



مركز الإحصاء  
STATISTICS CENTRE

# The Food Balance Sheet of the Emirate of Abu Dhabi 2019 (By Region)

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## Introduction

The food Balance Sheet is defined as the wide frame that includes the food pattern of the Emirate of Abu Dhabi during a specified period of time. The food and product groups (raw or manufactured) are classified by source. The food Balance Sheet provides important data that is required to produce food indicators, help create development plans and contribute towards achieving the food security of the Emirate by studying the food pattern of individuals by region in the Emirate of Abu Dhabi.

Creating the food Balance Sheet depends on the data of food available for consumption by the household- and the non-household sectors, which includes the food services establishments. It also depends on the population estimates by regions and the food composition tables.

The Household and Expenditure Survey 2019, provided data on the per capita food consumption by region as well as the expenditure on food outside the household sector. The survey data was processed to comply with the requirements of food balance sheet, and to ensure the comprehensiveness of the data. This data was then used to calculate the quantities of food available for consumption by multiplying the per capita food consumption for each item by the total population.

The food balance sheet provides a comprehensive background on the level of food security of individuals in term of consumption from both animal and Plant Products. It evaluates the food situation of the population on the Emirate level and by regions.

The food balance sheet provides data on the Per capita of food consumption and the daily per capita intake of calories, protein and fat. It offers food policy makers a comprehensive and clear vision of the current situation, including agricultural policies, food pattern and its relationship to the food security.

The food balance sheet of Abu Dhabi is in conformity with relevant international standards and methodology adopted by the FAO for the preparation of the food balance sheet. In order to obtain accurate results, calculations and scientific equations were done using the latest methodologies for producing the food balance sheet.

## Summary of Indicators

The food balance sheet 2019 includes diverse statistical tables, which contain data on Abu Dhabi, Al Ain and Al Dhafra regions, some key indicators are presented in the table below:

### 1. Food Balance Sheet (the Emirate of Abu Dhabi)

Indicator	2014	2019
Per capita of:		
a. energy (calorie/day)	<b>3,375.5</b>	<b>3,321.3</b>
b. protein (gram/day)	<b>92.2</b>	<b>95.6</b>
c. fats (gram/day)	<b>101.8</b>	<b>89.9</b>
d. food (kilogram/year)	<b>636.7</b>	<b>583.7</b>
Percentage of energy (calories) derived from plant commodities and products.	79.2	78.2
Percentage of energy (calories) derived from animal commodities and products.	20.8	21.8
Percentage of protein (g) derived from plant commodities and products.	56.1	56.1
Percentage of protein (g) derived from animal commodities and products.	43.9	43.9
Percentage of fats (g) derived from plant commodities and products.	51.9	50.9
Percentage of fats (g) derived from animal commodities and products.	48.1	49.1

### 2. Food Balance Sheet (Abu Dhabi Region)

Indicator	2014	2019
Per capita of:		
a. energy (calorie/day)	<b>3,389.3</b>	<b>3,244.0</b>
b. protein (gram/day)	<b>92.7</b>	<b>82.1</b>
c. fats (gram/day)	<b>90.2</b>	<b>83.9</b>
d. food (kilogram/year)	608.1	<b>507.0</b>
Percentage of energy (calorie) derived from plant commodities and products.	79.5	79.0
Percentage of energy (calorie) derived from animal commodities and products.	20.5	21.0
Percentage of protein (g) derived from plant commodities and products.	60.3	53.5
Percentage of protein (g) derived from animal commodities and products.	39.7	46.5
Percentage of fats (g) derived from plant commodities and products.	60.3	53.2
Percentage of fats (g) derived from animal commodities and products.	39.7	46.8

### 3. Food Balance Sheet (Al Ain Region)

Indicator	2014	2019
Per capita of:		
a. energy (calorie/day)	<b>3,314.7</b>	<b>3,376.1</b>
b. protein (gram/day)	<b>94.8</b>	<b>104.3</b>
c. fats (gram/day)	<b>99.0</b>	<b>70.7</b>
d. food (kilogram/year)	693.4	<b>672.7</b>
Percentage of energy (calorie) derived from plant commodities and products.	80.6	78.5
Percentage of energy (calorie) derived from animal commodities and products.	19.4	21.5
Percentage of protein (g) derived from plant commodities and products.	61.4	54.3
Percentage of protein (g) derived from animal commodities and products.	38.6	45.7
Percentage of fats (g) derived from plant commodities and products.	50.4	43.2
Percentage of fats (g) derived from animal commodities and products.	49.6	56.8

### 4. Food Balance Sheet (Al Dhafra Region)

Indicator	2014	2019
Per capita of:		
a. energy (calorie/day)	<b>3,358.4</b>	<b>3,366.1</b>
b. protein (gram/day)	<b>97.6</b>	<b>101.7</b>
c. fats (gram/day)	<b>102.4</b>	<b>102.3</b>
d. food (kilogram/year)	685.4	<b>772.9</b>
Percentage of energy (calorie) derived from plant commodities and products.	80.2	79.3
Percentage of energy (calorie) resulted from animal commodities and products.	19.8	20.7
Percentage of protein (g) derived from plant commodities and products.	60.7	53.4
Percentage of protein (g) derived from animal commodities and products.	39.3	46.6
Percentage of fats (g) derived from plant commodities and products.	50.6	48.3
Percentage of fats (g) derived from animal commodities and products.	49.4	51.7



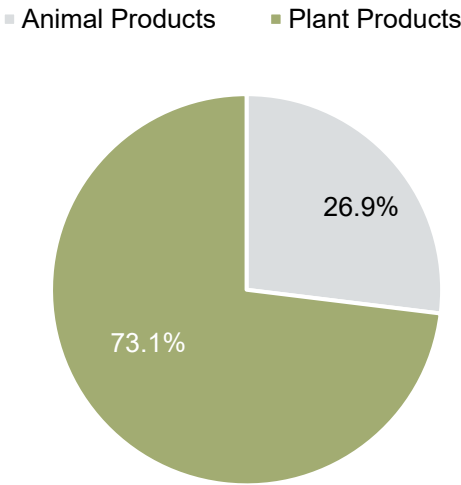
## First: Food Balance Sheet (Abu Dhabi Region)

