

MAATALOUDEN TALOUDELLISEN
TUTKIMUSLAITOKSEN
TIEDONANTOJA N:o 39

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RAVINTOTASEET 1968-75

Maatalouden taloudellisen
tutkimuslaitoksen

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Esipuhe

Maatalouden taloudellinen tutkimuslaitos on jo pitemmän aikaa laatinut ravintotaselaskelmia, joista käy ilmi elintarvikkeiden tuotanto, kulutus ja kotimainen käyttö eri tarkoituksiin. Niiden pohjalta on laskettu myös päivittäisen ravinnon energia-, valkuais- ja rasvasisältö. Ravintotaselaskelmat on julkaistu vuosittain FAO:n tilastoissa. Lisäksi on vuosien 1959-68 taseet ja niiden perusteet julkaistu tutkimuksessa Matias Torvela - Jorma Kallio: Ravintoaineiden kulutuksesta Suomessa vuosina 1959-68 ravintotaselaskelmien mukaan, Maatalouden taloudellisen tutkimuslaitoksen julkaisuja n:o 15, Helsinki 1969. Koska ravintotaselaskelmilla näyttää olevan jatkuvaa kysyntää ja koska ne antavat hyvän kokonaiskuvan maataloustuotteiden tuotannosta ja kulutuksesta, tutkimuslaitos julkaisee oheisena vuosien 1968-75 ravintotaseet.

Elintarvikkeiden energia-, valkuais- ja rasvasisältö on vuoteen 1974 saakka laskettu FAO:n soveltamien kertoimien mukaan. Vuoden 1975 osalta on sen sijaan käytetty uusia kertoimia, jotka on tarkistanut prof. Pekka Koivistoinen Helsingin yliopiston elintarvikekemian ja -teknologian laitokselta. Uudet ja vanhat kertoimet on annettu liitteessä 1. Muutokset ovat kuitenkin suhteellisen vähäisiä, joten vuoden 1975 laskelmia voidaan pitää vertailukelpoisina aikaisempiin vuosiin.

Koska ravintotase ei anna täysin tyydyttävää kuvaa maidon kulutuksesta, on sitä täydennetty liitteen 2 mukaisilla tiedoilla.

Lisätietoja ravintotaseesta saa tutkimuslaitoksesta agr. Leif Karlssonilta.

Helsingissä 27 syyskuuta 1976

Lauri Kettunen

MAATALOUDEN TALOUDELLINEN TUTKIMUSLAITOS

FOOD BALANCE SHEET 1968/69

COUNTRY: Finland
Population: 4 699 000

Commodities	1.	2.	3.	4.		5.	Utilisation of available supply			10.	11.
				Foreign Trade	Gross imports		Seed	Manu- facture	Animal feed + Waste		
CEREALS											
- Wheat	515.5	+41.6	14.4	25.3	484.8	54.6	10.3	116.0	303.9	75	227.9
- Rye	133.9	-31.3	-	21.5	186.7	14.0	5.2	53.8	113.7	98	111.4
- Barley	717.7	+31.5	5.0	17.8	717.0	82.9	33.1	579.1	21.9	75	16.4
- Oats	1063.7	+45.4	0.0	0.0	1018.3	115.4	10.7	879.5	23.4	55	12.9
- Mixed grain + Maize	50.8		1.1	16.7	66.4			54.7	1.0		1.0
- Rice				13.9	13.9				13.9		13.9
- Potatoes	908.2	+12.5		2.1	897.8	159.3	50.4	291.0	397.1		397.1
- Potato-flour	7.2	-2.6			9.8				9.8		9.8
- Starches	0.7				0.7				0.7		0.7
SUGAR AND SIMILAR PRODUCTS:											
- Sugar	36.0	+11.2	49.1	212.9	188.6				188.6		188.6
- Honey	0.8			0.1	0.9				0.9		0.9
- Corn syrup	6.0				6.0				6.0		6.0
PULSES, OILSEEDS											
- Peas	3.3			5.6	8.9	0.4		3.6	4.9		4.9
- Nuts				3.0	3.0		1.3		1.7		1.7
- Soya beans				21.8	21.8		21.8				
- Winter turnip rape	6.0			6.2	12.2		12.2				
- Kopra				9.5	9.5		9.5				
VEGETABLES											
- Fresh	58.9			14.9	73.8				73.8		73.8
- Canned	8.8			3.4	12.2				12.2		12.2
FRUITS											
- Fresh	15.0			84.9	99.9				99.9		99.9
- Citrus				52.9	52.9				52.9		52.9
- Canned				7.7	7.7				7.7		7.7
- Dried				7.7	7.7				7.7		7.7
- Berries	33.7		0.6	1.4	34.5				34.5		34.5

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	12.	13.	14.	15.	16.
CEREALS					
- Wheat	48.50	132.88	484	14.5	1.5
- Rye	23.71	64.96	207	7.2	1.2
- Barley	3.49	9.56	32	1.1	0.2
- Oats	2.75	7.53	29	1.0	0.6
- Mixed grain + Maize	0.21	0.58	2	0.1	0.0
- Rice	2.96	8.11	29	0.5	0.1
POTATOES					
- Potato-flour	2.09	5.73	20	0.5	0.0
- Starches	0.15	0.41	1		0.0
SUGAR AND SIMILAR PRODUCTS:					
- Sugar	40.14	109.97	426	-	0.0
- Honey	0.19	0.52	2	-	-
- Corn syrpy	1.28	3.51	11	-	-
PULSES AND OILSEEDS					
- Peas	1.04	2.85	10	0.6	0.1
- Nuts	0.36	0.99	4	0.2	0.3
- Soya beans					
- Winter turnip rape					
- Kopra					
VEGETABLES					
- Fresh	15.71	43.04	11	0.5	0.1
- Canned	2.60	7.12	3	0.1	0.1
FRUITS					
- Fresh	21.28	58.32	31	0.3	0.2
- Citrus	11.26	30.85	10	0.2	0.0
- Canned	1.64	4.49	2	0.0	0.0
- Dried	1.65	4.53	12	0.1	0.0
- Berries	7.34	20.11	10	0.2	0.1

