

Food consumption, 2010

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Introduction

Households consume less food but live a somewhat healthier life.

One of the characteristics of food consumption of households is the volume of consumed food, expressed in natural units. It can be accounted for by several methods. The present publication discloses consumption data calculated on the basis of food balances. Here the balances calculated for the basic groups of food contain food preparations in basic material equivalents. The publication informs on the main components of production and external trade trends influencing consumption, as well as on consumer price developments.

Total per capita food consumption, calculated from the balances, was **638 kg** in Hungary in **2010**. This quantity was 64 kg less than ten years before, and the half of that, 32 kg lower than the average of years 2005–2009. The trend of food consumption was negatively influenced in the reference year by the economic recession, the unfavourable weather, with a considerable influence on crop production, and the fall of consumption from own production, so – following the slightly decreasing trend of the last few years – food consumption **was 4.2% lower than in the previous year**. The total consumption of products of animal origin (meat, fish, milk, eggs), accounting for 36% of total food consumption, fell by 2.1%, while that of crop products (flour and rice, potatoes, vegetables and fruits, other food of plant origin), representing 54%, by 5.4% compared to 2009.

It is a favourable trend **from the point of view of nutrition health** that a **decrease was registered in the consumption of oils and fats** (5.5%), **sugar** (3.6%) and **alcoholic drinks** compared to the former years, while **that of milk and dairy products was not lowered**. However, the physiologically favourable trend is moderated by **decreasing fish consumption** (5.4%), and also the growing share of pork at the expense of poultry meat within meat consumption. Furthermore, it should be noted that essentially (9.2%) less **vegetables and fruits** were consumed in the reference year, though their proportion is not lower compared to the total quantity of food.

Food consumption per capita

Table 1

Food	1990	2000	2005	2009	2010	Average of 2005–2009	2010 as a percentage of previous year
	kg						
Meat ^{a)}	73.1	70.2	63.5	61.7	56.7	63.2	91.9
Fish	2.7	3.0	3.6	3.7	3.5	3.7	94.6
Milk	169.7	160.6	166.8	155.9	156.8	161.5	100.6
Eggs	21.6	15.3	16.0	14.4	13.7	15.3	95.1
Oils and fats	38.6	39.0	36.5	36.6	34.6	37.0	94.5
Flour and rice	110.3	94.1	97.3	88.4	88.2	91.0	99.8
Potatoes	61.0	64.0	66.8	60.8	60.5	62.8	99.5
Sugar and honey	38.6	33.6	31.6	30.3	29.2	31.8	96.4
Vegetables and fruits ^{b)}	155.4	217.7	194.8	209.3	190.0	199.8	90.8
Other food of plant origin	3.3	4.1	4.3	4.3	4.4	4.4	102.3
Total	674.3	701.6	681.2	665.4	637.6	670.4	95.8

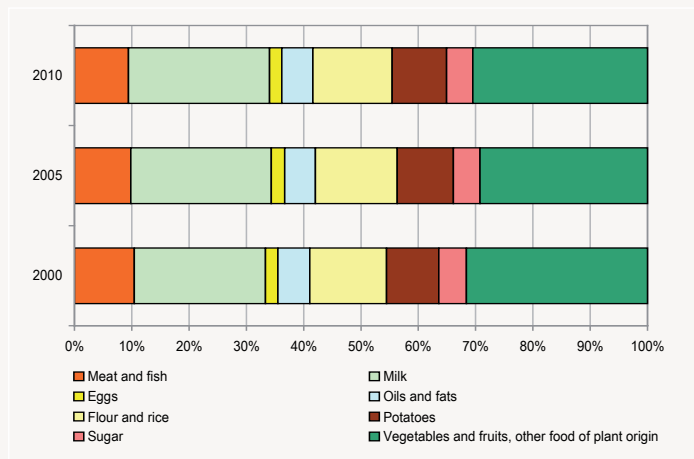
a) From 2004 meat consumption is calculated on the basis of domestic slaughtering (including the slaughtering of imported live animals). See methodology.

b) See methodology.

