



INSTITUTO NACIONAL DE ESTATÍSTICA  
STATISTICS PORTUGAL

press release

DIÁSTAKE

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PORTUGUESE FOOD BALANCE SHEET

2016-2020

## PORTUGUESE FOOD BALANCE SHEET - 2016-2020

Food availability for consumption in 2016-2020 continues to show an excessive and unbalanced food supply. This period was marked in its final part by the COVID-19 pandemic, with the availability for consumption of most food groups covered in the Portuguese Food Balance showing negative variations in 2020, when the evolution of these availabilities from 2016 until the beginning of the pandemic was positive and above those verified in 2012-2015.

The average daily caloric intake per inhabitant remained high, 4,075 kcal, which represents twice the recommended value for an adult with an average healthy weight.

The Portuguese Food Balance Sheet is a statistical analytical tool based on the supply of food in the national territory from a perspective of apparent consumption, aiming at the evaluation of food availability and its respective evolution in Portugal, in terms of products, nutrients and calories.

In this press release, Statistics Portugal updates and disseminates the Food Balance Sheet for the period 2016-2020, comparing, when appropriate, with the previous period (2012-2015). For a more in-depth analysis the reading of the publication "[Portuguese Food Balance Sheet 2016-2020](#)" is recommended, released simultaneously with this press release. A set of harmonized and comparable statistical indicators for the period 1990 to 2020 is available on Statistics Portugal portal at [www.ine.pt](http://www.ine.pt).





## COMPARISON OF THE PORTUGUESE FOOD BALANCE SHEET 2016-2020 WITH THE FOOD WHEEL

- In 2016-2020, the Portuguese Food Balance Sheet achieved an average daily caloric intake available for consumption per inhabitant of 4,075 kcal, higher than the 3,954 kcal recorded in the period 2012-2015. In 2020, reflecting the pandemic situation, the caloric content of daily food availability for consumption decreased by 3.6% compared with 2019, corresponding to 3,990 kcal/inhabitant/day, still above the levels reached in the recessive period of the Portuguese economy (2011-2013).

Figure 1.



Source: INE, I.P.



- In 2020, the food product groups with the greatest deviations in module, *vis-à-vis* the Food Wheel recommended consumption, were, by surplus, the "Meat, fish and eggs" (+11.9 pp which compares with +11.4 pp in 2016) and by deficit the "Fruits" and "Vegetables" (-4.7 pp and -8.6 pp, respectively, compared with -6.5 pp and -7.2 pp in 2016).
- The impact of the COVID-19 pandemic (2020) in the five-year period under review was an almost generalized decrease in food availability for consumption. The exceptions were eggs and stimulating products (coffee and chocolate) which increased consecutively throughout the five-year period and sugar that dropped continuously over the same period.

## FOOD AVAILABILITIES BY GROUP PRODUCTS 2016-2020 COMPARED TO THE PREVIOUS EDITION OF FOOD BALANCE SHEET (2012-2015)

- Meat availabilities increased by 8.7% and reached 229.8 g/inhabitant/day (83.9 kg/inhabitant/year). The meat daily average caloric contribution per inhabitant (428.6 kcal) represented more than four times the total calories recommended by the Food Wheel for Meat, Fish and Eggs group and for an average diet of 2,000 kcal.
- The largest meat offer continued to be from poultry with 38.4% of the total availability. The availability of pig meat lost weight (-2.8 pp) but is still the second most available type of meat for consumption (29.1%). It should be noticed that in the period under review the beef availabilities increased 1.2 pp, accounting for 22.7% of the total.
- Supply of fish for consumption increased 16.3% and reached 62.7 g/inhabitant/day.
- Apparent consumption of crustaceans and molluscs (24.1% of the total compared to 18.1%) surpassed for the first time the availability for consumption of cod and other dry salted fish (15.4% to 18.8% in the previous period).
- Apparent egg consumption increased 16.1%, showing an average annual growth rate in the quinquennium under analysis of about 4%. The availability for consumption in national territory, in the period under analysis, corresponded to about half an egg per day and per person (178 eggs/year).
- Milk and dairy products daily availability *per capita* decreased by 3.6%, standing in 324.7 g/inhabitant/day.
- Food availability of cereals remained relatively stable, standing in 347.2 g/inhabitant/day.
- Portugal only covered 23.9% of cereal consumption needs in 2016-2020 (28.2% in 2012-2015).





