

Tab. 1: Net yield of food crops (in 1.000 tons)

	<u>Kenya</u>		<u>Tanzania</u>			<u>Uganda</u>		
	1957	1962	1957	1960	1962	1957	1960	1963
maize	1260		610	809		108	77	108
millet, sorghum	343		916	310		543	294	287
cereal, total	1610	1440	1611	1384	1340	651	398	416
bean, peas	315		173	155		106	115	130
legumes, nuts total	334	85	223	189	230	227	217	238
plantain	342		562	484		2894	1225	2138
sweet potato	340		6	293		1367	926	571
cassava	431		1015	528		1259	703	825
starchy foods total	1208	290	1583	1363	670	5474	2945	3634
beef	93		125	127		47	66	114
milk	250		315	180		158	139	101
fish	2		2	60		40	57	70
animal foods total	379	585	475	411	470	247	312	285
fat		25		1	10		15	13
vegetable, fruit		195		345	1340		200	142
Ref.	(72)	(63)	(72)	(122)	(63)	(72)	(64)	(27)

Tab. 2: Nutrient intake (per head and day) calculated from food balance sheets

	year	calories	total protein(g)	animal protein(g)	fat(g)	Ref.
Kenya	1957	3640	117.4	9.5	45.2	(72)
	1962	2240	63.0	12.0		(63)
	1968	2118				(67)
Tanzania	1957	2557	71.6	8.3	30.4	(72)
	1960	2138	61.2	11.0	24.5	(122)
	1962	2175	59.0	8.0		(63)
	1968	2102				(67)
Uganda	1950		87.6	4.1		(72)
	1951	4037	84.8	8.9	43.6	(14)
	1957	3699	71.6	7.8	39.4	(72)
	1958	4134	86.2	10.2		(14)
	1959	4399	92.1	11.8		(14)
	1960	2310	58.4	10.9	43.0	(64)
	1963	2356	58.0	12.9		(27)
	1968	2068				(67)

Tab. 3: Nutrient intake (per head and day) calculated from food balance sheets in different provinces of Uganda (14)

	year	calories	total protein (g)	animal protein (g)
Buganda	1958	2752	56.1	11.5
	1959	3077	64.8	13.7
East	1958	5912	112.0	12.0
	1959	6583	121.9	13.1
North	1958	4090	112.8	12.2
	1959	4032	117.4	14.2
West	1958	3648	68.1	4.9
	1959	3591	67.2	5.8

Tab. 4: Percentage of calories and protein derived from different foods in different provinces of Uganda, for 1959 (14)

	<u>Buganda</u>		<u>East</u>		<u>North</u>		<u>West</u>	
	calo- ries	pro- tein	calo- ries	pro- tein	calo- ries	pro- tein	calo- ries	pro- tein
animals	4	21	3	11	5	12	2	9
pulses	10	29	7	23	24	46	6	23
cereals	11	14	28	34	39	32	21	30
starchy foods	75	36	62	32	32	10	71	38