	12.	13.	14.	15.	16.
MEAT					
- Beef	19.66	53.86	88	8.2	5.9
- Veal	0.19	0.52	1	0.1	0.0
- Pork	17.49	47.92	150	5.7	13.9
- Mutton	0.21	0.58	1	0.1	0.0
- Other meat	2.43	6.66	7	1.0	0.3
EGGS	9.07	24.85	36	2.7	2.6
FISH					
- Fresh (fillet)	10.98	30.08	40	5.7	1.7
- Dried	0.06	0.16	1	0.1	0.0
- Salted	0.11	0.30	1	0.1	0.0
- Canned	1.77	4.85	11	1.0	0.8
MILK AND CHEESE					
- Milk ¹⁾	264.72	725.26	508	25.4	31.2
- Skim milk ¹⁾	25.58	70.08	27	2.5	0.3
- Milk Powder ¹⁾	1.85	5.07	19	1.8	0.2
- Cheese	3.58	9.81	29	1.8	2.4
OILS AND FATS					
In fat content:					
- Butter	12.90	35.34	312	0.3	35.3
- Olive oil					
- Other vegetable oils	4.41	12.08	107	-	12.1
- Marine oils	0.13	0.36	3	-	0.4
- Slaughter fats	1.68	4.60	42	0.1	4.7
- Other fats (incl. fatty acids)					
Total (in terms of fat)					
Product weight:					
- Butter	15.9	43.56			
- Margarine	5.5	15.07			
COCOA	0.79	2.16	8	0.2	0.5
BEVERAGES 1000 hl					
- Beer	46.69				
- Wine	2.94				
- Other alcoholic beverages	4.49				
Total			2889	87.8	117.0
Animal protein				56.6	
Vegetable "				31.2	
Calendar year					

MAATALOUDEN TALOUDELLINEN TUTKIMUSLAITOS

FOOD BALANCE SHEET 1969/70

COUNTRY: Finland

Population: 4 707 000

COMMODITIES	1.	2.	3.	4.		5.	Utilisation of available supply				10.	11.	
				Foreign Gross exports	Trade Gross imports		Avail-able supply	Seed	Manu-facture	Animal feed + Waste			Food gross
CEREALS													
- Wheat	481.4	-3.4	125.5	25.7	385.0	45.9	19.2	18.2	301.7	75	226.3		
- Rye	125.8	-6.8	2.4	23.2	153.4	12.5	2.2	24.0	114.7	98	112.4		
- Barley	840.0	-3.8	15.4	12.4	840.8	88.6	68.4	662.3	21.5	75	16.1		
- Oats	1137.7	-13.2	18.9	0.0	1132.0	124.7	-	984.1	23.2	55	12.8		
- Mixed grain + Maize	60.1	0.3	0.3	18.9	78.7	-	10.7	67.0	1.0	-	1.0		
- Rice	-	-	-	16.2	16.2	-	-	-	16.2	-	13.1		
- Potatoes	779.3	-	1.2	2.0	780.1	148.5	70.0	170.3	391.3	-	391.3		
- Potato-flour	10.0	-2.2	-	-	12.2	-	-	-	12.2	-	12.2		
- Starches	-	-	-	-	-	-	-	-	-	-	-		
SUGAR													
- Sugar	41.2	+9.1	60.9	227.1	198.3	-	-	-	198.3	-	198.3		
- Honey	0.6	-	-	0.2	0.8	-	-	-	0.8	-	0.8		
- Corn syrup	6.6	-	-	-	6.6	-	-	-	6.6	-	6.6		
PULSES, NUTS, COCOA													
- Peas	2.2	-	-	5.4	7.6	0.5	-	2.2	4.9	-	4.9		
- Nuts	-	-	1.4	2.9	2.9	-	1.2	-	1.7	-	1.7		
- Cocoa	-	-	-	4.5	3.1	-	-	-	3.1	-	3.1		
VEGETABLES													
- Fresh	(73.7)	-	-	15.1	88.8	-	-	-	74.8	-	74.8		
- Canned	12.0	-	-	4.5	16.5	-	-	-	16.5	-	16.5		
FRUITS													
- Fresh	20.0	-	-	85.5	105.5	-	-	-	105.5	-	105.5		
- Citrus	-	-	-	59.1	59.1	-	-	-	59.1	-	59.1		
- Canned	-	-	-	9.3	9.3	-	-	-	9.3	-	9.3		
- Dried	-	-	-	8.2	8.2	-	-	-	8.2	-	8.2		
- Berries	(33.5)	-	2.0	3.0	34.5	-	-	-	34.5	-	34.5		

	1.	2.	3.	4.	5.	6.	7.	8.	9.	11.
MEAT										
- Beef	119.24		19.9		99.3				99.3	99.3
- Veal	0.81		0.4		0.4				0.4	0.4
- Pork	94.35		7.8	0.1	86.7				86.7	86.7
- Mutton	1.11				1.1				1.1	1.1
- Other meat	10.48		0.3	0.3	10.2				10.2	10.2
- Edible offals	29.46				29.8				29.8	29.8
EGGS										
- Eggs	58.90		13.8	-	45.1				45.1	45.1
FISH										
- Fresh (fillet)	52.00			7.4	59.4			10.8	48.6	48.6
- Dried				0.4					0.4	0.4
- Salted				1.7					1.7	1.7
- Canned				10.3					10.3	10.3
MILK AND CHEESE										
- Milk ¹⁾	3599.4				3599.4		2297.0	70.0	1232.4	1232.4
- Skim milk ¹⁾	1840.9				1840.9		718.0	995.9	127.0	127.0
- Milk powder ¹⁾	78.0	-4.6	19.8	0.0	62.8			53.5	9.3	9.3
- Cheese	39.8	-0.4	19.0	0.1	21.3				21.3	21.3
OILS AND FATS										
In fat content:										
- Butter	75.9	-0.7	18.2	-	58.4				58.4	58.4
- Olive oil	-			0.0	0.0				0.0	0.0
- Other vegetable oils	3.3		10.1	41.5	34.7		8.3	26.4	26.4	26.4
- Marine oils	-		0.0	2.7	2.7		1.0		1.7	1.7
- Slaughter fats	13.2		0.6	0.5	13.1		4.5		8.6	8.6
- Other fats	-		0.1	0.6	0.5		0.5			
Product weight:										
- Butter	93.7	-0.9	22.5	-	72.1				72.1	72.1
Margarine	30.6				30.6				30.6	30.6
BEVERAGES 1 000 hl										
- Beer									2246	2246
- Wine									150	150
Other alcoholic beverages									240	240

