

National Adult Nutrition Survey II



Main Report

Irish Universities Nutrition Alliance (IUNA)



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Chapter 1 Background and Methodology

Background

This report describes the methods and main findings on food and beverage consumption, nutrient intakes, anthropometric measurements and physical activity levels from the National Adult Nutrition Survey II (NANS II). The NANS II was a cross-sectional survey designed to assess the food and nutrient intakes in a nationally representative sample of adults aged 19 years and over in the Republic of Ireland.

The electronic database compiled from the survey represents a valuable resource and is suitable for a wide range of applications related to food safety and nutrition. These include assessment of exposure to chemical and biological hazards in foods, development and implementation of food and nutrition policy and food product development and promotion.

The NANS II was carried out by the Irish Universities Nutrition Alliance (IUNA), a formal alliance of the nutrition centres at academic institutions in Ireland including Munster Technological University, University College Cork, University College Dublin and Technological University Dublin, which is committed to joint initiatives in research and teaching. The survey was carried out by the following teams:

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The NANS II was funded by the Irish Department of Agriculture, Food and the Marine (DAFM) under the 2019 Food Institutional Research Measure (FIRM) awards.

National Adult Nutrition Survey II (NANS II) Methodology

Ethical approval

The NANS II was conducted according to the guidelines laid down in the Declaration of Helsinki and ethical approval was obtained from the Clinical Research Ethics Committee of the Cork Teaching Hospitals and the Human Ethics Research Committee of University College Dublin (Ref: ECM 4 (e) 10/11/20 & ECM 3 (f) 12/01/21).

Sampling

The NANS II was a cross-sectional survey that was carried out between April 2021 and August 2022 by the nutrition units in Munster Technological University, University College Cork, University College Dublin and Dublin Technological University. The NANS II was designed to assess food and nutrient intakes in a nationally representative sample of adults aged 19 years and over in the Republic of Ireland (n 1000).

Participant recruitment

A sample of adults was randomly selected from a database of addresses obtained from An Post Geodirectory DAC. Addresses were randomly selected from pre-determined clusters across the Republic of Ireland to provide a demographically balanced sample with respect to urban/rural divide and socio-economic grouping. An introductory pack with information regarding the survey was sent to all selected addresses with households invited to opt-in to the survey. Where a household opted-in, a hierarchical method for random selection of participants (by sex and

age-group) was used to screen for eligible participants in the household to prevent sampling bias.

If the selected individual in the household opted in, a suitable time was arranged for the researcher to call to their house to drop off materials required for the study. Written informed consent was collected from all participants before they commenced the study.

The final response rate for the survey was 61%. Demographic analysis of the sample has shown it to be representative of adults in Ireland with respect to sex, age group and geographical location when compared to Census 2022 data (Central Statistics Office, 2022). However, the final sample contained a higher proportion of professional workers and a lower proportion of semi-skilled and unskilled workers than the national population and data in this report have been weighted to account for these differences.

Food intake data collection

Food and beverage intake data were collected via two independent 24-hour telephone dietary recalls (at least 7 days apart) which each day of the week accounted for in the sampling plan. To assist with the dietary recall, older participants (≥ 65 years) were asked to record their foods the day before the recall. A photographic food atlas was provided to each participant before their scheduled dietary recall and the researcher directed the participant to use the food atlas as required during the recall to aid in the quantification of all foods and beverages consumed.

Participants were asked to provide detailed information (at brand level) on the types of foods and beverages consumed including details on cooking methods, the packaging size and type and details of recipes. Data were also collected on the time of each eating or drinking occasion, definition of the eating or drinking occasion and the location of preparation and eating of the

meal/snack etc. Participants were encouraged to keep the packaging labels for all foods, beverages and food supplements to facilitate quantification and coding of foods.

Food quantification

As referred to above, a photographic food atlas was provided to participants in advance of their dietary recall and all participants were encouraged to keep the packaging labels for all foods, beverages and food supplements to aid in the quantification of foods and beverages consumed.

Foods, beverages and food supplements were quantified in the NANS II as follows:

- (1) *Food atlas* – a photographic food atlas was used to quantify 55% of foods and beverages consumed (Foster et al., 2010).
- (2) *Manufacturers' weights* – manufacturers weights obtained from the packaging labels of foods, beverages and food supplements consumed by participants during the two dietary recalls were used to quantify 20% of foods and beverages consumed.
- (3) *Household Measures* – household measures (e.g. teaspoon, tablespoon, pint) were used to quantify 16% of foods and beverages consumed.
- (4) *Food Portion Sizes* – 'The Irish Food Portion Sizes Database' (Lyons and Giltinan, 2013) and 'Food Portion Sizes' (Ministry of Agriculture Fisheries and Food, 1997) were used to quantify 5% of foods and beverages consumed.
- (5) *Weighed* – participant's weighed (using their own food scales) 4% of foods and beverages consumed.
- (6) *Estimated* - food quantities were defined as estimated when the researcher made an estimate of the amount likely to have been consumed based on their knowledge of the

participant's eating habits as observed during the two 24-hour dietary recall periods.

This quantification method was used for <0.1% of foods and beverages consumed.

Estimation of nutrient intakes

Nutritics[®] software was used to estimate nutrient intakes from food intakes using data from McCance and Widdowson's The Composition of Foods, seventh edition and sixth edition (for a small number of foods) (Food Standards Agency, 2015, Food Standards Agency, 2002). During the survey, modifications were made to include recipes of composite dishes, nutritional supplements, fortified foods and generic Irish foods that were commonly consumed. As 'The Composition of Foods' is not complete for some nutrients (or appropriate for foods available on the Irish market), the food composition database was updated for some nutrients using appropriate methods.

Anthropometric measurements

Anthropometric measurements (height and body weight) were collected by participants in their own home. Detailed instructions on how to take these measurements in a standardised manner were provided to all participants and the participants were asked to perform all measurements twice for quality control purposes. Measurements were recorded to the nearest 0.1 cm for height and 0.1 kg for body weight.

For height, a standard measuring tape was advised, and participants were instructed to remove shoes and to stand on a hard surface with a wall or door behind them, feet were required to be flat on the floor with heels against the corner of where the wall and floor met, while ensuring that the head, shoulders and buttocks were touching the wall and knees not bent. Participants

were required to use a flat object such as a book or ruler to identify the position of the top of their head and to lightly mark this position with a pencil. Height was then recorded using a measuring tape, this process was repeated for the duplicate measure.

For body weight, a standard weighing scales was advised, and participants were instructed to dress in light clothing, remove shoes and any items from pockets and to take the measurement after voiding. Participants were advised to place the scales on a flat, level and firm surface and to step on the scales with feet hip distance apart, while placing arms by their sides and standing still. The reading from the scales was recorded, and this process was repeated for the duplicate measure. The researchers provided equipment if participants did not have access to their own.

Defining overweight and obesity

Body mass index (BMI) (kg/m^2) was derived from the reported weight in kilograms, divided by height (squared) in metres. The World Health Organisation (WHO) BMI categories were subsequently used to categorise weight status, whereby a BMI of 18.5-24.9 kg/m^2 was considered ideal weight, 25.0 - 29.9 kg/m^2 was considered overweight, and obesity was classified as a BMI $\geq 30 \text{ kg}/\text{m}^2$ (World Health Organisation, 2010)

Urine Collection

Participants were asked to provide a once off first void morning urine sample (~30ml) during the survey period. Participants were provided with a sterile collection container to collect the urine sample and an ice pack and a thermal cooler bag to keep the sample chilled. Once collected by the researcher, the urine sample was stored appropriately on dry ice and transported to MTU or UCD for storage at -20°C . Urine samples were collected from 99.7% ($n = 997$) of participants for the analysis of markers of nutritional status.

Blood Collection

Participants were asked to provide a dried blood spot sample, fasting where possible. Willing participants were provided with a dried blood spot collection pack which included an information sheet, instructions and the required materials to take the sample and store appropriately until collection by the researcher. Once collected by the researcher, the dried blood spot sample was stored appropriately on dry ice and transported to MTU or UCD for storage at -20°C. A blood collection form was completed in which the following was recorded: date and time of blood collection, fasting status and any irregularities during the sample provision. Dried blood spot samples were collected from 66.9% (n 669) of participants to assess the nutritional status of adults in Ireland with respect to vitamin D, folate and iron.

Questionnaires

Participants in the NANS II completed four questionnaires including:

Food Propensity Questionnaire (FPQ): This questionnaire collected information on the frequency of consumption of certain foods/food groups by participants over the last year (12 months). This questionnaire was developed based on the protocol for application of the FPQ recommended by EFSA (EFSA, 2014) and modified and updated to include foods relevant to the population of Ireland.

Health & Lifestyle Questionnaire: This questionnaire collected information on participants' general health and lifestyle characteristics including medicine usage, dental health, allergy information, nutritional supplement usage (over the last 12 months) and participants' perceptions of their diet and weight status. Information was also collected on education level

and socio-demographics. The socio-demographic level of the participant was defined using that of the highest category from both the participant and their partner (where applicable).

Physical Activity Questionnaire: The validated EPIC Physical Activity Questionnaire (EPAQ2) was used to estimate levels of physical activity for adults of all ages (Wareham et al., 2002). The frequency and intensity of all relevant activities captured in the questionnaire were quantified by assigning the appropriate metabolic equivalent of task (MET) value to each activity. The MET is a physiological measure expressing the intensity of physical activities, whereby one MET is the energy equivalent expended by an individual while seated at rest. Each activity was assigned a MET, which is an expression of the amount of energy expended during an activity multiplied by hours per week. The relevant MET values assigned to activities in NANS II were derived from the 2011 Compendium of Physical Activities (Wareham et al., 2002). Estimates of energy expenditure at home, work and during recreational activities from the questionnaire were calculated by multiplying participation within these domains (hours per week) by the metabolic cost of each activity, expressed in metabolic equivalents (MET).

Food Choice & Eating Behaviour Questionnaire: Validated questionnaires including the Food Choice Questionnaire (Steptoe et al., 1995), Food Neophobia Scale (Pliner & Hobden, 1992) and the Self-Reported Habit Index (Verplanken & Orbell, 2003) were used to evaluate the determinants of food choice and eating behaviour. Questions were also included from other published instruments to collect information on perceived self-control and social influences on food control, food pleasure, food purchasing motives, measures of attitudes towards sustainable food choices, general healthy eating interest and intention to change diet (Clark et al., 1991, Roininen et al., 1999, Sautron et al., 2015, Sparks & Guthrie, 1998, Gericke et al., 2019)

Evaluation Questionnaire: The researcher administered this at the end of both 24-hour dietary recalls. This identified whether the participant's eating habits had been the same as usual on the recall days.

A coding manual was developed for the questionnaires and all coded questionnaires were entered (in duplicate) into the customised DaSurvey software package (Dazult Ltd, Co. Kildare, Republic of Ireland). DaSurvey uses a rules-based validation process permitting answers from the coding manual only.

Quality control

A number of quality procedures were put in place to minimise error and ensure consistency throughout the collection and manipulation of the data. Researchers received training that included role-play workshops prior to commencing fieldwork, where they were trained to take a natural and friendly approach to fieldwork and to avoid prompting foods. This was carried out in an attempt to make participants feel at ease and so to ensure that the most reliable data possible could be obtained. It was stressed to participants that they should not try to change or 'improve' their diet during the survey period. At the end of both dietary recalls, participants were asked whether their food intake had been the same as usual, less than usual or more than usual and to explain why this might have been. They were also asked if there were any items consumed during the two recall days which they had not yet mentioned. If so, details on such items were then recorded by the researcher.

Each researcher was primarily responsible for the collection, quantification, coding and data entry of their own participants' dietary recalls. Energy under reporters (49%) were identified by evaluating reported energy intake (as a ratio of energy intake to basal metabolic rate (BMR) (EI:BMR)) against presumed age-specific energy cut offs calculated on the basis of reported

levels of physical activity (Goldberg et al., 1991, Black, 2000). Energy under reporting was taken into account during certain analyses (e.g. in estimating the prevalence of inadequate micronutrient intakes).

Databases

The food intake database for NANS II comprises 49905 rows of data that relate to each food and beverage item consumed by each of the participants at every eating occasion on the two recall days. For each item consumed, the database contains information on the day of the week, meal number in the day, name of the eating occasion (e.g. breakfast, snack), time and location of consumption, weight of the food or beverage consumed, brand information, packaging type and size and a comprehensive nutrient breakdown for the quantity of food consumed.

Statistical analysis

Data manipulation was conducted using SPSS[®] Version 28 for Windows[™] (SPSS Inc. Chicago, IL, USA).

Usual intakes of foods from the 24-hour recalls were estimated using the validated National Cancer Institute (NCI-Method) (Tooze et al., 2006) using SAS Enterprise Guide[®] (SAS Institute Inc. Cary, NC, USA). Participants also completed a food propensity questionnaire to capture information on their frequency of consumption of food groups and these data were included in the NCI-method for food group intakes in the total population as appropriate. For consumers only, (proportion of consumers and amounts) these data were calculated based on intakes over the two recall days using SPSS[®]. Food group intakes are described using the mean,

median, standard deviation and the 5th and 95th percentiles of intake for the total population and split by sex and age groups (19-64y and ≥ 19 y).

