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FOOD BALANCE SHEET
2021

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PREFACE

This publication presents data on the Food Balance Sheet for 2021. 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, vitamins and minerals for 2021. In addition, it presents the developments between 1950 and 2021. It also includes information on the composition of the food supply and its designation.

The data in this publication, similar to that of 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 2022 and Annual Data 2022.

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Jerusalem, 2023

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INTRODUCTION

1. General

History of the Food Balance Sheet

The level of nutrition of the world's population and its nutritional needs were originally of interest to a limited group of nutrition experts and agricultural economists who did copious research work on this topic. After the two World Wars, there was an increased demand for a fair distribution of the available food among nations, for the purpose of rehabilitating countries and populations that suffered from hostilities and to determine the import needs and export possibilities of food in different countries, among other things.

Thus, extensive research work on nutrition began around this time. It was carried out by research institutions, government ministries and academic researchers, and led to the development of the Food Balance Sheet method. This method makes it possible to regularly and comprehensively assess the availability of food sources for a population during a specified reference period, based on the inventory of food sources per capita and their nutritional value.

The first attempts to use the method were made in the United Kingdom, Italy and Germany. Regular and comprehensive work on this subject is also done by the Food and Agriculture Organization (FAO), founded in 1945.

The FAO recognized the importance of the Food Balance Sheet as a useful and valuable tool for assessing the state of nutrition in the world, and, as part of its role, began to implement its use. In 1946, the organization prepared and published a detailed review of the state of nutrition that existed before World War II, according to this method, and the increase in food commodities that was necessary to achieve the nutritional goals in 1960.

In order to produce uniform standards for food balances in different countries and to enable a reliable international comparison, the organization issued a guide for preparing a Food Balance Sheet.

Food Balance Sheet in Israel

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 formulate 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 Rural Development; 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[1,2]

The Food Balance Sheet shows that the caloric value of food available to the average population of Israel in 2021 amounted to 3,862 kilocalories per capita per day, compared with 3,816 kilocalories in 2020.[3]

In 2021, there was an increase of 1.2% in the caloric supply per capita.

This increase was due to increase in the supply of oils and fats, legumes, oil grains, and nuts, eggs, meat, fish, vegetables and melons, and milk and dairy products. In contrast, there was a decrease in the supply of sugar, sweets and honey, potatoes and starches, cereals and cereal products, fruits, and mineral water.

TABLE A. FOOD BALANCE SHEET – MAIN SOURCES
2020–2021

Per capita per year

Commodity	Unit	2020R	2021
Cereals and cereal products	kg	167.4	160.0
Potatoes and starches	kg	50.7	42.7
Sugar, sweets, and honey	kg	45.2	37.6
Legumes, oil grains, and nuts	kg	20.3	22.4
Vegetables and melons	kg	140.6	146.2
Fruits (including citrus)	kg	145.6	144.1
Thereof: Citrus fruits	kg	58.8	66.3
Alcoholic beverages (imported)	Litres	17.8	17.1
Stimulants (coffee, tea and cocoa beans)	kg	14.1	12.9
Oils and fats	kg	28.6	32.9
Meat (boneless)	kg	71.4	71.5
Fish (boneless)	kg	8.5	8.8
Eggs	Units	268.7	289.8
Milk and dairy products	Litres	176.9	179.3
Mineral water	Litres	54.0	52.6

[1] From 2010 there were changes in the data in the following groups: Cereals and cereal products, vegetables and melons, and fruits – see Terms, Definitions, and Explanations.

[2] The calculation method for beef was updated.

[3] Updated data.

A. MAIN SOURCES OF SUPPLY – DIETARY ENERGY, PROTEIN, FATS AND CARBOHYDRATES PER CAPITA PER DAY, 2021

TABLE B. SUPPLY OF DIETARY ENERGY, BY FOOD GROUP 2020–2021

Food group	2020R	2021
Dietary energy per capita per day (kilocalories) – total	**3,816.2**	**3,816.2**
Percentages – total	**100.0**	**100.0**
Cereals and cereal products	27.6	28.9
Oils and fats	18.0	20.4
Vegetables and melons and potatoes	10.8	9.1
Fruits	2.4	2.4
Meat	11.0	10.9
Milk and dairy products	7.6	7.6
Sugar, sweets, and honey	12.3	10.0
Legumes, oil grains, and nuts	6.1	6.6
Fish and eggs	2.0	2.2
Beverages and stimulants	2.3	1.8

In 2021 there was an increase in the dietary energy supply of cereals and cereal products (6.1%), legumes, oil grains, and nuts (9.7%), oils and fats (15.5%), eggs (7.8%) and fish (6.4%) compared with 2020. In contrast, there was a decrease in the supply of vegetables and melons and potatoes (16.3%).

TABLE C. SUPPLY OF PROTEIN, BY SOURCE AND FOOD GROUP 2020–2021

Source and food group	2020R	2021
Protein per capita per day (gram) – total	**108.9**	**113.2**
Percentages – total	**100.0**	**100.0**
Source: From live sources	**54.3**	**52.6**
Meat	32.8	31.5
Milk and dairy products	13.7	13.1
Fish	3.8	3.8
Eggs	4.0	4.2
Source: From vegetable sources	**45.7**	**47.4**
Thereof: Cereals and cereal products	29.0	30.1

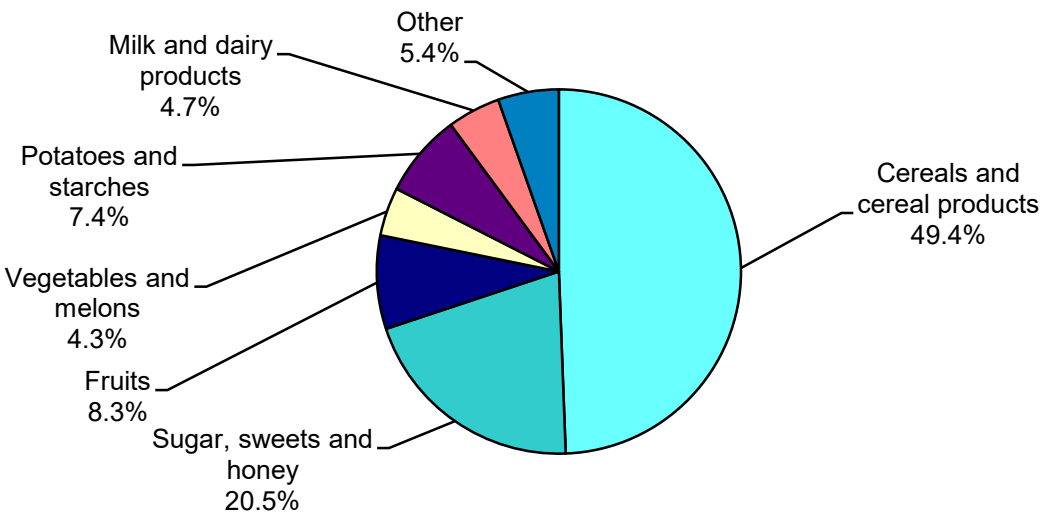
In 2021, the supply of protein from vegetable sources increased by approximately 4% compared with 2020.

TABLE D. SUPPLY OF FATS, BY SOURCE AND FOOD GROUP
2020–2021

Source and food group	2020R	2021
Fats per capita per day (gram) – total	**154.7**	**167.7**
Percentages – total	**100.0**	**100.0**
Source: From live sources	**31.6**	**29.6**
Thereof: Meat	19.1	17.9
Milk and dairy products	10.0	9.2
Source: From vegetable sources	**68.4**	**70.7**
Thereof: Vegetable oils	50.2	53.5

In 2021, the supply of fats from vegetable sources increased by 3.1% compared with 2020.

DIAGRAM 1. SUPPLY OF CARBOHYDRATES – MAIN SOURCES
2021



The main sources of carbohydrates are cereals and cereal products (49.4%), sugar, sweets and honey (20.5%), and fruits (8.3%).

B. MAIN SOURCES OF SUPPLY – DIETARY ENERGY,[4] PROTEIN AND FATS PER CAPITA PER DAY, 1950–2021

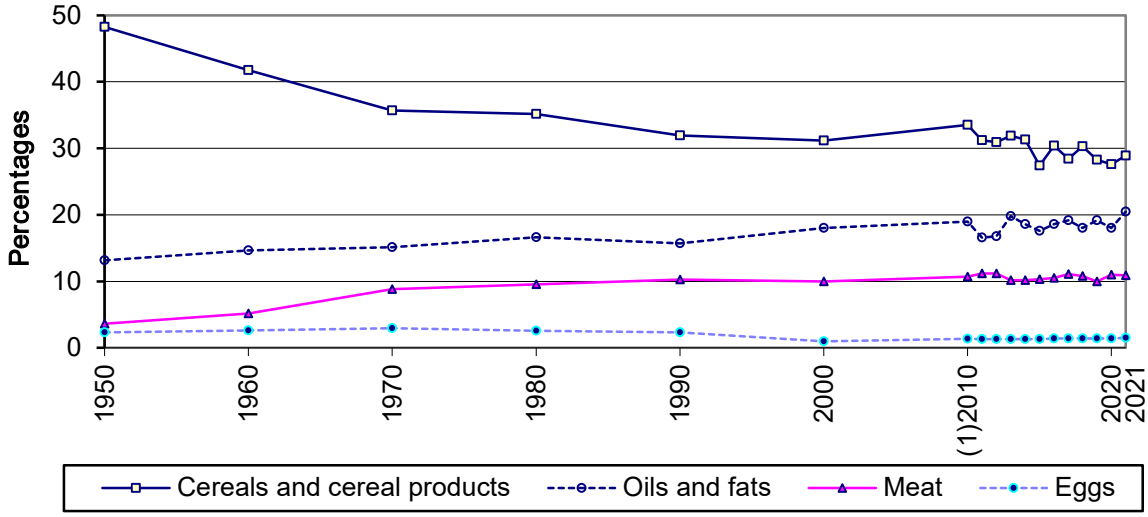
There have been a number of changes in the composition of the food supply over the years.

[4] From 2010 there were changes in the data in the following groups: Cereals and cereal products, vegetables and melons, and fruits – see Terms, Definitions, and Explanations.