¹⁾ Calendar year

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo- grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	12.	13.	14.	15.	16.
CEREALS					
- Wheat	48.1	131.8	480	14.4	1.4
- Rye	23.9	65.5	209	7.2	1.2
- Barley	3.4	9.3	31	1.0	0.2
- Oats	2.7	7.4	28	1.0	0.6
- Mixed grain + Maize	0.2	0.5	2	0.0	0.0
- Rice	2.8	7.7	28	0.5	0.1
- Potatoes	83.1	227.7	159	3.9	0.2
- Potato-flour	2.6	7.1	25	0.6	0.0
- Starches					
SUGAR					
- Sugar	42.1	115.3	446	-	-
- Honey	0.2	0.5	2	-	-
- Corn syrup	1.4	3.8	12	-	-
PULSES, NUTS. COCOA					
- Peas	1.0	2.7	9	0.6	0.0
- Nuts	0.4	1.1	4	0.2	0.3
- Cocoa	0.7	1.9	7	0.2	0.5
VEGETABLES					
- Fresh	15.9	43.6	11	0.5	0.1
- Canned	3.5	9.6	4	0.1	0.1
FRUITS					
- Fresh	22.4	61.4	34	0.3	0.2
- Citrus	12.6	34.4	11	0.2	0.1
- Canned	2.0	5.5	2	0.0	0.0
- Dried	1.7	4.8	12	0.1	0.0
- Berries	7.3	20.0	10	0.2	0.1

	12.	13.	14.	15.	16.
MEAT					
- Beef	21.2	57.8	95	8.8	6.4
- Veal	0.1	0.3	0	0.0	0.0
- Pork	18.4	50.4	157	5.9	14.6
- Mutton	0.2	0.5	1	0.1	0.0
- Other meat	2.2	5.9	7	0.9	0.3
- Edible offals	6.3	17.3	25	2.8	1.4
EGGS	9.6	26.3	38	2.9	2.7
FISH					
- Fresh (fillet)	10.3	28.2	37	5.3	1.6
- Dried	0.1	0.3	1	0.2	0.0
- Salted	0.4	1.1	2	0.3	0.1
- Canned	2.2	6.0	14	1.3	1.0
MILK AND CHEESE					
- Milk ¹⁾	261.8	717.3	502	25.1	30.8
- Skim milk ¹⁾	27.0	74.0	29	2.7	0.3
- Milk Powder ¹⁾	2.0	5.4	20	1.9	0.2
- Cheese	4.5	12.3	37	2.2	3.0
OILS AND FATS					
In fat content:					
- Butter	12.4	34.0	300	0.3	34.0
- Olive oil	0.0	0.0	0	-	0.0
- Other vegetable oil	5.6	15.3	135	-	15.3
- Marine oils	0.4	1.1	10	-	1.1
- Slaughter fats	1.8	4.9	42	0.1	4.6
- Other fats					
Product weight:					
- Butter	15.3				
- Margarine	6.5				
BEVERAGES 1000 hl					
- Beer	47.7				
- Wine	3.2				
- Other alcoholic beverages	5.1				
TOTAL			2978	91.8	122.5
Animal protein				60.8	
Vegetable protein				30.6	

COUNTRY: Finland

BALANCE SHEET FOR FOOD COMMODITIES

Year: 1970

Population: 4 629 000

Unit: Thousand metric tons

Commodities	1.	2.	3.	Foreign trade		5.	6.	7.	U s e s			11.	12.	13.
				Change in stocks	Exports				Imports	Domestic utilization	Animal feed			
1. CEREALS														
- Wheat	409.3	-41.0	113.4	23.0	359.9	1.2	45.9	12.0	300.8	75	225.6			
- Rye	131.4	+16.9	0.0	10.2	124.7	1.6	12.5	1.2	109.4	98	107.2			
- Barley	933.4	+1.0	0.0	17.1	949.5	757.9	88.6	81.5	21.5	75	16.1			
- Oats	1329.7	+59.1	30.0	0.0	1240.6	1092.2	124.7		23.7	55	13.0			
- Mixed grain+Maize	64.7		0.0	18.9	83.6	72.9		10.7	1.0		1.0			
- Rice			0.0	13.7	13.7				13.7		13.7			
2. POTATOES														
- Potatoes fresh	1135.9		0.9	4.3	1139.3	476.7	148.5	142.1	372.0		372.0			
- Potato flour	20.3	+10.0			10.3				10.3		10.3			
3. SUGAR														
- Sugar	54.6	-41.8	53.6	160.2	203.0				203.0		203.0			
- Syrup	6.6				6.6				6.6		6.6			
- Honey	0.6				0.6				0.6		0.6			
4. PULSES, NUTS, COCOA														
- Pulses	2.6			5.4	8.0	3.1	0.4	1.6	4.5		4.5			
- Nuts				3.3	3.3				1.7		1.7			
- Cocoa			1.6	4.8	3.2				3.2		3.2			
5. VEGETABLES														
- Fresh	(80.3)		0.0	12.4	92.7			17.7	75.0		75.0			
- Canned	17.2		0.3	2.2	19.1				19.1		19.1			
6. FRUIT														
- Citrus fruit, fresh				61.0	61.0				61.0		61.0			
- Fresh fruit	23.0			68.1	91.1				91.1		91.1			
- Dried fruit				3.4	3.4				3.4		3.4			
- Canned fruit				20.4	20.4				20.4		20.4			
Berries	(39.9)		5.9	0.5	34.5				34.5		34.5			

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	14.	15.	16.	17.	18.
1. CEREALS					
- Wheat	48.7	133.4	486	14.5	1.5
- Rye	23.2	63.6	203	7.0	1.2
- Barley	3.5	9.6	32	1.1	0.2
- Oats	2.8	7.7	30	1.0	0.6
- Mixed grain+Maize	0.2	0.5	2	0.0	0.0
- Rice	3.0	8.2	30	0.5	0.1
2. POTATOES					
- Potatoes, fresh	80.4	220.3	154	3.7	0.2
- Potato flour	2.2	6.0	21	0.5	0.0
3. SUGAR					
- Sugar	43.9	120.3	466	-	-
- Syrup	1.4	3.8	12	-	-
- Honey	0.1	0.3	1	-	-
4. PULSES, NUTS, COCOA					
- Pulses	1.0	2.7	9	0.6	0.0
- Nuts	0.4	1.1	4	0.2	0.3
- Cocoa	0.7	1.9	7	0.2	0.5
5. VEGETABLES					
- Fresh	16.2	44.4	12	0.5	0.0
- Canned	4.1	11.2	5	0.1	0.1
6. FRUIT					
- Citrus fruit, fresh	13.2	36.2	11	0.2	0.0
- Fresh fruit	19.7	54.0	29	0.3	0.2
- Dried fruit	0.7	1.9	5	0.0	0.0
- Canned fruit	4.4	12.1	5	0.1	0.0
Berries	7.5	20.5	10	0.2	0.1

