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**PHILIPPINE STATISTICS AUTHORITY**

# Food Balance Sheets of the Philippines

2020 to 2022



The **Food Balance Sheets (FBS) of the Philippines**  
is an annual publication prepared by the Agricultural Accounts Division of the  
PHILIPPINE STATISTICS AUTHORITY (PSA).

For technical inquiries, please direct calls at:  
(+632) 8376-1954

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The generation of the 2020 to 2022 FBS using the R-Shiny Tool was carried out through the technical guidance and valuable feedback of FAO Headquarters’ technical experts including Mr. Tomasz Filipczuk, Ms. Sumeda Siriwardena, Mr. Birkan Durak, Mr. Dominique Habimana, and Ms. Cristina Valdivia. This report would not have been possible without their significant inputs.

## FOREWORD

The Food Balance Sheet (FBS) presents a comprehensive picture of the country's food supply during a specified reference period. It gives an indication of the adequacy of food supply relative to the nutritional requirement of the population. It is a useful tool in designing, planning, and assessing the policies and programs related to food security and nutrition.

The FBS of the Philippines is an annual publication of the Philippine Statistics Authority (PSA). The statistical tables cover the reference period 2020 to 2022, while the highlights focus on the 2022 data.

While the FBS report is being prepared annually, PSA will continue to carry out improvements in the data support and the compiling system for FBS. This report includes technical notes to provide brief description on the data source, data coverage, estimation methodology, parameters, and technical conversion ratios as well as the terms and definitions that will guide the data users.

The PSA welcomes comments and suggestions from the data users for further improvement of this publication.



**CLAIRE DENNIS S. MAPA, PhD**  
Undersecretary  
National Statistician and Civil Registrar General

Quezon City, Philippines  
30 June 2023

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## TECHNICAL NOTES ON THE PREPARATION OF FOOD BALANCE SHEETS OF THE PHILIPPINES

### I. BACKGROUND

The Food Balance Sheet (FBS) is an aggregated and analytical data set that presents a comprehensive picture of the pattern of a country's food supply during a specified reference period. FBS provides estimates for every food item of per capita food available for human consumption in terms of quantity, calories, proteins, and fats (Global Strategy to Improve Agricultural and Rural Statistics, "Guidelines for the compilation of Food Balance Sheets", October 2017). The FBS is also useful for analyzing the country's overall diet. It estimates the country's overall Dietary Energy Supply (DES) and micronutrient availability like fats and proteins. DES serves as an indicator if the food supply is sufficient nationally.

The Philippines was one of the beneficiaries and key partners in the Food and Agriculture Organization (FAO) Regional Project (TCP/RAS/3409), "Building Statistical Capacity for Quality Food Security and Nutrition Information in Support of Better-Informed Policies" which started in 2013. Through this project, the Philippines participated in the series of capacity building on the compilation of FBS. FAO provided an excel-based compiling system in processing the FBS from 2016 to 2021.

In 2022, FAO introduced a new compiling system, the R-Shiny tool, through the project "TCP/PHI/3902/C2: Strengthening of Agricultural Statistics through the Review and Assessment of the Agricultural Indicators System (AIS) and Supply Utilization Accounts (SUA)". The project included series of trainings on the new definitions and concepts for the different SUA variables, data entry in the R-Shiny tool, and different functionalities of the tool including commodity balancing. The R-Shiny tool compiling system was used to generate the 2020 to 2022 FBS.

### II. SOURCES OF BASIC DATA

The compilation of the FBS requires basic data on production, stocks, foreign trade, domestic utilization, nutrient values, dietary allowances, and population which were obtained from the results of censuses, household and establishment surveys, administrative reports of government agencies, and special studies conducted by various research institutions.

## 1. Production

### 1.1 Crops

The production data of palay and corn were obtained from the quarterly Palay Production Survey (PPS) and Corn Production Survey (CPS) of the PSA. Data for other crops were sourced from the Crops Production Survey (CrPS).

The Sugar Regulatory Administration (SRA) provides data on centrifugal sugar and raw sugar.

### 1.2 Livestock and Poultry

For livestock and poultry animals, production data including the production of milk and eggs were taken from the Backyard Livestock and Poultry Survey (BLPS) and Commercial Livestock and Poultry Survey (CLPS) of the PSA. Data used include the inventory of animals and production of milk and eggs which were disaggregated for all types of animals such as carabao, cattle, hogs, goat, chicken, and ducks.

### 1.3 Fisheries

For fisheries, production data were sourced from the quarterly fishery surveys of the PSA such as the Quarterly Aquaculture Survey (QAqS), Quarterly Commercial Fisheries Survey (QCFS), Quarterly Municipal Fisheries Survey (QMFS), and Quarterly Inland Fisheries Survey (QIFS).

### 1.4 Processed Food Commodities

Data for processed food commodities used the Technical Conversion Factors for Agricultural Commodities sourced from FAO (Annex 1).

## 2. Stocks

Stock data on rice and corn were obtained from monthly rice and corn stocks inventory which are generated from three sectors namely: household, commercial, and government. The household and commercial stocks are taken from the results of Rice and Corn Stocks Survey Household (RCSS:H) and Rice and Corn Stocks Survey Commercial (RCSS:C) of the PSA. The government stocks are sourced from National Food Authority (NFA).

## 3. Foreign Trade

Data on the volume of exports and imports of each food commodity were obtained from the Foreign Trade Statistics (FTS) compiled by the PSA.

## 4. Domestic Utilization

Data on domestic utilization such as feeds, seeds, loss, and processed for food and non-food (industrial use) for selected primary commodities were obtained from the parameters being used in the compilation of Supply Utilization Accounts (SUA) for Selected Agricultural Commodities (Annex 2).

## 5. Balancing Item

The balancing item for the 78 food commodities covered in the SUA for Selected Agricultural Commodities was adopted. For the other remaining commodities, the R-Shiny tool proportionally distributes the imbalances among the utilization components.

## 6. Nutrient Values

The nutrient values in terms of energy, proteins, and fats for each food item were obtained from the 1997 Food Composition Table (FCT) published by the Department of Science and Technology-Food and Nutrition Research Institute (DOST-FNRI), and from the FAO and World Standard Nutritional Values (Annex 3).

## 7. Population

The mid-year population estimates of the PSA based on the 2015 Census of Population were used for the estimation of the per capita food supply and the per capita food nutrient.

## III. ESTIMATION METHODOLOGY

### 1. Total Domestic Supply (TDS)

$$TDS = Production + Imports - Changes in Stocks$$

This represents the quantity of food supplies available before disposal to non-food and food uses. It is obtained by adding the change in stocks (i.e., if the sign is negative) and subtracting it (i.e., if the sign is positive) from production, plus imports.

#### 1.1 Production

##### 1.1.1 Unprocessed Food Commodities

All production data in the PSA data system were accounted for in the compilation of the FBS.

## 1.1.2 Processed Food Commodities

Production estimates of the processed food commodities were derived by applying appropriate parameters taken from FAO's publication of Technical Conversion Factors for Agricultural Commodities (Annex 1).

## 1.2 Changes in Stocks

$$\text{Changes in Stocks} = \text{Ending Stocks} - \text{Beginning Stocks}$$

## 1.3 Imports

Data on imports of commodities in terms of quantity (in net kilogram equivalent) were sourced from the FTS of the PSA. Trade commodities are matched using the Philippine Standard Commodity Classification (PSCC) codes with the Central Product Classification (CPC) and Harmonized System (HS).

## 2. Total Domestic Utilization (TDU)

$$\text{TDU} = \text{Net food disposable} + \text{non-food utilization} + \text{processed for food}$$

The net food disposable represents the total amount of food available for consumption while non-food refers to a part of total domestic utilization which is used for export, seed, feed, processed for non-food (industrial use) including the amount lost.

### 2.1 Net Food Disposable

The net food disposable was obtained by deducting the total amount of allowances for non-food utilization and processed for food from the total domestic supply of food commodities. The amount derived represents the actual quantity of food in the retail stage or "as purchased basis".

### 2.2 Non-food Utilization

Estimates of non-food utilization such as feeds, seeds, loss, and processed for non-food (industrial use) made use of the parameters from SUA for Selected Agricultural Commodities (Annex 2) and FAO's Technical Conversion Factors for Agricultural Commodities (Annex 1).

2.2.1 Export, which refers to the data on exports of commodities in terms of quantity (in net kilogram equivalent) were sourced from the FTS of the PSA. Trade commodities are matched using the PSCC with the CPC and HS;

2.2.2 Feed, which refers to the amount of food for animals, was estimated by applying appropriate parameters to the reported total production of certain food crops;

2.2.3 Seed, which refers to the quantity of food crops used as seeds or planting materials, was estimated by applying the recommended seeding allowance per hectare by type of crop;

2.2.4 Processed for non-food (industrial use), which refers to the quantity of food crops converted into non-food commodities for industrial and manufacturing purposes, was estimated using the available parameters as shown in Annex 2; and

2.2.5 Loss, which refers to the amount of losses that occur during harvesting, infestations, spoilage, storage, distribution, etc., was estimated by applying the required loss parameters to the total production or total domestic supply.

### **2.3 Processed for Food Utilization**

Processed for Food refers to the quantity of food crops which are further processed into other form of food commodities.

## **3. Per Capita Food Supply**

### 3.1 Annual Per Capita Food Supply (in kilograms)

The annual per capita food supply in kilograms was estimated by dividing the net available food supply in metric tons by the estimated mid-year population multiplied by 1,000.

### 3.2 Daily Per Capita Food Supply (in grams)

The daily per capita food supply in grams was estimated by dividing the annual per capita food supply by 365 days multiplied by 1,000.

## **4. Nutrient Supply**

The nutrient equivalent of the food supply in terms of energy, proteins, and fats are computed by multiplying the daily per capita food supply in grams by the corresponding nutrient values per 100 grams and then dividing it by 100.

# **FOOD BALANCE SHEETS (FBS) OF THE PHILIPPINES**



**I. FOOD SUPPLY SITUATION IN THE PHILIPPINES**

**FOOD**

The annual per capita supply of cereals and products (excluding beer) available for food was recorded at 269.0 kilograms in 2022. This was an increase of 0.4 percent from the previous year’s level of 268.0 kilograms. This increase was attributed to the increase in imports. The increase in the supply of sweeteners at 4.0 percent from 25.0 kilograms in 2021 to 26.0 kilograms in 2022 was also attributed to imports.

Increments in per capita food supply were also noted in pulses and products at 100.0 percent, oilcrops (excluding products) at 11.1 percent, alcohol (including beer and wine) at 9.1 percent, and meat (slaughtered) and products at 6.1 percent.

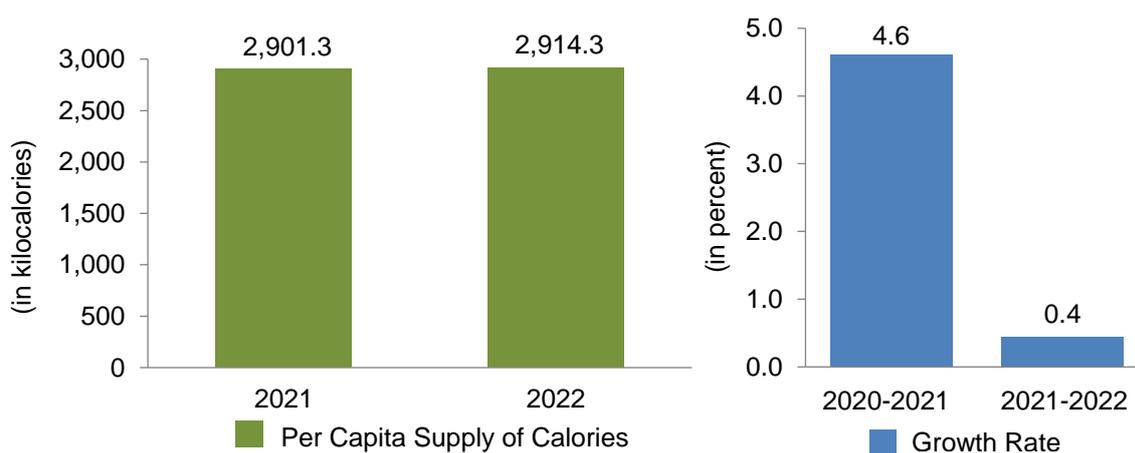
On the other hand, the per capita supply of food available for consumption recorded contractions in the following food groups:

- a) Beverage crops by -50.0 percent;
- b) Vegetable oils and products by -25.0 percent;
- c) Fruits and products (excluding wine) by -4.7 percent;
- d) Vegetables and products by -4.5 percent; and
- e) Fish, seafood and products by -3.6 percent.