**Table 1.1: Per capita intake of food, dietary energy, protein and fat, Abu Dhabi Region, 2019.**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Grand Total</b>	<b>507.0</b>	<b>3,244.0</b>	<b>82.1</b>	<b>83.9</b>
Plant Products	370.4	2,561.7	43.9	44.6
Animal Products	136.6	682.2	38.1	39.3
<b>Total</b>	<b>507.0</b>	<b>3,244.0</b>	<b>82.1</b>	<b>83.9</b>
Cereals and Products	146.6	1,671.8	31.4	6.8
Starchy Roots	12.6	26.2	0.5	0.1
Sugar and Sweeteners	13.2	192.8	0.0	0.0
Pulses	9.8	85.4	5.5	0.6
Nuts	2.2	18.5	0.7	1.5
Oil Crops	1.0	6.2	0.1	0.4
Vegetable Oils	11.3	271.4	0.0	30.7
Vegetables	78.7	69.7	2.9	0.5
Fruits and Products	56.5	119.1	1.3	1.2
Stimulants	4.9	38.3	0.9	1.9
Spices	4.2	20.7	0.7	0.9
Non Alcoholic Beverages	29.4	41.6	0.0	0.0
Animal Meats	54.5	305.4	19.9	19.9
Offals	0.2	0.7	0.1	0.0
Animal Fats	1.5	27.8	0.1	2.8
Milk	25.5	54.6	2.5	3.6
Milk Products	38.1	238.5	10.5	10.1
Eggs	8.3	32.5	2.4	2.3
Sea Foods	8.4	22.8	2.7	0.6

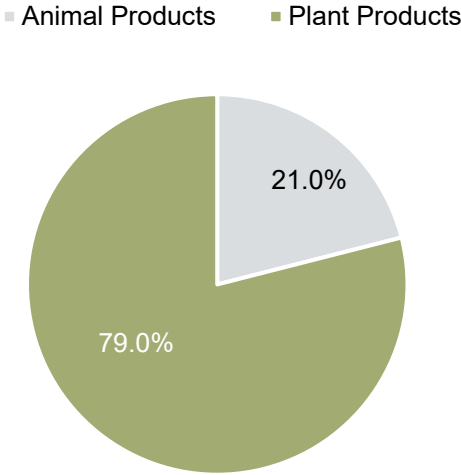
Source: Statistics Centre - Abu Dhabi

**Figure 1.1: Percentage distribution of food supply quantities by source, Abu Dhabi Region, 2019**



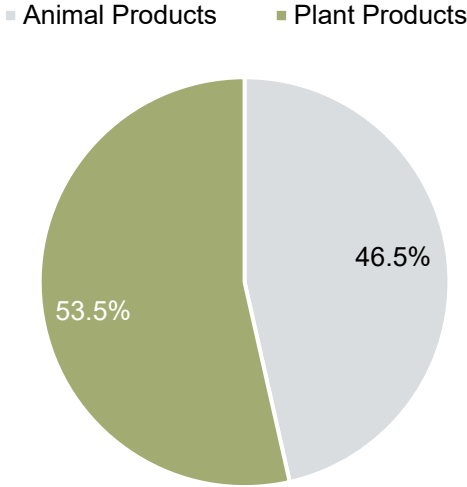
Source: Statistics Centre - Abu Dhabi

**Figure 1.2: Percentage distribution of caloric intake by source, Abu Dhabi Region, 2019.**



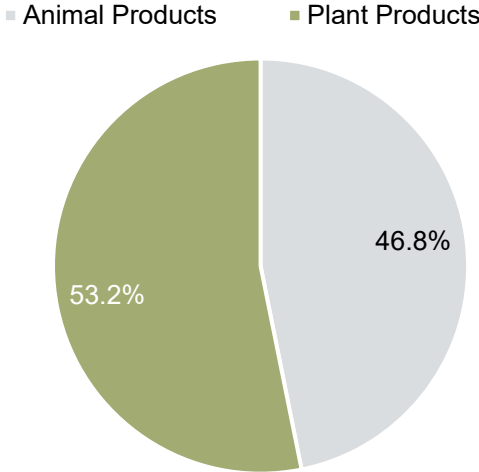
Source: Statistics Centre - Abu Dhabi

**Figure 1.3: Percentage distribution of protein intake by source, Abu Dhabi Region, 2019.**



Source: Statistics Centre - Abu Dhabi

**Figure 1.4: Percentage distribution of fat intake by source, Abu Dhabi Region, 2019.**



Source: Statistics Centre - Abu Dhabi

**Table 1.2: Per capita intake of food, dietary energy, protein and fat from cereals and products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>146.6</b>	<b>1,671.8</b>	<b>31.4</b>	<b>6.8</b>
Wheat products	99.1	1,072.9	23.8	4.5
Rice	39.6	402.9	5.7	0.8
Maize products	0.6	5.7	0.1	0.0
Others	7.3	190.2	1.7	1.5

Source: Statistics Centre - Abu Dhabi

**Table 1.3: Per capita intake of food, dietary energy, protein and fat from starchy roots and products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>12.6</b>	<b>26.2</b>	<b>0.5</b>	<b>0.1</b>
Potatoes	9.5	19.6	0.3	0.1
Potato products	2.6	5.3	0.1	0.0
Sweet Potatoes	0.4	1.0	0.0	0.0
Others	0.1	0.4	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 1.4: Per capita intake of food, dietary energy, protein and fat from sugar and sweeteners, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>13.2</b>	<b>192.8</b>	<b>0.0</b>	<b>0.0</b>
Sugar	10.7	113.0	0.0	0.0
Sweeteners	2.1	76.4	0.0	0.0
Honey	0.4	3.3	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 1.5: Per capita intake of food, dietary energy, protein and fat from pulses, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>9.8</b>	<b>85.4</b>	<b>5.5</b>	<b>0.6</b>
Beans	1.6	15.2	1.0	0.1
Chick Peas	3.0	28.9	1.7	0.3
Lentils	2.9	28.4	2.0	0.1
Broad Beans	0.1	0.7	0.0	0.0
Others	2.2	12.3	0.8	0.1

Source: Statistics Centre - Abu Dhabi

**Table 1.6: Per capita intake of food, dietary energy, protein and fat from nuts, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>2.2</b>	<b>18.5</b>	<b>0.7</b>	<b>1.5</b>
Almonds	0.2	1.5	0.1	0.1
Pistachios	0.2	1.3	0.0	0.1
Chestnuts	0.0	0.1	0.0	0.0
Cashew Nuts	0.2	1.3	0.0	0.1
Groundnuts	0.2	3.3	0.1	0.3
Others	1.3	10.9	0.4	0.9

Source: Statistics Centre - Abu Dhabi

**Table 1.7: Per capita intake of food, dietary energy, protein and fat from oil crops and products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>1.0</b>	<b>6.2</b>	<b>0.1</b>	<b>0.4</b>
Sesame Seed	0.0	0.5	0.0	0.0
Olive, Preserved	0.7	2.1	0.0	0.2
Others	0.3	3.6	0.1	0.2

Source: Statistics Centre - Abu Dhabi

**Table 1.8: Per capita intake of food, dietary energy, protein and fat from vegetable oils and products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>11.3</b>	<b>271.4</b>	<b>0.0</b>	<b>30.7</b>
Sunflower Seed Oil	6.6	160.3	0.0	18.1
Sesame Seed Oil	0.1	1.7	0.0	0.2
Coconut Oil	0.3	6.1	0.0	0.7
Olive Oil	0.9	22.3	0.0	2.5
Maize Germ Oil	2.1	51.3	0.0	5.8
Canola Oil	0.4	8.9	0.0	1.0
Others	1.0	20.7	0.0	2.3

