



COUNTRY	LIFE expectancy	Pork per year kg	Sheep/Goat per year kg's	Beef per year kg's	Poultry per year kg's	GDP per capita \$	alcohol consumption pure litres 0-8	under nourishment %	severe food insecurity %	Average Daily Dietary Energy Per Capita kcal	OBESITY Per Capita %	sugar per year kgs	diabetes rates %	PLANT PROTEIN KCAL/DWY	ANIMAL PROTEIN KCAL/DWY	FAT day kcal	CARB day kcal	FISH per day grams	DAIRY per day grams	RED MEAT per day grams	FAT ENERGY %	CEREALS roots,tubers %	protein ENERGY %	MEAT year KG	FRUIT year KG	VEG year KG	EGGS year KG	NO CLEAN WATER %	COLORECTUM CANCER ASR	CANCER ASR	total smoking rate %	
average	71	15	3	10	21	20461	6	9	10	2875	18	25	9	177	147	782	1742	52	279	74	27	46	4.98	134	81	89	7.3	7.22	16	187	22	
median	72	9.91	1.28	7.15	19.74	13654	6.12	4.15	6	2880	20	25.45	7.1	173	141	743	1741	36	171	54	26.455	45	5.09	132	73	76	7.1	2.58	12.9	159.4	21.85	
solomon islands	70	4.4	0.66	0.75	6.1	2998	1.83			2418	20	19.79	19.8	155	89	402	1742	83	116	20	17.7	68	2.99	38	42	12	0.8	26.9	6.7	130.4	37.8	
south africa	62	4.16	2.81	17.38	35.16	13710	6.92	8.9	8	2699	27	29.98	10.8	195	145	752	1528	76	147	65	24.9	53	4.82	174	26	38	7.1	2.34	14.6	209.5	31.4	
south korea	83	38.4	0.37	16.71	22.51	42759	6.7	2.5	0.7	3420	8	27.84	6.8	200	184	900	2028	151	50	148	27.62	42	5.53	217	52	189	12.2	0.07	27.2	242.7	22	
spain	83	32.96	1.86	12.13	33.17	40802	12.72	2.5	2	3322	27	29.18	10.3	158	260	1293	1461	116	493	187	40.75	27	8.21	290	86	119	13.3	0.07	35.8	277.2	27.9	
srilanka	76	2.69	0.98	3.28	10.27	13070	4.1	3.4	1.1	2737	5	28.19	11.3	173	95	441	1802	84	31	1	17.62	55	2.99	29	34	49	4.3	7.18	7.8	105.4	22.9	
sudan	69		7.08	7.14	6.8	8338	8.93	12.8	17.4	2578	7	27.59	18.9	166	116	633	1428	38	209	44	28.68	53	5	56	65	13	3.98	12.88	9.7	36.8		
suriname	70	7.97	0.93	4.24	47.96	19037	5.33	8.2	7.2	2698	26	40.14	12.7	138	113	739	1761	46	34	31	26.88	44	4.12	176	84	58	6.6	0.94	18.1	167.5	46	
sweden	83	28.61	1.26	21.83	15	52851	8.03	2.5	1.3	3184	22	33.42	5	147	283	1171	1576	90	833	181	38.86	28	8.91	193	59	83	13.9	0.17	27.8	288.6	8	
switzerland	84	27.78	1.37	19.16	16.02	70948	11.53	2.5	0.8	3394	21	38.79	4.6	133	239	1382	1635	45	851	138	40.76	24	7.05	193	80	89	10.3	0	22.3	317.6	25.1	
syria	72		6.03	1.81	3.24		8.24				25	18.26	14.9											68	125	120	9.4	0.8				
taiwan	81	38.35	0.83	6.08	41.83					2963		26.2	9.07	185	173	1138	1499	81	82	122	37.97	37	9.1	5.6	230	91	113	16.1				
tajikistan	71	0.04	7.83	25.76	3.52	3581	3.28			2108	12	16.75	6.6	168	85	543	1403	1	155	33	24.69	56	3.87	70	38	240	2	15.58	4.7	88		
tanzania	66	3.25	1.17	7.57	3.44	2991	11.27	22.6	25.8	2373	7	9.8	12.3	190	40	415	1981	19	107	18	18.81	55	1.89	29	75	56	13	27.99	8.5	133.7	13.9	
italy	78	13.14	9.66	8.08	19.33	16453	8.3	8.8	10.5	2934	10	33.65	9.7	144	99	827	2012	80	266	40	18.56	48	3.57	72	77	37	12	0.8	15.9	164	22.9	
finor	67	11.48				3229				2287	2	18.82	8.6	159	71	460	1440	22	3	31	21.59	67	3.33	57	14	27	1.3	12.62	8.9	85.7	38.2	
