

Supporting Information

SI Table 2. Food consumption patterns of China over time

Food Items	Per capita annual food consumption (kg cap ⁻¹ yr ⁻¹)									
	1961	1965	1970	1975	1980	1985	1990	1995	2000	2003
Cereals & Starchy roots										
Rice	50	72	78	80	84	98	93	91	88	79
Wheat	22	34	34	43	61	78	81	79	74	61
Maize	21	18	20	21	26	23	25	19	17	15
Other cereals	26	25	23	19	15	12	8	5	3	3
Potatoes and other starchy roots	112	105	118	109	91	66	59	59	75	74
Sugar & Sweeteners	2	3	3	3	5	7	8	7	7	8
Oil crops & Vegetable oils										
Soybeans and other oil crops	5	5	6	5	5	6	6	7	8	7
Vegetable oils	1	2	2	2	3	4	6	7	8	11
Vegetables & Fruits										
Vegetables	79	57	44	47	49	79	99	148	225	270
Fruits	4	5	5	6	7	11	17	32	43	50
Animal products										
Beef	0.1	0.3	0.3	0.3	0.4	0.5	1	3	4	5
Pork	2	7	7	8	12	16	20	27	33	35
Poultry	1	1	1	1	2	2	3	7	11	11
Mutton & goat meat	0	0	0	0	0	1	1	1	2	3
Fish & sea food	5	5	5	6	5	7	11	21	26	25
Eggs	2	2	2	2	3	5	6	13	16	18
Milk	2	2	2	2	3	5	6	8	10	17
Animal fats	0	1	1	1	1	1	1	2	2	2
Alcoholic beverages	1	2	2	3	5	8	13	23	24	27

Sources: FAO (FAO, 2006)



Level 5: fats and oils 25 g/cap/day

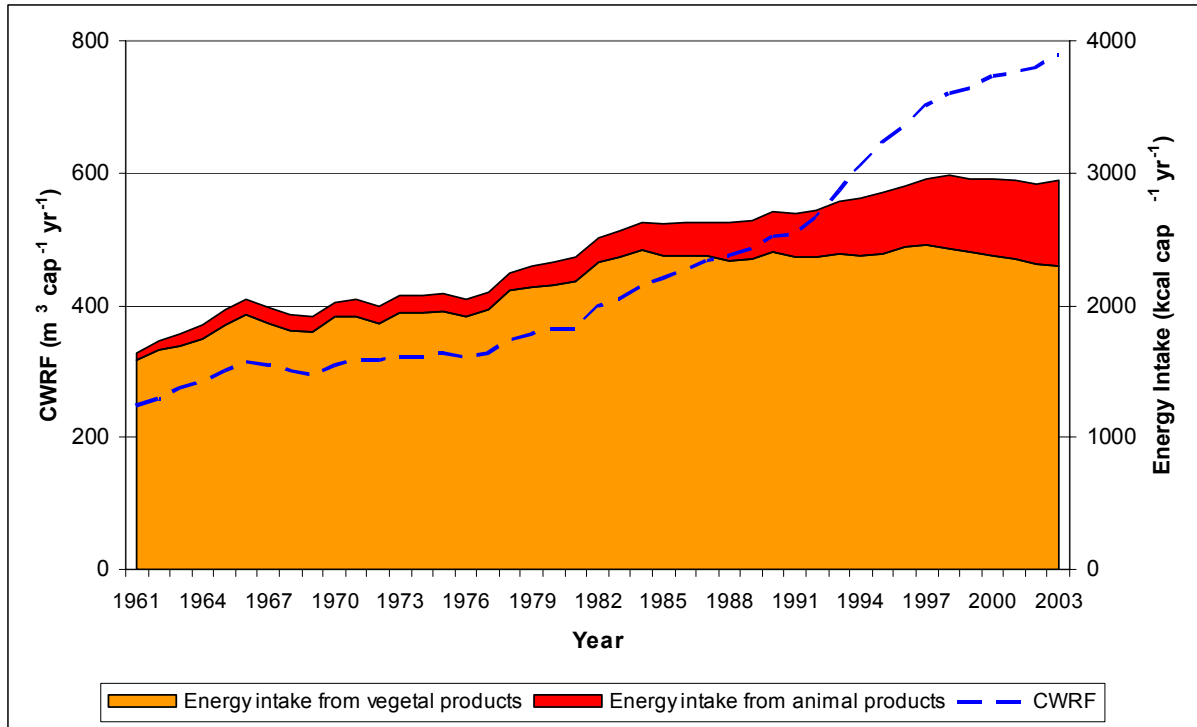
Level 4: milk and milk products 100 g/cap/day
bean and bean products 50 g/cap/day

Level 3: meat and poultry 50 – 100 g/cap/day
fish and shrimp 50g; eggs 25 – 50 g/cap/day

Level 2: vegetables 400 – 500 g/cap/day
fruits 100 – 200 g/cap/day

Level 1: cereals 300 – 500 g/cap/day

SI Figure 5. Chinese food guide pagoda from the Chinese Nutrition Society



SI Figure 6. Relation between energy intake and per capita water requirement for food (CWRf) at the cultural level over 1961-2003

References:

FAOSTAT: FAO statistical databases: <http://faostat.fao.org/default.aspx>, access:
10/10/2006, 2006.