

## CHANGING PATTERNS OF FOOD CONSUMPTION IN SRI LANKA FROM 1985-2009 BASED ON FOOD DISAPPEARANCE DATA

Gaminiratne Wijsekere\*

**Abstract:** *This paper examines the patterns of food consumption in Sri Lanka from 1985 to 2009 using the food disappearance data published by the Food and Agriculture Organization. Trends in per capita daily calorie, protein and fat supply have been examined. The study finds that grain food products are the main source of calories and protein, while fat-calories were mainly sourced from non-grain vegetable products and animal food products. Calories derived from protein were less than the recommended intake for Sri Lankans. During the period studied, there has been a shift away from roots and tubers, fruits and cereals, towards sugars, pulses, oils and animal products. The contributions from animal products were relatively low, being less than 8 per cent.*

**Keywords:** Calories supply, dietary diversity, food balance sheets, FAO, Sri Lanka

---

\*Visiting Fellow, Australian Demographic and Social Research Institute, School of Demography, Australian National University, Australia.  
Email: [gaminiwijsekere@yahoo.com](mailto:gaminiwijsekere@yahoo.com)