

Chapter 2 Methodology and response

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- 2.2 Response of fully productive participants to key survey stages and measurements, by sex and age.

Table 2.1

Summary of achieved response rates at household level

<i>Issued addresses</i>		<i>2008/09</i>
Response of issued addresses	N	%
Issued addresses		
Total	3510	100
Ineligible ^a	1836	52
Eligible	1674	48
Eligible addresses		
Refused household selection	182	11
Selected households	1492	89
Selected households		
Productive households^b	952	64
Unproductive households	540	36
Non contact	28	2
Refused (all selected respondents)	387	26
Other reason for unproductive ^c	125	8

^a Includes screened out child boost addresses.

^b Includes fully productive households (all selected participant(s) completed three or four diary days) and partially productive households (one or both participants completed three or four diary days).

^c Other reasons included: 'Ill at home during survey period', 'Away or in hospital all survey period', 'Physically or mentally unable/incompetent' and 'Language difficulties'.

Table 2.2

Response of fully productive participants to key survey stages and measurements, by sex and age

Fully productive participants^a 2008/09

Individual response	Age group (years)												Total			
	1.5-3		4-10		11-18		Total children		19-64		65+		Total adults		N	%
	N	%	N	%	N	%	N	%	N	%	N	%	N	%		
Males																
Fully productive	65		119		114		298		181		49		230		528	
Height measured ²	45	87	113	95	113	99	271	95	177	98	48	98	225	98	496	96
Weight measured ¹	57	88	113	95	113	99	283	95	175	97	48	98	223	97	506	96
Visited by nurse ¹	47	72	88	74	85	75	220	74	141	78	38	78	179	78	399	76
Blood pressure measured ³	-	-	80	67	85	75	165	71	139	77	38	78	177	77	342	74
Waist-hip ratio measured ⁴	-	-	-	-	85	75	85	75	141	78	38	78	179	78	264	77
Mid-upper arm circumference measured ⁵	31	60	87	73	51	75	169	71	-	-	-	-	-	-	169	71
Consented to give blood sample ¹	10	15	34	29	54	47	98	33	85	47	28	57	113	49	211	40
Blood sample obtained ¹	8	12	28	24	49	43	85	29	76	42	26	53	102	44	187	35
Consented to 24h urine sample ⁶	-	-	65	57	76	67	141	62	112	62	33	67	145	63	286	62
24 hour urine sample obtained ⁶	-	-	62	54	72	63	134	59	110	61	33	67	143	62	277	60
Females																
Fully productive	56		119		110		285		253		65		318		603	
Height measured ⁸	38	81	112	94	106	96	256	93	241	95	57	88	298	94	554	93
Weight measured ⁷	48	86	112	94	105	95	265	93	238	94	57	88	295	93	560	93
Visited by nurse ⁷	45	80	98	82	87	79	230	81	184	73	55	85	239	75	469	78
Blood pressure measured ⁹	-	-	93	78	86	78	179	78	183	72	53	82	236	74	415	76
Waist-hip ratio measured ¹⁰	-	-	-	-	86	78	86	78	182	72	54	83	236	74	322	75
Mid-upper arm circumference measured ¹¹	34	72	96	81	51	80	181	79	-	-	-	-	-	-	181	79
Consented to give blood sample ⁷	7	13	29	24	49	45	85	30	130	51	39	60	169	53	254	42
Blood sample obtained ⁷	6	11	21	18	36	33	63	22	113	45	36	55	149	47	212	35
Consented to 24h urine sample ¹²	-	-	70	61	65	59	135	60	141	56	44	68	185	58	320	59
24 hour urine sample obtained ¹²	-	-	69	60	62	56	131	58	131	52	41	63	172	54	303	56

Table 2.2 (continued)

Response of fully productive participants to key survey stages and measurements, by sex and age

Fully productive participants ^a	2008/09							
Bases (unweighted)								
¹ Fully productive males aged 1.5 and over	65	119	114	298	181	49	230	528
² Fully productive males aged 2 and over	52	119	114	285	181	49	230	515
³ Fully productive males aged 4 and over		119	114	233	181	49	230	463
⁴ Fully productive males aged 11 and over			114	114	181	49	230	344
⁵ Fully productive males aged 2-15	52	119	68	239				239
⁶ Fully productive males aged 4 and over who are out of nappies		115	114	229	181	49	230	459
⁷ Fully productive females aged 1.5 and over	56	119	110	285	253	65	318	603
⁸ Fully productive females aged 2 and over	47	119	110	276	253	65	318	594
⁹ Fully productive females aged 4 and over		119	110	229	253	65	318	547
¹⁰ Fully productive females aged 11 and over			110	110	253	65	318	428
¹¹ Fully productive females aged 2-15	47	119	64	230				230
¹² Fully productive females aged 4 and over who are out of nappies		115	110	225	253	65	318	543

^a Participants completing three or four diary recording days, excluding individuals rejected during analysis.

Chapter 3 TABLES: Socio-demographic characteristics of the NDNS sample

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Table 3.1**Sex of the NDNS sample, by adults and children***Aged 1.5 years and over* *2008/09*

Sex	Adult/child status	
	Total children (1.5-18 years)	Total adults (19+ years)
	%	%
Unweighted proportions		
Males	51	42
Females	49	58
Weighted proportions^a		
Males	51	48
Females	49	52
<i>Bases (unweighted)</i>	<i>583</i>	<i>548</i>

^aThe sample was weighted to bring the proportion of males and females into line with the UK general population. (Office for National Statistics. *Mid 2008 Population Estimates*. [Online] Available: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106>)

Table 3.2**Age of the NDNS sample, adults, by sex***Aged 19 years and over* *2008/09*

Age group	Sex		Total
	Men	Women	
	%	%	%
Unweighted proportions			
19-64 years	79	80	79
65 years and over	21	20	21
Weighted proportions^a			
19-64 years	81	77	79
65 years and over	19	23	21
<i>Bases (unweighted)</i>	<i>230</i>	<i>318</i>	<i>548</i>

^aThe sample was weighted to bring the proportion of males and females into line with the UK general population. Office for National Statistics. *Mid 2008 Population Estimates*. [Online] Available: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106>

Table 3.3

Age of the NDNS sample, children, by sex

Aged 1.5-18 years

2008/09

Age group	Sex		Total
	Boys	Girls	
	%	%	%
Unweighted proportions			
1.5-3 years	22	20	21
4-10 years	40	42	41
11-18 years	38	39	38
Weighted proportions^a			
1.5-3 years	14	14	14
4-10 years	38	38	38
11-18 years	48	48	48
<i>Bases (unweighted)</i>	298	285	583

^aThe sample was weighted to bring the proportion of males and females into line with the UK general population.

Office for National Statistics. *Mid 2008 Population Estimates*. [Online]

Available: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106>

Table 3.4

National Statistics Socio-economic Classification (NS-SEC) and housing tenure of the Household Reference Person (HRP), by age

Aged 1.5 years and over

2008/09

NS-SEC, Housing tenure	Age group (years)						
	1.5-3	4-10	11-18	Total children	19-64	65+	Total adults
	%	%	%	%	%	%	%
NS-SEC of HRP^a							
Higher managerial & professional occupations	12	12	11	12	14	9	13
Lower managerial & professional occupations	25	24	23	24	29	22	27
Intermediate occupations	6	7	5	6	8	12	9
Small employers & own account workers	12	17	12	14	12	15	12
Lower supervisory and technical occupations	11	13	11	12	10	19	12
Semi-routine occupations	15	16	16	16	13	8	12
Routine occupations	11	7	14	11	11	15	12
Never worked	1	2	6	3	1	2	1
Other	7	1	4	3	3	-	2
Housing tenure							
Own outright	5	9	14	11	22	72	33
Own with mortgage	56	59	53	56	46	7	38
Rent from local authority	13	14	19	16	11	9	11
Rent from housing association	5	7	7	7	6	11	7
Rent privately, furnished	5	0	1	1	4	-	3
Rent privately, unfurnished	16	11	7	9	10	1	8
<i>Bases (unweighted)^b</i>	120	238	224	582	432	114	546

^a See Chapter 2 for definition of HRP.

^b The bases shown are for tenure and may vary slightly for NS-SEC.

Table 3.5

Age at which finished full-time education and highest qualification achieved, by age

All aged 19 years and over and 16-18 year olds in the general sample (non child boost) 2008/09

Education	Age group (years)					Total	
	16-18	19-34	35-49	50-64	65+	%	%
Age finished full-time education							
Not yet finished	88	12	-	-	-	7	7
Never went to school	-	-	-	-	2	0	0
15 or under	-	5	10	37	62	25	25
16	9	26	42	23	13	27	27
17	-	9	13	6	7	9	9
18 or over	3	47	35	34	16	33	33
Highest qualification achieved							
Degree or equivalent	-	25	23	27	9	21	21
Higher education, below degree level	-	9	12	10	6	9	9
GCE, A level or equivalent	1	23	19	14	7	16	16
GCSE grades A - C or equivalent	4	20	30	14	19	21	21
GCSE grades D-G/Commercial qualifications/apprenticeship	-	3	2	0	1	2	2
Foreign or other qualifications	-	1	1	2	3	2	2
No qualifications	-	6	12	31	56	23	23
Still in FT education	95	14	1	-	-	8	8
Bases (unweighted)^b	35	123	157	152	114	581	581

^a It was more efficient to exclude 16-18 year olds from child boost addresses than include them but weight them down. See Appendix B, section B.10 for full information of the weights used in this table.

^b The bases shown are for age finished full-time education and may vary slightly for 'Highest qualification achieved'.

Table 3.6

Reported following vegetarian diets, by age

Aged 1.5 years and over

2008/09

Vegetarian diets	Age group (years)						
	1.5-3	4-10	11-18	Total children	19-64	65+	Total adults
	%	%	%	%	%	%	%
Vegetarian diets^a							
Vegetarian	2	2	3	2	2	-	2
Vegan	-	0	-	0	-	-	-
Neither	98	98	97	98	98	100	98
<i>Bases (unweighted)</i>	121	238	224	583	434	114	548

^a Self-reported status, at CAPI interview: no definition of vegetarian or vegan was given to participants.

Table 3.7

Self-reported current cigarette smoking status, adults, by sex and age

All aged 19 years and over and 16-18year olds in the general sample (i.e. not child boost) addresses

2008/09

Current smoking status	Age group (years)				Total
	16-24	25-49	50-64	65+	
	%	%	%	%	
Men					
Current cigarette smoker	24	34	11	8	23
Ex-regular cigarette smoker	4	16	30	49	23
Never regular cigarette smoker	73	50	59	43	54
Women					
Current cigarette smoker	18	26	19	4	19
Ex-regular cigarette smoker	20	14	30	35	23
Never regular cigarette smoker	62	60	51	61	59
<i>Bases (unweighted)</i>					
<i>Men</i>	35	100	64	49	248
<i>Women</i>	41	138	88	65	332

Table 3.8

Whether light, moderate or heavy smoker, adults, by age

All aged 19 years and over and 16-18 year olds in the general sample (i.e. not child boost addresses)^a

2008/09

Smoker category: cigarettes smoked per day	Age group (years)				Total
	16-24	25-49	50-64	65+	
	%	%	%	%	%
Men					
Light smokers ^b	26	20	10	3	15
Moderate smokers ^c	4	6	2	2	4
Heavy smokers ^d	7	12	3	4	8
Don't know number smoked a day			1		0
Non-smoker	62	62	84	90	72
Women					
Light smokers ^b	7	9	8	1	7
Moderate smokers ^c	4	15	6	3	9
Heavy smokers ^d	4	4	4		3
Don't know number smoked a day	3		1		1
Non-smoker	82	72	81	96	81
<i>Bases (unweighted)</i>					
<i>Men</i>	35	100	64	49	248
<i>Women</i>	41	138	88	65	332

^a It was more efficient to exclude 16-18 year olds from child boost addresses than include them but weight them down. See Appendix B, section B.10 for full information of the weights used in this table.

^b Light: under 10 cigarettes per day

^c Moderate: 10 to less than 20 cigarettes per day

^d Heavy: 20 or more cigarettes per day

Table 3.9

Children's self reported experience of smoking cigarettes, by sex and age

Aged 8-15 years

2008/09

Experience of smoking cigarettes	Age group (years)			Total
	8-10	11-12	13-15	
	%	%	%	%
Boys				
Ever smoked a cigarette	1	[17]	16	12
Girls				
Ever smoked a cigarette	-	[3]	29	13
<i>Bases (unweighted)</i>				
<i>Boys</i>	42	23	44	109
<i>Girls</i>	51	18	44	113

Table 3.10

Summary of maximum alcohol consumption of adults on heaviest drinking day^a in the last week^a, by sex and age

All aged 19 years and over and 16-18 year olds in the general sample (i.e. not child boost) addresses^b

2008/09

Maximum daily consumption	Age group (years)				Total
	16-24	25-49	50-64	65+	
	%	%	%	%	%
Men					
Did not drink in last week	38	27	23	31	28
Up to and including 4 units	12	22	34	49	28
More than 4, up to and including 8 units	15	16	17	12	15
More than 8 units	35	35	26	8	28
Women					
Did not drink in last week	51	33	42	62	44
Up to and including 3 units	6	29	31	26	26
More than 3, up to and including 6 units	5	21	16	11	15
More than 6 units	38	18	11	1	15
<i>Bases (unweighted)</i>					
<i>Men</i>	35	99	64	49	247
<i>Women</i>	40	137	88	65	330

^a Based on information recorded in the CAPI interview/self-completion

^b It was more efficient to exclude 16-18 year olds from child boost addresses than include them but weight them down. See Appendix B, section B.10 for full information of the weights used in this table.

Table 3.11

Maximum alcohol consumption of adults on heaviest drinking day in the last week^a, by sex and age

All aged 19 years and over and 16-18 year olds in the general sample (i.e. not child boost) addresses who drank alcohol in the last week^b

2008/09

Maximum daily consumption	Age group (years)				Total
	16-24	25-49	50-64	65+	
	%	%	%	%	%
Men					
2 units or less	[17]	14	19	62	24
More than 2, up to and including 3 units	-	5	11	-	5
More than 3, up to and including 4 units	[2]	10	15	9	10
More than 4, up to and including 5 units	-	4	7	3	4
More than 5, up to and including 6 units	[10]	2	13	10	7
More than 6, up to and including 8 units	[15]	16	2	4	10
More than 8 units	[56]	48	34	12	40
<i>More than 4 units</i>	<i>[81]</i>	<i>70</i>	<i>55</i>	<i>29</i>	<i>61</i>
<i>More than 8 units</i>	<i>[56]</i>	<i>48</i>	<i>34</i>	<i>12</i>	<i>40</i>
Mean number of units	[10.8]	10.3	6.6	4.5	8.5
Standard error of mean	1.62	0.97	0.57	0.89	0.60
Women					
2 units or less	[13]	28	36	[49]	31
More than 2, up to and including 3 units	-	15	18	[19]	14
More than 3, up to and including 4 units	-	11	7	[18]	10
More than 4, up to and including 5 units	[7]	9	13	[6]	9
More than 5, up to and including 6 units	[3]	11	8	[5]	8
More than 6, up to and including 8 units	[7]	5	8	[3]	6
More than 8 units	[70]	21	11	-	22
<i>More than 3 units</i>	<i>[87]</i>	<i>57</i>	<i>47</i>	<i>[32]</i>	<i>55</i>
<i>More than 6 units</i>	<i>[77]</i>	<i>26</i>	<i>19</i>	<i>[3]</i>	<i>27</i>
Mean number of units	[11.7]	5.2	4.1	[2.8]	5.4
Standard error of mean	1.95	0.43	0.45	0.28	0.53
<i>Bases (unweighted)</i>					
<i>Men</i>	<i>21</i>	<i>76</i>	<i>52</i>	<i>32</i>	<i>181</i>
<i>Women</i>	<i>20</i>	<i>87</i>	<i>47</i>	<i>26</i>	<i>180</i>

^a Based on information recorded in the CAPI interview/self-completion

^b It was more efficient to exclude 16-18 year olds from child boost addresses than include them but weight them down. See Appendix B, section B.10 for full information of the weights used in this table.

Table 3.12

Children's self-reported experience of drinking alcohol, by sex and age

Aged 8-15 years

2008/09

Experience of alcohol ^a	Age group (years)			Total
	8-10	11-12	13-15	
	%	%	%	%
Boys				
Ever had proper alcoholic drink	9	[31]	57	36
Girls				
Ever had proper alcoholic drink	10	[21]	52	31
<i>Bases (unweighted)</i>				
<i>Boys</i>	42	23	43	108
<i>Girls</i>	51	18	44	113

^a Results are based on those children who answered 'yes' either to the CAPI question about whether they have ever had a proper alcoholic drink, or to the question about whether they have ever had alcopops.

Table 3.13

Children's self-reported frequency of drinking alcohol, by sex and age

Aged 8-15 years

2008/09

Frequency of drinking	Age group (years)			Total
	8-10	11-12	13-15	
	%	%	%	%
Boys				
Almost every day	-	-	-	-
About twice a week	-	-	3	1
About once a week	-	-	1	1
About once a fortnight	-	-	8	4
About once a month	-	-	16	7
Only a few times a year	9	[19]	26	19
Never drinks	91	[81]	46	68
Once a week or more ^a	-	-	4	2
Girls				
Almost every day	-	-	-	-
About twice a week	-	-	1	1
About once a week	-	-	11	5
About once a fortnight	-	-	2	1
About once a month	-	[2]	12	5
Only a few times a year	9	[15]	26	17
Never drinks	91	[83]	48	71
Once a week or more ^a	-	-	12	5
<i>Bases (unweighted)</i>				
<i>Boys</i>	42	23	43	108
<i>Girls</i>	51	17	43	111

^a Figures for 'Once a week or more' are the sum of 'Almost every day', 'About twice a week' and 'About once a week'.

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Table 4.1a

Body mass index (BMI), and prevalence of underweight, overweight and obesity, adults^a, by sex and age

Aged 19 years and over with a valid BMI measurement

2008/09

BMI (kg/m ²)	Age group (years)		Total
	19-64	65+	
	%	%	%
Men			
Mean BMI (kg/m ²)	27.1	27.4	27.2
Standard error of the mean	0.35	0.63	0.29
% Underweight	1	-	1
% Normal	33	19	30
% Overweight	43	54	45
% Obese, excluding morbidly obese	22	28	23
% Morbidly obese	1	-	1
% <i>Overweight, including obese</i>	66.1	81.4	68.8
% <i>Obese</i>	23.4	27.8	24.2
Women			
Mean BMI (kg/m ²)	27.4	30.0	28.0
Standard error of the mean	0.48	1.32	0.47
% Underweight	1	-	1
% Normal	43	30	40
% Overweight	27	28	27
% Obese, excluding morbidly obese	26	33	28
% Morbidly obese	3	9	4
% <i>Overweight, including obese</i>	55.7	70.4	58.8
% <i>Obese</i>	29.1	42.2	31.8
<i>Bases (unweighted)</i>			
<i>Men</i>	173	44	217
<i>Women</i>	238	53	291

^a An adult was classified as underweight if BMI was less than 18.5kg/m²; normal weight if BMI was from 18.5 to less than 25kg/m²; overweight if BMI was from 25 to less than 30kg/m²; obese, excluding morbidly obese if BMI was from 30 to less than 40kg/m²; as morbidly obese if BMI was 40kg/m² or more; as overweight, including obese if BMI was 25kg/m² or more; and as obese if BMI was 30kg/m² or more

Table 4.1b

Body mass index (BMI), prevalence of overweight and obesity, children ^a, by age and sex

Aged 2-18 years with a valid BMI measurement

2008/09

BMI (kg/m ²)	Age group (years)			Total
	2-3 ^b	4-10	11-18	
Boys				
5th percentile (kg/m ²)	15.0	13.9	16.1	14.4
10th percentile (kg/m ²)	15.3	14.4	17.1	15.0
Median (kg/m ²)	17.1	15.9	20.4	18.0
90th percentile (kg/m ²)	19.7	19.1	25.8	24.1
95th percentile (kg/m ²)	29.8	21.7	28.1	25.9
Over 85 th , ≤ 95th(% overweight)	8	15	19	17
Over 95 th (% obese)	9	10	16	13
Over 85 th (% overweight, including obese)	17	25	35	29
Mean (kg/m ²)	17.6	16.5	21.2	19.0
Standard error of the mean	0.45	0.23	0.39	0.25
Girls				
5th percentile (kg/m ²)	13.8	14.3	17.7	14.6
10th percentile (kg/m ²)	14.3	15.0	18.3	15.1
Median (kg/m ²)	16.3	16.7	21.6	19.1
90th percentile (kg/m ²)	18.7	21.9	27.3	25.3
95th percentile (kg/m ²)	19.2	22.7	31.3	27.3
Over 85 th , ≤95th(%overweight)	8	9	15	11
Over 95 th (% obese)	-	17	22	20
Over 85 th (% overweight, including obese)	8	26	37	31
Mean (kg/m ²)	16.4	17.3	22.5	19.8
Standard error of the mean	0.34	0.25	0.35	0.28
<i>Bases (unweighted)</i>				
Boys	41	111	113	265
Girls	37	112	105	254

^a A child was classified as obese if BMI was >95th centile for sex and age; and as overweight if BMI was >85th and ≤ 95th centile for sex and age.

^b The age range covered is 24-37 months. Thresholds vary according to month of age.

Chapter 5

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- 5.2a Total quantities of food consumed (grams) per day: male consumers, by age.
- 5.2b Total quantities of food consumed (grams) per day: female consumers, by age.
- 5.2c Total quantities of food consumed (grams) per day: all consumers, by age.

Table 5.1a

Total quantities of food consumed (grams) per day: males (including non-consumers), by age

Males aged 4 -64 years

2008/09

Food group ^a	Age group (years)						Total boys		Men	
	Boys		11-18		sd		Mean	sd	19-64	
	4-10	Mean	sd	Mean	sd	Mean			sd	
Cereals and cereal products										
Pasta, rice and other miscellaneous cereals	82	129	59	114	108	97	85	86		
White bread	38	67	36	54	54	49	61	56		
Wholemeal bread	10	10	22	27	10	25	20	40		
Brown, granary and wheatgerm bread	20	9	34	23	14	29	13	26		
Other breads	6	5	16	14	5	15	5	14		
Wholegrain and high fibre breakfast cereals	22	12	34	19	16	27	20	49		
Other breakfast cereals	10	13	11	20	12	17	7	13		
Biscuits	15	18	13	31	17	25	13	18		
Buns, cakes, pastries and fruit pies	21	18	22	27	19	25	20	30		
Milk and milk products										
Whole milk (3.8% fat)	93	54	141	140	71	142	45	103		
Semi skimmed milk (1.8 % fat)	108	112	130	155	110	145	106	160		
Skimmed milk (0.5% fat)	6	6	33	24	6	28	14	48		
Cheese	10	11	12	15	11	13	18	22		
Yoghurt, fromage frais and other dairy desserts	32	24	39	45	28	42	24	48		
Ice cream	14	9	17	18	11	18	6	14		
Eggs and egg dishes	8	19	14	29	14	24	20	27		
Fat spreads										
Butter	3	3	6	9	3	8	2	5		
Polyunsaturated margarine	0	0	0	0	0	0	0	0		
Margarine and other cooking fats	0	0	1	1	0	1	1	3		
NOT polyunsaturated										
Reduced fat spread (41-72% fat)	6	5	9	7	6	8	7	10		

Low fat spread (20-49% fat)

1

3

1

4

1

4

2

5

Table 5.1a (continued)

Food group ^a	Age group (years)						2008/09	
	Boys			Men			Total boys	
	4-10	11-18	19-64	4-10	11-18	19-64	Mean	sd
Meat and meat products								
Bacon and ham	9	18	18	13	27	23	14	23
Beef, veal and dishes	29	36	36	49	62	57	33	86
Lamb and dishes	4	13	13	13	37	29	9	47
Pork and dishes	4	9	9	14	22	19	6	38
Coated chicken and turkey	8	20	20	14	36	29	15	19
Chicken and turkey dishes	28	57	57	37	74	62	44	73
Burgers and kebabs	5	15	15	12	29	24	11	26
Sausages	15	15	15	21	23	22	15	34
Meat pies and pastries	8	16	16	17	35	29	12	23
Fish and fish dishes								
White fish coated or fried including fish fingers	12	7	7	16	14	15	9	18
Other white fish, shellfish or fish dishes and canned tuna	7	8	8	19	21	20	8	41
Oily fish	2	1	1	8	7	7	2	28
Vegetables, potatoes								
Salad and other raw vegetables	13	14	14	19	23	21	14	49
Vegetables (not raw) including vegetable dishes	62	66	66	53	64	59	64	94
Chips, fried and roast potatoes and potato products	41	75	75	32	59	52	60	57
Other potatoes, potato salads and dishes	26	27	27	31	34	32	27	55
Savoury snacks	10	15	15	9	16	14	13	10
Nuts and seeds	1	2	2	2	5	4	1	9
Fruit	74	70	70	61	92	80	72	108

Table 5.1a (continued)

Food group ^a	Males aged 4-64 years						2008/09	
	Age group (years)							
	Boys		11-18		Men			
	4-10	Mean	sd	Mean	sd	19-64	Mean	sd
						Total boys		
Sugar preserves and confectionery								
Sugars, including table sugar, preserves and sweet spreads	5	7	9	6	8	6	12	17
Sugar confectionery	7	12	20	10	17	9	2	6
Chocolate confectionery	9	10	25	16	20	13	10	18
Beverages ^b								
Fruit juice	97	120	134	93	128	95	70	151
Soft drinks, not low calorie	153	179	322	358	287	268	168	273
Soft drinks, low calorie	176	225	266	174	249	175	104	234
Tea, coffee and water	203	203	507	467	423	351	1012	667
<i>Bases (unweighted)</i>	119		114			233		181

^a Some food groups are not included due to small numbers of consumers; e.g. puddings, liver. These foods will be reported in future years.

^b Beverages are reported as consumed with diluent water.

Table 5.1b

Total quantities of food consumed (grams) per day: females (including non-consumers), by age

Females aged 4-64 years

2008/09

Food group ^a	Age group						
	Girls			Women			
	4-10	11-18	Total girls	19-64	Total girls	19-64	
Mean	sd	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products							
Pasta, rice and other miscellaneous cereals	60	44	93	81	78	70	73
White bread	42	29	46	40	44	39	39
Wholemeal bread	7	18	8	17	8	14	23
Brown, granary and wheatgerm bread	10	21	11	20	11	11	21
Other breads	5	12	5	13	5	4	10
Wholegrain and high fibre breakfast cereals	14	24	9	17	11	18	41
Other breakfast cereals	10	13	9	13	10	5	10
Biscuits	15	14	13	15	14	13	17
Buns, cakes, pastries and fruit pies	24	25	17	28	20	14	23
Milk and milk products							
Whole milk (3.8% fat)	59	94	32	69	44	14	46
Semi skimmed milk (1.8% fat)	103	133	74	92	87	89	102
Skimmed milk (0.5% fat)	2	13	1	11	2	17	54
Cheese	14	16	11	12	12	12	14
Yoghurt, fromage frais and other dairy desserts	35	42	19	31	26	27	40
Ice cream	18	28	11	23	14	4	12
Eggs and egg dishes	12	18	13	20	13	17	26
Fat spreads							
Butter	2	4	1	3	2	2	5
Polyunsaturated margarine	0	1	0	0	0	0	0
Margarine and other cooking fats	0	2	0	1	0	0	1
NOT polyunsaturated							
Reduced fat spread (41-72% fat)	5	6	6	7	5	5	7
Low fat spread (20-49% fat)	2	4	1	3	1	2	4

Table 5.1b (continued)

Total quantities of food consumed (grams) per day: females (including non-consumers), by age

Females aged 4-64 years

2008/09

Food group ^a	Age group							
	Girls			Women				
	4-10	11-18	Total girls	19-64	Total girls	19-64		
Mean	sd	Mean	sd	Mean	sd	Mean	sd	
Meat and meat products								
Bacon and ham	9	10	9	11	9	11	10	16
Beef, veal and dishes	22	36	30	47	27	43	49	66
Lamb and dishes	7	23	13	42	10	35	11	35
Pork and dishes	8	21	6	16	7	18	9	28
Coated chicken and turkey	11	21	10	21	11	21	5	16
Chicken and turkey dishes	27	42	42	51	35	48	54	65
Burgers and kebabs	4	10	11	19	8	16	4	12
Sausages	17	20	14	23	15	22	12	23
Meat pies and pastries	8	17	11	20	10	19	7	21
Fish and fish dishes								
White fish coated or fried including fish fingers	8	13	5	13	6	13	7	18
Other white fish, shellfish or fish dishes and canned tuna	7	18	9	20	8	19	15	33
Oily fish	4	15	3	15	3	15	11	25
Vegetables, potatoes								
Salad and other raw vegetables	17	28	20	32	19	30	54	56
Vegetables (not raw) including vegetable dishes	57	47	57	55	57	51	105	87
Chips, fried and roast potatoes and potato products	41	37	54	52	48	47	40	44
Other potatoes, potato salads and dishes	25	25	39	44	33	37	39	43
Savoury snacks	11	9	14	15	13	12	6	9
Nuts and seeds	0	1	1	4	1	3	2	8
Fruit	103	79	57	61	77	73	94	108

Table 5.1b (continued)

Food group ^a	Age group						sd
	Girls		Total girls		Women		
	4-10	11-18	Mean	sd	19-64	Mean	
Sugar, preserves and confectionery							
Sugars, including table sugars, preserves and sweet spreads	5	5	5	7	5	6	13
Sugar confectionery	14	37	9	21	11	29	7
Chocolate confectionery	9	13	11	14	10	14	14
Beverages ^b							
Fruit juice	74	101	61	87	67	94	75
Soft drinks, not low calorie	145	184	248	268	203	240	199
Soft drinks, low calorie	139	219	169	237	156	229	210
Tea, coffee and water	351	315	475	462	420	408	678
<i>Bases (unweighted)</i>	119		110		229		253

^a Some food groups are not included due to small numbers of consumers; e.g. puddings, liver. These foods will be reported in future years.

