



**SRI LANKA**

**FOOD  
BALANCE SHEET  
1995 - 1999**

**(Revised Series)**

**DEPARTMENT OF CENSUS AND STATISTICS  
MINISTRY OF FINANCE AND PLANNING**



**FOOD  
BALANCE SHEET  
1995 - 1999  
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1992 - 1999

(Revised Edition)

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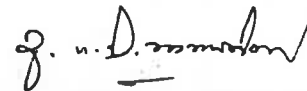
பரிப்புகம்

## Preface

The Department of Census and Statistics (DCS) is responsible for the preparation of the annual Food Balance Sheet (FBS) according to the terms and references of the Food and Agricultural Organization. In this context, the Agriculture and Environmental Statistics Division of the DCS has been preparing the FBS annually since 1950. However, no publication has been released until 1983. In 1983 for the first time the DCS issued the FBS as a small booklet in a descriptive form and continued thereafter. This publication gives the revised FBS from 1995 - 1998 and the FBS for year 1999.

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I would like to welcome any useful suggestions for the improvement of this FBS.



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## INTRODUCTION

### HISTORY AND DEVELOPMENT OF FOOD BALANCE SHEETS (I)

During World War II the need arose for a working basis on which the Combined Food Board (representing Canada, United Kingdom, and United States of America) and other governmental agencies might equitably distribute foods in short supply in a way that would promote the successful prosecution of the war. This need gave considerable stimulus to the study of food consumption levels and of the nutritional requirements of the populations in the countries concerned, as well as to an appraisal of the effects of the dietary changes that were taking place under wartime conditions. Much work of this nature had already been done by nutritionists and agricultural economists in the pre-war years, but no regular comprehensive comparisons had been made of total national supplies of food in different countries, with evaluation of their nutrient contents.

In 1942,, however, the Inter-Allied Committee on Post-war Requirements made a number of studies, through the use of food balance sheets, on post-war food requirements in European countries. The following year, a joint committee of experts from Canada, the United States of America, and the United Kingdom published its first report, Food Consumption Levels in the United States, Canada, and the United Kingdom, in which a more detailed food balance sheet technique was employed and developed.

Similar studies were undertaken at a later date during and after the war, when estimates were needed for the feeding of the civilian population in countries occupied by allied forces as well as for the food requirements of UNRRA. this work was done under severe handicaps, since, owing to the displacement of statistics during the war, adequate official data on crop and livestock production were often not available. Nevertheless, considerable development was made in the technique for estimating food consumption levels by food balance sheet methods.

In 1946, this same technique was used in the FAO publication, World Food Survey, in which detailed figures are given for 70 countries, showing food consumption levels existing before the war and the increase in food supplies needed to reach nutritional target levels by 1960. FAO has since continued to use food balance sheets for analyses of the food situation in individual countries.

Nevertheless, owing to the lack of adequate data, the food balance sheets prepared by FAO for many countries are still only rough approximations. In fact, for some of the less advanced countries, in which acceptable estimates very seldom exist even for crop production, it has proved impracticable to construct even the most rudimentary balance sheet. Recognizing that the food balance sheet is a useful tool in the analysis of progress made in improving the food position in all countries, the Conference of FAO at its Fourth Session in Washington in 1948 recommended:

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(I) Hand Book for the preparation of Food Balance Sheets April 1949 Food and Agriculture Organisation of the United Nations.

(1) that member governments be asked to prepare food balance sheets according to a uniform pattern and submit them to FAO; as a means of assisting governments in the preparation of such food balance sheets FAO should distribute as soon as possible a manual setting forth the technique developed for the preparation of food balance sheets;

(2) that FAO provide direct assistance in this work to those governments which find it difficult to prepare food balance sheets;

(3) that, in order to promote comparability in the presentation of food consumption data in terms of calories and nutrients, FAO continue work on food composition and make available to governments food composition tables (provisionally based on the methods recommended by the Committee on Calorie Conversion Factors and Food Composition Tables which may be used in the preparation of food balance sheets;

(4) that food balance sheets be published as soon as possible for those countries with adequate data, after consultation with the governments concerned, and that in the future food balance sheets for as many countries as possible be published regularly.

Accordingly, governments have been asked to submit their own revisions balance sheets prepared by FAO for pre-war and for 1947/48 and are being asked furnish their own food balance sheets for 1948/49 and subsequent periods.

Two handbooks are at present being issued to serve as a guide to govern in the construction of food balance sheets on a uniform procedure, so that the greater degree of comparability in preparation of the data will be possible.

By constructing food balance sheets with the aid of those handbooks, it is hoped that interest will be stimulated in the study of food consumption levels and diets and that, as a result, governments will use the information brought to light by this techniques to plan their food production and trade programs and to improve the nutritive value of the national food supply.

It is recognized that food balance sheets will continue to remain an imperfect tool in the examination and improvement of national food programs until the range and accuracy of national statistics on food and agriculture have been greatly increased. It is hoped, however, that compilation by governments of their own food balance sheets will lead to considerable improvement both in national statistics and in balance sheet.

## (2) WHAT IS A FOOD BALANCE SHEET?

The total quantity of foodstuffs produced in a country, added to the total quantity imported and adjusted to any change that may have occurred in stocks since the beginning of a given period, gives the total food supply available in that period. When the following are deducted from this value : the quantities exported, fed to livestock, used for seed or put into industrial and other non-food uses, as well as losses owing to wastage of all kinds, the remaining quantities represent the food supplies available for human consumption during the period.

Such an analysis is made for each commodity entering into human consumption, and the per capita supply of each food for human consumption is then obtained by dividing the balance by the population figure. The nutrient contents of these supplies expressed per person per day are derived by applying the appropriate nutrient conversion factors available .

It is important to note that the food supply for human consumption, as estimated by food-balance-sheet methods, relates simply to the quantities of food available for the consumer but not necessarily to the food actually consumed by the population. Wastage on the farm in distribution or in processing, and other wastage occurring before foods reach the consumer, are taken into consideration. However, the amount of food actually consumed may be slightly or appreciably lower according to the degree of waste in the preparation and cooking of foods, as well as in plate waste, i.e., the waste of edible material that is not eaten. At the same time, it should also be emphasized that the estimates must cover all the available food supplies, including those not recorded in official statistics - such as those from the smallest farms, home gardens, and other like sources.

### (3) IMPORTANCE OF THE FOOD BALANCE SHEET

Food balance sheet shows the quantities and types of food available for consumption in any country and give the content of the food supply expressed in terms of nutrient value. Annual food balance sheets, tabulated regularly over a period of years for each country, will show the trends in the overall national food supply, disclose changes that may be taking place in the types of food consumed, and reveal the extent to which the food supply of the country as a whole, though not of different groups in the community, is adequate in relation to nutritional requirements. In conjunction with other economic indices, serve as a useful means of measuring how agricultural production per person compares with previous levels and may disclose the significant, and possibly permanent, changes in the pattern of agriculture, trade and the content of the national diet.

Provided that methods of calculation are comparable from one country to another, food balance sheets for any given period may also be used, within limitations, to compare the national average food supplies and the quantities of calories and nutrients available to the population as a whole in different countries. In practice, the types and composition of foodstuffs produced, and the coverage and quality of statistics concerning them, vary so widely from country to country that strict comparability is difficult to attain; therefore, comparison of the food balance sheet for one country with that for another may be seriously misleading, unless due account is taken of such differences.

Food balance sheets, by bringing together a large part of the food and agriculture data in each country, also serve as a focal point for a detailed examination and appraise of the food and agricultural situation in a country. For example, comparison of the quantities of food available for human consumption with those imported, as shown in a food balance sheet, will indicate the extent to which a country is depending upon imports to meet its food requirements. The quantities of food crops used for feeding livestock, in relation to total crop production, may indicate the degree to which primary food resources are being utilized to produce animal foods and may serve as useful data in an analysis of livestock policy or of the pattern of agriculture. Comparison of losses through food wastage from country to country, as estimated in food balance sheets, may stimulate interest in making more accurate assessments of such wastage and may lead to effecting diminution of waste where it is unnecessarily high.

Finally, food-balance-sheet technique may also be used in forecasting the food supplies likely to be available from home production in any country, if reasonably reliable estimates of crop and livestock production and utilization could be provided in advance.