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

SUPPLY OF DIETARY ENERGY

DIAGRAM 2. SUPPLY OF DIETARY ENERGY – MAIN SOURCES
1950–2021



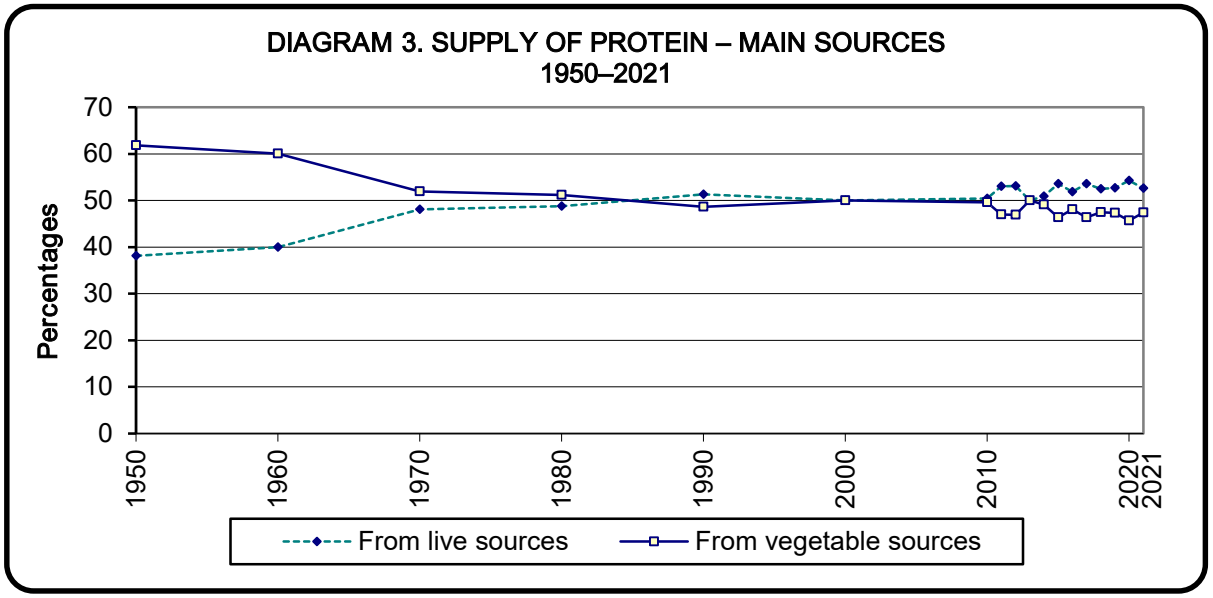
(1) Updated data. See "Limitations of the Data".

The most salient change in the supply of dietary energy was a decline in the relative share of dietary energy supplied by cereals and cereal products over the years: 49% in 1950, 34% in 1980, 31% in 2000 and 29% in 2021.

The share of oils and fats has increased gradually: 13% in 1950, 17% in 1980, 18% in 2000 and 21% in 2021.

There was an increase in the share of dietary energy from meat: 4% in 1950, 10% in 1980 and 2000 and 11% in 2021.

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: 38% in 1950, 49% in 1980, 50% in 2000 and 53% in 2021. In contrast, there was a decline in the relative share of proteins from vegetable sources: 62% in 1950, 51% in 1980, 50% in 2000 and 47% in 2021.

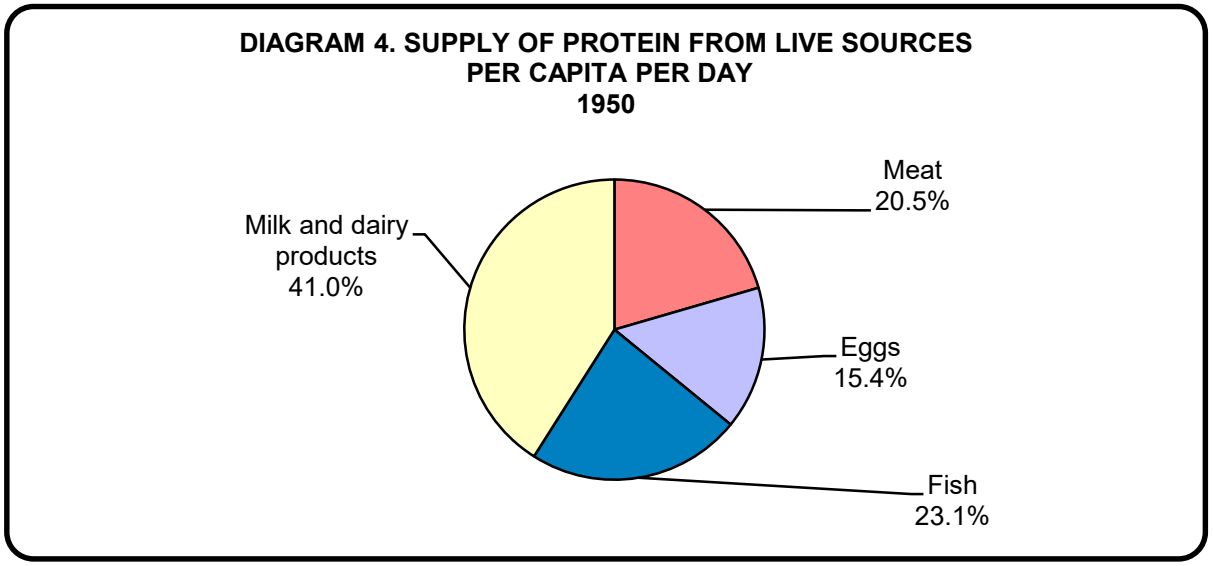


DIAGRAM 5. SUPPLY OF PROTEIN FROM LIVE SOURCES PER CAPITA PER DAY 1990

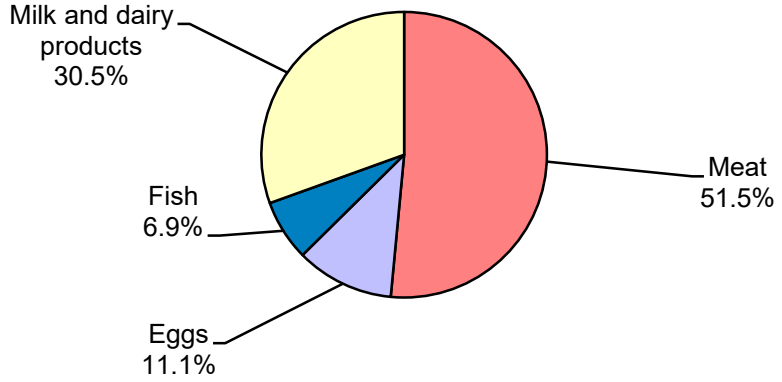
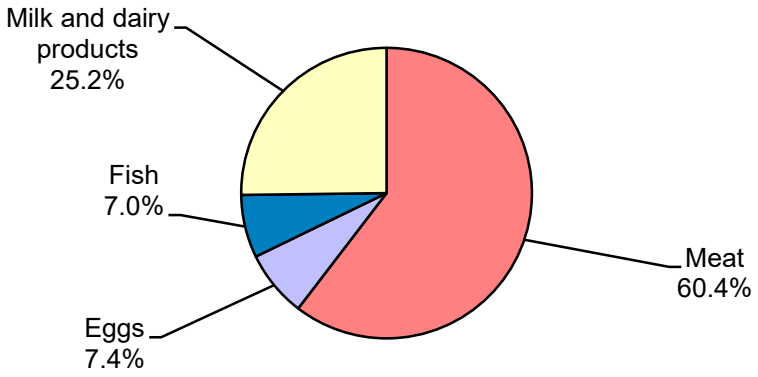


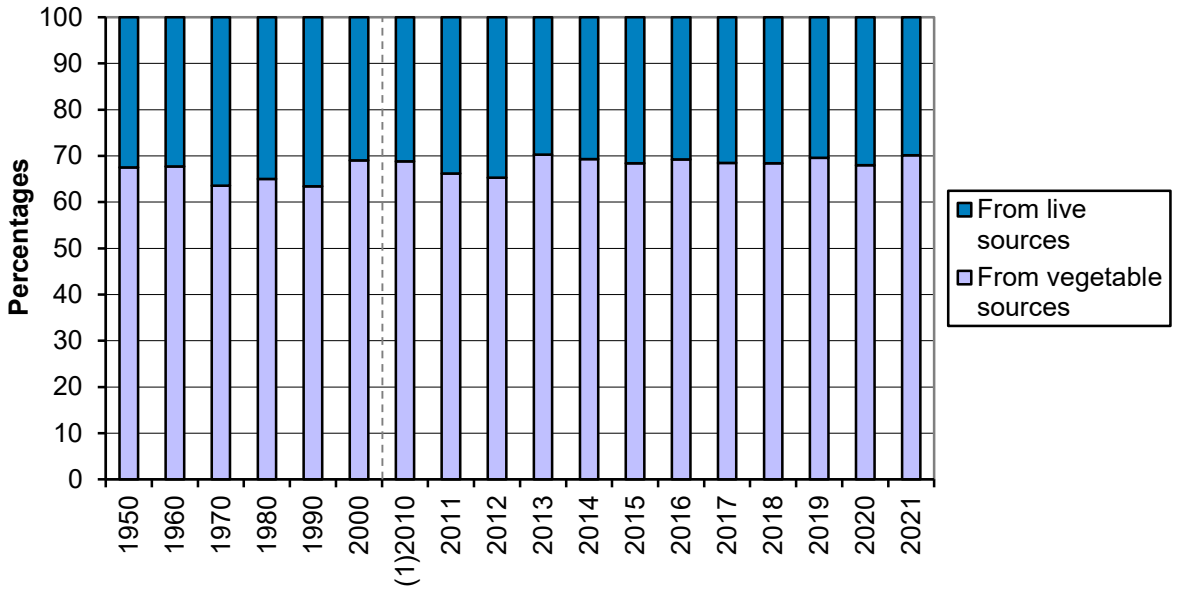
DIAGRAM 6. SUPPLY OF PROTEIN FROM LIVE SOURCES PER CAPITA PER DAY 2021



From 1950 there has been a change in the sources of the supply of protein from live sources. The relative share of proteins sourced from meat increased 2.5 times more by 1990 and three times more by 2021. In contrast, the relative share of proteins sourced from fish decreased by about 70%, the relative share of proteins sourced from milk and dairy products decreased by about 30% by 2021, and the relative share of proteins sourced from eggs decreased by about 30% by 1990 and by more than half by 2021.

