

# Dutch National Food Consumption Survey 2007-2010|Part 8-A Sources of micronutrients, Version 2, based on dataset DFC\_2010\_core\_20120822

## Contents

### Sources (Food Groups) of micronutrients

- 1.1 Sources (Food Groups) of micronutrients
- 1.2.a Sources (Food Groups) of micronutrients - by age (2 subgroups)
- 1.2.b Sources (Food Groups) of micronutrients - by age and gender (4 subgroups)
- 1.2.c Sources (Food Groups) of micronutrients - by age and gender (11 subgroups)
- 1.3.a Sources (Food Groups) of micronutrients - by age and education (6 subgroups)
- 1.3.b Sources (Food Groups) of micronutrients - by age, education and gender (12 subgroups)
- 1.4.a Sources (Food Groups) of micronutrients - by age and BMI (4 subgroups)
- 1.4.b Sources (Food Groups) of micronutrients - by age, BMI and gender (8 subgroups)

### Sources (Food SubGroups) of micronutrients

- 2.1 Sources (Food SubGroups) of micronutrients
- 2.2.a Sources (Food SubGroups) of micronutrients - by age (2 subgroups)
- 2.2.b Sources (Food SubGroups) of micronutrients - by age and gender (4 subgroups)
- 2.2.c Sources (Food SubGroups) of micronutrients - by age and gender (11 subgroups)
- 2.3.a Sources (Food SubGroups) of micronutrients - by age and education (6 subgroups)
- 2.3.b Sources (Food SubGroups) of micronutrients - by age, education and gender (12 subgroups)
- 2.4.a Sources (Food SubGroups) of micronutrients - by age and BMI (4 subgroups)
- 2.4.b Sources (Food SubGroups) of micronutrients - by age, BMI and gender (8 subgroups)

Remarks:

- All numbers are mean percentages

**Table 1.1** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

**Total Population (n=3,819)**

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.2	7.7	5.2	0.0	6.3	1.5	5.9	3.7	10.9	1.8	0.7	3.2	0.1	0.1	5.0	1.6	9.8	6.7	0.0	0.1	13.0	0.0	1.7
02 Vegetables	4.9	6.1	7.6	0.0	9.1	1.6	5.3	3.5	9.3	1.7	2.6	3.6	0.1	14.6	4.6	4.3	5.1	14.3	0.0	0.0	16.4	0.1	6.2
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.7	8.7	3.6	0.0	4.3	1.4	7.1	3.3	7.2	3.8	1.3	3.2	0.0	1.2	3.5	1.9	5.1	4.8	0.0	0.0	15.7	0.0	6.5
05 Dairy products	57.9	4.9	3.0	0.0	3.6	15.0	15.2	32.2	16.7	13.5	16.4	22.8	29.1	22.7	9.1	38.6	11.2	11.2	0.3	38.4	4.1	5.3	4.6
06 Cereals and cereal products	7.5	28.9	26.0	0.4	30.8	53.4	24.0	18.4	12.4	16.8	30.6	19.1	0.5	0.5	18.3	9.0	10.8	21.9	8.5	0.4	1.2	0.3	8.8
07 Meat and meat products	2.1	9.9	16.0	84.7	8.2	3.0	8.9	17.4	13.1	30.6	18.0	28.0	15.0	12.9	24.4	12.1	21.8	3.6	0.0	30.1	10.3	20.3	7.0
08 Fish and shellfish	0.7	1.7	1.2	5.3	1.0	3.4	1.3	2.5	1.4	7.9	2.3	1.2	0.9	0.7	1.2	1.3	1.8	0.6	0.0	9.4	0.1	8.2	1.9
09 Eggs and egg products	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.9	0.5	4.5	0.7	1.7	4.6	3.4	0.6	2.4	0.7	2.4	0.0	4.0	0.0	5.1	3.4
10 Fat	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.9	21.4	2.4	2.0	6.0	7.4	50.3	2.7	0.0	36.0	24.0
11 Sugar and confectionery	3.2	6.8	7.0	0.0	8.1	1.8	3.9	2.2	3.1	1.4	1.0	2.0	2.2	1.9	1.3	2.6	1.2	0.9	0.8	1.5	1.2	0.9	3.2
12 Cakes	2.5	3.9	5.0	0.7	5.9	3.1	3.1	4.0	2.6	3.7	4.6	2.8	6.9	5.5	2.5	2.8	2.0	2.3	0.2	1.5	0.3	7.0	6.6
13 Non-alcoholic beverages	10.5	8.6	8.6	0.0	10.4	5.9	13.0	4.0	15.2	3.6	2.2	1.8	0.5	1.8	9.1	7.4	9.3	7.7	1.0	2.4	24.4	0.1	4.1
14 Alcoholic beverages	1.0	1.4	2.7	0.0	3.2	2.3	3.6	2.2	2.8	0.5	0.2	0.5	0.1	0.0	0.0	2.3	3.5	3.4	0.0	1.0	0.1	0.0	0.1
15 Condiments and sauces	0.6	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.3	0.9	8.4	0.9	3.2	4.0	3.4	0.7	0.6	0.7	0.0	0.2	1.2	3.8	10.9
16 Soups, bouillon	0.6	1.7	1.7	2.8	1.8	0.3	2.5	1.4	1.9	1.3	6.5	1.1	0.3	1.0	3.5	1.0	1.2	1.1	0.0	1.6	1.7	1.8	1.2
17 Miscellaneous	1.4	1.2	1.9	4.1	1.9	0.8	1.3	1.5	0.9	1.9	3.0	2.0	1.1	0.8	1.4	1.3	0.8	0.9	1.6	1.7	0.5	2.5	1.5