^b Beverages are reported as consumed with diluent water.

Table 5.1c

Total quantities of food consumed (grams) per day: all (including non-consumers), by age

Aged 1.5-64 years

2008/09

Food group ^a	Age group (years)							
	1.5-3		4-10		11-18		19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Cereals and cereal products								
Pasta, rice and other miscellaneous cereals	56	49	71	53	111	101	78	80
White bread	25	26	40	32	57	49	50	49
Wholemeal bread	6	13	9	20	9	23	17	32
Brown, granary and wheatgerm bread	10	20	15	29	10	22	12	24
Other breads	2	5	6	14	5	14	5	12
Wholegrain and high fibre breakfast cereals	14	18	18	29	11	18	19	45
Other breakfast cereals	5	7	10	12	11	17	6	12
Biscuits	10	10	15	14	16	24	13	18
Buns, cakes, pastries and fruit pies	8	12	22	24	18	28	17	27
Milk and milk products								
Whole milk (3.8% fat)	195	231	77	121	44	112	29	81
Semi skimmed milk (1.8 % fat)	70	135	106	131	93	130	98	134
Skimmed milk (0.5% fat)	13	119	4	25	4	19	16	51
Cheese	9	10	12	14	11	14	15	19
Yoghurt, fromage frais and other dairy desserts	43	37	33	40	22	39	25	44
Ice cream	7	13	16	23	10	20	5	14
Eggs and egg dishes	12	16	10	16	16	25	19	27
Fat spreads								
Butter	1	3	2	5	2	7	2	5
Polyunsaturated margarine	0	0	0	1	0	0	0	0
Margarine and other cooking fats	0	0	0	2	0	1	0	2
NOT polyunsaturated								
Reduced fat spread (41-72% fat)	4	5	6	8	5	7	6	8
Low fat spread (20-49% fat)	1	2	1	4	1	4	2	5

Table 5.1c (continued)

Total quantities of food consumed (grams) per day: all (including non-consumers), by age Aged 1.5-64 years	2008/09											
	Food group ^a											
	Age group (years)			4-10			11-18			19-64		
	Mean	sd	Mean	sd	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Meat and meat products												
Bacon and ham	4	6	9	12	14	22	14	22	14	20	14	20
Beef, veal and dishes	13	22	25	43	33	55	53	55	53	76	53	76
Lamb and dishes	7	18	5	19	13	39	13	39	13	41	13	41
Pork and dishes	4	16	6	18	7	19	14	19	14	34	14	34
Coated chicken and turkey	4	8	10	18	15	30	7	30	7	18	7	18
Chicken and turkey dishes	14	23	27	39	49	64	57	64	57	69	57	69
Burgers and kebabs	1	6	5	11	13	25	6	25	6	20	6	20
Sausages	11	16	16	20	14	23	17	23	17	29	17	29
Meat pies and pastries	6	14	8	17	14	29	8	29	8	22	8	22
Fish and fish dishes												
White fish coated or fried including fish fingers	7	10	10	15	6	14	8	14	8	18	8	18
Other white fish, shellfish or fish dishes and canned tuna	5	12	7	18	8	21	18	21	18	38	18	38
Oily fish	4	30	3	12	2	11	11	11	11	26	11	26
Vegetables, potatoes												
Salad and other raw vegetables	8	15	15	24	17	28	46	28	46	53	46	53
Vegetables (not raw) including vegetable dishes	46	35	59	50	61	60	104	60	104	91	104	91
Chips, fried and roast potatoes and potato products	20	21	41	34	65	57	49	57	49	52	49	52
Other potatoes, potato salads and dishes	21	24	26	28	33	39	46	39	46	49	46	49
Savoury snacks	5	7	10	9	15	16	7	16	7	10	7	10
Nuts and seeds	1	2	1	2	2	5	2	5	2	8	2	8
Fruit	109	77	88	72	64	79	94	79	94	108	94	108
Sugar, preserves and confectionery												
Sugars, including table sugar, preserves and sweet spreads	3	5	5	6	6	8	10	8	10	15	10	15
Sugar confectionery	4	11	11	27	10	20	2	20	2	7	2	7

Chocolate confectionery

6

8

9

12

13

21

9

16

Table 5.1c (continued)

Total quantities of food consumed (grams) per day: all (including non-consumers), by age Aged 1.5-64 years		2008/09						
		Food group ^a						
	Age group (years)		4-10		11-18		19-64	
	Mean	sd	Mean	sd	Mean	sd	Mean	sd
Beverages ^b								
Fruit juice	60	79	86	112	77	115	55	120
Soft drinks, not low calorie	73	120	149	181	305	301	142	240
Soft drinks, low calorie	184	302	158	222	172	252	102	222
Tea, coffee and water	210	215	275	274	471	485	1095	677
<i>Bases (unweighted)</i>	121		238		224		434	121

^a Some food groups are not included due to small numbers of consumers; e.g. puddings, liver. These foods will be reported in future years.

^b Beverages are reported as consumed with diluent water.

Table 5.2a

Total quantities of food consumed (grams) per day: male consumers^a, by age

Male consumers aged 4-64 years

2008/09

Food group	Age group (years)											
	Boys						Men					
	4-10		11-18		Total boys		19-64		Total men		19-64	
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Cereals and cereal products												
Pasta, rice and other miscellaneous cereals	91	74	91	139	110	93	118	93	92	116	100	73
White bread	48	39	80	75	60	90	64	54	86	77	73	80
Wholemeal bread	41	36	25	51	40	19	46	40	22	60	43	33
Brown, granary and wheatgerm bread	51	44	41	38	27	25	45	30	32	42	27	31
Other breads	30	20	19	35	30	15	33	23	17	31	23	17
Wholegrain and high fibre breakfast cereals	33	20	66	29	24	41	31	23	52	43	25	46
Other breakfast cereals	16	12	64	26	18	51	21	15	57	22	20	33
Biscuits	19	17	78	31	20	59	25	18	68	22	17	56
Buns, cakes, pastries and fruit pies	30	25	68	38	29	49	34	25	57	38	25	51
Milk and milk products												
Whole milk (3.8% fat)	199	191	47	232	165	23	212	175	34	170	129	27
Semi skimmed milk (1.8 % fat)	187	175	58	167	105	67	175	126	63	150	95	71
Skimmed milk (0.5% fat)	138	85	4	85	88	8	101	88	6	103	105	14
Cheese	15	13	63	22	23	53	19	14	57	29	25	62
Yoghurt, fromage frais and other dairy desserts	51	44	61	73	50	34	60	49	46	75	60	32
Ice cream	28	25	52	31	23	30	29	25	40	30	25	21
Eggs and egg dishes	24	21	33	43	31	44	36	29	39	39	31	51
Fat spreads												
Butter	10	8	30	12	7	28	11	8	29	9	7	26
Polyunsaturated margarine	1	2	1	1	1	0	1	2	1	3	2	1
Margarine and other cooking fats	2	1	9	3	1	9	3	1	9	5	3	14
NOT polyunsaturated												
Reduced fat spread (41-72% fat)	11	9	59	10	8	56	10	9	57	13	12	55

Low fat spread (20-49% fat)

8

9

11

9

8

15

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9

13

10

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20

Table 5.2a (continued)

Total quantities of food consumed (grams) per day: male consumers^a, by age

Male consumers aged 4-64 years

2008/09

Food group	Age group (years)																																																																																																																																																																																																																																																																																												
	Boys 4-10			11-18			Total boys			Men 19-64																																																																																																																																																																																																																																																																																			
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers																																																																																																																																																																																																																																																																																	
Meat and meat products													Bacon and ham	19	14	51	31	23	59	26	19	56	29	23	63	Beef, veal and dishes	56	41	53	91	83	40	73	50	46	104	71	54	Lamb and dishes	34	29	13	53	25	25	47	26	20	80	47	19	Pork and dishes	35	23	11	45	42	19	42	38	16	61	50	31	Coated chicken and turkey	25	23	34	56	46	36	43	33	35	42	38	19	Chicken and turkey dishes	43	33	66	79	52	72	64	43	69	85	66	70	Burgers and kebabs	24	29	21	55	62	27	43	30	25	55	54	17	Sausages	30	30	49	39	30	38	35	30	43	51	45	41	Meat pies and pastries	29	21	29	55	38	29	43	35	29	40	30	25	Fish and fish dishes													White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79
Bacon and ham	19	14	51	31	23	59	26	19	56	29	23	63	Beef, veal and dishes	56	41	53	91	83	40	73	50	46	104	71	54	Lamb and dishes	34	29	13	53	25	25	47	26	20	80	47	19	Pork and dishes	35	23	11	45	42	19	42	38	16	61	50	31	Coated chicken and turkey	25	23	34	56	46	36	43	33	35	42	38	19	Chicken and turkey dishes	43	33	66	79	52	72	64	43	69	85	66	70	Burgers and kebabs	24	29	21	55	62	27	43	30	25	55	54	17	Sausages	30	30	49	39	30	38	35	30	43	51	45	41	Meat pies and pastries	29	21	29	55	38	29	43	35	29	40	30	25	Fish and fish dishes													White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79													
Beef, veal and dishes	56	41	53	91	83	40	73	50	46	104	71	54	Lamb and dishes	34	29	13	53	25	25	47	26	20	80	47	19	Pork and dishes	35	23	11	45	42	19	42	38	16	61	50	31	Coated chicken and turkey	25	23	34	56	46	36	43	33	35	42	38	19	Chicken and turkey dishes	43	33	66	79	52	72	64	43	69	85	66	70	Burgers and kebabs	24	29	21	55	62	27	43	30	25	55	54	17	Sausages	30	30	49	39	30	38	35	30	43	51	45	41	Meat pies and pastries	29	21	29	55	38	29	43	35	29	40	30	25	Fish and fish dishes													White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79																										
Lamb and dishes	34	29	13	53	25	25	47	26	20	80	47	19	Pork and dishes	35	23	11	45	42	19	42	38	16	61	50	31	Coated chicken and turkey	25	23	34	56	46	36	43	33	35	42	38	19	Chicken and turkey dishes	43	33	66	79	52	72	64	43	69	85	66	70	Burgers and kebabs	24	29	21	55	62	27	43	30	25	55	54	17	Sausages	30	30	49	39	30	38	35	30	43	51	45	41	Meat pies and pastries	29	21	29	55	38	29	43	35	29	40	30	25	Fish and fish dishes													White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79																																							
Pork and dishes	35	23	11	45	42	19	42	38	16	61	50	31	Coated chicken and turkey	25	23	34	56	46	36	43	33	35	42	38	19	Chicken and turkey dishes	43	33	66	79	52	72	64	43	69	85	66	70	Burgers and kebabs	24	29	21	55	62	27	43	30	25	55	54	17	Sausages	30	30	49	39	30	38	35	30	43	51	45	41	Meat pies and pastries	29	21	29	55	38	29	43	35	29	40	30	25	Fish and fish dishes													White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79																																																				
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Chicken and turkey dishes	43	33	66	79	52	72	64	43	69	85	66	70	Burgers and kebabs	24	29	21	55	62	27	43	30	25	55	54	17	Sausages	30	30	49	39	30	38	35	30	43	51	45	41	Meat pies and pastries	29	21	29	55	38	29	43	35	29	40	30	25	Fish and fish dishes													White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79																																																																														
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White fish coated or fried including fish fingers	28	25	43	29	25	25	28	25	33	41	42	20	Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79																																																																																																																																															
Other white fish, shellfish or fish dishes and canned tuna	31	22	24	46	49	17	38	29	20	63	53	35	Oily fish	21	19	11	30	35	5	24	25	8	54	36	20	Vegetables, potatoes													Salad and other raw vegetables	26	21	52	29	20	47	28	21	50	54	38	68	Vegetables (not raw) including vegetable dishes	71	60	88	79	65	83	75	61	85	114	92	91	Chips, fried and roast potatoes and potato products	47	42	86	86	75	88	69	55	87	82	66	71	Other potatoes, potato salads and dishes	44	34	59	52	45	51	48	45	54	81	71	65	Savoury snacks	13	11	76	19	16	78	17	13	77	15	13	49	Nuts and seeds	6	4	13	10	8	19	9	8	16	16	9	14	Fruit	82	68	91	99	68	71	90	68	80	119	93	79																																																																																																																																																												
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Table 5.2a (continued)

Total quantities of food consumed (grams) per day: male consumers^a, by age

Male consumers aged 4-64 years

2008/09

Food group	Age group (years)											
	Boys 4-10			11-18			Total boys			Men 19-64		
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Sugar, preserves and confectionery												
Sugars, including table sugar, preserves and sweet spreads	8	6	66	12	10	54	10	8	60	19	14	65
Sugar confectionery	15	8	48	24	13	43	20	11	45	11	6	14
Chocolate confectionery	15	13	63	27	16	59	21	15	61	24	16	44
Beverages ^b												
Fruit juice	151	100	64	188	150	50	170	125	56	158	100	44
Soft drinks, not low calorie	200	144	77	423	380	85	331	246	81	287	196	59
Soft drinks, low calorie	287	225	62	296	213	59	292	213	60	295	150	35
Tea, coffee and water	240	168	82	528	420	88	406	320	85	1051	911	96
<i>Bases (unweighted)</i>	119			114			233			181		

^a Percent consumers is over the four diary days although the gram intake is per day.

^b Beverages are reported as consumed with diluent water.

Table 5.2b

Total quantities of food consumed (grams) per day: female consumers^a, by age

Female consumers aged 4-64 years

2008/09

Food group	Age group (years)																																																																																																																																																																																																																																																																																																																						
	Girls				Total girls				Women																																																																																																																																																																																																																																																																																																														
	4-10		11-18		Total girls		19-64		Total girls		Women																																																																																																																																																																																																																																																																																																												
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers																																																																																																																																																																																																																																																																																																											
Cereals and cereal products													Pasta, rice and other miscellaneous cereals	63	54	94	113	106	83	89	72	88	94	81	76	White bread	45	45	93	55	47	83	51	45	87	51	40	77	Wholemeal bread	25	13	28	31	23	27	28	18	27	36	30	40	Brown, granary and wheatgerm bread	29	18	35	33	27	34	31	20	34	36	34	32	Other breads	21	18	24	28	24	19	25	23	21	22	20	18	Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24
Pasta, rice and other miscellaneous cereals	63	54	94	113	106	83	89	72	88	94	81	76	White bread	45	45	93	55	47	83	51	45	87	51	40	77	Wholemeal bread	25	13	28	31	23	27	28	18	27	36	30	40	Brown, granary and wheatgerm bread	29	18	35	33	27	34	31	20	34	36	34	32	Other breads	21	18	24	28	24	19	25	23	21	22	20	18	Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24													
White bread	45	45	93	55	47	83	51	45	87	51	40	77	Wholemeal bread	25	13	28	31	23	27	28	18	27	36	30	40	Brown, granary and wheatgerm bread	29	18	35	33	27	34	31	20	34	36	34	32	Other breads	21	18	24	28	24	19	25	23	21	22	20	18	Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																										
Wholemeal bread	25	13	28	31	23	27	28	18	27	36	30	40	Brown, granary and wheatgerm bread	29	18	35	33	27	34	31	20	34	36	34	32	Other breads	21	18	24	28	24	19	25	23	21	22	20	18	Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																							
Brown, granary and wheatgerm bread	29	18	35	33	27	34	31	20	34	36	34	32	Other breads	21	18	24	28	24	19	25	23	21	22	20	18	Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																				
Other breads	21	18	24	28	24	19	25	23	21	22	20	18	Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																	
Wholegrain and high fibre breakfast cereals	24	16	57	26	20	36	25	18	45	40	20	46	Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																														
Other breakfast cereals	17	14	60	19	15	48	18	15	53	19	15	26	Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																											
Biscuits	18	16	82	19	15	69	19	16	75	20	16	67	Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																								
Buns, cakes, pastries and fruit pies	33	28	75	29	16	57	31	22	65	31	23	46	Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																					
Milk and milk products													Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																		
Whole milk (3.8% fat)	136	113	43	116	105	26	128	105	34	85	45	17	Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																															
Semi skimmed milk (1.8 % fat)	158	116	66	116	85	64	134	102	65	119	100	75	Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																												
Skimmed milk (0.5% fat)	53	25	3	35	15	4	42	25	4	98	70	18	Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																									
Cheese	20	16	68	17	14	68	18	15	68	20	18	59	Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																						
Yoghurt, fromage frais and other dairy desserts	54	38	65	48	33	40	51	38	51	62	50	43	Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																			
Ice cream	31	20	57	43	45	24	35	23	39	27	20	16	Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																
Eggs and egg dishes	26	18	46	34	30	38	30	29	42	36	30	49	Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																													
Fat spreads													Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																																										
Butter	6	5	32	6	4	21	6	5	26	7	5	31	Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																																																							
Polyunsaturated margarine	5	7	2	1	1	2	3	2	2	4	4	1	Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																																																																				
Margarine and other cooking fats NOT polyunsaturated	5	2	9	3	3	8	4	2	8	2	2	13	Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																																																																																	
Reduced fat spread (41-72% fat)	9	8	55	9	6	63	9	8	59	10	9	52	Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																																																																																														
Low fat spread (20-49% fat)	7	4	21	6	5	14	7	4	17	7	6	24																																																																																																																																																																																																																																																																																																											

Table 5.2b (continued)

Food group	Age group (years)										2008/09	
	Girls					Women						
	4-10		11-18		Total girls		19-64		Women			
	Mean	Median	consumers	%	Mean	Median	consumers	%	Mean	Median	consumers	%
Meat and meat products												
Bacon and ham	15	13	60	15	12	15	58	13	20	15	59	51
Beef, veal and dishes	50	41	44	71	64	62	42	56	93	76	43	53
Lamb and dishes	44	23	16	87	64	68	15	40	55	35	15	21
Pork and dishes	38	23	21	27	23	32	23	23	46	30	22	19
Coated chicken and turkey	31	23	37	37	34	34	28	28	43	40	32	13
Chicken and turkey dishes	43	26	62	63	50	54	66	38	77	61	65	69
Burgers and kebabs	21	15	18	31	26	28	33	21	28	20	26	13
Sausages	28	26	58	35	30	31	40	30	35	30	48	34
Meat pies and pastries	27	20	30	35	35	31	32	30	43	32	31	16
Fish and fish dishes												
White fish coated or fried including fish fingers	24	23	32	39	43	29	12	25	35	30	21	21
Other white fish, shellfish or fish dishes and canned tuna	31	26	24	28	21	29	33	21	43	30	29	35
Oily fish	36	24	10	42	25	39	8	25	39	30	9	29
Vegetables, potatoes												
Salad and other raw vegetables	30	19	58	35	20	33	59	20	66	53	58	83
Vegetables (not raw) including vegetable dishes	62	55	92	68	59	65	84	58	115	94	87	91
Chips, fried and roast potatoes and potato products	50	40	81	70	64	61	76	50	59	50	79	68
Other potatoes, potato salads and dishes	38	31	67	56	45	48	70	40	60	50	69	65
Savoury snacks	13	13	79	19	15	17	72	13	13	11	75	49
Nuts and seeds	4	4	13	11	8	8	12	6	13	6	12	18
Fruit	113	98	92	81	74	97	71	80	111	87	80	85

Table 5.2b (continued)

Food group	Age group (years)										2008/09	
	Girls					Women						
	4-10		11-18		Total girls	19-64		Total girls	19-64			
Mean	% consumers	Mean	% consumers	Mean		% consumers	Mean		% consumers	Mean	% consumers	
Sugar, preserves and confectionery												
Sugars, including table sugar, preserves and sweet spreads	6	5	70	9	5	53	8	5	61	14	9	64
Sugar confectionery	25	9	58	20	10	46	22	9	51	10	6	18
Chocolate confectionery	15	11	60	18	12	61	17	12	61	18	14	46
Beverages ^b												
Fruit juice	140	131	53	128	100	47	134	112	50	106	75	39
Soft drinks, not low calorie	195	144	75	307	233	81	260	208	78	226	142	51
Soft drinks, low calorie	233	162	56	278	200	61	259	188	59	279	200	36
Tea, coffee and water	374	285	94	519	375	92	454	325	93	1216	1116	97
<i>Bases (unweighted)</i>	119			110			229			253		

^a Percent consumers is over the four diary days although the gram intake is per day.

^b Beverages are reported as consumed with diluent water.

Table 5.2c

Total quantities of food consumed (grams) per day: all consumers^a, by age

Consumers aged 1.5-64 years

2008/09

Food group	Age group (years)											
	1.5-3			4-10			11-18			19-64		
	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Cereals and cereal products												
Pasta, rice and other miscellaneous cereals	59	50	95	77	69	92	127	107	88	105	83	74
White bread	34	28	74	46	43	86	65	56	87	64	51	79
Wholemeal bread	22	17	28	33	28	26	40	26	23	47	36	36
Brown, granary and wheatgerm bread	27	21	36	41	25	38	35	27	29	39	31	31
Other breads	14	15	15	25	19	22	31	30	17	27	23	17
Wholegrain and high fibre breakfast cereals	22	17	64	29	18	62	27	22	38	41	23	46
Other breakfast cereals	10	8	43	16	14	62	23	17	49	20	18	29
Biscuits	14	12	73	18	16	80	25	18	64	21	17	61
Buns, cakes, pastries and fruit pies	18	16	44	31	25	71	33	22	53	35	25	48
Milk and milk products												
Whole milk (3.8% fat)	294	238	66	170	142	45	173	142	25	137	100	22
Semi skimmed milk (1.8% fat)	177	100	40	172	143	62	142	100	66	134	95	73
Skimmed milk (0.5% fat)	339	68	4	102	83	4	68	88	6	101	75	16
Cheese	14	12	67	18	14	66	19	15	60	25	21	60
Yoghurt, fromage frais and other dairy desserts	54	46	80	52	41	63	60	45	37	68	56	38
Ice cream	24	23	28	29	21	54	36	30	27	29	22	19
Eggs and egg dishes	26	19	46	26	20	40	39	30	41	38	30	50
Fat spreads												
Butter	4	3	33	8	7	31	10	6	24	8	6	28
Polyunsaturated margarine	0	0	0	3	3	2	1	1	1	3	4	1
Margarine and other cooking fats	1	0	8	3	1	9	3	2	8	3	2	13
NOT polyunsaturated												
Reduced fat spread (41-72% fat)	7	7	56	10	9	57	9	8	59	12	10	54
Low fat spread (20-49% fat)	4	4	20	7	5	16	8	5	15	8	6	22

spreads

Sugar confectionery

Chocolate confectionery

17	11	25	20	9	53	22	13	44	10	6	16
11	8	53	15	12	62	22	16	60	21	15	45

Table 5.2c (continued)

Food group		Consumers aged 1.5-64 years												2008/09		
		Age group (years)				4-10				11-18					19-64	
		Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers	Mean	Median	% consumers
Beverages ^b		106	88	57	146	113	58	160	125	48	134	100	42			
Fruit juice		153	100	48	197	144	76	368	300	83	259	165	55			
Soft drinks, not low calorie		302	186	61	262	201	59	287	205	60	287	165	35			
Soft drinks, low calorie		254	194	83	310	213	88	523	395	90	1134	1046	97			
Tea, coffee and water																
Bases (unweighted)		121			238			224			434					

^a Percent consumers is over the 4 days although the gram intake is per day.

^b Beverages are reported as consumed with diluent water.

5.3 Vegetables and fruit, meat and fish from all sources

List of tables

5.3 Average daily consumption of vegetables (not including potatoes), fruit, meat and fish, including contribution from composite dishes, by age and sex.

Table 5.3

Average daily consumption (mean in grams) of vegetables (not including potatoes), fruit, meat and fish, including contribution from composite dishes, by age and sex

Aged 1.5-64 years 2008/09

Source	Sex and age group (years)										Total	
	Boys					Girls						
	4-10	11-18	Total Boys	19-64	Men	4-10	11-18	Total Girls	19-64	Women		
Vegetables g/day	100	124	113	189	97	104	101	200	73	98	114	195
<i>Of which</i>												
Tomatoes	22	22	22	43	20	23	22	45	14	21	22	44
Tomato puree	6	8	7	7	6	7	6	6	5	6	8	7
Brassicaceae ^a	10	17	14	23	9	11	10	27	9	10	14	25
Carrots, yellow, red and dark green leafy vegetables ^b	17	17	17	28	18	15	16	32	12	17	16	30
Other vegetables	31	50	42	71	34	39	37	77	24	33	45	74
Beans and pulses	13	9	11	17	10	9	9	13	9	12	9	15
Fruit g/day	78	73	75	100	106	59	79	99	116	91	66	99
<i>Of which</i>												
Fresh/canned fruit	76	72	74	96	105	58	79	96	113	90	65	96
Dried fruit	1	1	1	3	1	1	1	3	2	1	1	3
Fruit juice g/day	98	93	95	70	74	63	68	41	61	86	78	55
Total fruit (not including juice) and vegetables g/day												
Mean	181	202	193	290	203	164	181	300	191	192	184	295
Median	176	186	177	254	184	149	157	268	177	177	157	266
sd	93	126	113	183	112	108	111	177	103	103	119	180
Upper 2.5 percentile	379	473	460	742	425	377	419	637	488	415	460	706
Lower 2.5 percentile	40	5	18	38	19	11	11	47	54	20	6	44

Table 5.3 (continued)

Average daily consumption (mean in grams) of vegetables (not including potatoes), fruit, meat and fish, including contribution from composite dishes, by age and sex

Source	Sex and age group (years)													
	Boys		Total Boys		Men		Girls		Total Girls		Women		Total	
	4-10	11-18	11-18	Total Boys	19-64	4-10	11-18	Total Girls	19-64	1.5-3	4-10	11-18	19-64	19-64
"5 a day" portions (portions/day) ^c														
Mean		3.4			4.4		2.8		4.4		3.1		4.4	4.4
Median		3.4			4.4		2.8		4.4		3.1		4.4	4.4
sd		3.2			4.0		2.5		4.2		2.8		4.1	4.1
Upper 2.5 percentile		7.7			10.2		6.4		8.3		7.1		9.8	9.8
Lower 2.5 percentile		1.9			2.5		1.6		2.3		1.8		2.4	2.4
% achieving ≥ 5-a-day		22.1			37.4		7.2		33.3		14.9		35.3	35.3
Meat g/day	71	119	98		134	70	84	78	91	39	71	102	113	113
Of which														
Total red meat ^d	47	75	63		96	47	54	51	57	28	47	65	76	76
Total white meat ^e	24	44	35		38	23	30	27	34	11	24	37	36	36
Fish g/day	12	11	11		26	11	11	11	22	8	12	11	24	24
Of which														
White fish	8	5	6		10	6	5	5	7	5	7	5	9	9
Oily fish	2	1	2		7	2	3	3	9	1	2	2	8	8
Canned tuna	1	2	2		6	2	2	2	3	2	2	2	5	5
Shellfish	2	2	2		3	1	1	1	3	0	1	1	3	3
Bases (unweighted)	119	114	233		181	119	110	229	253	121	238	224	434	434

^a Brassicaceae includes cabbage, Brussels sprouts, broccoli, cauliflower, kale, turnip, radish, watercress, rocket.

^b This group includes carrots, red peppers, pumpkin, squash, spinach, parsley.

^c To calculate "5 a day" portions:

Fruit juice consumption limited to 150g/day; Baked beans and other pulses consumption limited to 80g/day; Tomato puree multiplied by 5;

Dried fruit multiplied by 3. The total divided by 80. Children under 11 have not been included as the 80 g portion is only appropriate for older children and adults.

^d Total red meat includes beef, lamb, pork, sausages, burgers and kebabs.

^e Total white meat includes chicken and turkey.

