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מדינת ישראל
STATE OF ISRAEL

FOOD SUPPLY BALANCE SHEET 2016

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PREFACE

This publication presents data on the food balance sheet for 2016. The balance sheet organizes the data of the food products, which were available to the public, and their dietary value.

The food balance sheet provides policy and decision-makers with information on the amounts of own supply of food in Israel, and the extent of Israel's dependence on import of food commodities.

This publication, similar to the previous ones, includes main findings on the supply of dietary energy, protein, fats, minerals and vitamins for 2016. In addition, it presents the developments between 1950 and 2016. It also includes information on the composition of the food supply and its designation.

The data in this publication, similar to the previous annual publications on the same subject, are based on processings conducted by the Central Bureau of Statistics on data received from various sources of information. Selected data from the food balance sheet are also presented in the products of the abstract on the CBS website – *Statistical Abstract of Israel 2017* and *Annual Data 2017*.

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INTRODUCTION

1. General

The food balance sheet is a consolidated record of the various types of food available to the public in the surveyed year. The balance sheet organizes the various food products according to their sources, and according to the calculations of their nutritional value (dietary energy, protein, fats, minerals and vitamins) on average per capita per day, for the average population of the country.

The food balance sheet refers to the quantity of products available, rather than to the amount that the public actually buys or consumes.

The balance does not include: food supplements, such as minerals and vitamins added to food or marketed separately or imported high-calorie drinks, including drinks for athletes.

The food balance sheet provides information to policy-makers regarding the amount of own supply of food in Israel, and the extent of Israel's dependence on imports of food commodities. It also provides information that is used to make policies in the following areas: subsidies for basic food products; the rate of customs duty levied on imports; import quotas set by the Ministry of Agriculture; and the addition of vitamins and minerals to basic food products.

The food balance sheet is prepared in the format set by the Food and Agriculture Organization (FAO) with adjustments to the conditions in Israel.

2. Main Findings

The food balance sheet shows that the caloric value of food available to the average population of Israel in 2016 amounted to 3,795 kilocalories per capita per day, compared with 3,666 kilocalories per capita per day in 2015.

**TABLE A. FOOD BALANCE SHEET – MAIN SOURCES
2015–2016**

| Per capita per year | | | |
|--|-------------|-------------|-------------|
| Commodity | Unit | 2015 | 2016 |
| Cereals and cereal products | kg | 107 | 119 |
| Potatoes and starches | kg | 45 | 46 |
| Sugar, sweets, and honey | kg | 44 | 42 |
| Legumes, oil grains, and nuts | kg | 21 | 21 |
| Vegetables (including melons) | kg | 203 | 200 |
| Fruits (including citrus) | kg | 151 | 153 |
| Thereof: Citrus fruits | kg | 77 | 73 |
| Alcoholic beverages (imported) | Litres | 11 | 9 |
| Stimulants (coffee, tea and cocoa beans) | kg | 12 | 14 |
| Oils and fats | kg | 28 | 29 |
| Meat (boneless) | kg | 70 | 70 |
| Fish (boneless) | kg | 8 | 8 |
| Eggs | Units | 259 | 270 |
| Milk and dairy products | Litres | 183 | 184 |
| Mineral water | Litres | 98 | 98 |

A. MAIN SOURCES OF SUPPLY – DIETARY ENERGY, PROTEIN, FATS AND CARBOHYDRATES PER CAPITA PER DAY, 2016

**TABLE B. SUPPLY OF DIETARY ENERGY, BY FOOD GROUP
2015–2016**

| Food group | 2015 | 2016 |
|---|--------------|--------------|
| Dietary energy per capita per day (kilocalories) – total | 3,666 | 3,795 |
| Percentages – total | 100 | 100 |
| Cereals and cereal products | 27 | 29 |
| Oils and fats | 18 | 11 |
| Vegetables, fruits and potatoes | 13 | 12 |
| Meat | 11 | 10 |
| Milk and dairy products | 8 | 8 |
| Sugar, sweets, and honey | 12 | 11 |
| Legumes, oil grains, and nuts | 7 | 6 |
| Fish and eggs | 2 | 2 |
| Beverages and stimulants | 2 | 2 |

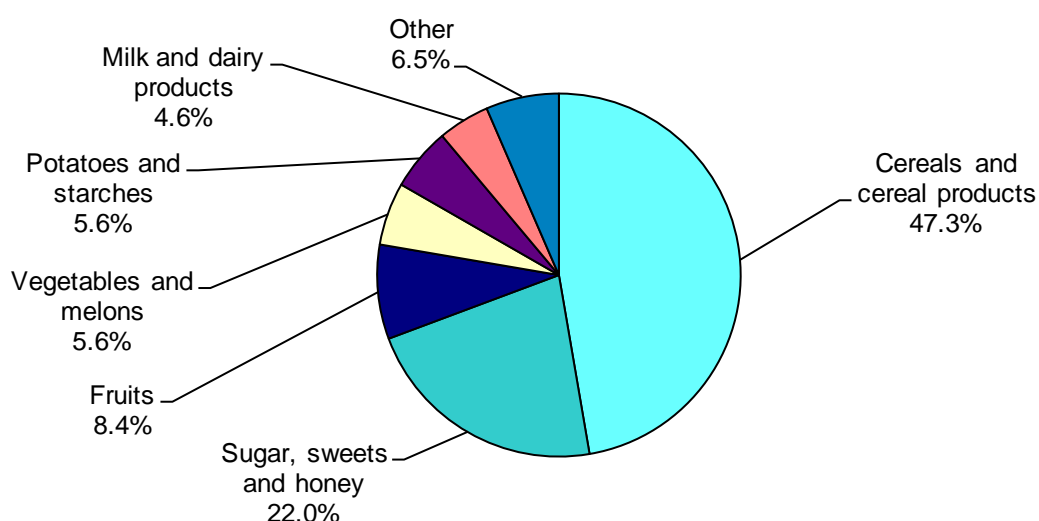
**TABLE C. SUPPLY OF PROTEIN, BY SOURCE AND FOOD GROUP
2015–2016**

| Source and Food group | 2015 | 2016 |
|--|------------|------------|
| Protein per capita per day (gram) – total | 109 | 114 |
| Percentages – total | 100 | 100 |
| From live sources | 54 | 52 |
| Meat | 32 | 31 |
| Milk and dairy products | 15 | 13 |
| Fish | 3 | 3 |
| Eggs | 4 | 4 |
| From vegetable sources | 46 | 48 |
| Thereof: Cereal and cereal products | 28 | 30 |

**TABLE D. SUPPLY OF FATS, BY SOURCE AND FOOD GROUP
2015–2016**

| Source and Food group | 2015 | 2016 |
|---|------------|------------|
| Fats per capita per day (gram) – total | 151 | 156 |
| Percentages – total | 100 | 100 |
| From live sources | 32 | 31 |
| Thereof: Meat | 18 | 18 |
| Milk and dairy products | 11 | 01 |
| From vegetable sources | 69 | 69 |
| Thereof: Vegetable oils | 51 | 51 |

**DIAGRAM A. SUPPLY OF CARBOHYDRATES – MAIN SOURCES
2016**



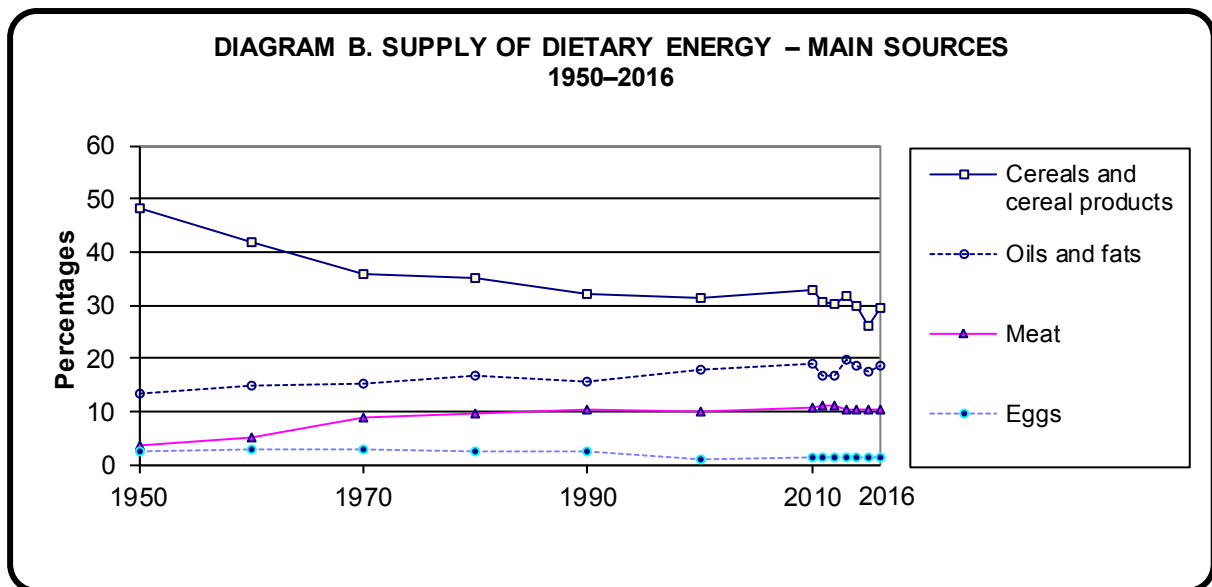
The main sources of carbohydrates are cereals and cereal products (47.3%), sugar, sweets and honey (22.0%), and fruits (8.4%).

B. MAIN SOURCES OF SUPPLY – DIETARY ENERGY, PROTEIN AND FATS PER CAPITA PER DAY, 1950–2016

There have been a number of changes in the composition of the food supply over the years.

The time series on food sources present the history of agriculture and nutrition in Israel, the changes in local food consumption habits, and the changes in patterns of imports and exports of food commodities.

SUPPLY OF DIETARY ENERGY

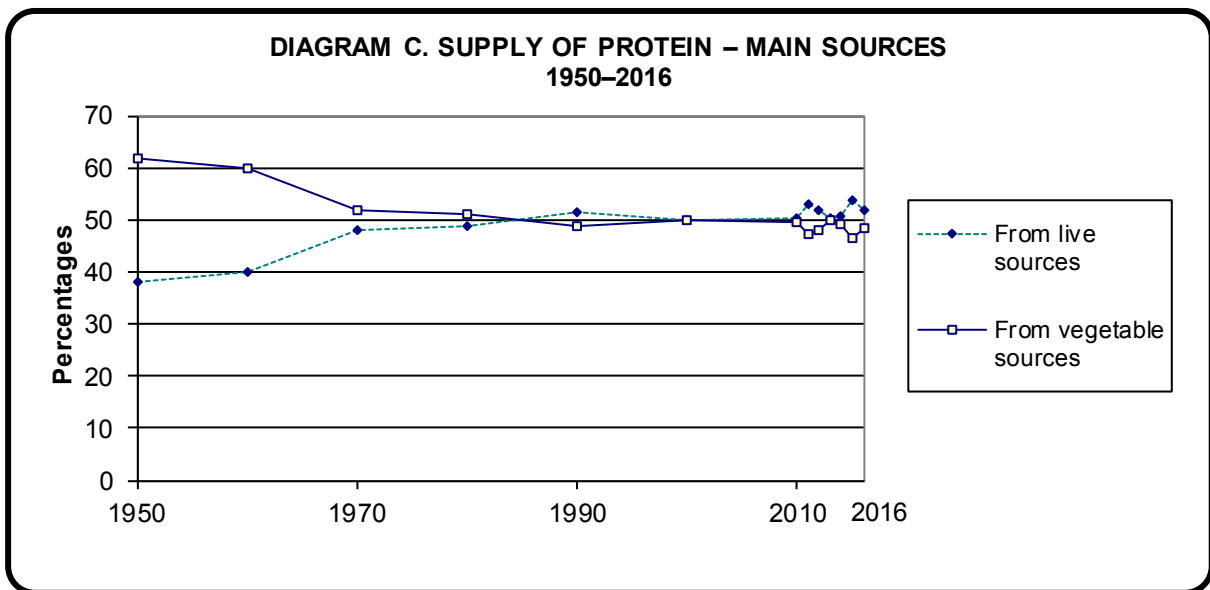


The most salient change in the supply of dietary energy was a decline in the relative share of energy supplied by cereals and cereal products between 1950 and 2000, from 48% to 31.2%. Between 2000 and 2010 there was a slight increase, and since 2010 there has been a decline, except for the period from 2013 to 2016, when there were slight increases in the share of dietary energy supplied by cereals and cereal products.