(Table 1)

**CALORIES**

Figure 1. Daily Per Capita Supply of Calories, Philippines



Source: Philippine Statistics Authority

In 2022, the total per capita supply of calories available from all the food products was recorded at 2,914.3 kilocalories per day. This indicates a 0.4 percent increase compared with the 2,901.3 kilocalories per day in 2021.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

The increases were contributed by the higher supply of calories from the commodity food groups as follows:

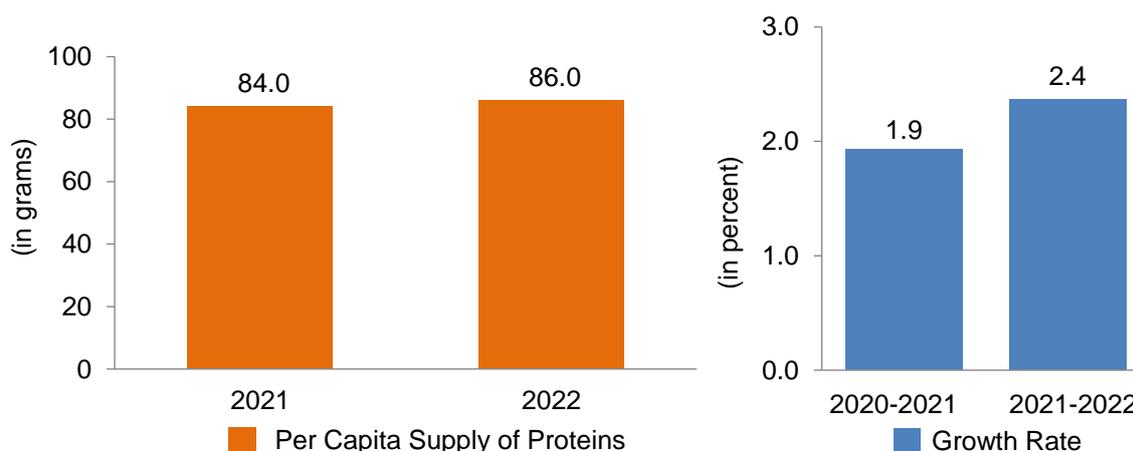
- a) Pulses and products by 56.5 percent;
- b) Beverage crops by 31.1 percent;
- c) Oilcrops (excluding products) by 18.1 percent;
- d) Milk and products by 13.0 percent;
- e) Meat (slaughtered) and products by 8.8 percent;
- f) Eggs and products by 6.3 percent;
- g) Edible offals by 4.3 percent;
- h) Sweeteners by 3.4 percent;
- i) Alcohol (including beer and wine) by 1.5 percent;
- j) Cereals and products (excluding beer) by 0.4 percent;
- k) Vegetables and products by 0.3 percent; and
- l) Starchy roots and products by 0.1 percent.

Meanwhile, reductions in the supply of calories were noted in the following:

- a) Spices at -36.3 percent;
  - b) Vegetable oils and products at -26.2 percent;
  - c) Treenuts and products at -23.6 percent;
  - d) Sugarcrops (excluding products) at -11.9 percent
  - e) Animal fats and products at -5.8 percent;
  - f) Fish, seafood and products at -4.0 percent; and
  - g) Fruits and products (excluding wine) at -2.9 percent.
- (Figure 1 and Table 1)

### PROTEINS

Figure 2. Daily Per Capita Supply of Proteins, Philippines



Source: Philippine Statistics Authority

## FOOD BALANCE SHEETS OF THE PHILIPPINES

The available per capita supply of proteins reached 86.0 grams per day or 2.4 percent more this year. Higher supplies of proteins were recorded in the following food groups:

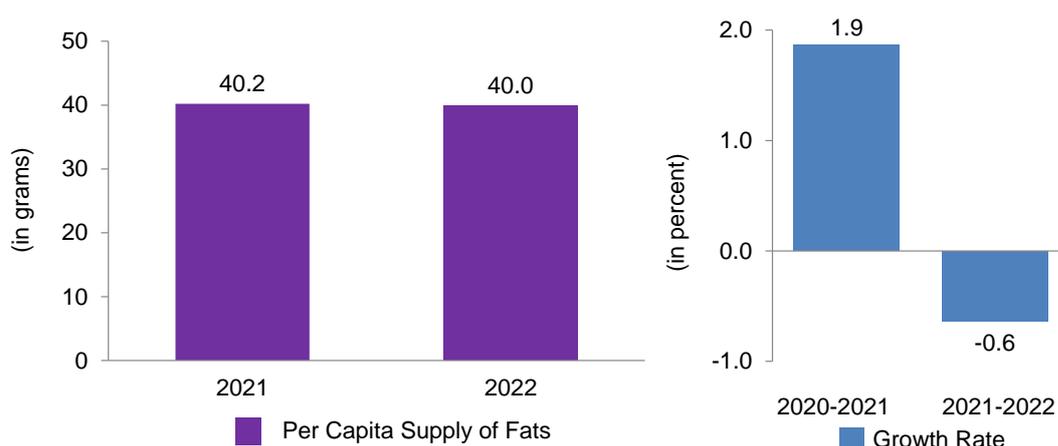
- a) Alcohol (including beer and wine) by 83.3 percent;
- b) Pulses and products by 56.7 percent;
- c) Oilcrops (excluding products) by 26.4 percent;
- d) Beverage crops by 16.0 percent;
- e) Milk and products by 8.8 percent;
- f) Meat (slaughtered) and products by 8.2 percent;
- g) Eggs and products by 6.4 percent;
- h) Edible offals by 4.3 percent;
- i) Animal fats and products by 4.3 percent; and
- j) Cereals and products (excluding beer) by 0.4 percent.

On the other hand, declines in the available protein supplies were registered in the following food groups:

- a) Sweeteners by -50.0 percent;
  - b) Spices by -33.3 percent;
  - c) Treenuts and products by -20.0 percent;
  - d) Fish, seafood and products by -3.8 percent; and
  - e) Fruits and products (excluding wine) by -2.3 percent.
- (Figure 2 and Table 1)

### FATS

Figure 3. Daily Per Capita Supply of Fats, Philippines



Source: Philippine Statistics Authority

The total per capita supply of fats was recorded at 40.0 grams per day in 2022, which was -0.6 percent lower compared with the previous year's level. The food commodity groups which recorded increases were as follows:

- a) Pulses and products at 100.0 percent;
- b) Beverage crops at 69.6 percent;

## FOOD BALANCE SHEETS OF THE PHILIPPINES

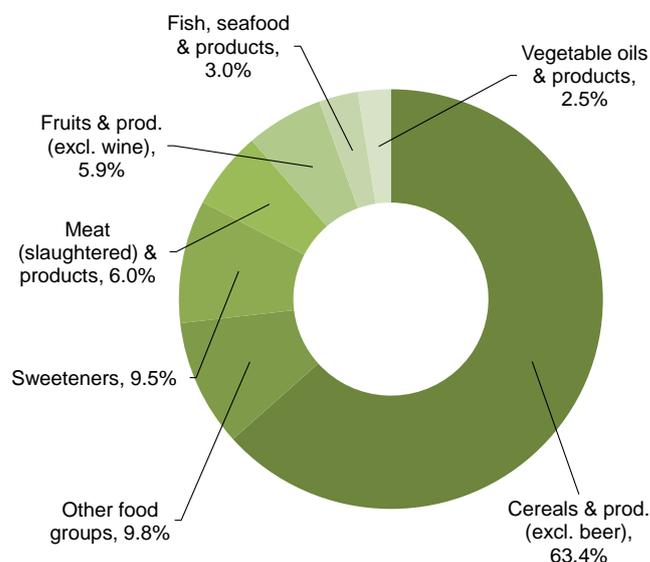
- c) Cereals and products (excluding beer) at 31.8 percent;
- d) Milk and products at 25.7 percent;
- e) Oilcrops (excluding products) at 23.6 percent;
- f) Meat (slaughtered) and products at 9.2 percent;
- g) Eggs and products at 6.6 percent; and
- h) Edible offals at 4.5 percent.

Meanwhile, contractions were registered in the following food groups:

- a) Spices by -60.0 percent;
  - b) Sweeteners by -50.0 percent;
  - c) Vegetable oils and products by -25.9 percent;
  - d) Treenuts and products by -23.1 percent;
  - e) Vegetables and products by -6.3 percent;
  - f) Animal fats and products by -6.0 percent;
  - g) Fish, seafood and products by -5.6 percent; and
  - h) Fruits and products (excluding wine) by -2.2 percent.
- (Figure 3 and Table 1)

### PERCENT SHARE

Figure 4. Percent Distribution of Daily Per Capita Supply of Calories by Source, Philippines, 2022



Details may not add up to 100% due to rounding.  
Source: Philippine Statistics Authority

Cereals and products (excluding beer) contributed the highest daily per capita supply of calories at 1,846.8 kilocalories. It contributed 63.4 percent to the total supply of calories. The percent contributions of the other commodity food groups to the total supply of calories were as follows:

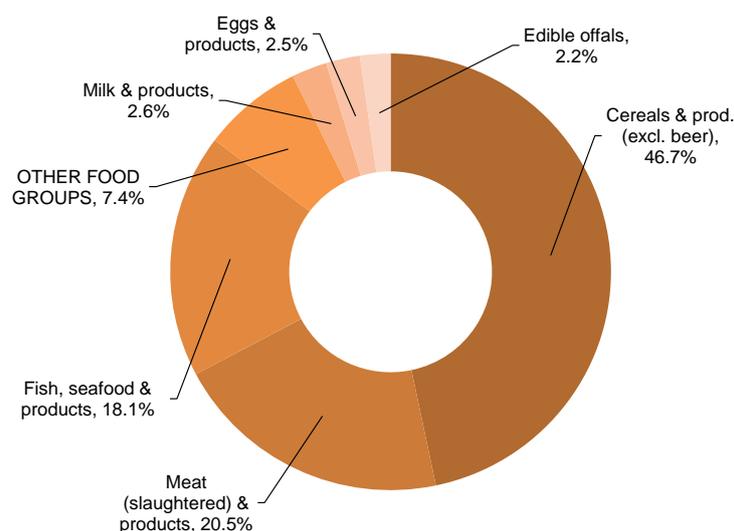
- a) Sweeteners with 9.5 percent;

## FOOD BALANCE SHEETS OF THE PHILIPPINES

- b) Meat (slaughtered) and products with 6.0 percent;
- c) Fruits and products (excluding wine) with 5.9 percent;
- d) Fish, seafood and products with 3.0 percent;
- e) Vegetable oils and products with 2.5 percent;
- f) Oilcrops (excluding products) with 1.6 percent;
- g) Animal fats and products with 1.4 percent;
- h) Starchy roots and products with 1.2 percent;
- i) Alcohol (including beer and wine) with 1.1 percent; and
- j) Eggs and products with 1.0 percent.

Meanwhile, less than 1.0 percent shares were provided by vegetables and products, milk and products, edible offals, pulses and products, beverage crops, sugarcrops (excluding products), treenuts and products, spices, and miscellaneous. (Figure 4, and Tables 1 and 2)

Figure 5. Percent Distribution of Daily Per Capita Supply of Proteins by Source, Philippines, 2022



Details may not add up to 100% due to rounding.

Source: Philippine Statistics Authority

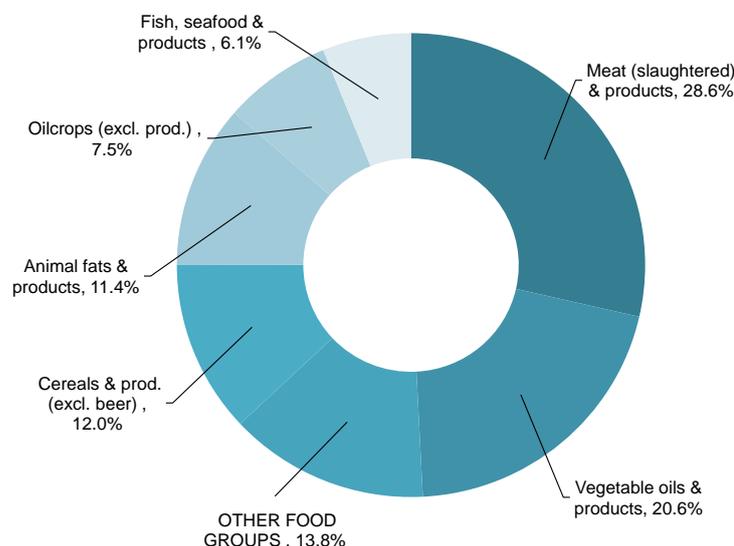
In 2022, cereals and products (excluding beer) was the major source of protein at 40.2 grams per capita per day. It shared 46.7 percent to the total protein supply. The shares of other food groups to the total supply of proteins were the following:

- a) Meat (slaughtered) and products with 20.5 percent;
- b) Fish, seafood and products with 18.1 percent;
- c) Milk and products with 2.6 percent;
- d) Eggs and products with 2.5 percent;
- e) Edible offals with 2.2 percent;
- f) Fruits and products (excluding wine) with 2.0 percent;
- g) Oilcrops (excluding products) with 1.8 percent;
- h) Pulses and products with 1.2 percent; and
- i) Vegetables and products with 1.1 percent.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

In addition, less than 1.0 percent contributions were noted in starchy roots and products, beverage crops, animal fats and products, alcohol (including beer and wine), sweeteners, treenuts and products, spices, and sugarcrops (excluding products). (Figure 5, and Tables 1 and 2)

Figure 6. Percent Distribution of Daily Per Capita Supply of Fats by Source, Philippines, 2022



Details may not add up to 100% due to rounding.  
Source: Philippine Statistics Authority

Meat (slaughtered) and products, which accounted for 28.6 percent of the total supply of fats was recorded at 11.4 grams per capita per day in 2022. The shares of other food groups to the total supply of fats were as follows:

- a) Vegetable oils and products with 20.6 percent;
- b) Cereals and products (excluding beer) with 12.0 percent;
- c) Animal fats and products with 11.4 percent;
- d) Oilcrops (excluding products) with 7.5 percent;
- e) Fish, seafood and products with 6.1 percent;
- f) Eggs and products with 4.9 percent;
- g) Edible offals with 3.5 percent;
- h) Fruits and products (excluding wine) with 2.3 percent;
- i) Milk and products with 1.1 percent; and
- j) Beverage crops with 1.0 percent.

