

# Final summary report of SUSPER (Sustainable Development of Peri-Urban Agriculture in South-East Asia)

## *Rapport final de SUSPER*

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Avec synthèses en français

*April 2007*



**SUSPER**

**Sustainable Development of Peri-urban Agriculture  
in South-East Asia Project**  
(Cambodia, Lao PDR, Vietnam)

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Moustier P., Final summary report of SUSPER  
(Sustainable Development of Peri-Urban Agriculture in South-East Asia). Hanoi, The Gioi  
edition, 152 p.

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## **2.1 Vegetable Consumption Behaviour in Vietnam**

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Date: April 2003

Pages: 23

Published on website: Y

Published on hard copy: Y

Within the scope of the SUSPER project, an analysis of vegetable consumption was carried out in 2002. This dealt with both the quantitative (evolution of consumed quantities) and qualitative aspects (health risks associated with vegetable consumption) of vegetable consumption.

With nearly 6 million tons consumed per year, vegetables represent in volume the second main foodstuff in Vietnam after rice. The total increase in consumption results both from population growth (2% per year) and individual consumption increase (from 45.5 kg per person per year in 1987 to 54 kg per person per year in 2000). However, the value of consumed vegetables represents less than 5% of the total food consumption value.

The consumption of vegetables is higher for urban consumers than for rural consumers (+17%), and increases in proportion to household income. Vegetables constitute a major component of Vietnamese cooking. Cooking techniques seem to be changing, however, especially in urban areas. This is because vegetables are increasingly served with meat (the consumption of which is also increasing) or in meals prepared by street restaurants.

Another important point is that 88.5% of all Hanoi residents interviewed considered vegetables to be a health hazard due to the increasing use of agrochemical inputs. However, this concern does not seem to affect vegetable consumption because vegetables are thought of as having high nutritional qualities. Consumers also have faith in their own sanitation practices when it comes to choosing and preparing vegetables in order to avoid health risks.