

Dutch National Food Consumption Survey Older adults 2010-2012|Part 8-A Sources (foodgroups) of micronutrients, Version 1, based on dataset FCS_2012_elderly_20130716

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Remarks:

- Please note that some figures are calculated from a small sample size

Table 1.1 Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Total Population (n=739)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag sium	Phos dium	Pho rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	7.2	5.4	0.0	6.4	1.5	6.2	0.5	3.3	10.8	1.2	3.2	0.0	0.3	0.0	5.4	5.2	1.3	10.0	0.0	10.4	0.0	1.1
02 Vegetables	5.5	7.4	8.6	0.0	10.2	2.0	6.8	2.3	4.4	11.0	3.0	4.6	0.1	59.1	15.7	17.7	6.6	5.4	6.3	0.0	19.8	0.1	6.9
03 Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.4	0.3	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.5	11.1	5.0	0.0	5.8	1.7	8.1	1.0	3.9	10.3	3.9	3.7	0.0	7.2	2.0	6.9	5.1	2.7	7.0	0.0	26.8	0.0	7.0
05 Dairy products	61.5	5.0	3.0	0.0	3.5	17.5	15.6	19.1	35.2	16.5	14.7	24.4	26.8	8.6	20.4	9.3	9.3	40.7	9.0	35.0	3.1	4.0	4.5
06 Cereals and cereal products	6.0	26.7	24.2	0.1	28.7	50.2	22.8	29.3	17.2	9.9	14.3	16.6	0.4	0.2	0.3	15.3	16.4	7.5	7.5	0.3	0.1	0.4	5.7
07 Meat and meat products	1.3	9.4	16.2	85.8	7.1	2.8	8.4	15.1	16.5	12.6	27.4	28.6	14.1	1.8	12.0	2.8	23.4	12.7	20.4	29.0	6.8	12.5	5.5
08 Fish and shellfish	0.8	1.5	1.6	7.4	1.3	5.3	1.9	3.6	4.1	2.2	11.0	1.3	0.6	0.0	0.5	0.8	2.0	1.8	2.6	11.6	0.1	11.1	1.8
09 Eggs and egg products	0.9	0.8	2.8	0.0	3.3	2.7	0.6	0.8	2.2	0.5	4.8	2.0	4.0	0.0	3.1	2.1	0.7	2.7	0.7	3.9	0.0	4.5	3.6
10 Fat	0.5	0.1	0.2	0.0	0.3	1.4	0.2	1.2	0.4	0.3	0.1	0.0	34.5	2.6	25.6	16.6	1.1	1.0	11.7	5.3	0.0	37.4	31.0
11 Sugar and confectionery	1.7	5.8	6.6	0.0	7.8	0.9	2.9	0.6	1.5	2.4	0.6	1.4	1.1	1.5	0.9	0.5	1.0	1.8	1.0	0.8	1.4	0.7	1.9
12 Cakes	1.6	4.0	4.5	0.0	5.4	2.9	2.9	5.1	3.8	2.4	3.5	2.7	6.7	2.7	5.2	1.7	2.4	2.2	1.1	1.0	0.3	6.5	6.6
13 Non-alcoholic beverages	8.7	9.0	8.8	0.0	10.5	4.2	12.9	1.6	2.1	14.3	3.2	1.5	0.3	2.7	0.8	7.4	6.8	5.9	6.9	0.8	16.2	0.1	2.0
14 Alcoholic beverages	0.8	1.6	3.5	0.0	4.1	2.2	2.7	0.3	1.2	2.1	0.3	0.5	0.1	0.0	0.1	1.2	0.0	1.4	1.9	0.4	0.0	0.1	0.1
15 Condiments and sauces	0.5	0.7	1.0	0.4	1.2	0.3	0.6	6.0	0.6	0.7	1.3	0.6	4.6	2.0	3.8	0.5	2.5	0.6	0.5	1.5	0.7	6.6	10.1
16 Soups, bouillon	0.8	2.3	2.5	3.8	2.4	0.3	3.2	11.3	2.0	2.8	1.9	1.6	0.3	8.7	2.0	1.6	5.1	1.2	2.0	2.3	2.8	2.0	1.7
17 Miscellaneous	1.1	0.9	1.4	2.5	1.3	0.6	1.0	1.7	1.0	0.6	1.3	1.5	0.6	0.3	0.5	0.8	1.1	1.0	0.5	1.4	0.4	1.6	0.9
20 Dietary supplements	4.7	5.9	4.2	0.0	0.0	3.5	2.6	0.0	0.3	0.1	7.2	5.6	5.8	2.2	7.1	9.3	10.8	10.0	10.6	6.9	10.9	12.4	9.5

Table 1.2 Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.2	8.2	5.8	0.0	6.9	1.6	6.8	0.5	3.7	11.9	1.4	3.5	0.0	0.3	0.0	6.2	5.6	1.6	11.0	0.0	13.5	0.0	1.2
02 Vegetables	6.0	7.1	8.1	0.0	9.5	1.8	6.4	2.7	3.9	10.1	2.4	4.4	0.1	60.4	15.2	16.2	6.1	5.2	5.7	0.0	17.3	0.0	5.8
03 Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.4	9.3	4.2	0.0	4.8	1.5	7.3	0.8	3.7	8.9	3.6	3.3	0.0	6.7	1.7	6.0	4.7	2.5	6.1	0.0	23.1	0.0	6.4
05 Dairy products	62.9	4.6	2.8	0.0	3.3	16.7	15.1	17.7	34.2	16.5	13.5	23.8	24.3	8.5	19.1	9.0	9.5	41.3	9.3	35.0	3.8	3.9	3.8
06 Cereals and cereal products	6.7	28.4	24.8	0.1	28.8	52.2	24.4	29.0	18.2	10.4	15.7	18.2	0.3	0.3	0.2	16.7	17.3	8.1	8.4	0.2	0.1	0.3	6.1
07 Meat and meat products	1.5	10.0	16.0	85.6	7.8	3.2	7.9	17.5	16.2	11.9	29.2	28.2	17.0	1.5	14.8	3.4	25.0	13.4	20.0	30.1	9.3	12.1	5.4
08 Fish and shellfish	0.8	1.7	1.5	6.5	1.3	4.3	1.8	3.4	3.9	2.1	10.0	1.4	0.7	0.0	0.5	0.7	2.0	1.8	2.6	12.1	0.1	11.9	2.0
09 Eggs and egg products	1.0	0.8	2.8	0.0	3.3	2.8	0.6	0.8	2.2	0.6	4.8	2.0	3.7	0.0	2.9	2.2	0.7	2.7	0.8	3.8	0.0	4.2	3.5
10 Fat	0.5	0.0	0.2	0.0	0.3	1.0	0.2	1.1	0.4	0.3	0.1	0.0	35.0	1.4	26.4	18.8	1.1	1.1	13.8	5.9	0.0	41.7	35.2
11 Sugar and confectionery	2.0	6.5	7.3	0.0	8.3	1.1	3.2	0.7	1.8	2.8	0.8	1.7	1.1	1.6	1.0	0.6	1.2	2.2	1.1	1.0	1.5	0.7	2.1
12 Cakes	1.6	3.6	4.1	0.0	4.8	2.5	2.7	4.6	3.5	2.2	3.3	2.4	5.9	3.1	4.9	1.5	2.1	2.0	1.0	0.9	0.3	5.2	6.0
13 Non-alcoholic beverages	7.3	7.6	8.7	0.0	10.3	3.4	12.5	1.3	2.0	14.7	2.5	1.4	0.2	3.4	0.9	6.4	7.7	5.6	5.7	0.8	19.6	0.0	2.1
14 Alcoholic beverages	1.2	2.0	4.3	0.0	5.0	3.2	4.4	0.4	2.2	3.3	0.5	0.6	0.0	0.0	0.0	2.4	0.0	2.4	3.6	0.6	0.0	0.0	0.1
15 Condiments and sauces	0.6	1.0	1.2	0.6	1.4	0.4	0.8	6.4	0.7	0.8	1.6	0.8	5.2	2.6	4.4	0.6	3.0	0.7	0.7	1.8	1.0	8.2	10.3
16 Soups, bouillon	0.9	2.2	2.3	4.4	2.1	0.4	2.6	10.5	1.7	2.4	2.1	1.7	0.5	8.7	2.0	1.6	4.1	1.5	2.0	2.1	3.1	2.5	1.5
17 Miscellaneous	1.0	1.1	1.7	2.8	1.6	0.8	1.0	2.3	1.2	0.7	1.7	1.9	0.6	0.7	0.6	0.8	1.8	1.0	0.8	1.5	0.7	1.6	1.3
20 Dietary supplements	2.3	5.1	3.5	0.0	0.0	3.1	1.9	0.0	0.3	0.1	6.3	4.4	5.3	0.8	5.3	6.5	7.8	6.7	7.3	4.0	6.7	7.6	7.3

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	6.6	5.0	0.0	6.1	1.4	5.8	0.5	3.0	10.1	1.0	3.0	0.0	0.3	0.0	4.8	4.9	1.2	9.3	0.0	8.3	0.0	1.0
02 Vegetables	5.2	7.6	8.9	0.0	10.7	2.0	7.1	2.1	4.8	11.7	3.4	4.7	0.1	58.3	16.1	18.8	7.0	5.5	6.7	0.0	21.5	0.2	7.6
03 Legumes	0.2	0.8	0.6	0.0	0.7	0.0	0.4	0.3	0.4	0.4	0.3	0.3	0.0	0.0	0.0	0.3	0.4	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.6	12.2	5.5	0.0	6.5	1.8	8.7	1.1	4.1	11.2	4.1	3.9	0.0	7.5	2.2	7.4	5.3	2.8	7.6	0.0	29.3	0.0	7.3
05 Dairy products	60.6	5.3	3.1	0.0	3.7	18.0	16.0	19.9	35.8	16.5	15.5	24.7	28.4	8.7	21.3	9.6	9.2	40.3	8.8	34.9	2.7	4.1	5.0
06 Cereals and cereal products	5.5	25.7	23.8	0.1	28.6	48.9	21.7	29.5	16.5	9.5	13.4	15.6	0.4	0.2	0.3	14.4	15.8	7.2	7.0	0.3	0.1	0.5	5.5
07 Meat and meat products	1.1	9.0	16.4	85.9	6.7	2.5	8.8	13.5	16.6	13.1	26.3	28.9	12.2	2.1	10.1	2.4	22.4	12.3	20.6	28.3	5.3	12.7	5.6
08 Fish and shellfish	0.8	1.4	1.6	8.0	1.3	6.0	1.9	3.7	4.3	2.3	11.6	1.3	0.6	0.0	0.4	0.8	2.0	1.7	2.6	11.3	0.1	10.5	1.7
09 Eggs and egg products	0.8	0.8	2.8	0.0	3.2	2.7	0.6	0.9	2.1	0.5	4.8	2.0	4.2	0.0	3.1	2.0	0.7	2.6	0.7	3.9	0.0	4.6	3.6
10 Fat	0.4	0.1	0.2	0.0	0.3	1.7	0.1	1.3	0.4	0.3	0.2	0.0	34.3	3.4	25.1	15.1	1.1	0.9	10.4	4.9	0.0	34.6	28.3

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Pho rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11 Sugar and confectionery	1.5	5.3	6.2	0.0	7.5	0.7	2.7	0.6	1.3	2.2	0.5	1.1	1.0	1.4	0.9	0.5	0.9	1.6	1.0	0.6	1.4	0.7	1.8
12 Cakes	1.6	4.2	4.8	0.0	5.7	3.2	3.1	5.5	4.0	2.5	3.6	2.8	7.2	2.5	5.4	1.8	2.7	2.3	1.2	1.0	0.3	7.4	7.0
13 Non-alcoholic beverages	9.7	9.9	8.8	0.0	10.7	4.7	13.2	1.8	2.1	14.0	3.6	1.6	0.3	2.2	0.7	8.1	6.2	6.1	7.7	0.7	14.1	0.1	1.9
14 Alcoholic beverages	0.6	1.3	3.0	0.0	3.5	1.6	1.6	0.2	0.6	1.4	0.2	0.3	0.1	0.0	0.1	0.4	0.0	0.7	0.8	0.2	0.0	0.1	0.1
15 Condiments and sauces	0.5	0.5	0.9	0.3	1.2	0.3	0.5	5.8	0.5	0.6	1.0	0.5	4.2	1.6	3.4	0.4	2.2	0.5	0.4	1.3	0.5	5.5	10.0
16 Soups, bouillon	0.8	2.4	2.6	3.4	2.6	0.3	3.6	11.9	2.1	3.1	1.7	1.5	0.2	8.6	2.0	1.6	5.7	1.1	1.9	2.3	2.6	1.7	1.9
17 Miscellaneous	1.2	0.8	1.2	2.3	1.2	0.4	1.0	1.3	0.9	0.5	1.0	1.2	0.6	0.1	0.5	0.7	0.7	1.0	0.4	1.3	0.2	1.6	0.7
20 Dietary supplements	6.2	6.4	4.7	0.0	0.0	3.8	3.1	0.0	0.4	0.1	7.8	6.4	6.2	3.2	8.3	11.1	12.8	12.2	12.8	8.8	13.7	15.6	10.9

Table 1.3.a Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	7.1	5.1	0.0	6.1	1.4	5.9	0.6	3.1	10.2	1.1	3.1	0.0	0.3	0.0	5.3	4.8	1.2	9.6	0.0	10.4	0.0	1.0
02 Vegetables	5.6	7.8	8.4	0.0	9.8	2.1	6.5	2.6	4.4	11.1	2.5	4.6	0.1	61.7	17.0	17.6	6.5	5.3	6.6	0.0	18.4	0.2	6.9
03 Legumes	0.1	0.7	0.5	0.0	0.6	0.0	0.3	0.3	0.3	0.3	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.5	11.1	4.9	0.0	5.8	1.7	7.8	1.1	3.8	10.0	3.6	3.7	0.0	7.4	2.0	6.6	5.0	2.6	6.7	0.0	26.6	0.0	7.2
05 Dairy products	61.1	5.0	2.7	0.0	3.2	18.1	15.8	18.7	35.2	17.0	14.6	25.2	26.2	7.3	19.5	10.1	9.9	42.3	10.0	35.6	3.3	4.1	4.4
06 Cereals and cereal products	5.9	27.5	24.6	0.1	28.7	49.2	23.5	28.9	17.3	9.8	14.5	17.4	0.4	0.3	0.3	16.1	16.4	7.5	8.0	0.4	0.1	0.5	6.0
07 Meat and meat products	1.3	9.3	15.0	85.2	6.8	2.8	8.0	15.8	15.9	11.8	27.8	27.4	15.3	1.6	13.0	2.9	24.0	11.8	20.6	27.7	7.1	12.7	5.6
08 Fish and shellfish	0.9	1.8	1.7	7.5	1.4	5.7	2.1	4.1	4.6	2.4	12.2	1.6	0.8	0.0	0.6	0.8	2.3	2.0	3.0	13.3	0.1	12.8	2.0
09 Eggs and egg products	1.0	0.8	3.1	0.0	3.6	2.9	0.7	0.9	2.4	0.6	5.2	2.1	4.6	0.0	3.4	2.4	0.8	2.9	0.8	4.2	0.0	4.9	4.0
10 Fat	0.5	0.0	0.2	0.0	0.3	1.0	0.1	1.3	0.4	0.3	0.1	0.0	35.0	1.5	25.6	17.0	1.2	1.0	12.3	5.3	0.0	38.2	33.2
11 Sugar and confectionery	1.8	5.6	6.5	0.0	7.5	1.0	2.8	0.6	1.5	2.3	0.7	1.4	1.0	1.5	0.9	0.5	1.1	1.9	0.9	0.8	1.3	0.7	1.9
12 Cakes	1.5	3.6	4.2	0.0	4.9	2.8	2.6	4.6	3.5	2.1	3.3	2.5	5.9	2.6	4.6	1.6	2.2	2.1	1.0	1.0	0.3	4.8	5.9
13 Non-alcoholic beverages	8.3	8.4	9.4	0.0	11.1	4.0	13.4	1.6	2.0	15.2	3.3	1.6	0.4	2.6	0.8	6.6	7.2	5.8	5.7	0.8	17.3	0.1	1.9
14 Alcoholic beverages	1.0	1.9	4.3	0.0	5.0	2.8	3.5	0.4	1.6	2.7	0.4	0.6	0.1	0.0	0.1	1.6	0.0	1.8	2.5	0.5	0.0	0.1	0.1
15 Condiments and sauces	0.5	0.7	1.0	0.4	1.2	0.3	0.6	5.4	0.6	0.7	1.1	0.6	4.2	2.0	3.5	0.5	2.3	0.6	0.6	1.4	0.8	6.4	8.4
16 Soups, bouillon	0.9	2.3	2.6	4.0	2.5	0.4	2.5	11.5	2.0	2.8	1.9	1.7	0.4	9.7	2.4	1.8	5.3	1.3	2.1	2.4	3.2	1.6	1.9
17 Miscellaneous	1.3	1.2	1.6	2.8	1.6	0.6	1.2	1.8	1.2	0.7	1.5	1.8	0.8	0.5	0.7	1.0	1.4	1.2	0.7	1.6	0.6	1.8	1.1
20 Dietary supplements	4.9	5.1	4.1	0.0	0.0	3.3	2.7	0.0	0.3	0.1	5.9	4.5	4.8	1.1	5.4	7.3	9.3	8.5	8.8	5.1	10.6	11.2	8.2

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.6	5.8	0.0	7.0	1.6	6.8	0.5	3.6	11.9	1.3	3.3	0.0	0.3	0.0	5.4	6.0	1.5	10.8	0.0	10.3	0.0	1.2
02 Vegetables	5.5	6.7	9.1	0.0	10.9	1.6	7.3	1.9	4.4	10.9	3.9	4.4	0.0	54.4	13.3	18.0	6.9	5.4	5.8	0.0	22.5	0.0	6.8
03 Legumes	0.2	1.0	0.6	0.0	0.8	0.0	0.5	0.4	0.5	0.4	0.4	0.4	0.0	0.0	0.0	0.2	0.4	0.2	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.5	11.0	5.1	0.0	5.9	1.7	8.8	0.9	4.1	10.9	4.3	3.8	0.0	6.7	2.0	7.3	5.2	2.8	7.5	0.0	27.4	0.0	6.4
05 Dairy products	62.2	5.0	3.5	0.0	4.1	16.5	15.4	19.7	35.1	15.5	14.9	22.9	27.9	11.0	22.0	8.0	8.3	37.8	7.1	33.8	2.9	3.9	4.7
06 Cereals and cereal products	6.1	25.4	23.3	0.0	28.7	52.0	21.5	30.0	17.0	10.1	14.0	15.3	0.3	0.2	0.2	13.8	16.4	7.6	6.6	0.1	0.1	0.3	5.2
07 Meat and meat products	1.2	9.5	18.4	86.9	7.6	2.8	9.2	13.8	17.4	14.1	26.7	31.0	11.9	2.3	10.0	2.6	22.3	14.5	20.0	31.5	6.4	12.1	5.4
08 Fish and shellfish	0.7	0.9	1.3	7.3	1.1	4.7	1.5	2.7	3.3	1.9	8.7	0.9	0.4	0.0	0.3	0.6	1.5	1.4	1.9	8.4	0.1	8.0	1.4
09 Eggs and egg products	0.7	0.6	2.3	0.0	2.6	2.4	0.5	0.7	1.8	0.4	3.9	1.7	2.9	0.0	2.3	1.5	0.6	2.3	0.6	3.3	0.0	3.7	2.7
10 Fat	0.4	0.1	0.2	0.0	0.3	2.1	0.2	1.2	0.4	0.3	0.2	0.1	33.7	4.7	25.6	15.7	0.9	0.9	10.7	5.4	0.0	35.9	26.9

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11 Sugar and confectionery	1.5	6.1	6.9	0.0	8.5	0.7	3.1	0.7	1.5	2.6	0.6	1.3	1.1	1.6	1.0	0.6	0.9	1.8	1.2	0.7	1.7	0.6	2.0
12 Cakes	1.7	4.6	5.2	0.0	6.3	3.1	3.4	6.1	4.4	2.9	4.0	2.9	8.0	2.9	6.3	1.8	2.8	2.3	1.2	1.1	0.3	9.7	7.8
13 Non-alcoholic beverages	9.4	10.1	7.7	0.0	9.4	4.5	12.1	1.6	2.2	12.7	3.0	1.4	0.1	2.8	0.7	9.0	6.0	6.1	9.1	0.8	14.2	0.0	2.0
14 Alcoholic beverages	0.5	0.9	2.0	0.0	2.4	1.1	1.4	0.1	0.6	1.2	0.2	0.3	0.1	0.0	0.1	0.4	0.0	0.6	0.8	0.2	0.0	0.1	0.1
15 Condiments and sauces	0.6	0.6	1.1	0.4	1.4	0.4	0.6	7.1	0.6	0.8	1.5	0.6	5.3	1.9	4.4	0.4	2.8	0.5	0.5	1.7	0.5	7.0	13.3
16 Soups, bouillon	0.7	2.3	2.2	3.3	2.2	0.3	4.6	11.1	1.9	2.9	1.7	1.5	0.2	6.6	1.3	1.2	4.7	1.0	1.7	2.0	2.0	2.7	1.5
17 Miscellaneous	0.7	0.4	1.0	2.0	0.9	0.5	0.8	1.6	0.8	0.4	1.0	0.9	0.2	0.1	0.2	0.5	0.6	0.5	0.2	1.0	0.1	1.2	0.5
20 Dietary supplements	4.4	7.2	4.5	0.0	0.0	3.9	2.5	0.0	0.3	0.2	9.8	7.6	7.7	4.3	10.3	12.9	13.6	12.8	14.0	10.2	11.5	14.8	11.9

Table 1.3.b Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older stratified by age gender groups (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.9	5.6	0.0	6.6	1.6	6.5	0.5	3.4	11.2	1.3	3.4	0.0	0.3	0.0	6.1	5.1	1.4	10.4	0.0	13.4	0.0	1.1
02 Vegetables	5.7	7.2	7.7	0.0	9.0	1.9	6.1	2.8	3.9	10.1	2.5	4.3	0.1	60.1	14.9	16.4	6.3	5.1	6.0	0.0	18.4	0.0	5.9
03 Legumes	0.2	0.9	0.6	0.0	0.7	0.0	0.5	0.3	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.2	8.7	3.8	0.0	4.4	1.4	6.5	0.7	3.2	8.4	3.2	3.0	0.0	6.7	1.6	5.6	4.4	2.3	5.6	0.0	22.2	0.0	6.2
05 Dairy products	62.8	4.6	2.7	0.0	3.1	16.8	14.8	17.4	33.8	16.2	13.4	23.9	24.9	8.1	19.6	9.2	9.2	41.0	9.9	34.5	3.8	4.0	3.6
06 Cereals and cereal products	6.6	28.7	24.8	0.1	28.8	51.9	24.3	28.5	18.0	10.3	15.4	18.2	0.3	0.3	0.3	17.1	17.4	7.9	8.4	0.3	0.2	0.3	5.9
07 Meat and meat products	1.6	10.1	16.0	85.1	7.8	3.1	8.2	18.2	16.7	12.4	30.3	28.7	16.6	1.6	14.7	3.7	26.2	13.6	21.2	29.1	9.8	12.3	6.0
08 Fish and shellfish	0.8	2.0	1.7	6.7	1.5	4.6	2.0	3.6	4.2	2.2	10.9	1.5	0.8	0.1	0.6	0.7	2.0	1.9	2.7	13.3	0.1	13.7	2.3
09 Eggs and egg products	1.1	0.9	3.1	0.0	3.7	3.1	0.7	0.9	2.5	0.7	5.5	2.2	4.3	0.0	3.4	2.6	0.9	3.1	0.9	4.3	0.0	4.9	4.1
10 Fat	0.6	0.0	0.2	0.0	0.3	0.9	0.1	1.2	0.4	0.3	0.1	0.0	35.9	1.3	27.0	18.6	1.0	1.0	13.3	5.6	0.0	41.6	35.4
11 Sugar and confectionery	2.1	6.6	7.0	0.0	7.9	1.3	3.2	0.7	1.8	2.7	0.9	1.8	1.3	1.7	1.1	0.6	1.3	2.4	1.1	1.1	1.6	0.7	2.2
12 Cakes	1.5	3.5	3.8	0.0	4.5	2.4	2.6	4.1	3.3	2.0	3.2	2.3	5.8	3.0	4.9	1.5	2.0	2.1	0.9	1.0	0.3	5.1	5.9
13 Non-alcoholic beverages	7.2	7.7	9.0	0.0	10.7	3.4	12.9	1.3	1.9	15.2	2.6	1.4	0.3	2.9	0.8	5.9	7.4	5.4	4.8	0.6	19.1	0.0	1.7
14 Alcoholic beverages	1.4	2.4	4.9	0.0	5.7	3.6	5.1	0.4	2.5	3.8	0.6	0.7	0.1	0.0	0.0	2.9	0.0	2.9	4.3	0.7	0.0	0.1	0.1
15 Condiments and sauces	0.7	1.2	1.4	0.6	1.5	0.4	0.9	6.3	0.8	0.9	1.8	0.9	4.9	2.8	4.2	0.7	2.8	0.8	0.9	2.2	1.1	8.2	10.7
16 Soups, bouillon	0.9	2.4	2.5	5.0	2.2	0.4	2.6	11.3	1.8	2.5	2.3	1.8	0.6	9.4	2.4	1.8	4.6	1.7	2.1	2.3	3.4	2.3	1.6
17 Miscellaneous	0.9	1.2	1.7	2.4	1.7	0.6	1.1	1.9	1.1	0.7	1.5	1.9	0.6	0.9	0.6	0.9	1.9	1.1	0.9	1.3	0.9	1.3	1.2
20 Dietary supplements	2.5	4.2	3.3	0.0	0.0	2.6	1.9	0.0	0.2	0.1	4.5	3.7	3.5	0.8	3.7	5.4	7.0	6.0	6.2	3.6	5.7	5.6	5.9

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	6.4	4.8	0.0	5.7	1.4	5.5	0.6	2.9	9.5	1.0	3.0	0.0	0.2	0.0	4.8	4.5	1.1	8.9	0.0	8.1	0.0	0.9
02 Vegetables	5.4	8.2	8.9	0.0	10.5	2.3	6.7	2.4	4.9	12.0	2.6	4.9	0.2	62.9	18.7	18.6	6.7	5.6	7.0	0.0	18.5	0.3	7.8
03 Legumes	0.1	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.2	0.3	0.3	0.2	0.0	0.0	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.7	13.0	5.8	0.0	6.9	1.8	8.8	1.4	4.2	11.2	4.0	4.2	0.0	7.9	2.3	7.5	5.4	2.9	7.6	0.0	30.0	0.0	8.0
05 Dairy products	59.8	5.4	2.8	0.0	3.3	19.1	16.6	19.8	36.2	17.7	15.6	26.2	27.2	6.7	19.5	10.8	10.5	43.2	10.0	36.4	2.9	4.2	5.1
06 Cereals and cereal products	5.4	26.5	24.5	0.1	28.7	47.1	22.8	29.3	16.8	9.3	13.7	16.7	0.5	0.2	0.3	15.3	15.6	7.1	7.7	0.5	0.1	0.6	6.1
07 Meat and meat products	1.0	8.7	14.3	85.3	6.1	2.5	7.9	13.9	15.3	11.3	25.9	26.3	14.3	1.5	11.7	2.3	22.3	10.4	20.1	26.5	4.9	13.0	5.4
08 Fish and shellfish	0.9	1.7	1.7	8.1	1.4	6.5	2.2	4.5	4.9	2.5	13.2	1.6	0.7	0.0	0.5	0.9	2.5	2.0	3.3	13.3	0.1	12.0	1.8
09 Eggs and egg products	0.8	0.8	3.0	0.0	3.6	2.8	0.6	0.9	2.3	0.6	5.1	2.1	4.8	0.0	3.5	2.2	0.7	2.7	0.8	4.1	0.0	4.8	3.9
10 Fat	0.4	0.1	0.2	0.0	0.3	1.1	0.1	1.3	0.4	0.3	0.1	0.0	34.3	1.7	24.6	15.8	1.3	1.0	11.4	5.1	0.0	35.6	31.5

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11 Sugar and confectionery	1.6	4.9	6.0	0.0	7.2	0.8	2.4	0.6	1.3	2.0	0.5	1.2	0.8	1.3	0.7	0.4	0.9	1.5	0.8	0.6	1.0	0.7	1.7
12 Cakes	1.5	3.7	4.4	0.0	5.2	3.1	2.7	5.0	3.6	2.2	3.3	2.7	6.0	2.2	4.4	1.6	2.4	2.2	1.1	0.9	0.3	4.6	6.0
13 Non-alcoholic beverages	9.2	8.9	9.6	0.0	11.4	4.5	13.8	1.9	2.1	15.1	3.8	1.8	0.4	2.3	0.9	7.1	7.0	6.0	6.4	0.9	15.9	0.1	2.1
14 Alcoholic beverages	0.7	1.5	3.8	0.0	4.4	2.1	2.2	0.3	0.8	1.7	0.3	0.4	0.1	0.0	0.1	0.5	0.0	1.0	1.1	0.3	0.0	0.1	0.1
15 Condiments and sauces	0.4	0.4	0.8	0.3	0.9	0.2	0.4	4.7	0.4	0.5	0.6	0.4	3.7	1.4	2.9	0.3	1.9	0.4	0.3	0.8	0.5	4.9	6.6
16 Soups, bouillon	0.9	2.3	2.7	3.2	2.8	0.3	2.4	11.5	2.1	3.0	1.7	1.5	0.2	10.0	2.5	1.8	5.8	1.0	2.0	2.4	3.0	1.1	2.1
17 Miscellaneous	1.6	1.2	1.5	3.0	1.5	0.6	1.2	1.7	1.3	0.6	1.5	1.7	0.9	0.1	0.8	1.0	1.0	1.3	0.5	1.8	0.3	2.3	1.1
20 Dietary supplements	6.7	5.8	4.7	0.0	0.0	3.8	3.4	0.0	0.4	0.0	6.9	5.2	5.8	1.4	6.7	8.8	11.2	10.5	10.8	6.3	14.5	15.6	9.9

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.3	9.2	6.6	0.0	7.7	1.8	7.6	0.6	4.4	13.8	1.9	4.0	0.0	0.3	0.0	6.5	6.8	2.0	12.6	0.0	13.7	0.0	1.5
02 Vegetables	6.8	6.6	9.2	0.0	10.8	1.7	6.9	2.4	3.9	10.1	2.0	4.5	0.0	61.1	15.9	15.8	5.5	5.4	4.8	0.0	14.3	0.0	5.5
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.3	0.3	0.4	0.2	0.0	0.0	0.0	0.2	0.2	0.1	0.1	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.8	11.0	5.1	0.0	5.9	1.6	9.4	1.2	4.8	10.4	4.8	4.1	0.0	6.7	1.8	7.1	5.6	2.9	7.4	0.0	25.6	0.0	6.8
05 Dairy products	63.0	4.6	3.2	0.0	3.7	16.7	15.9	18.6	35.1	17.5	13.7	23.7	22.8	9.5	17.7	8.4	10.4	42.1	7.7	36.4	3.8	3.7	4.1
06 Cereals and cereal products	7.0	27.5	24.8	0.0	28.9	52.8	24.8	30.2	18.9	10.7	16.6	18.2	0.1	0.2	0.1	15.7	17.2	8.6	8.1	0.1	0.1	0.2	6.5
07 Meat and meat products	1.3	9.8	15.9	86.8	7.7	3.5	7.0	15.7	15.0	10.6	26.2	26.8	18.1	1.1	15.2	2.6	21.7	12.9	16.7	32.8	7.8	11.7	4.0
08 Fish and shellfish	0.7	0.9	1.1	6.1	0.9	3.5	1.3	3.0	2.9	1.7	7.7	0.9	0.4	0.0	0.3	0.6	2.0	1.5	2.3	8.6	0.1	7.3	1.1
09 Eggs and egg products	0.5	0.5	1.8	0.0	2.2	1.8	0.4	0.6	1.4	0.4	2.9	1.3	2.2	0.0	1.7	1.2	0.4	1.7	0.4	2.5	0.0	2.4	2.0
10 Fat	0.4	0.0	0.2	0.0	0.3	1.2	0.2	1.1	0.5	0.4	0.1	0.0	32.6	1.7	24.9	19.4	1.2	1.3	14.9	6.8	0.0	42.0	34.4
11 Sugar and confectionery	1.8	6.5	8.0	0.0	9.5	0.8	3.3	0.8	1.8	3.0	0.7	1.7	0.6	1.5	0.6	0.6	1.0	1.8	1.1	0.7	1.2	0.6	1.8
12 Cakes	1.8	4.1	4.9	0.0	5.6	2.8	3.1	6.0	3.9	2.7	3.6	2.7	6.2	3.2	4.9	1.5	2.1	1.7	1.2	0.7	0.3	5.5	6.2
13 Non-alcoholic beverages	7.5	7.3	7.9	0.0	9.3	3.4	11.3	1.4	2.1	13.3	2.4	1.4	0.1	4.8	1.0	7.8	8.3	6.3	8.1	1.2	20.7	0.0	3.2
14 Alcoholic beverages	0.6	1.2	2.6	0.0	3.2	1.9	2.5	0.2	1.2	1.9	0.4	0.4	0.0	0.1	0.0	1.1	0.0	1.3	1.8	0.3	0.0	0.0	0.1
15 Condiments and sauces	0.5	0.4	0.9	0.4	1.0	0.5	0.5	6.5	0.5	0.7	1.1	0.5	5.9	2.0	4.9	0.4	3.3	0.4	0.4	1.0	0.6	8.3	9.3
16 Soups, bouillon	0.7	1.7	1.8	2.7	1.7	0.3	2.6	8.2	1.4	2.1	1.8	1.4	0.3	7.0	1.2	1.2	2.9	0.8	1.5	1.5	2.0	3.0	1.3
17 Miscellaneous	1.2	1.0	1.6	4.0	1.3	1.6	0.9	3.3	1.5	0.6	2.5	2.1	0.6	0.1	0.4	0.7	1.4	0.8	0.6	2.3	0.3	2.3	1.3
20 Dietary supplements	1.9	7.3	4.1	0.0	0.0	4.3	2.1	0.0	0.4	0.1	11.2	6.1	10.1	0.7	9.3	9.3	9.9	8.5	10.1	5.1	9.4	13.0	10.7

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	6.9	5.4	0.0	6.7	1.4	6.4	0.4	3.2	11.0	1.0	2.9	0.0	0.3	0.0	4.9	5.6	1.3	10.0	0.0	8.7	0.0	1.0
02 Vegetables	4.9	6.8	9.0	0.0	11.0	1.6	7.5	1.7	4.7	11.2	4.7	4.4	0.0	51.4	12.1	19.0	7.5	5.4	6.2	0.0	26.2	0.0	7.4
03 Legumes	0.2	1.2	0.7	0.0	1.0	0.0	0.6	0.5	0.6	0.5	0.4	0.4	0.0	0.0	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.2
04 Fruits, nuts and olives	2.4	11.0	5.1	0.0	6.0	1.7	8.5	0.7	3.8	11.1	4.1	3.6	0.0	6.8	2.1	7.3	5.0	2.7	7.6	0.0	28.2	0.0	6.3
05 Dairy products	61.8	5.2	3.6	0.0	4.2	16.5	15.2	20.2	35.1	14.6	15.4	22.5	30.2	11.7	24.0	7.8	7.3	35.9	6.9	32.7	2.5	4.0	4.9
06 Cereals and cereal products	5.6	24.4	22.7	0.0	28.6	51.6	20.0	29.9	16.1	9.9	12.9	14.0	0.3	0.2	0.3	13.0	16.1	7.2	6.0	0.1	0.1	0.3	4.6
07 Meat and meat products	1.2	9.4	19.5	86.9	7.6	2.5	10.2	12.9	18.5	15.7	26.9	32.9	9.1	2.9	7.7	2.6	22.6	15.2	21.5	30.9	5.8	12.3	6.0
08 Fish and shellfish	0.6	0.9	1.4	7.9	1.1	5.3	1.5	2.5	3.5	2.0	9.1	0.9	0.4	0.0	0.3	0.6	1.3	1.3	1.6	8.3	0.1	8.3	1.6
09 Eggs and egg products	0.7	0.7	2.5	0.0	2.8	2.6	0.5	0.7	1.9	0.5	4.3	1.8	3.3	0.0	2.6	1.6	0.6	2.5	0.7	3.7	0.0	4.3	3.0
10 Fat	0.4	0.1	0.2	0.0	0.3	2.5	0.2	1.2	0.4	0.3	0.2	0.1	34.2	6.1	25.9	14.0	0.8	0.6	8.8	4.7	0.0	33.1	23.6
11 Sugar and confectionery	1.4	5.9	6.3	0.0	8.0	0.7	3.0	0.6	1.5	2.4	0.6	1.1	1.4	1.6	1.2	0.6	0.8	1.7	1.2	0.7	2.0	0.6	2.0
12 Cakes	1.7	4.8	5.3	0.0	6.6	3.2	3.6	6.2	4.6	3.0	4.1	3.0	8.9	2.8	6.9	2.0	3.1	2.6	1.2	1.2	0.3	11.6	8.5
13 Non-alcoholic beverages	10.3	11.4	7.6	0.0	9.5	5.1	12.4	1.7	2.2	12.4	3.3	1.4	0.1	1.9	0.5	9.6	4.9	6.1	9.6	0.5	11.3	0.0	1.5
14 Alcoholic beverages	0.4	0.8	1.8	0.0	2.1	0.8	0.8	0.1	0.3	0.9	0.1	0.2	0.1	0.0	0.1	0.1	0.0	0.3	0.3	0.1	0.0	0.1	0.1
15 Condiments and sauces	0.6	0.7	1.1	0.4	1.6	0.4	0.6	7.4	0.7	0.8	1.7	0.7	5.1	1.8	4.2	0.4	2.6	0.6	0.5	2.0	0.5	6.4	15.1
16 Soups, bouillon	0.7	2.5	2.4	3.6	2.5	0.3	5.5	12.4	2.2	3.3	1.7	1.5	0.2	6.5	1.3	1.2	5.6	1.1	1.8	2.2	2.0	2.5	1.7
17 Miscellaneous	0.5	0.2	0.7	1.2	0.7	0.0	0.8	0.8	0.5	0.3	0.3	0.4	0.0	0.0	0.0	0.4	0.2	0.4	0.1	0.4	0.0	0.7	0.1
20 Dietary supplements	5.5	7.2	4.6	0.0	0.0	3.7	2.7	0.0	0.3	0.2	9.1	8.2	6.7	5.9	10.8	14.6	15.3	14.8	15.8	12.5	12.5	15.6	12.4

Table 1.4.a Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.2	8.2	5.9	0.0	6.9	1.6	6.9	0.6	3.6	11.6	1.4	3.6	0.0	0.3	0.1	6.1	5.2	1.4	10.7	0.0	11.9	0.0	1.2
02 Vegetables	5.5	7.3	8.4	0.0	9.7	1.9	6.4	2.1	4.0	10.0	2.3	4.6	0.0	58.0	15.2	17.3	5.4	5.2	5.7	0.0	17.2	0.0	6.2
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.2	0.2	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.5	11.6	5.0	0.0	5.7	1.8	8.0	0.7	3.7	10.2	3.6	3.6	0.0	7.5	2.0	7.1	4.5	2.5	6.8	0.0	28.6	0.0	7.2
05 Dairy products	61.9	5.7	3.2	0.0	3.6	18.3	16.5	17.0	35.3	17.5	15.0	25.1	25.1	8.3	19.4	10.0	9.5	42.7	9.2	36.2	3.1	3.9	4.8
06 Cereals and cereal products	6.2	27.7	25.6	0.1	29.6	52.1	23.3	29.4	17.5	10.0	14.6	17.1	0.1	0.2	0.1	16.0	14.7	7.6	7.6	0.3	0.1	0.3	5.5
07 Meat and meat products	1.3	9.7	15.2	82.9	6.7	2.7	8.5	15.2	16.6	12.3	28.6	28.3	13.5	1.1	11.3	2.5	25.6	11.7	21.4	27.3	7.4	12.4	5.6
08 Fish and shellfish	0.7	1.1	1.4	6.9	1.1	4.5	1.8	3.6	3.9	2.0	9.4	1.2	0.4	0.0	0.3	0.6	1.6	1.4	2.4	10.8	0.1	10.1	1.8
09 Eggs and egg products	1.0	0.9	3.4	0.0	3.8	3.2	0.7	0.9	2.5	0.6	5.7	2.4	4.8	0.0	3.7	2.6	0.8	3.2	0.9	4.6	0.0	5.3	4.6
10 Fat	0.6	0.0	0.3	0.0	0.3	1.1	0.2	1.4	0.5	0.3	0.1	0.0	37.5	1.5	27.6	16.4	1.1	0.9	12.3	5.4	0.0	41.9	35.8
11 Sugar and confectionery	1.6	4.7	5.8	0.0	6.7	0.7	2.2	0.5	1.1	1.9	0.5	1.1	0.8	1.6	0.8	0.4	0.8	1.4	0.8	0.6	1.2	0.7	1.6
12 Cakes	1.7	4.1	4.6	0.0	5.3	3.0	3.0	4.8	3.8	2.3	3.6	2.7	6.8	3.2	5.5	1.8	2.2	2.3	1.1	0.9	0.4	5.4	6.8
13 Non-alcoholic beverages	8.8	8.3	9.2	0.0	10.6	4.2	12.9	1.5	1.6	13.8	3.5	1.4	0.3	2.5	0.7	5.7	6.4	6.0	6.0	1.0	14.1	0.1	1.8
14 Alcoholic beverages	0.7	1.3	2.7	0.0	3.1	1.6	2.2	0.2	1.1	1.6	0.3	0.4	0.1	0.0	0.1	1.3	0.0	1.2	1.6	0.4	0.0	0.1	0.1
15 Condiments and sauces	0.5	0.6	1.2	0.2	1.4	0.3	0.5	5.5	0.5	0.7	0.7	0.6	5.3	1.6	4.4	0.3	2.6	0.6	0.4	0.8	1.1	6.9	7.3
16 Soups, bouillon	1.1	3.5	3.8	6.1	3.6	0.5	4.5	14.8	3.2	4.5	2.9	2.4	0.4	12.1	2.9	2.4	8.6	1.9	2.9	3.8	4.0	2.4	2.3
17 Miscellaneous	0.7	1.2	1.6	3.8	1.5	0.5	0.7	1.7	0.9	0.5	1.7	1.8	0.7	0.4	0.6	0.9	1.2	0.7	0.6	1.6	0.6	1.6	1.1
20 Dietary supplements	4.0	3.5	2.4	0.0	0.0	1.9	1.4	0.0	0.1	0.0	5.7	3.5	4.3	1.8	5.4	8.6	9.7	9.3	9.6	6.2	10.3	9.0	6.1

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.6	5.6	0.0	7.0	1.5	6.6	0.6	3.5	11.5	1.2	3.2	0.0	0.3	0.0	5.3	5.8	1.5	10.2	0.0	10.6	0.0	1.1
02 Vegetables	5.6	7.6	8.6	0.0	10.5	1.9	7.2	2.4	4.8	11.7	4.3	4.6	0.1	58.2	15.6	18.5	7.8	5.8	6.7	0.0	23.8	0.0	6.7
03 Legumes	0.2	1.3	0.9	0.0	1.0	0.0	0.6	0.6	0.5	0.5	0.4	0.5	0.0	0.0	0.0	0.4	0.5	0.2	0.3	0.0	0.0	0.0	0.2
04 Fruits, nuts and olives	2.4	10.0	4.8	0.0	5.6	1.7	7.6	0.7	3.6	10.1	3.7	3.5	0.0	6.1	2.0	6.8	5.4	2.7	6.9	0.0	26.3	0.0	5.8
05 Dairy products	60.7	4.3	2.7	0.0	3.2	16.3	14.4	19.9	34.0	14.6	14.2	22.7	28.1	9.3	21.6	8.1	8.5	38.2	7.5	33.8	3.0	3.7	4.3
06 Cereals and cereal products	5.8	25.6	22.9	0.0	28.1	49.9	21.5	29.8	16.6	9.6	13.7	15.4	0.5	0.2	0.3	14.3	17.7	7.6	6.8	0.2	0.1	0.4	5.5
07 Meat and meat products	1.5	9.6	18.5	89.4	7.5	2.9	9.7	15.2	18.2	14.5	28.3	31.8	12.2	2.6	10.0	2.8	23.6	14.8	21.5	31.0	6.8	13.6	6.2
08 Fish and shellfish	0.9	1.4	1.7	6.8	1.4	6.0	1.8	3.7	4.0	2.1	11.8	1.3	0.7	0.0	0.5	0.9	1.9	1.9	2.5	11.5	0.1	10.7	1.2
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.2	2.7	0.6	0.8	2.1	0.5	4.5	1.8	3.9	0.0	2.9	1.8	0.6	2.6	0.7	3.6	0.0	4.5	3.1
10 Fat	0.4	0.1	0.2	0.0	0.3	1.8	0.2	1.0	0.4	0.3	0.2	0.0	34.6	4.4	25.9	18.0	1.1	0.9	11.7	5.9	0.0	35.7	28.2

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11 Sugar and confectionery	1.7	6.1	6.5	0.0	8.0	0.9	3.2	0.7	1.6	2.5	0.6	1.3	1.1	1.2	0.9	0.6	1.1	1.8	1.3	0.8	2.0	0.8	2.2
12 Cakes	1.6	4.1	4.7	0.0	5.8	2.7	3.1	5.7	4.0	2.7	3.5	2.7	6.6	2.4	5.1	1.6	2.8	2.3	1.2	1.0	0.2	8.6	6.9
13 Non-alcoholic beverages	9.4	10.2	8.5	0.0	10.5	4.4	12.8	1.8	2.3	13.8	3.0	1.5	0.2	2.5	0.8	8.4	6.1	5.8	8.0	0.4	13.4	0.0	1.9
14 Alcoholic beverages	0.8	1.5	3.5	0.0	4.1	2.1	2.7	0.3	1.2	2.2	0.3	0.4	0.1	0.0	0.0	1.1	0.0	1.4	2.0	0.4	0.0	0.1	0.1
15 Condiments and sauces	0.4	0.5	0.7	0.2	0.9	0.3	0.6	6.2	0.5	0.6	0.8	0.4	4.7	2.4	3.8	0.5	2.2	0.5	0.3	1.2	0.3	5.8	12.4
16 Soups, bouillon	0.7	1.7	1.8	2.4	1.8	0.2	2.7	9.3	1.3	2.0	1.2	1.1	0.2	7.1	1.6	1.0	3.2	0.9	1.3	1.3	2.3	1.5	1.4
17 Miscellaneous	1.1	0.7	1.1	1.2	1.1	0.4	1.1	1.4	1.0	0.6	0.9	1.1	0.6	0.1	0.4	0.6	0.8	1.1	0.4	1.1	0.2	1.4	0.6
20 Dietary supplements	5.1	6.9	4.6	0.0	0.0	4.5	3.8	0.0	0.4	0.2	7.3	6.6	6.4	3.1	8.5	9.0	10.8	10.1	10.7	7.9	10.8	13.2	12.2

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.8	5.7	4.4	0.0	5.1	1.4	4.9	0.3	2.5	8.9	0.9	2.6	0.0	0.2	0.0	4.7	4.5	1.0	9.3	0.0	7.8	0.0	0.7
02 Vegetables	5.8	7.4	9.6	0.0	11.2	2.2	7.2	2.6	4.8	12.1	2.5	4.6	0.4	61.0	16.8	18.4	7.3	5.4	7.3	0.0	20.6	0.6	9.6
03 Legumes	0.2	0.7	0.6	0.0	0.7	0.0	0.3	0.3	0.4	0.4	0.2	0.3	0.0	0.0	0.0	0.4	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.9	13.0	5.8	0.0	6.9	1.4	9.8	2.3	5.1	11.9	5.4	4.5	0.0	9.4	2.5	7.1	6.1	3.4	8.9	0.0	26.0	0.0	8.8
05 Dairy products	61.2	5.1	3.4	0.0	3.9	18.7	16.1	21.1	36.7	17.3	16.0	25.9	28.8	7.9	21.2	10.6	10.6	41.5	10.9	34.4	3.6	5.2	4.5
06 Cereals and cereal products	5.5	26.8	23.5	0.0	27.6	47.1	23.3	27.1	17.0	9.9	14.7	16.9	0.6	0.3	0.4	16.0	17.4	7.5	8.7	0.3	0.1	0.9	7.0
07 Meat and meat products	1.0	8.9	15.3	85.2	7.3	3.0	6.5	16.0	13.9	10.1	24.8	24.9	17.6	1.9	15.7	3.5	21.1	12.0	17.1	29.9	6.4	11.3	4.2
08 Fish and shellfish	0.9	2.4	1.8	8.8	1.5	6.1	2.0	3.7	4.6	2.6	11.6	1.7	1.1	0.0	0.8	1.0	2.4	2.2	3.2	13.5	0.2	12.7	2.6
09 Eggs and egg products	0.7	0.6	2.1	0.0	2.5	2.1	0.5	0.7	1.8	0.5	3.8	1.6	3.0	0.0	2.4	1.8	0.7	2.1	0.7	3.3	0.0	3.3	2.6
10 Fat	0.5	0.1	0.2	0.0	0.2	1.4	0.1	1.3	0.4	0.2	0.1	0.0	29.4	2.1	21.9	12.4	1.3	1.3	8.8	3.9	0.0	32.7	26.7
11 Sugar and confectionery	1.2	5.4	6.5	0.0	7.5	0.6	2.5	0.6	1.2	2.2	0.6	1.2	0.8	1.5	0.7	0.4	0.9	1.5	0.9	0.5	0.8	0.4	1.4
12 Cakes	1.6	4.0	4.7	0.0	5.5	3.5	2.9	5.2	3.8	2.4	3.9	2.9	7.3	2.6	5.4	1.8	2.6	2.3	1.2	1.4	0.1	5.8	6.4
13 Non-alcoholic beverages	7.8	8.6	9.0	0.0	10.8	4.1	13.5	1.5	2.6	16.1	3.2	1.8	0.4	3.5	1.2	8.7	8.6	6.2	7.0	1.1	22.0	0.2	2.5
14 Alcoholic beverages	0.9	1.9	4.0	0.0	4.9	2.9	3.1	0.4	1.4	2.5	0.4	0.6	0.1	0.0	0.1	1.0	0.0	1.5	2.0	0.4	0.0	0.2	0.1
15 Condiments and sauces	0.6	1.0	1.3	0.9	1.4	0.5	0.7	6.3	0.8	0.8	2.3	0.8	3.7	2.0	2.9	0.6	2.0	0.6	1.0	2.6	0.4	7.2	10.4
16 Soups, bouillon	0.5	1.0	1.2	2.0	1.1	0.2	1.9	7.9	0.8	1.2	0.8	0.9	0.2	4.9	0.9	0.9	2.0	0.5	1.2	0.8	1.3	2.3	1.0
17 Miscellaneous	2.3	1.0	1.8	3.1	1.8	1.4	1.9	2.7	1.8	0.8	1.7	2.0	0.6	0.7	0.5	1.1	1.7	1.5	0.9	1.8	0.6	2.7	1.3
20 Dietary supplements	5.7	6.5	4.9	0.0	0.0	3.5	2.7	0.0	0.4	0.0	7.2	6.9	5.9	2.0	6.7	9.4	10.5	9.5	10.7	5.9	10.1	14.7	10.2

Table 1.4.b Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.4	10.3	7.1	0.0	8.3	2.0	8.3	0.5	4.4	14.0	1.9	4.4	0.0	0.4	0.0	8.4	6.5	1.9	12.5	0.0	18.0	0.0	1.7
02 Vegetables	5.9	6.7	8.2	0.0	9.4	1.6	6.1	2.7	3.4	8.8	1.6	4.4	0.0	54.9	13.7	15.2	5.3	5.2	4.4	0.0	15.7	0.0	4.5
03 Legumes	0.3	1.1	0.7	0.0	0.9	0.0	0.6	0.4	0.4	0.5	0.3	0.3	0.0	0.0	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.1	7.7	3.7	0.0	4.2	1.1	6.0	0.5	2.7	7.8	2.8	2.6	0.0	7.5	1.7	5.5	4.1	2.3	5.6	0.0	23.9	0.0	5.1
05 Dairy products	61.6	4.9	3.1	0.0	3.6	16.1	14.7	15.0	32.2	15.6	12.8	23.0	22.1	9.0	17.8	8.7	8.2	40.6	8.0	34.2	3.3	2.6	3.1
06 Cereals and cereal products	7.6	28.4	25.1	0.0	28.7	57.9	24.1	28.9	18.2	10.3	15.5	18.1	0.0	0.2	0.1	19.1	16.8	8.9	7.9	0.1	0.1	0.1	5.7
07 Meat and meat products	1.7	11.1	16.2	80.3	7.6	3.3	9.2	17.5	18.4	13.3	31.4	29.6	13.4	1.2	11.9	2.9	30.4	14.1	22.1	28.9	11.7	13.2	6.0
08 Fish and shellfish	0.9	1.7	1.7	6.8	1.3	3.7	1.9	3.5	3.7	2.0	9.9	1.4	0.5	0.1	0.4	0.7	1.5	1.9	2.8	13.4	0.1	10.1	1.9
09 Eggs and egg products	1.1	0.8	2.8	0.0	3.1	2.7	0.6	0.7	2.1	0.6	4.3	2.0	3.2	0.0	2.6	2.3	0.7	2.7	0.7	3.4	0.0	3.7	3.7
10 Fat	0.8	0.0	0.3	0.0	0.3	0.7	0.2	1.3	0.5	0.4	0.1	0.0	40.5	0.9	31.5	17.4	1.2	1.3	13.9	5.9	0.0	47.6	39.3
11 Sugar and confectionery	1.7	5.3	6.3	0.0	7.0	0.9	2.5	0.6	1.3	2.1	0.5	1.3	0.8	2.2	0.9	0.4	0.8	1.7	0.9	0.8	1.5	0.6	1.7
12 Cakes	1.6	4.4	4.4	0.0	5.0	1.9	3.0	4.0	3.6	2.4	3.1	2.6	5.2	3.4	4.4	1.5	2.1	1.9	0.8	0.7	0.3	3.2	6.3
13 Non-alcoholic beverages	7.8	7.3	9.0	0.0	10.4	3.4	12.2	1.1	1.5	14.0	2.5	1.3	0.4	4.0	1.0	5.2	6.4	6.2	5.3	1.1	14.8	0.1	1.4
14 Alcoholic beverages	1.2	1.5	2.6	0.0	3.1	1.6	4.1	0.2	2.5	3.0	0.5	0.5	0.0	0.0	0.0	3.6	0.0	2.6	4.1	0.9	0.1	0.0	0.1
15 Condiments and sauces	0.6	1.0	1.6	0.3	1.8	0.5	0.6	6.8	0.6	0.9	1.3	0.8	7.1	2.9	6.1	0.6	2.4	0.9	0.6	1.7	1.9	9.9	10.4
16 Soups, bouillon	1.3	3.4	3.5	7.7	2.9	0.5	3.4	13.1	2.7	3.6	3.7	2.8	0.6	11.9	2.3	2.2	5.7	2.6	2.8	3.5	4.3	2.5	2.0
17 Miscellaneous	0.9	2.0	2.8	4.9	2.4	0.7	1.1	3.2	1.6	0.9	3.0	3.3	1.2	1.2	1.2	1.5	3.1	1.6	1.4	3.0	1.4	3.1	2.2
20 Dietary supplements	1.6	2.5	1.2	0.0	0.0	1.3	1.2	0.0	0.1	0.0	4.8	1.4	4.8	0.0	4.2	4.5	4.1	3.5	6.0	2.4	3.0	3.3	4.6

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.3	9.2	6.3	0.0	7.6	1.7	7.3	0.7	4.1	12.5	1.7	3.8	0.0	0.3	0.0	6.1	5.8	1.7	11.3	0.0	14.6	0.0	1.3
02 Vegetables	6.0	7.4	8.1	0.0	9.5	1.9	6.4	2.8	4.1	10.2	3.3	4.2	0.1	59.5	14.9	16.8	6.2	5.2	6.2	0.0	19.8	0.1	6.2
03 Legumes	0.2	0.9	0.6	0.0	0.6	0.0	0.4	0.4	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.4	0.2	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.5	9.7	4.3	0.0	4.9	1.9	7.0	0.6	3.4	9.5	3.2	3.3	0.0	6.3	2.1	6.7	5.0	2.7	6.5	0.0	26.4	0.0	6.5
05 Dairy products	64.2	4.7	3.0	0.0	3.4	18.2	15.7	18.6	36.0	17.3	14.9	24.7	27.0	8.6	21.2	9.2	10.4	42.8	9.0	37.3	4.2	5.3	4.3
06 Cereals and cereal products	6.1	29.1	25.2	0.1	29.4	51.1	24.4	28.6	18.1	10.2	16.6	17.9	0.2	0.2	0.1	15.9	16.9	7.7	8.3	0.2	0.1	0.2	6.1
07 Meat and meat products	1.8	9.4	15.9	87.8	7.2	3.1	8.0	19.3	16.3	11.9	30.7	29.6	14.1	1.8	11.9	2.8	25.7	13.3	20.4	30.4	9.2	12.2	5.9
08 Fish and shellfish	0.7	1.4	1.7	5.5	1.5	4.4	1.6	3.5	3.3	1.7	8.8	1.2	0.9	0.0	0.7	0.7	1.5	1.7	2.4	10.6	0.1	10.6	1.1
09 Eggs and egg products	0.9	0.8	2.8	0.0	3.7	3.0	0.6	0.8	2.3	0.6	5.3	1.9	4.5	0.0	3.5	2.2	0.6	2.8	0.7	3.8	0.0	5.1	3.6
10 Fat	0.4	0.1	0.2	0.0	0.3	1.1	0.1	1.0	0.4	0.3	0.2	0.0	36.5	1.7	27.1	21.3	0.6	0.6	14.2	7.0	0.0	43.0	36.5

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11 Sugar and confectionery	1.7	6.0	6.7	0.0	7.5	1.0	2.9	0.7	1.5	2.4	0.6	1.5	0.8	1.2	0.8	0.5	1.2	2.0	1.2	0.8	1.8	1.1	2.1
12 Cakes	1.8	3.5	4.2	0.0	5.0	2.4	2.7	5.2	3.6	2.2	3.4	2.4	6.0	3.1	5.0	1.5	2.0	2.0	1.2	0.8	0.3	6.2	6.2
13 Non-alcoholic beverages	7.3	8.1	9.1	0.0	10.9	3.5	12.5	1.6	1.9	14.3	3.0	1.3	0.2	3.5	0.7	5.2	7.0	5.1	5.3	0.5	13.8	0.0	2.3
14 Alcoholic beverages	1.0	2.2	4.4	0.0	4.9	3.2	4.2	0.4	1.9	3.1	0.6	0.6	0.1	0.0	0.1	2.2	0.0	2.5	3.5	0.6	0.0	0.1	0.1
15 Condiments and sauces	0.4	0.3	0.7	0.1	0.8	0.2	0.5	4.9	0.5	0.6	0.5	0.4	4.7	2.9	3.9	0.6	2.7	0.6	0.5	0.6	0.5	6.6	7.8
16 Soups, bouillon	0.7	2.1	2.1	4.0	1.9	0.3	2.9	9.3	1.6	2.3	1.8	1.5	0.2	8.8	2.2	1.5	4.8	1.2	1.7	1.8	3.3	2.3	1.4
17 Miscellaneous	0.2	0.7	1.0	2.6	0.9	0.1	0.5	1.9	0.7	0.4	0.9	0.9	0.2	0.1	0.1	0.3	0.8	0.5	0.3	0.9	0.1	0.9	0.6
20 Dietary supplements	2.9	4.4	3.9	0.0	0.0	2.8	2.2	0.0	0.1	0.1	4.3	4.4	4.5	1.9	5.6	6.3	8.5	7.6	6.9	4.7	5.7	6.6	8.0

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	6.7	5.0	0.0	5.8	1.5	5.7	0.3	3.0	10.5	1.0	2.9	0.0	0.3	0.0	5.1	5.0	1.2	11.0	0.0	9.4	0.0	0.8
02 Vegetables	6.9	7.4	8.8	0.0	10.0	2.3	7.2	2.7	4.5	11.3	2.4	4.7	0.1	62.9	15.7	18.0	7.0	5.5	7.3	0.0	19.2	0.1	7.3
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.3	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.9	11.9	4.9	0.0	5.7	1.4	9.9	1.6	5.3	10.5	6.2	4.3	0.0	6.9	1.6	6.3	5.7	2.9	7.7	0.0	18.2	0.0	7.6
05 Dairy products	62.0	4.3	2.6	0.0	2.9	15.7	14.4	17.8	33.0	15.6	13.3	22.9	22.6	8.0	17.9	9.3	9.9	40.0	10.5	32.0	4.5	4.3	4.1
06 Cereals and cereal products	6.4	27.5	23.6	0.0	27.4	48.0	23.9	26.9	17.3	10.3	15.0	17.3	0.6	0.4	0.3	16.0	18.3	8.2	9.0	0.3	0.1	0.7	7.2
07 Meat and meat products	1.3	11.4	18.3	90.3	10.2	4.0	7.0	18.3	15.8	11.3	28.2	27.7	27.0	1.3	24.0	5.5	22.3	14.8	18.9	35.2	9.3	13.2	4.4
08 Fish and shellfish	0.8	2.3	1.3	5.3	1.1	4.4	1.6	3.8	3.9	2.0	9.0	1.4	0.8	0.0	0.7	0.7	1.8	1.9	2.2	11.3	0.1	13.1	2.3
09 Eggs and egg products	1.1	1.0	3.3	0.0	3.7	3.3	0.8	1.1	2.7	0.8	5.8	2.4	4.1	0.0	3.2	3.0	1.1	3.4	1.2	5.5	0.0	5.0	4.1
10 Fat	0.5	0.0	0.2	0.0	0.2	1.1	0.1	1.1	0.4	0.3	0.1	0.0	26.2	1.7	19.9	14.5	1.9	1.8	10.5	4.4	0.0	37.4	30.6
11 Sugar and confectionery	1.1	4.9	5.5	0.0	6.3	0.4	2.4	0.5	1.1	2.0	0.5	1.0	0.4	1.2	0.4	0.4	0.6	1.1	0.9	0.4	1.1	0.2	1.4
12 Cakes	1.8	4.0	4.7	0.0	5.4	4.1	2.8	5.1	4.0	2.4	4.5	2.9	7.8	3.5	6.2	2.1	2.4	2.7	1.2	2.0	0.2	7.2	6.8
13 Non-alcoholic beverages	7.2	7.7	8.8	0.0	10.2	3.4	13.4	1.2	2.7	16.2	2.3	1.6	0.2	3.9	1.2	8.1	10.4	6.5	6.7	1.0	26.1	0.0	3.1
14 Alcoholic beverages	1.2	2.0	4.6	0.0	5.3	3.9	4.2	0.4	1.8	3.1	0.4	0.5	0.0	0.0	0.0	1.7	0.0	2.1	3.1	0.4	0.0	0.0	0.1
15 Condiments and sauces	0.7	1.2	1.6	0.6	1.7	0.4	0.9	7.3	0.8	0.9	1.9	0.9	4.9	2.0	3.9	0.6	2.4	0.7	0.9	2.0	0.7	8.6	10.7
16 Soups, bouillon	0.6	1.2	1.5	2.0	1.4	0.3	1.9	9.2	1.0	1.5	1.0	1.0	0.4	6.5	1.2	1.3	2.5	0.7	1.4	1.1	1.4	3.5	0.9
17 Miscellaneous	2.9	1.1	2.1	1.8	2.2	2.8	2.1	2.5	2.1	0.9	2.2	2.7	0.6	1.4	0.5	1.2	2.4	1.2	1.2	1.2	1.2	1.3	1.7
20 Dietary supplements	1.5	5.0	2.8	0.0	0.0	3.2	1.4	0.0	0.4	0.0	6.1	5.6	4.1	0.0	3.1	6.2	6.0	5.2	6.0	3.2	8.5	5.6	6.9

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	7.4	5.4	0.0	6.3	1.5	6.3	0.7	3.2	10.6	1.2	3.3	0.0	0.3	0.1	5.1	4.6	1.2	9.9	0.0	9.3	0.0	1.1
02 Vegetables	5.3	7.6	8.5	0.0	9.8	2.0	6.5	1.9	4.3	10.4	2.6	4.7	0.0	59.3	15.9	18.2	5.4	5.2	6.2	0.0	17.8	0.0	6.9
03 Legumes	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.6	13.2	5.6	0.0	6.4	2.1	8.9	0.8	4.1	11.2	3.9	4.0	0.0	7.5	2.2	7.8	4.6	2.5	7.2	0.0	30.6	0.0	8.1
05 Dairy products	62.0	6.1	3.2	0.0	3.7	19.2	17.2	17.8	36.6	18.3	16.0	26.0	26.3	7.9	20.0	10.5	10.1	43.5	9.7	37.0	3.0	4.5	5.5
06 Cereals and cereal products	5.6	27.4	25.9	0.2	29.9	49.7	23.0	29.5	17.2	9.8	14.2	16.7	0.2	0.2	0.2	14.7	13.8	7.0	7.5	0.4	0.1	0.3	5.4
07 Meat and meat products	1.1	9.1	14.7	84.0	6.3	2.5	8.2	14.2	15.9	11.9	27.5	27.7	13.5	1.0	11.1	2.3	23.6	10.6	21.1	26.6	5.6	12.1	5.5
08 Fish and shellfish	0.6	0.9	1.4	7.0	1.1	4.8	1.8	3.6	4.0	2.0	9.2	1.1	0.4	0.0	0.3	0.5	1.6	1.3	2.2	9.7	0.0	10.1	1.7
09 Eggs and egg products	1.0	1.0	3.7	0.0	4.1	3.5	0.7	1.0	2.6	0.6	6.4	2.5	5.4	0.0	4.1	2.7	0.8	3.4	1.0	5.1	0.0	5.9	5.0
10 Fat	0.5	0.0	0.2	0.0	0.3	1.3	0.2	1.4	0.4	0.3	0.1	0.0	36.2	1.7	26.0	16.0	1.1	0.8	11.6	5.2	0.0	39.6	34.4
11 Sugar and confectionery	1.5	4.5	5.6	0.0	6.6	0.6	2.1	0.5	1.1	1.8	0.5	1.0	0.8	1.4	0.7	0.3	0.7	1.3	0.8	0.5	1.1	0.7	1.5
12 Cakes	1.8	4.0	4.7	0.0	5.4	3.5	2.9	5.2	3.9	2.3	3.8	2.8	7.5	3.1	6.0	1.9	2.3	2.4	1.2	1.0	0.4	6.3	7.1
13 Non-alcoholic beverages	9.2	8.7	9.2	0.0	10.7	4.5	13.2	1.7	1.6	13.8	3.9	1.5	0.2	1.8	0.5	5.9	6.4	6.0	6.3	0.9	13.8	0.1	1.9
14 Alcoholic beverages	0.5	1.2	2.8	0.0	3.2	1.5	1.4	0.2	0.5	1.1	0.3	0.3	0.2	0.0	0.1	0.3	0.0	0.6	0.6	0.2	0.0	0.2	0.1
15 Condiments and sauces	0.4	0.4	1.0	0.1	1.3	0.2	0.5	4.9	0.4	0.6	0.5	0.5	4.5	1.0	3.7	0.2	2.7	0.5	0.4	0.5	0.8	5.7	6.0
16 Soups, bouillon	1.1	3.5	3.9	5.4	3.8	0.5	5.0	15.5	3.4	4.8	2.6	2.2	0.3	12.2	3.1	2.5	9.8	1.6	3.0	4.0	3.9	2.3	2.5
17 Miscellaneous	0.7	0.8	1.1	3.3	1.1	0.3	0.6	1.1	0.6	0.3	1.1	1.1	0.4	0.0	0.4	0.6	0.4	0.4	0.2	1.0	0.2	0.9	0.7
20 Dietary supplements	5.0	3.9	2.9	0.0	0.0	2.2	1.4	0.0	0.1	0.0	6.1	4.4	4.1	2.5	5.8	10.3	12.0	11.7	11.1	7.8	13.4	11.4	6.7