Usual intakes of nutrients from all dietary sources (including nutritional supplements) and from food sources only (excluding nutritional supplements) were estimated using the validated National Cancer Institute (NCI-Method) (Tooze et al., 2006) using SAS Enterprise Guide[®] (SAS Institute Inc. Cary, NC, USA). Nutrient intakes are described using the mean, median, standard deviation and the 5th, 95th and 97.5th percentiles of intake for the total population and split by sex and age groups (19-64y and ≥ 65 y).

Anthropometric measurements and BMI are described using the mean, median, standard deviation and the 5th and 95th percentiles for the total population and split by sex and age groups (19-64y and ≥ 65 y).

Physical activity levels are described in median amount of time (hours per week) spent participating in physical activities (moderate and vigorous), sedentary activities (of which includes recreational screen time) and the median energy expenditure by domain (home, occupational and recreational) for the total population and split by sex and age groups (19-64y and ≥ 65 y).

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Chapter 2 Sampling Data

Table 2.1 Number of participants in the survey by sex and age group (*n* & (%))

	Total ≥19y	19-64y	≥65y
Males	489 (49)	347 (48)	142 (48)
Females	511 (51)	371 (52)	140 (52)
<i>n</i>	1000	718	282

Table 2.2 Number of participants in the survey by season for the total population and by sex and age group (n & (%))

	Total ≥19y	19-64y	≥65y
Total population			
Winter (September - February)	357 (36)	257 (36)	100 (35)
Summer (March - August)	643 (64)	461 (64)	182 (65)
<i>n</i>	1000	718	282
Males			
Winter (September - February)	177 (36)	125 (36)	52 (37)
Summer (March - August)	312 (64)	222 (64)	90 (63)
<i>n</i>	489	347	142
Females			
Winter (September - February)	180 (35)	132 (36)	48 (34)
Summer (March - August)	331 (65)	239 (64)	92 (66)
<i>n</i>	511	371	140

Table 2.3 Number of participants in the survey by geographical location for the total population and by sex and age group (*n* & (%))

	Total ≥19y	19-64y	≥65y
Total population			
Open country/village	306 (31)	212 (30)	94 (33)
Small town	364 (36)	235 (33)	129 (46)
Large town	52 (5)	38 (5)	14 (5)
City	278 (28)	233 (32)	45 (16)
<i>n</i>	1000	718	282
Males			
Open country/village	153 (31)	109 (31)	44 (31)
Small town	185 (38)	117 (34)	68 (48)
Large town	20 (4)	13 (4)	7 (5)
City	131 (27)	108 (31)	23 (16)
<i>n</i>	489	347	142
Females			
Open country/village	153 (30)	103 (28)	50 (36)
Small town	179 (35)	118 (32)	61 (44)
Large town	32 (6)	25 (7)	7 (5)
City	147 (29)	125 (34)	22 (16)
<i>n</i>	511	371	140

Table 2.4 Number of participants in the survey by social class and socio-economic group for the total population and by sex and age group (*n* & (%))

	Total ≥19y	19-64y	≥65y
Total population			
<i>Social class</i>			
Professional workers	644 (66)	475 (68)	169 (62)
Non-manual workers	138 (14)	91 (13)	47 (17)
Skilled manual workers	95 (10)	58 (8)	37 (14)
Semi-skilled/unskilled workers	100 (10)	79 (11)	21 (8)
<i>Socio-economic group</i>			
Employers and managers	220 (23)	164 (23)	56 (20)
Higher professional	207 (21)	163 (23)	44 (16)
Lower professional	221 (23)	150 (21)	71 (26)
Non-manual	159 (16)	107 (15)	52 (19)
Manual skilled	49 (5)	29 (4)	20 (7)
Semi-skilled	50 (5)	36 (5)	14 (5)
Unskilled	7 (1)	5 (1)	2 (1)
Own account workers	32 (3)	20 (3)	12 (4)
Farmers	4 (<1)	1 (<1)	3 (1)
Students	28 (3)	28 (4)	0 (0)
<i>n</i>	977	703	274
Males			
<i>Social class</i>			
Professional workers	327 (68)	237 (69)	90 (64)
Non-manual workers	50 (10)	33 (10)	17 (12)
Skilled manual workers	55 (11)	33 (10)	22 (16)
Semi-skilled/unskilled workers	52 (11)	40 (12)	12 (9)
<i>Socio-economic group</i>			
Employers and managers	121 (25)	88 (26)	33 (23)
Higher professional	122 (25)	97 (28)	25 (18)
Lower professional	88 (18)	56 (16)	32 (23)
Non-manual	57 (12)	37 (11)	20 (14)
Manual skilled	31 (6)	18 (5)	13 (9)
Semi-skilled	25 (5)	18 (5)	7 (5)
Unskilled	5 (1)	4 (1)	1 (1)
Own account workers	18 (4)	9 (3)	9 (6)
Farmers	2 (<1)	1 (<1)	1 (1)
Students	15 (3)	15 (4)	0 (0)
<i>n</i>	484	343	141
Females			
<i>Social class</i>			
Professional workers	317 (64)	238 (66)	79 (59)
Non-manual workers	88 (18)	58 (16)	30 (23)
Skilled manual workers	40 (8)	25 (7)	15 (11)
Semi-skilled/unskilled workers	48 (10)	39 (11)	9 (7)
<i>Socio-economic group</i>			
Employers and managers	99 (20)	76 (21)	23 (17)
Higher professional	85 (17)	66 (18)	19 (14)
Lower professional	133 (27)	94 (26)	39 (29)
Non-manual	102 (21)	70 (19)	32 (24)
Manual skilled	18 (4)	11 (3)	7 (5)
Semi-skilled	25 (5)	18 (5)	7 (5)
Unskilled	2 (<1)	1 (<1)	1 (1)
Own account workers	14 (3)	11 (3)	3 (2)
Farmers	2 (<1)	0 (0)	2 (2)
Students	13 (3)	13 (4)	0 (0)
<i>n</i>	493	360	133

*Excludes 23 participants whose occupation was unknown or insufficiently described

Note: SC & SEG level relates to that of the highest between the participant and their partner (where applicable)

Table 2.5 Number of participants in the survey by education level for the total population and by sex and age group (*n* & (%))

	Total ≥19y	19-64y	≥65y
Total population			
Primary and intermediate	170 (17)	90 (13)	80 (28)
Secondary	135 (14)	95 (13)	40 (14)
Tertiary	693 (69)	532 (74)	161 (57)
<i>n</i>	998	717	281
Males			
Primary and intermediate	101 (21)	50 (14)	51 (36)
Secondary	68 (14)	52 (15)	16 (11)
Tertiary	320 (65)	245 (71)	75 (53)
<i>n</i>	489	347	142
Females			
Primary and intermediate	69 (14)	40 (11)	29 (21)
Secondary	67 (13)	43 (12)	24 (17)
Tertiary	373 (73)	287 (78)	86 (62)
<i>n</i>	509	370	139

*Excludes 2 participants whose education was unknown or insufficiently described

Note: Education level relates to that of the highest between the participant and their partner (where applicable)

Chapter 3 Food Consumption

Table 3.1 Mean, SD, median and percentile values of food group intakes (g/d) in the total population (including non-consumers) (19-64y)

Food groups	Total population 19-64y (n 718)				
	Mean	SD	Median	Percentiles	
				5th	95th
Total bread	88	68	73	9	218
<i>of which</i>					
White bread	42	30	36	6	99
Wholemeal & brown bread	36	31	29	1	94
Other breads (e.g. garlic/fruit bread, scones)	10	18	3	0	46
Breakfast cereals	61	92	36	6	192
<i>of which</i>					
Ready-to-eat breakfast cereals (RTEBC)	13	17	6	0	49
High-fibre RTEBC ($\geq 6\text{g}/100\text{g}$)	10	17	2	0	45
Low-fibre RTEBC ($< 6\text{g}/100\text{g}$)	3	2	3	1	7
Porridge & hot oats cereals (made up)	48	86	24	4	165
Pasta, rice & savouries	75	50	62	20	172
<i>of which</i>					
Rice, pasta, flours, grains & starch	37	29	29	7	92
Savouries including pasta & rice dishes	38	26	31	10	87
Potatoes & potato products	83	57	67	23	196
<i>of which</i>					
Boiled, baked & mashed potatoes	48	40	36	6	128
Chipped, fried & roasted potatoes	21	16	17	4	54
Processed & homemade potato products	14	2	14	11	18
Total milk	161	291	41	2	681
<i>of which</i>					
Whole milk	81	155	19	0	352
Low fat, 1% & skimmed milk	73	138	16	0	320
Non-dairy alternatives	6	7	4	1	17
Sweetened milk drinks	8	4	7	3	14
Yogurts & fromage frais	39	47	18	0	138
Cheeses	14	9	12	4	32
Ice creams	5	2	5	3	9
Creams	2	1	2	1	3
Dairy desserts (e.g. rice pudding, custard)	4	1	4	3	6
Spreading fats	8	9	4	1	25
Total meat	141	70	126	56	273
<i>of which</i>					
Meat dishes	49	25	44	17	97
Processed meat	36	29	28	7	92
Meat products	22	16	18	5	51
Bacon & ham	15	15	10	1	45
Fresh meat	56	22	51	28	98
Poultry	30	19	25	7	68
Beef	14	5	13	8	23
Lamb	6	1	6	5	8
Pork	5	0	5	5	6
Meat alternatives including dishes	14	3	14	9	20
Fish & fish dishes	28	23	22	4	73
Eggs & egg dishes	28	24	21	4	77
Nuts & seeds	6	12	2	0	28

Table 3.1 continued Mean, SD, median and percentile values of food group intakes (g/d) in the total population (including non-consumers) (19-64y)

Food groups	Total population 19-64y (n 718)				
	Mean	SD	Median	Percentiles	
				5th	95th
Total fruit & vegetables	274	247	204	34	754
Fruit & fruit juices	160	153	117	12	459
Discrete fruit	122	98	99	10	310
<i>of which</i>					
Bananas	38	35	25	2	108
Other fruits	63	49	54	2	155
Citrus fruits	19	33	4	0	90
Tinned fruits	2	0	2	1	3
Fruit juice & smoothies	38	71	9	0	183
Total vegetables	114	103	84	17	309
Discrete vegetables	96	77	76	17	243
<i>of which</i>					
Legumes	14	16	9	1	44
Green vegetables	15	14	11	1	43
Carrots	8	7	6	1	21
Salad vegetables	27	21	22	4	69
Other vegetables	30	26	23	3	79
Pickled & oily vegetables	2	1	2	1	3
Vegetables & legume dishes	18	33	6	0	74
Total confectionery/snacks	73	56	57	18	181
<i>of which</i>					
Biscuits & crackers	16	17	11	1	49
Cakes, pastries & buns	16	12	13	3	38
Desserts	5	1	5	4	7
Chocolate confectionery	11	11	8	1	33
Savoury snacks	7	11	3	0	30
Sugar confectionery	1	0	1	1	2
Sugars, sweeteners, preserves & spreads	10	11	6	0	32
Cereal & protein bars	7	2	7	4	11
Water as a beverage	1013	712	904	71	2327
Soft drinks*	175	275	60	12	750
<i>of which</i>					
Soft drinks, added sugar	33	29	25	8	87
Soft drinks, no added sugar	142	267	19	0	707
Teas	376	325	337	2	969
Coffees	278	231	263	4	692
Milk as a beverage	50	28	44	19	102
Sweetened milk drinks	8	4	7	3	14
Fruit juice	8	18	3	0	29
Smoothies	30	6	29	21	41
Alcoholic beverages	233	356	99	5	906
Non-alcoholic alternative beverages	27	3	27	23	31

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Table 3.2 Proportion of consumers (%) and mean, SD, median and percentile values of food group intakes (g/d) in consumers only (19-64y)

