

## Chapter 2 Methodology and response

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**Table 2.1**

**Summary of achieved response rates at household level (years 1 and 2 combined)**

| <i>Issued addresses</i>                    | <i>2008/09 -2009/10</i> |           |
|--|-------------------------|-----------|
| <b>Response of issued addresses</b>        | <b>N</b>                | <b>%</b>  |
| <b>Issued addresses</b>                    | 6750                    |           |
| Total                                      |                         |           |
| Ineligible <sup>a</sup>                    | 3626                    | 54        |
| Eligible                                   | 3124                    | 46        |
| <b>Eligible addresses</b>                  |                         |           |
| Refused household selection                | 319                     | 10        |
| Selected households                        | 2805                    | 90        |
| <b>Selected households</b>                 |                         |           |
| <b>Productive households<sup>b</sup></b>   | <b>1783</b>             | <b>64</b> |
| <b>Unproductive households</b>             | <b>1022</b>             | <b>36</b> |
| Non contact                                | 45                      | 2         |
| Refused (all selected respondents)         | 748                     | 27        |
| Other reason for unproductive <sup>c</sup> | 229                     | 8         |

<sup>a</sup> Includes screened out child boost addresses.

<sup>b</sup> Includes fully productive households (all selected participant(s) completed three or four diary days) and partially productive households (one or both participants completed less than three diary days).

<sup>c</sup> 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 (years 1 and 2 combined)

Fully productive participants<sup>a</sup>

2008/09 -2009/10

| 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            | %  |      |
| <b>Males</b>                                       |                   |    |      |    |       |    |                |    |       |    |     |    |              |    |      |
| Fully productive                                   | 117               |    | 210  |    | 238   |    | 565            |    | 346   |    | 96  |    | 442          |    | 1007 |
| Height measured <sup>1</sup>                       | 84                | 88 | 201  | 96 | 233   | 98 | 518            | 95 | 334   | 97 | 93  | 97 | 427          | 97 | 945  |
| Weight measured <sup>2</sup>                       | 102               | 87 | 201  | 96 | 232   | 97 | 535            | 95 | 331   | 96 | 94  | 98 | 425          | 96 | 960  |
| Visited by nurse <sup>2</sup>                      | 88                | 75 | 154  | 73 | 179   | 75 | 421            | 75 | 266   | 77 | 73  | 76 | 339          | 77 | 760  |
| Blood pressure measured <sup>3</sup>               | -                 | -  | 139  | 66 | 179   | 75 | 318            | 71 | 264   | 76 | 69  | 72 | 333          | 75 | 651  |
| Waist circumference measured <sup>4</sup>          | -                 | -  | -    | -  | 177   | 74 | 177            | 31 | 264   | 76 | 73  | 76 | 337          | 76 | 514  |
| Waist:hip ratio measured <sup>4</sup>              | -                 | -  | -    | -  | 177   | 74 | 177            | 74 | 264   | 76 | 73  | 76 | 337          | 76 | 514  |
| Mid-upper arm circumference measured <sup>5</sup>  | 62                | 65 | 152  | 72 | 110   | 76 | 324            | 72 | -     | -  | -   | -  | -            | -  | 324  |
| Consented to give blood sample <sup>2</sup>        | 26                | 22 | 60   | 29 | 114   | 48 | 200            | 35 | 180   | 52 | 55  | 57 | 235          | 53 | 435  |
| Blood sample attempted <sup>2</sup>                | 18                | 15 | 49   | 23 | 109   | 46 | 176            | 31 | 171   | 49 | 54  | 56 | 225          | 51 | 401  |
| Blood sample obtained <sup>2</sup>                 | 15                | 13 | 48   | 23 | 99    | 42 | 162            | 29 | 160   | 46 | 51  | 53 | 211          | 48 | 373  |
| Consented to 24-hour urine sample <sup>6</sup>     | -                 | -  | 114  | 56 | 156   | 66 | 270            | 61 | 223   | 64 | 61  | 64 | 284          | 64 | 554  |
| 24-hour urine sample obtained <sup>6</sup>         | -                 | -  | 111  | 54 | 150   | 63 | 261            | 59 | 217   | 63 | 60  | 63 | 277          | 63 | 538  |
| <b>Females</b>                                     |                   |    |      |    |       |    |                |    |       |    |     |    |              |    |      |
| Fully productive                                   | 102               |    | 213  |    | 215   |    | 530            |    | 461   |    | 128 |    | 589          |    | 1119 |
| Height measured <sup>7</sup>                       | 70                | 83 | 204  | 96 | 211   | 98 | 485            | 95 | 438   | 95 | 118 | 92 | 556          | 94 | 1041 |
| Weight measured <sup>8</sup>                       | 88                | 86 | 203  | 95 | 209   | 97 | 500            | 94 | 429   | 93 | 117 | 91 | 546          | 93 | 1046 |
| Visited by nurse <sup>8</sup>                      | 76                | 75 | 175  | 82 | 166   | 77 | 417            | 79 | 341   | 74 | 100 | 78 | 441          | 75 | 858  |
| Blood pressure measured <sup>9</sup>               | -                 | -  | 164  | 77 | 164   | 76 | 328            | 77 | 336   | 73 | 98  | 77 | 434          | 74 | 762  |
| Waist circumference measured <sup>10</sup>         | -                 | -  | -    | -  | 165   | 77 | 165            | 77 | 337   | 73 | 99  | 77 | 436          | 74 | 601  |
| Waist:hip ratio measured <sup>10</sup>             | -                 | -  | -    | -  | 165   | 77 | 165            | 77 | 337   | 73 | 99  | 77 | 436          | 74 | 601  |
| Mid-upper arm circumference measured <sup>11</sup> | 57                | 68 | 172  | 81 | 99    | 77 | 328            | 77 | -     | -  | -   | -  | -            | -  | 328  |
| Consented to give blood sample <sup>8</sup>        | 15                | 15 | 65   | 31 | 98    | 46 | 178            | 34 | 258   | 56 | 75  | 59 | 333          | 57 | 511  |
| Blood sample attempted <sup>8</sup>                | 13                | 13 | 50   | 23 | 92    | 43 | 155            | 29 | 241   | 52 | 73  | 57 | 314          | 53 | 469  |
| Blood sample obtained <sup>8</sup>                 | 12                | 12 | 47   | 22 | 79    | 37 | 138            | 26 | 231   | 50 | 69  | 54 | 300          | 51 | 438  |
| Consented to 24-hour urine sample <sup>12</sup>    | -                 | -  | 131  | 63 | 130   | 60 | 261            | 62 | 272   | 59 | 82  | 64 | 354          | 60 | 615  |
| 24-hour urine sample obtained <sup>12</sup>        | -                 | -  | 129  | 62 | 123   | 57 | 252            | 60 | 259   | 56 | 78  | 61 | 337          | 57 | 589  |

Table 2.2 (continued)

## Response of fully productive participants to key survey stages and measurements, by sex and age (years 1 and 2 combined)

Fully productive participants<sup>a</sup>

2008/09 -2009/10

| Individual response   | Age group (years) |      |       |                |       |     | Total adults | Total |
|---|-------------------|------|-------|----------------|-------|-----|--------------|-------|
|   | 1.5-3             | 4-10 | 11-18 | Total children | 19-64 | 65+ |              |       |
| <i>Bases (unweighted)</i>   |                   |      |       |                |       |     |              |       |
| <b>Males</b>  |                   |      |       |                |       |     |              |       |
| <sup>1</sup> Height taken for fully productive males aged 2 and over                                  | 96                | 210  | 238   | 544            | 346   | 96  | 442          | 986   |
| <sup>2</sup> All measures taken for fully productive males aged 1.5 and over                          | 117               | 210  | 238   | 564            | 346   | 96  | 442          | 1007  |
| <sup>3</sup> Blood pressure taken for fully productive males aged 4 and over                          | -                 | 210  | 238   | 448            | 346   | 96  | 442          | 890   |
| <sup>4</sup> Waist measures taken for fully productive males aged 11 and over                         | -                 | -    | 238   | 238            | 346   | 96  | 442          | 680   |
| <sup>5</sup> Mid-upper arm measurement taken for fully productive males aged 2-15                     | 96                | 210  | 145   | 451            | -     | -   | -            | 451   |
| <sup>6</sup> Urine samples taken for fully productive males aged 4 and over who are out of nappies    | -                 | 204  | 238   | 442            | 346   | 96  | 442          | 884   |
| <b>Females</b>  |                   |      |       |                |       |     |              |       |
| <sup>7</sup> Height taken for fully productive females aged 2 and over                                | 84                | 213  | 215   | 512            | 461   | 128 | 589          | 1101  |
| <sup>8</sup> All measures taken for fully productive females aged 1.5 and over                        | 102               | 213  | 215   | 530            | 461   | 128 | 589          | 1119  |
| <sup>9</sup> Blood pressure taken for fully fully productive females aged 4 and over                  | -                 | 213  | 215   | 428            | 461   | 128 | 589          | 1017  |
| <sup>10</sup> Waist measures taken for fully productive females aged 11 and over                      | -                 | -    | 215   | 215            | 461   | 128 | 589          | 804   |
| <sup>11</sup> Mid-upper arm measurement taken for fully productive females aged 2-15                  | 84                | 213  | 129   | 426            | -     | -   | -            | 426   |
| <sup>12</sup> Urine samples taken for fully productive females aged 4 and over who are out of nappies | -                 | 208  | 215   | 423            | 461   | 128 | 589          | 1012  |

<sup>a</sup> Fully productive participants are those completing three or four diary recording days

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

- 3.1 Sex of the NDNS sample, by adult/child status.
- 3.2 Age of the NDNS sample, children, by sex.
- 3.3 Age of the NDNS sample, adults, by sex.
- 3.4 National Statistics Socio-economic Classification (NS-SEC) and housing tenure of the Household Reference Person (HRP), by age.
- 3.5 Age at which finished full-time education and highest qualification achieved, by age.
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- 3.7 Self-reported current cigarette smoking status, adults, by sex and age.
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- 3.12 Children's self-reported experience of drinking alcohol, by sex and age.
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**Table 3.1****Sex of the NDNS sample, by adult/child status***Aged 1.5 years and over* *2008/09 -2009/10*

| <b>Sex</b>                              | <b>Adult/child status</b>        |                             |
|---|----------------------------------|-----------------------------|
|   | Total children<br>(1.5-18 years) | Total adults<br>(19+ years) |
|   | %                                | %                           |
| <b>Unweighted proportions</b>           |                                  |                             |
| Males                                   | 52                               | 43                          |
| Females                                 | 48                               | 57                          |
| <b>Weighted proportions<sup>a</sup></b> |                                  |                             |
| Males                                   | 51                               | 49                          |
| Females                                 | 49                               | 51                          |

*Bases (unweighted)* *1095* *1031*<sup>a</sup> The sample was weighted to bring the proportion of males and females into line with the UK general population.(Office for National Statistics. *Mid 2009 Population Estimates*.

[Online] Available:

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

(accessed 17/01/2011).

**Table 3.2****Age of the NDNS sample, children, by sex***Aged 1.5-18 years**2008/09 -2009/10*

| Age group (years)                       | Sex        |            | Total       |
|---|------------|------------|-------------|
|   | Boys       | Girls      |             |
|   | %          | %          | %           |
| <b>Unweighted proportions</b>           |            |            |             |
| 1.5-3 years                             | 21         | 19         | 20          |
| 4-10 years                              | 37         | 40         | 39          |
| 11-18 years                             | 42         | 41         | 41          |
| <b>Weighted proportions<sup>a</sup></b> |            |            |             |
| 1.5-3 years                             | 15         | 15         | 15          |
| 4-10 years                              | 38         | 38         | 38          |
| 11-18 years                             | 47         | 47         | 47          |
| <i>Bases (unweighted)</i>               | <i>565</i> | <i>530</i> | <i>1095</i> |

<sup>a</sup>The sample was weighted to bring the proportion of males and females into line with the UK general population.

Office for National Statistics. *Mid 2009 Population Estimates*. [Online] Available: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106> (accessed 17/01/2011).

**Table 3.3****Age of the NDNS sample, adults, by sex***Aged 19 years and over**2008/09 -2009/10*

| Age group (years)                       | Sex        |            | Total<br>%  |
|---|------------|------------|-------------|
|   | Men<br>%   | Women<br>% |             |
| <b>Unweighted proportions</b>           |            |            |             |
| 19-64 years                             | 78         | 78         | 78          |
| 65 years and over                       | 22         | 22         | 22          |
| <b>Weighted proportions<sup>a</sup></b> |            |            |             |
| 19-64 years                             | 81         | 77         | 79          |
| 65 years and over                       | 19         | 23         | 21          |
| <i>Bases (unweighted)</i>               | <i>442</i> | <i>589</i> | <i>1031</i> |

<sup>a</sup> The sample was weighted to bring the proportion of males and females into line with the UK general population.

Office for National Statistics. *Mid 2009 Population Estimates*. [Online]  
 Available: <http://www.statistics.gov.uk/statbase/Product.asp?vlnk=15106>  
 (accessed 17/01/2011).

Table 3.4

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

Aged 1.5 years and over

2008/09 -2009/10

| NS-SEC, Housing tenure                       | Age group (years) |      |       |                |       |     |              |
|--|-------------------|------|-------|----------------|-------|-----|--------------|
|  | 1.5-3             | 4-10 | 11-18 | Total children | 19-64 | 65+ | Total adults |
|  | %                 | %    | %     | %              | %     | %   | %            |
| <b>NS-SEC of HRP<sup>a</sup></b>             |                   |      |       |                |       |     |              |
| Higher managerial & professional occupations | 15                | 15   | 13    | 14             | 15    | 9   | 14           |
| Lower managerial & professional occupations  | 24                | 25   | 25    | 25             | 29    | 28  | 29           |
| Intermediate occupations                     | 8                 | 7    | 6     | 7              | 7     | 8   | 8            |
| Small employers & own account workers        | 11                | 14   | 12    | 12             | 10    | 16  | 12           |
| Lower supervisory and technical occupations  | 10                | 10   | 10    | 10             | 10    | 14  | 11           |
| Semi-routine occupations                     | 13                | 15   | 14    | 14             | 13    | 10  | 12           |
| Routine occupations                          | 10                | 10   | 13    | 11             | 10    | 12  | 11           |
| Never worked                                 | 3                 | 2    | 4     | 3              | 2     | 2   | 2            |
| Other  | 4                 | 2    | 3     | 3              | 3     | 1   | 2            |
| <b>Housing tenure</b>                        |                   |      |       |                |       |     |              |
| Own outright                                 | 3                 | 8    | 12    | 9              | 21    | 75  | 32           |
| Own with mortgage                            | 51                | 59   | 55    | 56             | 46    | 6   | 38           |
| Rent from local authority                    | 15                | 12   | 18    | 15             | 10    | 8   | 10           |
| Rent from housing association                | 9                 | 8    | 6     | 7              | 6     | 9   | 7            |
| Rent privately, furnished                    | 3                 | 1    | 1     | 1              | 4     | 1   | 3            |
| Rent privately, unfurnished                  | 18                | 12   | 8     | 11             | 12    | 2   | 10           |
| <i>Bases (unweighted)<sup>b</sup></i>        | 218               | 423  | 449   | 1090           | 804   | 223 | 1026         |

<sup>a</sup> See Chapter 2 for definition of HRP.<sup>b</sup> The bases shown are for 'Housing tenure' and may vary slightly for 'NS-SEC of HRP'.



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 (i.e. not child boost) addresses<sup>a</sup>

2008/09 -2009/10

| Education  | Age group (years) |       |       |       |     | Total |
|--|-------------------|-------|-------|-------|-----|-------|
|  | 16-18             | 19-34 | 35-49 | 50-64 | 65+ |       |
|  | %                 | %     | %     | %     | %   | %     |
| <b>Age finished full-time education</b>                  |                   |       |       |       |     |       |
| Not yet finished   | 84                | 11    | -     | 0     | -   | 7     |
| Never went to school                                     | -                 | -     | -     | -     | 1   | 0     |
| 15 or under  | 1                 | 6     | 9     | 33    | 60  | 24    |
| 16   | 10                | 23    | 40    | 24    | 14  | 26    |
| 17   | 1                 | 8     | 12    | 8     | 9   | 9     |
| 18 or over   | 4                 | 52    | 40    | 34    | 16  | 35    |
| <b>Highest qualification achieved</b>                    |                   |       |       |       |     |       |
| Degree or equivalent                                     | -                 | 28    | 26    | 26    | 10  | 22    |
| Higher education, below degree level                     | -                 | 9     | 16    | 13    | 4   | 11    |
| GCE, A level or equivalent                               | 2                 | 18    | 15    | 12    | 8   | 13    |
| GCSE grades A - C or equivalent                          | 5                 | 18    | 27    | 15    | 16  | 19    |
| GCSE grades D-G/Commercial qualifications/apprenticeship | 2                 | 2     | 3     | 2     | 1   | 2     |
| Foreign or other qualifications                          | -                 | 2     | 2     | 3     | 8   | 4     |
| No qualifications  | 4                 | 8     | 10    | 30    | 53  | 22    |
| Still in full-time education                             | 87                | 13    | 0     | -     | -   | 7     |
| <i>Bases (unweighted)<sup>b</sup></i>                    | 63                | 225   | 309   | 271   | 224 | 1092  |

<sup>a</sup> 16-18 year olds from child boost addresses have been excluded from this analysis. If included, this group would have required additional selection weights, which would have greatly reduced the sample efficiency. A fuller explanation of the weights and their impact on sample efficiency is given in Appendix B.

<sup>b</sup> 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 -2009/10*

| Vegetarian diets                    | Age group (years) |            |            |                |            |            |              |
|-------------------------------------|-------------------|------------|------------|----------------|------------|------------|--------------|
|                                     | 1.5-3             | 4-10       | 11-18      | Total children | 19-64      | 65+        | Total adults |
|                                     | %                 | %          | %          | %              | %          | %          | %            |
| <b>Vegetarian diets<sup>a</sup></b> |                   |            |            |                |            |            |              |
| Vegetarian                          | 1                 | 2          | 3          | 2              | 2          | 1          | 2            |
| Vegan                               | -                 | 0          | -          | 0              | -          | 1          | 0            |
| Neither                             | 99                | 98         | 97         | 98             | 98         | 98         | 98           |
| <i>Bases (unweighted)</i>           | <i>219</i>        | <i>423</i> | <i>453</i> | <i>1095</i>    | <i>807</i> | <i>224</i> | <i>1031</i>  |

<sup>a</sup> 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 16-18 year olds in the general sample (i.e. not child boost) addresses<sup>a</sup>

2008/09 -2009/10

| Smoking status                 | Age group (years) |       |       |     | Total |
|--------------------------------|-------------------|-------|-------|-----|-------|
|                                | 16-24             | 25-49 | 50-64 | 65+ |       |
|                                | %                 | %     | %     | %   | %     |
| <b>Men</b>                     |                   |       |       |     |       |
| Current cigarette smoker       | 31                | 36    | 14    | 9   | 26    |
| Ex-regular cigarette smoker    | 7                 | 16    | 34    | 50  | 25    |
| Never regular cigarette smoker | 63                | 47    | 51    | 41  | 49    |
| <b>Women</b>                   |                   |       |       |     |       |
| Current cigarette smoker       | 23                | 25    | 14    | 7   | 19    |
| Ex-regular cigarette smoker    | 15                | 16    | 28    | 28  | 21    |
| Never regular cigarette smoker | 62                | 59    | 58    | 65  | 60    |
| <i>Bases (unweighted)</i>      |                   |       |       |     |       |
| <i>Men</i>                     | 69                | 196   | 115   | 96  | 476   |
| <i>Women</i>                   | 73                | 257   | 156   | 128 | 614   |

<sup>a</sup> 16-18 year olds from child boost addresses have been excluded from this analysis. If included, this group would have required additional selection weights, which would have greatly reduced the sample efficiency. A fuller explanation of the weights and their impact on sample efficiency is given in Appendix B.

**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<sup>a</sup>

2008/09 -2009/10

| Smoker category: cigarettes smoked per day | Age group (years) |       |       |     | Total |
|--|-------------------|-------|-------|-----|-------|
|  | 16-24             | 25-49 | 50-64 | 65+ |       |
|  | %                 | %     | %     | %   | %     |
| <b>Men</b>                                 |                   |       |       |     |       |
| Light smokers <sup>b</sup>                 | 19                | 17    | 10    | 10  | 14    |
| Moderate smokers <sup>c</sup>              | 10                | 12    | 3     | 3   | 8     |
| Heavy smokers <sup>d</sup>                 | 7                 | 10    | 5     | 3   | 7     |
| Don't know number smoked a day             | 1                 | -     | 0     | -   | 0     |
| Non-smoker                                 | 63                | 61    | 82    | 84  | 70    |
| <b>Women</b>                               |                   |       |       |     |       |
| Light smokers <sup>b</sup>                 | 5                 | 10    | 7     | 1   | 7     |
| Moderate smokers <sup>c</sup>              | 14                | 14    | 4     | 5   | 10    |
| Heavy smokers <sup>d</sup>                 | 3                 | 4     | 3     | 2   | 3     |
| Don't know number smoked a day             | 2                 | -     | 0     | -   | 0     |
| Non-smoker                                 | 77                | 72    | 85    | 93  | 80    |
| <i>Bases (unweighted)</i>                  |                   |       |       |     |       |
| <i>Men</i>                                 | 69                | 196   | 115   | 96  | 476   |
| <i>Women</i>                               | 73                | 257   | 156   | 128 | 614   |

<sup>a</sup> 16-18 year olds from child boost addresses have been excluded from this analysis. If included, this group would have required additional selection weights, which would have greatly reduced the sample efficiency. A fuller explanation of the weights and their impact on sample efficiency is given in Appendix B.

<sup>b</sup> Light: under 10 cigarettes per day

<sup>c</sup> Moderate: 10 to less than 20 cigarettes per day

<sup>d</sup> 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 -2009/10

| Experience of smoking cigarettes | Age group (years) |       |       | Total |
|----------------------------------|-------------------|-------|-------|-------|
|                                  | 8-10              | 11-12 | 13-15 |       |
|                                  | %                 | %     | %     | %     |
| <b>Boys</b>                      |                   |       |       |       |
| Ever smoked a cigarette          | 5                 | 10    | 22    | 13    |
| <b>Girls</b>                     |                   |       |       |       |
| Ever smoked a cigarette          | -                 | 4     | 26    | 12    |
| <i>Bases (unweighted)</i>        |                   |       |       |       |
| <i>Boys</i>                      | 74                | 52    | 89    | 215   |
| <i>Girls</i>                     | 84                | 39    | 86    | 209   |

**Table 3.10**

**Summary of maximum alcohol consumption of adults on heaviest drinking day in the last week<sup>a</sup>, 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<sup>b</sup>*

2008/09 -2009/10

| Maximum daily consumption                | Age group (years) |       |       |     | Total |
|--|-------------------|-------|-------|-----|-------|
|  | 16-24             | 25-49 | 50-64 | 65+ |       |
|  | %                 | %     | %     | %   | %     |
| <b>Men</b>                               |                   |       |       |     |       |
| Did not drink in last week               | 32                | 27    | 21    | 28  | 27    |
| Up to and including 4 units              | 10                | 23    | 32    | 46  | 27    |
| More than 4, up to and including 8 units | 22                | 18    | 17    | 15  | 18    |
| More than 8 units                        | 35                | 32    | 29    | 11  | 28    |
| <b>Women</b>                             |                   |       |       |     |       |
| Did not drink in last week               | 56                | 34    | 38    | 50  | 41    |
| Up to and including 3 units              | 9                 | 27    | 36    | 34  | 28    |
| More than 3, up to and including 6 units | 9                 | 18    | 15    | 12  | 15    |
| More than 6 units                        | 27                | 22    | 11    | 4   | 16    |
| <i>Bases (unweighted)</i>                |                   |       |       |     |       |
| <i>Men</i>                               | 69                | 195   | 115   | 96  | 475   |
| <i>Women</i>                             | 72                | 255   | 156   | 128 | 611   |

<sup>a</sup> Based on information recorded in the CAPI interview/self-completion

<sup>b</sup> 16-18 year olds from child boost addresses have been excluded from this analysis. If included, this group would have required additional selection weights, which would have greatly reduced the sample efficiency. A fuller explanation of the weights and their impact on sample efficiency is given in Appendix B

**Table 3.11**

**Maximum alcohol consumption of adults on heaviest drinking day in the last week<sup>a</sup>, 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<sup>b</sup>*

2008/09 -2009/10

| Maximum daily consumption                | Age group (years) |            |           |           | Total      |
|--|-------------------|------------|-----------|-----------|------------|
|  | 16-24             | 25-49      | 50-64     | 65+       |            |
|  | %                 | %          | %         | %         | %          |
| <b>Men</b>                               |                   |            |           |           |            |
| 2 units or less                          | 11                | 18         | 18        | 52        | 23         |
| More than 2, up to and including 3 units | 3                 | 5          | 8         | 5         | 6          |
| More than 3, up to and including 4 units | 1                 | 8          | 16        | 7         | 9          |
| More than 4, up to and including 5 units | 14                | 6          | 8         | 5         | 7          |
| More than 5, up to and including 6 units | 7                 | 8          | 12        | 10        | 9          |
| More than 6, up to and including 8 units | 11                | 12         | 2         | 5         | 8          |
| More than 8 units                        | 52                | 44         | 37        | 15        | 38         |
| <i>More than 4 units</i>                 | <i>85</i>         | <i>69</i>  | <i>59</i> | <i>36</i> | <i>63</i>  |
| <i>More than 8 units</i>                 | <i>52</i>         | <i>44</i>  | <i>37</i> | <i>15</i> | <i>38</i>  |
| Mean number of units                     | 13.0              | 9.3        | 7.3       | 4.7       | 8.5        |
| Standard error of mean                   | 2.08              | 0.63       | 0.60      | 0.63      | 0.49       |
| <b>Women</b>                             |                   |            |           |           |            |
| 2 units or less                          | 13                | 28         | 39        | 53        | 34         |
| More than 2, up to and including 3 units | 6                 | 12         | 18        | 15        | 13         |
| More than 3, up to and including 4 units | 11                | 9          | 7         | 12        | 9          |
| More than 4, up to and including 5 units | 7                 | 8          | 9         | 4         | 7          |
| More than 5, up to and including 6 units | 2                 | 10         | 9         | 8         | 9          |
| More than 6, up to and including 8 units | 5                 | 9          | 8         | 6         | 8          |
| More than 8 units                        | 56                | 24         | 11        | 3         | 20         |
| <i>More than 3 units</i>                 | <i>81</i>         | <i>60</i>  | <i>42</i> | <i>32</i> | <i>53</i>  |
| <i>More than 6 units</i>                 | <i>61</i>         | <i>33</i>  | <i>19</i> | <i>9</i>  | <i>28</i>  |
| Mean number of units                     | 10.4              | 5.8        | 4.1       | 3.1       | 5.4        |
| Standard error of mean                   | 1.55              | 0.43       | 0.34      | 0.30      | 0.33       |
| <b>Bases (unweighted)</b>                |                   |            |           |           |            |
| <i>Men</i>                               | <i>43</i>         | <i>146</i> | <i>92</i> | <i>65</i> | <i>346</i> |
| <i>Women</i>                             | <i>32</i>         | <i>167</i> | <i>92</i> | <i>63</i> | <i>354</i> |

<sup>a</sup> Based on information recorded in the CAPI interview/self-completion

<sup>b</sup> 16-18 year olds from child boost addresses have been excluded from this analysis. If included, this group would have required additional selection weights, which would have greatly reduced the sample efficiency. A fuller explanation of the weights and their impact on sample efficiency is given in Appendix B

**Table 3.12**

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

*Aged 8-15 years*

*2008/09 -2009/10*

| Experience of alcohol <sup>a</sup> | Age group (years) |       |       | Total |
|------------------------------------|-------------------|-------|-------|-------|
|                                    | 8-10              | 11-12 | 13-15 |       |
|                                    | %                 | %     | %     | %     |
| <b>Boys</b>                        |                   |       |       |       |
| Ever had proper alcoholic drink    | 12                | 27    | 49    | 31    |
| <b>Girls</b>                       |                   |       |       |       |
| Ever had proper alcoholic drink    | 8                 | 17    | 57    | 32    |
| <i>Bases (unweighted)</i>          |                   |       |       |       |
| <i>Boys</i>                        | 74                | 52    | 88    | 214   |
| <i>Girls</i>                       | 84                | 39    | 86    | 209   |

<sup>a</sup> Results are based on those children who answered 'yes' either to the self-completion questionnaire 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 -2009/10*

| Frequency of drinking            | Age group (years) |       |       | Total |
|----------------------------------|-------------------|-------|-------|-------|
|                                  | 8-10              | 11-12 | 13-15 |       |
|                                  | %                 | %     | %     | %     |
| <b>Boys</b>                      |                   |       |       |       |
| Almost every day                 | -                 | -     | -     | -     |
| About twice a week               | -                 | -     | 3     | 1     |
| About once a week                | -                 | -     | 1     | 0     |
| About once a fortnight           | 1                 | -     | 8     | 4     |
| About once a month               | -                 | -     | 17    | 7     |
| Only a few times a year          | 7                 | 20    | 18    | 15    |
| Never drinks                     | 91                | 80    | 54    | 72    |
| Once a week or more <sup>a</sup> | -                 | -     | 4     | 2     |
| <b>Girls</b>                     |                   |       |       |       |
| Almost every day                 | -                 | -     | -     | -     |
| About twice a week               | -                 | -     | 1     | 0     |
| About once a week                | -                 | -     | 6     | 3     |
| About once a fortnight           | -                 | -     | 6     | 2     |
| About once a month               | -                 | 1     | 9     | 4     |
| Only a few times a year          | 7                 | 14    | 27    | 17    |
| Never drinks                     | 93                | 85    | 52    | 73    |
| Once a week or more <sup>a</sup> | -                 | -     | 6     | 3     |
| <i>Bases (unweighted)</i>        |                   |       |       |       |
| <i>Boys</i>                      | 74                | 52    | 88    | 214   |
| <i>Girls</i>                     | 84                | 38    | 85    | 207   |

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

## **Chapter 4 TABLES: Physical measurements**

- 4.1a Body mass index (BMI), prevalence of underweight, overweight and obesity, waist circumference, waist: hip ratio, and prevalence of abdominal obesity (raised waist circumference or raised waist:hip ratio), adults, by sex and age.
- 4.1b Body mass index (BMI) prevalence of overweight and obesity, children, by sex and age.
- 4.2 Systolic and diastolic blood pressure (BP) and hypertension, adults, by sex and age



Table 4.1a

**Body mass index (BMI), prevalence of underweight, overweight and obesity, waist circumference, waist: hip ratio, and prevalence of abdominal obesity (raised waist circumference or raised waist:hip ratio), adults, by sex and age**

*Aged 19 years and over with a valid BMI measurement*

*2008/09 -2009/10*

| BMI (kg/m <sup>2</sup> )                         | Age group (years) |       | Total |
|--|-------------------|-------|-------|
|  | 19-64             | 65+   |       |
| <b>Men</b>                                       |                   |       |       |
| Mean BMI (kg/m <sup>2</sup> )                    | 27.5              | 28.0  | 27.6  |
| Standard error of the mean                       | 0.29              | 0.40  | 0.24  |
| % Underweight <sup>a</sup>                       | 1                 | -     | 1     |
| % Normal <sup>a</sup>                            | 31                | 16    | 28    |
| % Overweight <sup>a</sup>                        | 41                | 54    | 43    |
| % Obese, excluding morbidly obese <sup>a</sup>   | 26                | 31    | 27    |
| % Morbidly obese <sup>a</sup>                    | 1                 | -     | 1     |
| <i>% Overweight, including obese<sup>a</sup></i> | 68                | 84    | 71    |
| <i>% Obese<sup>a</sup></i>                       | 27                | 31    | 28    |
| Mean waist circumference (cm)                    | 96.8              | 106.1 | 98.6  |
| Standard error of the mean                       | 0.88              | 1.61  | 0.78  |
| % Raised waist circumference <sup>b</sup>        | 34                | 66    | 40    |
| Mean waist: hip ratio                            | 0.92              | 0.98  | 0.93  |
| Standard error of the mean                       | 0.01              | 0.01  | 0.00  |
| % Raised waist: hip ratio <sup>c</sup>           | 35                | 70    | 42    |
| <b>Women</b>                                     |                   |       |       |
| Mean BMI (kg/m <sup>2</sup> )                    | 27.0              | 28.7  | 27.4  |
| Standard error of the mean                       | 0.34              | 0.84  | 0.34  |
| % Underweight <sup>a</sup>                       | 2                 | 1     | 2     |
| % Normal <sup>a</sup>                            | 43                | 32    | 41    |
| % Overweight <sup>a</sup>                        | 30                | 32    | 30    |
| % Obese, excluding morbidly obese <sup>a</sup>   | 23                | 27    | 24    |
| % Morbidly obese <sup>a</sup>                    | 3                 | 7     | 4     |
| <i>% Overweight, including obese<sup>a</sup></i> | 55                | 67    | 58    |
| <i>% Obese<sup>a</sup></i>                       | 25                | 35    | 27    |
| Mean waist circumference (cm)                    | 87.5              | 92.9  | 88.8  |
| Standard error of the mean                       | 0.93              | 1.42  | 0.80  |
| % Raised waist circumference <sup>b</sup>        | 42                | 57    | 46    |
| Mean waist: hip ratio                            | 0.82              | 0.87  | 0.83  |
| Standard error of the mean                       | 0.00              | 0.01  | 0.00  |
| % Raised waist: hip ratio <sup>c</sup>           | 29                | 63    | 37    |
| <i>Bases (unweighted)</i>                        |                   |       |       |
| <i>Men</i>                                       |                   |       |       |
| <i>BMI</i>                                       | 328               | 86    | 414   |
| <i>Waist: Hip ratio</i>                          | 263               | 72    | 335   |
| <i>Women</i>                                     |                   |       |       |
| <i>BMI</i>                                       | 426               | 110   | 536   |
| <i>Waist: Hip ratio</i>                          | 334               | 98    | 432   |

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<sup>a</sup> An adult was classified as underweight if BMI was less than 18.5kg/m<sup>2</sup>; normal weight if BMI was from 18.5 to less than 25kg/m<sup>2</sup>; overweight if BMI was from 25 to less than 30kg/m<sup>2</sup>; obese, excluding morbidly obese if BMI was from 30 to less than 40kg/m<sup>2</sup>; as morbidly obese if BMI was 40kg/m<sup>2</sup> or more; as overweight, including obese if BMI was 25kg/m<sup>2</sup> or more; and as obese if BMI was 30kg/m<sup>2</sup> or more

<sup>b</sup> An adult was classified as having a raised waist circumference if greater than 102cm for men and greater than 88cm for women.

<sup>c</sup> An adult was classified as having a raised waist: hip ratio if greater than 0.95 for men and greater than 0.85 for women.

Table 4.1b

**Body mass index (BMI), prevalence of overweight and obesity, children<sup>a</sup>, by age and sex***Aged 2-18 years with a valid BMI measurement**2008/09 -2009/10*

| BMI (kg/m <sup>2</sup> )                                  | Age group (years)     |           |            | Total<br>% |
|---|-----------------------|-----------|------------|------------|
|   | 2-3 <sup>b</sup><br>% | 4-10<br>% | 11-18<br>% |            |
| <b>Boys</b>   |                       |           |            |            |
| Over 85 <sup>th</sup> , ≤ 95 <sup>th</sup> (% overweight) | 20                    | 13        | 16         | 15         |
| Over 95 <sup>th</sup> (% obese)                           | 34                    | 12        | 19         | 18         |
| Over 85 <sup>th</sup> (% overweight, including obese)     | 53                    | 25        | 34         | 33         |
| <b>Girls</b>  |                       |           |            |            |
| Over 85 <sup>th</sup> , ≤95 <sup>th</sup> (%overweight)   | 29                    | 10        | 16         | 15         |
| Over 95 <sup>th</sup> (% obese)                           | 21                    | 15        | 22         | 19         |
| Over 85 <sup>th</sup> (% overweight, including obese)     | 50                    | 25        | 38         | 34         |
| <i>Bases (unweighted)</i>                                 |                       |           |            |            |
| <i>Boys</i>   | 78                    | 199       | 231        | 508        |
| <i>Girls</i>  | 67                    | 202       | 209        | 478        |

<sup>a</sup> A child was classified as obese if BMI was >95<sup>th</sup> centile for sex and age; and as overweight if BMI was >85<sup>th</sup> and ≤ 95<sup>th</sup> centile for sex and age. Thresholds vary by sex and six-month increments in age.

<sup>b</sup> The age range covered is 24-47 months. Thresholds vary according to sex and month of age.

Table 4.2

**Systolic and diastolic blood pressure (BP) and hypertension, adults<sup>a</sup>, by sex and age**

Aged 19 years and over with valid BP measurements

2008/09 -2009/10

| Mean blood pressure readings & hypertension levels | Age group (years) |       | Total |
|--|-------------------|-------|-------|
|  | 19-64             | 65+   |       |
| <b>Men</b>   |                   |       |       |
| Mean systolic BP (mmHg)                            | 128.0             | 136.2 | 129.6 |
| Standard error of the mean                         | 1.00              | 2.24  | 0.94  |
| Mean diastolic BP (mmHg)                           | 74.2              | 74.0  | 74.2  |
| Standard error of the mean                         | 0.77              | 1.32  | 0.66  |
| % Normotensive untreated                           | 80                | 36    | 71    |
| % Hypertensive controlled                          | 3                 | 21    | 6     |
| % Hypertensive uncontrolled                        | 3                 | 19    | 6     |
| % Hypertensive untreated                           | 14                | 25    | 16    |
| % All with hypertension                            | 20                | 64    | 29    |
| <b>Women</b>                                       |                   |       |       |
| Mean systolic BP (mmHg)                            | 119.7             | 138.6 | 124.7 |
| Standard error of the mean                         | 1.11              | 2.01  | 1.20  |
| Mean diastolic BP (mmHg)                           | 73.8              | 72.6  | 73.5  |
| Standard error of the mean                         | 0.75              | 1.03  | 0.66  |
| % Normotensive untreated                           | 84                | 39    | 72    |
| % Hypertensive controlled                          | 4                 | 15    | 7     |
| % Hypertensive uncontrolled                        | 2                 | 23    | 7     |
| % Hypertensive untreated                           | 10                | 23    | 14    |
| % All with hypertension                            | 16                | 61    | 28    |
| <i>Bases (unweighted)</i>                          |                   |       |       |
| <i>Men</i>   | 209               | 60    | 269   |
| <i>Women</i>                                       | 256               | 87    | 343   |

<sup>a</sup> Normotensive untreated: SBP less than 140mmHg and DBP less than 90mmHg and **not** taking medication prescribed for high blood pressure  
Hypertensive controlled: SBP less than 140mmHg and DBP less than 90mmHg and taking medication prescribed for high blood pressure  
Hypertensive uncontrolled: SBP at least 140mmHg or DBP at least 90mmHg and taking medication prescribed for high blood pressure  
Hypertensive untreated: SBP at least 140mmHg or DBP at least 90mmHg and **not** taking medication prescribed for high blood pressure  
All with hypertension: SBP at least 140mmHg or DBP at least 90mmHg or taking medication prescribed for high blood pressure.

## 5.2 Foods consumed

### List of tables

- 5.1a Total quantities of food consumed (grams) per day: males (including non-consumers), by age
- 5.1b Total quantities of food consumed (grams) per day: females (including non-consumers), by age
- 5.1c Total quantities of food consumed (grams) per day: all (including non-consumers), by age
- 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 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                             | Age group (years) |     |       |     |            |     |       |     |      |     |
|---|-------------------|-----|-------|-----|------------|-----|-------|-----|------|-----|
|   | Boys              |     |       |     | Total boys |     | Men   |     |      |     |
|   | 4-10              |     | 11-18 |     | Mean       | sd  | 19-64 |     | 65+  |     |
|   | Mean              | sd  | Mean  | sd  | Mean       | sd  | Mean  | sd  | Mean | sd  |
| Cereals and cereal products                         |                   |     |       |     |            |     |       |     |      |     |
| Pasta, rice, pizza and other miscellaneous cereals  | 75                | 61  | 113   | 103 | 96         | 89  | 94    | 97  | 29   | 51  |
| White bread   | 44                | 38  | 69    | 52  | 58         | 48  | 63    | 55  | 56   | 53  |
| Wholemeal bread                                     | 10                | 21  | 7     | 21  | 8          | 21  | 21    | 42  | 21   | 30  |
| Brown, granary and wheatgerm bread                  | 17                | 30  | 12    | 26  | 14         | 28  | 14    | 29  | 14   | 31  |
| Other breads  | 3                 | 13  | 3     | 13  | 3          | 13  | 3     | 12  | 3    | 11  |
| High fibre breakfast cereals                        | 21                | 32  | 12    | 20  | 16         | 27  | 17    | 40  | 47   | 78  |
| Other breakfast cereals                             | 11                | 11  | 13    | 20  | 12         | 16  | 6     | 12  | 7    | 15  |
| Biscuits  | 16                | 15  | 19    | 34  | 18         | 27  | 13    | 19  | 14   | 17  |
| Buns, cakes, pastries and fruit pies                | 21                | 23  | 18    | 24  | 19         | 23  | 19    | 31  | 35   | 39  |
| Puddings  | 17                | 29  | 14    | 31  | 15         | 30  | 14    | 31  | 32   | 49  |
| Milk and milk products                              |                   |     |       |     |            |     |       |     |      |     |
| Whole milk (3.8% fat)                               | 108               | 159 | 43    | 113 | 72         | 139 | 36    | 97  | 76   | 166 |
| Semi skimmed milk (1.8 % fat)                       | 112               | 139 | 107   | 155 | 109        | 148 | 100   | 136 | 103  | 117 |
| 1% fat milk   | 0                 | 1   | 1     | 8   | 0          | 6   | 2     | 27  | 7    | 60  |
| Skimmed milk (0.5% fat)                             | 6                 | 37  | 6     | 28  | 6          | 32  | 18    | 67  | 18   | 57  |
| Other milk and cream                                | 17                | 43  | 17    | 47  | 17         | 45  | 10    | 39  | 16   | 63  |
| Cheese  | 10                | 12  | 11    | 15  | 10         | 14  | 17    | 21  | 17   | 18  |
| Yoghurt, fromage frais and other dairy desserts     | 35                | 40  | 22    | 40  | 28         | 40  | 23    | 47  | 27   | 47  |
| Ice cream   | 12                | 16  | 8     | 16  | 10         | 16  | 6     | 14  | 6    | 14  |
| Eggs and egg dishes                                 | 8                 | 15  | 16    | 24  | 12         | 21  | 23    | 55  | 20   | 25  |
| Fat spreads <sup>b</sup>                            |                   |     |       |     |            |     |       |     |      |     |
| Butter  | 2                 | 6   | 3     | 7   | 3          | 7   | 3     | 7   | 5    | 9   |
| Margarine and other fats and oils                   | 0                 | 1   | 0     | 1   | 0          | 1   | 1     | 2   | 1    | 3   |
| Reduced fat spread polyunsaturated (41-75% fat)     | 2                 | 5   | 1     | 4   | 1          | 4   | 2     | 6   | 2    | 5   |
| Reduced fat spread not polyunsaturated (41-75% fat) | 5                 | 7   | 4     | 7   | 4          | 7   | 6     | 9   | 7    | 14  |
| Low fat spread polyunsaturated (18-39% fat)         | 1                 | 3   | 1     | 6   | 1          | 5   | 1     | 5   | 2    | 6   |
| Low fat spread not polyunsaturated (18-39% fat)     | 0                 | 1   | 0     | 1   | 0          | 1   | 0     | 2   | 0    | 2   |

Table 5.1a (continued)

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

Males aged 4 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                     | Age group (years) |    |       |    |            |    |       |     |      |     |
|---|-------------------|----|-------|----|------------|----|-------|-----|------|-----|
|   | Boys              |    |       |    | Total boys |    | Men   |     |      |     |
|   | 4-10              |    | 11-18 |    |            |    | 19-64 |     | 65+  |     |
|   | Mean              | sd | Mean  | sd | Mean       | sd | Mean  | sd  | Mean | sd  |
| Meat and meat products                                      |                   |    |       |    |            |    |       |     |      |     |
| Bacon and ham   | 9                 | 12 | 17    | 24 | 13         | 20 | 18    | 24  | 16   | 23  |
| Beef, veal and dishes                                       | 24                | 42 | 39    | 63 | 32         | 55 | 58    | 86  | 36   | 72  |
| Lamb and dishes   | 5                 | 15 | 11    | 37 | 8          | 30 | 13    | 41  | 23   | 43  |
| Pork and dishes   | 4                 | 13 | 9     | 20 | 6          | 18 | 15    | 37  | 10   | 23  |
| Coated chicken and turkey                                   | 9                 | 15 | 15    | 28 | 12         | 23 | 8     | 20  | 0    | 4   |
| Chicken, turkey and dishes                                  | 26                | 33 | 53    | 71 | 41         | 59 | 65    | 90  | 41   | 71  |
| Liver and liver dishes                                      | 0                 | 2  | 0     | 4  | 0          | 3  | 2     | 13  | 5    | 17  |
| Burgers and kebabs  | 5                 | 11 | 15    | 29 | 10         | 23 | 8     | 24  | 1    | 6   |
| Sausages  | 15                | 22 | 18    | 32 | 17         | 28 | 18    | 30  | 13   | 34  |
| Meat pies and pastries                                      | 8                 | 17 | 15    | 32 | 12         | 27 | 12    | 27  | 20   | 41  |
| Other meat, meat products and dishes                        | 1                 | 6  | 4     | 17 | 3          | 13 | 9     | 27  | 15   | 49  |
| Fish and fish dishes  |                   |    |       |    |            |    |       |     |      |     |
| White fish coated or fried including fish fingers           | 11                | 16 | 6     | 13 | 8          | 15 | 9     | 18  | 10   | 20  |
| Other white fish, shellfish, fish dishes and<br>canned tuna | 8                 | 20 | 9     | 23 | 9          | 22 | 19    | 38  | 23   | 41  |
| Oily fish   | 2                 | 7  | 2     | 10 | 2          | 9  | 10    | 26  | 19   | 35  |
| Vegetables, potatoes  |                   |    |       |    |            |    |       |     |      |     |
| Salad and other raw vegetables                              | 15                | 24 | 16    | 26 | 15         | 25 | 40    | 52  | 47   | 53  |
| Vegetables (not raw) including vegetable dishes             | 62                | 53 | 65    | 65 | 64         | 60 | 94    | 87  | 99   | 82  |
| Chips, fried and roast potatoes and potato<br>products      | 42                | 35 | 63    | 55 | 54         | 48 | 52    | 56  | 48   | 46  |
| Other potatoes, potato salads and dishes                    | 26                | 30 | 31    | 38 | 29         | 35 | 51    | 58  | 63   | 59  |
| Savoury snacks  | 10                | 9  | 15    | 16 | 13         | 14 | 8     | 12  | 2    | 6   |
| Nuts and seeds  | 1                 | 3  | 1     | 5  | 1          | 4  | 2     | 9   | 4    | 16  |
| Fruit   | 87                | 74 | 60    | 79 | 72         | 78 | 93    | 108 | 118  | 118 |

Table 5.1a (continued)

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

Males aged 4 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Age group (years) |      |       |      |            |     |       |      |      |     |
|--|-------------------|------|-------|------|------------|-----|-------|------|------|-----|
|  | Boys              |      |       |      | Total boys |     | Men   |      |      |     |
|  | 4-10              |      | 11-18 |      | Mean       | sd  | 19-64 |      | 65+  |     |
| Mean   | sd                | Mean | sd    | Mean |            |     | sd    | Mean | sd   |     |
| Sugar preserves and confectionery                          |                   |      |       |      |            |     |       |      |      |     |
| Sugars, including table sugar, preserves and sweet spreads | 6                 | 7    | 7     | 10   | 6          | 9   | 14    | 18   | 16   | 18  |
| Sugar confectionery  | 8                 | 13   | 8     | 16   | 8          | 15  | 1     | 5    | 1    | 5   |
| Chocolate confectionery                                    | 10                | 14   | 13    | 21   | 12         | 18  | 11    | 23   | 4    | 10  |
| Non-alcoholic beverages <sup>c</sup>                       |                   |      |       |      |            |     |       |      |      |     |
| Fruit juice  | 100               | 133  | 99    | 156  | 100        | 146 | 65    | 129  | 50   | 93  |
| Soft drinks, not low calorie                               | 141               | 166  | 314   | 312  | 238        | 271 | 173   | 281  | 48   | 102 |
| Soft drinks, low calorie                                   | 188               | 236  | 184   | 275  | 186        | 258 | 107   | 260  | 39   | 157 |
| Tea, coffee and water                                      | 241               | 242  | 455   | 471  | 360        | 401 | 1040  | 648  | 1133 | 567 |
| Alcoholic beverages  |                   |      |       |      |            |     |       |      |      |     |
| Spirits and liqueurs                                       | 0                 | 0    | 3     | 35   | 2          | 26  | 10    | 59   | 8    | 25  |
| Wine   | 0                 | 0    | 0     | 8    | 0          | 6   | 57    | 141  | 62   | 123 |
| Beer, lager, cider and perry                               | 0                 | 0    | 86    | 363  | 48         | 274 | 434   | 808  | 175  | 384 |
| Miscellaneous  |                   |      |       |      |            |     |       |      |      |     |
| Dry weight beverages                                       | 2                 | 5    | 2     | 6    | 2          | 6   | 2     | 16   | 2    | 6   |
| Soup, manufactured/retail and homemade                     | 18                | 40   | 15    | 38   | 16         | 39  | 31    | 74   | 63   | 107 |
| Savoury sauces, pickles, gravies and condiments            | 15                | 16   | 24    | 24   | 20         | 21  | 23    | 29   | 25   | 35  |
| <i>Bases (unweighted)</i>                                  | 210               |      | 238   |      | 448        |     | 346   |      | 96   |     |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

<sup>c</sup> Non-alcoholic 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 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                            | Age group (years) |     |       |     |             |     |       |     |      |     |
|--|-------------------|-----|-------|-----|-------------|-----|-------|-----|------|-----|
|  | Girls             |     |       |     | Total girls |     | Women |     |      |     |
|  | 4-10              |     | 11-18 |     | Mean        | sd  | 19-64 |     | 65+  |     |
|  | Mean              | sd  | Mean  | sd  | Mean        | sd  | Mean  | sd  | Mean | sd  |
| Cereals and cereal products                        |                   |     |       |     |             |     |       |     |      |     |
| Pasta, rice, pizza and other miscellaneous cereals | 66                | 49  | 91    | 81  | 80          | 70  | 70    | 72  | 31   | 51  |
| White bread  | 45                | 36  | 49    | 40  | 47          | 38  | 42    | 43  | 31   | 35  |
| Wholemeal bread                                    | 8                 | 20  | 6     | 15  | 7           | 18  | 15    | 26  | 18   | 27  |
| Brown, granary and wheatgerm bread                 | 10                | 21  | 11    | 21  | 10          | 21  | 12    | 22  | 16   | 29  |
| Other breads                                       | 3                 | 9   | 3     | 10  | 3           | 10  | 4     | 11  | 3    | 11  |
| High fibre breakfast cereals                       | 15                | 23  | 9     | 19  | 11          | 21  | 20    | 40  | 31   | 45  |
| Other breakfast cereals                            | 11                | 13  | 9     | 13  | 10          | 13  | 5     | 10  | 7    | 26  |
| Biscuits   | 15                | 16  | 15    | 18  | 15          | 17  | 14    | 17  | 11   | 12  |
| Buns, cakes, pastries and fruit pies               | 23                | 25  | 17    | 26  | 19          | 26  | 15    | 24  | 28   | 28  |
| Puddings   | 12                | 22  | 10    | 25  | 11          | 24  | 10    | 24  | 25   | 45  |
| Milk and milk products                             |                   |     |       |     |             |     |       |     |      |     |
| Whole milk (3.8% fat)                              | 81                | 126 | 33    | 86  | 54          | 108 | 16    | 52  | 41   | 109 |
| Semi skimmed milk (1.8 % fat)                      | 91                | 123 | 71    | 105 | 80          | 113 | 88    | 103 | 125  | 133 |
| 1% fat milk  | 1                 | 13  | 5     | 41  | 3           | 32  | 2     | 24  | 0    | 0   |
| Skimmed milk (0.5% fat)                            | 7                 | 39  | 2     | 14  | 4           | 28  | 20    | 69  | 25   | 82  |
| Other milk and cream                               | 15                | 41  | 15    | 46  | 15          | 44  | 12    | 44  | 16   | 67  |
| Cheese   | 11                | 14  | 11    | 13  | 11          | 13  | 14    | 18  | 11   | 15  |
| Yoghurt, fromage frais and other dairy desserts    | 35                | 40  | 18    | 32  | 25          | 37  | 31    | 48  | 37   | 56  |
| Ice cream  | 15                | 24  | 10    | 20  | 12          | 22  | 5     | 13  | 7    | 18  |
| Eggs and egg dishes                                | 12                | 18  | 10    | 19  | 11          | 19  | 18    | 29  | 22   | 24  |
| Fat spreads <sup>b</sup>                           |                   |     |       |     |             |     |       |     |      |     |
| Butter   | 2                 | 5   | 1     | 4   | 2           | 4   | 3     | 6   | 7    | 10  |
| Margarine and other fats and oils                  | 0                 | 2   | 0     | 1   | 0           | 1   | 0     | 1   | 0    | 1   |
| Reduced fat spread polyunsaturated (41-75% fat)    | 1                 | 3   | 1     | 3   | 1           | 3   | 1     | 3   | 2    | 4   |
| Reduced fat spread not polyunsaturated (41-75%fat) | 4                 | 6   | 4     | 7   | 4           | 7   | 4     | 6   | 3    | 6   |
| Low fat spread polyunsaturated (18-39% fat)        | 1                 | 3   | 1     | 3   | 1           | 3   | 1     | 3   | 1    | 4   |
| Low fat spread not polyunsaturated (18-39% fat)    | 0                 | 2   | 0     | 1   | 0           | 1   | 0     | 2   | 0    | 0   |

Table 5.1b (continued)

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

Females aged 4 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                     | Age group (years) |    |       |    |             |       |       |     |      |     |
|---|-------------------|----|-------|----|-------------|-------|-------|-----|------|-----|
|   | Girls             |    |       |    |             | Women |       |     |      |     |
|   | 4-10              |    | 11-18 |    | Total girls |       | 19-64 |     | 65+  |     |
|   | Mean              | sd | Mean  | sd | Mean        | sd    | Mean  | sd  | Mean | sd  |
| Meat and meat products                                      |                   |    |       |    |             |       |       |     |      |     |
| Bacon and ham   | 9                 | 12 | 9     | 11 | 9           | 12    | 11    | 18  | 13   | 18  |
| Beef, veal and dishes                                       | 26                | 39 | 30    | 48 | 28          | 44    | 48    | 68  | 37   | 54  |
| Lamb and dishes   | 5                 | 20 | 9     | 32 | 7           | 27    | 10    | 32  | 13   | 34  |
| Pork and dishes   | 7                 | 19 | 6     | 16 | 6           | 17    | 8     | 23  | 7    | 15  |
| Coated chicken and turkey                                   | 10                | 18 | 12    | 22 | 11          | 20    | 5     | 16  | 3    | 9   |
| Chicken, turkey and dishes                                  | 28                | 56 | 40    | 49 | 34          | 53    | 52    | 66  | 34   | 47  |
| Liver and liver dishes                                      | 0                 | 0  | 0     | 3  | 0           | 2     | 2     | 7   | 1    | 7   |
| Burgers and kebabs  | 4                 | 12 | 10    | 19 | 7           | 16    | 4     | 12  | 3    | 11  |
| Sausages  | 15                | 19 | 12    | 22 | 13          | 21    | 12    | 31  | 7    | 17  |
| Meat pies and pastries                                      | 8                 | 19 | 8     | 17 | 8           | 18    | 8     | 20  | 7    | 15  |
| Other meat, meat products and dishes                        | 2                 | 9  | 2     | 12 | 2           | 11    | 3     | 16  | 8    | 23  |
| Fish and fish dishes  |                   |    |       |    |             |       |       |     |      |     |
| White fish coated or fried including fish fingers           | 7                 | 14 | 5     | 13 | 6           | 13    | 7     | 17  | 10   | 17  |
| Other white fish, shellfish, fish dishes and<br>canned tuna | 7                 | 18 | 8     | 18 | 8           | 18    | 16    | 34  | 23   | 40  |
| Oily fish   | 3                 | 13 | 3     | 12 | 3           | 13    | 11    | 24  | 13   | 25  |
| Vegetables, potatoes  |                   |    |       |    |             |       |       |     |      |     |
| Salad and other raw vegetables                              | 19                | 28 | 20    | 30 | 20          | 29    | 50    | 54  | 37   | 38  |
| Vegetables (not raw) including vegetable dishes             | 57                | 50 | 57    | 57 | 57          | 54    | 91    | 80  | 98   | 67  |
| Chips, fried and roast potatoes and potato<br>products      | 41                | 36 | 55    | 49 | 49          | 44    | 37    | 43  | 28   | 33  |
| Other potatoes, potato salads and dishes                    | 27                | 31 | 35    | 42 | 31          | 38    | 37    | 42  | 56   | 45  |
| Savoury snacks  | 10                | 10 | 14    | 14 | 12          | 13    | 6     | 9   | 2    | 5   |
| Nuts and seeds  | 1                 | 3  | 1     | 5  | 1           | 4     | 3     | 8   | 1    | 3   |
| Fruit   | 105               | 85 | 65    | 71 | 83          | 80    | 97    | 104 | 116  | 110 |

Table 5.1b (continued)

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

Females aged 4 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Age group (years) |     |       |     |             |     |       |     |      |     |
|--|-------------------|-----|-------|-----|-------------|-----|-------|-----|------|-----|
|  | Girls             |     |       |     | Total girls |     | Women |     |      |     |
|  | 4-10              |     | 11-18 |     |             |     | 19-64 |     | 65+  |     |
|  | Mean              | sd  | Mean  | sd  | Mean        | sd  | Mean  | sd  | Mean | sd  |
| Sugar preserves and confectionery                          |                   |     |       |     |             |     |       |     |      |     |
| Sugars, including table sugar, preserves and sweet spreads | 5                 | 7   | 5     | 8   | 5           | 7   | 10    | 15  | 11   | 13  |
| Sugar confectionery  | 11                | 27  | 7     | 16  | 9           | 22  | 3     | 9   | 1    | 4   |
| Chocolate confectionery                                    | 8                 | 11  | 12    | 16  | 10          | 14  | 8     | 13  | 5    | 11  |
| Non-alcoholic beverages <sup>c</sup>                       |                   |     |       |     |             |     |       |     |      |     |
| Fruit juice  | 81                | 105 | 75    | 123 | 78          | 115 | 49    | 91  | 42   | 77  |
| Soft drinks, not low calorie                               | 127               | 164 | 247   | 273 | 193         | 238 | 110   | 193 | 52   | 90  |
| Soft drinks, low calorie                                   | 183               | 283 | 174   | 250 | 178         | 265 | 95    | 200 | 22   | 73  |
| Tea, coffee and water                                      | 317               | 287 | 460   | 432 | 396         | 381 | 1172  | 648 | 1124 | 501 |
| Alcoholic beverages  |                   |     |       |     |             |     |       |     |      |     |
| Spirits and liqueurs                                       | 0                 | 0   | 3     | 13  | 2           | 10  | 6     | 22  | 3    | 10  |
| Wine   | 0                 | 0   | 5     | 30  | 3           | 22  | 69    | 127 | 36   | 76  |
| Beer, lager, cider and perry                               | 0                 | 0   | 22    | 118 | 12          | 89  | 83    | 263 | 14   | 73  |
| Miscellaneous  |                   |     |       |     |             |     |       |     |      |     |
| Dry weight beverages                                       | 3                 | 6   | 3     | 12  | 3           | 10  | 2     | 7   | 4    | 8   |
| Soup, manufactured/retail and homemade                     | 12                | 33  | 16    | 56  | 14          | 47  | 31    | 63  | 48   | 72  |
| Savoury sauces, pickles, gravies and condiments            | 14                | 18  | 20    | 22  | 17          | 21  | 21    | 23  | 16   | 18  |
| <i>Bases (unweighted)</i>                                  | 213               |     | 215   |     | 428         |     | 461   |     | 128  |     |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

<sup>c</sup> Non-alcoholic 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 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                             | Age group (years) |     |      |     |       |     |       |     |      |     |
|---|-------------------|-----|------|-----|-------|-----|-------|-----|------|-----|
|   | 1.5-3             |     | 4-10 |     | 11-18 |     | 19-64 |     | 65+  |     |
|   | Mean              | sd  | Mean | sd  | Mean  | sd  | Mean  | sd  | Mean | sd  |
| Cereals and cereal products                         |                   |     |      |     |       |     |       |     |      |     |
| Pasta, rice, pizza and other miscellaneous cereals  | 53                | 49  | 71   | 55  | 103   | 94  | 82    | 86  | 30   | 51  |
| White bread   | 25                | 26  | 44   | 37  | 59    | 48  | 52    | 50  | 42   | 45  |
| Wholemeal bread                                     | 8                 | 17  | 9    | 21  | 6     | 18  | 18    | 35  | 19   | 29  |
| Brown, granary and wheatgerm bread                  | 10                | 18  | 14   | 26  | 11    | 24  | 13    | 26  | 15   | 30  |
| Other breads  | 1                 | 4   | 3    | 11  | 3     | 11  | 4     | 11  | 3    | 11  |
| High fibre breakfast cereals                        | 18                | 26  | 18   | 29  | 10    | 20  | 18    | 40  | 38   | 62  |
| Other breakfast cereals                             | 5                 | 8   | 11   | 12  | 11    | 17  | 6     | 11  | 7    | 22  |
| Biscuits  | 11                | 11  | 15   | 15  | 17    | 27  | 13    | 18  | 12   | 14  |
| Buns, cakes, pastries and fruit pies                | 8                 | 11  | 22   | 24  | 17    | 25  | 17    | 28  | 31   | 33  |
| Puddings  | 13                | 24  | 14   | 26  | 12    | 28  | 12    | 28  | 28   | 47  |
| Milk and milk products                              |                   |     |      |     |       |     |       |     |      |     |
| Whole milk (3.8% fat)                               | 193               | 231 | 95   | 144 | 38    | 101 | 26    | 78  | 56   | 138 |
| Semi skimmed milk (1.8 % fat)                       | 77                | 137 | 102  | 131 | 89    | 134 | 94    | 121 | 115  | 127 |
| 1% fat milk   | 0                 | 0   | 1    | 9   | 3     | 29  | 2     | 25  | 3    | 40  |
| Skimmed milk (0.5% fat)                             | 9                 | 89  | 7    | 38  | 4     | 22  | 19    | 68  | 22   | 72  |
| Other milk and cream                                | 45                | 137 | 16   | 42  | 16    | 47  | 11    | 41  | 16   | 65  |
| Cheese  | 8                 | 9   | 10   | 13  | 11    | 14  | 16    | 20  | 13   | 17  |
| Yoghurt, fromage frais and other dairy desserts     | 44                | 37  | 35   | 40  | 20    | 37  | 27    | 48  | 32   | 52  |
| Ice cream   | 6                 | 12  | 13   | 21  | 9     | 18  | 5     | 13  | 7    | 17  |
| Eggs and egg dishes                                 | 9                 | 14  | 10   | 17  | 13    | 22  | 20    | 44  | 21   | 25  |
| Fat spreads <sup>b</sup>                            |                   |     |      |     |       |     |       |     |      |     |
| Butter  | 1                 | 3   | 2    | 5   | 2     | 6   | 3     | 6   | 6    | 9   |
| Margarine and other fats and oils                   | 0                 | 1   | 0    | 1   | 0     | 1   | 0     | 2   | 0    | 2   |
| Reduced fat spread polyunsaturated (41-75% fat)     | 1                 | 3   | 1    | 4   | 1     | 3   | 1     | 5   | 2    | 5   |
| Reduced fat spread not polyunsaturated (41-75% fat) | 3                 | 4   | 4    | 7   | 4     | 7   | 5     | 8   | 5    | 11  |
| Low fat spread polyunsaturated (18-39% fat)         | 1                 | 3   | 1    | 3   | 1     | 5   | 1     | 4   | 2    | 5   |
| Low fat spread not polyunsaturated (18-39% fat)     | 0                 | 1   | 0    | 2   | 0     | 1   | 0     | 2   | 0    | 2   |

Table 5.1c (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                     | Age group (years) |    |      |    |       |    |       |     |      |     |
|---|-------------------|----|------|----|-------|----|-------|-----|------|-----|
|   | 1.5-3             |    | 4-10 |    | 11-18 |    | 19-64 |     | 65+  |     |
|   | Mean              | sd | Mean | sd | Mean  | sd | Mean  | sd  | Mean | sd  |
| Meat and meat products                                      |                   |    |      |    |       |    |       |     |      |     |
| Bacon and ham   | 4                 | 7  | 9    | 12 | 13    | 19 | 15    | 21  | 14   | 20  |
| Beef, veal and dishes                                       | 14                | 25 | 25   | 40 | 35    | 57 | 53    | 77  | 37   | 62  |
| Lamb and dishes   | 4                 | 14 | 5    | 18 | 10    | 35 | 12    | 37  | 17   | 38  |
| Pork and dishes   | 3                 | 13 | 5    | 16 | 7     | 18 | 12    | 31  | 8    | 19  |
| Coated chicken and turkey                                   | 5                 | 10 | 9    | 17 | 13    | 25 | 6     | 18  | 2    | 8   |
| Chicken, turkey and dishes                                  | 13                | 21 | 27   | 46 | 47    | 61 | 58    | 79  | 37   | 58  |
| Liver and liver dishes                                      | 0                 | 2  | 0    | 1  | 0     | 4  | 2     | 11  | 3    | 13  |
| Burgers and kebabs  | 2                 | 7  | 5    | 11 | 12    | 24 | 6     | 19  | 2    | 9   |
| Sausages  | 11                | 16 | 15   | 21 | 15    | 27 | 15    | 31  | 10   | 26  |
| Meat pies and pastries                                      | 5                 | 12 | 8    | 18 | 11    | 26 | 10    | 24  | 13   | 30  |
| Other meat , meat products and dishes                       | 2                 | 6  | 2    | 8  | 3     | 15 | 6     | 22  | 11   | 37  |
| Fish and fish dishes  |                   |    |      |    |       |    |       |     |      |     |
| White fish coated or fried including fish fingers           | 7                 | 10 | 9    | 15 | 5     | 13 | 8     | 18  | 10   | 18  |
| Other white fish, shellfish, fish dishes and<br>canned tuna | 5                 | 13 | 8    | 19 | 8     | 21 | 18    | 36  | 23   | 40  |
| Oily fish   | 3                 | 21 | 3    | 10 | 2     | 11 | 11    | 25  | 15   | 30  |
| Vegetables, potatoes  |                   |    |      |    |       |    |       |     |      |     |
| Salad and other raw vegetables                              | 9                 | 18 | 17   | 26 | 18    | 28 | 45    | 53  | 42   | 46  |
| Vegetables (not raw) including vegetable dishes             | 45                | 37 | 60   | 51 | 61    | 61 | 92    | 84  | 98   | 74  |
| Chips, fried and roast potatoes and potato<br>products      | 20                | 23 | 41   | 35 | 59    | 52 | 44    | 50  | 36   | 40  |
| Other potatoes, potato salads and dishes                    | 22                | 26 | 26   | 31 | 33    | 40 | 44    | 51  | 59   | 51  |
| Savoury snacks  | 6                 | 6  | 10   | 10 | 14    | 15 | 7     | 10  | 2    | 5   |
| Nuts and seeds  | 1                 | 3  | 1    | 3  | 1     | 5  | 3     | 8   | 2    | 11  |
| Fruit   | 102               | 73 | 96   | 80 | 62    | 75 | 95    | 106 | 117  | 113 |

Table 5.1c (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Age group (years) |     |      |     |       |     |       |     |      |     |
|--|-------------------|-----|------|-----|-------|-----|-------|-----|------|-----|
|  | 1.5-3             |     | 4-10 |     | 11-18 |     | 19-64 |     | 65+  |     |
|  | Mean              | sd  | Mean | sd  | Mean  | sd  | Mean  | sd  | Mean | sd  |
| Sugar preserves and confectionery                          |                   |     |      |     |       |     |       |     |      |     |
| Sugars, including table sugar, preserves and sweet spreads | 4                 | 7   | 5    | 7   | 6     | 9   | 12    | 16  | 13   | 15  |
| Sugar confectionery  | 3                 | 9   | 9    | 21  | 7     | 16  | 2     | 7   | 1    | 4   |
| Chocolate confectionery                                    | 5                 | 8   | 9    | 13  | 13    | 19  | 9     | 18  | 4    | 10  |
| Non-alcoholic beverages <sup>c</sup>                       |                   |     |      |     |       |     |       |     |      |     |
| Fruit juice  | 58                | 79  | 91   | 121 | 87    | 141 | 57    | 112 | 46   | 84  |
| Soft drinks, not low calorie                               | 58                | 105 | 134  | 165 | 281   | 295 | 141   | 243 | 50   | 95  |
| Soft drinks, low calorie                                   | 202               | 452 | 186  | 260 | 179   | 263 | 101   | 232 | 30   | 117 |
| Tea, coffee and water                                      | 196               | 201 | 278  | 268 | 457   | 452 | 1106  | 651 | 1128 | 530 |
| Alcoholic beverages  |                   |     |      |     |       |     |       |     |      |     |
| Spirits and liqueurs                                       | 0                 | 0   | 0    | 0   | 3     | 27  | 8     | 44  | 5    | 18  |
| Wine   | 0                 | 0   | 0    | 0   | 2     | 22  | 63    | 134 | 48   | 100 |
| Beer, lager, cider and perry                               | 0                 | 0   | 0    | 0   | 55    | 275 | 258   | 625 | 85   | 271 |
| Miscellaneous  |                   |     |      |     |       |     |       |     |      |     |
| Dry weight beverages                                       | 1                 | 3   | 2    | 6   | 2     | 9   | 2     | 12  | 3    | 7   |
| Soup, manufactured/retail and homemade                     | 14                | 29  | 15   | 37  | 15    | 47  | 31    | 68  | 54   | 89  |
| Savoury sauces, pickles, gravies and condiments            | 9                 | 12  | 14   | 17  | 22    | 23  | 22    | 26  | 20   | 27  |
| <i>Bases (unweighted)</i>                                  | 219               |     | 423  |     | 453   |     | 807   |     | 224  |     |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

<sup>c</sup> Non-alcoholic beverages are reported as consumed with diluent water.

