Dietary Transitions in Indonesia: The case of urban, rural, and forested areas

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Table A3 Comparison of per capita daily food consumption (mean±sd) in rural and urban Indonesia: Trends from 2008 to 2017 and analysis of statistical significance[1]

Consumption in quantity unit/capita/day[1]	2008		2017		SS Rural 2008-2017	SS Urban 2008-2017
	Rural (n=181,147)	Urban (n=101,240)	Rural (n=169,586)	Urban (n=127,690)		
Staple foods						
rice-based staples (g)	293.4±108.2	247.0±83.4	264.3±92.4	228.5±78.8	*** / -	*** / -
wheat-based staples (g)	16.8±19.1	22.4±20.5	23.6±21.6	28.1±21.9	*** / +	*** / +
other staples (g)	60.9±126.0	27.1±48.0	54.7±110.4	34.7±52.9	*** / +	*** / +
Animal source foods						
fresh fish and OAA (g)	36.4±49.5	37.7±46.2	47.7±50.7	49.3±48.6	*** / +	*** / +
preserved fish and OAA (g)	8.6±11.9	5.9±8.9	6.6±10.0	5.2±8.3	*** / -	*** / -
fresh red meat (g)	1.8±9.8	2.2±7.8	1.7±8.4	2.4±8.2	Ns / -	Ns / +
fresh avian meat (g)	7±16.7	12.7±19.9	14.1±22.2	21.2±24.2	*** / +	*** / +
other fresh meat (g)	0.2±5.0	0.2±3.4	0.1±2.9	0±1.7	*** / -	*** / -
preserved POH meat (g)	1.3±5.5	3.4±8.8	7.1±15.5	12.5±19.2	*** / +	*** / +
organ meat (g)	0.4±3.9	1.4±7.2	1.1±5.4	2.5±8.0	*** / +	*** / +
eggs (g)	16.3±28.4	21.2±28.2	17.1±15.4	22.6±17.6	*** / -	*** / -
liquid dairy (ml)	0.5±7.0	1.9±16.2	1.1±9.9	5.1±25.1	*** / +	*** / +
non liquid processed dairy (g)	1.5±7.0	5.2±13.2	2.3±8.9	6.1±15.4	*** / +	** / -

Consumption in quantity unit/capita/day[1]	2008		2017		SS Rural 2008-2017	SS Urban 2008-2017
	Rural (n=181,147)	Urban (n=101,240)	Rural (n=169,586)	Urban (n=127,690)		
Vegetables, legumes and fruits						
dark green leafy vegetables (g)	42.2±46.8	33.2±35.7	37.2±38.7	30±32.4	*** / -	*** / -
other vitamin A rich vegetables (g)	2.1±8.2	4.1±10.6	2.6±7.9	4.5±9.9	*** / +	*** / +
other vegetables (g)	78.9±70.2	67.3±56.8	83.0±75.9	74.3±69.5	*** / +	*** / +
total vegetables (g)	123.2±93.2	104.6±77.5	122.8±93.1	108.8±86.8	*** / +	*** / +
nuts and fresh legumes (g)	4.6±14.2	3.6±10.2	2.9±9.8	3.0±8.6	*** / -	*** / -
processed legumes (g)	33.7±42.5	46.0±46.4	39.6±41.9	47.8±46.7	*** / +	*** / +
vitamin A rich fruits (g)	7.8±24.9	14.0±33.9	12.4±29.3	19.6±34.9	*** / +	*** / +
other fruits (g)	72.5±86.0	68.3±80.3	72.0±76.7	73.5±77.6	*** / -	*** / +
total fruits (g)	80.2±92.1	82.3±91.0	84.3±86.5	93.1±90.8	*** / -	*** / +
Fats, sugar, salt						
edible fats (g)	26.7±17.4	27.4±17.9	32.2±18.1	32.5±19.7	*** / +	*** / +
sugar (g)	25.8±19.8	22.6±17.2	23.3±17.3	18.7±15.6	*** / -	*** / -
salt (g)	5.6±3.6	4.4±3.2	3.9±2.9	2.7±2.5	*** / -	*** / -
Side dish and beverages						
beverage materials (ml)	211.4±250.2	207.2±253.1	173.4±224.0	149.9±215.6	*** / -	*** / -
spices (g)	23.1±16.3	22.9±15.4	23.7±18.0	23.8±18.8	*** / +	*** / +
processed ingredients (g)	4.5±6.5	5.3±5.9	4.8±5.7	6.0±6.7	*** / +	***/ +
crackers (g)	1.9±5.9	2.2±5.9	2.6±7.0	2.9±6.9	*** / +	*** / +
caloric snacks (g)	32.5±36.0	38.1±38.5	63.4±47.2	69.4±49.7	*** / +	*** / +
water in packages (ml)	51.7±287.7	305.9±700.9	250.1±614.5	697.2±934.7	*** / +	*** / +
sugar-sweetened beverages (ml)	42.2±63.7	62.8±81.1	85.2±84.5	102.5±95.6	*** / +	*** / +
alcohol beverages (ml)	1.4±17.3	0.5±11.7	1.7±20.0	0.6±12.1	Ns / -	Ns / +

SS is an abbreviation for statistical significance; g for gram; ml for mililiters
*** showing statistical significant difference at <0.001
** showing statistical significant difference at 0.001-0.01
* showing statistical significant difference at 0.01-0.05
< indicates value at rural is less than urban areas; > indicates value at rural is greater than urban areas
+ indicates increased in value from 2008 to 2017; - indicates decreased in value from 2008 to 2017
[1]Unless stated otherwise