The food groups with less than 1.0 percent shares to the total daily per capita supply of fats include vegetables and products, treenuts and products, starchy roots and products, pulses and products, spices, sugarcrops (excluding products), and sweeteners. (Figure 6, and Tables 1 and 2)

# STATISTICAL TABLES

## FOOD BALANCE SHEETS OF THE PHILIPPINES

Table 1. Per Capita Supply of Food, Calories, Proteins, and Fats,  
Philippines, 2020 to 2022

Items	PER CAPITA SUPPLY									
	Food					Calories				
	Kilograms/Year			Growth Rates (in percent)		Kilocalories/Day			Growth Rates (in percent)	
	2020	2021	2022	20-21	21-22	2020	2021	2022	20-21	21-22
<b>Products</b>										
<b>Grand total</b>						<b>2,773.6</b>	<b>2,901.3</b>	<b>2,914.3</b>	<b>4.6</b>	<b>0.4</b>
<b>Vegetable products</b>						<b>2,398.6</b>	<b>2,538.6</b>	<b>2,538.5</b>	<b>5.8</b>	<b>-0.01</b>
<b>Animal products</b>						<b>375.0</b>	<b>362.7</b>	<b>375.8</b>	<b>-3.3</b>	<b>3.6</b>
Cereals & prod. (excl. beer)	252.0	268.0	269.0	6.3	0.4	1,728.8	1,838.9	1,846.8	6.4	0.4
Starchy roots & products	12.0	12.0	12.0	0.0	0.0	36.4	35.7	35.8	-1.8	0.1
Sugarcrops (excl. prod.)	2.0	2.0	2.0	0.0	0.0	3.1	3.3	2.9	6.5	-11.9
Sweeteners	25.0	25.0	26.0	0.0	4.0	265.1	266.8	275.9	0.6	3.4
Pulses & products	1.0	1.0	2.0	0.0	100.0	10.4	10.5	16.4	0.8	56.5
Treenuts & products	0.0	0.0	0.0	0.0	0.0	1.7	1.8	1.4	6.0	-23.6
Oilcrops (excl. prod.)	9.0	9.0	10.0	0.0	11.1	40.7	39.9	47.1	-1.8	18.1
Vegetable oils & products	4.0	4.0	3.0	0.0	-25.0	85.9	98.7	72.9	14.9	-26.2
Vegetables & products	22.0	22.0	21.0	0.0	-4.5	26.9	26.0	26.1	-3.2	0.3
Fruits & prod. (excl. wine)	76.0	85.0	81.0	11.8	-4.7	152.4	177.4	172.2	16.4	-2.9
Beverage crops	5.0	2.0	1.0	-60.0	-50.0	9.7	5.0	6.6	-48.5	31.1
Spices	0.0	0.0	0.0	0.0	0.0	1.7	1.7	1.1	-2.3	-36.3
Alcohol (incl. beer & wine)	12.0	11.0	12.0	-8.3	9.1	35.5	32.9	33.4	-7.2	1.5
Miscellaneous	0.0	-	0.0	-100.0	-	0.3	-	0.1	-100.0	-
Meat (slaughtered) & products	34.0	33.0	35.0	-2.9	6.1	169.3	160.3	174.3	-5.3	8.8
Edible offals	4.0	5.0	5.0	25.0	0.0	18.2	20.4	21.3	12.3	4.3
Animal fats & products	3.0	2.0	2.0	-33.3	0.0	48.0	44.5	41.9	-7.2	-5.8
Milk & products	0.0	0.0	0.0	0.0	0.0	24.1	20.9	23.6	-13.3	13.0
Eggs & products	6.0	6.0	6.0	0.0	0.0	24.8	26.4	28.1	6.6	6.3
Fish, seafood & products	32.6	32.5	31.3	-0.3	-3.6	90.8	90.3	86.6	-0.6	-4.0

Source: Philippine Statistics Authority

Notes:

Details may not add up to totals due to rounding.

0.0 – less than 0.5 kilogram for Food

“-“ – not applicable

## FOOD BALANCE SHEETS OF THE PHILIPPINES

Table 1. Per Capita Supply of Food, Calories, Proteins, and Fats, Philippines,  
2020 to 2022 (Cont'd)

Items	PER CAPITA SUPPLY									
	Proteins					Fats				
	Grams/Day			Growth Rates (in percent)		Grams/Day			Growth Rates (in percent)	
	2020	2021	2022	20-21	21-22	2020	2021	2022	20-21	21-22
<b>Products</b>										
<b>Grand total</b>	<b>82.5</b>	<b>84.0</b>	<b>86.0</b>	<b>1.9</b>	<b>2.4</b>	<b>39.5</b>	<b>40.2</b>	<b>40.0</b>	<b>1.9</b>	<b>-0.6</b>
<b>Vegetable products</b>	<b>43.1</b>	<b>45.4</b>	<b>46.3</b>	<b>5.4</b>	<b>1.9</b>	<b>17.2</b>	<b>18.8</b>	<b>17.8</b>	<b>9.3</b>	<b>-5.6</b>
<b>Animal products</b>	<b>39.4</b>	<b>38.6</b>	<b>39.7</b>	<b>-1.9</b>	<b>2.9</b>	<b>22.2</b>	<b>21.4</b>	<b>22.2</b>	<b>-3.9</b>	<b>3.7</b>
Cereals & prod. (excl. beer)	37.8	40.0	40.2	5.9	0.4	3.5	3.7	4.8	4.3	31.8
Starchy roots & products	0.3	0.3	0.3	0.0	0.0	0.1	0.1	0.1	0.0	0.0
Sugarcrops (excl. prod.)	0.01	0.01	0.01	0.0	0.0	0.01	0.01	0.01	0.0	0.0
Sweeteners	0.02	0.1	0.04	300.0	-50.0	0.01	0.02	0.01	100.0	-50.0
Pulses & products	0.7	0.7	1.1	1.5	56.7	0.1	0.04	0.1	-20.0	100.0
Treenuts & products	0.1	0.1	0.0	0.0	-20.0	0.1	0.1	0.1	8.3	-23.1
Oilcrops (excl. prod.)	1.3	1.3	1.6	-2.3	26.4	2.5	2.4	3.0	-4.0	23.6
Vegetable oils & products	-	-	-	-	-	9.7	11.1	8.2	14.6	-25.9
Vegetables & products	1.0	0.9	0.9	-2.1	0.0	0.2	0.2	0.2	0.0	-6.3
Fruits & prod. (excl. wine)	1.5	1.7	1.7	16.0	-2.3	0.8	0.9	0.9	19.5	-2.2
Beverage crops	0.4	0.3	0.3	-39.0	16.0	0.3	0.2	0.4	-11.5	69.6
Spices	0.1	0.1	0.04	0.0	-33.3	0.1	0.1	0.02	0.0	-60.0
Alcohol (incl. beer & wine)	0.1	0.1	0.1	0.0	83.3	-	-	-	-	-
Miscellaneous	0.01	-	-	-100.0	-	-	-	-	-	-
Meat (slaughtered) & products	16.8	16.3	17.7	-2.8	8.2	11.3	10.5	11.4	-7.0	9.2
Edible offals	1.7	1.8	1.9	11.5	4.3	1.2	1.3	1.4	11.8	4.5
Animal fats & products	0.3	0.2	0.2	-11.5	4.3	5.2	4.8	4.5	-7.1	-6.0
Milk & products	2.4	2.0	2.2	-14.6	8.8	0.4	0.4	0.4	0.0	25.7
Eggs & products	1.9	2.0	2.2	6.3	6.4	1.7	1.8	1.9	6.4	6.6
Fish, seafood & products	16.4	16.2	15.5	-1.2	-3.8	2.5	2.6	2.4	1.9	-5.6

Source: Philippine Statistics Authority

Notes:

Details may not add up to totals due to rounding.

“-“ – not applicable

## FOOD BALANCE SHEETS OF THE PHILIPPINES

Table 2. Percent Distribution of Daily Per Capita Supply of Calories, Proteins, and Fats, by Source, Philippines, 2020 to 2022

Items	PER DAY								
	Calories (Kilocalories/Day)			Proteins (Grams/Day)			Fats (Grams/Day)		
	2020	2021	2022	2020	2021	2022	2020	2021	2022
<b>Products</b>									
<b>Grand total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
<b>Vegetable products</b>	<b>86.5</b>	<b>87.5</b>	<b>87.1</b>	<b>52.3</b>	<b>54.0</b>	<b>53.8</b>	<b>43.7</b>	<b>46.8</b>	<b>44.5</b>
<b>Animal products</b>	<b>13.5</b>	<b>12.5</b>	<b>12.9</b>	<b>47.7</b>	<b>46.0</b>	<b>46.2</b>	<b>56.3</b>	<b>53.2</b>	<b>55.5</b>
Cereals & prod. (excl. beer)	62.3	63.4	63.4	45.8	47.6	46.7	8.9	9.1	12.0
Starchy roots & products	1.3	1.2	1.2	0.4	0.4	0.4	0.2	0.2	0.2
Sugarcrops (excl. prod.)	0.1	0.1	0.1	0.01	0.01	0.01	0.03	0.02	0.03
Sweeteners	9.6	9.2	9.5	0.02	0.1	0.05	0.03	0.05	0.03
Pulses & products	0.4	0.4	0.6	0.8	0.8	1.2	0.1	0.1	0.2
Treenuts & products	0.1	0.1	0.05	0.1	0.1	0.05	0.3	0.3	0.3
Oilcrops (excl. prod.)	1.5	1.4	1.6	1.6	1.5	1.8	6.4	6.0	7.5
Vegetable oils & products	3.1	3.4	2.5	-	-	-	24.6	27.6	20.6
Vegetables & products	1.0	0.9	0.9	1.2	1.1	1.1	0.4	0.4	0.4
Fruits & prod. (excl. wine)	5.5	6.1	5.9	1.8	2.1	2.0	2.0	2.3	2.3
Beverage crops	0.4	0.2	0.2	0.5	0.3	0.3	0.7	0.6	1.0
Spices	0.1	0.1	0.04	0.1	0.1	0.05	0.1	0.1	0.1
Alcohol (incl. beer & wine)	1.3	1.1	1.1	0.1	0.1	0.1	-	-	-
Miscellaneous	0.01	-	0.002	0.01	-	-	-	-	-
Meat (slaughtered) & products	6.1	5.5	6.0	20.4	19.4	20.5	28.5	26.0	28.6
Edible offals	0.7	0.7	0.7	2.0	2.2	2.2	3.0	3.3	3.5
Animal fats & products	1.7	1.5	1.4	0.3	0.3	0.3	13.2	12.0	11.4
Milk & products	0.9	0.7	0.8	2.9	2.4	2.6	0.9	0.9	1.1
Eggs & products	0.9	0.9	1.0	2.3	2.4	2.5	4.3	4.5	4.9
Fish, seafood & products	3.3	3.1	3.0	19.9	19.2	18.1	6.4	6.4	6.1

Source: Philippine Statistics Authority

Notes:

Details may not add up to 100% due to rounding.

"-" – not applicable

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# ANNEXES

## FOOD BALANCE SHEETS OF THE PHILIPPINES

### Annex 1. Technical Conversion Factors for Agricultural Commodities

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
0111	Wheat	23110	Wheat and Meslin Flour	2022	0.74
0111	Wheat	23140	Germ of Wheat	2022	0.02
0111	Wheat	23140	Bulgur	2022	0.95
0111	Wheat	23140.1	Cereal Preparations	2022	0.88
0111	Wheat	39120	Bran of Wheat	2022	0.23
0112	Maize (Corn)	23120	flour of maize	2022	0.95
0112	Maize (Corn)	23140.1	germ of maize	2022	0.08
0112	Maize (Corn)	23140.1	cereal preparations	2022	0.90
0112	Maize (Corn)	24310	beer of maize, malted	2022	4.86
0112	Maize (Corn)	39120	bran of maize	2022	0.22
0113	Rice	23161	rice, milled	2022	0.65
0113	Rice	23162	husked rice	2022	0.78
0113	Rice	39120	bran of rice	2022	0.08
0114	Sorghum	23120.1	flour of sorghum	2022	0.88
0114	Sorghum	24310	beer of sorghum, malted	2022	4.56
0114	Sorghum	39120.1	bran of sorghum	2022	0.09
0115	barley	23140	pot barley	2022	0.70
0115	barley	23912	coffee substitutes	2022	0.70
0115	barley	24320	malt, whether or not roasted	2022	0.75
0115	barley	39120	bran of barley	2022	0.22
0116	rye	23120	flour of rye	2022	0.77
0116	rye	23140.08	cereal preparations	2022	0.97
0116	rye	23912.01	coffee substitutes	2022	0.70
0116	rye	39120.05	bran of rye	2022	0.19
0117	oats	23140.07	oats, rolled	2022	0.56
0117	oats	23140.08	cereal preparations	2022	0.88
0117	oats	39120.06	bran of oats	2022	0.21
0118	millet	23120.05	flour of millet	2022	0.87
0118	millet	24310.03	beer of millet, malted	2022	4.38
0118	millet	39120.07	bran of millet	2022	0.10
01191	triticale	23120.09	flour of triticale	2022	0.76
01191	triticale	39120.11	bran of triticale	2022	0.20
01192	buckwheat	23120.07	flour of buckwheat	2022	0.71
01192	buckwheat	39120.09	bran of buckwheat	2022	0.19
01193	fonio	23120.08	flour of fonio	2022	0.77
01193	fonio	39120.1	bran of fonio	2022	0.15
01194	quinoa	23120.9	flour of cereals n.e.s.	2022	0.72
01195	canary seed	23120.9	flour of cereals n.e.s.	2022	0.73
01199.02	mixed grain	23120.1	flour of mixed grain	2022	0.80
01199.02	mixed grain	23140.08	cereal preparations	2022	0.99
01199.02	mixed grain	39120.12	bran of mixed grain	2022	0.17
01199.9	other cereals n.e.c.	23120.9	flour of cereals n.e.s.	2022	0.79
01199.9	other cereals n.e.c.	23140.08	cereal preparations	2022	0.83
01234	tomatoes	21321	tomato juice	2022	0.70
01234	tomatoes	21329	other vegetable juices	2022	0.70
01234	tomatoes	21399.01	paste of tomatoes	2022	0.31
01234	tomatoes	21399.02	tomatoes, peeled (o/t vinegar)	2022	0.80
01251	carrots and turnips	21329	other vegetable juices	2022	0.69
01270	mushrooms and truffles	21393.01	dried mushrooms	2022	0.23
01270	mushrooms and truffles	21397.01	canned mushrooms	2022	0.87
01290.01	green corn (maize)	21319.01	sweet corn, frozen	2022	0.75
01290.01	green corn (maize)	21399.03	sweet corn, prepared or preserved	2022	0.67
01290.9	other vegetables, fresh n.e.c.	21330.9	other vegetables provisionally preserved	2022	1.00
01290.9	other vegetables, fresh n.e.c.	21340	vegetables, pulses and potatoes, preserved by vinegar or acetic acid	2022	1.00
01290.9	other vegetables, fresh n.e.c.	21393.9	vegetables, dehydrated	2022	0.40
01290.9	other vegetables, fresh n.e.c.	F0472	vegetables preserved n.e.s. (o/t vinegar)	2022	0.80

