



THE EVOLUTION OF RICE AND BEAN CONSUMPTION IN BRAZIL



Alcido Elenor **WANDER**^{1,2,3}, Osmira Fatima da SILVA¹
¹ Embrapa Rice and Beans, Rodovia GO-462, km 12, 75375-000 Santo Antonio de Goiás-GO, Brazil. Email alcido.wander@embrapa.br. ² Graduate Program in Agribusiness, Federal University of Goiás (UFG), Goiânia-GO, Brazil. ³ Graduate Program in Regional Development, Centro Universitário Alves Faria (UNIALFA), Goiânia-GO, Brazil.

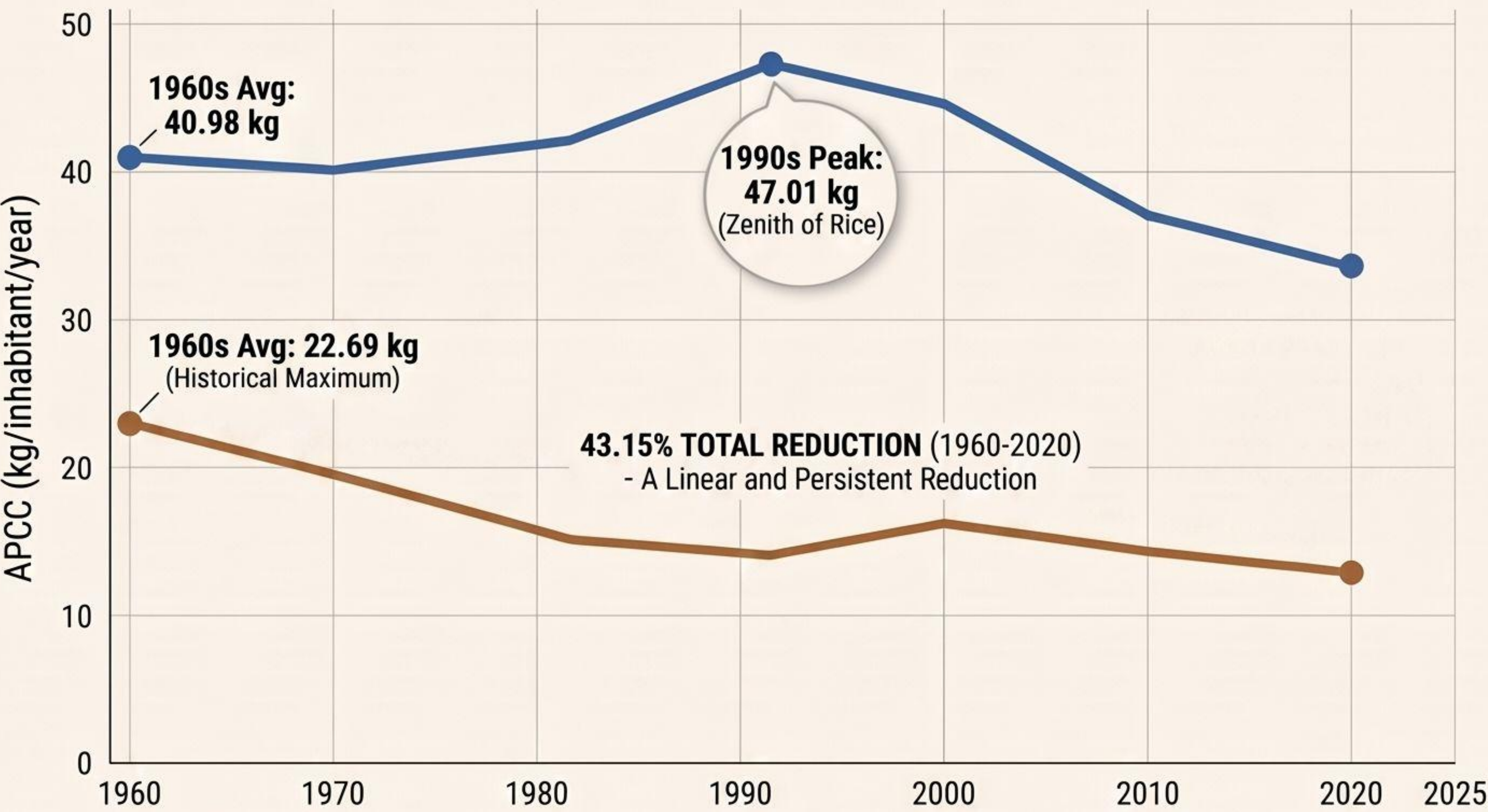
A Systemic View of National Food Availability

Apparent Per Capita Consumption (APCC) Metric

$$APCC = \frac{\text{Production} + \text{Imports} + \text{Carryover Stocks} - \text{Seeds} - \text{Exports}}{\text{Total Population}}$$

Rice = $\left(\frac{\text{Husk Rice Production} + \text{Imports} + \text{Stocks} - \text{Seeds} - \text{Exports}}{\text{Total Population}} \right) \times 0.68 \text{ (Milling Yield)} = \text{Processed Grain Availability}$

Unlike household surveys that only measure what is bought for the home, APCC calculates availability based on production, stocks, and foreign trade divided by the total population.



Decade	1960s	1970s	1990s	2000s	2010s	2020s (Projected)
Rice APCC (kg/inhabitant/year)	40.98	40.14	41.93	44.40	36.77	33.74
Beans APCC (kg/inhabitant/year)	22.69	18.69	15.23	16.45	14.75	12.90

Drivers of the Nutritional Transition



Urbanisation & Modern Lifestyles

Rapid urbanisation has reduced the time available for traditional home cooking, specifically penalising beans, which require long soaking and cooking times.



Time Constraints in the Kitchen

The gap between APCC data and household acquisition suggests a significant portion of rice and bean intake now occurs via processed foods or industrial catering.



The Rise of Processed and Outside Dining

Rice and beans are losing space in school menus, threatening the formation of healthy eating habits for future generations.

The Call for Policy

Safeguarding Nutritional Security

Without targeted interventions to facilitate access and promote preparation, the decline in these healthy staples is expected to deepen, increasing the risk of chronic diseases. Additionally, despite falling domestic consumption, reach 464,200 tonnes by 2025, highlighting an 'Export Paradox'. **Urgent Public Policy Intervention is needed.**