Source: Statistics Centre - Abu Dhabi

**Table 1.9: Per capita intake of food, dietary energy, protein and fat from vegetables and products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>78.7</b>	<b>69.7</b>	<b>2.9</b>	<b>0.5</b>
Tomatoes	17.2	8.5	0.5	0.1
Lettuce	1.5	0.6	0.0	0.0
Spinach	0.3	0.1	0.0	0.0
Cucumbers	9.3	4.3	0.2	0.0
Squash	3.3	2.8	0.1	0.0
Eggplants	1.9	1.5	0.1	0.0
Cauliflower	1.1	0.4	0.0	0.0
Pumpkins	1.2	0.6	0.0	0.0
Cabbages	1.1	0.5	0.0	0.0
Onion, green	3.3	1.5	0.1	0.0
Onion	12.8	14.7	0.5	0.1
Garlic	1.3	4.8	0.2	0.0
Carrots	3.4	3.4	0.1	0.0
Broad Beans, green	0.8	1.3	0.1	0.0
Watermelons	6.1	2.2	0.0	0.0
Sweet Melons	0.7	0.5	0.0	0.0
Okra	0.8	0.7	0.0	0.0
Others	12.5	21.1	1.0	0.2

Source: Statistics Centre - Abu Dhabi

**Table 1.10: Per capita intake of food, dietary energy, protein and fat from fruit and products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>56.5</b>	<b>119.1</b>	<b>1.3</b>	<b>1.2</b>
Oranges	9.5	7.6	0.2	0.1
Lemons	2.9	1.4	0.0	0.0
Grapefruit and Pummelors	0.2	0.1	0.0	0.0
Other Citrus Fruit	3.0	2.7	0.0	0.0
Bananas	12.4	20.4	0.3	0.2
Apples	9.6	12.8	0.1	0.1
Pears	0.7	1.0	0.0	0.0
Apricots	0.2	0.2	0.0	0.0
Grapes	2.3	4.2	0.0	0.0
Mangoes	2.1	2.6	0.0	0.0
Avocados	0.4	1.4	0.0	0.1
Cherries	0.1	0.2	0.0	0.0
Guava	0.4	0.9	0.0	0.0
Pomegranates	0.8	1.2	0.0	0.0
Kiwi Fruit	0.6	0.8	0.0	0.0
Papayas	0.1	0.2	0.0	0.0
Dates and its products	5.6	42.0	0.3	0.1
Pineapples	0.4	0.3	0.0	0.0
Others	5.2	19.0	0.1	0.6

Source: Statistics Centre - Abu Dhabi



**Table 1.11: Per capita of intake of food, dietary energy, protein and fat from stimulants, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>4.9</b>	<b>38.3</b>	<b>0.9</b>	<b>1.9</b>
Coffee	1.3	2.9	0.2	0.0
Cocoa Beans	2.3	34.0	0.3	1.9
Tea	1.2	1.3	0.3	0.0
Others	0.1	0.1	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 1.12: Per capita intake of food, dietary energy, protein and fat from Spices, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>4.2</b>	<b>20.7</b>	<b>0.7</b>	<b>0.9</b>
Pepper	0.2	1.6	0.1	0.0
Cinnamon	0.0	0.3	0.0	0.0
Cardamom	0.1	1.9	0.0	0.1
Others	3.8	16.9	0.6	0.8

Source: Statistics Centre - Abu Dhabi

**Table 1.13: Per capita intake of food, dietary energy, protein and fat from non-alcoholic beverages, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Non-Alcoholic Beverages	29.4	41.6	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 1.14: Per capita intake of food, dietary energy, protein and fat from animal meats, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>54.5</b>	<b>305.4</b>	<b>19.9</b>	<b>19.9</b>
Beef	11.3	113.5	4.4	6.1
Mutton and Goat Meats	10.5	75.9	3.9	6.6
Camels Meats	0.6	3.0	0.2	0.2
Chicken Meats	31.3	109.1	11.2	6.8
Others	0.7	4.0	0.2	0.3

Source: Statistics Centre - Abu Dhabi

**Table 1.15: Per capita intake of food, dietary energy, protein and fat from offals, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Offals	0.2	0.7	0.1	0.0

Source: Statistics Centre - Abu Dhabi

**Table 1.16: Per capita intake of food, dietary energy, protein and fat from animal fats, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>1.5</b>	<b>27.8</b>	<b>0.1</b>	<b>2.8</b>
Butter	0.2	3.8	0.0	0.4
Animal Ghee	0.3	6.3	0.0	0.7
Cream	0.9	14.1	0.0	1.6
Others	0.2	3.6	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 1.17: Per capita intake of food, dietary energy, protein and fat from milk, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Fresh Milk	25.5	54.6	2.5	3.6

Source: Statistics Centre - Abu Dhabi

**Table 1.18: Per capita of intake of food, dietary energy, protein and fat from milk products, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>38.1</b>	<b>238.5</b>	<b>10.5</b>	<b>10.1</b>
Yoghurt	12.9	23.3	1.2	1.2
Yogurt	0.5	2.9	0.1	0.3
Cheese	5.1	39.2	3.7	2.5
Dry Whole Milk	2.0	28.3	1.4	1.6
Others	17.5	144.9	4.0	4.6

Source: Statistics Centre - Abu Dhabi

**Table 1.19: Per capita intake of food, dietary energy, protein and fat eggs, Abu Dhabi Region 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Table Eggs	8.3	32.5	2.4	2.3

Source: Statistics Centre - Abu Dhabi

**Table 1.20: Per capita intake of food, dietary energy, protein and fat from seafoods, Abu Dhabi Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>8.4</b>	<b>22.8</b>	<b>2.7</b>	<b>0.6</b>
Fish	7.4	21.5	2.4	0.6
Crustaceans and Cephalopods	1.0	1.3	0.3	0.0

Source: Statistics Centre - Abu Dhabi

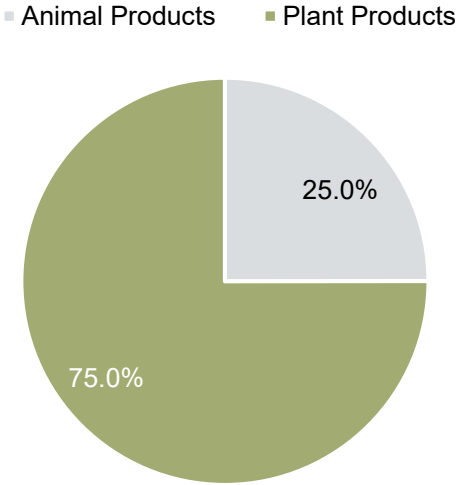
## Second: Food Balance Sheet (Al Ain Region)