Table 5.2a

Total quantities of food consumed (grams) per day: male consumers<sup>a</sup>, by age

Male consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                            | Age group (years) |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
|--|-------------------|--------|-----------|-------|--------|-----------|------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|  | Boys              |        |           |       |        |           | Men        |        |           |       |        |           |      |        |           |
|  | 4-10              |        | %         | 11-18 |        | %         | Total boys |        | %         | 19-64 |        | %         | 65+  |        | %         |
|  | Mean              | Median | consumers | Mean  | Median | consumers | Mean       | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Cereals and cereal products                        |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Pasta, rice, pizza and other miscellaneous cereals | 83                | 69     | 90        | 127   | 103    | 89        | 108        | 85     | 90        | 126   | 106    | 75        | 72   | 61     | 40        |
| White bread  | 52                | 45     | 84        | 77    | 64     | 90        | 66         | 58     | 87        | 77    | 68     | 81        | 76   | 74     | 74        |
| Wholemeal bread                                    | 40                | 36     | 26        | 39    | 23     | 17        | 39         | 34     | 21        | 59    | 42     | 35        | 50   | 45     | 42        |
| Brown, granary and wheatgerm bread                 | 45                | 38     | 38        | 43    | 33     | 28        | 44         | 34     | 33        | 45    | 30     | 32        | 53   | 36     | 26        |
| Other breads                                       | 30                | 20     | 11        | 38    | 33     | 8         | 34         | 23     | 10        | 33    | 30     | 10        | 38   | 40     | 8         |
| High fibre breakfast cereals                       | 32                | 20     | 67        | 29    | 23     | 40        | 31         | 21     | 52        | 41    | 25     | 40        | 76   | 44     | 61        |
| Other breakfast cereals                            | 16                | 13     | 67        | 26    | 18     | 51        | 21         | 15     | 58        | 21    | 18     | 29        | 25   | 15     | 26        |
| Biscuits   | 19                | 16     | 82        | 32    | 21     | 60        | 25         | 18     | 70        | 23    | 18     | 54        | 21   | 14     | 66        |
| Buns, cakes, pastries and fruit pies               | 31                | 25     | 70        | 34    | 29     | 52        | 32         | 26     | 60        | 39    | 25     | 49        | 52   | 47     | 68        |
| Puddings   | 46                | 33     | 36        | 53    | 44     | 27        | 49         | 36     | 31        | 60    | 53     | 24        | 71   | 73     | 45        |
| Milk and milk products                             |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Whole milk (3.8% fat)                              | 225               | 208    | 48        | 194   | 150    | 22        | 214        | 183    | 34        | 158   | 120    | 23        | 269  | 228    | 28        |
| Semi skimmed milk (1.8 % fat)                      | 193               | 168    | 58        | 160   | 100    | 67        | 174        | 125    | 63        | 140   | 98     | 71        | 169  | 165    | 61        |
| 1% fat milk  | 25                | 25     | 0         | 113   | 113    | 0         | 84         | 113    | 0         | 168   | 88     | 1         | 291  | 100    | 2         |
| Skimmed milk (0.5% fat)                            | 161               | 122    | 4         | 91    | 88     | 6         | 114        | 88     | 5         | 124   | 75     | 15        | 115  | 67     | 15        |
| Other milk and cream                               | 75                | 50     | 22        | 84    | 75     | 21        | 79         | 63     | 21        | 57    | 17     | 17        | 44   | 15     | 37        |
| Cheese   | 15                | 12     | 64        | 20    | 19     | 54        | 18         | 14     | 58        | 28    | 23     | 63        | 25   | 23     | 69        |
| Yoghurt, fromage frais and other dairy desserts    | 54                | 45     | 65        | 63    | 50     | 35        | 57         | 46     | 48        | 75    | 63     | 31        | 66   | 44     | 40        |
| Ice cream  | 26                | 23     | 46        | 30    | 25     | 28        | 28         | 25     | 36        | 30    | 25     | 21        | 31   | 28     | 20        |
| Eggs and egg dishes                                | 24                | 17     | 34        | 36    | 29     | 43        | 32         | 29     | 39        | 48    | 34     | 49        | 36   | 30     | 57        |

Table 5.2a (continued)

Total quantities of food consumed (grams) per day: male consumers<sup>a</sup>, by age

Male consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                             | Age group (years) |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
|---|-------------------|--------|-----------|-------|--------|-----------|------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|   | Boys              |        |           |       |        |           | Total boys |        |           | Men   |        |           |      |        |           |
|   | 4-10              |        | %         | 11-18 |        | %         |            |        | %         | 19-64 |        | %         | 65+  |        | %         |
|   | Mean              | Median | consumers | Mean  | Median | consumers | Mean       | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Fat spreads <sup>c</sup>                            |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Butter  | 9                 | 8      | 27        | 10    | 7      | 30        | 10         | 7      | 28        | 11    | 8      | 28        | 12   | 9      | 39        |
| Margarine and other fats and oils                   | 2                 | 1      | 7         | 3     | 1      | 6         | 3          | 1      | 7         | 4     | 2      | 15        | 4    | 2      | 19        |
| Reduced fat spread polyunsaturated (41-75% fat)     | 10                | 8      | 17        | 9     | 7      | 12        | 9          | 8      | 14        | 11    | 9      | 17        | 9    | 5      | 19        |
| Reduced fat spread not polyunsaturated (41-75% fat) | 10                | 8      | 47        | 10    | 8      | 44        | 10         | 8      | 45        | 12    | 10     | 48        | 21   | 14     | 35        |
| Low fat spread polyunsaturated (18-39% fat)         | 7                 | 5      | 9         | 13    | 11     | 11        | 11         | 8      | 10        | 11    | 7      | 11        | 16   | 17     | 12        |
| Low fat spread not polyunsaturated (18-39% fat)     | 6                 | 4      | 4         | 6     | 5      | 3         | 6          | 5      | 3         | 7     | 5      | 5         | 10   | 5      | 5         |
| Meat and meat products                              |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Bacon and ham                                       | 17                | 13     | 51        | 28    | 19     | 63        | 23         | 17     | 58        | 30    | 23     | 60        | 27   | 22     | 57        |
| Beef, veal and dishes                               | 53                | 40     | 45        | 91    | 71     | 43        | 74         | 53     | 44        | 104   | 76     | 56        | 95   | 65     | 38        |
| Lamb and dishes                                     | 41                | 35     | 11        | 51    | 24     | 22        | 48         | 28     | 17        | 75    | 47     | 17        | 69   | 48     | 33        |
| Pork and dishes                                     | 33                | 22     | 11        | 41    | 38     | 21        | 38         | 35     | 17        | 63    | 50     | 25        | 44   | 40     | 23        |
| Coated chicken and turkey                           | 26                | 24     | 33        | 46    | 38     | 32        | 37         | 32     | 32        | 42    | 38     | 18        | 36   | 36     | 1         |
| Chicken, turkey and dishes                          | 40                | 29     | 65        | 73    | 52     | 72        | 60         | 40     | 69        | 97    | 81     | 67        | 84   | 54     | 48        |
| Liver and liver dishes                              | 10                | 0      | 1         | 32    | 15     | 1         | 21         | 10     | 1         | 40    | 25     | 4         | 36   | 30     | 14        |
| Burgers and kebabs                                  | 20                | 14     | 25        | 52    | 52     | 29        | 39         | 29     | 27        | 55    | 52     | 15        | 27   | 30     | 4         |
| Sausages  | 31                | 30     | 50        | 45    | 30     | 40        | 38         | 30     | 44        | 48    | 45     | 37        | 61   | 35     | 22        |
| Meat pies and pastries                              | 30                | 27     | 26        | 53    | 38     | 28        | 43         | 33     | 27        | 48    | 38     | 26        | 53   | 38     | 38        |
| Other meat , meat products and dishes               | 16                | 12     | 9         | 35    | 16     | 11        | 28         | 14     | 10        | 41    | 24     | 23        | 76   | 38     | 20        |



Table 5.2a (continued)

Total quantities of food consumed (grams) per day: male consumers<sup>a</sup>, by age

Male consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                                    | Age group (years) |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
|--|-------------------|--------|-----------|-------|--------|-----------|------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|  | Boys              |        |           |       |        |           | Men        |        |           |       |        |           |      |        |           |
|  | 4-10              |        | %         | 11-18 |        | %         | Total boys |        | %         | 19-64 |        | %         | 65+  |        | %         |
|  | Mean              | Median | consumers | Mean  | Median | consumers | Mean       | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Fish and fish dishes                                       |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| White fish coated or fried including fish fingers          | 26                | 25     | 44        | 30    | 27     | 20        | 27         | 25     | 31        | 42    | 42     | 20        | 44   | 45     | 23        |
| Other white fish, shellfish, fish dishes and canned tuna   | 31                | 22     | 28        | 45    | 36     | 20        | 37         | 30     | 23        | 59    | 46     | 33        | 56   | 34     | 41        |
| Oily fish  | 20                | 17     | 10        | 30    | 25     | 7         | 24         | 20     | 8         | 52    | 39     | 19        | 49   | 38     | 38        |
| Vegetables, potatoes                                       |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Salad and other raw vegetables                             | 30                | 21     | 50        | 30    | 21     | 53        | 30         | 21     | 51        | 56    | 41     | 70        | 70   | 64     | 67        |
| Vegetables (not raw) including vegetable dishes            | 72                | 60     | 87        | 81    | 66     | 80        | 77         | 64     | 83        | 105   | 83     | 89        | 107  | 85     | 93        |
| Chips, fried and roast potatoes and potato products        | 49                | 42     | 85        | 80    | 75     | 79        | 66         | 55     | 81        | 78    | 63     | 67        | 73   | 56     | 66        |
| Other potatoes, potato salads and dishes                   | 44                | 36     | 60        | 57    | 48     | 55        | 51         | 45     | 57        | 78    | 60     | 65        | 86   | 75     | 73        |
| Savoury snacks   | 14                | 13     | 73        | 20    | 17     | 75        | 17         | 14     | 74        | 16    | 13     | 50        | 12   | 13     | 19        |
| Nuts and seeds   | 6                 | 5      | 12        | 11    | 8      | 12        | 9          | 7      | 12        | 15    | 8      | 15        | 16   | 8      | 25        |
| Fruit  | 96                | 75     | 90        | 87    | 66     | 69        | 92         | 74     | 78        | 123   | 93     | 75        | 142  | 120    | 83        |
| Sugar preserves and confectionery                          |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Sugars, including table sugar, preserves and sweet spreads | 9                 | 6      | 66        | 11    | 8      | 61        | 10         | 8      | 63        | 21    | 15     | 68        | 24   | 21     | 67        |
| Sugar confectionery  | 16                | 11     | 47        | 23    | 20     | 34        | 20         | 15     | 40        | 11    | 7      | 12        | 17   | 11     | 5         |
| Chocolate confectionery                                    | 16                | 13     | 62        | 24    | 16     | 55        | 20         | 15     | 58        | 25    | 15     | 43        | 14   | 10     | 29        |

Table 5.2a (continued)

Total quantities of food consumed (grams) per day: male consumers<sup>a</sup>, by age

Male consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                         | Age group (years) |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
|---|-------------------|--------|-----------|-------|--------|-----------|------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|   | Boys              |        |           |       |        |           | Total boys |        |           | Men   |        |           |      |        |           |
|   | 4-10              |        | %         | 11-18 |        | %         |            |        | %         | 19-64 |        | %         | 65+  |        | %         |
|   | Mean              | Median | consumers | Mean  | Median | consumers | Mean       | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Non-alcoholic beverages <sup>d</sup>            |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Fruit juice                                     | 156               | 100    | 64        | 191   | 142    | 52        | 173        | 125    | 57        | 153   | 113    | 43        | 143  | 125    | 35        |
| Soft drinks, not low calorie                    | 196               | 150    | 72        | 394   | 335    | 80        | 311        | 240    | 76        | 310   | 208    | 56        | 153  | 125    | 31        |
| Soft drinks, low calorie                        | 301               | 235    | 62        | 321   | 230    | 57        | 312        | 235    | 60        | 330   | 165    | 33        | 215  | 90     | 18        |
| Tea, coffee and water                           | 282               | 213    | 86        | 514   | 420    | 88        | 413        | 319    | 87        | 1062  | 941    | 98        | 1133 | 1036   | 100       |
| Alcoholic beverages                             |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Spirits and liqueurs                            | 0                 | 0      | 0         | 117   | 23     | 3         | 117        | 23     | 1         | 83    | 35     | 12        | 44   | 25     | 19        |
| Wine  | 0                 | 0      | 0         | 99    | 44     | 0         | 99         | 44     | 0         | 222   | 165    | 26        | 180  | 131    | 35        |
| Beer, lager, cider and perry                    | 0                 | 0      | 0         | 782   | 578    | 11        | 782        | 578    | 6         | 783   | 500    | 55        | 488  | 295    | 36        |
| Miscellaneous                                   |                   |        |           |       |        |           |            |        |           |       |        |           |      |        |           |
| Dry weight beverages                            | 8                 | 5      | 19        | 11    | 7      | 16        | 9          | 6      | 17        | 27    | 9      | 9         | 12   | 9      | 19        |
| Soup, manufactured/retail and homemade          | 84                | 57     | 21        | 96    | 100    | 16        | 90         | 93     | 18        | 133   | 101    | 23        | 161  | 110    | 39        |
| Savoury sauces, pickles, gravies and condiments | 19                | 15     | 81        | 30    | 23     | 80        | 25         | 19     | 81        | 30    | 23     | 77        | 36   | 28     | 69        |
| <i>Bases (unweighted)</i>                       | 210               |        |           | 238   |        |           | 448        |        |           | 346   |        |           | 96   |        |           |

<sup>a</sup> Per cent consumers is over the four days although the gram intake is per day.<sup>b</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.<sup>c</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.<sup>d</sup> Non-alcoholic beverages are reported as consumed with diluent water.

Table 5.2b

Total quantities of food consumed (grams) per day: female consumers<sup>a</sup>, by age

Female consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                            | Age group (years) |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
|--|-------------------|--------|-----------|-------|--------|-----------|-------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|  | Girls             |        |           |       |        |           | Total girls |        |           | Women |        |           |      |        |           |
|  | 4-10              |        | %         | 11-18 |        | %         |             |        | %         | 19-64 |        | %         | 65+  |        | %         |
|  | Mean              | Median | consumers | Mean  | Median | consumers | Mean        | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Cereals and cereal products                        |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Pasta, rice, pizza and other miscellaneous cereals | 71                | 65     | 92        | 110   | 90     | 83        | 92          | 78     | 87        | 92    | 80     | 76        | 57   | 41     | 55        |
| White bread  | 51                | 46     | 88        | 57    | 49     | 85        | 54          | 47     | 87        | 55    | 45     | 78        | 48   | 43     | 65        |
| Wholemeal bread                                    | 32                | 17     | 26        | 30    | 18     | 21        | 31          | 18     | 23        | 39    | 30     | 38        | 38   | 28     | 46        |
| Brown, granary and wheatgerm bread                 | 32                | 20     | 32        | 34    | 23     | 31        | 33          | 23     | 32        | 38    | 34     | 31        | 43   | 40     | 37        |
| Other breads                                       | 20                | 12     | 17        | 27    | 24     | 10        | 23          | 20     | 13        | 27    | 21     | 14        | 33   | 23     | 9         |
| High fibre breakfast cereals                       | 26                | 18     | 57        | 26    | 20     | 33        | 26          | 20     | 43        | 43    | 27     | 47        | 53   | 37     | 59        |
| Other breakfast cereals                            | 18                | 15     | 62        | 19    | 16     | 49        | 19          | 16     | 54        | 17    | 15     | 32        | 18   | 10     | 40        |
| Biscuits   | 19                | 15     | 80        | 22    | 18     | 70        | 20          | 16     | 74        | 21    | 17     | 66        | 16   | 14     | 71        |
| Buns, cakes, pastries and fruit pies               | 32                | 25     | 71        | 31    | 21     | 55        | 31          | 23     | 62        | 30    | 23     | 51        | 36   | 30     | 77        |
| Puddings   | 37                | 34     | 33        | 44    | 31     | 22        | 41          | 32     | 27        | 44    | 38     | 21        | 69   | 53     | 37        |
| Milk and milk products                             |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Whole milk (3.8% fat)                              | 172               | 138    | 47        | 136   | 100    | 24        | 158         | 119    | 35        | 90    | 65     | 18        | 180  | 152    | 23        |
| Semi skimmed milk (1.8 % fat)                      | 158               | 138    | 57        | 113   | 75     | 63        | 132         | 102    | 60        | 116   | 88     | 76        | 169  | 143    | 74        |
| 1% fat milk  | 136               | 175    | 1         | 234   | 163    | 2         | 208         | 163    | 1         | 125   | 58     | 2         | 0    | 0      | 0         |
| Skimmed milk (0.5% fat)                            | 123               | 73     | 6         | 47    | 25     | 5         | 84          | 50     | 5         | 116   | 75     | 18        | 186  | 190    | 13        |
| Other milk and cream                               | 69                | 50     | 22        | 86    | 75     | 18        | 78          | 52     | 20        | 54    | 15     | 21        | 57   | 11     | 29        |
| Cheese   | 18                | 15     | 63        | 16    | 13     | 65        | 17          | 14     | 64        | 23    | 18     | 62        | 18   | 15     | 59        |
| Yoghurt, fromage frais and other dairy desserts    | 54                | 44     | 65        | 48    | 31     | 37        | 51          | 38     | 49        | 71    | 63     | 44        | 80   | 63     | 46        |
| Ice cream  | 30                | 20     | 49        | 36    | 30     | 28        | 33          | 23     | 37        | 27    | 23     | 17        | 30   | 20     | 24        |
| Eggs and egg dishes                                | 28                | 26     | 42        | 31    | 29     | 33        | 30          | 29     | 37        | 39    | 30     | 45        | 32   | 25     | 69        |

Table 5.2b (continued)

Total quantities of food consumed (grams) per day: female consumers<sup>a</sup>, by age

Female consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                             | Age group (years) |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
|---|-------------------|--------|-----------|-------|--------|-----------|-------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|   | Girls             |        |           |       |        |           | Women       |        |           |       |        |           |      |        |           |
|   | 4-10              |        | %         | 11-18 |        | %         | Total girls |        | %         | 19-64 |        | %         | 65+  |        | %         |
|   | Mean              | Median | consumers | Mean  | Median | consumers | Mean        | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Fat spreads <sup>c</sup>                            |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Butter  | 7                 | 5      | 30        | 7     | 6      | 22        | 7           | 6      | 26        | 8     | 6      | 33        | 14   | 11     | 50        |
| Margarine and other cooking fats                    | 3                 | 2      | 10        | 3     | 2      | 8         | 3           | 2      | 9         | 2     | 2      | 12        | 2    | 2      | 9         |
| Reduced fat spread polyunsaturated (41-75% fat)     | 7                 | 6      | 15        | 7     | 4      | 13        | 7           | 5      | 14        | 8     | 6      | 11        | 9    | 8      | 21        |
| Reduced fat spread not polyunsaturated (41-75% fat) | 8                 | 7      | 50        | 9     | 6      | 52        | 9           | 7      | 51        | 9     | 8      | 46        | 9    | 6      | 31        |
| Low fat spread polyunsaturated (18-39% fat)         | 7                 | 4      | 14        | 8     | 5      | 9         | 7           | 5      | 11        | 7     | 5      | 14        | 9    | 7      | 14        |
| Low fat spread not polyunsaturated (18-39% fat)     | 6                 | 5      | 4         | 7     | 5      | 2         | 6           | 5      | 3         | 6     | 5      | 4         | 3    | 4      | 2         |
| Meat and meat products                              |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Bacon and ham                                       | 16                | 13     | 57        | 16    | 13     | 58        | 16          | 13     | 57        | 21    | 15     | 52        | 22   | 15     | 60        |
| Beef, veal and dishes                               | 55                | 42     | 47        | 73    | 64     | 41        | 64          | 50     | 44        | 95    | 82     | 50        | 82   | 82     | 45        |
| Lamb and dishes                                     | 42                | 29     | 13        | 59    | 40     | 15        | 52          | 38     | 14        | 55    | 34     | 19        | 62   | 40     | 21        |
| Pork and dishes                                     | 35                | 23     | 19        | 29    | 21     | 20        | 31          | 21     | 19        | 42    | 30     | 18        | 28   | 20     | 24        |
| Coated chicken and turkey                           | 27                | 23     | 37        | 37    | 29     | 33        | 32          | 27     | 35        | 44    | 40     | 12        | 35   | 40     | 7         |
| Chicken, turkey and dishes                          | 48                | 26     | 58        | 60    | 48     | 66        | 55          | 38     | 63        | 80    | 65     | 65        | 63   | 45     | 55        |
| Liver and liver dishes                              | 5                 | 5      | 0         | 16    | 8      | 2         | 15          | 8      | 1         | 24    | 21     | 7         | 24   | 21     | 6         |
| Burgers and kebabs                                  | 24                | 20     | 18        | 35    | 30     | 28        | 31          | 26     | 23        | 29    | 26     | 13        | 33   | 30     | 9         |
| Sausages  | 29                | 30     | 53        | 35    | 30     | 34        | 32          | 30     | 42        | 40    | 30     | 30        | 28   | 23     | 24        |
| Meat pies and pastries                              | 29                | 20     | 29        | 32    | 35     | 24        | 31          | 29     | 26        | 38    | 30     | 20        | 29   | 30     | 25        |
| Other meat , meat products and dishes               | 18                | 9      | 13        | 25    | 11     | 8         | 21          | 10     | 10        | 38    | 25     | 9         | 39   | 28     | 20        |

Table 5.2b (continued)

Total quantities of food consumed (grams) per day: female consumers<sup>a</sup>, by age

Female consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                                    | Age group (years) |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
|--|-------------------|--------|-----------|-------|--------|-----------|-------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|  | Girls             |        |           |       |        |           | Women       |        |           |       |        |           |      |        |           |
|  | 4-10              |        | %         | 11-18 |        | %         | Total girls |        | %         | 19-64 |        | %         | 65+  |        | %         |
|  | Mean              | Median | consumers | Mean  | Median | consumers | Mean        | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Fish and fish dishes                                       |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| White fish coated or fried including fish fingers          | 26                | 25     | 29        | 32    | 30     | 15        | 28          | 25     | 21        | 35    | 30     | 20        | 35   | 34     | 27        |
| Other white fish, shellfish, fish dishes and canned tuna   | 31                | 28     | 24        | 28    | 20     | 28        | 29          | 23     | 26        | 42    | 30     | 37        | 54   | 38     | 42        |
| Oily fish  | 31                | 23     | 11        | 31    | 25     | 10        | 31          | 24     | 10        | 40    | 32     | 28        | 37   | 25     | 34        |
| Vegetables, potatoes                                       |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Salad and other raw vegetables                             | 33                | 24     | 57        | 33    | 22     | 62        | 33          | 22     | 60        | 63    | 50     | 81        | 49   | 38     | 76        |
| Vegetables (not raw) including vegetable dishes            | 64                | 51     | 89        | 73    | 63     | 78        | 69          | 58     | 83        | 100   | 81     | 91        | 102  | 90     | 96        |
| Chips, fried and roast potatoes and potato products        | 51                | 42     | 80        | 70    | 64     | 78        | 61          | 50     | 79        | 58    | 50     | 63        | 52   | 46     | 53        |
| Other potatoes, potato salads and dishes                   | 41                | 34     | 65        | 58    | 45     | 61        | 50          | 42     | 62        | 57    | 45     | 65        | 66   | 68     | 85        |
| Savoury snacks   | 14                | 13     | 75        | 20    | 18     | 71        | 17          | 14     | 73        | 12    | 11     | 47        | 8    | 6      | 24        |
| Nuts and seeds   | 7                 | 5      | 10        | 10    | 8      | 12        | 9           | 6      | 11        | 14    | 8      | 20        | 9    | 7      | 11        |
| Fruit  | 117               | 103    | 89        | 89    | 74     | 73        | 103         | 87     | 80        | 114   | 91     | 85        | 137  | 110    | 85        |
| Sugar preserves and confectionery                          |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Sugars, including table sugar, preserves and sweet spreads | 8                 | 6      | 66        | 9     | 5      | 55        | 8           | 6      | 60        | 15    | 10     | 65        | 15   | 12     | 70        |
| Sugar confectionery  | 22                | 12     | 50        | 17    | 9      | 40        | 19          | 10     | 45        | 13    | 7      | 19        | 10   | 5      | 7         |
| Chocolate confectionery                                    | 14                | 11     | 56        | 21    | 16     | 58        | 18          | 12     | 57        | 18    | 14     | 46        | 17   | 14     | 28        |

Table 5.2b (continued)

Total quantities of food consumed (grams) per day: female consumers<sup>a</sup>, by age

Female consumers aged 4 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                         | Age group (years) |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
|---|-------------------|--------|-----------|-------|--------|-----------|-------------|--------|-----------|-------|--------|-----------|------|--------|-----------|
|   | Girls             |        |           |       |        |           | Women       |        |           |       |        |           |      |        |           |
|   | 4-10              |        | %         | 11-18 |        | %         | Total girls |        | %         | 19-64 |        | %         | 65+  |        | %         |
|   | Mean              | Median | consumers | Mean  | Median | consumers | Mean        | Median | consumers | Mean  | Median | consumers | Mean | Median | consumers |
| Non-alcoholic beverages <sup>d</sup>            |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Fruit juice                                     | 141               | 131    | 57        | 158   | 113    | 47        | 150         | 125    | 52        | 118   | 94     | 41        | 109  | 88     | 39        |
| Soft drinks, not low calorie                    | 177               | 129    | 72        | 312   | 244    | 79        | 255         | 194    | 76        | 209   | 140    | 53        | 142  | 113    | 37        |
| Soft drinks, low calorie                        | 284               | 188    | 65        | 296   | 213    | 59        | 290         | 208    | 61        | 270   | 200    | 35        | 160  | 94     | 14        |
| Tea, coffee and water                           | 346               | 253    | 92        | 508   | 360    | 91        | 435         | 313    | 91        | 1200  | 1130   | 98        | 1124 | 1050   | 100       |
| Alcoholic beverages                             |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Spirits and liqueurs                            | 0                 | 0      | 0         | 41    | 35     | 7         | 41          | 35     | 4         | 38    | 25     | 16        | 27   | 23     | 11        |
| Wine  | 0                 | 0      | 0         | 76    | 31     | 6         | 76          | 31     | 3         | 165   | 125    | 42        | 114  | 88     | 32        |
| Beer, lager, cider and perry                    | 0                 | 0      | 0         | 267   | 119    | 8         | 267         | 119    | 5         | 395   | 204    | 21        | 202  | 108    | 7         |
| Miscellaneous                                   |                   |        |           |       |        |           |             |        |           |       |        |           |      |        |           |
| Dry weight beverages                            | 9                 | 8      | 30        | 16    | 9      | 16        | 12          | 8      | 22        | 13    | 7      | 15        | 14   | 14     | 30        |
| Soup, manufactured/retail and homemade          | 70                | 51     | 17        | 100   | 74     | 16        | 86          | 55     | 16        | 107   | 87     | 29        | 115  | 101    | 42        |
| Savoury sauces, pickles, gravies and condiments | 19                | 14     | 70        | 25    | 19     | 81        | 22          | 15     | 76        | 25    | 19     | 83        | 21   | 17     | 73        |
| <i>Bases (unweighted)</i>                       | 213               |        |           | 215   |        |           | 428         |        |           | 461   |        |           | 128  |        |           |

<sup>a</sup> Per cent consumers is over the four days although the gram intake is per day.<sup>b</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.<sup>c</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.<sup>d</sup> Non-alcoholic beverages are reported as consumed with diluent water.

Table 5.2c

Total quantities of food consumed (grams) per day: all consumers<sup>a</sup>, by age

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                            | Age group (years) |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
|--|-------------------|--------|-------------|------|--------|-------------|-------|--------|-------------|-------|--------|-------------|------|--------|-------------|
|  | 1.5-3             |        |             | 4-10 |        |             | 11-18 |        |             | 19-64 |        |             | 65+  |        |             |
|  | Mean              | Median | % consumers | Mean | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean | Median | % consumers |
| <b>Cereals and cereal products</b>                 |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Pasta, rice, pizza and other miscellaneous cereals | 59                | 50     | 90          | 77   | 68     | 91          | 119   | 99     | 86          | 109   | 88     | 76          | 62   | 45     | 49          |
| White bread  | 31                | 24     | 78          | 52   | 46     | 86          | 67    | 59     | 88          | 66    | 55     | 79          | 61   | 54     | 69          |
| Wholemeal bread                                    | 26                | 18     | 31          | 36   | 34     | 26          | 34    | 22     | 19          | 49    | 36     | 37          | 43   | 36     | 44          |
| Brown, granary and wheatgerm bread                 | 26                | 21     | 37          | 39   | 28     | 35          | 38    | 28     | 30          | 42    | 34     | 32          | 47   | 40     | 32          |
| Other breads                                       | 13                | 11     | 10          | 24   | 18     | 14          | 32    | 30     | 9           | 29    | 23     | 12          | 35   | 30     | 8           |
| High fibre breakfast cereals                       | 29                | 20     | 61          | 29   | 19     | 62          | 28    | 21     | 37          | 42    | 25     | 44          | 63   | 40     | 60          |
| Other breakfast cereals                            | 11                | 9      | 49          | 17   | 15     | 64          | 23    | 17     | 50          | 19    | 15     | 31          | 20   | 13     | 34          |
| Biscuits   | 14                | 12     | 75          | 19   | 16     | 81          | 27    | 19     | 65          | 22    | 17     | 60          | 18   | 14     | 69          |
| Buns, cakes, pastries and fruit pies               | 17                | 14     | 48          | 31   | 25     | 70          | 33    | 25     | 54          | 34    | 25     | 50          | 43   | 36     | 73          |
| Puddings   | 37                | 31     | 34          | 42   | 33     | 34          | 49    | 38     | 24          | 53    | 45     | 23          | 70   | 54     | 40          |
| <b>Milk and milk products</b>                      |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Whole milk (3.8% fat)                              | 297               | 250    | 65          | 199  | 170    | 48          | 164   | 123    | 23          | 127   | 96     | 21          | 224  | 206    | 25          |
| Semi skimmed milk (1.8 % fat)                      | 185               | 138    | 42          | 176  | 147    | 58          | 138   | 86     | 65          | 128   | 95     | 74          | 169  | 160    | 68          |
| 1% fat milk  | 0                 | 0      | 0           | 107  | 125    | 1           | 210   | 163    | 1           | 143   | 88     | 2           | 291  | 100    | 1           |
| Skimmed milk (0.5% fat)                            | 290               | 240    | 3           | 139  | 85     | 5           | 72    | 68     | 6           | 119   | 75     | 16          | 152  | 93     | 14          |
| Other milk and cream                               | 196               | 100    | 23          | 72   | 50     | 22          | 85    | 75     | 19          | 55    | 15     | 19          | 51   | 15     | 32          |
| Cheese   | 12                | 10     | 67          | 16   | 13     | 63          | 18    | 15     | 59          | 25    | 20     | 62          | 21   | 17     | 63          |
| Yoghurt, fromage frais and other dairy desserts    | 54                | 50     | 81          | 54   | 45     | 65          | 55    | 38     | 36          | 73    | 63     | 37          | 74   | 59     | 44          |
| Ice cream  | 21                | 15     | 29          | 28   | 21     | 48          | 33    | 30     | 28          | 29    | 25     | 19          | 30   | 23     | 22          |
| <b>Eggs and egg dishes</b>                         |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Eggs and egg dishes                                | 23                | 17     | 39          | 26   | 21     | 38          | 34    | 29     | 38          | 44    | 31     | 47          | 33   | 29     | 64          |

Table 5.2c (continued)

Total quantities of food consumed (grams) per day: all consumers<sup>a</sup>, by age

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                             | Age group (years) |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
|---|-------------------|--------|-------------|------|--------|-------------|-------|--------|-------------|-------|--------|-------------|------|--------|-------------|
|   | 1.5-3             |        |             | 4-10 |        |             | 11-18 |        |             | 19-64 |        |             | 65+  |        |             |
|   | Mean              | Median | % consumers | Mean | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean | Median | % consumers |
| <b>Fat spreads<sup>c</sup></b>                      |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Butter  | 5                 | 4      | 30          | 8    | 5      | 28          | 9     | 6      | 26          | 9     | 7      | 30          | 13   | 11     | 45          |
| Margarine and other fats and oils                   | 2                 | 0      | 8           | 3    | 1      | 9           | 3     | 2      | 7           | 3     | 2      | 13          | 3    | 2      | 13          |
| Reduced fat spread polyunsaturated (41-75% fat)     | 6                 | 5      | 17          | 8    | 8      | 16          | 8     | 5      | 13          | 10    | 7      | 14          | 9    | 7      | 20          |
| Reduced fat spread not polyunsaturated (41-75% fat) | 6                 | 5      | 49          | 9    | 8      | 48          | 9     | 7      | 48          | 10    | 9      | 47          | 15   | 10     | 33          |
| Low fat spread polyunsaturated (18-39% fat)         | 6                 | 4      | 14          | 7    | 5      | 11          | 11    | 6      | 10          | 8     | 5      | 13          | 12   | 9      | 13          |
| Low fat spread not polyunsaturated (18-39% fat)     | 6                 | 5      | 3           | 6    | 5      | 4           | 6     | 5      | 3           | 7     | 5      | 5           | 8    | 5      | 3           |
| <b>Meat and meat products</b>                       |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Bacon and ham                                       | 10                | 9      | 45          | 16   | 13     | 54          | 22    | 17     | 60          | 26    | 19     | 56          | 24   | 17     | 59          |
| Beef, veal and dishes                               | 35                | 27     | 40          | 54   | 41     | 46          | 82    | 64     | 42          | 99    | 78     | 53          | 87   | 68     | 42          |
| Lamb and dishes                                     | 34                | 27     | 12          | 42   | 32     | 12          | 54    | 29     | 19          | 64    | 40     | 18          | 66   | 46     | 26          |
| Pork and dishes                                     | 28                | 23     | 11          | 34   | 23     | 15          | 35    | 30     | 21          | 54    | 40     | 21          | 35   | 30     | 24          |
| Coated chicken and turkey                           | 18                | 13     | 26          | 27   | 23     | 35          | 41    | 36     | 33          | 43    | 40     | 15          | 35   | 38     | 5           |
| Chicken, turkey and dishes                          | 24                | 18     | 55          | 44   | 27     | 62          | 67    | 50     | 69          | 89    | 70     | 66          | 71   | 48     | 52          |
| Liver and liver dishes                              | 17                | 24     | 1           | 9    | 5      | 1           | 21    | 15     | 2           | 30    | 21     | 5           | 32   | 25     | 9           |
| Burgers and kebabs                                  | 20                | 15     | 8           | 21   | 15     | 21          | 44    | 43     | 28          | 43    | 36     | 14          | 32   | 30     | 7           |
| Sausages  | 25                | 17     | 44          | 30   | 30     | 51          | 40    | 30     | 37          | 44    | 30     | 33          | 41   | 30     | 23          |
| Meat pies and pastries                              | 22                | 17     | 23          | 30   | 23     | 27          | 44    | 36     | 26          | 44    | 35     | 23          | 42   | 33     | 31          |
| Other meat, meat products and dishes                | 14                | 14     | 11          | 17   | 10     | 11          | 31    | 16     | 10          | 40    | 24     | 16          | 55   | 29     | 20          |



Table 5.2c (continued)

Total quantities of food consumed (grams) per day: all consumers<sup>a</sup>, by age

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                                    | Age group (years) |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
|--|-------------------|--------|-------------|------|--------|-------------|-------|--------|-------------|-------|--------|-------------|------|--------|-------------|
|  | 1.5-3             |        |             | 4-10 |        |             | 11-18 |        |             | 19-64 |        |             | 65+  |        |             |
|  | Mean              | Median | % consumers | Mean | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean | Median | % consumers |
| Fish and fish dishes                                       |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| White fish coated or fried including fish fingers          | 18                | 14     | 41          | 26   | 25     | 37          | 31    | 28     | 17          | 39    | 33     | 20          | 39   | 43     | 25          |
| Other white fish, shellfish, fish dishes and canned tuna   | 21                | 16     | 24          | 31   | 26     | 26          | 35    | 25     | 24          | 50    | 33     | 35          | 55   | 37     | 41          |
| Oily fish  | 29                | 15     | 10          | 26   | 19     | 11          | 31    | 25     | 8           | 45    | 34     | 23          | 43   | 33     | 36          |
| Vegetables, potatoes                                       |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Salad and other raw vegetables                             | 21                | 14     | 42          | 31   | 22     | 53          | 32    | 22     | 57          | 60    | 45     | 76          | 58   | 48     | 72          |
| Vegetables (not raw) including vegetable dishes            | 51                | 43     | 89          | 68   | 56     | 88          | 77    | 64     | 79          | 102   | 81     | 90          | 104  | 87     | 94          |
| Chips, fried and roast potatoes and potato products        | 32                | 28     | 62          | 50   | 42     | 82          | 75    | 68     | 78          | 68    | 53     | 65          | 62   | 53     | 59          |
| Other potatoes, potato salads and dishes                   | 33                | 26     | 68          | 43   | 34     | 62          | 57    | 45     | 58          | 68    | 55     | 65          | 74   | 70     | 80          |
| Savoury snacks   | 9                 | 6      | 64          | 14   | 13     | 74          | 20    | 17     | 73          | 14    | 13     | 48          | 10   | 6      | 22          |
| Nuts and seeds   | 8                 | 6      | 6           | 6    | 5      | 11          | 11    | 8      | 12          | 14    | 8      | 18          | 13   | 7      | 17          |
| Fruit  | 111               | 97     | 92          | 106  | 86     | 90          | 88    | 68     | 71          | 118   | 92     | 80          | 139  | 117    | 84          |
| Sugar preserves and confectionery                          |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Sugars, including table sugar, preserves and sweet spreads | 7                 | 5      | 53          | 8    | 6      | 66          | 10    | 8      | 58          | 18    | 13     | 66          | 19   | 16     | 69          |
| Sugar confectionery  | 13                | 11     | 27          | 19   | 12     | 48          | 20    | 13     | 37          | 12    | 7      | 15          | 13   | 11     | 6           |
| Chocolate confectionery                                    | 10                | 8      | 53          | 15   | 12     | 59          | 22    | 16     | 56          | 21    | 15     | 44          | 16   | 11     | 28          |

Table 5.2c (continued)

Total quantities of food consumed (grams) per day: all consumers<sup>a</sup>, by age

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>b</sup>                         | Age group (years) |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
|---|-------------------|--------|-------------|------|--------|-------------|-------|--------|-------------|-------|--------|-------------|------|--------|-------------|
|   | 1.5-3             |        |             | 4-10 |        |             | 11-18 |        |             | 19-64 |        |             | 65+  |        |             |
|   | Mean              | Median | % consumers | Mean | Median | % consumers | Mean  | Median | % consumers | Mean  | Median | % consumers | Mean | Median | % consumers |
| Non-alcoholic beverages <sup>d</sup>            |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Fruit juice                                     | 111               | 100    | 52          | 149  | 114    | 61          | 176   | 128    | 50          | 136   | 100    | 42          | 123  | 96     | 37          |
| Soft drinks, not low calorie                    | 138               | 100    | 42          | 187  | 140    | 72          | 354   | 288    | 79          | 260   | 165    | 54          | 147  | 118    | 34          |
| Soft drinks, low calorie                        | 325               | 206    | 62          | 292  | 223    | 64          | 309   | 213    | 58          | 299   | 198    | 34          | 188  | 94     | 16          |
| Tea, coffee and water                           | 237               | 186    | 83          | 314  | 225    | 89          | 511   | 375    | 90          | 1131  | 1046   | 98          | 1128 | 1043   | 100         |
| Alcoholic beverages                             |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Spirits and liqueurs                            | 0                 | 0      | 0           | 0    | 0      | 0           | 64    | 35     | 5           | 57    | 27     | 14          | 37   | 25     | 15          |
| Wine  | 0                 | 0      | 0           | 0    | 0      | 0           | 78    | 38     | 3           | 187   | 131    | 34          | 144  | 100    | 33          |
| Beer, lager, cider and perry                    | 0                 | 0      | 0           | 0    | 0      | 0           | 568   | 279    | 10          | 676   | 437    | 38          | 430  | 284    | 20          |
| Miscellaneous                                   |                   |        |             |      |        |             |       |        |             |       |        |             |      |        |             |
| Dry weight beverages                            | 7                 | 5      | 13          | 9    | 6      | 24          | 13    | 7      | 16          | 18    | 8      | 12          | 13   | 12     | 26          |
| Soup, manufactured/retail and homemade          | 53                | 43     | 27          | 78   | 51     | 19          | 98    | 93     | 16          | 119   | 100    | 26          | 134  | 106    | 41          |
| Savoury sauces, pickles, gravies and condiments | 13                | 9      | 68          | 19   | 15     | 76          | 27    | 21     | 81          | 28    | 21     | 80          | 28   | 20     | 72          |
| <i>Bases (unweighted)</i>                       | 219               |        |             | 423  |        |             | 453   |        |             | 807   |        |             | 224  |        |             |

<sup>a</sup> Per cent consumers is over the four days although the gram intake is per day.<sup>b</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.<sup>c</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.<sup>d</sup> Non-alcoholic beverages are reported as consumed with diluent water.

## 5.3 Vegetable, fruit, meat and fish consumption, including from composite dishes

### 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 years and over*

*2008/09 - 2009/10*

| Source  | Sex and age group (years) |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
|---|---------------------------|-------|------------|-------|-----|-------|-------|-------------|-------|-----|-------|------|-------|-------|-----|
|   | Boys                      |       |            | Men   |     | Girls |       |             | Women |     | Total |      |       |       |     |
|   | 4-10                      | 11-18 | Total boys | 19-64 | 65+ | 4-10  | 11-18 | Total girls | 19-64 | 65+ | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+ |
| Vegetables g/day  | 99                        | 124   | 113        | 189   | 195 | 101   | 104   | 103         | 186   | 169 | 73    | 100  | 114   | 188   | 181 |
| <i>Of which</i>   |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| <i>Tomatoes</i>   | 21                        | 28    | 25         | 47    | 43  | 22    | 24    | 24          | 44    | 38  | 16    | 22   | 26    | 46    | 40  |
| <i>Tomato puree</i>   | 7                         | 8     | 8          | 8     | 4   | 6     | 6     | 6           | 6     | 4   | 5     | 6    | 7     | 7     | 4   |
| <i>Brassicacea<sup>a</sup></i>  | 11                        | 13    | 12         | 21    | 31  | 8     | 10    | 9           | 23    | 28  | 8     | 10   | 12    | 22    | 30  |
| <i>Carrots, yellow, red and dark green leafy vegetables<sup>b</sup></i> | 16                        | 16    | 16         | 27    | 30  | 18    | 15    | 16          | 29    | 29  | 11    | 17   | 16    | 28    | 29  |
| <i>Other vegetables</i>   | 31                        | 47    | 40         | 70    | 77  | 36    | 40    | 38          | 71    | 62  | 22    | 33   | 44    | 70    | 69  |
| <i>Beans and pulses</i>   | 12                        | 11    | 12         | 16    | 10  | 10    | 10    | 10          | 14    | 8   | 10    | 11   | 10    | 15    | 9   |
| Fruit g/day   | 92                        | 64    | 77         | 99    | 131 | 108   | 67    | 85          | 103   | 124 | 108   | 100  | 65    | 101   | 127 |
| <i>Of which</i>   |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| <i>Fresh/canned fruit</i>   | 90                        | 63    | 75         | 95    | 124 | 107   | 66    | 84          | 99    | 118 | 105   | 98   | 64    | 97    | 121 |
| <i>Dried fruit</i>  | 2                         | 1     | 2          | 4     | 7   | 1     | 1     | 1           | 3     | 6   | 3     | 2    | 1     | 4     | 6   |
| Fruit juice g/day   | 110                       | 111   | 110        | 70    | 55  | 90    | 90    | 90          | 54    | 47  | 66    | 100  | 101   | 62    | 50  |
| Total fruit (not including juice) and vegetables g/day                  |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean  | 191                       | 189   | 190        | 287   | 326 | 209   | 171   | 188         | 289   | 294 | 181   | 200  | 180   | 288   | 308 |
| Median  | 177                       | 176   | 176        | 250   | 311 | 196   | 149   | 167         | 260   | 272 | 165   | 189  | 160   | 256   | 288 |
| sd  | 102                       | 116   | 110        | 181   | 182 | 114   | 108   | 112         | 171   | 159 | 98    | 109  | 113   | 176   | 169 |
| Upper 2.5 percentile  | 446                       | 473   | 460        | 743   | 806 | 430   | 427   | 430         | 670   | 672 | 398   | 433  | 453   | 731   | 779 |
| Lower 2.5 percentile  | 28                        | 6     | 18         | 38    | 49  | 20    | 26    | 21          | 49    | 63  | 19    | 23   | 8     | 48    | 49  |

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

Aged 1.5 years and over

2008/09 - 2009/10

| Source   | Sex and age group (years) |       |            |       |      |       |       |             |       |     |       |      |       |       |      |
|--|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|-----|-------|------|-------|-------|------|
|  | Boys                      |       |            | Men   |      | Girls |       |             | Women |     | Total |      |       |       |      |
|  | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+ | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| "5 a day" portions (portions/day) <sup>c</sup> |                           |       |            |       |      |       |       |             |       |     |       |      |       |       |      |
| Mean   | -                         | 3.1   | -          | 4.2   | 4.7  | -     | 2.7   | -           | 4.1   | 4.2 | -     | -    | 2.9   | 4.2   | 4.4  |
| Median   | -                         | 3.0   | -          | 3.7   | 4.2  | -     | 2.5   | -           | 3.9   | 4.1 | -     | -    | 2.7   | 3.8   | 4.2  |
| sd   | -                         | 1.7   | -          | 2.4   | 2.5  | -     | 1.5   | -           | 2.2   | 2.3 | -     | -    | 1.6   | 2.3   | 2.4  |
| Upper 2.5 percentile                           | -                         | 6.6   | -          | 10.0  | 10.3 | -     | 6.2   | -           | 9.0   | 9.3 | -     | -    | 6.6   | 9.7   | 10.3 |
| Lower 2.5 percentile                           | -                         | 0.2   | -          | 0.8   | 0.7  | -     | 0.4   | -           | 0.8   | 1.0 | -     | -    | 0.2   | 0.8   | 0.7  |
| % achieving ≥ 5-a-day                          | -                         | 13    | -          | 32    | 39   | -     | 7     | -           | 29    | 35  | -     | -    | 10    | 30    | 37   |
| Meat g/day                                     | 68                        | 118   | 96         | 135   | 105  | 67    | 80    | 74          | 88    | 78  | 40    | 68   | 99    | 112   | 90   |
| Of which                                       |                           |       |            |       |      |       |       |             |       |     |       |      |       |       |      |
| Total red meat <sup>d</sup>                    | 44                        | 78    | 63         | 93    | 79   | 46    | 49    | 48          | 56    | 55  | 28    | 45   | 64    | 74    | 65   |
| Total white meat <sup>e</sup>                  | 24                        | 39    | 32         | 42    | 26   | 21    | 31    | 27          | 32    | 23  | 12    | 22   | 35    | 37    | 24   |
| Fish g/day                                     | 13                        | 10    | 11         | 23    | 35   | 10    | 10    | 10          | 23    | 28  | 8     | 12   | 10    | 23    | 31   |
| Of which                                       |                           |       |            |       |      |       |       |             |       |     |       |      |       |       |      |
| White fish                                     | 8                         | 5     | 6          | 8     | 15   | 5     | 4     | 4           | 7     | 13  | 5     | 7    | 4     | 8     | 14   |
| Oily fish                                      | 2                         | 1     | 2          | 7     | 15   | 2     | 3     | 2           | 9     | 10  | 1     | 2    | 2     | 8     | 12   |
| Canned tuna                                    | 2                         | 3     | 3          | 5     | 2    | 2     | 3     | 2           | 4     | 2   | 2     | 2    | 3     | 4     | 2    |
| Shellfish                                      | 1                         | 1     | 1          | 3     | 3    | 1     | 1     | 1           | 3     | 4   | 0     | 1    | 1     | 3     | 4    |
| Bases (unweighted)                             | 210                       | 238   | 448        | 346   | 96   | 213   | 215   | 428         | 461   | 128 | 219   | 423  | 453   | 807   | 224  |

<sup>a</sup> Brassicaceae includes cabbage, Brussels sprouts, broccoli, cauliflower, kale, turnip, radish, watercress, rocket.

<sup>b</sup> This group includes carrots, red peppers, pumpkin, squash, spinach, parsley.

<sup>c</sup> 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. Total fruit (excluding fruit juice) and vegetables and beans/pulses (maximum 80g/day) consumption per day is divided by 80 to get portions/day and added to portion of fruit juice (which is obtained by dividing mean consumption (maximum of 150g/day) by 150) to get total portions per day of fruit, vegetables and fruit juice. Children under 11 have not been included as the 80 g portion is only appropriate for older children and adults.

<sup>d</sup> Total red meat includes beef, lamb, pork, sausages, burgers and kebabs.

<sup>e</sup> Total white meat includes chicken and turkey.

