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OF BARANGAYS

CONSUMPTION OF SELECTED AGRICULTURAL COMMODITIES IN THE PHILIPPINES

Volume 2



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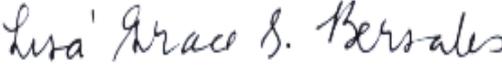
FOREWORD

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 2** which highlights the average per capita consumption by classification of barangays with regional and provincial levels of disaggregation.

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.


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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.

◆ Classification of Barangays¹

Urban areas fall under the following categories:

1. In their entirety, all municipal jurisdictions which, whether designated chartered cities, provincial capital or not, have a population density of at least 1,000 persons per square kilometer: all barangays;
2. Poblaciones or central districts of municipalities and cities which have a population density of at least 500 persons per square kilometer;
3. Poblaciones or central districts not included in (1) and (2) regardless of the population size which have the following:
 - street pattern or network of streets in either parallel or right angle orientation;
 - at least six establishments (commercial, manufacturing, recreational and/or personal services);
 - at least three of the following:
 - a town hall, church or chapel with religious service at least once a month;
 - a public plaza, park or cemetery;
 - a market place, or building, where trading activities are carried on at least once a week;
 - a public building, like a school, hospital, puericulture and health center or library.
4. Barangays having at least 1,000 inhabitants which meet the conditions set forth in (3) above and where the occupation of the inhabitants is predominantly non-farming or fishing.

Rural Areas - All poblaciones or central districts and all barrios that do not meet the requirements for classification of urban.

¹ Source: Philippine Standard Geographic Code, PSA

- ◆ 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 rootcrops 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, groundscad (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.
- ◆ Blank cells in the statistical tables indicate that there was no reported consumption for a particular commodity.

HIGHLIGHTS OF THE SURVEY FINDINGS

Regional Consumption of Selected Agricultural Commodities by Province and by Classification of Barangays

National Capital Region (NCR)²

(Table 1)

Rice and Corn

- During the reference period, per capita consumption of rice in NCR averaged 98.46 kilograms. The highest yearly consumption of rice was noted in District IV at 106.85 kilograms while the lowest was reported in District III at 81.94 kilograms.
- Corn consumption in the region averaged 0.46 kilogram per person per year. District II registered the highest per capita consumption of corn at 1.08 kilograms yearly. In District I and District III, corn was consumed as low as 0.14 kilogram per person a year.

Root Crops

- Sweet potato was highly preferred by households in NCR with per person consumption of about 2.37 kilograms. This was followed by white potato which was eaten at an average of 1.55 kilograms per person per year. Meanwhile, less than a kilogram each of cassava and gabi was consumed annually.
- Bigger consumption levels of sweet potato and white potato were recorded in District III at 3.64 kilograms and 3.23 kilograms, respectively. For other root crops, the annual average per capita consumption of cassava was highest in District IV at 0.96 kilogram and that of gabi, in District V at 1.44 kilograms.

² Composition of NCR Districts:

- **District I** comprises of Pasay City, City of San Juan and City of Manila with the following municipalities:
Tondo, Binondo, Quiapo, San Nicolas, Santa Cruz, Sampaloc, San Miguel, Ermita, Intramuros, Malate, Paco, Pandacan, Port Area and Santa Ana
- **District II** comprises of City of Marikina and Quezon City
- **District III** comprises of City of Mandaluyong, City of Pasig, City of Makati and Pateros
- **District IV** comprises of Caloocan City, City of Malabon and City of Valenzuela
- **District V** comprises of City of Las Piñas, City of Muntinlupa, City of Parañaque, and Taguig City

Vegetables, Legumes and Condiments

- Among the vegetable group, eggplant and tomato were highly eaten in NCR with consumption levels of more than 3 kilograms each per year. Other commonly consumed vegetables include ampalaya, chayote, cabbage and onion with per capita consumption ranging from 2.07 kilograms to 2.77 kilograms. The average consumption of other reference vegetables ranged from 0.17 kilogram for habitchuelas to 1.64 kilograms for squash.
- By district, District II was the leading consumer of vegetables such as chayote at 4.13 kilograms, squash at 2.26 kilograms, carrots at 1.48 kilograms, pechay at 2.19 kilograms, and stringbeans at 1.77 kilograms. High consumption levels of ampalaya at 3.32 kilograms, cabbage at 2.97 kilograms, tomato at 4.19 kilograms, and garlic at 1.91 kilograms were noted in District III. In District IV, more preferences were noted for gourd at 1.32 kilograms, habitchuelas at 0.36 kilogram and mongo at 1.39 kilograms. Households in District V consumed more of eggplant at 4.67 kilograms, okra at 1.14 kilograms and onion at 3.10 kilograms annually.

Fruits

- Banana except saba was a highly favored fruit in NCR with per capita consumption of 12.20 kilograms yearly. Mango consumption was also high at 3.31 kilograms. Other fruits were consumed at an average of 1.01 kilograms for pineapple to 2.34 kilograms for banana saba.
- District III posted the biggest per capita consumption of banana (except saba) and papaya at 14.22 kilograms and 1.95 kilograms, respectively. On the other hand, District II consumed bigger quantities of mangoes at 4.92 kilograms and pineapple at 1.63 kilograms per person a year. Consumption of banana saba was highest at 3.35 kilograms in District IV.

Livestock and Poultry Products

- Chicken meat and pork were mostly consumed by the households in NCR. Correspondingly, consumption levels were 14.51 kilograms and 13.63 kilograms. Other meat products were consumed in minimal amounts of about 14 grams of carabeef to 1.30 kilograms of beef annually.
- Annually, about 123 pieces of chicken eggs were eaten by every person in the region. On the other hand, duck eggs were less preferred with per capita consumption of only about one piece a year. In the case of fresh/pasteurized milk, about 0.65 liter was consumed per person yearly.

- District V posted the heaviest consumption of chicken and pork at 15.91 kilograms and 15.11 kilograms, respectively. Bigger consumption estimates for beef were observed in District I at 1.61 kilograms and in District IV at 1.51 kilograms. During the reference period, households in District II and District IV had no reported consumption of carabeef and chevon (goat).
- In District III, consumption of chicken eggs averaged 139 pieces per person yearly. Meanwhile, the annual average consumption of duck eggs in District IV was registered at 1.15 pieces. Fresh/pasteurized milk was mostly eaten in District V at 1.07 liters per person in a year.

Fish and Other Marine Products

- High consumption estimates were noted for tilapia at 7.47 kilograms, milkfish at 6.93 kilograms and roundscad at 5.29 kilograms yearly. In contrast, smaller quantities of other fish and marine products were consumed annually. This ranged from 0.79 kilogram for mussels to 1.02 kilograms for dalagang bukid.
- Households in District V were heavier consumers of milkfish and tilapia at 7.48 kilograms and 9.04 kilograms, respectively. District V was the leading consumer of roundscad with average consumption of 6.21 kilograms per person a year. District III showed more consumption of dalagang bukid at 1.61 kilograms and shrimp at 1.12 kilograms. Tuna (all species) was highly eaten in District IV at 1.75 kilograms and mussel in District II at 1.36 kilograms.

Noodles

- Instant noodles were the commonly eaten noodle product in the region with estimated yearly per capita consumption of 2.66 kilograms. Consumption of other noodles ranged from 0.19 kilogram for rice noodles to 1.49 kilograms for bihon.
- Biggest consumption of instant noodles at around 3.00 kilograms was noted each in District II, III and V. Meanwhile, canton noodles were heavily consumed in District IV at 2.82 kilograms per person per year. Bihon and pasta were mostly preferred in District V at 2.20 kilograms and 1.49 kilograms, respectively.

Bread

- Pandesal was the most popular bread among households living in NCR. The survey indicated that as much as 354 pieces of pandesal were eaten by every person in the region annually. On the other

hand, about 33 pieces of buns and 6 packs of sliced/loaf bread were consumed in a year.

- Bigger consumption levels of pandesal were accounted in Districts II and III corresponding to 489 pieces and 440 pieces per person per year. Likewise, District III posted the biggest consumption of sliced/loaf bread at about 7 packs while District IV consumed larger quantity of buns at about 48 pieces.

Cordillera Administrative Region (CAR)

(Tables 2a - 2c)

Rice and Corn

- In Cordillera Administrative Region (CAR), the yearly average per capita consumption of rice was estimated at 125.53 kilograms. Among the provinces of CAR, Kalinga and Apayao registered the biggest consumption of rice per person per year at 166.61 kilograms and 154.88 kilograms, respectively. Benguet had the least rice consumption at 106.44 kilograms.
- Households living in rural barangays were heavier consumers of rice at 131.19 kilograms per person a year. In particular, rural dwellers in Kalinga and Apayao posted higher rice consumption at 168.99 kilograms and 154.82 kilograms, respectively. Meanwhile, more quantities of rice were eaten by the urban residents of Apayao at 164.39 kilograms.
- In the case of corn, per capita consumption in the region was estimated at 0.46 kilogram per annum. It ranged from 0.18 kilogram in Kalinga to 0.87 kilogram in Apayao.
- By classification of barangays, corn consumption was higher among rural barangays at 0.50 kilogram than those in urban barangays. Rural residents in Apayao and Mountain Province recorded bigger annual per capita consumption of corn corresponding to 0.87 kilogram and 0.80 kilogram. Likewise, the urban barangays of Apayao posted heavier corn consumption at 2.07 kilograms per person a year.

Root Crops

- Among root crops, higher consumption levels were noted for white potato at 5.31 kilograms and sweet potato at 3.28 kilograms. Cassava and gabi had low consumption estimates at about one kilogram each.

- The average yearly consumption of white potato per person was highest in Mountain Province at 10.86 kilograms. Ifugao topped in the consumption of sweet potato at 5.04 kilograms and gabi at 2.12 kilograms. Cassava was highly eaten in Apayao at 3.10 kilograms per person a year.
- The region's consumption of white potato was higher in the urban barangays at 7.31 kilograms. Urban residents in Mountain Province consumed more of white potato at 11.14 kilograms annually. Gabi had bigger consumption in the urban barangays of the region at 1.15 kilograms. The urban dwellers in Apayao showed high preference for gabi with per capita consumption at 1.99 kilograms per year. Meanwhile, the rural residents ate more quantities of gabi at 1.14 kilograms. The regional consumption estimates of sweet potato and cassava were higher among rural dwellers at 3.40 kilograms and 1.23 kilograms, respectively. However, households living in urban barangays of Ifugao consumed the highest amount of sweet potato at 6.51 kilograms.

Vegetables, Legumes and Condiments

- The regional estimates of annual per capita consumption were high for chayote at 5.76 kilograms, eggplant at 4.50 kilograms and tomato at 4.18 kilograms. Consumption of other vegetables, legumes and condiments ranged from 0.87 kilogram for carrots to 3.92 kilograms for squash.
- Highest consumption of chayote was recorded in Mountain Province at 13.51 kilograms per person annually. Abra posted the biggest per capita consumption of eggplant at 7.85 kilograms and tomato at 7.43 kilograms.
- In terms of urban-rural consumption, majority of the commodities were highly preferred by the rural households in the region. Specifically, per capita consumption of chayote in rural barangays was highest at 6.00 kilograms. This was notable among the rural residents in Mountain Province at 13.56 kilograms. Likewise, ampalaya, tomato, eggplant, pechay, stringbeans and squash were consumed at higher levels ranging from 3.14 kilograms to 4.72 kilograms by the rural dwellers in the region. On the contrary, cabbage was highly favored by urban dwellers with consumption estimates at 4.39 kilograms. It was particularly high among urban residents in Benguet at 4.59 kilograms.

Fruits

- In the case of fruits, banana (except saba) was eaten more at an average of 11.41 kilograms while banana saba were consumed at 6.75 kilograms. The average yearly per capita consumption of other

fruits ranged from 1.45 kilograms for pineapple to 4.75 kilograms for mango.

- By province, the survey indicated Mountain Province as the leading consumer of banana saba at 14.81 kilograms while Ifugao and Kalinga favored other banana varieties at about 16.00 kilograms each. For other fruits, the highest annual per capita consumption estimates were noted in Abra for mango at 8.22 kilograms, Kalinga for papaya at 7.16 kilograms, Ifugao for pineapple at 2.84 kilograms and Benguet for calamansi at 2.32 kilograms.
- The region's yearly per capita consumption estimates of banana saba and other varieties were higher in rural barangays at 6.89 kilograms and 11.52 kilograms, respectively. Rural households in Ifugao and Kalinga ate more of banana (except saba) at around 16.70 kilograms each. Meanwhile, dwellers in urban barangays of Mountain Province recorded 27.63 kilograms of banana saba consumption per person per year. Rural consumption in the region was high for mango at 4.76 kilograms and papaya at 3.79 kilograms. Pineapple and calamansi had more preference among the urban dwellers with consumption of 1.57 kilograms and 2.81 kilograms, respectively.

Livestock and Poultry Products

- Pork and chicken were the highly preferred meat products, recording consumption estimates of about 14.00 kilograms each. Minimal consumption levels ranging from 0.12 kilogram to 1.61 kilograms were noted for other meat products such as beef, carabeef, chevon (goat) and duck meat. During the same period, per person consumption of chicken eggs at the region averaged 96 pieces per year while less than a piece of duck egg and at least 0.04 liter of fresh/pasteurized milk was consumed annually.
- Benguet and Kalinga were the leading consumers of chicken meat with corresponding per capita consumption of 18.36 kilograms and 13.11 kilograms per year. Likewise, Benguet posted the highest consumption of pork at 15.53 kilograms, beef at 2.26 kilograms and chicken eggs at 117 pieces. Duck meat consumption was bigger in Kalinga at 1.09 kilograms.
- By barangay classification, most of the livestock and poultry products were consumed more by urban residents across the region. Urban consumption of pork was recorded at 18.72 kilograms while that of chicken meat at 20.79 kilograms and chicken eggs at 133 pieces. In particular, Benguet reported the biggest consumption levels at 19.24 kilograms for pork, 21.79 kilograms for chicken meat and 137 pieces for chicken eggs. However, in Kalinga, rural dwellers had higher levels of

consumption of pork, carabeef, chicken meat and eggs and duck meat than urban residents.

Fish and Other Marine Products

- Most popular fish products in the region were milkfish and tilapia where their respective annual consumption per person averaged 6.98 kilograms and 5.70 kilograms. Consumption of other fish and marine products ranged from 0.15 kilogram for dalagang bukid to 2.95 kilograms for roundscad.
- Benguet registered the biggest consumption of milkfish at 9.28 kilograms. In Apayao and Kalinga, tilapia was highly consumed at about 7.52 kilograms per person and 7.44 kilograms per person, respectively. On the other hand, roundscad (galunggong) consumption was notable in Abra at 4.84 kilograms per person a year.
- All the reference fish and marine products except dalagang bukid, were mostly eaten by urban residents of the region. Specifically, milkfish, tilapia and roundscad posted consumption estimates at 8.95 kilograms, 6.37 kilograms and 5.26 kilograms, respectively.

Noodles

- Among the noodle products, annual consumption level was highest for instant noodles at 3.48 kilograms per person a year. Consumption estimates of other noodle products were less than a kilogram each across the region.
- Apayao registered the highest yearly per capita consumption of instant noodles at 8.96 kilograms. Likewise, per capita consumption of canton noodles in the province was highest at 1.63 kilograms. On the other hand, the biggest consumption estimates for bihon and pasta at 1.47 kilograms and 1.09 kilograms, respectively, were noted in Benguet.
- Consumption patterns in the region indicated higher preference for instant noodles among residents of rural barangays with per capita consumption of 3.62 kilograms. Similarly, more canton noodles and rice noodles were eaten by rural dwellers. However, provincial estimates showed that households living in urban barangays of Apayao ate more instant noodles at 17.70 kilograms per person per year.

Bread

- The region's annual per capita consumption of pandesal was estimated at 114 pieces while consumption of buns was estimated

at 7 pieces per year. Sliced/loaf bread consumption averaged 10 packs per person a year.

- By province, Benguet consumed the highest quantity of pandesal and sliced/loaf bread at about 176 pieces and 15 packs per person per year, respectively. For buns, the leading consumers were noted in Kalinga and Apayao at approximately 15 to 16 pieces per person.
- By barangay classification, urban households in the region consumed more of pandesal and sliced/loaf bread with per capita consumption levels corresponding to 244 pieces and about 14 packs. On the other hand, consumption of buns was relatively the same among urban and rural dwellers at 7 pieces per person annually.

Ilocos Region

(Tables 3a - 3c)

Rice and Corn

- The average annual per capita consumption of rice in Ilocos Region was 124.83 kilograms. Across provinces, the estimated per capita consumption of rice was highest in Pangasinan at 125.32 kilograms and lowest in Ilocos Norte at 123.21 kilograms.
- Urban barangays in the region consumed more rice at 128.97 kilograms. In particular, urban residents in Pangasinan registered the highest yearly per capita consumption of rice at 134.03 kilograms.
- Consumption per person of corn in the region averaged 0.33 kilogram annually. Ilocos Norte posted the biggest annual consumption of corn at 0.50 kilogram per person while La Union had the least consumption at 0.26 kilogram per person.
- Higher per capita consumption of corn was noted in the rural barangays of the region at 0.33 kilogram annually. However, provincial results showed that corn was consumed in bigger amounts among the urban dwellers of La Union at 0.92 kilogram and in Ilocos Norte at 0.81 kilogram per person per year.

Root Crops

- Among root crops, sweet potato and white potato were highly preferred in the region with annual per capita consumption estimates at 2.37 kilograms and 1.83 kilograms, respectively. On

the other hand, lesser quantities were consumed for cassava at 0.77 kilogram and gabi at 0.55 kilogram.

- By province, Ilocos Sur registered the highest consumption of sweet potato at 3.42 kilograms, cassava at 1.04 kilograms and white potato at 4.12 kilograms. Meanwhile, Ilocos Norte posted the biggest yearly consumption estimate for gabi at 2.17 kilograms per person.
- Sweet potato, cassava and gabi were more consumed in the rural barangays of Ilocos Region. Particularly, the rural dwellers ate as much as 2.47 kilograms per person per year of sweet potato. Consumption of sweet potato was biggest among the rural barangays in Ilocos Norte and Ilocos Sur at more than 3.00 kilograms each.
- On the other hand, households living in urban barangays consumed about 2.33 kilograms of white potato. Urban consumption across provinces ranged from 2.23 kilograms in Pangasinan to 2.99 kilograms in Ilocos Norte. In the rural barangays of Ilocos Sur, consumption of white potato was bigger at 4.19 kilograms per person per year.

Vegetables, Legumes and Condiments

- Eggplant and tomato topped the list of vegetables in the region with annual per capita consumption corresponding to 5.96 kilograms and 6.00 kilograms. High consumption estimates were also noted for stringbeans and ampalaya at 3.24 kilograms and 3.30 kilograms per person, respectively. Other commodities under the group of vegetables, legumes and condiments had yearly per person consumption ranging from 0.34 kilogram for habitchuelas to 2.93 kilograms for squash.
- Ilocos Norte had the biggest consumption of ampalaya at 3.69 kilograms and tomato at 7.87 kilograms. Likewise, it was the leading consumer of squash and okra at 4.53 kilograms and 2.55 kilograms, respectively. Meanwhile, in Ilocos Sur, eggplant was heavily consumed at 6.57 kilograms per person a year. The province also showed the highest per person consumption estimates for chayote at 1.49 kilograms, cabbage at 3.48 kilograms, stringbeans at 5.16 kilograms, habitchuelas at 0.92 kilogram, onion at 3.54 kilograms and garlic at 1.42 kilograms. The biggest per capita consumption levels of carrots, pechay and gourd at about 0.68 kilogram to 2.38 kilograms were noted in La Union. The heaviest consumption of mongo at 1.72 kilograms per person was observed in Pangasinan.

- Regionwise, consumption of most vegetable commodities was bigger among rural residents than urban dwellers. Rural consumption was noted high for ampalaya, eggplant, okra, cabbage, stringbeans, habitchuelas, tomato, onion and garlic. The highest consumption estimates were noted for tomato at 6.02 kilograms, eggplant at 6.06 kilograms and ampalaya at 3.31 kilograms. In particular, rural dwellers of Ilocos Sur accounted the heaviest consumption of eggplant at 6.59 kilograms per year. In Ilocos Norte, tomato was consumed more by the urban residents at 8.66 kilograms.
- Consumption of other reference vegetables among households living in urban barangays ranged from 0.19 kilogram for habitchuelas to 3.22 kilograms for squash.

Fruits

- Banana (except saba) was the leading fruit eaten in the region with per capita consumption of 7.48 kilograms yearly. This was followed by mango with consumption of about 2.53 kilograms per person per year. Other fruits' consumption averaged 0.27 kilogram for pineapple to 1.71 kilograms for the saba variety of banana.
- Ilocos Norte registered the biggest consumption estimates for banana (except saba) at 10.37 kilograms, mango at 4.28 kilograms and papaya (ripe) at 1.56 kilograms. On the other hand, Ilocos Sur consumed more of saba at 3.76 kilograms, calamansi at 2.91 kilograms and pineapple at 0.59 kilogram.
- Consumption estimates of all the reference fruits except mango were higher among rural residents in the region. These ranged from 0.28 kilogram for pineapple to 7.52 kilograms for other varieties of banana. In contrast, more mangoes were consumed in urban barangays at 3.14 kilograms.
- At the provincial level, the rural barangays of Ilocos Norte exhibited bigger consumption of other varieties of banana at 10.20 kilograms. However, consumption of this fruit was highest among the urban barangays in Ilocos Norte, Ilocos Sur and La Union ranging from 11.00 kilograms to 13.00 kilograms. More mangoes were consumed by the urban folks in Ilocos Norte at 7.13 kilograms. In Ilocos Sur, per person consumption of mango was higher in rural barangays at 3.94 kilograms.

Livestock and Poultry Products

- Pork had the highest consumption among the meat products in the region at 12.71 kilograms per person a year. Chicken meat was also consumed heavily at about 9.81 kilograms per person annually.

Consumption of other meat products ranged from 0.13 kilogram of carabeef to 1.86 kilograms of beef.

- In addition, regional estimates showed that about 98 pieces of chicken eggs were consumed yearly while it was less than a piece for duck egg. Likewise, average per capita consumption of fresh/pasteurized milk was minimal at 0.02 liter per year.
- Ilocos Norte was the top consumers of pork at 17.74 kilograms, chicken meat at 11.86 kilograms, beef at 4.35 kilograms, duck meat at 0.99 kilogram and chevon (goat) at 0.63 kilogram. On the other hand, Ilocos Sur registered the biggest consumption estimates for carabeef at 0.46 kilogram and for chicken eggs at about 115 pieces.
- In the urban barangays of the region, consumption of pork was higher at 13.48 kilograms. Consumption of pork in the rural barangays of Ilocos Norte, Ilocos Sur and La Union was bigger than in the urban barangays. However, Pangasinan indicated more consumption of pork at 12.64 kilograms among the urban barangays.
- Higher urban consumption estimates were accounted for chicken meat at 9.92 kilograms and chicken eggs at 100 pieces and chevon at 0.57 kilogram. The urban dwellers in Ilocos Sur consumed as high as 125 pieces of chicken eggs a year.
- In contrast, more beef, carabeef, duck meat and eggs were eaten by households residing in the rural barangays.

Fish and Other Marine Products

- The region's annual per capita consumption of milkfish at 7.97 kilograms and tilapia at 7.58 kilograms were the highest among fish and marine products. Other commodities in this group had minimal consumption estimates varying from 0.12 kilogram for dalagang bukid to 4.38 kilograms for roundscad (galunggong).
- Across provinces, Pangasinan recorded the highest consumption of milkfish at 9.35 kilograms and tilapia at 8.59 kilograms per person per year. In La Union, roundscad and shrimp consumption were biggest at 6.56 kilograms and 0.76 kilogram, respectively. Consumption of tuna (all species) at 3.17 kilograms and dalagang bukid at 0.26 kilogram per person were notable in Ilocos Norte. Mussels were highly favored in Ilocos Sur with per capita consumption as much as 1.06 kilograms yearly.
- In terms of consumption by barangay classification, urban households consumed more of milkfish, tilapia, roundscad, dalagang bukid and shrimp. On the other hand, rural households

had bigger per capita consumption of tuna and mussels. Milkfish was highly eaten by the urban folks in La Union and Pangasinan at more than 10 kilograms each. Ilocos Norte showed high tilapia consumption among urban dwellers at 10.29 kilograms.

- However, in Ilocos Sur, more milkfish, roundscad and shrimp were eaten by households living in the rural barangays at 5.60 kilograms, 3.75 kilograms and 0.28 kilogram, respectively. Moreover, the provincial results indicated higher per capita consumption of tuna at 2.72 kilograms and mussels at 1.40 kilograms among urban residents in Ilocos Sur.

Noodles

- Instant noodles were the most popular noodle product consumed in Ilocos Region with average per capita consumption of 3.18 kilograms per year. Other noodles like bihon, sotanghon, pasta, canton, fresh miki and rice noodles (misua) were eaten in minimal amounts of less than 500 grams annually.
- By province, the average per capita consumption of instant noodles was observed highest in Ilocos Sur at 4.72 kilograms. Likewise, Ilocos Sur posted the biggest consumption estimates of bihon at 0.94 kilogram, pasta at 0.34 kilogram, canton at 0.52 kilogram and rice noodles at 0.13 kilogram per person per year.
- At the regional level, households living in rural barangays reported bigger per capita consumption of instant noodles at 3.24 kilograms yearly. However, urban dwellers in Ilocos Sur consumed more instant noodles at 5.98 kilograms. Some of the other noodle products were consumed higher in the rural barangays of the region.

Bread

- The regional per capita consumption of pandesal was estimated at about 126 pieces a year. On the other hand, per person consumption of buns averaged 24 pieces per year while sliced/loaf bread was consumed at 6 packs per person per year.
- Provincial estimate of pandesal consumption was highest in Ilocos Sur at 217 pieces. In the case of buns, La Union posted average per capita consumption of 32 pieces per year. Ilocos Norte ate the most sliced/loaf bread at about 9 packs annually.
- Consumption by barangay classification indicated higher estimates for pandesal at 127 pieces and buns at 25 pieces among households living in rural barangays of the region. On the contrary, urban residents ate more sliced/loaf bread at 12 packs per year.

- Urban households in Ilocos Norte and Ilocos Sur had more quantities of pandesal consumed at 250 pieces and 271 pieces, respectively.

Cagayan Valley

(Tables 4a - 4c)

Rice and Corn

- The region's annual per capita consumption of rice averaged 123.49 kilograms during the reference period. Across provinces, it was highest in Nueva Vizcaya at 129.64 kilograms and lowest in Batanes at 114.40 kilograms.
- By barangay classification, urban households in the region had bigger per capita consumption of rice at 125.64 kilograms a year. In Isabela, rice was highly eaten by the urban households at 128.74 kilograms. However, rural dwellers in Nueva Vizcaya also recorded the highest rice consumption at 130.05 kilograms per person per year.
- For corn, per capita consumption in Cagayan Valley was estimated at an average of 1.21 kilograms yearly. It ranged from as low as 0.51 kilogram in Quirino to as high as 1.39 kilograms in Cagayan. Higher corn consumption was noted among rural barangays of the region at 1.26 kilograms per person. In particular, the rural residents of Isabela had the biggest consumption at 1.47 kilograms per person annually.

Root Crops

- In Cagayan Valley, high annual per capita consumption estimates were noted for sweet potato and gabi at 3.49 kilograms and 2.59 kilograms, respectively. Lesser quantities were eaten for white potato at 1.41 kilograms and cassava at 2.08 kilograms.
- Batanes recorded the biggest per capita consumption of sweet potato at 10.47 kilograms per year. In Quirino, high consumption levels were noted for gabi at 4.08 kilograms and cassava at 4.74 kilograms. White potato was largely eaten in Nueva Vizcaya at 3.84 kilograms.
- In terms of urban-rural consumption, rural residents indicated higher preferences for sweet potato, gabi and cassava with respective per capita consumption estimates at 3.58 kilograms, 2.68 kilograms and 2.21 kilograms. In Batanes, the rural dwellers ate more sweet potatoes at 10.69 kilograms. On the other hand,

Quirino's rural households had the highest consumption of gabi at 4.11 kilograms and cassava at 4.76 kilograms. Meanwhile, white potato consumption was notable among the urban barangays of the region at 1.79 kilograms. The urban residents in Nueva Vizcaya were the heaviest consumers of white potato at 5.11 kilograms.

Vegetables, Legumes and Condiments

- Under this commodity group, eggplant was on top with annual per capita consumption averaged at 6.67 kilograms. It was followed by tomato at 4.96 kilograms per person a year.
- Regional consumption levels were likewise higher for squash at 3.21 kilograms, onion at 3.40 kilograms, ampalaya at 3.35 kilograms and stringbeans at 3.97 kilograms. For other commodities, yearly per person consumption ranged from 0.44 kilogram for carrots to 2.63 kilograms for cabbage.
- Heavy consumption of eggplant was noted in Isabela at 7.54 kilograms and in Quirino at 7.20 kilograms. Likewise, Isabela recorded higher consumption of ampalaya at 3.91 kilograms and onion at 3.94 kilograms. On the other hand, more consumption of squash at 4.66 kilograms and stringbeans at 4.37 kilograms were reported in Quirino. Tomato was highly eaten in Isabela and Nueva Vizcaya at about 5.00 kilograms each.
- By barangay classification, rural households in the region consumed more eggplant at 6.76 kilograms per year. In particular, highest consumption of eggplant was observed in the rural barangays of Isabela at 7.80 kilograms. Tomato consumption was biggest among urban barangays at 7.16 kilograms. More quantities of tomatoes were eaten by the urban dwellers in Cagayan at 9.01 kilograms.
- Rural barangays of the region showed higher consumption of gourd (upo), squash, okra, habitchuelas and mongo ranging from 0.71 kilogram to 3.24 kilograms. In contrast, more of ampalaya, chayote, carrot, cabbage, pechay, stringbeans, onion and garlic were eaten by urban dwellers. Annual per capita consumption of these commodities ranged from 0.81 kilogram to 4.87 kilograms.

Fruits

- The highly preferred fruit in Cagayan Valley was banana with consumption estimates at 7.34 kilograms for saba and 10.35 kilograms for other varieties. Mango was consumed at an average of 3.18 kilograms while pineapple, papaya and calamansi were eaten at averages of 1.05 kilograms to 1.99 kilograms.

- Among provinces, Nueva Vizcaya reported the biggest annual per capita consumption of banana (except saba) at 15.55 kilograms and saba at 11.37 kilograms. This province also showed higher consumption of pineapple at 2.05 kilograms and papaya at 4.72 kilograms. Other leading consumers were Cagayan for mango at 3.49 kilograms and Quirino for calamansi at 2.48 kilograms.
- The regional estimates of annual per capita consumption of banana (except saba) and saba were higher in rural barangays at 10.47 kilograms and 7.44 kilograms, respectively. The rural dwellers in Batanes and Isabela consumed more quantities of other varieties of banana corresponding to 12.00 kilograms and 9.75 kilograms. However, urban barangays in Nueva Vizcaya posted high consumption of other varieties banana at 17.60 kilograms per person yearly. For saba, the rural barangays in Nueva Vizcaya consumed bigger amount at 11.41 kilograms per person a year.
- Consumption among rural residents of the region was also high for mango at 3.26 kilograms, papaya at 2.06 kilograms and calamansi at 1.63 kilograms. Urban dwellers had more consumption of pineapple at 1.51 kilograms. Mango consumption in the rural barangays of Cagayan, Nueva Vizcaya and Quirino was bigger at 3.12 kilograms to 3.56 kilograms. However, in Batanes, the urban dwellers consumed as much as 5.31 kilograms of mangoes per year.

Livestock and Poultry Products

- The top livestock and poultry commodities consumed in the region were pork at 14.03 kilograms, chicken at 10.65 kilograms and chicken eggs at around 96 pieces per person yearly. Per capita consumption of beef, carabeef, chevon (goat) and duck meat ranged from 0.14 kilogram to 1.39 kilograms per year.
- Minimal consumption of duck eggs were recorded in the region at an average of 2 pieces per person annually. The same was true for fresh/pasteurized milk with an annual per capita consumption of 0.12 liter.
- By province, Isabela consumed more quantities of pork and chicken at 15.10 kilograms and 11.37 kilograms per person, respectively. For chicken eggs, Nueva Vizcaya recorded the biggest per capita consumption at 118 pieces per year. In Batanes, high consumption estimates were noted for beef at 5.07 kilograms, carabeef at 1.45 kilograms and chevon (goat) at 0.36 kilogram. On the other hand, duck meat was consumed in bigger amounts at 1.08 kilograms in Isabela.
- In terms of barangay classification, households living in urban barangays posted higher consumption of pork at 19.36 kilograms

and chicken at 14.37 kilograms. Moreover, high consumption of pork at 20.24 kilograms and chicken at 14.89 kilograms were observed in the urban barangays of Cagayan.

- Urban dwellers in the region also indicated high preference for beef and chevon with respective consumption levels at 3.18 kilograms and 0.15 kilogram. Duck meat was more eaten by rural households at 0.71 kilogram.
- Chicken egg consumption was high among households living in urban barangays at 140 pieces per person a year. Specifically, the urban residents in Cagayan had the highest consumption of chicken eggs at about 157 pieces each person per year.

Fish and Other Marine Products

- The major fish products consumed in the region were tilapia at 8.39 kilograms, milkfish at 5.41 kilograms and roundscad (galunggong) at 3.40 kilograms. Other fish and marine products were consumed in minimal amounts ranging from 0.17 kilogram for dalagang bukid to 0.61 kilogram for tuna (all species).
- Consumption estimates were higher in Nueva Vizcaya for milkfish at 7.27 kilograms, in Isabela for tilapia at 9.01 kilograms and in Quirino for roundscad at 4.16 kilograms. Batanes was the leading consumer of tuna (all species) and dalagang bukid at 3.31 kilograms and 1.36 kilograms, respectively. On the other hand, it was Cagayan for shrimp at 0.49 kilogram and Quirino for mussels at 0.38 kilogram.
- Households living in urban areas of the region consumed more of the reference fish commodities compared to those in the rural areas. Urban consumption of tilapia and milkfish was estimated at around 9.11 kilograms to 9.19 kilograms. Roundscad was consumed by urban dwellers at 4.03 kilograms. Consumption of other fish and marine products in the urban barangays ranged from 0.30 kilogram for shrimp to 0.66 kilogram for tuna.
- In Quirino, the urban barangays posted the highest consumption of milkfish at 10.01 kilograms and tilapia at 13.50 kilograms. Batanes indicated more quantities of roundscad consumed at 5.66 kilograms.

Noodles

- Among the noodle products, much preference was accounted for instant noodles with a yearly average per capita consumption of 3.57 kilograms. This was followed by fresh miki and bihon at 0.85 kilogram each. Annual per capita consumption of other noodles

ranged from 0.06 kilogram for rice noodles to 0.32 kilogram for canton.

- Nueva Vizcaya reported the biggest per capita consumption of instant noodles at 4.23 kilograms and bihon at 1.52 kilograms per year. It was Cagayan for fresh miki, canton and rice noodles with consumption estimates at 0.08 kilogram to 1.05 kilograms. Sotanghon and pasta were highly consumed in Batanes.
- Urban dwellers in the region showed higher consumption of instant noodles at 4.06 kilograms. In particular, households residing in urban barangays of Cagayan, Isabela, Nueva Vizcaya and Quirino recorded bigger amounts from 3.67 kilograms to 4.25 kilograms.
- Urban consumption was higher for bihon, pasta and rice noodles ranging from 0.11 kilogram to 0.92 kilogram. Other reference noodle products indicated more consumption among the rural dwellers.

Bread

- The regional consumption of pandesal averaged 151 pieces per person annually. It was highest in Nueva Vizcaya at 197 pieces. Urban dwellers in the region consumed more pandesal at around 219 pieces yearly. Specifically, households living in urban barangays of Isabela and Nueva Vizcaya recorded the highest consumption, each at 230 pieces per person per year.
- For sliced/loaf bread, annual per capita consumption averaged 4 packs. Nueva Vizcaya recorded the highest annual consumption at almost 8 packs per person. In the case of buns, per capita consumption in the region was estimated at 45 pieces yearly. Batanes indicated high consumption at 110 pieces. By barangay classification, urban households had higher consumption of slice/loaf bread at 5 packs and buns at 57 pieces. Particularly, urban dwellers in Batanes were heavy eaters of sliced/loaf bread at 12 packs annually. However, more rural dwellers in Batanes consumed buns at 115 pieces per person annually.

Central Luzon

(Tables 5a – 5c)

Rice and Corn

- The region's annual per capita consumption of rice averaged 110.96 kilograms. By province, average yearly per capita consumption of rice ranged from 103.12 kilograms in Bataan to 126.68 kilograms in Zambales.

- Urban households in the region posted bigger consumption of rice at 111.30 kilograms per year. Rice consumption of rural dwellers was placed at 110.83 kilograms. Households living in rural barangays of Aurora consumed more rice at 124.31 kilograms. Urban barangays in Zambales indicated the highest yearly consumption of rice per person at 140.49 kilograms.
- Corn consumption in the region was estimated at 0.46 kilogram per person a year. The biggest corn consumption was noted in Bataan at 1.66 kilograms and lowest in Tarlac and Zambales at 0.19 kilogram each.
- By barangay classification, households residing in urban barangays had bigger per capita consumption of corn at 0.57 kilogram per year. The urban residents in Bataan showed high preference for corn with consumption estimate at 1.81 kilograms per person a year.

Root Crops

- Sweet potato was the commonly consumed commodity in the region at 3.23 kilograms per year. White potato and gabi had respective consumption of 1.66 kilograms and 1.20 kilograms. Lesser quantity of cassava was eaten at only 0.91 kilogram.
- Provincewise, Zambales was the leading consumers of sweet potato at 5.54 kilograms and white potato at 2.18 kilograms. Meanwhile, Aurora topped in the consumption of cassava at 3.77 kilograms and gabi at 2.48 kilograms.
- Urban barangays in the region registered high consumption estimates for the root crops. This was 3.58 kilograms for sweet potato, 2.15 kilograms for white potato, 1.30 kilograms for gabi, and 0.97 kilogram for cassava. Urban households in Zambales indicated the biggest annual per capita consumption of sweet potato at 7.54 kilograms. White potato and gabi were eaten in bigger quantities by the urban residents in Nueva Ecija at 3.08 kilograms and 3.49 kilograms, respectively. For cassava, high consumption was recorded among rural dwellers of Aurora at 3.79 kilograms.

Vegetables, Legumes and Condiments

- Across the region, the biggest consumption levels were noted in tomato at 4.65 kilograms, eggplant at 4.32 kilograms, onion at 3.24 kilograms, and ampalaya at 2.98 kilograms. For other commodities, yearly per capita consumption ranged from 0.21 kilogram for habitchuelas to 1.92 kilograms for garlic.

- By province, the highest consumption of tomato was recorded in Tarlac at 6.91 kilograms. For eggplant, Nueva Ecija and Zambales posted the biggest consumption at 5.24 kilograms each. In the case of onion and ampalaya, the heavy consumers were Bataan at 3.75 kilograms and Zambales at 4.43 kilograms, respectively.
- Rural residents in the region had high consumption of tomato at 4.83 kilograms and eggplant at 4.39 kilograms. In contrast, households living in urban barangays registered bigger consumption of onion at 3.48 kilograms and ampalaya at 3.36 kilograms. In particular, the average yearly per capita consumption of eggplant in the rural barangays was highest in Nueva Ecija at 5.34 kilograms. Tomato was consumed most by the rural dwellers in Tarlac at 6.95 kilograms. On the other hand, consumption levels of ampalaya and onion among the urban households were notable in Zambales at 5.48 kilograms and Bataan at 4.40 kilograms, respectively.
- For other commodities, urban residents indicated larger consumption of chayote, squash, carrots, cabbage, habitchuelas, mongo and garlic ranging from 0.33 kilogram to 2.27 kilograms. Rural dwellers, on the other hand, had bigger quantities of intake for gourd, okra, pechay and stringbeans which ranged from 1.27 kilograms to 1.94 kilograms.

Fruits

- The major fruits eaten in the region were banana (except saba) at 10.04 kilograms and mango at 4.71 kilograms. Consumption of banana saba was 2.80 kilograms per person per year. The least consumed fruits were pineapple at 0.71 kilogram, papaya at 1.33 kilograms and calamansi at 1.76 kilograms.
- Across provinces, about 11.29 kilograms of banana (except saba) and 10.38 kilograms of mango were consumed by every person in Zambales yearly. The leading consumer of banana saba was Aurora with per capita consumption of 6.20 kilograms. The province also reported high consumption of papaya at 2.05 kilograms and calamansi at 2.39 kilograms. In Nueva Ecija, more of pineapple was eaten at 1.31 kilograms.
- All the reference fruits were mostly eaten in urban barangays than in rural barangays. Urban folks had consumption estimates of 11.07 kilograms for banana (except saba), 5.15 kilograms for mango and 3.03 kilograms for banana saba. About 13.00 kilograms each of mango and banana (except saba) were consumed by urban dwellers in Zambales. Banana saba was eaten more in the urban

barangays of Nueva Ecija at 6.77 kilograms and in Aurora at 6.47 kilograms per year.

- For other fruits, consumption of the urban residents in the region ranged from 0.79 kilogram for pineapple, 1.44 kilograms for papaya and 1.99 kilograms for calamansi. Papaya was consumed biggest by the urban dwellers in Aurora and Nueva Ecija at more than 4.00 kilograms each.

Livestock and Poultry Products

- Meat consumption in the region was biggest for pork at 12.45 kilograms and for chicken at 12.05 kilograms. Consumption of other meats ranged from 0.16 kilogram for carabeef to 1.06 kilograms for beef.
- Per capita consumption of chicken egg across the region averaged 109 pieces per annum. Minimal consumption of duck egg was noted at an average of 2 pieces. Less than a liter of fresh/pasteurized milk was consumed per person annually.
- Pork consumption was registered highest in Tarlac at 14.16 kilograms per person per year. For chicken meat, the top consuming provinces were Bulacan and Pampanga with respective consumption levels at 13.82 kilograms and 13.34 kilograms. Likewise, Bulacan ate more of chicken eggs at 122 pieces per person per year.
- Consumption of pork in urban and rural barangays was estimated at around 12.00 kilograms each. Chicken meat was consumed high at 13.74 kilograms by the households living in urban barangays of the region. Residents in urban and rural barangays consumed the same quantity of chicken eggs at 109 pieces per person annually. Beef, chevon and duck were highly eaten by the urban dwellers while carabeef and duck eggs were preferred most by the rural dwellers.
- In the urban barangays of Nueva Ecija, high consumption estimates were noted for pork at 16.46 kilograms and chicken meat at 15.64 kilograms. Heavier consumers of chicken eggs were recorded in the urban barangays of Bataan and Tarlac with consumption at 146 pieces each.

Fish and Other Marine Products

- Tilapia was the most consumed fish in the region with average per capita consumption of 9.28 kilograms. This was followed by milkfish and roundskad at 6.93 kilograms and 4.14 kilograms, respectively. Minimal consumption estimates ranging from 0.56

kilogram to 1.31 kilograms were noted for other fish and marine products.

- Across provinces, milkfish was consumed high at around 7.90 kilograms in Bataan, Pampanga and Tarlac. About 12.85 kilograms of tilapia were eaten yearly by every person in Pampanga. Roundscad consumption was biggest in Bulacan at 4.42 kilograms and Zambales at 4.69 kilograms. Tuna was highly preferred in Zambales with consumption at 4.04 kilograms.
- Urban areas in the region indicated higher per capita consumption of the reference fish species except mussels. Consumption levels of the major fish species were estimated at 10.40 kilograms for tilapia, 8.00 kilograms for milkfish and 4.75 kilograms for roundscad. Urban dwellers in Pampanga had the biggest annual per capita consumption of tilapia at 14.11 kilograms and milkfish at 9.33 kilograms. For roundscad, the residents in the urban barangays of Zambales indicated higher consumption at 6.99 kilograms.

Noodles

- The region's per person consumption of instant noodles averaged 2.69 kilograms a year. Other noodle products were consumed at less than a kilogram per person annually.
- Nueva Ecija posted the biggest yearly per capita consumption of instant noodles at 4.00 kilograms. On the other hand, bihon consumption was noted highest in Zambales at 1.23 kilograms. More of pasta at 0.83 kilogram were eaten in Bulacan.
- Households living in rural areas of the region ate bigger quantity of instant noodles at 2.96 kilograms annually. In contrast, bihon, sotanghon and rice noodles were preferred by the residents in urban barangays. In particular, dwellers in rural barangays of Nueva Ecija had the most consumption of instant noodles averaged 4.31 kilograms per person per year.

Breads

- In Central Luzon, pandesal was consumed at an average of 215 pieces per person in a year. For buns and sliced/loaf bread, estimated consumption per person annually was 41 pieces and 4 packs, respectively.
- The leading consumer of pandesal was Zambales with consumption of 330 pieces per person per year. For buns, the highest quantity consumed by every person per year was noted at 80 pieces in

Tarlac. Sliced/loaf bread consumption ranged from 2 packs in Aurora to 5 packs in Nueva Ecija.

- By barangay classification, urban dwellers posted high consumption of pandesal at 217 pieces per person yearly. Households in rural barangays had bigger per capita consumption of buns at 44 pieces and sliced/loaf bread at 5 packs. Specifically, households in urban areas of Tarlac indicated the biggest pandesal consumption at 402 pieces.