5.4 Macronutrient intake and percentage of contribution of food groups

List of tables

- 5.4 Average daily intake of energy and macronutrients, by age and sex.
- 5.5 Percentage contribution of food types to average daily total energy intake (MJ), by age and sex.
- 5.6 Percentage contribution of food types to average daily protein intake, by age and sex.
- 5.7 Percentage contribution of food types to average daily carbohydrate intake, by age and sex.
- 5.8 Percentage contribution of food types to average daily non-milk extrinsic sugars intake, by age and sex.
- 5.9 Percentage contribution of food types to average daily total fat intake, by age and sex.
- 5.10 Percentage contribution of food types to average daily saturated fat intake, by age and sex.
- 5.11 Percentage contribution of food types to average daily trans fatty acid intake, by age and sex.
- 5.12 Percentage contribution of food types to average daily non-starch polysaccharide intake, by age and sex.
- 5.13 Percentage contribution of food types to average daily sodium intake, by age and sex.

Table 5.4

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	19-64
Total energy MJ													
Mean	6.71	9.07	8.03	9.48	6.41	7.02	6.75	6.92	4.79	6.56	8.07	8.19	8.19
Median	6.60	9.19	7.63	8.99	6.34	7.05	6.62	6.71	4.76	6.48	7.76	7.99	7.99
sd	1.37	2.26	2.25	2.89	1.30	1.70	1.56	2.01	1.09	1.34	2.25	2.80	2.80
Upper 2.5 percentile	9.07	12.68	11.99	14.65	8.57	9.65	9.48	10.59	6.66	8.92	12.00	12.98	12.98
Lower 2.5 percentile	4.50	5.35	4.78	5.19	4.41	4.07	4.41	3.71	3.14	4.41	4.56	4.33	4.33
Total energy kcal													
Mean	1591	2154	1906	2255	1523	1668	1604	1645	1136	1558	1917	1949	1949
Median	1571	2187	1814	2138	1502	1680	1575	1597	1124	1539	1839	1898	1898
sd	325	537	534	691	310	403	371	480	259	319	534	668	668
Upper 2.5 percentile	2144	3019	2840	3483	2034	2292	2255	2524	1574	2112	2840	3091	3091
Lower 2.5 percentile	1070	1265	1131	1235	1049	970	1049	879	746	1049	1077	1029	1029

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)											
	Boys			Men			Girls			Women		
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64
Protein g												
Mean	57.7	77.1	68.5	88.4	54.3	58.9	56.9	66.3	43.2	56.0	68.3	77.3
Median	56.3	76.1	63.5	88.8	54.5	59.6	57.0	65.6	43.8	55.4	64.6	75.3
sd	13.8	20.2	20.1	23.6	12.5	13.7	13.3	18.6	9.5	13.3	19.5	23.9
Upper 2.5 percentile	81.9	115.1	110.7	122.0	75.6	79.0	78.7	94.7	62.2	79.4	110.7	117.8
Lower 2.5 percentile	38.1	49.1	41.3	47.8	33.7	38.7	35.1	36.3	30.2	35.1	42.6	41.2
% food energy												
Mean	14.5	14.8	14.7	17.8	14.4	14.5	14.4	17.5	15.4	14.5	14.6	17.6
Median	14.2	14.7	14.4	16.8	14.3	14.2	14.2	17.1	15.1	14.3	14.4	17.0
sd	2.1	2.7	2.4	5.1	2.2	2.5	2.4	4.2	2.6	2.1	2.6	4.6
Upper 2.5 percentile	18.4	19.9	19.5	23.3	18.2	19.8	18.9	24.5	20.2	18.4	19.8	24.1
Lower 2.5 percentile	11.3	10.7	11.3	12.5	11.0	11.2	11.2	11.7	11.9	11.3	11.2	11.9
% total energy												
Mean	14.5	14.6	14.6	16.4	14.4	14.4	14.4	16.6	15.4	14.5	14.5	16.5
Median	14.2	14.3	14.2	15.8	14.3	14.2	14.2	16.1	15.1	14.3	14.2	15.9
sd	2.1	2.7	2.5	5.0	2.2	2.6	2.4	3.9	2.6	2.1	2.7	4.5
Upper 2.5 percentile	18.4	19.9	19.1	23.3	18.2	19.8	18.9	24.2	20.2	18.4	19.8	23.3
Lower 2.5 percentile	11.3	10.7	11.3	10.9	11.0	11.2	11.2	10.7	11.9	11.3	10.9	10.9

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Total fat g													
Mean	60.2	81.6	72.2	81.8	59.5	65.9	63.0	61.1	43.5	59.9	74.0	71.4	
Median	61.4	77.8	68.8	80.1	57.8	67.3	62.6	61.1	43.6	60.1	71.8	70.8	
sd	15.1	25.2	23.8	28.3	14.8	18.4	17.1	23.4	12.9	14.9	23.5	27.9	
Upper 2.5 percentile	87.7	135.4	131.9	143.0	93.2	98.6	96.0	105.0	74.3	93.2	131.9	135.5	
Lower 2.5 percentile	30.5	40.9	36.1	28.9	30.2	26.3	26.3	21.0	23.5	30.2	31.5	22.1	
% food energy													
Mean	34.0	34.5	34.2	35.5	35.0	35.7	35.4	34.7	34.3	34.5	35.0	35.1	
Median	34.0	34.8	34.6	36.0	35.5	36.2	36.1	35.6	34.3	34.7	35.5	35.9	
sd	4.3	4.7	4.5	6.5	4.4	4.6	4.5	7.0	4.9	4.4	4.7	6.7	
Upper 2.5 percentile	41.8	41.7	41.7	48.2	42.5	45.0	43.7	46.3	42.2	41.9	43.1	46.7	
Lower 2.5 percentile	25.7	24.1	24.2	18.9	24.8	26.3	25.9	19.1	24.0	24.8	24.5	18.9	
% total energy													
Mean	34.0	34.0	34.0	32.8	35.0	35.4	35.2	33.0	34.3	34.5	34.7	32.9	
Median	34.0	34.4	34.3	33.4	35.5	36.1	36.1	33.7	34.3	34.7	35.3	33.6	
sd	4.3	5.1	4.7	7.2	4.4	4.7	4.6	6.9	4.9	4.4	5.0	7.0	
Upper 2.5 percentile	41.8	41.7	41.7	44.9	42.5	43.9	43.7	44.4	42.2	41.9	42.8	44.7	
Lower 2.5 percentile	25.7	20.8	24.1	13.6	24.8	25.9	25.3	19.1	24.0	24.8	24.0	16.0	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)									
	Boys		Men		Girls		Women		Total	
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	19-64
Saturated fatty acids g										
Mean	23.8	30.4	27.5	30.0	23.4	24.1	23.8	22.2	19.0	26.1
Median	23.8	30.2	26.4	29.2	23.3	23.4	23.3	21.4	19.0	25.8
sd	6.8	11.1	10.0	11.6	6.6	7.3	7.0	9.4	6.3	11.3
Upper 2.5 percentile	36.3	51.3	49.0	53.2	34.3	38.4	38.4	40.5	33.1	51.5
Lower 2.5 percentile	9.6	10.4	10.4	7.6	10.8	10.3	10.6	6.9	8.3	7.2
% food energy										
Mean	13.4	12.7	13.0	13.0	13.8	13.1	13.4	12.6	15.0	12.8
Median	13.2	12.6	12.8	12.9	14.0	13.3	13.5	12.3	15.4	12.7
sd	2.6	2.5	2.5	3.3	2.4	2.3	2.4	3.4	3.4	3.4
Upper 2.5 percentile	19.4	17.2	19.0	20.6	17.7	18.3	18.1	19.2	21.0	19.5
Lower 2.5 percentile	8.1	8.2	8.2	5.5	8.5	9.4	9.4	6.5	8.8	6.4
% total energy										
Mean	13.4	12.5	12.9	12.0	13.7	13.0	13.3	12.0	15.0	12.0
Median	13.2	12.5	12.8	11.9	14.0	13.3	13.5	11.8	15.4	11.8
sd	2.6	2.6	2.6	3.4	2.4	2.4	2.4	3.3	3.4	3.4
Upper 2.5 percentile	19.4	16.9	19.0	19.5	17.7	18.3	18.1	18.8	21.0	19.1
Lower 2.5 percentile	8.1	7.2	7.7	4.9	8.5	9.1	8.5	6.0	8.8	5.3

Table 5.4 (continued)

Energy, macronutrients		Sex and age group (years)											
		Boys		Men		Girls		Total girls		Women		Total	
Aged 1.5-64 years		4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	19-64		
Cis mono-unsaturated fatty acids g													
Mean		21.2	30.2	26.2	29.3	20.9	24.3	22.8	21.7	14.3	21.1	27.3	25.5
Median		21.4	28.7	24.2	28.0	20.4	24.1	21.9	21.5	13.7	20.9	26.6	24.8
sd		5.6	9.4	9.1	10.6	5.5	7.6	6.9	8.9	4.8	5.5	9.0	10.5
Upper 2.5 percentile		33.5	51.2	49.8	53.9	35.1	37.2	37.1	40.8	26.0	34.6	49.8	48.3
Lower 2.5 percentile		10.6	15.7	12.8	10.6	9.9	9.1	9.9	6.4	6.8	10.4	10.7	6.7
% food energy													
Mean		11.9	12.8	12.4	12.8	12.4	13.1	12.8	12.3	11.2	12.2	13.0	12.5
Median		11.8	12.9	12.5	12.7	12.3	13.0	12.7	12.4	10.9	11.9	12.9	12.5
sd		1.8	2.3	2.2	2.9	2.0	2.4	2.3	3.0	2.0	1.9	2.4	3.0
Upper 2.5 percentile		15.1	17.3	16.6	19.0	16.5	18.2	16.9	17.8	14.6	16.1	17.8	18.4
Lower 2.5 percentile		8.2	8.0	8.2	7.0	8.5	8.9	8.6	5.2	7.0	8.2	8.1	5.2
% total energy													
Mean		11.9	12.6	12.3	11.8	12.4	13.0	12.7	11.6	11.2	12.2	12.8	11.7
Median		11.8	12.7	12.3	11.9	12.3	12.7	12.6	11.8	10.9	11.9	12.7	11.8
sd		1.8	2.4	2.2	3.0	2.0	2.5	2.3	2.9	2.0	1.9	2.4	3.0
Upper 2.5 percentile		15.1	17.3	16.6	17.3	16.5	18.2	16.9	16.9	14.6	16.1	17.7	17.0
Lower 2.5 percentile		8.2	7.9	8.0	4.6	8.5	8.9	8.5	5.2	7.0	8.2	7.9	4.8

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)																
	Boys			Men			Girls			Women			Total				
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	1.5-3	4-10	11-18	19-64	
Cis n-3 polyunsaturated fatty acids g																	
Mean	1.5	2.2	1.9	2.4	1.5	1.9	1.7	2.0	0.9	1.5	2.1	2.2	0.9	1.5	2.1	2.2	
Median	1.4	1.9	1.7	2.1	1.5	1.8	1.6	1.7	0.8	1.4	1.9	2.0	0.8	1.4	1.9	2.0	
sd	0.5	1.0	0.9	1.4	0.6	0.9	0.8	1.1	0.4	0.5	1.0	1.3	0.4	0.5	1.0	1.3	
Upper 2.5 percentile	2.6	4.9	4.5	5.5	3.0	3.8	3.5	5.5	1.8	2.9	4.9	5.5	1.8	2.9	4.9	5.5	
Lower 2.5 percentile	0.7	0.7	0.7	0.7	0.6	0.5	0.5	0.4	0.3	0.7	0.7	0.5	0.3	0.7	0.7	0.5	
% food energy																	
Mean	0.8	0.9	0.9	1.1	0.9	1.0	1.0	1.1	0.7	0.9	1.0	1.1	0.7	0.9	1.0	1.1	
Median	0.8	0.9	0.8	1.0	0.9	1.0	0.9	1.0	0.7	0.8	0.9	1.0	0.7	0.8	0.9	1.0	
sd	0.3	0.3	0.3	0.5	0.3	0.4	0.4	0.5	0.3	0.3	0.4	0.5	0.3	0.3	0.4	0.5	
Upper 2.5 percentile	1.6	1.8	1.8	2.4	1.6	2.1	1.8	2.3	1.4	1.6	1.8	2.3	1.4	1.6	1.8	2.3	
Lower 2.5 percentile	0.5	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.3	0.4	0.4	0.5	0.3	0.4	0.4	0.4	
% total energy																	
Mean	0.8	0.9	0.9	1.0	0.9	1.0	1.0	1.1	0.7	0.9	1.0	1.0	0.7	0.9	1.0	1.0	
Median	0.8	0.9	0.8	0.9	0.9	1.0	0.9	0.9	0.7	0.8	0.9	0.9	0.7	0.8	0.9	0.9	
sd	0.3	0.3	0.3	0.5	0.3	0.4	0.4	0.5	0.3	0.3	0.4	0.5	0.3	0.3	0.4	0.5	
Upper 2.5 percentile	1.6	1.8	1.8	2.1	1.6	2.1	1.8	2.0	1.4	1.6	1.8	2.1	1.4	1.6	1.8	2.1	
Lower 2.5 percentile	0.5	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.3	0.4	0.4	0.4	0.3	0.4	0.4	0.3	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)																
	Boys			Men			Girls			Women			Total				
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	1.5-3	4-10	11-18	19-64	
Cis n-6 polyunsaturated fatty acids g																	
Mean	7.9	11.2	9.8	11.9	7.8	9.3	8.7	9.2	4.9	7.9	10.3	10.6	4.9	7.9	10.3	10.6	
Median	7.7	10.6	9.1	11.5	7.4	9.0	8.4	8.7	5.0	7.5	9.8	9.9	5.0	7.5	9.8	9.9	
sd	2.6	4.2	4.0	5.0	2.8	3.3	3.2	4.0	1.9	2.7	3.9	4.7	1.9	2.7	3.9	4.7	
Upper 2.5 percentile	13.0	22.0	22.0	24.7	14.2	15.7	15.7	17.4	9.5	14.2	20.5	20.9	9.5	14.2	20.5	20.9	
Lower 2.5 percentile	3.9	4.7	3.9	4.2	3.2	3.4	3.2	2.7	2.0	3.6	3.9	2.9	2.0	3.6	3.9	2.9	
% food energy																	
Mean	4.5	4.8	4.6	5.2	4.6	5.0	4.9	5.3	3.9	4.5	4.9	5.2	3.9	4.5	4.9	5.2	
Median	4.3	4.6	4.6	5.3	4.5	5.0	4.8	5.1	3.7	4.4	4.8	5.2	3.7	4.4	4.8	5.2	
sd	1.1	1.3	1.2	1.5	1.4	1.3	1.3	1.6	1.3	1.2	1.3	1.5	1.3	1.2	1.3	1.5	
Upper 2.5 percentile	6.7	7.6	7.3	8.2	8.3	8.2	8.3	9.0	6.9	7.8	7.6	8.6	6.9	7.8	7.6	8.6	
Lower 2.5 percentile	2.4	2.6	2.6	2.5	2.7	2.8	2.7	2.0	2.2	2.6	2.7	2.5	2.2	2.6	2.7	2.5	
% total energy																	
Mean	4.5	4.7	4.6	4.8	4.6	5.0	4.8	5.0	3.9	4.5	4.9	4.9	3.9	4.5	4.9	4.9	
Median	4.3	4.6	4.5	4.8	4.5	5.0	4.8	4.7	3.7	4.4	4.8	4.8	3.7	4.4	4.8	4.8	
sd	1.1	1.3	1.3	1.5	1.4	1.3	1.3	1.6	1.3	1.2	1.3	1.5	1.3	1.2	1.3	1.5	
Upper 2.5 percentile	6.7	7.6	7.3	8.1	8.3	8.2	8.3	8.4	6.9	7.8	7.6	8.4	6.9	7.8	7.6	8.4	
Lower 2.5 percentile	2.4	2.6	2.6	1.8	2.7	2.8	2.7	2.0	2.2	2.6	2.6	1.9	2.2	2.6	2.6	1.9	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Trans fatty acids g													
Mean	1.5	1.8	1.6	1.9	1.4	1.5	1.5	1.4	1.0	1.4	1.7	1.6	1.6
Median	1.4	1.7	1.5	1.8	1.4	1.4	1.4	1.3	0.9	1.4	1.6	1.6	1.6
sd	0.5	0.7	0.6	0.8	0.5	0.6	0.5	0.6	0.4	0.5	0.7	0.8	0.8
Upper 2.5 percentile	2.9	3.2	3.2	3.8	2.3	3.1	2.6	3.0	1.8	2.6	3.1	3.5	3.5
Lower 2.5 percentile	0.6	0.7	0.7	0.3	0.5	0.5	0.5	0.3	0.4	0.5	0.6	0.3	0.3
% food energy													
Mean	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
Median	0.8	0.7	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
sd	0.2	0.2	0.2	0.3	0.2	0.2	0.2	0.4	0.3	0.2	0.2	0.4	0.4
Upper 2.5 percentile	1.3	1.2	1.2	1.5	1.4	1.3	1.3	1.5	1.4	1.4	1.3	1.5	1.5
Lower 2.5 percentile	0.4	0.5	0.5	0.2	0.5	0.5	0.5	0.3	0.3	0.4	0.5	0.3	0.3
% total energy													
Mean	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8	0.8
Median	0.8	0.7	0.8	0.7	0.8	0.8	0.8	0.7	0.8	0.8	0.8	0.7	0.7
sd	0.2	0.2	0.2	0.3	0.2	0.2	0.2	0.4	0.3	0.2	0.2	0.4	0.4
Upper 2.5 percentile	1.3	1.2	1.2	1.4	1.4	1.3	1.3	1.4	1.4	1.4	1.3	1.4	1.4
Lower 2.5 percentile	0.4	0.5	0.4	0.2	0.5	0.4	0.4	0.3	0.3	0.4	0.5	0.3	0.2

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Total carbohydrate g													
Mean	218	286	256	256	205	219	213	198	152	212	254	227	
Median	215	287	245	248	202	219	213	195	152	208	244	217	
Sd	48	75	73	78	45	58	53	66	38	47	75	78	
Upper 2.5 percentile	312	449	429	408	297	364	319	360	239	304	424	400	
Lower 2.5 percentile	133	133	133	91	130	102	113	84	80	133	121	89	
% food energy													
Mean	51.5	50.7	51.1	46.8	50.6	49.8	50.1	47.8	50.3	51.0	50.3	47.3	
Median	51.2	50.5	50.7	46.6	49.7	49.7	49.7	47.4	50.4	50.6	50.2	47.1	
Sd	4.4	5.3	4.9	6.6	4.8	5.5	5.2	7.5	5.5	4.6	5.4	7.1	
Upper 2.5 percentile	59.3	64.2	62.2	62.0	60.1	61.0	60.9	62.6	60.6	60.0	61.1	62.0	
Lower 2.5 percentile	43.0	42.0	42.5	35.4	42.3	38.8	39.7	34.7	40.5	42.7	39.7	35.4	
% total energy													
Mean	51.5	50.0	50.6	43.0	50.6	49.4	49.9	45.5	50.3	51.0	49.7	44.3	
Median	51.2	49.6	50.6	42.9	49.7	49.6	49.6	46.1	50.4	50.6	49.6	44.3	
Sd	4.4	5.4	5.0	7.3	4.8	5.4	5.2	7.7	5.5	4.6	5.4	7.6	
Upper 2.5 percentile	59.3	64.2	60.7	56.1	60.1	60.9	60.7	61.6	60.6	60.0	61.0	61.3	
Lower 2.5 percentile	43.0	40.8	41.9	26.9	42.3	37.6	39.7	30.4	40.5	42.7	39.7	30.0	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Starch g													
Mean	121.6	157.1	141.5	144.1	108.8	125.2	118.0	110.7	75.7	115.3	141.6	127.3	
Median	118.2	157.4	135.9	140.5	105.4	122.1	114.0	110.9	74.6	111.8	140.1	123.1	
sd	28.5	40.5	39.8	45.3	22.9	36.2	32.0	38.3	20.3	26.7	41.6	45.1	
Upper 2.5 percentile	178.0	231.2	224.0	239.9	160.0	198.3	181.6	199.1	124.3	170.7	224.0	227.0	
Lower 2.5 percentile	73.5	76.4	75.2	59.5	70.2	46.5	49.2	32.0	34.7	70.2	51.2	42.9	
% food energy													
Mean	28.8	28.1	28.4	26.5	27.1	28.4	27.8	26.8	25.3	28.0	28.3	26.6	
Median	28.8	28.1	28.3	26.1	27.0	28.7	27.5	26.7	25.6	27.5	28.5	26.3	
sd	4.5	4.7	4.6	5.3	4.4	5.4	5.0	6.4	5.5	4.5	5.0	5.9	
Upper 2.5 percentile	36.8	37.4	37.4	39.5	36.7	38.0	38.0	40.9	36.4	36.7	38.0	39.7	
Lower 2.5 percentile	20.4	19.1	19.2	15.8	18.8	17.9	18.8	14.0	13.7	19.2	19.1	14.9	
% total energy													
Mean	28.8	27.7	28.2	24.5	27.1	28.2	27.7	25.6	25.3	28.0	28.0	25.1	
Median	28.8	27.9	28.2	24.2	27.0	28.7	27.5	25.1	25.6	27.5	28.3	24.7	
sd	4.5	5.0	4.8	6.0	4.4	5.5	5.1	6.6	5.5	4.5	5.3	6.3	
Upper 2.5 percentile	36.8	37.4	37.4	37.5	36.6	38.0	38.0	40.8	36.4	36.6	38.0	38.3	
Lower 2.5 percentile	20.4	18.1	18.8	11.7	18.8	17.7	18.2	12.1	13.7	19.2	17.7	11.9	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)											
	Boys			Men			Girls			Women		
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64
Total sugars g												
Mean	96.6	129.2	114.9	112.0	96.5	94.2	95.2	87.4	76.7	96.5	112.2	99.6
Median	93.4	127.7	105.2	107.0	95.9	94.0	94.8	78.3	75.2	94.3	103.4	93.6
sd	32.5	51.2	46.8	49.2	32.4	39.4	36.4	45.8	26.8	32.4	49.0	49.0
Upper 2.5 percentile	166.2	245.8	229.1	214.8	154.0	202.8	171.7	202.2	136.4	164.7	232.6	214.8
Lower 2.5 percentile	43.8	37.3	38.0	35.5	40.0	33.6	36.6	26.0	30.5	43.8	35.8	27.8
% food energy												
Mean	22.7	22.6	22.7	20.3	23.5	21.4	22.3	21.0	25.0	23.1	22.0	20.6
Median	22.3	22.0	22.3	20.0	23.6	20.3	21.9	20.0	24.5	22.8	21.1	20.0
sd	5.7	6.6	6.2	6.8	5.5	7.2	6.6	7.9	5.5	5.6	6.9	7.4
Upper 2.5 percentile	35.0	35.2	35.2	39.6	35.2	38.4	37.9	41.5	35.9	35.2	38.4	39.6
Lower 2.5 percentile	12.8	11.1	12.0	9.1	14.1	9.5	9.5	8.2	14.5	13.8	9.5	8.3
% total energy												
Mean	22.7	22.2	22.4	18.5	23.5	21.2	22.2	19.9	25.0	23.1	21.7	19.2
Median	22.3	21.9	22.0	18.0	23.6	20.3	21.9	18.9	24.5	22.8	21.1	18.6
sd	5.7	6.2	6.0	6.0	5.5	6.9	6.4	7.4	5.5	5.6	6.6	6.8
Upper 2.5 percentile	35.0	35.2	35.2	31.2	35.2	37.9	37.9	37.9	35.9	35.2	37.9	37.9
Lower 2.5 percentile	12.8	11.0	12.0	8.8	14.1	9.5	9.5	7.5	14.5	13.8	9.5	8.0

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Non milk extrinsic sugars													
Mean	61.7	93.2	79.3	72.6	60.9	66.5	64.1	51.7	34.8	61.3	80.2	62.1	
Median	57.8	84.8	71.7	67.0	57.2	62.8	61.1	42.0	30.4	57.8	71.6	51.6	
sd	28.1	42.7	40.1	41.7	26.3	36.9	32.7	41.7	20.2	27.2	42.1	43.0	
Upper 2.5 percentile	134.3	183.1	177.9	172.9	116.2	160.6	139.1	135.9	94.2	127.3	182.8	171.5	
Lower 2.5 percentile	20.6	20.4	20.4	13.9	19.3	12.6	16.1	6.5	6.9	19.8	16.1	9.3	
% food energy													
Mean	14.4	16.3	15.5	13.0	14.7	15.0	14.8	12.1	11.2	14.5	15.7	12.5	
Median	13.7	15.5	14.9	12.2	14.6	14.2	14.4	10.7	10.0	14.3	14.5	11.5	
sd	5.2	6.3	5.9	6.1	5.1	6.8	6.1	7.5	5.1	5.1	6.6	6.8	
Upper 2.5 percentile	27.9	32.1	29.9	25.8	25.2	30.9	29.0	34.5	22.8	26.3	31.5	26.0	
Lower 2.5 percentile	5.8	4.5	5.0	3.9	6.4	3.6	3.9	1.8	3.4	5.8	3.6	3.1	
% total energy													
Mean	14.4	16.0	15.3	11.7	14.7	14.8	14.7	11.5	11.2	14.5	15.4	11.6	
Median	13.7	15.4	14.9	11.3	14.6	14.2	14.4	10.3	10.0	14.3	14.4	10.9	
sd	5.2	5.8	5.6	5.0	5.1	6.5	5.9	6.9	5.1	5.1	6.1	6.0	
Upper 2.5 percentile	27.9	27.7	27.7	24.0	25.2	28.9	27.9	30.8	22.8	26.3	28.4	24.9	
Lower 2.5 percentile	5.8	4.5	5.0	3.6	6.4	3.6	3.9	1.8	3.4	5.8	3.6	3.1	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Intrinsic and milk sugars													
Mean	34.9	36.1	35.6	39.4	35.6	27.7	31.1	35.6	41.9	35.2	32.0	37.5	
Median	31.5	31.5	31.5	35.9	33.5	25.9	28.5	31.5	37.7	31.7	27.6	33.7	
sd	13.1	19.9	17.2	20.9	14.1	12.2	13.6	19.9	17.0	13.6	17.1	20.5	
Upper 2.5 percentile	63.3	96.6	79.5	92.0	67.7	50.4	66.9	67.5	75.9	66.9	79.5	78.1	
Lower 2.5 percentile	16.3	11.2	13.4	12.1	13.6	10.3	11.0	11.6	16.3	15.5	10.8	11.8	
% food energy													
Mean	8.3	6.3	7.2	7.3	8.8	6.4	7.5	8.9	13.8	8.5	6.4	8.1	
Median	7.5	5.7	6.7	6.6	8.2	6.2	7.0	8.0	13.3	7.7	5.9	7.4	
sd	2.9	2.8	3.0	3.9	3.1	2.8	3.1	4.5	4.9	3.0	2.8	4.3	
Upper 2.5 percentile	14.5	13.8	14.1	20.3	14.5	11.9	14.3	21.7	27.3	14.5	12.9	20.3	
Lower 2.5 percentile	4.2	2.6	3.0	2.8	4.5	2.4	2.5	3.3	6.2	4.3	2.5	3.1	
% total energy													
Mean	8.3	6.2	7.2	6.8	8.8	6.4	7.5	8.5	13.8	8.5	6.3	7.7	
Median	7.5	5.6	6.7	6.2	8.2	6.2	7.0	7.6	13.3	7.7	5.7	6.8	
sd	2.9	2.8	3.1	3.9	3.1	2.7	3.1	4.5	4.9	3.0	2.8	4.3	
Upper 2.5 percentile	14.5	13.8	14.1	19.0	14.5	11.9	14.3	21.1	27.3	14.5	12.9	19.7	
Lower 2.5 percentile	4.2	2.6	3.0	2.6	4.5	2.3	2.5	3.1	6.2	4.3	2.4	2.7	

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
Intrinsic and milk sugars and starch													
% food energy													
Mean	37.1	34.4	35.6	33.8	35.9	34.8	35.3	35.7	39.1	36.5	34.6	34.8	34.8
Median	37.2	33.9	35.2	33.3	35.4	34.5	35.0	35.5	38.2	36.6	34.2	34.4	34.4
sd	4.6	5.2	5.1	5.9	4.7	5.2	5.0	6.9	5.9	4.7	5.2	6.5	6.5
Upper 2.5 percentile	45.7	44.8	45.3	47.6	45.3	45.5	45.3	49.6	54.0	45.7	44.8	49.0	49.0
Lower 2.5 percentile	28.8	24.3	24.4	23.7	27.0	25.4	26.3	24.2	25.8	27.7	24.4	23.7	23.7
% total energy													
Mean	37.1	34.0	35.3	31.3	35.9	34.6	35.2	34.1	39.1	36.5	34.3	32.7	32.7
Median	37.2	33.8	34.9	30.8	35.4	34.5	35.0	34.1	38.2	36.6	33.9	32.4	32.4
sd	4.6	5.7	5.4	7.1	4.7	5.5	5.2	7.5	5.9	4.7	5.6	7.4	7.4
Upper 2.5 percentile	45.7	44.8	45.3	46.1	45.3	45.2	45.2	49.6	54.0	45.7	44.8	49.0	49.0
Lower 2.5 percentile	28.8	20.8	21.9	15.8	27.0	25.4	26.0	20.9	25.8	27.7	21.2	18.3	18.3