SUPPLY OF FATS

DIAGRAM 7. SUPPLY OF FATS – MAIN SOURCES
1950–2021



(1) Updated data. See "Limitations of the Data".

The relative share of fats deriving from vegetable and live sources has remained quite stable from 1950 to 2021, and in 2021 it reached 70% and 30%, respectively.

DIAGRAM 8. SUPPLY OF FATS FROM LIVE SOURCES
PER CAPITA PER DAY
1950

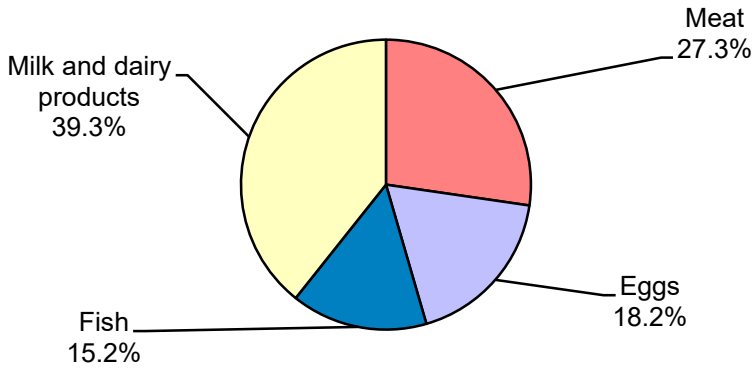


DIAGRAM 9. SUPPLY OF FATS FROM LIVE SOURCES PER CAPITA PER DAY 1990

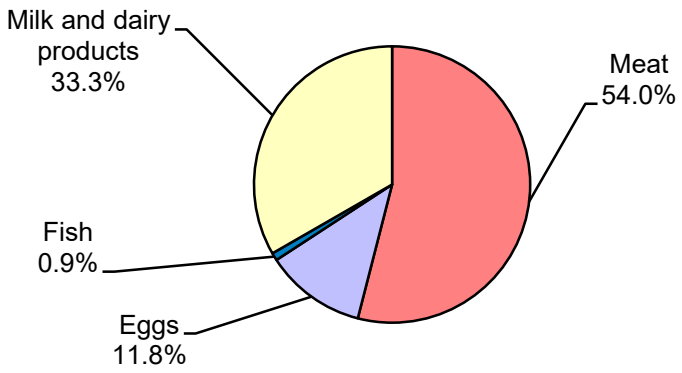
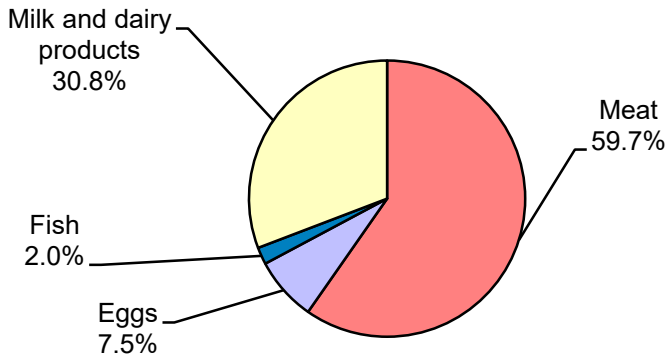


DIAGRAM 10. SUPPLY OF FATS FROM LIVE SOURCES PER CAPITA PER DAY 2021



From 1950 to 2021, the share of the supply of fats from live sources derived from meat increased by 119%. By 1990 there was an increase of 97% and from 1990 to 2021 there was an additional increase of 11%. In contrast, the percentage of fats sourced from eggs decreased by 35% until 1990, and by 34% until 2021. Since the 1950s the percentage of fats derived from fish has become marginal, and by 2021 it had decreased by about 90%, totalling only 2.0%.

C. MAIN SOURCES OF SUPPLY – VITAMINS AND MINERALS PER CAPITA PER DAY, 2021

Cereals and cereal products are a main element in the supply of many minerals and vitamins per capita per day. They constitute 72% of the supply of dietary fiber, 59% of the supply of iron, 52% of the supply of Vitamin B1, 49% of the supply of carbohydrates, and 44% of the supply of Vitamin B3. Sugar, sweets and honey constitute 21% of the supply of carbohydrates.

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

Vegetables and melons constitute 61% of the supply of Vitamin A and 46% of the supply of Vitamin C (ascorbic acid). Fruits constitute 40% of the supply of Vitamin C (ascorbic acid).

AMOUNT OF FOOD AVAILABLE TO THE PUBLIC (FOOD SUPPLY), COMPARED WITH THE RECOMMENDED DIETARY ALLOWANCES, 2021

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, COMPARED WITH THE RECOMMENDED DIETARY ALLOWANCES
2021

Essential Nutrients	Unit	Supply per Capita per day	Recommended Dietary Allowances
Protein	Gram	113	50
Carbohydrates	Gram	499	130
Fats	Gram	168	Not set yet
Calcium	Milligram	874(1)	1,200
Iron	Milligram	26	11
Vitamin A	International Units	6,639	2,667
Vitamin B1 (Thiamin)	Milligram	2.4	1.2
Vitamin B2 (Riboflavin)	Milligram	2.2	1.2
Vitamin B3 (Niacin)	Milligram	32.8	15.0
Vitamin C (Ascorbic acid)	Milligram	181.8	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.

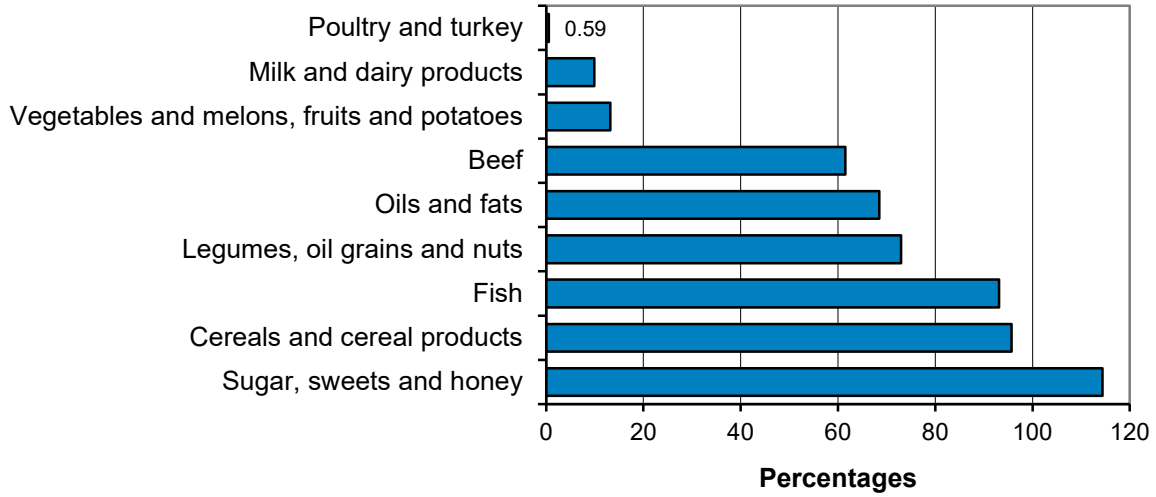
The IDR is calculated according to the international definition of the Food and Agriculture Organization (FAO). It does not include change in stocks, because the origin of the stocks (own-produced or imported) is unknown. The IDR is based on the assumption that the origin of the stocks does not change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

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

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

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.

DIAGRAM 11. IMPORTS DEPENDENCY RATIO OF ISRAEL, BY MAIN PRODUCTS 2021



In 2021, the Imports Dependency Ratio for Sugar, sweets and honey was 114%.

Imports were the source of supply for 96% of cereals and cereal products, 93% of fish, and 73% of legumes, oil grains and nuts.

In contrast, Israel produced nearly 100% of the available supply of poultry and turkey, and the IDR for milk and dairy products was only 10%.

TABLE F. IMPORTS DEPENDENCY RATIO OF SELECTED COUNTRIES, BY MAIN FOOD GROUP
2020

Percentages

	Cereals and cereal products	Vegetables, fruits and potatoes	Meat(1) and fish	Milk and dairy products
Israel	**97.2**	**20.5**	**21.5**	**10.1**
United States	3.3	36.4	10.1	1.0
Greece	45.6	18.0	71.6	49.4
Italy	59.8	23.0	53.7	30.3
Egypt	45.2	1.6	20.4	3.3
Spain	38.6	24.4	43.1	25.2
France	16.8	40.2	41.2	12.9

(1) Including beef, mutton and goat, pork, poultry, turkey, and innards.

The Imports Dependency Ratio for different countries varies in accordance with the different food groups.

In 2020, 97.2% of the supply of Cereals and cereal products in Israel were imported, compared with only 3.3% of the supply of those products in the United States.

Regarding milk and dairy products, the IDR in Greece was 5 times higher than in Israel.

Regarding vegetables, fruits and potatoes, the IDR in Egypt was 12 times lower than in Israel.

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”, and margarine under “oils and fats”.

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 of 2001.

In addition, as a result of re-examining the guidelines, as of the publication Food Balance Sheet for 2017, the following data were updated from 2010 onward:

1. Locally produced wine, which up to now was included in the Grapes item under the Fruits group in the Food column, was moved to the Industrial uses column and is no longer included in the Food column.
2. Corn was moved from the Vegetables and melons group to the Cereals and cereal products group.

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

Eggs: Appears 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 and Rural Development’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 used to convert the weight of the fish into a weight without bones.

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 watermelons and other melons.

Stimulants: Added to the Food Balance Sheet in 2001; includes coffee, tea and cocoa beans.

Beverages: Added to the balance sheet in 2001. Includes locally produced and imported mineral water, wine, beer, and imported alcoholic beverages. Excludes locally produced wine and locally produced beer.

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 and cereal products: 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 (from August–September of the preceding year to July–August of the surveyed year). For example, regarding citrus fruits, 2021 refers to the harvest of the 2020/2021 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 2021 was 9,371,000 (see the Statistical Abstract of Israel on the CBS website, Annual Data 2022, 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 and Rural Development, which inspects the transfer of agricultural produce – vegetable and animal – from the Judea and Samaria 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 and Rural Development.

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 Coordinator of the Civil Administration in the Judea and Samaria Area.

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.

As of the Food Supply Balance Sheet publication for 2017, data from 2010 onward were updated and the classifications of Corn and Wine grapes were changed. Therefore, care must be taken when comparing data from the Cereals and cereal products, Fruits, and Vegetables and melons groups to earlier years.