CALABARZON

(Tables 6a - 6c)

Rice and Corn

- Annual per capita consumption of rice in the region averaged 95.21 kilograms. Among provinces, Quezon indicated the highest rice consumption at 105.21 kilograms. Next was Laguna at 98.60 kilograms. The least consumer of rice was Cavite at 88.04 kilograms per person in a year.
- Rice consumption was higher among rural households of the region at 97.38 kilograms. The urban and rural barangays in Quezon indicated minimal difference in their consumption level of rice. This was 106.14 kilograms for the urban households and 105.16 kilograms for the rural households.
- The regional corn consumption was estimated at 0.41 kilogram per person a year. Provincial consumption ranged from 0.16 kilogram in Rizal to 0.80 kilogram in Quezon.
- Consumption of corn in the rural areas of the region was higher at 0.51 kilogram. Specifically, the rural households in Quezon had higher corn consumption at 0.82 kilogram. However, greater volume of corn was consumed by the urban households in Batangas at 1.05 kilograms.

Root Crops

- Among the root crops eaten in the region, sweet potato and cassava had the biggest per capita consumption at 2.75 kilograms and 2.40 kilograms, respectively. This was followed by white potato at 1.44 kilograms and gabi at 0.62 kilogram.
- Among the provinces, Quezon came up with the biggest consumption estimates for sweet potato at 4.02 kilograms, cassava

at 3.53 kilograms and gabi at 1.11 kilograms. White potato was highly eaten in Laguna at 2.01 kilograms.

- At the regional level, rural barangays had more consumption of sweet potato at 2.90 kilograms, cassava at 3.14 kilograms and gabi at 0.72 kilogram. In Laguna, the rural residents had the biggest consumption of cassava at 3.90 kilograms and gabi at 1.35 kilograms. Sweet potato was highly consumed by the rural dwellers in Quezon at 4.04 kilograms.
- High preference for white potato was noted among the urban barangays in the region at estimated consumption of 1.46 kilograms. Urban households in Quezon ate bigger volume of white potato at 2.85 kilograms. However, white potato consumption among the rural dwellers in Laguna was also highest at 2.47 kilograms.

Vegetables, Legumes and Condiments

- At the regional level, the highest per capita consumption among the vegetables was estimated for eggplant at 3.57 kilograms per year. This was followed by ampalaya, tomato, onion and squash at the range of 2.00 kilograms to 2.89 kilograms. Consumption of other commodities varied from 0.12 kilogram for habitchuelas to 1.68 kilograms for chayote.
- The province of Rizal was observed as the top consumer of eggplant at 4.33 kilograms, ampalaya at 2.42 kilograms, tomato at 3.52 kilograms and onion at 3.61 kilograms. Okra and garlic were more consumed in Rizal at around 2.00 kilograms each. In Batangas, consumption of squash topped at 3.12 kilograms. Cavite posted the biggest consumption of chayote at 2.92 kilograms.
- Consumption of the major commodities such as ampalaya, eggplant, tomato and onion was higher among the urban barangays compared to rural barangays. These commodities were consumed from 2.30 kilograms to 3.75 kilograms. Eggplant consumption was biggest among the urban households in Cavite at 5.48 kilograms and rural households in Rizal at 5.75 kilograms. Similarly, the urban dwellers in Rizal had more consumption of onion at 3.67 kilograms. Ampalaya was eaten in larger quantity by the urban dwellers in Batangas at 3.00 kilograms. Around 3.40 kilograms of tomato consumption was noted among the urban residents in Cavite, Rizal and Quezon.
- Urban households of the region also indicated more preferences for okra, carrots, cabbage and garlic. The rest of the commodities were favored by the rural households whose consumption ranged from 0.15 kilogram for habitchuelas to 2.34 kilograms for squash. In the

rural barangays of Batangas, squash consumption was biggest at 3.17 kilograms.

Fruits

- Banana (except saba) was the most consumed fruit in the region at 10.77 kilograms per year. Saba consumption averaged 7.15 kilograms. Mango and papaya were eaten at averages of 3.12 kilograms and 2.66 kilograms, respectively. Consumption of calamansi was estimated at 1.89 kilograms. The least consumed fruit was pineapple at 1.20 kilograms.
- Provincewise, Quezon and Cavite were the leading eaters of banana (except saba) with about 12.00 kilograms of consumption each. Saba consumption was noted highest in Quezon at 12.18 kilograms and in Laguna at 10.02 kilograms. Other highly consumed fruits in Quezon were mango at 4.18 kilograms and papaya at 4.16 kilograms. Cavite topped the consumption of pineapple at 2.96 kilograms.
- At the regional level, all the reference fruits were highly preferred by the rural households in the region. Rural consumption ranged to as high as 11.16 kilograms for banana (except saba) and 8.76 kilograms for saba. Mango and papaya were consumed at 3.26 kilograms each. Less than 2.00 kilograms of pineapple and calamansi were eaten by the rural dwellers of the region.
- In particular, the rural folks in Laguna had the biggest consumption of banana (except saba) and saba at around 13.60 kilograms each. Higher consumption of these fruits at around 12.00 kilograms was noted among the rural dwellers in Quezon. There was also high preference for banana (except saba) among the urban residents in Cavite with consumption at 13.31 kilograms. For papaya and calamansi, rural barangays in Laguna posted the biggest consumption corresponding to 4.92 kilograms and 2.57 kilograms. Papaya was eaten in larger quantity at 5.00 kilograms by the households living in the urban areas of Batangas. A high of 2.78 kilograms of pineapple were consumed by the rural folks in Cavite.

Livestock and Poultry Products

- The region's consumption of pork and chicken topped among the meat products at 11.64 kilograms and 10.43 kilograms, respectively. Chicken eggs garnered an average consumption at 106 pieces. Consumption of less than a kilogram was registered for other livestock and poultry products.
- Batangas and Rizal were heavy eaters of pork with consumption at 14.22 kilograms and 13.19 kilograms, respectively. Chicken was

heavily consumed in Rizal at 13.81 kilograms. Consumption of chicken eggs topped in Cavite at 117 pieces.

- High consumption levels of the major livestock and poultry products such as pork, chicken and chicken eggs were noted in the urban barangays of the region. Pork and chicken consumption hovered around 12.60 kilograms while chicken eggs were eaten at an average of 108 pieces.
- Across the urban barangays in Batangas, consumption was highest for pork at 20.02 kilograms and chicken eggs at 126 pieces. However, chicken eggs were largely consumed in the rural barangays in Rizal at 141 pieces. Meanwhile, the urban households in Rizal posted the biggest consumption of chicken meat at 15.87 kilograms.

Fish and Other Marine Products

- Tilapia was the commonly consumed fish species in the region at 7.12 kilograms per person annually. Roundscad and milkfish followed at 4.91 kilograms and 4.30 kilograms, respectively. Tuna consumption averaged 1.66 kilograms. Dalagang bukid, shrimps and mussels were the least eaten products in the region recording consumption estimates at less than one kilogram each.
- The highest per capita consumption levels of tilapia at 9.86 kilograms and milkfish at 6.44 kilograms were noted in Rizal. Roundscad was the favorite in Cavite with consumption at 6.35 kilograms. Laguna and Batangas were top consumers of tuna at 2.40 kilograms each.
- At the regional level, the urban barangays showed high consumption of all the reference fish and marine products except tuna and shrimps. Milkfish, roundscad and tilapia were eaten higher at 4.98 kilograms, 5.03 kilograms and 7.54 kilograms, respectively.
- The consumption of milkfish among the urban households reached the high level of 6.10 kilograms in Cavite and Rizal. However, the rural dwellers in Rizal posted more consumption of milkfish at 7.46 kilograms and tilapia at 11.09 kilograms. In Cavite, the urban barangays indicated the biggest consumption of roundscad at 8.72 kilograms.
- In the rural barangays of Cavite, Laguna and Batangas, tuna was eaten at the rates of 2.43 kilograms to 2.68 kilograms. Tuna consumption was noted highest among the urban households in Quezon at 3.86 kilograms.

Noodles

- The region's consumption of instant noodles averaged 2.23 kilograms. Bihon followed way behind at 0.70 kilogram per person a year. Other noodle products had low consumption.
- Higher consumption of instant noodles was registered in Rizal at 2.98 kilograms and Laguna at 2.66 kilograms. More quantities of bihon at 1.34 kilograms were eaten in Laguna.
- Consumption of instant noodles was bigger in the urban barangays of the region at 2.58 kilograms. Across the provinces of the region, consumption of urban households ranged from 2.13 kilograms to 2.78 kilograms. However, the rural dwellers in Rizal ate more of instant noodles at 3.53 kilograms.
- Consumption of pasta and bihon was also common among urban barangays while the rest of the noodle products were the choice among the rural barangays.

Bread

- Regionwide, pandesal was heavily consumed at an average of 220 pieces per person annually. Consumption estimates of buns and sliced/loaf bread were way behind at 42 pieces and 4 packs, respectively.
- Among provinces, Cavite had the highest consumption of pandesal at 301 pieces per person per year. Buns consumption was notable in Quezon at 79 pieces. About 6 packs of sliced/loaf bread were consumed in Batangas.
- At the regional level, urban barangays indicated bigger per capita consumption of pandesal at 287 pieces. Consumption of pandesal among urban households in Cavite reached 487 pieces per person a year. Consumption of buns and sliced/loaf bread was prevalent among rural barangays with corresponding consumption estimates at 51 pieces and 4 packs. The rural households in Rizal ate more buns at 107 pieces. Meanwhile, the most number of buns eaten was noted among the urban residents in Quezon at 148 pieces.

MIMAROPA

(Tables 7a – 7c)

Rice and Corn

- In MIMAROPA, consumption of rice averaged 126.31 kilograms per person per year. Among the provinces, Mindoro Occidental recorded the highest rice consumption at 142.17 kilograms while Marinduque registered the least at 106.12 kilograms.
- By barangay classification, urban barangays in the region generated higher consumption of rice at 135.02 kilograms. In Mindoro Occidental, the rural households recorded more rice consumption at 143.02 kilograms than the urban households who consumed 140.53 kilograms of rice.
- The region's annual per capita consumption of corn was estimated at 0.60 kilogram. Provincial consumption ranged from as low as 0.30 kilogram in Mindoro Oriental to as high as 1.24 kilograms in Marinduque.
- Corn consumption was noted higher among urban households at 1.07 kilograms per person annually. Corn was consumed in larger quantity by the urban households in Mindoro Occidental at 1.42 kilograms. Rural barangays in Marinduque posted heavier consumption of corn at 1.24 kilograms.

Root Crops

- The regional per person consumption of sweet potato and cassava averaged 4.11 kilograms and 5.44 kilograms, respectively. Minimal consumption was observed for gabi at 1.53 kilograms and white potato at 0.38 kilogram.
- By province, Palawan registered the highest consumption of sweet potato and cassava at 5.87 kilograms and 10.13 kilograms, respectively. Consumption of gabi was noted high in Mindoro Occidental at 2.44 kilograms while Marinduque consumed more of white potato at 1.14 kilograms annually.
- Regional consumption of sweet potato was observed high among urban barangays at 5.11 kilograms. This held true for gabi and white potato with respective consumption at 2.69 kilograms and 0.63 kilogram. Cassava was largely consumed in the rural barangays at 5.76 kilograms.
- At the provincial level, urban households of Palawan had the biggest consumption of sweet potato at 6.30 kilograms. Palawan

also recorded the highest consumption of cassava among rural households at 10.72 kilograms. The urban residents in Mindoro Occidental ate as much as 4.91 kilograms of gabi. White potato was highly eaten by the urban dwellers in Marinduque at an average of 1.61 kilograms.

Vegetables, Legumes and Condiments

- Eggplant topped among the vegetables, recording consumption at 5.11 kilograms per person per year. This was followed by squash at 3.71 kilograms and ampalaya at 2.71 kilograms. Consumption of stringbeans, tomato and onion ranged from 2.25 kilograms to 2.55 kilograms. For other commodities, consumption estimates ranged from 0.06 kilogram for habitchuelas to 1.94 kilograms for gourd.
- Among the provinces, Mindoro Occidental registered the highest consumption of ampalaya, tomato and eggplant at 3.20 kilograms, 4.11 kilograms and 6.12 kilograms, respectively. Big quantities of squash at 4.48 kilograms and stringbeans at 2.89 kilograms were consumed in Mindoro Oriental. Onion was eaten more in Marinduque at 2.46 kilograms while gourd was highly consumed at 2.72 kilograms in Palawan.
- Majority of the vegetables were consumed by the urban households in the region. This was evident in the consumption of major commodities such as ampalaya, squash, tomato and eggplant with higher per capita consumption of 3.10 kilograms, 4.16 kilograms, 4.77 kilograms and 7.02 kilograms, respectively. Urban dwellers also ate more of chayote, gourd, okra, cabbage and pechay at the rates of 0.44 kilogram to 2.38 kilograms.
- Rural barangays in the region indicated high preference for carrots, stringbeans, habitchuelas, mongo, onion and garlic with consumption estimates ranging from 0.07 kilogram to 2.57 kilograms.
- Across the urban barangays, households in Mindoro Occidental reported the biggest consumption of eggplant at 7.63 kilograms and tomato at 5.79 kilograms. More of ampalaya at 4.94 kilograms were preferred by the urban residents in Marinduque. Meanwhile, Mindoro and Palawan registered the highest urban consumption of squash at more than 5.00 kilograms each.

Fruits

- Saba was the highly consumed fruit in the region at 13.52 kilograms followed by other varieties of banana at 9.43 kilograms. The region's consumption estimates of mango and papaya were also higher at 4.97 kilograms and 3.08 kilograms, respectively.

Pineapple and calamansi were eaten at less than 2.00 kilograms each.

- High consumption of saba was noted in the provinces of Mindoro Oriental at 16.96 kilograms and Palawan at 15.68 kilograms. Other varieties of banana were eaten in greater amount in Mindoro Occidental at 10.42 kilograms and Palawan at 11.40 kilograms. Consumption of pineapple at 3.66 kilograms and papaya at 4.50 kilograms topped in Palawan. Mango was highly consumed in Mindoro Occidental, Romblon and Palawan ranging from 5.05 kilograms to 5.87 kilograms. Mindoro Oriental and Romblon led in the consumption of calamansi at around 2.30 kilograms each.
- Majority of fruits were eaten by rural households. It was evident in the consumption of saba at 14.11 kilograms, pineapple at 1.86 kilograms, papaya at 3.13 and calamansi at 2.04 kilograms.
- Banana (except saba) and mango were highly consumed by urban households at 14.36 kilograms and 6.63 kilograms, respectively.
- Consumption of saba was notably high in the rural households of Mindoro Oriental at 17.20 kilograms and Palawan at 16.40 kilograms. More of pineapple at 3.89 kilograms and papaya at 4.58 kilograms were eaten by the rural dwellers in Palawan. On the other hand, urban barangays in Mindoro Occidental posted high consumption of banana (except saba) at 17.66 kilograms and mango at 9.04 kilograms.

Livestock and Poultry Products

- The region's meat consumption averaged 8.30 kilograms for pork and 5.38 kilograms for chicken. Beef consumption was estimated at 1.36 kilograms. Low consumption of other meat products from 0.15 kilogram to 0.16 kilogram was noted. In the case of eggs, consumption averaged 63 pieces for chicken eggs and 5 pieces for duck eggs. Only 0.08 liter of fresh/pasteurized milk was consumed in the region.
- Among the provinces, Mindoro Occidental was the major consumer of meat products such as pork at 12.38 kilograms and chicken at 6.09 kilograms. Likewise, the province recorded the biggest consumption of chicken eggs at 90 pieces. Duck egg consumption topped in Palawan at 9 pieces.
- Regionwise, urban households consumed bigger amount of pork at 10.33 kilograms annually. This was true in Mindoro Occidental where pork consumption reached a high level of 14.05 kilograms.

- Urban consumption was likewise high for beef, chevon and duck. On the other hand, carabeef, chicken meat and eggs and duck eggs were more favored by the rural dwellers in the region.
- In the rural barangays of Mindoro Occidental, greater amount of chicken at 6.69 kilograms and chicken eggs at 98 pieces were eaten. However, the urban barangays in Marinduque had the biggest consumption of chicken meat at 9.93 kilograms and chicken eggs at 103 pieces. Rural residents in Palawan ate as much as 10 pieces of duck eggs.

Fish and Other Marine Products

- Among the fish and other marine products, roundscad and tuna were leading in consumption at 4.24 kilograms and 6.00 kilograms, respectively. Consumption of milkfish averaged 2.64 kilograms and that of tilapia, at 1.57 kilograms. The rest of the fish and marine products were consumed at less than one kilogram.
- Across provinces, the top consumers were Marinduque for roundscad at 7.56 kilograms, Romblon for tuna at 8.46 kilograms, Mindoro Occidental for milkfish at 5.76 kilograms and tilapia at 3.85 kilograms
- At the regional level, urban barangays posted higher consumption of all the reference fish and marine products. Consumption ranged from 1.10 kilograms for shrimp to 6.80 kilograms for tuna. For major fish species, tuna was highly eaten by the urban folks in Marinduque at 11.48 kilograms and in Palawan at 10.60 kilograms. Likewise, as much as 13.94 kilograms of roundscad were eaten in Marinduque. In Mindoro Occidental, milkfish consumption of the urban dwellers topped at 6.88 kilograms. Both Mindoro Oriental and Mindoro Occidental had more preference for tilapia with consumption at around 4.00 kilograms each.

Noodles

- The regional consumption of instant noodles was recorded at 1.73 kilograms while the other noodle products were consumed at less than one kilogram.
- By province, Mindoro Occidental reported the highest consumption of instant noodles at 2.53 kilograms. At the regional level, consumption of instant noodles did not differ much across urban barangays at 1.76 kilograms and rural barangays at 1.73 kilograms.

Bread

- Bread consumption in the region averaged 96 pieces for pandesal, 69 pieces for buns and 2 packs for sliced/loaf bread.
- Marinduque led in the consumption of pandesal at 222 pieces while Romblon topped in buns consumption at 163 pieces. Maximum of 3 packs of sliced/loaf bread were eaten in Romblon and Palawan.
- Pandesal and sliced/loaf bread were consumed higher among the urban barangays of the region. Correspondingly, consumption estimates were 242 pieces and 4 packs. This was evident among the urban residents in Marinduque who consumed as much as 452 pieces of pandesal. In the urban barangays of Palawan, households ate around 7 packs of sliced/loaf bread.
- In the case of buns, consumption was bigger among rural dwellers in the region at 73 pieces. The rural barangays in Romblon registered the biggest consumption of buns at 164 pieces.

Bicol Region

(Tables 8a - 8c)

Rice and Corn

- The annual per capita consumption of rice in Bicol Region was 115.85 kilograms. Across provinces, Camarines Sur and Masbate recorded the biggest yearly per capita consumption of rice at 121.37 kilograms and 121.36 kilograms, respectively. It was lowest in Catanduanes at 101.15 kilograms.
- Rural barangays in the region recorded higher per capita consumption of rice at 116.15 kilograms. The highest rice consumption level among rural residents was noted in Camarines Sur and Masbate at 121.80 kilograms and 121.38 kilograms, respectively. Among the urban dwellers in the region, more rice at 117.93 kilograms were also accounted in Masbate.
- The average annual consumption of corn in the region was 6.41 kilograms. Corn was heavily consumed in Masbate at an average of 29.50 kilograms per person. Other provinces consumed less than a kilogram of corn. The lowest consumption was observed in Camarines Norte at 0.12 kilogram per person.
- Higher consumption of corn was noted among the households living in the rural barangays at 6.67 kilograms. Residents of urban barangays ate 0.11 kilogram of corn a year. In particular, rural

residents in Masbate registered the highest per capita consumption of corn at 29.64 kilograms.

Root Crops

- Among the root crops, sweet potato and cassava posted the biggest per capita consumption in the region at 8.93 kilograms and 5.45 kilograms, respectively. Gabi and white potato had lesser consumption corresponding to 0.88 kilogram and 0.80 kilogram per person per year.
- Masbate was the leading consumer of sweet potato at 15.13 kilograms and cassava at 13.23 kilograms. Consumption estimates of gabi and white potato were higher in Camarines Sur at 1.34 kilograms and 1.54 kilograms, respectively.
- At the regional level, rural barangays had more consumption of sweet potato at 9.01 kilograms and cassava at 5.61 kilograms. This was true in Masbate where rural households ate greater amount of sweet potato at 15.19 kilograms and cassava at 13.29 kilograms.
- Likewise, gabi was consumed higher in the rural barangays at 0.89 kilogram. Rural residents in Camarines Sur consumed as much as 1.35 kilograms of gabi in a year. Meanwhile, white potato had more consumption among the urban barangays of the region at 1.36 kilograms. The urban dwellers in Camarines Norte were heavy consumers of white potato at 4.75 kilograms.

Vegetables, Legumes and Condiments

- Eggplant and squash were on top among the commonly eaten vegetables in Bicol Region. Correspondingly, annual per capita consumption estimates were 4.28 kilograms and 3.15 kilograms. Higher records of annual per capita consumption were also noted for ampalaya at 2.60 kilograms, tomato at 2.58 kilograms, onion at 2.52 kilograms and stringbeans at 2.22 kilograms. Other commodities under this group had yearly per person consumption ranging from 0.14 kilogram for habitchuelas to 1.87 kilograms for pechay.
- Camarines Sur showed the biggest consumption of eggplant at 6.04 kilograms, tomato at 3.77 kilograms and onion at 3.33 kilograms. The province was also a top consumer of chayote, gourd, okra, carrots, cabbage, habitchuelas, mongo and garlic with per capita consumption ranging from 0.23 kilogram to 2.46 kilograms. In Albay, more consumption was noted for squash at 4.07 kilograms, ampalaya at 3.45 kilograms, pechay at 3.03 kilograms and stringbeans at 2.88 kilograms.

- Regionwise, households living in rural barangays consumed more of eggplant, squash and ampalaya at 4.30 kilograms, 3.18 kilograms and 2.62 kilograms, respectively. Rural households in Albay ate more of ampalaya, squash and stringbeans ranging from 2.94 kilograms to 4.19 kilograms. Eggplant was heavily eaten in Camarines Sur at 6.08 kilograms.
- On the other hand, residents in urban barangays had bigger consumption of tomato at 3.30 kilograms, onion at 2.97 kilograms and garlic at 2.27 kilograms. These commodities were eaten in larger quantities by the urban dwellers in Albay at 3.03 kilograms to 3.86 kilograms.
- For the other commodities, okra and mongo had more consumption among the rural residents of the region while the rest of the commodities were highly preferred by the urban dwellers.

Fruits

- Banana (except saba) was the favorite fruit in the region with per capita consumption of 11.61 kilograms per person annually. This was followed by saba variety of banana with per capita consumption of 7.67 kilograms per annum. Other fruits' consumption averaged 2.09 kilograms for pineapple to 3.44 kilograms for mango.
- Camarines Sur registered the highest consumption estimates for banana (except saba) at 14.09 kilograms, saba variety of banana at 10.64 kilograms, papaya at 4.49 kilograms and calamansi at 4.43 kilograms. Mango was heavily consumed in Masbate at 6.62 kilograms per person a year. Camarines Norte consumed more of pineapple at 3.35 kilograms.
- Greater quantities of banana (except saba) at 15.45 kilograms, mango at 4.57 kilograms, pineapple at 3.60 kilograms and calamansi at 3.82 kilograms were consumed by the urban residents compared to rural dwellers. In particular, urban barangays in Albay and Catanduanes ate as high as around 16.00 kilograms of banana (except saba). Camarines Norte had bigger consumption of pineapple at 9.00 kilograms among their urban residents. For calamansi, urban consumption was biggest in Albay at 4.31 kilograms. However, the rural residents in Camarines Sur reported the highest consumption of calamansi at 4.46 kilograms.
- On the other hand, consumption estimates of banana saba and papaya were higher in rural barangays of the region at 7.77 kilograms and 2.60 kilograms, respectively. Rural consumption was noted highest in Camarines Sur at 10.65 kilograms for saba and 4.58 kilograms for papaya.

Livestock and Poultry Products

- Regional per person consumption was highest for pork at 9.40 kilograms and chicken meat at 6.64 kilograms per year. Consumption of other livestock and poultry meat products ranged from 0.01 kilogram for chevon to 0.81 kilogram for beef.
- For egg consumption, about 68 pieces of chicken eggs were eaten per person yearly while 4 pieces of duck eggs were consumed per person annually. Per capita consumption of fresh/pasteurized milk was very minimal at 0.04 liter per year.
- The major consumers of pork were Camarines Norte, Camarines Sur, Albay and Catanduanes with annual per capita consumption ranging from 10.23 kilograms to 10.67 kilograms. Chicken meat was consumed high in Camarines Norte at 11.10 kilograms. On the other hand, more consumption of chicken eggs was noted in Camarines Sur at 86 pieces. Duck eggs were heavily eaten in Camarines Sur and Sorsogon at about 7 pieces each.
- In the urban barangays of the region, consumption of pork was higher at 15.13 kilograms. The same held true for chicken meat and chicken eggs with consumption estimates at 10.89 kilograms and 92 pieces, respectively. The urban dwellers in Camarines Norte indicated the biggest consumption of pork and chicken meat at around 23 kilograms each and chicken eggs at 130 pieces.
- For other livestock and poultry products, urban residents of the region had more preference for carabeef and chevon while rural folks showed more consumption of beef and duck eggs.

Fish and Other Marine Products

- Tilapia and roundscad posted the highest regional estimates of per capita consumption among the fish and marine products at 4.79 kilograms and 4.70 kilograms, respectively. Other commodities in this group had minimal consumption ranging from 0.14 kilogram for mussels to 2.35 kilograms for tuna (all species).
- Across provinces, Camarines Sur recorded the highest consumption of tilapia at 10.31 kilograms while Camarines Norte registered the biggest consumption of roundscad at 10.34 kilograms. Tuna (all species) was highly consumed in Catanduanes at 7.32 kilograms. In Masbate, milkfish was eaten as much as 2.89 kilograms. Provincial consumption of other fish and marine products was low.
- Rural barangays indicated higher consumption of milkfish, tilapia, dalagang bukid, shrimp and mussels. Of these, consumption was bigger for tilapia at 4.85 kilograms while consumption ranged from

0.15 kilogram for mussels to 1.59 kilograms for milkfish. Specifically, rural consumption of tilapia was biggest in Camarines Sur at 10.48 kilograms.

- Urban households ate more of roundscad at 7.42 kilograms and tuna (all species) at 4.46 kilograms. Urban consumption of roundscad was biggest in Albay at 9.82 kilograms. However, more roundscad was eaten by the rural dwellers in Camarines Norte at 10.77 kilograms. The urban residents of Camarines Norte also consumed more tuna (all species) at 9.19 kilograms. But, the highest consumption of tuna was recorded among the rural barangays in Catanduanes at 7.35 kilograms.

Noodles

- Highly preferred noodle product in the region was instant noodles with an average per capita consumption of 1.75 kilograms followed by bihon at 1.20 kilograms. Other noodle products ranged from 0.06 kilogram for fresh miki to 0.78 kilogram for canton.
- Instant noodles had higher consumption in Camarines Sur at 2.18 kilograms while bihon consumption was bigger in Camarines Norte at 2.04 kilograms.
- Consumption of instant noodles was high among urban barangays of the region at 1.85 kilograms. Urban residents in Sorsogon had high preference for instant noodles at 1.93 kilograms. Nevertheless, more consumption of instant noodles was noted among the rural barangays of Camarines Sur at 2.19 kilograms.
- Rural dwellers had high consumption of bihon at 1.21 kilograms. This was true for the rural residents in Camarines Norte who ate 2.04 kilograms of bihon. However, more of bihon at 2.39 kilograms were consumed by the urban residents in Sorsogon.
- Bigger consumption estimates for sotanghon, canton, rice noodles and fresh miki were observed among the rural barangays of the region.

Bread

- The region's annual per capita consumption of pandesal was estimated at about 260 pieces. Per person consumption of buns averaged 70 pieces while sliced/loaf bread was consumed at 3 packs per person annually.
- Sorsogon was the top consumer of pandesal with annual per capita consumption at 381 pieces. In case of buns, Camarines Norte had

high consumption at 164 pieces. Sliced/loaf bread was eaten as much as 5 packs per person in Camarines Sur.

- At the regional level, residents in urban barangays consumed more pandesal and slice/loaf bread at 498 pieces and 9 packs per person. Buns were highly favored by the rural residents with consumption at 72 pieces. In Camarines Norte, the urban dwellers had the biggest consumption of pandesal at 736 pieces and sliced/loaf bread at 34 packs while the rural residents consumed more of buns at 172 pieces.

Western Visayas

(Tables 9a - 9c)

Rice and Corn

- The regional per capita consumption of rice averaged 123.37 kilograms annually. Across provinces, Antique had the highest per capita consumption of rice at 141.24 kilograms a year. Guimaras and Iloilo came next with consumption level at about 130.00 kilograms each. The least consumption was posted in Negros Occidental at 114.76 kilograms per person per year.
- High rice consumption at 124.14 kilograms was recorded among the rural barangays in the region. In particular, more quantities of rice at 142.22 kilograms were eaten by the rural dwellers in Antique. Households living in the urban barangays of Capiz also had higher rice consumption at 131.44 kilograms.
- For corn, the region's average per capita consumption was estimated at 6.60 kilograms per year. Negros Occidental reported the highest annual per capita consumption of corn at 14.02 kilograms. The least was noted in Antique at 0.25 kilogram.
- At the regional level, rural barangays indicated bigger corn consumption at 9.05 kilograms. Rural residents in Negros Occidental consumed larger quantities of corn at 31.00 kilograms.

Root Crops

- Among root crops, higher consumption levels were noted for sweet potato at 3.93 kilograms and cassava at 2.45 kilograms. Gabi and white potato had low consumption estimates at less than 1 kilogram per person per year.
- Antique recorded the biggest yearly consumption of sweet potato at 10.55 kilograms per person. This was followed by Negros

Occidental and Capiz with consumption estimates at 4.37 kilograms and 3.12 kilograms, respectively. Cassava was highly eaten in Aklan at 5.85 kilograms, in Antique at 4.76 kilograms and in Capiz at 3.56 kilograms. Guimaras led in the consumption of gabi at 1.16 kilograms while Negros Occidental topped in white potato consumption at 1.17 kilograms.

- Rural barangays in the region registered higher per capita consumption of sweet potato at 4.40 kilograms, cassava at 3.19 kilograms and gabi at 0.32 kilogram. Specifically, the rural households in Antique had higher consumption of sweet potato at 10.66 kilograms. Cassava was highly eaten by the rural dwellers in Aklan at 5.89 kilograms. In Guimaras, households living in the rural areas ate more of gabi at 1.14 kilograms.
- White potato consumption was bigger among urban barangays in the region at 1.64 kilograms. This was evident across all provinces in the region with consumption estimates ranging from 0.70 kilogram in Guimaras to 1.71 kilograms in Negros Occidental.

Vegetables, Legumes and Condiments

- Among the reference vegetables in Western Visayas, the annual per capita consumption estimates were highest for squash at 4.21 kilograms, eggplant at 3.87 kilograms and tomato at 3.53 kilograms. The region's consumption of other vegetables, legumes and condiments ranged from 0.05 kilogram for habitchuelas to 2.92 kilograms for ampalaya.
- Across provinces, Negros Occidental recorded the biggest consumption of eggplant at 4.67 kilograms and squash at 5.10 kilograms. Tomato was highly consumed in Iloilo at 4.66 kilograms. Aklan was the leading consumer of ampalaya, onion and garlic, recording per capita consumption estimates at 3.74 kilograms, 3.25 kilograms and 1.56 kilograms, respectively. Mongo was eaten more in Antique at 1.51 kilograms. Guimaras topped in the consumption of okra at 1.89 kilograms and stringbeans at 2.03 kilograms.
- Majority of the reference commodities under this food group were highly consumed by the urban households in the region. Urban consumption of ampalaya, eggplant, squash, tomato and onion ranged from 3.20 kilograms to 4.78 kilograms. Other commodities which were more eaten by the urban dwellers included chayote, gourd, carrots, cabbage and garlic. Households residing in the rural barangays of the region had higher preference for okra, pechay, stringbeans, habitchuelas and mongo.
- At the provincial level, urban barangays in Antique and Negros Occidental posted the highest per capita consumption of eggplant

and ampalaya at 4.55 kilograms and 4.16 kilograms, respectively. Urban dwellers in Guimaras consumed more of squash at 5.24 kilograms. High consumption levels of tomato and onion were noted among urban households in Iloilo at 5.46 kilograms and 4.06 kilograms, respectively.

Fruits

- The region's consumption of fruits was highest for banana saba at 13.49 kilograms and other varieties of banana at 14.02 kilograms. Mango consumption averaged 4.04 kilograms. Consumption of other reference fruits ranged from 1.13 kilograms for pineapple to 2.96 kilograms for papaya.
- Provincewise, Aklan topped in the consumption of banana saba at 22.23 kilograms while Negros Occidental was leading in the consumption of other varieties of banana at 17.58 kilograms. About 4.40 kilograms to 4.87 kilograms of mangoes were consumed in Guimaras, Iloilo and Negros Occidental. The major consuming provinces were Capiz for pineapple, Aklan for papaya and Iloilo for calamansi.
- Consumption of other varieties of banana was highest among urban barangays at 17.91 kilograms. The heaviest consumption was reported in the urban residents of Iloilo at 22.85 kilograms. Other fruits such as mango, pineapple and calamansi were more eaten by the urban residents of the region. In particular, mango consumption was highest among the urban barangays of Antique at 7.87 kilograms.
- Households living in the rural barangays of the region indicated bigger consumption for banana saba at 15.00 kilograms and papaya at 3.06 kilograms. In Aklan, the rural dwellers recorded higher consumption of saba at 22.37 kilograms and papaya at 6.35 kilograms.

Livestock and Poultry Products

- The yearly per capita consumption of pork and chicken in Western Visayas hovered at around 8.70 kilograms each. Minimal quantities of other livestock and poultry meat products were consumed ranging from 0.05 kilogram for chevon to 1.40 kilograms for beef.
- Consumption was highest for chicken eggs at 75 pieces for every person per year. Duck eggs were consumed at an average of 2 pieces per person a year. Consumption of fresh/pasteurized milk averaged 0.71 liter.

- Across provinces, Iloilo was the leading consumer of pork at 11.11 kilograms, chicken meat at 10.40 kilograms and chicken eggs at 90 pieces. Duck egg consumption was bigger in Capiz at 4 pieces per person a year.
- At the regional level, urban and rural dwellers consumed almost the same quantity of pork at more than 8.0 kilograms each. Iloilo indicated the highest consumption of pork at 16.84 kilograms in the urban barangays while 10.70 kilograms in the rural barangays.
- Chicken meat and eggs were consumed higher by the urban dwellers at 11.51 kilograms and 88 pieces, respectively. In Iloilo, urban barangays exhibited the biggest consumption of chicken meat at 16.69 kilograms and chicken eggs at 133 pieces.
- Per capita consumption estimates of carabeef, chevon and duck meat and eggs were noted higher among the rural households of the region.

Fish and Other Marine Products

- Annual per capita consumption estimates of milkfish and roundscad were highest in the region at 7.72 kilograms and 5.86 kilograms, respectively. Other fish and marine products recorded consumption ranging from 0.09 kilogram for dalagang bukid to 2.02 kilograms for tuna.
- By province, the estimated per capita consumption of milkfish was highest in Guimaras at 9.04 kilograms. Roundscad and tuna consumption records were biggest in Antique at 9.26 kilograms and 8.21 kilograms, respectively.
- Milkfish and roundscad were highly eaten by the urban dwellers in the region with corresponding consumption estimates at 9.21 kilograms and 7.00 kilograms. This held true for shrimps and mussels. Urban barangays of Iloilo reported the highest consumption of milkfish at 13.29 kilograms. Meanwhile, households living in rural barangays of Antique ate more roundscad at 9.35 kilograms.

Noodles

- Among the noodles products, instant noodle was the most commonly eaten in the region at about 2.18 kilograms per person per year. This was followed by bihon with average per capita consumption at 1.78 kilograms. The least eaten noodle was canton at 0.25 kilogram.

- Consumption of instant noodles was biggest in Iloilo at 2.57 kilograms and in Negros Occidental at 2.26 kilograms. Bihon was also consumed more in Negros Occidental at 2.13 kilograms.
- Most of the noodle products were highly preferred among the urban barangays in the region. Urban residents consumed 2.32 kilograms of bihon and 2.21 kilograms of instant noodles. Households in urban barangays of Guimaras were heavy eaters of bihon at 2.72 kilograms. Urban dwellers in Capiz consumed more instant noodles at 2.96 kilograms.

Bread

- The regional consumption of pandesal averaged 234 pieces per person yearly. Consumption of buns was 88 pieces for every person in a year while it was 4 packs for sliced/loaf bread.
- Consumption of pandesal topped in Negros Occidental at 368 pieces per person per annum. Buns were commonly eaten in Capiz and Guimaras at 117 to 119 pieces per person a year. About 4 packs of sliced/loaf bread were eaten in Guimaras, Iloilo and Negros Occidental.
- At the regional level, per capita consumption of all types of bread was bigger among urban barangay than rural barangays. Urban consumption of pandesal was estimated at 311 pieces, buns at 109 pieces and slice/loaf bread at 5 packs.
- Consumption of pandesal was higher among the rural dwellers of Negros Occidental at 424 pieces per person in a year. In Guimaras, urban households showed more consumption of buns at 137 pieces.

Central Visayas

(Tables 10a - 10c)

Rice and Corn

- Annual per capita consumption of rice in the region averaged 80.05 kilograms a year. Provincial rice consumption ranged 67.80 kilograms in Cebu to 115.42 kilograms in Bohol.
- Urban barangays in the region registered higher annual per capita consumption of rice at 87.91 kilograms. In particular, urban residents in Siquijor posted higher yearly per capita rice consumption at 113.48 kilograms. However, rice consumption among rural dwellers in Bohol was the biggest at 115.80 kilograms.

- The region's consumption of corn per person averaged 37.14 kilograms annually. Across provinces, corn consumption was biggest in Cebu at 46.21 kilograms followed by Negros Oriental at 42.54 kilograms. Bohol had the least consumption at 4.37 kilograms.
- Consumption of corn among the households living in the rural barangays was bigger at 49.46 kilograms compared to those in the urban barangays. Rural residents in Cebu consumed more corn at 74.30 kilograms annually. Corn consumption was likewise higher in Negros Oriental at 58.07 kilograms and Siquijor at 40.09 kilograms.

Root Crops

- Sweet potato was highly preferred in the region with annual per person consumption at 3.87 kilograms. Consumption estimates were 1.88 kilograms for cassava, 1.12 kilograms for gabi and 0.53 kilogram for white potato.
- By province, sweet potato was consumed higher in Bohol at 4.95 kilograms and Negros Oriental at 4.26 kilograms. Negros Oriental was also a top consumer of cassava at 2.73 kilograms and white potato at 1.48 kilograms. More of gabi at 1.33 kilograms were eaten in Siquijor.
- Rural residents in the region indicated more consumption of sweet potato at 4.12 kilograms, cassava at 2.76 kilograms and gabi at 1.39 kilograms. Across the rural barangays in Bohol, households ate as much as 5.02 kilograms of sweet potato per person a year. Rural residents in Negros Oriental consumed bigger amount of cassava at 3.57 kilograms while in Cebu, 1.55 kilograms of gabi were eaten.
- High preference for white potato was noted among the urban residents in the region with consumption at 0.86 kilogram. In Negros Oriental, households living in the urban barangays posted high consumption at 2.77 kilograms.

Vegetables, Legumes and Condiments

- Squash and eggplant were the commonly eaten vegetables in the region with annual per capita consumption of 4.22 kilograms and 3.51 kilograms, respectively. Other commodities had yearly per person consumption varying from 0.13 kilogram for habitchuelas to 1.95 kilograms for onion.
- Negros Oriental had the biggest consumption of squash at 5.92 kilograms and eggplant at 4.01 kilograms. Likewise, it was the leading consumer of onion at 3.16 kilograms, ampalaya at 2.65 kilograms, chayote at 2.30 kilograms and tomato at 2.83 kilograms.

More consumption was also noted for carrots, cabbage, pechay, habitchuelas, mongo and garlic ranging from 0.18 kilogram to 1.84 kilograms. Bohol had high consumption of gourd at 0.58 kilogram and stringbeans at 2.52 kilograms. Okra was eaten in larger amount of 1.77 kilograms in Cebu.

- By barangay classification, the major commodities such as squash and eggplant were highly consumed by the rural residents of the region. Correspondingly, consumption estimates were 4.47 kilograms and 3.88 kilograms. Rural households in Negros Oriental posted the biggest consumption of squash at 5.99 kilograms. Eggplant was eaten more by the rural dwellers in Cebu at 4.46 kilograms. High preference among the rural residents was also noted for okra, gourd, stringbeans and mongo with consumption estimates ranging from 0.52 kilogram to 2.34 kilograms.
- Other commodities had higher consumption among the urban barangays in the region. This ranged from 0.17 kilogram for habitchuelas to 2.53 kilograms for onion.

Fruits

- Among the fruits, saba and other varieties of banana were leading with respective per capita consumption at 8.34 kilograms and 11.10 kilograms. Other fruits' consumption averaged 4.30 kilogram for mango, 2.03 kilograms for papaya (ripe), 0.81 kilogram for calamansi and 0.48 kilogram for pineapple.
- Negros Oriental recorded the biggest consumption estimates for banana (except saba) at 14.54 kilograms, mango at 10.88 kilograms, saba at 9.93 kilograms and papaya at 3.06 kilograms. The province was also a major consumer of pineapple and calamansi where consumption averaged 1.16 kilograms and 1.76 kilograms, respectively.
- By classification of barangays, higher consumption estimates for the reference fruits except saba banana were reported among the urban barangays in the region. Urban dwellers had higher consumption estimates at 13.13 kilograms for other varieties of banana and 6.51 kilograms for mango. In Cebu, other varieties of banana were eaten in bigger quantity by the urban households at 13.42 kilograms. However, the rural barangays in Negros Oriental recorded the biggest consumption at 15.49 kilograms. Mango was consumed more at 14.63 kilograms by the urban households in Negros Oriental. This province also indicated high consumption of pineapple, papaya and calamansi by the urban dwellers.
- In contrast, saba was highly favored in rural barangays of the region with consumption at 10.45 kilograms. The rural residents in

Negros Oriental had the biggest consumption of saba at 12.39 kilograms.

Livestock and Poultry Products

- The regional consumption of pork averaged 10.48 kilograms per person annually. Low consumption estimates were noted for other livestock meat products ranging from 0.02 kilogram for carabeef to 0.74 kilogram for beef.
- For poultry products, chicken consumption in the region averaged 7.66 kilograms. Chicken eggs were eaten at an average of 85 pieces per person a year. Consumption of duck meat and eggs was minimal. Likewise, consumption of fresh/pasteurized milk was low at 0.04 liter.
- Across provinces, Cebu and Negros Oriental topped the consumption of pork at about 12.00 kilograms each. Chicken consumption was leading in Negros Oriental at 10.38 kilograms while chicken egg consumption peaked in Cebu at 96 pieces.
- In the urban barangays of the region, consumption of pork was higher at 14.90 kilograms. Similar trend was observed for chicken meat and eggs with consumption estimates at 11.43 kilograms and 116 pieces, respectively. In contrast, more duck meat and eggs were eaten by residents in the rural barangays.
- At the provincial level, the urban residents in Negros Oriental indicated bigger consumption of pork at 17.53 kilograms, chicken at 12.88 kilograms and chicken eggs at 123 pieces.

Fish and Other Marine Products

- The commonly consumed fish and marine products in the region were roundscad (galunggong) and tuna (all species) at 7.35 kilograms and 4.46 kilograms, respectively. Consumption of milkfish averaged 2.78 kilograms. Less than a kilogram of consumption was recorded for other fishery products.
- Negros Oriental posted the highest consumption of roundscad (galunggong) at 11.07 kilograms and milkfish at 4.29 kilograms. Siquijor led in the consumption of tuna (all species) at 8.89 kilograms.
- By barangay classification, households living in the urban barangays of the region consumed more of roundscad at 8.66 kilograms, tuna (all species) at 5.45 kilograms, milkfish at 4.78 kilograms, dalagang bukid at 0.23 kilogram and shrimp at 1.42

kilograms. Rural households had bigger per capita consumption of tilapia at 0.37 kilogram and mussels at 0.26 kilogram.

- In Negros Oriental, roundscad consumption was higher in the rural barangays at 11.38 kilograms than in the urban barangays at 10.36 kilograms. Urban residents in Negros Oriental showed more consumption of tuna at 8.11 kilograms and milkfish at 7.05 kilograms. However, tuna was eaten in bigger amount in the rural barangays of Siquijor at 8.91 kilograms.

Noodles

- The highly preferred noodle products were instant noodles and bihon with per capita consumption estimates at 1.72 kilograms and 1.62 kilograms, respectively. Other noodle products like fresh miki, pasta, canton, sotanghon and rice noodles (misua) were eaten in minimal amounts.
- By province, consumption of instant noodles was highest in Siquijor at 2.07 kilograms and that of bihon in Negros Oriental at 2.04 kilograms.
- Households living in urban barangays reported bigger per capita consumption of instant noodles at 1.94 kilograms yearly. Urban residents in Negros Oriental consumed as much as 2.06 kilograms of instant noodles. However, rural dwellers in Siquijor consumed more instant noodles at 2.08 kilograms. Meanwhile, bihon was more favored in the rural barangays with consumption at 1.74 kilograms. Particularly, the rural dwellers in Negros Oriental ate as high as 2.30 kilograms of bihon.