## 5.4 Energy and macronutrient intake and percentage contribution of food groups to macronutrient and sodium intakes

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Table 5.4

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients         | Sex and age group (years) |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
|--------------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|------|-------|------|-------|-------|-------|
|                                | Boys                      |       |            | Men   |       | Girls |       | Women       |       |      | Total |      |       |       |       |
|                                | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+   |
| Total energy MJ <sup>a</sup>   |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                           | 6.71                      | 8.45  | 7.68       | 9.24  | 8.30  | 6.40  | 6.89  | 6.67        | 6.88  | 6.39 | 4.75  | 6.55 | 7.69  | 8.06  | 7.23  |
| Median                         | 6.62                      | 8.09  | 7.39       | 8.90  | 8.29  | 6.45  | 6.90  | 6.62        | 6.72  | 6.20 | 4.69  | 6.52 | 7.56  | 7.72  | 6.91  |
| sd                             | 1.32                      | 2.13  | 2.01       | 2.96  | 2.14  | 1.32  | 1.74  | 1.58        | 2.00  | 1.34 | 1.18  | 1.33 | 2.10  | 2.78  | 1.98  |
| Upper 2.5 percentile           | 9.68                      | 12.68 | 11.98      | 17.09 | 11.80 | 8.87  | 10.25 | 9.78        | 11.37 | 8.92 | 7.04  | 9.50 | 11.99 | 13.82 | 11.64 |
| Lower 2.5 percentile           | 4.30                      | 4.54  | 4.41       | 4.69  | 3.69  | 3.78  | 3.57  | 3.78        | 3.14  | 4.12 | 2.74  | 4.06 | 4.03  | 3.65  | 4.03  |
| Total energy kcal <sup>a</sup> |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                           | 1591                      | 2007  | 1823       | 2200  | 1976  | 1519  | 1637  | 1585        | 1638  | 1522 | 1127  | 1556 | 1827  | 1918  | 1721  |
| Median                         | 1573                      | 1916  | 1756       | 2112  | 1973  | 1531  | 1637  | 1573        | 1604  | 1470 | 1113  | 1548 | 1796  | 1840  | 1635  |
| sd                             | 314                       | 508   | 479        | 706   | 511   | 314   | 413   | 377         | 477   | 319  | 280   | 316  | 499   | 664   | 471   |
| Upper 2.5 percentile           | 2301                      | 3019  | 2840       | 4058  | 2801  | 2114  | 2437  | 2331        | 2700  | 2111 | 1678  | 2255 | 2858  | 3292  | 2771  |
| Lower 2.5 percentile           | 1021                      | 1074  | 1043       | 1115  | 882   | 900   | 850   | 893         | 747   | 980  | 649   | 959  | 959   | 864   | 955   |
| Food energy MJ                 |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                           | 6.66                      | 8.29  | 7.57       | 8.50  | 7.83  | 6.35  | 6.78  | 6.59        | 6.53  | 6.22 | 4.71  | 6.51 | 7.56  | 7.51  | 6.92  |
| Median                         | 6.58                      | 8.02  | 7.31       | 8.31  | 7.76  | 6.41  | 6.77  | 6.55        | 6.43  | 6.04 | 4.65  | 6.48 | 7.46  | 7.32  | 6.69  |
| sd                             | 1.31                      | 2.06  | 1.94       | 2.58  | 2.05  | 1.31  | 1.69  | 1.55        | 1.85  | 1.34 | 1.17  | 1.32 | 2.03  | 2.45  | 1.86  |
| Upper 2.5 percentile           | 9.63                      | 12.63 | 11.87      | 13.92 | 11.53 | 8.84  | 10.20 | 9.59        | 9.93  | 8.71 | 7.02  | 9.43 | 11.87 | 12.59 | 10.99 |
| Lower 2.5 percentile           | 4.27                      | 4.50  | 4.36       | 4.35  | 3.69  | 3.77  | 3.56  | 3.74        | 3.10  | 3.63 | 2.71  | 4.01 | 4.01  | 3.39  | 3.69  |
| Food energy kcal               |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                           | 1591                      | 1982  | 1809       | 2032  | 1872  | 1518  | 1622  | 1576        | 1560  | 1486 | 1126  | 1556 | 1807  | 1795  | 1655  |
| Median                         | 1573                      | 1916  | 1748       | 1986  | 1855  | 1531  | 1617  | 1565        | 1538  | 1444 | 1111  | 1548 | 1783  | 1750  | 1599  |
| sd                             | 314                       | 491   | 464        | 617   | 489   | 314   | 403   | 369         | 442   | 320  | 280   | 316  | 485   | 586   | 445   |
| Upper 2.5 percentile           | 2301                      | 3019  | 2838       | 3327  | 2755  | 2114  | 2437  | 2292        | 2373  | 2081 | 1678  | 2255 | 2836  | 3009  | 2628  |
| Lower 2.5 percentile           | 1021                      | 1074  | 1043       | 1040  | 882   | 900   | 850   | 893         | 741   | 867  | 649   | 959  | 959   | 810   | 882   |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |       |       |       |             |       |       |       |      |       |       |       |
|-----------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|-------|-------|------|-------|-------|-------|
|                             | Boys                      |       |            | Men   |       | Girls |       | Women       |       | Total |       |      |       |       |       |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+   | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+   |
| Protein g                   |                           |       |            |       |       |       |       |             |       |       |       |      |       |       |       |
| Mean                        | 57.2                      | 73.7  | 66.4       | 88.1  | 79.7  | 53.9  | 57.3  | 55.8        | 65.4  | 64.2  | 42.6  | 55.6 | 65.7  | 76.7  | 71.0  |
| Median                      | 55.2                      | 71.2  | 62.8       | 85.4  | 78.4  | 53.4  | 57.2  | 56.1        | 64.5  | 64.1  | 42.1  | 54.7 | 63.2  | 74.0  | 68.9  |
| sd                          | 13.6                      | 20.7  | 19.7       | 35.7  | 27.0  | 12.6  | 14.9  | 14.0        | 18.1  | 13.9  | 11.1  | 13.2 | 19.9  | 30.5  | 22.0  |
| Upper 2.5 percentile        | 92.4                      | 116.3 | 114.5      | 151.3 | 123.1 | 81.6  | 84.4  | 84.0        | 101.7 | 100.6 | 63.8  | 85.0 | 114.5 | 129.4 | 114.8 |
| Lower 2.5 percentile        | 34.7                      | 33.7  | 34.1       | 44.9  | 33.9  | 31.8  | 19.7  | 27.4        | 32.1  | 38.0  | 21.2  | 32.5 | 31.6  | 35.4  | 38.0  |
| % food energy               |                           |       |            |       |       |       |       |             |       |       |       |      |       |       |       |
| Mean                        | 14.4                      | 15.0  | 14.8       | 17.7  | 17.2  | 14.3  | 14.3  | 14.3        | 17.3  | 17.5  | 15.3  | 14.4 | 14.7  | 17.5  | 17.4  |
| Median                      | 14.1                      | 15.0  | 14.5       | 16.7  | 16.8  | 14.1  | 14.1  | 14.1        | 16.9  | 17.4  | 15.0  | 14.1 | 14.4  | 16.8  | 17.1  |
| sd                          | 2.1                       | 2.9   | 2.6        | 4.9   | 3.8   | 2.3   | 2.6   | 2.4         | 4.2   | 3.1   | 2.4   | 2.2  | 2.8   | 4.6   | 3.5   |
| Upper 2.5 percentile        | 19.1                      | 20.6  | 20.3       | 26.2  | 27.8  | 19.5  | 19.9  | 19.8        | 27.7  | 25.2  | 20.9  | 19.4 | 20.4  | 27.7  | 25.8  |
| Lower 2.5 percentile        | 11.0                      | 9.0   | 10.1       | 11.6  | 12.1  | 10.4  | 10.1  | 10.3        | 11.2  | 12.5  | 11.5  | 10.5 | 9.7   | 11.4  | 12.2  |
| % total energy <sup>a</sup> |                           |       |            |       |       |       |       |             |       |       |       |      |       |       |       |
| Mean                        | 14.4                      | 14.9  | 14.7       | 16.5  | 16.3  | 14.3  | 14.2  | 14.2        | 16.5  | 17.1  | 15.3  | 14.4 | 14.5  | 16.5  | 16.7  |
| Median                      | 14.1                      | 14.8  | 14.4       | 15.7  | 15.7  | 14.1  | 13.8  | 14.0        | 16.0  | 17.0  | 15.0  | 14.1 | 14.3  | 15.8  | 16.4  |
| sd                          | 2.1                       | 2.9   | 2.6        | 4.8   | 3.4   | 2.3   | 2.6   | 2.5         | 4.1   | 2.9   | 2.4   | 2.2  | 2.8   | 4.5   | 3.1   |
| Upper 2.5 percentile        | 19.1                      | 20.5  | 20.3       | 25.3  | 23.1  | 19.5  | 19.8  | 19.8        | 26.6  | 23.2  | 20.9  | 19.4 | 20.4  | 26.6  | 23.1  |
| Lower 2.5 percentile        | 11.0                      | 8.8   | 10.1       | 10.1  | 10.8  | 10.4  | 8.6   | 9.8         | 10.3  | 12.4  | 11.5  | 10.5 | 8.8   | 10.3  | 11.7  |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
|-----------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|------|-------|------|-------|-------|-------|
|                             | Boys                      |       |            | Men   |       | Girls |       | Women       |       |      | Total |      |       |       |       |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+   |
| Total fat g                 |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                        | 59.9                      | 75.6  | 68.7       | 80.8  | 77.7  | 58.5  | 63.1  | 61.0        | 61.0  | 60.0 | 43.2  | 59.2 | 69.5  | 70.9  | 67.7  |
| Median                      | 60.6                      | 73.9  | 66.0       | 77.7  | 75.4  | 57.4  | 63.8  | 60.1        | 59.8  | 57.6 | 43.2  | 59.1 | 67.8  | 68.7  | 65.5  |
| sd                          | 15.2                      | 23.0  | 21.4       | 30.5  | 24.6  | 16.2  | 19.4  | 18.2        | 24.0  | 17.8 | 13.6  | 15.7 | 22.2  | 29.1  | 22.8  |
| Upper 2.5 percentile        | 99.0                      | 131.6 | 113.5      | 152.1 | 126.6 | 93.2  | 98.6  | 96.0        | 108.7 | 96.1 | 74.3  | 93.2 | 112.6 | 137.1 | 115.8 |
| Lower 2.5 percentile        | 31.1                      | 33.0  | 33.0       | 31.1  | 29.9  | 28.3  | 26.3  | 26.3        | 20.5  | 29.2 | 21.7  | 30.4 | 31.0  | 22.8  | 29.9  |
| % food energy               |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                        | 33.7                      | 34.1  | 33.9       | 35.2  | 37.1  | 34.4  | 34.6  | 34.5        | 34.4  | 35.9 | 34.1  | 34.0 | 34.3  | 34.8  | 36.4  |
| Median                      | 34.0                      | 34.1  | 34.0       | 35.7  | 37.5  | 34.5  | 35.0  | 34.8        | 34.9  | 36.8 | 34.7  | 34.3 | 34.5  | 35.4  | 37.0  |
| sd                          | 4.5                       | 4.5   | 4.5        | 6.5   | 5.5   | 4.8   | 5.0   | 4.9         | 6.9   | 6.0  | 5.0   | 4.6  | 4.8   | 6.7   | 5.8   |
| Upper 2.5 percentile        | 41.8                      | 41.7  | 41.8       | 47.3  | 48.2  | 43.7  | 44.6  | 43.9        | 46.7  | 46.6 | 42.1  | 42.1 | 43.1  | 46.7  | 47.5  |
| Lower 2.5 percentile        | 24.8                      | 24.4  | 24.8       | 20.4  | 25.3  | 24.0  | 22.5  | 24.0        | 19.1  | 22.8 | 23.9  | 24.7 | 24.1  | 19.7  | 24.7  |
| % total energy <sup>a</sup> |                           |       |            |       |       |       |       |             |       |      |       |      |       |       |       |
| Mean                        | 33.7                      | 33.7  | 33.7       | 33.0  | 35.2  | 34.4  | 34.3  | 34.4        | 32.9  | 35.1 | 34.1  | 34.0 | 34.0  | 32.9  | 35.1  |
| Median                      | 34.0                      | 33.8  | 33.9       | 33.6  | 35.4  | 34.5  | 34.8  | 34.7        | 33.5  | 35.5 | 34.7  | 34.3 | 34.2  | 33.5  | 35.4  |
| sd                          | 4.5                       | 4.7   | 4.6        | 7.1   | 5.4   | 4.8   | 5.1   | 5.0         | 6.8   | 6.1  | 5.0   | 4.6  | 4.9   | 6.9   | 5.8   |
| Upper 2.5 percentile        | 41.8                      | 41.7  | 41.8       | 45.5  | 48.0  | 43.7  | 43.8  | 43.7        | 45.7  | 45.9 | 42.1  | 42.1 | 43.0  | 45.5  | 45.9  |
| Lower 2.5 percentile        | 24.8                      | 24.0  | 24.2       | 16.0  | 25.3  | 24.0  | 22.5  | 23.8        | 18.9  | 22.8 | 23.9  | 24.7 | 24.0  | 17.1  | 24.7  |



Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|-----------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                             | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |      |       |       |      |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Saturated fatty acids g     |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 24.0                      | 28.3  | 26.4       | 29.6  | 30.4 | 22.8  | 22.9  | 22.8        | 22.4  | 24.0 | 18.7  | 23.4 | 25.6  | 26.0  | 26.8 |
| Median                      | 23.8                      | 26.9  | 25.5       | 28.1  | 29.1 | 22.4  | 22.0  | 22.2        | 21.4  | 23.1 | 18.8  | 23.1 | 24.7  | 24.8  | 26.1 |
| sd                          | 7.2                       | 9.9   | 9.1        | 12.8  | 10.6 | 7.2   | 7.8   | 7.5         | 10.0  | 9.1  | 6.9   | 7.2  | 9.3   | 12.0  | 10.3 |
| Upper 2.5 percentile        | 37.0                      | 49.0  | 47.0       | 54.6  | 49.7 | 38.4  | 38.4  | 38.4        | 42.9  | 41.0 | 33.3  | 37.0 | 45.2  | 51.9  | 48.4 |
| Lower 2.5 percentile        | 11.7                      | 11.5  | 11.7       | 8.4   | 11.1 | 9.8   | 8.8   | 8.8         | 6.9   | 9.1  | 6.9   | 10.1 | 10.1  | 7.5   | 9.3  |
| % food energy               |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 13.5                      | 12.7  | 13.0       | 12.9  | 14.5 | 13.4  | 12.6  | 12.9        | 12.6  | 14.3 | 14.8  | 13.4 | 12.6  | 12.8  | 14.4 |
| Median                      | 13.2                      | 12.6  | 12.9       | 12.7  | 14.6 | 13.5  | 12.6  | 13.0        | 12.5  | 14.6 | 15.2  | 13.4 | 12.6  | 12.6  | 14.6 |
| sd                          | 2.7                       | 2.5   | 2.6        | 3.4   | 3.5  | 2.7   | 2.6   | 2.6         | 3.4   | 3.8  | 3.4   | 2.7  | 2.5   | 3.4   | 3.7  |
| Upper 2.5 percentile        | 19.3                      | 18.2  | 18.9       | 20.0  | 21.1 | 18.5  | 17.7  | 18.3        | 19.2  | 20.8 | 20.9  | 19.0 | 17.8  | 19.8  | 21.1 |
| Lower 2.5 percentile        | 7.8                       | 7.7   | 7.8        | 5.7   | 8.1  | 8.2   | 7.3   | 7.4         | 6.5   | 6.6  | 8.8   | 8.1  | 7.5   | 6.3   | 7.2  |
| % total energy <sup>a</sup> |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 13.5                      | 12.6  | 13.0       | 12.1  | 13.8 | 13.4  | 12.5  | 12.9        | 12.1  | 14.0 | 14.8  | 13.4 | 12.5  | 12.1  | 13.9 |
| Median                      | 13.2                      | 12.5  | 12.8       | 12.0  | 13.4 | 13.5  | 12.5  | 13.0        | 11.9  | 14.0 | 15.2  | 13.4 | 12.5  | 12.0  | 13.9 |
| sd                          | 2.7                       | 2.6   | 2.7        | 3.6   | 3.4  | 2.7   | 2.6   | 2.7         | 3.4   | 3.8  | 3.4   | 2.7  | 2.6   | 3.5   | 3.6  |
| Upper 2.5 percentile        | 19.3                      | 18.1  | 18.9       | 19.5  | 20.5 | 18.5  | 17.7  | 18.3        | 19.0  | 20.6 | 20.9  | 19.0 | 17.7  | 19.4  | 20.5 |
| Lower 2.5 percentile        | 7.8                       | 7.5   | 7.7        | 5.1   | 7.2  | 8.2   | 7.3   | 7.4         | 6.0   | 6.5  | 8.8   | 8.1  | 7.3   | 5.4   | 7.1  |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients             | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|------------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                                    | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |      |       |       |      |
|                                    | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Cis mono-unsaturated fatty acids g |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                               | 21.1                      | 27.9  | 24.9       | 29.2  | 26.5 | 20.8  | 23.6  | 22.4        | 21.6  | 19.9 | 14.4  | 21.0 | 25.8  | 25.4  | 22.8 |
| Median                             | 20.9                      | 26.7  | 23.6       | 27.4  | 25.6 | 20.4  | 23.1  | 21.7        | 21.3  | 19.5 | 13.8  | 20.6 | 24.8  | 24.1  | 21.9 |
| sd                                 | 5.7                       | 8.9   | 8.4        | 11.8  | 9.6  | 6.1   | 8.0   | 7.4         | 9.0   | 6.1  | 4.9   | 5.9  | 8.8   | 11.1  | 8.5  |
| Upper 2.5 percentile               | 33.7                      | 49.8  | 44.2       | 55.9  | 43.0 | 34.9  | 39.4  | 37.3        | 41.2  | 31.9 | 25.8  | 34.6 | 44.2  | 50.2  | 42.2 |
| Lower 2.5 percentile               | 10.8                      | 13.0  | 12.2       | 11.1  | 10.5 | 9.9   | 9.1   | 9.9         | 6.4   | 9.6  | 5.7   | 10.4 | 9.9   | 7.0   | 9.6  |
| % food energy                      |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                               | 11.9                      | 12.6  | 12.3       | 12.7  | 12.6 | 12.2  | 12.9  | 12.6        | 12.1  | 11.9 | 11.3  | 12.1 | 12.8  | 12.4  | 12.2 |
| Median                             | 11.8                      | 12.6  | 12.2       | 12.7  | 12.2 | 12.1  | 13.0  | 12.7        | 12.2  | 12.0 | 11.3  | 11.9 | 12.7  | 12.5  | 12.1 |
| sd                                 | 2.0                       | 2.2   | 2.1        | 2.7   | 2.5  | 2.1   | 2.5   | 2.4         | 3.0   | 2.3  | 2.1   | 2.0  | 2.4   | 2.9   | 2.4  |
| Upper 2.5 percentile               | 15.7                      | 17.3  | 16.8       | 18.1  | 17.6 | 16.4  | 18.1  | 16.9        | 17.8  | 16.8 | 15.5  | 16.1 | 17.7  | 18.1  | 16.8 |
| Lower 2.5 percentile               | 8.3                       | 8.3   | 8.3        | 7.0   | 8.0  | 7.7   | 8.0   | 8.0         | 5.2   | 7.8  | 7.4   | 8.2  | 8.0   | 6.1   | 7.9  |
| % total energy <sup>a</sup>        |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                               | 11.9                      | 12.5  | 12.2       | 11.9  | 11.9 | 12.2  | 12.8  | 12.6        | 11.6  | 11.6 | 11.3  | 12.1 | 12.6  | 11.7  | 11.8 |
| Median                             | 11.8                      | 12.4  | 12.1       | 11.9  | 11.6 | 12.1  | 12.8  | 12.6        | 11.7  | 11.7 | 11.3  | 11.9 | 12.6  | 11.8  | 11.7 |
| sd                                 | 2.0                       | 2.2   | 2.1        | 2.9   | 2.4  | 2.1   | 2.6   | 2.4         | 2.9   | 2.3  | 2.1   | 2.0  | 2.4   | 2.9   | 2.3  |
| Upper 2.5 percentile               | 15.7                      | 17.3  | 16.3       | 17.3  | 17.2 | 16.4  | 18.1  | 16.9        | 17.1  | 16.8 | 15.5  | 16.1 | 17.7  | 17.1  | 16.8 |
| Lower 2.5 percentile               | 8.3                       | 7.9   | 8.2        | 5.7   | 7.9  | 7.7   | 8.0   | 8.0         | 5.2   | 7.7  | 7.4   | 8.2  | 8.0   | 5.3   | 7.7  |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients                | Sex and age group (years) |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
|---------------------------------------|---------------------------|-------|------------|-------|-----|-------|-------|-------------|-------|-----|-------|------|-------|-------|-----|
|                                       | Boys                      |       |            | Men   |     | Girls |       | Women       |       |     | Total |      |       |       |     |
|                                       | 4-10                      | 11-18 | Total boys | 19-64 | 65+ | 4-10  | 11-18 | Total girls | 19-64 | 65+ | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+ |
| Cis n-3 polyunsaturated fatty acids g |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean                                  | 1.4                       | 2.0   | 1.8        | 2.4   | 2.4 | 1.5   | 1.8   | 1.6         | 1.9   | 1.9 | 0.9   | 1.5  | 1.9   | 2.1   | 2.1 |
| Median                                | 1.3                       | 1.8   | 1.6        | 2.1   | 2.0 | 1.4   | 1.7   | 1.5         | 1.7   | 1.7 | 0.8   | 1.3  | 1.7   | 1.9   | 1.8 |
| sd                                    | 0.6                       | 1.0   | 0.9        | 1.3   | 1.2 | 0.6   | 0.8   | 0.8         | 1.1   | 1.0 | 0.4   | 0.6  | 0.9   | 1.2   | 1.1 |
| Upper 2.5 percentile                  | 2.8                       | 4.9   | 4.2        | 5.4   | 5.8 | 3.0   | 3.6   | 3.3         | 4.4   | 4.4 | 2.0   | 2.9  | 4.5   | 5.2   | 4.8 |
| Lower 2.5 percentile                  | 0.7                       | 0.7   | 0.7        | 0.7   | 0.7 | 0.6   | 0.5   | 0.5         | 0.5   | 0.7 | 0.3   | 0.7  | 0.6   | 0.5   | 0.7 |
| % food energy                         |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean                                  | 0.8                       | 0.9   | 0.9        | 1.0   | 1.1 | 0.9   | 1.0   | 0.9         | 1.1   | 1.1 | 0.7   | 0.8  | 0.9   | 1.0   | 1.1 |
| Median                                | 0.8                       | 0.8   | 0.8        | 0.9   | 1.0 | 0.8   | 0.9   | 0.9         | 1.0   | 1.0 | 0.7   | 0.8  | 0.9   | 0.9   | 1.0 |
| sd                                    | 0.3                       | 0.4   | 0.3        | 0.4   | 0.6 | 0.3   | 0.4   | 0.4         | 0.5   | 0.5 | 0.3   | 0.3  | 0.4   | 0.5   | 0.5 |
| Upper 2.5 percentile                  | 1.5                       | 1.8   | 1.6        | 2.2   | 2.5 | 1.5   | 1.9   | 1.8         | 2.3   | 2.3 | 1.4   | 1.5  | 1.8   | 2.2   | 2.3 |
| Lower 2.5 percentile                  | 0.4                       | 0.4   | 0.4        | 0.4   | 0.5 | 0.4   | 0.4   | 0.4         | 0.5   | 0.4 | 0.3   | 0.4  | 0.4   | 0.4   | 0.5 |
| % total energy <sup>a</sup>           |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean                                  | 0.8                       | 0.9   | 0.9        | 0.9   | 1.1 | 0.9   | 1.0   | 0.9         | 1.0   | 1.1 | 0.7   | 0.8  | 0.9   | 1.0   | 1.1 |
| Median                                | 0.8                       | 0.8   | 0.8        | 0.9   | 0.9 | 0.8   | 0.9   | 0.9         | 0.9   | 1.0 | 0.7   | 0.8  | 0.9   | 0.9   | 0.9 |
| sd                                    | 0.3                       | 0.4   | 0.3        | 0.4   | 0.5 | 0.3   | 0.4   | 0.4         | 0.5   | 0.5 | 0.3   | 0.3  | 0.4   | 0.4   | 0.5 |
| Upper 2.5 percentile                  | 1.5                       | 1.8   | 1.6        | 2.1   | 2.4 | 1.5   | 1.9   | 1.8         | 2.0   | 2.3 | 1.4   | 1.5  | 1.8   | 2.1   | 2.3 |
| Lower 2.5 percentile                  | 0.4                       | 0.4   | 0.4        | 0.3   | 0.5 | 0.4   | 0.4   | 0.4         | 0.5   | 0.4 | 0.3   | 0.4  | 0.4   | 0.4   | 0.4 |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients                | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|---------------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                                       | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |      |       |       |      |
|                                       | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Cis n-6 polyunsaturated fatty acids g |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                                  | 7.7                       | 10.4  | 9.2        | 11.7  | 10.6 | 7.8   | 9.0   | 8.5         | 9.0   | 8.0  | 5.0   | 7.8  | 9.7   | 10.4  | 9.2  |
| Median                                | 7.5                       | 9.8   | 8.6        | 11.3  | 9.9  | 7.2   | 8.6   | 8.0         | 8.7   | 7.6  | 4.8   | 7.4  | 9.1   | 9.6   | 8.3  |
| sd                                    | 2.6                       | 3.8   | 3.6        | 5.0   | 4.7  | 3.2   | 3.5   | 3.4         | 4.1   | 2.9  | 2.0   | 2.9  | 3.7   | 4.8   | 4.0  |
| Upper 2.5 percentile                  | 13.9                      | 20.5  | 17.3       | 24.5  | 20.6 | 16.4  | 16.2  | 16.4        | 17.6  | 16.4 | 9.2   | 14.2 | 18.8  | 22.1  | 19.8 |
| Lower 2.5 percentile                  | 3.8                       | 4.7   | 3.9        | 3.9   | 3.7  | 2.9   | 3.4   | 3.1         | 2.6   | 3.8  | 1.8   | 3.3  | 3.7   | 2.9   | 3.7  |
| % food energy                         |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                                  | 4.4                       | 4.7   | 4.6        | 5.1   | 5.0  | 4.6   | 4.9   | 4.8         | 5.1   | 4.9  | 4.0   | 4.5  | 4.8   | 5.1   | 4.9  |
| Median                                | 4.3                       | 4.6   | 4.4        | 5.1   | 4.9  | 4.5   | 4.9   | 4.6         | 4.9   | 4.6  | 3.8   | 4.3  | 4.7   | 5.0   | 4.8  |
| sd                                    | 1.2                       | 1.2   | 1.2        | 1.6   | 1.5  | 1.4   | 1.3   | 1.4         | 1.7   | 1.5  | 1.2   | 1.3  | 1.3   | 1.6   | 1.5  |
| Upper 2.5 percentile                  | 7.6                       | 7.1   | 7.1        | 8.2   | 7.8  | 8.3   | 7.5   | 8.3         | 9.0   | 8.7  | 6.9   | 7.9  | 7.5   | 8.6   | 8.6  |
| Lower 2.5 percentile                  | 2.4                       | 2.7   | 2.6        | 2.5   | 2.4  | 2.6   | 2.7   | 2.6         | 2.3   | 2.6  | 2.2   | 2.4  | 2.7   | 2.4   | 2.4  |
| % total energy <sup>a</sup>           |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                                  | 4.4                       | 4.7   | 4.5        | 4.8   | 4.7  | 4.6   | 4.9   | 4.8         | 4.9   | 4.7  | 4.0   | 4.5  | 4.8   | 4.9   | 4.7  |
| Median                                | 4.3                       | 4.5   | 4.4        | 4.7   | 4.7  | 4.5   | 4.9   | 4.6         | 4.7   | 4.5  | 3.8   | 4.3  | 4.6   | 4.7   | 4.6  |
| sd                                    | 1.2                       | 1.2   | 1.2        | 1.6   | 1.4  | 1.4   | 1.3   | 1.4         | 1.6   | 1.5  | 1.2   | 1.3  | 1.3   | 1.6   | 1.5  |
| Upper 2.5 percentile                  | 7.6                       | 7.1   | 7.1        | 8.2   | 7.7  | 8.3   | 7.5   | 8.3         | 8.8   | 8.6  | 6.9   | 7.9  | 7.5   | 8.4   | 8.5  |
| Lower 2.5 percentile                  | 2.4                       | 2.7   | 2.6        | 2.0   | 2.3  | 2.6   | 2.6   | 2.6         | 2.1   | 2.4  | 2.2   | 2.4  | 2.7   | 2.0   | 2.3  |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
|-----------------------------|---------------------------|-------|------------|-------|-----|-------|-------|-------------|-------|-----|-------|------|-------|-------|-----|
|                             | Boys                      |       |            | Men   |     | Girls |       | Women       |       |     | Total |      |       |       |     |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+ | 4-10  | 11-18 | Total girls | 19-64 | 65+ | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+ |
| Trans fatty acids g         |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean                        | 1.3                       | 1.6   | 1.5        | 1.8   | 1.9 | 1.3   | 1.3   | 1.3         | 1.3   | 1.4 | 0.9   | 1.3  | 1.5   | 1.5   | 1.6 |
| Median                      | 1.3                       | 1.5   | 1.4        | 1.7   | 1.6 | 1.2   | 1.3   | 1.3         | 1.2   | 1.4 | 0.8   | 1.3  | 1.4   | 1.4   | 1.5 |
| sd                          | 0.5                       | 0.7   | 0.6        | 0.9   | 0.8 | 0.5   | 0.5   | 0.5         | 0.7   | 0.6 | 0.4   | 0.5  | 0.6   | 0.8   | 0.7 |
| Upper 2.5 percentile        | 2.5                       | 3.2   | 3.1        | 3.7   | 3.9 | 2.3   | 2.5   | 2.3         | 2.8   | 2.9 | 1.7   | 2.3  | 3.1   | 3.5   | 3.2 |
| Lower 2.5 percentile        | 0.6                       | 0.6   | 0.6        | 0.3   | 0.5 | 0.4   | 0.5   | 0.4         | 0.3   | 0.5 | 0.3   | 0.5  | 0.5   | 0.3   | 0.5 |
| % food energy               |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean                        | 0.8                       | 0.7   | 0.7        | 0.8   | 0.9 | 0.8   | 0.7   | 0.7         | 0.8   | 0.9 | 0.7   | 0.8  | 0.7   | 0.8   | 0.9 |
| Median                      | 0.7                       | 0.7   | 0.7        | 0.8   | 0.8 | 0.7   | 0.7   | 0.7         | 0.7   | 0.8 | 0.7   | 0.7  | 0.7   | 0.7   | 0.8 |
| sd                          | 0.2                       | 0.2   | 0.2        | 0.3   | 0.4 | 0.2   | 0.2   | 0.2         | 0.4   | 0.3 | 0.2   | 0.2  | 0.2   | 0.3   | 0.3 |
| Upper 2.5 percentile        | 1.2                       | 1.2   | 1.2        | 1.4   | 1.8 | 1.3   | 1.3   | 1.3         | 1.4   | 1.5 | 1.3   | 1.2  | 1.3   | 1.4   | 1.7 |
| Lower 2.5 percentile        | 0.4                       | 0.3   | 0.4        | 0.2   | 0.4 | 0.3   | 0.3   | 0.3         | 0.3   | 0.3 | 0.3   | 0.4  | 0.3   | 0.3   | 0.4 |
| % total energy <sup>a</sup> |                           |       |            |       |     |       |       |             |       |     |       |      |       |       |     |
| Mean                        | 0.8                       | 0.7   | 0.7        | 0.7   | 0.9 | 0.8   | 0.7   | 0.7         | 0.7   | 0.8 | 0.7   | 0.8  | 0.7   | 0.7   | 0.8 |
| Median                      | 0.7                       | 0.7   | 0.7        | 0.7   | 0.8 | 0.7   | 0.7   | 0.7         | 0.7   | 0.8 | 0.7   | 0.7  | 0.7   | 0.7   | 0.8 |
| sd                          | 0.2                       | 0.2   | 0.2        | 0.3   | 0.3 | 0.2   | 0.2   | 0.2         | 0.4   | 0.3 | 0.2   | 0.2  | 0.2   | 0.3   | 0.3 |
| Upper 2.5 percentile        | 1.2                       | 1.2   | 1.2        | 1.3   | 1.8 | 1.3   | 1.3   | 1.3         | 1.4   | 1.5 | 1.3   | 1.2  | 1.3   | 1.4   | 1.6 |
| Lower 2.5 percentile        | 0.4                       | 0.3   | 0.4        | 0.2   | 0.4 | 0.3   | 0.3   | 0.3         | 0.3   | 0.3 | 0.3   | 0.4  | 0.3   | 0.2   | 0.4 |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|-----------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                             | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |      |       |       |      |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Total carbohydrate g        |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 219                       | 268   | 247        | 255   | 228  | 207   | 220   | 214         | 200   | 184  | 151   | 213  | 245   | 227   | 204  |
| Median                      | 218                       | 263   | 235        | 245   | 225  | 209   | 220   | 214         | 196   | 182  | 150   | 213  | 234   | 218   | 198  |
| sd                          | 46                        | 70    | 65         | 81    | 65   | 44    | 58    | 53          | 63    | 45   | 39    | 45   | 69    | 78    | 59   |
| Upper 2.5 percentile        | 308                       | 429   | 394        | 433   | 342  | 298   | 356   | 328         | 336   | 282  | 239   | 305  | 390   | 397   | 329  |
| Lower 2.5 percentile        | 135                       | 154   | 145        | 121   | 113  | 130   | 102   | 120         | 84    | 112  | 80    | 134  | 129   | 94    | 112  |
| % food energy               |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 51.8                      | 50.9  | 51.3       | 47.1  | 45.8 | 51.3  | 51.0  | 51.2        | 48.3  | 46.6 | 50.6  | 51.6 | 51.0  | 47.7  | 46.2 |
| Median                      | 51.6                      | 50.6  | 51.0       | 46.9  | 46.0 | 50.8  | 50.9  | 50.9        | 48.2  | 46.1 | 50.4  | 51.2 | 50.8  | 47.6  | 46.1 |
| sd                          | 4.7                       | 5.3   | 5.0        | 6.8   | 5.7  | 5.1   | 5.5   | 5.3         | 7.5   | 5.8  | 5.6   | 4.9  | 5.4   | 7.2   | 5.8  |
| Upper 2.5 percentile        | 62.5                      | 61.3  | 62.2       | 62.7  | 56.0 | 62.2  | 61.0  | 61.1        | 63.8  | 58.9 | 62.8  | 62.2 | 61.3  | 62.7  | 58.7 |
| Lower 2.5 percentile        | 42.8                      | 40.5  | 42.0       | 33.1  | 35.2 | 41.1  | 39.7  | 40.7        | 33.6  | 36.7 | 40.4  | 42.7 | 40.5  | 33.5  | 35.3 |
| % total energy <sup>a</sup> |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 51.8                      | 50.4  | 51.0       | 44.0  | 43.7 | 51.3  | 50.6  | 50.9        | 46.3  | 45.5 | 50.6  | 51.6 | 50.5  | 45.2  | 44.7 |
| Median                      | 51.6                      | 50.3  | 50.8       | 43.5  | 44.3 | 50.8  | 50.5  | 50.7        | 46.7  | 45.1 | 50.4  | 51.2 | 50.4  | 44.9  | 44.7 |
| sd                          | 4.7                       | 5.5   | 5.2        | 7.6   | 6.8  | 5.1   | 5.6   | 5.4         | 7.9   | 6.2  | 5.6   | 4.9  | 5.5   | 7.8   | 6.5  |
| Upper 2.5 percentile        | 62.5                      | 61.3  | 62.0       | 59.3  | 56.0 | 62.2  | 61.0  | 61.0        | 61.6  | 58.9 | 62.8  | 62.2 | 61.1  | 61.3  | 58.4 |
| Lower 2.5 percentile        | 42.8                      | 39.3  | 41.9       | 28.2  | 28.6 | 41.1  | 39.3  | 39.7        | 30.0  | 34.8 | 40.4  | 42.7 | 39.3  | 29.2  | 29.3 |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
|-----------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|
|                             | Boys                      |       |            | Men   |       | Girls |       |             | Women |       | Total |       |       |       |       |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+   | 1.5-3 | 4-10  | 11-18 | 19-64 | 65+   |
| Starch g                    |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                        | 120.5                     | 150.3 | 137.1      | 144.3 | 127.2 | 112.3 | 124.4 | 119.0       | 111.5 | 98.9  | 76.2  | 116.5 | 137.7 | 127.8 | 111.3 |
| Median                      | 118.2                     | 147.0 | 133.5      | 142.5 | 126.9 | 110.4 | 124.7 | 118.1       | 109.9 | 98.7  | 76.2  | 113.4 | 135.7 | 122.4 | 109.3 |
| sd                          | 27.4                      | 40.1  | 38.0       | 43.8  | 41.2  | 25.1  | 36.6  | 32.5        | 37.8  | 25.6  | 21.2  | 26.6  | 40.5  | 44.0  | 36.1  |
| Upper 2.5 percentile        | 177.0                     | 231.2 | 224.0      | 241.7 | 217.1 | 163.3 | 198.3 | 182.2       | 183.8 | 148.7 | 121.7 | 174.4 | 223.9 | 227.0 | 194.6 |
| Lower 2.5 percentile        | 70.2                      | 88.2  | 75.2       | 71.6  | 51.0  | 68.4  | 49.2  | 54.6        | 42.9  | 51.1  | 34.7  | 69.0  | 59.9  | 49.7  | 51.0  |
| % food energy               |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                        | 28.6                      | 28.7  | 28.7       | 27.0  | 25.6  | 28.0  | 28.8  | 28.5        | 27.1  | 25.2  | 25.8  | 28.3  | 28.8  | 27.1  | 25.4  |
| Median                      | 28.6                      | 28.6  | 28.6       | 26.7  | 25.3  | 27.6  | 28.9  | 28.6        | 26.9  | 25.2  | 25.8  | 28.2  | 28.8  | 26.8  | 25.2  |
| sd                          | 4.6                       | 5.1   | 4.9        | 5.5   | 5.3   | 4.8   | 5.2   | 5.1         | 6.4   | 5.7   | 5.4   | 4.7   | 5.2   | 6.0   | 5.5   |
| Upper 2.5 percentile        | 38.3                      | 39.6  | 38.9       | 39.7  | 37.1  | 38.2  | 38.0  | 38.0        | 40.9  | 36.8  | 36.7  | 38.2  | 38.9  | 39.9  | 37.1  |
| Lower 2.5 percentile        | 19.4                      | 19.1  | 19.2       | 16.9  | 15.4  | 19.6  | 19.2  | 19.3        | 15.0  | 14.8  | 16.2  | 19.6  | 19.2  | 16.1  | 14.8  |
| % total energy <sup>a</sup> |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                        | 28.6                      | 28.5  | 28.5       | 25.4  | 24.4  | 28.0  | 28.6  | 28.3        | 26.0  | 24.7  | 25.8  | 28.3  | 28.5  | 25.7  | 24.5  |
| Median                      | 28.6                      | 28.4  | 28.4       | 25.5  | 24.0  | 27.6  | 28.8  | 28.4        | 25.5  | 24.5  | 25.8  | 28.2  | 28.6  | 25.5  | 24.5  |
| sd                          | 4.6                       | 5.3   | 5.0        | 6.2   | 5.7   | 4.8   | 5.4   | 5.1         | 6.6   | 5.7   | 5.4   | 4.7   | 5.3   | 6.4   | 5.7   |
| Upper 2.5 percentile        | 38.3                      | 39.6  | 38.9       | 37.9  | 37.1  | 38.2  | 38.0  | 38.0        | 40.9  | 36.8  | 36.7  | 38.2  | 38.9  | 39.7  | 37.1  |
| Lower 2.5 percentile        | 19.4                      | 18.3  | 19.1       | 13.6  | 14.4  | 19.6  | 18.5  | 19.1        | 14.1  | 13.9  | 16.2  | 19.6  | 18.4  | 13.8  | 13.9  |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
|-----------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|
|                             | Boys                      |       |            | Men   |       | Girls |       | Women       |       |       | Total |       |       |       |       |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+   | 1.5-3 | 4-10  | 11-18 | 19-64 | 65+   |
| Total sugars g              |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                        | 98.9                      | 118.1 | 109.6      | 110.3 | 101.1 | 94.8  | 95.5  | 95.2        | 88.4  | 85.5  | 75.1  | 96.9  | 107.1 | 99.3  | 92.3  |
| Median                      | 95.3                      | 113.3 | 105.1      | 103.8 | 102.4 | 91.7  | 92.3  | 91.7        | 80.9  | 81.2  | 72.4  | 93.5  | 101.4 | 92.6  | 88.4  |
| sd                          | 32.3                      | 46.9  | 42.1       | 52.2  | 39.5  | 30.0  | 38.1  | 34.7        | 42.2  | 33.9  | 26.9  | 31.2  | 44.3  | 48.7  | 37.2  |
| Upper 2.5 percentile        | 164.7                     | 232.6 | 215.3      | 214.8 | 186.8 | 150.2 | 175.8 | 171.7       | 179.2 | 171.7 | 133.2 | 159.4 | 216.3 | 213.0 | 181.3 |
| Lower 2.5 percentile        | 43.8                      | 37.4  | 43.4       | 34.9  | 32.9  | 42.8  | 34.4  | 37.0        | 26.4  | 32.3  | 25.5  | 43.8  | 36.6  | 30.6  | 32.3  |
| % food energy               |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                        | 23.2                      | 22.1  | 22.6       | 20.1  | 20.2  | 23.3  | 22.2  | 22.7        | 21.2  | 21.3  | 24.8  | 23.3  | 22.2  | 20.7  | 20.9  |
| Median                      | 22.7                      | 21.8  | 22.3       | 19.7  | 20.1  | 23.2  | 21.1  | 22.1        | 20.5  | 20.9  | 24.5  | 22.9  | 21.5  | 20.2  | 20.8  |
| sd                          | 5.8                       | 6.3   | 6.1        | 6.7   | 5.7   | 5.3   | 7.0   | 6.3         | 7.2   | 6.3   | 5.6   | 5.6   | 6.7   | 7.0   | 6.1   |
| Upper 2.5 percentile        | 35.1                      | 35.8  | 35.8       | 34.0  | 30.7  | 33.7  | 39.7  | 36.0        | 37.4  | 36.3  | 35.3  | 35.0  | 37.9  | 37.4  | 32.5  |
| Lower 2.5 percentile        | 12.6                      | 9.9   | 11.8       | 8.7   | 9.8   | 13.9  | 9.9   | 11.3        | 8.5   | 9.6   | 13.9  | 13.7  | 9.9   | 8.7   | 9.6   |
| % total energy <sup>a</sup> |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                        | 23.2                      | 21.9  | 22.5       | 18.6  | 19.3  | 23.3  | 22.0  | 22.6        | 20.3  | 20.8  | 24.8  | 23.3  | 21.9  | 19.5  | 20.2  |
| Median                      | 22.7                      | 21.6  | 22.2       | 18.4  | 19.0  | 23.2  | 21.1  | 22.1        | 19.4  | 20.7  | 24.5  | 22.9  | 21.3  | 18.9  | 20.3  |
| sd                          | 5.8                       | 6.1   | 6.0        | 6.0   | 5.7   | 5.3   | 6.9   | 6.2         | 6.9   | 6.2   | 5.6   | 5.6   | 6.5   | 6.5   | 6.0   |
| Upper 2.5 percentile        | 35.1                      | 35.8  | 35.2       | 33.2  | 30.2  | 33.7  | 39.7  | 36.0        | 37.1  | 34.2  | 35.3  | 35.0  | 37.1  | 34.8  | 32.5  |
| Lower 2.5 percentile        | 12.6                      | 9.9   | 11.3       | 8.5   | 8.8   | 13.9  | 9.9   | 11.3        | 8.3   | 9.6   | 13.9  | 13.7  | 9.9   | 8.3   | 8.9   |



Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients      | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|-----------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                             | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |      |       |       |      |
|                             | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Intrinsic and milk sugars g |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 37.2                      | 32.6  | 34.6       | 38.5  | 45.0 | 35.6  | 28.4  | 31.6        | 36.0  | 40.9 | 40.4  | 36.4 | 30.5  | 37.3  | 42.7 |
| Median                      | 33.2                      | 28.7  | 31.2       | 34.8  | 44.9 | 34.0  | 26.3  | 30.4        | 32.6  | 38.0 | 37.6  | 33.7 | 27.4  | 33.9  | 40.1 |
| sd                          | 14.5                      | 17.2  | 16.2       | 21.2  | 21.3 | 13.9  | 13.5  | 14.1        | 18.3  | 16.9 | 16.4  | 14.2 | 15.6  | 19.8  | 19.0 |
| Upper 2.5 percentile        | 70.8                      | 79.5  | 74.1       | 90.5  | 99.2 | 68.9  | 63.6  | 66.9        | 71.6  | 80.1 | 74.4  | 68.9 | 73.9  | 81.2  | 91.7 |
| Lower 2.5 percentile        | 15.9                      | 11.8  | 12.2       | 10.7  | 13.3 | 13.6  | 10.3  | 10.8        | 12.3  | 15.5 | 13.1  | 14.3 | 10.8  | 11.8  | 15.0 |
| % food energy               |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 8.8                       | 6.1   | 7.3        | 7.2   | 9.1  | 8.9   | 6.9   | 7.8         | 9.0   | 10.4 | 13.4  | 8.9  | 6.5   | 8.1   | 9.8  |
| Median                      | 8.0                       | 5.6   | 6.7        | 6.8   | 8.4  | 8.4   | 5.9   | 7.2         | 8.1   | 9.6  | 13.0  | 8.2  | 5.8   | 7.5   | 9.0  |
| sd                          | 3.1                       | 2.7   | 3.2        | 3.6   | 3.8  | 3.5   | 3.7   | 3.7         | 4.5   | 4.0  | 4.4   | 3.3  | 3.2   | 4.2   | 4.0  |
| Upper 2.5 percentile        | 16.2                      | 13.3  | 14.4       | 16.1  | 20.1 | 16.7  | 17.5  | 17.5        | 21.7  | 21.2 | 22.5  | 16.5 | 14.1  | 19.2  | 20.5 |
| Lower 2.5 percentile        | 3.9                       | 2.8   | 3.0        | 2.6   | 3.5  | 3.5   | 2.5   | 2.5         | 3.4   | 4.8  | 6.2   | 3.7  | 2.5   | 2.8   | 4.2  |
| % total energy <sup>a</sup> |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                        | 8.8                       | 6.1   | 7.3        | 6.8   | 8.7  | 8.9   | 6.9   | 7.8         | 8.7   | 10.1 | 13.4  | 8.9  | 6.5   | 7.7   | 9.5  |
| Median                      | 8.0                       | 5.5   | 6.7        | 6.2   | 8.0  | 8.4   | 5.9   | 7.2         | 7.9   | 9.5  | 13.0  | 8.2  | 5.7   | 6.9   | 8.9  |
| sd                          | 3.1                       | 2.7   | 3.2        | 3.6   | 3.7  | 3.5   | 3.6   | 3.7         | 4.5   | 3.9  | 4.4   | 3.3  | 3.2   | 4.2   | 3.9  |
| Upper 2.5 percentile        | 16.2                      | 13.3  | 14.4       | 15.2  | 18.9 | 16.7  | 17.1  | 17.1        | 20.6  | 20.5 | 22.5  | 16.5 | 14.1  | 19.0  | 19.0 |
| Lower 2.5 percentile        | 3.9                       | 2.6   | 3.0        | 2.4   | 2.7  | 3.5   | 2.3   | 2.5         | 3.1   | 4.3  | 6.2   | 3.7  | 2.5   | 2.6   | 3.7  |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients             | Sex and age group (years) |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
|------------------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|-------|-------|
|                                    | Boys                      |       |            | Men   |       | Girls |       | Women       |       |       | Total |       |       |       |       |
|                                    | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+   | 1.5-3 | 4-10  | 11-18 | 19-64 | 65+   |
| Non-milk extrinsic sugars (NMES) g |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                               | 61.7                      | 85.6  | 75.0       | 71.8  | 56.1  | 59.2  | 67.1  | 63.6        | 52.4  | 44.7  | 34.7  | 60.5  | 76.6  | 62.1  | 49.7  |
| Median                             | 58.1                      | 79.1  | 68.3       | 65.4  | 53.5  | 56.3  | 61.2  | 59.2        | 43.1  | 39.1  | 31.5  | 57.2  | 71.1  | 51.2  | 43.1  |
| sd                                 | 27.0                      | 41.0  | 37.4       | 44.4  | 31.5  | 24.8  | 35.9  | 31.6        | 38.6  | 25.1  | 18.8  | 25.9  | 39.6  | 42.7  | 28.6  |
| Upper 2.5 percentile               | 127.3                     | 182.8 | 164.2      | 179.5 | 132.7 | 107.6 | 150.3 | 138.1       | 133.5 | 117.4 | 82.3  | 118.4 | 164.2 | 168.7 | 119.5 |
| Lower 2.5 percentile               | 19.8                      | 18.4  | 19.3       | 11.9  | 9.2   | 17.4  | 12.5  | 15.3        | 6.5   | 3.0   | 6.9   | 18.2  | 15.8  | 9.1   | 7.5   |
| % food energy                      |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                               | 14.4                      | 16.0  | 15.3       | 12.9  | 11.2  | 14.3  | 15.3  | 14.9        | 12.2  | 11.0  | 11.4  | 14.4  | 15.7  | 12.6  | 11.1  |
| Median                             | 13.8                      | 15.2  | 14.4       | 12.1  | 10.5  | 14.1  | 14.4  | 14.4        | 11.2  | 10.5  | 10.7  | 14.0  | 14.9  | 11.5  | 10.5  |
| sd                                 | 5.2                       | 6.3   | 5.9        | 6.5   | 5.4   | 4.7   | 6.6   | 5.8         | 7.0   | 5.0   | 4.9   | 5.0   | 6.4   | 6.7   | 5.2   |
| Upper 2.5 percentile               | 26.3                      | 32.1  | 30.3       | 25.8  | 21.1  | 23.6  | 30.9  | 29.0        | 27.5  | 22.8  | 22.5  | 24.9  | 31.3  | 27.5  | 22.3  |
| Lower 2.5 percentile               | 5.2                       | 5.5   | 5.2        | 2.9   | 2.1   | 6.1   | 3.3   | 3.9         | 2.2   | 1.0   | 3.4   | 5.3   | 3.9   | 2.8   | 1.9   |
| % total energy <sup>a</sup>        |                           |       |            |       |       |       |       |             |       |       |       |       |       |       |       |
| Mean                               | 14.4                      | 15.8  | 15.2       | 11.9  | 10.6  | 14.3  | 15.1  | 14.8        | 11.6  | 10.7  | 11.4  | 14.4  | 15.5  | 11.7  | 10.7  |
| Median                             | 13.8                      | 14.9  | 14.4       | 11.4  | 10.1  | 14.1  | 14.4  | 14.3        | 10.6  | 10.2  | 10.7  | 14.0  | 14.5  | 11.0  | 10.2  |
| sd                                 | 5.2                       | 6.0   | 5.7        | 5.6   | 5.2   | 4.7   | 6.3   | 5.7         | 6.5   | 4.9   | 4.9   | 5.0   | 6.2   | 6.0   | 5.0   |
| Upper 2.5 percentile               | 26.3                      | 30.3  | 29.4       | 24.1  | 20.2  | 23.6  | 29.0  | 27.9        | 27.5  | 22.1  | 22.5  | 24.9  | 29.1  | 25.0  | 20.8  |
| Lower 2.5 percentile               | 5.2                       | 5.5   | 5.2        | 2.9   | 1.8   | 6.1   | 3.3   | 3.9         | 2.2   | 1.0   | 3.4   | 5.3   | 3.9   | 2.7   | 1.7   |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients               | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|--------------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                                      | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |      |       |       |      |
|                                      | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Intrinsic and milk sugars and starch |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| % food energy                        |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                                 | 37.4                      | 34.9  | 36.0       | 34.2  | 34.6 | 37.0  | 35.7  | 36.3        | 36.1  | 35.6 | 39.2  | 37.2 | 35.3  | 35.2  | 35.2 |
| Median                               | 37.4                      | 34.8  | 36.1       | 33.4  | 34.4 | 37.1  | 35.3  | 36.2        | 35.7  | 35.1 | 38.5  | 37.3 | 35.1  | 34.7  | 34.9 |
| sd                                   | 4.6                       | 5.6   | 5.3        | 6.4   | 6.2  | 5.2   | 6.0   | 5.7         | 7.3   | 5.7  | 5.5   | 4.9  | 5.8   | 7.0   | 6.0  |
| Upper 2.5 percentile                 | 46.3                      | 46.9  | 46.9       | 49.3  | 48.9 | 48.0  | 48.2  | 48.2        | 52.3  | 48.9 | 51.3  | 47.1 | 47.2  | 50.0  | 48.9 |
| Lower 2.5 percentile                 | 28.8                      | 23.7  | 24.1       | 23.0  | 20.0 | 27.7  | 25.4  | 26.1        | 23.0  | 25.6 | 30.5  | 28.0 | 24.3  | 23.0  | 23.1 |
| % total energy <sup>a</sup>          |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                                 | 37.4                      | 34.6  | 35.8       | 32.1  | 33.0 | 37.0  | 35.4  | 36.1        | 34.7  | 34.8 | 39.2  | 37.2 | 35.0  | 33.4  | 34.0 |
| Median                               | 37.4                      | 34.6  | 36.1       | 31.6  | 33.5 | 37.1  | 35.1  | 36.1        | 34.5  | 34.3 | 38.5  | 37.3 | 34.8  | 33.0  | 33.8 |
| sd                                   | 4.6                       | 5.9   | 5.5        | 7.4   | 6.8  | 5.2   | 6.2   | 5.8         | 7.8   | 5.9  | 5.5   | 4.9  | 6.1   | 7.7   | 6.4  |
| Upper 2.5 percentile                 | 46.3                      | 46.9  | 46.9       | 49.3  | 48.9 | 48.0  | 48.2  | 48.2        | 52.3  | 46.7 | 51.3  | 47.1 | 47.2  | 49.8  | 46.7 |
| Lower 2.5 percentile                 | 28.8                      | 21.9  | 23.5       | 19.2  | 18.8 | 27.7  | 24.6  | 26.0        | 20.7  | 23.7 | 30.5  | 28.0 | 23.1  | 19.6  | 20.4 |

Table 5.4 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Energy, macronutrients            | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|-----------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                                   | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |      |       |       |      |
|                                   | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Non starch polysaccharide (NSP) g |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                              | 11.4                      | 12.7  | 12.1       | 14.9  | 14.8 | 10.7  | 10.9  | 10.8        | 12.8  | 12.3 | 8.1   | 11.0 | 11.8  | 13.9  | 13.4 |
| Median                            | 11.2                      | 12.2  | 11.7       | 13.7  | 14.1 | 10.4  | 10.5  | 10.4        | 12.4  | 11.7 | 8.0   | 10.7 | 11.4  | 13.1  | 12.7 |
| sd                                | 3.4                       | 4.2   | 3.9        | 5.6   | 5.6  | 3.1   | 3.5   | 3.3         | 4.5   | 3.9  | 3.0   | 3.3  | 4.0   | 5.2   | 4.8  |
| Upper 2.5 percentile              | 20.0                      | 22.1  | 21.6       | 29.1  | 26.6 | 17.8  | 19.1  | 18.6        | 23.3  | 20.9 | 14.9  | 19.2 | 21.3  | 27.3  | 25.5 |
| Lower 2.5 percentile              | 5.8                       | 6.1   | 5.8        | 6.3   | 4.6  | 5.6   | 4.5   | 4.9         | 4.5   | 6.3  | 2.5   | 5.7  | 4.7   | 5.5   | 6.0  |
| <i>Bases (unweighted)</i>         | 210                       | 238   | 448        | 346   | 96   | 213   | 215   | 428         | 461   | 128  | 219   | 423  | 453   | 807   | 224  |

<sup>a</sup> Total energy intake includes energy from alcohol.

Table 5.5

## Percentage contribution of food groups to average daily total energy intake (MJ), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|--|
|  | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |  |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |  |
| Cereals and cereal products                                | 37                        | 34         | 35                 | 29         | 30       | 35        | 33         | 34                  | 30         | 31       | 30         | 36        | 34         | 29         | 30       |  |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| <i>Pasta, rice, pizza and other miscellaneous cereals</i>  | 8                         | 10         | 9                  | 8          | 2        | 7         | 10         | 9                   | 7          | 3        | 7          | 8         | 10         | 7          | 3        |  |
| <i>White bread</i>   | 7                         | 9          | 8                  | 7          | 7        | 7         | 8          | 8                   | 6          | 5        | 6          | 7         | 8          | 7          | 6        |  |
| <i>Wholemeal bread</i>                                     | 2                         | 1          | 1                  | 2          | 3        | 1         | 1          | 1                   | 2          | 3        | 2          | 1         | 1          | 2          | 3        |  |
| <i>Brown, granary and wheatgerm bread</i>                  | 3                         | 2          | 2                  | 2          | 2        | 2         | 2          | 2                   | 2          | 2        | 2          | 2         | 2          | 2          | 2        |  |
| <i>Other breads</i>  | 1                         | 0          | 0                  | 0          | 0        | 1         | 0          | 0                   | 1          | 0        | 0          | 1         | 0          | 0          | 0        |  |
| <i>High fibre breakfast cereals</i>                        | 3                         | 2          | 3                  | 2          | 4        | 3         | 2          | 2                   | 3          | 4        | 4          | 3         | 2          | 2          | 4        |  |
| <i>Other breakfast cereals</i>                             | 3                         | 3          | 3                  | 1          | 1        | 3         | 2          | 3                   | 1          | 1        | 2          | 3         | 2          | 1          | 1        |  |
| <i>Biscuits</i>  | 4                         | 4          | 4                  | 3          | 3        | 5         | 4          | 4                   | 4          | 3        | 5          | 4         | 4          | 3          | 3        |  |
| <i>Buns, cakes, pastries and fruit pies</i>                | 5                         | 3          | 4                  | 3          | 6        | 5         | 4          | 4                   | 3          | 6        | 2          | 5         | 3          | 3          | 6        |  |
| <i>Puddings</i>  | 1                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |  |
| Milk and milk products                                     | 15                        | 9          | 11                 | 9          | 12       | 15        | 10         | 12                  | 9          | 12       | 25         | 15        | 9          | 9          | 12       |  |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| <i>Whole milk (3.8% fat)</i>                               | 4                         | 1          | 3                  | 1          | 3        | 4         | 1          | 2                   | 1          | 2        | 11         | 4         | 1          | 1          | 2        |  |
| <i>Semi skimmed milk (1.8 % fat)</i>                       | 3                         | 2          | 3                  | 2          | 2        | 3         | 2          | 2                   | 3          | 4        | 3          | 3         | 2          | 2          | 3        |  |
| <i>Skimmed milk (0.5 % fat)</i>                            | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 0        |  |
| <i>Other milk and cream</i>                                | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 3          | 1         | 1          | 1          | 1        |  |
| <i>Cheese</i>  | 2                         | 2          | 2                  | 3          | 3        | 3         | 3          | 3                   | 3          | 2        | 3          | 2         | 2          | 3          | 3        |  |
| <i>Yoghurt, fromage frais and other dairy desserts</i>     | 2                         | 1          | 2                  | 1          | 1        | 3         | 1          | 2                   | 2          | 2        | 4          | 2         | 1          | 1          | 2        |  |
| <i>Ice cream</i>   | 2                         | 1          | 1                  | 1          | 1        | 2         | 1          | 2                   | 1          | 1        | 1          | 2         | 1          | 1          | 1        |  |
| Eggs and egg dishes  | 1                         | 1          | 1                  | 2          | 2        | 2         | 1          | 1                   | 2          | 3        | 1          | 1         | 1          | 2          | 2        |  |
| Fat spreads <sup>b</sup>                                   | 4                         | 3          | 3                  | 3          | 5        | 3         | 3          | 3                   | 3          | 5        | 3          | 4         | 3          | 3          | 5        |  |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| <i>Butter</i>  | 1                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 3        | 1          | 1         | 1          | 1          | 3        |  |
| <i>Reduced fat spread polyunsaturated (41-75% fat)</i>     | 1                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 0          | 1        | 1          | 0         | 0          | 0          | 1        |  |
| <i>Reduced fat spread not polyunsaturated (41-75% fat)</i> | 2                         | 1          | 1                  | 1          | 2        | 2         | 2          | 2                   | 1          | 1        | 1          | 2         | 1          | 1          | 1        |  |

Table 5.5 (continued)

## Percentage contribution of food groups to average daily total energy intake (MJ), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Meat and meat products  | 12                        | 18         | 16                 | 18         | 16       | 14        | 15         | 15                  | 16         | 15       | 10         | 13        | 17         | 17         | 16       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Bacon and ham</i>  | 1                         | 2          | 1                  | 2          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| <i>Beef, veal and dishes</i>                                      | 2                         | 2          | 2                  | 3          | 2        | 2         | 2          | 2                   | 3          | 3        | 1          | 2         | 2          | 3          | 3        |
| <i>Lamb and dishes</i>  | 0                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 1          | 1          | 2        |
| <i>Pork and dishes</i>  | 0                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 1          | 1          | 1        |
| <i>Coated chicken and turkey</i>                                  | 1                         | 2          | 2                  | 1          | 0        | 2         | 2          | 2                   | 1          | 0        | 1          | 2         | 2          | 1          | 0        |
| <i>Chicken and turkey dishes</i>                                  | 2                         | 4          | 3                  | 4          | 2        | 3         | 4          | 3                   | 5          | 3        | 2          | 2         | 4          | 4          | 3        |
| <i>Liver and liver dishes</i>                                     | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| <i>Burgers and kebabs</i>   | 1                         | 2          | 1                  | 1          | 0        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 2          | 1          | 0        |
| <i>Sausages</i>   | 2                         | 2          | 2                  | 2          | 1        | 3         | 2          | 2                   | 2          | 1        | 3          | 3         | 2          | 2          | 1        |
| <i>Meat pies and pastries</i>                                     | 2                         | 2          | 2                  | 2          | 3        | 2         | 1          | 2                   | 1          | 1        | 1          | 2         | 2          | 2          | 2        |
| <i>Other meat and meat products and dishes</i>                    | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 1          | 1        |
| Fish and fish dishes  | 2                         | 1          | 2                  | 3          | 5        | 2         | 2          | 2                   | 4          | 5        | 2          | 2         | 2          | 3          | 5        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>White fish coated or fried including fish fingers</i>          | 2                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <i>Other white fish, shellfish or fish dishes and canned tuna</i> | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| <i>Oily fish</i>  | 0                         | 0          | 0                  | 1          | 2        | 0         | 0          | 0                   | 1          | 2        | 0          | 0         | 0          | 1          | 2        |
| Vegetables, potatoes  | 9                         | 10         | 10                 | 11         | 10       | 10        | 12         | 11                  | 11         | 11       | 8          | 10        | 11         | 11         | 11       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Salad and other raw vegetables</i>                             | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| <i>Vegetables (not raw) including vegetable dishes</i>            | 3                         | 2          | 2                  | 3          | 3        | 3         | 3          | 3                   | 4          | 3        | 3          | 3         | 2          | 3          | 3        |
| <i>Chips, fried and roast potatoes and potato products</i>        | 5                         | 6          | 6                  | 5          | 4        | 5         | 7          | 6                   | 4          | 3        | 4          | 5         | 6          | 4          | 4        |
| <i>Other potatoes, potato salads and dishes</i>                   | 2                         | 1          | 1                  | 2          | 3        | 2         | 2          | 2                   | 2          | 3        | 2          | 2         | 2          | 2          | 3        |
| Savoury snacks  | 3                         | 4          | 4                  | 2          | 1        | 3         | 4          | 4                   | 2          | 1        | 2          | 3         | 4          | 2          | 1        |
| Nuts and seeds  | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 1        |
| Fruit   | 3                         | 2          | 2                  | 3          | 4        | 4         | 3          | 3                   | 4          | 5        | 6          | 4         | 2          | 3          | 4        |

Table 5.5 (continued)

## Percentage contribution of food groups to average daily total energy intake (MJ), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            | Total    |            |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Sugar, preserves and confectionery                                | 6                         | 6          | 6                  | 5          | 4        | 5         | 6          | 6                   | 5          | 4        | 4          | 6         | 6          | 5          | 4        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Sugars, including table sugar, preserves and sweet spreads</i> | 1                         | 1          | 1                  | 2          | 3        | 1         | 1          | 1                   | 2          | 2        | 1          | 1         | 1          | 2          | 2        |
| <i>Sugar confectionery</i>  | 1                         | 1          | 1                  | 0          | 0        | 2         | 1          | 1                   | 1          | 0        | 1          | 1         | 1          | 0          | 0        |
| <i>Chocolate confectionery</i>                                    | 3                         | 3          | 3                  | 2          | 1        | 2         | 3          | 3                   | 2          | 1        | 2          | 3         | 3          | 2          | 1        |
| Non-alcoholic beverages   | 5                         | 7          | 6                  | 4          | 2        | 5         | 7          | 6                   | 4          | 2        | 4          | 5         | 7          | 4          | 2        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Fruit juice</i>  | 2                         | 2          | 2                  | 1          | 1        | 2         | 2          | 2                   | 1          | 1        | 2          | 2         | 2          | 1          | 1        |
| <i>Soft drinks, not low calorie</i>                               | 3                         | 5          | 4                  | 2          | 1        | 2         | 5          | 4                   | 2          | 1        | 1          | 3         | 5          | 2          | 1        |
| Alcoholic beverages   | 0                         | 1          | 1                  | 8          | 6        | 0         | 1          | 1                   | 5          | 3        | 0          | 0         | 1          | 7          | 4        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Spirits and liqueurs</i>                                       | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| <i>Wine</i>   | 0                         | 0          | 0                  | 2          | 2        | 0         | 0          | 0                   | 3          | 2        | 0          | 0         | 0          | 2          | 2        |
| <i>Beer, lager, cider and perry</i>                               | 0                         | 1          | 1                  | 6          | 3        | 0         | 1          | 0                   | 2          | 0        | 0          | 0         | 1          | 4          | 2        |
| Miscellaneous   | 2                         | 3          | 2                  | 3          | 3        | 2         | 3          | 3                   | 4          | 4        | 2          | 2         | 3          | 3          | 4        |
| <i>Dry weight beverages</i>                                       | 0                         | 0          | 0                  | 0          | 0        | 1         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 1        |
| <i>Soup, manufactured/retail and homemade</i>                     | 1                         | 0          | 0                  | 1          | 1        | 0         | 1          | 0                   | 1          | 1        | 1          | 0         | 0          | 1          | 1        |
| <i>Savoury sauces, pickles, gravies and condiments</i>            | 1                         | 2          | 1                  | 2          | 2        | 1         | 2          | 2                   | 2          | 1        | 1          | 1         | 2          | 2          | 1        |
| Average daily total energy intake MJ                              | 6.71                      | 8.45       | 7.68               | 9.24       | 8.30     | 6.40      | 6.89       | 6.67                | 6.88       | 6.39     | 4.75       | 6.55      | 7.69       | 8.06       | 7.23     |
| <i>Bases (unweighted)</i>   | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.





