

**Dutch National Food Consumption Survey 2007-2010|Part 3 Fortified Foods,
based on dataset FCS_2010_core_20111125**

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Table 1.1 Consumption of fortified foods (food groups and subgroups) of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	36.7	250.0
05-01. Milk	0.0	1.2	0.0
05-02. Milk beverages	0.0	5.9	0.0
05-03. Yoghurt	0.0	26.6	205.7
05-04. Fromage blanc, petits suisses	0.0	0.7	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.4	0.0
06. Cereals and cereal products	0.0	3.7	30.0
06-03. Bread, crisp bread, rusks	0.0	2.2	0.0
06-03-01. Bread	0.0	2.1	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.5	10.0
10. Fat	0.0	5.9	30.0
10-03. Margarines	0.0	5.9	30.0
11. Sugar and confectionery	0.0	3.0	18.8
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.5	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	2.3	12.5
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.8	19.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.6	16.5
13. Non-alcoholic beverages	0.0	75.9	391.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	30.8	200.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	45.1	270.9
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	5.9	0.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	3.9	0.0
17-02. Dietetic products	0.0	1.7	0.0
17-02-00. Unclassified	0.0	1.7	0.0

Table 1.2.a Consumption of fortified foods (food groups and subgroups) of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years, n=1713)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.2	0.0
04-03. Mixed fruits	0.0	0.2	0.0
05. Dairy products	0.0	34.2	224.0
05-01. Milk	0.0	1.1	0.0
05-02. Milk beverages	0.0	6.6	0.0
05-03. Yoghurt	0.0	23.7	178.2
05-04. Fromage blanc, petits suisses	0.0	1.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.8	0.0
06. Cereals and cereal products	0.0	6.7	45.0
06-03. Bread, crisp bread, rusks	0.0	3.9	30.0
06-03-01. Bread	0.0	3.9	30.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.8	25.0
10. Fat	0.0	3.9	22.5
10-03. Margarines	0.0	3.9	22.5
11. Sugar and confectionery	0.0	6.3	36.8
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.0	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	5.0	30.2
11-05. Ice cream, water ice	0.0	0.2	0.0
12. Cakes	0.0	3.7	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	3.5	22.0
13. Non-alcoholic beverages	83.4	144.0	540.0
13-00. Unclassified	0.0	0.2	0.0
13-01. Fruit and vegetable juices	0.0	52.8	296.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	91.0	420.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	3.9	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	3.1	0.0
17-02. Dietetic products	0.0	0.6	0.0
17-02-00. Unclassified	0.0	0.6	0.0

Group=Adults (19-69 years, n=2106)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	37.3	250.2
05-01. Milk	0.0	1.2	0.0
05-02. Milk beverages	0.0	5.8	0.0
05-03. Yoghurt	0.0	27.2	209.7
05-04. Fromage blanc, petits suisses	0.0	0.6	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.5	0.0

Group=Adults (19-69 years, n=2106)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
06. Cereals and cereal products	0.0	3.0	20.0
06-03. Bread, crisp bread, rusks	0.0	1.8	0.0
06-03-01. Bread	0.0	1.8	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.2	3.3
10. Fat	0.0	6.3	30.0
10-03. Margarines	0.0	6.3	30.0
11. Sugar and confectionery	0.0	2.2	12.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.4	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.7	7.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.4	11.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.2	9.5
13. Non-alcoholic beverages	0.0	61.0	341.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	26.0	169.2
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	35.0	245.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.3	13.2
17-00. Unclassified	0.0	0.4	0.0
17-01. Soy products	0.0	4.1	0.0
17-02. Dietetic products	0.0	1.9	0.0
17-02-00. Unclassified	0.0	1.9	0.0

Table 1.2.b Consumption of fortified foods (food groups and subgroups) of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years, n=856)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.1	0.0
04-03. Mixed fruits	0.0	0.1	0.0
05. Dairy products	0.0	33.2	207.0
05-01. Milk	0.0	0.5	0.0
05-02. Milk beverages	0.0	5.1	0.0
05-03. Yoghurt	0.0	24.2	180.0
05-04. Fromage blanc, petits suisses	0.0	1.1	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.3	0.0
06. Cereals and cereal products	0.0	7.8	52.5
06-03. Bread, crisp bread, rusks	0.0	4.9	45.0
06-03-01. Bread	0.0	4.9	45.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.9	26.3
10. Fat	0.0	4.5	27.0
10-03. Margarines	0.0	4.5	27.0
11. Sugar and confectionery	0.0	6.7	37.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.1	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	5.3	31.3
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	3.8	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.5	22.0
13. Non-alcoholic beverages	100.0	158.0	610.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	56.1	296.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	101.9	483.3
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	4.7	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	4.3	0.0
17-02. Dietetic products	0.0	0.3	0.0
17-02-00. Unclassified	0.0	0.3	0.0

Group=Female Children (7-18 years, n=857)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.2	0.0
04-03. Mixed fruits	0.0	0.2	0.0
05. Dairy products	0.0	35.2	232.2
05-01. Milk	0.0	1.6	0.0
05-02. Milk beverages	0.0	8.1	0.0
05-03. Yoghurt	0.0	23.2	172.8
05-04. Fromage blanc, petits suisses	0.0	0.9	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.3	0.0

Group=Female Children (7-18 years, n=857)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
06. Cereals and cereal products	0.0	5.5	40.0
06-03. Bread, crisp bread, rusks	0.0	2.8	20.0
06-03-01. Bread	0.0	2.7	15.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	2.6	20.0
10. Fat	0.0	3.2	18.0
10-03. Margarines	0.0	3.2	18.0
11. Sugar and confectionery	0.0	5.8	30.2
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.8	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.6	26.4
11-05. Ice cream, water ice	0.0	0.4	0.0
12. Cakes	0.0	3.5	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	3.4	22.0
13. Non-alcoholic beverages	0.0	129.5	485.4
13-00. Unclassified	0.0	0.5	0.0
13-01. Fruit and vegetable juices	0.0	49.3	297.5
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	79.6	387.6
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	3.2	0.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	1.9	0.0
17-02. Dietetic products	0.0	1.0	0.0
17-02-00. Unclassified	0.0	1.0	0.0

Group=Male Adults (19-69 years, n=1055)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	36.3	253.2
05-01. Milk	0.0	2.0	0.0
05-02. Milk beverages	0.0	5.6	0.0
05-03. Yoghurt	0.0	25.6	208.8
05-04. Fromage blanc, petits suisses	0.0	0.4	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.8	0.0
06. Cereals and cereal products	0.0	2.7	12.0
06-03. Bread, crisp bread, rusks	0.0	1.6	0.0
06-03-01. Bread	0.0	1.6	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.1	0.0
10. Fat	0.0	7.6	36.0
10-03. Margarines	0.0	7.6	36.0
11. Sugar and confectionery	0.0	2.3	13.1
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.7	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.6	6.3

Group=Male Adults (19-69 years, n=1055)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.1	7.5
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.0	0.0
13. Non-alcoholic beverages	0.0	64.7	341.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	25.8	169.2
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	38.9	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	3.2	0.0
17-00. Unclassified	0.0	0.4	0.0
17-01. Soy products	0.0	1.7	0.0
17-02. Dietetic products	0.0	1.1	0.0
17-02-00. Unclassified	0.0	1.1	0.0

Group=Female Adults (19-69 years, n=1051)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	38.3	250.0
05-01. Milk	0.0	0.4	0.0
05-02. Milk beverages	0.0	6.0	0.0
05-03. Yoghurt	0.0	28.8	209.7
05-04. Fromage blanc, petits suisses	0.0	0.8	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.3	0.0
06. Cereals and cereal products	0.0	3.3	20.0
06-03. Bread, crisp bread, rusks	0.0	2.0	0.0
06-03-01. Bread	0.0	1.9	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.3	10.0
10. Fat	0.0	4.9	24.0
10-03. Margarines	0.0	4.9	24.0
11. Sugar and confectionery	0.0	2.2	12.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.2	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.8	7.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.7	16.5
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.5	16.5
13. Non-alcoholic beverages	0.0	57.3	335.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	26.1	170.8
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	31.1	241.7
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	9.5	46.7

Group=Female Adults (19-69 years, n=1051)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17-00. Unclassified	0.0	0.4	0.0
17-01. Soy products	0.0	6.5	0.0
17-02. Dietetic products	0.0	2.7	0.0
17-02-00. Unclassified	0.0	2.7	0.0

Table 1.2.c Consumption of fortified foods (food groups and subgroups) of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-8 years, n=304)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.6	0.0
04-03. Mixed fruits	0.0	0.6	0.0
05. Dairy products	0.0	30.8	148.5
05-01. Milk	0.0	0.4	0.0
05-02. Milk beverages	0.0	8.8	99.6
05-03. Yoghurt	0.0	16.5	110.2
05-04. Fromage blanc, petits suisses	0.0	2.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	3.2	0.0
06. Cereals and cereal products	0.0	6.7	40.0
06-03. Bread, crisp bread, rusks	0.0	3.4	22.5
06-03-01. Bread	0.0	3.4	22.5
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	3.3	30.0
10. Fat	0.0	3.1	18.0
10-03. Margarines	0.0	3.1	18.0
11. Sugar and confectionery	0.0	8.6	45.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.9	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	7.2	43.8
11-05. Ice cream, water ice	0.0	0.5	0.0
12. Cakes	0.0	4.2	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.6	10.0
12-02. Dry cakes, biscuits	0.0	3.6	22.0
13. Non-alcoholic beverages	100.0	134.8	486.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	52.6	250.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	82.2	400.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	8.2	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	8.1	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Male Children (9-13 years, n=351)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	30.8	202.0
05-01. Milk	0.0	0.4	0.0
05-02. Milk beverages	0.0	4.6	0.0
05-03. Yoghurt	0.0	22.0	180.0
05-04. Fromage blanc, petits suisses	0.0	1.1	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.7	0.0

Group=Male Children (9-13 years, n=351)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
06. Cereals and cereal products	0.0	9.7	60.0
06-03. Bread, crisp bread, rusks	0.0	6.8	60.0
06-03-01. Bread	0.0	6.8	60.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.9	25.0
10. Fat	0.0	5.0	28.1
10-03. Margarines	0.0	5.0	28.1
11. Sugar and confectionery	0.0	7.6	39.5
11-01. Sugar, honey ,jam	0.0	0.2	0.0
11-02. Chocolate, candy bars, etc	0.0	1.0	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	6.3	32.7
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	3.8	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	3.6	22.0
13. Non-alcoholic beverages	100.0	170.0	664.2
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	59.9	287.5
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	110.1	500.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	3.6	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	3.4	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Female Children (9-13 years, n=352)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.3	0.0
04-03. Mixed fruits	0.0	0.3	0.0
05. Dairy products	0.0	37.5	205.2
05-01. Milk	0.0	1.1	0.0
05-02. Milk beverages	0.0	7.8	0.0
05-03. Yoghurt	0.0	26.2	185.8
05-04. Fromage blanc, petits suisses	0.0	1.4	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.1	0.0
06. Cereals and cereal products	0.0	6.8	45.0
06-03. Bread, crisp bread, rusks	0.0	3.6	30.0
06-03-01. Bread	0.0	3.5	30.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	3.2	30.0
10. Fat	0.0	3.2	18.0
10-03. Margarines	0.0	3.2	18.0
11. Sugar and confectionery	0.0	6.4	39.5
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	1.0	6.6
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	5.2	36.8

Group=Female Children (9-13 years, n=352)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-05. Ice cream, water ice	0.0	0.3	0.0
12. Cakes	0.0	3.3	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	3.1	21.0
13. Non-alcoholic beverages	85.0	142.9	500.0
13-00. Unclassified	0.0	0.5	0.0
13-01. Fruit and vegetable juices	0.0	65.7	350.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	76.6	375.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	2.7	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	2.6	0.0
17-02. Dietetic products	0.0	0.0	0.0
17-02-00. Unclassified	0.0	0.0	0.0

Group=Male Children (14-18 years, n=352)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	37.0	297.0
05-01. Milk	0.0	0.6	0.0
05-02. Milk beverages	0.0	4.9	0.0
05-03. Yoghurt	0.0	29.6	287.1
05-04. Fromage blanc, petits suisses	0.0	0.6	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.4	0.0
06. Cereals and cereal products	0.0	6.1	45.0
06-03. Bread, crisp bread, rusks	0.0	3.4	0.0
06-03-01. Bread	0.0	3.4	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.7	30.0
10. Fat	0.0	4.7	27.0
10-03. Margarines	0.0	4.7	27.0
11. Sugar and confectionery	0.0	5.0	32.3
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.4	10.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	3.5	28.2
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	2.8	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	2.7	22.0
13. Non-alcoholic beverages	0.0	154.8	642.5
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	49.1	300.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	105.7	500.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	1.9	0.0

Group=Male Children (14-18 years, n=352)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	1.3	0.0
17-02. Dietetic products	0.0	0.5	0.0
17-02-00. Unclassified	0.0	0.5	0.0

Group=Female Children (14-18 years, n=354)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	34.3	261.0
05-01. Milk	0.0	2.8	0.0
05-02. Milk beverages	0.0	7.3	0.0
05-03. Yoghurt	0.0	23.0	172.8
05-04. Fromage blanc, petits suisses	0.0	0.1	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.0	0.0
06. Cereals and cereal products	0.0	4.0	30.0
06-03. Bread, crisp bread, rusks	0.0	2.2	0.0
06-03-01. Bread	0.0	2.1	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.8	13.4
10. Fat	0.0	3.0	16.0
10-03. Margarines	0.0	3.0	16.0
11. Sugar and confectionery	0.0	4.2	25.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.6	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	3.2	13.5
11-05. Ice cream, water ice	0.0	0.4	0.0
12. Cakes	0.0	4.3	24.0
12-01. Cakes, pies, pastries, etc.	0.0	0.0	0.0
12-02. Dry cakes, biscuits	0.0	4.3	24.0
13. Non-alcoholic beverages	0.0	115.0	466.7
13-00. Unclassified	0.0	0.6	0.0
13-01. Fruit and vegetable juices	0.0	36.8	241.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	77.6	390.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	4.1	13.3
17-00. Unclassified	0.0	0.6	0.0
17-01. Soy products	0.0	1.2	0.0
17-02. Dietetic products	0.0	2.3	0.0
17-02-00. Unclassified	0.0	2.3	0.0

Group=Male Adults (19-30 years,n=356)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	40.7	297.0
05-01. Milk	0.0	0.6	0.0
05-02. Milk beverages	0.0	6.6	0.0
05-03. Yoghurt	0.0	32.4	261.0
05-04. Fromage blanc, petits suisses	0.0	0.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.1	0.0
06. Cereals and cereal products	0.0	4.2	30.0
06-03. Bread, crisp bread, rusks	0.0	2.5	0.0
06-03-01. Bread	0.0	2.5	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.7	0.0
10. Fat	0.0	5.0	30.0
10-03. Margarines	0.0	5.0	30.0
11. Sugar and confectionery	0.0	3.5	18.8
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.9	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	2.5	6.3
11-05. Ice cream, water ice	0.0	0.2	0.0
12. Cakes	0.0	1.0	7.5
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	0.9	0.0
13. Non-alcoholic beverages	0.0	129.5	598.3
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	49.0	250.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	80.4	483.4
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.7	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	1.8	0.0
17-02. Dietetic products	0.0	4.8	0.0
17-02-00. Unclassified	0.0	4.8	0.0

Group=Female Adults (19-30 years, n=347)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	48.9	279.0
05-01. Milk	0.0	0.2	0.0
05-02. Milk beverages	0.0	11.5	107.3
05-03. Yoghurt	0.0	33.5	243.0
05-04. Fromage blanc, petits suisses	0.0	1.4	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.1	0.0
06. Cereals and cereal products	0.0	2.7	20.0
06-03. Bread, crisp bread, rusks	0.0	1.2	0.0
06-03-01. Bread	0.0	1.2	0.0

Group=Female Adults (19-30 years, n=347)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.5	12.0
10. Fat	0.0	4.4	23.0
10-03. Margarines	0.0	4.4	23.0
11. Sugar and confectionery	0.0	4.1	20.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.6	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	3.4	18.8
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	2.5	19.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	2.5	19.0
13. Non-alcoholic beverages	0.0	115.7	483.4
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	44.5	250.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	71.1	362.5
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	7.9	46.7
17-00. Unclassified	0.0	0.8	0.0
17-01. Soy products	0.0	4.2	0.0
17-02. Dietetic products	0.0	2.9	0.0
17-02-00. Unclassified	0.0	2.9	0.0

Group=Male Adults (31-50 years, n=348)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	40.9	253.2
05-01. Milk	0.0	3.8	0.0
05-02. Milk beverages	0.0	7.0	0.0
05-03. Yoghurt	0.0	26.0	208.8
05-04. Fromage blanc, petits suisses	0.0	0.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	3.7	0.0
06. Cereals and cereal products	0.0	2.6	10.0
06-03. Bread, crisp bread, rusks	0.0	1.6	0.0
06-03-01. Bread	0.0	1.6	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.0	0.0
10. Fat	0.0	7.5	36.0
10-03. Margarines	0.0	7.5	36.0
11. Sugar and confectionery	0.0	3.0	20.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	1.0	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	2.0	12.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.6	15.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0

Group=Male Adults (31-50 years, n=348)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
12-02. Dry cakes, biscuits	0.0	1.3	10.5
13. Non-alcoholic beverages	0.0	55.9	270.9
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	21.6	169.2
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	34.2	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	1.5	0.0
17-00. Unclassified	0.0	0.7	0.0
17-01. Soy products	0.0	0.8	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Female Adults (31-50 years, n=351)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	41.1	270.0
05-01. Milk	0.0	0.8	0.0
05-02. Milk beverages	0.0	5.6	0.0
05-03. Yoghurt	0.0	31.5	205.7
05-04. Fromage blanc, petits suisses	0.0	1.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.1	0.0
06. Cereals and cereal products	0.0	4.0	30.0
06-03. Bread, crisp bread, rusks	0.0	2.2	0.0
06-03-01. Bread	0.0	2.1	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.8	16.5
10. Fat	0.0	4.6	21.0
10-03. Margarines	0.0	4.6	21.0
11. Sugar and confectionery	0.0	2.0	12.0
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.2	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.6	6.3
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	2.2	19.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	2.0	19.0
13. Non-alcoholic beverages	0.0	51.3	276.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	21.4	145.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	29.8	241.7
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	8.3	21.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	5.6	0.0

Group=Female Adults (31-50 years, n=351)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17-02. Dietetic products	0.0	2.5	0.0
17-02-00. Unclassified	0.0	2.5	0.0

Group=Male Adults (51-69 years, n=351)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	27.5	203.4
05-01. Milk	0.0	0.3	0.0
05-02. Milk beverages	0.0	3.1	0.0
05-03. Yoghurt	0.0	20.7	148.5
05-04. Fromage blanc, petits suisses	0.0	0.8	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.6	0.0
06. Cereals and cereal products	0.0	1.8	0.0
06-03. Bread, crisp bread, rusks	0.0	1.1	0.0
06-03-01. Bread	0.0	1.1	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	0.7	0.0
10. Fat	0.0	9.5	36.0
10-03. Margarines	0.0	9.5	36.0
11. Sugar and confectionery	0.0	0.6	0.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.1	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	0.4	0.0
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	0.6	0.0
12-01. Cakes, pies, pastries, etc.	0.0	0.0	0.0
12-02. Dry cakes, biscuits	0.0	0.6	0.0
13. Non-alcoholic beverages	0.0	35.0	217.5
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	16.5	120.9
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	18.5	120.9
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	3.2	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	2.9	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Female Adults (51-69 years, n=353)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	27.9	216.0
05-01. Milk	0.0	0.0	0.0
05-02. Milk beverages	0.0	2.9	0.0

Group=Female Adults (51-69 years, n=353)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
05-03. Yoghurt	0.0	22.2	148.5
05-04. Fromage blanc, petits suisses	0.0	0.2	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.6	0.0
06. Cereals and cereal products	0.0	2.8	10.0
06-03. Bread, crisp bread, rusks	0.0	2.1	0.0
06-03-01. Bread	0.0	2.0	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	0.7	0.0
10. Fat	0.0	5.8	26.3
10-03. Margarines	0.0	5.8	26.3
11. Sugar and confectionery	0.0	1.2	7.5
11-01. Sugar, honey ,jam	0.0	0.2	0.0
11-02. Chocolate, candy bars, etc	0.0	0.0	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.1	3.1
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	0.5	0.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	0.3	0.0
13. Non-alcoholic beverages	0.0	28.2	217.5
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	20.7	136.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	7.5	0.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	12.0	75.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	9.0	39.7
17-02. Dietetic products	0.0	2.7	0.0
17-02-00. Unclassified	0.0	2.7	0.0

Table 1.3.a Consumption of fortified foods (food groups and subgroups) of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Low Education (n=348)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	33.2	237.8
05-01. Milk	0.0	0.3	0.0
05-02. Milk beverages	0.0	8.8	0.0
05-03. Yoghurt	0.0	20.8	180.0
05-04. Fromage blanc, petits suisses	0.0	1.8	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.5	0.0
06. Cereals and cereal products	0.0	6.5	45.0
06-03. Bread, crisp bread, rusks	0.0	4.2	30.0
06-03-01. Bread	0.0	4.2	30.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.3	20.0
10. Fat	0.0	2.9	19.5
10-03. Margarines	0.0	2.9	19.5
11. Sugar and confectionery	0.0	5.9	39.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.1	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.7	37.6
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	3.2	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	3.0	22.0
13. Non-alcoholic beverages	100.0	162.4	562.6
13-00. Unclassified	0.0	0.5	0.0
13-01. Fruit and vegetable juices	0.0	56.9	300.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	104.9	479.2
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	0.6	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	0.6	0.0
17-02. Dietetic products	0.0	0.0	0.0
17-02-00. Unclassified	0.0	0.0	0.0