**Table 1.2.a** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	9.7	6.1	0.0	7.1	1.8	7.5	4.5	13.4	2.7	0.8	4.0	0.1	0.1	5.9	2.1	11.6	9.0	0.0	0.1	14.7	0.1	2.4
02 Vegetables	3.6	4.7	6.1	0.0	7.1	1.3	4.4	2.6	7.5	1.2	2.1	2.9	0.1	12.7	3.4	3.1	4.1	12.6	0.0	0.0	12.1	0.1	5.2
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.3	7.8	3.2	0.0	3.7	1.3	6.8	2.8	6.8	3.6	1.1	2.8	0.0	0.9	3.0	1.7	5.0	4.0	0.0	0.0	11.6	0.0	6.4
05 Dairy products	58.9	6.4	4.1	0.0	4.7	15.3	18.7	33.5	21.1	13.8	14.6	23.8	29.7	23.6	11.0	43.7	12.3	13.7	1.4	44.2	5.2	5.8	4.2
06 Cereals and cereal products	8.5	30.3	29.4	0.5	33.9	57.4	26.5	19.1	15.2	19.1	33.7	20.6	0.5	0.6	21.7	10.8	14.1	28.4	20.4	0.8	2.0	0.4	10.4
07 Meat and meat products	2.6	9.5	16.7	86.2	8.9	3.0	9.3	16.9	13.2	31.7	19.3	27.8	15.0	13.0	24.6	12.0	21.1	4.0	0.0	30.2	10.3	22.3	7.1
08 Fish and shellfish	0.3	0.8	0.7	3.1	0.6	2.1	0.7	1.3	0.8	4.5	1.0	0.6	0.4	0.3	0.6	0.6	0.9	0.4	0.0	4.7	0.0	4.2	0.8
09 Eggs and egg products	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.3	0.0	3.5	0.0	4.6	2.7
10 Fat	1.5	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.5	21.3	3.1	2.3	4.5	4.4	37.2	1.9	0.0	37.3	21.3
11 Sugar and confectionery	5.2	11.3	11.2	0.0	12.9	3.0	6.9	3.8	5.4	2.6	1.5	3.4	3.7	3.2	2.4	4.5	2.4	2.0	3.8	2.9	2.9	1.6	5.7
12 Cakes	4.0	5.9	8.1	0.8	9.2	4.0	4.8	5.7	4.0	5.5	6.1	4.2	8.7	7.0	3.7	4.2	3.8	3.5	1.5	2.4	0.3	9.1	9.5
13 Non-alcoholic beverages	8.4	5.4	3.2	0.0	3.8	5.5	6.6	3.6	7.1	3.5	2.0	1.0	0.0	2.2	7.4	5.2	11.9	6.5	4.0	3.0	32.1	0.0	6.5
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.3	0.2	0.6	0.4	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.8	0.0	0.3	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.4	1.6	0.1	1.8	0.4	1.8	0.9	1.6	1.1	8.1	0.9	3.1	4.9	3.4	0.8	0.6	0.6	0.1	0.1	1.2	3.9	10.9
16 Soups, bouillon	0.4	1.2	1.3	2.3	1.2	0.2	1.8	0.9	1.4	1.0	4.1	0.8	0.3	1.0	2.2	0.6	1.0	1.0	0.0	1.3	1.3	1.5	1.0
17 Miscellaneous	1.5	1.4	2.3	5.2	2.1	1.0	1.6	1.7	1.1	2.3	3.5	2.5	1.5	1.2	1.9	1.7	1.0	1.2	1.3	2.1	0.5	2.9	1.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.2	7.3	5.0	0.0	6.1	1.5	5.5	3.5	10.4	1.6	0.7	3.0	0.1	0.1	4.8	1.5	9.5	6.2	0.0	0.1	12.6	0.0	1.6
02 Vegetables	5.2	6.4	7.9	0.0	9.6	1.7	5.5	3.7	9.7	1.8	2.7	3.8	0.1	15.0	4.8	4.5	5.4	14.7	0.0	0.0	17.4	0.1	6.4
03 Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.8	8.9	3.8	0.0	4.5	1.4	7.2	3.4	7.2	3.9	1.4	3.3	0.0	1.2	3.7	2.0	5.2	5.0	0.0	0.0	16.7	0.0	6.5
05 Dairy products	57.7	4.6	2.8	0.0	3.3	14.9	14.4	31.9	15.7	13.4	16.8	22.6	29.0	22.4	8.7	37.5	10.9	10.7	0.2	37.2	3.8	5.2	4.7
06 Cereals and cereal products	7.3	28.7	25.3	0.4	30.1	52.5	23.4	18.2	11.8	16.3	29.9	18.8	0.4	0.5	17.5	8.6	10.0	20.5	6.5	0.3	1.0	0.2	8.5
07 Meat and meat products	2.0	10.0	15.9	84.4	8.0	3.0	8.8	17.5	13.1	30.3	17.7	28.0	15.0	12.8	24.3	12.1	21.9	3.5	0.0	30.1	10.2	19.8	7.0
08 Fish and shellfish	0.8	1.9	1.3	5.8	1.1	3.7	1.4	2.8	1.6	8.6	2.6	1.3	1.0	0.8	1.4	1.4	2.0	0.6	0.0	10.4	0.1	9.0	2.1
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.4	0.6	2.0	0.5	4.6	0.7	1.8	4.7	3.5	0.6	2.5	0.7	2.4	0.0	4.2	0.0	5.2	3.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Iodine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
10 Fat	1.1	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.0	21.4	2.2	1.9	6.3	8.1	52.5	2.9	0.0	35.7	24.5
11 Sugar and confectionery	2.8	5.8	6.1	0.0	7.1	1.5	3.3	1.9	2.6	1.1	0.8	1.7	1.8	1.6	1.1	2.2	1.0	0.7	0.3	1.2	0.8	0.8	2.7
12 Cakes	2.2	3.4	4.3	0.7	5.1	2.9	2.8	3.6	2.3	3.3	4.2	2.5	6.5	5.2	2.2	2.5	1.6	2.0	0.0	1.3	0.3	6.5	6.0
13 Non-alcoholic beverages	10.9	9.3	9.8	0.0	11.8	6.0	14.4	4.1	17.0	3.7	2.2	2.0	0.6	1.7	9.5	7.9	8.8	7.9	0.5	2.2	22.7	0.1	3.5
14 Alcoholic beverages	1.1	1.7	3.3	0.0	3.9	2.8	4.3	2.6	3.3	0.6	0.3	0.6	0.1	0.1	0.0	2.8	4.1	4.0	0.0	1.1	0.1	0.0	0.2
15 Condiments and sauces	0.7	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.3	0.8	8.5	0.8	3.2	3.8	3.4	0.7	0.6	0.7	0.0	0.2	1.2	3.8	10.9
16 Soups, bouillon	0.7	1.8	1.8	2.9	1.9	0.4	2.6	1.5	2.0	1.3	7.0	1.1	0.3	1.1	3.8	1.1	1.3	1.1	0.0	1.7	1.8	1.8	1.2
17 Miscellaneous	1.3	1.2	1.8	3.9	1.8	0.8	1.3	1.4	0.9	1.8	2.8	1.9	1.0	0.8	1.3	1.2	0.8	0.9	1.7	1.6	0.5	2.4	1.4