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	6.5	5.2	0.0	6.6	1.4	6.2	0.5	3.2	10.9	0.9	2.9	0.0	0.3	0.0	4.8	5.9	1.3	9.5	0.0	8.2	0.0	1.0
02 Vegetables	5.4	7.8	8.9	0.0	11.1	2.0	7.7	2.2	5.3	12.7	4.9	4.8	0.1	57.4	16.0	19.5	8.9	6.1	7.1	0.0	26.3	0.0	7.1
03 Legumes	0.3	1.6	1.0	0.0	1.2	0.0	0.8	0.7	0.7	0.7	0.5	0.5	0.0	0.0	0.0	0.4	0.7	0.3	0.3	0.0	0.0	0.0	0.2
04 Fruits, nuts and olives	2.3	10.2	5.0	0.0	6.0	1.6	8.0	0.8	3.6	10.5	4.0	3.6	0.0	5.9	1.9	6.8	5.6	2.8	7.2	0.0	26.2	0.0	5.3
05 Dairy products	58.5	4.1	2.6	0.0	3.2	15.1	13.6	20.7	32.8	12.9	13.8	21.4	28.9	9.8	21.8	7.4	7.3	35.3	6.5	31.5	2.3	2.7	4.4
06 Cereals and cereal products	5.6	23.4	21.5	0.0	27.3	49.2	19.6	30.6	15.6	9.1	12.0	13.9	0.6	0.2	0.4	13.4	18.2	7.5	5.8	0.3	0.0	0.5	5.1
07 Meat and meat products	1.3	9.7	20.1	90.5	7.8	2.7	10.7	12.6	19.3	16.2	26.8	33.2	11.0	3.2	8.8	2.9	22.3	15.7	22.2	31.4	5.4	14.5	6.4
08 Fish and shellfish	0.9	1.3	1.7	7.7	1.3	7.0	1.9	3.9	4.5	2.4	13.7	1.3	0.6	0.0	0.4	1.0	2.2	2.1	2.6	12.0	0.1	10.8	1.3
09 Eggs and egg products	0.7	0.6	2.4	0.0	2.9	2.4	0.5	0.8	2.0	0.5	3.9	1.8	3.6	0.0	2.5	1.6	0.6	2.4	0.6	3.5	0.0	4.2	2.8
10 Fat	0.4	0.1	0.2	0.0	0.3	2.2	0.2	1.0	0.4	0.3	0.2	0.1	33.3	6.0	25.1	16.0	1.3	1.1	10.2	5.2	0.0	31.2	23.0
11 Sugar and confectionery	1.6	6.2	6.5	0.0	8.3	0.8	3.4	0.7	1.6	2.6	0.5	1.3	1.4	1.3	1.0	0.6	1.0	1.8	1.3	0.7	2.1	0.5	2.2
12 Cakes	1.5	4.5	5.1	0.0	6.3	2.9	3.4	6.0	4.2	3.0	3.6	2.8	7.0	2.0	5.1	1.7	3.3	2.4	1.2	1.1	0.2	10.1	7.4

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
13 Non-alcoholic beverages	10.7	11.6	8.1	0.0	10.3	5.0	13.0	1.9	2.6	13.5	3.0	1.6	0.2	1.9	0.8	10.5	5.6	6.3	9.7	0.3	13.1	0.0	1.7
14 Alcoholic beverages	0.6	1.1	3.0	0.0	3.5	1.5	1.8	0.2	0.7	1.6	0.1	0.3	0.0	0.0	0.0	0.5	0.0	0.8	1.0	0.3	0.0	0.0	0.0
15 Condiments and sauces	0.4	0.6	0.8	0.3	1.0	0.3	0.6	7.0	0.5	0.6	1.1	0.5	4.7	2.0	3.8	0.5	1.8	0.4	0.2	1.6	0.2	5.3	15.3
16 Soups, bouillon	0.7	1.5	1.6	1.3	1.7	0.1	2.6	9.2	1.1	1.8	0.8	0.9	0.1	6.1	1.2	0.8	2.1	0.6	1.0	1.0	1.6	1.0	1.4
17 Miscellaneous	1.7	0.7	1.2	0.2	1.2	0.6	1.4	1.1	1.2	0.6	0.8	1.1	0.8	0.2	0.6	0.9	0.8	1.4	0.4	1.2	0.2	1.7	0.6
20 Dietary supplements	6.5	8.5	5.1	0.0	0.0	5.5	4.8	0.0	0.6	0.3	9.3	8.0	7.6	3.7	10.3	10.8	12.3	11.6	13.1	9.9	14.1	17.4	14.9

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.6	4.8	3.9	0.0	4.6	1.2	4.1	0.2	2.1	7.4	0.8	2.3	0.0	0.2	0.0	4.3	4.1	0.8	7.7	0.0	6.3	0.0	0.7
02 Vegetables	4.7	7.4	10.4	0.0	12.4	2.2	7.2	2.6	5.1	12.8	2.5	4.5	0.6	59.2	17.8	18.7	7.5	5.2	7.3	0.0	21.8	1.1	11.7
03 Legumes	0.3	1.0	0.8	0.0	0.9	0.0	0.4	0.3	0.6	0.5	0.2	0.5	0.0	0.0	0.0	0.6	0.5	0.2	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	3.0	14.1	6.6	0.0	8.0	1.4	9.6	3.0	5.0	13.2	4.7	4.7	0.0	11.7	3.3	7.9	6.5	3.8	9.9	0.0	33.1	0.0	9.8
05 Dairy products	60.4	5.8	4.1	0.0	4.8	21.5	17.7	24.2	40.2	18.9	18.4	28.7	34.5	7.8	24.2	11.9	11.2	42.9	11.3	36.6	2.7	6.0	4.9
06 Cereals and cereal products	4.8	26.2	23.4	0.0	27.7	46.2	22.7	27.3	16.6	9.6	14.4	16.5	0.7	0.3	0.5	16.1	16.5	6.8	8.4	0.3	0.1	1.1	6.8
07 Meat and meat products	0.8	6.6	12.5	80.4	4.7	2.0	6.0	13.9	12.1	9.0	21.7	22.3	9.0	2.4	8.1	1.7	20.0	9.3	15.4	25.0	3.8	9.5	3.9
08 Fish and shellfish	0.9	2.5	2.2	12.1	1.9	7.6	2.3	3.5	5.2	3.2	13.9	1.9	1.4	0.0	0.9	1.2	3.0	2.4	4.2	15.6	0.3	12.4	2.8
09 Eggs and egg products	0.3	0.3	1.0	0.0	1.3	1.0	0.2	0.4	1.0	0.2	2.0	0.8	2.0	0.0	1.6	0.8	0.3	0.9	0.3	1.4	0.0	1.7	1.3
10 Fat	0.4	0.1	0.2	0.0	0.2	1.7	0.1	1.4	0.4	0.2	0.2	0.1	32.3	2.3	23.7	10.5	0.7	0.8	7.2	3.5	0.0	28.3	23.0
11 Sugar and confectionery	1.3	5.8	7.4	0.0	8.6	0.9	2.6	0.7	1.4	2.3	0.7	1.4	1.1	1.9	1.0	0.4	1.1	1.9	0.8	0.7	0.5	0.6	1.4
12 Cakes	1.4	4.0	4.7	0.0	5.7	3.0	2.9	5.3	3.7	2.3	3.4	2.9	6.9	1.8	4.6	1.6	2.7	2.0	1.2	0.8	0.1	4.4	6.1
13 Non-alcoholic beverages	8.4	9.4	9.2	0.0	11.3	4.8	13.6	1.8	2.6	15.9	4.0	2.0	0.7	3.1	1.2	9.3	6.9	5.8	7.2	1.2	18.2	0.3	1.9
14 Alcoholic beverages	0.7	1.9	3.5	0.0	4.5	2.0	2.1	0.3	0.9	1.9	0.4	0.6	0.2	0.0	0.2	0.4	0.1	0.9	1.0	0.4	0.0	0.3	0.2
15 Condiments and sauces	0.6	0.8	1.0	1.1	1.1	0.5	0.5	5.5	0.7	0.7	2.6	0.7	2.6	1.9	1.9	0.7	1.6	0.5	1.1	3.2	0.2	5.9	10.2
16 Soups, bouillon	0.3	0.9	1.0	2.0	0.9	0.1	1.9	6.8	0.6	0.9	0.7	0.8	0.1	3.3	0.6	0.6	1.6	0.4	1.0	0.5	1.2	1.3	1.0
17 Miscellaneous	1.7	0.8	1.6	4.3	1.4	0.2	1.8	2.8	1.5	0.7	1.2	1.4	0.6	0.1	0.4	1.0	1.1	1.8	0.6	2.4	0.1	3.9	1.0
20 Dietary supplements	9.6	7.9	6.7	0.0	0.0	3.8	4.0	0.0	0.4	0.0	8.1	8.0	7.5	3.9	10.0	12.3	14.7	13.5	15.1	8.4	11.5	23.0	13.2

Table 1.5.a Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	6.5	4.8	0.0	6.0	1.3	5.8	0.4	3.1	10.5	1.2	2.6	0.0	0.2	0.0	5.3	5.3	1.4	9.5	0.0	9.1	0.0	1.0
02 Vegetables	5.1	6.7	8.5	0.0	10.3	1.9	7.2	2.0	4.7	11.6	4.0	4.4	0.1	57.2	15.6	19.7	7.9	5.7	6.5	0.0	23.7	0.0	7.1
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.1	0.2	0.3	0.2	0.2	0.0	0.0	0.0	0.3	0.2	0.1	0.1	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.1	10.5	4.6	0.0	5.5	1.3	7.7	1.1	3.9	9.0	3.8	3.3	0.0	5.3	1.7	5.0	4.4	2.2	5.3	0.0	19.6	0.0	6.4
05 Dairy products	63.5	4.7	2.8	0.0	3.4	17.3	16.1	22.3	36.6	17.2	16.3	24.6	29.3	9.1	22.0	10.0	8.9	39.7	8.2	37.0	3.3	3.8	4.7
06 Cereals and cereal products	5.3	25.1	23.7	0.1	28.8	51.8	21.7	29.7	16.5	9.5	13.6	15.1	0.3	0.2	0.2	15.2	18.3	7.1	7.6	0.3	0.1	0.5	5.2
07 Meat and meat products	1.1	9.7	17.8	87.1	7.5	2.5	9.6	13.6	17.5	14.5	27.4	29.5	11.5	2.3	9.7	3.2	23.7	14.5	22.0	29.9	5.8	12.0	5.7
08 Fish and shellfish	0.6	1.6	1.2	6.7	1.0	3.5	1.4	2.8	3.2	1.7	8.4	1.2	0.7	0.0	0.5	0.5	1.7	1.3	2.0	9.4	0.1	9.4	2.0
09 Eggs and egg products	0.5	0.5	2.0	0.0	2.4	1.9	0.4	0.6	1.5	0.4	3.3	1.3	2.7	0.0	2.0	1.5	0.5	1.7	0.6	2.8	0.0	3.3	2.2
10 Fat	0.4	0.1	0.2	0.0	0.3	2.0	0.2	1.2	0.4	0.3	0.2	0.1	35.1	5.0	25.1	12.0	0.4	0.5	8.3	3.8	0.0	37.4	27.4
11 Sugar and confectionery	2.0	7.7	8.9	0.0	11.0	1.1	4.1	0.8	2.1	3.4	0.8	1.8	1.5	1.2	1.1	0.7	1.4	2.5	1.5	1.0	2.1	0.7	2.7
12 Cakes	1.3	3.6	4.0	0.0	4.9	2.2	2.8	4.7	3.3	2.4	3.1	2.1	5.5	1.9	4.2	1.5	2.6	1.9	1.1	0.9	0.2	9.0	5.7
13 Non-alcoholic beverages	8.5	10.0	7.7	0.0	9.5	4.3	12.4	1.6	2.4	13.6	2.7	1.5	0.2	2.8	0.9	9.5	5.4	5.9	8.5	0.5	16.0	0.0	1.8
14 Alcoholic beverages	0.8	1.4	3.7	0.0	4.3	2.7	2.5	0.3	0.8	2.1	0.2	0.4	0.0	0.0	0.0	0.6	0.0	1.1	1.7	0.1	0.0	0.0	0.0
15 Condiments and sauces	0.5	0.6	0.7	0.5	0.9	0.3	0.5	6.7	0.6	0.7	1.4	0.6	3.2	2.1	2.8	0.5	2.4	0.5	0.4	1.9	0.5	5.3	11.8
16 Soups, bouillon	0.6	1.5	1.6	3.3	1.5	0.3	2.4	9.9	1.2	1.8	1.5	1.3	0.4	6.7	1.6	1.3	2.4	0.8	1.6	1.4	2.2	1.3	1.2
17 Miscellaneous	1.9	1.6	2.4	2.3	2.4	1.0	1.9	2.0	1.5	0.8	1.8	1.9	1.0	0.9	0.9	1.5	1.4	1.4	0.9	2.0	1.0	2.7	1.6
20 Dietary supplements	4.7	7.7	5.0	0.0	0.0	4.5	3.0	0.0	0.4	0.1	10.0	8.1	8.4	5.2	11.8	11.8	13.2	11.9	14.3	9.0	16.3	14.6	13.4

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.3	5.5	0.0	6.5	1.6	6.2	0.5	3.2	10.7	1.1	3.3	0.0	0.3	0.0	5.3	5.0	1.2	10.1	0.0	10.3	0.0	1.0
02 Vegetables	5.8	7.9	8.8	0.0	10.3	2.0	6.7	2.5	4.4	11.0	2.6	4.7	0.1	60.4	16.0	17.2	6.2	5.3	6.3	0.0	18.4	0.2	7.0
03 Legumes	0.1	0.7	0.5	0.0	0.5	0.0	0.3	0.3	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.7	11.5	5.2	0.0	6.1	1.8	8.4	1.0	4.0	10.8	3.9	3.9	0.0	8.0	2.1	7.7	5.4	2.8	7.5	0.0	29.6	0.0	7.3
05 Dairy products	60.7	5.0	2.9	0.0	3.4	17.7	15.4	17.8	34.6	16.2	14.1	24.4	25.6	8.3	19.5	9.1	9.6	41.2	9.4	34.1	3.1	4.0	4.5
06 Cereals and cereal products	6.1	27.4	24.4	0.1	28.5	49.0	23.2	29.1	17.4	9.9	14.4	17.3	0.4	0.3	0.3	15.1	15.3	7.4	7.5	0.3	0.1	0.4	5.8
07 Meat and meat products	1.3	9.4	15.4	85.3	6.8	2.9	7.8	16.0	15.9	11.6	27.4	28.2	15.3	1.6	13.0	2.6	22.9	11.7	19.5	28.5	7.1	12.6	5.5
08 Fish and shellfish	0.9	1.6	1.8	8.0	1.5	6.3	2.1	4.0	4.7	2.5	12.6	1.5	0.6	0.0	0.5	0.9	2.2	2.0	3.0	12.9	0.1	12.2	1.8
09 Eggs and egg products	1.0	0.9	3.2	0.0	3.8	3.2	0.7	1.0	2.5	0.6	5.6	2.3	4.8	0.0	3.7	2.4	0.8	3.1	0.8	4.4	0.0	5.2	4.3
10 Fat	0.5	0.0	0.2	0.0	0.3	1.1	0.1	1.2	0.4	0.3	0.1	0.0	34.0	1.4	25.5	18.4	1.5	1.3	13.4	5.9	0.0	36.9	32.5

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11 Sugar and confectionery	1.6	4.9	5.6	0.0	6.4	0.8	2.3	0.6	1.3	2.0	0.6	1.2	0.9	1.7	0.9	0.4	0.9	1.6	0.8	0.7	1.2	0.7	1.6
12 Cakes	1.7	4.1	4.7	0.0	5.5	3.3	3.0	5.3	4.0	2.4	3.7	2.9	7.1	3.1	5.5	1.8	2.4	2.3	1.0	1.0	0.3	5.5	6.9
13 Non-alcoholic beverages	8.7	8.7	9.5	0.0	11.3	4.1	13.4	1.6	1.9	15.0	3.4	1.6	0.3	2.6	0.8	6.6	7.7	6.1	6.3	0.9	16.9	0.1	2.1
14 Alcoholic beverages	0.9	1.7	3.6	0.0	4.2	2.1	3.0	0.3	1.5	2.3	0.4	0.5	0.1	0.0	0.1	1.5	0.0	1.6	2.1	0.5	0.0	0.1	0.1
15 Condiments and sauces	0.5	0.7	1.2	0.3	1.3	0.3	0.6	5.8	0.6	0.7	1.0	0.6	5.4	1.8	4.3	0.5	2.5	0.6	0.6	1.2	0.8	7.0	9.2
16 Soups, bouillon	1.0	2.6	2.9	3.7	2.8	0.3	3.5	11.5	2.3	3.3	1.9	1.7	0.3	9.5	2.3	1.8	6.4	1.4	2.1	2.6	3.2	2.4	2.0
17 Miscellaneous	0.8	0.6	0.9	2.5	0.8	0.4	0.7	1.5	0.9	0.4	1.1	1.3	0.4	0.1	0.3	0.5	1.0	0.8	0.4	1.1	0.1	1.1	0.6
20 Dietary supplements	4.6	4.9	3.6	0.0	0.0	3.1	2.6	0.0	0.3	0.1	5.8	4.4	4.7	1.0	5.1	8.0	9.9	9.3	9.1	6.0	8.6	11.6	7.6

Table 1.5.b Average contribution (mean%) of foodgroups and dietary supplements to the intake of micronutrients of the Dutch population aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	8.1	5.6	0.0	6.7	1.5	6.6	0.5	3.7	12.1	1.7	3.2	0.0	0.2	0.0	6.9	5.8	1.7	11.3	0.0	14.8	0.0	1.4
02 Vegetables	5.3	6.4	7.7	0.0	8.9	1.8	6.3	2.5	3.9	10.3	2.7	4.2	0.1	65.4	18.8	17.4	6.6	5.4	5.7	0.0	17.5	0.0	5.5
03 Legumes	0.2	1.0	0.8	0.0	0.9	0.0	0.5	0.2	0.4	0.5	0.4	0.4	0.0	0.0	0.0	0.5	0.4	0.1	0.3	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.0	8.3	3.9	0.0	4.5	1.2	6.4	0.6	3.5	7.2	3.3	3.0	0.0	4.6	1.0	4.5	4.2	2.0	4.1	0.0	17.5	0.0	5.3
05 Dairy products	64.5	4.8	2.8	0.0	3.3	17.3	15.5	20.4	35.5	16.8	14.5	24.6	26.9	7.8	19.8	9.3	9.4	42.0	9.8	37.3	4.4	4.6	3.8
06 Cereals and cereal products	5.5	26.4	23.5	0.0	27.1	50.0	24.0	28.7	17.8	10.0	14.6	17.7	0.1	0.3	0.2	16.0	17.5	7.4	8.3	0.1	0.1	0.2	6.0
07 Meat and meat products	1.1	8.9	14.7	84.2	7.4	2.7	7.5	14.9	15.3	11.3	27.1	26.1	13.9	0.8	11.9	4.0	24.7	13.6	19.9	30.3	8.1	10.1	4.6
08 Fish and shellfish	0.6	2.0	0.9	6.8	0.8	3.3	1.6	2.2	3.9	2.2	8.9	1.3	0.8	0.0	0.7	0.6	2.7	1.5	2.0	9.8	0.2	10.8	3.0
09 Eggs and egg products	0.7	0.7	2.2	0.0	2.6	2.2	0.5	0.7	1.7	0.5	3.7	1.6	2.9	0.0	2.2	2.0	0.7	2.2	0.8	3.6	0.0	3.5	2.4
10 Fat	0.3	0.0	0.2	0.0	0.3	1.0	0.1	1.3	0.4	0.3	0.1	0.0	34.4	1.5	24.1	17.5	0.5	0.5	12.9	4.9	0.0	42.0	35.1
11 Sugar and confectionery	3.4	9.4	10.5	0.0	12.1	2.0	5.1	1.1	3.0	4.3	1.5	2.9	2.1	1.6	1.6	1.0	2.0	3.9	1.4	1.7	1.8	0.9	3.5
12 Cakes	1.3	3.5	3.7	0.0	4.3	2.3	2.7	4.6	3.3	2.2	3.2	2.1	5.6	2.7	4.8	1.5	1.9	1.9	1.0	1.2	0.3	6.3	5.7
13 Non-alcoholic beverages	6.8	7.1	8.1	0.0	9.4	3.4	12.4	1.4	2.0	14.8	2.6	1.3	0.1	2.2	0.7	6.0	6.3	4.8	4.6	0.3	22.1	0.0	1.0
14 Alcoholic beverages	1.2	2.2	5.4	0.0	6.2	4.7	4.3	0.5	1.6	3.5	0.4	0.7	0.0	0.0	0.0	1.5	0.0	2.1	3.4	0.3	0.0	0.0	0.1
15 Condiments and sauces	0.5	1.0	0.9	1.0	0.9	0.4	0.8	6.4	0.7	0.8	1.9	0.8	3.8	3.4	3.5	0.6	3.8	0.6	0.7	2.2	0.5	7.6	9.2
16 Soups, bouillon	0.6	1.8	1.9	5.0	1.4	0.5	1.4	11.5	1.5	1.9	2.6	1.8	0.8	5.9	1.8	1.4	1.9	1.4	1.9	1.9	2.6	1.8	1.4
17 Miscellaneous	1.8	2.0	3.2	3.0	3.2	1.3	1.9	2.3	1.5	0.9	2.3	2.5	1.1	2.1	1.1	1.7	2.3	1.3	1.5	2.0	2.0	3.5	2.5
20 Dietary supplements	3.1	6.4	3.9	0.0	0.0	4.4	2.4	0.0	0.4	0.1	8.4	5.9	7.1	1.6	7.7	7.6	9.2	7.7	10.3	4.4	8.1	8.6	9.4

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.2	7.9	5.8	0.0	6.9	1.7	6.7	0.3	3.5	11.5	1.1	3.6	0.0	0.3	0.0	5.9	5.3	1.3	10.9	0.0	12.5	0.0	1.1
02 Vegetables	6.4	7.3	8.4	0.0	9.8	1.9	6.4	2.7	3.9	10.1	2.2	4.4	0.0	58.2	13.8	16.0	5.9	5.1	5.7	0.0	16.9	0.0	6.1
03 Legumes	0.1	0.7	0.4	0.0	0.5	0.0	0.3	0.3	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.6	9.9	4.3	0.0	5.0	1.6	7.8	0.9	3.8	9.7	3.8	3.5	0.0	7.4	1.9	6.7	5.0	2.7	6.9	0.0	25.0	0.0	6.9
05 Dairy products	62.2	4.4	2.7	0.0	3.1	16.4	14.8	16.5	33.6	16.2	13.0	23.5	23.0	8.4	18.5	8.8	9.3	40.6	9.1	33.9	3.3	3.4	3.7
06 Cereals and cereal products	7.2	29.1	25.2	0.1	29.5	52.9	24.3	28.8	18.2	10.5	15.6	18.2	0.3	0.3	0.2	16.9	16.8	8.4	8.3	0.3	0.1	0.3	5.7
07 Meat and meat products	1.6	10.8	16.7	86.1	8.0	3.4	8.1	18.8	16.9	12.3	30.6	29.3	18.8	1.8	16.5	3.2	25.6	13.5	20.5	30.6	10.1	13.3	6.0
08 Fish and shellfish	0.9	1.6	1.8	6.4	1.5	4.7	1.9	3.8	3.8	2.0	10.5	1.4	0.6	0.1	0.5	0.8	1.5	1.9	2.7	12.6	0.1	12.1	1.5
09 Eggs and egg products	1.1	0.9	3.1	0.0	3.7	3.0	0.7	0.9	2.4	0.6	5.4	2.2	4.2	0.0	3.3	2.4	0.8	3.0	0.8	4.0	0.0	4.7	4.1
10 Fat	0.7	0.0	0.2	0.0	0.3	1.0	0.2	1.1	0.4	0.3	0.1	0.0	34.6	1.4	26.9	18.5	1.4	1.4	13.6	6.0	0.0	41.0	34.5

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11 Sugar and confectionery	1.3	5.1	5.7	0.0	6.4	0.7	2.4	0.6	1.2	2.1	0.5	1.2	0.7	1.7	0.7	0.4	0.8	1.4	0.9	0.6	1.4	0.6	1.5
12 Cakes	1.6	3.7	4.2	0.0	4.9	2.7	2.7	4.4	3.5	2.1	3.4	2.6	6.1	3.1	4.9	1.5	2.1	2.1	0.9	0.9	0.3	4.8	6.1
13 Non-alcoholic beverages	7.6	8.0	9.2	0.0	10.8	3.4	12.7	1.3	2.0	14.9	2.5	1.5	0.3	4.1	1.0	6.8	8.5	6.1	6.4	1.0	19.3	0.0	2.7
14 Alcoholic beverages	1.2	2.0	3.9	0.0	4.6	2.6	4.5	0.3	2.4	3.3	0.5	0.6	0.1	0.0	0.0	2.9	0.0	2.6	3.7	0.7	0.0	0.1	0.1
15 Condiments and sauces	0.7	1.0	1.4	0.4	1.6	0.5	0.8	6.5	0.8	0.9	1.5	0.8	5.9	2.2	4.8	0.7	2.4	0.8	0.8	1.8	1.2	8.7	11.1
16 Soups, bouillon	1.0	2.5	2.6	4.4	2.4	0.3	3.3	10.5	1.9	2.7	2.0	1.7	0.4	10.4	2.2	1.8	5.3	1.6	2.1	2.3	3.4	2.9	1.6
17 Miscellaneous	0.7	0.7	1.0	2.6	0.9	0.7	0.7	2.2	1.1	0.5	1.5	1.7	0.4	0.1	0.3	0.5	1.6	0.9	0.5	1.3	0.2	0.7	0.7
20 Dietary supplements	2.0	4.5	3.3	0.0	0.0	2.5	1.8	0.0	0.2	0.0	5.5	3.7	4.6	0.4	4.3	6.2	7.3	6.4	6.2	4.0	6.2	7.4	6.4

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.7	5.6	4.3	0.0	5.5	1.2	5.3	0.4	2.8	9.6	0.9	2.3	0.0	0.2	0.0	4.2	5.0	1.2	8.4	0.0	5.6	0.0	0.8
02 Vegetables	5.0	6.9	9.0	0.0	11.1	1.9	7.8	1.7	5.2	12.4	4.8	4.6	0.0	52.1	13.6	21.1	8.7	5.9	7.0	0.0	27.5	0.0	8.0
03 Legumes	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.3	11.8	5.1	0.0	6.2	1.3	8.4	1.4	4.2	10.1	4.1	3.5	0.0	5.8	2.0	5.3	4.5	2.4	5.9	0.0	21.0	0.0	7.1
05 Dairy products	62.9	4.7	2.8	0.0	3.5	17.2	16.6	23.4	37.3	17.4	17.4	24.6	30.8	9.9	23.3	10.5	8.6	38.2	7.3	36.8	2.6	3.3	5.2
06 Cereals and cereal products	5.2	24.4	23.7	0.1	29.8	52.9	20.3	30.3	15.6	9.2	13.1	13.4	0.4	0.1	0.3	14.7	18.9	7.0	7.1	0.4	0.1	0.7	4.7
07 Meat and meat products	1.1	10.2	19.7	88.9	7.6	2.4	10.9	12.7	18.9	16.4	27.5	31.5	10.0	3.3	8.3	2.7	23.1	15.1	23.4	29.7	4.4	13.2	6.3
08 Fish and shellfish	0.6	1.3	1.3	6.7	1.1	3.5	1.3	3.2	2.8	1.5	8.1	1.1	0.6	0.0	0.4	0.4	1.1	1.2	2.0	9.2	0.1	8.5	1.4
09 Eggs and egg products	0.4	0.5	1.9	0.0	2.2	1.8	0.3	0.5	1.3	0.3	3.0	1.2	2.6	0.0	1.8	1.3	0.3	1.4	0.4	2.3	0.0	3.1	2.0
10 Fat	0.4	0.1	0.2	0.0	0.3	2.7	0.2	1.2	0.4	0.3	0.3	0.1	35.5	7.2	25.7	8.6	0.4	0.5	5.4	3.2	0.0	34.6	22.6
11 Sugar and confectionery	1.2	6.7	7.9	0.0	10.3	0.6	3.5	0.7	1.5	2.9	0.4	1.2	1.1	1.0	0.8	0.6	1.0	1.6	1.6	0.5	2.2	0.6	2.2
12 Cakes	1.3	3.8	4.2	0.0	5.2	2.2	2.8	4.7	3.4	2.5	3.1	2.1	5.4	1.4	3.9	1.4	3.0	1.8	1.2	0.7	0.2	10.7	5.7
13 Non-alcoholic beverages	9.6	11.7	7.4	0.0	9.5	4.8	12.3	1.7	2.6	12.9	2.7	1.6	0.3	3.1	0.9	11.6	4.9	6.6	10.9	0.6	12.3	0.1	2.4
14 Alcoholic beverages	0.5	0.8	2.7	0.0	3.2	1.5	1.4	0.2	0.4	1.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.4	0.5	0.0	0.0	0.0	0.0
15 Condiments and sauces	0.4	0.3	0.7	0.2	0.9	0.2	0.4	6.9	0.5	0.6	1.1	0.4	2.8	1.3	2.3	0.4	1.5	0.4	0.2	1.7	0.4	3.9	13.4
16 Soups, bouillon	0.5	1.4	1.4	2.2	1.6	0.2	3.1	8.9	1.1	1.7	0.9	1.0	0.1	7.2	1.4	1.2	2.7	0.5	1.4	1.1	1.9	0.9	1.2
17 Miscellaneous	2.0	1.3	1.9	1.9	1.9	0.8	1.8	1.9	1.5	0.8	1.5	1.6	0.9	0.1	0.8	1.3	0.8	1.5	0.5	2.1	0.4	2.2	1.0
20 Dietary supplements	5.7	8.5	5.6	0.0	0.0	4.6	3.4	0.0	0.3	0.0	11.0	9.5	9.1	7.3	14.3	14.4	15.6	14.4	16.7	11.8	21.3	18.2	15.8

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	7.0	5.3	0.0	6.2	1.5	5.9	0.6	3.0	10.1	1.0	3.2	0.0	0.3	0.1	4.9	4.8	1.1	9.5	0.0	8.9	0.0	1.0
02 Vegetables	5.4	8.3	9.0	0.0	10.6	2.2	6.8	2.3	4.8	11.7	2.9	4.9	0.2	62.0	17.6	18.0	6.3	5.5	6.8	0.0	19.5	0.3	7.6
03 Legumes	0.1	0.6	0.5	0.0	0.5	0.0	0.3	0.2	0.3	0.3	0.3	0.2	0.0	0.0	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.8	12.6	5.9	0.0	6.8	2.0	8.8	1.1	4.1	11.6	4.0	4.3	0.0	8.3	2.3	8.4	5.7	2.9	8.0	0.0	32.9	0.0	7.6
05 Dairy products	59.6	5.5	3.1	0.0	3.6	18.6	15.9	18.6	35.2	16.2	14.9	25.0	27.4	8.1	20.2	9.3	9.8	41.7	9.7	34.2	2.9	4.5	5.1
06 Cereals and cereal products	5.4	26.2	23.8	0.1	27.9	46.2	22.4	29.4	16.8	9.4	13.6	16.7	0.4	0.2	0.3	13.8	14.3	6.8	6.9	0.3	0.1	0.4	5.8
07 Meat and meat products	1.1	8.4	14.5	84.8	5.9	2.5	7.5	14.1	15.2	11.1	25.1	27.4	12.9	1.5	10.6	2.3	21.1	10.4	18.7	27.0	5.0	12.1	5.1
08 Fish and shellfish	0.9	1.5	1.8	9.2	1.5	7.5	2.3	4.2	5.3	2.9	14.1	1.5	0.6	0.0	0.5	1.0	2.7	2.1	3.1	13.1	0.2	12.3	2.0
09 Eggs and egg products	0.9	0.9	3.3	0.0	3.8	3.2	0.7	1.0	2.5	0.6	5.7	2.4	5.2	0.0	3.9	2.4	0.8	3.2	0.9	4.6	0.0	5.5	4.4
10 Fat	0.5	0.0	0.2	0.0	0.2	1.2	0.1	1.3	0.4	0.3	0.1	0.0	33.5	1.4	24.6	18.4	1.6	1.2	13.2	5.9	0.0	33.9	31.1
11 Sugar and confectionery	1.7	4.7	5.6	0.0	6.4	0.8	2.3	0.6	1.3	1.9	0.6	1.1	1.1	1.6	1.0	0.4	0.9	1.7	0.7	0.7	1.0	0.8	1.7
12 Cakes	1.7	4.4	5.1	0.0	6.0	3.7	3.2	5.9	4.3	2.6	3.9	3.2	7.8	3.0	5.9	1.9	2.6	2.5	1.1	1.1	0.4	6.0	7.4
13 Non-alcoholic beverages	9.5	9.1	9.8	0.0	11.6	4.6	13.9	1.8	1.8	15.0	4.0	1.7	0.3	1.6	0.7	6.5	7.1	6.0	6.3	0.9	15.3	0.1	1.6
14 Alcoholic beverages	0.6	1.5	3.4	0.0	3.9	1.7	1.9	0.3	0.8	1.6	0.3	0.4	0.2	0.0	0.1	0.5	0.0	0.9	1.0	0.3	0.0	0.2	0.1
15 Condiments and sauces	0.5	0.5	1.0	0.3	1.1	0.3	0.5	5.3	0.5	0.6	0.7	0.5	5.0	1.5	4.0	0.4	2.6	0.4	0.4	0.8	0.5	5.8	7.9
16 Soups, bouillon	1.0	2.8	3.1	3.2	3.1	0.3	3.6	12.3	2.5	3.7	1.9	1.6	0.2	9.0	2.3	1.7	7.2	1.3	2.1	2.7	3.0	2.0	2.3
17 Miscellaneous	0.8	0.5	0.9	2.5	0.8	0.2	0.7	1.0	0.7	0.4	0.8	1.0	0.5	0.1	0.3	0.5	0.6	0.7	0.3	0.9	0.1	1.4	0.6
20 Dietary supplements	6.4	5.2	3.9	0.0	0.0	3.5	3.1	0.0	0.4	0.2	6.0	4.8	4.8	1.4	5.7	9.4	11.7	11.3	11.1	7.4	10.3	14.6	8.5

Table 2.1 Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Total Population (n=739)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Lo dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	1.0	7.2	5.4	0.0	6.4	1.5	6.2	0.5	3.3	10.8	1.2	3.2	0.0	0.3	0.0	5.4	5.2	1.3	10.0	0.0	10.4	0.0	1.1
01-01	Potatoes	1.0	7.2	5.3	0.0	6.4	1.5	6.2	0.5	3.3	10.8	1.2	3.2	0.0	0.3	0.0	5.4	5.2	1.3	10.0	0.0	10.4	0.0	1.1
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.5	7.4	8.6	0.0	10.2	2.0	6.8	2.3	4.4	11.0	3.0	4.6	0.1	59.1	15.7	17.7	6.6	5.4	6.3	0.0	19.8	0.1	6.9
02-01	Leafy vegetables (except cabbages)	1.7	1.5	2.4	0.0	2.8	0.4	1.8	0.3	0.8	2.2	0.2	1.0	0.1	14.1	3.8	3.6	1.3	1.2	0.9	0.0	0.8	0.1	1.9
02-02	Fruiting vegetables	1.3	1.9	2.2	0.0	2.6	0.7	2.0	0.6	1.0	3.0	0.3	1.1	0.0	12.1	1.6	3.3	1.5	1.2	1.7	0.0	5.4	0.0	1.7
02-03	Root vegetables	0.4	0.6	0.5	0.0	0.5	0.2	0.4	0.3	0.3	1.1	0.1	0.4	0.0	14.8	6.7	1.5	0.4	0.3	0.5	0.0	0.6	0.0	0.6
02-04	Cabbages	1.3	1.4	1.7	0.0	2.2	0.4	1.5	0.5	1.4	2.9	1.9	0.9	0.0	7.6	1.3	6.3	1.9	1.4	1.9	0.0	10.5	0.0	1.9
02-05	Mushrooms	0.0	0.6	0.2	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.4	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.4	0.4	0.0	0.4	0.1	0.3	0.2	0.2	0.2	0.1	0.3	0.0	0.8	0.1	0.7	0.5	0.3	0.2	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.1	0.2	0.0	0.7	0.1	0.8	0.2	0.1	0.5	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.2	0.3	0.0	0.3	0.0	0.1	0.1	0.1	0.2	0.1	0.2	0.0	0.5	0.1	0.4	0.2	0.2	0.1	0.0	0.4	0.0	0.3
02-09	Mixed salad, mixed vegetables	0.3	0.5	0.7	0.0	0.9	0.1	0.4	0.3	0.3	0.7	0.2	0.3	0.0	8.5	2.0	1.1	0.5	0.4	0.5	0.0	1.3	0.0	0.3
03	Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.4	0.3	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.4	0.3	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.5	11.1	5.0	0.0	5.8	1.7	8.1	1.0	3.9	10.3	3.9	3.7	0.0	7.2	2.0	6.9	5.1	2.7	7.0	0.0	26.8	0.0	7.0
04-01	Fruits	2.1	7.4	3.7	0.0	4.3	1.6	5.3	0.1	2.3	9.2	2.3	2.2	0.0	7.0	2.0	6.2	4.1	2.2	6.4	0.0	26.8	0.0	4.5
04-02	Nuts and seeds (+nut spread)	0.4	3.4	1.2	0.0	1.4	0.1	2.7	0.6	1.6	1.0	1.5	1.4	0.0	0.0	0.0	0.6	0.9	0.4	0.5	0.0	0.0	0.0	2.3
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1
04-04	Olives	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	61.5	5.0	3.0	0.0	3.5	17.5	15.6	19.1	35.2	16.5	14.7	24.4	26.8	8.6	20.4	9.3	9.3	40.7	9.0	35.0	3.1	4.0	4.5
05-01	Milk	17.1	0.8	0.5	0.0	0.6	6.9	5.7	3.1	10.6	7.7	2.8	6.3	3.9	1.1	2.8	3.4	4.1	16.1	2.9	12.3	0.9	0.1	0.5
05-02	Milk beverages	1.2	0.5	0.6	0.0	0.6	0.6	0.6	0.3	0.8	0.8	0.2	0.5	0.3	0.1	0.2	0.2	0.5	1.3	0.5	0.7	0.2	0.1	0.1
05-03	Yoghurt	8.7	0.8	0.4	0.0	0.5	2.5	2.7	1.7	5.2	3.3	1.3	3.1	2.0	0.8	1.6	2.0	2.2	8.2	3.0	5.3	1.3	0.3	0.5
05-04	Fromage blanc, petits suisses	1.0	0.2	0.2	0.0	0.2	1.2	0.4	0.2	0.8	0.5	0.4	0.5	0.6	0.2	0.4	0.2	0.5	1.6	0.2	1.4	0.1	0.2	0.1
05-05	Cheese (including fresh cheeses)	26.3	1.7	0.6	0.0	0.7	3.6	3.7	12.1	13.3	1.2	8.2	11.3	15.8	4.7	12.0	2.7	0.6	6.9	0.9	11.3	0.1	2.2	2.2
05-06	Cream desserts, puddings (milk based)	4.4	1.0	0.7	0.0	0.8	1.2	1.7	1.2	2.7	1.9	1.0	1.8	2.6	1.1	2.1	0.7	1.1	4.2	1.2	2.8	0.4	0.8	0.7
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	2.5	0.1	0.1	0.0	0.1	1.5	0.8	0.5	1.7	1.1	0.8	0.8	1.0	0.3	0.7	0.1	0.4	2.3	0.3	1.1	0.1	0.1	0.3
06	Cereals and cereal products	6.0	26.7	24.2	0.1	28.7	50.2	22.8	29.3	17.2	9.9	14.3	16.6	0.4	0.2	0.3	15.3	16.4	7.5	7.5	0.3	0.1	0.4	5.7
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02	Pasta, rice, other grain	0.4	2.1	1.1	0.0	1.3	0.4	1.3	0.0	1.1	0.3	0.8	1.6	0.0	0.1	0.0	0.4	0.6	0.3	0.3	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.2	22.9	21.1	0.0	25.0	49.4	19.9	27.6	14.7	8.7	12.8	13.9	0.0	0.0	0.0	13.8	13.9	6.5	6.3	0.0	0.0	0.1	4.4
06-03-01	Bread	4.8	21.1	19.4	0.0	23.0	49.3	18.5	26.2	13.6	8.1	12.2	13.0	0.0	0.0	0.0	13.2	12.5	6.0	5.8	0.0	0.0	0.1	3.7
06-03-02	Crispbread, rusks	0.4	1.8	1.7	0.0	2.0	0.1	1.4	1.4	1.0	0.7	0.6	0.9	0.0	0.0	0.0	0.6	1.3	0.5	0.5	0.0	0.0	0.0	0.7
06-04	Breakfast cereals	0.2	1.0	1.3	0.0	1.5	0.0	1.0	0.2	0.8	0.4	0.2	0.7	0.0	0.0	0.0	0.7	1.4	0.4	0.5	0.1	0.0	0.2	0.6
06-05	Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.4	0.1	0.5	0.1	0.3	1.0	0.3	0.3	0.3	0.3	0.3	0.1	0.2	0.1	0.3	0.2	0.2	0.2	0.1	0.1	0.4
06-06	Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.1	0.2	0.1	0.3	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07	Meat and meat products	1.3	9.4	16.2	85.8	7.1	2.8	8.4	15.1	16.5	12.6	27.4	28.6	14.1	1.8	12.0	2.8	23.4	12.7	20.4	29.0	6.8	12.5	5.5
07-01	Fresh meat	0.5	4.0	9.2	48.2	2.6	1.0	4.8	2.9	8.8	7.2	13.0	18.5	1.1	1.3	0.9	0.9	11.7	6.7	11.5	16.6	1.9	3.5	2.6
07-01-00	Unclassified	0.1	0.3	0.9	6.4	0.2	0.1	0.4	0.4	0.8	0.6	1.3	1.9	0.2	0.1	0.1	0.1	1.3	0.6	1.1	1.9	0.6	0.5	0.2
07-01-01	Beef	0.2	2.4	6.6	30.8	1.7	0.6	2.7	1.5	4.7	4.1	6.3	12.1	0.7	1.2	0.6	0.7	1.8	4.0	5.6	11.9	1.2	1.9	1.4
07-01-02	Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.1	0.0
07-01-03	Pork	0.2	1.2	1.5	10.1	0.7	0.2	1.6	0.9	3.2	2.3	5.2	4.1	0.2	0.0	0.1	0.1	8.5	2.0	4.6	2.3	0.1	1.0	1.0
07-01-04	Mutton/Lamb	0.0	0.0	0.1	0.6	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.2	1.7	1.3	7.4	0.9	0.6	1.3	0.5	2.1	1.5	4.5	1.8	0.9	0.0	0.6	0.5	1.3	0.8	4.1	1.5	0.0	5.1	1.0
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	1.7	1.1	6.9	0.8	0.6	1.2	0.5	2.0	1.4	4.3	1.7	0.9	0.0	0.5	0.4	1.1	0.7	3.9	1.2	0.0	5.1	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	0.6	3.5	5.4	29.3	3.3	1.2	2.3	11.6	5.4	3.8	9.6	8.1	11.4	0.5	9.7	1.2	10.3	4.8	4.6	10.1	4.8	3.8	1.9
07-05	Offals	0.0	0.2	0.4	0.9	0.3	0.0	0.1	0.0	0.2	0.1	0.3	0.3	0.8	0.1	0.8	0.3	0.1	0.4	0.1	0.8	0.1	0.0	0.0
08	Fish and shellfish	0.8	1.5	1.6	7.4	1.3	5.3	1.9	3.6	4.1	2.2	11.0	1.3	0.6	0.0	0.5	0.8	2.0	1.8	2.6	11.6	0.1	11.1	1.8
08-01	Fish	0.6	1.0	1.3	6.3	1.1	4.0	1.6	3.1	3.7	1.9	9.3	1.1	0.5	0.0	0.4	0.6	1.7	1.5	2.5	10.1	0.1	10.2	1.6
08-02	Crustaceans, molluscs	0.1	0.3	0.1	0.3	0.1	0.3	0.1	0.2	0.1	0.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.8	0.1	1.0	0.2	0.3	0.4	0.2	1.3	0.1	0.1	0.0	0.1	0.1	0.3	0.1	0.1	0.7	0.0	0.9	0.1
09	Eggs and egg products	0.9	0.8	2.8	0.0	3.3	2.7	0.6	0.8	2.2	0.5	4.8	2.0	4.0	0.0	3.1	2.1	0.7	2.7	0.7	3.9	0.0	4.5	3.6
09-01	Egg	0.9	0.8	2.8	0.0	3.3	2.7	0.6	0.8	2.2	0.5	4.8	2.0	4.0	0.0	3.1	2.1	0.7	2.7	0.7	3.9	0.0	4.5	3.6
10	Fat	0.5	0.1	0.2	0.0	0.3	1.4	0.2	1.2	0.4	0.3	0.1	0.0	34.5	2.6	25.6	16.6	1.1	1.0	11.7	5.3	0.0	37.4	31.0
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.1	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	1.8	1.5
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0
10-02	Butter	0.1	0.0	0.0	0.0	0.0	1.2	0.0	0.2	0.1	0.0	0.1	0.0	6.6	2.5	5.3	0.0	0.1	0.1	0.0	0.3	0.0	2.7	1.1
10-03	Margarines	0.4	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.3	0.2	0.0	0.0	26.8	0.0	19.5	16.6	1.0	0.8	11.7	5.0	0.0	32.9	23.4
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	Phos dium	Pho rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	1.7	5.8	6.6	0.0	7.8	0.9	2.9	0.6	1.5	2.4	0.6	1.4	1.1	1.5	0.9	0.5	1.0	1.8	1.0	0.8	1.4	0.7	1.9
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	0.1	0.5	0.6	0.0	0.8	0.0	0.2	0.1	0.1	0.3	0.1	0.2	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.9	3.7	2.7	0.0	3.3	0.4	1.7	0.2	0.9	1.1	0.5	0.8	0.5	0.2	0.4	0.4	0.5	1.0	0.2	0.5	0.1	0.1	1.1
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.2	2.9	0.0	3.3	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.6	0.0	0.8	0.0	0.3
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.6	0.5	0.5	0.1	0.3	0.5	0.1	0.2	0.0	0.6	0.1
11-05-01	Ice cream	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.5	0.5	0.1	0.3	0.5	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.6	4.0	4.5	0.0	5.4	2.9	2.9	5.1	3.8	2.4	3.5	2.7	6.7	2.7	5.2	1.7	2.4	2.2	1.1	1.0	0.3	6.5	6.6
12-01	Cakes, pies, pastries, etc	0.9	2.0	2.2	0.0	2.6	2.2	1.5	2.7	2.1	1.2	2.0	1.5	3.9	1.6	3.1	1.0	1.3	1.5	0.6	0.7	0.3	3.6	3.0
12-02	Dry cakes, biscuits	0.7	1.9	2.3	0.0	2.8	0.7	1.4	2.4	1.7	1.2	1.5	1.2	2.7	1.1	2.1	0.7	1.2	0.7	0.5	0.3	0.0	2.9	3.6
13	Non-alcoholic beverages	8.7	9.0	8.8	0.0	10.5	4.2	12.9	1.6	2.1	14.3	3.2	1.5	0.3	2.7	0.8	7.4	6.8	5.9	6.9	0.8	16.2	0.1	2.0
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	1.0	1.0	0.0	1.2	0.3	1.8	0.2	0.7	2.7	0.2	0.4	0.0	2.3	0.6	2.8	2.8	1.1	2.0	0.2	13.7	0.0	1.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.1	0.3	0.1	1.0	0.0	0.1
13-03	Coffee, tea and herbal teas	4.5	7.2	7.4	0.0	9.0	2.5	9.8	0.8	1.1	11.4	1.0	1.1	0.3	0.1	0.2	4.5	3.8	4.6	4.6	0.4	1.5	0.1	0.0
13-03-01	Coffee	2.0	3.0	6.5	0.0	7.7	1.3	8.0	0.4	0.4	10.1	1.0	0.6	0.3	0.1	0.2	0.1	3.8	3.2	0.1	0.4	0.0	0.1	0.0
13-03-02	Tea	2.2	3.7	0.8	0.0	1.1	1.1	1.6	0.3	0.6	1.1	0.0	0.4	0.0	0.0	0.0	3.8	0.0	1.3	4.0	0.0	1.3	0.0	0.0
13-03-03	Herbal tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.2	0.6	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.3	0.5	0.1	0.0	0.1	1.4	1.2	0.6	0.0	0.0	1.9	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.8	1.6	3.5	0.0	4.1	2.2	2.7	0.3	1.2	2.1	0.3	0.5	0.1	0.0	0.1	1.2	0.0	1.4	1.9	0.4	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.6	0.9	3.1	0.0	3.6	2.1	1.6	0.2	0.4	1.3	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.6	0.8	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.1	0.2	0.1	0.0	0.1	0.0	0.9	0.0	0.7	0.6	0.1	0.1	0.0	0.0	0.0	1.0	0.0	0.6	1.0	0.3	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.7	1.0	0.4	1.2	0.3	0.6	6.0	0.6	0.7	1.3	0.6	4.6	2.0	3.8	0.5	2.5	0.6	0.5	1.5	0.7	6.6	10.1
15-01	Sauces	0.5	0.7	0.9	0.4	1.1	0.3	0.5	4.9	0.5	0.6	1.2	0.6	4.6	1.9	3.8	0.4	2.1	0.5	0.5	1.5	0.5	6.6	10.1
15-01-00	Unclassified and other sauces	0.2	0.3	0.5	0.0	0.7	0.1	0.3	2.8	0.2	0.3	0.1	0.2	4.5	0.3	3.4	0.1	1.7	0.2	0.1	0.1	0.3	5.0	4.7
15-01-01	Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.5	0.0	0.1	0.0	0.0	0.0	0.8	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.0	0.1

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	heme lo dine	Mag ne sium	Phos dium	Pho rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
15-01-03 Mayonnaises and similars	0.2	0.3	0.3	0.4	0.3	0.2	0.1	1.3	0.3	0.2	1.1	0.3	0.1	0.6	0.2	0.2	0.1	0.2	0.3	1.4	0.0	1.6	4.7	
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.1	1.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0
16 Soups, bouillon	0.8	2.3	2.5	3.8	2.4	0.3	3.2	11.3	2.0	2.8	1.9	1.6	0.3	8.7	2.0	1.6	5.1	1.2	2.0	2.3	2.8	2.0	1.7	
16-01 Soups	0.8	2.3	2.4	3.8	2.4	0.3	3.2	9.7	2.0	2.8	1.8	1.6	0.3	8.7	2.0	1.6	5.1	1.2	2.0	2.3	2.8	2.0	1.7	
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.1	0.9	1.4	2.5	1.3	0.6	1.0	1.7	1.0	0.6	1.3	1.5	0.6	0.3	0.5	0.8	1.1	1.0	0.5	1.4	0.4	1.6	0.9	
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.4	0.1	0.3	0.0	0.3	0.0	0.5	0.2	0.3	0.2	0.0	0.1	0.0	0.1	0.0	0.2	0.1	0.3	0.0	0.3	0.0	0.4	0.1	
17-02 Dietetic products	0.4	0.4	0.4	0.0	0.5	0.3	0.2	0.1	0.2	0.1	0.4	0.4	0.4	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	
17-02-00 Unclassified	0.4	0.4	0.4	0.0	0.5	0.3	0.2	0.1	0.2	0.1	0.4	0.4	0.4	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.3	0.4	0.7	2.5	0.5	0.3	0.3	1.3	0.5	0.2	0.8	0.9	0.2	0.1	0.2	0.2	0.6	0.4	0.3	0.8	0.1	0.8	0.4	

Table 2.2 Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Lo dine	Mag nesium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.2	8.2	5.8	0.0	6.9	1.6	6.8	0.5	3.7	11.9	1.4	3.5	0.0	0.3	0.0	6.2	5.6	1.6	11.0	0.0	13.5	0.0	1.2
01-01	Potatoes	1.2	8.2	5.8	0.0	6.9	1.6	6.8	0.5	3.7	11.9	1.4	3.5	0.0	0.3	0.0	6.2	5.6	1.6	11.0	0.0	13.5	0.0	1.2
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	6.0	7.1	8.1	0.0	9.5	1.8	6.4	2.7	3.9	10.1	2.4	4.4	0.1	60.4	15.2	16.2	6.1	5.2	5.7	0.0	17.3	0.0	5.8
02-01	Leafy vegetables (except cabbages)	2.1	1.5	2.6	0.0	3.0	0.4	1.8	0.4	0.8	2.2	0.3	1.1	0.1	15.0	4.5	4.0	1.4	1.4	0.9	0.0	0.9	0.0	1.7
02-02	Fruiting vegetables	1.5	2.0	2.3	0.0	2.7	0.7	2.1	0.8	1.0	3.1	0.2	1.2	0.0	13.7	1.7	3.7	1.7	1.3	1.7	0.0	5.6	0.0	1.6
02-03	Root vegetables	0.5	0.6	0.5	0.0	0.5	0.2	0.4	0.3	0.3	1.2	0.1	0.5	0.0	14.3	5.7	1.6	0.5	0.4	0.4	0.0	0.7	0.0	0.5
02-04	Cabbages	1.0	0.9	1.1	0.0	1.4	0.2	0.9	0.5	0.9	1.9	1.2	0.6	0.0	5.3	1.1	4.2	1.0	0.9	1.3	0.0	7.0	0.0	1.2
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.4	0.4	0.0	0.5	0.1	0.3	0.2	0.3	0.3	0.1	0.3	0.0	1.2	0.1	0.6	0.5	0.3	0.2	0.0	0.6	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.0	0.3	0.0	0.5	0.1	0.8	0.2	0.1	0.6	0.0	0.5	0.0	0.1
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.3	0.1	0.1	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.4	0.5	0.7	0.0	0.8	0.1	0.4	0.3	0.3	0.7	0.2	0.3	0.0	10.1	2.0	1.0	0.5	0.4	0.4	0.0	1.8	0.0	0.3
03	Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.4	9.3	4.2	0.0	4.8	1.5	7.3	0.8	3.7	8.9	3.6	3.3	0.0	6.7	1.7	6.0	4.7	2.5	6.1	0.0	23.1	0.0	6.4
04-01	Fruits	1.9	5.9	3.0	0.0	3.4	1.4	4.4	0.1	1.9	7.8	1.9	1.9	0.0	6.5	1.7	5.1	3.8	2.0	5.4	0.0	23.0	0.0	3.7
04-02	Nuts and seeds (+nut spread)	0.4	3.2	1.1	0.0	1.3	0.1	2.8	0.5	1.7	1.1	1.5	1.4	0.0	0.0	0.0	0.7	0.9	0.5	0.6	0.0	0.0	0.0	2.5
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.2	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	62.9	4.6	2.8	0.0	3.3	16.7	15.1	17.7	34.2	16.5	13.5	23.8	24.3	8.5	19.1	9.0	9.5	41.3	9.3	35.0	3.8	3.9	3.8
05-01	Milk	17.8	0.7	0.4	0.0	0.5	6.8	5.6	2.9	10.5	7.5	2.7	6.1	4.3	1.5	3.4	3.2	4.0	16.1	2.7	12.3	1.0	0.0	0.5
05-02	Milk beverages	1.6	0.4	0.4	0.0	0.5	0.7	0.7	0.3	0.9	0.9	0.2	0.6	0.3	0.1	0.2	0.2	0.6	1.8	0.8	0.9	0.4	0.1	0.1
05-03	Yoghurt	8.7	0.7	0.3	0.0	0.4	2.3	2.4	1.4	4.7	3.1	1.1	2.8	1.7	0.6	1.3	2.0	1.9	7.8	3.0	4.8	1.3	0.3	0.5
05-04	Fromage blanc, petits suisses	0.8	0.1	0.2	0.0	0.2	1.0	0.3	0.2	0.6	0.4	0.3	0.4	0.5	0.2	0.4	0.2	0.4	1.1	0.2	1.1	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	25.3	1.4	0.5	0.0	0.6	3.1	3.1	10.9	12.1	1.0	7.3	10.9	13.5	4.0	10.5	2.5	0.6	6.4	0.9	10.9	0.2	2.4	1.8
05-06	Cream desserts, puddings (milk based)	6.1	1.0	0.9	0.0	1.0	1.4	2.2	1.5	3.5	2.4	1.1	2.3	2.5	1.5	2.1	0.8	1.6	5.7	1.5	3.7	0.6	0.6	0.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.3	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-08	Milk for coffee and creamers	2.5	0.1	0.1	0.0	0.1	1.5	0.8	0.5	1.7	1.1	0.8	0.7	0.9	0.4	0.7	0.1	0.4	2.3	0.3	1.1	0.1	0.1	0.3
06	Cereals and cereal products	6.7	28.4	24.8	0.1	28.8	52.2	24.4	29.0	18.2	10.4	15.7	18.2	0.3	0.3	0.2	16.7	17.3	8.1	8.4	0.2	0.1	0.3	6.1
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.2	0.0	0.2	0.0	0.3	0.2	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.1

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02	Pasta, rice, other grain	0.5	2.5	1.3	0.1	1.5	0.6	1.6	0.1	1.4	0.4	1.1	2.1	0.0	0.1	0.0	0.6	0.9	0.4	0.4	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.8	23.6	21.2	0.0	24.5	51.2	20.9	27.0	15.1	9.0	13.7	14.7	0.0	0.0	0.0	14.7	14.3	6.9	6.8	0.0	0.0	0.1	4.6
06-03-01	Bread	5.5	22.2	20.0	0.0	23.2	51.1	19.8	26.1	14.3	8.5	13.2	14.1	0.0	0.0	0.0	14.3	13.2	6.5	6.4	0.0	0.0	0.1	4.2
06-03-02	Crispbread, rusks	0.3	1.3	1.1	0.0	1.3	0.1	1.0	0.9	0.8	0.5	0.5	0.6	0.0	0.0	0.0	0.4	1.1	0.5	0.4	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.1	1.3	1.4	0.0	1.7	0.0	1.2	0.3	1.0	0.5	0.2	0.8	0.0	0.0	0.0	0.8	1.4	0.3	0.5	0.0	0.0	0.1	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.5	0.0	0.7	0.1	0.3	1.0	0.3	0.3	0.4	0.3	0.2	0.1	0.1	0.1	0.4	0.3	0.3	0.2	0.1	0.1	0.4
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.3	0.2	0.0	0.2	0.3	0.1	0.3	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.4	0.2	0.1	0.2	0.0	0.0	0.0	0.0
07	Meat and meat products	1.5	10.0	16.0	85.6	7.8	3.2	7.9	17.5	16.2	11.9	29.2	28.2	17.0	1.5	14.8	3.4	25.0	13.4	20.0	30.1	9.3	12.1	5.4
07-01	Fresh meat	0.4	3.4	7.3	42.2	2.0	0.9	3.8	2.4	7.3	5.7	12.1	16.1	0.9	0.8	0.7	0.7	11.4	5.8	10.5	14.8	1.9	2.5	2.1
07-01-00	Unclassified	0.1	0.4	1.0	7.0	0.3	0.1	0.5	0.5	0.9	0.7	1.5	2.2	0.2	0.1	0.2	0.1	1.6	0.7	1.4	2.1	0.8	0.6	0.2
07-01-01	Beef	0.2	1.7	4.6	24.3	1.0	0.5	1.7	1.0	3.2	2.6	5.0	9.3	0.4	0.7	0.4	0.5	1.0	2.7	4.3	9.6	1.1	0.9	0.9
07-01-02	Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.1	0.0
07-01-03	Pork	0.2	1.3	1.7	10.2	0.7	0.2	1.6	0.9	3.2	2.3	5.5	4.4	0.2	0.0	0.1	0.1	8.6	2.3	4.7	2.7	0.1	0.9	1.0
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.2	1.8	1.2	8.2	0.9	0.6	1.3	0.5	2.1	1.6	4.7	2.0	0.7	0.0	0.6	0.5	1.2	0.9	4.1	1.5	0.0	4.8	1.0
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	1.8	1.1	7.8	0.8	0.6	1.2	0.5	2.0	1.5	4.5	1.9	0.7	0.0	0.5	0.4	1.1	0.8	3.9	1.3	0.0	4.8	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	0.9	4.4	6.7	33.8	4.2	1.7	2.7	14.5	6.5	4.4	11.8	9.6	13.8	0.6	12.0	1.5	12.2	6.0	5.1	12.7	7.1	4.8	2.2
07-05	Offals	0.0	0.4	0.7	1.4	0.6	0.0	0.1	0.1	0.3	0.1	0.5	0.5	1.6	0.0	1.6	0.7	0.2	0.7	0.2	1.2	0.2	0.0	0.1
08	Fish and shellfish	0.8	1.7	1.5	6.5	1.3	4.3	1.8	3.4	3.9	2.1	10.0	1.4	0.7	0.0	0.5	0.7	2.0	1.8	2.6	12.1	0.1	11.9	2.0
08-01	Fish	0.6	1.3	1.3	5.7	1.1	3.2	1.5	3.0	3.4	1.8	8.7	1.1	0.6	0.0	0.5	0.5	1.7	1.5	2.5	10.4	0.1	11.2	1.7
08-02	Crustaceans, molluscs	0.1	0.3	0.1	0.3	0.1	0.3	0.1	0.2	0.1	0.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.6	0.1	0.8	0.2	0.2	0.4	0.2	1.0	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.7	0.0	0.8	0.0
09	Eggs and egg products	1.0	0.8	2.8	0.0	3.3	2.8	0.6	0.8	2.2	0.6	4.8	2.0	3.7	0.0	2.9	2.2	0.7	2.7	0.8	3.8	0.0	4.2	3.5
09-01	Egg	1.0	0.8	2.8	0.0	3.3	2.8	0.6	0.8	2.2	0.6	4.8	2.0	3.7	0.0	2.9	2.2	0.7	2.7	0.8	3.8	0.0	4.2	3.5
10	Fat	0.5	0.0	0.2	0.0	0.3	1.0	0.2	1.1	0.4	0.3	0.1	0.0	35.0	1.4	26.4	18.8	1.1	1.1	13.8	5.9	0.0	41.7	35.2
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	1.6	1.4
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.6
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.1	0.1	0.0	0.1	0.0	4.4	1.3	3.4	0.0	0.0	0.1	0.0	0.2	0.0	1.3	0.9
10-03	Margarines	0.5	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.4	0.3	0.0	0.0	29.6	0.1	22.3	18.8	1.1	1.0	13.8	5.7	0.0	38.8	26.3

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11	Sugar and confectionery	2.0	6.5	7.3	0.0	8.3	1.1	3.2	0.7	1.8	2.8	0.8	1.7	1.1	1.6	1.0	0.6	1.2	2.2	1.1	1.0	1.5	0.7	2.1
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.2	0.8	0.9	0.0	1.0	0.0	0.3	0.1	0.1	0.3	0.1	0.2	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.7	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	1.0	4.2	3.3	0.0	3.7	0.6	1.9	0.3	1.2	1.4	0.6	1.1	0.5	0.2	0.4	0.4	0.6	1.3	0.2	0.7	0.1	0.1	1.2
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.2	2.8	0.0	3.1	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.6	0.0	0.7	0.0	0.3
11-05	Ice cream, water ice	0.6	0.2	0.2	0.0	0.2	0.5	0.3	0.2	0.3	0.3	0.1	0.2	0.6	0.6	0.5	0.1	0.4	0.6	0.1	0.3	0.0	0.6	0.2
11-05-01	Ice cream	0.6	0.2	0.2	0.0	0.2	0.5	0.3	0.2	0.3	0.3	0.1	0.2	0.6	0.6	0.5	0.1	0.4	0.6	0.1	0.3	0.0	0.6	0.2
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.6	3.6	4.1	0.0	4.8	2.5	2.7	4.6	3.5	2.2	3.3	2.4	5.9	3.1	4.9	1.5	2.1	2.0	1.0	0.9	0.3	5.2	6.0
12-01	Cakes, pies, pastries, etc	0.9	1.8	1.9	0.0	2.2	1.9	1.3	2.3	1.9	1.1	1.9	1.2	3.5	1.7	3.0	1.0	1.1	1.4	0.5	0.8	0.2	3.6	2.7
12-02	Dry cakes, biscuits	0.7	1.9	2.2	0.0	2.6	0.6	1.4	2.3	1.6	1.1	1.4	1.2	2.5	1.3	1.9	0.6	0.9	0.6	0.5	0.2	0.0	1.6	3.2
13	Non-alcoholic beverages	7.3	7.6	8.7	0.0	10.3	3.4	12.5	1.3	2.0	14.7	2.5	1.4	0.2	3.4	0.9	6.4	7.7	5.6	5.7	0.8	19.6	0.0	2.1
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	1.0	0.8	0.0	0.9	0.3	1.7	0.2	0.7	2.6	0.1	0.4	0.0	3.2	0.7	3.3	3.4	1.2	2.2	0.3	16.4	0.0	1.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.4	0.3	0.0	0.3	0.0	0.2	0.2	0.5	0.1	0.1	0.0	0.0	0.2	0.0	0.1	0.1	0.0	0.4	0.2	1.9	0.0	0.1
13-03	Coffee, tea and herbal teas	4.0	5.9	7.6	0.0	8.9	2.2	9.8	0.6	0.8	11.9	1.1	0.9	0.2	0.1	0.2	3.0	4.2	4.3	3.0	0.3	1.2	0.0	0.0
13-03-01	Coffee	2.2	3.2	7.0	0.0	8.2	1.3	8.7	0.4	0.4	11.0	1.1	0.6	0.2	0.1	0.2	0.1	4.2	3.4	0.1	0.3	0.0	0.0	0.0
13-03-02	Tea	1.6	2.3	0.5	0.0	0.6	0.7	1.0	0.2	0.4	0.7	0.0	0.3	0.0	0.0	0.0	2.4	0.0	0.8	2.6	0.0	1.1	0.0	0.0
13-03-03	Herbal tea	0.3	0.4	0.1	0.0	0.1	0.1	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.4	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.3	0.3	0.1	0.0	0.1	0.9	0.8	0.3	0.0	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.2	2.0	4.3	0.0	5.0	3.2	4.4	0.4	2.2	3.3	0.5	0.6	0.0	0.0	0.0	2.4	0.0	2.4	3.6	0.6	0.0	0.0	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.8	1.2	3.8	0.0	4.5	3.1	2.3	0.2	0.6	1.8	0.1	0.3	0.0	0.0	0.0	0.2	0.0	1.0	1.2	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.3	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.3	0.4	0.2	0.0	0.3	0.0	2.0	0.1	1.5	1.4	0.3	0.2	0.0	0.0	0.0	2.2	0.0	1.4	2.4	0.6	0.0	0.0	0.1
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.6	1.0	1.2	0.6	1.4	0.4	0.8	6.4	0.7	0.8	1.6	0.8	5.2	2.6	4.4	0.6	3.0	0.7	0.7	1.8	1.0	8.2	10.3
15-01	Sauces	0.5	0.9	1.1	0.6	1.2	0.4	0.6	4.8	0.6	0.7	1.6	0.7	5.2	2.5	4.4	0.5	2.2	0.6	0.7	1.8	0.8	8.2	10.3

