New Issue

National Nutrition Survey

Nutrient Intakes and Physical Measurements

Australia

1995

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AUSTRALIAN BUREAU OF STATISTICS

EMBARGO: 11:30AM (CANBERRA TIME) THURS 17 DEC 1998

ABS Catalogue No. 4805.0
ISBN 0 642 25724 8

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Produced by the Australian Bureau of Statistics

INQUIRIES

- For more information about these and related statistics, contact Kate Wright on Canberra 02 6252 6183 or 1800 060 050, or refer to the back page of this publication.

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ADDITIONAL INFORMATION

PREFACE

This publication presents selected data from the 1995 National Nutrition Survey (NNS) which collected information on food and nutrition from the Australian population. Information is provided on nutrient intake, main food sources of nutrients and physical measurements such as height, weight and blood pressure.

The 1995 NNS was a joint project between the Australian Bureau of Statistics (ABS) and the Commonwealth Department of Health and Aged Care (formerly the Department of Health and Family Services). In recognition of the special nature of the data to be collected, expert groups were established to provide advice on appropriate methods for the collection of dietary data and protocols for taking physical measurements such as blood pressure. Qualified nutritionists were recruited and trained jointly by ABS and the Department of Health and Aged Care to ensure the quality of the dietary data being recorded. Coding, processing and review of data were a joint responsibility of the ABS and the Department of Health and Aged Care.

Our thanks are extended to the Agricultural Research Service of the United States' Department of Agriculture for giving permission to use and modify their 24-hour dietary recall methodology and associated materials, the Australia and New Zealand Food Authority for developing a customised nutrient database for use in the NNS, and the United Kingdom Ministry of Agriculture, Fisheries and Food and the Royal Society of Chemistry for the use of folate values and general nutrient data.

ABS publications draw extensively on information provided freely by individuals, businesses, governments and other organisations. Their continued cooperation is very much appreciated: without it, the wide range of statistics published by the ABS would not be available.

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SUMMARY OF FINDINGS

INTRODUCTION

The National Nutrition Survey (NNS) was conducted between February 1995 and March 1996 across all States and Territories. It collected information for people aged two years or more on food and beverage intake, usual frequency of intake, food-related habits and attitudes, and physical measurements.

The overall objective of this survey was the provision of food and nutrient data to assist with the implementation of Australia's *Food and Nutrition Policy*, future revisions of the Recommended Dietary Intakes (NHMRC 1991) and future revisions of national health goals and targets.

In the NNS, the daily food consumption method (24-hour recall) was used to collect data on food and beverage intake. All participants were interviewed by trained nutritionists who sought detailed information on food and beverages consumed during the day prior to interview (from midnight to midnight). Each food and beverage was described in sufficient detail to allow its nutrient composition to be determined. See paragraphs 22–23 of the Explanatory Notes for more details on the conversion of food intakes into nutrient intakes.

This publication presents information on intake of the following nutrients:

- energy;
- moisture;
- macronutrients — protein, fat (total, saturated, monounsaturated and polyunsaturated), cholesterol, carbohydrate (total, starch and sugars), dietary fibre and alcohol;
- vitamins — vitamin A (retinol equivalents, preformed and provitamin), thiamin, riboflavin, niacin equivalents, folate, vitamin C; and
- minerals — calcium, phosphorus, magnesium, iron, zinc and potassium.

It also includes information on the physical measurements of Australians aged two years or more.

Median nutrient intake

Tables 1–36 present information for mean and median nutrient intakes. The median is particularly useful for interpreting nutrient intake, as it is unaffected by the extreme values which may be recorded on a single day's intake. As practically everyone consumes some of each nutrient each day, medians have been calculated for all people in the population group being considered. The exception is median alcohol intake, which has been calculated only for alcohol consumers because of the high level of non-consumption. Only 33% of adults consumed alcohol during the day prior to interview.

Ratio of energy intake to basal metabolic rate

Basal metabolic rate (BMR) is the amount of energy expended at rest over a given period of time. BMR has been predicted for NNS participants aged 10 years and over from their weight, age and sex (see Appendix 4).

The ratio of energy intake to basal metabolic rate (EI/BMR) has been included in all tables on mean and median macronutrient intake, to aid data interpretation. Low EI/BMR values may indicate dieting, unusually low consumption or under-reporting of food consumption during the 24-hour reference period. Further information on EI/BMR and its effects on the interpretation of survey data is provided in Appendix 4.

AGE AND SEX DIFFERENCES

Energy

Energy is released from food components containing fat, protein, carbohydrate and alcohol. Across all age groups, males had a higher energy intake than females. Median daily energy intake was 10,380 kJ for men, compared to 7,080 kJ for women. Energy intake increased steadily with age, to a peak of 13,010 kJ for males aged 16–18 years and 8,140 kJ for females aged 16–18 years, and then declined gradually with age. (Table 2.)

Macronutrients

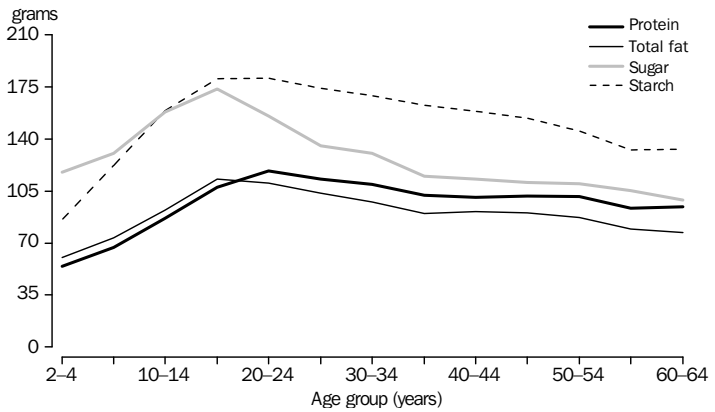
Males consumed larger amounts of each macronutrient than females for all age groups. In general, intakes increased with age until the second or third decade of life and then decreased:

- young children aged 2–3 years generally had the lowest median intake;
- adolescents and young adults usually had the highest median intake; and
- adults aged 65 years and over had intakes similar to those of children aged 4–11 years.

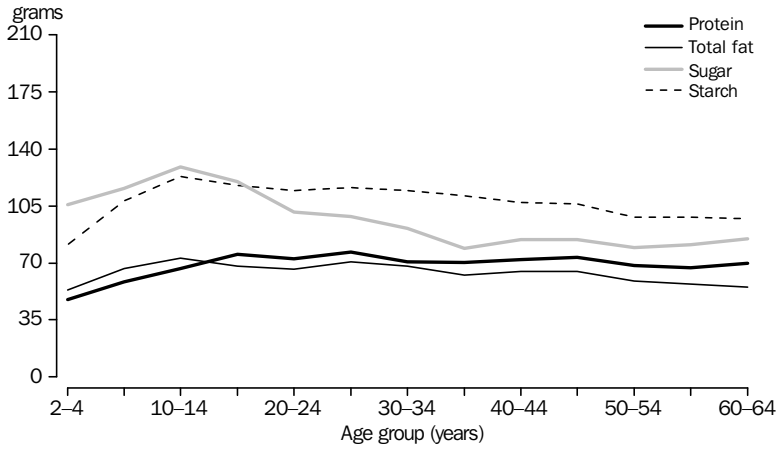
The highest median intakes for males were mainly between 16 and 24 years, whereas female intakes generally peaked at 12–18 years. This is consistent with an earlier adolescent growth spurt for females than for males. (Table 2.)

The patterns in intake of individual macronutrients differed with age and sex. Young children and adolescents consumed slightly more fat than protein, the reverse of the pattern for males aged 19 years and over and females 16 years and over. Similarly, children and adolescents consumed more sugars than starch whereas adults ate more starch tha n sugars.

MEDIAN INTAKE OF PROTEIN, FAT, SUGARS AND STARCH, Males



MEDIAN INTAKE OF PROTEIN, FAT, SUGARS AND STARCH, Females



Carbohydrates contributed the largest proportion of energy intake for all age groups. It contributed over 50% to the total energy intake of those aged under 19 years, reducing to 45% for adults aged 45–64 years. Fat contributed about one-third to all age groups. Protein contributed about 14% for children under 15 years, increasing to 17% for adults over 45 years. These proportions were similar for both males and females. Adults who consumed alcohol obtained approximately 4–9% of their energy intake from alcohol. (Table 4.)

The proportion of total energy provided by saturated fat and sugars decreased with age, and the proportion provided by protein increased with age. The proportion provided by other macronutrients did not differ significantly with age.

Vitamins and minerals

As with macronutrients, males consumed larger quantities of vitamins and minerals than females.

For males, median intakes generally peaked at 16–24 years although for some vitamins and minerals the median intake was higher in older ages (e.g. vitamin C). For females, the highest median intakes for the majority of vitamins and minerals were by women aged 45–64 years. (Table 6.)

Vitamin and mineral intakes have also been expressed in relation to energy intake. This provides an indication of the 'richness' of the diet, relative to the total amount of energy consumed.

In contrast to actual intake of vitamins and minerals, adult females generally consumed higher amounts per 1,000 kJ of energy than adult males. However, men and women had similar intakes per 1,000 kJ of energy for thiamin, riboflavin and zinc. Females aged 2–15 years also generally consumed similar or larger amounts of vitamins and minerals per 1,000 kJ of energy than males, except for calcium and preformed vitamin A. (Table 8.)

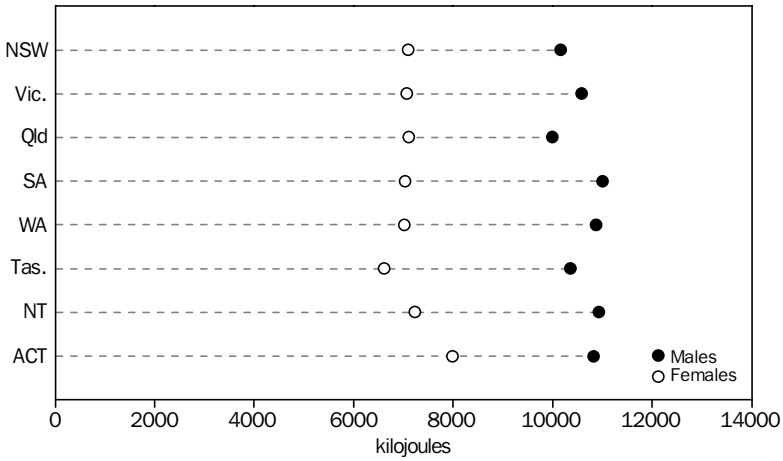
People aged 45 years and over usually had the highest vitamin and mineral intakes per 1,000 kJ of energy. However, 2–3 year olds had the highest intakes of calcium and preformed vitamin A per 1,000 kJ of energy, because of their high intake of milk and milk products. Thiamin and riboflavin were relatively stable across age groups.

OTHER FACTORS AFFECTING NUTRIENT INTAKE BY ADULTS

State and Territory

Differences in adult nutrient intake across States and Territories were generally small. Median energy intake was highest in South Australia for men and in the Australian Capital Territory for women. It was lowest in Queensland for men and in Tasmania for women. Women in the Australia Capital Territory consumed larger amounts of most macronutrients than other females. Western Australian men consumed the largest amounts of carbohydrates and South Australian men consumed the largest amounts of fats. (Table 10.)

MEDIAN ENERGY INTAKES, Adults



Geographic region

Geographic region was classified as metropolitan, rural centres, and rural and remote areas. Median nutrient intake by adults varied across geographic areas. (Tables 14 and 16.) Some illustrations include:

- Energy intakes differed little between geographic areas for men, but for women showed some variation and were lowest in rural and remote areas.
- Total carbohydrate and starch intakes were higher in metropolitan areas than in other areas, whereas intake of sugars was highest in rural centres.
- For alcohol consumers, median intake was highest for men but lowest for women in rural and remote areas.
- Cholesterol intake was highest for men in rural and remote areas but relatively similar across geographic areas for women.
- Men and women in rural centres recorded the lowest median intakes for the majority of vitamins and minerals.
- Intake of all forms of vitamin A was highest in rural and remote areas.

Region of birth

Nutrient intake for persons aged 19 years and over varied across region of birth and there were marked differences in the composition of nutrient intake for adults born in East Asia and Australia (see the Glossary).

Adults born in East Asia consumed much larger amounts of protein, total carbohydrate, starch and cholesterol than other adults. Their ratio of starch to sugars intake was also much higher than other adults. They also consumed smaller amounts of fat, sugars and dietary fibre. Men born in Australia consumed more energy, moisture, fat and sugars than other men. Women born in Australia and the United Kingdom, Ireland and New Zealand consumed more moisture, fat and sugars than other women. (Table 18.)

Adults born in East Asia consumed more provitamin A and zinc but less calcium than other adults. Adults born in Australia and the United Kingdom, Ireland and New Zealand generally had the highest intakes of the B vitamins (thiamin, riboflavin, niacin equivalents and folate), calcium and other minerals. (Table 20.)

Index of relative socio-economic disadvantage for areas

The index of relative socio-economic disadvantage for areas assigns an index to geographic areas based on socio-economic variables such as economic resources, education and occupation.

Adults living in the most disadvantaged areas (those in the first quintile) had the lowest median intakes of most nutrients, whereas adults living in the least disadvantaged areas (those in the fifth quintile) generally had the highest intakes. The main exception was alcohol intake, which was actually highest for men and women living in the most disadvantaged areas. (Tables 22 and 24.)

Weekday/weekend

There was a clear difference between median nutrient intake on weekdays and the weekend. (Tables 26 and 28.) The main differences were:

- On the weekend, adults consumed more energy, fat, cholesterol and alcohol than on weekdays.
- On weekdays, intake of vitamins and minerals was generally higher than or similar to that on the weekend.

Season

Some features of median nutrient intake for adults by season were:

- More energy, fat and starch were consumed in winter than in other seasons.
- The highest median intake for sugars and moisture was in summer.
- Higher levels of vitamins and minerals were consumed in winter and in spring than in autumn and summer. (Tables 30 and 32.)

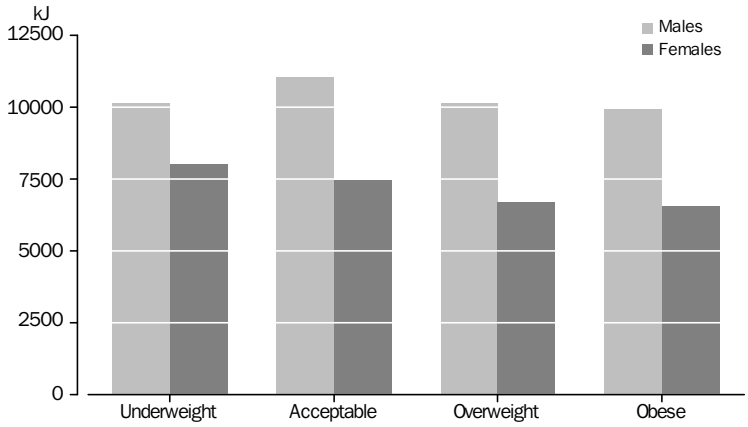
Body mass index

There was a clear relationship between body mass index (BMI) and reported nutrient intake for both sexes.

For women, energy and macronutrient intake was highest for those in the underweight range. As BMI increased there was a clear decline in intake, with obese women consuming the lowest amounts. There was the same decline in vitamin and mineral intakes with increasing BMI for women. (Tables 34 and 36).

The same general pattern was evident for men. Men with a BMI in the acceptable range reported the largest median intakes of energy and most macronutrients, whereas obese males reported the smallest intakes of energy, saturated fat, cholesterol, total carbohydrate, starch and dietary fibre. Vitamin and mineral intake was also highest in acceptable weight males and lowest in obese males. The exceptions were total vitamin A, calcium and potassium, which were highest in underweight males.

MEDIAN ENERGY INTAKE, By Body Mass Index



Some overweight and obese people may consume small amounts of nutrients consistent with lower physical activity levels and/or dieting. However, there may also be under-reporting of food consumption. The median EI/BMR ratio in obese men and in overweight and obese women was below that required even for minimal sedentary activity (see Appendix 4).

FOOD SOURCES OF NUTRIENTS

Information on the main food sources of each nutrient reflects both the amount of food consumed and the level of nutrient found in the food. In the following discussion, the term 'major sources' refers to food groups that contributed about 10% or more to intake of a specific nutrient. The term 'moderate sources' refers to food groups that contributed about 5%–10%. See Appendix 2 for further information about the food groups.

At the major food group level, cereals, cereal-based products, milk products and meat were the major contributors to nutrient intake. Other food groups that made major contributions included: fruit products and non-alcoholic beverages to intake of sugars; and fats and oils (e.g. butter, margarine and cooking oils) to intake of fat. However, the contribution varied by nutrient, particularly at the sub-major food group level. (Tables 37–63.)

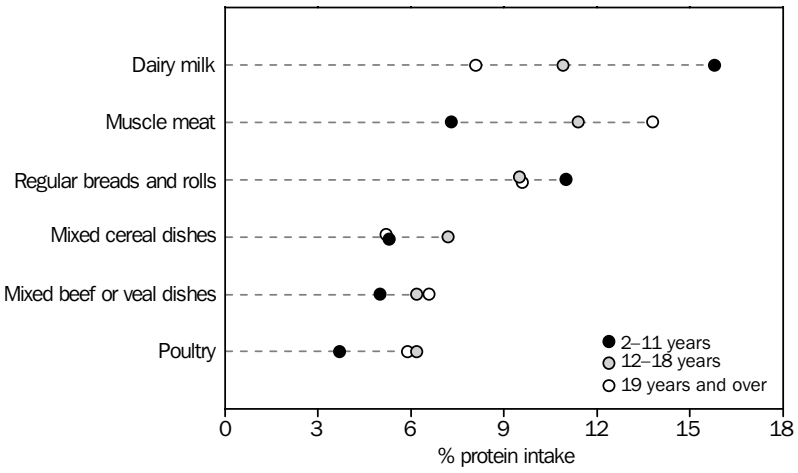
Energy

Energy from food provides the 'fuel' for growth, movement, metabolism and physical activity. Approximately half of energy intake came from cereals, cereal-based products and milk products. Regular breads and rolls provided about 10% of energy intake across all ages, as did dairy milk for children aged 2–11 years. Moderate sources of energy included: potatoes for all ages; dairy milk for adolescents and adults; and fruit and vegetable juices and drinks for children and adolescents. (Potatoes include products such as hot chips, mashed potato, potato patties and potato salad, as well as simpler versions of potato.) (Table 37.)

Protein

Protein supplies amino acids and is also a source of energy. Approximately half of protein intake came from milk products and meat products, and a further 30% came from cereal products and cereal-based products. Major sources of protein intake were: regular breads and rolls; dairy milk for children and adolescent males; and muscle meat for adolescents and adults. Moderate sources of protein intake were: dairy milk for adults and adolescent females; muscle meat for children; and, for all ages, mixed dishes where cereal is the major ingredient, poultry and other feathered game and mixed dishes where beef or veal is the major ingredient. (Table 39.)

HIGHEST CONTRIBUTORS TO PROTEIN INTAKE



Fat

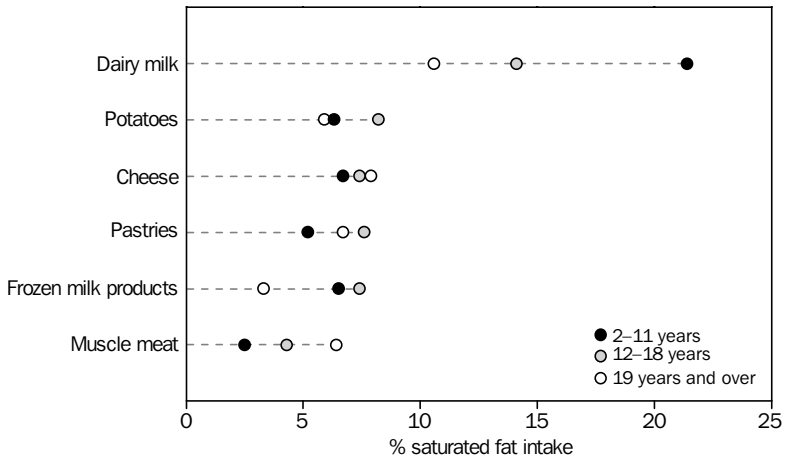
Fat provides the most concentrated source of energy in the human diet, is a carrier for fat soluble vitamins and is a source of essential fatty acids. Fat also contributes to the palatability of foods. High intakes of fat, particularly saturated fat, are associated with elevated serum cholesterol, obesity and increased mortality from cardiovascular disease in populations where the level of physical activity is low.

Pastries, mixed dishes where cereal is the major ingredient, potatoes, cheese and margarine were all moderate sources of total fat for all ages. (The fat from potatoes comes from fat added during cooking or preparation, e.g. hot chips or mashed potato.) Muscle meat was a moderate source for adults, but its contribution was lower for younger age groups. Dairy milk was a major source for children but only a moderate source for adults. (Table 40.)

The contribution from particular foods to fat intake varied according to the type of fat. For example:

- Milk products provided about 30–40% of saturated fat intake and fats and oils provided about 5–10%.
- Milk products provided about 5% of polyunsaturated fat intake whereas fats and oils provided about 20%. (Tables 41–43.)

HIGHEST CONTRIBUTORS TO SATURATED FAT INTAKE



Dietary fibre

Fibre attracts and absorbs water and helps to prevent constipation. Its effects on health are still incompletely understood but some components have a role in lowering blood cholesterol, while others help in controlling blood glucose and in protecting against the development of a number of intestinal problems. Foods of animal origin do not contain dietary fibre.

Approximately 80% of dietary fibre came from cereal products, cereal-based products, fruit and vegetables. The major sources of dietary fibre were: regular breads and rolls for all ages; and potatoes for adolescents. Potatoes contributed a moderate amount to intake by children and adults. Other foods that contributed a moderate amount to dietary fibre intake were pome fruit, single source breakfast cereals, mixed source breakfast cereals and mixed dishes where cereals are the major ingredient. (Table 48.)

Vitamin A

Vitamin A is a fat soluble vitamin required for cell differentiation, growth and vision. Both preformed vitamin A (retinol) and provitamin A (carotenoids) contribute to the total vitamin A content, which is expressed as retinol equivalents.

The major sources of preformed vitamin A were dairy milk and margarine for all ages, and organ meats and offal for adolescents and adults. (The contribution of organ meats and offal reflects its high level of preformed vitamin A, as only 1.6% of adults consumed these foods.) Foods contributing a moderate amount to preformed vitamin A were: cheese for all ages; frozen milk products and mixed source breakfast cereals for children and adolescents; and dairy fats (e.g. butter) for adults. (Table 51.)

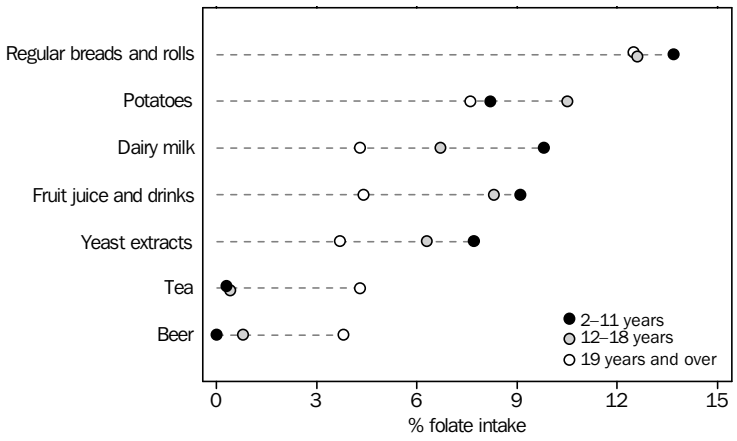
Carrots and similar root vegetables provided over 40% of provitamin A intake irrespective of age or sex. Other fruiting vegetables were a major source in adolescents and adults and a moderate source in children. Other moderate contributors were fruit and vegetable juices and drinks for children and adolescents, and soup for adults. (Table 52.)

Folate

Folate is a water soluble B vitamin which plays an essential role in metabolism and in the division of all body cells including those in blood. Survey estimates of folate intake are based on the natural folate content of foods and beverages and do not include additional folate from food and beverages fortified with folate.

Cereal products, vegetables and milk products provided approximately 55% of folate intake for all ages. Adults obtained a higher proportion of folate from vegetable products and less from milk products than children and adolescents. Regular breads and rolls provided 12–14% of folate consumed. Moderate sources of folate included potatoes, dairy milk, fruit/vegetable juices and drinks and yeast extracts for all ages. In addition, tea made a moderate contribution to women's folate intake as did beer to men's intake. (Table 56.)

HIGHEST CONTRIBUTORS TO FOLATE INTAKE



Calcium

Calcium is a major component of bones and teeth. Approximately 50–66% of calcium intakes was provided by milk products, with 30–45% from dairy milk, about 10% from cheese and about 5% from frozen milk products. The contribution of most milk products was higher for children aged 2–11 years except for cheese. Regular breads and rolls and mixed cereal dishes also made a moderate contribution. (Table 58.)

Iron

Iron is essential because of its role in oxygen and electron transport. Animal sources of iron are better absorbed than those from plant food. The presence of vitamin C or animal protein enhances the availability of iron derived from plant foods.

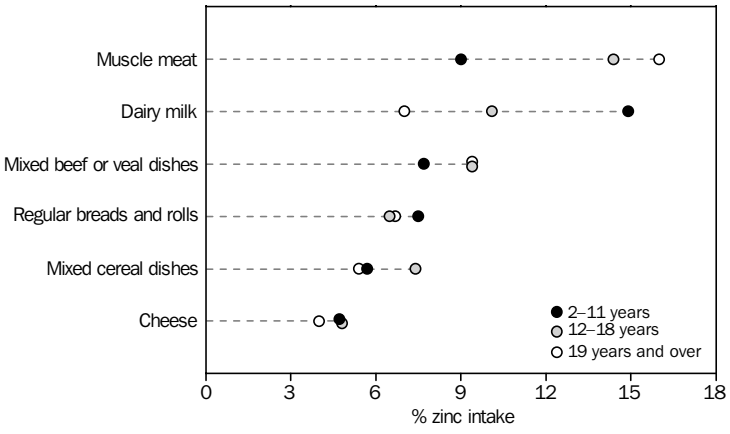
Approximately 55% of iron intake was provided by cereal products and meat products, with cereal-based products and vegetable products contributing an additional 20%. Cereal products made a larger contribution to children's iron intake than to adolescents' and adults' intake, and the reverse applied to meat products. (Table 61.)

The major sources of iron intake were: regular breads and rolls for all ages; single source breakfast cereals for children and males aged 12–18 years; and mixed source breakfast cereals for all ages. Moderate sources of iron intake for all ages were mixed dishes where cereal is the major ingredient, potatoes, muscle meat and mixed dishes where beef or veal is the major ingredient. In addition, single source breakfast cereals were a moderate source of iron intake for adult males and females aged 12 years and over, as was tea for adults.

Zinc

Zinc has a major role in protein and carbohydrate metabolism and is needed for many different functions, including growth, sexual maturation and wound healing. The major sources of zinc intake were: dairy milk for children and adolescent males; and muscle meat for adolescents and adults. Dairy milk made a moderate contribution for intake by adults and adolescent females, as did muscle meat for children. Moderate sources of zinc intake for all people aged two years and older were regular breads and rolls, mixed dishes where cereal is the major ingredient and mixed dishes where beef or veal is the major ingredient. (Table 61.)

HIGHEST CONTRIBUTORS TO ZINC INTAKE



DISTRIBUTION OF NUTRIENT INTAKES

Tables 1–63 contain information based on a 24-hour recall period. Tables 64–89 contain information adjusted using data for a second 24-hour recall period collected from a small sub-sample of respondents. Information on percentile distributions of nutrient intake, adjusted for within-person variation, provides a better indication of the 'usual' range of intake in the population. Adjustments were made to all nutrients except alcohol. See paragraphs 27–35 of the Explanatory Notes for more information on the adjustments.

The percentile distributions of adjusted nutrient intake describe the range of nutrient intake between the 10th and 90th percentiles. The range of intake was widely dispersed for calcium, riboflavin, vitamin C, provitamin A and total vitamin A expressed as retinol equivalents. The intake range was less dispersed for the other nutrients, that is the 10th percentile was up to 50% less than median intake and the 90th percentile was up to 70% more than median intake.

The adjusted nutrient intakes are more appropriate than the unadjusted intakes for estimating the likelihood of nutrient inadequacy or excess in the population when the data are based on only a single day's intake for each person.

Recommended Dietary Intakes (RDIs) are the levels of essential nutrients considered adequate to meet the nutritional needs of most healthy individuals (NHMRC 1991). They are based on estimates of requirements for age and sex groups and, therefore, apply to group needs. As they incorporate generous factors to allow for variations in metabolism, absorption and individual needs, RDIs exceed the actual nutrient requirements for practically all healthy people. Therefore, they are not synonymous with requirements. See Appendix 3 for the RDIs of the nutrients described in this publication.

Issues to be taken into account when comparing population intakes with RDIs include:

- the RDIs exceed the actual nutrient requirements for practically all healthy people, as described above; and
- the proportion by which the RDI exceeds the mean physiological requirement differs between nutrients. Some RDIs incorporate more generous factors to allow for variation in absorption and metabolism. It is therefore not possible to compare directly the proportion who exceed the RDI for different nutrients.

Looking across all nutrients for which there are RDIs, a greater proportion of the male population than the female population exceeded the RDI. The percentile ranges indicate that more than 90% of Australians in most age by sex groups exceeded the RDI for protein, thiamin, niacin equivalents and vitamin C. For phosphorous, riboflavin and potassium, more than 75% of Australians of most ages exceeded the RDI.

Nutrients for which a smaller proportion of people exceeded the RDI include:

- Vitamin A — In most age groups less than 90% exceeded the RDI. Less than 50% of females aged 12–44 years exceeded the RDI.
- Folate — Less than 50% of females aged 12–15 years had a folate intake which exceeded the RDI. Less than 75% of females aged 16–44 years had a folate intake which exceeded the adult RDI. A higher RDI is specified for certain groups of women of reproductive age (see Glossary). Less than 10% of women aged 16–44 had a folate intake in excess of this higher RDI.

DISTRIBUTION OF NUTRIENT INTAKES *continued*

- Calcium — Less than 75% of males and generally less than 50% of females had a calcium intake which exceeded the RDI. The proportion exceeding the RDI was particularly low for females aged 12–15 years and 65 years and over.
- Magnesium — Over 90% of children aged 2–11 years exceeded the magnesium RDI. This decreased to less than 75% in most older age by sex groups.
- Iron — More than 90% of males of most ages exceeded the iron RDI. However, less than 75% of adolescent females aged 12–16 years and less than 50% of women aged 19–64 exceeded the RDI.
- Zinc — Zinc intakes were less than the RDI for most people except young children and males between 16 and 44 years. Conversely, less than 25% of females aged 12–18 years and 25–44 years exceeded the RDI, and less than 10% of women aged 65 years and over exceeded the RDI.

PHYSICAL MEASUREMENTS

With participants' written consent, the blood pressure (of those aged 16 years and over), height, weight, and waist and hip circumferences were measured by trained interviewers (see paragraphs 16–18 of the Explanatory Notes). Pregnant women were excluded from this component of the survey.

Height

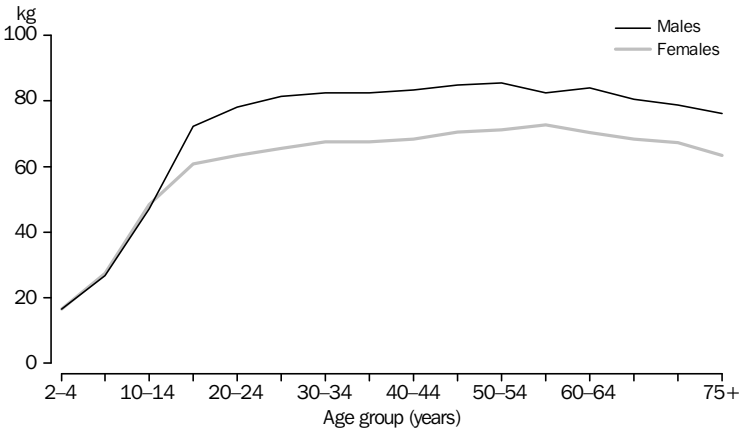
Males were generally taller than females at all ages. While boys aged under 12 years had a similar mean height to girls in this age group, males aged 12 years and over were much taller than females in every age group.

Height increased rapidly during childhood. Average height increased from 96 cm for both girls and boys aged 2–3 years until the age of 19–24 for males (178 cm) and 16–18 years for females (164 cm). Average height then decreased with age to 170 cm for men aged 65 years and over and 157 cm for women aged 65 years and over. The decrease in average height with age in adults is largely due to two factors: a general trend over time for new generations to be taller than previous generations; and a loss of height by individual adults as part of the ageing process. (Table 90.)

Weight

On average, males were heavier than females. Mean weight was approximately the same for boys and girls aged under 12 years but was higher for males than females in all other age groups. This is the same pattern as was evident for height. Average weight was greatest in men and women aged 45–64 years, in contrast with the peak in height for 16–24 year olds. This ongoing weight gain, after maximum height is reached, is possibly due to factors such as exercise and diet. (Table 90.)

MEAN WEIGHT, Age and Sex



Overweight and obesity

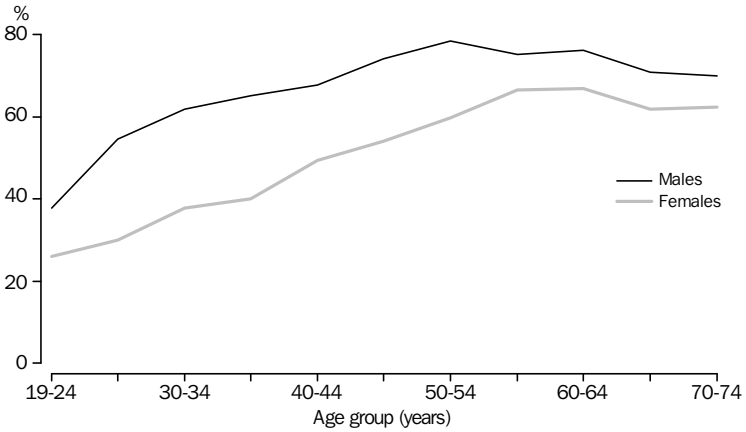
Indicators of underweight, overweight and obesity vary with age, although all indicators are based on weight in relation to height. For adults, BMI was derived. Adult BMI categories are, however, inappropriate for children and adolescents as both weight and height are age and sex dependent. Consequently, 'weight for height' has been derived for children aged 2–8 years (see the Glossary) and 'BMI for age' has been derived for people aged 9–18 years. Comparisons across all age groups should be made with care because of the different indicators used.

Weight for height indicates whether a child is thin/wasted or overweight compared with others of the same sex and height, based on comparison with an international reference population (see Explanatory Notes and Glossary). Over 85% of children aged 2–8 years had a normal weight for height. A very small proportion of children of this age had low weight for height (thinness), and approximately 5% had a high weight for height (overweight). (Table 93.)

BMI for age uses age and sex specific BMI cut-offs, based on international reference values (in contrast with the adult categories, for which the cut-offs are the same across all age and sex groups). The majority of people aged 9–18 years had a normal BMI for age (approximately 75%). A small proportion of 9–18 year olds were underweight, and about 23% were overweight or at risk of overweight. (Table 93.)

Adults were classified as being underweight, acceptable, overweight or obese using the World Health Organisation's classification of BMI categories (see the Glossary for details). At every age, men were more likely than women to be overweight or obese. The proportion who were overweight or obese increased with age and peaked at 50–54 years for men and 60–64 years for women. Overall, 45% of men and 29% of women were considered to be overweight with a further 18% of both men and women being classified as obese. For people aged 45 years and over, only about 25% of men and 35% of women were within an acceptable weight range for their height. (Table 94.)

OVERWEIGHT AND OBESITY, Proportion of Adults—Age and Sex



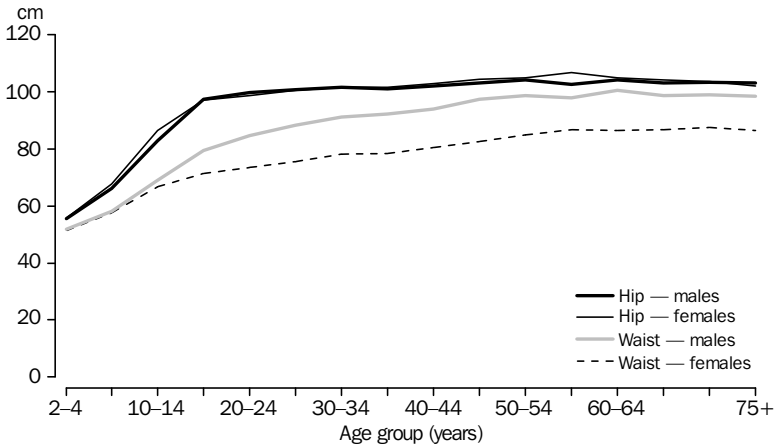
Waist and hip

Waist and hip circumferences were largest for men and women aged 45 years and over. On average, males aged 12 years and over had larger waists than females, whereas girls and boys aged 2–11 years were similar within each age group. The average waist circumference for persons aged 19 years and over was 94 cm for men, compared to 81 cm for women.

In contrast, hip measurements were generally similar for males and females within the same age group. The average hip circumference for persons aged 19 years and over was 102 cm for men and 103 cm for women. (Table 91.) However, height, weight and waist circumference for males were larger than for females from 12 years of age.

The waist to hip ratio (WHR) was calculated for people aged 19 years and over. A high WHR is generally indicative of excessive abdominal fat which is associated with an increased risk of cardiovascular disease. The mean WHR was higher for men than women (0.91 compared to 0.79) and it increased with age. WHR greater than 0.9 in men and 0.8 in women is considered to be of concern (Ball et al. 1993). The proportion of people exceeding these thresholds increased with age, with more men (55%) having a high WHR than women (36%). (Table 91.)

MEAN WAIST AND HIP CIRCUMFERENCE, Age and Sex

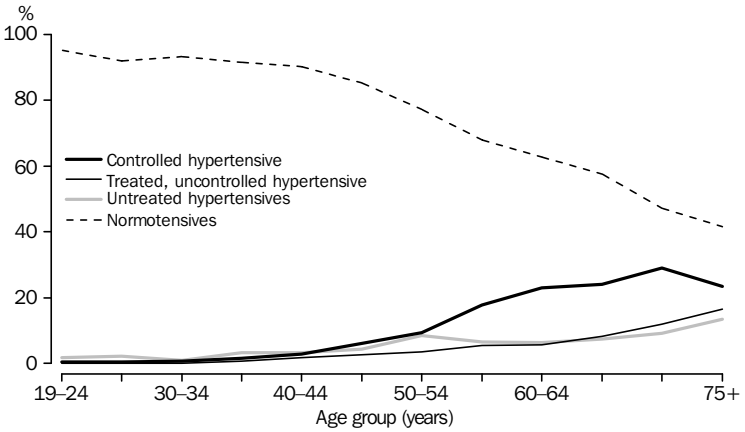


Blood pressure

Blood pressure was measured for respondents aged 16 years and over, with the exception of pregnant women. On average, systolic and diastolic blood pressures were slightly higher for men than women. Mean systolic blood pressure was relatively similar for people below 45 years of age (111–114 mmHg for women and 122–124 mmHg for men) and then increased with age to an average of 143 mmHg for people aged 65 years and over. Mean diastolic blood pressure increased with age and peaked at an average of 79 mmHg for people aged 45–64 years. (Table 95.)

High blood pressure is an important risk factor for coronary heart disease and stroke. People with high blood pressure were classified to a hypertension category based on their systolic and diastolic blood pressure and use of blood pressure medication (see the Glossary for more information). Less than 5% of people aged 16–44 years were hypertensive, compared to 23% of people aged 45–64 years and 48% of people aged 65 years and over. (Table 95.)

HYPERTENSION, Proportion of Adults—Age



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FOOD SOURCES *continued*

PERCENTILE DISTRIBUTION OF DAILY INTAKES ADJUSTED FOR WITHIN-PERSON VARIATION

Page

PERCENTILE DISTRIBUTION OF DAILY INTAKES ADJUSTED FOR WITHIN-PERSON VARIATION *continued*

PHYSICAL MEASUREMENTS

TABLE 1. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE

		Age group (years)									
	Unit	*2-3*	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males											
Energy	(kJ)	6,606.1	7,847.1	9,661.6	11,589.4	13,525.5	13,275.5	11,724.9	10,296.2	8,510.1	11,049.5
Moisture(a)	(g)	1,620.5	1,731.0	2,055.6	2,482.1	3,241.6	3,538.1	3,569.9	3,436.1	2,876.4	3,426.3
Macronutrients											
Protein	(g)	55.2	64.3	81.8	101.0	120.0	127.7	115.2	104.5	83.7	109.2
Total fat	(g)	59.1	70.4	86.8	106.2	119.6	119.1	105.6	90.6	74.0	98.5
Saturated fat	(g)	27.9	31.4	37.0	46.3	50.7	48.4	42.2	35.2	28.4	39.0
Monounsaturated fat	(g)	19.7	24.3	30.5	37.5	43.0	43.9	38.7	33.5	27.1	36.2
Polyunsaturated fat	(g)	7.2	9.2	12.3	14.1	16.4	17.0	15.6	13.7	11.6	14.7
Cholesterol	(mg)	170.0	195.7	254.1	316.4	393.3	416.5	375.4	346.4	273.0	357.6
Total carbohydrate	(g)	210.1	250.3	304.9	358.1	409.4	375.9	316.8	274.3	235.1	300.5
Total sugars	(g)	123.8	133.1	151.9	181.1	212.0	176.5	138.6	118.5	109.0	133.5
Total starch	(g)	85.2	116.1	151.8	175.8	196.0	198.0	176.5	154.0	124.1	165.2
Dietary fibre	(g)	13.7	16.6	20.6	24.0	26.5	26.2	26.1	26.3	24.0	25.9
Alcohol(b)	(g)	—	—	—	—	* 9.1	15.2	19.7	20.2	14.7	18.5
Energy intake to BMR ratio(c)		—	—	1.8	1.7	1.7	1.7	1.5	1.4	1.4	1.5
Females											
Energy	(kJ)	6,079.3	7,014.3	8,305.4	8,533.6	8,690.4	8,369.6	7,875.2	7,220.6	6,367.0	7,480.9
Moisture(a)	(g)	1,469.2	1,605.1	1,831.8	2,159.4	2,398.9	2,686.1	2,899.4	2,910.6	2,575.6	2,817.0
Macronutrients											
Protein	(g)	50.8	57.0	69.1	73.9	80.3	78.4	76.2	74.6	64.3	73.9
Total fat	(g)	55.6	62.5	77.4	77.7	76.4	75.4	72.0	64.4	56.9	67.6
Saturated fat	(g)	26.0	27.6	33.8	33.1	32.5	30.4	28.7	24.8	22.3	26.7
Monounsaturated fat	(g)	18.7	21.6	27.3	27.6	27.0	26.8	26.0	23.4	20.2	24.3
Polyunsaturated fat	(g)	6.6	8.3	10.4	10.8	10.4	11.8	10.8	10.1	8.8	10.4
Cholesterol	(mg)	166.1	184.3	226.6	227.4	242.2	245.1	250.0	244.2	206.7	239.9
Total carbohydrate	(g)	190.5	225.2	257.1	264.1	263.6	243.4	220.3	199.8	182.1	210.6
Total sugars	(g)	106.5	124.2	131.8	137.5	132.6	117.0	98.7	92.2	86.6	97.0
Total starch	(g)	82.9	99.9	124.3	125.4	129.8	125.3	120.3	105.8	93.8	112.1
Dietary fibre	(g)	13.0	15.3	16.9	18.6	19.4	19.2	20.0	21.5	20.2	20.3
Alcohol(b)	(g)	—	—	—	—	* 3.9	6.6	8.2	8.0	4.6	7.3
Energy intake to BMR ratio(c)		—	—	1.6	1.4	1.4	1.4	1.3	1.2	1.2	1.3
Persons											
Energy	(kJ)	6,349.5	7,441.5	9,000.4	10,104.0	11,175.0	10,871.6	9,799.3	8,778.2	7,298.6	9,237.9
Moisture(a)	(g)	1,546.8	1,669.7	1,946.5	2,325.2	2,831.9	3,120.6	3,234.5	3,176.7	2,706.4	3,117.0
Macronutrients											
Protein	(g)	53.1	60.7	75.6	87.8	100.7	103.6	95.7	89.7	72.7	91.2
Total fat	(g)	57.4	66.5	82.2	92.4	98.6	97.7	88.8	77.7	64.3	82.8
Saturated fat	(g)	27.0	29.5	35.4	39.9	41.9	39.6	35.5	30.1	25.0	32.7
Monounsaturated fat	(g)	19.2	23.0	29.0	32.7	35.2	35.5	32.4	28.5	23.2	30.2
Polyunsaturated fat	(g)	6.9	8.8	11.4	12.5	13.5	14.5	13.2	12.0	10.0	12.5
Cholesterol	(mg)	168.1	190.1	240.6	273.1	319.9	332.5	312.7	296.0	235.5	297.9
Total carbohydrate	(g)	200.6	238.0	281.6	312.4	338.5	311.0	268.6	237.5	205.2	254.8
Total sugars	(g)	115.4	128.7	142.1	159.9	173.4	147.4	118.6	105.5	96.4	115.0
Total starch	(g)	84.1	108.2	138.4	151.3	163.8	162.4	148.4	130.2	107.0	138.3
Dietary fibre	(g)	13.4	16.0	18.8	21.4	23.0	22.8	23.1	23.9	21.8	23.1
Alcohol(b)	(g)	—	—	—	—	6.6	11.0	14.0	14.2	9.0	12.8
Energy intake to BMR ratio(c)		—	—	1.7	1.6	1.5	1.6	1.4	1.3	1.3	1.4

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) Only calculated for people aged 10 years and over whose weight was measured. See Appendix 4 for more details.

TABLE 2. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE

		Age group (years)									
	Unit	*2-3*	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males											
Energy	(kJ)	6,298.8	7,662.9	9,216.0	11,033.6	13,014.9	12,820.5	11,107.3	9,841.8	8,266.9	10,376.5
Moisture(a)	(g)	1,463.0	1,623.4	1,920.5	2,347.8	2,952.5	3,342.0	3,313.6	3,222.1	2,768.7	3,184.2
Macronutrients											
Protein	(g)	53.7	62.8	75.8	95.2	107.5	119.3	105.6	97.7	80.2	100.1
Total fat	(g)	58.3	67.9	82.2	97.3	114.9	111.4	95.9	84.2	68.8	89.8
Saturated fat	(g)	26.8	29.4	35.2	41.6	46.2	43.0	37.7	31.1	25.6	34.5
Monounsaturated fat	(g)	18.9	23.2	29.6	33.9	41.2	40.9	34.6	31.1	24.7	32.6
Polyunsaturated fat	(g)	6.6	8.1	10.6	12.8	14.3	15.5	13.3	12.1	9.7	12.6
Cholesterol	(mg)	147.9	166.5	217.2	262.7	344.0	357.5	314.1	291.8	226.2	296.7
Total carbohydrate	(g)	202.3	242.2	290.1	338.9	366.3	354.4	295.6	264.0	228.9	281.1
Total sugars	(g)	115.8	128.5	140.1	164.6	178.0	160.5	123.3	108.4	101.5	118.8
Total starch	(g)	81.1	111.0	146.6	160.7	174.3	185.1	164.9	142.2	117.2	152.0
Dietary fibre	(g)	12.4	15.6	19.3	20.5	22.6	24.0	23.7	24.5	22.6	23.8
Alcohol (per consumer)(b)	(g)	—	—	—	—	* 21.7	32.0	35.2	33.4	26.7	32.4
Energy intake to BMR ratio(c)		—	—	1.8	1.6	1.6	1.7	1.4	1.3	1.3	1.4
Females											
Energy	(kJ)	6,049.7	6,864.1	7,869.7	8,068.6	8,141.7	7,882.7	7,553.5	6,969.9	6,107.7	7,083.4
Moisture(a)	(g)	1,399.0	1,492.0	1,677.4	2,029.8	2,252.5	2,480.9	2,722.3	2,759.8	2,500.2	2,661.6
Macronutrients											
Protein	(g)	46.9	54.3	62.8	71.1	75.0	73.6	71.5	69.8	61.1	69.5
Total fat	(g)	53.1	59.0	72.9	73.0	70.1	67.3	66.2	59.5	51.1	61.6
Saturated fat	(g)	24.6	26.6	31.6	30.8	28.9	26.7	25.6	21.9	19.6	23.5
Monounsaturated fat	(g)	17.1	19.9	25.1	25.4	23.7	24.2	23.4	21.0	17.9	21.9
Polyunsaturated fat	(g)	5.5	7.2	9.2	9.7	8.3	10.1	9.2	8.8	7.8	8.9
Cholesterol	(mg)	142.3	162.0	182.5	191.4	208.8	208.6	205.5	190.7	164.5	192.4
Total carbohydrate	(g)	187.4	217.4	245.7	258.3	254.8	228.7	209.8	189.2	171.7	197.4
Total sugars	(g)	104.7	114.9	123.7	128.4	119.2	106.8	89.2	82.6	81.0	87.2
Total starch	(g)	78.9	98.0	119.3	123.9	112.1	115.1	112.4	100.7	89.5	103.9
Dietary fibre	(g)	12.6	14.2	16.2	16.7	17.4	17.4	18.5	20.0	19.3	18.9
Alcohol (per consumer)(b)	(g)	—	—	—	—	** 27.5	23.8	23.4	19.7	17.3	21.2
Energy intake to BMR ratio(c)		—	—	1.6	1.4	1.3	1.3	1.3	1.2	1.2	1.2
Persons											
Energy	(kJ)	6,184.7	7,268.9	8,631.9	9,497.7	9,950.4	10,143.9	9,276.3	8,296.5	6,903.1	8,569.4
Moisture(a)	(g)	1,424.3	1,563.8	1,778.3	2,180.4	2,566.3	2,824.4	3,001.8	2,991.5	2,599.9	2,892.8
Macronutrients											
Protein	(g)	50.7	58.6	71.0	82.2	93.9	95.4	87.3	83.0	68.3	83.0
Total fat	(g)	56.3	63.6	77.1	83.2	89.1	88.0	80.1	71.9	57.8	74.5
Saturated fat	(g)	25.5	27.9	33.3	35.5	35.4	34.7	31.4	26.3	22.0	28.6
Monounsaturated fat	(g)	18.0	21.3	27.1	29.8	31.9	31.9	29.0	25.8	20.6	26.8
Polyunsaturated fat	(g)	6.0	7.8	10.0	10.8	11.4	12.2	11.2	10.3	8.6	10.5
Cholesterol	(mg)	147.3	163.5	202.0	227.6	271.3	267.6	254.6	237.1	189.9	239.4
Total carbohydrate	(g)	195.4	233.0	269.2	284.5	299.2	286.9	249.5	220.6	193.2	234.9
Total sugars	(g)	110.4	119.4	131.3	146.2	142.1	130.7	104.7	93.8	88.1	101.0
Total starch	(g)	79.1	104.6	131.4	139.8	147.1	148.3	135.8	118.7	100.4	124.9
Dietary fibre	(g)	12.5	15.0	17.1	18.8	20.3	20.4	20.9	22.0	20.7	21.1
Alcohol (per consumer)(b)	(g)	0.9	0.8	—	—	* 27.5	28.7	28.6	28.6	22.9	28.6
Energy intake to BMR ratio(c)		—	—	1.7	1.5	1.4	1.5	1.4	1.3	1.2	1.3

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) Only calculated for people aged 10 years and over whose weight was measured. See Appendix 4 for more details.

TABLE 3. MEAN CONTRIBUTION OF MACRONUTRIENTS TO ENERGY INTAKE

(Per cent)

	Age group (years)									
	2-3	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males										
Protein	14.2	13.9	14.5	15.1	15.4	16.6	16.8	17.6	17.0	17.0
Total fat	32.9	32.8	32.9	33.5	32.9	32.9	32.8	31.9	31.6	32.4
Saturated fat	15.5	14.6	13.9	14.6	13.7	13.3	13.1	12.3	12.0	12.7
Monounsaturated fat	10.9	11.4	11.6	11.9	11.9	12.1	12.0	11.8	11.5	11.9
Polyunsaturated fat	4.0	4.3	4.7	4.5	4.5	4.7	4.9	4.9	4.9	4.9
Carbohydrate	52.1	52.7	52.1	50.9	49.6	46.9	45.0	44.1	45.8	45.1
Total sugars	30.3	27.3	25.1	24.7	24.5	21.5	19.1	18.4	20.6	19.4
Total starch	21.8	25.4	27.0	26.2	25.2	25.5	25.9	25.7	25.2	25.7
Alcohol(a)	—	—	—	—	1.6	3.1	4.7	5.6	4.8	4.8
Total energy(b)	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Females										
Protein	14.3	13.9	14.2	14.9	16.1	16.1	16.8	18.0	17.6	17.2
Total fat	33.4	32.4	34.0	33.1	32.1	32.8	33.0	32.0	32.1	32.5
Saturated fat	15.6	14.3	14.7	13.9	13.5	13.1	13.1	12.2	12.4	12.7
Monounsaturated fat	11.2	11.2	11.9	11.8	11.4	11.7	11.9	11.6	11.4	11.7
Polyunsaturated fat	4.0	4.3	4.6	4.7	4.4	5.1	5.0	5.1	5.1	5.0
Carbohydrate	51.6	52.9	51.3	51.1	50.1	48.4	46.7	46.1	47.5	46.9
Total sugars	28.4	28.4	25.3	25.6	24.0	22.7	20.2	20.8	21.7	20.9
Total starch	23.2	24.6	26.0	25.5	26.1	25.8	26.5	25.4	25.7	26.0
Alcohol(a)	—	—	—	—	* 0.9	2.0	2.8	3.0	2.0	2.6
Total energy(b)	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Persons										
Protein	14.2	13.9	14.3	15.0	15.7	16.3	16.8	17.8	17.3	17.1
Total fat	33.1	32.6	33.4	33.3	32.5	32.8	32.9	32.0	31.8	32.5
Saturated fat	15.6	14.5	14.3	14.3	13.6	13.2	13.1	12.2	12.2	12.7
Monounsaturated fat	11.0	11.3	11.8	11.8	11.7	11.9	11.9	11.7	11.4	11.8
Polyunsaturated fat	4.0	4.3	4.7	4.6	4.5	4.9	4.9	5.0	5.0	5.0
Carbohydrate	51.9	52.8	51.7	51.0	49.9	47.7	45.9	45.1	46.7	46.0
Total sugars	29.4	27.8	25.2	25.1	24.3	22.1	19.7	19.6	21.2	20.2
Total starch	22.5	25.0	26.5	25.9	25.6	25.6	26.2	25.5	25.5	25.8
Alcohol(a)	—	—	—	—	1.3	2.6	3.7	4.3	3.2	3.7
Total energy(b)	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**

(a) Represents pure alcohol. (b) Percent contribution to energy intake - Components do not add to total. See Glossary for more details.

TABLE 4. MEDIAN CONTRIBUTION OF MACRONUTRIENTS TO ENERGY INTAKE

(Per cent)

	Age group (years)									
	2-3	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males										
Protein	14.2	13.6	14.1	14.5	14.9	16.2	16.3	17.0	16.5	16.5
Total fat	33.2	32.9	33.2	33.6	33.6	33.2	33.0	32.3	31.3	32.6
Saturated fat	15.3	14.5	13.9	14.2	13.7	13.2	12.9	11.9	12.0	12.6
Monounsaturated fat	10.7	11.3	11.4	11.6	12.1	11.9	11.7	11.7	11.3	11.7
Polyunsaturated fat	3.8	4.1	4.3	4.2	4.4	4.3	4.5	4.6	4.6	4.5
Carbohydrate	51.3	52.9	52.7	51.3	49.5	46.8	45.0	44.3	45.9	45.2
Total sugars	30.1	27.0	24.5	24.3	23.1	20.5	18.2	17.3	19.8	18.6
Total starch	21.3	24.7	27.1	25.7	24.0	25.2	25.2	25.0	24.7	25.0
Alcohol (per consumer)(a)	—	—	—	—	** 4.2	7.7	9.2	9.5	9.0	9.1
Females										
Protein	14.4	13.5	13.7	14.0	15.1	15.6	16.5	17.2	17.0	16.7
Total fat	34.1	32.4	34.2	33.2	31.9	32.8	33.0	32.1	32.1	32.6
Saturated fat	16.1	14.4	14.7	13.8	13.2	12.7	12.8	11.9	12.3	12.5
Monounsaturated fat	10.9	11.1	11.8	11.5	10.9	11.4	11.6	11.3	11.2	11.4
Polyunsaturated fat	3.7	4.0	4.3	4.3	4.0	4.6	4.6	4.7	4.7	4.6
Carbohydrate	50.9	52.4	51.5	50.8	51.1	48.2	46.7	46.3	47.7	46.9
Total sugars	27.8	27.4	24.7	25.6	23.0	22.1	19.3	19.8	21.0	20.2
Total starch	23.0	24.5	25.5	25.3	25.1	25.2	25.9	24.8	25.1	25.4
Alcohol (per consumer)(a)	—	—	—	—	** 4.9	9.0	8.4	7.5	7.4	8.1
Persons										
Protein	14.3	13.6	14.0	14.2	15.1	16.0	16.4	17.1	16.7	16.6
Total fat	33.8	32.5	33.5	33.2	32.9	33.0	33.0	32.2	31.7	32.6
Saturated fat	15.6	14.4	14.2	13.9	13.5	13.1	12.8	11.9	12.2	12.5
Monounsaturated fat	10.7	11.2	11.6	11.6	11.5	11.8	11.7	11.5	11.2	11.6
Polyunsaturated fat	3.7	4.0	4.3	4.2	4.2	4.5	4.5	4.6	4.6	4.6
Carbohydrate	51.1	52.7	52.1	50.9	50.0	47.4	45.9	45.2	46.9	46.1
Total sugars	29.1	27.2	24.5	24.8	23.1	21.3	18.8	18.6	20.5	19.4
Total starch	22.2	24.6	26.0	25.3	24.6	25.2	25.5	24.9	25.0	25.2
Alcohol (per consumer)(a)	—	—	—	—	* 4.2	8.3	8.8	8.9	8.4	8.8

(a) Represents pure alcohol.

