

National Teens' Food 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 Teens' Food Survey II (NTFS II). The NTFS II was a cross-sectional survey designed to assess the food and nutrient intakes in a nationally representative sample of teenagers aged 13 to 18 years 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 NTFS II was carried out by the Irish Universities Nutrition Alliance (IUNA), a formal alliance of the nutrition centres at academic institutions in Ireland including University College Dublin, Munster Technological University, University College Cork 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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National Teens' Food Survey II (NTFS II) Methodology

Ethical approval

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 (II) 04/12/18 & ECM 3 (c) 15/04/19).

Sampling

The NTFS II was a cross-sectional survey that was carried out between March 2019 and March 2020 by the nutrition units in University College Dublin, Munster Technological University, University College Cork and Dublin Technological University. The NTFS II was designed to assess food and nutrient intakes in a nationally representative sample of teenagers aged 13 to 18 years in the Republic of Ireland (n 428).

Selection of schools

A database of post-primary schools in Ireland (obtained from the Department of Education and Skills www.education.ie) was used to select schools to provide a demographically balanced sample with respect to urban/rural divide and socio-economic grouping. All schools in this database (n 722) were classified according to the type of school; secondary (52.4%), vocational (34.3%) or comprehensive/community (13.3%). Schools were further classified according to gender served (all males, all females or mixed), location (urban or rural) and whether they were disadvantaged or not disadvantaged. Schools were randomly selected to participate so that in

the final sample, the proportions of teenagers attending each of the categories of schools reflected that of the proportions according to the database.

Participant recruitment

An introductory letter and information about the survey was posted to the principal of each selected school. This was followed up by a phone call from the survey coordinator. If the principal agreed to his/her schools' participation in the survey, a suitable date and time to visit the school was arranged. Of the schools contacted, 73% agreed to take part in the study. The school principal was provided with information packs (containing an introductory letter, an information brochure and a reply slip). Students were randomly selected from the school roll and given these information packs to bring home to their parents/guardians. If the parents/guardians and the selected teenager were interested in finding out more about participating in the survey, they were instructed to fill out their contact details on the reply slip and return it to the school. Teenagers who returned a reply slip were excluded if they were not between the ages of 13 and 18 years, if they belonged to an age or gender or geographical location category for which the appropriate number of teenagers had already been recruited, or if another member of their household had already been recruited for participation in the survey. A researcher contacted the parents/guardians of all eligible teenagers who returned a reply slip and if they agreed to participate in the survey, a suitable time and date for a researcher to visit was arranged. The researcher then visited the home to explain the survey in more detail and to obtain consent from both parents/guardians and the teenager. All researchers were qualified nutritionists. The overall response rate for the survey was 57%. Demographic analysis of the sample has shown it to be representative of teenagers in Ireland with respect to gender and geographical location when compared to Census 2016 data (Central Statistics Office, 2017). However, the final sample contained a higher proportion of teenagers of professional workers

and a lower proportion of teenagers 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 using a 4-day weighed food record. For all participants, the study period included at least one weekend day. Participants were provided with a food diary and a portable food scale and asked to record detailed information regarding the amount, type and brand of all foods, beverages and nutritional supplements consumed, as well as the amount of any leftovers. The cooking methods used, the packaging size and type, and details of recipes were also recorded. Additionally, data were collected on the time of each eating or drinking occasion, the participant's definition of each eating or drinking occasion (e.g. morning snack, lunch) and the location of preparation of the meal or snack (e.g. home, school). Researchers made three visits to the participant's home over the survey period: an initial training visit to demonstrate how to complete the food diary and use the food scales; a second visit 24-36 hours into the recording period to review the diary and clarify details regarding specific food descriptors and quantities; and a final visit one or two days after the recording period had ended to review the last days and collect the food diary.

Food quantification

A quantification protocol that had been established by the IUNA for the North/South Ireland Food Consumption Survey (NSIFCS) (Harrington et al., 2001) was adapted for the NTFS II. It is summarised as follows:

- (1) *Weighed (by participant/manufacturer's weights)* - A portable food scales (Tanita KD-400, Japan) was provided to each participant. Researchers provided detailed instructions (including a demonstration) on how to use the food scales. This method was used to quantify 74% of foods and drinks consumed. A further 14% of foods were quantified using manufacturer's weights. To facilitate collection of such data, participants were provided with a storage bag and asked to retain packaging from food and beverages consumed by the teenager throughout the recording period.
- (2) *Food atlas* - An age-appropriate photographic food atlas (Foster et al., 2010) was used to quantify 5% of foods and beverages consumed.
- (3) *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 4% of foods and beverages consumed.
- (4) *Household Measures* – Household measures (e.g. teaspoon, tablespoon, pint) were used to quantify 2% of foods and beverages consumed.
- (5) *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 recording period. This quantification method was used for <2% 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.

Anthropometric measurements

Anthropometric measurements were taken by the researcher in the participant's home. Where possible, height, weight, body composition, and waist and hip circumference were measured for the teenager. Height, weight and body composition were also measured for the parents/guardians where possible.

Height was measured to the nearest 0.1cm using the Leicester portable height measure (Seca, Birmingham, UK) with the participant's head positioned in the Frankfurt Plane. Measurements were taken barefoot with the participant's back to the backboard of the height measure ensuring their feet, buttocks and occiput (back of skull) were touching the backboard.

Weight and body composition were measured (in duplicate) to the nearest 0.1kg using a Tanita body composition analyser BC-420MA (Tanita Ltd, GB). Participants were weighed after having voided, wearing light clothing and without shoes.

Waist and hip circumference were measured (in duplicate) to the nearest 0.1cm using a Seca 201 Measuring Tape (Seca, Birmingham, UK). Waist circumference was taken at the naked site where possible with the waist defined as the mid-point between the bottom of the rib cage (10th rib) and the supra-iliac crest (top of the hip). Hip measurements were taken over light clothing around the greater trochanter.

Defining overweight and obesity

Body Mass Index (BMI) was calculated as weight (kg) divided by height squared (m^2). The

‘LMS growth’ Microsoft Excel Add-in was used to establish BMI z-scores based on reference values for weight and height. SPSS[®] (SPSS Inc. Chicago, IL, USA) was used to convert z-scores to percentiles. The UK 90 Growth References and the International Obesity Task Force (IOTF) age- and gender-specific BMI cut-offs were used to define thinness, normal weight, overweight and obesity.(Cole et al., 1995, Cole and Lobstein, 2012).

Urine Collection

Participants were asked to provide a once off first void morning urine sample (~30ml) during the recording period. Participants were provided with a sterile collection container to collect the urine sample on the second (or final) survey visit. They were also provided with an ice pack and a thermal cooler bag and asked to keep the sample chilled. Once collected by the researcher, the urine sample was stored appropriately on dry ice and transported to UCC or UCD for storage at -20°C. Urine samples were collected from 99.5% (*n* 426) of participants for the analysis of several markers of nutritional status.

Blood Collection

Participants were asked to provide a blood sample, fasting where possible. The samples were collected by a qualified phlebotomist at designated centres within the survey area. In total, three tubes (20mls) of blood were collected from respondents and inverted gently to ensure thorough mixing with anti-coagulant. Of these, two were chilled and transported to the lab for further processing and storage while the third was kept at room temperature for full blood count analysis. The blood tubes collected were: 1 x serum tube (total 8ml); 1 x EDTA tube (total 3ml); 1 x EDTA tube (total 9ml). Written informed consent was obtained from participants and their parents/guardians prior to blood collection. A blood collection form was completed in

which the following was recorded: date and time of blood collection, whether the respondent was fasting or not and any irregularities during blood collection. In addition, questions were completed regarding skin type and sun exposure to complement analysis (e.g. vitamin D status). Blood samples were collected from 57.5% (n 246) of participants for the analysis of several markers of nutritional status.

Questionnaires

Participants in the NTFS II completed four questionnaires including:

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 parents/guardians' education levels and socio-demographics. The education level and socio-demographic level of the participant was defined using that of the highest category from both parents/guardians.

Physical Activity Questionnaire: The validated Youth Physical Activity Questionnaire (Y-PAQ) was used to estimate levels of physical activity for teenagers aged 13-18 years (Corder et al., 2009).

Food Choice & Eating Behaviour Questionnaire: Validated questionnaires including the Three-Factor Eating Questionnaire-R18 (TFEQ-R18), the Variety Seeking Scale (VARSEEK) and the Food Choice Questionnaire (FCQ) were used to evaluate the determinants of food choice and eating behaviour styles of teenagers (Van Trijp and Steenkamp, 1992, Steptoe et al., 1995, Karlsson et al., 2000, de Lauzon et al., 2004).

Evaluation Questionnaire: The researcher administered this questionnaire at the final visit. This identified whether the participant's eating habits had been usual during the recording period.

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 recording period. At the end of the recording period, participants were asked whether their food intake had been the same as usual, less than usual or more than usual during the recording period and to explain why this might have been. They were also asked if there were any items consumed during the four-day recording period which had not yet been written down. If so, details on such items were then recorded by the researcher in the food diary.

Each researcher was primarily responsible for the collection, quantification, coding and data entry of their own participants' food diaries. Energy under reporters (46%) 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). Researchers were also asked to rate each participants food diary as ‘accurate and complete’, ‘inaccurate and complete’, ‘accurate and incomplete’ and ‘inaccurate and incomplete’ so that data quality could be considered during certain analyses.

Databases

The food intake database for NTFS II comprises 24468 rows of data that relate to each food and beverage item consumed by each of the participants at every eating occasion throughout the four recording 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 26 for WindowsTM (SPSS Inc. Chicago, IL, USA).

Food group intakes are described using the mean, median, standard deviation and the 5th and 95th percentiles for the total population and split by gender and age groups (13-15y and 16-18y).

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). Variables were described using the mean, median, standard deviation and the 5th and 95th percentiles for the total population and split by gender and age groups (13-15y and 16-18y).

Anthropometric measurements are described using the mean, median, standard deviation and the 5th and 95th percentiles for the total population and split by gender and age groups (13-15y and 16-18y). BMI is also described using the mean and standard deviation for the total population and split by gender and age groups (13-15y and 16-18y), and according to demographic factors such as location, education level and social class.

Physical activity levels are described in median minutes spent participating in physical activities, sedentary activities and screen time for the total population and split by gender and age groups (13-15y and 16-18y) and split by weekday and weekend day.

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Chapter 2 Sampling Data

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

	Total 13-18y	13-15y	16-18y
Boys	212 (50)	119 (50)	93 (48)
Girls	216 (50)	117 (50)	99 (52)
<i>n</i>	428	236	192

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

	Total 13-18y	13-15y	16-18y
Total population			
Winter (September - February)	241 (56)	116 (49)	125 (65)
Summer (March - August)	187 (44)	120 (51)	67 (35)
<i>n</i>	428	236	192
Boys			
Winter (September - February)	144 (68)	75 (63)	69 (74)
Summer (March - August)	68 (32)	44 (37)	24 (26)
<i>n</i>	212	119	93
Girls			
Winter (September - February)	97 (45)	41 (35)	56 (57)
Summer (March - August)	119 (55)	76 (65)	43 (43)
<i>n</i>	216	117	99

Table 2.3 Geographical location of participants for the total population and by gender and age group (*n* & (%))

	Total 13-18y	13-15y	16-18y
Total population			
Open country/village	160 (37)	91 (39)	69 (36)
Small town	142 (33)	73 (31)	69 (36)
Large town	94 (22)	52 (22)	42 (22)
City	32 (8)	20 (8)	12 (6)
<i>n</i>	428	236	192
Boys			
Open country/village	80 (38)	47 (40)	33 (36)
Small town	78 (37)	43 (36)	35 (38)
Large town	43 (20)	23 (19)	20 (21)
City	11 (5)	6 (5)	5 (5)
<i>n</i>	212	119	93
Girls			
Open country/village	80 (37)	44 (37)	36 (37)
Small town	64 (29)	30 (26)	34 (34)
Large town	51 (24)	29 (25)	22 (22)
City	21 (10)	14 (12)	7 (7)
<i>n</i>	216	117	99

Table 2.4 Social class and socio-economic group of participants for the total population and by gender and age group (*n* & (%))

	Total 13-18y	13-15y	16-18y
Total population			
<i>Social Class</i>			
Professional workers	242 (58)	130 (57)	112 (59)
Non-manual workers	75 (18)	36 (16)	39 (21)
Skilled manual workers	63 (15)	40 (17)	23 (12)
Semi-skilled/unskilled workers	39 (9)	23 (10)	16 (8)
<i>Socio-economic group</i>			
Employers and managers	78 (19)	44 (19)	34 (18)
Higher professional	76 (18)	45 (20)	31 (16)
Lower professional	83 (20)	42 (18)	41 (22)
Non-manual	92 (22)	46 (20)	46 (24)
Manual skilled	34 (8)	24 (10)	10 (5)
Semi-skilled	22 (5)	12 (5)	10 (5)
Unskilled	5 (1)	2 (<1)	3 (2)
Own account workers	19 (4)	9 (4)	10 (5)
Farmers	9 (2)	4 (2)	5 (3)
Agricultural workers	1 (<1)	1 (<1)	0 (0)
Students	0	0	0
<i>n</i>	419	229	190
Boys			
<i>Social Class</i>			
Professional workers	128 (62)	66 (57)	62 (67)
Non-manual workers	38 (18)	21 (18)	17 (18)
Skilled manual workers	28 (13)	21 (18)	7 (8)
Semi-skilled/unskilled workers	14 (7)	8 (7)	6 (7)
<i>Socio-economic group</i>			
Employers and managers	48 (23)	26 (23)	22 (24)
Higher professional	38 (18)	24 (21)	14 (15)
Lower professional	40 (19)	17 (15)	23 (25)
Non-manual	45 (22)	26 (22)	19 (21)
Manual skilled	16 (8)	12 (10)	4 (4)
Semi-skilled	8 (4)	4 (3)	4 (4)
Unskilled	2 (1)	1 (<1)	1 (1)
Own account workers	9 (4)	6 (5)	3 (3)
Farmers	2 (1)	0	2 (2)
Agricultural workers	0	0	0
Students	0	0	0
<i>n</i>	208	116	92
Girls			
<i>Social Class</i>			
Professional workers	114 (54)	64 (57)	50 (51)
Non-manual workers	37 (18)	15 (13)	22 (22)
Skilled manual workers	35 (16)	19 (17)	16 (16)
Semi-skilled/unskilled workers	25 (12)	15 (13)	10 (10)
<i>Socio-economic group</i>			
Employers and managers	30 (14)	18 (16)	12 (12)
Higher professional	38 (18)	21 (19)	17 (17)
Lower professional	43 (20)	25 (22)	18 (19)
Non-manual	47 (22)	20 (18)	27 (28)
Manual skilled	18 (9)	12 (11)	6 (6)
Semi-skilled	14 (7)	8 (7)	6 (6)
Unskilled	3 (1)	1 (<1)	2 (2)
Own account workers	10 (5)	3 (3)	7 (7)
Farmers	7 (3)	4 (3)	3 (3)
Agricultural workers	1 (<1)	1 (<1)	0
Students	0	0	0
<i>n</i>	211	113	98

*Excludes 9 whose occupation was unknown or insufficiently described

Note: SC & SEG level relates to that of the parents/guardians of participants

Table 2.5 Education level of participants' parents for the total population and by gender and age group (*n* & (%))

	Total 13-18y	13-15y	16-18y
Total population			
Primary and intermediate	31 (7)	17 (7)	14 (7)
Secondary	51 (12)	25 (11)	26 (14)
Tertiary	344 (81)	193 (82)	151 (79)
<i>n</i>	426	235	191
Boys			
Primary and intermediate	15 (7)	8 (7)	7 (7)
Secondary	21 (10)	11 (9)	10 (11)
Tertiary	175 (83)	99 (84)	76 (82)
<i>n</i>	211	118	93
Girls			
Primary and intermediate	16 (7)	9 (8)	7 (7)
Secondary	30 (14)	14 (12)	16 (16)
Tertiary	169 (79)	94 (80)	75 (77)
<i>n</i>	215	117	98

*Excludes 2 missing values

Note: Education level relates to that of the parents/guardians of participants

Chapter 3 Food Consumption

Table 3.1 Mean, SD, median and percentile values of food group intakes (g/d) in the total population (13-18y)

Food groups	Total population 13-18y (n 428)				
	Mean	SD	Median	5th	95th
Total bread <i>of which</i>	85	56	76	8	201
White bread	57	51	46	0	168
Wholemeal & brown bread	18	29	0	0	77
Other breads (e.g. garlic/fruit bread, scones)	9	20	0	0	55
Breakfast cereals <i>of which</i>	48	61	29	0	150
Ready-to-eat breakfast cereals	29	35	21	0	93
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	17	29	0	0	70
Low-fibre cereals ($< 6\text{g}/100\text{g}$)	12	22	0	0	59
Porridge & hot oats cereals (made up)	19	54	0	0	129
Pasta, rice & savouries <i>of which</i>	128	106	100	0	330
Pasta	36	56	0	0	134
Rice	27	50	0	0	115
Other cereals (e.g. noodles, couscous)	6	20	0	0	47
Pizza	29	50	0	0	145
Other savouries (e.g. fried rice)	31	58	0	0	152
Potatoes & potato products <i>of which</i>	84	68	74	0	225
Boiled, baked & mashed potatoes	36	51	17	0	142
Chipped, fried & roasted potatoes	41	46	30	0	127
Processed & homemade potato products	6	18	0	0	38
Total milk <i>of which</i>	172	216	113	0	597
Whole milk	107	189	16	0	423
Low fat milk	43	133	0	0	263
1% & skimmed milk	17	58	0	0	125
Non-dairy alternatives	5	25	0	0	14
Sweetened milk drinks	13	46	0	0	86
Yoghurts & fromage frais	18	36	0	0	98
Cheeses	11	16	5	0	48
Ice creams	8	20	0	0	50
Creams	0.4	3	0	0	0
Dairy desserts (e.g. rice pudding, custard)	2	10	0	0	0
Spreading fats	6	7	3	0	20
Total meat <i>of which</i>	166	107	150	35	352
Meat dishes	62	77	40	0	221
Processed meat	60	52	49	0	162
Meat products	45	48	31	0	143
Bacon & ham	15	21	7	0	53
Fresh meat	44	52	35	0	131
Poultry	28	41	17	0	99
Beef	11	23	0	0	59
Pork	3	11	0	0	28
Lamb	2	13	0	0	17
Total fish <i>of which</i>	17	38	0	0	90
White fish, coated	4	13	0	0	33
Oily fish	4	13	0	0	30
White fish, uncoated	1	8	0	0	0