Bread

- The regional yearly per capita consumption of pandesal was 186 pieces. On the other hand, the annual per person consumption of buns averaged 64 pieces while sliced/loaf bread was consumed at 5 packs per person per year.
- Negros Oriental was the major consumer of pandesal at 298 pieces, buns at 77 pieces and sliced/loaf bread at 5 packs.
- Consumption by barangay classification indicated higher estimates for pandesal at 300 pieces and sliced/loaf bread at 9 packs among households living in urban barangays of the region. Rural residents ate more buns at 77 pieces per year. Pandesal consumption was noted biggest in the urban barangays in Cebu at 306 pieces and rural barangays in Negros Oriental at 305 pieces. Similarly, in Negros Oriental, the urban residents ate as much as 7 packs of

sliced/loaf bread while the rural dwellers consumed more of buns at 87 pieces.

Eastern Visayas

(Tables 11a - 11c)

Rice and Corn

- In Eastern Visayas, the yearly per capita consumption of rice averaged 118.05 kilograms. Among the provinces, Southern Leyte reported the biggest consumption of rice at 128.14 kilograms per person while Eastern Samar had the lowest consumption at 98.12 kilograms per person a year.
- By classification of barangays, urban households in the region ate more rice at 124.31 kilograms per person. Particularly, urban dwellers in Leyte, Eastern Samar and Samar had higher per capita consumption of rice at 124.95 kilograms, 127.41 kilograms and 131.15 kilograms, respectively. On the other hand, per person consumption of rice was higher among households living in rural barangays of Northern Samar, Biliran and Southern Leyte which ranged from 121.37 kilograms to 128.21 kilograms yearly.
- The average yearly per capita consumption of corn in the region was estimated at 21.43 kilograms. In Leyte, corn was heavily consumed at 44.36 kilograms per person per year. In other provinces, corn consumption ranged from 0.08 kilogram in Eastern Samar to 12.73 kilograms in Samar.
- Households living in the rural barangays of the region had higher per capita consumption of corn at 22.14 kilograms. Specifically, the rural residents in Leyte recorded the highest annual consumption at 46.35 kilograms per person.

Root Crops

- Cassava and sweet potato were the highly favored root crops in the region with corresponding average per person consumption at 6.97 kilograms and 6.86 kilograms. White potato and gabi were consumed in minimal amounts at 0.16 kilogram and 1.59 kilograms per person per year, respectively. Among provinces, Eastern Samar recorded the biggest consumption of cassava at 7.50 kilograms and sweet potato at 11.79 kilograms. The province also recorded more consumption of white potato at 0.44 kilogram. Gabi was highly consumed at 3.51 kilograms in Samar.
- More of gabi, cassava and sweet potato were eaten by the rural households in the region. The corresponding annual per person

consumption estimates were 1.64 kilograms, 7.12 kilograms and 6.91 kilograms. Households living in urban barangays preferred more white potato at 0.49 kilogram. In particular, urban residents in Eastern Samar consumed the highest quantity of white potato at 2.62 kilograms per person yearly.

Vegetables, Legumes and Condiments

- Consumption estimates of vegetables in the region were high for eggplant at 4.83 kilograms, squash at 3.62 kilograms and ampalaya at 2.15 kilograms per person per year. The annual per capita consumption of other vegetables, legumes and condiments ranged from 0.03 kilogram for habitchuelas to 1.77 kilograms for onion.
- High quantities of eggplant and squash at 6.11 kilograms and 5.25 kilograms, respectively, were consumed in Leyte. Likewise, it posted the highest per capita consumption of okra at 1.52 kilograms and mongo at 0.85 kilogram yearly. Eastern Samar topped the consumption of ampalaya at 2.79 kilograms. It also registered the highest consumption estimates for vegetables used as condiments which ranged from 1.37 kilograms for garlic to 2.51 kilograms for onion. Additionally, Eastern Samar recorded the highest annual per person consumption of pechay at 1.82 kilograms, cabbage at 1.16 kilograms and tomato at 2.13 kilograms. Northern Samar led in the consumption of stringbeans at 2.71 kilograms
- By barangay classification, rural households in the region ate more eggplant at 4.90 kilograms. In particular, households living in rural barangays of Leyte consumed the highest quantity of eggplant at 6.28 kilograms yearly. Similarly, rural residents' consumption of squash at 3.62 kilograms was slightly higher than the level of consumption among urban dwellers of the region at 3.46 kilograms per person yearly. However, provincial disaggregation showed that in Biliran, Eastern Samar, Northern Samar and Samar, per person consumption of squash was higher among households residing in the urban barangays than those in the rural barangays.
- All the other vegetables, legumes and condiments were eaten in bigger amounts in the urban barangays than in the rural barangays of Eastern Visayas. Urban consumption of these commodities ranged from 0.07 kilogram for habitchuelas to 2.44 kilograms for ampalaya. Urban folks in Eastern Samar had the biggest consumption of ampalaya at 4.85 kilograms.

Fruits

- Banana (except saba) was commonly eaten in the region with annual per capita consumption of 13.30 kilograms. Saba variety of banana was also heavily consumed at 5.89 kilograms per person per year.

Other fruits like calamansi, pineapple, mango and papaya were consumed in lesser amounts of about 0.98 kilogram to 3.06 kilograms yearly.

- At the provincial level, Leyte posted the biggest consumption estimates for banana (except saba) at 15.98 kilograms, papaya (ripe) at 5.06 kilograms and mango at 3.48 kilograms. In Southern Leyte, saba was consumed heavily at 12.06 kilograms per person per year. Consumption of pineapple at 3.39 kilograms was biggest in Northern Samar. Calamansi was highly eaten in Eastern Samar at 2.26 kilograms per person annually.
- Households living in urban barangays of the region ate more bananas (except saba), mangoes, pineapples and calamansi than the rural residents. Particularly in Eastern Samar, the urban dwellers consumed as much as 22.49 kilograms of banana (except saba) annually. However, households in the rural barangays of Biliran, Northern Samar and Southern Leyte had higher per capita consumption of banana (except saba). For saba and papaya (ripe), bigger consumption estimates at 5.94 kilograms and 3.09 kilograms, respectively, were noted among rural dwellers of the region. In Southern Leyte, urban dwellers had more saba consumption at 12.66 kilograms than those of rural residents at 12.05 kilograms.

Livestock and Poultry Products

- Chicken and pork topped among the livestock and poultry products in Eastern Visayas with respective average per capita consumption of 6.90 kilograms and 8.95 kilograms. Other livestock and poultry meats were consumed in as little as 0.01 kilogram for chevon (goat) to about 0.30 kilogram for carabeef.
- During the same period, annual per person consumption of chicken egg averaged 72 pieces. On the other hand, less than a piece of duck egg and 0.05 liter of fresh/pasteurized milk were consumed yearly.
- Leyte posted the biggest consumption estimates for pork at 11.05 kilograms and for chicken meat at 10.17 kilograms per person per year. Chicken eggs were heavily consumed in Southern Leyte and Leyte with corresponding per capita consumption of 91 pieces and 93 pieces yearly.
- By barangay classification, all of the livestock and poultry products were highly consumed by urban households across the region. Urban consumption reached high levels of 10.68 kilograms for pork, 11.37 kilograms for chicken meat and 105 pieces for chicken eggs. In particular, consumption of pork at 16.98 kilograms was

highest among urban dwellers of Eastern Samar. Similarly, households residing in urban barangays of Leyte and Southern Leyte posted the biggest consumption estimates for chicken meat at 14.27 kilograms and for chicken egg at 137 pieces, respectively. However, consumption of duck meat was recorded only in rural barangays of the region during the reference period.

Fish and Other Marine Products

- Among the fish and other marine products in the region, roundscad (galunggong) indicated higher preference with average per capita consumption of 7.19 kilograms per year. It was followed by tuna (all species) which was consumed at 4.52 kilograms yearly. Annual per capita consumption of other fish and marine products averaged 0.38 kilogram each for shrimp and tilapia to 2.06 kilograms for milkfish.
- By province, Biliran registered the biggest consumption of roundscad at 12.60 kilograms per person per year. Tuna (all species) was heavily consumed at 6.73 kilograms in Southern Leyte. Milkfish was eaten more in Northern Samar at 2.69 kilograms.
- Consumption patterns in the region indicated higher preference for roundscad, tuna (all species) and dalagang bukid among rural households. Particularly, about 12.67 kilograms of roundscad were consumed by rural residents in Biliran. However, in Eastern Samar, households living in urban barangays consumed more roundscad at 12.10 kilograms. Tuna consumption was high among the rural households in Southern Leyte at 6.70 kilograms. However, the urban residents of Eastern Samar indicated the biggest tuna consumption at 12.85 kilograms. Higher consumption levels of milkfish, tilapia, shrimp and mussels were noted among urban households across the region.

Noodles

- Instant noodles were the most commonly eaten noodle product in the region with estimated yearly per capita consumption of 2.10 kilograms. Bihon consumption averaged 1.27 kilograms per person per year while the rest of the noodle products were consumed in minimal amounts of about 0.10 kilogram to 0.39 kilogram.
- Provincial consumption estimates for instant noodles was highest at 2.54 kilograms per person in Northern Samar. In the case of bihon, annual per capita consumption was biggest in Eastern Samar at 2.12 kilograms.
- There was little difference between the urban and rural consumption of instant noodles in the region. In fact, urban

dwellers ate 2.12 kilograms of instant noodles while the rural residents consumed 2.10 kilograms yearly. Likewise, bihon consumption among urban and rural barangays corresponded to 1.21 kilograms and 1.27 kilograms.

Bread

- The region's annual consumption of pandesal was estimated at 342 pieces per person while consumption of buns averaged 101 pieces per capita yearly. Sliced/loaf bread was consumed at about 3 packs per person a year.
- By province, Leyte consumed the highest quantity of pandesal and sliced/loaf bread at about 455 pieces and 4 packs per person, respectively. For buns, Samar recorded the biggest per capita consumption at 257 pieces annually.
- By barangay classification, households living in urban barangays had higher per capita consumption of pandesal at 409 pieces. Similarly, more sliced/loaf breads were eaten by the urban dwellers at 8 packs annually. On the other hand, consumption estimates at 103 pieces of buns were bigger among rural residents of the region.

Zamboanga Peninsula

(Tables 12a - 12c)

Rice and Corn

- The average annual per capita consumption of rice in Zamboanga Peninsula was 36.39 kilograms. By province, rice consumption was highest in Zamboanga Sibugay at 88.59 kilograms. This was 35.02 kilograms in Zamboanga del Norte and 23.56 kilograms in Zamboanga del Sur.
- Households residing in urban areas of the region consumed more rice at an average of 104.65 kilograms. In Zamboanga del Norte, urban households consumed the highest at 112.64 kilograms.
- In the case of corn, yearly per capita consumption was 159.92 kilograms. The highest annual per capita consumption of corn was noted in Zamboanga del Sur at 177.08 kilograms while the lowest was in Zamboanga Sibugay at 111.98 kilograms.
- At the regional level, corn consumption was biggest among rural barangays at 169.65 kilograms. In particular, rural barangays in Zamboanga del Sur reported the highest consumption at 193.73 kilograms per person per year.

Root Crops

- Annual per capita consumption estimates among root crops were higher for sweet potato at 17.33 kilograms and cassava at 13.39 kilograms. Gabi and white potato were consumed at 1.79 kilograms and 0.15 kilogram, respectively.
- Zamboanga del Sur led in the consumption of sweet potato at 24.75 kilograms and cassava at 16.71 kilograms. The province reported consumption of about 0.21 kilogram of white potato. Gabi was eaten more in Zamboanga del Norte at 2.35 kilograms.
- Regionwise, rural barangays indicated higher consumption levels for sweet potato at 18.41 kilograms and cassava at 14.18 kilograms. Rural residents in Zamboanga del Sur topped the consumption of sweet potato at 27.05 kilograms and cassava at 18.27 kilograms. In addition, gabi was consumed high by the rural dwellers of the region at 1.89 kilograms. Urban households in the region had more preference for white potato.

Vegetables, Legumes and Condiments

- Eggplant was the highly consumed vegetable at 7.23 kilograms. This was followed by squash at 5.45 kilograms, stringbeans at 4.08 kilograms, ampalaya at 2.79 kilograms and okra at 2.49 kilograms. The annual per capita consumption of other vegetables ranged from 0.06 kilogram for habitchuelas to 1.53 kilograms for onion.
- Across provinces, Zamboanga del Sur was the major consumer of most of the commodities under this food group. The provincial consumption estimates were highest for eggplant at 8.89 kilograms, ampalaya at 4.09 kilograms, stringbeans at 5.30 kilograms, okra at 2.82 kilograms. Zamboanga del Norte had the biggest consumption of squash at 6.09 kilograms.
- At the regional level, the consumption of most vegetables was bigger among rural residents than urban dwellers. This included ampalaya, eggplant, chayote, gourd, squash, okra, stringbeans, mongo and garlic. The highest consumption estimates were noted for eggplant at 7.37 kilograms, squash at 5.58 kilograms and stringbeans at 4.25 kilograms. In particular, rural dwellers of Zamboanga del Sur had the heaviest consumption of eggplant at 9.25 kilograms and stringbeans at 5.66 kilograms. Squash was highly eaten by the rural residents in Zamboanga del Norte at 6.15 kilograms. However, biggest consumption of squash was noted among the urban dwellers in Zamboanga Sibugay at 7.60 kilograms.

- Urban barangays of the region indicated more preference for carrots, cabbage, pechay, tomato and onion. Consumption estimates ranged from 0.17 kilogram to 2.60 kilograms.

Fruits

- The regional per capita consumption of banana (except saba) was estimated at 13.16 kilograms while those of saba at 11.26 kilograms. On the other hand, the annual per capita consumption of other fruits like mango was 7.81 kilograms, papaya at 3.43 kilograms, pineapple at 1.10 kilograms, and calamansi at 0.71 kilogram.
- At the provincial level, per capita consumption of banana (except saba) was highest in Zamboanga del Sur at 14.84 kilograms per year. The province also recorded more quantities consumed for pineapple at 1.51 kilograms and calamansi at 0.84 kilogram. Zamboanga del Norte had notable consumption of saba at 14.32 kilograms, mango at 9.12 kilograms and papaya at 4.04 kilograms.
- All the reference fruits were consumed higher by the households living in the rural barangays of the region. Rural consumption of other varieties of banana was 13.22 kilograms and saba at 11.35 kilograms. The rural dwellers in Zamboanga del Sur had high consumption of other varieties of banana at 15.12 kilograms while rural dwellers in Zamboanga del Norte consumed more of saba at 14.37 kilograms. However, the biggest consumption was noted among the urban residents of Zamboanga Sibugay at 21.38 kilograms for other varieties of banana and 18.67 kilograms for saba. Mango was highly favored by the rural dwellers in Zamboanga del Norte at 9.17 kilograms.

Livestock and Poultry Products

- The region's annual per capita consumption was 3.90 kilograms for pork and 5.16 kilograms for chicken. Carabeef was consumed at 2.19 kilograms. Less than a kilogram of beef, chevon and duck was eaten by every person in a year.
- The yearly per capita consumption of chicken eggs was 50 pieces, duck eggs at 2 pieces while for fresh/pasteurized milk, at 0.08 liter.
- Zamboanga del Sur was the leading consumer of all the reference livestock and poultry products except beef. The provincial per capita consumption estimates of pork and chicken were 4.00 kilograms and 6.06 kilograms, respectively. Carabeef had high consumption at 3.54 kilograms. Chicken eggs in the province were consumed at an average of 55 pieces while this was 4 pieces for duck eggs.

- Regionwise, pork and chicken were consumed highest in the urban barangays at 6.24 kilograms and 10.95 kilograms, respectively. Among the provinces, urban households in Zamboanga del Norte consumed more pork at 6.84 kilograms while the urban residents in Zamboanga del Sur had high consumption of chicken at 12.07 kilograms.
- Likewise, chicken egg consumption was notable among urban barangays of the region at 56 pieces. This was true particularly among the urban residents in Zamboanga del Sur who ate as much as 58 pieces in a year.
- Beef, carabeef, chevon, duck meat and eggs had higher consumption among the rural barangays compared to urban barangays of the region

Fish and Other Marine Products

- In Zamboanga Peninsula, roundscad was consumed at 7.60 kilograms and that of tuna (all species) at 5.52 kilograms. Consumption of milkfish and tilapia was around 1.04 kilograms each. Consumption of mussels, dalagang bukid and shrimp ranged from 0.08 kilogram to 0.39 kilogram.
- Roundscad was heavily consumed in Zamboanga Sibugay at 9.62 kilograms per person per year. Tuna (all species) was consumed highest in Zamboanga del Sur at 7.53 kilograms per year. Zamboanga Sibugay consumed more of milkfish at 1.91 kilograms and mussels at 0.39 kilogram. Consumption was also bigger in Zamboanga del Sur for tilapia at 1.67 kilograms and shrimps at 0.54 kilogram. Dalagang bukid was eaten in bigger quantity in Zamboanga del Norte at 1.10 kilograms.
- Households in the urban barangays of the region posted higher per capita consumption of roundscad at 11.51 kilograms and those in Zamboanga del Sur showed the biggest consumption at 12.18 kilograms. Meanwhile, rural dwellers consumed bigger amount of tuna at 5.70 kilograms. This was evident among the rural residents in Zamboanga del Sur who consumed more at 7.98 kilograms.
- Rural consumption was also bigger for milkfish, tilapia and shrimps.

Noodles

- Annual per capita consumption estimates of bihon and instant noodles in the region were recorded at 1.48 kilograms and 1.87 kilograms, respectively. For other noodles such as fresh miki,

sotanghon, canton, rice noodles (misua) and pasta, annual per capita consumption was between 0.01 kilogram to 0.75 kilogram.

- Zamboanga del Sur had the heaviest consumption of bihon at 2.14 kilograms and instant noodles at 2.20 kilograms. At the regional level, the urban dwellers had high consumption for bihon and instant noodles at 1.53 kilograms and 2.09 kilograms, respectively. Urban and rural households in Zamboanga del Sur registered higher consumption of instant noodles at around 2 kilograms per year. The same level was noted among the urban residents in Zamboanga Sibugay. For bihon, consumption of rural households in Zamboanga del Sur was high at 2.19 kilograms.
- In the case of other noodle products such as sotanghon, fresh miki and rice noodles, higher per person consumption levels were also noted in the rural barangays than in the urban barangays of the region.

Bread

- The region's annual per capita consumption of pandesal was 149 pieces and 26 pieces for buns while two (2) packs for sliced/loaf bread.
- Zamboanga Sibugay recorded the biggest annual per capita consumption of pandesal at 195 pieces. For buns, more were eaten in Zamboanga del Norte at 72 pieces while sliced/loaf bread was consumed high in Zamboanga del Sur at 3 packs.
- Urban barangays of the region had more preference for pandesal and buns. Consumption corresponded to 470 pieces and 34 pieces. The urban dwellers in Zamboanga Sibugay ate as much as 334 pieces of pandesal while those in Zamboanga del Norte consumed 118 pieces of buns.

Northern Mindanao

(Tables 13a - 13c)

Rice and Corn

- The region's annual per capita consumption of rice averaged 104.35 kilograms. Provincial consumption ranged from 85.48 kilograms in Bukidnon to 118.84 kilograms in Camiguin.
- Urban barangays in the region posted higher per capita consumption of rice at 125.07 kilograms per year. Households living in the urban barangays of Bukidnon had the biggest rice

consumption at 164.47 kilograms. In Camiguin, the rural dwellers ate more rice at 119.23 kilograms per person annually.

- In the case of corn, the per capita consumption in the region averaged 45.50 kilograms a year. Across provinces, consumption of corn was highest in Bukidnon at 74.15 kilograms and least in Camiguin at 2.06 kilograms.
- Households residing in the rural barangays of the region recorded higher per capita consumption of corn at 46.86 kilograms. Rural dwellers in Bukidnon posted the biggest consumption at 78.87 kilograms.

Root Crops

- Among the root crops, cassava and sweet potato were highly preferred in the region with respective consumption estimates at 4.94 kilograms and 4.65 kilograms. Low consumption was noted for gabi at 1.22 kilograms and white potato at 0.42 kilogram.
- Provincewise, cassava got bigger consumption in Bukidnon at 8.45 kilograms. The province also had more consumption of gabi at 2.12 kilograms. Sweet potato was heavily eaten in Misamis Occidental at 6.51 kilograms. White potato was consumed high in Misamis Oriental at 0.79 kilogram.
- By barangay classification, urban households in the region consumed more of sweet potatoes at 5.47 kilograms, gabi at 1.58 kilograms and white potato at 1.02 kilograms. In contrast, rural households had high preference for cassava at 5.20 kilograms.
- At the provincial level, the households living in the urban areas of Bukidnon ate more quantity of sweet potato at 7.66 kilograms and gabi at 3.03 kilograms. Meanwhile, rural households in Misamis Occidental consumed 6.58 kilograms of sweet potato. White potato was eaten in bigger amount by the urban dwellers in Misamis Oriental at 1.43 kilograms.
- Bigger quantity of cassava at 5.20 kilograms was consumed by the rural residents of the region. It was highly eaten in the rural barangays of Bukidnon at 9.16 kilograms.

Vegetables, Legumes and Condiments

- Regional consumption was biggest for squash at an average of 4.25 kilograms followed by eggplant at 3.75 kilograms. Consumption of other commodities ranged from 0.27 kilogram for habitchuelas to 1.91 kilograms for chayote.

- Across provinces, Bukidnon and Lanao del Norte topped in squash consumption registering more than 5.00 kilograms each. This was followed by the consumption in Misamis Occidental at 4.24 kilograms. Eggplant was consumed highest in Bukidnon and Misamis Occidental at around at 4.10 kilograms each. Bukidnon also reported bigger consumption of chayote, pechay, and stringbeans ranging from 1.45 kilograms to 3.11 kilograms. Misamis Occidental had high consumption of okra and garlic at 2.57 kilograms and 1.05 kilograms, respectively. In Misamis Oriental, consumption estimates were bigger for ampalaya, carrots, cabbage, habitchuelas, tomato and onion.
- The region's consumption of majority of the reference commodities under this food group was higher in the urban barangays than in the rural barangays. Eggplant consumption was highest in the urban barangays at 4.24 kilograms. This was particularly true among the urban residents in Misamis Occidental with consumption at 6.24 kilograms. Other commodities with high urban consumption included ampalaya, chayote, gourd, carrots, cabbage, pechay, stringbeans, habitchuelas, mongo and tomato ranging from 0.54 kilogram to 3.24 kilograms.
- Rural households in the region had more consumption of squash at 4.38 kilograms. Rural barangays in Lanao del Norte and Bukidnon had the highest consumption of squash at 5.80 kilograms and 5.41 kilograms, respectively. Consumption estimates of okra, onion and garlic from 0.89 kilogram to 1.76 kilograms were also bigger in the rural barangays of the region.

Fruits

- Banana was the major fruit in the region with consumption levels at 11.29 kilograms for saba and 13.63 kilograms for other varieties of banana. The estimates of annual per capita consumption of other fruits ranged from 0.81 kilogram for calamansi to 4.22 kilograms for mango.
- The heaviest consumption of banana (except saba) at 16.75 kilograms was noted in Lanao del Norte. This was followed by Bukidnon at 13.55 kilograms and Misamis Occidental and Misamis Oriental at around 12.00 kilograms each. Saba was eaten in larger amount in Lanao del Norte and Misamis Oriental at around 13.00 kilograms each. Misamis Oriental, likewise, topped in the consumption of mango at 5.37 kilograms. Major consuming provinces were Bukidnon for pineapple at 2.08 kilograms, Camiguin for papaya at 3.82 kilograms and Lanao del Norte for calamansi at 1.27 kilograms.

- Consumption patterns in the region showed that urban residents had higher preference for saba, mango, pineapple and papaya with corresponding consumption estimates at 13.41 kilograms, 4.86 kilograms, 1.57 kilograms and 2.74 kilograms. Rural residents had more intakes of other varieties of banana at 13.68 kilograms. Calamansi consumption was almost the same among the urban and rural barangays at 0.80 kilogram.
- At the provincial level, the urban and rural barangays in Lanao del Norte indicated high consumption of other varieties of banana (except saba) at around 16.00 kilograms. However, the biggest consumption was noted among the urban barangays in Misamis Occidental at 23.08 kilograms. It also recorded notable consumption of saba at 20.37 kilograms and mango at 7.13 kilograms. In Camiguin, the urban households ate as much as 7.17 kilograms of papaya.

Livestock and Poultry Products

- The regional consumption was highest for pork at 6.87 kilograms and chicken at 6.55 kilograms. Other meat products were less preferred with consumption estimates ranging from 0.15 kilogram for chevon (goat) to 1.15 kilograms for beef.
- Consumption of chicken eggs in the region was reported at 64 pieces, while for duck eggs, only 1 piece. The consumption of fresh/pasteurized milk was recorded at 0.06 liter.
- By province, highest records of consumption of pork at around 8.00 kilograms and chicken at around 7.00 kilograms were noted both in Camiguin and Misamis Oriental. Chicken eggs were eaten higher in Misamis Oriental at 86 pieces. About 3 pieces of duck eggs were eaten in Lanao del Norte.
- By barangay classification, households living in the urban barangays of the region had bigger consumption of most of the livestock and poultry products. Urban residents consumed more of pork at 10.39 kilograms, chicken meat at 8.45 kilograms and chicken eggs at 85 pieces. In particular, higher consumption estimates of pork were noted among urban barangays in Lanao del Norte and Bukidnon at around 11.00 kilograms each. The urban dwellers in Misamis Oriental were the heaviest consumers of chicken at 9.67 kilograms and chicken eggs at 96 pieces.

Fish and Other Marine Products

- The region's annual per capita consumption of tuna at 5.59 kilograms and roundscad at 5.51 kilograms were the highest among fish and marine products. About 1.57 kilograms of milkfish and

1.33 kilograms of tilapia were eaten in the region. Other commodities in this group had minimal consumption estimates varying from 0.19 kilogram for mussels to 0.57 kilogram for dalagang bukid.

- Provincial consumption showed Misamis Occidental as the leading consumer of tuna and roundscad with respective consumption at 7.19 kilograms and 9.57 kilograms. Lanao del Norte ate big amount of tilapia at 2.74 kilograms while Bukidnon consumed more milkfish at 1.80 kilograms.
- Except tuna, all the reference fish and marine products were highly preferred among the urban barangays of the region. The urban residents ate as high as 6.79 kilograms of roundscad and 3.72 kilograms of milkfish. Among the provinces, the urban barangays in Misamis Occidental registered the biggest intake of roundscad (galunggong) at 13.45 kilograms and milkfish at 14.42 kilograms. For other fish and marine products, urban consumption in the region ranged from 0.31 kilogram for mussel to 1.99 kilograms for tilapia.
- Tuna consumption in the rural barangays of the region averaged 5.85 kilograms. In particular, more than 7.00 kilograms of tuna were eaten by the rural residents in Misamis Occidental and Misamis Oriental. Likewise, the urban dwellers in Camiguin consumed about 7.39 kilograms of tuna.

Noodles

- Among the noodle products, instant noodles had the highest per capita consumption in the region at an average of 2.10 kilograms per person per year. This was followed by bihon at 1.18 kilograms and fresh miki at 1.15 kilograms. In contrast, the per capita consumption of other noodles was less than one kilogram.
- Lanao del Norte and Misamis Oriental were reported as the lead consumers of instant noodles with consumption of 2.48 kilograms and 2.46 kilograms, respectively. Misamis Oriental topped in the consumption of fresh miki at 1.46 kilograms. Bihon was eaten more in Misamis Occidental at 1.54 kilograms.
- Regionwise, urban households showed high preference for all the noodle products. They consumed more at 2.33 kilograms of instant noodles, 1.40 kilograms of bihon and 1.31 kilograms of fresh miki. Consumption of instant noodles in urban barangays was biggest in Lanao del Norte at 3.12 kilograms.

Bread

- Bread consumption in the region averaged 141 pieces for pandesal, 63 pieces for buns and 3 packs for sliced/loaf bread during the survey period.
- At the provincial level, pandesal consumption at 179 to 180 pieces was observed highest in Misamis Oriental and Lanao del Norte. Buns were eaten high in Camiguin at 102 pieces. About 3 to 4 packs of sliced/loaf bread were eaten in Camiguin, Misamis Oriental and Misamis Occidental.
- By barangay classification, urban barangays indicated more consumption of pandesal at 200 pieces and sliced/loaf bread at 4 packs. Across provinces, the urban dwellers in Misamis Occidental ate as high as 263 pieces of pandesal. Camiguin's urban residents ate 7 packs of sliced/loaf bread. In contrast, buns consumption was higher among rural barangays in the region at 66 pieces. Specifically, the rural residents in Camiguin had the biggest consumption of buns at 103 pieces.

Davao Region

(Tables 14a - 14c)

Rice and Corn

- The annual per capita consumption of rice in Davao Region averaged 94.40 kilograms. The biggest yearly rice consumption was reported in Davao del Norte at 129.57 kilograms and the lowest in Compostela Valley at 60.54 kilograms.
- Households living in the urban barangays of the region had more rice consumption at 119.47 kilograms than those in the rural barangays. In Davao del Norte, consumption of the rural and urban dwellers did not differ much at 129.86 kilograms and 129.34 kilograms, respectively. Urban consumption of rice was also high in Davao del Sur at 115.12 kilograms per person a year.
- The regional consumption of corn averaged 40.68 kilograms per person annually. Provincial consumption ranged from 10.48 kilograms in Davao del Norte to 94.36 kilograms in Compostela Valley.
- Regionwise, corn was highly preferred by the rural residents with per capita consumption at 57.18 kilograms. This was evident in the rural barangays of Compostela Valley where corn consumption was estimated at 111.00 kilograms per person in a year.

Root Crops

- Among the root crops, sweet potato had the highest annual per person consumption at 3.46 kilograms followed by cassava at 1.71 kilograms. Smaller quantities of gabi at 0.60 kilogram and white potato at 0.23 kilogram were eaten in the region.
- Across provinces, Davao Oriental recorded the highest consumption of sweet potato at 5.00 kilograms per annum. Compostela Valley and Davao del Norte were next at 4.64 kilograms and 4.44 kilograms, respectively. Compostela Valley topped in the consumption of cassava at 4.62 kilograms.
- Sweet potato was highly consumed by the urban households of the region at 3.95 kilograms. Highest consumption of sweet potato was noted in the urban barangays of Davao del Norte at 6.25 kilograms.
- Rural residents of the region showed high preference for cassava, gabi and white potato with respective consumption levels at 2.20 kilograms, 0.64 kilogram and 0.27 kilogram. In the rural barangays of Compostela Valley, high consumption was noted for cassava at 5.92 kilograms and gabi at 1.10 kilograms. However, white potato consumption was biggest among the urban barangays in Davao Oriental at 0.77 kilogram.

Vegetables, Legumes and Condiments

- The regional estimates of per capita consumption of eggplant and squash were the highest at 6.34 kilograms and 4.31 kilograms per year, respectively. This was distantly followed by tomato at 2.59 kilograms, ampalaya at 2.47 kilograms, and onion at 2.17 kilograms. Consumption of other commodities ranged from 0.07 kilogram for habitchuelas to 1.76 kilograms for okra.
- Provincewise, the leading consumers of the commonly eaten commodities under this food group were Compostela Valley for eggplant at 7.48 kilograms, Davao del Norte for squash at 5.69 kilograms, tomato at 3.96 kilograms, ampalaya at 2.99 kilograms and onion at 2.96 kilograms. Likewise, Davao del Norte topped in the consumption of gourd, chayote and stringbeans where consumption ranged from 2.11 kilograms to 2.26 kilograms. Okra was consumed more in Davao Oriental at 2.71 kilograms.
- Consumption levels of all vegetables, legumes and condiments except stringbeans and mongo were noted higher among urban barangays of the region. This ranged from 0.10 kilogram for habitchuelas to 6.39 kilograms for eggplant. The urban consumption of eggplant was biggest in Davao Oriental at 8.60 kilograms. In Davao del Norte, urban dwellers had high

consumption of ampalaya at 3.55 kilograms, onion at 3.63 kilograms, tomato at 5.19 kilograms, and squash at 6.13 kilograms.

Fruits

- Among the fruits, banana (except saba) and saba posted the highest annual per capita consumption in Davao Region at 16.64 kilograms and 14.11 kilograms, respectively. Consumption estimates were 6.19 kilograms for mango, 3.28 kilograms for papaya, 1.56 kilograms for calamansi and 1.44 kilograms for pineapple.
- Compostela Valley led in the consumption of banana (except saba) at 24.91 kilograms and saba at 18.57 kilograms annually. The provincial consumption was also high for papaya at 5.79 kilograms and pineapple at 1.99 kilograms. Meanwhile, mango and calamansi were highly eaten in Davao del Norte at 7.01 kilograms and 3.95 kilograms, respectively.
- Households living in the urban and rural barangays of the region had almost the same level of consumption of other varieties of banana (except saba) at around 16.00 kilograms each. The biggest consumption was reported among the rural residents in Compostela Valley at 25.54 kilograms. Saba was highly eaten by the rural dwellers of the region at 14.88 kilograms. This was particularly true in the rural barangays of Compostela Valley where consumption was high at 18.90 kilograms.
- Urban residents indicated more preference for other fruits with consumption ranging from 2.16 kilograms for pineapple to 9.97 kilograms for mango. Households residing in the urban areas of Compostela Valley and Davao del Sur ate more of mango at around 11.00 kilograms each. About 3.35 kilograms of pineapple and 8.50 kilograms of papaya were consumed by the urban folks in Compostela Valley. In Davao del Norte, urban dwellers consumed larger quantity of calamansi at 5.17 kilograms.

Livestock and Poultry Products

- The regional annual per capita consumption of pork was 9.79 kilograms. Beef consumption in this region averaged 1.37 kilograms annually. Carabeef and chevon consumption were low at 0.03 kilogram and 0.02 kilogram, respectively.
- For poultry products, chicken was consumed at 9.07 kilograms per annum. Minimal consumption was noted for duck meat at 0.08 kilogram. For egg consumption, about 81 pieces of chicken eggs and only 2 pieces of duck eggs were eaten a year by every person.

- Provincial consumption showed that Davao del Sur posted the highest pork and chicken consumption at 11.73 kilograms and 10.14 kilograms, respectively. Davao del Norte had more consumption of beef at 2.27 kilograms as well as chicken eggs at 90 pieces and duck eggs at 5 pieces.
- At the regional level, urban households had high estimates of consumption of pork at 13.40 kilograms, beef at 2.78 kilograms, chicken meat at 12.98 kilograms, and chicken eggs at 109 pieces. The urban barangays in Davao del Sur recorded higher consumption of pork and chicken at around 16.00 kilograms each. In Compostela Valley, urban dwellers ate as much as 117 pieces of chicken eggs.
- Rural barangays showed bigger consumption of duck meat and eggs and chevon.

Fish and Marine Products

- Among the fish and other marine products, tuna had the highest per capita consumption at 7.37 kilograms yearly. Milkfish and roundscad (galunggong) consumption averaged 4.48 kilograms and 4.25 kilograms per year, respectively. Tilapia was eaten at an average of 1.15 kilograms. Other fish and marine products had consumption levels ranging from 0.47 kilogram for dalagang bukid to 0.89 kilogram for mussels.
- Across provinces, Davao del Sur was the leading consumer of tuna at 9.41 kilograms. Meanwhile, Davao del Norte topped the consumption of roundscad at 5.64 kilograms, milkfish at 6.44 kilograms, mussels at 2.33 kilograms and tilapia at 1.85 kilograms.
- Except for roundscad, all the reference fish and marine products were highly consumed by urban households across the region. Consumption estimates ranged from 0.72 kilogram for dalagang bukid to 8.94 kilograms for tuna. The biggest consumption of tuna in the urban barangays was noted in Davao del Sur at 11.79 kilograms. Roundscad consumption among rural households of the region was high at 4.32 kilograms. However, the biggest quantity of roundscad eaten was reported by the urban dwellers in Compostela Valley at 8.24 kilograms.

Noodles

- Consumption of instant noodles in the region averaged 2.22 kilograms per person yearly. Bihon and fresh miki per capita consumption averaged 1.60 kilograms and 1.10 kilograms a year, respectively. Other noodle products were eaten in smaller quantities at less than a kilogram per person per annum.

- By province, consumption of instant noodles was high in Davao del Sur at 2.57 kilograms a year. Davao del Norte had more consumption of bihon at 2.47 kilograms and fresh miki at 1.63 kilograms.
- Households living in the urban areas across region showed high preference for all the noodle products. Consumption levels ranged from 0.14 kilogram for canton to 2.93 kilograms for instant noodles.

Bread

- Annual per capita consumption of pandesal and buns averaged 196 pieces and 98 pieces yearly, respectively. An average of 4 packs of sliced/loaf bread was consumed in the region yearly.
- Davao del Sur registered the highest consumption of pandesal at 257 pieces and buns at 121 pieces in a year. Davao del Norte recorded 6 packs of sliced/loaf bread consumed per person per year.
- Urban barangays of the region ate more of pandesal at 319 pieces, buns at 123 pieces and sliced/loaf bread at 7 packs compared to the rural barangays.
- In Davao del Sur, urban dwellers showed the highest consumption of pandesal and buns at averages of 377 pieces and 168 pieces, respectively. Around 7 to 8 packs of sliced/loaf bread annually were consumed by the urban households in Compostela Valley and Davao del Norte.

SOCCSKSARGEN

(Tables 15a - 15c)

Rice and Corn

- In SOCCSKSARGEN, the estimated per capita consumption of rice averaged 113.94 kilograms per year. Across the provinces, the biggest rice consumption was noted in Sultan Kudarat at 127.04 kilograms per year. It was least consumed in Sarangani at 93.43 kilograms per year.
- Annual consumption of rice was bigger in urban barangays at 125.78 kilograms than in rural barangays. Urban households in Sarangani consumed most at an average of 133.68 kilograms a year.

- The regional consumption of corn was registered at 24.42 kilograms per person annually. It ranged from a low of 1.61 kilograms in South Cotabato to a high of 41.65 kilograms in Sarangani.
- By barangay classification, heavy consumption of corn was recorded in the rural barangays of the region at 28.41 kilograms. Across provinces, rural residents of Sarangani topped the consumption of corn at 52.10 kilograms annually.

Root Crops

- The region's annual per capita consumption of cassava averaged 3.98 kilograms. Sweet potato was consumed at an average of 3.65 kilograms. Other root crops such as gabi and white potato were taken in smaller amounts at 1.13 kilograms and 0.15 kilogram, respectively.
- Sultan Kudarat reported the biggest consumption of cassava and sweet potato at 5.82 kilograms and 5.96 kilograms, respectively. Per capita consumption of gabi was high at 1.89 kilograms in Sultan Kudarat. White potato was eaten in South Cotabato at 0.21 kilogram per annum.
- The rural dwellers of the region were the heavy eaters of cassava and sweet potato with corresponding consumption at 4.49 kilograms and 3.93 kilograms. Rural households in Sultan Kudarat indicated more quantities consumed at around 6.10 kilograms each of sweet potato and cassava.
- Rural households of the region also indicated high preference for gabi with consumption at 1.19 kilograms. In Sultan Kudarat, urban barangays had more consumption of gabi at 2.95 kilograms than in rural barangays at 1.68 kilograms. White potato consumption was higher among urban barangays of the region at 0.31 kilogram.

Vegetables, Legumes and Condiments

- The highly consumed vegetables in SOCCSKSARGEN were eggplant at 5.38 kilograms, squash at 3.77 kilograms and tomato at 3.58 kilograms. For other vegetables, regional per capita consumption ranged from a low of 0.08 kilogram for habitchuelas to a high of 2.20 kilograms for onion.
- Top consuming provinces were Sultan Kudarat for eggplant at 7.32 kilograms and for squash at 7.13 kilograms and South Cotabato for tomato at 4.95 kilograms. More eggplants were consumed in the rural barangays of the region at 5.55 kilograms per annum.

However, consumption of eggplant was heavier at 9.06 kilograms among the urban dwellers of Sultan Kudarat.

- Households living in rural and urban barangays indicated almost the same level of consumption of squash at around 4 kilograms each. The urban residents in Sultan Kudarat were the top eaters of squash at 12.13 kilograms. Meanwhile, consumption of tomato was higher in the urban areas at 4.74 kilograms per person. Particularly, urban residents in Sultan Kudarat registered the highest per capita consumption of tomato at 5.43 kilograms.
- Majority of the other reference commodities were consumed higher in the urban barangays than in the rural barangays.

Fruits

- Saba banana was the most popular fruit in the region having a yearly per capita consumption at 11.88 kilograms. Other varieties of banana came next at 10.43 kilograms. In the case of other fruits, average annual consumption of mango was estimated at 3.89 kilograms, papaya (ripe) at 3.13 kilograms, pineapple at 1.31 kilograms and calamansi at 0.85 kilogram.
- In Sultan Kudarat, around 20 kilograms of saba were eaten per person a year. Other varieties of banana were largely consumed in Sarangani at 15.85 kilograms. Similarly, Sultan Kudarat had bigger consumption of mango at 6.59 kilograms and pineapple at 1.81 kilograms. Papaya and calamansi were eaten more in Sarangani at 4.57 kilograms and 1.17 kilograms, respectively.
- Dwellers in the rural barangays were observed as the heavy eaters of banana (except saba) at 10.77 kilograms, saba at 12.31 kilograms and mango at 3.94 kilograms. However, urban dwellers in Sultan Kudarat had the highest per capita consumption of saba at 31.60 kilograms. Meanwhile, the rural residents of Sarangani were the top consumers of other varieties of banana at 16.68 kilograms.
- More consumption of pineapple at 2.21 kilograms, papaya at 3.42 kilograms and calamansi at 1.08 kilograms were observed among the urban barangays of the region.

Livestock and Poultry

- Among livestock products, the annual per capita consumption of pork was the biggest at 6.29 kilograms. It was mostly eaten in South Cotabato at an average of 8.82 kilograms. The estimated per capita consumption of pork was higher in urban barangays at 8.20 kilograms. Meanwhile, urban households in Sultan Kudarat showed the biggest consumption of pork at 11.36 kilograms per annum.

- Minimal consumption was recorded for beef at 0.99 kilogram, carabeef at 0.15 kilogram and chevon (goat) at 0.07 kilogram. Dwellers in urban areas showed higher consumption of beef at 1.77 kilograms and chevon (goat) at 0.20 kilogram. Carabeef was eaten more in rural barangays at 0.16 kilogram per annum.
- For poultry products, per capita consumption estimate was bigger for chicken at 4.93 kilograms while for duck, it was low at 0.45 kilogram. Chicken reached the highest consumption at 5.89 kilograms in Sultan Kudarat and that of duck, at 0.86 kilogram in South Cotabato. In terms of barangay classification, urban residents of the region posted higher per capita consumption of chicken at 5.64 kilograms and duck at 0.83 kilogram. By province, households living in the urban barangays of Sultan Kudarat posted higher consumption of chicken at 7.68 kilograms while urban residents in South Cotabato ate more of duck at 1.13 kilograms.
- In the case of eggs, yearly consumption per person of chicken eggs reached 54 pieces and duck eggs at around 5 pieces. Per capita consumption of chicken eggs was highest in South Cotabato at about 58 pieces per year while those of duck eggs were noted higher in Sultan Kudarat at 10 pieces per year. Chicken eggs were highly consumed in urban areas at 62 pieces per year while duck eggs were mostly eaten in rural barangays at 5 pieces per year. In Sultan Kudarat, households in urban areas consumed 90 pieces of chicken eggs while residents in rural areas ate around 11 pieces of duck eggs.

Fish and Other Marine Products

- Tuna (all species) was eaten in larger quantity at 5.11 kilograms per year. Regional consumption of roundscad was estimated at 4.57 kilograms. Annual consumption of other fish and marine products were noted at 3.35 kilograms for tilapia, 2.93 kilograms for milkfish. Less than a kilogram of consumption was noted for mussels, dalagang bukid and shrimp.
- Sarangani was the top consumer of tuna (all species) at 8.57 kilograms, roundscad (galunggong) at 8.83 kilograms and dalagang bukid at 0.42 kilogram. In Sultan Kudarat, higher consumption estimates were recorded for milkfish at 3.66 kilograms and tilapia at 5.66 kilograms. The province also consumed more of shrimps and mussels at 0.35 kilogram and 0.82 kilogram, respectively.
- Regionwise, consumption of tuna (all species), milkfish, roundscad (galunggong) and shrimp were bigger among urban dwellers while the rest of the fish species were preferred by the rural residents. The consumption of urban households in Sarangani reached 8.83 kilograms for tuna (all species) and 9.94 kilograms for roundscad

(galunggong). Tuna was also highly eaten by the rural households in Sultan Kudarat at 7.68 kilograms.

Noodles

- Regional consumption of instant noodles was estimated at 1.76 kilograms per year. Provincial consumption was bigger in Sultan Kudarat at 2.15 kilograms. Instant noodles were highly consumed by the urban residents at 1.81 kilograms per year. Specifically, urban dwellers in Sultan Kudarat consumed 2.32 kilograms.
- Other noodles were consumed in minimal amounts ranging from 0.05 kilogram for pasta to 0.62 kilogram for bihon. Except for fresh miki, all these noodle products were eaten more by the urban residents of the region.

Bread

- Annual per capita consumption levels of pandesal and buns in the region were around 86 pieces and 42 pieces, respectively. Sliced/loaf bread was consumed at around 4 packs per person per year.
- Pandesal was heavily eaten in Sultan Kudarat at about 187 pieces per year while buns were consumed more in Sarangani at around 140 pieces per year. Regionwise, urban households preferred to eat pandesal and buns with an annual consumption of around 121 pieces and 50 pieces, respectively. In particular, pandesal consumption among the urban dwellers in Sultan Kudarat reached as high as around 393 pieces. Urban residents in Sarangani topped the consumption of buns at around 155 pieces.
- Maximum of four (4) packs of sliced/loaf bread was eaten by the households in Sultan Kudarat and North Cotabato. Consumption in urban and rural barangays was the same at 4 packs per year. In Sultan Kudarat and North Cotabato, urban dwellers posted the highest record of 5 packs per year.