Group=Children (7-18 years) - Moderate Education (n=698)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.3	0.0
04-03. Mixed fruits	0.0	0.3	0.0
05. Dairy products	0.0	32.6	202.0
05-01. Milk	0.0	2.3	0.0
05-02. Milk beverages	0.0	6.6	0.0
05-03. Yoghurt	0.0	21.2	148.5
05-04. Fromage blanc, petits suisses	0.0	0.9	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0

Group=Children (7-18 years) - Moderate Education (n=698)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
05-06. Cream desserts, puddings (milk based)	0.0	1.5	0.0
06. Cereals and cereal products	0.0	6.1	40.7
06-03. Bread, crisp bread, rusks	0.0	3.5	20.0
06-03-01. Bread	0.0	3.4	15.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	2.6	25.0
10. Fat	0.0	3.6	21.5
10-03. Margarines	0.0	3.6	21.5
11. Sugar and confectionery	0.0	5.6	30.0
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.8	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.6	28.2
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	4.0	24.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.7	23.0
13. Non-alcoholic beverages	83.4	140.4	500.1
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	55.5	300.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	85.0	390.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	4.1	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	3.9	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Children (7-18 years) - High Education (n=580)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.1	0.0
04-03. Mixed fruits	0.0	0.1	0.0
05. Dairy products	0.0	37.6	255.6
05-01. Milk	0.0	0.1	0.0
05-02. Milk beverages	0.0	6.0	0.0
05-03. Yoghurt	0.0	28.7	216.0
05-04. Fromage blanc, petits suisses	0.0	0.4	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.3	0.0
06. Cereals and cereal products	0.0	7.5	50.0
06-03. Bread, crisp bread, rusks	0.0	4.5	30.0
06-03-01. Bread	0.0	4.4	30.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	3.1	25.0
10. Fat	0.0	4.7	25.5
10-03. Margarines	0.0	4.7	25.5
11. Sugar and confectionery	0.0	7.3	37.5
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	1.2	10.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0

Group=Children (7-18 years) - High Education (n=580)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-04. Syrup	0.0	5.6	34.4
11-05. Ice cream, water ice	0.0	0.5	0.0
12. Cakes	0.0	3.8	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	3.5	22.0
13. Non-alcoholic beverages	0.0	137.9	554.2
13-00. Unclassified	0.0	0.4	0.0
13-01. Fruit and vegetable juices	0.0	49.6	250.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	88.0	458.3
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	5.9	20.0
17-00. Unclassified	0.0	0.5	0.0
17-01. Soy products	0.0	4.0	0.0
17-02. Dietetic products	0.0	1.4	0.0
17-02-00. Unclassified	0.0	1.4	0.0

Group=Adults (19-69 years) - Low Education (n=708)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	40.1	267.3
05-01. Milk	0.0	0.3	0.0
05-02. Milk beverages	0.0	5.7	0.0
05-03. Yoghurt	0.0	30.7	242.5
05-04. Fromage blanc, petits suisses	0.0	0.2	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	3.2	0.0
06. Cereals and cereal products	0.0	2.8	15.0
06-03. Bread, crisp bread, rusks	0.0	1.9	0.0
06-03-01. Bread	0.0	1.8	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	0.9	0.0
10. Fat	0.0	6.5	30.0
10-03. Margarines	0.0	6.5	30.0
11. Sugar and confectionery	0.0	1.8	10.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.5	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.3	2.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.1	9.5
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	0.8	0.0
13. Non-alcoholic beverages	0.0	60.7	300.1
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	25.2	125.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	35.5	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0

Group=Adults (19-69 years) - Low Education (n=708)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17. Miscellaneous	0.0	5.7	0.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	3.3	0.0
17-02. Dietetic products	0.0	2.1	0.0
17-02-00. Unclassified	0.0	2.1	0.0

Group=Adults (19-69 years) - Moderate Education (n=935)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	38.0	261.0
05-01. Milk	0.0	2.4	0.0
05-02. Milk beverages	0.0	6.7	0.0
05-03. Yoghurt	0.0	26.1	203.4
05-04. Fromage blanc, petits suisses	0.0	0.8	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.1	0.0
06. Cereals and cereal products	0.0	2.6	20.0
06-03. Bread, crisp bread, rusks	0.0	1.5	0.0
06-03-01. Bread	0.0	1.4	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.2	3.3
10. Fat	0.0	6.1	30.0
10-03. Margarine	0.0	6.1	30.0
11. Sugar and confectionery	0.0	2.6	12.5
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.4	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	2.1	9.0
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.3	12.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.2	10.5
13. Non-alcoholic beverages	0.0	66.5	366.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	26.7	193.3
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	39.8	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.9	19.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	4.2	0.0
17-02. Dietetic products	0.0	2.4	0.0
17-02-00. Unclassified	0.0	2.4	0.0

Group=Adults (19-69 years) - High Education (n=463)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	32.3	240.3
05-01. Milk	0.0	0.2	0.0
05-02. Milk beverages	0.0	4.4	0.0
05-03. Yoghurt	0.0	24.5	203.4
05-04. Fromage blanc, petits suisses	0.0	0.6	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.5	0.0
06. Cereals and cereal products	0.0	3.9	20.0
06-03. Bread, crisp bread, rusks	0.0	2.3	0.0
06-03-01. Bread	0.0	2.2	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.6	10.0
10. Fat	0.0	6.3	30.0
10-03. Margarines	0.0	6.3	30.0
11. Sugar and confectionery	0.0	2.2	15.0
11-01. Sugar, honey ,jam	0.0	0.2	0.0
11-02. Chocolate, candy bars, etc	0.0	0.5	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.4	9.0
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.9	19.0
12-01. Cakes, pies, pastries, etc.	0.0	0.0	0.0
12-02. Dry cakes, biscuits	0.0	1.9	19.0
13. Non-alcoholic beverages	0.0	51.3	290.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	25.6	200.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	25.7	166.7
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.2	19.1
17-00. Unclassified	0.0	0.6	0.0
17-01. Soy products	0.0	4.9	0.0
17-02. Dietetic products	0.0	0.7	0.0
17-02-00. Unclassified	0.0	0.7	0.0

Table 1.3.b Consumption of fortified foods (food groups and subgroups) of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Low Education (n=177)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	27.1	206.0
05-01. Milk	0.0	0.6	0.0
05-02. Milk beverages	0.0	7.0	0.0
05-03. Yoghurt	0.0	16.1	103.5
05-04. Fromage blanc, petits suisses	0.0	2.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.2	0.0
06. Cereals and cereal products	0.0	5.8	45.0
06-03. Bread, crisp bread, rusks	0.0	4.5	45.0
06-03-01. Bread	0.0	4.5	45.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.3	10.0
10. Fat	0.0	3.2	22.5
10-03. Margarines	0.0	3.2	22.5
11. Sugar and confectionery	0.0	5.6	39.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.3	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.2	37.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	3.3	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	3.1	22.0
13. Non-alcoholic beverages	100.0	173.0	600.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	57.1	300.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	115.9	500.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	0.3	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	0.3	0.0
17-02. Dietetic products	0.0	0.0	0.0
17-02-00. Unclassified	0.0	0.0	0.0

Group=Male Children (7-18 years) - Moderate Education (n=344)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.1	0.0
04-03. Mixed fruits	0.0	0.1	0.0
05. Dairy products	0.0	27.6	177.3
05-01. Milk	0.0	1.0	0.0
05-02. Milk beverages	0.0	3.9	0.0
05-03. Yoghurt	0.0	19.3	135.0
05-04. Fromage blanc, petits suisses	0.0	1.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0

Group=Male Children (7-18 years) - Moderate Education (n=344)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
05-06. Cream desserts, puddings (milk based)	0.0	2.2	0.0
06. Cereals and cereal products	0.0	8.5	60.0
06-03. Bread, crisp bread, rusks	0.0	5.1	45.0
06-03-01. Bread	0.0	5.1	45.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	3.4	30.0
10. Fat	0.0	4.6	27.0
10-03. Margarines	0.0	4.6	27.0
11. Sugar and confectionery	0.0	6.1	31.3
11-01. Sugar, honey ,jam	0.0	0.2	0.0
11-02. Chocolate, candy bars, etc	0.0	1.1	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.7	28.5
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	3.9	25.0
12-01. Cakes, pies, pastries, etc.	0.0	0.4	0.0
12-02. Dry cakes, biscuits	0.0	3.5	23.0
13. Non-alcoholic beverages	87.5	147.1	500.1
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	59.9	300.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	87.2	375.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.8	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	6.5	0.0
17-02. Dietetic products	0.0	0.3	0.0
17-02-00. Unclassified	0.0	0.3	0.0

Group=Male Children (7-18 years) - High Education (n=298)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.1	0.0
04-03. Mixed fruits	0.0	0.1	0.0
05. Dairy products	0.0	42.7	310.5
05-01. Milk	0.0	0.0	0.0
05-02. Milk beverages	0.0	5.9	0.0
05-03. Yoghurt	0.0	33.9	283.5
05-04. Fromage blanc, petits suisses	0.0	0.2	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.7	0.0
06. Cereals and cereal products	0.0	8.2	50.0
06-03. Bread, crisp bread, rusks	0.0	5.3	35.0
06-03-01. Bread	0.0	5.3	35.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.8	25.0
10. Fat	0.0	5.2	28.9
10-03. Margarines	0.0	5.2	28.9
11. Sugar and confectionery	0.0	8.0	40.0
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.2	6.6
11-03. Confectionery non-chocolate	0.0	0.0	0.0

Group=Male Children (7-18 years) - High Education (n=298)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-04. Syrup	0.0	6.6	35.0
11-05. Ice cream, water ice	0.0	0.2	0.0
12. Cakes	0.0	4.1	24.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.8	22.0
13. Non-alcoholic beverages	95.9	161.9	625.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	52.6	250.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	109.2	525.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	5.0	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	4.7	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Female Children (7-18 years) - Low Education (n=171)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	40.0	291.1
05-01. Milk	0.0	0.0	0.0
05-02. Milk beverages	0.0	10.9	68.7
05-03. Yoghurt	0.0	26.1	186.3
05-04. Fromage blanc, petits suisses	0.0	1.2	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.8	0.0
06. Cereals and cereal products	0.0	7.3	45.0
06-03. Bread, crisp bread, rusks	0.0	4.0	30.0
06-03-01. Bread	0.0	3.9	30.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	3.3	30.0
10. Fat	0.0	2.5	15.0
10-03. Margarine	0.0	2.5	15.0
11. Sugar and confectionery	0.0	6.3	39.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.8	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	5.3	39.5
11-05. Ice cream, water ice	0.0	0.2	0.0
12. Cakes	0.0	3.0	21.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	2.9	21.0
13. Non-alcoholic beverages	96.7	150.4	479.2
13-00. Unclassified	0.0	1.2	0.0
13-01. Fruit and vegetable juices	0.0	56.7	270.8
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	92.5	375.0
15. Condiments and sauces	0.0	0.1	0.0
15-01. Sauces	0.0	0.1	0.0
15-02. Yeast	0.0	0.0	0.0

Group=Female Children (7-18 years) - Low Education (n=171)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17. Miscellaneous	0.0	0.8	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	0.8	0.0
17-02. Dietetic products	0.0	0.0	0.0
17-02-00. Unclassified	0.0	0.0	0.0

Group=Female Children (7-18 years) - Moderate Education (n=354)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.4	0.0
04-03. Mixed fruits	0.0	0.4	0.0
05. Dairy products	0.0	37.7	215.5
05-01. Milk	0.0	3.6	0.0
05-02. Milk beverages	0.0	9.4	74.7
05-03. Yoghurt	0.0	23.2	162.0
05-04. Fromage blanc, petits suisses	0.0	0.6	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	0.9	0.0
06. Cereals and cereal products	0.0	3.7	30.0
06-03. Bread, crisp bread, rusks	0.0	1.8	7.0
06-03-01. Bread	0.0	1.7	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.8	15.0
10. Fat	0.0	2.6	15.0
10-03. Margarine	0.0	2.6	15.0
11. Sugar and confectionery	0.0	5.2	28.2
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.5	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.5	25.0
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	4.0	24.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	3.9	24.0
13. Non-alcoholic beverages	83.4	133.7	495.9
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	50.9	270.9
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	82.8	393.4
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	1.4	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	1.3	0.0
17-02. Dietetic products	0.0	0.0	0.0
17-02-00. Unclassified	0.0	0.0	0.0

Group=Female Children (7-18 years) - High Education (n=282)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.2	0.0
04-03. Mixed fruits	0.0	0.2	0.0
05. Dairy products	0.0	32.0	232.2
05-01. Milk	0.0	0.2	0.0
05-02. Milk beverages	0.0	6.2	0.0
05-03. Yoghurt	0.0	23.0	185.8
05-04. Fromage blanc, petits suisses	0.0	0.6	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.9	0.0
06. Cereals and cereal products	0.0	6.8	50.0
06-03. Bread, crisp bread, rusks	0.0	3.5	30.0
06-03-01. Bread	0.0	3.5	30.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	3.3	27.4
10. Fat	0.0	4.1	24.0
10-03. Margarines	0.0	4.1	24.0
11. Sugar and confectionery	0.0	6.6	36.8
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	1.2	10.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.5	28.1
11-05. Ice cream, water ice	0.0	0.9	0.0
12. Cakes	0.0	3.4	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	3.3	22.0
13. Non-alcoholic beverages	0.0	111.8	450.0
13-00. Unclassified	0.0	0.8	0.0
13-01. Fruit and vegetable juices	0.0	46.2	297.5
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	64.8	360.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.8	39.9
17-00. Unclassified	0.0	0.8	0.0
17-01. Soy products	0.0	3.2	10.0
17-02. Dietetic products	0.0	2.8	0.0
17-02-00. Unclassified	0.0	2.8	0.0

Group=Male Adults (19-69 years) - Low Education (n=322)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	41.1	261.0
05-01. Milk	0.0	0.6	0.0
05-02. Milk beverages	0.0	4.9	0.0
05-03. Yoghurt	0.0	31.3	250.0
05-04. Fromage blanc, petits suisses	0.0	0.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	4.0	0.0
06. Cereals and cereal products	0.0	2.5	0.0
06-03. Bread, crisp bread, rusks	0.0	1.9	0.0
06-03-01. Bread	0.0	1.9	0.0

Group=Male Adults (19-69 years) - Low Education (n=322)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	0.7	0.0
10. Fat	0.0	7.8	36.0
10-03. Margarines	0.0	7.8	36.0
11. Sugar and confectionery	0.0	2.9	20.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.8	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	2.1	9.0
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	0.7	0.0
12-01. Cakes, pies, pastries, etc.	0.0	0.4	0.0
12-02. Dry cakes, biscuits	0.0	0.4	0.0
13. Non-alcoholic beverages	0.0	72.2	375.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	27.9	125.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	44.4	270.9
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	4.9	0.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	3.7	0.0
17-02. Dietetic products	0.0	0.8	0.0
17-02-00. Unclassified	0.0	0.8	0.0

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	35.5	274.5
05-01. Milk	0.0	3.8	0.0
05-02. Milk beverages	0.0	5.4	0.0
05-03. Yoghurt	0.0	23.8	208.8
05-04. Fromage blanc, petits suisses	0.0	0.4	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.2	0.0
06. Cereals and cereal products	0.0	2.7	12.0
06-03. Bread, crisp bread, rusks	0.0	1.7	0.0
06-03-01. Bread	0.0	1.7	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	0.9	0.0
10. Fat	0.0	7.4	33.0
10-03. Margarines	0.0	7.4	33.0
11. Sugar and confectionery	0.0	1.9	9.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.6	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.3	4.5
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.2	10.5
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
12-02. Dry cakes, biscuits	0.0	1.1	9.5
13. Non-alcoholic beverages	0.0	67.0	375.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	24.0	193.3
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	43.0	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	2.9	0.0
17-00. Unclassified	0.0	0.4	0.0
17-01. Soy products	0.0	0.6	0.0
17-02. Dietetic products	0.0	1.9	0.0
17-02-00. Unclassified	0.0	1.9	0.0

Group=Male Adults (19-69 years) - High Education (n=246)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	32.4	226.8
05-01. Milk	0.0	0.4	0.0
05-02. Milk beverages	0.0	6.7	0.0
05-03. Yoghurt	0.0	22.4	177.3
05-04. Fromage blanc, petits suisses	0.0	0.4	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.4	0.0
06. Cereals and cereal products	0.0	2.9	20.0
06-03. Bread, crisp bread, rusks	0.0	1.2	0.0
06-03-01. Bread	0.0	1.2	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.7	9.0
10. Fat	0.0	7.9	36.0
10-03. Margarines	0.0	7.9	36.0
11. Sugar and confectionery	0.0	2.3	15.8
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.7	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.5	13.0
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.4	16.5
12-01. Cakes, pies, pastries, etc.	0.0	0.0	0.0
12-02. Dry cakes, biscuits	0.0	1.4	16.5
13. Non-alcoholic beverages	0.0	52.3	250.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	26.7	200.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	25.6	165.0
15. Condiments and sauces	0.0	0.1	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.1	0.0
17. Miscellaneous	0.0	2.0	0.0
17-00. Unclassified	0.0	0.6	0.0
17-01. Soy products	0.0	1.3	0.0

Group=Male Adults (19-69 years) - High Education (n=246)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17-02. Dietetic products	0.0	0.2	0.0
17-02-00. Unclassified	0.0	0.2	0.0

Group=Female Adults (19-69 years) - Low Education (n=386)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	39.3	270.0
05-01. Milk	0.0	0.2	0.0
05-02. Milk beverages	0.0	6.4	0.0
05-03. Yoghurt	0.0	30.2	225.0
05-04. Fromage blanc, petits suisses	0.0	0.1	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.5	0.0
06. Cereals and cereal products	0.0	3.0	20.0
06-03. Bread, crisp bread, rusks	0.0	1.9	0.0
06-03-01. Bread	0.0	1.8	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.1	3.7
10. Fat	0.0	5.4	24.0
10-03. Margarines	0.0	5.4	24.0
11. Sugar and confectionery	0.0	0.9	1.3
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.2	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	0.7	0.0
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.4	15.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.2	10.5
13. Non-alcoholic beverages	0.0	51.2	276.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	23.0	125.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	28.1	241.7
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	6.3	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	3.0	0.0
17-02. Dietetic products	0.0	3.1	0.0
17-02-00. Unclassified	0.0	3.1	0.0

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	40.7	250.0
05-01. Milk	0.0	0.9	0.0
05-02. Milk beverages	0.0	8.0	51.5

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
05-03. Yoghurt	0.0	28.5	202.5
05-04. Fromage blanc, petits suisses	0.0	1.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.0	0.0
06. Cereals and cereal products	0.0	2.6	20.0
06-03. Bread, crisp bread, rusks	0.0	1.2	0.0
06-03-01. Bread	0.0	1.1	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.4	10.0
10. Fat	0.0	4.8	24.0
10-03. Margarines	0.0	4.8	24.0
11. Sugar and confectionery	0.0	3.3	18.8
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.2	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	3.0	16.9
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.5	16.5
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.3	16.5
13. Non-alcoholic beverages	0.0	66.1	362.6
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	29.7	204.2
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	36.4	241.7
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	11.3	54.0
17-00. Unclassified	0.0	0.3	0.0
17-01. Soy products	0.0	8.0	21.0
17-02. Dietetic products	0.0	3.1	0.0
17-02-00. Unclassified	0.0	3.1	0.0

Group=Female Adults (19-69 years) - High Education (n=217)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	32.1	249.3
05-01. Milk	0.0	0.0	0.0
05-02. Milk beverages	0.0	1.6	0.0
05-03. Yoghurt	0.0	27.0	216.0
05-04. Fromage blanc, petits suisses	0.0	0.9	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.6	0.0
06. Cereals and cereal products	0.0	5.0	20.0
06-03. Bread, crisp bread, rusks	0.0	3.5	0.0
06-03-01. Bread	0.0	3.5	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.5	10.0
10. Fat	0.0	4.4	20.5
10-03. Margarines	0.0	4.4	20.5
11. Sugar and confectionery	0.0	2.0	15.0

Group=Female Adults (19-69 years) - High Education (n=217)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-01. Sugar, honey ,jam	0.0	0.5	0.0
11-02. Chocolate, candy bars, etc	0.0	0.3	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.2	7.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	2.4	19.0
12-01. Cakes, pies, pastries, etc.	0.0	0.0	0.0
12-02. Dry cakes, biscuits	0.0	2.4	19.0
13. Non-alcoholic beverages	0.0	50.2	312.5
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	24.3	187.5
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	25.9	208.4
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	11.0	47.0
17-00. Unclassified	0.0	0.7	0.0
17-01. Soy products	0.0	9.0	0.0
17-02. Dietetic products	0.0	1.3	0.0
17-02-00. Unclassified	0.0	1.3	0.0

Table 1.4.b Consumption of fortified foods (food groups and subgroups) of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Normal and Underweight (n=1404)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.2	0.0
04-03. Mixed fruits	0.0	0.2	0.0
05. Dairy products	0.0	31.9	207.0
05-01. Milk	0.0	1.1	0.0
05-02. Milk beverages	0.0	5.6	0.0
05-03. Yoghurt	0.0	22.5	165.0
05-04. Fromage blanc, petits suisses	0.0	1.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.8	0.0
06. Cereals and cereal products	0.0	6.9	45.0
06-03. Bread, crisp bread, rusks	0.0	4.1	30.0
06-03-01. Bread	0.0	4.0	30.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.8	30.0
10. Fat	0.0	4.0	23.3
10-03. Margarines	0.0	4.0	23.3
11. Sugar and confectionery	0.0	6.0	32.7
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.9	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	4.8	30.0
11-05. Ice cream, water ice	0.0	0.2	0.0
12. Cakes	0.0	3.6	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	3.4	22.0
13. Non-alcoholic beverages	75.0	142.2	537.5
13-00. Unclassified	0.0	0.3	0.0
13-01. Fruit and vegetable juices	0.0	52.0	266.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	89.9	420.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	4.0	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	3.6	0.0
17-02. Dietetic products	0.0	0.2	0.0
17-02-00. Unclassified	0.0	0.2	0.0