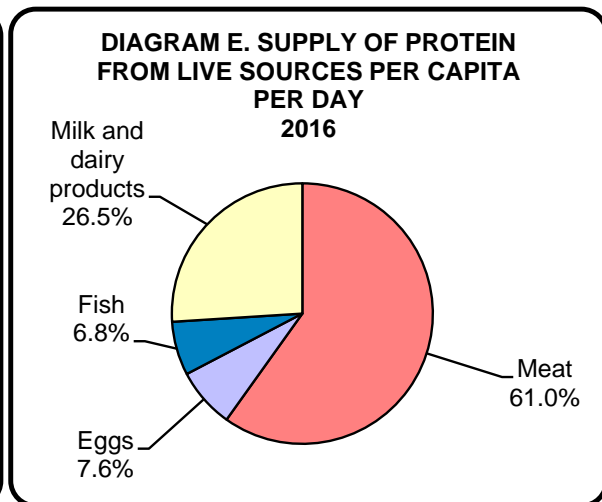
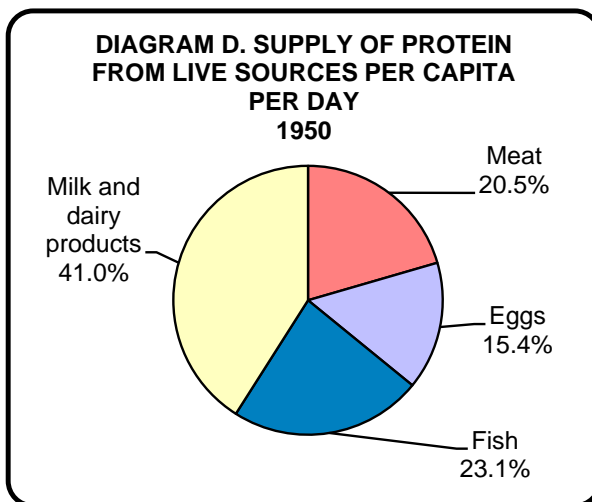
The share of oils and fats has increased gradually from 13% in 1950 to 19% in 2010. Between 2011 and 2016, there have been slight fluctuations in the share of oils and fats.

There was an increase between 1950 and 2011 in the share of dietary energy from meat, from 4% to 11%; and from 2012 until 2016 dietary energy from meat has remained stable (about 11% in 2016).

SUPPLY OF PROTEIN

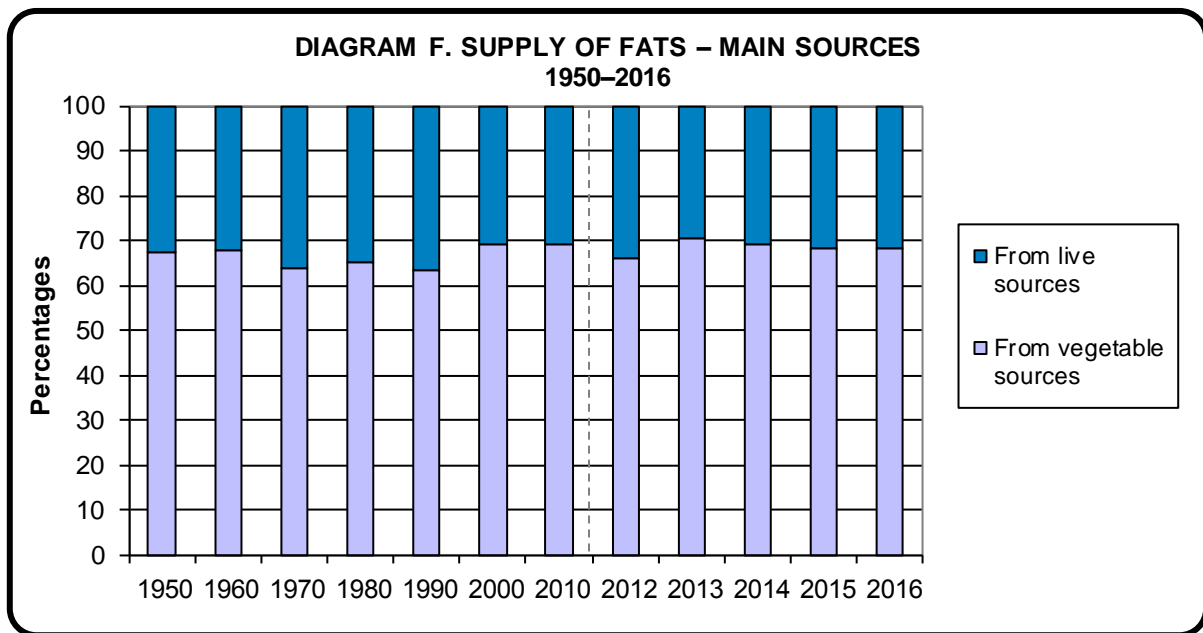


Data on the supply of protein over the years point to an increase in the relative share of proteins from live sources (from 38% in 1950 to 52% in 2016). This was accompanied by a decline in the relative share of proteins from vegetable sources between 1950 and 2011 – from 62% to 47%. Between 2012 and 2016, there were fluctuations in the relative share of proteins from live and vegetable sources.

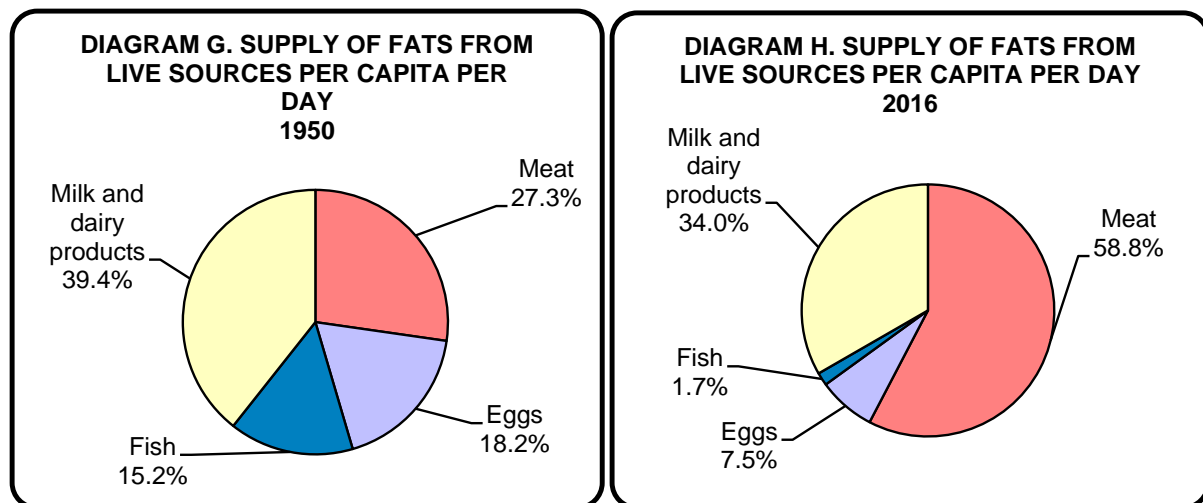


Over the years, there has been a change in the share of protein from live sources: the relative share of protein deriving from meat tripled, whereas there were decreases in the relative share of protein deriving from milk and dairy products, eggs, and fish.

SUPPLY OF FATS



The relative share of fats deriving from vegetable and live sources has remained stable from 1950 to 2016 – 68% and 32%, respectively.



In 2016, the share of meat in the supply of fats deriving from live sources was more than double the share in 1950. In contrast, the relative share of fats deriving from eggs was less than half the share in 1950. Since the 1950s, fish has become an insignificant source of fats, and constituted only about 1.7% in 2016.

C. MAIN SOURCES OF SUPPLY – MINERALS AND VITAMINS PER CAPITA PER DAY, 2016

Cereals and cereal products are an important element in the supply of minerals and vitamins per capita per day. They constitute 73% of the supply of dietary fiber, 61% of the supply of iron, 48% of the supply of carbohydrates, and 43% of the supply of Vitamin B₃ (Niacin).

Milk and dairy products constitute 59% of the supply of calcium.

Vegetables and melons constitute 62% of the supply of Vitamin A and 47% of the supply of Vitamin C (ascorbic acid).

AMOUNT OF FOOD AVAILABLE TO THE PUBLIC (FOOD SUPPLY), COMPARED WITH THE RECOMMENDED DIETARY ALLOWANCES, 2016

The recommended level of consumption (Recommended Dietary Allowances – RDA) is set by the Food and Drug Administration (FDA), Washington D.C., United States.

The RDA was established at a level which provides the nutritional consumption of most of the adult population (97%–98%), excluding population groups with special needs, such as: infants, pregnant or breast-feeding women, and adults over age 70.

TABLE E. ESSENTIAL NUTRIENTS PER CAPITA PER DAY IN 2016, COMPARED WITH THE RECOMMENDED DIETARY ALLOWANCES

| Essential Nutrients | Unit | Supply | Recommended Dietary Allowances |
|-------------------------------------|---------------------|--------|--------------------------------|
| Protein | Gram | 114 | 50 |
| Carbohydrates | Gram | 512 | 130 |
| Fats | Gram | 156 | Not set yet |
| Calcium | Milligram | (1)893 | 1,200 |
| Iron | Milligram | 27 | 11 |
| Vitamin A | International Units | 6,478 | 2,667 |
| Vitamin B ₁ (Thiamin) | Milligram | 2.5 | 1.2 |
| Vitamin B ₂ (Riboflavin) | Milligram | 2.2 | 1.2 |
| Vitamin B ₃ (Niacin) | Milligram | 33.8 | 15.0 |
| Vitamin C (Ascorbic acid) | Milligram | 192.0 | 82.5 |

(1) Not including calcium supplements in milk and dairy products, due to lack of data.

IMPORTS DEPENDENCY RATIO (IDR)

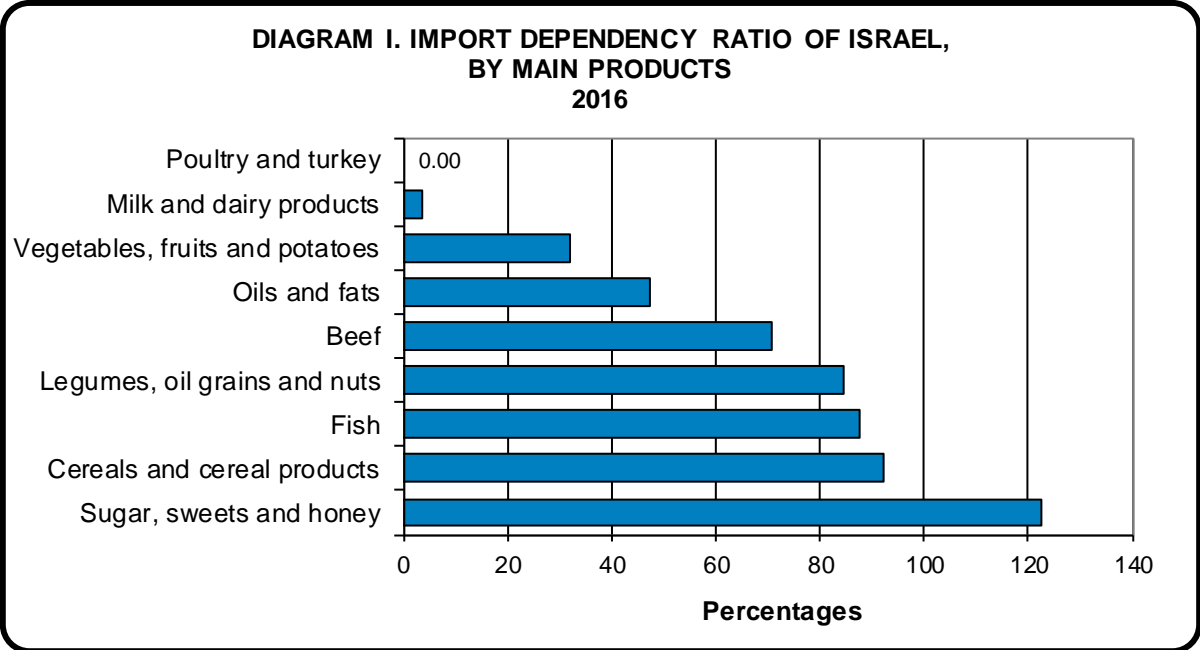
The Imports Dependency Ratio provides information on the extent to which Israel is dependent on imports of foods.

The IDR is calculated according to the international definition of the Food and Agriculture Organization (FAO). It does not include change in stocks, because the origin of the stocks (own-produced or imported) is not known. The IDR is based on the assumption that the origin of the stocks does not change substantially over the surveyed years.

The IDR is calculated for the available supply, before deducting industrial uses, waste, seeds for sowing, and animal feed.

$$IDR = \frac{\text{Imports}}{\text{Exports} - (\text{Imports} + \text{Production})} * 100$$

If the IDR is higher than 100%, then exports are dependent on imports (usually when a certain component of an export product is imported). For example, exports of jam depend on imports of raw sugar, which is used to produce the jam.



In 2016, the Imports Dependency Ratio for sugar, sweets and honey was 122%.

Imports were the source of supply for 92% of cereals and cereal products, 88% of fish, and 71% of legumes.