Caraga

(Tables 16a - 16c)

Rice and Corn

- In Caraga, rice consumption averaged 115.37 kilograms per person annually. Across provinces, annual per capita consumption of rice ranged from 107.35 kilograms in Dinagat Islands to 121.77 kilograms in Surigao del Sur.

- Households residing in the rural barangays of the region consumed more rice at 116.13 kilograms. However, the urban residents in Surigao del Sur posted the highest per capita consumption of rice at 126.11 kilograms.
- For corn, the region's per capita consumption was estimated at 10.69 kilograms a year. Agusan del Sur had the biggest consumption of corn at 21.83 kilograms. The least consumption was registered in Surigao del Norte at 0.46 kilogram.
- Corn consumption was noted higher among urban barangays of the region at 20.06 kilograms. In Agusan del Sur, the urban households reported higher per capita consumption of corn at 41.59 kilograms per year.

Root Crops

- Higher consumption levels were noted for sweet potato at 4.99 kilograms and cassava at 3.19 kilograms. Gabi and white potato were less consumed at 0.53 kilogram and 0.26 kilogram, respectively.
- Across provinces, sweet potato consumption was high in Agusan del Norte at 8.67 kilograms. Dinagat Islands ate more of cassava at 8.03 kilograms. Agusan del Norte, likewise, topped in the consumption of white potato at 0.68 kilogram. Gabi was more preferred in Agusan del Sur with consumption at 0.77 kilogram.
- At the regional level, higher consumption estimates of the four reference root crops were observed among the urban households than among the rural residents. Urban consumption estimates were 6.48 kilograms for sweet potato, 1.72 kilograms for cassava, 0.85 kilogram for gabi and 0.77 kilogram for white potato.
- Consumption of sweet potato among the urban barangays was highest in Dinagat Islands at 12.91 kilograms. Cassava was more eaten by the households in the rural barangays of Dinagat Islands at 8.05 kilograms.

Vegetables, Legumes and Condiments

- Among the vegetables, eggplant posted the biggest per capita consumption at 4.91 kilograms a year. This was followed by squash at 4.23 kilograms and ampalaya at 2.14 kilograms. Consumption of other commodities under this group ranged from 0.09 kilogram for habitchuelas to 2.00 kilograms for stringbeans.
- Surigao del Sur led in the consumption of eggplant at 7.38 kilograms, squash at 5.66 kilograms and ampalaya at 2.60 kilograms.

kilograms. For other major commodities, Agusan del Sur had high consumption of okra at 2.59 kilograms while Agusan del Norte indicated more consumption of stringbeans at 2.87 kilograms and tomato at 2.34 kilograms. The provinces of Agusan del Norte, Agusan del Sur and Surigao del Norte were top consumers of onion at around 1.97 kilograms each. Chayote consumption was high in Surigao del Norte at 2.85 kilograms.

- Except for eggplant and chayote, all the reference commodities were highly consumed by the urban households of the region. Their consumption estimates ranged from 0.60 kilogram to 4.27 kilograms. Rural dwellers of the region consumed more of eggplant at 4.92 kilograms and chayote at 1.70 kilograms.
- Provincewise, squash posted the biggest consumption among the urban barangays of Dinagat Islands at 6.19 kilograms. However, higher consumption of squash was also noted among the rural barangays of Surigao del Sur at 5.66 kilograms. Eggplant was also highly preferred by the rural residents of Surigao del Sur with consumption at 7.47 kilograms. On the other hand, the urban dwellers of Surigao del Sur ate more of ampalaya at 3.27 kilograms.

Fruits

- Banana (except saba) was the leading fruit in the region with an annual per capita consumption at 11.98 kilograms. This was followed by saba at 6.67 kilograms, 3.61 kilograms for mango and papaya at 3.03 kilograms. Consumption of pineapple was placed at 1.17 kilograms while this was 0.84 kilogram for calamansi.
- By province, Agusan del Sur registered the biggest consumption estimates of saba at 9.73 kilograms and other varieties of banana at 13.95 kilograms, pineapple at 1.49 kilograms and papaya at 5.04 kilograms. Mango was consumed in bigger quantity in Agusan del Norte at 4.69 kilograms. Both Agusan del Norte and Surigao del Norte indicated more preference for calamansi at 0.95 kilogram each.
- Consumption of other varieties of banana (except saba) did not differ much among rural and urban barangays of the region. Correspondingly, the estimates were 11.98 kilograms and 11.91 kilograms. Households in the rural areas of Dinagat Islands showed more consumption of other varieties of banana at 19.20 kilograms.
- Other fruits such as saba, mango, papaya and calamansi were highly favored by the urban residents of the region. Urban consumption ranged from 1.36 kilograms for calamansi to 8.80 kilograms for saba. In Agusan del Sur, urban households ate more of saba at 12.76 kilograms and papaya at 6.68 kilograms. Higher

consumption of mango at 6.64 kilograms was registered among the urban residents of Dinagat Islands. In Agusan del Norte, the urban residents consumed more quantity of calamansi at 1.74 kilograms.

- Pineapple was consumed high by the rural dwellers of the region at 1.18 kilograms. Rural barangays in Agusan del Sur ate bigger quantity of pineapple at 1.60 kilograms. However, the urban residents in Dinagat Islands had biggest consumption of pineapple at 1.97 kilograms.

Livestock and Poultry Products

- For meat products, the regional consumption of pork was 8.30 kilograms and chicken at 6.08 kilograms. Consumption estimates of other meat products such as beef, carabeef, chevon (goat) and duck were reported at less than one kilogram per person yearly. In the case of eggs, about 77 pieces of chicken eggs were consumed per person a year.
- Notable consumption of pork was posted in Surigao del Norte at 10.09 kilograms. Chicken meat and eggs were consumed high in Agusan del Norte at 7.15 kilograms and 93 pieces, respectively.
- Regionwise, rural households indicated higher pork consumption at 8.37 kilograms per year. Heavy consumption of pork was noted among the rural households of Surigao del Norte at 10.18 kilograms and Agusan del Norte at 9.11 kilograms. More preferences for chevon (goat), duck meat and eggs were observed among rural residents of the region.
- Chicken meat and eggs were eaten in larger amount by the urban residents at 6.78 kilograms and 87 pieces, respectively. The urban barangays of Agusan del Norte had high consumption of chicken meat at 8.61 kilograms and chicken eggs at 109 pieces.

Fish and Other Marine Products

- Tuna was the commonly eaten fish product in the region with consumption at 6.03 kilograms per person a year. High consumption estimates were also noted for roundscad (galunggong) at 3.93 kilograms and milkfish at 2.99 kilograms. Tilapia was consumed at 1.11 kilograms. Other fish products were eaten at less than one kilogram.
- Across provinces, annual per capita consumption of tuna was highest in Surigao del Norte at 7.05 kilograms. Dinagat Islands reported high consumption of roundscad at 5.11 kilograms and dalagang bukid at 5.99 kilograms. Milkfish consumption was bigger in Agusan del Norte at 4.04 kilograms.

- Regionwise, urban and rural consumption levels of tuna were 6.18 kilograms and 6.02 kilograms, respectively. In Agusan del Norte, heavier per capita consumption of tuna was observed in urban barangays at 7.20 kilograms. The rural dwellers in Surigao del Norte had higher tuna consumption at 7.11 kilograms.
- The urban barangays of the region showed high consumption for milkfish at 3.42 kilograms, tilapia at 1.53 kilograms and mussel at 1.07 kilograms. Meanwhile, roundscad, dalagang bukid and shrimps were mostly preferred among rural barangays. Correspondingly, consumption estimates were 4.03 kilograms, 0.88 kilogram and 0.60 kilogram. Roundscad was eaten in higher quantity in the urban barangays of Dinagat Islands at 6.91 kilograms.

Noodles

- Instant noodles and bihon were the most consumed noodles products with annual per capita consumption of 1.72 kilograms and 1.58 kilograms, respectively. Less than a kilogram was recorded for other noodle products.
- For instant noodles, consumption was highest in Surigao del Sur at 2.43 kilograms. The regional per capita consumption of instant noodles was higher in urban areas at 1.92 kilograms. Surigao del Sur indicated the highest per capita consumption both in urban and rural areas at 2.64 kilograms and 2.42 kilograms, respectively.
- Bihon consumption was high in Agusan del Sur and Surigao del Norte at 1.82 kilograms each. At the regional level, bihon consumption did not vary much across the urban barangays and rural barangays.
- Other noodle products were highly consumed by the urban residents of the region.

Bread

- Consumption of bread in the region was high for pandesal at 127 pieces. This was 68 pieces for buns and 3 packs for sliced/loaf bread at 3 packs.
- Among provinces in region, Agusan del Norte ate larger amounts of pandesal at 175 pieces and sliced/loaf bread at 6 packs. Surigao del Norte topped in the consumption of buns at 108 pieces.
- Pandesal and sliced/loaf bread were eaten more by urban residents at 219 pieces and 6 packs, respectively. In Agusan del Norte, the urban dwellers reported the biggest consumption of pandesal at 266 pieces and sliced/loaf bread at 9 packs. On the other hand,

buns consumption was high among the rural barangays at 70 pieces. However, the urban barangays in Dinagat Islands had more buns consumption at 113 pieces.

Autonomous Region in Muslim Mindanao (ARMM)

(Tables 17a - 17c)

Rice and Corn

- Annual per capita consumption of rice in ARMM averaged 139.06 kilograms. Lanao del Sur posted the highest rice consumption at 156.02 kilograms while Basilan had the least rice consumption at 107.10 kilograms.
- Rural barangays in the region indicated higher per capita consumption of rice at 139.19 kilograms. Particularly, rural households in Lanao del Sur had more consumption of rice at 156.39 kilograms. On the other hand, households in the urban barangays of Maguindanao also consumed larger quantity of rice at 145.62 kilograms.
- Corn consumption was estimated at 4.38 kilograms per person a year. The leading consumer of corn was Maguindanao at 4.93 kilograms. Corn was least eaten in Tawi-Tawi at less than 0.01 kilogram.
- Regionwise, corn consumption was biggest among the rural dwellers at 4.42 kilograms. In Maguindanao, the consumption levels in the urban and rural areas hovered around 4.00 kilograms.

Root Crops

- Sweet potato and cassava posted the highest consumption at 5.32 kilograms and 3.15 kilograms, respectively. Least consumed root crops in the region were gabi at 0.92 kilogram and white potato at 0.14 kilogram.
- Across provinces, Sulu registered bigger consumption of cassava at 23.98 kilograms. Maguindanao and Lanao del Sur were observed to be the major eaters of sweet potato at 5.67 kilograms and 4.43 kilograms, respectively. Gabi was most eaten in Sulu at 1.76 kilograms. White potato had minimal consumption across provinces.
- At the regional level, cassava consumption was high among the urban barangays at 9.70 kilograms. The urban residents in Sulu indicated the biggest consumption of cassava at 21.26 kilograms.

For white potato, urban dwellers posted more consumption estimated at 0.25 kilogram. Households residing in the urban barangays of Maguindanao ate 0.55 kilogram of white potato a year.

- On the contrary, sweet potato and gabi recorded bigger per capita consumption in rural areas at 5.38 kilograms and 0.93 kilogram, respectively. Sweet potato was highly eaten in the rural areas of Maguindanao at 5.70 kilograms.

Vegetables, Legumes and Condiments

- Eggplant was the commonly eaten vegetable in the region with per capita consumption at 3.48 kilograms. This was followed by tomato, stringbeans, and squash with corresponding consumption levels at 2.28 kilograms, 2.04 kilograms and 2.02 kilograms. Consumption levels of other vegetables, legumes and condiments ranged from 0.11 kilogram for habitchuelas to 1.80 kilograms for chayote.
- Annual per capita consumption estimates of eggplant and stringbeans were noted highest in Maguindanao at 3.68 kilograms and 2.22 kilograms, respectively. Sulu was the leading consumer of squash at 3.33 kilograms and tomato at 3.63 kilograms.
- Urban dwellers in the region indicated more preferences for majority of the reference commodities under this group. In particular, the major commodities such as tomato and squash were eaten more by the urban residents of the region at 2.59 kilograms and 2.63 kilograms, respectively. Urban residents in Sulu consumed 4.47 kilograms of tomato a year. Other commodities which were highly eaten by the urban households included ampalaya, gourd, okra, cabbage, pechay, onion and garlic with consumption levels ranging from 0.54 kilogram to 2.31 kilograms.
- Eggplant and stringbeans consumption levels were biggest in the rural areas at 3.50 kilograms and 2.05 kilograms, respectively. The highest eggplant consumption was noted in the rural barangays of Maguindanao at 3.69 kilograms. Stringbean was consumed more by the urban dwellers in Maguindanao at 2.48 kilograms than by the rural residents at 2.22 kilograms.
- Rural barangays of the region, likewise, showed higher consumption for chayote, carrots habitchuelas and mongo ranging from 0.12 kilogram to 1.80 kilograms.

Fruits

- The regional annual per capita consumption was biggest for banana at nearly 10 kilograms each for saba and other varieties. Mango was

consumed at an average of 3.61 kilograms. Consumption was minimal for pineapple, papaya and calamansi at 0.17 kilogram to 1.05 kilograms.

- Among the provinces, Basilan posted the highest consumption of banana saba at 16.29 kilograms while Maguindanao recorded bigger consumption of other varieties of banana at 10.46 kilograms. Likewise, Maguindanao indicated more consumption of mango at 3.89 kilograms and calamansi at 0.83 kilogram. Pineapple and papaya had high preference in Sulu with annual per capita consumption at 1.26 kilograms and 3.31 kilograms, respectively.
- Regionwise, rural residents posted higher consumption for banana other varieties and banana saba at nearly 10 kilograms each. Rural residents of Basilan were the heaviest consumers of banana saba at 17.36 kilograms. High consumption of other varieties of banana was noted among the rural barangays in Maguindanao at 10.48 kilograms. In Lanao del Sur, urban households also exhibited greater consumption of other varieties of banana at 9.81 kilograms per person.
- More quantities of mango and calamansi were eaten by the rural dwellers in the region at 3.62 kilograms and 0.77 kilogram, respectively. In Maguindanao, the urban barangays had high mango consumption at 4.98 kilograms. Meanwhile, pineapple and papaya were eaten in bigger amounts in the urban areas of the region at 0.41 kilogram and at 1.90 kilograms, respectively.

Livestock and Poultry Products

- Chicken consumption was biggest in the region at 7.83 kilograms. Other meat products were less consumed in the region with consumption estimates ranging from 0.01 kilogram for carabeef to 1.24 kilograms for beef.
- Consumption of chicken eggs averaged 50 pieces while duck egg consumption was about 10 pieces.
- Across provinces, Maguindanao was the leading consumer of chicken at 8.46 kilograms. Chicken eggs were highly eaten in Lanao del Sur and Tawi-Tawi with consumption at around 66 and 59 pieces, respectively. On the other hand, Basilan and Maguindanao recorded the highest duck egg consumption from 11 to 12 pieces.
- By barangay classification, urban residents exhibited high preference for chicken eggs with per capita consumption at 59 pieces. The urban barangays of Lanao del Sur, Maguindanao and Tawi-tawi showed the highest consumption at 83 pieces, 72 pieces and 74 pieces, respectively.

- The rest of the livestock and poultry products were highly consumed by the rural dwellers of the region. In particular, 7.83 kilograms of chicken meat were eaten by the rural residents. However, the urban households in Maguindanao showed more consumption of chicken at 13.97 kilograms. Duck egg consumption in the rural barangays averaged 10 pieces with Basilan and Maguindanao as the leading consumers with 11 to 13 pieces of eggs consumed per person per year.

Fish and Other Marine Products

- The most preferred fish and other marine products of the region were tilapia at 5.46 kilograms and roundscad (galunggong) at 5.42 kilograms. Milkfish and tuna (all species) consumption were estimated at 2.97 kilograms and 2.33 kilograms, respectively. Low consumption was noted for other fish and marine products ranging from 0.09 kilogram for mussels to 0.95 kilogram for shrimps.
- Sulu topped in the consumption of roundscad (galunggong) at 21.97 kilograms per person a year. Tawi-tawi had higher consumption of tuna (all species) at 22.11 kilograms. Tilapia and milkfish consumption was leading in Maguindanao at 6.03 kilograms and 3.25 kilograms, respectively.
- At the regional level, milkfish and tilapia consumption were highest among rural barangays at 2.98 kilograms and 5.52 kilograms, respectively. In Tawi-tawi, rural consumption of milkfish was high at 3.25 kilograms. However, Maguindanao's urban dwellers indicated more quantity of milkfish eaten at 5.78 kilograms. On the other hand, the rural barangays in Maguindano exhibited high consumption of tilapia at 6.05 kilograms.
- Other fish and marine products were highly consumed by the urban households. Roundscad (galunggong) consumption reached 11.76 kilograms per annum. In Sulu, roundscad (galunggong) was consumed at 23.71 kilograms in the urban barangays while 21.70 kilograms in the rural barangays. Tuna (all species) was more eaten by the urban dwellers in Tawi-tawi at 24.80 kilograms.

Noodles

- The common noodle products were instant noodles and canton with yearly per capita consumption at 4.60 kilograms and 3.31 kilograms, relatively. Rest of the commodities had consumption averaged between 0.02 kilogram for pasta and rice noodles to 0.54 kilogram for bihon.
- Maguindanao was the major consumers of instant noodles and canton at about 4 to 5 kilograms per person a year.

- By urban-rural classification of barangays, urban dwellers consumed more of bihon, sotanghon, fresh miki and rice noodles. In the rural barangays, consumption was high for canton at 3.32 kilograms and instant noodles at 4.62 kilograms. This was true for the rural residents in Maguindanao where consumption reached 3.61 kilograms for canton and 4.95 kilograms for instant noodles.

Bread

- Regional consumption of pandesal averaged 160 pieces per person a year. This was 15 pieces for buns and 11 packs for sliced/loaf bread.
- Tawi-Tawi recorded the biggest quantity of pandesal consumed at 392 pieces. For buns, Basilan had the biggest preference at 72 pieces. The leading consumer of sliced/loaf bread was Maguindanao at 12 packs per annum.
- Urban residents mostly favored pandesal with consumption at 289 pieces. Pandesal consumption was biggest among the urban barangays of Basilan at 490 pieces and Tawi-tawi at 494 pieces.
- Consumption estimates for buns and sliced/loaf bread were relatively high in rural barangays at 15 pieces and 11 packs per person. Rural folks in Basilan had more consumption of buns at 76 pieces. In Maguindanao, sliced/loaf bread showed high consumption among urban barangays at 20 packs while the rural barangays consumed 12 packs.

STATISTICAL TABLES

Table 1. Estimated annual per capita consumption by commodity, by district, NCR, 2015-2016

(in kilogram)						
Commodity	NCR	District I	District II	District III	District IV	District V
<i>Rice and Corn</i>						
Rice (plain)	98.464	89.425	104.512	81.942	106.847	100.979
Corn	0.462	0.139	1.077	0.144	0.708	0.403
<i>Root Crops</i>						
Sweet Potato	2.366	1.462	2.636	3.640	2.005	2.431
Cassava	0.432	0.215	0.187	0.327	0.960	0.256
Gabi	0.758	0.096	0.185	0.124	0.640	1.444
White Potato	1.546	1.432	2.417	3.228	1.858	0.583
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.759	1.796	2.300	3.320	2.461	3.222
Eggplant	3.481	1.846	3.472	2.753	3.027	4.671
Chayote	2.765	1.991	4.133	3.188	1.910	3.176
Gourd (upo)	0.895	0.289	1.307	0.551	1.321	0.878
Squash	1.637	1.502	2.262	1.894	1.579	1.497
Okra	0.941	0.910	0.779	0.552	0.921	1.141
Carrots	0.799	0.375	1.478	0.451	0.646	1.040
Cabbage	2.072	1.174	2.009	2.971	1.592	2.421
Pechay	1.307	1.105	2.185	1.269	1.460	1.104
Stringbeans	1.039	0.822	1.773	1.506	1.270	0.637
Habitchuelas	0.173	0.141	0.129	0.174	0.364	0.068
Mongo	0.803	0.591	0.960	0.378	1.390	0.611
Tomato	3.572	1.977	4.105	4.190	3.461	3.912
Onion	2.751	1.836	2.887	2.815	2.677	3.097
Garlic	1.560	1.036	1.551	1.905	1.449	1.709
<i>Fruits</i>						
Banana (except saba)	12.198	10.453	7.235	14.224	13.389	12.422
Saba	2.339	1.278	1.204	2.221	3.348	2.364
Mango	3.309	2.618	4.918	4.304	3.886	2.476
Pineapple	1.007	0.649	1.634	1.444	0.781	0.998
Papaya (ripe)	1.188	0.534	1.175	1.948	0.798	1.424
Calamansi	1.854	0.950	2.125	1.922	2.023	2.003
<i>Livestock and Poultry Products</i>						
Pork	13.625	12.586	14.471	13.913	11.551	15.114
Beef	1.298	1.610	0.928	0.984	1.508	1.233
Carabeef	0.014	0.066				0.012
Chevon (goat)	0.016	0.021		0.004		0.031
Chicken	14.510	14.969	15.247	15.691	11.257	15.911
Duck	0.040		0.051	0.259		
Chicken Egg *	122.837	120.695	121.786	138.020	128.992	114.291
Duck Egg *	0.708	0.030			1.149	1.085
Fresh / pasteurized milk **	0.645	0.001	0.314	0.498	0.568	1.066
<i>Fish and Other Marine Products</i>						
Milkfish	6.933	4.846	7.080	7.056	7.182	7.484
Tilapia	7.470	5.642	8.125	7.986	5.667	9.036
Roundscad (Galunggong)	5.293	4.585	4.789	3.172	5.640	6.209
Tuna (all species)	0.839	0.483	0.176	0.683	1.749	0.570
Dalagang bukid	1.022	0.628	0.672	1.609	1.040	1.025
Shrimp	0.886	0.475	0.488	1.122	1.069	0.923
Mussels	0.792	0.233	1.361	0.439	0.902	0.935
<i>Noodles</i>						
Bihon	1.486	0.331	0.343	0.501	1.987	2.199
Sotanghon	0.285	0.040	0.157	0.050	0.655	0.246
Pasta	1.109	0.125	0.787	0.733	1.411	1.490
Canton	0.955	0.518	0.479	0.105	2.819	0.293
Fresh miki	0.165	0.038	0.078	0.225	0.451	0.019
Instant noodles	2.661	2.571	3.198	3.027	1.823	3.003
Rice noodles (misua)	0.185	0.015	0.076	0.131	0.323	0.201
<i>Bread</i>						
Pandesal *	353.664	384.910	488.758	440.442	348.969	283.931
Sliced / loaf bread ***	5.932	2.896	5.201	7.366	5.846	6.787
Buns *	33.031	23.134	25.533	16.938	47.633	34.541

* in piece

** in liter

*** in pack

Table 2a. Estimated annual per capita consumption by commodity, by province, All Barangays, CAR, 2015-2016

(in kilogram)							
Commodity	CAR	Abra	Apayao	Benguet	Ifugao	Kalinga	Mountain Province
<i>Rice and Corn</i>							
Rice (plain)	125.530	120.340	154.877	106.436	143.000	166.608	129.838
Corn	0.461	0.551	0.874	0.333	0.563	0.180	0.794
<i>Root Crops</i>							
Sweet Potato	3.281	1.681	2.898	3.591	5.038	2.204	3.551
Cassava	1.203	1.009	3.099	0.768	1.301	1.522	1.704
Gabi	1.142	0.372	1.645	1.069	2.124	1.338	0.904
White Potato	5.307	0.505	0.586	8.194	1.474	1.252	10.864
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	3.103	4.473	4.039	3.053	3.407	2.266	1.625
Eggplant	4.500	7.847	5.666	3.182	4.636	5.445	3.617
Chayote	5.763	0.153	0.239	7.051	6.318	2.390	13.506
Gourd (upo)	1.374	5.178	2.463	0.511	0.946	0.842	0.305
Squash	3.924	3.798	1.991	2.678	6.765	3.733	6.994
Okra	1.055	1.539	1.301	1.045	0.817	1.285	0.383
Carrots	0.874	0.163	0.293	1.490	0.334	0.285	0.886
Cabbage	3.087	2.232	2.665	4.088	2.711	1.328	2.741
Pechay	3.505	0.823	1.496	3.604	5.588	2.614	6.218
Stringbeans	3.068	3.944	4.581	2.137	5.286	4.293	1.177
Habitchuelas	1.845	0.043	0.656	2.182	2.293	1.361	3.440
Mongo	1.065	1.108	0.828	0.877	1.079	1.979	0.911
Tomato	4.177	7.431	4.239	3.928	2.655	4.344	2.443
Onion	2.906	3.727	3.207	3.357	1.529	2.833	1.531
Garlic	1.461	1.314	1.579	1.872	0.882	0.996	1.106
<i>Fruits</i>							
Banana (except saba)	11.408	4.100	7.174	11.316	16.670	16.272	12.671
Saba	6.748	4.534	10.850	3.425	5.225	13.491	14.814
Mango	4.749	8.218	3.958	5.124	3.702	2.153	3.090
Pineapple	1.445	0.236	0.881	1.765	2.839	0.887	1.136
Papaya (ripe)	3.424	2.154	2.845	2.789	4.730	7.164	2.600
Calamansi	1.689	0.428	1.557	2.322	1.326	1.715	1.297
<i>Livestock and Poultry Products</i>							
Pork	13.388	11.973	13.455	15.528	10.399	12.163	11.384
Beef	1.605	1.945	1.395	2.262	0.759	1.109	0.189
Carabeef	0.204	0.054	0.185	0.020	0.734	0.670	0.077
Chevon (goat)	0.121	0.025	0.359	0.102	0.236	0.192	
Chicken	13.635	9.744	9.208	18.355	9.741	13.106	7.518
Duck	0.291	0.085	0.494		0.891	1.091	0.113
Chicken Egg *	96.401	89.244	73.601	116.880	57.324	76.457	100.351
Duck Egg *	0.337		1.069	0.471	0.069	0.457	0.042
Fresh / pasteurized milk **	0.037	0.232	0.054				
<i>Fish and Other Marine Products</i>							
Milkfish	6.976	6.716	4.313	9.283	2.607	6.293	5.184
Tilapia	5.704	5.140	7.519	5.589	6.562	7.438	3.283
Roundscad (Galunggong)	2.952	4.841	1.721	3.724	1.408	2.105	0.764
Tuna (all species)	0.193	0.030	0.943	0.294			0.027
Dalagang bukid	0.152	0.003	0.193	0.296	0.051		0.032
Shrimp	0.497	0.369	0.469	0.874	0.127	0.080	0.046
Mussels	0.402	0.450	0.077	0.641	0.048	0.116	0.260
<i>Noodles</i>							
Bihon	0.973	0.771	0.407	1.471	0.294	0.634	0.682
Sotanghon	0.215	0.671	0.116	0.239	0.010	0.032	0.003
Pasta	0.561	0.109	0.168	1.089	0.014	0.088	0.377
Canton	0.700	0.560	1.632	0.717	0.292	0.968	0.497
Fresh miki	0.318	0.256	0.339	0.539	0.026	0.101	0.073
Instant noodles	3.484	5.051	8.961	2.982	2.581	2.719	2.346
Rice noodles (misua)	0.016	0.006	0.032	0.023	0.002	0.024	0.001
<i>Bread</i>							
Pandesal *	114.381	77.236	52.734	176.242	22.455	130.107	38.734
Sliced / loaf bread ***	9.658	3.102	6.533	15.178	5.049	4.026	9.039
Buns *	7.305	5.188	16.230	6.505	3.082	15.641	4.493

* in piece

** in liter

*** in pack

Table 2b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, CAR, 2015-2016

(in kilogram)							
Commodity	CAR	Abra	Apayao	Benguet	Ifugao	Kalinga	Mountain Province
<i>Rice and Corn</i>							
Rice (plain)	93.274	129.831	164.387	89.681	156.547	131.051	140.193
Corn	0.242	0.361	2.070	0.239	0.353	0.124	0.382
<i>Root Crops</i>							
Sweet Potato	2.623	1.124	3.597	2.681	6.513	1.607	2.846
Cassava	1.074		2.251	1.101		0.882	1.900
Gabi	1.152	0.111	1.989	1.175	0.396	1.076	1.488
White Potato	7.309	1.758	0.494	7.759	2.967	1.114	11.136
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.837	4.542	5.472	2.861	2.091	1.596	3.706
Eggplant	3.268	7.544	5.562	3.154	4.627	3.277	5.771
Chayote	4.401	0.893		4.594	6.237	1.596	7.850
Gourd (upo)	0.958	4.367	0.338	0.888	0.399	1.111	1.128
Squash	2.228	7.085	5.136	2.063	6.805	2.268	7.238
Okra	1.174	1.815	2.393	1.146	0.740	1.427	1.351
Carrots	1.404	0.517	0.410	1.496	0.950	0.172	0.853
Cabbage	4.385	2.587	2.764	4.586	3.723	1.734	2.076
Pechay	2.664	1.302	1.612	2.556	10.164	3.518	9.554
Stringbeans	2.651	4.179	4.171	2.503	5.151	4.643	2.016
Habitachelas	2.411	0.056		2.514	3.396	1.228	3.230
Mongo	0.890	0.408	0.428	0.884	0.856	1.242	0.610
Tomato	3.944	9.300	8.075	3.819	2.452	4.273	4.199
Onion	2.884	3.780	2.210	2.835	2.553	3.498	3.241
Garlic	2.200	1.510	1.489	2.286	2.123	0.914	1.891
<i>Fruits</i>							
Banana (except saba)	10.751	5.699	2.803	10.894	7.685	9.330	19.735
Saba	5.942	2.493	8.151	5.659	2.672	9.657	27.629
Mango	4.708	8.793	3.993	4.819	2.082	1.408	5.044
Pineapple	1.570	0.099		1.630	5.453	0.663	1.603
Papaya (ripe)	1.350	0.028	1.783	1.200	3.959	3.286	9.051
Calamansi	2.807	0.809	0.636	2.870	1.520	2.750	1.545
<i>Livestock and Poultry Products</i>							
Pork	18.720	18.918	14.296	19.242	12.421	9.762	18.410
Beef	3.316	5.165	0.166	3.383	0.298	2.243	0.459
Carabeef	0.020		0.393		0.752	0.314	
Chevon (goat)	0.165			0.180			
Chicken	20.794	11.939	10.521	21.786	10.755	8.676	8.135
Duck	0.026				1.608	0.323	0.289
Chicken Egg *	132.754	127.857	95.643	136.626	115.994	70.431	97.587
Duck Egg *	0.088					1.788	
Fresh / pasteurized milk **	0.008	0.449					
<i>Fish and Other Marine Products</i>							
Milkfish	8.945	9.472	2.793	9.183	7.788	4.706	9.001
Tilapia	6.373	7.370	10.495	6.376	7.916	5.474	7.312
Roundscad (Galunggong)	5.257	4.531	2.464	5.521	0.372	1.612	2.261
Tuna (all species)	0.483			0.524			0.145
Dalagang bukid	0.112	0.166		0.114			0.638
Shrimp	1.755	0.381		1.896		0.116	0.052
Mussels	0.998	0.461	0.354	1.068		0.102	0.434
<i>Noodles</i>							
Bihon	1.813	0.787	0.171	1.943	0.455	0.158	0.459
Sotanghon	0.427	0.817	1.086	0.438	0.397	0.060	0.286
Pasta	1.622	0.051		1.764			0.014
Canton	0.293	0.759		0.256	0.146	0.871	0.087
Fresh miki	0.962	0.724		1.027		0.111	
Instant noodles	2.728	3.331	17.704	2.703	2.814	2.184	3.017
Rice noodles (misua)	0.001	0.039	0.022				
<i>Bread</i>							
Pandesal *	244.289	164.941	90.731	253.239	72.162	139.545	175.261
Sliced / loaf bread ***	13.761	5.446	9.316	14.518	9.542	3.724	10.222
Buns *	7.136	3.248		6.946	3.152	13.574	1.874

* in piece

** in liter

*** in pack

Table 2c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, CAR, 2015-2016

(in kilogram)							
Commodity	CAR	Abra	Apayao	Benguet	Ifugao	Kalinga	Mountain Province
<i>Rice and Corn</i>							
Rice (plain)	131.190	120.165	154.818	114.023	142.919	168.991	129.746
Corn	0.499	0.555	0.867	0.376	0.565	0.183	0.798
<i>Root Crops</i>							
Sweet Potato	3.397	1.692	2.894	4.003	5.030	2.244	3.557
Cassava	1.226	1.028	3.104	0.617	1.309	1.565	1.702
Gabi	1.141	0.377	1.643	1.021	2.135	1.355	0.899
White Potato	4.956	0.482	0.587	8.392	1.465	1.261	10.862
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	3.150	4.472	4.030	3.140	3.415	2.311	1.607
Eggplant	4.716	7.853	5.667	3.194	4.636	5.590	3.598
Chayote	6.002	0.140	0.240	8.164	6.318	2.443	13.556
Gourd (upo)	1.447	5.193	2.476	0.340	0.950	0.824	0.298
Squash	4.221	3.738	1.971	2.956	6.765	3.831	6.992
Okra	1.034	1.534	1.294	0.999	0.817	1.276	0.375
Carrots	0.781	0.157	0.292	1.487	0.331	0.293	0.886
Cabbage	2.859	2.226	2.664	3.862	2.705	1.301	2.747
Pechay	3.653	0.814	1.496	4.079	5.561	2.554	6.188
Stringbeans	3.141	3.939	4.584	1.971	5.287	4.269	1.170
Habitchuelas	1.745	0.043	0.660	2.031	2.287	1.370	3.442
Mongo	1.096	1.121	0.831	0.874	1.080	2.028	0.913
Tomato	4.218	7.396	4.215	3.977	2.657	4.348	2.428
Onion	2.909	3.726	3.214	3.594	1.522	2.788	1.515
Garlic	1.332	1.311	1.579	1.684	0.875	1.001	1.099
<i>Fruits</i>							
Banana (except saba)	11.523	4.071	7.201	11.507	16.723	16.737	12.608
Saba	6.889	4.572	10.867	2.414	5.240	13.748	14.700
Mango	4.756	8.208	3.958	5.263	3.711	2.202	3.073
Pineapple	1.423	0.238	0.887	1.827	2.824	0.902	1.132
Papaya (ripe)	3.788	2.193	2.851	3.508	4.734	7.424	2.543
Calamansi	1.493	0.421	1.563	2.073	1.325	1.646	1.295
<i>Livestock and Poultry Products</i>							
Pork	12.452	11.845	13.450	13.846	10.387	12.324	11.322
Beef	1.305	1.886	1.402	1.755	0.761	1.033	0.186
Carabeef	0.236	0.055	0.184	0.029	0.734	0.694	0.078
Chevon (goat)	0.113	0.026	0.361	0.067	0.237	0.205	
Chicken	12.379	9.703	9.200	16.801	9.735	13.403	7.512
Duck	0.337	0.087	0.497		0.887	1.142	0.112
Chicken Egg *	90.021	88.533	73.464	107.937	56.973	76.861	100.376
Duck Egg *	0.381		1.076	0.684	0.069	0.368	0.042
Fresh / pasteurized milk **	0.042	0.228	0.054				
<i>Fish and Other Marine Products</i>							
Milkfish	6.630	6.666	4.322	9.329	2.576	6.400	5.150
Tilapia	5.586	5.099	7.501	5.233	6.554	7.570	3.248
Roundscad (Galunggong)	2.547	4.847	1.716	2.910	1.414	2.138	0.751
Tuna (all species)	0.142	0.030	0.949	0.190			0.026
Dalagang bukid	0.159		0.194	0.378	0.051		0.027
Shrimp	0.276	0.368	0.472	0.412	0.128	0.078	0.046
Mussels	0.297	0.450	0.076	0.447	0.048	0.117	0.259
<i>Noodles</i>							
Bihon	0.826	0.771	0.408	1.257	0.293	0.666	0.684
Sotanghon	0.178	0.668	0.110	0.149	0.008	0.031	
Pasta	0.375	0.110	0.169	0.784	0.014	0.094	0.380
Canton	0.772	0.556	1.642	0.925	0.293	0.975	0.501
Fresh miki	0.205	0.247	0.341	0.318	0.026	0.100	0.074
Instant noodles	3.616	5.083	8.907	3.108	2.579	2.754	2.340
Rice noodles (misua)	0.019	0.006	0.032	0.033	0.002	0.025	0.001
<i>Bread</i>							
Pandesal *	91.584	75.620	52.499	141.373	22.158	129.474	37.524
Sliced / loaf bread ***	8.938	3.059	6.516	15.478	5.023	4.046	9.029
Buns *	7.334	5.224	16.331	6.306	3.081	15.780	4.516

* in piece

** in liter

*** in pack

Table 3a. Estimated annual per capita consumption by commodity, by province,
All Barangays, Ilocos Region, 2015-2016

(in kilogram)

Commodity	Ilocos Region	Ilocos Norte	Ilocos Sur	La Union	Pangasinan
<i>Rice and Corn</i>					
Rice (plain)	124.831	123.210	123.611	125.151	125.316
Corn	0.326	0.497	0.459	0.264	0.282
<i>Root Crops</i>					
Sweet Potato	2.366	3.312	3.416	2.448	1.918
Cassava	0.767	0.838	1.044	0.871	0.655
Gabi	0.554	2.174	0.303	0.587	0.303
White Potato	1.827	1.316	4.123	2.291	1.233
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	3.297	3.691	2.709	2.843	3.508
Eggplant	5.961	6.043	6.568	4.722	6.201
Chayote	0.998	0.236	1.493	1.437	0.881
Gourd (upo)	2.191	2.352	2.170	2.384	2.103
Squash	2.927	4.531	2.676	2.125	2.945
Okra	1.874	2.550	2.253	1.813	1.680
Carrots	0.570	0.402	0.583	0.676	0.565
Cabbage	1.568	2.072	3.478	2.376	0.767
Pechay	0.964	0.643	0.748	0.799	1.127
Stringbeans	3.244	4.604	5.158	4.016	2.295
Habitchuelas	0.341	0.061	0.920	0.793	0.112
Mongo	1.448	0.899	1.150	1.141	1.719
Tomato	6.003	7.867	7.512	4.183	5.886
Onion	2.452	2.007	3.542	2.847	2.151
Garlic	1.158	1.118	1.424	1.227	1.081
<i>Fruits</i>					
Banana (except saba)	7.480	10.369	9.025	9.716	5.864
Saba	1.710	2.955	3.764	2.101	0.870
Mango	2.531	4.281	3.832	2.308	1.971
Pineapple	0.267	0.406	0.593	0.473	0.099
Papaya (ripe)	0.826	1.561	1.355	0.692	0.608
Calamansi	1.392	1.223	2.905	1.752	0.952
<i>Livestock and Poultry Products</i>					
Pork	12.705	17.740	14.381	15.659	10.430
Beef	1.864	4.352	3.280	1.871	1.066
Carabeef	0.126	0.199	0.457	0.232	
Chevon (goat)	0.193	0.629	0.233	0.098	0.134
Chicken	9.810	11.862	10.055	11.819	8.728
Duck	0.275	0.993	0.185	0.356	0.136
Chicken Egg *	97.687	96.661	114.721	109.392	90.115
Duck Egg *	0.863	1.092	1.345	0.375	0.864
Fresh / pasteurized milk **	0.017		0.033	0.053	0.006
<i>Fish and Other Marine Products</i>					
Milkfish	7.967	4.197	5.580	7.601	9.345
Tilapia	7.578	7.664	7.305	4.574	8.590
Roundscad (Galunggong)	4.378	5.129	3.743	6.561	3.688
Tuna (all species)	1.182	3.172	1.692	2.977	0.118
Dalagang bukid	0.120	0.261	0.249	0.043	0.089
Shrimp	0.463	0.661	0.275	0.760	0.376
Mussels	0.406	0.446	1.056	0.712	0.148
<i>Noodles</i>					
Bihon	0.489	0.497	0.937	0.789	0.286
Sotanghon	0.197	0.144	0.439	0.525	0.045
Pasta	0.089	0.100	0.339	0.062	0.037
Canton	0.144	0.367	0.520	0.072	0.037
Fresh miki	0.246	0.476	0.561	0.564	0.027
Instant noodles	3.184	3.367	4.720	3.503	2.687
Rice noodles (misua)	0.058	0.010	0.133	0.116	0.031
<i>Bread</i>					
Pandesal *	125.580	196.526	216.774	169.505	76.884
Sliced / loaf bread ***	6.321	8.785	8.026	7.840	4.977
Buns *	23.814	18.365	21.782	31.550	22.821

* in piece

** in liter

*** in pack

Table 3b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Ilocos Region, 2015-2016

(in kilogram)

Commodity	Ilocos Region	Ilocos Norte	Ilocos Sur	La Union	Pangasinan
<i>Rice and Corn</i>					
Rice (plain)	128.968	122.509	116.386	110.829	134.032
Corn	0.279	0.806	0.272	0.915	0.108
<i>Root Crops</i>					
Sweet Potato	1.055	3.053	1.730	1.775	0.622
Cassava	0.216	0.445	0.253		0.220
Gabi	0.446	1.847	0.461	0.827	0.207
White Potato	2.334	2.993	2.376	2.469	2.226
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	3.080	4.568	3.603	3.533	2.769
Eggplant	4.701	5.439	5.990	5.652	4.324
Chayote	1.780	0.287	1.350	3.469	1.725
Gourd (upo)	2.401	3.502	2.464	2.547	2.234
Squash	3.218	5.925	1.448	3.734	2.972
Okra	1.550	2.454	1.690	1.461	1.440
Carrots	0.967	0.603	0.269	1.367	1.014
Cabbage	1.284	2.551	3.244	1.915	0.830
Pechay	0.980	1.269	0.602	1.499	0.895
Stringbeans	2.743	5.020	4.081	3.735	2.165
Habitchuelas	0.189	0.093	0.372	0.191	0.182
Mongo	1.473	0.548	0.795	1.386	1.668
Tomato	5.771	8.660	7.586	4.462	5.454
Onion	1.816	1.975	3.422	3.045	1.434
Garlic	0.852	1.128	1.080	1.163	0.744
<i>Fruits</i>					
Banana (except saba)	7.012	12.981	13.166	11.370	4.943
Saba	1.478	4.003	2.416	2.957	0.827
Mango	3.141	7.128	1.166	4.062	2.689
Pineapple	0.153		0.557	0.940	
Papaya (ripe)	0.183	0.811	0.527	0.616	
Calamansi	1.296	2.385	2.498	1.795	0.960
<i>Livestock and Poultry Products</i>					
Pork	13.484	16.791	14.306	15.582	12.644
Beef	1.769	4.291	3.141	2.766	1.156
Carabeef	0.084	0.895	0.060		
Chevon (goat)	0.573	1.849	0.061		0.561
Chicken	9.920	13.458	10.449	13.712	8.799
Duck	0.019	0.213			
Chicken Egg *	99.905	116.127	125.093	117.820	92.433
Duck Egg *	0.287	1.298			0.239
Fresh / pasteurized milk **	0.093		0.440	0.141	0.063
<i>Fish and Other Marine Products</i>					
Milkfish	9.581	6.019	5.033	10.321	10.345
Tilapia	8.421	10.288	8.278	7.417	8.373
Roundscad (Galunggong)	4.787	5.033	3.551	6.466	4.598
Tuna (all species)	0.695	0.494	2.716	2.192	0.271
Dalagang bukid	0.269	0.436	0.931		0.228
Shrimp	0.688	1.184	0.271	1.355	0.556
Mussels	0.232	1.028	1.396	0.348	
<i>Noodles</i>					
Bihon	0.410	0.825	0.806	1.807	0.087
Sotanghon	0.249	0.847	0.543	0.933	0.031
Pasta	0.056	0.232	0.362	0.083	
Canton	0.084	0.801	0.058	0.071	
Fresh miki	0.199	0.435	0.999	0.558	0.031
Instant noodles	2.435	3.220	5.975	2.930	1.907
Rice noodles (misua)	0.111		0.552	0.573	0.005
<i>Bread</i>					
Pandesal *	109.217	250.389	271.076	159.086	67.552
Sliced / loaf bread ***	12.396	5.675	9.616	19.209	12.360
Buns *	14.177	6.571	37.122	19.047	12.046

* in piece

** in liter

*** in pack

Table 3c. Estimated annual per capita consumption by commodity, by province,
Rural Barangays, Ilocos Region, 2015-2016

(in kilogram)

