

## Таблица дневных норм калорий для человека.

| Группы различные по<br>интенсивности труда   |              | Мужчаава |                               |  |                     | Женцины                |                       |                                       |                     |
|--|--------------|----------|-------------------------------|--|---------------------|------------------------|-----------------------|---------------------------------------|---------------------|
|  |              | Большие  | Небольшие<br>города и<br>села | Дополивительная<br>филическая нагрузка |                     | BACK (SAE) CONTROL (CA | Небольшие<br>города и | Дополнительная<br>физическая нагрузка |                     |
|  |              |          |                               | большие<br>города                      | небольшие<br>города |                        | сепа                  | большие<br>города                     | небольшие<br>города |
| Лица, работа которых не связана с<br>патратами физического труда<br>(работники умственного труда,<br>спужащие и т. п.)                     | 18-40        | 2800     | 3000                          | 3100                                   | 3300                | 2400                   | 2600                  | 2650                                  | 2850                |
|  | 40-60        | 2600     | 2800                          | 2800                                   | 3000                | 2200                   | 2400                  | 2350                                  | 2550                |
| Работники механикированного<br>труда и сферы обслуживания<br>(телефонисты, продавцы и т. п.)   | 18-40        | 3000     | 3200                          | 3300                                   | 3500                | 2550                   | 2750                  | 2800                                  | 3000                |
|  | 40-60        | 2800     | 3000                          | 3000                                   | 3200                | 2350                   | 2550                  | 2500                                  | 2700                |
| Работивии механилированного<br>труда, труд которых свялан со<br>оначительными филическими<br>усилими (станочники,<br>текстильприм и т. п.) | 18-40        | 3200     | 3400                          | 3500                                   | 3700                | 2700                   | 2900                  | 2950                                  | 3150                |
|  | 40-60        | 2900     | 3100                          | 3100                                   | 3300                | 2500                   | 2700                  | 2650                                  | 2850                |
| Работивки частично<br>механизированного труда<br>(шахтеры, механизаторы,<br>метаннурги и т. п.)  | 18-40        | 3700     | 3900                          | 4000                                   | 4200                | 3150                   | 3350                  | 3400                                  | 3600                |
|  | 40-60        | 3400     | 3600                          | 3600                                   | 3800                | 2900                   | 3100                  | 3050                                  | 3250                |
| Люди пожилого возраста   | 60-70        | 2350     | 2500                          | 2500                                   | 2650                | 2100                   | 2200                  | 2200                                  | 2500                |
|  | старше<br>70 | 2200     |                               |  |                     | 2000                   |                       |                                       |                     |

Food and Agriculture Organization of the United Nations

**FAO Hunger Map** 

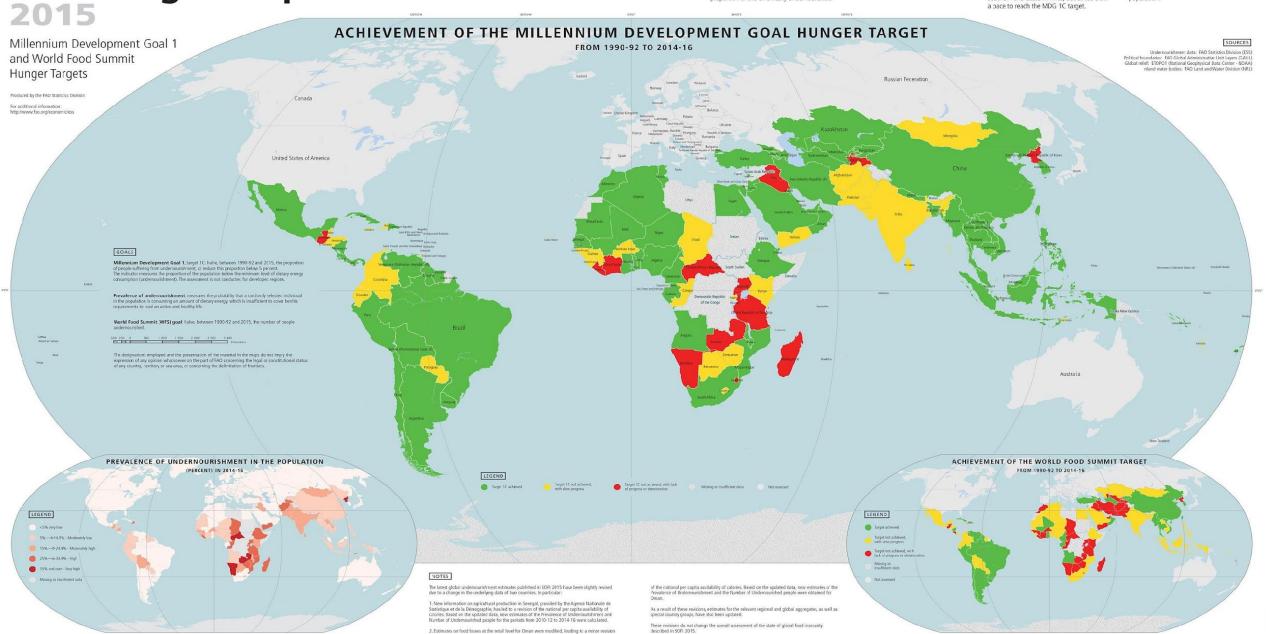
About 793 million people in the world still lack sufficient food for conducting an active

Yet progress has been made, even in the presence of significant population growth. Approximately 218 million fewer people suffer from undernourishment than 25 years ago and 169 million fewer than a cecade ago.

The year 2015 marks the end of the monitoring period for the Millennium Development Goal targets. Seventy-three out of 129 developing countries – more than half the countries monitored – have reached the MDG TC hunger target of halving the proportion of the drionically undernourished.

In developing regions the target was almost achieved, with the share of undernourished having decreased during the monitoring period from 23.3 to 12.9 percent.

Some regions, such as Latin America, the east and southeastern regions of Asia, the Caucasus and Central Asia, and the northern and western regions of Africa, have made fast progress. Progress was also recorded in southern Asia, Oceania, the Caribbean and southern and eastern Africa, but at too slow a pace to reach the MDG 1C target. In many countries that have failed to reach the international hunger targets, natural and human-induced disasters or political instability have resulted in protracted crises, with increased vulnerability and food insecurity among large segments of the population.





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