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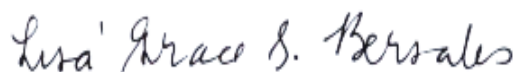
FOREWORD

The Philippine Statistics Authority (PSA) conducted the 2015-2016 Survey of Food Demand for Agricultural Commodities (SFD) in response to the need for updated information on consumption of agricultural commodities. It was a nationwide survey implemented in four (4) rounds: in the months of August 2015, November 2015, February 2016 and May 2016.

The results of the survey are contained in the report entitled “Consumption of Selected Agricultural Commodities in the Philippines”. The report consists of two (2) volumes. This is **Volume I** which presents the findings on the average per capita consumption by commodity at the national and regional levels. It also provides the background information including methodologies and other details about the characteristics and practices of the households regarding food consumption.

The PSA gratefully acknowledges the following: (1) the Department of Agriculture-Bureau of Agricultural Research (DA-BAR) for the financial support to the project; (2) the respondents for their participation and cooperation in the data collection; (3) the barangay officials for the assistance during the survey operations, particularly, in locating the sample households; and (4) the hired statistical researchers who covered all the sample households in the four (4) survey rounds.

The PSA also welcomes comments and suggestions from data users and readers of this report.



Lisa Grace S. Bersales, Ph.D.

National Statistician and Civil Registrar General

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EXPLANATORY NOTES

The conduct of the 2015-2016 Survey of Food Demand for Agricultural Commodities is guided by the following concepts and definitions, coverage and classification system.

- ◆ *Household* refers to a person or a group of persons, generally but not necessarily bound by ties of kinship, who live together under the same roof and eat together or share in common household food.
- ◆ *Household members* are those who have been living in the household. Members comprise the head of the household, relatives living with him and **all those who are treated by him as such**. They may therefore include non-family members (the family being composed of father, mother and children) such as parents, in-laws, sisters, brothers, and other persons who share the community life for reasons of work or other considerations.
- ◆ *Household membership* refers to membership of a household in reference to the usual place of residence or the place where the person usually resides. This may be the same or different from the place where he is found at the time of the survey. As a rule, it is a place where he usually sleeps. Thus, the following individuals are to be included as members of the household; those whose usual place of residence in the housing unit where the household lives and are considered as such by the household (e.g., boarders/lodgers of the household or employees of household-operated businesses who do not usually go to their respective homes weekly).
- ◆ *Highest educational attainment* refers to the highest grade/or educational level completed by the household member. Example: No schooling; Pre-school/Day Care; Elementary Level such as Grade I, Grade II, Grade III, Grade IV and Grade V; Elementary Graduate; High School Level such as First Year High School, Second Year High School, Third Year High School and K-12 equivalent to Grade 7 to Grade 11; High School Graduate such as Fourth Year High School and K-12 equivalent to Grade 12; College Level such as First Year College, Second Year College, Third Year College; College Graduate; Vocational; and Post Graduate.
- ◆ *Main Occupation* refers to the gainful work or activity that provides the major source of income during the reference period (last annual income) e.g., teacher, farmer, sari-sari store operator, tricycle driver, etc. If the main occupation of the farmer/operator is farmer

or livestock or poultry raiser, specify the name of the crop/commodity (palay farmer, swine raiser, etc.).

- ◆ Classifying occupation is based on the 2012 Philippine Standard Occupational Classification (PSOC) as follows:

1. Officials of the Government and Special Interest Organizations, Corporate Executives, Managers Managing Proprietors and Supervisors
2. Professionals
3. Technicians and Associate Professionals
4. Clerks
5. Service Workers and Shop and Market Sales Workers
6. Farmers, Forestry Workers and Fishermen
7. Craft and Related Trades Workers
8. Plant and Machine Operators and Assemblers
9. Elementary Occupation: Laborers and Unskilled Workers
10. Enlisted Personnel

- ◆ Food commodities covered in the survey:

1. Rice (plain) refers to cooked rice converted in original raw form. The quantity of rice leftover that was wasted/spoiled, fed to animals/pets and rice that was purposely cooked for pets and other animals is excluded from the household consumption.
2. Corn includes corn in cob, corn grits and shelled corn. Corn in cob includes raw, green ears, boiled or roasted. Popcorn, cornick, fried corn and “binatog” fall under the “shelled corn”. Corn in cob and corngrits are converted into shelled corn equivalent.
3. Vegetables, legumes, condiments and root crops are those acquired fresh. These may be eaten/consumed fresh or cooked. Likewise, fruits are consumed fresh or ripe. *Green or unripe papaya and jackfruit are excluded under fruits since these are considered as vegetables.* Onion is in the form of bulb.
4. Meat includes pork, beef, carabeef, chevon (goat), chicken and duck acquired as fresh and cooked/prepared in the household. Cooked meat that are taken home from outside (bought or free) like fried, boiled or roasted and consumed in the household are also included. Processed meat, e.g., tapa, tocino, longaniza, and similar products are included only if they are prepared at home.
5. Egg includes only table (fresh) egg coming either from chicken or duck. Salted eggs, century eggs and “balut” are not included.

6. Fresh/pasteurized milk refers to fresh and pasteurized milk from cow, carabao or goat. Milk gone through the process of Ultra High Temperature (UHT) is not included.
 7. Fish and marine products include food items such as milkfish, tilapia, roundscad (galunggong), tuna (all species), dalagang bukid, shrimp and mussels which are in fresh form. Dried fish or “daing”, smoked fish or “tinapa” and similar products are included only if they are prepared at home.
 8. Noodles include “bihon”, “sotanghon”, pasta, canton, fresh miki, instant noodles and rice noodles (misua).
 9. Bread refers to “pandesal” and among others are sliced/loaf bread and buns.
- ◆ *Rice/corn leftovers* refers to the remaining or unconsumed portion of a meal. *Spoilage* refers to the process of decaying in foods especially when caused by bacteria or fungi. *Wastage* refers to losses; decrease or destruction of something by use.
 - ◆ *Staple food* refers to the food that is eaten regularly in every meal and in such quantities that it constitutes a dominant portion of a meal. It is usually inexpensive, readily available and supplies one or more of the three organic macronutrients such as carbohydrates, proteins and fats. For Filipinos, the usual staples include rice, corn, and root crops like cassava and gabi.
 - ◆ *Rice substitution* by the rice-eating households refers to eating other commodities like corn, camote, cassava, gabi, white potato, banana saba, bread, instant noodles, etc. in place of rice in any meal during the past seven (7) days of the reference survey periods.
 - ◆ *Type of meal* refers to breakfast, lunch, dinner and snacks. Snacks are further broken down into morning, afternoon and evening snacks.
 - ◆ *Number of eaters* refers to the physical count of household members who ate at home for a specific meal whether breakfast, lunch, dinner, and snack in the past seven (7) days.
 - ◆ Blank cells in the statistical tables indicate that there was no reported consumption for a particular commodity.

I. INTRODUCTION

A. Background and Rationale

Prior to the establishment of the Philippine Statistics Authority (PSA), four (4) surveys on food consumption had been conducted by the former Bureau of Agricultural Statistics (BAS), the agency responsible for the agricultural statistics (AgStat) system in the country. The latest survey was implemented in August 2015 to May 2016 and this was already spearheaded by the PSA. The PSA was established under the Republic Act No. 10625 and merged the major statistical agencies namely: National Statistics Office (NSO), National Statistical Coordination Board (NSCB), Bureau of Agricultural Statistics (BAS) and Bureau of Labor and Employment Statistics (BLES).

The first survey conducted by BAS was entitled Food Consumption Survey (FCS) and was undertaken from August 1994 to May 1995. This was in compliance with the recommendation of the National Food Authority (NFA) Council to conduct food consumption survey covering cereals, cereal-based products, cereal substitutes and other selected non-grain commodities. The second FCS was implemented in August 1999 to May 2000 in view of the recommendation from the Department of Agriculture (DA) to generate data that will examine the extent of rice substitution in the country. In recognition of the need for consumption data, the former BAS has included in its plan of statistical activities the conduct of food consumption survey every five (5) years. However, the BAS has not been successful in implementing this plan because of resources constraints.

Then in 2008, the BAS implemented the third survey on food consumption. This was in response to Resolution No. 3 passed by the National Agricultural and Fishery Council (NAFC) Sub-Committee on Cereals which recommended the updating of food consumption data. To account for the other data items included in the questionnaire and consider the suggestion of the Technical Committee on Survey Design (TCSD) of the then NSCB, this statistical inquiry was renamed as Survey of Food Demand for Agricultural Commodities (SFD). This was implemented from the third quarter of 2008 to the second quarter of 2009.

The NAFC Resolution No. 3 recommended the conduct of Food Consumption Survey at least every two (2) years for better monitoring of rice and corn consumption. The last SFD conducted by the BAS was in 2012.

Realizing the importance of data on per capita consumption as inputs in measuring total food requirements of the country and in crafting decisions regarding food production and trade, the PSA conducted this survey on food consumption in four (4) rounds from August 2015 to May 2016.

B. Objectives

The general objective of the survey is to generate data on per capita consumption of rice, corn, and other agricultural food commodities. Specifically, the survey aims to determine:

- the present average per capita consumption of rice, corn, and other basic agricultural food items;
- the emerging consumption patterns of Filipino households;
- the substitution of rice with other food commodities; and
- the quantity of rice and corn leftovers, wastage, and consumed by animals/pets.

II. SURVEY METHODOLOGY

A. Coverage and Frequency of the Survey

The 2015-2016 Survey of Food Demand for Agricultural Commodities covered sample households in urban and rural barangays in 80 provinces and the National Capital Region (NCR). The 80 provinces included Batanes and the Province of Dinagat Islands.

Among the important data elements gathered were the following:

- Quantity of household's food consumption, price per unit of food items consumed and number of eaters during the past seven days;
- Quantity of rice / corn leftovers, wastage and consumption by animals;
- Extent of rice substitution; and
- Demographic characteristics of households

The reference period was seven (7) days prior to the date of interview. The survey was undertaken in four (4) rounds, that is, in August 2015, November 2015, February 2016 and May 2016.

B. Sampling Frame, Sampling Design and Sample Selection

The list of barangays in the Philippine Standard Geographic Classification (PSGC) as of December 2014, with corresponding information on 2010 CPH-based urban-rural classification and number of households served as the sampling frame for the survey. For purposes of the survey, institutional households, least accessible barangays (LABs) and those with peace and order problems (POPs) were excluded from the survey population.

The survey employed a two-stage sampling design with the barangay as primary sampling unit and the household as secondary sampling unit. For the 80 provinces, province was the domain. The sample barangays were stratified based on urban-rural classification then selected systematically within each stratum based on barangay's total household population with implicit representation of highly urbanized cities (HUCs) and independent component cities (ICCs). For NCR, the region served as the domain and two sample barangays were drawn systematically from each city and municipality.

Selection of sample households in each sample barangay was done during the first survey round (August 2015). The sample households were selected and located through the right coverage procedure based on pre-assigned starting point (sp), random start (rs), and sampling interval (i). The procedure initially yielded 13,400 sample households across the country. All successfully enumerated households during the first survey round were covered in the succeeding rounds. By the end of the fourth survey round (May 2016), the survey covered a total of 12,851 sample households nationwide.

***Right coverage** is the fashion by which the data collector looks for qualified sample households along the existing path-structure in a barangay. The right coverage requires that at the landmark-starting point, the data collector's standing position is such that his/her right shoulder points to the main entrance of the starting point. He/She then moves on along this path, choosing households along the road or passage-way. A range of alleys or "eskinitas" along or intersecting main roads on the right side shall be penetrated in a serpentine manner. Extensions/Other areas to be covered must be adjacent to the original spot and must be penetrated in likewise manner.*

A qualified sample household is a household with an available qualified respondent.

A qualified respondent is a person who meets the following criteria:

- responsible adult household member;
- knowledgeable of the household's food consumption as well as the consumption patterns of the household members; and,
- willing to provide reliable information for the study.

The respondent may or may not be the household head.

The following landmark-starting points were used in the application of the right coverage procedure:

- | | |
|---------------------------------------|---------------------------------------|
| A - barangay hall | H - 3 rd councilor's house |
| B - school | I - 4 th councilor's house |
| C - barangay chairperson's house | J - 5 th councilor's house |
| D - church / chapel / mosque | K - 6 th councilor's house |
| E - barangay secretary's house | L - 7 th councilor's house |
| F - 1 st councilor's house | |
| G - 2 nd councilor's house | |

A random start (*r*) was pre-drawn for each sample barangay. Likewise, a sampling interval (*i*) of 10 for urban barangays and 5 for rural barangays was followed in this survey. The right coverage procedure, along with the *sp*, *rs* and *i* was applied in locating the sample households.

C. Estimation Procedure

C.1 Household-level Food Consumption

Food consumption was determined for each food item. Estimation of household-level food consumption within and outside the household comprised of four (4) components as follows:

- (A) - Food prepared at home and consumed at home by household members;
- (B) - Delivered / take-out food consumed at home by household members;
- (C) - Food prepared at home and consumed outside by household members; and
- (D) - Food prepared in food establishments and consumed outside by household members.

Food consumption within and outside the household, denoted by *c*, is the sum of components A, B, C and D, expressed as:

$$c = A + B + C + D$$

The first three components were gathered directly from the respondents, while the fourth was derived based on the assumption that the food consumption pattern of household members within the household is more or less the same as the food consumption pattern of household members when they eat in food establishments. In formula terms, D is expressed as:

$$D = \left(\frac{A + B + C}{m + \frac{s}{2}} \right) x \left[m^* + \frac{s^*}{2} \right]$$

where:

- m is the total number of man-meals consumed by household members within the household during the past week
- s is the total number of man-snacks consumed by household members within the household during the past week
- m^* is the total number of man-meals consumed by household members in food establishments during the past week
- s^* is the total number of man-snacks consumed by household members in food establishments during the past week

NOTE: *Man-meal is one meal taken by one man.* Thus, one person taking three meals is three man-meals and three persons taking one meal each is also three man-meals. In relation to man-snacks, *one man-meal is equivalent to two man-snacks.*

C.2 Province/Domain-level Estimates

At the provincial level, the estimated total consumption of a particular food item during the past week, denoted by \hat{Y} was computed by direct expansion of corresponding household-level data across all samples, that is,

$$\hat{Y} = \sum_{h=1}^L \frac{B_h}{b_h} \sum_{i=1}^{b_h} \frac{N_{hi}}{n_{hi}} \sum_{j=1}^{n_{hi}} c_{hij}$$

where:

- c_{hij} is the total consumption of a specific commodity of the j^{th} sample household in the i^{th} sample barangay under the h^{th} stratum; the sum of components A, B, C and D.
- n_{hi} is the total number of sample households in the i^{th} sample barangay under the h^{th} stratum
- N_{hi} is the total number of households in the i^{th} sample barangay under the h^{th} stratum
- b_h is the total number of sample barangays under the h^{th} stratum
- B_h is the total number of barangays under the h^{th} stratum
- L is the total number of strata for the province

Likewise, the number of eaters \hat{E} for the past seven days was estimated as follows:

$$\hat{E} = \sum_{h=1}^L \frac{B_h}{b_h} \sum_{i=1}^{b_h} \frac{N_{hi}}{n_{hi}} \sum_{j=1}^{n_{hi}} e_{hij}$$

where:

e_{hij} is the total number of household members who were served meals/snacks within the j^{th} sample household in the i^{th} sample barangay under the h^{th} stratum

n_{hi} , N_{hi} , b_h , B_h and L are as defined above.

The same procedure, that is, direct expansion of household-level characteristics across all samples in the domain, was applied to other variables in the survey.

Per capita consumption for the province for the past seven days represents the per capita consumption for one survey round or quarter. This was computed as the ratio of the estimated total food consumption and estimated number of eaters, that is,

$$PC^{\wedge} = \frac{\hat{Y}}{\hat{E}}$$

Meanwhile, annual per capita consumption for the province was computed as the ratio of the sum of the estimated total consumption across the four survey rounds to the sum of the estimated number of eaters across these survey rounds, multiplied by 52, the number of weeks in a year, that is,

$$PC_{year}^{\wedge} = 52 \left(\frac{\sum_{q=1}^4 \hat{Y}_q}{\sum_{q=1}^4 \hat{E}_q} \right)$$

III. SURVEY OPERATIONS

A. Training

Prior to the survey operations, training was conducted to have a uniform understanding of the concepts and procedures. This is an important step towards minimizing the errors committed during field operations. For all survey rounds, several levels of training were conducted. The first level training was attended by selected Central Office (C.O.) technical staff and Regional Statistical Service Offices (RSSOs) staff and it was conducted on May 12 to 15, 2015 at Ciudad Christhia Resort, San Mateo, Rizal. They provided technical back-stopping support to field operations across all provinces.

The second level training, held in July 2015, involved the PSOs (Provincial Statistics Offices). In this activity, the participants of the first level training served as trainers while selected PSO staffs were the trainees. The trained PSO staffs were expected to handle most of the field supervision work.

The third level involved the training of the other PSO staffs and the hired statistical researchers (SRs) who undertook the data gathering. This was done in August 2015 before the scheduled survey operation activity.

The training of PSO staff and SRs included the following activities:

- Discussion of concepts and procedures;
- Dry run exercises in a non-sample barangay which provided the training participants with hands-on experience of the things discussed in the lectures;
- Clearing /discussion and addressing of issues and gray areas that emerged during the dry-run exercise; and,
- Discussion of consistency checks/editing procedures.

B. Field Data Collection

Data collection was done by hired Statistical Researchers (SRs) under the supervision of the PSOs and RSSOs staff. The following activities were conducted during the field operations:

- Searching for and enumeration of qualified sample households (face-to-face interview were used in the process);
- Filling up of the call sheet;
- Monitoring and spot-checking by field supervisors; and,
- Back-checking of completed barangays by field supervisors.

The following materials were used:

- Questionnaires
- Outreach Letter addressed to the Barangay Captain/Official
- Manual of Operations for statistical researchers and field supervisors
- Field Editing and Coding Guidelines
- List of Sample Barangays
- Call Sheets
- Pencil

C. Supervision

Field supervisors ensured that the field operations run smoothly and within schedule. Their responsibilities as supervisors included observing the data collectors, making follow ups, spot-checking the interviewers, editing the completed questionnaires and back-checking their works especially when incomplete or inconsistent entries were found in the data collector's work. They were always on top of the situation and addressed problems encountered within their supervision areas.

In every survey round, the focal persons from the PSOs and RSSOs submitted a weekly monitoring form and narrative report on the conduct of field operations to the Central Office. This helped in the efficient monitoring of activities and in assuring the smooth implementation of the project.

IV. DATA PROCESSING, REVIEW AND ANALYSIS

The data processing system for the 2015-2016 SFD was developed using Microsoft Excel. It comprised the following programs: data capture, error-listing, data review and validation and table generation. This customized data processing system facilitated the quick analysis and generation of statistical tables.

A data processing program manual with detailed instructions and illustrations was developed to guide the users, Provincial and Regional statisticians, on how to use the data processing system. Training on the use of data processing system was conducted in two batches: first batch covered the Luzon provinces held on August 2015 and the second batch involved the Visayas and Mindanao provinces held on September 2015. Thereafter, two (2) workshops on data review, data cleaning and data validation were done: 29 February to 4 March 2016 for the Visayas and Mindanao group and 14 to 18 March 2016 for Luzon group. Last

workshop on data review and validation was held on 22 to 26 August 2016 joining all provinces of Luzon, Visayas and Mindanao.

Data capture, error listing and data cleaning were done at the Provincial Statistics Offices (PSOs) in two stages: manual editing and electronic data processing. Manual editing involved item-by-item checks on the consistency and completeness of the data. On the other hand, electronic data processing involved data coding, encoding, data cleaning/error listing and generation of output tables. The generated Provincial Per Capita Consumption tables were then reviewed and validated.

The clean data files from the PSOs were also sent to the Regional Statistical Service Offices (RSSOs) for another round of data checking and validation. Upon submission of data files, the RSSO staffs generated their respective Regional Per Capita Consumption tables and graphs.

Finally, the RSSO focal person submitted the final clean data files to the Central Office for consolidation, further counter-checking, generation of output tables and review and analysis.

The Agricultural Accounts Division (AAD) spearheaded the conduct of meetings in preparation for the review of all output tables for the four (4) survey rounds (August 2015, November 2015, February 2016 and May 2016).

The technical staff of the division did a thorough deliberation of the estimation procedures and output tables. Likewise, data review and validation of the household level data were also conducted before the tables on per capita consumption by region and by quarter were finalized. Weekly and annual averages of per capita consumption by commodity with urban and rural disaggregation were also analyzed.

The survey results were validated with other related information from various surveys and censuses. Estimates of the 2015-2016 per capita consumption were compared with the results of the 1995 Food Consumption Survey, 1999-2000 Food Consumption Survey, 2008-2009 and 2012 Survey of Food Demand for Agricultural Commodities and the 2015 Supply Utilization Accounts for Selected Agricultural Commodities.

V. HIGHLIGHTS OF THE SURVEY FINDINGS

A. HOUSEHOLD CHARACTERISTICS

Average Household Size, Sex and Age of Household Members (Tables 1 - 2)

- During the reference period, the number of household members averaged 5.0 nationwide. By region, ARMM registered the biggest average household size at 5.9 persons, followed by CAR at 5.1 persons. The least average household size was noted in MIMAROPA at 4.6.
- Of the total number of household members, females comprised 50.28 percent while males accounted for 49.72 percent. At the regional level, the proportions of female household members were highest in NCR and Western Visayas at about 52 percent each. In contrast, Eastern Visayas, Zamboanga Peninsula and SOCCSKSARGEN had more male household members at 51.18 percent to 52.69 percent.
- The average age of household members was 28 years old. Regionwise, the average age ranged from 25 years old in ARMM to 31 years old in Ilocos Region and Davao Region.
- By age group, household members belonging to age bracket of 22 to 35 years had the biggest proportion at 20.08 percent. This was followed by those whose ages ranged from 15 to 21 years at 14.29 percent. The youngest age group of 4 years old and below comprised 9.70 percent while those above 65 years old accounted for 5.15 percent. Across regions, CAR had more at 22.15 percent of the household members in the age bracket of 22 to 35 years, while ARMM reported 17.03 percent of the household members aged 15 to 21 years. Those in age group of 4 years and below were higher in Northern Mindanao at 12.21 percent. Ilocos Region and Davao Region had bigger proportion at 7.54 percent of the household members whose ages were over 65 years.

Education (Table 3)

- At the national level, a bigger percentage of the household members at 22.33 percent reached elementary level. Those who graduated from high school were 18.18 percent. College degree holders were 10.30 percent while only 0.19 percent pursued post-graduate studies. About 5.13 percent of the household members had no formal schooling.

- Among regions, the highest proportion of household members with elementary schooling was reported in Zamboanga Peninsula at 35.62 percent. There were more high school graduates in Ilocos Region at 27.01 percent, NCR at 24.93 percent, CALABARZON at 23.82 percent and Central Luzon at 23.47 percent. Those with college degrees were higher in Western Visayas at 14.96 percent and NCR at 14.84 percent. The proportion of household members who had no schooling was biggest in ARMM at 12.47 percent.

Occupation (Table 4)

- Countrywide, the main occupation of 23.96 percent of the working household members fell in the occupation group consisting of farmers, forestry workers and fishermen. Laborers and unskilled workers comprised 20.66 percent while service workers and shop and market sales workers were 14.11 percent.
- There were 9.71 percent of the household members who worked as officials of the government and special interest organizations, corporate executives, managers, managing proprietors and supervisors. Plant and machine operators and assemblers accounted for 9.27 percent.
- At the regional level, the biggest proportions of household members who were engaged in farming, forestry and fishing were noted in Zamboanga Peninsula at 62.29 percent and ARMM at 54.25 percent. Those classified as laborers and unskilled workers were biggest in Cagayan Valley at 32.88 percent. Household members employed as service workers and shop and market sales workers were recorded high in CALABARZON at 19.74 percent. NCR had the highest percentages of household members whose main occupations were categorized into the group of officials of the government and special interest organizations, corporate executives, managers, managing proprietors and supervisors at 13.56 percent, craft and related trade workers at 16.61 percent and clerks at 10.45 percent. Those working as plant and machine operators and assemblers were biggest in Central Luzon at 13.64 percent.

B. TYPE AND SOURCE OF FOOD EATEN (Tables 5 – 6.55)

Rice and Corn

- Rice (plain) was considered the most common food item with 93.39 percent of households reporting its consumption.

- Majority or 88.24 percent of these households bought the rice they consumed. There were about 10.34 percent whose rice were own-produced and 2.09 percent ate rice that were given to them during reference period. Regional estimates showed that almost all or 99 percent each in NCR and ARMM bought the rice they consumed. Meanwhile, consumption of own-produced rice was highest in CAR at 42.01 percent. More households in MIMAROPA at 5.32 percent received the rice they consumed.
- Corn consumption in the country was less popular. The proportions of households who ate corn in cob and corn grits were 10.79 percent and 10.42 percent, respectively. Moreover, only 1.19 percent of the households reported consumption of shelled corn during the reference period.
- By source, buying of corn in cob was noted by 78.98 percent of the households while 71.23 percent for shelled corn and 64.61 percent for corn grits. Consumption of own-produced corn was reported by 12.14 percent to 32.33 percent of the total households. Of these, NCR posted the highest percentages of households who bought corn in cob and corn grits at 97 percent each. On the other hand, consumption of own-produced corn was highly noted among the households in ARMM at 75.68 percent for corn in cob, 63.38 percent for corn grits and 95.24 percent for shelled corn.

Root Crops

- Among the root crops, sweet potato was more preferred with 24.30 percent of households reporting its consumption. About 15.49 percent of the households ate white potato, while 13.19 percent and 11.48 percent consumed cassava and gabi, respectively.
- In terms of the source of food eaten, sweet potato, gabi and white potato were mostly purchased as reported by 60.46 percent to 96.95 percent of the consuming households. On the other hand, consumption of own-produced cassava was noted by about 48 percent of the total households. More households in Zamboanga Peninsula indicated consumption of sweet potato, cassava and gabi coming from their own production.

Vegetables, Legumes and Condiments

- Countrywide, the major vegetable commodities consumed by the households were squash, eggplant, tomato, garlic and onion. Correspondingly, the proportions of households reporting consumption of these commodities ranged from 40.24 percent to 89.76 percent. During the same period, consumption of other vegetables was reported by 3.46 percent of households for habitchuelas to 39.65 percent of households for ampalaya.

- Buying of vegetables for consumption was the usual practice according to 71.23 percent to 98.06 percent of households nationwide. There were 14.59 percent to 21.42 percent of households in the country who consumed their own-produced gourd (upo), stringbeans, eggplant and okra. Zamboanga Peninsula indicated the biggest percentages of the households consuming own-produced vegetables at 59.50 percent for gourd (upo), 66.64 percent for stringbeans, 69.72 percent for eggplant and 78.44 percent for okra.

Fruits

- Among fruits, banana (except saba) was highly favored by 55.31 percent of households in the country. Calamansi consumption was indicated by 35.46 percent. Some 21.64 percent and 27.55 percent ate mango and saba, respectively. Only few households at 5.87 percent and 12.62 percent reported consumption of pineapple and papaya (ripe), respectively.
- By source, about 74 percent of households bought their banana (except saba). Likewise, buying of calamansi, mango and pineapple was a dominant practice of 70.65 percent, 69.06 percent and 65.70 percent of households, respectively. Buying of saba was cited by 46.18 percent of households while 38.22 percent said they relied on their own produce. Similarly, more households at 53.27 percent indicated consumption of own-produced papaya (ripe). Across regions, NCR had the highest proportions of households who bought the fruits they consumed while Zamboanga Peninsula reported big proportions of households who ate their own-produced fruits.

Livestock and Poultry Products

- At the national level, pork and chicken were considered the major meat products with about 62 percent to 63 percent of households reporting its consumption. Beef was less preferred as indicated by 9.66 percent of households. Fewer households at about 1 percent each had consumption of carabeef, chevon (goat) and duck meat.
- In the case of other poultry products, it was observed that chicken egg was greatly preferred by 82.33 percent of households nationwide while duck egg consumption was reported by 3.47 percent of households. Meanwhile, consumption of fresh/pasteurized milk was cited by 1.60 percent of households.
- In terms of the source of commodities, majority of households reported purchasing most of the livestock and poultry products they consumed during the reference period. However, for duck meat, 60.75 percent of the households nationwide relied on their

own production. In the case of chevon (goat), some 34.93 percent of households ate the meat given to them. By region, own-produced duck meat was highly reported by 96.68 percent of households in Zamboanga Peninsula. In addition, the region also reported 88.86 percent of the households with consumption of received carabeef. In MIMAROPA, 81.08 percent of households indicated consumption of received chevon (goat).

Fish and Other Marine Products

- Roundscad (galunggong) was the leading fish consumed by 43.29 percent of households in the country. This was followed by milkfish and tilapia as reported by 37.82 percent and 36.35 percent of households, respectively. Some 10.05 to 20.29 percent of households indicated consumption of shrimp and tuna (all species). Meanwhile, few households at about 3 to 4 percent ate mussels and dalagang bukid during the reference period.
- Buying of fish and other marine products for consumption was a common practice in the country. The proportions of households who purchased the fish and marine products they consumed ranged from 86.47 percent for shrimp to 97.06 percent for milkfish. There were few instances where the households sourced these food items from their own production or catch and received from others. Regional estimates showed that Central Visayas had bigger proportions of households at 44.05 percent who consumed their own-produced tilapia while 43.63 percent purchased the food item.

Noodles

- Instant noodles topped among the noodle products consumed in the country as reported by 70.12 percent of the households. Consumption of bihon and canton came next according to 16.76 percent and 9.79 percent of the households, respectively. Fewer households at around 4.16 percent to 5.45 percent ate sotanghon, pasta, fresh miki and rice noodles (misua).
- By source, noodles were either bought or received from others. About 98 to 99 percent of households bought canton, instant noodles and rice noodles (misua) which they consumed. Likewise, sotanghon, fresh miki and bihon were mostly purchased by 95.03 percent to 97.89 percent of the households. The least purchased noodle product was recorded for pasta with 87.57 percent of households reporting its consumption. However, higher proportion of households at 12.48 percent reported consumption of pasta which they received. Particularly in MIMAROPA, ARMM and Cagayan Valley, about 32.39 percent to 34.70 percent of the households noted consumption of received pasta during the reference period.

There were 28.20 percent in ARMM cited consumption of rice noodles which were given to them.

Bread

- Among the bread products in the country, “pandesal” was the most popular with 54.32 percent of households reporting its consumption. Eating of buns and sliced/ loaf bread was indicated by 30.39 percent and 23.94 percent of households, respectively.
- Buying of bread for consumption was the common practice of 97.89 percent to 98.80 percent of households. Few households at about 1 to 2 percent showed consumption of buns and sliced/loaf bread that was received from others. Meanwhile, less than one percent of households baked or produced their own bread.

C. CONSUMPTION PATTERNS AND HABITS

Eating Meals at Home (Table 7)

- The survey indicated that majority of the members of the households across the country ate their meals at home. Dinner and breakfast were the two major meals taken at home according to 96.13 percent and 94.71 percent of the household members, respectively. Meanwhile, those who ate lunch inside their houses were 88.70 percent. There were some occasions of eating snacks at home as reported by 42.79 percent of household members who had snacks in the afternoon and 20.26 percent who took snacks in the morning. Only few at 2.13 percent had snacks in the evening.
- At the regional level, 95.80 percent to 98.72 percent of household members in Zamboanga Peninsula mentioned eating their major meals inside their houses. Additionally, the region posted the biggest proportion of household members at 70.20 percent who took afternoon snacks at home. Eating of snacks in the morning was more evident among 33 percent to 36 percent of household members in Cagayan Valley, Zamboanga Peninsula and Davao Region. Meanwhile, “snacking” at home in the evening was registered highest in Caraga at 4.55 percent.