Group=Children (7-18 years) - Overweight and Obese (n=308)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.1	0.0
04-03. Mixed fruits	0.0	0.1	0.0
05. Dairy products	0.0	44.5	252.0
05-01. Milk	0.0	0.9	0.0
05-02. Milk beverages	0.0	11.3	100.0
05-03. Yoghurt	0.0	29.1	202.0
05-04. Fromage blanc, petits suisses	0.0	1.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0

Group=Children (7-18 years) - Overweight and Obese (n=308)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
05-06. Cream desserts, puddings (milk based)	0.0	2.2	0.0
06. Cereals and cereal products	0.0	5.5	30.1
06-03. Bread, crisp bread, rusks	0.0	3.1	15.0
06-03-01. Bread	0.0	2.9	0.0
06-03-02. Crispbread, rusks	0.0	0.2	0.0
06-04. Breakfast cereals	0.0	2.4	20.0
10. Fat	0.0	3.2	20.3
10-03. Margarines	0.0	3.2	20.3
11. Sugar and confectionery	0.0	7.6	46.9
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.2	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	6.0	37.5
11-05. Ice cream, water ice	0.0	0.2	0.0
12. Cakes	0.0	4.1	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.8	22.0
13. Non-alcoholic beverages	100.0	152.4	541.6
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	56.4	333.4
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	96.0	435.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	3.5	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	1.1	0.0
17-02. Dietetic products	0.0	2.4	0.0
17-02-00. Unclassified	0.0	2.4	0.0

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	31.4	225.0
05-01. Milk	0.0	0.1	0.0
05-02. Milk beverages	0.0	6.6	0.0
05-03. Yoghurt	0.0	22.8	165.0
05-04. Fromage blanc, petits suisses	0.0	0.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.7	0.0
06. Cereals and cereal products	0.0	3.5	30.0
06-03. Bread, crisp bread, rusks	0.0	2.3	0.0
06-03-01. Bread	0.0	2.2	0.0
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.2	0.0
10. Fat	0.0	6.5	31.5
10-03. Margarines	0.0	6.5	31.5
11. Sugar and confectionery	0.0	2.8	18.8
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	0.6	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-04. Syrup	0.0	2.1	10.6
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.5	18.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	1.4	16.5
13. Non-alcoholic beverages	0.0	64.6	362.5
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	26.4	170.8
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	38.2	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	8.3	26.0
17-00. Unclassified	0.0	0.6	0.0
17-01. Soy products	0.0	5.1	0.0
17-02. Dietetic products	0.0	2.7	0.0
17-02-00. Unclassified	0.0	2.7	0.0

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	42.1	270.0
05-01. Milk	0.0	2.1	0.0
05-02. Milk beverages	0.0	5.2	0.0
05-03. Yoghurt	0.0	30.8	240.7
05-04. Fromage blanc, petits suisses	0.0	0.8	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	3.3	0.0
06. Cereals and cereal products	0.0	2.6	15.0
06-03. Bread, crisp bread, rusks	0.0	1.4	0.0
06-03-01. Bread	0.0	1.4	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.2	9.0
10. Fat	0.0	6.1	28.5
10-03. Margarines	0.0	6.1	28.5
11. Sugar and confectionery	0.0	1.7	10.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.3	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.4	4.5
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.3	9.5
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.1	9.5
13. Non-alcoholic beverages	0.0	58.0	310.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	25.7	166.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	32.3	241.7
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17. Miscellaneous	0.0	4.7	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	3.2	0.0
17-02. Dietetic products	0.0	1.2	0.0
17-02-00. Unclassified	0.0	1.2	0.0

Table 1.4.a Consumption of fortified foods (food groups and subgroups) of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Normal and Underweight (n=717)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.1	0.0
04-03. Mixed fruits	0.0	0.1	0.0
05. Dairy products	0.0	31.5	203.4
05-01. Milk	0.0	0.4	0.0
05-02. Milk beverages	0.0	4.6	0.0
05-03. Yoghurt	0.0	23.1	148.5
05-04. Fromage blanc, petits suisses	0.0	1.1	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.3	0.0
06. Cereals and cereal products	0.0	8.1	54.0
06-03. Bread, crisp bread, rusks	0.0	5.1	45.0
06-03-01. Bread	0.0	5.1	45.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	3.0	30.0
10. Fat	0.0	4.7	27.0
10-03. Margarines	0.0	4.7	27.0
11. Sugar and confectionery	0.0	6.6	37.5
11-01. Sugar, honey ,jam	0.0	0.1	0.0
11-02. Chocolate, candy bars, etc	0.0	1.0	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	5.4	31.3
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	3.8	23.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.4	22.0
13. Non-alcoholic beverages	87.5	153.0	579.2
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	56.6	296.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	96.4	450.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	5.6	0.0
17-00. Unclassified	0.0	0.1	0.0
17-01. Soy products	0.0	5.2	0.0
17-02. Dietetic products	0.0	0.3	0.0
17-02-00. Unclassified	0.0	0.3	0.0

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	42.1	252.0
05-01. Milk	0.0	1.5	0.0
05-02. Milk beverages	0.0	8.2	97.0
05-03. Yoghurt	0.0	29.7	248.4
05-04. Fromage blanc, petits suisses	0.0	0.7	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
05-06. Cream desserts, puddings (milk based)	0.0	2.1	0.0
06. Cereals and cereal products	0.0	6.6	45.0
06-03. Bread, crisp bread, rusks	0.0	4.3	30.0
06-03-01. Bread	0.0	4.3	30.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.3	20.0
10. Fat	0.0	3.5	27.0
10-03. Margarines	0.0	3.5	27.0
11. Sugar and confectionery	0.0	7.3	46.9
11-01. Sugar, honey ,jam	0.0	0.3	0.0
11-02. Chocolate, candy bars, etc	0.0	1.7	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	5.2	31.3
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	4.0	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.8	22.0
13. Non-alcoholic beverages	100.0	184.0	750.0
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	53.5	300.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	130.6	650.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	0.0	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	0.0	0.0
17-02. Dietetic products	0.0	0.0	0.0
17-02-00. Unclassified	0.0	0.0	0.0

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.2	0.0
04-03. Mixed fruits	0.0	0.2	0.0
05. Dairy products	0.0	32.4	220.5
05-01. Milk	0.0	1.9	0.0
05-02. Milk beverages	0.0	6.7	0.0
05-03. Yoghurt	0.0	21.9	165.0
05-04. Fromage blanc, petits suisses	0.0	0.8	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.1	0.0
06. Cereals and cereal products	0.0	5.7	40.0
06-03. Bread, crisp bread, rusks	0.0	3.0	25.0
06-03-01. Bread	0.0	2.9	25.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	2.7	22.5
10. Fat	0.0	3.2	16.5
10-03. Margarines	0.0	3.2	16.5
11. Sugar and confectionery	0.0	5.3	29.5
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.8	5.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
11-04. Syrup	0.0	4.1	25.0
11-05. Ice cream, water ice	0.0	0.4	0.0
12. Cakes	0.0	3.4	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	3.4	22.0
13. Non-alcoholic beverages	0.0	130.4	500.0
13-00. Unclassified	0.0	0.6	0.0
13-01. Fruit and vegetable juices	0.0	47.0	250.0
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	82.7	400.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	2.4	0.0
17-00. Unclassified	0.0	0.4	0.0
17-01. Soy products	0.0	1.9	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.3	0.0
04-03. Mixed fruits	0.0	0.3	0.0
05. Dairy products	0.0	46.4	248.9
05-01. Milk	0.0	0.4	0.0
05-02. Milk beverages	0.0	13.9	103.0
05-03. Yoghurt	0.0	28.6	180.0
05-04. Fromage blanc, petits suisses	0.0	1.3	0.0
05-05. Cheese (including fresh cheese)	0.0	0.1	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.2	0.0
06. Cereals and cereal products	0.0	4.6	30.0
06-03. Bread, crisp bread, rusks	0.0	2.1	15.0
06-03-01. Bread	0.0	1.8	0.0
06-03-02. Crispbread, rusks	0.0	0.3	0.0
06-04. Breakfast cereals	0.0	2.4	20.0
10. Fat	0.0	2.9	18.0
10-03. Margarines	0.0	2.9	18.0
11. Sugar and confectionery	0.0	8.0	56.5
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.9	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	6.8	56.5
11-05. Ice cream, water ice	0.0	0.3	0.0
12. Cakes	0.0	4.1	22.0
12-01. Cakes, pies, pastries, etc.	0.0	0.3	0.0
12-02. Dry cakes, biscuits	0.0	3.8	22.0
13. Non-alcoholic beverages	0.0	125.6	466.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	58.9	333.4
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	66.6	293.8
15. Condiments and sauces	0.0	0.1	0.0
15-01. Sauces	0.0	0.1	0.0
15-02. Yeast	0.0	0.0	0.0

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
17. Miscellaneous	0.0	6.5	0.0
17-00. Unclassified	0.0	0.0	0.0
17-01. Soy products	0.0	2.0	0.0
17-02. Dietetic products	0.0	4.5	0.0
17-02-00. Unclassified	0.0	4.5	0.0

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	27.7	200.0
05-01. Milk	0.0	0.0	0.0
05-02. Milk beverages	0.0	5.3	0.0
05-03. Yoghurt	0.0	21.3	162.0
05-04. Fromage blanc, petits suisses	0.0	0.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	1.1	0.0
06. Cereals and cereal products	0.0	2.8	20.0
06-03. Bread, crisp bread, rusks	0.0	1.7	0.0
06-03-01. Bread	0.0	1.7	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.2	0.0
10. Fat	0.0	7.7	36.0
10-03. Margarines	0.0	7.7	36.0
11. Sugar and confectionery	0.0	2.7	18.8
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	1.1	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.6	9.0
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.1	0.0
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0
12-02. Dry cakes, biscuits	0.0	1.0	0.0
13. Non-alcoholic beverages	0.0	66.6	341.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	27.9	169.2
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	38.7	250.0
15. Condiments and sauces	0.0	0.1	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.1	0.0
17. Miscellaneous	0.0	5.1	0.0
17-00. Unclassified	0.0	0.6	0.0
17-01. Soy products	0.0	2.1	0.0
17-02. Dietetic products	0.0	2.4	0.0
17-02-00. Unclassified	0.0	2.4	0.0

Group=Male Adults (19-69 years) - Overweight and Obese (n=564)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	42.8	270.0
05-01. Milk	0.0	3.4	0.0
05-02. Milk beverages	0.0	5.9	0.0
05-03. Yoghurt	0.0	28.8	250.0
05-04. Fromage blanc, petits suisses	0.0	0.7	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	4.0	0.0
06. Cereals and cereal products	0.0	2.6	10.0
06-03. Bread, crisp bread, rusks	0.0	1.6	0.0
06-03-01. Bread	0.0	1.6	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.0	0.0
10. Fat	0.0	7.6	32.3
10-03. Margarines	0.0	7.6	32.3
11. Sugar and confectionery	0.0	2.0	10.0
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.4	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.5	4.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.2	8.5
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.0	0.0
13. Non-alcoholic beverages	0.0	63.3	366.7
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	24.3	166.7
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	39.0	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	1.8	0.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	1.4	0.0
17-02. Dietetic products	0.0	0.1	0.0
17-02-00. Unclassified	0.0	0.1	0.0

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	34.8	248.9
05-01. Milk	0.0	0.3	0.0
05-02. Milk beverages	0.0	7.7	0.0
05-03. Yoghurt	0.0	24.1	175.5
05-04. Fromage blanc, petits suisses	0.0	0.6	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.1	0.0
06. Cereals and cereal products	0.0	4.1	30.0
06-03. Bread, crisp bread, rusks	0.0	2.8	0.0
06-03-01. Bread	0.0	2.7	0.0

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
06-03-02. Crispbread, rusks	0.0	0.1	0.0
06-04. Breakfast cereals	0.0	1.3	6.7
10. Fat	0.0	5.4	27.0
10-03. Margarines	0.0	5.4	27.0
11. Sugar and confectionery	0.0	2.9	18.8
11-01. Sugar, honey ,jam	0.0	0.2	0.0
11-02. Chocolate, candy bars, etc	0.0	0.2	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	2.4	12.5
11-05. Ice cream, water ice	0.0	0.0	0.0
12. Cakes	0.0	1.9	19.0
12-01. Cakes, pies, pastries, etc.	0.0	0.2	0.0
12-02. Dry cakes, biscuits	0.0	1.8	19.0
13. Non-alcoholic beverages	0.0	62.8	362.6
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	25.1	187.5
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	37.8	250.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	11.1	68.0
17-00. Unclassified	0.0	0.5	0.0
17-01. Soy products	0.0	7.7	24.4
17-02. Dietetic products	0.0	2.9	0.0
17-02-00. Unclassified	0.0	2.9	0.0

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
04. Fruits, nuts and olives	0.0	0.0	0.0
04-03. Mixed fruits	0.0	0.0	0.0
05. Dairy products	0.0	41.4	270.0
05-01. Milk	0.0	0.5	0.0
05-02. Milk beverages	0.0	4.3	0.0
05-03. Yoghurt	0.0	33.0	226.8
05-04. Fromage blanc, petits suisses	0.0	1.0	0.0
05-05. Cheese (including fresh cheese)	0.0	0.0	0.0
05-06. Cream desserts, puddings (milk based)	0.0	2.5	0.0
06. Cereals and cereal products	0.0	2.6	20.0
06-03. Bread, crisp bread, rusks	0.0	1.2	0.0
06-03-01. Bread	0.0	1.1	0.0
06-03-02. Crispbread, rusks	0.0	0.0	0.0
06-04. Breakfast cereals	0.0	1.4	10.0
10. Fat	0.0	4.4	21.0
10-03. Margarines	0.0	4.4	21.0
11. Sugar and confectionery	0.0	1.5	9.4
11-01. Sugar, honey ,jam	0.0	0.0	0.0
11-02. Chocolate, candy bars, etc	0.0	0.2	0.0
11-03. Confectionery non-chocolate	0.0	0.0	0.0
11-04. Syrup	0.0	1.2	4.5
11-05. Ice cream, water ice	0.0	0.1	0.0
12. Cakes	0.0	1.4	10.5
12-01. Cakes, pies, pastries, etc.	0.0	0.1	0.0

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Food groups based on EPIC-Soft classification	median g/day	mean g/day	P95 g/day
12-02. Dry cakes, biscuits	0.0	1.3	9.5
13. Non-alcoholic beverages	0.0	52.1	288.3
13-00. Unclassified	0.0	0.0	0.0
13-01. Fruit and vegetable juices	0.0	27.2	170.8
13-02. Carbonated/soft/iso drinks, diluted syrups	0.0	24.9	210.0
15. Condiments and sauces	0.0	0.0	0.0
15-01. Sauces	0.0	0.0	0.0
15-02. Yeast	0.0	0.0	0.0
17. Miscellaneous	0.0	8.0	20.0
17-00. Unclassified	0.0	0.2	0.0
17-01. Soy products	0.0	5.3	0.0
17-02. Dietetic products	0.0	2.4	0.0
17-02-00. Unclassified	0.0	2.4	0.0

Table 2.1 Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Total Population (n=3,819)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.0	90.0	90.0	90.0	90.0
05. Dairy products	12.4	257.5	295.6	65.0	594.0
05-01. Milk	0.3	257.5	402.7	148.7	1133.0
05-02. Milk beverages	2.1	257.5	286.1	137.3	566.5
05-03. Yoghurt	8.9	261.0	298.2	65.0	594.0
05-04. Fromage blanc, petits suisses	0.5	140.0	145.9	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0	6.7	9.5	6.7	20.0
05-06. Cream desserts, puddings (milk based)	1.1	206.0	198.0	96.1	330.0
06. Cereals and cereal products	6.2	40.0	58.3	10.0	150.0
06-03. Bread, crisp bread, rusks	2.4	61.8	88.8	14.0	200.0
06-03-01. Bread	2.2	75.0	96.6	30.0	210.0
06-03-02. Crispbread, rusks	0.2	15.0	19.5	7.0	30.0
06-04. Breakfast cereals	3.9	40.0	38.2	10.0	80.0
10. Fat	28.1	18.0	20.9	4.0	48.0
10-03. Margarines	28.1	18.0	20.9	4.0	48.0
11. Sugar and confectionery	7.8	21.3	37.9	7.5	105.4
11-01. Sugar, honey ,jam	0.3	20.0	22.3	3.4	70.0
11-02. Chocolate, candy bars, etc	1.7	20.0	31.1	9.9	80.0
11-03. Confectionery non-chocolate	0.0	22.0	22.3	22.0	24.0
11-04. Syrup	5.8	20.0	39.1	6.3	120.8
11-05. Ice cream, water ice	0.2	54.0	54.8	50.0	67.0
12. Cakes	4.6	38.0	39.4	18.0	84.0
12-01. Cakes, pies, pastries, etc.	0.5	26.6	37.7	20.0	100.0
12-02. Dry cakes, biscuits	4.2	38.0	39.2	18.0	76.0
13. Non-alcoholic beverages	18.6	275.0	412.0	145.0	990.0
13-00. Unclassified	0.0	300.0	294.7	145.0	488.3
13-01. Fruit and vegetable juices	9.0	241.7	342.0	133.3	733.4
13-02. Carbonated/soft/iso drinks, diluted syrups	10.6	330.0	429.9	166.7	1000.0
15. Condiments and sauces	0.1	10.0	15.1	5.0	30.0
15-01. Sauces	0.0	33.5	33.5	33.5	33.5
15-02. Yeast	0.1	10.0	14.6	5.0	30.0
17. Miscellaneous	3.3	100.0	180.0	20.0	600.0
17-00. Unclassified	0.4	94.0	85.6	37.5	141.0
17-01. Soy products	2.0	140.0	192.5	20.0	500.0
17-02. Dietetic products	0.9	40.0	179.6	14.4	726.0
17-02-00. Unclassified	0.9	40.0	179.6	14.4	726.0

Table 2.2.a Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years, n=1713)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	11.6	250.0	295.8	65.0	750.0
05-01. Milk	0.3	199.1	318.6	120.2	1030.0
05-02. Milk beverages	2.3	248.9	292.4	154.5	515.1
05-03. Yoghurt	7.3	270.0	327.5	115.2	783.0
05-04. Fromage blanc, petits suisses	1.0	93.3	93.6	50.0	200.0
05-05. Cheese (including fresh cheese)	0.0	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	0.9	192.3	191.2	96.1	283.3
06. Cereals and cereal products	10.4	60.0	62.6	20.0	135.0
06-03. Bread, crisp bread, rusks	4.3	70.0	86.3	30.0	180.0
06-03-01. Bread	4.2	75.0	88.9	30.0	180.0
06-03-02. Crispbread, rusks	0.2	30.0	27.3	10.0	40.0
06-04. Breakfast cereals	6.2	40.0	44.2	13.0	80.0
10. Fat	21.0	15.0	18.4	3.0	45.0
10-03. Margarines	21.0	15.0	18.4	3.0	45.0
11. Sugar and confectionery	17.1	24.0	36.6	9.0	108.0
11-01. Sugar, honey ,jam	0.4	7.5	15.3	1.7	40.0
11-02. Chocolate, candy bars, etc	3.3	20.0	29.9	10.0	80.0
11-03. Confectionery non-chocolate	0.0	24.0	24.0	24.0	24.0
11-04. Syrup	13.6	18.9	36.4	8.8	120.8
11-05. Ice cream, water ice	0.4	55.0	57.0	50.0	67.0
12. Cakes	9.4	38.0	39.3	19.0	80.0
12-01. Cakes, pies, pastries, etc.	0.8	23.0	25.0	20.0	40.0
12-02. Dry cakes, biscuits	8.7	38.0	40.2	19.0	80.0
13. Non-alcoholic beverages	35.2	330.0	408.6	166.7	966.7
13-00. Unclassified	0.1	300.0	294.7	145.0	488.3
13-01. Fruit and vegetable juices	15.9	241.7	330.5	150.0	722.0
13-02. Carbonated/soft/iso drinks, diluted syrups	22.5	330.0	405.4	153.3	966.8
15. Condiments and sauces	0.1	5.0	16.3	5.0	33.5
15-01. Sauces	0.0	33.5	33.5	33.5	33.5
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	2.3	94.0	171.9	18.0	603.4
17-00. Unclassified	0.2	94.0	78.5	47.0	94.0
17-01. Soy products	1.6	140.0	199.4	20.0	603.4
17-02. Dietetic products	0.5	27.0	115.0	18.0	772.5
17-02-00. Unclassified	0.5	27.0	115.0	18.0	772.5

Group=Adults (19-69 years, n=2106)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.5	258.0	295.6	65.0	594.0
05-01. Milk	0.2	283.3	426.8	148.7	1133.0
05-02. Milk beverages	2.1	274.6	284.6	137.3	566.5
05-03. Yoghurt	9.3	261.0	293.2	65.0	594.0
05-04. Fromage blanc, petits suisses	0.4	186.7	179.7	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0	6.7	6.7	6.7	6.7

