



## TRENDS AND STRUCTURAL SHIFTS IN PROTEIN CONSUMPTION IN ROMANIA

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**Abstract:** This study analyses the long-term dynamics of protein consumption in Romania over the period 1961–2023, using data provided by the Food and Agriculture Organization. The analysis examines both the total availability of protein and the distribution between animal and plant sources, focusing on the structure of animal proteins and the evolution of protein intake from pulses.

### • Introduction

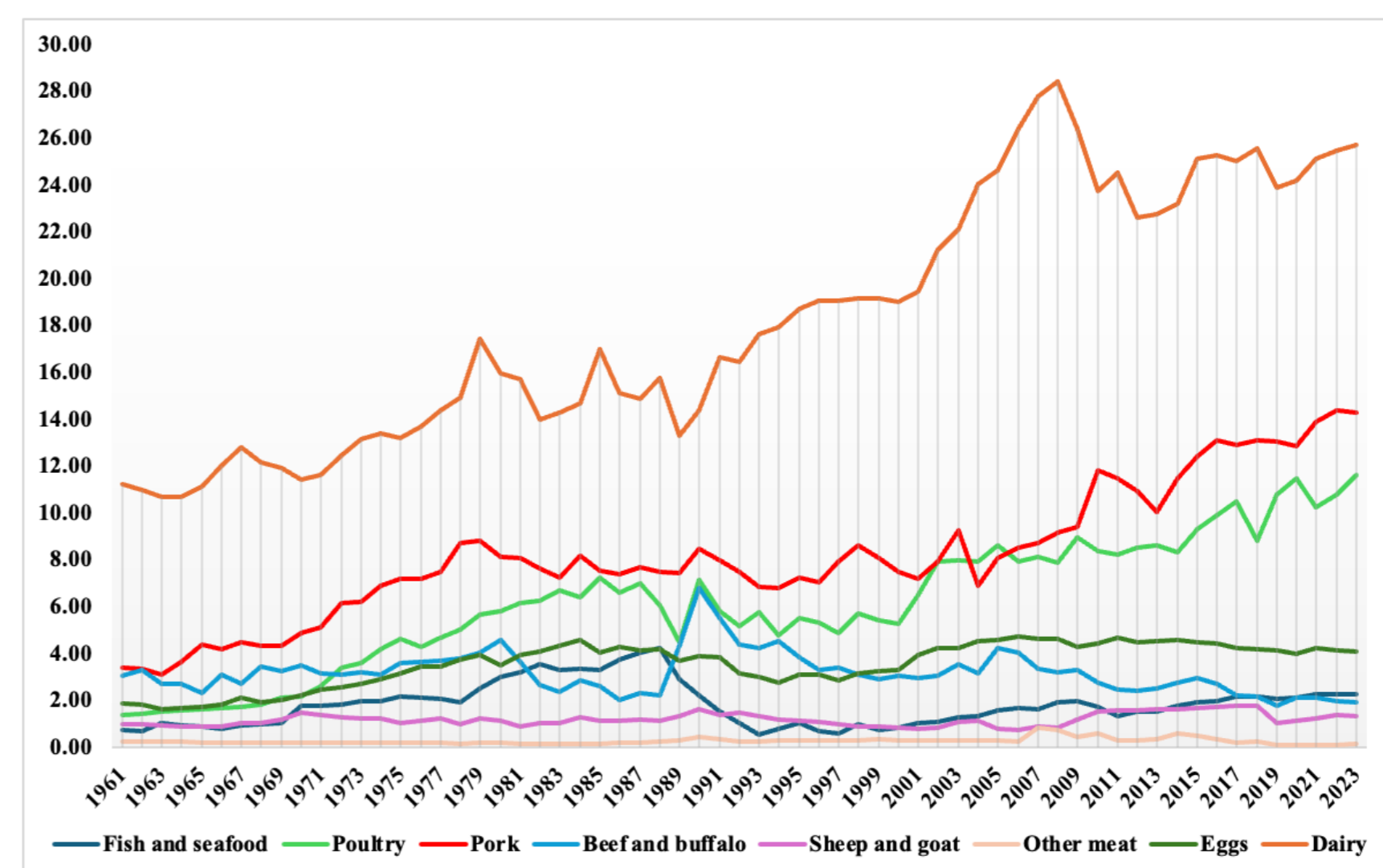
Romania is no exception to global trends, registering, starting with the second half of the 20th century, significant changes in both the level of protein consumption and its structure. Especially after the 1990s, economic and social changes have contributed to a reconfiguration of food patterns, characterized by an increase in the share of animal products and the diversification of protein sources.