**Table 1.2.b** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	10.0	6.3	0.0	7.3	1.8	7.7	4.6	13.7	2.7	0.8	4.1	0.1	0.1	6.2	2.2	11.7	9.4	0.0	0.1	15.5	0.1	2.4
02 Vegetables	3.6	4.6	6.0	0.0	6.9	1.2	4.2	2.5	7.2	1.1	2.1	2.8	0.1	12.6	3.3	3.0	3.9	12.4	0.0	0.0	11.9	0.1	5.1
03 Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.3	7.8	3.0	0.0	3.5	1.1	7.0	3.0	6.3	3.8	1.2	2.9	0.0	0.7	2.7	1.6	4.7	3.6	0.0	0.0	10.1	0.0	6.6
05 Dairy products	59.1	6.2	3.9	0.0	4.4	14.6	18.5	33.3	21.3	13.5	14.2	23.4	29.0	23.5	11.1	43.7	11.9	13.6	1.2	44.4	5.4	5.1	3.9
06 Cereals and cereal products	8.6	30.9	29.9	0.7	34.5	58.3	26.8	19.2	15.6	19.2	33.9	21.0	0.5	0.7	21.5	10.7	14.2	29.1	19.3	0.8	2.1	0.4	10.5
07 Meat and meat products	2.7	9.6	16.9	86.0	9.0	3.0	9.5	17.1	13.5	31.9	19.7	28.0	14.8	12.7	25.9	12.2	21.3	4.0	0.0	29.9	10.8	22.2	7.1
08 Fish and shellfish	0.3	0.9	0.8	3.3	0.6	2.2	0.8	1.3	0.8	4.9	1.0	0.7	0.4	0.3	0.6	0.7	0.9	0.4	0.0	4.8	0.1	4.4	0.9
09 Eggs and egg products	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.4	0.0	3.5	0.0	4.5	2.7
10 Fat	1.6	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.3	22.0	3.1	2.4	4.7	4.6	35.7	2.1	0.0	37.4	21.7
11 Sugar and confectionery	5.2	11.2	11.1	0.0	12.7	2.9	6.8	3.7	5.3	2.4	1.5	3.3	3.6	3.2	2.3	4.4	2.3	2.0	4.0	2.8	3.1	1.6	5.5
12 Cakes	3.9	5.5	7.8	0.7	9.0	3.9	4.5	5.4	3.7	5.2	5.9	3.9	8.6	6.8	3.6	4.0	3.8	3.4	1.5	2.3	0.3	8.6	9.1
13 Non-alcoholic beverages	7.9	5.1	3.2	0.0	3.7	5.3	6.1	3.6	6.7	3.3	2.0	0.9	0.0	2.0	6.8	5.2	12.1	5.5	4.3	3.3	31.9	0.0	6.5
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.2	0.3	0.9	0.6	0.6	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.9	1.2	0.0	0.4	0.0	0.0	0.0
15 Condiments and sauces	0.7	1.6	1.6	0.0	1.8	0.4	1.9	1.0	1.8	1.1	8.2	1.0	3.2	5.3	3.2	0.9	0.6	0.7	0.0	0.1	1.3	4.1	11.1
16 Soups, bouillon	0.4	1.2	1.3	2.1	1.2	0.2	1.8	0.9	1.4	1.0	3.9	0.8	0.3	0.8	2.3	0.6	0.9	1.0	0.0	1.2	1.2	1.3	1.0
17 Miscellaneous	1.7	1.4	2.3	5.3	2.2	1.2	1.7	1.8	1.1	2.5	3.4	2.6	1.5	1.2	1.8	1.8	1.0	1.3	1.9	2.2	0.6	3.1	1.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.3	9.4	5.8	0.0	6.9	1.7	7.3	4.4	13.1	2.6	0.8	3.9	0.1	0.1	5.7	2.0	11.4	8.6	0.0	0.1	13.8	0.1	2.3
02 Vegetables	3.6	4.8	6.2	0.0	7.2	1.4	4.5	2.7	7.8	1.3	2.1	3.0	0.1	12.8	3.5	3.2	4.3	12.8	0.0	0.0	12.2	0.1	5.2
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.4	7.7	3.3	0.0	3.8	1.4	6.7	2.7	7.3	3.4	0.9	2.7	0.0	1.2	3.2	1.8	5.3	4.4	0.0	0.0	13.2	0.0	6.1
05 Dairy products	58.8	6.6	4.4	0.0	5.0	15.9	18.9	33.8	20.9	14.0	15.0	24.1	30.4	23.8	11.0	43.7	12.7	13.7	1.5	44.0	5.1	6.5	4.6
06 Cereals and cereal products	8.4	29.6	28.8	0.3	33.2	56.4	26.2	19.0	14.8	18.9	33.4	20.3	0.5	0.6	21.9	11.0	14.1	27.7	21.5	0.9	1.8	0.3	10.3
07 Meat and meat products	2.4	9.5	16.5	86.4	8.8	3.1	9.2	16.7	12.8	31.5	18.9	27.5	15.3	13.2	23.3	11.8	20.8	4.0	0.0	30.4	9.8	22.5	7.1
08 Fish and shellfish	0.3	0.7	0.6	2.8	0.5	1.9	0.7	1.3	0.8	4.2	0.9	0.6	0.3	0.3	0.6	0.6	0.8	0.4	0.0	4.7	0.0	3.9	0.7
09 Eggs and egg products	0.6	0.5	2.1	0.0	2.5	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.0	0.5	2.0	0.6	2.2	0.0	3.5	0.0	4.8	2.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
10 Fat	1.4	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.6	20.6	3.0	2.2	4.3	4.2	38.6	1.7	0.0	37.2	20.8
11 Sugar and confectionery	5.2	11.5	11.4	0.0	13.0	3.0	7.1	3.9	5.4	2.7	1.6	3.5	3.8	3.3	2.5	4.7	2.5	2.1	3.6	3.1	2.8	1.6	5.9
12 Cakes	4.2	6.2	8.3	0.8	9.4	4.2	5.1	6.1	4.3	5.8	6.4	4.4	8.7	7.2	3.8	4.3	3.8	3.6	1.4	2.5	0.3	9.5	10.0
13 Non-alcoholic beverages	9.0	5.7	3.3	0.0	3.9	5.7	7.1	3.6	7.6	3.7	2.0	1.2	0.1	2.4	8.0	5.2	11.6	7.5	3.7	2.7	32.2	0.0	6.5
14 Alcoholic beverages	0.2	0.2	0.3	0.0	0.3	0.2	0.4	0.3	0.4	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.3	0.4	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.3	1.6	0.2	1.8	0.4	1.6	0.9	1.4	1.1	8.0	0.8	3.0	4.4	3.5	0.7	0.6	0.6	0.2	0.1	1.0	3.6	10.7
16 Soups, bouillon	0.4	1.2	1.3	2.6	1.2	0.3	1.8	1.0	1.5	1.1	4.4	0.9	0.3	1.1	2.2	0.6	1.0	1.0	0.0	1.4	1.3	1.7	1.1
17 Miscellaneous	1.3	1.4	2.2	5.1	2.0	0.8	1.5	1.6	1.1	2.2	3.5	2.4	1.4	1.1	1.9	1.5	1.1	1.0	0.8	2.0	0.5	2.6	1.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.3	8.4	5.6	0.0	6.8	1.7	6.1	3.8	11.4	1.9	0.8	3.3	0.1	0.1	5.4	1.8	10.6	7.1	0.0	0.1	15.3	0.0	1.8
02 Vegetables	5.2	6.2	7.6	0.0	9.0	1.6	5.0	3.3	8.7	1.7	2.5	3.5	0.2	14.1	4.6	4.4	5.1	14.4	0.0	0.0	17.4	0.1	6.1
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.7	8.6	3.3	0.0	3.9	1.2	7.0	3.3	6.2	3.9	1.5	3.1	0.0	1.0	3.2	1.8	4.6	4.3	0.0	0.0	14.4	0.0	6.6
05 Dairy products	59.1	4.7	2.9	0.0	3.4	14.4	14.4	30.9	15.6	13.4	15.9	22.4	28.8	22.9	8.8	37.6	10.4	10.7	0.0	37.1	4.1	4.8	4.7
06 Cereals and cereal products	7.8	29.6	26.0	0.3	30.7	55.3	23.5	18.1	11.8	16.7	29.8	19.0	0.4	0.4	17.5	8.8	10.1	21.6	5.0	0.3	1.0	0.3	8.3
07 Meat and meat products	2.4	11.3	18.1	86.2	9.2	3.3	9.6	18.9	14.2	33.2	19.7	30.9	16.5	14.3	27.5	13.8	24.0	4.0	0.0	33.0	12.7	20.9	7.8
08 Fish and shellfish	0.8	1.8	1.3	4.7	1.1	3.6	1.3	2.5	1.4	8.4	2.4	1.2	0.9	0.7	1.2	1.3	1.9	0.6	0.0	9.7	0.1	8.8	1.9
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.8	0.5	4.4	0.7	1.7	4.5	3.5	0.6	2.4	0.7	2.4	0.0	3.9	0.0	4.8	3.3
10 Fat	1.3	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	30.4	23.7	2.5	2.2	7.1	9.0	62.1	3.0	0.0	39.1	27.2
11 Sugar and confectionery	2.9	5.8	5.6	0.0	6.6	1.4	3.2	1.7	2.5	1.0	0.8	1.6	1.7	1.6	1.1	2.1	0.8	0.6	0.5	1.1	0.7	0.8	2.5
12 Cakes	2.0	3.2	3.8	0.6	4.5	2.6	2.4	3.1	2.0	3.1	3.7	2.2	5.9	4.8	2.0	2.2	1.3	1.9	0.0	1.2	0.3	5.9	5.7
13 Non-alcoholic beverages	9.5	8.4	10.0	0.0	11.9	5.2	13.7	3.8	16.5	3.1	1.9	1.7	0.5	1.4	9.5	7.8	7.5	6.3	0.7	2.1	22.2	0.1	3.3
14 Alcoholic beverages	1.4	1.9	2.9	0.0	3.5	3.0	6.1	4.1	4.6	0.9	0.3	0.8	0.0	0.0	0.0	4.4	6.5	6.9	0.0	1.9	0.1	0.0	0.3
15 Condiments and sauces	0.8	1.5	1.8	0.0	2.2	0.4	1.6	1.0	1.4	1.0	8.9	1.0	3.5	4.2	3.5	0.8	0.7	0.7	0.0	0.2	1.3	4.3	12.5
16 Soups, bouillon	0.7	1.9	2.0	2.9	2.1	0.4	2.7	1.5	2.1	1.3	6.7	1.1	0.2	0.9	3.9	1.2	1.3	1.1	0.0	1.7	1.9	1.8	1.2
17 Miscellaneous	1.0	1.0	1.7	3.8	1.5	0.6	0.9	1.2	0.7	1.6	2.8	1.7	0.7	0.6	1.2	0.9	0.7	0.6	0.8	1.4	0.4	1.9	1.3