Within food consumption the proportion of product groups did not change substantially compared to either the middle of the decade or the turn of the millennium, the disparities not exceeding 2 percentage points. It can be observed that the proportion of meat and fish consumption (9.4%) – though to a slight extent but clearly – decreased over ten years, while that of milk and dairy products, accounting for one-quarter of total food consumption, grew. The proportion of vegetables and fruits, furthermore, of other food of plant origin accounts for 30% of consumption, which is only one percentage point lower than in 2000 despite a considerable decline of consumption in 2010, while one percentage point more than in 2005. The proportion of cereals, potatoes and eggs was higher in the middle of the decade than at the turn of the millennium or in 2010.

Distribution of food consumption

Figure 1



Decreasing meat and eggs and stagnating milk consumption

Domestic meat consumption per capita was down to 57 kg – a five-year low in 2010, which is 5 kg less than in the previous year, and 6 kg lower compared to the average of the previous five years. The share of pork (45%) of total meat consumption increased gradually from 2008 on, and, to a hardly perceivable degree but, preceded poultry meat (43%) by 2010. The share of pork rose by 5 percentage points over ten years, while that of poultry meat decreased to the same extent.

Table 2

Distribution of per capita meat consumption

Types of meat	1990		2000		2008		2009		2010	
	kg	%	kg	%	kg	%	kg	%	kg	%
Beef and veal	6.5	8.9	4.3	6.1	2.8	4.6	2.6	4.2	2.5	4.4
Pork	38.8	53.1	28.0	39.9	25.8	42.0	27.0	43.8	25.3	44.6
Poultry meat	22.8	31.2	33.7	48.0	28.7	46.7	27.8	45.1	24.6	43.4
Other meat	1.0	1.4	1.1	1.6	1.4	2.3	1.6	2.6	1.6	2.8
Edible offals	4.0	5.5	3.1	4.4	2.8	4.6	2.7	4.4	2.7	4.8
Total	73.1	100.0	70.2	100.0	61.5	100.0	61.7	100.0	56.7	100.0

Distribution of meat consumption

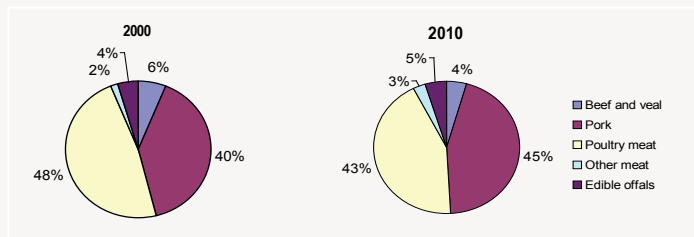


Figure 2

The per capita quantity of pork (25.3 kg/capita) – despite its growing share – was 2 kg less, while that of poultry meat (24.6) 3 kg lower in the reference year than in 2009.

Pork production has been practically unchanged for two years, while it was striking in 2010 that while the output of slaughter-houses was 7% higher, the quantity of home slaughtering fell to almost the half during one year, so it accounted for no more than 8% of total meat production. The same value was more than 15% two years earlier.

Pork imports rose by 31%, more markedly than in 2009, while because of favourable export opportunities **exports** grew even more dynamically, by 46%. **Poultry meat production** was reduced by 3% compared to 2009, within which the meat production of slaughter-houses was unaltered, while similarly to the case of pigs the quantity of home slaughtering was lowered considerably, its share remaining below 5%. **Poultry meat exports** rose intensively as well (by 20%), and its quantity exceeded 40% of production, while the share of imports can still be considered low (16%). The relative growth of demand for pork was helped by its **consumer price** decreasing by 4.7% year on year, while that of poultry meat practically remained at the level of the previous year.

In 2010 beef, edible offals and other types of meat altogether represented only 12% of total meat consumption. Within this, **per capita beef consumption somewhat decreased, from 2.6 kg to 2.5 kg**, while its share was up from 4.2% to 4.4%. This proportion, however, is essentially lower than the 6.1% in 2000.

Beef production fell by 9%, exports remained at the level of the previous year, while imports expanded by 8%.