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.2	0.5	0.6	0.0	0.7	0.1	0.4	2.9	0.3	0.3	0.1	0.3	5.1	0.2	3.9	0.1	2.0	0.3	0.1	0.0	0.5	5.9	5.5
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.5	0.0	0.2	0.0	0.0	0.0	1.4	0.2	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.1
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7
15-01-03 Mayonnaises and similars	0.2	0.4	0.3	0.6	0.3	0.2	0.1	0.9	0.3	0.2	1.3	0.3	0.1	0.7	0.2	0.3	0.1	0.2	0.4	1.7	0.1	2.3	4.0
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.2	0.0	0.2	0.0	0.1	1.6	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.6	0.1	0.1	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.9	2.2	2.3	4.4	2.1	0.4	2.6	10.5	1.7	2.4	2.1	1.7	0.5	8.7	2.0	1.6	4.1	1.5	2.0	2.1	3.1	2.5	1.5
16-01 Soups	0.9	2.2	2.3	4.4	2.0	0.3	2.6	8.5	1.7	2.4	2.1	1.7	0.5	8.7	2.0	1.6	4.1	1.5	2.0	2.1	3.0	2.5	1.5
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.0	1.1	1.7	2.8	1.6	0.8	1.0	2.3	1.2	0.7	1.7	1.9	0.6	0.7	0.6	0.8	1.8	1.0	0.8	1.5	0.7	1.6	1.3
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.2	0.1	0.3	0.0	0.3	0.0	0.3	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1
17-02 Dietetic products	0.3	0.4	0.5	0.0	0.5	0.4	0.2	0.1	0.2	0.2	0.4	0.4	0.3	0.5	0.3	0.4	0.5	0.3	0.4	0.2	0.6	0.4	0.5
17-02-00 Unclassified	0.3	0.4	0.5	0.0	0.5	0.4	0.2	0.1	0.2	0.2	0.4	0.4	0.3	0.5	0.3	0.4	0.5	0.3	0.4	0.2	0.6	0.4	0.5
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.6	1.0	2.8	0.8	0.5	0.5	2.0	0.8	0.4	1.3	1.4	0.3	0.1	0.2	0.3	1.2	0.6	0.4	1.3	0.1	1.1	0.7

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	6.6	5.0	0.0	6.1	1.4	5.8	0.5	3.0	10.1	1.0	3.0	0.0	0.3	0.0	4.8	4.9	1.2	9.3	0.0	8.3	0.0	1.0
01-01 Potatoes	0.9	6.6	5.0	0.0	6.1	1.4	5.8	0.5	3.0	10.1	1.0	3.0	0.0	0.3	0.0	4.8	4.9	1.2	9.3	0.0	8.3	0.0	1.0
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	5.2	7.6	8.9	0.0	10.7	2.0	7.1	2.1	4.8	11.7	3.4	4.7	0.1	58.3	16.1	18.8	7.0	5.5	6.7	0.0	21.5	0.2	7.6
02-01 Leafy vegetables (except cabbages)	1.4	1.4	2.3	0.0	2.7	0.4	1.8	0.3	0.8	2.2	0.2	1.0	0.1	13.4	3.3	3.4	1.2	1.1	0.8	0.0	0.7	0.2	1.9
02-02 Fruiting vegetables	1.2	1.8	2.2	0.0	2.6	0.7	2.0	0.4	1.0	3.0	0.3	1.0	0.0	11.1	1.6	3.0	1.4	1.1	1.7	0.0	5.2	0.0	1.7
02-03 Root vegetables	0.4	0.5	0.5	0.0	0.5	0.2	0.4	0.2	0.3	1.1	0.1	0.4	0.0	15.2	7.3	1.4	0.4	0.3	0.5	0.0	0.6	0.0	0.6
02-04 Cabbages	1.4	1.6	2.0	0.0	2.7	0.4	1.9	0.5	1.8	3.6	2.3	1.0	0.0	9.1	1.4	7.6	2.4	1.7	2.3	0.0	12.8	0.0	2.3
02-05 Mushrooms	0.0	0.6	0.2	0.0	0.2	0.0	0.0	0.0	0.1	0.2	0.3	0.1	0.0	0.0	0.0	0.1	0.1	0.4	0.1	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.1	0.2	0.2	0.2	0.2	0.1	0.3	0.0	0.6	0.1	0.8	0.4	0.2	0.1	0.0	0.3	0.0	0.2
02-07 Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.1	0.2	0.0	0.8	0.1	0.8	0.2	0.1	0.5	0.0	0.4	0.0	0.3
02-08 Stalk vegetables, sprouts	0.1	0.3	0.4	0.0	0.4	0.0	0.1	0.1	0.1	0.3	0.1	0.2	0.0	0.7	0.2	0.5	0.2	0.2	0.1	0.0	0.4	0.0	0.4
02-09 Mixed salad, mixed vegetables	0.3	0.4	0.8	0.0	0.9	0.1	0.4	0.3	0.3	0.6	0.2	0.3	0.0	7.5	2.0	1.2	0.5	0.4	0.6	0.0	1.1	0.0	0.3
03 Legumes	0.2	0.8	0.6	0.0	0.7	0.0	0.4	0.3	0.4	0.4	0.3	0.3	0.0	0.0	0.0	0.3	0.4	0.1	0.2	0.0	0.0	0.0	0.1
03-01 Legumes	0.2	0.8	0.6	0.0	0.7	0.0	0.4	0.3	0.4	0.4	0.3	0.3	0.0	0.0	0.0	0.3	0.4	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.6	12.2	5.5	0.0	6.5	1.8	8.7	1.1	4.1	11.2	4.1	3.9	0.0	7.5	2.2	7.4	5.3	2.8	7.6	0.0	29.3	0.0	7.3
04-01 Fruits	2.2	8.4	4.2	0.0	4.9	1.7	5.9	0.1	2.5	10.2	2.5	2.4	0.0	7.3	2.2	6.8	4.4	2.4	7.1	0.0	29.2	0.0	5.0
04-02 Nuts and seeds (+nut spread)	0.3	3.5	1.2	0.0	1.5	0.1	2.6	0.6	1.5	0.9	1.4	1.5	0.0	0.0	0.0	0.6	0.9	0.4	0.5	0.0	0.0	0.0	2.1
04-03 Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
04-04 Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05 Dairy products	60.6	5.3	3.1	0.0	3.7	18.0	16.0	19.9	35.8	16.5	15.5	24.7	28.4	8.7	21.3	9.6	9.2	40.3	8.8	34.9	2.7	4.1	5.0
05-01 Milk	16.6	0.8	0.5	0.0	0.6	7.0	5.8	3.2	10.7	7.8	2.9	6.5	3.6	0.9	2.5	3.6	4.1	16.1	3.1	12.2	0.8	0.1	0.5
05-02 Milk beverages	1.0	0.5	0.6	0.0	0.7	0.6	0.6	0.3	0.8	0.7	0.2	0.5	0.3	0.1	0.2	0.2	0.3	1.0	0.3	0.6	0.1	0.1	0.1
05-03 Yoghurt	8.8	0.8	0.5	0.0	0.5	2.7	2.9	1.8	5.4	3.4	1.4	3.3	2.2	0.9	1.7	2.1	2.4	8.5	3.0	5.6	1.3	0.3	0.6
05-04 Fromage blanc, petits suisses	1.2	0.2	0.2	0.0	0.2	1.3	0.4	0.3	0.9	0.6	0.5	0.6	0.7	0.2	0.4	0.3	0.5	2.0	0.3	1.5	0.1	0.2	0.1
05-05 Cheese (including fresh cheeses)	27.0	1.8	0.6	0.0	0.8	3.9	4.0	12.9	14.1	1.2	8.8	11.6	17.3	5.2	13.1	2.8	0.6	7.2	0.9	11.5	0.1	2.1	2.4
05-06 Cream desserts, puddings (milk based)	3.4	1.0	0.6	0.0	0.7	1.0	1.5	1.0	2.1	1.6	1.0	1.4	2.6	0.9	2.1	0.7	0.8	3.1	0.9	2.3	0.3	0.9	0.9
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.2	0.6	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08 Milk for coffee and creamers	2.5	0.1	0.1	0.0	0.1	1.5	0.8	0.5	1.7	1.1	0.8	0.8	1.0	0.3	0.7	0.1	0.4	2.3	0.3	1.1	0.1	0.2	0.4
06 Cereals and cereal products	5.5	25.7	23.8	0.1	28.6	48.9	21.7	29.5	16.5	9.5	13.4	15.6	0.4	0.2	0.3	14.4	15.8	7.2	7.0	0.3	0.1	0.5	5.5
06-01 Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.2	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.3	1.8	1.0	0.0	1.2	0.3	1.1	0.0	0.9	0.3	0.6	1.2	0.0	0.1	0.0	0.3	0.5	0.3	0.2	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	4.8	22.5	21.0	0.0	25.3	48.3	19.3	28.0	14.3	8.6	12.2	13.3	0.0	0.0	0.0	13.2	13.6	6.2	6.0	0.0	0.0	0.1	4.3
06-03-01 Bread	4.4	20.4	19.0	0.0	22.9	48.1	17.7	26.3	13.1	7.8	11.5	12.3	0.0	0.0	0.0	12.5	12.1	5.6	5.4	0.0	0.0	0.1	3.4

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	2.1	2.0	0.0	2.4	0.2	1.6	1.7	1.2	0.8	0.7	1.1	0.0	0.0	0.0	0.7	1.5	0.6	0.6	0.0	0.0	0.0	0.9
06-04 Breakfast cereals	0.2	0.7	1.2	0.0	1.4	0.0	0.9	0.2	0.7	0.4	0.2	0.6	0.0	0.0	0.0	0.6	1.3	0.4	0.5	0.1	0.0	0.2	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.3	0.4	0.1	0.5	0.1	0.2	0.9	0.3	0.2	0.2	0.2	0.3	0.1	0.2	0.1	0.2	0.2	0.2	0.2	0.0	0.1	0.4
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.1	0.1	0.1	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	1.1	9.0	16.4	85.9	6.7	2.5	8.8	13.5	16.6	13.1	26.3	28.9	12.2	2.1	10.1	2.4	22.4	12.3	20.6	28.3	5.3	12.7	5.6
07-01 Fresh meat	0.5	4.3	10.4	52.2	3.0	1.1	5.4	3.2	9.7	8.1	13.7	20.0	1.2	1.6	1.1	0.9	11.9	7.3	12.1	17.8	1.9	4.1	2.9
07-01-00 Unclassified	0.0	0.3	0.8	5.9	0.2	0.1	0.4	0.4	0.7	0.5	1.2	1.7	0.2	0.1	0.1	0.0	1.1	0.5	1.0	1.8	0.4	0.4	0.1
07-01-01 Beef	0.3	2.8	8.0	35.1	2.1	0.7	3.3	1.8	5.7	5.1	7.2	13.9	0.8	1.5	0.8	0.8	2.2	4.8	6.4	13.3	1.4	2.6	1.8
07-01-02 Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.1	0.0
07-01-03 Pork	0.2	1.1	1.4	10.0	0.6	0.2	1.6	1.0	3.1	2.3	5.1	3.9	0.1	0.0	0.1	0.1	8.4	1.8	4.5	2.0	0.1	1.0	1.0
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.8	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.4	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.6	1.3	6.9	0.9	0.6	1.3	0.5	2.1	1.5	4.4	1.6	1.0	0.0	0.6	0.4	1.3	0.7	4.2	1.6	0.0	5.4	1.0
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.6	1.1	6.3	0.8	0.5	1.2	0.5	2.0	1.4	4.3	1.6	1.0	0.0	0.5	0.4	1.1	0.6	3.9	1.1	0.0	5.4	1.0
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.4	2.9	4.5	26.3	2.7	0.9	2.1	9.7	4.7	3.4	8.1	7.1	9.8	0.4	8.2	0.9	9.1	4.0	4.3	8.4	3.3	3.2	1.7
07-05 Offals	0.0	0.1	0.2	0.5	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.3	0.1	0.3	0.1	0.1	0.2	0.0	0.5	0.0	0.0	0.0
08 Fish and shellfish	0.8	1.4	1.6	8.0	1.3	6.0	1.9	3.7	4.3	2.3	11.6	1.3	0.6	0.0	0.4	0.8	2.0	1.7	2.6	11.3	0.1	10.5	1.7
08-01 Fish	0.6	0.9	1.3	6.8	1.0	4.6	1.6	3.1	3.9	2.0	9.7	1.1	0.5	0.0	0.3	0.7	1.7	1.5	2.5	9.9	0.1	9.6	1.4
08-02 Crustaceans, molluscs	0.1	0.3	0.1	0.4	0.1	0.3	0.1	0.2	0.1	0.0	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.2	0.2	0.9	0.2	1.1	0.2	0.3	0.4	0.2	1.4	0.1	0.1	0.0	0.0	0.1	0.3	0.1	0.1	0.7	0.0	0.9	0.1
09 Eggs and egg products	0.8	0.8	2.8	0.0	3.2	2.7	0.6	0.9	2.1	0.5	4.8	2.0	4.2	0.0	3.1	2.0	0.7	2.6	0.7	3.9	0.0	4.6	3.6
09-01 Egg	0.8	0.8	2.8	0.0	3.2	2.7	0.6	0.9	2.1	0.5	4.8	2.0	4.2	0.0	3.1	2.0	0.7	2.6	0.7	3.9	0.0	4.6	3.6
10 Fat	0.4	0.1	0.2	0.0	0.3	1.7	0.1	1.3	0.4	0.3	0.2	0.0	34.3	3.4	25.1	15.1	1.1	0.9	10.4	4.9	0.0	34.6	28.3
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	1.9	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.0
10-02 Butter	0.1	0.1	0.0	0.0	0.1	1.5	0.0	0.2	0.1	0.1	0.1	0.0	8.1	3.4	6.5	0.0	0.1	0.1	0.0	0.4	0.0	3.7	1.3
10-03 Margarines	0.3	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.3	0.2	0.0	0.0	24.9	0.0	17.7	15.1	1.0	0.7	10.4	4.6	0.0	29.1	21.5
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.5	5.3	6.2	0.0	7.5	0.7	2.7	0.6	1.3	2.2	0.5	1.1	1.0	1.4	0.9	0.5	0.9	1.6	1.0	0.6	1.4	0.7	1.8

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.5	0.0	0.6	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.8	3.3	2.4	0.0	3.1	0.3	1.6	0.2	0.8	1.0	0.4	0.6	0.5	0.2	0.3	0.4	0.5	0.8	0.2	0.4	0.2	0.1	1.0
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.3	3.0	0.0	3.5	0.0	0.5	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.6	0.0	0.8	0.0	0.3
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.5	0.5	0.1	0.2	0.4	0.1	0.2	0.0	0.6	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.5	0.4	0.1	0.2	0.4	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.6	4.2	4.8	0.0	5.7	3.2	3.1	5.5	4.0	2.5	3.6	2.8	7.2	2.5	5.4	1.8	2.7	2.3	1.2	1.0	0.3	7.4	7.0
12-01	Cakes, pies, pastries, etc	0.9	2.2	2.4	0.0	2.8	2.3	1.6	2.9	2.2	1.3	2.1	1.6	4.2	1.6	3.1	1.0	1.4	1.6	0.6	0.7	0.3	3.6	3.2
12-02	Dry cakes, biscuits	0.7	2.0	2.4	0.0	3.0	0.8	1.5	2.5	1.8	1.2	1.5	1.2	2.9	0.9	2.3	0.7	1.3	0.8	0.6	0.3	0.0	3.7	3.8
13	Non-alcoholic beverages	9.7	9.9	8.8	0.0	10.7	4.7	13.2	1.8	2.1	14.0	3.6	1.6	0.3	2.2	0.7	8.1	6.2	6.1	7.7	0.7	14.1	0.1	1.9
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	1.1	1.2	0.0	1.4	0.2	1.8	0.2	0.7	2.7	0.3	0.4	0.0	1.8	0.5	2.5	2.5	1.0	1.8	0.2	12.0	0.0	1.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.2	0.2	0.1	0.4	0.0	0.1
13-03	Coffee, tea and herbal teas	4.8	8.1	7.4	0.0	9.0	2.8	9.9	0.9	1.3	11.2	1.0	1.1	0.3	0.1	0.2	5.5	3.5	4.8	5.6	0.5	1.7	0.1	0.0
13-03-01	Coffee	1.9	2.8	6.2	0.0	7.4	1.2	7.5	0.5	0.5	9.5	1.0	0.6	0.3	0.1	0.2	0.1	3.5	3.0	0.1	0.5	0.0	0.1	0.0
13-03-02	Tea	2.5	4.6	1.0	0.0	1.4	1.3	2.1	0.4	0.7	1.4	0.0	0.5	0.0	0.0	0.0	4.7	0.0	1.6	4.8	0.0	1.4	0.0	0.0
13-03-03	Herbal tea	0.3	0.6	0.1	0.0	0.2	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.2	0.7	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	4.0	0.6	0.1	0.0	0.2	1.7	1.5	0.7	0.0	0.1	2.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.6	1.3	3.0	0.0	3.5	1.6	1.6	0.2	0.6	1.4	0.2	0.3	0.1	0.0	0.1	0.4	0.0	0.7	0.8	0.2	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.7	2.5	0.0	2.9	1.5	1.2	0.1	0.3	1.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.4	0.6	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.4	0.4	0.0	0.4	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.5	0.9	0.3	1.2	0.3	0.5	5.8	0.5	0.6	1.0	0.5	4.2	1.6	3.4	0.4	2.2	0.5	0.4	1.3	0.5	5.5	10.0
15-01	Sauces	0.4	0.5	0.9	0.3	1.1	0.3	0.5	5.0	0.5	0.6	1.0	0.5	4.2	1.5	3.4	0.3	2.1	0.4	0.4	1.2	0.4	5.5	10.0
15-01-00	Unclassified and other sauces	0.2	0.3	0.5	0.0	0.6	0.1	0.3	2.7	0.2	0.3	0.1	0.2	4.1	0.4	3.1	0.1	1.6	0.2	0.1	0.1	0.2	4.4	4.2
15-01-01	Tomato sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.5	0.0	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.2	0.2	0.3	0.3	0.3	0.1	0.1	1.6	0.2	0.2	0.9	0.2	0.1	0.6	0.2	0.2	0.1	0.1	0.3	1.2	0.0	1.2	5.2
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.8	2.4	2.6	3.4	2.6	0.3	3.6	11.9	2.1	3.1	1.7	1.5	0.2	8.6	2.0	1.6	5.7	1.1	1.9	2.3	2.6	1.7	1.9
16-01 Soups	0.8	2.3	2.5	3.4	2.6	0.3	3.6	10.5	2.1	3.1	1.6	1.5	0.2	8.6	2.0	1.6	5.7	1.1	1.9	2.3	2.6	1.7	1.9
16-02 Bouillon	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.2	0.8	1.2	2.3	1.2	0.4	1.0	1.3	0.9	0.5	1.0	1.2	0.6	0.1	0.5	0.7	0.7	1.0	0.4	1.3	0.2	1.6	0.7
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.5	0.1	0.3	0.0	0.4	0.0	0.7	0.3	0.4	0.2	0.0	0.1	0.0	0.0	0.0	0.3	0.1	0.5	0.0	0.4	0.0	0.6	0.1
17-02 Dietetic products	0.4	0.4	0.4	0.0	0.4	0.2	0.2	0.1	0.3	0.1	0.4	0.4	0.4	0.0	0.3	0.3	0.2	0.3	0.2	0.3	0.2	0.4	0.3
17-02-00 Unclassified	0.4	0.4	0.4	0.0	0.4	0.2	0.2	0.1	0.3	0.1	0.4	0.4	0.4	0.0	0.3	0.3	0.2	0.3	0.2	0.3	0.2	0.4	0.3
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.2	0.2	0.4	2.3	0.3	0.2	0.2	0.9	0.3	0.1	0.5	0.6	0.2	0.0	0.1	0.1	0.3	0.2	0.2	0.5	0.0	0.6	0.3

Table 2.3.a Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	1.0	7.1	5.1	0.0	6.1	1.4	5.9	0.6	3.1	10.2	1.1	3.1	0.0	0.3	0.0	5.3	4.8	1.2	9.6	0.0	10.4	0.0	1.0
01-01	Potatoes	1.0	7.1	5.1	0.0	6.1	1.4	5.9	0.6	3.1	10.2	1.1	3.1	0.0	0.3	0.0	5.3	4.8	1.2	9.6	0.0	10.4	0.0	1.0
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.6	7.8	8.4	0.0	9.8	2.1	6.5	2.6	4.4	11.1	2.5	4.6	0.1	61.7	17.0	17.6	6.5	5.3	6.6	0.0	18.4	0.2	6.9
02-01	Leafy vegetables (except cabbages)	1.5	1.5	2.1	0.0	2.4	0.4	1.5	0.3	0.8	2.1	0.2	0.9	0.1	12.7	3.3	3.3	1.3	1.1	0.9	0.0	0.6	0.2	1.7
02-02	Fruiting vegetables	1.3	2.0	2.3	0.0	2.7	0.8	2.2	0.6	1.1	3.4	0.3	1.2	0.0	13.4	1.9	3.8	1.7	1.2	1.9	0.0	6.3	0.0	2.0
02-03	Root vegetables	0.5	0.6	0.5	0.0	0.6	0.2	0.4	0.3	0.4	1.3	0.1	0.5	0.0	16.5	7.6	1.6	0.5	0.4	0.5	0.0	0.7	0.0	0.6
02-04	Cabbages	1.2	1.2	1.4	0.0	1.8	0.3	1.1	0.6	1.2	2.3	1.3	0.8	0.0	6.9	1.4	5.1	1.2	1.1	1.6	0.0	7.8	0.0	1.7
02-05	Mushrooms	0.0	0.8	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.2	0.3	0.1	0.0	0.0	0.0	0.1	0.2	0.5	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.5	0.4	0.0	0.5	0.1	0.3	0.2	0.3	0.3	0.1	0.4	0.0	0.9	0.1	1.0	0.6	0.4	0.2	0.0	0.5	0.0	0.2
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.3	0.1	0.3	0.0	0.3	0.6	0.1	0.3	0.0	0.7	0.1	0.9	0.3	0.1	0.6	0.0	0.5	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.2	0.1	0.1	0.0	0.7	0.2	0.4	0.2	0.2	0.1	0.0	0.4	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.4	0.5	0.8	0.0	0.9	0.1	0.5	0.3	0.3	0.8	0.2	0.4	0.0	9.9	2.4	1.4	0.6	0.5	0.6	0.0	1.6	0.0	0.3
03	Legumes	0.1	0.7	0.5	0.0	0.6	0.0	0.3	0.3	0.3	0.3	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.7	0.5	0.0	0.6	0.0	0.3	0.3	0.3	0.3	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.5	11.1	4.9	0.0	5.8	1.7	7.8	1.1	3.8	10.0	3.6	3.7	0.0	7.4	2.0	6.6	5.0	2.6	6.7	0.0	26.6	0.0	7.2
04-01	Fruits	2.0	7.4	3.6	0.0	4.2	1.6	5.0	0.1	2.2	8.9	1.9	2.2	0.0	7.2	2.0	5.9	4.0	2.2	6.1	0.0	26.5	0.0	4.9
04-02	Nuts and seeds (+nut spread)	0.3	3.4	1.2	0.0	1.4	0.1	2.7	0.5	1.5	0.9	1.5	1.4	0.0	0.0	0.0	0.6	0.9	0.4	0.5	0.0	0.0	0.0	2.2
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.2	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05	Dairy products	61.1	5.0	2.7	0.0	3.2	18.1	15.8	18.7	35.2	17.0	14.6	25.2	26.2	7.3	19.5	10.1	9.9	42.3	10.0	35.6	3.3	4.1	4.4
05-01	Milk	18.2	0.9	0.5	0.0	0.6	7.2	6.2	3.2	11.3	8.3	3.1	6.9	4.1	1.2	3.1	3.9	4.6	17.8	3.4	13.1	0.9	0.1	0.5
05-02	Milk beverages	1.2	0.4	0.4	0.0	0.5	0.6	0.5	0.2	0.8	0.7	0.2	0.5	0.3	0.1	0.2	0.2	0.5	1.3	0.5	0.7	0.3	0.1	0.1
05-03	Yoghurt	9.6	0.8	0.4	0.0	0.5	2.8	3.0	1.8	5.6	3.6	1.4	3.4	2.0	0.7	1.6	2.3	2.3	8.8	3.4	5.6	1.3	0.3	0.5
05-04	Fromage blanc, petits suisses	1.2	0.2	0.2	0.0	0.2	1.4	0.4	0.3	0.9	0.6	0.5	0.6	0.7	0.2	0.5	0.2	0.5	1.9	0.3	1.6	0.2	0.2	0.1
05-05	Cheese (including fresh cheeses)	24.3	1.7	0.6	0.0	0.7	3.5	3.3	11.7	12.5	1.1	7.7	11.4	15.3	3.7	11.3	2.7	0.6	6.3	0.9	10.9	0.2	2.4	2.0
05-06	Cream desserts, puddings (milk based)	3.9	1.0	0.6	0.0	0.7	0.9	1.5	1.0	2.2	1.6	0.9	1.6	2.3	0.9	1.8	0.7	0.9	3.7	1.2	2.4	0.3	0.6	0.8
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	0.1	0.0	0.1	0.0	0.2	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	2.6	0.1	0.1	0.0	0.1	1.6	0.8	0.5	1.8	1.2	0.8	0.8	1.0	0.3	0.7	0.1	0.5	2.4	0.3	1.2	0.1	0.1	0.4
06	Cereals and cereal products	5.9	27.5	24.6	0.1	28.7	49.2	23.5	28.9	17.3	9.8	14.5	17.4	0.4	0.3	0.3	16.1	16.4	7.5	8.0	0.4	0.1	0.5	6.0
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02	Pasta, rice, other grain	0.4	2.1	1.1	0.0	1.3	0.4	1.3	0.0	1.0	0.3	0.7	1.5	0.0	0.1	0.0	0.4	0.6	0.3	0.3	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.1	23.4	21.2	0.0	24.7	48.4	20.5	27.0	14.7	8.5	12.9	14.5	0.0	0.0	0.0	14.3	13.6	6.3	6.6	0.0	0.0	0.1	4.5
06-03-01	Bread	4.7	21.4	19.5	0.0	22.6	48.2	19.0	25.6	13.6	7.8	12.3	13.5	0.0	0.0	0.0	13.7	12.1	5.7	6.0	0.0	0.0	0.1	3.8
06-03-02	Crispbread, rusks	0.4	1.9	1.8	0.0	2.1	0.2	1.5	1.4	1.1	0.7	0.6	1.0	0.0	0.0	0.0	0.6	1.4	0.6	0.5	0.0	0.0	0.0	0.7
06-04	Breakfast cereals	0.1	1.0	1.4	0.0	1.7	0.0	1.0	0.2	0.8	0.5	0.2	0.8	0.0	0.0	0.0	0.8	1.6	0.5	0.7	0.1	0.0	0.2	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.2	0.5	0.6	0.1	0.7	0.1	0.3	1.2	0.4	0.3	0.4	0.3	0.3	0.1	0.2	0.2	0.4	0.3	0.3	0.3	0.1	0.1	0.5
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.3	0.2	0.0	0.2	0.3	0.1	0.3	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.4	0.2	0.1	0.1	0.0	0.0	0.0	0.0
07	Meat and meat products	1.3	9.3	15.0	85.2	6.8	2.8	8.0	15.8	15.9	11.8	27.8	27.4	15.3	1.6	13.0	2.9	24.0	11.8	20.6	27.7	7.1	12.7	5.6
07-01	Fresh meat	0.4	3.6	7.7	45.4	2.2	0.9	4.2	2.6	7.9	6.1	12.3	16.7	0.9	0.9	0.7	0.7	11.9	5.7	10.8	14.7	1.8	2.7	2.3
07-01-00	Unclassified	0.1	0.3	0.9	6.0	0.2	0.1	0.4	0.4	0.7	0.5	1.2	1.8	0.2	0.1	0.1	0.0	1.3	0.5	1.1	1.8	0.6	0.5	0.2
07-01-01	Beef	0.2	1.9	5.0	28.3	1.1	0.5	1.9	1.1	3.6	2.9	5.1	10.0	0.5	0.8	0.4	0.5	1.0	2.6	4.3	9.7	1.1	1.0	1.0
07-01-02	Veal	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0
07-01-03	Pork	0.2	1.3	1.6	10.2	0.7	0.2	1.8	1.0	3.5	2.5	5.8	4.5	0.2	0.0	0.2	0.1	9.4	2.3	5.1	2.6	0.1	1.1	1.1
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.4	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.2	1.9	1.4	8.0	0.9	0.6	1.5	0.6	2.4	1.7	5.5	2.0	1.1	0.0	0.6	0.5	1.4	0.8	4.8	1.6	0.0	6.0	1.1
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	1.9	1.3	7.5	0.9	0.6	1.4	0.5	2.3	1.6	5.3	1.9	1.1	0.0	0.6	0.5	1.3	0.8	4.6	1.2	0.0	6.0	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	0.7	3.5	5.5	30.5	3.4	1.2	2.3	12.6	5.4	3.8	9.7	8.3	12.3	0.6	10.7	1.2	10.7	4.8	4.8	10.4	5.2	3.9	2.2
07-05	Offals	0.0	0.3	0.5	1.2	0.4	0.0	0.1	0.1	0.2	0.1	0.3	0.4	1.0	0.0	1.0	0.4	0.1	0.6	0.1	1.0	0.1	0.0	0.0
08	Fish and shellfish	0.9	1.8	1.7	7.5	1.4	5.7	2.1	4.1	4.6	2.4	12.2	1.6	0.8	0.0	0.6	0.8	2.3	2.0	3.0	13.3	0.1	12.8	2.0
08-01	Fish	0.7	1.3	1.4	6.4	1.2	4.2	1.8	3.5	4.1	2.1	10.4	1.3	0.6	0.0	0.5	0.7	1.9	1.7	2.9	11.5	0.1	11.9	1.8
08-02	Crustaceans, molluscs	0.1	0.4	0.1	0.4	0.1	0.4	0.1	0.3	0.1	0.1	0.6	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	1.1	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.7	0.1	1.0	0.2	0.3	0.4	0.2	1.2	0.1	0.1	0.0	0.0	0.1	0.3	0.1	0.1	0.8	0.0	0.8	0.1
09	Eggs and egg products	1.0	0.8	3.1	0.0	3.6	2.9	0.7	0.9	2.4	0.6	5.2	2.1	4.6	0.0	3.4	2.4	0.8	2.9	0.8	4.2	0.0	4.9	4.0
09-01	Egg	1.0	0.8	3.1	0.0	3.6	2.9	0.7	0.9	2.4	0.6	5.2	2.1	4.6	0.0	3.4	2.4	0.8	2.9	0.8	4.2	0.0	4.9	4.0
10	Fat	0.5	0.0	0.2	0.0	0.3	1.0	0.1	1.3	0.4	0.3	0.1	0.0	35.0	1.5	25.6	17.0	1.2	1.0	12.3	5.3	0.0	38.2	33.2
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.4	1.1
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.7
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.2	0.1	0.0	0.1	0.0	5.3	1.4	4.0	0.0	0.0	0.1	0.0	0.2	0.0	1.6	0.9
10-03	Margarines	0.4	0.0	0.2	0.0	0.2	0.2	0.1	1.0	0.3	0.2	0.0	0.0	28.8	0.0	21.0	17.0	1.1	0.9	12.3	5.1	0.0	35.2	25.6

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos dium	Phos rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	1.8	5.6	6.5	0.0	7.5	1.0	2.8	0.6	1.5	2.3	0.7	1.4	1.0	1.5	0.9	0.5	1.1	1.9	0.9	0.8	1.3	0.7	1.9
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	0.1	0.6	0.6	0.0	0.7	0.0	0.2	0.1	0.1	0.3	0.1	0.2	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.9	3.4	2.5	0.0	2.8	0.5	1.5	0.2	0.9	1.0	0.5	0.8	0.4	0.2	0.3	0.3	0.5	1.0	0.2	0.5	0.1	0.1	1.1
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.3	3.0	0.0	3.5	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.5	0.0	0.7	0.0	0.2
11-05	Ice cream, water ice	0.6	0.1	0.1	0.0	0.1	0.5	0.3	0.2	0.3	0.2	0.1	0.1	0.6	0.6	0.5	0.1	0.3	0.5	0.1	0.3	0.0	0.6	0.1
11-05-01	Ice cream	0.5	0.1	0.1	0.0	0.1	0.5	0.3	0.2	0.3	0.2	0.1	0.1	0.6	0.5	0.5	0.1	0.3	0.5	0.1	0.3	0.0	0.6	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.5	3.6	4.2	0.0	4.9	2.8	2.6	4.6	3.5	2.1	3.3	2.5	5.9	2.6	4.6	1.6	2.2	2.1	1.0	1.0	0.3	4.8	5.9
12-01	Cakes, pies, pastries, etc	1.0	2.1	2.3	0.0	2.6	2.3	1.5	2.7	2.1	1.2	2.1	1.5	4.1	1.7	3.2	1.1	1.4	1.6	0.6	0.8	0.3	3.6	3.2
12-02	Dry cakes, biscuits	0.5	1.5	1.9	0.0	2.2	0.5	1.2	1.9	1.4	0.9	1.1	1.0	1.9	0.9	1.4	0.5	0.9	0.5	0.4	0.2	0.0	1.2	2.8
13	Non-alcoholic beverages	8.3	8.4	9.4	0.0	11.1	4.0	13.4	1.6	2.0	15.2	3.3	1.6	0.4	2.6	0.8	6.6	7.2	5.8	5.7	0.8	17.3	0.1	1.9
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	1.1	1.1	0.0	1.3	0.2	1.8	0.2	0.7	2.7	0.3	0.4	0.0	2.1	0.5	3.0	2.6	0.9	1.8	0.1	14.8	0.0	1.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.3	0.2	0.0	0.2	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.2	0.2	0.3	0.1	1.2	0.0	0.2
13-03	Coffee, tea and herbal teas	4.3	6.5	8.0	0.0	9.5	2.4	10.3	0.8	1.0	12.2	1.2	1.1	0.3	0.1	0.3	3.5	4.3	4.6	3.5	0.5	1.3	0.1	0.0
13-03-01	Coffee	2.4	3.3	7.2	0.0	8.6	1.4	9.0	0.5	0.5	11.3	1.2	0.7	0.3	0.1	0.3	0.2	4.3	3.6	0.1	0.5	0.0	0.1	0.0
13-03-02	Tea	1.6	2.6	0.6	0.0	0.7	0.8	1.1	0.2	0.4	0.8	0.0	0.3	0.0	0.0	0.0	2.7	0.0	0.8	2.8	0.0	1.1	0.0	0.0
13-03-03	Herbal tea	0.3	0.6	0.1	0.0	0.2	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.2	0.6	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.0	0.5	0.1	0.0	0.1	1.3	1.1	0.5	0.0	0.0	1.8	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.0	1.9	4.3	0.0	5.0	2.8	3.5	0.4	1.6	2.7	0.4	0.6	0.1	0.0	0.1	1.6	0.0	1.8	2.5	0.5	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.7	1.1	3.7	0.0	4.3	2.7	2.0	0.2	0.5	1.6	0.1	0.3	0.0	0.0	0.0	0.2	0.0	0.8	1.1	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.4	0.4	0.0	0.4	0.0	0.3	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.2	0.2	0.1	0.0	0.2	0.0	1.2	0.1	0.9	0.8	0.2	0.1	0.0	0.0	0.0	1.4	0.0	0.9	1.4	0.4	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.7	1.0	0.4	1.2	0.3	0.6	5.4	0.6	0.7	1.1	0.6	4.2	2.0	3.5	0.5	2.3	0.6	0.6	1.4	0.8	6.4	8.4
15-01	Sauces	0.4	0.7	0.9	0.4	1.0	0.3	0.5	4.1	0.5	0.6	1.1	0.6	4.2	1.9	3.4	0.4	1.8	0.5	0.5	1.3	0.6	6.4	8.4

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.2	0.4	0.6	0.0	0.6	0.1	0.4	2.6	0.2	0.3	0.1	0.3	4.1	0.2	3.1	0.1	1.6	0.2	0.1	0.0	0.4	4.7	4.6
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.0	0.0	1.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
15-01-03 Mayonnaises and similars	0.2	0.3	0.3	0.4	0.3	0.2	0.1	0.7	0.2	0.1	0.9	0.2	0.1	0.5	0.1	0.2	0.1	0.2	0.3	1.3	0.0	1.7	3.1
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.1	0.0	0.1	0.0	0.1	1.3	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.9	2.3	2.6	4.0	2.5	0.4	2.5	11.5	2.0	2.8	1.9	1.7	0.4	9.7	2.4	1.8	5.3	1.3	2.1	2.4	3.2	1.6	1.9
16-01 Soups	0.9	2.3	2.6	4.0	2.4	0.3	2.5	9.7	2.0	2.7	1.9	1.6	0.4	9.7	2.4	1.8	5.2	1.3	2.1	2.4	3.2	1.6	1.9
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.0	0.0	1.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.3	1.2	1.6	2.8	1.6	0.6	1.2	1.8	1.2	0.7	1.5	1.8	0.8	0.5	0.7	1.0	1.4	1.2	0.7	1.6	0.6	1.8	1.1
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.5	0.1	0.3	0.0	0.4	0.0	0.5	0.2	0.3	0.2	0.0	0.1	0.0	0.1	0.0	0.3	0.1	0.3	0.0	0.3	0.0	0.5	0.1
17-02 Dietetic products	0.6	0.6	0.6	0.0	0.7	0.4	0.3	0.2	0.4	0.2	0.6	0.6	0.5	0.3	0.5	0.5	0.5	0.4	0.4	0.4	0.5	0.6	0.6
17-02-00 Unclassified	0.6	0.6	0.6	0.0	0.7	0.4	0.3	0.2	0.4	0.2	0.6	0.6	0.5	0.3	0.5	0.5	0.5	0.4	0.4	0.4	0.5	0.6	0.6
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.3	0.4	0.7	2.8	0.5	0.2	0.3	1.3	0.5	0.3	0.8	1.0	0.2	0.1	0.2	0.2	0.7	0.4	0.3	0.8	0.1	0.7	0.4

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	1.1	7.6	5.8	0.0	7.0	1.6	6.8	0.5	3.6	11.9	1.3	3.3	0.0	0.3	0.0	5.4	6.0	1.5	10.8	0.0	10.3	0.0	1.2
01-01	Potatoes	1.1	7.6	5.8	0.0	7.0	1.6	6.8	0.5	3.6	11.9	1.3	3.3	0.0	0.3	0.0	5.4	6.0	1.5	10.8	0.0	10.3	0.0	1.2
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.5	6.7	9.1	0.0	10.9	1.6	7.3	1.9	4.4	10.9	3.9	4.4	0.0	54.4	13.3	18.0	6.9	5.4	5.8	0.0	22.5	0.0	6.8
02-01	Leafy vegetables (except cabbages)	2.0	1.5	3.1	0.0	3.4	0.3	2.3	0.3	0.8	2.2	0.2	1.3	0.0	16.6	4.6	4.1	1.2	1.5	0.8	0.0	1.1	0.0	2.2
02-02	Fruiting vegetables	1.2	1.6	2.0	0.0	2.4	0.5	1.8	0.5	0.8	2.4	0.2	0.9	0.0	9.7	1.1	2.3	1.2	1.1	1.2	0.0	3.7	0.0	1.1
02-03	Root vegetables	0.4	0.4	0.4	0.0	0.5	0.2	0.3	0.3	0.3	0.9	0.1	0.3	0.0	11.7	4.8	1.2	0.3	0.2	0.4	0.0	0.5	0.0	0.5
02-04	Cabbages	1.4	1.7	2.1	0.0	2.9	0.4	2.2	0.4	1.9	4.0	3.0	1.0	0.0	9.0	1.2	8.5	3.1	1.9	2.5	0.0	15.4	0.0	2.2
02-05	Mushrooms	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.2	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.6	0.1	0.2	0.2	0.1	0.1	0.0	0.3	0.0	0.0
02-07	Onion, garlic	0.2	0.3	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.4	0.0	0.2	0.0	0.6	0.1	0.6	0.2	0.1	0.4	0.0	0.3	0.0	0.1
02-08	Stalk vegetables, sprouts	0.1	0.3	0.4	0.0	0.5	0.0	0.2	0.0	0.1	0.3	0.1	0.3	0.0	0.3	0.0	0.4	0.2	0.1	0.1	0.0	0.4	0.0	0.5
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.6	0.0	0.7	0.1	0.3	0.2	0.2	0.5	0.1	0.2	0.0	6.0	1.3	0.6	0.5	0.3	0.2	0.0	0.9	0.0	0.2
03	Legumes	0.2	1.0	0.6	0.0	0.8	0.0	0.5	0.4	0.5	0.4	0.4	0.4	0.0	0.0	0.0	0.2	0.4	0.2	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	1.0	0.6	0.0	0.8	0.0	0.5	0.4	0.5	0.4	0.4	0.4	0.0	0.0	0.0	0.2	0.4	0.2	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.5	11.0	5.1	0.0	5.9	1.7	8.8	0.9	4.1	10.9	4.3	3.8	0.0	6.7	2.0	7.3	5.2	2.8	7.5	0.0	27.4	0.0	6.4
04-01	Fruits	2.1	7.4	3.9	0.0	4.5	1.6	5.9	0.1	2.4	9.8	3.0	2.2	0.0	6.6	2.0	6.6	4.3	2.2	7.0	0.0	27.3	0.0	3.8
04-02	Nuts and seeds (+nut spread)	0.4	3.4	1.2	0.0	1.4	0.1	2.8	0.7	1.8	1.0	1.3	1.5	0.0	0.0	0.0	0.6	0.8	0.5	0.5	0.0	0.0	0.0	2.5
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	62.2	5.0	3.5	0.0	4.1	16.5	15.4	19.7	35.1	15.5	14.9	22.9	27.9	11.0	22.0	8.0	8.3	37.8	7.1	33.8	2.9	3.9	4.7
05-01	Milk	15.1	0.6	0.4	0.0	0.4	6.2	4.8	2.8	9.3	6.6	2.3	5.3	3.4	0.9	2.5	2.5	3.1	13.0	2.2	10.6	0.7	0.0	0.5
05-02	Milk beverages	1.4	0.7	0.9	0.0	1.0	0.7	0.8	0.3	1.0	1.0	0.2	0.6	0.3	0.2	0.3	0.2	0.4	1.4	0.3	0.7	0.1	0.1	0.1
05-03	Yoghurt	7.1	0.7	0.4	0.0	0.5	2.1	2.2	1.4	4.3	2.8	1.0	2.5	2.1	1.0	1.6	1.5	1.9	7.0	2.2	4.7	1.3	0.3	0.6
05-04	Fromage blanc, petits suisses	0.8	0.2	0.2	0.0	0.2	0.8	0.3	0.2	0.6	0.3	0.2	0.3	0.4	0.2	0.2	0.2	0.4	1.2	0.2	0.9	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	30.0	1.7	0.6	0.0	0.8	3.7	4.4	12.9	14.7	1.3	9.2	11.2	16.7	6.6	13.5	2.7	0.6	8.0	0.8	12.1	0.1	1.7	2.5
05-06	Cream desserts, puddings (milk based)	5.4	1.1	0.9	0.0	1.1	1.6	2.2	1.6	3.5	2.4	1.3	2.2	3.1	1.6	2.6	0.8	1.5	5.0	1.1	3.6	0.5	1.0	0.6
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.9	0.3	0.7	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.9	0.3	0.7	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	2.3	0.1	0.1	0.0	0.1	1.3	0.7	0.5	1.6	1.0	0.7	0.7	0.9	0.3	0.7	0.1	0.3	2.1	0.2	1.0	0.1	0.2	0.3
06	Cereals and cereal products	6.1	25.4	23.3	0.0	28.7	52.0	21.5	30.0	17.0	10.1	14.0	15.3	0.3	0.2	0.2	13.8	16.4	7.6	6.6	0.1	0.1	0.3	5.2
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.4	2.1	1.2	0.0	1.4	0.5	1.4	0.1	1.2	0.4	1.0	1.7	0.0	0.1	0.0	0.4	0.7	0.3	0.3	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.4	22.0	20.7	0.0	25.5	51.4	18.8	28.8	14.5	9.2	12.6	12.7	0.0	0.0	0.0	12.8	14.5	6.9	5.9	0.0	0.0	0.1	4.3
06-03-01	Bread	5.1	20.5	19.2	0.0	23.8	51.3	17.6	27.5	13.6	8.5	12.0	12.0	0.0	0.0	0.0	12.4	13.4	6.4	5.4	0.0	0.0	0.1	3.6

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.3	1.6	1.5	0.0	1.8	0.1	1.2	1.3	1.0	0.7	0.7	0.8	0.0	0.0	0.0	0.4	1.1	0.5	0.5	0.0	0.0	0.0	0.7
06-04 Breakfast cereals	0.2	0.8	1.1	0.0	1.3	0.0	0.9	0.2	0.8	0.4	0.1	0.6	0.0	0.0	0.0	0.5	0.9	0.2	0.3	0.0	0.0	0.1	0.5
06-05 Salty biscuits, aperitif biscuits, crackers	0.1	0.2	0.2	0.0	0.3	0.0	0.1	0.6	0.2	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.2
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.2	9.5	18.4	86.9	7.6	2.8	9.2	13.8	17.4	14.1	26.7	31.0	11.9	2.3	10.0	2.6	22.3	14.5	20.0	31.5	6.4	12.1	5.4
07-01 Fresh meat	0.5	4.6	12.0	53.3	3.5	1.2	6.0	3.5	10.3	9.1	14.5	21.8	1.3	2.1	1.2	1.1	11.3	8.7	12.8	20.1	2.2	5.0	3.3
07-01-00 Unclassified	0.1	0.4	0.9	7.1	0.3	0.2	0.4	0.5	0.9	0.7	1.4	2.1	0.2	0.1	0.1	0.1	1.3	0.6	1.2	2.0	0.5	0.6	0.2
07-01-01 Beef	0.4	3.3	9.7	35.5	2.6	0.8	4.2	2.1	6.8	6.4	8.6	16.0	1.0	2.0	1.0	0.9	3.1	6.4	7.9	16.0	1.5	3.7	2.3
07-01-02 Veal	0.0	0.0	0.1	0.5	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.1	0.1	0.0
07-01-03 Pork	0.1	0.9	1.3	9.8	0.6	0.2	1.3	0.9	2.5	1.9	4.3	3.4	0.1	0.0	0.1	0.1	6.8	1.5	3.5	1.7	0.1	0.7	0.8
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.3	1.1	6.4	0.8	0.5	0.9	0.5	1.7	1.3	2.8	1.4	0.5	0.0	0.4	0.3	1.1	0.8	2.9	1.5	0.0	3.5	0.7
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.3	0.8	5.8	0.6	0.4	0.9	0.4	1.5	1.1	2.6	1.3	0.5	0.0	0.4	0.2	0.8	0.6	2.5	1.1	0.0	3.4	0.7
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.2	0.5	0.1	0.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.2	0.3	0.3	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.5	3.5	5.2	27.0	3.3	1.1	2.3	9.8	5.4	3.7	9.3	7.7	9.6	0.2	8.0	1.0	9.8	4.9	4.3	9.6	4.2	3.7	1.4
07-05 Offals	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.5	0.1	0.4	0.2	0.1	0.1	0.1	0.4	0.0	0.0	0.0
08 Fish and shellfish	0.7	0.9	1.3	7.3	1.1	4.7	1.5	2.7	3.3	1.9	8.7	0.9	0.4	0.0	0.3	0.6	1.5	1.4	1.9	8.4	0.1	8.0	1.4
08-01 Fish	0.5	0.6	1.1	6.3	0.9	3.6	1.2	2.3	2.9	1.6	7.2	0.7	0.3	0.0	0.2	0.5	1.4	1.2	1.7	7.5	0.1	7.0	1.2
08-02 Crustaceans, molluscs	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.2	0.2	0.9	0.2	1.0	0.2	0.3	0.4	0.3	1.4	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.5	0.0	1.0	0.2
09 Eggs and egg products	0.7	0.6	2.3	0.0	2.6	2.4	0.5	0.7	1.8	0.4	3.9	1.7	2.9	0.0	2.3	1.5	0.6	2.3	0.6	3.3	0.0	3.7	2.7
09-01 Egg	0.7	0.6	2.3	0.0	2.6	2.4	0.5	0.7	1.8	0.4	3.9	1.7	2.9	0.0	2.3	1.5	0.6	2.3	0.6	3.3	0.0	3.7	2.7
10 Fat	0.4	0.1	0.2	0.0	0.3	2.1	0.2	1.2	0.4	0.3	0.2	0.1	33.7	4.7	25.6	15.7	0.9	0.9	10.7	5.4	0.0	35.9	26.9
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	1.6	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	2.5	2.2
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.8
10-02 Butter	0.1	0.1	0.1	0.0	0.1	1.9	0.1	0.2	0.1	0.1	0.2	0.1	9.1	4.7	7.7	0.0	0.1	0.2	0.0	0.4	0.0	4.7	1.6
10-03 Margarines	0.2	0.0	0.1	0.0	0.2	0.2	0.1	0.7	0.3	0.2	0.0	0.0	23.0	0.1	16.7	15.7	0.8	0.7	10.7	4.9	0.0	28.6	19.4
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.5	6.1	6.9	0.0	8.5	0.7	3.1	0.7	1.5	2.6	0.6	1.3	1.1	1.6	1.0	0.6	0.9	1.8	1.2	0.7	1.7	0.6	2.0

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	0.1	0.5	0.7	0.0	0.8	0.0	0.2	0.1	0.1	0.3	0.1	0.1	0.0	0.9	0.1	0.0	0.1	0.1	0.1	0.0	0.6	0.0	0.4
11-02	Chocolate, candy bars, paste, chocolate confetti	0.8	4.1	3.2	0.0	4.3	0.4	2.1	0.3	1.0	1.4	0.4	0.8	0.6	0.3	0.4	0.5	0.6	1.0	0.3	0.5	0.2	0.0	0.9
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.1	2.7	0.0	3.0	0.0	0.5	0.1	0.2	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.7	0.0	0.9	0.0	0.4
11-05	Ice cream, water ice	0.4	0.1	0.1	0.0	0.1	0.3	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.4	0.4	0.1	0.1	0.4	0.1	0.2	0.0	0.5	0.1
11-05-01	Ice cream	0.3	0.1	0.1	0.0	0.1	0.3	0.2	0.1	0.2	0.1	0.1	0.1	0.5	0.4	0.4	0.1	0.1	0.4	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.7	4.6	5.2	0.0	6.3	3.1	3.4	6.1	4.4	2.9	4.0	2.9	8.0	2.9	6.3	1.8	2.8	2.3	1.2	1.1	0.3	9.7	7.8
12-01	Cakes, pies, pastries, etc	0.8	1.9	2.1	0.0	2.5	2.0	1.5	2.7	2.0	1.2	1.9	1.4	3.7	1.5	2.8	0.9	1.1	1.3	0.5	0.7	0.3	3.7	2.8
12-02	Dry cakes, biscuits	0.9	2.7	3.1	0.0	3.8	1.1	2.0	3.4	2.4	1.7	2.1	1.5	4.4	1.4	3.5	1.0	1.7	1.0	0.7	0.4	0.0	6.0	5.0
13	Non-alcoholic beverages	9.4	10.1	7.7	0.0	9.4	4.5	12.1	1.6	2.2	12.7	3.0	1.4	0.1	2.8	0.7	9.0	6.0	6.1	9.1	0.8	14.2	0.0	2.0
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	0.9	0.9	0.0	1.1	0.3	1.7	0.2	0.7	2.6	0.1	0.3	0.0	2.8	0.6	2.6	3.2	1.5	2.3	0.4	11.7	0.0	2.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.6	0.0	0.0
13-03	Coffee, tea and herbal teas	4.8	8.5	6.4	0.0	7.9	2.7	8.9	0.7	1.2	9.9	0.8	1.0	0.1	0.0	0.1	6.4	2.8	4.6	6.6	0.2	1.9	0.0	0.0
13-03-01	Coffee	1.4	2.3	5.1	0.0	6.0	1.0	6.0	0.3	0.2	7.9	0.8	0.4	0.1	0.0	0.1	0.1	2.8	2.3	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	3.2	5.8	1.2	0.0	1.8	1.6	2.7	0.4	0.9	1.9	0.0	0.5	0.0	0.0	0.0	5.8	0.0	2.1	6.1	0.0	1.7	0.0	0.0
13-03-03	Herbal tea	0.3	0.4	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.0	0.1	0.5	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.8	0.5	0.1	0.0	0.1	1.6	1.4	0.6	0.0	0.1	2.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.5	0.9	2.0	0.0	2.4	1.1	1.4	0.1	0.6	1.2	0.2	0.3	0.1	0.0	0.1	0.4	0.0	0.6	0.8	0.2	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.4	0.4	1.8	0.0	2.1	1.1	0.9	0.1	0.2	0.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.3	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.3	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.1	0.0	0.0	0.1	0.0	0.3	0.0	0.3	0.2	0.1	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.4	0.1	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.6	0.6	1.1	0.4	1.4	0.4	0.6	7.1	0.6	0.8	1.5	0.6	5.3	1.9	4.4	0.4	2.8	0.5	0.5	1.7	0.5	7.0	13.3
15-01	Sauces	0.5	0.6	1.0	0.4	1.3	0.4	0.5	6.5	0.6	0.7	1.5	0.6	5.3	1.8	4.4	0.4	2.8	0.5	0.5	1.7	0.4	7.0	13.3
15-01-00	Unclassified and other sauces	0.3	0.3	0.5	0.0	0.7	0.2	0.3	3.1	0.2	0.3	0.1	0.2	5.1	0.5	3.9	0.1	2.0	0.2	0.1	0.1	0.2	5.5	4.9
15-01-01	Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.7	0.1	0.2	0.0	0.0	0.1	0.5	0.2	0.1	0.6	0.1	0.0	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.2	0.3	0.3	0.4	0.4	0.2	0.1	2.4	0.3	0.2	1.4	0.3	0.1	0.7	0.2	0.2	0.2	0.2	0.3	1.6	0.0	1.5	7.7
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.7	2.3	2.2	3.3	2.2	0.3	4.6	11.1	1.9	2.9	1.7	1.5	0.2	6.6	1.3	1.2	4.7	1.0	1.7	2.0	2.0	2.7	1.5
16-01 Soups	0.7	2.2	2.2	3.3	2.2	0.3	4.6	9.7	1.9	2.9	1.7	1.5	0.2	6.6	1.3	1.2	4.7	1.0	1.7	2.0	2.0	2.7	1.5
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.7	0.4	1.0	2.0	0.9	0.5	0.8	1.6	0.8	0.4	1.0	0.9	0.2	0.1	0.2	0.5	0.6	0.5	0.2	1.0	0.1	1.2	0.5
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.3	0.1	0.2	0.0	0.3	0.0	0.5	0.2	0.2	0.2	0.0	0.1	0.0	0.0	0.0	0.2	0.1	0.3	0.0	0.2	0.0	0.2	0.0
17-02 Dietetic products	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0
17-02-00 Unclassified	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.4	0.3	0.6	2.0	0.5	0.5	0.3	1.3	0.5	0.2	0.9	0.8	0.2	0.0	0.1	0.2	0.4	0.2	0.2	0.8	0.0	1.0	0.5

Table 2.3.b Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag nesium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.1	7.9	5.6	0.0	6.6	1.6	6.5	0.5	3.4	11.2	1.3	3.4	0.0	0.3	0.0	6.1	5.1	1.4	10.4	0.0	13.4	0.0	1.1
01-01	Potatoes	1.1	7.9	5.6	0.0	6.6	1.6	6.5	0.5	3.4	11.2	1.3	3.4	0.0	0.3	0.0	6.1	5.1	1.4	10.4	0.0	13.4	0.0	1.1
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.7	7.2	7.7	0.0	9.0	1.9	6.1	2.8	3.9	10.1	2.5	4.3	0.1	60.1	14.9	16.4	6.3	5.1	6.0	0.0	18.4	0.0	5.9
02-01	Leafy vegetables (except cabbages)	1.6	1.3	1.9	0.0	2.1	0.4	1.3	0.3	0.6	1.8	0.2	0.8	0.1	12.3	3.2	3.0	1.2	1.1	0.8	0.0	0.6	0.0	1.5
02-02	Fruiting vegetables	1.5	2.2	2.4	0.0	2.8	0.8	2.2	0.9	1.0	3.3	0.3	1.3	0.0	14.2	1.9	4.3	1.8	1.4	1.9	0.0	6.1	0.0	1.9
02-03	Root vegetables	0.4	0.6	0.4	0.0	0.5	0.2	0.4	0.3	0.3	1.2	0.1	0.5	0.0	14.3	5.9	1.6	0.5	0.3	0.4	0.0	0.6	0.0	0.5
02-04	Cabbages	1.1	1.0	1.1	0.0	1.4	0.2	0.9	0.6	0.9	1.9	1.4	0.6	0.0	5.5	1.2	4.5	1.1	0.9	1.5	0.0	7.6	0.0	1.3
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.4	0.5	0.0	0.6	0.1	0.3	0.2	0.3	0.3	0.1	0.3	0.0	1.2	0.2	0.7	0.6	0.4	0.2	0.0	0.7	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.0	0.3	0.0	0.5	0.1	0.8	0.2	0.1	0.6	0.0	0.5	0.0	0.1
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.3	0.2	0.1	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.5	0.6	0.8	0.0	0.9	0.1	0.5	0.4	0.3	0.8	0.2	0.4	0.0	11.8	2.5	1.2	0.6	0.4	0.5	0.0	2.1	0.0	0.4
03	Legumes	0.2	0.9	0.6	0.0	0.7	0.0	0.5	0.3	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.9	0.6	0.0	0.7	0.0	0.5	0.3	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.2	8.7	3.8	0.0	4.4	1.4	6.5	0.7	3.2	8.4	3.2	3.0	0.0	6.7	1.6	5.6	4.4	2.3	5.6	0.0	22.2	0.0	6.2
04-01	Fruits	1.8	5.7	2.7	0.0	3.1	1.3	4.1	0.1	1.8	7.3	1.6	1.7	0.0	6.5	1.6	4.8	3.5	1.9	5.0	0.0	22.0	0.0	3.7
04-02	Nuts and seeds (+nut spread)	0.3	2.8	1.0	0.0	1.1	0.1	2.3	0.3	1.4	0.9	1.3	1.2	0.0	0.0	0.0	0.7	0.8	0.4	0.4	0.0	0.0	0.0	2.3
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.2
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	62.8	4.6	2.7	0.0	3.1	16.8	14.8	17.4	33.8	16.2	13.4	23.9	24.9	8.1	19.6	9.2	9.2	41.0	9.9	34.5	3.8	4.0	3.6
05-01	Milk	17.4	0.7	0.4	0.0	0.5	6.5	5.4	2.6	10.2	7.3	2.6	5.9	4.2	1.5	3.3	3.1	3.9	15.9	2.7	12.1	1.0	0.0	0.5
05-02	Milk beverages	1.7	0.4	0.4	0.0	0.5	0.8	0.7	0.3	1.0	0.9	0.3	0.7	0.4	0.1	0.2	0.3	0.8	2.0	0.9	1.1	0.5	0.1	0.2
05-03	Yoghurt	9.6	0.8	0.3	0.0	0.4	2.4	2.7	1.5	5.1	3.3	1.2	3.0	1.8	0.7	1.5	2.2	1.8	8.1	3.4	4.9	1.3	0.3	0.3
05-04	Fromage blanc, petits suisses	0.9	0.2	0.2	0.0	0.3	1.1	0.3	0.2	0.7	0.5	0.3	0.5	0.6	0.3	0.6	0.2	0.4	1.3	0.2	1.3	0.2	0.2	0.1
05-05	Cheese (including fresh cheeses)	25.7	1.6	0.6	0.0	0.6	3.3	3.2	11.2	12.4	1.1	7.5	11.3	14.6	4.1	11.4	2.8	0.7	6.7	1.0	11.2	0.2	2.7	1.9
05-06	Cream desserts, puddings (milk based)	4.8	0.8	0.7	0.0	0.8	1.0	1.7	1.1	2.6	1.8	0.8	1.7	1.9	0.9	1.5	0.6	1.1	4.6	1.4	2.7	0.4	0.3	0.3
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-08	Milk for coffee and creamers	2.6	0.1	0.1	0.0	0.1	1.6	0.7	0.5	1.7	1.1	0.8	0.7	0.9	0.4	0.7	0.1	0.4	2.3	0.3	1.1	0.1	0.1	0.3
06	Cereals and cereal products	6.6	28.7	24.8	0.1	28.8	51.9	24.3	28.5	18.0	10.3	15.4	18.2	0.3	0.3	0.3	17.1	17.4	7.9	8.4	0.3	0.2	0.3	5.9
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02	Pasta, rice, other grain	0.5	2.5	1.3	0.1	1.5	0.5	1.6	0.1	1.3	0.4	0.9	2.0	0.0	0.1	0.0	0.5	0.8	0.4	0.3	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.6	23.7	21.0	0.0	24.3	50.9	20.7	26.3	14.9	8.8	13.6	14.7	0.0	0.0	0.0	15.0	14.4	6.7	6.9	0.0	0.0	0.1	4.3
06-03-01	Bread	5.3	22.2	19.8	0.0	22.9	50.8	19.6	25.3	14.1	8.2	13.1	14.0	0.0	0.0	0.0	14.6	13.1	6.2	6.5	0.0	0.0	0.1	3.8
06-03-02	Crispbread, rusks	0.3	1.5	1.2	0.0	1.5	0.1	1.2	1.0	0.8	0.6	0.5	0.7	0.0	0.0	0.0	0.4	1.3	0.5	0.4	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.1	1.3	1.4	0.0	1.6	0.0	1.1	0.2	1.0	0.6	0.2	0.8	0.0	0.0	0.0	0.7	1.4	0.3	0.5	0.0	0.0	0.1	0.8
06-05	Salty biscuits, aperitif biscuits, crackers	0.3	0.5	0.7	0.0	0.8	0.1	0.4	1.3	0.4	0.4	0.5	0.4	0.3	0.2	0.2	0.2	0.5	0.4	0.4	0.2	0.1	0.1	0.6
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.4	0.3	0.0	0.3	0.3	0.2	0.4	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.6	0.2	0.2	0.2	0.0	0.0	0.0	0.1
07	Meat and meat products	1.6	10.1	16.0	85.1	7.8	3.1	8.2	18.2	16.7	12.4	30.3	28.7	16.6	1.6	14.7	3.7	26.2	13.6	21.2	29.1	9.8	12.3	6.0
07-01	Fresh meat	0.4	3.6	7.3	40.5	2.1	0.9	4.0	2.4	7.5	5.8	12.3	16.1	0.9	0.8	0.7	0.7	12.1	5.9	10.9	14.1	2.1	2.5	2.3
07-01-00	Unclassified	0.1	0.4	0.9	6.1	0.2	0.1	0.4	0.5	0.8	0.6	1.4	2.0	0.2	0.1	0.1	0.1	1.6	0.6	1.3	1.9	0.8	0.5	0.2
07-01-01	Beef	0.2	1.6	4.4	22.9	1.0	0.4	1.6	1.0	2.9	2.4	4.6	8.8	0.5	0.7	0.4	0.5	1.0	2.5	4.1	8.7	1.2	0.8	0.9
07-01-02	Veal	0.0	0.1	0.1	0.5	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.4	0.0	0.1	0.0
07-01-03	Pork	0.2	1.5	1.9	10.8	0.8	0.3	1.9	0.9	3.6	2.6	6.2	5.0	0.2	0.0	0.2	0.2	9.5	2.7	5.3	3.1	0.1	1.1	1.2
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.2	1.8	1.2	8.2	0.8	0.6	1.3	0.5	2.1	1.6	5.4	1.9	0.7	0.0	0.6	0.5	1.3	0.8	4.4	1.1	0.0	5.0	1.0
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	1.8	1.1	7.9	0.8	0.6	1.3	0.5	2.0	1.5	5.2	1.8	0.7	0.0	0.6	0.5	1.2	0.7	4.2	0.9	0.0	5.0	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	1.0	4.1	6.6	34.5	4.0	1.6	2.8	15.2	6.7	4.8	11.9	10.1	12.7	0.8	11.2	1.5	12.6	5.9	5.6	12.3	7.5	4.7	2.6
07-05	Offals	0.0	0.6	1.0	1.9	0.9	0.1	0.1	0.1	0.4	0.2	0.8	0.7	2.2	0.0	2.2	0.9	0.2	1.0	0.3	1.7	0.3	0.1	0.1
08	Fish and shellfish	0.8	2.0	1.7	6.7	1.5	4.6	2.0	3.6	4.2	2.2	10.9	1.5	0.8	0.1	0.6	0.7	2.0	1.9	2.7	13.3	0.1	13.7	2.3
08-01	Fish	0.6	1.5	1.5	5.8	1.2	3.5	1.7	3.2	3.7	2.0	9.5	1.2	0.7	0.0	0.5	0.6	1.8	1.6	2.6	11.5	0.1	13.0	2.1
08-02	Crustaceans, molluscs	0.1	0.3	0.1	0.3	0.1	0.4	0.1	0.2	0.1	0.0	0.5	0.2	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.1	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.1	0.1	0.6	0.1	0.8	0.2	0.1	0.4	0.2	1.0	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.7	0.0	0.7	0.0
09	Eggs and egg products	1.1	0.9	3.1	0.0	3.7	3.1	0.7	0.9	2.5	0.7	5.5	2.2	4.3	0.0	3.4	2.6	0.9	3.1	0.9	4.3	0.0	4.9	4.1
09-01	Egg	1.1	0.9	3.1	0.0	3.7	3.1	0.7	0.9	2.5	0.7	5.5	2.2	4.3	0.0	3.4	2.6	0.9	3.1	0.9	4.3	0.0	4.9	4.1
10	Fat	0.6	0.0	0.2	0.0	0.3	0.9	0.1	1.2	0.4	0.3	0.1	0.0	35.9	1.3	27.0	18.6	1.0	1.0	13.3	5.6	0.0	41.6	35.4
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	1.3	1.1
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.8
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.7	0.0	0.2	0.1	0.0	0.1	0.0	4.2	1.2	3.2	0.0	0.0	0.1	0.0	0.2	0.0	1.3	0.9
10-03	Margarines	0.5	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.4	0.3	0.0	0.0	30.7	0.1	23.1	18.6	1.0	0.9	13.3	5.4	0.0	39.0	26.6

