Vegetal products

The FBS results provide insights into the quantity of food accessible for human consumption. This data is critical in estimating the average annual food consumption per person. These per capita food supply data play a crucial role in projecting future demands for food within the country.

The data show that food availability is primarily driven by starchy roots (263.2 kg), fruits (93.6 kg), and cereals (82.2 kg) per capita per year among plant-based products. When comparing this year's estimates to those of the previous year, there is a slight rise in food supply for most of the major plant-based groups, except for vegetables and pulses, mainly due to increased production of major crops (SAS, 2022).

Animal products

Regarding animal products, Table 2 displays the yearly per capita availability for human consumption in Rwanda. Milk and related products (excluding butter) have an average of 8.9 kg, followed by animal fats at 7.6 kg, fish and seafood at 3.3 kg, and 2.9 kg per capita per year of meat. The data indicates a slight increase in annual availability of milk, animal fats, and fish & seafood, while meat availability has decreased compared to last year's estimates.

Dietary Energy Supply (DES) per capita per day (Kcal)

The Dietary Energy Supply Kcal/cap/day is a national indicator that serves as an estimate of the amount of calories available for human consumption from foods. The findings in Figure 1 show a total estimated caloric supply of 2253 Kcal/cap/day which is slightly higher than 2,206 Kcal/cap/day supply for the year 2021. Results indicate that, among these, 2212.4 Kcal/cap/day originates from vegetal products, equivalent of 98.2 percent of the total calories, with cereals and starchy roots contributing significantly at 670 kcal/cap/day and 669 kcal/cap/day, respectively. Animal products contributed 41 Kcal/cap/day, with milk and meat emerging as the primary sources of calories in this category.

Reference documents (PDF)

- Rwanda Food Balance Sheets 2022_Final.pdf (pdf, 1.44 MB)
  LAST UPDATED: 18 Aug 2025

Related publication

Rwanda Food Balance Sheets (FBS) - 2023-24

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