Commodity	Ilocos Region	Ilocos Norte	Ilocos Sur	La Union	Pangasinan
<i>Rice and Corn</i>					
Rice (plain)	124.513	123.254	123.891	125.850	124.460
Corn	0.329	0.478	0.467	0.232	0.299
<i>Root Crops</i>					
Sweet Potato	2.467	3.328	3.482	2.481	2.045
Cassava	0.809	0.863	1.075	0.914	0.697
Gabi	0.563	2.194	0.297	0.576	0.312
White Potato	1.788	1.209	4.191	2.283	1.135
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	3.314	3.636	2.675	2.809	3.580
Eggplant	6.058	6.081	6.590	4.677	6.385
Chayote	0.937	0.233	1.499	1.338	0.798
Gourd (upo)	2.175	2.280	2.159	2.376	2.091
Squash	2.904	4.443	2.724	2.046	2.943
Okra	1.899	2.556	2.274	1.830	1.703
Carrots	0.540	0.389	0.595	0.642	0.521
Cabbage	1.590	2.041	3.487	2.399	0.760
Pechay	0.963	0.604	0.754	0.765	1.150
Stringbeans	3.283	4.578	5.200	4.030	2.307
Habitchuelas	0.353	0.059	0.941	0.822	0.106
Mongo	1.447	0.921	1.163	1.129	1.724
Tomato	6.021	7.817	7.509	4.169	5.929
Onion	2.500	2.009	3.547	2.838	2.221
Garlic	1.182	1.117	1.437	1.230	1.114
<i>Fruits</i>					
Banana (except saba)	7.516	10.204	8.865	9.635	5.955
Saba	1.727	2.889	3.817	2.060	0.874
Mango	2.484	4.101	3.936	2.222	1.901
Pineapple	0.276	0.431	0.594	0.450	0.109
Papaya (ripe)	0.875	1.608	1.387	0.696	0.668
Calamansi	1.399	1.150	2.921	1.750	0.951
<i>Livestock and Poultry Products</i>					
Pork	12.645	17.800	14.384	15.662	10.213
Beef	1.871	4.356	3.286	1.827	1.058
Carabeef	0.129	0.155	0.473	0.243	
Chevon (goat)	0.164	0.551	0.240	0.103	0.092
Chicken	9.802	11.762	10.040	11.727	8.721
Duck	0.294	1.042	0.192	0.373	0.150
Chicken Egg *	97.516	95.431	114.318	108.981	89.888
Duck Egg *	0.908	1.079	1.397	0.394	0.926
Fresh / pasteurized milk **	0.012		0.017	0.048	
<i>Fish and Other Marine Products</i>					
Milkfish	7.843	4.081	5.601	7.469	9.247
Tilapia	7.514	7.499	7.267	4.436	8.612
Roundscad (Galunggong)	4.347	5.135	3.751	6.566	3.598
Tuna (all species)	1.220	3.342	1.652	3.015	0.103
Dalagang bukid	0.109	0.249	0.223	0.045	0.075
Shrimp	0.446	0.628	0.275	0.731	0.358
Mussels	0.420	0.410	1.043	0.730	0.163
<i>Noodles</i>					
Bihon	0.495	0.477	0.942	0.739	0.306
Sotanghon	0.193	0.100	0.435	0.505	0.047
Pasta	0.091	0.091	0.338	0.061	0.041
Canton	0.149	0.339	0.538	0.072	0.041
Fresh miki	0.249	0.479	0.544	0.564	0.026
Instant noodles	3.242	3.376	4.671	3.531	2.763
Rice noodles (misua)	0.054	0.011	0.117	0.093	0.033
<i>Bread</i>					
Pandesal *	126.836	193.121	214.666	170.013	77.800
Sliced / loaf bread ***	5.855	8.982	7.964	7.285	4.252
Buns *	24.554	19.110	21.186	32.161	23.879

* in piece

** in liter

*** in pack

Table 4a. Estimated annual per capita consumption by commodity, by province, All Barangays, Cagayan Valley, 2015-2016

(in kilogram)

Commodity	Cagayan Valley	Batanes	Cagayan	Isabela	Nueva Vizcaya	Quirino
<i>Rice and Corn</i>						
Rice (plain)	123.490	114.398	125.118	120.405	129.635	120.270
Corn	1.208	0.908	1.390	1.357	0.735	0.513
<i>Root Crops</i>						
Sweet Potato	3.493	10.473	3.994	2.029	6.171	3.028
Cassava	2.079	1.590	2.011	1.313	3.144	4.735
Gabi	2.594	1.277	2.132	2.492	3.259	4.078
White Potato	1.410	0.161	0.628	1.149	3.837	1.175
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	3.347	3.391	2.926	3.910	2.653	3.650
Eggplant	6.670	4.294	6.686	7.538	4.275	7.196
Chayote	1.164	0.175	0.630	0.709	3.310	1.566
Gourd (upo)	1.728	1.136	2.299	1.260	1.637	2.041
Squash	3.207	3.060	2.491	3.040	4.539	4.662
Okra	1.853	1.230	1.624	2.015	1.926	1.863
Carrots	0.436	0.488	0.306	0.452	0.722	0.286
Cabbage	2.634	4.814	2.768	2.429	3.219	1.621
Pechay	2.376	5.060	2.015	2.349	3.342	1.786
Stringbeans	3.974	2.326	4.233	3.766	3.864	4.368
Habitchuelas	0.684	0.337	0.483	0.258	2.019	1.155
Mongo	1.763	0.912	1.414	2.293	1.294	1.404
Tomato	4.958	2.335	4.736	5.203	5.184	4.185
Onion	3.401	3.741	2.916	3.943	3.141	3.059
Garlic	1.709	2.878	1.450	1.911	1.758	1.528
<i>Fruits</i>						
Banana (except saba)	10.345	11.433	8.842	9.402	15.554	11.070
Saba	7.335	3.964	7.430	5.595	11.372	8.206
Mango	3.175	2.839	3.487	2.889	3.300	3.100
Pineapple	1.048	0.124	0.371	1.170	2.047	1.346
Papaya (ripe)	1.987	3.711	1.627	1.002	4.717	3.213
Calamansi	1.607	1.428	1.351	1.567	1.899	2.477
<i>Livestock and Poultry Products</i>						
Pork	14.034	12.182	12.840	15.100	14.223	13.051
Beef	1.386	5.069	0.876	1.806	1.336	1.150
Carabeef	0.634	1.454	1.299	0.315	0.233	0.169
Chevon (goat)	0.137	0.357	0.238	0.061	0.135	0.087
Chicken	10.647	4.425	9.856	11.373	10.943	9.848
Duck	0.721	0.041	0.455	1.077	0.300	0.917
Chicken Egg *	95.503	81.221	79.269	103.113	117.677	76.513
Duck Egg *	2.012	0.484	3.587	1.416	0.920	0.539
Fresh / pasteurized milk **	0.120		0.095	0.134	0.069	0.306
<i>Fish and Other Marine Products</i>						
Milkfish	5.414	0.904	5.183	4.836	7.268	6.062
Tilapia	8.392	0.200	7.672	9.009	8.604	8.292
Roundscad (Galunggong)	3.404	3.931	2.680	4.043	2.945	4.162
Tuna (all species)	0.607	3.314	1.562	0.079	0.103	0.096
Dalagang bukid	0.171	1.360	0.337	0.088	0.053	0.044
Shrimp	0.252	0.103	0.487	0.141	0.114	0.110
Mussels	0.294	0.034	0.240	0.345	0.250	0.383
<i>Noodles</i>						
Bihon	0.848	0.801	0.605	0.758	1.516	1.017
Sotanghon	0.135	0.388	0.135	0.090	0.186	0.276
Pasta	0.155	0.241	0.103	0.175	0.219	0.132
Canton	0.320	0.276	0.661	0.106	0.154	0.345
Fresh miki	0.855	0.074	1.049	0.932	0.495	0.328
Instant noodles	3.574	1.946	3.182	3.750	4.234	2.960
Rice noodles (misua)	0.056	0.046	0.082	0.045	0.045	0.027
<i>Bread</i>						
Pandesal *	150.861	77.034	122.849	156.640	197.136	149.255
Sliced / loaf bread ***	4.158	5.728	3.023	3.936	7.527	2.909
Buns *	44.835	110.407	18.259	70.528	39.069	26.566

* in piece

** in liter

*** in pack

Table 4b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Cagayan Valley, 2015-2016

(in kilogram)

Commodity	Cagayan Valley	Batanes	Cagayan	Isabela	Nueva Vizcaya	Quirino
<i>Rice and Corn</i>						
Rice (plain)	125.639	97.919	120.885	128.738	116.426	121.579
Corn	0.465	0.126	0.367	0.478	0.720	0.399
<i>Root Crops</i>						
Sweet Potato	2.384	8.808	3.221	1.895	3.163	3.813
Cassava	0.336	2.024	1.022	0.046	0.170	2.655
Gabi	1.414	1.080	1.444	1.292	2.450	1.686
White Potato	1.788	0.156	0.963	1.752	5.105	1.518
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	3.478	3.639	3.836	3.471	2.281	3.778
Eggplant	5.495	4.467	5.957	5.492	4.088	5.650
Chayote	1.543	0.154	2.340	1.119	3.117	1.115
Gourd (upo)	1.133	0.937	1.629	0.929	1.206	2.334
Squash	2.753	2.559	4.304	2.162	2.990	3.806
Okra	0.984	2.152	1.230	0.801	1.592	1.882
Carrots	0.811	0.385	0.625	0.766	1.869	1.021
Cabbage	4.773	6.278	4.603	4.978	3.608	2.618
Pechay	4.873	5.300	4.394	5.172	4.246	1.233
Stringbeans	4.712	2.369	3.804	5.237	3.214	3.991
Habitchuellas	0.341	0.062	0.668	0.051	1.939	0.711
Mongo	1.539	0.637	1.159	1.719	1.310	0.981
Tomato	7.157	2.271	9.007	6.729	5.902	5.542
Onion	3.797	3.462	2.954	4.199	2.903	3.557
Garlic	1.847	3.421	2.257	1.720	1.539	1.521
<i>Fruits</i>						
Banana (except saba)	8.640	7.001	11.355	6.624	17.595	15.152
Saba	6.016	0.308	4.547	6.195	10.161	4.540
Mango	2.043	5.309	1.986	2.044	1.881	1.721
Pineapple	1.506	0.308	1.899	1.193	3.261	1.617
Papaya (ripe)	0.996	4.581	2.109	0.112	5.074	1.494
Calamansi	1.343	2.308	0.784	1.349	2.788	2.723
<i>Livestock and Poultry Products</i>						
Pork	19.356	15.809	20.236	19.847	12.664	16.978
Beef	3.176	4.512	2.337	3.655	1.409	2.592
Carabeef	0.602	1.555	0.848	0.575		0.208
Chevon (goat)	0.153		0.100	0.189		0.185
Chicken	14.366	8.479	14.893	14.829	9.315	12.462
Duck	0.819			1.197	0.094	0.825
Chicken Egg *	140.133	89.618	156.621	137.075	126.251	105.280
Duck Egg *	0.079		0.335			
Fresh / pasteurized milk **	0.222			0.304	0.094	0.933
<i>Fish and Other Marine Products</i>						
Milkfish	9.114	1.248	7.864	9.876	6.921	10.013
Tilapia	9.190		11.123	8.928	5.599	13.500
Roundscad (Galunggong)	4.034	5.661	4.112	4.160	2.535	3.212
Tuna (all species)	0.663	3.975	1.997	0.187	0.356	0.318
Dalagang bukid	0.340	1.667	1.321		0.093	0.409
Shrimp	0.297	0.316	0.792	0.121	0.311	0.231
Mussels	0.334		1.347		0.160	0.226
<i>Noodles</i>						
Bihon	0.924	1.296	0.315	1.073	1.651	0.106
Sotanghon	0.122	0.031	0.071	0.117	0.295	0.412
Pasta	0.331	0.207	0.563	0.275	0.159	0.045
Canton	0.230	0.439	0.709	0.062	0.175	0.314
Fresh miki	0.591	0.231	0.730	0.519	0.953	
Instant noodles	4.061	2.287	3.674	4.251	3.839	3.734
Rice noodles (misua)	0.112	0.154	0.048	0.136	0.111	
<i>Bread</i>						
Pandesal *	219.317	139.445	190.269	230.332	229.864	174.972
Sliced / loaf bread ***	5.106	12.319	8.300	3.912	4.392	7.576
Buns *	57.277	71.489	11.654	74.178	52.825	32.553

* in piece

** in liter

*** in pack

Table 4c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Cagayan Valley, 2015-2016

(in kilogram)

Commodity	Cagayan Valley	Batanes	Cagayan	Isabela	Nueva Vizcaya	Quirino
<i>Rice and Corn</i>						
Rice (plain)	123.328	116.494	125.335	119.361	130.050	120.253
Corn	1.264	1.007	1.442	1.467	0.736	0.515
<i>Root Crops</i>						
Sweet Potato	3.576	10.685	4.034	2.046	6.265	3.017
Cassava	2.211	1.534	2.061	1.472	3.237	4.763
Gabi	2.683	1.302	2.167	2.642	3.285	4.110
White Potato	1.381	0.161	0.611	1.073	3.797	1.170
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	3.338	3.360	2.879	3.965	2.664	3.648
Eggplant	6.759	4.272	6.724	7.795	4.281	7.217
Chayote	1.135	0.178	0.542	0.658	3.316	1.572
Gourd (upo)	1.773	1.161	2.334	1.302	1.650	2.038
Squash	3.241	3.123	2.398	3.150	4.588	4.673
Okra	1.919	1.112	1.645	2.167	1.937	1.863
Carrots	0.408	0.501	0.290	0.413	0.686	0.276
Cabbage	2.473	4.627	2.674	2.109	3.207	1.608
Pechay	2.187	5.029	1.893	1.995	3.314	1.794
Stringbeans	3.918	2.321	4.255	3.582	3.885	4.374
Habitachelas	0.710	0.372	0.474	0.284	2.022	1.161
Mongo	1.780	0.946	1.427	2.365	1.294	1.409
Tomato	4.792	2.343	4.516	5.012	5.162	4.167
Onion	3.371	3.776	2.914	3.911	3.148	3.052
Garlic	1.698	2.808	1.408	1.935	1.765	1.528
<i>Fruits</i>						
Banana (except saba)	10.474	11.997	8.713	9.751	15.490	11.015
Saba	7.435	4.429	7.578	5.520	11.410	8.255
Mango	3.260	2.525	3.564	2.995	3.345	3.118
Pineapple	1.013	0.100	0.292	1.167	2.008	1.342
Papaya (ripe)	2.062	3.600	1.602	1.114	4.706	3.236
Calamansi	1.627	1.316	1.380	1.595	1.871	2.474
<i>Livestock and Poultry Products</i>						
Pork	13.631	11.721	12.460	14.505	14.272	12.998
Beef	1.250	5.140	0.801	1.574	1.333	1.130
Carabeef	0.636	1.441	1.322	0.282	0.241	0.169
Chevon (goat)	0.136	0.402	0.245	0.045	0.139	0.086
Chicken	10.365	3.910	9.598	10.940	10.994	9.813
Duck	0.713	0.046	0.479	1.062	0.306	0.919
Chicken Egg *	92.129	80.153	75.293	98.856	117.408	76.127
Duck Egg *	2.158	0.545	3.754	1.594	0.949	0.546
Fresh / pasteurized milk **	0.113		0.100	0.112	0.068	0.298
<i>Fish and Other Marine Products</i>						
Milkfish	5.135	0.860	5.045	4.205	7.279	6.009
Tilapia	8.331	0.225	7.495	9.020	8.699	8.223
Roundscad (Galunggong)	3.357	3.711	2.607	4.028	2.957	4.175
Tuna (all species)	0.603	3.230	1.540	0.065	0.096	0.093
Dalagang bukid	0.159	1.320	0.287	0.100	0.051	0.039
Shrimp	0.249	0.076	0.471	0.144	0.108	0.108
Mussels	0.291	0.038	0.183	0.388	0.253	0.385
<i>Noodles</i>						
Bihon	0.842	0.738	0.620	0.719	1.512	1.029
Sotanghon	0.136	0.433	0.138	0.087	0.183	0.274
Pasta	0.142	0.246	0.079	0.163	0.221	0.133
Canton	0.327	0.255	0.659	0.112	0.154	0.346
Fresh miki	0.875	0.054	1.065	0.983	0.481	0.333
Instant noodles	3.537	1.902	3.157	3.687	4.246	2.949
Rice noodles (misua)	0.052	0.032	0.084	0.034	0.042	0.027
<i>Bread</i>						
Pandesal *	145.686	69.096	119.384	147.404	196.107	148.910
Sliced / loaf bread ***	4.086	4.890	2.752	3.939	7.625	2.846
Buns *	43.894	115.357	18.598	70.071	38.636	26.486

* in piece

** in liter

*** in pack

Table 5a. Estimated annual per capita consumption by commodity, by province, All Barangays, Central Luzon, 2015-2016

(in kilogram)								
Commodity	Central Luzon	Aurora	Bataan	Bulacan	Nueva Ecija	Pampanga	Tarlac	Zambales
<i>Rice and Corn</i>								
Rice (plain)	110.964	124.194	103.120	103.894	117.423	108.302	112.071	126.680
Corn	0.455	0.240	1.656	0.416	0.284	0.560	0.194	0.194
<i>Root Crops</i>								
Sweet Potato	3.230	5.446	2.172	2.854	3.056	2.963	3.098	5.537
Cassava	0.913	3.766	0.349	0.542	0.661	1.206	0.677	1.841
Gabi	1.198	2.478	1.127	0.671	1.585	1.660	1.043	1.066
White Potato	1.661	0.605	1.419	1.838	1.737	1.391	1.442	2.181
<i>Vegetables, Legumes and Condiments</i>								
Ampalaya	2.978	3.005	3.397	2.768	2.586	2.775	3.054	4.430
Eggplant	4.317	4.667	3.597	4.325	5.240	2.853	4.804	5.243
Chayote	1.159	0.696	1.223	0.990	0.589	2.231	0.772	1.217
Gourd (upo)	1.445	2.631	1.323	1.612	1.852	0.536	0.841	2.263
Squash	1.718	3.714	1.937	1.474	1.527	1.399	2.403	2.035
Okra	1.258	2.066	1.349	1.014	1.410	0.789	1.754	1.830
Carrots	0.600	0.395	0.731	0.627	0.464	0.528	0.503	0.987
Cabbage	1.811	1.572	1.543	1.330	1.724	3.284	1.095	1.658
Pechay	1.521	0.946	0.891	1.807	1.856	1.028	1.354	1.699
Stringbeans	1.843	2.197	1.596	1.335	2.204	1.663	2.888	2.078
Habitchuelas	0.207	0.145	0.203	0.061	0.176	0.287	0.152	0.662
Mongo	0.745	1.163	0.726	0.401	0.926	0.555	0.945	1.540
Tomato	4.651	4.113	3.445	4.283	5.656	3.577	6.906	4.587
Onion	3.235	3.118	3.749	3.384	2.850	3.221	3.266	3.179
Garlic	1.924	1.382	2.481	2.368	1.300	1.794	1.880	1.792
<i>Fruits</i>								
Banana (except saba)	10.044	5.392	9.875	10.702	8.322	10.578	10.486	11.292
Saba	2.802	6.195	3.685	3.236	2.979	1.806	1.875	2.370
Mango	4.714	2.831	5.222	5.249	4.698	2.300	2.414	10.384
Pineapple	0.714	0.811	0.376	0.767	1.313	0.250	0.612	0.592
Papaya (ripe)	1.331	2.045	1.032	1.579	1.371	0.716	1.166	1.836
Calamansi	1.762	2.387	1.389	2.011	1.652	1.502	1.674	1.862
<i>Livestock and Poultry Products</i>								
Pork	12.445	10.571	10.300	13.871	11.815	10.434	14.155	13.306
Beef	1.059	2.132	1.068	0.772	0.761	0.908	0.997	2.609
Carabeef	0.160	0.130	0.025	0.056	0.452	0.041	0.303	0.108
Chevon (goat)	0.181	0.371	0.109	0.007	0.199	0.400	0.270	0.175
Chicken	12.051	6.657	12.389	13.821	9.905	13.343	11.322	10.174
Duck	0.375	0.343	0.252	0.024	1.333	0.402	0.051	0.005
Chicken Egg *	109.146	102.005	117.001	122.230	118.463	76.640	117.359	100.316
Duck Egg *	2.465	1.031	3.974	1.090	3.564	5.050	0.184	1.425
Fresh / pasteurized milk **	0.583		0.098	0.629	0.667	0.562	0.719	0.680
<i>Fish and Other Marine Products</i>								
Milkfish	6.932	5.374	7.943	7.484	4.737	7.968	7.877	6.188
Tilapia	9.276	4.929	9.935	9.026	7.795	12.847	8.598	7.529
Roundscad (Galunggong)	4.141	2.720	2.915	4.423	4.347	3.891	4.065	4.693
Tuna (all species)	0.834	3.832	1.492	0.487	0.185	0.066	0.211	4.041
Dalagang bukid	0.772	0.333	0.043	0.822	0.684	1.089	0.484	1.112
Shrimp	1.314	0.733	2.073	2.027	0.640	1.307	0.370	0.997
Mussels	0.555	0.461	0.544	0.367	1.115	0.469	0.702	0.109
<i>Noodles</i>								
Bihon	0.714	0.757	1.107	0.657	0.803	0.577	0.213	1.227
Sotanghon	0.121	0.498	0.229	0.046	0.139	0.093	0.131	0.182
Pasta	0.439	0.180	0.542	0.833	0.410	0.106	0.113	0.232
Canton	0.231	0.179	0.209	0.268	0.314	0.201	0.130	0.143
Fresh miki	0.206	0.232	0.164	0.202	0.273	0.232	0.036	0.234
Instant noodles	2.694	2.724	1.993	2.373	4.003	1.862	3.399	2.526
Rice noodles (misua)	0.088	0.113	0.160	0.054	0.040	0.054	0.039	0.357
<i>Bread</i>								
Pandesal *	214.876	154.251	268.510	238.430	134.137	207.055	179.796	330.161
Sliced / loaf bread ***	4.376	1.804	4.258	4.862	5.187	2.946	4.390	4.845
Buns *	41.361	43.006	39.400	31.283	57.054	16.028	79.829	52.665

* in piece

** in liter

*** in pack

Table 5b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Central Luzon, 2015-2016

(in kilogram)								
Commodity	Central Luzon	Aurora	Bataan	Bulacan	Nueva Ecija	Pampanga	Tarlac	Zambales
<i>Rice and Corn</i>								
Rice (plain)	111.303	116.597	106.270	97.330	115.071	113.945	108.574	140.494
Corn	0.565	0.131	1.811	0.112	0.579	0.863	0.086	0.253
<i>Root Crops</i>								
Sweet Potato	3.577	4.048	1.983	2.893	3.220	3.197	2.108	7.537
Cassava	0.969	2.103	0.128	0.325	0.949	1.186	0.389	2.644
Gabi	1.296	1.154	1.035	0.288	3.486	1.826	0.365	1.474
White Potato	2.147	0.296	1.713	2.110	3.080	1.838	1.460	2.766
<i>Vegetables, Legumes and Condiments</i>								
Ampalaya	3.361	3.812	2.749	3.200	2.982	2.912	2.857	5.477
Eggplant	4.147	5.081	4.004	3.902	4.536	3.138	2.618	7.135
Chayote	1.683	0.331	1.685	1.414	0.708	2.317	0.524	1.627
Gourd (upo)	1.360	2.024	2.231	0.989	2.277	0.577	1.038	3.018
Squash	1.824	0.863	2.383	1.503	2.270	1.430	1.272	2.985
Okra	1.219	1.082	1.607	0.771	1.500	0.824	1.040	2.845
Carrots	0.765	0.123	0.996	0.847	0.504	0.604	0.263	1.021
Cabbage	2.265	0.856	2.325	1.469	2.342	3.694	0.895	0.990
Pechay	1.207	1.241	1.359	1.285	1.506	1.012	1.093	1.206
Stringbeans	1.598	1.350	1.960	1.006	1.715	1.710	1.326	2.526
Habitchuelas	0.326	0.114	0.322	0.143	0.074	0.313	0.049	1.000
Mongo	0.755	0.786	0.837	0.383	1.207	0.535	1.109	1.805
Tomato	4.206	4.014	4.447	3.241	5.901	4.039	6.100	5.528
Onion	3.478	2.457	4.403	3.031	3.705	3.780	2.447	3.291
Garlic	2.017	1.736	2.520	2.090	1.551	1.928	0.831	2.170
<i>Fruits</i>								
Banana (except saba)	11.067	5.625	11.275	9.457	13.293	11.130	9.193	13.666
Saba	3.026	6.473	4.403	2.278	6.774	2.378	1.247	3.405
Mango	5.146	1.829	7.017	3.971	3.676	2.940	1.567	13.378
Pineapple	0.785	0.632	0.658	1.263	0.554	0.225	0.392	1.197
Papaya (ripe)	1.437	4.105	1.671	0.765	4.461	0.851	1.508	2.418
Calamansi	1.990	1.699	1.723	1.854	2.234	2.069	2.021	2.157
<i>Livestock and Poultry Products</i>								
Pork	12.791	11.831	9.672	13.804	16.456	10.685	12.766	14.948
Beef	1.321	0.814	1.416	0.958	1.964	0.846	0.896	2.922
Carabeef	0.066		0.071	0.072	0.269	0.027		0.022
Chevon (goat)	0.195	0.305		0.024	0.228	0.493	0.062	0.039
Chicken	13.738	7.486	12.507	14.378	15.635	14.444	8.904	10.829
Duck	0.406	0.193	0.093	0.043	2.322	0.567		
Chicken Egg *	109.409	96.472	145.954	114.500	142.196	87.349	146.614	100.723
Duck Egg *	2.387	1.210	3.218	0.782	2.378	4.726	0.875	0.560
Fresh / pasteurized milk **	0.765		0.151	0.547	1.502	0.866	1.684	0.892
<i>Fish and Other Marine Products</i>								
Milkfish	7.997	6.251	6.620	7.496	6.596	9.334	7.002	7.972
Tilapia	10.398	5.194	8.674	8.199	10.061	14.107	6.804	8.947
Roundscad (Galunggong)	4.745	3.073	3.435	4.604	5.930	3.934	5.595	6.988
Tuna (all species)	0.939	5.124	4.022	0.138	0.241		0.123	3.638
Dalagang bukid	1.033	0.177	0.060	0.990	2.070	0.979	0.602	1.303
Shrimp	1.598	0.035	1.807	2.211	1.177	1.268	0.614	1.137
Mussels	0.467	0.558	1.395	0.168	0.979	0.472	1.613	0.140
<i>Noodles</i>								
Bihon	0.890	0.324	2.055	0.583	1.419	0.686	0.186	1.160
Sotanghon	0.162	0.109	0.481	0.035	0.403	0.135	0.023	0.203
Pasta	0.367	0.145	0.686	0.623	0.829	0.056	0.085	0.021
Canton	0.213	0.212	0.233	0.211	0.184	0.311	0.062	0.013
Fresh miki	0.202	0.118	0.384	0.084	0.194	0.297	0.154	0.169
Instant noodles	2.019	2.502	2.319	1.488	1.880	2.214	2.411	2.706
Rice noodles (misua)	0.170	0.130	0.241	0.022	0.120	0.070		0.775
<i>Bread</i>								
Pandesal *	216.860	240.789	231.988	183.454	100.224	215.630	401.964	339.218
Sliced / loaf bread ***	4.035	0.543	5.249	4.908	6.005	2.053	7.441	4.150
Buns *	33.503	28.671	78.161	35.414	6.033	16.459	51.710	55.014

* in piece

** in liter

*** in pack

Table 5c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Central Luzon, 2015-2016

(in kilogram)

Commodity	Central Luzon	Aurora	Bataan	Bulacan	Nueva Ecija	Pampanga	Tarlac	Zambales
<i>Rice and Corn</i>								
Rice (plain)	110.830	124.309	101.375	106.805	117.760	103.103	112.251	117.358
Corn	0.411	0.241	1.570	0.551	0.242	0.281	0.199	0.154
<i>Root Crops</i>								
Sweet Potato	3.093	5.467	2.276	2.837	3.033	2.748	3.149	4.187
Cassava	0.891	3.791	0.471	0.638	0.619	1.224	0.692	1.300
Gabi	1.160	2.498	1.178	0.841	1.313	1.507	1.078	0.790
White Potato	1.469	0.609	1.256	1.717	1.545	0.978	1.441	1.787
<i>Vegetables, Legumes and Condiments</i>								
Ampalaya	2.826	2.993	3.756	2.577	2.529	2.648	3.065	3.724
Eggplant	4.385	4.661	3.372	4.512	5.341	2.590	4.917	3.966
Chayote	0.952	0.702	0.967	0.803	0.572	2.152	0.784	0.941
Gourd (upo)	1.478	2.640	0.820	1.888	1.792	0.499	0.831	1.753
Squash	1.676	3.758	1.690	1.461	1.421	1.370	2.461	1.393
Okra	1.273	2.080	1.207	1.122	1.397	0.757	1.790	1.144
Carrots	0.534	0.399	0.584	0.529	0.458	0.459	0.516	0.964
Cabbage	1.632	1.583	1.110	1.268	1.635	2.907	1.106	2.109
Pechay	1.644	0.942	0.631	2.038	1.907	1.042	1.368	2.032
Stringbeans	1.939	2.210	1.395	1.481	2.274	1.619	2.969	1.776
Habitchuelas	0.160	0.145	0.137	0.024	0.191	0.263	0.157	0.433
Mongo	0.740	1.169	0.665	0.408	0.886	0.573	0.937	1.361
Tomato	4.827	4.115	2.889	4.746	5.621	3.151	6.948	3.953
Onion	3.140	3.128	3.387	3.541	2.728	2.706	3.308	3.104
Garlic	1.887	1.376	2.460	2.491	1.264	1.670	1.934	1.537
<i>Fruits</i>								
Banana (except saba)	9.641	5.389	9.099	11.254	7.610	10.069	10.553	9.690
Saba	2.714	6.191	3.287	3.661	2.435	1.279	1.907	1.672
Mango	4.544	2.846	4.227	5.816	4.844	1.711	2.458	8.364
Pineapple	0.686	0.814	0.219	0.548	1.422	0.273	0.623	0.184
Papaya (ripe)	1.289	2.013	0.677	1.940	0.928	0.593	1.149	1.443
Calamansi	1.672	2.397	1.203	2.080	1.568	0.979	1.657	1.663
<i>Livestock and Poultry Products</i>								
Pork	12.309	10.552	10.649	13.901	11.150	10.202	14.227	12.198
Beef	0.956	2.152	0.875	0.689	0.589	0.965	1.002	2.398
Carabeef	0.198	0.132		0.049	0.479	0.054	0.319	0.167
Chevon (goat)	0.175	0.372	0.169		0.194	0.315	0.280	0.267
Chicken	11.386	6.645	12.324	13.575	9.084	12.329	11.446	9.732
Duck	0.363	0.346	0.340	0.016	1.191	0.250	0.054	0.009
Chicken Egg *	109.042	102.089	100.966	125.659	115.061	66.775	115.853	100.041
Duck Egg *	2.496	1.029	4.393	1.226	3.734	5.347	0.149	2.009
Fresh / pasteurized milk **	0.511		0.069	0.666	0.547	0.282	0.669	0.538
<i>Fish and Other Marine Products</i>								
Milkfish	6.513	5.361	8.676	7.479	4.471	6.709	7.922	4.984
Tilapia	8.834	4.925	10.633	9.393	7.470	11.687	8.690	6.572
Roundscad (Galunggong)	3.903	2.714	2.626	4.342	4.120	3.851	3.986	3.143
Tuna (all species)	0.793	3.813	0.091	0.642	0.177	0.127	0.215	4.312
Dalagang bukid	0.669	0.336	0.034	0.747	0.485	1.191	0.478	0.982
Shrimp	1.202	0.744	2.220	1.945	0.563	1.342	0.357	0.903
Mussels	0.590	0.460	0.073	0.455	1.134	0.466	0.655	0.088
<i>Noodles</i>								
Bihon	0.644	0.763	0.582	0.689	0.715	0.476	0.214	1.272
Sotanghon	0.105	0.504	0.089	0.051	0.101	0.053	0.137	0.168
Pasta	0.468	0.181	0.463	0.927	0.350	0.152	0.115	0.373
Canton	0.238	0.179	0.195	0.294	0.332	0.101	0.134	0.231
Fresh miki	0.207	0.234	0.043	0.255	0.284	0.173	0.030	0.277
Instant noodles	2.960	2.727	1.812	2.766	4.307	1.538	3.450	2.404
Rice noodles (misua)	0.056	0.112	0.115	0.068	0.028	0.038	0.041	0.076
<i>Bread</i>								
Pandesal *	214.094	152.941	288.736	262.810	138.998	199.156	168.354	324.049
Sliced / loaf bread ***	4.510	1.823	3.709	4.841	5.070	3.769	4.233	5.314
Buns *	44.460	43.223	17.933	29.451	64.366	15.630	81.277	51.079

* in piece

** in liter

*** in pack

Table 6a. Estimated annual per capita consumption by commodity, by province, All Barangays, CALABARZON, 2015-2016

(in kilogram)

Commodity	CALABARZON	Cavite	Laguna	Batangas	Rizal	Quezon
<i>Rice and Corn</i>						
Rice (plain)	95.208	88.040	98.604	94.280	90.148	105.207
Corn	0.407	0.216	0.395	0.495	0.155	0.802
<i>Root Crops</i>						
Sweet Potato	2.750	1.742	2.149	2.203	3.454	4.016
Cassava	2.404	2.535	2.045	1.640	1.996	3.532
Gabi	0.622	0.278	0.755	0.362	0.546	1.113
White Potato	1.437	1.541	2.008	0.666	1.074	1.720
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	1.995	1.859	2.160	1.849	2.422	1.665
Eggplant	3.572	3.709	2.813	3.423	4.328	3.469
Chayote	1.682	2.916	2.135	0.139	1.235	1.531
Gourd (upo)	1.237	0.733	1.669	1.121	0.775	1.906
Squash	2.042	1.997	1.470	3.119	1.524	2.357
Okra	1.109	0.638	1.285	0.698	2.043	0.798
Carrots	0.518	0.507	0.541	0.138	1.005	0.294
Cabbage	0.888	0.779	1.176	0.411	1.167	0.799
Pechay	1.155	0.470	1.830	0.445	1.459	1.452
Stringbeans	1.532	0.984	1.855	1.809	1.597	1.548
Habichuelas	0.124	0.099	0.134	0.037	0.149	0.177
Mongo	0.550	0.424	0.461	0.348	0.944	0.514
Tomato	2.890	2.983	2.577	2.373	3.523	2.812
Onion	2.835	2.435	3.264	2.358	3.607	2.433
Garlic	1.505	1.140	1.381	1.397	2.132	1.451
<i>Fruits</i>						
Banana (except saba)	10.765	11.756	10.900	8.826	9.310	12.423
Saba	7.148	4.603	10.018	5.389	3.365	12.175
Mango	3.121	3.409	2.899	1.720	2.947	4.177
Pineapple	1.204	2.958	0.459	0.233	0.992	0.953
Papaya (ripe)	2.657	2.325	2.957	2.623	1.242	4.155
Calamansi	1.893	1.285	2.052	2.043	2.024	2.140
<i>Livestock and Poultry Products</i>						
Pork	11.632	11.354	10.078	14.152	13.191	10.002
Beef	0.442	1.101	0.286	0.164	0.348	0.191
Carabeef	0.115		0.348	0.024	0.006	0.194
Chevon (goat)	0.022	0.051	0.047	0.001		0.004
Chicken	10.428	10.199	9.506	9.500	13.813	8.790
Duck	0.072	0.045	0.027	0.052	0.228	0.003
Chicken Egg *	105.467	116.663	103.093	108.655	114.881	84.505
Duck Egg *	0.565	0.623	0.356	0.176	0.287	1.241
Fresh / pasteurized milk **	0.290	0.149	0.210	1.041	0.269	
<i>Fish and Other Marine Products</i>						
Milkfish	4.296	5.422	3.585	2.401	6.438	2.981
Tilapia	7.116	7.404	6.832	6.881	9.857	4.527
Roundscad (Galunggong)	4.909	6.353	3.718	5.597	4.391	4.520
Tuna (all species)	1.659	1.975	2.379	2.375	0.126	1.703
Dalagang bukid	0.264	0.390	0.222	0.174	0.421	0.080
Shrimp	0.346	0.394	0.343	0.128	0.197	0.600
Mussels	0.162	0.229	0.140	0.114	0.111	0.196
<i>Noodles</i>						
Bihon	0.701	0.382	1.341	0.513	0.441	0.843
Sotanghon	0.105	0.027	0.220	0.046	0.035	0.193
Pasta	0.467	0.460	1.174	0.179	0.036	0.468
Canton	0.180	0.427	0.315	0.136	0.003	0.013
Fresh miki	0.663		0.353	0.240	0.020	2.559
Instant noodles	2.231	1.960	2.663	1.919	2.983	1.597
Rice noodles (misua)	0.043	0.007	0.099	0.002	0.020	0.080
<i>Bread</i>						
Pandesal *	219.130	300.870	267.240	165.998	193.781	154.134
Sliced / loaf bread ***	3.515	4.374	4.222	5.640	1.300	2.699
Buns *	41.678	18.500	32.188	14.789	55.321	79.432

* in piece

** in liter

*** in pack

Table 6b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, CALABARZON, 2015-2016

(in kilogram)

Commodity	CALABARZON	Cavite	Laguna	Batangas	Rizal	Quezon
<i>Rice and Corn</i>						
Rice (plain)	91.489	95.123	97.334	91.942	84.983	106.142
Corn	0.240	0.179	0.165	1.051	0.137	0.464
<i>Root Crops</i>						
Sweet Potato	2.498	2.668	0.949	3.047	3.298	3.592
Cassava	1.149	1.296	0.498	1.058	1.441	2.866
Gabi	0.448	0.229	0.262	0.928	0.551	0.715
White Potato	1.461	2.157	1.626	0.525	1.160	2.851
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.302	1.664	2.029	3.003	2.580	2.765
Eggplant	3.749	5.475	2.828	2.995	3.795	3.991
Chayote	1.384	1.807	1.462	0.291	1.404	0.972
Gourd (upo)	1.172	0.772	2.280	0.541	0.694	1.480
Squash	1.527	1.181	1.207	2.930	1.500	3.168
Okra	1.450	0.469	1.246	0.748	2.159	1.177
Carrots	0.744	0.633	0.371	0.188	1.153	0.804
Cabbage	0.999	0.931	0.772	0.281	1.293	1.540
Pechay	1.087	0.506	1.459	0.479	1.173	1.517
Stringbeans	1.288	0.651	1.846	1.549	1.088	1.808
Habichuelas	0.081	0.083	0.042		0.123	0.101
Mongo	0.546	0.266	0.361	0.259	0.866	0.267
Tomato	2.930	3.368	2.040	2.500	3.410	3.411
Onion	3.215	2.735	3.024	2.732	3.669	2.816
Garlic	1.632	1.166	1.163	1.749	2.145	1.273
<i>Fruits</i>						
Banana (except saba)	10.082	13.313	8.643	12.148	9.204	11.489
Saba	4.384	2.479	7.052	5.016	2.944	8.993
Mango	2.876	3.515	2.570	1.796	2.587	10.018
Pineapple	1.145	3.393	0.354	0.282	0.925	1.089
Papaya (ripe)	1.617	2.130	1.319	5.001	0.757	4.155
Calamansi	1.759	0.517	1.623	2.675	2.134	2.527
<i>Livestock and Poultry Products</i>						
Pork	12.528	10.903	8.876	20.017	14.130	13.037
Beef	0.381	0.883	0.148	0.263	0.364	0.240
Carabeef	0.014			0.117	0.008	
Chevon (goat)	0.031	0.174		0.007		
Chicken	12.648	11.871	8.279	12.474	15.870	14.376
Duck	0.004	0.016			0.003	
Chicken Egg *	108.290	113.441	103.431	125.698	105.224	119.007
Duck Egg *	0.169			0.531	0.292	
Fresh / pasteurized milk **	0.415	0.205	0.023	4.032	0.058	
<i>Fish and Other Marine Products</i>						
Milkfish	4.984	6.103	3.424	3.313	6.053	2.846
Tilapia	7.536	6.863	4.900	9.161	9.395	5.679
Roundscad (Galunggong)	5.030	8.718	3.990	5.607	4.074	5.145
Tuna (all species)	1.085	0.756	2.129	2.168	0.115	3.862
Dalagang bukid	0.352	0.605	0.116	0.355	0.399	0.451
Shrimp	0.245	0.293	0.249	0.187	0.193	0.890
Mussels	0.204	0.667	0.213	0.187	0.017	0.047
<i>Noodles</i>						
Bihon	0.806	0.453	1.794	0.367	0.364	0.915
Sotanghon	0.065		0.129	0.026	0.027	0.550
Pasta	0.509	0.639	1.103	0.309	0.032	1.449
Canton	0.157	0.141	0.409	0.089	0.004	0.184
Fresh miki	0.143		0.100	0.646	0.006	2.105
Instant noodles	2.584	2.126	2.711	2.225	2.778	2.306
Rice noodles (misua)	0.035	0.009	0.071		0.018	0.219
<i>Bread</i>						
Pandesal *	287.127	487.251	292.352	245.418	211.443	242.234
Sliced / loaf bread ***	2.785	3.561	4.197	6.864	0.184	10.511
Buns *	24.895	6.368	14.489	4.860	36.040	147.518

* in piece

** in liter

*** in pack

Table 6c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, CALABARZON, 2015-2016

(in kilogram)

Commodity	CALABARZON	Cavite	Laguna	Batangas	Rizal	Quezon
<i>Rice and Corn</i>						
Rice (plain)	97.375	85.131	100.128	94.897	103.883	105.162
Corn	0.505	0.232	0.672	0.349	0.202	0.819
<i>Root Crops</i>						
Sweet Potato	2.897	1.361	3.588	1.980	3.867	4.037
Cassava	3.135	3.044	3.901	1.794	3.470	3.563
Gabi	0.723	0.298	1.345	0.213	0.532	1.132
White Potato	1.424	1.288	2.465	0.703	0.844	1.666
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	1.816	1.940	2.316	1.545	2.000	1.612
Eggplant	3.469	2.984	2.795	3.535	5.747	3.444
Chayote	1.856	3.372	2.943	0.099	0.785	1.557
Gourd (upo)	1.274	0.717	0.937	1.274	0.991	1.926
Squash	2.342	2.332	1.786	3.169	1.589	2.318
Okra	0.910	0.707	1.333	0.685	1.736	0.780
Carrots	0.387	0.455	0.746	0.125	0.611	0.270
Cabbage	0.823	0.717	1.660	0.445	0.831	0.764
Pechay	1.194	0.455	2.274	0.436	2.220	1.448
Stringbeans	1.674	1.120	1.866	1.877	2.952	1.536
Habichuelas	0.149	0.105	0.245	0.047	0.218	0.181
Mongo	0.553	0.488	0.581	0.371	1.151	0.525
Tomato	2.867	2.826	3.221	2.340	3.825	2.784
Onion	2.613	2.311	3.552	2.260	3.442	2.414
Garlic	1.432	1.129	1.642	1.304	2.097	1.459
<i>Fruits</i>						
Banana (except saba)	11.163	11.116	13.609	7.949	9.593	12.468
Saba	8.758	5.476	13.576	5.487	4.484	12.326
Mango	3.263	3.366	3.294	1.700	3.906	3.899
Pineapple	1.238	2.780	0.586	0.220	1.170	0.947
Papaya (ripe)	3.263	2.406	4.922	1.995	2.530	4.155
Calamansi	1.971	1.600	2.568	1.876	1.732	2.122
<i>Livestock and Poultry Products</i>						
Pork	11.110	11.539	11.519	12.604	10.693	9.858
Beef	0.477	1.190	0.451	0.138	0.308	0.188
Carabeef	0.173		0.765			0.204
Chevon (goat)	0.016		0.104			0.004
Chicken	9.134	9.513	10.979	8.715	8.343	8.524
Duck	0.112	0.057	0.059	0.065	0.824	0.003
Chicken Egg *	103.823	117.986	102.687	104.157	140.563	82.865
Duck Egg *	0.796	0.879	0.783	0.083	0.274	1.300
Fresh / pasteurized milk **	0.217	0.126	0.435	0.252	0.829	
<i>Fish and Other Marine Products</i>						
Milkfish	3.895	5.142	3.778	2.160	7.460	2.987
Tilapia	6.872	7.626	9.149	6.279	11.087	4.472
Roundscad (Galunggong)	4.838	5.381	3.392	5.594	5.231	4.491
Tuna (all species)	1.994	2.475	2.678	2.430	0.156	1.601
Dalagang bukid	0.213	0.302	0.349	0.126	0.481	0.062
Shrimp	0.405	0.435	0.456	0.113	0.209	0.586
Mussels	0.137	0.049	0.052	0.095	0.359	0.203
<i>Noodles</i>						
Bihon	0.639	0.354	0.799	0.551	0.646	0.839
Sotanghon	0.128	0.038	0.331	0.051	0.056	0.176
Pasta	0.443	0.386	1.260	0.145	0.048	0.421
Canton	0.194	0.545	0.203	0.148		0.005
Fresh miki	0.966		0.656	0.133	0.057	2.581
Instant noodles	2.025	1.891	2.605	1.839	3.525	1.564
Rice noodles (misua)	0.047	0.006	0.132	0.002	0.027	0.074
<i>Bread</i>						
Pandesal *	179.505	224.301	237.107	145.036	146.811	149.944
Sliced / loaf bread ***	3.941	4.708	4.251	5.317	4.268	2.328
Buns *	51.458	23.485	53.426	17.409	106.593	76.194

* in piece

** in liter

*** in pack

Table 7a. Estimated annual per capita consumption by commodity, by province, All Barangays, MIMAROPA, 2015-2016

(in kilogram)