Table 5.4 (continued)

Average daily intake of energy and macronutrients, by age and sex

Aged 1.5-64 years

2008/09

Energy, macronutrients	Sex and age group (years)											
	Boys					Girls						
	4-10	11-18	Total boys	19-64	Men	4-10	11-18	Total girls	19-64	Women	Total	
Non starch polysaccharide (NSP) g												
Mean	11.2	13.1	12.2	15.1	10.3	10.8	10.6	13.0	8.2	11.9	14.0	
Median	10.8	12.6	11.7	14.0	10.1	10.5	10.4	12.7	7.8	11.7	13.4	
sd	3.6	4.4	4.1	5.6	3.1	3.4	3.3	4.8	3.0	4.1	5.3	
Upper 2.5 percentile	20.0	21.9	21.6	29.1	17.8	19.1	18.6	23.4	14.9	21.6	27.3	
Lower 2.5 percentile	5.3	4.7	5.3	6.2	5.6	4.1	5.3	4.7	2.5	4.6	5.5	
Bases (unweighted)	119	114	233	181	119	110	229	253	121	238	434	

Table 5.5 (continued)

Percentage contribution of food types to average daily total energy intake (MJ)^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)														
	Boys			Men			Girls			Women			Total		
	4-10	11-18	Total	19-64	4-10	11-18	Total	19-64	4-10	11-18	Total	19-64	4-10	11-18	Total
	%	%	%	%	%	%	%	%	%	%	%	%	%	%	%
Meat and meat products	13	18	16	18	14	17	15	17	14	17	15	17	14	17	18
of which:															
Bacon and ham	1	2	1	2	1	1	1	1	1	1	1	1	0	1	1
Beef, veal and dishes	2	2	2	3	2	2	2	2	2	2	2	4	1	2	3
Lamb and dishes	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Pork and dishes	0	1	1	2	1	1	1	1	1	1	1	1	0	1	1
Coated chicken and turkey	1	3	2	1	2	2	2	2	2	2	2	1	1	2	1
Chicken and turkey dishes	3	4	3	4	2	4	3	5	2	4	3	5	1	3	4
Burgers and kebabs	1	2	1	1	1	2	1	1	1	2	1	1	0	1	1
Sausages	3	2	2	2	3	2	3	2	3	2	3	2	3	2	2
Meat pies and pastries	2	2	2	1	2	2	2	2	2	2	2	1	2	2	1
Fish and fish dishes	3	1	2	3	2	2	2	3	2	2	2	3	2	2	3
of which:															
White fish coated or fried including fish fingers	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Other white fish, shellfish or fish dishes and canned tuna	1	0	0	1	1	1	1	1	1	1	1	1	0	1	1
Oily fish	0	0	0	1	0	1	1	1	0	1	1	1	0	0	1
Vegetables, potatoes	9	10	10	11	10	12	11	12	10	12	11	12	8	10	12
of which:															
Salad and other raw vegetables	0	0	0	1	0	0	0	0	0	0	0	1	0	0	1
Vegetables (not raw) including vegetable dishes	3	2	2	3	3	3	3	4	3	3	3	4	3	3	4
Chips, fried and roast potatoes and potato products	5	7	6	5	5	6	6	4	5	6	6	4	3	5	5
Other potatoes, potato salads and dishes	1	1	1	2	2	2	2	2	2	2	2	3	2	2	2

Table 5.5 (continued)

Percentage contribution of food types to average daily total energy intake (MJ)^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)														
	Boys			Men			Girls			Women			Total		
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64			
	%	%	%	%	%	%	%	%	%	%	%	%	%		
Savoury snacks	3	4	3	2	4	4	4	2	2	3	4	2	2		
Nuts and seeds	0	0	0	1	0	0	0	1	0	0	0	1	1		
Fruit	3	2	2	3	4	2	3	3	6	3	2	3	3		
Sugar, preserves and confectionery	5	6	6	4	6	6	6	5	4	6	6	5	5		
of which:															
Sugars, including table sugar, preserves and sweet spreads	1	1	1	2	1	1	1	2	1	1	1	2	2		
Sugar confectionery	1	1	1	0	2	1	2	0	1	2	1	0	0		
Chocolate confectionery	3	4	3	2	3	3	3	2	2	3	3	2	2		
Non-alcoholic beverages	5	7	7	4	5	7	6	4	4	5	7	4	4		
of which:															
Fruit juice	2	2	2	1	2	1	2	1	2	2	2	1	1		
Soft drinks, not low calorie	3	5	4	2	3	5	4	2	2	3	5	2	2		
Soft drinks, low calorie	0	0	0	0	0	0	0	0	0	0	0	0	0		
Tea, coffee and water	0	0	0	0	0	0	0	0	0	0	0	0	0		
Alcoholic beverages	0	2	1	10	0	1	1	6	0	0	2	8	8		
Average daily total energy intake MJ	6.7	9.1	8.0	9.5	6.4	7.0	6.8	6.9	4.8	6.6	8.1	8.2	8.2		
Bases (unweighted)	119	114	233	181	119	110	229	253	121	238	224	434	434		

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.6 (continued)

Food type		Sex and age group (years)												Total	
		Boys			Men			Girls			Women				
		4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	4-10	11-18	1.5-3			
Meat and meat products		30	40	36	40	31	36	34	37	30	38	21	38	38	
of which:															
Bacon and ham		3	5	4	5	3	4	3	3	3	4	2	3	4	
Beef, veal and dishes		5	6	6	8	4	6	5	9	5	6	3	5	8	
Lamb and dishes		1	2	2	3	2	2	2	2	2	2	1	2	2	
Pork and dishes		1	2	2	4	2	2	2	2	1	2	1	1	3	
Coated chicken and turkey		3	5	4	2	3	3	3	1	3	4	1	3	2	
Chicken and turkey dishes		9	12	11	11	8	12	10	13	9	12	5	9	12	
Burgers and kebabs		2	3	2	2	1	3	2	1	1	3	0	1	1	
Sausages		4	3	3	4	5	4	4	3	4	4	4	4	3	
Meat pies and pastries		1	2	2	1	2	2	2	1	2	2	1	2	1	
Fish and fish dishes		6	3	4	7	5	5	5	8	5	4	5	5	8	
of which:															
White fish coated or fried including fish fingers		3	1	2	1	2	1	1	2	3	1	2	3	2	
Other white fish, shellfish or fish dishes and canned tuna		2	2	2	4	2	3	2	3	2	2	1	2	4	
Oily fish		1	0	1	2	1	1	1	3	1	1	1	1	2	
Vegetables, potatoes		7	7	7	8	7	8	8	9	7	8	7	7	9	
of which:															
Salad and other raw vegetables		0	0	0	0	0	0	0	1	0	0	0	0	1	
Vegetables (not raw) and vegetable dishes		4	3	3	4	4	4	4	5	4	3	4	4	5	
Chips, fried and roast potatoes and potato products		2	3	3	2	2	3	3	2	2	3	2	2	2	
Other potatoes, potato salads and dishes		1	1	1	1	1	2	1	1	1	1	1	1	1	

Aged 1.5-64 years

2008/09

Table 5.6 (continued)

Percentage contribution of food types to average daily protein intake^a, by age and sex
 Aged 1.5-64 years
 2008/09

Food type	Sex and age group (years)																
	Boys			Men			Girls			Women			Total				
	4-10	11-18	Total boys	19-64	%	%	4-10	11-18	Total girls	19-64	%	%	1.5-3	4-10	11-18	19-64	
Savoury snacks	1	1	1	1	1	1	1	2	1	1	1	1	1	1	1	1	1
Nuts and seeds	0	0	0	1	1	0	0	0	0	1	1	0	0	0	0	1	1
Fruit	1	1	1	1	1	1	1	1	1	1	1	2	1	1	1	1	1
Sugar, preserves and confectionery	2	2	2	1	2	2	2	2	2	1	1	1	1	2	2	1	1
Non-alcoholic beverages	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
Average daily protein intake g	57.7	77.1	68.5	88.4	88.4	54.3	58.9	58.9	56.9	66.3	66.3	43.2	56.0	68.3	77.3	77.3	77.3
Bases (unweighted)	119	114	233	181	181	119	110	110	229	253	253	121	238	224	224	434	434

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.7 (continued)

Food type		Sex and age group (years)												Total	
		Boys			Men			Girls			Women				
		4-10	11-18	Total boys	19-64	%	11-18	Total girls	19-64	%	1.5-3	%	19-64		
Vegetables, potatoes		11	11	11	15	11	14	13	15	10	11	12	15		
<i>Of which:</i>															
Salad and other raw vegetables		0	0	0	1	0	0	0	1	0	0	0	1		
Vegetables (not raw) including vegetable dishes		3	2	2	4	3	3	3	5	3	3	2	4		
Chips, fried and roast potatoes and potato products		5	7	7	6	6	7	6	5	4	5	7	6		
Other potatoes, potato salads and dishes		2	2	2	4	2	4	3	4	3	2	3	4		
Savoury snacks		3	3	3	2	3	4	4	2	2	3	3	2		
Nuts and seeds		0	0	0	0	0	0	0	0	0	0	0	0		
Fruit		5	3	4	5	7	4	5	7	11	6	4	6		
Sugar, preserves and confectionery		7	8	7	7	8	7	7	7	5	7	7	7		
<i>Of which:</i>															
Sugars, including table sugars, preserves, sweet spreads		2	2	2	4	2	2	2	4	1	2	2	4		
Sugar confectionery		2	2	2	0	3	2	3	1	1	3	2	0		
Chocolate confectionery		3	3	3	2	3	3	3	3	2	3	3	2		
Non-alcoholic beverages		10	14	12	8	9	13	11	7	7	9	14	8		
<i>Of which:</i>															
Fruit juice		4	3	4	2	3	3	3	2	4	4	3	2		
Soft drinks, not low calorie		5	11	8	5	5	10	8	5	3	5	10	5		
Soft drinks, low calorie		0	0	0	0	0	0	0	0	0	0	0	0		
Tea, coffee and water		0	0	0	1	0	0	0	0	0	0	0	0		
Alcoholic beverages		0	2	1	5	0	1	0	2	0	0	1	4		
Average daily carbohydrate intake g		218	286	256	256	205	219	213	198	152	212	254	227		
Bases (unweighted)		119	114	233	181	119	110	229	253	121	238	224	434		

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.8

Percentage contribution of food types to average daily non-milk extrinsic sugars intake^a, by age and sex

Food type	Sex and age group (years)												2008/09		
	Boys			Men			Girls			Women				Total	
	4-10	11-18	%	Total boys	19-64	%	4-10	%	11-18	%	19-64	%		1.5-3	19-64
Cereals and cereal products	27	21	24	16	28	22	25	23	28	22	20				
Of which:															
Wholegrain and high fibre breakfast cereals	3	2	2	2	2	2	2	4	3	2	3				
Other breakfast cereals	5	5	5	2	4	4	4	2	3	5	2				
Biscuits	7	7	7	4	7	7	7	8	8	7	6				
Buns, cakes, pastries and fruit pies	8	4	6	5	11	6	8	6	6	10	6				
Milk and milk products	11	6	8	5	13	8	10	7	17	12	6				
Of which:															
Ice cream	4	2	3	2	6	3	4	2	3	5	2				
Eggs and egg dishes	0	0	0	0	0	1	0	0	0	0	0				
Fat spreads	0	0	0	0	0	0	0	0	0	0	0				
Meat and meat products	0	1	1	1	1	1	1	2	0	1	1				
Fish and fish dishes	0	0	0	0	0	0	0	0	0	0	0				
Vegetables, potatoes	2	1	1	2	1	1	1	3	3	2	3				
Of which:															
Vegetables (not raw) including vegetable dishes	2	1	1	2	1	1	1	3	3	2	2				
Savoury snacks	0	0	0	0	0	0	0	0	0	0	0				
Nuts and seeds	0	0	0	0	0	0	0	0	0	0	0				
Fruit	1	0	1	1	1	2	1	1	3	1	1				
Sugar, preserves and confectionery	22	21	22	24	23	21	22	25	18	23	25				
Of which:															
Sugars, including table sugar, preserves and sweet spreads	8	7	7	16	7	6	6	15	6	7	6				
Sugar confectionery	7	6	7	1	9	7	8	2	4	8	7				
Chocolate confectionery	8	8	8	7	8	8	8	9	8	8	8				

Table 5.8 (continued)

Percentage contribution of food types to average daily non-milk extrinsic sugars intake^a, by age and sex

Food type	Sex and age group (years)												2008/09			
	Boys			Men			Girls			Women				Total		
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	4-10	11-18	Total girls	19-64		1.5-3	4-10	11-18
Non-alcoholic beverages	33	42	38	27	28	38	34	23	30	31	31	25	30	40	40	25
Of which:																
Fruit juice	14	10	12	9	10	7	8	7	12	17	17	8	12	9	9	8
Soft drinks, not low calorie	18	31	26	16	17	30	24	16	18	12	12	16	18	31	31	16
Soft drinks, low calorie	1	1	1	0	1	1	1	1	1	2	2	1	1	1	1	0
Alcoholic beverages	0	4	2	19	0	2	1	8	0	0	0	13	0	3	3	13
Average daily NMES intake g	61.7	93.2	79.3	72.6	60.9	66.5	64.1	51.7	61.3	34.8	34.8	62.1	61.3	80.2	80.2	62.1
Bases (unweighted)	119	114	233	181	119	110	229	253	238	121	121	434	238	224	224	434

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.9 (continued)

Percentage contribution of food types to average daily total fat intake^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)																	
	Boys			Men			Girls			Total girls			Women		Total			
	4-10	11-18	Total boys	19-64	%	23	27	%	20	23	%	22	19-64	%	15	19-64	%	
Meat and meat products	19	26	23	27		23	27		20	23		22	24		15	25		26
of which:																		
Bacon and ham	1	3	2	3		2	3		1	1		1	2		0	1		2
Beef, veal and dishes	2	3	3	4		3	4		2	3		3	5		2	2		5
Lamb and dishes	1	1	1	2		1	2		1	1		1	2		1	1		2
Pork and dishes	0	1	1	2		1	2		1	1		1	1		0	1		2
Coated chicken and turkey	2	4	3	1		3	1		3	2		2	1		2	2		1
Chicken and turkey dishes	3	5	4	5		4	5		3	5		4	6		1	3		5
Burgers and kebabs	1	3	2	2		2	2		1	2		2	1		0	1		1
Sausages	4	3	4	4		4	4		5	4		4	3		5	5		4
Meat pies and pastries	3	3	3	2		3	2		3	3		3	2		3	3		2
Fish and fish dishes	3	2	2	4		2	4		2	2		2	5		3	2		5
of which:																		
White fish coated or fried including fish fingers	2	1	2	1		2	1		1	1		1	2		2	2		1
Other white fish, shellfish or fish dishes and canned tuna	1	0	0	1		0	1		0	1		1	1		0	1		1
Oily fish	1	0	0	2		0	2		1	1		1	2		1	1		2

Table 5.9 (continued)

Percentage contribution of food types to average daily total fat intake^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)														
	Boys			Men			Girls			Women			Total		
	4-10	11-18	Total boys	19-64	%	4-10	11-18	Total girls	19-64	%	1.5-3	4-10	11-18	19-64	
Vegetables, potatoes	8	11	10	11	10	8	11	10	12	6	8	11	11	11	
of which:															
Vegetables (not raw) including vegetable dishes	2	1	2	4	2	2	2	2	5	2	2	2	2	5	
Chips, fried and roast potatoes and potato products	6	9	7	7	7	6	7	7	5	4	6	8	8	6	
Other potatoes, potato salads and dishes	1	0	0	1	0	0	1	1	1	1	1	1	1	1	
Savoury snacks	5	5	5	3	5	5	6	6	3	3	5	6	6	3	
Nuts and seeds	1	1	1	1	1	0	1	1	2	1	1	1	1	1	
Fruit	0	0	0	0	0	0	0	0	1	1	0	0	0	1	
Sugar, preserves and confectionery	5	6	5	3	5	5	5	5	4	4	5	6	6	3	
of which:															
Chocolate confectionery	4	5	4	3	4	4	5	4	3	3	4	5	5	3	
Non-alcoholic beverages	0	0	0	1	0	0	0	0	0	0	0	0	0	0	
Average daily fat intake g	60.2	81.6	72.2	81.8	63.0	59.5	65.9	63.0	61.1	43.5	59.9	74.0	71.4	71.4	
Bases (unweighted)	119	114	233	181	229	119	110	229	253	121	238	224	434	434	

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.10 (continued)

Percentage contribution of food types to average daily saturated fat intake^a, by age and sex

Aged 1.5-64 years

2008/09

Variable Description	Sex and age group (years)																		
	Boys			Men			Girls			Women			Total						
	4-10	11-18	Total boys	19-64	%	22	28	19	4-10	11-18	Total girls	19-64	%	24	12	1.5-3	4-10	11-18	19-64
Meat and meat products	17	26	22	28	%	21	21	19	23	21	21	24	%	12	12	18	24	26	
of which:																			
Bacon and ham	1	3	2	3		1	1	1	1	1	1	2		0	0	1	2	2	
Beef, veal and dishes	2	3	3	4		3	3	2	3	3	3	6		1	1	2	3	5	
Lamb and dishes	1	2	1	2		1	1	1	1	1	1	2		1	1	1	2	2	
Pork and dishes	0	1	1	2		1	1	1	1	1	1	1		0	0	1	1	1	
Coated chicken and turkey	1	3	2	1		1	1	2	1	1	1	1		1	1	1	2	1	
Chicken and turkey dishes	2	3	3	4		3	4	2	4	3	3	5		1	1	2	4	4	
Burgers and kebabs	1	3	2	2		2	2	1	3	2	2	1		0	0	1	3	1	
Sausages	4	4	4	4		4	4	5	4	4	4	3		4	4	5	4	4	
Meat pies and pastries	3	3	3	3		3	3	3	3	3	3	2		2	2	3	3	2	
Fish and fish dishes	2	1	2	3		2	3	2	2	2	2	3		2	2	2	1	3	
of which:																			
White fish coated or fried including fish fingers	2	1	1	1		1	1	1	0	1	1	1		1	1	1	1	1	
Other white fish, shellfish or fish dishes and canned tuna	1	0	0	1		0	1	0	0	0	0	1		0	0	0	0	1	
Oily fish	0	0	0	1		0	1	0	1	1	1	1		0	0	0	0	1	
Vegetables, potatoes	5	6	5	7		6	7	5	7	6	6	8		4	4	5	6	7	
of which:																			
Vegetables (not raw) including vegetable dishes	1	1	1	2		1	2	1	2	1	1	3		1	1	1	1	2	
Chips, fried and roast potatoes and potato products	3	5	4	4		4	4	3	4	4	4	3		2	2	3	4	3	
Other potatoes, potato salads and dishes	1	0	0	1		0	1	0	1	1	1	1		1	1	1	1	1	

Table 5.10 (continued)

Percentage contribution of food types to average daily saturated fat intake^a, by age and sex

Aged 1.5-64 years

2008/09

Variable Description	Sex and age group (years)													
	Boys			Men			Girls			Women			Total	
	4-10	11-18	Total boys	19-64	%	4-10	11-18	Total girls	19-64	%	1.5-3	4-10	11-18	19-64
Savoury snacks	2	2	2	1	2	2	2	2	1	2	1	2	2	1
Nuts and seeds	0	0	0	1	0	0	0	0	1	0	0	0	0	1
Fruit	0	0	0	0	0	0	0	0	1	1	1	0	0	0
Sugar, preserves and confectionery of which:	6	7	7	5	6	7	7	7	5	5	5	6	7	5
Chocolate confectionery	5	7	6	4	5	6	6	6	5	4	4	5	7	5
Non-alcoholic beverages	0	0	0	1	0	0	0	0	1	0	0	0	0	1
Average daily saturated fat intake g	23.8	30.4	27.5	30.0	23.4	24.1	23.8	22.2	19.0	23.6	27.4	26.1		
Bases (unweighted)	119	114	233	181	119	110	229	253	121	238	224	434		

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.11

Percentage contribution of food types to average daily trans fatty acid intake^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)													
	Boys			Men			Girls			Women			Total	
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	%	
Cereals and cereal products	23	21	22	17	23	21	22	20	18	23	21	19	%	
of which:														
Pasta, rice and other miscellaneous cereals	5	6	6	3	4	7	6	4	4	4	7	4	4	
White bread	1	2	2	2	2	2	2	2	1	2	2	2	2	
Wholemeal bread	0	0	0	1	0	1	0	0	0	0	0	1	1	
Biscuits	7	6	7	4	7	5	6	6	6	7	6	5	5	
Buns, cakes, pastries and fruit pies	8	4	6	5	7	5	6	5	4	8	5	5	5	
Milk and milk products	29	21	25	23	32	23	27	22	42	30	22	22	22	
of which:														
Whole milk (3.8% fat)	5	2	3	2	3	2	2	1	15	4	2	1	1	
Semi skimmed milk (1.8% fat)	6	5	5	4	5	4	5	5	5	6	4	5	5	
Cheese	9	8	8	12	11	10	11	10	12	10	9	11	11	
Yoghurt, fromage frais and other dairy desserts	2	2	2	1	3	2	2	2	5	3	2	1	1	
Ice cream	6	4	5	2	7	4	5	2	4	7	4	2	2	
Eggs and egg dishes	1	2	2	3	2	2	2	3	2	2	2	3	3	
Fat spreads	10	7	8	8	8	7	7	8	8	9	7	8	8	
of which:														
Butter	6	4	5	3	3	2	3	4	4	5	3	4	4	
Reduced fat spread	3	3	3	4	3	4	4	4	4	3	3	4	4	
Low fat spread	0	0	0	1	1	0	0	1	0	0	0	1	1	

Table 5.11 (continued)

Percentage contribution of food types to average daily trans fatty acid intake^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)																									
	Boys			Men			Girls			Women			Total													
	4-10	11-18	Total boys	19-64	%	27	17	4-10	%	24	11-18	Total girls	19-64	%	12	1.5-3	4-10	%	17	11-18	%	26	19-64	%	25	
Meat and meat products	17	27	22	27	%	27	17	4-10	%	24	11-18	Total girls	24	%	21	19-64	%	12	%	17	11-18	%	26	19-64	%	25
of which:																										
Bacon and ham	0	1	1	1		1	0	4-10		0	0	0	0		0	0		0		0	1	1	1	1		1
Beef, veal and dishes	4	5	5	7		7	3	4-10		5	5	5	8		5	8		3		4	5	5	5	7		7
Lamb and dishes	2	5	4	5		5	3	4-10		3	3	3	5		3	5		2		3	4	4	4	5		5
Pork and dishes	0	1	0	1		1	0	4-10		0	0	0	0		0	0		0		0	0	0	0	1		1
Coated chicken and turkey	2	3	3	3		3	2	4-10		3	3	3	1		3	1		1		2	3	3	3	1		1
Chicken and turkey dishes	2	3	2	3		3	2	4-10		3	3	2	3		2	3		1		2	3	3	3	3		3
Burgers and kebabs	2	4	3	2		2	1	4-10		3	3	2	1		2	1		1		2	3	3	3	2		2
Sausages	2	2	2	2		2	2	4-10		2	2	2	2		2	2		2		2	2	2	2	2		2
Meat pies and pastries	2	4	3	3		3	2	4-10		4	4	3	3		3	3		2		2	4	4	4	3		3
Fish and fish dishes	5	2	3	3		3	3	4-10		2	2	2	3		2	3		4		4	2	2	2	3		3
Vegetables, potatoes	8	8	8	10		10	9	4-10		11	11	10	9		10	9		6		8	9	9	9	9		9
of which:																										
Vegetables (not raw) including vegetable dishes	1	0	1	1		1	1	4-10		2	2	1	1		1	1		1		1	1	1	1	1		1
Chips, fried and roast potatoes and potato products	6	7	7	8		8	8	4-10		8	8	8	6		8	6		5		7	8	8	8	7		7
Other potatoes, potato salads and dishes	1	0	0	1		1	0	4-10		1	1	1	1		1	1		1		0	1	1	1	1		1
Savoury snacks	0	1	0	0		0	0	4-10		1	1	1	0		1	0		0		0	1	1	1	0		0
Nuts and seeds	0	0	0	0		0	0	4-10		0	0	0	0		0	0		0		0	0	0	0	0		0
Fruit	0	0	0	0		0	0	4-10		0	0	0	0		0	0		0		0	0	0	0	0		0

Table 5.11 (continued)
Percentage contribution of food types to average daily trans fatty acid intake, by age and sex

Aged 1.5-64 years 2008/09

Food type	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	%
Sugar, preserves and confectionery	6	8	7	4	5	5	5	3	4	5	7	4	%
<i>of which:</i>													
Chocolate confectionery	5	7	6	4	4	4	4	3	4	4	6	3	%
Non-alcoholic beverages	0	0	0	0	0	0	0	1	0	0	0	0	%
Average daily trans fatty acid intake g	1.5	1.8	1.6	1.9	1.4	1.5	1.5	1.4	1.0	1.4	1.7	1.6	%
Bases (<i>unweighted</i>)	119	114	233	181	119	110	229	253	111	238	224	434	

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.12 (continued)

Percentage contribution of food types to average daily non-starch polysaccharide intake, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)													
	Boys			Men			Girls			Women			Total	
	4-10	11-18	Total boys	19-64	%	Total boys	4-10	11-18	Total girls	19-64	%	Total girls	1.5-3	19-64
Vegetables, potatoes	27	29	28	33	%	28	28	29	29	34	%	29	25	34
of which														
Salad and raw vegetables	2	1	1	3	%	1	2	2	2	5	%	2	1	4
Vegetables (not raw) including vegetable dishes	14	13	13	16	%	13	14	12	13	18	%	13	15	17
Chips, fried and roast potatoes and potato products	8	12	10	8	%	10	8	10	9	6	%	9	5	7
Other potatoes, potato salads and dishes	3	3	3	6	%	3	4	6	5	5	%	5	4	5
Savoury snacks	3	4	4	2	%	4	4	4	4	2	%	4	2	2
Nuts and seeds	0	1	1	1	%	1	0	1	0	1	%	0	0	1
Fruit	10	7	8	9	%	8	13	7	10	10	%	10	18	9
Sugar, preserves and confectionery	1	2	1	1	%	1	1	1	1	1	%	1	1	1
Non-alcoholic beverages	1	1	1	1	%	1	1	1	1	0	%	1	1	0
Average daily NSP intake g	11.2	13.1	12.2	15.1		12.2	10.3	10.8	10.6	13.0		10.6	8.2	14.0
Bases (unweighted)	119	114	233	181		233	119	110	229	253		229	121	434

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

Table 5.13 (continued)

Percentage contribution of food types to average daily sodium intake^a, by age and sex

Aged 1.5-64 years

2008/09

Food type	Sex and age group (years)																						
	Boys			Men			Girls			Women			Total										
	4-10	11-18	Total boys	19-64	%	Total boys	4-10	%	11-18	%	Total girls	19-64	%	1.5-3	%	4-10	%	11-18	%	19-64	%		
Meat and meat products	24	30	27	31		27	26		27		26	25		19		25		28		28		28	
of which:																							
Bacon and ham	5	7	6	8		6	5		5		5	6		3		5		6		7		7	
Beef, veal and dishes	2	2	2	3		2	2		3		2	5		2		2		2		4		4	
Lamb and dishes	0	1	1	1		1	1		1		1	1		1		1		1		1		1	
Pork and dishes	0	1	1	1		1	1		1		1	0		1		1		1		1		1	
Coated chicken and turkey	2	4	3	1		3	3		2		3	1		2		2		3		1		1	
Chicken and turkey dishes	3	4	3	5		3	2		4		3	5		1		3		4		5		5	
Burgers and kebabs	1	3	2	2		2	1		2		2	1		0		1		2		1		1	
Sausages	7	5	6	6		6	8		6		6	5		7		7		5		6		6	
Meat pies and pastries	2	3	2	2		2	2		3		2	1		2		2		3		2		2	
Other meat and meat products	0	0	0	2		0	1		0		1	1		0		1		0		1		1	
Fish and fish dishes	4	2	3	5		3	3		2		2	5		3		3		2		5		5	
of which:																							
White fish coated or fried including fish fingers	2	1	2	1		2	1		1		1	1		2		2		1		1		1	
Other white fish, shellfish or fish dishes and canned tuna	1	1	1	3		1	1		1		1	3		1		1		1		3		3	
Oily fish	0	0	0	1		0	0		0		0	2		1		0		0		1		1	
Vegetables, potatoes	9	6	7	8		7	8		8		8	10		8		8		7		9		9	
of which:																							
Salad and other raw vegetables	0	0	0	0		0	0		0		0	1		0		0		0		1		1	
Vegetables (not raw) including vegetable dishes	6	3	4	5		4	5		5		5	7		6		6		4		6		6	
Chips, fried and roast potatoes and potato products	2	2	2	1		2	2		2		2	1		2		2		2		2		2	
Other potatoes, potato salads and dishes	0	0	0	0		0	0		1		0	1		0		0		0		1		1	

Table 5.13 (continued)
Percentage contribution of food types to average daily sodium intake^a, by age and sex

Food type	Sex and age group (years)												2008/09						
	Boys				Men				Girls					Women				Total	
	4-10	11-18	Total boys	%	19-64	%	4-10	%	11-18	%	Total girls	%		19-64	%	1.5-3	%		
Savoury snacks	4	4	4	4	2	4	4	4	4	4	4	2	2	3	4	2			
Nuts and seeds	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
Fruit	0	0	0	0	0	0	0	1	1	0	0	1	1	1	0	1			
Sugar, preserves and confectionery	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1			
Non-alcoholic beverages	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0	0			
Average daily sodium intake mg ^b	2007	2717	2404	2800	1864	2089	1990	2038	1307	1937	2411	2418							
Bases (unweighted)	119	114	233	181	119	110	229	253	121	238	224	434							

^a Percentages from listed food types do not add up to 100 as a group of foods such as soups, sauces, gravies, pickles and condiments, combined together as "miscellaneous", are not included.