Group=Adults (19-69 years, n=2106)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-06. Cream desserts, puddings (milk based)	1.2	206.0	199.1	96.1	330.0
06. Cereals and cereal products	5.3	40.0	56.4	10.0	175.0
06-03. Bread, crisp bread, rusks	2.0	61.8	90.0	14.0	200.0
06-03-01. Bread	1.7	90.0	100.7	30.0	240.0
06-03-02. Crispbread, rusks	0.3	14.0	18.2	7.0	30.0
06-04. Breakfast cereals	3.4	40.0	35.8	10.0	80.0
10. Fat	29.7	18.0	21.3	4.0	48.0
10-03. Margarines	29.7	18.0	21.3	4.0	48.0
11. Sugar and confectionery	5.8	20.0	38.8	6.6	105.0
11-01. Sugar, honey ,jam	0.3	20.0	24.7	6.0	70.0
11-02. Chocolate, candy bars, etc	1.3	20.0	31.7	8.8	80.0
11-03. Confectionery non-chocolate	0.0	22.0	22.0	22.0	22.0
11-04. Syrup	4.1	21.3	41.0	6.3	120.8
11-05. Ice cream, water ice	0.1	50.0	52.5	50.0	55.0
12. Cakes	3.5	38.0	39.5	18.0	84.0
12-01. Cakes, pies, pastries, etc.	0.4	40.0	43.7	20.0	100.0
12-02. Dry cakes, biscuits	3.2	38.0	38.6	17.0	72.0
13. Non-alcoholic beverages	14.9	250.0	413.8	145.0	990.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.5	241.7	347.4	133.3	733.4
13-02. Carbonated/soft/iso drinks, diluted syrups	8.0	330.0	445.0	166.7	1196.6
15. Condiments and sauces	0.2	10.0	15.0	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.2	10.0	15.0	5.0	30.0
17. Miscellaneous	3.5	100.0	181.2	20.0	600.0
17-00. Unclassified	0.4	94.0	86.4	37.5	141.0
17-01. Soy products	2.1	140.0	191.3	26.3	500.0
17-02. Dietetic products	1.0	50.0	186.8	14.4	726.0
17-02-00. Unclassified	1.0	50.0	186.8	14.4	726.0

Table 2.2.b Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years, n=856)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.1	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.1	90.0	90.0	90.0	90.0
05. Dairy products	10.7	270.0	318.8	65.0	783.0
05-01. Milk	0.2	199.1	217.4	170.0	283.3
05-02. Milk beverages	2.0	206.0	271.2	128.8	453.2
05-03. Yoghurt	6.7	297.0	371.7	126.0	891.0
05-04. Fromage blanc, petits suisses	1.1	100.0	91.6	50.0	150.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.0	192.3	206.2	82.4	288.4
06. Cereals and cereal products	10.5	60.0	71.7	20.0	180.0
06-03. Bread, crisp bread, rusks	4.7	90.0	101.1	30.0	240.0
06-03-01. Bread	4.7	90.0	101.1	30.0	240.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	6.1	40.0	46.2	20.0	80.0
10. Fat	20.0	18.0	22.7	6.0	54.0
10-03. Margarines	20.0	18.0	22.7	6.0	54.0
11. Sugar and confectionery	17.8	20.6	37.6	9.0	108.0
11-01. Sugar, honey ,jam	0.6	20.0	17.4	1.7	41.2
11-02. Chocolate, candy bars, etc	3.5	20.0	32.6	9.9	100.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	14.4	18.8	36.9	9.0	120.8
11-05. Ice cream, water ice	0.2	55.0	65.9	50.0	130.0
12. Cakes	9.3	42.0	41.2	19.0	84.0
12-01. Cakes, pies, pastries, etc.	1.3	23.0	25.9	20.0	70.0
12-02. Dry cakes, biscuits	8.3	42.0	42.4	19.0	84.0
13. Non-alcoholic beverages	36.5	333.3	430.5	166.7	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	16.3	241.7	339.8	153.3	800.0
13-02. Carbonated/soft/iso drinks, diluted syrups	23.6	330.0	431.5	166.7	1000.0
15. Condiments and sauces	0.0	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	2.1	160.0	224.4	20.0	603.4
17-00. Unclassified	0.2	47.0	47.0	47.0	47.0
17-01. Soy products	1.6	220.0	286.9	20.0	675.2
17-02. Dietetic products	0.5	27.0	50.9	25.9	248.9
17-02-00. Unclassified	0.5	27.0	50.9	25.9	248.9

Group=Female Children (7-18 years, n=857)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.3	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.3	90.0	90.0	90.0	90.0
05. Dairy products	12.6	225.0	275.5	65.0	594.0
05-01. Milk	0.4	248.9	379.9	120.2	1030.0
05-02. Milk beverages	2.5	257.5	309.9	154.5	549.4
05-03. Yoghurt	8.0	243.0	288.8	108.0	594.0
05-04. Fromage blanc, petits suisses	0.9	50.0	96.2	50.0	250.0

Group=Female Children (7-18 years, n=857)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-05. Cheese (including fresh cheese)	0.1	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	0.8	192.3	171.0	96.1	240.3
06. Cereals and cereal products	10.2	45.0	52.8	12.6	120.0
06-03. Bread, crisp bread, rusks	4.0	60.0	68.3	30.0	123.0
06-03-01. Bread	3.6	60.0	72.6	30.0	123.0
06-03-02. Crispbread, rusks	0.4	30.0	27.3	10.0	40.0
06-04. Breakfast cereals	6.3	40.0	42.2	10.1	80.0
10. Fat	22.1	12.0	14.3	3.0	33.0
10-03. Margarines	22.1	12.0	14.3	3.0	33.0
11. Sugar and confectionery	16.4	25.0	35.6	6.8	112.7
11-01. Sugar, honey ,jam	0.2	5.2	9.1	3.4	20.0
11-02. Chocolate, candy bars, etc	3.2	24.0	26.8	10.0	52.6
11-03. Confectionery non-chocolate	0.0	24.0	24.0	24.0	24.0
11-04. Syrup	12.8	20.0	35.8	6.3	120.8
11-05. Ice cream, water ice	0.7	54.0	54.0	50.0	65.0
12. Cakes	9.5	38.0	37.4	19.0	55.0
12-01. Cakes, pies, pastries, etc.	0.4	23.0	22.1	20.0	25.0
12-02. Dry cakes, biscuits	9.1	38.0	38.1	19.0	57.0
13. Non-alcoholic beverages	33.9	330.0	383.9	153.3	883.4
13-00. Unclassified	0.2	300.0	294.7	145.0	488.3
13-01. Fruit and vegetable juices	15.5	241.7	320.2	145.0	676.7
13-02. Carbonated/soft/iso drinks, diluted syrups	21.3	280.0	375.1	150.0	850.0
15. Condiments and sauces	0.1	33.5	21.7	5.0	33.5
15-01. Sauces	0.0	33.5	33.5	33.5	33.5
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	2.5	93.3	125.4	18.0	405.0
17-00. Unclassified	0.3	94.0	94.0	94.0	94.0
17-01. Soy products	1.7	93.3	115.0	20.0	400.0
17-02. Dietetic products	0.5	30.4	182.2	1.0	772.5
17-02-00. Unclassified	0.5	30.4	182.2	1.0	772.5

Group=Male Adults (19-69 years, n=1055)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.2	270.0	320.9	65.0	594.0
05-01. Milk	0.3	566.6	539.9	257.5	1133.0
05-02. Milk beverages	2.0	257.5	286.1	171.7	566.5
05-03. Yoghurt	8.1	270.0	318.1	65.0	594.0
05-04. Fromage blanc, petits suisses	0.2	250.0	201.1	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.1	240.3	218.4	103.0	330.0
06. Cereals and cereal products	3.9	60.0	68.5	20.0	180.0
06-03. Bread, crisp bread, rusks	1.5	60.0	107.7	30.0	300.0
06-03-01. Bread	1.4	90.0	113.7	30.0	300.0
06-03-02. Crispbread, rusks	0.1	10.0	18.1	10.0	30.0
06-04. Breakfast cereals	2.5	40.0	43.8	20.0	80.0
10. Fat	30.4	24.0	25.2	6.0	54.0
10-03. Margarines	30.4	24.0	25.2	6.0	54.0
11. Sugar and confectionery	5.9	21.5	38.8	7.5	95.0
11-01. Sugar, honey ,jam	0.1	23.3	23.3	23.3	23.3

Group=Male Adults (19-69 years, n=1055)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
11-02. Chocolate, candy bars, etc	1.8	20.0	35.2	6.6	80.0
11-03. Confectionery non-chocolate	0.0	22.0	22.0	22.0	22.0
11-04. Syrup	4.0	18.9	38.9	5.6	120.8
11-05. Ice cream, water ice	0.1	55.0	55.0	55.0	55.0
12. Cakes	2.9	38.0	38.7	12.0	84.0
12-01. Cakes, pies, pastries, etc.	0.3	50.0	57.2	23.0	100.0
12-02. Dry cakes, biscuits	2.7	38.0	35.6	12.0	66.0
13. Non-alcoholic beverages	14.2	290.0	462.7	153.3	1320.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	6.8	241.7	382.0	145.0	825.0
13-02. Carbonated/soft/iso drinks, diluted syrups	7.9	333.4	503.7	188.3	1320.0
15. Condiments and sauces	0.2	10.0	16.5	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.2	10.0	16.5	5.0	30.0
17. Miscellaneous	1.9	94.0	169.4	29.0	772.5
17-00. Unclassified	0.5	94.0	82.7	37.5	94.0
17-01. Soy products	1.0	100.0	174.7	39.9	500.0
17-02. Dietetic products	0.5	38.2	230.1	23.0	772.5
17-02-00. Unclassified	0.5	38.2	230.1	23.0	772.5

Group=Female Adults (19-69 years, n=1051)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	13.9	248.9	275.0	65.0	566.5
05-01. Milk	0.2	250.0	225.6	148.7	283.3
05-02. Milk beverages	2.1	283.3	283.2	103.0	566.5
05-03. Yoghurt	10.5	237.6	273.8	65.0	594.0
05-04. Fromage blanc, petits suisses	0.5	140.0	170.3	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0	6.7	6.7	6.7	6.7
05-06. Cream desserts, puddings (milk based)	1.3	192.3	182.1	96.1	257.5
06. Cereals and cereal products	6.7	40.0	49.2	7.0	150.0
06-03. Bread, crisp bread, rusks	2.5	61.8	79.2	14.0	180.0
06-03-01. Bread	2.1	90.0	91.7	30.0	180.0
06-03-02. Crispbread, rusks	0.4	14.0	18.3	7.0	30.0
06-04. Breakfast cereals	4.2	25.0	31.0	6.5	63.0
10. Fat	28.9	15.0	17.2	3.0	36.0
10-03. Margarines	28.9	15.0	17.2	3.0	36.0
11. Sugar and confectionery	5.7	20.0	38.8	6.3	112.5
11-01. Sugar, honey ,jam	0.5	20.0	24.9	6.0	70.0
11-02. Chocolate, candy bars, etc	0.9	20.0	24.3	10.0	40.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	4.2	21.3	43.1	6.3	131.4
11-05. Ice cream, water ice	0.1	50.0	50.0	50.0	50.0
12. Cakes	4.2	38.0	40.1	19.0	72.0
12-01. Cakes, pies, pastries, etc.	0.5	40.0	34.6	20.0	65.0
12-02. Dry cakes, biscuits	3.7	38.0	40.8	19.0	84.0
13. Non-alcoholic beverages	15.6	250.0	369.1	133.3	833.4
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.2	241.7	318.8	133.3	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	8.1	290.0	387.3	166.7	866.4

Group=Female Adults (19-69 years, n=1051)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
15. Condiments and sauces	0.1	10.0	11.5	5.0	20.0
15-01. Sauces	0.0
15-02. Yeast	0.1	10.0	11.5	5.0	20.0
17. Miscellaneous	5.0	133.3	185.6	16.0	550.0
17-00. Unclassified	0.4	94.0	90.8	45.6	151.0
17-01. Soy products	3.3	190.0	196.3	16.0	483.3
17-02. Dietetic products	1.5	54.0	172.9	14.4	600.0
17-02-00. Unclassified	1.5	54.0	172.9	14.4	600.0

Table 2.2.c Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-8 years, n=304)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.7	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.7	90.0	90.0	90.0	90.0
05. Dairy products	13.4	200.0	230.8	72.0	594.0
05-01. Milk	0.2	199.1	199.1	199.1	199.1
05-02. Milk beverages	3.6	206.0	237.7	149.4	426.8
05-03. Yoghurt	5.8	216.0	285.7	72.0	646.2
05-04. Fromage blanc, petits suisses	2.0	100.0	97.0	50.0	150.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.8	192.3	177.2	82.4	257.5
06. Cereals and cereal products	11.8	45.0	56.1	12.0	150.0
06-03. Bread, crisp bread, rusks	4.7	60.0	71.6	30.0	150.0
06-03-01. Bread	4.5	60.0	73.1	30.0	150.0
06-03-02. Crispbread, rusks	0.2	30.0	30.0	30.0	30.0
06-04. Breakfast cereals	8.0	40.0	41.0	9.7	80.0
10. Fat	19.8	12.0	15.5	4.6	32.0
10-03. Margarines	19.8	12.0	15.5	4.6	32.0
11. Sugar and confectionery	22.6	25.0	38.2	6.3	125.0
11-01. Sugar, honey ,jam	0.8	3.4	3.6	1.7	7.5
11-02. Chocolate, candy bars, etc	3.0	22.0	30.2	9.9	90.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	18.5	25.0	38.7	8.8	125.0
11-05. Ice cream, water ice	0.8	55.0	64.6	50.0	130.0
12. Cakes	11.9	33.0	36.2	16.0	84.0
12-01. Cakes, pies, pastries, etc.	2.6	23.0	22.6	20.0	25.0
12-02. Dry cakes, biscuits	9.7	38.0	38.5	16.0	100.0
13. Non-alcoholic beverages	39.0	241.7	347.7	144.4	833.5
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	18.7	200.0	281.8	150.0	600.0
13-02. Carbonated/soft/iso drinks, diluted syrups	24.0	241.7	345.3	133.3	833.5
15. Condiments and sauces	0.1	33.5	33.5	33.5	33.5
15-01. Sauces	0.1	33.5	33.5	33.5	33.5
15-02. Yeast	0.0
17. Miscellaneous	2.8	224.0	298.5	13.3	930.0
17-00. Unclassified	0.0
17-01. Soy products	2.8	200.0	296.3	13.3	930.0
17-02. Dietetic products	0.2	26.0	26.0	26.0	26.0
17-02-00. Unclassified	0.2	26.0	26.0	26.0	26.0

Group=Male Children (9-13 years, n=351)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.2	261.0	288.1	50.0	702.8
05-01. Milk	0.2	170.0	170.0	170.0	170.0
05-02. Milk beverages	2.1	206.0	245.8	155.2	400.0
05-03. Yoghurt	7.4	270.0	315.4	65.0	770.0
05-04. Fromage blanc, petits suisses	1.2	80.0	82.4	50.0	140.0

Group=Male Children (9-13 years, n=351)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.9	240.3	263.4	144.2	480.7
06. Cereals and cereal products	12.7	60.0	71.2	20.0	180.0
06-03. Bread, crisp bread, rusks	6.2	90.0	100.0	30.0	180.0
06-03-01. Bread	6.2	90.0	100.0	30.0	180.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	6.6	40.0	42.8	20.0	80.0
10. Fat	24.1	18.0	20.9	4.5	45.0
10-03. Margarines	24.1	18.0	20.9	4.5	45.0
11. Sugar and confectionery	21.6	20.0	35.0	9.0	93.8
11-01. Sugar, honey ,jam	0.5	20.6	27.6	20.0	41.2
11-02. Chocolate, candy bars, etc	3.5	20.0	28.0	9.9	70.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	18.3	18.8	34.2	9.0	105.4
11-05. Ice cream, water ice	0.3	50.0	51.7	50.0	55.0
12. Cakes	9.1	42.0	42.0	22.0	84.0
12-01. Cakes, pies, pastries, etc.	1.0	23.0	25.0	20.0	40.0
12-02. Dry cakes, biscuits	8.2	42.0	43.7	22.0	84.0
13. Non-alcoholic beverages	39.9	333.4	420.2	166.7	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	18.4	200.0	314.5	133.3	676.7
13-02. Carbonated/soft/iso drinks, diluted syrups	26.1	330.0	420.5	153.3	1000.0
15. Condiments and sauces	0.1	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.1	5.0	5.0	5.0	5.0
17. Miscellaneous	2.0	160.0	186.3	1.2	500.0
17-00. Unclassified	0.2	47.0	47.0	47.0	47.0
17-01. Soy products	1.6	200.0	219.7	1.2	500.0
17-02. Dietetic products	0.2	40.0	40.0	40.0	40.0
17-02-00. Unclassified	0.2	40.0	40.0	40.0	40.0

Group=Female Children (9-13 years, n=352)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.3	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.3	90.0	90.0	90.0	90.0
05. Dairy products	14.0	216.0	265.1	50.0	534.6
05-01. Milk	0.6	155.2	184.7	120.2	290.1
05-02. Milk beverages	2.5	283.3	302.2	171.7	515.0
05-03. Yoghurt	9.0	237.6	287.4	125.0	675.0
05-04. Fromage blanc, petits suisses	1.2	50.0	112.8	50.0	250.0
05-05. Cheese (including fresh cheese)	0.2	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	0.6	180.3	179.9	144.2	206.0
06. Cereals and cereal products	12.3	60.0	55.4	20.0	120.0
06-03. Bread, crisp bread, rusks	5.3	60.0	67.7	25.0	120.0
06-03-01. Bread	4.9	60.0	71.4	30.0	120.0
06-03-02. Crispbread, rusks	0.4	14.0	17.2	10.0	30.0
06-04. Breakfast cereals	7.0	40.0	46.2	20.0	80.0
10. Fat	22.2	12.0	14.5	3.0	33.0
10-03. Margarines	22.2	12.0	14.5	3.0	33.0
11. Sugar and confectionery	18.6	25.0	34.3	6.3	104.2
11-01. Sugar, honey ,jam	0.4	5.2	5.2	3.4	6.9

Group=Female Children (9-13 years, n=352)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
11-02. Chocolate, candy bars, etc	3.9	20.0	25.6	10.0	52.8
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	14.8	25.0	34.5	6.3	104.2
11-05. Ice cream, water ice	0.5	55.0	54.9	50.0	59.0
12. Cakes	9.5	33.0	34.7	15.0	55.0
12-01. Cakes, pies, pastries, etc.	0.6	23.0	22.1	20.0	25.0
12-02. Dry cakes, biscuits	8.8	36.0	35.6	15.0	76.0
13. Non-alcoholic beverages	37.6	333.4	381.3	166.7	880.0
13-00. Unclassified	0.1	488.3	488.3	488.3	488.3
13-01. Fruit and vegetable juices	19.5	250.0	341.8	150.0	722.0
13-02. Carbonated/soft/iso drinks, diluted syrups	22.4	250.0	341.2	150.0	750.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	2.1	93.3	132.3	20.0	405.0
17-00. Unclassified	0.1	94.0	94.0	94.0	94.0
17-01. Soy products	2.0	50.0	135.0	20.0	405.0
17-02. Dietetic products	0.0
17-02-00. Unclassified	0.0

Group=Male Children (14-18 years, n=352)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	9.5	297.0	394.7	128.8	1000.0
05-01. Milk	0.2	283.3	283.3	283.3	283.3
05-02. Milk beverages	1.6	257.5	314.0	128.8	849.9
05-03. Yoghurt	6.6	300.0	456.2	180.0	1018.8
05-04. Fromage blanc, petits suisses	0.6	93.3	91.0	50.0	150.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.9	144.2	156.5	128.8	192.3
06. Cereals and cereal products	8.2	60.0	74.3	30.0	240.0
06-03. Bread, crisp bread, rusks	2.9	95.0	119.0	50.0	240.0
06-03-01. Bread	2.9	95.0	119.0	50.0	240.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	5.3	40.0	50.3	20.0	80.0
10. Fat	17.8	24.0	26.6	6.0	63.0
10-03. Margarines	17.8	24.0	26.6	6.0	63.0
11. Sugar and confectionery	12.9	26.4	39.1	9.0	100.0
11-01. Sugar, honey ,jam	0.3	20.6	27.5	20.6	35.0
11-02. Chocolate, candy bars, etc	3.8	20.0	37.5	10.0	100.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	9.5	25.0	37.4	9.0	100.0
11-05. Ice cream, water ice	0.0
12. Cakes	6.4	42.0	44.7	20.0	84.0
12-01. Cakes, pies, pastries, etc.	0.3	70.0	46.6	20.0	70.0
12-02. Dry cakes, biscuits	6.3	42.0	43.4	22.0	76.0
13. Non-alcoholic beverages	31.5	400.0	491.1	200.0	1208.3
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	11.9	330.0	416.8	166.7	1256.6
13-02. Carbonated/soft/iso drinks, diluted syrups	21.6	450.0	487.3	200.0	1000.0

Group=Male Children (14-18 years, n=352)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	1.7	47.0	114.5	25.9	500.0
17-00. Unclassified	0.2	47.0	47.0	47.0	47.0
17-01. Soy products	0.6	160.0	207.4	75.0	500.0
17-02. Dietetic products	0.8	27.0	58.7	25.9	248.9
17-02-00. Unclassified	0.8	27.0	58.7	25.9	248.9

