

**Table 25. Daily nutrient consumption per capita**

Year	Energy (1) (Calories)	Protein (Grams)	Fat (Grams)	Carbohydrate (Grams)	Calcium (Milligrams)	Phosphorus (Milligrams)
1984	2 592.9	78.8	80.8	379.1	441.2	1 190.6
1991	2 925.3	91.6	114.3	372.9	580.8	1 301.0
2001	2 867.3	92.0	117.0	350.0	571.9	1 230.4
2006	2 730.1	80.7	114.2	337.5	483.6	1 077.7
2011	2 655.7	80.6	107.6	331.2	463.9	1 045.6
2012	2 715.8	80.5	111.2	337.8	457.6	1 040.6
2013	2 635.7	78.8	103.7	336.9	457.1	1 029.1
2014	2 750.6	80.7	113.4	342.0	466.3	1 054.1
2015	2 806.8	84.8	115.3	347.6	509.1	1 105.2
2016	2 768.2	83.4	114.0	341.7	520.1	1 096.5
2017	2 838.5	85.6	117.1	350.7	541.5	1 134.5
2018	2 873.1	87.9	120.7	349.1	533.8	1 150.5
2019	2 828.3	86.8	118.8	342.9	529.9	1 138.4
2020	2 872.2	89.9	120.0	346.4	575.6	1 125.0
2021	2 846.9	89.6	118.6	343.7	580.5	1 129.3
Year	Iron (Milligrams)	Vitamin A (International unit)	Thiamine (Milligrams)	Riboflavin (Milligrams)	Niacin (Milligrams)	Ascorbic acid (Milligrams)
1984	11.0	7 460.1	1.4	1.1	15.8	134.2
1991	12.9	6 989.6	1.6	1.4	15.6	137.7
2001	12.4	7 193.4	1.5	1.5	15.9	146.8
2006	10.8	8 996.1	1.4	1.4	14.9	151.3
2011	10.7	8 876.8	1.3	1.3	14.9	144.9
2012	10.8	9 260.1	1.3	1.3	14.8	138.2
2013	10.6	9 386.7	1.3	1.3	14.4	138.0
2014	10.8	9 771.4	1.3	1.3	14.9	138.5
2015	11.4	9 818.2	1.4	1.3	14.7	134.1
2016	11.7	10 150.9	1.4	1.3	14.5	132.2
2017	12.3	10 444.6	1.4	1.4	14.8	142.7
2018	11.8	10 348.4	1.4	1.4	15.6	144.1
2019	12.1	9 706.3	1.4	1.4	15.4	135.7
2020	12.1	6 604.2	1.4	1.4	14.4	165.6
2021	12.2	6 624.9	1.4	1.4	14.2	162.6

**Note:** (1)Including wine & beer**Source:** Ministry of Agriculture