Food groups	Total population 19-64y (consumers only)					
	%		SD	Median	Percentiles	
	Cons	Mean			5th	95th
Total bread	93	97	55	90	25	202
<i>of which</i>						
White bread	66	67	44	57	16	150
Wholemeal & brown bread	53	67	41	60	19	141
Other breads (e.g. garlic/fruit bread, scones)	21	48	43	35	9	150
Breakfast cereals	60	107	97	69	12	328
<i>of which</i>						
Ready-to-eat breakfast cereals (RTEBC)	39	34	25	28	10	89
High-fibre RTEBC ($\geq 6\text{g}/100\text{g}$)	29	34	26	25	9	97
Low-fibre RTEBC ($< 6\text{g}/100\text{g}$)	12	27	17	27	5	57
Porridge & hot oats cereals (made up)	30	172	90	139	56	328
Pasta, rice & savouries	65	131	121	95	20	395
<i>of which</i>						
Rice, pasta, flours, grains & starch	45	91	77	69	27	226
Savouries including pasta & rice dishes	34	130	122	95	10	412
Potatoes & potato products	67	100	70	80	24	250
<i>of which</i>						
Boiled, baked & mashed potatoes	39	99	62	80	32	261
Chipped, fried & roasted potatoes	37	61	43	52	17	129
Processed & homemade potato products	9	67	54	57	16	235
Total milk	84	189	205	124	15	573
<i>of which</i>						
Whole milk	49	164	203	102	10	552
Low fat, 1% & skimmed milk	43	154	184	95	10	540
Non-dairy alternatives	11	119	113	77	15	395
Sweetened milk drinks	6	205	189	155	27	704
Yogurts & fromage frais	38	100	55	78	40	217
Cheeses	62	25	21	20	5	69
Ice creams	17	37	27	30	14	73
Creams	6	25	18	24	4	67
Dairy desserts (e.g. rice pudding, custard)	2	69	58	68	4	-
Spreading fats	70	10	9	7	2	28
Total meat	90	163	102	149	28	366
<i>of which</i>						
Meat dishes	41	133	88	111	35	295
Processed meat	66	61	50	48	8	164
Meat products	46	55	45	46	8	143
Bacon & ham	44	34	34	22	7	118
Fresh meat	58	90	60	75	21	210
Poultry	41	75	51	59	18	175
Beef	18	75	50	69	16	212
Lamb	3	89	67	100	12	265
Pork	7	78	41	75	17	194
Meat alternatives including dishes	4	86	62	68	17	264
Fish & fish dishes	34	86	63	75	15	225
Eggs & egg dishes	44	66	43	50	25	150
Nuts & seeds	33	19	22	13	0	61

% Cons: % of consumers of the food group

Table 3.2 continued Proportion of consumers (%) and mean, SD, median and percentile values of food group intakes (g/d) in consumers only (19-64y)

Food groups	Total population 19-64y (consumers only)					
	%	Mean	SD	Median	Percentiles	
	Cons				5th	95th
Total fruit & vegetables	96	281	201	250	40	631
Fruit & fruit juices	80	196	148	177	32	470
Discrete fruit <i>of which</i>	77	157	111	132	22	376
Bananas	44	85	44	69	40	163
Other fruits	61	106	80	82	15	256
Citrus fruits	26	72	60	51	19	207
Tinned fruits	6	26	29	18	3	106
Fruit juice & smoothies	25	145	135	150	3	351
Total vegetables	89	127	120	98	15	326
Discrete vegetables <i>of which</i>	87	108	107	81	13	286
Legumes	30	46	50	29	8	131
Green vegetables	32	47	42	35	8	129
Carrots	29	25	25	18	3	61
Salad vegetables	58	47	50	32	4	138
Other vegetables	59	51	67	33	5	144
Pickled & oily vegetables	7	19	29	11	3	70
Vegetables & legume dishes	27	69	62	45	15	208
Total confectionery/snacks <i>of which</i>	95	76	62	68	9	171
Biscuits & crackers	53	28	26	21	5	83
Cakes, pastries & buns	33	46	32	37	11	90
Desserts	11	53	47	45	11	128
Chocolate confectionery	41	27	20	20	5	63
Savoury snacks	30	28	38	22	6	72
Sugar confectionery	13	30	37	17	2	145
Sugars, sweeteners, preserves & spreads	60	16	19	12	1	45
Cereal & protein bars	12	29	16	25	11	65
Water as a beverage	91	1188	805	1050	150	2667
Soft drinks* <i>of which</i>	48	268	258	190	23	700
Soft drinks, added sugar	25	264	238	221	60	685
Soft drinks, no added sugar	31	208	200	165	13	652
Teas	69	547	410	464	125	1250
Coffees	69	423	266	370	120	930
Milk as a beverage	14	263	267	183	67	672
Sweetened milk drinks	6	205	189	155	27	704
Fruit juice	21	123	120	113	3	306
Smoothies	5	199	121	150	27	509
Alcoholic beverages	34	696	718	449	56	2455
Non-alcoholic alternative beverages	2	269	194	233	55	-

% Cons: % of consumers of the food group

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Table 3.3 Mean, SD, median and percentile values of food group intakes (g/d) in the total population (including non-consumers) (≥ 65 y)

Food groups	Total population ≥ 65 y (n 282)				
	Mean	SD	Median	Percentiles	
				5th	95th
Total bread	85	63	74	8	203
<i>of which</i>					
White bread	34	26	28	4	84
Wholemeal & brown bread	41	31	37	1	96
Other breads (e.g. garlic/fruit bread, scones)	10	18	3	0	46
Breakfast cereals	96	137	55	9	315
<i>of which</i>					
Ready-to-eat breakfast cereals (RTEBC)	14	17	6	0	50
High-fibre RTEBC (≥ 6 g/100g)	10	16	3	0	44
Low-fibre RTEBC (< 6 g/100g)	4	2	3	2	8
Porridge & hot oats cereals (made up)	83	131	42	6	288
Pasta, rice & savouries	46	32	39	12	105
<i>of which</i>					
Rice, pasta, flours, grains & starch	29	22	24	5	71
Savouries including pasta & rice dishes	17	12	15	5	39
Potatoes & potato products	78	52	64	23	180
<i>of which</i>					
Boiled, baked & mashed potatoes	44	36	34	6	116
Chipped, fried & roasted potatoes	20	15	16	4	50
Processed & homemade potato products	14	2	14	11	17
Total milk	200	341	55	2	839
<i>of which</i>					
Whole milk	99	177	25	0	429
Low fat, 1% & skimmed milk	96	164	24	0	405
Non-dairy alternatives	5	6	4	1	16
Sweetened milk drinks	7	3	7	3	14
Yogurts & fromage frais	36	42	18	0	124
Cheeses	12	8	11	2	28
Ice creams	5	2	5	3	9
Creams	2	1	2	1	3
Dairy desserts (e.g. rice pudding, custard)	5	1	5	3	8
Spreading fats	9	9	6	1	27
Total meat	141	68	128	57	271
<i>of which</i>					
Meat dishes	56	31	51	16	112
Processed meat	32	25	25	6	83
Meat products	19	14	15	2	46
Bacon & ham	13	13	9	1	40
Fresh meat	53	19	50	29	89
Poultry	25	16	21	6	57
Beef	16	5	15	9	25
Lamb	7	1	7	5	8
Pork	6	0	6	5	7
Meat alternatives including dishes	13	3	13	9	19
Fish & fish dishes	26	20	21	0	62
Eggs & egg dishes	22	19	16	2	61
Nuts & seeds	5	10	1	0	24

Table 3.3 continued Mean, SD, median and percentile values of food group intakes (g/d) in the total population (including non-consumers) (≥ 65 y)

Food groups	Total population ≥ 65 y (n 282)				
	Mean	SD	Median	Percentiles	
				5th	95th
Total fruit & vegetables	268	229	205	36	710
Fruit & fruit juices	153	137	117	12	418
Discrete fruit	122	93	103	10	298
<i>of which</i>					
Bananas	38	34	25	2	103
Other fruits	60	47	55	0	147
Citrus fruits	21	37	5	0	100
Tinned fruits	2	0	2	1	3
Fruit juice & smoothies	31	60	6	0	153
Total vegetables	115	101	86	18	308
Discrete vegetables	98	76	77	18	246
<i>of which</i>					
Legumes	10	11	6	0	31
Green vegetables	16	15	11	0	46
Carrots	10	8	8	2	26
Salad vegetables	29	21	24	5	69
Other vegetables	31	29	24	0	86
Pickled & oily vegetables	2	1	2	1	3
Vegetables & legume dishes	17	32	6	0	72
Total confectionery/snacks	63	46	50	16	154
<i>of which</i>					
Biscuits & crackers	15	15	10	0	45
Cakes, pastries & buns	14	12	12	0	37
Desserts	5	1	5	4	7
Chocolate confectionery	7	7	5	0	22
Savoury snacks	4	6	1	0	15
Sugar confectionery	1	0	1	1	2
Sugars, sweeteners, preserves & spreads	11	12	7	0	35
Cereal & protein bars	6	2	6	4	10
Water as a beverage	664	492	575	41	1588
Soft drinks*	101	160	38	10	430
<i>of which</i>					
Soft drinks, added sugar	24	17	20	7	56
Soft drinks, no added sugar	76	156	9	0	400
Teas	618	403	575	13	1348
Coffees	202	187	175	2	544
Milk as a beverage	50	27	44	20	101
Sweetened milk drinks	7	3	7	3	14
Fruit juice	9	18	4	0	34
Smoothies	29	6	29	21	40
Alcoholic beverages	112	191	37	2	488
Non-alcoholic alternative beverages	27	3	26	22	31

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Table 3.4 Proportion of consumers (%) and mean, SD, median and percentile values of food group intakes (g/d) in consumers only (≥ 65 y)

Food groups	Total population ≥ 65 y (consumers only)					
	%	Mean	SD	Median	Percentiles	
	Cons				5th	95th
Total bread	95	93	49	86	27	184
<i>of which</i>						
White bread	56	57	39	49	13	130
Wholemeal & brown bread	70	68	41	60	17	150
Other breads (e.g. garlic/fruit bread, scones)	21	44	29	32	23	101
Breakfast cereals	79	136	118	111	12	396
<i>of which</i>						
Ready-to-eat breakfast cereals (RTEBC)	44	33	27	27	9	87
High-fibre RTEBC (≥ 6 g/100g)	33	32	28	25	6	97
Low-fibre RTEBC (< 6 g/100g)	17	23	22	16	4	61
Porridge & hot oats cereals (made up)	47	200	107	183	56	418
Pasta, rice & savouries	44	76	64	57	8	198
<i>of which</i>						
Rice, pasta, flours, grains & starch	27	81	55	69	16	180
Savouries including pasta & rice dishes	20	60	68	35	6	221
Potatoes & potato products	86	103	62	92	26	220
<i>of which</i>						
Boiled, baked & mashed potatoes	63	103	62	83	34	221
Chipped, fried & roasted potatoes	34	57	37	50	16	130
Processed & homemade potato products	10	39	27	30	20	127
Total milk	90	230	184	186	18	592
<i>of which</i>						
Whole milk	54	189	171	142	9	584
Low fat, 1% & skimmed milk	44	219	196	173	15	571
Non-dairy alternatives	7	131	117	111	8	475
Sweetened milk drinks	4	206	160	155	20	-
Yogurts & fromage frais	43	95	64	79	27	195
Cheeses	54	23	20	15	5	62
Ice creams	19	35	23	32	15	84
Creams	10	19	24	11	4	103
Dairy desserts (e.g. rice pudding, custard)	12	58	37	60	7	160
Spreading fats	85	11	9	8	2	30
Total meat	87	151	94	134	39	345
<i>of which</i>						
Meat dishes	32	143	85	117	36	334
Processed meat	57	54	45	38	8	138
Meat products	36	45	39	37	8	127
Bacon & ham	41	37	34	22	8	112
Fresh meat	64	85	60	72	24	185
Poultry	32	75	60	72	18	151
Beef	25	70	42	74	16	139
Lamb	9	78	61	61	15	259
Pork	11	59	27	60	29	123
Meat alternatives including dishes	2	49	38	33	17	-
Fish & fish dishes	41	72	43	68	18	154
Eggs & egg dishes	44	52	31	50	25	131
Nuts & seeds	37	17	23	11	0	67

% Cons: % of consumers of the food group

Table 3.4 continued Proportion of consumers (%) and mean, SD, median and percentile values of food group intakes (g/d) in consumers only (≥65y)

Food groups	Total population ≥65y (consumers only)					
	%	Mean	SD	Median	Percentiles	
	Cons				5th	95th
Total fruit & vegetables	99	302	191	267	65	664
Fruit & fruit juices	90	188	144	150	30	423
Discrete fruit	87	155	108	131	28	390
<i>of which</i>						
Bananas	49	82	44	69	28	166
Other fruits	73	95	67	80	13	246
Citrus fruits	28	84	54	77	26	209
Tinned fruits	7	25	19	24	5	90
Fruit juice & smoothies	27	127	127	101	3	300
Total vegetables	97	134	114	109	22	315
Discrete vegetables	95	120	105	99	17	304
<i>of which</i>						
Legumes	37	31	28	21	5	89
Green vegetables	39	46	28	46	15	100
Carrots	48	27	19	25	5	68
Salad vegetables	67	48	42	40	4	118
Other vegetables	66	56	73	34	6	189
Pickled & oily vegetables	12	18	17	11	5	60
Vegetables & legume dishes	21	79	97	45	15	374
Total confectionery/snacks	94	69	54	55	7	173
<i>of which</i>						
Biscuits & crackers	62	31	33	23	5	78
Cakes, pastries & buns	41	45	34	34	8	111
Desserts	12	41	23	33	6	93
Chocolate confectionery	34	22	21	16	5	71
Savoury snacks	12	18	14	13	4	61
Sugar confectionery	8	15	8	12	3	29
Sugars, sweeteners, preserves & spreads	66	17	18	12	1	61
Cereal & protein bars	3	20	14	18	6	-
Water as a beverage	81	693	523	568	113	1750
Soft drinks*	29	195	161	125	18	553
<i>of which</i>						
Soft drinks, added sugar	14	195	128	150	65	458
Soft drinks, no added sugar	19	165	159	113	15	540
Teas	90	744	436	649	250	1583
Coffees	58	363	251	280	95	930
Milk as a beverage	14	209	105	214	67	431
Sweetened milk drinks	4	206	160	155	20	-
Fruit juice	25	121	129	100	3	312
Smoothies	3	132	86	113	35	-
Alcoholic beverages	39	323	408	200	20	1236
Non-alcoholic alternative beverages	1	318	134	294	165	-

