

Average per Capita per Day Food Intake (grams) by Residence in Bangladesh

Food items	Present consumption (Gram per capita per day) as per HIES 2010	Requirement (Gram per capita per day) as per BAN-HRDB 2007	Desirable intake (Gram per capita per day) as per DDP, 2013
Vegetables	166.1	200	Leafy: 100 Non-leafy: 200
Fruits	44.7	100	100
Cereals	463.9	375	400
Rice	416.0	350	350
Wheat	26.0	25	50
Others	21.9	-	-
Pulses	14.3	60	50
Potato	70.3	60	100
Fish	49.5	55	60
Meat incl. poultry	19.0	35	40
Egg	7.2	15	30
Milk and Milk product	33.7	75	130
Cooking oils	20.5	40	30
Condiments & Spices	66.0	20	20
Sugar/Gur	8.4	18	20
Miscellaneous (tea, soft drinks, bread, biscuits, betel nut & betel leaf)	36.5		
Protein	66.26		
Calorie (K. cal/capita/day)	2318.3 kcal	2350kcal	2430kcal

Source:

- i. For consumption: Report of the Household Income and Expenditure Survey 2010 (report published December 2011), Bangladesh Bureau of Statistics
- ii. For requirement : Former BAN-HRDB 2007 (present name Bangladesh Institute of Research & Training on Applied Nutrition, BIRTAN)
- iii. Desirable diet for Bangladesh: A desirable dietary intake has been proposed after the evaluation of previous work and current consumption patterns of the population, DDP, 2013, BIRDEM with the support of National Food Policy Capacity Strengthening Programme (NFPCSP), June 2013