## (4) SRI LANKA FOOD BALANCE SHEET

The Department of Census & Statistics is responsible for the compilation of annual food Balance Sheet in Sri Lanka which is being prepared in a systematic manner since 1950 according to the guidelines laid down by the F.A.O. However, no annual publication has been released until 1983 and from the inception up to 1983 It was limited to a main sheet with out descriptions. Since 1983 the Department had taken steps to issue as a small booklet in a descriptive form.

## (5) DAILY RECOMMENDED NUTRIENT ALLOWANCES FOR SRI LANKA

Setting up scales of requirements or recommended allowances for use in a particular country is a formidable task and requires the services of highly qualified scientists specialised in physiology and nutrition. Details about the age, sex, body weight, height, occupation etc. are required to set up the scales of nutrient requirements. Information should also be available which will enable occupation to be classified according to the broad degrees of activity adopted in the scales.

The following table gives the Daily Recommended Nutrient Allowances for Sri Lanka, prepared by the Department of Nutrition, Medical Research Institute, Colombo, Sri Lanka.

## DAILY RECOMMENDED NUTRIENT ALLOWANCES FOR SRI LANKA

		Weight Kg	Calo- ries	Pro- tein	Cal- cium mg.	Iron Mg.	Vita-min A meg.	Vita- min D meg.	Thia- mine meg.	Mico Plavin Meg.	Nia-cin Mg.	Asco bic Acid Mg.
7-12 months	M&F	7.3	818	19	550	10	300	10.0	300	500	5.4	20
1-3 years	M&F	12.0	1212	24	450	10	250	10.0	500	800	9.4	20
4-6 years	M&F	18.2	1656	31	450	10	300	10.0	700	1100	12.1	20
7-9 years	M&F	26.2	1841	35	450	10	400	2.5	900	1300	14.5	20
10-12 years	M	34.0	2414	45	650	10	575	2.5	1000	1600	17.2	20
10-12 years	F	36.0	2238	46	650	10	575	2.5	900	1400	15.5	20
13-15 years	M	49.0	2337	49	650	18	725	2.5	1200	1700	19.1	30
16-19 years	M	51.0	2500	51	550	9	750	2.5	1200	1800	20.3	30
20-39 years	M	55.0	2530	52	450	9	750	2.5	1200	1800	19.8	30
40-49 years	M		2404	52	450	9	750	2.5	1200	1800	19.8	30
50-59 years	M		2277	52	450	9	750	2.5	1200	1800	19.8	30
60-69 years	M		2024	52	450	9	750	2.5	1200	1800	19.8	30
70 years	M		1771	52	450	9	750	2.5	1200	1800	19.8	30
13-15 years	F	40.0	2300	46	650	24	725	2.5	1000	1500	16.4	30
16-19 years	F	43.8	2200	42	550	28	750	2.5	900	1400	15.2	30
20-39 years	F	47.0	1900	41	450	28	750	2.5	900	1300	14.5	30
40-49 years	F		1805	41	450	28	750	2.5	900	1300	14.5	30
50-59 years	F		1710	41	450	28	750	2.5	900	1300	14.5	30
60-69 years	F		1520	41	450	24	750	2.5	900	1300	14.5	30
70 years	F		1330	41	450	24	750	2.5	900	1300	14.5	30
pregnancy												
	1st half		+150	46	1000	40	750	10	900	1400	15.2	30
	2nd half		+350	15	1000	40	750	10	+100	+200	+2.3	30
LACTATION			+550	28	1000	40	1200	10	+200	+400	+3.7	30

Protein allowance on basis of chemical score of 60 for local diets.

## Reference

- (1) Energy and Protein Requirements- World Health Organization Technical Report Series No.522 (1973).
- (2) Handbook of Human Nutritional Requirements - W.H.O. Monograp Series 61 (1974) Department of Nutrition, Medial Research Institute, Colombo 8. CGH/January 1976.

Source: An analytical description of POVERTY IN SRI LANKA-

## (6) REVISED FOOD BALANCE SHEET

This issue contains the revised Food Balance Sheets since 1995 and the reasons for the revision are as follows:

- (a) To a greater extent the Department of Census and Statistics (DCS) depends on various agencies for the statistical information that are being used to compute the Food Balance Sheet. As soon as the calendar year is over, the DCS requests the various sources Departments/Agencies Organizations both Private & Government who collect the information for their administrative purposes. At the time of data collection it was very often found that the quoted information by these sources are in a form of provisional or tentative nature. It was also found that data has been revised latter.
- (b) Food habits and items in the food basket etc. of the people have changed over the period due to various reasons such as price changes, import policies, new technological innovation pertaining to preparation of food, etc. These factors would certainly affect the consumption pattern of the habitats. However, it is not possible to frequently measure these changes but by adhoc types of surveys that are undertaken. The DCS has undertaken such type of family budget surveys: "Socio Economic survey in 1985/86" and again "Household income and expenditure survey in 1990/91". For the revised series of food balance sheets, the values reported in the 1990/91 survey have been used while in the previous series values obtained 1985/86 survey was used.
- (c) The nutritional values used for different type of food items in the previous series were based on FAO reference materials. Revised series have been based on the "Table of Food Composition -for use in Sri Lanka", by Medical Research Institute- Colombo published in 1989.
- (d) Some manual errors that had been occurred during the preparation of last issues were detected and corrected in the revised series.

## (7) COMPONENTS OF FOOD BALANCE SHEET

The main components of the Food Balance Sheet are:

### Supply

- (i) Production
- (ii) Change in Stocks
- (iii) Gross Exports
- (iv) Gross Imports
- (v) Available Supply

### Distribution

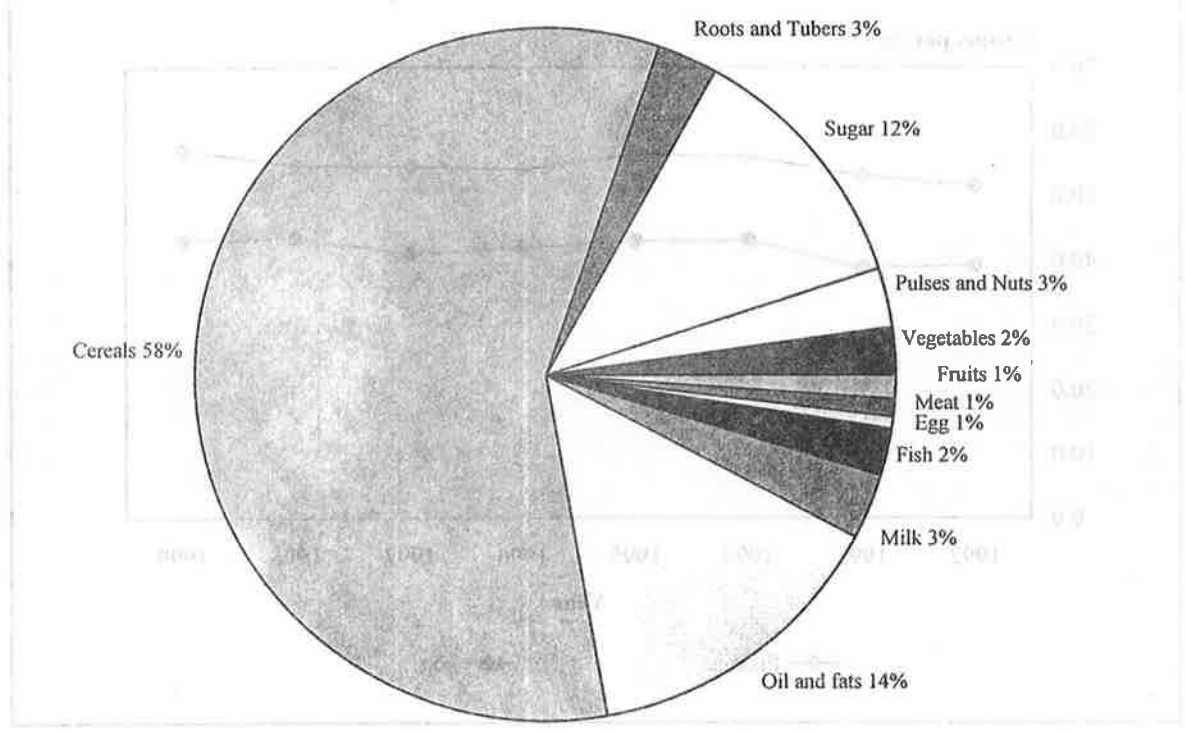
- (i) Animal Feed
- (ii) Seed
- (iii) Manufacture
- (iv) Waste
- (v) Food Gross
- (vi) Extraction Rates
- (vii) Food net