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11	Sugar and confectionery	2.1	6.6	7.0	0.0	7.9	1.3	3.2	0.7	1.8	2.7	0.9	1.8	1.3	1.7	1.1	0.6	1.3	2.4	1.1	1.1	1.6	0.7	2.2
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.2	0.8	0.9	0.0	1.0	0.0	0.3	0.1	0.1	0.3	0.1	0.2	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.7	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	1.0	4.3	3.3	0.0	3.6	0.6	1.9	0.3	1.2	1.4	0.6	1.1	0.6	0.2	0.4	0.4	0.6	1.4	0.2	0.7	0.1	0.1	1.2
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.1	2.5	0.0	2.8	0.0	0.5	0.1	0.2	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.6	0.0	0.9	0.0	0.4
11-05	Ice cream, water ice	0.7	0.2	0.2	0.0	0.2	0.6	0.4	0.2	0.3	0.3	0.2	0.2	0.7	0.7	0.6	0.1	0.5	0.7	0.1	0.3	0.1	0.6	0.2
11-05-01	Ice cream	0.6	0.2	0.2	0.0	0.2	0.6	0.4	0.2	0.3	0.3	0.2	0.2	0.7	0.7	0.6	0.1	0.4	0.7	0.1	0.3	0.0	0.6	0.2
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.5	3.5	3.8	0.0	4.5	2.4	2.6	4.1	3.3	2.0	3.2	2.3	5.8	3.0	4.9	1.5	2.0	2.1	0.9	1.0	0.3	5.1	5.9
12-01	Cakes, pies, pastries, etc	1.0	1.9	2.0	0.0	2.3	1.9	1.4	2.3	1.9	1.2	2.1	1.3	3.9	1.8	3.3	1.0	1.2	1.5	0.6	0.9	0.2	3.8	3.1
12-02	Dry cakes, biscuits	0.5	1.6	1.8	0.0	2.1	0.5	1.2	1.8	1.3	0.9	1.2	1.1	1.9	1.3	1.6	0.5	0.8	0.6	0.3	0.2	0.0	1.2	2.8
13	Non-alcoholic beverages	7.2	7.7	9.0	0.0	10.7	3.4	12.9	1.3	1.9	15.2	2.6	1.4	0.3	2.9	0.8	5.9	7.4	5.4	4.8	0.6	19.1	0.0	1.7
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	0.9	0.7	0.0	0.8	0.2	1.5	0.2	0.6	2.3	0.1	0.3	0.0	2.6	0.6	3.0	2.7	0.8	1.7	0.2	15.8	0.0	1.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.5	0.2	0.0	0.2	0.0	0.2	0.2	0.6	0.2	0.1	0.0	0.0	0.2	0.0	0.1	0.1	0.1	0.3	0.1	2.1	0.0	0.2
13-03	Coffee, tea and herbal teas	4.0	6.0	8.1	0.0	9.6	2.3	10.4	0.6	0.8	12.7	1.1	1.0	0.3	0.1	0.2	2.8	4.6	4.5	2.7	0.3	1.1	0.0	0.0
13-03-01	Coffee	2.4	3.5	7.6	0.0	9.0	1.5	9.4	0.4	0.4	11.9	1.1	0.7	0.3	0.1	0.2	0.2	4.6	3.7	0.1	0.3	0.0	0.0	0.0
13-03-02	Tea	1.4	2.1	0.5	0.0	0.5	0.7	0.9	0.2	0.3	0.6	0.0	0.3	0.0	0.0	0.0	2.2	0.0	0.7	2.3	0.0	1.0	0.0	0.0
13-03-03	Herbal tea	0.3	0.4	0.1	0.0	0.1	0.1	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.4	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.2	0.3	0.1	0.0	0.1	0.9	0.7	0.3	0.0	0.0	1.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.4	2.4	4.9	0.0	5.7	3.6	5.1	0.4	2.5	3.8	0.6	0.7	0.1	0.0	0.0	2.9	0.0	2.9	4.3	0.7	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.9	1.4	4.4	0.0	5.1	3.6	2.7	0.3	0.7	2.1	0.2	0.4	0.0	0.0	0.0	0.2	0.0	1.1	1.4	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.3	0.2	0.0	0.3	0.0	0.2	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.4	0.5	0.3	0.0	0.3	0.0	2.3	0.1	1.7	1.6	0.3	0.2	0.0	0.0	0.0	2.7	0.0	1.7	2.8	0.7	0.0	0.0	0.1
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.7	1.2	1.4	0.6	1.5	0.4	0.9	6.3	0.8	0.9	1.8	0.9	4.9	2.8	4.2	0.7	2.8	0.8	0.9	2.2	1.1	8.2	10.7
15-01	Sauces	0.6	1.1	1.2	0.6	1.3	0.4	0.7	4.6	0.7	0.7	1.8	0.8	4.9	2.6	4.2	0.5	1.9	0.7	0.8	2.1	0.9	8.2	10.7

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.3	0.6	0.7	0.0	0.8	0.1	0.5	2.8	0.3	0.3	0.2	0.4	4.8	0.2	3.8	0.1	1.6	0.4	0.2	0.0	0.6	5.2	5.4
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.4	0.0	0.1	0.0	0.0	0.0	1.6	0.2	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.1
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
15-01-03 Mayonnaises and similars	0.3	0.4	0.4	0.6	0.4	0.3	0.2	0.9	0.3	0.2	1.5	0.4	0.1	0.7	0.2	0.3	0.2	0.2	0.5	2.0	0.0	2.9	4.6
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.2	0.0	0.2	0.0	0.1	1.7	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.8	0.1	0.1	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.9	2.4	2.5	5.0	2.2	0.4	2.6	11.3	1.8	2.5	2.3	1.8	0.6	9.4	2.4	1.8	4.6	1.7	2.1	2.3	3.4	2.3	1.6
16-01 Soups	0.9	2.3	2.5	5.0	2.2	0.3	2.6	8.7	1.8	2.5	2.2	1.8	0.6	9.4	2.4	1.8	4.6	1.7	2.1	2.3	3.4	2.3	1.6
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.6	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.9	1.2	1.7	2.4	1.7	0.6	1.1	1.9	1.1	0.7	1.5	1.9	0.6	0.9	0.6	0.9	1.9	1.1	0.9	1.3	0.9	1.3	1.2
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.3	0.1	0.3	0.0	0.4	0.0	0.4	0.2	0.2	0.1	0.0	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1
17-02 Dietetic products	0.4	0.5	0.6	0.0	0.7	0.5	0.3	0.2	0.3	0.2	0.6	0.6	0.4	0.7	0.4	0.5	0.6	0.4	0.5	0.3	0.7	0.5	0.7
17-02-00 Unclassified	0.4	0.5	0.6	0.0	0.7	0.5	0.3	0.2	0.3	0.2	0.6	0.6	0.4	0.7	0.4	0.5	0.6	0.4	0.5	0.3	0.7	0.5	0.7
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.2	0.5	0.8	2.4	0.6	0.1	0.4	1.5	0.6	0.4	0.9	1.2	0.2	0.1	0.1	0.2	1.1	0.5	0.4	0.9	0.1	0.6	0.4

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	0.9	6.4	4.8	0.0	5.7	1.4	5.5	0.6	2.9	9.5	1.0	3.0	0.0	0.2	0.0	4.8	4.5	1.1	8.9	0.0	8.1	0.0	0.9
01-01	Potatoes	0.9	6.4	4.8	0.0	5.7	1.4	5.5	0.6	2.9	9.5	1.0	3.0	0.0	0.2	0.0	4.8	4.5	1.1	8.9	0.0	8.1	0.0	0.9
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.4	8.2	8.9	0.0	10.5	2.3	6.7	2.4	4.9	12.0	2.6	4.9	0.2	62.9	18.7	18.6	6.7	5.6	7.0	0.0	18.5	0.3	7.8
02-01	Leafy vegetables (except cabbages)	1.4	1.6	2.3	0.0	2.7	0.5	1.6	0.4	0.8	2.4	0.2	1.0	0.1	13.0	3.4	3.6	1.5	1.1	0.9	0.0	0.6	0.3	1.8
02-02	Fruiting vegetables	1.2	1.9	2.3	0.0	2.7	0.8	2.1	0.4	1.1	3.5	0.2	1.1	0.0	12.8	1.9	3.4	1.5	1.2	1.9	0.0	6.5	0.0	2.1
02-03	Root vegetables	0.5	0.6	0.6	0.0	0.6	0.2	0.4	0.3	0.4	1.3	0.1	0.5	0.0	18.2	9.0	1.6	0.5	0.4	0.6	0.0	0.8	0.0	0.7
02-04	Cabbages	1.3	1.3	1.7	0.0	2.1	0.4	1.3	0.6	1.4	2.7	1.2	0.9	0.0	7.9	1.5	5.5	1.2	1.2	1.7	0.0	8.1	0.0	2.1
02-05	Mushrooms	0.0	0.9	0.3	0.0	0.4	0.0	0.1	0.0	0.1	0.2	0.4	0.1	0.0	0.0	0.0	0.1	0.2	0.7	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.5	0.4	0.0	0.5	0.1	0.3	0.2	0.3	0.2	0.1	0.4	0.0	0.7	0.1	1.2	0.6	0.4	0.2	0.0	0.3	0.0	0.2
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.4	0.1	0.3	0.0	0.3	0.6	0.1	0.3	0.0	0.9	0.2	1.0	0.3	0.1	0.7	0.0	0.6	0.0	0.4
02-08	Stalk vegetables, sprouts	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.2	0.1	0.3	0.1	0.1	0.0	1.0	0.3	0.5	0.2	0.2	0.1	0.0	0.5	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.4	0.5	0.8	0.0	1.0	0.1	0.5	0.3	0.3	0.7	0.2	0.4	0.0	8.3	2.3	1.6	0.5	0.5	0.8	0.0	1.2	0.0	0.3
03	Legumes	0.1	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.2	0.3	0.3	0.2	0.0	0.0	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.2	0.3	0.3	0.2	0.0	0.0	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	2.7	13.0	5.8	0.0	6.9	1.8	8.8	1.4	4.2	11.2	4.0	4.2	0.0	7.9	2.3	7.5	5.4	2.9	7.6	0.0	30.0	0.0	8.0
04-01	Fruits	2.2	8.8	4.3	0.0	5.0	1.7	5.7	0.1	2.6	10.2	2.2	2.6	0.0	7.8	2.3	6.8	4.4	2.4	7.0	0.0	30.0	0.0	5.8
04-02	Nuts and seeds (+nut spread)	0.3	3.9	1.4	0.0	1.6	0.1	2.9	0.6	1.6	0.9	1.7	1.5	0.0	0.0	0.0	0.6	0.9	0.4	0.6	0.0	0.0	0.0	2.1
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05	Dairy products	59.8	5.4	2.8	0.0	3.3	19.1	16.6	19.8	36.2	17.7	15.6	26.2	27.2	6.7	19.5	10.8	10.5	43.2	10.0	36.4	2.9	4.2	5.1
05-01	Milk	18.8	1.0	0.7	0.0	0.8	7.8	6.7	3.7	12.1	9.1	3.4	7.7	4.1	1.1	2.9	4.5	5.1	19.2	3.9	13.9	0.9	0.1	0.6
05-02	Milk beverages	0.7	0.3	0.4	0.0	0.5	0.4	0.4	0.2	0.5	0.5	0.1	0.3	0.2	0.1	0.1	0.1	0.2	0.7	0.2	0.4	0.1	0.1	0.1
05-03	Yoghurt	9.6	0.9	0.4	0.0	0.5	3.0	3.2	2.0	6.0	3.7	1.6	3.7	2.1	0.6	1.6	2.4	2.8	9.4	3.4	6.2	1.3	0.3	0.7
05-04	Fromage blanc, petits suisses	1.4	0.2	0.2	0.0	0.2	1.6	0.5	0.3	1.1	0.6	0.6	0.7	0.8	0.2	0.4	0.3	0.6	2.3	0.3	1.9	0.1	0.2	0.1
05-05	Cheese (including fresh cheeses)	23.3	1.8	0.6	0.0	0.7	3.6	3.4	12.1	12.6	1.1	8.0	11.4	15.8	3.4	11.1	2.6	0.6	6.0	0.9	10.6	0.1	2.2	2.0
05-06	Cream desserts, puddings (milk based)	3.2	1.1	0.4	0.0	0.5	0.9	1.4	0.9	2.0	1.5	1.0	1.5	2.6	0.8	2.0	0.8	0.7	3.0	1.0	2.2	0.3	0.9	1.2
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.4	0.0	0.0	0.1	0.0	0.1	0.0	0.2	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.4	0.0	0.0	0.1	0.0	0.1	0.0	0.2	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	2.6	0.1	0.1	0.0	0.1	1.7	0.9	0.5	1.8	1.2	0.8	0.9	1.1	0.3	0.8	0.1	0.5	2.5	0.3	1.2	0.1	0.1	0.5
06	Cereals and cereal products	5.4	26.5	24.5	0.1	28.7	47.1	22.8	29.3	16.8	9.3	13.7	16.7	0.5	0.2	0.3	15.3	15.6	7.1	7.7	0.5	0.1	0.6	6.1
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.1	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.3	1.7	0.9	0.0	1.1	0.3	1.0	0.0	0.8	0.2	0.6	1.2	0.0	0.1	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	4.7	23.1	21.4	0.0	25.1	46.4	20.3	27.5	14.6	8.3	12.3	14.3	0.0	0.0	0.0	13.7	12.9	6.0	6.3	0.0	0.0	0.1	4.6
06-03-01	Bread	4.2	20.8	19.2	0.0	22.5	46.2	18.6	25.8	13.3	7.5	11.6	13.1	0.0	0.0	0.0	12.9	11.3	5.3	5.7	0.0	0.0	0.1	3.7

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.5	2.3	2.2	0.0	2.6	0.2	1.7	1.7	1.3	0.8	0.7	1.2	0.0	0.0	0.0	0.8	1.6	0.6	0.6	0.0	0.0	0.0	0.9
06-04 Breakfast cereals	0.1	0.8	1.5	0.0	1.7	0.0	0.9	0.2	0.7	0.4	0.2	0.7	0.0	0.0	0.0	0.8	1.8	0.6	0.8	0.1	0.0	0.3	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.5	0.1	0.5	0.1	0.3	1.1	0.3	0.3	0.3	0.3	0.4	0.1	0.3	0.1	0.3	0.2	0.2	0.4	0.0	0.2	0.5
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.3	0.1	0.0	0.1	0.2	0.1	0.3	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	1.0	8.7	14.3	85.3	6.1	2.5	7.9	13.9	15.3	11.3	25.9	26.3	14.3	1.5	11.7	2.3	22.3	10.4	20.1	26.5	4.9	13.0	5.4
07-01 Fresh meat	0.4	3.7	8.0	49.4	2.2	0.9	4.3	2.7	8.3	6.4	12.2	17.1	0.9	0.9	0.7	0.7	11.6	5.4	10.7	15.2	1.5	2.8	2.2
07-01-00 Unclassified	0.0	0.3	0.8	5.9	0.2	0.1	0.3	0.4	0.6	0.5	1.1	1.6	0.2	0.1	0.1	0.0	1.1	0.4	0.9	1.8	0.4	0.4	0.1
07-01-01 Beef	0.2	2.1	5.5	32.6	1.3	0.6	2.1	1.3	4.0	3.3	5.5	11.0	0.5	0.8	0.4	0.6	1.1	2.7	4.5	10.5	1.0	1.1	1.0
07-01-02 Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-01-03 Pork	0.2	1.2	1.4	9.7	0.6	0.2	1.8	1.0	3.4	2.5	5.4	4.1	0.2	0.0	0.1	0.1	9.3	2.0	5.0	2.2	0.1	1.2	1.1
07-01-04 Mutton/Lamb	0.0	0.1	0.2	1.0	0.1	0.1	0.1	0.0	0.2	0.1	0.1	0.4	0.0	0.0	0.0	0.0	0.2	0.2	0.3	0.6	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	2.0	1.5	7.8	1.0	0.7	1.6	0.6	2.6	1.8	5.6	2.1	1.4	0.0	0.7	0.5	1.5	0.8	5.2	2.0	0.0	6.8	1.3
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.2	2.0	1.4	7.2	0.9	0.7	1.5	0.6	2.5	1.7	5.3	2.0	1.4	0.0	0.7	0.5	1.4	0.8	5.0	1.5	0.0	6.8	1.2
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.1	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.5	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.4	3.0	4.7	27.3	2.8	0.9	1.9	10.5	4.4	3.1	8.1	6.9	12.0	0.5	10.2	1.0	9.1	3.9	4.1	8.9	3.3	3.3	1.9
07-05 Offals	0.0	0.1	0.2	0.7	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.2	0.0	0.4	0.0	0.0	0.0
08 Fish and shellfish	0.9	1.7	1.7	8.1	1.4	6.5	2.2	4.5	4.9	2.5	13.2	1.6	0.7	0.0	0.5	0.9	2.5	2.0	3.3	13.3	0.1	12.0	1.8
08-01 Fish	0.7	1.0	1.4	6.8	1.1	4.8	1.8	3.8	4.4	2.3	11.1	1.3	0.6	0.0	0.4	0.7	2.1	1.8	3.1	11.4	0.1	11.1	1.5
08-02 Crustaceans, molluscs	0.1	0.4	0.2	0.5	0.2	0.5	0.1	0.3	0.1	0.1	0.7	0.2	0.1	0.0	0.1	0.1	0.0	0.1	0.0	1.1	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.1	0.3	0.2	0.7	0.1	1.1	0.2	0.4	0.3	0.2	1.4	0.1	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.9	0.0	0.9	0.1
09 Eggs and egg products	0.8	0.8	3.0	0.0	3.6	2.8	0.6	0.9	2.3	0.6	5.1	2.1	4.8	0.0	3.5	2.2	0.7	2.7	0.8	4.1	0.0	4.8	3.9
09-01 Egg	0.8	0.8	3.0	0.0	3.6	2.8	0.6	0.9	2.3	0.6	5.1	2.1	4.8	0.0	3.5	2.2	0.7	2.7	0.8	4.1	0.0	4.8	3.9
10 Fat	0.4	0.1	0.2	0.0	0.3	1.1	0.1	1.3	0.4	0.3	0.1	0.0	34.3	1.7	24.6	15.8	1.3	1.0	11.4	5.1	0.0	35.6	31.5
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.4	1.0
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8
10-02 Butter	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.2	0.1	0.0	0.1	0.0	6.2	1.6	4.6	0.0	0.0	0.1	0.0	0.3	0.0	1.9	0.9
10-03 Margarines	0.4	0.0	0.2	0.0	0.2	0.2	0.1	1.0	0.3	0.2	0.0	0.0	27.3	0.0	19.3	15.8	1.3	1.0	11.4	4.8	0.0	32.2	24.8
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.6	4.9	6.0	0.0	7.2	0.8	2.4	0.6	1.3	2.0	0.5	1.2	0.8	1.3	0.7	0.4	0.9	1.5	0.8	0.6	1.0	0.7	1.7

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.3	0.4	0.0	0.5	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.6	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.8	2.8	1.8	0.0	2.2	0.3	1.2	0.2	0.7	0.8	0.4	0.6	0.3	0.2	0.2	0.3	0.5	0.7	0.2	0.4	0.1	0.2	1.0
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
11-04	Syrup	0.1	1.5	3.5	0.0	4.1	0.0	0.7	0.1	0.2	0.8	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.2	0.4	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.5	0.4	0.1	0.3	0.4	0.1	0.2	0.0	0.5	0.1
11-05-01	Ice cream	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.4	0.4	0.1	0.2	0.4	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.5	3.7	4.4	0.0	5.2	3.1	2.7	5.0	3.6	2.2	3.3	2.7	6.0	2.2	4.4	1.6	2.4	2.2	1.1	0.9	0.3	4.6	6.0
12-01	Cakes, pies, pastries, etc	1.0	2.2	2.5	0.0	2.9	2.6	1.6	3.1	2.2	1.3	2.2	1.7	4.2	1.7	3.1	1.1	1.5	1.7	0.7	0.7	0.3	3.4	3.2
12-02	Dry cakes, biscuits	0.5	1.5	2.0	0.0	2.3	0.5	1.1	2.0	1.4	0.9	1.1	1.0	1.8	0.6	1.3	0.5	0.9	0.5	0.5	0.2	0.0	1.2	2.8
13	Non-alcoholic beverages	9.2	8.9	9.6	0.0	11.4	4.5	13.8	1.9	2.1	15.1	3.8	1.8	0.4	2.3	0.9	7.1	7.0	6.0	6.4	0.9	15.9	0.1	2.1
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.9	1.3	1.5	0.0	1.7	0.3	2.1	0.2	0.8	3.1	0.4	0.5	0.0	1.7	0.5	3.0	2.5	1.0	1.8	0.1	14.0	0.0	1.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.3	0.3	0.1	0.5	0.0	0.2
13-03	Coffee, tea and herbal teas	4.6	6.9	7.9	0.0	9.4	2.6	10.2	0.9	1.2	11.9	1.2	1.2	0.4	0.2	0.3	4.1	4.1	4.7	4.2	0.7	1.4	0.1	0.1
13-03-01	Coffee	2.4	3.2	7.0	0.0	8.3	1.4	8.7	0.6	0.6	10.7	1.2	0.7	0.4	0.2	0.3	0.2	4.1	3.5	0.1	0.7	0.0	0.1	0.1
13-03-02	Tea	1.8	3.0	0.7	0.0	0.8	0.9	1.2	0.3	0.5	0.9	0.0	0.4	0.0	0.0	0.0	3.2	0.0	0.9	3.3	0.0	1.1	0.0	0.0
13-03-03	Herbal tea	0.4	0.7	0.2	0.0	0.2	0.2	0.3	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.2	0.8	0.0	0.3	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.7	0.6	0.1	0.0	0.1	1.6	1.4	0.7	0.0	0.1	2.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.7	1.5	3.8	0.0	4.4	2.1	2.2	0.3	0.8	1.7	0.3	0.4	0.1	0.0	0.1	0.5	0.0	1.0	1.1	0.3	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.9	3.2	0.0	3.7	2.0	1.5	0.2	0.4	1.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.8	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.5	0.5	0.0	0.6	0.0	0.3	0.1	0.1	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.3	0.2	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.4	0.4	0.8	0.3	0.9	0.2	0.4	4.7	0.4	0.5	0.6	0.4	3.7	1.4	2.9	0.3	1.9	0.4	0.3	0.8	0.5	4.9	6.6
15-01	Sauces	0.3	0.4	0.7	0.3	0.8	0.2	0.4	3.7	0.4	0.4	0.6	0.4	3.7	1.3	2.9	0.3	1.7	0.3	0.3	0.8	0.3	4.9	6.6
15-01-00	Unclassified and other sauces	0.2	0.2	0.4	0.0	0.5	0.1	0.2	2.4	0.2	0.2	0.1	0.2	3.6	0.3	2.7	0.1	1.5	0.2	0.1	0.0	0.2	4.2	4.0
15-01-01	Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.0	0.0	0.5	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.1	0.1	0.2	0.3	0.2	0.1	0.1	0.6	0.2	0.1	0.4	0.1	0.1	0.4	0.1	0.1	0.1	0.1	0.2	0.7	0.0	0.7	2.0
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.9	2.3	2.7	3.2	2.8	0.3	2.4	11.5	2.1	3.0	1.7	1.5	0.2	10.0	2.5	1.8	5.8	1.0	2.0	2.4	3.0	1.1	2.1
16-01 Soups	0.9	2.2	2.6	3.2	2.7	0.3	2.4	10.5	2.1	2.9	1.6	1.5	0.2	10.0	2.5	1.8	5.8	1.0	2.0	2.4	3.0	1.1	2.1
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.0	0.0	1.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.6	1.2	1.5	3.0	1.5	0.6	1.2	1.7	1.3	0.6	1.5	1.7	0.9	0.1	0.8	1.0	1.0	1.3	0.5	1.8	0.3	2.3	1.1
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.7	0.1	0.3	0.0	0.3	0.0	0.6	0.3	0.4	0.2	0.0	0.1	0.0	0.0	0.0	0.3	0.1	0.5	0.0	0.6	0.0	0.9	0.2
17-02 Dietetic products	0.7	0.7	0.6	0.0	0.7	0.4	0.3	0.2	0.4	0.2	0.7	0.7	0.7	0.0	0.6	0.5	0.4	0.5	0.3	0.5	0.3	0.6	0.5
17-02-00 Unclassified	0.7	0.7	0.6	0.0	0.7	0.4	0.3	0.2	0.4	0.2	0.7	0.7	0.7	0.0	0.6	0.5	0.4	0.5	0.3	0.5	0.3	0.6	0.5
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.3	0.3	0.6	3.0	0.4	0.2	0.3	1.2	0.4	0.2	0.7	0.8	0.2	0.1	0.2	0.2	0.4	0.3	0.2	0.7	0.0	0.8	0.4

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification		Cal	Cop	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	1.3	9.2	6.6	0.0	7.7	1.8	7.6	0.6	4.4	13.8	1.9	4.0	0.0	0.3	0.0	6.5	6.8	2.0	12.6	0.0	13.7	0.0	1.5
01-01	Potatoes	1.3	9.2	6.6	0.0	7.7	1.8	7.6	0.6	4.4	13.8	1.9	4.0	0.0	0.3	0.0	6.5	6.8	2.0	12.6	0.0	13.7	0.0	1.5
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	6.8	6.6	9.2	0.0	10.8	1.7	6.9	2.4	3.9	10.1	2.0	4.5	0.0	61.1	15.9	15.8	5.5	5.4	4.8	0.0	14.3	0.0	5.5
02-01	Leafy vegetables (except cabbages)	3.4	2.2	4.6	0.0	5.1	0.5	2.9	0.8	1.1	3.2	0.6	1.7	0.0	22.2	7.7	6.7	2.0	2.3	1.4	0.0	1.6	0.0	2.4
02-02	Fruiting vegetables	1.3	1.6	1.8	0.0	2.2	0.6	1.9	0.6	0.8	2.4	0.2	0.9	0.0	12.3	1.0	2.2	1.2	1.2	1.0	0.0	4.4	0.0	1.0
02-03	Root vegetables	0.6	0.6	0.5	0.0	0.7	0.2	0.5	0.4	0.4	1.4	0.1	0.5	0.0	14.2	5.2	1.5	0.5	0.4	0.5	0.0	0.8	0.0	0.6
02-04	Cabbages	0.9	0.8	1.1	0.0	1.3	0.3	0.8	0.3	0.9	1.8	0.9	0.6	0.0	4.8	0.8	3.4	0.8	0.7	1.0	0.0	5.4	0.0	1.0
02-05	Mushrooms	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.2	0.0	0.3	0.0	0.2	0.2	0.2	0.1	0.0	0.2	0.0	1.1	0.1	0.4	0.3	0.2	0.1	0.0	0.5	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.0	0.3	0.0	0.6	0.1	0.8	0.2	0.1	0.5	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.5	0.0	0.6	0.1	0.3	0.1	0.2	0.6	0.1	0.2	0.0	5.6	0.9	0.6	0.4	0.3	0.3	0.0	1.0	0.0	0.2
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.3	0.3	0.4	0.2	0.0	0.0	0.0	0.2	0.2	0.1	0.1	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.3	0.3	0.4	0.2	0.0	0.0	0.0	0.2	0.2	0.1	0.1	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	2.8	11.0	5.1	0.0	5.9	1.6	9.4	1.2	4.8	10.4	4.8	4.1	0.0	6.7	1.8	7.1	5.6	2.9	7.4	0.0	25.6	0.0	6.8
04-01	Fruits	2.1	6.4	3.7	0.0	4.1	1.4	5.3	0.1	2.3	8.9	2.6	2.2	0.0	6.6	1.8	6.0	4.4	2.2	6.5	0.0	25.6	0.0	3.6
04-02	Nuts and seeds (+nut spread)	0.7	4.4	1.4	0.0	1.7	0.1	4.0	1.1	2.6	1.5	2.1	1.9	0.0	0.0	0.0	1.0	1.1	0.6	0.9	0.0	0.0	0.0	3.1
04-03	Mixed fruits	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	63.0	4.6	3.2	0.0	3.7	16.7	15.9	18.6	35.1	17.5	13.7	23.7	22.8	9.5	17.7	8.4	10.4	42.1	7.7	36.4	3.8	3.7	4.1
05-01	Milk	18.8	0.8	0.4	0.0	0.5	7.5	6.0	3.6	11.2	8.1	2.9	6.6	4.4	1.6	3.6	3.3	4.0	16.9	2.8	13.0	1.0	0.0	0.7
05-02	Milk beverages	1.3	0.5	0.5	0.0	0.6	0.5	0.6	0.3	0.8	0.7	0.1	0.5	0.1	0.1	0.1	0.1	0.3	1.1	0.3	0.4	0.2	0.0	0.0
05-03	Yoghurt	6.3	0.6	0.3	0.0	0.4	1.9	1.8	1.2	3.7	2.5	0.9	2.0	1.5	0.5	0.9	1.4	2.2	6.8	2.0	4.5	1.3	0.1	0.8
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.5	0.2	0.1	0.4	0.2	0.2	0.2	0.2	0.1	0.1	0.1	0.2	0.8	0.1	0.6	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.2	1.2	0.5	0.0	0.6	2.5	3.0	10.1	11.4	1.0	6.9	9.8	10.6	3.7	8.0	2.0	0.4	5.5	0.6	10.3	0.1	1.4	1.4
05-06	Cream desserts, puddings (milk based)	9.5	1.4	1.3	0.0	1.4	2.4	3.5	2.8	5.9	3.8	1.9	3.9	4.2	2.8	3.7	1.3	2.8	8.7	1.7	6.3	1.1	1.4	0.9
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.8	0.5	0.7	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.8	0.5	0.7	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	2.3	0.1	0.1	0.0	0.1	1.3	0.8	0.5	1.7	1.1	0.7	0.7	0.9	0.3	0.6	0.1	0.4	2.2	0.2	1.2	0.1	0.2	0.2
06	Cereals and cereal products	7.0	27.5	24.8	0.0	28.9	52.8	24.8	30.2	18.9	10.7	16.6	18.2	0.1	0.2	0.1	15.7	17.2	8.6	8.1	0.1	0.1	0.2	6.5
06-01	Flour, flakes, starches, semolina	0.1	0.4	0.3	0.0	0.3	0.0	0.6	0.4	0.5	0.2	0.3	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.2	0.0	0.0	0.0	0.1
06-02	Pasta, rice, other grain	0.5	2.6	1.3	0.0	1.4	0.8	1.8	0.1	1.6	0.4	1.8	2.4	0.0	0.1	0.0	0.7	1.2	0.4	0.5	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	6.2	23.2	21.5	0.0	25.1	51.9	21.1	29.0	15.7	9.5	14.1	14.7	0.0	0.0	0.0	13.7	14.1	7.7	6.7	0.0	0.0	0.2	5.5
06-03-01	Bread	6.1	22.2	20.7	0.0	24.1	51.8	20.4	28.2	15.1	9.1	13.6	14.1	0.0	0.0	0.0	13.4	13.3	7.2	6.4	0.0	0.0	0.2	5.2

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.2	0.9	0.9	0.0	1.0	0.0	0.7	0.7	0.6	0.4	0.5	0.6	0.0	0.0	0.0	0.3	0.8	0.5	0.3	0.0	0.0	0.0	0.3
06-04 Breakfast cereals	0.1	1.3	1.5	0.0	1.8	0.0	1.2	0.3	1.0	0.5	0.3	0.8	0.0	0.0	0.0	1.0	1.5	0.4	0.6	0.0	0.0	0.0	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.0	0.1	0.2	0.0	0.2	0.0	0.1	0.4	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.1
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.3	9.8	15.9	86.8	7.7	3.5	7.0	15.7	15.0	10.6	26.2	26.8	18.1	1.1	15.2	2.6	21.7	12.9	16.7	32.8	7.8	11.7	4.0
07-01 Fresh meat	0.4	2.9	7.5	46.7	1.9	0.9	3.5	2.4	6.9	5.4	11.5	16.1	0.7	0.9	0.6	0.7	9.4	5.4	9.6	16.4	1.6	2.5	1.7
07-01-00 Unclassified	0.1	0.5	1.2	9.6	0.3	0.2	0.6	0.6	1.1	0.9	1.8	2.6	0.2	0.1	0.2	0.1	1.8	0.8	1.4	2.5	0.6	1.0	0.2
07-01-01 Beef	0.2	1.7	5.2	28.2	1.2	0.5	2.0	1.0	3.7	3.1	5.9	10.5	0.4	0.8	0.3	0.6	1.2	3.1	4.9	12.1	0.7	1.0	0.9
07-01-02 Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	0.1	0.7	1.0	8.6	0.4	0.2	1.0	0.7	2.0	1.4	3.7	2.8	0.1	0.0	0.1	0.1	6.3	1.4	3.2	1.7	0.2	0.6	0.6
07-01-04 Mutton/Lamb	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	1.9	1.4	8.1	1.0	0.7	1.2	0.7	2.2	1.6	3.0	2.4	0.7	0.0	0.6	0.4	1.2	1.1	3.4	2.5	0.0	4.1	1.0
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.8	1.1	7.5	0.8	0.6	1.1	0.6	2.0	1.4	2.4	2.2	0.6	0.0	0.5	0.3	0.8	0.9	3.1	2.3	0.0	4.0	0.9
07-02-02 Turkey, young turkey	0.0	0.1	0.2	0.3	0.1	0.1	0.1	0.1	0.2	0.1	0.6	0.2	0.1	0.0	0.1	0.0	0.2	0.2	0.2	0.1	0.0	0.1	0.1
07-02-03 Duck	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.7	5.1	7.1	32.0	4.8	1.9	2.2	12.6	5.9	3.6	11.8	8.3	16.7	0.2	14.0	1.5	11.1	6.4	3.7	13.8	6.2	5.0	1.3
07-05 Offals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	0.7	0.9	1.1	6.1	0.9	3.5	1.3	3.0	2.9	1.7	7.7	0.9	0.4	0.0	0.3	0.6	2.0	1.5	2.3	8.6	0.1	7.3	1.1
08-01 Fish	0.5	0.5	0.9	5.4	0.8	2.6	1.1	2.6	2.5	1.5	6.5	0.7	0.3	0.0	0.3	0.4	1.7	1.3	2.2	7.5	0.1	6.2	0.9
08-02 Crustaceans, molluscs	0.0	0.1	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.3	0.2	0.4	0.1	0.9	0.2	0.3	0.4	0.2	1.2	0.1	0.1	0.0	0.1	0.2	0.3	0.2	0.2	0.8	0.0	1.0	0.1
09 Eggs and egg products	0.5	0.5	1.8	0.0	2.2	1.8	0.4	0.6	1.4	0.4	2.9	1.3	2.2	0.0	1.7	1.2	0.4	1.7	0.4	2.5	0.0	2.4	2.0
09-01 Egg	0.5	0.5	1.8	0.0	2.2	1.8	0.4	0.6	1.4	0.4	2.9	1.3	2.2	0.0	1.7	1.2	0.4	1.7	0.4	2.5	0.0	2.4	2.0
10 Fat	0.4	0.0	0.2	0.0	0.3	1.2	0.2	1.1	0.5	0.4	0.1	0.0	32.6	1.7	24.9	19.4	1.2	1.3	14.9	6.8	0.0	42.0	34.4
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	2.4	2.0
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.9
10-02 Butter	0.1	0.0	0.0	0.0	0.0	1.0	0.0	0.1	0.1	0.0	0.1	0.0	4.7	1.7	4.0	0.0	0.0	0.1	0.0	0.3	0.0	1.2	0.9
10-03 Margarines	0.3	0.0	0.2	0.0	0.2	0.2	0.1	0.8	0.4	0.3	0.0	0.0	26.9	0.0	20.2	19.4	1.2	1.3	14.9	6.5	0.0	38.4	25.7
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.8	6.5	8.0	0.0	9.5	0.8	3.3	0.8	1.8	3.0	0.7	1.7	0.6	1.5	0.6	0.6	1.0	1.8	1.1	0.7	1.2	0.6	1.8

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.2	0.7	1.0	0.0	1.1	0.0	0.3	0.2	0.1	0.4	0.1	0.2	0.0	0.9	0.1	0.0	0.1	0.2	0.1	0.0	0.7	0.0	0.4
11-02	Chocolate, candy bars, paste, chocolate confetti	1.0	4.0	3.1	0.0	3.9	0.5	1.9	0.3	1.2	1.4	0.5	1.0	0.4	0.3	0.3	0.5	0.6	1.1	0.3	0.6	0.1	0.1	1.2
11-03	Confectionery non-chocolate	0.1	0.2	0.3	0.0	0.4	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	1.5	3.6	0.0	4.2	0.0	0.7	0.1	0.2	0.9	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.2	0.6	0.0	0.3	0.0	0.2
11-05	Ice cream, water ice	0.3	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.1	0.1	0.0	0.0	0.2	0.3	0.2	0.1	0.1	0.2	0.0	0.2	0.0	0.4	0.0
11-05-01	Ice cream	0.3	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.1	0.1	0.0	0.0	0.2	0.3	0.2	0.1	0.1	0.2	0.0	0.2	0.0	0.4	0.0
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.8	4.1	4.9	0.0	5.6	2.8	3.1	6.0	3.9	2.7	3.6	2.7	6.2	3.2	4.9	1.5	2.1	1.7	1.2	0.7	0.3	5.5	6.2
12-01	Cakes, pies, pastries, etc	0.7	1.4	1.6	0.0	1.9	2.0	1.2	2.5	1.7	1.1	1.6	1.2	2.3	1.6	2.1	0.8	0.9	0.9	0.4	0.5	0.2	2.9	1.9
12-02	Dry cakes, biscuits	1.1	2.6	3.2	0.0	3.7	0.8	1.8	3.5	2.2	1.6	2.1	1.5	3.9	1.5	2.8	0.8	1.2	0.8	0.9	0.2	0.0	2.6	4.3
13	Non-alcoholic beverages	7.5	7.3	7.9	0.0	9.3	3.4	11.3	1.4	2.1	13.3	2.4	1.4	0.1	4.8	1.0	7.8	8.3	6.3	8.1	1.2	20.7	0.0	3.2
13-00	Unclassified	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.8	1.3	1.2	0.0	1.4	0.4	2.3	0.2	0.9	3.4	0.1	0.5	0.0	4.7	0.9	4.2	5.2	2.5	3.6	0.6	18.0	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.1	0.5	0.0	0.5	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.5	0.4	1.3	0.0	0.0
13-03	Coffee, tea and herbal teas	3.9	5.6	6.1	0.0	7.2	2.0	8.1	0.6	0.9	9.6	0.8	0.9	0.1	0.0	0.1	3.4	3.1	3.7	3.7	0.2	1.4	0.0	0.0
13-03-01	Coffee	1.6	2.4	5.4	0.0	6.3	1.0	6.7	0.3	0.3	8.6	0.8	0.5	0.1	0.0	0.1	0.1	3.1	2.5	0.1	0.2	0.0	0.0	0.0
13-03-02	Tea	2.1	2.9	0.6	0.0	0.8	0.9	1.3	0.3	0.5	0.9	0.0	0.4	0.0	0.0	0.0	3.0	0.0	1.1	3.4	0.0	1.3	0.0	0.0
13-03-03	Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.3	0.0	0.1	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.5	0.3	0.1	0.0	0.1	0.9	0.8	0.4	0.0	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.6	1.2	2.6	0.0	3.2	1.9	2.5	0.2	1.2	1.9	0.4	0.4	0.0	0.1	0.0	1.1	0.0	1.3	1.8	0.3	0.0	0.0	0.1
14-00	Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.6	2.3	0.0	2.9	1.9	1.4	0.2	0.4	1.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.6	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.1	0.2	0.1	0.0	0.2	0.0	1.1	0.1	0.8	0.7	0.3	0.1	0.0	0.0	0.0	1.0	0.0	0.7	1.2	0.3	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.4	0.9	0.4	1.0	0.5	0.5	6.5	0.5	0.7	1.1	0.5	5.9	2.0	4.9	0.4	3.3	0.4	0.4	1.0	0.6	8.3	9.3
15-01	Sauces	0.4	0.4	0.7	0.4	0.8	0.5	0.4	5.2	0.4	0.5	1.0	0.4	5.9	1.9	4.9	0.4	3.2	0.3	0.3	1.0	0.4	8.3	9.3
15-01-00	Unclassified and other sauces	0.2	0.1	0.3	0.0	0.4	0.3	0.2	3.2	0.2	0.2	0.1	0.1	5.8	0.3	4.4	0.0	3.0	0.1	0.0	0.1	0.1	7.6	5.8
15-01-01	Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.8	0.0	0.2	0.0	0.1	0.0	1.0	0.3	0.2	0.1	0.1	0.1	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.1	0.2	0.2	0.4	0.2	0.1	0.1	0.7	0.2	0.1	0.8	0.2	0.1	0.4	0.1	0.1	0.1	0.1	0.2	0.9	0.1	0.7	2.2
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.2	0.0	0.2	0.0	0.1	1.3	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.7	1.7	1.8	2.7	1.7	0.3	2.6	8.2	1.4	2.1	1.8	1.4	0.3	7.0	1.2	1.2	2.9	0.8	1.5	1.5	2.0	3.0	1.3
16-01 Soups	0.7	1.7	1.8	2.7	1.7	0.2	2.6	7.9	1.4	2.1	1.8	1.3	0.3	7.0	1.2	1.2	2.9	0.8	1.5	1.5	2.0	3.0	1.3
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.2	1.0	1.6	4.0	1.3	1.6	0.9	3.3	1.5	0.6	2.5	2.1	0.6	0.1	0.4	0.7	1.4	0.8	0.6	2.3	0.3	2.3	1.3
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02 Dietetic products	0.1	0.1	0.1	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.2	0.2	0.1
17-02-00 Unclassified	0.1	0.1	0.1	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.2	0.2	0.1
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	1.1	0.8	1.4	4.0	1.1	1.5	0.8	3.2	1.5	0.5	2.3	2.0	0.5	0.1	0.4	0.6	1.3	0.7	0.5	2.2	0.1	2.2	1.3

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	6.9	5.4	0.0	6.7	1.4	6.4	0.4	3.2	11.0	1.0	2.9	0.0	0.3	0.0	4.9	5.6	1.3	10.0	0.0	8.7	0.0	1.0
01-01 Potatoes	1.0	6.9	5.4	0.0	6.7	1.4	6.4	0.4	3.2	11.0	1.0	2.9	0.0	0.3	0.0	4.9	5.6	1.3	10.0	0.0	8.7	0.0	1.0
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	4.9	6.8	9.0	0.0	11.0	1.6	7.5	1.7	4.7	11.2	4.7	4.4	0.0	51.4	12.1	19.0	7.5	5.4	6.2	0.0	26.2	0.0	7.4
02-01 Leafy vegetables (except cabbages)	1.3	1.2	2.4	0.0	2.6	0.3	2.1	0.2	0.7	1.8	0.1	1.2	0.0	14.1	3.2	3.0	0.8	1.1	0.6	0.0	0.8	0.0	2.1
02-02 Fruiting vegetables	1.1	1.6	2.0	0.0	2.4	0.5	1.7	0.5	0.8	2.4	0.3	0.9	0.0	8.5	1.2	2.4	1.2	1.0	1.3	0.0	3.4	0.0	1.1
02-03 Root vegetables	0.3	0.4	0.3	0.0	0.4	0.1	0.2	0.2	0.2	0.7	0.0	0.3	0.0	10.5	4.7	1.1	0.2	0.2	0.3	0.0	0.4	0.0	0.4
02-04 Cabbages	1.6	2.1	2.6	0.0	3.6	0.5	2.8	0.4	2.3	5.0	3.9	1.2	0.0	10.9	1.4	10.8	4.1	2.5	3.3	0.0	19.9	0.0	2.7
02-05 Mushrooms	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.1	0.2	0.2	0.1	0.1	0.0	0.2	0.0	0.0
02-07 Onion, garlic	0.2	0.3	0.2	0.0	0.2	0.1	0.2	0.0	0.1	0.4	0.0	0.1	0.0	0.5	0.1	0.6	0.2	0.1	0.3	0.0	0.2	0.0	0.1
02-08 Stalk vegetables, sprouts	0.1	0.4	0.6	0.0	0.6	0.0	0.2	0.0	0.2	0.4	0.1	0.4	0.0	0.3	0.0	0.5	0.2	0.1	0.1	0.0	0.4	0.0	0.8
02-09 Mixed salad, mixed vegetables	0.2	0.4	0.7	0.0	0.8	0.1	0.3	0.3	0.2	0.4	0.1	0.2	0.0	6.1	1.5	0.6	0.6	0.3	0.2	0.0	0.9	0.0	0.2
03 Legumes	0.2	1.2	0.7	0.0	1.0	0.0	0.6	0.5	0.6	0.5	0.4	0.4	0.0	0.0	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.2
03-01 Legumes	0.2	1.2	0.7	0.0	1.0	0.0	0.6	0.5	0.6	0.5	0.4	0.4	0.0	0.0	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.2
04 Fruits, nuts and olives	2.4	11.0	5.1	0.0	6.0	1.7	8.5	0.7	3.8	11.1	4.1	3.6	0.0	6.8	2.1	7.3	5.0	2.7	7.6	0.0	28.2	0.0	6.3
04-01 Fruits	2.1	7.8	4.0	0.0	4.7	1.7	6.2	0.1	2.4	10.3	3.1	2.2	0.0	6.5	2.0	6.8	4.3	2.2	7.2	0.0	28.1	0.0	3.9
04-02 Nuts and seeds (+nut spread)	0.3	3.0	1.1	0.0	1.2	0.0	2.2	0.5	1.4	0.8	1.0	1.4	0.0	0.1	0.0	0.5	0.7	0.5	0.3	0.0	0.0	0.0	2.2
04-03 Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
04-04 Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05 Dairy products	61.8	5.2	3.6	0.0	4.2	16.5	15.2	20.2	35.1	14.6	15.4	22.5	30.2	11.7	24.0	7.8	7.3	35.9	6.9	32.7	2.5	4.0	4.9
05-01 Milk	13.4	0.6	0.3	0.0	0.4	5.7	4.3	2.5	8.4	5.9	2.0	4.7	2.9	0.6	1.9	2.1	2.6	11.3	1.9	9.6	0.5	0.0	0.4
05-02 Milk beverages	1.4	0.8	1.0	0.0	1.1	0.8	0.9	0.4	1.1	1.1	0.2	0.7	0.4	0.2	0.3	0.3	0.5	1.5	0.4	0.9	0.1	0.1	0.1
05-03 Yoghurt	7.4	0.8	0.5	0.0	0.6	2.2	2.4	1.5	4.6	3.0	1.1	2.7	2.4	1.2	1.9	1.5	1.8	7.1	2.3	4.8	1.3	0.3	0.5
05-04 Fromage blanc, petits suisses	0.9	0.2	0.2	0.0	0.2	0.9	0.3	0.2	0.8	0.4	0.3	0.4	0.6	0.2	0.3	0.2	0.4	1.4	0.3	1.0	0.1	0.2	0.0
05-05 Cheese (including fresh cheeses)	32.7	1.9	0.7	0.0	0.9	4.3	5.0	14.1	16.3	1.5	10.2	11.8	19.4	7.9	16.0	3.1	0.7	9.2	0.8	13.0	0.1	1.9	3.0
05-06 Cream desserts, puddings (milk based)	3.6	0.9	0.8	0.0	0.9	1.2	1.5	1.0	2.4	1.7	1.0	1.4	2.6	1.0	2.1	0.6	0.9	3.3	0.9	2.4	0.2	0.9	0.5
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.0	0.3	0.8	0.0	0.0	0.1	0.0	0.1	0.0	0.4	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.9	0.2	0.7	0.0	0.0	0.1	0.0	0.1	0.0	0.4	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08 Milk for coffee and creamers	2.3	0.1	0.1	0.0	0.1	1.4	0.7	0.5	1.5	1.0	0.7	0.7	0.9	0.3	0.7	0.1	0.3	2.0	0.2	1.0	0.0	0.2	0.3
06 Cereals and cereal products	5.6	24.4	22.7	0.0	28.6	51.6	20.0	29.9	16.1	9.9	12.9	14.0	0.3	0.2	0.3	13.0	16.1	7.2	6.0	0.1	0.1	0.3	4.6
06-01 Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.3	1.9	1.1	0.0	1.4	0.4	1.2	0.0	1.1	0.3	0.6	1.3	0.0	0.1	0.0	0.3	0.4	0.3	0.2	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	5.0	21.5	20.3	0.0	25.7	51.1	17.7	28.7	14.0	9.0	12.0	11.9	0.0	0.0	0.0	12.3	14.6	6.6	5.5	0.0	0.0	0.1	3.7
06-03-01 Bread	4.6	19.7	18.6	0.0	23.6	51.0	16.3	27.1	12.9	8.2	11.3	11.0	0.0	0.0	0.0	11.9	13.4	6.0	4.9	0.0	0.0	0.1	2.9

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Iodine	Mag ne sium	So dium	Phos pho rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.3	1.8	1.8	0.0	2.1	0.1	1.4	1.6	1.1	0.8	0.7	0.9	0.0	0.0	0.0	0.5	1.2	0.5	0.6	0.0	0.0	0.0	0.8
06-04 Breakfast cereals	0.2	0.6	0.9	0.0	1.0	0.0	0.8	0.2	0.7	0.3	0.1	0.5	0.0	0.0	0.0	0.2	0.7	0.1	0.1	0.0	0.0	0.1	0.4
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.2	0.2	0.0	0.3	0.0	0.2	0.7	0.2	0.2	0.1	0.2	0.2	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.3
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.2	9.4	19.5	86.9	7.6	2.5	10.2	12.9	18.5	15.7	26.9	32.9	9.1	2.9	7.7	2.6	22.6	15.2	21.5	30.9	5.8	12.3	6.0
07-01 Fresh meat	0.6	5.4	14.0	56.3	4.2	1.4	7.1	4.0	11.9	10.7	15.8	24.4	1.6	2.6	1.5	1.2	12.2	10.2	14.2	21.7	2.5	6.1	4.0
07-01-00 Unclassified	0.1	0.3	0.8	5.9	0.2	0.2	0.4	0.4	0.8	0.6	1.3	1.9	0.2	0.1	0.1	0.1	1.1	0.5	1.1	1.8	0.5	0.4	0.1
07-01-01 Beef	0.4	4.0	11.7	38.8	3.3	1.0	5.2	2.6	8.1	7.9	9.8	18.4	1.3	2.5	1.3	1.1	4.0	7.9	9.3	17.7	1.9	4.9	2.9
07-01-02 Veal	0.0	0.1	0.1	0.7	0.0	0.0	0.1	0.0	0.2	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.5	0.1	0.1	0.0
07-01-03 Pork	0.1	1.0	1.4	10.4	0.6	0.2	1.4	1.0	2.8	2.1	4.5	3.7	0.1	0.0	0.1	0.1	7.0	1.6	3.6	1.7	0.0	0.7	0.9
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.0	0.9	5.6	0.7	0.4	0.7	0.4	1.4	1.1	2.7	1.0	0.5	0.0	0.3	0.3	1.1	0.6	2.6	1.0	0.0	3.2	0.6
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.0	0.7	4.9	0.5	0.3	0.7	0.3	1.2	0.9	2.7	1.0	0.5	0.0	0.3	0.2	0.7	0.4	2.3	0.6	0.0	3.2	0.6
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.2	0.6	0.2	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.2	0.4	0.4	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.5	2.8	4.3	24.7	2.6	0.8	2.4	8.5	5.1	3.8	8.2	7.4	6.4	0.2	5.2	0.8	9.2	4.2	4.6	7.7	3.3	3.1	1.4
07-05 Offals	0.0	0.2	0.2	0.3	0.1	0.0	0.0	0.0	0.1	0.0	0.2	0.1	0.7	0.1	0.6	0.2	0.1	0.2	0.1	0.6	0.1	0.0	0.0
08 Fish and shellfish	0.6	0.9	1.4	7.9	1.1	5.3	1.5	2.5	3.5	2.0	9.1	0.9	0.4	0.0	0.3	0.6	1.3	1.3	1.6	8.3	0.1	8.3	1.6
08-01 Fish	0.5	0.6	1.2	6.7	0.9	4.1	1.3	2.1	3.0	1.7	7.5	0.7	0.4	0.0	0.2	0.6	1.2	1.2	1.5	7.5	0.1	7.4	1.3
08-02 Crustaceans, molluscs	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.1	0.2	1.1	0.2	1.1	0.2	0.3	0.4	0.3	1.5	0.2	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.4	0.0	0.9	0.2
09 Eggs and egg products	0.7	0.7	2.5	0.0	2.8	2.6	0.5	0.7	1.9	0.5	4.3	1.8	3.3	0.0	2.6	1.6	0.6	2.5	0.7	3.7	0.0	4.3	3.0
09-01 Egg	0.7	0.7	2.5	0.0	2.8	2.6	0.5	0.7	1.9	0.5	4.3	1.8	3.3	0.0	2.6	1.6	0.6	2.5	0.7	3.7	0.0	4.3	3.0
10 Fat	0.4	0.1	0.2	0.0	0.3	2.5	0.2	1.2	0.4	0.3	0.2	0.1	34.2	6.1	25.9	14.0	0.8	0.6	8.8	4.7	0.0	33.1	23.6
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	1.9	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	2.5	2.3
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9
10-02 Butter	0.2	0.1	0.1	0.0	0.1	2.4	0.1	0.2	0.2	0.1	0.2	0.1	11.1	6.0	9.4	0.0	0.2	0.3	0.0	0.5	0.0	6.3	1.9
10-03 Margarines	0.2	0.0	0.1	0.0	0.1	0.1	0.1	0.7	0.2	0.2	0.0	0.0	21.2	0.1	15.2	14.0	0.6	0.4	8.8	4.2	0.0	24.2	16.5
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.4	5.9	6.3	0.0	8.0	0.7	3.0	0.6	1.5	2.4	0.6	1.1	1.4	1.6	1.2	0.6	0.8	1.7	1.2	0.7	2.0	0.6	2.0

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.6	0.0	0.7	0.0	0.2	0.1	0.1	0.3	0.1	0.1	0.0	0.9	0.1	0.0	0.1	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.8	4.2	3.2	0.0	4.4	0.3	2.2	0.2	1.0	1.4	0.4	0.7	0.7	0.2	0.5	0.5	0.5	1.0	0.3	0.4	0.3	0.0	0.8
11-03	Confectionery non-chocolate	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.0	2.3	0.0	2.5	0.0	0.3	0.1	0.1	0.5	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.7	0.0	1.2	0.0	0.5
11-05	Ice cream, water ice	0.4	0.1	0.1	0.0	0.2	0.3	0.2	0.1	0.2	0.2	0.1	0.1	0.7	0.5	0.6	0.1	0.2	0.5	0.1	0.2	0.0	0.6	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.0	0.2	0.3	0.2	0.1	0.2	0.2	0.1	0.1	0.6	0.5	0.5	0.1	0.1	0.4	0.1	0.2	0.0	0.6	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.7	4.8	5.3	0.0	6.6	3.2	3.6	6.2	4.6	3.0	4.1	3.0	8.9	2.8	6.9	2.0	3.1	2.6	1.2	1.2	0.3	11.6	8.5
12-01	Cakes, pies, pastries, etc	0.9	2.1	2.3	0.0	2.7	2.0	1.6	2.8	2.1	1.3	2.0	1.4	4.2	1.5	3.2	0.9	1.2	1.4	0.5	0.7	0.3	4.0	3.2
12-02	Dry cakes, biscuits	0.8	2.7	3.0	0.0	3.9	1.2	2.0	3.4	2.4	1.7	2.1	1.5	4.6	1.3	3.7	1.1	2.0	1.1	0.7	0.5	0.0	7.6	5.4
13	Non-alcoholic beverages	10.3	11.4	7.6	0.0	9.5	5.1	12.4	1.7	2.2	12.4	3.3	1.4	0.1	1.9	0.5	9.6	4.9	6.1	9.6	0.5	11.3	0.0	1.5
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.5	0.7	0.8	0.0	0.9	0.2	1.4	0.2	0.6	2.2	0.1	0.3	0.0	1.9	0.4	1.9	2.3	1.1	1.7	0.3	8.9	0.0	1.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.0	0.0	0.0
13-03	Coffee, tea and herbal teas	5.3	9.8	6.6	0.0	8.3	3.0	9.3	0.8	1.3	10.1	0.8	1.0	0.1	0.0	0.1	7.7	2.6	5.0	7.9	0.2	2.1	0.0	0.0
13-03-01	Coffee	1.3	2.2	5.0	0.0	5.9	1.0	5.8	0.3	0.2	7.6	0.7	0.4	0.1	0.0	0.1	0.0	2.6	2.2	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	3.7	7.1	1.5	0.0	2.2	1.8	3.3	0.5	1.1	2.3	0.0	0.6	0.0	0.0	0.0	7.1	0.0	2.6	7.3	0.0	1.8	0.0	0.0
13-03-03	Herbal tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.1	0.6	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	4.4	0.6	0.1	0.0	0.2	1.8	1.6	0.7	0.0	0.1	2.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.4	0.8	1.8	0.0	2.1	0.8	0.8	0.1	0.3	0.9	0.1	0.2	0.1	0.0	0.1	0.1	0.0	0.3	0.3	0.1	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.3	0.4	1.5	0.0	1.8	0.7	0.7	0.1	0.2	0.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.4	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.6	0.7	1.1	0.4	1.6	0.4	0.6	7.4	0.7	0.8	1.7	0.7	5.1	1.8	4.2	0.4	2.6	0.6	0.5	2.0	0.5	6.4	15.1
15-01	Sauces	0.6	0.7	1.1	0.4	1.5	0.4	0.6	7.0	0.7	0.8	1.7	0.7	5.1	1.8	4.2	0.4	2.6	0.6	0.5	2.0	0.4	6.4	15.1
15-01-00	Unclassified and other sauces	0.3	0.4	0.6	0.0	0.8	0.2	0.3	3.1	0.2	0.3	0.1	0.2	4.7	0.6	3.7	0.1	1.6	0.3	0.1	0.1	0.2	4.6	4.5
15-01-01	Tomato sauces	0.1	0.0	0.1	0.0	0.2	0.0	0.1	0.7	0.1	0.2	0.0	0.0	0.2	0.3	0.2	0.1	0.8	0.0	0.0	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
15-01-03 Mayonnaises and similars	0.2	0.3	0.4	0.4	0.5	0.2	0.2	3.1	0.3	0.3	1.6	0.4	0.2	0.8	0.3	0.3	0.2	0.2	0.4	1.9	0.0	1.8	10.3
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	0.7	2.5	2.4	3.6	2.5	0.3	5.5	12.4	2.2	3.3	1.7	1.5	0.2	6.5	1.3	1.2	5.6	1.1	1.8	2.2	2.0	2.5	1.7
16-01 Soups	0.7	2.5	2.4	3.6	2.4	0.3	5.5	10.5	2.2	3.3	1.6	1.5	0.2	6.5	1.3	1.2	5.5	1.1	1.8	2.2	2.0	2.5	1.7
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.5	0.2	0.7	1.2	0.7	0.0	0.8	0.8	0.5	0.3	0.3	0.4	0.0	0.0	0.0	0.4	0.2	0.4	0.1	0.4	0.0	0.7	0.1
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.4	0.1	0.4	0.0	0.4	0.0	0.7	0.2	0.3	0.2	0.1	0.1	0.0	0.0	0.0	0.3	0.1	0.4	0.0	0.3	0.0	0.2	0.0
17-02 Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.0	0.1	0.2	1.2	0.2	0.0	0.1	0.4	0.1	0.1	0.2	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.4	0.1

Table 2.4.a Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Mag nesi um	So di um	Phos pho rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.2	8.2	5.9	0.0	6.9	1.6	6.9	0.6	3.6	11.6	1.4	3.6	0.0	0.3	0.1	6.1	5.2	1.4	10.7	0.0	11.9	0.0	1.2
01-01	Potatoes	1.2	8.2	5.9	0.0	6.9	1.6	6.9	0.6	3.6	11.6	1.4	3.6	0.0	0.3	0.1	6.1	5.2	1.4	10.7	0.0	11.9	0.0	1.2
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.5	7.3	8.4	0.0	9.7	1.9	6.4	2.1	4.0	10.0	2.3	4.6	0.0	58.0	15.2	17.3	5.4	5.2	5.7	0.0	17.2	0.0	6.2
02-01	Leafy vegetables (except cabbages)	1.5	1.4	2.3	0.0	2.6	0.4	1.7	0.2	0.7	2.0	0.2	1.0	0.0	14.3	3.7	3.7	1.2	1.2	0.9	0.0	0.6	0.0	1.6
02-02	Fruiting vegetables	1.5	2.0	2.3	0.0	2.7	0.6	2.1	0.7	1.0	2.9	0.2	1.1	0.0	11.8	1.6	3.3	1.5	1.3	1.5	0.0	4.9	0.0	1.5
02-03	Root vegetables	0.4	0.6	0.4	0.0	0.4	0.2	0.4	0.3	0.3	1.1	0.1	0.4	0.0	13.2	5.7	1.2	0.4	0.3	0.4	0.0	0.5	0.0	0.5
02-04	Cabbages	1.3	1.2	1.4	0.0	1.7	0.4	1.1	0.3	1.2	2.2	1.2	0.8	0.0	8.1	1.6	5.6	1.1	1.2	1.5	0.0	8.1	0.0	1.4
02-05	Mushrooms	0.0	0.5	0.2	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.2	0.0	0.6	0.1	0.4	0.2	0.1	0.1	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.2	0.5	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.5	0.0	0.2	0.0	0.6	0.1	0.8	0.2	0.1	0.5	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	0.2	0.5	0.6	0.0	0.6	0.0	0.2	0.2	0.2	0.4	0.2	0.4	0.0	0.6	0.2	0.8	0.3	0.3	0.1	0.0	0.7	0.0	0.6
02-09	Mixed salad, mixed vegetables	0.3	0.5	0.8	0.0	0.9	0.1	0.4	0.2	0.3	0.7	0.2	0.4	0.0	8.7	2.1	1.4	0.4	0.4	0.7	0.0	1.5	0.0	0.3
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.2	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.2	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	2.5	11.6	5.0	0.0	5.7	1.8	8.0	0.7	3.7	10.2	3.6	3.6	0.0	7.5	2.0	7.1	4.5	2.5	6.8	0.0	28.6	0.0	7.2
04-01	Fruits	2.1	7.7	3.9	0.0	4.4	1.7	5.4	0.1	2.3	9.3	2.2	2.3	0.0	7.2	2.0	6.5	3.7	2.1	6.3	0.0	28.5	0.0	4.7
04-02	Nuts and seeds (+nut spread)	0.3	3.6	1.1	0.0	1.2	0.0	2.5	0.6	1.4	0.8	1.4	1.3	0.0	0.0	0.0	0.6	0.7	0.3	0.5	0.0	0.0	0.0	2.4
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	61.9	5.7	3.2	0.0	3.6	18.3	16.5	17.0	35.3	17.5	15.0	25.1	25.1	8.3	19.4	10.0	9.5	42.7	9.2	36.2	3.1	3.9	4.8
05-01	Milk	19.4	0.9	0.6	0.0	0.7	7.4	6.5	3.3	11.6	8.6	3.2	7.3	3.9	1.1	2.9	4.1	4.3	17.8	3.4	14.0	0.9	0.1	0.5
05-02	Milk beverages	1.0	0.4	0.5	0.0	0.6	0.5	0.5	0.2	0.6	0.5	0.1	0.4	0.2	0.1	0.1	0.1	0.2	0.8	0.3	0.5	0.1	0.1	0.1
05-03	Yoghurt	8.5	0.8	0.4	0.0	0.4	2.4	2.6	1.5	4.9	3.1	1.3	3.0	1.7	0.8	1.3	1.9	2.2	8.0	2.7	5.0	1.2	0.2	0.6
05-04	Fromage blanc, petits suisses	1.2	0.2	0.1	0.0	0.2	1.3	0.4	0.2	0.9	0.5	0.5	0.5	0.5	0.1	0.3	0.2	0.4	1.8	0.2	1.5	0.1	0.2	0.1
05-05	Cheese (including fresh cheeses)	23.0	1.6	0.5	0.0	0.6	3.0	3.1	9.7	11.8	1.0	7.3	10.5	13.0	4.0	10.0	2.3	0.4	5.6	0.8	10.0	0.1	1.7	1.7
05-06	Cream desserts, puddings (milk based)	5.5	1.7	0.9	0.0	1.1	1.6	2.3	1.3	3.2	2.3	1.5	2.3	3.9	1.3	3.2	1.1	1.2	5.3	1.6	3.6	0.5	1.3	1.4
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.2	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	3.3	0.1	0.1	0.0	0.1	2.1	1.1	0.6	2.3	1.5	1.0	1.4	0.5	1.1	0.1	0.1	0.5	3.2	0.4	1.5	0.1	0.2	0.4
06	Cereals and cereal products	6.2	27.7	25.6	0.1	29.6	52.1	23.3	29.4	17.5	10.0	14.6	17.1	0.1	0.2	0.1	16.0	14.7	7.6	7.6	0.3	0.1	0.3	5.5
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.2	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02 Pasta, rice, other grain	0.3	1.7	0.9	0.0	1.1	0.3	1.0	0.0	0.8	0.2	0.5	1.2	0.0	0.1	0.0	0.3	0.4	0.3	0.2	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	5.5	24.3	22.7	0.0	26.2	51.4	20.9	28.1	15.3	9.0	13.4	14.8	0.0	0.0	0.0	14.5	12.7	6.7	6.5	0.0	0.0	0.1	4.5
06-03-01 Bread	5.2	22.2	20.7	0.0	23.8	51.2	19.4	26.6	14.2	8.3	12.7	13.9	0.0	0.0	0.0	13.8	11.4	6.1	5.9	0.0	0.0	0.1	3.6
06-03-02 Crispbread, rusks	0.4	2.1	2.0	0.0	2.3	0.1	1.5	1.5	1.1	0.7	0.7	1.0	0.0	0.0	0.0	0.7	1.3	0.6	0.6	0.0	0.0	0.0	0.9
06-04 Breakfast cereals	0.2	0.8	1.3	0.0	1.5	0.0	0.9	0.2	0.8	0.4	0.2	0.6	0.0	0.0	0.0	0.6	1.2	0.3	0.5	0.1	0.0	0.1	0.4
06-05 Salty biscuits, aperitif biscuits, crackers	0.1	0.2	0.3	0.1	0.4	0.1	0.2	0.6	0.2	0.2	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.3
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.4	0.2	0.0	0.2	0.3	0.2	0.3	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.5	0.2	0.1	0.2	0.0	0.0	0.0	0.1
07 Meat and meat products	1.3	9.7	15.2	82.9	6.7	2.7	8.5	15.2	16.6	12.3	28.6	28.3	13.5	1.1	11.3	2.5	25.6	11.7	21.4	27.3	7.4	12.4	5.6
07-01 Fresh meat	0.5	4.0	8.5	50.1	2.4	1.1	4.8	3.1	9.0	7.0	14.4	18.8	1.0	0.8	0.8	0.8	14.1	6.3	12.3	16.9	1.9	3.0	2.7
07-01-00 Unclassified	0.1	0.5	1.2	7.4	0.3	0.2	0.5	0.6	1.0	0.8	1.7	2.5	0.3	0.1	0.2	0.1	1.7	0.7	1.5	2.5	0.7	0.7	0.2
07-01-01 Beef	0.2	1.8	5.1	28.6	1.1	0.5	1.9	1.2	3.6	2.9	5.5	10.3	0.5	0.7	0.4	0.5	1.1	2.8	4.4	10.6	1.0	1.0	1.0
07-01-02 Veal	0.0	0.0	0.1	0.5	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.1	0.1	0.0
07-01-03 Pork	0.2	1.6	2.1	13.4	0.9	0.3	2.2	1.3	4.2	3.1	7.0	5.7	0.2	0.0	0.2	0.2	11.2	2.6	6.2	3.2	0.1	1.0	1.4
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.3	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	2.2	1.3	6.3	0.9	0.7	1.4	0.5	2.4	1.6	4.8	1.9	1.0	0.0	0.7	0.5	1.1	0.8	4.6	1.4	0.0	6.1	1.2
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.2	2.2	1.3	6.3	0.9	0.6	1.4	0.5	2.3	1.6	4.7	1.9	0.9	0.0	0.7	0.4	1.0	0.7	4.5	1.4	0.0	6.1	1.2
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.6	3.4	5.3	26.4	3.3	1.0	2.3	11.6	5.3	3.7	9.4	7.5	11.4	0.2	9.7	1.2	10.5	4.5	4.5	8.9	5.5	3.3	1.8
07-05 Offals	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
08 Fish and shellfish	0.7	1.1	1.4	6.9	1.1	4.5	1.8	3.6	3.9	2.0	9.4	1.2	0.4	0.0	0.3	0.6	1.6	1.4	2.4	10.8	0.1	10.1	1.8
08-01 Fish	0.6	0.8	1.2	6.1	0.9	3.3	1.6	3.2	3.3	1.7	8.0	1.0	0.3	0.0	0.3	0.4	1.4	1.3	2.3	9.3	0.1	9.3	1.6
08-02 Crustaceans, molluscs	0.1	0.2	0.0	0.1	0.0	0.3	0.1	0.2	0.1	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.1	0.2	0.7	0.1	0.9	0.2	0.2	0.5	0.2	1.1	0.1	0.1	0.0	0.0	0.1	0.2	0.1	0.1	0.6	0.0	0.8	0.0
09 Eggs and egg products	1.0	0.9	3.4	0.0	3.8	3.2	0.7	0.9	2.5	0.6	5.7	2.4	4.8	0.0	3.7	2.6	0.8	3.2	0.9	4.6	0.0	5.3	4.6
09-01 Egg	1.0	0.9	3.4	0.0	3.8	3.2	0.7	0.9	2.5	0.6	5.7	2.4	4.8	0.0	3.7	2.6	0.8	3.2	0.9	4.6	0.0	5.3	4.6
10 Fat	0.6	0.0	0.3	0.0	0.3	1.1	0.2	1.4	0.5	0.3	0.1	0.0	37.5	1.5	27.6	16.4	1.1	0.9	12.3	5.4	0.0	41.9	35.8
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	1.9	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4
10-02 Butter	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.1	0.1	0.0	0.1	0.0	4.1	1.4	3.1	0.0	0.0	0.1	0.0	0.2	0.0	1.0	0.7
10-03 Margarines	0.5	0.0	0.2	0.0	0.3	0.2	0.1	1.1	0.4	0.3	0.0	0.0	32.2	0.1	23.5	16.4	1.1	0.9	12.3	5.2	0.0	38.9	28.2