TABLE 5. MEAN DAILY VITAMIN AND MINERAL INTAKE

	Unit	Age group (years) 2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
Males											
Vitamins											
Vitamin A retinol equivalent	(mcg)	746.9	771.0	922.0	1,295.6	1,186.1	1,233.4	1,306.4	1,360.3	1,301.1	1,311.7
Preformed Vitamin A	(mcg)	424.9	449.2	540.1	815.4	658.7	638.3	698.6	687.4	648.2	680.0
Provitamin A	(mcg)	1,931.7	1,930.2	2,290.9	2,880.2	3,163.9	3,570.4	3,647.1	4,037.6	3,917.7	3,790.1
Thiamin	(mg)	1.2	1.6	1.9	2.4	2.3	2.3	2.1	1.8	1.6	1.9
Riboflavin	(mg)	1.9	2.1	2.5	3.0	3.0	2.7	2.5	2.2	2.0	2.3
Niacin equivalent	(mg)	24.0	29.4	37.3	46.0	53.5	57.6	53.9	48.8	38.8	50.7
Folate	(mcg)	156.6	182.7	225.0	271.3	312.7	321.8	310.6	309.3	276.6	306.8
Vitamin C	(mg)	109.8	105.9	120.7	121.3	153.8	149.6	132.6	137.7	127.1	135.6
Minerals											
Calcium	(mg)	867.2	830.5	937.6	1,092.5	1,280.0	1,101.1	988.6	885.3	795.6	945.5
Phosphorus	(mg)	1,092.1	1,177.4	1,450.6	1,740.4	2,065.9	2,051.5	1,866.7	1,691.9	1,419.1	1,775.6
Magnesium	(mg)	203.6	225.5	276.8	323.4	379.6	390.1	392.5	383.3	334.2	381.1
Iron	(mg)	8.1	10.3	13.0	16.1	17.9	17.9	16.7	16.2	14.4	16.4
Zinc	(mg)	7.0	8.1	10.2	12.8	14.8	17.3	14.9	14.0	11.4	14.4
Potassium	(mg)	2,277.1	2,397.1	2,866.4	3,488.0	4,065.2	3,943.0	3,818.3	3,732.8	3,232.0	3,725.2
Females											
Vitamins											
Vitamin A retinol equivalent	(mcg)	664.2	722.4	903.7	1,130.1	877.3	889.1	1,024.4	1,145.1	1,058.6	1,047.2
Preformed Vitamin A	(mcg)	400.1	378.0	466.1	* 676.8	397.2	392.3	499.0	523.5	476.3	488.4
Provitamin A	(mcg)	1,584.5	2,065.8	2,625.2	2,719.2	2,880.1	2,980.9	3,152.8	3,729.4	3,493.9	3,352.9
Thiamin	(mg)	1.2	1.3	1.5	1.5	1.5	1.5	1.4	1.3	1.2	1.4
Riboflavin	(mg)	1.9	1.7	2.0	2.0	1.8	1.9	1.8	1.8	1.6	1.8
Niacin equivalent	(mg)	22.5	25.5	31.1	33.4	35.3	36.1	35.3	34.5	29.4	34.1
Folate	(mcg)	151.3	163.7	188.3	205.5	216.7	232.9	227.0	246.9	224.8	232.8
Vitamin C	(mg)	93.8	104.4	100.4	123.5	125.6	119.8	108.5	118.1	111.5	113.1
Minerals											
Calcium	(mg)	798.0	704.4	795.6	784.1	801.3	750.0	762.1	769.2	685.6	748.6
Phosphorus	(mg)	1,006.3	1,041.0	1,210.5	1,269.6	1,336.6	1,331.8	1,299.8	1,294.7	1,131.7	1,271.7
Magnesium	(mg)	187.8	202.5	229.0	243.4	257.3	272.5	283.6	297.1	267.9	283.1
Iron	(mg)	7.4	8.9	10.4	11.0	11.1	11.9	12.0	12.3	11.3	11.9
Zinc	(mg)	6.4	7.1	8.6	9.2	10.0	10.2	9.9	9.8	9.0	9.7
Potassium	(mg)	2,086.0	2,192.9	2,468.1	2,710.5	2,673.8	2,752.4	2,816.3	2,929.7	2,626.0	2,805.0
Persons											
Vitamins											
Vitamin A retinol equivalent	(mcg)	706.6	747.3	913.1	1,215.1	1,036.0	1,064.7	1,165.4	1,254.1	1,164.1	1,177.4
Preformed Vitamin A	(mcg)	412.8	414.5	504.0	748.1	531.6	517.7	598.7	606.5	551.0	582.7
Provitamin A	(mcg)	1,762.5	1,996.3	2,453.9	2,801.9	3,025.9	3,281.5	3,399.8	3,885.5	3,678.2	3,568.2
Thiamin	(mg)	1.2	1.4	1.7	2.0	1.9	1.9	1.7	1.6	1.4	1.6
Riboflavin	(mg)	1.9	1.9	2.2	2.5	2.4	2.3	2.1	2.0	1.8	2.1
Niacin equivalent	(mg)	23.3	27.5	34.3	39.9	44.7	47.1	44.6	41.7	33.5	42.3
Folate	(mcg)	154.0	173.4	207.1	239.3	266.0	278.2	268.8	278.5	247.3	269.2
Vitamin C	(mg)	102.0	105.2	110.8	122.4	140.1	135.0	120.6	128.0	118.3	124.2
Minerals											
Calcium	(mg)	833.5	769.1	868.4	942.6	1,047.3	929.0	875.3	828.0	733.4	845.5
Phosphorus	(mg)	1,050.3	1,110.9	1,333.5	1,511.6	1,711.3	1,698.8	1,583.1	1,495.9	1,256.6	1,519.8
Magnesium	(mg)	195.9	214.3	253.5	284.6	320.1	332.5	338.0	340.7	296.8	331.3
Iron	(mg)	7.8	9.6	11.7	13.6	14.6	14.9	14.3	14.3	12.6	14.1
Zinc	(mg)	6.7	7.6	9.4	11.1	12.5	13.8	12.4	11.9	10.0	12.1
Potassium	(mg)	2,184.0	2,297.6	2,672.2	3,110.1	3,388.8	3,359.6	3,317.1	3,336.5	2,889.4	3,258.1

TABLE 6. MEDIAN DAILY VITAMIN AND MINERAL INTAKE

		Age group (years)									
	Unit	*2-3*	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males											
Vitamins											
Vitamin A retinol equivalent	(mcg)	640.0	607.0	765.2	908.2	980.5	1,051.3	908.7	944.1	932.7	941.2
Preformed Vitamin A	(mcg)	390.6	380.6	448.5	550.6	527.7	539.8	464.3	420.9	393.8	444.8
Provitamin A	(mcg)	799.8	929.0	1,218.3	1,337.0	1,549.9	1,786.8	1,766.4	2,409.2	2,426.7	1,963.6
Thiamin	(mg)	1.1	1.4	1.7	2.0	2.0	2.0	1.7	1.6	1.4	1.7
Riboflavin	(mg)	2.0	1.9	2.2	2.6	2.6	2.4	2.1	2.0	1.8	2.0
Niacin equivalent	(mg)	23.1	28.3	34.9	42.7	49.5	53.9	49.8	46.7	37.0	47.1
Folate	(mcg)	136.6	168.7	206.1	238.7	278.0	303.5	284.5	293.7	256.9	285.3
Vitamin C	(mg)	73.1	68.9	85.6	98.4	109.8	96.4	97.7	111.8	105.9	102.9
Minerals											
Calcium	(mg)	827.4	780.7	808.3	967.0	1,083.5	961.5	878.8	790.4	731.1	827.3
Phosphorus	(mg)	1,047.8	1,139.5	1,357.2	1,618.6	1,847.2	1,874.5	1,734.6	1,613.9	1,346.8	1,658.4
Magnesium	(mg)	195.3	217.8	258.6	308.5	338.8	363.5	367.3	368.8	323.4	360.3
Iron	(mg)	7.4	9.5	11.9	14.8	15.8	17.0	15.2	15.3	13.7	15.2
Zinc	(mg)	6.9	7.6	9.7	11.2	13.6	15.1	13.2	12.5	10.5	12.8
Potassium	(mg)	2,092.1	2,286.9	2,828.9	3,251.5	3,621.1	3,653.9	3,578.4	3,586.9	3,086.9	3,515.9
Females											
Vitamins											
Vitamin A retinol equivalent	(mcg)	574.6	606.8	741.8	717.7	669.9	738.3	714.5	801.9	784.6	753.6
Preformed Vitamin A	(mcg)	360.2	336.4	392.9	373.5	307.9	325.3	318.8	307.1	298.2	309.7
Provitamin A	(mcg)	944.9	974.9	1,051.2	1,183.2	1,513.4	1,555.6	1,649.1	2,281.2	2,405.2	1,923.1
Thiamin	(mg)	1.1	1.2	1.3	1.4	1.3	1.2	1.2	1.2	1.1	1.2
Riboflavin	(mg)	1.8	1.5	1.7	1.7	1.5	1.5	1.5	1.6	1.5	1.6
Niacin equivalent	(mg)	21.8	24.2	28.1	31.4	32.8	33.1	33.6	32.7	28.3	32.3
Folate	(mcg)	145.2	153.0	178.6	181.4	195.3	217.0	210.3	226.3	218.7	216.7
Vitamin C	(mg)	61.0	76.4	71.1	89.0	75.7	74.0	78.6	93.8	92.9	85.4
Minerals											
Calcium	(mg)	717.0	643.8	695.1	722.0	687.9	679.5	664.4	691.9	618.7	663.1
Phosphorus	(mg)	936.5	1,020.9	1,114.8	1,223.7	1,239.5	1,229.0	1,226.5	1,233.9	1,076.9	1,201.8
Magnesium	(mg)	181.2	194.5	215.7	235.0	235.0	247.5	266.9	281.8	258.3	266.9
Iron	(mg)	7.2	8.4	9.3	10.3	9.7	10.6	11.1	11.6	10.8	11.1
Zinc	(mg)	5.9	6.7	7.7	8.4	8.1	9.0	9.0	9.0	7.9	8.7
Potassium	(mg)	1,980.4	2,179.4	2,328.0	2,577.0	2,411.7	2,530.0	2,679.0	2,815.7	2,597.0	2,680.9
Persons											
Vitamins											
Vitamin A retinol equivalent	(mcg)	604.8	607.0	756.4	820.5	747.0	863.6	814.8	877.8	838.4	841.2
Preformed Vitamin A	(mcg)	377.2	352.9	418.7	430.3	410.3	422.1	383.1	364.6	334.2	371.6
Provitamin A	(mcg)	896.0	945.8	1,122.3	1,253.8	1,531.2	1,685.6	1,716.3	2,333.5	2,405.2	1,941.7
Thiamin	(mg)	1.1	1.3	1.5	1.7	1.6	1.6	1.4	1.4	1.3	1.4
Riboflavin	(mg)	1.9	1.7	1.9	2.2	2.0	1.9	1.8	1.8	1.7	1.8
Niacin equivalent	(mg)	22.5	25.8	31.1	36.5	40.3	43.5	40.2	39.1	31.9	38.6
Folate	(mcg)	141.1	161.8	191.9	212.4	235.4	257.2	244.9	256.5	234.0	247.0
Vitamin C	(mg)	69.5	72.6	77.8	92.8	91.1	85.3	87.6	102.6	98.7	93.8
Minerals											
Calcium	(mg)	757.1	702.0	756.0	819.8	831.0	801.3	759.3	740.8	660.1	741.2
Phosphorus	(mg)	1,008.7	1,078.5	1,247.8	1,421.0	1,525.5	1,565.8	1,463.1	1,430.7	1,189.1	1,406.2
Magnesium	(mg)	187.9	203.1	236.8	261.6	280.4	308.1	312.2	320.8	281.8	308.2
Iron	(mg)	7.3	8.9	10.3	12.5	12.1	13.5	12.9	13.4	11.8	12.9
Zinc	(mg)	6.3	7.0	8.4	9.9	11.0	11.8	10.8	10.6	8.8	10.5
Potassium	(mg)	2,063.2	2,221.6	2,528.4	2,841.3	3,045.4	3,138.0	3,077.5	3,193.1	2,791.6	3,054.8

TABLE 7. MEAN DAILY INTAKE OF DIETARY FIBRE, VITAMINS AND MINERALS PER 1,000 kJ ENERGY

		Age group (years)									
	Unit	*2-3*	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males											
Dietary fibre	(g)	2.1	2.2	2.2	2.1	2.0	2.0	2.3	2.7	2.9	2.5
Vitamins											
Vitamin A retinol equivalent	(mcg)	114.5	99.5	96.2	111.2	86.8	95.6	112.5	132.2	157.6	122.5
Preformed Vitamin A	(mcg)	64.2	56.6	55.1	69.7	47.9	47.8	57.7	63.5	77.8	61.0
Provitamin A	(mcg)	301.8	257.5	246.4	249.4	233.6	287.0	329.1	412.4	478.3	369.4
Thiamin	(mg)	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Riboflavin	(mg)	0.3	0.3	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2
Niacin equivalent	(mg)	3.7	3.7	3.9	4.0	4.0	4.4	4.7	4.8	4.7	4.7
Folate	(mcg)	23.7	23.6	23.7	23.9	23.7	25.3	27.2	31.3	34.1	29.2
Vitamin C	(mg)	16.2	13.9	12.9	10.9	11.6	12.3	11.8	14.0	15.8	13.1
Minerals											
Calcium	(mg)	132.8	105.2	96.8	94.4	94.2	83.5	85.7	87.5	95.7	87.4
Phosphorus	(mg)	166.4	149.1	150.2	151.7	153.2	155.6	160.2	172.0	169.1	164.3
Magnesium	(mg)	31.2	29.0	28.8	28.2	28.1	30.0	34.1	38.5	40.3	35.8
Iron	(mg)	1.2	1.3	1.4	1.4	1.3	1.4	1.4	1.6	1.7	1.5
Zinc	(mg)	1.1	1.0	1.1	1.1	1.1	1.3	1.3	1.4	1.4	1.3
Potassium	(mg)	348.5	306.4	299.6	304.2	301.5	307.0	334.0	373.4	390.3	350.0
Females											
Dietary fibre	(g)	2.2	2.2	2.1	2.3	2.3	2.4	2.7	3.1	3.3	2.9
Vitamins											
Vitamin A retinol equivalent	(mcg)	109.5	105.8	108.8	134.1	104.4	110.0	134.7	162.8	177.5	147.2
Preformed Vitamin A	(mcg)	64.1	54.1	55.1	* 77.8	45.5	46.1	63.9	69.7	80.4	66.3
Provitamin A	(mcg)	272.4	310.3	322.2	337.8	353.5	383.2	424.9	558.3	582.7	485.3
Thiamin	(mg)	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Riboflavin	(mg)	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.2
Niacin equivalent	(mg)	3.7	3.7	3.8	4.0	4.2	4.4	4.7	5.0	4.8	4.7
Folate	(mcg)	25.4	24.1	23.2	25.1	26.3	28.7	30.5	35.8	37.3	33.0
Vitamin C	(mg)	15.8	15.8	12.7	15.6	15.5	14.8	14.7	17.8	18.7	16.3
Minerals											
Calcium	(mg)	131.1	101.5	95.2	91.5	93.2	90.7	100.2	110.3	110.7	103.7
Phosphorus	(mg)	166.0	149.7	145.3	149.3	156.9	160.5	168.8	183.0	181.0	173.9
Magnesium	(mg)	31.2	29.4	27.9	29.0	30.4	33.2	37.7	42.8	43.7	39.6
Iron	(mg)	1.2	1.3	1.3	1.3	1.3	1.4	1.6	1.8	1.8	1.7
Zinc	(mg)	1.1	1.0	1.0	1.1	1.2	1.2	1.3	1.4	1.4	1.3
Potassium	(mg)	346.7	318.4	300.6	324.3	321.9	339.0	374.1	424.9	429.5	393.9
Persons											
Dietary fibre	(g)	2.1	2.2	2.1	2.2	2.1	2.2	2.5	2.9	3.1	2.7
Vitamins											
Vitamin A retinol equivalent	(mcg)	112.1	102.6	102.3	122.4	95.3	102.6	123.6	147.3	168.8	135.1
Preformed Vitamin A	(mcg)	64.2	55.4	55.1	73.6	46.7	46.9	60.8	66.6	79.3	63.7
Provitamin A	(mcg)	287.5	283.2	283.4	292.4	291.8	334.1	377.0	484.4	537.3	428.2
Thiamin	(mg)	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Riboflavin	(mg)	0.3	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.2
Niacin equivalent	(mg)	3.7	3.7	3.8	4.0	4.1	4.4	4.7	4.9	4.7	4.7
Folate	(mcg)	24.5	23.9	23.4	24.5	24.9	27.0	28.9	33.5	35.9	31.1
Vitamin C	(mg)	16.0	14.8	12.8	13.2	13.5	13.6	13.2	15.9	17.4	14.7
Minerals											
Calcium	(mg)	132.0	103.4	96.0	93.0	93.7	87.0	93.0	98.8	104.2	95.7
Phosphorus	(mg)	166.2	149.4	147.8	150.5	155.0	158.0	164.5	177.4	175.8	169.2
Magnesium	(mg)	31.2	29.2	28.3	28.6	29.2	31.6	35.9	40.6	42.2	37.7
Iron	(mg)	1.2	1.3	1.3	1.4	1.3	1.4	1.5	1.7	1.8	1.6
Zinc	(mg)	1.1	1.0	1.1	1.1	1.1	1.3	1.3	1.4	1.4	1.3
Potassium	(mg)	347.7	312.2	300.1	313.9	311.4	322.7	354.0	398.8	412.5	372.3

TABLE 8. MEDIAN DAILY INTAKE OF DIETARY FIBRE, VITAMINS AND MINERALS PER 1,000 kJ ENERGY

		Age group (years)									
	Unit	*2-3*	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
Males											
Dietary fibre	(g)	2.0	2.0	2.1	1.9	1.9	1.9	2.1	2.4	2.8	2.3
Vitamins											
Vitamin A retinol equivalent	(mcg)	94.8	82.0	79.8	82.8	73.0	77.6	81.5	94.9	111.1	87.6
Preformed Vitamin A	(mcg)	61.6	53.0	51.1	50.0	45.6	42.6	42.6	43.4	47.3	43.4
Provitamin A	(mcg)	118.2	112.5	119.7	117.5	110.4	136.2	150.4	243.7	301.3	185.3
Thiamin	(mg)	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Riboflavin	(mg)	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Niacin equivalent	(mg)	3.5	3.6	3.8	3.9	3.8	4.3	4.5	4.7	4.5	4.5
Folate	(mcg)	22.0	21.8	21.5	22.1	21.9	23.0	25.5	29.2	32.0	27.0
Vitamin C	(mg)	11.3	9.2	9.1	8.5	8.0	8.0	8.5	11.1	12.8	9.8
Minerals											
Calcium	(mg)	126.6	98.9	89.3	92.0	82.1	75.5	78.5	81.1	87.9	80.4
Phosphorus	(mg)	164.8	149.6	147.5	147.6	145.9	150.6	156.0	163.5	165.1	158.4
Magnesium	(mg)	31.6	28.7	27.8	27.1	26.7	28.4	32.5	36.5	39.0	34.0
Iron	(mg)	1.2	1.2	1.3	1.3	1.2	1.3	1.4	1.6	1.7	1.4
Zinc	(mg)	1.1	1.0	1.0	1.1	1.0	1.2	1.2	1.3	1.2	1.2
Potassium	(mg)	342.9	297.7	296.6	298.0	287.2	289.8	320.1	360.4	379.8	335.8
Females											
Dietary fibre	(g)	2.1	2.1	2.0	2.1	2.1	2.2	2.4	2.9	3.1	2.6
Vitamins											
Vitamin A retinol equivalent	(mcg)	93.7	88.8	89.2	81.2	84.9	83.3	93.0	109.7	123.7	101.1
Preformed Vitamin A	(mcg)	62.3	50.6	51.8	45.3	38.0	41.4	43.3	45.8	49.3	44.9
Provitamin A	(mcg)	149.9	151.9	129.6	144.3	176.3	181.8	222.0	319.5	392.6	265.3
Thiamin	(mg)	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Riboflavin	(mg)	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Niacin equivalent	(mg)	3.6	3.5	3.6	3.8	4.1	4.2	4.5	4.8	4.6	4.6
Folate	(mcg)	24.3	22.4	21.8	22.3	23.3	26.7	27.7	32.2	34.9	29.9
Vitamin C	(mg)	9.9	11.4	8.3	10.5	9.7	10.3	10.3	13.6	15.0	12.0
Minerals											
Calcium	(mg)	122.7	96.7	88.8	84.0	84.1	85.8	91.9	102.1	102.1	95.3
Phosphorus	(mg)	164.8	149.7	143.1	146.8	157.6	159.6	165.4	177.5	175.3	169.4
Magnesium	(mg)	31.6	28.5	26.5	28.4	29.3	31.4	35.4	40.7	41.9	37.3
Iron	(mg)	1.2	1.2	1.2	1.2	1.2	1.3	1.5	1.7	1.8	1.6
Zinc	(mg)	1.0	0.9	1.0	1.1	1.1	1.1	1.2	1.3	1.3	1.2
Potassium	(mg)	346.4	308.5	289.8	323.4	313.5	317.6	352.3	405.3	415.0	372.2
Persons											
Dietary fibre	(g)	2.0	2.1	2.0	2.0	2.0	2.0	2.3	2.6	2.9	2.4
Vitamins											
Vitamin A retinol equivalent	(mcg)	94.3	85.6	84.1	82.2	78.0	79.9	86.0	101.1	118.6	94.5
Preformed Vitamin A	(mcg)	61.7	51.3	51.6	47.7	41.1	41.9	42.8	44.2	48.5	44.1
Provitamin A	(mcg)	133.1	130.9	126.7	126.4	156.6	158.0	177.7	283.4	348.1	223.0
Thiamin	(mg)	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Riboflavin	(mg)	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2
Niacin equivalent	(mg)	3.6	3.6	3.7	3.9	4.0	4.2	4.5	4.7	4.6	4.5
Folate	(mcg)	23.0	22.0	21.6	22.2	22.4	24.4	26.6	30.6	33.7	28.4
Vitamin C	(mg)	10.5	10.1	8.9	9.3	8.8	8.6	9.2	12.3	14.0	10.8
Minerals											
Calcium	(mg)	125.9	98.4	89.3	88.7	83.6	81.2	84.4	89.4	96.1	87.2
Phosphorus	(mg)	164.8	149.6	144.9	146.8	150.5	154.7	160.5	169.8	170.2	163.9
Magnesium	(mg)	31.6	28.6	27.2	27.7	28.0	29.9	33.9	38.5	40.4	35.7
Iron	(mg)	1.2	1.2	1.2	1.3	1.2	1.3	1.4	1.6	1.7	1.5
Zinc	(mg)	1.0	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.2
Potassium	(mg)	343.1	305.2	292.5	308.7	298.7	306.3	335.9	381.1	397.3	352.9

TABLE 9. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		State and Territory								
	Unit	*NSW*	*Vic.*	*Qld*	*SA*	*WA*	*Tas.*	*NT(a)*	*ACT*	*Aust.*
Males										
Energy	(kJ)	10,859.6	11,213.9	10,797.8	11,386.4	11,536.7	10,736.2	11,522.0	11,323.8	11,049.5
Moisture(b)	(g)	3,299.8	3,229.6	3,816.3	3,309.9	3,757.6	2,999.0	4,809.1	3,303.1	3,426.3
Macronutrients										
Protein	(g)	107.9	110.1	107.3	111.8	113.3	104.8	110.8	113.9	109.2
Total fat	(g)	96.4	100.7	96.1	102.6	100.8	98.4	98.2	101.8	98.5
Saturated fat	(g)	37.3	40.0	38.5	41.2	40.7	40.9	39.8	41.3	39.0
Monounsaturated fat	(g)	35.7	37.1	35.5	37.3	36.4	35.1	35.3	36.6	36.2
Polyunsaturated fat	(g)	15.0	14.8	13.6	15.4	14.8	14.2	14.7	15.2	14.7
Cholesterol	(mg)	353.6	353.8	364.8	355.3	373.4	355.4	371.7	338.6	357.6
Total carbohydrate	(g)	292.7	306.2	295.3	310.7	319.4	287.2	298.5	304.7	300.5
Total sugars	(g)	128.0	131.7	137.7	143.6	141.6	128.6	142.9	135.3	133.5
Total starch	(g)	162.8	172.8	156.0	165.3	175.7	157.1	154.1	167.6	165.2
Dietary fibre	(g)	25.2	26.7	25.4	25.7	27.6	24.7	22.3	28.2	25.9
Alcohol(c)	(g)	19.7	17.5	17.2	17.8	19.2	18.2	35.2	18.5	18.5
Energy intake to BMR ratio(d)		1.5	1.5	1.5	1.5	1.6	1.4	1.5	1.5	1.5
Females										
Energy	(kJ)	7,436.7	7,522.9	7,429.8	7,589.8	7,495.3	7,023.7	8,025.7	8,263.1	7,480.9
Moisture(b)	(g)	2,749.3	2,720.6	3,019.3	2,829.1	2,972.8	2,523.1	3,391.2	2,776.0	2,817.0
Macronutrients										
Protein	(g)	74.2	72.6	73.7	74.1	75.5	69.1	79.6	81.9	73.9
Total fat	(g)	66.9	68.4	66.9	68.2	67.4	66.4	76.3	72.4	67.6
Saturated fat	(g)	25.8	27.1	27.0	26.5	27.0	28.4	31.1	28.4	26.7
Monounsaturated fat	(g)	24.2	24.8	24.1	24.6	24.0	22.9	27.3	26.0	24.3
Polyunsaturated fat	(g)	10.8	10.2	9.7	11.0	10.1	9.2	11.1	11.3	10.4
Cholesterol	(mg)	243.9	231.0	246.4	225.9	246.8	231.6	281.6	244.0	239.9
Total carbohydrate	(g)	206.9	214.8	210.0	215.5	210.2	194.5	210.1	235.0	210.6
Total sugars	(g)	93.3	97.2	101.5	100.5	97.5	93.3	103.0	108.0	97.0
Total starch	(g)	112.1	116.2	107.1	113.6	111.0	99.9	105.9	125.4	112.1
Dietary fibre	(g)	20.1	20.9	19.7	20.7	21.0	18.6	18.5	22.5	20.3
Alcohol(c)	(g)	8.4	6.0	6.9	7.3	7.3	5.2	11.8	9.3	7.3
Energy intake to BMR ratio(d)		1.3	1.3	1.3	1.3	1.3	1.2	1.4	1.4	1.3
Persons										
Energy	(kJ)	9,106.2	9,320.8	9,149.6	9,465.3	9,422.2	8,868.5	9,752.2	9,921.7	9,237.9
Moisture(b)	(g)	3,017.8	2,968.6	3,426.2	3,066.6	3,347.0	2,759.6	4,091.4	3,061.7	3,117.0
Macronutrients										
Protein	(g)	90.6	90.9	90.9	92.7	93.5	86.8	95.0	99.3	91.2
Total fat	(g)	81.3	84.1	81.8	85.2	83.3	82.3	87.1	88.3	82.8
Saturated fat	(g)	31.4	33.4	32.9	33.7	33.5	34.6	35.4	35.4	32.7
Monounsaturated fat	(g)	29.8	30.8	29.9	30.9	29.9	29.0	31.3	31.8	30.2
Polyunsaturated fat	(g)	12.8	12.5	11.7	13.2	12.3	11.7	12.9	13.4	12.5
Cholesterol	(mg)	297.4	290.8	306.9	289.8	307.2	293.1	326.1	295.3	297.9
Total carbohydrate	(g)	248.7	259.3	253.6	262.5	262.3	240.5	253.8	272.8	254.8
Total sugars	(g)	110.2	114.0	120.0	121.8	118.5	110.8	122.7	122.7	115.0
Total starch	(g)	136.8	143.8	132.1	139.1	141.9	128.3	129.7	148.3	138.3
Dietary fibre	(g)	22.6	23.7	22.6	23.2	24.2	21.7	20.4	25.6	23.1
Alcohol(c)	(g)	13.9	11.6	12.2	12.5	12.9	11.7	23.4	14.3	12.8
Energy intake to BMR ratio(d)		1.4	1.4	1.4	1.4	1.4	1.3	1.4	1.5	1.4

(a) Estimates relate to urban areas mainly. (b) Includes plain drinking water. (c) Represents pure alcohol. (d) See Appendix 4 for more details.

TABLE 10. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		State and Territory								
	Unit	*NSW*	*Vic.*	*Qld*	*SA*	*WA*	*Tas.*	*NT(a)*	*ACT*	*Aust.*
Males										
Energy	(kJ)	10,166.6	10,586.8	9,989.1	11,007.9	10,867.9	10,362.5	10,925.8	10,828.1	10,376.5
Moisture(b)	(g)	3,053.8	3,028.1	3,572.8	3,087.0	3,411.5	2,795.0	4,531.2	3,242.0	3,184.2
Macronutrients										
Protein	(g)	100.4	100.9	97.0	104.5	102.0	98.5	109.5	103.8	100.1
Total fat	(g)	87.0	93.2	85.8	97.2	94.6	92.8	92.4	92.4	89.8
Saturated fat	(g)	33.0	35.9	33.8	37.5	36.1	36.2	35.1	35.4	34.5
Monounsaturated fat	(g)	31.6	33.6	31.4	34.9	33.5	32.8	32.2	34.2	32.6
Polyunsaturated fat	(g)	12.7	12.8	11.6	13.5	12.7	12.1	13.2	13.3	12.6
Cholesterol	(mg)	289.9	293.7	303.1	298.3	312.1	300.1	332.5	295.8	296.7
Total carbohydrate	(g)	275.3	287.0	274.9	290.4	300.0	273.0	268.7	282.6	281.1
Total sugars	(g)	113.5	116.7	123.4	127.3	128.9	119.0	124.1	120.5	118.8
Total starch	(g)	152.7	156.4	143.8	154.2	159.0	144.9	145.8	158.8	152.0
Dietary fibre	(g)	23.5	24.1	23.6	24.3	24.9	22.6	19.8	25.3	23.8
Alcohol (per consumer)(c)	(g)	34.6	34.5	28.6	32.2	30.7	42.2	32.3	42.9	32.4
Energy intake to BMR ratio(d)		1.4	1.4	1.4	1.5	1.5	1.4	1.5	1.5	1.4
Females										
Energy	(kJ)	7,101.6	7,070.3	7,110.6	7,032.8	7,016.6	6,619.3	7,234.1	7,985.6	7,083.4
Moisture(b)	(g)	2,608.8	2,617.8	2,863.4	2,634.2	2,803.2	2,400.3	3,220.5	2,652.7	2,661.6
Macronutrients										
Protein	(g)	70.2	67.7	70.2	68.9	69.1	66.9	69.9	78.9	69.5
Total fat	(g)	61.2	62.8	61.0	60.6	62.2	61.0	66.1	66.3	61.6
Saturated fat	(g)	22.8	24.2	24.1	22.8	23.4	25.0	26.8	24.9	23.5
Monounsaturated fat	(g)	21.7	22.2	21.5	21.8	21.6	21.1	23.8	23.8	21.9
Polyunsaturated fat	(g)	9.4	8.6	8.6	9.3	8.6	8.0	9.6	10.2	8.9
Cholesterol	(mg)	201.7	184.2	199.3	172.5	199.8	192.8	234.3	192.0	192.4
Total carbohydrate	(g)	194.9	203.7	194.5	202.4	198.1	182.4	193.7	231.5	197.4
Total sugars	(g)	82.9	88.0	90.3	91.4	87.4	82.8	93.1	96.4	87.2
Total starch	(g)	104.3	105.5	102.4	104.0	101.7	93.7	94.8	122.2	103.9
Dietary fibre	(g)	18.3	19.6	18.4	19.3	20.0	17.2	17.4	21.7	18.9
Alcohol (per consumer)(c)	(g)	23.4	21.0	20.3	17.9	22.3	15.8	* 29.7	23.9	21.2
Energy intake to BMR ratio(d)		1.2	1.2	1.2	1.2	1.2	1.1	1.2	1.4	1.2
Persons										
Energy	(kJ)	8,384.3	8,656.1	8,492.0	8,812.6	8,812.6	8,082.4	8,868.2	9,443.5	8,569.4
Moisture(b)	(g)	2,799.1	2,804.0	3,210.4	2,876.1	3,087.8	2,553.7	3,654.8	3,011.0	2,892.8
Macronutrients										
Protein	(g)	82.4	81.9	83.8	83.9	84.3	79.9	87.8	90.8	83.0
Total fat	(g)	72.8	75.7	73.8	76.7	75.8	73.6	74.1	80.3	74.5
Saturated fat	(g)	27.2	29.3	28.9	29.4	29.1	29.4	29.6	30.3	28.6
Monounsaturated fat	(g)	26.2	27.5	26.6	27.5	26.2	25.6	26.8	28.6	26.8
Polyunsaturated fat	(g)	10.8	10.4	10.0	11.3	10.7	9.9	10.7	11.7	10.5
Cholesterol	(mg)	239.4	233.4	245.0	231.8	252.6	240.7	276.9	240.4	239.4
Total carbohydrate	(g)	231.7	235.1	234.6	242.0	238.7	221.9	230.4	253.6	234.9
Total sugars	(g)	94.9	101.5	105.9	109.2	104.8	97.1	105.2	109.7	101.0
Total starch	(g)	124.5	127.8	120.0	126.0	127.2	114.7	123.2	138.2	124.9
Dietary fibre	(g)	20.6	21.4	20.7	21.2	22.0	20.3	18.6	23.3	21.1
Alcohol (per consumer)(c)	(g)	28.6	28.4	26.8	28.0	28.6	28.1	32.1	31.3	28.6
Energy intake to BMR ratio(d)		1.3	1.3	1.3	1.3	1.4	1.3	1.3	1.4	1.3

(a) Estimates relate to urban areas mainly. (b) Includes plain drinking water. (c) Represents pure alcohol. (d) See Appendix 4 for more details.

TABLE 11. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		State and Territory								
	Unit	*NSW*	*Vic.*	*Qld*	*SA*	*WA*	*Tas.*	*NT(a)*	*ACT*	*Aust.*
Males										
Vitamins										
Vitamin A retinol equivalents	(mcg)	1,252.8	1,323.2	1,404.0	1,315.8	1,332.6	1,351.0	1,008.6	1,248.8	1,311.7
Preformed Vitamin A	(mcg)	645.4	693.0	736.4	725.0	650.3	677.0	529.2	571.6	680.0
Provitamin A	(mcg)	3,644.5	3,780.9	4,005.4	3,544.4	4,093.4	4,043.7	2,876.0	4,063.0	3,790.1
Thiamin	(mg)	1.9	2.0	1.9	1.9	2.0	1.9	1.9	2.1	1.9
Riboflavin	(mg)	2.3	2.4	2.4	2.4	2.4	2.3	2.3	2.6	2.3
Niacin equivalent	(mg)	50.0	51.2	50.3	51.0	52.2	49.2	51.7	53.2	50.7
Folate	(mcg)	308.6	306.7	301.8	298.0	317.0	301.8	306.9	321.8	306.8
Vitamin C	(mg)	138.6	134.3	131.6	134.2	129.5	137.1	182.3	150.6	135.6
Minerals										
Calcium	(mg)	910.0	962.6	913.9	1,045.5	1,002.9	882.9	987.8	1,055.4	945.5
Phosphorus	(mg)	1,740.6	1,790.5	1,742.4	1,843.3	1,883.8	1,677.6	1,797.5	1,873.1	1,775.6
Magnesium	(mg)	375.4	385.7	374.1	379.6	404.2	367.5	373.5	414.6	381.1
Iron	(mg)	16.0	16.8	16.4	16.2	16.9	15.8	14.9	17.6	16.4
Zinc	(mg)	14.4	14.4	14.2	15.0	14.6	13.5	14.2	15.3	14.4
Potassium	(mg)	3,656.4	3,750.6	3,705.9	3,808.5	3,858.1	3,642.0	3,690.0	3,997.8	3,725.2
Females										
Vitamins										
Vitamin A retinol equivalents	(mcg)	1,060.1	1,004.5	1,056.5	1,074.7	1,049.8	1,026.4	1,037.3	1,259.8	1,047.2
Preformed Vitamin A	(mcg)	516.5	426.3	512.0	502.6	473.2	445.9	503.5	717.7	488.4
Provitamin A	(mcg)	3,261.2	3,469.4	3,266.9	3,432.2	3,459.7	3,483.1	3,202.8	3,252.5	3,352.9
Thiamin	(mg)	1.3	1.3	1.4	1.3	1.4	1.3	1.3	1.5	1.4
Riboflavin	(mg)	1.7	1.8	1.9	1.8	1.8	1.8	1.9	1.9	1.8
Niacin equivalent	(mg)	34.2	33.3	34.4	34.3	34.6	32.3	36.2	37.9	34.1
Folate	(mcg)	237.2	232.0	229.1	227.7	234.2	215.5	219.5	248.0	232.8
Vitamin C	(mg)	115.5	110.8	111.8	113.5	110.7	110.1	122.9	127.5	113.1
Minerals										
Calcium	(mg)	721.9	752.9	761.1	788.6	770.2	740.9	777.5	799.6	748.6
Phosphorus	(mg)	1,260.3	1,256.9	1,285.2	1,295.1	1,305.4	1,185.0	1,348.4	1,406.6	1,271.7
Magnesium	(mg)	282.6	281.8	281.5	288.4	288.6	261.6	277.9	311.9	283.1
Iron	(mg)	12.0	12.0	11.8	11.8	11.8	11.0	12.4	13.5	11.9
Zinc	(mg)	9.8	9.7	9.7	9.6	9.8	9.1	10.3	10.5	9.7
Potassium	(mg)	2,773.1	2,792.6	2,811.5	2,879.2	2,868.6	2,718.6	2,824.9	3,030.5	2,805.0
Persons										
Vitamins										
Vitamin A retinol equivalents	(mcg)	1,154.1	1,159.7	1,234.0	1,193.8	1,184.6	1,187.7	1,023.1	1,253.8	1,177.4
Preformed Vitamin A	(mcg)	579.4	556.2	626.6	612.5	557.6	560.7	516.2	638.5	582.7
Provitamin A	(mcg)	3,448.1	3,621.2	3,644.0	3,487.6	3,761.8	3,761.7	3,041.4	3,691.7	3,568.2
Thiamin	(mg)	1.6	1.6	1.7	1.6	1.6	1.6	1.6	1.8	1.6
Riboflavin	(mg)	2.0	2.0	2.1	2.1	2.1	2.0	2.1	2.3	2.1
Niacin equivalent	(mg)	41.9	42.0	42.5	42.6	43.0	40.7	43.8	46.2	42.3
Folate	(mcg)	272.0	268.4	266.2	262.5	273.6	258.4	262.6	288.0	269.2
Vitamin C	(mg)	126.8	122.2	121.9	123.7	119.7	123.5	152.2	140.0	124.2
Minerals										
Calcium	(mg)	813.6	855.0	839.1	915.5	881.2	811.5	881.4	938.2	845.5
Phosphorus	(mg)	1,494.6	1,516.8	1,518.7	1,565.9	1,581.2	1,429.8	1,570.1	1,659.4	1,519.8
Magnesium	(mg)	327.9	332.4	328.8	333.4	343.7	314.2	325.1	367.6	331.3
Iron	(mg)	13.9	14.3	14.2	14.0	14.3	13.4	13.6	15.7	14.1
Zinc	(mg)	12.1	12.0	12.0	12.2	12.1	11.3	12.2	13.1	12.1
Potassium	(mg)	3,203.9	3,259.2	3,268.2	3,338.3	3,340.3	3,177.5	3,252.1	3,554.7	3,258.1

(a) Estimates relate to urban areas mainly.

TABLE 12. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		State and Territory								
	Unit	*NSW*	*Vic.*	*Qld*	*SA*	*WA*	*Tas.*	*NT(a)*	*ACT*	*Aust.*
Males										
Vitamins										
Vitamin A retinol equivalent	(mcg)	903.3	944.0	973.4	944.5	1,001.7	1,138.5	772.1	976.7	941.2
Preformed Vitamin A	(mcg)	433.3	447.2	440.8	469.9	448.5	550.4	463.1	469.0	444.8
Provitamin A	(mcg)	1,821.5	2,031.7	2,077.9	1,939.8	2,279.9	2,227.9	1,319.1	1,945.5	1,963.6
Thiamin	(mg)	1.7	1.7	1.7	1.7	1.7	1.7	1.4	1.7	1.7
Riboflavin	(mg)	1.9	2.0	2.0	2.1	2.1	2.0	1.8	2.2	2.0
Niacin equivalent	(mg)	46.5	48.0	47.1	47.0	48.2	46.9	48.2	52.0	47.1
Folate	(mcg)	279.4	286.7	284.5	281.8	299.3	288.6	289.7	285.5	285.3
Vitamin C	(mg)	102.0	106.4	101.5	98.2	107.7	97.4	119.5	114.0	102.9
Minerals										
Calcium	(mg)	799.4	862.5	786.5	926.9	899.0	801.0	747.4	947.6	827.3
Phosphorus	(mg)	1,619.1	1,692.9	1,613.3	1,718.2	1,724.5	1,612.8	1,670.3	1,771.9	1,658.4
Magnesium	(mg)	349.8	368.9	355.0	364.2	377.0	351.6	370.2	391.3	360.3
Iron	(mg)	14.9	15.6	15.2	15.0	15.8	14.7	13.5	16.5	15.2
Zinc	(mg)	12.6	12.7	12.9	12.8	13.0	12.5	13.6	13.5	12.8
Potassium	(mg)	3,397.8	3,557.0	3,536.1	3,630.7	3,720.9	3,525.4	3,444.3	3,871.2	3,515.9
Females										
Vitamins										
Vitamin A retinol equivalent	(mcg)	751.5	752.8	743.9	744.2	770.6	808.0	848.5	797.9	753.6
Preformed Vitamin A	(mcg)	302.1	314.8	323.4	303.3	315.6	356.0	358.0	310.9	309.7
Provitamin A	(mcg)	1,943.6	1,984.9	1,839.0	1,766.1	1,977.4	1,941.8	2,106.9	1,953.7	1,923.1
Thiamin	(mg)	1.2	1.2	1.2	1.2	1.2	1.2	1.2	1.3	1.2
Riboflavin	(mg)	1.5	1.6	1.6	1.6	1.5	1.6	1.6	1.7	1.6
Niacin equivalent	(mg)	32.5	31.7	32.5	31.6	31.7	30.6	33.9	36.2	32.3
Folate	(mcg)	219.0	215.7	212.1	214.4	221.6	205.5	198.8	238.4	216.7
Vitamin C	(mg)	88.0	82.4	86.1	82.0	86.1	81.0	94.4	92.8	85.4
Minerals										
Calcium	(mg)	647.5	679.4	664.7	681.3	656.4	687.7	693.1	716.9	663.1
Phosphorus	(mg)	1,202.5	1,205.3	1,191.5	1,201.8	1,208.9	1,143.5	1,262.8	1,342.4	1,201.8
Magnesium	(mg)	266.0	268.4	265.8	266.1	271.1	249.2	254.3	297.3	266.9
Iron	(mg)	11.2	11.1	10.9	11.1	11.1	10.3	11.3	12.8	11.1
Zinc	(mg)	8.8	8.7	8.8	8.6	8.8	8.5	9.1	9.5	8.7
Potassium	(mg)	2,638.6	2,695.3	2,664.9	2,751.2	2,772.7	2,580.5	2,628.6	2,941.0	2,680.9
Persons										
Vitamins										
Vitamin A retinol equivalent	(mcg)	824.6	850.0	840.2	841.6	877.2	914.6	805.0	879.7	841.2
Preformed Vitamin A	(mcg)	361.0	373.2	371.7	386.3	377.8	444.1	401.2	391.3	371.6
Provitamin A	(mcg)	1,864.1	2,021.9	1,963.6	1,857.5	2,096.1	2,131.8	1,522.9	1,945.5	1,941.7
Thiamin	(mg)	1.4	1.4	1.4	1.4	1.4	1.4	1.2	1.6	1.4
Riboflavin	(mg)	1.7	1.8	1.8	1.9	1.8	1.8	1.7	1.9	1.8
Niacin equivalent	(mg)	38.5	37.8	38.9	39.2	39.4	37.5	39.5	43.0	38.6
Folate	(mcg)	246.7	250.0	243.9	245.3	253.8	238.4	232.6	262.5	247.0
Vitamin C	(mg)	94.3	94.3	92.5	88.6	95.3	87.9	105.6	104.0	93.8
Minerals										
Calcium	(mg)	712.5	764.8	727.1	795.9	759.0	729.6	712.7	845.2	741.2
Phosphorus	(mg)	1,392.1	1,404.5	1,398.7	1,443.9	1,454.5	1,351.8	1,406.5	1,606.8	1,406.2
Magnesium	(mg)	307.0	309.0	305.8	311.7	318.7	291.1	301.1	345.7	308.2
Iron	(mg)	12.7	13.0	13.0	12.7	13.0	12.1	12.2	14.2	12.9
Zinc	(mg)	10.4	10.4	10.5	10.7	10.7	10.1	10.3	11.6	10.5
Potassium	(mg)	3,007.4	3,051.1	3,094.6	3,095.1	3,120.4	2,988.0	3,085.6	3,356.8	3,054.8

(a) Estimates relate to urban areas mainly.

TABLE 13. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Rural, remote and metropolitan areas			*Part of State*		
	Unit	*Metropol-itan(a)*	*Rural centre(b)*	*Rural and remote area(c)*	*Capital city*	*Rest of State*	*Total*
Males							
Energy	(kJ)	11,027.7	10,925.6	11,229.4	11,056.5	11,036.9	11,049.5
Moisture(d)	(g)	3,356.8	3,552.2	3,645.0	3,336.0	3,588.6	3,426.3
Macronutrients							
Protein	(g)	109.2	106.7	111.0	109.3	108.9	109.2
Total fat	(g)	97.5	98.8	102.5	97.7	99.9	98.5
Saturated fat	(g)	38.4	39.7	41.1	38.5	39.9	39.0
Monounsaturated fat	(g)	35.9	36.0	37.5	36.0	36.6	36.2
Polyunsaturated fat	(g)	14.6	14.7	15.0	14.5	14.9	14.7
Cholesterol	(mg)	351.4	346.4	392.4	351.5	368.6	357.6
Total carbohydrate	(g)	302.0	297.4	296.1	303.8	294.5	300.5
Total sugars	(g)	131.6	141.9	136.1	132.4	135.4	133.5
Total starch	(g)	168.6	153.8	158.3	169.5	157.5	165.2
Dietary fibre	(g)	26.0	24.9	26.0	26.3	25.2	25.9
Alcohol(e)	(g)	18.0	17.5	21.4	17.7	20.0	18.5
Energy intake to BMR ratio(f)		1.5	1.5	1.5	1.5	1.5	1.5
Females							
Energy	(kJ)	7,549.4	7,362.3	7,269.6	7,554.7	7,348.4	7,480.9
Moisture(d)	(g)	2,801.5	2,847.8	2,861.6	2,800.1	2,847.3	2,817.0
Macronutrients							
Protein	(g)	74.4	72.3	72.5	74.4	72.9	73.9
Total fat	(g)	67.8	67.0	66.9	67.7	67.4	67.6
Saturated fat	(g)	26.6	27.0	26.7	26.5	27.0	26.7
Monounsaturated fat	(g)	24.5	23.8	23.9	24.5	24.0	24.3
Polyunsaturated fat	(g)	10.5	10.1	10.2	10.5	10.2	10.4
Cholesterol	(mg)	240.7	236.1	239.3	238.3	242.7	239.9
Total carbohydrate	(g)	213.3	205.4	202.4	214.0	204.4	210.6
Total sugars	(g)	96.8	98.6	96.4	97.0	96.9	97.0
Total starch	(g)	114.9	105.4	104.6	115.5	106.0	112.1
Dietary fibre	(g)	20.6	19.6	19.7	20.6	19.8	20.3
Alcohol(e)	(g)	7.4	8.0	6.4	7.4	7.2	7.3
Energy intake to BMR ratio(f)		1.3	1.3	1.3	1.3	1.3	1.3
Persons							
Energy	(kJ)	9,271.4	9,042.6	9,231.1	9,279.0	9,164.1	9,237.9
Moisture(d)	(g)	3,076.4	3,179.9	3,249.7	3,064.0	3,212.2	3,117.0
Macronutrients							
Protein	(g)	91.6	88.5	91.6	91.6	90.6	91.2
Total fat	(g)	82.5	82.0	84.5	82.4	83.4	82.8
Saturated fat	(g)	32.4	33.0	33.9	32.4	33.4	32.7
Monounsaturated fat	(g)	30.2	29.5	30.6	30.2	30.2	30.2
Polyunsaturated fat	(g)	12.5	12.2	12.6	12.5	12.5	12.5
Cholesterol	(mg)	295.5	288.1	315.1	294.0	304.7	297.9
Total carbohydrate	(g)	257.2	248.8	248.8	258.2	248.8	254.8
Total sugars	(g)	114.1	119.0	116.0	114.5	115.9	115.0
Total starch	(g)	141.5	128.2	131.2	142.1	131.4	138.3
Dietary fibre	(g)	23.3	22.1	22.8	23.4	22.5	23.1
Alcohol(e)	(g)	12.7	12.5	13.8	12.5	13.5	12.8
Energy intake to BMR ratio(f)		1.4	1.4	1.4	1.4	1.4	1.4

(a) Areas containing capital cities or an urban centre with a population of 100,000 or more. (b) Areas containing an urban centre with a population of 10,000 to 99,999. (c) All remote areas, and rural areas containing a centre with a population of less than 10,000. (d) Includes plain drinking water. (e) Represents pure alcohol. (f) See Appendix 4 for more details.

TABLE 14. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Rural, remote and metropolitan areas			*Part of State*		
	Unit	*Metropol-itan(a)*	*Rural centre(b)*	*Rural and remote area(c)*	*Capital city*	*Rest of State*	*Total*
Males							
Energy	(kJ)	10,381.9	10,329.8	10,404.2	10,398.9	10,347.2	10,376.5
Moisture(d)	(g)	3,129.1	3,318.8	3,351.2	3,129.1	3,311.5	3,184.2
Macronutrients							
Protein	(g)	100.6	97.4	101.4	100.6	99.7	100.1
Total fat	(g)	89.4	89.3	92.3	89.4	90.1	89.8
Saturated fat	(g)	34.2	35.2	36.1	34.1	35.6	34.5
Monounsaturated fat	(g)	32.5	32.7	33.3	32.7	32.5	32.6
Polyunsaturated fat	(g)	12.5	12.2	13.0	12.5	12.8	12.6
Cholesterol	(mg)	289.9	290.1	329.7	289.9	308.8	296.7
Total carbohydrate	(g)	284.1	281.6	273.7	284.9	277.3	281.1
Total sugars	(g)	117.9	127.0	118.2	118.3	119.5	118.8
Total starch	(g)	155.2	143.7	148.1	156.4	146.0	152.0
Dietary fibre	(g)	23.9	23.3	23.7	24.0	23.4	23.8
Alcohol (per consumer)(e)	(g)	32.4	28.1	36.3	32.9	32.0	32.4
Energy intake to BMR ratio(f)		1.4	1.4	1.4	1.4	1.4	1.4
Females							
Energy	(kJ)	7,158.0	7,013.1	6,870.2	7,163.7	6,948.4	7,083.4
Moisture(d)	(g)	2,658.7	2,663.9	2,688.4	2,660.9	2,667.1	2,661.6
Macronutrients							
Protein	(g)	70.2	66.8	68.7	70.0	68.6	69.5
Total fat	(g)	61.7	62.6	60.5	61.7	61.5	61.6
Saturated fat	(g)	23.4	24.2	23.3	23.3	24.1	23.5
Monounsaturated fat	(g)	22.0	21.6	21.4	22.1	21.5	21.9
Polyunsaturated fat	(g)	9.0	8.8	8.7	8.9	8.8	8.9
Cholesterol	(mg)	193.2	193.7	190.2	191.9	193.3	192.4
Total carbohydrate	(g)	199.9	191.1	194.8	200.4	193.8	197.4
Total sugars	(g)	86.2	90.3	88.0	86.3	88.6	87.2
Total starch	(g)	105.8	100.3	98.3	106.5	100.1	103.9
Dietary fibre	(g)	19.1	18.3	18.4	19.2	18.4	18.9
Alcohol (per consumer)(e)	(g)	21.2	23.9	19.6	21.7	19.7	21.2
Energy intake to BMR ratio(f)		1.2	1.2	1.2	1.2	1.2	1.2
Persons							
Energy	(kJ)	8,599.9	8,400.8	8,569.4	8,603.3	8,476.4	8,569.4
Moisture(d)	(g)	2,870.2	2,937.2	2,963.9	2,872.9	2,932.0	2,892.8
Macronutrients							
Protein	(g)	83.7	77.9	83.6	83.6	82.1	83.0
Total fat	(g)	74.4	73.6	75.3	74.1	75.2	74.5
Saturated fat	(g)	28.3	28.5	29.4	28.1	29.3	28.6
Monounsaturated fat	(g)	26.7	26.5	27.2	26.6	27.0	26.8
Polyunsaturated fat	(g)	10.6	10.1	10.7	10.6	10.5	10.5
Cholesterol	(mg)	237.5	232.8	253.5	236.9	245.2	239.4
Total carbohydrate	(g)	237.1	230.2	227.1	237.7	228.9	234.9
Total sugars	(g)	100.7	104.7	100.9	100.8	101.1	101.0
Total starch	(g)	127.9	115.8	119.3	128.4	118.7	124.9
Dietary fibre	(g)	21.2	20.2	21.1	21.3	20.7	21.1
Alcohol (per consumer)(e)	(g)	28.6	26.3	28.6	28.6	28.1	28.6
Energy intake to BMR ratio(f)		1.3	1.3	1.3	1.3	1.3	1.3

(a) Areas containing capital cities or an urban centre with a population of 100,000 or more. (b) Areas containing an urban centre with a population of 10,000 to 99,999. (c) All remote areas, and rural areas containing a centre with a population of less than 10,000. (d) Includes plain drinking water. (e) Represents pure alcohol. (f) See Appendix 4 for more details.

TABLE 15. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSON AGED 19 YEARS AND OVER

		Rural, remote and metropolitan areas			*Part of State*		
	Unit	*Metropol-itan(a)*	*Rural centre(b)*	*Rural and remote area(c)*	*Capital city*	*Rest of State*	*Total*
Males							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,274.9	1,158.5	1,577.1	1,299.4	1,333.8	1,311.7
Preformed Vitamin A	(mcg)	650.7	595.4	865.6	666.3	704.6	680.0
Provitamin A	(mcg)	3,744.8	3,378.2	4,269.1	3,798.4	3,775.3	3,790.1
Thiamin	(mg)	1.9	1.9	1.9	1.9	1.9	1.9
Riboflavin	(mg)	2.3	2.4	2.3	2.3	2.3	2.3
Niacin equivalent	(mg)	50.7	49.9	51.4	50.7	50.7	50.7
Folate	(mcg)	306.7	295.3	314.9	306.7	306.9	306.8
Vitamin C	(mg)	138.8	119.8	132.1	139.7	128.0	135.6
Minerals							
Calcium	(mg)	950.1	941.6	927.7	953.2	931.7	945.5
Phosphorus	(mg)	1,778.8	1,738.4	1,786.8	1,782.2	1,763.7	1,775.6
Magnesium	(mg)	380.9	375.2	386.0	382.2	379.0	381.1
Iron	(mg)	16.4	16.1	16.6	16.4	16.3	16.4
Zinc	(mg)	14.4	14.0	14.8	14.2	14.8	14.4
Potassium	(mg)	3,713.9	3,656.9	3,821.3	3,725.9	3,724.0	3,725.2
Females							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,063.7	898.6	1,086.5	1,067.1	1,011.4	1,047.2
Preformed Vitamin A	(mcg)	504.7	383.1	495.8	511.7	446.4	488.4
Provitamin A	(mcg)	3,353.8	3,093.0	3,543.8	3,332.3	3,389.9	3,352.9
Thiamin	(mg)	1.3	1.3	1.4	1.3	1.4	1.4
Riboflavin	(mg)	1.7	1.8	1.9	1.7	1.8	1.8
Niacin equivalent	(mg)	34.2	33.5	34.1	34.2	33.9	34.1
Folate	(mcg)	235.9	221.5	227.8	236.5	226.2	232.8
Vitamin C	(mg)	114.9	105.5	111.0	115.0	109.7	113.1
Minerals							
Calcium	(mg)	752.0	745.3	736.1	749.2	747.6	748.6
Phosphorus	(mg)	1,284.7	1,237.1	1,240.9	1,282.6	1,252.1	1,271.7
Magnesium	(mg)	286.2	274.2	276.0	286.0	277.7	283.1
Iron	(mg)	12.0	11.7	11.8	12.0	11.8	11.9
Zinc	(mg)	9.8	9.4	9.7	9.8	9.7	9.7
Potassium	(mg)	2,825.7	2,735.6	2,766.6	2,826.2	2,767.0	2,805.0
Persons							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,168.2	1,021.2	1,329.5	1,181.5	1,170.1	1,177.4
Preformed Vitamin A	(mcg)	577.0	483.3	679.0	587.8	573.5	582.7
Provitamin A	(mcg)	3,547.4	3,227.5	3,903.1	3,561.8	3,579.6	3,568.2
Thiamin	(mg)	1.6	1.6	1.7	1.6	1.7	1.6
Riboflavin	(mg)	2.0	2.1	2.1	2.0	2.1	2.1
Niacin equivalent	(mg)	42.3	41.2	42.7	42.3	42.2	42.3
Folate	(mcg)	271.0	256.3	270.9	271.1	265.9	269.2
Vitamin C	(mg)	126.7	112.2	121.4	127.2	118.7	124.2
Minerals							
Calcium	(mg)	850.1	837.9	831.0	849.6	838.3	845.5
Phosphorus	(mg)	1,529.3	1,473.5	1,511.3	1,528.6	1,504.0	1,519.8
Magnesium	(mg)	333.1	321.8	330.5	333.4	327.6	331.3
Iron	(mg)	14.2	13.8	14.1	14.2	14.0	14.1
Zinc	(mg)	12.1	11.5	12.2	11.9	12.2	12.1
Potassium	(mg)	3,265.4	3,170.1	3,289.1	3,269.2	3,238.0	3,258.1

(a) Areas containing capital cities or an urban centre with a population of 100,000 or more. (b) Areas containing an urban centre with a population of 10,000 to 99,999. (c) All remote areas, and rural areas containing a centre with a population of less than 10,000.

TABLE 16. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Rural, remote and metropolitan areas			*Part of State*		
	Unit	*Metropol-itan(a)*	*Rural centre(b)*	*Rural and remote area(c)*	*Capital city*	*Rest of State*	*Total*
Males							
Vitamins							
Vitamin A retinol equivalent	(mcg)	917.2	918.8	1,065.5	922.3	971.1	941.2
Preformed Vitamin A	(mcg)	430.8	469.7	513.7	425.2	486.6	444.8
Provitamin A	(mcg)	1,949.5	1,759.2	2,319.2	2,035.4	1,818.9	1,963.6
Thiamin	(mg)	1.7	1.6	1.7	1.7	1.7	1.7
Riboflavin	(mg)	2.0	2.2	2.1	2.0	2.1	2.0
Niacin equivalent	(mg)	47.1	46.1	47.8	47.1	47.2	47.1
Folate	(mcg)	283.9	279.6	293.4	283.5	286.9	285.3
Vitamin C	(mg)	105.6	87.2	104.3	106.0	98.7	102.9
Minerals							
Calcium	(mg)	830.2	815.1	827.3	831.7	820.5	827.3
Phosphorus	(mg)	1,663.1	1,620.1	1,658.4	1,663.4	1,649.4	1,658.4
Magnesium	(mg)	360.0	358.5	364.5	360.2	361.8	360.3
Iron	(mg)	15.3	15.2	15.1	15.3	15.0	15.2
Zinc	(mg)	12.8	12.1	13.1	12.8	12.7	12.8
Potassium	(mg)	3,506.6	3,475.5	3,583.1	3,515.9	3,513.5	3,515.9
Females							
Vitamins							
Vitamin A retinol equivalent	(mcg)	741.0	727.8	810.2	737.6	775.1	753.6
Preformed Vitamin A	(mcg)	305.2	314.4	336.1	302.5	326.7	309.7
Provitamin A	(mcg)	1,892.1	1,859.8	2,114.5	1,876.4	2,005.4	1,923.1
Thiamin	(mg)	1.2	1.2	1.2	1.2	1.2	1.2
Riboflavin	(mg)	1.5	1.6	1.7	1.5	1.6	1.6
Niacin equivalent	(mg)	32.5	30.6	32.3	32.6	31.5	32.3
Folate	(mcg)	219.0	206.8	215.6	220.3	211.4	216.7
Vitamin C	(mg)	88.0	77.4	83.5	88.1	81.7	85.4
Minerals							
Calcium	(mg)	668.2	639.0	657.5	667.9	653.9	663.1
Phosphorus	(mg)	1,214.5	1,143.3	1,195.8	1,215.4	1,178.5	1,201.8
Magnesium	(mg)	269.2	259.5	260.0	269.6	261.0	266.9
Iron	(mg)	11.1	10.8	11.2	11.2	11.0	11.1
Zinc	(mg)	8.8	8.6	8.7	8.8	8.7	8.7
Potassium	(mg)	2,709.3	2,612.4	2,633.2	2,721.8	2,616.6	2,680.9
Persons							
Vitamins							
Vitamin A retinol equivalent	(mcg)	827.1	818.9	923.3	826.8	864.3	841.2
Preformed Vitamin A	(mcg)	361.8	373.2	409.9	357.1	394.4	371.6
Provitamin A	(mcg)	1,924.3	1,806.2	2,219.5	1,965.9	1,903.7	1,941.7
Thiamin	(mg)	1.4	1.4	1.4	1.4	1.4	1.4
Riboflavin	(mg)	1.7	1.8	1.9	1.7	1.8	1.8
Niacin equivalent	(mg)	38.8	37.2	39.0	38.7	38.4	38.6
Folate	(mcg)	248.4	236.3	248.7	248.7	244.3	247.0
Vitamin C	(mg)	96.4	82.1	93.0	96.6	88.9	93.8
Minerals							
Calcium	(mg)	743.1	726.5	745.3	744.5	736.2	741.2
Phosphorus	(mg)	1,418.8	1,354.4	1,386.0	1,417.3	1,388.8	1,406.2
Magnesium	(mg)	311.0	298.6	305.1	310.5	306.0	308.2
Iron	(mg)	12.9	12.5	12.9	12.9	12.7	12.9
Zinc	(mg)	10.5	9.9	10.7	10.5	10.4	10.5
Potassium	(mg)	3,069.3	2,973.5	3,059.1	3,070.0	3,023.7	3,054.8

(a) Areas containing capital cities or an urban centre with a population of 100,000 or more. (b) Areas containing an urban centre with a population of 10,000 to 99,999. (c) All remote areas, and rural areas containing a centre with a population of less than 10,000.