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 all 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. The Calculation of the energy and dietary value of the products is carried out using coefficients adjusted for Israeli food products.

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

TABLES

PRESENTED IN HEBREW ORDER – FROM RIGHT TO LEFT

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

-	= No cases
..	= Unknown or not for publication
0	= A value smaller than half the unit by which data are presented in the table
Blank space	= Data that are irrelevant due to the table's structure.

TABLE 1. SUPPLY OF DIETARY ENERGY, PROTEIN, FATS, VITAMINS AND MINERALS PER CAPITA PER DAY (1)1950–2021

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

	Unit	אחוז השינוי 2021–2020 Percentage of change 2020–2021	2021	2020R	2019R	2010	2000	1990	1980	1970	1960	1950	יחידה	
Dietary energy	kcal.	1.2	3,862	3,816	3,753	3,644	3,551	3,089	2,979	2,988	2,772	2,610	קק"ל	**אנרגיה לתזונה**
Protein	gram	5.3	113.2	107.5	108.7	109.5	103.9	97.4	92.2	91.5	85.1	83.9	גרם	**חלבון**
Thereof: From live sources	gram	0.8	59.6	59.1	57.6	54.5	51.9	49.9	45.4	44.3	34.0	32.2	גרם	מזה: מן החי
Fats	gram	8.4	167.7	154.7	158.1	146.7	138.7	137.6	131.5	104.3	86.7	73.9	גרם	**שומן**
Thereof: From live sources	gram	1.5	50.2	49.4	47.5	44.8	44.9	42.6	38.5	44.8	34.7	24.4	גרם	מזה: מן החי
Minerals														**מינרלים**
Calcium	mg.	2.9	874	849	855	805	721	747	687	722	882	850	מיליגרם	סידן
Iron	mg.	9.2	26.0	23.9	24.4	27.4	18.6	17.1	16.1	16.3	15.2	15.0	מיליגרם	ברזל
Vitamins														**ויטמינים**
Vitamin A	Internat.												יחידות	ויטמין A
	units (IU)	-0.9	6,539	6,596	6,770	6,500	4,396	4,417	3,652	4,214	3,774	3,195	בין-לאומיות	
Vitamin B1 (Thiamin)	mg.	8.2	2.44	2.25	2.30	2.56	1.79	1.68	1.65	1.68	1.80	1.92	מיליגרם	ויטמין B1 (תיאמין)
Vitamin B2 (Riboflavin)	mg.	2.8	2.20	2.14	2.14	2.04	1.55	1.45	1.35	1.42	1.75	1.79	מיליגרם	ויטמין B2 (ריבופלבין)
Vitamin B3 (Niacin)	mg.	4.1	32.76	31.45	31.40	34.04	20.90	19.10	17.70	16.80	14.60	13.40	מיליגרם	ויטמין B3 (ניאצין)
Vitamin C (Ascorbic acid)	mg.	7.1	181.8	169.7	171.5	202.2	165.0	145.0	115.0	130.0	149.0	146.0	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.

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

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

(1)1950–2021

Group of commodities	2021	2020R	2019R	2010	2000	1990	1980	1970	1960	1950	קבוצת מצרכים
DIETARY ENERGY – TOTAL (kcal.)	**3,862**	**3,816**	**3,753**	**3,644**	**3,556**	**3,089**	**2,979**	**2,988**	**2,772**	**2,610**	**אנרגיה לתזונה – סך הכל (קק"ל)**
	Percentages									**אחוזים**	
Cereals and cereal products	28.9	27.6	29.0	33.1	31.0	32.8	33.5	36.8	41.0	49.0	דגנים ומוצריהם
Potatoes and starches	4.1	5.5	3.9	3.0	2.0	2.0	3.0	3.0	3.0	4.0	תפוחי אדמה ועמילנים
Sugar, sweets and honey	10.0	12.3	11.8	10.0	18.0	16.0	14.0	15.0	14.0	10.0	סוכר, ממתקים ודבש
Legumes, oil grains and nuts	6.6	6.1	6.4	5.0	4.0	5.0	4.0	3.0	3.0	2.0	קטניות, גרעיני שמן ואגוזים
Vegetables and melons	2.4	2.4	2.4	3.0	3.0	3.0	2.0	3.0	2.0	2.0	ירקות ומקשה
Fruits	5.0	5.3	4.8	6.0	5.0	5.0	5.5	5.3	5.0	4.0	פירות
Beverages (including stimulants)	1.8	2.3	1.7	0.9	..	..	..	..	..	..	משקאות (כולל ממריצים)
Oils and fats	20.5	18.0	19.5	19.0	18.0	16.0	17.0	14.6	15.0	13.0	שמנים ושומנים
Meat	10.9	11.0	10.5	11.0	10.0	9.5	10.0	9.0	5.0	4.0	בשר
Eggs	1.5	1.4	1.4	1.0	1.0	2.0	3.0	2.6	3.0	2.0	ביצים
Fish	0.7	0.7	0.8	1.0	1.0	1.0	-	0.6	1.0	2.0	דגים
Milk and dairy products	7.6	7.6	7.7	7.0	7.0	7.6	8.0	7.0	8.0	8.0	חלב ומוצריו
PROTEIN – TOTAL (gram)	**113.2**	**108.9**	**108.7**	**109.5**	**104.3**	**97.4**	**92.2**	**91.5**	**85.1**	**83.9**	**חלבון – סך הכל (גרם)**
Thereof: From live sources	52.6	54.3	53.0	50.1	50.0	51.3	48.8	48.1	40.0	38.1	מזה: מן החי
Cereals and cereal products	30.1	29.0	30.1	35.3	34.0	32.0	36.7	36.2	44.8	48.2	דגנים ומוצריהם
Potatoes and starches	1.3	1.5	1.4	1.0	2.0	1.5	2.2	2.1	2.4	3.0	תפוחי אדמה ועמילנים
Sugar, sweets and honey	0.0	0.0	0.0	-	1.0	0.5	0.5	0.4	0.1	0.3	סוכר, ממתקים ודבש
Legumes, oil grains and nuts	9.8	8.9	9.0	8.0	6.0	7.2	5.0	5.4	4.7	3.6	קטניות, גרעיני שמן ואגוזים
Vegetables and melons	3.0	3.0	3.0	3.0	5.0	5.4	4.1	4.4	4.0	3.6	ירקות ומקשה
Fruits	2.1	2.1	2.1	2.0	2.0	2.1	2.2	3.0	2.9	2.0	פירות
Beverages (including stimulants)	1.1	1.2	1.3	0.7	..	..	..	..	..	..	משקאות (כולל ממריצים)
Meat	31.5	32.8	31.1	31.0	27.0	26.0	24.0	23.0	14.1	8.3	בשר
Eggs	4.2	4.0	4.0	4.0	4.0	5.8	6.0	7.0	7.0	6.0	ביצים
Fish	3.8	3.8	4.3	3.0	4.0	3.6	3.0	3.2	3.5	9.0	דגים
Milk and dairy products	13.1	13.7	13.6	12.0	15.0	16.0	16.3	15.3	16.5	16.0	חלב ומוצריו
FATS – TOTAL (gram)	**167.7**	**154.7**	**158.1**	**146.7**	**139.6**	**117.6**	**111.5**	**104.3**	**86.7**	**73.9**	**שומן – סך הכל (גרם)**
Thereof: From live sources	29.9	32.0	30.0	31.0	31.0	36.6	35.0	36.4	32.3	32.5	מזה: מן החי
Cereals and cereal products	3.9	3.9	4.0	5.0	3.0	3.6	3.6	3.8	5.8	6.8	דגנים ומוצריהם
Potatoes and starches	0.0	0.1	0.0	-	-	-	-	-	-	-	תפוחי אדמה ועמילנים
Sugar, sweets and honey	0.0	0.0	0.0	-	5.0	1.9	1.9	1.9	1.1	2.0	סוכר, ממתקים ודבש
Legumes, oil grains and nuts	9.1	9.6	9.9	8.0	6.0	8.0	6.3	5.0	5.8	4.0	קטניות, גרעיני שמן ואגוזים
Vegetables and melons	0.5	0.5	0.5	1.0	1.0	0.9	0.6	0.7	0.5	0.3	ירקות ומקשה
Fruits	2.5	3.2	2.5	2.0	4.0	2.8	2.4	2.1	2.0	1.8	פירות
Beverages (including stimulants)	0.5	0.5	0.6	0.5	..	..	..	..	..	..	משקאות (כולל ממריצים)
Oils and fats	53.5	50.2	52.3	53.5	49.0	46.7	49.8	49.8	52.9	51.7	שמנים ושומנים
Meat	17.9	19.1	17.5	19.0	18.0	19.6	18.8	19.0	11.5	9.5	בשר
Eggs	2.3	2.3	2.2	2.0	3.0	4.0	5.4	5.8	5.8	6.0	ביצים
Fish	0.6	0.6	0.6	-	1.0	0.3	0.3	0.4	0.8	5.0	דגים
Milk and dairy products	9.2	10.0	9.7	9.0	10.0	12.2	10.8	11.5	13.8	13.0	חלב ומוצריו

(1) The data for 2010 and later were updated in the following groups: Cereals and cereal products, Vegetables and melons and Fruits – see Terms, Definitions and Explanations in the Introduction.

(1) נתוני 2010 ואילך בקבוצות דגנים ומוצריהם, ירקות ומקשה ופירות עודכנו – ראו מבוא, מונחים, הגדרות והסברים.