In contrast, Israel produced approximately 100% of the available supply of poultry and turkey, and the IDR for milk and dairy products was only 4% (in 2015, 8%).

3. Terms, Definitions and Explanations

Commodity: The primary food commodities, which serve as the basis for calculating the nutritional values of food commodities obtained from them (for example, the item “wheat” contains wheat used for manufacturing bread, biscuits, noodles, etc.), except for quantities that are a component of another commodity in the balance sheet. Primary food commodities were eliminated and recorded in their basic form (e.g., jams appear under “fruits and sugar”, margarine under “oils and fats”, etc.).

As of 2001, it was decided to add drinks (including water, alcoholic beverages, beer and imported wines) and stimulants (coffee, tea, and cocoa beans) to the food balance sheet according to the FAO guidelines.

Eggs: Appear in the food balance sheet in kilograms (one egg weighs 56 grams on the average).

Meat: Beef, mutton and goat, and pork appear in the food balance sheet without bones, inedible organs and innards (carcass weight). Innards appear as a separate item.

Poultry and turkey appear in the food balance sheet with innards and without bones.

Each animal has a multiplication factor, which is received from the veterinary services and from the Ministry of Agriculture’s professional training instructors, and is used to convert the live weight into carcass weight.

Fish: Fresh and frozen fish – includes locally produced and imported fish. Frozen fillets, herring, and other kinds of fish are imports only.

Fresh and frozen fish have a multiplication factor received in order to convert the live weight into carcass weight.

Milk: Appears in the food balance sheet in kilograms (1 litre milk x 1.032 = 1 kilogram of milk).

Powdered milk: Includes imports only. Locally produced powdered milk appears under the primary commodity “milk”.

Vegetables and melons: Includes corn, watermelons and other melons.

From live sources: Includes meat, eggs, fish, milk and dairy products.

Stimulants: Added to the food balance sheet in 2001; includes coffee, tea and cocoa beans.

Beverages: Added to the food balance sheet in 2001. This item includes imported and locally produced mineral water as well as imported wine and beer, and alcoholic beverages. It does not include locally produced wine and beer, which appear in other categories: local wine is included under “grapes”, and local beer under “barley”.

Fresh fruits, excluding citrus: This group does not include olives for oil, almonds and pecan nuts. Those appear in different items in the food balance sheet

Cereals: Milled cereals only.

Legumes: Includes beans, chickpeas, lentils, horse beans, peas, and soya beans.

Maize: Appears in the food balance sheet under seeds, and in other series under cobs. By multiplying by a coefficient of 0.41, the corncobs are converted into corn seeds (excluding the part that is inedible).

Agricultural Production: Domestic agricultural production in the surveyed year, which is the calendar year (January-December), except for citrus fruits (agricultural year – from August-September of the preceding year to July-August of the surveyed year. For example, regarding citrus fruits, 2016 refers to the harvest of the 2015/2016 agricultural year.

Change in stocks: Commodities in the stock at the beginning of the year, from the domestic production of the previous year as well as from imports, less commodities that remained in the stock at the end of the surveyed year – whether they were imported or grown and produced during the surveyed year, but consumed during the following year.

Exports: Exports sent overseas and surplus (presented in the Balance as positive) of food commodities transferred from Israel to the Palestinian Authority.

Imports: Imports from overseas and surplus (presented in the Balance as positive) of food commodities transferred from the Palestinian Authority to Israel.

Available supply: Includes local production with the addition of changes in stock and imports after the deduction of exports.

Animal feed: Some of the commodities are intended for animal feed.

Seeds for sowing: Part of the production is intended for sowing. For example: 20 tons of beans and 20 tons of lentils a year are set aside for sowing.

Industrial uses include:

1. The share of the commodities intended for industry other than food, e.g., the cosmetics industry.
2. The share of commodities that undergo further processing and appear elsewhere in the food balance sheet. For example, some sugar constitutes a raw material for the sweets industry and therefore appears under “sweets”.

Other supply and waste: The quantities used for fodder and seed, and for industrial processing for production of another commodity appearing in the food balance sheet. For perishable food commodities e.g., fruit and vegetables, waste is estimated according to quantities that rotted or were destroyed between the stage of wholesale marketing and the retail marketing stage or the depreciation resulting from imports and industrial uses. The estimate of waste is calculated according to coefficients.

Food (net): The actual quantity of food directly available for human consumption. The net quantity is measured in tons and calculated as follows:

Food = (Available supply) – (Animal Feed + Seeds for sowing + Industrial uses + Waste).

POPULATION ESTIMATE FOR CALCULATING VALUES PER CAPITA:

The values are calculated as the average per capita per day, and are based on estimates of the average population in the surveyed year.

The estimated population for 2016 was 8,546,000 (see the *Statistical Abstract of Israel* on the CBS website, annual data 2017, Table 2.1).

Dietary energy: Food available for human consumption. Dietary energy is usually expressed in kilocalories per person per day.

Kilocalories (kcal.): Unit of measurement of dietary energy.

ESSENTIAL NUTRIENTS

Carbohydrates: A group of organic compounds which includes sugars and starches that supply most of the energy of the body.

Protein: Supplies building blocks to body cells that grow and renew themselves. Protein constitutes one of the basic elements of tissues in animals and vegetables, in addition to being a source of energy.

There are two sources of protein: from live sources (meat, fish, milk and dairy products, eggs) and vegetable sources.

Fats: Serves as a source of energy for the body. There are two sources: live and vegetable fats (vegetable oils).

Dietary fiber: A variety of indigestible plant polysaccharides, which are not starches. Dietary fiber is essential for digestive function.

Minerals

Calcium: A mineral whose main source is milk and dairy products; found mainly in bones and teeth.

Iron: A mineral found mainly in cereals and their products, which is necessary for production of red blood corpuscles and for transferring oxygen through the bloodstream. A lack of iron causes anemia.

Vitamins

Organic materials found in natural food, which are necessary in small quantities for proper body function. A lack of vitamins causes serious disruptions in body function.

Vitamin A: Mainly found in foods from live sources: in meat, liver, and egg yolks, as well as in carotene, which exists in carrots and other vegetables. The vitamin is essential for healthy eye function, for cell creation, and for growth. Vitamin A appears in international units (IU) in the tables.

Vitamin B₁ (Thiamin): Mainly found in the outer layer of whole-wheat kernels, pasta, bread, brown rice, potatoes, beans, liver, peas, and eggs; essential for healthy nerve function.

Vitamin B₂ (Riboflavin): Mainly found in meat and dairy products. It is essential for healthy eye function, and for transferring hydrogen throughout the body, for metabolizing proteins and carbohydrates, and for turning carbohydrates and amino acids into fats.

Vitamin B₃ (Niacin): Mainly found in cereals and meat. It is essential for releasing energy from carbohydrates.

Vitamin C (Ascorbic Acid): Mainly found in citrus fruits, strawberries, melons, tomatoes and potatoes. It is essential for the formation of supportive tissues in the body: cartilage, bone and teeth; also participates in the creation of red blood corpuscles and absorption of iron in the intestines. This vitamin is destroyed by heat.

4. Sources and Limitations of the Data

SOURCES OF THE DATA

Data on local production are based on data relating to quantities of agricultural production (received from production boards, large distributors, the Ministry of Agriculture and Rural Development, the Ministry of Economy and industry, and food industries).

Data on imports and exports of commodities are received from customs records, production boards, and large distributors.

Data on the transfer of agricultural commodities between Israel and the Palestinian Authority are received from the Central Investigation and Enforcement Unit at the Ministry of Agriculture, which inspects the transfer of agricultural produce – vegetable and animal – from Judea and Samaria and the Gaza Area to Israel.

LIMITATIONS OF THE DATA

The reliability of the data appearing in the customs records on quantities of imported or exported commodities is not high.

Customs is calculated as a percentage of the value of the goods, and not on the basis of their quantity. Hence, the customs authorities do not keep a precise list of the quantity of goods, nor are the measurement units used in the customs records precise. To overcome this problem, the customs data are cross-referenced with data from other sources such as the Ministry of Agriculture.

Data received from the Central Investigation and Enforcement Unit regarding quantities of agricultural production transferred between Israel and the Palestinian Authority do not reflect the total actual quantities of the produce transferred, because part of the produce is delivered through points that are not inspected. To overcome the problem, those data are cross-referenced with data from the Agricultural Co-ordinator of the Civil Administration in the Judea and Samaria and the Gaza Areas.

In 2012, the source of data on imports of sugar was updated for 2011 onwards, Therefore, the data of sugar, sweets, and honey cannot be compared with data from previous years.

The data on change in stocks are based on a limited number of firms, and their main use is for the calculation of the available supply.

5. Methods

A. Data on food were collected according to: quantities of local production, changes in stock, exports, imports, animal feed, seeds for sowing, industrial uses and waste. The quantities are usually received in tons per year.

B. Calculation of the various quantities of commodities per capita per day:

$$AS = (Im + P) - (CS + Ex)$$

$$FN = AS - (IU + Fd + Sd + W)$$

$$SC = (FN / AP)$$

$$DSC = (SC / 365)$$

P – Local production

Im – Imports

Ex – Exports

CS – Change in stock

AS – Available supply

IU – Industrial uses

W – Waste

Fd – Animal feed

Sd – Seeds for sowing

FN – Food

AP – Average population estimate

SC – Supply per capita

DSC – Daily supply per capita

C. Calculation of the energy and dietary value of the products:

The calculation is carried out using coefficients adjusted for Israeli food products.

The coefficients are based on Ministry of Health tables and the Food and Agriculture Organization (FAO), and were updated in 2001.

TABLES

EXPLANATORY NOTES

Area Covered by the Statistical Data

The statistical data relate to the economic territory of the State of Israel, unless otherwise stated.

A. The economic territory of a country (according to the definition of the OECD-SNA. For a detailed definition, see: OECD, Glossary of Statistical Terms): The economic territory of a country consists of the geographic territory administered by a government within which persons, goods and capital circulate freely.

The economic territory of the State of Israel: According to this definition, the economic territory of the State of Israel is as indicated in paragraph B below.

B. District and Sub-District:

The districts and sub-districts are defined according to the official administrative division of the State of Israel, which includes 6 districts and 15 sub-districts.

Including Israeli localities in the Judea and Samaria Area.

Special Symbols in the Tables

Blank space = Irrelevant due to the table's structure

- = No cases

.. = Unknown or not for publication

0 = A value smaller than half the unit by which data are presented in the table

TABLE 1. SUPPLY OF DIETARY ENERGY, PROTEIN, FATS, VITAMINS AND MINERALS PER CAPITA PER DAY

(1)1950-2016

לוח 1. אספקת אנרגיה לתזונה, חלבון, שומן, ויטמינים ומינרלים לנפש ליום

| | Unit | תחילת שינוי 2016-2015 Percentage of change 2015-2016 | 2016 | 2015 | 2014 | 2010 | 2000 | 1990 | 1980 | 1970 | 1960 | 1950 | יחידה | |
|----------------------------|----------------------|--|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|---------|---------------------------|
| | | | 2016 | 2015 | 2014 | 2010 | 2000 | 1990 | 1980 | 1970 | 1960 | 1950 | | |
| Dietary energy | kcal. | 3.6 | 3,795 | 3,666 | 3,847 | 3,675 | 3,551 | 3,089 | 2,979 | 2,988 | 2,772 | 2,610 | קק"ל | אנרגיה לתזונה |
| Protein | gram | 4.6 | 113.8 | 108.8 | 113.1 | 110.9 | 103.9 | 97.4 | 92.2 | 91.5 | 85.1 | 83.9 | גרם | חלבון |
| Thereof: From live sources | gram | 3.2 | 60.2 | 58.3 | 57.5 | 55.8 | 51.9 | 49.9 | 45.4 | 44.3 | 34.0 | 32.2 | גרם | מזה: מן החי |
| Fats | gram | 3.1 | 155.6 | 151.0 | 155.4 | 148.0 | 138.7 | 137.6 | 131.5 | 104.3 | 86.7 | 73.9 | גרם | שומן |
| Thereof: From live sources | gram | 0.4 | 47.9 | 47.7 | 47.7 | 46.1 | 44.9 | 42.6 | 38.5 | 44.8 | 34.7 | 24.4 | גרם | מזה: מן החי |
| Minerals | | | | | | | | | | | | | | מינרלים |
| Calcium | mg. | 1.3 | 893 | 882 | 898 | 851 | 721 | 747 | 687 | 722 | 882 | 850 | מיליגרם | סידן |
| Iron | mg. | 8.0 | 26.5 | 24.6 | 27.0 | 27.4 | 18.6 | 17.1 | 16.1 | 16.3 | 15.2 | 15.0 | מיליגרם | ברזל |
| Vitamins | | | | | | | | | | | | | | ויטמינים |
| Vitamin A | Internat. units (IU) | -6.1 | 6,478 | 6,891 | 6,934 | 6,548 | 4,396 | 4,417 | 3,652 | 4,214 | 3,774 | 3,195 | ביחידות | ויטמין A |
| Vitamin B1 (Thiamin) | mg. | 5.5 | 2.5 | 2.4 | 2.5 | 2.6 | 1.8 | 1.7 | 1.7 | 1.7 | 1.8 | 1.9 | מיליגרם | ויטמין B1 (תיאמין) |
| Vitamin B2 (Riboflavin) | mg. | 1.8 | 2.2 | 2.2 | 2.2 | 2.1 | 1.6 | 1.5 | 1.4 | 1.4 | 1.8 | 1.8 | מיליגרם | ויטמין B2 (ריבופלבין) |
| Vitamin B3 (Niacin) | mg. | 6.0 | 33.8 | 31.9 | 34.0 | 34.1 | 20.9 | 19.1 | 17.7 | 16.8 | 14.6 | 13.4 | מיליגרם | ויטמין B3 (ניאצין) |
| Vitamin C (Ascorbic acid) | mg. | 4.2 | 192 | 187 | 192 | 209 | 165 | 145 | 115 | 130 | 149 | 146 | מיליגרם | ויטמין C (חומצה אסקורבית) |

(1) In 2001, a change was made in the computation method due to updates in the food coefficients.