^b Underestimate of total sodium intake as sodium from discretionary salt added in cooking or at the table is excluded.

Table 5.14 (continued)

Reference Nutrient Intakes (RNIs) and Lower Reference Nutrient Intakes (LRNIs) for vitamins^a, by sex and age^b

Vitamin (unit of measurement) per day	Age group (years)									
	1-3	4-6	7-10	11-14	15-18	19-50	51-64	65-74	75+	
Females										
Vitamin A (µg/d)	RNI 400	400	500	600	600	600	600	600	600	600
	LRNI 200	200	250	250	250	250	250	250	250	250
Thiamin (mg/d) ^c	RNI 0.5	0.7	0.7	0.7	0.8	0.8	0.8	0.8	0.8	0.8
	LRNI 0.3	0.4	0.4	0.4	0.5	0.4	0.4	0.4	0.4	0.4
Riboflavin (mg/d)	RNI 0.6	0.8	1.0	1.1	1.1	1.1	1.1	1.1	1.1	1.1
	LRNI 0.3	0.4	0.5	0.8	0.8	0.8	0.8	0.8	0.8	0.8
Niacin (mg/d) ^c	RNI 8	11	12	12	14	13	12	12	12	12
	LRNI 5	7	8	8	9	9	8	8	8	8
Vitamin B ₆ (mg/d) ^d	RNI 0.7	0.9	1.0	1.0	1.2	1.2	1.2	1.2	1.2	1.2
	LRNI 0.5	0.6	0.7	0.7	0.9	0.8	0.8	0.8	0.8	0.7
Vitamin B ₁₂ (µg/d)	RNI 0.5	0.8	1.0	1.2	1.5	1.5	1.5	1.5	1.5	1.5
	LRNI 0.3	0.5	0.6	0.8	1.0	1.0	1.0	1.0	1.0	1.0
Folate (µg/d)	RNI 70	100	150	200	200	200	200	200	200	200
	LRNI 35	50	75	100	100	100	100	100	100	100
Vitamin C (mg/d)	RNI 30	30	30	35	40	40	40	40	40	40
	LRNI 8	8	8	9	10	10	10	10	10	10
Vitamin D (µg/d)	RNI 7	-	-	-	-	-	-	-	10	10

^a Department of Health. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. London. HMSO, 1991. [Report on Health and Social Subjects:41.

^b The age groups presented are those for which different RNI and LRNI values have been calculated.

^c Calculated values based on EARs for energy; calculated values from quoted LRNIs mg/1000kcal.

^d Based on protein providing 14.7% of the Estimated Average Requirement (EAR) for energy.

Calculated values from quoted LRNIs µg/g protein.

Table 5.15

Average daily intake of selected vitamins from food sources only, by age and sex

Aged 1.5-64 years

2008/09

Vitamin	Sex and age group (years)												
	Boys			Men			Girls			Women			Total
	4-10	11-18	Total boys	19-64	4-10	11-18	19-64	4-10	11-18	19-64	1.5-3		
Vitamin A (retinol equivalents) µg													
Mean	651	776	721	1034	660	619	1070	655	699	1052	554	1052	
Median	550	639	598	785	543	519	834	550	573	799	480	799	
sd	378	484	444	1082	400	449	1122	388	473	1101	289	1101	
Upper 2.5 percentile	1484	1808	1773	4221	1823	1857	3653	1630	1857	3709	1188	3709	
Lower 2.5 percentile	207	154	165	208	214	155	169	207	155	192	139	192	
Retinol µg													
Mean	258	333	300	466	258	274	457	258	304	461	266	461	
Median	245	278	267	313	254	233	233	248	260	277	242	277	
sd	114	242	199	919	105	284	1023	110	264	972	121	972	
Upper 2.5 percentile	445	900	745	1952	545	467	2939	492	745	2463	503	2463	
Lower 2.5 percentile	81	81	81	41	86	92	48	81	89	48	95	48	
Thiamin mg													
Mean	1.33	1.69	1.54	1.69	1.22	1.26	1.30	1.28	1.49	1.50	0.93	1.50	
Median	1.29	1.62	1.47	1.62	1.17	1.22	1.28	1.24	1.40	1.44	0.87	1.44	
sd	0.38	0.53	0.50	0.58	0.34	0.34	0.41	0.36	0.50	0.54	0.27	0.54	
Upper 2.5 percentile	2.12	2.81	2.70	2.87	1.93	1.95	2.06	2.07	2.62	2.76	1.58	2.76	
Lower 2.5 percentile	0.69	0.78	0.75	0.75	0.70	0.66	0.60	0.70	0.70	0.64	0.53	0.64	
Riboflavin mg													
Mean	1.53	1.72	1.63	1.88	1.40	1.28	1.40	1.46	1.51	1.64	1.44	1.64	
Median	1.45	1.59	1.47	1.73	1.36	1.23	1.35	1.40	1.39	1.51	1.39	1.51	
sd	0.52	0.68	0.62	0.81	0.43	0.45	0.56	0.48	0.62	0.73	0.55	0.73	
Upper 2.5 percentile	3.07	3.39	3.08	3.99	2.37	2.21	2.90	2.51	2.95	3.62	2.72	3.62	
Lower 2.5 percentile	0.75	0.79	0.75	0.69	0.70	0.53	0.48	0.72	0.57	0.61	0.60	0.61	

Table 5.15 (continued)

Average daily intake of selected vitamins from food sources only, by age and sex

Aged 1.5-64 years

2008/09

Vitamin	Sex and age group (years)											
	Boys			Men			Women			Total		
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3			
Niacin equivalents mg												
Mean	27.9	39.4	34.3	45.1	26.1	30.7	28.7	32.6	19.5	27.0	35.2	38.9
Median	26.7	38.0	32.0	43.3	24.7	27.9	27.2	31.6	18.7	25.6	32.3	37.3
sd	8.1	13.1	12.5	15.5	8.9	12.8	11.5	10.8	4.9	8.5	13.6	14.7
Upper 2.5 percentile	50.7	70.3	70.3	82.8	40.0	69.6	53.9	55.0	30.2	43.5	70.3	72.5
Lower 2.5 percentile	16.1	17.4	17.4	22.5	13.6	14.2	13.6	13.8	11.2	15.0	17.1	15.5
Vitamin B₆ mg												
Mean	1.8	2.6	2.2	2.8	1.7	2.1	1.9	2.0	1.4	1.8	2.4	2.4
Median	1.6	2.5	2.0	2.5	1.7	1.8	1.7	2.0	1.3	1.6	2.0	2.2
sd	0.6	1.2	1.1	1.4	0.8	2.0	1.6	0.9	0.5	0.7	1.6	1.2
Upper 2.5 percentile	3.4	4.9	4.5	6.1	2.7	6.4	4.9	3.6	2.4	3.1	4.9	5.6
Lower 2.5 percentile	0.9	1.0	0.9	1.0	0.9	0.9	0.9	0.8	0.7	0.9	0.9	0.9
Vitamin B₁₂ µg												
Mean	4.1	4.8	4.5	6.2	3.7	3.9	3.8	4.8	3.9	3.9	4.4	5.5
Median	3.8	4.3	4.0	5.6	3.7	3.4	3.6	4.1	3.6	3.7	4.0	4.7
sd	1.9	2.3	2.2	4.8	1.4	2.2	1.9	4.1	1.7	1.6	2.3	4.5
Upper 2.5 percentile	9.5	11.1	10.1	13.6	6.5	8.4	7.7	14.1	7.5	7.7	10.1	13.6
Lower 2.5 percentile	1.4	1.7	1.7	1.9	1.2	1.1	1.1	1.1	1.6	1.2	1.4	1.3
Folate µg												
Mean	210	256	236	320	183	193	189	242	157	197	226	280
Median	197	242	213	290	174	182	181	224	152	186	203	261
sd	76	101	93	141	54	71	64	88	47	67	93	124
Upper 2.5 percentile	366	501	501	674	301	346	346	444	241	364	432	609
Lower 2.5 percentile	100	114	112	111	96	94	94	105	77	100	95	105

Table 5.15 (continued)

Average daily intake of selected vitamins from food sources only, by age and sex Aged 1.5-64 years		Sex and age group (years)										2008/09			
		Boys					Women								
		Total boys		Men		Girls		Total girls		Women			Total		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64	1.5-3	4-10	11-18	19-64	19-64	
Vitamin C mg															
Mean	83.9	94.4	89.8	96.2	81.2	72.4	76.3	82.6	92.0	73.7	82.6	83.7	94.1		
Median	70.1	81.7	75.3	73.6	67.7	57.7	61.8	69.2	77.2	66.5	69.2	69.5	77.2		
sd	51.5	67.8	61.3	83.5	50.1	45.9	47.9	50.7	69.4	41.1	50.7	59.1	76.7		
Upper 2.5 percentile	200.8	225.7	222.8	281.7	191.6	171.1	185.5	200.8	251.0	168.3	200.8	189.7	261.8		
Lower 2.5 percentile	22.0	15.8	15.8	15.3	17.5	17.7	17.5	18.0	16.9	22.2	18.0	15.8	16.9		
Vitamin D µg															
Mean	1.9	2.5	2.2	3.1	2.0	2.1	2.0	2.0	2.7	2.0	2.0	2.3	2.9		
Median	1.8	2.3	2.1	2.8	1.9	1.8	1.8	1.9	2.3	1.4	1.9	1.9	2.5		
sd	1.0	1.4	1.2	1.8	1.0	1.3	1.2	1.0	1.8	2.2	1.0	1.4	1.8		
Upper 2.5 percentile	4.1	6.5	6.3	8.0	4.0	5.6	4.9	4.1	7.4	10.6	4.1	6.5	7.5		
Lower 2.5 percentile	0.5	0.8	0.6	0.6	0.4	0.6	0.5	0.5	0.4	0.2	0.5	0.6	0.6		
<i>Bases (unweighted)</i>	119	114	233	181	119	110	229	238	253	121	238	224	434		

Table 5.16

Average daily intake of vitamins from food sources only as a percentage of Reference Nutrient Intake (RNI), by age and sex

Vitamins	Sex and age group (years)												19 - 64														
	Boys				Men				Girls					Women				Total									
	4-10	11-18	Total Boys	%	19-64	4-10	11-18	Total Girls	%	19-64	4-10	11-18		Total	%	1.5-3	%										
Vitamin A	130	120	124	148	132	103	116	178	139	131	112	163	131	139	131	163											
Median	110	106	107	112	109	87	95	139	120	110	94	119	110	120	110	119											
Standard Deviation	76	74	75	155	80	75	78	189	72	78	75	172	78	72	78	172											
Mean	190	170	179	171	174	169	171	163	186	182	170	167	182	186	182	167											
Median	184	169	177	164	168	166	166	160	175	178	166	162	178	175	178	162											
Standard Deviation	54	55	55	58	48	46	47	51	53	52	51	55	52	53	52	55											
Mean	168	137	151	144	154	117	133	127	240	162	127	136	162	240	162	136											
Median	159	126	143	133	144	112	131	122	231	154	118	126	154	231	154	126											
Standard Deviation	56	56	58	62	50	41	49	51	91	54	50	57	54	91	54	57											
Mean	240	238	239	282	225	237	232	257	244	233	238	269	233	244	233	269											
Median	226	229	228	271	212	218	215	249	234	220	223	260	220	234	220	260											
Standard Deviation	66	78	73	97	73	95	86	84	62	70	86	91	70	62	70	91											
Mean	187	192	190	202	179	191	186	168	204	183	191	185	183	204	183	185											
Median	176	173	176	179	177	163	168	163	191	177	165	172	177	191	177	172											
Standard Deviation	61	89	78	101	76	164	133	72	69	69	131	89	69	69	69	89											
Mean	449	359	399	414	413	289	344	321	786	431	325	367	431	786	431	367											
Median	425	325	347	371	409	254	320	274	721	417	292	313	417	721	417	313											
Standard Deviation	191	173	186	319	158	153	167	276	343	176	167	302	176	343	176	302											
Mean	167	128	145	160	147	97	119	121	225	157	113	140	157	225	157	140											
Median	159	121	133	145	140	91	107	112	217	145	101	131	145	217	145	131											
Standard Deviation	59	50	58	70	52	36	50	44	67	56	47	62	56	67	56	62											
Mean	280	252	264	240	271	194	228	230	246	275	224	235	275	246	275	235											
Median	234	213	222	184	226	154	196	193	222	231	178	193	231	222	231	193											
Standard Deviation	172	179	176	209	167	124	149	173	137	169	157	192	169	137	169	192											
Mean	.	.	.	37	.	.	.	29	28	.	.	33	.	28	.	33											
Median	.	.	.	29	.	.	.	25	20	.	.	28	.	20	.	28											
Standard Deviation	.	.	.	25	.	.	.	20	31	.	.	23	.	31	.	23											
Bases (unweighted)																119	114	233	181	119	110	229	253	121	238	224	434

^a For Vitamin D, there are only RNIs for 1-3 years and 51-64 years and there are no LRNIs. % RNI is only expressed for those aged 51-64 years (men 51-64 years n=58, women 51-64 years n=81)

Table 5.17

Proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI) , by age and sex

Aged 1.5-64 years

Vitamin	Sex and age group (years)											
	Boys			Men		Girls		Women Total				
	4-10	11-18	Total Boys	19-64	4-10	11-18	Total Girls	19-64	1.5-3	4 -10	11-18	19 - 64
	%	%	%	%	%	%	%	%	%	%	%	%
Vitamin A	2	11	7	10	3	10	7	6	5	3	11	8
Thiamin	0	0	0	0	0	0	0	0	0	0	0	0
Riboflavin	0	4	2	3	1	12	7	11	0	0	7	7
Niacin equiv.	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin B6	0	0	0	0	0	0	0	0	0	0	0	0
Vitamin B12	0	0	0	0	0	0	0	0	0	0	0	0
Folate	0	1	1	2	0	6	3	2	0	0	4	2
Vitamin C	0	2	1	1	0	1	1	1	0	0	2	1
<i>Bases (unweighted)</i>	119	114	233	181	119	110	229	253	121	238	224	434

5.6 Minerals

List of tables

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- 5.21 Proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI) by age and sex.

Table 5.18

Reference Nutrient Intakes (RNIs) and Lower Reference Nutrient (LRNIs) for minerals^a, by sex and age^b

Mineral		Age group (years)								
		1-3	4-6	7-10	11-14	15-18	19-50	51-64	65-74	75+
Males										
Iron (mg/d)	RNI	6.9	6.1	8.7	11.3	11.3	8.7	8.7	8.7	8.7
	LRNI	3.7	3.3	4.7	6.1	6.1	4.7	4.7	4.7	4.7
Calcium (mg/d)	RNI	350	450	550	1000	1000	700	700	700	700
	LRNI	200	275	325	480	480	400	400	400	400
Magnesium (mg/d)	RNI	85	120	200	280	300	300	300	300	300
	LRNI	50	70	115	180	190	190	190	190	190
Potassium (mg/d)	RNI	800	1100	2000	3100	3500	3500	3500	3500	3500
	LRNI	450	600	950	1600	2000	2000	2000	2000	2000
Zinc (mg/d)	RNI	5.0	6.5	7.0	9.0	9.5	9.5	9.5	9.5	9.5
	LRNI	3.0	4.0	4.0	5.3	5.5	5.5	5.5	5.5	5.5
Copper (mg/d)	RNI	0.4	0.6	0.7	0.8	1.0	1.2	1.2	1.2	1.2
Iodine (µg/d)	RNI	70	100	110	130	140	140	140	140	140
	LRNI	40	50	55	65	70	70	70	70	70
Selenium (µg/d)	RNI	15	20	30	45	70	75	75	75	75
	LRNI	7	10	16	25	40	40	40	40	40
Females										
Iron (mg/d)	RNI	6.9	6.1	8.7	14.8	14.8	14.8	8.7	8.7	8.7
	LRNI	3.7	3.3	4.7	8.0	8.0	8.0	4.7	4.7	4.7
Calcium (mg/d)	RNI	350	450	550	800	800	700	700	700	700
	LRNI	200	275	325	450	450	400	400	400	400
Magnesium (mg/d)	RNI	85	120	200	280	300	270	270	270	270
	LRNI	50	70	115	180	190	150	150	150	150
Potassium (mg/d)	RNI	800	1100	2000	3100	3500	3500	3500	3500	3500
	LRNI	450	600	950	1600	2000	2000	2000	2000	2000
Zinc (mg/d)	RNI	5.0	6.5	7.0	9.0	7.0	7.0	7.0	7.0	7.0
	LRNI	3.0	4.0	4.0	5.3	4.0	4.0	4.0	4.0	4.0
Copper (mg/d)	RNI ^a	0.4	0.6	0.7	0.8	1.0	1.2	1.2	1.2	1.2
Iodine (µg/d)	RNI	70	100	110	130	140	140	140	140	140
	LRNI	40	50	55	65	70	70	70	70	70
Selenium (µg/d)	RNI	15	20	30	45	60	60	60	60	60
	LRNI	7	10	16	25	40	40	40	40	40

^a There is no LRNI for Copper.

Table 5.19 (continued)

Average daily intake of selected minerals from food sources only, by age and sex

Aged 1.5-64 years

2008/09

Mineral	Sex and age group (years)																																																																																																																																																																																																																																																																																	
	Boys		Men		Girls		Women		Total																																																																																																																																																																																																																																																																									
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	9-64	1.5-3	19-64																																																																																																																																																																																																																																																																								
Zinc mg											Mean	6.8	8.7	7.9	10.1	6.2	6.9	6.6	7.8	5.2	8.9	Median	6.4	8.4	7.2	9.8	6.0	6.9	6.4	7.8	5.1	8.8	sd	2.2	2.7	2.7	3.3	1.7	1.8	1.8	2.5	1.3	3.1	Upper 2.5 percentile	12.8	15.8	14.4	18.2	10.1	9.8	9.9	13.3	8.0	15.3	Lower 2.5 percentile	3.6	5.1	3.9	4.6	3.4	3.1	3.3	3.6	2.9	4.0	Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434
Mean	6.8	8.7	7.9	10.1	6.2	6.9	6.6	7.8	5.2	8.9	Median	6.4	8.4	7.2	9.8	6.0	6.9	6.4	7.8	5.1	8.8	sd	2.2	2.7	2.7	3.3	1.7	1.8	1.8	2.5	1.3	3.1	Upper 2.5 percentile	12.8	15.8	14.4	18.2	10.1	9.8	9.9	13.3	8.0	15.3	Lower 2.5 percentile	3.6	5.1	3.9	4.6	3.4	3.1	3.3	3.6	2.9	4.0	Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434											
Median	6.4	8.4	7.2	9.8	6.0	6.9	6.4	7.8	5.1	8.8	sd	2.2	2.7	2.7	3.3	1.7	1.8	1.8	2.5	1.3	3.1	Upper 2.5 percentile	12.8	15.8	14.4	18.2	10.1	9.8	9.9	13.3	8.0	15.3	Lower 2.5 percentile	3.6	5.1	3.9	4.6	3.4	3.1	3.3	3.6	2.9	4.0	Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																						
sd	2.2	2.7	2.7	3.3	1.7	1.8	1.8	2.5	1.3	3.1	Upper 2.5 percentile	12.8	15.8	14.4	18.2	10.1	9.8	9.9	13.3	8.0	15.3	Lower 2.5 percentile	3.6	5.1	3.9	4.6	3.4	3.1	3.3	3.6	2.9	4.0	Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																	
Upper 2.5 percentile	12.8	15.8	14.4	18.2	10.1	9.8	9.9	13.3	8.0	15.3	Lower 2.5 percentile	3.6	5.1	3.9	4.6	3.4	3.1	3.3	3.6	2.9	4.0	Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																												
Lower 2.5 percentile	3.6	5.1	3.9	4.6	3.4	3.1	3.3	3.6	2.9	4.0	Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																							
Copper mg											Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																		
Mean	0.81	1.08	0.96	1.29	0.78	0.88	0.84	1.08	0.57	1.19	Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																													
Median	0.78	0.97	0.87	1.21	0.80	0.88	0.83	0.96	0.55	1.08	sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																								
sd	0.24	0.44	0.39	0.73	0.23	0.24	0.24	0.59	0.18	0.67	Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																			
Upper 2.5 percentile	1.28	1.94	1.94	2.56	1.29	1.32	1.32	2.71	0.94	2.71	Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																														
Lower 2.5 percentile	0.47	0.38	0.47	0.54	0.40	0.48	0.42	0.46	0.25	0.47	Selenium µg											Mean	34	45	40	55	32	36	34	43	24	49	Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																									
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Median	34	44	38	51	31	34	33	39	23	46	sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																										
sd	10	15	14	22	10	12	11	19	11	22	Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																					
Upper 2.5 percentile	57	84	76	116	57	62	60	92	39	108	Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																
Lower 2.5 percentile	18	18	18	26	17	14	16	18	10	20	Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																											
Iodine µg											Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																																						
Mean	149	152	151	202	132	114	122	141	150	171	Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																																																	
Median	133	136	136	188	126	100	113	132	128	157	sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																																																												
sd	65	71	68	95	55	54	55	61	83	85	Upper 2.5 percentile	289	333	321	440	254	272	272	290	387	398	Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																																																																							
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Lower 2.5 percentile	65	74	65	59	44	45	45	57	47	59	Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																																																																																													
Bases (unweighted)	119	114	233	181	119	110	229	253	121	434																																																																																																																																																																																																																																																																								

Table 5.20

Average daily intake of minerals from food sources only as a percentage of Reference Nutrient Intake (RNI), by age and sex

Minerals	Sex and age group (years)												2008/09										
	Boys			Men			Girls			Women				Total									
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64		%									
Iron	Mean	120	98	108	141	109	80	82	89	115	79	111	%										
	Median	116	98	103	136	107	74	74	87	109	75	104	%										
	Standard Deviation	35	30	34	51	28	34	35	28	32	31	53	%										
Calcium	Mean	160	92	122	133	152	116	103	220	156	90	118	%										
	Median	153	86	111	133	151	105	97	211	152	84	113	%										
	Standard Deviation	53	33	55	51	48	50	36	72	51	31	47	%										
Magnesium	Mean	127	84	103	101	115	87	85	180	121	75	93	%										
	Median	120	83	95	97	106	77	84	177	113	72	89	%										
	Standard Deviation	39	25	38	34	36	36	25	46	38	23	31	%										
Potassium	Mean	145	81	109	93	136	96	74	226	141	73	83	%										
	Median	136	80	97	93	129	78	73	216	133	71	81	%										
	Standard Deviation	45	23	47	29	45	49	22	59	46	22	27	%										
Zinc	Mean	100	94	96	106	91	88	89	104	95	91	109	%										
	Median	95	94	94	103	89	89	112	103	92	89	106	%										
	Standard Deviation	31	29	30	35	24	25	36	26	28	27	35	%										
Copper	Mean	123	120	121	108	118	107	90	142	121	110	99	%										
	Median	116	120	117	101	118	106	80	139	116	104	90	%										
	Standard Deviation	35	49	43	61	34	32	49	45	35	41	56	%										
Selenium	Mean	134	82	105	74	130	97	72	163	132	76	73	%										
	Median	127	78	101	68	118	85	65	153	126	71	68	%										
	Standard Deviation	35	32	42	30	53	50	31	72	44	30	31	%										
Iodine	Mean	141	113	125	144	125	102	101	215	133	99	122	%										
	Median	124	101	108	134	123	95	94	183	123	86	112	%										
	Standard Deviation	60	53	58	68	52	50	44	118	57	50	61	%										
Bases (unweighted)												119	114	233	181	119	110	229	253	121	238	224	434

Table 5.21
Proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI) by age and sex

Mineral	Aged 1.5-64 years												2008/09
	Sex and age group (years)												
	Boys		Men		Girls		Total girls		Women		Total		
	4-10	11-18	Total boys	19-64	4-10	11-18	Total girls	19-64	1.5-3	4-10	11-18	19-64	
	%	%	%	%	%	%	%	%	%	%	%	%	%
Iron	1	7	4	1	2	46	27	20	6	1	26	11	11
Calcium	0	6	4	4	2	11	7	7	0	1	9	6	6
Magnesium	0	26	14	10	3	46	27	9	0	2	36	10	10
Potassium	0	14	8	9	0	30	17	21	0	0	22	15	15
Zinc	6	10	8	8	9	15	12	4	3	7	13	6	6
Selenium	0	20	11	22	2	46	26	52	0	1	33	37	37
Iodine	0	2	1	4	4	16	11	7	0	2	9	6	6
<i>Bases (unweighted)</i>	119	114	233	181	119	110	229	253	121	238	224	434	434

5.7 Alcohol intake

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5.22 Average daily alcohol intake, as recorded in the four-day diary (total and consumers only), by age and sex.