### • Material and method

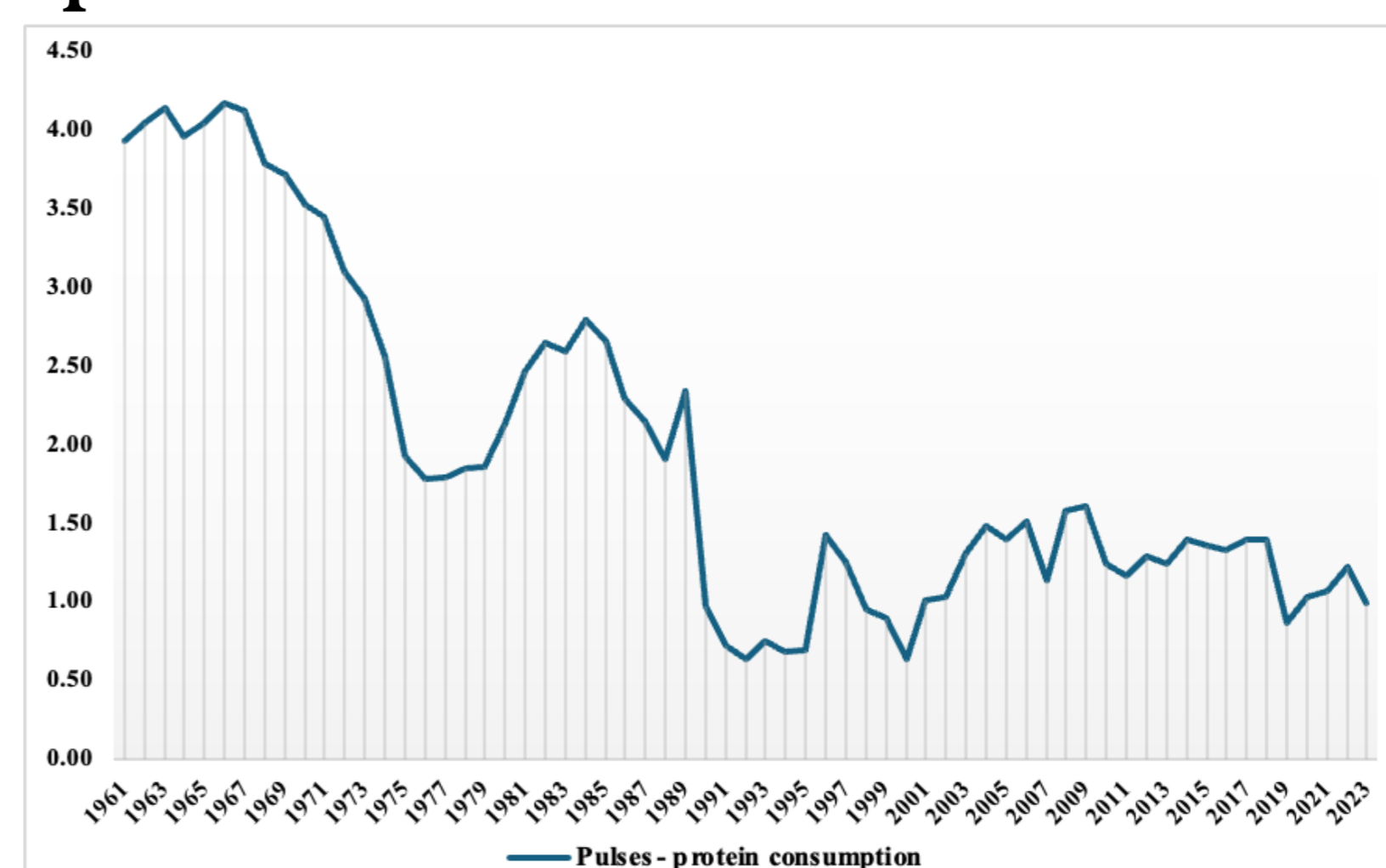
The analysis carried out in this study is based on secondary data on protein consumption in Romania, covering the period 1961–2023. The data were extracted from the database of the Food and Agriculture Organization of the United Nations (FAO), through the Our World in Data. Methodologically, the study has a descriptive and comparative nature, tracking both the evolution over time of the analyzed indicators and the structural changes in protein consumption. The time series analysis was performed by observing long-term trends, using annual values, with a focus on identifying significant changes in different historical periods.

### • Results and discussions

The results highlight a clear transition from a dietary pattern traditionally supported by plant protein sources, including legumes, to one in which animal protein has gained a significantly higher share. This transformation reflects not only improved access to food, but also changes in food preferences, income levels, and broader socio-economic conditions.



This evolution indicates a significant decrease in the role of pulses in the population's diet, in parallel with the increase in the consumption of animal proteins.



### • Conclusions

The results highlight the need for a more integrated approach to food consumption, one that considers not only access to food, but also its structural composition and long-term impacts.