Eating Meals at Outside (Table 8)

- Nationwide, there were few cases of eating meals outside home with lunch being typically consumed outside by 14.22 percent, breakfast by 5.21 percent and dinner by 5.32 percent of the household members. Similarly, more household members at 7.11

percent considered eating snacks outside during the afternoon compared to 4.70 percent who ate snacks outside in the morning and 0.30 percent in the evening.

- By region, Central Visayas registered bigger proportions of household members eating breakfast outside at 7.70 percent and dinner at 10.03 percent. In CAR, 19.16 percent of the household members had lunch outside home. Meanwhile, morning and afternoon snacks taken outside the house were commonly practiced by 19.05 to 19.90 percent of household members in Ilocos Region. For the evening snacks, about 0.60 percent of household members in NCR took it outside their houses.

D. PER CAPITA CONSUMPTION OF SELECTED COMMODITIES

Rice and Corn

(Tables 9.01-9.02)

- The country's consumption of rice per person averaged 109.87 kilograms per year or 2.11 kilograms per week. During the four survey rounds, weekly consumption of rice ranged from 2.084 kilograms in February to 2.157 kilograms in November. Eleven (11) regions recorded annual per capita consumption estimates higher than the national level estimate. These ranged from 110.96 kilograms in Central Luzon to 139.06 kilograms in ARMM. Zamboanga Peninsula posted the lowest consumption per person at 36.39 kilograms per annum.
- The national average per capita consumption of corn was estimated at 14.70 kilograms. On a weekly basis, it was equivalent to 0.28 kilogram. Weekly consumption was highest in August at 0.301 kilogram and lowest in May at 0.256 kilogram. Across regions, Zamboanga Peninsula had the biggest per capita consumption at 159.92 kilograms per year. About 37.0 kilograms to 45.0 kilograms of corn were consumed in Central Visayas, Northern Mindanao and Davao Region. Less than 1.0 kilogram of corn consumption per person per year was recorded each in NCR, CAR, Ilocos Region, Central Luzon, CALABARZON and MIMAROPA.

Root Crops

(Tables 9.03-9.06)

- Sweet potato posted an average per capita consumption of 4.53 kilograms per year or 0.09 kilogram per week. Across the reference months, weekly per capita consumption was high in February at 0.110 kilogram while low in May at 0.070 kilogram. At the regional level, the annual per capita consumption of sweet potato in Zamboanga Peninsula at 17.33 kilograms was four (4) times higher

than the national average. In contrast, NCR and Ilocos Region posted the least consumption per person at 2.37 kilograms annually.

- Per capita consumption of cassava in the country averaged 2.93 kilograms annually, equivalent to 0.06 kilogram weekly. February indicated the highest weekly per capita consumption at 0.065 kilogram. It was lowest in May at 0.048 kilogram. Zamboanga Peninsula had the biggest per capita consumption of cassava at 13.39 kilograms yearly. On the other hand, the lowest consumption of less than one (1) kilogram was registered each in NCR, Ilocos Region and Central Luzon.
- Gabi was consumed by every person at an average of 0.95 kilogram per year or 0.02 kilogram per week. On a weekly basis, per capita consumption ranged from 0.015 kilogram in August to 0.024 kilogram in February. The leading consumer of gabi was Cagayan Valley with yearly per capita consumption of 2.59 kilograms. Gabi was least eaten in Western Visayas at 0.31 kilogram per person in a year.
- For white potato, weekly per capita consumption averaged 0.02 kilogram. This was 0.91 kilogram on an annual basis. Across the reference months, May indicated high consumption of white potato at 0.022 kilogram. It was low in November at 0.015 kilogram. Among regions, the biggest annual consumption was reported in CAR at 5.31 kilograms. Eleven out of the 17 regions had per capita consumption of white potato less than one kilogram. The lowest yearly consumption at around 0.14 kilogram was noted each in ARMM, SOCCSKSARGEN and Zamboanga Peninsula.

Vegetables, Legumes and Condiments **(Tables 9.07-9.21)**

- Nationwide, the average weekly per capita consumption of ampalaya was 0.05 kilogram. Annually, this was equivalent to 2.37 kilograms. Across the survey periods, the average weekly consumption of ampalaya ranged from 0.042 kilogram during November and May to 0.053 kilogram in August. The top consumers of ampalaya were CAR, Ilocos Region and Cagayan Valley where per capita consumption ranged from 3.10 kilograms to 3.35 kilograms per year. Ampalaya was least consumed in Central Visayas at 1.43 kilograms per annum.
- The country's consumption of eggplant averaged 4.26 kilograms per person per year. This was estimated at 0.08 kilogram on a weekly basis. In August, per capita consumption of eggplant was high at 0.094 kilogram per week. It was low during February at 0.077 kilogram per week. Higher annual per capita consumption

levels were noted in Zamboanga Peninsula at 7.23 kilograms, Cagayan Valley at 6.67 kilograms and Davao Region at 6.34 kilograms. In contrast, NCR and ARMM recorded the least consumption at 3.48 kilograms each.

- The average weekly per capita consumption of chayote was estimated at 0.03 kilogram or 1.56 kilograms annually. By reference period, February posted the highest consumption of chayote at 0.037 kilogram per person per week. It was least eaten during November at 0.027 kilogram per person a week. Regional annual consumption of chayote ranged from as low as 0.27 kilogram in MIMAROPA to as high as 5.80 kilograms in CAR.
- The annual per capita consumption of gourd averaged 0.97 kilogram. This was 0.02 kilogram per week. The weekly consumption of gourd peaked in February at 0.022 kilogram. The lean consumption was noted in the months of August and May at 0.017 kilogram each. The annual consumption of gourd per person was highest in Ilocos Region at 2.19 kilograms and lowest in Northern Mindanao at 0.44 kilogram.
- Nationwide, squash was consumed by every person at an average of 2.90 kilograms yearly or 0.06 kilogram weekly. Consumption of squash on a weekly basis was highest at 0.061 kilogram in August and lowest at 0.048 kilogram in May. Across regions, the heaviest consumption of squash was noted in Zamboanga Peninsula at 5.45 kilograms per person a year. It was least eaten in NCR at 1.64 kilograms annually.
- The average annual per capita consumption of okra was 1.23 kilograms. This was equivalent to 0.02 kilogram on a weekly basis. During February and May, okra was consumed at an average of 0.020 kilogram per week. Okra consumption was biggest in August at 0.029 kilogram per week. The yearly per person consumption of okra was highest in Zamboanga Peninsula at 2.49 kilograms. On the other hand, minimal consumption levels were recorded in NCR at 0.94 kilogram and ARMM at 0.43 kilogram a year.
- On a weekly basis, the national average per person consumption of carrots was reported at 0.01 kilogram. Annually, this corresponded to 0.50 kilogram. Across survey rounds, the average weekly consumption of carrots stayed from 0.009 kilogram to 0.010 kilogram. Regional estimates of the annual per capita consumption of carrots ranged from 0.11 kilogram in Zamboanga Peninsula to 0.87 kilogram in CAR.
- The national average consumption per person of cabbage was estimated at 0.02 kilogram per week or 1.13 kilograms per year. The peak month of consumption was February at 0.025 kilogram

per week while lean month was November at 0.018 kilogram per week. Among regions, CAR stood out with the highest per capita consumption at 3.09 kilograms per year. The least consumption was reported in ARMM at 0.37 kilogram per person a year.

- Annually, per capita consumption of pechay averaged 1.24 kilograms. This translated to 0.02 kilogram on a weekly basis. The average weekly consumption estimates of pechay were high during the months of November and February at 0.028 kilogram each and low during May at 0.018 kilogram. The leading consumers of cabbage were CAR and Cagayan Valley with annual per capita consumption of 3.51 kilograms and 2.38 kilograms, respectively. Zamboanga Peninsula recorded the lowest consumption at 0.52 kilogram per person per annum.
- Nationwide, weekly per capita consumption of stringbeans was 0.04 kilogram. Per annum, stringbean consumption averaged 1.92 kilograms per person. Weekly per capita consumption ranged from 0.033 kilogram in November to 0.041 kilogram in August. The annual per person consumption of stringbeans topped in Zamboanga Peninsula at 4.08 kilograms and Cagayan Valley at 3.97 kilograms. Minimal consumption was noted in NCR at 1.04 kilograms per year.
- Per capita consumption of habitchuelas in the country averaged 0.18 kilogram per annum or 0.003 kilogram per week. By quarter, weekly consumption was high during February at 0.005 kilogram and low during November at 0.002 kilogram. Higher consumption of habitchuelas was reported in CAR at 1.85 kilograms per person per year. It was least eaten by every person in Eastern Visayas at 0.03 kilogram annually.
- On a weekly basis, the national per capita consumption of mongo averaged 0.02 kilogram. Annually, this was equivalent to 0.81 kilogram. In August, per capita consumption reached its high level at 0.019 kilogram per week. The months of November and February showed low weekly consumption estimate at 0.014 kilogram each. At the regional level, more consumption of mongo per person per year was noted in Cagayan Valley at 1.76 kilograms and Ilocos Region at 1.45 kilograms. In contrast, there was lower consumption in Eastern Visayas at 0.47 kilogram per person a year.
- At the national level, the yearly per person consumption of tomato was estimated at 2.97 kilograms. This was 0.06 kilogram per week. On a weekly basis, consumption of tomato was found lowest during month of November at 0.045 kilogram and highest on month of February at 0.067 kilogram. By region, the highest annual consumption of tomato at 6.00 kilograms was recorded in Ilocos

Region while the least at 1.20 kilograms was noted in Zamboanga Peninsula.

- Onion consumption in the country was estimated at 2.34 kilograms per person per year. On a weekly basis, it was 0.05 kilogram per person. Heavier consumption was noted in the month of August at 0.050 kilogram per week. The least consumption was noted in May at 0.042 kilogram per week. Cagayan Valley registered the biggest per capita consumption of onion at 3.40 kilograms. This was followed by Central Luzon at 3.24 kilograms. The least consumption was observed in Zamboanga Peninsula at 1.53 kilograms per person a year.
- For garlic, per capita consumption averaged 1.26 kilograms annually or 0.02 kilogram weekly. Consumption of garlic on a weekly basis ranged from 0.021 kilogram in May to 0.027 kilogram in August. The top consumers of garlic were Central Luzon, Bicol Region and Cagayan Valley with annual per capita consumption estimates of 1.92 kilograms, 1.72 kilograms and 1.71 kilograms, respectively. Garlic was least eaten at less than one kilogram per person per year in the regions of Eastern Visayas, Zamboanga Peninsula, Northern Mindanao, SOCCSKSARGEN, Caraga and ARMM.

Fruits **(Tables 9.22-9.27)**

- The country's consumption of banana (except saba) per person averaged 11.40 kilograms per year or 0.22 kilogram per week. By reference month, banana (except saba) was highly consumed during August at 0.255 kilogram per week while less eaten during May at 0.182 kilogram per week. Regional consumption of banana (except saba) per person per year ranged from 7.48 kilograms in Ilocos Region to 16.64 kilograms in Davao Region.
- Saba was consumed in the country at an average of 7.60 kilograms per person annually. Equivalently, this was 0.15 kilogram on a weekly basis. Average weekly consumption of saba was low at 0.122 kilogram in August and high at 0.189 kilogram in November. The major consuming regions of saba were Davao Region at 14.11 kilograms, MIMAROPA at 13.52 kilograms and Western Visayas at 13.49 kilograms. In contrast, Ilocos Region had the lowest annual per capita consumption of saba at 1.71 kilograms.
- The average per capita consumption of mango was 0.08 kilogram per week. This was 3.89 kilograms per year. The average weekly consumption of mango was heavier in May at 0.182 kilogram. It was low in November at 0.018 kilogram. By region, Zamboanga Peninsula and Davao Region topped the annual per person consumption of mango at 7.81 kilograms and 6.19 kilograms,

respectively. Lesser quantities of mangoes were eaten in Ilocos Region at 2.53 kilograms and Eastern Visayas at 2.63 kilograms.

- At the national level, pineapple recorded an average yearly per capita consumption of 0.94 kilogram. On a weekly basis, it was 0.02 kilogram per person. Across the four (4) survey rounds, weekly per capita consumption was highest during August at 0.031 kilogram and lowest during February at 0.010 kilogram. Bicol Region posted the biggest annual per capita consumption at 2.09 kilograms. This was followed by MIMAROPA at 1.75 kilograms. On the other hand, least consumption of pineapple was reported in ARMM at 0.17 kilogram per person yearly.
- Annually, papaya (ripe) consumption per person averaged 2.06 kilograms nationwide. Correspondingly, it was estimated at 0.04 kilogram per week. The average weekly per capita consumption of papaya ranged from 0.035 kilogram in August to 0.044 kilogram in November. At the regional level, CAR and Zamboanga Peninsula recorded the biggest yearly per capita consumption at around 3.42 kilograms each. In contrast, Ilocos Region had minimal consumption at 0.83 kilogram per person a year.
- The average per capita consumption of calamansi in the country was 0.03 kilogram per week or 1.41 kilograms per year. More of calamansi were consumed during November at 0.031 kilogram per week while less eaten during May at 0.022 kilogram per week. Regional consumption of calamansi was biggest in Bicol Region at 2.88 kilograms per annum while lowest in Zamboanga Peninsula at 0.71 kilogram per annum.

Livestock and Poultry Products **(Tables 9.28-9.36)**

- The national average per capita consumption of pork was 0.17 kilogram a week. On a yearly basis, it was computed at 8.90 kilograms. Average weekly per capita consumption ranged from 0.162 kilogram in February to 0.179 kilogram in August. Across regions, pork consumption was leading in Cagayan Valley at 14.03 kilograms per person a year. This was followed by NCR and CAR at 13.63 kilograms and 13.39 kilograms, respectively. In contrast, an average of 0.46 kilogram of pork was consumed by every person in ARMM per year.
- Per capita consumption of beef in the country averaged 0.02 kilogram per week or 1.04 kilograms per year. During February and May, weekly consumption of beef stayed at 0.018 kilogram. High consumption was noted in August at 0.025 kilogram per week. Major consumers of beef were Ilocos Region and CAR where yearly per person consumption reached 1.86 kilograms and 1.61

kilograms, respectively. Eastern Visayas consumed the least of beef at 0.12 kilogram per person a year.

- Yearly, about 0.18 kilogram of carabeef was consumed by every person nationwide. This was equivalent to 0.003 kilogram per person per week. The average weekly per capita consumption was high in February at 0.006 kilogram and low in August and November at 0.002 kilogram each. Across regions, heavier consumption of carabeef was reported in Zamboanga Peninsula at 2.19 kilograms per person a year. In contrast, consumption in ARMM and NCR was minimal at 0.01 kilogram each annually.
- For chevon, consumption per person averaged 0.002 kilogram per week or 0.10 kilogram per year. Across the four (4) survey rounds, merely 0.001 kilogram to 0.004 kilogram of chevon was consumed weekly. Chevron consumption was high in Zamboanga Peninsula at 0.30 kilogram per person per year.
- Nationwide, the average annual per capita consumption of chicken meat was estimated at 9.32 kilograms. This was equivalent to 0.18 kilogram per week. Weekly consumption ranged from 0.164 kilogram in May to 0.197 kilogram in August. NCR indicated the biggest average annual per capita consumption of chicken meat at 14.51 kilograms. This was closely followed by CAR at 13.64 kilograms and Central Luzon at 12.05 kilograms. In contrast, SOCCSKSARGEN, MIMAROPA and Zamboanga Peninsula registered lower estimates of annual per capita consumption ranging from 4.93 kilograms to 5.38 kilograms.
- Duck consumption in the country averaged 0.004 kilogram per week or 0.19 kilogram per year. Weekly consumption per person was stable at 0.003 to 0.004 kilogram. At the regional level, yearly per person consumption of duck ranged from as low as 0.006 kilogram in Central Visayas to as high as 0.72 kilogram in Cagayan Valley.
- At the national level, annual consumption of chicken eggs per person averaged 84 pieces. Across the reference months, the weekly consumption of chicken eggs remained at about 2 pieces per person. NCR topped in the consumption of chicken eggs at around 123 pieces per person per year. The commodity was also consumed higher in Central Luzon at 109 pieces and in CALABARZON at 106 pieces. On the other hand, only 50 pieces of chicken eggs were consumed by every person in Zamboanga Peninsula and ARMM annually.
- For duck eggs, consumption was low at 3 pieces per person per year. At the regional level, annual per capita consumption of duck eggs at around 10 pieces was recorded in ARMM while this was 5

pieces in MIMAROPA and SOCCSKSARGEN. Less than one piece of duck eggs was reported in the seven regions such NCR, CAR, Ilocos Region, CALABARZON, Central and Eastern Visayas and Caraga.

- The country's consumption of fresh/pasteurized milk was minimal at 0.005 liter per week or about 0.26 liter per year. Across the four survey rounds, weekly consumption levels ranged 0.004 liter to 0.006 liter. The average yearly consumption of fresh/pasteurized milk was biggest in Western Visayas at 0.71 liter per person. In contrast, Ilocos Region had the lowest consumption at 0.02 liter per person annually.

Fish and Other Marine Products
(Tables 9.37-9.43)

- The country's annual per capita consumption of milkfish averaged 0.09 kilogram per week. This was equivalent to 4.47 kilograms on an annual basis. The weekly per capita consumption was high at 0.093 kilogram in August and low at 0.080 kilogram in February. By region, Ilocos Region consumed the highest at 7.97 kilograms per person per year. This was followed by Western Visayas at 7.72 kilograms per person annually. Meanwhile, Zamboanga Peninsula, Northern Mindanao and Bicol Region had the least annual per capita consumption of milkfish at 1.05 kilograms, 1.57 kilograms and 1.59 kilograms, respectively.
- Average per capita consumption of tilapia at the national level was estimated at 4.78 kilograms per year. On a weekly basis, this corresponded to 0.09 kilogram. Higher weekly per capita consumption was noted in August at 0.100 kilogram and lower in May at 0.086 kilogram. Among regions, Central Luzon had the biggest per capita consumption of tilapia at 9.28 kilograms per year. In contrast, lower consumption estimates per person were recorded in Central Visayas at 0.25 kilogram per year and Eastern Visayas at 0.38 kilogram per year.
- Nationwide, the average per capita consumption of roundscad was 5.23 kilograms per year or 0.10 kilogram per week. The weekly per capita consumption ranged from 0.090 kilogram in November to 0.119 kilogram in May. Yearly consumption levels of roundscad per person were heaviest in Zamboanga Peninsula at 7.60 kilograms, Central Visayas at 7.35 kilograms and Eastern Visayas at 7.19 kilograms. CAR registered the lowest consumption at 2.95 kilograms per year.
- The country's per capita consumption of tuna (all species) averaged 2.71 kilograms per year. Weekly, it was computed at 0.05 kilogram. Higher weekly per capita consumption of tuna at 0.062 kilogram was registered in February. It was lower at 0.045 kilogram in

August. Davao Region topped the consumption of tuna at 7.37 kilograms per person per year. This was followed by Caraga at 6.03 kilograms per year. Annual per capita consumption of less than 1 kilogram was registered each in NCR, CAR, Cagayan Valley and Central Luzon.

- Dalagang bukid posted an average per capita consumption of 0.01 kilogram per week or 0.44 kilogram per year. On a quarterly basis, consumption did not vary much and this ranged from 0.007 kilogram to 0.010 kilogram. Regional consumption per person ranged 0.09 kilogram per year in Western Visayas to 1.02 kilograms per year in NCR.
- The annual per capita consumption of shrimp averaged 0.74 kilogram. This was 0.01 kilogram per week. Weekly per capita consumption was high in May at 0.017 kilogram. The rest of the survey periods had consumption at 0.013 kilogram to 0.014 kilogram. The leading consumers of shrimps were Western Visayas and Central Luzon with respective annual per person consumption estimates at 1.52 kilograms and 1.31 kilograms. On the other hand, lower per capita consumption levels were noted in SOCCSKSARGEN at 0.24 kilogram per year and Cagayan Valley at 0.25 kilogram per year.
- Mussels recorded an average annual per capita consumption of 0.38 kilogram. Weekly, it was estimated at 0.01 kilogram. Across the four survey months, weekly per capita consumption ranged from 0.006 kilogram to 0.008 kilogram. Annual per capita consumption of mussels in Davao Region and Eastern Visayas was high at around 0.90 kilogram each. It was low at 0.09 kilogram in ARMM and 0.08 kilogram in Zamboanga Peninsula.

Noodles

(Tables 9.44-9.50)

- Bihon posted an average annual per capita consumption of 1.08 kilograms. This was about 0.02 kilogram a week. By quarter, February recorded the highest weekly per capita consumption at 0.025 kilogram. It was lowest in August at 0.018 kilogram per week. Western Visayas recorded the highest consumption at 1.78 kilograms per person a year. The least consumption was noted in Ilocos Region at 0.49 kilogram per capita annually.
- Nationwide, the average consumption of sotanghon per person was estimated at 0.16 kilogram per annum or 0.003 kilogram per week. There was little variation in the weekly consumption of sotanghon across the reference months. This ranged from 0.002 kilogram to 0.004 kilogram. Regional consumption of this commodity was low

at 0.06 kilogram in ARMM and high at 0.34 kilogram in Western Visayas.

- The country's per capita consumption of pasta averaged 0.01 kilogram per week. On an annual basis, it was computed at 0.35 kilogram. Weekly per capita consumption was high in November at 0.008 kilogram and low in August at 0.005 kilogram. At the regional level, NCR topped in pasta consumption at 1.11 kilograms per person annually. This was only 0.01 kilogram in Zamboanga Peninsula.
- At the national level, canton recorded an average per capita consumption of 0.87 kilogram annually. It was estimated at 0.02 kilogram on a weekly basis. Weekly consumption was highest in February at 0.024 kilogram and lowest in November at 0.008 kilogram. Across regions, more consumption of canton was observed in ARMM at 3.31 kilograms per person a year. It was least eaten by every person in Davao Region at 0.12 kilogram per annum.
- The annual per capita consumption of fresh miki averaged 0.41 kilogram. On a weekly basis, consumption was computed at 0.01 kilogram. This ranged from a low of 0.007 kilogram in August and May to a high of 0.009 kilogram in February. In Northern Mindanao, consumption of fresh miki was biggest at 1.15 kilograms per person per year. ARMM registered the least annual consumption at 0.05 kilogram per person.
- Instant noodles were consumed in the country at an average of 0.05 kilogram per week or about 2.69 kilograms a year. Weekly per capita consumption peaked in February at 0.062 kilogram. It was low in May at 0.041 kilogram. Instant noodles were highly preferred in ARMM with annual per capita consumption at 4.60 kilograms. Low consumption of 1.72 kilograms was observed each in MIMAROPA, Central Visayas and Caraga.
- The average annual per capita consumption of rice noodles (misua) was only 0.12 kilogram. This was merely 0.002 kilogram per week. Across regions, Western Visayas topped in the consumption of rice noodles at 0.33 kilogram per person a year. Eastern Visayas came next at 0.26 kilogram per person annually. CAR and ARMM recorded the lowest annual per person consumption at 0.02 kilogram.

Bread

(Tables 9.51-9.53)

- The country's per capita consumption of "pandesal" averaged 211 pieces per year. Equivalently, this was around 4 pieces on a weekly basis across all survey periods. Regionwise, NCR recorded the

biggest per capita consumption of “pandesal” at 354 pieces yearly. On the other hand, consumption of “pandesal” in SOCCSKSARGEN was the least at 86 pieces per person per year.

- Sliced/loaf bread was consumed at an average of 5 packs per person a year. Among regions, ARMM was the leading consumer of this type of bread with annual per capita consumption of 11 packs. It was least consumed in MIMAROPA and Zamboanga Peninsula at about 2 packs per person a year.
- The national average per person consumption of buns was estimated at around one piece weekly or 47 pieces annually. Weekly consumption across the reference period was estimated at one piece per person. Buns were consumed highest in Eastern Visayas at 101 pieces and Davao Region at 98 pieces. On the other hand, annual per capita consumption in CAR was low at 7 pieces a year.

E. STAPLE FOOD OF HOUSEHOLDS AND RICE SUBSTITUTION

Staple Food (Table 10)

- Nationwide, rice was the staple food of 91.88 percent of the households. There were 8.05 percent of the households who reported corn as their staple food while 0.08 percent had other staple foods such as bread, potato, cassava, sweet potato and mixed rice and corn.
- Across regions, all households in Ilocos Region and Central Luzon considered rice as their main staple food. The same was mentioned by 99.72 percent to 99.93 percent of the households in CAR, Cagayan Valley, CALABARZON and MIMAROPA. Corn was reported as a staple food of 72.98 percent of the households in Zamboanga Peninsula. This was also cited by bigger percentages of the households in Northern Mindanao at 32.11 percent, in Central Visayas at 22.86 percent and in Davao Region at 20.64 percent. About 1.44 percent in Zamboanga Peninsula reported mixed rice and corn as the staple food.

Rice Substitution (Tables 11.1-12.9)

- Over the four survey periods, rice substitution was cited by 21.19 percent to 26.71 percent of the households who considered rice as staple food. At the regional level, rice substitution was a common practice in NCR, Central Luzon, CALABARZON and Bicol Region as reported by 28 to 40 percent of the households across the reference months. In contrast, a few of the households ranging

from 4 to 15 percent in Western and Central Visayas, Northern Mindanao, SOCCSKSARGEN and Caraga substituted other food items in place of rice.

- Bread was the leading substitute commodity for rice during meals as reported by 65.12 percent of the households nationwide. Consumption of banana saba in place of rice was claimed by 10.60 percent of the households. Around 7 percent cited substitution of sweet potato and instant noodles for rice. Corn and cassava were substitute commodities for about 4 percent of the households. Other rice substitutes included white potato, cereals and rice-based products, other noodles and root crops accounting for only 1.02 percent.
- By region, CALABARZON and NCR had bigger percentage of the households ranging from 87 to 89 percent who substituted bread for rice. In SOCCSKSARGEN, about 50.60 percent of the households ate banana saba in place of rice. Preference for banana saba was cited by 37.99 percent in ARMM. The incidence of substitution of sweet potato was higher in Caraga as reported by 34.96 percent of the households. Eating instant noodles in place of rice was a usual practice among 28.05 percent of the households in Cagayan Valley. Meanwhile, Central Visayas accounted for the biggest percentage of households at 49.48 percent who preferred corn as a substitute for rice. More households in ARMM, Caraga and Eastern Visayas ranging from 12 to 16 percent ate cassava instead of rice.
- Preference for the food items was the dominant reason for rice substitution. This was highly noted by 61.47 percent of the households nationwide whose substitute was bread, 55.37 percent for white potato, 51.07 percent for instant noodles, 49.76 percent for sweet potato, 43.48 percent for other commodities, 29.57 percent for cassava, 28.02 percent for corn, and 27.59 percent for banana.
- In ARMM, preference for the substitutes was cited by 75.04 percent of the households whose substitute was bread and 70.64 percent who ate instant noodles in place of rice. The same reason was stated by all households in Western Visayas who reported eating white potato and all households in NCR and Central Luzon whose substitute was cassava for rice. Around 75 percent in NCR indicated high preference for sweet potato and banana saba as the rationale for rice substitution.
- Affordability of the substitutes compared to rice motivated 23.12 percent and 36.52 percent of households to eat corn and white potato instead of rice, respectively. This was reasoned out by all the households in MIMAROPA who consumed white potato and 74.23 percent in Cagayan Valley who resorted to eating corn.

- Unaffordability to buy rice despite the availability of rice was cited by 39.74 percent of the households who substituted gabi and 26.34 percent who preferred to consume cassava in place of rice. This was the reason given by all households in Davao Region where cassava was their substitute and in Central Visayas and SOCCSKSARGEN who took gabi as rice substitute.
- Due to health reason, about 19.89 percent resorted to eating corn while 20.70 percent had other commodities as substitutes. Health reason caused 30 to 37 percent in Eastern Visayas and Zamboanga Peninsula to consume corn and all households in Davao Region who ate other commodities.
- Few households also mentioned other reasons for rice substitution. These included the unavailability of rice in the area, household residence was far from the source of rice, poor quality of available rice, substitute is more available, lack of time to cook and no viand.

F. RICE AND CORN LEFTOVERS, WASTAGE/SPOILAGE AND CONSUMPTION BY ANIMALS/PETS

(Tables 13.1-13.6)

- The average quantity of rice that was spoiled/ wasted per household in the country was 32.24 grams weekly. On a yearly basis, this added up to 1.68 kilograms of spoiled/ wasted rice per household. Across the reference months, bigger quantity of rice spoilage/wastage was recorded in August at 48.05 grams per household per week.
- At the regional level, CALABARZON posted the highest weekly quantity of rice that was spoiled/ wasted at 68.37 grams per household. This was followed by Caraga at 63.23 grams and Davao Region at 62.90 grams per household per week. In contrast, only 5.40 grams of rice wastage per household weekly was noted in ARMM.
- Nationwide, the amount of leftover rice that was fed to pets and animals averaged 216.52 grams per household per week. This was equivalent to 11.26 kilograms of leftover rice yearly. Bigger quantities of rice were fed to pets and animals during August at 246.48 grams and November at 224.27 grams per household per week.
- By region, the biggest weekly quantity of leftover rice fed to pets and animals was recorded in CAR at 509.98 grams per household. Likewise, Central Luzon and Cagayan Valley had more leftover rice for consumption of pets and animals at 421.09 grams and 347.20

grams per household per week, respectively. Smaller amounts were counted in ARMM at 10.45 grams, Zamboanga Peninsula at 59.48 grams and NCR at 68.93 grams.

- On the average, 103.42 grams of rice were purposely cooked for pets and animals per household per week or about 5.38 kilograms of rice per year. By reference month, May and February had bigger weekly quantities of cooked rice intended for pet and animal consumption at 139.03 grams and 135.58 grams per household, respectively.
- Across regions, the biggest quantity of rice purposely cooked for consumption by pets and animals was found in Cagayan Valley at 423.69 grams per household weekly. It was also higher in Central Visayas at 251.39 grams and Central Luzon at 183.70 grams. The least quantity of rice purposely cooked for pets and animals was posted in ARMM at 1.06 grams per household per week.
- For corn, about 3.35 grams per household per week were wasted nationwide. Annually, this was equivalent to 174.20 grams of corn wastage per household. February registered more corn wastage at 5.35 grams.
- At the regional level, the amount of corn wastage on a weekly basis ranged from a low of 0.01 gram in Cagayan Valley, Western Visayas and ARMM to a high of 64.17 grams in Zamboanga Peninsula.
- Countrywide, corn leftover for consumption of pets/animals averaged 22.81 grams per household weekly or 1.19 kilograms annually. The months of November and May had higher weekly average quantities of corn leftover corresponding to 27.82 grams and 24.74 grams per week that were fed to pets/animals.
- In Zamboanga Peninsula, the average weekly consumption of corn leftovers by animals and pets were recorded biggest at 186.73 grams per household. Central Visayas, Northern Mindanao and Davao Region had 88 grams to 90 grams of corn leftover for animal and pet consumption. Less than a gram of leftover corn per week was reported each in CAR, Cagayan Valley, CALABARZON, MIMAROPA and ARMM.
- Nationwide, the weekly quantity of corn cooked for consumption of pets and animals averaged 13.71 grams per household. Per year, it summed up to 712.69 grams per household. By reference month, more quantities of corn were purposely cooked for pets and animals during February at about 22.28 grams per household.
- Regionwise, Zamboanga Peninsula and Northern Mindanao indicated larger amounts of corn purposely cooked for animals and

pets at 89.49 grams and 62.55 grams, respectively. This was less than one gram each in MIMAROPA, Bicol Region and ARMM.