### Per Capita Availability

- (i) Kgs. Per Year
- (ii) Grams Per Day
- (iii) Calories Per Day
- (iv) Protein Per Day
- (v) Fat Per Day

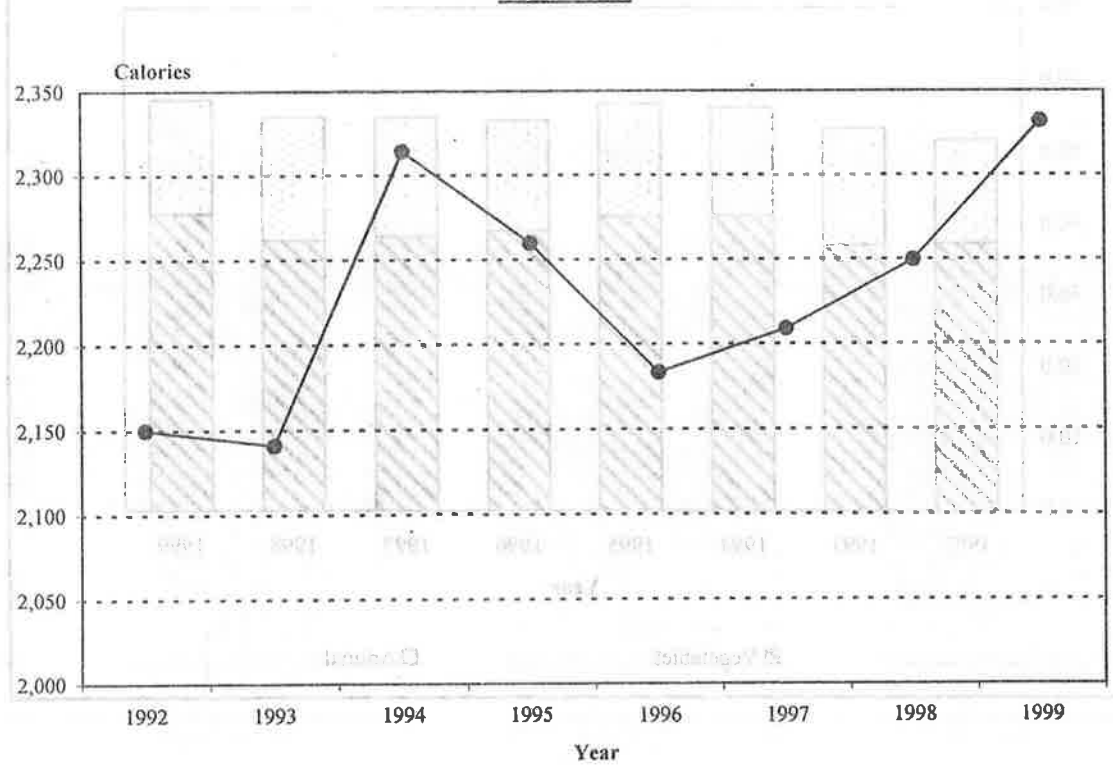
Graph - A

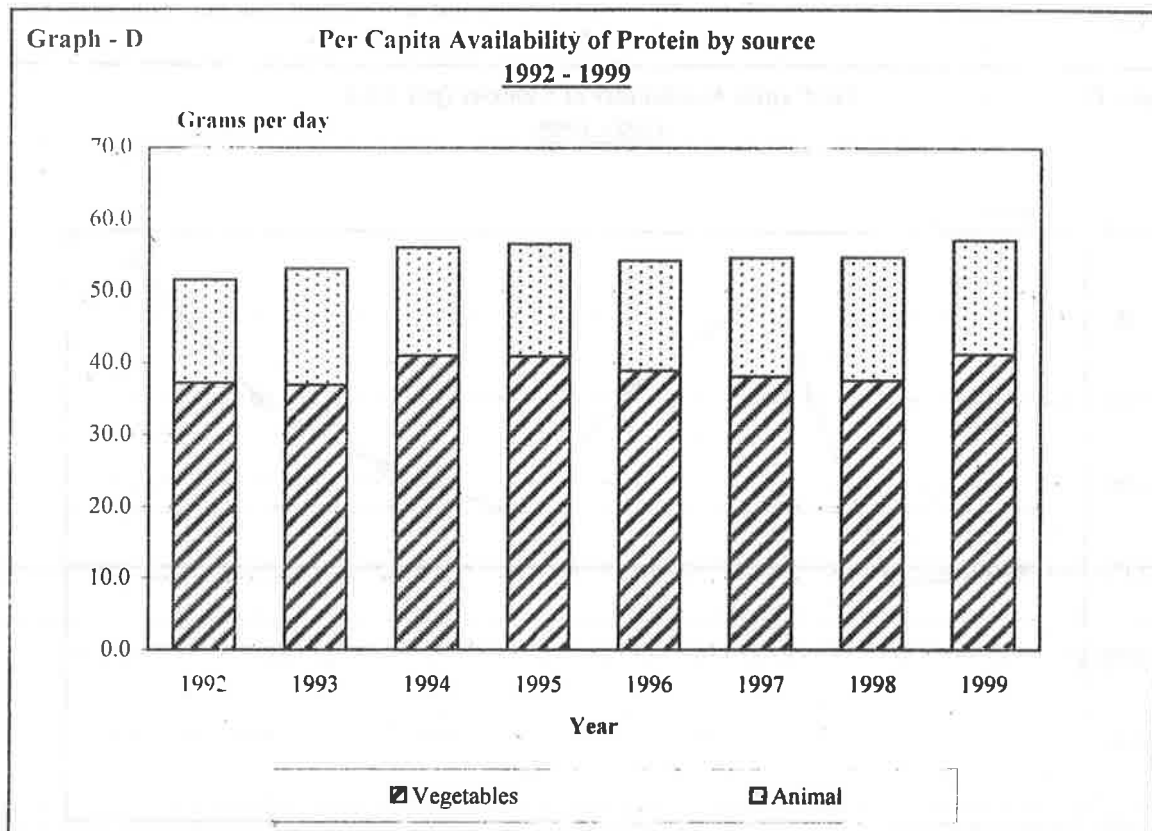
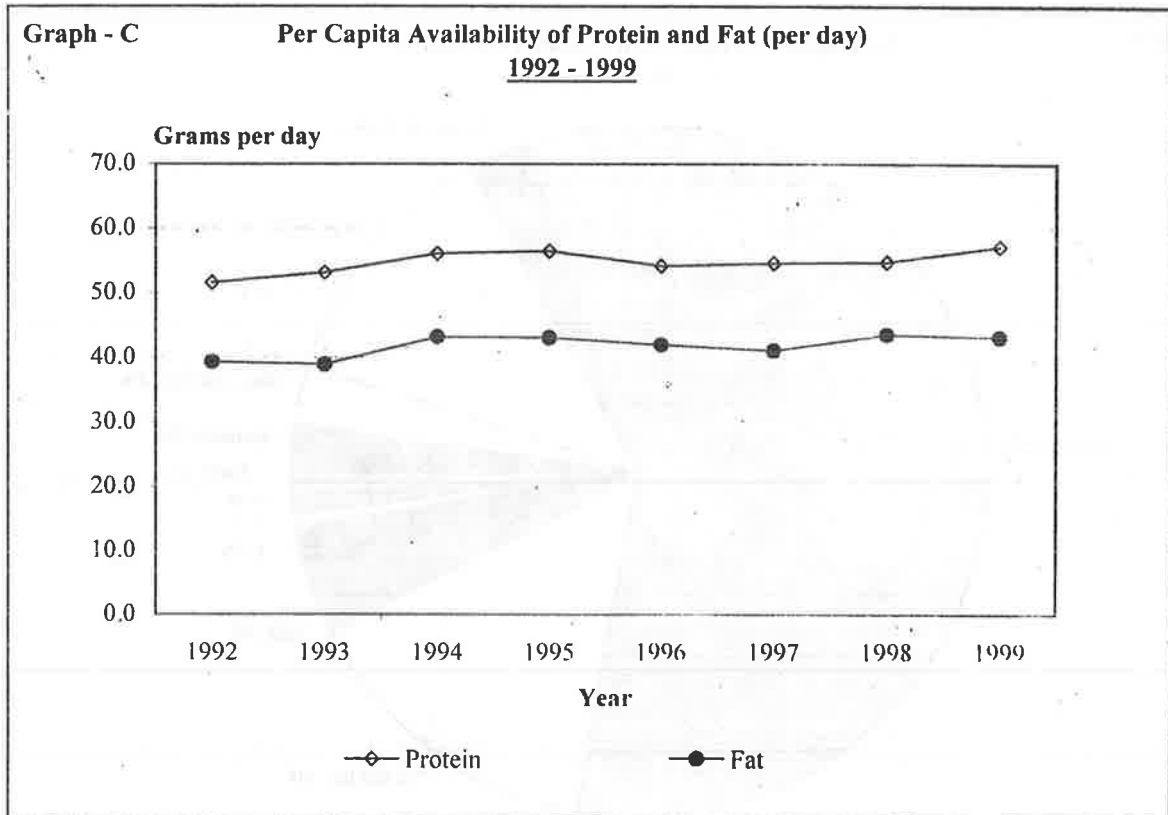
**Per Capita Availability of Calories by Source  
1999**