Table 5.6 (continued)

## Percentage contribution of food groups to average daily protein intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            | Men                |            |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Meat and meat products  | 28                        | 40         | 35                 | 40         | 34       | 30        | 36         | 33                  | 35         | 32       | 21         | 29        | 38         | 37         | 33       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Bacon and ham</i>  | 3                         | 5          | 4                  | 4          | 4        | 3         | 4          | 4                   | 3          | 4        | 2          | 3         | 4          | 4          | 4        |
| <i>Beef, veal and dishes</i>  | 4                         | 6          | 5                  | 8          | 6        | 5         | 6          | 5                   | 8          | 7        | 3          | 5         | 6          | 8          | 6        |
| <i>Lamb and dishes</i>  | 1                         | 2          | 2                  | 2          | 4        | 1         | 2          | 1                   | 2          | 3        | 1          | 1         | 2          | 2          | 3        |
| <i>Pork and dishes</i>  | 1                         | 3          | 2                  | 3          | 3        | 2         | 2          | 2                   | 2          | 3        | 1          | 1         | 2          | 3          | 3        |
| <i>Coated chicken and turkey</i>  | 3                         | 4          | 3                  | 2          | 0        | 3         | 4          | 3                   | 1          | 1        | 2          | 3         | 4          | 2          | 0        |
| <i>Chicken and turkey dishes</i>  | 8                         | 12         | 10                 | 11         | 8        | 8         | 12         | 10                  | 12         | 9        | 5          | 8         | 12         | 12         | 8        |
| <i>Liver and liver dishes</i>   | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 1        |
| <i>Burgers and kebabs</i>   | 1                         | 3          | 2                  | 1          | 0        | 1         | 3          | 2                   | 1          | 1        | 1          | 1         | 3          | 1          | 1        |
| <i>Sausages</i>   | 4                         | 4          | 4                  | 3          | 2        | 4         | 3          | 4                   | 2          | 1        | 4          | 4         | 3          | 3          | 2        |
| <i>Meat pies and pastries</i>   | 1                         | 2          | 2                  | 1          | 3        | 2         | 1          | 1                   | 1          | 1        | 1          | 1         | 2          | 1          | 2        |
| <i>Other meat and meat products and dishes</i>                            | 0                         | 1          | 1                  | 2          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| Fish and fish dishes  | 6                         | 4          | 5                  | 7          | 11       | 5         | 4          | 5                   | 8          | 11       | 5          | 5         | 4          | 7          | 11       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>White fish coated or fried including fish fingers</i>                  | 3                         | 1          | 2                  | 1          | 2        | 2         | 1          | 1                   | 2          | 2        | 2          | 2         | 1          | 2          | 2        |
| <i>Other white fish, shellfish or fish dishes and<br/>    canned tuna</i> | 2                         | 2          | 2                  | 3          | 4        | 2         | 2          | 2                   | 3          | 5        | 2          | 2         | 2          | 3          | 5        |
| <i>Oily fish</i>  | 1                         | 0          | 1                  | 2          | 4        | 1         | 1          | 1                   | 3          | 4        | 1          | 1         | 1          | 2          | 4        |
| Vegetables, potatoes  | 8                         | 7          | 7                  | 8          | 7        | 8         | 9          | 8                   | 9          | 8        | 7          | 8         | 8          | 8          | 8        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Salad and other raw vegetables</i>                                     | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| <i>Vegetables (not raw) including vegetable dishes</i>                    | 4                         | 3          | 4                  | 4          | 3        | 4         | 4          | 4                   | 5          | 5        | 4          | 4         | 3          | 4          | 4        |
| <i>Chips, fried and roast potatoes and potato<br/>    products</i>        | 2                         | 3          | 3                  | 2          | 2        | 2         | 3          | 3                   | 2          | 1        | 2          | 2         | 3          | 2          | 2        |
| <i>Other potatoes, potato salads and dishes</i>                           | 1                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| Savoury snacks  | 1                         | 1          | 1                  | 1          | 0        | 1         | 2          | 1                   | 1          | 0        | 1          | 1         | 1          | 1          | 0        |
| Nuts and seeds  | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| Fruit   | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 2        | 2          | 1         | 1          | 1          | 1        |

Table 5.6 (continued)

## Percentage contribution of food groups to average daily protein intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            | Men                |            |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Sugar, preserves and confectionery                     | 2                         | 2          | 2                  | 1          | 0        | 2         | 2          | 2                   | 1          | 1        | 1          | 2         | 2          | 1          | 0        |
| <i>of which:</i>                                       |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Chocolate confectionery</i>                         | 1                         | 1          | 1                  | 1          | 0        | 1         | 1          | 1                   | 1          | 0        | 1          | 1         | 1          | 1          | 0        |
| Non-alcoholic beverages                                | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <i>of which:</i>                                       |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Fruit juice</i>                                     | 1                         | 1          | 1                  | 0          | 0        | 1         | 1          | 1                   | 0          | 0        | 0          | 1         | 1          | 0          | 0        |
| <i>Tea, coffee and water</i>                           | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 1        |
| Alcoholic beverages                                    | 0                         | 0          | 0                  | 2          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>of which:</i>                                       |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Beer, lager, cider and perry</i>                    | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 1          | 0        |
| Miscellaneous  | 2                         | 1          | 2                  | 2          | 3        | 1         | 2          | 2                   | 3          | 3        | 2          | 1         | 2          | 2          | 3        |
| <i>Dry weight beverages</i>                            | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 1        |
| <i>Soup, manufactured/retail and homemade</i>          | 1                         | 0          | 1                  | 1          | 1        | 0         | 1          | 1                   | 1          | 1        | 1          | 1         | 0          | 1          | 1        |
| <i>Savoury sauces, pickles, gravies and condiments</i> | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <br>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Average daily protein intake g                         | 57.2                      | 73.7       | 66.4               | 88.1       | 79.7     | 53.9      | 57.3       | 55.8                | 65.4       | 64.2     | 42.6       | 55.6      | 65.7       | 76.7       | 71.0     |
| <br>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Bases (unweighted)                                     | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.



Table 5.7 (continued)

## Percentage contribution of food groups to average daily carbohydrate intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Meat and meat products  | 4                         | 6          | 5                  | 6          | 6        | 5         | 6          | 6                   | 6          | 6        | 4          | 5         | 6          | 6          | 6        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Beef, veal and dishes</i>                                      | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 2          | 2        | 1          | 1         | 1          | 1          | 1        |
| <i>Coated chicken and turkey</i>                                  | 1                         | 1          | 1                  | 1          | 0        | 1         | 1          | 1                   | 0          | 0        | 1          | 1         | 1          | 0          | 0        |
| <i>Chicken and turkey dishes</i>                                  | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 1          | 1          | 1        |
| <i>Burgers and kebabs</i>   | 0                         | 1          | 1                  | 1          | 0        | 0         | 1          | 0                   | 0          | 0        | 0          | 0         | 1          | 0          | 0        |
| <i>Sausages</i>   | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 0        | 1          | 1         | 1          | 1          | 1        |
| <i>Meat pies and pastries</i>                                     | 1                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 2        |
| Fish and fish dishes  | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 1        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>White fish coated or fried including fish fingers</i>          | 1                         | 0          | 1                  | 1          | 1        | 1         | 0          | 0                   | 1          | 1        | 1          | 1         | 0          | 1          | 1        |
| <i>Other white fish, shellfish or fish dishes and canned tuna</i> | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 0        |
| Vegetables, potatoes  | 11                        | 12         | 11                 | 14         | 14       | 11        | 13         | 12                  | 14         | 14       | 10         | 11        | 12         | 14         | 14       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Salad and other raw vegetables</i>                             | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| <i>Vegetables (not raw) including vegetable dishes</i>            | 3                         | 3          | 3                  | 4          | 3        | 3         | 3          | 3                   | 4          | 3        | 3          | 3         | 3          | 4          | 3        |
| <i>Chips, fried and roast potatoes and potato products</i>        | 5                         | 7          | 6                  | 6          | 5        | 5         | 7          | 6                   | 5          | 4        | 4          | 5         | 7          | 5          | 5        |
| <i>Other potatoes, potato salads and dishes</i>                   | 2                         | 2          | 2                  | 4          | 5        | 2         | 3          | 3                   | 4          | 6        | 3          | 2         | 3          | 4          | 5        |
| Savoury snacks  | 3                         | 3          | 3                  | 2          | 1        | 3         | 4          | 3                   | 2          | 1        | 2          | 3         | 3          | 2          | 1        |
| Nuts and seeds  | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Fruit   | 6                         | 3          | 4                  | 5          | 7        | 7         | 4          | 5                   | 7          | 9        | 10         | 6         | 4          | 6          | 8        |
| Sugar, preserves and confectionery                                | 7                         | 7          | 7                  | 8          | 7        | 7         | 7          | 7                   | 8          | 6        | 5          | 7         | 7          | 8          | 7        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Sugars, including table sugar, preserves and sweet spreads</i> | 2                         | 2          | 2                  | 5          | 6        | 2         | 2          | 2                   | 4          | 5        | 2          | 2         | 2          | 5          | 5        |
| <i>Sugar confectionery</i>  | 2                         | 2          | 2                  | 0          | 0        | 3         | 2          | 2                   | 1          | 0        | 1          | 2         | 2          | 1          | 0        |
| <i>Chocolate confectionery</i>                                    | 3                         | 3          | 3                  | 2          | 1        | 2         | 3          | 3                   | 2          | 1        | 2          | 3         | 3          | 2          | 1        |

Table 5.7 (continued)

## Percentage contribution of food groups to average daily carbohydrate intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                         | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Non-alcoholic beverages                         | 10                        | 14         | 12                 | 8          | 4        | 9         | 13         | 11                  | 7          | 5        | 7          | 9         | 14         | 8          | 5        |
| <i>of which:</i>                                |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Fruit juice                                     | 4                         | 4          | 4                  | 2          | 2        | 4         | 3          | 3                   | 2          | 2        | 4          | 4         | 3          | 2          | 2        |
| Soft drinks, not low calorie                    | 5                         | 10         | 8                  | 5          | 2        | 5         | 10         | 7                   | 5          | 2        | 3          | 5         | 10         | 5          | 2        |
| Tea, coffee and water                           | 0                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Alcoholic beverages                             | 0                         | 1          | 1                  | 4          | 3        | 0         | 1          | 0                   | 2          | 1        | 0          | 0         | 1          | 3          | 2        |
| <i>of which:</i>                                |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Wine  | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 0        |
| Beer, lager, cider and perry                    | 0                         | 1          | 0                  | 4          | 2        | 0         | 1          | 0                   | 1          | 0        | 0          | 0         | 1          | 3          | 1        |
| Miscellaneous                                   | 2                         | 2          | 2                  | 2          | 3        | 2         | 2          | 2                   | 3          | 4        | 2          | 2         | 2          | 3          | 4        |
| Dry weight beverages                            | 1                         | 0          | 0                  | 0          | 1        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 0          | 1        |
| Soup, manufactured/retail and homemade          | 1                         | 0          | 0                  | 1          | 2        | 0         | 1          | 1                   | 1          | 1        | 1          | 0         | 1          | 1          | 2        |
| Savoury sauces, pickles, gravies and condiments | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Average daily carbohydrate intake g             | 219                       | 268        | 247                | 255        | 228      | 207       | 220        | 214                 | 200        | 184      | 151        | 213       | 245        | 227        | 204      |
| Bases (unweighted)                              | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

Table 5.8

## Percentage contribution of food groups to average non-milk extrinsic sugars (NMES) intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cereals and cereal products                               | 28                        | 22         | 25                 | 18         | 30       | 29        | 23         | 26                  | 23         | 32       | 24         | 29        | 22         | 20         | 31       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Pasta, rice, pizza and other miscellaneous cereals</i> | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <i>High fibre breakfast cereals</i>                       | 3                         | 2          | 2                  | 2          | 2        | 3         | 2          | 2                   | 3          | 3        | 3          | 3         | 2          | 2          | 3        |
| <i>Other breakfast cereals</i>                            | 5                         | 5          | 5                  | 2          | 1        | 6         | 4          | 5                   | 2          | 2        | 3          | 5         | 5          | 2          | 2        |
| <i>Biscuits</i>   | 7                         | 7          | 7                  | 5          | 6        | 7         | 8          | 8                   | 8          | 6        | 8          | 7         | 8          | 6          | 6        |
| <i>Buns, cakes, pastries and fruit pies</i>               | 9                         | 5          | 7                  | 6          | 13       | 11        | 6          | 8                   | 7          | 15       | 5          | 10        | 6          | 6          | 14       |
| <i>Puddings</i>   | 3                         | 2          | 2                  | 2          | 6        | 2         | 1          | 2                   | 2          | 5        | 3          | 2         | 2          | 2          | 6        |
| Milk and milk products                                    | 11                        | 6          | 8                  | 5          | 5        | 12        | 8          | 10                  | 7          | 9        | 17         | 11        | 7          | 6          | 8        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Other milk and cream</i>                               | 2                         | 2          | 2                  | 1          | 1        | 2         | 2          | 2                   | 1          | 1        | 1          | 2         | 2          | 1          | 1        |
| <i>Yoghurt, fromage frais and other dairy desserts</i>    | 6                         | 2          | 4                  | 2          | 3        | 6         | 3          | 4                   | 4          | 6        | 13         | 6         | 2          | 3          | 5        |
| <i>Ice cream</i>  | 4                         | 2          | 3                  | 2          | 2        | 5         | 3          | 4                   | 2          | 3        | 3          | 4         | 2          | 2          | 2        |
| Eggs and egg dishes                                       | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Fat spreads <sup>b</sup>                                  | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Meat and meat products                                    | 0                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 2          | 3        | 0          | 1         | 1          | 1          | 2        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Bacon and ham</i>                                      | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 1        |
| <i>Beef, veal and dishes</i>                              | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 0        |
| <i>Chicken and turkey dishes</i>                          | 0                         | 1          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 1          | 1          | 1        |
| Fish and fish dishes                                      | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Vegetables, potatoes                                      | 2                         | 1          | 2                  | 2          | 2        | 1         | 1          | 1                   | 3          | 2        | 3          | 2         | 1          | 3          | 2        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Vegetables (not raw) including vegetable dishes</i>    | 2                         | 1          | 2                  | 2          | 2        | 1         | 1          | 1                   | 3          | 2        | 3          | 2         | 1          | 2          | 2        |
| Savoury snacks  | 0                         | 0          | 0                  | 0          | 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          | 0         | 0          | 0          | 0        |
| Fruit   | 1                         | 0          | 1                  | 1          | 3        | 1         | 1          | 1                   | 2          | 4        | 3          | 1         | 1          | 1          | 4        |

Table 5.8 (continued)

## Percentage contribution of food groups to average non-milk extrinsic sugars (NMES) intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|--|
|   | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |  |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |  |
| Sugar, preserves and confectionery                                | 22                        | 21         | 21                 | 26         | 26       | 22        | 21         | 21                  | 27         | 22       | 19         | 22        | 21         | 27         | 24       |  |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| <i>Sugars, including table sugar, preserves and sweet spreads</i> | 7                         | 8          | 8                  | 18         | 22       | 7         | 7          | 7                   | 16         | 17       | 7          | 7         | 7          | 17         | 19       |  |
| <i>Sugar confectionery</i>  | 7                         | 6          | 6                  | 1          | 1        | 8         | 6          | 7                   | 2          | 1        | 4          | 7         | 6          | 2          | 1        |  |
| <i>Chocolate confectionery</i>                                    | 8                         | 7          | 8                  | 7          | 3        | 7         | 8          | 8                   | 8          | 4        | 8          | 8         | 8          | 7          | 4        |  |
| Non-alcoholic beverages   | 32                        | 42         | 37                 | 26         | 15       | 28        | 39         | 34                  | 23         | 17       | 28         | 30        | 40         | 25         | 16       |  |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| <i>Fruit juice</i>  | 14                        | 11         | 12                 | 9          | 8        | 11        | 9          | 10                  | 8          | 8        | 15         | 13        | 10         | 8          | 8        |  |
| <i>Soft drinks, not low calorie</i>                               | 17                        | 30         | 24                 | 16         | 7        | 16        | 29         | 23                  | 15         | 9        | 10         | 16        | 29         | 15         | 8        |  |
| <i>Soft drinks, low calorie</i>                                   | 1                         | 1          | 1                  | 0          | 0        | 1         | 1          | 1                   | 0          | 0        | 2          | 1         | 1          | 0          | 0        |  |
| <i>Tea, coffee and water</i>                                      | 0                         | 1          | 0                  | 1          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |  |
| Alcoholic beverages   | 0                         | 3          | 2                  | 15         | 10       | 0         | 2          | 1                   | 7          | 2        | 0          | 0         | 2          | 11         | 6        |  |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| <i>Spirits and liqueurs</i>                                       | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 0        |  |
| <i>Wine</i>   | 0                         | 0          | 0                  | 1          | 2        | 0         | 0          | 0                   | 2          | 1        | 0          | 0         | 0          | 2          | 1        |  |
| <i>Beer, lager, cider and perry</i>                               | 0                         | 2          | 1                  | 14         | 8        | 0         | 2          | 1                   | 4          | 1        | 0          | 0         | 2          | 9          | 4        |  |
| Miscellaneous   | 3                         | 4          | 4                  | 4          | 5        | 5         | 4          | 4                   | 6          | 9        | 3          | 4         | 4          | 5          | 7        |  |
| <i>Dry weight beverages</i>                                       | 1                         | 1          | 1                  | 1          | 2        | 3         | 2          | 2                   | 2          | 5        | 2          | 2         | 1          | 1          | 3        |  |
| <i>Soup, manufactured/retail and homemade</i>                     | 1                         | 0          | 0                  | 1          | 1        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |  |
| <i>Savoury sauces, pickles, gravies and condiments</i>            | 1                         | 2          | 1                  | 2          | 2        | 1         | 1          | 1                   | 3          | 2        | 1          | 1         | 1          | 2          | 2        |  |
| <br>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| Average daily NMES intake g                                       | 61.7                      | 85.6       | 75.0               | 71.8       | 56.1     | 59.2      | 67.1       | 63.6                | 52.4       | 44.7     | 34.7       | 60.5      | 76.6       | 62.1       | 49.7     |  |
| <br>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |  |
| Bases (unweighted)  | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |  |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

Table 5.9

## Percentage contribution of food groups to average daily total fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            | Men                |            |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cereals and cereal products                               | 24                        | 23         | 23                 | 18         | 18       | 23        | 22         | 23                  | 19         | 19       | 18         | 24        | 23         | 19         | 19       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Pasta, rice, pizza and other miscellaneous cereals</i> | 6                         | 8          | 7                  | 5          | 1        | 5         | 8          | 7                   | 5          | 2        | 4          | 5         | 8          | 5          | 2        |
| <i>White bread</i>  | 2                         | 3          | 3                  | 3          | 2        | 3         | 2          | 2                   | 2          | 1        | 2          | 2         | 3          | 2          | 2        |
| <i>Wholemeal bread</i>                                    | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 1          | 0         | 0          | 1          | 1        |
| <i>Brown, granary and wheatgerm bread</i>                 | 1                         | 0          | 1                  | 1          | 0        | 1         | 0          | 0                   | 1          | 1        | 1          | 1         | 0          | 1          | 1        |
| <i>High fibre breakfast cereals</i>                       | 1                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| <i>Other breakfast cereals</i>                            | 1                         | 1          | 1                  | 0          | 0        | 1         | 0          | 1                   | 0          | 0        | 0          | 1         | 1          | 0          | 0        |
| <i>Biscuits</i>   | 5                         | 5          | 5                  | 3          | 3        | 5         | 5          | 5                   | 4          | 4        | 5          | 5         | 5          | 3          | 4        |
| <i>Buns, cakes, pastries and fruit pies</i>               | 6                         | 4          | 5                  | 3          | 6        | 6         | 4          | 5                   | 4          | 7        | 3          | 6         | 4          | 4          | 6        |
| <i>Puddings</i>   | 2                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| Milk and milk products                                    | 20                        | 12         | 16                 | 14         | 18       | 20        | 14         | 17                  | 13         | 15       | 34         | 20        | 13         | 13         | 16       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Whole milk (3.8% fat)</i>                              | 7                         | 2          | 4                  | 2          | 4        | 6         | 2          | 4                   | 1          | 2        | 16         | 6         | 2          | 1          | 3        |
| <i>Semi skimmed milk (1.8 % fat)</i>                      | 3                         | 3          | 3                  | 2          | 2        | 3         | 2          | 2                   | 3          | 4        | 3          | 3         | 2          | 2          | 3        |
| <i>Other milk and cream</i>                               | 1                         | 1          | 1                  | 1          | 3        | 1         | 1          | 1                   | 1          | 2        | 3          | 1         | 1          | 1          | 2        |
| <i>Cheese</i>   | 5                         | 4          | 5                  | 7          | 7        | 6         | 6          | 6                   | 6          | 5        | 6          | 5         | 5          | 6          | 6        |
| <i>Yoghurt, fromage frais and other dairy desserts</i>    | 2                         | 1          | 1                  | 1          | 1        | 2         | 1          | 2                   | 1          | 1        | 3          | 2         | 1          | 1          | 1        |
| <i>Ice cream</i>  | 2                         | 1          | 2                  | 1          | 1        | 3         | 2          | 2                   | 1          | 1        | 1          | 2         | 1          | 1          | 1        |
| Eggs and egg dishes                                       | 2                         | 3          | 2                  | 4          | 4        | 3         | 2          | 3                   | 4          | 5        | 3          | 3         | 3          | 4          | 5        |



Table 5.9 (continued)

## Percentage contribution of food groups to average daily total fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Fat spreads <sup>b</sup>                                   | 11                        | 9          | 10                 | 10         | 14       | 10        | 8          | 9                   | 10         | 15       | 10         | 10        | 8          | 10         | 14       |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Butter</i>  | 3                         | 3          | 3                  | 3          | 5        | 3         | 2          | 2                   | 3          | 9        | 3          | 3         | 3          | 3          | 7        |
| <i>Margarine and other cooking fats</i>                    | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| <i>Reduced fat spread polyunsaturated (41-75% fat)</i>     | 2                         | 1          | 1                  | 2          | 1        | 1         | 1          | 1                   | 1          | 2        | 2          | 1         | 1          | 1          | 2        |
| <i>Reduced fat spread not polyunsaturated (41-75% fat)</i> | 5                         | 4          | 4                  | 4          | 5        | 5         | 4          | 4                   | 4          | 3        | 4          | 5         | 4          | 4          | 4        |
| <i>Low fat spread polyunsaturated (18-39% fat)</i>         | 0                         | 1          | 1                  | 1          | 1        | 1         | 0          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Meat and meat products                                     | 18                        | 26         | 23                 | 26         | 22       | 19        | 21         | 20                  | 23         | 20       | 15         | 19        | 24         | 24         | 21       |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Bacon and ham</i>                                       | 1                         | 3          | 2                  | 3          | 3        | 1         | 2          | 1                   | 2          | 2        | 1          | 1         | 2          | 2          | 2        |
| <i>Beef, veal and dishes</i>                               | 2                         | 3          | 3                  | 4          | 3        | 3         | 3          | 3                   | 5          | 4        | 2          | 2         | 3          | 4          | 3        |
| <i>Lamb and dishes</i>                                     | 1                         | 1          | 1                  | 2          | 3        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| <i>Pork and dishes</i>                                     | 1                         | 1          | 1                  | 2          | 2        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 1          | 1          | 1        |
| <i>Coated chicken and turkey</i>                           | 2                         | 3          | 3                  | 1          | 0        | 2         | 3          | 3                   | 1          | 1        | 2          | 2         | 3          | 1          | 0        |
| <i>Chicken and turkey dishes</i>                           | 3                         | 4          | 4                  | 5          | 2        | 3         | 4          | 3                   | 5          | 3        | 2          | 3         | 4          | 5          | 3        |
| <i>Liver and liver dishes</i>                              | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 1        |
| <i>Burgers and kebabs</i>                                  | 1                         | 3          | 2                  | 1          | 0        | 1         | 2          | 2                   | 1          | 1        | 1          | 1         | 2          | 1          | 1        |
| <i>Sausages</i>  | 4                         | 4          | 4                  | 4          | 2        | 5         | 3          | 4                   | 3          | 2        | 5          | 4         | 3          | 3          | 2        |
| <i>Meat pies and pastries</i>                              | 3                         | 4          | 3                  | 3          | 5        | 3         | 3          | 3                   | 2          | 2        | 3          | 3         | 3          | 2          | 4        |
| <i>Other meat and meat products and dishes</i>             | 1                         | 1          | 1                  | 2          | 1        | 1         | 0          | 1                   | 1          | 2        | 0          | 1         | 1          | 1          | 1        |

Table 5.9 (continued)

## Percentage contribution of food groups to average daily total fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Fish and fish dishes                                       | 3                         | 2          | 2                  | 4          | 6        | 3         | 2          | 2                   | 5          | 7        | 3          | 3         | 2          | 5          | 7        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| White fish coated or fried including fish fingers          | 2                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 2          | 2         | 1          | 1          | 2        |
| Other white fish, shellfish or fish dishes and canned tuna | 1                         | 0          | 1                  | 1          | 1        | 0         | 1          | 1                   | 1          | 2        | 0          | 1         | 0          | 1          | 2        |
| Oily fish  | 0                         | 0          | 0                  | 2          | 4        | 1         | 1          | 1                   | 3          | 3        | 1          | 1         | 1          | 2          | 3        |
| Vegetables, potatoes                                       | 8                         | 9          | 9                  | 11         | 9        | 9         | 12         | 10                  | 10         | 9        | 7          | 8         | 11         | 10         | 9        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Salad and other raw vegetables                             | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| Vegetables (not raw) including vegetable dishes            | 2                         | 2          | 2                  | 3          | 2        | 2         | 2          | 2                   | 4          | 4        | 2          | 2         | 2          | 3          | 3        |
| Chips, fried and roast potatoes and potato products        | 6                         | 7          | 7                  | 6          | 5        | 6         | 8          | 7                   | 5          | 4        | 4          | 6         | 8          | 5          | 4        |
| Other potatoes, potato salads and dishes                   | 1                         | 0          | 0                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Savoury snacks   | 5                         | 6          | 5                  | 3          | 1        | 5         | 7          | 6                   | 3          | 1        | 4          | 5         | 6          | 3          | 1        |
| Nuts and seeds   | 1                         | 1          | 1                  | 1          | 2        | 0         | 1          | 1                   | 2          | 1        | 1          | 1         | 1          | 2          | 1        |
| Fruit  | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 1        | 1          | 0         | 0          | 1          | 1        |
| Sugar, preserves and confectionery                         | 5                         | 5          | 5                  | 3          | 1        | 5         | 6          | 5                   | 4          | 2        | 4          | 5         | 6          | 3          | 2        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Sugars, including table sugar, preserves and sweet spreads | 0                         | 1          | 1                  | 0          | 0        | 1         | 0          | 0                   | 0          | 0        | 0          | 1         | 0          | 0          | 0        |
| Sugar confectionery  | 0                         | 0          | 0                  | 0          | 0        | 1         | 0          | 1                   | 0          | 0        | 0          | 1         | 0          | 0          | 0        |
| Chocolate confectionery                                    | 4                         | 4          | 4                  | 3          | 1        | 3         | 5          | 4                   | 3          | 2        | 3          | 4         | 5          | 3          | 2        |

Table 5.9 (continued)

## Percentage contribution of food groups to average daily total fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Non-alcoholic beverages                                | 0                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>of which:</i>                                       |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Tea, coffee and water</i>                           | 0                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Alcoholic beverages                                    | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Miscellaneous  | 3                         | 4          | 3                  | 4          | 4        | 2         | 5          | 4                   | 6          | 5        | 2          | 2         | 4          | 5          | 4        |
| <i>Dry weight beverages</i>                            | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 0        |
| <i>Soup, manufactured/retail and homemade</i>          | 1                         | 0          | 1                  | 1          | 1        | 0         | 0          | 0                   | 1          | 2        | 1          | 1         | 0          | 1          | 1        |
| <i>Savoury sauces, pickles, gravies and condiments</i> | 2                         | 3          | 2                  | 3          | 3        | 2         | 4          | 3                   | 4          | 2        | 1          | 2         | 3          | 4          | 2        |
| Average daily total fat intake g                       | 59.9                      | 75.6       | 68.7               | 80.8       | 77.7     | 58.5      | 63.1       | 61.0                | 61.0       | 60.0     | 43.2       | 59.2      | 69.5       | 70.9       | 67.7     |
| <i>Bases (unweighted)</i>                              | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

Table 5.10

## Percentage contribution of food groups to average daily saturated fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                             | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            | Men                |            |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cereals and cereal products                         | 24                        | 25         | 25                 | 18         | 17       | 23        | 24         | 24                  | 20         | 18       | 17         | 24        | 24         | 19         | 18       |
| of which:   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Pasta, rice, pizza and other miscellaneous cereals  | 6                         | 8          | 7                  | 5          | 1        | 5         | 9          | 7                   | 5          | 2        | 4          | 6         | 9          | 5          | 1        |
| White bread   | 2                         | 2          | 2                  | 2          | 1        | 2         | 2          | 2                   | 2          | 1        | 1          | 2         | 2          | 2          | 1        |
| Wholemeal bread                                     | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 1          | 0        |
| High fibre breakfast cereals                        | 1                         | 0          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| Other breakfast cereals                             | 0                         | 1          | 1                  | 0          | 0        | 1         | 0          | 1                   | 0          | 0        | 0          | 1         | 1          | 0          | 0        |
| Biscuits  | 7                         | 7          | 7                  | 4          | 4        | 6         | 6          | 6                   | 5          | 5        | 6          | 6         | 6          | 4          | 4        |
| Buns, cakes, pastries and fruit pies                | 6                         | 4          | 5                  | 4          | 6        | 6         | 5          | 5                   | 4          | 7        | 3          | 6         | 4          | 4          | 6        |
| Puddings  | 2                         | 2          | 2                  | 1          | 3        | 2         | 1          | 1                   | 1          | 2        | 1          | 2         | 1          | 1          | 2        |
| Milk and milk products                              | 31                        | 20         | 25                 | 22         | 28       | 31        | 23         | 27                  | 22         | 24       | 46         | 31        | 22         | 22         | 25       |
| of which:   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Whole milk (3.8% fat)                               | 10                        | 4          | 6                  | 3          | 5        | 9         | 3          | 6                   | 2          | 3        | 22         | 9         | 3          | 2          | 4        |
| Semi skimmed milk (1.8 % fat)                       | 5                         | 4          | 5                  | 4          | 4        | 4         | 3          | 4                   | 5          | 6        | 5          | 5         | 4          | 4          | 5        |
| Other milk and cream                                | 1                         | 1          | 1                  | 1          | 4        | 2         | 2          | 2                   | 2          | 2        | 3          | 1         | 2          | 2          | 3        |
| Cheese  | 7                         | 7          | 7                  | 11         | 11       | 9         | 9          | 9                   | 10         | 8        | 9          | 8         | 8          | 10         | 9        |
| Yoghurt, fromage frais and other dairy desserts     | 3                         | 2          | 2                  | 1          | 1        | 4         | 2          | 3                   | 2          | 2        | 5          | 3         | 2          | 2          | 2        |
| Ice cream   | 4                         | 2          | 3                  | 2          | 2        | 4         | 3          | 3                   | 1          | 2        | 2          | 4         | 2          | 1          | 2        |
| Eggs and egg dishes                                 | 2                         | 2          | 2                  | 3          | 3        | 2         | 2          | 2                   | 4          | 4        | 2          | 2         | 2          | 4          | 4        |
| Fat spreads <sup>b</sup>                            | 10                        | 9          | 9                  | 10         | 13       | 9         | 8          | 8                   | 10         | 16       | 8          | 9         | 8          | 10         | 15       |
| of which:   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Butter  | 5                         | 4          | 5                  | 4          | 7        | 4         | 3          | 3                   | 5          | 12       | 3          | 4         | 4          | 5          | 10       |
| Reduced fat spread polyunsaturated (41-75% fat)     | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Reduced fat spread not polyunsaturated (41-75% fat) | 4                         | 3          | 3                  | 4          | 4        | 3         | 4          | 4                   | 4          | 3        | 3          | 4         | 3          | 4          | 3        |
| Low fat spread polyunsaturated (18-39% fat)         | 0                         | 1          | 0                  | 0          | 1        | 1         | 0          | 0                   | 0          | 1        | 1          | 0         | 0          | 0          | 1        |

Table 5.10 (continued)

## Percentage contribution of food groups to average daily saturated fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            | Men                |            |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Meat and meat products  | 16                        | 26         | 22                 | 27         | 22       | 18        | 21         | 20                  | 23         | 19       | 12         | 17        | 23         | 25         | 21       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Bacon and ham</i>  | 1                         | 3          | 2                  | 3          | 2        | 1         | 2          | 1                   | 2          | 2        | 0          | 1         | 2          | 2          | 2        |
| <i>Beef, veal and dishes</i>                                      | 2                         | 3          | 3                  | 5          | 3        | 3         | 3          | 3                   | 5          | 4        | 1          | 2         | 3          | 5          | 4        |
| <i>Lamb and dishes</i>  | 1                         | 2          | 1                  | 2          | 4        | 1         | 1          | 1                   | 2          | 2        | 1          | 1         | 1          | 2          | 3        |
| <i>Pork and dishes</i>  | 0                         | 1          | 1                  | 2          | 1        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 1          | 1          | 1        |
| <i>Coated chicken and turkey</i>                                  | 1                         | 2          | 2                  | 1          | 0        | 1         | 2          | 2                   | 1          | 0        | 1          | 1         | 2          | 1          | 0        |
| <i>Chicken and turkey dishes</i>                                  | 2                         | 3          | 3                  | 4          | 2        | 2         | 4          | 3                   | 4          | 3        | 1          | 2         | 3          | 4          | 2        |
| <i>Liver and liver dishes</i>                                     | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| <i>Burgers and kebabs</i>   | 1                         | 3          | 2                  | 2          | 0        | 1         | 2          | 2                   | 1          | 1        | 1          | 1         | 3          | 1          | 1        |
| <i>Sausages</i>   | 4                         | 4          | 4                  | 4          | 2        | 5         | 3          | 4                   | 3          | 2        | 4          | 4         | 4          | 3          | 2        |
| <i>Meat pies and pastries</i>                                     | 3                         | 4          | 3                  | 3          | 5        | 3         | 3          | 3                   | 2          | 2        | 2          | 3         | 3          | 3          | 4        |
| <i>Other meat and meat products and dishes</i>                    | 0                         | 1          | 1                  | 2          | 1        | 1         | 0          | 1                   | 1          | 2        | 0          | 1         | 1          | 1          | 1        |
| Fish and fish dishes  | 2                         | 1          | 2                  | 3          | 4        | 2         | 1          | 1                   | 3          | 5        | 2          | 2         | 1          | 3          | 4        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>White fish coated or fried including fish fingers</i>          | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <i>Other white fish, shellfish or fish dishes and canned tuna</i> | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 2        | 0          | 0         | 0          | 1          | 2        |
| <i>Oily fish</i>  | 0                         | 0          | 0                  | 1          | 2        | 0         | 0          | 0                   | 2          | 2        | 0          | 0         | 0          | 1          | 2        |
| Vegetables, potatoes  | 5                         | 6          | 5                  | 7          | 5        | 5         | 8          | 6                   | 7          | 6        | 4          | 5         | 7          | 7          | 5        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Vegetables (not raw) including vegetable dishes</i>            | 1                         | 1          | 1                  | 2          | 1        | 1         | 2          | 1                   | 2          | 2        | 1          | 1         | 1          | 2          | 2        |
| <i>Chips, fried and roast potatoes and potato products</i>        | 3                         | 4          | 4                  | 4          | 2        | 3         | 5          | 4                   | 3          | 2        | 2          | 3         | 4          | 3          | 2        |
| <i>Other potatoes, potato salads and dishes</i>                   | 1                         | 0          | 0                  | 1          | 1        | 0         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Savoury snacks  | 2                         | 2          | 2                  | 1          | 0        | 2         | 2          | 2                   | 1          | 0        | 1          | 2         | 2          | 1          | 0        |
| Nuts and seeds  | 0                         | 0          | 0                  | 1          | 1        | 0         | 1          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 1        |
| Fruit   | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 0        |

Table 5.10 (continued)

## Percentage contribution of food groups to average daily saturated fat intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Sugar, preserves and confectionery                                | 6                         | 7          | 7                  | 4          | 2        | 6         | 8          | 7                   | 5          | 3        | 5          | 6         | 7          | 5          | 2        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Sugars, including table sugar, preserves and sweet spreads</i> | 1                         | 1          | 1                  | 0          | 0        | 1         | 0          | 0                   | 0          | 0        | 0          | 1         | 0          | 0          | 0        |
| <i>Chocolate confectionery</i>                                    | 6                         | 6          | 6                  | 4          | 2        | 5         | 7          | 6                   | 5          | 2        | 4          | 5         | 7          | 4          | 2        |
| Non-alcoholic beverages   | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Tea, coffee and water</i>                                      | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| Alcoholic beverages   | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Miscellaneous   | 1                         | 2          | 2                  | 3          | 3        | 1         | 3          | 2                   | 4          | 3        | 1          | 1         | 2          | 3          | 3        |
| <i>Dry weight beverages</i>                                       | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 1        |
| <i>Soup, manufactured/retail and homemade</i>                     | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 1          | 0         | 0          | 1          | 1        |
| <i>Savoury sauces, pickles, gravies and condiments</i>            | 1                         | 2          | 1                  | 2          | 2        | 1         | 2          | 1                   | 2          | 1        | 1          | 1         | 2          | 2          | 1        |
| Average daily saturated fat intake g                              | 24.0                      | 28.3       | 26.4               | 29.6       | 30.4     | 22.8      | 22.9       | 22.8                | 22.4       | 24.0     | 18.7       | 23.4      | 25.6       | 26.0       | 26.8     |
| <i>Bases (unweighted)</i>   | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

Table 5.11

## Percentage contribution of food groups to average daily trans fatty acid intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          |           | Girls      |                     |            | Women    |            |           | Total      |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cereals and cereal products                                | 24                        | 25         | 25                 | 18         | 17       | 23        | 24         | 24                  | 20         | 18       | 17         | 24        | 24         | 19         | 18       |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Pasta, rice, pizza and other miscellaneous cereals</i>  | 6                         | 8          | 7                  | 5          | 1        | 5         | 9          | 7                   | 5          | 2        | 4          | 6         | 9          | 5          | 1        |
| <i>White bread</i>   | 2                         | 2          | 2                  | 2          | 1        | 2         | 2          | 2                   | 2          | 1        | 1          | 2         | 2          | 2          | 1        |
| <i>Wholemeal bread</i>                                     | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>High fibre breakfast cereals</i>                        | 1                         | 0          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| <i>Other breakfast cereals</i>                             | 0                         | 1          | 1                  | 0          | 0        | 1         | 0          | 1                   | 0          | 0        | 0          | 1         | 1          | 0          | 0        |
| <i>Biscuits</i>  | 7                         | 7          | 7                  | 4          | 4        | 6         | 6          | 6                   | 5          | 5        | 6          | 6         | 6          | 4          | 4        |
| <i>Buns, cakes, pastries and fruit pies</i>                | 6                         | 4          | 5                  | 4          | 6        | 6         | 5          | 5                   | 4          | 7        | 3          | 6         | 4          | 4          | 6        |
| <i>Puddings</i>  | 2                         | 2          | 2                  | 1          | 3        | 2         | 1          | 1                   | 1          | 2        | 1          | 2         | 1          | 1          | 2        |
| Milk and milk products                                     | 31                        | 20         | 25                 | 22         | 28       | 31        | 23         | 27                  | 22         | 24       | 46         | 31        | 22         | 22         | 25       |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Whole milk (3.8% fat)</i>                               | 10                        | 4          | 6                  | 3          | 5        | 9         | 3          | 6                   | 2          | 3        | 22         | 9         | 3          | 2          | 4        |
| <i>Semi skimmed milk (1.8 % fat)</i>                       | 5                         | 4          | 5                  | 4          | 4        | 4         | 3          | 4                   | 5          | 6        | 5          | 5         | 4          | 4          | 5        |
| <i>Other milk and cream</i>                                | 1                         | 1          | 1                  | 1          | 4        | 2         | 2          | 2                   | 2          | 2        | 3          | 1         | 2          | 2          | 3        |
| <i>Cheese</i>  | 7                         | 7          | 7                  | 11         | 11       | 9         | 9          | 9                   | 10         | 8        | 9          | 8         | 8          | 10         | 9        |
| <i>Yoghurt, fromage frais and other dairy desserts</i>     | 3                         | 2          | 2                  | 1          | 1        | 4         | 2          | 3                   | 2          | 2        | 5          | 3         | 2          | 2          | 2        |
| <i>Ice cream</i>   | 4                         | 2          | 3                  | 2          | 2        | 4         | 3          | 3                   | 1          | 2        | 2          | 4         | 2          | 1          | 2        |
| Eggs and egg dishes  | 2                         | 2          | 2                  | 3          | 3        | 2         | 2          | 2                   | 4          | 4        | 2          | 2         | 2          | 4          | 4        |
| Fat spreads <sup>b</sup>                                   | 10                        | 9          | 9                  | 10         | 13       | 9         | 8          | 8                   | 10         | 16       | 8          | 9         | 8          | 10         | 15       |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Butter</i>  | 5                         | 4          | 5                  | 4          | 7        | 4         | 3          | 3                   | 5          | 12       | 3          | 4         | 4          | 5          | 10       |
| <i>Reduced fat spread polyunsaturated (41-75% fat)</i>     | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <i>Reduced fat spread not polyunsaturated (41-75% fat)</i> | 4                         | 3          | 3                  | 4          | 4        | 3         | 4          | 4                   | 4          | 3        | 3          | 4         | 3          | 4          | 3        |
| <i>Low fat spread polyunsaturated (18-39% fat)</i>         | 0                         | 1          | 0                  | 0          | 1        | 1         | 0          | 0                   | 0          | 1        | 1          | 0         | 0          | 0          | 1        |





Table 5.11 (continued)

## Percentage contribution of food groups to average daily trans fatty acid intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Savoury snacks  | 2                         | 2          | 2                  | 1          | 0        | 2         | 2          | 2                   | 1          | 0        | 1          | 2         | 2          | 1          | 0        |
| Nuts and seeds  | 0                         | 0          | 0                  | 1          | 1        | 0         | 1          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 1        |
| Fruit   | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 0        |
| Sugar, preserves and confectionery                                | 6                         | 7          | 7                  | 4          | 2        | 6         | 8          | 7                   | 5          | 3        | 5          | 6         | 7          | 5          | 2        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Sugars, including table sugar, preserves and sweet spreads</i> | 1                         | 1          | 1                  | 0          | 0        | 1         | 0          | 0                   | 0          | 0        | 0          | 1         | 0          | 0          | 0        |
| <i>Chocolate confectionery</i>                                    | 6                         | 6          | 6                  | 4          | 2        | 5         | 7          | 6                   | 5          | 2        | 4          | 5         | 7          | 4          | 2        |
| Non-alcoholic beverages   | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Tea, coffee and water</i>                                      | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| Alcoholic beverages   | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Miscellaneous   | 1                         | 2          | 2                  | 3          | 3        | 1         | 3          | 2                   | 4          | 3        | 1          | 1         | 2          | 3          | 3        |
| <i>Dry weight beverages</i>                                       | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 1        |
| <i>Soup, manufactured/retail and homemade</i>                     | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 1          | 0         | 0          | 1          | 1        |
| <i>Savoury sauces, pickles, gravies and condiments</i>            | 1                         | 2          | 1                  | 2          | 2        | 1         | 2          | 1                   | 2          | 1        | 1          | 1         | 2          | 2          | 1        |
| Average daily trans fatty acid intake g                           | 1.3                       | 1.6        | 1.5                | 1.8        | 1.9      | 1.3       | 1.3        | 1.3                 | 1.3        | 1.4      | 0.9        | 1.3       | 1.5        | 1.5        | 1.6      |
| <i>Bases (unweighted)</i>   | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.





Table 5.12 (continued)

## Percentage contribution of food groups to average daily non-starch polysaccharide (NSP) intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Miscellaneous  | 2                         | 2          | 2                  | 2          | 4        | 2         | 2          | 2                   | 4          | 4        | 2          | 2         | 2          | 3          | 4        |
| <i>Dry weight beverages</i>                            | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 0        |
| <i>Soup, manufactured/retail and homemade</i>          | 1                         | 1          | 1                  | 1          | 3        | 1         | 1          | 1                   | 2          | 2        | 1          | 1         | 1          | 2          | 3        |
| <i>Savoury sauces, pickles, gravies and condiments</i> | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Average daily non-starch polysaccharide intake g       | 11.4                      | 12.7       | 12.1               | 14.9       | 14.8     | 10.7      | 10.9       | 10.8                | 12.8       | 12.3     | 8.1        | 11.0      | 11.8       | 13.9       | 13.4     |
| <i>Bases (unweighted)</i>                              | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.

<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.

Table 5.13

## Percentage contribution of food groups to average daily sodium intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cereals and cereal products                               | 38                        | 37         | 37                 | 31         | 33       | 36        | 36         | 36                  | 31         | 32       | 34         | 37        | 37         | 31         | 32       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Pasta, rice, pizza and other miscellaneous cereals</i> | 8                         | 11         | 9                  | 6          | 2        | 7         | 11         | 9                   | 6          | 3        | 8          | 8         | 11         | 6          | 2        |
| <i>White bread</i>  | 11                        | 13         | 12                 | 11         | 12       | 12        | 12         | 12                  | 10         | 9        | 9          | 11        | 13         | 11         | 10       |
| <i>Wholemeal bread</i>                                    | 2                         | 1          | 2                  | 3          | 4        | 2         | 1          | 1                   | 4          | 5        | 3          | 2         | 1          | 3          | 5        |
| <i>Brown, granary and wheatgerm bread</i>                 | 4                         | 2          | 3                  | 3          | 3        | 3         | 3          | 3                   | 3          | 4        | 3          | 3         | 2          | 3          | 3        |
| <i>Other breads</i>                                       | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| <i>High fibre breakfast cereals</i>                       | 2                         | 1          | 2                  | 1          | 3        | 2         | 1          | 1                   | 1          | 2        | 2          | 2         | 1          | 1          | 3        |
| <i>Other breakfast cereals</i>                            | 2                         | 2          | 2                  | 1          | 1        | 3         | 2          | 3                   | 1          | 1        | 2          | 3         | 2          | 1          | 1        |
| <i>Biscuits</i>   | 3                         | 2          | 2                  | 2          | 2        | 3         | 2          | 2                   | 2          | 3        | 3          | 3         | 2          | 2          | 3        |
| <i>Buns, cakes, pastries and fruit pies</i>               | 3                         | 2          | 3                  | 2          | 3        | 4         | 3          | 3                   | 2          | 4        | 2          | 3         | 2          | 2          | 4        |
| <i>Puddings</i>   | 1                         | 1          | 1                  | 1          | 1        | 1         | 0          | 1                   | 0          | 1        | 1          | 1         | 1          | 0          | 1        |
| Milk and milk products                                    | 11                        | 7          | 9                  | 8          | 11       | 11        | 8          | 10                  | 9          | 10       | 18         | 11        | 8          | 9          | 11       |
| <i>of which:</i>  |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Whole milk (3.8% fat)</i>                              | 2                         | 1          | 2                  | 1          | 1        | 2         | 1          | 1                   | 0          | 1        | 7          | 2         | 1          | 1          | 1        |
| <i>Semi skimmed milk (1.8 % fat)</i>                      | 2                         | 2          | 2                  | 2          | 2        | 2         | 2          | 2                   | 2          | 3        | 3          | 2         | 2          | 2          | 3        |
| <i>Skimmed milk (0.5 % fat)</i>                           | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 0        |
| <i>Other milk and cream</i>                               | 0                         | 0          | 0                  | 0          | 0        | 0         | 1          | 1                   | 0          | 0        | 1          | 0         | 1          | 0          | 0        |
| <i>Cheese</i>   | 4                         | 3          | 3                  | 4          | 5        | 5         | 4          | 4                   | 5          | 4        | 5          | 4         | 4          | 4          | 5        |
| <i>Yoghurt, fromage frais and other dairy desserts</i>    | 1                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 2          | 1         | 1          | 1          | 1        |
| <i>Ice cream</i>  | 0                         | 0          | 0                  | 0          | 0        | 1         | 0          | 0                   | 0          | 0        | 0          | 1         | 0          | 0          | 0        |
| Eggs and egg dishes                                       | 1                         | 1          | 1                  | 2          | 2        | 2         | 1          | 1                   | 2          | 3        | 2          | 1         | 1          | 2          | 2        |

Table 5.13 (continued)

## Percentage contribution of food groups to average daily sodium intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Fat spreads <sup>b</sup>                                   | 3                         | 2          | 2                  | 3          | 4        | 3         | 2          | 2                   | 3          | 4        | 3          | 3         | 2          | 3          | 4        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Butter   | 1                         | 0          | 1                  | 0          | 1        | 1         | 0          | 0                   | 1          | 2        | 1          | 1         | 0          | 1          | 2        |
| Reduced fat spread polyunsaturated (41-75% fat)            | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 1        | 0          | 0         | 0          | 0          | 0        |
| Reduced fat spread not polyunsaturated (41-75% fat)        | 1                         | 1          | 1                  | 1          | 2        | 1         | 1          | 1                   | 1          | 1        | 1          | 1         | 1          | 1          | 1        |
| Meat and meat products                                     | 22                        | 29         | 26                 | 30         | 25       | 24        | 25         | 25                  | 24         | 23       | 19         | 23        | 27         | 27         | 24       |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| Bacon and ham  | 5                         | 7          | 6                  | 8          | 8        | 5         | 6          | 5                   | 6          | 8        | 3          | 5         | 6          | 7          | 8        |
| Beef, veal and dishes                                      | 2                         | 3          | 2                  | 4          | 3        | 3         | 3          | 3                   | 4          | 3        | 2          | 2         | 3          | 4          | 3        |
| Lamb and dishes  | 0                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 1        | 0          | 1         | 1          | 1          | 1        |
| Pork and dishes  | 0                         | 1          | 1                  | 1          | 1        | 1         | 1          | 1                   | 1          | 0        | 1          | 1         | 1          | 1          | 0        |
| Coated chicken and turkey                                  | 2                         | 3          | 3                  | 2          | 0        | 2         | 3          | 3                   | 1          | 1        | 2          | 2         | 3          | 1          | 0        |
| Chicken and turkey dishes                                  | 3                         | 4          | 3                  | 5          | 3        | 2         | 4          | 3                   | 4          | 4        | 2          | 2         | 4          | 5          | 3        |
| Liver and liver dishes                                     | 0                         | 0          | 0                  | 0          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Burgers and kebabs   | 1                         | 2          | 2                  | 1          | 0        | 1         | 2          | 2                   | 1          | 1        | 1          | 1         | 2          | 1          | 1        |
| Sausages   | 6                         | 5          | 5                  | 5          | 3        | 6         | 4          | 5                   | 4          | 2        | 6          | 6         | 4          | 4          | 3        |
| Meat pies and pastries                                     | 2                         | 3          | 2                  | 2          | 4        | 2         | 2          | 2                   | 2          | 2        | 2          | 2         | 2          | 2          | 3        |
| Other meat and meat products and dishes                    | 1                         | 1          | 1                  | 2          | 2        | 1         | 0          | 1                   | 1          | 2        | 1          | 1         | 1          | 1          | 2        |
| Fish and fish dishes                                       | 4                         | 2          | 3                  | 5          | 7        | 3         | 3          | 3                   | 5          | 7        | 3          | 4         | 2          | 5          | 7        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| White fish coated or fried including fish fingers          | 2                         | 1          | 2                  | 1          | 1        | 1         | 1          | 1                   | 1          | 2        | 2          | 2         | 1          | 1          | 2        |
| Other white fish, shellfish or fish dishes and canned tuna | 2                         | 1          | 1                  | 3          | 3        | 1         | 1          | 1                   | 3          | 3        | 1          | 1         | 1          | 3          | 3        |
| Oily fish  | 0                         | 0          | 0                  | 1          | 3        | 0         | 0          | 0                   | 2          | 2        | 0          | 0         | 0          | 1          | 2        |

Table 5.13 (continued)

## Percentage contribution of food groups to average daily sodium intake, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Food group <sup>a</sup>                                    | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|--|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|  | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|  | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Vegetables, potatoes                                       | 8                         | 7          | 7                  | 8          | 6        | 9         | 8          | 9                   | 9          | 7        | 9          | 9         | 7          | 9          | 7        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Salad and other raw vegetables</i>                      | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| <i>Vegetables (not raw) including vegetable dishes</i>     | 6                         | 4          | 5                  | 6          | 4        | 6         | 5          | 6                   | 7          | 5        | 7          | 6         | 5          | 6          | 5        |
| <i>Chips, fried and roast potatoes and potato products</i> | 2                         | 2          | 2                  | 2          | 1        | 2         | 2          | 2                   | 1          | 1        | 2          | 2         | 2          | 1          | 1        |
| <i>Other potatoes, potato salads and dishes</i>            | 0                         | 0          | 0                  | 0          | 1        | 0         | 1          | 0                   | 1          | 1        | 0          | 0         | 0          | 1          | 1        |
| Savoury snacks   | 4                         | 4          | 4                  | 2          | 1        | 4         | 5          | 5                   | 2          | 1        | 3          | 4         | 5          | 2          | 1        |
| Fruit  | 1                         | 0          | 0                  | 0          | 1        | 1         | 0          | 0                   | 1          | 1        | 1          | 1         | 0          | 1          | 1        |
| Sugar, preserves and confectionery                         | 1                         | 1          | 1                  | 1          | 0        | 1         | 1          | 1                   | 1          | 0        | 1          | 1         | 1          | 1          | 0        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Chocolate confectionery</i>                             | 1                         | 1          | 1                  | 0          | 0        | 1         | 1          | 1                   | 0          | 0        | 1          | 1         | 1          | 0          | 0        |
| Non-alcoholic beverages                                    | 1                         | 2          | 1                  | 1          | 1        | 1         | 2          | 2                   | 1          | 1        | 1          | 1         | 2          | 1          | 1        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Soft drinks, not low calorie</i>                        | 0                         | 1          | 1                  | 1          | 0        | 0         | 1          | 1                   | 0          | 0        | 0          | 0         | 1          | 0          | 0        |
| Alcoholic beverages  | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 1        |
| <i>of which:</i>   |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Beer, lager, cider and perry</i>                        | 0                         | 0          | 0                  | 1          | 1        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 1          | 0        |
| Miscellaneous  | 6                         | 7          | 7                  | 8          | 10       | 6         | 8          | 7                   | 11         | 11       | 6          | 6         | 7          | 9          | 11       |
| <i>Dry weight beverages</i>                                | 0                         | 0          | 0                  | 0          | 0        | 0         | 1          | 0                   | 1          | 2        | 0          | 0         | 0          | 1          | 1        |
| <i>Soup, manufactured/retail and homemade</i>              | 2                         | 1          | 2                  | 3          | 5        | 2         | 2          | 2                   | 3          | 5        | 2          | 2         | 2          | 3          | 5        |
| <i>Savoury sauces, pickles, gravies and condiments</i>     | 4                         | 5          | 5                  | 5          | 5        | 4         | 5          | 5                   | 6          | 4        | 3          | 4         | 5          | 5          | 4        |
| Average daily sodium intake mg <sup>c</sup>                | 1989                      | 2563       | 2309               | 2732       | 2393     | 1863      | 2009       | 1944                | 2029       | 1889     | 1312       | 1927      | 2293       | 2380       | 2110     |
| <i>Bases (unweighted)</i>                                  | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> Some food groups are not included due to small numbers of consumers; e.g. commercial toddler foods.<sup>b</sup> Some oils which are used as a condiment on bread or salads are included in this food group; however this food group does not include oils or fats used in cooking.<sup>c</sup> Underestimate of total sodium intake as sodium from discretionary salt added in cooking or at the table is excluded.

## 5.5 Vitamins and minerals

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Table 5.14 (continued)

Reference Nutrient Intakes (RNIs) and Lower Reference Nutrient Intakes (LRNIs) for vitamins<sup>a</sup>, by sex and age<sup>b</sup>

| 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+  |
| <b>Females</b>                                  |                   |                   |      |      |       |       |       |       |       |      |
| Vitamin A (µg/d)                                | RNI               | 400               | 400  | 500  | 600   | 600   | 600   | 600   | 600   | 600  |
|   | LRNI              | 200               | 200  | 250  | 250   | 250   | 250   | 250   | 250   | 250  |
| Thiamin (mg/d)<br>(mg/1000kcal)                 | RNI               | 0.5               | 0.7  | 0.7  | 0.7   | 0.8   | 0.8   | 0.8   | 0.8   | 0.8  |
|   | LRNI <sup>c</sup> | 0.23              | 0.23 | 0.23 | 0.23  | 0.23  | 0.23  | 0.23  | 0.23  | 0.23 |
| Riboflavin (mg/d)                               | RNI               | 0.6               | 0.8  | 1.0  | 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  |
| Niacin (mg/d)<br>(mg/1000kcal)                  | RNI               | 8                 | 11   | 12   | 12    | 14    | 13    | 12    | 12    | 12   |
|   | LRNI <sup>c</sup> | 4.4               | 4.4  | 4.4  | 4.4   | 4.4   | 4.4   | 4.4   | 4.4   | 4.4  |
| Vitamin B <sub>6</sub> (mg/d)<br>(µg/g protein) | RNI <sup>d</sup>  | 0.7               | 0.9  | 1.0  | 1.0   | 1.2   | 1.2   | 1.2   | 1.2   | 1.2  |
|   | LRNI <sup>c</sup> | 11                | 11   | 11   | 11    | 11    | 11    | 11    | 11    | 11   |
| Vitamin B <sub>12</sub> (µg/d)                  | RNI               | 0.5               | 0.8  | 1.0  | 1.2   | 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  |
| Folate (µg/d)                                   | RNI               | 70                | 100  | 150  | 200   | 200   | 200   | 200   | 200   | 200  |
|   | LRNI              | 35                | 50   | 75   | 100   | 100   | 100   | 100   | 100   | 100  |
| Vitamin C (mg/d)                                | RNI               | 30                | 30   | 30   | 35    | 40    | 40    | 40    | 40    | 40   |
|   | LRNI              | 8                 | 8    | 8    | 9     | 10    | 10    | 10    | 10    | 10   |
| Vitamin D (µg/d)                                | RNI <sup>e</sup>  | 7                 | -    | -    | -     | -     | -     | -     | 10    | 10   |

<sup>a</sup> 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].

<sup>b</sup> The age groups presented are those for which different RNI and LRNI values have been calculated.

<sup>c</sup> LRNI values for thiamin and niacin are given per 1000 kcal and have been calculated for each participant using their actual energy intake. LRNI values for Vitamin B<sub>6</sub> is given per gram of protein and has been calculated for each participant using their actual protein intake.

<sup>d</sup> Based on protein providing 14.7% of the Estimated Average Energy (EAR) for energy.

<sup>e</sup> For Vitamin D, there are no RNIs set between ages 4 and 64 years; therefore %RNI is only expressed for those aged 1.5-3 years and 65 years and over.