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos dium	Phos rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11	Sugar and confectionery	1.6	4.7	5.8	0.0	6.7	0.7	2.2	0.5	1.1	1.9	0.5	1.1	0.8	1.6	0.8	0.4	0.8	1.4	0.8	0.6	1.2	0.7	1.6
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	0.2	0.7	0.8	0.0	0.9	0.0	0.3	0.1	0.1	0.3	0.1	0.2	0.0	0.9	0.1	0.0	0.1	0.1	0.1	0.0	0.6	0.0	0.4
11-02	Chocolate, candy bars, paste, chocolate confetti	0.7	2.5	1.8	0.0	2.1	0.2	1.0	0.1	0.6	0.7	0.3	0.5	0.2	0.2	0.2	0.2	0.3	0.6	0.2	0.4	0.1	0.1	0.7
11-03	Confectionery non-chocolate	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.3	3.0	0.0	3.4	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.5	0.0	0.6	0.0	0.2
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.6	0.5	0.1	0.3	0.5	0.1	0.2	0.0	0.5	0.1
11-05-01	Ice cream	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.5	0.5	0.1	0.2	0.5	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.7	4.1	4.6	0.0	5.3	3.0	3.0	4.8	3.8	2.3	3.6	2.7	6.8	3.2	5.5	1.8	2.2	2.3	1.1	0.9	0.4	5.4	6.8
12-01	Cakes, pies, pastries, etc	1.1	2.4	2.6	0.0	3.0	2.5	1.7	3.0	2.4	1.4	2.4	1.7	4.9	2.3	4.0	1.2	1.4	1.7	0.7	0.7	0.4	4.2	3.8
12-02	Dry cakes, biscuits	0.6	1.8	2.0	0.0	2.3	0.5	1.2	1.9	1.4	0.9	1.2	1.0	1.9	0.9	1.5	0.5	0.8	0.5	0.4	0.2	0.0	1.2	3.1
13	Non-alcoholic beverages	8.8	8.3	9.2	0.0	10.6	4.2	12.9	1.5	1.6	13.8	3.5	1.4	0.3	2.5	0.7	5.7	6.4	6.0	6.0	1.0	14.1	0.1	1.8
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	0.8	1.0	0.0	1.1	0.2	1.4	0.1	0.5	2.0	0.2	0.3	0.0	2.1	0.4	1.9	2.4	1.3	1.9	0.3	10.9	0.0	1.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.3	0.0	0.0	0.2	0.2	0.4	0.2	1.8	0.0	0.1
13-03	Coffee, tea and herbal teas	4.4	6.8	8.0	0.0	9.2	2.5	10.1	0.7	0.9	11.6	1.1	1.1	0.3	0.1	0.2	3.8	3.8	4.5	3.8	0.5	1.4	0.1	0.0
13-03-01	Coffee	2.3	3.2	7.1	0.0	8.3	1.4	8.7	0.4	0.4	10.6	1.1	0.6	0.3	0.1	0.2	0.2	3.8	3.4	0.1	0.5	0.0	0.1	0.0
13-03-02	Tea	1.8	3.0	0.7	0.0	0.8	0.9	1.2	0.2	0.5	0.9	0.0	0.4	0.0	0.0	0.0	3.1	0.0	1.0	3.1	0.0	1.2	0.0	0.0
13-03-03	Herbal tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.1	0.6	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.6	0.5	0.1	0.0	0.1	1.5	1.3	0.6	0.0	0.1	2.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.7	1.3	2.7	0.0	3.1	1.6	2.2	0.2	1.1	1.6	0.3	0.4	0.1	0.0	0.1	1.3	0.0	1.2	1.6	0.4	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.7	2.4	0.0	2.7	1.5	1.1	0.1	0.3	0.9	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.4	0.5	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.3	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.2	0.2	0.1	0.0	0.1	0.0	0.9	0.0	0.7	0.6	0.1	0.1	0.0	0.0	0.0	1.1	0.0	0.7	1.1	0.3	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.6	1.2	0.2	1.4	0.3	0.5	5.5	0.5	0.7	0.7	0.6	5.3	1.6	4.4	0.3	2.6	0.6	0.4	0.8	1.1	6.9	7.3
15-01	Sauces	0.5	0.6	1.1	0.2	1.3	0.3	0.5	4.6	0.5	0.6	0.7	0.6	5.3	1.5	4.4	0.3	2.5	0.6	0.4	0.8	0.9	6.9	7.3

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.3	0.3	0.8	0.0	0.9	0.1	0.3	3.0	0.2	0.3	0.1	0.3	5.1	0.2	4.0	0.1	1.8	0.4	0.2	0.1	0.7	6.0	4.5
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.6	0.1	0.2	0.0	0.0	0.1	0.6	0.3	0.1	0.6	0.1	0.1	0.0	0.2	0.0	0.1
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6
15-01-03 Mayonnaises and similars	0.1	0.2	0.2	0.2	0.2	0.1	0.1	0.6	0.2	0.1	0.6	0.2	0.1	0.5	0.1	0.1	0.1	0.1	0.2	0.7	0.0	0.9	2.0
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	1.1	3.5	3.8	6.1	3.6	0.5	4.5	14.8	3.2	4.5	2.9	2.4	0.4	12.1	2.9	2.4	8.6	1.9	2.9	3.8	4.0	2.4	2.3
16-01 Soups	1.1	3.5	3.8	6.1	3.6	0.5	4.5	13.4	3.2	4.4	2.9	2.4	0.4	12.1	2.9	2.4	8.6	1.9	2.9	3.8	4.0	2.4	2.3
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.7	1.2	1.6	3.8	1.5	0.5	0.7	1.7	0.9	0.5	1.7	1.8	0.7	0.4	0.6	0.9	1.2	0.7	0.6	1.6	0.6	1.6	1.1
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0
17-02 Dietetic products	0.4	0.7	0.6	0.0	0.7	0.4	0.2	0.1	0.3	0.2	0.6	0.5	0.5	0.3	0.5	0.6	0.3	0.3	0.3	0.4	0.5	0.5	0.6
17-02-00 Unclassified	0.4	0.7	0.6	0.0	0.7	0.4	0.2	0.1	0.3	0.2	0.6	0.5	0.5	0.3	0.5	0.6	0.3	0.3	0.3	0.4	0.5	0.5	0.6
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.2	0.5	0.9	3.8	0.7	0.1	0.4	1.6	0.6	0.3	1.1	1.3	0.1	0.0	0.1	0.2	0.9	0.4	0.3	1.1	0.0	1.0	0.5

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.1	7.6	5.6	0.0	7.0	1.5	6.6	0.6	3.5	11.5	1.2	3.2	0.0	0.3	0.0	5.3	5.8	1.5	10.2	0.0	10.6	0.0	1.1
01-01	Potatoes	1.1	7.6	5.6	0.0	7.0	1.5	6.6	0.6	3.5	11.5	1.2	3.2	0.0	0.3	0.0	5.3	5.8	1.5	10.2	0.0	10.6	0.0	1.1
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.6	7.6	8.6	0.0	10.5	1.9	7.2	2.4	4.8	11.7	4.3	4.6	0.1	58.2	15.6	18.5	7.8	5.8	6.7	0.0	23.8	0.0	6.7
02-01	Leafy vegetables (except cabbages)	1.8	1.5	2.5	0.0	2.8	0.4	1.9	0.3	0.8	2.3	0.2	1.2	0.0	14.2	3.5	3.3	1.2	1.2	0.8	0.0	0.8	0.0	1.8
02-02	Fruiting vegetables	1.1	1.7	2.0	0.0	2.4	0.6	1.8	0.5	0.9	2.8	0.3	1.0	0.0	10.5	1.5	2.9	1.3	1.0	1.6	0.0	5.3	0.0	1.6
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.2	0.3	0.3	0.3	1.0	0.1	0.4	0.0	15.7	7.3	1.5	0.4	0.3	0.4	0.0	0.6	0.0	0.6
02-04	Cabbages	1.4	1.7	2.0	0.0	2.8	0.4	2.1	0.7	1.8	4.0	3.2	1.0	0.0	7.5	1.1	8.0	3.2	1.8	2.7	0.0	15.2	0.0	2.1
02-05	Mushrooms	0.0	0.7	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.2	0.3	0.1	0.0	0.0	0.0	0.1	0.2	0.5	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.6	0.5	0.0	0.5	0.1	0.3	0.2	0.4	0.3	0.1	0.4	0.0	1.1	0.2	1.1	0.8	0.4	0.2	0.0	0.5	0.0	0.2
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.0	0.2	0.0	0.5	0.1	0.8	0.2	0.1	0.5	0.0	0.4	0.0	0.2
02-08	Stalk vegetables, sprouts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.5	0.7	0.0	0.8	0.1	0.4	0.4	0.3	0.5	0.1	0.3	0.0	8.0	1.7	0.8	0.5	0.3	0.4	0.0	1.0	0.0	0.2
03	Legumes	0.2	1.3	0.9	0.0	1.0	0.0	0.6	0.6	0.5	0.5	0.4	0.5	0.0	0.0	0.0	0.4	0.5	0.2	0.3	0.0	0.0	0.0	0.2
03-01	Legumes	0.2	1.3	0.9	0.0	1.0	0.0	0.6	0.6	0.5	0.5	0.4	0.5	0.0	0.0	0.0	0.4	0.5	0.2	0.3	0.0	0.0	0.0	0.2
04	Fruits, nuts and olives	2.4	10.0	4.8	0.0	5.6	1.7	7.6	0.7	3.6	10.1	3.7	3.5	0.0	6.1	2.0	6.8	5.4	2.7	6.9	0.0	26.3	0.0	5.8
04-01	Fruits	2.1	7.3	3.6	0.0	4.3	1.6	5.5	0.1	2.4	9.4	2.5	2.2	0.0	6.0	2.0	6.3	4.7	2.3	6.5	0.0	26.3	0.0	4.2
04-02	Nuts and seeds (+nut spread)	0.3	2.6	1.1	0.0	1.2	0.1	2.1	0.3	1.2	0.7	1.2	1.2	0.0	0.0	0.0	0.5	0.7	0.4	0.4	0.0	0.0	0.0	1.5
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05	Dairy products	60.7	4.3	2.7	0.0	3.2	16.3	14.4	19.9	34.0	14.6	14.2	22.7	28.1	9.3	21.6	8.1	8.5	38.2	7.5	33.8	3.0	3.7	4.3
05-01	Milk	14.9	0.7	0.4	0.0	0.4	6.2	4.8	2.8	9.4	6.7	2.3	5.4	4.0	1.0	2.9	2.7	3.7	14.4	2.4	10.8	0.8	0.0	0.4
05-02	Milk beverages	0.7	0.3	0.4	0.0	0.5	0.4	0.4	0.2	0.6	0.5	0.1	0.3	0.2	0.1	0.1	0.1	0.2	0.7	0.2	0.4	0.0	0.1	0.0
05-03	Yoghurt	8.1	0.8	0.4	0.0	0.5	2.1	2.4	1.5	4.7	2.9	1.1	2.6	2.1	0.7	1.6	1.6	1.9	7.5	2.4	5.2	1.4	0.4	0.6
05-04	Fromage blanc, petits suisses	1.0	0.2	0.2	0.0	0.3	1.2	0.4	0.2	0.9	0.5	0.4	0.5	0.7	0.3	0.5	0.2	0.5	1.6	0.3	1.4	0.2	0.2	0.1
05-05	Cheese (including fresh cheeses)	29.9	1.7	0.7	0.0	0.9	4.1	4.4	13.7	14.7	1.4	9.1	11.6	17.8	5.8	13.8	2.9	0.7	8.3	0.9	12.6	0.1	2.1	2.6
05-06	Cream desserts, puddings (milk based)	3.9	0.5	0.6	0.0	0.6	0.9	1.4	1.1	2.4	1.6	0.7	1.5	1.8	0.9	1.4	0.5	1.1	3.8	0.9	2.6	0.4	0.5	0.3
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.0	0.3	0.8	0.0	0.1	0.2	0.0	0.1	0.0	0.4	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.9	0.3	0.7	0.0	0.1	0.2	0.0	0.1	0.0	0.3	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-08	Milk for coffee and creamers	2.1	0.1	0.0	0.0	0.1	1.3	0.6	0.4	1.4	0.9	0.6	0.6	0.7	0.2	0.5	0.0	0.3	1.8	0.2	0.8	0.0	0.1	0.3
06	Cereals and cereal products	5.8	25.6	22.9	0.0	28.1	49.9	21.5	29.8	16.6	9.6	13.7	15.4	0.5	0.2	0.3	14.3	17.7	7.6	6.8	0.2	0.1	0.4	5.5
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.3	1.7	0.9	0.0	1.1	0.4	1.2	0.0	1.0	0.3	0.9	1.4	0.0	0.1	0.0	0.4	0.6	0.3	0.3	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.2	22.3	20.4	0.0	25.0	49.3	19.0	28.1	14.4	8.6	12.3	13.0	0.0	0.0	0.0	13.1	15.4	6.7	6.0	0.0	0.0	0.1	4.3
06-03-01	Bread	4.8	20.5	18.7	0.0	23.0	49.1	17.5	26.5	13.2	7.9	11.6	12.0	0.0	0.0	0.0	12.6	14.0	6.1	5.4	0.0	0.0	0.1	3.7

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	1.8	1.7	0.0	2.1	0.2	1.5	1.6	1.2	0.7	0.6	1.0	0.0	0.0	0.0	0.5	1.4	0.6	0.5	0.0	0.0	0.0	0.6
06-04 Breakfast cereals	0.1	0.9	1.1	0.0	1.3	0.0	0.9	0.2	0.7	0.4	0.1	0.7	0.0	0.0	0.0	0.6	1.2	0.3	0.4	0.0	0.0	0.2	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.4	0.0	0.6	0.1	0.3	1.1	0.3	0.2	0.4	0.3	0.3	0.1	0.2	0.1	0.3	0.2	0.1	0.2	0.0	0.1	0.4
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.5	9.6	18.5	89.4	7.5	2.9	9.7	15.2	18.2	14.5	28.3	31.8	12.2	2.6	10.0	2.8	23.6	14.8	21.5	31.0	6.8	13.6	6.2
07-01 Fresh meat	0.5	4.7	11.7	50.7	3.4	1.1	5.8	3.0	10.1	8.8	13.5	21.1	1.3	2.1	1.2	1.1	10.9	8.5	12.3	19.0	2.2	4.6	3.1
07-01-00 Unclassified	0.0	0.2	0.4	3.4	0.1	0.1	0.2	0.2	0.4	0.3	0.6	0.9	0.1	0.0	0.1	0.0	0.7	0.3	0.6	0.8	0.4	0.2	0.1
07-01-01 Beef	0.4	3.5	9.9	37.2	2.7	0.8	4.3	2.0	7.0	6.5	8.6	16.4	1.0	2.0	1.0	0.9	3.1	6.4	8.0	15.8	1.7	3.5	2.3
07-01-02 Veal	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.1	0.0
07-01-03 Pork	0.1	1.0	1.3	9.4	0.6	0.2	1.3	0.8	2.7	1.9	4.2	3.5	0.2	0.0	0.1	0.1	7.1	1.7	3.5	2.0	0.1	0.8	0.8
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	1.5	1.4	8.1	0.9	0.6	1.3	0.6	2.2	1.6	4.6	1.8	1.1	0.0	0.5	0.5	1.7	0.9	4.1	1.6	0.0	5.0	1.0
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.5	1.2	7.4	0.8	0.6	1.3	0.5	2.0	1.5	4.4	1.7	1.1	0.0	0.5	0.4	1.3	0.7	3.7	1.2	0.0	5.0	1.0
07-02-02 Turkey, young turkey	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.4	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.2	0.3	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.8	3.4	5.3	30.3	3.1	1.2	2.5	11.6	5.8	4.1	10.0	8.8	9.0	0.6	7.5	1.1	10.9	5.2	5.1	9.9	4.6	4.0	2.1
07-05 Offals	0.0	0.0	0.2	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.9	0.0	0.8	0.2	0.1	0.1	0.0	0.5	0.0	0.0	0.0
08 Fish and shellfish	0.9	1.4	1.7	6.8	1.4	6.0	1.8	3.7	4.0	2.1	11.8	1.3	0.7	0.0	0.5	0.9	1.9	1.9	2.5	11.5	0.1	10.7	1.2
08-01 Fish	0.7	0.9	1.4	5.8	1.2	4.5	1.5	3.2	3.6	1.8	10.0	1.0	0.6	0.0	0.4	0.7	1.5	1.7	2.4	10.0	0.1	9.6	0.9
08-02 Crustaceans, molluscs	0.1	0.2	0.1	0.2	0.0	0.2	0.1	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.2	0.2	0.9	0.2	1.3	0.2	0.4	0.4	0.3	1.6	0.2	0.1	0.0	0.1	0.1	0.4	0.2	0.2	0.9	0.0	1.1	0.2
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.2	2.7	0.6	0.8	2.1	0.5	4.5	1.8	3.9	0.0	2.9	1.8	0.6	2.6	0.7	3.6	0.0	4.5	3.1
09-01 Egg	0.8	0.7	2.6	0.0	3.2	2.7	0.6	0.8	2.1	0.5	4.5	1.8	3.9	0.0	2.9	1.8	0.6	2.6	0.7	3.6	0.0	4.5	3.1
10 Fat	0.4	0.1	0.2	0.0	0.3	1.8	0.2	1.0	0.4	0.3	0.2	0.0	34.6	4.4	25.9	18.0	1.1	0.9	11.7	5.9	0.0	35.7	28.2
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	1.9	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8
10-02 Butter	0.1	0.1	0.1	0.0	0.1	1.6	0.1	0.3	0.1	0.1	0.2	0.0	9.3	4.3	7.9	0.0	0.1	0.2	0.0	0.4	0.0	4.8	1.8
10-03 Margarines	0.2	0.0	0.1	0.0	0.2	0.2	0.1	0.6	0.3	0.2	0.0	0.0	23.9	0.0	17.2	18.0	0.9	0.7	11.7	5.5	0.0	29.0	20.1
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.7	6.1	6.5	0.0	8.0	0.9	3.2	0.7	1.6	2.5	0.6	1.3	1.1	1.2	0.9	0.6	1.1	1.8	1.3	0.8	2.0	0.8	2.2

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.5	0.6	0.0	0.7	0.0	0.2	0.1	0.1	0.3	0.1	0.2	0.0	0.6	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.8	4.2	3.1	0.0	4.0	0.4	2.1	0.2	1.0	1.3	0.4	0.8	0.7	0.2	0.4	0.5	0.6	1.1	0.3	0.5	0.2	0.1	1.1
11-03	Confectionery non-chocolate	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2
11-04	Syrup	0.1	1.1	2.6	0.0	2.9	0.0	0.5	0.1	0.2	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.7	0.0	1.3	0.0	0.5
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.5	0.4	0.4	0.1	0.3	0.5	0.1	0.3	0.0	0.7	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.4	0.3	0.4	0.1	0.3	0.4	0.1	0.2	0.0	0.7	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.6	4.1	4.7	0.0	5.8	2.7	3.1	5.7	4.0	2.7	3.5	2.7	6.6	2.4	5.1	1.6	2.8	2.3	1.2	1.0	0.2	8.6	6.9
12-01	Cakes, pies, pastries, etc	0.8	1.9	1.9	0.0	2.3	1.7	1.3	2.6	1.8	1.1	1.7	1.3	3.2	1.2	2.3	0.8	1.2	1.3	0.5	0.6	0.2	3.3	2.7
12-02	Dry cakes, biscuits	0.8	2.2	2.8	0.0	3.5	1.0	1.8	3.1	2.2	1.6	1.8	1.4	3.4	1.2	2.8	0.8	1.6	1.0	0.7	0.4	0.0	5.3	4.3
13	Non-alcoholic beverages	9.4	10.2	8.5	0.0	10.5	4.4	12.8	1.8	2.3	13.8	3.0	1.5	0.2	2.5	0.8	8.4	6.1	5.8	8.0	0.4	13.4	0.0	1.9
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	0.8	1.0	0.0	1.2	0.2	1.5	0.3	0.6	2.4	0.2	0.3	0.0	2.5	0.6	2.3	2.3	0.7	1.5	0.1	11.1	0.0	1.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.3	0.1	0.0	0.1	0.0	0.1	0.1	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.5	0.0	0.1
13-03	Coffee, tea and herbal teas	5.1	8.6	7.3	0.0	9.1	2.8	9.9	0.8	1.2	11.3	0.9	1.1	0.2	0.1	0.2	6.0	3.8	5.1	6.2	0.2	1.7	0.0	0.0
13-03-01	Coffee	1.8	2.8	6.0	0.0	7.3	1.2	7.3	0.4	0.3	9.4	0.9	0.5	0.2	0.1	0.2	0.1	3.8	3.0	0.1	0.2	0.0	0.0	0.0
13-03-02	Tea	3.0	5.5	1.1	0.0	1.7	1.5	2.5	0.4	0.8	1.7	0.0	0.5	0.0	0.0	0.0	5.6	0.0	2.0	5.8	0.0	1.6	0.0	0.0
13-03-03	Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.3	0.0	0.1	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.5	0.5	0.1	0.0	0.1	1.4	1.3	0.6	0.0	0.0	1.9	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.8	1.5	3.5	0.0	4.1	2.1	2.7	0.3	1.2	2.2	0.3	0.4	0.1	0.0	0.0	1.1	0.0	1.4	2.0	0.4	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.6	1.0	3.1	0.0	3.5	2.1	1.6	0.2	0.5	1.4	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.7	0.9	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.3	0.4	0.0	0.4	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.1	0.2	0.1	0.0	0.1	0.0	0.8	0.0	0.6	0.6	0.2	0.1	0.0	0.0	0.0	1.0	0.0	0.7	0.9	0.3	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.4	0.5	0.7	0.2	0.9	0.3	0.6	6.2	0.5	0.6	0.8	0.4	4.7	2.4	3.8	0.5	2.2	0.5	0.3	1.2	0.3	5.8	12.4
15-01	Sauces	0.4	0.5	0.6	0.2	0.8	0.2	0.5	5.2	0.4	0.5	0.8	0.4	4.7	2.3	3.8	0.4	1.6	0.3	0.3	1.1	0.2	5.8	12.4
15-01-00	Unclassified and other sauces	0.2	0.3	0.3	0.0	0.4	0.2	0.3	2.5	0.2	0.2	0.1	0.2	4.6	0.6	3.5	0.1	1.4	0.1	0.1	0.1	0.1	5.1	5.2
15-01-01	Tomato sauces	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.3	0.0	0.1	0.0	0.0	0.0	1.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.1	0.1	0.3	0.2	0.4	0.1	0.1	2.0	0.2	0.2	0.7	0.2	0.1	0.5	0.2	0.2	0.1	0.1	0.1	1.0	0.0	0.7	6.6
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.9	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.7	1.7	1.8	2.4	1.8	0.2	2.7	9.3	1.3	2.0	1.2	1.1	0.2	7.1	1.6	1.0	3.2	0.9	1.3	1.3	2.3	1.5	1.4
16-01 Soups	0.7	1.7	1.7	2.4	1.7	0.2	2.7	7.5	1.3	1.9	1.2	1.1	0.2	7.1	1.6	1.0	3.1	0.9	1.3	1.3	2.3	1.5	1.4
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.0	0.0	1.7	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.1	0.7	1.1	1.2	1.1	0.4	1.1	1.4	1.0	0.6	0.9	1.1	0.6	0.1	0.4	0.6	0.8	1.1	0.4	1.1	0.2	1.4	0.6
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.5	0.2	0.4	0.0	0.4	0.0	0.7	0.4	0.4	0.3	0.1	0.2	0.0	0.0	0.0	0.3	0.1	0.4	0.0	0.4	0.0	0.6	0.1
17-02 Dietetic products	0.3	0.3	0.3	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.4	0.4	0.4	0.0	0.3	0.2	0.3	0.4	0.2	0.3	0.1	0.4	0.2
17-02-00 Unclassified	0.3	0.3	0.3	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.4	0.4	0.4	0.0	0.3	0.2	0.3	0.4	0.2	0.3	0.1	0.4	0.2
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.3	0.3	0.4	1.2	0.3	0.2	0.2	0.8	0.3	0.2	0.4	0.5	0.2	0.1	0.1	0.1	0.4	0.3	0.2	0.4	0.1	0.4	0.3

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.8	5.7	4.4	0.0	5.1	1.4	4.9	0.3	2.5	8.9	0.9	2.6	0.0	0.2	0.0	4.7	4.5	1.0	9.3	0.0	7.8	0.0	0.7
01-01 Potatoes	0.8	5.7	4.4	0.0	5.1	1.4	4.9	0.3	2.5	8.9	0.9	2.6	0.0	0.2	0.0	4.7	4.5	1.0	9.3	0.0	7.8	0.0	0.7
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	5.8	7.4	9.6	0.0	11.2	2.2	7.2	2.6	4.8	12.1	2.5	4.6	0.4	61.0	16.8	18.4	7.3	5.4	7.3	0.0	20.6	0.6	9.6
02-01 Leafy vegetables (except cabbages)	1.9	1.5	2.7	0.0	3.0	0.4	1.9	0.7	0.8	2.2	0.3	0.9	0.4	13.7	4.8	4.1	1.5	1.3	1.1	0.0	1.2	0.6	2.7
02-02 Fruiting vegetables	1.4	2.1	2.6	0.0	3.0	0.9	2.4	0.5	1.2	3.9	0.3	1.3	0.0	15.9	2.1	4.4	2.0	1.3	2.3	0.0	7.3	0.0	2.4
02-03 Root vegetables	0.4	0.5	0.6	0.0	0.7	0.2	0.3	0.2	0.3	1.0	0.0	0.4	0.0	13.5	6.4	1.5	0.4	0.3	0.5	0.0	0.9	0.0	0.6
02-04 Cabbages	1.1	1.4	1.9	0.0	2.4	0.4	1.5	0.7	1.5	3.0	1.2	1.0	0.0	8.4	1.2	5.2	1.3	1.1	1.9	0.0	8.6	0.0	3.0
02-05 Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.1	0.3	0.5	0.0	0.5	0.1	0.3	0.2	0.3	0.3	0.1	0.3	0.0	1.2	0.2	0.8	0.7	0.4	0.3	0.0	0.6	0.0	0.1
02-07 Onion, garlic	0.4	0.7	0.4	0.0	0.5	0.2	0.4	0.1	0.3	0.8	0.1	0.4	0.0	1.3	0.2	1.3	0.4	0.2	0.8	0.0	0.6	0.0	0.3
02-08 Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.2	0.2	0.1	0.1	0.0	0.2	0.0	0.1
02-09 Mixed salad, mixed vegetables	0.3	0.3	0.7	0.0	0.8	0.1	0.3	0.2	0.2	0.6	0.1	0.2	0.0	6.8	1.9	0.9	0.9	0.4	0.3	0.0	1.2	0.0	0.3
03 Legumes	0.2	0.7	0.6	0.0	0.7	0.0	0.3	0.3	0.4	0.4	0.2	0.3	0.0	0.0	0.0	0.4	0.3	0.1	0.2	0.0	0.0	0.0	0.1
03-01 Legumes	0.2	0.7	0.6	0.0	0.7	0.0	0.3	0.3	0.4	0.4	0.2	0.3	0.0	0.0	0.0	0.4	0.3	0.1	0.2	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.9	13.0	5.8	0.0	6.9	1.4	9.8	2.3	5.1	11.9	5.4	4.5	0.0	9.4	2.5	7.1	6.1	3.4	8.9	0.0	26.0	0.0	8.8
04-01 Fruits	2.1	8.1	3.9	0.0	4.6	1.2	5.5	0.1	2.4	10.1	2.8	2.2	0.0	9.1	2.5	5.9	4.5	2.5	7.9	0.0	26.0	0.0	5.2
04-02 Nuts and seeds (+nut spread)	0.6	4.4	1.6	0.0	1.9	0.1	3.9	0.9	2.5	1.5	2.2	2.1	0.0	0.0	0.0	1.0	1.4	0.8	0.9	0.0	0.0	0.0	3.1
04-03 Mixed fruits	0.1	0.3	0.2	0.0	0.2	0.0	0.3	0.0	0.2	0.3	0.4	0.1	0.0	0.1	0.0	0.2	0.2	0.1	0.1	0.0	0.0	0.0	0.3
04-04 Olives	0.1	0.2	0.1	0.0	0.2	0.0	0.1	1.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05 Dairy products	61.2	5.1	3.4	0.0	3.9	18.7	16.1	21.1	36.7	17.3	16.0	25.9	28.8	7.9	21.2	10.6	10.6	41.5	10.9	34.4	3.6	5.2	4.5
05-01 Milk	15.0	0.7	0.4	0.0	0.5	6.9	5.4	3.0	9.9	7.2	3.0	5.8	3.5	1.1	2.4	3.2	4.0	14.9	2.9	10.5	0.7	0.0	0.5
05-02 Milk beverages	2.3	0.9	1.0	0.0	1.1	1.1	1.2	0.4	1.6	1.5	0.3	1.0	0.5	0.2	0.4	0.4	1.3	2.9	1.5	1.4	0.9	0.1	0.3
05-03 Yoghurt	10.2	0.9	0.5	0.0	0.6	3.5	3.4	2.2	6.5	4.3	1.7	4.0	3.0	0.8	2.3	3.1	2.7	9.9	4.0	6.3	1.4	0.4	0.4
05-04 Fromage blanc, petits suisses	1.1	0.1	0.2	0.0	0.2	1.1	0.3	0.2	0.8	0.4	0.3	0.4	0.8	0.1	0.5	0.2	0.4	1.6	0.2	1.2	0.1	0.3	0.1
05-05 Cheese (including fresh cheeses)	27.0	1.8	0.7	0.0	0.8	4.1	3.7	13.8	14.2	1.3	9.3	12.6	18.2	4.2	13.4	3.1	0.7	7.3	1.2	12.0	0.2	3.5	2.4
05-06 Cream desserts, puddings (milk based)	3.6	0.6	0.5	0.0	0.7	0.8	1.4	1.1	2.4	1.7	0.7	1.4	1.4	1.0	1.2	0.6	1.0	2.9	0.9	2.0	0.2	0.4	0.3
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08 Milk for coffee and creamers	1.8	0.1	0.0	0.0	0.0	1.2	0.6	0.4	1.3	0.9	0.6	0.6	0.7	0.3	0.5	0.1	0.4	1.8	0.3	1.0	0.0	0.1	0.4
06 Cereals and cereal products	5.5	26.8	23.5	0.0	27.6	47.1	23.3	27.1	17.0	9.9	14.7	16.9	0.6	0.3	0.4	16.0	17.4	7.5	8.7	0.3	0.1	0.9	7.0
06-01 Flour, flakes, starches, semolina	0.0	0.2	0.2	0.0	0.2	0.0	0.3	0.1	0.2	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.3	0.1	0.1	0.0	0.0	0.0	0.1
06-02 Pasta, rice, other grain	0.5	2.5	1.2	0.0	1.4	0.7	1.7	0.1	1.3	0.4	1.0	2.0	0.0	0.1	0.0	0.5	0.8	0.3	0.4	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	4.5	22.0	19.4	0.0	22.8	46.1	19.4	24.8	13.8	8.4	12.8	13.3	0.0	0.0	0.0	13.9	13.4	5.9	6.8	0.0	0.0	0.1	4.9
06-03-01 Bread	4.2	20.5	18.3	0.0	21.5	46.0	18.2	23.9	12.9	7.8	12.3	12.6	0.0	0.0	0.0	13.4	12.1	5.4	6.3	0.0	0.0	0.1	4.5

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.3	1.5	1.1	0.0	1.3	0.1	1.2	1.0	0.9	0.5	0.5	0.7	0.0	0.0	0.0	0.5	1.4	0.5	0.4	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.2	1.4	2.0	0.0	2.3	0.0	1.4	0.4	1.1	0.7	0.2	0.9	0.0	0.0	0.0	1.1	2.2	0.7	1.0	0.1	0.0	0.4	1.1
06-05 Salty biscuits, aperitif biscuits, crackers	0.3	0.6	0.6	0.0	0.7	0.1	0.4	1.5	0.4	0.4	0.5	0.4	0.6	0.2	0.4	0.2	0.5	0.4	0.3	0.2	0.0	0.4	0.7
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.1	0.2	0.1	0.2	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	1.0	8.9	15.3	85.2	7.3	3.0	6.5	16.0	13.9	10.1	24.8	24.9	17.6	1.9	15.7	3.5	21.1	12.0	17.1	29.9	6.4	11.3	4.2
07-01 Fresh meat	0.4	3.0	6.6	42.9	1.8	0.9	3.4	2.6	6.6	5.1	10.5	13.9	0.8	0.7	0.7	0.6	10.2	4.9	9.5	12.5	1.7	3.1	1.8
07-01-00 Unclassified	0.1	0.5	1.3	10.2	0.4	0.2	0.6	0.8	1.2	0.9	1.9	2.9	0.2	0.2	0.2	0.1	1.9	0.8	1.6	2.8	0.7	0.7	0.2
07-01-01 Beef	0.1	1.5	4.0	24.5	0.8	0.4	1.3	1.1	2.5	2.0	3.8	7.7	0.4	0.5	0.4	0.4	0.8	2.0	3.3	7.3	1.0	1.0	0.7
07-01-02 Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03 Pork	0.1	0.9	1.0	6.2	0.5	0.2	1.4	0.7	2.7	1.9	4.6	2.8	0.1	0.0	0.1	0.1	7.3	1.7	4.3	1.5	0.0	1.3	0.8
07-01-04 Mutton/Lamb	0.0	0.1	0.3	1.9	0.1	0.1	0.1	0.0	0.3	0.2	0.1	0.5	0.0	0.0	0.0	0.0	0.2	0.3	0.3	0.7	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.0	0.7	5.0	0.5	0.3	0.7	0.4	1.2	0.9	3.3	0.8	0.4	0.0	0.3	0.2	0.8	0.3	2.7	1.5	0.0	2.9	0.5
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.0	0.5	3.6	0.3	0.3	0.6	0.3	1.1	0.8	2.8	0.7	0.4	0.0	0.3	0.2	0.6	0.2	2.3	0.4	0.0	2.9	0.4
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.1	0.2	1.2	0.1	0.0	0.1	0.0	0.1	0.1	0.5	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.3	1.0	0.0	0.0	0.1
07-03 Game	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-04 Processed meat	0.5	3.8	6.1	33.1	3.7	1.7	2.1	12.8	5.1	3.7	9.9	8.5	13.9	1.1	12.1	1.2	9.6	4.8	4.3	12.8	4.4	5.2	1.8
07-05 Offals	0.0	1.1	1.8	4.0	1.4	0.1	0.3	0.2	0.9	0.4	1.1	1.5	2.5	0.2	2.5	1.5	0.4	1.9	0.5	3.1	0.4	0.1	0.1
08 Fish and shellfish	0.9	2.4	1.8	8.8	1.5	6.1	2.0	3.7	4.6	2.6	11.6	1.7	1.1	0.0	0.8	1.0	2.4	2.2	3.2	13.5	0.2	12.7	2.6
08-01 Fish	0.6	1.8	1.4	7.1	1.1	4.5	1.6	3.0	4.1	2.4	9.5	1.3	0.9	0.0	0.7	0.8	2.1	1.9	3.0	11.5	0.2	11.9	2.2
08-02 Crustaceans, molluscs	0.2	0.4	0.3	0.8	0.3	0.6	0.2	0.4	0.2	0.1	0.7	0.3	0.1	0.0	0.1	0.1	0.0	0.2	0.0	1.5	0.0	0.0	0.3
08-03 Fish products, fish in crumbs	0.0	0.3	0.1	0.9	0.1	1.0	0.1	0.3	0.2	0.1	1.4	0.1	0.0	0.0	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.8	0.1
09 Eggs and egg products	0.7	0.6	2.1	0.0	2.5	2.1	0.5	0.7	1.8	0.5	3.8	1.6	3.0	0.0	2.4	1.8	0.7	2.1	0.7	3.3	0.0	3.3	2.6
09-01 Egg	0.7	0.6	2.1	0.0	2.5	2.1	0.5	0.7	1.8	0.5	3.8	1.6	3.0	0.0	2.4	1.8	0.7	2.1	0.7	3.3	0.0	3.3	2.6
10 Fat	0.5	0.1	0.2	0.0	0.2	1.4	0.1	1.3	0.4	0.2	0.1	0.0	29.4	2.1	21.9	12.4	1.3	1.3	8.8	3.9	0.0	32.7	26.7
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.4	1.1
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.0
10-02 Butter	0.1	0.0	0.0	0.0	0.0	1.2	0.0	0.2	0.1	0.0	0.1	0.0	6.9	2.0	5.0	0.0	0.1	0.1	0.0	0.3	0.0	2.8	0.9
10-03 Margarines	0.4	0.0	0.1	0.0	0.2	0.2	0.1	1.0	0.3	0.2	0.0	0.0	21.6	0.0	16.2	12.4	1.2	1.2	8.8	3.6	0.0	28.5	19.7
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.2	5.4	6.5	0.0	7.5	0.6	2.5	0.6	1.2	2.2	0.6	1.2	0.8	1.5	0.7	0.4	0.9	1.5	0.9	0.5	0.8	0.4	1.4

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rium	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.5	0.0	0.6	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.4	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	0.5	3.2	2.1	0.0	2.5	0.3	1.3	0.2	0.7	0.9	0.4	0.6	0.3	0.2	0.2	0.3	0.4	0.7	0.1	0.4	0.0	0.0	0.9
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1
11-04	Syrup	0.1	1.4	3.6	0.0	4.1	0.0	0.7	0.1	0.2	0.8	0.0	0.3	0.0	0.0	0.0	0.0	0.2	0.2	0.5	0.0	0.3	0.0	0.2
11-05	Ice cream, water ice	0.3	0.1	0.1	0.0	0.1	0.3	0.2	0.1	0.2	0.2	0.1	0.1	0.4	0.6	0.4	0.1	0.2	0.4	0.1	0.2	0.0	0.3	0.1
11-05-01	Ice cream	0.3	0.1	0.1	0.0	0.1	0.3	0.2	0.1	0.2	0.2	0.1	0.1	0.4	0.6	0.4	0.1	0.2	0.4	0.1	0.2	0.0	0.3	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.6	4.0	4.7	0.0	5.5	3.5	2.9	5.2	3.8	2.4	3.9	2.9	7.3	2.6	5.4	1.8	2.6	2.3	1.2	1.4	0.1	5.8	6.4
12-01	Cakes, pies, pastries, etc	0.9	1.9	2.3	0.0	2.7	2.8	1.4	2.6	2.1	1.2	2.3	1.5	3.8	1.5	2.9	1.1	1.2	1.5	0.6	1.2	0.1	3.6	2.5
12-02	Dry cakes, biscuits	0.6	2.1	2.5	0.0	2.8	0.7	1.4	2.6	1.7	1.2	1.6	1.4	3.6	1.2	2.5	0.7	1.3	0.8	0.6	0.2	0.0	2.1	3.9
13	Non-alcoholic beverages	7.8	8.6	9.0	0.0	10.8	4.1	13.5	1.5	2.6	16.1	3.2	1.8	0.4	3.5	1.2	8.7	8.6	6.2	7.0	1.1	22.0	0.2	2.5
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.0	1.9	1.5	0.0	1.8	0.5	2.9	0.1	1.2	4.2	0.3	0.6	0.0	2.9	0.8	5.1	4.5	1.7	2.9	0.3	20.2	0.0	2.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.3	0.3	0.0	0.4	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.4	0.0	0.0	0.3	0.2	0.3	0.0	0.5	0.0	0.3
13-03	Coffee, tea and herbal teas	3.9	5.9	7.1	0.0	8.5	2.4	9.6	0.8	1.1	11.7	1.2	1.1	0.4	0.1	0.3	3.6	3.8	4.2	3.7	0.7	1.3	0.2	0.1
13-03-01	Coffee	2.1	2.9	6.4	0.0	7.6	1.4	8.3	0.6	0.7	10.7	1.2	0.8	0.4	0.1	0.3	0.2	3.8	3.2	0.1	0.7	0.0	0.2	0.1
13-03-02	Tea	1.4	2.2	0.5	0.0	0.7	0.7	0.9	0.2	0.3	0.7	0.0	0.3	0.0	0.0	0.0	2.4	0.0	0.7	2.5	0.0	0.9	0.0	0.0
13-03-03	Herbal tea	0.5	0.8	0.2	0.0	0.2	0.3	0.3	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	1.0	0.0	0.3	1.1	0.0	0.4	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.7	0.4	0.1	0.0	0.1	1.2	1.0	0.5	0.0	0.0	1.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.9	1.9	4.0	0.0	4.9	2.9	3.1	0.4	1.4	2.5	0.4	0.6	0.1	0.0	0.1	1.0	0.0	1.5	2.0	0.4	0.0	0.2	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.7	1.1	3.4	0.0	4.1	2.8	2.0	0.2	0.5	1.6	0.1	0.3	0.0	0.0	0.0	0.1	0.0	0.8	1.0	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.1	0.1	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.1	0.2	0.1	0.0	0.1	0.0	0.8	0.0	0.6	0.6	0.1	0.1	0.0	0.0	0.0	0.8	0.0	0.6	0.9	0.2	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.2	0.0	0.2	0.0	0.2	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.6	1.0	1.3	0.9	1.4	0.5	0.7	6.3	0.8	0.8	2.3	0.8	3.7	2.0	2.9	0.6	2.0	0.6	1.0	2.6	0.4	7.2	10.4
15-01	Sauces	0.6	0.9	1.1	0.9	1.2	0.4	0.6	4.5	0.7	0.6	2.2	0.7	3.7	1.9	2.9	0.5	1.4	0.5	1.0	2.6	0.3	7.2	10.4
15-01-00	Unclassified and other sauces	0.2	0.3	0.5	0.0	0.6	0.1	0.3	2.5	0.2	0.3	0.1	0.2	3.6	0.1	2.5	0.1	1.1	0.2	0.1	0.0	0.1	3.6	4.4
15-01-01	Tomato sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
15-01-03 Mayonnaises and similars	0.3	0.5	0.5	0.9	0.6	0.3	0.2	1.4	0.4	0.3	2.1	0.5	0.1	1.1	0.3	0.4	0.2	0.2	0.8	2.6	0.1	3.6	5.4
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.2	0.0	0.2	0.0	0.1	1.9	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.6	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.5	1.0	1.2	2.0	1.1	0.2	1.9	7.9	0.8	1.2	0.8	0.9	0.2	4.9	0.9	0.9	2.0	0.5	1.2	0.8	1.3	2.3	1.0
16-01 Soups	0.5	1.0	1.2	2.0	1.1	0.1	1.9	5.5	0.8	1.2	0.8	0.9	0.2	4.9	0.9	0.9	2.0	0.5	1.2	0.8	1.3	2.3	1.0
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	2.3	1.0	1.8	3.1	1.8	1.4	1.9	2.7	1.8	0.8	1.7	2.0	0.6	0.7	0.5	1.1	1.7	1.5	0.9	1.8	0.6	2.7	1.3
17-00 Unclassified	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	1.1	0.2	0.7	0.0	0.8	0.0	1.1	0.4	0.6	0.3	0.1	0.3	0.0	0.3	0.1	0.5	0.3	0.7	0.1	0.7	0.0	0.8	0.3
17-02 Dietetic products	0.5	0.3	0.3	0.0	0.4	0.4	0.4	0.2	0.2	0.2	0.3	0.4	0.1	0.4	0.1	0.2	0.5	0.2	0.4	0.1	0.5	0.3	0.4
17-02-00 Unclassified	0.5	0.3	0.3	0.0	0.4	0.4	0.4	0.2	0.2	0.2	0.3	0.4	0.1	0.4	0.1	0.2	0.5	0.2	0.4	0.1	0.5	0.3	0.4
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.7	0.5	0.8	3.1	0.5	1.0	0.4	2.0	0.9	0.3	1.2	1.2	0.5	0.1	0.4	0.3	0.9	0.6	0.4	1.0	0.1	1.5	0.6

Table 2.4.b Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	1.4	10.3	7.1	0.0	8.3	2.0	8.3	0.5	4.4	14.0	1.9	4.4	0.0	0.4	0.0	8.4	6.5	1.9	12.5	0.0	18.0	0.0	1.7
01-01	Potatoes	1.4	10.3	7.1	0.0	8.3	2.0	8.3	0.5	4.4	14.0	1.9	4.4	0.0	0.4	0.0	8.4	6.5	1.9	12.5	0.0	18.0	0.0	1.7
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.9	6.7	8.2	0.0	9.4	1.6	6.1	2.7	3.4	8.8	1.6	4.4	0.0	54.9	13.7	15.2	5.3	5.2	4.4	0.0	15.7	0.0	4.5
02-01	Leafy vegetables (except cabbages)	1.9	1.3	2.8	0.0	3.2	0.3	1.8	0.2	0.7	2.0	0.3	1.1	0.0	16.6	5.8	4.4	1.3	1.6	0.9	0.0	0.9	0.0	1.6
02-02	Fruiting vegetables	1.8	2.2	2.2	0.0	2.6	0.7	2.2	1.4	0.9	2.8	0.3	1.3	0.0	14.3	1.5	3.6	1.5	1.5	1.3	0.0	5.1	0.0	1.0
02-03	Root vegetables	0.3	0.6	0.4	0.0	0.4	0.1	0.4	0.3	0.2	0.9	0.1	0.3	0.0	8.8	3.5	1.0	0.4	0.3	0.3	0.0	0.5	0.0	0.3
02-04	Cabbages	1.0	0.7	1.1	0.0	1.3	0.2	0.8	0.4	0.8	1.5	0.6	0.6	0.0	4.8	1.4	3.2	0.9	0.8	1.0	0.0	5.5	0.0	0.9
02-05	Mushrooms	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.5	0.5	0.0	0.6	0.1	0.2	0.2	0.2	0.1	0.1	0.3	0.0	1.4	0.2	0.6	0.3	0.2	0.1	0.0	0.5	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.5	0.0	0.3	0.0	0.7	0.1	0.9	0.2	0.1	0.5	0.0	0.5	0.0	0.1
02-08	Stalk vegetables, sprouts	0.1	0.3	0.4	0.0	0.4	0.0	0.1	0.0	0.2	0.3	0.1	0.3	0.0	0.3	0.1	0.7	0.3	0.3	0.1	0.0	0.5	0.0	0.3
02-09	Mixed salad, mixed vegetables	0.4	0.3	0.5	0.0	0.6	0.1	0.3	0.1	0.2	0.6	0.1	0.2	0.0	8.0	1.2	0.8	0.3	0.3	0.3	0.0	2.2	0.0	0.2
03	Legumes	0.3	1.1	0.7	0.0	0.9	0.0	0.6	0.4	0.4	0.5	0.3	0.3	0.0	0.0	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.3	1.1	0.7	0.0	0.9	0.0	0.6	0.4	0.4	0.5	0.3	0.3	0.0	0.0	0.0	0.3	0.5	0.2	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.1	7.7	3.7	0.0	4.2	1.1	6.0	0.5	2.7	7.8	2.8	2.6	0.0	7.5	1.7	5.5	4.1	2.3	5.6	0.0	23.9	0.0	5.1
04-01	Fruits	1.8	5.2	2.9	0.0	3.3	1.0	4.1	0.1	1.7	7.0	1.8	1.6	0.0	7.1	1.7	4.9	3.5	1.9	5.1	0.0	23.5	0.0	3.1
04-02	Nuts and seeds (+nut spread)	0.3	2.4	0.7	0.0	0.8	0.0	1.8	0.4	1.0	0.7	0.9	0.9	0.0	0.0	0.0	0.5	0.5	0.3	0.4	0.0	0.0	0.0	1.9
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.4	0.0	0.1	0.1	0.0	0.1	0.0	0.4	0.0	0.1
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	61.6	4.9	3.1	0.0	3.6	16.1	14.7	15.0	32.2	15.6	12.8	23.0	22.1	9.0	17.8	8.7	8.2	40.6	8.0	34.2	3.3	2.6	3.1
05-01	Milk	16.4	0.7	0.4	0.0	0.4	6.4	5.1	2.4	9.2	6.5	2.5	5.6	4.1	1.8	3.4	2.9	3.4	14.6	2.2	11.7	1.0	0.0	0.5
05-02	Milk beverages	1.4	0.5	0.5	0.0	0.6	0.5	0.6	0.2	0.8	0.7	0.1	0.5	0.1	0.1	0.1	0.2	0.3	1.3	0.5	0.7	0.1	0.0	0.0
05-03	Yoghurt	7.5	0.6	0.3	0.0	0.3	2.1	2.1	1.1	4.0	2.6	1.0	2.4	1.1	0.4	0.8	1.9	1.6	7.0	2.1	4.0	1.1	0.1	0.2
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.5	0.1	0.1	0.3	0.1	0.2	0.2	0.2	0.2	0.2	0.1	0.2	0.7	0.1	0.6	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.7	1.3	0.4	0.0	0.5	2.6	2.8	8.7	11.0	0.9	6.5	10.2	11.7	4.0	9.0	2.3	0.5	6.1	0.7	10.9	0.2	1.4	1.4
05-06	Cream desserts, puddings (milk based)	8.0	1.7	1.4	0.0	1.6	1.9	3.0	1.8	4.4	3.2	1.3	3.1	3.5	1.8	3.0	1.2	1.7	7.7	2.2	4.7	0.8	0.6	0.6
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	3.2	0.1	0.1	0.0	0.1	2.1	1.0	0.6	2.4	1.5	1.0	1.0	1.2	0.6	0.9	0.1	0.5	3.2	0.3	1.5	0.1	0.2	0.2
06	Cereals and cereal products	7.6	28.4	25.1	0.0	28.7	57.9	24.1	28.9	18.2	10.3	15.5	18.1	0.0	0.2	0.1	19.1	16.8	8.9	7.9	0.1	0.1	0.1	5.7
06-01	Flour, flakes, starches, semolina	0.0	0.3	0.2	0.0	0.2	0.0	0.3	0.3	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.2	0.2	0.1	0.1	0.0	0.0	0.0	0.1

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02 Pasta, rice, other grain	0.3	1.6	0.9	0.0	1.0	0.3	1.0	0.0	0.8	0.2	0.5	1.2	0.0	0.1	0.0	0.4	0.4	0.3	0.2	0.0	0.0	0.0	0.1
06-03 Bread, crisp bread, rusks	7.0	24.4	21.9	0.0	25.0	57.1	21.3	27.5	15.8	9.1	14.2	15.5	0.0	0.0	0.0	16.9	14.7	8.0	6.7	0.0	0.0	0.1	4.6
06-03-01 Bread	6.8	23.4	21.1	0.0	24.0	57.0	20.6	26.9	15.2	8.8	13.9	15.0	0.0	0.0	0.0	16.6	13.9	7.5	6.5	0.0	0.0	0.1	4.3
06-03-02 Crispbread, rusks	0.2	0.9	0.8	0.0	1.0	0.0	0.7	0.6	0.5	0.4	0.4	0.5	0.0	0.0	0.0	0.3	0.8	0.4	0.3	0.0	0.0	0.0	0.3
06-04 Breakfast cereals	0.1	1.4	1.3	0.0	1.6	0.0	1.1	0.2	0.9	0.5	0.3	0.8	0.0	0.0	0.0	0.6	1.1	0.1	0.4	0.0	0.0	0.0	0.7
06-05 Salty biscuits, aperitif biscuits, crackers	0.1	0.2	0.3	0.0	0.3	0.1	0.1	0.4	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.2
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.4	0.0	0.5	0.5	0.3	0.5	0.3	0.2	0.3	0.3	0.0	0.0	0.0	0.9	0.4	0.3	0.3	0.0	0.0	0.0	0.1
07 Meat and meat products	1.7	11.1	16.2	80.3	7.6	3.3	9.2	17.5	18.4	13.3	31.4	29.6	13.4	1.2	11.9	2.9	30.4	14.1	22.1	28.9	11.7	13.2	6.0
07-01 Fresh meat	0.5	3.8	7.9	42.2	2.3	1.0	4.5	2.8	8.6	6.5	13.9	16.8	1.0	0.8	0.7	0.9	14.4	6.8	12.1	16.1	1.9	2.7	2.5
07-01-00 Unclassified	0.1	0.5	1.0	6.0	0.3	0.2	0.5	0.5	1.0	0.8	1.6	2.2	0.3	0.1	0.2	0.1	2.1	0.8	1.6	2.0	0.9	0.8	0.2
07-01-01 Beef	0.1	1.5	4.5	22.1	1.0	0.4	1.6	0.9	3.1	2.5	4.9	8.5	0.4	0.7	0.3	0.6	1.0	2.7	4.3	9.7	0.8	0.9	0.8
07-01-02 Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	0.3	1.9	2.3	14.1	1.0	0.4	2.4	1.4	4.5	3.2	7.4	6.1	0.2	0.0	0.2	0.3	11.3	3.4	6.3	4.3	0.3	1.1	1.5
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.4	3.1	1.6	8.0	1.1	0.8	1.8	0.6	3.1	2.2	5.9	2.9	1.1	0.0	0.9	0.6	1.5	1.2	5.3	1.9	0.0	7.1	1.7
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.4	3.0	1.6	7.9	1.1	0.8	1.8	0.6	3.0	2.1	5.8	2.8	1.1	0.0	0.9	0.6	1.4	1.1	5.2	1.9	0.0	7.0	1.6
07-02-02 Turkey, young turkey	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.9	4.2	6.7	30.1	4.1	1.4	2.9	14.1	6.8	4.6	11.6	9.9	11.3	0.4	10.3	1.3	14.5	6.2	4.6	11.0	9.8	3.4	1.9
07-05 Offals	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
08 Fish and shellfish	0.9	1.7	1.7	6.8	1.3	3.7	1.9	3.5	3.7	2.0	9.9	1.4	0.5	0.1	0.4	0.7	1.5	1.9	2.8	13.4	0.1	10.1	1.9
08-01 Fish	0.7	1.0	1.3	5.4	1.0	1.9	1.5	2.9	2.8	1.5	7.7	1.0	0.4	0.0	0.3	0.4	1.1	1.5	2.5	10.6	0.1	8.9	1.6
08-02 Crustaceans, molluscs	0.1	0.4	0.1	0.3	0.1	0.3	0.1	0.2	0.1	0.0	0.5	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.3	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.1	0.3	0.3	1.1	0.2	1.5	0.3	0.3	0.8	0.4	1.7	0.2	0.1	0.1	0.1	0.2	0.4	0.2	0.2	1.5	0.0	1.2	0.1
09 Eggs and egg products	1.1	0.8	2.8	0.0	3.1	2.7	0.6	0.7	2.1	0.6	4.3	2.0	3.2	0.0	2.6	2.3	0.7	2.7	0.7	3.4	0.0	3.7	3.7
09-01 Egg	1.1	0.8	2.8	0.0	3.1	2.7	0.6	0.7	2.1	0.6	4.3	2.0	3.2	0.0	2.6	2.3	0.7	2.7	0.7	3.4	0.0	3.7	3.7
10 Fat	0.8	0.0	0.3	0.0	0.3	0.7	0.2	1.3	0.5	0.4	0.1	0.0	40.5	0.9	31.5	17.4	1.2	1.3	13.9	5.9	0.0	47.6	39.3
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.3	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	1.5	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.6
10-02 Butter	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.0	0.0	2.2	0.8	1.9	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.3
10-03 Margarines	0.8	0.0	0.3	0.0	0.3	0.3	0.2	1.1	0.5	0.4	0.0	0.0	37.0	0.1	28.7	17.4	1.2	1.3	13.9	5.8	0.0	45.5	31.9

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11	Sugar and confectionery	1.7	5.3	6.3	0.0	7.0	0.9	2.5	0.6	1.3	2.1	0.5	1.3	0.8	2.2	0.9	0.4	0.8	1.7	0.9	0.8	1.5	0.6	1.7
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.3	1.2	1.4	0.0	1.6	0.0	0.5	0.2	0.1	0.5	0.1	0.3	0.0	1.1	0.1	0.0	0.1	0.2	0.1	0.0	0.9	0.0	0.5
11-02	Chocolate, candy bars, paste, chocolate confetti	0.7	2.7	2.3	0.0	2.6	0.4	1.3	0.2	0.7	0.8	0.3	0.7	0.3	0.2	0.3	0.3	0.3	0.9	0.1	0.5	0.0	0.0	0.9
11-03	Confectionery non-chocolate	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	1.1	2.4	0.0	2.6	0.0	0.5	0.1	0.2	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.5	0.0	0.6	0.0	0.2
11-05	Ice cream, water ice	0.5	0.2	0.1	0.0	0.1	0.4	0.3	0.1	0.2	0.2	0.1	0.2	0.5	0.9	0.5	0.1	0.3	0.4	0.1	0.2	0.0	0.5	0.1
11-05-01	Ice cream	0.4	0.2	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.4	0.8	0.4	0.1	0.2	0.4	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.6	4.4	4.4	0.0	5.0	1.9	3.0	4.0	3.6	2.4	3.1	2.6	5.2	3.4	4.4	1.5	2.1	1.9	0.8	0.7	0.3	3.2	6.3
12-01	Cakes, pies, pastries, etc	0.9	1.7	1.9	0.0	2.2	1.6	1.4	2.0	1.9	1.1	1.7	1.2	3.4	1.8	2.9	0.9	1.1	1.2	0.4	0.6	0.3	2.6	2.7
12-02	Dry cakes, biscuits	0.7	2.6	2.5	0.0	2.8	0.4	1.7	2.0	1.7	1.2	1.5	1.4	1.8	1.6	1.5	0.7	1.1	0.6	0.4	0.1	0.0	0.7	3.6
13	Non-alcoholic beverages	7.8	7.3	9.0	0.0	10.4	3.4	12.2	1.1	1.5	14.0	2.5	1.3	0.4	4.0	1.0	5.2	6.4	6.2	5.3	1.1	14.8	0.1	1.4
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.3	0.4	0.6	0.0	0.8	0.1	0.8	0.0	0.3	1.2	0.1	0.2	0.0	3.8	0.7	1.6	2.1	1.0	1.4	0.2	9.0	0.0	1.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.3	0.1	0.0	0.1	0.0	0.2	0.1	0.3	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.6	0.4	4.4	0.0	0.0
13-03	Coffee, tea and herbal teas	4.7	6.3	8.2	0.0	9.5	2.4	10.5	0.7	0.9	12.4	1.1	1.0	0.4	0.1	0.3	3.5	4.2	5.1	3.3	0.5	1.4	0.1	0.0
13-03-01	Coffee	2.8	3.4	7.5	0.0	8.7	1.5	9.2	0.5	0.5	11.6	1.1	0.7	0.4	0.1	0.3	0.2	4.2	4.1	0.1	0.5	0.0	0.1	0.0
13-03-02	Tea	1.6	2.5	0.6	0.0	0.6	0.8	1.0	0.2	0.4	0.7	0.0	0.3	0.0	0.0	0.0	2.9	0.0	0.9	2.8	0.0	1.2	0.0	0.0
13-03-03	Herbal tea	0.3	0.4	0.1	0.0	0.1	0.1	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.4	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.3	0.3	0.1	0.0	0.1	0.9	0.8	0.3	0.0	0.0	1.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.2	1.5	2.6	0.0	3.1	1.6	4.1	0.2	2.5	3.0	0.5	0.5	0.0	0.0	0.0	3.6	0.0	2.6	4.1	0.9	0.1	0.0	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.7	0.7	2.1	0.0	2.6	1.6	1.2	0.1	0.3	1.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.6	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.5	0.6	0.3	0.0	0.4	0.0	2.8	0.1	2.2	2.0	0.4	0.3	0.0	0.0	0.0	3.5	0.0	2.1	3.5	0.9	0.1	0.0	0.1
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.6	1.0	1.6	0.3	1.8	0.5	0.6	6.8	0.6	0.9	1.3	0.8	7.1	2.9	6.1	0.6	2.4	0.9	0.6	1.7	1.9	9.9	10.4
15-01	Sauces	0.6	1.0	1.5	0.3	1.6	0.5	0.5	5.3	0.6	0.8	1.3	0.8	7.1	2.8	6.1	0.6	2.1	0.8	0.6	1.7	1.7	9.9	10.4

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.3	0.4	0.9	0.0	1.1	0.1	0.3	3.3	0.2	0.3	0.1	0.4	7.0	0.3	5.6	0.1	1.8	0.5	0.2	0.1	1.3	7.7	5.5
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.8	0.1	0.2	0.0	0.1	0.0	1.2	0.3	0.2	0.1	0.1	0.1	0.0	0.3	0.0	0.2
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
15-01-03 Mayonnaises and similars	0.2	0.4	0.4	0.3	0.4	0.3	0.2	0.8	0.3	0.2	1.1	0.3	0.1	1.1	0.2	0.3	0.1	0.3	0.3	1.6	0.0	2.1	3.6
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.1	0.0	0.2	0.0	0.1	1.4	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	1.3	3.4	3.5	7.7	2.9	0.5	3.4	13.1	2.7	3.6	3.7	2.8	0.6	11.9	2.3	2.2	5.7	2.6	2.8	3.5	4.3	2.5	2.0
16-01 Soups	1.3	3.4	3.4	7.7	2.9	0.5	3.4	10.1	2.7	3.6	3.6	2.8	0.6	11.9	2.3	2.2	5.7	2.6	2.8	3.5	4.3	2.5	2.0
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.9	2.0	2.8	4.9	2.4	0.7	1.1	3.2	1.6	0.9	3.0	3.3	1.2	1.2	1.2	1.5	3.1	1.6	1.4	3.0	1.4	3.1	2.2
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02 Dietetic products	0.3	1.0	1.0	0.0	1.1	0.6	0.2	0.1	0.4	0.2	1.1	0.9	1.0	1.2	1.0	1.0	1.0	0.8	0.8	0.6	1.3	0.9	1.2
17-02-00 Unclassified	0.3	1.0	1.0	0.0	1.1	0.6	0.2	0.1	0.4	0.2	1.1	0.9	1.0	1.2	1.0	1.0	1.0	0.8	0.8	0.6	1.3	0.9	1.2
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	1.0	1.8	4.9	1.3	0.2	0.9	3.1	1.2	0.7	2.0	2.5	0.3	0.1	0.2	0.4	2.2	0.9	0.7	2.4	0.1	2.2	1.0