% Cons: % of consumers of the food group

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Table 3.5 Mean, SD, median and percentile values of food group intakes (g/d) for males aged 19-64 years and ≥65 years, in the total population (including non-consumers)

Food groups	Males 19-64y (n 347)					Males ≥65y (n 142)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Total bread	99	74	84	11	239	79	62	64	8	196
<i>of which</i>										
White bread	50	33	45	7	111	35	24	30	5	80
Wholemeal & brown bread	37	32	30	1	98	35	30	28	1	90
Other breads (e.g. garlic/fruit bread, scones)	11	20	3	0	53	9	16	2	0	41
Breakfast cereals	67	99	41	7	208	55	85	31	6	178
<i>of which</i>										
Ready-to-eat breakfast cereals (RTEBC)	16	20	8	0	57	10	14	4	0	39
High-fibre RTEBC (≥6g/100g)	12	19	3	0	54	8	13	2	0	36
Low-fibre RTEBC (<6g/100g)	4	2	3	1	7	3	2	3	1	7
Porridge & hot oats cereals (made up)	51	91	26	4	175	45	80	22	4	156
Pasta, rice & savouries	86	57	72	23	196	64	41	54	18	143
<i>of which</i>										
Rice, pasta, flours, grains & starch	45	34	36	8	111	29	21	24	7	70
Savouries including pasta & rice dishes	41	29	34	12	95	35	24	29	10	80
Potatoes & potato products	93	63	76	25	220	74	48	60	22	168
<i>of which</i>										
Boiled, baked & mashed potatoes	55	45	42	7	146	41	33	32	5	107
Chipped, fried & roasted potatoes	24	18	19	5	59	19	15	15	4	48
Processed & homemade potato products	14	2	14	11	18	14	2	13	11	17
Total milk	194	341	49	2	798	130	231	35	2	544
<i>of which</i>										
Whole milk	95	177	23	0	406	69	130	16	0	295
Low fat, 1% & skimmed milk	93	167	21	0	390	55	101	13	0	241
Non-dairy alternatives	6	7	4	1	17	6	7	4	1	17
Sweetened milk drinks	8	4	7	3	15	8	3	7	3	14
Yogurts & fromage frais	35	44	15	0	130	42	49	20	1	144
Cheeses	15	9	13	4	33	14	9	12	4	30
Ice creams	5	2	5	3	8	5	2	5	3	9
Creams	2	1	2	1	3	1.7	1	2	1	3
Dairy desserts (e.g. rice pudding, custard)	4	1	4	3	6	4	1	4	3	6
Spreading fats	9	10	5	1	28	7	7	4	1	21
Total meat	158	76	143	63	303	125	59	113	53	238
<i>of which</i>										
Meat dishes	55	28	50	19	108	43	21	39	16	83
Processed meat	43	32	35	9	107	30	23	24	6	74
Meat products	25	18	21	5	59	18	13	15	4	42
Bacon & ham	18	17	12	1	53	12	12	8	1	35
Fresh meat	60	23	55	31	105	52	20	48	27	90
Poultry	33	21	28	8	74	27	18	23	6	62
Beef	15	5	15	9	24	13	4	12	8	21
Lamb	6	1	6	5	8	6	1	6	5	8
Pork	6	1	6	5	7	5	0	5	5	6
Meat alternatives including dishes	14	3	13	9	19	14	3	14	9	20
Fish & fish dishes	32	27	25	0	82	25	19	20	4	64
Eggs & egg dishes	29	25	22	4	81	27	23	20	4	74
Nuts & seeds	7	13	2	0	32	6	11	2	0	25

Table 3.5 continued Mean, SD, median and percentile values of food group intakes (g/d) for males aged 19-64 years and ≥65 years, in the total population (including non-consumers)

Food groups	Males 19-64y (n 347)					Males ≥65y (n 142)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Total fruit & vegetables	276	257	200	31	778	273	238	206	37	732
Fruit & fruit juices	167	165	118	11	489	154	141	116	12	428
Discrete fruit	122	100	98	10	316	121	96	101	11	304
<i>of which</i>										
Bananas	42	38	28	2	115	35	33	22	2	101
Other fruits	60	50	50	2	155	65	49	58	3	155
Citrus fruits	18	32	4	0	86	20	35	4	0	93
Tinned fruits	2	0	2	1	3	2	0	2	1	3
Fruit juice & smoothies	45	80	11	0	209	33	61	8	0	155
Total vegetables	109	102	79	16	303	119	103	90	19	314
Discrete vegetables	91	75	70	15	237	101	78	81	19	249
<i>of which</i>										
Legumes	14	16	9	1	43	15	16	9	1	45
Green vegetables	16	15	12	1	46	14	13	10	1	41
Carrots	8	7	6	1	22	8	7	6	1	21
Salad vegetables	22	18	18	3	58	32	23	27	5	76
Other vegetables	29	26	22	2	78	30	26	23	4	81
Pickled & oily vegetables	2	1	2	1	3	2	1	2	1	3
Vegetables & legume dishes	18	33	6	0	74	18	32	7	0	75
Total confectionery/snacks	80	60	63	19	198	67	50	53	17	164
<i>of which</i>										
Biscuits & crackers	19	19	13	1	56	14	14	9	1	41
Cakes, pastries & buns	18	13	15	3	43	13	10	11	2	32
Desserts	5	1	5	4	7	5	1	5	4	7
Chocolate confectionery	12	11	8	1	34	11	10	7	1	32
Savoury snacks	8	12	3	0	32	7	10	3	0	28
Sugar confectionery	1	0	1	1	2	1	0	1	1	2
Sugars, sweeteners, preserves & spreads	10	12	6	0	32	9	11	6	0	32
Cereal & protein bars	7	2	7	4	12	7	2	7	4	11
Water as a beverage	1018	725	903	68	2358	1009	699	905	73	2295
Soft drinks*	179	278	65	12	765	172	273	56	11	739
<i>of which</i>										
Soft drinks, added sugar	38	35	28	8	104	29	22	22	7	70
Soft drinks, no added sugar	140	268	18	0	715	144	267	21	0	700
Teas	346	303	312	2	899	403	341	363	3	1033
Coffees	286	235	268	4	707	271	227	259	4	674
Milk as a beverage	56	30	49	21	113	45	24	39	17	90
Sweetened milk drinks	8	4	7	3	15	8	3	7	3	14
Fruit juice	8	18	3	0	29	8	18	3	0	29
Smoothies	31	6	30	22	42	29	6	29	21	40
Alcoholic beverages	339	447	172	9	1206	135	198	61	4	513
Non-alcoholic alternative beverages	27	3	27	23	31	26	3	26	22	31

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Table 3.6 Mean, SD, median and percentile values of food group intakes (g/d) for females aged 19-64 years and ≥65 years, in the total population (including non-consumers)

Food groups	Females 19-64y (n 371)					Females ≥65y (n 140)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Total bread	95	68	83	11	224	75	55	65	6	178
<i>of which</i>										
White bread	41	29	36	5	94	27	20	23	3	67
Wholemeal & brown bread	43	33	39	1	102	38	29	36	0	89
Other breads (e.g. garlic/fruit bread, scones)	11	20	3	0	51	9	17	2	0	42
Breakfast cereals	105	145	61	10	342	88	128	50	9	286
<i>of which</i>										
Ready-to-eat breakfast cereals (RTEBC)	16	20	7	0	57	11	14	5	0	40
High-fibre RTEBC (≥6g/100g)	12	18	3	0	49	9	13	2	0	37
Low-fibre RTEBC (<6g/100g)	4	2	4	2	8	4	2	3	1	7
Porridge & hot oats cereals (made up)	89	138	45	6	312	77	123	39	6	261
Pasta, rice & savouries	47	34	39	11	109	46	29	38	13	101
<i>of which</i>										
Rice, pasta, flours, grains & starch	32	24	27	4	79	26	19	21	5	62
Savouries including pasta & rice dishes	15	11	12	4	32	20	12	17	6	43
Potatoes & potato products	85	56	70	24	197	71	46	59	21	162
<i>of which</i>										
Boiled, baked & mashed potatoes	48	39	38	7	127	40	32	31	5	104
Chipped, fried & roasted potatoes	22	16	18	4	54	18	14	14	4	45
Processed & homemade potato products	14	2	14	11	18	13	2	13	10	16
Total milk	210	357	60	2	880	190	325	51	2	795
<i>of which</i>										
Whole milk	104	185	28	0	443	94	169	23	0	406
Low fat, 1% & skimmed milk	102	172	27	0	423	91	156	22	0	382
Non-dairy alternatives	5	5	3	1	15	6	6	4	1	17
Sweetened milk drinks	7	3	7	3	14	7	3	7	3	14
Yogurts & fromage frais	38	45	17	0	132	35	40	19	0	116
Cheeses	11	7	10	1	24	14	9	12	3	30
Ice creams	6	2	5	3	9	5	2	5	3	8
Creams	2	1	2	1	3	2.0	1	2	1	3
Dairy desserts (e.g. rice pudding, custard)	5	1	5	3	7	5	1	5	3	8
Spreading fats	10	10	7	1	29	8	8	5	1	24
Total meat	153	73	140	61	292	129	60	117	55	245
<i>of which</i>										
Meat dishes	64	33	60	20	126	47	25	43	14	92
Processed meat	36	28	28	6	90	29	22	22	6	73
Meat products	22	17	18	0	53	16	12	13	4	38
Bacon & ham	14	14	10	1	43	13	13	8	1	38
Fresh meat	53	18	50	30	87	54	20	50	29	92
Poultry	24	15	20	6	52	27	17	23	7	61
Beef	17	5	16	10	26	15	5	14	9	23
Lamb	7	1	7	5	8	7	1	7	5	8
Pork	6	0	6	5	7	6	0	6	5	6
Meat alternatives including dishes	14	3	13	9	19	13	3	13	9	18
Fish & fish dishes	28	22	23	0	67	23	18	19	0	54
Eggs & egg dishes	23	20	16	2	65	21	18	16	2	56
Nuts & seeds	6	11	2	0	26	5	9	1	0	22

Table 3.6 continued Mean, SD, median and percentile values of food group intakes (g/d) for females aged 19-64 years and ≥65 years, in the total population (including non-consumers)

Food groups	Females 19-64y (n 371)					Females ≥65y (n 140)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Total fruit & vegetables	263	230	199	33	712	273	228	210	41	709
Fruit & fruit juices	150	139	112	10	419	156	135	121	14	416
Discrete fruit	120	96	99	9	303	124	90	107	12	293
<i>of which</i>										
Bananas	37	35	22	2	105	39	33	27	2	100
Other fruits	58	47	51	0	146	62	47	58	0	147
Citrus fruits	22	38	5	0	105	20	35	5	0	96
Tinned fruits	2	0	2	1	3	2	0	2	1	3
Fruit juice & smoothies	30	58	6	0	150	32	61	7	0	156
Total vegetables	113	100	84	18	307	117	101	87	19	310
Discrete vegetables	96	76	76	17	245	99	76	79	18	247
<i>of which</i>										
Legumes	9	10	6	0	29	10	12	6	0	32
Green vegetables	16	15	11	0	48	15	15	11	0	44
Carrots	10	8	7	2	25	11	8	9	2	28
Salad vegetables	30	22	25	5	74	27	20	23	4	65
Other vegetables	29	27	22	0	82	33	30	25	0	91
Pickled & oily vegetables	2	1	2	1	3	2	1	2	1	4
Vegetables & legume dishes	17	32	6	0	72	18	31	6	0	72
Total confectionery/snacks	67	49	54	16	162	59	43	46	16	144
<i>of which</i>										
Biscuits & crackers	15	16	10	0	46	15	15	10	0	44
Cakes, pastries & buns	16	13	13	2	40	13	11	10	0	33
Desserts	5	1	5	4	6	5	1	5	4	7
Chocolate confectionery	8	8	6	1	25	6	6	4	0	18
Savoury snacks	4	6	1	0	16	3	6	1	0	14
Sugar confectionery	1	0	1	0	2	1	0	1	1	2
Sugars, sweeteners, preserves & spreads	12	13	8	0	36	10	11	6	0	33
Cereal & protein bars	6	2	6	4	9	6	2	6	4	10
Water as a beverage	695	511	607	44	1659	633	471	547	40	1525
Soft drinks*	99	159	37	10	423	102	161	38	10	434
<i>of which</i>										
Soft drinks, added sugar	24	16	20	7	56	25	17	20	7	56
Soft drinks, no added sugar	75	154	9	0	396	78	157	9	0	405
Teas	695	429	647	22	1468	543	360	510	9	1179
Coffees	195	187	158	1	540	209	186	191	3	546
Milk as a beverage	53	28	47	21	107	48	25	42	19	95
Sweetened milk drinks	7	3	7	3	14	7	3	7	3	14
Fruit juice	8	16	4	0	32	10	20	4	1	36
Smoothies	28	6	28	20	38	30	6	30	22	41
Alcoholic beverages	176	244	76	2	668	49	75	20	1	194
Non-alcoholic alternative beverages	27	3	27	23	32	26	2	26	22	30

