The Food Balance Sheets (FBS) 2023–2024 provide a comprehensive overview of Rwanda's food availability and supply for the years 2023 and 2024. The report presents a detailed account of the supply and utilization of food commodities, including per capita Dietary Energy Supply (DES), proteins, fats, and annual food quantities. Additionally, these data are translated into the supply of vitamins and minerals, enriching the analysis and offering a holistic perspective on the country's nutritional profile.

Per Capita Supply

In 2024, Rwanda's Dietary Energy Supply (DES) reached 2,328.9 kcal per capita per day, up from 2,289.6 kcal in 2023, representing an increase of approximately 1.7% and reflecting a steady improvement in national food energy availability.

Of the total DES, plant-based foods contributed 2,289 kcal, while animal-based products accounted for 40 kcal, highlighting the dominance of plant-derived energy. The primary contributors were cereals (707 kcal), starchy roots (649 kcal), pulses (285 kcal), and fruits (190 kcal), with smaller contributions from sugar, vegetable oils, vegetables, and milk. Animal derived foods including meat, fish, eggs, and animal fats collectively supplied only a minor portion of total dietary energy.

Per capita daily nutrient availability also improved, reaching 59.1 grams of protein (+1.9%) and 31.1 grams of fat (+3.7%) in 2024, compared with 58 grams of protein and 30 grams of fat in 2023.

In terms of annual per capita food supply, the diet was dominated by plant-based products, led by starchy roots (258.2 kg, accounting for 43.3% of vegetal products), fruits (99.0 kg, 17%), and cereals (87.3 kg, 15%). Among animal-based foods, milk was the main contributor (10.9 kg, 63% of animal products), registering a notable increase of 28% compared with 2023, while meat (2.5 kg, 15%), eggs (0.2 kg, 1%), and animal fats (1.1 kg, 6%) experienced slight to moderate declines.

Derived indicators:

The report also generates additional indicators, such as the Food Self-Sufficiency Ratio (SSR) and the Import Dependency Ratio (IDR), which measure the country's capacity to meet food needs through domestic production versus reliance on imports. In 2024, Rwanda's SSR was 79%, slightly down from 80% in 2023,

indicating that domestic production met most, but not all, national food demand. The report further provides data on the Food Loss Index (FLI) and the Prevalence of Undernourishment (PoU), offering insights into food system efficiency and nutritional challenges.

Reference documents (PDF & Excel)

- Rwanda_Food_Balace Sheet_2023_24_.pdf (pdf, 2.45 MB)
  LAST UPDATED: 17 Sep 2025
- FBS TABLES.xlsx (xlsx, 97.6 KB)
  LAST UPDATED: 16 Sep 2025

Related publications

Rwanda Food Balance Sheets (FBS) - 2022

Rwanda Food Balance Sheets (FBS) 2017- 2021

Save as PDF