	14.	15.	16.	17.	18.
7. MEAT					
- Beef	20.7	56.7	93	8.6	6.2
- Veal	0.1	0.3	0	0.0	0.0
- Pork	20.6	56.4	176	6.7	16.4
- Mutton	0.3	0.8	1	0.1	0.1
- Poultry meat	0.8	2.2	3	0.3	0.2
- Other meat	1.5	4.1	4	0.6	0.1
- Edible offals	6.1	16.7	24	2.7	1.3
8. EGGS					
- Eggs	10.4	28.5	41	3.1	3.0
9. FISH					
- Fresh	10.2	27.9	37	5.2	1.6
- Dried					
- Salted	0.1	0.3	1	0.1	0.0
- Canned	2.4	6.6	15	1.4	1.1
10. MILK					
- Whole milk	207.5	568.5	398	19.9	24.4
- Skimmed milk	49.6	135.9	53	4.9	0.5
- Cream	5.7	15.6	44	0.4	4.6
- Dried milk	2.3	6.3	23	2.2	0.2
- Cheese	4.3	11.8	35	2.1	2.8
11. OILS AND FATS					
A. in fat content					
- Olive oil	-	-	-	-	-
- Other vegetable oils	6.5	17.8	157	-	17.8
- Butter	11.6	31.8	283	0.2	31.8
- Marine oils and fats	0.2	0.5	5	-	0.5
- Slaughter fats	1.6	4.4	37	-	4.4
- Other oils and fats	-	-	-	-	-
B. in product weight					
- Butter	14.4	39.5	-	-	-
- Margarine	7.3	20.0	-	-	-
TOTAL			2962	89.2	122.1
			Animal protein	58.5	
			Vegetable "	30.7	

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	14.	15.	16.	17.	18.
1. CEREALS					
- Wheat	47.3	129.6	472	14.1	1.4
- Rye	23.0	63.0	201	7.0	1.2
- Barley	2.7	7.4	25	0.8	0.1
- Oats	2.4	6.6	25	0.9	0.5
- Mixed grain + Maize	0.2	0.5	2	0.0	0.0
- Rice	2.4	6.6	24	0.4	0.1
2. POTATOES					
- Potatoes, fresh	79.4	217.5	152	3.7	0.2
- Potato, flour	2.2	6.0	21	0.5	0.0
3. SUGAR					
- Sugar	43.7	119.7	463	-	-
- Syrup	1.0	2.7	7	-	-
- Honey	0.2	0.5	1	-	-
4. PULSES, NUTS, COCOA					
- Pulses	1.1	3.0	10	0.7	0.1
- Nuts	0.4	1.1	4	0.2	0.3
- Cocoa	0.8	2.2	8	0.2	0.5
5. VEGETABLES					
- Fresh	16.6	45.5	12	0.5	0.1
- Canned	5.5	15.1	6	0.2	0.2
6. FRUIT					
- Fresh fruit	25.3	69.3	37	0.3	0.2
- Citrus fruit, fresh	14.1	38.6	12	0.2	0.1
- Canned fruit	1.0	2.7	1	0.0	0.0
- Dried fruit	1.3	3.6	9	0.1	0.0
- Fruit juice	2.0	5.5	2	0.0	0.0
- Berries	7.5	20.5	10	0.2	0.1

	14.	15.	16.	17.	18.
7. MEAT					
- Beef	20.9	57.3	94	8.7	6.3
- Veal	0.0	0.0	0	0.0	0.0
- Pork	22.4	61.4	192	7.2	17.8
- Mutton	0.3	0.8	1	0.1	0.1
- Poultry meat	1.4	3.8	5	0.5	0.3
- Other meat	1.5	4.1	4	0.6	0.1
- Edible offals	6.9	18.9	27	3.0	1.5
8. EGGS					
- Eggs	10.4	28.5	41	3.1	3.0
9. FISH					
- Fresh	9.4	25.8	34	4.9	1.5
- Dried					
- Salted	0.1	0.3	1	0.2	0.0
- Canned	2.0	5.5	13	1.2	0.9
10. MILK					
- Whole milk	215.0	589.0	412	20.6	25.3
- Skimmed milk	52.6	144.4	56	5.2	0.6
- Cream	5.5	15.1	42	0.4	4.4
- Dried milk	2.7	7.4	27	2.6	0.1
- Cheese	4.8	13.2	39	2.4	3.2
11. OILS AND FATS					
A. in fat content					
- Olive oil	0.0	0.0	0	-	0.0
- Other vegetable oils	6.4	17.5	155	-	17.5
- Butter	12.0	32.9	290	0.2	32.9
- Marine oils and fats	0.4	1.1	10	-	1.1
- Slaughter fats	2.0	5.5	47	-	5.5
- Other oils and fats					
B. in product weight					
- Butter	14.9	40.8			
- Margarine	6.9	18.9			
TOTAL					
			2994	90.9	127.2
			Animal protein	60.9	
			Vegetable -"	30.0	

MAATALOUDEN TALOUDELLINEN TUTKIMUSLAITOS

COUNTRY: Finland

BALANCE SHEET FOR FOOD COMMODITIES

Year: 1972

Population: 4 624 000

Unit: Thousand metric tons

Commodities	Uses											
	1. Production	2. Change in stocks	3. Foreign trade		5. Domestic utilization	6. Animal feed	7. Seed	8. For production of processed food	9. Industrial For production of non food products	10. Waste (Gross)	11. Extraction rate	12. Food (Net)
			4. Exports	Imports								
1. CEREALS												
- Wheat	462.6	+43.4	73.7	18.1	363.6	10.5	47.1	16.8		289.2	75	216.9
- Rye	118.6	+3.8	10.4	21.6	126.0	5.3	10.1	2.3		108.3	98	106.1
- Barley	1140.2	+137.8	60.8	17.1	958.7	750.2	100.4	92.4		15.7	75	11.8
- Oats	1245.3	-119.7	158.3	0.0	1206.7	1064.9	122.5			19.3	55	10.6
- Mixed grain+Maize	55.5			8.9	64.4	54.5		4.2		1.1		1.1
- Rice			0.5	13.3	12.8					12.8		10.2
2. POTATOES												
- Potatoes, fresh	715.6		0.0	6.2	721.8	160.0	127.1	76.5		358.2		358.2
- Potato flour	12.4	-4.1	0.0	0.0	16.5			4.5	1.2	10.8		10.8
3. SUGAR												
- Sugar	78.9	-18.5	81.5	194.5	210.4					210.4		210.4
- Syrup	6.8									6.8		6.8
- Honey	0.6		0.0	0.1	0.7					0.7		0.7
4. PULSES, NUTS, COCOA												
- Pulses	6.1		0.0	5.7	11.8	6.3	0.7			4.8		4.8
- Nuts				2.0	2.0					2.0		2.0
- Cocoa			2.0	5.8	3.8					3.8		3.8
5. VEGETABLES												
- Fresh	(80.2)		0.3	18.4	98.3			20.5		77.8		77.8
- Canned	20.5		0.3	6.0	26.2					26.2		26.2
6. FRUITS												
- Citrus fruit, fresh				71.1	71.1					71.1		71.1
- Fresh fruit	20.0			88.5	106.5					108.5		108.5
- Dried fruit				8.1	8.1					8.1		8.1
- Fruit juice			0.6	20.5	19.9					19.9		19.9
- Canned fruit				5.0	5.0					5.0		5.0
- Berries	(36.7)		4.2	2.0	34.5					34.5		34.5