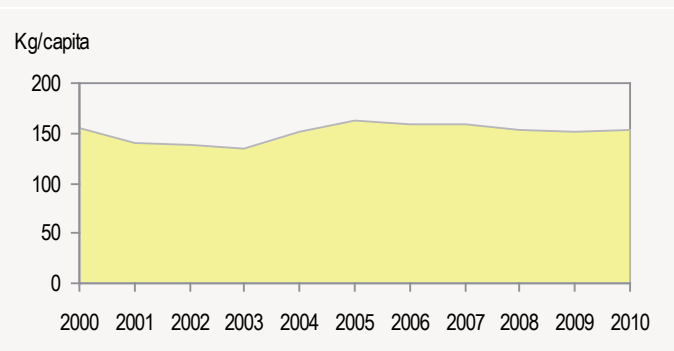
Per capita fish consumption decreased by 5.4% year on year, to 3.5 kg, and went down at the same rate compared to the average of the years 2005–2009. Nevertheless, fish consumption, indispensable for modern nutrition, was 17% higher than ten years earlier.

Domestic freshwater fish production fell by 6.5% over a year, while imports slightly increased (by 3%).

The per capita consumption of **milk and dairy products** fluctuated this decade, reaching a low in 2003 (138 kg) and a maximum in the middle of the decade (167 kg). Accordingly, consumption in 2010 (157 kg/capita) – similarly to the previous two years – can be considered medium. The **quantity consumed in the reference year was practically unchanged year on year**, while it remained 2.9% lower compared to the previous five years and 2.4% less in comparison with the turn of the millennium.

Consumption of milk and dairy products

Figure 3



Along with the 4% decrease of **domestic milk production** the **imports of milk and dairy products** expanded by 19%, slightly more dynamically than in the previous year, while the rate of increase of exports was down to 2.5%. Within this the imports of milk grew less intensively (12%), while the imports of dairy products went up more dynamically (20%) compared to the previous year. Milk consumption

was more favourable in 2010 compared to the remaining groups of food, which was influenced by the fact that the decrease of the **average consumer price** of milk and dairy products one year earlier (6.4%) still had an impact on consumption in the reference year, but the consumer price rise in 2010 (2.5%) was lower too, than the average rise of food prices (3.2%).

Eggs consumption in the reference year came to **235 pieces (14 kg)** per capita, which was a dozen less than one year earlier. This quantity was one-tenth lower compared to both 2000 and the average of 2005–2009.

Eggs production in the reference year practically remained at the level of the previous year, and imports decreased significantly, by one-third, as opposed to the 15% rise of exports.

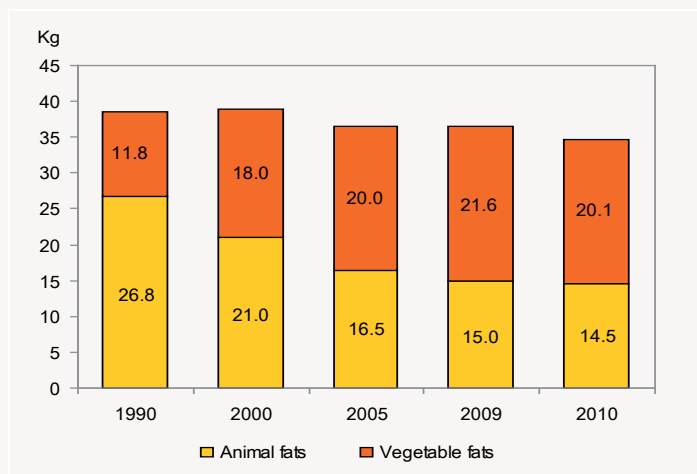
Consumption of oils and fats at a low

The total consumption of oils and fats (35 kg/capita) – after a slight decrease lasting since 2006 – was the lowest in the reference year over the decade, and the decrease (2 kg/capita) was also higher year on year than in earlier years. It is a physiologically favourable trend that the per capita consumption of oils and fats was more than one-tenth lower in 2010 than in 2000, and 6.5% less than the average of the previous five years.