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.3	9.2	6.3	0.0	7.6	1.7	7.3	0.7	4.1	12.5	1.7	3.8	0.0	0.3	0.0	6.1	5.8	1.7	11.3	0.0	14.6	0.0	1.3
01-01	Potatoes	1.3	9.2	6.3	0.0	7.6	1.7	7.3	0.7	4.1	12.5	1.7	3.8	0.0	0.3	0.0	6.1	5.8	1.7	11.3	0.0	14.6	0.0	1.3
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	6.0	7.4	8.1	0.0	9.5	1.9	6.4	2.8	4.1	10.2	3.3	4.2	0.1	59.5	14.9	16.8	6.2	5.2	6.2	0.0	19.8	0.1	6.2
02-01	Leafy vegetables (except cabbages)	2.3	1.7	2.6	0.0	2.9	0.4	1.8	0.3	0.9	2.4	0.3	1.1	0.1	14.4	3.9	3.6	1.4	1.4	0.9	0.0	0.8	0.0	1.9
02-02	Fruiting vegetables	1.2	2.0	2.4	0.0	2.7	0.7	2.1	0.6	1.0	3.1	0.3	1.1	0.0	13.1	1.8	3.8	1.5	1.2	1.9	0.0	6.8	0.0	1.9
02-03	Root vegetables	0.5	0.6	0.4	0.0	0.5	0.2	0.4	0.4	0.3	1.0	0.1	0.4	0.0	14.3	5.5	1.8	0.4	0.4	0.5	0.0	0.6	0.0	0.6
02-04	Cabbages	1.2	1.0	1.1	0.0	1.5	0.2	1.0	0.8	1.0	2.1	2.1	0.6	0.0	4.5	1.0	5.4	1.2	1.0	1.8	0.0	9.0	0.0	1.2
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.4	0.3	0.0	0.4	0.1	0.3	0.2	0.3	0.3	0.1	0.3	0.0	0.9	0.1	0.7	0.6	0.3	0.1	0.0	0.8	0.0	0.2
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.5	0.0	0.3	0.0	0.4	0.0	0.7	0.2	0.1	0.5	0.0	0.5	0.0	0.1
02-08	Stalk vegetables, sprouts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.4	0.7	0.9	0.0	1.1	0.1	0.5	0.4	0.3	0.7	0.2	0.4	0.0	11.8	2.5	0.9	0.7	0.5	0.4	0.0	1.4	0.0	0.3
03	Legumes	0.2	0.9	0.6	0.0	0.6	0.0	0.4	0.4	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.4	0.2	0.1	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.9	0.6	0.0	0.6	0.0	0.4	0.4	0.3	0.4	0.2	0.3	0.0	0.0	0.0	0.4	0.2	0.1	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.5	9.7	4.3	0.0	4.9	1.9	7.0	0.6	3.4	9.5	3.2	3.3	0.0	6.3	2.1	6.7	5.0	2.7	6.5	0.0	26.4	0.0	6.5
04-01	Fruits	2.2	7.2	3.5	0.0	4.0	1.9	4.9	0.1	2.3	8.8	2.0	2.3	0.0	6.2	2.1	6.2	4.5	2.3	6.1	0.0	26.4	0.0	4.6
04-02	Nuts and seeds (+nut spread)	0.3	2.4	0.8	0.0	0.9	0.1	2.0	0.4	1.1	0.7	1.2	1.1	0.0	0.0	0.0	0.6	0.5	0.3	0.4	0.0	0.0	0.0	1.9
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	64.2	4.7	3.0	0.0	3.4	18.2	15.7	18.6	36.0	17.3	14.9	24.7	27.0	8.6	21.2	9.2	10.4	42.8	9.0	37.3	4.2	5.3	4.3
05-01	Milk	19.1	0.9	0.4	0.0	0.5	7.5	6.1	3.2	11.7	8.4	2.9	6.8	5.4	1.4	4.1	3.7	4.6	17.9	3.2	13.6	1.2	0.0	0.6
05-02	Milk beverages	0.6	0.3	0.3	0.0	0.3	0.4	0.3	0.1	0.4	0.3	0.1	0.3	0.1	0.0	0.1	0.1	0.1	0.5	0.1	0.3	0.0	0.1	0.0
05-03	Yoghurt	9.0	1.0	0.4	0.0	0.4	2.2	2.6	1.5	4.9	3.2	1.2	2.6	1.7	0.6	1.3	1.7	2.3	7.9	2.8	5.3	1.7	0.3	0.8
05-04	Fromage blanc, petits suisses	1.1	0.2	0.3	0.0	0.4	1.6	0.5	0.3	1.0	0.8	0.5	0.7	0.7	0.3	0.6	0.2	0.5	1.4	0.2	1.7	0.3	0.3	0.1
05-05	Cheese (including fresh cheeses)	25.2	1.5	0.6	0.0	0.7	3.5	3.3	11.2	12.7	1.1	8.2	11.2	14.5	3.7	11.2	2.7	0.6	6.3	0.9	11.1	0.2	3.1	2.0
05-06	Cream desserts, puddings (milk based)	6.3	0.8	0.9	0.0	0.9	1.5	2.2	1.8	3.6	2.4	1.3	2.4	2.7	1.7	2.4	0.7	1.8	6.3	1.5	4.3	0.8	0.9	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	1.0	0.5	0.8	0.0	0.1	0.1	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.8	0.5	0.7	0.0	0.1	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-08	Milk for coffee and creamers	2.6	0.1	0.1	0.0	0.1	1.5	0.7	0.5	1.6	1.1	0.7	0.7	0.9	0.3	0.7	0.1	0.4	2.2	0.3	1.0	0.1	0.1	0.3
06	Cereals and cereal products	6.1	29.1	25.2	0.1	29.4	51.1	24.4	28.6	18.1	10.2	16.6	17.9	0.2	0.2	0.1	15.9	16.9	7.7	8.3	0.2	0.1	0.2	6.1
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.4	2.1	0.9	0.0	1.1	0.6	1.4	0.0	1.2	0.3	1.5	1.8	0.0	0.1	0.0	0.6	0.9	0.3	0.4	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.4	25.1	22.3	0.0	25.8	50.2	21.5	26.9	15.4	9.1	14.4	14.9	0.0	0.0	0.0	14.2	14.3	6.8	7.2	0.0	0.0	0.1	4.9
06-03-01	Bread	5.1	23.1	20.5	0.0	23.7	50.1	19.9	25.5	14.2	8.3	13.7	14.0	0.0	0.0	0.0	13.6	12.8	6.2	6.6	0.0	0.0	0.1	4.2

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	2.0	1.8	0.0	2.1	0.1	1.7	1.4	1.2	0.8	0.7	0.9	0.0	0.0	0.0	0.6	1.5	0.6	0.5	0.0	0.0	0.0	0.6
06-04 Breakfast cereals	0.1	1.3	1.3	0.0	1.5	0.0	1.1	0.2	1.0	0.5	0.1	0.8	0.0	0.0	0.0	0.8	1.2	0.3	0.5	0.0	0.0	0.1	0.7
06-05 Salty biscuits, aperitif biscuits, crackers	0.1	0.4	0.5	0.1	0.7	0.1	0.3	1.1	0.3	0.3	0.3	0.2	0.0	0.0	0.0	0.1	0.3	0.2	0.2	0.1	0.1	0.0	0.3
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.8	9.4	15.9	87.8	7.2	3.1	8.0	19.3	16.3	11.9	30.7	29.6	14.1	1.8	11.9	2.8	25.7	13.3	20.4	30.4	9.2	12.2	5.9
07-01 Fresh meat	0.4	3.9	8.1	45.2	2.2	0.9	4.1	2.4	7.7	6.0	13.2	18.1	1.0	0.9	0.8	0.7	12.6	6.4	11.2	16.4	2.3	2.9	2.4
07-01-00 Unclassified	0.1	0.3	0.8	6.1	0.2	0.1	0.4	0.4	0.7	0.6	1.3	1.9	0.2	0.1	0.1	0.0	1.4	0.6	1.2	1.8	0.8	0.4	0.2
07-01-01 Beef	0.2	2.0	5.2	27.1	1.2	0.5	1.9	1.2	3.4	2.8	5.7	10.6	0.5	0.8	0.4	0.5	1.1	3.0	4.4	11.1	1.5	1.0	1.1
07-01-02 Veal	0.0	0.1	0.1	1.0	0.0	0.0	0.1	0.1	0.2	0.1	0.2	0.5	0.0	0.0	0.0	0.0	0.1	0.2	0.2	0.6	0.0	0.1	0.0
07-01-03 Pork	0.2	1.4	2.0	11.0	0.8	0.2	1.7	0.7	3.3	2.5	6.0	5.2	0.3	0.0	0.2	0.1	10.1	2.7	5.3	2.9	0.0	1.3	1.2
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.1	0.9	5.9	0.6	0.5	0.9	0.4	1.5	1.1	3.8	1.3	0.4	0.0	0.3	0.3	1.0	0.6	3.1	1.1	0.0	3.5	0.6
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.1	0.7	5.2	0.5	0.4	0.9	0.3	1.3	1.0	3.3	1.1	0.4	0.0	0.3	0.3	0.8	0.5	2.8	0.9	0.0	3.4	0.6
07-02-02 Turkey, young turkey	0.0	0.0	0.1	0.6	0.1	0.1	0.1	0.0	0.2	0.1	0.5	0.2	0.0	0.0	0.0	0.1	0.2	0.1	0.3	0.3	0.0	0.1	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	1.2	4.3	6.7	36.0	4.2	1.8	2.9	16.6	7.1	4.8	13.5	10.1	11.3	0.9	9.4	1.5	11.9	6.1	6.0	12.1	6.8	5.7	2.8
07-05 Offals	0.0	0.0	0.2	0.6	0.2	0.0	0.0	0.0	0.1	0.0	0.2	0.1	1.5	0.0	1.4	0.2	0.2	0.2	0.1	0.7	0.1	0.0	0.1
08 Fish and shellfish	0.7	1.4	1.7	5.5	1.5	4.4	1.6	3.5	3.3	1.7	8.8	1.2	0.9	0.0	0.7	0.7	1.5	1.7	2.4	10.6	0.1	10.6	1.1
08-01 Fish	0.5	1.0	1.4	4.6	1.3	3.2	1.3	3.1	2.8	1.4	7.4	1.0	0.7	0.0	0.5	0.5	1.2	1.4	2.3	9.1	0.1	9.7	0.9
08-02 Crustaceans, molluscs	0.1	0.2	0.1	0.3	0.1	0.3	0.1	0.2	0.1	0.0	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.2	0.2	0.6	0.1	0.9	0.2	0.2	0.4	0.2	1.1	0.1	0.2	0.0	0.1	0.2	0.3	0.2	0.1	0.7	0.0	0.9	0.0
09 Eggs and egg products	0.9	0.8	2.8	0.0	3.7	3.0	0.6	0.8	2.3	0.6	5.3	1.9	4.5	0.0	3.5	2.2	0.6	2.8	0.7	3.8	0.0	5.1	3.6
09-01 Egg	0.9	0.8	2.8	0.0	3.7	3.0	0.6	0.8	2.3	0.6	5.3	1.9	4.5	0.0	3.5	2.2	0.6	2.8	0.7	3.8	0.0	5.1	3.6
10 Fat	0.4	0.1	0.2	0.0	0.3	1.1	0.1	1.0	0.4	0.3	0.2	0.0	36.5	1.7	27.1	21.3	0.6	0.6	14.2	7.0	0.0	43.0	36.5
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.7	1.0
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	8.8
10-02 Butter	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.2	0.1	0.0	0.1	0.0	5.8	1.7	4.6	0.0	0.0	0.1	0.0	0.4	0.0	2.0	1.7
10-03 Margarines	0.3	0.0	0.2	0.0	0.2	0.2	0.1	0.6	0.3	0.2	0.0	0.0	30.0	0.0	21.9	21.3	0.6	0.5	14.2	6.7	0.0	39.3	25.1
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.7	6.0	6.7	0.0	7.5	1.0	2.9	0.7	1.5	2.4	0.6	1.5	0.8	1.2	0.8	0.5	1.2	2.0	1.2	0.8	1.8	1.1	2.1

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.2	0.7	0.8	0.0	0.9	0.0	0.3	0.1	0.1	0.3	0.1	0.2	0.0	0.6	0.1	0.0	0.1	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.6	3.6	2.5	0.0	2.9	0.3	1.5	0.2	0.8	1.0	0.4	0.8	0.3	0.3	0.3	0.3	0.5	0.8	0.2	0.4	0.1	0.2	1.0
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.3	3.1	0.0	3.4	0.0	0.6	0.1	0.2	0.8	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.2	0.7	0.0	1.1	0.0	0.5
11-05	Ice cream, water ice	0.7	0.1	0.1	0.0	0.1	0.7	0.3	0.2	0.4	0.3	0.1	0.1	0.5	0.3	0.4	0.2	0.6	0.8	0.2	0.4	0.1	0.9	0.2
11-05-01	Ice cream	0.7	0.1	0.1	0.0	0.1	0.7	0.3	0.2	0.4	0.3	0.1	0.1	0.5	0.3	0.4	0.1	0.6	0.8	0.2	0.4	0.0	0.9	0.2
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
12	Cakes	1.8	3.5	4.2	0.0	5.0	2.4	2.7	5.2	3.6	2.2	3.4	2.4	6.0	3.1	5.0	1.5	2.0	2.0	1.2	0.8	0.3	6.2	6.2
12-01	Cakes, pies, pastries, etc	0.9	1.9	1.8	0.0	2.2	1.6	1.4	2.5	1.9	1.1	1.9	1.2	3.1	1.7	2.6	0.9	1.0	1.3	0.4	0.6	0.2	3.9	3.0
12-02	Dry cakes, biscuits	0.9	1.5	2.4	0.0	2.8	0.8	1.3	2.7	1.7	1.1	1.5	1.2	2.9	1.4	2.4	0.6	1.0	0.7	0.7	0.2	0.0	2.3	3.2
13	Non-alcoholic beverages	7.3	8.1	9.1	0.0	10.9	3.5	12.5	1.6	1.9	14.3	3.0	1.3	0.2	3.5	0.7	5.2	7.0	5.1	5.3	0.5	13.8	0.0	2.3
13-00	Unclassified	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.5	0.8	0.8	0.0	0.9	0.2	1.2	0.5	0.4	1.9	0.2	0.3	0.0	3.4	0.6	2.2	2.5	0.7	1.9	0.2	11.3	0.0	2.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.5	0.1	0.0	0.1	0.0	0.2	0.2	0.7	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.0	1.2	0.0	0.2
13-03	Coffee, tea and herbal teas	3.8	6.4	8.1	0.0	9.8	2.3	10.2	0.5	0.7	12.2	1.2	1.0	0.2	0.0	0.1	2.8	4.5	4.4	2.9	0.2	1.3	0.0	0.0
13-03-01	Coffee	2.0	3.5	7.5	0.0	9.1	1.4	9.1	0.3	0.3	11.4	1.2	0.6	0.2	0.0	0.1	0.1	4.5	3.5	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	1.6	2.6	0.5	0.0	0.6	0.8	1.0	0.2	0.4	0.7	0.0	0.3	0.0	0.0	0.0	2.4	0.0	0.8	2.6	0.0	1.1	0.0	0.0
13-03-03	Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.3	0.0	0.1	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.6	0.3	0.1	0.0	0.1	1.0	0.9	0.4	0.0	0.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.0	2.2	4.4	0.0	4.9	3.2	4.2	0.4	1.9	3.1	0.6	0.6	0.1	0.0	0.1	2.2	0.0	2.5	3.5	0.6	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.7	1.4	3.8	0.0	4.3	3.2	2.3	0.2	0.7	1.8	0.2	0.3	0.0	0.0	0.0	0.3	0.0	1.1	1.5	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.2	0.4	0.2	0.0	0.2	0.0	1.6	0.1	1.2	1.2	0.4	0.2	0.0	0.0	0.0	1.9	0.0	1.3	2.0	0.5	0.0	0.0	0.1
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.4	0.3	0.7	0.1	0.8	0.2	0.5	4.9	0.5	0.6	0.5	0.4	4.7	2.9	3.9	0.6	2.7	0.6	0.5	0.6	0.5	6.6	7.8
15-01	Sauces	0.3	0.3	0.5	0.1	0.5	0.2	0.4	3.2	0.3	0.4	0.5	0.3	4.7	2.8	3.9	0.3	1.6	0.3	0.4	0.4	0.3	6.6	7.7
15-01-00	Unclassified and other sauces	0.2	0.2	0.2	0.0	0.3	0.2	0.2	1.9	0.2	0.2	0.1	0.2	4.7	0.2	3.5	0.1	1.4	0.2	0.1	0.1	0.1	5.9	5.9
15-01-01	Tomato sauces	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.4	0.0	0.2	0.0	0.0	0.0	2.1	0.3	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.1	0.1	0.2	0.1	0.2	0.0	0.0	0.3	0.1	0.1	0.3	0.1	0.0	0.4	0.1	0.2	0.0	0.0	0.3	0.3	0.0	0.6	1.1
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	0.2	0.0	0.2	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.2	0.0	0.2	0.0	0.2	1.6	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.8	0.1	0.1	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.7	2.1	2.1	4.0	1.9	0.3	2.9	9.3	1.6	2.3	1.8	1.5	0.2	8.8	2.2	1.5	4.8	1.2	1.7	1.8	3.3	2.3	1.4
16-01 Soups	0.7	2.1	2.1	4.0	1.9	0.3	2.9	7.9	1.6	2.2	1.7	1.5	0.2	8.8	2.2	1.5	4.8	1.2	1.7	1.8	3.3	2.3	1.4
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.2	0.7	1.0	2.6	0.9	0.1	0.5	1.9	0.7	0.4	0.9	0.9	0.2	0.1	0.1	0.3	0.8	0.5	0.3	0.9	0.1	0.9	0.6
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1
17-02 Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.1	0.5	0.8	2.6	0.7	0.1	0.4	1.5	0.5	0.3	0.9	0.9	0.2	0.1	0.1	0.2	0.8	0.5	0.3	0.8	0.1	0.7	0.5

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.0	6.7	5.0	0.0	5.8	1.5	5.7	0.3	3.0	10.5	1.0	2.9	0.0	0.3	0.0	5.1	5.0	1.2	11.0	0.0	9.4	0.0	0.8
01-01 Potatoes	1.0	6.7	5.0	0.0	5.8	1.5	5.7	0.3	3.0	10.5	1.0	2.9	0.0	0.3	0.0	5.1	5.0	1.2	11.0	0.0	9.4	0.0	0.8
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	6.9	7.4	8.8	0.0	10.0	2.3	7.2	2.7	4.5	11.3	2.4	4.7	0.1	62.9	15.7	18.0	7.0	5.5	7.3	0.0	19.2	0.1	7.3
02-01 Leafy vegetables (except cabbages)	2.5	1.5	2.4	0.0	2.6	0.5	1.8	0.5	0.8	2.1	0.4	1.0	0.1	14.9	4.7	4.3	1.2	1.4	1.2	0.0	1.4	0.0	1.6
02-02 Fruiting vegetables	1.7	2.2	2.7	0.0	3.1	0.8	2.5	0.7	1.2	3.7	0.2	1.2	0.0	15.0	1.9	4.8	2.1	1.5	2.4	0.0	5.9	0.0	2.3
02-03 Root vegetables	0.5	0.5	0.4	0.0	0.4	0.2	0.3	0.2	0.3	1.0	0.0	0.3	0.0	14.1	5.7	1.2	0.3	0.2	0.4	0.0	0.8	0.0	0.5
02-04 Cabbages	1.1	1.2	1.5	0.0	1.7	0.3	1.1	0.5	1.1	2.3	1.2	0.8	0.0	9.0	1.0	4.6	1.3	0.9	1.6	0.0	7.7	0.0	2.0
02-05 Mushrooms	0.0	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.2	0.4	0.8	0.0	0.9	0.1	0.4	0.4	0.4	0.4	0.1	0.5	0.0	2.1	0.3	0.8	1.1	0.7	0.4	0.0	0.9	0.0	0.1
02-07 Onion, garlic	0.5	0.7	0.4	0.0	0.5	0.2	0.4	0.1	0.4	0.9	0.1	0.4	0.0	0.7	0.1	1.2	0.4	0.2	0.9	0.0	0.8	0.0	0.3
02-08 Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.0	0.2	0.0	0.1
02-09 Mixed salad, mixed vegetables	0.3	0.4	0.5	0.0	0.5	0.1	0.4	0.3	0.2	0.6	0.1	0.3	0.0	7.0	2.1	1.0	0.4	0.2	0.4	0.0	1.3	0.0	0.3
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.3	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0
03-01 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.3	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.9	11.9	4.9	0.0	5.7	1.4	9.9	1.6	5.3	10.5	6.2	4.3	0.0	6.9	1.6	6.3	5.7	2.9	7.7	0.0	18.2	0.0	7.6
04-01 Fruits	1.9	6.0	2.7	0.0	3.1	1.1	5.0	0.1	2.0	8.3	2.7	1.8	0.0	6.7	1.6	4.8	3.7	1.9	6.4	0.0	18.2	0.0	3.5
04-02 Nuts and seeds (+nut spread)	0.7	5.2	1.9	0.0	2.3	0.2	4.6	1.0	3.1	1.9	2.7	2.3	0.0	0.0	0.0	1.1	1.6	0.8	1.1	0.0	0.0	0.0	3.6
04-03 Mixed fruits	0.2	0.5	0.2	0.0	0.2	0.1	0.4	0.0	0.3	0.3	0.7	0.2	0.0	0.1	0.0	0.4	0.4	0.1	0.2	0.0	0.0	0.0	0.5
04-04 Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05 Dairy products	62.0	4.3	2.6	0.0	2.9	15.7	14.4	17.8	33.0	15.6	13.3	22.9	22.6	8.0	17.9	9.3	9.9	40.0	10.5	32.0	4.5	4.3	4.1
05-01 Milk	15.4	0.6	0.3	0.0	0.4	5.8	4.7	2.5	8.7	6.3	2.3	4.8	2.7	1.1	2.0	2.6	3.3	13.3	2.4	9.6	0.6	0.0	0.4
05-02 Milk beverages	2.2	0.5	0.5	0.0	0.6	1.0	0.9	0.3	1.3	1.3	0.3	0.8	0.4	0.1	0.3	0.3	1.8	3.2	2.5	1.4	1.8	0.1	0.5
05-03 Yoghurt	10.0	0.7	0.4	0.0	0.4	2.5	2.7	1.5	5.4	3.6	1.2	3.3	3.1	0.9	2.4	2.6	2.0	9.0	2.9	5.4	1.4	0.4	0.4
05-04 Fromage blanc, petits suisses	0.9	0.1	0.1	0.0	0.1	0.9	0.3	0.1	0.5	0.3	0.3	0.4	0.4	0.1	0.3	0.2	0.3	1.1	0.1	0.7	0.1	0.2	0.1
05-05 Cheese (including fresh cheeses)	26.2	1.5	0.6	0.0	0.7	3.2	3.2	11.6	12.4	1.2	7.6	11.1	12.9	4.2	10.6	2.8	0.7	7.0	1.2	11.0	0.1	2.7	1.9
05-06 Cream desserts, puddings (milk based)	5.2	0.8	0.6	0.0	0.7	1.2	1.9	1.2	3.3	2.0	0.9	1.9	1.6	1.1	1.3	0.7	1.4	4.3	1.2	2.9	0.3	0.4	0.4
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.2	0.6	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08 Milk for coffee and creamers	2.0	0.1	0.0	0.0	0.1	1.2	0.6	0.4	1.3	0.9	0.6	0.6	0.8	0.2	0.5	0.1	0.4	1.8	0.3	1.0	0.0	0.1	0.3
06 Cereals and cereal products	6.4	27.5	23.6	0.0	27.4	48.0	23.9	26.9	17.3	10.3	15.0	17.3	0.6	0.4	0.3	16.0	18.3	8.2	9.0	0.3	0.1	0.7	7.2
06-01 Flour, flakes, starches, semolina	0.0	0.3	0.3	0.0	0.3	0.0	0.4	0.2	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1
06-02 Pasta, rice, other grain	0.6	2.8	1.4	0.0	1.5	1.0	2.1	0.1	1.6	0.4	1.1	2.5	0.0	0.1	0.0	0.6	0.9	0.3	0.5	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	5.1	22.0	19.2	0.0	22.2	46.7	19.3	24.4	13.7	8.7	12.7	13.0	0.0	0.0	0.0	13.6	13.9	6.6	6.8	0.0	0.0	0.1	5.4
06-03-01 Bread	4.9	20.9	18.4	0.0	21.4	46.6	18.5	23.7	13.1	8.2	12.3	12.5	0.0	0.0	0.0	13.3	12.8	6.2	6.5	0.0	0.0	0.1	5.1

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.2	1.1	0.8	0.0	0.9	0.0	0.8	0.7	0.6	0.4	0.4	0.5	0.0	0.0	0.0	0.3	1.1	0.4	0.3	0.0	0.0	0.0	0.3
06-04 Breakfast cereals	0.2	1.5	2.0	0.0	2.4	0.0	1.6	0.6	1.2	0.7	0.3	1.0	0.0	0.0	0.0	1.2	2.6	0.7	1.2	0.1	0.0	0.3	0.9
06-05 Salty biscuits, aperitif biscuits, crackers	0.4	0.7	0.7	0.0	0.8	0.1	0.5	1.6	0.5	0.3	0.7	0.5	0.6	0.2	0.3	0.2	0.6	0.5	0.2	0.2	0.0	0.3	0.6
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	1.3	11.4	18.3	90.3	10.2	4.0	7.0	18.3	15.8	11.3	28.2	27.7	27.0	1.3	24.0	5.5	22.3	14.8	18.9	35.2	9.3	13.2	4.4
07-01 Fresh meat	0.4	2.9	6.5	42.1	1.8	0.8	3.4	2.4	6.7	5.3	10.5	14.3	0.8	0.7	0.7	0.6	9.8	4.8	9.6	12.6	2.0	2.5	1.7
07-01-00 Unclassified	0.1	0.6	1.4	10.2	0.4	0.2	0.6	0.7	1.3	1.0	2.1	3.1	0.2	0.1	0.2	0.1	2.1	0.9	1.7	3.0	0.8	1.1	0.2
07-01-01 Beef	0.1	1.3	3.8	22.7	0.8	0.4	1.3	0.8	2.6	2.2	3.7	7.7	0.4	0.6	0.4	0.4	0.9	2.2	3.8	7.4	1.1	0.7	0.7
07-01-02 Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0
07-01-03 Pork	0.1	0.9	1.1	8.1	0.5	0.2	1.3	0.8	2.5	1.9	4.5	3.0	0.1	0.0	0.1	0.1	6.6	1.4	3.9	1.6	0.0	0.5	0.7
07-01-04 Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.2	0.2	0.1	0.4	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.2	0.8	5.0	0.5	0.3	0.8	0.3	1.2	1.0	3.2	0.8	0.4	0.0	0.4	0.3	0.9	0.4	3.1	0.7	0.0	3.9	0.5
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.2	0.7	4.7	0.5	0.3	0.8	0.3	1.1	0.9	3.2	0.8	0.4	0.0	0.3	0.3	0.8	0.3	2.9	0.4	0.0	3.9	0.5
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.8	5.4	8.1	37.8	5.1	2.6	2.5	15.2	6.5	4.5	12.2	10.4	20.5	0.7	17.7	1.8	11.2	6.5	5.2	17.4	6.5	6.7	2.0
07-05 Offals	0.0	1.9	3.0	5.4	2.8	0.2	0.4	0.3	1.4	0.6	2.3	2.2	5.3	0.0	5.3	2.8	0.5	3.1	1.1	4.5	0.8	0.1	0.3
08 Fish and shellfish	0.8	2.3	1.3	5.3	1.1	4.4	1.6	3.8	3.9	2.0	9.0	1.4	0.8	0.0	0.7	0.7	1.8	1.9	2.2	11.3	0.1	13.1	2.3
08-01 Fish	0.7	2.0	1.2	5.1	1.0	3.8	1.4	3.5	3.7	1.9	8.2	1.3	0.8	0.0	0.7	0.7	1.7	1.7	2.1	10.5	0.1	12.7	2.0
08-02 Crustaceans, molluscs	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.2	0.1	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.5	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.0	0.1	0.0	0.1	0.0	0.4	0.1	0.1	0.1	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.3	0.0
09 Eggs and egg products	1.1	1.0	3.3	0.0	3.7	3.3	0.8	1.1	2.7	0.8	5.8	2.4	4.1	0.0	3.2	3.0	1.1	3.4	1.2	5.5	0.0	5.0	4.1
09-01 Egg	1.1	1.0	3.3	0.0	3.7	3.3	0.8	1.1	2.7	0.8	5.8	2.4	4.1	0.0	3.2	3.0	1.1	3.4	1.2	5.5	0.0	5.0	4.1
10 Fat	0.5	0.0	0.2	0.0	0.2	1.1	0.1	1.1	0.4	0.3	0.1	0.0	26.2	1.7	19.9	14.5	1.9	1.8	10.5	4.4	0.0	37.4	30.6
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.9	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	2.0	1.6
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	6.5
10-02 Butter	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.2	0.1	0.0	0.1	0.0	3.2	1.7	2.5	0.0	0.0	0.1	0.0	0.2	0.0	1.3	0.5
10-03 Margarines	0.4	0.0	0.2	0.0	0.2	0.2	0.1	0.8	0.3	0.2	0.0	0.0	22.2	0.0	16.7	14.5	1.8	1.7	10.5	4.2	0.0	34.1	22.0
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.1	4.9	5.5	0.0	6.3	0.4	2.4	0.5	1.1	2.0	0.5	1.0	0.4	1.2	0.4	0.4	0.6	1.1	0.9	0.4	1.1	0.2	1.4

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rium	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.5	0.6	0.0	0.7	0.0	0.2	0.1	0.1	0.2	0.1	0.1	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.5	2.9	2.0	0.0	2.3	0.2	1.2	0.1	0.6	0.8	0.3	0.5	0.2	0.2	0.2	0.3	0.3	0.6	0.1	0.3	0.0	0.0	0.8
11-03	Confectionery non-chocolate	0.2	0.2	0.3	0.0	0.4	0.0	0.3	0.1	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.2	2.5	0.0	3.0	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.7	0.0	0.6	0.0	0.2
11-05	Ice cream, water ice	0.1	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1
11-05-01	Ice cream	0.1	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.3	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.8	4.0	4.7	0.0	5.4	4.1	2.8	5.1	4.0	2.4	4.5	2.9	7.8	3.5	6.2	2.1	2.4	2.7	1.2	2.0	0.2	7.2	6.8
12-01	Cakes, pies, pastries, etc	1.2	2.0	2.5	0.0	2.8	3.6	1.5	2.9	2.4	1.3	3.1	1.7	5.2	2.2	4.6	1.6	1.4	2.0	0.9	1.8	0.2	5.8	3.3
12-02	Dry cakes, biscuits	0.6	1.9	2.2	0.0	2.6	0.5	1.4	2.1	1.6	1.1	1.4	1.3	2.6	1.3	1.6	0.6	1.0	0.7	0.3	0.2	0.0	1.4	3.5
13	Non-alcoholic beverages	7.2	7.7	8.8	0.0	10.2	3.4	13.4	1.2	2.7	16.2	2.3	1.6	0.2	3.9	1.2	8.1	10.4	6.5	6.7	1.0	26.1	0.0	3.1
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.2	1.9	1.2	0.0	1.4	0.5	3.0	0.1	1.2	4.4	0.1	0.7	0.0	3.7	1.0	5.8	6.4	2.8	4.2	0.6	24.7	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.5	0.6	0.0	0.7	0.0	0.1	0.2	0.6	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0
13-03	Coffee, tea and herbal teas	3.5	5.0	7.0	0.0	8.1	2.0	9.5	0.6	0.8	11.7	1.0	0.9	0.2	0.1	0.2	2.3	4.0	3.8	2.5	0.4	1.0	0.0	0.0
13-03-01	Coffee	2.1	2.9	6.5	0.0	7.5	1.3	8.7	0.4	0.5	11.0	1.0	0.7	0.2	0.1	0.2	0.1	4.0	3.1	0.1	0.4	0.0	0.0	0.0
13-03-02	Tea	1.3	1.9	0.4	0.0	0.5	0.6	0.8	0.2	0.3	0.6	0.0	0.2	0.0	0.0	0.0	2.0	0.0	0.6	2.2	0.0	0.9	0.0	0.0
13-03-03	Herbal tea	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.3	0.3	0.1	0.0	0.1	0.9	0.8	0.4	0.0	0.0	1.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.2	2.0	4.6	0.0	5.3	3.9	4.2	0.4	1.8	3.1	0.4	0.5	0.0	0.0	0.0	1.7	0.0	2.1	3.1	0.4	0.0	0.0	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.9	1.4	4.3	0.0	5.0	3.9	2.6	0.3	0.7	2.1	0.1	0.4	0.0	0.0	0.0	0.2	0.0	1.0	1.3	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.2	0.3	0.2	0.0	0.2	0.0	1.5	0.1	1.1	1.0	0.2	0.2	0.0	0.0	0.0	1.5	0.0	1.1	1.8	0.4	0.0	0.0	0.1
14-04	Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.7	1.2	1.6	0.6	1.7	0.4	0.9	7.3	0.8	0.9	1.9	0.9	4.9	2.0	3.9	0.6	2.4	0.7	0.9	2.0	0.7	8.6	10.7
15-01	Sauces	0.5	1.1	1.3	0.6	1.4	0.4	0.7	5.0	0.7	0.7	1.8	0.7	4.9	1.8	3.9	0.5	1.3	0.5	0.9	2.0	0.4	8.6	10.7
15-01-00	Unclassified and other sauces	0.2	0.6	0.8	0.0	0.9	0.1	0.5	3.2	0.3	0.4	0.1	0.3	4.8	0.3	3.6	0.1	1.1	0.3	0.2	0.0	0.2	5.8	5.5
15-01-01	Tomato sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.3	0.5	0.5	0.6	0.5	0.3	0.2	1.2	0.4	0.2	1.6	0.4	0.1	0.7	0.2	0.4	0.2	0.2	0.6	2.0	0.1	2.9	4.6
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.3	0.0	0.3	0.0	0.2	2.2	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.0	1.0	0.1	0.1	0.0	0.3	0.0	0.0
16 Soups, bouillon	0.6	1.2	1.5	2.0	1.4	0.3	1.9	9.2	1.0	1.5	1.0	1.0	0.4	6.5	1.2	1.3	2.5	0.7	1.4	1.1	1.4	3.5	0.9
16-01 Soups	0.6	1.2	1.4	2.0	1.4	0.2	1.9	6.5	1.0	1.5	0.9	1.0	0.4	6.5	1.2	1.3	2.5	0.7	1.4	1.1	1.4	3.5	0.9
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.8	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	2.9	1.1	2.1	1.8	2.2	2.8	2.1	2.5	2.1	0.9	2.2	2.7	0.6	1.4	0.5	1.2	2.4	1.2	1.2	1.2	1.2	1.3	1.7
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.6	0.0	0.7	0.0	0.8	0.0	0.8	0.0	0.3	0.1	0.0	0.4	0.0	0.5	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.0	0.0
17-02 Dietetic products	1.1	0.6	0.7	0.0	0.9	0.9	0.7	0.4	0.5	0.5	0.6	0.8	0.2	0.8	0.1	0.4	1.1	0.5	0.8	0.2	1.0	0.7	0.8
17-02-00 Unclassified	1.1	0.6	0.7	0.0	0.9	0.9	0.7	0.4	0.5	0.5	0.6	0.8	0.2	0.8	0.1	0.4	1.1	0.5	0.8	0.2	1.0	0.7	0.8
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	1.2	0.5	0.7	1.8	0.5	1.9	0.5	2.1	1.3	0.4	1.6	1.4	0.4	0.2	0.3	0.5	1.0	0.6	0.4	1.0	0.1	0.6	0.8

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.0	7.4	5.4	0.0	6.3	1.5	6.3	0.7	3.2	10.6	1.2	3.3	0.0	0.3	0.1	5.1	4.6	1.2	9.9	0.0	9.3	0.0	1.1
01-01 Potatoes	1.0	7.4	5.4	0.0	6.3	1.5	6.3	0.7	3.2	10.6	1.2	3.3	0.0	0.3	0.1	5.1	4.6	1.2	9.9	0.0	9.3	0.0	1.1
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	5.3	7.6	8.5	0.0	9.8	2.0	6.5	1.9	4.3	10.4	2.6	4.7	0.0	59.3	15.9	18.2	5.4	5.2	6.2	0.0	17.8	0.0	6.9
02-01 Leafy vegetables (except cabbages)	1.3	1.4	2.1	0.0	2.4	0.4	1.6	0.2	0.7	2.0	0.2	1.0	0.0	13.3	2.9	3.4	1.1	1.0	0.9	0.0	0.5	0.0	1.6
02-02 Fruiting vegetables	1.4	1.9	2.4	0.0	2.7	0.6	2.1	0.5	1.0	2.9	0.2	1.1	0.0	10.8	1.6	3.1	1.5	1.2	1.6	0.0	4.9	0.0	1.6
02-03 Root vegetables	0.4	0.6	0.4	0.0	0.4	0.2	0.4	0.2	0.3	1.1	0.0	0.5	0.0	15.1	6.7	1.3	0.4	0.3	0.4	0.0	0.5	0.0	0.6
02-04 Cabbages	1.4	1.3	1.6	0.0	1.9	0.4	1.2	0.3	1.3	2.5	1.4	0.9	0.0	9.6	1.7	6.7	1.2	1.4	1.7	0.0	9.2	0.0	1.6
02-05 Mushrooms	0.0	0.6	0.2	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.1	0.2	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.3	0.2	0.1	0.1	0.0	0.1	0.0	0.1
02-07 Onion, garlic	0.2	0.5	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.4	0.0	0.2	0.0	0.6	0.1	0.7	0.2	0.1	0.5	0.0	0.5	0.0	0.3
02-08 Stalk vegetables, sprouts	0.2	0.6	0.7	0.0	0.7	0.0	0.3	0.3	0.2	0.5	0.2	0.4	0.0	0.7	0.3	0.9	0.3	0.3	0.1	0.0	0.8	0.0	0.7
02-09 Mixed salad, mixed vegetables	0.3	0.5	0.9	0.0	1.0	0.2	0.5	0.3	0.3	0.7	0.2	0.4	0.0	9.0	2.5	1.7	0.5	0.5	0.8	0.0	1.3	0.0	0.3
03 Legumes	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
03-01 Legumes	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.6	13.2	5.6	0.0	6.4	2.1	8.9	0.8	4.1	11.2	3.9	4.0	0.0	7.5	2.2	7.8	4.6	2.5	7.2	0.0	30.6	0.0	8.1
04-01 Fruits	2.2	8.8	4.3	0.0	4.9	2.0	6.0	0.1	2.5	10.2	2.3	2.6	0.0	7.3	2.1	7.2	3.8	2.2	6.7	0.0	30.5	0.0	5.3
04-02 Nuts and seeds (+nut spread)	0.4	4.1	1.2	0.0	1.4	0.1	2.8	0.7	1.5	0.9	1.5	1.4	0.0	0.1	0.0	0.6	0.8	0.4	0.5	0.0	0.0	0.0	2.6
04-03 Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
04-04 Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05 Dairy products	62.0	6.1	3.2	0.0	3.7	19.2	17.2	17.8	36.6	18.3	16.0	26.0	26.3	7.9	20.0	10.5	10.1	43.5	9.7	37.0	3.0	4.5	5.5
05-01 Milk	20.6	1.0	0.7	0.0	0.8	7.9	7.1	3.7	12.6	9.4	3.5	7.9	3.8	0.9	2.7	4.7	4.7	19.2	3.9	15.0	0.9	0.1	0.5
05-02 Milk beverages	0.8	0.4	0.5	0.0	0.6	0.5	0.5	0.2	0.5	0.5	0.1	0.4	0.2	0.2	0.2	0.1	0.2	0.7	0.2	0.4	0.1	0.2	0.1
05-03 Yoghurt	8.9	0.9	0.4	0.0	0.5	2.6	2.9	1.7	5.3	3.3	1.4	3.3	1.9	1.0	1.6	1.9	2.5	8.5	2.9	5.4	1.3	0.2	0.8
05-04 Fromage blanc, petits suisses	1.5	0.3	0.2	0.0	0.2	1.6	0.5	0.3	1.1	0.7	0.7	0.7	0.6	0.1	0.3	0.3	0.6	2.3	0.3	1.8	0.2	0.2	0.1
05-05 Cheese (including fresh cheeses)	22.3	1.7	0.5	0.0	0.6	3.1	3.2	10.1	12.1	1.0	7.6	10.6	13.6	4.0	10.3	2.3	0.4	5.3	0.8	9.6	0.1	1.7	1.9
05-06 Cream desserts, puddings (milk based)	4.5	1.7	0.8	0.0	0.9	1.5	2.0	1.1	2.6	1.9	1.6	2.0	4.0	1.1	3.3	1.1	1.0	4.3	1.3	3.2	0.4	1.6	1.7
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.3	0.5	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08 Milk for coffee and creamers	3.4	0.1	0.1	0.0	0.1	2.1	1.1	0.6	2.2	1.4	1.1	1.0	1.5	0.4	1.2	0.1	0.6	3.2	0.4	1.5	0.1	0.2	0.5
06 Cereals and cereal products	5.6	27.4	25.9	0.2	29.9	49.7	23.0	29.5	17.2	9.8	14.2	16.7	0.2	0.2	0.2	14.7	13.8	7.0	7.5	0.4	0.1	0.3	5.4
06-01 Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.3	1.8	0.9	0.0	1.2	0.3	1.0	0.0	0.9	0.2	0.5	1.2	0.0	0.1	0.0	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	4.9	24.2	23.1	0.0	26.7	49.0	20.7	28.3	15.1	8.9	13.1	14.6	0.0	0.0	0.0	13.5	11.9	6.2	6.4	0.0	0.0	0.1	4.5
06-03-01 Bread	4.5	21.7	20.6	0.0	23.8	48.8	18.9	26.5	13.8	8.1	12.3	13.4	0.0	0.0	0.0	12.6	10.4	5.5	5.7	0.0	0.0	0.1	3.3

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	2.5	2.5	0.0	2.9	0.2	1.8	1.8	1.3	0.9	0.8	1.2	0.0	0.0	0.0	0.8	1.6	0.7	0.7	0.0	0.0	0.0	1.2
06-04 Breakfast cereals	0.2	0.6	1.3	0.0	1.5	0.0	0.8	0.2	0.8	0.3	0.2	0.6	0.0	0.0	0.0	0.5	1.2	0.4	0.5	0.1	0.0	0.2	0.3
06-05 Salty biscuits, aperitif biscuits, crackers	0.1	0.2	0.3	0.2	0.4	0.1	0.2	0.6	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.3	0.1	0.0	0.3
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.3	0.1	0.0	0.1	0.2	0.1	0.2	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	1.1	9.1	14.7	84.0	6.3	2.5	8.2	14.2	15.9	11.9	27.5	27.7	13.5	1.0	11.1	2.3	23.6	10.6	21.1	26.6	5.6	12.1	5.5
07-01 Fresh meat	0.5	4.1	8.8	53.5	2.4	1.1	4.9	3.2	9.1	7.2	14.6	19.7	1.1	0.8	0.9	0.7	13.9	6.1	12.3	17.3	1.9	3.1	2.7
07-01-00 Unclassified	0.1	0.5	1.3	7.9	0.3	0.2	0.5	0.6	1.0	0.8	1.8	2.6	0.3	0.1	0.2	0.1	1.6	0.7	1.4	2.7	0.7	0.7	0.2
07-01-01 Beef	0.2	1.9	5.4	31.3	1.2	0.5	2.0	1.3	3.8	3.1	5.7	11.0	0.6	0.7	0.5	0.5	1.1	2.8	4.4	10.9	1.1	1.1	1.0
07-01-02 Veal	0.0	0.1	0.1	0.7	0.0	0.0	0.1	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.4	0.1	0.1	0.0
07-01-03 Pork	0.2	1.5	1.9	13.1	0.8	0.3	2.1	1.2	4.0	3.1	6.8	5.5	0.2	0.0	0.2	0.1	11.1	2.3	6.1	2.7	0.1	1.0	1.4
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.5	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.2	0.2	0.2	0.5	0.0	0.2	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.8	1.2	5.6	0.8	0.6	1.2	0.5	2.1	1.4	4.3	1.6	0.9	0.0	0.6	0.4	0.9	0.6	4.3	1.2	0.0	5.7	1.0
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.8	1.1	5.6	0.8	0.6	1.2	0.5	2.0	1.4	4.2	1.5	0.9	0.0	0.6	0.4	0.9	0.6	4.2	1.1	0.0	5.7	1.0
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.5	3.1	4.7	24.8	3.0	0.9	2.1	10.5	4.7	3.3	8.5	6.4	11.4	0.1	9.5	1.1	8.8	3.8	4.4	8.0	3.7	3.3	1.8
07-05 Offals	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.2	0.0	0.0	0.0
08 Fish and shellfish	0.6	0.9	1.4	7.0	1.1	4.8	1.8	3.6	4.0	2.0	9.2	1.1	0.4	0.0	0.3	0.5	1.6	1.3	2.2	9.7	0.0	10.1	1.7
08-01 Fish	0.5	0.7	1.2	6.4	0.9	3.9	1.6	3.3	3.6	1.8	8.1	1.0	0.3	0.0	0.2	0.5	1.5	1.2	2.2	8.8	0.0	9.5	1.6
08-02 Crustaceans, molluscs	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.2	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.1	0.1	0.5	0.1	0.7	0.1	0.1	0.4	0.2	0.9	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.3	0.0	0.6	0.0
09 Eggs and egg products	1.0	1.0	3.7	0.0	4.1	3.5	0.7	1.0	2.6	0.6	6.4	2.5	5.4	0.0	4.1	2.7	0.8	3.4	1.0	5.1	0.0	5.9	5.0
09-01 Egg	1.0	1.0	3.7	0.0	4.1	3.5	0.7	1.0	2.6	0.6	6.4	2.5	5.4	0.0	4.1	2.7	0.8	3.4	1.0	5.1	0.0	5.9	5.0
10 Fat	0.5	0.0	0.2	0.0	0.3	1.3	0.2	1.4	0.4	0.3	0.1	0.0	36.2	1.7	26.0	16.0	1.1	0.8	11.6	5.2	0.0	39.6	34.4
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	2.1	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.4
10-02 Butter	0.1	0.0	0.0	0.0	0.0	1.1	0.0	0.2	0.1	0.0	0.1	0.0	4.9	1.7	3.7	0.0	0.0	0.1	0.0	0.2	0.0	1.2	0.9
10-03 Margarines	0.4	0.0	0.2	0.0	0.2	0.2	0.1	1.1	0.3	0.3	0.0	0.0	30.2	0.0	21.4	16.0	1.1	0.7	11.6	5.0	0.0	36.2	26.6
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.5	4.5	5.6	0.0	6.6	0.6	2.1	0.5	1.1	1.8	0.5	1.0	0.8	1.4	0.7	0.3	0.7	1.3	0.8	0.5	1.1	0.7	1.5

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.5	0.0	0.7	0.0	0.2	0.1	0.1	0.3	0.1	0.1	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.5	0.0	0.4
11-02	Chocolate, candy bars, paste, chocolate confetti	0.7	2.4	1.6	0.0	1.9	0.2	1.0	0.1	0.5	0.6	0.3	0.5	0.2	0.2	0.1	0.2	0.3	0.5	0.2	0.3	0.1	0.2	0.7
11-03	Confectionery non-chocolate	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.4	3.2	0.0	3.7	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.4	0.0	0.5	0.0	0.2
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.6	0.4	0.5	0.1	0.2	0.5	0.1	0.2	0.0	0.5	0.1
11-05-01	Ice cream	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.2	0.2	0.1	0.1	0.6	0.4	0.5	0.1	0.2	0.5	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.8	4.0	4.7	0.0	5.4	3.5	2.9	5.2	3.9	2.3	3.8	2.8	7.5	3.1	6.0	1.9	2.3	2.4	1.2	1.0	0.4	6.3	7.1
12-01	Cakes, pies, pastries, etc	1.2	2.6	2.9	0.0	3.3	2.9	1.9	3.4	2.7	1.5	2.7	1.9	5.6	2.4	4.5	1.4	1.6	2.0	0.8	0.8	0.4	4.8	4.2
12-02	Dry cakes, biscuits	0.5	1.4	1.8	0.0	2.1	0.6	1.0	1.8	1.3	0.8	1.1	0.9	1.9	0.6	1.4	0.5	0.7	0.5	0.4	0.2	0.0	1.5	2.8
13	Non-alcoholic beverages	9.2	8.7	9.2	0.0	10.7	4.5	13.2	1.7	1.6	13.8	3.9	1.5	0.2	1.8	0.5	5.9	6.4	6.0	6.3	0.9	13.8	0.1	1.9
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	1.0	1.1	0.0	1.3	0.2	1.7	0.2	0.6	2.4	0.2	0.3	0.0	1.5	0.3	2.0	2.5	1.4	2.1	0.4	11.6	0.0	1.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.3	0.3	0.1	0.7	0.0	0.1
13-03	Coffee, tea and herbal teas	4.2	7.1	7.9	0.0	9.1	2.5	10.0	0.7	0.9	11.3	1.1	1.1	0.2	0.1	0.2	3.9	3.6	4.3	4.0	0.4	1.4	0.1	0.0
13-03-01	Coffee	2.0	3.2	7.0	0.0	8.1	1.3	8.4	0.4	0.4	10.1	1.1	0.6	0.2	0.1	0.2	0.1	3.6	3.1	0.1	0.4	0.0	0.1	0.0
13-03-02	Tea	1.9	3.2	0.7	0.0	0.9	1.0	1.3	0.3	0.5	0.9	0.0	0.4	0.0	0.0	0.0	3.2	0.0	1.0	3.2	0.0	1.2	0.0	0.0
13-03-03	Herbal tea	0.3	0.6	0.1	0.0	0.2	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.1	0.6	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	4.2	0.6	0.1	0.0	0.2	1.8	1.5	0.7	0.0	0.1	2.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.5	1.2	2.8	0.0	3.2	1.5	1.4	0.2	0.5	1.1	0.3	0.3	0.2	0.0	0.1	0.3	0.0	0.6	0.6	0.2	0.0	0.2	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.4	0.7	2.5	0.0	2.8	1.4	1.1	0.1	0.3	0.8	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.3	0.5	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.4	0.2	0.0	0.3	0.0	0.2	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.2	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.4	0.4	1.0	0.1	1.3	0.2	0.5	4.9	0.4	0.6	0.5	0.5	4.5	1.0	3.7	0.2	2.7	0.5	0.4	0.5	0.8	5.7	6.0
15-01	Sauces	0.4	0.4	1.0	0.1	1.2	0.2	0.5	4.3	0.4	0.6	0.5	0.5	4.5	0.9	3.6	0.2	2.7	0.5	0.3	0.5	0.6	5.7	6.0
15-01-00	Unclassified and other sauces	0.3	0.3	0.7	0.0	0.9	0.1	0.3	2.9	0.2	0.3	0.1	0.3	4.3	0.2	3.3	0.1	1.9	0.3	0.1	0.1	0.4	5.2	4.0
15-01-01	Tomato sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.6	0.1	0.2	0.0	0.0	0.1	0.4	0.3	0.1	0.7	0.1	0.0	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.5	0.1	0.1	0.4	0.1	0.0	0.3	0.1	0.1	0.1	0.1	0.2	0.4	0.0	0.4	1.4
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	1.1	3.5	3.9	5.4	3.8	0.5	5.0	15.5	3.4	4.8	2.6	2.2	0.3	12.2	3.1	2.5	9.8	1.6	3.0	4.0	3.9	2.3	2.5
16-01 Soups	1.1	3.5	3.9	5.4	3.8	0.5	5.0	14.8	3.4	4.8	2.6	2.2	0.3	12.2	3.1	2.5	9.8	1.6	3.0	4.0	3.9	2.3	2.5
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.7	0.8	1.1	3.3	1.1	0.3	0.6	1.1	0.6	0.3	1.1	1.1	0.4	0.0	0.4	0.6	0.4	0.4	0.2	1.0	0.2	0.9	0.7
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0
17-02 Dietetic products	0.4	0.5	0.5	0.0	0.5	0.3	0.2	0.1	0.2	0.1	0.4	0.4	0.4	0.0	0.3	0.4	0.1	0.1	0.1	0.3	0.2	0.3	0.4
17-02-00 Unclassified	0.4	0.5	0.5	0.0	0.5	0.3	0.2	0.1	0.2	0.1	0.4	0.4	0.4	0.0	0.3	0.4	0.1	0.1	0.1	0.3	0.2	0.3	0.4
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.1	0.3	0.6	3.3	0.4	0.1	0.2	1.0	0.3	0.2	0.7	0.7	0.1	0.0	0.0	0.1	0.3	0.1	0.1	0.6	0.0	0.5	0.3

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	0.9	6.5	5.2	0.0	6.6	1.4	6.2	0.5	3.2	10.9	0.9	2.9	0.0	0.3	0.0	4.8	5.9	1.3	9.5	0.0	8.2	0.0	1.0
01-01	Potatoes	0.9	6.5	5.2	0.0	6.6	1.4	6.2	0.5	3.2	10.9	0.9	2.9	0.0	0.3	0.0	4.8	5.9	1.3	9.5	0.0	8.2	0.0	1.0
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.4	7.8	8.9	0.0	11.1	2.0	7.7	2.2	5.3	12.7	4.9	4.8	0.1	57.4	16.0	19.5	8.9	6.1	7.1	0.0	26.3	0.0	7.1
02-01	Leafy vegetables (except cabbages)	1.5	1.4	2.4	0.0	2.7	0.3	1.9	0.2	0.8	2.2	0.1	1.2	0.0	14.1	3.3	3.1	1.1	1.1	0.6	0.0	0.7	0.0	1.7
02-02	Fruiting vegetables	1.0	1.6	1.8	0.0	2.3	0.6	1.7	0.4	0.9	2.7	0.2	0.9	0.0	8.9	1.3	2.4	1.2	0.9	1.5	0.0	4.3	0.0	1.4
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.2	0.3	0.3	0.3	1.0	0.0	0.4	0.0	16.6	8.4	1.4	0.4	0.3	0.4	0.0	0.6	0.0	0.6
02-04	Cabbages	1.6	2.1	2.6	0.0	3.6	0.4	2.7	0.7	2.3	5.1	3.9	1.2	0.1	9.3	1.2	9.6	4.4	2.3	3.3	0.0	19.0	0.0	2.7
02-05	Mushrooms	0.0	0.8	0.3	0.0	0.3	0.0	0.1	0.0	0.1	0.2	0.3	0.1	0.0	0.0	0.0	0.1	0.2	0.6	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.3	0.6	0.6	0.0	0.6	0.2	0.3	0.3	0.4	0.3	0.1	0.5	0.0	1.2	0.2	1.4	0.9	0.5	0.2	0.0	0.4	0.0	0.3
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.4	0.1	0.3	0.0	0.3	0.6	0.1	0.2	0.0	0.6	0.1	0.8	0.3	0.1	0.6	0.0	0.3	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.9	0.2	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.6	0.0	0.6	0.1	0.3	0.3	0.2	0.5	0.1	0.3	0.0	5.7	1.3	0.8	0.3	0.2	0.3	0.0	0.8	0.0	0.2
03	Legumes	0.3	1.6	1.0	0.0	1.2	0.0	0.8	0.7	0.7	0.7	0.5	0.5	0.0	0.0	0.0	0.4	0.7	0.3	0.3	0.0	0.0	0.0	0.2
03-01	Legumes	0.3	1.6	1.0	0.0	1.2	0.0	0.8	0.7	0.7	0.7	0.5	0.5	0.0	0.0	0.0	0.4	0.7	0.3	0.3	0.0	0.0	0.0	0.2
04	Fruits, nuts and olives	2.3	10.2	5.0	0.0	6.0	1.6	8.0	0.8	3.6	10.5	4.0	3.6	0.0	5.9	1.9	6.8	5.6	2.8	7.2	0.0	26.2	0.0	5.3
04-01	Fruits	2.0	7.4	3.7	0.0	4.4	1.5	5.9	0.1	2.4	9.7	2.8	2.2	0.0	5.8	1.9	6.4	4.8	2.4	6.8	0.0	26.2	0.0	4.0
04-02	Nuts and seeds (+nut spread)	0.3	2.7	1.3	0.0	1.5	0.0	2.1	0.3	1.2	0.7	1.2	1.4	0.0	0.0	0.0	0.4	0.8	0.4	0.4	0.0	0.0	0.0	1.3
04-03	Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05	Dairy products	58.5	4.1	2.6	0.0	3.2	15.1	13.6	20.7	32.8	12.9	13.8	21.4	28.9	9.8	21.8	7.4	7.3	35.3	6.5	31.5	2.3	2.7	4.4
05-01	Milk	12.3	0.5	0.3	0.0	0.4	5.5	4.0	2.5	8.0	5.7	1.8	4.6	3.1	0.8	2.1	2.1	3.1	12.1	2.0	9.0	0.5	0.0	0.3
05-02	Milk beverages	0.8	0.4	0.5	0.0	0.6	0.5	0.5	0.2	0.7	0.6	0.1	0.3	0.2	0.1	0.1	0.1	0.3	0.8	0.3	0.5	0.1	0.1	0.0
05-03	Yoghurt	7.5	0.7	0.5	0.0	0.5	2.0	2.2	1.5	4.5	2.7	1.0	2.6	2.3	0.7	1.8	1.5	1.7	7.3	2.2	5.1	1.3	0.4	0.5
05-04	Fromage blanc, petits suisses	0.9	0.2	0.2	0.0	0.2	1.0	0.3	0.2	0.8	0.4	0.3	0.4	0.7	0.2	0.4	0.2	0.5	1.7	0.4	1.1	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	32.8	1.8	0.7	0.0	1.0	4.5	5.1	15.3	15.9	1.6	9.6	11.9	19.8	7.2	15.5	3.1	0.8	9.6	0.9	13.5	0.1	1.5	3.0
05-06	Cream desserts, puddings (milk based)	2.4	0.4	0.4	0.0	0.5	0.6	1.0	0.7	1.6	1.1	0.4	0.9	1.2	0.4	0.8	0.3	0.6	2.2	0.6	1.5	0.1	0.2	0.2
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.0	0.2	0.7	0.0	0.0	0.2	0.0	0.1	0.0	0.3	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	1.0	0.2	0.7	0.0	0.0	0.2	0.0	0.1	0.0	0.3	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	1.7	0.1	0.0	0.0	0.0	1.1	0.5	0.4	1.2	0.8	0.5	0.6	0.5	0.2	0.3	0.0	0.3	1.5	0.2	0.7	0.0	0.0	0.3
06	Cereals and cereal products	5.6	23.4	21.5	0.0	27.3	49.2	19.6	30.6	15.6	9.1	12.0	13.9	0.6	0.2	0.4	13.4	18.2	7.5	5.8	0.3	0.0	0.5	5.1
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.3	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.3	1.5	0.9	0.0	1.1	0.3	1.0	0.0	0.9	0.3	0.5	1.1	0.0	0.1	0.0	0.2	0.4	0.3	0.2	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	5.0	20.6	19.2	0.0	24.5	48.8	17.5	28.8	13.7	8.4	10.9	11.8	0.0	0.0	0.0	12.5	16.1	6.6	5.2	0.0	0.0	0.1	3.9
06-03-01	Bread	4.6	18.9	17.5	0.0	22.5	48.5	16.0	27.1	12.5	7.6	10.3	10.8	0.0	0.0	0.0	12.0	14.8	6.1	4.7	0.0	0.0	0.1	3.3

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	1.7	1.7	0.0	2.1	0.3	1.5	1.7	1.2	0.7	0.6	1.0	0.0	0.0	0.0	0.5	1.3	0.5	0.5	0.0	0.0	0.0	0.6
06-04 Breakfast cereals	0.1	0.7	0.9	0.0	1.1	0.0	0.7	0.2	0.6	0.3	0.2	0.6	0.0	0.0	0.0	0.5	1.3	0.3	0.3	0.0	0.0	0.2	0.5
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.5	0.4	0.0	0.5	0.0	0.3	1.1	0.3	0.2	0.4	0.3	0.4	0.1	0.3	0.1	0.2	0.2	0.1	0.2	0.0	0.1	0.5
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.3	9.7	20.1	90.5	7.8	2.7	10.7	12.6	19.3	16.2	26.8	33.2	11.0	3.2	8.8	2.9	22.3	15.7	22.2	31.4	5.4	14.5	6.4
07-01 Fresh meat	0.6	5.2	13.9	54.2	4.2	1.2	6.9	3.5	11.7	10.6	13.7	23.0	1.5	2.8	1.5	1.3	9.9	9.9	13.0	20.6	2.1	5.6	3.6
07-01-00 Unclassified	0.0	0.0	0.1	1.7	0.0	0.0	0.1	0.1	0.1	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.2	0.1	0.1	0.0
07-01-01 Beef	0.5	4.4	12.8	43.6	3.6	1.1	5.8	2.5	9.2	8.8	10.4	20.1	1.3	2.8	1.4	1.2	4.3	8.6	10.3	18.8	1.9	5.0	3.1
07-01-02 Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0
07-01-03 Pork	0.1	0.7	1.0	8.4	0.5	0.1	1.1	0.9	2.3	1.6	3.1	2.5	0.1	0.0	0.1	0.1	5.2	1.2	2.4	1.4	0.1	0.5	0.5
07-01-04 Mutton/Lamb	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	1.7	1.7	9.5	1.1	0.6	1.5	0.7	2.6	1.9	5.1	2.1	1.5	0.0	0.6	0.6	2.1	1.1	4.7	1.9	0.0	5.9	1.2
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.2	1.7	1.4	8.8	1.0	0.6	1.5	0.6	2.3	1.8	5.1	2.1	1.5	0.0	0.6	0.5	1.7	0.9	4.3	1.4	0.0	5.9	1.2
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.2	0.7	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.2	0.4	0.4	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.5	2.8	4.4	26.5	2.4	0.8	2.3	8.4	5.0	3.6	7.8	8.0	7.6	0.3	6.3	0.8	10.3	4.6	4.5	8.5	3.3	2.9	1.6
07-05 Offals	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.0	0.5	0.1	0.1	0.1	0.0	0.4	0.0	0.0	0.0
08 Fish and shellfish	0.9	1.3	1.7	7.7	1.3	7.0	1.9	3.9	4.5	2.4	13.7	1.3	0.6	0.0	0.4	1.0	2.2	2.1	2.6	12.0	0.1	10.8	1.3
08-01 Fish	0.8	0.9	1.4	6.5	1.1	5.3	1.6	3.2	4.0	2.1	11.6	1.1	0.5	0.0	0.4	0.9	1.8	1.9	2.4	10.5	0.1	9.5	0.9
08-02 Crustaceans, molluscs	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.3	0.2	1.1	0.2	1.5	0.3	0.6	0.4	0.3	1.9	0.2	0.1	0.0	0.1	0.1	0.5	0.2	0.2	1.1	0.0	1.2	0.3
09 Eggs and egg products	0.7	0.6	2.4	0.0	2.9	2.4	0.5	0.8	2.0	0.5	3.9	1.8	3.6	0.0	2.5	1.6	0.6	2.4	0.6	3.5	0.0	4.2	2.8
09-01 Egg	0.7	0.6	2.4	0.0	2.9	2.4	0.5	0.8	2.0	0.5	3.9	1.8	3.6	0.0	2.5	1.6	0.6	2.4	0.6	3.5	0.0	4.2	2.8
10 Fat	0.4	0.1	0.2	0.0	0.3	2.2	0.2	1.0	0.4	0.3	0.2	0.1	33.3	6.0	25.1	16.0	1.3	1.1	10.2	5.2	0.0	31.2	23.0
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.6	0.0	1.0	0.0	0.0	0.0	0.0	0.0	0.0	2.0	1.9
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.4
10-02 Butter	0.2	0.1	0.1	0.0	0.1	2.1	0.1	0.3	0.2	0.1	0.2	0.1	11.6	5.9	10.0	0.0	0.2	0.3	0.0	0.5	0.0	6.7	1.8
10-03 Margarines	0.2	0.0	0.1	0.0	0.1	0.1	0.1	0.5	0.2	0.2	0.0	0.0	20.1	0.0	14.2	16.0	1.1	0.9	10.2	4.7	0.0	22.5	16.9
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.6	6.2	6.5	0.0	8.3	0.8	3.4	0.7	1.6	2.6	0.5	1.3	1.4	1.3	1.0	0.6	1.0	1.8	1.3	0.7	2.1	0.5	2.2

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.4	0.0	0.5	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	1.0	4.5	3.4	0.0	4.8	0.5	2.4	0.3	1.2	1.5	0.4	0.8	0.9	0.2	0.6	0.5	0.7	1.2	0.4	0.6	0.3	0.0	1.2
11-03	Confectionery non-chocolate	0.1	0.2	0.3	0.0	0.4	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.2
11-04	Syrup	0.1	1.0	2.2	0.0	2.6	0.0	0.4	0.1	0.1	0.5	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.8	0.0	1.4	0.0	0.5
11-05	Ice cream, water ice	0.4	0.1	0.0	0.0	0.1	0.2	0.2	0.1	0.2	0.1	0.0	0.1	0.5	0.4	0.4	0.1	0.1	0.3	0.1	0.1	0.0	0.5	0.1
11-05-01	Ice cream	0.3	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.4	0.3	0.3	0.1	0.1	0.2	0.0	0.1	0.0	0.5	0.0	
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.5	4.5	5.1	0.0	6.3	2.9	3.4	6.0	4.2	3.0	3.6	2.8	7.0	2.0	5.1	1.7	3.3	2.4	1.2	1.1	0.2	10.1	7.4
12-01	Cakes, pies, pastries, etc	0.6	1.8	2.0	0.0	2.3	1.8	1.3	2.7	1.8	1.1	1.7	1.3	3.3	0.9	2.2	0.8	1.3	1.3	0.5	0.6	0.2	2.9	2.5
12-02	Dry cakes, biscuits	0.8	2.7	3.1	0.0	4.0	1.1	2.1	3.3	2.5	1.9	2.0	1.5	3.7	1.1	3.0	1.0	2.0	1.1	0.7	0.5	0.0	7.2	4.9
13	Non-alcoholic beverages	10.7	11.6	8.1	0.0	10.3	5.0	13.0	1.9	2.6	13.5	3.0	1.6	0.2	1.9	0.8	10.5	5.6	6.3	9.7	0.3	13.1	0.0	1.7
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	0.8	1.1	0.0	1.3	0.2	1.6	0.2	0.7	2.7	0.2	0.4	0.0	1.8	0.7	2.4	2.2	0.7	1.3	0.0	11.0	0.0	1.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0
13-03	Coffee, tea and herbal teas	5.8	10.0	6.7	0.0	8.7	3.1	9.8	0.9	1.5	10.7	0.8	1.1	0.2	0.1	0.2	8.0	3.3	5.6	8.2	0.2	2.0	0.0	0.0
13-03-01	Coffee	1.7	2.3	5.1	0.0	6.3	1.0	6.1	0.4	0.4	8.2	0.8	0.5	0.2	0.1	0.2	0.1	3.3	2.7	0.1	0.2	0.0	0.0	0.0
13-03-02	Tea	3.9	7.4	1.5	0.0	2.3	1.9	3.5	0.5	1.1	2.4	0.0	0.6	0.0	0.0	0.0	7.6	0.0	2.8	7.8	0.0	1.9	0.0	0.0
13-03-03	Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.3	0.0	0.1	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	4.0	0.6	0.1	0.0	0.2	1.7	1.5	0.7	0.0	0.1	2.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.6	1.1	3.0	0.0	3.5	1.5	1.8	0.2	0.7	1.6	0.1	0.3	0.0	0.0	0.0	0.5	0.0	0.8	1.0	0.3	0.0	0.0	0.0
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.7	2.6	0.0	3.0	1.4	1.2	0.1	0.3	1.2	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.4	0.6	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.3	0.4	0.0	0.4	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.3	0.3	0.2	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.4	0.6	0.8	0.3	1.0	0.3	0.6	7.0	0.5	0.6	1.1	0.5	4.7	2.0	3.8	0.5	1.8	0.4	0.2	1.6	0.2	5.3	15.3
15-01	Sauces	0.4	0.6	0.7	0.3	1.0	0.3	0.5	6.4	0.5	0.6	1.1	0.5	4.7	2.0	3.8	0.4	1.6	0.3	0.2	1.5	0.2	5.3	15.3
15-01-00	Unclassified and other sauces	0.2	0.3	0.4	0.0	0.4	0.2	0.3	2.8	0.2	0.3	0.1	0.2	4.5	0.9	3.5	0.1	1.4	0.1	0.1	0.1	0.1	4.5	4.8
15-01-01	Tomato sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.2	0.2	0.3	0.2	0.5	0.1	0.1	3.1	0.3	0.2	0.9	0.3	0.1	0.5	0.2	0.2	0.2	0.2	0.1	1.4	0.0	0.8	10.0
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	0.7	1.5	1.6	1.3	1.7	0.1	2.6	9.2	1.1	1.8	0.8	0.9	0.1	6.1	1.2	0.8	2.1	0.6	1.0	1.0	1.6	1.0	1.4
16-01 Soups	0.7	1.4	1.5	1.3	1.6	0.1	2.5	7.3	1.1	1.7	0.8	0.9	0.1	6.1	1.2	0.8	2.1	0.6	1.0	1.0	1.6	1.0	1.4
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.0	0.0	1.9	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.7	0.7	1.2	0.2	1.2	0.6	1.4	1.1	1.2	0.6	0.8	1.1	0.8	0.2	0.6	0.9	0.8	1.4	0.4	1.2	0.2	1.7	0.6
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.7	0.1	0.5	0.0	0.6	0.0	1.1	0.4	0.6	0.4	0.1	0.3	0.0	0.0	0.0	0.5	0.2	0.6	0.0	0.6	0.0	0.9	0.0
17-02 Dietetic products	0.6	0.5	0.4	0.0	0.4	0.3	0.3	0.2	0.4	0.2	0.6	0.6	0.6	0.0	0.5	0.3	0.5	0.6	0.3	0.5	0.1	0.6	0.3
17-02-00 Unclassified	0.6	0.5	0.4	0.0	0.4	0.3	0.3	0.2	0.4	0.2	0.6	0.6	0.6	0.0	0.5	0.3	0.5	0.6	0.3	0.5	0.1	0.6	0.3
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.4	0.1	0.1	0.2	0.1	0.3	0.1	0.3	0.2	0.1	0.2	0.2	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.2