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	14.	15.	16.	17.	18.
1. CEREALS					
- Wheat	46.9	128.1	466	14.0	1.4
- Rye	22.9	62.6	200	6.9	1.2
- Barley	2.6	7.1	24	0.8	0.1
- Oats	2.3	6.3	24	0.8	0.5
- Mixed grain + Maize	0.2	0.5	2	0.0	0.0
- Rice	2.2	6.0	22	0.4	0.1
2. POTATOES					
- Potatoes, fresh	77.5	211.7	148	3.6	0.2
- Potato flour	2.3	6.3	22	0.5	0.0
3. SUGAR					
- Sugar	45.5	124.3	481	-	-
- Syrup	1.5	4.1	11	-	-
- Honey	0.2	0.5	1	-	-
4. PULSES, NUTS, COCOA					
- Pulses	1.0	2.7	10	0.5	0.1
- Nuts	0.4	1.1	4	0.2	0.3
- Cocoa	0.8	2.2	8	0.2	0.5
5. VEGETABLES					
- Fresh	16.8	45.9	12	0.5	0.1
- Canned	5.7	15.6	7	0.2	0.2
6. FRUIT					
- Citrus fruit, fresh	15.4	42.0	13	0.3	0.1
- Fresh fruit	23.5	64.1	35	0.3	0.2
- Dried fruit	1.8	4.8	12	0.1	0.0
- Fruit juice	4.3	11.7	5	0.1	0.0
- Canned fruit	1.1	2.9	1	0.0	0.0
- Berries	7.5	20.5	10	0.2	0.1

	14.	15.	16.	17.	18.
7. MEAT					
- Beef	21.9	59.8	98	9.1	6.6
- Veal	0.0	0.0	0	0.0	0.0
- Pork	23.2	63.4	198	7.5	18.4
- Mutton	0.3	0.8	1	0.1	0.1
- Poultry meat	1.5	4.1	5	0.5	0.4
- Other meat	1.5	4.1	4	0.6	0.1
- Edible offals	6.9	18.9	27	3.0	1.5
8. EGGS					
- Eggs	10.8	29.5	42	3.2	3.1
9. FISH					
- Fresh or frozen	10.9	29.8	39	5.6	1.7
- Salted, smoked or dried	0.1	0.3	1	0.2	0.0
- Canned fish	2.3	6.3	13	1.3	1.0
- Molluscs and crustaceans					
- Fresh	0.0	0.0	0.0	0.0	0.0
- Molluscs and crustaceans					
- Processed	0.0	0.0	0.0	0.0	0.0
10. MILK					
- Whole milk	206.1	563.1	383	19.7	22.0
- Skimmed milk	65.4	178.7	70	6.4	0.7
- Cream	5.9	16.1	45	0.4	4.7
- Dried milk	2.8	7.7	28	2.8	0.2
- Cheese	5.5	15.0	45	2.7	3.6
11. OILS AND FATS					
A. in fat content					
- Olive oil	0.0	0.0	0.0	0.0	0.0
- Other vegetable oils	6.2	16.9	149	-	16.9
- Butter	11.8	32.2	286	0.2	32.2
- Marine oils and fats	0.3	0.8	7	-	0.8
- Slaughter fats	1.9	5.2	44	-	5.2
B. in product weight					
- Butter	14.6	39.9			
- Margarine	7.2	19.7			
TOTAL			3003	92.9	124.3
			Animal protein	63.3	
			Vegetable -"-	29.6	

Population: 4 656 000

Commodities	1.	2.	3.	4.	5.	6.	7.	U s e s				12.	13.	
								Production	Change in stocks	Foreign trade Exports Imports	Domestic utilization			Animal feed
1. CEREALS														
- Wheat	462.0	-74.9	140.3	24.9	421.5	61.8	49.5	29.2	281.0	75	210.8			
- Rye	124.2	+7.4	9.6	17.0	124.2	6.5	12.2	2.2	103.3	98	101.2			
- Barley	992.4	-50.8	43.9	10.0	1009.3	815.4	94.0	83.3	16.6	75	12.5			
- Oats	1169.4	-63.7	17.0	0.0	1216.1	1076.2	116.9	7.4	23.0	55	12.7			
- Mixed grain+maize	47.6		0.0	14.7	62.3				4.6	1.2	1.2			
- Rice									14.5	11.6	11.6			
2. POTATOES														
- Potatoes fresh	669.0		0.2	18.0	686.8	169.5	113.3	77.0	1) 327.0	1) 327.0	1) 327.0			
- Potato flour	12.0	-7.0			19.0			4.3	13.2	13.2	13.2			
3. SUGAR														
- Sugar	74.0	-12.3	57.0	181.5	210.8				210.8	210.8	210.8			
- Syrup	6.5								6.5	6.5	6.5			
- Honey	0.6		0.0	0.1	0.7				0.7	0.7	0.7			
4. PULSES, NUTS, COCOA														
- Pulses	6.6			5.6	12.2	7.2	0.8		1) 4.2	1) 4.2	1) 4.2			
- Nuts			0.0	2.0	2.0				2.0	2.0	2.0			
- Cocoa			2.5	5.7	3.2				3.2	3.2	3.2			
5. VEGETABLES														
- Fresh	(95.4)		0.2	12.4	107.6				1) 90.9	1) 90.9	1) 90.9			
- Canned	16.7		0.3	5.0	21.4			16.7	21.4	21.4	21.4			
6. FRUITS														
- Citrus fruit, fresh				78.1	78.1				78.1	78.1	78.1			
- Fresh fruit	13.5			86.7	100.2				100.2	100.2	100.2			
- Dried fruit				6.1	6.1				6.1	6.1	6.1			
- Fruit juice			1.1	28.8	27.7				27.7	27.7	27.7			
- Canned fruit				14.4	14.4				14.4	14.4	14.4			
- Berries	(79.6)		4.6	2.5	77.5				1) 77.5	1) 77.5	1) 77.5			