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לוח 3. אספקת אנרגיה לתזונה, חלבון, שומן, ויטמינים ומינרלים לנפש ליום, לפי קבוצת מצרכים 2020–2021

קבוצת מצרכים	אנרגיה לתזונה (קק"ל) Dietary energy (kcal.)		חלבון (גרם) Protein (gram)		שומן (גרם) Fats (gram)		סידן (מ"ג) Calcium (mg.)		ברזל (מ"ג) Iron (mg.)	
	2021	2020R	2021	2020R	2021	2020R	2021	2020R	2021	2020R
מספרים מוחלטים										
סך הכל	**3,816**	**3,862**	**108.9**	**113.2**	**154.7**	**167.7**	**848.6**	**873.6**	**23.9**	**26.0**
מזה: מן החי	789	798	59.1	59.6	49.4	50.2	575.3	576.8	3.6	3.7
דגנים ומוצריהם	1,053	1,117	31.6	34.0	6.1	6.5	98.1	106.9	13.6	15.4
תפוחי אדמה ועמילנים	209	157	1.6	1.5	0.1	0.1	5.7	5.0	0.7	0.6
סוכר, ממתקים ודבש	468	388	0.0	0.0	0.0	0.0	2.3	2.2	0.1	0.1
קטניות (כולל פולי סויה), גרעיני שמן ואגוזים	232	255	9.6	11.1	14.9	15.3	57.3	67.9	3.3	3.7
ירקות ומקשה	91	94	3.3	3.4	0.8	0.9	56.2	56.0	1.6	1.6
פירות	201	192	2.3	2.4	4.9	4.2	48.4	53.5	0.9	0.8
משקאות (כולל ממריצים)	86	68	1.3	1.3	0.8	0.8	4.4	4.7	0.0	0.0
שמנים ושומנים	687	793	0.0	0.0	77.7	89.7	0.9	0.7	0.0	0.0
בשר	419	423	35.7	35.7	29.6	30.0	19.9	19.7	2.6	2.7
ביצים	52	56	4.4	4.7	3.5	3.8	17.3	18.7	0.5	0.5
דגים	25	27	4.1	4.3	0.9	1.0	23.2	23.9	0.3	0.3
חלב ומוצריו	292	292	14.9	14.9	15.4	15.4	514.9	514.6	0.2	0.2
אחוזים										
סך הכל	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
מזה: מן החי	20.7	20.7	54.3	52.6	32.0	29.9	67.8	66.0	15.1	14.2
דגנים ומוצריהם	27.6	28.9	29.0	30.1	3.9	3.9	11.6	12.2	56.9	59.2
תפוחי אדמה ועמילנים	5.5	4.1	1.5	1.3	0.1	0.0	0.7	0.6	3.1	2.4
סוכר, ממתקים ודבש	12.3	10.0	0.0	0.0	0.0	0.0	0.3	0.3	0.3	0.2
קטניות (כולל פולי סויה), גרעיני שמן ואגוזים	6.1	6.6	8.9	9.8	9.6	9.1	6.7	7.8	13.7	14.3
ירקות ומקשה	2.4	2.4	3.0	3.0	0.5	0.5	6.6	6.4	6.7	6.1
פירות	5.3	5.0	2.1	2.1	3.2	2.5	5.7	6.1	3.8	3.1
משקאות (כולל ממריצים)	2.3	1.8	1.2	1.1	0.5	0.5	0.5	0.5	0.2	0.2
שמנים ושומנים	18.0	20.5	0.0	0.0	50.2	53.5	0.1	0.1	0.2	0.2
בשר	11.0	10.9	32.8	31.5	19.1	17.9	2.3	2.2	11.0	10.3
ביצים	1.4	1.5	4.0	4.2	2.3	2.3	2.0	2.1	2.1	2.1
דגים	0.7	0.7	3.8	3.8	0.6	0.6	2.7	2.7	1.1	1.0
חלב ומוצריו	7.6	7.6	13.7	13.1	10.0	9.2	60.7	58.9	0.9	0.8

גרסה מתוקנת: 27.06.2023.

TABLE 3. SUPPLY OF DIETARY ENERGY, PROTEIN, FATS, VITAMINS AND MINERALS PER CAPITA PER DAY, BY GROUP OF COMMODITIES 2020–2021

Group of commodities	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)	
	2021	2020R	2021	2020R	2021	2020R	2021	2020R	2021	2020R
	Absolute numbers									
TOTAL	**181.8**	**169.7**	**32.8**	**31.5**	**2.2**	**2.1**	**2.4**	**2.3**	**6,539**	**6,596**
Thereof: From live sources	8.3	8.4	11.8	11.9	1.4	1.3	0.4	0.4	1,843	1,812
Cereals and cereal products	3.1	4.7	14.5	13.3	0.3	0.3	1.3	1.1	46	66
Potatoes and starches	13.2	14.6	1.0	1.1	-	-	0.1	0.1	-	-
Sugar, sweets and honey	0.0	0.0	0.0	0.0	0.0	0.0	-	-	-	-
Legumes (including soya beans), oil grains and nuts	0.7	0.7	2.0	1.9	0.2	0.1	0.4	0.4	24	22
Vegetables and melons	83.3	79.8	2.2	2.0	0.2	0.2	0.1	0.1	3,988	4,081
Fruits	73.1	61.5	1.1	1.1	0.1	0.1	0.2	0.2	571	517
Beverages (including stimulants)	-	-	0.1	0.1	0.0	0.0	0.0	0.0	-	-
Oils and fats	-	-	0.0	0.0	0.0	0.0	0.0	0.0	68	97
Meat	3.5	3.5	10.8	10.9	0.4	0.4	0.1	0.1	1,111	1,096
Eggs	-	-	0.0	0.0	0.2	0.2	0.0	0.0	240	223
Fish	0.2	0.2	0.6	0.5	0.0	0.0	0.0	0.0	8	7
Milk and dairy products	4.6	4.6	0.4	0.4	0.8	0.8	0.2	0.2	485	486
	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	4.6	4.9	35.9	38.0	61.6	62.5	15.1	16.2	28.2	27.5
Cereals and cereal products	1.7	2.7	44.2	42.2	15.8	15.3	52.4	50.1	0.7	1.0
Potatoes and starches	7.3	8.6	3.1	3.5	-	-	2.4	2.9	-	-
Sugar, sweets and honey	0.0	0.0	0.0	0.0	0.8	1.0	-	-	-	-
Legumes (including soya beans), oil grains and nuts	0.4	0.4	6.1	5.9	7.1	6.8	18.2	18.6	0.4	0.3
Vegetables and melons	45.8	47.0	6.7	6.5	7.8	7.9	4.1	4.4	61.0	61.9
Fruits	40.2	36.3	3.5	3.6	6.5	6.2	7.6	7.6	8.7	7.8
Beverages (including stimulants)	-	-	0.4	0.4	0.4	0.4	0.1	0.1	-	-
Oils and fats	-	-	0.0	0.0	0.0	0.1	0.0	0.0	1.0	1.5
Meat	1.9	2.1	32.8	34.8	16.4	16.7	5.8	6.3	17.0	16.6
Eggs	-	-	0.1	0.1	8.7	8.3	0.9	1.0	3.7	3.4
Fish	0.1	0.1	1.7	1.7	1.1	1.1	0.8	0.8	0.1	0.1
Milk and dairy products	2.6	2.7	1.3	1.4	35.4	36.4	7.6	8.2	7.4	7.4

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לוח 4. מאזן אספקת המזון

2021

כמות שנתית, טונות

מצרך	ייצור וסחר חוץ Production and foreign trade				אספקה זמינה	אספקה זמינה לפי ייעוד		
	ייצור Production	שינוי המלאי Change in stocks	יצוא Exports	יבוא Imports	Available supply	תזונת בעלי חיים Animal feed	זרעים לזריעה Seeds for sowing	שימושים תעשייתיים Industrial uses
סך כולל								
דגנים ומוצריהם – סך הכל(1)	**232,989**	**16,355**	**123,146**	**2,467,225**	**2,560,713**	**968,996**	**2,643**	**53,230**
חיטה ואורז	152,387	-30,658	117,654	1,926,593	1,991,984	915,189	2,387	-
שיבולת שועל וגריסי פנינה	52,630	13	531	25,220	77,306	52,550	-	-
כוסמת	-	-	285	1,556	1,271	-	-	-
תירס(1)	27,972	47,000	4,675	513,856	490,153	1,257	256	53,230
תפוחי אדמה ועמילנים – סך הכל	**561,390**	**16,000**	**180,530**	**67,772**	**432,632**	**89**	**21,772**	**-**
תפוחי אדמה ועמילן תירס	509,412	15,000	173,673	23,253	343,992	-	21,772	-
עמילן תפוחי אדמה	51,978	1,000	6,857	44,520	88,640	89	-	-
סוכר, ממתקים ודבש – סך הכל	**8,179**	**15,311**	**60,001**	**444,332**	**377,199**	**2,000**	**-**	**13,433**
סוכר וממתקים	4,179	15,311	59,979	442,550	371,440	2,000	-	13,433
דבש	4,000	-	23	1,782	5,759	-	-	-
קטניות – סך הכל	**43,017**	**-**	**334**	**51,041**	**93,725**	**-**	**71**	**8,238**
שעועית	17,584	-	171	19,908	37,321	-	20	8,238
חמצה	5,400	-	68	17,268	22,600	-	-	-
עדשים	25	-	6	6,520	6,540	-	20	-
פולים	190	-	0	1,133	1,323	-	30	-
אפונה	19,818	-	88	6,212	25,942	-	1	-
גרעיני שמן ואגוזים – סך הכל	**25,060**	**-**	**8,207**	**111,672**	**128,525**	**-**	**1,500**	**-**
שומשומין	-	-	49	65,243	65,194	-	-	-
אגוזי אדמה (בוטנים), מקולפים	18,000	-	6,643	2,978	14,335	-	1,500	-
חמניות	1,600	-	867	10,791	11,524	-	-	-
אגוזים	5,460	-	647	32,661	37,473	-	-	-
ירקות ומקשה – סך הכל(1)	**1,418,592**	**-**	**202,637**	**184,848**	**1,400,802**	**4,000**	**-**	**14,603**
עגבניות	374,117	-	1,013	52,490	425,595	4,000	-	-
מלפפונים	92,545	-	275	31,109	123,379	-	-	-
גזר	186,305	-	93,477	4,144	96,973	-	-	-
פלפל	145,203	-	57,475	2,826	90,553	-	-	-
בצל יבש	81,261	-	2,682	1,684	80,263	-	-	-
ירקות אחרים	359,942	-	45,490	92,547	407,000	-	-	14,603
אבטיחים	119,062	-	2,159	22	116,925	-	-	-
מלונים	60,157	-	67	25	60,115	-	-	-
פירות – סך הכל	**1,348,588**	**-**	**366,754**	**517,396**	**1,499,230**	**-**	**-**	**106,000**
פירות הדר – סך הכל	***421,979***	***-***	***161,533***	***384,478***	***644,923***	***-***	***-***	***-***
תפוזים	46,572	-	7,302	259,652	298,922	-	-	-
אשכוליות ופומלות	128,974	-	56,356	1,262	73,880	-	-	-
לימונים	74,839	-	2,833	48	72,054	-	-	-
פירות הדר אחרים	171,594	-	95,042	123,515	200,067	-	-	-
פירות, ללא הדרים – סך הכל	***926,609***	***-***	***205,221***	***132,918***	***854,306***	***-***	***-***	***106,000***
זיתים למאכל	70,000	-	19	10,535	80,516	-	-	60,000
ענבים	109,520	-	56	18,886	128,350	-	-	46,000
פירות נשירים – סך הכל	188,405	-	17,017	89,122	260,510	-	-	-
תפוחי עץ	101,000	-	12,953	59,008	147,055	-	-	-
אגסים	24,700	-	1,848	12,148	35,001	-	-	-
שזיפים	17,000	-	106	8,441	25,335	-	-	-
אפרסקים	39,120	-	2,005	887	38,002	-	-	-
פירות נשירים אחרים	6,585	-	105	8,637	15,117	-	-	-
פירות סוב-טרופיים – סך הכל	558,684	-	188,129	14,376	384,930	-	-	2,000
תמרים	55,368	-	39,006	137	16,499	-	-	-
אבוקדו	165,000	-	85,905	1,505	80,600	-	-	-
אפרסמון	30,000	-	4,469	-	25,531	-	-	-
מנגו	58,397	-	28,282	2	30,116	-	-	-
קיווי	6,200	-	86	1,096	7,211	-	-	-
בננות	173,000	-	20,213	58	152,845	-	-	-
פירות סוב-טרופיים אחרים	70,719	-	10,168	11,577	72,128	-	-	2,000

גרסה מתוקנת: 27.06.2023.