TABLE 17. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Region of birth					
	Unit	*Australia*	*UK, Ireland and NZ*	*Other European countries(a)*	*East Asia(b)*	*Other countries n.e.c.(c)*	*Total*
Males							
Energy	(kJ)	11,224.5	10,562.0	10,481.8	10,993.5	10,361.0	11,049.5
Moisture(d)	(g)	3,464.6	3,427.5	3,159.9	3,246.1	3,295.0	3,426.3
Macronutrients							
Protein	(g)	110.3	104.1	108.2	115.8	102.5	109.2
Total fat	(g)	101.3	93.2	90.5	86.1	86.8	98.5
Saturated fat	(g)	40.5	37.3	34.1	32.0	31.7	39.0
Monounsaturated fat	(g)	37.0	33.7	35.1	32.4	33.5	36.2
Polyunsaturated fat	(g)	15.1	13.8	13.1	13.3	13.7	14.7
Cholesterol	(mg)	362.9	333.0	356.7	397.5	315.3	357.6
Total carbohydrate	(g)	303.3	285.4	279.2	335.2	301.8	300.5
Total sugars	(g)	137.9	124.7	122.5	103.9	120.4	133.5
Total starch	(g)	163.6	158.7	154.3	229.8	179.4	165.2
Dietary fibre	(g)	25.9	26.4	25.7	23.4	26.4	25.9
Alcohol(e)	(g)	18.9	20.1	21.6	7.3	12.4	18.5
Energy intake to BMR ratio(f)		1.5	1.4	1.5	1.6	1.4	1.5
Females							
Energy	(kJ)	7,477.4	7,652.0	7,006.9	8,116.2	7,247.8	7,480.9
Moisture(d)	(g)	2,838.0	2,846.7	2,624.3	2,714.9	2,744.5	2,817.0
Macronutrients							
Protein	(g)	73.6	76.2	68.8	86.9	68.9	73.9
Total fat	(g)	68.1	69.8	62.3	64.8	62.7	67.6
Saturated fat	(g)	27.0	28.6	23.3	23.2	22.7	26.7
Monounsaturated fat	(g)	24.3	24.7	24.1	24.2	23.9	24.3
Polyunsaturated fat	(g)	10.5	10.1	9.1	10.6	10.6	10.4
Cholesterol	(mg)	237.9	240.1	236.4	321.7	207.9	239.9
Total carbohydrate	(g)	209.3	210.0	202.0	251.3	212.9	210.6
Total sugars	(g)	99.1	94.5	90.9	77.6	92.6	97.0
Total starch	(g)	108.8	113.8	109.1	172.4	118.7	112.1
Dietary fibre	(g)	20.3	21.3	21.2	18.4	19.3	20.3
Alcohol(e)	(g)	7.5	9.3	5.3	* 0.8	6.8	7.3
Energy intake to BMR ratio(f)		1.3	1.3	1.2	1.5	1.3	1.3
Persons							
Energy	(kJ)	9,317.7	9,108.0	8,681.6	9,416.6	8,919.8	9,237.9
Moisture(d)	(g)	3,145.8	3,137.3	2,882.4	2,955.0	3,040.2	3,117.0
Macronutrients							
Protein	(g)	91.6	90.2	87.8	99.9	86.9	91.2
Total fat	(g)	84.4	81.5	75.9	74.4	75.7	82.8
Saturated fat	(g)	33.6	32.9	28.5	27.2	27.5	32.7
Monounsaturated fat	(g)	30.6	29.2	29.4	27.9	29.1	30.2
Polyunsaturated fat	(g)	12.8	12.0	11.0	11.8	12.2	12.5
Cholesterol	(mg)	299.3	286.6	294.4	356.0	265.6	297.9
Total carbohydrate	(g)	255.5	247.7	239.2	289.2	260.6	254.8
Total sugars	(g)	118.2	109.6	106.1	89.5	107.5	115.0
Total starch	(g)	135.7	136.3	130.9	198.3	151.3	138.3
Dietary fibre	(g)	23.0	23.8	23.4	20.7	23.1	23.1
Alcohol(e)	(g)	13.1	14.7	13.2	3.8	9.8	12.8
Energy intake to BMR ratio(f)		1.4	1.4	1.3	1.6	1.3	1.4

(a) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States. (b) Includes Southeast Asia and Northeast Asia. (c) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica. (d) Includes plain drinking water. (e) Represents pure alcohol. (f) See Appendix 4 for more details.

TABLE 18. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Region of birth					
	Unit	*Australia*	*UK, Ireland and NZ*	*Other European countries(a)*	*East Asia(b)*	*Other countries n.e.c.(c)*	*Total*
Males							
Energy	(kJ)	10,568.9	10,037.3	9,673.0	10,011.3	9,703.4	10,376.5
Moisture(d)	(g)	3,215.7	3,195.9	2,855.6	3,081.6	3,099.0	3,184.2
Macronutrients							
Protein	(g)	100.9	95.7	96.7	112.7	94.2	100.1
Total fat	(g)	92.1	85.4	84.2	80.8	76.4	89.8
Saturated fat	(g)	35.8	32.9	28.9	28.3	28.2	34.5
Monounsaturated fat	(g)	33.4	29.9	32.6	28.5	30.0	32.6
Polyunsaturated fat	(g)	13.0	12.1	11.3	11.8	10.7	12.6
Cholesterol	(mg)	301.7	276.2	284.8	380.3	279.4	296.7
Total carbohydrate	(g)	283.8	267.1	255.2	315.3	289.3	281.1
Total sugars	(g)	122.6	115.0	103.8	86.9	109.5	118.8
Total starch	(g)	151.6	147.3	138.6	219.1	171.4	152.0
Dietary fibre	(g)	23.9	24.1	23.8	20.1	24.0	23.8
Alcohol (per consumer)(e)	(g)	32.4	36.4	28.6	* 28.1	35.5	32.4
Energy intake to BMR ratio(f)		1.4	1.4	1.4	1.5	1.4	1.4
Females							
Energy	(kJ)	7,083.4	7,145.6	6,613.0	7,498.2	6,686.7	7,083.4
Moisture(d)	(g)	2,671.5	2,715.7	2,475.0	2,632.9	2,574.9	2,661.6
Macronutrients							
Protein	(g)	69.0	70.6	64.7	83.0	64.3	69.5
Total fat	(g)	62.3	62.9	57.8	56.6	54.4	61.6
Saturated fat	(g)	24.0	24.8	20.2	18.7	18.6	23.5
Monounsaturated fat	(g)	21.9	22.3	20.4	20.8	21.5	21.9
Polyunsaturated fat	(g)	9.0	8.7	7.9	8.9	9.4	8.9
Cholesterol	(mg)	193.6	191.2	167.7	275.7	174.3	192.4
Total carbohydrate	(g)	196.5	193.1	187.6	242.8	202.8	197.4
Total sugars	(g)	89.2	86.7	80.9	74.0	81.9	87.2
Total starch	(g)	101.7	105.4	103.9	152.8	110.8	103.9
Dietary fibre	(g)	18.9	19.5	19.1	17.2	18.2	18.9
Alcohol (per consumer)(e)	(g)	21.5	22.3	17.9	** 10.8	23.4	21.2
Energy intake to BMR ratio(f)		1.2	1.3	1.2	1.4	1.2	1.2
Persons							
Energy	(kJ)	8,613.2	8,575.0	7,993.1	8,877.9	8,125.3	8,569.4
Moisture(d)	(g)	2,927.0	2,925.6	2,615.8	2,807.3	2,832.0	2,892.8
Macronutrients							
Protein	(g)	83.2	83.6	78.5	91.8	79.2	83.0
Total fat	(g)	75.7	72.4	69.1	64.0	70.5	74.5
Saturated fat	(g)	29.4	28.7	24.2	22.8	22.4	28.6
Monounsaturated fat	(g)	27.2	25.7	26.1	24.6	26.2	26.8
Polyunsaturated fat	(g)	10.8	10.2	9.2	10.3	10.4	10.5
Cholesterol	(mg)	242.3	227.1	223.1	295.6	227.0	239.4
Total carbohydrate	(g)	234.7	232.1	214.2	266.4	241.2	234.9
Total sugars	(g)	103.7	100.2	90.6	76.1	94.6	101.0
Total starch	(g)	122.7	125.2	116.6	183.5	138.6	124.9
Dietary fibre	(g)	21.1	21.6	21.1	18.2	20.5	21.1
Alcohol (per consumer)(e)	(g)	28.6	28.6	23.9	23.4	26.9	28.6
Energy intake to BMR ratio(f)		1.3	1.3	1.3	1.5	1.3	1.3

(a) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States. (b) Includes Southeast Asia and Northeast Asia. (c) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica. (d) Includes plain drinking water. (e) Represents pure alcohol. (f) See Appendix 4 for more details.

TABLE 19. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Region of birth					
	Unit	Australia	UK, Ireland and NZ	Other European countries(a)	East Asia(b)	Other countries n.e.c.(c)	Total
Males							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,316.8	1,163.5	* 1,827.2	1,130.4	1,049.8	1,311.7
Preformed Vitamin A	(mcg)	689.3	514.8	** 1,232.1	458.6	372.6	680.0
Provitamin A	(mcg)	3,764.4	3,892.4	3,570.9	4,030.8	4,062.6	3,790.1
Thiamin	(mg)	2.0	1.9	1.7	1.8	1.8	1.9
Riboflavin	(mg)	2.4	2.3	2.0	1.9	2.0	2.3
Niacin equivalent	(mg)	51.4	49.3	48.3	50.1	46.8	50.7
Folate	(mcg)	309.5	307.2	300.7	289.5	282.8	306.8
Vitamin C	(mg)	134.0	138.1	147.5	144.9	131.4	135.6
Minerals							
Calcium	(mg)	962.5	962.6	901.2	811.5	782.4	945.5
Phosphorus	(mg)	1,801.2	1,735.1	1,702.4	1,714.8	1,617.6	1,775.6
Magnesium	(mg)	383.3	389.6	363.7	355.5	363.8	381.1
Iron	(mg)	16.5	16.5	15.4	15.9	16.5	16.4
Zinc	(mg)	14.5	13.5	14.6	15.4	14.5	14.4
Potassium	(mg)	3,743.6	3,790.0	3,709.4	3,352.6	3,533.7	3,725.2
Females							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,014.0	1,083.5	1,487.6	1,001.2	879.7	1,047.2
Preformed Vitamin A	(mcg)	448.2	546.9	* 926.5	499.6	336.4	488.4
Provitamin A	(mcg)	3,394.4	3,219.3	3,366.9	3,009.2	3,259.7	3,352.9
Thiamin	(mg)	1.4	1.4	1.2	1.2	1.2	1.4
Riboflavin	(mg)	1.8	1.9	1.6	1.5	1.5	1.8
Niacin equivalent	(mg)	34.2	34.9	31.5	37.4	31.3	34.1
Folate	(mcg)	230.1	242.7	258.0	238.5	208.7	232.8
Vitamin C	(mg)	111.9	117.6	121.7	118.4	103.5	113.1
Minerals							
Calcium	(mg)	752.0	832.8	676.5	624.4	667.1	748.6
Phosphorus	(mg)	1,272.3	1,346.7	1,177.2	1,303.6	1,165.1	1,271.7
Magnesium	(mg)	282.4	302.0	268.4	281.2	265.3	283.1
Iron	(mg)	11.9	12.7	11.0	12.3	10.8	11.9
Zinc	(mg)	9.7	10.1	8.8	11.0	9.7	9.7
Potassium	(mg)	2,807.1	2,971.8	2,746.4	2,538.6	2,608.4	2,805.0
Persons							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,162.7	1,123.5	* 1,651.3	1,059.6	971.0	1,177.4
Preformed Vitamin A	(mcg)	566.6	530.8	* 1,073.8	481.1	355.9	582.7
Provitamin A	(mcg)	3,576.1	3,556.1	3,465.2	3,470.9	3,690.9	3,568.2
Thiamin	(mg)	1.7	1.6	1.4	1.5	1.5	1.6
Riboflavin	(mg)	2.1	2.1	1.8	1.7	1.8	2.1
Niacin equivalent	(mg)	42.6	42.1	39.6	43.1	39.6	42.3
Folate	(mcg)	269.1	275.0	278.6	261.5	248.5	269.2
Vitamin C	(mg)	122.8	127.9	134.1	130.4	118.5	124.2
Minerals							
Calcium	(mg)	855.4	897.7	784.8	709.0	729.0	845.5
Phosphorus	(mg)	1,532.0	1,541.1	1,430.3	1,489.4	1,408.2	1,519.8
Magnesium	(mg)	332.0	345.8	314.4	314.8	318.2	331.3
Iron	(mg)	14.1	14.6	13.1	13.9	13.8	14.1
Zinc	(mg)	12.1	11.8	11.6	13.0	12.3	12.1
Potassium	(mg)	3,267.1	3,381.2	3,210.5	2,906.5	3,105.4	3,258.1

(a) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States. (b) Includes Southeast Asia and Northeast Asia.
(c) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica.

TABLE 20. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Region of birth					
	Unit	*Australia*	*UK, Ireland and NZ*	*Other European countries(a)*	*East Asia(b)*	*Other countries n.e.c.(c)*	*Total*
Males							
Vitamins							
Vitamin A retinol equivalent	(mcg)	968.9	931.9	779.7	939.1	812.8	941.2
Preformed Vitamin A	(mcg)	465.8	450.9	374.9	303.1	324.1	444.8
Provitamin A	(mcg)	1,936.6	1,831.8	1,770.9	3,030.0	2,292.3	1,963.6
Thiamin	(mg)	1.7	1.7	1.5	1.6	1.5	1.7
Riboflavin	(mg)	2.1	2.0	1.7	1.6	1.6	2.0
Niacin equivalent	(mg)	47.7	46.1	43.2	44.3	43.9	47.1
Folate	(mcg)	286.9	295.7	257.0	247.2	266.1	285.3
Vitamin C	(mg)	102.0	113.7	108.5	105.2	103.1	102.9
Minerals							
Calcium	(mg)	838.9	871.2	805.1	678.8	694.5	827.3
Phosphorus	(mg)	1,685.4	1,619.1	1,594.1	1,568.3	1,518.7	1,658.4
Magnesium	(mg)	363.5	364.2	342.1	344.8	343.5	360.3
Iron	(mg)	15.3	15.5	13.6	15.1	15.2	15.2
Zinc	(mg)	12.9	12.5	12.1	13.3	12.4	12.8
Potassium	(mg)	3,522.3	3,682.0	3,453.6	3,154.2	3,313.9	3,515.9
Females							
Vitamins							
Vitamin A retinol equivalent	(mcg)	774.1	720.0	668.9	648.4	665.7	753.6
Preformed Vitamin A	(mcg)	322.2	332.8	269.9	224.5	239.4	309.7
Provitamin A	(mcg)	2,031.6	1,509.9	1,658.1	2,123.4	1,649.1	1,923.1
Thiamin	(mg)	1.2	1.2	1.1	1.0	1.0	1.2
Riboflavin	(mg)	1.6	1.6	1.3	1.3	1.3	1.6
Niacin equivalent	(mg)	32.4	32.5	30.1	36.0	29.4	32.3
Folate	(mcg)	217.6	228.4	206.4	202.7	191.5	216.7
Vitamin C	(mg)	84.0	89.9	93.8	94.2	75.0	85.4
Minerals							
Calcium	(mg)	667.0	754.2	610.6	550.3	586.6	663.1
Phosphorus	(mg)	1,203.4	1,264.8	1,110.1	1,237.3	1,089.5	1,201.8
Magnesium	(mg)	265.5	282.1	253.6	254.3	257.4	266.9
Iron	(mg)	11.1	11.8	10.3	11.2	10.0	11.1
Zinc	(mg)	8.7	9.1	7.8	9.8	8.5	8.7
Potassium	(mg)	2,679.0	2,824.8	2,678.2	2,370.6	2,518.2	2,680.9
Persons							
Vitamins							
Vitamin A retinol equivalent	(mcg)	861.5	829.8	724.2	762.8	688.6	841.2
Preformed Vitamin A	(mcg)	384.2	392.2	318.8	270.9	265.9	371.6
Provitamin A	(mcg)	1,976.5	1,682.9	1,701.4	2,430.8	2,078.4	1,941.7
Thiamin	(mg)	1.4	1.4	1.3	1.2	1.2	1.4
Riboflavin	(mg)	1.8	1.8	1.5	1.5	1.5	1.8
Niacin equivalent	(mg)	38.8	39.3	35.7	39.1	37.2	38.6
Folate	(mcg)	248.7	258.6	232.9	226.2	230.3	247.0
Vitamin C	(mg)	92.4	98.8	101.7	102.5	91.4	93.8
Minerals							
Calcium	(mg)	745.6	817.8	696.7	591.3	630.6	741.2
Phosphorus	(mg)	1,411.3	1,447.4	1,321.4	1,367.1	1,354.1	1,406.2
Magnesium	(mg)	308.8	325.8	289.4	291.8	294.0	308.2
Iron	(mg)	12.9	13.7	11.5	12.2	12.2	12.9
Zinc	(mg)	10.4	10.6	9.9	11.7	10.4	10.5
Potassium	(mg)	3,063.9	3,199.5	2,931.3	2,721.3	2,892.4	3,054.8

(a) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States. (b) Includes Southeast Asia and Northeast Asia.
(c) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica.

TABLE 21. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		SEIFA quintile of relative socio-economic disadvantage(a)					
	Unit	*1st*	*2nd*	*3rd*	*4th*	*5th*	*Total*
Males							
Energy	(kJ)	10,560.7	10,961.3	11,376.3	11,159.1	11,148.6	11,049.5
Moisture(b)	(g)	3,369.9	3,488.1	3,453.5	3,497.1	3,335.5	3,426.3
Macronutrients							
Protein	(g)	104.6	109.1	112.5	109.4	110.1	109.2
Total fat	(g)	94.7	97.8	103.1	98.7	98.4	98.5
Saturated fat	(g)	37.9	38.5	40.6	39.3	38.9	39.0
Monounsaturated fat	(g)	34.6	36.2	38.1	36.1	36.2	36.2
Polyunsaturated fat	(g)	13.9	14.5	15.5	14.7	14.7	14.7
Cholesterol	(mg)	359.9	367.1	376.5	354.0	339.4	357.6
Total carbohydrate	(g)	286.9	298.3	302.8	305.4	306.0	300.5
Total sugars	(g)	131.8	132.5	134.6	134.6	133.6	133.5
Total starch	(g)	153.4	164.1	166.4	169.0	170.7	165.2
Dietary fibre	(g)	24.1	25.2	26.2	26.3	27.0	25.9
Alcohol(c)	(g)	17.2	17.7	20.7	19.0	18.2	18.5
Energy intake to BMR ratio(d)		1.4	1.5	1.5	1.5	1.5	1.5
Females							
Energy	(kJ)	7,223.8	7,491.7	7,462.7	7,516.0	7,669.9	7,480.9
Moisture(b)	(g)	2,808.6	2,827.1	2,806.3	2,816.0	2,823.4	2,817.0
Macronutrients							
Protein	(g)	71.3	72.6	73.0	74.8	76.9	73.9
Total fat	(g)	64.9	68.0	68.6	67.3	68.8	67.6
Saturated fat	(g)	25.6	27.0	27.0	26.5	27.2	26.7
Monounsaturated fat	(g)	23.4	24.4	24.8	24.3	24.7	24.3
Polyunsaturated fat	(g)	10.1	10.4	10.5	10.3	10.7	10.4
Cholesterol	(mg)	231.7	243.5	248.1	241.1	235.6	239.9
Total carbohydrate	(g)	204.4	212.3	209.6	210.4	215.3	210.6
Total sugars	(g)	95.9	97.9	96.1	96.7	98.1	97.0
Total starch	(g)	107.1	112.9	112.0	112.2	115.6	112.1
Dietary fibre	(g)	19.2	19.7	20.5	20.8	21.3	20.3
Alcohol(c)	(g)	7.0	7.0	6.4	8.4	7.7	7.3
Energy intake to BMR ratio(d)		1.3	1.3	1.3	1.3	1.3	1.3
Persons							
Energy	(kJ)	8,818.2	9,178.2	9,374.4	9,311.3	9,447.0	9,237.9
Moisture(b)	(g)	3,076.8	3,148.4	3,122.4	3,151.6	3,085.0	3,117.0
Macronutrients							
Protein	(g)	87.2	90.3	92.3	91.8	93.9	91.2
Total fat	(g)	79.2	82.5	85.4	82.8	84.0	82.8
Saturated fat	(g)	31.5	32.6	33.7	32.8	33.1	32.7
Monounsaturated fat	(g)	28.7	30.1	31.3	30.1	30.5	30.2
Polyunsaturated fat	(g)	11.9	12.4	13.0	12.5	12.7	12.5
Cholesterol	(mg)	293.0	303.6	310.8	296.7	288.6	297.9
Total carbohydrate	(g)	243.8	254.1	255.1	257.2	261.6	254.8
Total sugars	(g)	113.0	114.7	114.9	115.4	116.2	115.0
Total starch	(g)	129.2	137.8	138.6	140.2	143.7	138.3
Dietary fibre	(g)	21.5	22.4	23.3	23.5	24.2	23.1
Alcohol(c)	(g)	11.8	12.2	13.4	13.6	13.0	12.8
Energy intake to BMR ratio(d)		1.3	1.4	1.4	1.4	1.4	1.4

(a) Socio-economic index for areas. See Glossary for more details. (b) Includes plain drinking water. (c) Represents pure alcohol. (d) See Appendix 4 for more details.

TABLE 22. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		SEIFA quintile of relative socio-economic disadvantage(a)					
	Unit	*1st*	*2nd*	*3rd*	*4th*	*5th*	*Total*
				Males			
Energy	(kJ)	10,023.7	10,263.4	10,505.0	10,640.6	10,607.9	10,376.5
Moisture(b)	(g)	3,094.0	3,249.1	3,215.7	3,255.3	3,117.8	3,184.2
Macronutrients							
Protein	(g)	94.9	99.4	102.5	101.4	102.7	100.1
Total fat	(g)	84.2	89.1	91.3	90.1	91.5	89.8
Saturated fat	(g)	32.8	34.7	34.4	34.9	35.2	34.5
Monounsaturated fat	(g)	31.3	32.2	34.1	32.1	33.4	32.6
Polyunsaturated fat	(g)	11.6	12.3	13.5	12.9	12.7	12.6
Cholesterol	(mg)	300.3	304.0	305.6	287.1	291.6	296.7
Total carbohydrate	(g)	271.2	277.9	284.9	285.0	287.3	281.1
Total sugars	(g)	119.2	117.3	117.2	119.9	119.2	118.8
Total starch	(g)	140.1	150.7	154.5	154.8	158.9	152.0
Alcohol (per consumer)(c)	(g)	39.0	30.7	34.3	33.4	30.8	32.4
Energy intake to BMR ratio(d)		1.4	1.4	1.4	1.4	1.4	1.4
				Females			
Energy	(kJ)	6,728.0	7,029.8	7,100.5	7,082.5	7,269.3	7,083.4
Moisture(b)	(g)	2,576.8	2,665.6	2,667.6	2,680.6	2,680.6	2,661.6
Macronutrients							
Protein	(g)	65.8	67.0	68.6	70.8	72.0	69.5
Total fat	(g)	59.4	62.1	62.4	60.8	63.0	61.6
Saturated fat	(g)	22.3	23.9	23.6	23.4	24.0	23.5
Monounsaturated fat	(g)	21.0	21.9	22.4	21.2	22.5	21.9
Polyunsaturated fat	(g)	8.9	8.6	8.8	9.0	9.0	8.9
Cholesterol	(mg)	176.5	200.8	195.6	195.5	194.9	192.4
Total carbohydrate	(g)	186.1	200.8	197.7	198.0	205.6	197.4
Total sugars	(g)	81.8	88.0	87.6	87.2	91.3	87.2
Total starch	(g)	97.6	102.8	107.1	105.1	106.2	103.9
Alcohol (per consumer)(c)	(g)	25.6	21.5	18.0	21.2	21.2	21.2
Energy intake to BMR ratio(d)		1.2	1.2	1.2	1.3	1.3	1.2
				Persons			
Energy	(kJ)	8,096.0	8,538.7	8,732.0	8,638.3	8,816.1	8,569.4
Moisture(b)	(g)	2,845.9	2,914.7	2,911.7	2,919.3	2,875.3	2,892.8
Macronutrients							
Protein	(g)	77.8	82.2	83.2	84.1	86.4	83.0
Total fat	(g)	71.2	75.7	75.9	74.0	75.9	74.5
Saturated fat	(g)	26.9	28.9	29.1	28.6	29.2	28.6
Monounsaturated fat	(g)	25.4	27.2	27.6	26.5	27.4	26.8
Polyunsaturated fat	(g)	10.1	10.3	10.9	10.6	10.9	10.5
Cholesterol	(mg)	227.0	247.5	245.4	235.1	241.8	239.4
Total carbohydrate	(g)	222.1	234.6	235.2	239.3	238.9	234.9
Total sugars	(g)	99.9	99.1	99.5	102.0	102.3	101.0
Total starch	(g)	112.7	123.4	125.1	128.3	131.6	124.9
Alcohol (per consumer)(c)	(g)	31.3	28.1	28.6	28.6	26.8	28.6
Energy intake to BMR ratio(d)		1.3	1.3	1.3	1.3	1.4	1.3

(a) Socio-economic index for areas. See Glossary for more details. (b) Includes plain drinking water. (c) Represents pure alcohol. (d) See Appendix 4 for more details.

TABLE 23. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		SEIFA quintile of relative socio-economic disadvantage(a)					
	Unit	*1st*	*2nd*	*3rd*	*4th*	*5th*	*Total*
Males							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,210.5	1,371.6	1,282.8	1,297.6	1,369.5	1,311.7
Preformed Vitamin A	(mcg)	608.8	698.0	660.5	652.2	756.8	680.0
Provitamin A	(mcg)	3,609.8	4,041.4	3,733.2	3,871.9	3,675.9	3,790.1
Thiamin	(mg)	1.9	1.9	2.0	1.9	2.0	1.9
Riboflavin	(mg)	2.3	2.3	2.3	2.3	2.4	2.3
Niacin equivalent	(mg)	48.7	51.0	52.1	50.5	51.1	50.7
Folate	(mcg)	292.7	298.5	317.9	309.4	312.4	306.8
Vitamin C	(mg)	125.9	131.6	132.3	137.9	145.6	135.6
Minerals							
Calcium	(mg)	914.6	889.1	945.3	975.7	985.9	945.5
Phosphorus	(mg)	1,692.1	1,753.2	1,802.6	1,789.9	1,822.4	1,775.6
Magnesium	(mg)	358.3	377.2	385.8	385.8	392.6	381.1
Iron	(mg)	15.4	16.2	16.7	16.5	16.9	16.4
Zinc	(mg)	13.6	14.5	14.5	14.3	15.1	14.4
Potassium	(mg)	3,566.8	3,690.2	3,823.7	3,720.8	3,799.1	3,725.2
Females							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,054.5	1,024.6	1,039.0	974.5	1,137.2	1,047.2
Preformed Vitamin A	(mcg)	462.1	476.3	512.4	427.8	558.9	488.4
Provitamin A	(mcg)	3,554.3	3,290.2	3,159.9	3,280.2	3,469.9	3,352.9
Thiamin	(mg)	1.3	1.4	1.3	1.4	1.4	1.4
Riboflavin	(mg)	1.6	1.8	1.8	1.8	1.8	1.8
Niacin equivalent	(mg)	32.9	33.6	33.8	34.6	35.2	34.1
Folate	(mcg)	220.9	228.4	244.2	232.6	237.6	232.8
Vitamin C	(mg)	107.6	109.6	111.3	113.8	121.6	113.1
Minerals							
Calcium	(mg)	695.1	744.8	746.0	751.7	795.3	748.6
Phosphorus	(mg)	1,197.8	1,254.0	1,266.3	1,296.5	1,329.2	1,271.7
Magnesium	(mg)	267.6	278.8	280.2	288.6	296.6	283.1
Iron	(mg)	11.3	11.6	12.0	12.1	12.5	11.9
Zinc	(mg)	9.3	9.6	9.7	10.0	10.0	9.7
Potassium	(mg)	2,718.6	2,751.7	2,773.3	2,861.9	2,894.6	2,805.0
Persons							
Vitamins							
Vitamin A retinol equivalent	(mcg)	1,129.0	1,193.3	1,158.1	1,133.7	1,255.9	1,177.4
Preformed Vitamin A	(mcg)	532.2	584.0	584.7	538.4	660.0	582.7
Provitamin A	(mcg)	3,580.9	3,655.3	3,440.0	3,571.8	3,575.1	3,568.2
Thiamin	(mg)	1.6	1.6	1.7	1.7	1.7	1.6
Riboflavin	(mg)	2.0	2.0	2.1	2.1	2.1	2.1
Niacin equivalent	(mg)	40.4	42.1	42.7	42.4	43.4	42.3
Folate	(mcg)	255.2	262.5	280.2	270.5	275.8	269.2
Vitamin C	(mg)	116.4	120.3	121.6	125.7	133.9	124.2
Minerals							
Calcium	(mg)	800.0	814.9	843.3	862.1	892.7	845.5
Phosphorus	(mg)	1,434.0	1,496.6	1,528.2	1,539.6	1,581.2	1,519.8
Magnesium	(mg)	310.9	326.6	331.8	336.5	345.7	331.3
Iron	(mg)	13.3	13.8	14.3	14.3	14.7	14.1
Zinc	(mg)	11.4	12.0	12.0	12.1	12.6	12.1
Potassium	(mg)	3,123.9	3,207.9	3,286.4	3,285.2	3,356.7	3,258.1

(a) Socio-economic index for areas. See Glossary for more details.

TABLE 24. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		SEIFA quintile of relative socio-economic disadvantage(a)					
	Unit	*1st*	*2nd*	*3rd*	*4th*	*5th*	*Total*
Males							
Vitamins							
Vitamin A retinol equivalent	(mcg)	885.9	966.8	973.2	971.1	927.8	941.2
Preformed Vitamin A	(mcg)	417.5	438.3	469.8	452.0	439.8	444.8
Provitamin A	(mcg)	1,717.3	1,976.5	1,972.3	2,205.2	2,008.0	1,963.6
Thiamin	(mg)	1.6	1.7	1.7	1.7	1.7	1.7
Riboflavin	(mg)	1.8	2.0	2.0	2.1	2.1	2.0
Niacin equivalent	(mg)	44.0	47.0	48.1	46.7	48.4	47.1
Folate	(mcg)	265.6	275.8	296.5	292.4	289.9	285.3
Vitamin C	(mg)	89.1	99.8	107.4	105.2	111.5	102.9
Minerals							
Calcium	(mg)	757.0	773.5	832.1	881.6	868.3	827.3
Phosphorus	(mg)	1,563.6	1,651.2	1,655.6	1,660.6	1,718.8	1,658.4
Magnesium	(mg)	339.2	352.7	369.3	358.2	373.4	360.3
Iron	(mg)	14.2	15.1	15.4	15.5	15.7	15.2
Zinc	(mg)	12.0	12.7	13.1	13.0	13.0	12.8
Potassium	(mg)	3,376.4	3,490.0	3,650.0	3,459.6	3,605.3	3,515.9
Females							
Vitamins							
Vitamin A retinol equivalent	(mcg)	752.2	752.8	784.4	725.4	771.1	753.6
Preformed Vitamin A	(mcg)	292.6	325.3	323.6	301.9	320.6	309.7
Provitamin A	(mcg)	1,989.1	1,814.2	1,839.0	1,840.3	2,012.5	1,923.1
Thiamin	(mg)	1.1	1.2	1.2	1.2	1.2	1.2
Riboflavin	(mg)	1.4	1.6	1.6	1.6	1.7	1.6
Niacin equivalent	(mg)	30.4	31.7	32.4	32.8	33.2	32.3
Folate	(mcg)	207.1	211.4	219.0	217.1	226.2	216.7
Vitamin C	(mg)	76.4	87.1	82.5	85.9	96.5	85.4
Minerals							
Calcium	(mg)	611.4	652.1	653.8	662.5	720.3	663.1
Phosphorus	(mg)	1,094.9	1,150.5	1,191.5	1,234.5	1,283.1	1,201.8
Magnesium	(mg)	247.4	261.1	269.3	271.5	283.1	266.9
Iron	(mg)	10.5	10.8	11.1	11.3	11.6	11.1
Zinc	(mg)	8.3	8.5	8.7	9.0	9.1	8.7
Potassium	(mg)	2,596.0	2,593.2	2,689.8	2,737.7	2,785.5	2,680.9
Persons							
Vitamins							
Vitamin A retinol equivalent	(mcg)	806.5	845.9	864.3	837.1	854.5	841.2
Preformed Vitamin A	(mcg)	354.8	368.7	396.4	372.3	373.0	371.6
Provitamin A	(mcg)	1,818.5	1,918.3	1,935.0	2,027.9	2,010.0	1,941.7
Thiamin	(mg)	1.3	1.4	1.4	1.4	1.4	1.4
Riboflavin	(mg)	1.6	1.7	1.8	1.8	1.8	1.8
Niacin equivalent	(mg)	36.3	38.2	38.6	39.0	40.1	38.6
Folate	(mcg)	235.3	240.8	251.4	248.9	258.6	247.0
Vitamin C	(mg)	81.5	92.6	92.2	96.0	103.4	93.8
Minerals							
Calcium	(mg)	667.3	707.9	733.6	776.9	790.4	741.2
Phosphorus	(mg)	1,303.2	1,368.9	1,399.9	1,424.6	1,490.7	1,406.2
Magnesium	(mg)	287.7	300.7	309.7	316.3	327.2	308.2
Iron	(mg)	12.0	12.5	13.1	13.3	13.4	12.9
Zinc	(mg)	9.8	10.4	10.4	10.7	11.0	10.5
Potassium	(mg)	2,903.1	2,975.8	3,098.4	3,069.1	3,175.4	3,054.8

(a) Socio-economic index for areas. See Glossary for more details.

TABLE 25. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Day of intake		
	Unit	*Monday-Friday*	*Saturday and Sunday*	*Total*
Males				
Energy	(kJ)	10,952.8	11,352.5	11,049.5
Moisture(a)	(g)	3,436.7	3,394.0	3,426.3
Macronutrients				
Protein	(g)	109.0	109.8	109.2
Total fat	(g)	97.6	101.3	98.5
Saturated fat	(g)	38.6	40.2	39.0
Monounsaturated fat	(g)	35.8	37.6	36.2
Polyunsaturated fat	(g)	14.6	14.8	14.7
Cholesterol	(mg)	346.2	393.4	357.6
Total carbohydrate	(g)	300.1	301.9	300.5
Total sugars	(g)	133.2	134.6	133.5
Total starch	(g)	165.1	165.7	165.2
Dietary fibre	(g)	26.3	24.7	25.9
Alcohol(b)	(g)	16.7	24.2	18.5
Energy intake to BMR ratio(c)		1.5	1.5	1.5
Females				
Energy	(kJ)	7,406.9	7,718.8	7,480.9
Moisture(a)	(g)	2,830.0	2,775.3	2,817.0
Macronutrients				
Protein	(g)	73.7	74.2	73.9
Total fat	(g)	66.7	70.2	67.6
Saturated fat	(g)	26.4	27.7	26.7
Monounsaturated fat	(g)	23.9	25.6	24.3
Polyunsaturated fat	(g)	10.3	10.6	10.4
Cholesterol	(mg)	230.8	269.1	239.9
Total carbohydrate	(g)	209.9	212.8	210.6
Total sugars	(g)	96.2	99.5	97.0
Total starch	(g)	112.2	111.9	112.1
Dietary fibre	(g)	20.5	19.9	20.3
Alcohol(b)	(g)	6.3	10.7	7.3
Energy intake to BMR ratio(c)		1.3	1.3	1.3
Persons				
Energy	(kJ)	9,147.5	9,525.0	9,237.9
Moisture(a)	(g)	3,127.8	3,082.8	3,117.0
Macronutrients				
Protein	(g)	91.0	91.9	91.2
Total fat	(g)	81.9	85.7	82.8
Saturated fat	(g)	32.4	33.9	32.7
Monounsaturated fat	(g)	29.7	31.6	30.2
Polyunsaturated fat	(g)	12.4	12.7	12.5
Cholesterol	(mg)	287.5	330.9	297.9
Total carbohydrate	(g)	254.1	257.1	254.8
Total sugars	(g)	114.3	116.9	115.0
Total starch	(g)	138.1	138.6	138.3
Dietary fibre	(g)	23.3	22.3	23.1
Alcohol(b)	(g)	11.4	17.4	12.8
Energy intake to BMR ratio(c)		1.4	1.4	1.4

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) See Appendix 4 for more details.

TABLE 26. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Day of intake		
	Unit	*Monday-Friday*	*Saturday and Sunday*	*Total*
		Males		
Energy	(kJ)	10,345.0	10,499.7	10,376.5
Moisture(a)	(g)	3,189.3	3,168.5	3,184.2
Macronutrients				
Protein	(g)	99.8	100.9	100.1
Total fat	(g)	89.2	91.3	89.8
Saturated fat	(g)	34.4	35.0	34.5
Monounsaturated fat	(g)	32.5	33.1	32.6
Polyunsaturated fat	(g)	12.5	12.9	12.6
Cholesterol	(mg)	290.5	317.0	296.7
Total carbohydrate	(g)	282.2	277.6	281.1
Total sugars	(g)	119.1	117.7	118.8
Total starch	(g)	152.6	151.1	152.0
Dietary fibre	(g)	24.2	22.4	23.8
Alcohol (per consumer)(b)	(g)	30.8	37.2	32.4
Energy intake to BMR ratio(c)		1.4	1.4	1.4
		Females		
Energy	(kJ)	7,030.2	7,237.1	7,083.4
Moisture(a)	(g)	2,679.6	2,576.3	2,661.6
Macronutrients				
Protein	(g)	69.6	68.3	69.5
Total fat	(g)	61.1	62.8	61.6
Saturated fat	(g)	23.3	24.1	23.5
Monounsaturated fat	(g)	21.7	22.7	21.9
Polyunsaturated fat	(g)	8.8	9.2	8.9
Cholesterol	(mg)	187.9	208.9	192.4
Total carbohydrate	(g)	197.6	196.8	197.4
Total sugars	(g)	86.7	89.1	87.2
Total starch	(g)	103.8	104.5	103.9
Dietary fibre	(g)	19.1	18.3	18.9
Alcohol (per consumer)(b)	(g)	21.2	23.4	21.2
Energy intake to BMR ratio(c)		1.2	1.3	1.2
		Persons		
Energy	(kJ)	8,523.2	8,762.4	8,569.4
Moisture(a)	(g)	2,915.5	2,831.6	2,892.8
Macronutrients				
Protein	(g)	83.0	83.1	83.0
Total fat	(g)	74.0	76.0	74.5
Saturated fat	(g)	28.3	29.4	28.6
Monounsaturated fat	(g)	26.5	27.6	26.8
Polyunsaturated fat	(g)	10.5	10.8	10.5
Cholesterol	(mg)	232.7	264.2	239.4
Total carbohydrate	(g)	235.0	234.7	234.9
Total sugars	(g)	100.7	102.2	101.0
Total starch	(g)	124.6	126.1	124.9
Dietary fibre	(g)	21.3	20.3	21.1
Alcohol (per consumer)(b)	(g)	28.1	31.4	28.6
Energy intake to BMR ratio(c)		1.3	1.3	1.3

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) See Appendix 4 for more details.

TABLE 27. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Day of intake		
	Unit	*Monday-Friday*	*Saturday and Sunday*	*Total*
Males				
Vitamins				
Vitamin A retinol equivalent	(mcg)	1,352.9	1,182.4	1,311.7
Preformed Vitamin A	(mcg)	712.2	578.9	680.0
Provitamin A	(mcg)	3,844.1	3,620.8	3,790.1
Thiamin	(mg)	2.0	1.9	1.9
Riboflavin	(mg)	2.4	2.2	2.3
Niacin equivalent	(mg)	50.7	50.7	50.7
Folate	(mcg)	307.2	305.5	306.8
Vitamin C	(mg)	137.5	129.5	135.6
Minerals				
Calcium	(mg)	951.3	927.2	945.5
Phosphorus	(mg)	1,770.1	1,792.8	1,775.6
Magnesium	(mg)	381.3	380.3	381.1
Iron	(mg)	16.4	16.1	16.4
Zinc	(mg)	14.3	14.7	14.4
Potassium	(mg)	3,749.4	3,649.4	3,725.2
Females				
Vitamins				
Vitamin A retinol equivalent	(mcg)	1,065.3	989.0	1,047.2
Preformed Vitamin A	(mcg)	491.5	478.2	488.4
Provitamin A	(mcg)	3,442.7	3,064.4	3,352.9
Thiamin	(mg)	1.4	1.3	1.4
Riboflavin	(mg)	1.8	1.7	1.8
Niacin equivalent	(mg)	34.1	34.2	34.1
Folate	(mcg)	231.8	236.0	232.8
Vitamin C	(mg)	113.5	111.8	113.1
Minerals				
Calcium	(mg)	753.3	733.6	748.6
Phosphorus	(mg)	1,267.7	1,284.6	1,271.7
Magnesium	(mg)	283.6	281.3	283.1
Iron	(mg)	11.9	11.9	11.9
Zinc	(mg)	9.8	9.5	9.7
Potassium	(mg)	2,814.7	2,774.0	2,805.0
Persons				
Vitamins				
Vitamin A retinol equivalent	(mcg)	1,206.5	1,085.1	1,177.4
Preformed Vitamin A	(mcg)	599.9	528.3	582.7
Provitamin A	(mcg)	3,639.8	3,341.0	3,568.2
Thiamin	(mg)	1.7	1.6	1.6
Riboflavin	(mg)	2.1	2.0	2.1
Niacin equivalent	(mg)	42.2	42.4	42.3
Folate	(mcg)	268.8	270.5	269.2
Vitamin C	(mg)	125.3	120.6	124.2
Minerals				
Calcium	(mg)	850.5	829.8	845.5
Phosphorus	(mg)	1,514.3	1,537.2	1,519.8
Magnesium	(mg)	331.6	330.5	331.3
Iron	(mg)	14.2	14.0	14.1
Zinc	(mg)	12.0	12.1	12.1
Potassium	(mg)	3,273.5	3,209.1	3,258.1

TABLE 28. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Day of intake		
	Unit	*Monday-Friday*	*Saturday and Sunday*	*Total*
Males				
Vitamins				
Vitamin A retinol equivalent	(mcg)	952.8	902.6	941.2
Preformed Vitamin A	(mcg)	444.0	454.7	444.8
Provitamin A	(mcg)	2,031.7	1,783.4	1,963.6
Thiamin	(mg)	1.7	1.6	1.7
Riboflavin	(mg)	2.0	1.9	2.0
Niacin equivalent	(mg)	47.1	47.0	47.1
Folate	(mcg)	285.9	282.3	285.3
Vitamin C	(mg)	104.0	99.2	102.9
Minerals				
Calcium	(mg)	835.3	806.2	827.3
Phosphorus	(mg)	1,658.4	1,658.4	1,658.4
Magnesium	(mg)	362.2	356.8	360.3
Iron	(mg)	15.3	14.7	15.2
Zinc	(mg)	12.8	12.5	12.8
Potassium	(mg)	3,557.0	3,414.4	3,515.9
Females				
Vitamins				
Vitamin A retinol equivalent	(mcg)	767.5	716.9	753.6
Preformed Vitamin A	(mcg)	307.9	323.1	309.7
Provitamin A	(mcg)	2,035.9	1,556.1	1,923.1
Thiamin	(mg)	1.2	1.2	1.2
Riboflavin	(mg)	1.6	1.5	1.6
Niacin equivalent	(mg)	32.4	32.0	32.3
Folate	(mcg)	217.9	213.1	216.7
Vitamin C	(mg)	85.4	85.7	85.4
Minerals				
Calcium	(mg)	668.2	649.2	663.1
Phosphorus	(mg)	1,199.5	1,219.7	1,201.8
Magnesium	(mg)	266.6	267.4	266.9
Iron	(mg)	11.1	11.0	11.1
Zinc	(mg)	8.8	8.6	8.7
Potassium	(mg)	2,691.1	2,638.6	2,680.9
Persons				
Vitamins				
Vitamin A retinol equivalent	(mcg)	850.8	814.7	841.2
Preformed Vitamin A	(mcg)	370.4	375.2	371.6
Provitamin A	(mcg)	2,035.9	1,670.4	1,941.7
Thiamin	(mg)	1.4	1.4	1.4
Riboflavin	(mg)	1.8	1.7	1.8
Niacin equivalent	(mg)	38.6	38.4	38.6
Folate	(mcg)	247.3	246.3	247.0
Vitamin C	(mg)	94.4	91.9	93.8
Minerals				
Calcium	(mg)	746.8	715.6	741.2
Phosphorus	(mg)	1,401.6	1,419.3	1,406.2
Magnesium	(mg)	309.4	306.0	308.2
Iron	(mg)	12.9	12.7	12.9
Zinc	(mg)	10.5	10.4	10.5
Potassium	(mg)	3,071.0	3,005.8	3,054.8

TABLE 29. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

	Unit	Season of intake: Spring (Sep-Nov)	Summer (Dec-Feb)	Autumn (Mar-May)	Winter (Jun-Aug)	Total
Males						
Energy	(kJ)	11,054.2	10,784.4	11,138.5	11,140.4	11,049.5
Moisture(a)	(g)	3,424.5	3,582.5	3,446.9	3,294.1	3,426.3
Macronutrients						
Protein	(g)	110.7	105.7	110.2	109.2	109.2
Total fat	(g)	98.8	94.1	99.7	99.9	98.5
Saturated fat	(g)	39.1	36.9	39.8	39.6	39.0
Monounsaturated fat	(g)	36.4	34.7	36.5	36.8	36.2
Polyunsaturated fat	(g)	14.7	14.3	14.8	14.8	14.7
Cholesterol	(mg)	361.0	356.0	356.6	356.6	357.6
Total carbohydrate	(g)	300.6	296.4	302.2	301.5	300.5
Total sugars	(g)	133.6	138.3	135.4	128.0	133.5
Total starch	(g)	165.4	156.5	164.8	171.8	165.2
Dietary fibre	(g)	25.5	24.5	26.5	26.6	25.9
Alcohol(b)	(g)	17.4	19.4	18.5	19.1	18.5
Energy intake to BMR ratio(c)		1.5	1.5	1.5	1.5	1.5
Females						
Energy	(kJ)	7,520.3	7,462.9	7,266.6	7,680.8	7,480.9
Moisture(a)	(g)	2,817.5	2,972.3	2,750.3	2,769.6	2,817.0
Macronutrients						
Protein	(g)	74.7	72.8	71.8	76.0	73.9
Total fat	(g)	68.0	66.4	65.1	70.7	67.6
Saturated fat	(g)	26.9	26.0	25.8	27.8	26.7
Monounsaturated fat	(g)	24.5	23.8	23.3	25.7	24.3
Polyunsaturated fat	(g)	10.3	10.5	9.9	10.8	10.4
Cholesterol	(mg)	246.5	236.0	236.0	240.3	239.9
Total carbohydrate	(g)	210.7	212.3	206.9	213.0	210.6
Total sugars	(g)	97.4	101.4	94.9	95.4	97.0
Total starch	(g)	111.9	109.5	110.4	116.0	112.1
Dietary fibre	(g)	19.9	20.7	19.9	21.0	20.3
Alcohol(b)	(g)	7.7	7.7	6.5	7.6	7.3
Energy intake to BMR ratio(c)		1.3	1.3	1.3	1.3	1.3
Persons						
Energy	(kJ)	9,263.6	9,063.6	9,191.9	9,389.5	9,237.9
Moisture(a)	(g)	3,116.9	3,266.4	3,096.7	3,028.7	3,117.0
Macronutrients						
Protein	(g)	92.4	88.7	90.9	92.4	91.2
Total fat	(g)	83.2	79.8	82.3	85.1	82.8
Saturated fat	(g)	32.9	31.2	32.8	33.6	32.7
Monounsaturated fat	(g)	30.3	29.0	29.8	31.2	30.2
Polyunsaturated fat	(g)	12.5	12.3	12.4	12.8	12.5
Cholesterol	(mg)	303.0	293.9	296.0	297.7	297.9
Total carbohydrate	(g)	255.0	252.8	254.3	256.7	254.8
Total sugars	(g)	115.3	119.2	115.0	111.5	115.0
Total starch	(g)	138.3	132.2	137.5	143.5	138.3
Dietary fibre	(g)	22.7	22.6	23.2	23.7	23.1
Alcohol(b)	(g)	12.4	13.3	12.5	13.3	12.8
Energy intake to BMR ratio(c)		1.4	1.4	1.4	1.4	1.4

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) See Appendix 4 for more details.

TABLE 30. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Season of intake				
	Unit	*Spring (Sep-Nov)*	*Summer (Dec-Feb)*	*Autumn (Mar-May)*	*Winter (Jun-Aug)*	*Total*
		Males				
Energy	(kJ)	10,266.9	10,064.1	10,486.7	10,530.2	10,376.5
Moisture(a)	(g)	3,166.6	3,316.5	3,203.8	3,094.0	3,184.2
Macronutrients						
Protein	(g)	103.0	97.0	99.4	100.8	100.1
Total fat	(g)	91.1	84.8	89.5	91.1	89.8
Saturated fat	(g)	34.8	32.6	34.9	35.3	34.5
Monounsaturated fat	(g)	33.8	31.2	32.7	32.9	32.6
Polyunsaturated fat	(g)	12.5	12.3	12.5	13.0	12.6
Cholesterol	(mg)	304.9	288.2	293.7	298.8	296.7
Total carbohydrate	(g)	277.6	280.0	283.9	283.9	281.1
Total sugars	(g)	119.1	124.8	119.2	114.2	118.8
Total starch	(g)	152.8	143.5	152.7	156.4	152.0
Dietary fibre	(g)	23.8	22.7	24.1	24.5	23.8
Alcohol (per consumer)(b)	(g)	34.5	32.0	31.8	33.5	32.4
Energy intake to BMR ratio(c)		1.4	1.4	1.4	1.4	1.4
		Females				
Energy	(kJ)	7,083.5	7,136.7	6,943.1	7,237.3	7,083.4
Moisture(a)	(g)	2,655.3	2,760.1	2,623.3	2,629.2	2,661.6
Macronutrients						
Protein	(g)	69.8	68.6	67.7	71.0	69.5
Total fat	(g)	63.0	60.6	59.7	63.3	61.6
Saturated fat	(g)	23.7	22.8	23.0	24.6	23.5
Monounsaturated fat	(g)	22.4	21.2	20.9	22.9	21.9
Polyunsaturated fat	(g)	9.0	9.0	8.3	9.3	8.9
Cholesterol	(mg)	202.7	183.7	184.4	198.9	192.4
Total carbohydrate	(g)	197.5	199.6	194.9	198.0	197.4
Total sugars	(g)	88.8	91.2	84.6	84.9	87.2
Total starch	(g)	104.6	103.4	101.2	107.6	103.9
Dietary fibre	(g)	18.6	19.3	18.5	19.5	18.9
Alcohol (per consumer)(b)	(g)	22.4	19.6	23.4	21.2	21.2
Energy intake to BMR ratio(c)		1.2	1.2	1.2	1.3	1.2
		Persons				
Energy	(kJ)	8,583.3	8,510.8	8,423.9	8,790.4	8,569.4
Moisture(a)	(g)	2,892.8	3,003.2	2,861.9	2,838.3	2,892.8
Macronutrients						
Protein	(g)	82.5	80.9	82.7	85.0	83.0
Total fat	(g)	75.5	70.9	73.0	77.7	74.5
Saturated fat	(g)	28.8	26.6	28.2	29.9	28.6
Monounsaturated fat	(g)	27.2	25.5	26.1	28.2	26.8
Polyunsaturated fat	(g)	10.5	10.6	10.2	10.9	10.5
Cholesterol	(mg)	247.5	227.4	240.3	240.7	239.4
Total carbohydrate	(g)	235.9	233.2	231.4	236.5	234.9
Total sugars	(g)	100.7	105.4	100.6	99.4	101.0
Total starch	(g)	123.3	119.6	123.6	131.5	124.9
Dietary fibre	(g)	21.2	20.6	20.8	21.5	21.1
Alcohol (per consumer)(b)	(g)	28.6	28.2	28.6	28.5	28.6
Energy intake to BMR ratio(c)		1.3	1.3	1.3	1.4	1.3

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) See Appendix 4 for more details.

TABLE 31. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

	Unit	Season of intake: Spring (Sep-Nov)	Summer (Dec-Feb)	Autumn (Mar-May)	Winter (Jun-Aug)	Total
Males						
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,370.4	1,191.2	1,337.9	1,312.4	1,311.7
Preformed Vitamin A	(mcg)	715.6	637.9	690.8	663.6	680.0
Provitamin A	(mcg)	3,928.7	3,320.1	3,882.4	3,892.9	3,790.1
Thiamin	(mg)	1.9	2.0	2.0	1.9	1.9
Riboflavin	(mg)	2.3	2.4	2.4	2.3	2.3
Niacin equivalent	(mg)	51.0	50.1	51.1	50.4	50.7
Folate	(mcg)	306.6	304.3	307.2	308.4	306.8
Vitamin C	(mg)	138.2	134.4	132.3	137.3	135.6
Minerals						
Calcium	(mg)	958.0	926.8	935.1	957.6	945.5
Phosphorus	(mg)	1,789.2	1,717.4	1,783.9	1,795.2	1,775.6
Magnesium	(mg)	382.3	369.5	384.4	384.5	381.1
Iron	(mg)	16.6	15.8	16.6	16.4	16.4
Zinc	(mg)	14.4	13.9	14.4	14.8	14.4
Potassium	(mg)	3,719.7	3,633.7	3,785.1	3,732.7	3,725.2
Females						
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,110.6	1,003.6	982.2	1,085.7	1,047.2
Preformed Vitamin A	(mcg)	581.7	460.9	427.0	481.4	488.4
Provitamin A	(mcg)	3,173.7	3,256.5	3,331.4	3,625.2	3,352.9
Thiamin	(mg)	1.4	1.3	1.3	1.4	1.4
Riboflavin	(mg)	1.8	1.8	1.7	1.8	1.8
Niacin equivalent	(mg)	34.6	34.2	32.9	34.7	34.1
Folate	(mcg)	231.0	241.7	223.0	238.3	232.8
Vitamin C	(mg)	114.2	111.8	109.8	116.6	113.1
Minerals						
Calcium	(mg)	740.4	748.8	729.3	776.9	748.6
Phosphorus	(mg)	1,271.7	1,273.0	1,227.9	1,316.8	1,271.7
Magnesium	(mg)	283.2	285.4	273.4	291.4	283.1
Iron	(mg)	12.1	11.9	11.6	12.2	11.9
Zinc	(mg)	9.8	9.6	9.5	10.0	9.7
Potassium	(mg)	2,816.7	2,836.2	2,702.7	2,877.5	2,805.0
Persons						
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,238.8	1,094.1	1,159.1	1,197.7	1,177.4
Preformed Vitamin A	(mcg)	647.7	546.2	558.2	571.4	582.7
Provitamin A	(mcg)	3,546.1	3,287.1	3,605.4	3,757.4	3,568.2
Thiamin	(mg)	1.6	1.6	1.6	1.6	1.6
Riboflavin	(mg)	2.1	2.1	2.0	2.0	2.1
Niacin equivalent	(mg)	42.7	41.9	42.0	42.4	42.3
Folate	(mcg)	268.3	271.8	264.9	272.9	269.2
Vitamin C	(mg)	126.0	122.7	121.0	126.8	124.2
Minerals						
Calcium	(mg)	847.8	834.6	831.6	866.2	845.5
Phosphorus	(mg)	1,527.0	1,487.2	1,504.4	1,553.0	1,519.8
Magnesium	(mg)	332.1	325.9	328.6	337.4	331.3
Iron	(mg)	14.3	13.8	14.1	14.2	14.1
Zinc	(mg)	12.1	11.7	12.0	12.4	12.1
Potassium	(mg)	3,262.2	3,220.5	3,240.9	3,299.9	3,258.1

TABLE 32. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

	Unit	Season of intake: Spring (Sep-Nov)	Summer (Dec-Feb)	Autumn (Mar-May)	Winter (Jun-Aug)	Total
Males						
Vitamins						
Vitamin A retinol equivalent	(mcg)	965.9	854.4	932.4	981.6	941.2
Preformed Vitamin A	(mcg)	444.0	439.5	439.6	459.8	444.8
Provitamin A	(mcg)	2,046.7	1,806.0	1,995.0	2,028.8	1,963.6
Thiamin	(mg)	1.7	1.6	1.7	1.6	1.7
Riboflavin	(mg)	2.0	2.0	2.0	2.0	2.0
Niacin equivalent	(mg)	47.7	45.8	47.7	46.7	47.1
Folate	(mcg)	286.6	276.9	284.7	289.2	285.3
Vitamin C	(mg)	107.1	101.3	96.7	106.4	102.9
Minerals						
Calcium	(mg)	852.4	795.3	807.5	840.5	827.3
Phosphorus	(mg)	1,677.1	1,610.6	1,653.4	1,676.7	1,658.4
Magnesium	(mg)	367.2	345.8	366.1	359.0	360.3
Iron	(mg)	15.6	14.7	15.3	14.9	15.2
Zinc	(mg)	13.0	12.1	12.9	12.8	12.8
Potassium	(mg)	3,496.1	3,391.6	3,593.3	3,541.8	3,515.9
Females						
Vitamins						
Vitamin A retinol equivalent	(mcg)	735.2	730.5	739.5	802.7	753.6
Preformed Vitamin A	(mcg)	310.4	310.5	297.8	327.5	309.7
Provitamin A	(mcg)	1,700.3	1,923.1	1,864.1	2,212.8	1,923.1
Thiamin	(mg)	1.2	1.2	1.2	1.2	1.2
Riboflavin	(mg)	1.6	1.6	1.5	1.6	1.6
Niacin equivalent	(mg)	32.9	32.6	31.4	32.4	32.3
Folate	(mcg)	217.0	220.1	206.3	225.7	216.7
Vitamin C	(mg)	83.2	86.8	81.2	93.2	85.4
Minerals						
Calcium	(mg)	649.5	674.4	647.6	689.8	663.1
Phosphorus	(mg)	1,208.1	1,200.7	1,179.5	1,222.5	1,201.8
Magnesium	(mg)	270.7	265.4	259.2	275.9	266.9
Iron	(mg)	11.2	11.0	10.9	11.3	11.1
Zinc	(mg)	8.9	8.7	8.5	8.9	8.7
Potassium	(mg)	2,723.1	2,709.3	2,589.8	2,728.8	2,680.9
Persons						
Vitamins						
Vitamin A retinol equivalent	(mcg)	838.4	795.2	831.4	896.9	841.2
Preformed Vitamin A	(mcg)	373.4	361.0	355.6	390.3	371.6
Provitamin A	(mcg)	1,882.2	1,857.5	1,934.9	2,118.4	1,941.7
Thiamin	(mg)	1.4	1.4	1.4	1.4	1.4
Riboflavin	(mg)	1.8	1.7	1.7	1.8	1.8
Niacin equivalent	(mg)	39.0	37.9	38.1	39.0	38.6
Folate	(mcg)	247.0	245.6	242.5	253.7	247.0
Vitamin C	(mg)	94.3	91.6	88.5	100.4	93.8
Minerals						
Calcium	(mg)	736.4	727.1	734.0	760.6	741.2
Phosphorus	(mg)	1,421.6	1,374.7	1,388.9	1,437.2	1,406.2
Magnesium	(mg)	309.4	303.6	305.3	314.8	308.2
Iron	(mg)	13.2	12.6	12.7	12.8	12.9
Zinc	(mg)	10.6	10.2	10.4	10.6	10.5
Potassium	(mg)	3,063.9	3,011.1	3,017.2	3,112.2	3,054.8

TABLE 33. MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Body mass index				
	Unit	*Underweight*	*Acceptable*	*Overweight*	*Obese*	*Total*
		Males				
Energy	(kJ)	10,684.9	11,775.5	10,847.1	10,387.8	11,049.5
Moisture(a)	(g)	3,463.6	3,407.3	3,451.7	3,456.1	3,426.3
Macronutrients						
Protein	(g)	96.3	112.1	109.5	105.2	109.2
Total fat	(g)	94.1	104.3	96.8	93.2	98.5
Saturated fat	(g)	38.3	41.7	37.9	37.2	39.0
Monounsaturated fat	(g)	33.4	38.1	35.6	34.6	36.2
Polyunsaturated fat	(g)	14.2	15.5	14.8	13.2	14.7
Cholesterol	(mg)	343.7	363.6	358.7	347.8	357.6
Total carbohydrate	(g)	308.1	328.7	291.3	275.5	300.5
Total sugars	(g)	129.1	148.4	126.8	124.7	133.5
Total starch	(g)	177.9	178.6	162.6	149.2	165.2
Dietary fibre	(g)	26.0	26.7	26.2	23.9	25.9
Alcohol(b)	(g)	* 14.6	18.3	18.7	19.2	18.5
Energy intake to BMR ratio(c)		1.7	1.7	1.4	1.2	1.5
		Females				
Energy	(kJ)	8,821.3	7,788.7	7,128.0	6,976.1	7,480.9
Moisture(a)	(g)	2,653.2	2,828.8	2,791.6	2,862.2	2,817.0
Macronutrients						
Protein	(g)	84.2	75.4	71.6	71.1	73.9
Total fat	(g)	83.0	70.1	64.0	63.5	67.6
Saturated fat	(g)	34.2	27.9	25.0	24.7	26.7
Monounsaturated fat	(g)	29.8	25.2	23.1	23.0	24.3
Polyunsaturated fat	(g)	11.9	10.7	10.0	9.9	10.4
Cholesterol	(mg)	281.3	242.9	231.2	233.3	239.9
Total carbohydrate	(g)	244.1	219.2	200.4	195.5	210.6
Total sugars	(g)	113.6	101.7	92.3	87.4	97.0
Total starch	(g)	129.0	116.0	106.6	106.7	112.1
Dietary fibre	(g)	20.6	21.0	20.0	19.2	20.3
Alcohol(b)	(g)	* 8.4	8.8	6.9	5.4	7.3
Energy intake to BMR ratio(c)		1.8	1.4	1.2	1.1	1.3
		Persons				
Energy	(kJ)	9,233.6	9,461.6	9,372.9	8,667.7	9,237.9
Moisture(a)	(g)	2,832.5	3,071.5	3,190.0	3,156.7	3,117.0
Macronutrients						
Protein	(g)	86.8	90.8	94.5	88.0	91.2
Total fat	(g)	85.5	84.5	83.8	78.2	82.8
Saturated fat	(g)	35.1	33.7	32.8	30.9	32.7
Monounsaturated fat	(g)	30.6	30.6	30.6	28.8	30.2
Polyunsaturated fat	(g)	12.4	12.7	12.9	11.5	12.5
Cholesterol	(mg)	295.1	293.6	308.2	290.1	297.9
Total carbohydrate	(g)	258.2	265.2	255.2	235.2	254.8
Total sugars	(g)	117.0	121.3	113.1	105.9	115.0
Total starch	(g)	139.8	142.3	140.4	127.8	138.3
Dietary fibre	(g)	21.8	23.4	23.8	21.5	23.1
Alcohol(b)	(g)	9.8	12.8	14.0	12.2	12.8
Energy intake to BMR ratio(c)		1.8	1.5	1.4	1.2	1.4

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) See Appendix 4 for more details.