Group=Female Children (14-18 years, n=354)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	10.5	261.0	320.2	144.2	921.3
05-01. Milk	0.4	1030.0	642.9	248.9	1030.0
05-02. Milk beverages	1.7	343.4	416.2	214.6	1000.0
05-03. Yoghurt	7.6	261.0	296.9	162.0	540.0
05-04. Fromage blanc, petits suisses	0.3	50.0	50.0	50.0	50.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.6	154.5	175.0	96.1	240.3
06. Cereals and cereal products	7.2	50.0	54.2	20.0	120.0
06-03. Bread, crisp bread, rusks	2.9	60.0	75.2	30.0	135.0
06-03-01. Bread	2.4	90.0	82.0	30.0	135.0
06-03-02. Crispbread, rusks	0.4	40.0	35.1	21.0	40.0
06-04. Breakfast cereals	4.4	40.0	40.4	20.0	80.0
10. Fat	21.0	12.0	14.5	3.0	36.0
10-03. Margarines	21.0	12.0	14.5	3.0	36.0
11. Sugar and confectionery	11.1	25.0	38.0	8.8	134.6
11-01. Sugar, honey ,jam	0.1	20.0	20.0	20.0	20.0
11-02. Chocolate, candy bars, etc	2.4	26.4	27.0	12.5	40.0
11-03. Confectionery non-chocolate	0.1	24.0	24.0	24.0	24.0
11-04. Syrup	7.9	18.0	39.6	8.8	143.8
11-05. Ice cream, water ice	0.7	54.0	53.8	50.0	65.0
12. Cakes	10.6	38.0	40.6	25.0	50.0
12-01. Cakes, pies, pastries, etc.	0.0
12-02. Dry cakes, biscuits	10.6	38.0	40.6	25.0	50.0
13. Non-alcoholic beverages	28.8	330.0	401.3	166.7	941.7
13-00. Unclassified	0.3	300.0	225.0	145.0	300.0
13-01. Fruit and vegetable juices	11.8	241.7	311.4	145.0	600.0
13-02. Carbonated/soft/iso drinks, diluted syrups	18.4	333.4	424.4	191.7	980.0
15. Condiments and sauces	0.1	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.1	5.0	5.0	5.0	5.0
17. Miscellaneous	3.2	79.8	125.5	18.0	575.0
17-00. Unclassified	0.7	94.0	94.0	94.0	94.0
17-01. Soy products	1.3	79.8	90.6	26.6	250.0
17-02. Dietetic products	1.2	30.4	182.2	1.0	772.5
17-02-00. Unclassified	1.2	30.4	182.2	1.0	772.5

Group=Male Adults (19-30 years,n=356)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.9	297.0	342.7	126.4	736.5
05-01. Milk	0.2	283.3	283.3	283.3	283.3
05-02. Milk beverages	2.5	257.5	269.5	171.7	736.5
05-03. Yoghurt	9.1	297.0	357.0	100.0	783.0
05-04. Fromage blanc, petits suisses	0.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.4	240.3	235.1	206.0	240.3
06. Cereals and cereal products	4.9	60.0	85.4	24.0	240.0
06-03. Bread, crisp bread, rusks	1.9	90.0	132.9	30.0	300.0
06-03-01. Bread	1.9	90.0	132.9	30.0	300.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	3.0	60.0	55.7	24.0	80.0
10. Fat	21.2	18.0	23.5	6.0	54.0
10-03. Margarines	21.2	18.0	23.5	6.0	54.0
11. Sugar and confectionery	6.7	20.0	53.6	7.5	125.0
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	2.2	30.0	38.7	6.6	105.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	4.3	18.8	58.5	2.9	250.0
11-05. Ice cream, water ice	0.4	55.0	55.0	55.0	55.0
12. Cakes	2.9	38.0	34.7	22.0	44.0
12-01. Cakes, pies, pastries, etc.	0.3	23.0	28.6	23.0	40.0
12-02. Dry cakes, biscuits	2.6	38.0	35.5	22.0	44.0
13. Non-alcoholic beverages	22.0	412.5	585.8	166.7	1500.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.7	250.0	563.0	150.0	1450.2
13-02. Carbonated/soft/iso drinks, diluted syrups	14.9	383.4	536.3	200.0	1466.7
15. Condiments and sauces	0.1	10.0	10.0	10.0	10.0
15-01. Sauces	0.0
15-02. Yeast	0.1	10.0	10.0	10.0	10.0
17. Miscellaneous	1.7	330.0	395.0	10.0	880.0
17-00. Unclassified	0.1	141.0	141.0	141.0	141.0
17-01. Soy products	0.4	330.0	449.7	32.0	880.0
17-02. Dietetic products	1.2	400.0	393.4	10.0	824.0
17-02-00. Unclassified	1.2	400.0	393.4	10.0	824.0

Group=Female Adults (19-30 years, n=347)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	16.4	257.5	297.4	65.0	540.5
05-01. Milk	0.1	226.6	226.6	226.6	226.6
05-02. Milk beverages	3.8	257.5	307.8	164.8	566.5
05-03. Yoghurt	11.4	261.0	291.0	65.0	540.0
05-04. Fromage blanc, petits suisses	1.1	100.0	136.4	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	206.0	179.8	25.8	240.3
06. Cereals and cereal products	5.7	40.0	48.5	14.0	144.0
06-03. Bread, crisp bread, rusks	1.7	60.0	75.5	14.0	150.0

Group=Female Adults (19-30 years, n=347)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
06-03-01. Bread	1.3	105.0	93.7	30.0	150.0
06-03-02. Crispbread, rusks	0.4	14.0	14.3	14.0	15.0
06-04. Breakfast cereals	4.2	40.0	34.9	13.0	63.0
10. Fat	26.1	13.6	17.1	3.0	40.5
10-03. Margarines	26.1	13.6	17.1	3.0	40.5
11. Sugar and confectionery	9.4	20.0	43.9	6.8	100.0
11-01. Sugar, honey ,jam	0.2	10.0	10.0	10.0	10.0
11-02. Chocolate, candy bars, etc	2.3	20.0	26.2	10.0	65.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	6.8	18.0	50.8	6.8	302.0
11-05. Ice cream, water ice	0.1	50.0	50.0	50.0	50.0
12. Cakes	6.4	38.0	39.0	19.0	72.0
12-01. Cakes, pies, pastries, etc.	0.1	65.0	65.0	65.0	65.0
12-02. Dry cakes, biscuits	6.3	38.0	38.6	19.0	72.0
13. Non-alcoholic beverages	25.5	375.0	458.5	133.3	1208.5
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	10.0	275.0	454.0	133.3	1208.5
13-02. Carbonated/soft/iso drinks, diluted syrups	17.5	333.3	408.3	166.7	966.7
15. Condiments and sauces	0.3	5.0	12.2	5.0	20.0
15-01. Sauces	0.0
15-02. Yeast	0.3	5.0	12.2	5.0	20.0
17. Miscellaneous	4.7	100.0	168.8	20.0	614.4
17-00. Unclassified	0.8	94.0	93.0	45.6	151.0
17-01. Soy products	2.4	140.0	179.8	40.0	600.0
17-02. Dietetic products	1.9	50.0	154.0	13.0	541.0
17-02-00. Unclassified	1.9	50.0	154.0	13.0	541.0

Group=Male Adults (31-50 years, n=348)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.4	270.0	318.6	65.0	594.0
05-01. Milk	0.5	566.6	655.1	257.5	1133.0
05-02. Milk beverages	2.3	283.3	306.3	137.3	566.6
05-03. Yoghurt	8.5	270.0	303.3	65.0	891.0
05-04. Fromage blanc, petits suisses	0.2	250.0	165.0	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.3	240.3	226.3	103.0	330.0
06. Cereals and cereal products	4.0	40.0	67.5	14.8	180.0
06-03. Bread, crisp bread, rusks	1.4	120.0	120.2	10.0	300.0
06-03-01. Bread	1.2	120.0	131.5	60.0	300.0
06-03-02. Crispbread, rusks	0.1	10.0	10.0	10.0	10.0
06-04. Breakfast cereals	2.6	40.0	40.3	14.8	80.0
10. Fat	27.6	24.0	27.4	8.0	63.0
10-03. Margarines	27.6	24.0	27.4	8.0	63.0
11. Sugar and confectionery	7.5	27.0	38.7	5.6	95.0
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	2.6	35.0	37.2	20.0	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	5.2	25.0	37.5	5.0	120.8
11-05. Ice cream, water ice	0.0

Group=Male Adults (31-50 years, n=348)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
12. Cakes	3.9	38.0	42.6	19.0	100.0
12-01. Cakes, pies, pastries, etc.	0.6	50.0	65.1	50.0	100.0
12-02. Dry cakes, biscuits	3.5	38.0	37.3	19.0	84.0
13. Non-alcoholic beverages	13.9	250.0	417.2	166.7	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	6.7	241.7	317.8	153.3	700.1
13-02. Carbonated/soft/iso drinks, diluted syrups	7.1	333.4	511.0	191.7	1320.0
15. Condiments and sauces	0.2	30.0	30.0	30.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.2	30.0	30.0	30.0	30.0
17. Miscellaneous	2.1	60.0	72.0	37.5	140.0
17-00. Unclassified	0.8	87.5	80.9	37.5	94.0
17-01. Soy products	1.0	59.4	74.4	39.9	140.0
17-02. Dietetic products	0.3	38.0	38.1	38.0	38.2
17-02-00. Unclassified	0.3	38.0	38.1	38.0	38.2

Group=Female Adults (31-50 years, n=351)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	14.4	257.5	288.6	65.0	594.0
05-01. Milk	0.4	250.0	225.4	148.7	283.3
05-02. Milk beverages	1.9	283.3	298.6	164.8	566.6
05-03. Yoghurt	11.1	252.0	287.4	65.0	594.0
05-04. Fromage blanc, petits suisses	0.5	250.0	213.6	140.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	150.0	181.8	96.1	283.3
06. Cereals and cereal products	8.2	40.0	48.4	10.0	150.0
06-03. Bread, crisp bread, rusks	2.9	60.0	76.3	28.0	180.0
06-03-01. Bread	2.5	61.8	85.4	30.0	180.0
06-03-02. Crispbread, rusks	0.4	28.0	21.1	7.0	28.0
06-04. Breakfast cereals	5.3	40.0	33.0	10.0	60.0
10. Fat	28.3	12.2	16.1	3.0	36.0
10-03. Margarines	28.3	12.2	16.1	3.0	36.0
11. Sugar and confectionery	5.2	25.0	39.2	9.0	120.8
11-01. Sugar, honey ,jam	0.3	70.0	44.1	6.0	70.0
11-02. Chocolate, candy bars, etc	0.8	20.0	21.6	10.0	40.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	3.9	30.0	42.0	9.0	120.8
11-05. Ice cream, water ice	0.2	50.0	50.0	50.0	50.0
12. Cakes	4.8	38.0	44.8	19.0	126.0
12-01. Cakes, pies, pastries, etc.	0.5	40.0	33.0	20.0	50.0
12-02. Dry cakes, biscuits	4.4	38.0	46.1	19.0	126.0
13. Non-alcoholic beverages	15.9	241.7	324.5	133.3	725.1
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.4	241.7	254.7	100.0	435.0
13-02. Carbonated/soft/iso drinks, diluted syrups	8.0	290.0	382.4	166.7	833.4
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	4.5	133.3	178.9	16.0	600.0

Group=Female Adults (31-50 years, n=351)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
17-00. Unclassified	0.2	75.2	83.7	75.2	94.0
17-01. Soy products	2.9	193.3	185.3	16.0	472.0
17-02. Dietetic products	1.3	75.0	182.5	25.0	600.0
17-02-00. Unclassified	1.3	75.0	182.5	25.0	600.0

Group=Male Adults (51-69 years, n=351)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	9.2	258.0	307.0	65.0	594.0
05-01. Milk	0.1	257.5	257.5	257.5	257.5
05-02. Milk beverages	1.3	219.8	258.9	192.3	343.4
05-03. Yoghurt	6.8	266.6	309.6	65.0	594.0
05-04. Fromage blanc, petits suisses	0.4	250.0	227.8	186.7	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	192.3	203.4	96.1	258.0
06. Cereals and cereal products	3.3	50.0	54.0	20.0	120.0
06-03. Bread, crisp bread, rusks	1.4	60.0	71.2	30.0	120.0
06-03-01. Bread	1.3	60.0	74.6	30.0	120.0
06-03-02. Crispbread, rusks	0.1	30.0	30.0	30.0	30.0
06-04. Breakfast cereals	1.9	40.0	38.2	18.0	60.0
10. Fat	40.2	22.5	23.7	6.0	48.0
10-03. Margarines	40.2	22.5	23.7	6.0	48.0
11. Sugar and confectionery	3.1	18.9	19.1	4.4	37.5
11-01. Sugar, honey ,jam	0.2	23.3	23.3	23.3	23.3
11-02. Chocolate, candy bars, etc	0.6	20.0	15.0	0.3	20.0
11-03. Confectionery non-chocolate	0.1	22.0	22.0	22.0	22.0
11-04. Syrup	2.3	15.0	19.8	9.0	45.0
11-05. Ice cream, water ice	0.0
12. Cakes	1.7	38.0	30.9	12.0	66.0
12-01. Cakes, pies, pastries, etc.	0.0
12-02. Dry cakes, biscuits	1.7	38.0	30.9	12.0	66.0
13. Non-alcoholic beverages	9.6	241.7	369.8	145.0	958.3
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	5.5	241.7	303.4	145.0	750.0
13-02. Carbonated/soft/iso drinks, diluted syrups	4.5	306.7	418.8	12.0	1000.0
15. Condiments and sauces	0.4	6.0	11.1	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.4	6.0	11.1	5.0	30.0
17. Miscellaneous	1.7	124.0	181.6	23.0	500.0
17-00. Unclassified	0.3	94.0	78.2	47.0	94.0
17-01. Soy products	1.2	140.0	224.3	90.0	500.0
17-02. Dietetic products	0.3	23.0	26.2	23.0	30.0
17-02-00. Unclassified	0.3	23.0	26.2	23.0	30.0

Group=Female Adults (51-69 years, n=353)

Group=Female Adults (51-69 years, n=353)

04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.7	216.0	233.4	65.0	500.0
05-01. Milk	0.0
05-02. Milk beverages	1.4	250.0	214.1	103.0	283.3
05-03. Yoghurt	9.0	216.0	238.2	65.0	500.0
05-04. Fromage blanc, petits suisses	0.1	140.0	140.0	140.0	140.0
05-05. Cheese (including fresh cheese)	0.1	6.7	6.7	6.7	6.7
05-06. Cream desserts, puddings (milk based)	1.4	171.7	183.7	96.1	257.5
06. Cereals and cereal products	5.3	30.0	51.3	4.9	150.0
06-03. Bread, crisp bread, rusks	2.4	70.0	85.5	7.0	200.0
06-03-01. Bread	1.9	90.0	101.5	30.0	200.0
06-03-02. Crispbread, rusks	0.5	14.0	17.0	7.0	30.0
06-04. Breakfast cereals	2.9	20.0	22.8	4.1	78.0
10. Fat	31.3	18.0	18.6	4.0	36.0
10-03. Margarines	31.3	18.0	18.6	4.0	36.0
11. Sugar and confectionery	3.9	18.1	30.5	2.5	150.0
11-01. Sugar, honey ,jam	0.9	20.0	18.5	13.3	20.0
11-02. Chocolate, candy bars, etc	0.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	3.0	15.0	34.1	2.5	150.0
11-05. Ice cream, water ice	0.0
12. Cakes	1.8	22.0	25.9	12.0	55.0
12-01. Cakes, pies, pastries, etc.	0.7	26.6	32.9	20.0	55.0
12-02. Dry cakes, biscuits	1.1	21.0	21.8	12.0	33.0
13. Non-alcoholic beverages	9.0	241.7	312.4	133.3	725.1
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.0	241.7	296.9	133.3	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	2.4	250.0	311.0	144.4	576.6
15. Condiments and sauces	0.1	10.0	10.0	10.0	10.0
15-01. Sauces	0.0
15-02. Yeast	0.1	10.0	10.0	10.0	10.0
17. Miscellaneous	5.9	150.0	200.6	20.0	550.0
17-00. Unclassified	0.4	94.0	94.0	94.0	94.0
17-01. Soy products	4.2	220.0	212.2	30.0	550.0
17-02. Dietetic products	1.5	92.0	176.5	12.0	600.0
17-02-00. Unclassified	1.5	92.0	176.5	12.0	600.0

Table 2.3.a Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Low Education (n=348)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.1	240.3	293.0	80.0	756.0
05-01. Milk	0.2	199.1	199.1	199.1	199.1
05-02. Milk beverages	2.9	257.5	302.5	128.8	515.0
05-03. Yoghurt	5.8	270.0	351.1	126.0	891.0
05-04. Fromage blanc, petits suisses	1.6	100.0	106.2	50.0	200.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.9	144.2	161.5	82.4	240.3
06. Cereals and cereal products	10.3	60.0	63.5	20.0	120.0
06-03. Bread, crisp bread, rusks	5.0	60.0	85.6	30.0	240.0
06-03-01. Bread	4.8	90.0	87.2	30.0	240.0
06-03-02. Crispbread, rusks	0.1	30.0	30.0	30.0	30.0
06-04. Breakfast cereals	5.3	40.0	42.8	16.3	80.0
10. Fat	16.3	12.0	17.8	3.0	45.0
10-03. Margarines	16.3	12.0	17.8	3.0	45.0
11. Sugar and confectionery	12.8	26.4	46.5	8.8	125.0
11-01. Sugar, honey ,jam	0.4	20.6	24.8	20.0	41.2
11-02. Chocolate, candy bars, etc	2.6	26.4	43.0	20.0	100.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	10.0	25.0	46.8	6.3	143.8
11-05. Ice cream, water ice	0.1	59.0	59.0	59.0	59.0
12. Cakes	8.3	38.0	37.8	18.0	66.0
12-01. Cakes, pies, pastries, etc.	0.8	23.0	22.3	20.0	25.0
12-02. Dry cakes, biscuits	7.5	38.0	39.4	18.0	75.0
13. Non-alcoholic beverages	40.0	330.0	408.9	153.3	1000.0
13-00. Unclassified	0.1	488.3	488.3	488.3	488.3
13-01. Fruit and vegetable juices	18.0	241.7	316.3	150.0	660.0
13-02. Carbonated/soft/iso drinks, diluted syrups	27.0	250.0	393.2	153.3	1000.0
15. Condiments and sauces	0.1	33.5	33.5	33.5	33.5
15-01. Sauces	0.1	33.5	33.5	33.5	33.5
15-02. Yeast	0.0
17. Miscellaneous	0.9	100.0	65.5	1.0	186.7
17-00. Unclassified	0.0
17-01. Soy products	0.9	100.0	71.5	1.2	186.7
17-02. Dietetic products	0.1	1.0	1.0	1.0	1.0
17-02-00. Unclassified	0.1	1.0	1.0	1.0	1.0

Group=Children (7-18 years) - Moderate Education (n=698)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.3	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.3	90.0	90.0	90.0	90.0
05. Dairy products	12.0	226.6	276.1	50.0	646.2
05-01. Milk	0.6	248.9	346.7	120.2	1030.0
05-02. Milk beverages	2.3	257.5	292.6	155.2	453.2
05-03. Yoghurt	7.4	261.0	294.9	65.0	675.0
05-04. Fromage blanc, petits suisses	1.1	80.0	79.3	50.0	100.0

Group=Children (7-18 years) - Moderate Education (n=698)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-05. Cheese (including fresh cheese)	0.1	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	0.7	192.3	195.3	96.1	283.3
06. Cereals and cereal products	9.9	60.0	59.7	12.6	120.0
06-03. Bread, crisp bread, rusks	4.2	60.0	77.6	30.0	180.0
06-03-01. Bread	3.9	60.0	81.2	30.0	180.0
06-03-02. Crispbread, rusks	0.3	40.0	27.3	10.0	40.0
06-04. Breakfast cereals	5.9	40.0	45.0	12.6	80.0
10. Fat	20.0	12.0	18.1	3.0	45.0
10-03. Margarines	20.0	12.0	18.1	3.0	45.0
11. Sugar and confectionery	15.7	22.0	35.8	6.8	120.8
11-01. Sugar, honey ,jam	0.6	3.4	13.4	1.7	40.0
11-02. Chocolate, candy bars, etc	3.0	20.0	27.5	10.0	70.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	12.4	25.0	37.1	7.5	120.8
11-05. Ice cream, water ice	0.3	50.0	52.0	50.0	55.0
12. Cakes	9.8	42.0	40.5	21.0	76.0
12-01. Cakes, pies, pastries, etc.	1.0	23.0	27.0	20.0	70.0
12-02. Dry cakes, biscuits	9.1	42.0	40.8	21.0	72.0
13. Non-alcoholic beverages	35.1	330.0	397.6	166.7	933.4
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	16.4	241.7	337.4	153.3	800.0
13-02. Carbonated/soft/iso drinks, diluted syrups	21.2	330.0	397.1	150.7	850.0
15. Condiments and sauces	0.0	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	1.7	160.0	251.2	25.9	675.2
17-00. Unclassified	0.1	94.0	94.0	94.0	94.0
17-01. Soy products	1.2	250.0	328.9	60.0	930.0
17-02. Dietetic products	0.5	27.0	28.7	25.9	40.0
17-02-00. Unclassified	0.5	27.0	28.7	25.9	40.0

Group=Children (7-18 years) - High Education (n=580)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	11.7	261.0	324.3	95.0	810.0
05-01. Milk	0.1	180.3	180.3	180.3	180.3
05-02. Milk beverages	2.1	216.3	287.1	154.5	566.6
05-03. Yoghurt	8.0	297.0	363.5	125.0	900.0
05-04. Fromage blanc, petits suisses	0.6	50.0	69.4	50.0	100.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	192.3	187.0	128.8	288.4
06. Cereals and cereal products	11.3	60.0	64.4	20.0	150.0
06-03. Bread, crisp bread, rusks	4.5	90.0	94.2	30.0	180.0
06-03-01. Bread	4.4	90.0	96.2	30.0	180.0
06-03-02. Crispbread, rusks	0.1	30.0	25.6	21.0	30.0
06-04. Breakfast cereals	7.0	40.0	42.6	13.0	80.0
10. Fat	24.6	18.0	19.0	4.5	45.0
10-03. Margarines	24.6	18.0	19.0	4.5	45.0
11. Sugar and confectionery	22.1	20.0	32.9	9.0	87.6
11-01. Sugar, honey ,jam	0.3	7.5	11.1	5.2	20.0