**Table 2.1: Per capita intake of food, dietary energy, proteins and fats, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Grand Total</b>	<b>672.7</b>	<b>3,376.1</b>	<b>104.3</b>	<b>90.7</b>
Plant Products	504.6	2,649.6	56.7	39.2
Animal Products	168.1	726.6	47.7	51.6
<b>Total</b>	<b>672.7</b>	<b>3,376.1</b>	<b>104.3</b>	<b>90.7</b>
Cereals and Products	225.2	1800.1	42.4	13.1
Starchy Roots	14.6	30.1	0.5	0.1
Sugar and Sweeteners	24.9	217.8	0.0	0.0
Pulses	11.2	95.5	6.2	0.6
Nuts	1.4	12.6	0.5	1.0
Oil Crops	1.1	6.4	0.1	0.4
Vegetable Oils	7.1	169.8	0.0	19.2
Vegetables	103.1	86.1	3.5	0.6
Fruits and Products	67.0	117.8	1.4	0.9
Stimulants	6.1	39.7	1.2	1.9
Spices	5.9	27.3	0.9	1.3
Non-Alcoholic Beverages	36.9	46.4	0.0	0.0
Animal Meats	78.8	358.4	28.7	31.2
Offals	0.0	0.1	0.0	0.0
Animal Fats	1.7	31.0	0.1	3.2
Milk	25.2	53.9	2.5	3.6
Milk Products	43.8	231.8	10.6	10.7
Eggs	7.3	28.5	2.1	2.0
Sea Foods	11.2	22.9	3.6	0.8

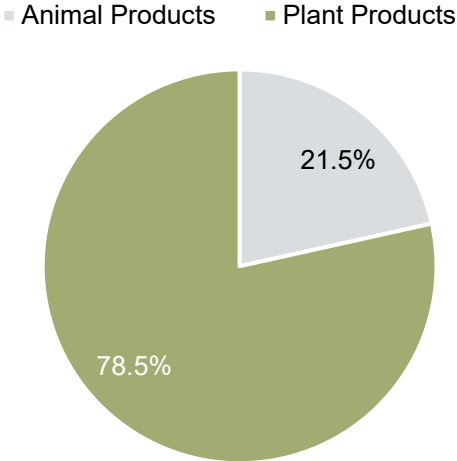
Source: Statistics Centre - Abu Dhabi

**Figure 2.1: Percentage distribution of food supply quantities by source, Al Ain Region, 2019**



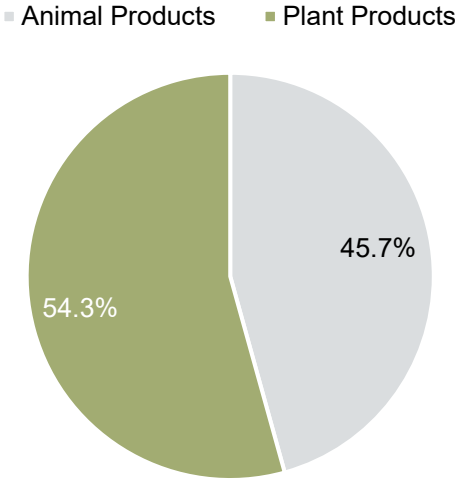
Source: Statistics Centre - Abu Dhabi

**Figure 2.2: Percentage distribution of caloric intake by source, Al Ain Region, 2019.**



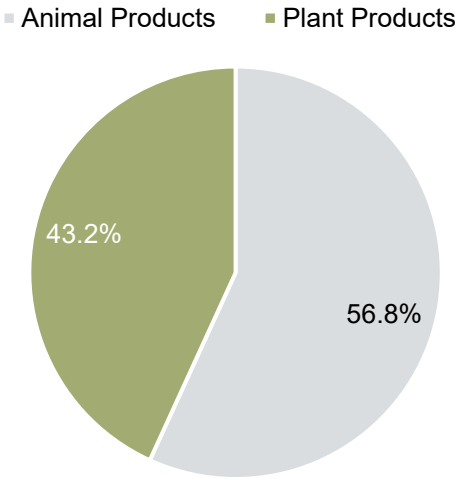
Source: Statistics Centre - Abu Dhabi

**Figure 2.3: Percentage distribution of protein intake by source, Al Ain Region, 2019.**



Source: Statistics Centre - Abu Dhabi

**Figure 2.4: Percentage distribution of fat intake by source, Al Ain Region, 2019.**



Source: Statistics Centre - Abu Dhabi

**Table 2.2: Per capita intake of food, dietary energy, protein and fat from cereals, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>225.2</b>	<b>1,800.1</b>	<b>42.4</b>	<b>13.1</b>
Wheat products	139.8	1,021.5	27.9	9.3
Rice	79.2	729.6	13.4	1.5
Maize products	0.4	3.8	0.1	0.0
Others	5.9	45.2	1.0	2.2

Source: Statistics Centre - Abu Dhabi

**Table 2.3: Per capita intake of food, dietary energy, protein and fat from starchy roots and products, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>14.6</b>	<b>30.1</b>	<b>0.5</b>	<b>0.1</b>
Potatoes	11.5	23.7	0.4	0.1
Potato products	2.7	5.4	0.1	0.0
Sweet Potatoes	0.3	0.9	0.0	0.0
Others	0.0	0.1	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 2.4: Per capita intake of food, dietary energy, protein and fat from sugar and sweeteners, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>24.9</b>	<b>217.8</b>	<b>0.0</b>	<b>0.0</b>
Sugar	22.2	200.5	0.0	0.0
Sweeteners	2.3	14.3	0.0	0.0
Honey	0.4	3.0	0.0	0.0

Source: Statistics Centre - Abu Dhabi



**Table 2.5: Per capita intake of food, dietary energy, protein and fat from Pulse, AI Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>11.2</b>	<b>95.5</b>	<b>6.2</b>	<b>0.6</b>
Beans	1.1	10.3	0.7	0.1
Chick Peas	2.6	25.4	1.5	0.2
Lentils	4.4	42.6	3.0	0.2
Broad Beans	0.2	1.8	0.1	0.0
Others	3.0	15.5	1.0	0.1

Source: Statistics Centre - Abu Dhabi

**Table 2.6: Per capita intake of food, dietary energy, protein and fat from nuts, AI Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>1.4</b>	<b>12.6</b>	<b>0.5</b>	<b>1.0</b>
Almonds	0.1	0.9	0.0	0.1
Pistachios	0.1	0.8	0.0	0.1
Chestnuts	0.0	0.1	0.0	0.0
Cashew Nuts	0.1	0.7	0.0	0.1
Groundnuts	0.1	1.7	0.1	0.1
Others	0.9	8.3	0.3	0.7