Table 5.22

Average daily alcohol intake, as recorded in the four-day diary (total and consumers only), by age and sex
Aged 11-64 years

2008/09

Alcohol intake	Sex and age group (years)			Total		
	Males		Females			
	11-18	19-64	11-18	19-64	11-18	19-64
Total (including non-consumers)						
Alcohol g						
Mean	5.2	29.2	2.3	12.4	3.8	20.8
Median	0.0	15.4	0.0	4.0	0.0	10.3
sd	17.9	50.3	9.0	16.8	14.3	38.4
Upper 2.5 percentile	89.1	149.1	22.3	67.4	48.9	90.0
Lower 2.5 percentile	0.0	0.0	0.0	0.0	0.0	0.0
% total energy						
Mean	1.5	7.8	0.8	4.9	1.1	6.3
Median	0.0	5.6	0.0	1.9	0.0	3.9
sd	4.9	9.5	2.9	6.2	4.0	8.1
Upper 2.5 percentile	21.8	35.0	6.8	19.1	14.8	27.7
Lower 2.5 percentile	0.0	0.0	0.0	0.0	0.0	0.0
Bases (unweighted)	114	181	110	253	224	434
Consumers only						
Alcohol g						
Mean	29.2	40.5	13.0	21.8	21.4	32.2
Median	13.2	23.4	8.3	19.3	8.3	20.7
sd	33.6	55.3	18.3	17.0	28.2	43.8
Upper 2.5 percentile	99.8	242.9	69.8	68.4	99.8	127.0
Lower 2.5 percentile	0.2	3.0	0.3	1.5	0.2	2.1
% total energy						
Mean	8.2	10.8	4.6	8.5	6.5	9.8
Median	4.7	7.6	3.1	7.9	3.9	7.8
sd	8.9	9.6	5.7	5.9	7.7	8.2
Upper 2.5 percentile	26.7	46.3	16.3	20.9	26.7	31.1
Lower 2.5 percentile	0.1	0.8	0.1	0.6	0.1	0.7
Percent consumers	18	86	20	48	19	64
Bases (unweighted)	20	155	22	122	42	277

5.8. Comparison to previous surveys

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- 5.23a Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) : males, by age
- 5.23b Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) : females, by age
- 5.23c Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) : by age
- 5.24a *Deleted*
- 5.24b *Deleted*
- 5.24c *Deleted*
- 5.25a Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) : males, by age
- 5.25b Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) : females, by age
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- 5.26a Comparison with past surveys of proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results): males, by age

- 5.26b Comparison with past surveys of proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results): females, by age
- 5.26c Comparison with past surveys of proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results): by age
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- 5.28a Comparison with past surveys of proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results); males, by age
- 5.28b Comparison with past surveys of proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results); females, by age
- 5.28c Comparison with past surveys of proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results); by age

Table 5.23a
Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , males by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1			
	Boys	11-18	Total boys	Men	Boys	Men	Boys	11-18	Total boys	Men
	4-10	11-18	Total boys	19-64	4-10	19-64	4-10	11-18	Total boys	19-64
Energy MJ										
Mean	7.08	8.95	7.99	9.71	6.71	9.71	6.71	9.07	8.03	9.48
Median	6.97	8.77	7.69	9.66	6.60	9.66	6.60	9.19	7.63	8.99
sd	1.67	2.46	2.29	2.75	1.37	2.75	1.37	2.26	2.25	2.89
Upper 2.5 percentile	10.90	14.30	13.30	15.44	9.07	15.44	9.07	12.68	11.99	14.65
Lower 2.5 percentile	3.87	4.72	4.31	4.65	4.50	4.65	4.50	5.35	4.78	5.19
Energy kcal										
Mean	1680	2130	1900	2308	1591	2308	1591	2154	1906	2255
Median	1660	2080	1830	2297	1571	2297	1571	2187	1814	2138
sd	397	585	545	654	325	654	325	537	534	691
Upper 2.5 percentile	2600	3410	3140	3669	2144	3669	2144	3019	2840	3483
Lower 2.5 percentile	920	1120	1030	1102	1070	1102	1070	1265	1131	1235

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Protein g						
Mean	53.0	70.5	87.6	57.7	77.1	88.4
Median	51.3	69.3	86.6	56.3	76.1	88.8
sd	14.7	21.0	27.2	13.8	20.2	23.6
Upper 2.5 percentile	84.8	114.0	142.7	81.9	115.1	122.0
Lower 2.5 percentile	29.0	35.2	40.6	38.1	49.1	47.8
% food energy						
Mean	12.6	13.5	16.6	14.5	14.8	17.8
Median	12.5	13.2	16.3	14.2	14.7	16.8
sd	2.1	2.6	3.6	2.1	2.7	5.1
Upper 2.5 percentile	17.6	19.6	24.7	18.4	19.9	23.3
Lower 2.5 percentile	8.9	9.2	10.9	11.3	10.7	12.5
% total energy						
Mean	12.6	13.4	15.4	14.5	14.6	16.4
Median	12.5	13.2	15.0	14.2	14.3	15.8
sd	2.1	2.6	3.4	2.1	2.7	5.0
Upper 2.5 percentile	17.6	18.9	23.5	18.4	19.9	23.3
Lower 2.5 percentile	8.9	9.0	10.1	11.3	10.7	10.9

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Energy, macronutrients	Survey and age group (years)								
	1997 NDNS Young People				2000/01 NDNS Adults				
	Boys		Total boys		Men		Boys		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64
Total fat g									
Mean	66.6	83.6	74.9	85.8	60.2	81.6	72.2	81.8	
Median	64.3	81.7	71.6	82.9	61.4	77.8	68.8	80.1	
sd	19.2	26.5	24.6	31.4	15.1	25.2	23.8	28.3	
Upper 2.5 percentile	110.3	144.5	130.5	152.9	87.7	135.4	131.9	143.0	
Lower 2.5 percentile	32.9	36.8	35.5	34.9	30.5	40.9	36.1	28.9	
% food energy									
Mean	35.4	35.6	35.5	35.5	34.0	34.5	34.2	35.5	
Median	35.6	35.6	35.6	35.9	34.0	34.8	34.6	36.0	
sd	4.5	5.1	4.8	6.3	4.3	4.7	4.5	6.5	
Upper 2.5 percentile	43.9	45.6	44.6	47.3	41.8	41.7	41.7	48.2	
Lower 2.5 percentile	26.1	25.9	26.1	22.7	25.7	24.1	24.2	18.9	
% total energy									
Mean	35.4	35.2	35.3	33.2	34.0	34.0	34.0	32.8	
Median	35.6	35.3	35.4	33.5	34.0	34.4	34.3	33.4	
sd	4.5	5.3	4.9	6.5	4.3	5.1	4.7	7.2	
Upper 2.5 percentile	43.9	45.4	44.6	45.9	41.8	41.7	41.7	44.9	
Lower 2.5 percentile	26.1	25.3	25.8	20.7	25.7	20.8	24.1	13.6	

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Saturated fatty acids g						
Mean	27.3	32.7	29.9	23.8	30.4	27.5
Median	26.5	32.0	28.7	23.8	30.2	26.4
sd	8.4	11.4	10.3	6.8	11.1	10.0
Upper 2.5 percentile	46.1	57.2	52.5	36.3	51.3	49.0
Lower 2.5 percentile	13.0	13.4	13.3	9.6	10.4	10.4
% food energy						
Mean	14.5	13.9	14.1	13.4	12.7	13.0
Median	14.6	13.8	14.2	13.2	12.6	12.8
sd	2.5	2.5	2.5	2.6	2.5	2.5
Upper 2.5 percentile	20.1	19.0	19.8	19.4	17.2	19.0
Lower 2.5 percentile	9.9	9.2	9.3	8.1	8.2	8.2
% total energy						
Mean	14.5	13.7	14.1	13.4	12.5	12.9
Median	14.6	13.6	14.1	13.2	12.5	12.8
sd	2.5	2.5	2.6	2.6	2.6	2.6
Upper 2.5 percentile	20.1	19.0	19.8	19.4	16.9	19.0
Lower 2.5 percentile	9.9	8.9	9.1	8.1	7.2	7.7

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys		Total boys	Boys		Total boys
	4-10	11-18	19-64	4-10	11-18	19-64
Cis mono-unsaturated fatty acids						
Mean	21.7	27.9	24.7	28.8	21.2	30.2
Median	20.6	27.2	23.4	27.7	21.4	28.7
sd	6.8	9.2	8.6	11.0	5.6	9.4
Upper 2.5 percentile	36.7	50.2	43.8	54.5	33.5	51.2
Lower 2.5 percentile	11.0	12.2	11.4	10.9	10.6	15.7
% food energy						
Mean	11.5	11.9	11.7	12.0	11.9	12.8
Median	11.4	11.8	11.6	12.0	11.8	12.9
sd	1.9	2.2	2.0	2.8	1.8	2.3
Upper 2.5 percentile	15.4	16.2	15.9	17.5	15.1	17.3
Lower 2.5 percentile	8.2	7.9	8.0	7.0	8.2	8.0
% total energy						
Mean	11.5	11.8	11.6	11.2	11.9	12.6
Median	11.4	11.7	11.5	11.1	11.8	12.7
sd	1.9	2.2	2.0	2.7	1.8	2.4
Upper 2.5 percentile	15.4	16.0	15.9	16.4	15.1	17.3
Lower 2.5 percentile	8.2	7.7	8.0	6.4	8.2	7.9

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Cis n-3 polyunsaturated fatty acids g						
Mean	1.5	2.1	1.8	2.2	1.9	2.4
Median	1.4	1.9	1.6	2.1	1.7	2.1
sd	0.8	1.3	1.1	1.1	0.9	1.4
Upper 2.5 percentile	3.6	5.1	4.3	4.7	4.5	5.5
Lower 2.5 percentile	0.5	0.7	0.5	0.7	0.7	0.7
% food energy						
Mean	0.8	0.9	0.8	1.0	0.9	1.1
Median	0.7	0.8	0.8	0.9	0.8	1.0
sd	0.4	0.5	0.4	0.4	0.3	0.5
Upper 2.5 percentile	1.7	1.9	1.8	2.1	1.8	2.4
Lower 2.5 percentile	0.4	0.4	0.4	0.4	0.4	0.4
% total energy						
Mean	0.8	0.9	0.8	0.9	0.9	1.0
Median	0.7	0.8	0.8	0.8	0.8	0.9
sd	0.4	0.5	0.4	0.4	0.3	0.5
Upper 2.5 percentile	1.7	1.9	1.8	2.0	1.8	2.1
Lower 2.5 percentile	0.4	0.4	0.4	0.4	0.4	0.3

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Cis n-6 polyunsaturated fatty acids g						
Mean	9.1	12.3	10.7	12.8	7.9	11.2
Median	8.5	11.4	9.9	12.3	7.7	10.6
sd	3.5	4.8	4.5	5.7	2.6	4.2
Upper 2.5 percentile	17.2	24.3	21.9	25.3	13.0	22.0
Lower 2.5 percentile	3.6	5.1	4.1	4.1	3.9	4.7
% food energy						
Mean	4.8	5.3	5.0	5.3	4.5	4.8
Median	4.6	5.1	4.8	5.2	4.3	4.6
sd	1.4	1.5	1.5	1.8	1.1	1.3
Upper 2.5 percentile	8.0	8.6	8.4	9.5	6.7	7.6
Lower 2.5 percentile	2.6	2.9	2.7	2.5	2.4	2.6
% total energy						
Mean	4.8	5.2	5.0	5.0	4.5	4.7
Median	4.6	5.0	4.8	4.8	4.3	4.6
sd	1.4	1.5	1.5	1.8	1.1	1.3
Upper 2.5 percentile	8.0	8.6	8.4	9.0	6.7	7.6
Lower 2.5 percentile	2.6	2.8	2.7	2.3	2.4	2.6

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Trans fatty acids g						
Mean	2.6	3.2	2.9	1.5	1.8	1.9
Median	2.4	3.0	2.6	1.4	1.7	1.8
sd	1.1	1.4	1.3	0.5	0.7	0.8
Upper 2.5 percentile	5.1	6.3	6.0	2.9	3.2	3.8
Lower 2.5 percentile	1.0	1.0	1.0	0.6	0.7	0.3
% food energy						
Mean	1.4	1.4	1.4	0.8	0.8	0.8
Median	1.3	1.3	1.3	0.8	0.7	0.8
sd	0.4	0.4	0.4	0.2	0.2	0.3
Upper 2.5 percentile	2.4	2.2	2.2	1.3	1.2	1.5
Lower 2.5 percentile	0.7	0.6	0.7	0.4	0.5	0.2
% total energy						
Mean	1.4	1.3	1.3	0.8	0.8	0.8
Median	1.3	1.3	1.1	0.8	0.7	0.7
sd	0.4	0.4	0.4	0.2	0.2	0.3
Upper 2.5 percentile	2.4	2.2	2.2	1.3	1.2	1.4
Lower 2.5 percentile	0.7	0.6	0.7	0.4	0.5	0.2

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Total carbohydrate g						
Mean	233	286	275	218	286	256
Median	229	280	271	215	287	245
sd	56	84	89	48	75	73
Upper 2.5 percentile	364	476	480	312	449	408
Lower 2.5 percentile	133	145	122	133	133	91
% food energy						
Mean	52.0	51.0	48.0	51.5	50.7	46.8
Median	52.2	51.2	48.0	51.2	50.5	46.6
sd	4.9	5.6	6.8	4.4	5.3	6.6
Upper 2.5 percentile	61.8	61.9	60.7	59.3	64.2	62.0
Lower 2.5 percentile	42.4	40.1	34.7	43.0	42.0	35.4
% total energy						
Mean	52.0	50.4	44.9	51.5	50.0	43.0
Median	52.2	50.7	45.1	51.2	49.6	42.9
sd	4.9	5.9	7.7	4.4	5.4	7.3
Upper 2.5 percentile	61.8	61.4	59.5	59.3	64.2	56.1
Lower 2.5 percentile	42.4	38.1	29.6	43.0	40.8	26.9

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Starch g						
Mean	122.8	160.0	156.6	121.6	157.1	144.1
Median	119.3	155.4	153.1	118.2	157.4	140.5
sd	34.4	46.0	53.9	28.5	40.5	45.3
Upper 2.5 percentile	200.9	268.6	276.2	178.0	231.2	239.9
Lower 2.5 percentile	63.6	84.0	60.4	73.5	76.4	59.5
% food energy						
Mean	27.5	28.9	27.3	28.8	28.1	26.5
Median	27.1	28.5	27.2	28.8	28.1	26.1
sd	5.1	5.2	5.9	4.5	4.7	5.3
Upper 2.5 percentile	37.8	39.8	39.4	36.8	37.4	39.5
Lower 2.5 percentile	18.2	19.0	16.2	20.4	19.1	15.8
% total energy						
Mean	27.5	28.6	25.7	28.8	27.7	24.5
Median	27.1	28.3	25.7	28.8	27.9	24.2
sd	5.1	5.3	6.4	4.5	5.0	6.0
Upper 2.5 percentile	37.8	39.8	38.1	36.8	37.4	37.5
Lower 2.5 percentile	18.2	18.7	13.6	20.4	18.1	11.7

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Boys 4-10	11-18 Total boys	19-64 Men	Boys 4-10	11-18 Total boys	Men 19-64
Total sugars g						
Mean	109.8	125.8	117.6	118.7	129.2	114.9
Median	107.0	119.4	112.1	113.2	127.7	105.2
sd	37.1	54.3	47.0	54.7	51.2	46.8
Upper 2.5 percentile	196.6	245.2	225.9	245.4	245.8	229.1
Lower 2.5 percentile	43.4	41.5	42.0	33.8	37.3	38.0
% food energy						
Mean	24.5	22.1	23.3	20.6	22.6	22.7
Median	24.4	21.6	23.2	20.2	22.0	22.3
sd	6.2	6.3	3.4	7.2	6.6	6.2
Upper 2.5 percentile	37.6	36.0	36.8	35.7	35.2	35.2
Lower 2.5 percentile	12.9	10.9	11.4	8.4	11.1	12.0
% total energy						
Mean	24.5	21.8	23.2	19.2	22.2	22.4
Median	24.4	21.3	23.0	18.5	21.9	22.0
sd	6.2	6.3	6.4	6.6	6.2	6.0
Upper 2.5 percentile	37.6	35.2	36.8	33.6	35.2	35.2
Lower 2.5 percentile	12.8	10.3	11.2	8.0	11.0	12.0

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)							
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1		
	Boys	11-18	Total boys	Men	Boys	11-18	Total boys	Men
	4-10	11-18	Total boys	19-64	4-10	11-18	Total boys	19-64
Intrinsic and milk sugars								
Mean	32.4	32.0	32.2	40.6	34.9	36.1	35.6	39.4
Median	30.7	29.6	30.2	35.7	31.5	31.5	31.5	35.9
sd	12.8	15.4	14.2	23.0	13.1	19.9	17.2	20.9
Upper 2.5 percentile	62.9	70.3	66.6	93.2	63.3	96.6	79.5	92.0
Lower 2.5 percentile	12.1	10.2	11.2	10.0	16.3	11.2	13.4	12.1
% food energy								
Mean	7.3	5.7	6.5	7.1	8.3	6.3	7.2	7.3
Median	7.0	5.5	6.2	6.4	7.5	5.7	6.7	6.6
sd	2.6	2.2	2.6	3.7	2.9	2.8	3.0	3.9
Upper 2.5 percentile	13.2	11.4	12.7	15.9	14.5	13.8	14.1	20.3
Lower 2.5 percentile	3.2	2.4	2.6	2.4	4.2	2.6	3.0	2.8
% total energy								
Mean	7.3	5.7	6.5	6.7	8.3	6.2	7.2	6.8
Median	7.0	5.4	6.2	5.9	7.5	5.6	6.7	6.2
sd	2.6	2.2	2.6	3.6	2.9	2.8	3.1	3.9
Upper 2.5 percentile	13.2	11.2	12.6	15.1	14.5	13.8	14.1	19.0
Lower 2.5 percentile	3.2	2.4	2.6	2.2	4.2	2.6	3.0	2.6

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4 -64 years

Energy, macronutrients	Survey and age group (years)							
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1		
	Boys	11-18	Total Boys	Men	Boys	11-18	Total Boys	Men
	4-10	11-18	Total Boys	19-64	4-10	11-18	Total Boys	19-64
Non-milk extrinsic sugars (NMES)								
Mean	77.4	93.7	85.4	78.0	61.7	93.2	79.3	72.6
Median	73.9	87.9	78.9	69.3	57.8	84.8	71.7	67.0
sd	32.3	47.3	41.1	47.0	28.1	42.7	40.1	41.7
Upper 2.5 percentile	153.0	198.8	184.8	192.1	134.3	183.1	177.9	172.9
Lower 2.5 percentile	24.8	21.9	24.1	10.8	20.6	20.4	20.4	13.9
% food energy								
Mean	17.2	16.4	16.8	13.5	14.4	16.3	15.5	13.0
Median	16.8	16.1	16.4	12.4	13.7	15.5	14.9	12.2
sd	5.9	6.2	6.0	7.2	5.2	6.3	5.9	6.1
Upper 2.5 percentile	29.1	31.5	29.5	30.0	27.9	32.1	29.9	25.8
Lower 2.5 percentile	7.0	5.8	6.4	2.6	5.8	4.5	5.0	3.9
% total energy								
Mean	17.2	16.2	16.7	12.6	14.4	16.0	15.3	11.7
Median	16.8	15.8	16.3	11.5	13.7	15.4	14.9	11.3
sd	5.9	6.1	6.0	6.5	5.2	5.8	5.6	5.0
Upper 2.5 percentile	29.1	31.5	29.4	27.4	27.9	27.7	27.7	24.0
Lower 2.5 percentile	7.0	5.8	6.3	2.5	5.8	4.5	5.0	3.6

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Energy, macronutrients	Survey and age group (years)						
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	Boys	11-18	Total boys	Men	Boys	11-18	Total boys
	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Intrinsic and milk sugars and starch							
% food energy							
Mean	34.8	34.6	34.5	34.4	37.1	34.4	35.6
Median	34.2	34.6	34.4	34.3	37.2	33.9	35.2
sd	5.0	5.6	5.3	7.0	4.6	5.2	5.1
Upper 2.5 percentile	45.1	46.4	45.6	49.2	45.7	44.8	45.3
Lower 2.5 percentile	25.8	23.8	25.2	21.5	28.8	24.3	24.4
% total energy							
Mean	34.8	34.2	34.5	32.4	37.1	34.0	35.3
Median	34.2	34.1	34.2	32.4	37.2	33.8	34.9
sd	5.0	5.7	5.4	7.7	4.6	5.7	5.4
Upper 2.5 percentile	45.1	45.8	45.4	48.0	45.7	44.8	45.3
Lower 2.5 percentile	25.8	23.0	24.4	18.1	28.8	20.8	21.9

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , males by age

Energy, macronutrients	Survey and age group (years)							
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1			
	Boys	Men	Boys	Men	Boys	Men	Men	
	4-10	11-18	Total boys	19-64	4-10	11-18	Total boys	19-64
Non starch polysaccharide (NSP) g								
Mean	9.8	12.5	11.1	15.5	11.2	13.1	12.2	15.1
Median	9.4	11.8	10.5	14.7	10.8	12.6	11.7	14.0
sd	3.4	4.6	4.2	6.6	3.6	4.4	4.1	5.6
Upper 2.5 percentile	17.6	23.7	20.7	30.9	20.0	21.9	21.6	29.1
Lower 2.5 percentile	4.5	5.9	4.8	5.6	5.3	4.7	5.3	6.2
Bases (unweighted)	440	416	856	833	119	114	233	181

Table 5.23b

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1			
	Girls 4-10	11-18	Total girls	Women 19-64	Women 19-64	Girls 4-10	11-18	Total girls	Women 19-64	Women 19-64
Energy MJ										
Mean	6.34	6.98	6.68	6.88	6.88	6.41	7.02	6.75	6.92	6.92
Median	6.31	6.92	6.61	6.84	6.84	6.34	7.05	6.62	6.71	6.71
sd	1.36	1.78	1.63	1.91	1.91	1.30	1.70	1.56	2.01	2.01
Upper 2.5 percentile	8.99	10.60	10.10	10.75	10.75	8.57	9.65	9.48	10.59	10.59
Lower 2.5 percentile	3.81	3.55	3.63	3.08	3.08	4.41	4.07	4.41	3.71	3.71
Energy kcal										
Mean	1510	1660	1590	1635	1635	1523	1668	1604	1645	1645
Median	1500	1650	1570	1626	1626	1502	1680	1575	1597	1597
sd	325	425	389	455	455	310	403	371	480	480
Upper 2.5 percentile	2140	2510	2400	2553	2553	2034	2292	2255	2524	2524
Lower 2.5 percentile	901	843	864	731	731	1049	970	1049	879	879

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Females aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Girls 4-10	11-18	Total girls	Women 19-64	Girls 4-10	Women 11-18
Protein g						
Mean	48.4	54.6	51.7	63.6	54.3	58.9
Median	48.0	54.1	51.0	63.4	54.5	59.6
sd	12.6	15.5	14.6	18.3	12.5	13.7
Upper 2.5 percentile	72.2	87.5	84.3	100.7	75.6	79.0
Lower 2.5 percentile	26.3	26.2	26.3	27.8	33.7	38.7
% food energy						
Mean	12.9	13.4	13.2	16.6	14.4	14.5
Median	12.7	13.2	13.0	16.2	14.3	14.2
sd	2.2	2.8	2.5	3.8	2.2	2.5
Upper 2.5 percentile	17.6	20.0	18.9	25.9	18.2	19.8
Lower 2.5 percentile	9.2	9.1	9.2	10.5	11.0	11.2
% total energy						
Mean	12.9	13.3	13.1	15.9	14.4	14.4
Median	12.7	13.1	12.9	15.5	14.3	14.2
sd	2.2	2.8	2.5	3.6	2.2	2.6
Upper 2.5 percentile	17.6	19.7	18.8	24.7	18.2	19.8
Lower 2.5 percentile	9.2	8.8	9.1	10.1	11.0	11.2

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Females aged 4-64 years

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People			2000/01 NDNS Adults		
	Girls 4-10	11-18	Total girls	Women 19-64	Girls 4-10	Women 11-18
Total fat g						
Mean	60.3	66.0	63.4	61.4	59.5	63.0
Median	59.6	66.2	62.7	60.1	57.8	62.6
sd	15.7	20.4	18.6	23.3	14.8	17.1
Upper 2.5 percentile	94.4	108.4	103.5	114.0	93.2	96.0
Lower 2.5 percentile	32.4	26.0	29.9	20.9	30.2	26.3
% food energy						
Mean	35.9	36.0	35.9	34.7	35.0	35.4
Median	36.0	36.2	36.1	34.9	35.5	36.1
sd	4.7	5.6	5.2	7.1	4.4	4.5
Upper 2.5 percentile	45.0	46.0	45.6	48.1	42.5	43.7
Lower 2.5 percentile	25.9	23.8	25.0	19.8	24.8	25.9
% total energy						
Mean	35.9	35.6	35.7	33.4	35.0	35.2
Median	36.0	35.8	36.0	33.6	35.5	36.1
sd	4.7	5.6	5.2	7.1	4.4	4.6
Upper 2.5 percentile	45.0	45.3	45.2	46.6	42.5	43.7
Lower 2.5 percentile	25.9	23.5	24.8	18.8	24.8	25.3

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Females aged 4-64 years

Energy, macronutrients	Survey and age group (years)								
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1			
	Girls	11-18	Total girls	Women	Women	Girls	Women		
	4-10	11-18	Total girls	19-64	19-64	4-10	11-18	Total girls	19-64
Saturated fatty acids g									
Mean	24.9	25.6	25.3	23.4	23.4	23.4	24.1	23.8	22.2
Median	24.6	24.8	24.7	22.2	22.2	23.3	23.4	23.3	21.4
sd	7.0	9.0	8.1	10.2	10.2	6.6	7.3	7.0	9.4
Upper 2.5 percentile	39.6	43.4	42.6	47.0	47.0	34.3	38.4	38.4	40.5
Lower 2.5 percentile	12.1	9.2	10.5	7.2	7.2	10.8	10.3	10.6	6.9
% food energy									
Mean	14.8	13.9	14.3	13.2	13.2	13.8	13.1	13.4	12.6
Median	14.6	13.8	14.3	13.1	13.1	14.0	13.3	13.5	12.3
sd	2.7	2.8	2.8	3.6	3.6	2.4	2.3	2.4	3.4
Upper 2.5 percentile	20.4	19.7	19.9	20.2	20.2	17.7	18.3	18.1	19.2
Lower 2.5 percentile	9.4	8.6	8.7	6.5	6.5	8.5	9.4	9.4	6.5
% total energy									
Mean	14.8	13.7	14.2	12.7	12.7	13.7	13.0	13.3	12.0
Median	14.6	13.7	14.2	12.6	12.6	14.0	13.3	13.5	11.8
sd	2.7	2.8	2.8	3.6	3.6	2.4	2.4	2.4	3.3
Upper 2.5 percentile	20.4	19.4	19.9	19.8	19.8	17.7	18.3	18.1	18.8
Lower 2.5 percentile	9.4	8.5	8.6	6.3	6.3	8.5	9.1	8.5	6.0

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , females by age

Females aged 4-64 years

Energy, macronutrients	Survey and age group (years)											
	1997 NDNS Young People					2000/01 NDNS Adults						
	Girls		11-18		Total girls	Women		19-64		Total girls		
	4-10	11-18	4-10	11-18	4-10	11-18	4-10	11-18	4-10	11-18	19-64	19-64
Cis mono-unsaturated fatty acids												
Mean	19.6	21.8	20.7	20.1	20.9	24.3	22.8	21.7				
Median	19.3	21.7	20.2	19.6	20.4	24.1	21.9	21.5				
sd	5.4	7.1	6.5	8.0	5.5	7.6	6.9	8.9				
Upper 2.5 percentile	31.0	36.3	34.6	38.4	35.1	37.2	37.1	40.8				
Lower 2.5 percentile	10.0	8.5	9.4	6.2	9.9	9.1	9.9	6.4				
% food energy												
Mean	11.6	11.9	11.8	11.4	12.4	13.1	12.8	12.3				
Median	11.6	11.9	11.7	11.4	12.3	13.0	12.7	12.4				
sd	1.9	2.4	2.2	2.8	2.0	2.4	2.3	3.0				
Upper 2.5 percentile	15.9	16.4	16.4	16.5	16.5	18.2	16.9	17.8				
Lower 2.5 percentile	8.0	7.2	7.5	5.5	8.5	8.9	8.6	5.2				
% total energy												
Mean	11.6	11.8	11.7	12.7	12.4	13.0	12.7	11.6				
Median	11.6	11.8	11.7	12.6	12.3	12.7	12.6	11.8				
sd	1.9	2.4	2.2	3.6	2.0	2.5	2.3	2.9				
Upper 2.5 percentile	15.9	16.4	16.2	19.8	16.5	18.2	16.9	16.9				
Lower 2.5 percentile	8.0	7.0	7.5	6.3	8.5	8.9	8.5	5.2				

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Females aged 4-64 years

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People					2000/01 NDNS Adults				
	Girls		Total girls			Women		Total girls		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Cis n-6 polyunsaturated fatty acids g										
Mean	8.2	10.2	9.3	7.8	9.3	9.3	8.7	9.3	8.7	9.2
Median	7.6	9.7	8.6	7.4	9.0	8.6	8.4	9.0	8.4	8.7
sd	3.2	4.0	3.8	2.8	3.3	4.3	3.2	3.3	3.2	4.0
Upper 2.5 percentile	15.9	19.1	18.1	14.2	15.7	19.4	15.7	15.7	15.7	17.4
Lower 2.5 percentile	3.5	4.3	3.8	3.2	3.4	2.6	3.2	3.4	3.2	2.7
% food energy										
Mean	4.9	5.6	5.3	4.6	5.0	5.3	4.9	5.0	4.9	5.3
Median	4.7	5.5	5.0	4.5	5.0	5.0	4.8	5.0	4.8	5.1
sd	1.5	1.8	1.7	1.4	1.3	1.9	1.3	1.3	1.3	1.6
Upper 2.5 percentile	8.3	9.6	9.3	8.3	8.2	9.5	8.3	8.2	8.3	9.0
Lower 2.5 percentile	2.7	2.8	2.8	2.7	2.8	2.4	2.7	2.8	2.7	2.0
% total energy										
Mean	4.9	5.6	5.3	4.6	5.0	5.1	4.8	5.0	4.8	5.0
Median	4.7	5.4	5.0	4.5	5.0	4.8	4.8	5.0	4.8	4.7
sd	1.5	1.8	1.7	1.4	1.3	1.9	1.3	1.3	1.3	1.6
Upper 2.5 percentile	8.3	9.6	9.2	8.3	8.2	9.1	8.3	8.2	8.3	8.4
Lower 2.5 percentile	2.7	2.8	2.7	2.7	2.8	2.3	2.7	2.8	2.7	2.0

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Females aged 4-64 years

Energy, macronutrients	Survey and age group (years)						
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	Girls 4-10	11-18	Total girls 19-64	Women 19-64	Girls 4-10	11-18	Women 19-64
Trans fatty acids g							
Mean	2.3	2.4	2.4	2.0	1.4	1.5	1.4
Median	2.2	2.3	2.3	1.8	1.4	1.4	1.3
sd	0.8	1.0	1.0	1.1	0.5	0.6	0.6
Upper 2.5 percentile	4.3	4.8	4.5	2.1	2.3	3.1	3.0
Lower 2.5 percentile	0.8	0.7	0.8	0.3	0.5	0.5	0.3
% food energy							
Mean	1.4	1.3	1.3	1.1	0.8	0.8	0.8
Median	1.3	1.2	1.3	1.1	0.8	0.8	0.8
sd	0.4	0.4	0.4	0.5	0.2	0.2	0.4
Upper 2.5 percentile	2.2	2.2	2.2	2.2	1.4	1.3	1.5
Lower 2.5 percentile	0.7	0.6	0.6	0.4	0.5	0.5	0.3
% total energy							
Mean	1.4	1.3	1.3	1.1	0.8	0.8	0.8
Median	1.3	1.2	1.3	1.1	0.8	0.8	0.7
sd	0.4	0.4	0.4	0.5	0.2	0.2	0.4
Upper 2.5 percentile	2.2	2.2	2.2	2.1	1.4	1.3	1.4
Lower 2.5 percentile	0.7	0.6	0.6	0.3	0.5	0.4	0.3