(1) ב-2001 חל שינוי בשיטת החישוב עקב עדכון מקדמי המזון.

TABLE 2. SUPPLY OF DIETARY ENERGY, PROTEIN AND FATS
PER CAPITA PER DAY, BY FOOD GROUP

לוח 2. אספקת אנרגיה לתזונה, חלבון ושומן
לנפש ליום, לפי קבוצת מזון

1950-2016

| | 2016 | 2015 | 2014 | 2010 | 2000 | 1990 | 1980 | 1970 | 1960 | 1950 | |
|---------------------------------------|---------------------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-------------------------------------|
| DIETARY ENERGY – TOTAL (kcal.) | 3,795 | 3,666 | 3,847 | 3,675 | 3,551 | 3,089 | 2,979 | 2,988 | 2,772 | 2,610 | אנרגיה לתזונה – סך הכל (ק"ל) |
| | Percentages אחוזים | | | | | | | | | | |
| Cereals and cereal products | 29 | 27 | 30 | 33 | 31 | 32 | 35 | 36 | 42 | 48 | דגנים ומוצריהם |
| Potatoes and starches | 3 | 3 | 3 | 3 | 2 | 2 | 3 | 3 | 3 | 4 | תפוחי אדמה ועמילנים |
| Sugar, sweets and honey | 11 | 12 | 12 | 10 | 4 | 16 | 14 | 15 | 14 | 10 | סוכר, ממתקים ודבש |
| Legumes, oil grains and nuts | 6 | 7 | 6 | 5 | 18 | 5 | 4 | 3 | 3 | 2 | קטניות, גרעיני שמן ואגוזים |
| Vegetables and melons | 3 | 4 | 4 | 3 | 3 | 3 | 2 | 3 | 2 | 2 | ירקות ומקשה |
| Fruits | 5 | 5 | 5 | 6 | 5 | 5 | 5 | 5 | 5 | 4 | פירות |
| Beverages (including stimulants) | 2 | 2 | 1 | 1 | .. | .. | .. | .. | .. | .. | משקאות (כולל ממריצים) |
| Oils and fats | 18 | 18 | 19 | 19 | 18 | 16 | 17 | 15 | 15 | 13 | שמנים ושומנים |
| Meat | 10 | 11 | 10 | 11 | 10 | 10 | 10 | 9 | 5 | 4 | בשר |
| Eggs | 1 | 1 | 1 | 1 | 1 | 2 | 3 | 3 | 3 | 2 | ביצים |
| Fish | 1 | 1 | 1 | 1 | 1 | 1 | - | 1 | 1 | 2 | דגים |
| Milk and dairy products | 8 | 8 | 8 | 8 | 7 | 8 | 8 | 7 | 8 | 8 | חלב ומוצריו |
| PROTEIN – TOTAL (gram) | 113.8 | 108.8 | 113.1 | 110.9 | 103.9 | 97.4 | 92.2 | 91.5 | 85.1 | 83.9 | חלבון – סך הכל (גרם) |
| | Percentages אחוזים | | | | | | | | | | |
| Thereof: From live sources | 52 | 54 | 51 | 50 | 50 | 51 | 49 | 48 | 40 | 38 | מזה: מן החי |
| Cereals and cereal products | 30 | 28 | 31 | 33 | 34 | 33 | 37 | 38 | 47 | 49 | דגנים ומוצריהם |
| Potatoes and starches | 2 | 2 | 2 | 1 | 2 | 1 | 2 | 2 | 2 | 3 | תפוחי אדמה ועמילנים |
| Sugar, sweets and honey | 0 | - | - | 0 | 1 | 1 | 0 | 0 | 0 | 0 | סוכר, ממתקים ודבש |
| Legumes, oil grains and nuts | 9 | 9 | 9 | 8 | 6 | 7 | 5 | 5 | 5 | 4 | קטניות, גרעיני שמן ואגוזים |
| Vegetables and melons | 4 | 5 | 5 | 4 | 5 | 5 | 4 | 4 | 4 | 4 | ירקות ומקשה |
| Fruits | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 3 | 3 | 2 | פירות |
| Beverages (including stimulants) | 1 | 1 | 1 | 1 | .. | .. | .. | .. | .. | .. | משקאות (כולל ממריצים) |
| Meat | 31 | 32 | 30 | 31 | 27 | 26 | 24 | 23 | 14 | 8 | בשר |
| Eggs | 4 | 4 | 4 | 4 | 4 | 6 | 6 | 7 | 7 | 6 | ביצים |
| Fish | 3 | 3 | 3 | 3 | 4 | 4 | 3 | 3 | 4 | 9 | דגים |
| Milk and dairy products | 13 | 14 | 14 | 13 | 15 | 16 | 16 | 15 | 16 | 16 | חלב ומוצריו |
| FATS – TOTAL (gram) | 155.6 | 151.0 | 155.4 | 148.0 | 138.7 | 117.6 | 111.5 | 104.3 | 86.7 | 73.9 | שומן – סך הכל (גרם) |
| | Percentages אחוזים | | | | | | | | | | |
| Thereof: From live sources | 31 | 32 | 31 | 31 | 31 | 37 | 35 | 36 | 32 | 32 | מזה: מן החי |
| Cereals and cereal products | 4 | 4 | 4 | 5 | 3 | 4 | 4 | 4 | 6 | 7 | דגנים ומוצריהם |
| Potatoes and starches | 0 | - | - | - | - | - | - | - | - | - | תפוחי אדמה ועמילנים |
| Sugar, sweets and honey | 0 | - | - | 0 | 5 | 2 | 2 | 2 | 1 | 2 | סוכר, ממתקים ודבש |
| Legumes, oil grains and nuts | 10 | 11 | 9 | 9 | 6 | 8 | 6 | 5 | 6 | 4 | קטניות, גרעיני שמן ואגוזים |
| Vegetables and melons | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 1 | 0 | ירקות ומקשה |
| Fruits | 2 | 2 | 3 | 2 | 4 | 3 | 2 | 2 | 2 | 2 | פירות |
| Beverages (including stimulants) | 1 | - | - | 1 | .. | .. | .. | .. | .. | .. | משקאות (כולל ממריצים) |
| Oils and fats | 51 | 51 | 52 | 53 | 51 | 47 | 51 | 50 | 53 | 53 | שמנים ושומנים |
| Meat | 18 | 18 | 18 | 19 | 18 | 20 | 19 | 19 | 12 | 9 | בשר |
| Eggs | 2 | 2 | 2 | 2 | 3 | 4 | 5 | 6 | 6 | 6 | ביצים |
| Fish | 0 | 1 | 1 | 0 | 1 | 0 | 0 | 0 | 1 | 5 | דגים |
| Milk and dairy products | 10 | 11 | 10 | 10 | 10 | 12 | 11 | 12 | 14 | 13 | חלב ומוצריו |

**לוח 3. אספקת אנרגיה לתזונה, חלבון, שומן, ויטמינים ומינרלים
לנפש ליום, לפי קבוצת מזון**

| ברזל (מ"ג) Iron (mg.) | | סידן (מ"ג) Calcium (mg.) | | שומן (גרם) Fats (gram) | | חלבון (גרם) Protein (gram) | | אנרגיה לתזונה (קק"ל) Dietary energy (kcal.) | | קבוצת מזון |
|--------------------------------|-------|-----------------------------------|-------|---------------------------------|-------|-------------------------------------|-------|--|-------|--|
| 2016 | 2015 | 2016 | 2015 | 2016 | 2015 | 2016 | 2015 | 2016 | 2015 | |
| מספרים מוחלטים | | | | | | | | | | |
| 26.5 | 24.6 | 893.1 | 882.1 | 155.6 | 151.0 | 113.8 | 108.8 | 3,795 | 3,666 | סך הכל |
| 3.5 | 3.5 | 591.4 | 596.1 | 47.9 | 47.7 | 59.0 | 58.3 | 777 | 773 | מזה: מן החי |
| 16.1 | 14.3 | 109.7 | 98.4 | 6.2 | 5.5 | 33.9 | 30.4 | 1,118 | 1,004 | דגנים ומוצריהם |
| 0.7 | 0.7 | 5.8 | 5.6 | 0.1 | 0.1 | 1.8 | 1.7 | 124 | 123 | תפוחי אדמה ועמילנים |
| - | - | 2.0 | 2.0 | - | - | - | - | 440 | 457 | סוכר, ממתקים ודבש |
| 3.3 | 3.2 | 57.7 | 55.6 | 15.1 | 16.0 | 10.0 | 9.9 | 239 | 242 | קטניות (כולל פולי סויה), גרעיני שמן ואגוזים |
| 2.0 | 2.0 | 63.4 | 62.8 | 1.4 | 1.5 | 5.0 | 5.1 | 130 | 140 | ירקות ומקשה |
| 0.8 | 0.8 | 56.3 | 55.4 | 3.8 | 3.4 | 2.5 | 2.4 | 198 | 186 | פירות |
| - | - | 6.1 | 5.4 | 1.4 | 0.5 | 1.6 | 1.0 | 65 | 65 | משקאות (כולל ממריצים) |
| - | - | 0.7 | 0.8 | 79.7 | 76.3 | - | - | 705 | 675 | שמנים ושומנים |
| 2.5 | 2.5 | 20.0 | 19.6 | 27.6 | 27.4 | 35.3 | 34.8 | 400 | 396 | בשר |
| 0.5 | 0.5 | 17.4 | 16.7 | 3.5 | 3.4 | 4.4 | 4.2 | 53 | 51 | ביצים |
| 0.3 | 0.3 | 22.9 | 21.9 | 0.8 | 0.8 | 4.0 | 3.8 | 23 | 23 | דגים |
| 0.2 | 0.2 | 531.1 | 538.0 | 15.9 | 16.1 | 15.4 | 15.5 | 301 | 305 | חלב ומוצריו |
| אחוזים | | | | | | | | | | |
| 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | סך הכל |
| 13.1 | 14.1 | 66.2 | 67.6 | 30.8 | 31.6 | 51.9 | 53.6 | 20.5 | 21.1 | מזה: מן החי |
| 60.6 | 58.2 | 12.3 | 11.1 | 4.0 | 3.7 | 29.8 | 27.9 | 29.5 | 27.4 | דגנים ומוצריהם |
| 2.6 | 2.8 | 0.6 | 0.6 | 0.1 | 0.1 | 1.5 | 1.6 | 3.3 | 3.3 | תפוחי אדמה ועמילנים |
| - | - | 0.2 | 0.2 | - | - | - | - | 11.6 | 12.5 | סוכר, ממתקים ודבש |
| 12.4 | 13.2 | 6.5 | 6.3 | 9.7 | 10.6 | 8.8 | 9.1 | 6.3 | 6.6 | קטניות (כולל פולי סויה), גרעיני שמן ואגוזים |
| 7.4 | 8.0 | 7.1 | 7.1 | 0.9 | 1.0 | 4.4 | 4.7 | 3.4 | 3.8 | ירקות ומקשה |
| 3.2 | 3.3 | 6.3 | 6.3 | 2.5 | 2.3 | 2.2 | 2.2 | 5.2 | 5.1 | פירות |
| - | - | 0.7 | 0.6 | 0.9 | 0.3 | 1.4 | 0.9 | 1.7 | 1.8 | משקאות (כולל ממריצים) |
| - | - | 0.1 | 0.1 | 51.2 | 50.5 | - | - | 18.6 | 18.4 | שמנים ושומנים |
| 9.4 | 10.2 | 2.2 | 2.2 | 17.8 | 18.1 | 31.0 | 32.0 | 10.5 | 10.8 | בשר |
| 1.9 | 2.0 | 1.9 | 1.9 | 2.3 | 2.2 | 3.9 | 3.9 | 1.4 | 1.4 | ביצים |
| 1.0 | 1.1 | 2.6 | 2.5 | 0.5 | 0.5 | 3.5 | 3.5 | 0.6 | 0.6 | דגים |
| 0.8 | 0.9 | 59.5 | 61.0 | 10.2 | 10.7 | 13.5 | 14.3 | 7.9 | 8.3 | חלב ומוצריו |