- The availability of roots and tubers increased by 0.8%, reaching 222.7 g/inhabitant/day, even though the availability recorded a negative annual variation of 1.5% in 2016-2020, essentially due to the decrease of potatoes supply for consumption.
- The apparent consumption of vegetables remained relatively stable at 285.8 g/inhabitant/day, which compares with 286.3 g/inhabitant/day in 2012-2015.
- Available daily amounts of fruit per inhabitant raised 27%, recording in the five-year period an average annual growth of 3%.
- The 278.7 g/inhabitant/day of fruits available for consumption are still below the recommended amounts by the Food Wheel.
- Daily *per capita* availability of fruits and vegetables reached an average of 559.1 g (498.6 g in 2012-2015) for a total caloric food availability of 4,075 kcal/inhabitant/day. According with the World Health Organization (WHO) the recommended proportion is 400 g, but for a caloric intake of 2,000 kcal/inhabitant/day.
- With an average of 12.7 g/inhabitant/day of dried pulses, apparent consumption has increased around 21%.
- Apparent consumption of oils and fats kept its downward trajectory, falling by 2.2% and setting in the period under analysis at 100.7g/inhabitant/day.
- Daily availability of added sugars amounted to 83.7 g/inhabitant/day, decreasing 3.2%.
- For more than ten years, the daily availability of coffee, cocoa and chocolate for consumption has been increasing, reaching in the five-year period under analysis an average of 25.8 g/inhabitant/day.
- Availability for consumption of non-alcoholic beverages corresponded to 614.6 ml/inhabitant/day, more 13.4% than in 2012-2015.
- Bottled water is the most widely available non-alcoholic beverage, 61.7% of the total (379.4 ml/ inhabitant /day), followed by soft drinks with 32.0% (196.9 ml/inhabitant/day) and juice with 6.2% (38.3 ml/inhabitant/day).
- The daily amounts available *per capita* of alcoholic beverages were 302.2 ml/inhabitant/day (110 l/inhabitant/year), reflecting an increase of around 14% compared with 2012-2015, of which 47.9 l/inhabitant/year of wine and 57.6 l/inhabitant/year of beer.



## MACRONUTRIENTS 2016-2020

- Daily food availability per inhabitant had an average content of proteins, fats and carbohydrates of, correspondingly, 131.1 g/inhabitant/day, 155.0 g/inhabitant/day and 489.9 g/inhabitant/day (122.8 g/inhabitant/day, 149.6 g/inhabitant/day and 484.3 g/inhabitant/day, by the same order, in 2012-2015).