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People					2000/01 NDNS Adults				
	Girls		Total girls			Women		Total girls		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Total carbohydrate g										
Mean	206	222	215	204	205	219	213	219	213	198
Median	203	219	211	202	202	219	213	219	213	195
sd	48	62	57	64	45	58	53	58	53	66
Upper 2.5 percentile	300	353	342	328	297	364	319	364	319	360
Lower 2.5 percentile	116	108	112	84	130	102	113	102	113	84
% food energy										
Mean	51.2	50.8	51.0	48.7	50.6	49.8	50.1	49.8	50.1	47.8
Median	51.4	50.6	50.9	48.8	49.7	49.7	49.7	49.7	49.7	47.4
sd	5.0	5.9	5.5	7.3	4.8	5.5	5.2	5.5	5.2	7.5
Upper 2.5 percentile	61.0	64.0	62.3	62.6	60.1	61.0	60.9	61.0	60.9	62.6
Lower 2.5 percentile	40.7	39.9	40.2	34.3	42.3	38.8	39.7	38.8	39.7	34.7
% total energy										
Mean	51.2	50.3	50.7	46.8	50.6	49.4	49.9	49.4	49.9	45.5
Median	51.4	50.2	50.7	46.8	49.7	49.6	49.6	49.6	49.6	46.1
sd	5.0	6.1	5.6	7.7	4.8	5.4	5.2	5.4	5.2	7.7
Upper 2.5 percentile	61.0	63.1	61.6	62.2	60.1	60.9	60.7	60.9	60.7	61.6
Lower 2.5 percentile	40.7	38.5	39.6	31.2	42.3	37.6	39.7	37.6	39.7	30.4

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People					2000/01 NDNS Adults				
	Girls		Total girls			Women		Total girls		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Starch g										
Mean	107.3	125.4	116.9	114.9	108.8	125.2	118.0	110.7		
Median	104.2	123.4	113.1	112.8	105.4	122.1	114.0	110.9		
sd	28.1	35.3	33.4	38.8	22.9	36.2	32.0	38.3		
Upper 2.5 percentile	168.8	202.8	191.7	194.2	160.0	198.3	181.6	199.1		
Lower 2.5 percentile	56.3	61.5	59.6	42.7	70.2	46.5	49.2	32.0		
% food energy										
Mean	26.8	28.9	27.9	27.6	27.1	28.4	27.8	26.8		
Median	26.5	29.0	27.6	27.2	27.0	28.7	27.5	26.7		
sd	4.8	5.2	5.1	6.2	4.4	5.4	5.0	6.4		
Upper 2.5 percentile	38.2	40.0	38.8	41.6	36.7	38.0	38.0	40.9		
Lower 2.5 percentile	18.0	19.7	18.9	16.3	18.8	17.9	18.8	14.0		
% total energy										
Mean	26.8	28.6	27.8	26.6	27.1	28.2	27.7	25.6		
Median	26.5	28.7	27.4	26.1	27.0	28.7	27.5	25.1		
sd	4.8	5.3	5.1	6.4	4.4	5.5	5.1	6.6		
Upper 2.5 percentile	38.2	40.0	38.8	40.6	36.6	38.0	38.0	40.8		
Lower 2.5 percentile	18.0	19.0	18.7	15.0	18.8	17.7	18.2	12.1		

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People					2000/01 NDNS Adults				
	Girls		Total girls			Women		Total girls		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Total sugars g										
Mean	98.6	97.1	97.8	88.6	96.5	94.2	95.2	94.2	95.2	87.4
Median	95.3	94.6	95.0	85.4	95.9	94.0	94.8	94.0	94.8	78.3
sd	32.6	40.3	36.9	40.5	32.4	39.4	36.4	39.4	36.4	45.8
Upper 2.5 percentile	166.6	185.2	176.6	174.0	154.0	202.8	171.7	202.8	171.7	202.2
Lower 2.5 percentile	36.5	31.0	35.3	21.4	40.0	33.6	36.6	33.6	36.6	26.0
% food energy										
Mean	24.4	21.9	23.1	21.0	23.5	21.4	22.3	21.4	22.3	21.0
Median	24.5	21.5	23.1	20.4	23.6	20.3	21.9	20.3	21.9	20.0
sd	6.0	6.4	6.3	7.5	5.5	7.2	6.6	7.2	6.6	7.9
Upper 2.5 percentile	36.8	34.6	35.5	37.8	35.2	38.4	37.9	38.4	37.9	41.5
Lower 2.5 percentile	13.0	10.2	11.0	7.8	14.1	9.5	9.5	9.5	9.5	8.2
% total energy										
Mean	24.4	21.7	22.9	20.1	23.5	21.2	22.2	21.2	22.2	19.9
Median	24.5	21.4	22.9	1.5	23.6	20.3	21.9	20.3	21.9	18.9
sd	6.0	6.4	6.3	7.2	5.5	6.9	6.4	6.9	6.4	7.4
Upper 2.5 percentile	36.8	34.2	35.5	36.0	35.2	37.9	37.9	37.9	37.9	37.9
Lower 2.5 percentile	13.0	9.9	11.0	7.5	14.1	9.5	9.5	9.5	9.5	7.5

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)										
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1				
	Girls	11-18	Total girls	Women	19-64	Girls	4-10	11-18	Total girls	Women	19-64
Non-milk extrinsic sugars (NMES)											
Mean	69.2	70.3	69.8	51.6	51.6	60.9	60.9	66.5	64.1	51.7	51.7
Median	66.1	66.4	66.2	45.1	45.1	57.2	57.2	62.8	61.1	42.0	42.0
sd	28.1	35.0	31.9	34.5	34.5	26.3	26.3	36.9	32.7	41.7	41.7
Upper 2.5 percentile	130.8	148.6	144.0	134.3	134.3	116.2	116.2	160.6	139.1	135.9	135.9
Lower 2.5 percentile	22.2	15.6	17.5	4.1	4.1	19.3	19.3	12.6	16.1	6.5	6.5
% food energy											
Mean	17.0	15.8	16.4	12.0	12.0	14.7	14.7	15.0	14.8	12.1	12.1
Median	16.8	15.5	16.0	10.9	10.9	14.6	14.6	14.2	14.4	10.7	10.7
sd	5.7	6.2	6.0	7.1	7.1	5.1	5.1	6.8	6.1	7.5	7.5
Upper 2.5 percentile	29.0	28.2	28.4	29.0	29.0	25.2	25.2	30.9	29.0	34.5	34.5
Lower 2.5 percentile	6.7	4.3	5.6	1.3	1.3	6.4	6.4	3.6	3.9	1.8	1.8
% total energy											
Mean	17.0	15.6	16.3	11.6	11.6	14.7	14.7	14.8	14.7	11.5	11.5
Median	16.8	15.2	16.0	10.4	10.4	14.6	14.6	14.2	14.4	10.3	10.3
sd	5.7	6.2	6.0	6.7	6.7	5.1	5.1	6.5	5.9	6.9	6.9
Upper 2.5 percentile	29.0	28.0	28.4	27.0	27.0	25.2	25.2	28.9	27.9	30.8	30.8
Lower 2.5 percentile	6.7	4.3	5.6	1.3	1.3	6.4	6.4	3.6	3.9	1.8	1.8

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People					2000/01 NDNS Adults				
	Girls		Total girls			Women		Total girls		
	4-10	11-18	19-64	4-10	11-18	19-64	4-10	11-18	19-64	Women 19-64
Intrinsic and milk sugars										
Mean	29.4	26.8	28.0	37.0	27.7	31.1	35.6	27.7	31.1	35.6
Median	28.0	23.9	26.1	34.6	25.9	28.5	33.5	25.9	28.5	31.5
sd	11.6	13.7	12.8	18.9	12.2	13.6	14.1	12.2	13.6	19.9
Upper 2.5 percentile	56.1	58.0	56.7	80.0	50.4	66.9	67.7	50.4	66.9	67.5
Lower 2.5 percentile	10.4	8.7	9.4	9.7	10.3	11.0	13.6	10.3	11.0	11.6
% food energy										
Mean	7.3	6.1	6.7	9.0	6.4	7.5	8.8	6.4	7.5	8.9
Median	7.1	5.6	6.3	8.1	6.2	7.0	8.2	6.2	7.0	8.0
sd	2.6	2.8	2.8	4.4	2.8	3.1	3.1	2.8	3.1	4.5
Upper 2.5 percentile	13.4	12.6	13.2	19.4	11.9	14.3	14.5	11.9	14.3	21.7
Lower 2.5 percentile	3.2	2.6	2.8	2.9	2.4	2.5	4.5	2.4	2.5	3.3
% total energy										
Mean	7.3	6.1	6.7	8.7	6.4	7.5	8.8	6.4	7.5	8.5
Median	7.1	5.6	6.3	7.9	6.2	7.0	8.2	6.2	7.0	7.6
sd	2.6	2.8	2.8	4.3	2.7	3.1	3.1	2.7	3.1	4.5
Upper 2.5 percentile	13.4	12.1	13.2	18.8	11.9	14.3	14.5	11.9	14.3	21.1
Lower 2.5 percentile	3.2	2.5	2.8	2.8	2.3	2.5	4.5	2.3	2.5	3.1

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1				
	Girls	11-18	Total girls	Women	19-64	Girls	11-18	Total girls	Women	19-64
Females aged 4-64 years										
Intrinsic and milk sugars and starch										
% food energy										
Mean	34.2	35.0	34.6	36.7	35.9	34.8	35.3	35.7		
Median	33.8	34.8	34.4	36.3	35.4	34.5	35.0	35.5		
sd	5.0	5.9	5.5	7.2	4.7	5.2	5.0	6.9		
Upper 2.5 percentile	45.8	47.2	46.8	51.2	45.3	45.5	45.3	49.6		
Lower 2.5 percentile	25.4	25.0	25.1	23.0	27.0	25.4	26.3	24.2		
% total energy										
Mean	34.2	34.7	34.4	35.3	35.9	34.6	35.2	34.1		
Median	33.8	34.5	34.1	35.0	35.4	34.5	35.0	34.1		
sd	5.0	6.0	5.6	7.5	4.7	5.5	5.2	7.5		
Upper 2.5 percentile	45.8	47.2	46.5	50.7	45.3	45.2	45.2	49.6		
Lower 2.5 percentile	25.4	24.1	24.6	20.9	27.0	25.4	26.0	20.9		

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Energy, macronutrients	Survey and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults			
	Girls		Total girls		Women		Total girls	
	4-10	11-18	Total girls	19-64	4-10	11-18	Total girls	19-64
Non starch polysaccharide (NSP) g								
Mean	9.0	10.4	9.8	12.6	10.3	10.8	10.6	13.0
Median	8.7	9.9	9.3	11.9	10.1	10.5	10.4	12.7
sd	3.2	3.9	3.7	5.4	3.1	3.4	3.3	4.8
Upper 2.5 percentile	16.4	19.6	18.1	24.8	17.8	19.1	18.6	23.4
Lower 2.5 percentile	4.3	4.6	4.4	4.4	5.6	4.1	5.3	4.7
<i>Bases (unweighted)</i>	397	448	845	891	119	110	229	253

Table 5.23c

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)			
	1997 NDNS Young People	2000/01 NDNS Adults	NDNS Rolling Programme Year 1	NDNS Rolling Programme Year 1
Aged 4-64 years	4-10	11-18	19-64	19-64
Energy MJ				
Mean	6.73	7.93	8.14	8.19
Median	6.68	7.77	7.88	7.99
sd	1.58	2.35	2.71	2.80
Upper 2.5 percentile	10.20	13.00	13.97	12.98
Lower 2.5 percentile	3.85	3.89	3.50	4.33
Energy kcal				
Mean	1600	1890	1934	1949
Median	1590	1850	1873	1898
sd	375	560	646	668
Upper 2.5 percentile	2420	3100	3314	3091
Lower 2.5 percentile	913	923	828	1029

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Protein g						
Mean	50.8	62.3	74.2	56.0	68.3	77.3
Median	49.6	60.2	71.6	55.4	64.6	75.3
sd	13.9	20.0	25.6	13.3	19.5	23.9
Upper 2.5 percentile	81.4	106.1	129.0	79.4	110.7	117.8
Lower 2.5 percentile	27.0	29.9	30.7	35.1	42.6	41.2
% food energy						
Mean	12.7	13.5	16.6	14.5	14.6	17.6
Median	12.6	13.2	16.2	14.3	14.4	17.0
sd	2.1	2.7	3.7	2.1	2.6	4.6
Upper 2.5 percentile	17.6	19.6	25.3	18.4	19.8	24.1
Lower 2.5 percentile	9.1	8.8	10.6	11.3	11.2	11.9
% total energy						
Mean	12.7	13.3	15.7	14.5	14.5	16.5
Median	12.6	13.1	15.3	14.3	14.2	15.9
sd	2.1	2.7	3.6	2.1	2.7	4.5
Upper 2.5 percentile	17.6	19.6	24.1	18.4	19.8	23.3
Lower 2.5 percentile	9.1	8.8	10.1	11.3	10.9	10.9

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Total fat g						
Mean	63.6	74.5	72.2	59.9	74.0	71.4
Median	62.2	72.7	69.1	60.1	71.8	70.8
sd	17.9	25.1	29.8	14.9	23.5	27.9
Upper 2.5 percentile	102.8	128.8	139.2	93.2	131.9	135.5
Lower 2.5 percentile	32.5	31.1	23.3	30.2	31.5	22.1
% food energy						
Mean	35.6	35.8	35.1	34.5	35.0	35.1
Median	35.8	35.9	35.4	34.7	35.5	35.9
sd	4.6	5.4	6.8	4.4	4.7	6.7
Upper 2.5 percentile	44.6	45.8	47.6	41.9	43.1	46.7
Lower 2.5 percentile	26.1	25.0	21.2	24.8	24.5	18.9
% total energy						
Mean	35.6	35.4	33.3	34.5	34.7	32.9
Median	35.8	35.6	33.6	34.7	35.3	33.6
sd	4.6	5.4	6.9	4.4	5.0	7.0
Upper 2.5 percentile	44.6	45.3	46.4	41.9	42.8	44.7
Lower 2.5 percentile	26.1	24.3	19.3	24.8	24.0	16.0

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)				
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1
	4-10	11-18	19-64	19-64	
Saturated fatty acids g					
Mean	26.2	29.0	27.3	27.4	26.1
Median	25.7	28.3	26.0	26.6	25.8
sd	7.9	10.8	12.6	10.0	11.3
Upper 2.5 percentile	42.8	52.4	56.1	49.0	51.5
Lower 2.5 percentile	12.3	11.1	8.0	10.4	7.2
% food energy					
Mean	14.7	13.9	13.2	12.9	12.8
Median	14.6	13.8	13.2	12.9	12.7
sd	2.6	2.7	3.4	2.4	3.4
Upper 2.5 percentile	20.1	19.5	20.2	18.3	19.5
Lower 2.5 percentile	9.4	8.8	6.7	8.4	6.4
% total energy					
Mean	14.7	13.7	12.6	12.8	12.0
Median	14.6	13.7	12.5	12.8	11.8
sd	2.6	2.7	3.4	2.5	3.4
Upper 2.5 percentile	20.1	19.1	19.6	18.0	19.1
Lower 2.5 percentile	9.4	8.6	6.3	7.7	5.3

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Cis mono-unsaturated fatty acids						
Mean	20.7	24.7	24.0	21.1	27.3	25.5
Median	20.0	23.9	22.6	20.9	26.6	24.8
sd	6.3	8.7	10.4	5.5	9.0	10.5
Upper 2.5 percentile	35.1	43.4	47.9	34.6	49.8	48.3
Lower 2.5 percentile	10.5	9.7	7.6	10.4	10.7	6.7
% food energy						
Mean	11.6	11.9	11.7	12.2	13.0	12.5
Median	11.4	11.8	11.7	11.9	12.9	12.5
sd	1.9	2.3	2.8	1.9	2.4	3.0
Upper 2.5 percentile	15.6	16.4	17.2	16.1	17.8	18.4
Lower 2.5 percentile	8.1	7.6	6.3	8.2	8.1	5.2
% total energy						
Mean	11.6	11.8	11.1	12.2	12.8	11.7
Median	11.4	11.8	11.0	11.9	12.7	11.8
sd	1.9	2.3	2.8	1.9	2.4	3.0
Upper 2.5 percentile	15.6	16.3	16.4	16.1	17.7	17.0
Lower 2.5 percentile	8.1	7.4	6.0	8.2	7.9	4.8

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Cis n-3 polyunsaturated fatty acids g						
Mean	1.4	1.9	1.9	1.5	2.1	2.2
Median	1.3	1.7	1.7	1.4	1.9	2.0
sd	0.7	1.1	1.0	0.5	1.0	1.3
Upper 2.5 percentile	3.4	4.4	4.4	2.9	4.9	5.5
Lower 2.5 percentile	0.5	0.6	0.6	0.7	0.7	0.5
% food energy						
Mean	0.8	0.9	1.0	0.9	1.0	1.1
Median	0.7	0.8	0.9	0.8	0.9	1.0
sd	0.3	0.4	0.5	0.3	0.4	0.5
Upper 2.5 percentile	1.6	1.8	2.2	1.6	1.8	2.3
Lower 2.5 percentile	0.4	0.4	0.4	0.4	0.4	0.4
% total energy						
Mean	0.8	0.9	0.9	0.9	1.0	1.0
Median	0.7	0.8	0.8	0.8	0.9	0.9
sd	0.3	0.4	0.5	0.3	0.4	0.5
Upper 2.5 percentile	1.6	1.8	2.0	1.6	1.8	2.1
Lower 2.5 percentile	0.4	0.4	0.4	0.4	0.4	0.3

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
<i>Cis n-6 polyunsaturated fatty acids g</i>						
Mean	8.7	11.3	10.9	7.9	10.3	10.6
Median	8.1	10.6	10.1	7.5	9.8	9.9
sd	3.4	4.6	5.3	2.7	3.9	4.7
Upper 2.5 percentile	17.0	22.0	22.8	14.2	20.5	20.9
Lower 2.5 percentile	3.6	4.4	3.0	3.6	3.9	2.9
<i>% food energy</i>						
Mean	4.9	5.5	5.3	4.5	4.9	5.2
Median	4.6	5.3	5.1	4.4	4.8	5.2
sd	1.5	1.6	1.9	1.2	1.3	1.5
Upper 2.5 percentile	8.2	9.3	9.5	7.8	7.6	8.6
Lower 2.5 percentile	2.6	2.9	2.4	2.6	2.7	2.5
<i>% total energy</i>						
Mean	4.9	5.4	5.0	4.5	4.9	4.9
Median	4.6	5.2	4.8	4.4	4.8	4.8
sd	1.5	1.6	1.8	1.2	1.3	1.5
Upper 2.5 percentile	8.2	9.2	9.0	7.8	7.6	8.4
Lower 2.5 percentile	2.6	2.8	2.3	2.6	2.6	1.9

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)							
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1		NDNS Rolling Programme	
	4-10	11-18	19-64	Adults	4-10	11-18	19-64	19-64
Trans fatty acids g								
Mean	2.4	2.8	2.4		1.4	1.7		1.6
Median	2.4	2.6	2.2		1.4	1.6		1.6
sd	1.0	1.3	1.5		0.5	0.7		0.8
Upper 2.5 percentile	4.7	5.9	6.0		2.6	3.1		3.5
Lower 2.5 percentile	0.9	0.8	0.5		0.5	0.6		0.3
% food energy								
Mean	1.4	1.3	1.2		0.8	0.8		0.8
Median	1.3	1.3	1.1		0.8	0.8		0.8
sd	0.4	0.4	0.5		0.2	0.2		0.4
Upper 2.5 percentile	2.3	2.2	2.3		1.4	1.3		1.5
Lower 2.5 percentile	0.7	0.6	0.3		0.4	0.5		0.3
% total energy								
Mean	1.4	1.3	1.1		0.8	0.8		0.8
Median	1.3	1.3	1.1		0.8	0.8		0.7
sd	0.4	0.4	0.5		0.2	0.2		0.4
Upper 2.5 percentile	2.3	2.2	2.2		1.4	1.3		1.4
Lower 2.5 percentile	0.7	0.6	0.3		0.4	0.5		0.2

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Total carbohydrate g						
Mean	220	253	235	212	254	227
Median	216	248	229	208	244	217
sd	54	80	84	47	75	78
Upper 2.5 percentile	340	434	417	304	424	400
Lower 2.5 percentile	123	115	92	133	121	89
% food energy						
Mean	51.6	50.9	48.4	51.0	50.3	47.3
Median	51.8	50.8	48.5	50.6	50.2	47.1
sd	5.0	5.8	7.7	4.6	5.4	7.1
Upper 2.5 percentile	61.7	62.3	60.7	60.0	61.1	62.0
Lower 2.5 percentile	41.5	40.0	30.4	42.7	39.7	35.4
% total energy						
Mean	51.6	50.3	46.0	51.0	49.7	44.3
Median	51.8	50.4	46.1	50.6	49.6	44.3
sd	5.0	6.0	7.1	4.6	5.4	7.6
Upper 2.5 percentile	61.7	61.9	62.2	60.0	61.0	61.3
Lower 2.5 percentile	41.5	38.3	34.5	42.7	39.7	30.0

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Starch g						
Mean	115.5	142.1	133.4	115.3	141.6	127.3
Median	112.0	137.8	127.0	111.8	140.1	123.1
sd	32.5	44.3	50.6	26.7	41.6	45.1
Upper 2.5 percentile	191.8	242.5	248.1	170.7	224.0	227.0
Lower 2.5 percentile	60.1	68.1	48.4	70.2	51.2	42.9
% food energy						
Mean	27.2	28.9	27.5	28.0	28.3	26.6
Median	26.8	28.8	27.2	27.5	28.5	26.3
sd	5.0	5.2	6.1	4.5	5.0	5.9
Upper 2.5 percentile	37.9	39.8	40.3	36.7	38.0	39.7
Lower 2.5 percentile	18.2	19.3	16.2	19.2	19.1	14.9
% total energy						
Mean	27.2	28.6	26.2	28.0	28.0	25.1
Median	26.8	28.4	25.9	27.5	28.3	24.7
sd	5.0	5.3	6.4	4.5	5.3	6.3
Upper 2.5 percentile	37.9	39.8	39.7	36.6	38.0	38.3
Lower 2.5 percentile	18.2	19.0	14.2	19.2	17.7	11.9

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Total sugars g						
Mean	104.5	111.0	101.9	96.5	112.2	99.6
Median	102.0	105.6	96.5	94.3	103.4	93.6
sd	35.5	49.7	49.6	32.4	49.0	49.0
Upper 2.5 percentile	182.6	224.0	213.8	164.7	232.6	214.8
Lower 2.5 percentile	39.7	35.0	25.9	43.8	35.8	27.8
% food energy						
Mean	24.4	22.0	20.9	23.1	22.0	20.6
Median	24.4	21.6	20.3	22.8	21.1	20.0
sd	6.1	6.4	7.4	5.6	6.9	7.4
Upper 2.5 percentile	37.3	34.9	37.0	35.2	38.4	39.6
Lower 2.5 percentile	12.9	10.3	8.3	13.8	9.5	8.3
% total energy						
Mean	24.4	21.8	19.8	23.1	21.7	19.2
Median	24.4	21.4	19.2	22.8	21.1	18.6
sd	6.1	6.3	7.0	5.6	6.6	6.8
Upper 2.5 percentile	37.3	34.8	35.3	35.2	37.9	37.9
Lower 2.5 percentile	12.8	10.2	7.8	13.8	9.5	8.0

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Non-milk extrinsic sugars (NMES)						
Mean	73.5	81.6	63.3	61.3	80.2	62.1
Median	70.4	74.5	55.4	57.8	71.6	51.6
sd	30.7	43.0	42.6	27.2	42.1	43.0
Upper 2.5 percentile	146.0	183.5	166.3	127.3	182.8	171.5
Lower 2.5 percentile	23.8	17.2	5.3	19.8	16.1	9.3
% food energy						
Mean	17.1	16.0	12.7	14.5	15.7	12.5
Median	16.8	15.8	11.5	14.3	14.5	11.5
sd	5.8	6.2	7.1	5.1	6.6	6.8
Upper 2.5 percentile	29.0	29.2	29.2	26.3	31.5	26.0
Lower 2.5 percentile	6.7	5.1	1.8	5.8	3.6	3.1
% total energy						
Mean	17.1	15.9	12.0	14.5	15.4	11.6
Median	16.8	15.6	10.9	14.3	14.4	10.9
sd	5.8	6.2	6.6	5.1	6.1	6.0
Upper 2.5 percentile	29.0	28.9	27.3	26.3	28.4	24.9
Lower 2.5 percentile	6.7	5.1	1.8	5.8	3.6	3.1

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Intrinsic and milk sugars						
Mean	31.0	29.4	38.6	35.2	32.0	37.5
Median	29.7	26.7	34.9	31.7	27.6	33.7
sd	12.4	14.8	20.9	13.6	17.1	20.5
Upper 2.5 percentile	60.2	65.2	87.2	66.9	79.5	78.1
Lower 2.5 percentile	11.2	9.0	9.9	15.5	10.8	11.8
% food energy						
Mean	7.3	5.9	8.2	8.5	6.4	8.1
Median	7.0	5.5	7.3	7.7	5.9	7.4
sd	2.6	2.6	4.2	3.0	2.8	4.3
Upper 2.5 percentile	13.4	12.0	18.5	14.5	12.9	20.3
Lower 2.5 percentile	3.2	2.5	2.7	4.3	2.5	3.1
% total energy						
Mean	7.3	5.9	7.8	8.5	6.3	7.7
Median	7.0	5.5	7.1	7.7	5.7	6.8
sd	2.6	2.6	4.2	3.0	2.8	4.3
Upper 2.5 percentile	13.4	11.8	18.0	14.5	12.9	19.7
Lower 2.5 percentile	3.2	2.4	2.4	4.3	2.4	2.7

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results) , by age

Energy, macronutrients	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Intrinsic and milk sugars and starch						
% food energy						
Mean	34.5	34.8	35.7	36.5	34.6	34.8
Median	34.1	34.7	35.4	36.6	34.2	34.4
sd	5.0	5.7	7.2	4.7	5.2	6.5
Upper 2.5 percentile	45.6	46.9	50.2	45.7	44.8	49.0
Lower 2.5 percentile	25.7	24.6	22.1	27.7	24.4	23.7
% total energy						
Mean	34.5	34.5	34.0	36.5	34.3	32.7
Median	34.1	34.3	33.8	36.6	33.9	32.4
sd	5.0	5.9	7.8	4.7	5.6	7.4
Upper 2.5 percentile	45.6	46.8	50.2	45.7	44.8	49.0
Lower 2.5 percentile	25.7	23.5	19.1	27.7	21.2	18.3

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Aged 4-64 years

Energy, macronutrients	Survey and age group (years)			
	1997 NDNS Young People	2000/01 NDNS Adults	NDNS Rolling Programme Year 1	NDNS Rolling Programme Year 1
	4-10	11-18	19-64	19-64
Non starch polysaccharide (NSP) g				
Mean	9.4	11.4	13.8	14.0
Median	9.0	10.7	13.0	13.4
sd	3.3	4.4	6.1	5.3
Upper 2.5 percentile	17.4	22.2	28.1	27.3
Lower 2.5 percentile	4.3	5.0	4.7	5.5
<i>Bases (unweighted)</i>	837	864	1724	434

Table 5.25a (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Vitamin	Survey, sex and age group (years)						
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	Boys		Total boys	Men	Boys	Total boys	Men
	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Riboflavin mg							
Mean	1.61	1.85	1.73	2.15	1.53	1.72	1.63
Median	1.52	1.72	1.61	2.03	1.45	1.59	1.47
sd	0.62	0.90	0.78	0.98	0.52	0.68	0.62
Upper 2.5 percentile	3.16	3.97	3.68	4.03	3.07	3.39	3.08
Lower 2.5 percentile	0.60	0.60	3.60	0.74	0.75	0.79	0.75
Niacin equivalents mg							
Mean	24.7	33.5	29.0	44.8	27.9	39.4	34.3
Median	23.9	32.2	27.5	43.9	26.7	38.0	32.0
sd	7.3	11.0	10.2	15.6	8.1	13.1	12.5
Upper 2.5 percentile	40.0	59.7	53.5	76.0	50.7	70.3	70.3
Lower 2.5 percentile	13.3	15.4	14.2	18.5	16.1	17.4	17.4
Vitamin B ₆ mg							
Mean	1.8	2.5	2.1	2.9	1.8	2.6	2.2
Median	1.8	2.2	1.9	2.8	1.6	2.5	2.0
sd	0.6	1.0	0.9	1.1	0.6	1.2	1.1
Upper 2.5 percentile	3.2	5.0	4.3	5.3	3.4	4.9	4.5
Lower 2.5 percentile	0.9	1.1	1.0	1.1	0.9	1.0	0.9