Table 3.1 continued Mean, SD, median and percentile values of food group intakes (g/d) in the total population (13-18y)

Food groups	Total population 13-18y (n 428)				
	Mean	SD	Median	Percentiles	
			5th	95th	
Other fish	2	7	0	0	13
Fish dishes	6	30	0	0	46
Eggs & egg dishes	14	29	0	0	69
Nuts & seeds	2	9	0	0	15
Total fruit & vegetables	218	159	183	27	527
Fruit & fruit juices	122	126	81	0	377
Discrete fruit	67	76	39	0	230
<i>of which</i>					
Apples	23	38	0	0	103
Bananas	15	26	0	0	73
Citrus fruits	7	17	0	0	47
Other fruits	22	44	0	0	111
Fruit in composite dishes	9	16	4	0	35
Fruit juice (100% fruit)	32	74	0	0	200
Smoothies	15	54	0	0	130
Total vegetables	96	76	78	11	228
Discrete vegetables	48	62	31	0	158
<i>of which</i>					
Peas, beans & lentils	11	26	0	0	52
Baked beans	6	21	0	0	35
Carrots	8	15	0	0	39
Green vegetables	7	17	0	0	40
Other vegetables	22	44	7	0	99
Vegetables in composite dishes	48	42	37	0	134
Total confectionery/snacks	80	61	68	5	195
<i>of which</i>					
Biscuits & crackers	16	22	8	0	57
Cakes, pastries & buns	15	24	0	0	66
Desserts	11	29	0	0	63
Chocolate confectionery	12	19	5	0	53
Savoury snacks	10	16	5	0	41
Sugar confectionery	6	16	0	0	32
Sugars, sweeteners, preserves & spreads	6	9	0	0	24
Cereal bars	5	13	0	0	30
Protein bars	0.3	3	0	0	0
Water as a beverage	850	677	703	0	2225
<i>of which</i>					
Flavoured water	27	125	0	0	250
Soft drinks*	153	219	83	0	612
<i>of which</i>					
Soft drinks, added sugar	84	152	0	0	360
Soft drinks, no added sugar	69	146	0	0	382
Milk as a beverage	61	147	0	0	336
Fruit juice (100% fruit)	32	74	0	0	200
Teas	86	162	0	0	504
Coffees	26	76	0	0	186
Sweetened milk drinks	13	46	0	0	86
Smoothies	15	54	0	0	130
Energy drinks	11	54	0	0	125

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.2 Mean, SD, median and percentile values of food group intakes (g/d) in consumers only (13-18y)

Food groups	Total population 13-18y (consumers only)					
	%	Mean	SD	Median	5th	95th
Total bread <i>of which</i>	96	88	54	78	17	202
White bread	85	68	49	56	13	181
Wholemeal & brown bread	42	43	31	35	9	109
Other breads (e.g. garlic/fruit bread, scones)	28	34	25	25	6	81
Breakfast cereals <i>of which</i>	73	66	63	47	10	191
Ready-to-eat breakfast cereals	67	44	34	34	9	104
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	44	38	34	28	9	100
Low-fibre cereals ($< 6\text{g}/100\text{g}$)	37	33	25	25	8	93
Porridge & hot oats cereals (made up)	17	111	81	85	20	273
Pasta, rice & savouries <i>of which</i>	92	138	104	108	26	340
Pasta	47	75	60	61	22	161
Rice	42	66	59	50	16	183
Other cereals (e.g. noodles, couscous)	11	52	38	45	7	146
Pizza	36	80	53	71	18	190
Other savouries (e.g. fried rice)	41	75	71	56	7	218
Potatoes & potato products <i>of which</i>	87	97	65	82	21	230
Boiled, baked & mashed potatoes	53	68	51	55	15	174
Chipped, fried & roasted potatoes	67	62	43	50	15	138
Processed & homemade potato products	16	37	28	29	8	88
Total milk <i>of which</i>	84	205	221	143	16	653
Whole milk	53	204	220	147	16	574
Low fat milk	21	207	226	119	15	798
1% & skimmed milk	14	121	110	99	9	349
Non-dairy alternatives	5	82	73	68	8	272
Sweetened milk drinks	12	108	85	78	34	332
Yoghurts & fromage frais	31	59	42	46	11	150
Cheeses	57	19	17	13	3	56
Ice creams	23	36	27	26	9	98
Creams	3	13	8	11	6	-
Dairy desserts (e.g. rice pudding, custard)	4	44	24	42	9	-
Spreading fats	68	8	8	6	1	23
Total meat <i>of which</i>	98	170	105	152	44	353
Meat dishes	61	101	76	83	23	248
Processed meat	91	66	51	53	8	162
Meat products	78	58	47	43	8	146
Bacon & ham	59	25	23	18	5	69
Fresh meat	72	61	52	50	14	156
Poultry	56	50	44	38	11	113
Beef	28	38	28	31	10	91
Pork	8	36	20	33	13	86
Lamb	6	41	36	28	14	159
Total fish <i>of which</i>	32	52	50	35	11	137
White fish, coated	12	34	19	31	18	88
Oily fish	10	36	23	30	7	88
White fish, uncoated	4	38	21	30	7	-

Table 3.2 continued Mean, SD, median and percentile values of food group intakes (g/d) in consumers only (13-18y)

Food groups	Total population 13-18y (consumers only)					
	%	Mean	SD	Median	5th	95th
Other fish	6	24	18	19	3	74
Fish dishes	7	94	78	70	5	282
Eggs & egg dishes	36	39	36	30	9	106
Nuts & seeds	13	17	19	13	1	69
Total fruit & vegetables	100	218	159	183	27	527
Fruit & fruit juices	93	131	126	93	3	389
Discrete fruit <i>of which</i>	72	92	75	69	16	242
Apples	39	58	39	51	15	150
Bananas	35	43	26	35	16	95
Citrus fruits	18	37	22	32	12	81
Other fruits	39	57	54	39	8	182
Fruit in composite dishes	76	12	17	6	0	39
Fruit juice (100% fruit)	30	107	103	66	1	327
Smoothies	10	147	101	121	50	342
Total vegetables	98	98	75	79	15	228
Discrete vegetables <i>of which</i>	84	58	63	41	4	167
Peas, beans & lentils	38	30	35	21	3	102
Baked beans	13	42	44	29	5	105
Carrots	37	21	18	16	3	54
Green vegetables	31	24	24	18	3	71
Other vegetables	62	35	51	20	2	122
Vegetables in composite dishes	94	51	42	41	7	135
Total confectionery/snacks	97	83	60	71	9	203
<i>of which</i>						
Biscuits & crackers	62	25	23	20	4	66
Cakes, pastries & buns	44	33	26	25	7	88
Desserts	24	46	44	32	5	131
Chocolate confectionery	53	23	21	15	5	66
Savoury snacks	54	18	18	13	4	57
Sugar confectionery	23	25	26	20	3	88
Sugars, sweeteners, preserves & spreads	50	11	11	7	1	36
Cereal bars	23	22	18	18	6	68
Protein bars	2	18	13	14	10	-
Water as a beverage	94	907	661	762	105	2248
<i>of which</i>						
Flavoured water	8	335	302	250	61	979
Soft drinks*	58	263	231	188	57	772
<i>of which</i>						
Soft drinks, added sugar	45	187	180	125	39	578
Soft drinks, no added sugar	31	224	185	165	50	649
Milk as a beverage	32	193	206	126	31	696
Fruit juice (100% fruit)	30	107	103	66	1	327
Teas	35	245	189	190	53	632
Coffees	18	148	120	118	39	307
Sweetened milk drinks	12	108	85	78	34	332
Smoothies	10	147	101	121	50	342
Energy drinks	7	169	137	125	61	583

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.3 Mean, SD, median and percentile values of food group intakes (g/d) by age group, in the total population

Food groups	Total population 13-15y (n 236)					Total population 16-18y (n 192)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Total bread	82	56	73	8	199	88	56	82	5	203
of which										
White bread	58	54	47	0	194	56	48	44	0	143
Wholemeal & brown bread	15	26	0	0	76	21	32	0	0	84
Other breads (e.g. garlic/fruit bread, scones)	9	19	0	0	53	11	22	0	0	59
Breakfast cereals	46	53	31	0	143	50	70	27	0	180
of which										
Ready-to-eat breakfast cereals	29	31	20	0	89	29	38	21	0	100
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	17	25	0	0	68	17	34	0	0	77
Low-fibre cereals ($<6\text{g}/100\text{g}$)	12	23	0	0	66	12	22	0	0	57
Porridge & hot oats cereals (made up)	17	48	0	0	126	21	59	0	0	135
Pasta, rice & savouries	118	98	96	0	325	140	115	108	0	390
of which										
Pasta	34	55	0	0	141	37	58	0	0	134
Rice	23	40	0	0	91	32	59	0	0	130
Other cereals (e.g. noodles, couscous)	5	21	0	0	54	6	20	0	0	46
Pizza	29	48	0	0	124	29	53	0	0	150
Other savouries (e.g. fried rice)	27	54	0	0	112	36	64	0	0	177
Potatoes & potato products	80	64	73	0	229	89	74	78	0	220
of which										
Boiled, baked & mashed potatoes	33	44	21	0	125	40	57	12	0	172
Chipped, fried & roasted potatoes	41	44	33	0	114	43	48	29	0	137
Processed & homemade potato products	6	18	0	0	39	6	17	0	0	38
Total milk	172	197	116	0	609	171	238	105	0	626
of which										
Whole milk	106	161	45	0	382	109	219	0	0	423
Low fat milk	45	145	0	0	263	41	117	0	0	263
1% & skimmed milk	18	64	0	0	155	15	50	0	0	105
Non-dairy alternatives	3	21	0	0	0	6	29	0	0	45
Sweetened milk drinks	14	43	0	0	88	13	50	0	0	85
Yoghurts & fromage frais	17	33	0	0	87	20	40	0	0	111
Cheeses	11	17	4	0	53	11	14	5	0	44
Ice creams	8	19	0	0	49	8	20	0	0	52
Crearms	1	3	0	0	0	0.3	2	0	0	0
Dairy desserts (e.g. rice pudding, custard)	2	11	0	0	10	2	9	0	0	0
Spreading fats	6	8	4	0	21	5	7	3	0	19
Total meat	161	108	148	26	327	171	105	152	43	382
of which										
Meat dishes	64	79	41	0	212	60	76	35	0	232
Processed meat	60	52	47	0	162	60	52	50	0	162
Meat products	44	48	29	0	143	45	48	32	0	143
Bacon & ham	15	21	9	0	52	15	22	5	0	56
Fresh meat	37	46	27	0	113	52	57	43	0	144
Poultry	22	30	9	0	88	36	51	23	0	109
Beef	10	24	0	0	62	11	21	0	0	54
Pork	3	10	0	0	25	3	13	0	0	32
Lamb	3	16	0	0	17	2	8	0	0	22
Total fish	14	27	0	0	68	21	47	0	0	101
of which										
White fish, coated	4	13	0	0	33	4	13	0	0	35
Oily fish	3	11	0	0	29	4	15	0	0	31
White fish, uncoated	1	6	0	0	0	2	10	0	0	0

Table 3.3 continued Mean, SD, median and percentile values of food group intakes (g/d) by age group, in the total population

Food groups	Total population 13-15y (n 236)					Total population 16-18y (n 192)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Other fish	1	4	0	0	4	2	10	0	0	20
Fish dishes	4	18	0	0	39	9	40	0	0	62
Eggs & egg dishes	12	28	0	0	57	16	30	0	0	76
Nuts & seeds	1	6	0	0	13	3	11	0	0	19
Total fruit & vegetables	210	151	182	25	485	228	168	199	31	598
Fruit & fruit juices	124	124	83	0	360	119	129	76	0	405
Discrete fruit <i>of which</i>	64	74	39	0	218	69	79	40	0	239
Apples	24	38	0	0	106	21	37	0	0	101
Bananas	11	23	0	0	72	19	28	0	0	80
Citrus fruits	6	18	0	0	44	7	16	0	0	48
Other fruits	23	44	0	0	125	22	43	0	0	104
Fruit in composite dishes	10	17	4	0	37	8	13	3	0	34
Fruit juice (100% fruit)	35	75	0	0	214	28	73	0	0	179
Smoothies	15	50	0	0	140	14	59	0	0	121
Total vegetables	86	59	73	14	200	109	91	85	10	283
Discrete vegetables <i>of which</i>	40	42	29	0	126	58	78	36	0	206
Peas, beans & lentils	9	17	0	0	46	14	34	0	0	77
Baked beans	5	14	0	0	35	7	28	0	0	52
Carrots	8	15	0	0	43	8	14	0	0	37
Green vegetables	7	18	0	0	35	8	17	0	0	41
Other vegetables	16	26	6	0	64	28	58	8	0	121
Vegetables in composite dishes	46	40	36	0	122	50	45	39	0	139
Total confectionery/snacks <i>of which</i>	80	59	69	6	192	80	64	68	0	204
Biscuits & crackers	15	21	10	0	54	16	24	6	0	57
Cakes, pastries & buns	14	22	0	0	61	15	26	0	0	72
Desserts	11	28	0	0	61	11	30	0	0	69
Chocolate confectionery	12	19	5	0	52	13	20	5	0	55
Savoury snacks	10	16	5	0	49	10	17	5	0	39
Sugar confectionery	7	16	0	0	37	5	17	0	0	28
Sugars, sweeteners, preserves & spreads	5	9	0	0	24	6	10	0	0	25
Cereal bars	5	14	0	0	32	5	11	0	0	26
Protein bars	0.2	1	0	0	0	1	4	0	0	0
Water as a beverage <i>of which</i>	721	594	627	0	1991	1004	738	875	0	2528
Flavoured water	26	106	0	0	250	28	144	0	0	246
Soft drinks* <i>of which</i>	176	245	92	0	727	127	179	61	0	542
Soft drinks, added sugar	87	158	0	0	343	81	146	0	0	370
Soft drinks, no added sugar	89	172	0	0	438	46	102	0	0	249
Milk as a beverage	67	156	0	0	315	55	135	0	0	341
Fruit juice (100% fruit)	35	75	0	0	214	28	73	0	0	179
Teas	80	157	0	0	378	93	168	0	0	524
Coffees	10	36	0	0	77	46	102	0	0	256
Sweetened milk drinks	14	43	0	0	88	13	50	0	0	85
Smoothies	15	50	0	0	140	14	59	0	0	121
Energy drinks	6	35	0	0	0	17	70	0	0	125

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.4 Mean, SD, median and percentile values of food group intakes (g/d) by age group, in consumers only

Food groups	Total population 13-15y (consumers only)						Total population 16-18y (consumers only)					
	Percentiles						Percentiles					
	%	Mean	SD	Median	5th	95th	%	Mean	SD	Median	5th	95th
Total bread	96	85	55	75	17	202	96	92	54	85	19	204
of which												
White bread	85	68	52	53	13	196	84	67	45	57	12	150
Wholemeal & brown bread	39	39	28	31	9	110	46	47	33	40	9	111
Other breads (e.g. garlic/fruit bread, scones)	27	32	25	23	5	81	29	36	26	26	7	84
Breakfast cereals	75	62	53	49	10	153	71	71	73	44	10	221
of which												
Ready-to-eat breakfast cereals	68	42	29	36	9	103	65	45	40	33	9	119
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	47	36	26	28	8	85	42	41	43	29	10	108
Low-fibre cereals ($<6\text{g}/100\text{g}$)	37	33	27	25	7	97	36	34	24	28	9	88
Porridge & hot oats cereals (made up)	17	103	72	84	19	230	17	121	92	87	17	357
Pasta, rice & savouries	91	129	95	104	27	327	94	149	112	116	25	394
of which												
Pasta	46	73	60	60	23	175	48	78	61	63	20	167
Rice	41	57	46	45	13	135	43	76	70	54	17	248
Other cereals (e.g. noodles, couscous)	10	55	42	54	5	183	12	50	34	44	10	150
Pizza	39	74	51	69	16	188	32	90	56	77	20	231
Other savouries (e.g. fried rice)	39	69	67	55	7	225	44	80	75	59	7	228
Potatoes & potato products	88	91	60	77	18	233	86	104	69	91	21	230
of which												
Boiled, baked & mashed potatoes	55	61	44	50	16	153	52	78	59	61	13	182
Chipped, fried & roasted potatoes	70	58	42	49	14	127	64	66	45	55	15	159
Processed & homemade potato products	16	37	31	28	7	88	17	36	25	29	6	91
Total milk	86	201	198	145	16	628	81	211	247	138	13	785
of which												
Whole milk	58	184	175	131	15	579	46	234	272	161	21	868
Low fat milk	19	241	258	174	17	908	24	175	187	97	6	686
1% & skimmed milk	13	140	122	120	22	486	15	101	94	74	8	349
Non-dairy alternatives	3	86	80	75	13	-	8	80	71	62	6	-
Sweetened milk drinks	14	98	70	77	34	304	10	126	106	83	19	451
Yoghurts & fromage frais	31	54	38	41	9	150	30	66	47	63	12	150
Cheeses	54	21	18	13	3	62	61	18	15	13	3	48
Ice creams	26	32	26	23	9	116	19	42	28	36	13	96
Creams	3	15	8	11	8	-	3	11	7	10	6	-
Dairy desserts (e.g. rice pudding, custard)	5	43	25	41	15	-	3	46.13	25	49	9	-
Spreading fats	70	9	8	6	1	24	67	8	7	5	1	20
Total meat	99	164	108	149	36	327	97	177	102	158	57	384
of which												
Meat dishes	63	102	77	90	20	244	60	100	75	74	25	251
Processed meat	92	65	51	51	9	163	91	66	51	53	8	162
Meat products	79	56	48	42	7	145	77	59	46	46	8	152
Bacon & ham	61	25	22	18	5	66	57	26	24	18	4	69
Fresh meat	67	56	46	45	13	154	77	67	56	53	14	162
Poultry	52	42	30	32	10	110	62	57	54	47	12	132
Beef	26	39	33	25	10	99	30	36	22	31	10	89
Pork	8	31	16	28	12	62	8	42	23	36	15	-
Lamb	6	47	47	32	13	-	6	33	16	28	15	-
Total fish	32	43	32	34	14	107	33	62	64	36	11	266
of which												
White fish, coated	13	34	19	28	17	95	12	35	19	31	19	101
Oily fish	11	32	17	28	9	65	9	41	30	31	5	-
White fish, uncoated	3	35	14	30	24	-	4	40	27	32	7	-