G. INFLUENCE OF DEMOGRAPHIC AND SOCIO-ECONOMIC FACTORS ON CONSUMPTION

Per Capita Consumption and Household Size (Table 14)

Rice and Corn

- During the reference period, average yearly per capita consumption of rice was higher among households with one (1) to three (3) members at 114.06 kilograms and in households with twelve (12) and more members at 120.01 kilograms.
- On the contrary, per person consumption of corn decreased with bigger household size. Households with one (1) to three (3) members and four (4) to five (5) members consumed bigger amount of corn at around 15.70 kilograms per person per year. It declined to 6.61 kilograms among households with at least twelve (12) members.

Root Crops

- Similar to rice, sweet potato and cassava consumption peaked among households with twelve (12) and more members. On the average, these households consumed as much as 9.31 kilograms of sweet potato and 3.67 kilograms of cassava annually.
- In the case of gabi and white potato, per person consumption corresponding to 1.24 kilograms and 1.17 kilograms were initially high among households with one (1) to three (3) members. Consumption levels decreased as households size increased to eight (8) to nine (9) members. But consumption estimates went up again among the households with ten (10) to eleven (11) members at 1.25 kilograms per person for gabi and 0.77 kilogram per person for white potato.

Vegetables, Legumes and Condiments

- The annual per capita consumption estimates of most vegetables were highest among the least household size of one (1) to three (3) members and decreased as the number of household members increased.

- However, the average yearly per capita consumption estimates of chayote at 2.76 kilograms, stringbeans at 4.24 kilograms and mongo at 1.30 kilograms were observed highest among households with the biggest size of twelve (12) and more members. In the case of habitchuelas, higher consumption estimates of about 0.20 kilogram were noted among households with one (1) to three (3) members and with eight (8) to nine (9) members.

Fruits

- The survey also indicated that fruit consumption was inversely related to household size. The levels of per capita consumption of fruits were highest among households with the least number of members at one (1) to three (3). In the case of banana, consumption declined at its lowest among households with eight (8) to nine (9) members before slightly increasing again in households with at least ten (10) members. For other fruits such as mango, pineapple, papaya (ripe) and calamansi, per capita consumption was lowest among households with ten (10) to eleven (11) members.

Livestock and Poultry Products

- The average yearly per capita consumption of pork with respect to household size showed a decreasing pattern from 11.89 kilograms among households with one (1) to three (3) members to 3.56 kilograms among households with twelve (12) and more members.
- In the case of chicken meat, chicken egg and fresh/pasteurized milk, consumption levels were highest among households with the smallest size and lowest among households with ten (10) to eleven (11) members. But consumption estimates went up slightly again in households with twelve (12) and more members.
- For beef, per capita consumption of households with one (1) to three (3) members averaged 1.52 kilograms. It declined to about 0.63 kilogram per person among households with eight (8) to nine (9) members and peaked at 2.01 kilograms among households with at least twelve (12) members.
- Carabeef and chevon (goat) consumption levels were observed highest among mid-sized households. In fact, per person consumption of carabeef averaged 0.26 kilogram among households with eight (8) to nine (9) members while chevon (goat) was consumed at 0.16 kilogram per person by households with six (6) to seven (7) members.
- Duck meat consumption in relation to household size had a fluctuating pattern. Higher levels of consumption at 0.25 kilogram,

0.22 kilogram and 0.14 kilogram were noted among households with one to three (1-3) members, six to seven (6-7) members and ten to eleven (10-11) members, respectively. On the other hand, lower levels of consumption were observed among households with four to five (4-5) members, eight to nine (8-9) members and twelve (12) and more members. Similarly, duck egg consumption varied with respect to household size.

Fish and Other Marine Products

- For most fish species, higher consumption levels were observed among smaller-sized households with at least one (1) member to about five (5) members. Meanwhile, bigger-sized households with twelve (12) or more members consumed the least quantity of milkfish at 2.26 kilograms per person, tuna (all species) at 1.91 kilograms per person and dalagang bukid at 0.08 kilogram per person yearly. In the case of tilapia, per capita consumption was lowest at 2.62 kilograms among households with ten (10) to eleven (11) members and for roundskad (galunggong) at 4.40 kilograms among households with eight (8) to nine (9) members.
- On the contrary, higher per capita consumption estimates of shrimp and mussels were reported among the bigger-sized households. Peak consumption of shrimp at 0.81 kilogram per person was noted among households with ten (10) to eleven (11) members. Similarly, per person consumption of mussels was highest at 0.61 kilogram in households with at least twelve (12) members.

Noodles

- Households with one (1) to three (3) members indicated the biggest consumption estimates for bihon at 1.18 kilograms, sotanghon at 0.32 kilogram, fresh miki at 0.47 kilogram and rice noodles (misua) at 0.16 kilogram per person per year. As the number of household members increases, consumption of these noodle products decreases.
- In contrast, the average annual per capita consumption of canton noodles was increasing with respect to the number of household members. Households with twelve (12) and more members consumed the biggest quantity of canton at 4.09 kilograms per person annually. Likewise, consumption of instant noodles peaked at 5.25 kilograms per person per year among households with at least twelve (12) members.
- Meanwhile, per person consumption of pasta increased from 0.34 kilogram among households with one (1) to three (3) members to 0.43 kilogram among households with six (6) to seven (7) members.

Then, consumption of this noodle product declined to its lowest level at 0.14 kilogram per person yearly among households with twelve (12) and more members.

Bread

- “Pandesal” consumption decreased as the household size increased. Households with one (1) to three (3) members ate the most quantity of “pandesal” at 284 pieces per person per year. However, households with ten (10) to eleven (11) members consumed the least at about 139 pieces per person annually. However, those with 12 and more members had higher consumption at 189 pieces per person a year.
- The average per capita consumption of buns was initially high at 59 pieces among the smallest-sized households and decreased to about 35 pieces among households with eight (8) to nine (9) members. As the number of households increased to twelve (12) and more members, per person consumption of buns also increased to as high as 61 pieces yearly.
- Similarly, sliced/loaf bread consumption was high at 8 packs per person in households with one (1) to three (3) members. It declined to about 4 packs per person per year among households with eight (8) to nine (9) members before increasing again to as much as 10 packs per person in households with at least twelve (12) members.

Per Capita Consumption and Ratio of Working Members (Table 15)

- The results of the survey showed that the per capita consumption estimates of most of the food items were higher among households with more working members.

Rice and Corn

- For rice, households with less than or equal to 20 percent working members cited the lowest consumption level at 107.17 kilograms per person per year while the biggest per capita consumption at 121.75 kilograms was noted in households with 80 to 100 percent working members.
- In the case of corn, consumption estimates decreased from 16.03 kilograms among households with the least working members to 12.06 kilograms among households with about 60 to 79 percent working members. But it went up again to as much as 19.51 kilograms in households with 80 to 100 percent working members.

Root Crops

- Households with 80 to 100 percent working members consumed the biggest sweet potato at 6.53 kilograms per person, white potato at 1.62 kilograms per person and gabi at 1.31 kilograms per person.
- On the other hand, per person consumption of cassava was biggest at 3.40 kilograms among households with less than or equal to 20 percent working members.

Vegetables, Legumes and Condiments

- Except for habitchuelas, consumption estimates of vegetables, legumes and condiments were biggest among households with the most number of working members (80-100% working). Households with about 40 to 59 percent working members consumed the biggest amount of habitchuelas at 0.27 kilogram per person per year.

Fruits

- The levels of consumption of fruits were also higher for households with more working members. Those households with 80 to 100 percent working members consumed the biggest quantity of banana (except saba) at 19.05 kilograms, saba at 10.18 kilograms, mango at 6.82 kilograms, pineapple at 1.93 kilograms, papaya (ripe) at 3.58 kilograms and calamansi at 3.13 kilograms per person annually.

Livestock and Poultry Products

- The average per capita consumption of pork, chicken meat and eggs consistently increased with more working members of the households. From 6.02 kilograms of pork in households with less than 20 percent working members, it peaked at 16.72 kilograms among households with 80 to 100 percent working members. Likewise, these households with the most working members ate the biggest quantity of chicken meat at 13.93 kilograms per person and chicken eggs at about 119 pieces per person.
- For beef, per person consumption at 1.78 kilograms was highest among households with 60 to 79 percent working members. Similarly, these households ate as much as 0.26 kilogram of chevon (goat) annually.
- In the case of carabeef, consumption estimates were higher at 0.26 kilogram and 0.30 kilogram among households with 21 to 39 percent and 80 to 100 percent working members, respectively.

- Consumption of duck meat averaged the least at 0.11 kilogram per person among households with less than or equal to 20 percent working members. It increased to 0.22 kilogram among households with 21 to 39 percent working members but declined to 0.18 kilogram in households with 60 to 79 percent working members. The biggest per capita consumption of duck meat at 0.44 kilogram was registered in households with 80 to 100 percent working members. For duck eggs, per person consumption was highest at about 4 pieces yearly among households with 40 to 59 percent working members.
- Fresh/pasteurized milk consumption ranged from 0.23 liter to 0.25 liter in households with less than or equal to 20 percent working members and those with about 40 to 59 percent working members. The biggest consumption of fresh/pasteurized milk at 0.73 liter was noted among households with 80 to 100 percent working members.

Fish and Other Marine Products

- Higher per capita consumption of fish and other marine products were also observed among households with more working members. Households with 80 to 100 percent working members consumed the biggest quantity of milkfish at 8.24 kilograms, tilapia at 6.75 kilograms, roundscad (galunggong) at 8.05 kilograms, tuna (all species) at 4.34 kilograms, dalagang bukid at 1.20 kilograms and shrimp at 1.40 kilograms. In the case of mussels, per person consumption was highest at 0.52 kilogram among households with 60 to 79 percent working members.

Noodles

- Most noodle products were consumed in bigger amounts by households with more working members. However, the top consumers of canton noodles were noted among households with less than or equal to 20 percent working members. This group recorded per capita consumption at 1.31 kilograms annually. Canton noodles was least eaten among households with 80 to 100 percent working members at 0.23 kilogram.

Bread

- Households with 80 to 100 percent working members consumed the biggest quantity of “pandesal” at 323 pieces, sliced/loaf bread at about 9 packs and buns at 70 pieces per person yearly.

Per Capita Consumption and Classification of Barangays (Table 16)

Rice and Corn

- Consumption by barangay classification showed that households living in rural barangays ate more rice and corn than the households in urban barangays.
- The average annual per capita consumption of rice among rural dwellers was 113 kilograms. This was about eleven (11) kilograms higher than the consumption of urban households at 102.34 kilograms. Similarly, the difference in corn consumption was high at 16.69 kilograms with rural households consuming as much as 19.60 kilograms compared to 2.91 kilograms of urban households.

Root Crops

- Bigger quantities of root crops were also consumed in rural barangays during the reference period. The average annual per capita consumption of rural dwellers ranged from 1.05 kilograms of gabi to 5.26 kilograms of sweet potato.
- On the other hand, per person consumption of white potato at 1.46 kilograms was higher in urban barangays compared to the consumption in rural barangays at 0.68 kilogram yearly.

Vegetables, Legumes and Condiments

- Households in urban barangays posted bigger consumption estimates for upland vegetables like chayote at 2.13 kilograms, cabbage at 1.80 kilograms and carrots at 0.85 kilogram per person per year. In addition, urban dwellers ate more ampalaya at 2.74 kilograms and gourd (upo) at 0.98 kilogram. Vegetables used as condiments such as tomato, onion and garlic were also more preferred in urban barangays with average yearly per capita consumption corresponding to 3.45 kilograms, 2.84 kilograms and 1.54 kilograms.
- On the contrary, households in rural barangays ate more of the tropical vegetables and legumes. These households consumed as much as 4.45 kilograms of eggplant, 3.14 kilograms of squash and 2.18 kilograms of stringbeans per person per year. Moreover, rural dwellers registered bigger per capita consumption of okra at 1.26 kilograms, pechay at 1.24 kilograms and mongo at 0.82 kilogram.

Fruits

- Urban dwellers were heavy consumers of most fruits such that their consumption estimates averaged 12.31 kilograms for banana (except saba), 4.06 kilograms for mango, 1.77 kilograms for calamansi and 1.09 kilograms for pineapple.
- In contrast, households in rural barangays ate more saba at 8.98 kilograms per person and papaya (ripe) at 2.21 kilograms per person yearly.

Livestock and Poultry Products

- Bigger quantities of the major meat and poultry products were eaten by households in urban barangays. The per capita consumption levels of these households were 12.87 kilograms for pork, 13.17 kilograms for chicken meat, 1.27 kilograms for beef and about 113 pieces for chicken egg annually. In addition, these households consumed more fresh/pasteurized milk at 0.63 liter per person per year.
- Rural dwellers ate more carabeef and duck meat at 0.24 kilogram each, chevon at 0.12 kilogram and duck egg at about 4 pieces per person per year.

Fish and Other Marine Products

- Estimates of per capita consumption of milkfish, tilapia and roundskad (galunggong) were higher in urban barangays than in rural barangays. Urban residents consumed these commodities at an average of six (6) kilograms each annually. Likewise, urban households recorded higher per capita consumption levels of dalagang bukid at 0.75 kilogram, shrimp at 0.96 kilogram and mussels at 0.63 kilogram.
- On the other hand, rural dwellers were the heavier consumers of tuna (all species) at 3.05 kilograms per year.

Noodles

- Rural households indicated higher annual per capita consumption for instant noodles at 2.78 kilograms, canton at 0.98 kilogram and fresh miki at 0.45 kilogram.
- Meanwhile, urban residents registered bigger consumption estimates for other noodles which ranged from 0.17 kilogram of rice noodles (misua) to 1.36 kilogram of bihon.

Bread

- “Pandesal” was highly preferred bread in urban barangays with average per capita consumption of 314 pieces yearly. This was higher by about 146 pieces compared to the consumption in rural barangays. On the other hand, more buns were eaten by the rural dwellers at 49 pieces annually while consumption estimate in urban households figured to 41 pieces annually.
- For sliced/loaf bread, disparity in consumption level of urban and rural barangays was about half pack. Households in urban barangays consumed about 5.66 packs of sliced/loaf bread while those in the rural barangays ate about 5.17 packs per person per year.

STATISTICAL TABLES

Table 1. Average household size and percentage distribution of household members by sex and region, Philippines, 2015-2016

Region	Average Household Size	Sex	
		Male	Female
----- in percent -----			
PHILIPPINES	5.0	49.72	50.28
NCR	4.9	47.50	52.50
CAR	5.1	49.24	50.76
Ilocos Region	4.8	49.89	50.11
Cagayan Valley	4.7	50.58	49.42
Central Luzon	4.8	49.77	50.23
CALABARZON	4.8	48.87	51.13
MIMAROPA	4.6	50.00	50.00
Bicol Region	5.0	50.52	49.48
Western Visayas	4.9	47.92	52.08
Central Visayas	4.9	49.93	50.07
Eastern Visayas	5.0	52.69	47.31
Zamboanga Peninsula	4.8	52.34	47.66
Northern Mindanao	5.0	49.07	50.93
Davao Region	4.7	50.75	49.25
SOCCSKSARGEN	4.8	51.18	48.82
Caraga	5.0	50.03	49.97
ARMM	5.9	50.73	49.27

Table 2. Average age and percentage distribution of household members by age group and region, Philippines, 2015-2016

Region	Average Age (in years)	AGE GROUP (year)								
		0 - 4	5 - 9	10 - 14	15 - 21	22 - 35	36 - 46	47 - 55	56 - 65	Over 65
----- in percent -----										
PHILIPPINES	28	9.70	10.62	11.53	14.29	20.08	13.04	8.78	6.79	5.15
NCR	29	9.31	9.16	9.85	14.65	21.63	13.80	9.32	7.99	4.29
CAR	28	10.43	11.08	10.01	13.95	22.15	12.09	8.14	6.93	5.22
Ilocos Region	31	7.47	9.84	10.30	14.35	20.81	11.89	9.18	8.61	7.54
Cagayan Valley	28	8.70	11.31	11.91	13.20	19.76	14.11	9.14	7.56	4.30
Central Luzon	30	8.54	9.67	9.70	14.60	19.61	13.94	10.15	7.60	6.20
CALABARZON	30	9.50	10.16	9.40	12.22	21.10	14.08	10.35	6.96	6.23
MIMAROPA	28	9.87	12.69	13.27	13.38	17.63	12.41	7.32	7.16	6.27
Bicol Region	27	10.59	13.25	12.68	14.07	17.39	10.97	7.90	7.40	5.75
Western Visayas	30	9.19	9.05	11.34	12.55	21.09	13.66	9.53	7.40	6.19
Central Visayas	28	10.83	12.67	9.66	13.15	21.26	11.30	9.13	6.11	5.89
Eastern Visayas	27	11.48	12.20	11.55	15.41	18.54	11.77	8.11	6.43	4.53
Zamboanga Peninsula	28	10.43	10.45	14.21	14.30	16.32	12.67	9.82	6.38	5.41
Northern Mindanao	27	12.21	13.46	11.14	13.48	17.91	11.85	8.80	6.78	4.38
Davao Region	31	8.44	10.95	10.23	12.89	19.00	14.62	7.98	8.35	7.54
SOCCSKSARGEN	28	9.00	13.14	10.73	13.60	19.04	13.13	9.66	6.82	4.87
Caraga	29	11.91	9.40	10.38	14.57	19.27	11.67	9.67	6.99	6.14
ARMM	25	9.63	10.18	16.13	17.03	20.59	13.21	6.24	4.23	2.77

Table 3. Percentage distribution of household members by highest educational attainment and region, Philippines, 2015-2016

Region	Elementary Level	Elementary Graduate	High School Level	High School Graduate	College Level
PHILIPPINES	22.33	11.05	15.05	18.18	10.94
NCR	14.15	6.56	13.38	24.93	15.63
CAR	21.30	10.45	15.32	15.90	12.62
Ilocos Region	15.55	13.02	11.96	27.01	9.73
Cagayan Valley	20.20	12.62	18.00	18.05	10.57
Central Luzon	16.99	13.63	14.92	23.47	9.17
CALABARZON	16.47	9.50	14.26	23.82	12.71
MIMAROPA	25.22	14.92	18.26	14.54	7.36
Bicol Region	22.75	17.56	15.92	16.23	7.06
Western Visayas	22.34	8.92	15.54	17.08	12.47
Central Visayas	24.61	11.03	13.09	20.16	9.58
Eastern Visayas	26.03	11.53	18.71	14.20	8.83
Zamboanga Peninsula	35.62	15.60	16.92	11.29	6.81
Northern Mindanao	30.52	11.19	15.21	12.73	10.25
Davao Region	24.05	11.27	15.81	16.03	9.44
SOCCSKSARGEN	26.05	11.78	16.24	17.24	8.78
Caraga	20.48	12.95	18.49	18.01	11.12
ARMM	30.50	10.69	14.70	9.03	10.56

Table 3. (Concluded)

Region	College Graduate	Post Graduate	Vocational	Pre-school	No Schooling
PHILIPPINES	10.30	0.19	2.62	4.22	5.13
NCR	14.84	0.15	3.17	3.15	4.02
CAR	13.29	0.30	2.76	4.33	3.73
Ilocos Region	10.54	0.07	6.12	2.52	3.48
Cagayan Valley	10.68	0.10	2.43	5.39	1.97
Central Luzon	10.92	0.12	4.91	3.18	2.68
CALABARZON	11.18	0.01	4.39	4.10	3.56
MIMAROPA	6.79	0.03	3.33	3.79	5.77
Bicol Region	8.35	a/	3.06	5.04	4.03
Western Visayas	14.96	0.14	2.39	3.98	2.19
Central Visayas	8.47	0.69	1.98	4.52	5.88
Eastern Visayas	9.65	0.07	0.84	6.23	3.91
Zamboanga Peninsula	4.09	0.02	0.60	6.07	2.98
Northern Mindanao	7.74	0.03	0.75	6.28	5.30
Davao Region	11.55	0.21	3.48	5.22	2.94
SOCCSKSARGEN	7.54	0.02	3.37	4.95	4.01
Caraga	9.42	0.06	2.50	3.85	3.11
ARMM	7.33	0.50	0.05	4.16	12.47

a/ less than 0.01

Table 4. Percentage distribution of employed household members by main occupation and region, Philippines, 2015-2016

Region	Officials of the Government and Special Interest Organizations, Corporate Executives, Managers Managing Proprietors and Supervisors	Professionals	Technicians and Associate Professionals	Clerks	Service Workers and Shop and Market Sales Workers
PHILIPPINES	9.71	5.52	2.65	4.93	14.11
NCR	13.56	5.01	3.10	10.45	17.27
CAR	7.81	5.32	2.38	3.41	14.90
Ilocos Region	8.77	5.56	2.55	2.14	17.26
Cagayan Valley	6.24	4.90	1.54	3.21	10.39
Central Luzon	10.66	6.61	2.95	5.88	16.15
CALABARZON	9.51	6.69	3.39	6.36	19.74
MIMAROPA	6.33	4.65	1.33	2.20	17.20
Bicol Region	8.77	6.66	1.91	3.01	9.37
Western Visayas	9.05	6.52	2.30	8.47	17.80
Central Visayas	9.34	2.38	3.85	2.64	11.03
Eastern Visayas	8.18	5.85	2.06	3.93	12.17
Zamboanga Peninsula	4.87	2.73	0.50	0.89	5.24
Northern Mindanao	10.25	4.87	1.42	1.81	14.31
Davao Region	9.74	5.88	1.44	4.20	11.28
SOCCSKSARGEN	9.25	4.31	1.52	2.05	13.69
Caraga	9.39	7.20	2.32	5.06	12.70
ARMM	9.47	5.74	3.39	1.84	8.43

Table 4. (Concluded)

Region	Farmers, Forestry Workers and Fishermen	Craft and Related Trades Workers	Plant and Machine Operators and Assemblers	Elementary Occupation: Laborers and Unskilled Workers	Enlisted Personnels
PHILIPPINES	23.96	8.91	9.27	20.66	0.29
NCR	1.00	16.61	12.64	19.98	0.38
CAR	33.84	4.17	6.43	20.64	1.09
Ilocos Region	19.88	8.42	7.86	27.33	0.22
Cagayan Valley	27.95	5.39	6.91	32.88	0.58
Central Luzon	13.12	9.96	13.64	20.89	0.15
CALABARZON	9.57	11.41	13.14	19.78	0.42
MIMAROPA	30.13	8.61	8.35	21.09	0.11
Bicol Region	32.17	9.78	5.58	22.70	0.06
Western Visayas	15.19	5.40	8.29	26.73	0.25
Central Visayas	20.55	13.46	10.77	25.97	
Eastern Visayas	35.58	9.17	4.65	18.36	0.05
Zamboanga Peninsula	62.29	3.15	5.84	13.23	1.26
Northern Mindanao	28.40	6.37	6.26	25.70	0.61
Davao Region	25.04	4.67	9.92	27.44	0.39
SOCCSKSARGEN	31.49	4.45	5.58	27.35	0.29
Caraga	23.32	9.37	8.44	21.96	0.24
ARMM	54.25	3.06	5.79	7.94	0.07

Table 5. Percentage of households by commodity consumed, Philippines, 2015-2016

Commodity	Percentage
<i>Rice and Corn</i>	
Rice (plain)	93.39
Corn in cob (green ears)	10.79
Corn grits	10.42
Shelled corn	1.19
<i>Root Crops</i>	
Sweet Potato	24.30
Cassava	13.19
Gabi	11.48
White Potato	15.49
<i>Vegetables, Legumes and Condiments</i>	
Ampalaya	39.65
Eggplant	56.00
Chayote	19.87
Gourd (upo)	9.21
Squash	40.24
Okra	38.41
Carrots	13.56
Cabbage	19.79
Pechay	25.54
Stringbeans	37.08
Habitchuelas	3.46
Mongo	22.26
Tomato	65.74
Onion	89.76
Garlic	87.76
<i>Fruits</i>	
Banana (except saba)	55.31
Saba	27.55
Mango	21.64
Pineapple	5.87
Papaya (ripe)	12.62
Calamansi	35.46
<i>Livestock and Poultry Products</i>	
Pork	62.14
Beef	9.66
Carabeef	1.08
Chevon (goat)	0.70
Chicken	62.97
Duck	1.03
Chicken Egg	82.33
Duck Egg	3.47
Fresh/pasteurized milk	1.60
<i>Fish and Other Marine Products</i>	
Milkfish	37.82
Tilapia	36.35
Roundscad (Galunggong)	43.29
Tuna (all species)	20.29
Dalagang bukid	4.27
Shrimp	10.05
Mussels	3.14
<i>Noodles</i>	
Bihon	16.76
Sotanghon	4.16
Pasta	4.38
Canton	9.79
Fresh miki	5.34
Instant noodles	70.12
Rice noodles (misua)	5.45
<i>Bread</i>	
Pandesal	54.32
Sliced/loaf bread	23.94
Buns	30.39

Table 6. Percentage of households by source of food eaten and commodity, Philippines, 2015-2016

Commodity	Bought	Own Produced	Received
<i>Rice and Corn</i>			
Rice (plain)	88.24	10.34	2.09
Corn in cob (green ears)	78.98	12.14	9.66
Corn grits	64.61	32.33	4.56
Shelled corn	71.23	22.98	5.78
<i>Root Crops</i>			
Sweet Potato	60.46	26.57	13.09
Cassava	34.33	47.99	18.27
Gabi	64.06	28.90	7.17
White Potato	96.95	0.51	2.66
<i>Vegetables, Legumes and Condiments</i>			
Ampalaya	82.69	12.04	5.70
Eggplant	75.91	18.17	6.27
Chayote	84.67	9.52	5.89
Gourd (upo)	71.23	14.59	14.26
Squash	81.25	10.60	8.26
Okra	73.23	21.42	5.75
Carrots	97.06	0.41	2.69
Cabbage	97.34	0.60	2.16
Pechay	89.10	5.64	5.40
Stringbeans	78.19	15.64	6.42
Habitchuelas	90.41	4.24	5.47
Mongo	91.73	4.42	4.04
Tomato	93.79	3.66	2.70
Onion	97.84	0.88	1.34
Garlic	98.06	0.38	1.62
<i>Fruits</i>			
Banana (except saba)	74.29	18.77	7.15
Saba	46.18	38.22	16.60
Mango	69.06	14.29	17.49
Pineapple	65.70	19.26	15.14
Papaya (ripe)	28.39	53.27	18.54
Calamansi	70.65	19.90	9.77
<i>Livestock and Poultry Products</i>			
Pork	96.45	0.44	3.37
Beef	95.18	0.54	4.35
Carabeef	71.92	1.44	26.87
Chevon (goat)	70.00	5.45	34.93
Chicken	87.55	10.36	2.36
Duck	24.89	60.75	14.36
Chicken Egg	94.35	5.18	0.75
Duck Egg	67.80	25.49	6.95
Fresh/pasteurized milk	92.04	2.19	5.77
<i>Fish and Other Marine Products</i>			
Milkfish	97.06	0.68	2.44
Tilapia	94.01	2.47	3.67
Roundscad (Galunggong)	96.50	1.49	2.11
Tuna (all species)	93.65	2.47	4.15
Dalagang bukid	93.30	3.80	4.47
Shrimp	86.47	6.05	7.50
Mussels	86.75	5.31	7.94
<i>Noodles</i>			
Bihon	95.03		5.01
Sotanghon	97.89		2.11
Pasta	87.57		12.48
Canton	98.78		1.26
Fresh miki	97.54		2.46
Instant noodles	99.37		0.68
Rice noodles (misua)	99.00		1.00
<i>Bread</i>			
Pandesal	98.80	0.24	0.97
Sliced/loaf bread	97.89	0.16	2.00
Buns	98.36	0.29	1.40

Table 6.01 *Rice (plain)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	88.24	10.34	2.09
NCR	98.83	0.42	1.36
CAR	59.49	42.01	3.84
Ilocos Region	72.35	24.46	3.73
Cagayan Valley	66.84	30.28	2.94
Central Luzon	82.78	14.06	4.34
CALABARZON	94.87	4.00	1.53
MIMAROPA	68.97	26.54	5.32
Bicol Region	75.63	23.38	2.29
Western Visayas	83.18	15.19	1.99
Central Visayas	88.58	10.77	1.45
Eastern Visayas	87.67	11.51	0.92
Zamboanga Peninsula	82.96	12.75	4.61
Northern Mindanao	92.66	5.39	2.62
Davao Region	90.77	7.50	2.24
SOCCKSARGEN	83.19	12.90	4.30
Caraga	84.74	13.18	2.26
ARMM	98.83	1.57	0.11

Table 6.02 *Corn in cob (green ears)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	78.98	12.14	9.66
NCR	97.45	0.11	2.43
CAR	80.38	11.69	7.94
Ilocos Region	78.24	10.22	12.09
Cagayan Valley	81.54	10.29	8.16
Central Luzon	85.57	2.51	11.92
CALABARZON	83.56	4.28	12.72
MIMAROPA	72.73	9.70	17.84
Bicol Region	78.22	9.57	12.26
Western Visayas	81.76	6.07	12.17
Central Visayas	52.64	32.80	14.59
Eastern Visayas	59.88	27.06	13.06
Zamboanga Peninsula	33.46	56.85	9.70
Northern Mindanao	66.46	15.48	18.26
Davao Region	62.20	17.70	20.09
SOCCKSARGEN	73.06	15.53	12.63
Caraga	72.64	6.72	20.63
ARMM	24.53	75.68	7.15

Table 6.03 *Corn grits* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	64.61	32.33	4.56
NCR	96.73		3.27
CAR	41.53	36.97	21.50
Ilocos Region	87.69	6.59	5.72
Cagayan Valley	32.83	38.53	28.64
Central Luzon	88.58	4.41	7.00
CALABARZON	66.04	10.64	23.33
MIMAROPA	22.72	20.03	57.25
Bicol Region	64.76	35.22	0.90
Western Visayas	81.80	16.95	1.24
Central Visayas	86.56	10.13	3.41
Eastern Visayas	86.68	7.36	5.96
Zamboanga Peninsula	43.49	61.01	0.74
Northern Mindanao	71.26	26.63	2.31
Davao Region	88.12	11.23	0.99
SOCCSKSARGEN	58.32	39.34	2.89
Caraga	73.49	21.00	5.51
ARMM	9.22	63.38	27.40

Table 6.04 *Shelled corn* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	71.23	22.98	5.78
NCR	95.13		4.87
CAR	37.08	37.16	25.76
Ilocos Region	76.00	6.20	17.80
Cagayan Valley	93.13	5.25	1.62
Central Luzon	76.87	6.54	16.59
CALABARZON	88.32	4.46	7.21
MIMAROPA	42.75	33.38	23.87
Bicol Region	97.76		2.24
Western Visayas	55.24	44.76	
Central Visayas	100.00		
Eastern Visayas		63.18	36.82
Zamboanga Peninsula			
Northern Mindanao	78.09	20.92	0.99
Davao Region	100.00		
SOCCSKSARGEN	58.33	36.06	5.60
Caraga			
ARMM	4.27	95.24	0.49

Table 6.05 *Sweet Potato* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	60.46	26.57	13.09
NCR	96.22	1.41	2.37
CAR	53.07	34.00	13.25
Ilocos Region	79.82	9.18	12.03
Cagayan Valley	56.99	34.05	9.01
Central Luzon	87.19	4.44	8.66
CALABARZON	66.13	16.10	17.77
MIMAROPA	55.46	23.02	21.56
Bicol Region	70.72	20.98	8.44
Western Visayas	63.89	16.63	19.48
Central Visayas	67.04	20.14	12.97
Eastern Visayas	58.55	31.99	9.72
Zamboanga Peninsula	15.70	76.50	7.80
Northern Mindanao	56.65	29.67	14.00
Davao Region	62.09	22.71	15.20
SOCCSKSARGEN	60.18	26.85	12.97
Caraga	55.11	24.76	20.28
ARMM	18.56	57.70	23.77