Commodity	MIMAROPA	Mindoro Occidental	Mindoro Oriental	Marinduque	Romblon	Palawan
<i>Rice and Corn</i>						
Rice (plain)	126.312	142.169	120.397	106.118	119.270	130.067
Corn	0.604	1.029	0.297	1.236	0.743	0.502
<i>Root Crops</i>						
Sweet Potato	4.107	3.195	2.591	2.839	3.903	5.867
Cassava	5.440	0.647	2.197	1.196	7.207	10.127
Gabi	1.526	2.440	1.058	1.279	1.601	1.540
White Potato	0.375	0.302	0.433	1.140	0.554	0.167
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.714	3.200	2.108	2.707	2.063	3.112
Eggplant	5.105	6.116	4.832	3.721	2.338	5.814
Chayote	0.270	0.231	0.254	0.731	0.273	0.202
Gourd (upo)	1.938	2.042	1.614	0.720	0.436	2.719
Squash	3.712	2.652	4.478	2.858	4.293	3.612
Okra	1.713	1.621	1.387	1.192	1.552	2.127
Carrots	0.251	0.186	0.183	0.284	0.334	0.301
Cabbage	0.517	0.414	0.630	0.493	0.334	0.523
Pechay	0.761	1.005	0.325	0.764	0.785	0.975
Stringbeans	2.552	1.878	2.888	2.522	1.466	2.824
Habitchuelas	0.063	0.003	0.019	0.102	0.020	0.119
Mongo	0.866	0.541	0.854	0.760	1.161	0.956
Tomato	2.254	4.105	1.968	1.941	1.951	1.869
Onion	2.257	2.050	2.204	2.455	2.000	2.396
Garlic	1.111	1.356	0.946	1.044	0.786	1.222
<i>Fruits</i>						
Banana (except saba)	9.433	10.420	6.969	7.015	9.069	11.404
Saba	13.518	5.406	16.955	5.922	13.765	15.683
Mango	4.973	5.051	4.777	2.662	5.872	5.347
Pineapple	1.751	0.111	0.495	1.261	0.641	3.656
Papaya (ripe)	3.077	1.129	2.698	1.133	3.110	4.500
Calamansi	1.979	1.110	2.397	1.824	2.320	1.970
<i>Livestock and Poultry Products</i>						
Pork	8.300	12.379	9.312	7.585	8.175	6.142
Beef	1.355	0.776	0.545	1.004	0.927	2.338
Carabeef	0.160	0.069	0.221	0.192	0.104	0.159
Chevon (goat)	0.156	0.230	0.005	0.043	0.121	0.267
Chicken	5.378	6.089	5.250	4.891	5.208	5.331
Duck	0.152	0.429	0.062	0.044	0.040	0.155
Chicken Egg *	62.799	89.985	77.823	67.361	66.860	39.408
Duck Egg *	4.998	2.144	3.161	0.211	0.433	9.451
Fresh / pasteurized milk **	0.078	0.015	0.195		0.228	
<i>Fish and Other Marine Products</i>						
Milkfish	2.639	5.764	1.412	0.942	1.275	2.958
Tilapia	1.566	3.851	2.868	0.487	0.065	0.286
Roundscad (Galunggong)	4.238	4.749	2.447	7.562	5.408	4.399
Tuna (all species)	5.999	2.055	5.069	7.742	8.460	7.310
Dalagang bukid	0.976	0.778	0.083	0.392	1.027	1.806
Shrimp	0.501	0.381	0.649	0.671	0.341	0.443
Mussels	0.787	0.684	0.035	0.099	0.162	1.655
<i>Noodles</i>						
Bihon	0.863	0.779	0.865	0.670	0.637	0.985
Sotanghon	0.192	0.044	0.222	0.060	0.228	0.246
Pasta	0.252	0.302	0.290	0.118	0.064	0.275
Canton	0.307	0.036	0.222	0.015	0.232	0.552
Fresh miki	0.510	0.584	0.648	1.177	0.974	0.142
Instant noodles	1.728	2.525	1.986	1.647	1.868	1.213
Rice noodles (misua)	0.078	0.032	0.078	0.059	0.176	0.078
<i>Bread</i>						
Pandesal *	95.751	154.624	78.579	221.914	83.474	62.426
Sliced / loaf bread ***	2.446	1.437	1.434	2.833	3.041	3.362
Buns *	69.240	47.829	50.789	75.928	163.334	68.325

* in piece

** in liter

*** in pack

Table 7b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, MIMAROPA, 2015-2016

(in kilogram)

Commodity	MIMAROPA	Mindoro Occidental	Mindoro Oriental	Marinduque	Romblon	Palawan
<i>Rice and Corn</i>						
Rice (plain)	135.024	140.530	118.448	103.728	109.026	131.793
Corn	1.065	1.415	0.300	0.565	0.209	0.782
<i>Root Crops</i>						
Sweet Potato	5.111	4.611	2.206	2.346	1.705	6.299
Cassava	2.673	0.772	1.501	0.328	0.852	5.262
Gabi	2.688	4.908	0.460	1.415		0.391
White Potato	0.630	0.702	0.843	1.609	0.520	0.496
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	3.102	3.699	1.599	4.943	1.148	2.629
Eggplant	7.024	7.630	4.120	4.567	1.464	6.876
Chayote	0.440	0.566	0.146	2.236	0.364	0.315
Gourd (upo)	2.378	3.873	1.407	0.280	0.426	0.756
Squash	4.155	2.666	5.326	3.950	0.632	5.834
Okra	2.041	2.767	0.712	1.445	0.588	1.403
Carrots	0.179	0.259	0.198	0.636		0.074
Cabbage	0.933	0.973	1.058	1.054	0.142	0.870
Pechay	1.408	2.003	0.582	1.262	0.355	0.835
Stringbeans	2.367	2.729	1.396	2.657	0.289	2.112
Habitchuelas	0.002		0.003	0.064		0.003
Mongo	0.611	0.509	0.504	0.662	0.507	0.757
Tomato	4.768	5.788	2.028	3.154	0.972	4.051
Onion	1.811	0.913	1.930	2.922	1.059	2.890
Garlic	0.716	0.352	0.955	1.394	0.659	1.115
<i>Fruits</i>						
Banana (except saba)	14.356	17.664	5.365	15.340	1.421	11.986
Saba	8.362	7.357	7.713	3.934	2.697	9.834
Mango	6.632	9.042	3.354	0.782	0.227	4.382
Pineapple	0.791		0.769	0.577	0.242	1.777
Papaya (ripe)	2.620	1.455	4.232	1.879	0.071	3.816
Calamansi	1.428	1.861	2.358	2.422	1.886	0.721
<i>Livestock and Poultry Products</i>						
Pork	10.331	14.050	11.803	10.885	4.467	5.576
Beef	2.171	1.442	0.661	1.544	0.284	3.359
Carabeef	0.020		0.236	0.694		
Chevon (goat)	0.239	0.453	0.129			
Chicken	5.118	4.918	7.166	9.931	1.963	4.998
Duck	0.799	0.658	0.149			1.103
Chicken Egg *	60.933	74.274	79.072	103.226	46.317	41.128
Duck Egg *	3.709	3.763	1.357	0.521		4.129
Fresh / pasteurized milk **	0.024	0.044	0.029			
<i>Fish and Other Marine Products</i>						
Milkfish	3.923	6.881	1.960	2.243	0.142	0.692
Tilapia	2.538	4.322	4.422	0.220		0.081
Roundscad (Galunggong)	5.405	5.782	3.881	13.935	7.619	5.076
Tuna (all species)	6.795	3.533	7.571	11.482	8.360	10.598
Dalagang bukid	2.265	0.687	0.189		1.115	4.602
Shrimp	1.098	0.600	0.142	0.789		1.892
Mussels	2.110	1.972		0.886	0.213	2.679
<i>Noodles</i>						
Bihon	0.539	0.797	0.948	1.630	1.219	0.131
Sotanghon	0.057	0.041	0.011	0.336	0.327	0.078
Pasta	0.461	0.310	0.090	0.345		0.717
Canton	0.046	0.088		0.056	0.164	
Fresh miki	0.803	1.229	0.958	2.029	0.190	0.246
Instant noodles	1.756	2.206	1.993	1.832	1.525	1.164
Rice noodles (misua)	0.038	0.027	0.052	0.116	0.014	0.049
<i>Bread</i>						
Pandesal *	242.173	357.962	49.523	451.625	200.829	130.949
Sliced / loaf bread ***	4.245	2.397	1.363	6.578		7.038
Buns *	39.907	51.052	85.823	55.288	116.462	17.167

* in piece

** in liter

*** in pack

Table 7c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, MIMAROPA, 2015-2016

(in kilogram)

Commodity	MIMAROPA	Mindoro Occidental	Mindoro Oriental	Marinduque	Romblon	Palawan
<i>Rice and Corn</i>						
Rice (plain)	125.307	143.017	120.448	106.133	119.335	129.857
Corn	0.551	0.829	0.297	1.240	0.746	0.468
<i>Root Crops</i>						
Sweet Potato	3.991	2.463	2.601	2.842	3.916	5.814
Cassava	5.759	0.583	2.216	1.202	7.247	10.719
Gabi	1.392	1.163	1.074	1.278	1.611	1.680
White Potato	0.346	0.095	0.422	1.137	0.554	0.127
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.669	2.942	2.121	2.693	2.069	3.171
Eggplant	4.884	5.333	4.850	3.716	2.343	5.685
Chayote	0.250	0.057	0.257	0.722	0.273	0.189
Gourd (upo)	1.887	1.096	1.619	0.722	0.436	2.958
Squash	3.660	2.644	4.456	2.851	4.316	3.341
Okra	1.675	1.028	1.405	1.190	1.558	2.215
Carrots	0.260	0.149	0.183	0.282	0.336	0.328
Cabbage	0.469	0.125	0.619	0.489	0.335	0.480
Pechay	0.686	0.489	0.319	0.761	0.787	0.992
Stringbeans	2.573	1.438	2.927	2.521	1.473	2.911
Habitchuelas	0.070	0.005	0.020	0.103	0.020	0.134
Mongo	0.895	0.558	0.864	0.761	1.165	0.980
Tomato	1.964	3.234	1.966	1.934	1.957	1.603
Onion	2.309	2.638	2.211	2.452	2.006	2.335
Garlic	1.156	1.876	0.946	1.042	0.787	1.235
<i>Fruits</i>						
Banana (except saba)	8.865	6.674	7.012	6.964	9.117	11.333
Saba	14.113	4.396	17.199	5.935	13.834	16.395
Mango	4.781	2.987	4.814	2.674	5.907	5.465
Pineapple	1.862	0.169	0.487	1.265	0.644	3.885
Papaya (ripe)	3.129	0.960	2.657	1.128	3.129	4.583
Calamansi	2.043	0.723	2.398	1.820	2.323	2.122
<i>Livestock and Poultry Products</i>						
Pork	8.066	11.515	9.246	7.565	8.198	6.211
Beef	1.261	0.432	0.542	1.000	0.931	2.214
Carabeef	0.177	0.104	0.220	0.189	0.105	0.178
Chevon (goat)	0.146	0.114	0.002	0.043	0.122	0.299
Chicken	5.409	6.694	5.199	4.860	5.229	5.371
Duck	0.077	0.311	0.060	0.044	0.040	0.039
Chicken Egg *	63.014	98.110	77.790	67.137	66.989	39.198
Duck Egg *	5.147	1.306	3.208	0.209	0.436	10.099
Fresh / pasteurized milk **	0.085		0.200		0.229	
<i>Fish and Other Marine Products</i>						
Milkfish	2.491	5.186	1.398	0.934	1.282	3.234
Tilapia	1.454	3.608	2.827	0.489	0.066	0.311
Roundscad (Galunggong)	4.103	4.214	2.409	7.523	5.394	4.317
Tuna (all species)	5.908	1.290	5.003	7.718	8.461	6.909
Dalagang bukid	0.827	0.825	0.081	0.395	1.027	1.466
Shrimp	0.432	0.267	0.662	0.670	0.343	0.267
Mussels	0.635	0.017	0.036	0.094	0.161	1.530
<i>Noodles</i>						
Bihon	0.901	0.769	0.863	0.664	0.633	1.089
Sotanghon	0.207	0.045	0.228	0.058	0.227	0.266
Pasta	0.228	0.298	0.295	0.117	0.064	0.221
Canton	0.338	0.010	0.228	0.015	0.233	0.619
Fresh miki	0.477	0.250	0.640	1.171	0.979	0.129
Instant noodles	1.725	2.690	1.986	1.645	1.870	1.219
Rice noodles (misua)	0.083	0.034	0.079	0.059	0.177	0.082
<i>Bread</i>						
Pandesal *	78.850	49.468	79.344	220.482	82.738	54.075
Sliced / loaf bread ***	2.238	0.941	1.436	2.809	3.060	2.914
Buns *	72.626	46.163	49.866	76.057	163.628	74.560

* in piece

** in liter

*** in pack

Table 8a. Estimated annual per capita consumption by commodity, by province, All Barangays, Bicol Region, 2015-2016

(in kilogram)

Commodity	Bicol Region	Albay	Camarines Norte	Camarines Sur	Catanduanes	Masbate	Sorsogon
<i>Rice and Corn</i>							
Rice (plain)	115.851	108.553	109.766	121.372	101.152	121.361	108.314
Corn	6.405	0.162	0.119	0.176	0.130	29.489	0.189
<i>Root Crops</i>							
Sweet Potato	8.934	11.324	5.150	6.995	4.527	15.133	4.129
Cassava	5.452	3.056	2.065	3.655	1.592	13.227	4.310
Gabi	0.876	0.566	0.173	1.335	0.529	0.748	0.728
White Potato	0.795	0.238	0.849	1.540	0.249	0.027	0.818
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.599	3.452	1.812	2.591	2.265	2.526	2.090
Eggplant	4.278	4.804	2.546	6.040	2.429	3.107	1.746
Chayote	0.694	0.833	0.411	1.199	0.657	0.015	0.315
Gourd (upo)	1.302	0.984	1.085	1.908	0.896	0.782	1.088
Squash	3.146	4.065	1.222	2.958	1.651	3.947	2.689
Okra	1.568	1.455	0.510	2.046	0.520	1.799	0.863
Carrots	0.570	0.356	0.413	1.022	0.240	0.205	0.338
Cabbage	1.035	0.810	1.154	1.642	0.763	0.262	0.848
Pechay	1.871	3.033	0.761	2.734	0.735	0.276	1.364
Stringbeans	2.215	2.878	1.466	2.647	0.741	1.619	1.890
Habitchuelas	0.141	0.226	0.006	0.230	0.130	0.004	0.072
Mongo	0.785	0.797	0.370	1.038	0.640	0.692	0.463
Tomato	2.579	2.876	1.166	3.766	1.642	1.109	2.298
Onion	2.522	2.594	2.066	3.333	1.903	1.649	1.924
Garlic	1.720	2.190	1.590	2.461	1.199	0.595	0.930
<i>Fruits</i>							
Banana (except saba)	11.611	12.477	13.142	14.087	7.486	8.698	7.868
Saba	7.673	2.961	8.111	10.636	3.266	9.354	3.471
Mango	3.438	3.361	2.678	2.279	3.389	6.624	1.978
Pineapple	2.092	2.333	3.347	2.540	2.412	1.213	0.887
Papaya (ripe)	2.595	2.019	2.295	4.490	2.074	1.121	0.475
Calamansi	2.875	2.620	1.352	4.433	2.050	1.327	2.452
<i>Livestock and Poultry Products</i>							
Pork	9.397	10.658	10.665	10.411	10.226	5.929	9.378
Beef	0.814	0.546	0.341	1.194	0.366	0.996	0.152
Carabeef	0.053	0.014	0.049		0.985		0.084
Chevon (goat)	0.005			0.010			0.012
Chicken	6.642	6.086	11.096	8.208	6.657	3.677	4.753
Duck	0.183			0.482			0.026
Chicken Egg *	68.220	71.542	69.594	86.312	63.500	44.383	49.093
Duck Egg *	3.887	1.696	0.089	6.997	0.788	0.819	6.630
Fresh / pasteurized milk **	0.035	0.032		0.078			0.002
<i>Fish and Other Marine Products</i>							
Milkfish	1.588	0.472	1.579	1.394	0.769	2.886	1.836
Tilapia	4.791	3.843	0.919	10.314	0.868	0.251	0.829
Roundscad (Galunggong)	4.699	8.058	10.342	3.673	2.940	2.074	4.144
Tuna (all species)	2.351	4.800	1.340	1.116	7.323	1.650	2.927
Dalagang bukid	0.325	0.551	0.084	0.188	0.382	0.566	0.123
Shrimp	0.636	0.032	1.028	0.920	0.344	0.493	0.743
Mussels	0.141	0.144	0.067	0.242	0.044	a/	0.155
<i>Noodles</i>							
Bihon	1.197	0.347	2.036	1.750	0.174	0.747	1.306
Sotanghon	0.117	0.044	0.086	0.242	0.059	0.017	0.055
Pasta	0.067	0.019	0.245	0.043	0.277	0.023	0.108
Canton	0.778	0.105	1.290	1.418	0.352	0.114	0.761
Fresh miki	0.064			0.070	0.355	0.051	0.118
Instant noodles	1.747	1.702	1.325	2.177	1.480	1.438	1.389
Rice noodles (misua)	0.080	0.014	0.031	0.061	0.151	0.110	0.206
<i>Bread</i>							
Pandesal *	259.757	259.092	185.107	321.173	364.709	97.947	380.561
Sliced / loaf bread ***	3.384	1.705	4.121	4.625	3.186	2.853	2.518
Buns *	70.352	42.934	163.712	34.436	110.478	120.108	58.109

* in piece

** in liter

*** in pack

a/ less than 0.001 kilogram

Table 8b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Bicol Region, 2015-2016

(in kilogram)							
Commodity	Bicol Region	Albay	Camarines Norte	Camarines Sur	Catanduanes	Masbate	Sorsogon
<i>Rice and Corn</i>							
Rice (plain)	108.695	113.004	106.896	106.706	98.495	117.927	96.440
Corn	0.105	0.035	0.074	0.173	0.010	0.721	0.135
<i>Root Crops</i>							
Sweet Potato	7.038	9.407	3.891	6.202	5.877	3.816	4.278
Cassava	1.747	0.956	0.765	2.546	0.501	2.014	4.759
Gabi	0.645	0.609	0.728	0.754	0.262		0.639
White Potato	1.364	0.825	4.748	0.591	0.070	0.009	1.547
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.069	2.525	1.456	1.506	3.289	3.248	1.867
Eggplant	3.811	3.539	4.753	4.823	2.088	2.090	1.739
Chayote	0.712	0.733	1.031	0.538	1.906	0.363	0.508
Gourd (upo)	1.389	1.496	1.632	0.853	1.797	0.859	2.070
Squash	2.442	2.910	1.680	2.039	1.637	3.296	2.429
Okra	1.039	1.069	1.386	0.718	0.271	1.554	1.254
Carrots	0.803	0.804	1.704	0.444	0.540	0.400	0.613
Cabbage	1.970	2.070	5.391	0.445	1.762	0.997	0.924
Pechay	2.250	2.965	2.559	1.314	1.165	1.046	1.616
Stringbeans	1.645	2.300	0.679	1.050	0.481	1.491	1.946
Habitchuelas	0.284	0.544	0.053	0.042		0.149	0.180
Mongo	0.497	0.219	0.450	0.873	0.646	0.669	0.743
Tomato	3.302	3.784	2.870	3.060	2.033	1.910	3.021
Onion	2.969	3.861	1.888	2.491	2.204	1.740	2.284
Garlic	2.266	3.034	1.780	1.883	1.648	0.593	1.113
<i>Fruits</i>							
Banana (except saba)	15.447	15.995	29.356	10.201	15.573	7.141	9.041
Saba	5.421	2.981	5.058	10.135	2.803	2.243	5.666
Mango	4.569	4.719	5.234	3.769	5.836	3.975	5.008
Pineapple	3.604	3.514	9.002	1.712	1.702	0.790	2.337
Papaya (ripe)	2.425	2.796	3.852	1.276	2.728	2.323	1.721
Calamansi	3.822	4.311	3.417	3.596	2.905	1.149	3.726
<i>Livestock and Poultry Products</i>							
Pork	15.126	17.650	23.710	8.771	13.785	5.901	11.064
Beef	0.777	0.874	1.985	0.158	1.577	1.138	
Carabeef	0.059		0.254		1.292		
Chevon (goat)	0.016						0.164
Chicken	10.891	9.503	23.263	7.932	10.156	5.806	8.591
Duck							
Chicken Egg *	91.537	108.631	129.957	55.511	87.668	44.664	68.702
Duck Egg *	1.185			4.468			
Fresh / pasteurized milk **	0.150	0.324					0.051
<i>Fish and Other Marine Products</i>							
Milkfish	1.468	0.834	4.310	0.461	2.974	5.538	1.487
Tilapia	3.309	3.578	1.123	4.730	2.634	1.380	2.131
Roundscad (Galunggong)	7.424	9.818	4.686	5.901	4.999	5.915	5.543
Tuna (all species)	4.463	4.368	9.193	2.173	5.921	2.580	4.404
Dalagang bukid	0.168			0.475	0.608	0.382	0.216
Shrimp	0.424		1.546	0.098	0.150	1.998	1.188
Mussels	0.055					0.061	0.543
<i>Noodles</i>							
Bihon	0.878	0.482	1.998	0.328	0.576	1.466	2.394
Sotanghon	0.101	0.035	0.262	0.143	0.399	0.088	0.006
Pasta	0.215	0.052	0.595	0.149	0.972	0.285	0.423
Canton	0.419		1.955	0.258	0.380		0.629
Fresh miki	0.039				0.950		0.227
Instant noodles	1.853	1.881	1.898	1.810	1.489	1.554	1.927
Rice noodles (misua)	0.062	0.007	0.030	0.069	0.179	0.052	0.323
<i>Bread</i>							
Pandesal *	498.496	511.632	735.522	341.122	472.216	700.867	463.835
Sliced / loaf bread ***	8.841	4.833	33.879	3.805	9.000	3.022	5.502
Buns *	24.827	24.440	57.581	5.414	35.269	71.502	15.993

* in piece

** in liter

*** in pack

Table 8c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Bicol Region, 2015-2016

(in kilogram)

Commodity	Bicol Region	Albay	Camarines Norte	Camarines Sur	Catanduanes	Masbate	Sorsogon
<i>Rice and Corn</i>							
Rice (plain)	116.146	108.069	109.981	121.798	101.203	121.379	108.732
Corn	6.665	0.176	0.122	0.176	0.133	29.637	0.191
<i>Root Crops</i>							
Sweet Potato	9.013	11.532	5.244	7.018	4.501	15.192	4.124
Cassava	5.605	3.285	2.162	3.688	1.613	13.285	4.294
Gabi	0.886	0.561	0.131	1.352	0.534	0.752	0.731
White Potato	0.772	0.174	0.557	1.567	0.253	0.027	0.792
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.621	3.553	1.839	2.623	2.245	2.523	2.098
Eggplant	4.297	4.941	2.381	6.075	2.436	3.112	1.746
Chayote	0.694	0.844	0.364	1.218	0.633	0.013	0.308
Gourd (upo)	1.299	0.929	1.044	1.939	0.879	0.782	1.053
Squash	3.175	4.191	1.188	2.985	1.651	3.950	2.698
Okra	1.590	1.496	0.444	2.085	0.525	1.800	0.849
Carrots	0.561	0.307	0.316	1.039	0.235	0.204	0.328
Cabbage	0.996	0.673	0.837	1.677	0.744	0.259	0.845
Pechay	1.856	3.041	0.626	2.775	0.727	0.272	1.356
Stringbeans	2.239	2.941	1.525	2.694	0.746	1.620	1.888
Habitchuelas	0.135	0.192	0.002	0.236	0.133	0.004	0.069
Mongo	0.797	0.860	0.364	1.042	0.640	0.692	0.453
Tomato	2.549	2.777	1.038	3.786	1.634	1.105	2.272
Onion	2.503	2.456	2.079	3.357	1.897	1.649	1.912
Garlic	1.698	2.098	1.576	2.477	1.191	0.595	0.924
<i>Fruits</i>							
Banana (except saba)	11.453	12.094	11.927	14.200	7.330	8.706	7.827
Saba	7.766	2.959	8.340	10.651	3.275	9.391	3.394
Mango	3.391	3.213	2.486	2.236	3.342	6.637	1.871
Pineapple	2.029	2.205	2.923	2.564	2.426	1.216	0.836
Papaya (ripe)	2.602	1.934	2.178	4.583	2.061	1.115	0.431
Calamansi	2.836	2.436	1.197	4.457	2.033	1.328	2.407
<i>Livestock and Poultry Products</i>							
Pork	9.160	9.898	9.688	10.459	10.158	5.929	9.319
Beef	0.816	0.510	0.217	1.224	0.343	0.996	0.157
Carabeef	0.052	0.016	0.034		0.979		0.087
Chevon (goat)	0.005			0.011			0.007
Chicken	6.467	5.714	10.184	8.216	6.589	3.666	4.618
Duck	0.190			0.496			0.027
Chicken Egg *	67.257	67.507	65.072	87.208	63.033	44.382	48.402
Duck Egg *	3.999	1.881	0.095	7.071	0.803	0.823	6.864
Fresh / pasteurized milk **	0.030			0.080			
<i>Fish and Other Marine Products</i>							
Milkfish	1.593	0.432	1.375	1.421	0.726	2.873	1.848
Tilapia	4.853	3.872	0.904	10.476	0.834	0.245	0.783
Roundscad (Galunggong)	4.587	7.866	10.766	3.608	2.900	2.055	4.095
Tuna (all species)	2.264	4.847	0.752	1.085	7.350	1.645	2.875
Dalagang bukid	0.331	0.610	0.090	0.179	0.377	0.567	0.120
Shrimp	0.645	0.035	0.990	0.944	0.348	0.485	0.728
Mussels	0.145	0.160	0.073	0.249	0.045		0.141
<i>Noodles</i>							
Bihon	1.211	0.332	2.039	1.791	0.166	0.743	1.268
Sotanghon	0.118	0.045	0.073	0.245	0.053	0.016	0.057
Pasta	0.061	0.015	0.219	0.040	0.263	0.021	0.097
Canton	0.793	0.117	1.240	1.451	0.351	0.115	0.766
Fresh miki	0.065			0.072	0.343	0.052	0.115
Instant noodles	1.743	1.683	1.282	2.187	1.480	1.437	1.371
Rice noodles (misua)	0.081	0.015	0.031	0.061	0.151	0.111	0.201
<i>Bread</i>							
Pandesal *	249.894	231.616	143.871	320.593	362.634	94.833	377.629
Sliced / loaf bread ***	3.158	1.365	1.892	4.649	3.073	2.852	2.413
Buns *	72.232	44.946	171.663	35.280	111.929	120.359	59.592

* in piece

** in liter

*** in pack

Table 9a. Estimated annual per capita consumption by commodity, by province, All Barangays, Western Visayas, 2015-2016

(in kilogram)

Commodity	Western Visayas	Aklan	Antique	Capiz	Guimaras	Iloilo	Negros Occidental
<i>Rice and Corn</i>							
Rice (plain)	123.373	124.628	141.240	127.229	130.436	130.401	114.755
Corn	6.597	0.374	0.253	0.408	0.404	0.446	14.024
<i>Root Crops</i>							
Sweet Potato	3.928	2.697	10.551	3.122	1.761	1.783	4.368
Cassava	2.448	5.851	4.761	3.561	1.969	1.495	1.614
Gabi	0.309	0.419	0.637	0.475	1.163	0.303	0.159
White Potato	0.757	0.500	0.217	0.144	0.417	0.544	1.171
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.924	3.737	2.242	2.050	2.210	2.199	3.490
Eggplant	3.869	3.379	3.381	2.681	3.417	3.247	4.668
Chayote	0.409	0.231	0.169	0.111	0.117	0.217	0.671
Gourd (upo)	0.539	0.224	0.091	1.309	0.908	0.527	0.527
Squash	4.212	3.297	2.311	3.542	4.604	3.828	5.098
Okra	1.306	1.250	1.341	1.061	1.892	1.434	1.266
Carrots	0.874	0.410	0.195	0.231	0.305	0.500	1.461
Cabbage	1.145	1.199	0.532	0.342	0.489	1.127	1.450
Pechay	0.580	1.257	0.244	0.587	0.370	0.505	0.551
Stringbeans	1.807	1.623	1.599	1.503	2.025	1.828	1.927
Habitchuelas	0.050	0.057	0.020	0.021	0.065	0.127	0.017
Mongo	0.934	0.814	1.508	0.658	0.642	1.077	0.840
Tomato	3.532	2.137	2.338	1.963	3.536	4.656	3.750
Onion	2.644	3.249	1.876	2.048	2.816	2.458	2.881
Garlic	1.202	1.564	0.973	0.904	1.175	0.959	1.366
<i>Fruits</i>							
Banana (except saba)	14.020	10.349	8.155	13.772	10.638	11.344	17.575
Saba	13.490	22.228	4.755	16.882	14.009	10.697	14.147
Mango	4.044	1.815	3.671	2.580	4.606	4.871	4.402
Pineapple	1.130	1.117	0.428	1.927	0.986	0.902	1.235
Papaya (ripe)	2.960	6.293	2.652	5.170	2.659	2.402	2.190
Calamansi	1.405	1.326	0.513	0.727	1.509	1.954	1.420
<i>Livestock and Poultry Products</i>							
Pork	8.775	10.258	5.435	9.142	8.333	11.114	7.748
Beef	1.397	1.289	1.073	1.291	1.293	2.002	1.171
Carabeef	0.135	0.221	0.058	0.644	0.068	0.165	0.015
Chevon (goat)	0.054	0.006	0.009	0.029	0.214	0.030	0.084
Chicken	8.742	7.388	5.813	6.925	7.389	10.403	9.089
Duck	0.324	0.375	0.068	0.574	0.020	0.861	0.027
Chicken Egg *	74.861	58.712	51.769	42.689	63.513	89.656	81.470
Duck Egg *	2.172	3.261	2.114	4.217	2.805	3.734	0.648
Fresh / pasteurized milk **	0.711	0.117	0.003			0.038	1.515
<i>Fish and Other Marine Products</i>							
Milkfish	7.724	7.883	1.682	7.709	9.044	8.131	8.564
Tilapia	1.206	1.596	0.329	1.556	1.408	1.747	0.912
Roundscad (Galunggong)	5.859	2.843	9.264	2.189	3.323	4.895	7.230
Tuna (all species)	2.022	1.410	8.213	0.239	1.989	3.356	0.600
Dalagang bukid	0.092	0.124	0.207	0.090	0.428	0.167	0.009
Shrimp	1.518	2.255	0.291	1.380	1.217	1.943	1.401
Mussels	0.234	0.563	0.245	0.382	0.188	0.171	0.169
<i>Noodles</i>							
Bihon	1.781	1.668	0.868	1.286	1.604	1.704	2.129
Sotanghon	0.342	0.204	0.066	0.145	0.369	0.339	0.463
Pasta	0.311	0.293	0.117	0.217	0.466	0.432	0.297
Canton	0.247	0.422	0.359	0.073	0.322	0.433	0.119
Fresh miki	0.624	0.700	0.414	0.151	0.575	0.882	0.604
Instant noodles	2.176	1.965	1.356	1.760	1.757	2.570	2.260
Rice noodles (misua)	0.331	0.085	0.084	0.323	0.366	0.276	0.459
<i>Bread</i>							
Pandesal *	233.777	54.077	70.395	43.532	128.777	193.346	367.936
Sliced / loaf bread ***	3.969	3.096	2.421	0.493	4.004	4.977	4.595
Buns *	88.165	47.260	97.986	116.963	118.642	61.374	102.605

* in piece

** in liter

*** in pack

Table 9b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Western Visayas, 2015-2016

(in kilogram)

Commodity	Western Visayas	Aklan	Antique	Capiz	Guimaras	Iloilo	Negros Occidental
<i>Rice and Corn</i>							
Rice (plain)	121.365	115.261	100.543	131.444	110.660	111.642	122.135
Corn	0.168	0.350	0.304	0.029	0.500	0.367	0.152
<i>Root Crops</i>							
Sweet Potato	2.689	3.687	6.033	2.052	4.114	1.830	2.716
Cassava	0.510	4.095	0.921	0.872	2.015	0.103	0.495
Gabi	0.285	0.187	0.329	0.945	1.596	0.250	0.273
White Potato	1.643	1.068	1.130	0.770	0.699	1.050	1.708
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	4.056	3.849	3.830	2.866	2.334	3.005	4.156
Eggplant	4.292	3.656	4.547	2.821	3.837	3.903	4.345
Chayote	0.762	0.522	0.658	0.384	0.321	0.933	0.761
Gourd (upo)	0.709	0.635	0.499	2.048	0.875	0.732	0.689
Squash	4.781	2.473	4.238	2.969	5.243	4.171	4.870
Okra	1.246	1.413	1.314	2.014	1.585	1.665	1.203
Carrots	1.909	0.919	1.265	0.881	0.391	1.848	1.947
Cabbage	1.523	2.069	1.616	0.974	0.879	4.448	1.330
Pechay	0.515	2.663	0.520	1.438	0.973	1.371	0.424
Stringbeans	1.751	1.848	1.591	0.472	2.359	1.237	1.802
Habitchuelas	0.012	0.038	0.141		0.099	0.130	0.003
Mongo	0.705	0.352	2.070	1.110	0.546	1.403	0.644
Tomato	3.995	3.055	3.579	2.590	4.108	5.455	3.927
Onion	3.203	3.021	3.200	2.482	2.875	4.055	3.159
Garlic	1.374	1.571	1.803	1.283	1.375	1.865	1.337
<i>Fruits</i>							
Banana (except saba)	17.911	9.661	12.831	12.239	11.698	22.846	17.791
Saba	9.524	15.395	10.752	9.019	16.520	7.446	9.588
Mango	4.370	2.769	7.869	2.525	5.527	5.585	4.294
Pineapple	1.200	1.516	1.456	1.177	0.558	1.426	1.183
Papaya (ripe)	2.707	3.602	3.218	2.507	1.988	2.379	2.724
Calamansi	1.606	2.122	1.457	2.048	1.457	3.732	1.453
<i>Livestock and Poultry Products</i>							
Pork	8.649	9.797	9.033	14.053	8.181	16.844	8.002
Beef	1.557	2.378	2.659	2.935	1.060	4.551	1.320
Carabeef	0.013					0.107	0.007
Chevon (goat)	0.036					0.028	0.038
Chicken	11.510	5.875	10.549	9.870	6.656	16.689	11.255
Duck	0.034	0.217		0.368	0.088		0.030
Chicken Egg *	87.767	57.619	82.121	68.700	111.847	133.416	85.137
Duck Egg *	0.520	7.213	4.645		1.428		0.474
Fresh / pasteurized milk **	2.162	0.783	0.126				2.377
<i>Fish and Other Marine Products</i>							
Milkfish	9.212	9.187	3.693	8.314	8.600	13.294	8.996
Tilapia	0.992	2.232	1.100	2.030	0.515	0.885	0.975
Roundscad (Galunggong)	7.003	5.937	5.708	4.342	5.081	5.104	7.198
Tuna (all species)	0.771	3.895	13.076		4.142	3.785	0.441
Dalagang bukid	0.031	0.870			0.030	0.366	0.003
Shrimp	1.765	5.064	1.157	1.934	0.376	3.021	1.662
Mussels	0.301	1.481	1.018	0.272	0.203	0.234	0.291
<i>Noodles</i>							
Bihon	2.320	0.997	2.300	1.226	2.715	1.637	2.392
Sotanghon	0.365	0.426	0.267	0.074	0.900	0.835	0.335
Pasta	0.409	0.217	0.655	0.674	0.945	0.314	0.408
Canton	0.212	0.109	1.688		0.324	0.851	0.160
Fresh miki	0.549	0.015	0.922	0.051	1.160	1.162	0.513
Instant noodles	2.207	1.468	1.982	2.963	2.497	2.597	2.176
Rice noodles (misua)	0.452	0.084	0.226	0.097	0.832	0.227	0.476
<i>Bread</i>							
Pandesal *	310.629	172.033	134.597	140.344	298.680	215.464	322.177
Sliced / loaf bread ***	5.143	4.210	5.405	1.198	1.920	9.470	4.926
Buns *	109.083	37.342	129.968	70.493	136.704	50.487	113.914

* in piece

** in liter

*** in pack

Table 9c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Western Visayas, 2015-2016

(in kilogram)

Commodity	Western Visayas	Aklan	Antique	Capiz	Guimaras	Iloilo	Negros Occidental
<i>Rice and Corn</i>							
Rice (plain)	124.139	124.825	142.216	127.053	131.580	131.759	105.725
Corn	9.050	0.375	0.251	0.424	0.399	0.451	30.998
<i>Root Crops</i>							
Sweet Potato	4.401	2.677	10.659	3.167	1.625	1.779	6.388
Cassava	3.188	5.888	4.853	3.674	1.967	1.595	2.985
Gabi	0.319	0.424	0.644	0.455	1.138	0.307	0.020
White Potato	0.420	0.488	0.195	0.118	0.400	0.507	0.513
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.492	3.735	2.204	2.016	2.203	2.141	2.676
Eggplant	3.707	3.373	3.353	2.676	3.393	3.200	5.064
Chayote	0.274	0.224	0.158	0.100	0.105	0.166	0.560
Gourd (upo)	0.475	0.215	0.081	1.278	0.910	0.512	0.328
Squash	3.995	3.315	2.265	3.567	4.567	3.803	5.375
Okra	1.329	1.247	1.342	1.021	1.910	1.417	1.343
Carrots	0.479	0.399	0.169	0.204	0.300	0.402	0.866
Cabbage	1.001	1.181	0.506	0.316	0.467	0.887	1.597
Pechay	0.605	1.227	0.237	0.552	0.335	0.442	0.706
Stringbeans	1.829	1.618	1.599	1.546	2.005	1.871	2.080
Habitchuelas	0.065	0.057	0.017	0.022	0.063	0.127	0.035
Mongo	1.022	0.824	1.495	0.639	0.647	1.053	1.080
Tomato	3.356	2.118	2.308	1.937	3.503	4.598	3.533
Onion	2.431	3.254	1.844	2.030	2.813	2.342	2.540
Garlic	1.137	1.564	0.953	0.888	1.163	0.893	1.402
<i>Fruits</i>							
Banana (except saba)	12.536	10.363	8.043	13.836	10.577	10.511	17.311
Saba	15.003	22.371	4.612	17.211	13.864	10.932	19.725
Mango	3.920	1.795	3.570	2.582	4.553	4.820	4.533
Pineapple	1.103	1.109	0.403	1.959	1.011	0.864	1.300
Papaya (ripe)	3.056	6.350	2.639	5.281	2.697	2.403	1.535
Calamansi	1.328	1.309	0.491	0.672	1.512	1.825	1.381
<i>Livestock and Poultry Products</i>							
Pork	8.823	10.268	5.348	8.936	8.342	10.699	7.437
Beef	1.335	1.266	1.035	1.222	1.307	1.818	0.990
Carabeef	0.182	0.225	0.059	0.671	0.072	0.170	0.025
Chevon (goat)	0.061	0.006	0.009	0.031	0.226	0.031	0.142
Chicken	7.686	7.420	5.699	6.801	7.432	9.948	6.439
Duck	0.435	0.379	0.070	0.583	0.016	0.923	0.023
Chicken Egg *	69.937	58.735	51.041	41.600	60.718	86.487	76.983
Duck Egg *	2.802	3.178	2.053	4.393	2.885	4.004	0.862
Fresh / pasteurized milk **	0.157	0.103				0.041	0.461
<i>Fish and Other Marine Products</i>							
Milkfish	7.157	7.855	1.634	7.684	9.069	7.757	8.035
Tilapia	1.288	1.582	0.310	1.537	1.460	1.809	0.836
Roundscad (Galunggong)	5.423	2.778	9.349	2.098	3.221	4.880	7.268
Tuna (all species)	2.499	1.358	8.096	0.249	1.864	3.325	0.795
Dalagang bukid	0.116	0.108	0.212	0.094	0.451	0.152	0.018
Shrimp	1.423	2.196	0.270	1.357	1.265	1.865	1.080
Mussels	0.208	0.543	0.227	0.387	0.187	0.166	0.020
<i>Noodles</i>							
Bihon	1.575	1.682	0.834	1.289	1.539	1.709	1.807
Sotanghon	0.333	0.200	0.062	0.148	0.339	0.303	0.620
Pasta	0.274	0.295	0.104	0.197	0.439	0.440	0.162
Canton	0.261	0.429	0.327	0.076	0.322	0.403	0.069
Fresh miki	0.653	0.714	0.401	0.155	0.541	0.862	0.715
Instant noodles	2.164	1.976	1.341	1.709	1.715	2.569	2.362
Rice noodles (misua)	0.284	0.085	0.081	0.332	0.339	0.280	0.439
<i>Bread</i>							
Pandesal *	204.458	51.600	68.855	39.477	118.951	191.744	423.927
Sliced / loaf bread ***	3.522	3.073	2.349	0.464	4.125	4.652	4.190
Buns *	80.184	47.469	97.219	118.909	117.598	62.162	88.765

* in piece

** in liter

*** in pack

Table 10a. Estimated annual per capita consumption by commodity, by province,
All Barangays, Central Visayas, 2015-2016

(in kilogram)

Commodity	Central Visayas	Bohol	Cebu	Negros Oriental	Siquijor
<i>Rice and Corn</i>					
Rice (plain)	80.049	115.421	67.802	80.803	98.301
Corn	37.140	4.365	46.210	42.537	39.449
<i>Root Crops</i>					
Sweet Potato	3.866	4.951	3.418	4.255	2.494
Cassava	1.880	2.370	1.454	2.729	2.025
Gabi	1.116	1.160	1.116	1.057	1.332
White Potato	0.526	0.350	0.292	1.483	0.409
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	1.429	1.510	1.017	2.652	1.840
Eggplant	3.507	2.989	3.534	4.009	2.987
Chayote	1.296	0.727	1.182	2.304	0.769
Gourd (upo)	0.500	0.579	0.519	0.375	0.165
Squash	4.216	2.808	4.195	5.915	2.280
Okra	1.533	0.864	1.769	1.524	0.904
Carrots	0.506	0.202	0.462	0.980	0.352
Cabbage	1.012	0.320	1.055	1.654	0.403
Pechay	0.701	1.066	0.435	1.190	0.423
Stringbeans	1.643	2.516	1.590	0.930	0.956
Habitchuelas	0.132	0.060	0.141	0.184	0.087
Mongo	1.247	0.423	1.357	1.780	1.057
Tomato	1.467	0.952	1.235	2.830	0.552
Onion	1.948	1.314	1.781	3.156	2.050
Garlic	1.157	1.178	0.944	1.841	0.877
<i>Fruits</i>					
Banana (except saba)	11.102	8.017	11.140	14.537	7.103
Saba	8.336	9.814	7.360	9.931	8.226
Mango	4.296	2.232	2.974	10.882	2.785
Pineapple	0.476	0.171	0.375	1.156	0.126
Papaya (ripe)	2.032	2.227	1.648	3.059	2.182
Calamansi	0.813	0.370	0.674	1.759	0.504
<i>Livestock and Poultry Products</i>					
Pork	10.476	5.733	11.767	11.532	7.759
Beef	0.737	0.689	0.352	1.999	1.321
Carabeef	0.021	0.075	0.007	0.008	0.003
Chevon (goat)	0.053	0.015	0.041	0.132	0.037
Chicken	7.661	3.742	8.170	10.376	4.954
Duck	0.006			0.028	0.050
Chicken Egg *	85.295	58.390	96.186	80.221	62.402
Duck Egg *	0.550	0.219	0.012	2.687	
Fresh / pasteurized milk **	0.044	0.045	0.054	0.014	
<i>Fish and Other Marine Products</i>					
Milkfish	2.776	2.924	2.318	4.286	0.078
Tilapia	0.249	0.596	0.131	0.268	0.110
Roundscad (Galunggong)	7.347	4.221	7.334	11.068	2.212
Tuna (all species)	4.464	3.700	3.757	7.273	8.890
Dalagang bukid	0.209	0.169	0.071	0.608	1.572
Shrimp	0.605	0.397	0.728	0.468	0.036
Mussels	0.213	0.245	0.217	0.179	
<i>Noodles</i>					
Bihon	1.623	1.523	1.541	2.039	0.946
Sotanghon	0.149	0.085	0.161	0.184	0.053
Pasta	0.509	0.093	0.614	0.639	0.139
Canton	0.223	0.168	0.258	0.159	0.391
Fresh miki	0.598	0.790	0.593	0.441	0.172
Instant noodles	1.715	1.494	1.728	1.886	2.072
Rice noodles (misua)	0.126	0.154	0.098	0.193	0.031
<i>Bread</i>					
Pandesal *	185.904	51.923	197.498	298.301	80.323
Sliced / loaf bread ***	4.601	1.631	5.638	4.512	3.038
Buns *	63.781	72.351	57.072	76.958	55.364

* in piece

** in liter

*** in pack

Table 10b. Estimated annual per capita consumption by commodity, by province,
Urban Barangays, Central Visayas, 2015-2016

(in kilogram)