Table 3.4 continued Mean, SD, median and percentile values of food group intakes (g/d) by age group, in consumers only

Food groups	Total population 13-15y (consumers only)						Total population 16-18y (consumers only)					
	% Mean SD Median	Percentiles		5th 95th		% Mean SD Median	Percentiles		5th 95th		% Mean SD Median	Percentiles
		5th	95th				5th	95th				
Other fish	5 17 11 16	3	-	8 30 21 28	5 -	8 30 21 28	5 -	8 30 21 28	5 -	8 30 21 28	5 -	
Fish dishes	6 68 38 63	20	-	8 117 97 98	2 -	8 117 97 98	2 -	8 117 97 98	2 -	8 117 97 98	2 -	
Eggs & egg dishes	32 37 39 29	10	104	40 41 35 30	8 117 97 98	40 41 35 30	8 117 97 98	40 41 35 30	8 117 97 98	8 117 97 98	8 117 97 98	
Nuts & seeds	12 12 14 11	1	54	13 22 23 18	3 -	13 22 23 18	3 -	13 22 23 18	3 -	13 22 23 18	3 -	
Total fruit & vegetables	100 210 151 182	25	485	100 228 168 199	100 31 598	100 228 168 199	100 31 598	100 228 168 199	100 31 598	100 228 168 199	100 31 598	
Fruit & fruit juices	95 131 124 92	3	366	92 130 130 93	92 3 412	92 130 130 93	92 3 412	92 130 130 93	92 3 412	92 130 130 93	92 3 412	
Discrete fruit	70 <i>of which</i>	91 73 69	14	239	75 93 78	75 93 78	75 93 78	75 93 78	75 93 78	75 93 78	75 93 78	
Apples	40 Bananas	60 26	55 32	12 12	147 97	38 43	57 45	41 26	44 38	15 16	153 98	
Citrus fruits	16 Other fruits	39 55	35 40	11 8	109 199	20 40	35 56	19 52	32 38	11 7	62 133	
Fruit in composite dishes	79 Fruit juice (100% fruit)	12 99	6 63	1 2	39 306	71 26	11 108	15 110	5 75	0 0	36 410	
Smoothies	11 Total vegetables	141 88	76 58	116 75	50 16	311 201	9 98	156 111	129 90	127 90	45 12	
Discrete vegetables	<i>of which</i>	48 Peas, beans & lentils	42 19	35 20	4 3	139 62	85 38	69 37	81 47	46 21	4 3	
Baked beans	15 Carrots	34 21	29 19	5 15	95 54	12 38	56 21	62 16	30 16	5 5	260 58	
Green vegetables	31 Other vegetables	23 28	25 28	18 18	2 2	55 100	30 67	25 43	22 66	21 23	3 2	
Vegetables in composite dishes	94 Total confectionery/snacks	49 81	39 59	39 70	7 8	123 193	94 95	54 85	44 62	43 72	7 12	
<i>of which</i>	Biscuits & crackers	24 Cakes, pastries & buns	21 24	19 26	5 7	66 89	59 44	27 35	26 29	22 25	4 8	
Desserts	44 Chocolate confectionery	31 23	42 20	24 15	5 5	126 65	20 54	53 23	48 22	10 15	194 68	
Savoury snacks	57 Sugar confectionery	18 27	17 23	13 24	4 3	63 81	52 21	19 24	20 30	13 12	5 1	
Sugars, sweeteners, preserves & spreads	50 Cereal bars	11 26	10 20	6 21	1 6	30 76	49 25	12 19	11 15	8 13	2 5	
Protein bars	21 Water as a beverage	13 778	1 580	14 651	13 100	2030 742	1 95	1058 190	719 194	125 126	2540 641	
<i>of which</i>	Flavoured water	8 Soft drinks*	312 279	214 258	55 191	750 862	8 53	365 240	397 184	250 180	63 57	
<i>of which</i>	Soft drinks, added sugar	49 Soft drinks, no added sugar	178 253	186 207	125 190	42 50	566 706	40 26	200 176	171 132	144 125	
Milk as a beverage	34 Fruit juice (100% fruit)	195 106	215 99	125 63	25 2	742 306	29 26	190 108	194 110	126 75	40 0	
Teas	33 Coffees	241 98	188 64	192 75	53 34	642 273	38 27	249 171	191 132	187 141	52 42	
Sweetened milk drinks	14 Smoothies	98 141	70 76	77 116	34 50	304 311	10 9	126 156	106 129	83 127	19 45	
Energy drinks	4 *carbonated beverages, fruit juice drinks, squashes & cordials	164 744	96	125	89	-	10 10	171 171	154 154	125 125	60	

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.5 Mean, SD, median and percentile values of food group intakes (g/d) for all boys (13-18y) and by age group, in the total population

Food groups	Boys 13-18y (n 212)					Boys 13-15y (n 119)					Boys 16-18y (n 93)				
	Percentiles					Percentiles					Percentiles				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
Total bread	102	61	95	14	217	105	62	95	18	220	98	58	94	12	211
of which															
White bread	74	58	64	0	197	80	61	69	0	208	65	54	56	0	159
Wholemeal & brown bread	18	31	0	0	83	14	27	0	0	78	22	35	0	0	95
Other breads (e.g. garlic/fruit bread, scones)	10	23	0	0	63	10	22	0	0	63	11	24	0	0	64
Breakfast cereals	61	74	41	0	213	55	60	43	0	165	69	89	38	0	259
of which															
Ready-to-eat breakfast cereals	36	41	25	0	110	34	34	22	0	106	39	48	27	0	129
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	22	37	0	0	94	21	29	9	0	85	23	45	0	0	104
Low-fibre cereals ($< 6\text{g}/100\text{g}$)	14	25	0	0	78	13	25	0	0	78	15	25	0	0	81
Porridge & hot oats cereals (made up)	25	67	0	0	198	21	57	0	0	140	30	77	0	0	219
Pasta, rice & savouries	139	115	104	0	387	129	102	101	0	332	152	129	113	0	451
of which															
Pasta	41	68	0	0	160	39	64	17	0	151	44	72	0	0	168
Rice	30	57	0	0	120	23	39	0	0	89	39	74	0	0	225
Other cereals (e.g. noodles, couscous)	5	17	0	0	52	5	17	0	0	53	5	17	0	0	52
Pizza	35	57	0	0	154	36	58	0	0	175	34	55	0	0	146
Other savouries (e.g. fried rice)	28	51	0	0	141	27	46	0	0	141	30	56	0	0	148
Potatoes & potato products	95	77	82	0	255	88	69	75	0	245	104	84	99	0	313
of which															
Boiled, baked & mashed potatoes	43	58	24	0	168	39	51	24	0	145	48	66	25	0	179
Chipped, fried & roasted potatoes	45	52	33	0	140	42	50	33	0	130	50	55	31	0	167
Processed & homemade potato products	7	21	0	0	48	7	22	0	0	50	7	18	0	0	56
Total milk	230	263	174	0	849	229	238	190	0	871	232	294	167	0	851
of which															
Whole milk	146	243	27	0	606	132	200	24	0	609	163	288	58	0	851
Low fat milk	61	169	0	0	396	70	189	0	0	414	50	140	0	0	263
1% and skimmed milk	22	76	0	0	190	27	83	0	0	199	17	65	0	0	184
Non-dairy alternatives	1	10	0	0	0	0	0	0	0	0	1	15	0	0	0
Sweetened milk drinks	16	52	0	0	95	15	45	0	0	93	16	60	0	0	181
Yoghurts & fromage frais	22	42	0	0	118	19	36	0	0	100	25	49	0	0	129
Cheeses	12	17	5	0	53	13	18	5	0	57	12	15	5	0	44
Ice creams	8	21	0	0	50	10	22	0	0	52	7	21	0	0	48
Creams	0.4	3	0	0	0	1	3	0	0	0	0.2	2	0	0	0
Dairy desserts (e.g. rice pudding, custard)	2	8	0	0	6	2	8	0	0	3	2	9	0	0	20
Spreading fats	7	9	4	0	24	8	10	5	0	28	5	8	3	0	23
Total meat	198	119	180	57	397	189	123	179	51	355	210	114	192	70	414
of which															
Meat dishes	69	88	44	0	242	69	86	43	0	225	70	91	40	0	257
Processed meat	73	57	59	6	188	73	58	59	8	204	72	56	59	0	165
Meat products	54	53	42	0	147	52	55	36	0	147	56	52	47	0	150
Bacon & ham	19	26	10	0	69	21	24	14	0	72	16	27	3	0	69
Fresh meat	56	63	46	0	192	47	54	42	0	178	67	71	53	0	201
Poultry	35	52	21	0	112	28	36	19	0	108	44	66	25	0	181
Beef	14	28	0	0	71	13	31	0	0	73	14	25	0	0	75
Pork	5	14	0	0	39	4	11	0	0	33	6	18	0	0	45
Lamb	3	11	0	0	27	2	11	0	0	23	3	11	0	0	28
Total fish	21	47	0	0	110	17	31	0	0	89	27	62	0	0	183
of which															
White fish, coated	6	16	0	0	38	7	17	0	0	40	5	16	0	0	38
Oily fish	4	13	0	0	30	4	12	0	0	38	4	14	0	0	31
White fish, uncoated	1	7	0	0	0	1	8	0	0	0	1	6	0	0	4

Table 3.5 continued Mean, SD, median and percentile values of food group intakes (g/d) for all boys (13-18y) and by age group, in the total population

Food groups	Boys 13-18y (n 212)					Boys 13-15y (n 119)					Boys 16-18y (n 93)				
	Percentiles					Percentiles					Percentiles				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
Other fish	2	8	0	0	12	1	4	0	0	6	2	11	0	0	28
Fish dishes	9	41	0	0	70	4	20	0	0	29	15	56	0	0	139
Eggs & egg dishes	16	34	0	0	77	15	35	0	0	69	18	33	0	0	86
Nuts & seeds	2	9	0	0	14	1	3	0	0	3	3	13	0	0	26
Total fruit & vegetables	234	172	194	23	578	228	167	188	23	514	242	178	216	22	621
Fruit & fruit juices	133	135	93	0	402	139	136	95	1	389	125	135	91	0	460
Discrete fruit <i>of which</i>	67	78	45	0	231	68	78	48	0	230	66	78	41	0	237
Apples	23	39	0	0	104	25	40	0	0	113	21	39	0	0	98
Bananas	16	26	0	0	83	14	25	0	0	86	18	27	0	0	83
Citrus fruits	7	18	0	0	47	8	19	0	0	51	6	17	0	0	47
Other fruits	21	43	0	0	111	22	45	0	0	137	20	40	0	0	103
Fruit in composite dishes	10	16	4	0	37	12	19	6	0	41	7	11	3	0	30
Fruit juice (100% fruit)	42	87	0	0	246	45	87	0	0	250	37	86	0	0	201
Smoothies	14	59	0	0	135	14	51	0	0	146	15	69	0	0	135
Total vegetables	101	84	85	8	241	89	64	72	4	211	117	102	97	9	324
Discrete vegetables <i>of which</i>	49	67	31	0	164	38	43	28	0	113	63	88	38	0	216
Peas, beans & lentils	14	28	0	0	77	12	20	0	0	55	16	35	0	0	105
Baked beans	7	20	0	0	50	7	18	0	0	45	7	22	0	0	78
Carrots	9	17	0	0	42	8	17	0	0	42	9	16	0	0	44
Green vegetables	7	17	0	0	40	5	11	0	0	28	10	21	0	0	55
Other vegetables	19	47	4	0	78	12	22	0	0	54	27	66	8	0	123
Vegetables in composite dishes	52	46	41	0	143	51	44	40	0	140	54	48	43	0	155
Total confectionery/snacks	86	69	71	3	228	86	61	77	7	205	85	78	67	0	265
<i>of which</i>															
Biscuits & crackers	18	27	9	0	66	19	25	11	0	79	17	29	5	0	64
Cakes, pastries & buns	15	27	0	0	78	15	24	0	0	73	16	30	0	0	90
Desserts	9	28	0	0	60	8	21	0	0	58	11	35	0	0	66
Chocolate confectionery	14	22	5	0	57	13	19	6	0	56	15	25	5	0	71
Savoury snacks	11	19	2	0	50	13	19	6	0	61	7	19	0	0	36
Sugar confectionery	7	19	0	0	45	8	17	0	0	49	6	21	0	0	36
Sugars, sweeteners, preserves & spreads	6	11	0	0	33	6	11	0	0	30	7	12	0	0	40
Cereal bars	6	15	0	0	33	6	16	0	0	37	5	13	0	0	35
Protein bars	0.4	2	0	0	0	0.3	2	0	0	0	0.4	2	0	0	0
Water as a beverage	893	742	770	0	2506	777	707	666	0	2233	1040	765	962	0	2772
<i>of which</i>															
Flavoured water	38	154	0	0	250	32	115	0	0	250	45	192	0	0	250
Soft drinks*	204	263	116	0	771	250	302	152	0	1095	145	189	83	0	616
<i>of which</i>															
Soft drinks, added sugar	103	176	4	0	505	118	204	59	0	564	84	130	0	0	356
Soft drinks, no added sugar	100	185	0	0	512	131	214	0	0	666	61	129	0	0	419
Milk as a beverage	88	187	0	0	496	97	197	0	0	580	77	174	0	0	379
Fruit juice (100% fruit)	42	87	0	0	246	45	87	0	0	250	37	86	0	0	201
Teas	75	162	0	0	450	85	173	0	0	618	61	146	0	0	429
Coffees	19	70	0	0	163	6	26	0	0	54	35	99	0	0	256
Sweetened milk drinks	16	52	0	0	95	15	45	0	0	93	16	60	0	0	181
Smoothies	14	59	0	0	135	14	51	0	0	146	15	69	0	0	135
Energy drinks	16	70	0	0	125	5	33	0	0	0	31	97	0	0	166

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.6 Mean, SD, median and percentile values of food group intakes (g/d) for all girls (13-18y) and by age group, in the total population

Food groups	Girls 13-18y (n 216)					Girls 13-15y (n 117)					Girls 16-18y (n 99)				
	Percentiles					Percentiles					Percentiles				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
Total bread	68	46	64	0	141	59	37	59	0	122	79	53	74	0	202
of which															
White bread	42	38	35	0	106	36	34	26	0	102	48	41	42	0	131
Wholemeal & brown bread	18	27	0	0	71	16	24	0	0	76	21	30	0	0	74
Other breads (e.g. garlic/fruit bread, scones)	9	17	0	0	50	7	15	0	0	47	10	19	0	0	56
Breakfast cereals	35	41	25	0	129	37	43	28	0	134	33	39	23	0	128
of which															
Ready-to-eat breakfast cereals	22	25	16	0	71	23	26	16	0	75	20	24	15	0	68
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	11	19	0	0	58	12	19	0	0	63	11	19	0	0	52
Low-fibre cereals ($< 6\text{g}/100\text{g}$)	11	19	0	0	51	12	20	0	0	52	10	18	0	0	55
Porridge & hot oats cereals (made up)	13	36	0	0	112	14	38	0	0	113	12	34	0	0	115
Pasta, rice & savouries	117	97	94	0	299	107	93	89	0	302	129	100	104	0	300
of which															
Pasta	30	41	0	0	120	29	42	0	0	132	32	39	20	0	113
Rice	25	42	0	0	104	24	42	0	0	94	26	41	0	0	116
Other cereals (e.g. noodles, couscous)	6	23	0	0	47	6	24	0	0	65	7	22	0	0	46
Pizza	23	42	0	0	115	22	34	0	0	87	24	50	0	0	152
Other savouries (e.g. fried rice)	33	65	0	0	176	26	60	0	0	110	41	70	0	0	196
Potatoes & potato products	73	58	66	0	191	72	57	66	0	194	74	59	66	0	197
of which															
Boiled, baked & mashed potatoes	30	42	12	0	108	28	36	16	0	106	33	47	0	0	168
Chipped, fried & roasted potatoes	38	38	30	0	122	39	37	33	0	114	36	40	27	0	127
Processed & homemade potato products	5	14	0	0	37	5	13	0	0	39	5	15	0	0	32
Total milk	116	137	83	0	351	115	121	84	0	334	116	153	79	0	390
of which															
Whole milk	70	104	10	0	334	80	102	49	0	321	59	106	0	0	379
Low fat milk	26	81	0	0	233	20	71	0	0	224	33	91	0	0	277
1% and skimmed milk	11	33	0	0	104	9	33	0	0	110	13	33	0	0	105
Non-dairy alternatives	8	33	0	0	72	6	29	0	0	16	11	37	0	0	81
Sweetened milk drinks	11	40	0	0	83	13	41	0	0	86	10	40	0	0	79
Yoghurts & fromage frais	15	29	0	0	80	15	30	0	0	79	15	28	0	0	81
Cheeses	10	15	5	0	45	9	16	2	0	49	10	13	5	0	44
Ice creams	8	18	0	0	49	7	16	0	0	35	9	20	0	0	62
Creams	0.4	3	0	0	0	0.5	3	0	0	0	0.3	2	0	0	0
Dairy desserts (e.g. rice pudding, custard)	2	12	0	0	0	3	13	0	0	23	1	10	0	0	0
Spreading fats	5	5	3	0	16	4	5	3	0	15	5	5	3	0	17
Total meat	135	82	120	23	290	133	83	116	23	301	136	82	124	0	286
of which															
Meat dishes	55	65	35	0	199	60	71	34	0	214	50	58	35	0	190
Processed meat	47	44	38	0	144	46	43	38	0	145	49	45	34	0	146
Meat products	36	40	26	0	126	36	40	25	0	124	36	42	27	0	136
Bacon & ham	11	16	5	0	44	9	14	0	0	39	13	17	7	0	44
Fresh meat	32	35	26	0	101	28	34	20	0	96	38	36	33	0	104
Poultry	21	27	13	0	76	16	22	0	0	69	28	30	23	0	89
Beef	8	15	0	0	42	7	15	0	0	39	8	16	0	0	46
Pork	1	7	0	0	0	2	8	0	0	13	1	5	0	0	0
Lamb	2	14	0	0	11	3	19	0	0	17	1	6	0	0	0
Total fish	12	24	0	0	77	10	21	0	0	63	15	28	0	0	90
of which															
White fish, coated	3	9	0	0	27	2	8	0	0	25	3	10	0	0	31
Oily fish	4	13	0	0	28	3	11	0	0	27	4	15	0	0	45
White fish, uncoated	1	9	0	0	0	1	5	0	0	0	2	12	0	0	0

