

Table 165

## PER CAPITA MONTHLY CONSUMPTION OF MAJOR FOOD ITEMS

| Items                                    | 2010-11 |       |       |       |
|------------------------------------------|---------|-------|-------|-------|
|                                          | Unit    | Rural | Urban | All   |
| Average No. of members<br>per house hold |         | 6.49  | 6.19  | 6.38  |
| Wheat & Wheat flour                      | (Kg.)   | 8.52  | 6.91  | 7.98  |
| Rice and rice flour                      | (Kg.)   | 1.02  | 0.96  | 1.00  |
| Biscuits                                 | (Grm)   | 27.33 | 34.71 | 28.45 |
| Gram (whole)                             | (Kg.)   | 0.05  | 0.05  | 0.05  |
| Gram (split)                             | (Kg.)   | 0.11  | 0.08  | 0.10  |
| Mash                                     | (Kg.)   | 0.02  | 0.02  | 0.02  |
| Moong                                    | (Kg.)   | 0.05  | 0.03  | 0.05  |
| Masoor                                   | (Kg.)   | 0.06  | 0.02  | 0.05  |
| Other pulses                             | (Kg.)   | 0.04  | 0.02  | 0.03  |
| Milk (fresh & boiled)                    | (Ltr)   | 6.65  | 6.28  | 6.53  |
| Milk Packed                              | (Ltr)   | 0.11  | 0.28  | 0.16  |
| Milk dry/condensed                       | (Kg.)   | 0.00  | 0.01  | 0.01  |
| Butter, Margaine & Cream                 | (Grm)   | 42.61 | 12.56 | 32.61 |
| Ghee, desi                               | (Kg.)   | 0.03  | 0.01  | 0.02  |
| Curd and Yogurt                          | (Kg.)   | 1.00  | 0.58  | 0.86  |
| Vegetable Ghee                           | (Kg.)   | 0.80  | 0.60  | 0.74  |
| Cooking oil                              | (Ltr)   | 0.09  | 0.35  | 0.17  |
| Mutton                                   | (Kg.)   | 0.04  | 0.08  | 0.05  |
| Beef                                     | (Kg.)   | 0.20  | 0.23  | 0.21  |
| Fish                                     | (Kg.)   | 0.04  | 0.06  | 0.05  |
| Chicken meat                             | (Kg.)   | 0.21  | 0.34  | 0.26  |
| Eggs                                     | (No.)   | 1.57  | 2.65  | 1.93  |
| Banana                                   | (No.)   | 3.21  | 4.92  | 3.78  |
| Citrus Fruit                             | (Kg.)   | 1.13  | 1.36  | 1.20  |
| Apples                                   | (Kg.)   | 0.14  | 0.21  | 0.16  |
| Other fruits                             | (Kg.)   | 0.38  | 1.23  | 0.67  |
| Dry Fruits                               | (Grm)   | 8.51  | 9.89  | 8.97  |
| Potatoes                                 | (Kg.)   | 1.14  | 1.04  | 1.10  |
| Tomatoes                                 | (Kg.)   | 0.37  | 0.40  | 0.38  |
| Onion                                    | (Kg.)   | 0.82  | 0.86  | 0.83  |
| Other vegetables                         | (Kg.)   | 1.56  | 1.50  | 1.54  |
| Salt                                     | (Kg.)   | 0.21  | 0.22  | 0.22  |
| Chillies                                 | (Grm)   | 68.77 | 71.75 | 69.76 |
| Sugar, (desi or milled)                  | (Kg.)   | 1.37  | 1.20  | 1.31  |
| Gur & Shakkar                            | (Kg.)   | 0.10  | 0.02  | 0.07  |
| Honey                                    | (Grm)   | 0.30  | 1.56  | 0.72  |
| Tea (black & green)                      | (Grm)   | 66.15 | 71.80 | 70.03 |

Source:- Household Integrated Economic Survey, 2010-11 by PBS, Islamabad