**FOOD BALANCE SHEETS OF THE PHILIPPINES**

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
01290.9	other vegetables, fresh n.e.c.	F0473	vegetables frozen	2022	0.80
01290.9	other vegetables, fresh n.e.c.	F0475	vegetables preserved (frozen)	2022	0.85
01315	figs	21419	figs, dried	2022	0.32
01316	mangoes, guavas, mangosteens	21439.1	juice of mango	2022	0.20
01316	mangoes, guavas, mangosteens	21499	mango pulp	2022	0.70
01318	pineapples	21433	pineapple juice	2022	0.20
01318	pineapples	21491	pineapples, otherwise prepared or preserved	2022	0.70
01319	other tropical fruits, n.e.c.	21419.9	other tropical fruit, dried	2022	0.60
01321	pomelos and grapefruits	21432	grapefruit juice	2022	0.52
01321	pomelos and grapefruits	21432	grapefruit juice, concentrated	2022	0.22
01321	pomelos and grapefruits	21439	juice of citrus fruit n.e.s.	2022	0.40
01322	lemons and limes	21439	juice of lemon	2022	0.48
01322	lemons and limes	21439	lemon juice, concentrated	2022	0.16
01323	oranges	21431	orange juice	2022	0.40
01323	oranges	21431	orange juice, concentrated	2022	0.16
01324	tangerines, mandarins, clementines	21439	juice of tangerine	2022	0.09
01324	tangerines, mandarins, clementines	21439.1	citrus juice, concentrated n.e.s.	2022	0.15
01330	grapes	21411	raisins	2022	0.27
01330	grapes	21434	grape juice	2022	0.71
01330	grapes	24212	must of grape	2022	0.77
01330	grapes	39120.2	marc of grape	2022	0.20
01341	apples	21435	apple juice	2022	0.65
01341	apples	21435	apple juice, concentrated	2022	0.26
01341	apples	24230	cider and other fermented beverages	2022	0.70
01342.01	pears	23991	homogenized cooked fruit, prepared	2022	0.80
01343	apricots	21419	apricots, dried	2022	0.26
01343	apricots	23991	homogenized cooked fruit, prepared	2022	0.82
01344.02	cherries	23991	homogenized cooked fruit, prepared	2022	0.81
01345	peaches and nectarines	23991	homogenized cooked fruit, prepared	2022	0.80
01346	plums and sloes	21412	plums, dried	2022	0.31
01346	plums and sloes	21439.1	juice of plum, concentrated	2022	0.08
01346	plums and sloes	23991	homogenized cooked fruit, prepared	2022	0.82
01359.9	other fruits n.e.c.	21420	other fruit n.e.c., dried	2022	0.90
01359.9	other fruits n.e.c.	F0623	fruit prepared n.e.c.	2022	0.80
01371	almonds, in shell	21422	almonds, shelled	2022	0.45
01372	cashew nuts, in shell	21424	cashew nuts, shelled	2022	0.31
01374	hazelnuts, in shell	21423	hazelnuts, shelled	2022	0.51
01376	walnuts, in shell	21429	walnuts, shelled	2022	0.51
01377	brazil nuts, in shell	21429	brazil nuts, shelled	2022	0.55
01379.9	other nuts (excluding wild edible nuts and groundnuts), in shell, n.e.c.	F0235	prepared nuts	2022	1.00
0141	soya beans	2161	soya bean oil	2022	0.18
0141	soya beans	21910	cake of soya beans	2022	0.80
0141	soya beans	23995	soya sauce	2022	4.00
0141	soya beans	23995	soya paste	2022	4.21
0141	soya beans	23999	soya curd	2022	2.12

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
0142	groundnuts, excluding shelled	21421	groundnuts, shelled	2022	0.70
0143	cottonseed	2168	cottonseed oil	2022	0.17
0143	cottonseed	21800	cotton linters	2022	0.04
0143	cottonseed	21910.15	cake of cottonseed	2022	0.46
01441	linseed	21691.12	oil of linseed	2022	0.45
01441	linseed	21910.16	cake of linseed	2022	0.79
01442	mustard seed	21641.02	mustardseed oil, crude	2022	0.33
01442	mustard seed	21910.12	cake of mustard seed	2022	0.54
01442	mustard seed	23995.03	flour of mustard seed	2022	0.79
01443	rapeseed or colza seed	21641.01	rapeseed or canola oil , crude	2022	0.38
01443	rapeseed or colza seed	21910.08	cake of rapeseed	2022	0.56
01444	sesame seed	21691.07	oil of sesame seed	2022	0.45
01444	sesame seed	21910.11	cake of sesame seed	2022	0.50
01445	sunflower seed	21631.01	sunflower-seed oil, crude	2022	0.39
01445	sunflower seed	21910.07	cake of sunflower seed	2022	0.51
01446	safflower seed	21631.02	safflower-seed oil, crude	2022	0.33
01446	safflower seed	21910.1	cake of safflowerseed	2022	0.61
01447	castor oil seeds	21691.04	oil of castor beans	2022	0.40
01449.02	hempseed	21691.13	oil of hempseed	2022	0.29
01449.02	hempseed	21910.17	cake of hempseed	2022	0.65
01450	olives	2167	olive oil	2022	0.19
01450	olives	21910.09	olive residues	2022	0.33
01450	olives	F0262	olives preserved	2022	0.99
01460	coconuts, in shell	1492	copra	2022	0.22
01460	coconuts, in shell	21429.07	coconuts, desiccated	2022	0.16
01491.01	oil palm fruit	1491.02	palm kernels	2022	0.06
01491.01	oil palm fruit	2165	palm oil	2022	0.22
01491.02	palm kernels	21691.14	oil of palm kernel	2022	0.45
01491.02	palm kernels	21910.06	cake of palm kernel	2022	0.50
01492	copra	2166	coconut oil	2022	0.64
01492	copra	21910.05	cake of copra	2022	0.35
01499.01	karite nuts (sheanuts)	21691.03	butter of karite nuts	2022	0.27
01499.02	tung nuts	21691.05	oil of tung nuts	2022	0.21
01499.04	tallowtree seeds	21691.09	vegetable tallow	2022	0.15
01499.04	tallowtree seeds	21691.1	stillingia oil	2022	0.15
01499.05	kapok fruit	1499.06	kapokseed in shell	2022	0.84
01499.05	kapok fruit	1929.03	kapok fibre, raw	2022	0.33
01499.06	kapokseed in shell	1499.07	kapokseed, shelled	2022	0.66
01499.07	kapokseed, shelled	21691.11	oil of kapok	2022	0.17
01499.07	kapokseed, shelled	21910.14	cake of kapok	2022	0.80
01510	potatoes	21313	potatoes, frozen	2022	0.71
01510	potatoes	21392	flour, meal, powder, flakes, granules and pellets of potatoes	2022	0.18
01510	potatoes	23220.05	starch of potatoes	2022	0.17
01510	potatoes	23230.01	tapioca of potatoes	2022	0.16
01510	potatoes	39130.03	potato offals	2022	0.26
01520.01	cassava, fresh	1520.02	cassava, dried	2022	0.20
01520.01	cassava, fresh	23170.01	flour of cassava	2022	0.25
01520.01	cassava, fresh	23220.06	starch of cassava	2022	0.18
01530	sweet potatoes	1599.2	edible roots and tubers with high starch or inulin content, n.e.c., dry	2022	0.35
01530	sweet potatoes	23220.05	starch of potatoes	2022	0.18
01550	taro	1599.2	edible roots and tubers with high starch or inulin content, n.e.c., dry	2022	0.40
01599.1	edible roots and tubers with high starch or inulin content, n.e.c., fresh	1599.2	edible roots and tubers with high starch or inulin content, n.e.c., dry	2022	0.40
01599.1	edible roots and tubers with high starch or inulin content, n.e.c., fresh	23170.02	flour of roots and tubers n.e.s.	2022	0.25

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
01610	coffee, green	23911	coffee, decaffeinated or roasted	2022	0.75
01610	coffee, green	23912.01	coffee substitutes	2022	0.72
01610	coffee, green	23912.02	coffee extracts	2022	0.35
01640	cocoa beans	23610.01	cocoa paste not defatted	2022	0.80
01640	cocoa beans	39150.02	cocoa husks and shells	2022	0.20
01691	chicory roots	23912.01	coffee substitutes	2022	0.64
01701	beans, dry	23170.03	flour of pulses	2022	0.72
01701	beans, dry	39120.14	bran of pulses	2022	0.23
01702	broad beans and horse beans, dry	23170.03	flour of pulses	2022	0.80
01702	broad beans and horse beans, dry	39120.14	bran of pulses	2022	0.20
01703	chick peas, dry	23170.03	flour of pulses	2022	0.69
01703	chick peas, dry	39120.14	bran of pulses	2022	0.28
01704	lentils, dry	23170.03	flour of pulses	2022	0.71
01704	lentils, dry	39120.14	bran of pulses	2022	0.26
01705	peas, dry	23170.03	flour of pulses	2022	0.76
01705	peas, dry	39120.14	bran of pulses	2022	0.21
01707	pigeon peas, dry	23170.03	flour of pulses	2022	0.70
01707	pigeon peas, dry	39120.14	bran of pulses	2022	0.28
01709.01	vetches	23170.03	flour of pulses	2022	0.71
01709.01	vetches	39120.14	bran of pulses	2022	0.22
01709.9	other pulses n.e.c.	23170.03	flour of pulses	2022	0.72
01709.9	other pulses n.e.c.	39120.14	bran of pulses	2022	0.21
01801	sugar beet	39140.01	beet pulp	2022	0.06
01802	sugar cane	23210.04	sugar and syrups n.e.s.	2022	0.52
01802	sugar cane	23511.02	cane sugar, non-centrifugal	2022	0.09
01802	sugar cane	2351f	raw cane or beet sugar (centrifugal only)	2022	0.11
01802	sugar cane	23540	molasses (from beet, cane and maize)	2022	0.04
01802	sugar cane	2413	undenatured ethyl alcohol of an alcoholic strength by volume of less than 80% vol; spirits, liqueurs and other spirituous beverages	2022	0.20
01802	sugar cane	39140.02	bagasse	2022	0.20
01809	other sugar crops n.e.c.	23210.04	sugar and syrups n.e.s.	2022	0.41
01921.01	seed cotton, unginning	143	cottonseed	2022	0.64
01921.01	seed cotton, unginning	1921.02	cotton lint, ginned	2022	0.33
01921.01	seed cotton, unginning	F0769	cotton waste	2022	0.03
01930.02	pyrethrum, dried flowers	01930.03	pyrethrum marc	2022	0.68
01930.02	pyrethrum, dried flowers	23999.04	pyrethrum extract	2022	0.09
01950.01	natural rubber in primary forms	1950.02	natural rubber in other forms	2022	1.00
02211	raw milk of cattle	22110.02	skim milk of cows	2022	0.93
02211	raw milk of cattle	22120	cream, fresh	2022	0.14
02211	raw milk of cattle	22130.01	whey, fresh	2022	0.69
02211	raw milk of cattle	22211	whole milk powder	2022	0.13
02211	raw milk of cattle	22212	skim milk and whey powder	2022	0.10
02211	raw milk of cattle	22221.01	whole milk, evaporated	2022	0.38
02211	raw milk of cattle	22222.01	whole milk, condensed	2022	0.33
02211	raw milk of cattle	22230.01	yoghurt	2022	0.86
02211	raw milk of cattle	22230.02	yoghurt, with additives	2022	0.81
02211	raw milk of cattle	22230.03	buttermilk, curdled and acidified milk	2022	0.09
02211	raw milk of cattle	22241.01	butter of cow milk	2022	0.05
02211	raw milk of cattle	22241.02	ghee from cow milk	2022	0.05
02211	raw milk of cattle	22251.01	cheese from whole cow milk	2022	0.13
02211	raw milk of cattle	22251.02	cheese from skimmed cow milk	2022	0.16
02212	raw milk of buffalo	22110.04	skim milk of buffalo	2022	0.93
02212	raw milk of buffalo	22130.01	whey, fresh	2022	0.72
02212	raw milk of buffalo	22242.01	butter of buffalo milk	2022	0.06