Table 3.6 continued Mean, SD, median and percentile values of food group intakes (g/d) for all girls (13-18y) and by age group, in the total population

	Girls 13-18y (n 216)					Girls 13-15y (n 117)					Girls 16-18y (n 99)					
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		
				5th	95th					5th	95th				5th	95th
Other fish	1	7	0	0	14	1	4	0	0	5	2	9	0	0	19	
Fish dishes	3	15	0	0	27	4	15	0	0	42	3	14	0	0	17	
Eggs & egg dishes	12	22	0	0	60	10	18	0	0	46	15	26	0	0	66	
Nuts & seeds	2	9	0	0	15	2	8	0	0	14	3	9	0	0	18	
Total fruit & vegetables	203	144	177	36	508	193	131	169	28	458	216	158	187	37	586	
Fruit & fruit juices	111	117	69	0	331	109	109	69	0	321	114	125	69	0	399	
Discrete fruit	66	75	34	0	227	60	70	32	0	187	73	80	39	0	240	
of which																
Apples	23	36	0	0	103	23	36	0	0	105	22	36	0	0	102	
Bananas	14	26	0	0	67	9	21	0	0	57	20	29	0	0	75	
Citrus fruits	6	16	0	0	48	5	16	0	0	38	7	16	0	0	48	
Other fruits	23	44	0	0	112	23	44	0	0	113	24	45	0	0	118	
Fruit in composite dishes	8	15	3	0	34	8	16	3	0	34	8	15	3	0	35	
Fruit juice (100% fruit)	22	59	0	0	159	25	60	0	0	169	19	58	0	0	166	
Smoothies	15	49	0	0	133	16	50	0	0	142	14	49	0	0	129	
Total vegetables	92	67	76	18	219	84	53	75	16	190	101	79	79	19	260	
Discrete vegetables	48	56	31	0	158	42	42	29	0	140	54	68	33	0	201	
of which																
Peas, beans & lentils	9	24	0	0	41	6	12	0	0	34	12	33	0	0	61	
Baked beans	5	23	0	0	31	3	9	0	0	31	7	32	0	0	44	
Carrots	7	13	0	0	37	7	13	0	0	46	7	12	0	0	29	
Green vegetables	8	18	0	0	37	9	22	0	0	45	6	11	0	0	33	
Other vegetables	24	40	11	0	104	20	29	11	0	91	29	49	11	0	111	
Vegetables in composite dishes	44	38	36	3	119	41	35	36	0	105	47	42	36	6	133	
Total confectionery/snacks	74	52	67	6	170	73	56	58	6	186	76	47	74	1	168	
of which																
Biscuits & crackers	14	16	8	0	45	12	14	7	0	39	15	18	8	0	54	
Cakes, pastries & buns	14	21	0	0	55	13	20	0	0	51	15	22	0	0	66	
Desserts	12	30	0	0	71	15	34	0	0	73	10	26	0	0	72	
Chocolate confectionery	11	17	4	0	42	11	18	0	0	45	11	14	5	0	46	
Savoury snacks	9	12	6	0	33	7	10	5	0	25	12	14	8	0	42	
Sugar confectionery	5	14	0	0	28	6	15	0	0	30	4	12	0	0	28	
Sugars, sweeteners, preserves & spreads	5	7	1	0	20	5	7	2	0	20	5	7	1	0	23	
Cereal bars	4	10	0	0	25	4	12	0	0	29	4	8	0	0	22	
Protein bars	0.3	4	0	0	0	0	0	0	0	0	1	5	0	0	0	
Water as a beverage	808	607	662	61	2081	665	451	626	0	1522	971	715	836	76	2250	
of which																
Flavoured water	17	87	0	0	125	21	95	0	0	131	13	77	0	0	16	
Soft drinks*	105	152	58	0	430	102	136	62	0	404	110	169	26	0	447	
of which																
Soft drinks, added sugar	66	124	0	0	310	56	81	0	0	195	78	160	0	0	434	
Soft drinks, no added sugar	40	85	0	0	211	46	98	0	0	307	32	68	0	0	195	
Milk as a beverage	36	87	0	0	201	37	91	0	0	180	36	82	0	0	291	
Fruit juice (100% fruit)	22	59	0	0	159	25	60	0	0	169	19	58	0	0	166	
Teas	97	161	0	0	527	75	139	0	0	351	122	181	0	0	557	
Coffees	33	80	0	0	215	13	43	0	0	123	56	104	0	0	259	
Sweetened milk drinks	11	40	0	0	83	13	41	0	0	86	10	40	0	0	79	
Smoothies	15	49	0	0	133	16	50	0	0	142	14	49	0	0	129	
Energy drinks	6	31	0	0	0	7	37	0	0	0	5	22	0	0	43	

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.7 Mean, SD, median and percentile values of food group intakes (g/d) for all boys (13-18y) and by age group, in consumers only

Food groups	Boys 13-18y (consumers only)							Boys 13-15y (consumers only)							Boys 16-18y (consumers only)							
	% Mean		SD Median		Percentiles 5th 95th			% Mean		SD Median		Percentiles 5th 95th			% Mean		SD Median		Percentiles 5th 95th			
Total bread	98	104	59	96	20	218		98	107	61	96	24	220		98	101	57	95	14	213		
of which																						
White bread	89	83	55	73	16	198		92	88	59	74	18	208		85	77	50	73	12	172		
Wholemeal & brown bread	38	47	34	39	9	123		35	41	32	31	9	123		42	53	35	43	12	140		
Other breads (e.g. garlic/fruit bread, scones)	28	38	30	26	6	109		28	36	30	25	5	110		27	41	30	31	6	132		
Breakfast cereals	78	79	76	62	12	243		79	70	60	62	11	204		76	91	92	62	13	317		
of which																						
Ready-to-eat breakfast cereals	72	51	40	40	10	123		73	47	32	41	10	108		70	55	49	40	12	143		
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	49	45	41	34	9	113		52	41	29	33	9	102		46	51	54	38	10	141		
Low-fibre cereals ($<6\text{g}/100\text{g}$)	38	37	28	28	8	97		36	36	30	25	8	107		40	39	27	30	10	102		
Porridge & hot oats cereals (made up)	17	143	93	117	39	405		17	126	79	108	42	415		19	162	106	135	20	-		
Pasta, rice & savouries	93	149	112	116	27	391		93	139	99	107	27	337		93	162	126	122	23	454		
of which																						
Pasta	47	87	76	66	23	206		50	77	73	57	23	203		43	101	80	83	35	351		
Rice	42	72	70	50	18	237		39	58	42	47	19	196		46	86	89	56	17	323		
Other cereals (e.g. noodles, couscous)	9	51	27	53	8	101		11	46	28	47	8	-		8	61	23	59	35	-		
Pizza	38	93	56	80	23	225		39	91	59	78	16	225		36	95	53	82	29	241		
Other savouries (e.g. fried rice)	40	71	58	61	7	193		40	68	51	62	6	166		40	75	67	56	8	214		
Potatoes & potato products	87	109	72	94	25	264		92	96	67	77	21	250		82	128	76	109	38	319		
of which																						
Boiled, baked & mashed potatoes	56	77	59	56	16	190		56	69	50	55	16	178		55	87	67	68	15	211		
Chipped, fried & roasted potatoes	65	70	50	58	17	174		69	61	50	48	14	165		59	84	48	85	24	184		
Processed & homemade potato products	17	40	34	29	2	94		17	43	38	28	1	194		18	37	28	30	3	-		
Total milk	85	272	266	211	16	897		88	260	237	222	16	895		80	289	302	200	12	975		
of which																						
Whole milk	54	270	276	207	18	913		56	238	217	206	14	743		52	314	337	225	59	1061		
Low fat milk	25	242	265	151	17	901		25	280	294	197	17	1054		26	194	221	103	4	767		
1% and skimmed milk	14	167	137	156	8	510		15	174	141	158	25	-		11	154	135	123	8	-		
Non-dairy alternatives	1	77	-	74	25	-		0	-	-	-	-	-		2	77	-	74	25	-		
Sweetened milk drinks	13	118	93	80	33	365		16	95	73	76	34	-		10	167	117	167	25	-		
Yoghurts & fromage frais	32	69	49	53	15	180		34	57	42	40	13	171		29	88	54	93	17	226		
Cheeses	55	23	17	18	4	58		55	24	19	20	4	63		54	22	15	18	4	52		
Ice creams	20	42	30	37	8	118		25	39	28	36	8	117		14	48	34	38	8	-		
Creans	3	14	9	11	8	-		4	15	11	10	8	-		2	11	10	11	-	4		
Dairy desserts (e.g. rice pudding, custard)	5	36	16	40	9	-		4	35	16	41	15	-		6	36	17	39	9	-		
Spreading fats	68	10	9	7	1	30		73	11	10	8	2	30		61	9	8	6	1	30		
Total meat	99	200	119	182	60	398		100	190	123	179	52	356		99	212	113	193	72	415		
of which																						
Meat dishes	63	111	88	95	28	258		68	101	87	78	26	243		56	126	88	111	34	278		
Processed meat	96	76	56	60	9	190		98	75	57	60	11	205		95	76	55	61	8	165		
Meat products	81	67	51	55	8	158		81	65	54	54	7	172		81	69	49	57	8	157		
Bacon & ham	63	30	27	20	5	81		73	29	24	20	5	77		50	32	30	19	5	106		
Fresh meat	75	74	62	57	19	217		71	67	53	52	19	219		81	83	70	68	18	256		
Poultry	58	60	55	49	12	153		56	50	34	44	11	131		62	71	71	53	12	227		
Beef	29	47	34	40	14	124		26	51	41	43	14	173		33	43	24	38	12	105		
Pork	12	39	21	34	12	91		11	31	15	30	11	-		12	48	24	40	20	-		
Lamb	7	40	19	32	15	-		5	49	20	50	26	-		9	33	16	28	15	-		
Total fish	35	61	63	37	17	257		35	49	36	37	18	115		35	78	84	36	11	282		
of which																						
White fish, coated	15	38	22	34	17	109		19	36	21	31	17	107		12	42	25	36	19	-		
Oily fish	11	35	23	30	8	102		11	35	16	30	15	-		10	35	32	29	7	-		
White fish, uncoated	4	32	16	30	7	-		4	40	17	40	27	-		5	24	12	25	7	-		

Table 3.7 continued Mean, SD, median and percentile values of food group intakes (g/d) for all boys (13-18y) and by age group, in consumers only

Food groups	Boys 13-18y (consumers only)							Boys 13-15y (consumers only)							Boys 16-18y (consumers only)						
	% Mean		SD Median		Percentiles			% Mean		SD Median		Percentiles			% Mean		SD Median		Percentiles		
					5th	95th					5th	95th							5th	95th	
Other fish	6	25	20	23	3	-	6	16	12	13	3	-	7	36	24	29	11	-			
Fish dishes	7	138	88	100	40	-	5	85	48	70	40	-	9	175	93	151	60	-			
Eggs & egg dishes	36	44	45	30	10	115	33	44	50	30	11	151	40	44	40	38	10	124			
Nuts & seeds	10	18	23	13	0	115	10	6	7	2	0	-	10	34	28	26	5	-			
Total fruit & vegetables	100	234	172	194	23	578	100	228	167	188	23	514	100	242	178	216	22	621			
Fruit & fruit juices	94	141	135	104	3	403	98	143	136	101	3	390	90	139	135	104	5	481			
Discrete fruit <i>of which</i>	71	95	77	74	20	247	69	99	76	74	19	254	73	90	78	65	18	243			
Apples	38	60	43	52	14	162	40	62	41	56	10	164	36	58	46	44	15	172			
Bananas	34	45	24	38	19	90	31	44	26	36	19	92	39	47	23	43	20	92			
Citrus fruits	18	40	24	36	15	109	19	41	25	36	15	117	16	39	23	36	15	-			
Other fruits	36	62	53	40	7	196	33	68	56	44	11	217	37	55	50	37	4	163			
Fruit in composite dishes	77	13	17	8	1	39	86	14	20	8	1	44	67	11	11	8	0	35			
Fruit juice (100% fruit)	36	115	111	73	0	368	40	114	107	73	1	343	32	117	119	74	0	436			
Smoothies	9	166	129	146	45	-	9	160	81	155	50	-	9	174	180	139	45	-			
Total vegetables	97	105	83	90	11	249	97	92	63	74	15	214	97	121	101	97	10	329			
Discrete vegetables <i>of which</i>	79	62	70	43	4	179	74	51	43	39	4	125	86	73	91	47	4	233			
Peas, beans & lentils	40	35	35	25	3	108	41	29	22	24	5	79	38	43	46	26	2	155			
Baked beans	16	43	32	33	4	105	18	38	25	34	4	106	12	53	41	39	4	-			
Carrots	36	24	21	16	4	68	37	23	22	15	3	80	36	25	19	19	5	74			
Green vegetables	28	26	22	18	3	80	25	20	13	16	4	53	32	32	28	29	2	103			
Other vegetables	56	34	59	18	2	121	47	26	25	18	3	71	68	41	77	16	2	130			
Vegetables in composite dishes	92	57	45	45	6	149	94	54	43	44	7	142	89	61	47	49	2	155			
Total confectionery/snacks <i>of which</i>	97	89	68	73	10	230	98	88	60	79	8	206	94	91	77	68	11	267			
Biscuits & crackers	63	29	29	21	3	88	68	28	26	21	3	91	56	30	33	22	3	103			
Cakes, pastries & buns	42	36	31	27	7	96	41	35	25	28	7	92	43	37	36	23	7	144			
Desserts	21	45	47	27	4	181	20	37	33	27	3	128	21	55	60	27	10	218			
Chocolate confectionery	54	25	24	15	5	79	56	23	20	15	5	70	51	29	28	15	5	94			
Savoury snacks	50	21	23	13	4	73	60	22	21	14	4	72	39	19	27	12	5	122			
Sugar confectionery	24	29	29	22	3	95	27	28	22	24	4	82	21	29	38	14	0	-			
Sugars, sweeteners, preserves & spreads	48	13	13	9	1	45	48	12	13	7	1	45	48	14	13	11	1	45			
Cereal bars	21	27	21	21	6	73	22	28	22	23	8	88	20	26	20	20	5	-			
Protein bars	3	13	2	14	10	-	2	13	1	14	13	-	3	13	2	14	10	-			
Water as a beverage <i>of which</i>	92	975	722	846	113	2556	91	856	694	718	76	2260	93	1124	732	993	176	2783			
Flavoured water	10	367	338	250	70	1552	9	344	198	250	125	-	12	391	449	250	63	-			
Soft drinks*	63	322	267	243	74	935	70	359	303	277	82	1118	55	263	184	211	55	643			
Soft drinks, added sugar	50	207	201	125	50	605	54	218	234	125	48	845	44	191	135	150	61	525			
Soft drinks, no added sugar	36	276	213	236	49	707	43	308	231	248	83	841	28	215	161	195	40	579			
Milk as a beverage	37	236	243	152	44	966	40	241	249	162	44	951	33	230	238	144	44	971			
Fruit juice (100% fruit)	29	257	209	191	61	756	32	263	215	195	65	814	25	246	202	191	48	760			
Teas	12	153	140	133	36	565	8	79	53	57	26	-	18	196	158	166	39	-			
Coffees	13	118	93	80	33	365	16	95	73	76	34	-	10	167	117	167	25	-			
Sweetened milk drinks	9	166	129	146	45	-	9	160	81	155	50	-	9	174	180	139	45	-			
Smoothies	9	189	158	125	60	-	3	164	107	125	125	-	16	196	171	125	60	-			
Energy drinks	9	236	243	152	44	966	40	241	249	162	44	951	33	230	238	144	44	971			

*carbonated beverages, fruit juice drinks, squashes & cordials

Table 3.8 Mean, SD, median and percentile values of food group intakes (g/d) for all girls (13-18y) and by age group, in consumers only

