

BẢNG 7. GIÁ TRỊ DINH DƯỠNG VÀ TÍNH CÂN ĐỐI CỦA KHẨU PHẦN THEO VÙNG SINH THÁI 2009
TABLE 7. FOOD INTAKE AND FOOD BALANCE CHARACTERISTICS BY ECOLOGICAL REGION, 2009

Đặc điểm khẩu phần ăn <i>Dietary characteristic</i>	Toàn quốc		Đồng bằng sông Hồng	Vùng núi và cao nguyên phía Bắc	Bắc Miền Trung và ven biển Miền Trung	Tây Nguyên	Đông Nam Bộ	Đồng bằng sông Cửu Long
	<i>Nationwide</i>		<i>Red River Delta</i>	<i>Northern midlands and mountain areas</i>	<i>North Central area and Central coastal area</i>	<i>Central Highlands</i>	<i>South-East</i>	<i>Mekong River Delta</i>
	n = 7960		n = 1410	n = 2007	n = 2037	n = 591	n = 705	n = 1558
	Trung bình/ <i>Mean</i>		Trung bình/ <i>Mean</i>	Trung bình/ <i>Mean</i>	Trung bình/ <i>Mean</i>	Trung bình/ <i>Mean</i>	Trung bình/ <i>Mean</i>	Trung bình/ <i>Mean</i>
Năng lượng (Kcal) <i>Energy (Kcal)</i>	1925.4 1901.54, 1949.28	587.1	1903.8 1850.88, 1956.64	2035.0 1989.73, 2080.31	1868.4 1826.63, 1910.2	2020.9 1862.51, 2179.22	1860.4 1785.45, 1935.34	1970.1 1921.41, 2018.86
Protein								
Tổng số(g) <i>Total protein(g)</i>	74.3 73.14, 75.49	26.5	75.3 72.71, 77.9	73.0 70.95, 75	70.1 67.74, 72.48	68.9 63.62, 74.24	80.1 75.64, 84.61	75.9 74.14, 77.67
Động vật (g) <i>Animal protein (g)</i>	30.6 29.58, 31.54	21.1	29.8 27.43, 32.25	23.4 20.87, 25.86	28.7 27.1, 30.34	25.7 22.21, 29.15	39.2 35.5, 42.98	33.0 31.62, 34.35
Đv/ Pts (%) <i>P-Animal/ P-Total (%)</i>	38.5 37.7, 39.26	17.9	0.4 0.36, 0.4	0.3 0.27, 0.31	0.4 0.37, 0.4	0.3 0.31, 0.38	0.5 0.43, 0.49	0.4 0.4, 0.42
Lipid								
Lipid tổng số(g) <i>Fat total (g)</i>	37.7 36.57, 38.82	23.4	40.4 38.55, 42.27	41.3 39.73, 42.89	33.8 31.86, 35.81	38.2 33.53, 42.94	43.1 37.47, 48.79	32.2 30.54, 33.78
Lipid thực vật(g) <i>Fat vegetable (g)</i>	14.5 14, 15.02	12.3	13.3 12.28, 14.32	13.6 12.66, 14.56	15.8 14.67, 16.97	18.7 16.84, 20.53	15.4 13.37, 17.4	13.2 12.41, 14
Lipid động vật/ Tổng (%) <i>Fat animal/ Fat total (%)</i>	56.8 55.83, 57.76	26.1	0.7 0.64, 0.68	0.6 0.62, 0.66	0.5 0.46, 0.51	0.4 0.39, 0.48	0.6 0.57, 0.63	0.5 0.51, 0.54
Chất khoáng/ Mineral								
Ca (mg)	506.2 492.75, 519.7	301.3	526.5 507.6, 545.41	449.1 433.12, 465.04	467.4 450.7, 484.18	403.9 373.48, 434.24	589.9 514.14, 665.73	528.4 508.37, 548.46
Ca/ P	0.6 0.56, 0.58	0.3	0.6 0.57, 0.61	0.5 0.51, 0.53	0.6 0.55, 0.58	0.5 0.47, 0.53	0.6 0.56, 0.65	0.6 0.55, 0.59
Fe (mg)	12.3 12.14, 12.52	4.7	13.2 12.76, 13.58	13.1 12.73, 13.4	11.4 11.13, 11.66	11.4 10.55, 12.24	12.6 11.83, 13.4	12.0 11.64, 12.27
Vitamin								
Vitamin A (µg)	146.7 137.38, 156.01	233.6	191.8 169.02, 214.57	127.7 113.12, 142.24	92.8 84.33, 101.31	100.2 79.39, 120.97	200.3 156.73, 243.89	139.4 121.78, 157.1
Caroten (µg)	5895.6 5688.65, 6102.46	5264.8	8140.5 7660.3, 8620.71	9111.1 8601.84, 9620.34	5166.1 4772.62, 5559.49	4716.1 4134.12, 5298.02	4801.7 4236.5, 5366.95	3090.7 2819.48, 3361.89
Vitamin B1 (mg)	1.1 1.07, 1.12	0.6	1.2 1.13, 1.21	1.2 1.12, 1.2	0.9 0.88, 0.95	1.1 0.94, 1.17	1.2 1.11, 1.36	1.1 1.01, 1.1
Vitamin B2 (mg)	0.7 0.7, 0.74	0.4	0.7 0.71, 0.77	0.7 0.67, 0.71	0.6 0.61, 0.66	0.6 0.58, 0.69	0.9 0.85, 1.04	0.7 0.62, 0.68
Vitamin PP (mg)	14.3 14.08, 14.59	6.9	13.4 12.9, 13.85	14.2 13.71, 14.73	15.4 14.77, 15.96	14.5 13.23, 15.71	15.8 14.82, 16.7	13.2 12.81, 13.57
Vitamin C (mg)	85.1 82.04, 88.19	75.4	102.7 95.72, 109.67	103.8 96.57, 111.01	67.8 62.05, 73.63	74.0 65.98, 81.92	99.6 90.12, 109.03	63.7 58.71, 68.59
Vitamin B1/ 1000 Kcal(mg)	0.6 0.56, 0.58	0.2	0.6 0.61, 0.64	0.6 0.55, 0.59	0.5 0.47, 0.51	0.5 0.47, 0.56	0.7 0.63, 0.71	0.5 0.51, 0.56
% năng lượng từ: / % of energy by:								
Protein <i>CI</i>	15.4 15.72, 16.22	3.7	15.9 15.89, 16.82	14.4 14.2, 15.3	15.0 15.13, 15.89	13.7 13.59, 14.54	17.2 17.26, 18.45	15.3 15.66, 16.19
Lipid <i>CI</i>	17.6 17.41, 18.5	8.7	19.1 18.66, 20.41	18.2 17.91, 19.53	16.3 15.55, 17.53	17.0 15.32, 19.72	20.8 19.13, 23	14.7 14.16, 15.67
Carbohydrates <i>CI</i>	67.0 68.1, 69.49	10.2	65.0 65.5, 67.71	67.4 67.93, 70.36	68.7 69.54, 71.86	69.3 68.49, 73.58	62.0 61.98, 66.26	70.0 71.13, 72.85

Nguồn/ sources: Tổng điều tra dinh dưỡng (Viện Dinh dưỡng), 2009 - 2010
 General Nutrition Survey (National Institute of Nutrition), 2009 - 2010