

October, 16 2025  
PORTUGUESE FOOD BALANCE SHEET  
2020-2024

## PORTUGUESE FOOD BALANCE SHEET - 2020-2024

Food availability for consumption in the 2020-2024 period continues to show an excessive and unbalanced food supply. This period coincided with the onset of the COVID-19 pandemic, which resulted in a decrease in food availability compared to the previous five-year period (2015-2019). However, the period under analysis also saw the end of restrictions imposed on the general population and the gradual recovery of economic and social activities, resulting in the resumption of food supply chain activity and positive changes in food availability for consumption across almost all food and beverage product groups.

The average daily calorie intake per capita from 2020-2024 remained high at 4,079 kcal, which is twice the recommended amount for an adult of average healthy weight.

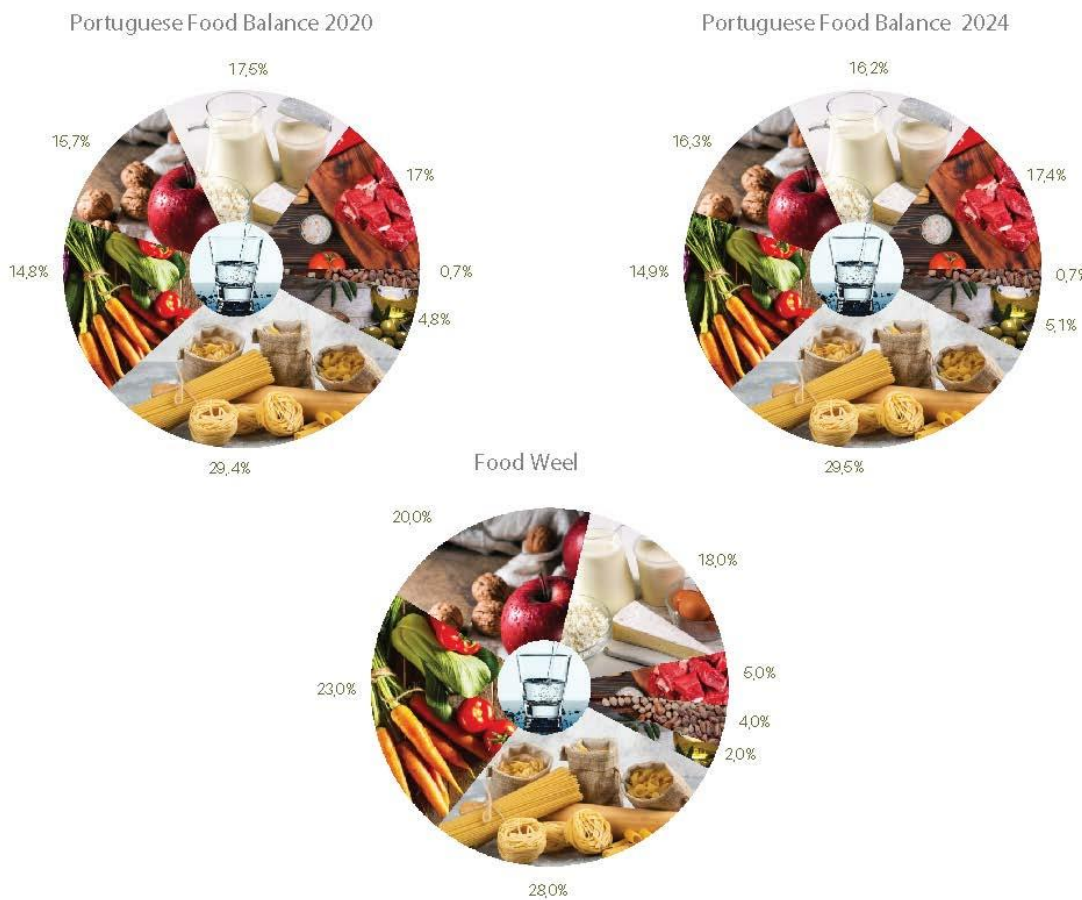
### COMPARISON OF THE 2020-2024 PORTUGUESE FOOD BALANCE WITH THE FOOD WHEEL

In the 2020-2024 five-year period, the Portuguese Food Balance (BAP) recorded an average daily availability of 4,079 kcal per inhabitant, practically identical to the 4,077 kcal observed in the 2015-2019 period. It is important, however, to highlight the 3,894 kcal availability recorded in 2020 (the first year of the Covid-19 pandemic), which constituted the lowest result in the last ten years.