Table 6.06 *Cassava* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	34.33	47.99	18.27
NCR	86.64	3.67	9.69
CAR	30.08	55.03	15.50
Ilocos Region	62.32	25.10	12.58
Cagayan Valley	19.76	52.41	27.83
Central Luzon	71.78	18.88	9.34
CALABARZON	31.64	38.38	29.98
MIMAROPA	25.82	52.40	22.46
Bicol Region	46.79	40.00	13.24
Western Visayas	31.87	47.84	20.40
Central Visayas	21.48	52.23	26.31
Eastern Visayas	45.45	39.83	14.72
Zamboanga Peninsula	4.87	81.97	13.17
Northern Mindanao	16.44	59.83	23.89
Davao Region	15.14	57.12	27.74
SOCCSKSARGEN	13.29	69.89	16.82
Caraga	42.25	33.90	23.85
ARMM	33.66	58.65	11.69

Table 6.07 *Gabi* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	64.06	28.90	7.17
NCR	94.76	3.22	2.02
CAR	45.42	43.23	11.64
Ilocos Region	65.90	21.45	13.27
Cagayan Valley	37.48	49.48	13.04
Central Luzon	93.35	4.22	2.44
CALABARZON	70.23	22.97	6.80
MIMAROPA	53.21	34.94	12.62
Bicol Region	68.20	28.30	3.49
Western Visayas	44.50	46.87	8.63
Central Visayas	70.95	20.95	8.14
Eastern Visayas	18.96	78.63	2.41
Zamboanga Peninsula	6.20	85.16	8.64
Northern Mindanao	35.74	54.30	12.05
Davao Region	52.24	34.37	13.81
SOCCSKSARGEN	26.57	63.79	9.64
Caraga	55.57	37.36	7.08
ARMM	9.38	72.61	18.01

Table 6.08 *White Potato* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	96.95	0.51	2.66
NCR	98.14	0.05	1.83
CAR	78.64	7.19	14.50
Ilocos Region	95.86	0.92	3.33
Cagayan Valley	93.47	0.90	5.64
Central Luzon	98.85		1.43
CALABARZON	98.27	0.34	1.61
MIMAROPA	90.89	0.38	8.73
Bicol Region	98.33		1.67
Western Visayas	98.44	0.21	1.39
Central Visayas	96.25		3.75
Eastern Visayas	95.34		4.66
Zamboanga Peninsula	49.46	4.12	46.42
Northern Mindanao	91.49	3.00	5.72
Davao Region	91.20	3.87	4.93
SOCCSKSARGEN	95.46	2.80	1.74
Caraga	98.68	0.16	1.16
ARMM	99.78	0.22	

Table 6.09 *Ampalaya* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	82.69	12.04	5.70
NCR	98.16	0.31	1.54
CAR	71.88	23.55	5.32
Ilocos Region	78.15	14.16	8.03
Cagayan Valley	71.84	23.95	4.28
Central Luzon	82.69	6.42	10.99
CALABARZON	87.87	4.84	7.34
MIMAROPA	83.28	10.38	6.53
Bicol Region	87.31	9.10	3.96
Western Visayas	85.73	9.62	4.73
Central Visayas	81.26	11.48	7.35
Eastern Visayas	76.49	17.62	6.00
Zamboanga Peninsula	51.92	45.71	4.76
Northern Mindanao	87.06	7.39	5.64
Davao Region	85.44	10.16	4.45
SOCCSKSARGEN	69.35	21.73	8.92
Caraga	82.18	10.44	7.54
ARMM	66.22	30.76	5.45

Table 6.10 *Eggplant* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	75.91	18.17	6.27
NCR	98.65	0.36	1.01
CAR	64.34	31.38	5.17
Ilocos Region	74.72	17.06	9.18
Cagayan Valley	67.64	27.78	4.62
Central Luzon	80.62	9.25	10.41
CALABARZON	82.27	10.61	7.17
MIMAROPA	69.69	22.80	8.27
Bicol Region	78.40	17.94	3.66
Western Visayas	81.95	12.39	5.66
Central Visayas	77.25	17.07	6.04
Eastern Visayas	62.36	32.93	4.74
Zamboanga Peninsula	26.36	69.72	3.92
Northern Mindanao	67.79	24.57	7.78
Davao Region	75.09	20.34	4.77
SOCCSKSARGEN	65.33	28.85	5.85
Caraga	78.35	16.53	5.30
ARMM	64.95	25.27	11.35

Table 6.11 *Chayote* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	84.67	9.52	5.89
NCR	98.19	0.06	1.77
CAR	31.71	47.73	21.58
Ilocos Region	94.43	2.01	4.25
Cagayan Valley	73.16	20.29	6.56
Central Luzon	97.40	0.21	2.39
CALABARZON	74.44	7.97	17.60
MIMAROPA	92.85	1.63	5.52
Bicol Region	97.10	0.59	2.31
Western Visayas	95.68	0.50	3.82
Central Visayas	88.31	4.67	7.02
Eastern Visayas	93.13	0.46	6.41
Zamboanga Peninsula	59.12	39.00	1.88
Northern Mindanao	76.64	19.39	4.60
Davao Region	85.70	7.03	7.27
SOCCSKSARGEN	66.69	27.31	6.00
Caraga	98.16	0.27	1.58
ARMM	62.63	30.72	6.69

Table 6.12 *Gourd (upo)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	71.23	14.59	14.26
NCR	97.43	1.04	1.53
CAR	58.33	25.95	16.73
Ilocos Region	66.39	12.56	21.33
Cagayan Valley	50.29	34.56	15.15
Central Luzon	68.06	9.85	22.19
CALABARZON	76.78	9.46	13.76
MIMAROPA	57.93	18.59	23.48
Bicol Region	82.23	7.79	10.28
Western Visayas	71.16	17.36	11.48
Central Visayas	84.59	6.32	9.09
Eastern Visayas	65.86	21.98	12.46
Zamboanga Peninsula	32.39	59.50	8.11
Northern Mindanao	45.50	23.94	30.56
Davao Region	82.54	9.33	8.13
SOCCSKSARGEN	56.35	32.02	11.63
Caraga	76.62	9.91	13.47
ARMM	39.39	33.61	27.00

Table 6.13 *Squash* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	81.25	10.60	8.26
NCR	98.61	0.22	1.18
CAR	61.11	28.12	11.23
Ilocos Region	82.92	8.02	9.92
Cagayan Valley	75.26	14.01	10.75
Central Luzon	89.41	3.33	7.27
CALABARZON	80.97	8.14	11.09
MIMAROPA	74.68	12.59	12.94
Bicol Region	79.13	12.60	8.29
Western Visayas	86.63	6.61	6.77
Central Visayas	86.90	7.37	5.87
Eastern Visayas	79.37	13.07	7.68
Zamboanga Peninsula	70.54	24.64	4.88
Northern Mindanao	73.93	12.24	14.21
Davao Region	78.60	12.80	8.70
SOCCSKSARGEN	71.17	17.06	11.77
Caraga	80.97	11.47	7.56
ARMM	43.97	34.89	21.14

Table 6.14 *Okra* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	73.23	21.42	5.75
NCR	98.37	0.63	1.02
CAR	72.77	23.25	4.38
Ilocos Region	72.26	17.85	10.53
Cagayan Valley	60.57	31.77	7.76
Central Luzon	80.84	10.93	8.31
CALABARZON	81.21	13.45	5.46
MIMAROPA	65.76	25.27	9.55
Bicol Region	71.12	24.13	4.75
Western Visayas	75.90	16.98	7.13
Central Visayas	78.14	17.18	5.04
Eastern Visayas	44.22	48.89	7.01
Zamboanga Peninsula	15.99	78.44	5.56
Northern Mindanao	60.54	26.17	13.40
Davao Region	62.97	29.57	7.68
SOCCSKSARGEN	56.57	37.55	5.87
Caraga	71.89	20.83	7.46
ARMM	57.02	44.35	3.21

Table 6.15 *Carrots* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.06	0.41	2.69
NCR	98.29	0.09	2.01
CAR	84.42	5.51	10.32
Ilocos Region	97.05	0.34	2.95
Cagayan Valley	96.71	0.40	2.89
Central Luzon	96.60	0.73	2.68
CALABARZON	98.76		1.24
MIMAROPA	90.74		9.26
Bicol Region	97.56	0.37	2.07
Western Visayas	99.17	0.04	1.00
Central Visayas	99.90	0.10	
Eastern Visayas	97.14	0.20	2.66
Zamboanga Peninsula	98.17	1.03	0.80
Northern Mindanao	96.86	0.01	3.22
Davao Region	96.55	0.60	2.85
SOCCSKSARGEN	96.49	1.38	2.12
Caraga	97.34	0.30	2.36
ARMM	82.37	3.07	14.56

Table 6.16 *Cabbage* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.34	0.60	2.16
NCR	98.87		1.13
CAR	79.00	7.05	14.53
Ilocos Region	98.00	0.51	2.17
Cagayan Valley	88.93	5.21	6.21
Central Luzon	97.42	0.37	2.45
CALABARZON	96.94	0.57	2.49
MIMAROPA	93.60	0.22	6.18
Bicol Region	99.21	0.10	0.69
Western Visayas	98.66	0.18	1.36
Central Visayas	97.86	0.60	1.55
Eastern Visayas	94.90	0.38	4.73
Zamboanga Peninsula	97.24	1.76	1.00
Northern Mindanao	96.60	0.74	2.74
Davao Region	96.85	0.48	2.67
SOCCSKSARGEN	96.75	1.23	2.02
Caraga	98.69	0.03	1.28
ARMM	99.11	0.50	0.38

Table 6.17 *Pechay* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	89.10	5.64	5.40
NCR	98.61	0.14	1.51
CAR	78.75	15.39	6.54
Ilocos Region	95.10	4.09	2.01
Cagayan Valley	87.80	7.44	4.89
Central Luzon	94.71	2.32	2.97
CALABARZON	91.78	4.25	3.96
MIMAROPA	88.50	5.47	6.02
Bicol Region	90.12	6.96	2.92
Western Visayas	96.40	0.57	3.03
Central Visayas	90.99	4.63	4.38
Eastern Visayas	81.46	13.80	4.74
Zamboanga Peninsula	72.61	20.04	7.35
Northern Mindanao	78.10	14.21	7.86
Davao Region	95.02	3.79	1.19
SOCCSKSARGEN	91.25	5.87	2.88
Caraga	85.15	11.89	2.96
ARMM	64.29	14.35	21.36

Table 6.18 *Stringbeans* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	78.19	15.64	6.42
NCR	98.89	0.27	0.87
CAR	68.92	25.75	6.39
Ilocos Region	81.71	10.32	8.89
Cagayan Valley	72.52	20.51	7.24
Central Luzon	83.28	8.06	8.77
CALABARZON	82.41	10.05	7.84
MIMAROPA	74.66	19.18	6.33
Bicol Region	79.43	14.04	6.70
Western Visayas	76.56	19.20	4.24
Central Visayas	70.97	21.92	7.15
Eastern Visayas	65.84	30.03	4.13
Zamboanga Peninsula	31.94	66.64	1.41
Northern Mindanao	64.10	27.75	8.40
Davao Region	83.92	12.63	3.65
SOCCSKSARGEN	66.36	29.78	3.86
Caraga	79.74	12.99	7.35
ARMM	74.46	12.91	13.51

Table 6.19 *Habitchuelas* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	90.41	4.24	5.47
NCR	91.23		8.77
CAR	75.39	15.68	9.36
Ilocos Region	94.87	1.80	4.06
Cagayan Valley	81.98	11.63	6.87
Central Luzon	92.83	3.28	3.89
CALABARZON	87.46	3.56	8.98
MIMAROPA	94.26		5.74
Bicol Region	98.25	1.10	0.65
Western Visayas	97.08	1.60	1.32
Central Visayas	97.42	0.64	1.94
Eastern Visayas	90.47	0.96	8.57
Zamboanga Peninsula	81.87	16.32	1.81
Northern Mindanao	96.16	0.85	2.99
Davao Region	92.01	3.05	4.94
SOCCSKSARGEN	66.72	29.97	3.31
Caraga	91.14	8.86	
ARMM	97.58	2.42	

Table 6.20 *Mongo* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	91.73	4.42	4.04
NCR	96.66	0.23	3.14
CAR	86.50	8.49	5.01
Ilocos Region	94.35	3.80	2.13
Cagayan Valley	91.27	4.33	4.40
Central Luzon	96.69	1.45	1.87
CALABARZON	97.45	0.10	2.45
MIMAROPA	86.51	4.97	8.66
Bicol Region	93.39	6.03	0.57
Western Visayas	86.96	7.38	5.66
Central Visayas	89.90	3.00	8.54
Eastern Visayas	96.59	1.96	1.45
Zamboanga Peninsula	89.10	7.16	3.81
Northern Mindanao	90.61	2.86	7.08
Davao Region	91.52	3.79	4.69
SOCCSKSARGEN	88.47	6.75	4.78
Caraga	92.01	3.98	4.01
ARMM	79.26	18.15	2.58

Table 6.21 *Tomato* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	93.79	3.66	2.70
NCR	99.18	0.11	1.11
CAR	88.47	7.00	4.88
Ilocos Region	95.13	1.72	3.86
Cagayan Valley	93.54	3.55	2.97
Central Luzon	95.01	1.85	3.26
CALABARZON	94.82	1.89	3.29
MIMAROPA	90.39	4.38	5.26
Bicol Region	96.64	2.70	0.68
Western Visayas	98.03	1.05	0.92
Central Visayas	92.97	5.54	1.53
Eastern Visayas	88.84	7.96	3.31
Zamboanga Peninsula	72.47	24.77	2.76
Northern Mindanao	87.23	8.02	4.85
Davao Region	93.46	4.51	2.29
SOCCSKSARGEN	86.66	10.14	3.20
Caraga	93.57	4.04	2.48
ARMM	89.45	5.83	4.74

Table 6.22 *Onion* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.84	0.88	1.34
NCR	98.95	0.12	0.96
CAR	93.80	3.66	2.77
Ilocos Region	92.01	2.46	5.87
Cagayan Valley	97.80	0.77	1.46
Central Luzon	95.90	1.10	3.19
CALABARZON	98.63	0.22	1.15
MIMAROPA	94.89	1.86	3.38
Bicol Region	98.52	1.18	0.31
Western Visayas	99.76	0.16	0.08
Central Visayas	97.28	1.05	1.67
Eastern Visayas	95.23	2.89	1.88
Zamboanga Peninsula	99.01	0.16	0.83
Northern Mindanao	98.58	0.22	1.58
Davao Region	99.23	0.14	0.73
SOCCSKSARGEN	99.11	0.34	0.55
Caraga	99.12	0.12	0.78
ARMM	98.13	1.82	0.05

Table 6.23 *Garlic* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	98.06	0.38	1.62
NCR	97.93	0.11	2.00
CAR	95.93	0.88	3.34
Ilocos Region	90.55	2.44	7.15
Cagayan Valley	96.16	1.02	2.86
Central Luzon	98.21	0.21	1.71
CALABARZON	98.90	0.01	1.25
MIMAROPA	95.54	1.42	3.08
Bicol Region	99.66	0.01	0.33
Western Visayas	99.62	0.07	0.31
Central Visayas	98.09	0.06	1.87
Eastern Visayas	96.22	2.76	1.02
Zamboanga Peninsula	98.30	0.94	0.76
Northern Mindanao	99.32	0.02	0.75
Davao Region	98.75	0.10	1.24
SOCCSKSARGEN	99.51	0.17	0.32
Caraga	99.20	0.01	0.80
ARMM	98.57	0.04	1.39

Table 6.24 *Banana (except saba)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	74.29	18.77	7.15
NCR	98.10	0.37	1.79
CAR	55.46	35.77	9.24
Ilocos Region	75.33	12.80	12.52
Cagayan Valley	67.45	24.43	8.17
Central Luzon	92.37	3.57	4.06
CALABARZON	72.58	16.09	11.47
MIMAROPA	57.82	29.91	12.93
Bicol Region	59.88	31.40	9.00
Western Visayas	73.63	18.97	7.44
Central Visayas	76.30	17.24	6.69
Eastern Visayas	53.02	36.32	10.85
Zamboanga Peninsula	42.93	51.87	5.41
Northern Mindanao	55.67	30.81	14.16
Davao Region	52.45	36.08	11.79
SOCCSKSARGEN	61.66	28.00	10.45
Caraga	78.21	14.99	7.31
ARMM	56.43	38.02	5.55

Table 6.25 *Saba* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	46.18	38.22	16.60
NCR	91.65	2.58	5.84
CAR	39.67	47.93	13.10
Ilocos Region	67.06	20.99	12.06
Cagayan Valley	49.41	35.55	15.04
Central Luzon	77.04	10.33	12.62
CALABARZON	47.04	30.50	22.47
MIMAROPA	27.31	49.89	22.90
Bicol Region	41.41	46.78	11.86
Western Visayas	46.56	40.68	12.86
Central Visayas	43.05	46.91	10.81
Eastern Visayas	41.62	39.18	19.27
Zamboanga Peninsula	20.79	64.23	15.10
Northern Mindanao	35.79	43.18	21.47
Davao Region	21.91	53.96	24.22
SOCCSKSARGEN	23.14	60.23	16.63
Caraga	35.63	45.58	18.82
ARMM	35.07	48.49	22.25

Table 6.26 *Mango* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	69.06	14.29	17.49
NCR	91.75	2.51	5.74
CAR	62.80	22.02	17.33
Ilocos Region	37.97	30.35	37.90
Cagayan Valley	65.15	23.67	11.68
Central Luzon	53.26	18.24	28.97
CALABARZON	62.74	15.48	22.61
MIMAROPA	33.90	33.58	32.97
Bicol Region	68.95	19.07	12.19
Western Visayas	76.10	12.81	12.95
Central Visayas	73.30	12.55	14.18
Eastern Visayas	84.89	5.54	9.57
Zamboanga Peninsula	28.60	52.60	27.31
Northern Mindanao	54.17	17.33	28.92
Davao Region	69.41	12.03	18.59
SOCCSKSARGEN	38.70	33.89	27.41
Caraga	80.62	5.89	13.52
ARMM	83.17	4.71	12.16

Table 6.27 *Pineapple* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	65.70	19.26	15.14
NCR	97.52		2.48
CAR	49.90	38.46	11.64
Ilocos Region	74.69	15.81	12.43
Cagayan Valley	64.44	27.03	8.52
Central Luzon	87.62	3.19	9.18
CALABARZON	55.99	20.12	24.35
MIMAROPA	22.98	57.87	19.15
Bicol Region	65.52	26.96	7.52
Western Visayas	58.39	22.56	19.05
Central Visayas	71.50	11.66	16.84
Eastern Visayas	42.44	41.31	16.24
Zamboanga Peninsula	3.24	56.69	40.07
Northern Mindanao	34.39	27.79	37.83
Davao Region	46.48	31.09	22.43
SOCCSKSARGEN	51.39	17.48	31.13
Caraga	44.65	37.67	17.68
ARMM	67.54	14.85	17.61

Table 6.28 *Papaya (ripe)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	28.39	53.27	18.54
NCR	87.64	2.92	9.43
CAR	21.87	62.29	16.80
Ilocos Region	11.06	66.93	23.60
Cagayan Valley	4.81	76.57	18.91
Central Luzon	34.42	40.25	25.33
CALABARZON	29.48	46.16	24.35
MIMAROPA	17.29	59.97	23.98
Bicol Region	19.83	67.87	12.53
Western Visayas	30.45	49.67	19.89
Central Visayas	17.32	65.64	17.04
Eastern Visayas	11.04	69.24	19.71
Zamboanga Peninsula	4.00	89.80	6.21
Northern Mindanao	8.81	68.02	24.44
Davao Region	14.06	66.01	20.10
SOCCSKSARGEN	21.15	61.44	17.41
Caraga	18.05	60.74	21.21
ARMM	22.58	58.20	19.59

Table 6.29 *Calamansi* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	70.65	19.90	9.77
NCR	97.68	1.05	2.03
CAR	47.59	36.30	16.15
Ilocos Region	42.29	40.13	18.37
Cagayan Valley	29.55	47.90	22.71
Central Luzon	78.19	14.19	7.64
CALABARZON	64.74	21.65	13.61
MIMAROPA	39.03	41.96	20.07
Bicol Region	68.39	27.15	4.78
Western Visayas	74.68	19.47	5.85
Central Visayas	64.66	22.06	13.28
Eastern Visayas	60.41	20.38	19.22
Zamboanga Peninsula	28.09	56.43	15.48
Northern Mindanao	46.24	30.97	24.46
Davao Region	51.21	29.29	19.50
SOCCSKSARGEN	55.73	34.23	10.23
Caraga	69.20	22.45	8.35
ARMM	80.60	13.94	5.45

Table 6.30 *Pork* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	96.45	0.44	3.37
NCR	98.67	0.06	2.02
CAR	92.19	0.62	7.70
Ilocos Region	97.34	0.30	2.61
Cagayan Valley	97.54	0.70	1.86
Central Luzon	97.47	0.38	2.30
CALABARZON	98.60	0.21	1.18
MIMAROPA	91.77	1.42	7.08
Bicol Region	97.85	0.37	1.79
Western Visayas	96.87	0.33	2.81
Central Visayas	91.25	0.74	8.23
Eastern Visayas	96.72	0.69	3.15
Zamboanga Peninsula	87.71	0.99	11.30
Northern Mindanao	89.18	1.88	9.36
Davao Region	95.44	0.76	3.94
SOCCSKSARGEN	95.21	0.66	4.13
Caraga	92.46	0.52	7.15
ARMM	99.69		0.31

Table 6.31 *Beef* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	95.18	0.54	4.35
NCR	96.61	0.10	3.29
CAR	91.46	0.17	9.00
Ilocos Region	97.19	0.48	2.57
Cagayan Valley	95.39	0.29	4.34
Central Luzon	96.09	0.15	3.96
CALABARZON	90.12		9.88
MIMAROPA	88.27	1.51	10.21
Bicol Region	98.44	0.37	1.19
Western Visayas	94.26	1.22	4.52
Central Visayas	95.08	0.72	4.20
Eastern Visayas	95.81		4.19
Zamboanga Peninsula	92.12	0.85	7.03
Northern Mindanao	91.43	4.02	4.93
Davao Region	96.39	0.79	3.10
SOCCSKSARGEN	94.07	1.43	4.50
Caraga	94.44		5.81
ARMM	95.93		4.07

Table 6.32 *Carabeef* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	71.92	1.44	26.87
NCR	100.00		
CAR	46.34	4.54	50.77
Ilocos Region	88.66		11.34
Cagayan Valley	96.92		3.08
Central Luzon	82.58	4.58	12.84
CALABARZON	88.47	3.00	8.53
MIMAROPA	75.75	0.32	23.93
Bicol Region	97.51		2.49
Western Visayas	96.53		3.47
Central Visayas	83.31		16.69
Eastern Visayas	97.15	0.27	2.58
Zamboanga Peninsula	8.93	2.21	88.86
Northern Mindanao	73.43		29.39
Davao Region	71.62		28.38
SOCCSKSARGEN	67.97	2.44	29.59
Caraga	57.93	1.45	40.61
ARMM	96.20		3.80

Table 6.33 *Chevon (goat)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	70.00	5.45	34.93
NCR	100.00		
CAR	65.43	5.45	29.13
Ilocos Region	57.93	5.07	39.81
Cagayan Valley	74.17	3.17	22.66
Central Luzon	80.09	7.71	12.21
CALABARZON	97.41	2.59	
MIMAROPA	16.87	2.06	81.08
Bicol Region	31.39		68.61
Western Visayas	75.79	11.21	13.00
Central Visayas	75.98	10.22	16.40
Eastern Visayas	36.64		63.36
Zamboanga Peninsula	50.25		49.75
Northern Mindanao	66.03	12.21	21.76
Davao Region	55.53		44.47
SOCCSKSARGEN	54.34	18.56	27.09
Caraga	52.65	7.42	39.93
ARMM	78.80	2.09	78.59

Table 6.34 *Chicken* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	87.55	10.36	2.36
NCR	99.31	0.08	1.18
CAR	79.78	18.65	2.29
Ilocos Region	87.47	10.75	2.13
Cagayan Valley	87.05	11.80	1.33
Central Luzon	93.68	3.99	2.58
CALABARZON	96.81	1.64	1.62
MIMAROPA	66.79	27.90	5.35
Bicol Region	82.49	15.73	1.95
Western Visayas	83.46	13.43	3.53
Central Visayas	71.56	23.37	5.26
Eastern Visayas	90.44	6.96	2.92
Zamboanga Peninsula	40.00	55.38	4.76
Northern Mindanao	68.23	24.20	8.42
Davao Region	79.16	17.45	3.42
SOCCSKSARGEN	59.37	36.33	4.30
Caraga	90.50	6.80	2.76
ARMM	83.78	15.64	0.61

Table 6.35 *Duck* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	24.89	60.75	14.36
NCR	100.00		
CAR	15.65	80.07	4.28
Ilocos Region	4.38	75.04	20.58
Cagayan Valley	27.88	63.96	8.16
Central Luzon	29.33	49.71	20.96
CALABARZON	30.44	68.36	1.19
MIMAROPA	21.06	61.69	17.24
Bicol Region	21.24	66.93	11.82
Western Visayas	2.73	85.25	12.02
Central Visayas	66.96	33.04	
Eastern Visayas	35.66	38.39	25.95
Zamboanga Peninsula		96.68	3.32
Northern Mindanao	43.38	37.83	18.79
Davao Region	40.83	52.32	6.86
SOCCSKSARGEN	2.30	88.29	9.41
Caraga	14.61	68.11	17.28
ARMM	41.35	35.55	23.10

Table 6.36 *Chicken Egg* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	94.35	5.18	0.75
NCR	99.80	0.03	0.73
CAR	95.90	4.06	0.47
Ilocos Region	93.85	5.84	1.21
Cagayan Valley	94.05	5.73	0.39
Central Luzon	96.85	2.84	0.76
CALABARZON	98.94	0.81	0.29
MIMAROPA	89.27	9.16	1.95
Bicol Region	90.92	8.94	0.40
Western Visayas	90.55	9.29	0.58
Central Visayas	89.79	9.19	1.10
Eastern Visayas	95.29	3.93	0.85
Zamboanga Peninsula	62.06	35.96	2.04
Northern Mindanao	92.51	6.43	1.37
Davao Region	93.29	6.18	0.78
SOCCSKSARGEN	87.98	11.24	0.97
Caraga	98.10	1.68	0.39
ARMM	95.94	3.56	0.51

Table 6.37 *Duck Egg* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	67.80	25.49	6.95
NCR	97.04	1.48	1.48
CAR	20.11	77.21	2.68
Ilocos Region	16.75	71.20	12.04
Cagayan Valley	42.81	45.71	11.48
Central Luzon	57.64	28.80	15.33
CALABARZON	77.38	21.28	5.13
MIMAROPA	63.02	34.33	2.66
Bicol Region	62.77	35.78	1.46
Western Visayas	38.69	57.47	3.84
Central Visayas	47.19	52.81	
Eastern Visayas	53.37	29.69	16.93
Zamboanga Peninsula	38.76	59.85	1.39
Northern Mindanao	55.75	27.05	17.68
Davao Region	60.21	23.92	15.87
SOCCSKSARGEN	46.82	45.79	7.39
Caraga	48.59	35.15	16.27
ARMM	80.55	12.48	6.98

Table 6.38 *Fresh/pasteurized milk* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	92.04	2.19	5.77
NCR	100.00		
CAR	100.00		
Ilocos Region	100.00		
Cagayan Valley	60.84	14.32	24.85
Central Luzon	91.76	3.77	4.47
CALABARZON	85.86	1.82	12.32
MIMAROPA	84.36		15.64
Bicol Region	3.74	83.76	12.50
Western Visayas	93.84	0.88	5.29
Central Visayas	100.00		
Eastern Visayas	92.12		7.88
Zamboanga Peninsula			100.00
Northern Mindanao	98.70		1.30
Davao Region	95.30		4.70
SOCCSKSARGEN	93.22		6.78
Caraga			
ARMM	100.00		

Table 6.39 *Milkfish* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.06	0.68	2.44
NCR	97.27	0.10	2.94
CAR	96.89	0.33	3.00
Ilocos Region	95.58	0.65	3.81
Cagayan Valley	98.32	0.22	1.45
Central Luzon	96.54	0.77	2.71
CALABARZON	98.52	0.55	1.32
MIMAROPA	93.16	1.51	5.68
Bicol Region	95.60	2.39	2.01
Western Visayas	95.24	2.40	2.43
Central Visayas	97.52	0.20	3.44
Eastern Visayas	97.20	1.69	1.11
Zamboanga Peninsula	99.33		0.67
Northern Mindanao	97.44	0.39	2.23
Davao Region	96.79	0.40	2.90
SOCCSKSARGEN	97.26		2.74
Caraga	93.73	0.28	6.00
ARMM	99.62	0.34	0.04

Table 6.40 *Tilapia* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	94.01	2.47	3.67
NCR	96.87	0.12	3.01
CAR	87.05	9.05	4.60
Ilocos Region	91.87	3.36	4.80
Cagayan Valley	90.72	6.23	3.05
Central Luzon	92.74	2.35	5.05
CALABARZON	97.09	0.93	2.22
MIMAROPA	80.00	11.69	8.57
Bicol Region	94.35	3.83	1.82
Western Visayas	81.29	6.96	12.00
Central Visayas	43.63	44.05	12.31
Eastern Visayas	87.18	4.14	8.69
Zamboanga Peninsula	91.97	4.86	3.17
Northern Mindanao	83.98	5.85	15.88
Davao Region	86.01	7.90	6.09
SOCCSKSARGEN	85.04	9.28	5.76
Caraga	69.67	19.85	10.48
ARMM	98.18	0.73	1.09

Table 6.41 *Roundskad (Galunggong)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	96.50	1.49	2.11
NCR	99.14		0.86
CAR	99.29	0.06	0.65
Ilocos Region	95.69	1.60	2.71
Cagayan Valley	98.77	0.09	1.14
Central Luzon	96.73	0.34	3.00
CALABARZON	98.34	0.36	1.48
MIMAROPA	91.63	3.21	5.38
Bicol Region	94.65	2.88	2.74
Western Visayas	97.11	0.77	2.23
Central Visayas	95.04	1.72	3.25
Eastern Visayas	88.09	8.46	3.45
Zamboanga Peninsula	95.63	1.91	2.62
Northern Mindanao	97.08	0.50	3.34
Davao Region	93.76	2.71	3.64
SOCCSKSARGEN	97.07	0.06	2.87
Caraga	95.91	0.97	3.12
ARMM	96.46	2.97	0.57

Table 6.42 *Tuna (all species)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	93.65	2.47	4.15
NCR	95.59		6.58
CAR	95.20		6.26
Ilocos Region	93.21	0.92	5.87
Cagayan Valley	85.85	13.33	0.84
Central Luzon	78.45	6.69	14.94
CALABARZON	96.47	0.41	3.12
MIMAROPA	94.03	2.07	4.12
Bicol Region	93.28	3.73	3.15
Western Visayas	95.47	0.68	3.97
Central Visayas	93.71	2.12	4.89
Eastern Visayas	81.53	12.01	6.47
Zamboanga Peninsula	97.42	1.51	1.07
Northern Mindanao	95.91	0.49	3.82
Davao Region	96.54	2.02	1.54
SOCCSKSARGEN	96.90	0.57	2.54
Caraga	97.09	0.89	2.17
ARMM	89.30	4.55	6.15

Table 6.43 *Dalagang bukid* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	93.30	3.80	4.47
NCR	98.39		5.25
CAR	99.62		0.38
Ilocos Region	99.73	0.27	
Cagayan Valley	97.27	0.92	1.82
Central Luzon	93.83	0.62	5.55
CALABARZON	97.88	0.87	1.25
MIMAROPA	94.02	3.00	3.35
Bicol Region	74.93	24.00	3.58
Western Visayas	84.98	12.68	2.35
Central Visayas	89.97	2.82	7.21
Eastern Visayas	67.97	18.84	13.19
Zamboanga Peninsula	71.34	23.17	12.87
Northern Mindanao	91.62	5.37	3.44
Davao Region	87.90	10.21	1.89
SOCCSKSARGEN	98.63		1.37
Caraga	87.22	9.04	3.77
ARMM	86.73	13.27	