Graph - B

**Per Capita Availability of Calories (per day)  
1992 - 1999**







**Table 1: CALORIES, PROTEIN AND FAT AVAILABILITY BY COMMODITY 1994- 1999**

Commodity	Calories (No.)					Protein (Grams)					Fat (Grams)							
	1994	1995	1996	1997	1998	1999	1994	1995	1996	1997	1998	1999	1994	1995	1996	1997	1998	1999
Cereals	1,285.80	1,298.07	1,240.31	1,220.41	1,205.17	1,351.52	29.20	30.05	28.24	27.44	26.69	30.66	2.37	2.44	2.28	2.14	2.21	2.52
Roots & Tubers	67.82	66.10	65.12	67.97	65.02	63.80	0.46	0.46	0.50	0.59	0.53	0.54	0.09	0.09	0.09	0.09	0.09	0.08
Sugar	328.88	275.18	262.47	306.70	335.36	283.62	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Pulses & Nuts	75.70	62.46	63.85	60.46	64.20	60.93	5.78	4.83	4.57	4.42	4.65	4.28	1.02	0.98	0.88	0.55	0.64	0.79
Vegetables	50.57	51.93	52.13	54.41	52.32	53.64	2.27	2.31	2.31	2.38	2.32	2.36	0.31	0.32	0.32	0.32	0.32	0.32
Fruits	22.28	21.89	24.11	24.02	24.69	28.22	0.40	0.40	0.41	0.42	0.43	0.47	0.37	0.37	0.37	0.38	0.39	0.41
Meat	13.01	16.74	15.54	17.68	18.44	17.37	2.07	2.48	2.36	2.84	3.08	2.94	0.52	0.76	0.68	0.70	0.68	0.62
Eggs	12.75	12.56	12.33	12.16	12.31	12.44	0.98	0.97	0.95	0.93	0.95	0.96	0.98	0.97	0.95	0.93	0.95	0.96
Fish	50.82	51.69	53.46	58.54	59.86	54.82	8.99	8.97	8.98	9.76	9.97	8.75	1.43	1.56	1.73	1.96	2.00	1.79
Milk	65.04	68.22	64.54	62.94	68.24	70.29	3.06	3.24	3.06	2.98	3.25	3.36	3.81	3.97	3.77	3.67	3.97	4.08
Oil & Fat	341.71	334.98	329.52	323.71	343.96	335.57	2.88	2.84	2.86	2.85	2.95	2.88	32.28	31.61	30.95	30.31	32.38	31.58
<b>Total</b>	<b>2,314.39</b>	<b>2,259.82</b>	<b>2,183.39</b>	<b>2,209.00</b>	<b>2,249.57</b>	<b>2,332.22</b>	<b>56.10</b>	<b>56.53</b>	<b>54.24</b>	<b>54.62</b>	<b>54.82</b>	<b>57.20</b>	<b>43.19</b>	<b>43.06</b>	<b>42.02</b>	<b>41.06</b>	<b>43.63</b>	<b>43.15</b>

**Table 2: PER CAPITA AVAILABILITY OF CALORIES, PROTEIN AND FAT FROM VEGETABLE AND ANIMAL RESOURCES 1994 - 1999**

Year	Calories per day		Protein (Grams/day)		Fat (Grams/day)	
	Total	Vegetable	Total	Vegetable	Total	Animal
1994	2,314.4	2,170.9	56.1	41.0	43.2	6.9
1995	2,259.8	2,108.8	56.5	40.8	43.0	7.4
1996	2,183.4	2,035.3	54.3	38.9	42.0	7.3
1997	2,209.0	2,056.0	54.6	38.1	41.0	7.4
1998	2,249.6	2,088.8	54.8	37.5	43.6	7.8
1999	2,332.2	2,175.2	57.2	41.2	43.2	7.7

## Food Balance Sheet - 1995 (Revised)

Unit : '000 MT (if not otherwise specified)  
Mid Year Population : 18,112,000

Commodity	Production, Foreign Trade & Availability					Distribution					Per Capita Availability							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
	Pro- duction	Change in stocks	Gross Exports	Gross Imports	Available Supply	Animal Feed	Seed	Manu- -facture	Waste	Food Gross	Extraction Rate	Food Net	Kgm: per yr:	Gms: per day	Calories Per day	Prot:Gms per day	Fat Gms. Per day	
<b>A.Cereals</b>																		
1.Rice (Paddy)	2809.89	69.85	68.02	13.89	2685.91	94.36			161.15	2430.40	68	1652.67	91.25	249.99	864.97	16.50	1.12	
2.Kurakkan & Meneri	5.14				5.14	0.08			0.15	4.90	90	4.41	0.24	0.67	2.19	0.05	0.01	
3.Maize	34.84	0.00		80.06	114.89	65.00			3.45	45.74	90	41.17	2.27	6.23	22.54	0.59	0.25	
4.Sorghum	0.22				0.22	0.00			0.01	0.21	90	0.19	0.01	0.03	0.10	0.00	0.00	
5.Wheat Flour		-0.14		782.47	782.61				7.04	775.57		775.57	42.82	117.32	408.26	12.90	1.06	
<b>Total Cereals</b>															1298.07	30.05	2.44	
<b>B.Roots &amp; Tubers</b>																		
1.Potatoes	81.66	-0.48		11.96	94.10	14.92			9.41	69.77		69.77	3.85	10.55	10.24	0.17	0.01	
2.Manioc	288.77				288.77	0.00			86.63	202.14		202.14	11.16	30.58	48.01	0.21	0.06	
3.Sweet Potatoes	61.82				61.82				18.55	43.28		43.28	2.39	6.55	7.86	0.08	0.02	
<b>Total Roots &amp; Tubers</b>															66.10	0.46	0.09	
<b>C.Sugar</b>																		
1.Refined Sugar	71.57	21.25		416.91	467.23		13.33			453.90		453.90	25.06	68.66	274.64			
2.Jaggery	1.06			0.00	1.06					1.06		1.06	0.06	0.16	0.54	0.00	0.00	
<b>Total Sugar</b>															275.18	0.00	0.00	
<b>D.Pulses &amp; Nuts</b>																		
1.Green Gram	16.01	0.45			15.56				0.47	14.69		14.69	0.81	2.22	7.73	0.54	0.03	
2.Soya Bean	2.37	-13.68		2.67	18.72	0.00			0.56	17.96		17.96	0.99	2.72	11.74	1.17	0.53	
3.Cowpea & Dhall	16.14	7.70		66.78	75.22	0.41			2.26	72.55		72.55	4.01	10.97	36.61	2.62	0.12	
4.Ground Nuts	5.91			0.30	6.21	1.33			0.19	4.70		4.70	0.26	0.71	4.03	0.18	0.28	
5.T.V.P.	2.31			1.89	4.20					4.20		4.20	0.23	0.64	2.35	0.32	0.02	
<b>Total Pulses &amp; Nuts</b>															62.46	4.83	0.98	
<b>E. Vegetables</b>																		
1.Vegetables (Excl. Onion)	646.54				646.54					646.54		646.54	35.70	97.80	43.96	2.06	0.30	
2.Onion	78.11	0.26		78.47	156.32	20.11			46.90	89.32		89.32	4.93	13.51	7.97	0.24	0.01	
<b>Total Vegetable</b>															51.93	2.31	0.32	
<b>F.Fruits</b>																		
1.Fresh	136.49		2.38	6.59	140.70		3.15			137.55		137.55	7.59	20.81	19.20	0.38	0.37	
2.Dried (Dates, Grapes & etc.)			0.01	5.61	5.60					5.60		5.60	0.31	0.85	2.69	0.02	0.00	
<b>Total Fruit</b>															21.89	0.40	0.37	