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	0.6	4.8	3.9	0.0	4.6	1.2	4.1	0.2	2.1	7.4	0.8	2.3	0.0	0.2	0.0	4.3	4.1	0.8	7.7	0.0	6.3	0.0	0.7
01-01	Potatoes	0.6	4.7	3.8	0.0	4.6	1.2	4.0	0.2	2.1	7.4	0.8	2.3	0.0	0.2	0.0	4.3	4.0	0.8	7.7	0.0	6.3	0.0	0.7
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	4.7	7.4	10.4	0.0	12.4	2.2	7.2	2.6	5.1	12.8	2.5	4.5	0.6	59.2	17.8	18.7	7.5	5.2	7.3	0.0	21.8	1.1	11.7
02-01	Leafy vegetables (except cabbages)	1.4	1.6	2.9	0.0	3.4	0.3	1.9	0.9	0.9	2.2	0.2	0.8	0.6	12.7	4.9	3.9	1.7	1.2	1.0	0.0	1.0	1.1	3.7
02-02	Fruiting vegetables	1.1	2.0	2.5	0.0	2.9	0.9	2.4	0.4	1.3	4.0	0.4	1.4	0.0	16.7	2.3	4.1	1.8	1.1	2.2	0.0	8.5	0.0	2.5
02-03	Root vegetables	0.3	0.5	0.8	0.0	0.9	0.2	0.3	0.2	0.3	1.0	0.1	0.4	0.0	13.0	7.2	1.8	0.5	0.3	0.7	0.0	1.0	0.0	0.7
02-04	Cabbages	1.1	1.6	2.3	0.0	3.0	0.5	1.8	0.9	1.9	3.6	1.2	1.2	0.0	7.8	1.3	5.7	1.4	1.3	2.2	0.0	9.3	0.0	4.0
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.0	0.2	0.2	0.0	0.2	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.4	0.1	0.7	0.3	0.2	0.1	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.6	0.4	0.0	0.5	0.1	0.3	0.0	0.3	0.7	0.1	0.3	0.0	1.9	0.3	1.4	0.3	0.2	0.8	0.0	0.5	0.0	0.4
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.3	0.1	0.3	0.2	0.1	0.1	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.3	1.0	0.0	1.1	0.1	0.2	0.1	0.2	0.6	0.1	0.2	0.0	6.5	1.7	0.8	1.2	0.6	0.2	0.0	1.1	0.0	0.2
03	Legumes	0.3	1.0	0.8	0.0	0.9	0.0	0.4	0.3	0.6	0.5	0.2	0.5	0.0	0.0	0.0	0.6	0.5	0.2	0.2	0.0	0.0	0.0	0.1
03-01	Legumes	0.3	1.0	0.8	0.0	0.9	0.0	0.4	0.3	0.6	0.5	0.2	0.5	0.0	0.0	0.0	0.6	0.5	0.2	0.2	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	3.0	14.1	6.6	0.0	8.0	1.4	9.6	3.0	5.0	13.2	4.7	4.7	0.0	11.7	3.3	7.9	6.5	3.8	9.9	0.0	33.1	0.0	9.8
04-01	Fruits	2.3	10.0	5.0	0.0	6.0	1.3	6.1	0.1	2.8	11.8	2.8	2.6	0.0	11.3	3.2	6.9	5.2	3.0	9.2	0.0	33.1	0.0	6.8
04-02	Nuts and seeds (+nut spread)	0.5	3.7	1.3	0.0	1.5	0.1	3.3	0.9	2.0	1.1	1.8	2.0	0.0	0.0	0.0	1.0	1.2	0.8	0.6	0.0	0.0	0.0	2.7
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.2	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1
04-04	Olives	0.1	0.3	0.2	0.0	0.3	0.0	0.1	1.9	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2
05	Dairy products	60.4	5.8	4.1	0.0	4.8	21.5	17.7	24.2	40.2	18.9	18.4	28.7	34.5	7.8	24.2	11.9	11.2	42.9	11.3	36.6	2.7	6.0	4.9
05-01	Milk	14.7	0.8	0.6	0.0	0.7	7.9	6.1	3.4	11.0	8.0	3.6	6.8	4.2	1.0	2.8	3.8	4.7	16.4	3.3	11.3	0.8	0.1	0.6
05-02	Milk beverages	2.4	1.3	1.5	0.0	1.7	1.3	1.4	0.5	1.8	1.8	0.3	1.3	0.6	0.2	0.6	0.4	0.9	2.7	0.6	1.4	0.1	0.1	0.1
05-03	Yoghurt	10.4	1.0	0.6	0.0	0.7	4.5	4.1	2.8	7.4	4.9	2.1	4.7	2.9	0.8	2.1	3.5	3.3	10.7	5.0	7.1	1.4	0.4	0.4
05-04	Fromage blanc, petits suisses	1.3	0.2	0.2	0.0	0.3	1.2	0.4	0.3	1.0	0.6	0.3	0.5	1.2	0.2	0.6	0.2	0.6	2.0	0.3	1.7	0.1	0.4	0.1
05-05	Cheese (including fresh cheeses)	27.8	2.1	0.7	0.0	0.9	4.9	4.2	15.7	15.8	1.3	10.9	13.9	23.1	4.2	16.1	3.4	0.7	7.5	1.2	12.9	0.2	4.2	2.9
05-06	Cream desserts, puddings (milk based)	2.1	0.4	0.4	0.0	0.6	0.5	1.0	1.0	1.7	1.4	0.6	0.9	1.3	0.9	1.1	0.4	0.6	1.7	0.6	1.2	0.2	0.4	0.3
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.6	0.2	0.5	0.0	0.1	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.6	0.2	0.5	0.0	0.1	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	1.6	0.1	0.0	0.0	0.0	1.2	0.6	0.4	1.3	0.9	0.7	0.7	0.6	0.3	0.4	0.1	0.4	1.8	0.2	0.9	0.0	0.2	0.5
06	Cereals and cereal products	4.8	26.2	23.4	0.0	27.7	46.2	22.7	27.3	16.6	9.6	14.4	16.5	0.7	0.3	0.5	16.1	16.5	6.8	8.4	0.3	0.1	1.1	6.8
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.1
06-02	Pasta, rice, other grain	0.4	2.3	1.1	0.0	1.3	0.4	1.3	0.0	1.2	0.3	0.8	1.5	0.0	0.1	0.0	0.4	0.7	0.3	0.3	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	3.9	21.9	19.6	0.0	23.3	45.5	19.5	25.2	13.8	8.1	12.8	13.5	0.0	0.0	0.0	14.2	13.0	5.3	6.7	0.0	0.0	0.1	4.4
06-03-01	Bread	3.5	20.1	18.2	0.0	21.6	45.5	18.0	24.0	12.8	7.5	12.2	12.6	0.0	0.0	0.0	13.6	11.4	4.8	6.2	0.0	0.0	0.1	4.0

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	1.8	1.4	0.0	1.7	0.1	1.5	1.2	1.1	0.6	0.6	1.0	0.0	0.0	0.0	0.6	1.6	0.6	0.5	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.2	1.2	1.9	0.0	2.2	0.0	1.3	0.2	1.0	0.6	0.1	0.9	0.0	0.0	0.0	1.0	1.9	0.7	0.9	0.1	0.0	0.5	1.4
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.5	0.0	0.6	0.1	0.4	1.5	0.4	0.4	0.4	0.3	0.6	0.2	0.4	0.2	0.5	0.3	0.4	0.2	0.1	0.5	0.7
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.2	0.2	0.1	0.3	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	0.8	6.6	12.5	80.4	4.7	2.0	6.0	13.9	12.1	9.0	21.7	22.3	9.0	2.4	8.1	1.7	20.0	9.3	15.4	25.0	3.8	9.5	3.9
07-01 Fresh meat	0.4	3.0	6.7	43.7	1.8	0.9	3.5	2.8	6.5	4.9	10.5	13.6	0.9	0.6	0.7	0.5	10.7	4.9	9.4	12.3	1.4	3.6	1.8
07-01-00 Unclassified	0.1	0.4	1.3	10.1	0.3	0.2	0.5	0.8	1.1	0.8	1.7	2.8	0.2	0.2	0.2	0.1	1.7	0.7	1.5	2.6	0.6	0.3	0.2
07-01-01 Beef	0.1	1.6	4.2	26.3	0.9	0.4	1.3	1.4	2.3	1.9	3.9	7.6	0.5	0.4	0.4	0.4	0.7	1.8	2.8	7.2	0.8	1.2	0.8
07-01-02 Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03 Pork	0.1	0.9	0.9	4.4	0.4	0.2	1.5	0.6	2.8	2.0	4.7	2.6	0.1	0.0	0.1	0.0	8.1	2.0	4.7	1.5	0.0	2.1	0.8
07-01-04 Mutton/Lamb	0.0	0.2	0.4	2.9	0.1	0.1	0.2	0.1	0.3	0.2	0.2	0.6	0.1	0.0	0.0	0.0	0.2	0.4	0.4	1.0	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	0.8	0.7	5.0	0.4	0.2	0.6	0.4	1.2	0.8	3.3	0.8	0.4	0.0	0.3	0.2	0.8	0.3	2.3	2.2	0.0	2.1	0.5
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.0	0.7	0.3	2.6	0.2	0.2	0.5	0.4	1.0	0.6	2.4	0.5	0.4	0.0	0.3	0.1	0.4	0.2	1.8	0.4	0.0	2.1	0.3
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.1	0.4	2.4	0.1	0.0	0.1	0.0	0.2	0.2	0.9	0.3	0.0	0.0	0.0	0.0	0.3	0.1	0.5	1.8	0.0	0.0	0.2
07-03 Game	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0
07-04 Processed meat	0.3	2.4	4.3	28.7	2.3	0.9	1.7	10.6	3.9	3.0	7.7	6.8	7.7	1.4	7.1	0.7	8.2	3.3	3.6	8.5	2.4	3.8	1.6
07-05 Offals	0.0	0.3	0.6	2.8	0.1	0.0	0.2	0.1	0.4	0.3	0.1	1.0	0.0	0.3	0.1	0.2	0.3	0.8	0.0	1.8	0.0	0.0	0.0
08 Fish and shellfish	0.9	2.5	2.2	12.1	1.9	7.6	2.3	3.5	5.2	3.2	13.9	1.9	1.4	0.0	0.9	1.2	3.0	2.4	4.2	15.6	0.3	12.4	2.8
08-01 Fish	0.6	1.6	1.5	8.9	1.3	5.1	1.8	2.5	4.6	2.8	10.7	1.3	1.1	0.0	0.7	0.9	2.5	2.1	3.9	12.4	0.3	11.2	2.4
08-02 Crustaceans, molluscs	0.2	0.5	0.5	1.5	0.5	1.0	0.4	0.6	0.3	0.2	1.2	0.5	0.2	0.0	0.2	0.2	0.0	0.2	0.1	2.5	0.0	0.0	0.3
08-03 Fish products, fish in crumbs	0.0	0.4	0.2	1.7	0.2	1.5	0.2	0.4	0.3	0.2	2.1	0.1	0.1	0.0	0.0	0.2	0.5	0.1	0.2	0.8	0.0	1.2	0.1
09 Eggs and egg products	0.3	0.3	1.0	0.0	1.3	1.0	0.2	0.4	1.0	0.2	2.0	0.8	2.0	0.0	1.6	0.8	0.3	0.9	0.3	1.4	0.0	1.7	1.3
09-01 Egg	0.3	0.3	1.0	0.0	1.3	1.0	0.2	0.4	1.0	0.2	2.0	0.8	2.0	0.0	1.6	0.8	0.3	0.9	0.3	1.4	0.0	1.7	1.3
10 Fat	0.4	0.1	0.2	0.0	0.2	1.7	0.1	1.4	0.4	0.2	0.2	0.1	32.3	2.3	23.7	10.5	0.7	0.8	7.2	3.5	0.0	28.3	23.0
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.7	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.7
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	3.6
10-02 Butter	0.1	0.1	0.0	0.0	0.1	1.5	0.0	0.2	0.1	0.1	0.2	0.1	10.4	2.2	7.3	0.0	0.1	0.1	0.0	0.5	0.0	4.2	1.3
10-03 Margarines	0.3	0.0	0.1	0.0	0.2	0.1	0.1	1.2	0.2	0.2	0.0	0.0	21.2	0.1	15.8	10.5	0.7	0.6	7.2	3.0	0.0	23.3	17.5
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.3	5.8	7.4	0.0	8.6	0.9	2.6	0.7	1.4	2.3	0.7	1.4	1.1	1.9	1.0	0.4	1.1	1.9	0.8	0.7	0.5	0.6	1.4

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.3	0.4	0.0	0.6	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.7	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti	0.6	3.5	2.3	0.0	2.8	0.4	1.3	0.2	0.8	0.9	0.5	0.7	0.4	0.3	0.3	0.3	0.5	0.9	0.2	0.4	0.1	0.0	0.9
11-03	Confectionery non-chocolate	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1
11-04	Syrup	0.1	1.7	4.5	0.0	5.1	0.0	0.7	0.1	0.2	0.9	0.0	0.3	0.0	0.0	0.0	0.0	0.2	0.3	0.4	0.0	0.1	0.0	0.1
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.3	0.1	0.3	0.3	0.1	0.2	0.6	0.8	0.6	0.1	0.4	0.6	0.1	0.2	0.0	0.4	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.0	0.1	0.4	0.3	0.1	0.3	0.2	0.1	0.2	0.6	0.8	0.6	0.1	0.4	0.6	0.1	0.2	0.0	0.4	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.4	4.0	4.7	0.0	5.7	3.0	2.9	5.3	3.7	2.3	3.4	2.9	6.9	1.8	4.6	1.6	2.7	2.0	1.2	0.8	0.1	4.4	6.1
12-01	Cakes, pies, pastries, etc	0.7	1.7	2.1	0.0	2.6	2.1	1.4	2.4	1.9	1.1	1.7	1.4	2.4	0.8	1.3	0.7	1.1	1.0	0.4	0.5	0.1	1.6	1.8
12-02	Dry cakes, biscuits	0.7	2.3	2.7	0.0	3.1	0.9	1.5	3.0	1.8	1.2	1.8	1.5	4.5	1.0	3.3	0.9	1.6	0.9	0.8	0.3	0.0	2.8	4.3
13	Non-alcoholic beverages	8.4	9.4	9.2	0.0	11.3	4.8	13.6	1.8	2.6	15.9	4.0	2.0	0.7	3.1	1.2	9.3	6.9	5.8	7.2	1.2	18.2	0.3	1.9
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.9	1.9	1.7	0.0	2.2	0.4	2.7	0.1	1.1	4.1	0.5	0.5	0.0	2.2	0.6	4.5	2.8	0.8	1.8	0.0	16.0	0.0	1.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.8	0.1	0.0	0.5	0.4	0.5	0.1	0.5	0.0	0.5
13-03	Coffee, tea and herbal teas	4.3	6.7	7.3	0.0	8.9	2.8	9.6	1.1	1.4	11.7	1.4	1.4	0.7	0.1	0.5	4.8	3.6	4.6	4.9	1.1	1.6	0.3	0.1
13-03-01	Coffee	2.1	2.9	6.3	0.0	7.7	1.5	8.0	0.7	0.8	10.4	1.4	0.8	0.7	0.1	0.5	0.2	3.6	3.3	0.2	1.1	0.0	0.3	0.1
13-03-02	Tea	1.4	2.5	0.6	0.0	0.8	0.9	1.0	0.2	0.4	0.8	0.0	0.3	0.0	0.0	0.0	2.8	0.0	0.8	2.8	0.0	0.9	0.0	0.0
13-03-03	Herbal tea	0.8	1.4	0.3	0.0	0.4	0.5	0.5	0.1	0.2	0.4	0.0	0.2	0.0	0.0	0.0	1.7	0.0	0.5	1.9	0.0	0.7	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.0	0.5	0.1	0.0	0.1	1.5	1.2	0.6	0.0	0.0	2.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.7	1.9	3.5	0.0	4.5	2.0	2.1	0.3	0.9	1.9	0.4	0.6	0.2	0.0	0.2	0.4	0.1	0.9	1.0	0.4	0.0	0.3	0.2
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.8	2.6	0.0	3.3	1.8	1.4	0.1	0.4	1.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.7	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.9	0.7	0.0	0.9	0.0	0.6	0.1	0.2	0.5	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.2	0.2	0.0	0.2	0.2	0.0	0.0	0.1	0.0	0.2	0.1	0.2	0.0	0.2	0.2	0.1	0.3	0.0	0.3	0.0	0.3	0.2
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.6	0.8	1.0	1.1	1.1	0.5	0.5	5.5	0.7	0.7	2.6	0.7	2.6	1.9	1.9	0.7	1.6	0.5	1.1	3.2	0.2	5.9	10.2
15-01	Sauces	0.6	0.7	0.9	1.1	1.0	0.5	0.4	3.9	0.7	0.6	2.6	0.7	2.6	1.9	1.9	0.6	1.4	0.4	1.1	3.2	0.1	5.9	10.2
15-01-00	Unclassified and other sauces	0.2	0.1	0.2	0.0	0.2	0.1	0.1	1.8	0.1	0.1	0.0	0.1	2.4	0.0	1.5	0.0	1.1	0.1	0.0	0.0	0.0	1.6	3.4
15-01-01	Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.4	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.2
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
15-01-03 Mayonnaises and similars	0.3	0.6	0.6	1.1	0.6	0.4	0.2	1.6	0.5	0.3	2.5	0.5	0.2	1.6	0.4	0.5	0.2	0.3	1.0	3.1	0.0	4.3	6.2
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.1	1.5	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	0.3	0.9	1.0	2.0	0.9	0.1	1.9	6.8	0.6	0.9	0.7	0.8	0.1	3.3	0.6	0.6	1.6	0.4	1.0	0.5	1.2	1.3	1.0
16-01 Soups	0.3	0.9	0.9	2.0	0.9	0.1	1.9	4.6	0.6	0.9	0.6	0.8	0.1	3.3	0.6	0.6	1.5	0.4	1.0	0.5	1.2	1.3	1.0
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.7	0.8	1.6	4.3	1.4	0.2	1.8	2.8	1.5	0.7	1.2	1.4	0.6	0.1	0.4	1.0	1.1	1.8	0.6	2.4	0.1	3.9	1.0
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	1.4	0.4	0.7	0.0	0.8	0.0	1.4	0.7	0.9	0.5	0.1	0.3	0.1	0.1	0.1	0.9	0.3	1.2	0.1	1.4	0.0	1.5	0.6
17-02 Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.1	0.4	0.8	4.3	0.5	0.1	0.3	2.0	0.5	0.2	0.9	1.0	0.5	0.1	0.4	0.1	0.7	0.6	0.5	1.0	0.1	2.4	0.4

Table 2.5.a Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01	Potatoes and other tubers	0.9	6.5	4.8	0.0	6.0	1.3	5.8	0.4	3.1	10.5	1.2	2.6	0.0	0.2	0.0	5.3	5.3	1.4	9.5	0.0	9.1	0.0	1.0
01-01	Potatoes	0.9	6.5	4.8	0.0	6.0	1.3	5.8	0.4	3.1	10.5	1.2	2.6	0.0	0.2	0.0	5.2	5.3	1.4	9.5	0.0	9.1	0.0	1.0
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.1	6.7	8.5	0.0	10.3	1.9	7.2	2.0	4.7	11.6	4.0	4.4	0.1	57.2	15.6	19.7	7.9	5.7	6.5	0.0	23.7	0.0	7.1
02-01	Leafy vegetables (except cabbages)	1.5	1.4	2.7	0.0	3.1	0.3	2.0	0.3	0.7	2.1	0.2	1.1	0.0	15.2	4.5	3.5	1.1	1.2	0.7	0.0	0.9	0.0	1.8
02-02	Fruiting vegetables	1.2	1.6	1.8	0.0	2.1	0.6	1.7	0.5	0.9	2.6	0.2	0.9	0.0	9.2	1.2	3.0	1.4	1.1	1.4	0.0	4.1	0.0	1.3
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.2	0.4	0.2	0.3	1.1	0.1	0.4	0.0	13.9	6.3	1.5	0.4	0.3	0.5	0.0	0.6	0.0	0.6
02-04	Cabbages	1.2	1.7	2.0	0.0	2.7	0.4	2.1	0.5	1.8	4.0	3.0	1.0	0.0	8.3	1.1	8.5	3.3	1.8	2.6	0.0	15.6	0.0	2.6
02-05	Mushrooms	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.2	0.5	0.5	0.0	0.5	0.2	0.4	0.2	0.4	0.4	0.1	0.5	0.0	1.0	0.2	1.4	0.9	0.6	0.2	0.0	0.6	0.0	0.2
02-07	Onion, garlic	0.3	0.4	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.5	0.1	0.2	0.0	0.4	0.1	0.7	0.2	0.1	0.5	0.0	0.4	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.1	0.1	0.0	1.1	0.3	0.1	0.2	0.2	0.1	0.0	0.3	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.7	0.0	0.8	0.1	0.4	0.3	0.3	0.7	0.2	0.4	0.0	8.0	2.0	1.1	0.5	0.3	0.5	0.0	1.1	0.0	0.3
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.1	0.2	0.3	0.2	0.2	0.0	0.0	0.0	0.3	0.2	0.1	0.1	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.1	0.2	0.3	0.2	0.2	0.0	0.0	0.0	0.3	0.2	0.1	0.1	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.1	10.5	4.6	0.0	5.5	1.3	7.7	1.1	3.9	9.0	3.8	3.3	0.0	5.3	1.7	5.0	4.4	2.2	5.3	0.0	19.6	0.0	6.4
04-01	Fruits	1.6	5.8	2.9	0.0	3.4	1.2	4.0	0.1	1.8	7.6	1.5	1.5	0.0	5.1	1.6	4.2	3.3	1.7	4.6	0.0	19.6	0.0	3.6
04-02	Nuts and seeds (+nut spread)	0.5	4.3	1.6	0.0	1.9	0.1	3.4	0.9	2.0	1.2	2.0	1.7	0.0	0.0	0.0	0.7	1.0	0.5	0.5	0.0	0.0	0.0	2.5
04-03	Mixed fruits	0.1	0.3	0.1	0.0	0.2	0.0	0.2	0.0	0.1	0.2	0.3	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.3
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	63.5	4.7	2.8	0.0	3.4	17.3	16.1	22.3	36.6	17.2	16.3	24.6	29.3	9.1	22.0	10.0	8.9	39.7	8.2	37.0	3.3	3.8	4.7
05-01	Milk	17.7	0.9	0.6	0.0	0.7	7.4	6.4	3.5	11.5	9.2	3.2	6.9	3.9	1.2	2.8	4.0	4.6	16.8	3.4	13.8	1.0	0.0	0.5
05-02	Milk beverages	1.2	0.3	0.4	0.0	0.5	0.6	0.6	0.3	0.8	0.8	0.2	0.5	0.3	0.1	0.2	0.2	0.4	1.5	0.6	0.8	0.4	0.1	0.0
05-03	Yoghurt	6.7	0.5	0.3	0.0	0.4	1.9	2.0	1.3	4.0	2.7	0.9	2.4	1.9	0.5	1.3	1.5	1.6	6.6	2.1	4.4	1.3	0.4	0.4
05-04	Fromage blanc, petits suisses	0.7	0.1	0.1	0.0	0.1	0.8	0.2	0.2	0.6	0.3	0.3	0.3	0.5	0.1	0.3	0.2	0.3	1.1	0.1	1.2	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	31.6	2.0	0.7	0.0	0.9	4.5	4.8	15.6	16.1	1.5	10.5	12.5	19.8	6.0	15.2	3.6	0.8	9.0	1.1	13.8	0.2	2.5	3.0
05-06	Cream desserts, puddings (milk based)	3.8	0.8	0.6	0.0	0.8	0.9	1.5	1.1	2.2	1.8	0.7	1.4	2.0	1.0	1.6	0.5	0.9	3.1	0.8	2.1	0.3	0.4	0.4
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	1.8	0.1	0.0	0.0	0.1	1.1	0.6	0.4	1.2	0.8	0.5	0.5	0.7	0.2	0.5	0.1	0.3	1.6	0.2	0.9	0.0	0.1	0.2
06	Cereals and cereal products	5.3	25.1	23.7	0.1	28.8	51.8	21.7	29.7	16.5	9.5	13.6	15.1	0.3	0.2	0.2	15.2	18.3	7.1	7.6	0.3	0.1	0.5	5.2
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02 Pasta, rice, other grain	0.4	2.1	1.2	0.0	1.3	0.4	1.5	0.0	1.2	0.3	0.8	1.6	0.0	0.1	0.0	0.4	0.7	0.3	0.3	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	4.6	21.3	20.1	0.0	24.6	51.2	18.6	28.0	13.7	8.3	12.2	12.3	0.0	0.0	0.0	13.5	15.4	5.8	6.0	0.0	0.0	0.1	3.9
06-03-01 Bread	4.3	19.7	18.5	0.0	22.8	51.1	17.5	26.9	12.9	7.7	11.7	11.5	0.0	0.0	0.0	12.9	14.2	5.4	5.5	0.0	0.0	0.1	3.5
06-03-02 Crispbread, rusks	0.3	1.6	1.6	0.0	1.9	0.0	1.2	1.0	0.8	0.6	0.5	0.8	0.0	0.0	0.0	0.6	1.2	0.4	0.5	0.0	0.0	0.0	0.5
06-04 Breakfast cereals	0.2	1.1	1.8	0.0	2.1	0.1	1.1	0.3	1.1	0.5	0.2	0.8	0.0	0.0	0.0	1.0	1.7	0.6	0.9	0.1	0.0	0.4	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.3	0.4	0.1	0.5	0.1	0.2	0.9	0.3	0.2	0.2	0.2	0.2	0.1	0.2	0.1	0.2	0.2	0.2	0.2	0.1	0.0	0.4
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.1	0.1	0.1	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.1	9.7	17.8	87.1	7.5	2.5	9.6	13.6	17.5	14.5	27.4	29.5	11.5	2.3	9.7	3.2	23.7	14.5	22.0	29.9	5.8	12.0	5.7
07-01 Fresh meat	0.5	4.9	11.9	51.1	3.5	1.2	6.3	3.0	10.6	9.4	14.2	21.0	1.2	2.1	1.2	1.2	11.1	9.2	13.5	20.1	2.3	5.4	3.3
07-01-00 Unclassified	0.0	0.3	0.7	5.3	0.2	0.1	0.3	0.4	0.6	0.5	1.0	1.5	0.1	0.1	0.1	0.0	1.0	0.4	0.9	1.5	0.5	0.3	0.1
07-01-01 Beef	0.3	3.6	9.9	37.4	2.7	0.8	4.5	1.8	7.1	6.8	8.9	16.1	1.0	2.0	1.0	1.0	3.3	6.7	8.6	16.2	1.7	4.1	2.4
07-01-02 Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.1	0.0	0.0
07-01-03 Pork	0.1	1.0	1.2	7.3	0.6	0.2	1.4	0.8	2.7	2.0	4.2	3.2	0.1	0.0	0.1	0.1	6.7	1.8	3.9	2.0	0.1	1.0	0.8
07-01-04 Mutton/Lamb	0.0	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.3	1.1	9.6	0.7	0.5	1.0	0.5	1.7	1.3	4.0	1.6	0.6	0.0	0.4	0.3	1.0	0.6	3.4	1.6	0.0	3.9	0.7
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.3	0.9	8.8	0.6	0.5	0.9	0.4	1.6	1.2	3.7	1.5	0.6	0.0	0.4	0.3	0.9	0.5	3.1	0.9	0.0	3.9	0.7
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.2	0.5	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.5	2.9	4.0	24.9	2.7	0.9	2.2	10.0	4.8	3.6	8.5	6.2	8.3	0.2	6.7	0.9	11.4	3.9	4.8	7.0	3.3	2.6	1.6
07-05 Offals	0.0	0.6	0.8	1.4	0.7	0.1	0.1	0.1	0.4	0.2	0.6	0.6	1.3	0.1	1.3	0.7	0.1	0.8	0.3	1.2	0.2	0.0	0.1
08 Fish and shellfish	0.6	1.6	1.2	6.7	1.0	3.5	1.4	2.8	3.2	1.7	8.4	1.2	0.7	0.0	0.5	0.5	1.7	1.3	2.0	9.4	0.1	9.4	2.0
08-01 Fish	0.5	1.1	0.9	5.4	0.8	2.6	1.2	2.5	2.9	1.6	7.2	0.9	0.6	0.0	0.5	0.4	1.5	1.2	1.9	8.2	0.1	8.9	1.8
08-02 Crustaceans, molluscs	0.1	0.4	0.2	0.7	0.2	0.5	0.1	0.3	0.1	0.1	0.7	0.2	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.8	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.0	0.1	0.0	0.6	0.0	0.4	0.1	0.1	0.2	0.1	0.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.4	0.0	0.5	0.0
09 Eggs and egg products	0.5	0.5	2.0	0.0	2.4	1.9	0.4	0.6	1.5	0.4	3.3	1.3	2.7	0.0	2.0	1.5	0.5	1.7	0.6	2.8	0.0	3.3	2.2
09-01 Egg	0.5	0.5	2.0	0.0	2.4	1.9	0.4	0.6	1.5	0.4	3.3	1.3	2.7	0.0	2.0	1.5	0.5	1.7	0.6	2.8	0.0	3.3	2.2
10 Fat	0.4	0.1	0.2	0.0	0.3	2.0	0.2	1.2	0.4	0.3	0.2	0.1	35.1	5.0	25.1	12.0	0.4	0.5	8.3	3.8	0.0	37.4	27.4
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	1.5	1.1
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.5
10-02 Butter	0.1	0.1	0.1	0.0	0.1	1.8	0.1	0.2	0.2	0.1	0.2	0.1	10.4	4.9	8.6	0.0	0.1	0.2	0.0	0.5	0.0	5.9	1.9
10-03 Margarines	0.2	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.3	0.2	0.0	0.0	23.8	0.1	15.9	12.0	0.3	0.3	8.3	3.4	0.0	30.1	19.9

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11	Sugar and confectionery	2.0	7.7	8.9	0.0	11.0	1.1	4.1	0.8	2.1	3.4	0.8	1.8	1.5	1.2	1.1	0.7	1.4	2.5	1.5	1.0	2.1	0.7	2.7
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01	Sugar, honey ,jam	0.2	0.7	0.8	0.0	0.9	0.0	0.3	0.1	0.1	0.3	0.1	0.2	0.0	0.5	0.1	0.0	0.0	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	1.2	5.3	4.2	0.0	5.4	0.7	2.7	0.4	1.5	1.9	0.6	1.2	0.9	0.2	0.6	0.6	0.9	1.7	0.3	0.8	0.3	0.0	1.5
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1
11-04	Syrup	0.1	1.5	3.6	0.0	4.3	0.0	0.7	0.1	0.2	0.9	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.2	1.0	0.0	1.2	0.0	0.6
11-05	Ice cream, water ice	0.4	0.1	0.1	0.0	0.1	0.4	0.3	0.1	0.2	0.2	0.1	0.1	0.5	0.4	0.4	0.1	0.3	0.4	0.1	0.2	0.0	0.6	0.1
11-05-01	Ice cream	0.4	0.1	0.1	0.0	0.1	0.4	0.3	0.1	0.2	0.2	0.1	0.1	0.5	0.4	0.4	0.1	0.3	0.4	0.1	0.2	0.0	0.6	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.3	3.6	4.0	0.0	4.9	2.2	2.8	4.7	3.3	2.4	3.1	2.1	5.5	1.9	4.2	1.5	2.6	1.9	1.1	0.9	0.2	9.0	5.7
12-01	Cakes, pies, pastries, etc	0.6	1.4	1.7	0.0	1.9	1.5	1.1	2.0	1.6	1.0	1.6	1.0	2.8	0.9	2.1	0.7	1.1	1.1	0.5	0.7	0.2	3.0	2.1
12-02	Dry cakes, biscuits	0.7	2.2	2.3	0.0	2.9	0.7	1.7	2.7	1.8	1.4	1.5	1.1	2.7	0.9	2.2	0.7	1.5	0.7	0.6	0.2	0.0	6.0	3.6
13	Non-alcoholic beverages	8.5	10.0	7.7	0.0	9.5	4.3	12.4	1.6	2.4	13.6	2.7	1.5	0.2	2.8	0.9	9.5	5.4	5.9	8.5	0.5	16.0	0.0	1.8
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	0.8	0.9	0.0	1.1	0.3	1.7	0.2	0.7	2.7	0.1	0.4	0.0	2.4	0.6	2.8	2.1	0.8	1.5	0.1	12.6	0.0	1.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.3	0.1	0.0	0.1	0.0	0.1	0.1	0.3	0.1	0.1	0.0	0.0	0.3	0.0	0.0	0.2	0.1	0.3	0.0	1.6	0.0	0.2
13-03	Coffee, tea and herbal teas	5.0	8.4	6.6	0.0	8.1	2.8	9.5	0.8	1.4	10.8	0.8	1.1	0.2	0.1	0.2	6.6	3.1	5.0	6.7	0.4	1.8	0.0	0.0
13-03-01	Coffee	1.8	2.3	5.3	0.0	6.2	1.1	6.7	0.4	0.5	8.8	0.8	0.6	0.2	0.1	0.2	0.1	3.1	2.7	0.1	0.4	0.0	0.0	0.0
13-03-02	Tea	2.9	5.5	1.1	0.0	1.7	1.4	2.6	0.4	0.8	1.8	0.0	0.5	0.0	0.0	0.0	5.9	0.0	2.1	6.0	0.0	1.6	0.0	0.0
13-03-03	Herbal tea	0.3	0.5	0.1	0.0	0.2	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.1	0.6	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.7	0.4	0.1	0.0	0.1	1.3	1.1	0.5	0.0	0.0	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.8	1.4	3.7	0.0	4.3	2.7	2.5	0.3	0.8	2.1	0.2	0.4	0.0	0.0	0.0	0.6	0.0	1.1	1.7	0.1	0.0	0.0	0.0
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.7	1.0	3.4	0.0	3.9	2.7	2.0	0.2	0.5	1.7	0.1	0.3	0.0	0.0	0.0	0.2	0.0	0.7	1.0	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.1	0.0	0.0	0.1	0.0	0.3	0.0	0.2	0.3	0.1	0.0	0.0	0.0	0.0	0.5	0.0	0.3	0.5	0.1	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.6	0.7	0.5	0.9	0.3	0.5	6.7	0.6	0.7	1.4	0.6	3.2	2.1	2.8	0.5	2.4	0.5	0.4	1.9	0.5	5.3	11.8
15-01	Sauces	0.4	0.5	0.7	0.5	0.8	0.3	0.5	5.6	0.5	0.6	1.4	0.5	3.2	2.0	2.7	0.4	2.3	0.4	0.4	1.9	0.3	5.3	11.8

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.2	0.2	0.3	0.0	0.3	0.1	0.2	2.3	0.2	0.2	0.0	0.1	3.1	0.2	2.2	0.1	1.9	0.1	0.1	0.0	0.1	3.7	2.8
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.6	0.1	0.2	0.0	0.0	0.0	1.5	0.3	0.1	0.2	0.1	0.1	0.0	0.2	0.0	0.2
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5
15-01-03 Mayonnaises and similars	0.2	0.3	0.3	0.5	0.4	0.2	0.2	2.4	0.3	0.2	1.3	0.4	0.1	0.3	0.1	0.3	0.2	0.2	0.2	1.8	0.0	1.7	8.3
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.6	1.5	1.6	3.3	1.5	0.3	2.4	9.9	1.2	1.8	1.5	1.3	0.4	6.7	1.6	1.3	2.4	0.8	1.6	1.4	2.2	1.3	1.2
16-01 Soups	0.6	1.5	1.6	3.3	1.5	0.2	2.4	7.2	1.2	1.8	1.5	1.3	0.4	6.7	1.6	1.3	2.3	0.8	1.6	1.4	2.2	1.3	1.2
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.7	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.9	1.6	2.4	2.3	2.4	1.0	1.9	2.0	1.5	0.8	1.8	1.9	1.0	0.9	0.9	1.5	1.4	1.4	0.9	2.0	1.0	2.7	1.6
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.8	0.2	0.7	0.0	0.7	0.0	1.1	0.4	0.6	0.3	0.1	0.3	0.0	0.2	0.0	0.5	0.2	0.6	0.1	0.5	0.0	0.5	0.1
17-02 Dietetic products	0.8	1.0	1.0	0.0	1.1	0.7	0.5	0.2	0.5	0.3	0.9	0.9	0.7	0.7	0.7	0.9	0.7	0.5	0.6	0.5	1.0	0.8	1.0
17-02-00 Unclassified	0.8	1.0	1.0	0.0	1.1	0.7	0.5	0.2	0.5	0.3	0.9	0.9	0.7	0.7	0.7	0.9	0.7	0.5	0.6	0.5	1.0	0.8	1.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.3	0.3	0.7	2.3	0.5	0.3	0.3	1.3	0.4	0.2	0.8	0.8	0.3	0.0	0.2	0.1	0.4	0.3	0.2	1.0	0.0	1.3	0.4

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.3	5.5	0.0	6.5	1.6	6.2	0.5	3.2	10.7	1.1	3.3	0.0	0.3	0.0	5.3	5.0	1.2	10.1	0.0	10.3	0.0	1.0
01-01 Potatoes	1.1	7.3	5.5	0.0	6.5	1.6	6.2	0.5	3.2	10.7	1.1	3.3	0.0	0.3	0.0	5.3	5.0	1.2	10.1	0.0	10.3	0.0	1.0
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	5.8	7.9	8.8	0.0	10.3	2.0	6.7	2.5	4.4	11.0	2.6	4.7	0.1	60.4	16.0	17.2	6.2	5.3	6.3	0.0	18.4	0.2	7.0
02-01 Leafy vegetables (except cabbages)	1.8	1.5	2.4	0.0	2.7	0.4	1.7	0.4	0.8	2.2	0.2	1.0	0.1	14.1	3.6	3.8	1.4	1.2	0.9	0.0	0.7	0.2	2.0
02-02 Fruiting vegetables	1.3	2.0	2.4	0.0	2.8	0.7	2.2	0.6	1.0	3.3	0.3	1.2	0.0	13.4	1.8	3.4	1.6	1.2	1.8	0.0	6.0	0.0	1.9
02-03 Root vegetables	0.5	0.6	0.5	0.0	0.6	0.2	0.4	0.3	0.3	1.2	0.1	0.5	0.0	15.3	7.0	1.5	0.5	0.3	0.5	0.0	0.6	0.0	0.6
02-04 Cabbages	1.4	1.3	1.6	0.0	2.0	0.4	1.2	0.6	1.3	2.5	1.4	0.8	0.0	7.4	1.4	5.4	1.3	1.2	1.7	0.0	8.5	0.0	1.5
02-05 Mushrooms	0.0	0.8	0.3	0.0	0.3	0.0	0.1	0.0	0.1	0.2	0.3	0.1	0.0	0.0	0.0	0.1	0.2	0.5	0.1	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.1	0.2	0.2	0.2	0.1	0.0	0.2	0.0	0.7	0.1	0.4	0.3	0.1	0.1	0.0	0.2	0.0	0.1
02-07 Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.0	0.2	0.6	0.1	0.3	0.0	0.8	0.1	0.9	0.2	0.1	0.6	0.0	0.5	0.0	0.2
02-08 Stalk vegetables, sprouts	0.1	0.3	0.4	0.0	0.4	0.0	0.1	0.1	0.1	0.3	0.1	0.3	0.0	0.3	0.1	0.5	0.2	0.2	0.1	0.0	0.4	0.0	0.4
02-09 Mixed salad, mixed vegetables	0.4	0.5	0.8	0.0	0.9	0.1	0.4	0.3	0.3	0.6	0.2	0.3	0.0	8.3	1.9	1.2	0.6	0.4	0.5	0.0	1.4	0.0	0.3
03 Legumes	0.1	0.7	0.5	0.0	0.5	0.0	0.3	0.3	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1
03-01 Legumes	0.1	0.7	0.5	0.0	0.5	0.0	0.3	0.3	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.7	11.5	5.2	0.0	6.1	1.8	8.4	1.0	4.0	10.8	3.9	3.9	0.0	8.0	2.1	7.7	5.4	2.8	7.5	0.0	29.6	0.0	7.3
04-01 Fruits	2.3	8.1	4.1	0.0	4.7	1.7	5.8	0.1	2.5	9.9	2.5	2.5	0.0	7.8	2.1	7.0	4.5	2.4	7.0	0.0	29.5	0.0	4.9
04-02 Nuts and seeds (+nut spread)	0.4	3.2	1.1	0.0	1.2	0.1	2.5	0.4	1.5	0.9	1.3	1.4	0.0	0.0	0.0	0.7	0.9	0.5	0.5	0.0	0.0	0.0	2.3
04-03 Mixed fruits	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
04-04 Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05 Dairy products	60.7	5.0	2.9	0.0	3.4	17.7	15.4	17.8	34.6	16.2	14.1	24.4	25.6	8.3	19.5	9.1	9.6	41.2	9.4	34.1	3.1	4.0	4.5
05-01 Milk	17.1	0.8	0.4	0.0	0.5	6.8	5.5	2.9	10.4	7.2	2.7	6.2	3.8	1.1	2.8	3.2	3.9	16.0	2.8	11.5	0.8	0.1	0.5
05-02 Milk beverages	1.0	0.4	0.5	0.0	0.5	0.5	0.5	0.2	0.7	0.6	0.2	0.4	0.2	0.1	0.2	0.1	0.4	1.0	0.3	0.5	0.1	0.1	0.1
05-03 Yoghurt	10.1	0.9	0.5	0.0	0.5	2.9	3.1	1.9	5.9	3.7	1.5	3.5	2.2	1.0	1.8	2.3	2.6	9.3	3.6	6.0	1.4	0.3	0.6
05-04 Fromage blanc, petits suisses	1.3	0.2	0.2	0.0	0.3	1.4	0.5	0.3	1.0	0.6	0.5	0.6	0.7	0.3	0.5	0.3	0.6	2.0	0.3	1.5	0.2	0.2	0.1
05-05 Cheese (including fresh cheeses)	23.7	1.5	0.6	0.0	0.7	3.1	3.1	10.7	11.9	1.0	7.3	10.8	14.2	4.2	10.7	2.3	0.5	5.9	0.8	10.2	0.1	2.0	1.8
05-06 Cream desserts, puddings (milk based)	4.5	1.1	0.7	0.0	0.8	1.2	1.7	1.1	2.6	1.8	1.1	1.8	2.6	1.0	2.1	0.8	1.1	4.3	1.2	2.9	0.4	0.9	0.9
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.7	0.2	0.6	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08 Milk for coffee and creamers	2.9	0.1	0.1	0.0	0.1	1.8	0.9	0.6	2.0	1.3	0.9	0.9	1.1	0.4	0.9	0.1	0.5	2.7	0.3	1.3	0.1	0.2	0.4
06 Cereals and cereal products	6.1	27.4	24.4	0.1	28.5	49.0	23.2	29.1	17.4	9.9	14.4	17.3	0.4	0.3	0.3	15.1	15.3	7.4	7.5	0.3	0.1	0.4	5.8
06-01 Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.2	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.3	2.0	1.0	0.0	1.2	0.4	1.1	0.0	1.0	0.3	0.6	1.5	0.0	0.1	0.0	0.4	0.5	0.3	0.3	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	5.4	23.6	21.4	0.0	25.0	48.1	20.5	27.4	15.0	8.7	13.0	14.6	0.0	0.0	0.0	13.6	13.1	6.5	6.4	0.0	0.0	0.1	4.5
06-03-01 Bread	5.0	21.7	19.7	0.0	23.0	48.0	19.0	25.8	13.9	8.0	12.3	13.6	0.0	0.0	0.0	13.0	11.7	5.9	5.8	0.0	0.0	0.1	3.7

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	1.9	1.7	0.0	2.0	0.2	1.5	1.6	1.1	0.7	0.7	1.0	0.0	0.0	0.0	0.6	1.4	0.6	0.6	0.0	0.0	0.0	0.8
06-04 Breakfast cereals	0.1	0.9	1.1	0.0	1.3	0.0	0.9	0.2	0.7	0.4	0.1	0.7	0.0	0.0	0.0	0.5	1.2	0.2	0.3	0.0	0.0	0.1	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.5	0.1	0.6	0.1	0.3	1.1	0.3	0.3	0.3	0.3	0.3	0.1	0.2	0.1	0.3	0.2	0.3	0.2	0.1	0.1	0.5
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.3	0.2	0.0	0.2	0.2	0.1	0.3	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.0	0.0
07 Meat and meat products	1.3	9.4	15.4	85.3	6.8	2.9	7.8	16.0	15.9	11.6	27.4	28.2	15.3	1.6	13.0	2.6	22.9	11.7	19.5	28.5	7.1	12.6	5.5
07-01 Fresh meat	0.4	3.6	8.1	47.3	2.2	1.0	4.1	2.9	8.0	6.1	12.7	17.5	1.0	0.9	0.8	0.7	11.8	5.6	10.6	15.2	1.7	2.7	2.3
07-01-00 Unclassified	0.1	0.4	1.0	6.9	0.3	0.2	0.4	0.5	0.8	0.6	1.5	2.1	0.2	0.1	0.2	0.1	1.4	0.6	1.2	2.1	0.6	0.6	0.2
07-01-01 Beef	0.2	1.9	5.3	27.9	1.2	0.5	1.9	1.3	3.6	2.9	5.3	10.4	0.5	0.8	0.4	0.5	1.1	2.7	4.3	10.0	1.1	0.9	1.0
07-01-02 Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.3	0.0	0.1	0.0
07-01-03 Pork	0.2	1.3	1.6	11.6	0.7	0.2	1.7	1.0	3.3	2.4	5.8	4.6	0.2	0.0	0.2	0.1	9.2	2.1	4.9	2.4	0.1	1.0	1.1
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.5	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	1.9	1.4	6.6	1.0	0.6	1.4	0.6	2.4	1.7	4.8	1.9	1.1	0.0	0.7	0.5	1.5	0.9	4.6	1.6	0.0	5.8	1.1
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.2	1.9	1.2	6.2	0.9	0.6	1.4	0.5	2.2	1.6	4.7	1.8	1.1	0.0	0.6	0.4	1.2	0.7	4.4	1.3	0.0	5.8	1.1
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.6	3.7	5.8	30.8	3.4	1.3	2.2	12.6	5.4	3.7	9.7	8.6	12.7	0.6	11.0	1.3	9.6	5.0	4.2	11.0	5.3	4.1	2.0
07-05 Offals	0.0	0.1	0.2	0.7	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.6	0.0	0.6	0.2	0.1	0.2	0.0	0.6	0.0	0.0	0.0
08 Fish and shellfish	0.9	1.6	1.8	8.0	1.5	6.3	2.1	4.0	4.7	2.5	12.6	1.5	0.6	0.0	0.5	0.9	2.2	2.0	3.0	12.9	0.1	12.2	1.8
08-01 Fish	0.7	1.0	1.5	7.0	1.2	4.7	1.8	3.5	4.1	2.1	10.5	1.1	0.5	0.0	0.4	0.7	1.8	1.7	2.8	11.1	0.1	11.1	1.5
08-02 Crustaceans, molluscs	0.1	0.3	0.1	0.1	0.1	0.3	0.1	0.2	0.1	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.1	0.3	0.2	0.9	0.2	1.4	0.2	0.4	0.5	0.3	1.8	0.2	0.1	0.0	0.1	0.1	0.4	0.2	0.2	0.9	0.0	1.1	0.1
09 Eggs and egg products	1.0	0.9	3.2	0.0	3.8	3.2	0.7	1.0	2.5	0.6	5.6	2.3	4.8	0.0	3.7	2.4	0.8	3.1	0.8	4.4	0.0	5.2	4.3
09-01 Egg	1.0	0.9	3.2	0.0	3.8	3.2	0.7	1.0	2.5	0.6	5.6	2.3	4.8	0.0	3.7	2.4	0.8	3.1	0.8	4.4	0.0	5.2	4.3
10 Fat	0.5	0.0	0.2	0.0	0.3	1.1	0.1	1.2	0.4	0.3	0.1	0.0	34.0	1.4	25.5	18.4	1.5	1.3	13.4	5.9	0.0	36.9	32.5
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.1	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	1.7	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.2
10-02 Butter	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.2	0.1	0.0	0.1	0.0	5.1	1.3	3.8	0.0	0.0	0.1	0.0	0.2	0.0	1.3	0.8
10-03 Margarines	0.5	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.3	0.2	0.0	0.0	27.8	0.0	20.9	18.4	1.5	1.2	13.4	5.7	0.0	33.8	25.1
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.6	4.9	5.6	0.0	6.4	0.8	2.3	0.6	1.3	2.0	0.6	1.2	0.9	1.7	0.9	0.4	0.9	1.6	0.8	0.7	1.2	0.7	1.6

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.5	0.6	0.0	0.7	0.0	0.2	0.1	0.1	0.3	0.1	0.1	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.5	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.7	2.9	2.1	0.0	2.4	0.3	1.2	0.2	0.7	0.4	0.6	0.3	0.2	0.2	0.3	0.4	0.7	0.2	0.4	0.1	0.1	0.9	
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	
11-04	Syrup	0.1	1.1	2.6	0.0	2.9	0.0	0.5	0.1	0.2	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.4	0.0	0.6	0.0	0.2	
11-05	Ice cream, water ice	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.3	0.2	0.1	0.1	0.6	0.6	0.5	0.1	0.3	0.5	0.1	0.3	0.0	0.6	0.1
11-05-01	Ice cream	0.5	0.1	0.1	0.0	0.1	0.4	0.2	0.1	0.3	0.2	0.1	0.1	0.6	0.6	0.5	0.1	0.3	0.5	0.1	0.2	0.0	0.5	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.7	4.1	4.7	0.0	5.5	3.3	3.0	5.3	4.0	2.4	3.7	2.9	7.1	3.1	5.5	1.8	2.4	2.3	1.0	1.0	0.3	5.5	6.9
12-01	Cakes, pies, pastries, etc	1.1	2.4	2.5	0.0	2.9	2.6	1.7	3.1	2.4	1.4	2.4	1.7	4.7	2.1	3.7	1.2	1.4	1.7	0.6	0.8	0.3	4.1	3.6
12-02	Dry cakes, biscuits	0.6	1.8	2.2	0.0	2.6	0.7	1.3	2.2	1.6	1.0	1.4	1.2	2.4	1.0	1.8	0.6	1.0	0.6	0.4	0.2	0.0	1.4	3.3
13	Non-alcoholic beverages	8.7	8.7	9.5	0.0	11.3	4.1	13.4	1.6	1.9	15.0	3.4	1.6	0.3	2.6	0.8	6.6	7.7	6.1	6.3	0.9	16.9	0.1	2.1
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	1.1	1.1	0.0	1.3	0.3	1.9	0.2	0.7	2.7	0.2	0.4	0.0	2.3	0.5	3.0	3.3	1.4	2.3	0.3	14.8	0.0	1.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.2	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.2	0.2	0.3	0.2	0.8	0.0	0.1
13-03	Coffee, tea and herbal teas	4.4	6.8	8.1	0.0	9.6	2.5	10.3	0.8	0.9	12.1	1.2	1.1	0.3	0.1	0.2	3.6	4.2	4.5	3.7	0.5	1.4	0.1	0.0
13-03-01	Coffee	2.2	3.3	7.3	0.0	8.6	1.4	8.8	0.5	0.4	11.0	1.1	0.6	0.3	0.1	0.2	0.1	4.2	3.4	0.1	0.5	0.0	0.1	0.0
13-03-02	Tea	1.8	3.0	0.7	0.0	0.8	0.9	1.2	0.2	0.4	0.8	0.0	0.4	0.0	0.0	0.0	2.9	0.0	0.9	3.1	0.0	1.2	0.0	0.0
13-03-03	Herbal tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.5	0.0	0.2	0.5	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.4	0.5	0.1	0.0	0.1	1.4	1.2	0.6	0.0	0.0	1.9	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.9	1.7	3.6	0.0	4.2	2.1	3.0	0.3	1.5	2.3	0.4	0.5	0.1	0.0	0.1	1.5	0.0	1.6	2.1	0.5	0.0	0.1	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.6	0.9	3.1	0.0	3.6	2.0	1.6	0.2	0.4	1.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.6	0.7	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.2	0.2	0.1	0.0	0.1	0.0	1.2	0.1	0.9	0.8	0.2	0.1	0.0	0.0	0.0	1.3	0.0	0.9	1.3	0.4	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.7	1.2	0.3	1.3	0.3	0.6	5.8	0.6	0.7	1.0	0.6	5.4	1.8	4.3	0.5	2.5	0.6	0.6	1.2	0.8	7.0	9.2
15-01	Sauces	0.5	0.7	1.1	0.3	1.2	0.3	0.5	4.6	0.5	0.6	1.0	0.6	5.4	1.7	4.3	0.4	2.1	0.5	0.5	1.1	0.7	7.0	9.2
15-01-00	Unclassified and other sauces	0.3	0.4	0.7	0.0	0.7	0.2	0.4	3.0	0.3	0.3	0.1	0.3	5.2	0.4	4.0	0.1	1.6	0.3	0.1	0.1	0.4	5.7	5.8
15-01-01	Tomato sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.4	0.0	0.1	0.0	0.0	0.1	0.6	0.1	0.1	0.3	0.0	0.0	0.0	0.2	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.2	0.2	0.3	0.3	0.3	0.2	0.1	0.7	0.2	0.1	0.8	0.2	0.1	0.6	0.1	0.2	0.1	0.1	0.3	1.0	0.0	1.3	2.8
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.1	0.0	0.1	0.0	0.1	1.2	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	1.0	2.6	2.9	3.7	2.8	0.3	3.5	11.5	2.3	3.3	1.9	1.7	0.3	9.5	2.3	1.8	6.4	1.4	2.1	2.6	3.2	2.4	2.0
16-01 Soups	1.0	2.6	2.9	3.7	2.8	0.3	3.5	10.8	2.3	3.2	1.9	1.7	0.3	9.5	2.3	1.8	6.4	1.4	2.1	2.6	3.2	2.4	2.0
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.8	0.6	0.9	2.5	0.8	0.4	0.7	1.5	0.9	0.4	1.1	1.3	0.4	0.1	0.3	0.5	1.0	0.8	0.4	1.1	0.1	1.1	0.6
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.2	0.0	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.2	0.0	0.4	0.1
17-02 Dietetic products	0.2	0.2	0.2	0.0	0.2	0.1	0.1	0.1	0.2	0.1	0.2	0.2	0.2	0.0	0.2	0.1	0.2	0.2	0.1	0.2	0.1	0.2	0.1
17-02-00 Unclassified	0.2	0.2	0.2	0.0	0.2	0.1	0.1	0.1	0.2	0.1	0.2	0.2	0.2	0.0	0.2	0.1	0.2	0.2	0.1	0.2	0.1	0.2	0.1
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.3	0.4	0.6	2.5	0.5	0.3	0.3	1.3	0.6	0.3	0.8	1.0	0.2	0.1	0.1	0.2	0.8	0.4	0.3	0.7	0.1	0.5	0.4

Table 2.5.b Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification		Cal	Cop	per	Iron	Heme	Non-heme	Iron	Mag	lo	ne	So	Phos	Potas	Sele	Zinc	Reti	Beta-	Ret.	Folate	Vit.	Vit.	Vit.	Vit.	Vit.	Vit.	Vit.	Vit.	
		cium	per	Iron	Iron	Iron	dine	sium	dium	rus	sium	ium	us	sium	ium		no	caro	Act.	Eq.	Eq.	B1	B2	B6	B12	C	D	E	
01	Potatoes and other tubers	1.1	8.1	5.6	0.0	6.7	1.5	6.6	0.5	3.7	12.1	1.7	3.2	0.0	0.2	0.0	6.9	5.8	1.7	11.3	0.0	14.8	0.0	1.4					
01-01	Potatoes	1.1	8.1	5.6	0.0	6.7	1.5	6.6	0.5	3.7	12.1	1.7	3.2	0.0	0.2	0.0	6.9	5.8	1.7	11.3	0.0	14.8	0.0	1.4					
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.3	6.4	7.7	0.0	8.9	1.8	6.3	2.5	3.9	10.3	2.7	4.2	0.1	65.4	18.8	17.4	6.6	5.4	5.7	0.0	17.5	0.0	5.5					
02-01	Leafy vegetables (except cabbages)	1.7	1.3	2.6	0.0	3.0	0.3	1.8	0.3	0.7	2.0	0.3	0.9	0.1	17.7	5.8	4.0	1.5	1.4	0.9	0.0	0.6	0.0	1.5					
02-02	Fruiting vegetables	1.5	1.9	2.1	0.0	2.5	0.7	2.0	1.1	0.9	3.0	0.3	1.0	0.0	13.0	1.4	3.9	1.8	1.3	1.6	0.0	5.1	0.0	1.4					
02-03	Root vegetables	0.5	0.8	0.5	0.0	0.6	0.2	0.6	0.3	0.4	1.6	0.1	0.6	0.0	21.6	8.9	2.5	0.6	0.5	0.6	0.0	0.8	0.0	0.9					
02-04	Cabbages	0.7	0.9	1.0	0.0	1.1	0.2	0.9	0.3	0.9	1.9	1.6	0.7	0.0	2.8	0.4	4.5	0.9	0.7	1.3	0.0	8.0	0.0	1.0					
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.1	0.0	0.0					
02-06	Grain and pod vegetables	0.2	0.5	0.6	0.0	0.6	0.1	0.4	0.3	0.4	0.5	0.1	0.5	0.0	1.0	0.2	0.9	1.0	0.7	0.3	0.0	0.9	0.0	0.2					
02-07	Onion, garlic	0.3	0.3	0.2	0.0	0.2	0.1	0.2	0.1	0.2	0.4	0.0	0.2	0.0	0.2	0.0	0.5	0.2	0.1	0.5	0.0	0.3	0.0	0.1					
02-08	Stalk vegetables, sprouts	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0					
02-09	Mixed salad, mixed vegetables	0.4	0.4	0.6	0.0	0.7	0.1	0.4	0.2	0.3	0.8	0.1	0.3	0.0	9.0	2.0	1.0	0.5	0.4	0.5	0.0	1.7	0.0	0.4					
03	Legumes	0.2	1.0	0.8	0.0	0.9	0.0	0.5	0.2	0.4	0.5	0.4	0.4	0.0	0.0	0.0	0.5	0.4	0.1	0.3	0.0	0.0	0.0	0.1					
03-01	Legumes	0.2	1.0	0.8	0.0	0.9	0.0	0.5	0.2	0.4	0.5	0.4	0.4	0.0	0.0	0.0	0.5	0.4	0.1	0.3	0.0	0.0	0.0	0.1					
04	Fruits, nuts and olives	2.0	8.3	3.9	0.0	4.5	1.2	6.4	0.6	3.5	7.2	3.3	3.0	0.0	4.6	1.0	4.5	4.2	2.0	4.1	0.0	17.5	0.0	5.3					
04-01	Fruits	1.3	4.2	2.3	0.0	2.7	1.0	2.9	0.1	1.3	5.7	0.9	1.2	0.0	4.2	1.0	3.5	2.8	1.4	3.4	0.0	17.4	0.0	2.7					
04-02	Nuts and seeds (+nut spread)	0.5	3.6	1.4	0.0	1.7	0.1	3.2	0.5	1.9	1.2	1.9	1.7	0.0	0.0	0.0	0.8	1.0	0.5	0.6	0.0	0.0	0.0	2.2					
04-03	Mixed fruits	0.2	0.5	0.2	0.0	0.2	0.1	0.3	0.0	0.2	0.2	0.5	0.1	0.0	0.3	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.4					
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0					
05	Dairy products	64.5	4.8	2.8	0.0	3.3	17.3	15.5	20.4	35.5	16.8	14.5	24.6	26.9	7.8	19.8	9.3	9.4	42.0	9.8	37.3	4.4	4.6	3.8					
05-01	Milk	17.9	0.7	0.4	0.0	0.4	7.1	5.9	3.1	10.8	8.1	2.7	6.2	4.8	1.8	3.8	3.2	4.2	17.0	2.7	13.3	1.2	0.0	0.6					
05-02	Milk beverages	2.5	0.4	0.5	0.0	0.6	1.1	1.1	0.5	1.6	1.5	0.3	1.0	0.6	0.1	0.4	0.4	0.8	3.1	1.4	1.6	1.2	0.1	0.1					
05-03	Yoghurt	6.5	0.6	0.3	0.0	0.3	1.9	1.8	1.2	3.6	2.5	1.0	2.2	1.7	0.3	1.1	1.6	1.9	7.3	3.4	4.3	1.4	0.2	0.3					
05-04	Fromage blanc, petits suisses	0.4	0.0	0.0	0.0	0.0	0.4	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.0	0.1	0.1	0.1	0.5	0.0	0.6	0.0	0.0	0.0					
05-05	Cheese (including fresh cheeses)	29.6	1.8	0.5	0.0	0.6	3.9	3.7	13.9	14.8	1.2	8.6	12.3	16.3	4.0	11.7	3.2	0.8	7.3	1.1	13.3	0.2	3.6	2.1					
05-06	Cream desserts, puddings (milk based)	4.9	1.1	1.0	0.0	1.2	1.2	2.0	1.1	2.7	2.1	0.8	1.9	2.2	1.1	1.8	0.7	1.2	4.2	0.9	2.6	0.4	0.3	0.4					
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0					
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0					
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0					
05-08	Milk for coffee and creamers	2.6	0.1	0.1	0.0	0.1	1.7	0.8	0.5	1.8	1.3	0.8	0.8	1.0	0.4	0.7	0.1	0.4	2.5	0.3	1.5	0.1	0.2	0.3					
06	Cereals and cereal products	5.5	26.4	23.5	0.0	27.1	50.0	24.0	28.7	17.8	10.0	14.6	17.7	0.1	0.3	0.2	16.0	17.5	7.4	8.3	0.1	0.1	0.2	6.0					
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.2	0.0	0.2	0.0	0.2	0.3	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.2	0.2	0.0	0.1	0.0	0.0	0.0	0.1					

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-02	Pasta, rice, other grain	0.7	3.5	2.0	0.0	2.2	0.6	2.4	0.1	1.9	0.6	1.0	2.7	0.0	0.1	0.0	0.7	1.1	0.6	0.5	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	4.5	20.4	19.0	0.0	21.9	49.2	19.6	26.9	14.0	8.3	12.6	13.4	0.0	0.0	0.0	13.9	13.9	6.0	6.6	0.0	0.0	0.0	4.2
06-03-01	Bread	4.4	19.7	18.4	0.0	21.3	49.2	19.1	26.3	13.6	8.0	12.3	13.1	0.0	0.0	0.0	13.7	13.3	5.8	6.3	0.0	0.0	0.0	3.9
06-03-02	Crispbread, rusks	0.1	0.7	0.6	0.0	0.7	0.0	0.5	0.6	0.4	0.3	0.3	0.3	0.0	0.0	0.0	0.2	0.6	0.3	0.3	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.2	1.9	2.0	0.0	2.3	0.1	1.5	0.4	1.4	0.8	0.3	1.2	0.0	0.0	0.0	1.0	1.9	0.4	0.9	0.0	0.0	0.1	1.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.1	0.4	0.4	0.0	0.5	0.0	0.2	0.9	0.3	0.3	0.3	0.2	0.1	0.1	0.1	0.1	0.3	0.3	0.2	0.1	0.1	0.0	0.4
06-06	Dough and pastry (puff, shortcrust, pizza)	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07	Meat and meat products	1.1	8.9	14.7	84.2	7.4	2.7	7.5	14.9	15.3	11.3	27.1	26.1	13.9	0.8	11.9	4.0	24.7	13.6	19.9	30.3	8.1	10.1	4.6
07-01	Fresh meat	0.3	3.4	7.1	44.2	1.9	0.8	3.9	2.2	7.3	5.7	12.2	15.8	0.6	0.6	0.5	0.8	10.9	6.2	11.2	17.2	2.0	2.2	2.0
07-01-00	Unclassified	0.1	0.3	0.9	8.3	0.2	0.1	0.4	0.6	0.9	0.7	1.3	2.2	0.2	0.1	0.2	0.1	1.7	0.7	1.4	2.3	1.0	0.4	0.2
07-01-01	Beef	0.1	1.7	4.5	27.5	0.9	0.5	1.7	0.9	3.2	2.6	5.8	9.7	0.3	0.5	0.3	0.6	1.2	2.9	4.9	12.0	0.9	1.1	0.9
07-01-02	Veal	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-03	Pork	0.1	1.4	1.7	8.4	0.8	0.3	1.8	0.7	3.3	2.3	5.1	4.0	0.1	0.0	0.1	0.2	8.1	2.6	4.9	2.9	0.1	0.7	0.9
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06	Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02	Poultry	0.2	1.4	1.3	11.9	0.9	0.6	1.2	0.7	2.0	1.6	4.1	2.3	0.7	0.0	0.5	0.4	1.2	1.0	3.6	1.8	0.0	4.0	0.9
07-02-00	Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.1	1.4	1.2	11.7	0.8	0.6	1.2	0.7	1.9	1.6	4.1	2.3	0.7	0.0	0.5	0.4	1.1	0.9	3.5	1.7	0.0	4.0	0.9
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04	Processed meat	0.6	3.0	4.5	24.9	2.9	1.1	2.1	11.9	5.1	3.6	9.5	6.7	9.5	0.1	7.7	0.9	12.3	4.5	4.4	8.6	5.6	3.8	1.6
07-05	Offals	0.0	1.1	1.8	3.2	1.7	0.1	0.2	0.2	0.9	0.4	1.3	1.3	3.1	0.0	3.1	1.7	0.3	2.0	0.7	2.7	0.5	0.1	0.2
08	Fish and shellfish	0.6	2.0	0.9	6.8	0.8	3.3	1.6	2.2	3.9	2.2	8.9	1.3	0.8	0.0	0.7	0.6	2.7	1.5	2.0	9.8	0.2	10.8	3.0
08-01	Fish	0.5	1.8	0.8	6.0	0.7	2.7	1.4	1.9	3.6	2.1	8.0	1.2	0.8	0.0	0.7	0.5	2.6	1.3	2.0	8.8	0.2	10.3	2.9
08-02	Crustaceans, molluscs	0.1	0.1	0.0	0.3	0.0	0.1	0.0	0.2	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.0	0.0	0.1
08-03	Fish products, fish in crumbs	0.0	0.1	0.1	0.5	0.1	0.6	0.1	0.1	0.3	0.1	0.7	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.6	0.0	0.4	0.0
09	Eggs and egg products	0.7	0.7	2.2	0.0	2.6	2.2	0.5	0.7	1.7	0.5	3.7	1.6	2.9	0.0	2.2	2.0	0.7	2.2	0.8	3.6	0.0	3.5	2.4
09-01	Egg	0.7	0.7	2.2	0.0	2.6	2.2	0.5	0.7	1.7	0.5	3.7	1.6	2.9	0.0	2.2	2.0	0.7	2.2	0.8	3.6	0.0	3.5	2.4
10	Fat	0.3	0.0	0.2	0.0	0.3	1.0	0.1	1.3	0.4	0.3	0.1	0.0	34.4	1.5	24.1	17.5	0.5	0.5	12.9	4.9	0.0	42.0	35.1
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	1.2	0.9
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	7.2
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.2	0.1	0.0	0.1	0.0	4.6	1.3	3.2	0.0	0.0	0.1	0.0	0.3	0.0	1.5	1.3
10-03	Margarines	0.3	0.0	0.2	0.0	0.2	0.2	0.1	1.0	0.3	0.3	0.0	0.0	29.3	0.1	20.4	17.5	0.5	0.4	12.9	4.7	0.0	39.4	25.6