Source: Statistics Centre - Abu Dhabi

**Table 2.7: Per capita intake of food, dietary energy, protein and fat from oil crops and products, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>1.1</b>	<b>6.4</b>	<b>0.1</b>	<b>0.4</b>
Sesame Seed	0.0	0.3	0.0	0.0
Olive, Preserved	0.7	2.2	0.0	0.2
Others	0.3	4.0	0.1	0.2

Source: Statistics Centre - Abu Dhabi

**Table 2.8: Per capita intake of food, dietary energy, protein and fat from vegetable oils and products, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>7.1</b>	<b>169.8</b>	<b>0.0</b>	<b>19.2</b>
Sunflower Seed Oil	2.4	58.8	0.0	6.6
Sesame Seed Oil	0.0	1.2	0.0	0.1
Coconut Oil	0.1	3.6	0.0	0.4
Olive Oil	1.4	34.7	0.0	3.9
Maize Germ Oil	2.0	49.6	0.0	5.6
Canola Oil	0.3	6.4	0.0	0.7
Others	0.7	15.5	0.0	1.7

Source: Statistics Centre - Abu Dhabi

**Table 2.9: Per capita intake of food, dietary energy, protein and fat from vegetables and products, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>103.1</b>	<b>86.1</b>	<b>3.5</b>	<b>0.6</b>
Tomatoes	18.3	9.0	0.5	0.1
Lettuce	2.5	1.0	0.1	0.0
Spinach	0.3	0.1	0.0	0.0
Cucumbers	12.4	5.8	0.2	0.0
Squash	5.1	4.3	0.1	0.0
Eggplants	2.4	1.9	0.1	0.0
Cauliflower	1.3	0.5	0.0	0.0
Pumpkins	0.9	0.5	0.0	0.0
Cabbages	1.3	0.6	0.0	0.0
Onion, green	4.5	2.1	0.2	0.0
Onion	18.1	20.8	0.7	0.1
Garlic	2.0	7.2	0.3	0.0
Carrots	4.2	4.1	0.1	0.0
Broad Beans, green	0.7	1.1	0.1	0.0
Watermelons	14.8	5.3	0.1	0.0
Sweet Melons	1.6	1.3	0.0	0.0
Okra	1.1	1.0	0.0	0.0
Others	11.6	19.6	0.9	0.2

Source: Statistics Centre - Abu Dhabi

**Table 2.10: Per capita intake of food, dietary energy, protein and fat from fruits and products, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>67.0</b>	<b>117.8</b>	<b>1.4</b>	<b>0.9</b>
Oranges	14.6	11.6	0.3	0.1
Lemons	3.4	1.7	0.0	0.0
Grapefruit and Pummelors	0.1	0.1	0.0	0.0
Other Citrus Fruit	4.6	4.2	0.1	0.0
Bananas	13.2	21.7	0.4	0.2
Apples	12.8	17.2	0.1	0.1
Pears	0.8	1.3	0.0	0.0
Apricots	0.2	0.3	0.0	0.0
Grapes	3.1	5.8	0.1	0.0
Mangoes	2.3	2.8	0.0	0.0
Avocados	0.2	0.8	0.0	0.1
Cherries	0.2	0.3	0.0	0.0
Guava	0.4	0.8	0.0	0.0
Pomegranates	1.0	1.5	0.0	0.0
Kiwi Fruit	1.4	2.0	0.0	0.0
Papayas	0.0	0.1	0.0	0.0
Dates and its products	4.1	33.3	0.2	0.1
Pineapples	0.7	0.5	0.0	0.0
Others	3.7	11.9	0.1	0.3

Source: Statistics Centre - Abu Dhabi

**Table 2.11: Per capita intake of food, dietary energy, protein and fat from stimulants, AI Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>6.1</b>	<b>39.7</b>	<b>1.2</b>	<b>1.9</b>
Coffee	2.3	4.2	0.5	0.0
Cocoa Beans	2.3	33.8	0.3	1.9
Tea	1.4	1.6	0.4	0.0
Others	0.1	0.1	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 2.12: Per capita intake of food, dietary energy, protein and fat from Spices, AI Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>5.9</b>	<b>27.3</b>	<b>0.9</b>	<b>1.3</b>
Pepper	0.2	1.3	0.1	0.0
Cinnamon	0.0	0.2	0.0	0.0
Cardamom	0.2	3.4	0.0	0.2
Others	5.5	22.4	0.8	1.0

Source: Statistics Centre - Abu Dhabi

**Table 2.13: Per capita intake of food, dietary energy, protein and fat from non-alcoholic beverages, AI Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Non-Alcoholic Beverages	36.9	46.4	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 2.14: Per capita intake of food, dietary energy, protein and fat from animal meats, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>78.8</b>	<b>358.4</b>	<b>28.7</b>	<b>31.2</b>
Beef	12.5	80.9	4.7	6.7
Mutton and Goat Meats	24.4	145.8	9.0	15.2
Camels Meats	0.8	3.8	0.3	0.3
Chicken Meats	40.4	125.8	14.4	8.7
Others	0.7	2.1	0.2	0.3

Source: Statistics Centre - Abu Dhabi

**Table 2.15: Per capita intake of food, dietary energy, protein and fat from offals, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Offals	0.0	0.1	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 2.16: Per capita intake of food, dietary energy, protein and fat from animal fats, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>1.7</b>	<b>31.0</b>	<b>0.1</b>	<b>3.2</b>
Butter	0.2	4.7	0.0	0.5
Animal Ghee	0.3	8.3	0.0	0.9
Cream	0.9	15.1	0.0	1.7
Others	0.2	3.0	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 2.17: Per capita intake of food, dietary energy, protein and fat from milk, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Fresh Milk	25.2	53.9	2.5	3.6

Source: Statistics Centre - Abu Dhabi

**Table 2.18: Per capita intake of food, dietary energy, protein and fat from milk products, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>43.8</b>	<b>231.8</b>	<b>10.6</b>	<b>10.7</b>
Yoghurt	17.3	31.3	1.7	1.6
Yogurt	0.5	2.9	0.1	0.3
Cheese	5.5	42.2	3.6	2.9
Dry Whole milk	1.8	25.3	1.3	1.4
Others	18.7	130.1	4.0	4.6

Source: Statistics Centre - Abu Dhabi

**Table 2.19: Per capita intake of food, dietary energy, protein and fat from eggs, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Table Eggs	7.3	28.5	2.1	2.0

Source: Statistics Centre - Abu Dhabi

**Table 2.20: Per capita intake of food, dietary energy, protein and fat from seafoods, Al Ain Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>11.2</b>	<b>22.9</b>	<b>3.6</b>	<b>0.8</b>
Fish	10.3	21.7	3.4	0.8
Crustaceans and Cephalopods	0.9	1.2	0.2	0.0