1) According to Household Survey 1971

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	14.	15.	16.	17.	18.
1. CEREALS					
- Wheat	45.3	124.1	452	13.5	1.1
- Rye	21.7	59.5	190	6.5	1.1
- Barley	2.7	7.4	24	0.8	0.1
- Oats	2.7	7.5	28	0.9	0.6
- Mixed grain+Maize	0.3	0.8	3	0.1	0.0
- Rice	2.5	6.8	24	0.5	0.1
2. POTATOES					
- Potatoes fresh	70.2	192.4	135	3.3	0.2
- Potato flour	2.8	7.7	27	0.6	0.0
3. SUGAR					
- Sugar	45.3	124.0	480	-	-
- Syrup	1.4	3.8	10	-	-
- Honey	0.2	0.5	1	-	-
4. PULSES, NUTS, COCOA					
- Pulses	0.9	2.5	9	0.6	0.0
- Nuts	0.4	1.1	4	0.2	0.3
- Cocoa	0.7	1.9	7	0.2	0.5
5. VEGETABLES					
- Fresh	19.5	53.5	14	0.6	0.1
- Canned	4.6	12.6	5	0.3	0.3
6. FRUIT					
- Citrus fruit, fresh	16.8	46.0	15	0.3	0.4
- Fresh fruit	21.5	58.9	31	0.3	0.1
- Dried fruit	1.3	3.6	9	0.1	0.2
- Fruit juice	5.9	16.2	7	0.1	0.0
- Canned fruit	3.1	8.5	3	0.0	0.0
- Berries	16.6	45.6	22	0.5	0.3

	14.	15.	16.	17.	18.
7. MEAT					
- Beef	22.4	61.4	101	9.3	6.8
- Veal	0.0	0.0	0	0.0	0.0
- Pork	24.4	66.8	208	7.9	19.4
- Mutton	0.3	0.8	1	0.1	0.1
- Poultry meat	1.8	4.9	6	0.6	0.4
- Other meat	1.4	3.8	4	0.6	0.1
- Edible offals	6.4	17.5	25	2.8	1.4
8. EGGS					
- Eggs	10.7	29.3	42	3.2	3.0
9. FISH					
- Fresh or frozen	11.7	32.1	42	6.0	1.8
- Salted, smoked or dried	0.1	2.5	4	0.7	0.1
- Canned fish	2.5	6.8	14	1.4	1.1
- Molluscs and crustaceans					
- Fresh	0.0	0.0	0	0.0	0.0
- Molluscs and crustaceans					
- Processed	0.0	0.0	0	0.0	0.0
10. MILK					
- Whole milk	201.2	551.2	375	19.3	21.5
- Skimmed milk	75.3	206.3	80	7.4	0.8
- Cream	5.4	14.8	42	0.4	4.3
- Dried milk	2.9	7.9	29	2.8	0.2
- Cheese	5.2	14.2	42	2.5	3.4
11. OILS AND FATS					
A. in fat content					
- olive oil	0.0	0.0	0	0.0	0.0
- Other vegetable oils	6.7	18.4	163	-	18.4
- Butter	11.1	30.4	270	0.2	30.4
- Marine oils and fats	0.4	1.1	10	-	0.1
- Slaughter fats	1.9	5.2	44	-	4.8
B. in product weight					
- Butter	13.7	37.5			
- Margarine	7.8	21.4			
TOTAL			3002	94.6	123.8
				Animal protein	65.2
				Vegetable "	29.4

Commodities	Production	Change in stocks	Foreign trade		Uses				Waste	Food (Gross)	Extraction rate	Food (Net)	
			Exports	Imports	Domestic utilization	Animal feed	Seed	Industrial For production of processed food					For production of non food products
	1.	2.	3.	4.	5.	6.	7.	8.	9.	10.	11.	12.	13.
1. CEREALS													
- Wheat	593.1	+47.8	72.8	9.3	481.8	113.9	48.9	30.1	30.1	288.9	75	216.7	
- Rye	134.4	+2.4	7.4	12.2	136.8	22.6	6.5	1.6	1.6	106.1	98	104.0	
- Barley	962.9	-44.8	35.3	11.9	984.3	792.9	92.4	80.6	80.6	18.4	75	13.8	
- Oats	112.8	+7.5	0.0		1105.3	961.9	122.2		9.1	21.2	55	11.7	
- Mixed grain+Maize	48.9	0.0	0.0	178.9	227.8	211.8		5.7		1.2		1.2	
- Rice			0.3	13.3	13.0					13.0		13.0	
2. POTATOES													
- Potatoes fresh	525.2			10.3	535.5	-20.1	104.2	84.2		1) 327.0		1) 327.0	
- Potato flour	13.2	-1.8			15.0				2.5	12.5		12.5	
3. SUGAR													
- Sugar	75.8	+18.3	24.5	162.9	195.9					195.9		195.9	
- Syrup	6.7									6.7		6.7	
- Honey	0.5		0.0	0.1	0.6					0.6		0.6	
4. PULSES, NUTS, COCOA													
- Pulses	12.8		-	5.2	18.0	12.2	1.6			1) 4.2		1) 4.2	
- Nuts			-	2.3	2.3					2.3		2.3	
- Cocoa			2.7	6.5	3.8					3.8		3.8	
5. VEGETABLES													
- Fresh	(82.6)		0.1	24.2	106.8					1) 90.9		1) 90.9	
- Canned	16.6		0.3	7.1	23.4			15.9		23.4		23.4	
6. FRUITS													
- Citrus fruit, fresh			0.1	86.6	86.5					86.5		86.5	
- Fresh fruit	16.8		-	109.9	126.7					126.7		126.7	
- Dried fruit			-	5.9	5.9					5.9		5.9	
- Fruit juice			1.0	28.0	27.0					27.0		27.0	
- Canned fruit			-	16.0	16.0					1) 16.0		1) 16.0	
- Berries	(77.6)		4.5	4.4	77.5					77.5		77.5	