Table 6.44 *Shrimp* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	86.47	6.05	7.50
NCR	97.39		2.61
CAR	92.23	3.64	4.12
Ilocos Region	82.36	3.99	13.66
Cagayan Valley	86.42	8.33	5.24
Central Luzon	88.05	5.39	6.56
CALABARZON	82.36	4.88	12.76
MIMAROPA	75.92	14.89	9.19
Bicol Region	79.74	14.23	6.34
Western Visayas	83.77	10.04	6.19
Central Visayas	89.42	8.29	2.29
Eastern Visayas	77.45	10.98	11.57
Zamboanga Peninsula	90.29	4.88	4.83
Northern Mindanao	73.76	13.54	12.93
Davao Region	91.88	1.93	6.19
SOCCSKSARGEN	90.04	3.11	6.86
Caraga	75.01	10.39	14.60
ARMM	78.18	6.77	15.05

Table 6.45 *Mussels* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	86.75	5.31	7.94
NCR	92.53		7.47
CAR	88.83	6.58	4.60
Ilocos Region	95.80	0.50	3.69
Cagayan Valley	97.17	1.16	1.68
Central Luzon	96.06	0.22	3.72
CALABARZON	81.46		18.54
MIMAROPA	78.81	13.31	7.88
Bicol Region	72.51	16.05	11.44
Western Visayas	84.35	11.76	3.89
Central Visayas	63.11	18.71	18.19
Eastern Visayas	66.42	18.27	15.31
Zamboanga Peninsula	81.20	1.85	16.96
Northern Mindanao	66.58	11.80	21.62
Davao Region	84.09	11.75	4.16
SOCCSKSARGEN	81.90	7.34	10.76
Caraga	94.70	4.30	1.00
ARMM	99.57		0.43

Table 6.46 *Bihon* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	95.03		5.01
NCR	97.25		2.75
CAR	91.18		8.96
Ilocos Region	85.56		14.44
Cagayan Valley	84.53		15.58
Central Luzon	92.17		7.93
CALABARZON	93.62		6.38
MIMAROPA	74.20		26.29
Bicol Region	94.45		5.55
Western Visayas	95.96		4.04
Central Visayas	95.52		4.52
Eastern Visayas	93.39		6.61
Zamboanga Peninsula	98.94		1.06
Northern Mindanao	91.76		8.26
Davao Region	97.60		2.56
SOCCSKSARGEN	95.54		4.46
Caraga	96.61		3.39
ARMM	98.74		1.26

Table 6.47 *Sotanghon* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.89		2.11
NCR	99.81		0.19
CAR	99.97		0.03
Ilocos Region	96.41		3.59
Cagayan Valley	99.51		0.49
Central Luzon	98.98		1.02
CALABARZON	99.27		0.73
MIMAROPA	98.75		1.25
Bicol Region	98.49		1.51
Western Visayas	97.46		2.54
Central Visayas	94.04		5.96
Eastern Visayas	96.03		3.97
Zamboanga Peninsula	99.28		0.72
Northern Mindanao	87.28		12.72
Davao Region	91.65		8.35
SOCCSKSARGEN	95.68		4.32
Caraga	99.16		0.84
ARMM	99.67		0.33

Table 6.48 *Pasta* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	87.57		12.48
NCR	92.74		7.26
CAR	96.18		3.82
Ilocos Region	70.87		29.13
Cagayan Valley	65.30		34.70
Central Luzon	88.23		11.77
CALABARZON	93.93		6.23
MIMAROPA	67.61		32.39
Bicol Region	85.05		14.95
Western Visayas	74.92		25.08
Central Visayas	77.13		22.87
Eastern Visayas	86.68		13.32
Zamboanga Peninsula	79.72		20.28
Northern Mindanao	78.83		21.17
Davao Region	86.36		15.78
SOCCSKSARGEN	88.03		11.97
Caraga	66.07		33.93
ARMM	100.00		

Table 6.49 *Canton* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	98.78		1.26
NCR	99.69		0.31
CAR	98.68		1.32
Ilocos Region	94.13		5.87
Cagayan Valley	87.51		12.49
Central Luzon	97.70		3.55
CALABARZON	98.84		1.16
MIMAROPA	98.55		1.45
Bicol Region	98.69		1.36
Western Visayas	97.39		2.61
Central Visayas	91.52		8.48
Eastern Visayas	99.16		0.84
Zamboanga Peninsula	98.15		1.85
Northern Mindanao	85.61		14.39
Davao Region	90.20		9.80
SOCCSKSARGEN	95.13		4.87
Caraga	100.00		
ARMM	100.00		

Table 6.50 *Fresh miki* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.54		2.46
NCR	98.42		1.58
CAR	99.23		0.77
Ilocos Region	94.51		5.49
Cagayan Valley	98.72		1.28
Central Luzon	98.53		1.47
CALABARZON	97.43		2.57
MIMAROPA	89.74		10.26
Bicol Region	100.00		
Western Visayas	99.07		0.93
Central Visayas	98.20		1.80
Eastern Visayas	99.92		0.08
Zamboanga Peninsula	99.65		0.35
Northern Mindanao	95.21		4.79
Davao Region	97.65		2.35
SOCCSKSARGEN	95.56		4.44
Caraga	97.19		2.81
ARMM	100.00		

Table 6.51 *Instant noodles* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	99.37		0.68
NCR	99.48		0.53
CAR	98.42		1.62
Ilocos Region	98.29		1.85
Cagayan Valley	99.56		0.44
Central Luzon	98.40		1.70
CALABARZON	99.88		0.12
MIMAROPA	98.36		1.66
Bicol Region	99.45		0.59
Western Visayas	99.44		0.58
Central Visayas	99.36		0.67
Eastern Visayas	99.27		0.73
Zamboanga Peninsula	99.84		0.16
Northern Mindanao	99.47		0.98
Davao Region	99.47		0.59
SOCCSKSARGEN	99.66		0.34
Caraga	99.39		0.61
ARMM	99.78		0.22

Table 6.52 *Rice noodles (misua)* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	99.00		1.00
NCR	99.72		0.28
CAR	100.00		
Ilocos Region	95.81		4.19
Cagayan Valley	99.68		0.32
Central Luzon	98.78		1.22
CALABARZON	99.45		0.55
MIMAROPA	100.00		
Bicol Region	97.57		2.43
Western Visayas	99.85		0.15
Central Visayas	100.00		
Eastern Visayas	99.24		0.76
Zamboanga Peninsula	99.63		0.37
Northern Mindanao	97.89		2.11
Davao Region	100.00		
SOCCSKSARGEN	100.00		
Caraga	99.92		0.08
ARMM	71.80		28.20

Table 6.53 *Pandesal* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	98.80	0.24	0.97
NCR	99.34	0.37	0.29
CAR	97.65	0.34	2.03
Ilocos Region	97.89	0.17	1.94
Cagayan Valley	97.10	0.42	2.48
Central Luzon	99.20	0.24	0.57
CALABARZON	99.08	0.34	0.60
MIMAROPA	96.53	0.22	3.25
Bicol Region	99.61	0.08	0.31
Western Visayas	98.51	0.43	1.12
Central Visayas	99.39	0.04	0.57
Eastern Visayas	99.60	0.09	0.30
Zamboanga Peninsula	99.07	0.06	0.90
Northern Mindanao	99.41	0.19	0.40
Davao Region	98.89		1.24
SOCCSKSARGEN	97.11	0.58	2.39
Caraga	99.07	0.07	0.92
ARMM	97.74	0.07	2.19

Table 6.54 *Sliced/loaf bread* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	97.89	0.16	2.00
NCR	98.64	0.05	1.31
CAR	95.99	1.49	2.78
Ilocos Region	97.62	0.09	2.29
Cagayan Valley	98.34	a/	1.66
Central Luzon	98.11	0.24	1.65
CALABARZON	97.81	0.12	2.11
MIMAROPA	91.99	0.78	7.23
Bicol Region	98.73		1.27
Western Visayas	98.85	0.01	1.13
Central Visayas	91.43		8.57
Eastern Visayas	98.14	0.49	1.36
Zamboanga Peninsula	98.09	0.75	1.16
Northern Mindanao	95.52	0.91	4.30
Davao Region	98.75	0.51	1.25
SOCCSKSARGEN	94.29	0.15	5.56
Caraga	97.57		2.43
ARMM	99.38	0.04	0.61

a/ less than 0.01

Table 6.55 *Buns* : Percentage of households by source of food eaten and region, Philippines, 2015-2016

Region	Bought	Own-Produced	Received
PHILIPPINES	98.36	0.29	1.40
NCR	99.28	0.71	0.01
CAR	97.15	0.45	2.40
Ilocos Region	97.67	0.47	1.86
Cagayan Valley	98.64	0.25	1.11
Central Luzon	98.55	0.69	0.76
CALABARZON	98.93	0.02	1.07
MIMAROPA	95.02	0.61	4.43
Bicol Region	99.36		0.64
Western Visayas	98.62	0.05	1.37
Central Visayas	97.09	0.06	3.06
Eastern Visayas	97.70	0.18	2.12
Zamboanga Peninsula	98.17		1.83
Northern Mindanao	97.72	0.50	1.89
Davao Region	98.83	0.29	0.98
SOCCSKSARGEN	97.84	0.48	1.69
Caraga	97.90	0.23	1.97
ARMM	99.62	0.03	0.38

Table 7. Percentage of household members who ate meals at home by type of meal and region, Philippines, 2015-2016

Region	Breakfast	Lunch	Dinner	Snack		
				Morning	Afternoon	Evening
PHILIPPINES	94.71	88.70	96.13	20.26	42.79	2.13
NCR	91.28	82.75	94.56	9.05	37.90	0.46
CAR	94.13	85.55	95.18	28.43	27.68	2.85
Ilocos Region	96.68	89.35	97.75	26.07	42.39	0.80
Cagayan Valley	95.72	90.09	96.58	33.14	38.71	2.40
Central Luzon	91.56	85.61	95.85	16.73	42.48	2.68
CALABARZON	93.73	85.64	95.52	21.82	47.62	2.63
MIMAROPA	95.48	89.24	96.17	32.65	52.01	1.85
Bicol Region	96.28	91.09	97.09	20.12	57.64	0.42
Western Visayas	94.92	90.50	96.54	20.77	47.20	1.66
Central Visayas	95.22	91.74	95.59	26.50	41.34	2.11
Eastern Visayas	97.51	94.05	97.79	18.17	40.79	1.03
Zamboanga Peninsula	98.65	95.80	98.72	33.90	70.20	2.39
Northern Mindanao	95.32	93.68	96.85	26.17	57.55	2.91
Davao Region	96.20	90.16	96.13	36.17	51.67	2.10
SOCCSKSARGEN	97.14	94.73	98.09	26.80	49.67	1.31
Caraga	96.36	93.16	96.69	26.32	41.90	4.55
ARMM	95.79	88.35	95.85	13.15	27.74	3.67

Table 8. Percentage of household members who ate meals outside by type of meal outside and region, Philippines, 2015-2016

Region	Breakfast	Lunch	Dinner	Snack		
				Morning	Afternoon	Evening
PHILIPPINES	5.21	14.22	5.32	4.70	7.11	0.30
NCR	5.88	16.57	6.65	2.70	11.04	0.60
CAR	7.10	19.16	6.59	7.20	4.65	0.13
Ilocos Region	2.82	12.74	2.31	19.05	19.90	0.11
Cagayan Valley	5.34	13.71	4.96	8.56	7.74	0.07
Central Luzon	5.79	17.73	5.78	8.85	13.94	0.27
CALABARZON	5.69	18.19	6.59	6.71	11.11	0.43
MIMAROPA	5.87	15.37	6.61	8.66	7.78	0.21
Bicol Region	3.73	11.08	3.34	3.59	4.22	0.06
Western Visayas	5.11	11.86	3.80	4.21	7.05	0.15
Central Visayas	7.70	13.44	10.03	2.55	3.84	0.07
Eastern Visayas	2.29	7.22	2.56	2.99	2.60	a/
Zamboanga Peninsula	2.16	7.13	2.28	1.12	2.18	0.15
Northern Mindanao	4.66	10.76	5.54	6.47	4.95	0.24
Davao Region	5.49	13.65	5.54	2.89	5.33	0.20
SOCCSKSARGEN	3.24	7.66	2.91	2.08	3.60	0.10
Caraga	4.70	10.47	5.09	1.31	1.45	0.09
ARMM	5.75	16.05	4.69	2.10	1.71	0.50

a/ less than 0.01

Table 9.01 *Rice (plain)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	2.127	2.157	2.084	2.085	2.113	109.874
NCR	1.819	1.889	1.932	1.934	1.894	98.464
CAR	2.472	2.376	2.337	2.475	2.414	125.530
Ilocos Region	2.310	2.448	2.446	2.401	2.401	124.831
Cagayan Valley	2.405	2.409	2.344	2.341	2.375	123.490
Central Luzon	2.259	2.130	2.133	2.011	2.134	110.964
CALABARZON	1.918	1.829	1.813	1.767	1.831	95.208
MIMAROPA	2.345	2.467	2.485	2.421	2.429	126.312
Bicol Region	2.526	2.303	2.077	2.005	2.228	115.851
Western Visayas	2.441	2.309	2.369	2.375	2.373	123.373
Central Visayas	1.541	1.527	1.525	1.565	1.539	80.049
Eastern Visayas	2.609	2.158	2.118	2.205	2.270	118.048
Zamboanga Peninsula	0.607	0.784	0.694	0.716	0.700	36.389
Northern Mindanao	1.853	2.122	1.956	2.092	2.007	104.351
Davao Region	1.888	1.765	1.787	1.822	1.815	94.404
SOCCSKSARGEN	2.289	2.279	2.130	2.068	2.191	113.944
Caraga	2.196	2.225	2.229	2.223	2.219	115.368
ARMM	2.539	2.907	2.598	2.659	2.674	139.058

Table 9.02 *Corn* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.301	0.293	0.281	0.256	0.283	14.702
NCR	0.010	0.015	0.008	0.003	0.009	0.462
CAR	0.010	0.004	0.009	0.012	0.009	0.461
Ilocos Region	0.009	0.002	0.009	0.005	0.006	0.326
Cagayan Valley	0.043	0.012	0.022	0.017	0.023	1.208
Central Luzon	0.005	0.011	0.012	0.007	0.009	0.455
CALABARZON	0.012	0.008	0.006	0.006	0.008	0.407
MIMAROPA	0.015	0.011	0.011	0.010	0.012	0.604
Bicol Region	0.074	0.102	0.132	0.185	0.123	6.405
Western Visayas	0.148	0.134	0.158	0.069	0.127	6.597
Central Visayas	0.638	0.754	0.738	0.725	0.714	37.140
Eastern Visayas	0.431	0.348	0.485	0.385	0.412	21.428
Zamboanga Peninsula	3.377	2.719	3.170	3.030	3.075	159.924
Northern Mindanao	1.094	0.774	0.850	0.786	0.875	45.496
Davao Region	0.808	0.817	0.803	0.700	0.782	40.679
SOCCSKSARGEN	0.435	0.471	0.475	0.498	0.470	24.424
Caraga	0.250	0.232	0.210	0.130	0.206	10.689
ARMM	0.096	0.229	0.005	0.003	0.084	4.383

Table 9.03 *Sweet Potato* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.085	0.084	0.110	0.070	0.087	4.534
NCR	0.031	0.046	0.043	0.061	0.046	2.366
CAR	0.047	0.058	0.071	0.076	0.063	3.281
Ilocos Region	0.019	0.031	0.065	0.068	0.046	2.366
Cagayan Valley	0.045	0.045	0.096	0.082	0.067	3.493
Central Luzon	0.055	0.048	0.073	0.073	0.062	3.230
CALABARZON	0.037	0.047	0.062	0.064	0.053	2.750
MIMAROPA	0.037	0.092	0.120	0.068	0.079	4.107
Bicol Region	0.136	0.177	0.266	0.108	0.172	8.934
Western Visayas	0.044	0.086	0.100	0.070	0.076	3.928
Central Visayas	0.046	0.076	0.143	0.031	0.074	3.866
Eastern Visayas	0.152	0.143	0.143	0.090	0.132	6.858
Zamboanga Peninsula	0.199	0.277	0.550	0.307	0.333	17.333
Northern Mindanao	0.074	0.111	0.108	0.065	0.089	4.650
Davao Region	0.045	0.070	0.113	0.039	0.067	3.461
SOCCSKSARGEN	0.077	0.066	0.070	0.068	0.070	3.654
Caraga	0.097	0.090	0.101	0.096	0.096	4.987
ARMM	0.189	0.098	0.085	0.031	0.102	5.319

Table 9.04 *Cassava* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.053	0.061	0.065	0.048	0.056	2.932
NCR	0.006	0.007	0.009	0.011	0.008	0.432
CAR	0.024	0.028	0.021	0.020	0.023	1.203
Ilocos Region	0.024	0.020	0.010	0.005	0.015	0.767
Cagayan Valley	0.035	0.032	0.051	0.041	0.040	2.079
Central Luzon	0.028	0.017	0.017	0.008	0.018	0.913
CALABARZON	0.049	0.057	0.049	0.030	0.046	2.404
MIMAROPA	0.075	0.102	0.141	0.100	0.105	5.440
Bicol Region	0.106	0.114	0.135	0.064	0.105	5.452
Western Visayas	0.042	0.048	0.057	0.041	0.047	2.448
Central Visayas	0.038	0.022	0.060	0.023	0.036	1.880
Eastern Visayas	0.124	0.145	0.148	0.119	0.134	6.967
Zamboanga Peninsula	0.175	0.211	0.343	0.303	0.258	13.390
Northern Mindanao	0.082	0.090	0.112	0.097	0.095	4.944
Davao Region	0.026	0.032	0.048	0.025	0.033	1.709
SOCCSKSARGEN	0.068	0.084	0.080	0.075	0.077	3.979
Caraga	0.051	0.068	0.085	0.041	0.061	3.192
ARMM	0.063	0.088	0.046	0.046	0.061	3.147

Table 9.05 *Gabi* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.015	0.018	0.024	0.016	0.018	0.954
NCR	0.003	0.017	0.020	0.019	0.015	0.758
CAR	0.018	0.028	0.020	0.022	0.022	1.142
Ilocos Region	0.010	0.009	0.012	0.011	0.011	0.554
Cagayan Valley	0.046	0.039	0.070	0.044	0.050	2.594
Central Luzon	0.020	0.025	0.024	0.023	0.023	1.198
CALABARZON	0.011	0.007	0.018	0.012	0.012	0.622
MIMAROPA	0.019	0.038	0.031	0.030	0.029	1.526
Bicol Region	0.013	0.013	0.028	0.014	0.017	0.876
Western Visayas	0.004	0.007	0.009	0.004	0.006	0.309
Central Visayas	0.018	0.009	0.047	0.012	0.021	1.116
Eastern Visayas	0.058	0.027	0.016	0.022	0.031	1.590
Zamboanga Peninsula	0.022	0.018	0.022	0.076	0.034	1.786
Northern Mindanao	0.021	0.033	0.028	0.012	0.023	1.219
Davao Region	0.009	0.008	0.012	0.017	0.012	0.603
SOCCSKSARGEN	0.017	0.021	0.027	0.022	0.022	1.130
Caraga	0.007	0.012	0.014	0.009	0.010	0.534
ARMM	0.017	0.024	0.027	0.002	0.018	0.919

Table 9.06 *White Potato* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.016	0.015	0.016	0.022	0.017	0.906
NCR	0.036	0.023	0.024	0.036	0.030	1.546
CAR	0.095	0.101	0.108	0.103	0.102	5.307
Ilocos Region	0.025	0.034	0.038	0.044	0.035	1.827
Cagayan Valley	0.026	0.020	0.025	0.037	0.027	1.410
Central Luzon	0.035	0.029	0.031	0.032	0.032	1.661
CALABARZON	0.024	0.027	0.023	0.037	0.028	1.437
MIMAROPA	0.007	0.007	0.005	0.010	0.007	0.375
Bicol Region	0.011	0.016	0.014	0.020	0.015	0.795
Western Visayas	0.004	0.015	0.021	0.018	0.015	0.757
Central Visayas	0.013	0.006	0.007	0.014	0.010	0.526
Eastern Visayas	0.007	0.003	0.002	a/	0.003	0.163
Zamboanga Peninsula		0.001	0.002	0.008	0.003	0.149
Northern Mindanao	0.007	0.014	0.006	0.005	0.008	0.419
Davao Region	0.001	0.004	0.007	0.006	0.004	0.233
SOCCSKSARGEN	0.003	0.001	0.001	0.005	0.003	0.148
Caraga	0.004	0.007	0.004	0.004	0.005	0.258
ARMM	a/	a/	0.001	0.009	0.003	0.137

a/ less than 0.001 kilogram

Table 9.07 *Ampalaya* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.053	0.042	0.045	0.042	0.046	2.368
NCR	0.046	0.053	0.058	0.055	0.053	2.759
CAR	0.065	0.040	0.066	0.067	0.060	3.103
Ilocos Region	0.074	0.049	0.067	0.064	0.063	3.297
Cagayan Valley	0.074	0.059	0.057	0.067	0.064	3.347
Central Luzon	0.070	0.047	0.062	0.050	0.057	2.978
CALABARZON	0.044	0.027	0.046	0.036	0.038	1.995
MIMAROPA	0.068	0.049	0.045	0.047	0.052	2.714
Bicol Region	0.069	0.040	0.046	0.045	0.050	2.599
Western Visayas	0.081	0.055	0.051	0.039	0.056	2.924
Central Visayas	0.032	0.030	0.022	0.026	0.027	1.429
Eastern Visayas	0.064	0.033	0.029	0.040	0.041	2.152
Zamboanga Peninsula	0.043	0.041	0.056	0.075	0.054	2.788
Northern Mindanao	0.029	0.028	0.039	0.037	0.033	1.734
Davao Region	0.055	0.048	0.049	0.038	0.047	2.469
SOCCSKSARGEN	0.050	0.039	0.039	0.034	0.040	2.102
Caraga	0.043	0.033	0.045	0.043	0.041	2.138
ARMM	0.047	0.039	0.024	0.022	0.033	1.727

Table 9.08 *Eggplant* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.094	0.078	0.077	0.078	0.082	4.261
NCR	0.064	0.064	0.067	0.073	0.067	3.481
CAR	0.079	0.080	0.095	0.093	0.087	4.500
Ilocos Region	0.134	0.078	0.124	0.122	0.115	5.961
Cagayan Valley	0.151	0.110	0.135	0.117	0.128	6.670
Central Luzon	0.103	0.060	0.079	0.091	0.083	4.317
CALABARZON	0.076	0.061	0.062	0.076	0.069	3.572
MIMAROPA	0.125	0.101	0.071	0.096	0.098	5.105
Bicol Region	0.096	0.076	0.081	0.077	0.082	4.278
Western Visayas	0.090	0.072	0.071	0.065	0.074	3.869
Central Visayas	0.067	0.093	0.073	0.037	0.067	3.507
Eastern Visayas	0.141	0.098	0.078	0.057	0.093	4.832
Zamboanga Peninsula	0.151	0.163	0.111	0.131	0.139	7.225
Northern Mindanao	0.066	0.073	0.082	0.068	0.072	3.748
Davao Region	0.128	0.135	0.118	0.107	0.122	6.338
SOCCSKSARGEN	0.103	0.119	0.081	0.111	0.104	5.384
Caraga	0.102	0.095	0.091	0.088	0.094	4.906
ARMM	0.089	0.055	0.059	0.063	0.067	3.483

Table 9.09 *Chayote* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.028	0.027	0.037	0.028	0.030	1.561
NCR	0.047	0.057	0.057	0.052	0.053	2.765
CAR	0.104	0.086	0.124	0.130	0.111	5.763
Ilocos Region	0.015	0.013	0.033	0.017	0.019	0.998
Cagayan Valley	0.020	0.022	0.027	0.020	0.022	1.164
Central Luzon	0.019	0.020	0.028	0.021	0.022	1.159
CALABARZON	0.016	0.033	0.048	0.032	0.032	1.682
MIMAROPA	0.003	0.004	0.005	0.008	0.005	0.270
Bicol Region	0.013	0.010	0.018	0.013	0.013	0.694
Western Visayas	0.006	0.006	0.012	0.007	0.008	0.409
Central Visayas	0.023	0.027	0.027	0.022	0.025	1.296
Eastern Visayas	0.010	0.015	0.015	0.007	0.012	0.605
Zamboanga Peninsula	0.053	0.023	0.014	0.022	0.028	1.477
Northern Mindanao	0.029	0.038	0.043	0.037	0.037	1.913
Davao Region	0.023	0.025	0.034	0.016	0.025	1.277
SOCCSKSARGEN	0.018	0.017	0.017	0.012	0.016	0.838
Caraga	0.036	0.036	0.033	0.023	0.032	1.662
ARMM	0.040	0.018	0.051	0.029	0.035	1.795

Table 9.10 *Gourd (upo)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.017	0.018	0.022	0.017	0.019	0.965
NCR	0.013	0.020	0.023	0.012	0.017	0.895
CAR	0.018	0.008	0.057	0.022	0.026	1.374
Ilocos Region	0.039	0.027	0.060	0.043	0.042	2.191
Cagayan Valley	0.028	0.023	0.043	0.039	0.033	1.728
Central Luzon	0.020	0.023	0.038	0.030	0.028	1.445
CALABARZON	0.019	0.026	0.024	0.026	0.024	1.237
MIMAROPA	0.023	0.045	0.051	0.031	0.037	1.938
Bicol Region	0.014	0.019	0.035	0.032	0.025	1.302
Western Visayas	0.006	0.012	0.018	0.006	0.010	0.539
Central Visayas	0.011	0.011	0.012	0.005	0.010	0.500
Eastern Visayas	0.029	0.012	0.004	0.012	0.014	0.737
Zamboanga Peninsula	0.032	0.023	0.004	0.023	0.021	1.079
Northern Mindanao	0.004	0.010	0.009	0.010	0.008	0.441
Davao Region	0.031	0.012	0.024	0.020	0.022	1.140
SOCCSKSARGEN	0.015	0.019	0.011	0.017	0.016	0.816
Caraga	0.013	0.011	0.010	0.010	0.011	0.575
ARMM	0.014	0.014	0.007	0.005	0.010	0.520

Table 9.11 *Squash* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.061	0.058	0.055	0.048	0.056	2.897
NCR	0.037	0.034	0.026	0.028	0.031	1.637
CAR	0.087	0.073	0.072	0.070	0.075	3.924
Ilocos Region	0.044	0.061	0.066	0.054	0.056	2.927
Cagayan Valley	0.062	0.048	0.068	0.069	0.062	3.207
Central Luzon	0.038	0.033	0.032	0.029	0.033	1.718
CALABARZON	0.034	0.048	0.041	0.033	0.039	2.042
MIMAROPA	0.071	0.073	0.058	0.084	0.071	3.712
Bicol Region	0.077	0.062	0.052	0.051	0.061	3.146
Western Visayas	0.072	0.091	0.093	0.068	0.081	4.212
Central Visayas	0.101	0.082	0.072	0.071	0.081	4.216
Eastern Visayas	0.099	0.055	0.055	0.070	0.070	3.618
Zamboanga Peninsula	0.117	0.111	0.091	0.101	0.105	5.449
Northern Mindanao	0.090	0.080	0.085	0.073	0.082	4.248
Davao Region	0.098	0.082	0.077	0.074	0.083	4.312
SOCCSKSARGEN	0.091	0.062	0.077	0.060	0.072	3.770
Caraga	0.100	0.087	0.066	0.072	0.081	4.225
ARMM	0.040	0.045	0.049	0.020	0.039	2.020

Table 9.12 *Okra* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.029	0.025	0.020	0.020	0.024	1.231
NCR	0.018	0.020	0.016	0.017	0.018	0.941
CAR	0.019	0.022	0.014	0.026	0.020	1.055
Ilocos Region	0.036	0.037	0.039	0.033	0.036	1.874
Cagayan Valley	0.048	0.032	0.026	0.036	0.036	1.853
Central Luzon	0.029	0.023	0.024	0.020	0.024	1.258
CALABARZON	0.021	0.021	0.018	0.025	0.021	1.109
MIMAROPA	0.042	0.035	0.026	0.029	0.033	1.713
Bicol Region	0.044	0.030	0.031	0.016	0.030	1.568
Western Visayas	0.031	0.029	0.023	0.018	0.025	1.306
Central Visayas	0.049	0.032	0.023	0.016	0.029	1.533
Eastern Visayas	0.025	0.035	0.013	0.010	0.021	1.070
Zamboanga Peninsula	0.067	0.055	0.027	0.041	0.048	2.482
Northern Mindanao	0.035	0.036	0.032	0.032	0.034	1.754
Davao Region	0.042	0.033	0.033	0.027	0.034	1.759
SOCCSKSARGEN	0.034	0.028	0.020	0.028	0.027	1.428
Caraga	0.042	0.035	0.028	0.024	0.032	1.673
ARMM	0.013	0.008	0.004	0.007	0.008	0.429

Table 9.13 *Carrots* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.010	0.009	0.010	0.009	0.010	0.494
NCR	0.018	0.020	0.011	0.013	0.015	0.799
CAR	0.016	0.012	0.023	0.017	0.017	0.874
Ilocos Region	0.012	0.009	0.013	0.009	0.011	0.570
Cagayan Valley	0.006	0.009	0.007	0.011	0.008	0.436
Central Luzon	0.011	0.010	0.013	0.012	0.012	0.600
CALABARZON	0.008	0.009	0.011	0.012	0.010	0.518
MIMAROPA	0.003	0.006	0.005	0.005	0.005	0.251
Bicol Region	0.012	0.010	0.010	0.012	0.011	0.570
Western Visayas	0.019	0.016	0.024	0.008	0.017	0.874
Central Visayas	0.020	0.007	0.005	0.007	0.010	0.506
Eastern Visayas	0.005	0.004	0.004	0.003	0.004	0.201
Zamboanga Peninsula	a/	0.001	0.003	0.003	0.002	0.105
Northern Mindanao	0.007	0.009	0.008	0.009	0.008	0.436
Davao Region	0.010	0.009	0.007	0.009	0.009	0.442
SOCCSKSARGEN	0.009	0.003	0.006	0.005	0.006	0.305
Caraga	0.007	0.005	0.009	0.009	0.007	0.389
ARMM	a/	0.003	0.007	0.005	0.004	0.204

a/ less than 0.001 kilogram

Table 9.14 *Cabbage* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.020	0.018	0.025	0.023	0.022	1.125
NCR	0.040	0.038	0.040	0.042	0.040	2.072
CAR	0.040	0.061	0.060	0.076	0.059	3.087
Ilocos Region	0.023	0.020	0.038	0.040	0.030	1.568
Cagayan Valley	0.026	0.034	0.085	0.058	0.051	2.634
Central Luzon	0.028	0.028	0.043	0.040	0.035	1.811
CALABARZON	0.015	0.014	0.017	0.022	0.017	0.888
MIMAROPA	0.008	0.008	0.009	0.014	0.010	0.517
Bicol Region	0.022	0.017	0.019	0.021	0.020	1.035
Western Visayas	0.018	0.022	0.029	0.019	0.022	1.145
Central Visayas	0.024	0.012	0.025	0.017	0.019	1.012
Eastern Visayas	0.011	0.013	0.011	0.010	0.011	0.577
Zamboanga Peninsula	0.002	0.009	0.010	0.010	0.008	0.400
Northern Mindanao	0.008	0.015	0.013	0.018	0.014	0.713
Davao Region	0.014	0.011	0.016	0.012	0.013	0.685
SOCCSKSARGEN	0.008	0.011	0.011	0.009	0.009	0.490
Caraga	0.018	0.014	0.025	0.013	0.017	0.899
ARMM	0.010	0.002	0.009	0.006	0.007	0.367