TABLE 4. FOOD BALANCE SHEET

2021

Commodity	Supply per capita אספקה לנפש					Annual quantity, tons	
	שומן (גרם ליום)	חלבון (גרם ליום)	אנרגיה לתזונה (קק"ל ליום)	Food מזון		Available supply by designation	
				גרם ליום	ק"ג לשנה	מזון	שימושים אחרים ופחת
	Fats (gram per day)	Protein (gram per day)	Dietary energy (kcal. per day)	Gram per day	Kg. per year	Food	Other supply and waste
GRAND TOTAL	**167.7**	**113.2**	**3,862.1**				
Cereals and cereal products – total(1)	**6.5**	**34.0**	**1,117.1**	**438.4**	**160.0**	**1,499,560**	**36,285**
Wheat and rice	5.7	31.6	1,052.2	307.0	112.0	1,049,988	24,420
Oats and pearl barley	0.3	0.9	25.2	6.8	2.5	23,199	1,557
Buckwheat	0.0	0.0	1.2	0.4	0.1	1,240	31
Maize(1)	0.5	1.4	38.5	124.3	45.4	425,133	10,277
Potatoes and starches – total	**0.1**	**1.4**	**60.7**	**117.0**	**42.7**	**400,284**	**10,487**
Potatoes and corn starch	0.1	1.4	60.7	91.7	33.5	313,662	8,557
Potato starch	-	-	-	25.3	9.2	86,621	1,930
Sugar, sweets and honey – total	0.0	**0.0**	**387.6**	**103.1**	**37.6**	**352,715**	**9,050**
Sugar and sweets	0.0	-	382.6	101.5	37.0	347,072	8,935
Honey	-	0.0	5.0	1.6	0.6	5,643	116
Legumes – total	**0.6**	**5.9**	**87.0**	**24.9**	**9.1**	**85,168**	**247**
Beans	0.1	2.0	28.1	8.4	3.1	28,815	247
Chickpeas	0.4	1.3	24.0	6.6	2.4	22,600	-
Lentils	0.0	0.5	6.4	1.9	0.7	6,520	-
Horse beans	0.0	0.1	1.3	0.4	0.1	1,293	-
Peas	0.1	1.9	25.9	7.6	2.8	25,941	-
Oil grains and nuts – total	**14.6**	**5.2**	**167.7**	**36.3**	**13.3**	**124,291**	**2,735**
Sesame	9.0	3.2	105.9	18.7	6.8	63,889	1,305
Groundnuts (peanuts), shelled	1.8	0.9	20.6	3.6	1.3	12,415	420
Sunflowers	0.9	0.4	10.2	3.3	1.2	11,276	248
Nuts	3.0	0.7	31.0	10.7	3.9	36,710	762
Vegetables and melons – total(1)	**0.9**	**3.4**	**94.1**	**400.7**	**146.2**	**1,370,468**	**11,731**
Tomatoes	0.4	1.0	25.5	121.5	44.3	415,595	6,000
Cucumbers	0.0	0.2	4.3	36.1	13.2	123,377	2
Carrots	0.0	0.3	10.7	28.2	10.3	96,517	455
Peppers	0.0	0.2	5.8	26.5	9.7	90,523	30
Dry onions	0.0	0.2	8.0	23.5	8.6	80,231	32
Other vegetables	0.2	1.3	31.0	114.6	41.8	391,928	468
Watermelons	0.0	0.2	6.0	33.5	12.2	114,586	2,338
Other melons	0.0	0.1	2.7	16.9	6.2	57,710	2,405
Fruits – total	**4.2**	**2.4**	**192.4**	**394.8**	**144.1**	**1,350,458**	**42,772**
Citrus fruits – total	***0.2***	***1.0***	***53.3***	***181.7***	***66.3***	***621,368***	***23,555***
Oranges	0.1	0.6	28.9	85.1	31.1	291,089	7,833
Grapefruits and pomelos	0.0	0.1	3.3	20.5	7.5	70,083	3,797
Lemons	0.0	0.1	3.3	20.5	7.5	70,133	1,921
Other citrus fruits	0.1	0.3	17.8	55.6	20.3	190,064	10,003
Fruits, excluding citrus – total	***4.0***	***1.4***	***139.2***	***213.1***	***77.8***	***729,089***	***19,217***
Table olives	0.8	0.1	7.0	6.0	2.2	20,516	-
Grapes	0.1	0.2	16.9	23.8	8.7	81,370	980
Deciduous fruits – total	0.3	0.3	40.3	75.8	27.7	259,330	1,180
Apples	0.2	0.1	25.2	42.6	15.6	145,875	1,180
Pears	0.0	0.0	5.5	10.2	3.7	35,001	-
Plums	0.0	0.1	3.9	7.4	2.7	25,335	-
Peaches	0.0	0.1	3.7	11.1	4.1	38,002	-
Other deciduous fruits	0.0	0.1	2.1	4.4	1.6	15,117	-
Subtropical fruits – total	2.9	0.9	75.0	107.5	39.3	367,873	17,057
Dates	0.0	0.1	4.6	4.3	1.6	14,849	1,650
Avocados	2.7	0.3	28.0	23.6	8.6	80,600	-
Persimmons	0.0	0.0	4.5	7.5	2.7	25,531	-
Mangoes	0.0	0.0	4.0	8.8	3.2	30,116	-
Kiwis	0.0	0.0	1.1	2.1	0.8	7,211	-
Bananas	0.1	0.3	24.1	40.2	14.7	137,561	15,285
Other subtropical fruits	0.0	0.1	8.7	21.1	7.7	72,006	123

Revised version: 27.06.2023.

לוח 4. מאזן אספקת המזון (המשך)

2021

כמות שנתית, טונות

מצרך	ייצור וסחר חוץ Production and foreign trade				אספקה זמינה	אספקה זמינה לפי ייעוד		
	ייצור Production	שינוי המלאי Change in stocks	יצוא Exports	יבוא Imports	Available supply	תזונת בעלי חיים Animal feed	זרעים לזריעה Seeds for sowing	שימושים תעשייתיים Industrial uses
משקאות – סך הכל	**40**	**-**	**2**	**27**	**65**	**-**	**-**	**-**
מים(2)	40	-	0	9	49	-	-	-
בירה (יבוא)(2)	-	-	1	12	11	-	-	-
משקאות כוהליים ויין(יבוא)(2)	-	-	1	6	4	-	-	-
ממריצים – סך הכל	**-**	**147**	**17,489**	**138,075**	**120,439**	**-**	**-**	**-**
קפה	-	-	12,879	122,736	109,857	-	-	-
תה	-	147	130	2,369	2,092	-	-	-
פולי קקאו	-	-	4,480	12,971	8,491	-	-	-
שמנים ושומנים – סך הכל	**103,531**	**1,238**	**4,603**	**214,948**	**312,638**	**-**	**-**	**-**
שמן סויה	40,000	-	354	17,369	57,015	-	-	-
שמן זית	14,000	-	285	18,923	32,638	-	-	-
שמנים אחרים	44,955	-	3,866	172,571	213,660	-	-	-
חמאה	4,576	1,238	97	5,909	9,150	-	-	-
בשר – סך הכל	**569,753**	**-**	**3,552**	**105,702**	**671,903**	**-**	**-**	**-**
בקר, טרי וקפוא, משקל קרקאס	61,475	-	-	98,018	159,493	-	-	-
צאן, משקל קרקאס	17,958	-	1,076	1,654	18,536	-	-	-
חזירים	9,380	-	1	3	9,382	-	-	-
עוף	404,345	-	2,474	2,753	404,625	-	-	-
הודו	64,018	-	1	-	64,017	-	-	-
חלקי פְּנִים	12,577	-	-	3,274	15,851	-	-	-
ביצים	**142,438**	**-**	**-**	**9,930**	**152,368**	**-**	**-**	**-**
דגים – סך הכל	**8,487**	**-**	**2,641**	**78,567**	**84,414**	**-**	**-**	**-**
טריים וקפואים	8,487	-	433	11,143	19,198	-	-	-
קפואים פילה (יבוא)	-	-	102	49,587	49,485	-	-	-
מלוחים ואחרים (יבוא)	-	-	2,107	17,837	15,731	-	-	-
חלב ומוצריו – סך הכל	**1,666,546**	**7,392**	**44,362**	**178,577**	**1,808,152**	**-**	**-**	**109,824**
חלב בקר	1,620,942	6,710	43,711	169,557	1,753,497	-	-	109,824
חלב צאן	45,604	1,491	516	-	46,579	-	-	-
אבקת חלב (יבוא)	-	809	135	9,020	8,076	-	-	-

(1) תירס עבר מקבוצת ירקות ומקשה לקבוצת דגנים ומוצריהם.
(2) משקאות: יחידות הספירה – מיליוני ליטרים במקום טונות; ליטר במקום ק"ג; מ"ל במקום גרם.

גרסה מתוקנת: 27.06.2023.

TABLE 4. FOOD BALANCE SHEET (Cont.)