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phosphorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.0	6.2	4.4	0.0	5.4	1.3	5.0	3.1	9.3	1.4	0.6	2.7	0.1	0.1	4.1	1.3	8.3	5.3	0.0	0.1	9.9	0.0	1.4
02 Vegetables	5.2	6.7	8.2	0.0	10.1	1.9	6.0	4.1	10.7	1.9	3.0	4.1	0.1	15.9	5.1	4.7	5.7	15.1	0.0	0.0	17.4	0.1	6.7
03 Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.0	9.2	4.2	0.0	5.0	1.6	7.4	3.6	8.3	3.8	1.3	3.4	0.0	1.5	4.1	2.1	5.7	5.7	0.0	0.0	18.9	0.0	6.3
05 Dairy products	56.4	4.6	2.7	0.0	3.3	15.4	14.4	32.9	15.9	13.4	17.6	22.9	29.2	22.0	8.6	37.3	11.5	10.7	0.3	37.3	3.6	5.7	4.8
06 Cereals and cereal products	6.8	27.7	24.5	0.5	29.5	49.7	23.4	18.4	11.8	15.9	29.9	18.6	0.5	0.5	17.6	8.3	9.9	19.5	7.6	0.3	1.0	0.2	8.7
07 Meat and meat products	1.5	8.6	13.6	82.5	6.8	2.7	8.0	16.1	12.0	27.5	15.6	25.1	13.4	11.3	21.0	10.4	19.9	3.0	0.0	27.1	7.8	18.7	6.3
08 Fish and shellfish	0.9	2.1	1.3	7.0	1.1	3.8	1.5	3.2	1.7	8.8	2.9	1.4	1.0	0.8	1.5	1.5	2.1	0.7	0.0	11.2	0.1	9.3	2.4
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.2	2.5	0.6	2.1	0.6	4.8	0.8	1.8	4.9	3.5	0.6	2.5	0.7	2.5	0.0	4.4	0.0	5.6	3.7
10 Fat	1.0	0.0	0.1	2.3	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.7	19.2	1.9	1.6	5.5	7.1	44.7	2.7	0.0	32.3	21.9
11 Sugar and confectionery	2.7	5.8	6.5	0.0	7.5	1.6	3.3	2.0	2.7	1.2	0.9	1.7	2.0	1.6	1.2	2.3	1.2	0.7	0.1	1.3	0.9	0.8	2.9
12 Cakes	2.3	3.7	4.8	0.8	5.8	3.2	3.1	4.1	2.6	3.6	4.7	2.8	7.1	5.5	2.4	2.8	1.8	2.1	0.0	1.4	0.4	7.1	6.4
13 Non-alcoholic beverages	12.4	10.1	9.6	0.0	11.7	6.7	15.2	4.4	17.5	4.2	2.6	2.3	0.7	1.9	9.4	8.1	10.0	9.6	0.3	2.4	23.1	0.2	3.8
14 Alcoholic beverages	0.8	1.4	3.6	0.0	4.3	2.6	2.4	1.0	2.1	0.2	0.2	0.3	0.1	0.1	0.0	1.2	1.7	1.0	0.0	0.3	0.1	0.1	0.1
15 Condiments and sauces	0.5	1.0	1.5	0.0	1.8	0.4	1.3	0.8	1.2	0.7	8.0	0.7	2.9	3.3	3.3	0.6	0.5	0.6	0.0	0.1	1.1	3.2	9.3
16 Soups, bouillon	0.6	1.7	1.7	2.9	1.7	0.4	2.6	1.4	2.0	1.3	7.3	1.1	0.3	1.2	3.7	0.9	1.3	1.1	0.0	1.6	1.8	1.9	1.3
17 Miscellaneous	1.6	1.4	2.0	3.9	2.1	0.9	1.6	1.6	1.0	2.0	2.9	2.0	1.2	0.9	1.4	1.5	0.9	1.1	2.3	1.7	0.5	2.8	1.6

**Table 1.2.c** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.2	9.3	5.6	0.0	6.5	1.7	7.0	4.4	12.7	2.8	0.9	3.9	0.1	0.1	5.8	2.0	11.7	8.5	0.0	0.1	13.2	0.1	2.3
02 Vegetables	3.0	4.3	5.6	0.0	6.4	1.1	4.0	2.3	6.9	1.2	2.0	2.6	0.1	12.5	3.0	2.5	3.8	11.7	0.0	0.0	10.6	0.1	5.5
03 Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.4	9.3	4.0	0.0	4.6	1.6	7.8	3.1	8.1	4.0	0.9	3.3	0.0	0.8	3.4	1.9	6.3	4.4	0.0	0.0	12.8	0.0	7.6
05 Dairy products	60.7	7.8	4.8	0.0	5.5	16.5	21.4	36.9	24.6	15.0	15.7	25.8	27.0	22.1	13.5	46.4	14.1	15.4	2.9	46.5	6.2	5.7	4.6
06 Cereals and cereal products	7.7	28.7	27.8	0.2	31.8	57.2	25.0	18.1	13.8	19.3	33.8	19.6	0.6	0.7	21.2	10.3	13.9	28.8	22.3	0.9	1.2	0.5	8.4
07 Meat and meat products	2.3	9.0	16.2	86.2	8.9	2.9	8.2	15.5	11.6	29.8	19.7	26.1	17.6	15.3	21.6	10.7	19.5	4.1	0.0	29.3	10.2	19.4	6.7
08 Fish and shellfish	0.3	0.6	0.8	3.1	0.7	2.0	0.7	1.2	0.7	4.2	0.7	0.6	0.4	0.3	0.4	0.4	0.6	0.5	0.0	3.6	0.0	2.5	0.5
09 Eggs and egg products	0.6	0.5	1.9	0.0	2.3	1.6	0.5	1.4	0.4	3.7	0.5	1.4	3.3	2.5	0.5	1.8	0.6	2.0	0.0	3.1	0.0	4.0	2.6
10 Fat	1.6	0.0	0.2	2.4	0.1	0.2	0.1	0.3	0.2	0.1	1.4	0.0	27.3	21.1	3.8	2.5	4.5	3.7	29.8	1.6	0.0	39.4	21.6
11 Sugar and confectionery	5.6	13.5	13.1	0.0	14.8	3.5	7.9	4.4	6.3	3.4	1.8	4.1	4.3	3.6	2.8	5.2	3.4	2.4	4.1	3.6	4.4	2.1	7.4
12 Cakes	4.7	6.2	9.0	1.0	10.2	4.4	5.3	6.6	4.4	5.7	6.8	4.7	7.3	5.8	4.4	4.8	4.6	3.6	0.6	2.7	0.2	8.5	9.7
13 Non-alcoholic beverages	7.2	4.0	2.7	0.0	3.1	4.7	5.8	2.1	6.2	3.8	1.5	0.8	0.0	1.7	6.6	3.1	9.2	4.9	2.4	1.8	31.3	0.0	5.6
14 Alcoholic beverages	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.4	1.4	0.1	1.6	0.3	1.8	0.9	1.5	1.0	7.7	0.8	2.9	4.6	2.7	0.7	0.5	0.5	0.7	0.1	0.7	3.9	9.7
16 Soups, bouillon	0.3	1.0	1.1	1.1	1.1	0.2	1.1	0.7	1.1	0.7	3.1	0.6	0.3	1.0	2.2	0.5	0.8	0.9	0.0	1.0	1.0	1.1	0.7
17 Miscellaneous	1.9	1.4	2.3	5.9	2.1	0.7	2.0	1.8	1.1	2.4	3.2	2.5	1.2	1.1	1.7	2.0	0.9	1.4	0.6	2.4	0.4	3.6	1.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.3	10.1	6.1	0.0	7.1	1.7	7.8	4.7	13.8	2.8	0.8	4.1	0.1	0.1	5.8	2.1	11.3	9.2	0.0	0.1	15.0	0.1	2.5
02 Vegetables	3.4	4.3	5.7	0.0	6.7	1.2	4.1	2.5	6.8	1.0	2.2	2.9	0.1	11.7	3.1	2.8	3.6	12.0	0.0	0.0	11.0	0.1	4.7
03 Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	7.4	3.0	0.0	3.5	1.2	6.6	2.8	6.5	3.5	0.9	2.8	0.0	0.8	2.6	1.6	4.7	3.7	0.0	0.0	11.3	0.0	6.0
05 Dairy products	59.2	6.3	4.0	0.0	4.6	14.8	18.8	33.7	21.7	12.8	13.6	23.0	27.5	22.3	10.7	44.4	11.7	13.5	1.2	44.3	5.5	4.9	3.6
06 Cereals and cereal products	8.3	30.2	29.4	0.7	33.8	57.6	26.4	19.0	15.4	18.7	33.9	20.8	0.4	0.6	21.0	10.4	14.1	28.5	17.7	1.0	2.1	0.4	10.0
07 Meat and meat products	2.8	9.6	16.6	85.0	9.1	3.0	9.6	17.0	13.4	31.4	20.3	27.8	15.3	13.2	25.6	11.7	20.8	3.9	0.0	29.0	10.3	21.5	6.8
08 Fish and shellfish	0.3	0.9	0.6	3.7	0.5	2.8	0.8	1.4	0.9	5.5	1.1	0.7	0.4	0.3	0.8	0.7	1.0	0.5	0.0	4.8	0.1	5.1	0.7
09 Eggs and egg products	0.7	0.6	2.3	0.0	2.7	2.0	0.5	1.7	0.5	4.5	0.6	1.6	4.4	3.4	0.6	2.2	0.7	2.8	0.0	3.9	0.0	5.1	3.0