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
02212	raw milk of buffalo	22242.02	ghee, from buffalo milk	2022	0.06
02212	raw milk of buffalo	22252	cheese from milk of buffalo, fresh or processed	2022	0.20
02291	raw milk of sheep	22110.05	skim sheep milk	2022	0.93
02291	raw milk of sheep	22130.01	whey, fresh	2022	0.71
02291	raw milk of sheep	22249.01	butter and ghee of sheep milk	2022	0.05
02291	raw milk of sheep	22253	cheese from milk of sheep, fresh or processed	2022	0.20
02292	raw milk of goats	22130.01	whey, fresh	2022	0.69
02292	raw milk of goats	22254	cheese from milk of goats, fresh or processed	2022	0.18
0231	hen eggs in shell, fresh	23993.02	eggs, liquid	2022	0.85
0231	hen eggs in shell, fresh	23993.03	eggs, dried	2022	0.25
02951.01	raw hides and skins of cattle	02951.04	hides, wet-salted of cattle	2022	0.80
02951.01	raw hides and skins of cattle	02951.06	skins, wet-salted of calves	2022	0.79
02951.01	raw hides and skins of cattle	02951.91	hides of cattle, n.e.c.	2022	0.78
02951.01	raw hides and skins of cattle	02951.92	skins of calves. n.e.c.	2022	0.80
02951.03	raw hides and skins of buffaloes	02951.08	hides, wet-salted of buffalo	2022	0.80
02951.04	hides, wet-salted of cattle	02951.05	hides, dry-salted of cattle	2022	0.52
02951.06	skins, wet-salted of calves	02951.07	skins, dry-salted of calves	2022	0.51
02951.08	hides, wet-salted of buffalo	02951.09	hides, dry-salted of buffalo	2022	0.60
02952.01	raw hides and skins of horses	02952.04	hides, wet-salted of horses	2022	0.81
02952.01	raw hides and skins of horses	02952.91	hides of horses, n.e.c.	2022	0.95
02952.04	hides, wet-salted of horses	02952.05	hides, dry-salted of horses	2022	0.54
02953	raw hides and skins of sheep or lambs	02953.01	raw hides and skins of sheep or lambs, with wool	2022	0.59
02953	raw hides and skins of sheep or lambs	02953.03	skins, wet-salted of sheep	2022	0.80
02953	raw hides and skins of sheep or lambs	02953.9	skins of sheep, n.e.c.	2022	0.78
02953.03	skins, wet-salted of sheep	02953.04	skins, dry-salted of sheep	2022	0.53
02954	raw hides and skins of goats or kids	02954.01	skins, wet-salted (goats)	2022	0.80
02954	raw hides and skins of goats or kids	02954.9	skins n.e.c., goats	2022	0.74
02954.01	skins, wet-salted (goats)	02954.02	skins, dry-salted (goats)	2022	0.51
02959.01	raw skins of swine	02959.03	skins, wet-salted of pigs	2022	0.80
02959.01	raw skins of swine	02959.05	skins of pigs, n.e.c.	2022	1.00
02959.03	skins, wet-salted of pigs	02959.04	skins, dry-salted of pigs	2022	0.60
21111.01	meat of cattle with the bone, fresh or chilled	21111.02	meat of cattle boneless, fresh or chilled	2022	0.71
21111.01	meat of cattle with the bone, fresh or chilled	21182	bovine meat, salted, dried or smoked	2022	0.40
21111.01	meat of cattle with the bone, fresh or chilled	21184.01	sausages and similar products of meat, offal or blood of beef and veal	2022	0.87
21111.01	meat of cattle with the bone, fresh or chilled	21185	extracts and juices of meat, fish, crustaceans, molluscs or other aquatic invertebrates	2022	0.24

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CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
21111.01	meat of cattle with the bone, fresh or chilled	21512.01	cattle, butcher fat	2022	0.14
21111.01	meat of cattle with the bone, fresh or chilled	23991.04	homogenized meat preparations	2022	0.85
21111.01	meat of cattle with the bone, fresh or chilled	F0875	beef and veal preparations n.e.s.	2022	0.45
21111.01	meat of cattle with the bone, fresh or chilled	F1172	meat prepared n.e.c.	2022	0.90
21111.02	meat of cattle boneless, fresh or chilled	21184.01	sausages and similar products of meat, offal or blood of beef and veal	2022	0.80
21113.01	meat of pig with the bone, fresh or chilled	02959.01	raw skins of swine	2022	0.01
21113.01	meat of pig with the bone, fresh or chilled	21113.02	meat of pig boneless, fresh or chilled	2022	0.71
21113.01	meat of pig with the bone, fresh or chilled	21181	pig meat, cuts, salted, dried or smoked (bacon and ham)	2022	1.00
21113.01	meat of pig with the bone, fresh or chilled	21184.02	sausages and similar products of meat, offal or blood of pig	2022	1.00
21113.01	meat of pig with the bone, fresh or chilled	21511.02	pig, butcher fat	2022	0.19
21113.01	meat of pig with the bone, fresh or chilled	F1042	pig meat preparations	2022	0.85
21113.02	meat of pig boneless, fresh or chilled	F1042	pig meat preparations	2022	0.85
21121.00	meat of chickens, fresh or chilled	F1061	poultry meat preparations	2022	0.90
21123.00	meat of geese, fresh or chilled	21160.02	edible offals and liver of geese, fresh, chilled or frozen	2022	0.90
21124.00	meat of turkeys, fresh or chilled	21160.04	edible offals and liver of turkey, fresh, chilled or frozen	2022	1.00
21151.00	edible offal of cattle, fresh, chilled or frozen	21189.01	liver preparations	2022	0.85
21170.02	game meat, fresh, chilled or frozen	21170.93	offals n.e.c., fresh, chilled or frozen	2022	1.00
21170.92	other meat n.e.c., fresh, chilled or frozen	21170.93	offals n.e.c., fresh, chilled or frozen	2022	0.89
21170.92	other meat n.e.c., fresh, chilled or frozen	21183	other meat and edible meat offal, salted, in brine, dried or smoked; edible flours and meals of meat or meat offal	2022	0.60
21170.92	other meat n.e.c., fresh, chilled or frozen	F1172	meat prepared n.e.c.	2022	1.00
21392.00	flour, meal, powder, flakes, granules and pellets of potatoes	23220.05	starch of potatoes	2022	0.62
21392.00	flour, meal, powder, flakes, granules and pellets of potatoes	23230.01	tapioca of potatoes	2022	0.33
21421.00	groundnuts, shelled	21495.01	prepared groundnuts	2022	1.00
21421.00	groundnuts, shelled	21495.02	peanut butter	2022	0.95
21421.00	groundnuts, shelled	2162	groundnut oil	2022	0.42
21421.00	groundnuts, shelled	21910.04	cake of groundnuts	2022	0.57
21511.01	fat of pigs	21521	pig fat, rendered	2022	0.80
21511.01	fat of pigs	21523	tallow	2022	0.80
21511.01	fat of pigs	21529.03	animal oils and fats n.e.s.	2022	0.97
21511.01	fat of pigs	F1243	fat preparations n.e.c.	2022	0.80
21511.02	pig, butcher fat	21523	tallow	2022	0.80
21511.02	pig, butcher fat	21529.02	lard stearine and lard oil	2022	0.98
21511.02	pig, butcher fat	21529.03	animal oils and fats n.e.s.	2022	0.96
21511.03	fat of poultry	21522	poultry fat, rendered	2022	0.81
21512.00	cattle fat, unrendered	21523	tallow	2022	0.82
21512.00	cattle fat, unrendered	21529.03	animal oils and fats n.e.s.	2022	0.95

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CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
21513.00	buffalo fat, unrendered	21523	tallow	2022	0.80
21514.00	sheep fat, unrendered	21523	tallow	2022	0.82
21514.00	sheep fat, unrendered	21529.03	animal oils and fats n.e.s.	2022	0.94
21515.00	goat fat, unrendered	21523	tallow	2022	0.84
21515.00	goat fat, unrendered	21529.03	animal oils and fats n.e.s.	2022	0.98
21521.00	pig fat, rendered	21529.02	lard stearine and lard oil	2022	0.92
21523.00	tallow	21529.03	animal oils and fats n.e.s.	2022	0.94
21523.00	tallow	21700.02	margarine and shortening	2022	1.20
21523.00	tallow	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	0.99
21529.03	animal oils and fats n.e.s.	21523	tallow	2022	0.82
21529.03	animal oils and fats n.e.s.	21700.02	margarine and shortening	2022	1.22
2161.00	soya bean oil	21700.01	liquid margarine	2022	1.10
2161.00	soya bean oil	21700.02	margarine and shortening	2022	1.25
2161.00	soya bean oil	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
2162.00	groundnut oil	21700.02	margarine and shortening	2022	1.20
2162.00	groundnut oil	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
2162.00	groundnut oil	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.99
21631.01	sunflower-seed oil, crude	21700.01	liquid margarine	2022	1.00
21631.01	sunflower-seed oil, crude	21700.02	margarine and shortening	2022	1.28
21631.01	sunflower-seed oil, crude	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
21631.01	sunflower-seed oil, crude	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.93
21631.02	safflower-seed oil, crude	21700.02	margarine and shortening	2022	1.13
21631.02	safflower-seed oil, crude	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	0.98
21631.02	safflower-seed oil, crude	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.85
21641.01	rapeseed or canola oil, crude	21700.02	margarine and shortening	2022	1.23
21641.01	rapeseed or canola oil, crude	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
21641.01	rapeseed or canola oil, crude	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.99
21641.02	mustardseed oil, crude	21700.02	margarine and shortening	2022	1.21

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
2165	palm oil	21700.02	margarine and shortening	2022	1.21
2165	palm oil	21932.02	residues of fatty substances	2022	1.00
2165	palm oil	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
2165	palm oil	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.99
2166	coconut oil	21700.02	margarine and shortening	2022	1.19
2166	coconut oil	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
2166	coconut oil	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.97
2166	coconut oil	F1275	hydrogenated oils and fats	2022	1.40
2168	cottonseed oil	21700.02	margarine and shortening	2022	1.18
21691.01	oil of rice bran	21700.02	margarine and shortening	2022	1.04
21691.02	oil of maize	21700.02	margarine and shortening	2022	1.19
21691.04	oil of castor beans	21693.02	castor oil, hydrogenated	2022	1.10
21691.04	oil of castor beans	21700.02	margarine and shortening	2022	1.08
21691.04	oil of castor beans	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.92
21691.07	oil of sesame seed	21700.02	margarine and shortening	2022	1.15
21691.07	oil of sesame seed	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	1.00
21691.07	oil of sesame seed	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	1.00
21691.12	oil of linseed	21700.02	margarine and shortening	2022	1.21
21691.12	oil of linseed	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.98
21691.14	oil of palm kernel	21700.02	margarine and shortening	2022	1.19
21691.14	oil of palm kernel	34120	industrial monocarboxylic fatty acids; acid oils from refining	2022	0.99
21691.14	oil of palm kernel	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.97
21691.9	other oil of vegetable origin, crude n.e.c.	21700.01	liquid margarine	2022	1.00

**FOOD BALANCE SHEETS OF THE PHILIPPINES**

CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
21691.9	other oil of vegetable origin, crude n.e.c.	21700.02	margarine and shortening	2022	3.65
21691.9	other oil of vegetable origin, crude n.e.c.	34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	2022	0.99
21910.02	cake of maize	39130.04	gluten feed and meal	2022	1.00
21910.09	olive residues	21673	oil of olive residues	2022	0.07
22110.02	skim milk of cows	22130.01	whey, fresh	2022	0.70
22110.02	skim milk of cows	22211	whole milk powder	2022	0.15
22110.02	skim milk of cows	22212	skim milk and whey powder	2022	0.10
22110.02	skim milk of cows	22221.02	skim milk, evaporated	2022	0.32
22110.02	skim milk of cows	22222.01	whole milk, condensed	2022	0.33
22110.02	skim milk of cows	22222.02	skim milk, condensed	2022	0.36
22110.02	skim milk of cows	22230.01	yoghurt	2022	0.82
22110.02	skim milk of cows	22251.01	cheese from whole cow milk	2022	0.12
22110.02	skim milk of cows	22251.02	cheese from skimmed cow milk	2022	0.15
22110.02	skim milk of cows	22260	casein	2022	0.03
22110.04	skim milk of buffalo	22130.01	whey, fresh	2022	0.70
22110.04	skim milk of buffalo	22252	cheese from milk of buffalo, fresh or processed	2022	0.25
22110.05	skim sheep milk	22130.01	whey, fresh	2022	0.55
22110.05	skim sheep milk	22253	cheese from milk of sheep, fresh or processed	2022	0.25
22120	cream, fresh	22251.04	processed cheese	2022	1.05
22130.01	whey, fresh	22130.02	whey, dry	2022	0.08
22130.01	whey, fresh	22130.03	whey, condensed	2022	0.24
22130.01	whey, fresh	22251.01	cheese from whole cow milk	2022	0.10
22130.01	whey, fresh	22251.03	whey cheese	2022	0.17
22130.01	whey, fresh	23210.06	lactose	2022	0.05
22211	whole milk powder	22221.01	whole milk, evaporated	2022	5.50
22211	whole milk powder	22222.01	whole milk, condensed	2022	2.76
22212	skim milk and whey powder	22221.01	whole milk, evaporated	2022	3.95
22212	skim milk and whey powder	22222.01	whole milk, condensed	2022	2.82
22251.01	cheese from whole cow milk	22251.04	processed cheese	2022	1.04
22251.02	cheese from skimmed cow milk	22251.04	processed cheese	2022	1.03
22251.03	whey cheese	22251.04	processed cheese	2022	1.00
23110	wheat and meslin flour	23140.08	cereal preparations	2022	0.95
23110	wheat and meslin flour	23220.01	starch of wheat	2022	0.79
23110	wheat and meslin flour	23220.02	wheat gluten	2022	0.12
23110	wheat and meslin flour	23490.01	communion wafers, empty cachets of a kind suitable for pharmaceutical use, sealing wafers, rice paper and similar products.	2022	0.90
23110	wheat and meslin flour	23710	uncooked pasta, not stuffed or otherwise prepared	2022	1.00
23110	wheat and meslin flour	24230.01	wheat-fermented beverages	2022	1.15
23110	wheat and meslin flour	F0020	bread	2022	1.20
23110	wheat and meslin flour	F0022	pastry	2022	1.00
23120.03	flour of maize	23220.04	starch of maize	2022	0.79
23120.03	flour of maize	39130.02	maize gluten	2022	0.12
23140.04	pot barley	23120.02	barley flour and grits	2022	0.41
23140.04	pot barley	23140.05	barley, pearled	2022	0.55
23140.06	germ of maize	21691.02	oil of maize	2022	0.40
23140.06	germ of maize	21910.02	cake of maize	2022	0.52

