

TABLE 2: Nutrient intake (per head per d. calculated from food balance sheets

	Year	Calories	Total Protein (g)	Animal Protein (g)	Fat (g)
Kenya	1957	3640	117.4	9.5	45.2
	1962	2240	63.0	12.0	
	1968	2118			
Tanzania	1957	2557	71.6	8.3	30.4
	1960	2138	61.2	11.0	24.5
	1962	2175	59.0	8.0	
	1968	2102			
Uganda	1950		87.6	4.1	
	1951	4037	84.8	8.9	43.6
	1957	3699	71.6	7.8	39.4
	1958	4134	86.2	10.2	
	1959	4399	92.1	11.8	
	1960	2310	58.4	10.9	43.0
	1963	2356	58.0	12.9	
	1968	2068			

aus:

U.Oltersdorf; Comparison of Nutrient Intakes in East Africa, in D.J.M.Vorster (Ed.): The Human Biology of Environmental Change IBP/HA, 1972, S.52