**Food Balance Sheet 1996 (Revised)**

Unit : '000 MT (if not otherwise specified)  
Mid Year Population : 18,315,000

Commodity	Production, Foreign Trade & Availability										Distribution					Per Capita Availability				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
																			Production	Change in stocks
<b>A. Cereals</b>																				
1. Rice (Paddy)	2061.52	-135.46	1.85	499.53	2694.65		77.21		161.68	2455.76	68	1669.92	91.18	249.80	864.31	16.49	1.12			
2. Kurakkan & Meneri	4.10			4.10			0.06		0.12	3.91	90	3.52	0.19	0.53	1.73	0.04	0.01			
3. Maize	32.96	0.00		91.58	124.54		78.58		3.74	41.62	90	37.45	2.05	5.60	20.28	0.53	0.22			
4. Sorghum	0.19			10.09	10.29		5.88		0.31	4.10	90	3.69	0.20	0.55	1.93	0.06	0.01			
5. Wheat Flour		-6.82		675.62	682.44				6.14	676.30		676.30	36.93	101.17	352.06	11.13	0.91			
<b>Total Cereals</b>															1240.31	28.24	2.28			
<b>B. Roots &amp; Tubers</b>																				
1. Potatoes	100.76	-0.41		25.74	126.91		15.92		12.69	98.30		98.30	5.37	14.70	14.26	0.24	0.01			
2. Manioc	270.60				270.60		4.36		81.18	185.06		185.06	10.10	27.68	43.46	0.19	0.06			
3. Sweet Potatoes	58.82				58.82				17.65	41.17		41.17	2.25	6.16	7.39	0.07	0.02			
<b>Total Roots &amp; Tubers</b>															65.12	0.50	0.09			
<b>C. Sugar</b>																				
1. Refined Sugar	74.64	7.62		381.16	448.18			10.44		437.74		437.74	23.90	65.48	261.93					
2. Jaggery	1.07			0.00	1.07					1.07		1.07	0.06	0.16	0.54	0.00	0.00			
<b>Total Sugar</b>															262.47	0.00	0.00			
<b>D. Pulses &amp; Nuts</b>																				
1. Green Gram	16.59	-0.36			16.94		0.41		0.51	16.02		16.02	0.87	2.40	8.34	0.59	0.03			
2. Soybean	0.73	-2.40		0.29	3.41		0.81		0.10	2.44		2.44	0.13	0.36	1.57	0.16	0.07			
3. Cowpea & Dhall	17.04	-8.96		61.26	87.27		0.42		2.62	84.23		84.23	4.60	12.60	42.03	3.00	0.14			
4. Ground Nuts	5.12			6.68	11.80		1.18		0.35	10.26		10.26	0.56	1.53	8.70	0.39	0.62			
5. T.V.P.	2.88	0.08		2.97	5.78					5.78		5.78	0.32	0.86	3.20	0.43	0.03			
<b>Total Pulses &amp; Nuts</b>															63.85	4.57	0.88			
<b>E. Vegetables</b>																				
1. Vegetables (Excl. Onion)	653.79				653.79					653.79		653.79	35.70	97.80	43.96	2.06	0.30			
2. Onion	63.31	-0.29		93.55	157.14		17.41		47.14	92.59		92.59	5.06	13.85	8.17	0.25	0.01			
<b>Total Vegetable</b>															52.13	2.31	0.32			
<b>F. Fruits</b>																				
1. Fresh	137.85		1.80	6.26	142.31			3.62		138.69		138.69	7.57	20.75	19.15	0.38	0.37			
2. Dried (Dates, Grapes, etc.)			0.14	10.60	10.47					10.47		10.47	0.57	1.57	4.96	0.04	0.01			
<b>Total Fruit</b>															24.11	0.41	0.37			

1996 contd.

Commodity	Production, Foreign Trade & Availability					Distribution					Per Capita Availability							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
																		Production
<b>G. Meat</b>																		
1. Beef	24.40			0.06	24.47	0.00			24.47			24.47	1.34	3.66	7.39	0.70	0.51	
2. Pork	2.25			0.00	2.26				2.26			2.26	0.12	0.34	1.25	0.05	0.12	
3. Mutton (Goat & Sheep)	1.96			0.50	2.46				2.46			2.46	0.13	0.37	0.43	0.08	0.01	
4. Poultry	38.89	-0.21		0.51	39.60				39.60			39.60	2.16	5.92	6.46	1.53	0.04	
<b>Total Meat</b>															15.54	2.36	0.68	
<b>H. Eggs</b>																		
	48.53			0.00	48.53	0.85		0.02	47.65			47.65	2.60	7.13	12.33	0.95	0.95	
<b>L. Fish</b>																		
1. Fresh Fish	228.55			1.94	230.49	4.60	16.50	69.15	140.24			140.24	7.66	20.98	28.12	4.07	1.15	
2. Dried & Salted Fish	10.00	0.02		48.33	58.31				58.31			58.31	3.18	8.72	21.37	4.42	0.35	
3. Tinned Fish		-0.02		15.42	15.44	0.00			15.44			15.44	0.84	2.31	3.97	0.49	0.23	
<b>Total Fish</b>															53.46	8.98	1.73	
<b>J. Milk</b>																		
1. Cow Milk	210.69				210.69		75.06		135.63			135.63	7.41	20.29	13.59	0.65	0.83	
2. Buffalo Milk	69.20				69.20	0.00	0.00		69.20			69.20	3.78	10.35	12.11	0.45	0.91	
3. Tinned (Whole Dried)	11.72	0.81		38.49	49.40	0.00	0.02		49.37			49.37	2.70	7.39	36.63	1.91	1.97	
4. Condensed Milk	3.90	0.04		0.33	4.20				4.20			4.20	0.23	0.63	2.04	0.05	0.05	
5. Milk Food (Yogurt, etc)	1.71			0.07	1.78				1.78			1.78	0.10	0.27	0.16	0.01	0.00	
<b>Total Milk</b>															64.54	3.06	3.77	
<b>K. Oil &amp; Fats</b>																		
1. Coconut	866.22		5.72		860.50		269.48		591.03			591.03	32.27	88.41	275.84	2.83	24.93	
2. Coconut Oil	41.00	-0.04	2.81		38.23		11.44		26.79			26.79	1.46	4.01	35.39	0.00	4.00	
3. Gingelly Oil	0.69				0.69				0.69			0.69	0.04	0.10	0.91	0.00	0.10	
4. Desticcated Coconut	62.53	0.00	60.80		1.73		0.58		1.15			1.15	0.06	0.17				
5. Margarine	9.28	-0.08		3.91	13.27				13.27			13.27	0.72	1.98	15.18	1.78	1.69	
6. Butter	0.84	0.02		0.80	1.63				1.63			1.63	0.09	0.24	1.78	0.03	0.20	
7. Cheese	0.02			0.78	0.80				0.80			0.80	0.04	0.12	0.42	0.03	0.03	
<b>Total Oil &amp; Fats</b>															329.52	2.86	30.95	
<b>Note:</b>																		
1.																		
2.																		
3.																		
<b>Total</b>																		
<b>Animal</b>																		
<b>Vegetable</b>																		
<b>Total</b>																		

Note: 1. Production of rice and highland crops is estimated for the cultivation year (Maha and Yala) and not for the calendar year.