**TABLE 3. SUPPLY OF DIETARY ENERGY, PROTEIN, FATS, VITAMINS AND MINERALS
PER CAPITA PER DAY, BY FOOD GROUP**

| Food group | ויטמין C (חומצה אסקורבית) (מ"ג) Vitamin C (Ascorbic Acid) (mg.) | | ויטמין B3 (ניאצין) (מ"ג) Vitamin B3 (Niacin) (mg.) | | ויטמין B2 (ריבופלבין) (מ"ג) Vitamin B2 (Riboflavin) (mg.) | | ויטמין B1 (תיאמין) (מ"ג) Vitamin B1 (Thiamin) (mg.) | | ויטמין A (יחידות בינ"ל) Vitamin A (Internat. units) | |
|---|--|-------------------------|---|--------------|--|--------------|--|--------------|--|--------------|
| | 2016 | 2015 | 2016 | 2015 | 2016 | 2015 | 2016 | 2015 | 2016 | 2015 |
| | | Absolute numbers | | | | | | | | |
| TOTAL | 192.0 | 187.1 | 33.8 | 31.9 | 2.2 | 2.2 | 2.5 | 2.4 | 6,478 | 6,891 |
| Thereof: From live sources | 8.5 | 8.5 | 12.0 | 11.7 | 1.3 | 1.3 | 0.4 | 0.4 | 1,797 | 1,780 |
| Cereals and cereal products | - | - | 14.5 | 13.0 | 0.3 | 0.3 | 1.2 | 1.1 | 2 | 2 |
| Potatoes and starches | 16.4 | 15.8 | 1.2 | 1.2 | - | - | 0.1 | 0.1 | - | - |
| Sugar, sweets and honey | - | - | - | - | - | - | - | - | - | - |
| Legumes (including soya beans), oil grains and nuts | 0.7 | 0.7 | 2.0 | 2.1 | 0.1 | 0.2 | 0.4 | 0.5 | 24 | 25 |
| Vegetables and melons | 90.9 | 88.2 | 2.9 | 3.0 | 0.2 | 0.2 | 0.2 | 0.2 | 4,024 | 4,518 |
| Fruits | 75.4 | 73.9 | 1.1 | 1.0 | - | - | 0.2 | 0.2 | 561 | 479 |
| Beverages (including stimulants) | - | - | - | - | - | - | - | - | - | - |
| Oils and fats | - | - | - | - | - | - | - | - | 71 | 87 |
| Meat | 3.5 | 3.4 | 11.0 | 10.7 | 0.3 | 0.3 | 0.1 | 0.1 | 1,065 | 1,049 |
| Eggs | - | - | - | - | 0.2 | 0.2 | - | - | 224 | 215 |
| Fish | 0.2 | 0.2 | 0.5 | 0.5 | - | - | - | - | 7 | 7 |
| Milk and dairy products | 4.8 | 4.9 | 0.4 | 0.5 | 0.8 | 0.8 | 0.2 | 0.2 | 501 | 509 |
| | Percentages | | | | | | | | | |
| TOTAL | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 | 100.0 |
| Thereof: From live sources | 4.4 | 4.5 | 35.6 | 36.6 | 61.3 | 62.3 | 14.6 | 15.3 | 27.7 | 25.8 |
| Cereals and cereal products | - | - | 43.0 | 40.6 | 15.2 | 13.8 | 49.6 | 46.5 | 0.0 | 0.0 |
| Potatoes and starches | 8.5 | 8.5 | 3.5 | 3.8 | - | - | 2.9 | 2.9 | - | - |
| Sugar, sweets and honey | - | - | - | - | - | - | - | - | - | - |
| Legumes (including soya beans), oil grains and nuts | 0.4 | 0.4 | 5.8 | 6.5 | 6.8 | 7.1 | 17.0 | 19.0 | 0.4 | 0.4 |
| Vegetables and melons | 47.4 | 47.1 | 8.6 | 9.3 | 9.0 | 9.6 | 8.0 | 8.4 | 62.1 | 65.6 |
| Fruits | 39.3 | 39.5 | 3.3 | 3.2 | - | - | 8.0 | 7.7 | 8.7 | 7.0 |
| Beverages (including stimulants) | - | - | - | - | - | - | - | - | - | - |
| Oils and fats | - | - | - | - | - | - | - | - | 1.1 | 1.3 |
| Meat | 1.8 | 1.8 | 32.6 | 33.5 | 15.7 | 15.9 | 5.5 | 5.7 | 16.4 | 15.2 |
| Eggs | - | - | - | - | 8.1 | 7.9 | - | - | 3.5 | 3.1 |
| Fish | 0.1 | 0.1 | 1.6 | 1.6 | - | - | - | - | 0.1 | 0.1 |
| Milk and dairy products | 2.5 | 2.6 | 1.3 | 1.4 | 36.5 | 37.5 | 7.6 | 8.1 | 7.7 | 7.4 |

2016

| אספקה זמינה לפי ייעוד | | | אספקה זמינה Available supply | ייצור וסחר חוץ Production and foreign trade | | | | מצרך |
|-----------------------------------|-------------------------------|-----------------------------|------------------------------|---|--------------|------------------------------|------------------|-------------------------------------|
| שימושים תעשייתיים Industrial uses | זרעים לזריעה Seeds for sowing | תזונת בעלי חיים Animal feed | | יבוא Imports | יבוא Exports | שינוי המלאי Change in stocks | ייצור Production | |
| - | 11,000 | 901,497 | 1,962,375 | 1,833,614 | 105,930 | 29 | 234,720 | סך כולל |
| - | 11,000 | 846,297 | 1,893,033 | 1,819,726 | 105,624 | 69 | 179,000 | דגנים ומוצריהם – סך הכל |
| - | - | 55,200 | 68,502 | 13,048 | 306 | -40 | 55,720 | חיטה ואורז |
| - | - | - | 840 | 840 | - | - | - | שיבולת שועל וגריסי פנינה |
| - | 26,000 | - | 431,289 | 28,899 | 230,224 | 15,919 | 648,534 | כוסמת |
| - | 26,000 | - | 423,549 | 21,117 | 230,182 | 15,919 | 648,534 | תפוחי אדמה ועמילנים – סך הכל |
| - | - | - | 7,740 | 7,782 | 42 | - | - | תפוחי אדמה ועמילן תירס |
| 8,272 | - | 2,000 | 380,571 | 466,180 | 90,110 | 12 | 4,513 | עמילן תפוחי אדמה |
| 8,272 | - | 2,000 | 376,562 | 464,641 | 90,081 | 12 | 2,013 | סוכר, ממתקים ודבש – סך הכל |
| - | - | - | 4,009 | 1,538 | 29 | - | 2,500 | סוכר וממתקים |
| 9,544 | 570 | - | 76,183 | 40,276 | 1,869 | 10 | 37,786 | דבש |
| 9,544 | 20 | - | 21,431 | 10,928 | 286 | - | 10,789 | קטניות – סך הכל |
| - | 300 | - | 23,519 | 13,278 | 969 | - | 11,210 | שעועית |
| - | 20 | - | 6,020 | 6,016 | 21 | - | 25 | חמצה |
| - | 30 | - | 3,791 | 3,416 | 42 | - | 417 | עדשים |
| - | 200 | - | 19,780 | 5,325 | 67 | - | 14,523 | פולים |
| - | 1,540 | - | 116,400 | 96,281 | 12,556 | - | 32,675 | אפונה |
| - | - | - | 58,042 | 58,642 | 600 | - | - | גרעיני שמן ואגוזים – סך הכל |
| - | 1,500 | - | 12,557 | 3,330 | 8,286 | - | 17,514 | שומשומין |
| - | 40 | - | 12,140 | 4,380 | 2,630 | - | 10,390 | אגוזי אדמה (בוטנים), מקולפים |
| - | - | - | 33,661 | 29,929 | 1,039 | - | 4,771 | חמניות |
| 107,859 | 315 | 18,000 | 1,853,794 | 789,158 | 343,233 | 144,500 | 1,552,369 | אגוזים |
| - | - | 4,000 | 412,073 | 31,302 | 4,779 | - | 385,550 | ירקות ומקשה – סך הכל |
| - | - | - | 158,055 | 52,596 | 1,247 | - | 106,706 | עגבניות |
| - | - | - | 105,658 | 1,091 | 178,697 | - | 283,265 | מלפפונים |
| - | - | - | 90,068 | 2,136 | 80,715 | - | 168,647 | גזר |
| - | - | - | 93,264 | 1,803 | 7,483 | - | 98,944 | פלפל |
| 106,000 | 315 | 14,000 | 495,336 | 639,092 | 32,180 | 144,500 | 32,923 | בצל יבש |
| 1,859 | - | - | 380,289 | 61,103 | 35,836 | - | 355,022 | תירס |
| - | - | - | 87,996 | 34 | 1,522 | - | 89,484 | ירקות אחרים |
| - | - | - | 31,055 | - | 773 | - | 31,828 | אבטיחים |
| 72,000 | - | - | 1,417,338 | 425,344 | 365,305 | - | 1,357,299 | מלונים |
| - | - | - | 649,459 | 329,468 | 187,186 | - | 507,177 | פירות – סך הכל |
| - | - | - | 253,619 | 186,801 | 14,632 | - | 81,450 | פירות הדר – סך הכל |
| - | - | - | 106,880 | 255 | 63,404 | - | 170,030 | תפוזים |
| - | - | - | 68,889 | 31 | 4,185 | - | 73,043 | אשכוליות ופומלות |
| - | - | - | 220,070 | 142,381 | 104,965 | - | 182,654 | לימונים |
| 72,000 | - | - | 767,879 | 95,877 | 178,119 | - | 850,122 | פירות הדר, ללא הדרים – סך הכל |
| 70,000 | - | - | 97,928 | 7,129 | 201 | - | 91,000 | זיתים למאכל |
| - | - | - | 129,171 | 13,628 | 1,959 | - | 117,502 | ענבים |
| - | - | - | 246,986 | 64,612 | 31,228 | - | 213,602 | פירות נשירים – סך הכל |
| - | - | - | 121,082 | 38,020 | 16,937 | - | 100,000 | תפוחי עץ |
| - | - | - | 29,947 | 6,657 | 3,710 | - | 27,001 | אגסים |
| - | - | - | 29,462 | 10,797 | 835 | - | 19,500 | שזיפים |
| - | - | - | 49,871 | 1,041 | 8,170 | - | 57,000 | אפרסקים |
| - | - | - | 16,624 | 8,097 | 1,574 | - | 10,101 | פירות נשירים אחרים |
| 2,000 | - | - | 293,794 | 10,508 | 144,732 | - | 428,018 | פירות סוב-טרופיים – סך הכל |
| - | - | - | 19,928 | 306 | 23,579 | - | 43,201 | תמרים |
| - | - | - | 49,586 | 34 | 51,948 | - | 101,500 | אבוקדו |
| - | - | - | 21,108 | 6 | 5,898 | - | 27,000 | אפרסמון |
| - | - | - | 14,234 | 75 | 26,140 | - | 40,300 | מנגו |
| - | - | - | 4,450 | 764 | 113 | - | 3,800 | קיווי |
| - | - | - | 120,107 | 71 | 15,965 | - | 136,000 | בננות |
| 2,000 | - | - | 64,381 | 9,252 | 21,088 | - | 76,217 | פירות סוב-טרופיים אחרים |