Group=Children (7-18 years) - High Education (n=580)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
11-02. Chocolate, candy bars, etc	4.4	20.0	27.3	9.9	60.0
11-03. Confectionery non-chocolate	0.0	24.0	24.0	24.0	24.0
11-04. Syrup	17.7	18.8	31.2	9.0	87.6
11-05. Ice cream, water ice	0.9	54.0	58.7	50.0	67.0
12. Cakes	9.9	38.0	38.2	17.0	84.0
12-01. Cakes, pies, pastries, etc.	0.9	23.0	23.8	20.0	40.0
12-02. Dry cakes, biscuits	9.1	38.0	39.4	17.0	84.0
13. Non-alcoholic beverages	32.7	366.7	420.3	166.7	1000.0
13-00. Unclassified	0.2	300.0	225.0	145.0	300.0
13-01. Fruit and vegetable juices	14.8	241.7	333.9	153.3	741.7
13-02. Carbonated/soft/iso drinks, diluted syrups	20.9	354.2	417.5	165.0	1000.0
15. Condiments and sauces	0.0	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	4.0	79.8	146.9	20.0	603.4
17-00. Unclassified	0.7	94.0	76.4	47.0	94.0
17-01. Soy products	2.7	93.3	152.6	20.0	416.6
17-02. Dietetic products	0.7	30.4	192.0	18.0	772.5
17-02-00. Unclassified	0.7	30.4	192.0	18.0	772.5

Group=Adults (19-69 years) - Low Education (n=708)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	13.2	267.3	299.5	65.0	594.0
05-01. Milk	0.1	257.5	249.0	226.6	257.5
05-02. Milk beverages	2.1	283.3	273.1	192.3	388.0
05-03. Yoghurt	10.2	266.4	297.6	65.0	598.5
05-04. Fromage blanc, petits suisses	0.2	100.0	115.3	50.0	186.7
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.3	240.3	218.3	25.8	330.0
06. Cereals and cereal products	4.6	40.0	61.8	7.0	150.0
06-03. Bread, crisp bread, rusks	2.2	60.0	85.9	7.0	180.0
06-03-01. Bread	1.9	90.0	98.6	30.0	180.0
06-03-02. Crispbread, rusks	0.3	7.0	14.2	7.0	30.0
06-04. Breakfast cereals	2.4	40.0	37.8	9.8	80.0
10. Fat	30.0	18.0	21.8	3.0	54.0
10-03. Margarines	30.0	18.0	21.8	3.0	54.0
11. Sugar and confectionery	4.4	20.0	40.1	6.3	93.8
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	1.4	20.0	30.8	8.8	70.0
11-03. Confectionery non-chocolate	0.1	22.0	22.0	22.0	22.0
11-04. Syrup	3.0	18.8	43.8	2.9	120.8
11-05. Ice cream, water ice	0.0
12. Cakes	3.0	38.0	37.5	15.0	88.0
12-01. Cakes, pies, pastries, etc.	0.6	40.0	46.8	20.0	100.0
12-02. Dry cakes, biscuits	2.3	36.0	35.0	15.0	66.0
13. Non-alcoholic beverages	13.5	250.0	452.5	144.4	1196.6
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	6.3	241.7	399.0	133.3	825.0
13-02. Carbonated/soft/iso drinks, diluted syrups	7.4	400.0	481.2	166.7	1000.0

Group=Adults (19-69 years) - Low Education (n=708)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	2.4	200.0	233.1	20.0	600.0
17-00. Unclassified	0.3	94.0	87.7	75.2	94.0
17-01. Soy products	1.3	245.0	252.2	53.3	500.0
17-02. Dietetic products	0.9	100.0	221.6	12.0	600.0
17-02-00. Unclassified	0.9	100.0	221.6	12.0	600.0

Group=Adults (19-69 years) - Moderate Education (n=935)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.3	261.0	306.6	65.0	594.0
05-01. Milk	0.4	283.3	487.1	148.7	1133.0
05-02. Milk beverages	2.3	257.5	282.6	103.0	566.5
05-03. Yoghurt	8.5	270.0	308.0	65.0	594.0
05-04. Fromage blanc, petits suisses	0.5	186.7	176.2	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0	6.7	6.7	6.7	6.7
05-06. Cream desserts, puddings (milk based)	1.2	192.3	183.1	96.1	283.3
06. Cereals and cereal products	5.1	40.0	51.5	10.0	120.0
06-03. Bread, crisp bread, rusks	1.8	60.0	80.7	14.0	240.0
06-03-01. Bread	1.5	70.0	91.7	38.0	240.0
06-03-02. Crispbread, rusks	0.3	15.0	19.4	10.0	30.0
06-04. Breakfast cereals	3.2	40.0	35.2	6.5	80.0
10. Fat	29.3	18.0	20.9	4.5	48.0
10-03. Margarines	29.3	18.0	20.9	4.5	48.0
11. Sugar and confectionery	6.3	20.0	41.4	9.0	112.5
11-01. Sugar, honey ,jam	0.1	13.3	12.0	10.0	13.3
11-02. Chocolate, candy bars, etc	1.2	20.0	31.9	10.0	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	4.8	18.9	43.3	8.8	150.0
11-05. Ice cream, water ice	0.2	50.0	52.5	50.0	55.0
12. Cakes	3.8	38.0	35.3	12.0	55.0
12-01. Cakes, pies, pastries, etc.	0.4	50.0	40.6	20.0	65.0
12-02. Dry cakes, biscuits	3.4	38.0	33.8	12.0	48.0
13. Non-alcoholic beverages	16.2	290.0	418.3	145.0	1208.5
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.8	241.7	343.1	133.3	733.4
13-02. Carbonated/soft/iso drinks, diluted syrups	9.2	306.7	443.3	187.5	1208.5
15. Condiments and sauces	0.2	20.0	19.1	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.2	20.0	19.1	5.0	30.0
17. Miscellaneous	4.1	100.0	164.2	16.0	600.0
17-00. Unclassified	0.4	87.5	81.9	37.5	151.0
17-01. Soy products	2.5	133.3	161.3	16.0	440.0
17-02. Dietetic products	1.2	40.0	190.8	13.0	772.5
17-02-00. Unclassified	1.2	40.0	190.8	13.0	772.5

Group=Adults (19-69 years) - High Education (n=463)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.0	250.0	269.3	65.0	540.5
05-01. Milk	0.1	257.5	257.5	257.5	257.5
05-02. Milk beverages	1.5	257.5	311.8	171.7	566.6
05-03. Yoghurt	9.3	243.0	262.3	65.0	540.0
05-04. Fromage blanc, petits suisses	0.3	250.0	250.0	250.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.1	240.3	200.2	127.5	240.3
06. Cereals and cereal products	6.7	40.0	58.2	14.8	180.0
06-03. Bread, crisp bread, rusks	2.0	90.0	111.3	28.0	200.0
06-03-01. Bread	1.9	90.0	116.8	30.0	200.0
06-03-02. Crispbread, rusks	0.1	28.0	28.0	28.0	28.0
06-04. Breakfast cereals	4.8	40.0	35.0	10.0	64.0
10. Fat	29.8	18.0	21.3	4.5	48.0
10-03. Margarines	29.8	18.0	21.3	4.5	48.0
11. Sugar and confectionery	6.6	21.3	33.3	6.0	93.9
11-01. Sugar, honey ,jam	0.9	20.0	28.0	6.0	70.0
11-02. Chocolate, candy bars, etc	1.6	35.0	32.4	4.4	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	4.3	21.3	33.7	9.0	120.8
11-05. Ice cream, water ice	0.0
12. Cakes	3.9	38.0	49.0	19.0	132.0
12-01. Cakes, pies, pastries, etc.	0.0
12-02. Dry cakes, biscuits	3.9	38.0	49.0	19.0	132.0
13. Non-alcoholic beverages	14.4	250.0	357.1	133.3	750.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.4	241.7	303.3	133.3	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	6.6	250.0	395.3	145.0	1000.0
15. Condiments and sauces	0.3	6.0	11.0	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.3	6.0	11.0	5.0	30.0
17. Miscellaneous	3.6	94.0	169.6	23.0	483.3
17-00. Unclassified	0.7	94.0	90.6	75.2	94.0
17-01. Soy products	2.4	140.0	202.9	16.0	550.0
17-02. Dietetic products	0.6	41.2	105.1	23.0	375.0
17-02-00. Unclassified	0.6	41.2	105.1	23.0	375.0

Table 2.3.b Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Low Education (n=177)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	9.9	207.0	278.1	50.0	756.0
05-01. Milk	0.4	199.1	199.1	199.1	199.1
05-02. Milk beverages	2.7	283.3	284.0	128.8	453.2
05-03. Yoghurt	4.0	324.0	397.8	126.0	891.0
05-04. Fromage blanc, petits suisses	2.2	100.0	103.2	50.0	150.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.7	82.4	147.7	82.4	240.3
06. Cereals and cereal products	8.4	60.0	70.2	20.0	240.0
06-03. Bread, crisp bread, rusks	5.0	60.0	92.4	30.0	240.0
06-03-01. Bread	5.0	60.0	92.4	30.0	240.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	3.5	40.0	38.1	20.0	60.0
10. Fat	14.6	18.0	22.7	4.6	45.0
10-03. Margarines	14.6	18.0	22.7	4.6	45.0
11. Sugar and confectionery	12.3	27.0	46.8	9.0	125.0
11-01. Sugar, honey ,jam	0.6	20.6	27.0	20.6	41.2
11-02. Chocolate, candy bars, etc	2.6	32.9	52.3	9.9	100.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	9.7	25.0	43.8	6.3	125.0
11-05. Ice cream, water ice	0.0
12. Cakes	8.8	38.0	36.9	19.0	60.0
12-01. Cakes, pies, pastries, etc.	1.0	22.0	21.5	20.0	23.0
12-02. Dry cakes, biscuits	7.8	38.0	38.9	19.0	60.0
13. Non-alcoholic beverages	40.2	393.3	437.2	187.5	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	18.0	241.7	315.3	166.7	600.0
13-02. Carbonated/soft/iso drinks, diluted syrups	28.1	291.6	423.4	188.3	1000.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	0.7	1.2	49.6	1.2	100.0
17-00. Unclassified	0.0
17-01. Soy products	0.7	1.2	49.6	1.2	100.0
17-02. Dietetic products	0.0
17-02-00. Unclassified	0.0

Group=Male Children (7-18 years) - Moderate Education (n=344)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.1	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.1	90.0	90.0	90.0	90.0
05. Dairy products	9.8	261.0	288.9	50.0	675.0
05-01. Milk	0.4	170.0	225.3	170.0	283.3
05-02. Milk beverages	1.7	206.0	252.5	155.2	412.0
05-03. Yoghurt	6.1	270.0	330.6	65.0	743.4
05-04. Fromage blanc, petits suisses	1.4	100.0	87.9	50.0	150.0

Group=Male Children (7-18 years) - Moderate Education (n=344)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.9	200.0	214.4	144.2	283.3
06. Cereals and cereal products	11.3	60.0	71.3	25.0	150.0
06-03. Bread, crisp bread, rusks	5.0	81.3	93.1	30.0	180.0
06-03-01. Bread	5.0	81.3	93.1	30.0	180.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	6.5	52.5	52.4	20.0	80.0
10. Fat	20.5	18.0	22.5	6.0	54.0
10-03. Margarines	20.5	18.0	22.5	6.0	54.0
11. Sugar and confectionery	17.3	22.0	35.1	9.0	108.0
11-01. Sugar, honey ,jam	0.9	3.4	15.4	1.7	40.0
11-02. Chocolate, candy bars, etc	3.7	20.0	29.3	10.0	70.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	12.8	25.0	36.5	9.0	120.8
11-05. Ice cream, water ice	0.3	50.0	51.7	50.0	55.0
12. Cakes	9.2	42.0	42.7	20.0	84.0
12-01. Cakes, pies, pastries, etc.	1.6	23.0	28.1	20.0	70.0
12-02. Dry cakes, biscuits	8.1	42.0	43.0	21.0	80.0
13. Non-alcoholic beverages	35.5	330.0	409.1	150.7	966.7
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	17.1	241.7	346.4	145.0	800.0
13-02. Carbonated/soft/iso drinks, diluted syrups	20.9	306.7	410.5	150.7	966.7
15. Condiments and sauces	0.1	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.1	5.0	5.0	5.0	5.0
17. Miscellaneous	2.7	224.0	267.0	25.9	675.2
17-00. Unclassified	0.0
17-01. Soy products	1.9	250.0	363.0	20.0	930.0
17-02. Dietetic products	1.0	27.0	28.7	25.9	40.0
17-02-00. Unclassified	1.0	27.0	28.7	25.9	40.0

Group=Male Children (7-18 years) - High Education (n=298)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	11.7	297.0	371.9	128.8	1000.0
05-01. Milk	0.0
05-02. Milk beverages	2.1	206.0	284.1	128.8	849.9
05-03. Yoghurt	8.5	297.0	414.2	151.2	1018.8
05-04. Fromage blanc, petits suisses	0.4	50.0	65.9	50.0	93.3
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	192.3	196.0	128.8	288.4
06. Cereals and cereal products	10.9	60.0	71.7	20.0	200.0
06-03. Bread, crisp bread, rusks	4.5	120.0	112.8	34.1	210.0
06-03-01. Bread	4.5	120.0	112.8	34.1	210.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	6.9	40.0	39.3	13.0	63.0
10. Fat	22.7	18.0	23.0	6.0	66.0
10-03. Margarines	22.7	18.0	23.0	6.0	66.0
11. Sugar and confectionery	22.4	20.0	35.0	9.0	100.0
11-01. Sugar, honey ,jam	0.3	20.0	14.1	7.5	20.0

Group=Male Children (7-18 years) - High Education (n=298)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
11-02. Chocolate, candy bars, etc	4.0	20.0	28.6	9.9	60.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	19.2	18.8	33.3	9.0	105.4
11-05. Ice cream, water ice	0.2	67.0	88.2	67.0	130.0
12. Cakes	10.1	38.0	41.2	19.0	100.0
12-01. Cakes, pies, pastries, etc.	1.2	23.0	24.8	20.0	40.0
12-02. Dry cakes, biscuits	9.0	38.0	43.0	16.0	100.0
13. Non-alcoholic beverages	35.9	383.4	445.4	191.7	1208.3
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	14.8	241.7	351.6	166.7	826.7
13-02. Carbonated/soft/iso drinks, diluted syrups	24.2	400.0	446.3	166.7	1000.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	2.5	150.0	200.0	40.0	603.4
17-00. Unclassified	0.5	47.0	47.0	47.0	47.0
17-01. Soy products	1.9	200.0	251.6	75.0	603.4
17-02. Dietetic products	0.2	40.0	40.0	40.0	40.0
17-02-00. Unclassified	0.2	40.0	40.0	40.0	40.0

Group=Female Children (7-18 years) - Low Education (n=171)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.5	257.5	306.2	115.2	594.0
05-01. Milk	0.0
05-02. Milk beverages	3.1	257.5	320.2	137.3	549.4
05-03. Yoghurt	7.8	261.0	324.2	115.2	828.0
05-04. Fromage blanc, petits suisses	1.0	80.0	113.4	50.0	200.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.1	144.2	171.1	96.1	240.3
06. Cereals and cereal products	12.3	60.0	58.4	16.3	120.0
06-03. Bread, crisp bread, rusks	4.9	90.0	78.1	30.0	120.0
06-03-01. Bread	4.7	90.0	81.1	30.0	120.0
06-03-02. Crispbread, rusks	0.3	30.0	30.0	30.0	30.0
06-04. Breakfast cereals	7.4	40.0	45.2	15.9	80.0
10. Fat	18.2	12.0	13.5	3.0	30.0
10-03. Margarines	18.2	12.0	13.5	3.0	30.0
11. Sugar and confectionery	13.4	26.4	46.2	6.3	143.8
11-01. Sugar, honey ,jam	0.3	20.0	20.0	20.0	20.0
11-02. Chocolate, candy bars, etc	2.6	26.4	32.7	20.0	60.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	10.3	25.0	50.0	6.3	205.0
11-05. Ice cream, water ice	0.3	59.0	59.0	59.0	59.0
12. Cakes	7.7	36.0	38.9	18.0	92.0
12-01. Cakes, pies, pastries, etc.	0.5	25.0	24.1	23.0	25.0
12-02. Dry cakes, biscuits	7.2	36.0	40.0	18.0	92.0
13. Non-alcoholic beverages	39.9	300.0	377.2	153.3	895.0
13-00. Unclassified	0.2	488.3	488.3	488.3	488.3
13-01. Fruit and vegetable juices	17.9	250.0	317.5	133.3	722.0
13-02. Carbonated/soft/iso drinks, diluted syrups	25.9	250.0	356.8	153.3	958.3

Group=Female Children (7-18 years) - Low Education (n=171)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
15. Condiments and sauces	0.2	33.5	33.5	33.5	33.5
15-01. Sauces	0.2	33.5	33.5	33.5	33.5
15-02. Yeast	0.0
17. Miscellaneous	1.2	100.0	76.3	1.0	186.7
17-00. Unclassified	0.0
17-01. Soy products	1.0	100.0	89.0	20.0	186.7
17-02. Dietetic products	0.2	1.0	1.0	1.0	1.0
17-02-00. Unclassified	0.2	1.0	1.0	1.0	1.0

Group=Female Children (7-18 years) - Moderate Education (n=354)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.5	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.5	90.0	90.0	90.0	90.0
05. Dairy products	14.1	216.0	267.1	50.0	540.0
05-01. Milk	0.9	248.9	404.5	120.2	1030.0
05-02. Milk beverages	3.0	283.3	315.6	155.2	515.1
05-03. Yoghurt	8.6	216.0	269.2	65.0	540.0
05-04. Fromage blanc, petits suisses	0.9	50.0	65.4	50.0	100.0
05-05. Cheese (including fresh cheese)	0.2	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	0.5	192.3	161.8	96.1	206.0
06. Cereals and cereal products	8.4	40.0	43.8	6.7	90.0
06-03. Bread, crisp bread, rusks	3.3	60.0	54.0	14.0	90.0
06-03-01. Bread	2.8	60.0	59.4	30.0	100.0
06-03-02. Crispbread, rusks	0.6	40.0	27.3	10.0	40.0
06-04. Breakfast cereals	5.3	40.0	35.6	4.3	80.0
10. Fat	19.5	12.0	13.4	3.0	33.0
10-03. Margarines	19.5	12.0	13.4	3.0	33.0
11. Sugar and confectionery	14.0	23.0	36.7	6.3	125.0
11-01. Sugar, honey ,jam	0.2	6.9	5.2	3.4	6.9
11-02. Chocolate, candy bars, etc	2.2	23.0	24.3	4.4	52.8
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	11.9	20.0	37.7	6.3	137.5
11-05. Ice cream, water ice	0.2	50.0	52.3	50.0	55.0
12. Cakes	10.4	38.0	38.5	21.0	50.0
12-01. Cakes, pies, pastries, etc.	0.3	23.0	21.8	20.0	23.0
12-02. Dry cakes, biscuits	10.1	38.0	39.0	22.0	50.0
13. Non-alcoholic beverages	34.8	330.0	385.6	166.7	883.4
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	15.7	241.7	327.4	153.4	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	21.5	333.4	383.8	166.7	799.8
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	0.7	100.0	193.1	60.0	400.0
17-00. Unclassified	0.1	94.0	94.0	94.0	94.0
17-01. Soy products	0.6	100.0	217.6	60.0	400.0
17-02. Dietetic products	0.0
17-02-00. Unclassified	0.0

Group=Female Children (7-18 years) - High Education (n=282)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	11.6	225.0	272.1	72.0	594.0
05-01. Milk	0.1	180.3	180.3	180.3	180.3
05-02. Milk beverages	2.1	248.9	290.3	171.7	566.6
05-03. Yoghurt	7.6	261.0	301.6	125.0	675.0
05-04. Fromage blanc, petits suisses	0.8	50.0	71.0	50.0	100.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.1	192.3	176.5	144.2	200.0
06. Cereals and cereal products	11.7	60.0	57.1	20.0	123.0
06-03. Bread, crisp bread, rusks	4.6	60.0	74.3	30.0	135.0
06-03-01. Bread	4.3	60.0	77.4	30.0	135.0
06-03-02. Crispbread, rusks	0.3	30.0	25.6	21.0	30.0
06-04. Breakfast cereals	7.1	40.0	46.1	20.0	80.0
10. Fat	26.7	12.0	15.2	3.0	36.0
10-03. Margarines	26.7	12.0	15.2	3.0	36.0
11. Sugar and confectionery	21.8	20.3	30.6	8.8	87.6
11-01. Sugar, honey ,jam	0.2	5.2	5.2	5.2	5.2
11-02. Chocolate, candy bars, etc	4.8	20.0	26.0	10.0	52.6
11-03. Confectionery non-chocolate	0.1	24.0	24.0	24.0	24.0
11-04. Syrup	16.0	18.0	28.4	8.8	87.6
11-05. Ice cream, water ice	1.6	54.0	53.7	50.0	65.0
12. Cakes	9.7	36.0	34.9	17.0	57.0
12-01. Cakes, pies, pastries, etc.	0.5	20.0	21.0	20.0	23.0
12-02. Dry cakes, biscuits	9.2	38.0	35.6	17.0	57.0
13. Non-alcoholic beverages	29.1	333.4	386.7	145.0	833.2
13-00. Unclassified	0.4	300.0	225.0	145.0	300.0
13-01. Fruit and vegetable juices	14.8	250.0	314.6	133.3	600.0
13-02. Carbonated/soft/iso drinks, diluted syrups	17.4	250.0	373.8	144.4	833.2
15. Condiments and sauces	0.1	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.1	5.0	5.0	5.0	5.0
17. Miscellaneous	5.6	79.8	121.0	18.0	575.0
17-00. Unclassified	0.9	94.0	94.0	94.0	94.0
17-01. Soy products	3.5	52.0	94.4	20.0	405.0
17-02. Dietetic products	1.3	30.4	212.9	18.0	772.5
17-02-00. Unclassified	1.3	30.4	212.9	18.0	772.5