Source: Statistics Centre - Abu Dhabi



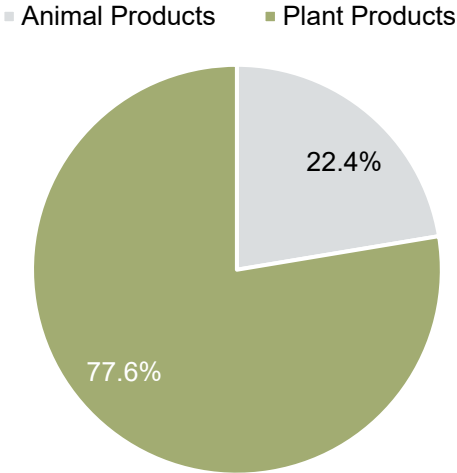
### Third: Food Balance Sheet (Al Dhafra Region)

**Table 3.1: Per capita intake of food, dietary energy, protein and fat, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Grand Total</b>	<b>772.9</b>	<b>3,366.1</b>	<b>101.7</b>	<b>102.3</b>
<b>Plant Products</b>	<b>599.9</b>	<b>2,668.4</b>	<b>54.3</b>	<b>49.4</b>
<b>Animal Products</b>	<b>173.0</b>	<b>697.7</b>	<b>47.4</b>	<b>52.9</b>
<b>Total</b>	<b>772.9</b>	<b>3,366.1</b>	<b>101.7</b>	<b>102.3</b>
Cereals and Products	253.8	1,777.8	38.1	10.5
Starchy Roots	14.6	30.2	0.5	0.1
Sugar and Sweeteners	34.1	189.2	0.0	0.0
Pulses	9.7	83.8	5.6	0.5
Nuts	2.6	21.5	0.8	1.8
Oil Crops	1.3	9.0	0.2	0.6
Vegetable Oils	13.7	249.8	0.0	30.2
Vegetables	123.8	90.9	4.3	0.8
Fruits and Products	85.9	110.5	2.1	1.2
Stimulants	8.7	37.6	1.7	2.2
Spices	9.7	32.6	1.0	1.5
Non-Alcoholic Beverages	42.0	35.4	0.0	0.0
Animal Meats	71.7	325.2	26.1	29.2
Offals	0.2	0.6	0.1	0.0
Animal Fats	2.1	28.3	0.1	3.9
Milk	24.0	41.3	2.4	3.4
Milk Products	52.5	234.5	12.0	12.8
Eggs	9.5	37.0	2.8	2.7
Sea Foods	13.1	30.8	4.0	0.8

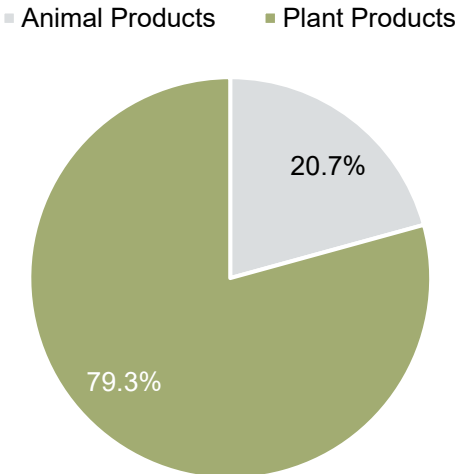
Source: Statistics Centre - Abu Dhabi

**Figure 3.1: Percentage distribution of food supply quantities by source, Al Dhafra Region, 2019**



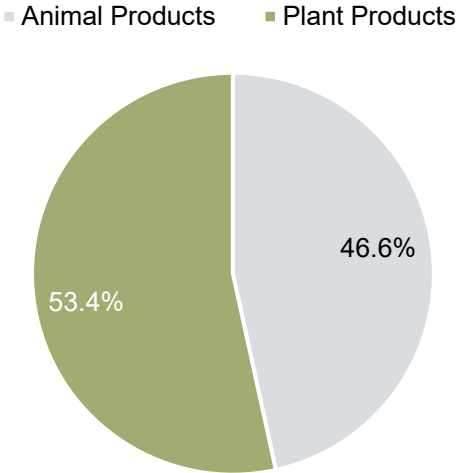
Source: Statistics Centre - Abu Dhabi

**Figure 3.2: Percentage distribution of caloric intake by source, Al Dhafra Region, 2019**



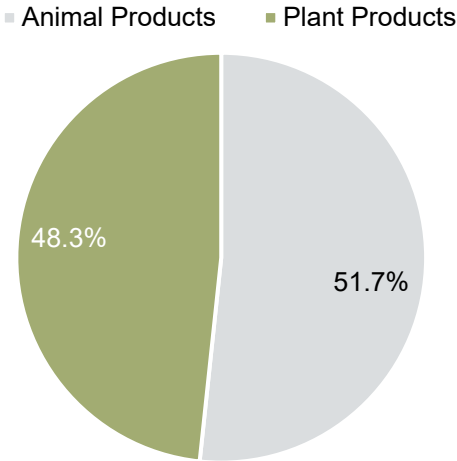
Source: Statistics Centre - Abu Dhabi

**Figure 3.3: Percentage distribution of protein intake by source, Al Dhafra Region, 2019.**



Source: Statistics Centre - Abu Dhabi

**Figure 3.4: Percentage distribution of fat intake by source, Al Dhafra Region, 2019.**



Source: Statistics Centre - Abu Dhabi

**Table 3.2: Per capita intake of food, dietary energy, protein and fat from cereals and products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>253.8</b>	<b>1,777.8</b>	<b>38.1</b>	<b>10.5</b>
Wheat products	148.6	1,078.0	24.3	6.8
Rice	95.9	604.6	13.7	1.8
Maize products	0.4	4.1	0.1	0.0
Others	8.8	91.1	0.1	1.8

Source: Statistics Centre - Abu Dhabi

**Table 3.3: Per capita intake of total food, dietary energy, protein and fat from starchy roots and products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>14.6</b>	<b>30.2</b>	<b>0.5</b>	<b>0.1</b>
Potatoes	11.2	22.9	0.4	0.1
Potato products	2.8	5.6	0.1	0.0
Sweet Potatoes	0.5	1.3	0.0	0.0
Others	0.1	0.3	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 3.4: Per capita intake of food, dietary energy, protein and fat from sugar and sweeteners, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>34.1</b>	<b>189.2</b>	<b>0.0</b>	<b>0.0</b>
Sugar	31.1	169.9	0.0	0.0
Sweeteners	2.5	15.6	0.0	0.0
Honey	0.5	3.7	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 3.5: Per capita intake of food, dietary energy, protein and fat from Pulses, AI Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>9.7</b>	<b>83.8</b>	<b>5.6</b>	<b>0.5</b>
Beans	1.0	9.0	0.6	0.0
Chick Peas	1.4	14.1	0.8	0.1
Lentils	4.5	43.5	3.0	0.2
Broad Beans	0.3	2.9	0.2	0.0
Others	2.5	14.2	0.9	0.1