TABLE 4. FOOD BALANCE SHEET

2016

| Commodity | Supply, per capita | | | אספקה לנפש | | Annual quantities, tons | |
|--|---------------------------|------------------------------|--|-----------------|-----------------|-------------------------|---|
| | שומן (גרם ליום) | חלבון (גרם ליום) | אנרגיה לתזונה (ק"ק"ל ליום) | מזון | | Available supply | |
| | Fats (gram per day) | Protein (gram per day) | Nutritional energy (kcal. per day) | גרם ליום | ק"ג לשנה | מזון Food | שימושים אחרים ופחת Other supply and waste |
| | | | | Gram per day | Kg. per year | | |
| GRAND TOTAL | 155.6 | 113.8 | 3,795.3 | | | | |
| Cereals and cereal products – total | 6.3 | 34.6 | 1,139.9 | 332.7 | 121.4 | 1,017,748 | 32,130 |
| Wheat and rice | 6.1 | 34.1 | 1,124.6 | 328.6 | 119.9 | 1,004,998 | 30,738 |
| Oats and pearl barley | 0.1 | 0.5 | 14.3 | 3.9 | 1.4 | 11,927 | 1,375 |
| Buckwheat | 0.0 | 0.0 | 0.9 | 0.3 | 0.1 | 823 | 17 |
| Potatoes and starches – total | 0.1 | 1.8 | 126.3 | 129.0 | 47.1 | 394,591 | 10,698 |
| Potatoes and corn starch | 0.1 | 1.8 | 118.4 | 126.5 | 46.2 | 387,007 | 10,543 |
| Potato starch | 0.0 | 0.0 | 7.9 | 2.5 | 0.9 | 7,584 | 156 |
| Sugar, sweets and honey – total | - | 0.0 | 448.6 | 118.0 | 43.1 | 360,885 | 9,414 |
| Sugar and sweets | - | 0.0 | 444.7 | 116.7 | 42.6 | 356,957 | 9,333 |
| Honey | - | 0.0 | 3.9 | 1.3 | 0.5 | 3,928 | 81 |
| Legumes – total | 0.7 | 5.0 | 75.1 | 21.5 | 7.8 | 65,783 | 286 |
| Beans | 0.0 | 0.9 | 12.6 | 3.8 | 1.4 | 11,581 | 286 |
| Chickpeas | 0.5 | 1.5 | 27.6 | 7.6 | 2.8 | 23,219 | - |
| Lentils | 0.0 | 0.6 | 6.6 | 2.0 | 0.7 | 6,000 | - |
| Horse beans | 0.0 | 0.3 | 4.2 | 1.2 | 0.4 | 3,761 | - |
| Peas | 0.1 | 1.6 | 21.8 | 6.4 | 2.3 | 19,580 | - |
| Oil grains and nuts – total | 14.7 | 5.2 | 168.2 | 36.7 | 13.4 | 112,281 | 2,579 |
| Sesame | 8.9 | 3.2 | 105.4 | 18.6 | 6.8 | 56,870 | 1,173 |
| Groundnuts (peanuts), shelled | 1.7 | 0.9 | 19.7 | 3.5 | 1.3 | 10,640 | 417 |
| Sunflowers | 1.0 | 0.5 | 11.9 | 3.9 | 1.4 | 11,805 | 295 |
| Nuts | 3.0 | 0.7 | 31.1 | 10.8 | 3.9 | 32,967 | 694 |
| Vegetables and melons – total | 1.4 | 5.0 | 129.6 | 546.7 | 199.6 | 1,705,465 | 22,155 |
| Tomatoes | 0.4 | 1.1 | 27.1 | 129.1 | 47.1 | 402,757 | 5,317 |
| Cucumbers | 0.1 | 0.3 | 6.1 | 50.7 | 18.5 | 158,053 | 1 |
| Carrots | 0.1 | 0.3 | 12.8 | 33.7 | 12.3 | 105,147 | 511 |
| Peppers | 0.0 | 0.2 | 6.3 | 28.9 | 10.5 | 90,033 | 35 |
| Dry onions | 0.0 | 0.3 | 10.2 | 29.9 | 10.9 | 93,142 | 122 |
| Maize | 0.5 | 1.3 | 36.0 | 116.1 | 42.4 | 362,239 | 12,782 |
| Other vegetables | 0.2 | 1.3 | 24.5 | 120.5 | 44.0 | 378,045 | 385 |
| Watermelons | 0.0 | 0.1 | 5.1 | 28.2 | 10.3 | 86,236 | 1,760 |
| Other melons | 0.0 | 0.0 | 1.6 | 9.7 | 3.6 | 29,813 | 1,242 |
| Fruits – total | 3.9 | 2.6 | 202.3 | 426.3 | 155.6 | 1,303,956 | 41,382 |
| Citrus fruits – total | 0.2 | 1.1 | 58.1 | 204.0 | 74.5 | 624,120 | 25,338 |
| Oranges | 0.1 | 0.6 | 27.4 | 80.6 | 29.4 | 246,678 | 6,940 |
| Grapefruits and pomelo | 0.0 | 0.1 | 5.3 | 33.1 | 12.1 | 101,268 | 5,612 |
| Lemons | 0.0 | 0.1 | 3.5 | 21.9 | 8.0 | 67,107 | 1,782 |
| Other citrus fruits | 0.1 | 0.3 | 21.9 | 68.4 | 24.9 | 209,067 | 11,004 |
| Fruits, excluding citrus – total | 3.7 | 1.5 | 144.2 | 222.3 | 81.1 | 679,836 | 16,043 |
| Olives | 1.2 | 0.1 | 10.6 | 9.1 | 3.3 | 27,928 | - |
| Grapes | 0.2 | 0.3 | 29.7 | 41.9 | 15.3 | 128,141 | 1,030 |
| Deciduous fruits – total | 0.3 | 0.3 | 41.4 | 80.5 | 29.4 | 246,121 | 865 |
| Apples | 0.1 | 0.1 | 23.2 | 39.3 | 14.4 | 120,322 | 760 |
| Pears | 0.0 | 0.0 | 5.3 | 9.8 | 3.6 | 29,917 | 30 |
| Plums | 0.1 | 0.1 | 5.0 | 9.6 | 3.5 | 29,447 | 15 |
| Peaches | 0.0 | 0.1 | 5.4 | 16.3 | 5.9 | 49,811 | 60 |
| Other deciduous fruits | 0.0 | 0.1 | 2.5 | 5.4 | 2.0 | 16,624 | - |
| Subtropical fruits – total | 2.0 | 0.7 | 62.5 | 90.8 | 33.1 | 277,646 | 14,148 |
| Dates | 0.0 | 0.1 | 6.3 | 5.9 | 2.1 | 17,935 | 1,993 |
| Avocado | 1.8 | 0.2 | 19.3 | 16.2 | 5.9 | 49,586 | - |
| Persimmons | 0.0 | 0.0 | 4.2 | 6.9 | 2.5 | 21,108 | - |
| Mango | 0.0 | 0.0 | 2.1 | 4.7 | 1.7 | 14,234 | - |
| Kiwis | 0.0 | 0.0 | 0.8 | 1.5 | 0.5 | 4,450 | - |
| Bananas | 0.1 | 0.2 | 21.2 | 35.3 | 12.9 | 108,096 | 12,011 |
| Other subtropical fruits | 0.0 | 0.1 | 8.7 | 20.3 | 7.4 | 62,236 | 145 |

לוח 4. מאזן אספקת המזון (המשך)

2016

| | | | | כמות שנתית, טונות | | | | מצרך |
|-----------------------|------------------|-----------------|------------------|------------------------------|---------------|------------------------------|------------------|-------------------------------|
| אספקה זמינה לפי ייעוד | | | אספקה זמינה | ייצור וסחר חוץ | | | | |
| שימושים תעשייתיים | זרעים לזריעה | תזונת בעלי חיים | | Production and foreign trade | | | | |
| Industrial uses | Seeds for sowing | Animal feed | Available supply | יבוא Imports | יצוא Exports | שינוי המלאי Change in stocks | ייצור Production | |
| - | - | - | 91 | 23 | 1 | - | 70 | משקאות – סך הכל |
| - | - | - | 83 | 14 | 1 | - | 70 | מים(1) |
| - | - | - | 4 | 4 | 0 | - | - | בירה (יבוא)(1) |
| - | - | - | 4 | 4 | 0 | - | - | משקאות כוהליים (יבוא)(1) |
| - | - | - | 119,398 | 133,136 | 13,766 | -28 | - | ממריצים – סך הכל |
| - | - | - | 104,456 | 116,947 | 12,491 | - | - | קפה |
| - | - | - | 1,231 | 1,489 | 286 | -28 | - | תה |
| - | - | - | 13,711 | 14,700 | 989 | - | - | פולי קקאו |
| - | - | - | 252,539 | 119,568 | 1,755 | -537 | 134,190 | שמנים ושומנים – סך הכל |
| - | - | - | 46,770 | 2,149 | 1 | - | 44,622 | שמן סויה |
| - | - | - | 25,496 | 7,346 | 50 | - | 18,200 | שמן זית |
| - | - | - | 171,576 | 107,402 | 1,511 | - | 65,684 | אחר |
| - | - | - | 8,697 | 2,671 | 194 | -537 | 5,683 | חמאה |
| - | - | - | 604,874 | 85,762 | 47,115 | - | 566,227 | בשר – סך הכל |
| - | - | - | 92,316 | 78,015 | 41,354 | - | 55,655 | בקר, טרי וקפוא, משקל קרקאס |
| - | - | - | 16,099 | 1,532 | 1,366 | - | 15,933 | צאן, משקל קרקאס |
| - | - | - | 11,270 | - | - | - | 11,270 | חזירים |
| - | - | - | 397,590 | 1,371 | 4,330 | - | 400,549 | עוף |
| - | - | - | 74,000 | - | 65 | - | 74,065 | הודו |
| - | - | - | 13,600 | 4,844 | - | - | 8,757 | חלקי פנים |
| - | - | - | 129,255 | 9,054 | - | - | 120,201 | ביצים |
| - | - | - | 70,665 | 62,042 | 980 | - | 9,604 | דגים – סך הכל |
| - | - | - | 23,841 | 14,862 | 625 | - | 9,604 | טריים וקפואים |
| - | - | - | 37,033 | 37,033 | - | - | - | קפואים פילה (יבוא) |
| - | - | - | 9,792 | 10,146 | 355 | - | - | מלוחים ואחרים (יבוא) |
| - | - | 7,224 | 1,597,497 | 60,988 | 50,560 | -2,950 | 1,584,120 | חלב ומוצריו – סך הכל |
| - | - | 7,224 | 1,542,840 | 52,117 | 50,004 | -777 | 1,539,950 | חלב בקר |
| - | - | - | 46,101 | - | - | -1,932 | 44,169 | חלב צאן |
| - | - | - | 8,556 | 8,871 | 556 | -241 | - | אבקת חלב (יבוא) |

(1) משקאות: יחידות – מיליוני ליטרים במקום טונות; ליטר במקום ק"ג; מ"ל במקום גרם.

TABLE 4. FOOD BALANCE SHEET (Cont.)

2016

| Commodity | Supply, per capita | | | אספקה לנפש | | Annual quantities, tons | |
|--|---------------------------|------------------------------|--|------------------|------------------|------------------------------------|---|
| | שומן (גרם ליום) | חלבון (גרם ליום) | אנרגיה לתזונה (ק"ק"ל ליום) | Food גרם ליום | מזון ק"ג לשנה | Available supply by designation | |
| | Fats (gram per day) | Protein (gram per day) | Nutritional energy (kcal. per day) | Gram per day | Kg. per year | מזון Food | שימושים אחרים ופחת Other supply and waste |
| Beverages – total | 0.0 | 0.0 | 34.8 | 298.8 | 109.1 | 91 | - |
| Water(1) | 0.0 | 0.0 | 0.0 | 272.6 | 99.5 | 83 | - |
| Beer (imports)(1) | 0.0 | 0.0 | 5.0 | 12.2 | 4.4 | 4 | - |
| Alcohol (imports)(1) | 0.0 | 0.0 | 28.8 | 12.5 | 4.5 | 4 | - |
| Stimulants – total | 1.4 | 1.5 | 30.9 | 38.3 | 14.0 | 119,398 | - |
| Coffee | 0.0 | 0.7 | 14.1 | 33.5 | 12.2 | 104,456 | - |
| Tea | 0.0 | 0.0 | 0.0 | 0.4 | 0.1 | 1,231 | - |
| Cocoa beans | 1.4 | 0.8 | 16.8 | 4.4 | 1.6 | 13,711 | - |
| Oils and fats – total | 81.3 | 0.0 | 719.1 | 81.8 | 29.9 | 250,201 | 2,338 |
| Soya oil | 15.3 | 0.0 | 135.0 | 15.3 | 5.6 | 46,727 | 43 |
| Olive oil | 8.3 | 0.0 | 73.3 | 8.3 | 3.0 | 25,349 | 147 |
| Other oils | 55.4 | 0.0 | 489.7 | 55.4 | 20.2 | 169,428 | 2,148 |
| Butter | 2.3 | 0.0 | 21.1 | 2.8 | 1.0 | 8,697 | - |
| Meat – total | 28.2 | 36.0 | 408.0 | 197.2 | 72.0 | 603,159 | 1,715 |
| Beef, fresh and frozen, carcass weight | 7.0 | 5.2 | 85.2 | 29.7 | 10.8 | 90,756 | 1,560 |
| Mutton and goat, carcass weight | 0.1 | 1.1 | 5.7 | 5.3 | 1.9 | 16,068 | 31 |
| Pork | 0.6 | 0.7 | 8.0 | 3.7 | 1.3 | 11,270 | - |
| Poultry | 19.6 | 24.2 | 279.5 | 130.0 | 47.4 | 397,562 | 27 |
| Turkey | 0.8 | 4.1 | 24.2 | 24.2 | 8.8 | 74,000 | - |
| Innards | 0.2 | 0.8 | 5.5 | 4.4 | 1.6 | 13,503 | 97 |
| Eggs | 3.6 | 4.5 | 53.7 | 42.2 | 15.4 | 129,213 | 42 |
| Fish – total | 0.8 | 4.0 | 23.9 | 22.6 | 8.3 | 69,232 | 1,433 |
| Fresh and frozen | 0.1 | 1.4 | 6.5 | 7.6 | 2.8 | 23,351 | 489 |
| Frozen fillet (imports) | 0.2 | 2.2 | 11.2 | 11.9 | 4.3 | 36,292 | 741 |
| Salted and other (imports) | 0.5 | 0.5 | 6.2 | 3.1 | 1.1 | 9,589 | 203 |
| Milk and dairy products – total | 16.3 | 15.7 | 307.0 | 514.4 | 187.7 | 1,573,312 | 16,961 |
| Cow's milk | 14.9 | 14.4 | 283.0 | 496.6 | 181.2 | 1,518,833 | 16,783 |
| Sheep and goats milk | 0.6 | 0.5 | 10.4 | 15.1 | 5.5 | 46,101 | - |
| Powdered milk (imports) | 0.7 | 0.7 | 13.6 | 2.7 | 1.0 | 8,378 | 177 |

(1) Beverages: units – millions of litres instead of tons; litre instead of kg; ml. instead of gram.