Table 9.15 *Pechay* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.022	0.028	0.028	0.018	0.024	1.236
NCR	0.031	0.031	0.020	0.018	0.025	1.307
CAR	0.045	0.086	0.098	0.039	0.067	3.505
Ilocos Region	0.012	0.023	0.020	0.019	0.019	0.964
Cagayan Valley	0.028	0.058	0.076	0.021	0.046	2.376
Central Luzon	0.024	0.026	0.038	0.029	0.029	1.521
CALABARZON	0.021	0.023	0.029	0.016	0.022	1.155
MIMAROPA	0.010	0.012	0.024	0.013	0.015	0.761
Bicol Region	0.035	0.029	0.055	0.026	0.036	1.871
Western Visayas	0.009	0.009	0.017	0.009	0.011	0.580
Central Visayas	0.013	0.014	0.018	0.009	0.013	0.701
Eastern Visayas	0.024	0.018	0.018	0.030	0.023	1.171
Zamboanga Peninsula	0.009	0.015	0.008	0.008	0.010	0.517
Northern Mindanao	0.017	0.016	0.014	0.022	0.017	0.904
Davao Region	0.009	0.019	0.013	0.016	0.014	0.745
SOCCSKSARGEN	0.014	0.018	0.013	0.016	0.015	0.782
Caraga	0.015	0.010	0.013	0.013	0.013	0.664
ARMM	0.030	0.049	0.035	0.015	0.032	1.668

Table 9.16 *Stringbeans* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.041	0.033	0.039	0.034	0.037	1.916
NCR	0.027	0.020	0.020	0.013	0.020	1.039
CAR	0.068	0.054	0.072	0.041	0.059	3.068
Ilocos Region	0.066	0.050	0.075	0.058	0.062	3.244
Cagayan Valley	0.074	0.075	0.085	0.071	0.076	3.974
Central Luzon	0.048	0.032	0.030	0.032	0.035	1.843
CALABARZON	0.037	0.033	0.026	0.022	0.029	1.532
MIMAROPA	0.050	0.046	0.036	0.064	0.049	2.552
Bicol Region	0.068	0.033	0.036	0.033	0.043	2.215
Western Visayas	0.039	0.040	0.035	0.025	0.035	1.807
Central Visayas	0.065	0.027	0.021	0.014	0.032	1.643
Eastern Visayas	0.036	0.020	0.016	0.027	0.025	1.281
Zamboanga Peninsula	0.106	0.034	0.069	0.105	0.079	4.083
Northern Mindanao	0.039	0.041	0.029	0.021	0.032	1.690
Davao Region	0.026	0.041	0.027	0.030	0.031	1.602
SOCCSKSARGEN	0.042	0.041	0.028	0.028	0.035	1.808
Caraga	0.048	0.033	0.032	0.042	0.039	2.006
ARMM	0.015	0.028	0.069	0.046	0.039	2.040

Table 9.17 *Habichuelas* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.003	0.002	0.005	0.003	0.003	0.174
NCR	0.006	0.003	0.001	0.003	0.003	0.173
CAR	0.030	0.019	0.054	0.038	0.035	1.845
Ilocos Region	0.007	0.002	0.011	0.007	0.007	0.341
Cagayan Valley	0.008	0.008	0.021	0.016	0.013	0.684
Central Luzon	0.002	0.005	0.005	0.004	0.004	0.207
CALABARZON	0.002	0.001	0.004	0.002	0.002	0.124
MIMAROPA	a/	0.001	0.001	0.002	0.001	0.063
Bicol Region	0.004	0.002	0.002	0.003	0.003	0.141
Western Visayas	a/	a/	0.002	a/	a/	0.050
Central Visayas	0.004	0.002	0.003	0.002	0.003	0.132
Eastern Visayas	a/	a/	a/	a/	a/	0.027
Zamboanga Peninsula	0.003	a/	a/	a/	0.001	0.057
Northern Mindanao	0.005	0.006	0.005	0.004	0.005	0.268
Davao Region	a/	0.003	a/	0.002	0.001	0.070
SOCCSKSARGEN	0.002	a/	0.002	0.002	0.002	0.080
Caraga	0.001	0.002	0.002	a/	0.002	0.087
ARMM	a/	0.001	0.006	0.001	0.002	0.114

a/ less than 0.001 kilogram

Table 9.18 *Mongo* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.019	0.014	0.014	0.015	0.015	0.804
NCR	0.015	0.017	0.013	0.017	0.015	0.803
CAR	0.022	0.023	0.018	0.020	0.020	1.065
Ilocos Region	0.032	0.024	0.025	0.030	0.028	1.448
Cagayan Valley	0.053	0.023	0.028	0.032	0.034	1.763
Central Luzon	0.016	0.014	0.012	0.016	0.014	0.745
CALABARZON	0.013	0.012	0.009	0.009	0.011	0.550
MIMAROPA	0.014	0.014	0.020	0.018	0.017	0.866
Bicol Region	0.016	0.015	0.016	0.013	0.015	0.785
Western Visayas	0.016	0.017	0.020	0.020	0.018	0.934
Central Visayas	0.024	0.026	0.020	0.026	0.024	1.247
Eastern Visayas	0.010	0.013	0.007	0.005	0.009	0.472
Zamboanga Peninsula	0.015	0.021	0.021	0.024	0.020	1.041
Northern Mindanao	0.011	0.011	0.011	0.021	0.014	0.706
Davao Region	0.020	0.011	0.017	0.016	0.016	0.837
SOCCSKSARGEN	0.013	0.012	0.014	0.016	0.013	0.699
Caraga	0.011	0.013	0.009	0.008	0.010	0.534
ARMM	0.027	0.004	0.007	0.005	0.011	0.578

Table 9.19 *Tomato* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.056	0.045	0.067	0.060	0.057	2.970
NCR	0.068	0.055	0.079	0.073	0.069	3.572
CAR	0.049	0.050	0.110	0.112	0.080	4.177
Ilocos Region	0.091	0.071	0.157	0.145	0.115	6.003
Cagayan Valley	0.083	0.044	0.127	0.128	0.095	4.958
Central Luzon	0.091	0.061	0.105	0.101	0.089	4.651
CALABARZON	0.051	0.043	0.051	0.076	0.056	2.890
MIMAROPA	0.027	0.038	0.057	0.051	0.043	2.254
Bicol Region	0.058	0.037	0.045	0.059	0.050	2.579
Western Visayas	0.080	0.054	0.080	0.058	0.068	3.532
Central Visayas	0.029	0.020	0.033	0.031	0.028	1.467
Eastern Visayas	0.040	0.026	0.023	0.022	0.028	1.442
Zamboanga Peninsula	0.020	0.036	0.017	0.020	0.023	1.201
Northern Mindanao	0.035	0.046	0.035	0.031	0.037	1.905
Davao Region	0.061	0.043	0.044	0.051	0.050	2.589
SOCCSKSARGEN	0.078	0.077	0.051	0.069	0.069	3.581
Caraga	0.043	0.029	0.035	0.031	0.034	1.794
ARMM	0.040	0.036	0.074	0.025	0.044	2.281

Table 9.20 *Onion* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.050	0.043	0.046	0.042	0.045	2.341
NCR	0.064	0.049	0.052	0.047	0.053	2.751
CAR	0.051	0.054	0.059	0.059	0.056	2.906
Ilocos Region	0.056	0.040	0.049	0.043	0.047	2.452
Cagayan Valley	0.067	0.062	0.067	0.065	0.065	3.401
Central Luzon	0.075	0.058	0.060	0.056	0.062	3.235
CALABARZON	0.061	0.049	0.052	0.056	0.055	2.835
MIMAROPA	0.039	0.046	0.043	0.045	0.043	2.257
Bicol Region	0.052	0.050	0.043	0.049	0.048	2.522
Western Visayas	0.068	0.050	0.046	0.040	0.051	2.644
Central Visayas	0.042	0.035	0.035	0.039	0.037	1.948
Eastern Visayas	0.040	0.037	0.032	0.027	0.034	1.766
Zamboanga Peninsula	0.030	0.028	0.030	0.029	0.029	1.527
Northern Mindanao	0.036	0.030	0.033	0.029	0.032	1.665
Davao Region	0.051	0.032	0.039	0.045	0.042	2.171
SOCCSKSARGEN	0.048	0.041	0.037	0.044	0.042	2.203
Caraga	0.036	0.034	0.037	0.034	0.035	1.825
ARMM	0.027	0.030	0.042	0.024	0.031	1.602

Table 9.21 *Garlic* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.027	0.024	0.025	0.021	0.024	1.260
NCR	0.039	0.030	0.026	0.024	0.030	1.560
CAR	0.023	0.030	0.030	0.029	0.028	1.461
Ilocos Region	0.027	0.018	0.023	0.021	0.022	1.158
Cagayan Valley	0.035	0.033	0.032	0.032	0.033	1.709
Central Luzon	0.048	0.037	0.033	0.031	0.037	1.924
CALABARZON	0.034	0.026	0.028	0.027	0.029	1.505
MIMAROPA	0.022	0.021	0.026	0.017	0.021	1.111
Bicol Region	0.040	0.037	0.031	0.024	0.033	1.720
Western Visayas	0.034	0.023	0.019	0.016	0.023	1.202
Central Visayas	0.024	0.025	0.023	0.018	0.022	1.157
Eastern Visayas	0.022	0.019	0.014	0.011	0.016	0.857
Zamboanga Peninsula	0.014	0.017	0.022	0.011	0.016	0.838
Northern Mindanao	0.018	0.016	0.019	0.015	0.017	0.893
Davao Region	0.022	0.015	0.023	0.024	0.021	1.102
SOCCSKSARGEN	0.019	0.016	0.015	0.012	0.016	0.808
Caraga	0.015	0.015	0.018	0.018	0.017	0.860
ARMM	0.010	0.014	0.026	0.017	0.017	0.864

Table 9.22 *Banana (except saba)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.255	0.210	0.230	0.182	0.219	11.400
NCR	0.288	0.236	0.215	0.200	0.235	12.198
CAR	0.247	0.228	0.175	0.230	0.219	11.408
Ilocos Region	0.149	0.148	0.126	0.153	0.144	7.480
Cagayan Valley	0.232	0.185	0.181	0.198	0.199	10.345
Central Luzon	0.217	0.199	0.183	0.174	0.193	10.044
CALABARZON	0.227	0.223	0.188	0.191	0.207	10.765
MIMAROPA	0.164	0.247	0.161	0.156	0.181	9.433
Bicol Region	0.249	0.230	0.220	0.194	0.223	11.611
Western Visayas	0.275	0.291	0.296	0.216	0.270	14.020
Central Visayas	0.228	0.221	0.189	0.218	0.214	11.102
Eastern Visayas	0.254	0.287	0.264	0.218	0.256	13.297
Zamboanga Peninsula	0.200	0.280	0.242	0.291	0.253	13.159
Northern Mindanao	0.226	0.268	0.287	0.266	0.262	13.627
Davao Region	0.295	0.285	0.350	0.350	0.320	16.639
SOCCSKSARGEN	0.205	0.248	0.189	0.161	0.201	10.431
Caraga	0.240	0.229	0.232	0.221	0.230	11.976
ARMM	0.328	0.077	0.290	0.046	0.188	9.758

Table 9.23 *Saba* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.122	0.189	0.131	0.143	0.146	7.601
NCR	0.025	0.057	0.061	0.037	0.045	2.339
CAR	0.136	0.128	0.141	0.114	0.130	6.748
Ilocos Region	0.049	0.032	0.022	0.028	0.033	1.710
Cagayan Valley	0.176	0.115	0.139	0.134	0.141	7.335
Central Luzon	0.078	0.042	0.057	0.039	0.054	2.802
CALABARZON	0.124	0.159	0.145	0.122	0.137	7.148
MIMAROPA	0.377	0.280	0.220	0.164	0.260	13.518
Bicol Region	0.097	0.175	0.114	0.204	0.148	7.673
Western Visayas	0.272	0.251	0.292	0.222	0.259	13.490
Central Visayas	0.161	0.136	0.169	0.174	0.160	8.336
Eastern Visayas	0.092	0.103	0.156	0.100	0.113	5.885
Zamboanga Peninsula	0.214	0.251	0.187	0.215	0.217	11.264
Northern Mindanao	0.208	0.229	0.202	0.230	0.217	11.293
Davao Region	0.219	0.323	0.265	0.280	0.271	14.108
SOCCSKSARGEN	0.138	0.296	0.259	0.223	0.229	11.884
Caraga	0.146	0.103	0.139	0.125	0.128	6.670
ARMM	0.075	0.410	0.065	0.207	0.188	9.780

Table 9.24 *Mango* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.056	0.018	0.044	0.182	0.075	3.889
NCR	0.026	0.009	0.059	0.158	0.064	3.309
CAR	0.016	0.014	0.048	0.293	0.091	4.749
Ilocos Region	0.005	0.001	0.033	0.157	0.049	2.531
Cagayan Valley	0.005	a/	0.007	0.232	0.061	3.175
Central Luzon	0.032	0.003	0.070	0.261	0.091	4.714
CALABARZON	0.029	0.006	0.031	0.172	0.060	3.121
MIMAROPA	0.078	0.012	0.032	0.258	0.096	4.973
Bicol Region	0.084	0.014	0.019	0.147	0.066	3.438
Western Visayas	0.078	0.009	0.054	0.170	0.078	4.044
Central Visayas	0.096	0.020	0.033	0.181	0.083	4.296
Eastern Visayas	0.081	0.034	0.018	0.070	0.051	2.627
Zamboanga Peninsula	0.100	0.002	0.056	0.449	0.150	7.808
Northern Mindanao	0.088	0.050	0.033	0.153	0.081	4.224
Davao Region	0.106	0.113	0.079	0.179	0.119	6.191
SOCCSKSARGEN	0.064	0.019	0.035	0.182	0.075	3.893
Caraga	0.107	0.058	0.043	0.070	0.069	3.609
ARMM	0.055	0.014	0.042	0.170	0.070	3.614

a/ less than 0.001 kilogram

Table 9.25 *Pineapple* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.031	0.012	0.010	0.019	0.018	0.935
NCR	0.027	0.024	0.017	0.010	0.019	1.007
CAR	0.057	0.003	0.008	0.044	0.028	1.445
Ilocos Region	0.012	0.002		0.006	0.005	0.267
Cagayan Valley	0.029	0.003	0.003	0.046	0.020	1.048
Central Luzon	0.029	0.005	0.008	0.012	0.014	0.714
CALABARZON	0.028	0.014	0.017	0.034	0.023	1.204
MIMAROPA	0.036	0.006	0.016	0.075	0.034	1.751
Bicol Region	0.087	0.021	0.014	0.039	0.040	2.092
Western Visayas	0.054	0.011	0.014	0.009	0.022	1.130
Central Visayas	0.029	a/	a/	0.007	0.009	0.476
Eastern Visayas	0.058	0.008	0.006	0.021	0.023	1.192
Zamboanga Peninsula	0.016	0.027	0.003	0.038	0.021	1.095
Northern Mindanao	0.034	0.023	0.013	0.016	0.021	1.115
Davao Region	0.029	0.041	0.023	0.018	0.028	1.439
SOCCSKSARGEN	0.024	0.022	0.015	0.040	0.025	1.313
Caraga	0.053	0.005	0.010	0.023	0.022	1.169
ARMM	0.010	a/	a/	0.001	0.003	0.173

a/ less than 0.001 kilogram

Table 9.26 *Papaya (ripe)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.035	0.044	0.043	0.036	0.040	2.062
NCR	0.005	0.035	0.032	0.020	0.023	1.188
CAR	0.046	0.063	0.076	0.078	0.066	3.424
Ilocos Region	0.015	0.017	0.013	0.019	0.016	0.826
Cagayan Valley	0.040	0.031	0.050	0.031	0.038	1.987
Central Luzon	0.028	0.035	0.025	0.014	0.026	1.331
CALABARZON	0.033	0.056	0.064	0.051	0.051	2.657
MIMAROPA	0.041	0.063	0.093	0.039	0.059	3.077
Bicol Region	0.032	0.055	0.061	0.052	0.050	2.595
Western Visayas	0.053	0.068	0.066	0.041	0.057	2.960
Central Visayas	0.045	0.032	0.044	0.035	0.039	2.032
Eastern Visayas	0.051	0.051	0.068	0.065	0.059	3.060
Zamboanga Peninsula	0.065	0.087	0.061	0.050	0.066	3.425
Northern Mindanao	0.048	0.058	0.053	0.038	0.049	2.567
Davao Region	0.056	0.059	0.059	0.078	0.063	3.277
SOCCSKSARGEN	0.037	0.081	0.063	0.059	0.060	3.126
Caraga	0.040	0.068	0.064	0.060	0.058	3.032
ARMM	0.038	0.017	0.006	0.019	0.020	1.052

Table 9.27 *Calamansi* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.028	0.031	0.027	0.022	0.027	1.408
NCR	0.030	0.048	0.033	0.031	0.036	1.854
CAR	0.026	0.043	0.032	0.029	0.032	1.689
Ilocos Region	0.023	0.029	0.028	0.027	0.027	1.392
Cagayan Valley	0.030	0.051	0.026	0.017	0.031	1.607
Central Luzon	0.040	0.037	0.028	0.031	0.034	1.762
CALABARZON	0.036	0.051	0.028	0.031	0.036	1.893
MIMAROPA	0.034	0.050	0.036	0.033	0.038	1.979
Bicol Region	0.060	0.078	0.041	0.043	0.055	2.875
Western Visayas	0.022	0.042	0.027	0.017	0.027	1.405
Central Visayas	0.026	0.012	0.014	0.011	0.016	0.813
Eastern Visayas	0.027	0.022	0.013	0.013	0.019	0.977
Zamboanga Peninsula	0.016	0.014	0.010	0.015	0.014	0.709
Northern Mindanao	0.008	0.020	0.017	0.016	0.016	0.809
Davao Region	0.038	0.021	0.032	0.029	0.030	1.557
SOCCSKSARGEN	0.023	0.014	0.014	0.015	0.016	0.851
Caraga	0.020	0.011	0.020	0.014	0.016	0.841
ARMM	0.017	a/	0.031	0.011	0.015	0.772

a/ less than 0.001 kilogram

Table 9.28 *Pork* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.179	0.174	0.162	0.170	0.171	8.900
NCR	0.291	0.272	0.247	0.238	0.262	13.625
CAR	0.238	0.263	0.257	0.272	0.257	13.388
Ilocos Region	0.234	0.246	0.239	0.257	0.244	12.705
Cagayan Valley	0.263	0.283	0.262	0.271	0.270	14.034
Central Luzon	0.284	0.233	0.212	0.229	0.239	12.445
CALABARZON	0.229	0.232	0.213	0.221	0.224	11.632
MIMAROPA	0.141	0.157	0.176	0.164	0.160	8.300
Bicol Region	0.164	0.186	0.187	0.185	0.181	9.397
Western Visayas	0.190	0.163	0.167	0.156	0.169	8.775
Central Visayas	0.187	0.195	0.204	0.218	0.201	10.476
Eastern Visayas	0.203	0.170	0.138	0.178	0.172	8.954
Zamboanga Peninsula	0.068	0.102	0.062	0.068	0.075	3.901
Northern Mindanao	0.137	0.132	0.120	0.140	0.132	6.867
Davao Region	0.182	0.190	0.179	0.202	0.188	9.789
SOCCSKSARGEN	0.118	0.135	0.104	0.127	0.121	6.287
Caraga	0.167	0.156	0.158	0.158	0.160	8.303
ARMM	0.016	0.006	0.003	0.010	0.009	0.457

Table 9.29 *Beef* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.025	0.020	0.018	0.018	0.020	1.043
NCR	0.018	0.026	0.033	0.023	0.025	1.298
CAR	0.033	0.030	0.021	0.039	0.031	1.605
Ilocos Region	0.030	0.040	0.038	0.036	0.036	1.864
Cagayan Valley	0.027	0.024	0.027	0.029	0.027	1.386
Central Luzon	0.019	0.022	0.020	0.020	0.020	1.059
CALABARZON	0.010	0.008	0.007	0.009	0.008	0.442
MIMAROPA	0.037	0.033	0.008	0.027	0.026	1.355
Bicol Region	0.021	0.016	0.011	0.014	0.016	0.814
Western Visayas	0.034	0.029	0.024	0.021	0.027	1.397
Central Visayas	0.017	0.020	0.009	0.011	0.014	0.737
Eastern Visayas	0.004	0.001	0.002	0.001	0.002	0.122
Zamboanga Peninsula	0.005	0.018	0.005	0.005	0.008	0.424
Northern Mindanao	0.025	0.026	0.021	0.016	0.022	1.153
Davao Region	0.027	0.027	0.031	0.020	0.026	1.368
SOCCSKSARGEN	0.020	0.016	0.023	0.017	0.019	0.991
Caraga	0.015	0.017	0.010	0.010	0.013	0.673
ARMM	0.051	0.012	0.012	0.019	0.024	1.242

Table 9.30 *Carabeef* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.002	0.002	0.006	0.004	0.003	0.175
NCR		a/	a/		a/	0.014
CAR	0.002	0.002	0.002	0.009	0.004	0.204
Ilocos Region	0.003	0.002	0.002	0.002	0.002	0.126
Cagayan Valley	0.004	0.013	0.017	0.015	0.012	0.634
Central Luzon	0.002	0.004	a/	0.005	0.003	0.160
CALABARZON	0.004	0.002	0.001	0.002	0.002	0.115
MIMAROPA	0.002	0.002	0.005	0.003	0.003	0.160
Bicol Region	0.001	a/	a/	0.002	0.001	0.053
Western Visayas	0.003	0.002	0.003	0.003	0.003	0.135
Central Visayas			a/	0.001	a/	0.021
Eastern Visayas	0.006	0.005	0.004	0.009	0.006	0.295
Zamboanga Peninsula		0.009	0.116	0.043	0.042	2.185
Northern Mindanao	0.004	0.005	0.006	a/	0.004	0.213
Davao Region	a/	a/	a/	0.001	a/	0.033
SOCCSKSARGEN	0.002	0.007	0.002	a/	0.003	0.153
Caraga	0.003	0.001	a/	0.003	0.002	0.091
ARMM	a/	a/	a/		a/	0.010

a/ less than 0.001 kilogram

Table 9.31 *Chevon (goat)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.001	a/	0.004	0.001	0.002	0.101
NCR	a/	a/		a/	a/	0.016
CAR	a/	0.003	0.001	0.004	0.002	0.121
Ilocos Region	0.005	0.003	0.003	0.005	0.004	0.193
Cagayan Valley	0.002	0.004	0.002	0.003	0.003	0.137
Central Luzon	0.007	0.004	0.001	0.001	0.003	0.181
CALABARZON	a/	a/	a/		a/	0.022
MIMAROPA	0.002	0.003	0.001	0.006	0.003	0.156
Bicol Region	a/			a/	a/	0.005
Western Visayas	a/	a/	0.002	0.001	0.001	0.054
Central Visayas	0.002	a/	a/	a/	0.001	0.053
Eastern Visayas	a/	a/	a/	a/	a/	0.007
Zamboanga Peninsula	0.001	a/	0.016	0.005	0.006	0.298
Northern Mindanao	0.002	0.002	0.006	0.001	0.003	0.145
Davao Region	0.001	a/	a/		a/	0.021
SOCCSKSARGEN	a/	a/	0.002	0.003	0.001	0.071
Caraga	a/		a/	a/	a/	0.017
ARMM	a/	a/	0.016	a/	0.004	0.227

a/ less than 0.001 kilogram

Table 9.32 *Chicken* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.197	0.182	0.174	0.164	0.179	9.315
NCR	0.292	0.305	0.264	0.255	0.279	14.510
CAR	0.258	0.274	0.244	0.273	0.262	13.635
Ilocos Region	0.177	0.203	0.190	0.185	0.189	9.810
Cagayan Valley	0.206	0.205	0.212	0.195	0.205	10.647
Central Luzon	0.273	0.231	0.201	0.223	0.232	12.051
CALABARZON	0.195	0.216	0.196	0.195	0.201	10.428
MIMAROPA	0.099	0.113	0.085	0.116	0.103	5.378
Bicol Region	0.129	0.150	0.114	0.118	0.128	6.642
Western Visayas	0.204	0.157	0.161	0.152	0.168	8.742
Central Visayas	0.161	0.142	0.141	0.145	0.147	7.661
Eastern Visayas	0.160	0.142	0.117	0.113	0.133	6.902
Zamboanga Peninsula	0.100	0.112	0.089	0.096	0.099	5.163
Northern Mindanao	0.112	0.131	0.125	0.136	0.126	6.553
Davao Region	0.191	0.155	0.149	0.201	0.174	9.065
SOCCSKSARGEN	0.080	0.091	0.098	0.110	0.095	4.928
Caraga	0.126	0.116	0.115	0.110	0.117	6.081
ARMM	0.206	0.129	0.172	0.092	0.151	7.829

Table 9.33 *Duck* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.004	0.003	0.003	0.004	0.004	0.183
NCR		0.002		0.001	a/	0.040
CAR	0.006	0.007	0.004	0.006	0.006	0.291
Ilocos Region	0.011	0.003	0.002	0.005	0.005	0.275
Cagayan Valley	0.009	0.017	0.009	0.021	0.014	0.721
Central Luzon	0.011	0.005	0.007	0.006	0.007	0.375
CALABARZON	0.002	a/	a/	0.003	0.001	0.072
MIMAROPA	0.004	0.003	0.001	0.003	0.003	0.152
Bicol Region	0.003	0.007	0.002	0.001	0.004	0.183
Western Visayas	0.007	0.007	0.007	0.004	0.006	0.324
Central Visayas		a/	a/	a/	a/	0.006
Eastern Visayas	0.002	a/			a/	0.033
Zamboanga Peninsula		0.003	0.007	0.014	0.006	0.310
Northern Mindanao	0.002	0.003	0.003	0.005	0.003	0.165
Davao Region	0.002	0.003	a/	a/	0.002	0.082
SOCCSKSARGEN	0.010	0.007	0.009	0.009	0.009	0.450
Caraga	0.003	a/	0.001	0.002	0.002	0.091
ARMM	0.004	0.002	0.006	0.003	0.004	0.187

a/ less than 0.001 kilogram

Table 9.34 *Chicken Egg* : Estimated per capita consumption by region, Philippines, 2015-2016

(in piece)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	1.869	1.670	1.504	1.404	1.612	83.821
NCR	2.680	2.380	2.143	2.246	2.362	122.837
CAR	0.933	2.238	2.050	2.190	1.854	96.401
Ilocos Region	1.797	1.961	1.883	1.873	1.879	97.687
Cagayan Valley	1.880	1.868	1.853	1.745	1.837	95.503
Central Luzon	2.546	1.986	1.974	1.888	2.099	109.146
CALABARZON	2.142	2.122	1.961	1.893	2.028	105.467
MIMAROPA	1.236	1.217	1.162	1.217	1.208	62.799
Bicol Region	1.367	1.198	1.379	1.303	1.312	68.220
Western Visayas	1.887	1.259	1.313	1.319	1.440	74.861
Central Visayas	2.083	1.744	1.543	1.208	1.640	85.295
Eastern Visayas	1.759	1.362	1.245	1.182	1.384	71.975
Zamboanga Peninsula	1.064	1.005	0.970	0.764	0.952	49.506
Northern Mindanao	1.444	1.194	1.117	1.173	1.231	64.006
Davao Region	1.524	1.684	1.532	1.509	1.562	81.233
SOCCSKSARGEN	1.117	1.042	0.828	1.146	1.033	53.719
Caraga	1.403	1.448	1.567	1.478	1.474	76.644
ARMM	1.514	1.285	0.736	0.252	0.959	49.856

Table 9.35 *Duck Egg* : Estimated per capita consumption by region, Philippines, 2015-2016

(in piece)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.046	0.128	0.035	0.024	0.058	3.013
NCR	0.001	0.027	0.018	0.008	0.014	0.708
CAR	0.003	0.002	0.002	0.019	0.006	0.337
Ilocos Region	0.031	0.020	0.001	0.014	0.017	0.863
Cagayan Valley	0.012	0.078	0.022	0.043	0.039	2.012
Central Luzon	0.041	0.039	0.059	0.050	0.047	2.465
CALABARZON	0.025	0.005	0.003	0.010	0.011	0.565
MIMAROPA	0.051	0.118	0.129	0.088	0.096	4.998
Bicol Region	0.063	0.113	0.057	0.066	0.075	3.887
Western Visayas	0.043	0.058	0.041	0.026	0.042	2.172
Central Visayas	0.010	0.027	0.002	0.004	0.011	0.550
Eastern Visayas	0.011	0.013	0.017	0.022	0.016	0.825
Zamboanga Peninsula	0.032	0.002	0.135	0.010	0.045	2.328
Northern Mindanao	0.038	0.037	0.015	0.009	0.025	1.287
Davao Region	0.010	0.055	0.016	0.055	0.034	1.750
SOCCSKSARGEN	0.069	0.136	0.102	0.061	0.092	4.770
Caraga	0.016	0.027	0.008	0.014	0.016	0.847
ARMM	0.138	0.564	0.049	0.013	0.192	9.969

Table 9.36 *Fresh/pasteurized milk* : Estimated per capita consumption by region, Philippines, 2015-2016

(in liter)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.006	0.004	0.006	0.004	0.005	0.258
NCR	0.011	0.012	0.016	0.011	0.012	0.645
CAR	0.003	a/	a/		a/	0.037
Ilocos Region	a/	a/	a/		a/	0.017
Cagayan Valley	0.002	0.002	0.002	0.003	0.002	0.120
Central Luzon	0.016	0.013	0.010	0.006	0.011	0.583
CALABARZON	0.018	0.002	0.002	a/	0.006	0.290
MIMAROPA	a/	0.002	0.002	0.001	0.002	0.078
Bicol Region	0.003		a/		a/	0.035
Western Visayas	0.006	0.014	0.019	0.015	0.014	0.711
Central Visayas	a/	a/	0.002		a/	0.044
Eastern Visayas	a/	0.002	a/		a/	0.049
Zamboanga Peninsula		a/	0.001	0.005	0.002	0.082
Northern Mindanao	a/	0.002	0.001	a/	0.001	0.061
Davao Region	0.007	0.001	0.005	0.005	0.005	0.240
SOCCSKSARGEN	0.001	0.002	0.005	0.003	0.003	0.142
Caraga						
ARMM	0.003				a/	0.035

a/ less than 0.001 liter

Table 9.37 *Milkfish* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.093	0.087	0.080	0.082	0.086	4.463
NCR	0.111	0.137	0.145	0.140	0.133	6.933
CAR	0.126	0.142	0.139	0.130	0.134	6.976
Ilocos Region	0.165	0.160	0.129	0.158	0.153	7.967
Cagayan Valley	0.113	0.108	0.098	0.097	0.104	5.414
Central Luzon	0.150	0.146	0.120	0.116	0.133	6.932
CALABARZON	0.094	0.073	0.079	0.085	0.083	4.296
MIMAROPA	0.108	0.039	0.024	0.031	0.051	2.639
Bicol Region	0.038	0.033	0.025	0.026	0.031	1.588
Western Visayas	0.196	0.143	0.128	0.129	0.149	7.724
Central Visayas	0.079	0.035	0.067	0.033	0.053	2.776
Eastern Visayas	0.047	0.046	0.021	0.044	0.040	2.061
Zamboanga Peninsula	0.021	0.027	0.010	0.022	0.020	1.046
Northern Mindanao	0.037	0.033	0.024	0.026	0.030	1.566
Davao Region	0.082	0.091	0.082	0.089	0.086	4.481
SOCCSKSARGEN	0.049	0.064	0.048	0.065	0.056	2.929
Caraga	0.060	0.057	0.051	0.063	0.058	2.992
ARMM	0.063	0.064	0.048	0.052	0.057	2.969

