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Soviet Diet Standbys: Cereals and Potatoes

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WASHINGTON, Jan. 8— A study by the Central Intelligence Agency on the Soviet economy showed that the average Soviet diet contains far more grains and potatoes than the American diet and far less fish and meat.

The study, prepared for a committee of Congress, said the average Russian consumes almost the same number of calories a day as the average American, 3,300 for the Russian as against 3,520 for the American.

But grain cereals and potatoes make up 44 percent of the Russian diet, as against only 26 percent of what the average American eats, the study said. Meat and fish represent 21 percent of the American diet but only 8 percent of the Russian's diet, it said.

Otherwise, except for sugar, the diets are almost identical: Fats and oils made up 17 percent of the Soviet diet and 18 percent of the American; dairy products and eggs, 11 percent of the Soviet and 12 percent of the American; sugar, 13 percent of the Soviet and 17 percent of the American; other foods, 7 percent of the Soviet and 6 percent of the American diet.