

**PROJECTION OF FOOD REQUIREMENTS FOR
2000 AND 2005 AD**

**Department of Nutrition
Medical Research Institute
2000**

These projections are based on

- i. the projected population for 2005 AD, as estimated by the Department of Census and Statistics
- ii. the recommended dietary intakes (RDI) of energy and nutrients for the Sri Lankans, published by the Medical Research Institute (1998).

As the RDI are for groups which differ from population projections, the projected population had to be regrouped, taking into account gender, physiological status of individual and also activity levels.

The food requirements are based on the foods commonly eaten by the general population in quantities that will provide the RDI, taking into consideration their needs, not their wants. Although it is difficult to define an average person, it is the average requirement for a group (according to age or physiological status) that has been used in the calculations:

Table 1. Recommended food Intakes (grammes per day) to meet the RDI

Food Item	Adult man		
	Sedentary	Moderate activity	Heavy activity
Cereals	460	520	600
Pulses	40	50	60
Leafy vegetables	60	70	80
Roots and tubers	50	60	80
Milk & Milk products	20	30	35
Oils and fats	40	45	65
Sugar & juggery	30	35	55
Fruits	80	80	80

Table 1 gives an example of a group (adult males) and their requirements of foods, based on physical activity.

In computing food requirements an allowance of 15 - 30% for certain food items has been added as refuse. To estimate the total annual requirement of the food items for each group, the population in each group is multiplied by the average RDI for the group by 365 days and divided by 1000, and is expressed in tonnes per population.

Adding the requirements for the several groups the food requirements for the year, is given in Table 2.

Table 2. Requirements* of foods in metric tonnes (MT) for one year

Food item	Year 2000	Year 2005
Cereals	3,114,621	3,293,269
Pulses	335,502	353,469
Leafy vegetables	619,929	654,321
Other vegetables	419,861	443,524
Roots and tubers	392,086	469,890
Milk & milk products (litrs)	1,651,149	1,678,904
Oils and fats	259,982	274,189
Sugars & jaggary	239,461	251,766
Fruits	698,397	735,180
Fish & meats	567,145	595,853

* Thousand tonnes - unless otherwise specified

Total population 19,277,000 in 2000
and 21,151,000 in 2005.