

Data suggestive of thiamine deficiency worldwide, based on the analysis of food balance sheets (2011)

Countries with average level of thiamine availability below 1.2 mg/capita/day and no fortification program (with thiamine) in place

<b>Country</b>	<b>Energy, kcal/capita/day</b>	<b>Thiamine availability, without fortification (mg/capita/day)</b>
Somalia	1691	0.67
Sri Lanka	2486	0.72
Bangladesh	2431	0.78
Tajikistan	2100	0.78
Mongolia	2445	0.87
Cambodia	2404	0.91
Guinea-Bissau	2303	0.92
Malaysia	2839	0.93
Botswana	2260	0.96
Thailand	2755	1
Mauritius	3045	1.03
Brunei Darussalam	2900	1.04
Lao People's Democratic	2354	1.07
Japan	2712	1.09
Democratic People's Republic of Korea	2103	1.13
Swaziland	2266	1.13
Gambia	2848	1.14
Myanmar	2527	1.15
Sao Tome and Principe	2669	1.15
Libya	3195	1.19

**Reference:** Food Balance Sheets. FAOSTAT.