Commodity	Central Visayas	Bohol	Cebu	Negros Oriental	Siquijor
<i>Rice and Corn</i>					
Rice (plain)	87.910	102.881	85.678	97.819	113.477
Corn	14.767	10.325	16.387	6.863	6.118
<i>Root Crops</i>					
Sweet Potato	3.409	2.783	3.183	4.647	2.089
Cassava	0.287	1.003	0.175	0.789	0.175
Gabi	0.618	0.229	0.656	0.460	0.133
White Potato	0.856	1.236	0.480	2.768	0.077
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	1.595	1.519	1.103	4.146	4.448
Eggplant	2.823	2.591	2.550	4.265	3.124
Chayote	1.619	1.128	1.527	2.151	0.330
Gourd (upo)	0.465	0.189	0.515	0.240	
Squash	3.750	2.749	3.387	5.743	1.413
Okra	1.176	0.707	1.164	1.291	0.402
Carrots	0.938	0.767	0.749	1.935	0.065
Cabbage	1.641	0.855	1.396	3.000	
Pechay	0.844	0.450	0.610	2.095	0.467
Stringbeans	0.897	0.855	0.954	0.604	0.428
Habichuelas	0.168	0.246	0.195	0.018	0.980
Mongo	1.193	0.265	1.114	1.700	0.196
Tomato	1.973	2.064	1.464	4.603	0.637
Onion	2.534	1.981	2.151	4.578	1.824
Garlic	1.450	0.905	1.262	2.484	0.592
<i>Fruits</i>					
Banana (except saba)	13.133	6.808	13.419	12.345	3.838
Saba	4.494	5.781	4.506	4.290	7.103
Mango	6.507	3.355	5.007	14.626	2.612
Pineapple	0.760	0.386	0.500	2.150	0.035
Papaya (ripe)	2.362	1.530	1.890	4.905	0.107
Calamansi	1.361	0.387	1.105	2.798	0.107
<i>Livestock and Poultry Products</i>					
Pork	14.903	9.038	14.520	17.527	7.812
Beef	1.088	0.853	0.651	3.369	2.052
Carabeef					
Chevon (goat)	0.051		0.054	0.043	
Chicken	11.433	9.044	11.206	12.880	5.410
Duck	a/				0.053
Chicken Egg *	116.348	66.053	116.070	123.073	99.851
Duck Egg *	0.014			0.085	
Fresh / pasteurized milk **	0.002	0.102			
<i>Fish and Other Marine Products</i>					
Milkfish	4.784	1.960	4.407	7.049	0.519
Tilapia	0.033	0.325	0.029	0.021	
Roundscad (Galunggong)	8.661	5.180	8.405	10.361	5.666
Tuna (all species)	5.449	5.268	4.937	8.109	7.745
Dalagang bukid	0.229		0.062	1.114	0.631
Shrimp	1.421	1.048	1.455	1.286	
Mussels	0.125		0.149	0.012	
<i>Noodles</i>					
Bihon	1.418	1.411	1.417	1.433	0.098
Sotanghon	0.263	0.239	0.282	0.170	
Pasta	1.038	0.169	1.026	1.197	
Canton	0.227		0.264	0.059	0.273
Fresh miki	0.386	0.532	0.433	0.126	0.059
Instant noodles	1.942	1.662	1.925	2.061	1.626
Rice noodles (misua)	0.154	0.147	0.114	0.362	
<i>Bread</i>					
Pandesal *	300.378	195.754	305.898	283.488	92.641
Sliced / loaf bread ***	9.198	3.545	9.764	6.874	3.444
Buns *	40.463	42.788	37.888	53.491	59.997

* in piece

** in liter

*** in pack

a/ less than 0.001 kilogram

Table 10c. Estimated annual per capita consumption by commodity, by province,
Rural Barangays, Central Visayas, 2015-2016

(in kilogram)

Commodity	Central Visayas	Bohol	Cebu	Negros Oriental	Siquijor
<i>Rice and Corn</i>					
Rice (plain)	75.722	115.802	50.967	73.393	98.010
Corn	49.456	4.184	74.298	58.071	40.089
<i>Root Crops</i>					
Sweet Potato	4.118	5.017	3.640	4.084	2.502
Cassava	2.757	2.411	2.659	3.573	2.061
Gabi	1.391	1.188	1.549	1.317	1.355
White Potato	0.345	0.323	0.115	0.923	0.416
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	1.338	1.509	0.936	2.002	1.789
Eggplant	3.884	3.001	4.460	3.898	2.984
Chayote	1.117	0.715	0.857	2.371	0.778
Gourd (upo)	0.519	0.591	0.524	0.434	0.168
Squash	4.473	2.809	4.957	5.990	2.297
Okra	1.729	0.868	2.339	1.625	0.914
Carrots	0.268	0.184	0.192	0.564	0.358
Cabbage	0.666	0.304	0.733	1.067	0.411
Pechay	0.622	1.085	0.271	0.796	0.422
Stringbeans	2.054	2.567	2.188	1.072	0.966
Habitchuelas	0.113	0.054	0.091	0.256	0.070
Mongo	1.276	0.427	1.586	1.815	1.074
Tomato	1.189	0.918	1.019	2.058	0.551
Onion	1.625	1.294	1.433	2.536	2.055
Garlic	0.995	1.187	0.645	1.561	0.883
<i>Fruits</i>					
Banana (except saba)	9.984	8.054	8.994	15.492	7.166
Saba	10.451	9.937	10.047	12.388	8.247
Mango	3.079	2.198	1.060	9.252	2.788
Pineapple	0.320	0.164	0.257	0.723	0.128
Papaya (ripe)	1.850	2.248	1.420	2.255	2.221
Calamansi	0.511	0.369	0.267	1.306	0.512
<i>Livestock and Poultry Products</i>					
Pork	8.039	5.632	9.173	8.922	7.758
Beef	0.544	0.684	0.070	1.402	1.307
Carabeef	0.032	0.078	0.013	0.011	0.003
Chevon (goat)	0.054	0.015	0.029	0.171	0.038
Chicken	5.585	3.581	5.310	9.286	4.945
Duck	0.009			0.040	0.050
Chicken Egg *	68.202	58.157	77.457	61.560	61.683
Duck Egg *	0.846	0.225	0.023	3.820	
Fresh / pasteurized milk **	0.068	0.043	0.106	0.020	
<i>Fish and Other Marine Products</i>					
Milkfish	1.671	2.954	0.349	3.083	0.070
Tilapia	0.368	0.605	0.227	0.375	0.112
Roundscad (Galunggong)	6.624	4.192	6.325	11.377	2.146
Tuna (all species)	3.922	3.652	2.646	6.909	8.912
Dalagang bukid	0.198	0.174	0.079	0.388	1.590
Shrimp	0.156	0.377	0.043	0.111	0.037
Mussels	0.261	0.253	0.281	0.251	
<i>Noodles</i>					
Bihon	1.736	1.526	1.659	2.302	0.963
Sotanghon	0.086	0.081	0.047	0.191	0.054
Pasta	0.218	0.091	0.225	0.396	0.142
Canton	0.221	0.173	0.251	0.203	0.393
Fresh miki	0.716	0.798	0.743	0.579	0.175
Instant noodles	1.590	1.489	1.542	1.810	2.080
Rice noodles (misua)	0.110	0.154	0.082	0.119	0.032
<i>Bread</i>					
Pandesal *	122.889	47.547	95.404	304.751	80.086
Sliced / loaf bread ***	2.071	1.572	1.752	3.484	3.031
Buns *	76.617	73.250	75.140	87.176	55.275

* in piece

** in liter

*** in pack

Table 11a. Estimated annual per capita consumption by commodity, by province, All Barangays, Eastern Visayas, 2015-2016

(in kilogram)

Commodity	Eastern Visayas	Biliran	Eastern Samar	Leyte	Northern Samar	Southern Leyte	Samar
<i>Rice and Corn</i>							
Rice (plain)	118.048	123.438	98.115	114.006	121.252	128.139	126.372
Corn	21.428	0.425	0.083	44.358	0.175	0.665	12.732
<i>Root Crops</i>							
Sweet Potato	6.858	4.166	11.791	6.515	9.983	6.929	4.747
Cassava	6.967	6.593	7.501	7.089	7.478	4.557	7.187
Gabi	1.590	0.137	2.066	0.346	1.005	1.942	3.513
White Potato	0.163	0.029	0.442	0.213	0.065	0.290	0.003
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.152	2.318	2.790	2.573	2.095	1.643	1.457
Eggplant	4.832	4.072	5.088	6.109	4.269	3.314	3.645
Chayote	0.605	1.298	1.120	0.743	0.134	0.796	0.233
Gourd (upo)	0.737	1.011	1.053	0.254	3.308	0.726	0.368
Squash	3.618	3.724	5.023	5.251	4.025	2.610	0.873
Okra	1.070	1.228	0.718	1.523	0.806	0.942	0.653
Carrots	0.201	0.205	0.562	0.254	0.087	0.267	0.013
Cabbage	0.577	0.449	1.160	0.663	0.565	0.732	0.211
Pechay	1.171	0.556	1.822	1.186	1.354	1.050	0.959
Stringbeans	1.281	0.870	1.604	1.064	2.713	0.927	1.128
Habitchuelas	0.027	0.003	0.036	0.019	0.047	0.086	0.014
Mongo	0.472	0.171	0.469	0.849	0.388	0.243	0.065
Tomato	1.442	0.431	2.126	2.030	0.775	1.890	0.573
Onion	1.766	0.505	2.507	2.174	1.869	2.277	0.876
Garlic	0.857	0.333	1.367	0.994	0.922	0.944	0.491
<i>Fruits</i>							
Banana (except saba)	13.297	11.748	15.297	15.983	11.694	12.568	9.662
Saba	5.885	1.010	3.692	9.162	6.441	12.062	0.524
Mango	2.627	3.109	1.941	3.483	2.166	3.177	1.575
Pineapple	1.192	0.806	1.245	1.249	3.390	1.483	0.267
Papaya (ripe)	3.060	0.764	3.419	5.062	0.512	2.585	1.384
Calamansi	0.977	0.124	2.263	1.250	0.816	1.300	0.178
<i>Livestock and Poultry Products</i>							
Pork	8.954	6.735	9.145	11.052	7.167	10.239	6.385
Beef	0.122	0.136	0.126	0.139	0.146	0.338	0.020
Carabeef	0.295	0.019	1.118	0.221	0.797	0.118	0.009
Chevon (goat)	0.007	0.012		0.007		0.003	0.012
Chicken	6.902	3.879	7.529	10.172	6.941	5.814	2.643
Duck	0.033				0.084	0.071	0.067
Chicken Egg *	71.975	34.736	68.928	92.938	51.532	91.385	49.089
Duck Egg *	0.825	0.181	0.048	0.867	1.028	0.686	1.108
Fresh / pasteurized milk **	0.049			0.004	0.254	0.265	
<i>Fish and Other Marine Products</i>							
Milkfish	2.061	0.467	2.337	2.320	2.694	0.494	2.042
Tilapia	0.375	0.134	0.124	0.450	0.590	0.183	0.373
Roundscad (Galunggong)	7.193	12.598	3.360	11.312	5.437	3.797	3.574
Tuna (all species)	4.520	0.250	6.522	5.551	2.710	6.734	2.829
Dalagang bukid	0.488	0.337	0.559	0.905	0.151	0.227	0.076
Shrimp	0.380	0.078	0.585	0.279	0.692	0.216	0.430
Mussels	0.881	0.103	1.856	0.578	1.101	0.396	1.133
<i>Noodles</i>							
Bihon	1.272	0.950	2.116	1.912	0.932	1.161	0.229
Sotanghon	0.095	0.115	0.042	0.132	0.063	0.202	0.035
Pasta	0.140	0.072	0.534	0.082	0.177	0.104	0.086
Canton	0.173	0.115	0.351	0.187	0.457	0.142	0.003
Fresh miki	0.385	0.489	0.418	0.558	0.065	0.088	0.310
Instant noodles	2.103	0.927	2.171	2.088	2.544	1.608	2.246
Rice noodles (misua)	0.260	0.070	0.393	0.407	0.200	0.137	0.081
<i>Bread</i>							
Pandesal *	342.039	136.525	274.546	454.771	381.473	207.312	257.357
Sliced / loaf bread ***	2.731	0.756	3.018	4.133	3.913	1.999	0.652
Buns *	101.153	26.121	33.938	33.081	90.781	38.607	257.325

* in piece

** in liter

*** in pack

Table 11b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Eastern Visayas, 2015-2016

(in kilogram)

Commodity	Eastern Visayas	Biliran	Eastern Samar	Leyte	Northern Samar	Southern Leyte	Samar
<i>Rice and Corn</i>							
Rice (plain)	124.309	122.572	127.413	124.954	120.266	124.446	131.148
Corn	2.361	0.012	0.095	4.133	0.149	0.466	1.085
<i>Root Crops</i>							
Sweet Potato	5.469	4.501	9.552	5.032	6.870	4.231	3.950
Cassava	2.881	2.347	1.805	1.308	6.384	0.325	2.556
Gabi	0.238		0.123	0.170	0.297	0.663	0.305
White Potato	0.485	0.332	2.619	0.668	0.213	0.542	
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.435	3.157	4.848	2.724	1.860	1.788	2.283
Eggplant	2.951	3.028	3.223	2.774	3.327	3.087	2.725
Chayote	0.929	1.071	1.570	1.263	0.304	0.520	0.975
Gourd (upo)	1.299	0.661	2.458	0.991	2.437	0.246	0.177
Squash	3.462	3.962	5.358	2.377	6.292	2.183	1.502
Okra	1.145	1.052	1.984	1.429	0.850	0.786	0.586
Carrots	0.563	0.621	0.947	0.772	0.306	0.695	0.126
Cabbage	1.303	0.601	2.535	1.542	1.012	1.165	0.896
Pechay	1.410	0.931	2.036	1.485	1.274	0.762	1.612
Stringbeans	1.388	0.399	0.603	0.707	3.062	0.739	0.851
Habitchuelas	0.068		0.220	0.050	0.030	0.229	0.179
Mongo	0.512	0.055	0.361	0.526	0.707	0.387	0.096
Tomato	1.680	0.426	2.377	2.016	1.121	2.370	1.363
Onion	2.022	0.263	3.237	2.221	1.927	2.250	1.338
Garlic	1.036	0.263	2.671	1.040	1.034	0.825	0.963
<i>Fruits</i>							
Banana (except saba)	14.798	7.877	22.494	18.923	8.677	12.394	11.765
Saba	4.477	0.509	8.483	6.896	0.436	12.663	0.470
Mango	3.813	1.771	6.690	4.466	2.785	2.394	3.741
Pineapple	2.240	0.960	1.109	3.151	1.297	0.957	1.214
Papaya (ripe)	2.326	0.445	9.226	3.338	0.590	2.318	1.220
Calamansi	1.353	0.353	2.560	1.837	0.763	2.180	0.264
<i>Livestock and Poultry Products</i>							
Pork	10.675	7.634	16.983	12.394	7.904	11.664	8.801
Beef	0.489	0.867		0.765		1.566	0.074
Carabeef	0.374		0.068	0.005	1.053		0.621
Chevon (goat)	0.083			0.157			
Chicken	11.369	5.224	7.670	14.269	8.960	8.698	6.453
Duck							
Chicken Egg *	104.591	44.736	87.004	124.840	63.429	136.804	114.103
Duck Egg *	3.514		2.156	6.423	0.343		
Fresh / pasteurized milk **	0.503			0.082	1.577	0.273	
<i>Fish and Other Marine Products</i>							
Milkfish	3.317	1.649	2.966	3.471	2.947	0.932	4.685
Tilapia	0.402	0.144	0.431	0.566	0.303	0.207	
Roundscad (Galunggong)	6.774	8.196	12.102	7.896	5.925	3.832	3.736
Tuna (all species)	3.141	0.144	12.845	3.132	1.968	8.915	3.013
Dalagang bukid	0.347		0.025	0.473	0.225	0.823	
Shrimp	1.004	0.289	1.333	1.329	0.709	0.755	0.387
Mussels	1.315	0.289	1.053	1.263	1.497	0.506	1.581
<i>Noodles</i>							
Bihon	1.207	2.041	2.500	1.685	0.671	1.083	0.064
Sotanghon	0.219	0.296	0.025	0.370	0.030	0.263	
Pasta	0.139	0.144	0.773	0.173	0.076	0.245	
Canton	0.469	0.744	0.577	0.216	1.130	0.282	
Fresh miki	0.140	0.289	0.206	0.225		0.152	0.064
Instant noodles	2.122	0.572	2.572	1.819	2.432	1.866	2.999
Rice noodles (misua)	0.158	0.048	1.027	0.178	0.119	0.302	
<i>Bread</i>							
Pandesal *	408.883	178.475	292.827	335.434	474.398	405.273	637.621
Sliced / loaf bread ***	7.659	0.762	16.294	9.153	4.896	2.090	9.350
Buns *	40.330	3.611	13.977	57.680	6.246	11.765	65.034

* in piece

** in liter

*** in pack

Table 11c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Eastern Visayas, 2015-2016

(in kilogram)

Commodity	Eastern Visayas	Biliran	Eastern Samar	Leyte	Northern Samar	Southern Leyte	Samar
<i>Rice and Corn</i>							
Rice (plain)	117.814	123.453	97.933	113.463	121.366	128.205	126.300
Corn	22.141	0.432	0.083	46.351	0.178	0.669	12.907
<i>Root Crops</i>							
Sweet Potato	6.910	4.161	11.805	6.589	10.343	6.977	4.759
Cassava	7.120	6.666	7.536	7.376	7.604	4.633	7.257
Gabi	1.640	0.140	2.078	0.355	1.087	1.965	3.562
White Potato	0.151	0.024	0.429	0.190	0.048	0.286	0.003
<i>Vegetables, Legumes and Condiments</i>							
Ampalaya	2.141	2.304	2.777	2.565	2.122	1.641	1.444
Eggplant	4.902	4.090	5.099	6.275	4.378	3.318	3.659
Chayote	0.593	1.301	1.117	0.717	0.114	0.801	0.222
Gourd (upo)	0.716	1.017	1.044	0.217	3.408	0.735	0.371
Squash	3.624	3.720	5.021	5.394	3.764	2.618	0.863
Okra	1.067	1.231	0.710	1.528	0.801	0.944	0.654
Carrots	0.188	0.198	0.560	0.228	0.061	0.259	0.011
Cabbage	0.550	0.447	1.152	0.619	0.513	0.725	0.200
Pechay	1.162	0.550	1.821	1.171	1.363	1.055	0.949
Stringbeans	1.277	0.879	1.610	1.081	2.673	0.930	1.132
Habitchuelas	0.026	0.003	0.035	0.018	0.049	0.083	0.011
Mongo	0.470	0.173	0.469	0.865	0.351	0.241	0.064
Tomato	1.433	0.431	2.125	2.030	0.735	1.881	0.561
Onion	1.756	0.510	2.503	2.171	1.863	2.277	0.869
Garlic	0.850	0.334	1.359	0.991	0.909	0.946	0.484
<i>Fruits</i>							
Banana (except saba)	13.241	11.815	15.252	15.837	12.043	12.571	9.630
Saba	5.937	1.019	3.662	9.274	7.135	12.051	0.525
Mango	2.583	3.132	1.912	3.434	2.095	3.191	1.542
Pineapple	1.153	0.803	1.246	1.155	3.631	1.493	0.253
Papaya (ripe)	3.087	0.770	3.383	5.147	0.503	2.590	1.387
Calamansi	0.963	0.121	2.262	1.221	0.822	1.285	0.177
<i>Livestock and Poultry Products</i>							
Pork	8.889	6.720	9.097	10.986	7.082	10.214	6.348
Beef	0.108	0.123	0.126	0.108	0.163	0.316	0.019
Carabeef	0.292	0.019	1.124	0.232	0.768	0.120	
Chevon (goat)	0.004	0.012				0.003	0.012
Chicken	6.735	3.856	7.529	9.969	6.708	5.763	2.586
Duck	0.034				0.094	0.072	0.068
Chicken Egg *	70.756	34.564	68.816	91.358	50.159	90.577	48.107
Duck Egg *	0.725	0.184	0.035	0.592	1.107	0.698	1.124
Fresh / pasteurized milk **	0.032				0.101	0.265	
<i>Fish and Other Marine Products</i>							
Milkfish	2.014	0.446	2.333	2.262	2.665	0.486	2.002
Tilapia	0.374	0.134	0.122	0.444	0.624	0.182	0.379
Roundscad (Galunggong)	7.209	12.674	3.306	11.482	5.380	3.796	3.571
Tuna (all species)	4.572	0.252	6.483	5.671	2.796	6.695	2.826
Dalagang bukid	0.493	0.343	0.562	0.927	0.142	0.217	0.077
Shrimp	0.357	0.074	0.581	0.227	0.690	0.207	0.430
Mussels	0.865	0.099	1.861	0.544	1.055	0.394	1.126
<i>Noodles</i>							
Bihon	1.274	0.932	2.114	1.924	0.962	1.162	0.231
Sotanghon	0.090	0.112	0.042	0.121	0.066	0.201	0.036
Pasta	0.140	0.071	0.533	0.078	0.188	0.102	0.087
Canton	0.162	0.104	0.350	0.185	0.380	0.139	0.003
Fresh miki	0.394	0.493	0.419	0.575	0.073	0.087	0.314
Instant noodles	2.102	0.933	2.169	2.102	2.557	1.603	2.235
Rice noodles (misua)	0.264	0.071	0.389	0.418	0.210	0.134	0.082
<i>Bread</i>							
Pandesal *	339.540	135.807	274.432	460.683	370.748	203.788	251.616
Sliced / loaf bread ***	2.547	0.756	2.935	3.884	3.800	1.998	0.521
Buns *	103.426	26.506	34.062	31.862	100.539	39.085	260.228

* in piece

** in liter

*** in pack

Table 12a. Estimated annual per capita consumption by commodity, by province,
All Barangays, Zamboanga Peninsula, 2015-2016

(in kilogram)

Commodity	Zamboanga Peninsula	Zamboanga del Norte	Zamboanga del Sur	Zamboanga Sibugay
<i>Rice and Corn</i>				
Rice (plain)	36.389	35.015	23.557	88.593
Corn	159.924	147.159	177.081	111.978
<i>Root Crops</i>				
Sweet Potato	17.333	6.584	24.750	4.434
Cassava	13.390	9.808	16.711	5.773
Gabi	1.786	2.353	1.825	0.787
White Potato	0.149	0.085	0.210	0.004
<i>Vegetables, Legumes and Condiments</i>				
Ampalaya	2.788	0.562	4.087	1.043
Eggplant	7.225	3.043	8.889	6.978
Chayote	1.477	1.482	1.818	0.133
Gourd (upo)	1.079	0.634	1.403	0.476
Squash	5.449	6.093	5.428	4.567
Okra	2.482	1.775	2.817	2.234
Carrots	0.105	0.156	0.089	0.093
Cabbage	0.400	0.350	0.475	0.177
Pechay	0.517	0.233	0.683	0.295
Stringbeans	4.083	1.933	5.303	2.535
Habitchuelas	0.057	0.075	0.045	0.078
Mongo	1.041	0.898	1.073	1.131
Tomato	1.201	0.743	1.391	1.145
Onion	1.527	1.153	1.600	1.805
Garlic	0.838	0.706	0.938	0.645
<i>Fruits</i>				
Banana (except saba)	13.159	11.095	14.842	9.669
Saba	11.264	14.315	10.210	10.819
Mango	7.808	9.119	7.574	6.760
Pineapple	1.095	0.548	1.513	0.283
Papaya (ripe)	3.425	4.036	3.283	3.062
Calamansi	0.709	0.430	0.838	0.622
<i>Livestock and Poultry Products</i>				
Pork	3.901	3.974	4.003	3.395
Beef	0.424	0.910	0.242	0.409
Carabeef	2.185	0.023	3.535	0.149
Chevon (goat)	0.298	0.002	0.477	0.037
Chicken	5.163	3.577	6.062	4.020
Duck	0.310	0.004	0.491	0.061
Chicken Egg *	49.506	34.123	54.678	52.315
Duck Egg *	2.328	0.086	3.634	0.578
Fresh / pasteurized milk **	0.082	0.004	0.131	0.012
<i>Fish and Other Marine Products</i>				
Milkfish	1.046	0.253	1.128	1.912
Tilapia	1.042	0.044	1.672	0.071
Roundscad (Galunggong)	7.596	4.224	8.368	9.623
Tuna (all species)	5.519	2.639	7.528	1.979
Dalagang bukid	0.331	1.101	0.112	0.034
Shrimp	0.388	0.023	0.544	0.323
Mussels	0.082	0.070	0.008	0.390
<i>Noodles</i>				
Bihon	1.484	0.556	2.144	0.293
Sotanghon	0.239	0.002	0.385	0.020
Pasta	0.010		0.011	0.020
Canton	0.152	0.016	0.182	0.239
Fresh miki	0.746	0.351	1.046	0.165
Instant noodles	1.870	1.362	2.200	1.344
Rice noodles (misua)	0.148	0.020	0.224	0.042
<i>Bread</i>				
Pandesal *	148.599	34.172	180.611	194.743
Sliced / loaf bread ***	2.459	0.740	3.037	2.775
Buns *	25.889	72.498	4.840	38.397

* in piece

** in liter

*** in pack

Table 12b. Estimated annual per capita consumption by commodity, by province, Urban, Zamboanga Peninsula, 2015-2016

(in kilogram)

Commodity	Zamboanga Peninsula	Zamboanga del Norte	Zamboanga del Sur	Zamboanga Sibugay
<i>Rice and Corn</i>				
Rice (plain)	104.648	112.642	104.902	90.251
Corn	10.561	58.974	0.031	94.933
<i>Root Crops</i>				
Sweet Potato	0.821	3.162	0.288	5.234
Cassava	1.213	8.315	0.096	7.514
Gabi	0.151	0.844	0.023	1.036
White Potato	0.278		0.324	
<i>Vegetables, Legumes and Condiments</i>				
Ampalaya	2.293	0.213	2.595	0.813
Eggplant	4.978	2.805	5.064	6.687
Chayote	1.226	0.320	1.398	
Gourd (upo)	0.569	0.287	0.527	1.544
Squash	3.485	3.661	3.179	7.598
Okra	0.478	1.514	0.188	3.199
Carrots	0.169	0.095	0.188	
Cabbage	2.604	0.544	2.981	0.028
Pechay	2.436	0.162	2.798	0.346
Stringbeans	1.518	0.719	1.470	3.273
Habitchuelas				
Mongo	0.204	0.784	0.064	1.421
Tomato	2.295	0.599	2.474	2.031
Onion	2.180	1.327	2.264	2.134
Garlic	0.444	0.596	0.400	0.856
<i>Fruits</i>				
Banana (except saba)	12.237	9.414	11.862	21.384
Saba	9.910	11.974	9.098	18.666
Mango	1.289	6.656	0.396	6.748
Pineapple	0.301	2.415		1.721
Papaya (ripe)	1.677	5.803	1.094	4.393
Calamansi	0.103	0.455		1.090
<i>Livestock and Poultry Products</i>				
Pork	6.241	6.841	6.213	5.821
Beef	0.152	0.121	0.097	0.970
Carabeef				
Chevon (goat)	0.009	0.106		
Chicken	10.949	5.004	12.074	2.972
Duck	0.017	0.211		
Chicken Egg *	55.531	33.063	57.881	52.428
Duck Egg *	0.031			0.518
Fresh / pasteurized milk **	0.026	0.188		0.173
<i>Fish and Other Marine Products</i>				
Milkfish	0.298	0.277	0.245	1.078
Tilapia	0.003			0.049
Roundscad (Galunggong)	11.505	5.197	12.184	10.357
Tuna (all species)	2.675	2.833	2.755	1.323
Dalagang bukid				
Shrimp	0.034	0.053	0.012	0.317
Mussels	0.173			2.872
<i>Noodles</i>				
Bihon	1.530	0.800	1.693	0.200
Sotanghon	0.123		0.141	0.025
Pasta				
Canton	0.331		0.371	0.208
Fresh miki	0.293	0.391	0.297	0.097
Instant noodles	2.093	1.811	2.121	2.072
Rice noodles (misua)	0.007	0.037		0.062
<i>Bread</i>				
Pandesal *	470.364	78.883	517.083	334.418
Sliced / loaf bread ***	2.199	0.518	2.436	1.099
Buns *	33.589	117.962	27.311	8.994

* in piece

** in liter

*** in pack

Table 12c. Estimated annual per capita consumption by commodity, by province,
Rural Barangays, Zamboanga Peninsula, 2015-2016

(in kilogram)

Commodity	Zamboanga Peninsula	Zamboanga del Norte	Zamboanga del Sur	Zamboanga Sibugay
<i>Rice and Corn</i>				
Rice (plain)	31.946	33.325	15.908	88.553
Corn	169.646	149.078	193.728	112.390
<i>Root Crops</i>				
Sweet Potato	18.407	6.658	27.050	4.414
Cassava	14.183	9.840	18.273	5.731
Gabi	1.893	2.386	1.994	0.781
White Potato	0.140	0.087	0.199	0.004
<i>Vegetables, Legumes and Condiments</i>				
Ampalaya	2.820	0.570	4.227	1.049
Eggplant	7.371	3.048	9.249	6.985
Chayote	1.493	1.508	1.858	0.136
Gourd (upo)	1.112	0.642	1.486	0.450
Squash	5.577	6.146	5.639	4.494
Okra	2.613	1.780	3.064	2.211
Carrots	0.101	0.157	0.080	0.095
Cabbage	0.256	0.346	0.240	0.181
Pechay	0.392	0.234	0.484	0.294
Stringbeans	4.250	1.960	5.663	2.517
Habitchuelas	0.061	0.076	0.049	0.080
Mongo	1.096	0.901	1.168	1.124
Tomato	1.130	0.746	1.289	1.123
Onion	1.485	1.149	1.537	1.797
Garlic	0.864	0.708	0.989	0.640
<i>Fruits</i>				
Banana (except saba)	13.219	11.131	15.123	9.386
Saba	11.353	14.366	10.315	10.629
Mango	8.232	9.173	8.249	6.760
Pineapple	1.147	0.507	1.655	0.248
Papaya (ripe)	3.538	3.997	3.489	3.030
Calamansi	0.748	0.429	0.917	0.611
<i>Livestock and Poultry Products</i>				
Pork	3.749	3.912	3.795	3.336
Beef	0.442	0.927	0.255	0.396
Carabeef	2.328	0.023	3.867	0.153
Chevon (goat)	0.316		0.522	0.038
Chicken	4.786	3.546	5.497	4.045
Duck	0.329		0.537	0.063
Chicken Egg *	49.114	34.146	54.377	52.312
Duck Egg *	2.477	0.088	3.975	0.579
Fresh / pasteurized milk **	0.086		0.143	0.008
<i>Fish and Other Marine Products</i>				
Milkfish	1.095	0.252	1.211	1.932
Tilapia	1.109	0.045	1.829	0.071
Roundscad (Galunggong)	7.341	4.203	8.009	9.606
Tuna (all species)	5.704	2.635	7.976	1.995
Dalagang bukid	0.353	1.125	0.122	0.035
Shrimp	0.411	0.022	0.594	0.323
Mussels	0.076	0.072	0.009	0.330
<i>Noodles</i>				
Bihon	1.481	0.551	2.187	0.295
Sotanghon	0.246	0.002	0.408	0.020
Pasta	0.010		0.012	0.021
Canton	0.141	0.016	0.165	0.240
Fresh miki	0.775	0.350	1.116	0.167
Instant noodles	1.856	1.352	2.207	1.327
Rice noodles (misua)	0.157	0.020	0.245	0.041
<i>Bread</i>				
Pandesal *	127.657	33.199	148.975	191.362
Sliced / loaf bread ***	2.476	0.745	3.094	2.815
Buns *	25.388	71.509	2.727	39.108

* in piece

** in liter

*** in pack

Table 13a. Estimated annual per capita consumption by commodity, by province, All Barangays, Northern Mindanao, 2015-2016

(in kilogram)

Commodity	Northern Mindanao	Bukidnon	Camiguin	Lanao del Norte	Misamis Occidental	Misamis Oriental
<i>Rice and Corn</i>						
Rice (plain)	104.351	85.484	118.837	112.373	106.631	110.181
Corn	45.496	74.150	2.063	41.940	44.789	29.342
<i>Root Crops</i>						
Sweet Potato	4.650	5.186	1.973	3.107	6.508	4.769
Cassava	4.944	8.450	1.777	5.743	3.334	2.555
Gabi	1.219	2.116	0.566	1.102	0.929	0.809
White Potato	0.419	0.261	0.340	0.268	0.201	0.787
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	1.734	1.600	1.458	1.465	1.811	2.046
Eggplant	3.748	4.104	1.892	3.872	4.081	3.318
Chayote	1.913	3.106	1.032	1.930	0.841	1.574
Gourd (upo)	0.441	0.344	0.353	0.675	0.620	0.233
Squash	4.248	5.349	2.088	5.336	4.239	2.611
Okra	1.754	1.574	1.111	1.916	2.573	1.381
Carrots	0.436	0.334	0.226	0.476	0.182	0.626
Cabbage	0.713	0.481	0.422	0.723	0.469	1.029
Pechay	0.904	1.448	0.693	0.811	0.602	0.728
Stringbeans	1.690	2.455	1.428	1.282	1.539	1.530
Habitchuelas	0.268	0.273	0.076	0.098	0.062	0.528
Mongo	0.706	0.647	0.425	1.007	0.503	0.618
Tomato	1.905	2.104	0.731	1.484	1.420	2.434
Onion	1.665	1.534	1.268	1.676	1.676	1.780
Garlic	0.893	0.883	0.694	0.758	1.045	0.951
<i>Fruits</i>						
Banana (except saba)	13.627	13.546	7.580	16.745	12.025	12.273
Saba	11.293	8.118	8.946	12.937	10.984	12.703
Mango	4.224	3.194	4.339	3.539	4.688	5.368
Pineapple	1.115	2.082	0.582	0.404	1.053	1.028
Papaya (ripe)	2.567	1.913	3.816	3.374	2.969	2.105
Calamansi	0.809	0.341	0.373	1.270	0.456	0.995
<i>Livestock and Poultry Products</i>						
Pork	6.867	7.109	8.908	4.278	7.439	8.447
Beef	1.153	0.991	0.428	0.975	1.176	1.468
Carabeef	0.213	0.299	0.051	0.335	0.206	0.055
Chevon (goat)	0.145	0.059	0.152	0.094	0.081	0.286
Chicken	6.553	5.734	7.024	6.724	6.186	7.205
Duck	0.165	0.228	0.070	0.314	0.064	0.047
Chicken Egg *	64.006	46.102	77.200	54.896	61.463	86.205
Duck Egg *	1.287	1.146	1.761	3.292	0.432	0.099
Fresh / pasteurized milk **	0.061	0.065	0.131	0.012		0.125
<i>Fish and Other Marine Products</i>						
Milkfish	1.566	1.799	0.586	1.509	1.331	1.619
Tilapia	1.334	1.136	0.157	2.737	0.928	0.586
Roundscad (Galunggong)	5.511	4.590	1.698	6.730	9.570	3.371
Tuna (all species)	5.587	3.132	5.719	5.353	7.190	6.878
Dalagang bukid	0.569	0.035	0.632	0.524	1.728	0.425
Shrimp	0.430	0.177	0.083	0.860	0.605	0.196
Mussels	0.190	0.196	0.092	0.290	0.259	0.072
<i>Noodles</i>						
Bihon	1.178	1.388	0.914	0.940	1.543	1.046
Sotanghon	0.190	0.084	0.601	0.162	0.152	0.290
Pasta	0.167	0.106	0.319	0.240	0.059	0.198
Canton	0.219	0.168	0.143	0.203	0.352	0.211
Fresh miki	1.149	1.378	1.194	0.574	1.147	1.455
Instant noodles	2.095	1.478	1.655	2.480	1.740	2.463
Rice noodles (misua)	0.233	0.127	0.616	0.055	0.109	0.506
<i>Bread</i>						
Pandesal *	141.441	52.607	67.773	179.891	150.427	178.811
Sliced / loaf bread ***	2.739	1.537	3.951	2.885	3.175	3.252
Buns *	62.894	56.269	101.951	58.765	51.125	75.000

* in piece

** in liter

*** in pack

Table 13b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Northern Mindanao, 2015-2016

(in kilogram)

Commodity	Northern Mindanao	Bukidnon	Camiguin	Lanao del Norte	Misamis Occidental	Misamis Oriental
<i>Rice and Corn</i>						
Rice (plain)	125.066	164.466	105.040	108.530	141.032	105.052
Corn	32.835	37.458	1.030	36.995	2.645	28.721
<i>Root Crops</i>						
Sweet Potato	5.465	7.659	0.637	4.678	4.148	4.619
Cassava	2.562	2.935	0.118	3.142	0.920	1.794
Gabi	1.584	3.026	0.431	1.106	0.082	1.043
White Potato	1.023	0.920	0.149	0.918	0.082	1.428
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.858	2.885	1.172	3.499	6.015	1.550
Eggplant	4.242	5.355	1.864	3.905	6.239	3.297
Chayote	3.238	4.699	1.099	3.289	1.322	2.106
Gourd (upo)	0.536	0.950	1.040	0.145	0.694	0.584
Squash	2.986	4.868	1.009	2.364	3.359	1.903
Okra	1.739	2.603	0.816	1.262	2.518	1.382
Carrots	0.995	1.191	0.239	1.089	0.811	0.734
Cabbage	1.142	1.691	0.166	0.694	0.600	1.275
Pechay	1.401	2.028	1.172	1.252	1.876	0.901
Stringbeans	2.063	3.071	0.442	1.901	0.497	1.572
Habitchuelas	0.555	0.468	0.126	0.313	0.185	1.012
Mongo	1.033	0.844	0.375	1.312	0.936	0.897
Tomato	2.202	3.433	0.809	1.077	3.721	2.185
Onion	1.630	2.052	1.415	1.490	1.732	1.382
Garlic	0.887	1.299	0.590	0.564	2.058	0.704
<i>Fruits</i>						
Banana (except saba)	13.149	12.141	9.755	16.656	23.084	8.193
Saba	13.406	8.182	7.045	19.008	20.365	10.497
Mango	4.860	5.411	3.208	4.604	7.126	4.303
Pineapple	1.573	2.776	0.797	0.797	1.579	1.399
Papaya (ripe)	2.743	2.677	7.171	3.625	4.862	1.266
Calamansi	0.800	0.542	0.624	0.640	1.264	1.180
<i>Livestock and Poultry Products</i>						
Pork	10.393	11.175	8.995	11.945	8.210	8.076
Beef	1.220	2.724	0.914	0.250	2.663	0.733
Carabeef	0.224				4.673	
Chevon (goat)	0.125	0.360	0.093	0.021		0.048
Chicken	8.451	6.923	7.454	8.816	7.459	9.670
Duck	0.051	0.080	0.098		0.230	0.056
Chicken Egg *	85.251	76.368	91.582	83.450	85.562	95.996
Duck Egg *	0.052		1.953	0.111		
Fresh / pasteurized milk **	0.261	0.320	0.220	0.040		0.525
<i>Fish and Other Marine Products</i>						
Milkfish	3.718	4.357	0.411	2.936	14.424	2.386
Tilapia	1.987	2.457	0.147	2.266	2.307	1.163
Roundscad (Galunggong)	6.789	4.655	2.195	8.058	13.449	6.291
Tuna (all species)	3.182	4.887	7.389	3.002	3.397	1.622
Dalagang bukid	0.735	0.107	1.670	0.682	7.119	0.351
Shrimp	1.245	0.576		2.551	1.913	0.185
Mussels	0.309	0.443		0.120	0.154	0.446
<i>Noodles</i>						
Bihon	1.402	1.841	2.002	1.548	2.356	0.623
Sotanghon	0.439	0.405	0.076	0.348	0.639	0.560
Pasta	0.513	0.417	0.229	0.752	0.593	0.302
Canton	0.390	0.469	0.076	0.333		0.455
Fresh miki	1.314	2.498	0.637	0.971	2.163	0.460
Instant noodles	2.331	2.005	1.756	3.123	2.108	1.709
Rice noodles (misua)	0.246	0.232	0.578	0.126	0.006	0.441
<i>Bread</i>						
Pandesal *	199.828	135.813	152.272	253.635	263.486	185.660
Sliced / loaf bread ***	3.969	4.496	7.300	2.531	5.565	4.921
Buns *	33.076	52.526	59.356	22.135	14.498	30.259

* in piece

** in liter

*** in pack

Table 13c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Northern Mindanao, 2015-2016

(in kilogram)

Commodity	Northern Mindanao	Bukidnon	Camiguin	Lanao del Norte	Misamis Occidental	Misamis Oriental
<i>Rice and Corn</i>						
Rice (plain)	102.125	75.335	119.231	112.970	105.598	110.697
Corn	46.856	78.865	2.092	42.708	46.056	29.405
<i>Root Crops</i>						
Sweet Potato	4.563	4.869	2.012	2.862	6.579	4.784
Cassava	5.199	9.158	1.824	6.147	3.407	2.632
Gabi	1.180	2.000	0.570	1.101	0.954	0.786
White Potato	0.354	0.176	0.345	0.168	0.204	0.722
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	1.613	1.435	1.466	1.149	1.685	2.096
Eggplant	3.695	3.943	1.892	3.867	4.016	3.321
Chayote	1.771	2.901	1.030	1.719	0.827	1.520
Gourd (upo)	0.431	0.266	0.333	0.758	0.617	0.198
Squash	4.384	5.410	2.118	5.797	4.266	2.682
Okra	1.756	1.442	1.120	2.018	2.574	1.381
Carrots	0.376	0.224	0.226	0.381	0.163	0.615
Cabbage	0.666	0.326	0.429	0.728	0.465	1.005
Pechay	0.851	1.373	0.679	0.742	0.564	0.710
Stringbeans	1.649	2.376	1.456	1.185	1.571	1.526
Habitchuelas	0.238	0.248	0.075	0.065	0.058	0.479
Mongo	0.670	0.622	0.426	0.960	0.490	0.590
Tomato	1.873	1.934	0.729	1.547	1.351	2.459
Onion	1.669	1.467	1.263	1.704	1.674	1.820
Garlic	0.894	0.830	0.697	0.788	1.015	0.976
<i>Fruits</i>						
Banana (except saba)	13.678	13.726	7.518	16.759	11.692	12.684
Saba	11.066	8.110	9.000	11.993	10.702	12.925
Mango	4.156	2.909	4.371	3.374	4.615	5.475
Pineapple	1.066	1.993	0.599	0.343	1.038	0.991
Papaya (ripe)	2.549	1.815	3.720	3.335	2.912	2.189
Calamansi	0.810	0.315	0.366	1.368	0.431	0.976
<i>Livestock and Poultry Products</i>						
Pork	6.489	6.586	8.906	3.087	7.416	8.485
Beef	1.146	0.769	0.414	1.088	1.131	1.542
Carabeef	0.212	0.338	0.053	0.387	0.072	0.061
Chevon (goat)	0.147	0.021	0.154	0.105	0.084	0.310
Chicken	6.349	5.582	7.011	6.399	6.148	6.957
Duck	0.177	0.248	0.069	0.363	0.059	0.046
Chicken Egg *	61.724	42.213	76.790	50.459	60.739	85.220
Duck Egg *	1.419	1.293	1.755	3.787	0.445	0.109
Fresh / pasteurized milk **	0.039	0.032	0.129	0.008		0.085
<i>Fish and Other Marine Products</i>						
Milkfish	1.335	1.470	0.591	1.287	0.937	1.542
Tilapia	1.264	0.966	0.157	2.810	0.887	0.528
Roundscad (Galunggong)	5.374	4.582	1.683	6.524	9.454	3.077
Tuna (all species)	5.845	2.907	5.671	5.718	7.304	7.407
Dalagang bukid	0.551	0.026	0.602	0.499	1.566	0.433
Shrimp	0.342	0.126	0.086	0.597	0.566	0.198
Mussels	0.178	0.165	0.095	0.316	0.262	0.034
<i>Noodles</i>						
Bihon	1.154	1.329	0.883	0.845	1.519	1.088
Sotanghon	0.164	0.043	0.616	0.133	0.137	0.263
Pasta	0.130	0.066	0.322	0.160	0.043	0.188
Canton	0.201	0.130	0.145	0.183	0.363	0.186
Fresh miki	1.131	1.234	1.210	0.512	1.116	1.555
Instant noodles	2.070	1.411	1.652	2.380	1.729	2.539
Rice noodles (misua)	0.232	0.114	0.617	0.044	0.112	0.512
<i>Bread</i>						
Pandesal *	135.168	41.916	65.360	168.433	147.030	178.122
Sliced / loaf bread ***	2.607	1.156	3.856	2.941	3.103	3.083
Buns *	66.097	56.751	103.167	64.456	52.226	79.505

* in piece

** in liter

*** in pack

Table 14a. Estimated annual per capita consumption by commodity, by province, All Barangays, Davao Region, 2015-2016

(in kilogram)

Commodity	Davao Region	Compostela Valley	Davao del Norte	Davao del Sur	Davao Oriental
<i>Rice and Corn</i>					
Rice (plain)	94.404	60.542	129.574	88.074	79.254
Corn	40.679	94.362	10.477	35.924	61.426
<i>Root Crops</i>					
Sweet Potato	3.461	4.638	4.438	2.038	5.001
Cassava	1.709	4.624	1.470	0.378	3.572
Gabi	0.603	0.891	0.712	0.375	0.837
White Potato	0.233	0.041	0.367	0.158	0.428
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	2.469	1.598	2.987	2.500	2.234
Eggplant	6.338	7.480	7.157	5.171	7.359
Chayote	1.277	1.463	2.107	0.597	1.661
Gourd (upo)	1.140	0.576	2.259	0.679	0.982
Squash	4.312	4.816	5.686	3.345	4.167
Okra	1.759	1.507	1.919	1.470	2.710
Carrots	0.442	0.192	0.681	0.408	0.332
Cabbage	0.685	0.491	1.346	0.366	0.597
Pechay	0.745	0.348	0.780	0.883	0.636
Stringbeans	1.602	1.460	2.174	1.113	2.244
Habitchuelas	0.070	0.232	0.032	0.057	0.010
Mongo	0.837	1.051	1.055	0.640	0.813
Tomato	2.589	2.238	3.961	1.683	3.205
Onion	2.171	1.653	2.957	2.055	1.477
Garlic	1.102	0.737	1.302	1.201	0.737
<i>Fruits</i>					
Banana (except saba)	16.639	24.911	18.038	12.721	17.949
Saba	14.108	18.567	11.118	14.730	13.309
Mango	6.191	4.085	7.012	6.766	4.796
Pineapple	1.439	1.987	1.174	1.355	1.684
Papaya (ripe)	3.277	5.793	5.275	0.991	4.118
Calamansi	1.557	1.108	3.946	0.449	0.798
<i>Livestock and Poultry Products</i>					
Pork	9.789	7.375	9.277	11.726	6.849
Beef	1.368	0.216	2.273	1.418	0.554
Carabeef	0.033	0.112	0.049		0.026
Chevon (goat)	0.021		0.055	0.009	0.016
Chicken	9.065	7.009	9.116	10.135	7.539
Duck	0.082	0.034	0.177	0.025	0.131
Chicken Egg *	81.233	80.207	90.325	81.018	63.546
Duck Egg *	1.750	1.400	4.707	0.226	1.115
Fresh / pasteurized milk **	0.240		0.838	0.014	0.013
<i>Fish and Other Marine Products</i>					
Milkfish	4.481	2.734	6.439	3.932	4.168
Tilapia	1.145	0.779	1.854	1.101	0.186
Roundscad (Galunggong)	4.246	5.195	5.639	3.455	2.931
Tuna (all species)	7.372	5.661	5.616	9.409	5.970
Dalagang bukid	0.470	0.309	0.109	0.840	0.137
Shrimp	0.583	0.242	1.129	0.480	0.154
Mussels	0.887	1.271	2.332	0.126	0.003
<i>Noodles</i>					
Bihon	1.603	1.415	2.468	1.351	0.835
Sotanghon	0.141	0.031	0.395	0.049	0.043
Pasta	0.134	0.044	0.375	0.049	0.012
Canton	0.123	0.228	0.248	0.024	0.083
Fresh miki	1.099	1.173	1.632	0.939	0.424
Instant noodles	2.217	1.949	2.121	2.569	1.497
Rice noodles (misua)	0.130	0.143	0.256	0.067	0.068
<i>Bread</i>					
Pandesal *	195.925	90.125	201.767	257.238	88.754
Sliced / loaf bread ***	3.820	3.855	5.601	3.470	1.166
Buns *	98.037	102.094	73.888	120.673	66.160