In 2024, the food product groups with the largest deviations, in terms of module, from the recommended consumption by the Food Wheel were, by excess, "Meat, fish, and eggs" (+12.4 p.p. compared to +12.0 p.p. in 2020) and by deficiencies, "Vegetables" (-8.1 p.p. versus -8.2 p.p. in 2020) and "Fruits" (-3.7 p.p., compared to -4.3 p.p. in 2020).

Figure 1

COMPARISON OF THE 2020-2024 PORTUGUESE FOOD BALANCE WITH THE FOOD WHEEL



Source: INE, I.P.

AVERAGE FOOD AVAILABILITY BY PRODUCT GROUP IN 2020-2024 COMPARED TO 2015-2019

Meat availability increased 2.9% and reached 234.4 g/inhabitant/day (85.5 kg/inhabitant/year).

Poultry meat continued to represent the largest share of available supplies, accounting for 39.9% of the total. Pork followed, at 27.4%, registering an average decrease of 2.5 p.p.. Beef ranked third (23.7%), having increased by 1.5 p.p.

Fish supply for consumption decreased by 2.1%, not exceeding 60.4 g/inhabitant/day. Apparent consumption of crustaceans and molluscs grew by 20.6%, remaining the second-largest product in this group (28.6% of the total), after fresh, chilled, frozen, or preserved fish (55.1%), and relegating cod and other dried salted fish (16.3%) to third place.

Apparent consumption of eggs increased by 11.9%, with an average annual growth rate of approximately 3% over the five-year period under analysis. On average, each resident of the country had approximately half an egg per person per day (183 eggs/year) available for consumption during the period under analysis, considering a medium-sized egg with shell.

Daily per capita availability of milk and dairy products decreased by 3.6%, reaching 312.7 g/inhabitant/day, with milk for public consumption, the main product in this group (56.7% of the total), decreasing its availability by 10.6%.

Food availability of cereals decreased slightly (-1.2%), reaching 342.4 g/inhabitant/day during the five-year period under analysis. Portugal covered only 23.0% of its cereal consumption needs in 2020-2024 (24.7% in 2015-2019).

The availability of roots and tubers decreased by 5.5%, reaching 212.9 g/inhabitant/day, primarily due to the decrease in the supply of potatoes for consumption (-6.2%), compared to 2015-2019.

Apparent consumption of vegetables decreased by 4.4%, reaching 275.3 g/inhabitant/day, compared to 288.1 g/inhabitant/day in 2015-2019.

Daily available quantities of fruits per inhabitant increased by 13.9%, registering an average annual growth of 1.8% during the five-year period under analysis.

With 12.5 g/inhabitant/day of dried pulses available, apparent consumption increased by approximately 2%.

Apparent consumption of oils and fats continued its downward trend, decreasing by 7.1% and reaching 95.4 g/inhabitant/day during the period under analysis.

Daily availability of added sugars totalled 81.3 g/inhabitant/day, a decrease of 4.4%.

Daily availability of coffee, cocoa, and chocolate for consumption increased (25.1 g/inhabitant/day in 2015-2019), totalling 29.3 g/inhabitant/day in the five-year period under analysis.

Each resident of the national territory had 653.6 ml/inhabitant/day of non-alcoholic beverages available for consumption, 6.6% more than in the previous five-year period.

Bottled water is the non-alcoholic beverage available in the largest quantity, at 65.5% of the total (428.1 ml/inhabitant/day), followed by soft drinks at 28.9% (188.4 ml/inhabitant/day) and juices at 5.6% (37.0 ml/inhabitant/day).

The daily available quantities of alcoholic beverages per capita were 332.2 ml/inhabitant/day (121 l/inhabitant/year), reflecting a 10.0% increase compared to 2015-2019.

Each resident of the national territory had available for consumption 52.1 l/inhabitant/year of wine and 60.6 l/inhabitant/year of beer.

## MACRONUTRIENTS

Daily food availability per capita records an average protein, fat, and carbohydrate content of 131.8 g/inhabitant/day, 153.8 g/inhabitant/day, and 486.7 g/inhabitant/day, respectively, compared to the 2015-2019 period: 130.4 g/inhabitant/day, 155.6 g/inhabitant/day and 490.3 g/inhabitant/day, respectively.