Food groups	Girls 13-18y (consumers only)							Girls 13-15y (consumers only)							Girls 16-18y (consumers only)						
	Percentiles							Percentiles							Percentiles						
	%	Mean	SD	Median	5th	95th	%	Mean	SD	Median	5th	95th	%	Mean	SD	Median	5th	95th			
Total bread	94	73	44	68	15	150	94	63	35	60	11	124	94	84	50	76	21	207			
of which																					
White bread	81	52	35	44	11	125	79	45	31	38	10	104	83	58	38	53	13	136			
Wholemeal & brown bread	46	39	28	33	8	106	43	37	25	32	9	96	49	42	31	36	7	124			
Other breads (e.g. garlic/fruit bread, scones)	28	30	19	24	6	76	26	28	17	23	3	64	31	33	21	24	8	82			
Breakfast cereals	68	52	41	38	9	134	70	53	43	42	8	138	66	50	38	36	9	129			
of which																					
Ready-to-eat breakfast cereals	62	36	23	30	8	82	63	37	24	30	8	87	60	34	22	28	9	77			
High-fibre cereals ($\geq 6\text{g}/100\text{g}$)	40	29	20	24	8	69	41	29	20	25	7	69	38	29	20	21	10	77			
Low-fibre cereals ($<6\text{g}/100\text{g}$)	36	29	22	24	6	87	38	30	23	24	4	97	33	29	20	24	7	69			
Porridge & hot oats cereals (made up)	17	80	52	70	12	191	17	81	57	69	3	191	16	78	46	73	13	-			
Pasta, rice & savouries	92	128	94	105	25	303	90	119	91	98	25	313	94	137	97	113	22	301			
of which																					
Pasta	47	64	37	57	20	140	43	68	39	61	23	151	53	60	34	52	12	131			
Rice	41	60	46	48	13	143	43	55	50	45	11	132	40	65	41	53	15	167			
Other cereals (e.g. noodles, couscous)	12	53	45	43	6	172	9	65	54	65	5	-	15	45	38	39	9	-			
Pizza	34	67	47	50	18	176	39	57	32	44	14	122	29	84	61	64	18	233			
Other savouries (e.g. fried rice)	42	78	81	51	6	306	37	70	81	46	6	316	48	84	81	62	5	297			
Potatoes & potato products	87	84	54	74	19	205	84	85	52	78	17	222	89	84	56	73	21	204			
of which																					
Boiled, baked & mashed potatoes	51	59	41	48	14	170	53	52	34	41	15	111	49	68	48	58	12	180			
Chipped, fried & roasted potatoes	70	54	35	44	12	126	71	55	32	49	13	120	69	53	38	39	11	133			
Processed & homemade potato products	15	33	20	28	9	85	15	31	18	28	11	-	15	34	22	27	7	-			
Total milk	83	140	139	106	14	380	83	139	120	112	15	345	82	141	158	103	13	400			
of which																					
Whole milk	51	137	109	115	16	385	60	133	100	113	18	347	41	144	122	126	12	423			
Low fat milk	17	156	140	96	13	434	12	160	139	107	18	-	22	153	144	90	7	422			
1% and skimmed milk	14	79	50	71	14	185	10	90	61	87	14	-	18	72	41	71	9	-			
Non-dairy alternatives	10	83	7	70	277	72	7	86	80	75	13	-	13	80	71	68	6	-			
Sweetened milk drinks	12	98	76	77	26	324	12	101	69	82	43	-	11	93	88	75	19	-			
Yoghurts & fromage frais	30	50	32	38	9	114	29	51	34	45	6	137	32	48	30	35	11	113			
Cheeses	59	16	16	10	2	51	53	18	18	11	2	63	66	15	14	10	1	48			
Ice creams	26	31	23	20	11	88	27	26	21	19	10	82	24	38	25	24	13	91			
Creams	3	13	7	11	6	-	3	14	6	11	10	-	3	11	10	6	6	-			
Dairy desserts (e.g. rice pudding, custard)	4	55	30	46	18	-	5	49	31	43	18	-	2	78	72	81	-	-			
Spreading fats	69	7	5	5	1	18	66	7	5	4	1	17	71	7	5	5	1	18			
Total meat	96	140	79	126	36	293	98	137	82	122	24	303	95	144	77	129	45	288			
of which																					
Meat dishes	60	92	61	77	19	239	58	104	64	93	19	246	63	79	55	64	20	216			
Processed meat	86	55	43	43	8	150	85	54	41	42	8	152	87	56	44	45	8	149			
Meat products	75	48	40	36	8	142	77	47	39	37	7	142	73	49	42	36	8	148			
Bacon & ham	55	20	16	16	4	50	49	20	15	16	4	50	62	21	17	16	4	53			
Fresh meat	68	47	33	41	12	105	64	43	34	37	11	107	73	51	32	46	14	107			
Poultry	55	39	25	31	11	90	48	33	22	26	10	75	62	45	27	38	14	97			
Beef	27	28	17	22	10	67	27	28	17	22	10	75	28	29	17	25	5	67			
Pork	4	29	16	26	15	-	5	32	20	24	16	-	4	24	7	27	15	-			
Lamb	5	42	52	26	13	-	7	46	61	24	13	-	3	31	20	26	17	-			
Total fish	30	42	27	31	6	92	28	37	24	28	7	91	32	47	31	34	3	93			
of which																					
White fish, coated	10	29	9	27	18	55	8	28	11	25	18	-	12	30	7	31	20	-			
Oily fish	10	37	24	28	5	90	11	29	18	26	8	-	8	47	29	53	5	-			
White fish, uncoated	3	44	26	31	24	-	3	28	3	28	24	-	4	59	29	50	30	-			

Table 3.8 continued Mean, SD, median and percentile values of food group intakes (g/d) for all girls (13-18y) and by age group, in consumers only

	Girls 13-18y (consumers only)						Girls 13-15y (consumers only)						Girls 16-18y (consumers only)					
	Percentiles						Percentiles						Percentiles					
	%	Mean	SD	Median	5th	95th	%	Mean	SD	Median	5th	95th	%	Mean	SD	Median	5th	95th
Other fish	7	23	16	19	5	-	5	18	10	17	6	-	8	26	19	20	5	-
Fish dishes	6	51	30	51	2	-	6	55	26	59	20	-	6	46	36	51	2	-
Eggs & egg dishes	35	34	25	30	6	88	31	30	19	28	7	79	39	38	29	30	5	122
Nuts & seeds	15	16	17	13	2	73	15	15	17	13	1	-	16	16	17	11	3	-
Total fruit & vegetables	100	203	144	177	36	508	100	193	131	169	28	458	100	216	158	187	37	586
Fruit & fruit juices	92	121	117	77	3	337	91	119	109	82	3	322	93	123	125	76	3	404
Discrete fruit <i>of which</i>	74	89	74	65	14	240	71	84	69	60	13	221	77	95	78	73	17	260
Apples	40	57	36	47	15	123	40	57	35	52	13	117	39	55	38	43	15	154
Bananas	35	41	28	32	15	118	25	37	27	25	11	109	46	44	29	38	16	119
Citrus fruits	18	34	21	31	9	79	13	37	27	30	8	-	23	33	16	32	9	60
Other fruits	43	54	54	37	8	178	44	52	53	34	6	199	42	56	55	40	10	143
Fruit in composite dishes	74	11	17	5	0	38	72	11	18	6	1	37	76	11	17	4	0	43
Fruit juice (100% fruit)	24	95	89	63	2	295	26	94	85	60	2	297	20	96	97	74	2	394
Smoothies	11	133	74	102	50	324	13	128	73	102	50	-	10	142	79	103	63	-
Total vegetables	99	92	67	77	18	219	100	84	53	75	16	190	99	102	79	79	22	262
Discrete vegetables <i>of which</i>	88	54	57	38	4	167	91	46	41	31	3	142	84	65	70	45	4	212
Peas, beans & lentils	36	25	35	18	3	64	34	19	13	15	3	50	37	32	48	20	4	97
Baked beans	11	41	56	28	7	236	11	27	12	25	6	-	11	59	80	31	8	-
Carrots	38	19	14	16	3	51	36	19	15	16	3	52	40	18	13	15	3	50
Green vegetables	33	23	25	19	2	51	37	25	31	19	2	103	29	19	13	16	3	46
Other vegetables	68	36	44	22	2	124	69	28	31	18	2	114	66	44	55	27	2	169
Vegetables in composite dishes	96	46	38	36	7	120	95	44	35	36	7	109	98	48	42	38	8	134
Total confectionery/snacks <i>of which</i>	97	77	51	70	8	170	99	74	56	60	6	187	95	80	45	77	22	170
Biscuits & crackers	61	22	15	18	5	57	60	20	13	17	5	45	62	24	17	22	3	64
Cakes, pastries & buns	45	30	21	25	7	79	46	28	22	21	6	80	44	33	21	26	10	84
Desserts	27	47	43	35	6	126	33	45	47	34	5	130	20	52	35	49	3	136
Chocolate confectionery	52	21	18	15	4	53	48	23	21	15	4	59	56	19	14	14	4	53
Savoury snacks	58	16	13	13	5	42	54	14	11	11	4	30	64	18	14	13	5	48
Sugar confectionery	23	22	23	19	2	92	23	25	24	24	2	101	22	19	21	12	2	93
Sugars, sweeteners, preserves & spreads	51	10	8	7	2	24	53	9	7	6	2	23	50	10	8	7	1	25
Cereal bars	24	18	13	13	5	42	19	23	18	18	6	76	30	14	8	12	5	32
Protein bars	1	32	25	33	14	-	0	-	-	-	-	-	2	32	25	33	14	-
Water as a beverage <i>of which</i>	96	844	595	687	90	2099	95	704	433	628	119	1611	97	1000	705	858	90	2255
Flavoured water	6	282	236	250	54	-	8	273	238	250	54	-	4	300	264	204	125	-
Soft drinks* <i>of which</i>	54	197	158	156	45	581	56	180	136	135	42	447	50	218	182	165	47	758
Soft drinks, added sugar	40	164	150	125	35	490	43	129	75	123	39	343	37	210	204	128	27	763
Soft drinks, no added sugar	26	153	104	125	50	386	27	168	121	134	47	447	24	134	75	125	52	345
Milk as a beverage	27	135	121	100	25	342	28	129	132	98	22	507	25	142	109	101	36	342
Fruit juice (100% fruit)	41	237	175	188	52	597	34	220	158	188	51	602	49	250	188	187	52	594
Teas	23	146	109	118	46	326	12	110	69	82	43	-	35	160	119	128	49	456
Coffees	12	98	76	77	26	324	12	101	69	82	43	-	11	93	88	75	19	-
Sweetened milk drinks	11	133	74	102	50	324	13	128	73	102	50	-	10	142	79	103	63	-
Smoothies	4	130	78	125	63	-	4	163	100	125	89	-	5	97	33	105	63	-

*carbonated beverages, 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 teenagers aged 13-18 years (total population)

	Total population 13-18y (n 428)				
	Mean	SD	Median	5th	95th
Macronutrients & Fibre					
Energy (MJ)	7.6	2.2	7.5	4.3	11.6
Energy (kcal)	1812	531	1772	1017	2760
Protein (g)	74.4	24.6	71.7	39.2	119
Total fat (g)	71.0	22.3	68.9	38.2	111
Saturated fat (g)	29.0	10.5	27.8	14.0	48.2
Monounsaturated fat (g)	29.3	9.2	28.3	15.9	46.1
Polyunsaturated fat (g)	12.2	3.9	11.8	6.7	19.4
Carbohydrate (g)	229	70.2	224	124	354
Total sugar (g)	76.2	31.3	72.2	32.3	133.9
Free sugar (g)	42.3	25.3	37.1	11.7	90.8
Dietary fibre (g)	16.9	5.5	16.4	8.8	26.9
Protein (% TE)	16.6	2.5	16.5	12.7	21.1
Total fat (% TE)	34.6	3.7	34.6	28.7	40.7
Saturated fat (% TE)	14.2	2.4	14.1	10.3	18.2
Monounsaturated fat (% TE)	14.2	1.8	14.2	11.3	17.4
Polyunsaturated fat (% TE)	6.0	1.1	6.0	4.4	8.0
Carbohydrate (% TE)	47.8	4.1	47.9	41.0	54.4
Total sugar (% TE)	15.7	4.0	15.5	9.6	22.8
Free sugar (% TE)	8.5	4.1	7.9	3.2	16.1
Dietary fibre (g/10MJ)	22.8	4.6	22.5	15.7	30.6
Vitamins*					
Total Vitamin A (μg)	635	368	560	193	1340
Retinol (μg)	277	172	241	71	606
Carotene (μg)	2139	1686	1691	447	5344
Vitamin D (μg)	3.7	3.0	2.9	0.6	9.5
Vitamin E (mg)	8.5	4.0	7.9	3.2	16.0
Thiamin (mg)	1.7	0.8	1.5	0.7	3.2
Riboflavin (mg)	1.8	1.1	1.6	0.6	3.9
Total Niacin (mg)	37.4	12.3	35.9	19.9	59.9
Vitamin B6 (mg)	1.9	0.9	1.8	0.8	3.7
Vitamin B12 (μg)	5.5	2.7	5.1	1.9	10.6
Total folate (μg)	239	107	221	98	441
Dietary Folate Equivalents (μg)	287	154	255	102	579
Biotin (μg)	29.3	14.8	26.5	11.0	57.4
Pantothenate (mg)	6.5	2.8	6.0	2.9	11.9
Vitamin C (mg)	78	58	63	16	189
Minerals*					
Sodium (mg)	2076	642	2018	1129	3225
Potassium (mg)	2404	753	2340	1293	3760
Calcium (mg)	812	331	767	357	1426
Iron (mg)	11.0	4.4	10.4	5.0	19.3
Magnesium (mg)	236	80	227	120	382
Zinc (mg)	8.4	3.1	8.0	4.1	14.2
Copper (mg)	1.1	0.7	0.9	0.4	2.4
Phosphorus (mg)	1180	388	1146	608	1877

*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 by gender

	Boys 13-18y (n 212)					Girls 13-18y (n 216)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Macronutrients & Fibre										
Energy (MJ)	8.8	2.1	8.6	5.6	12.4	6.5	1.8	6.4	3.8	9.7
Energy (kcal)	2083	496	2052	1319	2948	1554	424	1522	913	2301
Protein (g)	87.2	23.4	85.0	52.4	129	62.2	18.8	60.2	34.7	96.1
Total fat (g)	80.3	21.9	78.4	47.3	119	62.0	18.6	60.4	34.6	95.0
Saturated fat (g)	33.4	10.5	32.3	17.9	52.2	24.9	8.7	24.0	12.5	40.4
Monounsaturated fat (g)	33.0	9.2	32.1	19.3	49.5	25.7	7.7	25.0	14.5	39.5
Polyunsaturated fat (g)	13.5	4.0	13.1	7.7	20.7	11.0	3.4	10.7	6.2	17.2
Carbohydrate (g)	264	65.7	260	163	378	196	56.9	192	110	297
Total sugar (g)	87.2	32.0	83.5	40.9	145	65.7	26.7	62.4	28.4	114
Free sugar (g)	47.9	27.1	42.7	14.3	99.2	37.0	22.1	32.5	10.4	78.9
Dietary fibre (g)	18.9	5.5	18.4	10.7	28.8	15.0	4.8	14.5	7.9	23.7
Protein (% TE)	17.0	2.6	16.9	13.1	21.5	16.2	2.5	16.1	12.5	20.6
Total fat (% TE)	34.1	3.6	34.1	28.2	40.0	35.1	3.6	35.1	29.2	41.2
Saturated fat (% TE)	14.3	2.4	14.2	10.4	18.3	14.0	2.4	14.0	10.2	18.1
Monounsaturated fat (% TE)	14.0	1.8	13.9	11.1	17.0	14.5	1.8	14.5	11.6	17.6
Polyunsaturated fat (% TE)	5.8	1.0	5.7	4.2	7.6	6.3	1.1	6.2	4.7	8.2
Carbohydrate (% TE)	47.8	4.1	47.9	40.9	54.5	47.7	4.1	47.8	41.0	54.3
Total sugar (% TE)	15.8	4.1	15.5	9.5	22.8	15.7	4.0	15.5	9.6	22.7
Free sugar (% TE)	8.6	4.1	7.9	3.2	16.3	8.5	4.0	7.8	3.2	16.0
Dietary fibre (g/10MJ)	22.0	4.5	21.8	15.0	29.7	23.5	4.6	23.3	16.4	31.3
Vitamins*										
Total Vitamin A (μg)	697	388	619	220	1435	577	337	506	173	1221
Retinol (μg)	306	182	269	83	654	249	156	215	63	545
Carotene (μg)	2320	1793	1846	494	5722	1966	1558	1548	412	4898
Vitamin D (μg)	4.1	3.2	3.3	0.7	10.4	3.3	2.7	2.6	0.5	8.5
Vitamin E (mg)	9.2	4.1	8.5	3.6	16.9	7.9	3.7	7.3	3.0	14.9
Thiamin (mg)	1.9	0.9	1.8	0.9	3.5	1.5	0.7	1.3	0.6	2.7
Riboflavin (mg)	2.1	1.2	1.9	0.8	4.3	1.6	0.9	1.4	0.6	3.2
Total Niacin (mg)	43.3	12.0	42.1	25.7	64.8	31.7	9.6	30.7	17.7	49.0
Vitamin B6 (mg)	2.2	1.0	2.0	1.0	4.1	1.7	0.8	1.5	0.7	3.1
Vitamin B12 (μg)	6.5	2.8	6.1	2.6	11.6	4.6	2.2	4.2	1.7	8.6
Total folate (μg)	269	113	252	118	479	209	93	194	87	383
Dietary Folate Equivalents (μg)	326	165	293	122	639	250	132	223	90	500
Biotin (μg)	32.1	15.7	29.2	12.4	61.7	26.6	13.3	24.1	10.1	51.6
Pantothenate (mg)	7.6	3.0	7.1	3.6	13.1	5.5	2.2	5.1	2.6	9.7
Vitamin C (mg)	82	60	67	16	197	74	55	61	15	180
Minerals*										
Sodium (mg)	2374	613	2325	1446	3457	1791	530	1740	1006	2740
Potassium (mg)	2749	723	2696	1655	4023	2074	621	2019	1148	3178
Calcium (mg)	965	330	926	493	1565	666	256	633	310	1136
Iron (mg)	12.7	4.5	12.1	6.4	21.0	9.4	3.7	8.9	4.4	16.2
Magnesium (mg)	268	80	261	150	411	205	68	197	106	327
Zinc (mg)	9.8	3.1	9.4	5.3	15.5	7.1	2.5	6.8	3.7	11.6
Copper (mg)	1.2	0.8	1.0	0.4	2.6	1.0	0.6	0.8	0.3	2.1
Phosphorus (mg)	1380	363	1354	827	2019	989	305	962	534	1532

*All sources including nutritional supplements

TE: Total Energy

Table 4.3 Mean, SD, median and percentile values for daily energy, macronutrient, dietary fibre, vitamin and mineral intakes by age group