Table 5.15

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

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                            | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
|------------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|-------|-------|---------|------|
|                                    | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |       |       |         |      |
|                                    | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4 -10 | 11-18 | 19 - 64 | 65+  |
| Vitamin A (retinol equivalents) µg |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 675                       | 736   | 709        | 1009  | 1530 | 666   | 625   | 643         | 982   | 1139 | 545   | 671   | 682   | 995     | 1310 |
| Median                             | 550                       | 597   | 571        | 785   | 1021 | 576   | 519   | 542         | 714   | 882  | 450   | 560   | 565   | 758     | 950  |
| sd                                 | 548                       | 521   | 533        | 1055  | 1725 | 397   | 451   | 428         | 979   | 1072 | 395   | 479   | 491   | 1017    | 1405 |
| Upper 2.5 percentile               | 1630                      | 1808  | 1792       | 3101  | 6482 | 1686  | 1924  | 1857        | 3320  | 5111 | 1502  | 1680  | 1857  | 3212    | 6383 |
| Lower 2.5 percentile               | 207                       | 161   | 181        | 210   | 280  | 198   | 138   | 149         | 206   | 321  | 116   | 204   | 150   | 206     | 305  |
| Retinol µg                         |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 282                       | 306   | 296        | 471   | 863  | 258   | 266   | 262         | 421   | 537  | 277   | 270   | 287   | 446     | 680  |
| Median                             | 259                       | 263   | 260        | 306   | 403  | 247   | 213   | 230         | 246   | 324  | 236   | 253   | 239   | 271     | 352  |
| sd                                 | 351                       | 346   | 348        | 923   | 1575 | 112   | 261   | 208         | 851   | 978  | 233   | 263   | 308   | 888     | 1281 |
| Upper 2.5 percentile               | 469                       | 745   | 724        | 1928  | 6024 | 545   | 897   | 559         | 2427  | 3973 | 724   | 516   | 897   | 2153    | 5561 |
| Lower 2.5 percentile               | 84                        | 83    | 83         | 76    | 98   | 86    | 47    | 62          | 48    | 77   | 58    | 84    | 63    | 60      | 81   |
| Thiamin mg                         |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 1.33                      | 1.60  | 1.48       | 1.65  | 1.56 | 1.26  | 1.25  | 1.25        | 1.29  | 1.31 | 0.94  | 1.30  | 1.43  | 1.47    | 1.42 |
| Median                             | 1.28                      | 1.53  | 1.38       | 1.56  | 1.52 | 1.21  | 1.20  | 1.20        | 1.29  | 1.30 | 0.92  | 1.26  | 1.32  | 1.40    | 1.36 |
| sd                                 | 0.36                      | 0.55  | 0.49       | 0.66  | 0.52 | 0.37  | 0.35  | 0.36        | 0.41  | 0.34 | 0.30  | 0.37  | 0.49  | 0.58    | 0.45 |
| Upper 2.5 percentile               | 2.12                      | 2.87  | 2.72       | 3.33  | 2.66 | 2.07  | 2.01  | 2.04        | 2.08  | 2.00 | 1.60  | 2.09  | 2.70  | 2.82    | 2.44 |
| Lower 2.5 percentile               | 0.75                      | 0.70  | 0.71       | 0.73  | 0.54 | 0.70  | 0.66  | 0.66        | 0.59  | 0.72 | 0.52  | 0.71  | 0.68  | 0.62    | 0.54 |
| Riboflavin mg                      |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 1.58                      | 1.58  | 1.58       | 1.80  | 1.84 | 1.42  | 1.25  | 1.33        | 1.39  | 1.56 | 1.44  | 1.50  | 1.42  | 1.59    | 1.68 |
| Median                             | 1.49                      | 1.42  | 1.45       | 1.66  | 1.78 | 1.37  | 1.18  | 1.30        | 1.35  | 1.47 | 1.37  | 1.43  | 1.30  | 1.46    | 1.58 |
| sd                                 | 0.53                      | 0.66  | 0.61       | 0.84  | 0.69 | 0.48  | 0.51  | 0.50        | 0.53  | 0.52 | 0.56  | 0.51  | 0.62  | 0.73    | 0.62 |
| Upper 2.5 percentile               | 2.68                      | 3.01  | 2.97       | 3.97  | 3.48 | 2.45  | 2.66  | 2.52        | 2.65  | 2.73 | 2.72  | 2.60  | 2.94  | 3.51    | 3.36 |
| Lower 2.5 percentile               | 0.75                      | 0.55  | 0.68       | 0.69  | 0.83 | 0.62  | 0.53  | 0.56        | 0.52  | 0.81 | 0.53  | 0.70  | 0.54  | 0.58    | 0.83 |

Table 5.15 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                          | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|----------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                                  | Boys                      |       |            | Men   |      | Girls |       | Women       |       |      | Total |      |       |       |      |
|                                  | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| <b>Niacin equivalents mg</b>     |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                             | 27.7                      | 36.9  | 32.8       | 44.6  | 37.5 | 26.3  | 30.1  | 28.4        | 32.2  | 29.8 | 19.4  | 27.0 | 33.6  | 38.4  | 33.2 |
| Median                           | 26.4                      | 35.4  | 30.4       | 41.2  | 37.8 | 24.8  | 27.8  | 26.5        | 31.5  | 28.9 | 18.7  | 25.6 | 31.0  | 36.2  | 31.4 |
| sd                               | 7.9                       | 12.5  | 11.6       | 20.5  | 12.9 | 9.2   | 12.9  | 11.6        | 10.6  | 8.0  | 5.9   | 8.5  | 13.1  | 17.4  | 11.1 |
| Upper 2.5 percentile             | 47.6                      | 67.2  | 60.5       | 91.4  | 66.2 | 41.0  | 69.6  | 56.9        | 56.1  | 46.3 | 31.6  | 44.6 | 69.6  | 76.1  | 58.0 |
| Lower 2.5 percentile             | 15.2                      | 16.7  | 16.3       | 21.9  | 17.4 | 14.5  | 12.5  | 13.0        | 13.8  | 15.7 | 9.9   | 14.7 | 14.2  | 16.3  | 16.5 |
| <b>Vitamin B<sub>6</sub> mg</b>  |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                             | 1.8                       | 2.4   | 2.1        | 2.8   | 2.5  | 1.8   | 2.1   | 1.9         | 1.9   | 1.9  | 1.4   | 1.8  | 2.2   | 2.4   | 2.2  |
| Median                           | 1.7                       | 2.2   | 1.9        | 2.5   | 2.4  | 1.6   | 1.7   | 1.7         | 1.8   | 1.9  | 1.4   | 1.7  | 1.9   | 2.1   | 2.0  |
| sd                               | 0.6                       | 1.1   | 1.0        | 1.4   | 0.9  | 0.8   | 1.8   | 1.4         | 0.9   | 0.7  | 0.6   | 0.7  | 1.5   | 1.3   | 0.8  |
| Upper 2.5 percentile             | 3.4                       | 4.8   | 4.3        | 6.1   | 4.5  | 3.0   | 6.4   | 5.1         | 3.6   | 3.3  | 2.7   | 3.3  | 4.9   | 5.6   | 4.4  |
| Lower 2.5 percentile             | 0.9                       | 0.9   | 0.9        | 0.9   | 1.0  | 0.9   | 0.8   | 0.8         | 0.8   | 0.5  | 0.7   | 0.9  | 0.9   | 0.9   | 0.9  |
| <b>Vitamin B<sub>12</sub> µg</b> |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                             | 4.2                       | 4.5   | 4.4        | 6.1   | 7.4  | 3.8   | 3.6   | 3.7         | 4.7   | 5.9  | 3.9   | 4.0  | 4.1   | 5.4   | 6.6  |
| Median                           | 3.7                       | 4.0   | 3.9        | 5.1   | 6.5  | 3.7   | 3.1   | 3.4         | 4.1   | 4.8  | 3.6   | 3.7  | 3.7   | 4.6   | 5.2  |
| sd                               | 2.0                       | 2.2   | 2.1        | 4.5   | 4.4  | 1.5   | 2.1   | 1.9         | 3.5   | 4.3  | 1.8   | 1.8  | 2.2   | 4.1   | 4.4  |
| Upper 2.5 percentile             | 8.8                       | 10.1  | 9.5        | 13.6  | 19.4 | 6.7   | 8.4   | 8.0         | 12.3  | 19.8 | 8.3   | 8.1  | 9.3   | 13.6  | 19.4 |
| Lower 2.5 percentile             | 1.8                       | 1.1   | 1.6        | 1.5   | 2.5  | 1.2   | 1.1   | 1.2         | 1.1   | 1.2  | 1.3   | 1.4  | 1.1   | 1.2   | 1.7  |
| <b>Folate µg</b>                 |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                             | 209                       | 239   | 226        | 305   | 294  | 189   | 192   | 191         | 232   | 237  | 156   | 199  | 216   | 268   | 262  |
| Median                           | 197                       | 216   | 206        | 281   | 279  | 183   | 181   | 181         | 219   | 241  | 151   | 191  | 197   | 246   | 253  |
| sd                               | 69                        | 95    | 86         | 137   | 107  | 56    | 72    | 65          | 83    | 74   | 48    | 64   | 88    | 119   | 94   |
| Upper 2.5 percentile             | 364                       | 441   | 415        | 676   | 543  | 303   | 346   | 345         | 433   | 399  | 261   | 345  | 415   | 550   | 500  |
| Lower 2.5 percentile             | 111                       | 106   | 106        | 113   | 109  | 97    | 87    | 94          | 96    | 94   | 75    | 97   | 94    | 105   | 99   |

Table 5.15 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                   | Sex and age group (years) |            |            |            |           |            |            |             |            |            |            |            |            |            |            |
|---------------------------|---------------------------|------------|------------|------------|-----------|------------|------------|-------------|------------|------------|------------|------------|------------|------------|------------|
|                           | Boys                      |            |            | Men        |           | Girls      |            |             | Women      |            |            | Total      |            |            |            |
|                           | 4-10                      | 11-18      | Total boys | 19-64      | 65+       | 4-10       | 11-18      | Total girls | 19-64      | 65+        | 1.5-3      | 4-10       | 11-18      | 19-64      | 65+        |
| Vitamin C mg              |                           |            |            |            |           |            |            |             |            |            |            |            |            |            |            |
| Mean                      | 86.9                      | 89.7       | 88.4       | 91.4       | 85.7      | 86.5       | 79.0       | 82.3        | 87.6       | 80.3       | 67.3       | 86.7       | 84.5       | 89.5       | 82.7       |
| Median                    | 76.0                      | 71.2       | 72.6       | 73.4       | 77.1      | 73.8       | 63.1       | 69.9        | 70.1       | 65.8       | 55.7       | 74.7       | 68.6       | 73.0       | 75.0       |
| sd                        | 49.4                      | 65.1       | 58.7       | 71.5       | 50.1      | 49.7       | 52.2       | 51.2        | 66.7       | 49.8       | 41.1       | 49.5       | 59.4       | 69.1       | 49.9       |
| Upper 2.5 percentile      | 199.1                     | 256.3      | 221.3      | 259.3      | 238.6     | 193.0      | 209.2      | 202.3       | 237.2      | 200.0      | 159.6      | 198.4      | 221.3      | 247.9      | 234.4      |
| Lower 2.5 percentile      | 22.3                      | 15.9       | 19.5       | 12.7       | 18.5      | 17.5       | 17.7       | 17.7        | 15.6       | 14.0       | 19.1       | 19.8       | 16.1       | 14.7       | 16.0       |
| Vitamin D µg              |                           |            |            |            |           |            |            |             |            |            |            |            |            |            |            |
| Mean                      | 1.9                       | 2.4        | 2.2        | 3.1        | 3.9       | 1.9        | 1.9        | 1.9         | 2.6        | 2.9        | 1.9        | 1.9        | 2.1        | 2.9        | 3.3        |
| Median                    | 1.8                       | 2.1        | 1.9        | 2.5        | 3.2       | 1.8        | 1.6        | 1.7         | 2.1        | 2.4        | 1.4        | 1.8        | 1.8        | 2.3        | 2.6        |
| sd                        | 0.9                       | 1.3        | 1.2        | 2.3        | 2.9       | 1.0        | 1.2        | 1.1         | 1.9        | 1.7        | 2.2        | 1.0        | 1.3        | 2.2        | 2.4        |
| Upper 2.5 percentile      | 4.0                       | 6.3        | 5.0        | 8.9        | 12.3      | 4.1        | 5.2        | 4.5         | 8.0        | 7.5        | 10.6       | 4.1        | 5.5        | 8.5        | 9.0        |
| Lower 2.5 percentile      | 0.5                       | 0.6        | 0.6        | 0.7        | 1.3       | 0.5        | 0.4        | 0.4         | 0.3        | 0.7        | 0.2        | 0.5        | 0.4        | 0.6        | 0.9        |
| <i>Bases (unweighted)</i> | <i>210</i>                | <i>238</i> | <i>448</i> | <i>346</i> | <i>96</i> | <i>213</i> | <i>215</i> | <i>428</i>  | <i>461</i> | <i>128</i> | <i>219</i> | <i>423</i> | <i>453</i> | <i>807</i> | <i>224</i> |

Table 5.15a

## Average daily intake of selected vitamins from all sources (including dietary supplements), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                            | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
|------------------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|-------|-------|---------|------|
|                                    | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |       |       |         |      |
|                                    | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4 -10 | 11-18 | 19 - 64 | 65+  |
| Vitamin A (retinol equivalents) µg |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 767                       | 754   | 760        | 1118  | 1707 | 734   | 668   | 698         | 1123  | 1309 | 596   | 751   | 712   | 1121    | 1483 |
| Median                             | 613                       | 623   | 622        | 822   | 1213 | 623   | 534   | 573         | 819   | 1035 | 507   | 622   | 577   | 822     | 1118 |
| sd                                 | 586                       | 535   | 558        | 1135  | 1751 | 457   | 529   | 499         | 1069  | 1135 | 424   | 527   | 534   | 1102    | 1447 |
| Upper 2.5 percentile               | 1898                      | 1808  | 1808       | 4273  | 7183 | 1846  | 2091  | 2091        | 3937  | 5111 | 1502  | 1846  | 1959  | 4084    | 6482 |
| Lower 2.5 percentile               | 210                       | 161   | 181        | 224   | 285  | 204   | 138   | 150         | 206   | 323  | 116   | 207   | 150   | 210     | 323  |
| Retinol µg                         |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 371                       | 324   | 345        | 570   | 1027 | 326   | 309   | 316         | 547   | 699  | 328   | 349   | 317   | 558     | 842  |
| Median                             | 284                       | 267   | 273        | 341   | 480  | 255   | 217   | 236         | 275   | 366  | 258   | 272   | 244   | 305     | 417  |
| sd                                 | 415                       | 359   | 385        | 1008  | 1627 | 239   | 342   | 301         | 915   | 1057 | 279   | 341   | 351   | 962     | 1343 |
| Upper 2.5 percentile               | 1132                      | 911   | 1128       | 2588  | 6824 | 1121  | 1598  | 1144        | 2607  | 3973 | 1000  | 1132  | 1089  | 2607    | 5658 |
| Lower 2.5 percentile               | 84                        | 83    | 83         | 89    | 115  | 86    | 62    | 62          | 58    | 77   | 69    | 84    | 76    | 65      | 81   |
| Thiamin mg                         |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 1.37                      | 1.64  | 1.52       | 2.17  | 1.86 | 1.29  | 1.28  | 1.28        | 1.97  | 1.73 | 1.05  | 1.33  | 1.46  | 2.07    | 1.79 |
| Median                             | 1.32                      | 1.55  | 1.43       | 1.59  | 1.55 | 1.23  | 1.21  | 1.21        | 1.35  | 1.37 | 0.94  | 1.28  | 1.33  | 1.46    | 1.44 |
| sd                                 | 0.38                      | 0.62  | 0.54       | 4.99  | 2.23 | 0.41  | 0.40  | 0.41        | 4.45  | 2.59 | 1.54  | 0.40  | 0.56  | 4.73    | 2.43 |
| Upper 2.5 percentile               | 2.12                      | 2.90  | 2.79       | 4.73  | 3.30 | 2.24  | 2.11  | 2.12        | 8.99  | 3.11 | 1.60  | 2.20  | 2.81  | 5.60    | 3.30 |
| Lower 2.5 percentile               | 0.75                      | 0.70  | 0.74       | 0.73  | 0.55 | 0.70  | 0.66  | 0.66        | 0.59  | 0.72 | 0.52  | 0.74  | 0.68  | 0.64    | 0.55 |
| Riboflavin mg                      |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                               | 1.63                      | 1.62  | 1.63       | 2.10  | 2.15 | 1.46  | 1.30  | 1.37        | 1.95  | 2.23 | 1.46  | 1.55  | 1.46  | 2.02    | 2.20 |
| Median                             | 1.57                      | 1.42  | 1.49       | 1.67  | 1.80 | 1.39  | 1.18  | 1.30        | 1.39  | 1.60 | 1.39  | 1.46  | 1.31  | 1.54    | 1.67 |
| sd                                 | 0.55                      | 0.76  | 0.67       | 2.74  | 2.30 | 0.55  | 0.58  | 0.57        | 4.27  | 3.63 | 0.57  | 0.55  | 0.70  | 3.59    | 3.11 |
| Upper 2.5 percentile               | 2.68                      | 3.34  | 3.07       | 5.21  | 3.71 | 2.60  | 2.95  | 2.90        | 4.90  | 5.09 | 2.72  | 2.68  | 3.08  | 5.21    | 4.28 |
| Lower 2.5 percentile               | 0.75                      | 0.55  | 0.68       | 0.85  | 0.83 | 0.62  | 0.53  | 0.58        | 0.52  | 0.81 | 0.53  | 0.70  | 0.55  | 0.61    | 0.83 |

Table 5.15a (continued)

## Average daily intake of selected vitamins from all sources (including dietary supplements), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                    | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
|----------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|-------|-------|---------|------|
|                            | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |       |       |         |      |
|                            | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4 -10 | 11-18 | 19 - 64 | 65+  |
| Niacin equivalents mg      |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                       | 28.2                      | 37.3  | 33.3       | 46.0  | 39.0 | 26.5  | 30.5  | 28.7        | 34.8  | 32.6 | 19.8  | 27.4  | 34.0  | 40.4    | 35.4 |
| Median                     | 26.4                      | 35.9  | 31.0       | 42.3  | 37.9 | 24.8  | 27.9  | 26.6        | 32.8  | 30.5 | 19.0  | 25.7  | 31.1  | 37.4    | 33.4 |
| sd                         | 7.9                       | 12.7  | 11.7       | 21.6  | 13.9 | 9.2   | 13.2  | 11.8        | 14.1  | 10.9 | 6.2   | 8.6   | 13.4  | 19.1    | 12.7 |
| Upper 2.5 percentile       | 47.6                      | 70.3  | 60.6       | 96.3  | 67.2 | 41.0  | 69.6  | 62.1        | 71.5  | 55.9 | 33.5  | 44.6  | 70.3  | 89.3    | 63.1 |
| Lower 2.5 percentile       | 16.7                      | 16.7  | 16.7       | 21.9  | 17.4 | 14.5  | 12.5  | 13.0        | 13.8  | 15.7 | 9.9   | 15.2  | 14.8  | 16.3    | 17.4 |
| Vitamin B <sub>6</sub> mg  |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                       | 1.9                       | 2.4   | 2.2        | 3.0   | 2.8  | 1.8   | 2.2   | 2.0         | 2.8   | 2.5  | 1.6   | 1.9   | 2.3   | 2.9     | 2.6  |
| Median                     | 1.8                       | 2.2   | 2.0        | 2.5   | 2.5  | 1.7   | 1.8   | 1.7         | 1.9   | 2.0  | 1.4   | 1.7   | 1.9   | 2.2     | 2.1  |
| sd                         | 0.7                       | 1.1   | 1.0        | 2.9   | 2.4  | 0.8   | 1.8   | 1.5         | 5.2   | 2.8  | 2.9   | 0.8   | 1.5   | 4.2     | 2.6  |
| Upper 2.5 percentile       | 3.5                       | 4.9   | 4.7        | 7.7   | 5.4  | 3.3   | 6.4   | 5.1         | 11.6  | 5.0  | 2.8   | 3.5   | 5.1   | 9.2     | 5.1  |
| Lower 2.5 percentile       | 1.1                       | 0.9   | 1.0        | 0.9   | 1.0  | 0.9   | 0.8   | 0.9         | 0.8   | 0.5  | 0.7   | 0.9   | 0.9   | 0.9     | 0.9  |
| Vitamin B <sub>12</sub> µg |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                       | 4.3                       | 4.5   | 4.4        | 6.3   | 8.1  | 3.8   | 3.7   | 3.8         | 5.3   | 6.3  | 4.0   | 4.1   | 4.1   | 5.8     | 7.1  |
| Median                     | 3.8                       | 4.0   | 3.9        | 5.2   | 6.5  | 3.7   | 3.1   | 3.4         | 4.2   | 5.0  | 3.6   | 3.8   | 3.7   | 4.7     | 5.5  |
| sd                         | 2.0                       | 2.2   | 2.1        | 5.2   | 5.4  | 1.5   | 2.2   | 1.9         | 6.4   | 5.0  | 2.1   | 1.8   | 2.2   | 5.9     | 5.3  |
| Upper 2.5 percentile       | 8.8                       | 10.1  | 9.5        | 17.0  | 26.6 | 7.3   | 8.5   | 8.1         | 16.8  | 19.8 | 8.9   | 8.2   | 9.4   | 16.9    | 20.3 |
| Lower 2.5 percentile       | 1.8                       | 1.1   | 1.6        | 1.5   | 2.5  | 1.2   | 1.1   | 1.2         | 1.1   | 1.2  | 1.3   | 1.4   | 1.1   | 1.3     | 1.7  |
| Folate µg                  |                           |       |            |       |      |       |       |             |       |      |       |       |       |         |      |
| Mean                       | 219                       | 242   | 232        | 318   | 315  | 192   | 198   | 195         | 264   | 266  | 156   | 206   | 221   | 291     | 287  |
| Median                     | 199                       | 217   | 207        | 288   | 282  | 186   | 182   | 182         | 234   | 249  | 151   | 194   | 200   | 256     | 267  |
| sd                         | 95                        | 99    | 98         | 154   | 129  | 59    | 79    | 70          | 134   | 109  | 49    | 80    | 93    | 147     | 121  |
| Upper 2.5 percentile       | 420                       | 501   | 460        | 779   | 679  | 327   | 419   | 357         | 605   | 527  | 261   | 366   | 446   | 719     | 549  |
| Lower 2.5 percentile       | 111                       | 106   | 106        | 113   | 119  | 97    | 87    | 94          | 97    | 94   | 75    | 97    | 94    | 106     | 99   |

Table 5.15a (continued)

## Average daily intake of selected vitamins from all sources (including dietary supplements), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                   | Sex and age group (years) |       |            |       |       |       |       |             |       |       |       |       |       |         |       |
|---------------------------|---------------------------|-------|------------|-------|-------|-------|-------|-------------|-------|-------|-------|-------|-------|---------|-------|
|                           | Boys                      |       |            | Men   |       | Girls |       |             | Women |       | Total |       |       |         |       |
|                           | 4-10                      | 11-18 | Total boys | 19-64 | 65+   | 4-10  | 11-18 | Total girls | 19-64 | 65+   | 1.5-3 | 4 -10 | 11-18 | 19 - 64 | 65+   |
| Vitamin C mg              |                           |       |            |       |       |       |       |             |       |       |       |       |       |         |       |
| Mean                      | 95.6                      | 94.4  | 94.9       | 101.3 | 109.7 | 92.2  | 84.4  | 87.9        | 122.1 | 96.7  | 73.1  | 93.9  | 89.5  | 111.7   | 102.4 |
| Median                    | 78.9                      | 71.2  | 76.1       | 78.6  | 89.9  | 78.8  | 63.9  | 72.6        | 85.2  | 80.1  | 62.8  | 78.8  | 68.9  | 81.2    | 81.6  |
| sd                        | 58.5                      | 79.3  | 70.8       | 89.6  | 104.9 | 54.5  | 74.9  | 66.6        | 149.6 | 87.2  | 55.0  | 56.5  | 77.3  | 123.8   | 95.3  |
| Upper 2.5 percentile      | 239.5                     | 312.0 | 252.8      | 288.5 | 314.8 | 206.3 | 239.6 | 232.0       | 545.8 | 338.0 | 192.6 | 232.0 | 243.3 | 421.8   | 338.0 |
| Lower 2.5 percentile      | 22.3                      | 15.9  | 19.5       | 12.7  | 18.5  | 17.5  | 17.7  | 17.7        | 15.6  | 14.0  | 20.2  | 19.9  | 16.1  | 14.7    | 16.0  |
| Vitamin D µg              |                           |       |            |       |       |       |       |             |       |       |       |       |       |         |       |
| Mean                      | 2.7                       | 2.5   | 2.6        | 3.7   | 5.0   | 2.4   | 2.2   | 2.3         | 3.7   | 4.5   | 2.3   | 2.6   | 2.3   | 3.7     | 4.7   |
| Median                    | 2.2                       | 2.2   | 2.2        | 2.8   | 3.9   | 2.0   | 1.7   | 1.8         | 2.6   | 3.1   | 1.5   | 2.1   | 1.9   | 2.7     | 3.4   |
| sd                        | 2.1                       | 1.5   | 1.8        | 3.3   | 4.0   | 1.7   | 1.8   | 1.7         | 3.1   | 3.8   | 2.6   | 1.9   | 1.7   | 3.2     | 3.9   |
| Upper 2.5 percentile      | 8.0                       | 6.5   | 7.2        | 12.3  | 17.1  | 6.9   | 6.8   | 6.9         | 11.6  | 14.2  | 11.8  | 7.3   | 6.5   | 12.0    | 14.9  |
| Lower 2.5 percentile      | 0.6                       | 0.8   | 0.6        | 0.8   | 1.3   | 0.5   | 0.4   | 0.4         | 0.4   | 0.7   | 0.2   | 0.6   | 0.4   | 0.6     | 1.1   |
| <i>Bases (unweighted)</i> | 210                       | 238   | 448        | 346   | 96    | 213   | 215   | 428         | 461   | 128   | 219   | 423   | 453   | 807     | 224   |



Table 5.16

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

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                   |        | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---------------------------|--------|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|                           |        | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|                           |        | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Vitamin A                 | Mean   | 149                       | 113        | 129                | 144        | 219      | 147       | 104        | 123                 | 164        | 190      | 136        | 148       | 109        | 154        | 202      |
|                           | Median | 120                       | 95         | 106                | 112        | 146      | 123       | 87         | 102                 | 119        | 147      | 112        | 121       | 91         | 115        | 147      |
|                           | sd     | 130                       | 80         | 107                | 151        | 246      | 87        | 75         | 83                  | 163        | 179      | 99         | 111       | 78         | 157        | 211      |
| Thiamin                   | Mean   | 190                       | 161        | 174                | 170        | 173      | 180       | 167        | 173                 | 162        | 164      | 189        | 185       | 164        | 166        | 168      |
|                           | Median | 183                       | 151        | 169                | 160        | 169      | 173       | 161        | 166                 | 161        | 163      | 184        | 179       | 158        | 160        | 164      |
|                           | sd     | 52                        | 58         | 57                 | 67         | 58       | 54        | 48         | 51                  | 51         | 42       | 60         | 53        | 53         | 60         | 50       |
| Riboflavin                | Mean   | 174                       | 126        | 148                | 139        | 141      | 158       | 114        | 134                 | 126        | 142      | 240        | 166       | 120        | 132        | 142      |
|                           | Median | 165                       | 114        | 139                | 127        | 137      | 149       | 107        | 127                 | 122        | 134      | 228        | 160       | 110        | 124        | 135      |
|                           | sd     | 59                        | 54         | 61                 | 65         | 53       | 57        | 47         | 56                  | 48         | 48       | 93         | 59        | 51         | 57         | 50       |
| Niacin equiv.             | Mean   | 239                       | 224        | 230                | 267        | 234      | 227       | 232        | 230                 | 253        | 248      | 242        | 233       | 228        | 260        | 242      |
|                           | Median | 225                       | 218        | 221                | 246        | 236      | 213       | 214        | 214                 | 244        | 241      | 233        | 219       | 216        | 246        | 240      |
|                           | sd     | 65                        | 73         | 70                 | 121        | 81       | 76        | 101        | 90                  | 84         | 67       | 74         | 71        | 88         | 104        | 73       |
| Vitamin B <sub>6</sub>    | Mean   | 193                       | 177        | 184                | 198        | 175      | 184       | 191        | 188                 | 162        | 162      | 205        | 188       | 184        | 180        | 168      |
|                           | Median | 182                       | 160        | 173                | 177        | 168      | 173       | 162        | 166                 | 153        | 157      | 194        | 177       | 161        | 166        | 160      |
|                           | sd     | 64                        | 80         | 74                 | 103        | 63       | 80        | 155        | 127                 | 71         | 55       | 82         | 72        | 122        | 90         | 59       |
| Vitamin B <sub>12</sub>   | Mean   | 467                       | 333        | 393                | 404        | 495      | 423       | 271        | 338                 | 313        | 393      | 779        | 445       | 303        | 358        | 438      |
|                           | Median | 422                       | 301        | 343                | 343        | 431      | 411       | 235        | 312                 | 276        | 321      | 713        | 419       | 263        | 306        | 348      |
|                           | sd     | 222                       | 161        | 201                | 300        | 290      | 176       | 155        | 181                 | 235        | 289      | 355        | 202       | 161        | 273        | 293      |
| Folate                    | Mean   | 168                       | 119        | 141                | 152        | 147      | 153       | 96         | 121                 | 116        | 118      | 222        | 160       | 108        | 134        | 131      |
|                           | Median | 159                       | 108        | 133                | 140        | 139      | 143       | 91         | 110                 | 109        | 121      | 215        | 147       | 99         | 123        | 126      |
|                           | sd     | 57                        | 48         | 57                 | 69         | 54       | 55        | 36         | 54                  | 41         | 37       | 69         | 57        | 44         | 59         | 47       |
| Vitamin C                 | Mean   | 290                       | 239        | 261                | 229        | 214      | 288       | 212        | 246                 | 219        | 201      | 224        | 289       | 226        | 224        | 207      |
|                           | Median | 253                       | 189        | 221                | 183        | 193      | 246       | 168        | 201                 | 175        | 164      | 186        | 249       | 178        | 182        | 188      |
|                           | sd     | 165                       | 171        | 170                | 179        | 125      | 166       | 142        | 157                 | 167        | 124      | 137        | 165       | 158        | 173        | 125      |
| Vitamin D <sup>a</sup>    | Mean   | .                         | .          | .                  | .          | 39       | .         | .          | .                   | .          | 29       | 27         | .         | .          | .          | 33       |
|                           | Median | .                         | .          | .                  | .          | 32       | .         | .          | .                   | .          | 24       | 20         | .         | .          | .          | 26       |
|                           | sd     | .                         | .          | .                  | .          | 29       | .         | .          | .                   | .          | 17       | 31         | .         | .          | .          | 24       |
| <i>Bases (unweighted)</i> |        | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> For Vitamin D, there are no RNIs set between ages four and 64 years; therefore % RNI is only expressed for those aged 1.5 to three years and 65 years and over

Table 5.16a

Average daily intake of vitamins from all sources (including dietary supplements) as a percentage of Reference Nutrient Intake (RNI), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Vitamin                   |        | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---------------------------|--------|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|                           |        | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          | Total      |           |            |            |          |
|                           |        | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Vitamin A                 | Mean   | 170                       | 116        | 140                | 160        | 244      | 162       | 111        | 134                 | 187        | 218      | 149        | 166       | 114        | 173        | 229      |
|                           | Median | 138                       | 98         | 112                | 117        | 173      | 142       | 89         | 104                 | 137        | 172      | 127        | 139       | 93         | 127        | 173      |
|                           | sd     | 139                       | 83         | 114                | 162        | 250      | 98        | 88         | 96                  | 178        | 189      | 106        | 121       | 85         | 171        | 218      |
| Thiamin                   | Mean   | 196                       | 165        | 178                | 223        | 207      | 184       | 171        | 177                 | 246        | 216      | 210        | 190       | 168        | 235        | 212      |
|                           | Median | 189                       | 152        | 172                | 161        | 172      | 175       | 162        | 167                 | 169        | 172      | 188        | 183       | 159        | 164        | 172      |
|                           | sd     | 54                        | 63         | 61                 | 512        | 248      | 58        | 56         | 57                  | 557        | 323      | 307        | 57        | 60         | 535        | 292      |
| Riboflavin                | Mean   | 180                       | 130        | 152                | 161        | 166      | 162       | 118        | 138                 | 177        | 203      | 243        | 171       | 124        | 169        | 187      |
|                           | Median | 172                       | 114        | 142                | 129        | 138      | 150       | 107        | 128                 | 126        | 146      | 231        | 162       | 110        | 127        | 144      |
|                           | sd     | 62                        | 61         | 66                 | 210        | 177      | 66        | 52         | 63                  | 388        | 330      | 95         | 64        | 57         | 312        | 274      |
| Niacin equiv.             | Mean   | 243                       | 226        | 234                | 275        | 244      | 229       | 236        | 233                 | 274        | 272      | 247        | 236       | 231        | 274        | 259      |
|                           | Median | 228                       | 222        | 225                | 251        | 237      | 213       | 215        | 214                 | 258        | 254      | 238        | 220       | 218        | 254        | 248      |
|                           | sd     | 66                        | 74         | 71                 | 128        | 87       | 76        | 103        | 92                  | 112        | 91       | 78         | 72        | 90         | 120        | 90       |
| Vitamin B <sub>6</sub>    | Mean   | 201                       | 180        | 190                | 217        | 200      | 189       | 197        | 193                 | 236        | 205      | 234        | 195       | 188        | 227        | 203      |
|                           | Median | 189                       | 162        | 177                | 179        | 179      | 177       | 162        | 170                 | 159        | 165      | 199        | 182       | 162        | 170        | 169      |
|                           | sd     | 69                        | 82         | 78                 | 206        | 170      | 83        | 158        | 130                 | 429        | 232      | 414        | 76        | 125        | 337        | 207      |
| Vitamin B <sub>12</sub>   | Mean   | 474                       | 335        | 397                | 422        | 542      | 426       | 276        | 343                 | 356        | 417      | 792        | 451       | 306        | 389        | 472      |
|                           | Median | 422                       | 301        | 347                | 348        | 433      | 411       | 236        | 313                 | 282        | 332      | 713        | 420       | 269        | 314        | 367      |
|                           | sd     | 227                       | 161        | 205                | 347        | 360      | 181       | 160        | 185                 | 429        | 334      | 412        | 207       | 163        | 391        | 350      |
| Folate                    | Mean   | 177                       | 121        | 146                | 159        | 157      | 155       | 99         | 124                 | 132        | 133      | 223        | 166       | 110        | 145        | 144      |
|                           | Median | 163                       | 109        | 133                | 144        | 141      | 145       | 91         | 111                 | 117        | 124      | 215        | 151       | 100        | 128        | 134      |
|                           | sd     | 87                        | 50         | 74                 | 77         | 65       | 57        | 39         | 55                  | 67         | 55       | 70         | 75        | 46         | 74         | 60       |
| Vitamin C                 | Mean   | 319                       | 251        | 281                | 253        | 274      | 307       | 227        | 263                 | 305        | 242      | 244        | 313       | 239        | 279        | 256      |
|                           | Median | 263                       | 191        | 227                | 196        | 225      | 263       | 170        | 206                 | 213        | 200      | 209        | 263       | 179        | 203        | 204      |
|                           | sd     | 195                       | 205        | 203                | 224        | 262      | 182       | 208        | 200                 | 374        | 218      | 183        | 188       | 206        | 309        | 238      |
| Vitamin D <sup>a</sup>    | Mean   | .                         | .          | .                  | .          | 50       | .         | .          | .                   | .          | 45       | 33         | .         | .          | .          | 47       |
|                           | Median | .                         | .          | .                  | .          | 39       | .         | .          | .                   | .          | 31       | 22         | .         | .          | .          | 34       |
|                           | sd     | .                         | .          | .                  | .          | 40       | .         | .          | .                   | .          | 38       | 37         | .         | .          | .          | 39       |
| <i>Bases (unweighted)</i> |        | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

<sup>a</sup> For Vitamin D, there are no RNIs set between ages four and 64 years; therefore % RNI is only expressed for those aged 1.5 to three years and 65 years and over

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 years and over

2008/09-2009/10

| Vitamin                   | Sex and age group (years) |            |                    |            |           |            |            |                     |            |            |            |            |            |            |            |
|---------------------------|---------------------------|------------|--------------------|------------|-----------|------------|------------|---------------------|------------|------------|------------|------------|------------|------------|------------|
|                           | Boys                      |            |                    | Men        |           | Girls      |            | Women               |            |            | Total      |            |            |            |            |
|                           | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>%  | 4-10<br>%  | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>%   | 1.5-3<br>% | 4-10<br>%  | 11-18<br>% | 19-64<br>% | 65+<br>%   |
| Vitamin A                 | 3                         | 12         | 8                  | 9          | 4         | 5          | 13         | 10                  | 6          | 1          | 9          | 4          | 13         | 7          | 2          |
| Thiamin                   | 0                         | 0          | 0                  | 0          | 0         | 0          | 0          | 0                   | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| Riboflavin                | 0                         | 8          | 5                  | 3          | 2         | 0          | 17         | 10                  | 11         | 2          | 1          | 0          | 13         | 7          | 2          |
| Niacin equiv.             | 0                         | 0          | 0                  | 0          | 0         | 0          | 0          | 0                   | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| Vitamin B <sub>6</sub>    | 0                         | 0          | 0                  | 1          | 0         | 0          | 0          | 0                   | 0          | 0          | 0          | 0          | 0          | 0          | 0          |
| Vitamin B <sub>12</sub>   | 0                         | 2          | 1                  | 1          | 1         | 0          | 1          | 1                   | 1          | 1          | 0          | 0          | 1          | 1          | 1          |
| Folate                    | 0                         | 2          | 1                  | 1          | 1         | 0          | 6          | 3                   | 3          | 4          | 1          | 0          | 4          | 2          | 3          |
| Vitamin C                 | 0                         | 1          | 1                  | 0          | 1         | 0          | 1          | 1                   | 1          | 1          | 1          | 0          | 1          | 1          | 1          |
| <i>Bases (unweighted)</i> | <i>210</i>                | <i>238</i> | <i>448</i>         | <i>346</i> | <i>96</i> | <i>213</i> | <i>215</i> | <i>428</i>          | <i>461</i> | <i>128</i> | <i>219</i> | <i>423</i> | <i>453</i> | <i>807</i> | <i>224</i> |

Table 5.17a

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

Aged 1.5 years and over

2008/09-2009/10

| Vitamin                   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---------------------------|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|                           | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|                           | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Vitamin A                 | 3                         | 12         | 8                  | 7          | 3        | 4         | 13         | 9                   | 5          | 1        | 8          | 4         | 12         | 6          | 2        |
| Thiamin                   | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Riboflavin                | 0                         | 8          | 5                  | 2          | 2        | 0         | 17         | 9                   | 10         | 2        | 1          | 0         | 12         | 6          | 2        |
| Niacin equiv.             | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Vitamin B <sub>6</sub>    | 0                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| Vitamin B <sub>12</sub>   | 0                         | 2          | 1                  | 1          | 1        | 0         | 1          | 1                   | 1          | 1        | 0          | 0         | 1          | 1          | 1        |
| Folate                    | 0                         | 2          | 1                  | 1          | 1        | 0         | 5          | 3                   | 3          | 4        | 1          | 0         | 4          | 2          | 3        |
| Vitamin C                 | 0                         | 1          | 1                  | 0          | 1        | 0         | 1          | 1                   | 1          | 1        | 1          | 0         | 1          | 1          | 1        |
| <i>Bases (unweighted)</i> | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

Table 5.18

Reference Nutrient Intakes (RNIs) and Lower Reference Nutrient (LRNIs) for minerals<sup>a</sup>, by sex and age<sup>b</sup>

| Mineral          |                  | Age group (years) |      |      |       |       |       |       |       |      |
|------------------|------------------|-------------------|------|------|-------|-------|-------|-------|-------|------|
|                  |                  | 1-3               | 4-6  | 7-10 | 11-14 | 15-18 | 19-50 | 51-64 | 65-74 | 75+  |
| <b>Males</b>     |                  |                   |      |      |       |       |       |       |       |      |
| 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 <sup>a</sup> | 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   |
| <b>Females</b>   |                  |                   |      |      |       |       |       |       |       |      |
| 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 <sup>a</sup> | 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   |

<sup>a</sup> There is no LRNI for Copper.<sup>b</sup> The age groups presented are those for which different RNI and LRNI values have been calculated

Table 5.19

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

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral              | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|----------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                      | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |      |       |       |      |
|                      | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Iron mg              |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 9.1                       | 10.8  | 10.0       | 12.0  | 11.3 | 8.4   | 8.6   | 8.5         | 9.8   | 9.5  | 6.3   | 8.7  | 9.7   | 10.9  | 10.3 |
| Median               | 8.8                       | 10.5  | 9.6        | 11.7  | 10.8 | 8.3   | 8.2   | 8.2         | 9.7   | 9.0  | 6.1   | 8.5  | 9.5   | 10.4  | 10.0 |
| sd                   | 2.5                       | 3.3   | 3.0        | 4.4   | 3.7  | 2.2   | 2.7   | 2.5         | 3.0   | 2.7  | 2.2   | 2.4  | 3.2   | 3.9   | 3.3  |
| Upper 2.5 percentile | 14.5                      | 19.0  | 17.3       | 22.3  | 20.3 | 12.9  | 14.1  | 14.1        | 16.3  | 15.7 | 10.6  | 14.2 | 16.8  | 20.8  | 17.7 |
| Lower 2.5 percentile | 5.0                       | 4.8   | 5.0        | 5.7   | 4.3  | 4.7   | 4.2   | 4.3         | 4.0   | 5.0  | 3.0   | 4.9  | 4.3   | 4.4   | 4.9  |
| Calcium mg           |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 838                       | 869   | 855        | 921   | 964  | 767   | 696   | 728         | 740   | 799  | 773   | 804  | 785   | 830   | 871  |
| Median               | 804                       | 800   | 800        | 885   | 903  | 743   | 653   | 708         | 709   | 749  | 735   | 770  | 720   | 787   | 822  |
| sd                   | 274                       | 317   | 299        | 347   | 333  | 239   | 248   | 246         | 254   | 262  | 278   | 260  | 298   | 317   | 305  |
| Upper 2.5 percentile | 1443                      | 1581  | 1567       | 1716  | 1677 | 1274  | 1243  | 1274        | 1301  | 1405 | 1365  | 1339 | 1522  | 1542  | 1630 |
| Lower 2.5 percentile | 398                       | 409   | 409        | 339   | 411  | 360   | 318   | 351         | 302   | 392  | 311   | 378  | 353   | 324   | 406  |
| Magnesium mg         |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 201                       | 230   | 217        | 294   | 275  | 185   | 187   | 186         | 228   | 223  | 154   | 193  | 209   | 261   | 246  |
| Median               | 193                       | 225   | 207        | 280   | 262  | 186   | 185   | 185         | 220   | 219  | 151   | 190  | 201   | 247   | 240  |
| sd                   | 48                        | 68    | 62         | 106   | 93   | 43    | 47    | 45          | 66    | 55   | 43    | 46   | 63    | 94    | 78   |
| Upper 2.5 percentile | 315                       | 384   | 375        | 550   | 508  | 275   | 283   | 280         | 363   | 317  | 251   | 293  | 367   | 508   | 434  |
| Lower 2.5 percentile | 129                       | 119   | 126        | 144   | 113  | 114   | 97    | 106         | 99    | 127  | 75    | 116  | 101   | 123   | 125  |
| Potassium mg         |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 2222                      | 2558  | 2410       | 3174  | 3139 | 2083  | 2120  | 2104        | 2558  | 2592 | 1807  | 2154 | 2345  | 2865  | 2832 |
| Median               | 2195                      | 2481  | 2335       | 3085  | 3046 | 2052  | 2127  | 2099        | 2542  | 2574 | 1762  | 2117 | 2275  | 2747  | 2753 |
| sd                   | 517                       | 765   | 687        | 1052  | 940  | 496   | 574   | 541         | 737   | 626  | 519   | 511  | 713   | 958   | 823  |
| Upper 2.5 percentile | 3461                      | 4332  | 3993       | 5773  | 5153 | 3212  | 3402  | 3299        | 3991  | 3900 | 2857  | 3299 | 3891  | 5128  | 4605 |
| Lower 2.5 percentile | 1321                      | 1225  | 1245       | 1518  | 1268 | 1227  | 987   | 1164        | 1195  | 1504 | 971   | 1296 | 1078  | 1303  | 1465 |

Table 5.19 (continued)

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

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral              | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|----------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                      | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |      |       |       |      |
|                      | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Zinc mg              |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 6.7                       | 8.4   | 7.6        | 10.0  | 9.4  | 6.3   | 6.6   | 6.5         | 7.7   | 7.6  | 5.2   | 6.5  | 7.5   | 8.9   | 8.4  |
| Median               | 6.3                       | 7.9   | 7.0        | 9.6   | 9.3  | 6.1   | 6.5   | 6.3         | 7.6   | 7.7  | 5.1   | 6.2  | 7.1   | 8.7   | 8.4  |
| sd                   | 2.0                       | 2.8   | 2.6        | 3.6   | 3.1  | 1.7   | 2.0   | 1.9         | 2.4   | 2.0  | 1.6   | 1.9  | 2.6   | 3.3   | 2.7  |
| Upper 2.5 percentile | 11.7                      | 15.0  | 13.8       | 20.1  | 15.3 | 10.6  | 10.7  | 10.6        | 13.1  | 11.8 | 8.3   | 11.4 | 13.4  | 16.1  | 14.1 |
| Lower 2.5 percentile | 3.8                       | 3.7   | 3.7        | 4.7   | 4.1  | 3.4   | 2.8   | 3.1         | 3.7   | 4.5  | 2.6   | 3.5  | 3.1   | 4.2   | 4.5  |
| Copper mg            |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 0.81                      | 1.04  | 0.94       | 1.27  | 1.39 | 0.79  | 0.86  | 0.83        | 1.06  | 1.09 | 0.56  | 0.80 | 0.95  | 1.16  | 1.22 |
| Median               | 0.77                      | 0.96  | 0.86       | 1.20  | 1.14 | 0.79  | 0.85  | 0.82        | 0.96  | 0.88 | 0.55  | 0.78 | 0.91  | 1.07  | 0.99 |
| sd                   | 0.29                      | 0.38  | 0.36       | 0.68  | 0.84 | 0.24  | 0.25  | 0.25        | 0.51  | 0.75 | 0.20  | 0.27 | 0.34  | 0.61  | 0.80 |
| Upper 2.5 percentile | 1.27                      | 1.94  | 1.78       | 2.61  | 4.00 | 1.33  | 1.37  | 1.33        | 2.28  | 3.72 | 0.95  | 1.29 | 1.76  | 2.53  | 3.90 |
| Lower 2.5 percentile | 0.47                      | 0.46  | 0.47       | 0.54  | 0.57 | 0.40  | 0.44  | 0.42        | 0.46  | 0.57 | 0.25  | 0.42 | 0.46  | 0.47  | 0.57 |
| Selenium µg          |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 34                        | 44    | 40         | 54    | 51   | 32    | 35    | 34          | 43    | 41   | 25    | 33   | 40    | 48    | 45   |
| Median               | 33                        | 43    | 37         | 50    | 47   | 31    | 34    | 33          | 39    | 38   | 24    | 32   | 37    | 45    | 43   |
| sd                   | 10                        | 16    | 15         | 25    | 22   | 10    | 13    | 12          | 18    | 13   | 10    | 10   | 15    | 22    | 18   |
| Upper 2.5 percentile | 60                        | 84    | 73         | 110   | 101  | 57    | 65    | 62          | 89    | 70   | 45    | 59   | 73    | 101   | 90   |
| Lower 2.5 percentile | 18                        | 19    | 19         | 25    | 17   | 15    | 13    | 15          | 18    | 23   | 10    | 17   | 16    | 19    | 21   |
| Iodine µg            |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 153                       | 138   | 144        | 192   | 216  | 133   | 110   | 120         | 143   | 169  | 146   | 143  | 124   | 167   | 190  |
| Median               | 144                       | 119   | 131        | 176   | 197  | 126   | 97    | 110         | 135   | 159  | 125   | 133  | 107   | 150   | 174  |
| sd                   | 65                        | 66    | 66         | 96    | 94   | 55    | 53    | 55          | 61    | 68   | 74    | 61   | 62    | 84    | 83   |
| Upper 2.5 percentile | 305                       | 321   | 315        | 440   | 427  | 260   | 272   | 272         | 290   | 337  | 351   | 289  | 294   | 388   | 407  |
| Lower 2.5 percentile | 58                        | 51    | 54         | 60    | 87   | 51    | 45    | 45          | 50    | 77   | 44    | 54   | 47    | 59    | 85   |
| Bases (unweighted)   | 210                       | 238   | 448        | 346   | 96   | 213   | 215   | 428         | 461   | 128  | 219   | 423  | 453   | 807   | 224  |

Table 5.19a

## Average daily intake of selected minerals from all sources (including dietary supplements), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral              | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
|----------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|------|-------|-------|------|
|                      | Boys                      |       |            | Men   |      | Girls |       |             | Women |      | Total |      |       |       |      |
|                      | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10 | 11-18 | 19-64 | 65+  |
| Iron mg              |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 9.3                       | 10.8  | 10.1       | 12.6  | 11.7 | 8.5   | 8.9   | 8.7         | 11.8  | 10.4 | 6.4   | 8.9  | 9.9   | 12.2  | 10.9 |
| Median               | 8.9                       | 10.5  | 9.6        | 11.8  | 10.8 | 8.4   | 8.2   | 8.3         | 10.1  | 9.5  | 6.1   | 8.7  | 9.5   | 10.8  | 10.2 |
| sd                   | 2.8                       | 3.4   | 3.2        | 5.5   | 4.6  | 2.3   | 3.6   | 3.1         | 10.5  | 4.2  | 2.5   | 2.6  | 3.6   | 8.4   | 4.4  |
| Upper 2.5 percentile | 14.6                      | 19.5  | 17.9       | 28.7  | 23.1 | 14.0  | 16.2  | 16.0        | 25.3  | 22.6 | 10.8  | 14.5 | 18.7  | 27.4  | 22.6 |
| Lower 2.5 percentile | 5.0                       | 4.8   | 5.0        | 5.7   | 4.3  | 4.7   | 4.2   | 4.3         | 4.0   | 5.0  | 3.0   | 4.9  | 4.3   | 4.4   | 4.9  |
| Calcium mg           |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 840                       | 869   | 856        | 935   | 971  | 768   | 698   | 729         | 767   | 848  | 775   | 804  | 786   | 850   | 902  |
| Median               | 804                       | 804   | 804        | 901   | 915  | 743   | 653   | 708         | 714   | 750  | 738   | 770  | 720   | 807   | 841  |
| sd                   | 273                       | 317   | 298        | 365   | 335  | 240   | 247   | 246         | 289   | 322  | 277   | 260  | 298   | 339   | 333  |
| Upper 2.5 percentile | 1443                      | 1581  | 1567       | 1759  | 1677 | 1274  | 1243  | 1274        | 1463  | 1686 | 1365  | 1339 | 1522  | 1663  | 1677 |
| Lower 2.5 percentile | 398                       | 409   | 409        | 339   | 411  | 360   | 318   | 351         | 311   | 412  | 311   | 378  | 353   | 335   | 411  |
| Magnesium mg         |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 202                       | 231   | 218        | 298   | 279  | 185   | 190   | 188         | 237   | 228  | 154   | 194  | 211   | 268   | 250  |
| Median               | 194                       | 225   | 208        | 281   | 262  | 186   | 185   | 186         | 227   | 221  | 151   | 191  | 201   | 250   | 243  |
| sd                   | 49                        | 68    | 62         | 110   | 98   | 43    | 54    | 49          | 82    | 61   | 47    | 47   | 65    | 102   | 83   |
| Upper 2.5 percentile | 315                       | 384   | 375        | 558   | 517  | 275   | 290   | 284         | 425   | 351  | 257   | 304  | 368   | 533   | 447  |
| Lower 2.5 percentile | 129                       | 119   | 126        | 144   | 113  | 114   | 97    | 106         | 99    | 127  | 75    | 116  | 101   | 123   | 125  |
| Potassium mg         |                           |       |            |       |      |       |       |             |       |      |       |      |       |       |      |
| Mean                 | 2222                      | 2558  | 2410       | 3175  | 3143 | 2083  | 2120  | 2104        | 2560  | 2593 | 1808  | 2154 | 2345  | 2866  | 2834 |
| Median               | 2195                      | 2481  | 2335       | 3085  | 3046 | 2052  | 2127  | 2099        | 2554  | 2575 | 1762  | 2117 | 2275  | 2747  | 2753 |
| sd                   | 517                       | 765   | 687        | 1053  | 943  | 496   | 574   | 541         | 738   | 628  | 520   | 511  | 713   | 959   | 826  |
| Upper 2.5 percentile | 3461                      | 4332  | 3993       | 5773  | 5153 | 3212  | 3402  | 3299        | 4001  | 3900 | 2857  | 3299 | 3891  | 5128  | 4605 |
| Lower 2.5 percentile | 1321                      | 1225  | 1245       | 1518  | 1268 | 1227  | 987   | 1169        | 1195  | 1504 | 971   | 1296 | 1078  | 1303  | 1465 |



Table 5.19a (continued)

## Average daily intake of selected minerals from all sources (including dietary supplements), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral                   | Sex and age group (years) |       |            |       |      |       |       |             |       |      |       |       |       |       |      |
|---------------------------|---------------------------|-------|------------|-------|------|-------|-------|-------------|-------|------|-------|-------|-------|-------|------|
|                           | Boys                      |       |            | Men   |      | Girls |       |             | Women |      |       | Total |       |       |      |
|                           | 4-10                      | 11-18 | Total boys | 19-64 | 65+  | 4-10  | 11-18 | Total girls | 19-64 | 65+  | 1.5-3 | 4-10  | 11-18 | 19-64 | 65+  |
| Zinc mg                   |                           |       |            |       |      |       |       |             |       |      |       |       |       |       |      |
| Mean                      | 6.9                       | 8.5   | 7.8        | 10.8  | 10.3 | 6.4   | 6.8   | 6.6         | 9.0   | 9.0  | 5.2   | 6.7   | 7.6   | 9.9   | 9.5  |
| Median                    | 6.3                       | 7.9   | 7.1        | 9.8   | 9.4  | 6.1   | 6.6   | 6.4         | 7.9   | 7.8  | 5.1   | 6.3   | 7.2   | 8.8   | 8.7  |
| sd                        | 2.5                       | 3.0   | 2.9        | 5.1   | 4.8  | 2.0   | 2.4   | 2.3         | 5.7   | 5.5  | 1.6   | 2.3   | 2.9   | 5.5   | 5.2  |
| Upper 2.5 percentile      | 14.4                      | 15.8  | 14.8       | 26.5  | 26.7 | 12.5  | 11.0  | 11.2        | 25.5  | 24.8 | 8.5   | 13.3  | 14.6  | 25.8  | 26.7 |
| Lower 2.5 percentile      | 3.8                       | 3.7   | 3.7        | 4.7   | 4.1  | 3.4   | 2.8   | 3.1         | 3.7   | 4.5  | 2.6   | 3.5   | 3.1   | 4.2   | 4.5  |
| Copper mg                 |                           |       |            |       |      |       |       |             |       |      |       |       |       |       |      |
| Mean                      | 0.82                      | 1.04  | 0.94       | 1.31  | 1.46 | 0.79  | 0.87  | 0.84        | 1.13  | 1.16 | 0.57  | 0.80  | 0.96  | 1.22  | 1.29 |
| Median                    | 0.77                      | 0.96  | 0.86       | 1.21  | 1.15 | 0.79  | 0.85  | 0.83        | 0.98  | 0.91 | 0.56  | 0.78  | 0.91  | 1.08  | 1.01 |
| sd                        | 0.30                      | 0.38  | 0.36       | 0.74  | 0.92 | 0.24  | 0.28  | 0.26        | 0.61  | 0.83 | 0.20  | 0.27  | 0.35  | 0.68  | 0.88 |
| Upper 2.5 percentile      | 1.29                      | 1.94  | 1.78       | 3.18  | 4.00 | 1.33  | 1.42  | 1.38        | 2.79  | 3.72 | 0.99  | 1.29  | 1.81  | 2.91  | 3.90 |
| Lower 2.5 percentile      | 0.47                      | 0.46  | 0.47       | 0.56  | 0.57 | 0.40  | 0.44  | 0.42        | 0.46  | 0.57 | 0.25  | 0.42  | 0.46  | 0.47  | 0.57 |
| Selenium µg               |                           |       |            |       |      |       |       |             |       |      |       |       |       |       |      |
| Mean                      | 35                        | 44    | 40         | 56    | 59   | 32    | 36    | 34          | 46    | 43   | 25    | 33    | 40    | 51    | 50   |
| Median                    | 33                        | 43    | 37         | 51    | 48   | 31    | 35    | 33          | 40    | 40   | 24    | 32    | 37    | 46    | 44   |
| sd                        | 11                        | 16    | 15         | 30    | 49   | 10    | 13    | 12          | 24    | 17   | 10    | 11    | 15    | 28    | 35   |
| Upper 2.5 percentile      | 60                        | 84    | 73         | 128   | 290  | 57    | 65    | 62          | 101   | 99   | 45    | 59    | 73    | 116   | 110  |
| Lower 2.5 percentile      | 18                        | 19    | 19         | 25    | 17   | 15    | 14    | 15          | 18    | 23   | 10    | 17    | 16    | 19    | 22   |
| Iodine µg                 |                           |       |            |       |      |       |       |             |       |      |       |       |       |       |      |
| Mean                      | 156                       | 138   | 146        | 197   | 223  | 134   | 112   | 121         | 153   | 175  | 146   | 145   | 125   | 175   | 196  |
| Median                    | 149                       | 119   | 133        | 178   | 197  | 126   | 98    | 110         | 138   | 163  | 125   | 135   | 108   | 153   | 175  |
| sd                        | 66                        | 67    | 67         | 103   | 101  | 56    | 54    | 56          | 76    | 72   | 74    | 62    | 62    | 93    | 89   |
| Upper 2.5 percentile      | 305                       | 321   | 315        | 489   | 427  | 260   | 272   | 272         | 352   | 339  | 351   | 289   | 294   | 436   | 417  |
| Lower 2.5 percentile      | 58                        | 51    | 54         | 60    | 87   | 51    | 45    | 46          | 50    | 77   | 44    | 54    | 47    | 59    | 85   |
| <i>Bases (unweighted)</i> | 210                       | 238   | 448        | 346   | 96   | 213   | 215   | 428         | 461   | 128  | 219   | 423   | 453   | 807   | 224  |

Table 5.20

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

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral                   |        | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---------------------------|--------|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|                           |        | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|                           |        | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Iron                      | Mean   | 122                       | 95         | 107                | 138        | 130      | 113       | 58         | 83                  | 79         | 109      | 92         | 118       | 77         | 109        | 118      |
|                           | Median | 116                       | 93         | 102                | 135        | 124      | 109       | 55         | 75                  | 72         | 103      | 88         | 113       | 73         | 100        | 115      |
|                           | sd     | 34                        | 29         | 34                 | 50         | 43       | 32        | 18         | 37                  | 34         | 31       | 32         | 33        | 31         | 52         | 38       |
| Calcium                   | Mean   | 167                       | 87         | 122                | 132        | 138      | 153       | 87         | 116                 | 106        | 114      | 221        | 160       | 87         | 119        | 124      |
|                           | Median | 158                       | 80         | 110                | 126        | 129      | 153       | 82         | 105                 | 101        | 107      | 210        | 156       | 81         | 112        | 117      |
|                           | sd     | 54                        | 32         | 59                 | 50         | 48       | 51        | 31         | 52                  | 36         | 37       | 79         | 53        | 31         | 45         | 44       |
| Magnesium                 | Mean   | 128                       | 79         | 101                | 98         | 92       | 118       | 65         | 88                  | 85         | 83       | 181        | 123       | 72         | 91         | 87       |
|                           | Median | 121                       | 78         | 94                 | 93         | 87       | 106       | 64         | 78                  | 82         | 81       | 177        | 117       | 69         | 88         | 85       |
|                           | sd     | 38                        | 23         | 39                 | 35         | 31       | 37        | 17         | 38                  | 24         | 20       | 51         | 38        | 22         | 31         | 26       |
| Potassium                 | Mean   | 148                       | 78         | 109                | 91         | 90       | 140       | 64         | 98                  | 73         | 74       | 226        | 144       | 71         | 82         | 81       |
|                           | Median | 138                       | 77         | 95                 | 88         | 87       | 127       | 65         | 79                  | 73         | 74       | 220        | 133       | 69         | 78         | 79       |
|                           | sd     | 48                        | 23         | 51                 | 30         | 27       | 51        | 18         | 52                  | 21         | 18       | 65         | 49        | 22         | 27         | 24       |
| Zinc                      | Mean   | 98                        | 90         | 94                 | 106        | 99       | 93        | 84         | 88                  | 110        | 109      | 103        | 95        | 87         | 108        | 105      |
|                           | Median | 93                        | 86         | 91                 | 101        | 98       | 91        | 82         | 88                  | 108        | 109      | 102        | 92        | 85         | 105        | 103      |
|                           | sd     | 29                        | 29         | 29                 | 38         | 33       | 25        | 28         | 27                  | 35         | 29       | 32         | 27        | 29         | 36         | 31       |
| Copper                    | Mean   | 124                       | 116        | 120                | 106        | 116      | 120       | 96         | 107                 | 88         | 91       | 141        | 122       | 106        | 97         | 102      |
|                           | Median | 115                       | 109        | 113                | 100        | 95       | 118       | 97         | 107                 | 80         | 73       | 139        | 117       | 103        | 89         | 82       |
|                           | sd     | 46                        | 43         | 45                 | 57         | 70       | 35        | 29         | 34                  | 43         | 62       | 49         | 41        | 38         | 51         | 67       |
| Selenium                  | Mean   | 136                       | 80         | 105                | 72         | 68       | 129       | 69         | 96                  | 71         | 68       | 163        | 133       | 74         | 72         | 68       |
|                           | Median | 129                       | 74         | 99                 | 67         | 63       | 118       | 65         | 86                  | 65         | 63       | 157        | 126       | 69         | 66         | 63       |
|                           | sd     | 39                        | 33         | 46                 | 33         | 29       | 48        | 28         | 49                  | 30         | 22       | 66         | 44        | 31         | 31         | 25       |
| Iodine                    | Mean   | 144                       | 102        | 121                | 137        | 155      | 126       | 82         | 102                 | 102        | 121      | 208        | 135       | 92         | 119        | 136      |
|                           | Median | 134                       | 89         | 108                | 126        | 141      | 123       | 72         | 91                  | 96         | 113      | 179        | 126       | 79         | 107        | 124      |
|                           | sd     | 60                        | 49         | 58                 | 69         | 67       | 53        | 40         | 51                  | 44         | 48       | 105        | 58        | 46         | 60         | 60       |
| <i>Bases (unweighted)</i> |        | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

Table 5.20a

## Average daily intake of minerals from all sources (including dietary supplements) as a percentage of Reference Nutrient Intake (RNI), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral                   |        | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---------------------------|--------|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|                           |        | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|                           |        | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Iron                      | Mean   | 124                       | 96         | 108                | 145        | 134      | 115       | 60         | 85                  | 97         | 119      | 93         | 120       | 78         | 121        | 126      |
|                           | Median | 117                       | 93         | 102                | 135        | 124      | 110       | 55         | 76                  | 77         | 109      | 88         | 114       | 73         | 106        | 118      |
|                           | sd     | 37                        | 30         | 36                 | 63         | 52       | 35        | 24         | 40                  | 110        | 48       | 36         | 36        | 33         | 93         | 50       |
| Calcium                   | Mean   | 167                       | 87         | 122                | 134        | 139      | 153       | 87         | 117                 | 110        | 121      | 221        | 160       | 87         | 121        | 129      |
|                           | Median | 158                       | 80         | 110                | 129        | 131      | 153       | 82         | 105                 | 102        | 107      | 211        | 156       | 81         | 115        | 120      |
|                           | sd     | 54                        | 32         | 59                 | 52         | 48       | 51        | 31         | 52                  | 41         | 46       | 79         | 53        | 31         | 48         | 48       |
| Magnesium                 | Mean   | 128                       | 79         | 101                | 99         | 93       | 118       | 65         | 89                  | 88         | 84       | 182        | 123       | 73         | 94         | 88       |
|                           | Median | 121                       | 78         | 94                 | 94         | 87       | 106       | 64         | 78                  | 84         | 82       | 177        | 117       | 70         | 89         | 85       |
|                           | sd     | 38                        | 23         | 39                 | 37         | 33       | 37        | 19         | 39                  | 30         | 22       | 55         | 38        | 22         | 34         | 28       |
| Potassium                 | Mean   | 148                       | 78         | 109                | 91         | 90       | 140       | 64         | 98                  | 73         | 74       | 226        | 144       | 71         | 82         | 81       |
|                           | Median | 138                       | 77         | 95                 | 88         | 87       | 127       | 65         | 79                  | 73         | 74       | 220        | 133       | 69         | 78         | 79       |
|                           | sd     | 48                        | 23         | 51                 | 30         | 27       | 51        | 18         | 52                  | 21         | 18       | 65         | 49        | 22         | 27         | 24       |
| Zinc                      | Mean   | 102                       | 92         | 96                 | 113        | 108      | 94        | 86         | 90                  | 129        | 128      | 104        | 98        | 89         | 121        | 120      |
|                           | Median | 93                        | 86         | 91                 | 103        | 99       | 91        | 84         | 88                  | 113        | 111      | 102        | 92        | 85         | 107        | 106      |
|                           | sd     | 36                        | 32         | 34                 | 54         | 51       | 30        | 33         | 32                  | 82         | 78       | 32         | 33        | 32         | 70         | 68       |
| Copper                    | Mean   | 125                       | 116        | 120                | 109        | 121      | 120       | 97         | 108                 | 94         | 97       | 142        | 123       | 107        | 102        | 108      |
|                           | Median | 115                       | 109        | 113                | 101        | 95       | 119       | 98         | 107                 | 82         | 76       | 141        | 117       | 103        | 90         | 84       |
|                           | sd     | 46                        | 43         | 45                 | 61         | 76       | 35        | 32         | 35                  | 51         | 69       | 51         | 41        | 39         | 57         | 73       |
| Selenium                  | Mean   | 137                       | 80         | 105                | 75         | 78       | 129       | 70         | 96                  | 76         | 72       | 164        | 133       | 75         | 76         | 75       |
|                           | Median | 131                       | 74         | 99                 | 68         | 64       | 118       | 66         | 87                  | 67         | 67       | 159        | 126       | 69         | 68         | 64       |
|                           | sd     | 40                        | 33         | 46                 | 40         | 65       | 48        | 28         | 49                  | 40         | 29       | 66         | 44        | 31         | 40         | 48       |
| Iodine                    | Mean   | 148                       | 103        | 123                | 141        | 159      | 127       | 83         | 103                 | 109        | 125      | 208        | 138       | 93         | 125        | 140      |
|                           | Median | 139                       | 89         | 108                | 127        | 141      | 123       | 72         | 91                  | 98         | 116      | 179        | 127       | 80         | 109        | 125      |
|                           | sd     | 61                        | 50         | 60                 | 73         | 72       | 54        | 41         | 52                  | 54         | 51       | 106        | 59        | 46         | 66         | 63       |
| <i>Bases (unweighted)</i> |        | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

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

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral                   | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |             |          |
|---------------------------|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|-------------|----------|
|                           | Boys                      |            |                    | Men        |          | Girls     |            |                     | Women      |          |            | Total     |            |             |          |
|                           | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19- 64<br>% | 65+<br>% |
| Iron                      | 0                         | 5          | 3                  | 1          | 3        | 1         | 44         | 25                  | 22         | 1        | 8          | 1         | 24         | 12          | 2        |
| Calcium                   | 0                         | 8          | 4                  | 3          | 1        | 2         | 15         | 9                   | 6          | 3        | 1          | 1         | 11         | 4           | 2        |
| Magnesium                 | 0                         | 27         | 15                 | 15         | 17       | 2         | 50         | 29                  | 9          | 9        | 1          | 1         | 39         | 12          | 12       |
| Potassium                 | 0                         | 16         | 9                  | 10         | 11       | 0         | 31         | 17                  | 22         | 18       | 1          | 0         | 23         | 16          | 15       |
| Zinc                      | 4                         | 12         | 9                  | 8          | 10       | 10        | 19         | 15                  | 3          | 0        | 6          | 7         | 15         | 6           | 5        |
| Selenium                  | 0                         | 22         | 12                 | 24         | 30       | 2         | 48         | 27                  | 53         | 52       | 1          | 1         | 34         | 39          | 42       |
| Iodine                    | 1                         | 7          | 4                  | 5          | 0        | 3         | 18         | 11                  | 8          | 1        | 1          | 2         | 12         | 6           | 1        |
| <i>Bases (unweighted)</i> | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807         | 224      |

Table 5.21a

Proportion of participants with average daily intakes of minerals from all sources (including dietary supplements) below the Lower Reference Nutrient Intake (LRNI) by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Mineral                   | Sex and age group (years) |            |                    |            |           |            |            |                     |            |            |            |            |            |             |            |
|---------------------------|---------------------------|------------|--------------------|------------|-----------|------------|------------|---------------------|------------|------------|------------|------------|------------|-------------|------------|
|                           | Boys                      |            |                    | Men        |           | Girls      |            | Women               |            |            | Total      |            |            |             |            |
|                           | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>%  | 4-10<br>%  | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>%   | 1.5-3<br>% | 4-10<br>%  | 11-18<br>% | 19- 64<br>% | 65+<br>%   |
| Iron                      | 0                         | 5          | 3                  | 1          | 3         | 1          | 43         | 24                  | 20         | 1          | 8          | 1          | 24         | 11          | 2          |
| Calcium                   | 0                         | 8          | 4                  | 3          | 1         | 2          | 14         | 9                   | 5          | 2          | 1          | 1          | 11         | 4           | 2          |
| Magnesium                 | 0                         | 27         | 15                 | 15         | 17        | 2          | 50         | 29                  | 9          | 9          | 1          | 1          | 38         | 12          | 12         |
| Potassium                 | 0                         | 16         | 9                  | 10         | 11        | 0          | 31         | 17                  | 22         | 18         | 1          | 0          | 23         | 16          | 15         |
| Zinc                      | 4                         | 11         | 8                  | 8          | 10        | 10         | 18         | 15                  | 3          | 0          | 6          | 7          | 15         | 6           | 5          |
| Selenium                  | 0                         | 22         | 12                 | 24         | 30        | 2          | 47         | 27                  | 49         | 50         | 1          | 1          | 34         | 37          | 41         |
| Iodine                    | 1                         | 7          | 4                  | 5          | 0         | 3          | 17         | 11                  | 8          | 1          | 1          | 2          | 12         | 6           | 1          |
| <i>Bases (unweighted)</i> | <i>210</i>                | <i>238</i> | <i>448</i>         | <i>346</i> | <i>96</i> | <i>213</i> | <i>215</i> | <i>428</i>          | <i>461</i> | <i>128</i> | <i>219</i> | <i>423</i> | <i>453</i> | <i>807</i>  | <i>224</i> |