Group=Male Adults (19-69 years) - Low Education (n=322)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.4	270.0	321.5	122.0	736.5
05-01. Milk	0.2	257.5	257.5	257.5	257.5
05-02. Milk beverages	2.0	219.8	256.0	192.3	309.0
05-03. Yoghurt	9.5	270.0	320.8	65.0	891.0
05-04. Fromage blanc, petits suisses	0.3	186.7	122.0	50.0	186.7
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.3	240.3	255.1	170.0	330.0
06. Cereals and cereal products	2.9	60.0	89.2	20.0	300.0
06-03. Bread, crisp bread, rusks	1.4	120.0	132.6	60.0	300.0

Group=Male Adults (19-69 years) - Low Education (n=322)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
06-03-01. Bread	1.4	120.0	132.6	60.0	300.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	1.5	40.0	46.5	20.0	80.0
10. Fat	27.7	27.0	28.4	6.0	63.0
10-03. Margarines	27.7	27.0	28.4	6.0	63.0
11. Sugar and confectionery	6.3	20.0	45.5	6.6	93.8
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	2.3	20.0	31.8	6.6	105.0
11-03. Confectionery non-chocolate	0.1	22.0	22.0	22.0	22.0
11-04. Syrup	4.0	25.0	52.3	5.0	93.8
11-05. Ice cream, water ice	0.0
12. Cakes	1.5	42.0	49.6	15.0	100.0
12-01. Cakes, pies, pastries, etc.	0.5	50.0	70.8	40.0	100.0
12-02. Dry cakes, biscuits	1.0	38.0	38.1	15.0	66.0
13. Non-alcoholic beverages	13.0	333.4	557.2	150.7	1466.7
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	5.1	241.7	539.3	133.3	1500.0
13-02. Carbonated/soft/iso drinks, diluted syrups	8.4	416.7	533.8	200.0	1320.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	1.5	250.0	328.4	75.2	880.0
17-00. Unclassified	0.4	75.2	82.4	75.2	94.0
17-01. Soy products	0.8	500.0	446.8	200.0	880.0
17-02. Dietetic products	0.4	100.0	203.2	30.0	824.0
17-02-00. Unclassified	0.4	100.0	203.2	30.0	824.0

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	10.0	288.0	351.0	65.0	732.3
05-01. Milk	0.5	566.6	678.9	283.3	1133.0
05-02. Milk beverages	1.8	283.3	286.4	137.3	566.5
05-03. Yoghurt	6.9	297.0	349.9	65.0	594.0
05-04. Fromage blanc, petits suisses	0.2	250.0	250.0	250.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	192.3	184.7	96.1	258.0
06. Cereals and cereal products	3.9	60.0	67.0	20.0	240.0
06-03. Bread, crisp bread, rusks	1.8	60.0	93.3	10.0	240.0
06-03-01. Bread	1.6	60.0	103.0	30.0	240.0
06-03-02. Crispbread, rusks	0.2	10.0	18.1	10.0	30.0
06-04. Breakfast cereals	2.1	40.0	44.2	20.0	80.0
10. Fat	30.6	21.0	24.1	6.0	54.0
10-03. Margarines	30.6	21.0	24.1	6.0	54.0
11. Sugar and confectionery	5.2	20.0	36.4	9.0	95.0
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	1.5	35.0	38.9	20.0	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	3.6	18.0	33.0	9.0	125.0
11-05. Ice cream, water ice	0.2	55.0	55.0	55.0	55.0

Group=Male Adults (19-69 years) - Moderate Education (n=487)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
12. Cakes	3.4	38.0	35.1	12.0	69.0
12-01. Cakes, pies, pastries, etc.	0.4	50.0	43.8	23.0	55.0
12-02. Dry cakes, biscuits	3.2	33.0	32.6	12.0	44.0
13. Non-alcoholic beverages	15.1	330.0	457.4	166.7	1270.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	6.6	241.7	365.9	145.0	750.0
13-02. Carbonated/soft/iso drinks, diluted syrups	9.1	383.4	495.3	191.7	1320.0
15. Condiments and sauces	0.1	30.0	30.0	30.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.1	30.0	30.0	30.0	30.0
17. Miscellaneous	1.8	87.5	154.7	29.0	772.5
17-00. Unclassified	0.5	87.5	75.3	37.5	141.0
17-01. Soy products	0.7	60.0	76.1	50.0	100.0
17-02. Dietetic products	0.6	250.0	332.6	10.0	772.5
17-02-00. Unclassified	0.6	250.0	332.6	10.0	772.5

Group=Male Adults (19-69 years) - High Education (n=246)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.9	257.5	276.1	65.0	540.0
05-01. Milk	0.2	257.5	257.5	257.5	257.5
05-02. Milk beverages	2.3	283.3	314.8	171.7	566.6
05-03. Yoghurt	8.4	261.0	269.6	65.0	540.0
05-04. Fromage blanc, petits suisses	0.2	250.0	250.0	250.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.7	240.3	240.3	240.3	240.3
06. Cereals and cereal products	5.1	40.0	57.5	18.0	180.0
06-03. Bread, crisp bread, rusks	1.0	60.0	113.4	30.0	300.0
06-03-01. Bread	1.0	60.0	113.4	30.0	300.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	4.2	40.0	42.4	14.8	60.0
10. Fat	33.3	22.6	23.9	6.0	52.6
10-03. Margarines	33.3	22.6	23.9	6.0	52.6
11. Sugar and confectionery	6.5	30.0	34.8	4.5	89.0
11-01. Sugar, honey ,jam	0.2	23.3	23.3	23.3	23.3
11-02. Chocolate, candy bars, etc	1.9	35.0	34.9	0.3	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	4.6	21.5	33.7	4.5	120.8
11-05. Ice cream, water ice	0.0
12. Cakes	3.7	38.0	39.3	19.0	132.0
12-01. Cakes, pies, pastries, etc.	0.0
12-02. Dry cakes, biscuits	3.7	38.0	39.3	19.0	132.0
13. Non-alcoholic beverages	14.0	250.0	375.6	145.0	990.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.8	241.7	301.5	166.7	600.0
13-02. Carbonated/soft/iso drinks, diluted syrups	5.4	250.0	476.6	133.3	1500.0
15. Condiments and sauces	0.6	6.0	11.0	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.6	6.0	11.0	5.0	30.0
17. Miscellaneous	2.5	90.0	81.5	23.0	140.0

Group=Male Adults (19-69 years) - High Education (n=246)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
17-00. Unclassified	0.6	94.0	94.0	94.0	94.0
17-01. Soy products	1.5	90.0	91.5	39.9	140.0
17-02. Dietetic products	0.4	38.2	31.3	23.0	38.2
17-02-00. Unclassified	0.4	38.2	31.3	23.0	38.2

Group=Female Adults (19-69 years) - Low Education (n=386)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	13.9	261.0	283.3	65.0	594.0
05-01. Milk	0.1	226.6	226.6	226.6	226.6
05-02. Milk beverages	2.2	283.3	285.8	194.0	388.0
05-03. Yoghurt	10.8	248.4	280.9	65.0	594.0
05-04. Fromage blanc, petits suisses	0.1	100.0	100.0	100.0	100.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.3	231.8	186.8	25.8	257.5
06. Cereals and cereal products	5.9	40.0	50.7	7.0	120.0
06-03. Bread, crisp bread, rusks	2.9	60.0	66.4	7.0	120.0
06-03-01. Bread	2.2	90.0	80.5	30.0	120.0
06-03-02. Crispbread, rusks	0.6	7.0	14.2	7.0	30.0
06-04. Breakfast cereals	3.2	40.0	34.5	4.9	78.0
10. Fat	31.9	13.5	17.1	3.0	36.0
10-03. Margarines	31.9	13.5	17.1	3.0	36.0
11. Sugar and confectionery	2.8	18.0	30.2	2.5	120.8
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	0.7	24.0	28.1	10.0	65.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	2.2	15.0	30.8	2.5	120.8
11-05. Ice cream, water ice	0.0
12. Cakes	4.1	33.0	33.7	15.0	55.0
12-01. Cakes, pies, pastries, etc.	0.7	20.0	31.0	20.0	55.0
12-02. Dry cakes, biscuits	3.4	33.0	34.3	15.0	84.0
13. Non-alcoholic beverages	13.8	250.0	371.5	144.4	833.4
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.3	241.7	317.4	133.3	575.1
13-02. Carbonated/soft/iso drinks, diluted syrups	6.6	386.7	426.4	144.4	966.7
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	3.2	136.0	197.2	20.0	600.0
17-00. Unclassified	0.3	94.0	94.0	94.0	94.0
17-01. Soy products	1.8	241.7	177.2	48.8	290.0
17-02. Dietetic products	1.3	200.0	226.3	12.0	600.0
17-02-00. Unclassified	1.3	200.0	226.3	12.0	600.0

Group=Female Adults (19-69 years) - Moderate Education (n=448)

Group=Female Adults (19-69 years) - Moderate Education (n=448)

04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	14.8	248.9	274.4	65.0	566.6
05-01. Milk	0.4	250.0	225.4	148.7	283.3
05-02. Milk beverages	2.9	250.0	280.1	103.0	566.6
05-03. Yoghurt	10.2	225.0	277.5	65.0	540.0
05-04. Fromage blanc, petits suisses	0.9	140.0	160.2	50.0	250.0
05-05. Cheese (including fresh cheese)	0.1	6.7	6.7	6.7	6.7
05-06. Cream desserts, puddings (milk based)	1.1	192.3	181.3	96.1	283.3
06. Cereals and cereal products	6.3	40.0	41.0	6.5	90.0
06-03. Bread, crisp bread, rusks	1.8	60.0	66.9	14.0	150.0
06-03-01. Bread	1.4	70.0	78.1	38.0	150.0
06-03-02. Crispbread, rusks	0.3	15.0	20.3	14.0	28.0
06-04. Breakfast cereals	4.5	40.0	30.6	6.5	60.0
10. Fat	28.0	15.0	17.2	3.0	36.0
10-03. Margarines	28.0	15.0	17.2	3.0	36.0
11. Sugar and confectionery	7.4	25.0	45.1	9.0	112.5
11-01. Sugar, honey ,jam	0.3	13.3	12.0	10.0	13.3
11-02. Chocolate, candy bars, etc	0.8	10.0	18.5	10.0	35.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	6.1	25.0	49.9	8.8	150.0
11-05. Ice cream, water ice	0.2	50.0	50.0	50.0	50.0
12. Cakes	4.2	38.0	35.4	19.0	52.0
12-01. Cakes, pies, pastries, etc.	0.5	40.0	38.4	20.0	65.0
12-02. Dry cakes, biscuits	3.7	38.0	35.0	19.0	48.0
13. Non-alcoholic beverages	17.4	250.0	382.1	133.3	966.6
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	9.2	241.7	325.7	133.3	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	9.4	250.0	389.7	166.7	1000.0
15. Condiments and sauces	0.2	10.0	11.5	5.0	20.0
15-01. Sauces	0.0
15-02. Yeast	0.2	10.0	11.5	5.0	20.0
17. Miscellaneous	6.6	125.0	167.0	16.0	541.0
17-00. Unclassified	0.3	94.0	92.7	45.6	151.0
17-01. Soy products	4.4	150.0	177.0	16.0	472.0
17-02. Dietetic products	2.0	40.0	148.8	14.4	600.0
17-02-00. Unclassified	2.0	40.0	148.8	14.4	600.0

Group=Female Adults (19-69 years) - High Education (n=217)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.1	216.0	261.5	125.0	540.5
05-01. Milk	0.0
05-02. Milk beverages	0.5	257.5	296.7	137.3	497.8
05-03. Yoghurt	10.4	216.0	255.4	125.0	500.0
05-04. Fromage blanc, petits suisses	0.4	250.0	250.0	250.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.5	150.0	176.9	127.5	240.3
06. Cereals and cereal products	8.6	40.0	58.7	10.0	180.0
06-03. Bread, crisp bread, rusks	3.2	90.0	110.5	28.0	200.0
06-03-01. Bread	2.9	90.0	118.1	60.0	200.0
06-03-02. Crispbread, rusks	0.3	28.0	28.0	28.0	28.0

Group=Female Adults (19-69 years) - High Education (n=217)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
06-04. Breakfast cereals	5.4	20.0	28.4	10.0	64.0
10. Fat	25.7	15.0	17.4	3.0	39.0
10-03. Margarines	25.7	15.0	17.4	3.0	39.0
11. Sugar and confectionery	6.7	20.0	31.5	6.3	93.9
11-01. Sugar, honey ,jam	1.6	20.0	28.8	6.0	70.0
11-02. Chocolate, candy bars, etc	1.3	30.0	28.2	6.6	40.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	3.9	18.8	33.8	9.0	131.4
11-05. Ice cream, water ice	0.0
12. Cakes	4.1	42.0	59.1	19.0	228.0
12-01. Cakes, pies, pastries, etc.	0.0
12-02. Dry cakes, biscuits	4.1	42.0	59.1	19.0	228.0
13. Non-alcoholic beverages	15.0	250.0	337.0	133.3	725.1
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.9	208.3	305.8	75.0	750.0
13-02. Carbonated/soft/iso drinks, diluted syrups	8.0	250.0	330.5	150.0	725.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	4.9	125.0	220.7	16.0	550.0
17-00. Unclassified	0.8	94.0	87.8	75.2	94.0
17-01. Soy products	3.5	200.0	258.0	8.0	550.0
17-02. Dietetic products	0.9	92.0	148.4	41.2	375.0
17-02-00. Unclassified	0.9	92.0	148.4	41.2	375.0

Table 2.4.a Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Children (7-18 years) - Normal and Underweight (n=1404)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	10.8	250.0	298.8	65.0	756.0
05-01. Milk	0.3	199.1	336.0	120.2	1030.0
05-02. Milk beverages	1.9	226.6	295.4	149.4	549.4
05-03. Yoghurt	6.9	270.0	331.4	108.0	770.0
05-04. Fromage blanc, petits suisses	1.0	80.0	95.9	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.9	192.3	194.8	82.4	288.4
06. Cereals and cereal products	10.5	60.0	63.5	20.0	135.0
06-03. Bread, crisp bread, rusks	4.4	70.0	87.9	30.0	180.0
06-03-01. Bread	4.3	75.0	89.2	30.0	180.0
06-03-02. Crispbread, rusks	0.1	21.0	22.3	14.0	30.0
06-04. Breakfast cereals	6.3	40.0	44.4	15.9	80.0
10. Fat	21.5	16.5	18.7	4.5	45.0
10-03. Margarines	21.5	16.5	18.7	4.5	45.0
11. Sugar and confectionery	16.9	20.3	35.4	9.0	104.2
11-01. Sugar, honey ,jam	0.3	7.5	14.1	1.7	41.2
11-02. Chocolate, candy bars, etc	3.3	20.0	28.1	9.9	70.0
11-03. Confectionery non-chocolate	0.0	24.0	24.0	24.0	24.0
11-04. Syrup	13.4	18.8	35.2	8.8	112.7
11-05. Ice cream, water ice	0.4	54.0	57.8	50.0	67.0
12. Cakes	9.1	38.0	39.4	19.0	76.0
12-01. Cakes, pies, pastries, etc.	0.8	23.0	26.3	20.0	70.0
12-02. Dry cakes, biscuits	8.5	38.0	39.9	18.0	76.0
13. Non-alcoholic beverages	34.7	330.0	408.9	166.7	958.3
13-00. Unclassified	0.1	300.0	294.7	145.0	488.3
13-01. Fruit and vegetable juices	15.6	241.7	332.6	150.0	741.7
13-02. Carbonated/soft/iso drinks, diluted syrups	22.3	330.0	403.0	150.7	916.7
15. Condiments and sauces	0.0	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	2.6	94.0	161.1	20.0	500.0
17-00. Unclassified	0.3	94.0	78.5	47.0	94.0
17-01. Soy products	1.8	140.0	200.0	20.0	603.4
17-02. Dietetic products	0.5	27.0	42.4	25.9	248.9
17-02-00. Unclassified	0.5	27.0	42.4	25.9	248.9

Group=Children (7-18 years) - Overweight and Obese (n=308)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	15.5	244.1	287.4	50.0	675.0
05-01. Milk	0.4	283.3	247.7	180.3	283.3
05-02. Milk beverages	3.9	248.9	285.6	171.7	515.0
05-03. Yoghurt	9.3	261.0	316.6	115.2	828.0
05-04. Fromage blanc, petits suisses	1.1	95.0	83.5	50.0	100.0

Group=Children (7-18 years) - Overweight and Obese (n=308)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-05. Cheese (including fresh cheese)	0.2	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	1.2	180.3	179.1	96.1	240.3
06. Cereals and cereal products	9.5	50.0	58.3	12.6	120.0
06-03. Bread, crisp bread, rusks	4.1	60.0	78.4	30.0	180.0
06-03-01. Bread	3.4	60.0	87.5	30.0	210.0
06-03-02. Crispbread, rusks	0.6	40.0	30.3	10.0	40.0
06-04. Breakfast cereals	5.4	40.0	43.3	12.6	80.0
10. Fat	18.9	12.0	16.8	3.0	39.0
10-03. Margarines	18.9	12.0	16.8	3.0	39.0
11. Sugar and confectionery	18.5	25.0	41.8	8.8	125.0
11-01. Sugar, honey ,jam	0.8	20.6	17.6	3.4	35.0
11-02. Chocolate, candy bars, etc	3.3	40.0	38.6	10.0	100.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	14.6	25.0	41.9	8.8	137.5
11-05. Ice cream, water ice	0.5	55.0	53.0	50.0	55.0
12. Cakes	10.6	38.0	39.2	19.0	88.0
12-01. Cakes, pies, pastries, etc.	1.2	20.0	21.4	20.0	23.0
12-02. Dry cakes, biscuits	9.4	41.0	41.5	19.0	88.0
13. Non-alcoholic beverages	37.6	330.0	407.2	166.7	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	17.4	250.0	321.5	153.3	666.8
13-02. Carbonated/soft/iso drinks, diluted syrups	23.4	300.0	416.3	166.7	1000.0
15. Condiments and sauces	0.1	33.5	33.5	33.5	33.5
15-01. Sauces	0.1	33.5	33.5	33.5	33.5
15-02. Yeast	0.0
17. Miscellaneous	1.3	100.0	270.7	18.0	772.5
17-00. Unclassified	0.0
17-01. Soy products	0.6	100.0	190.8	93.3	405.0
17-02. Dietetic products	0.7	55.0	341.2	18.0	772.5
17-02-00. Unclassified	0.7	55.0	341.2	18.0	772.5

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	11.2	258.0	282.5	65.0	540.0
05-01. Milk	0.1	148.7	171.2	148.7	226.6
05-02. Milk beverages	2.3	257.5	283.2	164.8	497.8
05-03. Yoghurt	7.9	261.0	292.4	65.0	594.0
05-04. Fromage blanc, petits suisses	0.2	140.0	155.0	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.9	170.0	180.3	96.1	283.3
06. Cereals and cereal products	5.7	40.0	61.8	14.0	180.0
06-03. Bread, crisp bread, rusks	2.4	61.8	93.1	14.0	200.0
06-03-01. Bread	2.1	90.0	104.2	30.0	200.0
06-03-02. Crispbread, rusks	0.3	28.0	21.4	7.0	30.0
06-04. Breakfast cereals	3.2	40.0	38.1	13.0	80.0
10. Fat	29.0	18.0	22.3	3.0	54.0
10-03. Margarines	29.0	18.0	22.3	3.0	54.0
11. Sugar and confectionery	7.3	21.5	39.0	6.3	120.8
11-01. Sugar, honey ,jam	0.4	20.0	28.7	10.0	70.0

Group=Adults (19-69 years) - Normal and Underweight (n=1010)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
11-02. Chocolate, candy bars, etc	1.9	30.0	32.8	6.6	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	5.1	21.5	40.9	6.3	120.8
11-05. Ice cream, water ice	0.1	55.0	53.1	50.0	55.0
12. Cakes	3.9	38.0	38.5	18.0	55.0
12-01. Cakes, pies, pastries, etc.	0.4	26.6	35.6	20.0	65.0
12-02. Dry cakes, biscuits	3.5	38.0	38.9	18.0	54.0
13. Non-alcoholic beverages	15.5	275.0	424.9	165.0	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.4	241.7	359.1	150.0	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	8.8	330.0	445.2	166.7	1003.4
15. Condiments and sauces	0.3	10.0	15.7	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.3	10.0	15.7	5.0	30.0
17. Miscellaneous	4.4	133.3	186.1	26.0	600.0
17-00. Unclassified	0.6	94.0	86.0	37.5	151.0
17-01. Soy products	3.0	140.0	169.3	16.0	376.6
17-02. Dietetic products	0.9	200.0	308.7	26.0	772.5
17-02-00. Unclassified	0.9	200.0	308.7	26.0	772.5

