

Food and Nutritional Analysis based on HBS 2017



Average calories
per capita per day

2261



Average
required calories
per capita per day

2086



% of households
having a Balanced
diet

26.9

0.5



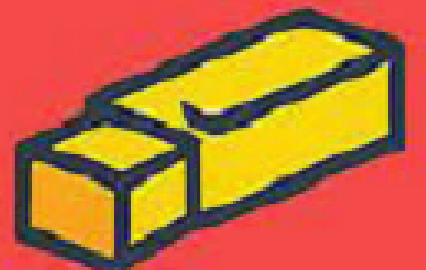
% of households
with more than
75% of
carbohydrates

4.5



% of households
with less than
10% protein

53.0



% of households
with more than
30% of fat

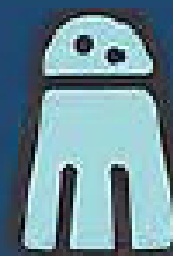
67.5

% of households
with less than

25g of
fibre



35.5



% of households
with more than
5g of salt

22.3



% of households
with more than
45g sugar



81.2% of households
below the recommen-
ded 400g of veg
& fruits



Average share of
calories from
processed foods
18.9%



Average share of
calories from ultra-
processed foods
13.8 %