Table 5.22

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

Aged 11 years and over

2008/09 - 2009/10

| Alcohol intake                         | Sex and age group (years) |       |      |         |       |      |       |       |      |
|--|---------------------------|-------|------|---------|-------|------|-------|-------|------|
|  | Males                     |       |      | Females |       |      | Total |       |      |
|  | 11-18                     | 19-64 | 65+  | 11-18   | 19-64 | 65+  | 11-18 | 19-64 | 65+  |
| <b>Total (including non-consumers)</b> |                           |       |      |         |       |      |       |       |      |
| Alcohol g                              |                           |       |      |         |       |      |       |       |      |
| Mean                                   | 3.5                       | 23.7  | 14.6 | 2.2     | 10.9  | 4.8  | 2.9   | 17.3  | 9.1  |
| Median                                 | 0.0                       | 10.0  | 7.6  | 0.0     | 3.1   | 0.0  | 0.0   | 5.8   | 1.4  |
| sd                                     | 13.7                      | 42.5  | 19.9 | 8.3     | 16.3  | 8.2  | 11.4  | 32.7  | 15.3 |
| Upper 2.5 percentile                   | 48.9                      | 134.4 | 76.0 | 28.9    | 65.6  | 27.0 | 36.3  | 83.5  | 61.3 |
| Lower 2.5 percentile                   | 0.0                       | 0.0   | 0.0  | 0.0     | 0.0   | 0.0  | 0.0   | 0.0   | 0.0  |
| % total energy                         |                           |       |      |         |       |      |       |       |      |
| Mean                                   | 1.0                       | 6.5   | 4.9  | 0.8     | 4.3   | 2.3  | 0.9   | 5.4   | 3.4  |
| Median                                 | 0.0                       | 3.3   | 3.1  | 0.0     | 1.5   | 0.0  | 0.0   | 2.2   | 0.5  |
| sd                                     | 3.8                       | 8.9   | 6.5  | 2.9     | 5.9   | 4.0  | 3.4   | 7.6   | 5.4  |
| Upper 2.5 percentile                   | 13.3                      | 29.7  | 22.9 | 10.0    | 18.9  | 13.4 | 12.7  | 26.6  | 20.9 |
| Lower 2.5 percentile                   | 0.0                       | 0.0   | 0.0  | 0.0     | 0.0   | 0.0  | 0.0   | 0.0   | 0.0  |
| <i>Bases (unweighted)</i>              | 238                       | 346   | 96   | 215     | 461   | 128  | 453   | 807   | 224  |
| <b>Consumers only</b>                  |                           |       |      |         |       |      |       |       |      |
| Alcohol g                              |                           |       |      |         |       |      |       |       |      |
| Mean                                   | 21.2                      | 35.2  | 21.8 | 13.9    | 19.6  | 11.3 | 17.7  | 28.1  | 17.1 |
| Median                                 | 7.9                       | 21.0  | 13.7 | 8.3     | 15.0  | 8.2  | 8.3   | 18.6  | 11.1 |
| sd                                     | 28.0                      | 47.7  | 20.9 | 16.6    | 17.5  | 9.1  | 23.4  | 37.9  | 17.4 |
| Upper 2.5 percentile                   | 99.8                      | 149.4 | 76.6 | 69.8    | 70.4  | 37.6 | 98.5  | 107.2 | 65.7 |
| Lower 2.5 percentile                   | 0.1                       | 2.4   | 0.5  | 0.3     | 1.0   | 0.1  | 0.1   | 1.0   | 0.4  |
| % total energy                         |                           |       |      |         |       |      |       |       |      |
| Mean                                   | 6.1                       | 9.7   | 7.4  | 5.3     | 7.7   | 5.3  | 5.7   | 8.8   | 6.5  |
| Median                                 | 3.0                       | 7.1   | 4.8  | 3.5     | 6.7   | 3.4  | 3.3   | 6.9   | 4.3  |
| sd                                     | 7.5                       | 9.2   | 6.7  | 5.6     | 6.1   | 4.7  | 6.7   | 8.0   | 5.9  |
| Upper 2.5 percentile                   | 26.7                      | 35.5  | 23.7 | 16.3    | 24.3  | 14.3 | 26.2  | 29.7  | 22.9 |
| Lower 2.5 percentile                   | 0.0                       | 0.5   | 0.2  | 0.1     | 0.4   | 0.0  | 0.0   | 0.5   | 0.1  |
| Per cent consumers                     | 16                        | 67    | 67   | 16      | 56    | 43   | 16    | 61    | 53   |
| <i>Bases (unweighted)</i>              | 40                        | 234   | 62   | 40      | 262   | 55   | 80    | 496   | 117  |

## Comparison with previous surveys

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Table 5.23a

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                        | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       |               | Men   |       |
|                        | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+   |
| Total Energy MJ        |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 7.08                         | 8.95  | 7.99          | 9.71                      | 8.01  | 6.71                                 | 8.45  | 7.68          | 9.24  | 8.30  |
| Median                 | 6.97                         | 8.77  | 7.69          | 9.66                      | 8.04  | 6.62                                 | 8.09  | 7.39          | 8.90  | 8.29  |
| sd                     | 1.67                         | 2.46  | 2.29          | 2.75                      | 1.95  | 1.32                                 | 2.13  | 2.01          | 2.96  | 2.14  |
| Upper 2.5 percentile   | 10.85                        | 14.33 | 13.29         | 15.44                     | 11.99   | 9.68                                 | 12.68 | 11.98         | 17.09 | 11.80 |
| Lower 2.5 percentile   | 3.87                         | 4.72  | 4.31          | 4.65                      | 4.54  | 4.30                                 | 4.54  | 4.41          | 4.69  | 3.69  |
| Total Energy kcal      |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 1684                         | 2131  | 1901          | 2308                      | 1907  | 1591                                 | 2007  | 1823          | 2200  | 1976  |
| Median                 | 1656                         | 2083  | 1833          | 2297                      | 1925  | 1573                                 | 1916  | 1756          | 2112  | 1973  |
| sd                     | 397                          | 585   | 545           | 654                       | 464   | 314                                  | 508   | 479           | 706   | 511   |
| Upper 2.5 percentile   | 2581                         | 3406  | 3144          | 3669                      | 2845  | 2301                                 | 3019  | 2840          | 4058  | 2801  |
| Lower 2.5 percentile   | 920                          | 1125  | 1026          | 1102                      | 1082  | 1021                                 | 1074  | 1043          | 1115  | 882   |
| Food Energy MJ         |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 7.08                         | 8.84  | 7.94          | 9.06                      | 7.67  | 6.66                                 | 8.29  | 7.57          | 8.50  | 7.83  |
| Median                 | 6.97                         | 8.69  | 7.67          | 8.97                      | 7.69  | 6.58                                 | 8.02  | 7.31          | 8.31  | 7.76  |
| sd                     | 1.67                         | 2.41  | 2.24          | 2.65                      | 1.87  | 1.31                                 | 2.06  | 1.94          | 2.58  | 2.05  |
| Upper 2.5 percentile   | 10.85                        | 14.22 | 13.10         | 14.74                     | 11.59   | 9.63                                 | 12.63 | 11.87         | 13.92 | 11.53 |
| Lower 2.5 percentile   | 3.87                         | 4.72  | 4.31          | 4.44                      | 4.33  | 4.27                                 | 4.50  | 4.36          | 4.35  | 3.69  |
| Food Energy kcal       |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 1684                         | 2103  | 1888          | 2154                      | 1825  | 1591                                 | 1982  | 1809          | 2032  | 1872  |
| Median                 | 1656                         | 2068  | 1828          | 2130                      | 1831  | 1573                                 | 1916  | 1748          | 1986  | 1855  |
| sd                     | 397                          | 572   | 533           | 630                       | 445   | 314                                  | 491   | 464           | 617   | 489   |
| Upper 2.5 percentile   | 2581                         | 3383  | 3124          | 3496                      | 2769  | 2301                                 | 3019  | 2838          | 3327  | 2755  |
| Lower 2.5 percentile   | 920                          | 1125  | 1026          | 1054                      | 1026  | 1021                                 | 1074  | 1043          | 1040  | 882   |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                        | Boys                         |       | Total<br>boys | Men<br>19-64              | Men<br>65+  | Boys                                 |       | Men           |       |       |
|                        | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+   |
| Protein g              |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 53.0                         | 70.5  | 61.5          | 87.6                      | 71.5  | 57.2                                 | 73.7  | 66.4          | 88.1  | 79.7  |
| Median                 | 51.3                         | 69.3  | 58.7          | 86.6                      | 71.4  | 55.2                                 | 71.2  | 62.8          | 85.4  | 78.4  |
| sd                     | 14.7                         | 21.0  | 20.0          | 27.2                      | 17.0  | 13.6                                 | 20.7  | 19.7          | 35.7  | 27.0  |
| Upper 2.5 percentile   | 84.8                         | 114.0 | 106.2         | 142.7                     | 105.3   | 92.4                                 | 116.3 | 114.5         | 151.3 | 123.1 |
| Lower 2.5 percentile   | 29.0                         | 35.2  | 31.3          | 40.6                      | 38.5  | 34.7                                 | 33.7  | 34.1          | 44.9  | 33.9  |
| % food energy          |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 12.6                         | 13.5  | 13.1          | 16.6                      | 16.0  | 14.4                                 | 15.0  | 14.8          | 17.7  | 17.2  |
| Median                 | 12.5                         | 13.2  | 12.8          | 16.3                      | 15.6  | 14.1                                 | 15.0  | 14.5          | 16.7  | 16.8  |
| sd                     | 2.1                          | 2.6   | 2.4           | 3.6                       | 3.1   | 2.1                                  | 2.9   | 2.6           | 4.9   | 3.8   |
| Upper 2.5 percentile   | 17.6                         | 19.6  | 18.5          | 24.7                      | 22.7  | 19.1                                 | 20.6  | 20.3          | 26.2  | 27.8  |
| Lower 2.5 percentile   | 8.9                          | 9.2   | 9.0           | 10.9                      | 10.7  | 11.0                                 | 9.0   | 10.1          | 11.6  | 12.1  |
| % total energy         |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 12.6                         | 13.4  | 13.0          | 15.4                      | 15.3  | 14.4                                 | 14.9  | 14.7          | 16.5  | 16.3  |
| Median                 | 12.5                         | 13.2  | 12.8          | 15.0                      | 14.9  | 14.1                                 | 14.8  | 14.4          | 15.7  | 15.7  |
| sd                     | 2.1                          | 2.6   | 2.4           | 3.4                       | 3.0   | 2.1                                  | 2.9   | 2.6           | 4.8   | 3.4   |
| Upper 2.5 percentile   | 17.6                         | 18.9  | 18.3          | 23.5                      | 22.3  | 19.1                                 | 20.5  | 20.3          | 25.3  | 23.1  |
| Lower 2.5 percentile   | 8.9                          | 9.0   | 8.9           | 10.1                      | 10.0  | 11.0                                 | 8.8   | 10.1          | 10.1  | 10.8  |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                        | Boys                         |       | Total<br>boys | Men                       |   | Boys                                 |       | Men           |       |       |
|                        | 4-10                         | 11-18 |               | 19-64                     | 65+   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+   |
| Total fat g            |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 66.6                         | 83.6  | 74.9          | 85.8                      | 74.4  | 59.9                                 | 75.6  | 68.7          | 80.8  | 77.7  |
| Median                 | 64.3                         | 81.7  | 71.6          | 82.9                      | 72.5  | 60.6                                 | 73.9  | 66.0          | 77.7  | 75.4  |
| sd                     | 19.2                         | 26.5  | 24.6          | 31.4                      | 23.6  | 15.2                                 | 23.0  | 21.4          | 30.5  | 24.6  |
| Upper 2.5 percentile   | 110.3                        | 144.5 | 130.5         | 152.9                     | 125.6   | 99.0                                 | 131.6 | 113.5         | 152.1 | 126.6 |
| Lower 2.5 percentile   | 32.9                         | 36.8  | 35.5          | 34.9                      | 34.9  | 31.1                                 | 33.0  | 33.0          | 31.1  | 29.9  |
| % food energy          |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 35.4                         | 35.6  | 35.5          | 35.5                      | 36.4  | 33.7                                 | 34.1  | 33.9          | 35.2  | 37.1  |
| Median                 | 35.6                         | 35.6  | 35.6          | 35.9                      | 36.4  | 34.0                                 | 34.1  | 34.0          | 35.7  | 37.5  |
| sd                     | 4.5                          | 5.1   | 4.8           | 6.3                       | 5.7   | 4.5                                  | 4.5   | 4.5           | 6.5   | 5.5   |
| Upper 2.5 percentile   | 43.9                         | 45.6  | 44.6          | 47.3                      | 47.7  | 41.8                                 | 41.7  | 41.8          | 47.3  | 48.2  |
| Lower 2.5 percentile   | 26.1                         | 25.9  | 26.1          | 22.7                      | 25.8  | 24.8                                 | 24.4  | 24.8          | 20.4  | 25.3  |
| % total energy         |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 35.4                         | 35.3  | 35.3          | 33.2                      | 34.9  | 33.7                                 | 33.7  | 33.7          | 33.0  | 35.2  |
| Median                 | 35.6                         | 35.3  | 35.4          | 33.5                      | 34.9  | 34.0                                 | 33.8  | 33.9          | 33.6  | 35.4  |
| sd                     | 4.5                          | 5.3   | 4.9           | 6.5                       | 5.8   | 4.5                                  | 4.7   | 4.6           | 7.1   | 5.4   |
| Upper 2.5 percentile   | 43.9                         | 45.2  | 44.6          | 45.9                      | 45.9  | 41.8                                 | 41.7  | 41.8          | 45.5  | 48.0  |
| Lower 2.5 percentile   | 26.1                         | 25.3  | 25.8          | 20.7                      | 23.9  | 24.8                                 | 24.0  | 24.2          | 16.0  | 25.3  |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients  | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|-------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                         | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                         | Boys                         |       | Total<br>boys | Men                       |   | Boys                                 |       | Total<br>boys | Men   |      |
|                         | 4-10                         | 11-18 |               | 19-64                     | 65+   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Saturated fatty acids g |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                    | 27.3                         | 32.7  | 29.9          | 32.3                      | 30.6  | 24.0                                 | 28.3  | 26.4          | 29.6  | 30.4 |
| Median                  | 26.5                         | 32.0  | 28.7          | 30.7                      | 28.5  | 23.8                                 | 26.9  | 25.5          | 28.1  | 29.1 |
| sd                      | 8.4                          | 11.4  | 10.3          | 13.6                      | 11.4  | 7.2                                  | 9.9   | 9.1           | 12.8  | 10.6 |
| Upper 2.5 percentile    | 46.1                         | 57.2  | 52.5          | 61.8                      | 57.8  | 37.0                                 | 49.0  | 47.0          | 54.6  | 49.7 |
| Lower 2.5 percentile    | 13.0                         | 13.4  | 13.3          | 11.0                      | 12.6  | 11.7                                 | 11.5  | 11.7          | 8.4   | 11.1 |
| % food energy           |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                    | 14.5                         | 13.9  | 14.2          | 13.3                      | 14.9  | 13.5                                 | 12.7  | 13.0          | 12.9  | 14.5 |
| Median                  | 14.6                         | 13.8  | 14.2          | 13.3                      | 14.5  | 13.2                                 | 12.6  | 12.9          | 12.7  | 14.6 |
| sd                      | 2.5                          | 2.5   | 2.5           | 3.3                       | 3.5   | 2.7                                  | 2.5   | 2.6           | 3.4   | 3.5  |
| Upper 2.5 percentile    | 20.1                         | 19.0  | 19.8          | 20.0                      | 22.4  | 19.3                                 | 18.2  | 18.9          | 20.0  | 21.1 |
| Lower 2.5 percentile    | 9.9                          | 9.1   | 9.3           | 7.1                       | 8.8   | 7.8                                  | 7.7   | 7.8           | 5.7   | 8.1  |
| % total energy          |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                    | 14.5                         | 13.7  | 14.1          | 12.5                      | 14.3  | 13.5                                 | 12.6  | 13.0          | 12.1  | 13.8 |
| Median                  | 14.6                         | 13.7  | 14.1          | 12.4                      | 13.8  | 13.2                                 | 12.5  | 12.8          | 12.0  | 13.4 |
| sd                      | 2.5                          | 2.5   | 2.6           | 3.3                       | 3.5   | 2.7                                  | 2.6   | 2.7           | 3.6   | 3.4  |
| Upper 2.5 percentile    | 20.1                         | 19.0  | 19.8          | 19.0                      | 21.8  | 19.3                                 | 18.1  | 18.9          | 19.5  | 20.5 |
| Lower 2.5 percentile    | 9.9                          | 8.9   | 9.1           | 6.4                       | 8.3   | 7.8                                  | 7.5   | 7.7           | 5.1   | 7.2  |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients             | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|------------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                                    | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                                    | Boys                         |       | Total<br>boys | Men                       | 65+   | Boys                                 |       | Total<br>boys | Men   |      |
|                                    | 4-10                         | 11-18 |               | 19-64                     |   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Cis mono-unsaturated fatty acids g |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                               | 21.7                         | 27.9  | 24.7          | 28.8                      | 23.1  | 21.1                                 | 27.9  | 24.9          | 29.2  | 26.5 |
| Median                             | 20.6                         | 27.2  | 23.4          | 27.7                      | 22.2  | 20.9                                 | 26.7  | 23.6          | 27.4  | 25.6 |
| sd                                 | 6.8                          | 9.2   | 8.6           | 11.0                      | 7.7   | 5.7                                  | 8.9   | 8.4           | 11.8  | 9.6  |
| Upper 2.5 percentile               | 36.7                         | 50.2  | 43.8          | 54.5                      | 39.2  | 33.7                                 | 49.8  | 44.2          | 55.9  | 43.0 |
| Lower 2.5 percentile               | 11.0                         | 12.2  | 11.4          | 10.9                      | 11.2  | 10.8                                 | 13.0  | 12.2          | 11.1  | 10.5 |
| % food energy                      |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                               | 11.5                         | 11.9  | 11.7          | 12.0                      | 11.3  | 11.9                                 | 12.6  | 12.3          | 12.7  | 12.6 |
| Median                             | 11.4                         | 11.8  | 11.6          | 12.0                      | 11.3  | 11.8                                 | 12.6  | 12.2          | 12.7  | 12.2 |
| sd                                 | 1.9                          | 2.2   | 2.0           | 2.8                       | 2.2   | 2.0                                  | 2.2   | 2.1           | 2.7   | 2.5  |
| Upper 2.5 percentile               | 15.4                         | 16.2  | 15.9          | 17.5                      | 16.0  | 15.7                                 | 17.3  | 16.8          | 18.1  | 17.6 |
| Lower 2.5 percentile               | 8.2                          | 7.9   | 8.0           | 7.0                       | 7.4   | 8.3                                  | 8.3   | 8.3           | 7.0   | 8.0  |
| % total energy                     |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                               | 11.5                         | 11.8  | 11.6          | 11.2                      | 10.9  | 11.9                                 | 12.5  | 12.2          | 11.9  | 11.9 |
| Median                             | 11.4                         | 11.7  | 11.5          | 11.1                      | 10.8  | 11.8                                 | 12.4  | 12.1          | 11.9  | 11.6 |
| sd                                 | 1.9                          | 2.2   | 2.1           | 2.7                       | 2.1   | 2.0                                  | 2.2   | 2.1           | 2.9   | 2.4  |
| Upper 2.5 percentile               | 15.4                         | 16.0  | 15.9          | 16.4                      | 15.2  | 15.7                                 | 17.3  | 16.3          | 17.3  | 17.2 |
| Lower 2.5 percentile               | 8.2                          | 7.7   | 7.9           | 6.4                       | 7.1   | 8.3                                  | 7.9   | 8.2           | 5.7   | 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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients                | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |     |
|---------------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-----|
|                                       | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |     |
|                                       | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       |               | Men   |     |
|                                       | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+ |
| Cis n-3 polyunsaturated fatty acids g |                              |       |               |                           |   |                                      |       |               |       |     |
| Mean                                  | 1.5                          | 2.1   | 1.8           | 2.2                       | 1.7   | 1.4                                  | 2.0   | 1.8           | 2.4   | 2.4 |
| Median                                | 1.4                          | 1.9   | 1.6           | 2.1                       | 1.5   | 1.3                                  | 1.8   | 1.6           | 2.1   | 2.0 |
| sd                                    | 0.7                          | 1.3   | 1.1           | 1.1                       | 1.0   | 0.6                                  | 1.0   | 0.9           | 1.3   | 1.2 |
| Upper 2.5 percentile                  | 3.6                          | 5.1   | 4.3           | 4.7                       | 4.1   | 2.8                                  | 4.9   | 4.2           | 5.4   | 5.8 |
| Lower 2.5 percentile                  | 0.5                          | 0.7   | 0.5           | 0.7                       | 0.5   | 0.7                                  | 0.7   | 0.7           | 0.7   | 0.7 |
| % food energy                         |                              |       |               |                           |   |                                      |       |               |       |     |
| Mean                                  | 0.8                          | 0.9   | 0.8           | 1.0                       | 0.8   | 0.8                                  | 0.9   | 0.9           | 1.0   | 1.1 |
| Median                                | 0.7                          | 0.8   | 0.8           | 0.9                       | 0.7   | 0.8                                  | 0.8   | 0.8           | 0.9   | 1.0 |
| sd                                    | 0.3                          | 0.5   | 0.4           | 0.4                       | 0.5   | 0.3                                  | 0.4   | 0.3           | 0.4   | 0.6 |
| Upper 2.5 percentile                  | 1.7                          | 1.9   | 1.8           | 2.1                       | 1.7   | 1.5                                  | 1.8   | 1.6           | 2.2   | 2.5 |
| Lower 2.5 percentile                  | 0.3                          | 0.4   | 0.4           | 0.4                       | 0.4   | 0.4                                  | 0.4   | 0.4           | 0.4   | 0.5 |
| % total energy                        |                              |       |               |                           |   |                                      |       |               |       |     |
| Mean                                  | 0.8                          | 0.9   | 0.8           | 0.9                       | 0.8   | 0.8                                  | 0.9   | 0.9           | 0.9   | 1.1 |
| Median                                | 0.7                          | 0.8   | 0.8           | 0.8                       | 0.7   | 0.8                                  | 0.8   | 0.8           | 0.9   | 0.9 |
| sd                                    | 0.3                          | 0.5   | 0.4           | 0.4                       | 0.4   | 0.3                                  | 0.4   | 0.3           | 0.4   | 0.5 |
| Upper 2.5 percentile                  | 1.7                          | 1.9   | 1.8           | 1.9                       | 1.7   | 1.5                                  | 1.8   | 1.6           | 2.1   | 2.4 |
| Lower 2.5 percentile                  | 0.3                          | 0.4   | 0.4           | 0.4                       | 0.3   | 0.4                                  | 0.4   | 0.4           | 0.3   | 0.5 |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients                | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|---------------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                                       | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                                       | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       | Total<br>boys | Men   |      |
|                                       | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Cis n-6 polyunsaturated fatty acids g |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                                  | 9.1                          | 12.3  | 10.7          | 12.8                      | 10.4  | 7.7                                  | 10.4  | 9.2           | 11.7  | 10.6 |
| Median                                | 8.5                          | 11.4  | 9.9           | 12.3                      | 9.4   | 7.5                                  | 9.8   | 8.6           | 11.3  | 9.9  |
| sd                                    | 3.5                          | 4.8   | 4.5           | 5.7                       | 5.2   | 2.6                                  | 3.8   | 3.6           | 5.0   | 4.7  |
| Upper 2.5 percentile                  | 17.2                         | 24.3  | 21.9          | 25.3                      | 23.8  | 13.9                                 | 20.5  | 17.3          | 24.5  | 20.6 |
| Lower 2.5 percentile                  | 3.6                          | 5.1   | 4.1           | 4.1                       | 3.4   | 3.8                                  | 4.7   | 3.9           | 3.9   | 3.7  |
| % food energy                         |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                                  | 4.8                          | 5.3   | 5.1           | 5.3                       | 5.1   | 4.4                                  | 4.7   | 4.6           | 5.1   | 5.0  |
| Median                                | 4.6                          | 5.1   | 4.9           | 5.2                       | 4.7   | 4.3                                  | 4.6   | 4.4           | 5.1   | 4.9  |
| sd                                    | 1.4                          | 1.5   | 1.5           | 1.8                       | 2.2   | 1.2                                  | 1.2   | 1.2           | 1.6   | 1.5  |
| Upper 2.5 percentile                  | 8.0                          | 8.6   | 8.4           | 9.5                       | 10.8  | 7.6                                  | 7.1   | 7.1           | 8.2   | 7.8  |
| Lower 2.5 percentile                  | 2.6                          | 2.9   | 2.7           | 2.5                       | 2.2   | 2.4                                  | 2.7   | 2.6           | 2.5   | 2.4  |
| % total energy                        |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                                  | 4.8                          | 5.2   | 5.0           | 5.0                       | 4.9   | 4.4                                  | 4.7   | 4.5           | 4.8   | 4.7  |
| Median                                | 4.6                          | 5.0   | 4.8           | 4.8                       | 4.5   | 4.3                                  | 4.5   | 4.4           | 4.7   | 4.7  |
| sd                                    | 1.4                          | 1.5   | 1.5           | 1.7                       | 2.1   | 1.2                                  | 1.2   | 1.2           | 1.6   | 1.4  |
| Upper 2.5 percentile                  | 8.0                          | 8.6   | 8.4           | 8.9                       | 10.6  | 7.6                                  | 7.1   | 7.1           | 8.2   | 7.7  |
| Lower 2.5 percentile                  | 2.6                          | 2.8   | 2.7           | 2.3                       | 1.9   | 2.4                                  | 2.7   | 2.6           | 2.0   | 2.3  |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |     |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-----|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |     |
|                        | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       | Men           |       |     |
|                        | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+ |
| Trans fatty acids g    |                              |       |               |                           |   |                                      |       |               |       |     |
| Mean                   | 2.6                          | 3.2   | 2.9           | 2.9                       | 3.2   | 1.3                                  | 1.6   | 1.5           | 1.8   | 1.9 |
| Median                 | 2.4                          | 3.0   | 2.6           | 2.6                       | 3.0   | 1.3                                  | 1.5   | 1.4           | 1.7   | 1.6 |
| sd                     | 1.1                          | 1.4   | 1.3           | 1.7                       | 1.4   | 0.5                                  | 0.7   | 0.6           | 0.9   | 0.8 |
| Upper 2.5 percentile   | 5.1                          | 6.3   | 6.0           | 7.2                       | 6.1   | 2.5                                  | 3.2   | 3.1           | 3.7   | 3.9 |
| Lower 2.5 percentile   | 0.9                          | 1.0   | 1.0           | 0.6                       | 1.1   | 0.6                                  | 0.6   | 0.6           | 0.3   | 0.5 |
| % food energy          |                              |       |               |                           |   |                                      |       |               |       |     |
| Mean                   | 1.4                          | 1.3   | 1.3           | 1.2                       | 1.5   | 0.8                                  | 0.7   | 0.7           | 0.8   | 0.9 |
| Median                 | 1.3                          | 1.3   | 1.3           | 1.1                       | 1.5   | 0.7                                  | 0.7   | 0.7           | 0.8   | 0.8 |
| sd                     | 0.4                          | 0.4   | 0.4           | 0.5                       | 0.5   | 0.2                                  | 0.2   | 0.2           | 0.3   | 0.4 |
| Upper 2.5 percentile   | 2.4                          | 2.2   | 2.3           | 2.4                       | 2.5   | 1.2                                  | 1.2   | 1.2           | 1.4   | 1.8 |
| Lower 2.5 percentile   | 0.7                          | 0.6   | 0.7           | 0.3                       | 0.7   | 0.4                                  | 0.3   | 0.4           | 0.2   | 0.4 |
| % total energy         |                              |       |               |                           |   |                                      |       |               |       |     |
| Mean                   | 1.4                          | 1.3   | 1.3           | 1.1                       | 1.5   | 0.8                                  | 0.7   | 0.7           | 0.7   | 0.9 |
| Median                 | 1.3                          | 1.3   | 1.3           | 1.1                       | 1.4   | 0.7                                  | 0.7   | 0.7           | 0.7   | 0.8 |
| sd                     | 0.4                          | 0.4   | 0.4           | 0.5                       | 0.5   | 0.2                                  | 0.2   | 0.2           | 0.3   | 0.3 |
| Upper 2.5 percentile   | 2.4                          | 2.2   | 2.3           | 2.4                       | 2.5   | 1.2                                  | 1.2   | 1.2           | 1.3   | 1.8 |
| Lower 2.5 percentile   | 0.7                          | 0.6   | 0.6           | 0.3                       | 0.6   | 0.4                                  | 0.3   | 0.4           | 0.2   | 0.4 |



Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                        | Boys                         |       | Total<br>boys | Men                       | 65+   | Boys                                 |       | Total<br>boys | Men   |      |
|                        | 4-10                         | 11-18 |               | 19-64                     |   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Total carbohydrate g   |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                   | 233                          | 286   | 259           | 275                       | 232   | 219                                  | 268   | 247           | 255   | 228  |
| Median                 | 229                          | 280   | 249           | 271                       | 230   | 218                                  | 263   | 235           | 245   | 225  |
| sd                     | 56                           | 84    | 76            | 89                        | 63  | 46                                   | 70    | 65            | 81    | 65   |
| Upper 2.5 percentile   | 364                          | 476   | 436           | 480                       | 362   | 308                                  | 429   | 394           | 433   | 342  |
| Lower 2.5 percentile   | 133                          | 145   | 137           | 122                       | 115   | 135                                  | 154   | 145           | 121   | 113  |
| % food energy          |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                   | 52.0                         | 51.0  | 51.5          | 48.0                      | 47.6  | 51.8                                 | 50.9  | 51.3          | 47.1  | 45.8 |
| Median                 | 52.2                         | 51.2  | 51.7          | 48.0                      | 47.8  | 51.6                                 | 50.6  | 51.0          | 46.9  | 46.0 |
| sd                     | 4.9                          | 5.6   | 5.3           | 6.8                       | 6.1   | 4.7                                  | 5.3   | 5.0           | 6.8   | 5.7  |
| Upper 2.5 percentile   | 61.8                         | 61.9  | 61.9          | 60.7                      | 59.0  | 62.5                                 | 61.3  | 62.2          | 62.7  | 56.0 |
| Lower 2.5 percentile   | 42.4                         | 40.1  | 41.3          | 34.7                      | 35.9  | 42.8                                 | 40.5  | 42.0          | 33.1  | 35.2 |
| % total energy         |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                   | 52.0                         | 50.4  | 51.2          | 44.9                      | 45.7  | 51.8                                 | 50.4  | 51.0          | 44.0  | 43.7 |
| Median                 | 52.2                         | 50.7  | 51.5          | 45.1                      | 45.8  | 51.6                                 | 50.3  | 50.8          | 43.5  | 44.3 |
| sd                     | 4.9                          | 5.9   | 5.5           | 7.7                       | 6.8   | 4.7                                  | 5.5   | 5.2           | 7.6   | 6.8  |
| Upper 2.5 percentile   | 61.8                         | 61.4  | 61.7          | 59.5                      | 58.1  | 62.5                                 | 61.3  | 62.0          | 59.3  | 56.0 |
| Lower 2.5 percentile   | 42.4                         | 38.1  | 40.5          | 29.6                      | 32.5  | 42.8                                 | 39.3  | 41.9          | 28.2  | 28.6 |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                        | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       | Men           |       |       |
|                        | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+   |
| Starch g               |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 122.8                        | 160.0 | 140.9         | 156.6                     | 128.6   | 120.5                                | 150.3 | 137.1         | 144.3 | 127.2 |
| Median                 | 119.3                        | 155.4 | 135.2         | 153.1                     | 127.7   | 118.2                                | 147.0 | 133.5         | 142.5 | 126.9 |
| sd                     | 34.4                         | 46.0  | 44.5          | 53.9                      | 37.7  | 27.4                                 | 40.1  | 38.0          | 43.8  | 41.2  |
| Upper 2.5 percentile   | 200.9                        | 268.5 | 247.8         | 276.2                     | 209.3   | 177.0                                | 231.2 | 224.0         | 241.7 | 217.1 |
| Lower 2.5 percentile   | 63.6                         | 84.0  | 70.2          | 60.4                      | 59.6  | 70.2                                 | 88.2  | 75.2          | 71.6  | 51.0  |
| % food energy          |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 27.5                         | 28.9  | 28.2          | 27.3                      | 26.6  | 28.6                                 | 28.7  | 28.7          | 27.0  | 25.6  |
| Median                 | 27.1                         | 28.5  | 27.8          | 27.2                      | 26.4  | 28.6                                 | 28.6  | 28.6          | 26.7  | 25.3  |
| sd                     | 5.1                          | 5.2   | 5.2           | 5.9                       | 5.3   | 4.6                                  | 5.1   | 4.9           | 5.5   | 5.3   |
| Upper 2.5 percentile   | 37.8                         | 39.8  | 39.0          | 39.4                      | 37.7  | 38.3                                 | 39.6  | 38.9          | 39.7  | 37.1  |
| Lower 2.5 percentile   | 18.2                         | 19.0  | 18.5          | 16.2                      | 17.2  | 19.4                                 | 19.1  | 19.2          | 16.9  | 15.4  |
| % total energy         |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 27.5                         | 28.6  | 28.0          | 25.7                      | 25.6  | 28.6                                 | 28.5  | 28.5          | 25.4  | 24.4  |
| Median                 | 27.1                         | 28.3  | 27.7          | 25.7                      | 25.1  | 28.6                                 | 28.4  | 28.4          | 25.5  | 24.0  |
| sd                     | 5.1                          | 5.3   | 5.2           | 6.4                       | 5.6   | 4.6                                  | 5.3   | 5.0           | 6.2   | 5.7   |
| Upper 2.5 percentile   | 37.8                         | 39.8  | 38.9          | 38.1                      | 37.0  | 38.3                                 | 39.6  | 38.9          | 37.9  | 37.1  |
| Lower 2.5 percentile   | 18.2                         | 18.7  | 18.4          | 13.6                      | 13.9  | 19.4                                 | 18.3  | 19.1          | 13.6  | 14.4  |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                        | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                        | Boys                         |       | Total<br>boys | Men<br>19-64              | Men<br>65+  | Boys                                 |       |               | Men   |       |
|                        | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 | Total<br>boys | 19-64 | 65+   |
| Total sugars g         |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 109.8                        | 125.8 | 117.6         | 118.7                     | 103.2   | 98.9                                 | 118.1 | 109.6         | 110.3 | 101.1 |
| Median                 | 107.0                        | 119.3 | 112.1         | 113.2                     | 99.7  | 95.3                                 | 113.3 | 105.1         | 103.8 | 102.4 |
| sd                     | 37.1                         | 54.3  | 47.0          | 54.7                      | 43.5  | 32.3                                 | 46.9  | 42.1          | 52.2  | 39.5  |
| Upper 2.5 percentile   | 196.6                        | 245.2 | 225.9         | 245.4                     | 202.0   | 164.7                                | 232.6 | 215.3         | 214.8 | 186.8 |
| Lower 2.5 percentile   | 43.4                         | 41.5  | 42.0          | 33.8                      | 31.7  | 43.8                                 | 37.4  | 43.4          | 34.9  | 32.9  |
| % food energy          |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 24.5                         | 22.1  | 23.3          | 20.6                      | 21.0  | 23.2                                 | 22.1  | 22.6          | 20.1  | 20.2  |
| Median                 | 24.4                         | 21.6  | 23.2          | 20.2                      | 20.6  | 22.7                                 | 21.8  | 22.3          | 19.7  | 20.1  |
| sd                     | 6.2                          | 6.3   | 6.4           | 7.2                       | 7.1   | 5.8                                  | 6.3   | 6.1           | 6.7   | 5.7   |
| Upper 2.5 percentile   | 37.6                         | 35.9  | 36.8          | 35.7                      | 35.5  | 35.1                                 | 35.8  | 35.8          | 34.0  | 30.7  |
| Lower 2.5 percentile   | 12.9                         | 10.9  | 11.4          | 8.4                       | 9.3   | 12.6                                 | 9.9   | 11.8          | 8.7   | 9.8   |
| % total energy         |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                   | 24.5                         | 21.8  | 23.2          | 19.2                      | 20.1  | 23.2                                 | 21.9  | 22.5          | 18.6  | 19.3  |
| Median                 | 24.4                         | 21.3  | 23.0          | 18.5                      | 20.0  | 22.7                                 | 21.6  | 22.2          | 18.4  | 19.0  |
| sd                     | 6.2                          | 6.3   | 6.4           | 6.6                       | 6.7   | 5.8                                  | 6.1   | 6.0           | 6.0   | 5.7   |
| Upper 2.5 percentile   | 37.6                         | 35.2  | 36.8          | 33.6                      | 34.9  | 35.1                                 | 35.8  | 35.2          | 33.2  | 30.2  |
| Lower 2.5 percentile   | 12.8                         | 10.3  | 11.2          | 8.0                       | 8.6   | 12.6                                 | 9.9   | 11.3          | 8.5   | 8.8   |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients      | Survey and age group (years) |       |               |                           |   |                                      |               |       |      |      |
|-----------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|---------------|-------|------|------|
|                             | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |               |       |      |      |
|                             | Boys                         |       | Total<br>boys | Men                       | 65+   | Boys                                 |               |       | Men  |      |
| 4-10                        | 11-18                        | 19-64 |               | 4-10                      |   | 11-18                                | Total<br>boys | 19-64 | 65+  |      |
| Intrinsic and milk sugars g |                              |       |               |                           |   |                                      |               |       |      |      |
| Mean                        | 32.4                         | 32.1  | 32.2          | 40.7                      | 39.1  | 37.2                                 | 32.6          | 34.6  | 38.5 | 45.0 |
| Median                      | 30.7                         | 29.5  | 30.2          | 35.7                      | 37.9  | 33.2                                 | 28.7          | 31.2  | 34.8 | 44.9 |
| sd                          | 12.8                         | 15.4  | 14.1          | 23.0                      | 16.2  | 14.5                                 | 17.2          | 16.2  | 21.2 | 21.3 |
| Upper 2.5 percentile        | 62.9                         | 70.3  | 66.6          | 93.2                      | 74.4  | 70.8                                 | 79.5          | 74.1  | 90.5 | 99.2 |
| Lower 2.5 percentile        | 12.1                         | 10.2  | 11.2          | 10.0                      | 12.3  | 15.9                                 | 11.8          | 12.2  | 10.7 | 13.3 |
| % food energy               |                              |       |               |                           |   |                                      |               |       |      |      |
| Mean                        | 7.3                          | 5.7   | 6.5           | 7.1                       | 8.0   | 8.8                                  | 6.1           | 7.3   | 7.2  | 9.1  |
| Median                      | 7.0                          | 5.5   | 6.2           | 6.4                       | 7.8   | 8.0                                  | 5.6           | 6.7   | 6.8  | 8.4  |
| sd                          | 2.6                          | 2.2   | 2.6           | 3.7                       | 2.8   | 3.1                                  | 2.7           | 3.2   | 3.6  | 3.8  |
| Upper 2.5 percentile        | 13.2                         | 11.4  | 12.7          | 15.9                      | 13.9  | 16.2                                 | 13.3          | 14.4  | 16.1 | 20.1 |
| Lower 2.5 percentile        | 3.2                          | 2.4   | 2.6           | 2.4                       | 3.3   | 3.9                                  | 2.8           | 3.0   | 2.6  | 3.5  |
| % total energy              |                              |       |               |                           |   |                                      |               |       |      |      |
| Mean                        | 7.3                          | 5.7   | 6.5           | 6.7                       | 7.7   | 8.8                                  | 6.1           | 7.3   | 6.8  | 8.7  |
| Median                      | 7.0                          | 5.4   | 6.2           | 5.9                       | 7.6   | 8.0                                  | 5.5           | 6.7   | 6.2  | 8.0  |
| sd                          | 2.6                          | 2.2   | 2.6           | 3.6                       | 2.8   | 3.1                                  | 2.7           | 3.2   | 3.6  | 3.7  |
| Upper 2.5 percentile        | 13.2                         | 11.1  | 12.6          | 15.1                      | 13.8  | 16.2                                 | 13.3          | 14.4  | 15.2 | 18.9 |
| Lower 2.5 percentile        | 3.2                          | 2.4   | 2.6           | 2.2                       | 3.0   | 3.9                                  | 2.6           | 3.0   | 2.4  | 2.7  |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Energy, macronutrients             | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|------------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                                    | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                                    | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       | Total<br>boys | Men   |       |
|                                    | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 |               | 19-64 | 65+   |
| Non-milk extrinsic sugars (NMES) g |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                               | 77.4                         | 93.7  | 85.3          | 78.0                      | 64.0  | 61.7                                 | 85.6  | 75.0          | 71.8  | 56.1  |
| Median                             | 73.9                         | 87.9  | 78.9          | 69.3                      | 60.0  | 58.1                                 | 79.1  | 68.3          | 65.4  | 53.5  |
| sd                                 | 32.3                         | 47.3  | 41.1          | 47.0                      | 37.6  | 27.0                                 | 41.0  | 37.4          | 44.4  | 31.5  |
| Upper 2.5 percentile               | 153.0                        | 198.8 | 184.8         | 192.1                     | 150.5   | 127.3                                | 182.8 | 164.2         | 179.5 | 132.7 |
| Lower 2.5 percentile               | 24.8                         | 21.9  | 24.1          | 10.7                      | 6.7   | 19.8                                 | 18.4  | 19.3          | 11.9  | 9.2   |
| % food energy                      |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                               | 17.2                         | 16.4  | 16.8          | 13.5                      | 13.0  | 14.4                                 | 16.0  | 15.3          | 12.9  | 11.2  |
| Median                             | 16.8                         | 16.1  | 16.4          | 12.4                      | 12.4  | 13.8                                 | 15.2  | 14.4          | 12.1  | 10.5  |
| sd                                 | 5.9                          | 6.2   | 6.0           | 7.2                       | 7.1   | 5.2                                  | 6.3   | 5.9           | 6.5   | 5.4   |
| Upper 2.5 percentile               | 29.1                         | 31.5  | 29.5          | 30.0                      | 27.8  | 26.3                                 | 32.1  | 30.3          | 25.8  | 21.1  |
| Lower 2.5 percentile               | 7.0                          | 5.8   | 6.4           | 2.7                       | 1.9   | 5.2                                  | 5.5   | 5.2           | 2.9   | 2.1   |
| % total energy                     |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                               | 17.2                         | 16.2  | 16.7          | 12.5                      | 12.4  | 14.4                                 | 15.8  | 15.2          | 11.9  | 10.6  |
| Median                             | 16.8                         | 15.8  | 16.3          | 11.5                      | 12.2  | 13.8                                 | 14.9  | 14.4          | 11.4  | 10.1  |
| sd                                 | 5.9                          | 6.1   | 6.0           | 6.3                       | 6.6   | 5.2                                  | 6.0   | 5.7           | 5.6   | 5.2   |
| Upper 2.5 percentile               | 29.1                         | 31.5  | 29.4          | 27.3                      | 26.3  | 26.3                                 | 30.3  | 29.4          | 24.1  | 20.2  |
| Lower 2.5 percentile               | 7.0                          | 5.7   | 6.3           | 2.5                       | 1.9   | 5.2                                  | 5.5   | 5.2           | 2.9   | 1.8   |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients               | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|--------------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                                      | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                                      | Boys                         |       | Total<br>boys | Men                       |   | Boys                                 |       | Total<br>boys | Men   |      |
|                                      | 4-10                         | 11-18 |               | 19-64                     | 65+   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Intrinsic and milk sugars and starch |                              |       |               |                           |   |                                      |       |               |       |      |
| % food energy                        |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                                 | 34.8                         | 34.6  | 34.7          | 34.4                      | 34.6  | 37.4                                 | 34.9  | 36.0          | 34.2  | 34.6 |
| Median                               | 34.2                         | 34.6  | 34.4          | 34.3                      | 34.2  | 37.4                                 | 34.8  | 36.1          | 33.4  | 34.4 |
| sd                                   | 5.0                          | 5.6   | 5.3           | 7.0                       | 6.0   | 4.6                                  | 5.6   | 5.3           | 6.4   | 6.2  |
| Upper 2.5 percentile                 | 45.1                         | 46.4  | 45.6          | 49.2                      | 47.7  | 46.3                                 | 46.9  | 46.9          | 49.3  | 48.9 |
| Lower 2.5 percentile                 | 25.8                         | 23.8  | 25.2          | 21.5                      | 22.9  | 28.8                                 | 23.7  | 24.1          | 23.0  | 20.0 |
| % total energy                       |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                                 | 34.8                         | 34.2  | 34.5          | 32.4                      | 33.3  | 37.4                                 | 34.6  | 35.8          | 32.1  | 33.0 |
| Median                               | 34.2                         | 34.1  | 34.2          | 32.4                      | 33.2  | 37.4                                 | 34.6  | 36.1          | 31.6  | 33.5 |
| sd                                   | 5.0                          | 5.7   | 5.4           | 7.7                       | 6.6   | 4.6                                  | 5.9   | 5.5           | 7.4   | 6.8  |
| Upper 2.5 percentile                 | 45.1                         | 45.8  | 45.4          | 48.0                      | 47.7  | 46.3                                 | 46.9  | 46.9          | 49.3  | 48.9 |
| Lower 2.5 percentile                 | 25.8                         | 23.1  | 24.4          | 18.1                      | 19.2  | 28.8                                 | 21.9  | 23.5          | 19.2  | 18.8 |

Table 5.23a (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Energy, macronutrients            | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|-----------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                                   | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                                   | Boys                         |       | Total<br>boys | Men<br>19-64              | 65+   | Boys                                 |       | Total<br>boys | Men   |      |
|                                   | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Non starch polysaccharide (NSP) g |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                              | 9.8                          | 12.5  | 11.1          | 15.5                      | 13.4  | 11.4                                 | 12.7  | 12.1          | 14.9  | 14.8 |
| Median                            | 9.4                          | 11.7  | 10.5          | 14.7                      | 12.5  | 11.2                                 | 12.2  | 11.7          | 13.7  | 14.1 |
| sd                                | 3.4                          | 4.6   | 4.2           | 6.6                       | 5.8   | 3.4                                  | 4.2   | 3.9           | 5.6   | 5.6  |
| Upper 2.5 percentile              | 17.6                         | 23.7  | 20.7          | 30.9                      | 26.1  | 20.0                                 | 22.1  | 21.6          | 29.1  | 26.6 |
| Lower 2.5 percentile              | 4.5                          | 5.8   | 4.8           | 5.6                       | 4.5   | 5.8                                  | 6.1   | 5.8           | 6.3   | 4.6  |
| <i>Bases (unweighted)</i>         | 440                          | 416   | 856           | 833                       | 632   | 210                                  | 238   | 448           | 346   | 96   |

Table 5.23b

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |      |
|------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|------|
|                        | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |      |
|                        | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |      |
|                        | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 |                | 19-64 | 65+  |
| Total Energy MJ        |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 6.34                         | 6.99  | 6.68           | 6.88                      | 5.97  | 6.40                                 | 6.89  | 6.67           | 6.88  | 6.39 |
| Median                 | 6.31                         | 6.92  | 6.61           | 6.84                      | 5.92  | 6.45                                 | 6.90  | 6.62           | 6.72  | 6.20 |
| sd                     | 1.36                         | 1.78  | 1.63           | 1.91                      | 1.41  | 1.32                                 | 1.74  | 1.58           | 2.00  | 1.34 |
| Upper 2.5 percentile   | 8.99                         | 10.58 | 10.08          | 10.75                     | 8.80  | 8.87                                 | 10.25 | 9.78           | 11.37 | 8.92 |
| Lower 2.5 percentile   | 3.81                         | 3.63  | 3.65           | 3.08                      | 3.20  | 3.78                                 | 3.57  | 3.78           | 3.14  | 4.12 |
| Total Energy kcal      |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 1509                         | 1663  | 1590           | 1635                      | 1420  | 1519                                 | 1637  | 1585           | 1638  | 1522 |
| Median                 | 1502                         | 1647  | 1575           | 1627                      | 1406  | 1531                                 | 1637  | 1573           | 1604  | 1470 |
| sd                     | 325                          | 423   | 388            | 455                       | 336   | 314                                  | 413   | 377            | 477   | 319  |
| Upper 2.5 percentile   | 2142                         | 2511  | 2405           | 2553                      | 2104  | 2114                                 | 2437  | 2331           | 2700  | 2111 |
| Lower 2.5 percentile   | 901                          | 862   | 867            | 731                       | 762   | 900                                  | 850   | 893            | 747   | 980  |
| Food Energy MJ         |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 6.34                         | 6.92  | 6.65           | 6.61                      | 5.89  | 6.35                                 | 6.78  | 6.59           | 6.53  | 6.22 |
| Median                 | 6.31                         | 6.81  | 6.59           | 6.55                      | 5.85  | 6.41                                 | 6.77  | 6.55           | 6.43  | 6.04 |
| sd                     | 1.36                         | 1.77  | 1.62           | 1.87                      | 1.39  | 1.31                                 | 1.69  | 1.55           | 1.85  | 1.34 |
| Upper 2.5 percentile   | 8.99                         | 10.51 | 10.02          | 10.45                     | 8.60  | 8.84                                 | 10.20 | 9.59           | 9.93  | 8.71 |
| Lower 2.5 percentile   | 3.81                         | 3.55  | 3.63           | 2.92                      | 3.20  | 3.77                                 | 3.56  | 3.74           | 3.10  | 3.63 |
| Food Energy kcal       |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 1509                         | 1646  | 1581           | 1570                      | 1400  | 1518                                 | 1622  | 1576           | 1560  | 1486 |
| Median                 | 1501                         | 1619  | 1567           | 1553                      | 1389  | 1531                                 | 1617  | 1565           | 1538  | 1444 |
| sd                     | 325                          | 421   | 385            | 445                       | 330   | 314                                  | 403   | 369            | 442   | 320  |
| Upper 2.5 percentile   | 2142                         | 2498  | 2385           | 2482                      | 2050  | 2114                                 | 2437  | 2292           | 2373  | 2081 |
| Lower 2.5 percentile   | 901                          | 843   | 864            | 691                       | 762   | 900                                  | 850   | 893            | 741   | 867  |



Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |       |
|------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|-------|
|                        | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |       |
|                        | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |       |
|                        | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 |                | 19-64 | 65+   |
| Protein g              |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                   | 48.4                         | 54.7  | 51.7           | 63.6                      | 56.0  | 53.9                                 | 57.3  | 55.8           | 65.4  | 64.2  |
| Median                 | 48.0                         | 54.1  | 51.0           | 63.4                      | 55.9  | 53.4                                 | 57.2  | 56.1           | 64.5  | 64.1  |
| sd                     | 12.5                         | 15.5  | 14.5           | 18.3                      | 13.4  | 12.6                                 | 14.9  | 14.0           | 18.1  | 13.9  |
| Upper 2.5 percentile   | 72.2                         | 87.5  | 84.3           | 100.7                     | 84.9  | 81.6                                 | 84.4  | 84.0           | 101.7 | 100.6 |
| Lower 2.5 percentile   | 26.3                         | 26.2  | 26.3           | 27.8                      | 29.8  | 31.8                                 | 19.7  | 27.4           | 32.1  | 38.0  |
| % food energy          |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                   | 12.9                         | 13.5  | 13.2           | 16.6                      | 16.4  | 14.3                                 | 14.3  | 14.3           | 17.3  | 17.5  |
| Median                 | 12.7                         | 13.2  | 13.0           | 16.2                      | 15.9  | 14.1                                 | 14.1  | 14.1           | 16.9  | 17.4  |
| sd                     | 2.2                          | 2.8   | 2.5            | 3.8                       | 3.7   | 2.3                                  | 2.6   | 2.4            | 4.2   | 3.1   |
| Upper 2.5 percentile   | 17.6                         | 20.0  | 18.9           | 25.9                      | 24.8  | 19.5                                 | 19.9  | 19.8           | 27.7  | 25.2  |
| Lower 2.5 percentile   | 9.2                          | 9.1   | 9.1            | 10.5                      | 10.6  | 10.4                                 | 10.1  | 10.3           | 11.2  | 12.5  |
| % total energy         |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                   | 12.9                         | 13.3  | 13.1           | 15.9                      | 16.1  | 14.3                                 | 14.2  | 14.2           | 16.5  | 17.1  |
| Median                 | 12.7                         | 13.1  | 12.9           | 15.5                      | 15.7  | 14.1                                 | 13.8  | 14.0           | 16.0  | 17.0  |
| sd                     | 2.2                          | 2.8   | 2.5            | 3.6                       | 3.7   | 2.3                                  | 2.6   | 2.5            | 4.1   | 2.9   |
| Upper 2.5 percentile   | 17.6                         | 19.7  | 18.8           | 24.7                      | 24.8  | 19.5                                 | 19.8  | 19.8           | 26.6  | 23.2  |
| Lower 2.5 percentile   | 9.2                          | 8.8   | 9.1            | 10.1                      | 10.6  | 10.4                                 | 8.6   | 9.8            | 10.3  | 12.4  |

**Table 5.23b (continued)**

**Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age**

*Females aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |             |                     |  |                                      |             |       |       |      |
|------------------------|------------------------------|-------|-------------|---------------------|--|--------------------------------------|-------------|-------|-------|------|
|                        | 1997 NDNS Young People       |       |             | 2000/01 NDNS Adults | 1994/95 NDNS people aged 65 years and over | NDNS Rolling Programme Years 1 and 2 |             |       |       |      |
|                        | Girls                        |       | Total girls | Women               |  | Girls                                |             | Women |       |      |
| 4-10                   | 11-18                        | 19-64 |             | 65+                 | 4-10                                       | 11-18                                | Total girls | 19-64 | 65+   |      |
| Total fat g            |                              |       |             |                     |  |                                      |             |       |       |      |
| Mean                   | 60.3                         | 66.1  | 63.4        | 61.4                | 57.8                                       | 58.5                                 | 63.1        | 61.0  | 61.0  | 60.0 |
| Median                 | 59.6                         | 66.2  | 62.7        | 60.1                | 57.4                                       | 57.4                                 | 63.8        | 60.1  | 59.8  | 57.6 |
| sd                     | 15.7                         | 20.3  | 18.5        | 23.3                | 18.3                                       | 16.2                                 | 19.4        | 18.2  | 24.0  | 17.8 |
| Upper 2.5 percentile   | 94.4                         | 108.4 | 103.0       | 114.0               | 94.0                                       | 93.2                                 | 98.6        | 96.0  | 108.7 | 96.1 |
| Lower 2.5 percentile   | 32.4                         | 25.9  | 29.9        | 20.9                | 23.3                                       | 28.3                                 | 26.3        | 26.3  | 20.5  | 29.2 |
| % food energy          |                              |       |             |                     |  |                                      |             |       |       |      |
| Mean                   | 35.9                         | 36.0  | 35.9        | 34.7                | 36.8                                       | 34.4                                 | 34.6        | 34.5  | 34.4  | 35.9 |
| Median                 | 36.0                         | 36.1  | 36.1        | 34.9                | 37.1                                       | 34.5                                 | 35.0        | 34.8  | 34.9  | 36.8 |
| sd                     | 4.7                          | 5.6   | 5.2         | 7.1                 | 6.4  | 4.8                                  | 5.0         | 4.9   | 6.9   | 6.0  |
| Upper 2.5 percentile   | 45.1                         | 46.0  | 45.6        | 48.1                | 48.6                                       | 43.7                                 | 44.6        | 43.9  | 46.7  | 46.6 |
| Lower 2.5 percentile   | 25.9                         | 23.8  | 25.0        | 19.8                | 23.2                                       | 24.0                                 | 22.5        | 24.0  | 19.1  | 22.8 |
| % total energy         |                              |       |             |                     |  |                                      |             |       |       |      |
| Mean                   | 35.9                         | 35.6  | 35.7        | 33.4                | 36.3                                       | 34.4                                 | 34.3        | 34.4  | 32.9  | 35.1 |
| Median                 | 36.0                         | 35.8  | 36.0        | 33.6                | 36.7                                       | 34.5                                 | 34.8        | 34.7  | 33.5  | 35.5 |
| sd                     | 4.7                          | 5.6   | 5.2         | 7.1                 | 6.4  | 4.8                                  | 5.1         | 5.0   | 6.8   | 6.1  |
| Upper 2.5 percentile   | 45.1                         | 45.3  | 45.2        | 46.6                | 48.1                                       | 43.7                                 | 43.8        | 43.7  | 45.7  | 45.9 |
| Lower 2.5 percentile   | 25.9                         | 23.4  | 24.8        | 18.8                | 23.2                                       | 24.0                                 | 22.5        | 23.8  | 18.9  | 22.8 |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients  | Survey and age group (years) |       |                |                           |   |                                      |                |       |      |      |
|-------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|------|------|
|                         | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |      |      |
|                         | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |      |      |
| 4-10                    | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+  |      |
| Saturated fatty acids g |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                    | 24.9                         | 25.7  | 25.3           | 23.4                      | 24.7  | 22.8                                 | 22.9           | 22.8  | 22.4 | 24.0 |
| Median                  | 24.6                         | 24.8  | 24.7           | 22.2                      | 23.4  | 22.4                                 | 22.0           | 22.2  | 21.4 | 23.1 |
| sd                      | 7.0                          | 9.0   | 8.1            | 10.2                      | 9.5   | 7.2                                  | 7.8            | 7.5   | 10.0 | 9.1  |
| Upper 2.5 percentile    | 39.6                         | 43.4  | 42.6           | 47.0                      | 45.7  | 38.4                                 | 38.4           | 38.4  | 42.9 | 41.0 |
| Lower 2.5 percentile    | 12.1                         | 9.2   | 10.5           | 7.2                       | 9.0   | 9.8                                  | 8.8            | 8.8   | 6.9  | 9.1  |
| % food energy           |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                    | 14.8                         | 13.9  | 14.3           | 13.1                      | 15.7  | 13.4                                 | 12.6           | 12.9  | 12.6 | 14.3 |
| Median                  | 14.7                         | 13.8  | 14.3           | 13.1                      | 15.5  | 13.5                                 | 12.6           | 13.0  | 12.5 | 14.6 |
| sd                      | 2.7                          | 2.8   | 2.8            | 3.6                       | 4.1   | 2.7                                  | 2.6            | 2.6   | 3.4  | 3.8  |
| Upper 2.5 percentile    | 20.4                         | 19.7  | 19.9           | 20.2                      | 24.3  | 18.5                                 | 17.7           | 18.3  | 19.2 | 20.8 |
| Lower 2.5 percentile    | 9.4                          | 8.6   | 8.7            | 6.5                       | 7.9   | 8.2                                  | 7.3            | 7.4   | 6.5  | 6.6  |
| % total energy          |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                    | 14.8                         | 13.7  | 14.2           | 12.6                      | 15.5  | 13.4                                 | 12.5           | 12.9  | 12.1 | 14.0 |
| Median                  | 14.7                         | 13.7  | 14.2           | 12.6                      | 15.3  | 13.5                                 | 12.5           | 13.0  | 11.9 | 14.0 |
| sd                      | 2.7                          | 2.8   | 2.8            | 3.6                       | 4.1   | 2.7                                  | 2.6            | 2.7   | 3.4  | 3.8  |
| Upper 2.5 percentile    | 20.4                         | 19.4  | 19.9           | 19.8                      | 23.7  | 18.5                                 | 17.7           | 18.3  | 19.0 | 20.6 |
| Lower 2.5 percentile    | 9.4                          | 8.5   | 8.6            | 6.3                       | 7.9   | 8.2                                  | 7.3            | 7.4   | 6.0  | 6.5  |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients             | Survey and age group (years) |       |                |                           |   |                                      |                |       |      |      |
|------------------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|------|------|
|                                    | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |      |      |
|                                    | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |      |      |
| 4-10                               | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+  |      |
| Cis mono-unsaturated fatty acids g |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                               | 19.6                         | 21.8  | 20.7           | 20.1                      | 17.4  | 20.8                                 | 23.6           | 22.4  | 21.6 | 19.9 |
| Median                             | 19.3                         | 21.7  | 20.3           | 19.6                      | 17.2  | 20.4                                 | 23.1           | 21.7  | 21.3 | 19.5 |
| sd                                 | 5.4                          | 7.1   | 6.4            | 8.0                       | 5.7   | 6.1                                  | 8.0            | 7.4   | 9.0  | 6.1  |
| Upper 2.5 percentile               | 31.0                         | 35.8  | 34.6           | 38.4                      | 28.5  | 34.9                                 | 39.4           | 37.3  | 41.2 | 31.9 |
| Lower 2.5 percentile               | 10.0                         | 8.5   | 9.4            | 6.3                       | 7.0   | 9.9                                  | 9.1            | 9.9   | 6.4  | 9.6  |
| % food energy                      |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                               | 11.7                         | 11.9  | 11.8           | 11.4                      | 11.1  | 12.2                                 | 12.9           | 12.6  | 12.1 | 11.9 |
| Median                             | 11.6                         | 11.9  | 11.7           | 11.4                      | 11.1  | 12.1                                 | 13.0           | 12.7  | 12.2 | 12.0 |
| sd                                 | 1.9                          | 2.4   | 2.2            | 2.8                       | 2.2   | 2.1                                  | 2.5            | 2.4   | 3.0  | 2.3  |
| Upper 2.5 percentile               | 15.9                         | 16.4  | 16.3           | 17.0                      | 15.6  | 16.4                                 | 18.1           | 16.9  | 17.8 | 16.8 |
| Lower 2.5 percentile               | 7.9                          | 7.1   | 7.5            | 6.0                       | 6.7   | 7.7                                  | 8.0            | 8.0   | 5.2  | 7.8  |
| % total energy                     |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                               | 11.7                         | 11.7  | 11.7           | 11.0                      | 11.0  | 12.2                                 | 12.8           | 12.6  | 11.6 | 11.6 |
| Median                             | 11.6                         | 11.8  | 11.7           | 11.0                      | 10.9  | 12.1                                 | 12.8           | 12.6  | 11.7 | 11.7 |
| sd                                 | 1.9                          | 2.4   | 2.2            | 2.8                       | 2.2   | 2.1                                  | 2.6            | 2.4   | 2.9  | 2.3  |
| Upper 2.5 percentile               | 15.9                         | 16.4  | 16.2           | 16.5                      | 15.6  | 16.4                                 | 18.1           | 16.9  | 17.1 | 16.8 |
| Lower 2.5 percentile               | 7.9                          | 7.0   | 7.5            | 5.5                       | 6.7   | 7.7                                  | 8.0            | 8.0   | 5.2  | 7.7  |



Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients                | Survey and age group (years) |       |                |                           |   |                                      |                |       |      |      |
|---------------------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|------|------|
|                                       | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |      |      |
|                                       | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |      |      |
| 4-10                                  | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+  |      |
| Cis n-6 polyunsaturated fatty acids g |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                                  | 8.3                          | 10.3  | 9.3            | 9.3                       | 7.7   | 7.8                                  | 9.0            | 8.5   | 9.0  | 8.0  |
| Median                                | 7.6                          | 9.7   | 8.6            | 8.7                       | 6.7   | 7.2                                  | 8.6            | 8.0   | 8.7  | 7.6  |
| sd                                    | 3.2                          | 4.0   | 3.8            | 4.3                       | 4.0   | 3.2                                  | 3.5            | 3.4   | 4.1  | 2.9  |
| Upper 2.5 percentile                  | 15.9                         | 19.1  | 18.2           | 19.4                      | 17.4  | 16.4                                 | 16.2           | 16.4  | 17.6 | 16.4 |
| Lower 2.5 percentile                  | 3.5                          | 4.3   | 3.8            | 2.6                       | 2.1   | 2.9                                  | 3.4            | 3.1   | 2.6  | 3.8  |
| % food energy                         |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                                  | 4.9                          | 5.6   | 5.3            | 5.3                       | 4.9   | 4.6                                  | 4.9            | 4.8   | 5.1  | 4.9  |
| Median                                | 4.7                          | 5.5   | 5.0            | 5.0                       | 4.4   | 4.5                                  | 4.9            | 4.6   | 4.9  | 4.6  |
| sd                                    | 1.5                          | 1.8   | 1.7            | 1.9                       | 2.2   | 1.4                                  | 1.3            | 1.4   | 1.7  | 1.5  |
| Upper 2.5 percentile                  | 8.3                          | 9.7   | 9.3            | 9.5                       | 10.4  | 8.3                                  | 7.5            | 8.3   | 9.0  | 8.7  |
| Lower 2.5 percentile                  | 2.7                          | 2.8   | 2.8            | 2.4                       | 1.9   | 2.6                                  | 2.7            | 2.6   | 2.3  | 2.6  |
| % total energy                        |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                                  | 4.9                          | 5.6   | 5.3            | 5.1                       | 4.8   | 4.6                                  | 4.9            | 4.8   | 4.9  | 4.7  |
| Median                                | 4.7                          | 5.4   | 5.0            | 4.8                       | 4.4   | 4.5                                  | 4.9            | 4.6   | 4.7  | 4.5  |
| sd                                    | 1.5                          | 1.8   | 1.7            | 1.9                       | 2.2   | 1.4                                  | 1.3            | 1.4   | 1.6  | 1.5  |
| Upper 2.5 percentile                  | 8.3                          | 9.6   | 9.2            | 9.1                       | 10.3  | 8.3                                  | 7.5            | 8.3   | 8.8  | 8.6  |
| Lower 2.5 percentile                  | 2.7                          | 2.8   | 2.7            | 2.3                       | 1.9   | 2.6                                  | 2.6            | 2.6   | 2.1  | 2.4  |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |     |
|------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|-----|
|                        | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |     |
|                        | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |     |
| 4-10                   | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | 19-64 |                | 65+   |     |
| Trans fatty acids g    |                              |       |                |                           |   |                                      |       |                |       |     |
| Mean                   | 2.3                          | 2.4   | 2.4            | 2.0                       | 2.5   | 1.3                                  | 1.3   | 1.3            | 1.3   | 1.4 |
| Median                 | 2.2                          | 2.3   | 2.3            | 1.8                       | 2.4   | 1.2                                  | 1.3   | 1.3            | 1.2   | 1.4 |
| sd                     | 0.8                          | 1.1   | 1.0            | 1.1                       | 1.1   | 0.5                                  | 0.5   | 0.5            | 0.7   | 0.6 |
| Upper 2.5 percentile   | 4.3                          | 4.8   | 4.5            | 4.6                       | 5.1   | 2.3                                  | 2.5   | 2.3            | 2.8   | 2.9 |
| Lower 2.5 percentile   | 0.9                          | 0.7   | 0.8            | 0.4                       | 0.8   | 0.4                                  | 0.5   | 0.4            | 0.3   | 0.5 |
| % food energy          |                              |       |                |                           |   |                                      |       |                |       |     |
| Mean                   | 1.4                          | 1.3   | 1.3            | 1.1                       | 1.6   | 0.8                                  | 0.7   | 0.7            | 0.8   | 0.9 |
| Median                 | 1.3                          | 1.2   | 1.3            | 1.1                       | 1.6   | 0.7                                  | 0.7   | 0.7            | 0.7   | 0.8 |
| sd                     | 0.4                          | 0.4   | 0.4            | 0.5                       | 0.5   | 0.2                                  | 0.2   | 0.2            | 0.4   | 0.3 |
| Upper 2.5 percentile   | 2.2                          | 2.2   | 2.2            | 2.2                       | 2.7   | 1.3                                  | 1.3   | 1.3            | 1.4   | 1.5 |
| Lower 2.5 percentile   | 0.7                          | 0.6   | 0.6            | 0.4                       | 0.7   | 0.3                                  | 0.3   | 0.3            | 0.3   | 0.3 |
| % total energy         |                              |       |                |                           |   |                                      |       |                |       |     |
| Mean                   | 1.4                          | 1.3   | 1.3            | 1.1                       | 1.6   | 0.8                                  | 0.7   | 0.7            | 0.7   | 0.8 |
| Median                 | 1.3                          | 1.2   | 1.3            | 1.1                       | 1.5   | 0.7                                  | 0.7   | 0.7            | 0.7   | 0.8 |
| sd                     | 0.4                          | 0.4   | 0.4            | 0.5                       | 0.5   | 0.2                                  | 0.2   | 0.2            | 0.4   | 0.3 |
| Upper 2.5 percentile   | 2.2                          | 2.2   | 2.2            | 2.1                       | 2.7   | 1.3                                  | 1.3   | 1.3            | 1.4   | 1.5 |
| Lower 2.5 percentile   | 0.7                          | 0.6   | 0.6            | 0.3                       | 0.6   | 0.3                                  | 0.3   | 0.3            | 0.3   | 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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |      |
|------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|------|
|                        | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |      |
|                        | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |      |
| 4-10                   | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | 19-64 |                | 65+   |      |
| Total carbohydrate g   |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 206                          | 223   | 215            | 204                       | 175   | 207                                  | 220   | 214            | 200   | 184  |
| Median                 | 203                          | 219   | 211            | 202                       | 175   | 209                                  | 220   | 214            | 196   | 182  |
| sd                     | 48                           | 62    | 57             | 64                        | 47  | 44                                   | 58    | 53             | 63    | 45   |
| Upper 2.5 percentile   | 300                          | 353   | 342            | 328                       | 269   | 298                                  | 356   | 328            | 336   | 282  |
| Lower 2.5 percentile   | 116                          | 108   | 112            | 84                        | 82  | 130                                  | 102   | 120            | 84    | 112  |
| % food energy          |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 51.2                         | 50.8  | 51.0           | 48.7                      | 46.9  | 51.3                                 | 51.0  | 51.2           | 48.3  | 46.6 |
| Median                 | 51.4                         | 50.6  | 50.9           | 48.8                      | 46.7  | 50.8                                 | 50.9  | 50.9           | 48.2  | 46.1 |
| sd                     | 5.0                          | 5.9   | 5.5            | 7.3                       | 6.1   | 5.1                                  | 5.5   | 5.3            | 7.5   | 5.8  |
| Upper 2.5 percentile   | 61.0                         | 64.0  | 62.3           | 62.6                      | 58.0  | 62.2                                 | 61.0  | 61.1           | 63.8  | 58.9 |
| Lower 2.5 percentile   | 40.7                         | 39.9  | 40.2           | 34.3                      | 34.5  | 41.1                                 | 39.7  | 40.7           | 33.6  | 36.7 |
| % total energy         |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                   | 51.2                         | 50.3  | 50.7           | 46.8                      | 46.3  | 51.3                                 | 50.6  | 50.9           | 46.3  | 45.5 |
| Median                 | 51.3                         | 50.2  | 50.7           | 46.8                      | 46.0  | 50.8                                 | 50.5  | 50.7           | 46.7  | 45.1 |
| sd                     | 5.0                          | 6.1   | 5.6            | 7.7                       | 6.2   | 5.1                                  | 5.6   | 5.4            | 7.9   | 6.2  |
| Upper 2.5 percentile   | 61.0                         | 63.1  | 61.6           | 62.2                      | 57.4  | 62.2                                 | 61.0  | 61.0           | 61.6  | 58.9 |
| Lower 2.5 percentile   | 40.7                         | 38.4  | 39.6           | 31.2                      | 34.0  | 41.1                                 | 39.3  | 39.7           | 30.0  | 34.8 |



Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |                |                           |   |                                      |                |       |       |       |
|------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|-------|-------|
|                        | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |       |       |
|                        | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |       |       |
| 4-10                   | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+   |       |
| Starch g               |                              |       |                |                           |   |                                      |                |       |       |       |
| Mean                   | 107.3                        | 125.5 | 117.0          | 114.9                     | 95.8  | 112.3                                | 124.4          | 119.0 | 111.5 | 98.9  |
| Median                 | 104.2                        | 123.5 | 113.1          | 112.8                     | 94.5  | 110.4                                | 124.7          | 118.1 | 109.9 | 98.7  |
| sd                     | 28.2                         | 35.3  | 33.4           | 38.8                      | 26.3  | 25.1                                 | 36.6           | 32.5  | 37.8  | 25.6  |
| Upper 2.5 percentile   | 168.8                        | 202.8 | 191.7          | 194.2                     | 150.9   | 163.3                                | 198.3          | 182.2 | 183.8 | 148.7 |
| Lower 2.5 percentile   | 56.3                         | 61.5  | 59.7           | 42.7                      | 43.7  | 68.4                                 | 49.2           | 54.6  | 42.9  | 51.1  |
| % food energy          |                              |       |                |                           |   |                                      |                |       |       |       |
| Mean                   | 26.8                         | 28.9  | 27.9           | 27.6                      | 25.9  | 28.0                                 | 28.8           | 28.5  | 27.1  | 25.2  |
| Median                 | 26.5                         | 28.9  | 27.6           | 27.2                      | 25.7  | 27.6                                 | 28.9           | 28.6  | 26.9  | 25.2  |
| sd                     | 4.8                          | 5.2   | 5.1            | 6.2                       | 5.0   | 4.8                                  | 5.2            | 5.1   | 6.4   | 5.7   |
| Upper 2.5 percentile   | 38.2                         | 40.0  | 38.8           | 41.6                      | 37.8  | 38.2                                 | 38.0           | 38.0  | 40.9  | 36.8  |
| Lower 2.5 percentile   | 18.1                         | 19.7  | 18.9           | 16.3                      | 16.8  | 19.6                                 | 19.2           | 19.3  | 15.0  | 14.8  |
| % total energy         |                              |       |                |                           |   |                                      |                |       |       |       |
| Mean                   | 26.8                         | 28.6  | 27.8           | 26.6                      | 25.5  | 28.0                                 | 28.6           | 28.3  | 26.0  | 24.7  |
| Median                 | 26.5                         | 28.7  | 27.4           | 26.1                      | 25.5  | 27.6                                 | 28.8           | 28.4  | 25.5  | 24.5  |
| sd                     | 4.8                          | 5.3   | 5.1            | 6.4                       | 5.1   | 4.8                                  | 5.4            | 5.1   | 6.6   | 5.7   |
| Upper 2.5 percentile   | 38.2                         | 40.0  | 38.8           | 40.6                      | 37.7  | 38.2                                 | 38.0           | 38.0  | 40.9  | 36.8  |
| Lower 2.5 percentile   | 18.1                         | 19.0  | 18.7           | 15.0                      | 16.4  | 19.6                                 | 18.5           | 19.1  | 14.1  | 13.9  |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |       |
|------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|-------|
|                        | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |       |
|                        | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Women          |       |       |
|                        | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 | Total<br>girls | 19-64 | 65+   |
| Total sugars g         |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                   | 98.6                         | 97.3  | 97.9           | 88.6                      | 79.2  | 94.8                                 | 95.5  | 95.2           | 88.4  | 85.5  |
| Median                 | 95.3                         | 94.6  | 95.0           | 85.4                      | 75.6  | 91.7                                 | 92.3  | 91.7           | 80.9  | 81.2  |
| sd                     | 32.6                         | 40.3  | 36.9           | 40.5                      | 33.4  | 30.0                                 | 38.1  | 34.7           | 42.2  | 33.9  |
| Upper 2.5 percentile   | 166.6                        | 185.2 | 176.6          | 174.0                     | 155.3   | 150.2                                | 175.8 | 171.7          | 179.2 | 171.7 |
| Lower 2.5 percentile   | 36.5                         | 31.0  | 35.3           | 21.4                      | 23.5  | 42.8                                 | 34.4  | 37.0           | 26.4  | 32.3  |
| % food energy          |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                   | 24.4                         | 21.9  | 23.1           | 21.0                      | 21.0  | 23.3                                 | 22.2  | 22.7           | 21.2  | 21.3  |
| Median                 | 24.5                         | 21.6  | 23.1           | 20.4                      | 20.7  | 23.2                                 | 21.1  | 22.1           | 20.5  | 20.9  |
| sd                     | 5.9                          | 6.5   | 6.3            | 7.5                       | 6.6   | 5.3                                  | 7.0   | 6.3            | 7.2   | 6.3   |
| Upper 2.5 percentile   | 36.8                         | 34.6  | 35.5           | 37.8                      | 34.9  | 33.7                                 | 39.7  | 36.0           | 37.4  | 36.3  |
| Lower 2.5 percentile   | 13.1                         | 10.2  | 11.0           | 7.8                       | 9.4   | 13.9                                 | 9.9   | 11.3           | 8.5   | 9.6   |
| % total energy         |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                   | 24.4                         | 21.7  | 23.0           | 20.2                      | 20.7  | 23.3                                 | 22.0  | 22.6           | 20.3  | 20.8  |
| Median                 | 24.5                         | 21.5  | 23.0           | 19.5                      | 20.4  | 23.2                                 | 21.1  | 22.1           | 19.4  | 20.7  |
| sd                     | 5.9                          | 6.4   | 6.3            | 7.2                       | 6.6   | 5.3                                  | 6.9   | 6.2            | 6.9   | 6.2   |
| Upper 2.5 percentile   | 36.8                         | 34.2  | 35.5           | 36.0                      | 34.3  | 33.7                                 | 39.7  | 36.0           | 37.1  | 34.2  |
| Lower 2.5 percentile   | 13.1                         | 9.9   | 11.0           | 7.5                       | 9.4   | 13.9                                 | 9.9   | 11.3           | 8.3   | 9.6   |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients      | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |      |
|-----------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|------|
|                             | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |      |
|                             | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |      |
|                             | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 |                | 19-64 | 65+  |
| Intrinsic and milk sugars g |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                        | 29.4                         | 26.9  | 28.1           | 37.0                      | 35.6  | 35.6                                 | 28.4  | 31.6           | 36.0  | 40.9 |
| Median                      | 28.0                         | 23.9  | 26.1           | 34.6                      | 33.0  | 34.0                                 | 26.3  | 30.4           | 32.6  | 38.0 |
| sd                          | 11.6                         | 13.7  | 12.8           | 18.9                      | 15.6  | 13.9                                 | 13.5  | 14.1           | 18.3  | 16.9 |
| Upper 2.5 percentile        | 56.1                         | 58.0  | 56.7           | 80.0                      | 72.6  | 68.9                                 | 63.6  | 66.9           | 71.6  | 80.1 |
| Lower 2.5 percentile        | 10.4                         | 8.7   | 9.4            | 9.7                       | 12.4  | 13.6                                 | 10.3  | 10.8           | 12.3  | 15.5 |
| % food energy               |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                        | 7.3                          | 6.1   | 6.7            | 9.0                       | 9.7   | 8.9                                  | 6.9   | 7.8            | 9.0   | 10.4 |
| Median                      | 7.1                          | 5.6   | 6.3            | 8.1                       | 8.8   | 8.4                                  | 5.9   | 7.2            | 8.1   | 9.6  |
| sd                          | 2.6                          | 2.8   | 2.8            | 4.4                       | 3.9   | 3.5                                  | 3.7   | 3.7            | 4.5   | 4.0  |
| Upper 2.5 percentile        | 13.4                         | 12.5  | 13.2           | 19.4                      | 19.8  | 16.7                                 | 17.5  | 17.5           | 21.7  | 21.2 |
| Lower 2.5 percentile        | 3.2                          | 2.6   | 2.8            | 2.9                       | 3.8   | 3.5                                  | 2.5   | 2.5            | 3.4   | 4.8  |
| % total energy              |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                        | 7.3                          | 6.1   | 6.7            | 8.7                       | 9.5   | 8.9                                  | 6.9   | 7.8            | 8.7   | 10.1 |
| Median                      | 7.1                          | 5.6   | 6.3            | 7.9                       | 8.8   | 8.4                                  | 5.9   | 7.2            | 7.9   | 9.5  |
| sd                          | 2.6                          | 2.8   | 2.8            | 4.3                       | 3.9   | 3.5                                  | 3.6   | 3.7            | 4.5   | 3.9  |
| Upper 2.5 percentile        | 13.4                         | 12.1  | 13.2           | 18.8                      | 19.1  | 16.7                                 | 17.1  | 17.1           | 20.6  | 20.5 |
| Lower 2.5 percentile        | 3.2                          | 2.5   | 2.8            | 2.8                       | 3.8   | 3.5                                  | 2.3   | 2.5            | 3.1   | 4.3  |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients             | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |       |
|------------------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|-------|
|                                    | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |       |
|                                    | Girls                        |       | Total<br>girls | Women<br>19-64            | 65+   | Girls                                |       | Total<br>girls | Women |       |
| 4-10                               | 11-18                        | 4-10  |                |                           |   | 11-18                                | 19-64 |                | 65+   |       |
| Non-milk extrinsic sugars (NMES) g |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                               | 69.2                         | 70.4  | 69.8           | 51.6                      | 43.6  | 59.2                                 | 67.1  | 63.6           | 52.4  | 44.7  |
| Median                             | 66.1                         | 66.7  | 66.3           | 45.1                      | 39.6  | 56.3                                 | 61.2  | 59.2           | 43.1  | 39.1  |
| sd                                 | 28.1                         | 35.0  | 31.9           | 34.5                      | 27.2  | 24.8                                 | 35.9  | 31.6           | 38.6  | 25.1  |
| Upper 2.5 percentile               | 130.8                        | 148.6 | 144.0          | 134.3                     | 102.6   | 107.6                                | 150.3 | 138.1          | 133.5 | 117.4 |
| Lower 2.5 percentile               | 22.2                         | 15.6  | 17.5           | 4.1                       | 4.7   | 17.4                                 | 12.5  | 15.3           | 6.5   | 3.0   |
| % food energy                      |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                               | 17.1                         | 15.8  | 16.4           | 12.0                      | 11.3  | 14.3                                 | 15.3  | 14.9           | 12.2  | 11.0  |
| Median                             | 16.8                         | 15.5  | 16.1           | 10.9                      | 10.7  | 14.1                                 | 14.4  | 14.4           | 11.2  | 10.5  |
| sd                                 | 5.7                          | 6.2   | 6.0            | 7.1                       | 5.9   | 4.7                                  | 6.6   | 5.8            | 7.0   | 5.0   |
| Upper 2.5 percentile               | 29.0                         | 28.2  | 28.4           | 29.0                      | 24.0  | 23.6                                 | 30.9  | 29.0           | 27.5  | 22.8  |
| Lower 2.5 percentile               | 6.7                          | 4.3   | 5.6            | 1.3                       | 1.9   | 6.1                                  | 3.3   | 3.9            | 2.2   | 1.0   |
| % total energy                     |                              |       |                |                           |   |                                      |       |                |       |       |
| Mean                               | 17.0                         | 15.6  | 16.3           | 11.5                      | 11.2  | 14.3                                 | 15.1  | 14.8           | 11.6  | 10.7  |
| Median                             | 16.8                         | 15.3  | 16.0           | 10.4                      | 10.6  | 14.1                                 | 14.4  | 14.3           | 10.6  | 10.2  |
| sd                                 | 5.7                          | 6.2   | 6.0            | 6.7                       | 5.9   | 4.7                                  | 6.3   | 5.7            | 6.5   | 4.9   |
| Upper 2.5 percentile               | 29.0                         | 28.0  | 28.4           | 27.0                      | 24.0  | 23.6                                 | 29.0  | 27.9           | 27.5  | 22.1  |
| Lower 2.5 percentile               | 6.7                          | 4.2   | 5.6            | 1.3                       | 1.9   | 6.1                                  | 3.3   | 3.9            | 2.2   | 1.0   |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Energy, macronutrients               | Survey and age group (years) |       |                |                           |   |                                      |                |       |      |      |
|--------------------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|------|------|
|                                      | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |      |      |
|                                      | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |      |      |
| 4-10                                 | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+  |      |
| Intrinsic and milk sugars and starch |                              |       |                |                           |   |                                      |                |       |      |      |
| % food energy                        |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                                 | 34.2                         | 35.0  | 34.6           | 36.7                      | 35.5  | 37.0                                 | 35.7           | 36.3  | 36.1 | 35.6 |
| Median                               | 33.7                         | 34.9  | 34.3           | 36.3                      | 35.2  | 37.1                                 | 35.3           | 36.2  | 35.7 | 35.1 |
| sd                                   | 5.0                          | 5.9   | 5.5            | 7.2                       | 5.8   | 5.2                                  | 6.0            | 5.7   | 7.3  | 5.7  |
| Upper 2.5 percentile                 | 45.8                         | 47.2  | 46.8           | 51.2                      | 48.2  | 48.0                                 | 48.2           | 48.2  | 52.3 | 48.9 |
| Lower 2.5 percentile                 | 25.4                         | 25.0  | 25.1           | 23.0                      | 25.4  | 27.7                                 | 25.4           | 26.1  | 23.0 | 25.6 |
| % total energy                       |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                                 | 34.2                         | 34.7  | 34.4           | 35.3                      | 35.1  | 37.0                                 | 35.4           | 36.1  | 34.7 | 34.8 |
| Median                               | 33.7                         | 34.5  | 34.1           | 35.0                      | 34.6  | 37.1                                 | 35.1           | 36.1  | 34.5 | 34.3 |
| sd                                   | 5.0                          | 6.0   | 5.6            | 7.5                       | 5.9   | 5.2                                  | 6.2            | 5.8   | 7.8  | 5.9  |
| Upper 2.5 percentile                 | 45.8                         | 47.2  | 46.8           | 50.7                      | 48.2  | 48.0                                 | 48.2           | 48.2  | 52.3 | 46.7 |
| Lower 2.5 percentile                 | 25.4                         | 24.1  | 24.6           | 20.9                      | 24.7  | 27.7                                 | 24.6           | 26.0  | 20.7 | 23.7 |

Table 5.23b (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

*Females aged 4 years and over*

| Energy, macronutrients            | Survey and age group (years) |       |                |                           |   |                                      |                |       |      |      |
|-----------------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|------|------|
|                                   | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |      |      |
|                                   | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |      |      |
| 4-10                              | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+  |      |
| Non starch polysaccharide (NSP) g |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                              | 9.0                          | 10.4  | 9.8            | 12.6                      | 10.9  | 10.7                                 | 10.9           | 10.8  | 12.8 | 12.3 |
| Median                            | 8.7                          | 9.9   | 9.3            | 11.9                      | 10.3  | 10.4                                 | 10.5           | 10.4  | 12.4 | 11.7 |
| sd                                | 3.2                          | 3.9   | 3.7            | 5.4                       | 4.7   | 3.1                                  | 3.5            | 3.3   | 4.5  | 3.9  |
| Upper 2.5 percentile              | 16.4                         | 19.6  | 18.1           | 24.8                      | 21.4  | 17.8                                 | 19.1           | 18.6  | 23.3 | 20.9 |
| Lower 2.5 percentile              | 4.3                          | 4.6   | 4.4            | 4.4                       | 3.7   | 5.6                                  | 4.5            | 4.9   | 4.5  | 6.3  |
| <i>Bases (unweighted)</i>         | 397                          | 448   | 845            | 891                       | 643   | 213                                  | 215            | 428   | 461  | 128  |

Table 5.23c

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients   | Survey and age group (years) |       |                           |   |                                      |       |       |       |
|--------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-------|
|                          | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                          | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+   |
| <b>Total Energy MJ</b>   |                              |       |                           |   |                                      |       |       |       |
| Mean                     | 6.73                         | 7.94  | 8.14                      | 6.83  | 6.55                                 | 7.69  | 8.06  | 7.23  |
| Median                   | 6.68                         | 7.79  | 7.88                      | 6.63  | 6.52                                 | 7.56  | 7.72  | 6.91  |
| sd                       | 1.58                         | 2.35  | 2.71                      | 1.94  | 1.33                                 | 2.10  | 2.78  | 1.98  |
| Upper 2.5 percentile     | 10.15                        | 13.04 | 13.97                     | 11.07   | 9.50                                 | 11.99 | 13.82 | 11.64 |
| Lower 2.5 percentile     | 3.85                         | 3.94  | 3.50                      | 3.44  | 4.06                                 | 4.03  | 3.65  | 4.03  |
| <b>Total Energy kcal</b> |                              |       |                           |   |                                      |       |       |       |
| Mean                     | 1601                         | 1889  | 1934                      | 1626  | 1556                                 | 1827  | 1918  | 1721  |
| Median                   | 1587                         | 1849  | 1873                      | 1578  | 1548                                 | 1796  | 1840  | 1635  |
| sd                       | 375                          | 559   | 646                       | 463   | 316                                  | 499   | 664   | 471   |
| Upper 2.5 percentile     | 2420                         | 3104  | 3314                      | 2644  | 2255                                 | 2858  | 3292  | 2771  |
| Lower 2.5 percentile     | 913                          | 937   | 828                       | 822   | 959                                  | 959   | 864   | 955   |
| <b>Food Energy MJ</b>    |                              |       |                           |   |                                      |       |       |       |
| Mean                     | 6.73                         | 7.85  | 7.70                      | 6.64  | 6.51                                 | 7.56  | 7.51  | 6.92  |
| Median                   | 6.68                         | 7.69  | 7.47                      | 6.45  | 6.48                                 | 7.46  | 7.32  | 6.69  |
| sd                       | 1.58                         | 2.31  | 2.56                      | 1.83  | 1.32                                 | 2.03  | 2.45  | 1.86  |
| Upper 2.5 percentile     | 10.15                        | 12.91 | 13.19                     | 10.69   | 9.43                                 | 11.87 | 12.59 | 10.99 |
| Lower 2.5 percentile     | 3.85                         | 3.94  | 3.30                      | 3.35  | 4.01                                 | 4.01  | 3.39  | 3.69  |
| <b>Food Energy kcal</b>  |                              |       |                           |   |                                      |       |       |       |
| Mean                     | 1601                         | 1867  | 1829                      | 1580  | 1556                                 | 1807  | 1795  | 1655  |
| Median                   | 1587                         | 1830  | 1772                      | 1535  | 1548                                 | 1783  | 1750  | 1599  |
| sd                       | 375                          | 550   | 608                       | 437   | 316                                  | 485   | 586   | 445   |
| Upper 2.5 percentile     | 2420                         | 3064  | 3134                      | 2540  | 2255                                 | 2836  | 3009  | 2628  |
| Lower 2.5 percentile     | 913                          | 937   | 784                       | 804   | 959                                  | 959   | 810   | 882   |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |                     |  |                                      |       |       |       |
|------------------------|------------------------------|-------|---------------------|--|--------------------------------------|-------|-------|-------|
|                        | 1997 NDNS Young People       |       | 2000/01 NDNS Adults | 1994/95 NDNS people aged 65 years and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                        | 4-10                         | 11-18 | 19-64               | 65+  | 4-10                                 | 11-18 | 19-64 | 65+   |
| Protein g              |                              |       |                     |  |                                      |       |       |       |
| Mean                   | 50.8                         | 62.3  | 74.3                | 62.5                                       | 55.6                                 | 65.7  | 76.7  | 71.0  |
| Median                 | 49.6                         | 60.2  | 71.6                | 61.1                                       | 54.7                                 | 63.2  | 74.0  | 68.9  |
| sd                     | 13.9                         | 20.0  | 25.6                | 16.9                                       | 13.2                                 | 19.9  | 30.5  | 22.0  |
| Upper 2.5 percentile   | 81.4                         | 106.1 | 129.0               | 99.1                                       | 85.0                                 | 114.5 | 129.4 | 114.8 |
| Lower 2.5 percentile   | 27.0                         | 30.1  | 30.7                | 32.9                                       | 32.5                                 | 31.6  | 35.4  | 38.0  |
| % food energy          |                              |       |                     |  |                                      |       |       |       |
| Mean                   | 12.7                         | 13.5  | 16.6                | 16.2                                       | 14.4                                 | 14.7  | 17.5  | 17.4  |
| Median                 | 12.6                         | 13.2  | 16.2                | 15.7                                       | 14.1                                 | 14.4  | 16.8  | 17.1  |
| sd                     | 2.1                          | 2.7   | 3.7                 | 3.4  | 2.2                                  | 2.8   | 4.6   | 3.5   |
| Upper 2.5 percentile   | 17.6                         | 19.8  | 25.3                | 24.0                                       | 19.4                                 | 20.4  | 27.7  | 25.8  |
| Lower 2.5 percentile   | 9.1                          | 9.1   | 10.6                | 10.6                                       | 10.5                                 | 9.7   | 11.4  | 12.2  |
| % total energy         |                              |       |                     |  |                                      |       |       |       |
| Mean                   | 12.7                         | 13.3  | 15.7                | 15.8                                       | 14.4                                 | 14.5  | 16.5  | 16.7  |
| Median                 | 12.6                         | 13.1  | 15.3                | 15.2                                       | 14.1                                 | 14.3  | 15.8  | 16.4  |
| sd                     | 2.1                          | 2.7   | 3.6                 | 3.4  | 2.2                                  | 2.8   | 4.5   | 3.1   |
| Upper 2.5 percentile   | 17.6                         | 19.6  | 24.1                | 23.5                                       | 19.4                                 | 20.4  | 26.6  | 23.1  |
| Lower 2.5 percentile   | 9.1                          | 8.8   | 10.1                | 10.3                                       | 10.5                                 | 8.8   | 10.3  | 11.7  |



Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |                           |   |                                      |       |       |       |
|------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-------|
|                        | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                        | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+   |
| Total fat g            |                              |       |                           |   |                                      |       |       |       |
| Mean                   | 63.6                         | 74.6  | 72.2                      | 64.9  | 59.2                                 | 69.5  | 70.9  | 67.7  |
| Median                 | 62.2                         | 72.7  | 69.1                      | 62.3  | 59.1                                 | 67.8  | 68.7  | 65.5  |
| sd                     | 17.9                         | 25.1  | 29.8                      | 22.2  | 15.7                                 | 22.2  | 29.1  | 22.8  |
| Upper 2.5 percentile   | 102.8                        | 129.0 | 139.2                     | 111.9   | 93.2                                 | 112.6 | 137.1 | 115.8 |
| Lower 2.5 percentile   | 32.5                         | 31.1  | 23.3                      | 25.3  | 30.4                                 | 31.0  | 22.8  | 29.9  |
| % food energy          |                              |       |                           |   |                                      |       |       |       |
| Mean                   | 35.6                         | 35.8  | 35.1                      | 36.7  | 34.0                                 | 34.3  | 34.8  | 36.4  |
| Median                 | 35.8                         | 35.9  | 35.4                      | 36.9  | 34.3                                 | 34.5  | 35.4  | 37.0  |
| sd                     | 4.6                          | 5.4   | 6.8                       | 6.1   | 4.6                                  | 4.8   | 6.7   | 5.8   |
| Upper 2.5 percentile   | 44.7                         | 45.8  | 47.6                      | 48.4  | 42.1                                 | 43.1  | 46.7  | 47.5  |
| Lower 2.5 percentile   | 26.1                         | 25.0  | 21.2                      | 24.4  | 24.7                                 | 24.1  | 19.7  | 24.7  |
| % total energy         |                              |       |                           |   |                                      |       |       |       |
| Mean                   | 35.6                         | 35.4  | 33.3                      | 35.7  | 34.0                                 | 34.0  | 32.9  | 35.1  |
| Median                 | 35.8                         | 35.6  | 33.6                      | 35.9  | 34.3                                 | 34.2  | 33.5  | 35.4  |
| sd                     | 4.6                          | 5.4   | 6.9                       | 6.2   | 4.6                                  | 4.9   | 6.9   | 5.8   |
| Upper 2.5 percentile   | 44.7                         | 45.3  | 46.4                      | 47.2  | 42.1                                 | 43.0  | 45.5  | 45.9  |
| Lower 2.5 percentile   | 26.1                         | 24.3  | 19.3                      | 23.7  | 24.7                                 | 24.0  | 17.1  | 24.7  |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients  | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|-------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                         | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                         | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Saturated fatty acids g |                              |       |                           |   |                                      |       |       |      |
| Mean                    | 26.2                         | 29.1  | 27.3                      | 27.2  | 23.4                                 | 25.6  | 26.0  | 26.8 |
| Median                  | 25.7                         | 28.3  | 26.0                      | 25.4  | 23.1                                 | 24.7  | 24.8  | 26.1 |
| sd                      | 7.9                          | 10.8  | 12.6                      | 10.7  | 7.2                                  | 9.3   | 12.0  | 10.3 |
| Upper 2.5 percentile    | 42.8                         | 52.4  | 56.1                      | 52.4  | 37.0                                 | 45.2  | 51.9  | 48.4 |
| Lower 2.5 percentile    | 12.3                         | 11.2  | 8.0                       | 9.5   | 10.1                                 | 10.1  | 7.5   | 9.3  |
| % food energy           |                              |       |                           |   |                                      |       |       |      |
| Mean                    | 14.7                         | 13.9  | 13.2                      | 15.4  | 13.4                                 | 12.6  | 12.8  | 14.4 |
| Median                  | 14.6                         | 13.8  | 13.2                      | 15.1  | 13.4                                 | 12.6  | 12.6  | 14.6 |
| sd                      | 2.6                          | 2.7   | 3.4                       | 3.9   | 2.7                                  | 2.5   | 3.4   | 3.7  |
| Upper 2.5 percentile    | 20.1                         | 19.5  | 20.2                      | 23.6  | 19.0                                 | 17.8  | 19.8  | 21.1 |
| Lower 2.5 percentile    | 9.4                          | 8.8   | 6.7                       | 8.4   | 8.1                                  | 7.5   | 6.3   | 7.2  |
| % total energy          |                              |       |                           |   |                                      |       |       |      |
| Mean                    | 14.7                         | 13.7  | 12.6                      | 15.0  | 13.4                                 | 12.5  | 12.1  | 13.9 |
| Median                  | 14.6                         | 13.7  | 12.5                      | 14.7  | 13.4                                 | 12.5  | 12.0  | 13.9 |
| sd                      | 2.6                          | 2.7   | 3.4                       | 3.9   | 2.7                                  | 2.6   | 3.5   | 3.6  |
| Upper 2.5 percentile    | 20.1                         | 19.1  | 19.6                      | 23.2  | 19.0                                 | 17.7  | 19.4  | 20.5 |
| Lower 2.5 percentile    | 9.4                          | 8.6   | 6.3                       | 8.2   | 8.1                                  | 7.3   | 5.4   | 7.1  |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients             | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|------------------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                                    | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                                    | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Cis mono-unsaturated fatty acids g |                              |       |                           |   |                                      |       |       |      |
| Mean                               | 20.7                         | 24.7  | 24.0                      | 19.8  | 21.0                                 | 25.8  | 25.4  | 22.8 |
| Median                             | 20.0                         | 24.0  | 22.6                      | 19.0  | 20.6                                 | 24.8  | 24.1  | 21.9 |
| sd                                 | 6.3                          | 8.7   | 10.4                      | 7.2   | 5.9                                  | 8.8   | 11.1  | 8.5  |
| Upper 2.5 percentile               | 35.1                         | 43.4  | 47.9                      | 35.5  | 34.6                                 | 44.2  | 50.2  | 42.2 |
| Lower 2.5 percentile               | 10.5                         | 9.7   | 7.6                       | 7.5   | 10.4                                 | 9.9   | 7.0   | 9.6  |
| % food energy                      |                              |       |                           |   |                                      |       |       |      |
| Mean                               | 11.6                         | 11.9  | 11.7                      | 11.2  | 12.1                                 | 12.8  | 12.4  | 12.2 |
| Median                             | 11.5                         | 11.9  | 11.7                      | 11.2  | 11.9                                 | 12.7  | 12.5  | 12.1 |
| sd                                 | 1.9                          | 2.3   | 2.8                       | 2.2   | 2.0                                  | 2.4   | 2.9   | 2.4  |
| Upper 2.5 percentile               | 15.6                         | 16.3  | 17.2                      | 15.7  | 16.1                                 | 17.7  | 18.1  | 16.8 |
| Lower 2.5 percentile               | 8.1                          | 7.6   | 6.3                       | 7.0   | 8.2                                  | 8.0   | 6.1   | 7.9  |
| % total energy                     |                              |       |                           |   |                                      |       |       |      |
| Mean                               | 11.6                         | 11.8  | 11.1                      | 10.9  | 12.1                                 | 12.6  | 11.7  | 11.8 |
| Median                             | 11.4                         | 11.8  | 11.0                      | 10.9  | 11.9                                 | 12.6  | 11.8  | 11.7 |
| sd                                 | 1.9                          | 2.3   | 2.8                       | 2.2   | 2.0                                  | 2.4   | 2.9   | 2.3  |
| Upper 2.5 percentile               | 15.6                         | 16.3  | 16.4                      | 15.5  | 16.1                                 | 17.7  | 17.1  | 16.8 |
| Lower 2.5 percentile               | 8.1                          | 7.4   | 6.0                       | 6.8   | 8.2                                  | 8.0   | 5.3   | 7.7  |



Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients                | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|---------------------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                                       | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                                       | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Cis n-6 polyunsaturated fatty acids g |                              |       |                           |   |                                      |       |       |      |
| Mean                                  | 8.7                          | 11.3  | 10.9                      | 8.9   | 7.8                                  | 9.7   | 10.4  | 9.2  |
| Median                                | 8.1                          | 10.6  | 10.1                      | 7.8   | 7.4                                  | 9.1   | 9.6   | 8.3  |
| sd                                    | 3.4                          | 4.6   | 5.3                       | 4.7   | 2.9                                  | 3.7   | 4.8   | 4.0  |
| Upper 2.5 percentile                  | 17.0                         | 22.1  | 22.8                      | 20.2  | 14.2                                 | 18.8  | 22.1  | 19.8 |
| Lower 2.5 percentile                  | 3.6                          | 4.5   | 3.0                       | 2.4   | 3.3                                  | 3.7   | 2.9   | 3.7  |
| % food energy                         |                              |       |                           |   |                                      |       |       |      |
| Mean                                  | 4.9                          | 5.5   | 5.3                       | 5.0   | 4.5                                  | 4.8   | 5.1   | 4.9  |
| Median                                | 4.6                          | 5.3   | 5.1                       | 4.5   | 4.3                                  | 4.7   | 5.0   | 4.8  |
| sd                                    | 1.5                          | 1.7   | 1.9                       | 2.2   | 1.3                                  | 1.3   | 1.6   | 1.5  |
| Upper 2.5 percentile                  | 8.2                          | 9.3   | 9.5                       | 10.6  | 7.9                                  | 7.5   | 8.6   | 8.6  |
| Lower 2.5 percentile                  | 2.6                          | 2.9   | 2.4                       | 2.0   | 2.4                                  | 2.7   | 2.4   | 2.4  |
| % total energy                        |                              |       |                           |   |                                      |       |       |      |
| Mean                                  | 4.9                          | 5.4   | 5.0                       | 4.9   | 4.5                                  | 4.8   | 4.9   | 4.7  |
| Median                                | 4.6                          | 5.2   | 4.8                       | 4.4   | 4.3                                  | 4.6   | 4.7   | 4.6  |
| sd                                    | 1.5                          | 1.6   | 1.8                       | 2.2   | 1.3                                  | 1.3   | 1.6   | 1.5  |
| Upper 2.5 percentile                  | 8.2                          | 9.2   | 9.0                       | 10.4  | 7.9                                  | 7.5   | 8.4   | 8.5  |
| Lower 2.5 percentile                  | 2.6                          | 2.8   | 2.3                       | 1.9   | 2.4                                  | 2.7   | 2.0   | 2.3  |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |                           |   |                                      |       |       |     |
|------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-----|
|                        | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |     |
|                        | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+ |
| Trans fatty acids g    |                              |       |                           |   |                                      |       |       |     |
| Mean                   | 2.4                          | 2.8   | 2.4                       | 2.8   | 1.3                                  | 1.5   | 1.5   | 1.6 |
| Median                 | 2.3                          | 2.6   | 2.2                       | 2.6   | 1.3                                  | 1.4   | 1.4   | 1.5 |
| sd                     | 1.0                          | 1.3   | 1.5                       | 1.3   | 0.5                                  | 0.6   | 0.8   | 0.7 |
| Upper 2.5 percentile   | 4.7                          | 5.9   | 6.0                       | 5.6   | 2.3                                  | 3.1   | 3.5   | 3.2 |
| Lower 2.5 percentile   | 0.9                          | 0.8   | 0.5                       | 0.9   | 0.5                                  | 0.5   | 0.3   | 0.5 |
| % food energy          |                              |       |                           |   |                                      |       |       |     |
| Mean                   | 1.4                          | 1.3   | 1.2                       | 1.6   | 0.8                                  | 0.7   | 0.8   | 0.9 |
| Median                 | 1.3                          | 1.3   | 1.1                       | 1.5   | 0.7                                  | 0.7   | 0.7   | 0.8 |
| sd                     | 0.4                          | 0.4   | 0.5                       | 0.5   | 0.2                                  | 0.2   | 0.3   | 0.3 |
| Upper 2.5 percentile   | 2.3                          | 2.2   | 2.3                       | 2.7   | 1.2                                  | 1.3   | 1.4   | 1.7 |
| Lower 2.5 percentile   | 0.7                          | 0.6   | 0.3                       | 0.7   | 0.4                                  | 0.3   | 0.3   | 0.4 |
| % total energy         |                              |       |                           |   |                                      |       |       |     |
| Mean                   | 1.4                          | 1.3   | 1.1                       | 1.5   | 0.8                                  | 0.7   | 0.7   | 0.8 |
| Median                 | 1.3                          | 1.3   | 1.1                       | 1.5   | 0.7                                  | 0.7   | 0.7   | 0.8 |
| sd                     | 0.4                          | 0.4   | 0.5                       | 0.5   | 0.2                                  | 0.2   | 0.3   | 0.3 |
| Upper 2.5 percentile   | 2.3                          | 2.2   | 2.2                       | 2.7   | 1.2                                  | 1.3   | 1.4   | 1.6 |
| Lower 2.5 percentile   | 0.7                          | 0.6   | 0.3                       | 0.6   | 0.4                                  | 0.3   | 0.2   | 0.4 |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |                     |  |                                      |       |       |      |
|------------------------|------------------------------|-------|---------------------|--|--------------------------------------|-------|-------|------|
|                        | 1997 NDNS Young People       |       | 2000/01 NDNS Adults | 1994/95 NDNS people aged 65 years and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                        | 4-10                         | 11-18 | 19-64               | 65+  | 4-10                                 | 11-18 | 19-64 | 65+  |
| Total carbohydrate g   |                              |       |                     |  |                                      |       |       |      |
| Mean                   | 220                          | 253   | 235                 | 199  | 213                                  | 245   | 227   | 204  |
| Median                 | 216                          | 248   | 229                 | 191  | 213                                  | 234   | 218   | 198  |
| sd                     | 54                           | 80    | 84                  | 62   | 45                                   | 69    | 78    | 59   |
| Upper 2.5 percentile   | 341                          | 434   | 417                 | 340  | 305                                  | 390   | 397   | 329  |
| Lower 2.5 percentile   | 123                          | 115   | 92                  | 89   | 134                                  | 129   | 94    | 112  |
| % food energy          |                              |       |                     |  |                                      |       |       |      |
| Mean                   | 51.6                         | 50.9  | 48.4                | 47.2                                       | 51.6                                 | 51.0  | 47.7  | 46.2 |
| Median                 | 51.8                         | 50.8  | 48.5                | 47.2                                       | 51.2                                 | 50.8  | 47.6  | 46.1 |
| sd                     | 5.0                          | 5.8   | 7.1                 | 6.1  | 4.9                                  | 5.4   | 7.2   | 5.8  |
| Upper 2.5 percentile   | 61.6                         | 62.3  | 62.2                | 58.5                                       | 62.2                                 | 61.3  | 62.7  | 58.7 |
| Lower 2.5 percentile   | 41.5                         | 40.0  | 34.5                | 34.8                                       | 42.7                                 | 40.5  | 33.5  | 35.3 |
| % total energy         |                              |       |                     |  |                                      |       |       |      |
| Mean                   | 51.6                         | 50.3  | 46.0                | 46.0                                       | 51.6                                 | 50.5  | 45.2  | 44.7 |
| Median                 | 51.7                         | 50.4  | 46.1                | 45.9                                       | 51.2                                 | 50.4  | 44.9  | 44.7 |
| sd                     | 5.0                          | 6.0   | 7.7                 | 6.4  | 4.9                                  | 5.5   | 7.8   | 6.5  |
| Upper 2.5 percentile   | 61.6                         | 61.9  | 60.7                | 57.6                                       | 62.2                                 | 61.1  | 61.3  | 58.4 |
| Lower 2.5 percentile   | 41.5                         | 38.3  | 30.4                | 33.2                                       | 42.7                                 | 39.3  | 29.2  | 29.3 |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |                           |   |                                      |       |       |       |
|------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-------|
|                        | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                        | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+   |
| Starch g               |                              |       |                           |   |                                      |       |       |       |
| Mean                   | 115.5                        | 142.2 | 133.4                     | 109.7   | 116.5                                | 137.7 | 127.8 | 111.3 |
| Median                 | 112.0                        | 137.8 | 126.9                     | 106.5   | 113.4                                | 135.7 | 122.4 | 109.3 |
| sd                     | 32.5                         | 44.3  | 50.6                      | 35.6  | 26.6                                 | 40.5  | 44.0  | 36.1  |
| Upper 2.5 percentile   | 191.8                        | 242.5 | 248.1                     | 187.2   | 174.4                                | 223.9 | 227.0 | 194.6 |
| Lower 2.5 percentile   | 60.1                         | 68.0  | 48.4                      | 50.0  | 69.0                                 | 59.9  | 49.7  | 51.0  |
| % food energy          |                              |       |                           |   |                                      |       |       |       |
| Mean                   | 27.2                         | 28.9  | 27.5                      | 26.2  | 28.3                                 | 28.8  | 27.1  | 25.4  |
| Median                 | 26.8                         | 28.7  | 27.2                      | 26.0  | 28.2                                 | 28.8  | 26.8  | 25.2  |
| sd                     | 5.0                          | 5.2   | 6.1                       | 5.1   | 4.7                                  | 5.2   | 6.0   | 5.5   |
| Upper 2.5 percentile   | 37.9                         | 39.8  | 40.3                      | 37.8  | 38.2                                 | 38.9  | 39.9  | 37.1  |
| Lower 2.5 percentile   | 18.2                         | 19.3  | 16.2                      | 16.8  | 19.6                                 | 19.2  | 16.1  | 14.8  |
| % total energy         |                              |       |                           |   |                                      |       |       |       |
| Mean                   | 27.2                         | 28.6  | 26.2                      | 25.6  | 28.3                                 | 28.5  | 25.7  | 24.5  |
| Median                 | 26.8                         | 28.4  | 25.9                      | 25.3  | 28.2                                 | 28.6  | 25.5  | 24.5  |
| sd                     | 5.0                          | 5.3   | 6.4                       | 5.3   | 4.7                                  | 5.3   | 6.4   | 5.7   |
| Upper 2.5 percentile   | 37.9                         | 39.8  | 39.7                      | 37.3  | 38.2                                 | 38.9  | 39.7  | 37.1  |
| Lower 2.5 percentile   | 18.2                         | 19.0  | 14.2                      | 15.6  | 19.6                                 | 18.4  | 13.8  | 13.9  |



Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients | Survey and age group (years) |       |                     |  |                                      |       |       |       |
|------------------------|------------------------------|-------|---------------------|--|--------------------------------------|-------|-------|-------|
|                        | 1997 NDNS Young People       |       | 2000/01 NDNS Adults | 1994/95 NDNS people aged 65 years and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                        | 4-10                         | 11-18 | 19-64               | 65+  | 4-10                                 | 11-18 | 19-64 | 65+   |
| Total sugars g         |                              |       |                     |  |                                      |       |       |       |
| Mean                   | 104.5                        | 111.1 | 101.9               | 89.4                                       | 96.9                                 | 107.1 | 99.3  | 92.3  |
| Median                 | 102.0                        | 105.9 | 96.5                | 83.7                                       | 93.5                                 | 101.4 | 92.6  | 88.4  |
| sd                     | 35.5                         | 49.7  | 49.6                | 39.8                                       | 31.2                                 | 44.3  | 48.7  | 37.2  |
| Upper 2.5 percentile   | 182.6                        | 224.0 | 213.8               | 181.9                                      | 159.4                                | 216.3 | 213.0 | 181.3 |
| Lower 2.5 percentile   | 39.7                         | 35.0  | 25.9                | 25.5                                       | 43.8                                 | 36.6  | 30.6  | 32.3  |
| % food energy          |                              |       |                     |  |                                      |       |       |       |
| Mean                   | 24.4                         | 22.0  | 20.9                | 21.0                                       | 23.3                                 | 22.2  | 20.7  | 20.9  |
| Median                 | 24.4                         | 21.6  | 20.3                | 20.7                                       | 22.9                                 | 21.5  | 20.2  | 20.8  |
| sd                     | 6.1                          | 6.4   | 7.4                 | 6.8  | 5.6                                  | 6.7   | 7.0   | 6.1   |
| Upper 2.5 percentile   | 37.3                         | 34.9  | 37.0                | 35.3                                       | 35.0                                 | 37.9  | 37.4  | 32.5  |
| Lower 2.5 percentile   | 12.9                         | 10.3  | 8.3                 | 9.4  | 13.7                                 | 9.9   | 8.7   | 9.6   |
| % total energy         |                              |       |                     |  |                                      |       |       |       |
| Mean                   | 24.4                         | 21.8  | 19.8                | 20.5                                       | 23.3                                 | 21.9  | 19.5  | 20.2  |
| Median                 | 24.4                         | 21.4  | 19.2                | 20.3                                       | 22.9                                 | 21.3  | 18.9  | 20.3  |
| sd                     | 6.1                          | 6.3   | 7.0                 | 6.6  | 5.6                                  | 6.5   | 6.5   | 6.0   |
| Upper 2.5 percentile   | 37.3                         | 34.8  | 35.3                | 34.3                                       | 35.0                                 | 37.1  | 34.8  | 32.5  |
| Lower 2.5 percentile   | 12.9                         | 10.2  | 7.8                 | 8.8  | 13.7                                 | 9.9   | 8.3   | 8.9   |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients      | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|-----------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                             | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                             | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Intrinsic and milk sugars g |                              |       |                           |   |                                      |       |       |      |
| Mean                        | 31.0                         | 29.4  | 38.6                      | 37.1  | 36.4                                 | 30.5  | 37.3  | 42.7 |
| Median                      | 29.7                         | 26.8  | 34.9                      | 35.1  | 33.7                                 | 27.4  | 33.9  | 40.1 |
| sd                          | 12.3                         | 14.8  | 20.9                      | 15.9  | 14.2                                 | 15.6  | 19.8  | 19.0 |
| Upper 2.5 percentile        | 60.2                         | 65.2  | 87.2                      | 73.9  | 68.9                                 | 73.9  | 81.2  | 91.7 |
| Lower 2.5 percentile        | 11.2                         | 9.0   | 9.9                       | 12.4  | 14.3                                 | 10.8  | 11.8  | 15.0 |
| % food energy               |                              |       |                           |   |                                      |       |       |      |
| Mean                        | 7.3                          | 5.9   | 8.2                       | 9.0   | 8.9                                  | 6.5   | 8.1   | 9.8  |
| Median                      | 7.0                          | 5.5   | 7.3                       | 8.4   | 8.2                                  | 5.8   | 7.5   | 9.0  |
| sd                          | 2.6                          | 2.6   | 4.2                       | 3.6   | 3.3                                  | 3.2   | 4.2   | 4.0  |
| Upper 2.5 percentile        | 13.3                         | 12.0  | 18.5                      | 18.1  | 16.5                                 | 14.1  | 19.2  | 20.5 |
| Lower 2.5 percentile        | 3.2                          | 2.5   | 2.7                       | 3.6   | 3.7                                  | 2.5   | 2.8   | 4.2  |
| % total energy              |                              |       |                           |   |                                      |       |       |      |
| Mean                        | 7.3                          | 5.9   | 7.8                       | 8.8   | 8.9                                  | 6.5   | 7.7   | 9.5  |
| Median                      | 7.0                          | 5.5   | 7.0                       | 8.2   | 8.2                                  | 5.7   | 6.9   | 8.9  |
| sd                          | 2.6                          | 2.6   | 4.2                       | 3.6   | 3.3                                  | 3.2   | 4.2   | 3.9  |
| Upper 2.5 percentile        | 13.3                         | 11.8  | 18.0                      | 17.7  | 16.5                                 | 14.1  | 19.0  | 19.0 |
| Lower 2.5 percentile        | 3.2                          | 2.4   | 2.4                       | 3.5   | 3.7                                  | 2.5   | 2.6   | 3.7  |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients             | Survey and age group (years) |       |                           |   |                                      |       |       |       |
|------------------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-------|
|                                    | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                                    | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+   |
| Non-milk extrinsic sugars (NMES) g |                              |       |                           |   |                                      |       |       |       |
| Mean                               | 73.5                         | 81.7  | 63.3                      | 52.2  | 60.5                                 | 76.6  | 62.1  | 49.7  |
| Median                             | 70.4                         | 74.6  | 55.4                      | 46.8  | 57.2                                 | 71.1  | 51.2  | 43.1  |
| sd                                 | 30.7                         | 43.0  | 42.6                      | 33.5  | 25.9                                 | 39.6  | 42.7  | 28.6  |
| Upper 2.5 percentile               | 146.0                        | 183.5 | 166.3                     | 133.7   | 118.4                                | 164.2 | 168.7 | 119.5 |
| Lower 2.5 percentile               | 23.8                         | 17.2  | 5.3                       | 5.5   | 18.2                                 | 15.8  | 9.1   | 7.5   |
| % food energy                      |                              |       |                           |   |                                      |       |       |       |
| Mean                               | 17.1                         | 16.1  | 12.7                      | 12.0  | 14.4                                 | 15.7  | 12.6  | 11.1  |
| Median                             | 16.8                         | 15.8  | 11.5                      | 11.3  | 14.0                                 | 14.9  | 11.5  | 10.5  |
| sd                                 | 5.8                          | 6.2   | 7.1                       | 6.5   | 5.0                                  | 6.4   | 6.7   | 5.2   |
| Upper 2.5 percentile               | 29.0                         | 29.2  | 29.2                      | 26.2  | 24.9                                 | 31.3  | 27.5  | 22.3  |
| Lower 2.5 percentile               | 6.7                          | 5.1   | 1.8                       | 1.9   | 5.3                                  | 3.9   | 2.8   | 1.9   |
| % total energy                     |                              |       |                           |   |                                      |       |       |       |
| Mean                               | 17.1                         | 15.9  | 12.0                      | 11.7  | 14.4                                 | 15.5  | 11.7  | 10.7  |
| Median                             | 16.8                         | 15.6  | 10.9                      | 11.0  | 14.0                                 | 14.5  | 11.0  | 10.2  |
| sd                                 | 5.8                          | 6.2   | 6.6                       | 6.2   | 5.0                                  | 6.2   | 6.0   | 5.0   |
| Upper 2.5 percentile               | 29.0                         | 28.9  | 27.3                      | 25.1  | 24.9                                 | 29.1  | 25.0  | 20.8  |
| Lower 2.5 percentile               | 6.7                          | 5.1   | 1.8                       | 1.9   | 5.3                                  | 3.9   | 2.7   | 1.7   |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients               | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|--------------------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                                      | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                                      | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Intrinsic and milk sugars and starch |                              |       |                           |   |                                      |       |       |      |
| % food energy                        |                              |       |                           |   |                                      |       |       |      |
| Mean                                 | 34.5                         | 34.8  | 35.7                      | 35.1  | 37.2                                 | 35.3  | 35.2  | 35.2 |
| Median                               | 34.1                         | 34.7  | 35.4                      | 35.0  | 37.3                                 | 35.1  | 34.7  | 34.9 |
| sd                                   | 5.0                          | 5.7   | 7.2                       | 5.9   | 4.9                                  | 5.8   | 7.0   | 6.0  |
| Upper 2.5 percentile                 | 45.6                         | 46.9  | 50.2                      | 48.1  | 47.1                                 | 47.2  | 50.0  | 48.9 |
| Lower 2.5 percentile                 | 25.7                         | 24.6  | 22.1                      | 24.0  | 28.0                                 | 24.3  | 23.0  | 23.1 |
| % total energy                       |                              |       |                           |   |                                      |       |       |      |
| Mean                                 | 34.5                         | 34.5  | 34.0                      | 34.3  | 37.2                                 | 35.0  | 33.4  | 34.0 |
| Median                               | 34.1                         | 34.3  | 33.8                      | 33.9  | 37.3                                 | 34.8  | 33.0  | 33.8 |
| sd                                   | 5.0                          | 5.9   | 7.8                       | 6.3   | 4.9                                  | 6.1   | 7.7   | 6.4  |
| Upper 2.5 percentile                 | 45.6                         | 46.8  | 49.6                      | 47.9  | 47.1                                 | 47.2  | 49.8  | 46.7 |
| Lower 2.5 percentile                 | 25.7                         | 23.5  | 19.1                      | 22.8  | 28.0                                 | 23.1  | 19.6  | 20.4 |

Table 5.23c (continued)

Comparison with past surveys of average daily intake of energy and macronutrients: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Energy, macronutrients            | Survey and age group (years) |            |                           |   |                                      |            |            |            |
|-----------------------------------|------------------------------|------------|---------------------------|---|--------------------------------------|------------|------------|------------|
|                                   | 1997 NDNS Young People       |            | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |            |            |
|                                   | 4-10                         | 11-18      | 19-64                     | 65+   | 4-10                                 | 11-18      | 19-64      | 65+        |
| Non starch polysaccharide (NSP) g |                              |            |                           |   |                                      |            |            |            |
| Mean                              | 9.4                          | 11.4       | 13.9                      | 12.0  | 11.0                                 | 11.8       | 13.9       | 13.4       |
| Median                            | 9.0                          | 10.7       | 13.0                      | 11.1  | 10.7                                 | 11.4       | 13.1       | 12.7       |
| sd                                | 3.3                          | 4.4        | 6.1                       | 5.3   | 3.3                                  | 4.0        | 5.2        | 4.8        |
| Upper 2.5 percentile              | 17.4                         | 22.2       | 28.1                      | 24.3  | 19.2                                 | 21.3       | 27.3       | 25.5       |
| Lower 2.5 percentile              | 4.3                          | 5.0        | 4.7                       | 3.9   | 5.7                                  | 4.7        | 5.5        | 6.0        |
| <i>Bases (unweighted)</i>         | <i>837</i>                   | <i>864</i> | <i>1724</i>               | <i>1275</i>   | <i>423</i>                           | <i>453</i> | <i>807</i> | <i>224</i> |

