

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

Mulia Nurhasan^{1,2*}, Desy Leo Ariesta¹, Mia Mustika Hutria Utami^{1,3}, Mochamad Fahim⁴, Nia Aprillyana⁵, Agus Muhamad Maulana¹, Amy Ickowitz¹

¹Center for International Forestry Research (CIFOR), Bogor, Indonesia

²Center for Regulation Policy and Governance (CRPG), Universitas Ibn Khaldun, Bogor, Indonesia

³Management of Food Service and Nutrition Study Program, College of Vocational Studies, IPB University, Bogor, Indonesia

⁴Statistics Indonesia of Kendal Regency, Social Statistics, Population and People's Welfare Department, Kendal, Indonesia

⁵Statistics Indonesia of Blora Regency, Regional Balance Sheet and Statistical Analysis Department, Blora, Indonesia

*Corresponding author:

Mulia Nurhasan

m.nurhasan@cifor-icraf.org

Table A4 Comparison of per capita daily food consumption (mean±sd) in rural Indonesia: 2008 vs. 2017, stratified by Tree Cover Loss (TCL) levels and analysis of statistical significance¹

Consumption in quantity unit/capita/day ¹	2008		2017		SS	SS
	Low-TCL (n=19,990)	High-TCL (n=24,814)	Low-TCL (n=18,288)	High-TCL (n=21,278)	Low-TCL 2008-2017 ¹	High-TCL 2008-2017 ¹
<i>Staple foods</i>						
rice-based staples (g)	281.4±156.9	305.1±114.3	267.8±133.9	268.6±91.5	*** / -	*** / -
wheat-based staples (g)	12.5±20.1	23.9±25.7	17.2±20.9	29.8±28.2	*** / +	*** / +
other staples (g)	179.6±319.4	39.5±66.9	152.1±267.3	45.3±62.6	*** / -	*** / +
<i>Animal source foods</i>						
fresh fish and OAA (g)	69.4±82.8	57.9±56.7	76.3±74.9	69.6±58.3	*** / +	*** / +
preserved fish and OAA (g)	9.2±15.9	10.8±13.6	7.1±13.6	7.5±10.2	*** / -	*** / -
fresh red meat (g)	5.2±20.4	2.8±14.0	3.5±13.3	2.7±11.8	*** / -	Ns / -
fresh avian meat (g)	5.4±18.4	12.9±24.1	10.2±24.1	24.5±30.8	*** / +	*** / +
other fresh meat (g)	1.0±9.5	0.4±5.9	0.4±7.3	0.3±4.0	*** / -	** / -
preserved POH meat (g)	1.1±9.0	1.1±4.7	2.2±8	8.0±19	*** / +	*** / +
organ meat (g)	0.2±3.4	0.5±4.3	0.2±3	1.3±7	* / +	*** / +
eggs (g)	12.4±27.3	36.2±61.3	12.9±15.8	21.0±18.1	* / +	*** / -
liquid dairy (ml)	0.3±4.7	0.4±5.2	0.6±5	0.6±6	*** / +	*** / +
non liquid processed dairy (g)	1.4±7.5	2.1±8.8	1.9±8.2	2.3±9.4	*** / +	** / +

Consumption in quantity unit/capita/day ¹	2008		2017		SS	SS
	Low-TCL (n=19,990)	High-TCL (n=24,814)	Low-TCL (n=18,288)	High-TCL (n=21,278)	Low-TCL 2008-2017 ¹	High-TCL 2008-2017 ¹
<i>Vegetables, legumes and fruits</i>						
dark green leafy vegetables (g)	54.7±64.1	45.8±50.6	47.2±53.1	41.5±40.4	*** / -	*** / -
other vitamin A rich vegetables (g)	2.0±10.7	1.9±8.3	2.7±10.5	2.7±8.2	*** / +	*** / +
other vegetables (g)	82.4±101.0	75.1±69.6	76.7±81.5	82.2±79.4	*** / -	*** / +
total vegetables (g)	139.1±126.1	122.8±96.1	126.5±99.0	126.4±97.1	*** / -	*** / +
nuts and fresh legumes (g)	6.1±21.5	4.0±13.2	2.5±10.5	2.3±9.4	*** / -	*** / -
processed legumes (g)	11.2±27.2	23.6±35.0	20.0±31.8	33.9±37.7	*** / +	*** / +
vitamin A rich fruits (g)	6.8±24.5	4.9±20.8	11.6±34.1	10.0±28.3	*** / +	*** / +
other fruits (g)	95.1±110.8	84.1±96.3	71.8±84.1	77.9±90.7	*** / -	*** / -
total fruits (g)	102.0±116.1	89.0±100.9	83.4±95.8	87.9±99.4	*** / -	Ns / -
<i>Fats, sugar, salt</i>						
edible fats (g)	31.4±24.3	34.9±20.7	35.0±23.8	40.9±23.2	*** / +	*** / +
sugar (g)	27.8±23.8	38.2±25.6	25.7±21.1	32.7±22.0	*** / -	*** / -
salt (g)	6.7±4.0	6.1±3.8	4.7±3.4	4.8±3.2	*** / -	*** / -
<i>Side dish and beverages</i>						
beverage materials (ml)	224.0±292.7	289.1±302.8	157.2±225.6	197.3±222.0	*** / -	*** / -
spices (g)	21.4±19.8	26.9±18.6	24.0±23.2	29.9±22.5	*** / +	*** / +
processed ingredients (g)	2.4±4.9	5.7±6.5	2.9±4.4	5.6±6.3	*** / +	* / -
crackers (g)	1.1±5.7	2.4±7.3	1.4±5.8	3.0±8.2	*** / +	*** / +
caloric snacks (g)	23.3±30.9	23.3±28.1	51.6±47.5	53.1±41.4	*** / +	*** / +
water in packages (ml)	28.8±220.4	70.7±348.2	186.0±588.4	350.4±764.4	*** / +	*** / +
sugar-sweetened beverages (ml)	25.8±57.7	48.5±75.3	49.2±73.4	88.1±88.8	*** / +	*** / +
alcohol beverages (ml)	5.4±37.0	1.4±16.2	5.4±37.5	1.4±14.1	Ns / +	Ns / -

SS is an abbreviation for statistical significance; g for gram; ml for milliliters

*** 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 low TCL is less than rural high TCL areas; > indicates value at rural low TCL is greater than rural high TCL areas

+ indicates increased in value from 2008 to 2017; - indicates decreased in value from 2008 to 2017

¹Unless stated otherwise