TABLE 34. MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE : PERSONS AGED 19 YEARS AND OVER

		Body mass index				
	Unit	*Underweight*	*Acceptable*	*Overweight*	*Obese*	*Total*
		Males				
Energy	(kJ)	10,155.3	11,044.7	10,147.9	9,925.2	10,376.5
Moisture(a)	(g)	3,599.4	3,166.6	3,188.1	3,266.3	3,184.2
Macronutrients						
Protein	(g)	90.2	102.5	100.5	97.7	100.1
Total fat	(g)	80.4	97.0	87.3	85.5	89.8
Saturated fat	(g)	35.2	37.1	33.4	32.8	34.5
Monounsaturated fat	(g)	25.5	34.9	31.7	31.5	32.6
Polyunsaturated fat	(g)	10.4	13.5	12.5	11.7	12.6
Cholesterol	(mg)	328.6	303.1	295.8	290.3	296.7
Total carbohydrate	(g)	286.9	311.0	273.5	263.1	281.1
Total sugars	(g)	101.3	133.6	113.2	110.9	118.8
Total starch	(g)	154.2	164.9	149.8	139.6	152.0
Dietary fibre	(g)	26.4	24.8	23.9	22.6	23.8
Alcohol (per consumer)(b)	(g)	* 56.9	32.4	31.7	36.8	32.4
Energy intake to BMR ratio(c)		1.6	1.6	1.4	1.2	1.4
		Females				
Energy	(kJ)	8,024.7	7,464.1	6,686.3	6,576.6	7,083.4
Moisture(a)	(g)	2,734.4	2,661.6	2,614.1	2,719.1	2,661.6
Macronutrients						
Protein	(g)	69.7	71.5	66.9	67.2	69.5
Total fat	(g)	75.9	64.3	58.1	57.0	61.6
Saturated fat	(g)	32.6	24.8	22.0	21.5	23.5
Monounsaturated fat	(g)	26.2	22.8	20.8	20.5	21.9
Polyunsaturated fat	(g)	10.1	9.0	8.4	8.9	8.9
Cholesterol	(mg)	238.2	194.2	184.8	184.1	192.4
Total carbohydrate	(g)	222.2	207.6	188.5	183.6	197.4
Total sugars	(g)	102.9	92.1	82.2	78.3	87.2
Total starch	(g)	110.7	107.1	100.3	100.1	103.9
Dietary fibre	(g)	18.5	19.4	18.8	17.6	18.9
Alcohol (per consumer)(b)	(g)	* 23.4	23.4	21.2	17.8	21.2
Energy intake to BMR ratio(c)		1.6	1.4	1.2	1.0	1.2
		Persons				
Energy	(kJ)	8,878.7	8,744.3	8,745.5	8,092.9	8,569.4
Moisture(a)	(g)	2,822.5	2,846.9	2,956.1	2,944.7	2,892.8
Macronutrients						
Protein	(g)	77.4	82.8	85.9	80.4	83.0
Total fat	(g)	78.0	75.7	74.8	72.0	74.5
Saturated fat	(g)	32.7	29.4	28.4	26.9	28.6
Monounsaturated fat	(g)	26.1	27.2	26.9	26.3	26.8
Polyunsaturated fat	(g)	10.2	10.6	10.8	10.1	10.5
Cholesterol	(mg)	261.6	237.2	246.7	234.8	239.4
Total carbohydrate	(g)	241.1	243.0	235.7	214.1	234.9
Total sugars	(g)	102.8	107.1	99.8	91.2	101.0
Total starch	(g)	121.7	128.6	127.1	115.9	124.9
Dietary fibre	(g)	20.0	21.3	21.5	19.7	21.1
Alcohol (per consumer)(b)	(g)	* 37.5	28.5	28.6	28.6	28.6
Energy intake to BMR ratio(c)		1.6	1.5	1.3	1.1	1.3

(a) Includes plain drinking water. (b) Represents pure alcohol. (c) See Appendix 4 for more details.

TABLE 35. MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Body mass index				
	Unit	*Underweight*	*Acceptable*	*Overweight*	*Obese*	*Total*
			Males			
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,178.2	1,238.8	1,305.2	1,261.3	1,311.7
Preformed Vitamin A	(mcg)	459.6	591.7	678.2	642.4	680.0
Provitamin A	(mcg)	4,311.5	3,882.2	3,762.3	3,713.6	3,790.1
Thiamin	(mg)	1.7	2.1	1.9	1.8	1.9
Riboflavin	(mg)	2.2	2.5	2.3	2.1	2.3
Niacin equivalent	(mg)	43.1	52.4	50.7	48.6	50.7
Folate	(mcg)	318.0	318.5	308.2	281.8	306.8
Vitamin C	(mg)	138.7	143.1	138.5	114.2	135.6
Minerals						
Calcium	(mg)	934.9	993.7	947.6	865.1	945.5
Phosphorus	(mg)	1,568.9	1,849.0	1,782.5	1,661.2	1,775.6
Magnesium	(mg)	355.0	394.8	385.3	352.0	381.1
Iron	(mg)	14.9	16.9	16.5	15.3	16.4
Zinc	(mg)	13.4	14.4	14.6	14.4	14.4
Potassium	(mg)	3,515.0	3,808.5	3,763.1	3,540.9	3,725.2
			Females			
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,090.9	1,082.1	987.1	964.8	1,047.2
Preformed Vitamin A	(mcg)	556.5	497.6	435.0	444.0	488.4
Provitamin A	(mcg)	3,205.8	3,506.9	3,312.3	3,125.2	3,352.9
Thiamin	(mg)	1.7	1.4	1.3	1.3	1.4
Riboflavin	(mg)	1.9	1.8	1.7	1.7	1.8
Niacin equivalent	(mg)	39.1	34.8	33.0	32.7	34.1
Folate	(mcg)	255.2	236.3	224.2	219.4	232.8
Vitamin C	(mg)	149.8	117.9	107.4	102.0	113.1
Minerals						
Calcium	(mg)	769.1	769.1	729.7	704.9	748.6
Phosphorus	(mg)	1,398.5	1,308.8	1,236.7	1,196.2	1,271.7
Magnesium	(mg)	301.4	293.7	277.1	262.7	283.1
Iron	(mg)	13.0	12.4	11.6	11.3	11.9
Zinc	(mg)	11.1	9.9	9.6	9.3	9.7
Potassium	(mg)	3,089.4	2,885.8	2,739.2	2,638.6	2,805.0
			Persons			
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,110.2	1,147.8	1,179.1	1,111.9	1,177.4
Preformed Vitamin A	(mcg)	535.1	537.1	581.8	542.4	582.7
Provitamin A	(mcg)	3,450.4	3,664.4	3,583.9	3,416.9	3,568.2
Thiamin	(mg)	1.7	1.7	1.7	1.5	1.6
Riboflavin	(mg)	2.0	2.1	2.1	1.9	2.1
Niacin equivalent	(mg)	40.0	42.2	43.7	40.6	42.3
Folate	(mcg)	269.1	270.8	274.9	250.3	269.2
Vitamin C	(mg)	147.4	128.4	126.1	108.1	124.2
Minerals						
Calcium	(mg)	805.8	863.4	861.3	784.3	845.5
Phosphorus	(mg)	1,436.2	1,535.5	1,566.1	1,426.7	1,519.8
Magnesium	(mg)	313.3	336.1	342.4	307.0	331.3
Iron	(mg)	13.4	14.3	14.5	13.3	14.1
Zinc	(mg)	11.6	11.8	12.6	11.8	12.1
Potassium	(mg)	3,183.6	3,272.9	3,357.2	3,086.0	3,258.1

TABLE 36. MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Body mass index				
	Unit	*Underweight*	*Acceptable*	*Overweight*	*Obese*	*Total*
			Males			
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,127.5	978.1	928.3	889.6	941.2
Preformed Vitamin A	(mcg)	433.2	470.0	448.9	403.1	444.8
Provitamin A	(mcg)	4,507.9	1,924.4	2,021.8	1,930.9	1,963.6
Thiamin	(mg)	1.7	1.8	1.6	1.5	1.7
Riboflavin	(mg)	1.9	2.2	2.0	1.8	2.0
Niacin equivalent	(mg)	39.4	48.6	46.8	46.0	47.1
Folate	(mcg)	276.4	297.4	289.0	258.8	285.3
Vitamin C	(mg)	* 81.2	106.6	108.5	88.0	102.9
Minerals						
Calcium	(mg)	902.1	881.6	821.8	766.3	827.3
Phosphorus	(mg)	1,347.1	1,722.1	1,657.5	1,582.8	1,658.4
Magnesium	(mg)	367.2	376.9	362.3	337.1	360.3
Iron	(mg)	14.0	15.8	15.3	14.0	15.2
Zinc	(mg)	12.1	13.0	12.8	12.3	12.8
Potassium	(mg)	3,695.1	3,557.0	3,563.1	3,395.2	3,515.9
			Females			
Vitamins						
Vitamin A retinol equivalent	(mcg)	939.6	780.7	734.1	692.5	753.6
Preformed Vitamin A	(mcg)	424.5	326.0	289.5	295.3	309.7
Provitamin A	(mcg)	1,972.6	2,011.9	1,979.6	1,583.6	1,923.1
Thiamin	(mg)	1.4	1.2	1.2	1.2	1.2
Riboflavin	(mg)	1.7	1.6	1.5	1.5	1.6
Niacin equivalent	(mg)	36.6	33.2	30.9	30.8	32.3
Folate	(mcg)	233.9	221.2	212.3	206.9	216.7
Vitamin C	(mg)	101.8	89.6	84.7	77.9	85.4
Minerals						
Calcium	(mg)	679.1	682.4	649.5	630.2	663.1
Phosphorus	(mg)	1,262.7	1,234.2	1,167.4	1,161.1	1,201.8
Magnesium	(mg)	275.1	277.9	261.0	251.4	266.9
Iron	(mg)	11.9	11.4	10.9	10.6	11.1
Zinc	(mg)	8.8	9.0	8.6	8.6	8.7
Potassium	(mg)	2,755.5	2,786.5	2,593.2	2,552.6	2,680.9
			Persons			
Vitamins						
Vitamin A retinol equivalent	(mcg)	1,013.6	858.2	849.0	795.5	841.2
Preformed Vitamin A	(mcg)	425.4	373.4	380.7	349.3	371.6
Provitamin A	(mcg)	2,337.0	1,964.4	1,995.1	1,755.5	1,941.7
Thiamin	(mg)	1.5	1.4	1.4	1.3	1.4
Riboflavin	(mg)	1.9	1.8	1.8	1.7	1.8
Niacin equivalent	(mg)	36.7	38.2	40.1	36.9	38.6
Folate	(mcg)	261.3	250.7	252.8	231.0	247.0
Vitamin C	(mg)	100.0	96.0	99.0	83.1	93.8
Minerals						
Calcium	(mg)	726.1	753.1	754.3	687.2	741.2
Phosphorus	(mg)	1,326.8	1,434.4	1,439.9	1,326.3	1,406.2
Magnesium	(mg)	299.3	313.6	319.9	286.4	308.2
Iron	(mg)	12.7	13.0	13.4	12.0	12.9
Zinc	(mg)	10.1	10.4	10.8	10.1	10.5
Potassium	(mg)	2,980.9	3,076.4	3,139.8	2,882.5	3,054.8

TABLE 37. ENERGY (kJ): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*20.1*	*19.4*	*19.7*	*19.2*	*20.0*	*20.8*
Regular breads, and rolls	10.6	10.3	9.4	10.6	10.7	10.8
Breakfast cereals, plain, single source	2.4	2.2	2.3	1.1	1.6	1.5
Pasta and pasta products	1.8	2.2	2.0	2.2	1.7	1.9
Rice and rice products	1.6	1.6	1.7	2.0	2.3	2.5
Breakfast cereals, mixed source	2.6	2.0	3.1	2.1	2.0	2.1
Cereal-based products and dishes	*16.2*	*15.2*	*15.8*	*16.2*	*15.0*	*15.1*
Sweet biscuits	2.8	2.8	1.8	1.7	1.8	2.0
Savoury biscuits	1.5	1.3	0.8	0.9	0.7	1.0
Cakes, buns, muffins, scones, cake-type desserts	3.5	3.5	2.5	3.5	3.0	4.3
Pastries	2.7	3.4	4.6	4.1	3.7	3.6
Mixed dishes where cereal is the major ingredient	4.7	3.1	5.4	5.4	5.2	3.7
Fruit products and dishes	*3.9*	*4.0*	*2.0*	*3.0*	*3.0*	*4.4*
Pome fruit	1.5	1.5	0.8	1.4	0.8	1.2
Vegetable products and dishes	*6.8*	*7.3*	*9.4*	*8.5*	*8.3*	*9.0*
Potatoes	5.6	5.8	7.9	6.3	5.8	5.6
Milk products and dishes	*18.5*	*18.4*	*15.8*	*14.1*	*11.1*	*12.2*
Dairy milk	10.3	9.7	7.5	5.9	5.0	5.8
Cheese	2.1	2.2	2.3	2.4	2.2	2.4
Frozen milk products	3.3	3.1	3.7	3.3	1.5	1.3
Meat, poultry and game products and dishes	*9.2*	*9.1*	*11.2*	*11.7*	*15.0*	*12.8*
Muscle meat	2.0	1.8	3.3	2.9	4.7	3.5
Poultry and other feathered game	1.1	1.2	1.8	2.0	2.1	2.0
Sausages, frankfurts, and saveloys	1.5	1.4	1.1	1.2	1.4	0.9
Mixed dishes where beef or veal is the major component	1.7	2.2	2.5	2.8	3.1	2.8
Mixed dishes where poultry or game is the major ingredient	1.8	1.8	1.8	1.9	2.2	2.3
Fish and seafood products and dishes	*0.9*	*1.3*	*1.0*	*1.5*	*1.9*	*2.1*
Snack foods	*2.6*	*2.9*	*2.2*	*2.7*	*0.7*	*0.9*
Potato snacks	1.3	1.6	1.3	1.5	0.4	0.5
Sugar products and dishes	*2.4*	*2.0*	*1.8*	*2.0*	*2.7*	*2.3*
Sugar, honey and syrups	1.0	1.0	1.2	1.2	2.3	1.8
Confectionery	*3.8*	*4.4*	*3.5*	*4.3*	*1.5*	*2.1*
Chocolate and chocolate-based confectionery	1.8	2.4	2.3	3.2	1.1	1.6
Fats and oils	*3.3*	*3.2*	*2.9*	*2.8*	*3.9*	*3.8*
Margarine	2.6	2.5	2.3	1.9	2.5	2.3
Savoury sauces and condiments	*0.9*	*0.8*	*1.2*	*1.4*	*1.4*	*1.7*
Non-alcoholic beverages(b)	*8.9*	*9.0*	*10.1*	*9.2*	*5.7*	*5.2*
Fruit and vegetable juices and drinks	6.2	6.8	4.8	5.0	2.1	2.4
Soft drinks, flavoured mineral waters and electrolyte drinks	2.6	2.2	5.2	4.1	3.0	2.0
Alcoholic beverages	—	—	*1.2*	*1.0*	*6.4*	*3.4*
Beers	—	—	0.7	0.3	4.3	0.7
Wines	—	—	0.2	0.1	1.4	2.0

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 38. MOISTURE (g): PROPORTION FROM SELECTED FOOD GROUPS(a) (b)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*4.1*	*4.0*	*3.9*	*3.7*	*3.3*	*3.0*
Regular breads, and rolls	1.6	1.5	1.3	1.3	1.1	0.9
Cereal-based products and dishes	*2.8*	*2.3*	*2.8*	*2.5*	*2.1*	*1.5*
Mixed dishes where cereal is the major ingredient	1.7	1.1	1.6	1.6	1.2	0.8
Fruit products and dishes	*6.4*	*6.5*	*3.3*	*4.7*	*3.4*	*4.3*
Pome fruit	2.8	2.8	1.5	2.2	1.1	1.3
Vegetable products and dishes	*4.9*	*5.7*	*6.5*	*6.5*	*6.7*	*6.9*
Potatoes	2.1	2.2	2.8	2.2	2.1	1.8
Milk products and dishes	*19.9*	*18.6*	*15.3*	*11.2*	*7.7*	*7.6*
Dairy milk	15.7	14.4	11.7	8.0	5.7	5.8
Meat, poultry and game products and dishes	*3.1*	*3.1*	*3.6*	*3.4*	*3.6*	*2.6*
Mixed dishes where beef or veal is the major component	0.8	1.1	1.0	1.0	1.0	0.7
Soup	*1.1*	*0.9*	*0.8*	*0.8*	*1.3*	*1.8*
Soup	1.1	0.9	0.8	0.8	1.3	1.8
Non-alcoholic beverages(b)	*54.7*	*56.4*	*58.8*	*63.4*	*58.7*	*67.1*
Tea	0.8	1.0	0.8	2.5	10.0	16.0
Coffee and coffee substitutes	0.2	0.1	2.3	2.2	13.7	13.3
Fruit and vegetable juices and drinks	14.1	15.7	10.3	9.7	3.6	3.5
Soft drinks, flavoured mineral waters and electrolyte drinks	6.9	5.9	13.0	10.1	6.3	4.1
Mineral waters and water(b)	32.7	33.7	32.3	38.9	25.0	30.1
Alcoholic beverages	—	—	*2.4*	*1.2*	*11.0*	*3.2*
Beers	—	—	2.0	0.7	9.4	1.2
Wines	—	—	0.3	0.2	1.4	1.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 39. PROTEIN (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*18.3*	*17.7*	*16.4*	*16.3*	*15.8*	*16.7*
Regular breads, and rolls	11.1	10.8	9.1	10.2	9.4	9.7
Breakfast cereals, plain, single source	1.8	1.7	1.7	0.8	1.3	1.2
Pasta and pasta products	1.5	1.9	1.7	1.8	1.3	1.4
Breakfast cereals, mixed source	2.0	1.3	2.0	1.5	1.4	1.6
Cereal-based products and dishes	*13.9*	*12.4*	*15.1*	*13.5*	*12.0*	*10.4*
Cakes, buns, muffins, scones, cake-type desserts	1.9	1.8	1.4	1.7	1.4	1.9
Pastries	3.2	3.8	4.9	3.4	3.4	3.0
Mixed dishes where cereal is the major ingredient	6.2	4.2	7.4	6.9	6.0	4.0
Fruit products and dishes	*1.5*	*1.6*	*0.7*	*1.1*	*1.1*	*1.7*
Vegetable products and dishes	*5.0*	*5.4*	*6.5*	*6.4*	*6.4*	*7.5*
Potatoes	3.0	3.1	4.0	3.3	3.0	3.1
Milk products and dishes	*25.4*	*25.4*	*20.3*	*18.3*	*13.7*	*16.6*
Dairy milk	16.1	15.4	11.9	9.4	7.3	9.2
Cheese	3.8	4.2	4.0	4.3	3.6	4.1
Frozen milk products	2.0	1.9	2.1	1.9	0.8	0.7
Other dishes where milk or a milk product is the major component	1.2	1.5	0.5	0.4	0.5	0.7
Meat, poultry and game products and dishes	*24.5*	*25.1*	*30.7*	*32.1*	*37.0*	*31.4*
Muscle meat	7.6	7.0	11.9	10.8	15.3	11.6
Poultry and other feathered game	3.5	4.1	5.9	6.6	5.9	5.8
Sausages, frankfurts, and saveloys	2.9	2.6	1.9	2.1	2.2	1.4
Mixed dishes where beef or veal is the major component	4.3	5.9	5.9	6.7	6.9	6.1
Mixed dishes where lamb, pork, bacon or ham is the major component	1.5	1.1	0.7	1.3	1.4	1.5
Mixed dishes where poultry or game is the major ingredient	3.6	3.6	3.5	3.8	3.8	3.9
Fish and seafood products and dishes	*2.8*	*3.4*	*2.9*	*4.2*	*5.1*	*5.8*
Fin fish (excluding canned)	0.7	0.4	0.7	1.0	1.7	1.7
Egg products and dishes	*1.4*	*1.7*	*1.5*	*1.1*	*1.9*	*1.9*
Confectionery	*1.4*	*1.5*	*1.2*	*1.4*	*0.5*	*0.7*
Soup	*0.9*	*0.7*	*0.5*	*0.6*	*1.2*	*1.9*
Soup	0.9	0.7	0.5	0.6	1.2	1.9
Non-alcoholic beverages(b)	*0.6*	*0.7*	*0.6*	*1.0*	*1.4*	*2.0*

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 40. TOTAL FAT (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*6.1*	*5.8*	*5.7*	*5.9*	*6.2*	*6.7*
Regular breads, and rolls	3.3	3.0	2.9	3.3	3.4	3.4
Cereal-based products and dishes	*19.3*	*18.1*	*20.0*	*20.0*	*18.4*	*18.0*
Sweet biscuits	3.4	3.3	2.2	2.1	2.3	2.5
Savoury biscuits	1.8	1.4	0.9	0.8	0.6	0.9
Cakes, buns, muffins, scones, cake-type desserts	3.6	3.4	2.6	3.9	3.2	4.7
Pastries	4.1	5.4	7.1	6.3	5.6	5.4
Mixed dishes where cereal is the major ingredient	5.1	3.2	6.2	6.0	5.9	4.0
Vegetable products and dishes	*8.2*	*8.6*	*11.8*	*9.8*	*9.0*	*9.6*
Potatoes	7.5	7.7	10.5	7.8	6.8	6.3
Milk products and dishes	*26.6*	*26.4*	*22.8*	*20.6*	*16.6*	*16.9*
Dairy milk	14.9	13.9	10.1	7.9	6.4	6.5
Cheese	4.6	4.7	4.9	5.1	4.8	5.2
Frozen milk products	4.6	4.3	5.1	4.6	2.1	1.8
Meat, poultry and game products and dishes	*14.9*	*14.0*	*17.5*	*18.0*	*23.7*	*19.8*
Muscle meat	2.7	2.3	4.5	3.9	6.5	4.7
Poultry and other feathered game	1.9	1.9	2.7	3.1	3.3	3.2
Sausages, frankfurts, and saveloys	2.9	2.6	2.1	2.3	2.8	1.8
Mixed dishes where beef or veal is the major component	2.4	3.1	3.9	4.1	4.6	4.1
Mixed dishes where poultry or game is the major ingredient	3.1	2.9	3.1	3.3	4.0	4.0
Fish and seafood products and dishes	*1.1*	*1.7*	*1.2*	*1.9*	*2.3*	*2.6*
Egg products and dishes	*1.3*	*1.6*	*1.4*	*1.0*	*2.1*	*2.0*
Snack foods	*4.3*	*4.7*	*3.7*	*4.3*	*1.2*	*1.5*
Potato snacks	2.3	2.8	2.3	2.5	0.8	0.8
Confectionery	*3.6*	*4.2*	*3.6*	*4.8*	*1.7*	*2.4*
Chocolate and chocolate-based confectionery	2.4	3.2	3.1	4.3	1.5	2.1
Seed and nut products and dishes	*1.9*	*2.7*	*1.2*	*1.5*	*2.5*	*2.5*
Nuts and nut products	1.9	2.7	1.1	1.5	2.4	2.3
Fats and oils	*9.8*	*9.6*	*8.6*	*8.3*	*11.8*	*11.4*
Dairy fats	1.6	1.8	1.4	1.8	3.2	3.4
Margarine	7.8	7.4	6.8	5.8	7.7	6.8
Savoury sauces and condiments	*0.9*	*1.0*	*1.6*	*2.2*	*2.1*	*3.0*
Salad dressings	0.3	0.6	0.9	1.1	1.0	1.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 41. SATURATED FAT (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		12 to 18 years		19 years and over	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*3.1*	*3.2*	*2.9*	*3.1*	*3.0*	*3.3*
Cereal-based products and dishes	*20.1*	*18.9*	*20.7*	*21.1*	*20.4*	*20.2*
Sweet biscuits	4.2	4.1	2.9	2.8	3.2	3.4
Savoury biscuits	2.2	1.6	1.2	1.1	0.8	1.1
Cakes, buns, muffins, scones, cake-type desserts	3.2	2.7	2.4	3.7	3.1	4.6
Pastries	4.6	6.0	7.9	7.2	6.8	6.6
Mixed dishes where cereal is the major ingredient	4.6	2.9	5.4	5.4	5.7	3.8
Batter-based products	1.3	1.6	0.9	0.9	0.8	0.6
Vegetable products and dishes	*6.3*	*7.1*	*9.6*	*7.8*	*7.2*	*7.5*
Potatoes	6.0	6.7	9.1	6.8	6.1	5.7
Milk products and dishes	*38.9*	*38.3*	*34.3*	*31.2*	*26.7*	*27.2*
Dairy milk	22.2	20.6	15.4	12.1	10.4	10.8
Cream	0.3	0.8	0.7	1.4	1.9	2.2
Cheese	6.6	6.8	7.2	7.6	7.7	8.3
Frozen milk products	6.7	6.3	7.8	6.9	3.5	2.9
Other dishes where milk or a milk product is the major component	1.5	1.9	0.9	0.6	1.3	1.5
Flavoured milks	1.1	1.1	1.8	1.6	1.5	0.8
Meat, poultry and game products and dishes	*12.8*	*11.8*	*14.9*	*15.2*	*22.5*	*18.7*
Muscle meat	2.7	2.2	4.4	4.1	7.2	5.3
Poultry and other feathered game	1.2	1.3	1.8	2.2	2.5	2.4
Sausages, frankfurts, and saveloys	2.9	2.6	2.1	2.3	3.1	2.0
Mixed dishes where beef or veal is the major component	2.1	2.6	3.4	3.4	4.3	4.0
Mixed dishes where poultry or game is the major ingredient	2.3	2.1	2.2	2.3	3.3	3.3
Fish and seafood products and dishes	*0.7*	*1.1*	*0.8*	*1.1*	*1.7*	*1.8*
Egg products and dishes	*0.9*	*1.1*	*1.0*	*0.8*	*1.6*	*1.6*
Snack foods	*4.0*	*4.4*	*3.5*	*4.2*	*1.2*	*1.4*
Potato snacks	2.2	2.7	2.3	2.5	0.8	0.8
Confectionery	*4.8*	*5.7*	*5.1*	*6.9*	*2.6*	*3.6*
Chocolate and chocolate-based confectionery	3.4	4.6	4.5	6.2	2.3	3.2
Fats and oils	*5.5*	*5.7*	*4.9*	*5.3*	*8.9*	*8.9*
Dairy fats	2.1	2.5	2.0	2.5	4.9	5.2
Margarine	3.2	3.0	2.8	2.4	3.5	3.1
Savoury sauces and condiments	*0.7*	*0.6*	*0.9*	*1.4*	*1.5*	*2.0*

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 42. MONOUNSATURATED FAT (g) : PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		12 to 18 years		19 years and over	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*4.5*	*4.3*	*4.0*	*4.3*	*4.4*	*5.0*
Regular breads, and rolls	2.0	1.8	1.7	2.0	2.0	2.1
Cereal-based products and dishes	*19.5*	*18.5*	*20.6*	*19.7*	*18.3*	*17.7*
Sweet biscuits	3.2	3.1	1.9	1.8	2.0	2.3
Cakes, buns, muffins, scones, cake-type desserts	3.4	3.5	2.5	3.4	2.9	4.2
Pastries	4.4	5.7	7.6	6.7	5.7	5.6
Mixed dishes where cereal is the major ingredient	5.6	3.5	6.9	6.3	6.4	4.4
Batter-based products	1.4	1.6	0.9	0.9	0.8	0.6
Vegetable products and dishes	*9.6*	*9.4*	*13.1*	*11.4*	*9.7*	*10.8*
Potatoes	8.8	8.6	11.6	8.9	7.3	6.8
Other fruiting vegetables	0.2	0.3	0.6	1.3	1.2	2.3
Milk products and dishes	*20.7*	*20.5*	*17.3*	*15.8*	*12.4*	*13.0*
Dairy milk	11.4	10.7	7.6	5.9	4.7	4.9
Cheese	3.8	3.9	3.9	4.1	3.7	4.1
Frozen milk products	3.5	3.3	3.8	3.4	1.6	1.3
Meat, poultry and game products and dishes	*18.7*	*17.5*	*21.3*	*21.9*	*28.0*	*23.4*
Muscle meat	3.3	2.8	5.4	4.6	7.4	5.5
Poultry and other feathered game	2.3	2.4	3.2	3.8	3.9	3.8
Sausages, frankfurts, and saveloys	3.7	3.4	2.7	2.9	3.5	2.2
Processed meat	1.6	1.1	1.1	0.8	1.8	1.0
Mixed dishes where beef or veal is the major component	2.9	3.7	4.6	5.0	5.5	4.8
Mixed dishes where poultry or game is the major ingredient	4.0	3.6	3.8	3.9	4.5	4.6
Fish and seafood products and dishes	*1.1*	*1.7*	*1.3*	*2.0*	*2.4*	*2.6*
Egg products and dishes	*1.5*	*1.9*	*1.7*	*1.1*	*2.4*	*2.3*
Eggs	1.0	1.1	1.4	0.7	1.5	1.3
Snack foods	*5.0*	*5.6*	*4.1*	*5.0*	*1.4*	*1.7*
Potato snacks	2.7	3.2	2.6	3.0	0.9	1.0
Confectionery	*3.1*	*3.5*	*2.8*	*3.9*	*1.4*	*2.0*
Chocolate and chocolate-based confectionery	2.0	2.6	2.4	3.5	1.2	1.8
Seed and nut products and dishes	*2.6*	*3.9*	*1.8*	*2.0*	*3.4*	*3.4*
Nuts and nut products	2.5	3.9	1.8	2.0	3.3	3.2
Fats and oils	*10.9*	*10.6*	*9.4*	*9.2*	*12.3*	*12.1*
Dairy fats	1.3	1.4	1.2	1.4	2.5	2.7
Margarine	9.0	8.6	7.7	6.6	8.5	7.8
Savoury sauces and condiments	*0.9*	*1.2*	*1.7*	*2.4*	*2.4*	*3.5*
Salad dressings	0.3	0.7	1.1	1.3	1.2	2.0

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 43. POLYUNSATURATED FAT (g) : PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		12 to 18 years		19 years and over	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*13.7*	*12.9*	*13.0*	*13.1*	*13.4*	*13.8*
Regular breads, and rolls	8.6	8.2	7.6	8.5	8.0	7.7
Breakfast cereals, mixed source	1.4	0.8	1.5	1.3	1.7	1.8
Cereal-based products and dishes	*16.7*	*15.3*	*17.1*	*18.2*	*14.9*	*15.4*
Sweet biscuits	2.0	1.9	1.4	1.1	1.1	1.3
Cakes, buns, muffins, scones, cake-type desserts	5.2	5.5	3.6	6.0	4.3	6.1
Pastries	2.0	2.7	4.2	3.5	2.9	2.9
Mixed dishes where cereal is the major ingredient	5.4	3.4	6.8	6.6	5.8	4.1
Vegetable products and dishes	*11.0*	*11.1*	*15.2*	*11.9*	*11.5*	*11.9*
Potatoes	9.7	9.9	13.3	8.8	8.4	7.6
Other vegetables and vegetable combinations	0.8	0.5	1.2	1.6	1.6	2.0
Milk products and dishes	*6.6*	*6.6*	*4.9*	*4.4*	*3.7*	*3.9*
Dairy milk	2.8	2.7	1.8	1.3	1.0	1.0
Meat, poultry and game products and dishes	*10.9*	*10.9*	*14.1*	*15.0*	*16.4*	*14.2*
Muscle meat	1.2	1.1	2.1	1.5	2.5	1.8
Poultry and other feathered game	1.7	1.8	2.5	2.8	2.8	2.6
Mixed dishes where beef or veal is the major component	2.3	2.9	3.8	4.5	4.1	3.3
Mixed dishes where poultry or game is the major ingredient	3.5	3.4	3.9	4.2	4.3	4.2
Fish and seafood products and dishes	*2.4*	*3.6*	*2.5*	*4.0*	*4.2*	*4.6*
Fish and seafood products	0.8	1.5	1.4	1.0	1.4	1.3
Mixed dishes with fish or seafood as the major component	0.8	1.0	0.2	1.5	0.9	1.2
Egg products and dishes	*1.1*	*1.3*	*1.4*	*0.8*	*1.8*	*1.6*
Snack foods	*4.2*	*4.7*	*3.8*	*4.0*	*1.0*	*1.4*
Potato snacks	1.9	2.3	1.9	2.0	0.5	0.6
Confectionery	*1.7*	*1.6*	*1.1*	*1.5*	*0.6*	*0.9*
Seed and nut products and dishes	*4.7*	*5.9*	*2.0*	*3.5*	*4.9*	*4.9*
Nuts and nut products	4.7	5.9	2.0	3.5	4.6	4.2
Fats and oils	*23.3*	*22.5*	*20.1*	*17.3*	*21.7*	*19.2*
Margarine	21.9	21.2	18.7	15.6	19.1	16.4
Savoury sauces and condiments	*1.6*	*2.2*	*3.5*	*4.4*	*3.7*	*5.3*
Gravies and savoury sauces	0.6	0.5	0.7	1.1	1.1	1.5
Salad dressings	1.0	1.7	2.8	3.3	2.6	3.8

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 44. CHOLESTEROL (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereal-based products and dishes	*16.9*	*16.9*	*17.5*	*17.7*	*14.9*	*15.1*
Cakes, buns, muffins, scones, cake-type desserts	4.3	5.0	3.2	4.4	3.1	4.7
Pastries	4.2	6.3	6.7	5.6	4.8	5.0
Mixed dishes where cereal is the major ingredient	5.3	3.1	6.1	6.2	5.7	3.9
Batter-based products	1.8	1.3	0.6	0.8	0.5	0.6
Vegetable products and dishes	*2.8*	*3.1*	*3.7*	*3.7*	*2.3*	*2.7*
Potatoes	2.5	2.8	3.4	3.0	2.0	2.1
Milk products and dishes	*29.8*	*28.8*	*23.2*	*21.6*	*15.1*	*16.3*
Dairy milk	18.4	16.7	11.8	9.6	6.5	7.2
Cheese	4.8	4.8	4.7	5.1	4.0	4.4
Frozen milk products	3.6	3.3	3.8	3.4	1.4	1.1
Other dishes where milk or a milk product is the major component	1.3	1.7	0.6	0.5	1.0	1.2
Flavoured milks	0.9	0.9	1.5	1.2	1.0	0.5
Meat, poultry and game products and dishes	*28.2*	*27.5*	*33.4*	*37.2*	*39.2*	*35.0*
Muscle meat	7.4	6.5	10.5	10.5	13.5	10.5
Poultry and other feathered game	5.1	5.5	7.8	8.6	7.8	7.6
Sausages, frankfurts, and saveloys	3.4	3.0	2.3	2.6	2.6	1.7
Mixed dishes where beef or veal is the major component	4.1	5.4	5.9	6.9	6.4	5.7
Mixed dishes where lamb, pork, bacon or ham is the major component	1.6	1.2	0.7	1.3	1.4	1.5
Mixed dishes where poultry or game is the major ingredient	5.2	5.1	4.9	5.4	5.3	5.5
Fish and seafood products and dishes	*3.2*	*3.6*	*3.4*	*5.1*	*6.3*	*7.1*
Fin fish (excluding canned)	0.6	0.4	0.6	0.9	1.6	1.6
Crustacea and molluscs (excluding canned)	0.7	0.5	0.2	1.0	1.4	1.7
Fish and seafood products	0.7	1.4	1.7	1.8	1.7	1.5
Egg products and dishes	*14.2*	*15.1*	*14.6*	*9.5*	*16.5*	*16.7*
Eggs	10.0	10.1	12.2	7.0	11.5	10.5
Dishes where egg is the major ingredient	4.2	4.9	2.4	2.4	5.0	6.2
Fats and oils	*1.6*	*1.9*	*1.4*	*1.8*	*2.7*	*2.9*
Dairy fats	1.6	1.8	1.3	1.7	2.6	2.8
Soup	*0.9*	*0.5*	*0.4*	*0.5*	*1.0*	*1.7*
Soup	0.9	0.5	0.4	0.5	1.0	1.7

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 45. CARBOHYDRATE (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*28.9*	*28.1*	*29.7*	*28.4*	*33.2*	*33.1*
Regular breads, and rolls	14.8	14.6	13.6	15.3	17.4	16.9
Breakfast cereals, plain, single source	3.7	3.4	3.8	1.8	2.9	2.4
Fancy breads, flat breads, English-style muffins and crumpets	1.1	1.0	1.2	1.2	1.9	2.1
Pasta and pasta products	2.3	2.9	2.8	3.0	2.7	2.9
Rice and rice products	2.6	2.6	3.0	3.4	4.4	4.6
Breakfast cereals, mixed source	4.0	3.2	5.0	3.3	3.4	3.4
Cereal-based products and dishes	*14.8*	*14.0*	*13.5*	*14.7*	*15.2*	*15.6*
Sweet biscuits	2.9	2.9	1.8	1.8	2.2	2.3
Savoury biscuits	1.5	1.4	0.8	1.0	0.9	1.2
Cakes, buns, muffins, scones, cake-type desserts	3.9	4.1	2.9	4.0	3.8	5.3
Pastries	1.6	2.0	3.0	2.8	2.9	2.8
Mixed dishes where cereal is the major ingredient	4.0	2.6	4.4	4.6	4.9	3.6
Fruit products and dishes	*6.8*	*7.2*	*3.6*	*5.4*	*6.1*	*8.6*
Pome fruit	2.9	2.9	1.6	2.6	1.8	2.5
Tropical fruit	1.7	1.9	0.7	0.8	1.8	2.8
Vegetable products and dishes	*6.2*	*6.7*	*8.7*	*8.2*	*9.1*	*9.4*
Potatoes	5.0	5.2	7.2	6.1	6.5	6.1
Milk products and dishes	*11.8*	*11.6*	*10.4*	*9.1*	*7.5*	*8.3*
Dairy milk	6.0	5.7	4.9	3.8	3.8	4.5
Frozen milk products	3.0	2.8	3.5	3.0	1.6	1.3
Other dishes where milk or a milk product is the major component	1.3	1.5	0.6	0.4	0.8	1.0
Meat, poultry and game products and dishes	*1.4*	*1.6*	*1.4*	*1.7*	*2.1*	*1.8*
Snack foods	*2.0*	*2.2*	*1.7*	*2.1*	*0.6*	*0.8*
Sugar products and dishes	*4.0*	*3.4*	*3.4*	*3.7*	*6.1*	*5.0*
Sugar, honey and syrups	1.8	1.9	2.5	2.2	5.2	4.0
Confectionery	*4.7*	*5.5*	*4.3*	*5.0*	*1.9*	*2.5*
Chocolate and chocolate-based confectionery	1.8	2.4	2.4	3.1	1.2	1.7
Other confectionery	1.7	1.9	1.3	1.4	0.5	0.6
Non-alcoholic beverages(b)	*16.8*	*17.2*	*20.0*	*17.9*	*11.7*	*9.6*
Fruit and vegetable juices and drinks	11.7	12.8	9.4	9.5	4.5	4.8
Soft drinks, flavoured mineral waters and electrolyte drinks	5.1	4.3	10.5	8.3	6.9	4.3
Alcoholic beverages	—	—	*0.4*	*0.7*	*2.8*	*1.1*
Beers	—	—	0.3	0.1	2.3	0.4

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 46. SUGARS (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*6.0*	*5.2*	*6.7*	*5.0*	*6.3*	*6.1*
Regular breads, and rolls	1.5	1.4	1.5	1.7	2.2	2.1
Breakfast cereals, mixed source	3.4	2.7	4.2	2.7	2.8	2.6
Cereal-based products and dishes	*8.5*	*9.2*	*7.4*	*9.1*	*10.1*	*11.2*
Sweet biscuits	2.4	2.4	1.7	1.7	2.2	2.2
Cakes, buns, muffins, scones, cake-type desserts	3.9	4.6	3.0	4.5	4.6	6.2
Pastries	0.5	0.8	1.1	1.4	1.5	1.6
Fruit products and dishes	*11.9*	*12.4*	*6.5*	*9.9*	*12.5*	*17.1*
Pome fruit	5.1	5.0	2.9	4.8	3.6	5.0
Citrus fruit	1.0	1.3	0.8	0.8	1.2	1.5
Stone fruit	0.6	0.6	0.3	0.8	1.0	1.5
Tropical fruit	2.8	3.0	1.2	1.3	3.5	5.1
Other fruit	1.1	0.9	0.7	1.3	1.4	2.1
Vegetable products and dishes	*1.6*	*1.9*	*2.2*	*2.7*	*4.4*	*5.2*
Milk products and dishes	*21.6*	*21.0*	*19.9*	*17.6*	*16.2*	*17.4*
Dairy milk	11.4	10.7	9.5	7.5	8.4	9.9
Yoghurt	1.2	1.5	1.0	1.8	0.9	1.8
Frozen milk products	5.7	5.3	6.7	5.8	3.5	2.7
Other dishes where milk or a milk product is the major component	1.9	2.1	0.9	0.7	1.3	1.6
Flavoured milks	1.2	1.2	1.8	1.6	1.9	1.1
Meat, poultry and game products and dishes	*0.8*	*1.0*	*1.0*	*1.1*	*1.8*	*1.6*
Sugar products and dishes	*7.5*	*6.2*	*6.6*	*7.2*	*13.7*	*10.8*
Sugar, honey and syrups	3.4	3.5	4.8	4.2	11.6	8.6
Jam and lemon spreads, chocolate spreads	1.6	1.1	0.8	1.0	1.7	1.5
Dishes and products other than confectionery where sugar is the main component	2.4	1.6	1.1	2.0	0.5	0.7
Confectionery	*7.0*	*8.2*	*6.9*	*8.2*	*3.5*	*4.6*
Chocolate and chocolate-based confectionery	3.0	4.0	4.1	5.3	2.4	3.1
Other confectionery	2.7	3.0	2.2	2.5	0.9	1.2
Savoury sauces and condiments	*1.4*	*1.2*	*2.0*	*1.6*	*2.1*	*1.9*
Non-alcoholic beverages(b)	*31.9*	*32.0*	*39.0*	*34.8*	*26.0*	*20.4*
Fruit and vegetable juices and drinks	22.2	23.9	18.4	18.5	10.1	10.4
Soft drinks, flavoured mineral waters and electrolyte drinks	9.8	8.1	20.6	16.2	15.5	9.3
Alcoholic beverages	—	—	*0.3*	*1.1*	*1.5*	*1.6*

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 47. STARCH (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*54.8*	*55.1*	*54.2*	*53.6*	*55.3*	*57.0*
Regular breads, and rolls	29.8	30.0	26.5	30.0	29.9	29.9
Breakfast cereals, plain, single source	7.2	6.7	7.1	3.4	4.7	4.0
Fancy breads, flat breads, English-style muffins and crumpets	2.1	1.8	2.2	2.4	3.0	3.4
Pasta and pasta products	4.9	6.2	5.8	6.3	4.9	5.5
Rice and rice products	5.5	5.6	6.1	7.1	7.9	8.6
Breakfast cereals, mixed source	4.7	3.9	5.9	4.0	3.9	4.1
Cereal-based products and dishes	*22.0*	*19.7*	*19.8*	*20.6*	*19.4*	*19.6*
Sweet biscuits	3.4	3.5	2.0	1.9	2.2	2.4
Savoury biscuits	3.0	2.8	1.6	2.0	1.5	2.2
Cakes, buns, muffins, scones, cake-type desserts	3.9	3.6	2.7	3.5	3.2	4.6
Pastries	2.7	3.4	4.9	4.3	3.9	3.8
Mixed dishes where cereal is the major ingredient	7.5	4.8	7.8	8.2	7.9	6.0
Batter-based products	1.5	1.5	0.8	0.8	0.7	0.6
Vegetable products and dishes	*11.2*	*12.2*	*15.3*	*13.9*	*12.8*	*12.9*
Potatoes	10.3	10.8	14.4	12.1	11.2	11.0
Meat, poultry and game products and dishes	*2.0*	*2.2*	*1.8*	*2.2*	*2.3*	*2.0*
Snack foods	*4.0*	*4.5*	*3.4*	*4.1*	*1.1*	*1.4*
Potato snacks	2.0	2.5	1.9	2.2	0.7	0.7
Confectionery	*2.3*	*2.3*	*1.6*	*1.7*	*0.5*	*0.7*
Alcoholic beverages	—	—	*0.6*	*0.3*	*3.9*	*0.6*
Beers	—	—	0.6	0.2	3.9	0.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 48. DIETARY FIBRE (g) : PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		12 to 18 years		19 years and over	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*34.2*	*32.1*	*34.1*	*31.0*	*34.9*	*33.6*
Regular breads, and rolls	18.5	17.6	16.2	17.5	18.0	16.8
Breakfast cereals, plain, single source	5.7	5.3	5.7	3.0	6.0	5.8
Fancy breads, flat breads, English-style muffins and crumpets	1.3	1.2	1.6	1.3	1.7	1.7
Pasta and pasta products	3.3	4.1	3.6	3.7	2.5	2.4
Breakfast cereals, mixed source	4.3	2.7	5.7	4.3	4.9	5.1
Cereal-based products and dishes	*12.0*	*10.3*	*12.1*	*11.9*	*10.2*	*9.0*
Savoury biscuits	1.5	1.5	0.8	1.1	0.9	1.2
Cakes, buns, muffins, scones, cake-type desserts	2.3	2.0	1.9	2.2	2.0	2.4
Pastries	1.4	1.9	2.9	2.4	1.9	1.6
Mixed dishes where cereal is the major ingredient	4.5	3.0	5.4	5.1	4.4	2.8
Fruit products and dishes	*15.4*	*16.4*	*8.5*	*12.4*	*10.6*	*13.8*
Pome fruit	6.9	7.0	4.0	6.1	3.3	4.2
Citrus fruit	2.1	2.6	1.6	1.5	1.5	1.8
Stone fruit	1.0	1.1	0.3	1.3	1.1	1.6
Tropical fruit	2.9	3.2	1.3	1.2	2.5	3.4
Other fruit	1.0	0.9	0.7	1.5	0.9	1.3
Vegetable products and dishes	*18.5*	*20.6*	*25.7*	*24.4*	*26.4*	*26.9*
Potatoes	9.2	9.3	13.6	10.1	9.5	8.1
Cabbage, cauliflower and similar brassica vegetables	1.5	1.3	1.9	2.1	2.8	3.2
Carrot and similar root vegetables	2.0	2.4	1.9	2.4	2.7	2.9
Leaf and stalk vegetables	0.6	0.8	0.7	1.2	1.5	2.0
Peas and beans	2.4	2.9	3.8	3.1	3.8	3.5
Tomato and tomato products	0.6	0.8	0.9	1.2	1.7	2.0
Other fruiting vegetables	0.6	1.1	1.2	1.3	1.4	1.9
Other vegetables and vegetable combinations	1.5	1.7	1.8	2.7	2.8	2.8
Legume and pulse products and dishes	*1.8*	*1.4*	*2.6*	*2.1*	*2.2*	*1.7*
Mature legumes and pulse products and dishes	1.6	1.4	2.3	1.5	1.8	1.3
Meat, poultry and game products and dishes	*3.6*	*3.7*	*3.8*	*3.5*	*4.2*	*3.1*
Mixed dishes where beef or veal is the major component	1.1	1.4	1.8	1.6	1.7	1.4
Snack foods	*5.3*	*6.0*	*5.2*	*5.3*	*1.5*	*1.5*
Potato snacks	3.5	4.4	3.7	3.7	1.1	1.0
Confectionery	*2.8*	*3.0*	*2.1*	*2.3*	*0.9*	*0.9*
Cereal-, fruit-, nut-, and seed-bars	2.2	2.2	0.9	1.1	0.4	0.3
Seed and nut products and dishes	*1.6*	*2.0*	*0.9*	*1.5*	*1.5*	*1.3*
Nuts and nut products	1.5	2.0	0.9	1.5	1.5	1.2
Soup	*1.1*	*0.9*	*0.9*	*0.9*	*1.9*	*2.7*
Soup	1.1	0.9	0.9	0.9	1.8	2.7
Savoury sauces and condiments	*1.1*	*1.0*	*1.8*	*1.4*	*1.3*	*1.2*
Gravies and savoury sauces	1.0	0.9	1.6	1.2	1.0	1.0
Non-alcoholic beverages(b)	*1.2*	*1.3*	*1.4*	*1.9*	*3.3*	*3.3*
Coffee and coffee substitutes	—	—	0.4	0.4	2.5	2.5
Fruit and vegetable juices and drinks	1.1	1.3	1.0	1.5	0.8	0.8

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 49. ALCOHOL (g): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	12 to 18 years		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*
Alcoholic beverages (b)	*99.7*	*100.0*	*99.9*	*99.8*
Beers	57.7	34.7	63.4	17.3
Wines	18.7	19.0	26.8	63.9
Spirits	19.0	8.4	7.7	10.4
Other alcoholic beverages	4.3	38.0	2.0	8.3

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Alcohol from alcoholic beverages is less than 100% because of a small contribution from gravies and savoury sauces.

TABLE 50. VITAMIN A RETINOL EQUIVALENTS (mcg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*6.9*	*4.2*	*5.6*	*3.0*	*2.2*	*1.7*
Breakfast cereals, mixed source	6.4	3.8	5.0	2.6	1.8	1.3
Cereal-based products and dishes	*7.8*	*6.8*	*7.7*	*7.5*	*6.6*	*6.3*
Cakes, buns, muffins, scones, cake-type desserts	2.4	2.3	1.6	2.3	2.0	2.4
Pastries	0.9	1.5	2.3	1.7	1.5	1.5
Mixed dishes where cereal is the major ingredient	3.3	2.0	3.1	3.0	2.6	1.7
Fruit products and dishes	*3.4*	*3.0*	*1.6*	*2.0*	*2.9*	*3.6*
Vegetable products and dishes	*25.9*	*32.3*	*27.8*	*32.7*	*35.3*	*38.6*
Potatoes	1.3	1.9	2.2	1.8	1.8	1.6
Carrot and similar root vegetables	19.1	22.8	16.6	21.8	21.9	23.7
Tomato and tomato products	0.6	0.8	0.8	1.1	1.7	1.9
Other fruiting vegetables	2.7	3.9	5.5	4.9	5.5	6.5
Milk products and dishes	*29.0*	*27.0*	*24.3*	*18.3*	*14.6*	*12.6*
Dairy milk	17.0	15.0	11.4	7.4	5.9	5.2
Cheese	4.4	4.3	4.7	4.1	3.9	3.6
Frozen milk products	4.9	4.4	5.5	4.1	1.9	1.3
Meat, poultry and game products and dishes	*4.0*	*4.2*	*13.3*	*18.0*	*17.3*	*15.9*
Organ meats and offal, products and dishes	0.2	0.3	8.6	13.9	10.1	11.4
Processed meat	0.4	0.2	0.2	0.1	2.5	0.6
Mixed dishes where beef or veal is the major component	1.1	1.5	1.6	1.4	1.6	1.3
Egg products and dishes	*1.6*	*1.8*	*1.9*	*1.1*	*2.2*	*1.8*
Eggs	1.1	1.1	1.6	0.7	1.4	1.0
Snack foods	*1.9*	*2.3*	*0.9*	*2.1*	*0.2*	*0.4*
Extruded snacks	1.7	2.1	0.9	2.0	0.2	0.3
Fats and oils	*10.7*	*10.1*	*9.3*	*7.3*	*10.7*	*8.7*
Dairy fats	1.9	2.1	1.8	1.9	3.3	3.0
Margarine	8.6	7.7	7.4	5.2	7.0	5.3
Soup	*2.4*	*1.6*	*1.8*	*1.9*	*3.3*	*4.8*
Soup	2.4	1.6	1.8	1.9	3.3	4.8
Non-alcoholic beverages(b)	*2.2*	*2.3*	*2.0*	*2.3*	*1.8*	*2.6*
Fruit and vegetable juices and drinks	2.2	2.3	2.0	2.2	1.5	2.3

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 51. PREFORMED VITAMIN A (mcg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*11.5*	*7.7*	*9.0*	*5.2*	*3.9*	*3.2*
Breakfast cereals, mixed source	10.8	6.9	8.2	4.6	3.2	2.5
Cereal-based products and dishes	*10.0*	*9.7*	*8.8*	*10.2*	*8.6*	*9.4*
Cakes, buns, muffins, scones, cake-type desserts	3.5	3.9	2.3	3.7	2.8	4.0
Pastries	0.9	1.9	2.0	2.1	1.5	2.0
Mixed dishes where cereal is the major ingredient	4.0	2.6	3.5	3.7	3.3	2.3
Vegetable products and dishes	*2.3*	*3.5*	*3.6*	*3.6*	*3.7*	*3.8*
Potatoes	2.0	3.2	3.2	3.0	3.0	2.9
Milk products and dishes	*45.2*	*46.0*	*36.7*	*30.4*	*25.6*	*24.7*
Dairy milk	26.7	25.7	17.3	12.4	10.4	10.3
Cream	0.3	1.0	0.7	1.5	2.0	2.2
Cheese	6.8	7.3	7.1	6.8	6.8	6.9
Frozen milk products	7.6	7.4	8.3	6.7	3.4	2.5
Other dishes where milk or a milk product is the major component	1.5	2.0	0.7	0.5	1.1	1.2
Flavoured milks	1.3	1.3	1.9	1.5	1.5	0.8
Meat, poultry and game products and dishes	*5.1*	*5.6*	*19.6*	*30.7*	*30.4*	*31.6*
Poultry and other feathered game	0.8	0.9	1.3	1.1	1.5	1.3
Organ meats and offal, products and dishes	0.4	0.5	14.4	25.4	19.4	24.5
Processed meat	0.7	0.4	0.4	0.3	4.7	1.2
Mixed dishes where beef or veal is the major component	0.9	1.4	1.3	1.2	1.5	1.5
Mixed dishes where poultry or game is the major ingredient	1.3	1.7	1.6	1.8	2.1	2.2
Fish and seafood products and dishes	*1.4*	*2.2*	*1.0*	*1.1*	*1.6*	*1.8*
Egg products and dishes	*2.7*	*3.3*	*3.2*	*2.0*	*4.1*	*3.9*
Eggs	1.8	2.0	2.6	1.3	2.7	2.2
Confectionery	*1.1*	*2.0*	*1.1*	*1.3*	*0.5*	*0.7*
Fats and oils	*16.6*	*17.1*	*14.0*	*12.2*	*18.6*	*16.8*
Dairy fats	3.0	3.5	2.7	3.1	5.7	5.8
Margarine	13.3	13.1	11.2	8.7	12.2	10.3
Miscellaneous	*1.7*	*1.7*	*1.5*	*1.7*	*0.5*	*0.6*
Beverage flavourings	1.7	1.7	1.5	1.7	0.5	0.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups.