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CPC Code Parent	Parent Commodity	CPC Code Child	Child Commodity	Year	Extraction Rate
23161.02	rice, milled	23161.03	rice, broken	2022	1.00
23161.03	rice, broken	23120.01	flour of rice	2022	0.80
23161.03	rice, broken	23120.01	flour of rice	2022	0.80
23161.03	rice, broken	23140.08	cereal preparations	2022	0.92
23161.03	rice, broken	23220.03	starch of rice	2022	0.83
23161.03	rice, broken	24230.02	rice-fermented beverages	2022	2.00
23161.03	rice, broken	39130.01	rice, gluten	2022	0.09
23162	husked rice	23161.01	rice, milled (husked)	2022	0.86
23210.05	glucose and dextrose	23210.08	isoglucose	2022	1.00
23210.05	glucose and dextrose	2413	undenatured ethyl alcohol of an alcoholic strength by volume of less than 80% vol; spirits, liqueurs and other spirituous beverages	2022	1.00
23220.01	starch of wheat	23210.03	other fructose and syrup	2022	1.09
23220.01	starch of wheat	23210.05	glucose and dextrose	2022	1.04
23220.02	wheat gluten	39130.04	gluten feed and meal	2022	1.00
23220.03	starch of rice	23210.05	glucose and dextrose	2022	1.03
23220.04	starch of maize	23210.03	other fructose and syrup	2022	1.04
23220.04	starch of maize	23210.05	glucose and dextrose	2022	1.04
23220.04	starch of maize	24310.02	beer of maize, malted	2022	5.97
23220.05	starch of potatoes	23210.03	other fructose and syrup	2022	1.13
23220.05	starch of potatoes	23210.05	glucose and dextrose	2022	1.04
23220.06	starch of cassava	23210.03	other fructose and syrup	2022	1.40
23220.06	starch of cassava	23210.05	glucose and dextrose	2022	1.02
23511.02	cane sugar, non-centrifugal	24490	other non-alcoholic caloric beverages n.e.c	2022	4.50
2351f	raw cane or beet sugar (centrifugal only)	23520	refined sugar	2022	0.92
23520	refined sugar	23210.04	sugar and syrups n.e.s.	2022	0.99
23520	refined sugar	23670.01	sugar confectionery	2022	1.00
23520	refined sugar	24490	other non-alcoholic caloric beverages n.e.c	2022	4.44
23540	molasses (from beet, cane and maize)	24110	undenatured ethyl alcohol of an alcoholic strength by volume of 80% vol or higher	2022	0.09
23610.01	cocoa paste not defatted	23620	cocoa butter, fat and oil	2022	0.48
23610.01	cocoa paste not defatted	F0665	cocoa powder and cake	2022	0.53
23999.01	malt extract	24310.01	beer of barley, malted	2022	9.00
24212.01	must of grape	21434	grape juice	2022	0.78
24212.01	must of grape	24212.02	wine	2022	0.81
24212.02	wine	24220	vermouth and other wine of fresh grapes flavoured with plats or aromatic substances	2022	0.97
24320	malt, whether or not roasted	23210.05	glucose and dextrose	2022	1.03
24320	malt, whether or not roasted	23999.01	malt extract	2022	0.79
39120.01	bran of wheat	23140.03	breakfast cereals	2022	1.20
39120.02	bran of rice	21691.01	oil of rice bran	2022	0.15
39120.02	bran of rice	21910.01	cake of rice bran	2022	0.77
39120.04	bran of maize	39130.04	gluten feed and meal	2022	1.15
39130.01	rice, gluten	39130.04	gluten feed and meal	2022	1.00
39130.02	maize gluten	39130.04	gluten feed and meal	2022	1.00
F0665	cocoa powder and cake	F0666	chocolate products n.e.s.	2022	4.70
F1243	fat preparations n.e.c.	21529.02	lard stearine and lard oil	2022	1.00
F1243	fat preparations n.e.c.	21700.02	margarine and shortening	2022	1.56
F1275	hydrogenated oils and fats	21700.01	liquid margarine	2022	1.00

## FOOD BALANCE SHEETS OF THE PHILIPPINES

### Annex 2. Conversion Ratios and Parameters for the FBS

#### Parameters for the Supply Utilization Accounts

Food Group	Seed	Feed and Waste	Processing	
			Food Use	Non- Food Use
<b>1. Cereals</b>				
Palay	75.00 (kg./ha)	6.5% of production		
Rice				4% of production
Corn	20.00 (kg./ha)	65% of production	5% of production	8.34% of production
<b>2. Root crops</b>				
Cassava		6% of production	17% of net supply	67% of net supply
Gabi	25.00 (kg./ha)	5% of production		
Pao/Galiang	9% of production	9% of production		
White potato	25.00 (kg./ha)	5% of production	25% of production	
Sweet potato	20.00 (kg./ha)	5% of production		
Tugui	9% of production	5% of production		
Ubi	25.00 (kg./ha)	4% of production		
Ampalaya	2.20 (kg./ha)	8% of net supply		
Asparagus		8% of net supply		
Bell pepper		5% of net supply		
Black pepper		5% of net supply		
Broccoli		8% of net supply		
<b>3. Vegetables and Legumes</b>				
Cabbage	3.70 (kg./ha)	8% of net supply		
Carrots		8% of net supply		
Cauliflower		8% of net supply		
Celery		8% of net supply		
Chayote	3.50 (kg./ha)	8% of net supply		
Cucumber	3.50 (kg./ha)	8% of net supply		
Eggplant	2.10 (kg./ha)	8% of net supply		
Garlic	12% of production	8% of net supply		
Ginger	0.50% of production	8% of net supply		
Gourd (Upo)	3.30 (kg./ha)	8% of net supply		
Habichuelas	6.00 (kg./ha)	8% of net supply		
Mongo	4.50 (kg./ha)	0.5% of net supply		
Okra		8% of net supply		
Onion	7% of production a/	8% of net supply		
Patola	1.10 (kg./ha)	8% of net supply		
Peanut	4.00 (kg./ha)	0.5% of net supply	7% of net supply	
Pechay		8% of net supply		
Radish		8% of net supply		
Soybean	4.50 (kg./ha)	0.5% of net supply	73% of net supply	
Squash	1.00 (kg./ha)	8% of net supply		
Tomato	3.90 (kg./ha)	7% of net supply	15% of net supply	
<b>4. Nuts</b>				
Cashew Nut	4.00 (kg./ha)	0.5% of net supply	0.25% of net supply	
Pili Nut	4.00 (kg./ha)	0.5% of net supply	0.25% of net supply	

a/ Applied to native variety only

## FOOD BALANCE SHEETS OF THE PHILIPPINES

### Parameters for the Supply Utilization Accounts (cont'd.)

Food Group	Seed	Feed and Waste	Processing	
			Food Use	Non- Food Use
<b>5. Fruits</b>				
Atis		6% of net supply		
Avocado		6% of net supply		
Banana		6% of net supply	25% of net supply	
Caimito		6% of net supply		
Calamansi		6% of net supply		
Chico		6% of net supply		
Durian		6% of net supply		
Guyabano		6% of net supply		
Jackfruit		6% of net supply		
Lanzones		6% of net supply		
Mandarin		6% of net supply		
Mango		6% of net supply		
Mangosteen		6% of net supply		
Marang		6% of net supply		
Orange		6% of net supply		
Papaya		6% of net supply		
Pineapple		6% of net supply	44% of net supply	
Pomelo		6% of net supply		
Strawberry		6% of net supply		
Tiesa		6% of net supply		
Watermelon		6% of net supply		
<b>6. Commercial Crops</b>				
Cacao			1% of net supply	
Coconut	1% of production		40% of net supply	54% of net supply
Coffee		6% of net supply	23% of net supply	
Sugarcane			99% of production	
<b>7. Livestock and</b>				
Poultry				
Beef			10% of production	
Carabeef			0.1% of production	
Chevon				
Pork			1.2% of production	
Chicken (Dressed)				
Duck (Dressed)				
Chicken Egg	6% of production b/		2% of production	
Duck Egg	4% of production b/		2% of production	
<b>8. Non- Food Crops</b>				
Abaca				
Cotton	4% of production			
Rubber				
Tobacco				
		10% of production		
<b>9. Fish and Fishery</b>				
Products				
Milkfish		3% of production	32% of production	
Roundscad		3% of production	32% of production	
Tilapia		3% of production		
Tuna		3% of production	32% of production	
Crab		1.5% of production		
Shrimps and				
Prawns		1.5% of production		
Mussel		1.5% of production		
Oyster		1.5% of production		

b/ Refers to egg hatched

Source: Handbook on Supply Utilization Accounts

## FOOD BALANCE SHEETS OF THE PHILIPPINES

### Annex 3. Nutritional Values Used in Food Balance Sheet (FBS)

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
0111	wheat	334.0	12.2	2.3
0112	maize (corn)	353.5	8.0	1.2
0113	rice	280.0	6.0	1.4
0114	sorghum	343.0	10.1	3.3
0115	barley	332.0	11.0	1.8
0116	rye	319.0	11.0	1.9
0117	oats	394.0	10.0	4.7
0118	millet	340.0	9.7	3.0
01191	triticale	327.0	11.6	2.1
01192	buckwheat	330.0	11.0	2.0
01193	fonio	338.0	8.0	3.0
01194	quinoa	342.0	12.0	5.0
01195	canary seed	388.0	16.0	6.0
01199.02	mixed grain	340.0	8.0	1.5
01199.90	other cereals n.e.c.	340.0	8.0	1.5
01211	asparagus	12.0	1.6	0.1
01212	cabbages	27.4	1.5	0.2
01213	cauliflowers and broccoli	25.3	1.7	0.2
01214	lettuce and chicory	22.0	1.3	0.4
01215	spinach	26.0	1.9	0.5
01216	artichokes	20.0	1.1	0.1
01219.01	cassava leaves	83.0	7.1	1.4
01221	watermelons	31.0	0.1	0.2
01229	cantaloupes and other melons	17.0	0.4	0.1
01231	chillies and peppers, green (capsicum spp. and pimenta spp.)	45.8	1.4	0.5
01232	cucumbers and gherkins	19.7	0.2	0.1
01233	eggplants (aubergines)	29.0	1.2	0.2
01234	tomatoes	25.0	0.8	0.1
01235	pumpkins, squash and gourds	36.4	1.1	0.4
01239.01	okra	31.0	1.6	0.3
01241.01	string beans	27.0	1.6	0.1
01241.90	other beans, green	50.0	3.0	0.4
01242	peas, green	31.0	2.1	0.2
01243	broad beans and horse beans, green	23.0	2.3	0.1
01251	carrots and turnips	38.0	0.9	0.2

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based on the 1997 FCT from FNRI.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
01252	green garlic	129.0	7.0	0.3
01253.01	onions and shallots, green	37.0	1.7	1.0
01253.02	onions and shallots, dry (excluding dehydrated)	38.0	1.5	0.2
01254	leeks and other alliaceous vegetables	37.0	0.7	0.1
01270	mushrooms and truffles	48.0	3.8	0.6
01290.01	green corn (maize)	56.0	2.1	0.8
01290.90	other vegetables, fresh n.e.c.	11.5	0.4	0.2
01311	avocados	101.0	0.9	6.2
01312	bananas	112.4	1.1	0.7
01313	plantains and others	75.0	0.8	0.3
01314	dates	156.0	1.5	0.4
01315	figs	73.0	0.8	0.3
01316	mangoes, guavas, mangosteens	70.0	0.6	0.2
01317	papayas	53.0	0.7	0.2
01318	pineapples	55.0	0.4	0.2
01319	other tropical fruits, n.e.c.	119.2	1.4	0.7
01321	pomelos and grapefruits	51.0	0.7	0.6
01322	lemons and limes	23.0	0.5	1.2
01323	oranges	35.0	0.4	0.2
01324	tangerines, mandarins, clementines	28.0	0.5	0.1
01329	other citrus fruit, n.e.c.	44.0	0.4	1.0
01330	grapes	83.0	0.4	0.3
01341	apples	65.0	0.5	0.1
01342.01	pears	54.0	0.4	0.4
01342.02	quinces	35.0	0.2	0.1
01343	apricots	45.0	1.3	0.4
01344.01	sour cherries	45.0	0.9	0.3
01344.02	cherries	65.0	1.1	0.9
01345	peaches and nectarines	33.0	0.5	0.1
01346	plums and sloes	71.0	0.8	0.4
01349.10	other pome fruits	48.0	0.4	0.3
01349.20	other stone fruits	52.0	0.9	0.3
01351.01	currants	59.0	1.4	0.3
01351.02	gooseberries	40.0	0.8	0.7
01352	kiwi fruit	52.0	0.9	0.4