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	13.6	257.5	304.7	100.0	594.0
05-01. Milk	0.4	283.3	475.0	250.0	1133.0
05-02. Milk beverages	1.8	283.3	286.0	103.0	566.6
05-03. Yoghurt	10.4	261.0	293.8	65.0	594.0
05-04. Fromage blanc, petits suisses	0.5	250.0	190.1	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0	6.7	6.7	6.7	6.7
05-06. Cream desserts, puddings (milk based)	1.4	231.8	209.4	96.1	330.0
06. Cereals and cereal products	5.0	40.0	51.2	9.8	144.0
06-03. Bread, crisp bread, rusks	1.6	60.0	86.0	10.0	240.0
06-03-01. Bread	1.4	70.0	96.2	30.0	240.0
06-03-02. Crispbread, rusks	0.2	10.0	13.9	7.0	30.0
06-04. Breakfast cereals	3.5	36.0	34.0	6.5	80.0
10. Fat	30.1	18.0	20.4	6.0	48.0
10-03. Margarines	30.1	18.0	20.4	6.0	48.0
11. Sugar and confectionery	4.4	20.0	38.6	6.8	89.0
11-01. Sugar, honey ,jam	0.2	20.0	17.0	6.0	23.3
11-02. Chocolate, candy bars, etc	0.9	20.0	29.8	10.0	80.0
11-03. Confectionery non-chocolate	0.0	22.0	22.0	22.0	22.0
11-04. Syrup	3.3	18.9	41.3	6.8	112.5
11-05. Ice cream, water ice	0.1	50.0	52.1	50.0	55.0
12. Cakes	3.2	38.0	40.5	17.0	100.0
12-01. Cakes, pies, pastries, etc.	0.4	50.0	50.9	20.0	100.0
12-02. Dry cakes, biscuits	2.9	33.0	38.3	12.0	84.0
13. Non-alcoholic beverages	14.4	250.0	403.8	133.3	966.8
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.5	241.7	337.7	133.3	750.0
13-02. Carbonated/soft/iso drinks, diluted syrups	7.4	306.7	444.7	166.7	1208.5

Group=Adults (19-69 years) - Overweight and Obese (n=1095)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
15. Condiments and sauces	0.1	5.0	12.2	5.0	20.0
15-01. Sauces	0.0
15-02. Yeast	0.1	5.0	12.2	5.0	20.0
17. Miscellaneous	2.6	94.0	174.3	20.0	541.0
17-00. Unclassified	0.3	94.0	87.2	47.0	94.0
17-01. Soy products	1.4	200.0	230.8	26.3	500.0
17-02. Dietetic products	1.1	38.2	106.7	13.0	600.0
17-02-00. Unclassified	1.1	38.2	106.7	13.0	600.0

Table 2.4.b Consumption of fortified foods (food groups and subgroups) on consumption days of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

Group=Male Children (7-18 years) - Normal and Underweight (n=717)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.1	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.1	90.0	90.0	90.0	90.0
05. Dairy products	10.3	261.0	313.9	65.0	783.0
05-01. Milk	0.2	170.0	183.3	170.0	199.1
05-02. Milk beverages	1.7	206.0	272.8	128.8	515.1
05-03. Yoghurt	6.4	297.0	372.3	126.0	900.0
05-04. Fromage blanc, petits suisses	1.2	100.0	91.6	50.0	150.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.0	192.3	211.4	82.4	480.7
06. Cereals and cereal products	10.8	60.0	70.9	20.0	200.0
06-03. Bread, crisp bread, rusks	4.7	90.0	100.6	30.0	240.0
06-03-01. Bread	4.7	90.0	100.6	30.0	240.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	6.4	40.0	45.5	20.0	80.0
10. Fat	20.4	18.0	23.2	6.0	54.0
10-03. Margarines	20.4	18.0	23.2	6.0	54.0
11. Sugar and confectionery	18.0	20.0	36.6	9.0	105.4
11-01. Sugar, honey ,jam	0.5	7.5	14.2	1.7	41.2
11-02. Chocolate, candy bars, etc	3.4	20.0	30.5	9.9	90.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	14.8	18.8	36.1	9.0	108.0
11-05. Ice cream, water ice	0.2	50.0	68.8	50.0	130.0
12. Cakes	9.2	42.0	41.3	19.0	84.0
12-01. Cakes, pies, pastries, etc.	1.3	23.0	26.9	20.0	70.0
12-02. Dry cakes, biscuits	8.2	42.0	42.1	16.0	84.0
13. Non-alcoholic beverages	35.7	333.3	424.8	166.7	1000.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	16.1	241.7	345.2	153.3	800.0
13-02. Carbonated/soft/iso drinks, diluted syrups	23.0	330.0	417.0	166.7	966.7
15. Condiments and sauces	0.0	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	2.5	160.0	224.4	20.0	603.4
17-00. Unclassified	0.2	47.0	47.0	47.0	47.0
17-01. Soy products	1.9	220.0	286.9	20.0	675.2
17-02. Dietetic products	0.6	27.0	50.9	25.9	248.9
17-02-00. Unclassified	0.6	27.0	50.9	25.9	248.9

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.6	283.3	339.6	80.0	702.8
05-01. Milk	0.5	283.3	283.3	283.3	283.3
05-02. Milk beverages	3.3	206.0	266.9	194.0	453.2
05-03. Yoghurt	8.1	356.4	369.2	25.9	891.0
05-04. Fromage blanc, petits suisses	0.6	100.0	91.6	80.0	100.0

Group=Male Children (7-18 years) - Overweight and Obese (n=139)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.1	154.5	180.2	144.2	240.3
06. Cereals and cereal products	8.8	60.0	77.2	30.0	180.0
06-03. Bread, crisp bread, rusks	4.3	95.0	104.2	30.0	210.0
06-03-01. Bread	4.3	95.0	104.2	30.0	210.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	4.5	52.5	51.5	20.0	80.0
10. Fat	17.8	12.0	19.8	3.0	54.0
10-03. Margarines	17.8	12.0	19.8	3.0	54.0
11. Sugar and confectionery	16.9	27.0	43.3	9.0	125.0
11-01. Sugar, honey ,jam	1.0	20.6	25.8	20.6	35.0
11-02. Chocolate, candy bars, etc	4.2	40.0	41.8	10.0	100.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	12.3	25.0	42.0	9.0	125.0
11-05. Ice cream, water ice	0.3	55.0	55.0	55.0	55.0
12. Cakes	10.1	38.0	40.7	20.0	88.0
12-01. Cakes, pies, pastries, etc.	1.4	20.0	21.4	20.0	23.0
12-02. Dry cakes, biscuits	8.7	40.0	43.7	22.0	88.0
13. Non-alcoholic beverages	40.8	386.7	456.7	187.5	1208.3
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	17.2	250.0	313.4	153.3	600.0
13-02. Carbonated/soft/iso drinks, diluted syrups	26.6	386.7	497.5	200.0	1500.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	0.0
17-00. Unclassified	0.0
17-01. Soy products	0.0
17-02. Dietetic products	0.0
17-02-00. Unclassified	0.0

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.2	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.2	90.0	90.0	90.0	90.0
05. Dairy products	11.3	226.6	283.8	65.0	594.0
05-01. Milk	0.5	248.9	404.5	120.2	1030.0
05-02. Milk beverages	2.1	248.9	316.2	154.5	566.6
05-03. Yoghurt	7.4	261.0	292.8	108.0	594.0
05-04. Fromage blanc, petits suisses	0.8	50.0	103.3	50.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.7	154.5	167.6	96.1	240.3
06. Cereals and cereal products	10.2	60.0	55.0	15.9	120.0
06-03. Bread, crisp bread, rusks	4.1	60.0	71.6	30.0	125.0
06-03-01. Bread	3.9	60.0	73.9	30.0	125.0
06-03-02. Crispbread, rusks	0.2	21.0	22.3	14.0	30.0
06-04. Breakfast cereals	6.2	40.0	43.3	9.7	80.0
10. Fat	22.6	12.0	14.2	3.0	31.2
10-03. Margarines	22.6	12.0	14.2	3.0	31.2
11. Sugar and confectionery	15.6	23.0	34.0	7.5	104.2
11-01. Sugar, honey ,jam	0.1	20.0	13.9	6.9	20.0

Group=Female Children (7-18 years) - Normal and Underweight (n=687)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
11-02. Chocolate, candy bars, etc	3.3	23.0	25.5	10.0	52.8
11-03. Confectionery non-chocolate	0.0	24.0	24.0	24.0	24.0
11-04. Syrup	12.0	18.8	33.8	6.3	120.0
11-05. Ice cream, water ice	0.7	54.0	54.4	50.0	65.0
12. Cakes	9.1	38.0	37.3	18.0	55.0
12-01. Cakes, pies, pastries, etc.	0.2	23.0	22.9	20.0	25.0
12-02. Dry cakes, biscuits	8.8	38.0	37.7	18.0	57.0
13. Non-alcoholic beverages	33.6	330.0	390.5	153.3	945.0
13-00. Unclassified	0.2	300.0	294.7	145.0	488.3
13-01. Fruit and vegetable juices	15.0	241.7	317.9	144.4	700.0
13-02. Carbonated/soft/iso drinks, diluted syrups	21.4	300.0	386.5	150.0	875.0
15. Condiments and sauces	0.0	5.0	5.0	5.0	5.0
15-01. Sauces	0.0
15-02. Yeast	0.0	5.0	5.0	5.0	5.0
17. Miscellaneous	2.6	79.8	92.4	20.0	400.0
17-00. Unclassified	0.4	94.0	94.0	94.0	94.0
17-01. Soy products	1.8	60.0	103.6	20.0	400.0
17-02. Dietetic products	0.3	26.0	24.5	1.0	30.4
17-02-00. Unclassified	0.3	26.0	24.5	1.0	30.4

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.3	90.0	90.0	90.0	90.0
04-03. Mixed fruits	0.3	90.0	90.0	90.0	90.0
05. Dairy products	17.9	216.0	255.8	50.0	594.0
05-01. Milk	0.2	180.3	180.3	180.3	180.3
05-02. Milk beverages	4.4	283.3	297.7	171.7	515.0
05-03. Yoghurt	10.2	237.6	280.8	115.2	828.0
05-04. Fromage blanc, petits suisses	1.5	95.0	80.8	50.0	100.0
05-05. Cheese (including fresh cheese)	0.4	10.0	14.9	10.0	20.0
05-06. Cream desserts, puddings (milk based)	1.3	192.3	178.4	96.1	206.0
06. Cereals and cereal products	10.1	40.0	44.3	12.6	120.0
06-03. Bread, crisp bread, rusks	3.9	40.0	54.2	10.0	120.0
06-03-01. Bread	2.7	60.0	64.8	30.0	120.0
06-03-02. Crispbread, rusks	1.2	40.0	30.3	10.0	40.0
06-04. Breakfast cereals	6.2	40.0	38.1	12.6	60.0
10. Fat	19.8	12.0	14.5	3.0	36.0
10-03. Margarines	19.8	12.0	14.5	3.0	36.0
11. Sugar and confectionery	19.8	25.0	40.7	6.3	137.5
11-01. Sugar, honey ,jam	0.5	5.2	4.5	3.4	5.2
11-02. Chocolate, candy bars, etc	2.6	40.0	34.0	13.2	52.6
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	16.5	25.0	41.8	8.8	137.5
11-05. Ice cream, water ice	0.6	50.0	52.1	50.0	55.0
12. Cakes	11.1	38.0	37.9	19.0	51.0
12-01. Cakes, pies, pastries, etc.	1.1	20.0	21.3	20.0	23.0
12-02. Dry cakes, biscuits	10.0	41.0	39.8	19.0	88.0
13. Non-alcoholic beverages	34.9	330.0	357.7	166.7	725.1
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	17.6	241.7	328.4	166.7	666.8
13-02. Carbonated/soft/iso drinks, diluted syrups	20.6	266.6	326.3	166.7	600.0

Group=Female Children (7-18 years) - Overweight and Obese (n=169)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
15. Condiments and sauces	0.2	33.5	33.5	33.5	33.5
15-01. Sauces	0.2	33.5	33.5	33.5	33.5
15-02. Yeast	0.0
17. Miscellaneous	2.4	100.0	270.7	18.0	772.5
17-00. Unclassified	0.0
17-01. Soy products	1.1	100.0	190.8	93.3	405.0
17-02. Dietetic products	1.3	55.0	341.2	18.0	772.5
17-02-00. Unclassified	1.3	55.0	341.2	18.0	772.5

Group=Male Adults (19-69 years) - Normal and Underweight (n=491)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	9.1	270.0	306.9	65.0	574.2
05-01. Milk	0.0
05-02. Milk beverages	2.0	257.5	257.1	171.7	400.0
05-03. Yoghurt	6.7	297.0	324.8	65.0	594.0
05-04. Fromage blanc, petits suisses	0.1	50.0	50.0	50.0	50.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	0.5	240.3	206.1	137.3	258.0
06. Cereals and cereal products	4.1	60.0	68.4	18.0	180.0
06-03. Bread, crisp bread, rusks	1.5	60.0	107.0	60.0	300.0
06-03-01. Bread	1.5	60.0	107.0	60.0	300.0
06-03-02. Crispbread, rusks	0.0
06-04. Breakfast cereals	2.6	40.0	46.0	14.8	80.0
10. Fat	28.3	24.0	27.1	6.0	60.0
10-03. Margarines	28.3	24.0	27.1	6.0	60.0
11. Sugar and confectionery	7.4	26.3	36.9	5.0	95.0
11-01. Sugar, honey ,jam	0.0
11-02. Chocolate, candy bars, etc	2.8	35.0	36.6	6.6	80.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	4.8	22.0	34.7	4.5	120.8
11-05. Ice cream, water ice	0.1	55.0	55.0	55.0	55.0
12. Cakes	2.8	38.0	37.7	21.0	55.0
12-01. Cakes, pies, pastries, etc.	0.3	40.0	40.0	23.0	55.0
12-02. Dry cakes, biscuits	2.6	38.0	37.4	21.0	45.0
13. Non-alcoholic beverages	14.4	306.7	478.9	166.7	1250.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	6.4	250.0	445.1	150.7	990.0
13-02. Carbonated/soft/iso drinks, diluted syrups	8.5	330.0	476.8	193.3	1325.1
15. Condiments and sauces	0.6	10.0	16.5	5.0	30.0
15-01. Sauces	0.0
15-02. Yeast	0.6	10.0	16.5	5.0	30.0
17. Miscellaneous	2.7	94.0	190.8	30.0	772.5
17-00. Unclassified	0.7	94.0	83.2	37.5	141.0
17-01. Soy products	1.3	100.0	156.2	39.9	880.0
17-02. Dietetic products	0.6	400.0	393.4	10.0	824.0
17-02-00. Unclassified	0.6	400.0	393.4	10.0	824.0

Group=Male Adults (19-69 years) - Overweight and Obese (n=564)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	12.7	270.0	328.4	103.0	598.5
05-01. Milk	0.6	566.6	539.9	257.5	1133.0
05-02. Milk beverages	2.0	283.3	307.8	137.3	566.6
05-03. Yoghurt	9.1	270.0	314.5	65.0	594.0
05-04. Fromage blanc, petits suisses	0.3	250.0	234.4	186.7	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.5	240.3	221.6	103.0	330.0
06. Cereals and cereal products	3.8	50.0	68.7	20.0	240.0
06-03. Bread, crisp bread, rusks	1.5	90.0	108.2	10.0	300.0
06-03-01. Bread	1.3	120.0	119.3	30.0	300.0
06-03-02. Crispbread, rusks	0.2	10.0	18.1	10.0	30.0
06-04. Breakfast cereals	2.4	40.0	42.0	20.0	80.0
10. Fat	32.1	21.0	23.9	6.0	54.0
10-03. Margarines	32.1	21.0	23.9	6.0	54.0
11. Sugar and confectionery	4.7	20.0	41.0	9.0	89.0
11-01. Sugar, honey ,jam	0.1	23.3	23.3	23.3	23.3
11-02. Chocolate, candy bars, etc	1.1	20.0	32.5	20.0	80.0
11-03. Confectionery non-chocolate	0.1	22.0	22.0	22.0	22.0
11-04. Syrup	3.4	18.8	43.2	7.5	120.8
11-05. Ice cream, water ice	0.1	55.0	55.0	55.0	55.0
12. Cakes	3.0	38.0	39.4	12.0	100.0
12-01. Cakes, pies, pastries, etc.	0.3	50.0	67.8	50.0	100.0
12-02. Dry cakes, biscuits	2.8	33.0	34.3	12.0	84.0
13. Non-alcoholic beverages	14.1	290.0	450.5	145.0	1320.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	7.0	241.7	339.3	145.0	825.0
13-02. Carbonated/soft/iso drinks, diluted syrups	7.5	386.6	526.1	166.7	1320.0
15. Condiments and sauces	0.0
15-01. Sauces	0.0
15-02. Yeast	0.0
17. Miscellaneous	1.3	90.0	135.7	23.0	500.0
17-00. Unclassified	0.3	87.5	81.7	47.0	94.0
17-01. Soy products	0.7	100.0	202.0	59.4	500.0
17-02. Dietetic products	0.4	38.0	33.0	23.0	38.2
17-02-00. Unclassified	0.4	38.0	33.0	23.0	38.2

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	13.0	248.9	267.3	65.0	527.5
05-01. Milk	0.2	148.7	171.2	148.7	226.6
05-02. Milk beverages	2.6	283.3	301.0	164.8	566.5
05-03. Yoghurt	8.9	237.6	270.9	65.0	522.0
05-04. Fromage blanc, petits suisses	0.3	186.7	179.2	100.0	250.0
05-05. Cheese (including fresh cheese)	0.0
05-06. Cream desserts, puddings (milk based)	1.2	150.0	170.4	96.1	283.3
06. Cereals and cereal products	7.0	40.0	58.4	12.2	175.0
06-03. Bread, crisp bread, rusks	3.3	75.0	87.4	14.0	180.0

Group=Female Adults (19-69 years) - Normal and Underweight (n=519)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
06-03-01. Bread	2.6	90.0	102.8	30.0	200.0
06-03-02. Crispbread, rusks	0.6	28.0	21.4	7.0	30.0
06-04. Breakfast cereals	3.8	40.0	33.2	10.0	78.0
10. Fat	29.7	15.2	18.3	3.0	39.0
10-03. Margarines	29.7	15.2	18.3	3.0	39.0
11. Sugar and confectionery	7.3	20.0	40.9	6.6	131.4
11-01. Sugar, honey ,jam	0.7	20.0	28.7	10.0	70.0
11-02. Chocolate, candy bars, etc	1.0	20.0	23.8	10.0	40.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	5.4	18.0	45.7	6.3	131.4
11-05. Ice cream, water ice	0.1	50.0	50.0	50.0	50.0
12. Cakes	4.9	38.0	39.0	18.0	65.0
12-01. Cakes, pies, pastries, etc.	0.5	26.6	33.4	20.0	65.0
12-02. Dry cakes, biscuits	4.4	38.0	39.6	18.0	72.0
13. Non-alcoholic beverages	16.5	250.0	383.4	153.3	875.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.4	241.7	301.0	145.0	725.1
13-02. Carbonated/soft/iso drinks, diluted syrups	9.1	330.0	419.3	166.7	1000.0
15. Condiments and sauces	0.1	10.0	10.0	10.0	10.0
15-01. Sauces	0.0
15-02. Yeast	0.1	10.0	10.0	10.0	10.0
17. Miscellaneous	5.9	150.0	184.2	16.0	550.0
17-00. Unclassified	0.6	94.0	89.3	45.6	151.0
17-01. Soy products	4.4	150.0	172.9	16.0	376.6
17-02. Dietetic products	1.1	200.0	265.9	26.0	600.0
17-02-00. Unclassified	1.1	200.0	265.9	26.0	600.0

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
04. Fruits, nuts and olives	0.0
04-03. Mixed fruits	0.0
05. Dairy products	14.6	240.3	281.6	65.0	594.0
05-01. Milk	0.2	283.3	268.5	250.0	283.3
05-02. Milk beverages	1.7	257.5	257.5	103.0	388.0
05-03. Yoghurt	11.9	225.0	275.9	65.0	594.0
05-04. Fromage blanc, petits suisses	0.6	140.0	165.6	50.0	250.0
05-05. Cheese (including fresh cheese)	0.1	6.7	6.7	6.7	6.7
05-06. Cream desserts, puddings (milk based)	1.3	206.0	192.9	25.8	257.5
06. Cereals and cereal products	6.4	36.0	39.5	6.5	90.0
06-03. Bread, crisp bread, rusks	1.7	60.0	64.6	7.0	120.0
06-03-01. Bread	1.5	70.0	73.2	30.0	120.0
06-03-02. Crispbread, rusks	0.2	14.0	10.7	7.0	15.0
06-04. Breakfast cereals	4.7	24.0	29.4	6.5	60.0
10. Fat	27.9	12.0	15.9	4.5	30.0
10-03. Margarines	27.9	12.0	15.9	4.5	30.0
11. Sugar and confectionery	4.2	21.3	35.4	6.0	100.0
11-01. Sugar, honey ,jam	0.2	20.0	14.0	6.0	20.0
11-02. Chocolate, candy bars, etc	0.7	20.0	25.0	10.0	65.0
11-03. Confectionery non-chocolate	0.0
11-04. Syrup	3.1	25.0	38.8	6.3	112.5
11-05. Ice cream, water ice	0.1	50.0	50.0	50.0	50.0

Group=Female Adults (19-69 years)- Overweight and Obese (n=531)

Food groups based on EPIC-Soft classification	On consumption days				
	% consumption days	median g/day	mean g/day	P5 g/day	P95 g/day
12. Cakes	3.4	38.0	41.6	19.0	84.0
12-01. Cakes, pies, pastries, etc.	0.4	40.0	36.0	20.0	50.0
12-02. Dry cakes, biscuits	3.0	38.0	42.5	19.0	84.0
13. Non-alcoholic beverages	14.8	250.0	353.9	133.3	750.0
13-00. Unclassified	0.0
13-01. Fruit and vegetable juices	8.1	241.7	336.2	100.0	750.0
13-02. Carbonated/soft/iso drinks, diluted syrups	7.2	250.0	348.9	144.4	725.0
15. Condiments and sauces	0.1	5.0	12.2	5.0	20.0
15-01. Sauces	0.0
15-02. Yeast	0.1	5.0	12.2	5.0	20.0
17. Miscellaneous	4.2	94.0	187.4	16.0	600.0
17-00. Unclassified	0.3	94.0	94.0	94.0	94.0
17-01. Soy products	2.2	245.0	240.7	26.3	483.3
17-02. Dietetic products	1.9	40.0	123.2	13.0	600.0
17-02-00. Unclassified	1.9	40.0	123.2	13.0	600.0