The Food Balance Sheets (FBS) 2025 provide a comprehensive overview of Rwanda's food availability and supply for the 2025. 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 2025, Rwanda's Dietary Energy Supply (DES) per capita per day reached 2,366.7 kcal, up from 2,328.9 kcal in 2024, representing an increase of 1.6% and reflecting a steady improvement in national food energy availability. plant-based foods contributed 2,322.7 kcal, while animal-based products accounted for 44.0 kcal, highlighting the dominance of plant-derived energy. The primary contributors were cereals (732.9 kcal), starchy roots (644.1 kcal), pulses (281.6 kcal), and fruits mainly bananas (188.7 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.

Among the total DES of 2,366.7 kcal, carbohydrates accounted for the largest share, contributing 77.7% of total energy, well above the acceptable macronutrient range of 45.0–65.0%. Proteins contributed 10.1%, falling within the recommended range of 9.6–32.1%, while fats contributed 12.2%, below the recommended range of 22.6–35.4%. This distribution confirms a diet heavily reliant on carbohydrate-rich staples, with a notable gap in dietary fat availability.

The supply of macronutrients also increased in 2025. Carbohydrate supply reached 1,838.6 kcal per person per day (+1.4%), protein supply increased to 59.8 grams (+1.2%) and 32.1 grams of fat (+3.0%) in 2025, compared with 1,812.5 kcal of Carbohydrate, 59.1 grams of protein and 31.1 grams of fat in 2024.

For micronutrients, the food supply provided adequate levels of several vitamins and minerals, including iron, magnesium, phosphorus, vitamin A, folate and vitamin C. However, gaps remained for calcium, zinc, potassium, vitamin B12 and vitamin D, pointing to the importance of increasing access to diverse and nutrient-dense foods.

In terms of annual per capita food supply, the diet was dominated by plant-based products, led by starchy roots (256.5 kg, accounting for 43% of vegetal products), fruits (99.8 kg, 17%), and cereals (90.4 kg, 15%). Among animal-based foods, milk was the main contributor (11.3 kg, 66% of animal products), registering a notable increase of 4% compared with 2024, while meat (2.6 kg, 15%) and fish & seafood (2.2 kg, 13%) also experienced increases, and eggs (0.3 kg, 2%) and animal fats (0.3 kg, 2%) remained comparatively minor.

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 2025, Rwanda's SSR was 79.7%, slightly up from 79.2% in 2024, However, the Import Dependency Ratio (IDR remained high at 56.1%, indicating that domestic production met most but not all. 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)

- Food Balance Sheets 2025 Report.pdf (pdf, 4.68 MB)
  LAST UPDATED: 4 Sep 2026
- FBS Table Annex.xlsx (xlsx, 54.98 KB)
  LAST UPDATED: 4 Sep 2026

Related publications

Rwanda Food Balance Sheets (FBS) 2023-24

Rwanda Food Balance Sheets (FBS) - 2022

Rwanda Food Balance Sheets (FBS) 2017- 2021

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