

# Food and Nutrition Analysis

## based on HBS 2023 - A SECOND ISSUE



A snapshot of dietary indicators across income groups

OVERALL  
AT A GLANCE

**AVERAGE CALORIES**  
per capita per day



2,261 kcal in 2017 **↑** 2,326 kcal in 2023

**+2.9%**

**BALANCED DIET**  
% of population



26.9% in 2017 **↓** 19.3% in 2023

**Declined**

**ULTRA-PROCESSED FOODS**  
Avg. share of calories



13.8% in 2017 **↑** 15.5% in 2023

**Increased**

**LESS THAN 400g FRUITS & VEGETABLES**  
% of population



81.2% in 2017 **=** 81.2% in 2023

**No change**

**CALORIES FROM CEREALS, ROOTS, TUBERS & PULSES**  
% of calories



45.4% in 2017 **↑** 46.2% in 2023

**Slight increase**

### HOW EACH GUIDELINE INDICATOR CHANGED (Overall Population)



**INCLUDE A VARIETY OF PROTEIN-RICH FOODS**

Average number of protein-rich foods consumed in a month

2017  
**12.2**



2023  
**11.5**

**DECLINED**

Less dietary diversity from protein sources



**WATCH YOUR FAT CONSUMPTION**

% of population consuming more than 30% of fat

2017  
**53.0%**



2023  
**59.3%**

**INCREASED**

Diets became richer in fat



**BE MINDFUL OF YOUR NUTRIENT NEEDS**

% of population consuming less than 25g of fibre

2017  
**67.5%**



2023  
**58.8%**

**IMPROVED**

More people now meeting fibre recommendations



**GO EASY ON THE SALT**

% of population consuming more than 5g of salt

2017  
**35.5%**



2023  
**31.7%**

**IMPROVED**

Fewer people consuming too much salt



**SHIFT YOUR SWEET TOOTH**

% of population consuming more than 45g of sugar

2017  
**22.3%**



2023  
**25.2%**

**INCREASED**

More people consuming too much sugar



### INCOME DISPARITIES REMAIN IN 2023



LOWER QUINTILE	INDICATOR	HIGHEST QUINTILE
1,961 kcal	CALORIES PER DAY	2,526 kcal
13.9%	ULTRA-PROCESSED FOODS	19.4%
91.9%	LESS THAN 400g FRUITS & VEGETABLES	72.7%
78.4%	LESS THAN 25g OF FIBRE	45.1%
50.6%	MORE THAN 30% OF FAT	66.7%
19.3%	MORE THAN 45g OF SUGAR	29.7%

- ↑** Higher income households consume more calories
- ↑** More ultra-processed foods among higher income households
- ↓** Lower income households eat fewer fruits & vegetables
- ↓** Lower income households consume less fibre
- ↑** Higher income households exceed fat recommendations
- ↑** Higher income households consume more sugar