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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
10 Fat	1.9	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	27.4	21.4	3.6	3.0	5.2	4.9	35.3	2.4	0.0	36.2	21.5
11 Sugar and confectionery	5.7	12.2	11.8	0.0	13.7	3.2	7.5	4.1	5.8	2.7	1.7	3.7	3.9	3.5	2.3	4.7	2.6	2.2	3.0	3.1	3.7	1.7	5.7
12 Cakes	4.4	6.3	8.5	0.9	9.8	4.2	5.2	6.1	4.2	5.8	6.6	4.4	9.6	7.8	4.0	4.5	4.1	4.0	2.2	2.7	0.4	9.7	10.3
13 Non-alcoholic beverages	7.7	4.5	2.8	0.0	3.3	5.1	6.0	2.9	6.5	3.4	1.9	0.9	0.0	2.3	8.2	4.9	12.9	6.0	7.7	3.2	32.0	0.0	7.7
14 Alcoholic beverages	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.4	1.3	0.0	1.6	0.4	1.7	0.9	1.6	1.0	7.8	0.9	3.3	5.1	3.0	0.8	0.5	0.6	0.0	0.2	1.0	4.1	10.1
16 Soups, bouillon	0.4	1.5	1.4	2.9	1.3	0.2	2.0	1.0	1.5	1.2	4.3	0.9	0.2	0.9	2.1	0.6	1.1	1.1	0.0	1.4	1.4	1.2	1.4
17 Miscellaneous	1.2	1.0	1.8	5.0	1.5	0.8	1.3	1.3	0.8	1.9	2.8	2.2	0.8	0.7	1.4	1.4	0.8	0.8	0.8	1.9	0.4	1.9	1.2

