The findings indicate that, on average during 2017-2021, starchy roots are a dominant vegetal group in food supply with an estimated 256.3 kg/ cap/year, followed by fruits (82 kg/cap/year) and cereals (78 kg/cap/year).

Milk and products (7.5 kg/cap/year) were the most contributors to food supply among other animal products, followed by meat and fisheries. Sweet potatoes, cassava, and Irish potatoes, as well as their products, account for 95 percent of starchy roots.

On another hand, plantains and bananas contribute the most to food supply for the fruits group; while that, maize & products, rice, and sorghum and products are more readily available cereal foods than others. Overall calories, proteins and fats supply per capita per day.

The results indicate that vegetal products contributed 98 percent of the total Dietary Energy Supply (DES) per capita per day during the review period, while the contribution of animal products is very low, with only 2 percent.

Reference document (PDF)

- Rwanda Food Balance Sheets 2017-2021_Final.pdf (pdf, 9.98 MB)
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