	Total population 13-15y (n 236)					Total population 16-18y (n 192)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Macronutrients & Fibre										
Energy (MJ)	7.3	2.2	7.2	4.1	11.2	8.0	2.2	7.8	4.6	11.9
Energy (kcal)	1746	520	1704	963	2664	1893	533	1850	1096	2839
Protein (g)	70.4	23.7	67.7	36.4	113	79.2	24.8	76.5	43.7	124
Total fat (g)	69.2	21.8	67.2	37.0	108	73.1	22.6	70.9	39.9	114
Saturated fat (g)	28.6	10.4	27.5	13.7	47.5	29.5	10.6	28.3	14.4	48.9
Monounsaturated fat (g)	28.4	9.0	27.5	15.3	44.7	30.3	9.4	29.3	16.6	47.4
Polyunsaturated fat (g)	11.7	3.8	11.3	6.3	18.6	12.8	4.0	12.4	7.2	20.1
Carbohydrate (g)	221	69.8	216	116	345	239	69.3	233	135	362
Total sugar (g)	75.2	31.5	71.1	31.0	133	77.4	31.1	73.4	34.0	135
Free sugar (g)	42.2	25.5	37.0	11.5	91.3	42.5	25.1	37.2	12.1	90.6
Dietary fibre (g)	16.1	5.4	15.6	8.2	25.9	17.9	5.6	17.3	9.8	27.9
Protein (% TE)	16.3	2.5	16.2	12.5	20.7	17.0	2.6	16.8	13.1	21.5
Total fat (% TE)	35.0	3.7	35.0	28.9	41.1	34.2	3.6	34.2	28.4	40.1
Saturated fat (% TE)	14.5	2.4	14.4	10.6	18.5	13.8	2.4	13.7	10.0	17.8
Monounsaturated fat (% TE)	14.3	1.9	14.3	11.4	17.5	14.1	1.8	14.1	11.3	17.2
Polyunsaturated fat (% TE)	6.0	1.1	5.9	4.3	7.9	6.1	1.1	6.0	4.4	8.0
Carbohydrate (% TE)	47.8	4.1	47.9	40.9	54.4	47.8	4.1	47.8	41.0	54.4
Total sugar (% TE)	16.1	4.1	15.8	9.8	23.1	15.4	4.0	15.1	9.4	22.3
Free sugar (% TE)	8.7	4.2	8.1	3.3	16.5	8.3	4.0	7.6	3.1	15.8
Dietary fibre (g/10MJ)	22.5	4.5	22.3	15.4	30.2	23.1	4.6	22.9	16.0	31.1
Vitamins*										
Total Vitamin A (μg)	606	359	531	177	1294	671	375	594	214	1392
Retinol (μg)	264	167	229	65	586	291	176	255	79	630
Carotene (μg)	2047	1645	1608	418	5162	2250	1728	1785	493	5598
Vitamin D (μg)	3.3	2.7	2.6	0.5	8.6	4.2	3.2	3.4	0.8	10.5
Vitamin E (mg)	8.2	3.9	7.6	3.1	15.4	9.0	4.1	8.3	3.5	16.6
Thiamin (mg)	1.6	0.8	1.4	0.7	3.0	1.8	0.8	1.7	0.8	3.4
Riboflavin (mg)	1.8	1.0	1.5	0.6	3.7	2.0	1.1	1.7	0.7	4.0
Total Niacin (mg)	34.8	11.4	33.5	18.4	55.5	40.5	12.6	39.1	22.4	63.5
Vitamin B6 (mg)	1.8	0.9	1.6	0.7	3.4	2.1	1.0	1.9	0.9	4.0
Vitamin B12 (μg)	5.2	2.5	4.8	1.8	9.9	5.9	2.8	5.4	2.1	11.1
Total folate (μg)	226	104	209	90	421	253	110	235	109	460
Dietary Folate Equivalents (μg)	271	148	241	94	554	305	159	273	113	608
Biotin (μg)	27.7	14.0	25.0	10.3	54.2	31.3	15.4	28.3	12.1	60.5
Pantothenate (mg)	6.1	2.7	5.7	2.7	11.1	7.0	2.9	6.4	3.2	12.5
Vitamin C (mg)	78	58	63	15	189	78	57	63	16	190
Minerals*										
Sodium (mg)	2011	658	1944	1052	3193	2154	614	2096	1251	3260
Potassium (mg)	2287	734	2218	1204	3595	2545	751	2478	1436	3889
Calcium (mg)	787	330	740	336	1396	843	329	798	389	1453
Iron (mg)	10.2	4.1	9.6	4.6	17.8	12.1	4.5	11.4	5.8	20.5
Magnesium (mg)	223	77	215	111	363	251	81	243	134	399
Zinc (mg)	7.9	3.0	7.5	3.8	13.4	9.0	3.2	8.5	4.6	14.9
Copper (mg)	1.0	0.7	0.9	0.3	2.3	1.2	0.7	1.0	0.4	2.6
Phosphorus (mg)	1126	380	1090	566	1803	1244	387	1210	672	1938

*All sources including nutritional supplements

TE: Total Energy

Table 4.4 Mean, SD, median and percentile values for daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for boys, by age group

	Boys 13-15y (n 119)					Boys 16-18y (n 93)				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
Macronutrients & Fibre										
Energy (MJ)	8.5	2.0	8.4	5.4	12.0	9.1	2.1	9.0	5.9	12.8
Energy (kcal)	2016	481	1986	1270	2851	2168	502	2136	1390	3042
Protein (g)	83.2	22.2	81.2	50.0	123	92.2	23.9	90.0	56.4	135
Total fat (g)	78.1	21.4	76.4	45.7	116	83.0	22.3	81.2	49.3	122
Saturated fat (g)	32.8	10.4	31.8	17.5	51.3	34.0	10.6	33.0	18.3	53.1
Monounsaturated fat (g)	31.9	8.9	31.1	18.6	47.8	34.3	9.4	33.4	20.3	51.1
Polyunsaturated fat (g)	13.0	3.8	12.6	7.4	19.9	14.1	4.1	13.7	8.1	21.4
Carbohydrate (g)	258	64.4	254	158	370	272	66.4	268	169	388
Total sugar (g)	87.1	32.0	83.5	40.9	145	87.3	32.1	83.5	40.9	146
Free sugar (g)	48.5	27.3	43.2	14.5	100	47.2	26.7	41.8	13.9	98.2
Dietary fibre (g)	18.3	5.4	17.8	10.3	27.8	19.7	5.6	19.2	11.3	29.7
Protein (% TE)	16.8	2.5	16.7	12.9	21.2	17.3	2.6	17.1	13.3	21.8
Total fat (% TE)	34.1	3.6	34.1	28.2	40.0	34.1	3.6	34.1	28.1	40.1
Saturated fat (% TE)	14.5	2.4	14.4	10.6	18.5	14.0	2.4	14.0	10.2	18.1
Monounsaturated fat (% TE)	13.9	1.8	13.8	11.0	16.9	14.0	1.8	14.0	11.1	17.1
Polyunsaturated fat (% TE)	5.7	1.0	5.6	4.2	7.5	5.8	1.0	5.7	4.2	7.6
Carbohydrate (% TE)	48.2	4.1	48.3	41.3	54.8	47.4	4.1	47.4	40.4	54.1
Total sugar (% TE)	16.2	4.1	15.9	9.9	23.3	15.3	4.0	15.0	9.1	22.3
Free sugar (% TE)	8.9	4.2	8.2	3.3	16.7	8.2	4.0	7.5	3.0	15.8
Dietary fibre (g/10MJ)	22.0	4.4	21.7	15.0	29.6	22.0	4.5	21.8	15.0	29.8
Vitamins*										
Total Vitamin A (μg)	691	386	614	218	1419	703	391	624	222	1449
Retinol (μg)	300	179	263	80	639	314	185	276	86	669
Carotene (μg)	2328	1808	1854	496	5721	2309	1773	1831	489	5725
Vitamin D (μg)	3.8	3.0	3.0	0.7	9.5	4.6	3.5	3.7	0.9	11.3
Vitamin E (mg)	8.9	4.1	8.3	3.5	16.4	9.5	4.2	8.8	3.7	17.4
Thiamin (mg)	1.9	0.8	1.7	0.8	3.4	2.0	0.9	1.8	0.9	3.7
Riboflavin (mg)	2.1	1.1	1.8	0.7	4.2	2.2	1.2	2.0	0.8	4.5
Total Niacin (mg)	40.4	11.0	39.4	24.1	60.1	46.9	12.3	45.8	28.7	68.8
Vitamin B6 (mg)	2.1	0.9	1.9	0.9	3.8	2.4	1.0	2.2	1.1	4.4
Vitamin B12 (μg)	6.0	2.6	5.6	2.4	10.8	7.0	2.9	6.6	3.0	12.4
Total folate (μg)	260	109	243	113	461	282	116	264	125	498
Dietary Folate Equivalents (μg)	315	160	284	117	615	339	170	306	128	663
Biotin (μg)	30.6	14.9	27.8	11.8	58.5	34.1	16.3	31.0	13.4	65.1
Pantothenate (mg)	7.2	2.8	6.7	3.5	12.3	8.1	3.1	7.5	3.9	13.9
Vitamin C (mg)	84	62	69	17	202	78	58	64	15	191
Minerals*										
Sodium (mg)	2369	611	2320	1443	3446	2379	616	2328	1449	3470
Potassium (mg)	2646	697	2594	1584	3869	2880	734	2824	1760	4172
Calcium (mg)	950	326	912	482	1538	986	335	946	504	1595
Iron (mg)	11.8	4.2	11.3	5.9	19.5	13.8	4.7	13.2	7.1	22.3
Magnesium (mg)	256	76	249	143	392	284	81	276	162	429
Zinc (mg)	9.3	3.0	9.0	5.1	14.7	10.4	3.2	10.0	5.7	16.3
Copper (mg)	1.1	0.7	1.0	0.4	2.4	1.3	0.8	1.1	0.4	2.8
Phosphorus (mg)	1329	351	1304	791	1944	1443	369	1416	878	2090

*All sources including nutritional supplements

TE: Total Energy

Table 4.5 Mean, SD, median and percentile values for daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for girls, by age group

	Girls 13-15y (n 117)					Girls 16-18y (n 99)				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
Macronutrients & Fibre										
Energy (MJ)	6.2	1.7	6.1	3.6	9.2	6.9	1.8	6.8	4.2	10.1
Energy (kcal)	1475	405	1450	864	2177	1644	427	1613	1005	2398
Protein (g)	57.5	17.2	56.0	32.5	88.0	67.5	19.1	65.7	39.9	102
Total fat (g)	60.3	18.2	58.9	33.4	92.3	64.0	18.8	62.3	36.5	97.7
Saturated fat (g)	24.4	8.5	23.6	12.1	39.6	25.4	8.7	24.4	12.9	41.3
Monounsaturated fat (g)	25.0	7.5	24.3	14.0	38.3	26.6	7.8	25.8	15.3	40.8
Polyunsaturated fat (g)	10.5	3.2	10.1	5.9	16.2	11.7	3.5	11.3	6.7	18.1
Carbohydrate (g)	185	54.0	181	103	279	209	57.3	205	123	310
Total sugar (g)	63.2	26.0	60.3	26.9	110	68.5	27.2	65.1	30.7	119
Free sugar (g)	35.9	21.7	31.7	9.9	76.6	38.2	22.6	33.5	11.1	81.7
Dietary fibre (g)	14.0	4.5	13.6	7.4	22.0	16.2	4.9	15.7	9.0	25.0
Protein (% TE)	15.8	2.4	15.7	12.2	19.9	16.7	2.5	16.6	13.0	21.1
Total fat (% TE)	35.9	3.6	35.9	30.1	41.7	34.2	3.5	34.2	28.6	40.1
Saturated fat (% TE)	14.5	2.4	14.4	10.7	18.4	13.6	2.3	13.5	9.9	17.5
Monounsaturated fat (% TE)	14.8	1.8	14.7	11.9	17.8	14.2	1.8	14.1	11.4	17.2
Polyunsaturated fat (% TE)	6.3	1.1	6.2	4.6	8.2	6.4	1.1	6.3	4.7	8.3
Carbohydrate (% TE)	47.4	4.1	47.5	40.6	53.9	48.1	4.0	48.2	41.5	54.7
Total sugar (% TE)	15.9	4.0	15.7	9.8	22.9	15.5	3.9	15.2	9.5	22.4
Free sugar (% TE)	8.6	4.1	8.0	3.3	16.1	8.3	4.0	7.6	3.2	15.8
Dietary fibre (g/10MJ)	23.0	4.5	22.8	16.0	30.6	24.1	4.6	23.9	17.1	32.1
Vitamins*										
Total Vitamin A (μg)	521	306	460	156	1094	641	359	568	209	1328
Retinol (μg)	229	146	199	57	504	271	164	236	74	586
Carotene (μg)	1765	1408	1404	370	4365	2196	1684	1749	497	5427
Vitamin D (μg)	2.8	2.4	2.2	0.5	7.3	3.8	3.0	3.0	0.7	9.6
Vitamin E (mg)	7.4	3.5	6.9	2.8	13.9	8.5	3.9	7.9	3.4	15.8
Thiamin (mg)	1.3	0.6	1.2	0.6	2.3	1.7	0.7	1.5	0.8	3.0
Riboflavin (mg)	1.5	0.8	1.3	0.5	3.0	1.7	0.9	1.5	0.6	3.5
Total Niacin (mg)	29.1	8.7	28.3	16.5	44.5	34.6	9.8	33.6	20.6	52.3
Vitamin B6 (mg)	1.5	0.7	1.4	0.7	2.7	1.9	0.8	1.7	0.9	3.5
Vitamin B12 (μg)	4.4	2.1	4.1	1.6	8.3	4.8	2.2	4.4	1.8	9.0
Total folate (μg)	192	86	180	80	350	228	97	212	100	410
Dietary Folate Equivalents (μg)	228	120	205	83	451	274	140	246	105	541
Biotin (μg)	24.8	12.4	22.6	9.5	47.8	28.7	13.9	26.0	11.4	55.2
Pantothenate (mg)	5.1	2.0	4.8	2.4	8.8	5.9	2.3	5.5	2.9	10.3
Vitamin C (mg)	72	54	59	14	173	78	57	63	16	188
Minerals*										
Sodium (mg)	1652	485	1614	939	2505	1949	535	1901	1166	2906
Potassium (mg)	1927	576	1884	1072	2938	2242	626	2190	1319	3358
Calcium (mg)	624	242	595	290	1061	714	264	679	349	1200
Iron (mg)	8.5	3.3	8.1	4.0	14.4	10.5	3.8	10.0	5.3	17.5
Magnesium (mg)	189	63	184	99	301	222	69	215	123	346
Zinc (mg)	6.6	2.3	6.3	3.4	10.7	7.7	2.5	7.4	4.2	12.3
Copper (mg)	0.9	0.6	0.8	0.3	2.0	1.0	0.6	0.9	0.4	2.3
Phosphorus (mg)	922	286	901	498	1423	1065	308	1039	610	1613

*All sources including nutritional supplements

TE: Total Energy

Table 4.6 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 gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	635	697	577	606	671	691	521	703	641
SD	368	388	337	359	375	386	306	391	359
Median	560	619	506	531	594	614	460	624	568
5th percentile	193	220	173	177	214	218	156	222	209
95th percentile	1340	1435	1221	1294	1392	1419	1094	1449	1328
97.5th percentile	1555	1654	1427	1504	1611	1637	1297	1682	1547
Food sources									
Mean	608	681	539	587	634	680	494	682	591
SD	337	358	299	333	340	358	276	358	316
Median	541	612	480	519	567	611	442	612	528
5th percentile	197	232	175	183	214	232	159	232	205
95th percentile	1251	1357	1106	1225	1284	1352	1009	1364	1194
97.5th percentile	1442	1557	1289	1413	1477	1550	1189	1572	1383

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	277	306	249	264	291	300	229	314	271
SD	172	182	156	167	176	179	146	185	164
Median	241	269	215	229	255	263	199	276	236
5th percentile	71	83	63	65	79	80	57	86	74
95th percentile	606	654	545	586	630	639	504	669	586
97.5th percentile	706	754	643	684	730	739	600	777	686
Food sources									
Mean	257	292	222	251	264	291	211	294	236
SD	147	157	128	146	148	156	123	158	133
Median	228	263	197	222	235	262	188	265	210
5th percentile	75	92	65	71	80	92	61	93	73
95th percentile	538	590	465	531	547	585	440	594	490
97.5th percentile	620	673	542	612	628	668	518	683	568

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	2139	2320	1966	2047	2250	2328	1765	2309	2196
SD	1686	1793	1558	1645	1728	1808	1408	1773	1684
Median	1691	1846	1548	1608	1785	1854	1404	1831	1749
5th percentile	447	494	412	418	493	496	370	489	497
95th percentile	5344	5722	4898	5162	5598	5721	4365	5725	5427
97.5th percentile	6578	6981	6099	6359	6845	6975	5494	7042	6692
Food sources									
Mean	2103	2296	1918	2017	2206	2293	1741	2299	2121
SD	1607	1717	1470	1570	1644	1724	1343	1709	1579
Median	1682	1848	1530	1607	1770	1848	1403	1846	1708
5th percentile	465	517	426	436	509	517	386	516	504
95th percentile	5167	5556	4690	4988	5373	5533	4225	5590	5153
97.5th percentile	6319	6747	5801	6121	6564	6713	5289	6839	6324

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	3.7	4.1	3.3	3.3	4.2	3.8	2.8	4.6	3.8
SD	3.0	3.2	2.7	2.7	3.2	3.0	2.4	3.5	3.0
Median	2.9	3.3	2.6	2.6	3.4	3.0	2.2	3.7	3.0
5th percentile	0.6	0.7	0.5	0.5	0.8	0.7	0.5	0.9	0.7
95th percentile	9.5	10.4	8.5	8.6	10.5	9.5	7.3	11.3	9.6
97.5th percentile	11.6	12.4	10.5	10.5	12.7	11.4	9.1	13.7	11.7
Food sources									
Mean	3.1	3.6	2.6	2.8	3.4	3.2	2.3	4.0	2.9
SD	2.0	2.2	1.7	1.9	2.2	2.0	1.6	2.4	1.8
Median	2.6	3.1	2.2	2.4	2.9	2.8	2.0	3.5	2.5
5th percentile	0.8	1.0	0.6	0.7	0.9	0.9	0.6	1.2	0.8
95th percentile	7.0	7.9	5.9	6.4	7.7	7.1	5.3	8.6	6.4
97.5th percentile	8.3	9.1	7.0	7.5	8.9	8.3	6.4	10.1	7.6

*including nutritional supplements

Table 4.10 Mean, SD, median and percentile values for daily vitamin E intakes (mg) from all sources and food sources for the total population and by gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	8.5	9.2	7.9	8.2	9.0	8.9	7.4	9.5	8.5
SD	4.0	4.1	3.7	3.9	4.1	4.1	3.5	4.2	3.9
Median	7.9	8.5	7.3	7.6	8.3	8.3	6.9	8.8	7.9
5th percentile	3.2	3.6	3.0	3.1	3.5	3.5	2.8	3.7	3.4
95th percentile	16.0	16.9	14.9	15.4	16.6	16.4	13.9	17.4	15.8
97.5th percentile	18.0	18.9	16.9	17.5	18.7	18.5	16.0	19.6	17.8
Food sources									
Mean	7.9	8.8	7.1	7.6	8.3	8.6	6.7	9.1	7.6
SD	3.1	3.1	2.7	3.0	3.1	3.1	2.6	3.2	2.8
Median	7.5	8.4	6.7	7.2	7.9	8.2	6.4	8.7	7.2
5th percentile	3.7	4.3	3.3	3.4	4.0	4.2	3.1	4.5	3.7
95th percentile	13.5	14.5	12.1	13.2	14.0	14.1	11.3	14.9	12.7
97.5th percentile	15.0	15.9	13.4	14.5	15.3	15.5	12.7	16.4	14.1