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based on the 1997 FCT from FNRI.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
01353.01	raspberries	47.0	0.9	0.5
01354	strawberries	34.0	0.8	0.2
01355.01	blueberries	55.0	0.7	0.4
01355.02	cranberries	47.0	0.4	0.2
01355.90	other berries and fruits of the genus vaccinium	49.0	1.0	0.7
01356	locust beans (carobs)	111.0	1.6	0.5
01359.01	persimmons	82.0	0.6	0.3
01359.02	cashewapple	43.0	0.8	0.6
01359.90	other fruits n.e.c.	43.0	0.6	0.3
01371	almonds, in shell	236.0	8.0	20.9
01372	cashew nuts, in shell	170.0	5.5	13.9
01373	chestnuts, in shell	158.0	1.8	1.7
01374	hazelnuts, in shell	291.0	6.0	28.8
01375	pistachios, in shell	289.0	10.3	24.2
01376	walnuts, in shell	289.0	6.4	27.8
01377	brazil nuts, in shell	315.0	6.9	31.8
01379.01	areca nuts	245.0	4.9	4.4
01379.02	kola nuts	349.0	9.0	2.0
01379.90	other nuts (excluding wild edible nuts and groundnuts), in shell, n.e.c.	161.0	3.0	1.1
0141	soya beans	151.0	13.1	6.1
0142	groundnuts, excluding shelled	401.0	17.4	26.6
0143	cottonseed	253.0	17.3	17.9
01441	linseed	498.0	18.0	34.0
01442	mustard seed	469.0	24.9	28.8
01443	rapeseed or colza seed	494.0	19.6	45.0
01444	sesame seed	642.0	25.1	53.5
01445	sunflower seed	308.0	12.3	26.8
01446	safflower seed	314.0	9.7	30.3
01448	poppy seed	533.0	18.0	44.7
01449.01	melonseed	562.0	40.2	43.2
01449.90	other oil seeds, n.e.c.	387.0	14.7	31.7
01450	olives	175.0	1.3	17.5
01460	coconuts, in shell	102.0	1.4	5.3
01491.01	oil palm fruit	158.0	0.3	13.2
01491.02	palm kernels	514.0	7.3	43.4

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based on the 1997 FCT from FNRI.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
01492	copra	636.0	6.0	61.4
01499.01	karite nuts (sheanuts)	579.0	6.8	49.0
01510	potatoes	78.0	2.4	0.1
01520.01	cassava, fresh	145.0	0.6	0.2
01520.02	cassava, dried	255.0	2.8	0.7
01530	sweet potatoes	121.3	0.8	0.4
01540	yams	97.0	1.7	0.2
01550	taro	78.0	1.8	0.3
01591	yautia	109.0	1.7	0.3
01599.10	edible roots and tubers with high starch or inulin content, n.e.c., fresh	101.0	1.4	0.2
01599.20	edible roots and tubers with high starch or inulin content, n.e.c., dry	282.0	5.0	0.6
01610	coffee, green	47.0	6.7	-
01620	tea leaves	357.0	21.7	1.0
01630	maté leaves	40.0	10.0	-
01640	cocoa beans	414.0	4.0	40.0
01651	pepper (piper spp.), raw	276.0	10.7	2.7
01652	chillies and peppers, dry (capsicum spp. and pimenta spp.), raw	318.0	12.0	17.3
01653	nutmeg, mace, cardamoms, raw	525.0	5.8	36.3
01654	anise, badian, coriander, cumin, caraway, fennel and juniper berries, raw	345.0	15.8	14.9
01655	cinnamon and cinnamon-tree flowers, raw	261.0	3.9	3.2
01656	cloves (whole stems), raw	323.0	6.0	20.1
01657	ginger, raw	46.0	1.1	0.8
01658	vanilla, raw	334.0	11.3	11.5
01691	chicory roots	60.0	1.1	0.2
01699	other stimulant, spice and aromatic crops, n.e.c.	337.0	11.3	15.5
01701	beans, dry	339.0	21.4	1.3
01702	broad beans and horse beans, dry	343.0	23.4	2.0
01703	chick peas, dry	377.0	19.2	6.2
01704	lentils, dry	346.0	24.2	1.8
01705	peas, dry	346.0	22.5	1.8
01706	cow peas, dry	358.0	20.4	1.5
01707	pigeon peas, dry	348.0	21.2	1.2
01708	bambara beans, dry	365.0	17.7	6.3
01709.01	vetches	325.0	31.5	1.9
01709.02	lupins	390.0	40.0	13.0

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based on the 1997 FCT from FNRI.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
01709.90	other pulses n.e.c.	340.0	22.0	2.0
01801	sugar beet	70.0	1.3	0.1
01802	sugar cane	50.0	0.1	0.2
01809	other sugar crops n.e.c.	390.0	-	-
01930.04	tea n.e.s. (herbal tea)	40.0	10.0	-
01990.01	vegetable products, fresh or dry n.e.s.	22.0	1.4	0.2
02194	other birds	226.0	14.2	18.3
02211	raw milk of cattle	65.0	3.3	3.6
02212	raw milk of buffalo	115.0	5.2	8.7
02291	raw milk of sheep	94.0	5.9	6.0
02292	raw milk of goats	73.0	3.6	4.1
02293	raw milk of camel	73.0	3.8	4.5
0231	hen eggs in shell, fresh	160.0	12.4	11.0
0232	eggs from other birds in shell, fresh, n.e.c.	177.0	11.7	12.6
02910	natural honey	258.0	0.1	0.1
02920	snails, fresh, chilled, frozen, dried, salted or in brine, except sea snails	94.0	9.4	0.8
21111.01	meat of cattle with the bone, fresh or chilled	134.0	23.1	4.6
21111.02	meat of cattle boneless, fresh or chilled	150.0	18.5	7.9
21112	meat of buffalo, fresh or chilled	98.9	20.4	1.9
21113.01	meat of pig with the bone, fresh or chilled	274.0	15.5	23.4
21113.02	meat of pig boneless, fresh or chilled	220.0	13.4	18.0
21114	meat of rabbits and hares, fresh or chilled	144.0	20.4	6.3
21115	meat of sheep, fresh or chilled	195.0	12.0	15.9
21116	meat of goat, fresh or chilled	94.6	18.3	2.3
21117.01	meat of camels, fresh or chilled	174.0	12.7	13.2
21117.02	meat of other domestic camelids, fresh or chilled	143.0	14.6	9.0
21118.01	horse meat, fresh or chilled	85.0	15.5	2.0
21118.02	meat of asses, fresh or chilled	94.0	15.0	3.0
21118.03	meat of mules, fresh or chilled	94.0	15.0	3.0
21119.01	meat of other domestic rodents, fresh or chilled	81.0	16.2	1.4
21121	meat of chickens, fresh or chilled	110.0	20.6	3.1
21122	meat of ducks, fresh or chilled	139.0	21.6	5.8
21123	meat of geese, fresh or chilled	124.0	23.2	3.5
21124	meat of turkeys, fresh or chilled	100.0	22.2	1.3
21151	edible offal of cattle, fresh, chilled or frozen	176.0	15.8	10.6

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based on the 1997 FCT from FNRI.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
21152	edible offal of buffalo, fresh, chilled or frozen	106.5	13.3	4.8
21153	edible offal of pigs, fresh, chilled or frozen	159.1	14.1	10.6
21155	edible offal of sheep, fresh, chilled or frozen	117.0	14.6	5.7
21156	edible offal of goat, fresh, chilled or frozen	100.8	17.0	3.3
21159	edible offals of horses and other equines, fresh, chilled or frozen	105.0	18.4	2.5
21159	edible offals of camels and other camelids, fresh, chilled or frozen	105.0	18.4	2.5
21160	edible offals and liver of chickens and guinea fowl, fresh, chilled or frozen	125.0	18.0	3.9
21160	edible offals and liver of geese, fresh, chilled or frozen	133.0	16.4	4.3
21160	edible offals and liver of ducks, fresh, chilled or frozen	136.0	18.7	4.6
21160	edible offals and liver of turkey, fresh, chilled or frozen	137.0	20.0	4.0
21170	meat of pigeons and other birds n.e.c., fresh, chilled or frozen	185.0	17.1	12.4
21170	game meat, fresh, chilled or frozen	104.0	18.0	3.0
21170.9	other meat n.e.c., fresh, chilled or frozen	126.0	16.4	6.0
21170.9	offals n.e.c., fresh, chilled or frozen	105.0	18.4	2.5
21181	pig meat, cuts, salted, dried or smoked (bacon and ham)	603.0	11.1	58.3
21182	bovine meat, salted, dried or smoked	203.0	34.3	6.3
21183	other meat and edible meat offal, salted, in brine, dried or smoked; edible flours and meals of meat or meat offal	250.0	55.4	1.5
21184	sausages and similar products of meat, offal or blood of beef and veal	313.0	11.7	28.4
21184	sausages and similar products of meat, offal or blood of pig	417.0	11.7	40.3
21185	extracts and juices of meat, fish, crustaceans, molluscs or other aquatic invertebrates	238.0	16.0	8.9
21189	liver preparations	315.0	13.6	2.8
21189	fatty liver preparations	462.0	11.4	43.8
21313	potatoes, frozen	73.0	1.2	-
21319	sweet corn, frozen	54.0	1.8	0.4
21321	tomato juice	17.0	0.8	0.1
21329	other vegetable juices	19.0	0.6	0.1
21330.9	other vegetables provisionally preserved	65.0	3.3	0.3
21340	vegetables, pulses and potatoes, preserved by vinegar or acetic acid	29.0	1.4	1.3

Note: Nutritional Values were from FAO and World Standard Nutritional Values; Highlighted cells were based on the 1997 FCT from FNRI.

## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
21392	flour, meal, powder, flakes, granules and pellets of potatoes	349.0	8.5	0.4
21393.01	dried mushrooms	331.0	16.0	0.9
21393.9	vegetables, dehydrated	341.0	6.6	1.3
21397.01	canned mushrooms	23.0	2.3	0.4
21399.01	paste of tomatoes	112.0	4.3	0.1
21399.02	tomatoes, peeled (o/t vinegar)	19.0	0.9	0.2
21399.03	sweet corn, prepared or preserved	77.0	2.3	0.6
21411	raisins	340.0	3.5	1.1
21412	plums, dried	208.0	2.3	0.5
21419.01	apricots, dried	238.0	3.7	0.5
21419.02	figs, dried	253.0	3.0	1.2
21419.91	other tropical fruit, dried	267.0	2.8	0.6
21419.99	other fruit n.e.c., dried	267.0	2.8	0.6
21421	groundnuts, shelled	567.0	25.7	49.2
21422	almonds, shelled	589.0	20.0	52.2
21423	hazelnuts, shelled	632.0	13.0	62.6
21424	cashew nuts, shelled	553.0	18.2	43.9
21429.01	brazil nuts, shelled	656.0	14.3	66.2
21429.02	walnuts, shelled	642.0	14.3	61.9
21429.07	coconuts, desiccated	660.0	6.9	64.5
21431.01	orange juice	43.0	0.2	0.2
21431.02	orange juice, concentrated	244.0	-	0.7
21432	grapefruit juice	39.0	0.5	0.1
21432.01	grapefruit juice, concentrated	230.0	-	1.3
21433	pineapple juice	50.0	0.1	-
21433.01	juice of pineapples, concentrated	179.0	1.3	0.1
21434	grape juice	49.0	-	0.4
21435.01	apple juice	47.0	0.1	0.1
21435.02	apple juice, concentrated	166.0	0.5	0.4
21439.01	juice of tangerine	43.0	0.5	0.2
21439.02	juice of lemon	22.0	0.5	0.3
21439.03	lemon juice, concentrated	116.0	2.3	0.9
21439.04	juice of citrus fruit n.e.s.	47.0	0.6	0.2
21439.05	citrus juice, concentrated n.e.s.	157.0	2.1	0.5
21439.06	juice of plum	71.0	0.6	-
21439.07	juice of plum, concentrated	215.0	2.0	0.1
21439.08	juice of mango	56.0	0.4	0.7
21439.9	Juice of fruits n.e.	48.0	0.5	0.1
21491	pineapples, otherwise prepared or preserved	92.0	0.4	0.4
21495.01	prepared groundnuts	580.0	26.8	49.2
21495.02	peanut butter	616.0	25.4	45.4