Table 5.25a

Comparison with past surveys of average daily intake of selected vitamins from food sources only: NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Vitamin                            | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|------------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                                    | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                                    | Boys                         |       | Total<br>boys | Men<br>19-64              | Men<br>65+  | Boys                                 |       | Total<br>boys | Men   |      |
|                                    | 4-10                         | 11-18 |               |                           |   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Vitamin A (retinol equivalents) µg |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                               | 485                          | 594   | 538           | 966                       | 1173  | 675                                  | 736   | 709           | 1009  | 1530 |
| Median                             | 422                          | 509   | 456           | 630                       | 737   | 550                                  | 597   | 571           | 785   | 1021 |
| sd                                 | 309                          | 554   | 448           | 1618                      | 1737  | 548                                  | 521   | 533           | 1055  | 1725 |
| Upper 2.5 percentile               | 1376                         | 1358  | 1358          | 4770                      | 6625  | 1630                                 | 1808  | 1792          | 3101  | 6482 |
| Lower 2.5 percentile               | 146                          | 140   | 144           | 179                       | 255   | 207                                  | 161   | 181           | 210   | 280  |
| Retinol µg                         |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                               | 274                          | 336   | 304           | 620                       | 847   | 282                                  | 306   | 296           | 471   | 863  |
| Median                             | 236                          | 265   | 248           | 325                       | 405   | 259                                  | 263   | 260           | 306   | 403  |
| sd                                 | 233                          | 495   | 385           | 1564                      | 1701  | 351                                  | 346   | 348           | 923   | 1575 |
| Upper 2.5 percentile               | 637                          | 910   | 717           | 4721                      | 6024  | 469                                  | 745   | 724           | 1928  | 6024 |
| Lower 2.5 percentile               | 76                           | 65    | 68            | 67                        | 154   | 84                                   | 83    | 83            | 76    | 98   |
| Thiamin mg                         |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                               | 1.36                         | 1.84  | 1.59          | 2.04                      | 1.49  | 1.33                                 | 1.60  | 1.48          | 1.65  | 1.56 |
| Median                             | 1.30                         | 1.63  | 1.44          | 1.80                      | 1.48  | 1.28                                 | 1.53  | 1.38          | 1.56  | 1.52 |
| sd                                 | 0.50                         | 1.37  | 1.05          | 1.97                      | 0.46  | 0.36                                 | 0.55  | 0.49          | 0.66  | 0.52 |
| Upper 2.5 percentile               | 2.45                         | 3.88  | 3.16          | 3.94                      | 2.46  | 2.12                                 | 2.87  | 2.72          | 3.33  | 2.66 |
| Lower 2.5 percentile               | 0.60                         | 0.74  | 0.66          | 0.69                      | 0.73  | 0.75                                 | 0.70  | 0.71          | 0.73  | 0.54 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Vitamin                         | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|---------------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                                 | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                                 | Boys                         |       | Total<br>boys | Men                       | Men   | Boys                                 |       | Total<br>boys | Men   |      |
|                                 | 4-10                         | 11-18 |               | 19-64                     |   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| <b>Riboflavin mg</b>            |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                            | 1.62                         | 1.85  | 1.73          | 2.15                      | 1.74  | 1.58                                 | 1.58  | 1.58          | 1.80  | 1.84 |
| Median                          | 1.52                         | 1.72  | 1.61          | 2.03                      | 1.66  | 1.49                                 | 1.42  | 1.45          | 1.66  | 1.78 |
| sd                              | 0.62                         | 0.90  | 0.78          | 0.98                      | 0.70  | 0.53                                 | 0.66  | 0.61          | 0.84  | 0.69 |
| Upper 2.5 percentile            | 3.16                         | 3.97  | 3.68          | 4.03                      | 3.28  | 2.68                                 | 3.01  | 2.97          | 3.97  | 3.48 |
| Lower 2.5 percentile            | 0.60                         | 0.60  | 0.60          | 0.74                      | 0.71  | 0.75                                 | 0.55  | 0.68          | 0.69  | 0.83 |
| <b>Niacin equivalents mg</b>    |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                            | 24.7                         | 33.5  | 29.0          | 44.8                      | 32.0  | 27.7                                 | 36.9  | 32.8          | 44.6  | 37.5 |
| Median                          | 23.9                         | 32.2  | 27.5          | 43.9                      | 31.6  | 26.4                                 | 35.4  | 30.4          | 41.2  | 37.8 |
| sd                              | 7.3                          | 11.0  | 10.3          | 15.6                      | 8.4   | 7.9                                  | 12.5  | 11.6          | 20.5  | 12.9 |
| Upper 2.5 percentile            | 40.2                         | 59.7  | 53.5          | 76.0                      | 49.5  | 47.6                                 | 67.2  | 60.5          | 91.4  | 66.2 |
| Lower 2.5 percentile            | 13.3                         | 15.4  | 14.2          | 18.5                      | 16.8  | 15.2                                 | 16.7  | 16.3          | 21.9  | 17.4 |
| <b>Vitamin B<sub>6</sub> mg</b> |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                            | 1.8                          | 2.5   | 2.1           | 2.9                       | 2.1   | 1.8                                  | 2.4   | 2.1           | 2.8   | 2.5  |
| Median                          | 1.8                          | 2.2   | 1.9           | 2.8                       | 2.1   | 1.7                                  | 2.2   | 1.9           | 2.5   | 2.4  |
| sd                              | 0.6                          | 1.0   | 0.9           | 1.1                       | 0.7   | 0.6                                  | 1.1   | 1.0           | 1.4   | 0.9  |
| Upper 2.5 percentile            | 3.3                          | 5.0   | 4.3           | 5.3                       | 3.5   | 3.4                                  | 4.8   | 4.3           | 6.1   | 4.5  |
| Lower 2.5 percentile            | 0.9                          | 1.1   | 1.0           | 1.1                       | 1.0   | 0.9                                  | 0.9   | 0.9           | 0.9   | 1.0  |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Vitamin                    | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |       |
|----------------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|-------|
|                            | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |       |
|                            | Boys                         |       | Total<br>boys | Men                       |   | Boys                                 |       | Total<br>boys | Men   |       |
|                            | 4-10                         | 11-18 |               | 19-64                     | 65+   | 4-10                                 | 11-18 |               | 19-64 | 65+   |
| Vitamin B <sub>12</sub> µg |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                       | 4.0                          | 4.8   | 4.4           | 6.7                       | 6.1   | 4.2                                  | 4.5   | 4.4           | 6.1   | 7.4   |
| Median                     | 3.7                          | 4.3   | 4.0           | 5.5                       | 4.5   | 3.7                                  | 4.0   | 3.9           | 5.1   | 6.5   |
| sd                         | 1.7                          | 2.7   | 2.3           | 5.7                       | 6.2   | 2.0                                  | 2.2   | 2.1           | 4.5   | 4.4   |
| Upper 2.5 percentile       | 8.3                          | 10.2  | 9.2           | 20.7                      | 19.8  | 8.8                                  | 10.1  | 9.5           | 13.6  | 19.4  |
| Lower 2.5 percentile       | 1.4                          | 1.4   | 1.4           | 1.6                       | 1.8   | 1.8                                  | 1.1   | 1.6           | 1.5   | 2.5   |
| Folate µg                  |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                       | 204                          | 276   | 239           | 346                       | 270   | 209                                  | 239   | 226           | 305   | 294   |
| Median                     | 191                          | 257   | 217           | 330                       | 260   | 197                                  | 216   | 206           | 281   | 279   |
| sd                         | 69                           | 117   | 102           | 137                       | 95  | 69                                   | 95    | 86            | 137   | 107   |
| Upper 2.5 percentile       | 372                          | 572   | 487           | 647                       | 455   | 364                                  | 441   | 415           | 676   | 543   |
| Lower 2.5 percentile       | 98                           | 114   | 104           | 129                       | 117   | 111                                  | 106   | 106           | 113   | 109   |
| Vitamin C mg               |                              |       |               |                           |   |                                      |       |               |       |       |
| Mean                       | 72.0                         | 82.0  | 76.9          | 86.2                      | 66.9  | 86.9                                 | 89.7  | 88.4          | 91.4  | 85.7  |
| Median                     | 60.5                         | 62.7  | 61.8          | 71.3                      | 57.7  | 76.0                                 | 71.2  | 72.6          | 73.4  | 77.1  |
| sd                         | 45.9                         | 62.6  | 54.9          | 59.7                      | 42.1  | 49.4                                 | 65.1  | 58.7          | 71.5  | 50.1  |
| Upper 2.5 percentile       | 200.0                        | 244.2 | 224.0         | 236.8                     | 178.6   | 199.1                                | 256.3 | 221.3         | 259.3 | 238.6 |
| Lower 2.5 percentile       | 18.6                         | 17.9  | 18.4          | 14.7                      | 12.2  | 22.3                                 | 15.9  | 19.5          | 12.7  | 18.5  |



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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Vitamin                   | Survey and age group (years) |            |               |                           |   |                                      |            |               |            |           |
|---------------------------|------------------------------|------------|---------------|---------------------------|---|--------------------------------------|------------|---------------|------------|-----------|
|                           | 1997 NDNS Young People       |            |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |               |            |           |
|                           | Boys                         |            | Total<br>boys | Men                       | Men   | Boys                                 |            | Total<br>boys | Men        |           |
|                           | 4-10                         | 11-18      |               | 19-64                     |   | 4-10                                 | 11-18      |               | 19-64      | 65+       |
| Vitamin D $\mu\text{g}$   |                              |            |               |                           |   |                                      |            |               |            |           |
| Mean                      | 2.2                          | 2.9        | 2.6           | 3.8                       | 4.1   | 1.9                                  | 2.4        | 2.2           | 3.1        | 3.9       |
| Median                    | 2.0                          | 2.5        | 2.2           | 3.2                       | 3.2   | 1.8                                  | 2.1        | 1.9           | 2.5        | 3.2       |
| sd                        | 1.3                          | 1.8        | 1.6           | 2.7                       | 3.2   | 0.9                                  | 1.3        | 1.2           | 2.3        | 2.9       |
| Upper 2.5 percentile      | 5.5                          | 7.0        | 6.4           | 10.0                      | 12.5  | 4.0                                  | 6.3        | 5.0           | 8.9        | 12.3      |
| Lower 2.5 percentile      | 0.5                          | 0.6        | 0.5           | 0.8                       | 0.9   | 0.5                                  | 0.6        | 0.6           | 0.7        | 1.3       |
| <i>Bases (unweighted)</i> | <i>440</i>                   | <i>416</i> | <i>856</i>    | <i>833</i>                | <i>632</i>  | <i>210</i>                           | <i>238</i> | <i>448</i>    | <i>346</i> | <i>96</i> |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Vitamin                            | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |      |
|------------------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|------|
|                                    | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |      |
|                                    | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |      |
| 4-10                               | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | 19-64 |                | 65+   |      |
| Vitamin A (retinol equivalents) µg |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                               | 470                          | 524   | 499            | 702                       | 969   | 666                                  | 625   | 643            | 982   | 1139 |
| Median                             | 410                          | 434   | 417            | 537                       | 596   | 576                                  | 519   | 542            | 714   | 882  |
| sd                                 | 352                          | 619   | 512            | 938                       | 1403  | 397                                  | 451   | 428            | 979   | 1072 |
| Upper 2.5 percentile               | 1023                         | 1300  | 1217           | 2328                      | 6622  | 1686                                 | 1924  | 1857           | 3320  | 5111 |
| Lower 2.5 percentile               | 149                          | 115   | 132            | 121                       | 229   | 198                                  | 138   | 149            | 206   | 321  |
| Retinol µg                         |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                               | 261                          | 277   | 269            | 385                       | 699   | 258                                  | 266   | 262            | 421   | 537  |
| Median                             | 220                          | 204   | 212            | 240                       | 340   | 247                                  | 213   | 230            | 246   | 324  |
| sd                                 | 301                          | 547   | 448            | 891                       | 1366  | 112                                  | 261   | 208            | 851   | 978  |
| Upper 2.5 percentile               | 534                          | 627   | 602            | 1811                      | 6244  | 545                                  | 897   | 559            | 2427  | 3973 |
| Lower 2.5 percentile               | 62                           | 45    | 53             | 41                        | 114   | 86                                   | 47    | 62             | 48    | 77   |
| Thiamin mg                         |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                               | 1.22                         | 1.41  | 1.32           | 1.58                      | 1.19  | 1.26                                 | 1.25  | 1.25           | 1.29  | 1.31 |
| Median                             | 1.14                         | 1.24  | 1.18           | 1.39                      | 1.17  | 1.21                                 | 1.20  | 1.20           | 1.29  | 1.30 |
| sd                                 | 0.58                         | 1.04  | 0.86           | 1.43                      | 0.35  | 0.37                                 | 0.35  | 0.36           | 0.41  | 0.34 |
| Upper 2.5 percentile               | 2.29                         | 2.69  | 2.49           | 3.29                      | 1.92  | 2.07                                 | 2.01  | 2.04           | 2.08  | 2.00 |
| Lower 2.5 percentile               | 0.58                         | 0.59  | 0.58           | 0.52                      | 0.52  | 0.70                                 | 0.66  | 0.66           | 0.59  | 0.72 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Vitamin                   | Survey and age group (years) |       |                |                           |   |                                      |                |       |      |      |
|---------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|------|------|
|                           | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |      |      |
|                           | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |      |      |
| 4-10                      | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+  |      |
| Riboflavin mg             |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                      | 1.39                         | 1.34  | 1.36           | 1.62                      | 1.43  | 1.42                                 | 1.25           | 1.33  | 1.39 | 1.56 |
| Median                    | 1.33                         | 1.23  | 1.29           | 1.54                      | 1.32  | 1.37                                 | 1.18           | 1.30  | 1.35 | 1.47 |
| sd                        | 0.51                         | 0.70  | 0.62           | 0.71                      | 0.57  | 0.48                                 | 0.51           | 0.50  | 0.53 | 0.52 |
| Upper 2.5 percentile      | 2.59                         | 3.01  | 2.84           | 3.34                      | 2.93  | 2.45                                 | 2.66           | 2.52  | 2.65 | 2.73 |
| Lower 2.5 percentile      | 0.53                         | 0.39  | 0.46           | 0.53                      | 0.62  | 0.62                                 | 0.53           | 0.56  | 0.52 | 0.81 |
| Niacin equivalents mg     |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                      | 22.2                         | 25.4  | 23.9           | 31.0                      | 24.8  | 26.3                                 | 30.1           | 28.4  | 32.2 | 29.8 |
| Median                    | 21.6                         | 24.5  | 23.2           | 30.4                      | 24.6  | 24.8                                 | 27.8           | 26.5  | 31.5 | 28.9 |
| sd                        | 6.4                          | 8.0   | 7.5            | 10.2                      | 6.9   | 9.2                                  | 12.9           | 11.6  | 10.6 | 8.0  |
| Upper 2.5 percentile      | 35.9                         | 43.8  | 42.0           | 52.8                      | 40.3  | 41.0                                 | 69.6           | 56.9  | 56.1 | 46.3 |
| Lower 2.5 percentile      | 11.3                         | 12.2  | 11.5           | 13.0                      | 12.5  | 14.5                                 | 12.5           | 13.0  | 13.8 | 15.7 |
| Vitamin B <sub>6</sub> mg |                              |       |                |                           |   |                                      |                |       |      |      |
| Mean                      | 1.7                          | 1.9   | 1.8            | 2.0                       | 1.6   | 1.8                                  | 2.1            | 1.9   | 1.9  | 1.9  |
| Median                    | 1.6                          | 1.8   | 1.7            | 2.0                       | 1.5   | 1.6                                  | 1.7            | 1.7   | 1.8  | 1.9  |
| sd                        | 0.6                          | 0.7   | 0.7            | 0.8                       | 0.5   | 0.8                                  | 1.8            | 1.4   | 0.9  | 0.7  |
| Upper 2.5 percentile      | 3.0                          | 3.6   | 3.4            | 3.8                       | 2.8   | 3.0                                  | 6.4            | 5.1   | 3.6  | 3.3  |
| Lower 2.5 percentile      | 0.8                          | 0.8   | 0.8            | 0.8                       | 0.8   | 0.9                                  | 0.8            | 0.8   | 0.8  | 0.5  |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Vitamin                    | Survey and age group (years) |       |                |                           |   |                                      |                |       |       |       |
|----------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|----------------|-------|-------|-------|
|                            | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |                |       |       |       |
|                            | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |                | Women |       |       |
| 4-10                       | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | Total<br>girls | 19-64 | 65+   |       |
| Vitamin B <sub>12</sub> µg |                              |       |                |                           |   |                                      |                |       |       |       |
| Mean                       | 3.5                          | 3.4   | 3.4            | 4.9                       | 4.5   | 3.8                                  | 3.6            | 3.7   | 4.7   | 5.9   |
| Median                     | 3.3                          | 3.0   | 3.2            | 4.3                       | 3.4   | 3.7                                  | 3.1            | 3.4   | 4.1   | 4.8   |
| sd                         | 1.7                          | 2.1   | 1.9            | 3.5                       | 4.4   | 1.5                                  | 2.1            | 1.9   | 3.5   | 4.3   |
| Upper 2.5 percentile       | 7.3                          | 8.0   | 7.5            | 12.1                      | 18.4  | 6.7                                  | 8.4            | 8.0   | 12.3  | 19.8  |
| Lower 2.5 percentile       | 1.1                          | 0.9   | 0.9            | 1.3                       | 1.2   | 1.2                                  | 1.1            | 1.2   | 1.1   | 1.2   |
| Folate µg                  |                              |       |                |                           |   |                                      |                |       |       |       |
| Mean                       | 181                          | 210   | 196            | 253                       | 207   | 189                                  | 192            | 191   | 232   | 237   |
| Median                     | 173                          | 199   | 186            | 243                       | 198   | 183                                  | 181            | 181   | 219   | 241   |
| sd                         | 60                           | 85    | 76             | 100                       | 75  | 56                                   | 72             | 65    | 83    | 74    |
| Upper 2.5 percentile       | 328                          | 390   | 371            | 480                       | 390   | 303                                  | 346            | 345   | 433   | 399   |
| Lower 2.5 percentile       | 82                           | 89    | 85             | 94                        | 87  | 97                                   | 87             | 94    | 96    | 94    |
| Vitamin C mg               |                              |       |                |                           |   |                                      |                |       |       |       |
| Mean                       | 71.5                         | 74.0  | 72.8           | 81.0                      | 60.7  | 86.5                                 | 79.0           | 82.3  | 87.6  | 80.3  |
| Median                     | 62.4                         | 61.2  | 61.7           | 67.3                      | 49.1  | 73.8                                 | 63.1           | 69.9  | 70.1  | 65.8  |
| sd                         | 41.7                         | 51.7  | 47.3           | 54.2                      | 41.7  | 49.7                                 | 52.2           | 51.2  | 66.7  | 49.8  |
| Upper 2.5 percentile       | 176.5                        | 216.8 | 189.8          | 218.3                     | 176.6   | 193.0                                | 209.2          | 202.3 | 237.2 | 200.0 |
| Lower 2.5 percentile       | 16.4                         | 17.0  | 17.0           | 13.5                      | 11.4  | 17.5                                 | 17.7           | 17.7  | 15.6  | 14.0  |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

*Females aged 4 years and over*

| Vitamin                   | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |     |
|---------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|-----|
|                           | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |     |
|                           | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |     |
| 4-10                      | 11-18                        | 19-64 |                | 65+                       | 4-10  | 11-18                                | 19-64 |                | 65+   |     |
| Vitamin D µg              |                              |       |                |                           |   |                                      |       |                |       |     |
| Mean                      | 2.0                          | 2.2   | 2.1            | 2.9                       | 2.9   | 1.9                                  | 1.9   | 1.9            | 2.6   | 2.9 |
| Median                    | 1.7                          | 1.9   | 1.8            | 2.3                       | 2.3   | 1.8                                  | 1.6   | 1.7            | 2.1   | 2.4 |
| sd                        | 1.2                          | 1.4   | 1.3            | 2.4                       | 2.4   | 1.0                                  | 1.2   | 1.1            | 1.9   | 1.7 |
| Upper 2.5 percentile      | 4.5                          | 5.5   | 5.0            | 9.1                       | 9.0   | 4.1                                  | 5.2   | 4.5            | 8.0   | 7.5 |
| Lower 2.5 percentile      | 0.5                          | 0.5   | 0.5            | 0.4                       | 0.6   | 0.5                                  | 0.4   | 0.4            | 0.3   | 0.7 |
| <i>Bases (unweighted)</i> | 397                          | 448   | 845            | 891                       | 643   | 213                                  | 215   | 428            | 461   | 128 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Vitamin                            | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|------------------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                                    | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                                    | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Vitamin A (retinol equivalents) µg |                              |       |                           |   |                                      |       |       |      |
| Mean                               | 478                          | 558   | 819                       | 1055  | 671                                  | 682   | 995   | 1310 |
| Median                             | 415                          | 461   | 577                       | 642   | 560                                  | 565   | 758   | 950  |
| sd                                 | 330                          | 589   | 1292                      | 1556  | 479                                  | 491   | 1017  | 1405 |
| Upper 2.5 percentile               | 1107                         | 1340  | 2973                      | 6622  | 1680                                 | 1857  | 3212  | 6383 |
| Lower 2.5 percentile               | 147                          | 122   | 141                       | 237   | 204                                  | 150   | 206   | 305  |
| Retinol µg                         |                              |       |                           |   |                                      |       |       |      |
| Mean                               | 268                          | 305   | 489                       | 762   | 270                                  | 287   | 446   | 680  |
| Median                             | 228                          | 236   | 278                       | 366   | 253                                  | 239   | 271   | 352  |
| sd                                 | 267                          | 523   | 1242                      | 1518  | 263                                  | 308   | 888   | 1281 |
| Upper 2.5 percentile               | 602                          | 758   | 2565                      | 6047  | 516                                  | 897   | 2153  | 5561 |
| Lower 2.5 percentile               | 68                           | 52    | 48                        | 125   | 84                                   | 63    | 60    | 81   |
| Thiamin mg                         |                              |       |                           |   |                                      |       |       |      |
| Mean                               | 1.29                         | 1.62  | 1.78                      | 1.32  | 1.30                                 | 1.43  | 1.47  | 1.42 |
| Median                             | 1.23                         | 1.44  | 1.54                      | 1.28  | 1.26                                 | 1.32  | 1.40  | 1.36 |
| sd                                 | 0.54                         | 1.23  | 1.71                      | 0.43  | 0.37                                 | 0.49  | 0.58  | 0.45 |
| Upper 2.5 percentile               | 2.34                         | 3.40  | 3.70                      | 2.29  | 2.09                                 | 2.70  | 2.82  | 2.44 |
| Lower 2.5 percentile               | 0.59                         | 0.64  | 0.57                      | 0.56  | 0.71                                 | 0.68  | 0.62  | 0.54 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Vitamin                         | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|---------------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                                 | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                                 | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| <b>Riboflavin mg</b>            |                              |       |                           |   |                                      |       |       |      |
| Mean                            | 1.51                         | 1.59  | 1.86                      | 1.56  | 1.50                                 | 1.42  | 1.59  | 1.68 |
| Median                          | 1.45                         | 1.42  | 1.73                      | 1.48  | 1.43                                 | 1.30  | 1.46  | 1.58 |
| sd                              | 0.58                         | 0.84  | 0.88                      | 0.65  | 0.51                                 | 0.62  | 0.73  | 0.62 |
| Upper 2.5 percentile            | 2.92                         | 3.68  | 3.77                      | 2.98  | 2.60                                 | 2.94  | 3.51  | 3.36 |
| Lower 2.5 percentile            | 0.59                         | 0.46  | 0.60                      | 0.64  | 0.70                                 | 0.54  | 0.58  | 0.83 |
| <b>Niacin equivalents mg</b>    |                              |       |                           |   |                                      |       |       |      |
| Mean                            | 23.5                         | 29.3  | 37.1                      | 27.8  | 27.0                                 | 33.6  | 38.4  | 33.2 |
| Median                          | 23.0                         | 27.9  | 35.2                      | 27.2  | 25.6                                 | 31.0  | 36.2  | 31.4 |
| sd                              | 7.0                          | 10.4  | 14.6                      | 8.4   | 8.5                                  | 13.1  | 17.4  | 11.1 |
| Upper 2.5 percentile            | 38.2                         | 53.6  | 70.0                      | 45.8  | 44.6                                 | 69.6  | 76.1  | 58.0 |
| Lower 2.5 percentile            | 12.1                         | 13.2  | 14.0                      | 13.8  | 14.7                                 | 14.2  | 16.3  | 16.5 |
| <b>Vitamin B<sub>6</sub> mg</b> |                              |       |                           |   |                                      |       |       |      |
| Mean                            | 1.7                          | 2.2   | 2.4                       | 1.8   | 1.8                                  | 2.2   | 2.4   | 2.2  |
| Median                          | 1.7                          | 2.0   | 2.2                       | 1.7   | 1.7                                  | 1.9   | 2.1   | 2.0  |
| sd                              | 0.6                          | 0.9   | 1.0                       | 0.6   | 0.7                                  | 1.5   | 1.3   | 0.8  |
| Upper 2.5 percentile            | 3.2                          | 4.4   | 4.8                       | 3.3   | 3.3                                  | 4.9   | 5.6   | 4.4  |
| Lower 2.5 percentile            | 0.8                          | 0.9   | 0.8                       | 0.8   | 0.9                                  | 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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Vitamin                    | Survey and age group (years) |       |                           |   |                                      |       |       |       |
|----------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-------|
|                            | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |       |
|                            | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+   |
| Vitamin B <sub>12</sub> µg |                              |       |                           |   |                                      |       |       |       |
| Mean                       | 3.8                          | 4.1   | 5.7                       | 5.1   | 4.0                                  | 4.1   | 5.4   | 6.6   |
| Median                     | 3.5                          | 3.7   | 4.9                       | 3.8   | 3.7                                  | 3.7   | 4.6   | 5.2   |
| sd                         | 1.7                          | 2.5   | 4.7                       | 5.3   | 1.8                                  | 2.2   | 4.1   | 4.4   |
| Upper 2.5 percentile       | 8.0                          | 9.3   | 15.1                      | 19.8  | 8.1                                  | 9.3   | 13.6  | 19.4  |
| Lower 2.5 percentile       | 1.2                          | 1.0   | 1.4                       | 1.4   | 1.4                                  | 1.1   | 1.2   | 1.7   |
| Folate µg                  |                              |       |                           |   |                                      |       |       |       |
| Mean                       | 193                          | 242   | 295                       | 233   | 199                                  | 216   | 268   | 262   |
| Median                     | 184                          | 223   | 277                       | 222   | 191                                  | 197   | 246   | 253   |
| sd                         | 66                           | 107   | 127                       | 90  | 64                                   | 88    | 119   | 94    |
| Upper 2.5 percentile       | 359                          | 497   | 595                       | 424   | 345                                  | 415   | 550   | 500   |
| Lower 2.5 percentile       | 93                           | 96    | 103                       | 95  | 97                                   | 94    | 105   | 99    |
| Vitamin C mg               |                              |       |                           |   |                                      |       |       |       |
| Mean                       | 71.8                         | 77.9  | 83.3                      | 63.3  | 86.7                                 | 84.5  | 89.5  | 82.7  |
| Median                     | 61.4                         | 62.0  | 69.1                      | 52.0  | 74.7                                 | 68.6  | 73.0  | 75.0  |
| sd                         | 44.0                         | 57.4  | 56.8                      | 42.0  | 49.5                                 | 59.4  | 69.1  | 49.9  |
| Upper 2.5 percentile       | 189.4                        | 230.4 | 226.3                     | 176.6   | 198.4                                | 221.3 | 247.9 | 234.4 |
| Lower 2.5 percentile       | 18.3                         | 17.7  | 13.8                      | 11.4  | 19.8                                 | 16.1  | 14.7  | 16.0  |



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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Vitamin                   | Survey and age group (years) |       |                           |   |                                      |       |       |     |
|---------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-----|
|                           | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |     |
|                           | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+ |
| Vitamin D $\mu\text{g}$   |                              |       |                           |   |                                      |       |       |     |
| Mean                      | 2.1                          | 2.5   | 3.3                       | 3.4   | 1.9                                  | 2.1   | 2.9   | 3.3 |
| Median                    | 1.9                          | 2.2   | 2.6                       | 2.7   | 1.8                                  | 1.8   | 2.3   | 2.6 |
| sd                        | 1.3                          | 1.6   | 2.6                       | 2.8   | 1.0                                  | 1.3   | 2.2   | 2.4 |
| Upper 2.5 percentile      | 4.8                          | 6.5   | 9.9                       | 10.7  | 4.1                                  | 5.5   | 8.5   | 9.0 |
| Lower 2.5 percentile      | 0.5                          | 0.5   | 0.4                       | 0.7   | 0.5                                  | 0.4   | 0.6   | 0.9 |
| <i>Bases (unweighted)</i> | 837                          | 864   | 1724                      | 1275  | 423                                  | 453   | 807   | 224 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results)<sup>a,b</sup>, males by age

Males aged 4 years and over

| Vitamin                   | Survey and age group (years) |            |               |                           |   |                                      |            |               |            |           |
|---------------------------|------------------------------|------------|---------------|---------------------------|---|--------------------------------------|------------|---------------|------------|-----------|
|                           | 1997 NDNS Young People       |            |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |               |            |           |
|                           | Boys                         |            | Total<br>boys | Men                       |   | Boys                                 |            | Total<br>boys | Men        |           |
|                           | 4-10<br>%                    | 11-18<br>% | %             | 19-64<br>%                | 65+<br>%  | 4-10<br>%                            | 11-18<br>% | %             | 19-64<br>% | 65+<br>%  |
| Vitamin A                 | 12                           | 14         | 13            | 10                        | 5   | 3                                    | 12         | 8             | 9          | 4         |
| Thiamin                   | 0                            | 0          | 0             | 0                         | 0   | 0                                    | 0          | 0             | 0          | 0         |
| Riboflavin                | 1                            | 8          | 4             | 3                         | 5   | 0                                    | 8          | 5             | 3          | 2         |
| Niacin equiv.             | 0                            | 0          | 0             | 0                         | 0   | 0                                    | 0          | 0             | 0          | 0         |
| Vitamin B <sub>6</sub>    | 0                            | 0          | 0             | 0                         | 0   | 0                                    | 0          | 0             | 1          | 0         |
| Vitamin B <sub>12</sub>   | 0                            | 1          | 1             | 1                         | 0   | 0                                    | 2          | 1             | 1          | 1         |
| Folate                    | 0                            | 1          | 1             | 1                         | 1   | 0                                    | 2          | 1             | 1          | 1         |
| Vitamin C                 | 0                            | 0          | 0             | 1                         | 2   | 0                                    | 1          | 1             | 0          | 1         |
| <i>Bases (unweighted)</i> | <i>440</i>                   | <i>416</i> | <i>856</i>    | <i>833</i>                | <i>632</i>  | <i>210</i>                           | <i>238</i> | <i>448</i>    | <i>346</i> | <i>96</i> |

<sup>a</sup> 0 denotes 0.5% or lower.

<sup>b</sup> % <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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results)<sup>a,b</sup>, females by age

Females aged 4 years and over

| Vitamin                   | Survey and age group (years) |            |                |                           |   |                                      |            |                |            |            |
|---------------------------|------------------------------|------------|----------------|---------------------------|---|--------------------------------------|------------|----------------|------------|------------|
|                           | 1997 NDNS Young People       |            |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |                |            |            |
|                           | Girls                        |            | Total<br>girls | Women                     |   | Girls                                |            | Total<br>girls | Women      |            |
|                           | 4-10                         | 11-18      |                | 19-64                     | 65+   | 4-10                                 | 11-18      |                | 19-64      | 65+        |
|                           | %                            | %          | %              | %                         | %   | %                                    | %          | %              | %          | %          |
| Vitamin A                 | 12                           | 19         | 16             | 12                        | 4   | 5                                    | 13         | 10             | 6          | 1          |
| Thiamin                   | 0                            | 0          | 0              | 0                         | 0   | 0                                    | 0          | 0              | 0          | 0          |
| Riboflavin                | 1                            | 22         | 12             | 9                         | 10  | 0                                    | 17         | 10             | 11         | 2          |
| Niacin equiv.             | 0                            | 0          | 0              | 0                         | 0   | 0                                    | 0          | 0              | 0          | 0          |
| Vitamin B <sub>6</sub>    | 0                            | 0          | 0              | 0                         | 0   | 0                                    | 0          | 0              | 0          | 0          |
| Vitamin B <sub>12</sub>   | 0                            | 3          | 2              | 1                         | 1   | 0                                    | 1          | 1              | 1          | 1          |
| Folate                    | 1                            | 5          | 3              | 3                         | 6   | 0                                    | 6          | 3              | 3          | 4          |
| Vitamin C                 | 0                            | 0          | 0              | 1                         | 2   | 0                                    | 1          | 1              | 1          | 1          |
| <i>Bases (unweighted)</i> | <i>397</i>                   | <i>448</i> | <i>845</i>     | <i>891</i>                | <i>643</i>  | <i>213</i>                           | <i>215</i> | <i>428</i>     | <i>461</i> | <i>128</i> |

<sup>a</sup> 0 denotes 0.5% or lower.

<sup>b</sup> % <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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results)<sup>a,b</sup>, by age

*Aged 4 years and over*

| Vitamin                   | Survey and age group (years) |            |                           |   |                                      |            |            |            |
|---------------------------|------------------------------|------------|---------------------------|---|--------------------------------------|------------|------------|------------|
|                           | 1997 NDNS Young People       |            | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |            |            |
|                           | 4-10<br>%                    | 11-18<br>% | 19-64<br>%                | 65+<br>%  | 4-10<br>%                            | 11-18<br>% | 19-64<br>% | 65+<br>%   |
| Vitamin A                 | 12                           | 16         | 11                        | 4   | 4                                    | 13         | 7          | 2          |
| Thiamin                   | 0                            | 0          | 0                         | 0   | 0                                    | 0          | 0          | 0          |
| Riboflavin                | 1                            | 15         | 6                         | 8   | 0                                    | 13         | 7          | 2          |
| Niacin equiv.             | 0                            | 0          | 0                         | 0   | 0                                    | 0          | 0          | 0          |
| Vitamin B <sub>6</sub>    | 0                            | 0          | 0                         | 0   | 0                                    | 0          | 0          | 0          |
| Vitamin B <sub>12</sub>   | 0                            | 2          | 1                         | 1   | 0                                    | 1          | 1          | 1          |
| Folate                    | 0                            | 3          | 2                         | 4   | 0                                    | 4          | 2          | 3          |
| Vitamin C                 | 0                            | 0          | 1                         | 2   | 0                                    | 1          | 1          | 1          |
| <i>Bases (unweighted)</i> | <i>837</i>                   | <i>864</i> | <i>1724</i>               | <i>1275</i>   | <i>423</i>                           | <i>453</i> | <i>807</i> | <i>224</i> |

<sup>a</sup> 0 denotes 0.5% or lower.

<sup>b</sup> % <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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

Males aged 4 years and over

| Mineral              | Survey and age group (years) |       |               |                           |   |                                      |       |               |       |      |
|----------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|---------------|-------|------|
|                      | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |               |       |      |
|                      | Boys                         |       | Total<br>boys | Men                       |   | Boys                                 |       | Total<br>boys | Men   |      |
|                      | 4-10                         | 11-18 |               | 19-64                     | 65+   | 4-10                                 | 11-18 |               | 19-64 | 65+  |
| Iron mg              |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                 | 9.1                          | 11.6  | 10.3          | 13.3                      | 11.0  | 9.1                                  | 10.8  | 10.0          | 12.0  | 11.3 |
| Median               | 8.6                          | 11.1  | 9.7           | 12.6                      | 10.5  | 8.8                                  | 10.5  | 9.6           | 11.7  | 10.8 |
| sd                   | 2.9                          | 4.2   | 3.8           | 5.1                       | 3.6   | 2.5                                  | 3.3   | 3.0           | 4.4   | 3.7  |
| Upper 2.5 percentile | 16.0                         | 21.1  | 19.1          | 24.5                      | 19.1  | 14.5                                 | 19.0  | 17.3          | 22.3  | 20.3 |
| Lower 2.5 percentile | 4.5                          | 5.3   | 5.0           | 5.1                       | 5.4   | 5.0                                  | 4.8   | 5.0           | 5.7   | 4.3  |
| Calcium mg           |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                 | 739                          | 843   | 790           | 1020                      | 836   | 838                                  | 869   | 855           | 921   | 964  |
| Median               | 698                          | 815   | 750           | 986                       | 824   | 804                                  | 800   | 800           | 885   | 903  |
| sd                   | 265                          | 323   | 299           | 429                       | 285   | 274                                  | 317   | 299           | 347   | 333  |
| Upper 2.5 percentile | 1338                         | 1579  | 1482          | 1874                      | 1448  | 1443                                 | 1581  | 1567          | 1716  | 1677 |
| Lower 2.5 percentile | 316                          | 313   | 313           | 363                       | 338   | 398                                  | 409   | 409           | 339   | 411  |
| Magnesium mg         |                              |       |               |                           |   |                                      |       |               |       |      |
| Mean                 | 186                          | 239   | 212           | 312                       | 254   | 201                                  | 230   | 217           | 294   | 275  |
| Median               | 180                          | 231   | 201           | 302                       | 246   | 193                                  | 225   | 207           | 280   | 262  |
| sd                   | 51                           | 76    | 69            | 106                       | 80  | 48                                   | 68    | 62            | 106   | 93   |
| Upper 2.5 percentile | 305                          | 411   | 362           | 540                       | 423   | 315                                  | 384   | 375           | 550   | 508  |
| Lower 2.5 percentile | 99                           | 118   | 104           | 139                       | 116   | 129                                  | 119   | 126           | 144   | 113  |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Mineral              | Survey and age group (years) |       |               |                           |   |                                      |       |      |      |      |
|----------------------|------------------------------|-------|---------------|---------------------------|---|--------------------------------------|-------|------|------|------|
|                      | 1997 NDNS Young People       |       |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |      |      |      |
|                      | Boys                         |       | Total<br>boys | Men                       | Boys  | Total<br>boys                        |       | Men  |      |      |
|                      | 4-10                         | 11-18 | 19-64         | 65+                       | 4-10  | 11-18                                | 19-64 | 65+  |      |      |
| Potassium mg         |                              |       |               |                           |   |                                      |       |      |      |      |
| Mean                 | 2074                         | 2624  | 2342          | 3411                      | 2715  | 2222                                 | 2558  | 2410 | 3174 | 3139 |
| Median               | 2016                         | 2562  | 2230          | 3340                      | 2670  | 2195                                 | 2481  | 2335 | 3085 | 3046 |
| sd                   | 572                          | 831   | 761           | 1030                      | 740   | 517                                  | 765   | 687  | 1052 | 940  |
| Upper 2.5 percentile | 3360                         | 4542  | 4100          | 5478                      | 4169  | 3461                                 | 4332  | 3993 | 5773 | 5153 |
| Lower 2.5 percentile | 1118                         | 1289  | 1173          | 1549                      | 1430  | 1321                                 | 1225  | 1245 | 1518 | 1268 |
| Zinc mg              |                              |       |               |                           |   |                                      |       |      |      |      |
| Mean                 | 5.9                          | 8.0   | 6.9           | 10.2                      | 8.8   | 6.7                                  | 8.4   | 7.6  | 10.0 | 9.4  |
| Median               | 5.7                          | 7.7   | 6.5           | 10.0                      | 8.6   | 6.3                                  | 7.9   | 7.0  | 9.6  | 9.3  |
| sd                   | 1.9                          | 2.8   | 2.6           | 3.5                       | 2.6   | 2.0                                  | 2.8   | 2.6  | 3.6  | 3.1  |
| Upper 2.5 percentile | 10.2                         | 14.3  | 12.9          | 17.7                      | 14.6  | 11.7                                 | 15.0  | 13.8 | 20.1 | 15.3 |
| Lower 2.5 percentile | 2.9                          | 3.8   | 3.2           | 4.4                       | 4.2   | 3.8                                  | 3.7   | 3.7  | 4.7  | 4.1  |
| Copper mg            |                              |       |               |                           |   |                                      |       |      |      |      |
| Mean                 | 0.77                         | 0.99  | 0.88          | 1.48                      | 1.12  | 0.81                                 | 1.04  | 0.94 | 1.27 | 1.39 |
| Median               | 0.72                         | 0.94  | 0.82          | 1.32                      | 0.99  | 0.77                                 | 0.96  | 0.86 | 1.20 | 1.14 |
| sd                   | 0.27                         | 0.35  | 0.33          | 1.06                      | 0.69  | 0.29                                 | 0.38  | 0.36 | 0.68 | 0.84 |
| Upper 2.5 percentile | 1.42                         | 1.82  | 1.66          | 3.20                      | 3.41  | 1.27                                 | 1.94  | 1.78 | 2.61 | 4.00 |
| Lower 2.5 percentile | 0.37                         | 0.46  | 0.39          | 0.56                      | 0.46  | 0.47                                 | 0.46  | 0.47 | 0.54 | 0.57 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), males by age

*Males aged 4 years and over*

| Mineral                   | Survey and age group (years) |            |               |                           |   |                                      |            |               |            |           |
|---------------------------|------------------------------|------------|---------------|---------------------------|---|--------------------------------------|------------|---------------|------------|-----------|
|                           | 1997 NDNS Young People       |            |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |               |            |           |
|                           | Boys                         |            | Total<br>boys | Men<br>19-64              | Men<br>65+  | Boys                                 |            | Total<br>boys | Men        |           |
|                           | 4-10                         | 11-18      |               |                           |   | 4-10                                 | 11-18      |               | 19-64      | 65+       |
| Iodine µg                 |                              |            |               |                           |   |                                      |            |               |            |           |
| Mean                      | 154                          | 171        | 163           | 221                       | 187   | 153                                  | 138        | 144           | 192        | 216       |
| Median                    | 141                          | 158        | 149           | 209                       | 177   | 144                                  | 119        | 131           | 176        | 197       |
| sd                        | 70                           | 79         | 75            | 99                        | 76  | 65                                   | 66         | 66            | 96         | 94        |
| Upper 2.5 percentile      | 318                          | 353        | 334           | 416                       | 347   | 305                                  | 321        | 315           | 440        | 427       |
| Lower 2.5 percentile      | 56                           | 56         | 56            | 71                        | 74  | 58                                   | 51         | 54            | 60         | 87        |
| <i>Bases (unweighted)</i> | <i>440</i>                   | <i>416</i> | <i>856</i>    | <i>833</i>                | <i>632</i>  | <i>210</i>                           | <i>238</i> | <i>448</i>    | <i>346</i> | <i>96</i> |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Mineral              | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |      |
|----------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|------|
|                      | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |      |
|                      | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |      |
|                      | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 |                | 19-64 | 65+  |
| Iron mg              |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                 | 7.9                          | 8.8   | 8.4            | 10.0                      | 8.6   | 8.4                                  | 8.6   | 8.5            | 9.8   | 9.5  |
| Median               | 7.6                          | 8.2   | 7.9            | 9.6                       | 8.3   | 8.3                                  | 8.2   | 8.2            | 9.7   | 9.0  |
| sd                   | 2.5                          | 3.4   | 3.0            | 4.0                       | 2.9   | 2.2                                  | 2.7   | 2.5            | 3.0   | 2.7  |
| Upper 2.5 percentile | 13.3                         | 16.6  | 15.8           | 18.9                      | 15.9  | 12.9                                 | 14.1  | 14.1           | 16.3  | 15.7 |
| Lower 2.5 percentile | 4.1                          | 4.1   | 4.1            | 3.5                       | 3.7   | 4.7                                  | 4.2   | 4.3            | 4.0   | 5.0  |
| Calcium mg           |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                 | 659                          | 662   | 661            | 783                       | 690   | 767                                  | 696   | 728            | 740   | 799  |
| Median               | 653                          | 626   | 638            | 761                       | 655   | 743                                  | 653   | 708            | 709   | 749  |
| sd                   | 218                          | 270   | 247            | 291                       | 246   | 239                                  | 248   | 246            | 254   | 262  |
| Upper 2.5 percentile | 1168                         | 1333  | 1250           | 1462                      | 1213  | 1274                                 | 1243  | 1274           | 1301  | 1405 |
| Lower 2.5 percentile | 285                          | 243   | 259            | 275                       | 325   | 360                                  | 318   | 351            | 302   | 392  |
| Magnesium mg         |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                 | 169                          | 189   | 179            | 230                       | 197   | 185                                  | 187   | 186            | 228   | 223  |
| Median               | 165                          | 183   | 173            | 223                       | 188   | 186                                  | 185   | 185            | 220   | 219  |
| sd                   | 46                           | 58    | 54             | 75                        | 61  | 43                                   | 47    | 45             | 66    | 55   |
| Upper 2.5 percentile | 274                          | 328   | 305            | 387                       | 332   | 275                                  | 283   | 280            | 363   | 317  |
| Lower 2.5 percentile | 88                           | 96    | 91             | 99                        | 99  | 114                                  | 97    | 106            | 99    | 127  |



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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

Females aged 4 years and over

| Mineral              | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |      |
|----------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|------|
|                      | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |      |
|                      | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |      |
|                      | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 |                | 19-64 | 65+  |
| Potassium mg         |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                 | 1921                         | 2150  | 2042           | 2675                      | 2207  | 2083                                 | 2120  | 2104           | 2558  | 2592 |
| Median               | 1919                         | 2091  | 2002           | 2630                      | 2147  | 2052                                 | 2127  | 2099           | 2542  | 2574 |
| sd                   | 502                          | 633   | 586            | 804                       | 615   | 496                                  | 574   | 541            | 737   | 626  |
| Upper 2.5 percentile | 2981                         | 3418  | 3289           | 4341                      | 3564  | 3212                                 | 3402  | 3299           | 3991  | 3900 |
| Lower 2.5 percentile | 1041                         | 1071  | 1049           | 1185                      | 1147  | 1227                                 | 987   | 1164           | 1195  | 1504 |
| Zinc mg              |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                 | 5.4                          | 6.1   | 5.7            | 7.4                       | 6.9   | 6.3                                  | 6.6   | 6.5            | 7.7   | 7.6  |
| Median               | 5.2                          | 5.8   | 5.5            | 7.2                       | 6.5   | 6.1                                  | 6.5   | 6.3            | 7.6   | 7.7  |
| sd                   | 1.5                          | 2.1   | 1.9            | 2.3                       | 2.1   | 1.7                                  | 2.0   | 1.9            | 2.4   | 2.0  |
| Upper 2.5 percentile | 8.8                          | 10.7  | 10.0           | 12.1                      | 11.2  | 10.6                                 | 10.7  | 10.6           | 13.1  | 11.8 |
| Lower 2.5 percentile | 2.7                          | 2.7   | 2.7            | 3.1                       | 3.4   | 3.4                                  | 2.8   | 3.1            | 3.7   | 4.5  |
| Copper mg            |                              |       |                |                           |   |                                      |       |                |       |      |
| Mean                 | 0.69                         | 0.80  | 0.75           | 1.04                      | 0.87  | 0.79                                 | 0.86  | 0.83           | 1.06  | 1.09 |
| Median               | 0.65                         | 0.76  | 0.70           | 0.98                      | 0.77  | 0.79                                 | 0.85  | 0.82           | 0.96  | 0.88 |
| sd                   | 0.24                         | 0.30  | 0.28           | 0.43                      | 0.53  | 0.24                                 | 0.25  | 0.25           | 0.51  | 0.75 |
| Upper 2.5 percentile | 1.30                         | 1.52  | 1.39           | 1.96                      | 2.41  | 1.33                                 | 1.37  | 1.33           | 2.28  | 3.72 |
| Lower 2.5 percentile | 0.33                         | 0.39  | 0.35           | 0.40                      | 0.35  | 0.40                                 | 0.44  | 0.42           | 0.46  | 0.57 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), females by age

*Females aged 4 years and over*

| Mineral                   | Survey and age group (years) |       |                |                           |   |                                      |       |                |       |     |
|---------------------------|------------------------------|-------|----------------|---------------------------|---|--------------------------------------|-------|----------------|-------|-----|
|                           | 1997 NDNS Young People       |       |                | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |                |       |     |
|                           | Girls                        |       | Total<br>girls | Women                     |   | Girls                                |       | Total<br>girls | Women |     |
|                           | 4-10                         | 11-18 |                | 19-64                     | 65+   | 4-10                                 | 11-18 |                | 19-64 | 65+ |
| Iodine $\mu\text{g}$      |                              |       |                |                           |   |                                      |       |                |       |     |
| Mean                      | 135                          | 134   | 135            | 161                       | 149   | 133                                  | 110   | 120            | 143   | 169 |
| Median                    | 127                          | 119   | 124            | 151                       | 137   | 126                                  | 97    | 110            | 135   | 159 |
| sd                        | 59                           | 86    | 75             | 79                        | 61  | 55                                   | 53    | 55             | 61    | 68  |
| Upper 2.5 percentile      | 277                          | 294   | 282            | 332                       | 296   | 260                                  | 272   | 272            | 290   | 337 |
| Lower 2.5 percentile      | 47                           | 41    | 44             | 52                        | 54  | 51                                   | 45    | 45             | 50    | 77  |
| <i>Bases (unweighted)</i> | 397                          | 448   | 845            | 891                       | 643   | 213                                  | 215   | 428            | 461   | 128 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Mineral              | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|----------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                      | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                      | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Iron mg              |                              |       |                           |   |                                      |       |       |      |
| Mean                 | 8.5                          | 10.2  | 11.5                      | 9.6   | 8.7                                  | 9.7   | 10.9  | 10.3 |
| Median               | 8.1                          | 9.5   | 10.8                      | 9.1   | 8.5                                  | 9.5   | 10.4  | 10.0 |
| sd                   | 2.8                          | 4.1   | 4.8                       | 3.4   | 2.4                                  | 3.2   | 3.9   | 3.3  |
| Upper 2.5 percentile | 15.0                         | 19.8  | 22.7                      | 17.8  | 14.2                                 | 16.8  | 20.8  | 17.7 |
| Lower 2.5 percentile | 4.2                          | 4.6   | 4.1                       | 4.2   | 4.9                                  | 4.3   | 4.4   | 4.9  |
| Calcium mg           |                              |       |                           |   |                                      |       |       |      |
| Mean                 | 701                          | 750   | 888                       | 752   | 804                                  | 785   | 830   | 871  |
| Median               | 679                          | 721   | 845                       | 716   | 770                                  | 720   | 787   | 822  |
| sd                   | 247                          | 310   | 377                       | 273   | 260                                  | 298   | 317   | 305  |
| Upper 2.5 percentile | 1286                         | 1482  | 1669                      | 1409  | 1339                                 | 1522  | 1542  | 1630 |
| Lower 2.5 percentile | 299                          | 260   | 317                       | 335   | 378                                  | 353   | 324   | 406  |
| Magnesium mg         |                              |       |                           |   |                                      |       |       |      |
| Mean                 | 178                          | 213   | 266                       | 221   | 193                                  | 209   | 261   | 246  |
| Median               | 173                          | 203   | 253                       | 212   | 190                                  | 201   | 247   | 240  |
| sd                   | 50                           | 71    | 99                        | 75  | 46                                   | 63    | 94    | 78   |
| Upper 2.5 percentile | 294                          | 372   | 482                       | 387   | 293                                  | 367   | 508   | 434  |
| Lower 2.5 percentile | 91                           | 100   | 108                       | 101   | 116                                  | 101   | 123   | 125  |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Mineral              | Survey and age group (years) |       |                           |   |                                      |       |       |      |
|----------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|------|
|                      | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |      |
|                      | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+  |
| Potassium mg         |                              |       |                           |   |                                      |       |       |      |
| Mean                 | 2002                         | 2379  | 3002                      | 2422  | 2154                                 | 2345  | 2865  | 2832 |
| Median               | 1958                         | 2296  | 2918                      | 2344  | 2117                                 | 2275  | 2747  | 2753 |
| sd                   | 545                          | 772   | 982                       | 716   | 511                                  | 713   | 958   | 823  |
| Upper 2.5 percentile | 3187                         | 4095  | 5046                      | 4046  | 3299                                 | 3891  | 5128  | 4605 |
| Lower 2.5 percentile | 1097                         | 1108  | 1282                      | 1229  | 1296                                 | 1078  | 1303  | 1465 |
| Zinc mg              |                              |       |                           |   |                                      |       |       |      |
| Mean                 | 5.7                          | 7.0   | 8.6                       | 7.7   | 6.5                                  | 7.5   | 8.9   | 8.4  |
| Median               | 5.5                          | 6.7   | 8.3                       | 7.3   | 6.2                                  | 7.1   | 8.7   | 8.4  |
| sd                   | 1.7                          | 2.6   | 3.2                       | 2.5   | 1.9                                  | 2.6   | 3.3   | 2.7  |
| Upper 2.5 percentile | 9.6                          | 12.9  | 16.2                      | 13.2  | 11.4                                 | 13.4  | 16.1  | 14.1 |
| Lower 2.5 percentile | 2.8                          | 3.0   | 3.4                       | 3.6   | 3.5                                  | 3.1   | 4.2   | 4.5  |
| Copper mg            |                              |       |                           |   |                                      |       |       |      |
| Mean                 | 0.73                         | 0.89  | 1.23                      | 0.98  | 0.80                                 | 0.95  | 1.16  | 1.22 |
| Median               | 0.69                         | 0.83  | 1.11                      | 0.85  | 0.78                                 | 0.91  | 1.07  | 0.99 |
| sd                   | 0.26                         | 0.34  | 0.80                      | 0.62  | 0.27                                 | 0.34  | 0.61  | 0.80 |
| Upper 2.5 percentile | 1.37                         | 1.70  | 2.54                      | 2.68  | 1.29                                 | 1.76  | 2.53  | 3.90 |
| Lower 2.5 percentile | 0.35                         | 0.42  | 0.46                      | 0.39  | 0.42                                 | 0.46  | 0.47  | 0.57 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results), by age

*Aged 4 years and over*

| Mineral                   | Survey and age group (years) |       |                           |   |                                      |       |       |     |
|---------------------------|------------------------------|-------|---------------------------|---|--------------------------------------|-------|-------|-----|
|                           | 1997 NDNS Young People       |       | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |       |       |     |
|                           | 4-10                         | 11-18 | 19-64                     | 65+   | 4-10                                 | 11-18 | 19-64 | 65+ |
| Iodine µg                 |                              |       |                           |   |                                      |       |       |     |
| Mean                      | 145                          | 152   | 188                       | 165   | 143                                  | 124   | 167   | 190 |
| Median                    | 134                          | 138   | 175                       | 152   | 133                                  | 107   | 150   | 174 |
| sd                        | 66                           | 85    | 93                        | 70  | 61                                   | 62    | 84    | 83  |
| Upper 2.5 percentile      | 308                          | 328   | 388                       | 328   | 289                                  | 294   | 388   | 407 |
| Lower 2.5 percentile      | 52                           | 45    | 57                        | 63  | 54                                   | 47    | 59    | 85  |
| <i>Bases (unweighted)</i> | 837                          | 864   | 1724                      | 1275  | 423                                  | 453   | 807   | 224 |

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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results)<sup>a,b</sup>, males by age

Males aged 4 years and over

| Mineral                   | Survey and age group (years) |            |               |                           |   |                                      |            |               |            |           |
|---------------------------|------------------------------|------------|---------------|---------------------------|---|--------------------------------------|------------|---------------|------------|-----------|
|                           | 1997 NDNS Young People       |            |               | 2000/01<br>NDNS<br>Adults | 1994/95<br>NDNS<br>people<br>aged<br>65 years<br>and over | NDNS Rolling Programme Years 1 and 2 |            |               |            |           |
|                           | Boys                         |            | Total<br>boys | Men                       |   | Boys                                 |            | Total<br>boys | Men        |           |
| 4-10<br>%                 | 11-18<br>%                   | %          | 19-64<br>%    | 65+<br>%                  | 4-10<br>%   | 11-18<br>%                           | %          | 19-64<br>%    | 65+<br>%   |           |
| Iron                      | 1                            | 5          | 3             | 2                         | 1   | 0                                    | 5          | 3             | 1          | 3         |
| Calcium                   | 2                            | 13         | 7             | 3                         | 5   | 0                                    | 8          | 4             | 3          | 1         |
| Magnesium                 | 3                            | 24         | 13            | 11                        | 21  | 0                                    | 27         | 15            | 15         | 17        |
| Potassium                 | 0                            | 13         | 6             | 7                         | 17  | 0                                    | 16         | 9             | 10         | 11        |
| Zinc                      | 11                           | 15         | 13            | 6                         | 8   | 4                                    | 12         | 9             | 8          | 10        |
| Iodine                    | 2                            | 5          | 3             | 2                         | 2   | 1                                    | 7          | 4             | 5          | 0         |
| <i>Bases (unweighted)</i> | <i>440</i>                   | <i>416</i> | <i>856</i>    | <i>833</i>                | <i>632</i>  | <i>210</i>                           | <i>238</i> | <i>448</i>    | <i>346</i> | <i>96</i> |

<sup>a</sup> 0 denotes 0.5% or lower.

<sup>b</sup> % <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): NDNS Young People 4-18 years (1997); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results)<sup>a,b</sup>, females by age

Females aged 4 years and over

| Mineral                   | Survey and age group (years) |            |             |                     |  |                                      |            |             |            |            |
|---------------------------|------------------------------|------------|-------------|---------------------|--|--------------------------------------|------------|-------------|------------|------------|
|                           | 1997 NDNS Young People       |            |             | 2000/01 NDNS Adults | 1994/95 NDNS people aged 65 years and over | NDNS Rolling Programme Years 1 and 2 |            |             |            |            |
|                           | Girls                        |            | Total girls | Women               |  | Girls                                |            | Total girls | Women      |            |
|                           | 4-10 %                       | 11-18 %    | %           | 19-64 %             | 65+ %                                      | 4-10 %                               | 11-18 %    | %           | 19-64 %    | 65+ %      |
| Iron                      | 3                            | 47         | 26          | 26                  | 6  | 1                                    | 44         | 25          | 22         | 1          |
| Calcium                   | 3                            | 23         | 14          | 8                   | 9  | 2                                    | 15         | 9           | 6          | 3          |
| Magnesium                 | 3                            | 51         | 29          | 13                  | 23   | 2                                    | 50         | 29          | 9          | 9          |
| Potassium                 | 1                            | 31         | 17          | 20                  | 39   | 0                                    | 31         | 17          | 22         | 18         |
| Zinc                      | 19                           | 26         | 23          | 7                   | 5  | 10                                   | 19         | 15          | 3          | 0          |
| Iodine                    | 4                            | 14         | 9           | 6                   | 6  | 3                                    | 18         | 11          | 8          | 1          |
| <i>Bases (unweighted)</i> | <i>397</i>                   | <i>448</i> | <i>845</i>  | <i>891</i>          | <i>643</i>                                 | <i>213</i>                           | <i>215</i> | <i>428</i>  | <i>461</i> | <i>128</i> |

<sup>a</sup> 0 denotes 0.5% or lower.

<sup>b</sup> % <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); NDNS Adults 19-64 years (2000/01); NDNS people aged 65 years and over (1994/95); NDNS rolling programme Years 1 and 2 (current results)<sup>a,b</sup>, by age

*Aged 4 years and over*

| Mineral                   | Survey and age group (years) |            |                     |  |                                      |            |            |            |
|---------------------------|------------------------------|------------|---------------------|--|--------------------------------------|------------|------------|------------|
|                           | 1997 NDNS Young People       |            | 2000/01 NDNS Adults | 1994/95 NDNS people aged 65 years and over | NDNS Rolling Programme Years 1 and 2 |            |            |            |
|                           | 4-10 %                       | 11-18 %    | 19-64 %             | 65+ %                                      | 4-10 %                               | 11-18 %    | 19-64 %    | 65+ %      |
| Iron                      | 2                            | 27         | 15                  | 4  | 1                                    | 24         | 12         | 2          |
| Calcium                   | 3                            | 18         | 6                   | 7  | 1                                    | 11         | 4          | 2          |
| Magnesium                 | 3                            | 38         | 12                  | 22   | 1                                    | 39         | 12         | 12         |
| Potassium                 | 1                            | 22         | 15                  | 30   | 0                                    | 23         | 16         | 15         |
| Zinc                      | 15                           | 21         | 7                   | 6  | 7                                    | 15         | 6          | 5          |
| Iodine                    | 3                            | 10         | 5                   | 4  | 2                                    | 12         | 6          | 1          |
| <i>Bases (unweighted)</i> | <i>837</i>                   | <i>864</i> | <i>1724</i>         | <i>1275</i>                                | <i>423</i>                           | <i>453</i> | <i>807</i> | <i>224</i> |

<sup>a</sup> 0 denotes 0.5% or lower.

<sup>b</sup> % <LRNI recalculated for past surveys for four days of assessment.



## 5.7 Supplements

### List of tables

- 5.29 Percentage of participants consuming supplements in the four-day diary period, by age and sex.
- 5.30 Percentage of participants consuming supplements in the year before interview (as recorded in the CAPI interview), by age and sex.

Table 5.29

## Percentage of participants consuming supplements in the four-day diary period, by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Supplement                                | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cod liver oil and other fish oils         | 8                         | 3          | 5                  | 9          | 13       | 5         | 1          | 3                   | 13         | 10       | 6          | 6         | 2          | 11         | 11       |
| Evening primrose oil and other plant oils | 1                         | 0          | 0                  | 1          | 1        | 0         | 1          | 1                   | 6          | 3        | 0          | 0         | 1          | 4          | 2        |
| Single vitamins / minerals                | 1                         | 2          | 1                  | 3          | 3        | 0         | 2          | 1                   | 10         | 8        | 1          | 0         | 2          | 6          | 6        |
| <i>of which:</i>                          |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Folic acid</i>                         | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 0          | 0        | 0          | 0         | 0          | 0          | 0        |
| <i>Iron only or with Vitamin C</i>        | 0                         | 0          | 0                  | 0          | 0        | 0         | 1          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>Vitamin C only</i>                     | 1                         | 2          | 1                  | 1          | 2        | 0         | 1          | 0                   | 6          | 1        | 1          | 0         | 1          | 3          | 1        |
| <i>Calcium only or with Vitamin D</i>     | 0                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 1          | 3        | 0          | 0         | 0          | 1          | 2        |
| Multi-vitamins (no minerals)              | 6                         | 1          | 4                  | 1          | 3        | 8         | 3          | 5                   | 4          | 1        | 6          | 7         | 2          | 3          | 2        |
| Multi-minerals (no vitamins)              | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 0          | 0        |
| Multivitamins and minerals                | 6                         | 3          | 4                  | 7          | 4        | 3         | 2          | 3                   | 11         | 6        | 1          | 5         | 3          | 9          | 5        |
| Non-nutrient supplements (incl. herbal)   | 0                         | 0          | 0                  | 4          | 0        | 0         | 1          | 1                   | 7          | 7        | 0          | 0         | 1          | 5          | 4        |
| Other nutrient supplements                | 1                         | 0          | 1                  | 3          | 8        | 0         | 0          | 0                   | 5          | 7        | 0          | 0         | 0          | 4          | 7        |
| Any type of supplement                    | 20                        | 10         | 15                 | 17         | 36       | 15        | 8          | 11                  | 32         | 38       | 15         | 17        | 9          | 25         | 37       |
| <i>Bases (unweighted)</i>                 | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |

Table 5.30

## Percentage of participants consuming supplements during past year (as recorded in the CAPI interview), by age and sex

Aged 1.5 years and over

2008/09 - 2009/10

| Supplement                                | Sex and age group (years) |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
|---|---------------------------|------------|--------------------|------------|----------|-----------|------------|---------------------|------------|----------|------------|-----------|------------|------------|----------|
|   | Boys                      |            |                    | Men        |          | Girls     |            | Women               |            |          | Total      |           |            |            |          |
|   | 4-10<br>%                 | 11-18<br>% | Total<br>boys<br>% | 19-64<br>% | 65+<br>% | 4-10<br>% | 11-18<br>% | Total<br>girls<br>% | 19-64<br>% | 65+<br>% | 1.5-3<br>% | 4-10<br>% | 11-18<br>% | 19-64<br>% | 65+<br>% |
| Cod liver oil and other fish oils         | 11                        | 9          | 10                 | 10         | 23       | 9         | 7          | 8                   | 15         | 19       | 6          | 10        | 8          | 13         | 21       |
| Evening primrose oil and other plant oils | 0                         | 0          | 0                  | 1          | 3        | 0         | 0          | 0                   | 7          | 6        | 0          | 0         | 0          | 4          | 5        |
| Single vitamins / minerals                | 2                         | 4          | 3                  | 8          | 3        | 3         | 8          | 6                   | 15         | 12       | 1          | 3         | 6          | 12         | 8        |
| <i>of which:</i>                          |                           |            |                    |            |          |           |            |                     |            |          |            |           |            |            |          |
| <i>Folic acid</i>                         | 0                         | 0          | 0                  | 1          | 0        | 0         | 0          | 0                   | 2          | 0        | 0          | 0         | 0          | 1          | 0        |
| <i>Iron only or with Vitamin C</i>        | 0                         | 0          | 0                  | 1          | 0        | 0         | 1          | 1                   | 3          | 0        | 0          | 0         | 1          | 2          | 0        |
| <i>Vitamin C only</i>                     | 2                         | 3          | 2                  | 3          | 2        | 3         | 5          | 4                   | 5          | 2        | 0          | 3         | 4          | 4          | 2        |
| <i>Calcium only or with Vitamin D</i>     | 0                         | 1          | 1                  | 2          | 0        | 0         | 0          | 0                   | 1          | 6        | 0          | 0         | 0          | 1          | 4        |
| Multi-vitamins (no minerals)              | 10                        | 5          | 7                  | 5          | 2        | 9         | 8          | 9                   | 7          | 4        | 11         | 9         | 6          | 6          | 3        |
| Multi-minerals (no vitamins)              | 0                         | 0          | 0                  | 0          | 0        | 0         | 0          | 0                   | 1          | 0        | 0          | 0         | 0          | 1          | 0        |
| Multivitamins and minerals                | 5                         | 5          | 5                  | 10         | 6        | 3         | 5          | 4                   | 12         | 7        | 1          | 4         | 5          | 11         | 7        |
| Non-nutrient supplements (incl. herbal)   | 1                         | 1          | 1                  | 5          | 8        | 0         | 2          | 1                   | 13         | 11       | 1          | 1         | 2          | 9          | 10       |
| Other nutrient supplements                | 1                         | 1          | 1                  | 6          | 7        | 0         | 1          | 1                   | 5          | 8        | 0          | 1         | 1          | 5          | 8        |
| Any type of supplement                    | 29                        | 22         | 25                 | 26         | 39       | 26        | 24         | 25                  | 42         | 38       | 21         | 27        | 23         | 35         | 38       |
| <i>Bases (unweighted)</i>                 | 210                       | 238        | 448                | 346        | 96       | 213       | 215        | 428                 | 461        | 128      | 219        | 423       | 453        | 807        | 224      |