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	1.7	1.9	1.5	1.6	1.8	1.9	1.3	2.0	1.7
SD	0.8	0.9	0.7	0.8	0.8	0.8	0.6	0.9	0.7
Median	1.5	1.8	1.3	1.4	1.7	1.7	1.2	1.8	1.5
5th percentile	0.7	0.9	0.6	0.7	0.8	0.8	0.6	0.9	0.8
95th percentile	3.2	3.5	2.7	3.0	3.4	3.4	2.3	3.7	3.0
97.5th percentile	3.7	4.0	3.1	3.5	3.9	3.9	2.7	4.2	3.5
Food sources									
Mean	1.5	1.8	1.3	1.4	1.6	1.7	1.2	1.9	1.4
SD	0.6	0.6	0.4	0.5	0.6	0.5	0.4	0.6	0.5
Median	1.4	1.7	1.2	1.3	1.5	1.6	1.1	1.8	1.3
5th percentile	0.7	1.0	0.7	0.7	0.8	0.9	0.6	1.0	0.7
95th percentile	2.6	2.8	2.1	2.4	2.7	2.7	1.9	2.9	2.2
97.5th percentile	2.8	3.1	2.3	2.7	2.9	2.9	2.1	3.2	2.4

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	1.8	2.1	1.6	1.8	2.0	2.1	1.5	2.2	1.7
SD	1.1	1.2	0.9	1.0	1.1	1.1	0.8	1.2	0.9
Median	1.6	1.9	1.4	1.5	1.7	1.8	1.3	2.0	1.5
5th percentile	0.6	0.8	0.6	0.6	0.7	0.7	0.5	0.8	0.6
95th percentile	3.9	4.3	3.2	3.7	4.0	4.2	3.0	4.5	3.5
97.5th percentile	4.5	5.0	3.8	4.4	4.7	4.9	3.5	5.3	4.1
Food sources									
Mean	1.6	2.0	1.3	1.6	1.7	1.9	1.3	2.1	1.4
SD	0.8	0.8	0.6	0.8	0.8	0.8	0.6	0.8	0.6
Median	1.5	1.8	1.2	1.5	1.6	1.8	1.2	1.9	1.3
5th percentile	0.6	0.8	0.5	0.6	0.7	0.8	0.5	0.9	0.6
95th percentile	3.1	3.5	2.5	3.0	3.3	3.3	2.4	3.6	2.6
97.5th percentile	3.5	3.9	2.8	3.4	3.6	3.7	2.7	4.1	2.9

*including nutritional supplements

Table 4.13 Mean, SD, median and percentile values for daily **total niacin** intakes (mg) from all sources and food sources for the total population and by gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	37.4	43.3	31.7	34.8	40.5	40.4	29.1	46.9	34.6
SD	12.3	12.0	9.6	11.4	12.6	11.0	8.7	12.3	9.8
Median	35.9	42.1	30.7	33.5	39.1	39.4	28.3	45.8	33.6
5th percentile	19.9	25.7	17.7	18.4	22.4	24.1	16.5	28.7	20.6
95th percentile	59.9	64.8	49.0	55.5	63.5	60.1	44.5	68.8	52.3
97.5th percentile	65.1	69.8	53.5	60.5	68.8	64.7	48.8	74.1	56.7
Food sources									
Mean	36.4	42.8	30.3	34.0	39.4	39.9	28.0	46.5	32.9
SD	12.0	11.5	8.9	11.1	12.4	10.5	8.1	11.7	9.1
Median	35.0	41.7	29.4	32.7	37.9	39.0	27.3	45.4	32.0
5th percentile	19.4	25.9	17.3	18.0	21.7	24.3	16.2	29.0	19.8
95th percentile	58.4	63.4	46.5	54.1	61.9	58.6	42.5	67.3	49.3
97.5th percentile	63.4	68.1	50.4	58.8	67.1	62.9	46.4	72.3	53.4

*including nutritional supplements

Table 4.14 Mean, SD, median and percentile values for daily **vitamin B6** intakes (mg) from all sources and food sources for the total population and by gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	1.9	2.2	1.7	1.8	2.1	2.1	1.5	2.4	1.9
SD	0.9	1.0	0.8	0.9	1.0	0.9	0.7	1.0	0.8
Median	1.8	2.0	1.5	1.6	1.9	1.9	1.4	2.2	1.7
5th percentile	0.8	1.0	0.7	0.7	0.9	0.9	0.7	1.1	0.9
95th percentile	3.7	4.1	3.1	3.4	4.0	3.8	2.7	4.4	3.5
97.5th percentile	4.2	4.6	3.6	3.9	4.5	4.3	3.2	5.0	4.0
Food sources									
Mean	1.7	2.0	1.4	1.6	1.9	1.9	1.3	2.2	1.5
SD	0.6	0.6	0.5	0.6	0.7	0.6	0.4	0.7	0.5
Median	1.6	2.0	1.4	1.5	1.8	1.8	1.3	2.1	1.5
5th percentile	0.9	1.1	0.8	0.8	1.0	1.1	0.7	1.3	0.9
95th percentile	2.9	3.2	2.3	2.7	3.1	3.0	2.1	3.4	2.4
97.5th percentile	3.2	3.5	2.5	3.0	3.4	3.2	2.3	3.7	2.7

*including nutritional supplements

Table 4.15 Mean, SD, median and percentile values for daily **vitamin B12** intakes (μg) from all sources and food sources for the total population and by gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	5.5	6.5	4.6	5.2	5.9	6.0	4.4	7.0	4.8
SD	2.7	2.8	2.2	2.5	2.8	2.6	2.1	2.9	2.2
Median	5.1	6.1	4.2	4.8	5.4	5.6	4.1	6.6	4.4
5th percentile	1.9	2.6	1.7	1.8	2.1	2.4	1.6	3.0	1.8
95th percentile	10.6	11.6	8.6	9.9	11.1	10.8	8.3	12.4	9.0
97.5th percentile	11.8	12.9	9.8	11.1	12.4	12.1	9.5	13.8	10.1
Food sources									
Mean	5.2	6.3	4.2	5.0	5.5	5.8	4.1	6.8	4.2
SD	2.4	2.5	1.8	2.2	2.6	2.3	1.8	2.5	1.8
Median	4.8	6.0	3.9	4.7	5.1	5.5	3.9	6.5	4.0
5th percentile	2.0	2.8	1.7	1.9	2.0	2.6	1.6	3.2	1.7
95th percentile	9.7	10.8	7.5	9.1	10.3	10.0	7.4	11.5	7.6
97.5th percentile	10.8	11.8	8.5	10.2	11.4	11.0	8.4	12.6	8.6

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	239	269	209	226	253	260	192	282	228
SD	107	113	93	104	110	109	86	116	97
Median	221	252	194	209	235	243	180	264	212
5th percentile	98	118	87	90	109	113	80	125	100
95th percentile	441	479	383	421	460	461	350	498	410
97.5th percentile	498	533	433	475	514	515	400	558	463
Food sources									
Mean	227	264	192	216	240	254	178	275	208
SD	98	101	80	95	99	98	74	104	83
Median	212	249	180	201	225	241	168	261	196
5th percentile	97	124	85	90	107	119	79	131	97
95th percentile	410	450	341	393	428	434	313	467	363
97.5th percentile	458	496	382	441	473	481	355	519	406

*including nutritional supplements

Table 4.17 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 gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	287	326	250	271	305	315	228	339	274
SD	154	165	132	148	159	160	120	170	140
Median	255	293	223	241	273	284	205	306	246
5th percentile	102	122	90	94	113	117	83	128	105
95th percentile	579	639	500	554	608	615	451	663	541
97.5th percentile	673	728	581	641	699	706	531	765	628
Food sources									
Mean	267	314	223	255	283	304	205	327	242
SD	135	144	108	131	138	139	99	148	114
Median	241	288	203	229	256	279	188	300	221
5th percentile	101	130	88	93	111	125	81	136	100
95th percentile	524	584	426	502	546	564	389	606	458
97.5th percentile	600	658	490	577	618	639	452	689	524

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	29.3	32.1	26.6	27.7	31.3	30.6	24.8	34.1	28.7
SD	14.8	15.7	13.3	14.0	15.4	14.9	12.4	16.3	13.9
Median	26.5	29.2	24.1	25.0	28.3	27.8	22.6	31.0	26.0
5th percentile	11.0	12.4	10.1	10.3	12.1	11.8	9.5	13.4	11.4
95th percentile	57.4	61.7	51.6	54.2	60.5	58.5	47.8	65.1	55.2
97.5th percentile	65.8	70.1	59.7	62.4	69.1	66.8	55.7	74.5	63.5
Food sources									
Mean	27.0	30.6	23.5	25.3	29.0	28.9	21.7	32.7	25.7
SD	11.9	12.6	10.1	11.3	12.4	11.9	9.3	13.1	10.6
Median	25.0	28.6	21.8	23.4	26.9	27.1	20.3	30.6	23.9
5th percentile	11.5	13.9	10.3	10.6	12.9	13.1	9.5	15.1	11.8
95th percentile	49.5	54.0	42.5	46.5	52.3	50.9	38.7	57.1	45.6
97.5th percentile	55.8	60.0	48.0	52.4	58.3	56.9	44.2	64.0	51.4

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	6.5	7.6	5.5	6.1	7.0	7.2	5.1	8.1	5.9
SD	2.8	3.0	2.2	2.7	2.9	2.8	2.0	3.1	2.3
Median	6.0	7.1	5.1	5.7	6.4	6.7	4.8	7.5	5.5
5th percentile	2.9	3.6	2.6	2.7	3.2	3.5	2.4	3.9	2.9
95th percentile	11.9	13.1	9.7	11.1	12.5	12.3	8.8	13.9	10.3
97.5th percentile	13.4	14.6	10.9	12.6	14.0	13.8	10.1	15.6	11.6
Food sources									
Mean	6.0	7.2	4.9	5.7	6.5	6.8	4.6	7.7	5.3
SD	2.4	2.4	1.7	2.2	2.5	2.2	1.6	2.5	1.8
Median	5.7	6.9	4.7	5.4	6.1	6.5	4.4	7.4	5.1
5th percentile	2.9	3.9	2.6	2.7	3.2	3.7	2.4	4.2	2.9
95th percentile	10.5	11.6	8.1	9.8	11.1	10.8	7.5	12.3	8.6
97.5th percentile	11.6	12.7	9.0	10.9	12.2	11.9	8.4	13.5	9.6

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	78	82	74	78	78	84	72	78	78
SD	58	60	55	58	57	62	54	58	57
Median	63	67	61	63	63	69	59	64	63
5th percentile	16	16	15	15	16	17	14	15	16
95th percentile	189	197	180	189	190	202	173	191	188
97.5th percentile	230	238	221	230	229	241	213	231	228
Food sources									
Mean	63	69	57	63	63	71	56	66	60
SD	39	41	35	39	38	42	35	40	36
Median	55	60	50	55	55	62	49	58	52
5th percentile	17	19	15	16	17	20	15	18	16
95th percentile	137	146	125	138	136	149	121	142	129
97.5th percentile	160	170	148	161	158	173	143	166	151

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	2404	2749	2074	2287	2545	2646	1927	2880	2242
SD	753	723	621	734	751	697	576	734	626
Median	2340	2696	2019	2218	2478	2594	1884	2824	2190
5th percentile	1293	1655	1148	1204	1436	1584	1072	1760	1319
95th percentile	3760	4023	3178	3595	3889	3869	2938	4172	3358
97.5th percentile	4050	4297	3444	3894	4178	4144	3205	4471	3625
Food sources									
Mean	2403	2747	2073	2286	2543	2645	1926	2875	2242
SD	751	721	620	733	748	696	576	732	626
Median	2338	2693	2019	2217	2476	2593	1884	2820	2189
5th percentile	1293	1655	1149	1204	1437	1584	1073	1757	1319
95th percentile	3756	4018	3176	3592	3884	3866	2936	4164	3356
97.5th percentile	4044	4290	3442	3890	4171	4140	3203	4463	3623

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	812	965	666	787	843	950	624	986	714
SD	331	330	256	330	329	326	242	335	264
Median	767	926	633	740	798	912	595	946	679
5th percentile	357	493	310	336	389	482	290	504	349
95th percentile	1426	1565	1136	1396	1453	1538	1061	1595	1200
97.5th percentile	1577	1710	1263	1550	1599	1684	1190	1751	1330
Food sources									
Mean	806	963	657	782	836	948	615	981	705
SD	331	330	254	331	329	325	239	334	262
Median	761	923	624	734	791	910	586	941	671
5th percentile	353	492	304	331	385	482	285	502	344
95th percentile	1421	1562	1123	1393	1447	1537	1047	1590	1187
97.5th percentile	1573	1707	1249	1548	1593	1683	1174	1746	1316

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	11.0	12.7	9.4	10.2	12.1	11.8	8.5	13.8	10.5
SD	4.4	4.5	3.7	4.1	4.5	4.2	3.3	4.7	3.8
Median	10.4	12.1	8.9	9.6	11.4	11.3	8.1	13.2	10.0
5th percentile	5.0	6.4	4.4	4.6	5.8	5.9	4.0	7.1	5.3
95th percentile	19.3	21.0	16.2	17.8	20.5	19.5	14.4	22.3	17.5
97.5th percentile	21.3	23.0	18.0	19.8	22.5	21.4	16.2	24.6	19.4
Food sources									
Mean	10.7	12.5	9.0	9.9	11.7	11.7	8.1	13.6	9.9
SD	4.1	4.1	3.2	3.8	4.2	3.8	2.9	4.2	3.3
Median	10.1	12.0	8.5	9.4	11.1	11.2	7.8	13.1	9.5
5th percentile	5.1	6.7	4.5	4.7	5.9	6.3	4.1	7.5	5.3
95th percentile	18.3	19.9	14.8	16.8	19.3	18.5	13.2	21.1	16.0
97.5th percentile	20.0	21.6	16.4	18.6	21.2	20.1	14.7	23.1	17.6

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	236	268	205	223	251	256	189	284	222
SD	80	80	68	77	81	76	63	81	69
Median	227	261	197	215	243	249	184	276	215
5th percentile	120	150	106	111	134	143	99	162	123
95th percentile	382	411	327	363	399	392	301	429	346
97.5th percentile	416	443	357	397	431	424	331	464	377
Food sources									
Mean	232	267	199	219	249	255	183	282	218
SD	78	76	64	75	78	73	59	77	65
Median	225	260	193	211	241	249	178	275	212
5th percentile	119	154	105	110	135	146	98	166	124
95th percentile	374	403	315	355	390	384	287	420	335
97.5th percentile	406	432	343	386	421	414	315	453	364

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	8.4	9.8	7.1	7.9	9.0	9.3	6.6	10.4	7.7
SD	3.1	3.1	2.5	3.0	3.2	3.0	2.3	3.2	2.5
Median	8.0	9.4	6.8	7.5	8.5	9.0	6.3	10.0	7.4
5th percentile	4.1	5.3	3.7	3.8	4.6	5.1	3.4	5.7	4.2
95th percentile	14.2	15.5	11.6	13.4	14.9	14.7	10.7	16.3	12.3
97.5th percentile	15.6	16.8	12.8	14.8	16.3	16.0	11.9	17.8	13.6
Food sources									
Mean	8.1	9.6	6.7	7.7	8.6	9.1	6.2	10.1	7.2
SD	2.8	2.7	2.1	2.7	2.9	2.6	1.9	2.8	2.2
Median	7.8	9.3	6.5	7.4	8.2	8.9	6.1	9.9	7.0
5th percentile	4.1	5.6	3.7	3.9	4.6	5.3	3.5	6.0	4.1
95th percentile	13.3	14.5	10.5	12.6	13.9	13.8	9.7	15.1	11.1
97.5th percentile	14.5	15.6	11.5	13.8	15.1	14.9	10.7	16.4	12.1

*including nutritional supplements

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

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	1.1	1.2	1.0	1.0	1.2	1.1	0.9	1.3	1.0
SD	0.7	0.8	0.6	0.7	0.7	0.7	0.6	0.8	0.6
Median	0.9	1.0	0.8	0.9	1.0	1.0	0.8	1.1	0.9
5th percentile	0.4	0.4	0.3	0.3	0.4	0.4	0.3	0.4	0.4
95th percentile	2.4	2.6	2.1	2.3	2.6	2.4	2.0	2.8	2.3
97.5th percentile	2.9	3.1	2.6	2.7	3.0	2.9	2.4	3.4	2.7
Food sources									
Mean	0.9	1.0	0.8	0.9	1.0	1.0	0.7	1.1	0.9
SD	0.3	0.3	0.3	0.3	0.3	0.3	0.2	0.3	0.3
Median	0.9	1.0	0.8	0.8	1.0	1.0	0.7	1.1	0.9
5th percentile	0.5	0.6	0.4	0.4	0.6	0.6	0.4	0.6	0.5
95th percentile	1.5	1.6	1.3	1.4	1.6	1.5	1.2	1.7	1.4
97.5th percentile	1.6	1.7	1.4	1.5	1.7	1.6	1.3	1.8	1.5

*including nutritional supplements

Table 4.27 Mean, SD, median and percentile values for daily **phosphorus** intakes (mg) from all sources and food sources for the total population and by gender and age group

	Total 13-18y n 428	Boys 13-18y n 212	Girls 13-18y n 216	Total 13-15y n 236	Total 16-18y n 192	Boys 13-15y n 119	Girls 13-15y n 117	Boys 16-18y n 93	Girls 16-18y n 99
All sources*									
Mean	1180	1380	989	1126	1244	1329	922	1443	1065
SD	388	363	305	380	387	351	286	369	308
Median	1146	1354	962	1090	1210	1304	901	1416	1039
5th percentile	608	827	534	566	672	791	498	878	610
95th percentile	1877	2019	1532	1803	1938	1944	1423	2090	1613
97.5th percentile	2025	2152	1660	1952	2090	2081	1555	2238	1743
Food sources									
Mean	1178	1378	986	1124	1242	1328	920	1440	1062
SD	387	363	304	379	387	351	285	368	307
Median	1144	1352	959	1089	1207	1303	899	1414	1037
5th percentile	606	825	532	564	670	791	496	876	608
95th percentile	1874	2015	1529	1800	1934	1942	1420	2085	1609
97.5th percentile	2021	2148	1656	1950	2085	2079	1552	2234	1739

*including nutritional supplements

Table 4.28 Contribution of food groups (%) to mean daily intakes of energy, macronutrients and dietary fibre in teenagers aged 13-18 years