In addition, it is an essential change that while the share of animal fats accounted for more than the half of the total consumption of oils and fats in 2000, the proportion of vegetable fats reached 55% by the middle of the decade. The consumption of animal fats, representing 42% of oils and fats, was down by half a kg in 2010 (14.5 kg/capita) year on year, which dominantly resulted from the decrease of lard consumption (12 kg/capita). The consumption of vegetable fats (20 kg/capita) was comparable to that observed in the middle of the decade, which was 1.5 kg lower than in the previous year. Within this edible oil consumption decreased to a slightly perceivable extent (by 0.4 kg to 13.5 kg/capita), while the quantity of margarine consumption (6.6 kg/capita) fell by 1.1 kg per capita.

Figure 4

Consumption of oils and fats per capita



Low and fluctuating consumption of crop products

Flour and rice consumption per capita in 2010 reached 88 kg, which was equivalent to what was recorded in the previous year, but it remained 3.1% lower than the average of 2005–2009. The level of consumption in the reference year was the lowest in the last ten years, nearly 10 kg less than in the middle of the decade. In 2010 83 kg of flour was consumed, a hardly perceivable rise on 2009, while the consumption of rice decreased considerably, from 5.9 kg to 5.1 kg.

Potato consumption (60.5 kg/capita) fluctuated frequently during the past ten years, ranging between 60 kg and 68 kg per capita. Consumption in the reference year practically remained at the low level of the previous year, while it was 3.7% lower than the average of the previous five years.

Potato production was down by 13%, imports grew by 10%, while exports decreased to an insignificant level. It is worth to point out that the consumer price of potatoes increased by one-third compared to the previous year.

Per capita sugar and honey consumption fell by 5 kilogrammes to 29 kg between 2000 and 2010. This quantity is 1 kg lower than in the previous year and nearly 3 kg less than the average of 2005–2009.

The consumption of vegetables and fruits came to 190 kg per capita in 2010, which is nearly 30 kg lower than ten years earlier. In the last five years consumption fluctuated to a high extent depending on production, and – as a consequence of the very unfavourable weather – this trend continued in 2010. Thus the quantity consumed fell by 9% compared to the previous year and by 4.9% in comparison with the average of 2005–2009. Within this the per capita consumption of vegetables (105 kg/capita) decreased by 12 kg year on year, while that of fruits (85 kg/capita) to a lower degree, by 7 kg. Within fruit consumption – similarly to the previous year – the proportion of fruits that can be grown in Hungary too went on increasing (74 kg/capita), and that of tropical fruits slightly decreased (11 kg/capita). The consumption of this latter type of fruits dropped from 18 kg in 2007 to 11 kg three years later.

The volume of vegetable production in Hungary – after the 10% decrease one year earlier – fell by 30%, in addition, fruit production was 13% lower compared to the previous year. The imports of vegetables expanded by 15%, while their exports – despite the considerable decrease of production – by 7%. Both the imports and exports of fruits were down by 6%. It is worth to emphasise that the average consumer price of fresh vegetables rose by 25%, that of fruits by 7%, while the average price rise of food was only 3.2%.

Decreasing consumption of alcoholic drinks

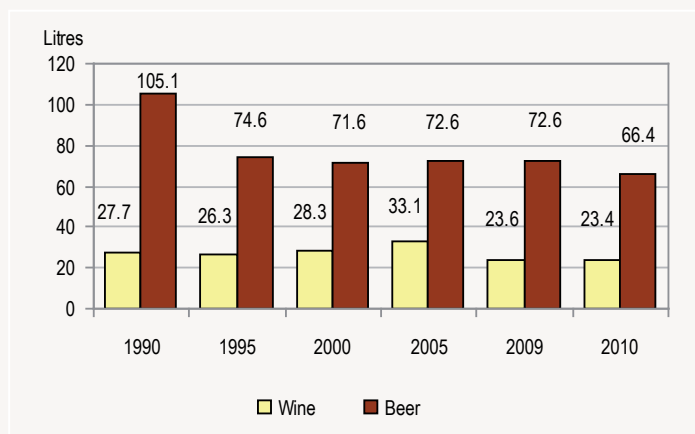
Total per capita consumption of alcoholic drinks has decreased continuously for four years, in accordance with which it declined from 9.8 absolute litres¹ in the previous year to 9.2 litres. This quantity is 2 litres less than in 2006. Within this the consumption of wine (23 litres per capita) was essentially unchanged compared to the previous year – it only decreased by 2 decilitres per capita –, however, its volume is 10 litres and 5 litres less than what was measured at the beginning of the decade and in the previous five years on average, respectively. Beer consumption fell significantly in 2010. The per capita quantity still exceeded 100 litres twenty years ago, was above 70 litres each year in 2000–2009, however, it fell compared to the previous year by 7 litres to 66 litres in the reference year. Besides, the consumption of spirits decreased from 3.4 absolute litres to 3.1 litres.