TABLE 52. PROVITAMIN A (mcg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereal-based products and dishes	*4.7*	*3.3*	*5.9*	*4.2*	*4.5*	*3.6*
Pastries	0.9	1.0	2.7	1.3	1.4	1.1
Mixed dishes where cereal is the major ingredient	2.3	1.3	2.4	2.1	1.9	1.3
Fruit products and dishes	*8.0*	*6.5*	*3.8*	*4.2*	*5.9*	*6.6*
Stone fruit	1.6	1.0	0.5	1.1	0.9	1.0
Tropical fruit	2.4	1.8	0.4	0.3	2.3	2.3
Other fruit	1.9	1.6	1.7	1.6	1.4	2.0
Vegetable products and dishes	*58.6*	*65.2*	*64.2*	*67.7*	*69.4*	*69.0*
Carrot and similar root vegetables	45.7	48.9	41.5	47.9	45.4	44.4
Leaf and stalk vegetables	0.3	0.7	0.5	0.8	1.8	2.0
Peas and beans	1.9	2.0	3.1	2.0	2.4	2.2
Tomato and tomato products	1.4	1.7	2.1	2.5	3.4	3.5
Other fruiting vegetables	6.5	8.3	13.5	10.7	11.3	12.2
Other vegetables and vegetable combinations	1.1	1.6	1.8	2.0	2.6	2.3
Milk products and dishes	*6.3*	*5.3*	*5.6*	*3.8*	*2.7*	*2.1*
Dairy milk	3.5	2.8	2.4	1.4	1.0	0.8
Meat, poultry and game products and dishes	*2.5*	*2.7*	*3.8*	*2.7*	*3.2*	*2.1*
Mixed dishes where beef or veal is the major component	1.3	1.5	2.1	1.7	1.8	1.2
Snack foods	*4.2*	*4.6*	*2.2*	*4.4*	*0.4*	*0.6*
Extruded snacks	4.0	4.5	2.2	4.3	0.4	0.6
Fats and oils	*2.5*	*2.1*	*2.2*	*1.6*	*2.2*	*1.6*
Margarine	2.0	1.6	1.7	1.1	1.4	1.0
Soup	*4.8*	*3.2*	*4.3*	*3.9*	*6.1*	*7.9*
Soup	4.8	3.2	4.3	3.9	6.1	7.9
Savoury sauces and condiments	*1.3*	*1.0*	*1.9*	*1.5*	*1.3*	*1.1*
Gravies and savoury sauces	1.3	1.0	1.9	1.5	1.3	1.1
Non-alcoholic beverages(b)	*5.3*	*4.9*	*4.9*	*4.9*	*3.2*	*4.4*
Fruit and vegetable juices and drinks	5.3	4.9	4.9	4.9	3.1	4.3

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 53. THIAMIN (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*44.3*	*42.4*	*44.3*	*39.6*	*41.3*	*40.5*
Regular breads, and rolls	19.1	19.6	17.2	21.0	21.0	20.6
Breakfast cereals, plain, single source	10.7	10.7	10.4	5.5	7.5	6.7
Fancy breads, flat breads, English-style muffins and crumpets	1.1	1.0	1.1	1.5	1.8	2.0
Breakfast cereals, mixed source	11.7	8.7	13.6	9.6	8.5	8.5
Cereal-based products and dishes	*7.5*	*6.8*	*8.1*	*8.6*	*8.2*	*7.3*
Cakes, buns, muffins, scones, cake-type desserts	1.0	1.1	0.8	1.2	1.1	1.5
Mixed dishes where cereal is the major ingredient	3.7	2.7	5.0	5.1	4.6	3.0
Fruit products and dishes	*2.9*	*3.5*	*1.8*	*2.5*	*2.6*	*3.6*
Vegetable products and dishes	*5.8*	*6.8*	*8.3*	*8.9*	*9.9*	*11.1*
Potatoes	3.6	3.8	5.2	4.8	4.8	4.7
Milk products and dishes	*11.4*	*11.5*	*9.0*	*8.0*	*6.4*	*7.2*
Dairy milk	9.1	9.2	6.9	5.7	4.7	5.3
Meat, poultry and game products and dishes	*6.2*	*7.3*	*9.6*	*8.9*	*13.6*	*10.8*
Muscle meat	3.6	4.3	6.2	4.9	8.2	6.3
Mixed dishes where beef or veal is the major component	0.6	1.0	0.9	1.1	1.5	1.2
Non-alcoholic beverages(b)	*1.7*	*2.1*	*1.7*	*3.0*	*2.0*	*2.8*
Fruit and vegetable juices and drinks	1.7	2.1	1.6	2.9	1.6	1.9
Miscellaneous	*16.1*	*14.8*	*13.0*	*15.2*	*9.6*	*10.0*
Beverage flavourings	1.4	1.5	1.4	1.6	0.5	0.6
Yeast; yeast, vegetable and meat extracts	14.7	13.3	11.7	13.6	9.1	9.4

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 54. RIBOFLAVIN (mg) : PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*22.1*	*20.8*	*25.1*	*17.3*	*18.7*	*17.0*
Regular breads, and rolls	1.9	2.0	1.8	2.2	2.5	2.4
Breakfast cereals, plain, single source	8.8	9.1	8.8	4.6	6.5	5.2
Breakfast cereals, mixed source	10.0	8.0	13.1	9.0	8.3	7.8
Cereal-based products and dishes	*5.2*	*5.0*	*5.8*	*6.7*	*6.3*	*5.4*
Pastries	0.9	1.3	1.6	1.4	1.6	1.4
Mixed dishes where cereal is the major ingredient	2.3	1.6	2.9	3.5	3.0	2.0
Fruit products and dishes	*2.1*	*2.4*	*1.0*	*1.8*	*2.3*	*3.2*
Tropical fruit	1.0	1.2	0.4	0.6	1.2	1.7
Vegetable products and dishes	*2.9*	*3.3*	*4.4*	*5.4*	*6.7*	*7.7*
Potatoes	1.0	1.1	1.5	1.5	1.6	1.5
Cabbage, cauliflower and similar brassica vegetables	0.6	0.5	0.7	0.9	1.3	1.6
Milk products and dishes	*41.1*	*41.9*	*36.0*	*35.0*	*28.4*	*31.4*
Dairy milk	30.1	29.8	25.2	22.1	19.8	22.3
Yoghurt	1.8	2.4	1.3	3.2	1.4	2.8
Frozen milk products	4.6	4.5	5.4	5.4	2.5	1.9
Other dishes where milk or a milk product is the major component	1.7	2.1	0.8	0.7	1.1	1.4
Flavoured milks	1.8	1.9	2.5	2.5	2.4	1.3
Meat, poultry and game products and dishes	*6.4*	*6.5*	*9.4*	*10.8*	*15.3*	*11.7*
Muscle meat	2.2	2.1	3.9	4.0	6.6	4.4
Poultry and other feathered game	0.8	0.9	1.4	1.6	1.9	1.6
Mixed dishes where beef or veal is the major component	1.1	1.4	1.7	2.2	2.7	2.1
Fish and seafood products and dishes	*0.5*	*0.7*	*0.5*	*1.1*	*1.5*	*1.4*
Egg products and dishes	*1.3*	*1.6*	*1.5*	*1.1*	*2.5*	*2.2*
Eggs	0.8	0.9	1.2	0.7	1.6	1.2
Confectionery	*1.9*	*2.7*	*2.2*	*3.0*	*1.1*	*1.5*
Chocolate and chocolate-based confectionery	1.5	2.2	2.0	2.8	1.1	1.4
Non-alcoholic beverages(b)	*0.2*	*0.2*	*0.4*	*0.9*	*4.1*	*5.5*
Tea	0.1	0.1	0.1	0.3	1.4	2.3
Coffee and coffee substitutes	—	—	0.2	0.5	2.6	3.0
Miscellaneous	*14.4*	*13.0*	*11.8*	*14.2*	*9.7*	*9.3*
Yeast; yeast, vegetable and meat extracts	13.8	12.3	11.3	13.5	9.4	9.0

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 55. NIACIN EQUIVALENTS (mg) : PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*23.3*	*21.9*	*21.7*	*18.3*	*17.2*	*18.2*
Regular breads, and rolls	8.7	8.6	7.0	8.0	7.3	7.8
Breakfast cereals, plain, single source	5.5	5.4	4.9	2.4	3.0	2.9
Breakfast cereals, mixed source	6.3	4.6	6.8	4.6	3.7	3.9
Cereal-based products and dishes	*11.5*	*10.2*	*12.7*	*11.6*	*9.7*	*8.4*
Pastries	2.6	3.2	4.1	2.7	2.8	2.3
Mixed dishes where cereal is the major ingredient	5.2	3.6	6.5	6.3	5.0	3.4
Fruit products and dishes	*1.9*	*2.0*	*0.8*	*1.5*	*1.4*	*2.2*
Vegetable products and dishes	*6.7*	*7.3*	*8.6*	*8.7*	*8.1*	*9.4*
Potatoes	4.4	4.5	5.7	5.0	4.2	4.2
Milk products and dishes	*15.6*	*15.7*	*12.4*	*11.1*	*8.0*	*9.5*
Dairy milk	9.5	9.1	6.9	5.4	4.1	5.1
Cheese	2.1	2.3	2.2	2.3	1.9	2.1
Frozen milk products	1.7	1.6	1.7	1.5	0.6	0.5
Meat, poultry and game products and dishes	*22.4*	*23.1*	*28.2*	*29.8*	*32.7*	*28.0*
Muscle meat	6.7	6.2	10.5	9.6	13.1	9.8
Poultry and other feathered game	3.5	4.2	6.0	6.9	5.8	5.8
Sausages, frankfurts, and saveloys	2.2	2.0	1.4	1.6	1.7	1.1
Mixed dishes where beef or veal is the major component	3.7	5.2	5.2	5.9	5.8	5.2
Mixed dishes where lamb, pork, bacon or ham is the major component	1.5	1.1	0.6	1.3	1.3	1.4
Mixed dishes where poultry or game is the major ingredient	3.8	3.7	3.5	3.8	3.7	3.7
Fish and seafood products and dishes	*2.5*	*3.1*	*2.4*	*3.9*	*4.1*	*4.8*
Confectionery	*1.2*	*1.5*	*0.9*	*1.2*	*0.4*	*0.6*
Seed and nut products and dishes	*1.6*	*2.4*	*0.8*	*1.3*	*1.4*	*1.3*
Nuts and nut products	1.6	2.4	0.8	1.3	1.4	1.2
Soup	*0.9*	*0.7*	*0.5*	*0.6*	*1.1*	*1.7*
Soup	0.9	0.7	0.5	0.6	1.1	1.7
Non-alcoholic beverages(b)	*3.0*	*3.4*	*2.7*	*3.8*	*7.4*	*9.5*
Coffee and coffee substitutes	0.1	—	0.7	0.8	5.4	6.3
Fruit and vegetable juices and drinks	2.9	3.2	1.8	2.8	1.1	1.4
Alcoholic beverages	—	—	*0.5*	*0.3*	*3.2*	*0.7*
Beers	—	—	0.5	0.2	3.0	0.5
Miscellaneous	*6.1*	*5.3*	*4.4*	*4.8*	*2.7*	*2.9*
Yeast; yeast, vegetable and meat extracts	5.9	5.1	4.2	4.5	2.6	2.8

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 56. FOLATE (mcg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		12 to 18 years		19 years and over	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*20.6*	*19.6*	*19.4*	*19.1*	*19.8*	*19.1*
Regular breads, and rolls	13.8	13.6	11.9	13.7	12.9	12.1
Breakfast cereals, plain, single source	2.2	2.1	2.1	1.1	2.0	1.9
Breakfast cereals, mixed source	2.6	1.7	2.9	2.3	2.4	2.4
Cereal-based products and dishes	*9.9*	*8.4*	*10.6*	*9.3*	*8.0*	*6.7*
Cakes, buns, muffins, scones, cake-type desserts	2.0	1.8	1.5	1.9	1.3	1.7
Pastries	1.4	1.8	2.5	1.8	1.6	1.6
Mixed dishes where cereal is the major ingredient	4.6	3.0	5.6	4.5	4.2	2.6
Fruit products and dishes	*5.1*	*5.8*	*2.9*	*3.4*	*3.7*	*4.8*
Citrus fruit	2.4	2.9	1.7	1.8	1.8	2.1
Tropical fruit	1.5	1.7	0.6	0.7	1.1	1.6
Vegetable products and dishes	*18.3*	*20.3*	*24.4*	*25.6*	*26.7*	*29.6*
Potatoes	8.3	8.2	11.4	9.1	8.1	7.1
Cabbage, cauliflower and similar brassica vegetables	2.8	2.3	3.3	3.7	4.6	5.6
Carrot and similar root vegetables	1.5	1.9	1.3	2.0	2.3	2.6
Leaf and stalk vegetables	1.1	1.6	1.6	2.7	3.2	4.3
Peas and beans	1.9	2.4	2.9	2.4	2.8	2.9
Tomato and tomato products	0.5	0.8	0.8	1.1	1.5	1.8
Other fruiting vegetables	0.8	1.3	1.4	1.7	1.7	2.3
Other vegetables and vegetable combinations	1.3	1.5	1.7	2.6	2.3	2.6
Legume and pulse products and dishes	*1.1*	*0.9*	*1.9*	*1.0*	*1.4*	*1.1*
Milk products and dishes	*15.9*	*15.7*	*12.6*	*11.1*	*8.1*	*8.7*
Dairy milk	10.1	9.5	7.5	5.6	4.2	4.5
Cheese	1.8	2.0	2.1	2.2	1.8	1.8
Frozen milk products	1.4	1.4	1.6	1.4	0.5	0.4
Meat, poultry and game products and dishes	*4.6*	*4.8*	*6.4*	*6.7*	*7.8*	*7.4*
Muscle meat	1.0	0.8	1.7	1.6	2.1	1.3
Mixed dishes where beef or veal is the major component	1.6	2.0	2.2	2.3	2.6	2.0
Egg products and dishes	*1.5*	*1.7*	*1.8*	*1.1*	*1.9*	*1.7*
Eggs	1.1	1.1	1.5	0.7	1.3	1.1
Snack foods	*1.8*	*2.0*	*1.7*	*1.8*	*0.5*	*0.5*
Soup	*0.9*	*0.6*	*0.6*	*0.6*	*1.3*	*1.9*
Soup	0.9	0.6	0.6	0.6	1.2	1.9
Non-alcoholic beverages(b)	*8.9*	*9.9*	*7.9*	*10.4*	*7.9*	*10.6*
Tea	0.2	0.3	0.2	0.8	3.3	5.5
Fruit and vegetable juices and drinks	8.6	9.6	7.5	9.5	4.3	4.6
Alcoholic beverages	—	—	*1.2*	*0.5*	*6.2*	*1.2*
Beers	—	—	1.0	0.4	6.1	0.9
Miscellaneous	*8.4*	*7.2*	*6.3*	*6.5*	*3.8*	*3.7*
Yeast; yeast, vegetable and meat extracts	8.2	7.0	6.2	6.4	3.8	3.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 57. VITAMIN C (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*3.2*	*2.2*	*3.5*	*1.4*	*1.3*	*0.9*
Breakfast cereals, mixed source	3.1	2.2	3.5	1.4	1.3	0.8
Cereal-based products and dishes	*1.4*	*1.1*	*2.6*	*1.7*	*1.8*	*1.4*
Mixed dishes where cereal is the major ingredient	1.0	0.6	1.6	1.0	1.1	0.7
Fruit products and dishes	*18.0*	*19.4*	*13.8*	*13.0*	*16.9*	*21.1*
Pome fruit	2.6	2.6	1.9	2.3	1.5	1.8
Citrus fruit	8.1	9.9	7.3	5.8	7.6	8.3
Tropical fruit	2.8	3.0	1.5	1.1	3.4	4.5
Other fruit	2.2	2.0	2.4	2.1	2.3	3.6
Vegetable products and dishes	*19.4*	*20.5*	*32.1*	*27.2*	*40.3*	*40.8*
Potatoes	9.0	8.6	14.7	10.6	13.7	11.4
Cabbage, cauliflower and similar brassica vegetables	5.0	4.3	7.4	6.6	10.8	12.2
Peas and beans	0.9	1.1	1.7	1.1	1.8	1.7
Tomato and tomato products	1.3	1.9	2.3	2.7	4.8	5.1
Other fruiting vegetables	1.6	2.4	3.6	3.2	5.1	5.9
Other vegetables and vegetable combinations	0.6	0.8	1.1	1.4	1.7	1.8
Milk products and dishes	*3.4*	*3.2*	*3.1*	*2.0*	*2.0*	*1.9*
Dairy milk	3.0	2.8	2.7	1.7	1.6	1.6
Meat, poultry and game products and dishes	*0.9*	*1.1*	*1.5*	*1.1*	*1.7*	*1.4*
Snack foods	*2.2*	*2.7*	*2.8*	*2.3*	*0.8*	*0.7*
Potato snacks	2.2	2.6	2.8	2.3	0.8	0.7
Soup	*0.6*	*0.4*	*0.5*	*0.4*	*1.2*	*1.7*
Soup	0.6	0.4	0.5	0.4	1.2	1.7
Non-alcoholic beverages(b)	*48.9*	*47.2*	*37.1*	*48.1*	*26.9*	*26.7*
Fruit and vegetable juices and drinks	48.8	47.1	36.9	48.0	26.8	26.6
Alcoholic beverages	—	—	*1.1*	*0.8*	*5.7*	*2.2*
Beers	—	—	0.9	0.3	5.0	0.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 58. CALCIUM (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*11.0*	*10.4*	*11.6*	*12.0*	*13.5*	*12.3*
Regular breads, and rolls	7.8	7.6	7.4	8.6	9.2	7.9
Breakfast cereals, mixed source	1.2	0.8	2.0	1.6	1.6	1.6
Cereal-based products and dishes	*8.3*	*7.3*	*9.0*	*9.4*	*9.4*	*7.4*
Cakes, buns, muffins, scones, cake-type desserts	1.3	1.2	1.1	1.5	1.4	1.8
Mixed dishes where cereal is the major ingredient	4.6	3.3	5.9	5.4	5.8	3.3
Fruit products and dishes	*1.5*	*1.7*	*1.0*	*1.4*	*1.7*	*2.0*
Vegetable products and dishes	*2.3*	*2.9*	*3.4*	*4.1*	*5.3*	*6.0*
Milk products and dishes	*66.3*	*66.6*	*63.1*	*58.3*	*51.6*	*53.0*
Dairy milk	44.1	42.5	38.4	31.6	29.2	31.5
Yoghurt	2.6	3.2	1.8	4.1	2.0	3.7
Cheese	8.9	9.9	11.4	12.2	12.1	11.5
Frozen milk products	5.3	5.1	6.5	6.0	3.0	2.1
Other dishes where milk or a milk product is the major component	2.3	2.6	1.2	0.9	1.4	1.6
Flavoured milks	2.5	2.6	3.5	3.3	3.3	1.7
Meat, poultry and game products and dishes	*1.5*	*1.5*	*2.0*	*2.2*	*2.9*	*2.2*
Fish and seafood products and dishes	*0.6*	*0.9*	*0.8*	*1.2*	*2.1*	*2.1*
Confectionery	*2.1*	*2.9*	*2.5*	*3.2*	*1.3*	*1.6*
Chocolate and chocolate-based confectionery	1.6	2.3	2.2	2.9	1.1	1.4
Non-alcoholic beverages(b)	*1.9*	*2.0*	*2.0*	*3.2*	*5.4*	*7.1*
Tea	0.1	0.1	0.1	0.4	2.0	3.2
Coffee and coffee substitutes	—	—	0.2	0.5	2.0	2.5
Fruit and vegetable juices and drinks	1.4	1.5	1.1	1.8	0.9	1.0

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 59. PHOSPHORUS (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*14.7*	*14.1*	*14.4*	*14.2*	*15.8*	*16.5*
Regular breads, and rolls	7.0	6.9	6.1	7.1	7.1	7.1
Breakfast cereals, plain, single source	2.1	1.9	1.9	1.1	2.2	2.4
Pasta and pasta products	1.3	1.6	1.5	1.7	1.3	1.3
Breakfast cereals, mixed source	2.2	1.5	2.6	2.1	2.4	2.5
Cereal-based products and dishes	*13.5*	*12.1*	*13.4*	*13.4*	*12.3*	*11.5*
Cakes, buns, muffins, scones, cake-type desserts	3.2	3.2	2.3	3.2	2.7	3.8
Pastries	1.9	2.5	3.1	2.4	2.4	2.1
Mixed dishes where cereal is the major ingredient	5.1	3.3	6.2	5.9	5.6	3.7
Fruit products and dishes	*1.8*	*1.9*	*0.9*	*1.4*	*1.4*	*2.0*
Vegetable products and dishes	*5.7*	*6.3*	*7.7*	*8.0*	*7.9*	*8.6*
Potatoes	3.6	3.8	5.0	4.4	3.9	3.6
Milk products and dishes	*37.2*	*37.1*	*31.5*	*28.3*	*21.8*	*24.9*
Dairy milk	24.8	23.8	19.4	15.6	12.6	15.0
Yoghurt	1.5	1.8	0.9	2.1	0.9	1.8
Cheese	4.2	4.6	5.0	5.1	4.4	4.7
Frozen milk products	3.2	3.0	3.5	3.2	1.4	1.1
Other dishes where milk or a milk product is the major component	1.6	1.9	0.7	0.6	0.7	1.0
Flavoured milks	1.4	1.5	1.8	1.7	1.5	0.8
Meat, poultry and game products and dishes	*14.0*	*14.4*	*18.0*	*18.7*	*22.6*	*18.0*
Muscle meat	4.0	3.7	6.7	5.8	8.9	6.3
Poultry and other feathered game	1.7	2.0	3.1	3.6	3.2	3.1
Sausages, frankfurts, and saveloys	2.0	1.8	1.4	1.6	1.8	1.1
Mixed dishes where beef or veal is the major component	2.4	3.3	3.5	4.1	4.3	3.6
Mixed dishes where poultry or game is the major ingredient	2.2	2.1	2.0	2.3	2.4	2.3
Fish and seafood products and dishes	*1.8*	*2.3*	*2.2*	*2.8*	*4.0*	*4.2*
Egg products and dishes	*1.0*	*1.2*	*1.1*	*0.9*	*1.5*	*1.4*
Snack foods	*1.7*	*1.8*	*1.4*	*1.7*	*0.4*	*0.5*
Confectionery	*1.9*	*2.3*	*1.8*	*2.3*	*0.8*	*1.1*
Chocolate and chocolate-based confectionery	1.2	1.6	1.5	2.0	0.7	0.9
Soup	*0.7*	*0.6*	*0.5*	*0.5*	*1.0*	*1.7*
Soup	0.7	0.6	0.4	0.5	1.0	1.6
Non-alcoholic beverages(b)	*2.1*	*2.2*	*3.2*	*3.8*	*4.1*	*4.8*
Coffee and coffee substitutes	—	—	0.1	0.3	1.2	1.6
Soft drinks, flavoured mineral waters and electrolyte drinks	0.8	0.8	2.1	1.9	1.4	0.9
Alcoholic beverages	—	—	*0.5*	*0.3*	*3.0*	*1.2*
Beers	—	—	0.4	0.2	2.4	0.4

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 60. MAGNESIUM (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*25.1*	*23.5*	*24.6*	*23.2*	*24.3*	*24.8*
Regular breads, and rolls	12.7	12.4	11.1	12.5	11.4	11.2
Breakfast cereals, plain, single source	4.1	3.8	4.0	2.2	4.0	4.2
Rice and rice products	1.5	1.6	1.6	2.0	2.0	1.9
Breakfast cereals, mixed source	4.0	2.6	4.8	3.8	4.0	4.2
Cereal-based products and dishes	*10.1*	*8.8*	*10.3*	*10.1*	*7.9*	*7.1*
Cakes, buns, muffins, scones, cake-type desserts	2.0	1.8	1.5	2.0	1.4	1.9
Pastries	1.5	1.8	2.5	1.9	1.6	1.4
Mixed dishes where cereal is the major ingredient	3.8	2.5	4.7	4.4	3.5	2.3
Fruit products and dishes	*5.2*	*5.7*	*2.8*	*3.9*	*3.7*	*5.1*
Tropical fruit	1.9	2.1	0.8	0.8	1.4	2.1
Vegetable products and dishes	*10.0*	*11.1*	*13.9*	*13.9*	*12.8*	*13.7*
Potatoes	6.4	6.6	9.2	7.7	6.4	5.8
Milk products and dishes	*22.6*	*22.4*	*19.1*	*16.5*	*11.2*	*12.3*
Dairy milk	15.5	14.8	12.5	9.6	7.0	8.0
Cheese	1.4	1.5	1.6	1.7	1.2	1.3
Frozen milk products	2.3	2.1	2.6	2.4	0.8	0.7
Meat, poultry and game products and dishes	*8.1*	*8.5*	*10.6*	*10.7*	*11.4*	*9.1*
Muscle meat	1.9	1.7	3.2	2.7	3.7	2.5
Poultry and other feathered game	0.9	1.1	1.7	1.9	1.6	1.4
Mixed dishes where beef or veal is the major component	1.9	2.5	2.7	3.0	2.8	2.3
Mixed dishes where poultry or game is the major ingredient	1.4	1.4	1.5	1.6	1.6	1.5
Fish and seafood products and dishes	*1.4*	*1.6*	*1.6*	*2.0*	*2.5*	*2.6*
Snack foods	*1.9*	*2.2*	*1.8*	*2.0*	*0.5*	*0.5*
Confectionery	*2.8*	*3.2*	*2.6*	*3.4*	*1.1*	*1.4*
Chocolate and chocolate-based confectionery	1.6	2.0	2.0	2.9	0.8	1.1
Seed and nut products and dishes	*2.0*	*2.8*	*1.1*	*1.5*	*2.3*	*2.3*
Nuts and nut products	2.0	2.8	1.1	1.5	2.2	2.0
Soup	*0.8*	*0.6*	*0.6*	*0.7*	*1.2*	*1.8*
Soup	0.8	0.6	0.6	0.7	1.1	1.8
Non-alcoholic beverages(b)	*5.1*	*5.4*	*5.1*	*6.9*	*10.8*	*13.6*
Tea	0.2	0.3	0.2	0.7	3.0	5.1
Coffee and coffee substitutes	0.1	—	0.8	0.9	5.4	5.9
Fruit and vegetable juices and drinks	4.0	4.5	3.0	4.3	1.7	2.0
Alcoholic beverages	—	—	*1.3*	*0.7*	*6.8*	*2.4*
Beers	—	—	1.0	0.4	5.6	0.8
Wines	—	—	0.2	0.1	1.2	1.5
Miscellaneous	*1.6*	*1.6*	*1.5*	*1.5*	*0.7*	*0.7*

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 61. IRON (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*40.8*	*38.1*	*39.8*	*32.1*	*30.1*	*29.3*
Regular breads, and rolls	11.8	11.9	9.8	12.1	11.1	10.9
Breakfast cereals, plain, single source	12.0	12.0	10.3	5.4	6.2	5.4
Breakfast cereals, mixed source	14.0	10.8	16.4	11.3	9.1	8.9
Cereal-based products and dishes	*12.7*	*11.6*	*12.9*	*13.4*	*10.8*	*9.1*
Sweet biscuits	1.6	1.6	1.0	1.0	0.9	0.9
Cakes, buns, muffins, scones, cake-type desserts	2.3	2.2	1.6	2.4	1.7	2.2
Pastries	1.8	2.2	3.1	2.3	2.2	1.8
Mixed dishes where cereal is the major ingredient	5.4	4.1	6.5	6.7	5.3	3.3
Fruit products and dishes	*4.2*	*4.5*	*2.0*	*3.3*	*2.9*	*4.0*
Vegetable products and dishes	*8.4*	*9.5*	*10.8*	*11.9*	*11.7*	*12.9*
Potatoes	4.8	4.9	6.2	5.6	4.7	4.3
Cabbage, cauliflower and similar brassica vegetables	0.6	0.6	0.8	0.9	1.2	1.5
Peas and beans	1.1	1.4	1.6	1.5	1.7	1.8
Legume and pulse products and dishes	*1.0*	*0.8*	*1.5*	*1.2*	*1.3*	*1.1*
Milk products and dishes	*4.8*	*4.9*	*3.3*	*3.0*	*2.3*	*2.6*
Dairy milk	3.0	3.0	2.2	1.9	1.3	1.5
Meat, poultry and game products and dishes	*14.2*	*14.8*	*16.9*	*19.1*	*22.1*	*16.9*
Muscle meat	4.2	3.7	6.7	6.7	9.2	6.3
Poultry and other feathered game	0.9	1.0	1.4	1.6	1.5	1.4
Sausages, frankfurts, and saveloys	2.6	2.3	1.6	1.9	2.0	1.2
Mixed dishes where beef or veal is the major component	3.3	4.9	4.7	5.8	5.6	4.7
Mixed dishes where poultry or game is the major ingredient	1.4	1.3	1.2	1.5	1.5	1.4
Fish and seafood products and dishes	*1.0*	*1.3*	*1.1*	*1.5*	*1.8*	*2.2*
Egg products and dishes	*1.2*	*1.4*	*1.3*	*1.0*	*1.6*	*1.5*
Snack foods	*1.9*	*2.2*	*1.7*	*2.0*	*0.5*	*0.6*
Potato snacks	1.2	1.6	1.2	1.4	0.4	0.4
Confectionery	*2.2*	*2.9*	*1.8*	*2.5*	*0.9*	*1.0*
Chocolate and chocolate-based confectionery	1.0	1.4	1.3	1.9	0.6	0.7
Soup	*0.8*	*0.7*	*0.6*	*0.7*	*1.3*	*2.0*
Soup	0.8	0.7	0.6	0.7	1.3	2.0
Non-alcoholic beverages(b)	*2.3*	*2.7*	*1.9*	*3.5*	*7.9*	*12.5*
Tea	0.4	0.4	0.3	1.3	5.3	9.4
Coffee and coffee substitutes	—	—	0.2	0.3	1.8	2.1
Fruit and vegetable juices and drinks	1.8	2.0	1.0	1.7	0.6	0.8
Miscellaneous	*2.3*	*2.3*	*2.1*	*2.3*	*0.8*	*0.9*
Beverage flavourings	1.9	2.0	1.8	1.9	0.6	0.6

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 62. ZINC (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		*12 to 18 years*		*19 years and over*	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*14.8*	*14.0*	*13.2*	*13.3*	*13.5*	*14.8*
Regular breads, and rolls	7.6	7.3	6.1	7.1	6.5	6.9
Breakfast cereals, plain, single source	1.9	1.8	1.6	0.9	1.7	1.9
Rice and rice products	1.7	1.7	1.8	2.1	2.0	2.1
Breakfast cereals, mixed source	2.0	1.4	2.1	1.6	1.6	1.8
Cereal-based products and dishes	*12.9*	*11.0*	*14.1*	*12.4*	*10.9*	*8.9*
Pastries	2.9	3.4	4.6	2.9	2.9	2.4
Mixed dishes where cereal is the major ingredient	6.7	4.5	7.6	7.1	6.3	4.1
Fruit products and dishes	*2.6*	*2.7*	*1.2*	*2.1*	*1.6*	*2.5*
Vegetable products and dishes	*6.8*	*7.8*	*8.8*	*9.0*	*8.9*	*10.5*
Potatoes	3.3	3.4	4.4	3.8	3.3	3.4
Milk products and dishes	*24.2*	*24.3*	*19.4*	*17.5*	*12.4*	*14.8*
Dairy milk	15.2	14.6	11.0	8.7	6.3	7.9
Cheese	4.5	5.0	4.8	4.9	3.9	4.3
Frozen milk products	1.7	1.6	1.7	1.5	0.6	0.5
Meat, poultry and game products and dishes	*27.5*	*27.6*	*33.4*	*34.5*	*39.1*	*32.2*
Muscle meat	9.5	8.3	14.9	13.6	17.9	13.4
Poultry and other feathered game	2.1	2.3	3.3	3.3	3.2	3.1
Sausages, frankfurts, and saveloys	4.4	3.9	2.8	3.1	3.1	2.0
Mixed dishes where beef or veal is the major component	6.5	9.1	8.9	10.2	9.8	8.8
Mixed dishes where lamb, pork, bacon or ham is the major component	1.6	1.0	0.7	1.4	1.4	1.4
Mixed dishes where poultry or game is the major ingredient	1.9	1.8	1.8	1.9	2.0	2.1
Fish and seafood products and dishes	*1.1*	*1.9*	*1.0*	*1.7*	*4.3*	*4.1*
Crustacea and molluscs (excluding canned)	0.3	0.7	0.1	0.2	2.5	2.0
Snack foods	*1.6*	*1.8*	*1.3*	*1.5*	*0.4*	*0.5*
Confectionery	*1.6*	*1.9*	*1.4*	*1.8*	*0.6*	*0.8*
Chocolate and chocolate-based confectionery	0.9	1.2	1.1	1.5	0.5	0.7
Soup	*0.9*	*0.9*	*0.8*	*0.6*	*1.3*	*2.0*
Soup	0.9	0.9	0.8	0.6	1.3	2.0
Non-alcoholic beverages(b)	*1.4*	*1.4*	*1.0*	*1.6*	*2.5*	*4.3*
Tea	0.1	0.1	0.1	0.3	1.4	2.7

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 63. POTASSIUM (mg): PROPORTION FROM SELECTED FOOD GROUPS(a)

(Per cent)

	2 to 11 years		12 to 18 years		19 years and over	
Selected major and sub-major food groups	*Males*	*Females*	*Males*	*Females*	*Males*	*Females*
Cereals and cereal products	*9.3*	*8.5*	*9.2*	*8.3*	*9.2*	*9.2*
Regular breads, and rolls	4.8	4.5	4.1	4.6	4.5	4.3
Breakfast cereals, mixed source	1.8	1.2	2.2	1.6	1.6	1.7
Cereal-based products and dishes	*7.3*	*6.5*	*8.4*	*7.6*	*6.9*	*5.7*
Pastries	1.5	1.8	2.7	1.8	1.9	1.5
Mixed dishes where cereal is the major ingredient	2.9	2.0	3.9	3.6	3.1	1.9
Fruit products and dishes	*9.6*	*10.1*	*4.9*	*7.2*	*7.0*	*9.6*
Pome fruit	2.5	2.6	1.5	2.3	1.2	1.6
Tropical fruit	3.0	3.2	1.2	1.3	2.5	3.5
Vegetable products and dishes	*17.6*	*18.7*	*24.2*	*23.9*	*24.4*	*25.5*
Potatoes	12.5	12.2	17.2	14.7	13.8	12.4
Cabbage, cauliflower and similar brassica vegetables	0.9	0.9	1.3	1.5	1.9	2.3
Carrot and similar root vegetables	1.1	1.2	1.0	1.4	1.4	1.6
Leaf and stalk vegetables	0.4	0.6	0.6	0.9	1.1	1.5
Tomato and tomato products	0.7	0.9	1.0	1.5	2.0	2.4
Other fruiting vegetables	0.8	1.2	1.5	1.8	1.9	2.7
Other vegetables and vegetable combinations	0.7	0.7	0.9	1.3	1.3	1.5
Milk products and dishes	*27.6*	*26.4*	*22.7*	*19.2*	*14.1*	*15.5*
Dairy milk	20.1	18.7	15.9	12.2	9.7	11.0
Yoghurt	1.2	1.4	0.8	1.7	0.7	1.3
Frozen milk products	3.0	2.7	3.3	2.9	1.2	0.9
Flavoured milks	1.3	1.3	1.6	1.4	1.3	0.7
Meat, poultry and game products and dishes	*9.9*	*10.1*	*12.7*	*13.0*	*15.5*	*11.9*
Muscle meat	2.7	2.4	4.5	3.8	5.6	3.8
Poultry and other feathered game	0.8	0.9	1.4	1.5	1.5	1.3
Mixed dishes where beef or veal is the major component	2.7	3.6	4.0	4.3	4.4	3.6
Mixed dishes where poultry or game is the major ingredient	1.6	1.5	1.5	1.6	1.8	1.6
Fish and seafood products and dishes	*1.2*	*1.4*	*1.3*	*1.8*	*2.4*	*2.4*
Snack foods	*2.7*	*3.3*	*2.7*	*2.9*	*0.8*	*0.8*
Potato snacks	2.4	3.0	2.4	2.6	0.7	0.7
Confectionery	*1.9*	*2.3*	*1.8*	*2.1*	*0.8*	*1.0*
Chocolate and chocolate-based confectionery	1.1	1.5	1.5	1.8	0.6	0.8
Soup	*1.2*	*0.9*	*0.8*	*0.9*	*1.8*	*2.6*
Soup	1.2	0.9	0.8	0.9	1.7	2.6
Savoury sauces and condiments	*1.4*	*1.2*	*1.9*	*1.5*	*1.4*	*1.3*
Gravies and savoury sauces	1.4	1.1	1.9	1.4	1.3	1.2
Non-alcoholic beverages(b)	*6.2*	*6.8*	*5.3*	*7.7*	*8.7*	*10.0*
Coffee and coffee substitutes	0.1	—	0.6	0.8	5.0	5.5
Fruit and vegetable juices and drinks	6.1	6.7	4.4	6.7	3.0	3.5
Alcoholic beverages	—	—	*0.7*	*0.4*	*3.9*	*1.6*
Beers	—	—	0.5	0.2	3.0	0.4
Miscellaneous	*1.7*	*1.5*	*1.4*	*1.4*	*0.8*	*0.8*

(a) No standard errors have been calculated (see Technical Notes for further information). This table only shows major and sub-major food groups contributing 1.5% or more to any age by sex group. See Appendix 2 for the full list of food groups. (b) Includes plain drinking water.

TABLE 64. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY ENERGY INTAKE(a)

(kilojoules)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	4,968.7	5,475.8	6,377.4	7,440.8	8,855.2
4-7	5,856.0	6,682.2	7,710.0	8,898.2	10,049.1
8-11	7,141.2	8,135.4	9,330.1	10,795.5	12,552.0
12-15	8,040.2	9,310.2	11,190.9	13,218.4	15,651.8
16-18	9,058.6	10,711	13,159.5	15,505.9	18,512.6
19-24	9,317.6	10,977.6	12,949.3	15,276.2	17,824.0
25-44	9,085.5	10,026.0	11,378.2	13,013.6	14,832.0
45-64	7,417.5	8,570.5	9,977.5	11,640.9	13,612.2
65 years and over	5,699.6	6,865.5	8,306.8	9,845.0	11,498.9
All aged 19 years and over	**7,660.4**	**9,122.1**	**10,743.8**	**12,604.4**	**14,883.5**
			Females		
2-3	4,465.2	5,119.4	6,060.3	6,823.9	7,718.8
4-7	5,312.3	6,108.6	6,917.7	7,785.2	8,751.9
8-11	6,624.7	7,264.7	8,025.0	9,168.8	10,323.9
12-15	6,049.5	7,006.2	8,181.0	9,867.3	11,469.5
16-18	5,637.0	6,597.7	8,274.3	9,989.1	11,424.0
19-24	5,575.3	6,697.0	8,000.3	9,730.2	11,681.4
25-44	5,727.9	6,588.7	7,681.5	8,920.5	10,305.4
45-64	5,627.5	6,290.1	7,088.6	7,975.4	8,981.9
65 years and over	4,287.9	5,123.5	6,166.4	7,319.8	8,704.6
All aged 19 years and over	**5,331.5**	**6,210.0**	**7,240.7**	**8,517.9**	**9,923.8**
			Persons		
2-3	4,623.8	5,301.9	6,246.0	7,111.4	8,207.0
4-7	5,583.9	6,355.4	7,259.0	8,344.9	9,489.0
8-11	6,850.1	7,546.7	8,711.5	10,096.0	11,794.7
12-15	6,673.9	7,921.3	9,678.1	11,832.9	14,049.6
16-18	6,319.5	8,168.5	10,493.9	13,518.0	16,851.8
19-24	6,397.0	7,846.3	10,352.0	13,552.5	16,054.4
25-44	6,347.0	7,607.8	9,516.4	11,555.9	13,657.9
45-64	6,029.2	6,876.3	8,247.2	10,163.7	12,134.9
65 years and over	4,594.3	5,604.0	6,918.2	8,638.4	10,365.4
All aged 19 years and over	**5,817.7**	**6,957.6**	**8,768.1**	**11,013.5**	**13,361.5**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 65. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY MOISTURE INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	1,213.0	1,355.2	1,512.5	1,813.5	2,151.9
4-7	1,244.4	1,445.7	1,658.4	1,995.3	2,265.9
8-11	1,425.9	1,672.6	1,964.4	2,361.1	2,801.5
12-15	1,609.0	1,933.3	2,376.0	2,888.8	3,462.5
16-18	1,954.2	2,392.4	3,013.1	3,771.8	4,661.5
19-24	2,276.9	2,556.3	3,383.1	4,212.7	5,006.4
25-44	2,490.6	2,884.2	3,397.3	4,017.5	4,905.4
45-64	2,358.8	2,788.3	3,278.0	3,953.2	4,649.9
65 years and over	2,005.2	2,360.7	2,790.1	3,285.3	3,874.9
All aged 19 years and over	**2,324.1**	**2,723.2**	**3,262.0**	**3,948.7**	**4,713.6**
			Females		
2-3	1,053.0	1,249.8	1,423.5	1,643.7	1,905.7
4-7	1,189.1	1,339.9	1,531.4	1,801.1	2,067.5
8-11	1,319.3	1,501.7	1,731.2	2,109.8	2,413.2
12-15	1,410.3	1,726.6	2,063.9	2,546.2	3,003.2
16-18	1,565.0	1,854.8	2,291.0	2,687.9	3,424.7
19-24	1,828.9	2,138.0	2,534.8	3,104.6	3,729.6
25-44	2,109.3	2,407.0	2,781.7	3,274.1	3,789.4
45-64	2,000.3	2,380.2	2,795.0	3,332.4	3,942.3
65 years and over	1,709.0	2,092.4	2,510.5	2,980.0	3,492.4
All aged 19 years and over	**1,963.6**	**2,298.6**	**2,713.9**	**3,239.9**	**3,776.3**
			Persons		
2-3	1 144.3	1,311.0	1,468.1	1,777.0	2,090.6
4-7	1,200.4	1,382.1	1,599.5	1,901.7	2,204.3
8-11	1,377.9	1,586.3	1,859.0	2,223.2	2,618.5
12-15	1,519.2	1,784.9	2,216.5	2,703.5	3,203.7
16-18	1,711.1	2,076.4	2,587.4	3,383.2	4,323.9
19-24	1,955.5	2,325.4	2,874.6	3,711.9	4,523.8
25-44	2,245.6	2,586.3	3,084.0	3,680.5	4,416.5
45-64	2,144.7	2,536.1	3,038.8	3,630.9	4,354.4
65 years and over	1,815.1	2,201.6	2,618.4	3,126.1	3,701.1
All aged 19 years and over	**2,099.6**	**2,465.3**	**2,968.4**	**3,586.6**	**4,313.7**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 66. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY PROTEIN INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	39.3	47.1	54.3	62.6	72.0
4-7	46.9	52.6	63.4	73.6	84.0
8-11	61.2	67.7	78.1	90.2	108.2
12-15	65.8	79.1	96.5	116.6	146.7
16-18	74.0	93.7	110.4	137.7	172.9
19-24	79.2	100.2	121.3	149.9	184.4
25-44	87.8	98.1	110.5	127.9	147.1
45-64	77.0	87.9	100.6	117.3	136.0
65 years and over	57.1	66.1	81.1	95.2	115.7
All aged 19 years and over	**75.7**	**89.7**	**105.3**	**124.4**	**147.3**
			Females		
2-3	37.8	42.9	48.6	57.5	65.2
4-7	43.1	48.5	55.5	64.0	71.1
8-11	54.1	58.8	65.5	75.6	89.5
12-15	48.9	58.0	71.9	85.9	103.0
16-18	51.1	59.6	76.5	93.3	116.8
19-24	48.6	60.4	75.0	92.9	113.4
25-44	53.3	62.5	73.3	87.2	101.9
45-64	57.8	64.3	72.2	82.7	93.5
65 years and over	43.2	51.8	62.0	74.9	86.7
All aged 19 years and over	**51.5**	**60.8**	**71.4**	**84.2**	**98.6**
			Persons		
2-3	38.7	44.4	52.1	60.7	68.5
4-7	44.3	50.8	59.1	69.3	79.1
8-11	56.6	62.2	71.7	85.2	101.7
12-15	55.4	65.9	83.7	104.2	129.3
16-18	55.0	72.9	93.8	121.8	149.0
19-24	56.4	72.1	96.2	126.3	159.8
25-44	60.2	72.9	93.0	113.2	134.2
45-64	62.1	71.2	85.4	104.1	122.7
65 years and over	46.1	56.5	69.1	84.7	102.1
All aged 19 years and over	**57.0**	**68.9**	**86.5**	**107.9**	**131.1**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 67. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY TOTAL FAT INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	39.0	47.6	58.5	68.2	82.4
4-7	49.6	56.5	68.6	81.4	95.8
8-11	60.2	68.7	83.5	99.3	116.0
12-15	70.7	83.5	100.1	121.9	149.1
16-18	79.7	95.8	116.4	138.6	163.2
19-24	76.1	94.3	113.9	140.7	166.3
25-44	74.1	85.0	100.0	120.5	144.9
45-64	59.2	71.1	86.5	104.0	124.3
65 years and over	44.8	56.5	70.1	86.3	104.4
All aged 19 years and over	**61.7**	**76.2**	**93.7**	**115.2**	**142.0**
			Females		
2-3	44.5	47.9	54.5	61.1	69.8
4-7	49.8	55.0	60.9	68.7	75.4
8-11	62.4	67.9	75.4	85.3	93.9
12-15	45.9	60.0	73.9	89.6	116.4
16-18	43.0	52.5	71.4	88.7	107.4
19-24	42.3	55.9	68.9	89.3	113.3
25-44	47.9	56.5	68.6	83.4	101.4
45-64	48.1	53.7	62.2	72.6	83.9
65 years and over	33.4	42.6	52.7	68.1	83.8
All aged 19 years and over	**44.1**	**52.5**	**64.2**	**78.4**	**96.6**
			Persons		
2-3	41.5	47.7	56.3	64.6	76.5
4-7	49.8	55.2	63.7	74.4	89.3
8-11	61.6	68.1	78.9	92.3	108.0
12-15	56.4	68.4	86.8	110.3	136.4
16-18	49.9	67.6	91.9	121.6	150.9
19-24	50.6	67.1	93.5	120.2	152.9
25-44	53.5	66.7	84.3	105.7	129.4
45-64	50.2	58.8	72.1	90.7	109.5
65 years and over	37.4	46.7	59.7	77.1	95.1
All aged 19 years and over	**48.5**	**59.8**	**77.1**	**99.3**	**124.1**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 68. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY SATURATED FAT INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	17.5	22.2	27.1	33.0	38.2
4-7	20.6	24.2	30.0	36.7	44.8
8-11	24.0	28.0	35.7	43.6	52.9
12-15	29.0	35.5	43.1	54.1	66.1
16-18	31.8	38.2	47.6	59.8	75.0
19-24	28.3	36.9	44.7	57.5	70.4
25-44	28.2	32.9	39.6	48.6	59.3
45-64	21.2	26.0	32.6	41.2	52.8
65 years and over	15.6	20.3	26.3	33.8	42.7
All aged 19 years and over	**22.8**	**28.6**	**36.7**	**46.0**	**58.3**
			Females		
2-3	20.2	21.8	25.4	28.8	33.5
4-7	21.4	23.9	27.2	30.8	34.0
8-11	26.2	29.0	32.8	37.2	42.3
12-15	18.1	23.3	31.3	39.9	51.1
16-18	16.0	22.1	29.6	38.6	49.4
19-24	15.3	20.8	27.4	36.8	48.5
25-44	18.0	21.7	26.9	33.5	41.6
45-64	17.6	19.9	23.5	28.0	34.1
65 years and over	11.9	15.3	20.4	26.9	35.7
All aged 19 years and over	**16.1**	**19.8**	**24.7**	**31.1**	**39.9**
			Persons		
2-3	19.0	22.0	26.0	30.8	36.6
4-7	21.1	24.1	28.2	33.3	39.8
8-11	24.7	28.7	33.8	40.0	48.4
12-15	21.7	28.5	37.7	48.2	61.4
16-18	19.4	27.7	38.6	51.4	67.7
19-24	19.3	26.2	37.1	49.1	64.2
25-44	20.6	25.9	33.0	42.2	53.1
45-64	18.5	21.7	27.2	35.1	44.9
65 years and over	13.1	16.8	22.8	30.5	39.7
All aged 19 years and over	**17.9**	**22.6**	**29.9**	**39.8**	**51.2**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraph 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 69. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY MONOUNSATURATED FAT INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	13.3	15.7	19.2	23.0	27.1
4-7	16.6	19.6	23.5	28.0	32.8
8-11	21.4	24.2	29.9	34.4	40.1
12-15	23.9	28.9	35.0	43.0	53.5
16-18	27.6	34.4	41.8	50.1	57.4
19-24	27.2	34.3	41.8	52.1	63.4
25-44	27.2	31.1	36.5	43.7	52.5
45-64	22.2	26.4	32.0	38.2	45.8
65 years and over	17.7	20.9	25.6	31.2	36.8
All aged 19 years and over	**23.1**	**28.0**	**34.3**	**42.1**	**51.9**
			Females		
2-3	14.6	16.0	18.0	21.0	23.7
4-7	16.7	18.9	20.8	23.6	26.9
8-11	21.7	23.6	26.3	30.1	34.3
12-15	17.0	20.7	26.0	32.6	42.1
16-18	15.6	19.5	24.5	31.7	37.7
19-24	15.2	20.0	24.8	32.3	39.7
25-44	17.9	20.7	24.7	29.8	35.6
45-64	17.3	19.3	22.4	26.1	30.4
65 years and over	12.1	15.1	18.7	23.7	30.0
All aged 19 years and over	**16.0**	**19.0**	**23.1**	**28.2**	**34.1**
			Persons		
2-3	13.6	15.8	18.6	21.9	25.6
4-7	16.6	19.2	21.9	26.3	30.8
8-11	21.6	23.8	27.6	32.2	38.6
12-15	19.6	23.9	30.6	39.1	48.9
16-18	17.8	23.6	32.8	44.2	54.2
19-24	18.4	23.9	33.2	43.9	56.1
25-44	19.7	24.2	30.5	38.0	46.7
45-64	18.4	21.6	26.3	33.3	40.6
65 years and over	13.8	17.0	21.7	28.0	34.2
All aged 19 years and over	**17.8**	**21.8**	**28.0**	**36.1**	**45.0**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 70. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY POLYUNSATURATED FAT INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	4.1	5.1	6.8	8.4	10.6
4-7	5.8	6.8	8.4	10.3	13.1
8-11	7.5	9.2	11.1	14.4	17.5
12-15	10.9	11.9	13.6	15.7	18.0
16-18	12.5	14.0	15.6	18.1	21.6
19-24	12.9	14.3	16.4	18.7	21.8
25-44	11.5	12.8	14.7	17.4	20.8
45-64	8.6	10.2	12.7	16.0	19.8
65 years and over	5.5	7.2	10.0	14.2	19.6
All aged 19 years and over	**9.1**	**11.6**	**14.1**	**17.2**	**20.7**
			Females		
2-3	5.0	5.4	6.1	7.4	8.8
4-7	6.3	6.9	7.8	9.1	10.7
8-11	7.9	8.9	9.9	11.3	13.6
12-15	7.8	8.8	10.3	12.0	14.1
16-18	7.5	8.4	9.4	11.5	13.5
19-24	8.4	9.4	11.0	13.1	16.0
25-44	6.8	8.1	9.9	12.5	15.9
45-64	7.0	8.0	9.5	11.4	14.0
65 years and over	5.1	6.2	8.1	10.4	13.4
All aged 19 years and over	**6.6**	**7.9**	**9.7**	**12.0**	**15.0**
			Persons		
2-3	4.6	5.4	6.3	8.2	9.8
4-7	6.2	6.9	8.1	9.8	12.3
8-11	7.8	9.0	10.4	12.9	16.1
12-15	8.5	10.2	11.9	14.2	17.2
16-18	8.2	9.6	13.2	16.0	19.3
19-24	9.1	11.0	13.9	17.2	20.2
25-44	7.7	9.9	12.7	15.6	19.3
45-64	7.5	8.8	10.9	13.8	17.8
65 years and over	5.2	6.5	8.8	11.8	16.2
All aged 19 years and over	**7.1**	**9.0**	**11.7**	**15.0**	**18.6**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 71. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY CHOLESTEROL INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	132.7	147.4	162.5	184.0	211.6
4-7	153.5	163.9	185.8	213.5	253.8
8-11	201.3	216.9	241.6	277.5	323.4
12-15	206.0	236.2	284.2	355.6	470.3
16-18	238.1	287.9	363.7	448.7	581.8
19-24	251.0	296.4	381.1	501.7	599.9
25-44	254.5	291.2	346.3	431.2	532.9
45-64	281.4	300.7	331.1	375.7	428.4
65 years and over	173.8	204.9	247.5	315.8	407.1
All aged 19 years and over	**240.8**	**284.2**	**332.5**	**406.8**	**508.3**
			Females		
2-3	97.2	117.9	151.0	189.3	242.7
4-7	104.5	133.2	170.2	212.1	280.9
8-11	136.8	163.4	198.6	260.6	330.1
12-15	149.0	173.4	207.2	249.0	339.0
16-18	146.8	168.5	223.4	284.4	351.1
19-24	150.0	173.2	224.6	290.6	373.3
25-44	189.0	205.8	234.8	274.6	335.0
45-64	190.6	205.1	227.5	266.7	315.7
65 years and over	127.5	149.4	184.5	233.4	307.3
All aged 19 years and over	**168.3**	**195.0**	**224.6**	**268.4**	**329.7**
			Persons		
2-3	113.0	134.5	160.0	184.6	227.7
4-7	125.9	153.0	181.1	213.4	265.7
8-11	154.4	194.8	230.0	270.1	328.2
12-15	164.6	199.0	245.8	318.2	420.4
16-18	161.8	217.1	286.3	382.4	489.2
19-24	167.1	221.3	296.1	405.2	533.2
25-44	200.5	230.8	283.9	361.3	461.5
45-64	201.2	228.0	289.5	339.9	400.0
65 years and over	137.7	167.9	211.4	274.9	361.0
All aged 19 years and over	**185.3**	**217.2**	**276.6**	**347.9**	**439.7**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 72. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY CARBOHYDRATE INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	151.0	174.5	204.3	235.9	276.0
4-7	187.2	209.0	244.3	285.9	325.6
8-11	226.2	249.2	293.9	349.0	396.5
12-15	250.1	283.6	345.1	406.3	482.1
16-18	277.2	309.5	380.3	489.6	568.7
19-24	273.3	306.4	361.4	429.0	517.6
25-44	226.4	260.0	303.4	360.2	431.7
45-64	176.3	215.0	266.6	318.6	384.1
65 years and over	148.2	186.7	229.9	278.7	324.9
All aged 19 years and over	**191.7**	**237.3**	**290.2**	**352.9**	**425.4**
			Females		
2-3	128.4	155.1	188.2	214.5	253.3
4-7	165.9	188.2	219.4	255.9	292.4
8-11	186.6	213.8	248.6	298.2	336.6
12-15	193.7	222.9	260.4	302.8	340.4
16-18	179.2	205.8	258.0	294.6	342.4
19-24	166.0	198.4	234.0	281.1	332.0
25-44	154.2	181.7	213.8	252.0	290.4
45-64	147.9	167.1	193.4	225.4	260.3
65 years and over	124.1	147.2	174.7	208.8	249.5
All aged 19 years and over	**146.6**	**170.2**	**202.9**	**242.6**	**283.9**
			Persons		
2-3	139.2	162.1	196.8	229.1	268.1
4-7	171.0	198.6	233.2	270.6	313.1
8-11	198.1	232.5	273.3	319.3	375.4
12-15	211.0	247.1	296.2	360.5	429.5
16-18	198.1	249.3	303.2	410.4	517.7
19-24	186.8	231.3	298.2	368.8	456.7
25-44	172.1	206.3	256.6	316.1	379.3
45-64	156.4	182.3	221.0	279.5	339.9
65 years and over	131.3	158.1	193.9	242.8	295.8
All aged 19 years and over	**157.6**	**190.1**	**239.5**	**302.4**	**371.7**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 73. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY SUGARS INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	87.1	100.2	118.7	141.1	168.2
4-7	93.0	107.5	130.1	151.0	183.1
8-11	101.8	119.4	144.3	176.9	207.1
12-15	119.0	136.3	171.0	203.9	253.4
16-18	125.9	157.8	191.2	258.2	330.1
19-24	112.2	134.9	166.7	207.6	258.9
25-44	77.6	98.3	128.0	166.4	213.5
45-64	64.7	83.1	111.4	144.0	180.7
65 years and over	56.6	75.3	102.9	134.9	172.9
All aged 19 years and over	**70.6**	**93.4**	**124.1**	**163.3**	**207.7**
			Females		
2-3	70.3	86.3	105.3	121.7	140.8
4-7	84.6	101.8	118.3	145.6	171.1
8-11	84.6	102.1	126.6	157.0	185.8
12-15	84.7	104.2	131.5	165.5	194.1
16-18	76.8	98.9	123.8	152.8	202.2
19-24	67.2	84.9	110.3	140.6	176.3
25-44	54.9	70.7	92.1	118.7	150.4
45-64	59.9	71.0	86.7	107.7	128.5
65 years and over	53.9	65.4	83.1	101.7	123.5
All aged 19 years and over	**57.6**	**70.9**	**89.8**	**114.5**	**145.0**
			Persons		
2-3	78.8	92.7	112.3	132.7	158.5
4-7	88.1	105.2	122.6	147.5	174.2
8-11	92.8	109.9	134.7	165.5	199.4
12-15	95.2	120.4	151.4	187.4	228.4
16-18	88.1	120.6	157.8	213.6	284.9
19-24	80.6	103.9	138.7	179.8	223.0
25-44	62.7	81.8	108.6	142.2	186.0
45-64	61.7	75.2	96.9	124.7	161.7
65 years and over	54.7	68.7	88.9	113.7	151.8
All aged 19 years and over	**61.7**	**78.7**	**104.3**	**139.0**	**181.7**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 74. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY STARCH INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	56.2	66.8	82.4	98.6	115.2
4-7	81.8	96.2	112.6	134.0	157.9
8-11	106.1	124.6	148.2	172.0	195.3
12-15	118.0	138.3	165.5	202.9	243.8
16-18	131.7	151.9	181.2	222.4	266.6
19-24	129.2	156.2	189.2	230.1	268.3
25-44	126.8	145.5	170.2	199.1	231.5
45-64	99.2	119.5	145.7	178.0	217.4
65 years and over	75.5	96.4	118.4	146.2	174.2
All aged 19 years and over	**105.0**	**129.8**	**159.4**	**192.4**	**231.9**
			Females		
2-3	55.8	66.0	80.4	95.7	115.3
4-7	73.1	83.0	98.7	112.3	129.1
8-11	94.6	104.5	121.1	138.5	158.6
12-15	89.1	105.0	124.5	140.7	161.7
16-18	90.0	103.9	119.4	148.1	176.2
19-24	83.9	96.3	119.3	146.3	173.3
25-44	89.4	101.5	116.5	133.9	154.5
45-64	75.7	86.1	102.8	121.2	140.4
65 years and over	61.3	73.5	90.6	107.2	131.0
All aged 19 years and over	**76.7**	**91.0**	**108.2**	**129.4**	**150.9**
			Persons		
2-3	55.8	66.6	80.9	97.7	115.2
4-7	75.5	89.5	104.4	123.5	146.3
8-11	97.5	112.2	132.9	158.6	183.8
12-15	95.9	118.4	141.3	174.8	220.5
16-18	102.5	116.7	149.6	193.6	241.3
19-24	91.1	114.5	151.8	194.3	243.6
25-44	97.4	114.4	140.3	174.2	209.4
45-64	81.6	97.7	120.3	152.0	191.9
65 years and over	65.6	79.7	100.6	127.7	157.4
All aged 19 years and over	**83.8**	**101.9**	**129.2**	**164.8**	**203.3**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 75. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY DIETARY FIBRE INTAKE(a)

(grams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	9.5	10.8	12.9	15.7	18.4
4-7	11.8	13.8	16.0	18.9	21.6
8-11	14.7	16.7	19.9	23.1	27.7
12-15	16.0	18.4	21.7	28.4	33.9
16-18	17.4	19.8	24.0	31.1	40.1
19-24	17.5	20.2	24.8	30.3	36.8
25-44	15.6	19.4	24.3	30.8	39.2
45-64	16.4	20.0	25.0	31.4	37.7
65 years and over	13.2	17.3	22.7	29.5	36.3
All aged 19 years and over	**15.5**	**19.5**	**24.4**	**30.8**	**38.0**
			Females		
2-3	8.3	10.0	12.7	14.8	18.3
4-7	9.6	12.1	14.5	18.1	21.1
8-11	11.2	13.8	16.4	19.5	23.0
12-15	13.1	15.5	17.5	21.4	24.7
16-18	12.9	15.1	18.2	21.3	25.7
19-24	13.0	15.1	18.2	22.3	27.4
25-44	14.7	16.6	19.3	22.5	26.1
45-64	13.2	16.2	20.4	25.5	30.9
65 years and over	12.1	15.2	19.5	23.8	29.2
All aged 19 years and over	**13.7**	**16.2**	**19.4**	**23.5**	**28.3**
			Persons		
2-3	8.8	10.6	12.9	15.5	18.4
4-7	11.1	13.0	15.4	18.4	21.5
8-11	12.6	15.0	17.9	21.7	25.3
12-15	14.3	16.8	19.9	24.1	30.7
16-18	14.1	17.4	21.0	26.0	36.2
19-24	14.1	17.2	21.5	27.2	33.1
25-44	14.9	17.7	21.1	26.3	33.7
45-64	14.5	18.0	22.6	28.7	35.1
65 years and over	12.5	16.0	20.7	26.5	32.7
All aged 19 years and over	**14.3**	**17.4**	**21.4**	**27.2**	**34.0**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 76. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY VITAMIN A RETINOL EQUIVALENTS INTAKE(a)