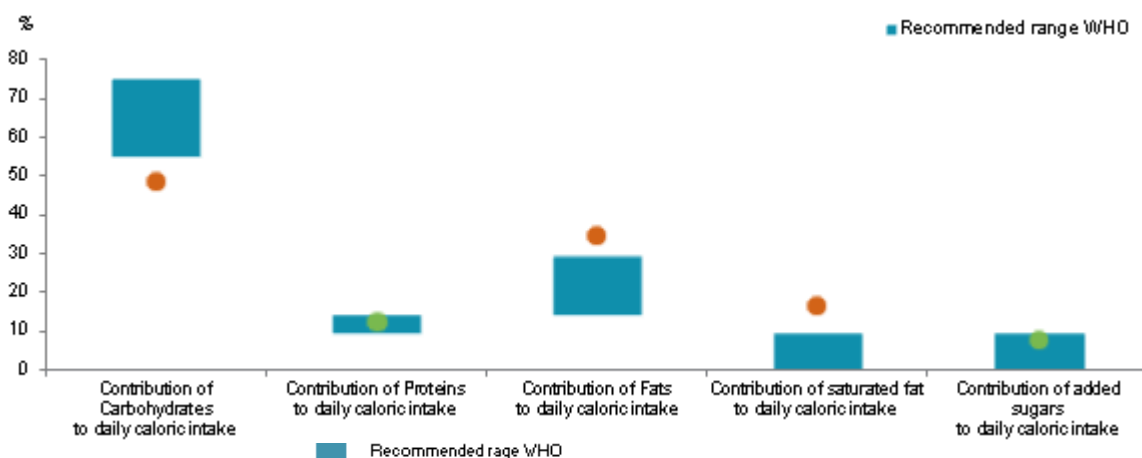
## MICRONUTRIENTS 2016-2020

- Considering the daily reference values of vitamins and minerals for an adult, the daily availability *per capita* of these micro-constituents calculated by Food Balance Sheet 2016-2020 is higher. Only in the case of vitamin D the amounts calculated remain slightly lower.

## PORTUGUESE FOOD BALANCE SHEET 2016-2020 COMPARED WITH INTERNATIONAL RECOMMENDATIONS

- The energetic contribution of fats calculated by Food Balance Sheet was 34.2%, above the maximum limit recommended for consumption (30%). The contribution of carbohydrates was 48.1%, lower than the recommended limit (55-75%), and proteins 12.9%, within the recommended range (10-15%). Estimates made for a caloric average availability of 4,075 kcal/inhabitant/day, when the recommendations are for a daily average of 2,000 kcal/inhabitant.

Figure 2. Portugal's position facing WHO recommendations



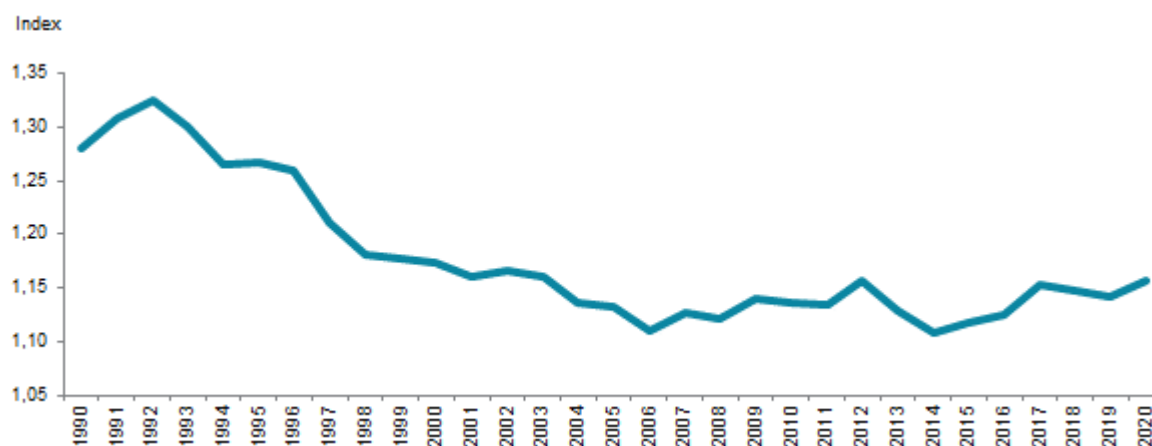
Source: INE, I.P.



## MEDITERRANEAN DIET

- The Mediterranean Adequacy Index calculated in 2020 was 1.157, identical to the level obtained in 2012 during the economic crisis in Portugal, with an increase of 1.3% compared to previous year, due to the less pronounced decrease in calories from typical Mediterranean products (-2.6%) *vis-à-vis* the decrease from other products (-4.5%).

Figure 3. Mediterranean Adequacy Index - Portugal



Source: INE, I.P.

### NOTE:

The Portuguese Food Balance Sheet provides an exhaustive table of information regarding the pattern of food supply, during a given reference period, using the FAO methodology in its calculation. The balance of food products indicates, for each primary product and for a small number of processed products, the quantities potentially available for human consumption, that is, they present a measure of apparent consumption from the point of view of food supply and not the actual consumption of food products.



## SIGNES AND DESIGNATIONS

FAO	Food and Agriculture Organization
g	Gram
kcal	Kilocalorie
kg	Kilogram
l	Liter
ml	Milliliter
WHO	World Health Organization
t	Tonne