

Appendix 1. List of selected food items from food balance sheet

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|----------------------------------|----------------------------------|-----------------------------------|
| 1- Cereals-excluding beer | Sesame seed | Dates |
| Wheat | Palm kernels | Grapes |
| Rice | Olives | Fruits, Other |
| Maize | Oil crops, Other | 10- Alcoholic beverages |
| Rye | 7- Vegetable oils | Wine |
| Oats | Soya bean oil | Beer |
| Millet | Groundnut oil | Beverages, fermented |
| Sorghum | Sunflower seed oil | Beverages, alcoholic |
| Cereals, Other | Rape and Mustard seed oil | Alcohol, non-food |
| 2- Starchy roots | Cotton seed oil | 11- Meat |
| Cassava | Palm kernels oil | Bovine meat |
| Potatoes | Palm oil | Mutton and goat meat |
| Sweet potatoes | Coconut oil | Pig meat |
| Yams | Sesame seed oil | Poultry meat |
| Roots, Other | Olives oil | Meat, Other |
| 3- Sugar and Sweeteners | Rice bran oil | 12- Animal fats |
| Sugar, non-centrifugal | Maize germ oil | Butter, Other |
| Sugar (raw equivalent) | Oilcrops, Other | Cream |
| Sweeteners, other | 8- Vegetables | Fats, animals, raw |
| Honey | Tomatoes | Fish, body oil |
| 4- Pulses | Onions | Fish, liver oil |
| Beans | Vegetables, Other | 13- Eggs |
| Peas | 9- Fruits- excluding wine | 14- Milk- excluding butter |
| Pulses, Other | Oranges, Mandarins | 15- Fish, seafood |
| 5- Tree nuts | Lemons, Limes | Freshwater fish |
| 6- Oil crops | Grapefruits | Demersal fish |
| Soya beans | Citrus, Other | Pelagic fish |
| Groundnuts | Bananas | Marine fish, other |
| Sunflower seed | Plantains | Crustaceans |
| Rape and Mustard seed | Apples | Cephalopods |
| Cotton seed | Pineapples | Mollusks, Other |