2. Production of vegetables, fruits, jaggery and gingelly oil is estimated by multiplying the per capita consumption by the Total Mid Year Population

3. The item Rice given here upto "Food Gross" is accounted to be in terms of Paddy.

## Food Balance Sheet 1997 (Revised)

Unit : '000 MT (if not otherwise specified)  
Mid Year Population : 18,552,000

Commodity	Production, Foreign Trade & Availability					Distribution					Per Capita Availability							
	Pro-duction	Change in stocks	Gross Exports	Gross Imports	Available Supply	Animal Feed	Seed	Manu-facture	Waste	Food Gross	Food Extraction Rate	Food Net	Kgm: per yr:	Gms: per day	Calories Per day	Prot:Gms per day	Fat Gms: Per day	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
<b>A. Cereals</b>																		
1. Rice (Paddy)	2239.37	-92.10	2.10	449.91	2779.28		75.26		166.76	2537.26	68	1725.34	93.00	254.80	881.59	16.82	1.15	
2. Kurakkan & Meneri	3.62				3.62		0.06		0.11	3.45	90	3.10	0.17	0.46	1.50	0.03	0.01	
3. Maize	25.69	0.00		90.24	115.93	82.92	0.51		3.48	29.02	90	26.12	1.41	3.86	13.96	0.37	0.15	
4. Sorghum	0.19			0.62	0.81	0.00	0.00		0.02	0.78	90	0.70	0.04	0.10	0.36	0.01	0.00	
5. Wheat Flour		-34.25		599.93	634.19				5.71	628.48		628.48	33.88	92.81	322.99	10.21	0.84	
Total Cereals															1220.41	27.44	2.14	
<b>B. Roots &amp; Tubers</b>																		
1. Potatoes	66.48	-0.25		108.38	175.12		12.99		17.51	144.61		144.61	7.79	21.36	20.72	0.34	0.02	
2. Manioc	249.78				249.78	0.00			74.93	174.85		174.85	9.42	25.82	40.54	0.18	0.05	
3. Sweet Potatoes	54.13				54.13				16.24	37.89		37.89	2.04	5.60	6.71	0.07	0.02	
Total Roots & Tubers															67.97	0.59	0.09	
<b>C. Sugar</b>																		
1. Refined Sugar	63.08	78.78		545.16	529.45		11.16			518.29		518.29	27.94	76.54	306.16	-	-	
2. Jaggery	1.08			0.00	1.08					1.08		1.08	0.06	0.16	0.54	0.00	0.00	
Total Sugar															306.70	0.00	0.00	
<b>D. Pulses &amp; Nuts</b>																		
1. Green Gram	15.00	-1.73		0.20	16.73		0.37		0.50	15.85		15.85	0.85	2.34	8.15	0.57	0.03	
2. Soya Bean	0.42	0.00			0.62	0.00	0.04		0.02	0.56		0.56	0.03	0.08	0.36	0.04	0.02	
3. Cowpea & Dhall	14.00	5.21		83.19	91.98		0.36		2.76	88.85		88.85	4.79	13.12	43.77	3.13	0.15	
4. Ground Nuts	5.26			1.79	7.05		1.23		0.21	5.60		5.60	0.30	0.83	4.69	0.21	0.33	
5. T.V.P.	2.95	-0.08		3.35	6.38					6.38		6.38	0.34	0.94	3.49	0.47	0.03	
Total Pulses & Nuts															60.46	4.42	0.55	
<b>E. Vegetables</b>																		
1. Vegetables (Excl. Onion)	662.25				662.25					662.25		662.25	35.70	97.80	43.96	2.06	0.30	
2. Onion	73.94	-0.19		122.43	196.56		17.71		58.97	119.88		119.88	6.46	17.70	10.45	0.32	0.02	
Total Vegetable															54.41	2.38	0.32	
<b>F. Fruits</b>																		
1. Fresh	140.19		2.48	9.66	147.37		3.57			143.81		143.81	7.75	21.24	19.60	0.38	0.37	
2. Dried (Dates, Grapes, etc.)			0.07	9.52	9.45					9.45		9.45	0.51	1.40	4.42	0.03	0.01	
Total Fruit															24.02	0.42	0.38	



## Food Balance Sheet 1998 (Revised)

Unit : '000 MT (if not otherwise specified)  
Mid Year Population : 18,774,000

Commodity	Production, Foreign Trade & Availability					Distribution					Per Capita Availability							
	Pro- -ction	Change in stocks	Gross Exports	Gross Imports	Available Supply	Animal Feed	Seed	Manu- -facture	Waste	Food Gross	Extraction Rate	Food Net	Kgm: per yr:	Gms: per day	Calories Per day	Prot.Gms per day	Fat Gms. Per day	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
<b>A. Cereals</b>																		
1. Rice (Paddy)	2692.34	66.24	2.23	246.42	2870.28	87.47			172.22	2610.59	68	1775.20	94.56	259.06	896.34	17.10	1.17	
2. Kurakkan & Meneri	4.52			4.52		0.06			0.14	4.32	90	3.89	0.21	0.57	1.86	0.04	0.01	
3. Maize	33.87			106.54	140.41	74.41			4.21	61.20	90	55.08	2.93	8.04	29.10	0.76	0.32	
4. Sorghum	0.08			0.08		0.00			0.00	0.07	90	0.07	0.00	0.01	0.03	0.00	0.00	
5. Wheat Flour		112.19		664.24	552.05				4.97	547.08		547.08	29.14	79.84	277.83	8.78	0.72	
<b>Total Cereals</b>															1205.17	26.69	2.21	
<b>B. Roots &amp; Tubers</b>																		
1. Potatoes	25.90	0.15		115.61	141.36	4.68			14.14	122.55		122.55	6.53	17.88	17.35	0.29	0.02	
2. Manioc	257.15			257.15					77.15	180.01		180.01	9.59	26.27	41.24	0.18	0.05	
3. Sweet Potatoes	52.49			52.49					15.75	36.74		36.74	1.96	5.36	6.43	0.06	0.02	
<b>Total Roots &amp; Tubers</b>															65.02	0.53	0.09	
<b>C. Sugar</b>																		
1. Refined Sugar	62.67	-75.68		449.78	588.13		14.55			573.58		573.58	30.55	83.70	334.82		-	
2. Jaggery	1.10			1.10					1.10			1.10	0.06	0.16	0.54	0.00	0.00	
<b>Total Sugar</b>															335.36	0.00	0.00	
<b>D. Pulses &amp; Nuts</b>																		
1. Green Gram	15.65	0.64		5.13	20.14	0.39			0.60	19.14		19.14	1.02	2.79	9.72	0.68	0.03	
2. Soya Bean	0.60			0.18	0.78	0.05			0.02	0.71		0.71	0.04	0.10	0.45	0.04	0.02	
3. Cowpea & Dhall	13.43	-5.10		76.80	95.32	0.33			2.86	92.12		92.12	4.91	13.44	44.85	3.20	0.15	
4. Ground Nuts	6.26			2.38	8.64	1.36			0.26	7.02		7.02	0.37	1.02	5.81	0.26	0.41	
5. T.V.P.	2.92	0.00		3.34	6.25				6.25			6.25	0.33	0.91	3.37	0.46	0.03	
<b>Total Pulses &amp; Nuts</b>															64.20	4.65	0.64	
<b>E. Vegetables</b>																		
1. Vegetables (Excl. Onion)	675.34		5.17		670.18					670.18		670.18	35.70	97.80	43.96	2.06	0.30	
2. Onion	55.49	0.55		102.84	157.78	13.32			47.33	97.12		97.12	5.17	14.17	8.36	0.26	0.01	
<b>Total Vegetable</b>															52.32	2.32	0.32	
<b>F. Fruits</b>																		
1. Fresh	141.93		2.42	15.34	154.84		3.76			151.08		151.08	8.05	22.05	20.35	0.40	0.39	
2. Dried (Dates, Grapes, etc.)				9.38	9.38				9.38			9.38	0.50	1.37	4.34	0.03	0.01	
<b>Total Fruit</b>															24.69	0.43	0.39	