לוח 5. מאזן אספקת המזון - ויטמינים ומינרלים לנפש ליום

מיליגרמים, אלא אם כן צוין אחרת

2016

| ויטמין C (חומצה אסקורבית) Vitamin C (Ascorbic acid) | ויטמין B3 ניאצין Vitamin B3 (Niacin) | ויטמין B2 ריבופלבין Vitamin B2 (Riboflavin) | ויטמין B1 תיאמין Vitamin B1 (Thiamin) | ויטמין A (יחידות בינ"ל) Vitamin A (Internat. units) | מצרך |
|--|---|--|--|--|-------------------------------------|
| 192.0 | 33.8 | 2.2 | 2.5 | 6,478.3 | סך כולל |
| 0.0 | 14.5 | 0.3 | 1.2 | 2.0 | דגנים ומוצריהם – סך הכל |
| 0.0 | 14.0 | 0.3 | 1.2 | 0.0 | חיטה |
| 0.0 | 0.0 | 0.0 | 0.0 | 1.9 | שיבולת שועל |
| 0.0 | 0.1 | 0.0 | 0.0 | 0.1 | גריסי פנינה |
| 0.0 | 0.5 | 0.0 | 0.0 | 0.0 | אורז |
| - | 0.0 | 0.0 | 0.0 | - | קוסמת |
| 16.4 | 1.2 | 0.0 | 0.1 | 0.0 | תפוחי אדמה ועמילנים – סך הכל |
| 16.4 | 1.2 | 0.0 | 0.1 | 0.0 | תפוחי אדמה |
| - | - | - | - | - | קמח תפוחי אדמה |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | קורנפלור |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | סוכר, ממתקים ודבש – סך הכל |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | סוכר |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | ממתקים |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | דבש |
| 0.6 | 0.4 | 0.0 | 0.1 | 9.1 | קטניות – סך הכל |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | שעועית |
| 0.3 | 0.1 | 0.0 | 0.0 | 5.0 | חמצה |
| 0.1 | 0.1 | 0.0 | 0.0 | 0.8 | עדשים |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.2 | פולים |
| 0.1 | 0.2 | 0.0 | 0.0 | 3.1 | אפונה |
| 0.2 | 1.5 | 0.1 | 0.3 | 14.5 | גרעיני שמן ואגוזים – סך הכל |
| 0.0 | 1.0 | 0.1 | 0.2 | 12.0 | שומשומין |
| 0.0 | 0.4 | 0.0 | 0.0 | 0.0 | אגוזי אדמה (בוטנים) מקולפים |
| 0.0 | 0.1 | 0.0 | 0.0 | 0.4 | חמניות |
| 0.2 | 0.0 | 0.0 | 0.0 | 2.1 | אגוזים |
| 90.9 | 2.9 | 0.2 | 0.2 | 4,024.0 | ירקות ומקשה – סך הכל |
| 24.7 | 0.8 | 0.1 | 0.1 | 804.4 | עגבניות |
| 2.3 | 0.1 | 0.0 | 0.0 | 6.7 | מלפפונים |
| 2.8 | 0.3 | 0.0 | 0.0 | 2,810.2 | גזר |
| 21.1 | 0.1 | 0.0 | 0.0 | 50.0 | פלפל |
| 1.7 | 0.0 | 0.0 | 0.0 | 0.0 | בצל יבש |
| 2.9 | 0.7 | 0.0 | 0.1 | 38.7 | תירס |
| 29.0 | 0.6 | 0.1 | 0.0 | 156.8 | ירקות אחרים |
| 5.9 | 0.1 | 0.0 | 0.0 | 151.1 | אבטיחים |
| 0.5 | 0.1 | 0.0 | 0.0 | 6.0 | מלונים |
| 75.4 | 1.1 | 0.1 | 0.2 | 561.1 | פירות – סך הכל |
| 57.1 | 0.3 | 0.0 | 0.1 | 194.9 | פירות הדר – סך הכל |
| 30.7 | 0.2 | 0.0 | 0.0 | 39.5 | תפוזים |
| 5.5 | 0.0 | 0.0 | 0.0 | 6.5 | אשכוליות ופומלה |
| 6.0 | 0.0 | 0.0 | 0.0 | 1.4 | לימונים |
| 14.9 | 0.1 | 0.0 | 0.1 | 147.5 | פירות הדר אחרים |
| 18.3 | 0.8 | 0.1 | 0.1 | 366.2 | פירות, ללא הדרים – סך הכל |
| 0.0 | 0.0 | 0.0 | 0.0 | 26.9 | זיתים למאכל |
| 4.4 | 0.1 | 0.0 | 0.0 | 30.0 | ענבים |
| 4.7 | 0.2 | 0.0 | 0.0 | 87.9 | פירות נשירים – סך הכל |
| 2.2 | 0.0 | 0.0 | 0.0 | 20.4 | תפוחי עץ |
| 0.4 | 0.0 | 0.0 | 0.0 | 0.6 | אגסים |
| 0.8 | 0.0 | 0.0 | 0.0 | 9.4 | שזיפים |
| 0.8 | 0.1 | 0.0 | 0.0 | 21.8 | אפרסקים |
| 0.5 | 0.0 | 0.0 | 0.0 | 35.5 | פירות נשירים אחרים |
| 9.2 | 0.5 | 0.1 | 0.0 | 221.5 | פירות סוב-טרופיים – סך הכל |
| 0.9 | 0.2 | 0.0 | 0.0 | 23.8 | תמרים |
| 0.9 | 0.2 | 0.0 | 0.0 | 23.8 | אבוקדו |
| 0.4 | 0.0 | 0.0 | 0.0 | 125.5 | אפרסמון |
| 0.9 | 0.0 | 0.0 | 0.0 | 40.9 | מנגו |
| 0.9 | 0.0 | 0.0 | 0.0 | 0.7 | קיווי |
| 2.0 | 0.1 | 0.0 | 0.0 | 5.8 | בננות |
| 3.1 | -0.1 | -0.0 | -0.0 | 0.9 | פירות סוב-טרופיים אחרים |

TABLE 5. FOOD BALANCE SHEET - VITAMINS AND MINERALS PER CAPITA PER DAY

Milligrams, unless otherwise stated

2016

| Commodity | ברזל Iron | סידן Calcium | פחמימות Carbohydrates | סיבים תזונתיים Dietary fiber |
|--|--------------|-----------------|--------------------------|---------------------------------|
| GRAND TOTAL | 26.5 | 893.1 | 511.8 | 51.6 |
| Cereals and cereal products – total | 16.1 | 109.7 | 247.1 | 37.5 |
| Wheat | 15.7 | 99.6 | 220.7 | 37.2 |
| Oats | 0.1 | 1.0 | 1.3 | 0.2 |
| Pearl barley | 0.0 | 0.6 | 1.5 | 0.0 |
| Rice | 0.2 | 8.5 | 23.5 | 0.1 |
| Buckwheat | 0.0 | 0.0 | 0.2 | 0.0 |
| Potatoes and starches – total | 0.7 | 5.8 | 29.0 | 0.6 |
| Potatoes | 0.6 | 5.5 | 14.9 | 0.4 |
| Potato starch | 0.0 | 0.0 | 1.9 | 0.1 |
| Corn starch | 0.1 | 0.3 | 12.1 | 0.1 |
| Sugar, sweets and honey – total | 0.1 | 2.0 | 115.0 | 0.0 |
| Sugar | 0.1 | 1.1 | 106.0 | 0.0 |
| Sweets | 0.0 | 0.8 | 7.9 | 0.0 |
| Honey | 0.0 | 0.1 | 1.0 | 0.0 |
| Legumes – total | 1.5 | 23.9 | 12.5 | 2.4 |
| Beans | 0.4 | 8.9 | 2.2 | 0.2 |
| Chickpeas | 0.5 | 7.8 | 4.5 | 1.3 |
| Lentils | 0.2 | 1.0 | 1.1 | 0.6 |
| Horse beans | 0.1 | 1.2 | 0.7 | 0.0 |
| Peas | 0.3 | 3.5 | 3.8 | 0.2 |
| Oil grains and nuts – total | 1.8 | 33.8 | 6.9 | 3.7 |
| Sesame | 1.4 | 23.9 | 4.7 | 3.1 |
| Groundnuts (Peanuts), shelled | 0.2 | 3.1 | 0.9 | 0.3 |
| Sunflowers | 0.1 | 2.4 | 0.4 | 0.1 |
| Nuts | 0.1 | 4.4 | 0.9 | 0.2 |
| Vegetables and melons – total | 2.0 | 63.4 | 29.2 | 3.7 |
| Tomatoes | 0.6 | 6.5 | 6.0 | 1.4 |
| Cucumbers | 0.1 | 6.6 | 1.4 | 0.3 |
| Carrots | 0.1 | 8.1 | 3.0 | 0.3 |
| Peppers | 0.1 | 2.0 | 1.5 | 0.1 |
| Dry onions | 0.1 | 5.4 | 2.3 | 0.2 |
| Maize | 0.2 | 1.2 | 7.9 | 0.3 |
| Other vegetables | 0.7 | 32.0 | 5.4 | 1.0 |
| Watermelons | 0.0 | 1.4 | 1.2 | 0.1 |
| Other melons | 0.0 | 0.4 | 0.4 | 0.0 |
| Fruits – total | 0.8 | 56.3 | 43.8 | 3.2 |
| Citrus fruits – total | 0.2 | 34.6 | 14.5 | 0.5 |
| Oranges | 0.1 | 22.9 | 6.8 | 0.2 |
| Grapefruits and pomelo | 0.0 | 1.9 | 1.3 | 0.0 |
| Lemons | 0.1 | 3.0 | 1.1 | 0.0 |
| Other citrus fruits | 0.1 | 6.7 | 5.4 | 0.2 |
| Fruits, excluding citrus – total | 0.7 | 21.7 | 29.3 | 2.7 |
| Olives | 0.1 | 5.5 | 0.1 | 0.1 |
| Grapes | 0.1 | 4.5 | 7.3 | 0.4 |
| Deciduous fruits – total | 0.1 | 5.3 | 10.3 | 1.3 |
| Apples | 0.1 | 2.7 | 5.9 | 1.0 |
| Pears | 0.0 | 1.0 | 1.3 | 0.1 |
| Plums | 0.0 | 0.3 | 1.2 | 0.1 |
| Peaches | 0.0 | 0.6 | 1.3 | 0.1 |
| Other deciduous fruits | 0.0 | 0.7 | 0.6 | 0.0 |
| Subtropical fruits – total | 0.3 | 6.5 | 11.6 | 0.8 |
| Dates | 0.1 | 1.3 | 0.9 | 0.2 |
| Avocado | 0.1 | 1.3 | 0.9 | 0.2 |
| Persimmons | 0.0 | 0.4 | 1.1 | 0.1 |
| Mango | 0.0 | 0.3 | 0.5 | 0.0 |
| Kiwis | 0.0 | 0.3 | 0.2 | 0.0 |
| Bananas | 0.1 | 1.4 | 5.3 | 0.1 |
| Other subtropical fruits | -0.1 | 1.5 | 2.8 | 0.1 |

לוח 5. מאזן אספקת המזון - ויטמינים ומינרלים לנפש ליום (המשך)