2021

Commodity	Supply per capita אספקה לנפש			Food מזון		Annual quantity, tons Available supply by designation	
	שומן (גרם ליום)	חלבון (גרם ליום)	אנרגיה לתזונה (קק"ל ליום)	גרם ליום	ק"ג לשנה	מזון	שימושים אחרים ופחת
	Fats (gram per day)	Protein (gram per day)	Dietary energy (kcal. per day)	Gram per day	Kg. per year	Food	Other supply and waste
Beverages – total	**-**	**0.1**	**44.7**	**191.1**	**69.8**	**65**	**-**
Water(2)	-	-	-	144.2	52.6	49	-
Beer (imports)(2)	-	0.1	12.9	31.4	11.5	11	-
Alcohol and wine (imports)(2)	-	-	31.8	15.5	5.7	4	-
Stimulants – total	**0.8**	**1.2**	**23.0**	**35.2**	**12.9**	**120,439**	**-**
Coffee	-	0.7	13.5	32.1	11.7	109,857	-
Tea	-	-	-	0.6	0.2	2,092	-
Cocoa beans	0.8	0.4	9.5	2.5	0.9	8,491	-
Oils and fats – total	**89.7**	**-**	**793.4**	**90.2**	**32.9**	**308,457**	**4,181**
Soya oil	16.6	-	146.4	16.6	6.0	56,668	347
Olive oil	9.4	-	83.4	9.4	3.4	32,259	378
Other oils	61.5	-	543.3	61.5	22.4	210,208	3,451
Butter	2.2	-	19.8	2.7	1.0	9,150	-
Meat – total	**30.0**	**35.7**	**422.8**	**195.8**	**71.5**	**669,789**	**2,114**
Beef, fresh and frozen, carcass weight	10.9	8.1	132.2	46.1	16.8	157,533	1,960
Mutton and goat, carcass weight	0.1	1.1	5.9	5.4	2.0	18,503	33
Pork	0.4	0.5	5.9	2.7	1.0	9,382	0
Poultry	17.8	22.0	254.3	118.3	43.2	404,569	55
Turkey	0.6	3.1	18.7	18.7	6.8	64,017	-
Innards	0.2	0.8	5.8	4.6	1.7	15,786	65
Eggs	**3.8**	**4.7**	**56.5**	**44.5**	**16.2**	**152,085**	**284**
Fish – total	**1.0**	**4.3**	**26.9**	**24.2**	**8.8**	**82,673**	**1,741**
Fresh and frozen	0.1	1.0	4.7	5.5	2.0	18,805	393
Frozen fillet (imports)	0.2	2.6	13.3	14.2	5.2	48,493	992
Salted and other (imports)	0.7	0.7	8.9	4.5	1.6	15,374	357
Milk and dairy products – total	**15.4**	**14.9**	**291.8**	**491.3**	**179.3**	**1,680,359**	**17,970**
Cow's milk	14.3	13.8	270.9	475.3	173.5	1,625,884	17,789
Sheep and goats milk	0.6	0.5	9.4	13.6	5.0	46,579	-
Powdered milk (imports)	0.6	0.6	11.4	2.3	0.8	7,896	180

(1) Corn was moved from the Vegetables and melons group to the Cereals and cereal products group.
(2) Beverages: units – millions of litres instead of tons; litre instead of kg; ml. instead of gram.

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לוח 5. מאזן אספקת המזון – ויטמינים ומינרלים לנפש ליום

מיליגרמים, אלא אם כן צוין אחרת

2021

מצרך	ויטמין A (יחידות בינ"ל) Vitamin A (Internat. units)	ויטמין B1 תיאמין Vitamin B1 (Thiamin)	ויטמין B2 ריבופלבין Vitamin B2 (Riboflavin)	ויטמין B3 ניאצין Vitamin B3 (Niacin)	ויטמין C (חומצה אסקורבית) Vitamin C (Ascorbic acid)
סך כולל	**6,539.4**	**2.4**	**2.2**	**32.8**	**181.8**
דגנים ומוצריהם – סך הכל(1)	**45.7**	**1.3**	**0.3**	**14.5**	**3.1**
חיטה	0.0	1.1	0.3	13.0	0.0
שיבולת שועל	4.1	0.0	0.0	0.0	0.0
גריסי פנינה	0.2	0.0	0.0	0.1	0.0
אורז	0.0	0.0	0.0	0.5	0.0
כוסמת	0.0	0.0	0.0	0.0	0.0
תירס(1)	0.0	0.1	0.0	0.8	3.1
תפוחי אדמה ועמילנים – סך הכל	**0.0**	**0.1**	**0.0**	**1.0**	**13.2**
תפוחי אדמה	0.0	0.1	0.0	1.0	13.2
קמח תפוחי אדמה	0.0	0.0	0.0	0.0	0.0
עמילן תירס	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	0.0	0.0	0.0	0.0	0.0
קטניות – סך הכל	**9.0**	**0.1**	**0.1**	**0.4**	**0.5**
שעועית	0.0	0.0	0.0	0.0	0.0
חמצה	4.4	0.0	0.0	0.1	0.3
עדשים	0.7	0.0	0.0	0.0	0.1
פולים	0.1	0.0	0.0	0.0	0.0
אפונה	3.8	0.1	0.0	0.2	0.1
גרעיני שמן ואגוזים – סך הכל	**14.8**	**0.3**	**0.1**	**1.6**	**0.2**
שומשומין	12.3	0.2	0.1	1.0	0.0
אגוזי אדמה (בוטנים), מקולפים	0.0	0.0	0.0	0.4	0.0
חמניות	0.3	0.0	0.0	0.1	0.0
אגוזים	2.1	0.0	0.0	0.1	0.2
ירקות ומקשה – סך הכל	**3,988.1**	**0.1**	**0.2**	**2.2**	**83.3**
עגבניות	756.9	0.1	0.1	0.8	23.2
מלפפונים	4.8	0.0	0.0	0.1	1.6
גזר	2,352.3	0.0	0.0	0.2	2.3
פלפל	45.9	0.0	0.0	0.1	19.3
בצל יבש	0.0	0.0	0.0	0.0	1.3
ירקות אחרים	634.4	0.0	0.1	0.6	27.4
אבטיחים	183.1	0.0	0.0	0.1	7.2
מלונים	10.7	0.0	0.0	0.2	0.8
פירות – סך הכל	**570.6**	**0.2**	**0.1**	**1.1**	**73.1**
פירות הדר – סך הכל	***170.3***	***0.1***	***0.0***	***0.3***	***54.6***
תפוזים	42.5	0.1	0.0	0.2	33.0
אשכוליות ופומלות	4.1	0.0	0.0	0.0	3.5
לימונים	1.4	0.0	0.0	0.0	5.7
פירות הדר אחרים	122.2	0.0	0.0	0.1	12.3
פירות, ללא הדרים – סך הכל	***400.3***	***0.1***	***0.1***	***0.9***	***18.6***
זיתים למאכל	18.0	0.0	0.0	0.0	0.0
ענבים	17.4	0.0	0.0	0.1	2.6
פירות נשירים – סך הכל	75.5	0.0	0.0	0.2	4.4
תפוחי עץ	22.6	0.0	0.0	0.0	2.4
אגסים	0.7	0.0	0.0	0.0	0.4
שזיפים	7.4	0.0	0.0	0.0	0.7
אפרסקים	15.2	0.0	0.0	0.1	0.6
פירות נשירים אחרים	29.7	0.0	0.0	0.0	0.4
פירות סוב-טרופיים – סך הכל	289.4	0.0	0.1	0.6	11.6
תמרים	0.4	0.0	0.0	0.0	0.5
אבוקדו	35.3	0.0	0.0	0.3	1.4
אפרסמון	138.5	0.0	0.0	0.0	0.5
מנגו	78.9	0.0	0.0	0.0	1.7
קיווי	1.1	0.0	0.0	0.0	1.3
בננות	6.7	0.0	0.0	0.1	2.4
פירות סוב-טרופיים אחרים	28.5	0.0	0.0	0.1	3.8

גרסה מתוקנת: 27.06.2023.

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

Milligrams, unless otherwise stated **2021**

Commodity	ברזל Iron	סידן Calcium	פחמימות Carbohydrates	סיבים תזונתיים Dietary fiber
GRAND TOTAL	**26.0**	**873.6**	**498.8**	**49.1**
Cereals and cereal products – total(1)	**15.4**	**106.9**	**246.5**	**35.6**
Wheat	14.7	92.8	205.7	34.7
Oats	0.2	2.1	2.7	0.4
Pearl barley	0.1	0.8	2.1	0.0
Rice	0.3	9.9	27.2	0.1
Buckwheat	0.0	0.1	0.3	0.0
Maize(1)	0.2	1.2	8.5	0.3
Potatoes and starches – total	**0.6**	**5.0**	**37.1**	**0.7**
Potatoes	0.5	4.5	12.0	0.3
Potato starch	0.0	0.0	2.0	0.1
Corn starch	0.1	0.5	23.1	0.2
Sugar, sweets and honey – total	**0.1**	**2.2**	**102.2**	**0.0**
Sugar	0.1	0.9	89.2	0.0
Sweets	0.0	1.2	11.7	0.0
Honey	0.0	0.1	1.4	0.0
Legumes – total	**1.9**	**33.6**	**15.1**	**2.5**
Beans	0.9	20.2	5.1	0.5
Chickpeas	0.4	6.9	4.0	1.1
Lentils	0.2	1.0	1.1	0.6
Horse beans	0.0	0.4	0.2	0.0
Peas	0.3	4.2	4.6	0.3
Oil grains and nuts – total	**1.9**	**34.4**	**7.0**	**3.8**
Sesame	1.5	24.5	4.9	3.2
Groundnuts (Peanuts), shelled	0.2	3.3	0.9	0.3
Sunflowers	0.1	2.1	0.3	0.1
Nuts	0.1	4.5	0.9	0.2
Vegetables and melons – total	**1.6**	**56.0**	**21.4**	**3.1**
Tomatoes	0.5	6.1	5.6	1.3
Cucumbers	0.1	4.7	1.0	0.2
Carrots	0.1	6.8	2.5	0.3
Peppers	0.1	1.9	1.4	0.1
Dry onions	0.0	4.2	1.8	0.1
Other vegetables	0.6	30.0	7.0	1.0
Watermelons	0.0	1.7	1.4	0.1
Other melons	0.0	0.7	0.6	0.0
Fruits – total	**0.8**	**53.5**	**41.3**	**3.2**
Citrus fruits – total	***0.2***	***34.3***	***13.6***	***0.5***
Oranges	0.1	24.7	7.3	0.3
Grapefruits and pomelos	0.0	1.2	0.8	0.0
Lemons	0.1	2.9	1.0	0.0
Other citrus fruits	0.0	5.6	4.5	0.1
Fruits, excluding citrus – total	***0.6***	***19.1***	***27.7***	***2.7***
Table olives	0.1	3.7	0.1	0.1
Grapes	0.1	2.6	4.2	0.2
Deciduous fruits – total	0.1	5.2	10.3	1.4
Apples	0.1	3.0	6.5	1.2
Pears	0.0	1.0	1.4	0.1
Plums	0.0	0.2	0.9	0.0
Peaches	0.0	0.4	0.9	0.1
Other deciduous fruits	0.0	0.6	0.5	0.0
Subtropical fruits – total	0.3	7.6	13.2	1.0
Dates	0.0	0.9	1.1	0.1
Avocados	0.2	1.9	1.3	0.4
Persimmons	0.0	0.5	1.2	0.1
Mangoes	0.0	0.6	1.0	0.1
Kiwis	0.0	0.5	0.3	0.0
Bananas	0.1	1.6	6.1	0.1
Other subtropical fruits	0.0	1.6	2.2	0.2

Revised version: 27.06.2023.