	Energy %	Protein %	Total Fat %	Saturated Fat %	MUFA %	PUFA %	Carbohydrate %	Total Sugars %	Free Sugars %	Dietary Fibre %
Meat & meat products	17.6	38.6	24.1	21.9	27.2	23.6	5.6	4.0	4.5	9.3
Grains, rice, pasta & savouries	12.3	11.2	7.9	7.6	7.4	10.2	16.4	2.6	1.1	13.7
Bread & rolls	12.2	10.6	4.3	3.5	4.0	7.7	18.8	4.8	2.2	18.7
Sugars, confectionery, preserves & savoury snacks	9.3	3.4	10.7	10.1	12.4	7.6	10.3	18.8	30.6	7.5
Potatoes & potato products	7.4	3.2	7.0	4.6	7.5	10.9	9.4	1.2	0.0	12.6
Breakfast cereals	7.1	4.7	2.6	2.2	2.3	4.6	10.2	6.3	11.2	12.4
Biscuits, cakes & pastries	6.8	2.7	8.5	10.1	7.7	6.9	7.2	9.3	16.9	4.5
Milk & yogurt	6.7	9.3	8.2	12.8	5.9	2.0	5.0	14.6	6.0	0.6
Fruit & fruit juices	3.4	1.4	1.1	0.8	1.0	2.0	5.9	16.6	1.4	6.9
Creams, ice--creams & chilled desserts	2.7	1.5	3.3	4.3	2.4	2.7	2.7	4.4	6.2	1.1
Soups & sauces	2.5	1.0	4.5	2.5	5.3	6.1	1.4	3.2	4.8	1.7
Beverages	2.2	0.4	0.3	0.4	0.2	0.2	3.7	9.6	13.8	0.1
Cheeses	2.2	3.4	4.5	7.2	3.3	1.0	0.1	0.2	0.1	0.1
Butter & spreading fats	2.1	0.1	5.7	6.6	5.4	4.3	0.0	0.1	0.0	0.0
Vegetables & vegetable dishes	1.9	2.1	1.4	0.8	1.4	2.7	2.2	3.6	0.9	9.2
Fish & fish dishes	1.6	3.4	2.0	1.3	2.2	3.1	0.7	0.2	0.2	0.8
Eggs & egg dishes	1.3	2.2	2.6	2.5	2.7	2.5	0.1	0.1	0.0	0.1
Nuts, seeds, herbs & spices	0.6	0.5	1.3	0.5	1.6	1.9	0.2	0.3	0.1	0.6
Nutritional supplements	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0

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 teenagers aged 13-18 years

	Vitamin A %	Vitamin D %	Vitamin E %	Thiamin %	Riboflavin %	Niacin %	Vitamin B6 %	Pantothenate %	Biotin %	Vitamin B12 %	Total folate %	DFE* %	Vitamin C %
Meat & meat products	13.1	29.2	18.7	19.5	16.8	39.5	32.4	24.3	14.9	28.8	10.5	9.5	11.2
Grains, rice, pasta & savouries	4.5	4.6	7.6	8.9	5.1	8.8	3.7	10.4	8.8	6.0	6.0	5.5	2.1
Bread & rolls	1.0	1.5	2.6	13.2	4.6	9.2	4.6	6.0	5.2	0.5	11.9	10.9	0.1
Sugars, confectionery, preserves & savoury snacks	2.0	0.9	11.7	2.9	5.6	2.9	3.6	3.1	3.9	3.3	3.5	3.6	1.7
Potatoes & potato products	1.5	0.5	7.2	9.4	2.6	3.9	7.3	5.4	1.4	0.4	8.7	7.9	16.1
Breakfast cereals	1.0	18.7	4.2	16.7	18.0	11.7	14.0	10.2	7.7	8.1	20.1	25.1	2.6
Biscuits, cakes & pastries	4.2	1.8	7.6	2.6	1.9	2.4	1.3	2.6	5.6	1.1	2.4	2.2	0.2
Milk & yogurt	12.2	10.8	4.0	1.7	22.6	4.2	6.4	16.0	17.2	25.4	8.0	7.5	8.7
Fruit & fruit juices	1.5	0.1	3.6	7.5	2.3	1.7	7.0	3.9	5.2	0.3	6.6	6.0	27.7
Creams, ice--creams & chilled desserts	4.5	2.4	3.1	1.2	3.2	0.8	0.9	1.9	2.7	2.3	1.0	0.9	0.5
Soups & sauces	7.5	0.5	10.3	3.4	1.2	1.1	2.1	1.1	1.8	0.6	1.4	1.3	2.6
Beverages	3.4	0.9	0.1	1.0	1.7	2.9	4.5	3.5	6.1	3.0	2.5	2.4	4.9
Cheeses	7.4	1.3	0.8	0.1	2.9	2.0	0.9	0.9	1.9	5.0	1.5	1.4	0.0
Butter & spreading fats	6.4	3.6	3.6	0.0	0.2	0.0	0.7	0.0	0.0	0.6	0.6	0.8	0.0
Vegetables & vegetable dishes	22.2	0.1	5.0	5.4	2.4	2.0	3.5	2.9	3.5	0.2	8.4	7.8	14.7
Fish & fish dishes	1.3	7.2	3.5	1.6	1.2	3.1	1.8	1.5	1.3	5.8	1.2	1.2	0.8
Eggs & egg dishes	4.2	11.2	2.6	0.8	3.7	1.3	1.1	2.7	7.3	5.8	2.3	2.1	0.5
Nuts, seeds, herbs & spices	0.1	0.0	1.3	0.6	0.3	0.6	0.5	0.4	2.4	0.0	0.5	0.4	0.0
Nutritional supplements	2.0	4.6	2.6	3.7	3.7	2.0	3.7	3.1	3.3	2.8	2.8	3.4	5.6

DFE: Dietary Folate Equivalents

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

Table 4.30 Contribution of food groups (%) to mean daily mineral intakes in teenagers aged 13-18 years

	Sodium %	Potassium %	Calcium %	Iron %	Magnesium %	Zinc %	Copper %	Phosphorus %
Meat & meat products	28.5	21.7	7.2	20.3	17.5	28.8	15.2	25.5
Grains, rice, pasta & savouries	10.5	5.6	10.7	9.7	10.5	12.3	14.2	10.7
Bread & rolls	17.9	6.0	16.9	14.4	10.4	9.9	13.1	10.0
Sugars, confectionery, preserves & savoury snacks	5.2	5.7	5.1	5.7	7.0	4.5	7.8	4.5
Potatoes & potato products	2.6	17.0	1.8	5.4	9.3	3.9	10.2	5.2
Breakfast cereals	3.7	4.2	5.2	21.8	8.5	7.4	8.3	6.1
Biscuits, cakes & pastries	4.6	2.6	3.6	5.0	4.3	3.0	5.9	3.7
Milk & yogurt	4.7	12.2	27.2	1.1	9.4	11.2	2.5	14.6
Fruit & fruit juices	0.3	7.9	2.0	2.2	5.3	1.5	5.9	1.8
Creams, ice--creams & chilled desserts	1.2	1.8	2.8	1.6	1.8	1.3	1.8	2.0
Soups & sauces	7.3	2.7	1.3	2.2	1.9	1.1	2.4	1.1
Beverages	1.7	3.0	1.8	0.5	3.4	1.3	1.8	2.0
Cheeses	3.7	0.5	8.4	0.3	1.3	4.7	0.5	4.6
Butter & spreading fats	1.8	0.1	0.1	0.0	0.0	0.0	0.0	0.1
Vegetables & vegetable dishes	2.1	5.7	2.9	4.3	4.4	3.0	5.1	2.7
Fish & fish dishes	1.9	1.9	0.8	1.2	1.8	1.2	1.4	2.3
Eggs & egg dishes	2.1	0.9	1.1	2.2	0.8	1.8	0.9	2.1
Nuts, seeds, herbs & spices	0.3	0.6	0.3	0.6	1.3	0.8	1.5	0.7
Nutritional supplements	0.1	0.0	0.7	1.7	1.0	2.2	1.3	0.2

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 for the total population and by gender and age group

	Total	Boys	Girls	13-15y	16-18y
Weight (kg)					
n	425	211	214	235	190
Mean	62.4	64.8	60.1	58.7	66.9
SD	13.7	15.3	11.7	12.7	13.6
5th Percentile	43.8	45.0	43.1	42.5	49.5
95th Percentile	89.4	99.7	83.4	81.7	97.1
Height (cm)					
n	426	211	215	235	191
Mean	167	172	163	165	170
SD	8.8	8.4	6.5	8.0	8.8
5th Percentile	153	158	151	151	157
95th Percentile	182	185	174	179	185
BMI (kg/m²)					
n	425	211	214	235	190
Mean	22.2	21.8	22.7	21.6	23.0
SD	4.0	4.1	3.9	4.1	3.9
5th Percentile	17.2	16.8	17.7	16.8	18.0
95th Percentile	29.9	29.9	30.6	28.8	30.6
% Body fat					
n	424	211	213	234	190
Mean	20.9	14.5	27.0	20.9	20.8
SD	9.2	6.6	7.0	9.1	9.4
5th Percentile	8.0	6.6	16.0	8.2	7.5
95th Percentile	38.2	27.5	39.2	37.7	38.7
Waist (cm)					
n	426	211	215	235	191
Mean	73.0	75.2	70.9	71.7	74.6
SD	9.4	10.0	8.4	9.2	9.5
5th Percentile	61.3	62.4	60.8	61.0	62.1
95th Percentile	92.4	95.8	88.3	90.3	93.7
Hip (cm)					
n	426	211	215	235	191
Mean	93.9	92.8	94.9	91.9	96.3
SD	8.6	8.7	8.4	8.5	8.1
5th Percentile	81.1	90.0	82.3	79.8	85.2
95th Percentile	111.0	112.6	111.3	109.0	112.4

Table 5.2 Prevalence of overweight and obesity (%) in teenagers aged 13-18 years using UK 90 growth references†

	Total	13-15y	16-18y
All (n)	(425)	(235)	(190)
Underweight	1.1	1.1	1.2
Normal	77.1	77.0	77.2
Overweight	8.2	8.8	7.5
Obese	10.4	9.5	11.5
Morbidly obese	3.2	3.7	2.7
Overweight & obese	21.8	22.0	21.7
Boys (n)	(211)	(119)	(92)
Underweight	2.3	2.1	2.5
Normal	74.6	75.6	73.3
Overweight	8.9	9.0	8.7
Obese	11.3	8.9	14.4
Morbidly obese	2.9	4.4	1.1
Overweight & obese	23.1	22.3	24.2
Girls (n)	(214)	(116)	(98)
Underweight	0.0	0.0	0.0
Normal	79.5	78.4	80.7
Overweight	7.5	8.6	6.4
Obese	9.5	10.0	8.8
Morbidly obese	3.5	3.0	4.1
Overweight & obese	20.5	21.6	19.3

*Excludes 3 missing values

†Cole TJ, Freeman JV & Preece MA (1995) Body mass index reference curves for the UK, 1990. *Archives of Disease in Childhood* 73 (1) 25-29.

Table 5.3 Prevalence of overweight and obesity (%) in teenagers aged 13-18 years using the IOTF cut-offs†

	Total	13-15y	16-18y
All (n)	(425)	(235)	(190)
Thinness	5.3	4.4	6.4
Normal	71.0	72.7	69.0
Overweight	15.8	15.2	16.5
Obese	6.4	5.4	7.6
Morbidly obese	1.5	2.3	0.5
Overweight & obese	23.7	22.9	24.6
Boys (n)	(211)	(119)	(92)
Thinness	6.2	5.2	7.5
Normal	70.7	72.5	68.3
Overweight	15.2	14.8	15.7
Obese	6.6	5.1	8.5
Morbidly obese	1.3	2.4	0.0
Overweight & obese	23.1	22.3	24.2
Girls (n)	(214)	(116)	(98)
Thinness	4.5	3.7	5.4
Normal	71.4	73.0	69.7
Overweight	16.4	15.6	17.2
Obese	6.1	5.6	6.7
Morbidly obese	1.6	2.1	1.0
Overweight & obese	24.1	23.3	24.9

*Excludes 4 missing values

†Cole TJ, Bellizzi MC, Flegal KM & Dietz WH (2000) Establishing a standard definition for child overweight and obesity worldwide: international survey. *BMJ* 320 (7244) 1240-1243.

Table 5.4 Mean, SD and median values of BMI (kg/m²) for teenagers aged 13-18 years by demographic factors and age group

	Total 13-18y			13-15y			16-18y		
	n	Mean	SD	n	Mean	SD	n	Mean	SD
Location									
Rural	158	21.7	4.0	90	20.6	3.5	68	23.2	4.1
Small town	141	22.2	3.7	73	21.8	3.5	68	22.7	3.8
Large town	94	22.9	4.5	52	22.7	4.9	42	23.2	3.9
City	32	22.5	3.9	20	22.0	4.5	12	23.1	2.9
Education level									
Primary/Intermediate	31	24.7	4.8	17	24.5	5.5	14	24.9	4.1
Secondary	51	22.7	4.1	25	21.9	3.7	26	23.3	4.4
Degree/Diploma	341	21.9	3.8	192	21.2	3.8	149	22.7	3.7
Social Class									
Professional workers	240	21.5	3.3	130	20.7	2.8	110	22.5	3.6
Non-manual workers	75	22.5	4.7	36	21.8	5.2	39	23.1	4.1
Skilled manual workers	62	22.2	4.2	39	21.4	4.1	23	23.5	4.0
Unskilled workers	39	23.7	3.7	23	23.6	4.1	16	23.8	3.3

Note: Education & SC level relates to that of the parents/guardians of participants

Table 5.5 Mean, SD and median values of BMI (kg/m²) for boys aged 13-18 years by demographic factors and age group

	Total 13-18y			13-15y			16-18y		
	n	Mean	SD	n	Mean	SD	n	Mean	SD
Location									
Rural	79	21.1	3.8	47	20.1	3.3	32	22.4	4.1
Small town	78	21.8	3.6	43	21.4	3.6	35	22.3	3.6
Large town	43	22.9	5.3	23	22.2	6.3	20	23.6	4.0
City	11	21.9	3.4	6	20.3	2.1	5	23.6	3.7
Education level									
Primary/Intermediate	15	24.5	5.3	8	23.8	5.8	7	25.4	4.8
Secondary	21	22.5	4.6	11	22.4	5.3	10	22.7	4.2
Degree/Diploma	174	21.3	3.7	99	20.5	3.7	75	22.4	3.6
Social Class									
Professional workers	127	21.5	3.5	66	20.4	3.0	61	22.6	3.8
Non-manual workers	38	21.0	4.1	21	20.2	4.3	17	22.0	3.7
Skilled manual workers	28	21.4	4.5	21	20.7	4.1	7	23.7	5.1
Unskilled workers	14	24.6	3.7	8	24.7	3.7	6	24.4	3.8

Note: Education & SC level relates to that of the parents/guardians of participants

Table 5.6 Mean, SD and median values of BMI (kg/m²) for girls aged 13-18 years by demographic factors and age group

	Total 13-18y			13-15y			16-18y		
	n	Mean	SD	n	Mean	SD	n	Mean	SD
Location									
Rural	79	22.4	4.1	43	21.1	3.8	36	23.8	4.1
Small town	63	22.8	3.8	30	22.4	3.5	33	23.1	4.1
Large town	51	22.9	3.8	29	23.1	3.8	22	22.8	3.8
City	21	22.8	4.2	14	22.8	5.1	7	22.8	2.4
Education level									
Primary/Intermediate	16	24.8	4.5	9	25.3	5.4	7	24.4	3.5
Secondary	30	22.8	3.8	14	21.4	1.8	16	23.8	4.6
Degree/Diploma	167	22.4	3.8	93	21.9	3.8	74	23.0	3.7
Social Class									
Professional workers	113	21.6	3.1	64	21.1	2.6	49	22.3	3.4
Non-manual workers	37	23.9	4.8	15	23.9	5.7	22	24.0	4.3
Skilled manual workers	34	22.8	3.8	18	22.3	4.0	16	23.4	3.6
Unskilled workers	25	23.2	3.7	15	23.0	4.3	10	23.5	2.9

Note: Education & SC level relates to that of the parents/guardians of participants

Chapter 6 Physical Activity Levels

Table 6.1 Median time (minutes/day) spent in physical and sedentary activities and watching screens by teenagers aged 13-18 years

Activities (mins/day)	Total 13-18y		13-15y		16-18y	
	n	Median	n	Median	n	Median
All						
Physical activities	427	80.7	233	81.4	194	79.3
Sedentary activities	426	455	234	408	192	528
Screen time	418	231	228	223	190	240
Boys						
Physical activities	208	79.8	116	77.1	92	81.4
Sedentary activities	207	442	117	405	90	495
Screen time	206	236	116	231	90	247
Girls						
Physical activities	219	81.4	117	89.7	102	72.1
Sedentary activities	219	474	117	411	102	549
Screen time	212	223	112	197	100	235

Excludes 10 missing values

Table 6.2 Median time (minutes/day) spent watching screens, television and gaming by teenagers aged 13-18 years, by weekday/weekend

Activities (mins/day)	Total 13-18y			13-15y			16-18y		
	n	Weekday	Weekend	n	Weekday	Weekend	n	Weekday	Weekend
All									
Total screen time	418	129	94.3	228	120	86.9	190	129	103
Gaming (computer, tablet & console)	418	85.7	60.0	228	77.6	60.0	190	85.7	68.6
TV viewing	418	42.9	25.7	228	42.9	25.7	190	42.9	34.3
Boys									
Total screen time	206	129	103	116	124	95.7	90	129	104
Gaming (computer, tablet & console)	206	85.7	68.6	116	84.3	68.6	90	85.7	68.6
TV viewing	206	42.8	30.5	116	42.9	25.7	90	42.9	34.3
Girls									
Total screen time	212	129	85.7	112	110	74.4	100	146	94.3
Gaming (computer, tablet & console)	212	85.7	51.4	112	66.4	42.9	100	85.7	60.0
TV viewing	212	34.3	25.7	112	34.2	25.7	100	34.3	30.0

Excludes 10 missing values

Table 6.3 Median time (minutes/day) spent participating in total, physical and sedentary activities by teenagers aged 13-18 years, by weekday/weekend

Activities (mins/day)	Total 13-18y			13-15y			16-18y		
	n	Weekday	Weekend	n	Weekday	Weekend	n	Weekday	Weekend
Total									
Sedentary activities	426	281	163	234	261	146	192	313	180
Physical activities	427	58.6	17.1	233	58.5	17.1	194	59.3	14.3
Boys									
Sedentary activities	207	266	159	117	250	147	90	291	179
Physical activities	208	57.9	14.4	116	54.3	17.1	92	63.0	12.9
Girls									
Sedentary activities	219	292	163	117	270	146	102	334	183
Physical activities	219	60.0	17.1	117	62.9	20.0	102	55.4	17.1

Excludes 2 missing values