Table 9.38 *Tilapia* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.100	0.088	0.094	0.086	0.092	4.782
NCR	0.142	0.154	0.137	0.142	0.144	7.470
CAR	0.102	0.114	0.111	0.112	0.110	5.704
Ilocos Region	0.171	0.147	0.141	0.124	0.146	7.578
Cagayan Valley	0.167	0.146	0.186	0.147	0.161	8.392
Central Luzon	0.199	0.176	0.185	0.153	0.178	9.276
CALABARZON	0.138	0.128	0.147	0.135	0.137	7.116
MIMAROPA	0.026	0.031	0.037	0.026	0.030	1.566
Bicol Region	0.095	0.086	0.095	0.093	0.092	4.791
Western Visayas	0.031	0.025	0.020	0.016	0.023	1.206
Central Visayas	0.007	0.004	0.007	0.001	0.005	0.249
Eastern Visayas	0.014	0.006	0.003	0.006	0.007	0.375
Zamboanga Peninsula	0.018	0.005	0.031	0.026	0.020	1.042
Northern Mindanao	0.020	0.023	0.017	0.042	0.026	1.334
Davao Region	0.024	0.021	0.022	0.021	0.022	1.145
SOCCSKSARGEN	0.087	0.063	0.055	0.052	0.064	3.345
Caraga	0.023	0.020	0.035	0.008	0.021	1.107
ARMM	0.123	0.084	0.112	0.101	0.105	5.458

Table 9.39 *Round scad (Galunggong)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.096	0.090	0.097	0.119	0.101	5.230
NCR	0.107	0.103	0.090	0.107	0.102	5.293
CAR	0.051	0.057	0.056	0.063	0.057	2.952
Ilocos Region	0.090	0.072	0.071	0.103	0.084	4.378
Cagayan Valley	0.056	0.068	0.066	0.071	0.065	3.404
Central Luzon	0.087	0.062	0.080	0.089	0.080	4.141
CALABARZON	0.099	0.074	0.091	0.113	0.094	4.909
MIMAROPA	0.087	0.050	0.054	0.134	0.081	4.238
Bicol Region	0.123	0.085	0.078	0.076	0.090	4.699
Western Visayas	0.087	0.118	0.114	0.130	0.113	5.859
Central Visayas	0.115	0.123	0.121	0.205	0.141	7.347
Eastern Visayas	0.165	0.127	0.117	0.144	0.138	7.193
Zamboanga Peninsula	0.116	0.128	0.110	0.232	0.146	7.596
Northern Mindanao	0.091	0.122	0.079	0.131	0.106	5.511
Davao Region	0.064	0.084	0.067	0.112	0.082	4.246
SOCCSKSARGEN	0.055	0.091	0.080	0.125	0.088	4.565
Caraga	0.091	0.073	0.048	0.091	0.076	3.927
ARMM	0.085	0.079	0.141	0.114	0.104	5.422

Table 9.40 *Tuna (all species)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.045	0.047	0.062	0.055	0.052	2.713
NCR	0.021	0.020	0.015	0.009	0.016	0.839
CAR	0.001	0.006	0.002	0.005	0.004	0.193
Ilocos Region	0.028	0.026	0.021	0.016	0.023	1.182
Cagayan Valley	0.004	0.009	0.015	0.019	0.012	0.607
Central Luzon	0.018	0.013	0.019	0.013	0.016	0.834
CALABARZON	0.023	0.042	0.032	0.031	0.032	1.659
MIMAROPA	0.093	0.104	0.148	0.115	0.115	5.999
Bicol Region	0.027	0.062	0.045	0.046	0.045	2.351
Western Visayas	0.029	0.026	0.062	0.038	0.039	2.022
Central Visayas	0.060	0.074	0.126	0.081	0.086	4.464
Eastern Visayas	0.125	0.048	0.078	0.097	0.087	4.520
Zamboanga Peninsula	0.116	0.085	0.115	0.109	0.106	5.519
Northern Mindanao	0.090	0.083	0.135	0.122	0.107	5.587
Davao Region	0.166	0.117	0.126	0.157	0.142	7.372
SOCCSKSARGEN	0.106	0.095	0.097	0.095	0.098	5.112
Caraga	0.094	0.105	0.133	0.132	0.116	6.032
ARMM	0.017	0.037	0.065	0.062	0.045	2.333

Table 9.41 *Dalagang bukid* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.010	0.008	0.007	0.009	0.009	0.444
NCR	0.021	0.017	0.017	0.023	0.020	1.022
CAR	0.002	0.003	a/	0.006	0.003	0.152
Ilocos Region	0.003	0.004	0.001	0.001	0.002	0.120
Cagayan Valley	0.001	0.003	0.001	0.007	0.003	0.171
Central Luzon	0.016	0.014	0.013	0.017	0.015	0.772
CALABARZON	0.012	0.003	0.004	0.002	0.005	0.264
MIMAROPA	0.040	0.011	0.007	0.018	0.019	0.976
Bicol Region	0.012	0.002	0.006	0.005	0.006	0.325
Western Visayas	0.002	0.003	a/	0.001	0.002	0.092
Central Visayas	0.005	0.004	0.003	0.004	0.004	0.209
Eastern Visayas	0.005	0.026	0.004	0.003	0.009	0.488
Zamboanga Peninsula	a/	0.009	0.010	0.006	0.006	0.331
Northern Mindanao	0.018	0.016	0.005	0.005	0.011	0.569
Davao Region	0.003	0.014	0.012	0.007	0.009	0.470
SOCCSKSARGEN	0.003	0.006	0.003	0.007	0.005	0.260
Caraga	0.013	0.013	0.021	0.016	0.016	0.819
ARMM	0.002	0.001	0.002	0.007	0.003	0.151

a/ less than 0.001 kilogram

Table 9.42 *Shrimp* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.014	0.013	0.013	0.017	0.014	0.743
NCR	0.013	0.016	0.022	0.016	0.017	0.886
CAR	0.006	0.011	0.007	0.014	0.010	0.497
Ilocos Region	0.015	0.005	0.008	0.008	0.009	0.463
Cagayan Valley	0.003	0.003	0.005	0.008	0.005	0.252
Central Luzon	0.027	0.021	0.023	0.030	0.025	1.314
CALABARZON	0.008	0.005	0.005	0.008	0.007	0.346
MIMAROPA	0.011	0.007	0.008	0.013	0.010	0.501
Bicol Region	0.013	0.011	0.016	0.009	0.012	0.636
Western Visayas	0.047	0.027	0.025	0.018	0.029	1.518
Central Visayas	0.020	0.014	0.005	0.008	0.012	0.605
Eastern Visayas	0.008	0.008	0.005	0.009	0.007	0.380
Zamboanga Peninsula	0.004	0.009	0.007	0.010	0.007	0.388
Northern Mindanao	0.009	0.007	0.012	0.005	0.008	0.430
Davao Region	0.017	0.006	0.011	0.011	0.011	0.583
SOCCSKSARGEN	0.005	0.005	0.004	0.003	0.005	0.235
Caraga	0.013	0.013	0.009	0.011	0.012	0.601
ARMM	0.004	0.018	0.015	0.037	0.018	0.947

Table 9.43 *Mussels* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.008	0.006	0.007	0.008	0.007	0.383
NCR	0.020	0.013	0.009	0.019	0.015	0.792
CAR	0.004	0.004	0.008	0.015	0.008	0.402
Ilocos Region	0.010	0.002	0.005	0.014	0.008	0.406
Cagayan Valley	0.008	0.004	0.005	0.006	0.006	0.294
Central Luzon	0.018	0.004	0.011	0.010	0.011	0.555
CALABARZON	0.007	0.003	0.002	0.001	0.003	0.162
MIMAROPA	0.003	0.006	0.019	0.033	0.015	0.787
Bicol Region	a/	0.001	0.005	0.003	0.003	0.141
Western Visayas	0.003	0.005	0.007	0.003	0.004	0.234
Central Visayas	0.004	0.008	0.004	a/	0.004	0.213
Eastern Visayas	0.012	0.023	0.024	0.009	0.017	0.881
Zamboanga Peninsula	a/	0.005	a/	a/	0.002	0.082
Northern Mindanao	0.004	0.004	0.004	0.003	0.004	0.190
Davao Region	0.018	0.013	0.014	0.023	0.017	0.887
SOCCSKSARGEN	0.003	0.003	0.007	0.011	0.006	0.321
Caraga	0.009	0.013	0.008	0.009	0.010	0.512
ARMM		a/	0.005	0.002	0.002	0.088

a/ less than 0.001 kilogram

Table 9.44 *Bihon* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.018	0.019	0.025	0.020	0.021	1.078
NCR	0.020	0.030	0.045	0.020	0.029	1.486
CAR	0.009	0.018	0.015	0.033	0.019	0.973
Ilocos Region	0.013	0.005	0.010	0.009	0.009	0.489
Cagayan Valley	0.013	0.013	0.017	0.022	0.016	0.848
Central Luzon	0.014	0.012	0.017	0.012	0.014	0.714
CALABARZON	0.015	0.010	0.015	0.014	0.013	0.701
MIMAROPA	0.007	0.016	0.018	0.025	0.017	0.863
Bicol Region	0.012	0.018	0.026	0.036	0.023	1.197
Western Visayas	0.034	0.030	0.043	0.030	0.034	1.781
Central Visayas	0.031	0.027	0.036	0.030	0.031	1.623
Eastern Visayas	0.032	0.021	0.018	0.027	0.024	1.272
Zamboanga Peninsula	0.021	0.033	0.029	0.031	0.029	1.484
Northern Mindanao	0.023	0.022	0.026	0.020	0.023	1.178
Davao Region	0.031	0.030	0.029	0.033	0.031	1.603
SOCCSKSARGEN	0.015	0.015	0.007	0.011	0.012	0.622
Caraga	0.031	0.033	0.035	0.023	0.030	1.582
ARMM	0.007	0.009	0.016	0.011	0.010	0.542

Table 9.45 *Sotanghon* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.004	0.003	0.004	0.002	0.003	0.162
NCR	0.004	0.005	0.008	0.005	0.005	0.285
CAR	0.002	0.007	0.002	0.005	0.004	0.215
Ilocos Region	0.005	0.002	0.005	0.003	0.004	0.197
Cagayan Valley	0.002	0.002	0.005	0.002	0.003	0.135
Central Luzon	0.003	0.003	0.002	0.001	0.002	0.121
CALABARZON	0.002	0.002	0.002	0.002	0.002	0.105
MIMAROPA	0.006	0.002	0.005	0.003	0.004	0.192
Bicol Region	a/	0.001	0.006	0.001	0.002	0.117
Western Visayas	0.007	0.006	0.008	0.006	0.007	0.342
Central Visayas	0.004	0.003	0.002	0.003	0.003	0.149
Eastern Visayas	0.003	0.002	a/	0.002	0.002	0.095
Zamboanga Peninsula	0.017	a/	a/	a/	0.005	0.239
Northern Mindanao	0.002	0.004	0.003	0.005	0.004	0.190
Davao Region	0.005	0.002	0.002	0.002	0.003	0.141
SOCCSKSARGEN	a/	0.001	0.002	0.001	0.001	0.067
Caraga	0.002	0.004	0.004	0.002	0.003	0.157
ARMM	0.002	a/	0.002	a/	0.001	0.061

a/ less than 0.001 kilogram

Table 9.46 *Pasta* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.005	0.008	0.007	0.007	0.007	0.354
NCR	0.009	0.036	0.023	0.017	0.021	1.109
CAR	0.004	0.012	0.009	0.018	0.011	0.561
Ilocos Region	0.003	0.001	a/	0.002	0.002	0.089
Cagayan Valley	0.002	0.004	0.003	0.004	0.003	0.155
Central Luzon	0.008	0.003	0.012	0.011	0.008	0.439
CALABARZON	0.007	0.008	0.008	0.013	0.009	0.467
MIMAROPA	0.003	0.004	0.003	0.009	0.005	0.252
Bicol Region	a/	0.001	0.001	0.002	0.001	0.067
Western Visayas	0.003	0.006	0.008	0.007	0.006	0.311
Central Visayas	0.027	0.002	0.005	0.006	0.010	0.509
Eastern Visayas	0.005	0.003	0.001	0.001	0.003	0.140
Zamboanga Peninsula	a/			a/	a/	0.010
Northern Mindanao	0.002	0.002	0.005	0.004	0.003	0.167
Davao Region	0.002	a/	0.004	0.003	0.003	0.134
SOCCKSARGEN	a/	0.001	0.002	a/	a/	0.050
Caraga	0.006	0.002	0.002	0.002	0.003	0.162
ARMM	a/	a/	0.001	a/	a/	0.015

a/ less than 0.001 kilogram

Table 9.47 *Canton* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.022	0.008	0.024	0.013	0.017	0.871
NCR	0.024	0.020	0.016	0.014	0.018	0.955
CAR	0.013	0.011	0.016	0.014	0.013	0.700
Ilocos Region	0.002	0.002	0.003	0.004	0.003	0.144
Cagayan Valley	0.004	0.005	0.006	0.010	0.006	0.320
Central Luzon	0.008	0.003	0.003	0.004	0.004	0.231
CALABARZON	0.003	0.002	0.003	0.005	0.003	0.180
MIMAROPA	0.005	0.004	0.013	0.003	0.006	0.307
Bicol Region	0.034	0.008	0.008	0.011	0.015	0.778
Western Visayas	0.008	0.004	0.004	0.004	0.005	0.247
Central Visayas	0.005	0.005	0.002	0.005	0.004	0.223
Eastern Visayas	0.005	0.004	0.001	0.004	0.003	0.173
Zamboanga Peninsula	0.003	a/	0.003	0.006	0.003	0.152
Northern Mindanao	0.002	0.004	0.005	0.005	0.004	0.219
Davao Region	0.003	0.001	0.004	0.001	0.002	0.123
SOCCKSARGEN	0.002	0.005	0.001	0.009	0.005	0.236
Caraga	0.008	0.008	0.002	0.002	0.005	0.253
ARMM	0.080	0.016	0.113	0.044	0.064	3.305

a/ less than 0.001 kilogram

Table 9.48 *Fresh miki* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.007	0.008	0.009	0.007	0.008	0.406
NCR	0.003	0.002	0.005	0.002	0.003	0.165
CAR	0.001	0.003	0.014	0.007	0.006	0.318
Ilocos Region	0.005	0.003	0.003	0.007	0.005	0.246
Cagayan Valley	0.015	0.021	0.015	0.016	0.016	0.855
Central Luzon	0.003	0.003	0.006	0.004	0.004	0.206
CALABARZON	0.008	0.015	0.013	0.014	0.013	0.663
MIMAROPA	0.008	0.010	0.011	0.010	0.010	0.510
Bicol Region	a/	a/	0.003	a/	0.001	0.064
Western Visayas	0.013	0.012	0.014	0.008	0.012	0.624
Central Visayas	0.009	0.011	0.012	0.013	0.012	0.598
Eastern Visayas	0.019	0.007	0.002	0.002	0.007	0.385
Zamboanga Peninsula	0.009	0.025	0.008	0.015	0.014	0.746
Northern Mindanao	0.018	0.028	0.025	0.018	0.022	1.149
Davao Region	0.010	0.021	0.025	0.028	0.021	1.099
SOCCSKSARGEN	0.003	0.004	0.003	0.004	0.003	0.177
Caraga	0.014	0.016	0.017	0.010	0.014	0.752
ARMM	0.001	a/	0.002	a/	a/	0.048

a/ less than 0.001 kilogram

Table 9.49 *Instant noodles* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.061	0.044	0.062	0.041	0.052	2.688
NCR	0.062	0.049	0.045	0.048	0.051	2.661
CAR	0.056	0.095	0.049	0.068	0.067	3.484
Ilocos Region	0.073	0.060	0.055	0.057	0.061	3.184
Cagayan Valley	0.063	0.070	0.082	0.060	0.069	3.574
Central Luzon	0.056	0.052	0.048	0.052	0.052	2.694
CALABARZON	0.050	0.037	0.043	0.042	0.043	2.231
MIMAROPA	0.035	0.030	0.034	0.034	0.033	1.728
Bicol Region	0.035	0.035	0.030	0.035	0.034	1.747
Western Visayas	0.049	0.047	0.035	0.037	0.042	2.176
Central Visayas	0.042	0.030	0.028	0.031	0.033	1.715
Eastern Visayas	0.052	0.037	0.035	0.037	0.040	2.103
Zamboanga Peninsula	0.035	0.032	0.041	0.037	0.036	1.870
Northern Mindanao	0.047	0.039	0.038	0.038	0.040	2.095
Davao Region	0.049	0.044	0.037	0.041	0.043	2.217
SOCCSKSARGEN	0.031	0.038	0.031	0.035	0.034	1.763
Caraga	0.030	0.033	0.038	0.031	0.033	1.723
ARMM	0.114	0.042	0.166	0.031	0.088	4.596

Table 9.50 *Rice noodles (misua)* : Estimated per capita consumption by region, Philippines, 2015-2016

(in kilogram)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.002	0.002	0.003	0.002	0.002	0.117
NCR	0.001	0.002	0.008	0.003	0.004	0.185
CAR	a/	a/	a/	a/	a/	0.016
Ilocos Region	0.001	0.001	0.001	a/	0.001	0.058
Cagayan Valley	0.002	a/	0.001	0.001	0.001	0.056
Central Luzon	0.001	0.001	0.001	0.003	0.002	0.088
CALABARZON	a/	a/	0.001	a/	a/	0.043
MIMAROPA	0.001	a/	0.002	0.002	0.002	0.078
Bicol Region	0.002	0.002	a/	0.002	0.002	0.080
Western Visayas	0.004	0.004	0.011	0.006	0.006	0.331
Central Visayas	0.003	0.002	0.002	0.002	0.002	0.126
Eastern Visayas	0.013	0.005	0.002	a/	0.005	0.260
Zamboanga Peninsula	0.001	0.002	a/	0.008	0.003	0.148
Northern Mindanao	0.002	0.004	0.007	0.006	0.004	0.233
Davao Region	0.001	0.003	0.003	0.003	0.003	0.130
SOCCSKSARGEN	0.001	0.001	a/	0.003	0.001	0.075
Caraga	0.004	0.002	0.001	0.001	0.002	0.120
ARMM	a/	a/	a/	a/	a/	0.015

a/ less than 0.001 kilogram

Table 9.51 *Pandesal* : Estimated per capita consumption by region, Philippines, 2015-2016

(in piece)

Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	4.360	3.979	3.983	3.925	4.062	211.218
NCR	6.557	6.841	6.510	7.290	6.801	353.664
CAR	0.568	3.044	2.842	2.320	2.200	114.381
Ilocos Region	1.941	2.328	2.684	2.717	2.415	125.580
Cagayan Valley	2.464	2.628	3.632	2.870	2.901	150.861
Central Luzon	4.269	4.088	4.528	3.629	4.132	214.876
CALABARZON	4.064	4.094	4.296	4.394	4.214	219.130
MIMAROPA	1.508	1.968	2.030	1.863	1.841	95.751
Bicol Region	5.318	4.673	4.421	5.570	4.995	259.757
Western Visayas	6.404	3.838	3.871	3.955	4.496	233.777
Central Visayas	3.148	3.814	4.011	3.311	3.575	185.904
Eastern Visayas	10.601	4.984	5.935	4.899	6.578	342.039
Zamboanga Peninsula	2.625	3.382	2.557	2.871	2.858	148.599
Northern Mindanao	3.030	2.174	3.029	2.652	2.720	141.441
Davao Region	3.707	4.366	2.974	4.034	3.768	195.925
SOCCSKSARGEN	1.943	1.697	1.407	1.544	1.648	85.676
Caraga	2.770	2.367	2.062	2.605	2.451	127.445
ARMM	3.727	3.208	3.055	2.293	3.084	160.352

Table 9.52 *Sliced/loaf bread* : Estimated per capita consumption by region, Philippines, 2015-2016

(in pack)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.103	0.105	0.109	0.092	0.102	5.312
NCR	0.104	0.118	0.131	0.104	0.114	5.932
CAR	0.107	0.213	0.197	0.226	0.186	9.658
Ilocos Region	0.102	0.130	0.115	0.140	0.122	6.321
Cagayan Valley	0.065	0.078	0.073	0.104	0.080	4.158
Central Luzon	0.077	0.118	0.073	0.068	0.084	4.376
CALABARZON	0.054	0.060	0.072	0.083	0.068	3.515
MIMAROPA	0.053	0.040	0.044	0.051	0.047	2.446
Bicol Region	0.064	0.051	0.044	0.101	0.065	3.384
Western Visayas	0.083	0.076	0.061	0.086	0.076	3.969
Central Visayas	0.091	0.047	0.119	0.095	0.088	4.601
Eastern Visayas	0.067	0.033	0.047	0.063	0.053	2.731
Zamboanga Peninsula	0.026	0.103	0.038	0.022	0.047	2.459
Northern Mindanao	0.040	0.065	0.047	0.058	0.053	2.739
Davao Region	0.079	0.073	0.058	0.084	0.073	3.820
SOCCSKSARGEN	0.060	0.052	0.075	0.106	0.073	3.799
Caraga	0.045	0.063	0.055	0.066	0.057	2.976
ARMM	0.239	0.214	0.250	0.112	0.205	10.645

Table 9.53 *Buns* : Estimated per capita consumption by region, Philippines, 2015-2016

(in piece)						
Region	Weekly				Average Weekly	Annual
	August 2015	November 2015	February 2016	May 2016		
PHILIPPINES	0.874	0.833	0.919	0.984	0.902	46.929
NCR	0.523	0.843	0.674	0.505	0.635	33.031
CAR	0.112	0.087	0.180	0.183	0.140	7.305
Ilocos Region	0.445	0.459	0.396	0.533	0.458	23.814
Cagayan Valley	0.970	0.671	0.701	1.111	0.862	44.835
Central Luzon	1.111	0.532	0.767	0.773	0.795	41.361
CALABARZON	0.913	0.756	0.657	0.883	0.801	41.678
MIMAROPA	1.186	0.846	1.794	1.486	1.332	69.240
Bicol Region	1.564	1.167	1.076	1.605	1.353	70.352
Western Visayas	1.271	1.708	1.814	1.968	1.695	88.165
Central Visayas	0.992	0.913	1.386	1.598	1.227	63.781
Eastern Visayas	1.057	1.858	2.264	2.573	1.945	101.153
Zamboanga Peninsula	0.599	0.311	0.556	0.525	0.498	25.889
Northern Mindanao	1.312	1.180	1.117	1.230	1.209	62.894
Davao Region	1.389	2.044	1.887	2.228	1.885	98.037
SOCCSKSARGEN	0.680	0.787	0.914	0.815	0.799	41.558
Caraga	1.434	1.200	1.318	1.302	1.313	68.271
ARMM	0.488	0.169	0.287	0.170	0.282	14.648

Table 10. Percentage distribution of households by type of staple food and region, Philippines, 2015-2016

Region	Rice	Corn	Others ^{1/}
PHILIPPINES	91.88	8.05	0.08
NCR	97.66	2.34	
CAR	99.92	0.08	
Ilocos Region	100.00		
Cagayan Valley	99.73	0.27	
Central Luzon	100.00		
CALABARZON	99.93	0.07	
MIMAROPA	99.72	0.28	
Bicol Region	96.76	3.24	0.01
Western Visayas	96.06	3.94	
Central Visayas	77.03	22.86	0.11
Eastern Visayas	94.14	5.81	0.05
Zamboanga Peninsula	25.58	72.98	1.44
Northern Mindanao	67.82	32.11	0.07
Davao Region	79.08	20.64	0.28
SOCCSKSARGEN	89.40	10.60	
Caraga	96.91	3.03	0.07
ARMM	96.76	3.24	a/

1/ include Bread, Potato, Cassava, Sweet Potato and Mixed Rice and Corn

a/ less than 0.01

Table 11.1 Percentage of households who substituted for rice during meals by reference month and region, Philippines, 2015-2016

Region	August 2015	November 2015	February 2016	May 2016
PHILIPPINES	26.71	21.91	21.19	23.30
NCR	39.87	29.52	26.79	39.48
CAR	15.51	18.36	11.48	10.75
Ilocos Region	16.47	12.34	9.35	9.06
Cagayan Valley	26.77	7.83	5.72	4.35
Central Luzon	31.29	36.32	37.71	33.37
CALABARZON	40.35	32.42	32.94	34.00
MIMAROPA	28.92	18.54	12.14	19.78
Bicol Region	28.86	30.35	34.64	38.97
Western Visayas	11.64	7.62	9.06	9.45
Central Visayas	10.81	9.93	15.23	8.41
Eastern Visayas	24.02	27.04	12.79	19.68
Zamboanga Peninsula	21.48	14.43	23.98	10.00
Northern Mindanao	4.54	5.40	10.72	13.26
Davao Region	12.43	9.75	22.68	12.56
SOCCSKSARGEN	5.77	7.13	7.04	13.11
Caraga	11.90	14.37	9.36	6.51
ARMM	31.67	21.41	17.89	21.06

Table 11.2 Percentage of households who substituted for rice during meals
by commodity and region, Philippines, 2015-2016

Region	Corn	Sweet Potato	Cassava	Gabi	White Potato
PHILIPPINES	4.86	6.96	4.31	0.23	0.02
NCR	0.83	0.58	0.40		
CAR	0.77	4.53	0.91	0.08	
Ilocos Region	0.75	4.46	0.64		
Cagayan Valley	1.18	3.48	4.84	1.33	
Central Luzon	1.58	3.48	0.03	0.10	
CALABARZON	0.20	1.18	1.31		
MIMAROPA	0.57	5.20	10.49	0.32	0.23
Bicol Region	0.68	11.80	4.28	0.03	0.02
Western Visayas	2.97	8.42	8.59	1.63	0.29
Central Visayas	49.48	12.78	6.91	0.34	
Eastern Visayas	8.50	23.35	15.25	1.50	
Zamboanga Peninsula	36.11	13.22	7.11	0.79	
Northern Mindanao	14.18	9.61	6.67	0.92	
Davao Region	38.32	3.80	0.42		
SOCCSKSARGEN	15.01	3.34	4.39	1.04	
Caraga	13.18	34.96	16.46	0.56	
ARMM	7.38	17.59	12.69	0.22	

Table 11.2 (Concluded)

Region	Banana (Saba)	Bread	Instant Noodles	Other Substitute Commodities ^{1/}
PHILIPPINES	10.60	65.12	6.91	1.00
NCR	2.64	87.25	7.16	1.14
CAR	3.25	67.49	19.46	3.52
Ilocos Region	1.81	70.91	20.17	1.26
Cagayan Valley	5.83	52.79	28.05	2.50
Central Luzon	1.29	79.59	12.45	1.48
CALABARZON	1.57	88.92	6.27	0.56
MIMAROPA	20.59	59.77	2.32	0.51
Bicol Region	5.47	72.67	3.40	1.66
Western Visayas	24.06	50.97	1.47	1.60
Central Visayas	18.60	10.95		0.94
Eastern Visayas	8.07	41.08	0.42	1.83
Zamboanga Peninsula	21.68	19.98		1.10
Northern Mindanao	14.03	54.06		0.54
Davao Region	19.48	36.00	0.15	1.82
SOCCSKSARGEN	50.60	23.74	1.88	
Caraga	12.53	21.59	0.73	
ARMM	37.99	17.85	6.28	

^{1/} include cereals and other rice-based products (e.g. oatmeals, rice cake, suman and other "kakanin"); other noodles (e.g. bihon, sotanghon and pasta); fruits (e.g. other variety of banana and rimas); rootcrops (e.g. "tugui and purple yam"); drinks (eg. Coffee, sterilized milk and fruit shakes); and take-home food like pizza

Table 12.1 Percentage distribution of households who ate Corn in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is not available although the household can afford to buy	Household residence is far from the source of rice	Rice is available but of poor quality	Substitute is more available than rice
PHILIPPINES	4.97	2.57	7.10	0.45	13.05
NCR		39.45			57.62
CAR					
Ilocos Region					22.46
Cagayan Valley					
Central Luzon	6.61				12.63
CALABARZON	51.49				12.17
MIMAROPA	7.39				13.41
Bicol Region					14.51
Western Visayas	10.97		13.63		4.56
Central Visayas	1.28	0.69	0.12		0.74
Eastern Visayas	2.74				52.72
Zamboanga Peninsula	10.73	5.91	4.19	0.93	8.11
Northern Mindanao		9.55			31.82
Davao Region	7.42	0.32			12.69
SOCCSKSARGEN	15.60				36.01
Caraga	28.43	3.96		8.61	7.04
ARMM			29.97		5.10

Table 12.1 (Concluded)

Region	Substitute is more affordable than rice	Substitute is more preferred than rice	No time to cook rice	No viand	Health/Dietary restrictions
PHILIPPINES	23.12	28.02	0.05	0.78	19.89
NCR		2.94			
CAR		100.00			
Ilocos Region	22.46	55.09			
Cagayan Valley	74.23	25.77			
Central Luzon	32.05	48.72			
CALABARZON	12.17			24.16	
MIMAROPA		30.97	18.88	14.68	14.68
Bicol Region	59.80	25.69			
Western Visayas	28.09	18.96		23.79	
Central Visayas	14.80	54.92		0.50	26.95
Eastern Visayas	8.57	5.75			30.22
Zamboanga Peninsula	9.07	23.65			37.42
Northern Mindanao	35.95	19.62			3.06
Davao Region	36.62	35.06			7.88
SOCCSKSARGEN	11.06	37.34			
Caraga	32.48	1.77			17.71
ARMM	29.97	4.98			29.97

Table 12.2 Percentage distribution of households who ate Sweet Potato in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is not available although the household can afford to buy	Household residence is far from the source of rice	Substitute is more available than rice	Substitute is more affordable than rice
PHILIPPINES	8.73	0.59	0.18	13.32	13.53
NCR				6.41	3.79
CAR	8.29			18.09	
Ilocos Region				17.28	27.10
Cagayan Valley				12.61	2.04
Central Luzon	0.13			13.29	29.34
CALABARZON	38.31			8.26	34.85
MIMAROPA	44.21	4.85	4.02	9.93	8.08
Bicol Region	2.16	0.33		12.21	7.27
Western Visayas	20.59			10.89	33.73
Central Visayas	34.15			10.95	1.95
Eastern Visayas	16.43	2.30	0.07	7.91	9.16
Zamboanga Peninsula				22.20	12.60
Northern Mindanao			2.77	25.52	26.12
Davao Region	47.89	0.78		2.07	20.39
SOCCSKSARGEN	26.21			27.38	22.22
Caraga	14.17			4.16	4.41
ARMM	0.33	0.42	0.17	18.28	13.95

Table 12.2 (Concluded)

Region	Substitute is more preferred than rice	No time to cook rice	No viand	Health/Dietary restrictions
PHILIPPINES	49.76	4.59	6.58	2.74
NCR	75.21	7.29		7.29
CAR	69.22			4.40
Ilocos Region	50.57	5.05		
Cagayan Valley	50.05	32.57	2.72	
Central Luzon	54.40	0.19		2.64
CALABARZON	18.59			
MIMAROPA	18.14		6.51	4.26
Bicol Region	44.58	26.87	5.73	0.86
Western Visayas	20.76	0.30	13.72	
Central Visayas	42.34	3.70	6.91	
Eastern Visayas	48.87	1.00	12.93	1.33
Zamboanga Peninsula	31.24	16.90	11.61	5.46
Northern Mindanao	34.81		6.27	4.51
Davao Region	21.72	4.02	3.13	
SOCCSKSARGEN	24.19			
Caraga	37.52	1.49	16.02	22.23
ARMM	62.52		4.34	