1) According to Household Survey 1971

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
	14.	15.	16.	17.	18.
1. CEREALS					
- Wheat	46.3	126.8	462	13.8	1.4
- Rye	22.2	60.9	190	6.7	1.2
- Barley	2.9	7.9	26	0.9	0.1
- Oats	2.5	6.8	26	0.9	0.5
- Mixed grain+Maize	0.3	0.7	2	0.0	0.0
- Rice	2.8	7.6	27	0.5	0.1
2. POTATOES					
- Potatoes fresh	69.8	191.3	134	3.3	0.2
- Potato flour	2.7	7.3	26	0.6	0.0
3. SUGAR					
- Sugar	41.8	114.5	443	-	-
- Syrup	1.4	3.9	10	-	-
- Honey	0.1	0.3	1	-	-
4. PULSES, NUTS, COCOA					
- Pulses	0.9	2.5	9	0.6	0.0
- Nuts	0.5	1.3	5	0.2	0.4
- Cocoa	0.8	2.2	8	0.2	0.5
5. VEGETABLES					
- Fresh	19.4	53.2	14	0.6	0.1
- Canned	5.0	13.7	6	0.2	0.1
6. FRUIT					
- Citrus fruit, fresh	18.5	50.6	16	0.3	0.5
- Fresh fruit	27.1	74.2	39	0.4	0.2
- Dried fruit	1.3	3.6	9	0.1	0.2
- Fruit juice	5.8	15.9	7	0.1	0.0
- Canned fruit	3.4	9.3	3	0.0	0.0
- Berries	16.6	45.5	22	0.5	0.3

	14.	15.	16.	17.	18.
7. MEAT					
- Beef	22.7	62.2	102	9.5	6.8
- Veal	0.0	0.0	0	0.0	0.0
- Pork	24.6	67.4	210	8.0	19.5
- Mutton	0.2	0.5	1	0.6	0.4
- Poultry meat	1.9	5.2	7	0.6	0.4
- Other meat	1.3	3.6	3	0.5	0.2
- Edible offals	7.1	19.5	28	3.1	1.5
8. EGGS					
- Eggs	10.7	29.3	42	3.2	3.0
9. FISH					
- Fresh or frozen	12.5	34.2	45	6.4	1.9
- Salted, smoked or dried	1.1	3.0	5	0.8	0.2
- Canned fish	1.1	3.0	6	0.6	0.5
- Molluscs and crustaceans					
- Fresh	0.0	0.0	0	0.0	0.0
- Molluscs and crustaceans					
- Processed	0.0	0.0	0	0.0	0.0
10. MILK					
- Whole milk	193.7	530.7	361	18.6	20.6
- Skimmed milk	86.5	237.0	92	8.5	0.9
- Cream	4.9	13.4	38	0.3	3.9
- Dried milk	3.3	8.7	32	3.0	0.3
- Cheese	5.6	15.2	45	2.7	3.6
11. OILS AND FATS					
A. in fat content					
- Olive oil	0.0	0.0	0	0.0	0.0
- Other vegetable oils	6.7	18.4	163	-	18.4
- Butter	10.5	28.8	255	0.2	28.8
- Marine oils and fats	0.7	1.9	17	-	0.2
- Slaughter fats	1.9	5.2	44	-	4.8
B. in product weight					
- Butter	12.9	35.3			
- Margarine	8.2	22.5			
TOTAL			2981	96.5	121.7
			Animal protein	66.6	
			Vegetable "	29.9	

Commodities	1.	2.	Foreign trade		5.	6.	7.	Uses									
			Change in stocks	Exports				Imports	Domestic utilization	Animal feed	Seed	Industrial	Waste	Food (Gross)	Extraction rate	Food (Net)	
								For production of processed food	For production of non food products								
1. CEREALS																	
- Wheat	621.5	+100.4 ²⁾	24.7	15.3	511.7	131.0 ²⁾	60.3	29.2						291.2	75	218.4	
- Rye	80.7	- 17.0 ²⁾	5.1	30.0	122.6	3.8 ²⁾	10.6	1.8						106.4	98	104.3	
- Barley	1241.9	+179.8 ²⁾	35.4	6.1	1032.8	832.6 ²⁾	98.1	84.4						17.7	75	13.3	
- Oats	1450.1	+189.5 ²⁾	-	6.0	1266.6	1119.5 ²⁾	126.1							21.0	55	11.6	
- Mixed grain+Maize	47.4	-15.4	-	195.4	258.2	247.5		5.4						16.1		16.1	
- Rice			0.1	16.2	16.1												
2. POTATOES																	
- Potatoes fresh	679.6		0.1	43.2	722.7	189.9	105.1	94.0						333.7 ¹⁾		333.7 ¹⁾	
- Potato flour	14.2	0.0	-	3.8	18.0			3.9						14.1		14.1	
3. SUGAR																	
- Sugar	81.2	+11.2	34.8	146.0	181.2									181.2		181.2	
- Syrup	5.3				5.3									5.3		5.3	
- Honey	0.8		-	0.1	0.9									0.9		0.9	
4. PULSES, NUTS, COCOA																	
- Pulses	10.5		-	5.2	15.7	10.2	1.3							4.2 ¹⁾		4.2 ¹⁾	
- Nuts			-	2.0	2.0									2.0		2.0	
- Cocoa			2.1	6.2	4.1									4.1		4.1	
5. VEGETABLES																	
- Fresh	(87.5)		1.6	23.4	109.3			16.6						92.7 ¹⁾		92.7 ¹⁾	
- Canned	16.6		0.2	7.5	23.9									23.9		23.9	
6. FRUITS																	
- Citrus fruit, fresh			0.2	96.3	96.1									96.1		96.1	
- Fresh fruit	2.8		0.1	118.2	120.9									120.9		120.9	
- Dried fruit			0.1	8.4	8.3									8.3		8.3	
- Fruit juice			0.6	49.2	48.6									48.6		48.6	
- Canned fruit			-	20.6	20.6									20.6 ¹⁾		20.6 ¹⁾	
- Berries	(78.1)		2.5	3.5	77.5									79.1		79.1	

1) According to Household Survey 1971

2) Estimate

BALANCE SHEET FOR FOOD COMMODITIES

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
1. CEREALS					
- Wheat	46.4	127.1	435	14.2	1.9
- Rye	22.1	60.5	189	7.0	1.1
- Barley	2.8	7.6	26	0.9	0.2
- Oats	2.5	6.8	25	0.9	0.5
- Mixed grain + Maize					
- Rice	3.4	9.3	34	0.6	0.1
2. POTATOES					
- Potatoes fresh	70.8	193.9	136	3.3	0.2
- Potato flour	2.9	7.9	11	0.7	0.0
3. SUGAR					
- Sugar	38.5	105.5	408	-	-
- Syrup	1.1	3.0	9	-	-
- Honey	0.1	0.2	0.6	-	-
4. PULSES, NUTS, COCOA					
- Pulses	0.9	2.5	9	0.5	0.0
- Nuts	0.4	1.1	4	0.2	0.3
- Cocoa	0.8	2.2	8	0.2	0.5
5. Vegetables					
- Fresh	19.7	53.9	14	0.6	0.1
- Canned	5.1	13.9	6	0.2	0.1
6. FRUIT					
- Citrus fruit, fresh	20.4	55.9	18	0.3	0.1
- Fresh fruit	25.6	70.1	37	0.4	0.2
- Dried fruit	1.8	4.9	13	0.1	0.3
- Fruit juice	10.3	28.2	12	0.2	0.0
- Canned fruit	4.4	12.1	4	0.1	0.0
- Berries	16.8	46.0	23	0.5	0.2

