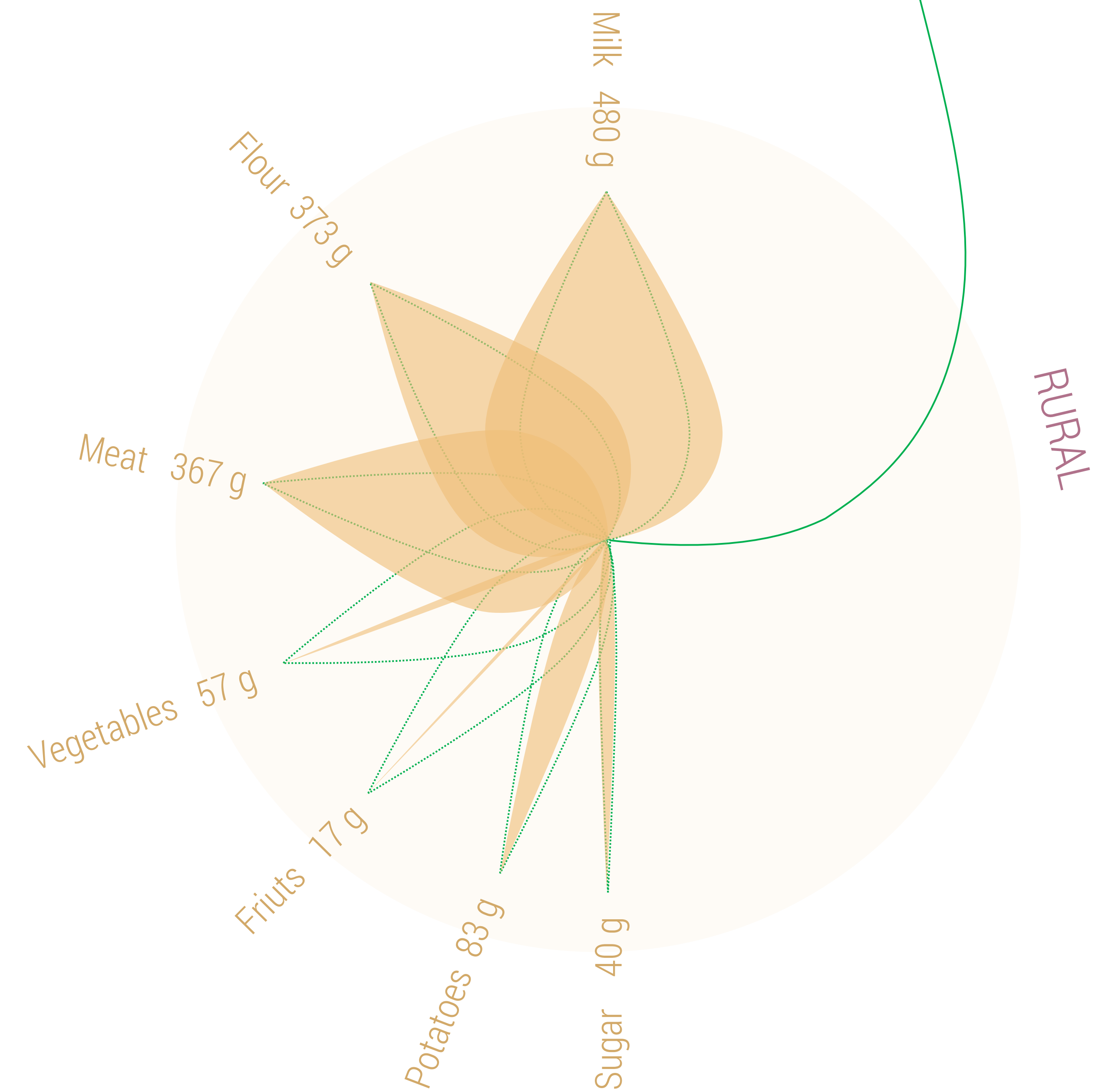
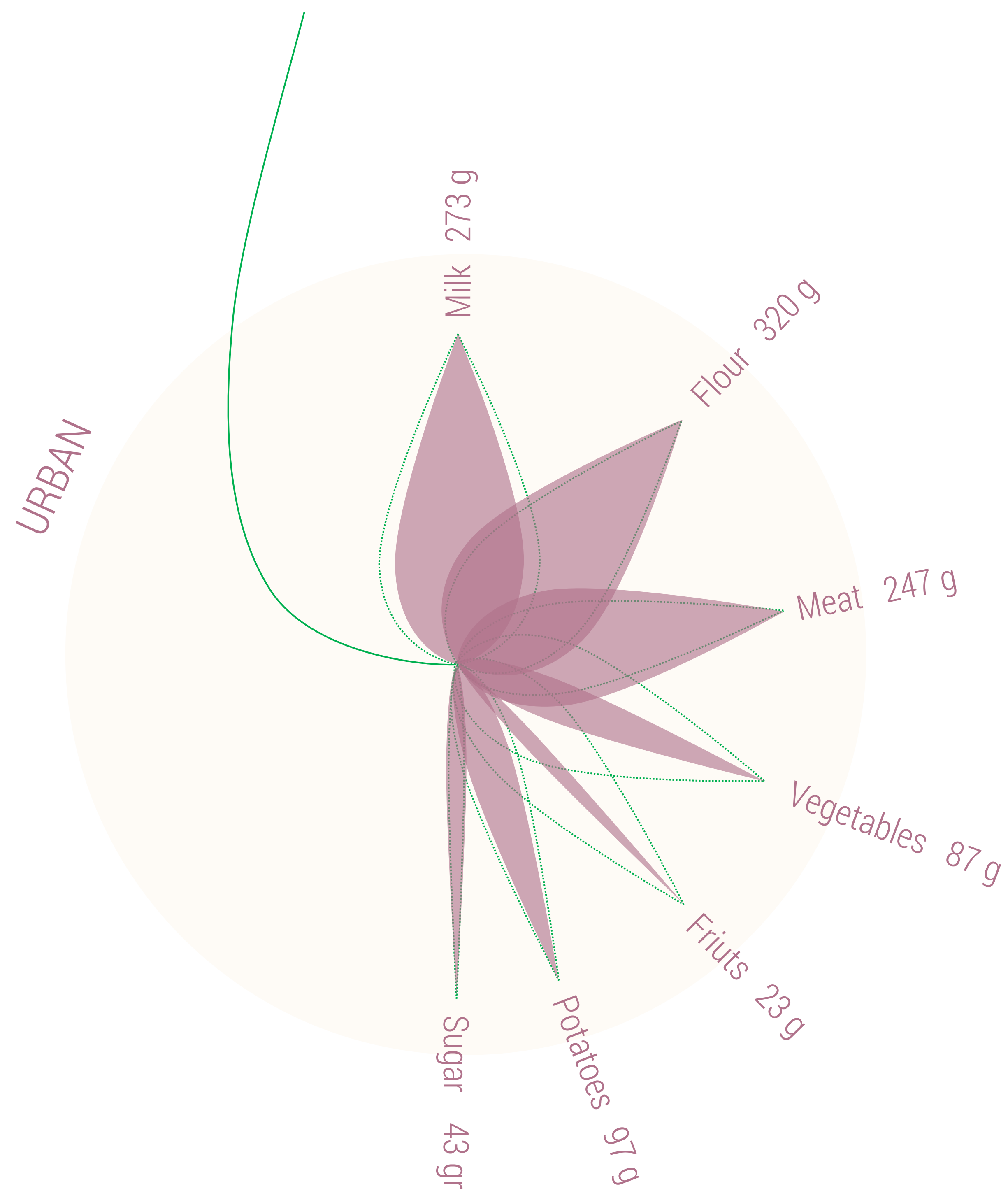


MONGOLIA: FOOD CONSUMPTION OF THE POPULATION

Daily average, by adult equivalent, urban and rural, 2020

Meat, milk and bakery products dominate the food consumption of the Mongolian population. Consumption of vegetables is 3-5 times less than the recommended amount, and consumption of fruits and berries is 8-12 times less than the recommended amount. Consumption of meat, milk and bakery products in rural areas exceeded the recommended level, while consumption of sugar and sugar products in urban areas exceeded the recommended level.



Daily average food consumption and recommended amount, by adult equivalent, g

	Recommended	Urban	Rural
Milk and milk products	340	273	480
Flour and bakery products	280	320	373
Meat and meat products	190	247	367
Vegetables	260	87	57
Fruits	200	23	17
Potatoes	120	97	83
Sugar and sugar products	33	43	40

Source: National Statistical Office of Mongolia, Ministry of Health of Mongolia

Author: Tungalag Erdenebat, Tungaahui Data Studio, Mongolia