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rium	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
10-04	Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
10-06	Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11	Sugar and confectionery	3.4	9.4	10.5	0.0	12.1	2.0	5.1	1.1	3.0	4.3	1.5	2.9	2.1	1.6	1.6	1.0	2.0	3.9	1.4	1.7	1.8	0.9	3.5
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.3	1.1	1.3	0.0	1.5	0.0	0.4	0.2	0.1	0.4	0.1	0.2	0.0	0.7	0.1	0.0	0.1	0.2	0.1	0.0	0.7	0.0	0.4
11-02	Chocolate, candy bars, paste, chocolate confetti	2.1	6.9	6.0	0.0	6.8	1.4	3.5	0.6	2.3	2.6	1.2	2.1	1.2	0.3	0.8	0.7	1.3	2.8	0.3	1.4	0.2	0.0	2.3
11-03	Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.9	2.8	0.0	3.3	0.0	0.6	0.1	0.2	0.7	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.8	0.0	0.9	0.0	0.5
11-05	Ice cream, water ice	0.7	0.2	0.3	0.0	0.3	0.6	0.4	0.2	0.4	0.4	0.2	0.3	0.9	0.6	0.7	0.2	0.5	0.8	0.2	0.4	0.0	0.9	0.3
11-05-01	Ice cream	0.7	0.2	0.3	0.0	0.3	0.6	0.4	0.2	0.4	0.4	0.2	0.3	0.9	0.6	0.7	0.2	0.5	0.8	0.2	0.4	0.0	0.9	0.3
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.3	3.5	3.7	0.0	4.3	2.3	2.7	4.6	3.3	2.2	3.2	2.1	5.6	2.7	4.8	1.5	1.9	1.9	1.0	1.2	0.3	6.3	5.7
12-01	Cakes, pies, pastries, etc	0.8	1.5	1.8	0.0	2.1	1.8	1.4	2.4	1.9	1.2	1.9	1.1	3.3	1.6	2.9	1.0	1.1	1.3	0.6	1.0	0.3	4.1	2.8
12-02	Dry cakes, biscuits	0.6	2.0	1.9	0.0	2.2	0.5	1.3	2.2	1.4	1.1	1.3	1.0	2.3	1.0	1.9	0.6	0.8	0.5	0.4	0.1	0.0	2.2	2.8
13	Non-alcoholic beverages	6.8	7.1	8.1	0.0	9.4	3.4	12.4	1.4	2.0	14.8	2.6	1.3	0.1	2.2	0.7	6.0	6.3	4.8	4.6	0.3	22.1	0.0	1.0
13-00	Unclassified	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.6	0.9	0.6	0.0	0.7	0.2	1.7	0.3	0.6	2.6	0.1	0.3	0.0	2.1	0.6	3.0	2.2	0.5	1.2	0.0	17.0	0.0	0.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.5	0.2	0.0	0.3	0.0	0.2	0.1	0.5	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.3	0.0	3.9	0.0	0.1
13-03	Coffee, tea and herbal teas	3.5	5.3	7.2	0.0	8.4	2.2	9.7	0.6	0.8	11.9	1.0	0.9	0.1	0.0	0.1	2.9	4.1	4.2	2.9	0.2	1.2	0.0	0.0
13-03-01	Coffee	1.9	3.0	6.6	0.0	7.8	1.4	8.6	0.3	0.4	11.1	1.0	0.6	0.1	0.0	0.1	0.1	4.1	3.3	0.1	0.2	0.0	0.0	0.0
13-03-02	Tea	1.4	2.0	0.5	0.0	0.5	0.7	0.9	0.2	0.3	0.7	0.0	0.3	0.0	0.0	0.0	2.4	0.0	0.8	2.5	0.0	1.0	0.0	0.0
13-03-03	Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.1	0.3	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	2.3	0.3	0.1	0.0	0.1	0.9	0.8	0.4	0.0	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	1.2	2.2	5.4	0.0	6.2	4.7	4.3	0.5	1.6	3.5	0.4	0.7	0.0	0.0	0.0	1.5	0.0	2.1	3.4	0.3	0.0	0.0	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	1.0	1.6	5.0	0.0	5.7	4.7	3.2	0.4	0.9	2.6	0.2	0.5	0.0	0.0	0.0	0.3	0.0	1.4	2.0	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.0	0.3	0.3	0.0	0.3	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.1	0.2	0.1	0.0	0.1	0.0	0.9	0.0	0.6	0.7	0.1	0.1	0.0	0.0	0.0	1.2	0.0	0.6	1.4	0.3	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	1.0	0.9	1.0	0.9	0.4	0.8	6.4	0.7	0.8	1.9	0.8	3.8	3.4	3.5	0.6	3.8	0.6	0.7	2.2	0.5	7.6	9.2
15-01	Sauces	0.5	0.9	0.8	1.0	0.8	0.4	0.7	5.7	0.6	0.8	1.9	0.7	3.8	3.1	3.5	0.5	3.7	0.5	0.7	2.2	0.4	7.6	9.1

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-00 Unclassified and other sauces	0.2	0.3	0.3	0.0	0.4	0.1	0.4	3.3	0.3	0.3	0.1	0.2	3.7	0.2	2.8	0.1	3.3	0.2	0.1	0.0	0.1	4.5	3.3
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.1	0.1	0.9	0.1	0.3	0.0	0.1	0.0	2.4	0.5	0.2	0.2	0.1	0.1	0.0	0.3	0.0	0.2
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.7	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.2
15-01-03 Mayonnaises and similars	0.2	0.4	0.3	1.0	0.3	0.3	0.1	0.8	0.3	0.2	1.7	0.4	0.1	0.4	0.1	0.3	0.1	0.2	0.5	2.1	0.0	3.1	4.5
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.7	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.2	0.0	0.1
16 Soups, bouillon	0.6	1.8	1.9	5.0	1.4	0.5	1.4	11.5	1.5	1.9	2.6	1.8	0.8	5.9	1.8	1.4	1.9	1.4	1.9	1.9	2.6	1.8	1.4
16-01 Soups	0.6	1.7	1.8	5.0	1.4	0.3	1.4	6.0	1.5	1.9	2.4	1.8	0.8	5.9	1.8	1.4	1.8	1.3	1.9	1.9	2.6	1.8	1.4
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.1	0.0	5.5	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.8	2.0	3.2	3.0	3.2	1.3	1.9	2.3	1.5	0.9	2.3	2.5	1.1	2.1	1.1	1.7	2.3	1.3	1.5	2.0	2.0	3.5	2.5
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.5	0.2	0.7	0.0	0.8	0.0	0.8	0.4	0.4	0.2	0.0	0.3	0.0	0.4	0.1	0.2	0.3	0.1	0.0	0.1	0.0	0.2	0.1
17-02 Dietetic products	1.1	1.4	1.4	0.0	1.6	1.1	0.7	0.4	0.7	0.5	1.4	1.4	1.0	1.7	1.0	1.3	1.7	1.1	1.3	0.7	2.0	1.4	1.7
17-02-00 Unclassified	1.1	1.4	1.4	0.0	1.6	1.1	0.7	0.4	0.7	0.5	1.4	1.4	1.0	1.7	1.0	1.3	1.7	1.1	1.3	0.7	2.0	1.4	1.7
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.2	0.4	1.0	3.0	0.8	0.1	0.4	1.5	0.4	0.2	0.9	0.9	0.1	0.0	0.0	0.2	0.4	0.1	0.2	1.2	0.0	1.9	0.7

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.2	7.9	5.8	0.0	6.9	1.7	6.7	0.3	3.5	11.5	1.1	3.6	0.0	0.3	0.0	5.9	5.3	1.3	10.9	0.0	12.5	0.0	1.1
01-01 Potatoes	1.2	7.9	5.8	0.0	6.9	1.7	6.7	0.3	3.5	11.5	1.1	3.6	0.0	0.3	0.0	5.9	5.3	1.3	10.9	0.0	12.5	0.0	1.1
01-02 Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02 Vegetables	6.4	7.3	8.4	0.0	9.8	1.9	6.4	2.7	3.9	10.1	2.2	4.4	0.0	58.2	13.8	16.0	5.9	5.1	5.7	0.0	16.9	0.0	6.1
02-01 Leafy vegetables (except cabbages)	2.3	1.6	2.7	0.0	3.0	0.4	1.8	0.4	0.8	2.3	0.3	1.1	0.0	14.3	4.0	4.1	1.4	1.4	1.0	0.0	1.1	0.0	1.9
02-02 Fruiting vegetables	1.5	2.1	2.4	0.0	2.8	0.7	2.2	0.7	1.0	3.1	0.2	1.3	0.0	13.7	1.7	3.7	1.6	1.4	1.7	0.0	5.4	0.0	1.8
02-03 Root vegetables	0.5	0.5	0.4	0.0	0.5	0.2	0.4	0.3	0.3	1.1	0.1	0.4	0.0	11.6	4.5	1.2	0.4	0.3	0.4	0.0	0.7	0.0	0.4
02-04 Cabbages	1.2	1.0	1.2	0.0	1.6	0.3	0.9	0.7	0.9	1.9	1.1	0.6	0.0	6.7	1.4	4.2	1.1	0.9	1.4	0.0	6.8	0.0	1.3
02-05 Mushrooms	0.0	0.6	0.2	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0
02-06 Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.1	0.2	0.1	0.2	0.1	0.0	0.2	0.0	1.0	0.1	0.4	0.3	0.2	0.1	0.0	0.4	0.0	0.1
02-07 Onion, garlic	0.3	0.6	0.3	0.0	0.3	0.1	0.3	0.0	0.3	0.6	0.0	0.3	0.0	0.7	0.1	0.9	0.3	0.1	0.6	0.0	0.6	0.0	0.2
02-08 Stalk vegetables, sprouts	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.2	0.1	0.2	0.0	0.2	0.0	0.4	0.2	0.2	0.0	0.0	0.3	0.0	0.1
02-09 Mixed salad, mixed vegetables	0.4	0.5	0.7	0.0	0.9	0.1	0.4	0.4	0.3	0.6	0.2	0.3	0.0	10.0	1.9	1.0	0.5	0.3	0.4	0.0	1.7	0.0	0.3
03 Legumes	0.1	0.7	0.4	0.0	0.5	0.0	0.3	0.3	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1
03-01 Legumes	0.1	0.7	0.4	0.0	0.5	0.0	0.3	0.3	0.3	0.3	0.2	0.2	0.0	0.0	0.0	0.2	0.3	0.1	0.1	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.6	9.9	4.3	0.0	5.0	1.6	7.8	0.9	3.8	9.7	3.8	3.5	0.0	7.4	1.9	6.7	5.0	2.7	6.9	0.0	25.0	0.0	6.9
04-01 Fruits	2.1	6.6	3.3	0.0	3.8	1.5	5.1	0.1	2.2	8.6	2.3	2.1	0.0	7.3	1.9	5.9	4.2	2.2	6.3	0.0	24.8	0.0	4.2
04-02 Nuts and seeds (+nut spread)	0.4	3.2	1.0	0.0	1.2	0.1	2.7	0.6	1.6	1.1	1.5	1.3	0.0	0.0	0.0	0.8	0.8	0.5	0.6	0.0	0.0	0.0	2.7
04-03 Mixed fruits	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
04-04 Olives	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05 Dairy products	62.2	4.4	2.7	0.0	3.1	16.4	14.8	16.5	33.6	16.2	13.0	23.5	23.0	8.4	18.5	8.8	9.3	40.6	9.1	33.9	3.3	3.4	3.7
05-01 Milk	17.8	0.7	0.4	0.0	0.5	6.7	5.4	2.8	10.3	7.3	2.7	6.0	3.9	1.3	3.0	3.1	3.9	15.7	2.7	11.9	0.9	0.0	0.5
05-02 Milk beverages	1.2	0.4	0.4	0.0	0.4	0.5	0.5	0.2	0.7	0.6	0.2	0.4	0.2	0.1	0.1	0.1	0.6	1.2	0.5	0.6	0.1	0.1	0.1
05-03 Yoghurt	10.0	0.8	0.3	0.0	0.4	2.5	2.8	1.5	5.4	3.5	1.2	3.1	1.8	0.8	1.5	2.2	2.0	8.2	2.9	5.2	1.3	0.3	0.5
05-04 Fromage blanc, petits suisses	1.0	0.2	0.3	0.0	0.3	1.2	0.4	0.2	0.8	0.6	0.3	0.5	0.7	0.3	0.6	0.2	0.5	1.5	0.2	1.4	0.2	0.3	0.1
05-05 Cheese (including fresh cheeses)	23.9	1.3	0.6	0.0	0.7	2.8	3.0	10.0	11.3	1.0	7.0	10.6	12.8	4.1	10.3	2.4	0.5	6.2	0.9	10.3	0.2	1.9	1.7
05-06 Cream desserts, puddings (milk based)	5.8	0.8	0.7	0.0	0.8	1.2	2.0	1.4	3.3	2.1	0.9	2.0	2.1	1.3	1.8	0.8	1.5	5.5	1.6	3.5	0.6	0.5	0.4
05-07 Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.2	0.5	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.2	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1
05-07-02 Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-08 Milk for coffee and creamers	2.5	0.1	0.1	0.0	0.1	1.5	0.7	0.5	1.7	1.1	0.7	0.7	0.9	0.4	0.7	0.1	0.4	2.2	0.2	1.0	0.1	0.1	0.3
06 Cereals and cereal products	7.2	29.1	25.2	0.1	29.5	52.9	24.3	28.8	18.2	10.5	15.6	18.2	0.3	0.3	0.2	16.9	16.8	8.4	8.3	0.3	0.1	0.3	5.7
06-01 Flour, flakes, starches, semolina	0.1	0.3	0.2	0.0	0.2	0.0	0.4	0.3	0.3	0.1	0.2	0.2	0.0	0.0	0.0	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1
06-02 Pasta, rice, other grain	0.4	2.1	1.0	0.1	1.2	0.5	1.1	0.0	1.0	0.3	0.7	1.7	0.0	0.1	0.0	0.5	0.5	0.3	0.3	0.0	0.0	0.0	0.2
06-03 Bread, crisp bread, rusks	6.3	24.7	21.9	0.0	25.5	51.9	21.2	26.7	15.5	9.2	14.0	15.1	0.0	0.0	0.0	14.9	14.2	7.3	6.8	0.0	0.0	0.1	4.4
06-03-01 Bread	6.0	23.2	20.7	0.0	24.0	51.8	20.0	25.8	14.6	8.6	13.5	14.4	0.0	0.0	0.0	14.4	12.9	6.7	6.4	0.0	0.0	0.1	4.0

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Mag nesium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.3	1.6	1.2	0.0	1.5	0.1	1.2	0.9	0.9	0.6	0.5	0.7	0.0	0.0	0.0	0.4	1.3	0.5	0.4	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.1	1.1	1.2	0.0	1.5	0.0	1.0	0.2	0.8	0.5	0.1	0.7	0.0	0.0	0.0	0.7	1.3	0.3	0.4	0.0	0.0	0.1	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.3	0.5	0.6	0.0	0.8	0.1	0.4	1.2	0.4	0.4	0.4	0.3	0.2	0.1	0.2	0.2	0.4	0.3	0.4	0.2	0.1	0.1	0.5
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.4	0.3	0.0	0.3	0.3	0.2	0.4	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.6	0.3	0.2	0.2	0.0	0.0	0.0	0.1
07 Meat and meat products	1.6	10.8	16.7	86.1	8.0	3.4	8.1	18.8	16.9	12.3	30.6	29.3	18.8	1.8	16.5	3.2	25.6	13.5	20.5	30.6	10.1	13.3	6.0
07-01 Fresh meat	0.5	3.5	7.5	40.3	2.1	0.9	3.9	2.5	7.4	5.8	12.3	16.2	1.0	0.9	0.8	0.7	11.8	5.6	10.4	13.5	1.9	2.7	2.3
07-01-00 Unclassified	0.1	0.4	1.0	6.7	0.3	0.2	0.5	0.5	0.9	0.7	1.6	2.2	0.2	0.1	0.2	0.1	1.7	0.7	1.4	2.1	0.7	0.8	0.2
07-01-01 Beef	0.2	1.7	4.6	21.5	1.0	0.4	1.7	1.0	3.1	2.6	4.6	8.8	0.5	0.8	0.4	0.5	1.0	2.5	4.1	8.2	1.1	0.8	0.9
07-01-02 Veal	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.4	0.0	0.1	0.0
07-01-03 Pork	0.2	1.3	1.7	11.2	0.7	0.2	1.6	0.9	3.2	2.4	5.9	4.8	0.2	0.0	0.2	0.1	9.0	2.3	4.8	2.7	0.1	1.1	1.1
07-01-04 Mutton/Lamb	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	2.0	1.3	6.8	0.9	0.6	1.4	0.5	2.3	1.7	5.2	1.9	0.7	0.0	0.6	0.5	1.3	0.9	4.6	1.4	0.0	5.4	1.1
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.2	2.0	1.1	6.4	0.8	0.6	1.3	0.5	2.1	1.5	4.8	1.8	0.7	0.0	0.6	0.4	1.1	0.7	4.3	1.2	0.0	5.3	1.0
07-02-02 Turkey, young turkey	0.0	0.0	0.1	0.4	0.1	0.0	0.1	0.0	0.1	0.1	0.4	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.2	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.9	5.1	7.7	38.4	4.7	1.9	2.9	15.8	7.1	4.9	12.9	11.1	16.0	0.9	14.2	1.8	12.4	6.8	5.5	15.0	8.1	5.3	2.6
07-05 Offals	0.0	0.1	0.2	0.6	0.2	0.0	0.0	0.0	0.1	0.0	0.2	0.1	1.0	0.0	1.0	0.2	0.1	0.2	0.1	0.6	0.1	0.0	0.0
08 Fish and shellfish	0.9	1.6	1.8	6.4	1.5	4.7	1.9	3.8	3.8	2.0	10.5	1.4	0.6	0.1	0.5	0.8	1.5	1.9	2.7	12.6	0.1	12.1	1.5
08-01 Fish	0.7	1.0	1.5	5.5	1.3	3.4	1.5	3.3	3.2	1.7	8.8	1.0	0.4	0.0	0.3	0.5	1.2	1.5	2.5	10.6	0.1	11.1	1.2
08-02 Crustaceans, molluscs	0.1	0.3	0.1	0.3	0.1	0.4	0.1	0.2	0.1	0.0	0.5	0.2	0.1	0.0	0.0	0.0	0.0	0.2	0.0	1.1	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.1	0.2	0.2	0.6	0.2	1.0	0.2	0.2	0.5	0.3	1.2	0.2	0.1	0.0	0.1	0.2	0.3	0.2	0.2	0.8	0.0	0.9	0.1
09 Eggs and egg products	1.1	0.9	3.1	0.0	3.7	3.0	0.7	0.9	2.4	0.6	5.4	2.2	4.2	0.0	3.3	2.4	0.8	3.0	0.8	4.0	0.0	4.7	4.1
09-01 Egg	1.1	0.9	3.1	0.0	3.7	3.0	0.7	0.9	2.4	0.6	5.4	2.2	4.2	0.0	3.3	2.4	0.8	3.0	0.8	4.0	0.0	4.7	4.1
10 Fat	0.7	0.0	0.2	0.0	0.3	1.0	0.2	1.1	0.4	0.3	0.1	0.0	34.6	1.4	26.9	18.5	1.4	1.4	13.6	6.0	0.0	41.0	34.5
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	1.5	1.5
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.7
10-02 Butter	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.1	0.1	0.0	0.1	0.0	4.4	1.3	3.6	0.0	0.0	0.1	0.0	0.2	0.0	1.2	0.7
10-03 Margarines	0.6	0.0	0.2	0.0	0.2	0.2	0.1	0.8	0.4	0.3	0.0	0.0	29.2	0.0	22.7	18.5	1.4	1.3	13.6	5.8	0.0	38.3	26.6
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.3	5.1	5.7	0.0	6.4	0.7	2.4	0.6	1.2	2.1	0.5	1.2	0.7	1.7	0.7	0.4	0.8	1.4	0.9	0.6	1.4	0.6	1.5

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
11-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-01 Sugar, honey ,jam	0.2	0.7	0.8	0.0	0.9	0.0	0.2	0.1	0.1	0.3	0.1	0.2	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.7	0.0	0.3
11-02 Chocolate, candy bars, paste, chocolate confetti	0.5	2.9	2.1	0.0	2.4	0.3	1.2	0.2	0.7	0.8	0.3	0.6	0.3	0.2	0.2	0.3	0.3	0.7	0.2	0.4	0.1	0.1	0.8
11-03 Confectionery non-chocolate	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04 Syrup	0.1	1.2	2.5	0.0	2.8	0.0	0.5	0.1	0.2	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.5	0.0	0.7	0.0	0.3
11-05 Ice cream, water ice	0.4	0.2	0.1	0.0	0.1	0.4	0.3	0.1	0.2	0.2	0.1	0.1	0.4	0.7	0.4	0.1	0.3	0.4	0.1	0.2	0.0	0.4	0.1
11-05-01 Ice cream	0.4	0.2	0.1	0.0	0.1	0.4	0.3	0.1	0.2	0.2	0.1	0.1	0.4	0.6	0.4	0.1	0.3	0.4	0.1	0.2	0.0	0.4	0.1
11-05-02 Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03 Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12 Cakes	1.6	3.7	4.2	0.0	4.9	2.7	2.7	4.4	3.5	2.1	3.4	2.6	6.1	3.1	4.9	1.5	2.1	2.1	0.9	0.9	0.3	4.8	6.1
12-01 Cakes, pies, pastries, etc	1.0	1.9	2.0	0.0	2.3	2.1	1.4	2.3	1.9	1.1	2.0	1.3	3.6	1.8	3.1	1.0	1.2	1.4	0.5	0.7	0.2	3.5	2.8
12-02 Dry cakes, biscuits	0.6	1.8	2.2	0.0	2.6	0.6	1.3	2.1	1.6	1.0	1.4	1.3	2.4	1.4	1.8	0.6	1.0	0.6	0.4	0.2	0.0	1.3	3.3
13 Non-alcoholic beverages	7.6	8.0	9.2	0.0	10.8	3.4	12.7	1.3	2.0	14.9	2.5	1.5	0.3	4.1	1.0	6.8	8.5	6.1	6.4	1.0	19.3	0.0	2.7
13-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01 Fruit and vegetable juices	0.7	1.1	1.0	0.0	1.1	0.3	1.8	0.2	0.7	2.7	0.1	0.4	0.0	3.8	0.7	3.6	4.1	1.6	2.8	0.4	16.9	0.0	2.5
13-02 Carbonated/soft/isotonic drinks, diluted syrups	0.3	0.3	0.3	0.0	0.3	0.0	0.1	0.2	0.5	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.1	0.1	0.4	0.2	1.1	0.0	0.1
13-03 Coffee, tea and herbal teas	4.3	6.2	7.9	0.0	9.3	2.3	10.0	0.6	0.8	12.0	1.1	1.0	0.3	0.1	0.2	3.0	4.3	4.4	3.1	0.4	1.3	0.0	0.0
13-03-01 Coffee	2.3	3.3	7.2	0.0	8.6	1.4	8.8	0.4	0.4	11.2	1.1	0.6	0.3	0.1	0.2	0.1	4.3	3.5	0.1	0.4	0.0	0.0	0.0
13-03-02 Tea	1.7	2.5	0.6	0.0	0.6	0.8	1.0	0.2	0.4	0.7	0.0	0.3	0.0	0.0	0.0	2.5	0.0	0.8	2.7	0.0	1.1	0.0	0.0
13-03-03 Herbal tea	0.3	0.4	0.1	0.0	0.1	0.1	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.1	0.4	0.0	0.1	0.0	0.0
13-03-04 Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04 Waters	2.2	0.3	0.1	0.0	0.1	0.9	0.7	0.3	0.0	0.0	1.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14 Alcoholic beverages	1.2	2.0	3.9	0.0	4.6	2.6	4.5	0.3	2.4	3.3	0.5	0.6	0.1	0.0	0.0	2.9	0.0	2.6	3.7	0.7	0.0	0.1	0.1
14-00 Unclassified	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01 Wine	0.7	1.1	3.4	0.0	4.0	2.5	2.0	0.2	0.5	1.5	0.1	0.3	0.0	0.0	0.0	0.1	0.0	0.8	0.9	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.3	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-03 Beer, cider	0.4	0.5	0.3	0.0	0.3	0.0	2.4	0.1	1.8	1.7	0.3	0.2	0.0	0.0	0.0	2.7	0.0	1.8	2.8	0.7	0.0	0.0	0.1
14-04 Spirits, brandy	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05 Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06 Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0
14-07 Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15 Condiments and sauces	0.7	1.0	1.4	0.4	1.6	0.5	0.8	6.5	0.8	0.9	1.5	0.8	5.9	2.2	4.8	0.7	2.4	0.8	0.8	1.8	1.2	8.7	11.1
15-01 Sauces	0.6	1.0	1.2	0.4	1.3	0.5	0.6	4.4	0.6	0.6	1.5	0.7	5.9	2.2	4.8	0.5	1.4	0.6	0.7	1.7	1.0	8.7	11.1
15-01-00 Unclassified and other sauces	0.3	0.5	0.7	0.0	0.8	0.2	0.4	2.8	0.3	0.3	0.2	0.4	5.8	0.2	4.5	0.1	1.2	0.4	0.2	0.1	0.7	6.7	6.7
15-01-01 Tomato sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.0	1.0	0.1	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.1
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.2	0.4	0.4	0.4	0.4	0.2	0.1	0.9	0.3	0.2	1.2	0.3	0.1	0.8	0.2	0.3	0.1	0.2	0.5	1.6	0.1	2.0	3.8
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.0	0.2	0.0	0.3	0.0	0.2	2.0	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.8	0.1	0.1	0.0	0.2	0.0	0.0
16 Soups, bouillon	1.0	2.5	2.6	4.4	2.4	0.3	3.3	10.5	1.9	2.7	2.0	1.7	0.4	10.4	2.2	1.8	5.3	1.6	2.1	2.3	3.4	2.9	1.6
16-01 Soups	1.0	2.5	2.6	4.4	2.4	0.3	3.3	9.9	1.9	2.7	2.0	1.7	0.4	10.4	2.2	1.8	5.3	1.6	2.1	2.3	3.4	2.9	1.6
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.7	0.7	1.0	2.6	0.9	0.7	0.7	2.2	1.1	0.5	1.5	1.7	0.4	0.1	0.3	0.5	1.6	0.9	0.5	1.3	0.2	0.7	0.7
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1
17-02 Dietetic products	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.6	0.9	2.6	0.7	0.6	0.6	2.1	1.0	0.5	1.4	1.6	0.3	0.1	0.3	0.4	1.5	0.8	0.5	1.3	0.2	0.6	0.6

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	0.7	5.6	4.3	0.0	5.5	1.2	5.3	0.4	2.8	9.6	0.9	2.3	0.0	0.2	0.0	4.2	5.0	1.2	8.4	0.0	5.6	0.0	0.8
01-01	Potatoes	0.7	5.6	4.3	0.0	5.5	1.2	5.3	0.4	2.8	9.5	0.9	2.3	0.0	0.2	0.0	4.2	5.0	1.2	8.4	0.0	5.6	0.0	0.8
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.0	6.9	9.0	0.0	11.1	1.9	7.8	1.7	5.2	12.4	4.8	4.6	0.0	52.1	13.6	21.1	8.7	5.9	7.0	0.0	27.5	0.0	8.0
02-01	Leafy vegetables (except cabbages)	1.3	1.4	2.7	0.0	3.1	0.3	2.2	0.2	0.8	2.2	0.1	1.2	0.0	13.7	3.6	3.2	0.9	1.1	0.6	0.0	1.0	0.0	2.0
02-02	Fruiting vegetables	1.0	1.4	1.6	0.0	1.9	0.5	1.5	0.1	0.8	2.4	0.2	0.8	0.0	6.9	1.0	2.4	1.1	0.9	1.3	0.0	3.5	0.0	1.3
02-03	Root vegetables	0.3	0.3	0.3	0.0	0.4	0.1	0.2	0.2	0.2	0.8	0.0	0.2	0.0	9.2	4.7	0.8	0.3	0.2	0.3	0.0	0.6	0.0	0.4
02-04	Cabbages	1.5	2.2	2.6	0.0	3.7	0.5	2.9	0.6	2.4	5.4	3.9	1.1	0.0	11.7	1.5	10.9	4.7	2.5	3.4	0.0	20.3	0.0	3.6
02-05	Mushrooms	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.3	0.5	0.4	0.0	0.5	0.2	0.3	0.2	0.3	0.3	0.1	0.5	0.0	0.9	0.2	1.7	0.8	0.5	0.2	0.0	0.5	0.0	0.3
02-07	Onion, garlic	0.3	0.4	0.3	0.0	0.3	0.1	0.3	0.0	0.2	0.5	0.1	0.2	0.0	0.5	0.1	0.8	0.2	0.1	0.5	0.0	0.4	0.0	0.2
02-08	Stalk vegetables, sprouts	0.2	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.3	0.1	0.1	0.0	1.6	0.5	0.2	0.2	0.2	0.1	0.0	0.4	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.2	0.5	0.8	0.0	0.9	0.1	0.4	0.4	0.3	0.6	0.2	0.4	0.0	7.4	2.1	1.2	0.5	0.3	0.5	0.0	0.8	0.0	0.2
03	Legumes	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.0	0.2	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	2.3	11.8	5.1	0.0	6.2	1.3	8.4	1.4	4.2	10.1	4.1	3.5	0.0	5.8	2.0	5.3	4.5	2.4	5.9	0.0	21.0	0.0	7.1
04-01	Fruits	1.7	6.8	3.3	0.0	3.9	1.2	4.7	0.1	2.1	8.8	1.9	1.8	0.0	5.7	2.0	4.7	3.6	1.9	5.4	0.0	21.0	0.0	4.1
04-02	Nuts and seeds (+nut spread)	0.5	4.8	1.7	0.0	2.0	0.1	3.6	1.1	2.1	1.2	2.0	1.7	0.0	0.0	0.0	0.6	0.9	0.4	0.5	0.0	0.0	0.0	2.8
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.2	0.0	0.2	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2
04-04	Olives	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	62.9	4.7	2.8	0.0	3.5	17.2	16.6	23.4	37.3	17.4	17.4	24.6	30.8	9.9	23.3	10.5	8.6	38.2	7.3	36.8	2.6	3.3	5.2
05-01	Milk	17.5	1.0	0.7	0.0	0.8	7.7	6.6	3.7	11.9	9.8	3.5	7.4	3.4	0.8	2.2	4.5	4.8	16.7	3.8	14.2	0.8	0.1	0.5
05-02	Milk beverages	0.5	0.3	0.4	0.0	0.4	0.3	0.3	0.1	0.4	0.4	0.1	0.2	0.1	0.0	0.1	0.1	0.2	0.5	0.0	0.4	0.0	0.0	0.0
05-03	Yoghurt	6.9	0.5	0.4	0.0	0.4	1.8	2.1	1.4	4.3	2.8	0.9	2.6	2.0	0.5	1.5	1.5	1.5	6.1	1.3	4.4	1.3	0.4	0.5
05-04	Fromage blanc, petits suisses	0.8	0.1	0.1	0.0	0.2	1.0	0.3	0.2	0.8	0.4	0.3	0.4	0.8	0.1	0.4	0.2	0.4	1.4	0.2	1.5	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	32.9	2.2	0.8	0.0	1.0	4.9	5.5	16.7	17.0	1.7	11.6	12.6	22.0	7.2	17.3	3.8	0.8	10.0	1.0	14.1	0.2	1.9	3.6
05-06	Cream desserts, puddings (milk based)	3.0	0.5	0.4	0.0	0.5	0.7	1.3	1.1	2.0	1.6	0.6	1.1	1.8	1.0	1.5	0.4	0.7	2.4	0.8	1.7	0.2	0.5	0.4
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	1.2	0.0	0.0	0.0	0.0	0.8	0.4	0.3	0.9	0.6	0.3	0.4	0.4	0.1	0.3	0.0	0.2	1.1	0.1	0.5	0.0	0.1	0.2
06	Cereals and cereal products	5.2	24.4	23.7	0.1	29.8	52.9	20.3	30.3	15.6	9.2	13.1	13.4	0.4	0.1	0.3	14.7	18.9	7.0	7.1	0.4	0.1	0.7	4.7
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.2	1.3	0.7	0.0	0.9	0.3	0.9	0.0	0.8	0.2	0.7	0.9	0.0	0.0	0.0	0.2	0.5	0.2	0.2	0.0	0.0	0.0	0.1
06-03	Bread, crisp bread, rusks	4.6	21.8	20.8	0.0	26.3	52.4	18.0	28.7	13.6	8.3	11.9	11.6	0.0	0.0	0.0	13.2	16.3	5.7	5.7	0.0	0.0	0.1	3.8
06-03-01	Bread	4.2	19.6	18.6	0.0	23.7	52.3	16.5	27.4	12.5	7.5	11.3	10.5	0.0	0.0	0.0	12.5	14.8	5.2	5.1	0.0	0.0	0.1	3.2

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.4	2.2	2.3	0.0	2.6	0.1	1.6	1.3	1.1	0.7	0.5	1.1	0.0	0.0	0.0	0.8	1.5	0.5	0.6	0.0	0.0	0.0	0.6
06-04 Breakfast cereals	0.2	0.6	1.7	0.0	2.0	0.1	0.8	0.3	0.8	0.4	0.2	0.5	0.0	0.0	0.0	1.0	1.5	0.8	1.0	0.2	0.0	0.5	0.3
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.3	0.4	0.1	0.5	0.1	0.2	0.9	0.3	0.2	0.2	0.2	0.2	0.1	0.2	0.1	0.1	0.2	0.2	0.3	0.0	0.0	0.5
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.3	0.1	0.0	0.1	0.1	0.1	0.3	0.1	0.1	0.1	0.1	0.2	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.0	0.1	0.0
07 Meat and meat products	1.1	10.2	19.7	88.9	7.6	2.4	10.9	12.7	18.9	16.4	27.5	31.5	10.0	3.3	8.3	2.7	23.1	15.1	23.4	29.7	4.4	13.2	6.3
07-01 Fresh meat	0.6	5.8	14.9	55.4	4.5	1.4	7.8	3.6	12.6	11.7	15.5	24.3	1.6	3.0	1.6	1.4	11.2	11.0	14.9	21.8	2.5	7.4	4.1
07-01-00 Unclassified	0.0	0.2	0.5	3.4	0.2	0.1	0.2	0.3	0.5	0.4	0.7	1.0	0.1	0.1	0.0	0.0	0.6	0.3	0.6	0.9	0.2	0.2	0.1
07-01-01 Beef	0.5	4.8	13.3	43.6	3.8	1.1	6.2	2.4	9.5	9.4	10.9	20.1	1.4	2.9	1.4	1.3	4.6	9.1	10.8	18.9	2.1	5.9	3.3
07-01-02 Veal	0.0	0.0	0.1	0.6	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.1	0.1	0.0
07-01-03 Pork	0.1	0.7	1.0	6.6	0.4	0.2	1.2	0.8	2.4	1.7	3.6	2.7	0.1	0.0	0.1	0.1	5.8	1.4	3.2	1.4	0.1	1.2	0.7
07-01-04 Mutton/Lamb	0.0	0.0	0.1	1.2	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.3	0.0	0.0	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.1	1.3	0.9	8.2	0.6	0.4	0.8	0.3	1.5	1.1	4.0	1.1	0.6	0.0	0.3	0.3	0.9	0.3	3.2	1.5	0.0	3.9	0.7
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.1	1.2	0.7	7.0	0.5	0.3	0.7	0.3	1.4	1.0	3.5	1.0	0.6	0.0	0.3	0.3	0.7	0.3	2.9	0.5	0.0	3.9	0.6
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.2	1.1	0.1	0.0	0.1	0.0	0.1	0.1	0.4	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.9	0.0	0.0	0.1
07-03 Game	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0
07-04 Processed meat	0.4	2.9	3.7	25.0	2.5	0.7	2.3	8.8	4.7	3.6	8.0	6.0	7.6	0.2	6.1	0.8	10.9	3.5	5.1	6.1	1.9	1.9	1.6
07-05 Offals	0.0	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.2	0.1	0.2	0.1	0.1	0.1	0.1	0.2	0.0	0.0	0.0
08 Fish and shellfish	0.6	1.3	1.3	6.7	1.1	3.5	1.3	3.2	2.8	1.5	8.1	1.1	0.6	0.0	0.4	0.4	1.1	1.2	2.0	9.2	0.1	8.5	1.4
08-01 Fish	0.4	0.7	1.0	5.0	0.8	2.5	1.1	2.8	2.6	1.3	6.7	0.8	0.5	0.0	0.3	0.3	0.9	1.1	1.9	7.9	0.1	8.0	1.1
08-02 Crustaceans, molluscs	0.1	0.5	0.3	1.0	0.3	0.7	0.2	0.3	0.2	0.1	1.1	0.3	0.1	0.0	0.1	0.1	0.1	0.0	1.1	0.0	0.0	0.0	0.2
08-03 Fish products, fish in crumbs	0.0	0.1	0.0	0.7	0.0	0.3	0.0	0.1	0.1	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.5	0.0
09 Eggs and egg products	0.4	0.5	1.9	0.0	2.2	1.8	0.3	0.5	1.3	0.3	3.0	1.2	2.6	0.0	1.8	1.3	0.3	1.4	0.4	2.3	0.0	3.1	2.0
09-01 Egg	0.4	0.5	1.9	0.0	2.2	1.8	0.3	0.5	1.3	0.3	3.0	1.2	2.6	0.0	1.8	1.3	0.3	1.4	0.4	2.3	0.0	3.1	2.0
10 Fat	0.4	0.1	0.2	0.0	0.3	2.7	0.2	1.2	0.4	0.3	0.3	0.1	35.5	7.2	25.7	8.6	0.4	0.5	5.4	3.2	0.0	34.6	22.6
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.1	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.0	1.6	1.1
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	2.9
10-02 Butter	0.2	0.1	0.1	0.0	0.1	2.5	0.1	0.2	0.2	0.1	0.2	0.1	14.0	7.1	11.9	0.0	0.2	0.3	0.0	0.6	0.0	8.6	2.4
10-03 Margarines	0.2	0.0	0.1	0.0	0.2	0.1	0.1	0.8	0.2	0.2	0.0	0.0	20.5	0.0	13.1	8.6	0.2	0.2	5.4	2.6	0.0	24.3	16.3
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.2	6.7	7.9	0.0	10.3	0.6	3.5	0.7	1.5	2.9	0.4	1.2	1.1	1.0	0.8	0.6	1.0	1.6	1.6	0.5	2.2	0.6	2.2

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.5	0.0	0.6	0.0	0.1	0.1	0.1	0.2	0.0	0.2	0.0	0.4	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.7	4.2	3.0	0.0	4.5	0.3	2.3	0.2	1.0	1.4	0.3	0.6	0.8	0.2	0.5	0.5	0.6	1.0	0.4	0.4	0.3	0.0	1.0
11-03	Confectionery non-chocolate	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.2
11-04	Syrup	0.2	1.9	4.1	0.0	4.9	0.0	0.8	0.1	0.3	1.0	0.0	0.3	0.0	0.0	0.0	0.0	0.2	0.2	1.1	0.0	1.5	0.0	0.7
11-05	Ice cream, water ice	0.2	0.0	0.0	0.0	0.0	0.3	0.2	0.1	0.1	0.1	0.0	0.0	0.3	0.3	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.5	0.0
11-05-01	Ice cream	0.2	0.0	0.0	0.0	0.0	0.3	0.2	0.1	0.1	0.1	0.0	0.0	0.3	0.3	0.2	0.0	0.1	0.2	0.0	0.1	0.0	0.5	0.0
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.3	3.8	4.2	0.0	5.2	2.2	2.8	4.7	3.4	2.5	3.1	2.1	5.4	1.4	3.9	1.4	3.0	1.8	1.2	0.7	0.2	10.7	5.7
12-01	Cakes, pies, pastries, etc	0.5	1.4	1.6	0.0	1.8	1.4	1.0	1.8	1.3	0.8	1.4	0.9	2.5	0.5	1.6	0.6	1.1	1.0	0.4	0.5	0.2	2.4	1.7
12-02	Dry cakes, biscuits	0.8	2.4	2.6	0.0	3.4	0.9	1.9	2.9	2.0	1.6	1.7	1.2	2.9	0.8	2.3	0.8	1.9	0.9	0.7	0.3	0.0	8.3	4.0
13	Non-alcoholic beverages	9.6	11.7	7.4	0.0	9.5	4.8	12.3	1.7	2.6	12.9	2.7	1.6	0.3	3.1	0.9	11.6	4.9	6.6	10.9	0.6	12.3	0.1	2.4
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.7	0.8	1.1	0.0	1.4	0.3	1.7	0.1	0.7	2.7	0.2	0.4	0.0	2.6	0.7	2.7	2.1	0.9	1.7	0.1	9.8	0.0	2.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.2	0.2	0.2	0.0	0.3	0.0	0.2
13-03	Coffee, tea and herbal teas	5.9	10.3	6.2	0.0	8.0	3.1	9.4	1.0	1.8	10.1	0.7	1.2	0.3	0.2	0.3	8.9	2.5	5.5	9.0	0.4	2.2	0.1	0.0
13-03-01	Coffee	1.7	2.0	4.4	0.0	5.3	1.0	5.4	0.4	0.6	7.3	0.7	0.5	0.3	0.2	0.3	0.1	2.5	2.4	0.1	0.4	0.0	0.1	0.0
13-03-02	Tea	3.9	7.7	1.6	0.0	2.4	1.9	3.6	0.5	1.1	2.5	0.0	0.6	0.0	0.0	0.0	8.1	0.0	3.0	8.2	0.0	2.0	0.0	0.0
13-03-03	Herbal tea	0.3	0.7	0.2	0.0	0.2	0.2	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.2	0.7	0.0	0.3	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	3.0	0.5	0.1	0.0	0.1	1.4	1.2	0.6	0.0	0.1	1.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.5	0.8	2.7	0.0	3.2	1.5	1.4	0.2	0.4	1.2	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.4	0.5	0.0	0.0	0.0	0.0
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.6	2.4	0.0	2.8	1.5	1.2	0.1	0.3	1.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.3	0.5	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.4	0.3	0.7	0.2	0.9	0.2	0.4	6.9	0.5	0.6	1.1	0.4	2.8	1.3	2.3	0.4	1.5	0.4	0.2	1.7	0.4	3.9	13.4
15-01	Sauces	0.4	0.3	0.6	0.2	0.8	0.2	0.4	5.6	0.5	0.5	1.1	0.4	2.8	1.3	2.3	0.4	1.4	0.4	0.2	1.7	0.2	3.9	13.4
15-01-00	Unclassified and other sauces	0.1	0.0	0.2	0.0	0.2	0.1	0.1	1.6	0.1	0.1	0.0	0.1	2.7	0.1	1.9	0.0	1.0	0.1	0.0	0.1	0.1	3.2	2.4
15-01-01	Tomato sauces	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.4	0.0	0.1	0.0	0.0	0.0	0.9	0.2	0.1	0.2	0.1	0.1	0.0	0.1	0.0	0.2
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per Iron	Heme Iron	Non-heme Iron	lo dine	Mag ne sium	Phos dium	Phos rus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
15-01-03 Mayonnaises and similars	0.2	0.2	0.3	0.2	0.5	0.1	0.2	3.4	0.3	0.3	1.0	0.3	0.1	0.2	0.1	0.2	0.2	0.2	0.1	1.6	0.0	0.8	10.6
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.1	0.0	0.0	1.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0
16 Soups, bouillon	0.5	1.4	1.4	2.2	1.6	0.2	3.1	8.9	1.1	1.7	0.9	1.0	0.1	7.2	1.4	1.2	2.7	0.5	1.4	1.1	1.9	0.9	1.2
16-01 Soups	0.5	1.4	1.4	2.2	1.6	0.2	3.1	8.0	1.1	1.7	0.9	1.0	0.1	7.2	1.4	1.2	2.7	0.4	1.4	1.1	1.9	0.9	1.2
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	2.0	1.3	1.9	1.9	1.9	0.8	1.8	1.9	1.5	0.8	1.5	1.6	0.9	0.1	0.8	1.3	0.8	1.5	0.5	2.1	0.4	2.2	1.0
17-00 Unclassified	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	1.0	0.2	0.6	0.0	0.7	0.0	1.3	0.4	0.7	0.4	0.1	0.3	0.0	0.0	0.0	0.6	0.2	0.9	0.1	0.8	0.0	0.8	0.1
17-02 Dietetic products	0.7	0.8	0.7	0.0	0.8	0.4	0.3	0.1	0.3	0.2	0.6	0.6	0.5	0.0	0.5	0.6	0.1	0.2	0.1	0.4	0.3	0.5	0.6
17-02-00 Unclassified	0.7	0.8	0.7	0.0	0.8	0.4	0.3	0.1	0.3	0.2	0.6	0.6	0.5	0.0	0.5	0.6	0.1	0.2	0.1	0.4	0.3	0.5	0.6
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.4	0.3	0.5	1.9	0.3	0.4	0.2	1.1	0.4	0.1	0.7	0.7	0.4	0.1	0.3	0.1	0.4	0.4	0.3	0.9	0.0	0.9	0.3

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Act. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.0	7.0	5.3	0.0	6.2	1.5	5.9	0.6	3.0	10.1	1.0	3.2	0.0	0.3	0.1	4.9	4.8	1.1	9.5	0.0	8.9	0.0	1.0
01-01	Potatoes	1.0	7.0	5.3	0.0	6.2	1.5	5.9	0.6	3.0	10.1	1.0	3.2	0.0	0.3	0.1	4.9	4.8	1.1	9.5	0.0	8.9	0.0	1.0
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.4	8.3	9.0	0.0	10.6	2.2	6.8	2.3	4.8	11.7	2.9	4.9	0.2	62.0	17.6	18.0	6.3	5.5	6.8	0.0	19.5	0.3	7.6
02-01	Leafy vegetables (except cabbages)	1.4	1.5	2.1	0.0	2.4	0.4	1.6	0.3	0.8	2.2	0.2	1.0	0.1	14.0	3.3	3.5	1.3	1.1	0.9	0.0	0.5	0.3	2.0
02-02	Fruiting vegetables	1.2	2.0	2.3	0.0	2.8	0.7	2.2	0.5	1.1	3.4	0.3	1.1	0.0	13.3	1.9	3.2	1.5	1.2	1.9	0.0	6.4	0.0	2.0
02-03	Root vegetables	0.5	0.7	0.5	0.0	0.6	0.2	0.4	0.3	0.4	1.3	0.1	0.6	0.0	18.0	8.8	1.7	0.5	0.3	0.5	0.0	0.6	0.0	0.7
02-04	Cabbages	1.5	1.4	1.8	0.0	2.2	0.4	1.4	0.5	1.5	2.9	1.7	1.0	0.0	7.9	1.5	6.3	1.4	1.4	1.9	0.0	9.7	0.0	1.7
02-05	Mushrooms	0.0	1.0	0.3	0.0	0.4	0.0	0.1	0.0	0.1	0.2	0.4	0.1	0.0	0.0	0.0	0.1	0.2	0.6	0.1	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.3	0.0	0.2	0.2	0.2	0.1	0.0	0.2	0.0	0.5	0.1	0.4	0.3	0.1	0.1	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.4	0.1	0.3	0.0	0.2	0.6	0.1	0.3	0.0	0.9	0.1	0.9	0.2	0.1	0.6	0.0	0.4	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.5	0.5	0.0	0.5	0.0	0.2	0.2	0.2	0.3	0.1	0.3	0.0	0.4	0.1	0.7	0.2	0.2	0.1	0.0	0.5	0.0	0.5
02-09	Mixed salad, mixed vegetables	0.4	0.4	0.8	0.0	0.9	0.1	0.4	0.2	0.3	0.6	0.2	0.3	0.0	7.1	1.9	1.3	0.6	0.4	0.6	0.0	1.2	0.0	0.3
03	Legumes	0.1	0.6	0.5	0.0	0.5	0.0	0.3	0.2	0.3	0.3	0.3	0.2	0.0	0.0	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.6	0.5	0.0	0.5	0.0	0.3	0.2	0.3	0.3	0.3	0.2	0.0	0.0	0.0	0.3	0.3	0.1	0.1	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	2.8	12.6	5.9	0.0	6.8	2.0	8.8	1.1	4.1	11.6	4.0	4.3	0.0	8.3	2.3	8.4	5.7	2.9	8.0	0.0	32.9	0.0	7.6
04-01	Fruits	2.4	9.2	4.6	0.0	5.4	1.9	6.3	0.1	2.7	10.7	2.7	2.8	0.0	8.2	2.3	7.8	4.8	2.5	7.5	0.0	32.9	0.0	5.5
04-02	Nuts and seeds (+nut spread)	0.3	3.3	1.1	0.0	1.3	0.0	2.4	0.3	1.4	0.8	1.3	1.5	0.0	0.1	0.0	0.6	0.9	0.5	0.5	0.0	0.0	0.0	2.0
04-03	Mixed fruits	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
04-04	Olives	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
05	Dairy products	59.6	5.5	3.1	0.0	3.6	18.6	15.9	18.6	35.2	16.2	14.9	25.0	27.4	8.1	20.2	9.3	9.8	41.7	9.7	34.2	2.9	4.5	5.1
05-01	Milk	16.7	0.8	0.5	0.0	0.5	6.8	5.5	3.0	10.4	7.1	2.7	6.3	3.7	0.9	2.7	3.2	4.0	16.1	2.8	11.3	0.7	0.1	0.5
05-02	Milk beverages	0.9	0.4	0.5	0.0	0.6	0.5	0.5	0.2	0.7	0.6	0.2	0.4	0.2	0.2	0.2	0.1	0.3	0.9	0.3	0.5	0.1	0.2	0.1
05-03	Yoghurt	10.1	1.0	0.5	0.0	0.6	3.2	3.4	2.1	6.3	3.9	1.7	3.9	2.5	1.1	1.9	2.4	3.0	10.0	4.0	6.5	1.4	0.3	0.7
05-04	Fromage blanc, petits suisses	1.5	0.3	0.2	0.0	0.3	1.5	0.5	0.3	1.1	0.7	0.6	0.7	0.7	0.2	0.4	0.3	0.6	2.4	0.4	1.7	0.2	0.2	0.1
05-05	Cheese (including fresh cheeses)	23.5	1.6	0.6	0.0	0.7	3.3	3.3	11.3	12.4	1.0	7.5	11.0	15.1	4.2	11.0	2.2	0.5	5.7	0.8	10.2	0.1	2.1	1.9
05-06	Cream desserts, puddings (milk based)	3.5	1.3	0.7	0.0	0.8	1.2	1.6	0.9	2.2	1.5	1.3	1.7	3.0	0.8	2.3	0.8	0.8	3.5	1.0	2.5	0.3	1.1	1.2
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.8	0.3	0.7	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.7	0.2	0.6	0.0	0.0	0.1	0.0	0.1	0.0	0.3	0.1
05-07-02	Non-dairy creams	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05-08	Milk for coffee and creamers	3.2	0.1	0.1	0.0	0.1	2.0	1.0	0.7	2.2	1.4	1.0	1.0	1.3	0.4	1.0	0.1	0.6	3.0	0.4	1.5	0.1	0.2	0.5
06	Cereals and cereal products	5.4	26.2	23.8	0.1	27.9	46.2	22.4	29.4	16.8	9.4	13.6	16.7	0.4	0.2	0.3	13.8	14.3	6.8	6.9	0.3	0.1	0.4	5.8
06-01	Flour, flakes, starches, semolina	0.0	0.2	0.1	0.0	0.1	0.0	0.2	0.2	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.3	2.0	1.0	0.0	1.2	0.4	1.1	0.0	1.0	0.3	0.6	1.4	0.0	0.1	0.0	0.3	0.4	0.3	0.2	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	4.7	22.8	21.1	0.0	24.7	45.5	20.0	27.8	14.7	8.5	12.3	14.3	0.0	0.0	0.0	12.7	12.3	6.0	6.1	0.0	0.0	0.1	4.5
06-03-01	Bread	4.3	20.6	19.1	0.0	22.3	45.3	18.2	25.8	13.3	7.6	11.5	13.1	0.0	0.0	0.0	12.0	10.8	5.3	5.4	0.0	0.0	0.1	3.4

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Sodium	Phosphorus	Potassium	Selenium	Zinc	Retinol	Beta-carotene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
06-03-02 Crispbread, rusks	0.5	2.1	2.0	0.0	2.4	0.3	1.7	2.0	1.3	0.8	0.8	1.2	0.0	0.0	0.0	0.7	1.5	0.6	0.7	0.0	0.0	0.0	1.1
06-04 Breakfast cereals	0.1	0.7	1.0	0.0	1.2	0.0	0.9	0.1	0.7	0.3	0.1	0.6	0.0	0.0	0.0	0.4	1.1	0.2	0.3	0.0	0.0	0.1	0.6
06-05 Salty biscuits, aperitif biscuits, crackers	0.2	0.4	0.4	0.1	0.5	0.1	0.3	1.0	0.3	0.2	0.3	0.3	0.4	0.1	0.3	0.1	0.3	0.2	0.2	0.3	0.0	0.2	0.4
06-06 Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.1	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0
07 Meat and meat products	1.1	8.4	14.5	84.8	5.9	2.5	7.5	14.1	15.2	11.1	25.1	27.4	12.9	1.5	10.6	2.3	21.1	10.4	18.7	27.0	5.0	12.1	5.1
07-01 Fresh meat	0.4	3.7	8.5	52.2	2.3	1.0	4.3	3.2	8.4	6.4	13.0	18.5	1.0	0.9	0.8	0.7	11.8	5.6	10.8	16.3	1.6	2.6	2.4
07-01-00 Unclassified	0.1	0.4	1.0	7.0	0.3	0.2	0.4	0.5	0.8	0.6	1.4	2.0	0.2	0.1	0.2	0.1	1.2	0.6	1.1	2.2	0.5	0.5	0.2
07-01-01 Beef	0.2	2.0	5.7	32.6	1.3	0.6	2.1	1.5	4.0	3.2	5.8	11.6	0.6	0.8	0.5	0.5	1.2	2.9	4.5	11.2	1.0	1.0	1.1
07-01-02 Veal	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.1	0.0
07-01-03 Pork	0.2	1.2	1.6	11.8	0.7	0.2	1.7	1.1	3.4	2.5	5.7	4.4	0.2	0.0	0.1	0.1	9.3	2.0	4.9	2.3	0.1	0.9	1.1
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.4	0.0	0.1	0.0
07-01-05 Horse	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-01-06 Goat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02 Poultry	0.2	1.9	1.4	6.5	1.0	0.6	1.5	0.6	2.4	1.7	4.6	1.9	1.3	0.0	0.7	0.5	1.6	0.9	4.6	1.7	0.0	6.2	1.1
07-02-00 Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01 Chicken, hen	0.2	1.9	1.3	6.1	0.9	0.6	1.5	0.6	2.3	1.6	4.6	1.9	1.3	0.0	0.7	0.4	1.3	0.7	4.4	1.4	0.0	6.2	1.1
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.4	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.2	0.3	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-03 Game	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-04 Processed meat	0.4	2.8	4.4	25.3	2.5	0.8	1.7	10.2	4.2	2.9	7.5	6.8	10.3	0.5	8.8	0.9	7.6	3.7	3.3	8.2	3.4	3.3	1.6
07-05 Offals	0.0	0.1	0.2	0.8	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.3	0.3	0.1	0.3	0.1	0.1	0.3	0.0	0.7	0.0	0.0	0.0
08 Fish and shellfish	0.9	1.5	1.8	9.2	1.5	7.5	2.3	4.2	5.3	2.9	14.1	1.5	0.6	0.0	0.5	1.0	2.7	2.1	3.1	13.1	0.2	12.3	2.0
08-01 Fish	0.7	1.0	1.5	8.1	1.2	5.6	2.0	3.5	4.7	2.5	11.7	1.2	0.5	0.0	0.4	0.8	2.3	1.9	3.0	11.4	0.1	11.1	1.7
08-02 Crustaceans, molluscs	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.2	0.1	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.0	0.0	0.1
08-03 Fish products, fish in crumbs	0.1	0.3	0.3	1.0	0.2	1.6	0.3	0.5	0.5	0.3	2.1	0.2	0.1	0.0	0.1	0.1	0.4	0.2	0.2	0.9	0.0	1.2	0.2
09 Eggs and egg products	0.9	0.9	3.3	0.0	3.8	3.2	0.7	1.0	2.5	0.6	5.7	2.4	5.2	0.0	3.9	2.4	0.8	3.2	0.9	4.6	0.0	5.5	4.4
09-01 Egg	0.9	0.9	3.3	0.0	3.8	3.2	0.7	1.0	2.5	0.6	5.7	2.4	5.2	0.0	3.9	2.4	0.8	3.2	0.9	4.6	0.0	5.5	4.4
10 Fat	0.5	0.0	0.2	0.0	0.2	1.2	0.1	1.3	0.4	0.3	0.1	0.0	33.5	1.4	24.6	18.4	1.6	1.2	13.2	5.9	0.0	33.9	31.1
10-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.2	0.0	0.9	0.0	0.0	0.0	0.0	0.0	0.0	1.9	1.6
10-01 Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.8
10-02 Butter	0.1	0.0	0.0	0.0	0.0	1.0	0.0	0.2	0.1	0.0	0.1	0.0	5.5	1.3	4.0	0.0	0.0	0.1	0.0	0.2	0.0	1.4	0.8
10-03 Margarines	0.4	0.0	0.2	0.0	0.2	0.2	0.1	0.9	0.3	0.2	0.0	0.0	26.7	0.0	19.6	18.4	1.5	1.1	13.2	5.6	0.0	30.7	24.0
10-04 Deep frying fats	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
10-06 Other animal fat	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11 Sugar and confectionery	1.7	4.7	5.6	0.0	6.4	0.8	2.3	0.6	1.3	1.9	0.6	1.1	1.1	1.6	1.0	0.4	0.9	1.7	0.7	0.7	1.0	0.8	1.7

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E	
11-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-01	Sugar, honey ,jam	0.1	0.4	0.4	0.0	0.6	0.0	0.2	0.1	0.1	0.2	0.1	0.1	0.0	0.8	0.1	0.0	0.1	0.1	0.1	0.0	0.4	0.0	0.3
11-02	Chocolate, candy bars, paste, chocolate confetti	0.9	2.9	2.0	0.0	2.4	0.4	1.2	0.2	0.7	0.8	0.4	0.7	0.3	0.2	0.2	0.3	0.4	0.8	0.2	0.4	0.1	0.2	1.0
11-03	Confectionery non-chocolate	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	1.1	2.7	0.0	3.1	0.0	0.5	0.1	0.2	0.6	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.3	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	0.6	0.1	0.1	0.0	0.2	0.5	0.2	0.1	0.3	0.2	0.1	0.1	0.7	0.6	0.6	0.1	0.3	0.6	0.1	0.3	0.0	0.6	0.1
11-05-01	Ice cream	0.6	0.1	0.1	0.0	0.1	0.5	0.2	0.1	0.3	0.2	0.1	0.1	0.7	0.6	0.6	0.1	0.3	0.6	0.1	0.3	0.0	0.6	0.1
11-05-02	Sorbet	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-05-03	Water ice	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
12	Cakes	1.7	4.4	5.1	0.0	6.0	3.7	3.2	5.9	4.3	2.6	3.9	3.2	7.8	3.0	5.9	1.9	2.6	2.5	1.1	1.1	0.4	6.0	7.4
12-01	Cakes, pies, pastries, etc	1.2	2.7	2.9	0.0	3.4	3.0	1.9	3.6	2.7	1.6	2.6	2.0	5.4	2.3	4.2	1.3	1.6	1.9	0.7	0.9	0.4	4.5	4.1
12-02	Dry cakes, biscuits	0.6	1.8	2.2	0.0	2.6	0.7	1.3	2.3	1.6	1.0	1.4	1.2	2.4	0.8	1.8	0.6	1.0	0.6	0.4	0.2	0.0	1.5	3.3
13	Non-alcoholic beverages	9.5	9.1	9.8	0.0	11.6	4.6	13.9	1.8	1.8	15.0	4.0	1.7	0.3	1.6	0.7	6.5	7.1	6.0	6.3	0.9	15.3	0.1	1.6
13-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.8	1.2	1.2	0.0	1.5	0.2	1.9	0.2	0.7	2.8	0.3	0.4	0.0	1.3	0.4	2.5	2.7	1.2	1.9	0.3	13.3	0.0	1.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.2	0.2	0.2	0.1	0.5	0.0	0.1
13-03	Coffee, tea and herbal teas	4.5	7.3	8.2	0.0	9.8	2.7	10.4	0.9	1.0	12.1	1.2	1.1	0.3	0.1	0.3	3.9	4.2	4.6	4.1	0.5	1.4	0.1	0.0
13-03-01	Coffee	2.1	3.4	7.3	0.0	8.7	1.4	8.8	0.5	0.4	10.9	1.2	0.7	0.3	0.1	0.3	0.1	4.1	3.4	0.1	0.5	0.0	0.1	0.0
13-03-02	Tea	1.9	3.3	0.8	0.0	0.9	1.0	1.3	0.3	0.5	0.9	0.0	0.4	0.0	0.0	0.0	3.2	0.0	1.0	3.3	0.0	1.2	0.0	0.0
13-03-03	Herbal tea	0.4	0.6	0.1	0.0	0.2	0.2	0.3	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.0	0.2	0.7	0.0	0.2	0.0	0.0
13-03-04	Chicory, substitutes	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-04	Waters	4.2	0.6	0.1	0.0	0.2	1.7	1.5	0.7	0.0	0.1	2.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14	Alcoholic beverages	0.6	1.5	3.4	0.0	3.9	1.7	1.9	0.3	0.8	1.6	0.3	0.4	0.2	0.0	0.1	0.5	0.0	0.9	1.0	0.3	0.0	0.2	0.1
14-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-01	Wine	0.5	0.8	2.8	0.0	3.2	1.6	1.3	0.1	0.3	1.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.6	0.0	0.0	0.0	0.0
14-02	Fortified wines (sherry, port, vermouth)	0.1	0.6	0.4	0.0	0.5	0.0	0.3	0.1	0.1	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0
14-03	Beer, cider	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.2	0.3	0.2	0.0	0.0	0.0
14-04	Spirits, brandy	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-05	Aniseed drinks (pastis,....)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-06	Liqueurs	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.2	0.1	0.2	0.0	0.1	0.1	0.0	0.2	0.0	0.2	0.0	0.2	0.1
14-07	Cocktails, punches	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15	Condiments and sauces	0.5	0.5	1.0	0.3	1.1	0.3	0.5	5.3	0.5	0.6	0.7	0.5	5.0	1.5	4.0	0.4	2.6	0.4	0.4	0.8	0.5	5.8	7.9
15-01	Sauces	0.4	0.5	0.9	0.3	1.1	0.3	0.5	4.7	0.5	0.6	0.7	0.5	5.0	1.4	4.0	0.3	2.5	0.4	0.4	0.8	0.4	5.8	7.9
15-01-00	Unclassified and other sauces	0.3	0.3	0.6	0.0	0.7	0.1	0.3	3.3	0.2	0.3	0.1	0.3	4.8	0.5	3.7	0.1	1.9	0.3	0.1	0.1	0.3	5.0	5.1
15-01-01	Tomato sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.5	0.1	0.1	0.0	0.0	0.1	0.2	0.1	0.1	0.5	0.0	0.0	0.0	0.1	0.0	0.1
15-01-02	Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	So dium	Phos phorus	Potas sium	Sele nium	Zinc	Reti nol	Beta- caro tene	Ret. Eq.	Folate Eq.	Vit. B1	Vit. B2	Vit. B6	Vit. B12	Vit. C	Vit. D	Vit. E
15-01-03 Mayonnaises and similars	0.1	0.1	0.2	0.3	0.2	0.1	0.1	0.6	0.1	0.1	0.5	0.1	0.1	0.5	0.1	0.2	0.1	0.1	0.3	0.7	0.0	0.8	2.0
15-01-04 Dessert sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-02 Yeast	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	1.0	2.8	3.1	3.2	3.1	0.3	3.6	12.3	2.5	3.7	1.9	1.6	0.2	9.0	2.3	1.7	7.2	1.3	2.1	2.7	3.0	2.0	2.3
16-01 Soups	0.9	2.7	3.0	3.2	3.1	0.3	3.6	11.4	2.5	3.6	1.9	1.6	0.2	9.0	2.3	1.7	7.2	1.3	2.1	2.7	3.0	2.0	2.3
16-02 Bouillon	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.9	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.8	0.5	0.9	2.5	0.8	0.2	0.7	1.0	0.7	0.4	0.8	1.0	0.5	0.1	0.3	0.5	0.6	0.7	0.3	0.9	0.1	1.4	0.6
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.4	0.0	0.2	0.0	0.2	0.0	0.4	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.2	0.1	0.2	0.0	0.3	0.0	0.6	0.1
17-02 Dietetic products	0.3	0.3	0.3	0.0	0.3	0.2	0.1	0.1	0.2	0.1	0.3	0.4	0.4	0.0	0.3	0.2	0.3	0.4	0.2	0.3	0.1	0.4	0.2
17-02-00 Unclassified	0.3	0.3	0.3	0.0	0.3	0.2	0.1	0.1	0.2	0.1	0.3	0.4	0.4	0.0	0.3	0.2	0.3	0.4	0.2	0.3	0.1	0.4	0.2
17-02-01 Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.1	0.2	0.4	2.5	0.3	0.1	0.2	0.7	0.2	0.1	0.4	0.5	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.3	0.0	0.5	0.3