(micrograms)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	336.9	419.4	629.7	824.4	1,107.3
4-7	343.1	454.3	611.4	897.4	1,198.2
8-11	392.8	524.2	759.3	1,028.7	1,405.6
12-15	408.5	632.0	901.6	1,302.7	1,652.4
16-18	451.5	619.5	953.4	1,310.7	1,788.7
19-24	499.3	651.1	1,024.2	1,428.1	1,822.1
25-44	638.7	757.5	904.2	1,091.4	1,248.7
45-64	507.3	691.1	935.2	1,266.5	1,612.7
65 years and over	511.4	668.0	913.1	1,182.5	1,490.8
All aged 19 years and over	**566.0**	**720.5**	**922.1**	**1,173.3**	**1,472.0**
			Females		
2-3	347.8	431.1	564.3	698.5	849.1
4-7	384.8	470.4	605.3	752.5	973.7
8-11	408.9	532.4	726.5	964.8	1,210.0
12-15	414.8	547.7	700.5	870.2	1,076.6
16-18	417.3	537.1	661.4	803.8	1,037.3
19-24	368.7	510.0	693.3	867.2	1,046.5
25-44	437.8	563.5	702.5	887.7	1,062.1
45-64	498.5	613.1	783.2	969.8	1,146.4
65 years and over	459.1	585.0	763.7	973.8	1,129.4
All aged 19 years and over	**448.3**	**573.9**	**732.5**	**920.9**	**1,102.7**
			Persons		
2-3	344.4	428.0	594.3	757.3	972.7
4-7	360.6	463.2	607.8	810.1	1,060.8
8-11	402.5	531.6	743.8	989.9	1,303.0
12-15	412.5	573.8	782.3	1,038.5	1,479.2
16-18	429.1	556.0	724.8	1,045.7	1,491.9
19-24	412.5	574.6	795.1	1,130.8	1,563.1
25-44	500.0	642.4	815.8	1,002.1	1,183.0
45-64	500.1	642.9	847.9	1,099.3	1,428.0
65 years and over	481.5	613.9	817.6	1,062.6	1,297.2
All aged 19 years and over	**486.2**	**633.2**	**821.6**	**1,052.4**	**1,301.6**

(a) In this table nutrient intake has been adjusted for within person variation, calculated on log transformed data. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 77. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY PREFORMED VITAMIN A INTAKE(a)

(micrograms)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	216.9	280.2	380.5	472.9	569.0
4-7	225.2	286.8	378.4	501.0	637.4
8-11	261.9	326.9	444.7	582.8	777.8
12-15	291.0	378.6	538.7	691.7	879.9
16-18	265.8	381.0	516.5	737.2	945.3
19-24	264.6	385.7	525.6	698.1	907.8
25-44	270.4	356.7	449.1	550.2	663.8
45-64	197.3	290.4	408.3	533.8	694.9
65 years and over	197.3	274.9	384.8	494.9	644.6
All aged 19 years and over	**230.2**	**325.9**	**434.6**	**558.4**	**710.7**
			Females		
2-3	209.6	278.6	348.8	422.3	506.8
4-7	208.3	264.5	329.5	410.7	468.9
8-11	248.4	304.6	387.0	493.4	591.8
12-15	198.8	269.9	359.8	456.9	528.4
16-18	178.5	220.4	296.6	385.0	454.7
19-24	157.3	230.6	306.9	380.9	479.1
25-44	161.5	230.2	307.5	398.4	499.4
45-64	154.2	215.1	295.1	380.4	471.8
65 years and over	160.4	220.6	286.0	351.7	440.4
All aged 19 years and over	**159.0**	**223.0**	**299.3**	**383.0**	**479.1**
			Persons		
2-3	210.3	278.6	361.7	449.4	543.5
4-7	215.6	276.8	347.8	449.4	556.2
8-11	252.8	312.5	415.3	530.1	669.0
12-15	234.0	316.7	427.4	584.2	774.8
16-18	189.9	265.8	385.0	565.5	781.8
19-24	197.7	277.5	386.1	556.3	752.8
25-44	199.2	275.1	375.3	488.8	607.7
45-64	164.7	240.4	344.8	458.9	601.4
65 years and over	171.7	238.5	315.9	419.1	540.6
All aged 19 years and over	**182.6**	**257.6**	**356.0**	**477.6**	**614.2**

(a) In this table nutrient intake has been adjusted for within person variation, calculated on log transformed data. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 78. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY PROVITAMIN A INTAKE(a)

(micrograms)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	425.9	598.9	869.6	1,724.3	2,794.5
4-7	439.3	632.4	964.0	1,728.3	2,517.4
8-11	522.1	801.8	1,239.2	2,151.1	3,105.7
12-15	569.4	775.5	1,371.6	2,654.2	4,367.5
16-18	642.9	1,000.9	1,572.9	2,876.8	4,499.8
19-24	766.3	1,120.0	1,827.1	3,785.2	5,063.7
25-44	1,201.3	1,455.1	1,844.4	2,542.8	2,996.0
45-64	974.6	1,421.7	2,331.9	3,772.1	4,817.1
65 years and over	1,131.2	1,491.6	2,287.1	3,260.4	4,027.7
All aged 19 years and over	**1,069.4**	**1,417.5**	**1,966.0**	**2,986.2**	**4,142.2**
			Females		
2-3	387.7	565.9	933.8	1,439.2	2,212.0
4-7	521.5	691.6	1,044.2	1,949.5	3,028.2
8-11	563.3	736.3	1,147.2	2,537.0	3,581.0
12-15	691.3	916.9	1,276.2	2,120.7	2,898.0
16-18	796.7	1,100.8	1,526.0	2,254.5	2,977.1
19-24	676.2	995.2	1,533.5	2,440.0	3,199.9
25-44	943.6	1,204.1	1,640.4	2,325.8	2,873.3
45-64	1,053.4	1,390.1	2,124.0	3,007.3	3,693.0
65 years and over	760.8	1,227.6	2,190.1	3,313.2	4,271.1
All aged 19 years and over	**893.3**	**1,229.7**	**1,821.4**	**2,679.1**	**3,475.4**
			Persons		
2-3	393.6	589.9	914.2	1,584.1	2,271.0
4-7	469.7	668.2	999.4	1,821.9	2,828.4
8-11	561.8	765.0	1,180.0	2,316.4	3,316.6
12-15	615.8	850.0	1,312.4	2,296.5	3,411.2
16-18	705.9	1,044.7	1,537.5	2,416.4	3,810.2
19-24	720.3	1,058.6	1,647.6	2,830.5	4,303.0
25-44	1,053.6	1,327.5	1,767.5	2,450.1	2,940.6
45-64	1,008.3	1,411.8	2,194.8	3,346.8	4,440.3
65 years and over	926.4	1,375.8	2,228.9	3,287.2	4,180.3
All aged 19 years and over	**967.3**	**1,316.0**	**1,894.7**	**2,834.4**	**3,752.6**

(a) In this table nutrient intake has been adjusted for within person variation, calculated on log transformed data. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 79. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY THIAMIN INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	0.9	1.0	1.2	1.4	1.7
4-7	1.1	1.3	1.5	1.8	2.1
8-11	1.4	1.5	1.8	2.1	2.6
12-15	1.4	1.6	2.1	2.8	3.6
16-18	1.3	1.5	2.1	2.8	3.4
19-24	1.3	1.7	2.1	2.8	3.4
25-44	1.5	1.7	1.9	2.3	2.8
45-64	1.2	1.4	1.7	2.0	2.5
65 years and over	1.0	1.2	1.5	1.8	2.2
All aged 19 years and over	**1.3**	**1.5**	**1.8**	**2.2**	**2.8**
			Females		
2-3	0.9	1.0	1.2	1.4	1.5
4-7	1.0	1.1	1.2	1.4	1.6
8-11	1.1	1.2	1.4	1.7	2.1
12-15	1.0	1.2	1.4	1.7	2.1
16-18	1.0	1.2	1.4	1.7	2.2
19-24	1.0	1.1	1.3	1.7	2.1
25-44	1.0	1.1	1.3	1.5	1.9
45-64	0.9	1.1	1.2	1.5	1.8
65 years and over	0.8	1.0	1.2	1.4	1.6
All aged 19 years and over	**1.0**	**1.1**	**1.3**	**1.5**	**1.8**
			Persons		
2-3	0.9	1.0	1.2	1.4	1.6
4-7	1.1	1.2	1.4	1.6	1.9
8-11	1.2	1.4	1.6	1.9	2.5
12-15	1.1	1.3	1.7	2.3	3.0
16-18	1.1	1.3	1.6	2.3	3.0
19-24	1.0	1.3	1.7	2.3	3.0
25-44	1.1	1.3	1.6	2.0	2.4
45-64	1.0	1.2	1.4	1.8	2.2
65 years and over	0.9	1.1	1.3	1.6	2.0
All aged 19 years and over	**1.0**	**1.2**	**1.5**	**1.9**	**2.4**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 80. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY RIBOFLAVIN INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	1.2	1.6	2.0	2.2	2.6
4-7	1.3	1.6	2.0	2.4	3.1
8-11	1.6	1.8	2.3	2.8	3.6
12-15	1.4	1.9	2.7	3.4	4.6
16-18	1.4	1.7	2.7	4.0	5.0
19-24	1.3	1.7	2.5	3.4	4.4
25-44	1.5	1.8	2.2	2.9	3.7
45-64	1.1	1.5	2.0	2.6	3.4
65 years and over	1.2	1.5	1.9	2.4	3.0
All aged 19 years and over	**1.3**	**1.6**	**2.1**	**2.8**	**3.6**
			Females		
2-3	1.3	1.5	1.8	2.2	2.4
4-7	1.2	1.4	1.6	2.0	2.3
8-11	1.3	1.5	1.8	2.3	2.8
12-15	1.1	1.3	1.8	2.5	3.1
16-18	1.0	1.2	1.6	2.2	2.9
19-24	1.0	1.3	1.7	2.2	3.0
25-44	1.1	1.3	1.6	2.1	2.7
45-64	1.0	1.3	1.7	2.1	2.7
65 years and over	0.9	1.2	1.6	2.0	2.5
All aged 19 years and over	**1.0**	**1.3**	**1.6**	**2.1**	**2.7**
			Persons		
2-3	1.3	1.5	1.9	2.2	2.5
4-7	1.2	1.4	1.8	2.2	2.7
8-11	1.4	1.7	2.1	2.6	3.3
12-15	1.2	1.6	2.3	3.0	4.1
16-18	1.0	1.5	2.0	3.1	4.5
19-24	1.1	1.5	2.0	2.9	3.8
25-44	1.2	1.5	1.9	2.5	3.2
45-64	1.1	1.4	1.8	2.4	3.1
65 years and over	1.0	1.3	1.7	2.2	2.7
All aged 19 years and over	**1.1**	**1.4**	**1.9**	**2.5**	**3.2**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 81. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY NIACIN EQUIVALENTS INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	17.4	20.1	23.4	27.9	31.0
4-7	20.9	24.2	28.7	33.4	38.8
8-11	27.6	30.5	35.9	41.8	49.3
12-15	29.2	35.3	43.4	55.2	66.7
16-18	31.7	41.1	50.4	61.8	78.7
19-24	36.8	45.5	54.7	68.0	81.9
25-44	41.1	45.7	51.9	59.7	68.8
45-64	35.1	40.6	47.5	54.9	64.3
65 years and over	26.1	30.8	37.4	44.5	53.1
All aged 19 years and over	**34.9**	**41.6**	**48.9**	**57.9**	**68.3**
			Females		
2-3	15.7	18.6	22.1	25.4	27.7
4-7	18.5	21.4	24.7	28.5	33.6
8-11	22.9	25.7	29.2	34.2	43.1
12-15	23.0	26.7	32.0	37.7	46.1
16-18	23.3	27.9	33.6	39.0	51.0
19-24	23.6	28.1	34.1	42.3	49.8
25-44	25.3	29.4	34.3	39.9	46.3
45-64	26.2	29.4	33.5	38.4	43.8
65 years and over	19.7	23.8	28.5	34.0	39.4
All aged 19 years and over	**23.9**	**28.0**	**33.0**	**38.8**	**45.2**
			Persons		
2-3	16.8	19.3	22.7	26.4	30.2
4-7	19.7	22.6	26.5	31.3	36.6
8-11	24.6	27.9	32.5	39.2	46.6
12-15	24.8	29.8	36.9	46.8	59.8
16-18	25.3	31.8	40.3	53.9	67.7
19-24	26.5	32.6	43.9	57.2	71.6
25-44	28.1	34.1	43.3	52.8	62.7
45-64	28.2	32.5	39.6	48.5	58.0
65 years and over	21.4	26.1	32.0	39.1	46.6
All aged 19 years and over	**26.4**	**31.8**	**39.9**	**50.2**	**60.8**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 82. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY FOLATE INTAKE(a)

(micrograms)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	122.1	129.7	146.3	178.3	206.1
4-7	137.2	154.2	175.5	201.3	234.4
8-11	173.7	190.9	215.3	247.0	288.9
12-15	180.2	214.9	251.0	321.4	382.8
16-18	214.4	249.1	291.1	356.4	423.5
19-24	222.8	260.5	310.4	377.3	430.8
25-44	213.0	246.0	294.2	355.5	429.7
45-64	222.9	254.1	300.2	351.0	409.2
65 years and over	191.8	222.5	262.9	318.0	370.3
All aged 19 years and over	**212.2**	**246.3**	**293.1**	**351.1**	**418.9**
			Females		
2-3	109.6	124.0	147.9	170.3	196.2
4-7	123.6	139.2	157.7	184.6	212.4
8-11	139.4	157.0	182.8	210.8	244.1
12-15	154.1	170.7	192.5	236.5	267.1
16-18	152.1	171.4	205.1	237.3	291.7
19-24	164.1	188.2	224.3	260.1	311.1
25-44	166.1	188.9	218.4	253.8	295.9
45-64	186.1	210.3	237.0	268.6	303.8
65 years and over	141.2	175.4	220.1	263.2	315.0
All aged 19 years and over	**166.4**	**192.9**	**224.9**	**260.9**	**303.0**
			Persons		
2-3	115.5	128.4	147.6	174.8	203.2
4-7	130.1	145.9	167.5	194.4	220.4
8-11	148.0	173.6	198.8	231.8	275.7
12-15	164.1	184.5	224.4	269.7	344.1
16-18	167.0	200.4	247.2	306.3	388.4
19-24	179.8	213.5	260.9	329.6	398.9
25-44	177.9	209.0	250.2	306.6	382.9
45-64	199.6	225.2	262.7	314.9	372.0
65 years and over	158.8	196.9	239.0	288.4	341.5
All aged 19 years and over	**179.9**	**212.6**	**253.5**	**309.1**	**375.8**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 83. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY VITAMIN C INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	52.8	63.1	86.5	123.6	212.7
4-7	50.2	61.2	82.4	125.1	193.1
8-11	55.7	70.6	98.4	137.5	207.2
12-15	62.0	78.1	107.6	147.7	196.7
16-18	76.8	91.6	127.6	190.5	263.0
19-24	73.4	90.7	117.8	178.5	262.3
25-44	70.8	85.3	113.3	158.6	217.9
45-64	63.5	85.0	120.1	166.3	235.6
65 years and over	64.5	81.7	113.2	155.3	200.3
All aged 19 years and over	**69.5**	**85.5**	**115.8**	**163.5**	**226.3**
			Females		
2-3	59.0	65.8	79.3	106.2	147.3
4-7	67.9	76.2	92.0	120.7	169.2
8-11	64.7	71.1	87.4	119.1	158.4
12-15	79.9	89.0	108.9	140.0	186.3
16-18	78.1	87.7	104.5	140.6	194.5
19-24	76.1	85.2	100.4	141.2	177.7
25-44	49.3	63.9	89.2	135.5	192.1
45-64	68.0	82.1	105.1	140.1	184.5
65 years and over	45.0	63.8	97.6	142.8	188.9
All aged 19 years and over	**55.6**	**72.6**	**98.0**	**139.5**	**186.2**
			Persons		
2-3	55.9	65.3	83.7	116.0	170.8
4-7	57.0	69.6	88.8	121.7	176.4
8-11	60.6	71.1	91.6	125.7	179.0
12-15	71.3	84.5	108.9	144.4	192.7
16-18	77.9	88.0	113.9	167.5	240.8
19-24	75.0	87.2	108.4	157.9	223.5
25-44	59.5	74.4	101.9	146.8	204.9
45-64	66.4	83.4	112.2	153.4	210.3
65 years and over	52.9	72.8	105.0	148.1	195.7
All aged 19 years and over	**62.3**	**78.7**	**106.3**	**150.2**	**206.3**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 84. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY CALCIUM INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	575.2	650.2	842.7	1,038.5	1,261.0
4-7	536.3	628.8	799.8	963.2	1,197.5
8-11	613.6	709.6	858.0	1,091.1	1,359.3
12-15	642.6	793.7	1,005.8	1,271.2	1,667.6
16-18	712.4	848.0	1,144.3	1,567.9	2,030.8
19-24	596.4	762.6	1,004.6	1,345.7	1,748.3
25-44	557.6	683.6	911.5	1,186.4	1,504.9
45-64	436.2	595.1	804.8	1,072.1	1,413.8
65 years and over	430.5	575.0	741.1	951.0	1,226.6
All aged 19 years and over	**510.5**	**648.6**	**865.9**	**1,141.1**	**1,482.8**
			Females		
2-3	576.1	648.6	758.8	903.4	1,113.7
4-7	507.8	574.8	675.1	799.5	947.7
8-11	571.6	645.5	747.0	916.5	1,072.4
12-15	354.7	521.2	731.7	941.0	1,301.4
16-18	406.8	508.3	705.6	980.4	1,332.4
19-24	336.2	476.5	690.5	941.7	1,234.1
25-44	460.6	554.0	698.3	906.0	1,133.7
45-64	419.3	543.3	709.8	941.1	1,159.1
65 years and over	362.7	478.9	630.1	832.6	1,057.5
All aged 19 years and over	**413.4**	**527.7**	**687.7**	**909.3**	**1,142.8**
			Persons		
2-3	576.1	648.6	784.5	985.7	1,179.6
4-7	518.5	596.6	717.7	881.5	1,066.4
8-11	586.9	677.5	805.2	983.1	1,244.7
12-15	460.3	644.7	865.3	1,171.1	1,470.2
16-18	473.4	653.0	898.9	1,303.8	1,710.0
19-24	434.7	597.1	856.7	1,136.2	1,546.6
25-44	493.6	609.3	794.4	1,050.2	1,343.5
45-64	429.2	569.1	756.7	1,002.9	1,286.8
65 years and over	386.1	513.0	671.4	892.8	1,131.4
All aged 19 years and over	**449.6**	**579.9**	**767.3**	**1,023.0**	**1,322.6**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 85. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY PHOSPHORUS INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	773.3	890.2	1,061.7	1,269.2	1,475.4
4-7	802.1	949.8	1,151.4	1,346.9	1,566.3
8-11	1,024.9	1,189.8	1,386.6	1,625.3	1,940.5
12-15	1,122.2	1,349.7	1,645.2	2,028.1	2,496.3
16-18	1,224.7	1,508.3	1,894.9	2,476.4	3,091.3
19-24	1,348.4	1,588.0	1,913.1	2,449.8	2,857.7
25-44	1,344.7	1,543.3	1,787.6	2,096.6	2,483.9
45-64	1,168.8	1,378.4	1,636.7	1,918.0	2,262.1
65 years and over	890.5	1,099.7	1,357.4	1,669.7	2,016.7
All aged 19 years and over	**1,181.9**	**1,424.2**	**1,705.4**	**2,034.3**	**2,458.9**
			Females		
2-3	734.8	854.7	966.0	1,132.6	1,338.8
4-7	776.2	889.4	1,029.4	1,162.0	1,324.9
8-11	918.9	1,028.3	1,155.2	1,352.2	1,558.4
12-15	766.8	959.6	1,230.2	1,516.1	1,772.9
16-18	769.4	952.6	1,253.2	1,528.4	1,898.5
19-24	752.7	993.2	1,243.5	1,587.8	2,013.8
25-44	908.6	1,058.2	1,252.7	1,492.6	1,743.0
45-64	917.9	1,059.6	1,255.2	1,487.3	1,712.3
65 years and over	747.3	912.2	1,092.2	1,305.0	1,526.4
All aged 19 years and over	**851.1**	**1,022.8**	**1,225.1**	**1,474.3**	**1,729.4**
			Persons		
2-3	743.8	870.2	1,020.9	1,215.3	1,402.8
4-7	784.3	907.9	1,075.8	1,275.1	1,449.1
8-11	967.4	1,073.6	1,274.0	1,526.6	1,769.2
12-15	888.9	1,119.2	1,444.7	1,779.5	2,233.2
16-18	875.8	1,180.3	1,533.2	2,025.9	2,753.5
19-24	899.5	1,203.9	1,596.3	2,097.8	2,628.0
25-44	1,017.4	1,220.6	1,518.4	1,858.0	2,215.6
45-64	988.6	1,176.5	1,442.6	1,733.9	2,051.0
65 years and over	804.8	975.9	1,183.0	1,467.8	1,786.2
All aged 19 years and over	**947.6**	**1,145.9**	**1,445.4**	**1,785.2**	**2,185.7**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 86. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY MAGNESIUM INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	151.0	170.7	197.7	233.4	273.1
4-7	161.4	186.2	220.0	258.8	300.3
8-11	198.6	228.6	263.9	310.7	361.5
12-15	208.9	248.8	311.9	380.8	460.5
16-18	244.3	284.4	348.1	447.1	558.2
19-24	261.3	310.8	369.5	446.0	532.6
25-44	284.5	324.6	377.4	439.5	508.8
45-64	267.1	313.8	372.9	438.3	518.8
65 years and over	214.2	265.8	325.0	392.5	462.2
All aged 19 years and over	**264.0**	**311.9**	**368.4**	**434.1**	**508.7**
			Females		
2-3	132.2	156.7	183.5	213.9	242.6
4-7	152.2	171.4	197.3	227.1	260.0
8-11	173.3	194.3	220.2	257.2	291.0
12-15	172.8	198.9	237.4	277.7	325.2
16-18	161.2	198.9	241.4	295.7	339.5
19-24	177.9	211.1	254.6	319.9	386.1
25-44	203.2	234.0	273.1	322.0	375.4
45-64	208.8	241.5	286.3	337.2	401.2
65 years and over	178.9	215.5	260.3	309.1	361.5
All aged 19 years and over	**195.5**	**230.3**	**272.4**	**324.6**	**382.0**
			Persons		
2-3	139.3	164.3	191.0	224.4	263.2
4-7	156.3	180.0	205.9	243.9	283.6
8-11	181.1	205.5	242.5	285.6	337.4
12-15	181.9	218.2	267.0	331.0	404.7
16-18	187.1	231.4	289.8	361.4	508.6
19-24	197.8	246.2	316.6	403.4	476.1
25-44	223.4	264.5	323.4	392.3	470.7
45-64	225.3	269.2	327.1	398.0	471.0
65 years and over	190.4	231.8	282.3	347.7	417.1
All aged 19 years and over	**214.4**	**257.2**	**317.2**	**388.1**	**464.5**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 87. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY IRON INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	5.3	6.4	7.6	9.4	11.6
4-7	7.0	8.1	9.8	12.0	14.5
8-11	8.7	10.2	12.3	15.0	17.3
12-15	9.2	12.1	15.1	19.4	23.2
16-18	10.1	12.6	16.2	21.5	28.5
19-24	10.7	13.2	17.2	21.1	25.9
25-44	12.0	13.6	15.9	18.9	22.5
45-64	11.5	13.2	15.6	18.5	21.7
65 years and over	8.3	10.7	13.8	17.2	21.0
All aged 19 years and over	**11.1**	**13.1**	**15.7**	**18.9**	**22.7**
			Females		
2-3	4.8	5.7	7.2	8.5	10.3
4-7	6.1	7.1	8.5	10.3	12.5
8-11	6.9	8.0	9.6	11.9	15.0
12-15	6.8	8.4	10.5	12.6	15.0
16-18	6.6	8.2	10.1	13.3	16.4
19-24	7.1	8.8	11.0	14.3	18.2
25-44	8.5	9.9	11.5	13.6	16.0
45-64	8.3	10.0	11.8	14.1	16.7
65 years and over	7.4	9.0	10.9	13.1	15.7
All aged 19 years and over	**8.1**	**9.7**	**11.4**	**13.8**	**16.3**
			Persons		
2-3	5.1	5.9	7.5	9.1	11.0
4-7	6.4	7.5	9.1	11.0	13.7
8-11	7.6	8.9	10.9	13.8	16.6
12-15	7.7	9.5	12.4	16.4	21.2
16-18	7.4	9.6	13.0	17.8	23.7
19-24	8.1	10.4	13.8	18.3	23.2
25-44	9.4	11.2	13.6	16.7	20.2
45-64	9.4	11.2	13.7	16.7	20.1
65 years and over	7.6	9.6	11.8	14.9	18.6
All aged 19 years and over	**8.8**	**10.8**	**13.4**	**16.6**	**20.3**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 88. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY ZINC INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	5.3	5.9	6.9	7.9	9.1
4-7	6.1	6.9	7.8	8.9	10.4
8-11	7.9	8.7	9.9	11.2	13.2
12-15	10.6	11.3	12.2	14.0	15.9
16-18	11.9	13.1	14.3	15.9	18.6
19-24	13.7	14.9	16.5	18.4	20.4
25-44	12.4	13.2	14.3	16.0	17.8
45-64	10.8	11.9	13.3	15.3	17.6
65 years and over	9.2	9.9	11.0	12.3	13.9
All aged 19 years and over	**10.8**	**12.4**	**14.0**	**15.9**	**18.1**
			Females		
2-3	5.3	5.6	6.2	6.9	7.8
4-7	5.8	6.3	7.0	7.6	8.6
8-11	7.1	7.6	8.3	9.3	10.4
12-15	6.0	7.1	8.6	10.8	13.2
16-18	6.2	7.5	8.7	11.4	14.9
19-24	6.2	7.7	9.4	12.0	14.7
25-44	7.5	8.4	9.5	10.9	12.6
45-64	8.0	8.7	9.5	10.5	11.7
65 years and over	7.3	7.9	8.6	9.5	10.7
All aged 19 years and over	**7.4**	**8.3**	**9.3**	**10.6**	**12.5**
			Persons		
2-3	5.3	5.8	6.6	7.5	8.4
4-7	5.9	6.5	7.3	8.3	9.5
8-11	7.3	7.9	8.9	10.4	12.0
12-15	6.9	8.7	11.2	12.9	15.2
16-18	7.1	8.7	12.7	14.9	17.5
19-24	7.3	9.4	14.2	16.8	19.2
25-44	8.1	9.5	12.5	14.5	16.7
45-64	8.5	9.4	11.3	13.6	16.0
65 years and over	7.7	8.4	9.6	11.1	12.7
All aged 19 years and over	**8.0**	**9.2**	**11.5**	**14.2**	**16.7**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 89. PERCENTILE DISTRIBUTION OF ADJUSTED DAILY POTASSIUM INTAKE(a)

(milligrams)

	Percentile				
Age group (years)	*10*	*25*	*50*	*75*	*90*
			Males		
2-3	1,601.1	1,867.0	2,148.3	2,637.4	3,186.2
4-7	1,679.3	1,913.2	2,320.4	2,823.3	3,300.8
8-11	2,042.4	2,327.0	2,840.3	3,192.2	3,794.2
12-15	2,484.1	2,709.5	3,341.5	4,027.8	4,749.4
16-18	2,821.4	3,153.9	3,790.2	4,617.4	5,988.2
19-24	2,843.9	3,317.4	3,764.0	4,441.4	5,277.8
25-44	2,747.0	3,187.9	3,681.9	4,314.1	4,993.2
45-64	2,678.8	3,095.3	3,640.2	4,301.5	4,878.6
65 years and over	2,200.8	2,625.9	3,129.0	3,743.4	4,417.2
All aged 19 years and over	**2,638.5**	**3,078.8**	**3,613.6**	**4,271.8**	**4,934.5**
			Females		
2-3	1,624.7	1,775.0	2,032.8	2,341.2	2,635.8
4-7	1,724.9	1,927.6	2,186.1	2,363.2	2,775.7
8-11	1,947.6	2,123.4	2,397.4	2,728.2	3,058.9
12-15	1,787.3	2,126.0	2,614.5	3,171.0	3,896.0
16-18	1,646.9	2,071.2	2,485.4	3,160.3	3,664.5
19-24	1,695.1	2,151.9	2,592.6	3,249.8	3,934.6
25-44	2,015.8	2,345.8	2,736.1	3,188.7	3,717.8
45-64	1,990.2	2,345.3	2,850.2	3,374.9	3,950.0
65 years and over	1,612.4	2,086.5	2,603.1	3,092.3	3,618.9
All aged 19 years and over	**1,897.5**	**2,278.5**	**2,727.9**	**3,244.4**	**3,799.2**
			Persons		
2-3	1,622.8	1,807.4	2,116.3	2,473.2	2,992.5
4-7	1,694.3	1,918.7	2,214.0	2,599.0	3,043.6
8-11	1,977.1	2,205.4	2,552.9	3,031.9	3,447.6
12-15	1,968.7	2,454.3	2,911.8	3,744.7	4,349.9
16-18	1,979.7	2,443.8	3,160.3	3,982.8	5,252.4
19-24	2,020.1	2,532.4	3,286.6	3,969.2	4,889.8
25-44	2,234.9	2,625.6	3,188.4	3,859.8	4,546.0
45-64	2,182.6	2,665.0	3,232.9	3,914.8	4,593.7
65 years and over	1,800.8	2,281.6	2,821.9	3,374.2	4,083.6
All aged 19 years and over	**2,120.7**	**2,564.4**	**3,150.6**	**3,829.2**	**4,531.2**

(a) In this table nutrient intake has been adjusted for within person variation. See paragraphs 27–35 of the Explanatory Notes for details. No standard errors have been calculated.

TABLE 90. PERSONS : MEASURED HEIGHT AND WEIGHT

Height and weight	Age group (years) 2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
				Males						
				— % —						
Height										
Less than 90 cm	10.9	—	—	—	—	—	—	—	—	—
90-99 cm	58.8	* 1.4	—	—	—	—	—	—	—	—
100-109 cm	19.3	21.6	—	—	—	—	—	—	—	—
110-119 cm	—	38.2	—	—	—	—	—	—	—	—
120-129 cm	—	27.7	12.8	—	—	—	—	—	—	—
130-139 cm	—	9.7	39.5	—	—	—	—	—	—	—
140-149 cm	—	—	35.7	8.4	—	—	—	—	**0.3	**0.0
150-159 cm	—	—	10.1	28.8	—	—	1.1	2.1	4.3	1.8
160-169 cm	—	—	**0.8	29.9	12.1	10.5	16.0	25.6	42.0	21.9
170-179 cm	—	—	—	24.4	58.3	50.9	54.4	52.5	40.3	51.4
180-189 cm	—	—	—	7.3	26.3	33.6	26.1	18.6	7.8	22.3
190 cm or more	—	—	—	—	—	4.4	1.9	* 0.5	**0.3	1.6
Not measured	10.5	**1.0	—	—	**1.5	—	* 0.5	* 0.7	4.9	1.1
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
				— cm —						
Mean height	96.1	117.1	139.6	164.1	176.5	178.0	176.0	174.0	170.1	174.9
Median height	95.9	116.6	139.5	164.1	176.6	177.9	175.8	174.1	170.2	174.8
5th percentile(a)	87.2	102.7	125.7	147.6	166.9	166.0	164.8	162.4	160.3	163.0
95th percentile(a)	105.2	132.6	153.6	181.4	186.5	189.8	187.2	185.0	181.3	186.7
				— % —						
Weight										
Less than 15 kg	40.9	* 1.2	—	—	—	—	—	—	—	—
15-19 kg	53.1	34.2	**1.1	—	—	—	—	—	—	—
20-24 kg	* 2.6	41.8	6.5	—	—	—	—	—	—	—
25-29 kg	—	15.1	21.3	—	—	—	—	—	—	—
30-34 kg	—	5.2	28.7	* 2.9	—	—	—	—	—	—
35-39 kg	—	* 1.4	20.3	7.9	—	—	—	—	—	—
40-44 kg	—	—	10.8	10.4	—	—	—	—	—	**0.0
45-49 kg	—	—	7.9	9.9	—	—	**0.2	—	—	* 0.1
50-59 kg	—	—	* 2.4	32.5	12.6	5.8	3.2	2.1	5.9	3.6
60-69 kg	—	—	—	23.0	33.4	26.1	13.7	11.9	19.4	15.7
70-79 kg	—	—	—	6.7	30.0	30.7	29.4	24.7	28.5	28.1
80-89 kg	—	—	—	* 2.4	12.6	17.3	28.4	28.7	26.1	26.7
90-99 kg	—	—	—	* 2.2	* 4.5	11.1	13.8	18.8	12.2	14.7
100-109 kg	—	—	—	**1.1	* 1.6	5.1	6.9	8.4	4.0	6.7
110-119 kg	—	—	—	—	**0.9	* 1.9	2.4	3.5	* 0.9	2.5
120-129 kg	—	—	—	—	—	* 1.0	* 0.9	* 0.7	—	0.7
130kg and over	—	—	—	—	—	—	* 0.6	* 0.5	—	0.5
Not measured	* 3.3	**0.7	—	—	**1.5	—	* 0.4	* 0.6	* 2.5	0.7
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
				— kg —						
Mean weight	15.5	22.3	34.6	56.5	72.3	78.3	82.4	84.4	78.6	81.9
Median weight	15.3	21.5	33.4	54.9	70.0	75.4	81.2	82.8	77.6	80.5
5th percentile(a)	11.9	16.0	23.8	35.9	56.1	59.0	62.7	63.7	58.7	61.6
95th percentile(a)	19.2	30.5	48.9	82.3	96.4	104.4	107.0	108.6	100.2	106.6
				— '000 —						
Total	**265.4**	**530.6**	**529.2**	**524.1**	**389.5**	**866.7**	**2,795.0**	**1,900.7**	**939.3**	**6,501.6**

TABLE 90. PERSONS : MEASURED HEIGHT AND WEIGHT—*continued*

Height and weight	*Age group (years)*									
	2-3	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
	Females									
	— % —									
Height										
Less than 90 cm	15.3	—	—	—	—	—	—	—	—	—
90-99 cm	53.1	* 2.0	—	—	—	—	—	—	—	—
100-109 cm	24.7	24.0	—	—	—	—	—	—	—	—
110-119 cm	—	36.2	* 1.6	—	—	—	—	—	—	—
120-129 cm	—	29.6	11.1	—	—	—	—	—	—	—
130-139 cm	—	7.6	38.1	—	—	—	—	—	* 0.8	* 0.2
140-149 cm	—	—	33.5	* 5.0	* 1.8	* 2.0	2.2	3.9	11.7	4.4
150-159 cm	—	—	14.5	39.2	25.9	22.0	27.8	38.2	54.4	34.8
160-169 cm	—	—	* 1.2	49.0	53.7	56.0	51.7	47.6	25.9	46.4
170-179 cm	—	—	—	6.3	17.5	15.9	12.6	8.5	* 1.4	9.9
180-189 cm	—	—	—	—	—	—	**0.1	—	—	* 0.1
190 cm or more	—	—	—	—	—	—	—	—	—	—
Not measured	* 5.7	**0.6	—	—	**0.8	3.9	5.5	1.6	5.7	4.3
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— cm —									
Mean height	95.8	116.6	140.5	160.7	164.1	163.9	162.9	161.1	156.7	161.4
Median height	96.1	116.3	139.9	160.7	164.3	163.9	163.1	161.1	156.9	161.4
5th percentile(a)	86.6	103.3	126.1	149.6	154.5	153.3	152.8	150.7	146.0	150.3
95th percentile(a)	105.8	131.5	157.7	170.6	174.3	174.5	173.3	171.7	166.7	172.6
	— % —									
Weight										
Less than 15 kg	47.8	* 2.0	—	—	—	—	—	—	—	—
15-19 kg	43.7	34.5	—	—	—	—	—	—	—	—
20-24 kg	* 5.7	38.1	6.5	—	—	—	—	—	—	—
25-29 kg	—	18.1	13.6	—	—	—	—	—	—	—
30-34 kg	—	* 5.0	28.4	—	—	—	—	—	—	—
35-39 kg	—	* 1.2	21.9	* 4.1	—	—	—	—	**0.4	* 0.2
40-44 kg	—	—	12.6	9.7	* 1.8	* 1.9	1.0	* 0.5	* 1.4	1.1
45-49 kg	—	—	8.3	21.1	10.7	8.7	4.3	3.1	6.1	4.8
50-59 kg	—	—	6.0	38.3	38.8	34.2	26.8	17.6	25.1	24.9
60-69 kg	—	—	* 2.1	18.1	30.8	28.0	31.8	31.6	30.8	31.1
70-79 kg	—	—	—	* 5.1	9.1	12.9	15.5	22.5	20.1	17.9
80-89 kg	—	—	—	* 2.2	* 4.3	5.6	7.2	12.4	8.5	8.7
90-99 kg	—	—	—	—	* 2.3	* 1.3	4.3	6.4	2.8	4.2
100-109 kg	—	—	—	—	—	* 1.9	1.5	3.0	* 1.1	1.9
110-119 kg	—	—	—	—	—	**0.5	1.1	* 1.0	—	0.8
120-129 kg	—	—	—	—	—	—	* 0.4	**0.3	—	* 0.3
130kg and over	—	—	—	—	—	—	* 0.3	**0.2	—	* 0.2
Not measured	* 2.8	**0.5	—	—	**0.8	3.9	5.8	1.5	3.2	3.9
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— kg —									
Mean weight	15.3	22.4	36.7	54.5	61.4	63.4	67.3	71.2	66.1	67.7
Median weight	15.0	21.4	35.2	53.7	59.7	60.8	64.3	68.8	65.0	65.2
5th percentile(a)	11.8	16.5	24.3	40.1	46.5	46.7	49.6	51.2	47.7	49.1
95th percentile(a)	20.4	31.9	53.7	75.3	83.6	86.0	95.9	98.5	88.5	95.2
	— '000 —									
Total	**252.1**	**504.0**	**503.5**	**495.8**	**368.5**	**832.7**	**2,797.2**	**1,852.3**	**1,221.4**	**6,703.6**

(a) Standard errors are not available for this indicator.

TABLE 91. PERSONS : MEASURED WAIST, HIP CIRCUMFERENCE AND WAIST TO HIP RATIO

Hip and waist (cm)	*Age group (years)*									
	2-3	*4-7*	*8-11*	*12-15*	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
	Males									
	— % —									
Waist measurement										
Less than 40 cm	—	—	—	—	—	—	—	—	—	—
40-49 cm	35.7	10.2	—	—	—	—	—	—	—	—
50-59 cm	49.4	75.3	37.0	* 2.4	—	—	—	—	—	—
60-69 cm	**1.2	11.8	46.0	38.0	9.4	3.2	1.0	—	—	0.9
70-79 cm	—	**1.0	13.3	41.4	50.5	36.1	12.3	3.4	3.3	11.6
80-89 cm	—	—	* 2.3	12.2	27.5	40.0	35.9	19.6	16.5	28.9
90-99 cm	—	—	—	* 3.6	* 6.3	10.7	30.3	34.4	35.6	29.6
100-109 cm	—	—	—	* 2.0	* 1.8	5.8	13.8	27.5	26.6	18.6
110 cm or more	—	—	—	—	* 1.8	4.1	6.1	14.3	15.4	9.6
Not measured	13.8	* 1.3	—	—	* 2.7	—	* 0.6	* 0.6	* 2.5	0.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— cm —									
Mean waist measurement	50.9	55.4	62.7	73.1	79.4	84.4	91.4	98.4	98.8	93.5
Median waist measurement	50.7	54.8	61.8	71.6	77.6	81.8	90.1	97.2	98.3	92.3
5th percentile(a)	46.6	48.8	53.8	61.3	68.0	71.7	75.2	80.9	81.4	75.2
95th percentile(a)	57.2	64.2	76.5	92.6	97.7	106.6	111.5	118.1	117.6	115.4
	— % —									
Hip measurement										
Less than 40 cm	—	—	—	—	—	—	—	—	—	—
40-49 cm	* 8.9	—	—	—	—	—	—	—	—	—
50-59 cm	70.8	41.7	* 1.5	—	—	—	—	—	—	—
60-69 cm	* 6.3	47.0	30.2	* 1.6	—	—	—	—	—	—
70-79 cm	—	8.7	49.0	15.6	—	—	—	—	—	—
80-89 cm	—	**0.7	16.8	37.8	13.5	6.0	4.8	2.0	* 2.4	3.8
90-99 cm	—	—	**0.9	34.0	52.1	52.3	39.0	32.3	31.6	37.7
100-109 cm	—	—	**0.8	7.0	26.2	30.5	44.0	48.3	47.2	43.9
110-119 cm	—	—	—	* 3.1	* 3.2	8.7	10.2	14.2	12.6	11.5
120 cm or more	—	—	—	—	* 2.1	* 2.4	1.4	2.6	3.8	2.2
Not measured	13.8	* 1.3	—	—	* 2.7	—	* 0.6	* 0.6	* 2.5	0.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— cm —									
Mean hip measurement	54.3	61.8	73.8	89.1	97.4	99.8	101.4	103.5	103.2	102.1
Median hip measurement	54.0	61.0	73.3	89.4	96.4	98.3	101.0	102.6	102.3	101.3
5th percentile(a)	48.9	54.0	62.1	74.6	87.0	89.5	90.0	92.3	92.0	90.8
95th percentile(a)	60.3	72.3	87.0	105.8	110.6	115.8	114.3	116.5	118.3	115.8
	— % —									
Waist to hip ratio										
Less than or equal to 0.9	—	—	—	—	—	87.3	53.8	21.6	18.4	43.7
Greater than 0.9	—	—	—	—	—	12.6	45.6	77.8	79.1	55.5
Not measured	—	—	—	—	—	—	* 0.6	* 0.6	* 2.5	0.8
Total	**—**	**—**	**—**	**—**	**—**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— ratio —									
Mean waist to hip ratio	—	—	—	—	—	0.843	0.899	0.949	0.956	0.914
Median waist to hip ratio	—	—	—	—	—	0.835	0.894	0.948	0.954	0.913
5th percentile(a)	—	—	—	—	—	0.771	0.799	0.843	0.856	0.799
95th percentile(a)	—	—	—	—	—	0.950	1.008	1.049	1.064	1.033
	— '000 —									
Total	**265.4**	**530.6**	**529.2**	**524.1**	**389.5**	**866.7**	**2,795.0**	**1,900.7**	**939.3**	**6,501.6**

TABLE 91. PERSONS : MEASURED WAIST, HIP CIRCUMFERENCE AND WAIST TO HIP RATIO—*continued*

Hip and waist (cm)	*Age group (years)* 2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
					Females					
					— % —					
Waist measurement										
Less than 40 cm	—	—	—	—	—	—	—	—	—	—
40-49 cm	46.2	14.0	—	—	—	—	—	—	—	—
50-59 cm	43.7	74.6	45.8	6.8	* 2.9	* 3.2	* 0.7	—	—	0.8
60-69 cm	* 3.3	9.2	39.4	56.4	43.0	41.0	23.0	10.8	5.2	18.6
70-79 cm	—	**1.1	12.6	29.1	38.1	31.6	38.3	28.7	26.2	32.6
80-89 cm	—	—	* 1.7	5.8	10.1	13.0	18.7	27.9	29.4	22.5
90-99 cm	—	—	—	* 1.4	* 4.2	4.5	7.8	17.9	20.4	12.5
100-109 cm	—	—	—	—	**0.7	* 2.1	3.4	8.6	10.5	6.0
110 cm or more	—	—	—	—	—	**0.6	2.3	4.2	4.3	3.0
Not measured	* 6.8	**0.5	—	—	**0.9	3.9	5.9	1.8	3.8	4.1
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
					— cm —					
Mean waist measurement	50.7	54.7	62.2	68.8	71.9	73.4	78.2	84.8	86.8	81.1
Median waist measurement	50.1	53.9	60.8	67.3	71.2	70.6	75.8	82.8	85.3	78.6
5th percentile(a)	45.0	48.2	52.4	59.7	61.3	60.7	64.0	67.2	69.4	64.3
95th percentile(a)	57.7	63.6	77.7	85.1	87.9	95.9	102.3	108.8	108.4	105.4
					— % —					
Hip measurement										
Less than 40 cm	—	—	—	—	—	—	—	—	—	—
40-49 cm	14.9	—	—	—	—	—	—	—	—	—
50-59 cm	67.4	33.4	—	—	—	—	—	—	—	—
60-69 cm	* 10.9	56.6	21.6	—	—	—	—	—	—	—
70-79 cm	—	8.3	50.5	5.9	—	* 0.8	—	—	**0.3	* 0.2
80-89 cm	—	* 1.2	19.1	39.0	18.2	15.6	9.0	4.8	6.8	8.3
90-99 cm	—	—	7.7	40.2	42.1	44.5	39.4	30.2	32.4	36.2
100-109 cm	—	—	—	11.5	30.5	23.5	28.5	36.1	34.5	31.1
110-119 cm	—	—	—	* 3.2	* 6.0	8.2	10.9	17.1	14.5	12.9
120 cm or more	—	—	—	—	* 2.1	3.5	6.2	10.0	7.8	7.2
Not measured	* 6.8	**0.5	—	—	**0.9	3.9	5.9	1.8	3.8	4.1
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
					— cm —					
Mean hip measurement	54.2	62.8	76.3	91.6	97.8	98.8	101.7	105.2	103.2	102.6
Median hip measurement	54.4	62.0	75.5	91.1	97.4	97.3	99.8	103.5	101.6	100.8
5th percentile(a)	47.6	54.0	63.5	79.6	85.7	85.0	87.7	90.1	88.4	87.8
95th percentile(a)	61.2	73.4	93.2	107.0	114.7	117.6	122.8	127.4	123.9	124.0
					— % —					
Waist to hip ratio										
Less than or equal to 0.8	—	—	—	—	—	84.4	71.8	50.2	28.7	59.6
Greater than 0.8	—	—	—	—	—	11.7	22.3	48.0	67.5	36.3
Not measured	—	—	—	—	—	3.9	5.9	1.8	3.8	4.1
Total	**—**	**—**	**—**	**—**	**—**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
					— ratio —					
Mean waist to hip ratio	—	—	—	—	—	0.741	0.768	0.805	0.841	0.788
Median waist to hip ratio	—	—	—	—	—	0.735	0.761	0.798	0.836	0.780
5th percentile(a)	—	—	—	—	—	0.669	0.690	0.708	0.739	0.691
95th percentile(a)	—	—	—	—	—	0.835	0.872	0.929	0.962	0.915
					— '000 —					
Total	**252.1**	**504.0**	**503.5**	**495.8**	**368.5**	**832.7**	**2,797.2**	**1,852.3**	**1,221.4**	**6,703.6**

(a) Standard errors are not available for this indicator.

TABLE 92. PERSONS AGED 2 TO 18 YEARS : HEIGHT FOR AGE AND WEIGHT FOR AGE

	Age group (years)				
	2-3	*4-7*	*8-11*	*12-15*	*16-18*
Males					
	— % —				
Height for age					
Low height for age	—	**0.6	**0.6	* 1.7	* 2.4
Normal height for age	87.0	92.0	95.7	95.0	95.8
High height for age	**1.8	6.4	* 3.4	* 3.0	—
Not measured	10.5	**1.0	—	—	**1.5
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Weight for age					
Low weight for age	—	**1.1	* 1.9	* 1.2	—
Normal weight for age	90.7	89.9	90.6	90.7	92.3
High weight for age	* 6.0	8.4	7.2	7.8	* 5.2
Not measured	* 3.3	**0.7	—	—	**1.5
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— '000 —				
Total	**265.4**	**530.6**	**529.2**	**524.1**	**389.5**
Females					
	— % —				
Height for age					
Low height for age	—	**0.6	—	**0.9	* 2.2
Normal height for age	87.4	91.9	96.5	96.9	95.5
High height for age	* 5.8	6.9	* 3.0	* 1.9	**1.4
Not measured	* 5.7	**0.6	—	—	**0.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Weight for age					
Low weight for age	—	—	—	—	—
Normal weight for age	86.3	88.9	92.4	91.7	92.0
High weight for age	* 9.4	10.7	7.6	7.2	* 6.5
Not measured	* 2.8	**0.5	—	—	**0.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— '000 —				
Total	**252.1**	**504.0**	**503.5**	**495.8**	**368.5**
Persons					
	— % —				
Height for age					
Low height for age	**0.9	* 0.6	**0.5	* 1.3	* 2.3
Normal height for age	87.2	92.0	96.1	95.9	95.7
High height for age	* 3.8	6.6	3.2	* 2.4	* 0.9
Not measured	8.2	* 0.8	—	—	* 1.2
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
Weight for age					
Low weight for age	—	**0.5	* 1.0	* 0.9	—
Normal weight for age	88.6	89.4	91.5	91.2	92.2
High weight for age	7.7	9.5	7.4	7.5	5.8
Not measured	* 3.1	* 0.6	—	**0.4	* 1.2
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
	— '000 —				
Total	**517.5**	**1,034.6**	**1,032.7**	**1,019.9**	**757.9**

TABLE 93. PERSONS AGED 2 TO 18 YEARS : WEIGHT FOR HEIGHT AND BODY MASS INDEX FOR AGE

	Age group (years)				
	2-3	*4-8*	*9-11*	*12-15*	*16-18*
Males					
		— % —			
Weight for height(a)					
Low weight for height	—	* 2.3	—	—	—
Normal weight for height	85.6	91.7	—	—	—
High weight for height	* 3.9	4.9	—	—	—
Not measured	10.5	* 1.1	—	—	—
Total	**100.0**	**100.0**	**—**	**—**	**—**
Body mass index for age(b)					
Low BMI for age	—	—	* 5.2	* 3.4	* 1.8
Normal BMI for age	—	—	74.1	68.9	74.9
At risk of overweight	—	—	13.3	20.3	14.7
Overweight(c)	—	—	7.0	7.2	* 7.0
Not measured	—	—	—	—	**1.5
Total	**—**	**—**	**100.0**	**100.0**	**100.0**
		— '000 —			
Total	**265.4**	**662.3**	**397.5**	**524.1**	**389.5**
Females					
		— % —			
Weight for height(a)					
Low weight for height	—	—	—	—	—
Normal weight for height	87.5	90.0	—	—	—
High weight for height	* 6.8	5.9	—	—	—
Not measured	* 5.7	* 3.6	—	—	—
Total	**100.0**	**100.0**	**—**	**—**	**—**
Body mass index for age(b)					
Low BMI for age	—	—	**1.5	—	—
Normal BMI for age	—	—	72.1	80.6	78.2
At risk of overweight	—	—	16.3	11.9	13.7
Overweight(c)	—	—	10.1	6.5	* 6.0
Not measured	—	—	—	—	**0.8
Total	**—**	**—**	**100.0**	**100.0**	**100.0**
		— '000 —			
Total	**252.1**	**629.2**	**378.2**	**495.8**	**368.5**
Persons					
		— % —			
Weight for height(a)					
Low weight for height	—	* 1.5	—	—	—
Normal weight for height	86.5	90.9	—	—	—
High weight for height	* 5.3	5.4	—	—	—
Not measured	8.2	2.3	—	—	—
Total	**100.0**	**100.0**	**—**	**—**	**—**
Body mass index for age(b)					
Low BMI for age	—	—	* 3.4	* 2.0	* 1.5
Normal BMI for age	—	—	73.2	74.6	76.5
At risk of overweight	—	—	14.7	16.2	14.2
Overweight(c)	—	—	8.5	6.8	6.6
Not measured	—	—	—	**0.4	* 1.2
Total	**—**	**—**	**100.0**	**100.0**	**100.0**
		— '000 —			
Total	**517.5**	**1,291.5**	**775.8**	**1,019.9**	**757.9**

(a) Applies only to girls who have a height between 55 and 137 cm and boys who have a height between 55 and 145 cm. (b) This indicator is based on international WHO reference values for BMI and only applies to persons aged between 9 and 24 years. (c) Overweight category includes those persons who were over the limit of the scales.

TABLE 94. PERSONS AGED 19 YEARS AND OVER : BODY MASS INDEX

Body mass index	*Age group (years)*				
	19-24	*25-44*	*45-64*	*65 and over*	*19 and over*
Males					
		— % —			
Underweight	* 2.4	* 0.5	—	**0.5	0.6
Acceptable					
18.5 to less than 20	5.0	2.5	* 1.2	* 1.5	2.3
20.0 to less than 25	54.8	34.3	22.0	25.7	32.2
Total acceptable	*59.8*	*36.8*	*23.2*	*27.1*	*34.5*
Overweight	27.7	46.1	50.4	48.0	45.2
Obese	9.9	16.2	25.4	19.1	18.5
Not measured	—	* 0.5	* 0.8	5.2	1.2
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— index —			
Mean body mass index	24.6	26.5	27.8	27.1	26.7
Median body mass index	23.7	26.2	27.3	26.9	26.4
5th percentile(a)	19.4	20.8	21.9	21.5	20.8
95th percentile(a)	32.3	33.6	34.8	34.0	34.2
		— '000 —			
Total	**866.7**	**2,795.0**	**1,900.7**	**939.3**	**6,501.6**
Females					
		— % —			
Underweight	5.4	2.2	* 1.0	* 1.6	2.2
Acceptable					
18.5 to less than 20	15.0	6.5	2.3	3.0	5.7
20.0 to less than 25	49.6	46.2	34.3	30.9	40.6
Total acceptable	*64.6*	*52.7*	*36.6*	*33.8*	*46.3*
Overweight	17.4	24.7	35.5	35.6	28.8
Obese	8.6	14.5	25.1	22.9	18.2
Not measured	3.9	5.9	1.8	6.1	4.5
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— index —			
Mean body mass index	23.5	25.3	27.4	26.9	26.0
Median body mass index	22.5	24.2	26.3	26.3	24.9
5th percentile(a)	18.2	19.2	20.5	20.0	19.4
95th percentile(a)	32.9	35.4	37.9	35.4	36.0
		— '000 —			
Total	**832.7**	**2,797.2**	**1,852.3**	**1,221.4**	**6,703.6**
Persons					
		— % —			
Underweight	3.9	1.3	* 0.6	* 1.1	1.4
Acceptable					
18.5 to less than 20	9.9	4.5	1.8	2.3	4.1
20.0 to less than 25	52.3	40.3	28.1	28.6	36.5
Total acceptable	*62.2*	*44.8*	*29.8*	*30.9*	*40.5*
Overweight	22.7	35.4	43.1	41.0	36.9
Obese	9.3	15.3	25.3	21.2	18.3
Not measured	2.0	3.2	1.3	5.7	2.9
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— index —			
Mean body mass index	24.1	25.9	27.6	27.0	26.3
Median body mass index	23.3	25.2	26.9	26.6	25.7
5th percentile(a)	18.7	19.8	21.1	20.4	19.8
95th percentile(a)	32.5	34.5	36.0	34.6	34.9
		— '000 —			
Total	**1,699.3**	**5,592.2**	**3,753.0**	**2,160.7**	**13,205.3**

(a) Standard errors are not available for this indicator.