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	10.3	6.2	0.0	7.3	1.9	7.9	4.7	13.7	2.8	0.9	4.1	0.1	0.1	6.0	2.1	12.2	9.4	0.0	0.1	14.7	0.1	2.5
02 Vegetables	3.3	4.5	5.9	0.0	6.7	1.2	4.3	2.5	7.1	1.1	2.1	2.8	0.1	11.9	3.2	2.9	4.0	12.5	0.0	0.0	10.6	0.1	4.7
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.3	7.8	3.3	0.0	3.7	1.4	6.7	2.8	7.0	3.4	0.9	2.8	0.0	1.0	3.1	1.7	5.0	4.4	0.0	0.0	12.1	0.0	6.1
05 Dairy products	60.4	7.3	4.9	0.0	5.6	16.8	20.4	35.3	22.5	14.4	15.1	25.0	30.6	24.1	11.6	45.7	14.0	14.5	1.5	45.7	5.2	6.6	4.4
06 Cereals and cereal products	8.0	28.9	28.6	0.4	32.7	55.5	25.5	18.3	15.3	18.2	32.8	19.7	0.7	0.8	21.7	10.7	15.0	27.9	23.1	0.9	2.2	0.3	10.2
07 Meat and meat products	2.7	9.1	16.6	86.3	9.1	3.0	8.9	16.1	12.1	30.5	19.8	27.1	14.6	12.9	23.1	11.7	19.6	4.0	0.0	29.1	9.8	20.9	6.9
08 Fish and shellfish	0.3	0.7	0.6	3.0	0.5	2.0	0.7	1.3	0.8	4.5	1.0	0.5	0.5	0.4	0.7	0.6	0.8	0.5	0.0	4.6	0.1	4.1	0.7
09 Eggs and egg products	0.6	0.6	2.2	0.0	2.6	1.9	0.5	1.6	0.5	4.1	0.5	1.5	4.0	3.1	0.5	2.0	0.6	2.4	0.0	3.4	0.0	4.8	2.8
10 Fat	1.5	0.0	0.1	1.6	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.7	20.2	3.0	2.2	4.4	4.1	36.8	1.8	0.0	37.1	20.6
11 Sugar and confectionery	5.6	11.9	11.9	0.0	13.5	3.4	7.6	4.1	5.9	2.8	1.7	3.7	4.1	3.6	2.6	5.0	2.5	2.3	4.2	3.5	3.1	1.7	5.6
12 Cakes	4.2	6.6	8.7	1.0	9.9	4.6	5.5	6.3	4.5	6.5	6.9	4.7	10.1	8.4	4.0	4.5	3.8	4.1	0.3	2.8	0.3	10.9	11.2
13 Non-alcoholic beverages	7.9	5.0	3.0	0.0	3.4	5.6	6.1	3.3	6.6	3.5	1.9	1.0	0.1	2.6	8.0	4.4	11.4	6.0	4.8	2.9	32.6	0.0	7.0
14 Alcoholic beverages	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.3	1.4	0.0	1.6	0.4	1.6	0.9	1.4	1.1	7.4	0.8	3.1	4.6	3.6	0.7	0.5	0.5	0.0	0.2	0.8	3.6	10.5
16 Soups, bouillon	0.4	1.2	1.3	2.6	1.2	0.3	1.6	0.9	1.4	1.2	4.1	0.9	0.2	0.9	2.3	0.6	1.0	1.0	0.0	1.5	1.3	1.5	1.4
17 Miscellaneous	1.0	1.1	2.1	5.0	1.8	0.6	1.5	1.4	1.0	2.0	3.3	2.3	0.9	0.7	1.7	1.3	0.9	0.8	0.0	1.8	0.3	2.3	1.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.6	10.0	6.7	0.0	7.8	1.9	7.8	4.6	14.0	2.6	0.8	4.1	0.1	0.1	6.5	2.3	11.9	9.7	0.0	0.1	16.6	0.0	2.5
02 Vegetables	3.9	5.0	6.3	0.0	7.3	1.2	4.4	2.6	7.7	1.3	2.0	2.9	0.2	13.3	3.7	3.3	4.2	13.3	0.0	0.0	13.8	0.1	5.2
03 Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	7.5	2.6	0.0	3.1	0.9	6.8	3.0	5.3	3.8	1.7	2.7	0.0	0.5	2.6	1.5	4.1	3.2	0.0	0.0	8.2	0.0	6.3
05 Dairy products	58.7	5.4	3.4	0.0	3.9	14.2	17.4	31.6	19.6	13.6	14.0	22.9	31.0	25.0	10.6	42.1	11.3	13.0	0.0	43.4	4.8	5.0	4.2
06 Cereals and cereal products	9.4	32.2	31.5	0.8	36.3	59.0	27.8	19.5	16.5	19.5	34.0	21.6	0.4	0.6	22.1	11.4	14.8	29.9	24.0	0.7	2.6	0.5	12.0
07 Meat and meat products	2.8	10.2	18.1	87.6	9.5	3.1	10.2	18.1	14.7	34.3	19.6	29.7	14.4	12.3	28.2	13.6	23.2	4.2	0.0	31.9	11.7	24.8	7.8
08 Fish and shellfish	0.4	0.9	0.8	2.6	0.6	1.7	0.8	1.2	0.8	4.4	1.0	0.7	0.3	0.2	0.6	0.7	1.0	0.3	0.0	5.0	0.1	4.3	1.2
09 Eggs and egg products	0.6	0.5	1.9	0.0	2.2	1.6	0.4	1.3	0.4	3.3	0.4	1.3	3.6	2.9	0.5	1.9	0.5	2.1	0.0	3.2	0.0	4.3	2.3
10 Fat	1.4	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	29.5	23.0	2.7	2.0	4.6	4.8	42.7	2.2	0.0	38.3	22.3
11 Sugar and confectionery	4.5	9.7	9.8	0.0	11.2	2.3	5.8	3.0	4.4	1.8	1.1	2.7	2.9	2.6	1.9	3.8	1.6	1.6	3.0	2.2	1.9	1.1	4.8
12 Cakes	3.1	4.6	6.3	0.6	7.2	3.4	3.6	4.2	3.0	4.4	4.8	3.1	8.4	6.3	2.9	3.3	2.6	2.8	0.8	1.8	0.3	8.1	7.7
13 Non-alcoholic beverages	8.4	6.2	3.6	0.0	4.1	5.8	6.5	4.8	7.2	2.9	2.4	1.0	0.0	1.9	5.8	6.4	12.2	5.4	0.5	3.8	32.6	0.0	5.6
14 Alcoholic beverages	0.4	0.5	0.4	0.0	0.4	0.7	2.0	1.5	1.5	0.4	0.1	0.2	0.0	0.0	0.0	1.6	2.1	2.7	0.0	0.9	0.0	0.0	0.1
15 Condiments and sauces	0.8	1.7	1.9	0.0	2.2	0.5	2.0	1.1	1.9	1.2	8.8	1.1	3.2	5.5	3.6	0.9	0.7	0.8	0.0	0.1	1.9	4.2	12.4
16 Soups, bouillon	0.4	1.2	1.3	1.9	1.2	0.2	1.9	0.9	1.4	0.9	3.9	0.8	0.2	0.7	2.5	0.6	0.8	0.9	0.0	1.2	1.1	1.5	0.7
17 Miscellaneous	1.8	1.7	2.6	5.2	2.5	1.6	1.7	2.0	1.2	2.8	4.0	2.9	2.2	1.7	2.1	1.8	1.1	1.5	3.8	2.2	0.8	3.7	2.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.3	8.7	5.6	0.0	6.7	1.7	7.0	4.1	12.7	2.3	0.7	3.7	0.1	0.1	5.5	1.9	10.7	8.0	0.0	0.0	13.5	0.0	2.1
02 Vegetables	4.2	5.3	6.9	0.0	8.1	1.6	5.0	3.1	8.9	1.4	2.2	3.3	0.1	14.2	4.0	3.7	4.7	13.6	0.0	0.0	14.0	0.1	5.6
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.5	7.1	3.0	0.0	3.6	1.3	6.3	2.6	7.2	3.1	0.9	2.5	0.0	1.5	3.2	1.8	5.0	4.3	0.0	0.0	14.1	0.0	6.0
05 Dairy products	56.1	5.4	3.5	0.0	4.1	14.3	16.1	31.0	17.9	13.3	14.7	22.6	31.9	24.4	9.2	40.4	10.9	12.2	1.2	41.6	4.5	6.7	4.6
06 Cereals and cereal products	9.0	30.9	29.3	0.3	34.2	57.3	27.4	20.3	14.8	19.6	33.8	21.3	0.3	0.5	22.3	11.2	12.9	26.7	16.1	0.7	1.7	0.4	11.1
07 Meat and meat products	2.2	9.6	15.8	85.8	8.0	3.1	9.6	17.4	13.7	32.1	17.2	27.6	13.8	11.5	23.9	12.0	22.0	3.8	0.0	31.3	9.5	24.5	7.3
08 Fish and shellfish	0.4	0.8	0.6	3.0	0.5	1.7	0.7	1.1	0.7	4.1	1.0	0.6	0.3	0.2	0.5	0.7	0.9	0.3	0.0	5.4	0.1	4.4	1.0
09 Eggs and egg products	0.7	0.5	2.0	0.0	2.4	1.8	0.4	1.5	0.4	3.6	0.5	1.4	4.3	3.2	0.5	2.2	0.5	2.1	0.0	3.7	0.0	5.0	2.6
10 Fat	1.1	0.0	0.1	2.0	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.3	20.8	2.3	1.8	3.8	4.2	41.3	1.7	0.0	36.0	20.4
11 Sugar and confectionery	4.6	9.9	10.0	0.0	11.6	2.6	6.2	3.6	4.6	2.2	1.4	3.0	3.4	2.8	2.4	4.2	2.2	1.8	4.4	2.5	1.8	1.5	5.3
12 Cakes	4.0	5.6	8.0	0.4	9.1	3.7	4.7	5.5	4.0	5.2	5.7	4.0	7.8	6.5	3.5	3.9	3.9	3.1	3.0	2.1	0.3	8.1	9.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13 Non-alcoholic beverages	10.9	7.0	4.0	0.0	4.7	6.2	8.5	4.3	9.0	3.9	2.3	1.5	0.1	2.5	8.4	7.0	13.1	9.9	3.4	3.2	31.6	0.0	6.3
14 Alcoholic beverages	0.4	0.4	0.6	0.0	0.8	0.4	1.0	0.7	0.9	0.2	0.1	0.1	0.1	0.1	0.0	0.5	0.7	0.9	0.0	0.4	0.1	0.1	0.1
15 Condiments and sauces	0.7	1.3	1.8	0.5	2.0	0.5	1.7	1.0	1.6	1.1	8.7	0.9	3.1	4.5	3.8	0.8	0.7	0.7	0.0	0.1	1.2	3.5	11.5
16 Soups, bouillon	0.5	1.2	1.3	2.9	1.2	0.3	2.1	1.1	1.6	1.2	5.0	0.9	0.3	1.2	2.0	0.6	1.0	1.1	0.0	1.4	1.4	2.0	0.9
17 Miscellaneous	1.6	1.8	2.6	5.1	2.5	1.1	1.6	2.0	1.3	2.6	4.1	2.7	2.1	1.6	2.3	1.9	1.6	1.5	1.9	2.3	0.7	3.0	2.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.5	9.1	6.1	0.0	7.3	1.6	6.6	4.1	12.3	2.1	0.7	3.5	0.1	0.1	5.7	2.1	11.0	7.9	0.0	0.1	16.1	0.0	2.1
02 Vegetables	4.8	5.8	7.4	0.0	8.7	1.3	4.7	3.0	8.4	1.5	2.3	3.1	0.2	13.8	4.1	4.3	4.9	13.7	0.0	0.0	16.3	0.1	6.0
03 Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.4	7.9	2.9	0.0	3.3	0.8	6.7	3.1	5.1	3.7	1.8	2.8	0.0	0.6	2.2	1.5	3.7	3.4	0.0	0.0	9.1	0.0	6.5
05 Dairy products	56.3	4.3	3.1	0.0	3.7	12.4	14.4	28.8	15.9	12.8	14.2	21.9	30.9	24.6	8.7	36.3	10.6	10.7	0.0	36.8	3.9	4.8	4.9
06 Cereals and cereal products	9.0	31.3	28.5	0.2	32.8	58.5	24.5	18.4	13.7	17.6	31.1	20.4	0.4	0.6	19.3	10.1	12.0	25.4	8.6	0.4	1.6	0.4	9.6
07 Meat and meat products	3.1	10.8	18.4	86.0	9.8	3.3	10.0	18.8	14.5	33.2	20.1	30.7	16.7	14.0	28.9	14.5	23.7	4.1	0.0	32.3	13.7	24.1	7.8
08 Fish and shellfish	0.6	1.6	1.1	4.3	1.0	2.9	1.2	2.1	1.4	7.4	1.8	1.0	0.9	0.7	1.2	1.1	1.8	0.6	0.0	9.5	0.1	9.2	2.0
09 Eggs and egg products	1.0	0.8	3.0	0.0	3.5	2.5	0.6	2.0	0.6	5.0	0.7	2.0	5.3	4.1	0.7	2.9	0.8	3.0	0.0	4.6	0.0	5.8	3.6
10 Fat	1.1	0.0	0.2	1.1	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.6	21.4	1.8	1.6	4.7	6.3	60.4	2.0	0.0	35.1	22.9
11 Sugar and confectionery	3.6	6.7	6.5	0.0	7.5	1.8	3.9	2.0	3.0	1.3	1.0	1.9	2.6	2.4	1.3	2.8	0.9	0.9	2.3	1.5	0.9	1.2	2.8
12 Cakes	2.0	3.2	3.8	0.2	4.5	2.5	2.4	2.9	2.1	3.1	3.3	2.1	6.1	5.0	1.7	2.2	1.4	2.1	0.0	1.2	0.2	6.0	5.1
13 Non-alcoholic beverages	10.6	8.2	7.7	0.0	9.0	6.0	11.3	5.7	13.1	3.3	2.2	1.7	0.5	1.8	9.8	8.6	11.3	6.4	2.3	3.5	28.2	0.1	5.1
14 Alcoholic beverages	1.3	1.6	1.7	0.0	2.0	2.3	6.1	4.4	4.5	1.0	0.3	0.7	0.0	0.0	0.0	4.7	6.4	7.8	0.0	2.2	0.1	0.0	0.3
15 Condiments and sauces	0.9	1.9	2.1	0.0	2.4	0.5	1.9	1.1	1.8	1.3	9.8	1.1	3.2	5.3	3.8	1.0	0.8	0.7	0.0	0.1	1.6	3.6	14.9
16 Soups, bouillon	0.5	1.5	1.6	2.1	1.7	0.3	2.8	1.1	1.9	0.9	5.7	0.8	0.2	0.8	4.3	0.9	1.0	0.9	0.0	1.7	1.6	2.0	1.1
17 Miscellaneous	1.6	1.7	2.6	5.9	2.3	1.2	1.5	1.8	1.2	2.6	3.5	2.9	1.6	1.4	2.2	1.6	1.3	1.3	1.8	2.4	0.9	3.8	2.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.1	4.7	0.0	5.6	1.4	5.4	3.4	10.1	1.7	0.8	2.8	0.1	0.1	4.4	1.5	8.3	6.1	0.0	0.1	11.2	0.0	1.7
02 Vegetables	4.6	6.4	8.1	0.0	9.6	1.8	5.7	3.6	10.2	1.7	2.8	4.0	0.0	14.7	4.7	4.4	5.1	14.5	0.0	0.0	16.3	0.0	6.5
03 Legumes	0.2	0.7	0.6	0.0	0.7	0.0	0.5	0.3	0.4	0.1	0.4	0.3	0.0	0.0	0.3	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.6	8.2	3.7	0.0	4.5	1.3	7.0	3.1	7.3	3.7	1.0	3.1	0.0	1.4	3.6	1.8	4.9	4.3	0.0	0.0	14.4	0.0	6.0
05 Dairy products	54.5	5.0	3.5	0.0	4.1	14.6	15.2	31.0	16.6	12.9	15.6	22.1	32.6	24.9	8.7	37.3	11.9	10.4	0.7	39.7	3.7	6.6	4.7
06 Cereals and cereal products	7.8	29.3	26.8	0.7	31.8	52.0	25.3	19.0	13.7	17.0	31.4	19.9	0.5	0.6	18.5	8.9	10.6	22.0	7.0	0.4	1.7	0.2	9.8
07 Meat and meat products	1.9	8.9	14.5	82.4	7.4	3.1	9.0	16.9	13.2	29.2	16.1	25.4	10.8	9.2	22.2	10.5	20.9	3.2	0.0	26.7	8.3	23.1	6.8
08 Fish and shellfish	0.5	1.3	0.9	6.3	0.8	2.8	1.1	2.1	1.2	6.0	2.0	1.0	0.3	0.2	1.1	1.0	1.4	0.5	0.0	8.0	0.1	6.6	1.7
09 Eggs and egg products	0.9	0.8	2.9	0.0	3.4	2.7	0.7	2.2	0.7	5.2	0.8	2.1	6.3	4.5	0.7	2.8	0.8	2.8	0.0	5.1	0.0	6.6	3.9
10 Fat	1.1	0.0	0.1	2.3	0.1	0.2	0.1	0.2	0.2	0.1	1.1	0.0	24.2	18.7	2.6	2.1	5.0	6.0	47.0	2.4	0.0	30.3	20.9
11 Sugar and confectionery	4.0	6.8	6.9	0.0	8.1	2.1	4.4	2.7	3.5	1.4	1.1	2.3	2.7	2.4	1.5	3.2	1.7	1.0	0.4	2.0	1.4	1.2	4.4
12 Cakes	2.7	3.8	5.4	1.0	6.4	3.4	3.3	4.1	2.8	3.7	4.6	2.9	7.3	5.6	2.6	2.9	2.0	2.3	0.0	1.8	0.4	7.6	6.3
13 Non-alcoholic beverages	13.4	9.8	7.2	0.0	8.8	7.6	12.8	5.4	13.7	4.6	3.1	2.1	0.7	2.3	8.9	9.3	13.2	9.9	0.0	3.6	27.9	0.2	5.1
14 Alcoholic beverages	0.4	0.7	1.6	0.0	1.8	1.2	1.5	0.8	1.3	0.2	0.1	0.2	0.1	0.1	0.0	0.9	1.3	1.1	0.0	0.4	0.0	0.1	0.1
15 Condiments and sauces	0.7	1.4	2.0	0.0	2.3	0.5	1.7	1.0	1.7	0.9	9.5	1.0	3.1	4.3	4.1	0.8	0.6	0.8	0.0	0.2	1.6	3.0	10.5
16 Soups, bouillon	0.5	1.5	1.5	3.1	1.6	0.3	2.4	1.3	1.9	1.2	6.0	1.1	0.4	1.1	3.6	0.9	1.0	1.0	0.0	1.6	1.3	2.1	1.1
17 Miscellaneous	2.2	1.9	2.7	4.1	2.8	1.5	1.8	2.3	1.3	2.6	3.5	2.7	2.1	1.7	2.0	2.2	1.2	1.6	2.8	2.5	0.5	3.5	2.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.3	8.5	5.6	0.0	6.7	1.7	6.1	4.0	11.5	2.0	1.0	3.4	0.1	0.1	5.5	1.8	10.9	7.6	0.0	0.1	15.8	0.0	1.8
02 Vegetables	5.4	6.3	7.9	0.0	9.4	1.6	5.1	3.4	8.9	1.6	2.5	3.6	0.2	15.7	4.5	4.5	5.1	14.6	0.0	0.0	17.3	0.1	6.4
03 Legumes	0.1	0.4	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.6	8.2	3.1	0.0	3.8	1.2	6.7	3.1	6.1	3.9	1.5	2.9	0.0	1.1	3.3	1.8	4.7	4.0	0.0	0.0	13.7	0.0	6.4
05 Dairy products	57.5	4.5	2.8	0.0	3.4	14.0	13.9	30.5	15.1	13.3	15.4	21.5	29.1	22.7	8.5	36.9	10.3	10.8	0.0	37.7	3.9	4.7	4.5
06 Cereals and cereal products	7.8	29.5	25.7	0.3	30.8	55.3	23.7	18.7	11.8	17.3	30.3	19.2	0.4	0.4	17.6	8.9	10.5	22.5	6.3	0.3	1.1	0.2	8.3
07 Meat and meat products	2.4	10.5	17.6	87.8	8.9	3.1	9.0	18.4	13.4	32.3	19.7	30.9	14.8	13.1	25.9	13.2	23.3	3.9	0.0	33.8	12.4	20.3	7.8
08 Fish and shellfish	0.7	1.7	1.2	4.5	1.0	3.8	1.3	2.4	1.3	8.3	2.1	1.2	1.0	0.8	1.2	1.3	1.8	0.7	0.0	8.8	0.1	8.7	1.8
09 Eggs and egg products	0.7	0.6	2.0	0.0	2.5	2.0	0.4	1.6	0.4	3.8	0.6	1.4	3.7	2.8	0.5	1.9	0.5	2.0	0.0	3.4	0.0	4.1	2.8
10 Fat	1.6	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.3	0.1	1.4	0.0	30.7	23.8	3.2	2.8	6.6	6.8	52.0	2.9	0.0	39.9	26.5
11 Sugar and confectionery	3.2	6.3	6.0	0.0	7.1	1.4	3.4	1.9	2.6	1.2	0.8	1.7	1.6	1.4	1.1	2.2	1.0	0.7	0.0	1.1	0.9	0.8	3.2
12 Cakes	2.2	3.1	3.8	0.6	4.6	2.6	2.4	3.2	2.0	3.1	3.7	2.3	5.9	4.7	2.0	2.3	1.5	2.0	0.0	1.3	0.3	5.8	5.4