Table 12.3 Percentage distribution of households who ate Cassava in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is not available although the household can afford to buy	Household residence is far from the source of rice	Rice is available but of poor quality	Substitute is more available than rice
PHILIPPINES	26.34	0.66	1.78	0.43	15.50
NCR					
CAR					9.48
Ilocos Region	20.41				
Cagayan Valley	11.15				29.20
Central Luzon					
CALABARZON	9.24				17.56
MIMAROPA	21.89	6.20	13.24	0.86	29.17
Bicol Region	0.56				26.18
Western Visayas	29.43		3.33		6.98
Central Visayas	15.95		3.61		
Eastern Visayas	28.23	0.65			11.00
Zamboanga Peninsula	28.53			10.42	33.42
Northern Mindanao	9.58		3.99	5.13	24.64
Davao Region	100.00				
SOCCKSARGEN	38.48			2.29	34.56
Caraga	16.76				6.36
ARMM	37.16	0.49	1.40	0.33	16.12

Table 12.3 (Concluded)

Region	Substitute is more affordable than rice	Substitute is more preferred than rice	No time to cook rice	No viand	Health/ Dietary restrictions
PHILIPPINES	14.70	29.57	1.35	9.15	0.53
NCR		100.00			
CAR	22.56	36.90		31.06	
Ilocos Region	54.00	25.59			
Cagayan Valley	6.38	38.48	3.39	11.40	
Central Luzon		100.00			
CALABARZON	34.34	15.62		23.24	
MIMAROPA	5.17	17.76		2.82	2.88
Bicol Region	6.05	61.05		6.16	
Western Visayas	14.19	27.63	3.01	15.42	
Central Visayas	0.25	57.08		19.01	4.10
Eastern Visayas	2.89	35.09	2.56	18.80	0.78
Zamboanga Peninsula		5.95	21.67		
Northern Mindanao	48.84	7.35		0.46	
Davao Region					
SOCCKSARGEN	8.59	10.80		5.29	
Caraga	4.88	46.98	1.26	22.47	1.28
ARMM	21.75	18.84	1.02	2.90	

Table 12.4 Percentage distribution of households who ate Gabi in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is available but of poor quality	Substitute is more available than rice	Substitute is more affordable than rice
PHILIPPINES	39.74	10.31	10.55	2.96
NCR				
CAR				
Ilocos Region				
Cagayan Valley	18.50			
Central Luzon	53.52			
CALABARZON				
MIMAROPA			72.82	
Bicol Region				
Western Visayas	48.25	48.78		
Central Visayas	100.00			
Eastern Visayas	34.91		17.24	2.52
Zamboanga Peninsula			17.55	
Northern Mindanao			20.71	
Davao Region				
SOCCSKSARGEN	100.00			
Caraga				
ARMM	48.74		17.29	16.67

Table 12.4 (Concluded)

Region	Substitute is more preferred than rice	No time to cook rice	No viand	Health/ Dietary restrictions
PHILIPPINES	23.66	1.64	9.18	1.96
NCR				
CAR	100.00			
Ilocos Region				
Cagayan Valley	22.50	18.50	40.51	
Central Luzon	46.48			
CALABARZON				
MIMAROPA	27.18			
Bicol Region	100.00			
Western Visayas	2.97			
Central Visayas				
Eastern Visayas	37.56		7.77	
Zamboanga Peninsula			82.45	
Northern Mindanao	30.51		3.37	45.41
Davao Region				
SOCCSKSARGEN				
Caraga	66.27		33.73	
ARMM	17.29			

Table 12.5 Percentage distribution of households who ate White Potato in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Substitute is more affordable than rice	Substitute is more preferred than rice	No time to cook rice
PHILIPPINES	36.52	55.37	8.11
NCR			
CAR			
Ilocos Region			
Cagayan Valley			
Central Luzon			
CALABARZON			
MIMAROPA	100.00		
Bicol Region			100.00
Western Visayas		100.00	
Central Visayas			
Eastern Visayas			
Zamboanga Peninsula			
Northern Mindanao			
Davao Region			
SOCCSKSARGEN			
Caraga			
ARMM			

Table 12.6 Percentage distribution of households who ate Banana (Saba) in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is not available although the household can afford to buy	Household residence is far from the source of rice	Rice is available but of poor quality	Substitute is more available than rice
PHILIPPINES	9.27	1.02	0.24	0.43	26.94
NCR					0.37
CAR	6.04				
Ilocos Region					26.64
Cagayan Valley	14.14				27.99
Central Luzon					4.50
CALABARZON	1.90		1.31		6.49
MIMAROPA	19.51	7.18			14.66
Bicol Region	5.18	12.23			35.25
Western Visayas	3.48				20.81
Central Visayas	22.99	1.49	1.88		35.23
Eastern Visayas	27.32				11.88
Zamboanga Peninsula	24.61	1.29	1.25	2.03	30.61
Northern Mindanao	3.96			1.00	35.28
Davao Region	17.99	1.62			22.78
SOCCSKSARGEN	21.06	1.24	1.95	1.09	14.96
Caraga	13.83				4.94
ARMM	6.59			0.63	35.21

Table 12.6 (Concluded)

Region	Substitute is more affordable than rice	Substitute is more preferred than rice	No time to cook rice	No viand	Health/Dietary restrictions
PHILIPPINES	18.48	27.59	8.75	5.02	2.26
NCR	3.04	75.08	5.05	1.85	14.61
CAR		79.46	14.50		
Ilocos Region	20.54	27.83	24.99		
Cagayan Valley	14.21	17.47	20.14	2.34	3.70
Central Luzon	29.81	32.73	13.14	17.79	2.03
CALABARZON	61.75	25.85	2.69		
MIMAROPA	11.19	35.05	1.36	7.36	3.69
Bicol Region	10.75	22.37	8.00	4.62	1.60
Western Visayas	10.63	59.40	2.32	3.36	
Central Visayas	1.88	16.63	1.47	9.54	8.89
Eastern Visayas	1.36	29.03	2.48	26.48	1.45
Zamboanga Peninsula	2.77	14.77	1.95	17.39	3.33
Northern Mindanao	15.02	20.14	3.30	11.65	9.65
Davao Region	7.17	28.96	11.36	9.58	0.54
SOCCSKSARGEN	20.94	19.57	10.82	4.56	3.80
Caraga	3.49	24.34	4.14	35.51	13.74
ARMM	24.07	20.08	11.65	1.76	

Table 12.7 Percentage distribution of households who ate Bread in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is not available although the household can afford to buy	Household residence is far from the source of rice	Rice is available but of poor quality	Substitute is more available than rice
PHILIPPINES	1.48	0.36	0.02	0.22	6.47
NCR	2.94	0.10	0.01	0.01	1.98
CAR					8.25
Ilocos Region		1.95			1.91
Cagayan Valley	2.20	0.70			8.43
Central Luzon	1.13	0.47	0.08		5.46
CALABARZON	0.17			0.07	13.17
MIMAROPA	0.81	1.52			3.85
Bicol Region	0.27	0.50		2.04	4.64
Western Visayas	2.79	0.02		0.92	21.80
Central Visayas					4.09
Eastern Visayas	2.61	0.04			2.74
Zamboanga Peninsula	1.51				0.65
Northern Mindanao	12.84	13.02		0.66	1.05
Davao Region	1.19				8.29
SOCCSKSARGEN					29.77
Caraga	2.62				
ARMM	0.24				4.09

Table 12.7 (Concluded)

Region	Substitute is more affordable than rice	Substitute is more preferred than rice	No time to cook rice	No viand	Health/Dietary restrictions
PHILIPPINES	11.96	61.47	13.43	1.89	2.70
NCR	10.58	63.75	15.50	0.25	4.89
CAR	5.11	63.52	16.09	2.32	4.71
Ilocos Region	11.21	60.20	20.78	3.01	0.94
Cagayan Valley	2.50	55.40	27.16	1.10	2.52
Central Luzon	17.87	58.51	11.20	2.85	2.45
CALABARZON	12.52	60.15	11.14	1.37	1.41
MIMAROPA	3.31	66.94	13.19	7.68	2.71
Bicol Region	10.10	58.83	20.33	2.72	0.56
Western Visayas	10.90	55.88	4.81	1.74	1.13
Central Visayas	4.32	67.18	13.94		10.46
Eastern Visayas	8.07	68.00	11.17	4.04	3.32
Zamboanga Peninsula	8.95	72.86	4.70	8.37	2.96
Northern Mindanao	10.42	58.88	1.14	1.34	0.66
Davao Region	1.05	43.68	19.17	21.00	5.62
SOCCSKSARGEN	6.99	51.21	10.02	2.01	
Caraga	8.44	54.81	19.64	14.10	0.39
ARMM	15.59	75.04	5.04		

Table 12.8 Percentage distribution of households who ate Instant Noodles in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Rice is not available although the household can afford to buy	Rice is available but of poor quality	Substitute is more available than rice	Substitute is more affordable than rice
PHILIPPINES	4.88	0.30	0.03	3.95	18.43
NCR	6.74			8.20	14.60
CAR					14.61
Ilocos Region	0.81	0.69		4.70	3.88
Cagayan Valley	2.56	0.94	0.53	7.34	2.12
Central Luzon	2.32	0.14		3.36	32.76
CALABARZON					30.59
MIMAROPA					9.16
Bicol Region	0.41	4.29		8.12	2.74
Western Visayas	6.33			3.52	19.00
Central Visayas					
Eastern Visayas				30.92	10.62
Zamboanga Peninsula					
Northern Mindanao					
Davao Region					
SOCCSKSARGEN	37.80				
Caraga					6.19
ARMM	17.60				4.05

Table 12.8 (Concluded)

Region	Substitute is more preferred than rice	No time to cook rice	No viand	Health/ Dietary restrictions
PHILIPPINES	51.07	18.39	1.96	0.99
NCR	54.41	15.77	0.29	
CAR	47.08	26.15	5.43	6.74
Ilocos Region	56.29	30.46	1.76	1.41
Cagayan Valley	75.92	10.21	0.37	
Central Luzon	39.79	14.94	4.48	2.22
CALABARZON	44.41	23.38	1.63	
MIMAROPA	46.54	25.98		18.31
Bicol Region	30.15	51.74	2.54	
Western Visayas	35.14	29.68	6.33	
Central Visayas				
Eastern Visayas	29.23		29.23	
Zamboanga Peninsula				
Northern Mindanao				
Davao Region		100.00		
SOCCSKSARGEN	17.64	44.57		
Caraga		93.81		
ARMM	70.64	7.72		

Table 12.9 Percentage distribution of households who ate *Other Commodities*^{1/} in place of rice during meals by main reason of substitution and region, Philippines, 2015-2016

Region	Rice is available but the household cannot afford to buy	Substitute is more available than rice	Substitute is more affordable than rice	Substitute is more preferred than rice
PHILIPPINES	7.65	0.85	7.14	43.48
NCR				47.72
CAR				54.08
Ilocos Region				65.92
Cagayan Valley				87.58
Central Luzon		2.27	21.60	28.36
CALABARZON			2.66	58.11
MIMAROPA		14.91		38.50
Bicol Region			4.09	76.22
Western Visayas			36.28	
Central Visayas			5.76	64.95
Eastern Visayas	98.31			1.69
Zamboanga Peninsula	100.00			
Northern Mindanao		34.00		66.00
Davao Region				
SOCCSKSARGEN				
Caraga				
ARMM				

1/ include cereals and other rice-based products (e.g. oatmeals, rice cake, suman and other "kakanin"); other noodles (e.g. bihon, sotanghon and pasta); fruits (e.g. other variety of banana and rimas); rootcrops (e.g. "tugui and purple yam"); drinks (e.g. coffee, sterilized milk and fruit shakes); and take-home food like pizza

Table 12.9 (Concluded)

Region	No time to cook rice	No viand	Health/ Dietary restrictions
PHILIPPINES	13.01	7.16	20.70
NCR	28.17	12.25	11.86
CAR	33.91		12.01
Ilocos Region		28.24	5.84
Cagayan Valley			12.42
Central Luzon	7.69	4.03	36.06
CALABARZON	4.45	21.78	13.00
MIMAROPA	4.90		41.69
Bicol Region	19.69		
Western Visayas			63.72
Central Visayas			29.29
Eastern Visayas			
Zamboanga Peninsula			
Northern Mindanao			
Davao Region			100.00
SOCCSKSARGEN			
Caraga			
ARMM			

Table 13.1 Average quantity of rice leftovers that were spoiled/wasted by region, Philippines, 2015-2016

(in gram per household)						
REGION	Weekly					Annual
	August 2015	November 2015	February 2016	May 2016	Average	
PHILIPPINES	48.05	29.23	24.75	26.94	32.24	1,676.53
NCR	74.89	38.79	23.84	19.10	39.15	2,036.01
CAR	55.83	43.30	42.53	36.37	44.51	2,314.42
Ilocos Region	35.54	13.46	8.52	15.80	18.33	953.10
Cagayan Valley	21.23	33.77	11.71	18.79	21.37	1,111.38
Central Luzon	69.96	47.63	53.51	51.45	55.64	2,893.15
CALABARZON	100.94	46.83	56.38	69.34	68.37	3,555.48
MIMAROPA	18.00	14.42	16.55	13.36	15.58	810.38
Bicol Region	9.21	38.12	12.31	16.81	19.11	993.77
Western Visayas	28.51	5.48	13.13	9.85	14.24	740.57
Central Visayas	45.46	14.43	17.40	18.48	23.94	1,245.04
Eastern Visayas	25.65	17.35	7.48	21.53	18.00	936.08
Zamboanga Peninsula	37.15	8.92	12.16	17.15	18.85	979.98
Northern Mindanao	39.20	7.94	19.11	21.46	21.93	1,140.23
Davao Region	67.29	92.88	50.23	41.21	62.90	3,270.99
SOCCSKSARGEN	24.63	21.83	6.71	17.29	17.61	915.97
Caraga	61.01	74.73	56.48	60.69	63.23	3,287.86
ARMM	11.87	2.55	2.85	4.33	5.40	280.80

Table 13.2 Average quantity of rice leftovers that were fed to pets/animals by region, Philippines, 2015-2016

(in gram per household)

REGION	Weekly					Annual
	August 2015	November 2015	February 2016	May 2016	Average	
PHILIPPINES	246.48	224.27	188.18	207.13	216.52	11,258.80
NCR	106.43	59.06	53.27	56.97	68.93	3,584.46
CAR	398.62	653.54	525.88	461.90	509.98	26,519.09
Ilocos Region	346.96	363.62	274.77	248.75	308.52	16,043.27
Cagayan Valley	498.22	341.20	268.61	280.77	347.20	18,054.44
Central Luzon	527.12	441.50	336.57	379.17	421.09	21,896.68
CALABARZON	289.80	288.15	243.46	233.41	263.70	13,712.66
MIMAROPA	362.42	404.85	249.75	164.37	295.35	15,358.03
Bicol Region	235.86	217.42	244.05	380.97	269.58	14,017.91
Western Visayas	214.62	374.57	356.97	327.50	318.42	16,557.71
Central Visayas	530.83	248.19	205.49	308.80	323.33	16,813.08
Eastern Visayas	215.45	165.78	190.65	225.92	199.45	10,371.42
Zamboanga Peninsula	57.17	67.47	43.15	70.14	59.48	3,093.15
Northern Mindanao	140.28	147.24	177.76	164.33	157.40	8,184.95
Davao Region	195.89	194.00	189.29	198.28	194.36	10,106.93
SOCCSKSARGEN	262.24	386.51	255.92	360.22	316.22	16,443.50
Caraga	356.86	291.75	212.41	295.86	289.22	15,039.31
ARMM	18.03	12.96	6.81	4.02	10.45	543.65

Table 13.3 Average quantity of rice that was purposely cooked for pets/animals by region, Philippines, 2015-2016

(in gram per household)

REGION	Weekly					Annual
	August 2015	November 2015	February 2016	May 2016	Average	
PHILIPPINES	72.31	66.78	135.58	139.03	103.42	5,378.00
NCR	50.68	43.51	113.90	112.07	80.04	4,162.20
CAR	134.64	76.29	52.25	101.47	91.16	4,740.40
Ilocos Region	205.63	158.10	168.70	181.85	178.57	9,285.76
Cagayan Valley	277.50	241.12	566.20	609.92	423.69	22,031.63
Central Luzon	122.81	54.51	347.19	210.29	183.70	9,552.36
CALABARZON	77.40	36.36	133.09	186.06	108.23	5,627.77
MIMAROPA	62.58	78.11	281.51	274.18	174.09	9,052.83
Bicol Region	22.31	85.03	37.72	73.19	54.56	2,837.36
Western Visayas	43.67	123.32	129.77	70.09	91.71	4,769.04
Central Visayas	86.56	168.03	313.94	437.02	251.39	13,072.23
Eastern Visayas	87.67	24.77	12.66	14.83	34.98	1,819.03
Zamboanga Peninsula	23.86	13.15	45.69	19.35	25.51	1,326.64
Northern Mindanao	88.51	75.62	64.99	154.01	95.78	4,980.72
Davao Region	85.86	48.53	64.58	107.62	76.65	3,985.67
SOCCSKSARGEN	75.31	100.07	51.16	27.28	63.45	3,299.64
Caraga	40.19	43.89	62.46	14.49	40.26	2,093.51
ARMM	4.24		a/	0.01	1.06	55.25

a/ less than 0.01 gram

Table 13.4 Average quantity of corn leftovers that were spoiled/wasted by region, Philippines, 2015-2016

(in gram per household)						
REGION	Weekly					Annual
	August 2015	November 2015	February 2016	May 2016	Average	
PHILIPPINES	3.20	1.68	5.35	3.17	3.35	174.20
NCR						
CAR						
Ilocos Region						
Cagayan Valley		0.05			0.01	0.70
Central Luzon						
CALABARZON		0.03	a/	0.04	0.02	1.07
MIMAROPA	0.12				0.03	1.60
Bicol Region						
Western Visayas	0.05				0.01	0.62
Central Visayas	5.08	4.84	5.07	0.88	3.97	206.21
Eastern Visayas		6.60			1.65	85.82
Zamboanga Peninsula	56.49	15.59	104.95	79.66	64.17	3,337.02
Northern Mindanao	9.47	5.84	25.57	4.93	11.45	595.55
Davao Region	11.68	5.02	5.24	0.72	5.66	294.50
SOCCSKSARGEN	0.73	0.89	1.00	0.22	0.71	36.83
Caraga	0.87	2.64	1.55	1.61	1.67	86.71
ARMM	0.01				a/	0.19

a/ less than 0.01 gram

Table 13.5 Average quantity of corn leftovers that were fed to pets/animals by region, Philippines, 2015-2016

(in gram per household)						
REGION	Weekly					Annual
	August 2015	November 2015	February 2016	May 2016	Average	
PHILIPPINES	20.12	27.82	18.57	24.74	22.81	1,186.15
NCR						
CAR				0.04	0.01	0.57
Ilocos Region						
Cagayan Valley	1.60	0.05			0.41	21.48
Central Luzon						
CALABARZON		0.51	0.03	0.60	0.28	14.78
MIMAROPA	0.30	0.49	0.42		0.30	15.68
Bicol Region	1.48	4.27	5.77	15.56	6.77	352.06
Western Visayas	5.88	8.16	5.10	3.05	5.55	288.50
Central Visayas	77.99	102.39	74.28	100.94	88.90	4,622.79
Eastern Visayas	3.12	24.49	38.23	35.74	25.39	1,320.50
Zamboanga Peninsula	146.13	282.73	113.37	204.69	186.73	9,709.91
Northern Mindanao	86.71	98.51	79.96	90.46	88.91	4,623.32
Davao Region	112.80	91.55	81.85	76.40	90.65	4,713.62
SOCCSKSARGEN	18.67	39.79	27.86	43.88	32.55	1,692.57
Caraga	25.25	20.41	12.05	16.15	18.47	960.36
ARMM	1.14				0.29	14.88

Table 13.6 Average quantity of corn that was purposely cooked for pets/animals by region, Philippines, 2015-2016

(in gram per household)						
REGION	Weekly					Annual
	August 2015	November 2015	February 2016	May 2016	Average	
PHILIPPINES	12.38	7.91	22.28	12.25	13.71	712.69
NCR	7.55				1.89	98.15
CAR	5.69			38.18	10.97	570.32
Ilocos Region						
Cagayan Valley	1.92	2.11			1.01	52.41
Central Luzon						
CALABARZON	8.45				2.11	109.88
MIMAROPA			3.41		0.85	44.36
Bicol Region	2.34	1.40			0.93	48.59
Western Visayas	17.99	1.71	31.24	0.27	12.80	665.68
Central Visayas	18.84	33.00	120.38	23.35	48.89	2,542.33
Eastern Visayas						
Zamboanga Peninsula	111.02	6.37	188.24	52.31	89.49	4,653.40
Northern Mindanao	25.64	62.68	66.49	95.40	62.55	3,252.73
Davao Region	7.67	8.35	23.09	67.17	26.57	1,381.60
SOCCSKSARGEN	66.32	66.50	40.04	49.80	55.67	2,894.63
Caraga	5.32	8.63	19.54	12.22	11.43	594.30
ARMM			a/		a/	0.03

a/ less than 0.01 gram

Table 14. Estimated annual per capita consumption by commodity and household size,
Philippines, 2015-2016

(in kilogram)						
Commodity	1 - 3	4 - 5	6 - 7	8 - 9	10 - 11	12 and Above
<i>Rice and Corn</i>						
Rice (plain)	114.057	106.090	110.747	109.912	111.548	120.009
Corn	15.691	15.752	14.661	14.444	12.324	6.608
<i>Root Crops</i>						
Sweet Potato	5.548	4.267	4.000	4.155	4.479	9.314
Cassava	3.184	2.894	2.901	2.637	3.316	3.665
Gabi	1.235	1.060	0.871	0.566	1.246	0.665
White Potato	1.169	1.083	0.813	0.619	0.771	0.415
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	3.590	2.571	2.171	1.812	1.636	1.142
Eggplant	5.885	4.539	3.768	3.642	3.414	3.570
Chayote	1.791	1.557	1.305	1.573	1.533	2.760
Gourd (upo)	1.255	0.994	0.985	0.738	0.691	0.903
Squash	3.628	3.098	2.585	2.525	2.503	2.960
Okra	1.887	1.365	1.114	0.875	0.914	0.489
Carrots	0.675	0.515	0.530	0.314	0.407	0.262
Cabbage	1.496	1.323	0.950	0.847	0.734	1.084
Pechay	1.479	1.337	1.076	0.968	1.460	1.390
Stringbeans	2.472	1.939	1.667	1.554	1.278	4.241
Habitchuelas	0.203	0.197	0.160	0.204	0.145	0.086
Mongo	0.878	0.817	0.765	0.736	0.643	1.300
Tomato	4.568	3.199	2.577	2.036	2.312	3.305
Onion	3.634	2.621	2.040	1.735	1.352	1.557
Garlic	2.051	1.438	1.112	0.919	0.839	0.532
<i>Fruits</i>						
Banana (except saba)	17.482	11.817	9.928	7.954	9.639	13.683
Saba	9.548	8.094	6.773	6.786	9.194	8.044
Mango	5.376	4.272	3.442	3.091	2.824	3.441
Pineapple	1.678	1.044	0.842	0.508	0.437	0.503
Papaya (ripe)	3.549	2.211	1.826	1.425	1.146	1.200
Calamansi	2.197	1.532	1.171	1.095	0.987	1.589
<i>Livestock and Poultry Products</i>						
Pork	11.893	10.490	8.139	6.912	5.152	3.562
Beef	1.520	1.063	0.921	0.629	0.902	2.010
Carabeef	0.159	0.175	0.179	0.262	0.075	0.024
Chevon (goat)	0.097	0.095	0.161	0.033	0.039	0.090
Chicken	11.670	10.167	8.407	8.161	7.081	8.428
Duck	0.251	0.199	0.218	0.124	0.138	0.091
Chicken Egg *	113.012	92.469	77.027	67.275	58.985	62.771
Duck Egg *	2.411	3.551	2.471	2.452	4.944	3.196
Fresh / pasteurized milk **	0.396	0.357	0.246	0.135	0.044	0.057
<i>Fish and Other Marine Products</i>						
Milkfish	6.528	5.012	4.126	3.071	3.244	2.255
Tilapia	5.984	5.015	4.686	4.350	2.620	4.454
Roundscad (Galunggong)	8.942	5.404	4.649	4.399	5.401	4.552
Tuna (all species)	3.861	4.054	2.431	2.016	2.149	1.910
Dalagang bukid	0.853	0.445	0.426	0.293	0.214	0.084
Shrimp	0.793	0.807	0.684	0.621	0.812	0.804
Mussels	0.408	0.418	0.320	0.308	0.471	0.612
<i>Noodles</i>						
Bihon	1.181	1.180	0.987	0.995	1.086	0.766
Sotanghon	0.320	0.163	0.143	0.098	0.098	0.094
Pasta	0.336	0.358	0.427	0.321	0.249	0.135
Canton	0.656	0.594	0.976	0.958	1.509	4.089
Fresh miki	0.466	0.421	0.418	0.340	0.318	0.376
Instant noodles	2.925	2.679	2.387	2.449	2.766	5.252
Rice noodles (misua)	0.160	0.118	0.127	0.086	0.097	0.043
<i>Bread</i>						
Pandesal *	284.310	215.262	200.305	193.654	138.632	189.140
Sliced / loaf bread ***	8.441	5.534	4.190	3.751	4.232	9.591
Buns *	59.114	52.456	39.991	35.365	41.994	60.918

* in piece

** in liter

*** in pack

Table 15. Estimated annual per capita consumption by commodity and ratio of working members, Philippines, 2015-2016

(in kilogram)					
Commodity	≤ 20%	21 - 39%	40 - 59%	60 - 79%	80 - 100%
<i>Rice and Corn</i>					
Rice (plain)	107.171	108.608	110.094	115.955	121.749
Corn	16.028	14.779	13.757	12.062	19.512
<i>Root Crops</i>					
Sweet Potato	3.692	4.824	4.613	4.625	6.532
Cassava	3.401	2.952	2.696	2.365	2.610
Gabi	0.838	0.892	1.077	1.195	1.307
White Potato	0.564	0.826	1.076	1.559	1.621
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	1.742	2.212	2.815	2.843	4.456
Eggplant	3.602	4.199	4.442	4.950	6.763
Chayote	1.373	1.573	1.545	1.850	2.100
Gourd (upo)	0.873	0.988	0.872	1.166	1.309
Squash	2.533	2.852	2.952	3.272	4.615
Okra	0.999	1.194	1.279	1.506	2.063
Carrots	0.327	0.440	0.598	0.757	0.925
Cabbage	0.827	1.059	1.295	1.558	1.694
Pechay	1.088	1.194	1.326	1.433	1.747
Stringbeans	1.539	2.114	1.785	2.104	2.790
Habitchuelas	0.143	0.141	0.271	0.235	0.245
Mongo	0.707	0.810	0.829	0.875	1.130
Tomato	2.098	2.957	3.140	3.909	5.753
Onion	1.769	2.301	2.480	2.947	4.358
Garlic	1.026	1.229	1.365	1.553	2.398
<i>Fruits</i>					
Banana (except saba)	8.738	11.012	12.466	14.357	19.053
Saba	7.444	7.435	8.559	7.652	10.179
Mango	3.015	3.857	4.186	4.766	6.821
Pineapple	0.769	0.802	1.025	1.220	1.933
Papaya (ripe)	1.818	1.829	2.225	2.620	3.581
Calamansi	1.123	1.371	1.376	1.764	3.127
<i>Livestock and Poultry Products</i>					
Pork	6.023	8.561	10.212	12.258	16.723
Beef	0.777	0.924	1.179	1.783	1.699
Carabeef	0.085	0.256	0.111	0.181	0.302
Chevon (goat)	0.034	0.118	0.083	0.256	0.128
Chicken	7.325	9.317	10.017	11.650	13.929
Duck	0.112	0.221	0.212	0.180	0.444
Chicken Egg *	71.246	82.908	89.820	95.889	118.698
Duck Egg *	2.951	2.967	3.606	2.497	2.062
Fresh / pasteurized milk **	0.226	0.250	0.238	0.378	0.728
<i>Fish and Other Marine Products</i>					
Milkfish	3.199	4.048	5.364	6.177	8.236
Tilapia	4.150	4.810	5.001	4.980	6.753
Roundscad (Galunggong)	4.665	5.164	6.405	5.864	8.051
Tuna (all species)	2.355	3.451	2.865	3.475	4.335
Dalagang bukid	0.243	0.413	0.497	0.611	1.204
Shrimp	0.480	0.744	0.897	0.915	1.400
Mussels	0.356	0.353	0.397	0.516	0.482
<i>Noodles</i>					
Bihon	0.827	1.139	1.118	1.248	1.658
Sotanghon	0.093	0.138	0.194	0.316	0.327
Pasta	0.257	0.341	0.412	0.463	0.540
Canton	1.306	1.008	0.695	0.577	0.227
Fresh miki	0.313	0.391	0.479	0.488	0.599
Instant noodles	2.487	2.798	2.658	2.817	3.116
Rice noodles (misua)	0.076	0.111	0.160	0.105	0.275
<i>Bread</i>					
Pandesal *	178.825	206.361	231.590	233.591	323.006
Sliced / loaf bread ***	3.925	5.159	5.929	7.017	8.566
Buns *	43.415	44.600	49.614	53.699	69.928

* in piece

** in liter

*** in pack

Table 16. Estimated annual per capita consumption by commodity and classification of barangays, Philippines, 2015-2016

(in kilogram)			
Commodity	Urban	Rural	All
<i>Rice and Corn</i>			
Rice (plain)	102.339	113.003	109.874
Corn	2.912	19.598	14.702
<i>Root Crops</i>			
Sweet Potato	2.777	5.264	4.534
Cassava	0.771	3.829	2.932
Gabi	0.732	1.047	0.954
White Potato	1.455	0.679	0.906
<i>Vegetables, Legumes and Condiments</i>			
Ampalaya	2.735	2.216	2.368
Eggplant	3.799	4.453	4.261
Chayote	2.126	1.326	1.561
Gourd (upo)	0.981	0.959	0.965
Squash	2.310	3.141	2.897
Okra	1.156	1.263	1.231
Carrots	0.852	0.346	0.494
Cabbage	1.795	0.846	1.125
Pechay	1.231	1.238	1.236
Stringbeans	1.288	2.177	1.916
Habitchuelas	0.179	0.172	0.174
Mongo	0.778	0.815	0.804
Tomato	3.452	2.769	2.970
Onion	2.839	2.135	2.341
Garlic	1.539	1.144	1.260
<i>Fruits</i>			
Banana (except saba)	12.313	11.020	11.400
Saba	4.288	8.977	7.601
Mango	4.058	3.819	3.889
Pineapple	1.093	0.869	0.935
Papaya (ripe)	1.701	2.212	2.062
Calamansi	1.773	1.256	1.408
<i>Livestock and Poultry Products</i>			
Pork	12.872	7.250	8.900
Beef	1.273	0.948	1.043
Carabeef	0.030	0.235	0.175
Chevon (goat)	0.050	0.122	0.101
Chicken	13.173	7.714	9.315
Duck	0.088	0.222	0.183
Chicken Egg *	112.614	71.863	83.821
Duck Egg *	0.806	3.929	3.013
Fresh / pasteurized milk **	0.623	0.107	0.258
<i>Fish and Other Marine Products</i>			
Milkfish	6.449	3.637	4.463
Tilapia	6.068	4.248	4.782
Roundscad (Galunggong)	5.614	5.071	5.230
Tuna (all species)	1.909	3.047	2.713
Dalagang bukid	0.749	0.318	0.444
Shrimp	0.956	0.655	0.743
Mussels	0.632	0.280	0.383
<i>Noodles</i>			
Bihon	1.360	0.961	1.078
Sotanghon	0.239	0.130	0.162
Pasta	0.804	0.167	0.354
Canton	0.605	0.981	0.871
Fresh miki	0.291	0.454	0.406
Instant noodles	2.486	2.772	2.688
Rice noodles (misua)	0.171	0.095	0.117
<i>Bread</i>			
Pandesal *	314.185	168.457	211.218
Sliced / loaf bread ***	5.660	5.168	5.312
Buns *	41.379	49.234	46.929

* in piece

** in liter

*** in pack

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