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

מיליגרמים, אלא אם כן צוין אחרת

2021

מצרך	ויטמין A (יחידות בינ"ל) Vitamin A (Internat. units)	ויטמין B1 תיאמין Vitamin B1 (Thiamin)	ויטמין B2 ריבופלבין Vitamin B2 (Riboflavin)	ויטמין B3 ניאצין Vitamin B3 (Niacin)	ויטמין C (חומצה אסקורבית) Vitamin C (Ascorbic acid)
משקאות – סך הכל	**0.0**	**0.0**	**0.0**	**0.1**	**0.0**
מים	0.0	0.0	0.0	0.0	0.0
בירה (יבוא)	0.0	0.0	0.0	0.1	0.0
משקאות כוהליים (יבוא)	0.0	0.0	0.0	0.0	0.0
ממריצים – סך הכל	**0.0**	**0.0**	**0.0**	**0.0**	**0.0**
קפה	0.0	0.0	0.0	0.0	0.0
תה	0.0	0.0	0.0	0.0	0.0
פולי קקאו	0.0	0.0	0.0	0.0	0.0
שמנים ושומנים – סך הכל	**68.0**	**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	0.0
חמאה	68.0	0.0	0.0	0.0	0.0
בשר – סך הכל	**1,110.8**	**0.1**	**0.4**	**10.8**	**3.5**
בקר, טרי וקפוא, משקל קרקאס	0.0	0.0	0.1	1.4	0.0
צאן, משקל קרקאס	0.0	0.0	0.0	0.2	0.0
חזירים	0.2	0.0	0.0	0.1	0.0
עוף	161.6	0.1	0.1	8.0	1.9
הודו	0.6	0.0	0.0	0.6	0.0
חלקי פְּנִים	948.4	0.0	0.1	0.4	1.6
ביצים	**240.1**	**0.0**	**0.2**	**0.0**	**0.0**
דגים – סך הכל	**7.6**	**0.0**	**0.0**	**0.6**	**0.2**
טריים וקפואים	1.7	0.0	0.0	0.2	0.1
קפואים פילה (יבוא)	5.7	0.0	0.0	0.3	0.1
מלוחים ואחרים (יבוא)	0.2	0.0	0.0	0.1	0.0
חלב ומוצריו – סך הכל	**484.7**	**0.2**	**0.8**	**0.4**	**4.6**
חלב בקר	438.2	0.2	0.7	0.4	4.3
חלב צאן	25.2	0.0	0.0	0.0	0.2
אבקת חלב (יבוא)	21.3	0.0	0.0	0.0	0.2

(1) תירס עבר מקבוצת ירקות ומקשה לקבוצת דגנים ומוצריהם.

גרסה מתוקנת: 27.06.2023.

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

Milligrams, unless otherwise stated **2021**

Commodity	ברזל Iron	סידן Calcium	פחמימות Carbohydrates	סיבים תזונתיים Dietary fiber
Beverages – total	**0.0**	**4.5**	**1.2**	**0.1**
Water	0.0	2.9	0.0	0.0
Beer (imports)	0.0	1.6	1.2	0.1
Alcohol (imports)	0.0	0.0	0.0	0.0
Stimulants – total	**0.0**	**0.0**	**2.8**	**0.3**
Coffee	0.0	0.0	2.7	0.0
Tea	0.0	0.0	0.0	0.0
Cocoa beans	0.0	0.0	0.2	0.3
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	0.6	0.0	0.0
Meat – total	**2.7**	**19.7**	**0.2**	**0.0**
Beef, fresh and frozen, carcass weight	0.9	3.2	0.0	0.0
Mutton and goat, carcass weight	0.2	0.7	0.0	0.0
Pork	0.0	0.5	0.0	0.0
Poultry	1.1	13.0	0.0	0.0
Turkey	0.2	1.7	0.0	0.0
Innards	0.4	0.5	0.2	0.0
Eggs	**0.5**	**18.7**	**0.5**	**0.0**
Fish – total	**0.3**	**23.9**	**0.0**	**0.0**
Fresh and frozen	0.1	6.6	0.0	0.0
Frozen fillet (imports)	0.1	15.2	0.0	0.0
Salted and other (imports)	0.0	2.1	0.0	0.0
Milk and dairy products – total	**0.2**	**514.6**	**23.4**	**0.0**
Cow's milk	0.2	475.3	21.9	0.0
Sheep and goats milk	0.0	18.2	0.6	0.0
Powdered milk (imports)	0.0	21.1	0.9	0.0

(1) Corn was moved from the Vegetables and melons group to the Cereals and cereal products group.

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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

2020

Country	שומן (גרם) Fats (gram)	חלבון (גרם) Protein (gram)	אנרגיה לתזונה Dietary energy (kcal.)	מדינה
Israel	**155**	**109**	**3,876**	**ישראל**
Austria	182	102	3,663	אוסטרייה
Australia	154	109	3,305	אוסטרליה
Italy	151	97	3,504	איטליה
Iceland	168	112	3,404	איסלנד
Ireland	160	109	3,752	אירלנד
United States	182	113	3,886	ארצות הברית
Germany	163	102	3,588	גרמניה
Denmark	135	101	3,221	דנמרק
Netherlands	139	106	3,440	הולנד
Hungary	151	86	3,327	הונגריה
United Kingdom	143	100	3,326	הממלכה המאוחדת
Turkey	125	111	3,744	טורקייה
Greece	154	96	3,294	יוון
Japan	84	72	2,544	יפן
Jordan	91	61	2,445	ירדן
Lebanon	86	67	2,841	לבנון
Egypt	61	87	3,278	מצרים
Mexico	103	87	3,147	מקסיקו
Norway	131	104	3,315	נורווגיה
New Zealand	121	86	3,162	ניו זילנד
Slovenia	116	95	3,109	סלובניה
Slovakia	149	70	2,931	סלובקיה
Spain	152	104	3,266	ספרד
Poland	132	104	3,547	פולין
Portugal	145	100	3,407	פורטוגל
Finland	137	109	3,285	פינלנד
Czech Republic	151	88	3,309	צ'כיה
France	149	111	3,459	צרפת
Canada	160	101	3,537	קנדה
Russian Federation	116	98	3,328	רוסיה
Sweden	132	101	3,191	שוודיה
Switzerland	159	94	3,366	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 קבוצת מצרכים

Percentages — **2020** — אחוזים

Country	יתר המצרכים Other commodities	פירות (ללא יין) Fruits (excluding wine)	שמנים ושומנים Oils and fats	חלב (ללא חמאה) 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)	סך הכל Total	מדינה
Israel	**8**	**5**	**20**	**8**	**12**	**6**	**12**	**29**	**100**	**ישראל**
Austria	20	3	13	8	12	5	12	25	100	אוסטרייה
Australia	14	3	17	11	16	4	13	22	100	אוסטרליה
Italy	11	4	19	8	12	4	9	33	100	איטליה
Iceland	16	4	6	17	22	4	10	21	100	איסלנד
Ireland	16	3	11	9	13	5	13	30	100	אירלנד
United States	11	4	19	10	17	4	15	21	100	ארצות הברית
Germany	18	3	14	11	11	5	12	25	100	גרמניה
Denmark	19	3	6	12	15	6	14	25	100	דנמרק
Netherlands	14	5	10	15	12	6	11	24	100	הולנד
Hungary	19	3	14	7	14	4	11	27	100	הונגריה
United Kingdom	12	4	13	10	16	6	9	30	100	הממלכה המאוחדת
Turkey	11	4	15	9	5	6	8	41	100	טורקייה
Greece	11	5	20	12	11	6	8	26	100	יוון
Japan	12	2	13	4	15	4	9	39	100	יפן
Jordan	9	2	19	6	7	4	13	40	100	ירדן
Lebanon	10	4	14	5	6	6	14	41	100	לבנון
Mexico	6	5	5	2	5	5	8	64	100	מקסיקו
Egypt	9	4	9	5	15	2	13	42	100	מצרים
Norway	20	4	9	9	16	4	8	31	100	נורווגיה
New Zealand	19	3	7	5	15	4	17	29	100	ניו זילנד
Slovenia	16	4	9	9	10	5	10	37	100	סלובניה
Slovakia	23	2	13	7	10	5	11	29	100	סלובקיה
Spain	12	3	22	8	16	6	10	23	100	ספרד
Poland	14	2	8	7	14	8	12	33	100	פולין
Portugal	16	4	13	8	16	6	7	29	100	פורטוגל
Finland	15	3	6	14	18	5	9	30	100	פינלנד
Czech Republic	22	2	17	9	11	6	10	23	100	צ'כיה
France	15	3	12	9	15	5	10	31	100	צרפת
Canada	17	4	16	7	13	6	12	25	100	קנדה
Russian Federation	11	2	10	8	13	7	12	36	100	רוסיה
Sweden	16	3	12	12	13	5	11	27	100	שוודיה
Switzerland	14	4	15	13	15	4	13	22	100	שווייץ

(1) Including legumes.

(1) כולל קטניות.