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Table 3.8 continued Proportion of consumers (%) and mean, SD, median and percentile values of food group intakes (g/d) for females aged 19-64 years and ≥ 65 years, in consumers only

Food groups	Females 19-64y (consumers only)						Females ≥ 65 y (consumers only)					
	%			Percentiles			%			Percentiles		
	Cons	Mean	SD	Median	5th	95th	Cons	Mean	SD	Median	5th	95th
Total fruit & vegetables	98	303	204	284	65	705	100	301	179	261	78	652
Fruit & fruit juices	84	195	142	159	28	420	95	183	146	142	32	443
Discrete fruit	81	169	120	135	27	404	91	143	95	128	30	334
<i>of which</i>												
Bananas	52	85	52	59	24	196	52	79	35	69	35	135
Other fruits	67	101	70	84	13	277	76	91	64	78	13	224
Citrus fruits	27	92	58	79	21	209	24	73	47	75	26	203
Tinned fruits	6	22	22	23	4		9	26	17	24	7	
Fruit juice & smoothies	26	116	80	108	3	295	32	134	150	100	3	568
Total vegetables	92	135	132	99	21	375	97	133	93	116	24	304
Discrete vegetables	90	124	128	95	21	344	96	115	78	104	16	288
<i>of which</i>												
Legumes	26	29	30	20	7	93	34	33	26	25	5	89
Green vegetables	30	48	28	46	15	119	45	45	29	41	14	96
Carrots	32	27	17	25	3	62	46	28	20	25	5	70
Salad vegetables	64	51	49	36	4	132	72	46	36	40	5	114
Other vegetables	64	60	87	31	4	208	60	51	50	35	8	183
Pickled & oily vegetables	8	22	20	10	5	-	16	16	15	11	5	63
Vegetables & legume dishes	29	71	79	52	17	389	21	87	112	23	13	432
Total confectionery/snacks	96	73	57	61	1	186	93	65	52	52	8	142
<i>of which</i>												
Biscuits & crackers	53	32	40	22	7	75	67	30	25	23	5	78
Cakes, pastries & buns	32	51	40	42	6	148	38	37	24	32	11	97
Desserts	11	33	14	32	5	-	12	49	28	44	5	-
Chocolate confectionery	49	25	20	19	5	78	38	19	20	13	3	72
Savoury snacks	33	16	10	13	3	-	12	19	18	13	3	-
Sugar confectionery	17	15	7	14	2	-	8	14	9	12	4	-
Sugars, sweeteners, preserves & spreads	57	19	19	15	1	65	58	16	17	9	2	64
Cereal & protein bars	10	-	-	-	25	25	5	19	14	17	6	-
Water as a beverage	94	684	526	568	123	1689	90	700	523	580	111	1761
Soft drinks*	47	188	162	123	15	591	27	204	163	128	18	565
<i>of which</i>												
Soft drinks, added sugar	22	213	138	216	68	-	14	179	120	125	45	458
Soft drinks, no added sugar	32	150	151	95	15	611	16	183	171	120	14	540
Teas	69	834	520	715	284	2170	91	660	318	620	230	1318
Coffees	69	369	260	306	95	935	61	357	244	278	102	919
Milk as a beverage	9	219	116	234	56	478	11	195	88	200	81	-
Sweetened milk drinks	7	285	200	226	58	-	5	152	109	155	20	-
Fruit juice	24	116	80	108	3	295	28	125	157	75	3	602
Smoothies	4	-	-	-	-	-	6	132	86	113	35	-
Alcoholic beverages	27	476	496	319	25	1750	38	161	181	89	18	497
Non-alcoholic alternative beverages	1	318	134	294	165	-	0	-	-	-	-	-

% Cons: % of consumers of the food group

*carbonated beverages, energy drinks, fruit juice drinks, squashes & cordials

Chapter 4 Nutrient Intakes

Table 4.1 Mean, SD, median and percentile values for daily energy, macronutrient, dietary fibre, vitamin and mineral intakes in adults aged 19-64 years

	Total population 19-64y (n 718)						
	Mean	SD	Median	Percentiles			
5th							
95th							
Macronutrients & Fibre							
Energy (MJ)	7.9	2.2	7.7	4.7	11.9		
Energy (kcal)	1889	536	1826	1124	2857		
Protein (g)	81.9	24.0	78.5	49.0	126		
Total fat (g)	76.1	24.2	73.3	41.4	120		
Saturated fat (g)	28.5	10.2	27.1	14.2	47.1		
Carbohydrate (g)	209	64.7	202	116	325		
Total sugar (g)	85.9	31.0	82.0	42.1	142		
Dietary fibre (g)	18.3	6.1	17.5	9.8	29.3		
Alcohol (g)	13.0	18.6	4.9	0.1	53.1		
Protein (% TE)	17.8	3.0	17.6	13.3	23.1		
Total fat (% TE)	35.9	5.3	35.9	27.2	44.8		
Saturated fat (% TE)	13.5	3.1	13.3	8.7	18.8		
Carbohydrate (% TE)	42.2	5.9	42.3	32.5	51.8		
Total sugar (% TE)	17.3	4.1	17.2	11.0	24.3		
Dietary fibre (g/10MJ)	24.4	6.7	23.7	14.6	36.6		
Alcohol (%TE)	4.0	5.5	1.5	0.0	16.0		
Vitamins*							
Total Vitamin A (µg)	874	371	811	388	1565		
Retinol (µg)	401	242	350	108	862		
Carotene (µg)	2832	1710	2441	880	6115		
Vitamin D (µg)	12.0	14.0	7.6	1.1	37.5		
Vitamin E (mg)	12.9	9.3	10.5	3.3	30.5		
Thiamin (mg)	2.3	1.6	1.9	0.7	5.4		
Riboflavin (mg)	2.6	1.9	2.1	0.7	6.1		
Total Niacin (mg)	42.6	15.2	40.0	23.0	71.0		
Vitamin B6 (mg)	2.7	1.9	2.2	0.8	6.3		
Vitamin B12 (µg)	11.5	14.4	7.2	1.4	35.2		
Total folate (µg)	307	145	277	133	579		
Dietary Folate Equivalents (µg)	361	208	312	129	753		
Biotin (µg)	56.5	33.9	48.3	19.4	120		
Pantothenate (mg)	8.2	4.8	7.0	2.9	17.3		
Vitamin C (mg)	137	116	104	27	354		
Minerals*							
Sodium (mg)	2143	670	2061	1195	3361		
Potassium (mg)	2980	762	2904	1864	4349		
Calcium (mg)	965	394	900	445	1701		
Iron (mg)	11.8	4.7	10.9	5.7	20.6		
Magnesium (mg)	317	109	300	171	519		
Zinc (mg)	11.1	4.9	10.2	5.1	20.3		
Copper (mg)	1.2	0.4	1.1	0.6	2.0		
Phosphorus (mg)	1329	397	1279	768	2050		

*All sources including nutritional supplements

TE: Total Energy

Table 4.2 Mean, SD, median and percentile values for daily energy, macronutrient, dietary fibre, vitamin and mineral intakes in adults aged ≥ 65 years

	Total population ≥ 65 y (n 282)						
	Mean	SD	Median	Percentiles			
5th							
95th							
Macronutrients & Fibre							
Energy (MJ)	7.1	1.8	7.0	4.5	10.3		
Energy (kcal)	1701	428	1659	1070	2472		
Protein (g)	74.8	18.1	72.9	48.4	107		
Total fat (g)	68.0	20.8	65.7	37.9	105		
Saturated fat (g)	26.7	9.1	25.6	13.8	43.3		
Carbohydrate (g)	191	54.8	186	111	289		
Total sugar (g)	82.5	28.4	79.2	41.9	134		
Dietary fibre (g)	17.8	5.8	17.1	9.6	28.3		
Alcohol (g)	8.8	12.8	3.2	0.1	35.9		
Protein (% TE)	18.2	3.0	17.9	13.7	23.5		
Total fat (% TE)	35.4	5.2	35.4	26.9	44.1		
Saturated fat (% TE)	14.0	3.1	13.8	9.2	19.3		
Carbohydrate (% TE)	42.7	5.8	42.8	33.2	52.1		
Total sugar (% TE)	18.2	4.1	18.1	11.9	25.3		
Dietary fibre (g/10MJ)	26.0	6.7	25.3	16.3	38.1		
Alcohol (%TE)	3.1	4.5	1.2	0.0	12.9		
Vitamins*							
Total Vitamin A (μg)	929	386	867	422	1651		
Retinol (μg)	418	243	370	120	883		
Carotene (μg)	3056	1788	2666	990	6484		
Vitamin D (μg)	17.5	18.4	11.8	1.9	52.2		
Vitamin E (mg)	10.9	7.9	8.8	2.8	25.9		
Thiamin (mg)	2.5	1.7	2.0	0.7	5.7		
Riboflavin (mg)	2.8	1.9	2.3	0.8	6.5		
Total Niacin (mg)	37.4	11.3	35.9	22.0	58.3		
Vitamin B6 (mg)	2.5	1.7	2.1	0.8	5.7		
Vitamin B12 (μg)	13.4	15.7	8.6	1.8	41.1		
Total folate (μg)	309	143	281	136	581		
Dietary Folate Equivalents (μg)	365	206	318	133	757		
Biotin (μg)	55.8	32.6	48.1	19.6	118		
Pantothenate (mg)	8.4	4.7	7.4	3.1	17.4		
Vitamin C (mg)	134	110	103	27	344		
Minerals*							
Sodium (mg)	1734	528	1673	978	2697		
Potassium (mg)	3015	713	2951	1962	4288		
Calcium (mg)	996	379	941	487	1699		
Iron (mg)	10.6	4.1	9.9	5.3	18.3		
Magnesium (mg)	299	97.5	285	167	479		
Zinc (mg)	10.8	4.5	10.0	5.1	19.3		
Copper (mg)	1.1	0.4	1.0	0.6	1.8		
Phosphorus (mg)	1274	336	1240	784	1878		

*All sources including nutritional supplements

TE: Total Energy

Table 4.5 Mean, SD, median and percentile values for daily **total vitamin A** intakes (μg) from all sources and food sources for the total population and by sex and age group

	19-64y			$\geq 65\text{y}$		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total $\geq 65\text{y}$ <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	874	900	850	929	960	899
SD	371	383	359	386	395	375
Median	811	837	790	867	896	841
5th percentile	388	399	380	422	437	410
95th percentile	1565	1610	1518	1651	1703	1592
97.5th percentile	1758	1814	1706	1874	1921	1795
Food sources						
Mean	765	778	754	807	840	775
SD	249	252	245	259	265	248
Median	732	746	720	772	805	744
5th percentile	423	430	416	449	471	435
95th percentile	1219	1236	1203	1282	1331	1225
97.5th percentile	1338	1359	1319	1420	1465	1350

*including nutritional supplements

Table 4.6 Mean, SD, median and percentile values for daily **retinol** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	401	442	363	418	446	391
SD	242	259	218	243	252	230
Median	350	390	318	370	397	347
5th percentile	108	124	99	120	132	112
95th percentile	862	930	779	883	931	826
97.5th percentile	997	1073	904	1033	1080	962
Food sources						
Mean	313	345	283	316	342	291
SD	141	149	126	137	142	127
Median	290	324	263	296	322	273
5th percentile	126	143	115	131	148	122
95th percentile	575	618	516	570	607	524
97.5th percentile	642	689	578	647	680	590

*including nutritional supplements

Table 4.7 Mean, SD, median and percentile values for daily **carotene** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	2832	2672	2980	3056	2998	3112
SD	1710	1633	1766	1788	1751	1821
Median	2441	2293	2579	2666	2605	2719
5th percentile	880	815	950	990	964	1023
95th percentile	6115	5771	6337	6484	6395	6546
97.5th percentile	7158	6826	7408	7638	7570	7735
Food sources						
Mean	2719	2543	2882	2981	2930	3030
SD	1563	1472	1626	1659	1629	1687
Median	2376	2216	2524	2632	2577	2680
5th percentile	901	829	980	1028	1004	1059
95th percentile	5710	5333	5972	6150	6080	6205
97.5th percentile	6647	6244	6936	7205	7147	7282