מיליגרמים, אלא אם כן צוין אחרת

2016

| ויטמין C (חומצה אסקורבית) Vitamin C (Ascorbic acid) | ויטמין B3 ניאצין Vitamin B3 (Niacin) | ויטמין B2 ריבופלבין Vitamin B2 (Riboflavin) | ויטמין B1 תיאמין Vitamin B1 (Thiamin) | ויטמין A (יחידות בינ"ל) Vitamin A (Internat. units) | מצרך |
|--|---|--|--|--|-------------------------------|
| 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | משקאות – סך הכל |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | מים |
| 0.0 | 0.1 | 0.0 | 0.0 | 0.0 | בירה (יבוא) |
| - | 0.0 | 0.0 | 0.0 | 0.0 | משקאות כוהליים (יבוא) |
| - | - | - | - | - | ממריצים – סך הכל |
| - | - | - | - | - | קפה |
| - | - | - | - | - | תה |
| - | - | - | - | - | פולי קקאו |
| 0.0 | 0.0 | 0.0 | 0.0 | 70.8 | שמנים ושומנים – סך הכל |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | שמן סויה |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | שמן זית |
| 0.0 | 0.0 | 0.0 | 0.0 | 0.0 | שמנים אחרים |
| 0.0 | 0.0 | 0.0 | 0.0 | 70.8 | חמאה |
| 3.5 | 11.0 | 0.3 | 0.1 | 1,064.8 | בשר – סך הכל |
| 0.0 | 0.9 | 0.0 | 0.0 | 0.0 | בקר, טרי וקפוא, משקל קרקאס |
| 0.0 | 0.2 | 0.0 | 0.0 | 0.0 | צאן, משקל קרקאס |
| 0.0 | 0.2 | 0.0 | 0.0 | 0.3 | חזירים |
| 2.0 | 8.7 | 0.2 | 0.1 | 174.2 | עוף |
| 0.0 | 0.7 | 0.0 | 0.0 | 0.8 | הודו |
| 1.5 | 0.4 | 0.1 | 0.0 | 889.6 | חלקי פגים |
| 0.0 | 0.0 | 0.2 | 0.0 | 223.7 | ביצים |
| 0.2 | 0.5 | 0.0 | 0.0 | 7.1 | דגים – סך הכל |
| 0.1 | 0.2 | 0.0 | 0.0 | 2.3 | טריים וקפואים |
| 0.1 | 0.2 | 0.0 | 0.0 | 4.7 | קפואים פילה (יבוא) |
| 0.0 | 0.1 | 0.0 | 0.0 | 0.2 | מלוחים ואחרים (יבוא) |
| 4.8 | 0.4 | 0.8 | 0.2 | 501.0 | חלב ומוצריו – סך הכל |
| 4.4 | 0.4 | 0.7 | 0.2 | 448.9 | חלב בקר |
| 0.2 | 0.0 | 0.0 | 0.0 | 27.3 | חלב צאן |
| 0.2 | 0.0 | 0.0 | 0.0 | 24.8 | אבקת חלב (יבוא) |

TABLE 5. FOOD BALANCE SHEET - VITAMINS AND MINERALS PER CAPITA PER DAY (Cont.)

| Milligrams, unless otherwise stated | | | | |
|--|--------------|-----------------|--------------------------|---------------------------------|
| Commodity | 2016 | | | |
| | ברזל Iron | סידן Calcium | פחמימות Carbohydrates | סיבים תזונתיים Dietary fiber |
| Beverages – total | 0.0 | 5.9 | 0.4 | 0.0 |
| Water | 0.0 | 5.3 | 0.0 | 0.0 |
| Beer (imports) | 0.0 | 0.6 | 0.4 | 0.0 |
| Alcohol (imports) | 0.0 | - | - | - |
| Stimulants – total | - | - | 3.1 | 0.5 |
| Coffee | - | - | 2.8 | 0.0 |
| Tea | - | - | 0.0 | 0.0 |
| Cocoa beans | - | - | 0.3 | 0.5 |
| Oils and fats – total | 0.0 | 0.7 | 0.0 | 0.0 |
| Soya oil | 0.0 | 0.0 | 0.0 | 0.0 |
| Olive oil | 0.0 | 0.0 | 0.0 | 0.0 |
| Other oils | 0.0 | 0.0 | 0.0 | 0.0 |
| Butter | 0.0 | 0.7 | 0.0 | 0.0 |
| Meat – total | 2.5 | 20.0 | 0.1 | 0.0 |
| Beef, fresh and frozen, carcass weight | 0.5 | 2.0 | 0.0 | 0.0 |
| Mutton and goat, carcass weight | 0.1 | 0.7 | 0.0 | 0.0 |
| Pork | 0.0 | 0.7 | 0.0 | 0.0 |
| Poultry | 1.1 | 14.0 | 0.0 | 0.0 |
| Turkey | 0.3 | 2.1 | 0.0 | 0.0 |
| Innards | 0.4 | 0.5 | 0.1 | 0.0 |
| Eggs | 0.5 | 17.4 | 0.4 | 0.0 |
| Fish – total | 0.3 | 22.9 | 0.0 | 0.0 |
| Fresh and frozen | 0.1 | 9.0 | 0.0 | 0.0 |
| Frozen fillet (imports) | 0.1 | 12.4 | 0.0 | 0.0 |
| Salted and other (imports) | 0.0 | 1.4 | 0.0 | 0.0 |
| Milk and dairy products – total | 0.2 | 531.1 | 24.1 | 0.0 |
| Cow's milk | 0.2 | 486.9 | 22.4 | 0.0 |
| Sheep and goats milk | 0.0 | 19.7 | 0.7 | 0.0 |
| Powdered milk (imports) | 0.0 | 24.5 | 1.0 | 0.0 |

**TABLE 6. AVAILABILITY OF DIETARY ENERGY,
PROTEIN AND FATS PER CAPITA PER DAY
IN VARIOUS COUNTRIES**

**לוח 6. זמינות אנרגיה לתזונה,
חלבון ושומן לנפש ליום
במדינות שונות**

| 2014 | | | | |
|--------------------|---------------------------|-------------------------------|---|----------------|
| Country | שומן (גרם) Fats (gram) | חלבון (גרם) Protein (gram) | אנרגיה לתזונה (קק"ל) Dietary energy (kcal.) | מדינה |
| Israel | 155 | 113 | 3,847 | ישראל |
| Austria | 168 | 106 | 3,805 | אוסטריה |
| Australia | 149 | 104 | 3,276 | אוסטרליה |
| Italy | 153 | 111 | 3,529 | איטליה |
| Iceland | 146 | 132 | 3,336 | איסלנד |
| Ireland | 130 | 112 | 3,599 | אירלנד |
| United States | 163 | 115 | 3,696 | ארצות הברית |
| Germany | 144 | 103 | 3,543 | גרמניה |
| Denmark | 129 | 111 | 3,362 | דנמרק |
| Netherlands | 133 | 109 | 3,169 | הולנד |
| Hungary | 137 | 82 | 2,866 | הונגריה |
| United Kingdom | 143 | 104 | 3,415 | הממלכה המאוחדת |
| Turkey | 112 | 102 | 3,717 | טורקיה |
| Greece | 155 | 113 | 3,409 | יוון |
| Japan | 87 | 89 | 2,728 | יפן |
| Jordan | 94 | 80 | 3,152 | ירדן |
| Lebanon | 108 | 82 | 3,090 | לבנון |
| Mexico | 90 | 87 | 3,044 | מקסיקו |
| Egypt | 57 | 96 | 3,549 | מצרים |
| Norway | 148 | 109 | 3,503 | נורווגיה |
| New Zealand | 118 | 92 | 3,027 | ניו זילנד |
| Slovenia | 119 | 100 | 3,154 | סלובניה |
| Slovakia | 104 | 73 | 2,913 | סלובקיה |
| Spain | 150 | 111 | 3,155 | ספרד |
| Poland | 113 | 99 | 3,491 | פולין |
| Portugal | 143 | 114 | 3,398 | פורטוגל |
| Finland | 132 | 111 | 3,311 | פינלנד |
| Czech Republic | 138 | 93 | 3,298 | צ'כיה |
| France | 164 | 113 | 3,517 | צרפת |
| Canada | 148 | 104 | 3,646 | קנדה |
| Russian Federation | 91 | 96 | 3,385 | רוסיה |
| Sweden | 125 | 108 | 3,172 | שוודיה |
| Switzerland | 156 | 93 | 3,505 | שווייץ |

**TABLE 7. AVAILABILITY OF DIETARY ENERGY PER CAPITA PER DAY
IN VARIOUS COUNTRIES, BY GROUP OF COMMODITIES**

**לוח 7. זמינות אנרגיה לתזונה לנפש ליום
במדינות שונות, לפי קבוצות מאצרים**

| Country | 2014 | | | | | | | | | | סך הכל | מדינה |
|--------------------|--|---|---------------------------------------|--|---|---|---|---|------------|----------------|--------|-------|
| | יתר המאצרים Other commodities | פירות (ללא יין) Fruits (excluding wine) | שומנים ושומנים Oils and fats | חלב (ללא תמאה) Milk (excluding butter) | בשר, ביצים ודגים Meat, eggs and fish | ירקות ותפוחי אדמה(1) Vegetables and potatoes(1) | סוכר וממתקים Sugar and sweets | דגנים (ללא בירה) Cereals (excluding beer) | Total | | | |
| Israel | 9 | 6 | 18 | 8 | 13 | 7 | 12 | 27 | 100 | ישראל | | |
| Austria | 9 | 5 | 23 | 7 | 14 | 5 | 12 | 25 | 100 | אוסטרייה | | |
| Australia | 8 | 3 | 22 | 10 | 17 | 6 | 12 | 23 | 100 | אוסטרליה | | |
| Italy | 6 | 5 | 22 | 8 | 14 | 6 | 8 | 31 | 100 | איטליה | | |
| Iceland | 7 | 5 | 12 | 17 | 22 | 5 | 13 | 20 | 100 | איסלנד | | |
| Ireland | 11 | 3 | 15 | 11 | 15 | 8 | 10 | 27 | 100 | אירלנד | | |
| United States | 8 | 3 | 21 | 10 | 15 | 6 | 17 | 21 | 100 | ארצות הברית | | |
| Germany | 10 | 3 | 20 | 10 | 13 | 6 | 13 | 25 | 100 | גרמניה | | |
| Denmark | 9 | 4 | 16 | 9 | 15 | 7 | 15 | 25 | 100 | דנמרק | | |
| Netherlands | 8 | 5 | 15 | 15 | 15 | 8 | 14 | 20 | 100 | הולנד | | |
| Hungary | 8 | 3 | 25 | 8 | 13 | 6 | 11 | 27 | 100 | הונגריה | | |
| United Kingdom | 9 | 4 | 17 | 10 | 16 | 8 | 10 | 26 | 100 | הממלכה המאוחדת | | |
| Turkey | 5 | 4 | 17 | 6 | 4 | 10 | 9 | 45 | 100 | טורקיה | | |
| Greece | 10 | 5 | 20 | 12 | 11 | 9 | 8 | 27 | 100 | יוון | | |
| Japan | 11 | 2 | 15 | 4 | 15 | 6 | 10 | 38 | 100 | יפן | | |
| Jordan | 3 | 2 | 15 | 5 | 7 | 7 | 16 | 46 | 100 | ירדן | | |
| Lebanon | 8 | 4 | 16 | 5 | 9 | 11 | 13 | 34 | 100 | לבנון | | |
| Mexico | 4 | 4 | 10 | 5 | 13 | 6 | 16 | 43 | 100 | מקסיקו | | |
| Egypt | 3 | 5 | 5 | 2 | 4 | 8 | 8 | 64 | 100 | מצרים | | |
| Norway | 8 | 4 | 19 | 10 | 16 | 6 | 10 | 28 | 100 | נורווגיה | | |
| New Zealand | 6 | 5 | 17 | 4 | 17 | 7 | 18 | 25 | 100 | ניו זילנד | | |
| Slovenia | 8 | 6 | 16 | 10 | 14 | 6 | 7 | 34 | 100 | סלובניה | | |
| Slovakia | 9 | 2 | 19 | 6 | 11 | 7 | 14 | 33 | 100 | סלובקיה | | |
| Spain | 9 | 4 | 22 | 8 | 18 | 10 | 8 | 22 | 100 | ספרד | | |
| Poland | 6 | 2 | 16 | 6 | 13 | 10 | 13 | 35 | 100 | פולין | | |
| Portugal | 9 | 4 | 21 | 7 | 16 | 7 | 7 | 29 | 100 | פורטוגל | | |
| Finland | 8 | 3 | 12 | 14 | 20 | 6 | 9 | 29 | 100 | פינלנד | | |
| Czech Republic | 11 | 2 | 22 | 8 | 13 | 6 | 11 | 27 | 100 | צ'כיה | | |
| France | 7 | 3 | 21 | 10 | 18 | 5 | 10 | 27 | 100 | צרפת | | |
| Canada | 8 | 4 | 24 | 7 | 13 | 9 | 12 | 24 | 100 | קנדה | | |
| Russian Federation | 7 | 2 | 12 | 8 | 11 | 9 | 14 | 36 | 100 | רוסיה | | |
| Sweden | 7 | 4 | 18 | 13 | 15 | 6 | 13 | 25 | 100 | שוודיה | | |
| Switzerland | 8 | 3 | 19 | 11 | 16 | 4 | 17 | 21 | 100 | שווייץ | | |

(1) Including legumes.

(1) כולל קטניות