Source: Statistics Centre - Abu Dhabi

**Table 3.6: Per capita intake of food, dietary energy, protein and fat from nuts, AI Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>2.6</b>	<b>21.5</b>	<b>0.8</b>	<b>1.8</b>
Almonds	0.3	1.7	0.1	0.2
Pistachios	0.3	2.2	0.1	0.2
Chestnuts	0.1	0.3	0.0	0.0
Cashew Nuts	0.2	1.3	0.0	0.1
Groundnuts	0.1	1.7	0.1	0.1
Others	1.7	14.3	0.5	1.2

Source: Statistics Centre - Abu Dhabi

**Table 3.7: Per capita of intake of food, dietary energy, protein and fat from oil crops and products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>1.3</b>	<b>9.0</b>	<b>0.2</b>	<b>0.6</b>
Sesame Seed	0.1	1.4	0.0	0.1
Olive, Preserved	0.9	2.6	0.0	0.3
Others	0.4	5.0	0.1	0.2

Source: Statistics Centre - Abu Dhabi

**Table 3.8: Per capita intake of food, dietary energy, protein and fat from vegetable oils and products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>13.7</b>	<b>249.8</b>	<b>0.0</b>	<b>30.2</b>
Sunflower Seed Oil	6.2	100.1	0.0	14.5
Sesame Seed Oil	0.1	2.3	0.0	0.3
Coconut Oil	0.1	2.4	0.0	0.3
Olive Oil	1.4	33.7	0.0	3.8
Maize Germ Oil	3.4	82.7	0.0	8.4
Canola Oil	0.4	8.7	0.0	1.0
Others	2.1	19.9	0.0	2.0

Source: Statistics Centre - Abu Dhabi

**Table 3.9: Per capita intake of food, dietary energy, protein and fat from vegetables and products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>123.8</b>	<b>90.9</b>	<b>4.3</b>	<b>0.8</b>
Tomatoes	18.2	9.0	0.5	0.1
Lettuce	2.1	0.9	0.0	0.0
Spinach	0.1	0.1	0.0	0.0
Cucumbers	14.3	6.6	0.3	0.0
Squash	6.4	5.5	0.1	0.0
Eggplants	3.6	2.8	0.1	0.0
Cauliflower	1.8	0.7	0.1	0.0
Pumpkins	1.6	0.8	0.0	0.0
Cabbages	1.5	0.6	0.0	0.0
Onion, green	7.0	3.2	0.3	0.1
Onion	24.4	21.0	0.9	0.1
Garlic	2.6	4.2	0.4	0.0
Carrots	5.7	5.6	0.1	0.0
Broad Beans, green	1.5	2.6	0.1	0.0
Watermelons	14.9	5.3	0.1	0.0
Sweet Melons	1.8	1.4	0.0	0.0
Okra	1.0	0.9	0.0	0.0
Others	15.3	19.6	1.1	0.2

Source: Statistics Centre - Abu Dhabi

**Table 3.10: Per capita intake of food, dietary energy, protein and fat from fruits and products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>85.9</b>	<b>110.5</b>	<b>2.1</b>	<b>1.2</b>
Oranges	12.6	10.0	0.2	0.1
Lemons	3.7	1.8	0.1	0.0
Grapefruit and Pummelors	0.5	0.4	0.0	0.0
Other Citrus Fruit	6.5	5.9	0.1	0.0
Bananas	15.8	18.9	0.4	0.2
Apples	14.9	15.5	0.1	0.1
Pears	1.5	2.2	0.0	0.0
Apricots	0.2	0.2	0.0	0.0
Grapes	3.5	6.4	0.1	0.0
Mangoes	2.7	3.4	0.0	0.0
Avocados	0.3	1.0	0.0	0.1
Cherries	0.2	0.3	0.0	0.0
Guava	0.8	1.8	0.0	0.0
Pomegranates	2.1	3.0	0.0	0.0
Kiwi Fruit	1.2	1.7	0.0	0.0
Papayas	0.0	0.1	0.0	0.0
Dates and its products	13.2	18.1	0.8	0.2
Pineapples	1.2	0.8	0.0	0.0
Others	5.0	18.9	0.1	0.4

Source: Statistics Centre - Abu Dhabi



**Table 3.11: Per capita intake of food, dietary energy, protein and fat from stimulants, Al Dhafra Region, 2019.**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>8.7</b>	<b>37.6</b>	<b>1.7</b>	<b>2.2</b>
Coffee	3.9	6.1	0.8	0.0
Cocoa Beans	2.7	29.3	0.4	2.2
Tea	1.9	2.1	0.5	0.0
Others	0.1	0.1	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 3.12: Per capita intake of food, dietary energy, protein and fat from Spices, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>9.7</b>	<b>32.6</b>	<b>1.0</b>	<b>1.5</b>
Pepper	0.3	2.1	0.1	0.0
Cinnamon	0.1	0.6	0.0	0.0
Cardamom	0.4	5.4	0.1	0.4
Others	9.0	24.5	0.9	1.1

Source: Statistics Centre - Abu Dhabi

**Table 3.13: Per capita intake of food, dietary energy, protein and fat from non-alcoholic beverages, Al Dhafra Region, 2019.**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Non-Alcoholic Beverages	42.0	35.4	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 3.14: Per capita of intake of food, dietary energy, protein and fat from animal meats, AI Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>71.7</b>	<b>325.2</b>	<b>26.1</b>	<b>29.2</b>
Beef	11.2	60.7	4.4	6.1
Mutton and Goat Meats	22.9	138.8	8.5	14.3
Camels Meats	4.7	18.3	1.6	1.7
Chicken Meats	32.2	104.1	11.5	7.0
Others	0.7	3.4	0.2	0.2

Source: Statistics Centre - Abu Dhabi

**Table 3.15: Per capita intake of food, dietary energy, protein and fat from offals, AI Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Offals	0.2	0.6	0.1	0.0

Source: Statistics Centre - Abu Dhabi

**Table 3.16: Per capita intake of food, dietary energy, protein and fat from animal fats, AI Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>2.1</b>	<b>28.3</b>	<b>0.1</b>	<b>3.9</b>
Butter	0.2	4.4	0.0	0.5
Animal Ghee	0.5	11.2	0.0	1.3
Cream	1.3	10.9	0.1	2.1
Others	0.1	1.7	0.0	0.0

Source: Statistics Centre - Abu Dhabi

**Table 3.17: Per capita intake of food, dietary energy, protein and fat from milk, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Fresh Milk	24.0	41.3	2.4	3.4