*including nutritional supplements

Table 4.8 Mean, SD, median and percentile values for daily **vitamin D** intakes (μg) from all sources and food sources for the total population and by sex and age group

	19-64y			$\geq 65\text{y}$		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total $\geq 65\text{y}$ <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	12.0	11.2	12.8	17.5	15.9	19.0
SD	14.0	13.0	14.7	18.4	16.7	19.7
Median	7.6	7.1	8.1	11.8	10.7	13.0
5th percentile	1.1	1.0	1.1	1.9	1.7	2.2
95th percentile	37.5	34.4	40.0	52.2	48.3	55.5
97.5th percentile	49.0	45.4	51.4	67.3	63.3	72.3
Food sources						
Mean	3.9	4.4	3.5	4.9	5.7	4.0
SD	2.5	2.6	2.2	2.9	3.2	2.4
Median	3.4	3.8	3.0	4.2	5.1	3.5
5th percentile	1.1	1.3	0.9	1.4	1.8	1.2
95th percentile	8.6	9.3	7.7	10.6	11.8	8.7
97.5th percentile	10.1	10.9	9.0	12.5	13.8	10.2

*including nutritional supplements

Table 4.9 Mean, SD, median and percentile values for daily **vitamin E** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	12.9	13.3	12.5	10.9	10.9	10.8
SD	9.3	9.6	9.0	7.9	7.9	7.9
Median	10.5	10.9	10.1	8.8	8.9	8.8
5th percentile	3.3	3.4	3.2	2.8	2.8	2.8
95th percentile	30.5	31.4	29.6	25.9	26.2	25.7
97.5th percentile	37.0	38.1	35.9	32.0	32.3	31.5
Food sources						
Mean	8.9	9.5	8.4	7.9	8.0	7.8
SD	3.9	4.1	3.7	3.5	3.5	3.5
Median	8.3	8.8	7.8	7.4	7.5	7.3
5th percentile	3.7	4.0	3.5	3.3	3.4	3.3
95th percentile	16.3	17.2	15.4	14.5	14.7	14.2
97.5th percentile	18.3	19.2	17.1	16.5	16.7	16.1

*including nutritional supplements

Table 4.10 Mean, SD, median and percentile values for daily **thiamin** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	2.3	2.6	2.2	2.5	2.5	2.5
SD	1.6	1.8	1.5	1.7	1.7	1.7
Median	1.9	2.1	1.8	2.0	2.0	2.0
5th percentile	0.7	0.7	0.6	0.7	0.7	0.7
95th percentile	5.4	5.8	5.0	5.7	5.7	5.6
97.5th percentile	6.6	7.1	6.0	7.0	7.0	6.9
Food sources						
Mean	1.5	1.8	1.3	1.6	1.7	1.5
SD	0.5	0.5	0.4	0.4	0.5	0.4
Median	1.5	1.7	1.3	1.5	1.6	1.4
5th percentile	0.9	1.1	0.8	0.9	1.0	0.9
95th percentile	2.4	2.6	2.0	2.4	2.5	2.2
97.5th percentile	2.6	2.8	2.2	2.6	2.7	2.4

*including nutritional supplements

Table 4.11 Mean, SD, median and percentile values for daily **riboflavin** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	2.6	2.9	2.3	2.8	2.8	2.8
SD	1.9	2.0	1.6	1.9	1.9	1.9
Median	2.1	2.4	1.9	2.3	2.3	2.3
5th percentile	0.7	0.8	0.7	0.8	0.8	0.8
95th percentile	6.1	6.7	5.4	6.5	6.6	6.3
97.5th percentile	7.4	8.2	6.6	8.0	8.1	7.7
Food sources						
Mean	1.8	2.1	1.5	1.9	2.0	1.7
SD	0.7	0.7	0.5	0.7	0.7	0.6
Median	1.7	1.9	1.4	1.8	1.9	1.6
5th percentile	0.9	1.1	0.8	1.0	1.1	0.9
95th percentile	3.1	3.4	2.5	3.1	3.3	2.8
97.5th percentile	3.4	3.8	2.8	3.5	3.7	3.1

*including nutritional supplements

Table 4.12 Mean, SD, median and percentile values for daily **total niacin** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	42.6	50.2	35.7	37.4	39.4	35.5
SD	15.2	15.7	10.7	11.3	11.7	10.6
Median	40.0	47.8	34.2	35.9	37.8	34.1
5th percentile	23.0	28.9	21.0	22.0	23.4	21.2
95th percentile	71.0	79.4	55.5	58.3	61.1	54.7
97.5th percentile	79.4	87.1	60.6	64.6	67.3	60.2
Food sources						
Mean	37.9	45.1	31.3	33.4	36.0	30.9
SD	11.7	11.4	7.2	7.9	8.0	7.0
Median	36.0	43.6	30.6	32.6	35.2	30.3
5th percentile	22.5	29.1	20.9	21.9	24.3	20.8
95th percentile	60.1	66.0	44.3	47.7	50.3	43.3
97.5th percentile	65.7	71.3	47.2	51.2	53.9	46.5

*including nutritional supplements

Table 4.13 Mean, SD, median and percentile values for daily **vitamin B6** intakes (μg) from all sources and food sources for the total population and by sex and age group

	19-64y			$\geq 65\text{y}$		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total $\geq 65\text{y}$ <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	2.7	3.1	2.4	2.5	2.6	2.4
SD	1.9	2.1	1.6	1.7	1.7	1.6
Median	2.2	2.6	2.0	2.1	2.2	2.0
5th percentile	0.8	0.9	0.7	0.8	0.8	0.7
95th percentile	6.3	7.1	5.5	5.7	6.0	5.4
97.5th percentile	7.7	8.6	6.6	7.1	7.3	6.6
Food sources						
Mean	1.8	2.2	1.5	1.7	1.9	1.5
SD	0.7	0.7	0.4	0.5	0.5	0.4
Median	1.7	2.1	1.4	1.6	1.8	1.4
5th percentile	1.0	1.2	0.9	1.0	1.1	0.9
95th percentile	3.1	3.5	2.3	2.6	2.8	2.3
97.5th percentile	3.4	3.8	2.5	2.9	3.1	2.5

*including nutritional supplements

Table 4.14 Mean, SD, median and percentile values for daily **vitamin B12** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	11.5	12.7	10.3	13.4	14.6	12.3
SD	14.4	15.8	12.7	15.7	16.8	14.5
Median	7.2	8.1	6.5	8.6	9.4	7.9
5th percentile	1.4	1.6	1.3	1.8	1.9	1.7
95th percentile	35.2	38.5	31.7	41.1	44.9	36.9
97.5th percentile	47.1	52.0	41.9	56.8	61.2	50.3
Food sources						
Mean	5.5	6.6	4.5	5.8	6.6	5.1
SD	2.7	2.9	2.1	2.6	2.7	2.2
Median	5.1	6.2	4.2	5.4	6.2	4.7
5th percentile	2.0	2.7	1.7	2.3	2.9	2.1
95th percentile	10.6	11.9	8.4	10.7	11.6	9.2
97.5th percentile	12.0	13.3	9.5	12.0	13.0	10.3

*including nutritional supplements

Table 4.15 Mean, SD, median and percentile values for daily **total folate** intakes (μg) from all sources and food sources for the total population and by sex and age group

	19-64y			$\geq 65\text{y}$		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total $\geq 65\text{y}$ <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	307	334	282	309	326	294
SD	145	155	131	143	149	135
Median	277	303	256	281	296	268
5th percentile	133	146	124	136	144	131
95th percentile	579	622	529	581	610	546
97.5th percentile	666	715	605	675	705	630
Food sources						
Mean	251	282	223	258	278	240
SD	86.1	88.5	72.9	83.4	86.3	76.1
Median	239	271	213	247	266	230
5th percentile	133	159	122	143	157	135
95th percentile	410	442	356	412	437	378
97.5th percentile	450	486	390	456	481	416

*including nutritional supplements

Table 4.16 Mean, SD, median and percentile values for daily **dietary folate equivalents** intakes (µg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	361	390	334	365	381	349
SD	208	222	189	206	213	197
Median	312	341	290	318	332	305
5th percentile	129	141	122	133	139	129
95th percentile	753	807	695	757	792	718
97.5th percentile	889	950	813	907	941	852
Food sources						
Mean	270	306	238	282	303	261
SD	105	110	88	103	108	94
Median	253	289	224	265	287	247
5th percentile	134	159	122	145	160	138
95th percentile	466	507	401	474	506	433
97.5th percentile	519	567	445	535	565	484

*including nutritional supplements

Table 4.17 Mean, SD, median and percentile values for daily **biotin** intakes (μg) from all sources and food sources for the total population and by sex and age group

	19-64y			$\geq 65\text{y}$		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total $\geq 65\text{y}$ <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	56.5	62.4	51.0	55.8	58.8	52.9
SD	33.9	36.8	29.9	32.6	34.0	30.9
Median	48.3	53.9	44.1	48.1	50.8	45.9
5th percentile	19.4	21.7	18.0	19.6	20.7	18.9
95th percentile	120	131	108	118	125	111
97.5th percentile	143	156	127	142	149	132
Food sources						
Mean	41.2	46.6	36.2	42.4	45.6	39.2
SD	14.8	15.1	12.5	14.3	14.8	13.0
Median	39.1	44.6	34.5	40.4	43.7	37.6
5th percentile	21.0	25.4	19.1	22.7	25.2	21.4
95th percentile	68.4	74.2	59.2	68.7	72.9	62.9
97.5th percentile	75.6	81.5	65.1	76.3	80.4	69.4

*including nutritional supplements

Table 4.18 Mean, SD, median and percentile values for daily **pantothenate** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	8.2	9.2	7.2	8.4	8.5	8.4
SD	4.8	5.3	4.1	4.7	4.7	4.7
Median	7.0	8.0	6.3	7.4	7.4	7.3
5th percentile	2.9	3.3	2.6	3.1	3.1	3.1
95th percentile	17.3	19.2	15.1	17.4	17.6	17.2
97.5th percentile	20.5	22.5	17.7	20.8	21.0	20.5
Food sources						
Mean	6.2	7.2	5.2	6.2	6.5	5.9
SD	2.3	2.5	1.6	2.0	2.0	1.8
Median	5.7	6.8	5.0	5.9	6.2	5.6
5th percentile	3.3	4.0	3.0	3.6	3.7	3.4
95th percentile	10.5	11.8	8.2	9.8	10.3	9.3
97.5th percentile	11.8	13.1	9.0	10.9	11.4	10.2

*including nutritional supplements

Table 4.19 Mean, SD, median and percentile values for daily **vitamin C** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	137	136	138	134	137	131
SD	116	117	115	110	112	108
Median	104	103	106	103	106	101
5th percentile	26.5	25.6	27.3	27.0	27.5	26.5
95th percentile	354	353	356	344	355	334
97.5th percentile	438	438	436	436	445	418
Food sources						
Mean	80.0	79.4	80.5	86.1	88.1	84.2
SD	41.8	41.4	42.2	43.5	44.2	42.8
Median	72.2	71.8	72.5	78.3	80.1	76.8
5th percentile	27.3	27.3	27.4	30.9	31.6	30.3
95th percentile	159	157	161	169	172	164
97.5th percentile	182	180	183	194	198	189

*including nutritional supplements

Table 4.20 Mean, SD, median and percentile values for daily **potassium** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	2980	3313	2673	3015	3210	2825
SD	762	746	637	713	719	653
Median	2904	3252	2615	2951	3149	2773
5th percentile	1864	2196	1732	1962	2141	1869
95th percentile	4349	4622	3810	4288	4494	3975
97.5th percentile	4647	4939	4060	4608	4808	4259
Food sources						
Mean	2972	3301	2668	3009	3203	2821
SD	750	730	631	702	706	645
Median	2903	3247	2614	2951	3148	2774
5th percentile	1861	2198	1727	1962	2144	1868
95th percentile	4314	4575	3790	4258	4458	3953
97.5th percentile	4600	4877	4034	4568	4760	4228

*including nutritional supplements

Table 4.21 Mean, SD, median and percentile values for daily **calcium** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	965	1086	854	996	991	1002
SD	394	415	336	379	377	381
Median	900	1026	801	941	934	948
5th percentile	445	523	405	487	482	494
95th percentile	1701	1853	1478	1699	1697	1701
97.5th percentile	1900	2057	1647	1898	1898	1901
Food sources						
Mean	910	1036	795	894	950	839
SD	339	355	277	310	321	289
Median	856	988	755	850	906	801
5th percentile	458	548	417	470	510	448
95th percentile	1540	1689	1306	1467	1546	1366
97.5th percentile	1713	1859	1436	1638	1712	1514