Commodities	Consumption per head				
	Kilo-grammes per year	Grammes per day	Calories per day	Proteins grammes per day	Fats grammes per day
7. MEAT					
- Beef	24.2	66.3	130	11.2	9.0
- Veal	0.0	0.0	0	0.0	0.0
- Pork	26.7	73.1	227	10.6	20.1
- Mutton	0.2	0.5	0	0.1	0.1
- Poultry meat	2.4	6.6	10	1.2	0.5
- Other meat	1.5	4.1	4	0.7	0.1
- Edible offals	6.8	18.6	25	3.3	1.5
8. EGGS					
- Eggs	10.9	29.9	45	3.6	3.3
9. FISH					
- Fresh or frozen	12.5	34.2	34	4.8	1.0
- Salted, smoked or dried	1.2	3.3	4	0.6	0.1
- Canned fish	0.9	2.5	4	0.5	0.2
- Molluscs and crustaceans					
- Fresh	0.0	0.0	0	0.0	0.0
- Molluscs and crustaceans					
- Processed	0.0	0.0	0	0.0	0.0
10. MILK					
- Whole milk	197.1	540.0	362	18.4	21.1
- Skimmed milk	87.7	240.2	84	8.4	0.2
- Cream	5.0	13.7	26	0.4	2.6
- Dried milk	3.0	8.2	30	2.2	0.2
- Cheese	6.1	16.7	56	4.2	4.0
11. OILS AND FATS					
A. in fat content					
- Olive oil	0.0	0.0	0	0.0	0.0
- Other vegetable oils	6.9	18.9	167	-	18.9
- Butter	10.8	29.5	261	-	29.5
- Marine oils	0.9	2.4	22	-	2.4
- Slaughter fats	1.8	4.9	42	-	4.6
B. in product weight					
- Butter	13.3	36.4			
- Margarine	8.5	23.2			
TOTAL			2954	101.1	125.1
Animal protein				70.2	
Vegetable "				30.9	

Liite 1.

The calorie value and the protein and fat content of foods.
Coefficients used: a until 1974, b beginning 1975.

	Calories per 100 gr.		Protein %		Fats %	
	a	b	a	b	a	b
CEREALS						
- Wheat	364	342	10.9	11.2	1.1	1.5
- Rye	319	313	11.0	11.5	1.9	1.9
- Barley	332	341	11.0	11.4	1.8	2.0
- Oats	385	372	13.0	12.6	7.5	7.3
- Mixed grain + Maize	360	360	9.3	9.3	4.0	4.0
- Rice	360	360	6.7	6.7	1.7	0.7
POTATOES						
- Potatoes fresh	70	70	1.7	1.7	0.1	0.1
- Potato flour	349	349	8.5	8.5	0.4	0.4
SUGAR						
- Sugar	387	387	-	-	-	-
- Syrup	259	298	-	-	-	-
- Honey	290	308	-	-	-	-
PULSES, NUTS, COCOA						
- Pulses	346	330	22.5	21.0	1.8	1.0
- Nuts	388	388	18.2	18.2	30.7	30.7
- Cocoa	351	351	8.0	8.0	24.0	24.0
VEGETABLES						
- Fresh	26	26	1.1	1.1	0.2	0.2
- Canned	43	43	1.2	1.2	1.0	1.0
FRUIT						
- Citrus fruit	32	32	0.6	0.6	0.1	0.2
- Fresh fruit	53	53	0.5	0.5	0.3	0.3
- Dried fruit	255	255	2.5	2.5	0.6	0.6
- Fruit juice	43	43	0.6	0.6	0.15	0.2
- Canned fruit	36	36	0.5	0.5	0.2	0.2
- Berries	49	49	1.0	0.1	0.7	0.5

	Calories per 100 gr.		Protein %		Fats %	
	a	b	a	b	a	b
MEAT						
- Beef	164	190	15.2	17.0	11.0	13.5
- Veal	137	140	15.1	17.5	8.0	7.0
- Pork	312	310	11.8	14.5	29.0	27.5
- Mutton	119	180	12.8	15.0	7.1	13.0
- Poultry meat	129	145	12.0	18.0	8.6	8.0
- Other meat	94	100	15.0	17.0	3.0	3.0
- Edible offals	143	135	16.0	18.0	7.8	8.0
EGGS						
- Eggs	144	150	11.0	12.0	10.4	11.0
FISH						
- Fresh or frozen	132	100	18.8	14.0	5.7	3.0
- Salted, smoked or dried	178	130	27.0	18.0	7.0	4.0
- Canned	203	170	21.0	18.0	16.0	8.0
- Molluscs and crustaceans						
- fresh	25	25	4.1	4.1	0.5	0.5
- processed	69	69	12.0	12.0	1.5	1.5
MILK						
- Whole milk	68	67	3.5	3.4	3.9	3.9
- Skimmed milk	39	35	3.6	3.5	0.4	0.1
- Cream	281	194	2.4	2.8	29.3	19.0
- Dried milk, whole	492	491	26.0	27.0	27.0	26.0
skim	360	360	36.0	35.0	1.0	1.0
- Cheese	299	340	18.0	25.0	24.0	24.0
OILS AND FATS						
- Olive oil	884	884	-	-	100.0	100.0
- Other vegetable oils	884	884	-	-	100.0	100.0
- Butter	886	719	-	-	100.0	100.0
- Marine oils	902	902	-	-	100.0	100.0
- Slaughter fats	847	847	-	-	93.0	93.0

Liite 2.

Maidon ja piimätuotteiden kulutus vuosina 1968 - 75 (milj.l)

	1968	1969	1970	1971	1972	1973	1974	1975
Täysmaito + kulutusmaito	1099.9	1066.0	942.2	905.5	846.3	719.9	598.1	541.5
Kevytmaito	-	-	44.8	109.1	212.5	336.3	459.7	565.8
Piimätuotteet	120.8	132.7	162.5	185.8	179.0	196.8	180.1	180.7