Source: Statistics Centre - Abu Dhabi

**Table 3.18: Per capita intake of food, dietary energy, protein and fat from milk products, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>52.5</b>	<b>234.5</b>	<b>12.0</b>	<b>12.8</b>
Yoghurt	21.2	27.4	2.0	1.9
Yogurt	0.6	3.5	0.1	0.3
Cheese	5.5	36.0	3.5	3.4
Dry Whole milk	1.7	23.6	1.2	1.3
Others	23.6	144.1	5.2	5.8

Source: Statistics Centre - Abu Dhabi

**Table 3.19: Per capita of intake of food, dietary energy, protein and fat from eggs, Al Dhafra Region, 2019**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
Table Eggs	9.5	37.0	2.8	2.7

Source: Statistics Centre - Abu Dhabi

**Table 3.20: Per capita intake of food, dietary energy, protein and fat from seafoods, Al Dhafra Region, 2019.**

Products	Per Capita			
	Food kilogram/year	Energy calorie/day	Protein gram/day	Fats gram/day
<b>Total</b>	<b>13.1</b>	<b>30.8</b>	<b>4.0</b>	<b>0.8</b>
Fish	12.1	29.6	3.7	0.8
Crustaceans and Cephalopods	1.0	1.2	0.2	0.0

Source: Statistics Centre - Abu Dhabi

## Food Balance Sheet Production Methodology

Statistics Centre Abu Dhabi ensures adherence to the latest statistical methods in collecting, processing and classifying data and in the compilation of indicators pertaining to the food Balance Sheet Statistics of Abu Dhabi and its estimates.

### Overview:

The Food Balance Sheet contains detailed data on the food pattern characterizing the Emirate of Abu Dhabi over a specified period, with food groups and products classified by source. The food balance sheet presents important statistical data, needed to provide some food-related indicators for the development of programs and plans conducive to food security in the Emirate of Abu Dhabi. This is achieved by studying the food patterns of both individuals and households by region.

### Importance:

Food balance statistics provide a comprehensive picture to the formulators of food policy and related agricultural policies on the present situation and pattern of food and the way it relates to food security.

### Objectives:

The production of the Food Balance Sheet aims to provide data on the amount of food available for consumption, per capita calories, proteins and fats at the level of region, in order to provide a detailed picture to the planners of food policy and related agricultural policies on the current situation and food pattern in relation to food security.

### Concepts and Terminology

A glossary of the terminology used by Statistics Centre - Abu Dhabi, available on the Centre's website, provides a list of the terms and concepts used in the production of food balance sheets, along with their internationally adopted definitions and sources. The glossary can be accessed through the link below:

<https://www.scad.gov.ae/ar/pages/ManualClassification.aspx>

A Dictionary of the Terminology Used in Statistics Centre – Abu Dhabi

### Coverage

- Coverage and Scope
  - The Emirate of Abu Dhabi
  - Abu Dhabi region
  - Al Ain region
  - Al Dhafra region
- The balance sheet data does not include individuals residing in labour camps

## **Frequency of release**

Every five years (depending on the results of the Household Income and Expenditure Survey).

## **Classifications used**

Food balance sheets statistics use the internationally adopted definitions and classifications, issued by the Food and Agriculture Organization in the “Guidelines for the compilation of Food Balance Sheets”

## **Main data sources**

Administrative records of Statistics Centre - Abu Dhabi (results of the Household Income and Expenditure Survey).

## **Data collection method**

The data needed to produce food balance sheets are collected by Statistics Centre - Abu Dhabi, using e-mail and shared folders.

## **Data Auditing Process**

1. Checking the data by applying the matching rules between linked tables.
2. Ensure that all required table data are duly met and has the required coverage.
3. Make sure there are no errors or discrepancies in the data
4. Imputation of missing values and checking outliers (if any).
5. Compare data with statistics of previous cycles (time series data).
6. Compare the statistical figures produced with other relevant data (internal and external if available).
7. Eliminate any conflict in the statistics.

## **Outputs (indicators/statistics)**

Statistical outputs are prepared using some mathematical equations or the aggregation method of the data received, reclassified and published, data processed, missing values is imputed, data consistency and logical coherence is ensured. The relative and absolute difference between the variable value received from the administrative records for the current period and the variable value in previous periods is measured, erroneous values are adjusted. Output tables are prepared and categorized by topic in the Food balance Sheets of the Emirate of Abu Dhabi.

**Per Capita Consumption Rate:** It refers to the estimates of the per capita consumption rate of the food available during the reference period in the form of energy (calories per day) and protein and fat (grams per day). The calorie is a unit for measuring the thermal energy people need; the body can produce this energy by burning the food in order to do its work in a normal way. Humans need energy to conduct the essential functions of life. The primary source of energy is food; foods differ in the amount of energy they can produce and the quantity they contain from the three basic elements, the carbohydrates, proteins and fats.

The per capita consumption rate can be derived from the total quantity of food available for human consumption by dividing the available quantities of food item by the total population during the reference period.

The amount of food available for each person was derived from the Household Expenditure and Income Survey. The per capita consumption rate by type of food was multiplied by the population of the Emirate to produce the amount of food available for consumption for all individuals. Furthermore, the data of regions by using the same equation.

- The amount of food available for consumption in the Emirate = Per capita consumption x population of the Emirate.
- The amount of food available for consumption by region = Per capita consumption x population by region.

The daily calories, proteins and fats per capita were calculated in association with basic food components, which aims to generate and supply individuals with the energy necessary for daily functions. The calorie is the unit used to measure the thermal energy needed and produced by the body in order to perform its work as usual through breaking the links between the elements of the basic food components. Humans need energy to work and function their life, and the main source of energy is food which differ in the amount of energy it produces depends on what it contains from the three basic elements, namely: carbohydrates, proteins and fats.

In order to calculate the energy, proteins and fats from the food available for each individual, food components data should be available. This data can be obtained using the table of food composition. The FAO food composition tables adopted for the Middle East and some regions of the Arab World has been used due to the non-availability of the tables designed for the region. Some data has been updated to suite the data available in Gulf region.

These tables provide food composition for each 100 grams of the edible food as follows:

- Every 100 grams of carbohydrates produces 400 calories.
- Every 100 grams of fat produces 900 calories.
- Every 100 grams of protein produces 400 calories.

### **Dissemination Schedule**

- Current release: April 2021 for 2019 data
- Next release: After the completion of the Household Income and Expenditure Survey)

### **Dissemination**

The data is published in the form of statistical tables or reports uploaded on the website.

For more detailed statistics on the release of the Food Balance Sheets of Abu Dhabi, please visit the website of Statistics Centre - Abu Dhabi: <http://www.scad.ae>

## Notes on Tables

1. Some figures have been rounded to the nearest final digit shown. Consequently, discrepancies may exist within a table between the totals and sums of the constituent items.
2. Expenditure on food data is processed aside from the household sector, in order to comply with the requirements for building a food balance sheet model by using some of statistical methods.

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