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13 Non-alcoholic beverages	10.1	8.6	10.6	0.0	12.7	5.4	14.8	4.0	17.8	3.3	2.0	1.9	0.6	1.5	10.0	8.4	7.2	6.5	0.7	2.3	21.7	0.1	2.9
14 Alcoholic beverages	1.4	1.7	2.5	0.0	3.1	2.6	5.9	4.1	4.4	0.9	0.3	0.7	0.0	0.0	0.0	4.2	6.6	7.2	0.0	2.0	0.2	0.0	0.3
15 Condiments and sauces	0.9	1.6	2.1	0.0	2.5	0.5	1.8	1.1	1.5	1.0	10.2	1.0	3.6	4.2	3.9	0.9	0.8	0.9	0.0	0.2	1.5	4.5	13.1
16 Soups, bouillon	0.7	1.7	1.8	2.3	2.0	0.3	2.5	1.4	2.0	1.0	5.8	1.0	0.2	0.6	3.6	1.1	1.0	0.9	0.0	1.4	1.4	1.6	1.0
17 Miscellaneous	0.9	0.8	1.3	3.0	1.2	0.5	0.7	1.0	0.6	1.4	2.5	1.4	0.5	0.4	0.9	0.6	0.5	0.4	0.1	1.2	0.3	1.4	1.0

