
a. Soybean	-	-	-	-	-	-	-
b. Peanut	-	-	0.30	-	-	-	-
c. Sesame	-	-	-	-	-	-	-
d. Others	0.65	-	5.94	-	-	-	-
(2) Animal	0.77	0.02	111.83	0.00	0.00	0.03	-
a. Lard	-	-	8.94	-	-	-	-
b. Butter	0.67	0.01	88.27	0.00	0.00	0.02	-
c. Others	0.10	0.01	14.63	0.00	-	0.00	-
<b>Grand total (1~11)</b>	<b>1,120.24</b>	<b>11.98</b>	<b>6,612.91</b>	<b>1.39</b>	<b>1.44</b>	<b>14.93</b>	<b>165.94</b>
<b>12. Wine &amp; beer(reference)</b>	<b>48.64</b>	<b>公克</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>	<b>-</b>
<b>Grand total (1~12)</b>	<b>1,168.88</b>	<b>公克</b>	<b>6,612.91</b>	<b>1.39</b>	<b>1.44</b>	<b>14.93</b>	<b>165.94</b>