In 2010 grape production was also hindered considerably by the unfavourable weather, so wine production fell by almost the half. However, the exports of wine increased by 14%, but the domestic consumption was covered even so by the high stock of wines, furthermore, imports were up by 19%. Beer production was 8% lower than in the previous year, the quantity of imports was unaltered, while exports grew by over one-third. Imported beer went on accounting for slightly more than one-tenth of consumption. It is worth to underline that the cool and wet summer in the reference year had an unfavourable influence on beer consumption, in addition, its consumer price rose by 7.5% in comparison to the previous year, while that of wine by only 2.5%.

¹ Converted into 100° alcohol.

Figure 5

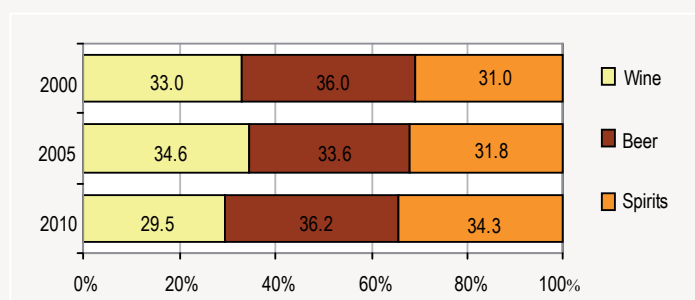
Wine and beer consumption per capita



Within the structure of alcoholic drink consumption of households – despite the decline in consumption – beer continues to be in the first place, its proportion being the same as in 2000 and rising by 2.6 percentage points compared to 2005. Between 2000 and 2010 the proportion of spirits gradually grew, while that of wine was down by 5.1 percentage points compared to 2005 and fell to position three.

Figure 6

Distribution of per capita consumption of alcoholic drinks



Nutrient consumption

Carbohydrate intake is down to optimal level, while the consumption of oils and fats remains high.

Daily nutrient consumption per capita – deriving from the consumption of food – was 12,750 kJ in 2010, which was 3.4% lower than in the previous year and 5.4% less than the average of the previous five years. However, the energy consumed was 17% higher than the recommended quantity. The shares of product groups remained unchanged within energy intake, so over the half of domestic consumption was accounted for by cereals and oils and fats, food of animal origin (meat, fish, milk, eggs) constituted nearly one-quarter, sugar and honey consumption one-tenth of consumption, while vegetables and fruits, with low calorie content, – including potatoes and other food of plant origin – made up 14% of daily nutrient consumption.

Table 3

Daily nutrient consumption per capita

Denomination	2009	2010	Average of 2005–2009	Recommended ^{a)}
Energy, kJ	13 199	12 750	13 481	10 886
Protein, g	100	96	102	80
Fat, g	143	136	145	85
Carbohydrate, g	371	363	381	370

a) Nutrition physiologic recommendation for adults at medium stress level.

Daily **protein consumption** (96g), 56% of which is constituted by animal proteins, **decreased by 4% over a year**, and was 5.9% lower than the average of years 2005–2009. The **consumption of oils and fats was 4.9% and 6.2% lower than the quantity in the previous year** and the average of the previous five years respectively. **Carbohydrate intake** (363 g) also **diminished, by 2.2%**. Accordingly, the consumption of carbohydrates in the reference year corresponded to the optimal quantity, while that of fat was 60% more than that even in spite of the declining intake.

Further information, data (links):

[Tables](#)

[Methodology](#)

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