TABLE 95. PERSONS AGED 16 AND OVER : SYSTOLIC BLOOD PRESSURE, DIASTOLIC BLOOD PRESSURE AND HYPERTENSION

	Age group (years)					
Blood pressure	*16-18*	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
	Males					
		— % —				
Systolic blood pressure						
Less than 100 mmHg	**1.4	—	* 0.9	* 1.1	* 1.0	0.9
100-109 mmHg	11.0	11.0	9.9	6.5	3.2	8.1
110-119 mmHg	25.7	23.2	27.0	18.4	8.5	21.3
120-129 mmHg	32.0	32.4	33.8	25.9	15.9	28.7
130-139 mmHg	16.7	23.5	18.0	21.3	21.2	20.1
140-149 mmHg	* 3.7	7.1	6.7	13.6	17.7	10.3
150-159 mmHg	* 1.6	* 1.1	2.0	6.1	10.7	4.3
160-169 mmHg	—	* 0.9	* 0.6	3.5	8.6	2.7
170 mmHg or more	—	—	* 0.5	2.9	10.7	2.6
Not measured	7.4	**0.1	* 0.6	* 0.7	* 2.4	0.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— mmHg —				
Mean systolic blood pressure	122	124	124	131	141	128
Median systolic blood pressure	122	123	122	128	139	126
5th percentile(a)	103	106	106	107	110	106
95th percentile(a)	140	142	145	161	180	160
		— % —				
Diastolic blood pressure						
Less than 60 mmHg	15.2	13.2	3.4	* 0.7	4.7	4.1
60-64 mmHg	19.1	15.4	8.5	4.3	8.8	8.3
65-69 mmHg	17.2	15.8	11.5	7.4	10.7	10.7
70-74 mmHg	16.5	22.2	16.9	14.4	18.3	17.1
75-79 mmHg	13.6	12.1	17.7	17.0	15.2	16.4
80-84 mmHg	7.8	10.8	21.6	23.2	19.5	20.3
85-89 mmHg	**1.3	6.0	9.4	12.1	7.8	9.5
90-94 mmHg	**1.5	* 2.1	5.9	9.7	7.5	6.7
95-99 mmHg	—	* 0.9	2.1	5.3	3.2	3.0
100 mmHg or more	—	* 1.4	2.3	5.2	* 1.8	3.0
Not measured	7.4	**0.1	* 0.6	* 0.7	* 2.4	0.8
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— mmHg —				
Mean diastolic blood pressure	68	71	77	81	76	77
Median diastolic blood pressure	68	70	78	80	77	78
5th percentile(a)	52	54	60	64	60	60
95th percentile(a)	82	88	94	100	95	96
		— % —				
Hypertension						
Not applicable	* 6.8	—	* 0.3	* 0.4	* 1.6	0.5
Controlled hypertensive	—	—	1.6	11.7	24.2	7.7
Treated, uncontrolled hypertensives	—	—	* 0.8	4.4	11.5	3.3
Untreated hypertensives	—	* 2.8	4.0	9.1	9.2	6.1
Normotensives	91.4	96.0	92.2	73.6	51.9	81.5
Not stated	—	**0.6	1.0	* 0.8	* 1.6	1.0
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— '000 —				
Total	**389.5**	**866.7**	**2,795.0**	**1,900.7**	**939.3**	**6,501.6**

TABLE 95. PERSONS AGED 16 AND OVER : SYSTOLIC BLOOD PRESSURE, DIASTOLIC BLOOD PRESSURE AND HYPERTENSION—*continued*

Blood pressure	*Age group (years)*					
	16-18	*19-24*	*25-44*	*45-64*	*65 and over*	*19 and over*
	Females					
		— % —				
Systolic blood pressure						
Less than 100 mmHg	9.7	6.1	8.1	3.1	* 0.6	5.1
100-109 mmHg	31.7	29.2	26.8	13.4	2.4	18.9
110-119 mmHg	32.6	32.1	31.2	18.7	7.7	23.6
120-129 mmHg	16.0	23.9	20.3	25.4	14.2	21.0
130-139 mmHg	* 3.5	3.7	5.3	16.8	19.4	10.8
140-149 mmHg	—	* 1.0	1.7	11.3	18.1	7.3
150-159 mmHg	—	—	* 0.6	4.4	11.2	3.5
160-169 mmHg	—	—	* 0.2	3.1	10.7	2.9
170 mmHg or more	—	—	**0.2	2.2	12.0	2.9
Not measured	* 6.4	4.0	5.7	1.6	3.6	4.0
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— mmHg —				
Mean systolic blood pressure	111	113	114	126	144	123
Median systolic blood pressure	110	113	112	124	140	120
5th percentile(a)	98	98	98	102	111	99
95th percentile(a)	128	129	134	160	185	161
		— % —				
Diastolic blood pressure						
Less than 60 mmHg	23.8	17.1	8.7	2.4	5.7	7.5
60-64 mmHg	24.1	19.3	17.7	9.6	11.1	14.5
65-69 mmHg	14.6	17.5	17.7	13.5	12.4	15.6
70-74 mmHg	15.4	20.0	19.5	16.7	18.7	18.6
75-79 mmHg	8.5	11.3	12.8	17.0	14.4	14.1
80-84 mmHg	* 4.9	7.2	10.2	18.8	17.1	13.5
85-89 mmHg	**1.1	* 2.2	4.1	10.7	6.5	6.1
90-94 mmHg	—	* 1.1	2.4	5.8	5.5	3.7
95-99 mmHg	—	—	* 0.7	2.3	2.5	1.4
100 mmHg or more	—	—	* 0.5	1.6	2.4	1.1
Not measured	* 6.4	4.0	5.7	1.6	3.6	4.0
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— mmHg —				
Mean diastolic blood pressure	65	68	71	77	75	73
Median diastolic blood pressure	64	68	70	77	75	72
5th percentile(a)	51	54	58	61	59	58
95th percentile(a)	81	82	88	93	95	90
		— % —				
Hypertension						
Not applicable	* 4.7	3.9	5.4	* 1.1	* 1.8	3.4
Controlled hypertensive	—	—	1.1	13.7	26.3	9.1
Treated, uncontrolled hypertensives	—	—	* 0.4	3.7	13.3	3.6
Untreated hypertensives	—	—	* 0.9	3.6	10.8	3.4
Normotensives	91.3	94.3	91.5	77.0	45.8	79.5
Not stated	* 3.3	* 0.8	* 0.7	* 0.9	* 2.1	1.0
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— '000 —				
Total	**368.5**	**832.7**	**2,797.2**	**1,852.3**	**1,221.4**	**6,703.6**

TABLE 95. PERSONS AGED 16 AND OVER : SYSTOLIC BLOOD PRESSURE, DIASTOLIC BLOOD PRESSURE AND HYPERTENSION—*continued*

Blood pressure	*Age group (years)* 16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons					
		— % —				
Systolic blood pressure						
Less than 100 mmHg	5.5	3.3	4.5	2.1	* 0.8	3.1
100-109 mmHg	21.0	19.9	18.4	9.9	2.8	13.6
110-119 mmHg	29.0	27.5	29.1	18.6	8.1	22.5
120-129 mmHg	24.3	28.3	27.0	25.6	14.9	24.8
130-139 mmHg	10.3	13.8	11.6	19.1	20.2	15.4
140-149 mmHg	* 1.9	4.1	4.2	12.4	17.9	8.8
150-159 mmHg	* 0.8	* 0.5	1.3	5.3	10.9	3.9
160-169 mmHg	—	* 0.5	* 0.4	3.3	9.8	2.8
170 mmHg or more	—	—	* 0.3	2.6	11.4	2.7
Not measured	6.9	2.0	3.1	1.2	3.1	2.4
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— mmHg —				
Mean systolic blood pressure	117	119	119	129	143	126
Median systolic blood pressure	117	119	118	126	140	122
5th percentile(a)	99	101	100	103	111	106
95th percentile(a)	137	140	141	160	182	160
		— % —				
Diastolic blood pressure						
Less than 60 mmHg	19.4	15.1	6.1	1.5	5.3	5.8
60-64 mmHg	21.5	17.4	13.1	6.9	10.1	11.4
65-69 mmHg	15.9	16.6	14.6	10.4	11.7	13.2
70-74 mmHg	16.0	21.1	18.2	15.5	18.5	17.9
75-79 mmHg	11.1	11.7	15.3	17.0	14.8	15.2
80-84 mmHg	6.4	9.0	15.9	21.1	18.2	16.8
85-89 mmHg	* 1.2	4.1	6.7	11.4	7.0	7.8
90-94 mmHg	* 1.0	* 1.6	4.1	7.8	6.4	5.2
95-99 mmHg	—	* 0.7	1.4	3.8	2.8	2.2
100 mmHg or more	—	* 0.7	1.4	3.4	2.2	2.0
Not measured	6.9	2.0	3.1	1.2	3.1	2.4
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— mmHg —				
Mean diastolic blood pressure	67	69	74	79	76	75
Median diastolic blood pressure	66	69	73	79	76	75
5th percentile(a)	51	54	59	62	59	60
95th percentile(a)	82	86	91	97	95	96
		— % —				
Hypertension						
Not applicable	5.8	2.0	2.8	0.8	1.7	1.9
Controlled hypertensive	—	* 0.5	1.4	12.7	25.4	8.4
Treated, uncontrolled hypertensives	—	—	0.6	4.1	12.5	3.5
Untreated hypertensives	—	1.7	2.5	6.4	10.1	4.7
Normotensives	91.4	95.2	91.9	75.2	48.5	80.5
Not stated	* 1.9	* 0.7	0.9	0.9	1.9	1.0
Total	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**	**100.0**
		— '000 —				
Total	**757.9**	**1,699.3**	**5,592.2**	**3,753.0**	**2,160.7**	**13,205.3**

(a) Standard errors are not available for this indicator.

EXPLANATORY NOTES

INTRODUCTION

1 The 1995 National Nutrition Survey (NNS) collected detailed information for people aged two years and over on food and beverage intake, physical measures, food-related habits and attitudes, and usual frequency of consumption of selected foods. Nutrient intake was later derived from reported food and beverage intake. The survey was a joint project between the Australian Bureau of Statistics (ABS) and the Commonwealth Department of Health and Aged Care (formerly the Department of Health and Family Services). The survey was conducted under the authority of the *Census and Statistics Act 1905*, but participation was voluntary.

2 Official permission was obtained for the use of up to 4,000 total folate values and general nutrient data for up to 1,000 foods from the The Royal Society of Chemistry and the Controller of Her Majesty's Stationary Office. These data are from *The Composition of Foods*, 5th Edition and its supplements (ANZFA 1989).

3 The survey was conducted from February 1995 to March 1996 in all States and Territories across urban and rural areas. A sample of participants from the 1995 National Health Survey (NHS) was invited to participate in the NNS, with the NNS interview taking place several weeks after the NHS interview.

SCOPE

4 The NHS sample consisted of approximately 23,800 private dwellings (houses, flats, etc.) and some types of non-private dwellings (hotels, motels and boarding houses). Other special dwellings, such as hospitals, nursing homes and prisons were excluded from the survey. Households were selected at random using a stratified multistage area sample which ensured that persons within each State and Territory had a known and, in the main, equal chance of selection in the NHS.

5 Certain groups of persons were excluded from the scope of the NHS. These were non-Australian diplomatic personnel and non-Australian members of their households, persons from overseas holidaying in Australia, members of non-Australian defence forces and their dependants stationed in Australia, and persons in special dwellings (including hotels, boarding houses and institutions).

6 The NNS sample was systematically selected from the base NHS sample of private dwellings only. The estimates presented in this publication are based on information obtained from 13,858 persons aged two years and over who agreed to participate in the NNS.

7 The NNS was conducted on a maximum of two in-scope people per household in urban areas and three in-scope people in rural households. To increase the sample in Queensland, three persons were taken in both urban and rural households. These people were randomly selected from those living in the household. In addition, all people aged 65 years and over, who lived in households selected for the NNS, were invited to participate in the NNS.

METHODOLOGY

8 Qualified nutritionists conducted personal interviews in participants' homes on all seven days of the week. Proxy interviews were conducted for children aged 2–4 years and adult participants unable to report for themselves because of physical or mental limitations. Children aged 5–11 years were asked to provide their own food intake data with the assistance of an adult household member. Interviewers were closely supervised by nutritionists from the Department of Health and Aged Care and provided with ongoing training as required.

9 Topics covered in the survey were:

- food and beverage intake;
- nutrient intake, derived from food and beverage intake (see paragraphs 22 and 23);
- supplementary information on food intake (e.g. whether the amount consumed the previous day was about usual, more than usual or less than usual);
- physical measurements;
- food habits and attitudes; and
- usual frequency of intake of selected foods, and vitamin and mineral supplements.

10 An extensive range of demographic and socioeconomic information was obtained during the NHS interview, as well as information on health status, use of health services and facilities, and health-related aspects of lifestyle such as smoking, alcohol consumption and exercise. All data items collected in the NHS are available for NNS participants.

Daily food consumption

11 A daily food consumption method (24-hour dietary recall) was used to collect detailed information on all foods and beverages consumed the day before the interview (from midnight to midnight). Information included the time of consumption, the eating occasion, detailed food/beverage description, the amount eaten, the source of the food/beverage, whether it was consumed in the home and whether it was ever in the home. The 24-hour dietary recall questionnaire was based on material developed by the Agricultural Research Service of the United States' Department of Agriculture (USDA) and used in their Continuing Survey of Food Intakes of Individuals 1994–96.

12 In addition participants were asked to report the total amount of plain drinking water consumed the previous day. This information was not collected as part of the 24-hour recall unless something had been added to the water (e.g. cordial concentrate). Plain drinking water was included in estimates of non-alcoholic beverages presented in this publication.

Replicate sample

13 A sub-sample of approximately 1,500 NNS participants (the replicate sample) provided food and beverage intake data for a second 24-hour recall period, on a different day of the week and usually within 10 days of the first interview. This information has been collected to enable calculation of adjustment factors which, when applied to the first 24-hour recall nutrient intakes, provide estimates of the distribution of 'usual' nutrient intake (see paragraphs 27–35 for more details).

Food habits and attitudes

14 Additional information was obtained on eating habits and patterns, through a series of questions on topics such as intake of vitamin or mineral supplements, usual frequency of eating breakfast, addition of salt to food, usual diet, and barriers to desired dietary change.

Food Frequency Questionnaire

15 A Food Frequency Questionnaire (FFQ) was left with people aged 12 years and over to complete and mail back to the ABS at their convenience. The FFQ requested usual frequency of intake of 107 food items and 11 vitamin and mineral supplements over the past 12 months. The FFQ was designed to complement the information collected in the 24-hour recall.

Physical measurements

16 With participants' written consent, the blood pressure (of people aged 16 years and over), height, weight, and waist and hip circumferences was measured by trained interviewers. Pregnant women were excluded from this component of the survey. Physical measurements were preferably taken over one layer of light clothing and respondents were notified of this prior to the interview.

17 Protocols for taking physical measurements were developed for the survey based on the 1989 Risk Factor Prevalence Study and draft World Health Organisation protocols. A brief description of the protocols follow:

- Blood pressure — Two consecutive blood pressure readings were taken from respondents aged 16 years and over and recorded to the nearest 2 mmHg. A third reading was taken if the two systolic readings differed by more than 6 mmHg and/or the diastolic readings differed by more than 4 mmHg.
- Height — Two height measurements were taken from respondents and recorded to the nearest 0.1 cm. A third measurement was taken if the first two measurements differed by 0.5 cm or more.
- Weight — One weight measurement to the nearest 0.1 kg was taken from respondents, using digital scales. The scales measured to a maximum weight of 140 kg. For the calculation of mean weight, those participants with a weight exceeding 140 kg have been allocated a weight of 140 kg.
- Waist and hip circumference — Two measurements each were taken of the waist and hip circumference. The waist measurement was taken midway between the inferior margin of the last rib and the crest of the ilium in the mid-axillary plane. The hip measurement was taken at the maximum circumference around the buttocks, when viewed from the side.

18 In cases where two measurements were taken, the average of the two measurements was calculated for each person. When a third height or blood pressure measurement was taken, the average of the closest two measurements was calculated.

Further details

19 Definitions for items covered in this publication are provided in the Glossary. Comprehensive details of all the concepts, methodologies and procedures used in this survey are provided in the users' guide (ABS 1998).

DATA PROCESSING

20 Data from the 24-hour recall were entered using an automated food coding system, Survey Net–Ansurs (ANSURS). ANSURS allowed direct data entry from the 24-hour recall questionnaire with on-line coding. Information such as the type of food consumed, and serving type and size (e.g. one cup) was used to convert food intake into grams. Food coding was supervised and reviewed by nutritionists at the Department of Health and Aged Care.

21 ANSURS is an Australian version of Survey Net, which was developed by the USDA in conjunction with the University of Texas. With the permission of the USDA, the Department of Health and Aged Care contracted the University of Texas to modify Survey Net specifically for use in the NNS. Qualified nutritionists at Department of Health and Aged Care adapted Survey Net to the Australian food supply. Experts from the United States came to Australia to demonstrate ANSURS and coders received intensive training in its use.

22 The Australia New Zealand Food Authority (ANZFA) developed a customised nutrient composition database. This database was applied to food intake data in ANSURS and converted the food intakes (in grams) into nutrient intakes. Nutrient intakes were derived for 29 nutrients, including energy, water, protein, fats, carbohydrates, alcohol, vitamins (e.g. vitamin A and niacin) and minerals (e.g. calcium and iron). The nutrient analysis for commercial products and cooked foods made adjustments for vitamin and mineral retention and moisture gain or loss. Intake of nutrients from dietary supplements or medicinal sources has not been included in the estimates. This publication does not contain information on derived and preformed niacin, but this information is available on request. There was no nutrient analysis of sodium intake. However, the 24-hour recall questionnaire recorded whether or not salt was added to foods.

23 Many reference sources were consulted to obtain nutrient composition information including data from ANZFA (1989), unpublished food composition data commissioned by ANZFA, Australian scientific literature and food industry data. Where Australian data were not available, data from overseas references were used, mainly the official food tables of the United Kingdom and the United States.

VITAMIN A

24 The estimates for mean total vitamin A (retinol equivalents) and preformed vitamin A are slightly lower than those published in ABS (1997). Since the earlier publication was released, vitamin A figures have been revised for a small number of foods. This publication contains the revised data.

FOOD SOURCES OF NUTRIENTS

25 This publication contains information on the main food sources of each nutrient (see tables 37 to 63) reflecting both the amount of food consumed and the level of nutrient found in the food. The percentage of a nutrient sourced from a particular food group was calculated across the population group being considered as:

$$\text{Per cent of nutrient from food group} = \frac{\text{Sum of nutrient from food group}}{\text{Sum of nutrient from all foods}} \times 100\%$$

26 This publication only includes major and sub-major food groups contributing 1.5% or more to any age by sex group for an individual nutrient. No relative standard errors have been calculated for these data (see the Technical Notes for more information).

ADJUSTED NUTRIENT INTAKES

27 This publication mainly reports on information collected in the first 24-hour recall period only (tables 1–63). In recognition of the fact that a single day's intake does not represent the 'usual' nutrient intake of an individual the NNS collected food and beverage intake for a second 24-hour recall period from the replicate sample (see paragraph 13). This methodology allows adjustment factors to be calculated to remove the effect of within-person variation on the distribution of Day 1 nutrient intakes.

28 The adjusted distribution provides a better indication of the 'usual' distribution of nutrient intakes in the population. It is therefore more appropriate for estimating the likelihood of nutrient deficiency or excess in the population than when the data are based on only a single day's intake for each person. Tables 64–89 present the percentile distributions of nutrient intakes, adjusted for within-person variation between the first and second 24-hour recall.

29 Adjustment factors were calculated for all nutrients except alcohol, based on responses from the sub-sample of people who completed the second 24-hour recall period. Adjustments were applied to the entire first 24-hour recall sample. Alcohol was not adjusted because of limitations of estimating within-person variation in alcohol intake from only two days' intake when a high proportion of people were non-consumers.

30 The following paragraphs describe the procedures used to calculate the adjustment factors. The impact of the adjustment on nutrient intakes is that the mean is maintained, the median is generally lowered slightly and the distribution of scores is compressed.

31 For each nutrient, the following formula was used to adjust the first 24-hour recall nutrient intake:

Adjusted value $= x + (x_i - x) \times (s_b/s_{obs})$, where:

- x is the group mean intake for the total weighted Day 1 sample
- x_i is the individual's Day 1 intake
- s_b is the between person standard deviation
- s_{obs} is the group standard deviation for the entire sample

32 It was recognised that an adjustment model based on the entire population was not necessarily appropriate for particular sub-groups. Therefore, adjustment classes based on age and sex were used in the analysis.

33 Adjustments were applied separately to males and females for the following age groups: 2–3 years; 4–7 years; 8–11 years; 12–15 years; 16–18 years; 19–24 years; 25–44 years; 45–64 years; and 65 years and over. The mean within each of these groups for each nutrient was calculated from the total weighted Day 1 sample. However, collapsed age groups were used to calculate the standard deviation values. This was because the between-person standard deviation was calculated from the replicate sample and therefore some cells had insufficient sample for the finer age groups. The collapsed age groups were: 2–11 years; 12–24 years; 25–44 years; 45–64 years; and 65 years and over.

ADJUSTED NUTRIENT INTAKES *continued*

34 The between-person standard deviation was calculated as the collapsed group between-person standard deviation for the replicate sample. Between-person variance (s^2_b) was calculated from the replicate sample data, using the SAS ANOVA procedure. Person was the independent variable (each person had a Day 1 and a Day 2 record) and nutrient intake was the dependent variable. Between-person variance was estimated as $s^2_b = (MSA - MSE)/n$, with MSA and MSE defined according to the table below.

Source of variation	*Degrees of freedom*	*Sum of squares*	*Mean square*	*Expected value of mean square*
Mean	1	SSM	MSM=SSM	$N\mu^2 + n\sigma^2_\alpha + \sigma^2_e$
Classes	a – 1	SSA	MSA=SSA/(a–1)	$n\sigma^2_\alpha + \sigma^2_e$
Residual error	a(n – 1)	SSE	MSE=SSE/a(n–1)	σ^2_e
Total	an	SST	. .	. .

Note: where *a* is the number of people, *n* is the number of replicates, *N* is *a* x *n*, μ is the group mean, σ^2_α is the between-person variation, σ^2_e is the residual or within-person sampling error after removing mean and between-person effects, SSM, SSA and SST are calculated directly from data collected and SSE is calculated by subtraction.

Source: Searle 1971.

35 All adjustment calculations for total vitamin A expressed as retinol equivalents, preformed vitamin A and provitamin A were done on log transformed data, because of the particularly skewed nature of their distributions. The adjustments were calculated and applied in the natural log scale, before being re-transformed into the original scale. The calculations for all other nutrients were done in the original scale, without any transformation.

SURVEY RESPONSE

36 There were 13,858 people who completed the NNS, in terms of completing a 24-hour recall. There were several stages in the selection process:

- The first stage was the invitation to participate, with 77% of those selected from the NHS agreeing to be interviewed in the NNS. Analysis of the characteristics of people who accepted compared to those who declined revealed that income and age were major factors in non-response. People with a high income or age greater than 59 were more likely to decline. Those people who did not take part in the NHS but would otherwise have been selected for the NNS have been excluded from this analysis since no information was available about them.
- The second stage was completing the interview at a later date: of those who initially agreed to participate in the NNS, 80% completed the interview. Marital status and employment status were major factors in non-response. Generally, unmarried people were less likely to participate and unmarried people who were also unemployed were the least likely to participate.
- Finally, people aged 12 years and over were invited to complete a FFQ: of these, 76% returned a usable FFQ. (A respondent's FFQ was classified as 'unusable' if more than 20 out of the 107 food lines were completed incorrectly and could not be resolved (see ABS 1998).) The major factors in non-response were marital status and age. For people aged over 20 years, non-response declined with age and non-response was higher for unmarried people than for married people.

SURVEY RESPONSE *continued*

37 The overall response rate was low by ABS standards for household surveys. It was a direct result of the survey methodology where a sub-sample of individuals who had already completed a detailed health survey interview were subsequently invited to participate in the NNS on a voluntary basis. Characteristics of respondents and non-respondents have been compared (see paragraph 40). Furthermore, adjustments to sample weights were made during estimation to reduce non-response bias. Notwithstanding, users are cautioned to bear in mind the high non-response rate in their analysis and interpretation of the data.

38 Overall response rates varied by State and Territory of residence, as shown in the table below.

State and Territory	*NNS participants* no.	*Participants as a proportion of those invited* %
New South Wales	2 881	59.9
Victoria	2 805	60.7
Queensland	2 396	58.9
South Australia	1 727	62.9
Western Australia	1 852	60.0
Tasmania	1 177	71.1
Northern Territory	357	65.5
Australian Capital Territory	663	64.7
Australia	**13 858**	**61.4**

ESTIMATION PROCEDURES

39 As previously mentioned, the survey was conducted over a 14-month period from February 1995 to March 1996. The estimation procedure developed for this survey ensures that survey estimates conform to independent estimates of the Australian population for the third quarter of 1995. Specifically, the estimates conform to Australian age by sex estimates and Australian State by part of State estimates.

40 The estimation procedure also uses response information collected in the course of the survey to counter known biases in target variables resulting from partial response. This information, in the form of models, was used to adjust data for differential response by class, and also to specify weighting classes for applying benchmarks. Target variables for which adjustments were made included household size, income, age, State and Territory, marital status and employment status.

41 Separate estimates were calculated for the main survey and the FFQ sub-sample, as participation in the FFQ was voluntary. This publication only includes estimates for the main survey.

42 Further details of the estimation procedures are contained in the users' guide (ABS 1998).

RELIABILITY OF ESTIMATES

43 Since the estimates are based on a sample they are subject to sampling variability (see Technical Notes for further details). Only estimates with relative standard errors (RSE) less than 25% are considered sufficiently reliable for most purposes. However, estimates with RSEs between 25% and 50% have been included in this publication and are preceded by an asterisk (e.g. *4.3) to indicate they are subject to high standard errors and should be used with caution. Estimates with RSEs greater than 50% are also included and are preceded by a double asterisk (e.g. **0.1). Such estimates are considered too unreliable for general use.

44 In addition to sampling errors, the estimates are subject to non-sampling errors. These may be caused by errors in reporting (e.g. because some answers were based on memory, or because of misunderstanding or unwillingness of respondents to reveal all details) or errors arising during processing (e.g. coding, data recording). Such errors may occur in any statistical collection whether it is a full census count or a sample survey. Every effort is made to reduce non-sampling errors in the survey to a minimum by careful design and testing of questionnaires, by intensive training and supervision of interviewers, and by efficient operating procedures.

45 Non-response bias is another type of non-sampling error. Non-response bias may occur when people choose not to participate, or cannot be contacted. Non-response can introduce a bias to the results obtained in that non-respondents may have different characteristics and behaviour patterns in relation to their diet than those persons who responded to the survey. The estimation procedures made some adjustments for non-response (see paragraph 40).

CALCULATION OF MEDIANS AND OTHER QUANTILES

46 Median and other quantile values appearing in this publication have been calculated from all persons responding to this survey. The exceptions to this are alcohol, for which the median was calculated from consumers only because of the high level of non-consumers, and physical measurements, for which the median was calculated from contributors only.

47 Medians and other quantiles have been calculated using the expansion factors that weight survey estimates to the Australian population. Each person's value has been given a frequency equal to their weight (e.g. a record with a weight of 1,000 becomes equivalent to 1,000 records). The quantile value was then located using the expanded number of records. For example, the median of a group of 900 records with a total weight of 179,999 would be the 90,000th value in the expanded set of records.

DATA QUALITY

48 One problem commonly associated with dietary surveys is that, on average, people under-report their consumption of food and beverages. Particular strategies were used in the NNS to overcome the extent of response errors in the dietary data and physical measurements. However, it is likely that deliberate under-reporting by some respondents would be only marginally improved by these strategies. The impact of implausibly low intakes on survey data is discussed in Appendix 4.

DATA QUALITY *continued*

49 All data have been scrutinised during data entry, coding and output processing for accuracy and quality. The quality of the food data was investigated to ensure responses were meaningful, recognising the diverse range of types and quantities of foods which can be consumed in a single day by individuals. When scrutinising physical measures, the very wide variations possible in physical growth during childhood and adolescence were taken into account.

50 Food and nutrient intake data were checked at a number of stages. The initial data quality review was conducted through the data entry phase including the examination of extreme food intakes. A second data quality review was conducted after all food data had been coded and nutrient compositions from ANZFA had been applied. Checks at this stage included the investigation of extreme intakes of energy, macronutrients, vitamins and minerals. Amendments were made in only a small number of cases. Consequently some food intakes contain unlikely data (e.g. half a cup of butter on one slice of bread).

51 During entry of physical measurements data, computer edits checked individual values against ranges based on previous Australian and overseas studies to focus investigation on only very extreme values. Guidelines were established to ensure a consistent treatment of the cases identified and any necessary amendments. At a later stage, the distributions of heights, weights and measures, such as body mass index (see Glossary) for adults and weight for height for children, were studied. Some systematic errors were identified and amended appropriately.

52 Blood pressure readings were initially taken with a mercury sphygmomanometer, but due to technical problems this equipment was changed to an aneroid sphygmomanometer on 1 May 1995. Analysis of readings before and after that date indicated that there was no significant difference between blood pressure measurements taken with the two types of sphygmomanometers.

CALCULATION OF ANTHROPOMETRIC INDICATORS

53 Height for age, weight for age and weight for height were calculated for NNS participants aged 2–18 years. See the Glossary for more information on their interpretation. Z–scores were calculated to determine low, normal and high measurements for each of these indicators, using the individual's measured height and weight and international reference values by sex and age in years and months (WHO 1983), where

$$\text{Z–score} = \frac{\text{Observed value} - \text{median reference value}}{\text{Standard deviation of reference population}}$$

54 The Z–score expresses the anthropometric indicators as a number of standard deviations (or Z–scores) above or below the median reference value. Low height for age is defined as having a Z–score for height for age of less than –2 and high height for age is defined as having a Z–score for height for age of greater than +2. The same cut-off limits of less than –2 standard deviations and more than +2 standard deviations apply to weight for height and weight for age.

COMPARISON WITH OTHER STUDIES

55 Dietary information recorded in this survey may differ from that which might be obtained using a different method to assess food and beverage intake, such as a weighed record or a semi-quantitative food frequency questionnaire, or using a different food composition database to assess nutrient intake.

56 In terms of the methodologies used, data from this survey are broadly comparable with data from:

- the National Heart Foundation's Risk Factor Prevalence Studies (1980, 1983 and 1989);
- the National Dietary Survey of Adults, 1983; and
- the National Dietary Survey of Schoolchildren (aged 10–15 years), 1985.

57 However, comparisons should be made with care and take into account factors such as procedures for collecting physical measures, the dietary intake assessment method, food classifications, and the food composition database used to derive nutrient intake. As well as non-response levels and sampling errors, other methodological issues, such as the scope of each survey, will also have an impact on the comparability of the results.

RELATED PUBLICATIONS

58 ABS publications which may be of interest include:

*Apparent Consumption of Foodstuffs, Australia, 1996–97 (*Cat. no. 4306.0)

National Health Survey: Summary of Results, 1995 (Cat. no. 4364.0)

National Nutrition Survey: Foods Eaten, Australia, 1995 (Cat. no. 4804.0) — expected to be released in 1999

National Nutrition Survey: Selected Highlights, Australia, 1995 (Cat. no 4802.0)

National Nutrition Survey: Users' Guide, 1995 (Cat. no. 4801.0)

59 A confidentialised unit record file is also available for approved users to tabulate, manipulate and analyse data to their own specifications.

SYMBOLS AND OTHER USAGES

ABS	Australian Bureau of Statistics
ANSURS	Australian Nutrition Survey System
ANZFA	Australia New Zealand Food Authority
BMI	body mass index
BMR	basal metabolic rate
cm	centimetres
EI/BMR	ratio of energy intake to basal metabolic rate
FFQ	Food Frequency Questionnaire
g	grams
kg	kilogram
kJ	kilojoules
mcg	micrograms
mg	milligrams
mmHg	millimetres of mercury
n.e.c.	not elsewhere classified
NHMRC	National Health and Medical Research Council
NHS	National Health Survey
NNS	National Nutrition Survey
RDI	Recommended Dietary Intake
RSE	relative standard error
SE	standard error
SEIFA	Socio-economic indexes for areas
USDA	United States Department of Agriculture
WHO	World Health Organisation
WHR	waist to hip ratio
*	relative standard error of 25% to 50%
**	relative standard error over 50%
. .	not applicable
—	nil or rounded to zero

APPENDIX 1 POPULATION ESTIMATES AND SAMPLE COUNTS

ALL PERSONS

	POPULATION ESTIMATES(a)			SAMPLE COUNTS		
Age group (years)	*Males*	*Females*	*Persons*	*Males*	*Females*	*Persons*
2–3	265 414	252 122	517 536	170	213	383
4–7	530 647	503 967	1 034 614	415	384	799
8–11	529 201	503 481	1 032 682	385	354	739
12–15	524 138	495 758	1 019 896	349	304	653
16–18	389 479	368 469	757 948	215	218	433
19–24	866 651	832 697	1 699 348	485	575	1 060
25–44	2 795 003	2 797 187	5 592 190	2 140	2 385	4 525
45–64	1 900 669	1 852 311	3 752 980	1 554	1 752	3 306
65 and over	939 293	1 221 445	2 160 738	902	1 058	1 960
Persons	**8 740 495**	**8 827 437**	**17 567 932**	**6 615**	**7 243**	**13 858**

(a) These estimates correspond to the population benchmarks for the National Nutrition Survey and were derived from the third quarter population estimates for

PERSONS AGED 19 YEARS AND OVER

	POPULATION ESTIMATES			SAMPLE COUNTS		
	Males	*Females*	*Persons*	*Males*	*Females*	*Persons*
State and Territory						
New South Wales	2 214 923	2 326 169	4 541 092	1 062	1 240	2 302
Victoria	1 620 059	1 705 736	3 325 795	1 018	1 209	2 227
Queensland	1 229 261	1 178 153	2 407 414	880	970	1 850
South Australia	524 702	537 463	1 062 165	673	694	1 367
Western Australia	584 543	641 459	1 226 002	666	777	1 443
Tasmania	167 189	169 260	336 449	402	492	894
Northern Territory	52 000	53 304	105 305	138	129	267
Australian Capital Territory	108 938	92 096	201 035	242	259	501
Rural, remote and metropolitan areas classification						
Metropolitan(a)	4 697 087	4 790 750	9 487 837	3 410	3 838	7 248
Rural centre(b)	731 319	819 483	1 550 801	621	777	1 398
Rural and remote(c)	1 073 210	1 093 407	2 166 618	1 050	1 155	2 205
Part of State						
Capital city	4 177 066	4 305 958	8 483 024	3 109	3 510	6 619
Rest of State	2 324 550	2 397 682	4 722 232	1 972	2 260	4 232
Region of birth						
Australia	4 798 981	4 972 449	9 771 430	3 771	4 323	8 094
UK, Ireland and NZ	788 774	787 678	1 576 451	654	701	1 355
Other European countries(d)	406 491	436 957	843 448	345	362	707
East Asia(e)	197 446	239 435	436 882	109	177	286
Other countries n.e.c.(f)	309 924	267 121	577 045	202	207	409

(a) Areas containing capital cities or urban centres with a population of 100,000 or more.

(b) Areas containing an urban centre with a population of 10,000 to 99,999.

(c) All remote areas, and rural areas containing a centre with a population of less than 10,000.

(d) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States.

(e) Includes Southeast Asian and Northeast Asia.

(f) Includes Southern Asia, the Middle East and North Africa, the Americas, Africa, and other Oceania and Antartica.

PERSONS AGED 19 YEARS AND OVER *continued*

	POPULATION ESTIMATES			SAMPLE COUNTS		
	Males	*Females*	*Persons*	*Males*	*Females*	*Persons*
SEIFA quintile of relative socio-economic disadvantage						
1st	1 113 538	1 216 985	2 330 522	908	1 076	1 984
2nd	1 237 588	1 308 450	2 546 038	989	1 130	2 119
3rd	1 146 951	1 201 065	2 348 015	983	1 109	2 092
4th	1 387 311	1 427 959	2 815 270	1 059	1 234	2 293
5th	1 600 342	1 532 317	3 132 659	1 129	1 205	2 334
Weekday/weekend						
Monday–Friday	4 929 244	5 112 573	10 041 817	3 869	4 416	8 285
Saturday–Sunday	1 572 372	1 591 067	3 163 439	1 212	1 354	2 566
Season						
Spring (Sep–Nov)	1 700 556	1 746 696	3 447 252	1 223	1 354	2 577
Summer (Dec–Feb)	1 238 791	1 331 670	2 570 461	1 064	1 240	2 304
Autumn (Mar–May)	1 837 370	1 857 740	3 695 110	1 449	1 669	3 118
Winter (Jun–Aug)	1 724 899	1 767 535	3 492 434	1 345	1 507	2 852
Body mass index						
Underweight	41 501	146 085	187 586	28	117	145
Acceptable	2 244 552	3 104 648	5 349 200	1 674	2 609	4 283
Overweight	2 937 436	1 928 977	4 866 413	2 329	1 714	4 043
Obese	1 200 625	1 220 810	2 421 435	981	1 068	2 049
Ratio of energy intake to basal metabolic rate						
Less than 0.9	774 548	1 379 760	2 154 308	604	1 194	1 798
0.9 and over	5 666 119	5 055 306	10 721 425	4 426	4 341	8 767
Persons aged 19 years and over	**6 501 616**	**6 703 640**	**13 205 256**	**5 081**	**5 770**	**10 851**

PERSON ESTIMATES FOR TABLE 93

	POPULATION ESTIMATES(a)			SAMPLE COUNTS		
Age group (years)	*Males*	*Females*	*Persons*	*Males*	*Females*	*Persons*
2–3	265 414	252 122	517 536	170	213	383
4–8	662 308	629 224	1 291 532	512	465	977
9–11	397 540	378 224	775 764	288	273	561
12–15	524 138	495 758	1 019 896	349	304	653
16–18	389 479	368 469	757 948	215	218	433

(a) These estimates correspond to the population benchmarks for the National Nutrition Survey and were derived from the third quarter

APPENDIX 2 FOOD GROUPS

Foods and beverages reported in the 24-hour recall can be categorised to varying levels of detail. This classification was based on those used in the 1983 National Dietary Survey of Adults, with modifications done in consultation with experts. This publication has used the broadest level of the classification system, the major food groups and the next level, the sub-major food groups. More detailed food groupings are described in the users' guide (ABS 1998).

Some issues associated with the food classification system are:

- In most cases the category non-alcoholic beverages includes plain drinking water. However, the category does not include plain drinking water when food groups are cross-classified against information such as location or eating occasion (which is not available for plain drinking water, without any additions). This does not affect any figures presented in this publication
- Most food groups include mixed dishes and, therefore, foods from other categories. For example, dishes such as pizza with a meat, vegetable and cheese topping have been coded as cereal-based products and dishes. In these cases, a judgement was made about which food was the major ingredient.
- There are some beverages which are not classified as non-alcoholic or alcoholic beverages, because they logically belong with another food group. These beverages are: milk and soy drink (classified as milk and milk products); liquid meal replacements and oral supplements (classified as special dietary foods); and infant fruit juices (classified as infant formulae and foods).

The major food groups are similar to those used in the 1983 National Dietary Survey of Adults and the 1985 National Dietary Survey of School Children (aged 10–15 years). However, there are differences in the classification systems between the surveys.

MAJOR FOOD GROUP	SUB-MAJOR FOOD GROUPS	EXAMPLES
Cereals and cereal products	Flours and other cereal grains and starches	Cornmeal, couscous, bulgar
	Regular breads and rolls	Bread, bread roll, bagel
	Breakfast cereals, plain, single source	Bran, wheat breakfast biscuits, puffed rice, corn flakes
	Fancy breads, flat breads, English style muffins and crumpets	Lavash bread, cheese-topped bread, focaccia, fruit bread, tortilla
	Pasta and pasta products	Ravioli, wholemeal pasta, rice noodles
	Rice and rice products	Rice, rice cake, flavoured rice
	Breakfast cereals, mixed sources	Muesli, wheat flakes with added fruit and nuts, breakfast bar
	Breakfast cereal, hot porridge type	Regular oats, oats with honey, cooked semolina
Cereal-based products and dishes	Sweet biscuits	Shortbread, chocolate biscuits, homemade chocolate chip biscuits
	Savoury biscuits	Water cracker, crispbread
	Cakes, buns, muffins, scones, cake-type desserts	Cake, sweet bun, brioche, pudding, slice, savoury dumpling, sweet dumpling
	Pastries	Croissant, apple pie, danish pastry, quiche, meat pie, spinach and cheese triangle
	Mixed dishes where cereal is the major ingredient	Pizza, commercial hamburger, burrito, spring roll, packet pasta and sauce, lasagne, fried rice
	Batter-based products	Pancakes, waffle, apple fritter, doughnut
Fruit products and dishes	Pome fruit	Fresh pear, canned apple, stewed quince
	Berry fruit	Raw blackberry, stewed blueberry, frozen loganberry
	Citrus fruit	Orange, canned grapefruit, lemon peel, kumquat
	Stone fruit	Apricot, cherry, peach, plum
	Tropical fruit	Banana, pineapple, mango, pawpaw
	Other fruit	Date, fig, grape, melon, passionfruit
	Mixtures of two or more groups of fruit	Fruit salad, canned two fruits
	Dried fruit, preserved fruit	Sultana, banana chip, dried peach
	Mixed dishes where fruit is the major component	Glace fruit, toffee apple, fruit crumble
Vegetable products and dishes	Potatoes	Cooked potato, canned potato, hot potato chips, mashed potato, potato patty, potato salad
	Cabbage, cauliflower and similar brassica vegetables	Broccoli, cabbage, cauliflower, sauerkraut,
	Carrot and similar root vegetables	Beetroot, carrot, parsnip, radish, sweet potato
	Leaf and stalk vegetables	Alfalfa, bean sprout, chives, lettuce, parsley, spinach
	Peas and beans	Green beans, peas, snow peas
	Tomato and tomato products	Raw tomato, sun-dried tomato, tomato paste
	Other fruiting vegetables	Pumpkin, zucchini, avocado, cucumber, eggplant, okra
	Other vegetable and vegetable combinations	Corn, mushrooms, seaweed, garlic, onion, shallot, mixed vegetables, Caesar salad, coleslaw
	Dishes where vegetable is the major component	Cauliflower in cheese sauce, vegetables in Thai sauce, ratatouille, stuffed zucchini
Legumes and pulse products and dishes	Mature legumes and pulses	Kidney beans, chick peas, lentils
	Mature legume and pulse products and dishes	Pappadum, baked beans, tofu, vegetarian sausages

MAJOR FOOD GROUP	SUB-MAJOR FOOD GROUPS	EXAMPLES
Milk products and dishes	Dairy milk	Milk, goats milk, evaporated milk, powdered milk
	Yoghurt	Yoghurt, yoghurt dip, buttermilk
	Cream	Cream, sour cream, mock cream, sour cream-based dip
	Cheese	Cottage cheese, camembert cheese, cheese fondue
	Frozen milk products	Ice cream, thickshake, frozen yoghurt
	Other dishes where milk or a milk product is the major component	Creme caramel, custard, baked rice custard, cheesecake, mousse
	Milk substitutes	Soy beverages, tofu-based ice confection, soy cheese
	Flavoured milks	Egg flip, milkshake, flavoured milk, smoothie
Meat, poultry and game products and dishes	Muscle meat Game and other carcase meat	Beef, corned beef, lamb, pork, bacon, ham, veal Kangaroo, rabbit, venison
	Poultry and feathered game	Chicken, turkey, duck, quail, emu
	Organ meats and offal products and dishes	Liver, kidney, tongue, brain, black pudding, pate
	Sausages, frankfurters and saveloys	Beef sausage, frankfurt
	Processed meat	Processed delicatessen meats, ham paste, canned corned beef
	Mixed dishes where beef or veal is the major component	Beef curry, veal casserole, hamburger patty, pork and veal meatballs
	Mixed dishes where lamb, pork, bacon, ham is the major component	Lamb meatballs, pork stir-fry, pork sausage
	Mixed dishes where poultry or game is the major component	Chicken curry, rabbit stew, satay chicken
Fish and seafood products and dishes	Fin fish (excluding canned)	Fried flathead, poached bream, baked ling, smoked salmon
	Crustacea and molluscs (excluding canned)	Abalone, calamari, mussel, oyster, snail
	Other sea and freshwater foods	Roe, eel
	Packed (canned and bottled) fish and seafood	Canned anchovy, canned salmon
	Fish and seafood products	Battered and crumbed fish, salmon patty, fish stick
	Mixed dishes with fish or seafood as the major component	Tuna mornay, kedgeree, prawn toast, fish casserole, paella with seafood
Egg products and dishes	Eggs	Fried egg, poached egg, quail egg
	Dishes where egg is the major ingredient	Scrambled egg, omelette, souffle
	Egg substitutes and dishes	Egg substitute
Snack foods	Potato snacks	Potato crisps, potato straw
	Corn snacks	Corn chips, popcorn
	Extruded snacks	Pork rind snack, prawn crackers, cheese flavour extruded snacks
	Pretzels and other snacks	Pretzels, oriental snack mix
Sugar products and dishes	Sugar, honey and syrups	Glace icing, white sugar, fairy floss, honey, golden syrup, chocolate topping
	Jams and lemon spreads, chocolate spreads	Jam, marmalade, lemon butter
	Dishes and products other than confectionery where sugar is the major component	Meringue, sorbet, icing with added fat

MAJOR FOOD GROUP	SUB-MAJOR FOOD GROUPS	EXAMPLES
Confectionery	Chocolate and chocolate-based confectionery	Chocolate, chocolate bars, liqueur-filled chocolates, peanut brittle
	Cereal-, fruit-, nut- and seed-bars	Muesli-bar, fruit leather, sesame seed-bar
	Other confectionery	Coconut ice, fudge, licorice, hundreds and thousands, boiled lollies, turkish delight, chewing gum
Seed and nut products and dishes	Seed and seed products	Pumpkin seed, sesame seed, tahini
	Nuts and nut products	Cashew nuts, peanut butter, coconut cream
Fats and oils	Dairy fats	Butter, ghee, dairy blend
	Margarine	Margarine
	Vegetable oil	Vegetable oil, sesame oil, olive oil
	Other fats	Dripping, lard, copha, solid frying fat
	Unspecified fats	Unspecified spreads
Soup	Soup	Homemade broth, reconstituted vegetable soup
	Dry soup mix	Tomato soup mix, chicken and noodle instant dry mix
	Canned condensed soup	Condensed minestrone soup
Savoury sauces and condiments	Gravies and savoury sauces	Fish stock, gravy, black bean sauce, tomato sauce, white sauce, simmer sauce, commercial pasta sauce
	Pickles, chutneys and relishes	Apple sauce, mustard, mint jelly, olives, pickles
	Salad dressings	Mayonnaise, salad dressing, vinegar
	Stuffings	Commercial stuffing, rice and nut stuffing
Infant formulae and foods	Infant formulae and human breast milk	Infant formula, human milk
	Infant cereal products	Infant cereals, teething rusk
	Infant foods	Infant fruit, infant dinner, infant vegetables, infant dessert
	Infant drinks	Infant juice
Special dietary foods	Formula dietary foods	Liquid and powder meal replacements, oral supplements, sports supplements
Miscellaneous	Beverage flavourings	Dry beverage flavourings, cocoa, malted milk powder
	Yeast; yeast, vegetable and meat extracts	Compressed yeast, beef extract, yeast extract spread
	Artificial sweetening agents	Saccharine artificial sweetener, aspartame artificial sweetener tablet
	Herbs, spices, seasonings and stock cubes	Chilli powder, curry paste, mint, pepper, bacon chips
	Chemical-raising agents and cooking ingredients	Baking powder, baking soda, gelatine
Non-alcoholic beverages	Tea	Black tea, white tea, herbal tea
	Coffee and coffee substitutes	Black coffee, white coffee, coffee substitutes
	Fruit and vegetable juices and drinks	Apple juice, pineapple fruit drink, cordial
	Soft drinks, flavoured mineral waters and electrolyte drinks	Lemonade, tonic water, fruit-flavoured mineral water, sports drinks
	Mineral waters and water	Natural mineral water, bottled water, tap water
	Water with other additions as a beverage	Drinking chocolate (and other beverage flavours) made with water

MAJOR FOOD GROUP	SUB-MAJOR FOOD GROUPS	EXAMPLES
Alcoholic beverages	Beers	Commercial beer, homemade beer, reduced/low alcohol beer
	Wines	Wine, port, sherry, reduced alcohol wine, sparkling grape juice
	Spirits	Brandy, rum, rice wine, gin
	Other alcoholic beverages	Liqueurs, cocktails, mixed drinks, cider, alcoholic lemonade

APPENDIX 3 RECOMMENDED DIETARY INTAKES

	AGE GROUP (YEARS)								
	2–3	*4–7*	*8–11*	*12–15*	*16–18*	*19–64*	*65 and over*	*19–54*	*55 and over*
	MALES								
Vitamin A (mcg)	300.0	350.0	500.0	725.0	750.0	750.0	750.0	. .	. .
Vitamin C (mg)	30.0	30.0	30.0	30.0	40.0	40.0	40.0	. .	. .
Thiamin (mg)	0.5	0.7	0.9	1.2	1.2	1.1	0.9	. .	. .
Riboflavin (mg)	0.8	1.1	1.4	1.8	1.9	1.7	1.3	. .	. .
Niacin(mg)	10.0	12.0	15.0	20.0	21.0	19.0	16.0	. .	. .
Folate (mcg)	100.0	100.0	150.0	200.0	200.0	200.0	200.0	. .	. .
Protein (g)	14–18	18–24	27–38	42–60	64–70	55.0	55.0	. .	. .
Calcium (mg)	700.0	800.0	800.0	1 200.0	1 000.0	800.0	800.0	. .	. .
Phosphorus (mg)	500.0	700.0	800.0	1 200.0	1 100.0	1 000.0	1 000.0	. .	. .
Magnesium (mg)	80.0	110.0	180.0	260.0	320.0	320.0	320.0	. .	. .
Iron (mg)	6–8	6–8	6–8	10–13	10–13	7.0	7.0	. .	. .
Zinc (mg)	4.5	6.0	9.0	12.0	12.0	12.0	12.0	. .	. .
Potassium (mg)	980–2 730	1 560–3 900	1 950–5 460	1 950–5 460	1 950–5 460	1 950–5 460	1 950–5 460	. .	. .
	FEMALES								
Vitamin A (mcg)	300.0	350.0	500.0	725.0	750.0	. .	. .	750.0	750.0
Vitamin C (mg)	30.0	30.0	30.0	30.0	30.0	. .	. .	30.0	30.0
Thiamin (mg)	0.5	0.7	0.8	1.0	0.9	. .	. .	0.8	0.7
Riboflavin (mg)	0.8	1.1	1.3	1.6	1.4	. .	. .	1.2	1.0
Niacin (mcg)	10.0	12.0	15.0	18.0	16.0	. .	. .	13.0	11.0
Folate (mcg)	100.0	100.0	150.0	200.0	200.0	. .	. .	200.0	200.0
Protein (g)	14–18	18–24	27–39	44–55	57.0	. .	. .	45.0	45.0
Calcium (mg)	700.0	800.0	900.0	1 000.0	800.0	. .	. .	800.0	1 000.0
Phosphorus (mg)	500.0	700.0	800.0	1 200.0	1 100.0	. .	. .	1 000.0	1 000.0
Magnesium (mg)	80.0	110.0	160.0	240.0	270.0	. .	. .	270.0	270.0
Iron (mg)	6–8	6–8	6–8	10–13	10–13	. .	. .	12–16	5–7
Zinc (mg)	4.5	6.0	9.0	12.0	12.0	. .	. .	12.0	12.0
Potassium (mg)	980–2 730	1 560–3 900	1 950–5 460	1 950–5 460	1 950–5 460	. .	. .	1 950–5 460	1 950–5 460

Source: NHMRC 1991.

APPENDIX 4 RATIO OF ENERGY INTAKE TO BASAL METABOLIC RATE

INTRODUCTION

Information on the ratio of energy intake to basal metabolic rate (EI/BMR) has been included in this publication, to aid data interpretation. BMR represents the amount of energy expended at rest over a 24-hour period by an individual (see the table below for the method of calculation). The EI/BMR ratio provides an indication of whether the reported energy intakes for one day is consistent with the energy intake required for a person to live a normal (not bed-bound) life-style.

Total habitual energy expenditure by an individual will exceed their BMR, mainly as a result of physical activity. It is therefore expected that habitual energy intake will be greater than BMR. A lower than expected EI/BMR value may indicate dieting, unusually low consumption or under-reporting of food consumption during the 24-hour reference period.

CALCULATION OF THE RATIO

The table below shows the formulae used to predict BMR in megajoules per 24 hours, based on age and sex (Schofield 1985).

Age group (years)	*Males*	*Females*
10–18	0.074 x weight (kg) + 2.754	0.056 x weight (kg) + 2.898
19–30	0.063 x weight (kg) + 2.896	0.062 x weight (kg) + 2.036
31–60	0.048 x weight (kg) + 3.653	0.034 x weight (kg) + 3.538
Over 60	0.049 x weight (kg) + 2.459	0.038 x weight (kg) + 2.755

EI/BMR has been calculated as energy intake divided by predicted BMR, both expressed in megajoules (equivalent to 1,000 kilojoules). EI/BMR was calculated only for people aged 10 years and over.

INTERPRETATION OF THE RATIO AND IMPACT ON SURVEY RESULTS

EI/BMR has been presented in two ways to aid interpretation of survey results:

- EI/BMR for population groups — mean and median EI/BMR have been included in all tables on mean and median nutrient intake, to indicate the EI/BMR of specific groups of people; and
- EI/BMR for individuals — population estimates and mean and median nutrient intakes have been expressed for all individuals, for those with an EI/BMR less than 0.9 and those with an EI/BMR of 0.9 and greater to demonstrate the potential impact of low EI/BMR on survey results.

EI/BMR for population groups

Some population groups appear to have reported food intakes lower than expected from predicted BMR. This should be taken into account in interpretation of tables 1–36, which present mean and median nutrient intake cross-classified by a range of variables such as age, sex, State/Territory, geographic region and country of birth.

The table below shows that an EI/BMR of 1.3 represents only very sedentary activity for adults while an EI/BMR of 1.6 for women and 1.7 for men is consistent with light to moderate activity. For people aged 10–18 years, the recommended levels of EI/BMR are 1.6–1.75 for males and 1.6–1.65 for females (WHO 1985).

Median EI/BMR was relatively stable for most variables contained in tables 1–36, with the exception of age, sex and body mass index (BMI):

- The median EI/BMR for adolescent males aged 12–18 years is at the level recommended by WHO (1985) whereas the EI/BMR for adolescent females aged 12–18 years is below the recommended level. (Table 2.)
- The median EI/BMR is consistent with light activities for adult males and is consistent with very sedentary activities for adult females. (Table 2.)
- Median EI/BMR decreases with increasing BMI. The median EI/BMR in obese men and in overweight and obese women is below that required even for minimal sedentary activity. (Table 34.)

DAILY EI/BMR, Adults

	MALES		FEMALES	
Activity level	*Average*	*Range*	*Average*	*Range*
Bed rest	1.2	1.1–1.3	1.2	1.1–1.3
Very sedentary	1.3	1.2–1.4	1.3	1.2–1.4
Sedentary/maintenance	1.4	1.3–1.5	1.4	1.3–1.5
Light	1.5	1.4–1.6	1.5	1.4–1.6
Light moderate	1.7	1.6–1.8	1.6	1.5–1.7
Moderate	1.8	1.7–1.9	1.7	1.6–1.8
Heavy	2.1	1.9–2.3	1.8	1.7–1.9
Very heavy	2.3	2.0–2.6	2.0	1.8–2.2

Source: NHMRC 1991.

EI/BMR for individuals

Goldberg et al. (1991) developed the use of the EI/BMR ratio as a method of establishing cut-off limits for determining those adults whose reported energy intakes were incompatible with long-term survival. Goldberg et al. (1991) reported cut-off levels for EI/BMR for study periods ranging from one day to 28 days at the 95% and 99.7% confidence intervals for both measured and estimated BMR. These cut-offs assume that the population under study is weight stable and has a sedentary life-style with an average energy expenditure level of 1.55 BMR.

EI/BMR for individuals *continued*

Goldberg et al. (1991) reported that an EI/BMR of 0.9 represents the lower 95% confidence limit for a plausible level of energy intake in relation to estimated BMR when derived from one day of data for a single individual. In the National Nutrition Survey, 12% of men and 21% of women had an EI/BMR less than 0.9. It can be seen from the table below that the percentage of people recording a potentially implausible energy intake (as indicated by their EI/BMR) is higher for females than males, generally increases with age and increases with BMI. For other demographic characteristics (State/Territory, geographic region, index of relative socio-economic disadvantage, season and day of week), the proportion of people reporting implausible energy intakes was generally consistent for all categories.

PERSONS, EI/BMR Group—By Sex

	MALES		FEMALES	
	EI/BMR < 0.9	*EI/BMR >=0.9*	*EI/BMR < 0.9*	*EI/BMR >=0.9*
	%	%	%	%
Age group (years)				
10–15	6.2	93.6	10.6	89.0
16–18	10.5	87.8	20.5	78.7
19–24				
25–44	10.9	88.5	19.5	74.6
45–64	14.2	84.9	22.7	75.7
65 and over	14.3	83.3	22.6	74.2
Region of birth (persons aged 19 years and over)				
Australia	11.4	87.6	21.1	74.7
UK, Ireland and NZ	12.7	86.9	18.0	79.9
Other European countries(a)	14.9	83.6	25.4	71.4
East Asia(b)	*8.0	91.1	*7.4	85.8
Other countries n.e.c. (c)	16.7	82.8	22.1	73.1
Body mass index (persons aged 19 years and over)				
Underweight	—	100.0	*8.8	91.2
Overweight	12.3	87.7	23.9	76.1
Obese	23.4	75.4	37.1	62.4
Persons aged 19 years and over	**11.9**	**87.1**	**20.6**	**75.4**

(a) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States.

(b) Includes Southeast Asia and Northeast Asia.

(c) Includes Southern Asia, the Middle East and North Africa, the Americas, Africa, and Other Oceania and Antarctica.

EI/BMR for individuals *continued*

Tables A4.1–A4.4 show mean and median nutrient intake for all adults, and adults above and below the 0.9 cut-off point. These tables demonstrate the impact of very low intakes on population estimates of nutrient intake. These results should be taken into account when interpreting the main survey results presented in tables 1–36.

Median energy intake was approximately 6% and 10% higher respectively in men and women with EI/BMR of 0.9 or greater than for the total population. In general, people with implausibly low intakes had a greater impact on median intake of total fat and its components than they had on total energy and other macronutrients.

Compared to the total population, vitamin and mineral intake was approximately 5–10% higher in men and 6–15% higher in women with an EI/BMR of 0.9 or greater. These differences are similar to the results for macronutrients. Calcium and preformed vitamin A in men and women, and riboflavin intake in men were affected more by implausibly low intakes than other vitamins and minerals.

A4.1 MEAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Energy intake to BMR ratio(a)		
	Unit	*Less than 0.9*	*0.9 and greater*	*Total(b)*
Males				
Energy	(kJ)	5,525.3	11,832.6	11,049.5
Moisture(c)	(g)	2,617.0	3,545.0	3,426.3
Macronutrients				
Protein	(g)	61.1	116.1	109.2
Total fat	(g)	46.0	105.9	98.5
Saturated fat	(g)	17.6	42.0	39.0
Monounsaturated fat	(g)	17.0	38.9	36.2
Polyunsaturated fat	(g)	6.9	15.8	14.7
Cholesterol	(mg)	204.9	378.7	357.6
Total carbohydrate	(g)	152.9	321.4	300.5
Total sugars	(g)	66.9	142.8	133.5
Total starch	(g)	84.9	176.7	165.2
Dietary fibre	(g)	15.7	27.3	25.9
Alcohol(d)	(g)	7.9	20.1	18.5
Energy intake to BMR ratio		0.7	1.6	1.5
Females				
Energy	(kJ)	4,114.0	8,357.8	7,480.9
Moisture(c)	(g)	2,436.0	2,922.9	2,817.0
Macronutrients				
Protein	(g)	45.3	81.3	73.9
Total fat	(g)	32.9	76.5	67.6
Saturated fat	(g)	12.4	30.4	26.7
Monounsaturated fat	(g)	11.7	27.6	24.3
Polyunsaturated fat	(g)	5.3	11.7	10.4
Cholesterol	(mg)	128.3	267.9	239.9
Total carbohydrate	(g)	123.2	233.0	210.6
Total sugars	(g)	55.2	107.6	97.0
Total starch	(g)	67.0	123.7	112.1
Dietary fibre	(g)	14.3	22.0	20.3
Alcohol(d)	(g)	2.3	8.9	7.3
Energy intake to BMR ratio		0.7	1.5	1.3
Persons				
Energy	(kJ)	4,621.4	10,194.2	9,237.9
Moisture(c)	(g)	2,501.1	3,251.7	3,117.0
Macronutrients				
Protein	(g)	50.9	99.7	91.2
Total fat	(g)	37.6	92.0	82.8
Saturated fat	(g)	14.3	36.5	32.7
Monounsaturated fat	(g)	13.6	33.6	30.2
Polyunsaturated fat	(g)	5.9	13.9	12.5
Cholesterol	(mg)	155.8	326.5	297.9
Total carbohydrate	(g)	133.9	279.7	254.8
Total sugars	(g)	59.4	126.3	115.0
Total starch	(g)	73.4	151.7	138.3
Dietary fibre	(g)	14.8	24.8	23.1
Alcohol(d)	(g)	4.3	14.8	12.8
Energy intake to BMR ratio		0.7	1.5	1.4

(a) A ratio of less than 0.9 is outside the lower 95th confidence interval for energy intake in one day in a weight stable individual undertaking light activity (Goldberg et al. 1991). (b) Total includes not applicable/stated. (c) Includes plain drinking water. (d) Represents pure alcohol.

A4.2 MEDIAN DAILY ENERGY, MOISTURE AND MACRONUTRIENT INTAKE: PERSONS AGED 19 YEARS AND OVER

		Energy intake to BMR ratio(a)		
	Unit	*Less than 0.9*	*0.9 and greater*	*Total(b)*
		Males		
Energy	(kJ)	5,677.9	10,997.3	10,376.5
Moisture(c)	(g)	2,413.4	3,288.2	3,184.2
Macronutrients				
Protein	(g)	58.7	106.4	100.1
Total fat	(g)	45.4	96.4	89.8
Saturated fat	(g)	16.8	37.3	34.5
Monounsaturated fat	(g)	16.3	35.0	32.6
Polyunsaturated fat	(g)	6.4	13.6	12.6
Cholesterol	(mg)	161.9	316.7	296.7
Total carbohydrate	(g)	152.5	298.6	281.1
Total sugars	(g)	62.0	127.5	118.8
Total starch	(g)	81.0	162.9	152.0
Dietary fibre	(g)	14.3	25.1	23.8
Alcohol (per consumer)(d)	(g)	24.0	34.1	32.4
Energy intake to BMR ratio		0.8	1.5	1.4
		Females		
Energy	(kJ)	4,206.0	7,823.6	7,083.4
Moisture(c)	(g)	2,316.3	2,741.9	2,661.6
Macronutrients				
Protein	(g)	44.1	76.3	69.5
Total fat	(g)	32.3	70.3	61.6
Saturated fat	(g)	11.8	27.0	23.5
Monounsaturated fat	(g)	11.2	25.0	21.9
Polyunsaturated fat	(g)	4.7	10.1	8.9
Cholesterol	(mg)	99.8	221.1	192.4
Total carbohydrate	(g)	122.3	219.2	197.4
Total sugars	(g)	51.3	97.8	87.2
Total starch	(g)	65.2	114.5	103.9
Dietary fibre	(g)	13.1	20.5	18.9
Alcohol (per consumer)(d)	(g)	14.3	23.4	21.2
Energy intake to BMR ratio		0.7	1.4	1.2
		Persons		
Energy	(kJ)	4,579.3	9,444.7	8,569.4
Moisture(c)	(g)	2,349.6	3,017.3	2,892.8
Macronutrients				
Protein	(g)	49.4	91.0	83.0
Total fat	(g)	35.6	82.8	74.5
Saturated fat	(g)	13.1	32.1	28.6
Monounsaturated fat	(g)	12.5	30.0	26.8
Polyunsaturated fat	(g)	5.4	11.9	10.5
Cholesterol	(mg)	117.2	268.9	239.4
Total carbohydrate	(g)	130.3	257.0	234.9
Total sugars	(g)	53.8	112.3	101.0
Total starch	(g)	70.5	138.5	124.9
Dietary fibre	(g)	13.5	22.7	21.1
Alcohol (per consumer)(d)	(g)	19.6	28.6	28.6
Energy intake to BMR ratio		0.7	1.4	1.3

(a) A ratio of less than 0.9 is outside the lower 95th confidence interval for energy intake in one day in a weight stable individual undertaking light activity (Goldberg et al. 1991). (b) Total includes not applicable/stated. (c) Includes plain drinking water. (d) Represents pure alcohol.