## MICRONUTRIENTS

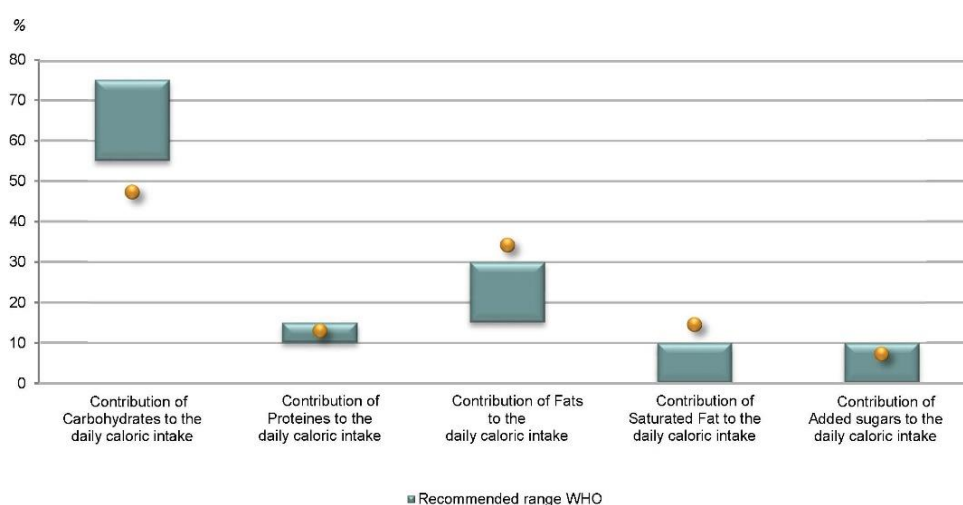
Considering the daily reference values of vitamins and minerals for an adult, it can be seen that in 2020-2024 BAP, the calculated daily per capita availability of these microconstituents is higher, except in the case of vitamin D, where the quantities coincide with the reference values.

## PORTUGUESE FOOD BALANCE 2020-2024 COMPARED TO INTERNATIONAL RECOMMENDATIONS

In 2024, the average energy contribution from fats, calculated by the BAP, was 36.0%, above the maximum recommended consumption limit (30%). The contribution from carbohydrates was 49.8%, below the recommended range (55-75%), and that from proteins was 13.7%, within the recommended range (10-15%). Estimates were made for an average caloric intake of 4,167 kcal/inhabitant/day, when the recommendations are for a daily average of 2,000 kcal/inhabitant.

Figure 2.

### PORTUGAL'S POSITION FACING WHO RECOMMENDATIONS



Source: INE, I.P.

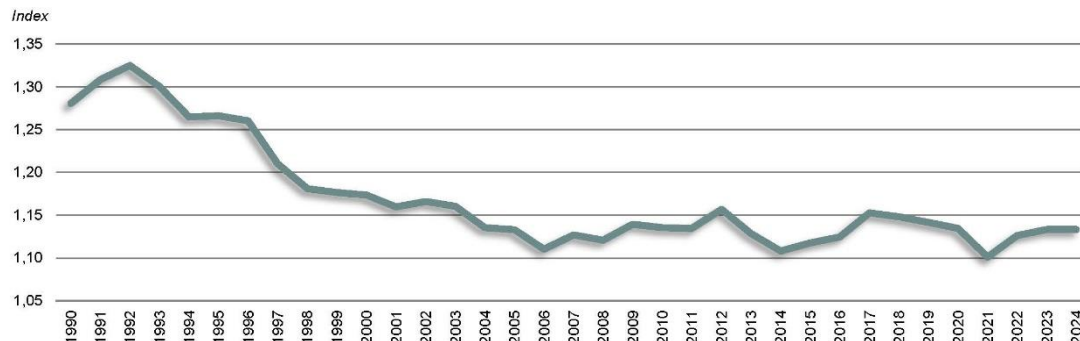
## MEDITERRANEAN DIET

The Mediterranean diet adherence rate recorded in 2021 was 1.10, the lowest value in the entire series. This means that during the COVID-19 pandemic, there was a shift in food availability for consumption, unlike anything seen since 1990, away from the Mediterranean Diet standard. This resulted in a 7.9% increase in calories from non-Mediterranean diet products vis-a-vis 2020, compared to a smaller increase in typical Mediterranean diet products (+4.7%).

In 2022, the Mediterranean diet adherence rate recovered (+2.3%), and remained unchanged from 2022-2024, at 1.13.

Figure 3

### MEDITERRANEAN ADEQUACY INDEX – PORTUGAL



Source: INE, I.P.

#### NOTE:

The Portuguese Food Balance Sheet provides an exhaustive table of information regarding the pattern of food supply, during a given reference period, using the FAO methodology in its calculation. The balance of food products indicates, for each primary product and for a small number of processed products, the quantities potentially available for human consumption, that is, they present a measure of apparent consumption from the point of view of food supply and not the actual consumption of food products.

## SIGNS AND DESIGNATIONS

FAO	Food and Agriculture Organization
g	Gram
kcal	Kilocalorie
kg	Kilogram
l	Liter
ml	Milliliter
WHO	World Health Organization
t	Tonne