Table 5.25a (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Vitamin	Survey, sex and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1			
	Boys		Total boys	Men		Total boys	Boys		Men	
	4-10	11-18	19-64	4-10	11-18	11-18	4-10	11-18	19-64	19-64
Vitamin B ₁₂ µg										
Mean	4.0	4.8	4.4	6.7	4.1	4.8	4.5	4.8	6.2	6.2
Median	3.7	4.3	4.0	5.5	3.8	4.3	4.0	4.3	5.6	5.6
sd	1.7	2.7	2.3	5.7	1.9	2.3	2.2	2.3	4.8	4.8
Upper 2.5 percentile	8.5	10.2	9.2	20.7	9.5	11.1	10.1	11.1	13.6	13.6
Lower 2.5 percentile	1.4	1.4	1.4	1.6	1.4	1.7	1.7	1.7	1.9	1.9
Folate µg										
Mean	204	276	239	346	210	256	236	256	320	320
Median	191	257	217	330	197	242	213	242	290	290
sd	68	117	102	137	76	101	93	101	141	141
Upper 2.5 percentile	367	572	487	647	366	501	501	501	674	674
Lower 2.5 percentile	99	114	104	129	100	114	112	114	111	111
Vitamin C mg										
Mean	72.0	82.0	76.9	86.2	83.9	94.4	89.8	94.4	96.2	96.2
Median	60.6	62.7	61.8	71.3	70.1	81.7	75.3	81.7	73.6	73.6
sd	46.0	62.6	54.9	59.7	51.5	67.8	61.3	67.8	83.5	83.5
Upper 2.5 percentile	200.2	244.2	224.0	236.8	200.8	225.7	222.8	225.7	281.7	281.7
Lower 2.5 percentile	18.4	17.9	18.4	14.7	22.0	15.8	15.8	15.8	15.3	15.3

Table 5.25a (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Vitamin	Survey, sex and age group (years)						
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1		
	Boys	11-18	Total boys	Men	Boys	11-18	Men
Vitamin D µg	4-10	11-18	19-64	4-10	11-18	19-64	19-64
Mean	2.3	2.9	2.6	1.9	2.5	3.1	3.1
Median	2.0	2.5	2.2	1.8	2.3	2.8	2.8
sd	1.3	1.8	1.6	1.0	1.4	1.8	1.8
Upper 2.5 percentile	5.4	7.0	6.4	4.1	6.5	8.0	8.0
Lower 2.5 percentile	0.5	0.6	0.6	0.5	0.8	0.6	0.6
Bases (unweighted)	440	416	856	119	114	233	181

Table 5.25b

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Vitamin	Survey, sex and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1			
	Girls		Total girls	Women		Total girls	Girls		Women	
	4-10	11-18	4-10	11-18	19-64	4-10	11-18	11-18	19-64	19-64
Vitamin A (retinol equivalents) µg										
Mean	470	524	499	702	660	619	637	1070		
Median	410	434	417	537	543	519	537	834		
sd	352	618	512	938	400	449	427	1122		
Upper 2.5 percentile	1020	1300	1220	2328	1823	1857	1857	3653		
Lower 2.5 percentile	148	115	132	121	214	155	182	169		
Retinol µg										
Mean	261	277	269	510	258	274	267	457		
Median	220	204	212	282	254	233	244	233		
sd	300	545	447	944	105	284	223	1023		
Upper 2.5 percentile	534	627	602	2132	545	467	533	2939		
Lower 2.5 percentile	62	45	53	42	86	92	89	48		
Thiamin mg										
Mean	1.22	1.41	1.32	1.58	1.22	1.26	1.24	1.30		
Median	1.14	1.24	1.18	1.39	1.17	1.22	1.21	1.28		
sd	0.58	1.04	0.86	1.43	0.34	0.34	0.34	0.41		
Upper 2.5 percentile	2.29	2.77	2.49	3.28	1.93	1.95	1.94	2.06		
Lower 2.5 percentile	0.58	0.60	0.58	0.52	0.70	0.66	0.69	0.60		

Table 5.25b (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Vitamin	Survey, sex and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1			
	Girls		Total girls	Women		Total girls	Girls		Total girls	
	4-10	11-18	4-10	11-18	19-64	4-10	11-18	11-18	19-64	19-64
Riboflavin mg										
Mean	1.39	1.34	1.36	1.62	1.40	1.28	1.28	1.28	1.33	1.40
Median	1.33	1.23	1.29	1.54	1.36	1.23	1.23	1.23	1.30	1.35
sd	0.51	0.70	0.62	0.71	0.43	0.45	0.45	0.45	0.44	0.56
Upper 2.5 percentile	2.59	3.01	2.84	3.33	2.37	2.21	2.21	2.21	2.35	2.90
Lower 2.5 percentile	0.53	0.40	0.46	0.53	0.70	0.53	0.53	0.53	0.60	0.48
Niacin equivalents mg										
Mean	22.2	25.4	23.8	31.0	26.1	30.7	30.7	30.7	28.7	32.6
Median	21.6	24.4	23.2	30.4	24.7	27.9	27.9	27.9	27.2	31.6
sd	6.4	8.0	7.5	10.2	8.9	12.8	12.8	12.8	11.5	10.8
Upper 2.5 percentile	35.9	43.8	42.0	52.8	40.0	69.6	69.6	69.6	53.9	55.0
Lower 2.5 percentile	11.3	12.2	11.5	13.0	13.6	14.2	14.2	14.2	13.6	13.8
Vitamin B ₆ mg										
Mean	1.6	1.9	1.8	2.0	1.7	2.1	2.1	2.1	1.9	2.0
Median	1.6	1.8	1.7	2.0	1.7	1.8	1.8	1.8	1.7	2.0
sd	0.6	0.7	0.7	0.8	0.8	2.0	2.0	2.0	1.6	0.9
Upper 2.5 percentile	3.0	3.6	3.4	3.8	2.7	6.4	6.4	6.4	4.9	3.6
Lower 2.5 percentile	0.8	0.8	0.8	0.8	0.9	0.9	0.9	0.9	0.9	0.8

Table 5.25b (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Vitamin	Survey, sex and age group (years)															
	1997 NDNS Young People					2000/01 NDNS Adults					NDNS Rolling Programme Year 1					
	Girls		Total girls			Women		Total girls			Girls		Women			
	4-10	11-18	11-18	4-10	19-64	4-10	11-18	11-18	4-10	19-64	4-10	11-18	11-18	Total girls	19-64	
Vitamin B₁₂ µg																
Mean	3.5	3.4	3.4	3.4	4.9	3.7	3.9	3.9	3.7	4.8	3.8	3.8	3.8	3.8	4.8	
Median	3.3	3.0	3.2	3.2	4.3	3.7	3.4	3.4	3.7	4.1	3.6	3.6	3.6	3.6	4.1	
sd	1.7	2.1	1.9	1.9	3.5	1.4	2.2	2.2	1.4	4.1	1.9	1.9	1.9	1.9	4.1	
Upper 2.5 percentile	7.3	8.0	7.5	7.5	12.1	6.5	8.4	8.4	6.5	14.1	7.7	7.7	7.7	7.7	14.1	
Lower 2.5 percentile	1.1	0.9	1.0	1.0	1.3	1.2	1.1	1.1	1.2	1.1	1.1	1.1	1.1	1.1	1.1	
Folate µg																
Mean	181	210	196	196	253	183	193	193	183	242	189	189	189	189	242	
Median	173	199	186	186	243	174	182	182	174	224	181	181	181	181	224	
sd	60	85	76	76	100	54	71	71	54	88	64	64	64	64	88	
Upper 2.5 percentile	328	390	368	368	480	301	346	346	301	444	346	346	346	346	444	
Lower 2.5 percentile	82	86	85	85	94	96	94	94	96	105	94	94	94	94	105	
Vitamin C mg																
Mean	71.6	73.8	72.8	72.8	81.0	81.2	72.4	72.4	81.2	92.0	76.3	76.3	76.3	76.3	92.0	
Median	62.4	60.9	61.6	61.6	67.3	67.7	57.7	57.7	67.7	77.2	61.8	61.8	61.8	61.8	77.2	
sd	41.7	51.7	47.3	47.3	54.2	50.1	45.9	45.9	50.1	69.4	47.9	47.9	47.9	47.9	69.4	
Upper 2.5 percentile	176.5	216.8	189.8	189.8	218.3	191.6	171.1	171.1	191.6	251.0	185.5	185.5	185.5	185.5	251.0	
Lower 2.5 percentile	16.4	16.5	16.5	16.5	13.5	17.5	17.7	17.7	17.5	16.9	17.5	17.5	17.5	17.5	16.9	

Females aged 4-64 years

Table 5.25b (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Vitamin	Survey, sex and age group (years)							
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1			
	Girls	Total girls	Women	Total girls	Girls	Total girls	Women	
	4-10	11-18	19-64	4-10	11-18	4-10	11-18	19-64
Vitamin D μg								
Mean	2.0	2.2	2.1	2.0	2.1	2.0	2.1	2.7
Median	1.8	1.9	1.8	1.9	1.8	1.9	1.8	2.3
sd	1.2	1.4	1.3	1.0	1.3	1.0	1.3	1.8
Upper 2.5 percentile	4.5	5.4	5.0	4.0	5.6	4.0	5.6	7.4
Lower 2.5 percentile	0.5	0.5	0.5	0.4	0.6	0.4	0.6	0.4
Bases (unweighted)	397	448	845	119	110	119	110	253

Table 5.25c

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Vitamin	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Vitamin A (retinol equivalents) µg						
Mean	478	558	819	655	699	1052
Median	415	461	577	550	573	799
sd	330	589	1292	388	473	1101
Upper 2.5 percentile	1110	1340	2973	1630	1857	3709
Lower 2.5 percentile	147	122	141	207	155	192
Retinol µg						
Mean	268	305	607	258	304	461
Median	228	236	310	248	260	277
sd	267	522	1283	110	264	972
Upper 2.5 percentile	602	758	2794	492	745	2463
Lower 2.5 percentile	68	52	51	81	89	48
Thiamin mg						
Mean	1.29	1.62	1.78	1.28	1.49	1.50
Median	1.23	1.44	1.54	1.24	1.40	1.44
sd	0.54	1.23	1.71	0.36	0.50	0.54
Upper 2.5 percentile	2.34	3.40	3.70	2.07	2.62	2.76
Lower 2.5 percentile	0.59	0.64	0.57	0.70	0.70	0.64

Table 5.25c (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Vitamin	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Riboflavin mg						
Mean	1.51	1.58	1.86	1.46	1.51	1.64
Median	1.45	1.42	1.72	1.40	1.39	1.51
sd	0.58	0.84	0.88	0.48	0.62	0.73
Upper 2.5 percentile	2.92	3.68	3.77	2.51	2.95	3.62
Lower 2.5 percentile	0.59	0.46	0.60	0.72	0.57	0.61
Niacin equivalents mg						
Mean	23.5	29.3	37.1	27.0	35.2	38.9
Median	23.0	27.9	35.2	25.6	32.3	37.3
sd	7.0	13.2	14.6	8.5	13.6	14.7
Upper 2.5 percentile	38.2	53.6	70.0	43.5	70.3	72.5
Lower 2.5 percentile	12.1	13.2	14.0	15.0	17.1	15.5
Vitamin B ₆ mg						
Mean	1.8	2.2	2.4	1.8	2.4	2.4
Median	1.7	2.0	2.2	1.6	2.0	2.2
sd	0.6	0.9	1.0	0.7	1.6	1.2
Upper 2.5 percentile	3.2	4.4	4.8	3.1	4.9	5.6
Lower 2.5 percentile	0.8	0.9	0.8	0.9	0.9	0.9

Table 5.25c (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Vitamin	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	11-18	4-10	11-18
Aged 4-64 years						
Vitamin B ₁₂ µg						
Mean	3.8	4.0	5.7	4.4	3.9	4.4
Median	3.5	3.7	4.9	4.0	3.7	4.0
sd	1.7	2.5	4.7	2.3	1.6	2.3
Upper 2.5 percentile	8.0	9.3	15.1	10.1	7.7	10.1
Lower 2.5 percentile	1.2	1.0	1.4	1.4	1.2	1.4
Folate µg						
Mean	193	242	295	226	197	226
Median	184	223	277	203	186	203
sd	66	107	127	93	67	93
Upper 2.5 percentile	359	497	595	432	364	432
Lower 2.5 percentile	93	95	103	95	100	95
Vitamin C mg						
Mean	71.8	77.8	83.3	83.7	82.6	83.7
Median	61.4	62.0	69.1	69.5	69.2	69.5
sd	44.0	57.4	56.8	59.1	50.7	59.1
Upper 2.5 percentile	189.4	230.4	226.3	189.7	200.8	189.7
Lower 2.5 percentile	18.3	17.5	13.8	15.8	18.0	15.8

Table 5.25c (continued)

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Vitamin	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults			
	4-10	11-18	19-64	4-10	11-18	19-64
Vitamin D μg						
Mean	2.1	2.5	3.3	2.0	2.3	2.9
Median	1.9	2.2	2.6	1.9	1.9	2.5
sd	1.3	1.6	2.6	1.0	1.4	1.8
Upper 2.5 percentile	4.8	6.4	9.9	4.1	6.5	7.5
Lower 2.5 percentile	0.5	0.5	0.4	0.5	0.6	0.6
<i>Bases (unweighted)</i>	448	845	891	238	224	434

Table 5.26a

Comparison with past surveys of proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results)^{1,2}, males by age

Males aged 4-64 years

Vitamin	Survey and age group (years)									
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1			
	Boys		Total boys	Men		Boys	Men		Total boys	Men
	4-10	11-18	%	19-64	4-10	11-18	19-64	11-18	19-64	%
	%	%	%	%	%	%	%	%	%	%
Vitamin A	12	14	13	10	2	11	10	7	10	
Thiamin	1	0	0	1	0	0	0	0	0	
Riboflavin	1	8	4	3	0	4	2	3	3	
Niacin equiv.	1	0	1	0	0	0	0	0	0	
Vitamin B6	1	1	1	2	0	0	0	0	0	
Vitamin B12	0	1	1	1	0	0	0	0	0	
Folate	0	1	1	1	0	1	1	1	2	
Vitamin C	0	0	0	1	0	2	1	1	1	
Bases (unweighted)	440	416	856	833	119	114	233	181		

¹ 0 denotes 0.5% or lower.

² % <LRNI recalculated for past surveys for four days of assessment.

Table 5.26b

Comparison with past surveys of proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results)^{1,2}, females by age

Vitamin	Females aged 4-64 years											
	Survey and age group (years)											
	1997 NDNS Young People		2000/01 NDNS Adults		2000/01 NDNS Rolling Programme Year 1		2000/01 NDNS Rolling Programme Year 1		2000/01 NDNS Rolling Programme Year 1		2000/01 NDNS Rolling Programme Year 1	
	Girls		Total		Women		Girls		Total		Women	
	4-10	11-18	girls	%	19-64	%	4-10	11-18	girls	%	19-64	%
Vitamin A	12	19	13	13	12	12	3	10	7	7	6	6
Thiamin	1	1	1	1	2	2	0	0	0	0	0	0
Riboflavin	1	22	12	12	9	9	1	12	7	7	11	11
Niacin equiv.	0	1	1	1	1	1	0	0	0	0	0	0
Vitamin B6	1	3	1	1	3	3	0	0	0	0	0	0
Vitamin B12	0	3	1	1	1	1	0	0	0	0	0	0
Folate	1	5	1	1	3	3	0	6	3	3	2	2
Vitamin C	0	1	1	1	1	1	0	1	1	1	1	1
Bases (unweighted)	397	448	845	845	891	891	119	110	229	229	253	253

¹ 0 denotes 0.5% or lower.

² % <LRNI recalculated for past surveys for four days of assessment.

Table 5.26c

Comparison with past surveys of proportion of participants with average daily intakes of vitamins from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results)^{1,2}, by age

Aged 4-64 years

Vitamin	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	19-64	11-18	19-64
		%	%	%	%	%
Vitamin A	12	17	11	3	11	8
Thiamin	1	1	1	0	0	0
Riboflavin	1	15	6	0	7	7
Niacin equiv.	0	1	1	0	0	0
Vitamin B6	1	2	3	0	0	0
Vitamin B12	0	2	1	0	0	0
Folate	0	3	2	0	4	2
Vitamin C	0	0	1	0	2	1
Bases (unweighted)	837	864	1724	238	224	434

¹ 0 denotes 0.5% or lower.

² % <LRNI recalculated for past surveys for four days of assessment

Table 5.27a

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Males aged 4-64 years

Mineral	Survey, sex and age group (years)								
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1			
	Boys		Total boys	Men		Boys			
	4-10	11-18	4-10	11-18	19-64	4-10	11-18	Total boys	19-64
Iron mg									
Mean	9.1	11.6	10.3	13.2	13.2	9.0	11.1	10.2	12.3
Median	8.6	11.0	9.7	12.6	12.6	8.8	11.1	9.8	11.8
sd	2.9	4.2	3.8	5.1	5.1	2.7	3.3	3.3	4.4
Upper 2.5 percentile	16.0	21.1	19.1	24.5	24.5	15.7	19.7	19.0	21.4
Lower 2.5 percentile	4.5	5.3	5.0	5.1	5.1	4.9	4.6	4.9	5.7
Calcium mg									
Mean	739	843	790	1020	1020	809	919	871	931
Median	698	815	750	986	986	760	860	824	929
sd	265	323	299	429	429	276	333	313	355
Upper 2.5 percentile	1340	1580	1480	1874	1874	1326	1622	1567	1739
Lower 2.5 percentile	317	313	313	363	363	342	354	351	308
Magnesium mg									
Mean	186	239	212	312	312	201	242	224	302
Median	180	231	201	302	302	191	234	215	290
sd	51	76	69	106	106	53	72	67	102
Upper 2.5 percentile	305	412	362	540	540	332	384	383	573
Lower 2.5 percentile	99	118	104	139	139	128	120	128	144

Table 5.27a (continued)

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Mineral	Survey, sex and age group (years)						
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	Boys	11-18	Total boys	Men	Boys	Men	Men
	4-10	11-18	boys	19-64	4-10	11-18	19-64
Potassium mg							
Mean	2070	2620	2340	3411	2191	2683	2467
Median	2020	2560	2230	3340	2171	2604	2339
sd	660	831	761	1030	509	735	689
Upper 2.5 percentile	3810	4540	4100	5478	3610	4016	3891
Lower 2.5 percentile	1160	1290	1170	1549	1325	1229	1321
Zinc mg							
Mean	5.9	8.0	6.9	10.2	6.8	8.7	7.9
Median	5.7	7.7	6.4	10.0	6.4	8.4	7.2
sd	1.8	2.8	2.6	3.5	2.2	2.7	2.7
Upper 2.5 percentile	10.2	14.3	12.9	17.7	12.8	15.8	14.4
Lower 2.5 percentile	2.9	3.8	3.2	4.4	3.6	5.1	3.9
Copper mg							
Mean	0.77	0.99	0.88	1.48	0.81	1.08	0.96
Median	0.72	0.94	0.82	1.32	0.78	0.97	0.87
sd	0.27	0.35	0.33	1.06	0.24	0.44	0.39
Upper 2.5 percentile	1.42	1.82	1.39	3.20	1.28	1.94	1.94
Lower 2.5 percentile	0.37	0.46	1.66	0.56	0.47	0.38	0.47

Table 5.27b

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Mineral	Survey, sex and age group (years)								
	1997 NDNS Young People			2000/01 NDNS Adults		NDNS Rolling Programme Year 1			
	Girls		Total girls	Women		Girls			
	4-10	11-18	4-10	11-18	19-64	4-10	11-18	Total girls	Women
Iron mg									
Mean	8.0	8.8	8.4	8.1	10.0	8.5	8.4	10.0	
Median	7.6	8.2	7.9	8.0	9.6	8.3	8.1	9.9	
sd	2.5	3.4	3.0	2.0	4.0	2.4	2.3	3.1	
Upper 2.5 percentile	13.3	16.6	15.8	12.5	18.9	13.3	12.8	16.9	
Lower 2.5 percentile	4.1	4.1	4.1	4.4	3.5	4.3	4.3	4.2	
Calcium mg									
Mean	659	662	660	763	783	702	729	718	
Median	653	626	638	746	761	653	692	682	
sd	218	270	247	234	291	229	233	253	
Upper 2.5 percentile	1170	1330	1240	1318	1462	1191	1266	1251	
Lower 2.5 percentile	285	243	259	360	275	356	356	286	
Magnesium mg									
Mean	169	189	179	182	230	189	186	229	
Median	165	183	173	183	223	188	188	228	
sd	46	58	54	44	75	47	46	67	
Upper 2.5 percentile	274	326	305	277	387	290	282	367	
Lower 2.5 percentile	88	96	91	108	99	86	106	93	

Table 5.27b (continued)

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), females by age

Mineral	Survey, sex and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults			
	Girls		Total girls		Women		Total girls	
	4-10	11-18	11-18	19-64	4-10	11-18	11-18	19-64
Potassium mg								
Mean	1920	2150	2040	2675	2052	2103	2081	2593
Median	1920	2090	2000	2630	2016	2160	2112	2554
sd	502	634	587	804	495	564	534	756
Upper 2.5 percentile	2980	3420	3290	4341	3214	3402	3402	3991
Lower 2.5 percentile	1040	1040	1040	1185	1296	936	1078	1033
Zinc mg								
Mean	5.4	6.1	5.7	7.4	6.2	6.9	6.6	7.8
Median	5.2	5.8	5.5	7.2	6.0	6.9	6.4	7.8
sd	1.5	2.1	1.9	2.3	1.7	1.8	1.8	2.5
Upper 2.5 percentile	8.8	10.7	10.0	12.1	10.1	9.8	9.9	13.3
Lower 2.5 percentile	2.7	2.7	2.7	3.1	3.4	3.1	3.3	3.6
Copper mg								
Mean	0.69	0.80	0.75	1.04	0.78	0.88	0.84	1.08
Median	0.65	0.76	0.70	0.98	0.80	0.88	0.83	0.96
sd	0.24	0.30	0.28	0.43	0.23	0.24	0.24	0.59
Upper 2.5 percentile	1.30	1.52	1.38	1.096	1.29	1.32	1.32	2.71
Lower 2.5 percentile	0.33	0.39	0.35	0.40	0.40	0.48	0.42	0.46

Table 5.27b (continued)

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), males by age

Mineral	Survey, sex and age group (years)							
	1997 NDNS Young People				2000/01 NDNS Adults			
	Girls		Total girls		Women		Total girls	
	4-10	11-18	4-10	11-18	19-64	4-10	11-18	19-64
Iodine µg								
Mean	135	134	135	135	161	132	114	141
Median	127	119	124	124	151	126	100	132
sd	59	86	75	75	79	55	54	61
Upper 2.5 percentile	277	294	282	282	332	254	272	290
Lower 2.5 percentile	47	41	44	44	52	44	45	57
Bases (unweighted)	397	448	845	845	891	119	110	253

Table 5.27c

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Mineral	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Iron mg						
Mean	8.5	10.2	11.5	8.6	9.9	11.1
Median	8.1	9.5	10.8	8.5	9.9	10.6
sd	2.8	4.0	4.8	2.4	3.2	4.0
Upper 2.5 percentile	15.0	19.8	22.7	14.2	17.9	20.8
Lower 2.5 percentile	4.2	4.5	4.1	4.4	4.3	4.4
Calcium mg						
Mean	701	749	888	787	813	824
Median	679	721	845	760	734	792
sd	247	310	377	257	307	326
Upper 2.5 percentile	1290	1480	1669	1318	1522	1492
Lower 2.5 percentile	299	260	317	342	356	308
Magnesium mg						
Mean	178	213	266	192	217	265
Median	173	203	253	189	208	249
sd	50	71	99	50	66	94
Upper 2.5 percentile	294	372	482	315	381	527
Lower 2.5 percentile	91	100	108	114	106	112

Table 5.27c (continued)

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Mineral	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Potassium mg						
Mean	2000	2380	3002	2123	2401	2921
Median	1960	2300	2918	2105	2315	2843
sd	545	773	982	506	717	943
Upper 2.5 percentile	3190	4090	5046	3240	3841	5282
Lower 2.5 percentile	1100	1100	1282	1321	1078	1330
Zinc mg						
Mean	5.6	7.0	8.6	6.5	7.8	8.9
Median	5.5	6.6	8.3	6.2	7.7	8.8
sd	1.7	2.6	3.2	2.0	2.5	3.1
Upper 2.5 percentile	9.6	12.9	16.2	11.2	13.5	15.3
Lower 2.5 percentile	2.8	3.0	3.4	3.4	4.2	4.0
Copper mg						
Mean	0.73	0.89	1.23	0.79	0.99	1.19
Median	0.69	0.83	1.11	0.79	0.92	1.08
sd	0.26	0.34	0.80	0.23	0.37	0.67
Upper 2.5 percentile	1.37	1.70	2.54	1.29	1.90	2.71
Lower 2.5 percentile	0.35	0.42	0.46	0.44	0.45	0.47

Table 5.27c (continued)

Comparison with past surveys of average daily intake of selected minerals from food sources only: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results), by age

Aged 4 -64 years

Mineral	Survey and age group (years)					
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1	
	4-10	11-18	19-64	4-10	11-18	19-64
Iodine µg						
Mean	145	152	188	141	134	171
Median	134	138	175	127	117	157
sd	66	85	93	60	66	85
Upper 2.5 percentile	308	328	388	287	314	398
Lower 2.5 percentile	52	45	57	53	47	59
Bases (unweighted)	837	864	1724	238	224	434

Table 5.28a

Comparison with past surveys of proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results)^{1,2}, males by age

Males aged 4-64 years

Mineral	Survey and age group (years)											
	1997 NDNS Young People				2000/01 NDNS Adults				NDNS Rolling Programme Year 1			
	Boys		Total boys		Men		Total boys		Men		Total boys	
	4-10	11-18	%	19-64	%	19-64	%	4-10	11-18	%	19-64	%
Iron	1	5	3	2	2	1	7	1	7	4	1	1
Calcium	2	13	7	3	3	0	6	0	6	4	4	4
Magnesium	3	24	13	11	11	0	26	0	26	14	10	10
Potassium	0	13	6	7	7	0	14	0	14	8	9	9
Zinc	11	12	12	6	6	6	10	6	10	8	8	8
Iodine	0	5	3	2	2	0	2	0	2	1	4	4
Bases (unweighted)	440	416	856	833	833	119	114	119	114	233	181	181

¹ 0 denotes 0.5% or lower.

² % <LRNI recalculated for past surveys for four days of assessment.

Table 5.28b

Comparison with past surveys of proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI), by age: NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results)^{1,2}

Females aged 4 and over

Mineral	Survey and age group (years)											
	1997 NDNS Young People			2000/01 NDNS Adults			NDNS Rolling Programme Year 1					
	Girls		Total girls	Women		Total	Girls		Total girls	Women		Total
4-10	11-18	%	19-64	%	%	4-10	11-18	%	19-64	%	19-64	%
Iron	3	47	26	26	26	2	46	27	20			
Calcium	3	23	14	8	8	2	11	7	7			
Magnesium	3	51	29	13	13	3	46	27	9			
Potassium	1	31	17	20	20	0	30	17	21			
Zinc	19	26	23	7	7	9	15	12	4			
Iodine	3	14	9	6	6	4	16	11	7			
Bases (unweighted)	397	448	845	891	891	119	110	229	253			

¹ 0 denotes 0.5% or lower.

² % <LRNI recalculated for past surveys for four days of assessment.

Table 5.28c

Comparison with past surveys of proportion of participants with average daily intakes of minerals from food sources only below the Lower Reference Nutrient Intake (LRNI): NDNS Young People 4-18 years (1997) and NDNS Adults 19-64 years (2000/01); NDNS rolling programme Year 1 (current results)^{1,2}, by age

Mineral	Survey and age group (years)							
	1997 NDNS Young People		2000/01 NDNS Adults		NDNS Rolling Programme Year 1			19-64 %
	4-10 %	11-18 %	19-64 %	4-10 %	11-18 %	11-18 %		
Iron	2	27	15	1	26	11		
Calcium	3	18	6	1	9	6		
Magnesium	3	38	12	2	36	10		
Potassium	1	22	15	0	22	15		
Zinc	15	19	7	7	13	6		
Iodine	3	10	5	2	9	6		
<i>Bases (unweighted)</i>	837	864	1724	238	224	434		

¹ 0 denotes 0.5% or lower.

² % <LRNI recalculated for past surveys for four days of assessment.