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## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
21499.01	mango pulp	65.0	0.5	0.3
21511.01	fat of pigs	712.0	4.7	76.7
21511.02	pig, butcher fat	712.0	4.7	76.7
21511.03	fat of poultry	629.0	3.7	68.0
21512	cattle fat, unrendered	847.0	2.0	93.0
21512.01	cattle, butcher fat	847.0	2.0	93.0
21513	buffalo fat, unrendered	847.0	2.0	93.0
21514	sheep fat, unrendered	902.0	-	100.0
21515	goat fat, unrendered	847.0	2.0	93.0
21519.02	fat of camels	847.0	2.0	93.0
21519.03	fat of other camelids	847.0	2.0	93.0
<b>21521</b>	<b>pig fat, rendered</b>	<b>900.0</b>	<b>-</b>	<b>100.0</b>
21522	poultry fat, rendered	901.0	-	99.8
21523	tallow	884.0	-	100.0
21529.03	animal oils and fats n.e.s.	902.0	-	100.0
2161	soya bean oil	884.0	-	100.0
2162	groundnut oil	884.0	-	100.0
21631.01	sunflower-seed oil, crude	884.0	-	100.0
21631.02	safflower-seed oil, crude	884.0	-	100.0
21641.01	rapeseed or canola oil , crude	884.0	-	100.0
21641.02	mustardseed oil, crude	884.0	-	100.0
2165	palm oil	884.0	-	100.0
<b>2166</b>	<b>coconut oil</b>	<b>895.0</b>	<b>-</b>	<b>99.1</b>
2167	olive oil	884.0	-	100.0
21673	oil of olive residues	884.0	-	100.0
2168	cottonseed oil	884.0	-	100.0
21691.01	oil of rice bran	884.0	-	100.0
21691.02	oil of maize	884.0	-	100.0
21691.03	butter of karite nuts	711.0	-	85.0
21691.04	oil of castor beans	884.0	-	100.0
21691.05	oil of tung nuts	884.0	-	100.0
21691.07	oil of sesame seed	884.0	-	100.0
21691.08	oil of poppy seed	884.0	-	100.0
21691.1	stillingia oil	884.0	-	100.0
21691.11	oil of kapok	884.0	-	100.0
21691.12	oil of linseed	884.0	-	100.0

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## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
21691.13	oil of hempseed	884.0	-	100.0
21691.14	oil of palm kernel	884.0	-	100.0
21691.9	other oil of vegetable origin, crude n.e.c.	884.0	-	100.0
21700.01	liquid margarine	445.0	0.5	50.0
21700.02	margarine and shortening	720.0	0.6	81.0
21910.03	cake of soya beans	261.0	46.0	5.0
21910.04	cake of groundnuts	363.0	41.7	7.6
21910.11	cake of sesame seed	376.0	40.7	3.4
21920	flours and meals of oil seeds or oleaginous fruits, except those of mustard	393.0	37.2	15.6
22110.01	standardized milk	48.0	3.3	1.5
22110.02	skim milk of cows	35.0	3.4	0.2
22110.03	reconstituted milk	61.0	1.8	3.4
22110.04	skim milk of buffalo	41.0	4.3	0.1
22110.05	skim sheep milk	48.0	6.1	0.4
22110.06	skim milk of goat	35.0	3.4	0.2
22120	cream, fresh	195.0	2.7	19.3
22130.01	whey, fresh	26.0	0.8	0.2
22130.02	whey, dry	346.0	12.3	0.8
22130.03	whey, condensed	26.0	0.9	0.3
22211	whole milk powder	480.0	24.1	22.5
22212	skim milk and whey powder	362.0	40.8	0.8
22221.01	whole milk, evaporated	148.0	7.7	7.8
22221.02	skim milk, evaporated	120.0	7.6	4.8
22222.01	whole milk, condensed	325.0	8.5	8.4
22222.02	skim milk, condensed	334.0	8.5	7.0
22230.01	yoghurt	83.0	5.3	4.5
22230.02	yoghurt, with additives	82.0	4.7	1.5
22230.03	buttermilk, curdled and acidified milk	43.0	3.5	5.0
22230.04	buttermilk, dry	387.0	34.3	5.8
22241.01	butter of cow milk	717.0	0.9	81.1
22241.02	ghee from cow milk	873.0	0.3	99.1
22242.01	butter of buffalo milk	717.0	0.9	81.1
22242.02	ghee, from buffalo milk	873.0	0.3	99.1
22249.01	butter and ghee of sheep milk	716.0	0.6	81.0
22249.02	butter of goat milk	717.0	0.9	81.1

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## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
22251.01	cheese from whole cow milk	388.0	27.1	30.4
22251.02	cheese from skimmed cow milk	247.0	46.0	4.0
22251.03	whey cheese	72.0	12.4	1.0
22251.04	processed cheese	103.0	12.5	4.5
22252	cheese from milk of buffalo, fresh or processed	269.0	16.9	22.0
22253	cheese from milk of sheep, fresh or processed	310.0	23.2	22.8
22254	cheese from milk of goats, fresh or processed	280.0	16.0	15.0
22260	casein	427.0	100.0	-
22270	ice cream and other edible ice	149.0	2.0	6.7
22290	dairy products n.e.c.	61.0	1.8	3.4
23110	wheat and meslin flour	364.0	9.9	1.1
23120.01	flour of rice	358.0	7.6	0.3
23120.02	barley flour and grits	343.0	9.2	1.7
23120.03	flour of maize	364.0	7.9	1.2
23120.04	flour of rye	341.0	9.0	1.8
23120.05	flour of millet	340.0	9.7	3.0
23120.06	flour of sorghum	343.0	10.1	3.3
23120.07	flour of buckwheat	344.0	6.4	1.2
23120.08	flour of fonio	355.0	9.0	2.2
23120.09	flour of triticale	341.0	11.4	2.1
23120.1	flour of mixed grain	364.0	10.0	1.1
23120.9	flour of cereals n.e.s.	364.0	10.0	1.1
23140.01	germ of wheat	382.0	29.1	10.7
23140.02	bulgur	345.0	12.3	2.0
23140.03	breakfast cereals	389.0	7.4	0.7
23140.04	pot barley	348.0	9.6	1.1
23140.05	barley, pearled	346.0	9.0	1.4
23140.06	germ of maize	373.0	11.1	38.5
23140.07	oats, rolled	384.0	16.0	6.3
23140.08	cereal preparations	364.0	10.0	1.1
23161.01	rice, milled (husked)	360.0	6.4	0.8
23161.02	rice, milled	356.0	7.4	0.5
23161.03	rice, broken	360.0	6.7	0.7
23162	husked rice	357.0	7.5	1.8
23170.01	flour of cassava	362.0	1.1	0.7

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## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
23170.02	flour of roots and tubers n.e.s.	282.0	5.0	0.6
23170.03	flour of pulses	340.0	22.0	2.0
23170.04	flour of fruits	346.0	3.9	1.8
23180	mixes and doughs for the preparation of bakers' wares	393.0	6.2	12.0
23210.01	fructose, chemically pure	375.0	-	-
23210.02	maltose, chemically pure	375.0	-	-
23210.03	other fructose and syrup	298.0	0.3	-
23210.04	sugar and syrups n.e.s.	308.0	-	0.1
23210.05	glucose and dextrose	368.0	-	-
23210.06	lactose	387.0	-	-
23210.08	isoglucose	318.0	-	-
23220.01	starch of wheat	362.0	0.5	0.3
23220.02	wheat gluten	380.0	95.0	-
23220.03	starch of rice	362.0	0.5	0.3
23220.04	starch of maize	370.0	0.3	0.3
23220.05	starch of potatoes	362.0	0.5	0.3
23220.06	starch of cassava	362.0	0.5	0.3
23230.01	tapioca of potatoes	362.0	0.5	0.3
23230.02	tapioca of cassava	354.0	0.5	0.3
23320	lucerne (alfalfa) meal and pellets	265.0	30.5	2.0
23490.01	communion wafers, empty cachets of a kind suitable for pharmaceutical use, sealing wafers, rice paper and similar products.	439.0	9.2	13.1
23511.02	cane sugar, non-centrifugal	358.0	1.1	0.3
2351f	raw cane or beet sugar (centrifugal only)	373.0	-	-
23520	refined sugar	400.0	-	-
23530	refined cane or beet sugar, in solid form, containing added flavouring or colouring matter; maple sugar and maple syrup	348.0	-	-
23540	molasses (from beet, cane and maize)	232.0	-	-
23610.01	cocoa paste not defatted	472.0	1.7	44.0
23620	cocoa butter, fat and oil	711.0	-	85.0
23670.01	sugar confectionery	400.0	-	-
23670.02	fruit, nuts, peel, sugar preserved	212.0	0.6	-
23710	uncooked pasta, not stuffed or otherwise prepared	353.0	14.3	0.2
23911	coffee, decaffeinated or roasted	406.0	15.2	7.1
23912.01	coffee substitutes	56.0	8.0	-
23912.02	coffee extracts	129.0	4.0	-

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## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
23914	extracts, essences and concentrates of tea or mate, and preparations with a basis thereof or with a basis of tea or maté	18.0	4.5	-
23991.01	infant food	368.0	15.2	2.9
23991.02	homogenized vegetable preparations	41.0	1.2	0.5
23991.03	homogenized cooked fruit, prepared	59.0	0.3	-
23991.04	homogenized meat preparations	110.0	13.7	5.7
23993.01	egg albumin	49.0	10.1	-
23993.02	eggs, liquid	158.0	12.1	11.2
23993.03	eggs, dried	594.0	45.8	41.8
23995.01	soya sauce	75.0	3.5	0.1
23995.02	soya paste	144.0	13.0	3.5
23995.03	flour of mustard seed	469.0	26.4	36.3
23999.01	malt extract	367.0	6.0	-
23999.02	food preparations of flour, meal or malt extract	377.0	7.5	2.7
23999.03	soya curd	123.0	12.9	7.0
2413	undenatured ethyl alcohol of an alcoholic strength by volume of less than 80% vol; spirits, liqueurs and other spirituous beverages	295.0	-	-
24212.01	must of grape	61.0	0.6	0.1
24212.02	wine	68.0	-	-
24220	vermouth and other wine of fresh grapes flavoured with plants or aromatic substances	137.0	0.1	-
24230.01	wheat-fermented beverages	60.0	1.9	0.3
24230.02	rice-fermented beverages	133.0	0.3	-
24230.03	cider and other fermented beverages	34.0	0.4	0.1
24310.01	beer of barley, malted	16.0	0.3	-
24310.02	beer of maize, malted	40.0	0.4	-
24310.03	beer of millet, malted	40.0	0.4	-
24310.04	beer of sorghum, malted	40.0	0.4	-
24320	malt, whether or not roasted	368.0	13.1	1.9
24490	other non-alcoholic caloric beverages n.e.c	39.0	-	-

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## FOOD BALANCE SHEETS OF THE PHILIPPINES

CPC Code	Commodity	Nutritional Values		
		Calories [/100g]	Proteins [g/100g]	Fats [g/100g]
34550	animal or vegetable fats and oils and their fractions, chemically modified, except those hydrogenated, inter-esterified, re-esterified or elaidinized; inedible mixtures or preparations of animal or vegetable fats or oils	902.0	-	100.0
39120.01	bran of wheat	213.0	12.1	3.1
39120.02	bran of rice	276.0	13.3	15.8
39120.91	vegetable products for feed n.e.s.	52.0	6.0	0.4
39130.01	rice, gluten	380.0	95.0	-
39130.02	maize gluten	380.0	95.0	-
39140.01	beet pulp	288.0	11.1	0.6
F0020	bread	249.0	8.2	1.2
F0022	pastry	364.0	7.5	0.8
F0235	prepared nuts	615.0	15.5	56.2
F0262	olives preserved	132.0	1.3	12.6
F0472	vegetables preserved n.e.s. (o/t vinegar)	38.0	2.1	0.3
F0473	vegetables frozen	71.0	3.3	0.5
F0475	vegetables preserved (frozen)	54.0	2.4	0.4
F0623	fruit prepared n.e.c.	36.0	0.5	0.2
F0665	cocoa powder and cake	261.0	17.3	19.0
F0666	chocolate products n.e.s.	393.0	4.2	35.7
F0875	beef and veal preparations n.e.s.	233.0	25.0	14.0
F1042	pig meat preparations	239.0	16.1	18.8
F1061	poultry meat preparations	165.0	21.8	8.0
F1172	meat prepared n.e.c.	242.0	20.6	16.9
F1223	oil from fish and marine mammals	902.0	-	100.0
F1232	food preparations n.e.c.	0.6	1.2	0.5
F1243	fat preparations n.e.c.	720.0	0.6	81.0
F1275	hydrogenated oils and fats	720.0	0.6	81.0

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**FOOD BALANCE SHEETS (FBS) OF THE PHILIPPINES  
PHILIPPINE STATISTICS AUTHORITY**

**CLAIRE DENNIS S. MAPA, PhD**  
Undersecretary  
National Statistician and Civil Registrar General

**SECTORAL STATISTICS OFFICE**

**DIVINA GRACIA L. DEL PRADO, PhD**  
(Assistant National Statistician)  
Officer-in-Charge, Deputy National Statistician

**MACROECONOMIC ACCOUNTS SERVICE**

**VIVIAN R. ILARINA**  
Assistant National Statistician

**AGRICULTURAL ACCOUNTS DIVISION**

**Manuela S. Nalugon**  
(Supervising Statistical Specialist)  
Officer-in-Charge

**Reynante A. Santos**  
Senior Statistical Specialist

**Joynabel S. Paraguison**  
Statistical Specialist II

**Joly M. Navales**  
Statistical Specialist II

**Danica L. Quebral**  
Statistical Specialist I

**Niña P. Paderan**  
Statistical Analyst

**Rome Jenerry E. Olarte**  
Statistical Analyst

For Inquiries:

## PHILIPPINE STATISTICS AUTHORITY

PSA Complex, East Avenue, Diliman, Quezon City, Philippines 1101

Tel. No. +63(2) 84626600 loc. 820 • Telefax No. +63(2) 84626600 loc. 839

E-mail address: [info@psa.gov.ph](mailto:info@psa.gov.ph) • [kmcd.staff@psa.gov.ph](mailto:kmcd.staff@psa.gov.ph)



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