## Food Balance Sheet 1999

Unit : '000 MT (if not otherwise specified)  
Mid Year Population : 19,043,000

Commodity	Production, Foreign Trade & Availability					Distribution					Per Capita Availability							
	Pro- -ction	Change in stocks	Gross Exports	Gross Imports	Available Supply	Animal Feed	Seed	Manu- -facture	Waste	Food Gross	Extraction Rate	Food Net	Kgm: per yr:	Gms: per day	Calories Per day	Prot:Gms per day	Fat Gms. Per day	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
<b>A. Cereals</b>																		
1. Rice (Paddy)	2857.10	92.38	2.08	314.99	3077.63	0.08	91.99	184.66	2800.91	68	1904.62	100.02	274.02	948.10	18.09	1.23		
2. Kurakkan & Meneri	4.91				4.91		0.07	0.15	4.70	90	4.23	0.22	0.61	1.99	0.04	0.01		
3. Maize	31.47	0.00		125.63	157.10	89.92	0.57	4.71	61.90	90	55.71	2.93	8.01	29.01	0.76	0.32		
4. Sorghum	0.14				0.14		0.00	0.00	0.13	90	0.12	0.01	0.02	0.06	0.00	0.00		
5. Wheat Flour		-69.74		682.52	752.26	1.78		6.77	743.71		743.71	39.05	107.00	372.35	11.77	0.96		
<b>Total Cereals</b>														1351.52	30.66	2.52		
<b>B. Roots &amp; Tubers</b>																		
1. Potatoes	27.17	-0.15		128.86	156.18		4.36	15.62	136.20		136.20	7.15	19.60	19.01	0.31	0.02		
2. Manioc	251.51				251.51			75.45	176.06		176.06	9.25	25.33	39.77	0.18	0.05		
3. Sweet Potatoes	41.59				41.59			12.48	29.11		29.11	1.53	4.19	5.03	0.05	0.01		
<b>Total Roots &amp; Tubers</b>														63.80	0.54	0.08		
<b>C. Sugar</b>																		
1. Refined Sugar	65.52	40.16		481.40	506.76			14.87	491.89		491.89	25.83	70.77	283.07	-	-		
2. Jaggery	1.11				1.11				1.11		1.11	0.06	0.16	0.54	0.00	0.00		
<b>Total Sugar</b>														283.62	0.00	0.00		
<b>D. Pulses &amp; Nuts</b>																		
1. Green Gram	13.83	0.00		7.53	21.36		0.34	0.64	20.37		20.37	1.07	2.93	10.20	0.72	0.04		
2. Soya Bean	0.80			1.83	2.63		0.06	0.08	2.49		2.49	0.13	0.36	1.55	0.15	0.07		
3. Cowpea & Dhall	12.12	-0.24		73.92	86.28	0.04	0.29	2.59	83.36		83.36	4.38	11.99	40.01	2.86	0.14		
4. Ground Nuts	6.54			4.49	11.03		1.38	0.33	9.32		9.32	0.49	1.34	7.60	0.34	0.54		
5. T.V.P.	2.44	-0.02		0.49	2.95				2.95		2.95	0.16	0.42	1.57	0.21	0.01		
<b>Total Pulses &amp; Nuts</b>														60.93	4.28	0.79		
<b>E. Vegetables</b>																		
1. Vegetables (Excl. Onion)	685.34		5.57		679.77				679.77		679.77	35.70	97.80	43.96	2.06	0.30		
2. Onion	105.38	-0.37		86.05	191.80		20.24	57.54	114.02		114.02	5.99	16.40	9.68	0.30	0.02		
<b>Total Vegetable</b>														53.64	2.36	0.32		
<b>F. Fruits</b>																		
1. Fresh	143.39		2.86	19.03	159.56			2.84	156.72		156.72	8.23	22.55	20.81	0.41	0.40		
2. Dried (Dates, Grapes, etc.)				16.24	16.24				16.24		16.24	0.85	2.34	7.41	0.06	0.01		
<b>Total Fruit</b>														28.22	0.47	0.41		

1999 contd.

Commodity	Production, Foreign Trade & Availability					Distribution					Per Capita Availability							
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	
	Pro- -ction	Change in stocks	Gross Exports	Gross Imports	Available Supply	Animal Feed	Seed	Manu- -facture	Waste	Food Gross	Extraction Rate	Food Net	Kgm: per yr:	Gms: per day	Calories Per day	Prot:Gms per day	Fat Gms. Per day	
<b>G. Meat</b>																		
1. Beef	23.61			0.08	23.69					23.69		23.69	1.24	3.41	6.89	0.65	0.48	
2. Pork	1.65			0.00	1.65					1.65		1.65	0.09	0.24	0.88	0.03	0.08	
3. Mutton (Goat & Sheep)	1.65			0.57	2.22					2.22		2.22	0.12	0.32	0.38	0.07	0.01	
4. Poultry	56.88	-0.14		1.81	58.83					58.83		58.83	3.09	8.46	9.23	2.19	0.05	
<b>Total Meat</b>															17.37	2.94	0.62	
<b>H. Eggs</b>																		
	50.91				50.91		0.89		0.03	50.00		50.00	2.63	7.19	12.44	0.96	0.96	
<b>I. Fish</b>																		
1. Fresh Fish	279.90		8.80	0.90	272.00	9.52		41.25	81.60	139.63		139.63	7.33	20.09	27.16	3.40	1.16	
2. Dried & Salted Fish	16.75	0.00		49.27	66.02					66.02		66.02	3.47	9.50	23.27	4.82	0.38	
3. Tinned Fish		-0.03		17.72	17.74					17.74		17.74	0.93	2.55	4.39	0.54	0.25	
<b>Total Fish</b>															54.82	8.75	1.79	
<b>J. Milk</b>																		
1. Cow Milk	219.89				219.89			61.12		158.76		158.76	8.34	22.84	15.30	0.73	0.94	
2. Buffalo Milk	69.65				69.65					69.65		69.65	3.66	10.02	11.72	0.43	0.88	
3. Tinned (Whole Dried)	9.52	0.32		48.31	57.51	0.00	0.01			57.50		57.50	3.02	8.27	41.04	2.13	2.21	
4. Condensed Milk	4.24	-0.04		0.17	4.45					4.45		4.45	0.23	0.64	2.08	0.05	0.05	
5. Milk Food (Yogurt, etc)	1.54			0.12	1.65					1.65		1.65	0.09	0.24	0.14	0.01	0.00	
<b>Total Milk</b>															70.29	3.36	4.08	
<b>K. Oil &amp; Fats</b>																		
1. Coconut	918.59		7.82		910.77			290.54		620.23		620.23	32.57	89.23	278.41	2.86	25.16	
2. Coconut Oil	35.13	0.05	3.62		31.46		2.00			29.45		29.45	1.55	4.24	37.42	0.00	4.23	
3. Gingelly Oil	0.72				0.72					0.72		0.72	0.04	0.10	0.91	0.00	0.10	
4. Desiccated Coconut	67.58	0.01	62.95		4.63		0.35			4.28		4.28	0.22	0.62				
5. Margarine	8.63	-0.35		6.26	15.24					15.24		15.24	0.80	2.19	16.77		1.86	
6. Butter	0.42	0.01		1.15	1.56					1.56		1.56	0.08	0.22	1.64		0.18	
7. Cheese	0.02	0.00		0.81	0.84					0.84		0.84	0.04	0.12	0.42	0.03	0.03	
<b>Total Oil &amp; Fats</b>															335.57	2.88	31.58	

Note:

1. Production of rice and highland crops is estimated for the cultivation year (Maha and Yala) and not for the calendar year.

2. Production of vegetables, fruits, jaggery and gingelly oil is estimated by multiplying the per capita consumption by the Total Mid Year Population

3. The item Rice given here upto "Food Gross" is accounted to be in terms of Paddy.

Animal	156.98	16.03	7.67
Vegetable	2175.24	41.17	35.49
<b>Total</b>	<b>2332.22</b>	<b>57.20</b>	<b>43.15</b>

**ANNEXURE 1****EXPLANATORY NOTES****1. Production**

Domestic production of each food item which is used in the compilation of the Food Balance Sheet is indicated in this column. Production of rice and all other highland crops with the exception of vegetables, fruits and soya beans are extracted from the estimates prepared by the Department of Census and Statistics. Paddy production is estimated seasonally by using a complete enumeration of paddy lands with the results of the crop cutting surveys conducted bi-annually. Production of highland crops are based on the estimates worked out using the district level area statistics collected by the Grama Niladhari and the average yields provided by the Agriculture Department. The estimated production of vegetables and fruits are computed using the per capita consumption data available from the Labour Force and Socio-Economic Survey of 1985/86 and the mid year population estimates obtained from the Registrar General's Department. Production of Sugar is obtained from the Local Sugar Companies while the production of Margarine is supplied by the Ministry of Industries. The production of fresh milk and eggs are extracted from the Livestock statistics compiled annually by the Agriculture Division of this Department using the district level estimates which are collected by the Grama Niladhari. Statistics on meat production is also estimated using these livestock figures with the dressed carcass weight of each kind of animal which were supplied by the Government Veterinary Surgeon. The production of other varieties of milk and milk foods are from the Milk Industries of Lanka Co. Ltd. while coconut and coconut products are from the Coconut Development Authority. Production of fish and fishery products are supplied by the Ministry of Fisheries.