togo	61	2.32	1.39	0.77	7.02	2128	2.46	18.8	18.8	2443	7	9.53	2.1	201	36	428	1786	32	18	18	17.45	70	1.47	38	8	20	1.8	25.35	8.2	111.7	1.6	
trinidad and tobago	73	5.61	1.34	5.25	36.2	25828	6.72	7.5	10.2	2991	19	46.89	12.7	161	172	833	1885	65	81	37	27.31	38	5.65	212	55	40	3.8	0	18.5	193.9	0	
tunisia	73	6.99	5.34	3.86	17.38	11419	2.12	3.1	12.6	3420	27	33.81	9.8	289	113	825	2129	36	307	36	24.84	50	3.39	78	103	272	7.1	0.83	12.7	133.5	38	
turkey	76		1.3	15.99	20.04	28197	2.05			3711	32	30.45	14.9	398	145	1077	2196	13	462	90	29.06	44	3.92	107	129	239	9.6	0.96	20.6	231.5	29.3	
turkmenistan	69	9.09	20.03	21.7	5.87	15538	4.93			2830	17	18.67	6.7	210	151	757	1720	8	398	163	26.67	58	5.35	133	55	135	6.9	0	6.2	128.8		
uganda	62	2.87	1.02	3.69	3.01	2188				1981	4	10.99	4.6	161	49	419	1900	31	103	22	19.68	45	2.33	29	171	34	0.8	16.86	6.7	153.8	9.8	
ukraine	71	16.73	0.98	7.18	24.75	12605	8.32	2.8	3.2	3102	26	31.79	6.6	181	172	833	1990	32	400	95	26.56	48	5.5	145	61	180	18.8	0.4	28.8	212.8	25.5	
united arab emirates	78		7.84	7.15	33.16	60084	3.9	0.4	0.8	3314	28	29.93	16.4	295	166	795	2076	68	91	43	23.95	42	5.09	132	66	62	7.4	0.09	13.1	106.7	18.2	
united kingdom	80	24.04	3.99	17.56	33.13	47369	11.45	2.5	1.1	3344	29	24.09	6.3	179	233	1245	1765	54	613	128	36.38	33	6.81	216	78	79	11.3	0	34.1	319.9	19.2	
united states	77	30.64	0.6	37.31	57.83	62631	9.87	2.5	0.7	3792	37	33.17	10.7	159	279	1453	1789	61	698	189	39.41	24	7.58	351	106	107	16.4	0.12	25.6	382.2	25.1	
uruguay	79	14.12	2.95	19.68	21.3	23023	6.92	2.6	7.3	3202	28	39.56	9	153	216	954	1726	25	517	131	31.28	39	7.08	140	70	57	13	0	32	269.3	21.8	
uzhakistan	70	16.78	5.46	31.99	33.84	7248	2.99	2.6	0.6	3011	15	17.81	7	216	116	608	1707	6	697	89	23.86	54	4.22	104	109	293	5.2	2.17	8.9	108.1	12.9	
vanuatu	70	12.38	0.18	7.08	14.41	3133	2.25	11.9	2.4	2607	23	10.78	15.6	161	116	945	1612	78	46	66	33.32	47	4.12	103	73	49	2.2	7.71	5.2	108.8	24.1	
venezuela	70	4.43	0.34	12	16.08					2139	25	31.05	9.6	138	152	742	1596	28	275	56	28.22	45	5.8	87	99	43	6	5.84	14.2	181.1		
vietnam	73	38.16	0.22	6.15	15.92	8541	8.68			3025	5	18.09	6.1	202	124	648	1789	103	24	138	23.64	53	4.52	196	74	172	3.6	3.12	14.1			
world	71					16987	6.17	9.3	10.9		15													117	79	149	9.9	0.28	19.5			23.14
yemen	63		4.03	2.8	10.37		9.05			2164	14	25.15	5.4	180	55	430	1556	9	31	28	19.36	66	2.8	157	30	20	1.8	10.37	10.7	97	20.9	
zambia	61	1.84	0.81	9.03	2.98	3478	6.54			2002	6	9.34	11.9	183	36	378	1330	33	34	20	19.61	69	1.91	55	7	24	2.6	28.43	8.8	153.5	14.7	
zimbabwe	69	9.88	1.76	40.15	4.38	3636	4.67			1968	12	15.75	2.1	149	47	514	1401	10	82	28	24.39	59	2.23	43	14	14	1.3	23.14	8.9	200.4	13.9	

This data is mainly from <https://ourworldindata.org/diet-compositions>  
It has some extra information from other sources.  
I'm sorry it not better annotated but its grown from a small spreadsheet to cross reference longevity vs food macros with mine and other people suggestions  
Most data is from the most recent foastat available of 2020 ish