*including nutritional supplements

Table 4.22 Mean, SD, median and percentile values for daily **iron** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	11.8	13.0	10.6	10.6	11.2	10.0
SD	4.7	5.0	4.2	4.1	4.3	3.9
Median	10.9	12.2	9.9	9.9	10.4	9.4
5th percentile	5.7	6.5	5.3	5.3	5.6	5.1
95th percentile	20.6	22.4	18.4	18.3	19.2	17.2
97.5th percentile	23.2	25.0	20.6	20.8	21.7	19.3
Food sources						
Mean	10.3	11.6	9.1	9.6	10.3	9.0
SD	3.1	3.1	2.6	2.7	2.7	2.5
Median	9.9	11.2	8.8	9.3	10.0	8.8
5th percentile	5.9	7.1	5.4	5.8	6.3	5.5
95th percentile	15.9	17.2	13.8	14.5	15.3	13.4
97.5th percentile	17.3	18.5	14.8	15.8	16.6	14.6

*including nutritional supplements

Table 4.23 Mean, SD, median and percentile values for daily **magnesium** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	317	353	284	299	313	286
SD	109	114	93	97	101	92
Median	300	336	270	285	299	273
5th percentile	171	197	158	167	176	161
95th percentile	519	563	457	479	500	454
97.5th percentile	574	618	500	534	553	503
Food sources						
Mean	291	330	256	280	297	264
SD	90.1	91.6	72.5	79.0	81.3	73.0
Median	279	318	247	270	288	255
5th percentile	167	201	154	170	183	162
95th percentile	457	497	389	425	447	395
97.5th percentile	501	537	422	466	487	431

*including nutritional supplements

Table 4.24 Mean, SD, median and percentile values for daily **zinc** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	11.1	12.6	9.8	10.8	11.7	9.9
SD	4.9	5.2	4.1	4.5	4.8	4.1
Median	10.2	11.7	9.0	10.0	10.8	9.2
5th percentile	5.1	6.0	4.7	5.1	5.7	4.9
95th percentile	20.3	22.4	17.4	19.3	20.7	17.5
97.5th percentile	23.1	25.3	19.7	22.2	23.6	19.9
Food sources						
Mean	9.1	10.5	7.8	9.0	9.9	8.1
SD	2.8	2.9	2.1	2.5	2.5	2.1
Median	8.7	10.2	7.6	8.7	9.6	7.9
5th percentile	5.3	6.5	4.9	5.5	6.3	5.2
95th percentile	14.3	15.8	11.6	13.6	14.6	11.9
97.5th percentile	15.8	17.1	12.6	14.8	15.8	13.0

*including nutritional supplements

Table 4.25 Mean, SD, median and percentile values for daily **copper** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	1.2	1.3	1.1	1.1	1.2	1.1
SD	0.4	0.5	0.4	0.4	0.4	0.4
Median	1.1	1.2	1.0	1.0	1.1	1.0
5th percentile	0.6	0.7	0.6	0.6	0.6	0.6
95th percentile	2.0	2.1	1.8	1.8	1.9	1.7
97.5th percentile	2.2	2.4	2.0	2.0	2.1	1.9
Food sources						
Mean	1.1	1.2	1.0	1.0	1.1	1.0
SD	0.3	0.4	0.3	0.3	0.3	0.3
Median	1.1	1.2	1.0	1.0	1.0	0.9
5th percentile	0.6	0.7	0.6	0.6	0.6	0.6
95th percentile	1.7	1.9	1.6	1.6	1.7	1.5
97.5th percentile	1.9	2.0	1.7	1.8	1.8	1.6

*including nutritional supplements

Table 4.26 Mean, SD, median and percentile values for daily **phosphorous** intakes (mg) from all sources and food sources for the total population and by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 718	Males <i>n</i> 347	Females <i>n</i> 371	Total ≥65y <i>n</i> 282	Males <i>n</i> 142	Females <i>n</i> 140
All sources*						
Mean	1329	1529	1145	1274	1356	1194
SD	397	391	302	336	342	310
Median	1279	1489	1114	1240	1323	1166
5th percentile	768	955	705	784	855	746
95th percentile	2050	2234	1687	1878	1971	1745
97.5th percentile	2234	2397	1812	2035	2125	1885
Food sources						
Mean	1323	1520	1142	1268	1351	1188
SD	389	380	298	330	334	305
Median	1278	1485	1113	1237	1321	1162
5th percentile	767	955	703	782	856	743
95th percentile	2026	2200	1674	1858	1949	1727
97.5th percentile	2201	2355	1793	2009	2095	1860

*including nutritional supplements

Table 4.27 Contribution of food groups (%) to mean daily intakes of energy, macronutrients and dietary fibre in adults aged 19-64 years

	Energy %	Protein %	Total Fat %	Saturated Fat %	Carbohydrate %	Total Sugars %	Dietary Fibre %
Meat & meat products	14.3	32.3	18.4	17.0	4.1	2.8	7.7
Bread & bread products	12.4	10.7	4.8	3.8	21.3	5.0	22.0
Grains, rice, pasta & savouries	7.4	6.7	5.1	4.1	10.6	1.5	8.3
Sugars, confectionery, preserves & savoury snacks	7.3	2.4	8.0	8.1	9.4	15.8	4.7
Biscuits, cakes & pastries	7.2	3.0	8.6	10.2	8.7	9.6	6.0
Beverages	6.8	2.7	1.0	1.9	5.3	11.1	0.6
Milk & yogurt including non-dairy alternatives	6.6	9.2	7.0	10.9	5.8	13.1	1.4
Fruit & fruit juices	5.5	2.3	2.0	1.6	10.1	21.7	11.6
Breakfast cereals	5.3	4.0	3.4	3.2	7.6	4.3	8.4
Potatoes & potato products	4.5	2.1	3.6	2.7	6.9	1.1	8.2
Vegetables & vegetable dishes including meat alternatives	4.1	4.5	3.8	2.3	4.6	6.0	15.1
Soups & sauces	3.5	1.4	6.4	3.9	2.1	3.3	2.2
Cheeses including non-dairy alternatives	2.8	4.2	5.6	9.1	0.2	0.2	0.1
Fish & fish dishes	2.8	6.7	3.4	2.3	0.8	0.4	0.9
Eggs & egg dishes	2.8	4.4	5.3	4.4	0.1	0.1	0.2
Butter & spreading fats	2.5	0.1	6.8	8.3	0.0	0.1	0.0
Creams, ice-creams & chilled desserts	1.9	0.8	2.7	4.0	1.9	3.3	0.5
Nuts, seeds, herbs & spices	1.9	1.5	3.7	1.8	0.5	0.5	1.8
Nutritional supplements	0.5	1.2	0.3	0.4	0.2	0.2	0.3

Note: Food groups are listed in order of contribution to energy intakes (decreasing order)

Table 4.28 Contribution of food groups (%) to mean daily intakes of energy, macronutrients and dietary fibre in adults aged ≥ 65 years

	Energy %	Protein %	Total Fat %	Saturated Fat %	Carbohydrate %	Total Sugars %	Dietary Fibre %
Meat & meat products	14.3	33.3	18.3	16.8	3.3	2.1	5.3
Bread & bread products	13.1	11.2	4.9	3.8	22.6	5.1	24.1
Milk & yogurt including non-dairy alternatives	8.8	12.2	9.8	14.9	7.6	17.4	1.3
Biscuits, cakes & pastries	8.7	3.0	10.2	11.6	10.7	11.4	6.0
Breakfast cereals	7.4	5.8	4.7	4.2	10.5	4.7	11.7
Fruit & fruit juices	6.0	2.2	1.9	1.3	11.6	24.9	13.0
Potatoes & potato products	5.9	2.9	4.0	3.3	9.3	1.7	10.0
Beverages	5.5	2.4	0.8	1.5	2.8	5.5	0.3
Sugars, confectionery, preserves & savoury snacks	4.7	1.3	4.4	5.1	6.6	12.6	2.9
Vegetables & vegetable dishes including meat alternatives	3.9	4.0	3.4	2.0	4.7	7.1	18.0
Fish & fish dishes	3.5	8.1	5.2	3.2	0.6	0.3	0.6
Butter & spreading fats	3.5	0.1	9.6	10.6	0.1	0.1	0.0
Grains, rice, pasta & savouries	3.3	2.5	1.8	1.3	5.1	0.5	3.0
Cheeses including non-dairy alternatives	2.5	3.6	5.1	7.7	0.1	0.2	0.0
Creams, ice--creams & chilled desserts	2.3	0.9	3.0	4.4	2.4	4.0	0.5
Eggs & egg dishes	2.3	3.8	4.4	3.6	0.1	0.1	0.1
Soups & sauces	2.3	0.7	4.6	2.9	1.4	2.0	0.9
Nuts, seeds, herbs & spices	1.9	1.6	3.8	1.6	0.4	0.4	2.1
Nutritional supplements	0.2	0.3	0.1	0.0	0.1	0.1	0.1

Note: Food groups are listed in order of contribution to energy intakes (decreasing order)

Table 4.29 Contribution of food groups (%) to mean daily vitamin intakes in adults aged 19-64 years

	Vitamin A %	Vitamin D %	Vitamin E %	Thiamin %	Riboflavin %	Niacin %	Vitamin B6 %	Pantothenate %	Biotin %	Vitamin B12 %	Total folate %	DFE*	Vitamin C %
Meat & meat products	10.8	17.6	8.9	16.1	12.2	31.5	24.1	19.2	8.4	19.9	7.3	6.8	6.8
Bread & bread products	0.7	0.6	2.5	12.8	4.1	9.5	5.0	6.0	3.9	0.5	11.2	10.5	0.1
Grains, rice, pasta & savouries	2.6	2.0	4.4	5.3	2.9	5.3	2.5	5.1	3.4	3.2	3.6	3.5	1.8
Sugars, confectionery, preserves & savoury snacks	1.2	0.1	6.6	1.5	3.3	2.0	2.5	2.2	2.7	2.6	1.9	1.7	1.3
Biscuits, cakes & pastries	2.9	1.1	7.8	2.8	2.1	2.6	1.7	2.9	3.7	1.4	2.5	2.6	1.0
Beverages	2.3	4.0	0.1	1.0	9.7	9.4	8.0	7.7	21.7	2.9	8.8	8.3	2.8
Milk & yogurt including non-dairy alternatives	8.1	9.7	4.1	5.1	19.4	4.1	5.0	13.8	10.0	21.3	8.2	8.3	5.7
Fruit & fruit juices	2.6	0.3	5.5	9.2	3.8	2.8	10.4	5.9	5.8	0.4	7.6	7.1	26.3
Breakfast cereals	1.4	6.0	4.0	9.5	8.8	4.8	5.8	5.1	6.4	5.6	7.8	9.3	1.0
Potatoes & potato products	1.1	0.2	3.2	6.6	1.3	2.2	4.0	3.9	0.7	0.4	4.8	4.5	8.2
Vegetables & vegetable dishes including meat alternatives	25.5	0.1	10.4	7.9	4.4	3.7	6.4	5.1	4.3	0.5	14.7	13.8	25.2
Soups & sauces	6.8	0.3	9.6	3.3	1.6	1.3	2.4	1.5	1.1	1.0	2.1	2.1	1.8
Cheeses including non-dairy alternatives	7.7	1.4	0.9	0.3	3.0	2.5	1.1	1.1	1.5	5.6	1.8	1.7	0.0
Fish & fish dishes	1.6	10.0	4.5	2.5	2.0	6.4	3.3	2.7	1.7	10.7	1.3	1.2	0.8
Eggs & egg dishes	6.5	13.5	5.7	1.5	6.1	2.5	2.0	4.8	8.8	9.6	3.9	3.7	0.8
Butter & spreading fats	6.8	2.6	3.7	0.0	0.2	0.0	0.5	0.0	0.0	0.6	0.4	0.6	0.0
Creams, ice-creams & chilled desserts	3.6	0.9	1.6	0.6	1.8	0.5	0.4	1.1	0.8	1.2	0.4	0.4	0.2
Nuts, seeds, herbs & spices	0.2	0.0	4.0	1.7	0.7	1.5	1.1	1.0	3.7	0.0	1.1	1.0	0.0
Nutritional supplements	7.5	29.7	12.7	12.3	12.8	7.5	13.8	10.6	11.3	12.4	10.5	12.9	16.2

Note: Food groups are listed in order of contribution to energy intakes (decreasing order)

Table 4.30 Contribution of food groups (%) to mean daily vitamin intakes in adults aged ≥ 65 years