A4.3 MEAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Energy intake to BMR ratio(a)		
	Unit	*Less than 0.9*	*0.9 and greater*	*Total(b)*
Males				
Vitamins				
Vitamin A retinol equivalent	(mcg)	721.8	1,349.5	1,311.7
Preformed Vitamin A	(mcg)	277.2	689.5	680.0
Provitamin A	(mcg)	2,667.3	3,960.3	3,790.1
Thiamin	(mg)	1.1	2.1	1.9
Riboflavin	(mg)	1.4	2.5	2.3
Niacin equivalent	(mg)	29.3	53.8	50.7
Folate	(mcg)	191.0	322.8	306.8
Vitamin C	(mg)	86.4	142.3	135.6
Minerals				
Calcium	(mg)	521.7	1,006.8	945.5
Phosphorus	(mg)	965.6	1,892.1	1,775.6
Magnesium	(mg)	220.1	404.2	381.1
Iron	(mg)	9.6	17.3	16.4
Zinc	(mg)	7.9	15.4	14.4
Potassium	(mg)	2,192.2	3,945.5	3,725.2
Females				
Vitamins				
Vitamin A retinol equivalent	(mcg)	741.5	1,116.5	1,047.2
Preformed Vitamin A	(mcg)	301.3	522.2	488.4
Provitamin A	(mcg)	2,641.4	3,565.9	3,352.9
Thiamin	(mg)	0.9	1.5	1.4
Riboflavin	(mg)	1.1	1.9	1.8
Niacin equivalent	(mg)	21.8	37.2	34.1
Folate	(mcg)	162.7	248.3	232.8
Vitamin C	(mg)	85.5	120.1	113.1
Minerals				
Calcium	(mg)	471.9	819.5	748.6
Phosphorus	(mg)	773.4	1,401.3	1,271.7
Magnesium	(mg)	185.3	309.5	283.1
Iron	(mg)	7.8	13.1	11.9
Zinc	(mg)	5.9	10.8	9.7
Potassium	(mg)	1,880.1	3,049.2	2,805.0
Persons				
Vitamins				
Vitamin A retinol equivalent	(mcg)	734.4	1,239.7	1,177.4
Preformed Vitamin A	(mcg)	292.6	610.6	582.7
Provitamin A	(mcg)	2,650.7	3,774.3	3,568.2
Thiamin	(mg)	1.0	1.8	1.6
Riboflavin	(mg)	1.2	2.2	2.1
Niacin equivalent	(mg)	24.5	46.0	42.3
Folate	(mcg)	172.9	287.7	269.2
Vitamin C	(mg)	85.8	131.8	124.2
Minerals				
Calcium	(mg)	489.8	918.5	845.5
Phosphorus	(mg)	842.5	1,660.7	1,519.8
Magnesium	(mg)	197.8	359.5	331.3
Iron	(mg)	8.4	15.3	14.1
Zinc	(mg)	6.6	13.2	12.1
Potassium	(mg)	1,992.3	3,522.9	3,258.1

(a) A ratio of less than 0.9 is outside the lower 95th confidence interval for energy intake in one day in a weight stable individual undertaking light activity (Goldberg et al. 1991). (b) Total includes not applicable/stated.

A4.4 MEDIAN DAILY VITAMIN AND MINERAL INTAKE: PERSONS AGED 19 YEARS AND OVER

		Energy intake to BMR ratio(a)		
	Unit	*Less than 0.9*	*0.9 and greater*	*Total(b)*
Males				
Vitamins				
Vitamin A retinol equivalent	(mcg)	508.7	1,012.9	941.2
Preformed Vitamin A	(mcg)	211.2	481.9	444.8
Provitamin A	(mcg)	996.1	2,102.5	1,963.6
Thiamin	(mg)	0.9	1.8	1.7
Riboflavin	(mg)	1.1	2.2	2.0
Niacin equivalent	(mg)	28.1	49.8	47.1
Folate	(mcg)	176.4	299.6	285.3
Vitamin C	(mg)	64.5	110.2	102.9
Minerals				
Calcium	(mg)	461.8	891.4	827.3
Phosphorus	(mg)	938.5	1,744.8	1,658.4
Magnesium	(mg)	211.4	380.8	360.3
Iron	(mg)	9.0	16.1	15.2
Zinc	(mg)	7.4	13.6	12.8
Potassium	(mg)	2,159.9	3,725.2	3,515.9
Females				
Vitamins				
Vitamin A retinol equivalent	(mcg)	440.4	833.0	753.6
Preformed Vitamin A	(mcg)	158.9	358.0	309.7
Provitamin A	(mcg)	1,261.7	2,111.1	1,923.1
Thiamin	(mg)	0.8	1.3	1.2
Riboflavin	(mg)	1.0	1.7	1.6
Niacin equivalent	(mg)	21.3	35.1	32.3
Folate	(mcg)	150.4	232.6	216.7
Vitamin C	(mg)	59.6	92.2	85.4
Minerals				
Calcium	(mg)	424.9	737.6	663.1
Phosphorus	(mg)	754.4	1,318.6	1,201.8
Magnesium	(mg)	179.8	291.1	266.9
Iron	(mg)	7.5	12.2	11.1
Zinc	(mg)	5.6	9.6	8.7
Potassium	(mg)	1,825.6	2,903.8	2,680.9
Persons				
Vitamins				
Vitamin A retinol equivalent	(mcg)	468.3	922.3	841.2
Preformed Vitamin A	(mcg)	177.4	420.8	371.6
Provitamin A	(mcg)	1,142.0	2,110.6	1,941.7
Thiamin	(mg)	0.9	1.5	1.4
Riboflavin	(mg)	1.1	1.9	1.8
Niacin equivalent	(mg)	23.2	41.7	38.6
Folate	(mcg)	160.0	264.2	247.0
Vitamin C	(mg)	60.6	102.0	93.8
Minerals				
Calcium	(mg)	434.7	814.3	741.2
Phosphorus	(mg)	816.8	1,542.4	1,406.2
Magnesium	(mg)	190.3	336.0	308.2
Iron	(mg)	7.9	14.0	12.9
Zinc	(mg)	6.2	11.4	10.5
Potassium	(mg)	1,927.7	3,295.1	3,054.8

(a) A ratio of less than 0.9 is outside the lower 95th confidence interval for energy intake in one day in a weight stable individual undertaking light activity (Goldberg et al. 1991). (b) Total includes not applicable/stated.

TECHNICAL NOTES

ESTIMATION PROCEDURES

Estimates from the survey were derived using a complex estimation procedure which ensures that survey estimates conform to independent population estimates of the Australian population for the third quarter of 1995. Specifically, the estimates conform to Australian age by sex estimates and Australian State by part of State estimates.

RELIABILITY OF THE ESTIMATES

Two types of error are possible in an estimate based on a sample survey: sampling error and non-sampling error. The sampling error is a measure of the variability that occurs by chance because a sample, rather than the entire population, is surveyed. Since the estimates in this publication are based on information obtained from a random selection of occupants of a sample of dwellings they are subject to sampling variability. That is, they may differ from the figures that would have been produced if all persons had been included in the survey.

One measure of the likely difference is given by the standard error (SE). There are about two chances in three that a sample estimate will differ by less than one SE from the figure that would have been obtained if all persons had been included, and about 19 chances in 20 that the difference will be less than two SEs. Another measure of the likely difference is the relative standard error (RSE), which is obtained by expressing the SE as a percentage of the estimate. The RSE is a useful measure in that it provides an immediate indication of the percentage errors likely to have occurred due to sampling, and thus avoids the need to refer also to the size of the estimate.

The imprecision due to sampling variability, which is measured by the SE, should not be confused with inaccuracies that may occur because of imperfections in reporting by interviewers and respondents, and errors made in coding and processing of data. Inaccuracies of this kind are referred to as the non-sampling error, and they may occur in any enumeration, whether it be in a full count or only a sample. In practice, the potential for non-sampling error adds to the uncertainty of the estimates caused by sampling variability. However, it is not possible to quantify the non-sampling error.

TYPES OF STANDARD ERRORS CALCULATED

Two broad types of estimates have been produced for the National Nutrition Survey:

- person estimates, such as the number of people who are overweight or the percentage of people consuming a particular food group; and
- non-person estimates, such as mean energy intake, median thiamin intake and percentage contribution of different food groups to protein intake.

SEs and RSEs for person estimates were discussed in the users' guide for the survey (ABS 1998).

Person estimates

A table of RSEs for person estimates is given in table T1. Due to recent methodological investigations, the RSEs contained within table T1 have been revised from those initially published in the selected highlights publication (ABS 1997).

Mean and median estimates

A table of RSEs for mean nutrient intakes is given in table T2. Table T2 contains the RSE of the mean nutrient intakes, based on the population estimate of number of persons contributing to the non-person estimate. For example, using table T2, if mean energy intake of 11,000 kJ is calculated for a population of 2,000,000 then the RSE for the estimate of 11,000 kJ would be 1.2%. Tables T3 and T4 contain factors that can be used to adjust these RSEs for mean percentage contribution to energy intake and mean nutrient per 1,000 kJ of energy (nutrient density).

The RSEs contained in table T2 are not exact RSEs, but are designed to provide an average RSE applicable to estimates contained in this publication. These average RSEs were calculated by modelling selected precise RSEs.

RSE tables were not published for the following estimates because they could not be modelled:

- mean alcohol and mean percentage contribution of alcohol to energy intake;
- mean vitamin A (expressed as retinol equivalents) and preformed vitamin A, and their respective mean densities per 1,000 kJ energy;
- median nutrient intakes;
- median percentage contribution of macronutrients to energy intake; and
- median vitamin/mineral density.

However, RSEs were calculated for the actual estimates presented in this publication and any estimates with an RSE of 25% or greater have been marked with an asterisk. Information on the precise SEs is available from the Australian Bureau of Statistics (ABS) on request.

Physical measurements

A table of estimates for median physical measurements is given in table T5. RSE tables were not provided for mean physical measurement estimates because they could not be modelled. However, the precise RSEs for the mean physical measurements have been included in table T6. There has been no investigation into the reliability of the estimates of the 5th and 95th percentile distributions for physical measurements.

State and Territory estimates

For State and Territory estimates of mean nutrient intake, factors have been applied to Australian level SEs to provide a general indication of the accuracy of State and Territory estimates in this publication. These factors have not been published but, as a guide, users are advised to use Australian level RSEs when interpreting State and Territory level mean nutrient estimates.

In general, Australian level RSEs are expected to provide an overestimate of the precise RSE for Queensland, South Australia, Western Australia, Tasmania, the Northern Territory and the Australian Capital Territory. Precise State and Territory level non-person RSEs are available from the ABS on request.

For New South Wales and Victoria the Australian level RSEs are expected to in general provide an underestimate of the precise RSE and should be used with extreme caution. For estimates of importance, users of New South Wales and Victorian State level data are advised to obtain the precise State level non-person RSEs.

Other estimates

RSEs were not calculated for food sources of nutrients (tables 37–63). This means that the reliability of the data is unknown and therefore has not been marked on tables. There is no direct association between the magnitude of a non-person estimate and its reliability. However, preliminary investigations indicated that unreliable estimates for these data were generally under 1.5%. Consequently, any estimates under 1.5% in tables 37–63 should be used with caution.

There has been no investigation into the reliability of the data in the tables on percentile distribution of adjusted nutrient intakes (tables 64–89).

CALCULATION OF STANDARD ERRORS

As the RSEs in table T2 show, the smaller the population estimate of number of persons contributing to the non-person estimate, the higher the RSE. Non-person estimates based upon very small population estimates are subject to very high RSEs. In the tables in this publication, only estimates with RSEs less than 25% are considered sufficiently reliable for most purposes. However, estimates with larger RSEs, between 25% and less than 50% have been included and are preceded by an asterisk (e.g. *3.4) to indicate they are subject to high SEs and should be used with caution. Estimates with RSEs of 50% or more are preceded with a double asterisk (e.g.**3.4). Such estimates are considered unreliable for most uses.

Mean nutrient intake

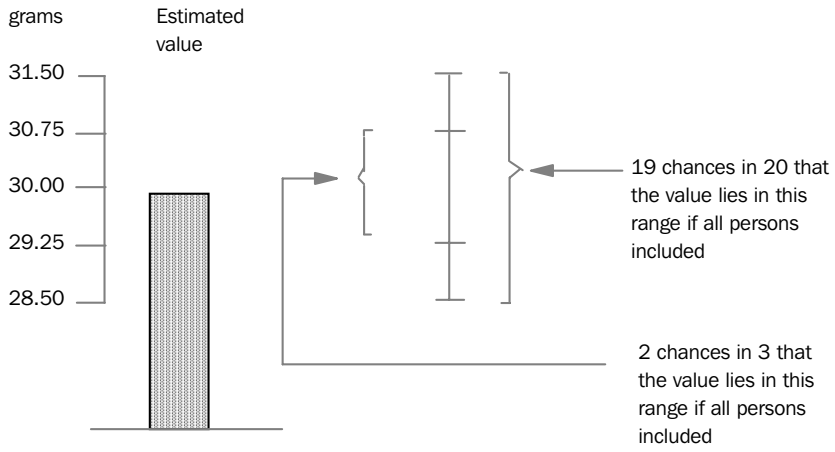
Table T2 contains the RSE of the mean nutrient intakes, based on the population estimate of number of persons contributing to the non-person estimate. To estimate the RSE for mean nutrient intake, the population contributing to the estimate must be determined (the denominator in the mean calculation) and then the RSE estimated.

For example, if mean saturated fat intake for a group of 1,000,000 people is 30 g, then it can be seen from table T2 that the RSE for the estimate of 30 g is 2.5%. Therefore, the SE of the mean is 0.75 g (2.5% of 30 g). Therefore, if all people had been included in this survey, there are approximately:

- two chances in three that the mean intake will fall within the range of 29.25 g to 30.75 g (the mean plus or minus the SE of the mean); and
- 19 chances in 20 that the value will fall within 28.50 g and 31.50 g (the mean plus or minus twice the SE of the mean).

Mean nutrient intake *continued*

This example is illustrated in the following diagram.



In some cases, table T2 will not have the RSE for the population contributing to the mean. The RSE can be calculated by interpolation using the following formula:

SE = lower SE + ((size of estimate–lower size)/(upper size–lower size)) x (upper SE–lower SE)

For example, the mean energy intake for 2–3 year old males is 6,606 kJ. From Appendix 1, there are approximately 265,400 males aged 2–3 years. (Note that the population estimate figures, not the sample figures should be used.) This population falls between 200,000 and 300,000 in table T2. The SE of this population needs to be calculated from table T2. For a population of 200,000 it is 7,200 (3.6% of 200,000) and for a population of 300,000 it is 9,000 (3% of 300,000). Therefore, using the above formula, the SE of the population is:

SE = 7,200 + ((265,400–200,000)/(300,000–200,000)) x (9,000–7,200)
= 8,377

Therefore, the RSE for mean energy intake for a population of 265,400 is 3.2% (8,377/265,400 x 100). This means that the SE of the mean energy intake in this example is 211 kJ (3.2% of 6,606 kJ). Therefore, if all people had been included in this survey, there are approximately:

- two chances in three that the mean intake will fall within the range of 6,395 kJ to 6,817 kJ; and
- 19 chances in 20 that the value will fall between 6,184 kJ and 7,028 kJ.

Mean percentage contribution to energy and mean nutrient density

Tables T3 and T4 contain RSE factors for mean percentage contribution of macronutrients to energy intake and mean nutrient per 1,000 kJ energy. To obtain the RSE for these estimates, multiply the RSE for mean nutrient intake by the relevant factor. For example, the mean percentage contribution of protein to energy intake has been calculated from a population of 500,000. Referring to table T2, the RSE for mean protein intake for this population is 2.7%. Referring to table T3, the RSE factor for percentage contribution of protein to energy is 0.674. Therefore, the RSE for mean percentage contribution of protein to energy intake is 1.8% (2.7 times 0.674).

STANDARD ERRORS OF RATES AND PERCENTAGES FOR PERSON ESTIMATES

Proportions and percentages formed from the ratio of two estimates are also subject to sampling errors. The size of the error depends on the accuracy of both the numerator and the denominator. However, the RSE of the estimated proportion or percentage will generally be lower than the RSE of the estimate of the numerator.

Approximate SEs of proportions or percentages may be derived by first obtaining the number of persons corresponding to the numerator of the proportion or percentage and then applying this figure to the estimated proportion or percentage. A formula to approximate the RSE of a proportion is given below:

$$\text{RSE}(x/y) = \sqrt{([\text{RSE}(x)]^2 - [\text{RSE}(y)]^2)}$$

For example, 45.2% of males aged 19 years and over were overweight, from table 94. Using table 94, it can be calculated that the numerator is approximately 2,938,700 and the denominator is approximately 6,501,600. From table T1, by interpolation:

- the SE of 2,938,700 is approximately 40,877, so the RSE is 1.4%; and
- the SE of 6,501,600 is approximately 46,502, so the RSE is approximately 0.7%.

Applying the above formula, the RSE for the proportion (45.2%) is $\sqrt{(1.4^2 - 0.7^2)}$ or 1.2%, giving a SE of 0.5 percentage points. Therefore, there are about 2 chances in 3 that the percentage of men aged 19 years and over who were overweight lies between 44.7% and 45.7% and 19 chances in 20 that the proportion is within the range 44.2% and 46.2%.

STANDARD ERRORS OF DIFFERENCES

Published figures may also be used to estimate the difference between different survey estimates (of numbers or percentages). Such a figure is itself an estimate and is subject to sampling error. The sampling error of the difference between two estimates depends on their SEs and the relationship (correlation) between them.

An approximate SE of the difference between two estimates (x–y) may be calculated by the following formula:

$$\text{SE}(x-y) = \sqrt{([\text{SE}(x)]^2 + [\text{SE}(y)]^2)}$$

While this formula will only be exact for differences between separate and uncorrelated characteristics or sub-populations, it is expected to give reasonable SE estimates for the differences likely to be of interest in this publication.

T1 RELATIVE STANDARD ERRORS FOR PERSON ESTIMATES(a)

	STATES AND TERRITORIES								
Size of estimate	*NSW*	*Vic.*	*Qld*	*SA*	*WA*	*Tas.*	*NT*	*ACT*	*Aust.*
1 500						51.5		52.4	
2 000						46.2		48.4	
2 500				52.5		42.2		45.1	
3 000				49.5		39.2		42.3	
3 500				47.1	51.0	36.7		40.0	
4 000				45.0	48.6	34.6	51.5	38.0	
4 500				43.2	46.5	32.9	49.3	36.3	
5 000			52.4	41.6	44.6	31.3	47.3	34.7	
6 000		50.5	48.5	38.9	41.5	28.8	43.8	32.1	50.1
7 000	51.1	47.5	45.4	36.7	39.0	26.8	41.0	29.9	47.0
8 000	48.7	45.0	42.8	34.9	36.9	25.1	38.5	28.1	44.4
9 000	46.7	42.8	40.6	33.3	35.1	23.7	36.4	26.5	42.2
10 000	44.9	40.9	38.7	31.9	33.5	22.5	34.5	25.2	40.3
12 500	41.3	37.2	34.9	29.1	30.4	20.0	30.7	22.4	36.5
15 000	38.4	34.3	32.0	26.9	27.9	18.2	27.8	20.2	33.5
17 500	36.0	32.0	29.7	25.1	26.0	16.7	25.4	18.5	31.2
20 000	34.1	30.1	27.9	23.6	24.3	15.6	23.5	17.1	29.3
25 000	30.9	27.1	24.9	21.3	21.8	13.7	20.4	14.9	26.3
30 000	28.5	24.8	22.7	19.5	19.9	12.4	18.1	13.3	24.1
35 000	26.5	23.0	21.0	18.1	18.3	11.3	16.3	12.0	22.3
40 000	24.9	21.5	19.5	16.9	17.1	10.4	14.8	10.9	20.8
45 000	23.5	20.3	18.3	16.0	16.0	9.7	13.6	10.1	19.6
50 000	22.3	19.2	17.3	15.1	15.1	9.1	12.6	9.3	18.5
75 000	18.1	15.5	13.8	12.2	12.0	7.0	9.2	6.9	14.9
100 000	15.5	13.3	11.7	10.4	10.1	5.8	7.2	5.5	12.7
200 000	10.3	8.9	7.8	6.9	6.6	3.6	3.9	3.0	8.5
300 000	8.0	7.0	6.0	5.3	5.0	2.7	2.6	2.1	6.6
400 000	6.6	5.9	5.0	4.4	4.1	2.2	1.9	1.6	5.5
500 000	5.7	5.1	4.3	3.8	3.5	1.8	1.5	1.3	4.8
600 000	5.0	4.5	3.8	3.3	3.1	1.6	1.2	1.0	4.2
700 000	4.5	4.1	3.4	3.0	2.7	1.4	1.0	0.9	3.8
800 000	4.1	3.7	3.1	2.7	2.5	1.3	0.9	0.8	3.5
900 000	3.8	3.5	2.9	2.5	2.3	1.1	0.8	0.7	3.2
1 000 000	3.5	3.2	2.7	2.3	2.1	1.0	0.7	0.6	3.0
2 500 000	1.7	1.7	1.4	1.2	1.0	0.5	0.2	0.2	1.6
5 000 000	1.0	1.0	0.8	0.7	0.6	0.3	0.1	0.1	0.9
10 000 000	0.5	0.6	0.5	0.4	0.3	0.1	0.0	0.0	0.5
20 000 000	0.3	0.3	0.3	0.2	0.2	0.1	0.0	0.0	0.3

(a) Shows the SE as a percentage of the estimate.

T2 RELATIVE STANDARD ERRORS FOR MEAN NUTRIENT ESTIMATES(a)

Number of persons contributing to the estimate(b)	*Energy*	*Protein*	*Total fat*	*Saturated fat*	*Monoun-saturated fat*	*Polyunsaturated*		*Carbohydrate*	*Sugars*
1 500	26.7	34.9	40.3		39.0			39.0	
1 600	26.1	34.0	39.2		38.1			37.9	
1 700	25.6	33.2	38.2		37.2	50.0		36.8	51.2
1 800	25.0	32.5	37.3		36.4	48.8		35.8	49.9
1 900	24.6	31.8	36.5		35.7	47.8		34.9	48.7
2 000	24.1	31.1	35.8	50.3	35.0	46.8		34.1	47.5
2 100	23.7	30.5	35.0	49.1	34.3	45.9		33.3	46.5
2 200	23.3	29.9	34.4	48.0	33.7	45.0		32.6	45.5
2 300	22.9	29.4	33.7	46.9	33.1	44.2		31.9	44.6
2 400	22.6	28.9	33.1	45.9	32.6	43.5		31.3	43.7
2 500	22.2	28.4	32.6	45.0	32.1	42.8	53.8	30.7	42.9
3 000	20.8	26.3	30.2	41.0	29.9	39.7	49.4	28.2	39.4
3 500	19.6	24.7	28.3	38.0	28.1	37.2	46.0	26.2	36.7
4 000	18.7	23.4	26.8	35.5	26.7	35.2	43.3	24.6	34.5
4 500	17.8	22.3	25.5	33.5	25.5	33.5	41.0	23.3	32.6
5 000	17.1	21.3	24.3	31.7	24.4	32.1	39.0	22.2	31.1
6 000	16.0	19.7	22.5	29.0	22.7	29.7	35.8	20.3	28.5
8 000	14.3	17.5	19.9	25.1	20.2	26.3	31.3	17.8	24.9
10 000	13.1	15.9	18.1	22.5	18.4	23.9	28.2	16.0	22.4
20 000	9.9	11.8	13.3	16.0	13.8	17.7	20.4	11.5	16.2
30 000	8.3	9.9	11.1	13.1	11.6	14.8	16.9	9.5	13.3
40 000	7.4	8.7	9.8	11.4	10.3	13.0	14.7	8.3	11.6
50 000	6.7	7.9	8.9	10.2	9.3	11.7	13.3	7.4	10.4
100 000	4.9	5.7	6.4	7.3	6.8	8.5	9.5	5.3	7.4
200 000	3.6	4.2	4.7	5.3	5.0	6.1	6.9	3.8	5.3
300 000	3.0	3.5	3.8	4.3	4.1	5.0	5.6	3.1	4.3
400 000	2.6	3.0	3.4	3.8	3.6	4.4	4.9	2.7	3.8
500 000	2.3	2.7	3.0	3.4	3.2	3.9	4.4	2.4	3.4
1 000 000	1.7	1.9	2.2	2.5	2.3	2.8	3.2	1.7	2.4
2 000 000	1.2	1.4	1.5	1.8	1.6	2.0	2.3	1.2	1.7
5 000 000	0.7	0.9	1.0	1.2	1.0	1.2	1.4	0.8	1.0
10 000 000	0.5	0.6	0.7	0.9	0.7	0.8	1.0	0.6	0.7
20 000 000	0.3	0.4	0.5	0.6	0.5	0.6	0.7	0.4	0.5

(a) The RSEs shown relate to mean nutrient estimates for those items collected for the main survey sample. The table presents RSEs up to 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.

(b) The population estimate of number of persons contributing to the non-person estimate is the denominator in the calculation of the mean. However, the RSEs apply to the actual mean nutrient intake.

T2 RELATIVE STANDARD ERRORS FOR MEAN NUTRIENT ESTIMATES(a) *continued*

Number of persons contributing to the estimate(b)	*Starch*	*Dietary fibre*	*Moisture*	*Provitamin A*	*Thiamin*	*Riboflavin*	*Niacin*	*Preformed niacin(c)*	*Derived niacin(c)*
1 500	47.9	43.8	39.4				33.4	38.6	37.9
1 600	46.4	42.6	38.3				32.6	37.6	36.9
1 700	45.1	41.5	37.2				31.8	36.7	36.0
1 800	43.9	40.5	36.2		50.6		31.1	35.9	35.1
1 900	42.8	39.6	35.3		49.3	50.8	30.5	35.1	34.3
2 000	41.7	38.7	34.4		48.2	49.6	29.9	34.4	33.6
2 100	40.8	37.9	33.7		47.1	48.6	29.3	33.7	32.9
2 200	39.9	37.2	32.9		46.1	47.6	28.8	33.1	32.3
2 300	39.0	36.5	32.2		45.1	46.7	28.3	32.5	31.7
2 400	38.2	35.8	31.6		44.2	45.8	27.9	31.9	31.1
2 500	37.5	35.2	31.0		43.4	45.0	27.4	31.4	30.6
3 000	34.4	32.6	28.4		39.9	41.5	25.5	29.2	28.3
3 500	31.9	30.5	26.4		37.1	38.7	24.0	27.4	26.5
4 000	29.9	28.8	24.8		34.9	36.5	22.8	25.9	25.0
4 500	28.3	27.3	23.5		33.0	34.6	21.7	24.6	23.8
5 000	26.9	26.1	22.3		31.4	33.0	20.8	23.6	22.7
6 000	24.6	24.1	20.5	51.0	28.9	30.4	19.4	21.8	21.0
8 000	21.4	21.2	17.9	45.4	25.2	26.6	17.2	19.3	18.5
10 000	19.2	19.2	16.1	41.5	22.7	24.1	15.7	17.6	16.8
20 000	13.8	14.1	11.6	31.2	16.4	17.5	11.7	13.0	12.3
30 000	11.3	11.7	9.5	26.3	13.6	14.5	9.8	10.9	10.3
40 000	9.8	10.2	8.3	23.2	11.8	12.6	8.7	9.6	9.0
50 000	8.8	9.2	7.5	21.1	10.7	11.4	7.9	8.6	8.2
100 000	6.3	6.7	5.3	15.6	7.7	8.1	5.8	6.3	5.9
200 000	4.5	4.8	3.8	11.4	5.5	5.8	4.2	4.5	4.3
300 000	3.7	3.9	3.1	9.4	4.5	4.8	3.4	3.8	3.5
400 000	3.2	3.4	2.7	8.2	4.0	4.1	3.0	3.3	3.1
500 000	2.9	3.0	2.4	7.4	3.6	3.7	2.7	2.9	2.8
1 000 000	2.0	2.2	1.7	5.3	2.6	2.6	1.9	2.1	2.0
2 000 000	1.5	1.5	1.2	3.8	1.8	1.8	1.3	1.5	1.4
5 000 000	0.9	0.9	0.8	2.4	1.2	1.1	0.8	0.9	0.9
10 000 000	0.7	0.7	0.6	1.7	0.8	0.8	0.6	0.6	0.6
20 000 000	0.5	0.5	0.4	1.1	0.6	0.5	0.4	0.4	0.4

(a) The RSEs shown relate to mean nutrient intake for those items collected for the main survey sample. The table presents RSEs up to 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.

(b) The population estimate of number of persons contributing to the non-person estimate is the denominator in the calculation of the mean. However, the RSEs apply to the actual mean nutrient intake.

(c) Estimates of mean derived and preformed niacin not included in this publication.

T2 RELATIVE STANDARD ERRORS FOR MEAN NUTRIENT ESTIMATES(a) *continued*

Number of persons contributing to the estimate(b)	*Folate*	*Vitamin C*	*Calcium*	*Phosphorus*	*Magnesium*	*Iron*	*Zinc*	*Potassium*	*Energy intake to BMR ratio(c)*
1 500	39.8			31.6	36.8	36.3	29.5	38.8	28.7
1 600	38.7			30.8	35.8	35.4	29.0	37.7	28.2
1 700	37.8			30.2	34.8	34.6	28.5	36.8	27.7
1 800	36.9			29.6	34.0	33.9	28.1	35.9	27.2
1 900	36.1		50.0	29.0	33.2	33.2	27.6	35.1	26.8
2 000	35.3		48.9	28.4	32.5	32.6	27.2	34.3	26.4
2 100	34.6		47.8	27.9	31.8	32.0	26.9	33.6	26.0
2 200	34.0		46.9	27.5	31.1	31.4	26.5	32.9	25.6
2 300	33.3		45.9	27.0	30.5	30.9	26.2	32.3	25.3
2 400	32.7		45.0	26.6	30.0	30.4	25.8	31.7	24.9
2 500	32.2		44.2	26.2	29.4	29.9	25.5	31.2	24.6
3 000	29.8	53.0	40.7	24.5	27.2	27.9	24.2	28.8	23.3
3 500	27.9	49.8	38.0	23.1	25.4	26.3	23.1	26.9	22.2
4 000	26.4	47.2	35.7	21.9	23.9	24.9	22.2	25.4	21.2
4 500	25.1	44.9	33.9	21.0	22.7	23.8	21.4	24.1	20.4
5 000	24.0	43.1	32.3	20.1	21.7	22.8	20.7	23.0	19.8
6 000	22.2	40.0	29.7	18.7	20.0	21.2	19.6	21.3	18.6
8 000	19.6	35.5	26.0	16.7	17.6	18.9	17.9	18.7	16.9
10 000	17.8	32.3	23.4	15.3	15.9	17.2	16.6	16.9	15.7
20 000	13.2	24.1	16.9	11.5	11.6	12.9	13.1	12.3	12.3
30 000	11.0	20.2	13.9	9.6	9.6	10.8	11.3	10.2	10.6
40 000	9.7	17.8	12.1	8.5	8.4	9.5	10.2	8.9	9.5
50 000	8.8	16.1	10.9	7.7	7.6	8.6	9.4	8.0	8.7
100 000	6.4	11.8	7.8	5.6	5.5	6.3	7.2	5.8	6.6
200 000	4.6	8.6	5.5	4.1	3.9	4.5	5.4	4.1	5.0
300 000	3.8	7.1	4.5	3.3	3.2	3.7	4.5	3.4	4.2
400 000	3.4	6.2	3.9	2.9	2.8	3.2	4.0	2.9	3.7
500 000	3.0	5.6	3.5	2.6	2.5	2.9	3.6	2.6	3.4
1 000 000	2.2	4.0	2.4	1.8	1.8	2.0	2.6	1.8	2.5
2 000 000	1.5	2.8	1.7	1.3	1.3	1.4	1.9	1.3	1.8
5 000 000	1.0	1.8	1.1	0.8	0.8	0.9	1.2	0.8	1.1
10 000 000	0.7	1.2	0.7	0.5	0.6	0.6	0.8	0.5	0.8
20 000 000	0.5	0.9	0.5	0.3	0.4	0.4	0.6	0.4	0.5

(a) The RSEs shown relate to mean nutrient estimates for those items collected for the main survey sample. The table presents RSEs up to 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.

(b) The population estimate of number of persons contributing to the non-person estimate is the denominator in the calculation of the mean. However, the RSEs apply to the actual mean nutrient intake.

(c) See Appendix 4 for details.

T3 RSE FACTORS FOR MEAN PERCENTAGE CONTRIBUTION TO ENERGY INTAKE

Macronutrient(a)	*Factor(b)*
Protein	0.674
Fat	0.519
Saturated fat	0.609
Monounsaturated fat	0.606
Polyunsaturated fat	0.769
Carbohydrate	0.512
Sugars	0.782
Starch	0.704

(a) Estimate calculated is mean percentage contribution of macronutrient to energy intake.

(b) RSE for estimate is calculated by multiplying the factor by the appropriate RSE from table T2.

T4 RSE FACTORS FOR MEAN NUTRIENT DENSITY(a)

Nutrient	*Factor(b)*
Dietary fibre	0.891
Provitamin A	1.032
Thiamin	0.881
Riboflavin	0.889
Niacin equivalents	0.703
Preformed niacin(c)	0.796
Derived niacin(c)	0.685
Folate	0.896
Vitamin C	1.044
Calcium	0.838
Phosphorous	0.625
Magnesium	0.705
Iron	0.804
Zinc	0.799
Potassium	0.807

(a) Mean nutrient density is the mean amount of the nutrient per 1,000 kJ energy.

(b) RSE for estimate is calculated by multiplying factor by the appropriate RSE from table T2.

T5 RELATIVE STANDARD ERRORS FOR MEDIAN PHYSICAL MEASUREMENT ESTIMATES(a)

Number of persons contributing to the estimate(b)	*Height*	*Weight*	*Waist*	*Hip*	*Waist to hip ratio*	*Body mass index*	*Systolic blood pressure*	*Diastolic blood pressure*
1 500	8.7	28.0	23.9	19.0	17.5	36.0	18.6	19.3
2 000	7.3	24.3	20.3	15.7	14.5	29.8	16.0	17.1
2 500	6.4	21.8	17.9	13.6	12.6	25.7	14.2	15.5
3 000	5.7	19.9	16.2	12.0	11.2	22.9	12.9	14.3
3 500	5.2	18.5	14.8	10.9	10.2	20.7	11.9	13.4
4 000	4.8	17.3	13.8	10.0	9.3	19.0	11.1	12.6
4 500	4.5	16.3	12.9	9.3	8.7	17.7	10.4	12.0
5 000	4.2	15.5	12.1	8.7	8.1	16.5	9.8	11.4
6 000	3.8	14.2	11.0	7.7	7.3	14.7	8.9	10.5
7 000	3.5	13.1	10.1	7.0	6.6	13.4	8.2	9.8
8 000	3.2	12.3	9.4	6.5	6.1	12.3	7.7	9.2
9 000	3.0	11.6	8.8	6.0	5.7	11.5	7.2	8.7
10 000	2.9	11.0	8.3	5.6	5.3	10.8	6.8	8.3
12 500	2.5	9.9	7.3	4.9	4.7	9.4	6.1	7.5
15 000	2.3	9.0	6.6	4.4	4.2	8.4	5.5	6.9
17 500	2.1	8.4	6.1	4.0	3.8	7.7	5.1	6.4
20 000	1.9	7.8	5.7	3.7	3.5	7.1	4.7	6.0
25 000	1.7	7.0	5.0	3.3	3.1	6.2	4.2	5.4
30 000	1.6	6.4	4.6	2.9	2.8	5.6	3.8	5.0
35 000	1.4	5.9	4.2	2.7	2.6	5.1	3.5	4.6
40 000	1.3	5.5	3.9	2.5	2.4	4.7	3.3	4.3
45 000	1.3	5.2	3.7	2.3	2.2	4.4	3.1	4.1
50 000	1.2	5.0	3.5	2.2	2.1	4.2	2.9	3.9
75 000	1.0	4.1	2.8	1.7	1.7	3.3	2.4	3.2
100 000	0.8	3.5	2.4	1.5	1.4	2.8	2.0	2.7
200 000	0.6	2.5	1.7	1.0	1.0	2.0	1.4	1.9
300 000	0.5	2.0	1.4	0.8	0.8	1.6	1.2	1.6
400 000	0.4	1.8	1.2	0.7	0.7	1.4	1.0	1.3
500 000	0.4	1.6	1.1	0.7	0.6	1.2	0.9	1.2
600 000	0.4	1.4	1.0	0.6	0.6	1.1	0.8	1.1
700 000	0.3	1.3	0.9	0.6	0.5	1.0	0.7	1.0
800 000	0.3	1.2	0.8	0.5	0.5	1.0	0.7	0.9
900 000	0.3	1.2	0.8	0.5	0.5	0.9	0.7	0.9
1 000 000	0.3	1.1	0.8	0.5	0.4	0.9	0.6	0.8
2 500 000	0.2	0.7	0.5	0.3	0.3	0.6	0.4	0.5
5 000 000	0.1	0.5	0.3	0.2	0.2	0.4	0.3	0.3
10 000 000	0.1	0.3	0.2	0.2	0.2	0.3	0.2	0.2
20 000 000	0.1	0.2	0.2	0.1	0.1	0.2	0.1	0.1

(a) The RSEs shown relate to median physical measurement estimates for those items collected for the main survey sample. The table presents RSEs up to 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.

(b) The population contributing to the non-person estimate of median physical measurement is the number of estimated persons who were measured. However, the RSEs apply to the actual median physical measurement.

T6 PRECISE RELATIVE STANDARD ERRORS FOR MEAN PHYSICAL MEASUREMENT ESTIMATES(a)

		AGE GROUP									
	Sex	*2–3*	*4–7*	*8–11*	*12–15*	*16–18*	*19–24*	*25–44*	*45–64*	*65 and over*	*19 and over*
Height	Males	0.5	0.3	0.2	0.3	0.3	0.2	0.1	0.1	0.1	0.1
	Females	0.4	0.4	0.2	0.2	0.3	0.2	0.1	0.1	0.1	0.1
Weight	Males	1.4	1.1	1.0	1.4	1.5	1.2	0.3	0.5	0.7	0.3
	Females	1.0	1.1	1.3	1.3	1.5	1.4	0.5	0.7	0.6	0.3
Waist	Males	0.8	0.5	0.5	0.8	0.9	0.8	0.3	0.4	0.4	0.2
	Females	0.6	0.5	0.7	0.7	0.9	0.9	0.3	0.4	0.4	0.2
Hip	Males	0.8	0.5	0.5	0.6	0.6	0.5	0.1	0.3	0.3	0.1
	Females	0.6	0.5	0.5	0.5	0.7	0.6	0.2	0.3	0.3	0.2
Waist to hip ratio	Males	. .	. .	. .	. .	. .	0.3	0.2	0.2	0.2	0.1
	Females	. .	. .	. .	. .	. .	0.4	0.2	0.3	0.3	0.2
Body mass index	Males	0.8	0.8	0.7	1.2	1.3	1.3	0.3	0.7	0.7	0.3
	Females	0.9	0.5	1.0	1.2	1.5	1.3	0.5	0.6	0.5	0.3
	Persons	0.6	0.5	0.7	0.7	1.0	0.9	0.3	0.5	0.4	0.2
Systolic blood pressure	Males	. .	. .	. .	. .	1.0	0.5	0.2	0.4	0.4	0.2
	Females	. .	. .	. .	. .	0.9	0.6	0.3	0.5	0.5	0.2
	Persons	. .	. .	. .	. .	0.8	0.4	0.2	0.3	0.3	0.1
Diastolic blood pressure	Males	. .	. .	. .	. .	1.1	1.1	0.3	0.4	0.5	0.2
	Females	. .	. .	. .	. .	1.1	0.8	0.3	0.4	0.6	0.3
	Persons	. .	. .	. .	. .	0.8	0.6	0.3	0.2	0.3	0.2

(a) Shows the SE as a percentage of the estimate.

GLOSSARY

Adjusted nutrient intakes Intakes which have been adjusted for within-person variation, based on the second 24-hour recall period. The adjusted distribution provides a better indication of the 'usual' distribution of intakes in the population.

Alcohol In this publication, the term alcohol refers to ethanol which is a constituent of alcoholic beverages. The alcohol content of such beverages ranges from less than 10 grams per litre in low alcohol beer to about 300 grams per litre in spirits such as whisky and brandy. Ethanol contributes more food energy (kilojoules) per gram than protein or carbohydrate but less than fat.

Amino acids The building blocks of proteins.

ANSURS The Australian Nutrition Survey System is an automated food coding system used for coding food and beverage intake data from the 24-hour recall.

Anthropometry The measurement of the size and shape of the human body. Examples of anthropometric indicators include body mass index, height and waist to hip ratio.

Basal metabolic rate (BMR) BMR is the amount of energy expended at rest over a given period of time. BMR has been predicted for National Nutrition Survey participants aged 10 years and over from their weight, age and sex (see Appendix 4). BMR has been expressed as megajoules per 24 hours.

Blood pressure The pressure of the blood on the walls of the arteries. Blood pressure can vary from day to day and throughout the day for individuals. Blood pressure readings were only taken from people aged 16 years and over, excluding pregnant women.

Body mass index (BMI) — adults BMI, also known as Quetelet's index, is body weight in kilograms divided by the square of height in metres. Height and weight were measured by the interviewers. The groups used are those recognised by the WHO Expert Committee on Physical Status: The Use and Interpretation of Anthropometry (1995).

Category	*BMI range*
Underweight	Less than 18.5
Acceptable weight	18.5 to less than 25
Overweight	25 to less than 30
Obese	30 and over

The measuring scales used only measured weights up to 140 kg. People over this weight have been classified as obese.

Body Mass Index (BMI) — children and adolescents

In children and adolescents age and sex specific international reference values (Must & Dallal 1991) are used in place of the BMI categories described on the previous page. This is because weight and height, and therefore BMI, are age and sex dependent during childhood and adolescence. See the users' guide (ABS 1998) for more information.

Category	
Low BMI for age	If BMI is less than 5th percentile reference value for their age and sex
Acceptable BMI for age	If BMI is greater than or equal to 5th percentile and less than 85th percentile
At risk of overweight	If BMI is greater than or equal to the 85th percentile and less than the 95th percentile
Overweight	If BMI is greater than or equal to the 95th percentile

Calcium Calcium is a major component of bones and teeth. It also plays a role in other important functions, such as nerve and muscle functioning, blood coagulation and enzyme regulation.

Carbohydrate Carbohydrates usually provide the major part of energy in human diets. Carbohydrates are comprised of the elements carbon, hydrogen and oxygen. Data for total carbohydrates include starch, sugars and related substances (sugar alcohols and oligosaccharides). Sugar alcohols and oligosaccharides are included in 'Total carbohydrates' but not in sub-totals for starch and sugars. Therefore, total carbohydrates does not always equal the sum of sugars and starch.

Cholesterol Cholesterol is a sterol found in foods of animal origin.

Combination foods These are foods consisting of two or more components which are combined (usually just prior to consumption) and eaten as a single unit.

Derived niacin Niacin made in the body from the amino acid tryptophan. Approximately 60 mg of tryptophan are required to obtain 1 mg of niacin. See Niacin equivalents.

Diastolic blood pressure Minimum blood pressure, which occurs late in ventricular diastole, which is the period or dilation of the heart, especially of the ventricles.

Dietary fibre Dietary fibre refers to a group of food components that are not digested and absorbed in the small intestine (unlike most other nutrients). They pass through the large intestine with some absorption and are then excreted in faeces. Foods of animal origin do not contain dietary fibre.

Energy The chemical energy in foods that is available to the body from metabolism of carbohydrates, protein, fat and alcohol after digestion and absorption. Energy from food provides the 'fuel' for growth, movement, metabolism and physical activity. Energy intakes from the survey are reported in kilojoules (kJ). One calorie is equivalent to approximately 4.186 kJ.

Energy intake to basal metabolic rate (BMR) ratio The ratio of energy intake over a 24-hour period to BMR predicted on the basis of weight, age and sex. This ratio provides an estimate of the level of physical activity and has also been used to develop cut-off limits for implausibly low intakes. See Appendix 4.

Fat Fat provides the most concentrated source of energy in the human diet, is a carrier for fat-soluble vitamins and is the source of essential fatty acids. The three fatty acid sub-totals (saturated, monounsaturated and saturated fat) do not add up to total fat because total fat includes a contribution from the non-fatty acid components.

Fatty acids Units of carbon, hydrogen and oxygen which combine with glycerine to form fat. Most foods contain a mixture of monounsaturated, polyunsaturated and saturated fatty acids.

Fine age groups These have been defined in the following way for the National Nutrition Survey: 2–3 years; 4–7 years; 8–11 years; 12–15 years; 16–18 years; 19–24 years; 25–44 years; 45–64 years; and 65 years and over.

Folate Folate is a water soluble B vitamin which plays an essential role in metabolism and in the division of all body cells including those in blood. Survey estimates of folate intake come from the natural folate content of foods and beverages and does not include additional folate from foods and beverages fortified with folate.

Food Codebook Database This database was part of ANSURS. The Food Codebook Database contained information which was used to code the type and amount of each food/beverage that was reported in the 24-hour recall.

Food Frequency Questionnaire This was used to collect information on usual frequency of intake of selected foods and vitamin/mineral supplements. Respondents aged 12 years and over were asked to complete this qualitative questionnaire, which collected usual frequency of consumption (expressed per day, week or month) of 107 food items and 11 vitamin and mineral supplements over the past 12 months.

Food sources Indicates food sources of nutrients across the population. These figures reflect both the amount of food consumed and the level of nutrient found in the food. The following terms have been used in this publication:

- major sources — food groups that contributed about 10% or more to nutrient intake; and
- moderate sources — food groups that contributed approximately 5%–10% to nutrient intake.

Frankfort horizontal plane Positioning of head so that the line of vision is perpendicular to the body. Participants positioned their head in this way for height measurements.

Geographic region See Part of State and Rural, remote and metropolitan areas.

Height Height (in centimetres) was measured without shoes on a level floor using a portable stadiometer. The person stood with heels together and head positioned in the Frankfort horizontal plane.

Height for age This indicates whether a child is short or tall relative to others of the same sex and age. Low height for age may be due to stunted growth or, like tallness, may be of genetic origin. Height for age was calculated for children aged 2–18 years by comparing their measured height to age and sex-specific values from a reference population. See paragraphs 53–54 of the Explanatory Notes for more information.

Hip circumference The hip circumference (centimetres) was taken with the tape passed horizontally around the body at the position of maximum circumference around the buttocks, when viewed from the side.

Hypertension Hypertension (high blood pressure) is a major risk factor for cardiovascular disease. People aged 16 years or older who had their blood pressure measured were classified using the definition from the WHO Monica project (Keil and Kutilasmaa 1989). Hypertension and its categories were calculated from blood pressure medication use, systolic blood pressure (SBP) and diastolic blood pressure (DBP). Hypertensives are people who have either treated or untreated hypertension whereas normotensives are people who do not have high blood pressure and are not on tablets for blood pressure.

Category	
Hypertensives	On tablets for blood pressure and/or SBP is greater than or equal to 160 mmHg and/or DBP is greater than or equal to 95 mmHg.
Controlled hypertensives	On tablets for blood pressure, SBP less than 160 mmHg and DBP less than 95 mmHg
Treated, uncontrolled hypertensives	On tablets for blood pressure, SBP greater than or equal to 160 mmHg and/or a DBP greater than or equal to 95 mmHg
Untreated hypertensives	Not on tablets for blood pressure, SBP greater than or equal to 160 mmHg and/or a DBP greater than or equal to 95 mmHg
Normotensives	Not on tablets for blood pressure, with a SBP less than 160 mmHg and a DBP less than 95 mmHg

IFIQ Individual Food Intake Questionnaire, also referred to as the 24-hour recall. See 24-hour recall.

Intake day This is the day of the week on which participants consumed the foods and beverages that they reported in their 24-hour recall. Weekday has been defined as Monday–Friday and the weekend as Saturday and Sunday.

Index of relative socio-economic disadvantage for areas See Socio-economic indexes for areas.

Iron Iron is essential because of its role in the molecules that enable oxygen and electron transport. Animal sources of iron are better absorbed than those from plant foods. The presence of vitamin C or animal protein enhances the availability of iron.

Macronutrients Macronutrients are protein, fat (total, saturated, monounsaturated and polyunsaturated), cholesterol, carbohydrate (total, starch and sugars), dietary fibre and alcohol.

Magnesium Magnesium is a cofactor for many enzyme systems that are needed for the transfer of energy within our bodies. It is also involved in the normal functioning of muscles and nerves.

Mean The average value, which is equal to the sum of the scores divided by the number of scores.

Median The middle value when all scores are placed in numerical order.

Micronutrients Micronutrients are vitamins and minerals. See Vitamins and Minerals.

Minerals Minerals are the inorganic chemical elements in the diet and body. Examples include calcium, potassium and iron.

Moisture Moisture, or water, is a major component of the diet and the body. It is essential for excretion of waste products and regulation of body temperature. Water may be consumed as part of a beverage or food, and it is also produced following the metabolism of macronutrients.

Niacin equivalents Niacin is a water soluble B vitamin which performs functions related to cell respiration and metabolism of carbohydrate, protein and fat. Both preformed niacin and derived niacin contribute to the total niacin intake, which is expressed as niacin equivalents.

Non-person estimates Estimates other than those of the number or percentage of people. Examples include mean energy intake, median thiamin intake and percentage contribution of different food groups to protein intake.

Non-private dwellings This includes dwellings such as hotels, boarding houses, gaols, hospitals and other institutions.

Nutrients Components of foods which can be used by the human body for maintenance, growth and reproduction. Nutrients required in larger amounts (grams per day) are classed as macronutrients. These include water and the nutrients which provide energy, namely proteins, carbohydrates, fats and alcohol. Vitamins and minerals which are required only in milligram or microgram amounts are classed as micronutrients. Essential nutrients are those nutrients which must be provided from food since they cannot be made in the human body (e.g. vitamin C).

Nutrient Database This database was part of ANSURS. It contained the nutrient composition information used to calculate the nutrient value of foods and beverages consumed in the 24-hour recall period.

Nutrient density The amount of a nutrient expressed per 1,000 kJ of energy.

Nutrient intake The amounts of specific nutrients contained in the foods and beverages consumed over a specified period of time. This publication contains information on amounts consumed during the day prior to interview, from midnight to midnight. The nutrient intakes calculated for this publication were derived from the nutrient composition database developed by the Australia New Zealand Food Authority.

Part of State Capital city is the capital city Statistical Division for each State or Territory. Rest of State is the remaining area in each State and Territory.

Percentage contribution to energy intake The proportion of energy coming from protein, fats (monounsaturated, saturated and polyunsaturated), carbohydrates (starch and sugars) and alcohol. The energy from each of these nutrients was estimated by multiplying each gram of protein, fat, carbohydrates and alcohol by a conversion factor to determine the kilojoules (kJ) of energy generated. These conversion factors are set out below:

Energy from protein	17 kJ/g
Energy from fats	37 kJ/g
Energy from carbohydrates	17 kJ/g of starch and 16 kJ/g of sugars
Energy from alcohol	29 kJ/g

The sum of energy values from protein, fats, carbohydrates and alcohol is not exactly equal to total energy. This is partly due to rounding and, in some cases, to other energy yielding components in the food or beverage. The sum of the energy from saturated, monounsaturated and polyunsaturated fats is not equal to the energy from total fats (see Fat for more information).

Person estimates Estimates of the number or percentage of people with particular characteristics (e.g. the number of people who are overweight or the percentage of people consuming a particular food).

Phosphorus Phosphorus is necessary for the formation of bones and teeth. It is also involved in metabolism.

Plain drinking water Tap water or any uncarbonated bottled water, with nothing added, not even lemon. Only the quantity drunk the previous day and how much came from home was collected. Plain drinking water has been included in most tables that report on food or nutrient intake for this survey, except in cases where it is cross-tabulated against information not collected for plain drinking water (e.g. eating occasion and where consumed).

Potassium Potassium is essential for normal body function. It is necessary for muscle functioning, transmitting nerve impulses and metabolising carbohydrate.

Preformed niacin Niacin provided directly by the diet. See Niacin equivalents for more information.

Preformed vitamin A Vitamin A provided directly by the diet. Preformed vitamin A is also called retinol, and occurs in association with fat in animal foods. See Vitamin A (expressed as retinol equivalents) for more information.

Private dwellings These include houses, flats and other similar dwellings.

Protein Protein supplies essential amino acids and is also a source of energy. Protein can be supplied from animal or vegetable foods. Protein from individual vegetable foods may lack one or more essential amino acids but these can be supplied from an appropriate mixture of vegetable protein source.

Provitamin A Provitamin A refers to substances known as carotenoids which can be converted to vitamin A by the body. Provitamin A is found in both plant and animal foods. Approximately 6 mcg of provitamin A are equal to 1 retinol equivalent. See Vitamin A (expressed as retinol equivalents) for more information.

Recipe Database This database was part of ANSURS. It stored information about the ingredients of recipe foods and was used to calculate nutrient values for recipe foods, taking into account changes in moisture, fat, vitamins and minerals as a result of cooking.

Recipe foods Recipe foods consist of several ingredients mixed/cooked together (e.g. chocolate cake or macaroni cheese). Within ANSURS, the term 'recipe' refers specifically to foods which consist of other foods in the Food Codebook Database and which consequently can have their recipe modified during coding to take account of specific types of ingredients, such as the kind of fat used.

Recommended Dietary Intakes The levels of essential nutrients considered adequate to meet the nutritional needs of most healthy individuals. Recommended Dietary Intakes (RDIs) for persons aged 2 years and over are on page 139. Larger amounts are generally recommended for pregnant or lactating women. For example, the calcium RDI for females 19–54 years is 800 mg whereas the RDI for pregnant women of this age is 1,100 mg. The folate RDI for women during pregnancy is 400 mcg, compared to the adult RDI of 200 mcg (NHMRC 1991). The NHMRC Expert Panel on Folate Fortification also recommends that women have 400 mcg folate per day for at least one month before becoming pregnant (NHMRC 1995).

Region of birth This is based on reported country of birth. The regions of birth used in this publication are:

- Australia
- United Kingdom, Ireland and New Zealand
- Other European countries — Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States
- East Asia — Southeast Asia and Northeast Asia
- Other countries n.e.c. — this includes Southern Asia, the Middle East and North Africa, the Americas, Africa, and other Oceania and Antarctica

Replicate sample The sub-sample of approximately 1,500 National Nutrition Survey participants who provided intake data for a second 24-hour period, on a different day of the week and usually within 10 days of the first interview.

Riboflavin Riboflavin (vitamin B–2) is a water soluble vitamin which plays a role in cell respiration and release of energy from carbohydrate, protein and fat.

Rural, remote and metropolitan areas This is a geographic classification which categorises areas according to their population size and remoteness (Department of Primary Industries and Energy and Department of Human Services and Health 1994). It uses an index of remoteness based on factors such as population density and distance to the nearest population centre. This publication uses the following collapsed version of the classification:

- Metropolitan areas — Capital city Statistical Divisions and one or more Statistical Subdivisions which have an urban centre of population 100,000 or more.
- Rural centres — Statistical Local Areas (SLAs) whose index of remoteness is 10.5 or less and which contains urban centres with a population between 10,000 and 99,999.
- Rural and remote areas — SLAs whose index of remoteness is 10.5 or less and which contain a centre with a population less than 10,000, or SLAs whose index of remoteness is greater than 10.5.

Scope The term 'scope' refers to the target population covered by a data collection. The scope of the National Nutrition Survey was people aged two years or more who were residents of private dwellings in Australia. People living in Australia but not usually considered part of the Australian resident population were excluded from the scope of the survey (e.g. non-Australian diplomatic personnel, people from overseas holidaying in Australia and members of non-Australian defence forces).

Season The time of year for the 24-hour recall reference period. Summer is defined as December to February, autumn as March to May, winter as June to August and spring as September to November.

Socio-economic indexes for areas (SEIFA) The SEIFA indexes were derived from the 1991 Census. They describe the characteristics of the area in which a person lives, rather than the characteristics of the person. The SEIFA index of relative socio-economic disadvantage assigns an index to geographic areas based on socio-economic variables such as economic resources, education and occupation. People in the first quintile live in the most disadvantaged areas whereas people in the fifth quintile live in the least disadvantaged areas.

Sphygmomanometer Equipment used to measure blood pressure. The sphygmomanometer used for the survey was initially a mercury instrument but due to technical problems was changed to an aneroid sphygmomanometer. (See paragraph 52 of the Explanatory Notes.)

Stadiometer Height measuring equipment. The stadiometer used for the National Nutrition Survey consisted of a metal base plate and a head piece with a built-in spirit level attached to a locking, steel measuring tape graduated in millimetres.

Systolic blood pressure Maximum blood pressure which occurs near the end of the stroke output of the left ventricle of the heart (when the oxygenated blood is pushed out into the body).

Thiamin Thiamin plays an essential role in releasing energy from carbohydrate, fat and protein in the diet. It is also known as vitamin B–1.

24-hour dietary recall This was the methodology used to collect detailed information on food and nutrient intake. The 24-hour dietary recall method collected a list of all foods and beverages consumed the previous day from midnight to midnight, the amount consumed, the time of consumption, the name of the eating occasion, the source of the foods and beverages, whether they were consumed in the home and whether they were ever in the home.

Vitamin A (expressed as retinol equivalents) Vitamin A is a fat soluble vitamin required for cell differentiation, growth and vision. Both preformed vitamin A (retinol) and provitamin A (carotenoids) contribute to the total vitamin A content, which is expressed as retinol equivalents.

Vitamin C Vitamin C is also known as ascorbic acid. It is required for the maintenance of body connective tissues and for brain, nerve and muscle functions. It also aids iron absorption.

Vitamins Vitamins are organic compounds which enable the human body to function efficiently by regulating biochemical processes such as growth metabolism, cell reproduction, digestion and oxidation of the blood. All occur naturally in some foods and are either fat or water soluble.

Waist circumference The waist circumference (centimetres) was taken at the end of normal expiration with the tape passed horizontally around the body, midway between the inferior margin of the last rib and the crest of the illium in the mid-axillary plane.

Waist to hip ratio The waist circumference divided by the hip circumference. A high waist to hip ratio (WHR) is generally indicative of excessive abdominal fat, which is associated with increased risk for cardiovascular disease. The WHR can be used for people aged 19 years and over as an indicator of increased risk of cardiovascular disease.

Weight for age This indicates whether a child is light or heavy compared with others of the same sex and age irrespective of height. Weight for age was calculated for children aged 2–18 years by comparing their measured weight to age and sex specific values from a reference population. See paragraphs 53–54 of the Explanatory Notes for more information.

Weight for height This indicates whether a child is thin/wasted or overweight compared with others of the same sex and height. Weight for height was calculated for girls of height 55–137 cm and boys of height 55–145 cm by comparing their measured weight to height and sex-specific weight values from a reference population. See paragraphs 53–54 of the Explanatory Notes for more information.

Zinc Zinc is needed for many different functions, including protein and carbohydrate metabolism, wound healing, growth and vision.

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ANZFA	Australia New Zealand Food Authority
NHMRC	National Health and Medical Research Council

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