**2. Change In Stocks**

This is the difference between the end of the year and the beginning of the year stocks. It should be noted that the stock positions considered in the Food Balance Sheet are those from the government institutions only, while the change in stocks in the wholesale and retail trade in the private sector is assumed to be negligible. Data on stocks of wheat flour, rice, sugar other pulses (dhal) and tinned fish are received from the C.W.E. Stocks of milk powder are obtained from the Milk Industries of Lanka Co. Ltd. and that of desiccated coconut from the Coconut Development Authority.

**3 & 4. Gross Exports and Imports**

Gross Exports and Imports will account for the foreign trade of food items listed in the sheet for the particular year. The only food items ie. coconuts and coconut products, which are shown under the exports column are supplied by the Coconut Development Authority.

The imports of rice, wheat flour and wheat are provided by the CWE & Prima Ceylon Ltd. Imports of wheat in the form of grain was also taken into consideration and it was converted into flour by using the extraction rate of 74%. All the other entries appearing under this column are extracted from the Customs Returns.

**5. Available Supply**

This column shows the quantities of food supplies available before disposal to non-food and food uses. The available supply is computed by adding the net decrease in stocks and the net imports to the production figure of each food item.

## 6. Animal Feed

This column shows the quantities of food used as animal feed during the year. The quantities of Rice, Wheat and Maize which are used for animal feed are supplied by the Food Commissioner's Department and Ceylon Grain Elevators Ltd.

## 7. Seed

The values appearing in this column are estimates worked out using the seed rates and the area under cultivation of each commodity for the year. The seed rates of paddy and all the highland crops which is in annexure II are provided by the Department of Agriculture while statistics on cultivated area are estimated by the Agriculture Division.

## 8. Manufacture

This column shows the quantities of food used for the manufacture of non-food products like soap, paints etc. as well as the quantities used for food products where the appearance of the commodity will change while a change of nutrients will also take place during the transformation, eg. jam, beer etc. Data for fish, milk and coconut products were received from the Fisheries Ministry, Milk Industries of Lanka Co. Ltd. and Coconut Development Authority respectively.

## 9. Waste

Loss of food from the initial stage that is from the farm up to the stage where it reaches the consumer is accounted for under this column. Waste in processing, distribution and storage is only taken into consideration here. Losses incurred inside the house mostly in the case of perishable foods and the quantities wasted after cooking which is commonly known as plate waste is not included in this column. Wasted for each commodity is estimated using the available supply and wastage factors which has been already worked out in (annexure II).

## 10. Food (Gross)

This column shows the balance of the available supply after the quantities for animal feed, seed, manufacture and waste has been deducted.

## 11. Extraction Rates

The extraction rate mainly applies to cereals and are used to convert the grains to flour or transform to a more palatable form by milling. These rates are supplied by the Agriculture Ministry which is in annexure II.

## 12. Food (Net)

These figures represent the actual quantities of food directly available for human consumption.

## 13 & 14 Per Capita Supplies

This column presents the average per capita supply of food in Kgms/year and gms./day, quantities of food actually consumed may be a little less than these amounts.

## 15, 16 & 17. Per Capita Supply of Nutrients

The daily per capita availability of calories, protein grams and fat grams are derived using the nutrient conversion tables supplied by the Medical Research Institute which is given in annexure III.

## Annexure II

## SEED RATES, WASTAGE FACTORS AND EXTRACTION RATES

Food Item	Seed Rate	Wastage Factor (as a % of the available supply)	Extraction Rate %
Wheat Flour		0.9	
Maize	17.5 lb./acre	3.0	90.0
Meneri	8.0 lb./acre	3.0	90.0
Kurakkan	9.0 lb./acre	3.0	90.0
Rice	2.0 Bushels/acre	6.0	68.0
Sorghum	15.0 lb./acre	3.0	90.0
Potatoes	16.0 cwt/acre	10.0	
Manioc		30.0	
Sweet Potatoes		30.0	
Green Gram	20.0 lb./acre	3.0	
Soya Bean	73.0 Kg/Hectare	3.0	
Cowpea	20.0 lb./acre	3.0	
Ground Nuts	120.0 lb./acre	3.0	
Dhall	20.0 lb./acre	3.0	
Onions	15.0 cwt/acre	30.0	
Eggs	1.75% of the available supply	0.05	
Fish (Fresh)		30.0	

## Annexure III

## CONVERSION FACTORS FOR NUTRITION VALUES

Commodity	Calories	Value in 100 grams	
		Proteins(gms)	Fat(gms)
Rice	346.00	6.60	0.45
Kurakkan & Meneri	328.00	7.30	1.30
Maize	362.00	9.50	4.00
Sorghum	349.00	10.40	1.90
Wheat Flour	348.00	11.00	0.90
Potatoes	97.00	1.60	0.10
Manioc	157.00	0.70	0.20
Sweet Potatoes	120.00	1.20	0.30
Refined(Sugar)	400.00		
Jaggery	340.00	1.00	0.20
Green Gram	348.00	24.50	1.20
Soya Bean	432.00	43.20	19.50
Cowpea & Dhall	333.60	23.83	1.13
Ground Nuts	567.00	25.30	40.10
Coconut	312.00	3.20	28.20
Vegetables (Excl. Onion)	44.95	2.11	0.31
Onion	59.00	1.80	0.10
T.V.P.	370.00	50.00	3.00
Fresh Fruit	92.30	1.81	1.76
Dried Fruit(Dates,Grapes)	317.00	2.50	0.40
Beef	202.00	19.00	14.00
Pork	371.00	14.00	35.00
Mutton (Goat & Sheep)	118.00	21.40	3.60
Poultry	109.00	25.90	0.60
Eggs	173.00	13.30	13.30
Fresh Fish	135.18	16.92	5.79
Dried & Salted Fish	245.00	50.70	4.00
Tinned Fish	172.00	21.00	9.80
Cow Milk	67.00	3.20	4.10
Buffaloe Milk	117.00	4.30	8.80
Tinned (Whole Dried)	496.00	25.80	26.70
Condensed Milk	325.00	7.90	8.40
Milk Food (Yougurt etc)	60.00	3.50	0.10
Coconut Oil	883.00		99.90
Butter	729.00		81.00
Margarine	765.00		85.00
Cheese	348.00	24.10	25.10
Gingelly Oil	881.00	0.20	99.70

Source: "Tables of Food Composition - For Use in Sri Lanka" by Medical Research Institute - Colombo

## ANNEXTURE IV

## PRODUCTION AND IMPORTS OF SELECTED COMMODITIES : 1995 - 1999

Commodity	(Metric Tons)									
	1995		1996		1997		1998		1999	
	Production	Imports	Production	Imports	Production	Imports	Production	Imports	Production	Imports
1 . Rice *	1,910,730	9,450	1,401,830	339,680	1,522,770	305,940	1,830,790	167,570	1,942,830	214,200
2 . Wheat Flour **	-	782,470	-	675,620	-	599,930	-	664,240	-	682,520
3 . Maize	34,840	80,060	32,960	91,580	25,690	90,240	33,870	106,540	31,470	125,630
4 . Potatoes	81,660	11,960	100,760	25,740	66,480	108,380	25,900	115,610	27,170	128,860
5 . Sugar	71,570	416,910	74,640	381,160	63,080	545,160	62,670	449,780	65,520	481,400
6 . Soya Bean	2,370	2,670	730	290	420	200	600	180	800	1,830
7 . Cowpea & Dhall	16,140	66,780	17,040	61,260	14,000	83,190	13,430	76,800	12,120	73,920
8 . Ground Nuts	5,910	300	5,120	6,680	5,260	1,790	6,260	2,380	6,540	4,490
9 . Onion	78,110	78,470	63,310	93,550	73,940	122,430	55,490	102,840	105,380	86,050

\* The marginal amount of paddy imports in respective years have been converted into rice and added in the category of imports.

\*\* The flour issues of imported wheat grain and the direct imports of wheat flour are included in this category.



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