	Vitamin A %	Vitamin D %	Vitamin E %	Thiamin %	Riboflavin %	Niacin %	Vitamin B6 %	Pantothenate %	Biotin %	Vitamin B12 %	Total folate %	DFE* %	Vitamin C %
Meat & meat products	7.2	12.4	7.0	16.0	11.9	33.0	25.0	17.7	7.3	20.4	6.2	5.8	4.5
Bread & bread products	0.6	1.0	3.4	12.9	4.4	11.4	6.7	6.6	5.0	0.6	11.7	11.1	0.2
Milk & yogurt including non-dairy alternatives	10.4	8.5	7.0	6.8	26.2	6.0	7.9	19.6	13.8	28.5	11.7	12.0	7.9
Biscuits, cakes & pastries	2.8	0.9	10.0	2.5	1.5	2.6	1.5	2.7	4.1	1.0	1.8	1.7	0.6
Breakfast cereals	1.6	7.3	5.0	13.5	11.0	6.8	8.5	6.4	9.5	7.6	10.3	12.5	1.3
Fruit & fruit juices	2.2	0.0	5.9	9.9	3.6	3.2	12.0	6.1	5.2	0.0	8.3	7.8	28.7
Potatoes & potato products	1.8	0.2	3.7	9.6	1.4	2.8	4.6	5.6	0.8	0.8	6.1	5.7	11.0
Beverages	1.0	3.3	0.0	0.6	10.2	6.1	4.8	7.0	24.5	0.4	10.1	9.4	2.5
Sugars, confectionery, preserves & savoury snacks	0.8	0.0	3.7	0.7	1.8	1.1	1.0	1.1	1.5	1.4	0.9	0.8	1.5
Vegetables & vegetable dishes including meat alternatives	34.6	0.1	12.4	7.8	4.2	3.9	7.1	5.5	4.3	0.2	15.1	14.1	27.8
Fish & fish dishes	1.6	12.8	6.0	2.6	2.3	7.9	3.3	3.3	1.9	11.9	0.9	0.9	0.3
Butter & spreading fats	8.6	3.4	6.3	0.0	0.3	0.0	0.6	0.0	0.0	0.6	0.4	0.6	0.0
Grains, rice, pasta & savouries	0.6	0.5	2.1	1.8	0.8	2.3	1.1	1.3	1.0	0.9	1.2	1.1	0.3
Cheeses including non-dairy alternatives	5.7	0.6	0.9	0.3	2.3	2.1	0.9	0.8	1.1	4.3	1.3	1.3	0.0
Creams, ice-creams & chilled desserts	3.2	0.8	1.5	0.8	2.0	0.6	0.5	1.4	0.9	1.4	0.5	0.4	0.3
Eggs & egg dishes	4.6	9.4	4.8	1.1	4.7	2.1	1.5	3.9	7.0	7.0	2.9	2.7	0.4
Soups & sauces	4.5	0.2	6.5	1.5	0.9	0.6	1.3	0.6	0.5	0.6	1.3	1.3	0.8
Nuts, seeds, herbs & spices	0.2	0.0	3.8	1.4	0.5	1.2	1.0	0.8	3.2	0.0	1.0	0.9	0.1
Nutritional supplements	7.9	38.6	10.0	10.3	10.1	6.4	10.8	9.5	8.4	12.4	8.2	9.9	11.8

Note: Food groups are listed in order of contribution to energy intakes (decreasing order)

Table 4.31 Contribution of food groups (%) to mean daily mineral intakes in adults aged 19-64 years

	Sodium %	Potassium %	Calcium %	Iron %	Magnesium %	Zinc %	Copper %	Phosphorus %
Meat & meat products	22.7	15.8	5.0	17.3	11.9	24.3	12.0	20.3
Bread & bread products	19.3	5.8	16.3	15.4	9.8	9.4	13.1	10.4
Grains, rice, pasta & savouries	6.1	3.5	5.9	5.7	5.5	6.8	7.5	6.5
Sugars, confectionery, preserves & savoury snacks	3.6	4.0	3.1	3.7	3.8	2.6	5.4	3.0
Biscuits, cakes & pastries	4.8	2.6	3.6	5.5	3.7	2.8	5.7	3.6
Beverages	3.1	14.1	6.3	5.7	13.8	4.0	8.9	6.8
Milk & yogurt including non-dairy alternatives	5.0	10.3	25.0	1.7	7.8	9.5	1.9	13.8
Fruit & fruit juices	0.9	10.5	2.8	4.0	7.4	1.8	8.7	2.6
Breakfast cereals	2.1	3.8	5.7	9.9	6.6	5.5	5.7	6.4
Potatoes & potato products	1.4	9.5	1.2	3.5	5.0	2.2	5.5	2.8
Vegetables & vegetable dishes including meat alternatives	5.4	9.8	5.1	8.4	6.8	5.4	8.4	5.0
Soups & sauces	8.8	2.7	1.4	2.5	2.1	1.5	2.5	1.6
Cheeses including non-dairy alternatives	5.0	0.5	9.0	0.4	1.3	4.9	0.6	5.3
Fish & fish dishes	4.4	3.1	1.4	2.3	2.8	2.4	2.2	4.3
Eggs & egg dishes	3.8	1.5	2.0	4.6	1.3	3.6	1.7	4.0
Butter & spreading fats	2.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1
Creams, ice-creams & chilled desserts	0.6	0.8	1.6	1.0	0.8	0.7	1.0	1.1
Nuts, seeds, herbs & spices	0.4	1.4	0.8	2.1	3.8	2.2	4.3	2.0
Nutritional supplements	0.5	0.2	3.8	6.3	5.7	10.3	4.6	0.3

Note: Food groups are listed in order of contribution to energy intakes (decreasing order)

Table 4.32 Contribution of food groups (%) to mean daily mineral intakes in adults aged ≥ 65 years

	Sodium %	Potassium %	Calcium %	Iron %	Magnesium %	Zinc %	Copper %	Phosphorus %
Meat & meat products	22.6	14.0	3.8	18.2	11.4	27.1	11.1	19.5
Bread & bread products	23.3	6.3	16.1	17.4	11.6	10.7	14.9	11.7
Milk & yogurt including non-dairy alternatives	7.3	13.2	31.4	2.1	10.4	12.7	1.7	18.8
Biscuits, cakes & pastries	6.2	2.7	3.6	6.3	3.8	3.0	6.4	3.9
Breakfast cereals	3.3	5.0	7.2	14.1	9.7	8.2	8.4	9.0
Fruit & fruit juices	0.9	11.4	2.6	4.9	7.7	1.8	10.1	2.6
Potatoes & potato products	1.5	11.7	1.6	4.1	6.5	2.8	6.6	3.4
Beverages	2.1	13.1	3.3	4.9	12.4	3.3	11.0	4.6
Sugars, confectionery, preserves & savoury snacks	1.6	2.0	1.9	2.3	2.2	1.6	3.4	1.7
Vegetables & vegetable dishes including meat alternatives	4.9	10.8	4.8	8.6	7.0	4.7	8.3	5.0
Fish & fish dishes	4.5	3.4	1.8	2.3	2.9	2.6	2.0	5.2
Butter & spreading fats	3.3	0.1	0.1	0.0	0.0	0.1	0.1	0.1
Grains, rice, pasta & savouries	2.5	1.1	1.7	2.3	2.4	2.6	3.5	2.3
Cheeses including non-dairy alternatives	4.7	0.4	7.5	0.3	1.1	4.0	0.6	4.3
Creams, ice--creams & chilled desserts	0.8	1.1	1.9	0.8	1.0	0.9	1.1	1.4
Eggs & egg dishes	3.0	1.2	1.5	3.9	1.1	2.8	1.4	3.3
Soups & sauces	6.9	1.4	0.8	1.4	1.0	0.7	1.3	0.9
Nuts, seeds, herbs & spices	0.3	1.2	0.8	2.3	3.8	2.1	3.9	1.9
Nutritional supplements	0.2	0.1	7.4	3.7	3.9	8.5	4.2	0.4

Note: Food groups are listed in order of contribution to energy intakes (decreasing order)

Chapter 5 Anthropometric Measurements

Table 5.1 Mean, SD, median and percentile values of anthropometric measurements by sex and age group

	19-64y			
	Total	Males	Females	Total
Weight (kg)				
<i>n</i>	711	344	367	281
Mean	77.5	84.9	70.6	76.6
SD	16.6	14.2	15.6	19.5
Median	76.0	83.1	68.5	74.2
5th Percentile	53.9	65.8	51.0	52.0
95th Percentile	106	112	99.7	114
Height (cm)				
<i>n</i>	716	346	370	282
Mean	1.71	1.78	1.65	1.66
SD	0.10	0.07	0.08	0.11
Median	1.71	1.78	1.65	1.66
5th Percentile	1.55	1.68	1.53	1.50
95th Percentile	1.88	1.90	1.76	1.83
BMI (kg/m2)				
<i>n</i>	710	343	367	281
Mean	26.4	26.7	26.2	27.6
SD	5.2	4.1	6.1	6.8
Median	25.5	26.1	24.9	26.6
5th Percentile	19.8	20.9	19.2	20.2
95th Percentile	35.0	33.9	36.5	41.3

*Excludes 9 missing values

Table 5.2 Percentage of the population in each BMI category[†] by sex and age group

	19-64y			≥65y		
	Total 19-64y <i>n</i> 710	Males <i>n</i> 343	Females <i>n</i> 367	Total ≥65y <i>n</i> 281	Males <i>n</i> 141	Females <i>n</i> 140
Underweight (%)	1.5	0.7	2.1	0.8	0.0	1.6
Normal (%)	42.4	36.4	48.0	37.9	33.7	42.0
Overweight (%)	35.3	42.5	28.7	39.6	40.2	39.1
Obese (%)	20.8	20.3	21.2	21.6	26.1	17.4
Class I obesity (%)	15.9	16.8	15.0	12.7	16.3	9.3
Class II obesity (%)	3.8	3.4	4.3	3.7	2.1	5.2
Class III obesity (%)	1	0.1	1.9	5.2	7.7	2.9

*Excludes 9 missing values

[†] World Health Organisation (WHO). (2010). *A healthy lifestyle - WHO recommendations* [Online]. Geneva: Switzerland.

Chapter 6 Physical Activity Levels

Table 6.1 Median amount of time (hours/week) spent in moderate and vigorous physical activities in adults in Ireland for the total population and by sex and age group

Type of Activity	19-64y			≥65y		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Total Population	714			280		
Moderate Intensity Physical Activities		13.5	7.5-21.4		12.2	6.0-18.0
Vigorous Intensity Physical Activities		0.5	0.5-2.4		0.0	0.0-0.7
Males	344			141		
Moderate Intensity Physical Activities		13.5	7.5-24.1		13.2	6.4-18.9
Vigorous Intensity Physical Activities		1.2	0.0-3.4		0.0	0.0-1.0
Females	370			139		
Moderate Intensity Physical Activities		13.2	7.2-20.3		11.3	5.7-16.3
Vigorous Intensity Physical Activities		0.2	0.0-1.4		0.0	0.0-0.4

*Excludes 6 missing values

Table 6.2 Median amount of time (hours/week) spent in sedentary behaviours in adults in Ireland for the total population and by sex and age group

Type of Activity	19-64y			≥65y		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Total Population	714			280		
Sedentary Behaviour		38.1	25.3-55.7		28.0	20.5-37.0
<i>of which</i> recreational screen time (TV, tablets, laptop)		23.0	16.0-30.0		26	17.5-35.0
Males	344			141		
Sedentary Behaviour		41.1	27.2-58.7		30.0	21.0-42.0
<i>of which</i> recreational screen time (TV, tablets, laptop)		23.0	15.8-30.0		27.0	17.5-35.0
Females						
Sedentary Behaviour	370	36.7	24.7-52.6	139	26.4	19.0-35.0
<i>of which</i> recreational screen time (TV, tablets, laptop)		23.0	16.0-31.0		25.5	17.5-34.8

*Excludes 6 missing values

Table 6.3 Median Energy Expenditure (KJ/kg/day) in adults in Ireland for the total population and by sex and age group

Energy Expenditure Domain	19-64y			≥65y		
	<i>n</i>	Median	IQR	<i>n</i>	Median	IQR
Total Population	714			280		
Overall Energy Expenditure		64.3	50.1-89.8		45.1	32.6-62.3
<i>of which</i>						
Home Energy Expenditure		24.4	17.1-33.2		23.6	15.4-31.0
Occupational Energy Expenditure		15.2	6.6-33.8		0.0	0.0-0.0
Recreational Energy Expenditure		16.1	8.5-28.6		15.4	8.9-27.9
Males	344			141		
Overall Energy Expenditure		66.7	51.4-96.3		42.6	32.8-63.1
<i>of which</i>						
Home Energy Expenditure		20.9	14.6-29.7		21.2	12.6-28.5
Occupational Energy Expenditure		18.4	9.9-44.6		0.0	0.0-3.0
Recreational Energy Expenditure		19.4	9.1-32.0		15.6	9.9-30.1
Females	370			139		
Overall Energy Expenditure		63.5	49.0-83.6		47.1	31.9-60.5
<i>of which</i>						
Home Energy Expenditure		27.9	20.3-37.0		26.2	19.5-34.1
Occupational Energy Expenditure		12.4	4.5-28.8		0.0	0.0-0.0
Recreational Energy Expenditure		14.8	7.7-23.1		15.4	7.8-24.3

*Excludes 6 missing values