* in piece

** in liter

*** in pack

Table 14b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Davao Region, 2015-2016

(in kilogram)

Commodity	Davao Region	Compostela Valley	Davao del Norte	Davao del Sur	Davao Oriental
<i>Rice and Corn</i>					
Rice (plain)	119.474	102.631	129.337	115.117	108.866
Corn	13.037	45.648	8.426	9.123	38.308
<i>Root Crops</i>					
Sweet Potato	3.949	3.777	6.245	2.045	4.242
Cassava	0.885	0.825	1.548	0.295	2.019
Gabi	0.541	0.266	0.913	0.287	0.528
White Potato	0.170	0.014	0.354	0.024	0.768
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	3.238	2.829	3.545	3.121	1.860
Eggplant	6.391	8.404	7.194	5.209	8.602
Chayote	1.774	1.120	3.315	0.586	2.516
Gourd (upo)	1.365	1.069	2.348	0.625	0.784
Squash	4.859	4.266	6.131	3.887	5.527
Okra	1.837	2.256	2.143	1.468	2.477
Carrots	0.640	0.164	0.867	0.553	0.516
Cabbage	1.081	0.622	2.071	0.323	1.612
Pechay	1.203	0.472	1.058	1.484	1.029
Stringbeans	1.460	1.712	1.806	1.089	2.184
Habitchuelas	0.098	0.451	0.018	0.096	
Mongo	0.723	0.512	0.890	0.624	0.797
Tomato	3.421	4.600	5.189	1.632	4.929
Onion	2.773	2.155	3.633	2.174	2.920
Garlic	1.434	0.904	1.601	1.415	1.158
<i>Fruits</i>					
Banana (except saba)	16.821	23.075	19.870	12.819	20.469
Saba	12.815	17.603	12.441	12.326	8.156
Mango	9.967	11.022	8.160	11.349	7.924
Pineapple	2.162	3.352	1.562	2.493	0.344
Papaya (ripe)	4.100	8.503	7.541	0.308	3.909
Calamansi	2.427	1.762	5.174	0.262	2.352
<i>Livestock and Poultry Products</i>					
Pork	13.403	10.423	10.131	16.969	8.395
Beef	2.775	0.120	3.614	2.709	0.597
Carabeef	0.034		0.062		0.457
Chevon (goat)	0.011			0.022	
Chicken	12.982	9.129	10.365	16.266	5.818
Duck	0.053		0.131		
Chicken Egg *	109.449	117.454	108.056	109.745	90.066
Duck Egg *	1.400	1.915	2.906		2.127
Fresh / pasteurized milk **	0.555		1.376		0.101
<i>Fish and Other Marine Products</i>					
Milkfish	6.088	4.560	8.468	4.452	4.977
Tilapia	1.715	0.674	1.971	1.771	0.341
Roundscad (Galunggong)	4.130	8.244	5.350	2.175	6.037
Tuna (all species)	8.943	6.193	6.433	11.793	4.636
Dalagang bukid	0.719	0.919	0.049	1.260	0.210
Shrimp	1.321	0.659	1.835	1.054	0.675
Mussels	1.871	4.694	3.435	0.049	
<i>Noodles</i>					
Bihon	1.613	1.169	3.215	0.407	0.463
Sotanghon	0.172		0.419	0.003	0.107
Pasta	0.248	0.103	0.592		
Canton	0.139	0.426	0.240		0.024
Fresh miki	1.296	1.942	1.795	0.764	0.774
Instant noodles	2.930	3.036	2.497	3.328	1.550
Rice noodles (misua)	0.177	0.336	0.320	0.029	0.030
<i>Bread</i>					
Pandesal *	318.533	155.685	297.219	376.630	159.258
Sliced / loaf bread ***	6.736	7.144	7.539	6.116	3.335
Buns *	122.825	95.226	80.066	168.025	34.166

* in piece

** in liter

*** in pack

Table 14c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Davao Region, 2015-2016

(in kilogram)

Commodity	Davao Region	Compostela Valley	Davao del Norte	Davao del Sur	Davao Oriental
<i>Rice and Corn</i>					
Rice (plain)	79.435	46.165	129.856	70.151	77.476
Corn	57.184	111.000	12.921	53.686	62.815
<i>Root Crops</i>					
Sweet Potato	3.170	4.933	2.286	2.033	5.046
Cassava	2.200	5.921	1.377	0.433	3.666
Gabi	0.639	1.104	0.473	0.433	0.855
White Potato	0.271	0.050	0.383	0.247	0.407
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	2.010	1.177	2.323	2.088	2.256
Eggplant	6.306	7.164	7.113	5.146	7.284
Chayote	0.981	1.580	0.667	0.604	1.610
Gourd (upo)	1.005	0.408	2.153	0.715	0.994
Squash	3.985	5.004	5.155	2.986	4.085
Okra	1.712	1.251	1.651	1.472	2.724
Carrots	0.324	0.202	0.459	0.311	0.321
Cabbage	0.448	0.446	0.483	0.394	0.536
Pechay	0.471	0.305	0.449	0.484	0.613
Stringbeans	1.687	1.374	2.613	1.129	2.248
Habitchuelas	0.053	0.157	0.050	0.031	0.011
Mongo	0.904	1.235	1.251	0.650	0.814
Tomato	2.092	1.431	2.498	1.718	3.101
Onion	1.812	1.481	2.151	1.976	1.390
Garlic	0.903	0.681	0.945	1.059	0.711
<i>Fruits</i>					
Banana (except saba)	16.530	25.538	15.856	12.656	17.797
Saba	14.881	18.896	9.541	16.324	13.618
Mango	3.936	1.715	5.646	3.730	4.608
Pineapple	1.008	1.521	0.712	0.601	1.764
Papaya (ripe)	2.785	4.868	2.575	1.444	4.131
Calamansi	1.038	0.885	2.484	0.573	0.705
<i>Livestock and Poultry Products</i>					
Pork	7.631	6.334	8.260	8.252	6.756
Beef	0.528	0.249	0.674	0.562	0.551
Carabeef	0.033	0.150	0.033		
Chevon (goat)	0.027		0.120		0.017
Chicken	6.726	6.285	7.629	6.071	7.643
Duck	0.099	0.045	0.231	0.041	0.139
Chicken Egg *	64.385	67.485	69.200	61.980	61.953
Duck Egg *	1.960	1.224	6.852	0.376	1.054
Fresh / pasteurized milk **	0.051		0.198	0.023	0.008
<i>Fish and Other Marine Products</i>					
Milkfish	3.521	2.111	4.021	3.587	4.120
Tilapia	0.804	0.815	1.714	0.657	0.176
Roundscad (Galunggong)	4.315	4.153	5.983	4.303	2.745
Tuna (all species)	6.435	5.479	4.643	7.828	6.050
Dalagang bukid	0.322	0.100	0.181	0.561	0.133
Shrimp	0.142	0.100	0.289	0.099	0.123
Mussels	0.300	0.102	1.017	0.177	0.003
<i>Noodles</i>					
Bihon	1.597	1.499	1.579	1.977	0.857
Sotanghon	0.123	0.041	0.365	0.080	0.039
Pasta	0.065	0.023	0.115	0.081	0.013
Canton	0.114	0.160	0.256	0.040	0.087
Fresh miki	0.981	0.910	1.438	1.055	0.403
Instant noodles	1.791	1.577	1.673	2.065	1.494
Rice noodles (misua)	0.103	0.077	0.180	0.092	0.070
<i>Bread</i>					
Pandesal *	122.717	67.732	88.046	178.109	84.519
Sliced / loaf bread ***	2.078	2.732	3.292	1.716	1.035
Buns *	83.236	104.440	66.529	89.290	68.082

* in piece

** in liter

*** in pack

Table 15a. Estimated annual per capita consumption by commodity, by province, All Barangays, SOCCSKSARGEN, 2015-2016

(in kilogram)

Commodity	SOCCSKSARGEN	North Cotabato	Sarangani	South Cotabato	Sultan Kudarat
<i>Rice and Corn</i>					
Rice (plain)	113.944	105.561	93.427	124.837	127.044
Corn	24.424	40.693	41.651	1.608	15.933
<i>Root Crops</i>					
Sweet Potato	3.654	2.674	3.897	3.210	5.957
Cassava	3.979	4.988	4.263	1.270	5.818
Gabi	1.130	1.369	0.853	0.416	1.889
White Potato	0.148	0.081	0.162	0.214	0.168
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	2.102	1.953	1.681	1.553	3.439
Eggplant	5.384	4.667	5.621	4.856	7.319
Chayote	0.838	0.697	0.575	0.782	1.349
Gourd (upo)	0.816	0.792	0.759	0.917	0.753
Squash	3.770	2.815	3.513	2.782	7.128
Okra	1.428	0.805	1.458	1.186	2.912
Carrots	0.305	0.143	0.243	0.640	0.166
Cabbage	0.490	0.355	0.419	0.635	0.579
Pechay	0.782	0.902	0.382	0.792	0.804
Stringbeans	1.808	1.306	1.415	1.958	2.775
Habichuelas	0.080	0.005	0.027	0.142	0.166
Mongo	0.699	0.827	0.746	0.268	1.051
Tomato	3.581	2.522	3.366	4.949	3.720
Onion	2.203	1.748	2.390	2.560	2.413
Garlic	0.808	0.710	0.553	0.779	1.197
<i>Fruits</i>					
Banana (except saba)	10.431	9.960	15.847	7.336	12.272
Saba	11.884	12.184	14.137	5.185	19.506
Mango	3.893	4.697	3.292	1.250	6.586
Pineapple	1.313	0.575	1.663	1.761	1.813
Papaya (ripe)	3.126	2.764	4.571	2.411	3.896
Calamansi	0.851	0.751	1.165	0.654	1.120
<i>Livestock and Poultry Products</i>					
Pork	6.287	4.489	4.634	8.820	7.046
Beef	0.991	0.338	1.030	1.926	0.838
Carabeef	0.153		0.136	0.326	0.200
Chevon (goat)	0.071	0.038	0.067	0.142	0.035
Chicken	4.928	4.448	4.322	5.147	5.894
Duck	0.450	0.288	0.249	0.863	0.288
Chicken Egg *	53.719	54.480	36.543	57.908	57.330
Duck Egg *	4.770	4.065	1.163	3.410	10.352
Fresh / pasteurized milk **	0.142	0.021		0.461	
<i>Fish and Other Marine Products</i>					
Milkfish	2.929	3.034	1.632	2.867	3.658
Tilapia	3.345	3.072	1.054	3.114	5.658
Roundscad (Galunggong)	4.565	3.390	8.830	3.312	5.806
Tuna (all species)	5.112	2.858	8.573	5.266	6.854
Dalagang bukid	0.260	0.108	0.419	0.280	0.410
Shrimp	0.235	0.102	0.206	0.341	0.347
Mussels	0.321	0.183	0.140	0.237	0.816
<i>Noodles</i>					
Bihon	0.622	0.449	0.553	0.342	1.390
Sotanghon	0.067	0.028	0.052	0.143	0.042
Pasta	0.050	0.003	0.181	0.059	0.041
Canton	0.236	0.369	0.562	0.056	0.039
Fresh miki	0.177	0.148	0.129	0.157	0.291
Instant noodles	1.763	1.646	1.749	1.654	2.145
Rice noodles (misua)	0.075	0.109	0.020	0.099	0.014
<i>Bread</i>					
Pandesal *	85.676	65.012	58.634	53.897	187.105
Sliced / loaf bread ***	3.799	3.839	2.412	4.128	4.143
Buns *	41.558	22.560	140.434	19.539	44.910

* in piece

** in liter

*** in pack

Table 15b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, SOCCSKSARGEN, 2015-2016

(in kilogram)

Commodity	SOCCSKSARGEN	North Cotabato	Sarangani	South Cotabato	Sultan Kudarat
<i>Rice and Corn</i>					
Rice (plain)	125.780	110.683	133.684	125.813	126.363
Corn	6.451	8.122	3.676	2.496	20.265
<i>Root Crops</i>					
Sweet Potato	2.419	2.437	2.588	1.470	5.219
Cassava	1.660	1.720	0.845	1.046	4.222
Gabi	0.875	0.627	0.581	0.327	2.946
White Potato	0.313	0.226	0.117	0.272	0.646
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	1.861	2.158	1.767	1.080	4.223
Eggplant	4.635	4.756	6.135	2.785	9.061
Chayote	1.065	1.224	0.389	0.943	1.936
Gourd (upo)	1.040	0.613	0.455	1.328	0.843
Squash	3.814	2.772	2.670	1.611	12.128
Okra	1.379	0.757	1.009	1.036	3.060
Carrots	0.635	0.342	0.344	0.819	0.449
Cabbage	0.785	0.811	0.423	0.806	1.010
Pechay	1.299	2.822	0.246	1.170	1.847
Stringbeans	2.015	1.536	1.184	1.532	4.452
Habitchuelas	0.202	0.116	0.006	0.096	0.740
Mongo	0.580	0.720	0.479	0.381	1.216
Tomato	4.738	2.878	3.718	5.081	5.434
Onion	2.567	2.044	2.293	2.625	2.871
Garlic	0.860	0.764	0.558	0.771	1.437
<i>Fruits</i>					
Banana (except saba)	8.900	13.054	12.839	5.367	14.543
Saba	9.961	7.885	8.375	3.753	31.599
Mango	3.666	3.062	2.363	1.871	10.636
Pineapple	2.210	0.922	2.916	2.599	1.033
Papaya (ripe)	3.422	3.098	3.999	2.415	6.224
Calamansi	1.079	1.190	1.853	0.808	1.219
<i>Livestock and Poultry Products</i>					
Pork	8.204	6.275	5.019	8.355	11.356
Beef	1.765	0.876	1.433	2.046	1.601
Carabeef	0.122		0.244	0.148	
Chevon (goat)	0.199	0.193	0.032	0.295	0.042
Chicken	5.641	4.349	3.408	5.792	7.680
Duck	0.833	0.093	0.548	1.126	0.525
Chicken Egg *	62.434	50.183	38.329	62.087	89.749
Duck Egg *	3.609	0.410	0.559	4.593	4.676
Fresh / pasteurized milk **	0.559	0.183		0.949	
<i>Fish and Other Marine Products</i>					
Milkfish	3.703	4.982	1.813	3.148	6.397
Tilapia	3.184	3.522	1.677	2.354	6.869
Roundscad (Galunggong)	4.672	3.584	9.944	2.323	8.065
Tuna (all species)	5.648	2.427	8.834	6.251	2.659
Dalagang bukid	0.231	0.178	0.037	0.315	0.159
Shrimp	0.562	0.138	0.069	0.717	0.705
Mussels	0.316	0.530	0.090	0.213	0.719
<i>Noodles</i>					
Bihon	0.665	1.011	0.241	0.188	2.337
Sotanghon	0.170	0.141	0.030	0.263	0.009
Pasta	0.104		0.085	0.153	0.017
Canton	0.290	1.053	0.550	0.125	0.210
Fresh miki	0.170	1.086	0.017	0.124	
Instant noodles	1.812	1.042	1.622	1.822	2.315
Rice noodles (misua)	0.143	0.363	0.007	0.191	
<i>Bread</i>					
Pandesal *	120.516	124.191	35.584	55.135	393.388
Sliced / loaf bread ***	3.827	5.134	2.067	3.633	5.277
Buns *	50.370	10.081	154.701	30.007	45.435

* in piece

** in liter

*** in pack

Table 15c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, SOCCSKSARGEN, 2015-2016

(in kilogram)

Commodity	SOCCSKSARGEN	North Cotabato	Sarangani	South Cotabato	Sultan Kudarat
<i>Rice and Corn</i>					
Rice (plain)	111.319	105.330	82.349	124.296	127.178
Corn	28.410	42.162	52.101	1.117	15.077
<i>Root Crops</i>					
Sweet Potato	3.928	2.685	4.257	4.174	6.103
Cassava	4.494	5.135	5.203	1.394	6.133
Gabi	1.187	1.403	0.928	0.466	1.680
White Potato	0.111	0.075	0.174	0.182	0.073
<i>Vegetables, Legumes and Condiments</i>					
Ampalaya	2.156	1.944	1.658	1.815	3.285
Eggplant	5.550	4.663	5.480	6.004	6.975
Chayote	0.788	0.673	0.627	0.693	1.234
Gourd (upo)	0.767	0.800	0.843	0.690	0.736
Squash	3.760	2.817	3.745	3.430	6.142
Okra	1.438	0.807	1.582	1.269	2.883
Carrots	0.232	0.134	0.215	0.541	0.110
Cabbage	0.425	0.335	0.419	0.539	0.494
Pechay	0.668	0.815	0.420	0.583	0.597
Stringbeans	1.762	1.296	1.479	2.194	2.444
Habichuelas	0.053		0.033	0.168	0.052
Mongo	0.725	0.832	0.820	0.205	1.018
Tomato	3.324	2.505	3.269	4.877	3.381
Onion	2.122	1.735	2.417	2.524	2.323
Garlic	0.797	0.708	0.552	0.783	1.149
<i>Fruits</i>					
Banana (except saba)	10.771	9.821	16.675	8.427	11.824
Saba	12.310	12.378	15.722	5.978	17.119
Mango	3.943	4.771	3.548	0.906	5.787
Pineapple	1.114	0.560	1.318	1.297	1.966
Papaya (ripe)	3.060	2.749	4.728	2.408	3.436
Calamansi	0.801	0.732	0.975	0.569	1.100
<i>Livestock and Poultry Products</i>					
Pork	5.861	4.408	4.529	9.077	6.196
Beef	0.820	0.314	0.919	1.859	0.687
Carabeef	0.160		0.106	0.424	0.240
Chevon (goat)	0.043	0.031	0.076	0.057	0.034
Chicken	4.770	4.452	4.573	4.789	5.541
Duck	0.365	0.296	0.166	0.718	0.241
Chicken Egg *	51.787	54.673	36.051	55.592	50.930
Duck Egg *	5.027	4.230	1.330	2.755	11.473
Fresh / pasteurized milk **	0.049	0.013		0.190	
<i>Fish and Other Marine Products</i>					
Milkfish	2.758	2.946	1.582	2.712	3.118
Tilapia	3.381	3.052	0.883	3.535	5.419
Roundscad (Galunggong)	4.541	3.381	8.523	3.860	5.360
Tuna (all species)	4.994	2.877	8.502	4.720	7.682
Dalagang bukid	0.266	0.105	0.524	0.260	0.459
Shrimp	0.162	0.101	0.244	0.132	0.277
Mussels	0.323	0.167	0.153	0.250	0.836
<i>Noodles</i>					
Bihon	0.612	0.423	0.640	0.427	1.203
Sotanghon	0.045	0.023	0.058	0.076	0.048
Pasta	0.038	0.004	0.208	0.006	0.046
Canton	0.225	0.339	0.565	0.018	0.005
Fresh miki	0.178	0.105	0.160	0.175	0.348
Instant noodles	1.752	1.674	1.784	1.562	2.112
Rice noodles (misua)	0.060	0.097	0.024	0.049	0.016
<i>Bread</i>					
Pandesal *	77.951	62.342	64.977	53.211	146.384
Sliced / loaf bread ***	3.793	3.781	2.507	4.402	3.919
Buns *	39.603	23.123	136.508	13.741	44.807

* in piece

** in liter

*** in pack

Table 16a. Estimated annual per capita consumption by commodity, by province, All Barangays, Caraga, 2015-2016

(in kilogram)

Commodity	Caraga	Agusan del Norte	Agusan del Sur	Dinagat Islands	Surigao del Norte	Surigao del Sur
<i>Rice and Corn</i>						
Rice (plain)	115.368	118.740	109.184	107.353	116.186	121.773
Corn	10.689	9.447	21.829	6.506	0.462	12.348
<i>Root Crops</i>						
Sweet Potato	4.987	8.668	2.500	4.897	4.004	5.907
Cassava	3.192	1.984	2.357	8.031	3.725	4.248
Gabi	0.534	0.482	0.767	0.184	0.541	0.274
White Potato	0.258	0.676	0.164	0.083	0.161	0.052
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.138	2.277	2.224	1.753	1.735	2.604
Eggplant	4.906	4.612	5.965	2.087	3.091	7.382
Chayote	1.662	1.963	0.923	0.821	2.847	0.608
Gourd (upo)	0.575	0.988	0.513	0.286	0.561	0.193
Squash	4.225	3.842	4.092	4.954	3.757	5.655
Okra	1.673	2.002	2.586	0.823	0.697	1.570
Carrots	0.389	0.824	0.434	0.093	0.176	0.151
Cabbage	0.899	1.467	0.599	0.439	1.184	0.222
Pechay	0.664	1.180	0.729	0.203	0.489	0.250
Stringbeans	2.006	2.869	2.467	0.725	1.410	1.360
Habitichuelas	0.087	0.136	0.170	0.007	0.008	0.034
Mongo	0.534	0.652	0.863	0.320	0.289	0.286
Tomato	1.794	2.340	2.190	0.674	1.332	1.428
Onion	1.825	1.971	1.972	0.963	1.964	1.323
Garlic	0.860	0.924	0.864	0.371	0.951	0.717
<i>Fruits</i>						
Banana (except saba)	11.976	10.239	13.951	10.102	11.600	12.100
Saba	6.670	7.997	9.725	5.312	4.027	4.549
Mango	3.609	4.687	3.052	2.438	3.282	3.920
Pineapple	1.169	0.801	1.487	0.190	1.307	1.117
Papaya (ripe)	3.032	2.572	5.035	2.077	1.514	3.135
Calamansi	0.841	0.949	0.831	0.412	0.953	0.608
<i>Livestock and Poultry Products</i>						
Pork	8.303	9.057	7.445	3.669	10.093	6.630
Beef	0.673	0.946	0.669	0.060	0.647	0.491
Carabeef	0.091	0.080	0.022	0.036	0.103	0.219
Chevon (goat)	0.017	0.036	0.022			0.016
Chicken	6.081	7.148	6.298	4.192	6.201	4.438
Duck	0.091	0.134	0.185			0.053
Chicken Egg *	76.644	93.115	75.998	71.131	66.541	73.957
Duck Egg *	0.847	0.136	1.372	3.187	0.191	1.552
Fresh / pasteurized milk **						
<i>Fish and Other Marine Products</i>						
Milkfish	2.992	4.040	2.814	0.208	2.620	3.149
Tilapia	1.107	0.985	1.485	0.052	0.750	1.504
Roundscad (Galunggong)	3.927	4.037	4.080	5.114	5.043	1.243
Tuna (all species)	6.032	5.612	5.495	3.635	7.050	6.298
Dalagang bukid	0.819	0.432	0.768	5.994	0.782	0.299
Shrimp	0.601	0.572	0.317	0.212	0.596	1.230
Mussels	0.512	1.136	0.202	0.061	0.490	0.316
<i>Noodles</i>						
Bihon	1.582	1.520	1.821	1.289	1.820	0.903
Sotanghon	0.157	0.326	0.085	0.117	0.167	0.035
Pasta	0.162	0.241	0.170	0.007	0.181	0.040
Canton	0.253	0.512	0.282	0.091	0.110	0.130
Fresh miki	0.752	0.880	1.307	0.487	0.482	0.153
Instant noodles	1.723	1.654	1.323	2.005	1.735	2.428
Rice noodles (misua)	0.120	0.138	0.126	0.145	0.050	0.204
<i>Bread</i>						
Pandesal *	127.445	175.403	102.608	87.018	140.492	89.431
Sliced / loaf bread ***	2.976	6.331	2.619	0.474	1.977	1.254
Buns *	68.271	44.726	52.215	87.210	108.151	53.585

* in piece

** in liter

*** in pack

Table 16b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, Caraga, 2015-2016

(in kilogram)						
Commodity	Caraga	Agusan del Norte	Agusan del Sur	Dinagat Islands	Surigao del Norte	Surigao del Sur
<i>Rice and Corn</i>						
Rice (plain)	108.233	119.506	91.198	110.203	105.778	126.111
Corn	20.057	8.195	41.585	8.075	0.047	1.070
<i>Root Crops</i>						
Sweet Potato	6.480	10.968	2.092	12.912	1.461	4.836
Cassava	1.720	1.458	2.058	7.234	0.370	2.115
Gabi	0.852	1.330	0.527	0.197	0.495	
White Potato	0.769	1.465	0.111	0.340	0.223	0.356
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.143	2.604	1.527	2.484	0.914	3.268
Eggplant	4.811	4.254	5.772	3.761	1.718	5.691
Chayote	1.328	2.088	0.419	2.103	1.308	1.263
Gourd (upo)	1.424	2.272	0.850	0.900	0.503	0.051
Squash	4.266	5.297	3.102	6.187	1.785	5.503
Okra	2.549	2.872	2.799	0.901	0.822	0.930
Carrots	0.845	1.580	0.210	0.109	0.317	0.127
Cabbage	1.124	2.068	0.291	0.668	0.234	0.394
Pechay	1.018	1.414	0.796	0.526	0.375	0.328
Stringbeans	2.243	3.203	1.409	1.283	0.996	1.709
Habitchuelas	0.174	0.255	0.142		0.008	
Mongo	0.599	0.670	0.649	0.215	0.351	0.179
Tomato	2.140	2.727	1.688	1.610	1.233	1.644
Onion	2.197	2.292	2.233	2.413	2.076	1.567
Garlic	0.909	1.021	0.850	0.839	0.519	0.836
<i>Fruits</i>						
Banana (except saba)	11.908	11.391	13.104	19.200	6.920	12.124
Saba	8.797	7.419	12.758	6.695	1.893	3.062
Mango	4.279	6.243	1.972	6.642	2.711	4.957
Pineapple	1.027	1.284	0.778	1.966	0.194	1.256
Papaya (ripe)	4.194	2.848	6.681	1.620	0.829	2.696
Calamansi	1.363	1.735	1.142	1.272	0.845	0.690
<i>Livestock and Poultry Products</i>						
Pork	7.646	8.842	6.598	4.776	5.513	7.572
Beef	1.311	1.889	0.703	0.429	0.542	1.521
Carabeef	0.128	0.087	0.167	0.363	0.121	0.161
Chevon (goat)	0.016		0.042			
Chicken	6.776	8.607	5.131	6.058	6.975	4.128
Duck	0.020	0.044				
Chicken Egg *	86.636	109.185	63.289	76.624	65.193	85.170
Duck Egg *	0.055			8.199		
Fresh / pasteurized milk **						
<i>Fish and Other Marine Products</i>						
Milkfish	3.417	4.992	1.956	0.174	1.057	3.326
Tilapia	1.526	1.081	2.585		0.244	0.102
Roundscad (Galunggong)	2.974	4.193	1.810	6.914	2.448	1.636
Tuna (all species)	6.182	7.197	5.259	3.867	3.900	6.587
Dalagang bukid	0.279	0.289		15.073		0.524
Shrimp	0.586	0.941	0.091		0.410	1.080
Mussels	1.069	2.014	0.309	0.166	0.205	
<i>Noodles</i>						
Bihon	1.564	1.598	1.743	1.895	1.351	0.661
Sotanghon	0.184	0.277	0.111	0.037	0.130	0.056
Pasta	0.433	0.639	0.304		0.323	
Canton	0.738	1.394	0.232			
Fresh miki	0.867	0.905	1.047	0.568	0.479	0.112
Instant noodles	1.923	2.223	1.354	1.803	2.306	2.636
Rice noodles (misua)	0.111	0.201	0.010	0.034	0.012	0.157
<i>Bread</i>						
Pandesal *	218.661	265.940	167.021	45.069	192.967	226.925
Sliced / loaf bread ***	6.145	8.892	4.529	0.848	2.638	1.207
Buns *	48.120	49.345	47.840	112.952	56.171	31.741

* in piece

** in liter

*** in pack

Table 16c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, Caraga, 2015-2016

(in kilogram)						
Commodity	Caraga	Agusan del Norte	Agusan del Sur	Dinagat Islands	Surigao del Norte	Surigao del Sur
<i>Rice and Corn</i>						
Rice (plain)	116.134	118.551	111.952	107.303	116.392	121.546
Corn	9.683	9.756	18.788	6.479	0.470	12.938
<i>Root Crops</i>						
Sweet Potato	4.827	8.101	2.563	4.758	4.055	5.963
Cassava	3.350	2.114	2.402	8.045	3.792	4.359
Gabi	0.500	0.274	0.804	0.184	0.542	0.288
White Potato	0.204	0.481	0.172	0.078	0.160	0.036
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.137	2.196	2.331	1.741	1.751	2.569
Eggplant	4.917	4.700	5.995	2.058	3.118	7.470
Chayote	1.698	1.932	1.000	0.799	2.877	0.574
Gourd (upo)	0.483	0.672	0.461	0.275	0.563	0.200
Squash	4.221	3.484	4.244	4.933	3.797	5.663
Okra	1.579	1.788	2.553	0.821	0.695	1.603
Carrots	0.340	0.638	0.468	0.092	0.173	0.152
Cabbage	0.875	1.319	0.646	0.435	1.202	0.213
Pechay	0.626	1.123	0.718	0.197	0.491	0.246
Stringbeans	1.981	2.787	2.630	0.716	1.418	1.342
Habitchuellas	0.078	0.107	0.175	0.007	0.008	0.035
Mongo	0.527	0.648	0.896	0.322	0.288	0.292
Tomato	1.757	2.244	2.268	0.658	1.334	1.416
Onion	1.785	1.892	1.932	0.938	1.961	1.310
Garlic	0.855	0.900	0.866	0.363	0.960	0.711
<i>Fruits</i>						
Banana (except saba)	11.983	9.955	14.081	9.945	11.693	12.099
Saba	6.442	8.139	9.258	5.288	4.069	4.626
Mango	3.537	4.304	3.218	2.365	3.293	3.865
Pineapple	1.184	0.682	1.596	0.159	1.329	1.110
Papaya (ripe)	2.907	2.504	4.782	2.085	1.528	3.157
Calamansi	0.785	0.755	0.784	0.397	0.955	0.603
<i>Livestock and Poultry Products</i>						
Pork	8.374	9.111	7.575	3.650	10.184	6.581
Beef	0.605	0.714	0.663	0.054	0.649	0.437
Carabeef	0.087	0.079		0.030	0.102	0.222
Chevon (goat)	0.017	0.045	0.018			0.017
Chicken	6.006	6.789	6.478	4.160	6.185	4.454
Duck	0.099	0.156	0.214			0.055
Chicken Egg *	75.571	89.158	77.954	71.035	66.568	73.371
Duck Egg *	0.931	0.169	1.584	3.100	0.195	1.633
Fresh / pasteurized milk **						
<i>Fish and Other Marine Products</i>						
Milkfish	2.947	3.805	2.946	0.209	2.651	3.140
Tilapia	1.062	0.962	1.316	0.052	0.760	1.577
Roundscad (Galunggong)	4.030	3.999	4.429	5.083	5.094	1.222
Tuna (all species)	6.016	5.222	5.531	3.631	7.112	6.283
Dalagang bukid	0.876	0.467	0.886	5.837	0.797	0.288
Shrimp	0.602	0.481	0.352	0.215	0.600	1.237
Mussels	0.452	0.920	0.185	0.060	0.495	0.333
<i>Noodles</i>						
Bihon	1.584	1.500	1.833	1.279	1.829	0.915
Sotanghon	0.154	0.339	0.081	0.118	0.168	0.034
Pasta	0.133	0.143	0.150	0.007	0.178	0.042
Canton	0.201	0.295	0.290	0.092	0.112	0.137
Fresh miki	0.739	0.874	1.347	0.486	0.482	0.155
Instant noodles	1.702	1.514	1.318	2.008	1.724	2.417
Rice noodles (misua)	0.121	0.122	0.143	0.147	0.051	0.207
<i>Bread</i>						
Pandesal *	117.651	153.110	92.695	87.745	139.450	82.248
Sliced / loaf bread ***	2.635	5.700	2.325	0.467	1.964	1.256
Buns *	70.434	43.589	52.889	86.764	109.183	54.727

* in piece

** in liter

*** in pack

Table 17a. Estimated annual per capita consumption by commodity, by province, All Barangays, ARMM, 2015-2016

(in kilogram)

Commodity	ARMM	Basilan	Lanao del Sur	Maguindanao	Sulu	Tawi-Tawi
<i>Rice and Corn</i>						
Rice (plain)	139.058	107.096	156.019	140.333	110.014	112.009
Corn	4.383	0.307	0.976	4.929	0.366	0.004
<i>Root Crops</i>						
Sweet Potato	5.319	1.405	4.429	5.666	2.866	0.255
Cassava	3.147	16.180	6.032	1.822	23.980	9.219
Gabi	0.919	0.540	1.037	0.912	1.755	0.061
White Potato	0.137		0.044	0.152	0.051	0.015
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	1.727	0.952	0.948	1.805	2.133	0.692
Eggplant	3.483	2.698	2.160	3.684	1.884	1.492
Chayote	1.795	0.810	5.114	1.655	1.544	0.134
Gourd (upo)	0.520	1.500	0.108	0.471	2.012	0.603
Squash	2.020	1.661	2.840	1.930	3.333	2.139
Okra	0.429	0.197	0.187	0.453	0.507	0.172
Carrots	0.204	0.006	0.254	0.212	0.141	0.009
Cabbage	0.367	0.066	0.776	0.352	0.391	0.205
Pechay	1.668	0.284	1.012	1.756	1.927	0.670
Stringbeans	2.040	1.880	0.581	2.218	0.838	0.246
Habichuelas	0.114	0.004	0.391	0.104	0.043	0.008
Mongo	0.578	0.018	0.588	0.615	0.214	0.029
Tomato	2.281	1.268	1.465	2.328	3.634	1.547
Onion	1.602	1.586	0.631	1.614	3.028	1.688
Garlic	0.864	0.770	0.174	0.835	2.819	1.286
<i>Fruits</i>						
Banana (except saba)	9.758	1.322	8.716	10.456	0.023	5.046
Saba	9.780	16.292	3.888	10.434	3.047	0.612
Mango	3.614	0.502	1.915	3.889	1.488	2.595
Pineapple	0.173	0.261	0.550	0.113	1.258	0.098
Papaya (ripe)	1.052	0.824	2.287	0.908	3.312	0.880
Calamansi	0.772	0.352	0.274	0.831	0.675	0.155
<i>Livestock and Poultry Products</i>						
Pork	0.457	0.323	0.326	0.494		
Beef	1.242	0.043	0.265	1.356	1.081	0.449
Carabeef	0.010	0.085	0.153			
Chevon (goat)	0.227	0.017	0.130	0.250		0.011
Chicken	7.829	1.254	5.191	8.463	2.162	2.500
Duck	0.187	0.036	0.076	0.208		0.009
Chicken Egg *	49.856	38.397	66.422	49.781	22.586	58.876
Duck Egg *	9.969	12.146	0.974	11.035		0.553
Fresh / pasteurized milk **	0.035			0.040		
<i>Fish and Other Marine Products</i>						
Milkfish	2.969	0.032	1.258	3.246		2.950
Tilapia	5.458		3.196	6.025	0.061	0.456
Roundscad (Galunggong)	5.422	7.913	8.206	4.485	21.967	11.963
Tuna (all species)	2.333	10.712	0.281	1.621	7.998	22.107
Dalagang bukid	0.151	0.472	0.049	0.043	2.894	0.844
Shrimp	0.947	0.032	0.643	1.037	0.111	0.018
Mussels	0.088	0.003		0.100		
<i>Noodles</i>						
Bihon	0.542	0.503	1.120	0.451	1.753	1.201
Sotanghon	0.061	0.005	0.014	0.059	0.225	0.061
Pasta	0.015			0.016		0.065
Canton	3.305	0.058	0.442	3.601	3.892	0.767
Fresh miki	0.048	0.042	0.011	0.044	0.272	
Instant noodles	4.596	2.839	2.321	4.938	1.320	2.528
Rice noodles (misua)	0.015	0.023		0.013	0.032	0.144
<i>Bread</i>						
Pandesal *	160.352	273.188	142.611	155.931	86.564	392.133
Sliced / loaf bread ***	10.645	2.282	2.789	11.850	1.056	2.335
Buns *	14.648	71.871	21.821	13.220	1.140	17.658

* in piece

** in liter

*** in pack

Table 17b. Estimated annual per capita consumption by commodity, by province, Urban Barangays, ARMM, 2015-2016

(in kilogram)

Commodity	ARMM	Basilan	Lanao del Sur	Maguindanao	Sulu	Tawi-Tawi
<i>Rice and Corn</i>						
Rice (plain)	130.035	106.711	136.378	145.622	113.963	130.491
Corn	1.830	0.714	0.006	4.191	0.092	
<i>Root Crops</i>						
Sweet Potato	1.250	1.470	2.550	0.975	1.612	0.474
Cassava	9.698	11.252	4.846	1.392	21.257	12.937
Gabi	0.186	0.182		0.277	0.189	
White Potato	0.248			0.552	0.076	
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	2.185	0.546	1.197	2.892	2.970	0.245
Eggplant	2.556	1.763	2.082	3.096	2.881	1.120
Chayote	1.304	0.625	2.761	1.964	0.779	0.108
Gourd (upo)	1.011	0.763	0.068	1.421	1.213	0.036
Squash	2.630	2.102	2.150	2.981	3.244	0.969
Okra	0.540	0.049	0.051	1.036	0.215	0.338
Carrots	0.065	0.036		0.116	0.048	
Cabbage	1.035	0.091	1.886	1.228	0.979	0.862
Pechay	2.314	0.095	0.820	3.160	2.583	1.758
Stringbeans	1.261	0.857	0.628	2.484	0.096	0.546
Habitchuelas	0.001				0.004	
Mongo	0.148		0.165	0.331		
Tomato	2.585	1.640	0.257	1.845	4.470	3.018
Onion	2.142	1.476	0.163	1.759	3.697	1.733
Garlic	1.806	0.809	0.023	1.219	3.734	1.419
<i>Fruits</i>						
Banana (except saba)	4.314	1.000	9.814	7.664	0.017	2.528
Saba	3.248	2.920		5.434	1.881	1.322
Mango	3.058	1.732	1.611	4.979	1.013	3.187
Pineapple	0.410		0.322	0.271	1.004	
Papaya (ripe)	1.899	1.381	0.843	2.414	2.290	0.497
Calamansi	0.647	1.384		0.837	0.494	0.126
<i>Livestock and Poultry Products</i>						
Pork	3.265	0.182	0.240	7.834		
Beef	1.235		0.016	1.945	1.241	0.692
Carabeef						
Chevon (goat)	0.048			0.117		
Chicken	7.628	3.888	5.962	13.966	2.025	3.514
Duck	0.081		0.040	0.189		
Chicken Egg *	59.040	48.304	82.580	72.062	30.437	73.704
Duck Egg *	1.173			1.282		4.837
Fresh / pasteurized milk **	0.088			0.215		
<i>Fish and Other Marine Products</i>						
Milkfish	2.467	0.182	0.914	5.781		
Tilapia	1.313		2.706	2.714		
Roundscad (Galunggong)	11.755	4.021	12.003	8.932	23.708	2.026
Tuna (all species)	7.472	7.352	0.909	2.791	7.855	24.804
Dalagang bukid	1.419	1.255			4.019	1.355
Shrimp	0.104		1.116	0.058		
Mussels						
<i>Noodles</i>						
Bihon	1.301	0.232	0.487	1.453	1.476	1.783
Sotanghon	0.322			0.240	0.767	0.098
Pasta						
Canton	2.309	0.436	0.359	2.208	4.476	0.732
Fresh miki	0.059				0.215	
Instant noodles	2.731	6.342	1.499	2.686	0.947	4.272
Rice noodles (misua)	0.099	0.004				0.741
<i>Bread</i>						
Pandesal *	288.604	490.017	172.173	294.330	131.041	494.332
Sliced / loaf bread ***	8.954	0.449	2.360	19.505	0.207	4.825
Buns *	5.583	18.311	1.372	6.468	0.342	5.556

* in piece

** in liter

*** in pack

Table 17c. Estimated annual per capita consumption by commodity, by province, Rural Barangays, ARMM, 2015-2016

(in kilogram)

Commodity	ARMM	Basilan	Lanao del Sur	Maguindanao	Sulu	Tawi-Tawi
<i>Rice and Corn</i>						
Rice (plain)	139.187	107.126	156.386	140.298	109.411	110.106
Corn	4.419	0.274	0.994	4.934	0.408	0.005
<i>Root Crops</i>						
Sweet Potato	5.377	1.400	4.465	5.697	3.058	0.232
Cassava	3.053	16.572	6.054	1.825	24.397	8.836
Gabi	0.929	0.568	1.056	0.916	1.995	0.067
White Potato	0.136		0.045	0.149	0.047	0.017
<i>Vegetables, Legumes and Condiments</i>						
Ampalaya	1.721	0.984	0.943	1.798	2.005	0.738
Eggplant	3.496	2.772	2.161	3.688	1.732	1.531
Chayote	1.802	0.825	5.158	1.653	1.661	0.137
Gourd (upo)	0.513	1.558	0.109	0.464	2.134	0.662
Squash	2.011	1.626	2.853	1.923	3.346	2.259
Okra	0.427	0.209	0.190	0.449	0.551	0.155
Carrots	0.206	0.003	0.259	0.212	0.156	0.010
Cabbage	0.358	0.064	0.755	0.346	0.302	0.137
Pechay	1.658	0.299	1.015	1.747	1.827	0.558
Stringbeans	2.051	1.961	0.580	2.216	0.952	0.215
Habitchuelas	0.116	0.004	0.398	0.105	0.048	0.009
Mongo	0.584	0.020	0.596	0.617	0.247	0.032
Tomato	2.277	1.238	1.487	2.332	3.506	1.395
Onion	1.594	1.595	0.640	1.614	2.925	1.683
Garlic	0.850	0.767	0.177	0.832	2.679	1.272
<i>Fruits</i>						
Banana (except saba)	9.836	1.348	8.696	10.475	0.024	5.305
Saba	9.874	17.357	3.961	10.467	3.225	0.539
Mango	3.622	0.404	1.920	3.882	1.561	2.534
Pineapple	0.170	0.282	0.554	0.112	1.297	0.109
Papaya (ripe)	1.040	0.780	2.314	0.898	3.468	0.919
Calamansi	0.774	0.270	0.279	0.831	0.703	0.158
<i>Livestock and Poultry Products</i>						
Pork	0.417	0.334	0.328	0.445		
Beef	1.243	0.047	0.270	1.352	1.057	0.424
Carabeef	0.010	0.092	0.156			
Chevon (goat)	0.229	0.018	0.132	0.251		0.013
Chicken	7.832	1.044	5.177	8.426	2.183	2.395
Duck	0.188	0.039	0.077	0.208		0.010
Chicken Egg *	49.724	37.608	66.121	49.632	21.385	57.350
Duck Egg *	10.095	13.113	0.992	11.100		0.112
Fresh / pasteurized milk **	0.034			0.039		
<i>Fish and Other Marine Products</i>						
Milkfish	2.976	0.020	1.264	3.229		3.254
Tilapia	5.517		3.206	6.047	0.070	0.502
Roundscad (Galunggong)	5.331	8.223	8.135	4.455	21.701	12.986
Tuna (all species)	2.259	10.980	0.270	1.613	8.019	21.829
Dalagang bukid	0.133	0.410	0.050	0.043	2.722	0.792
Shrimp	0.959	0.034	0.634	1.044	0.128	0.019
Mussels	0.089	0.003		0.101		
<i>Noodles</i>						
Bihon	0.531	0.525	1.132	0.444	1.795	1.141
Sotanghon	0.057	0.005	0.014	0.058	0.142	0.057
Pasta	0.015			0.016		0.072
Canton	3.319	0.028	0.444	3.611	3.802	0.771
Fresh miki	0.047	0.045	0.011	0.044	0.281	
Instant noodles	4.622	2.560	2.337	4.953	1.377	2.348
Rice noodles (misua)	0.014	0.024		0.013	0.037	0.082
<i>Bread</i>						
Pandesal *	158.519	255.916	142.059	155.006	79.762	381.613
Sliced / loaf bread ***	10.669	2.428	2.797	11.799	1.186	2.079
Buns *	14.777	76.138	22.203	13.265	1.262	18.903

* in piece

** in liter

*** in pack

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