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	6.1	4.3	0.0	5.3	1.4	4.9	3.2	9.3	1.5	0.6	2.7	0.1	0.1	4.2	1.4	8.3	5.4	0.0	0.1	10.1	0.0	1.4
02 Vegetables	4.8	6.5	8.0	0.0	9.8	1.8	5.7	4.0	10.7	2.1	3.1	4.0	0.1	16.0	5.0	4.4	5.8	13.9	0.0	0.0	17.4	0.1	6.6
03 Legumes	0.2	0.7	0.4	0.0	0.6	0.0	0.4	0.3	0.3	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.8	8.9	4.0	0.0	4.9	1.5	7.4	3.5	8.0	3.8	1.5	3.3	0.0	1.2	3.7	1.9	5.5	5.1	0.0	0.0	17.1	0.0	5.9
05 Dairy products	56.6	4.4	2.6	0.0	3.1	15.0	14.4	32.8	16.0	13.6	17.2	22.9	29.2	22.3	8.9	37.8	12.2	11.0	0.0	38.1	3.6	5.8	5.1
06 Cereals and cereal products	6.8	27.8	25.1	0.6	30.1	50.5	23.8	18.9	12.3	16.5	30.0	19.2	0.6	0.5	18.8	8.7	10.8	20.7	10.3	0.4	1.3	0.2	9.3
07 Meat and meat products	1.7	8.3	13.1	82.3	6.7	2.6	7.7	15.7	11.4	27.2	15.2	24.5	13.3	11.4	19.6	9.9	18.7	2.9	0.0	26.8	7.9	19.2	6.3
08 Fish and shellfish	1.0	2.3	1.1	6.7	1.0	3.6	1.5	2.9	1.7	9.0	2.7	1.5	1.0	0.8	1.5	1.5	1.9	0.6	0.0	11.6	0.1	9.3	2.7
09 Eggs and egg products	0.7	0.6	2.1	0.0	2.7	2.0	0.5	1.7	0.5	3.9	0.6	1.5	3.9	2.8	0.5	2.1	0.6	2.0	0.0	3.7	0.0	4.5	3.1
10 Fat	1.2	0.0	0.1	2.7	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.9	19.2	2.0	1.6	4.9	6.2	39.8	2.3	0.0	32.5	20.7
11 Sugar and confectionery	2.6	6.0	7.1	0.0	8.1	1.6	3.4	2.0	2.8	1.4	0.9	1.8	2.0	1.7	1.2	2.3	1.1	0.7	0.0	1.2	0.9	0.7	2.8
12 Cakes	2.6	3.8	5.2	0.6	6.2	3.4	3.3	4.2	2.8	3.7	4.7	3.0	7.8	6.1	2.6	3.0	2.2	2.3	0.0	1.5	0.3	7.7	6.7
13 Non-alcoholic beverages	12.7	10.6	9.9	0.0	12.2	6.9	15.7	5.1	17.8	4.1	2.6	2.5	0.7	1.7	9.1	7.5	9.8	10.1	0.5	2.3	24.1	0.1	3.6
14 Alcoholic beverages	0.7	1.3	3.1	0.0	3.7	2.2	2.2	0.9	1.8	0.2	0.2	0.3	0.1	0.1	0.0	1.0	1.5	1.0	0.0	0.3	0.1	0.0	0.1
15 Condiments and sauces	0.6	1.1	1.6	0.0	1.9	0.4	1.4	0.8	1.3	0.8	8.7	0.8	2.6	3.3	3.2	0.6	0.5	0.5	0.0	0.1	1.2	2.7	10.0
16 Soups, bouillon	0.6	1.7	1.6	2.3	1.6	0.4	2.8	1.4	1.9	1.2	6.9	1.1	0.3	1.1	3.5	0.9	1.2	1.1	0.0	1.6	1.8	2.0	1.2
17 Miscellaneous	1.5	1.4	2.0	4.7	2.2	1.0	1.6	1.6	1.0	2.2	3.0	2.1	1.2	0.8	1.4	1.3	0.9	0.9	1.8	1.6	0.5	3.0	1.7

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.2	7.7	5.4	0.0	6.5	1.6	5.8	3.4	10.8	1.5	0.7	3.0	0.0	0.1	5.2	1.5	10.1	6.0	0.0	0.1	14.2	0.0	1.5
02 Vegetables	5.1	6.4	7.3	0.0	8.7	1.8	5.1	3.4	8.5	1.9	2.4	3.6	0.1	12.0	5.0	4.3	5.1	14.5	0.0	0.0	18.1	0.0	5.7
03 Legumes	0.2	0.6	0.5	0.0	0.6	0.0	0.3	0.3	0.3	0.1	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.9	9.6	3.9	0.0	4.6	1.4	7.5	3.6	7.0	4.1	1.2	3.6	0.0	1.1	3.9	2.0	5.2	5.4	0.0	0.0	18.9	0.0	7.0
05 Dairy products	63.0	5.1	2.8	0.0	3.3	16.1	14.9	32.7	15.9	14.0	17.7	23.9	26.9	22.0	9.2	39.4	10.4	10.7	0.0	36.4	4.4	5.0	4.7
06 Cereals and cereal products	7.0	28.7	24.9	0.2	29.3	53.3	22.5	17.0	10.4	15.5	28.4	17.7	0.4	0.4	16.2	8.0	8.5	17.9	2.3	0.4	0.5	0.3	7.4
07 Meat and meat products	2.1	12.6	18.6	84.3	9.2	3.4	10.1	19.6	14.9	34.3	19.5	31.1	18.6	16.1	28.8	14.2	25.1	4.0	0.0	32.3	12.5	19.8	7.7
08 Fish and shellfish	1.0	2.0	1.5	5.2	1.2	3.8	1.5	2.9	1.6	9.1	3.1	1.4	0.8	0.7	1.3	1.6	1.9	0.6	0.0	10.9	0.1	8.7	1.9
09 Eggs and egg products	0.9	0.8	3.0	0.0	3.5	2.6	0.6	2.0	0.6	4.8	0.8	1.9	4.9	3.9	0.7	2.8	0.8	2.6	0.0	4.1	0.0	5.2	3.9
10 Fat	0.9	0.0	0.2	1.7	0.2	0.2	0.1	0.4	0.3	0.1	1.2	0.0	31.7	25.0	2.1	1.8	9.5	13.7	72.1	4.0	0.0	40.7	30.9
11 Sugar and confectionery	1.9	4.4	4.6	0.0	5.4	1.2	2.4	1.3	1.9	0.7	0.7	1.2	1.3	1.3	0.8	1.6	0.5	0.4	0.3	0.8	0.3	0.5	1.3
12 Cakes	1.8	3.4	3.8	0.8	4.5	2.6	2.5	3.2	2.0	3.0	4.0	2.2	5.8	4.9	2.1	2.1	1.0	1.6	0.0	0.9	0.4	6.0	6.3
13 Non-alcoholic beverages	8.0	8.3	10.6	0.0	12.6	4.5	13.9	2.5	17.0	2.8	1.6	1.6	0.3	1.1	8.7	6.5	5.5	6.0	0.0	0.9	19.0	0.1	2.6
14 Alcoholic beverages	1.6	2.4	4.3	0.0	5.0	4.0	6.3	4.0	4.8	0.8	0.4	0.8	0.0	0.0	0.0	4.3	6.3	6.0	0.0	1.6	0.1	0.0	0.2
15 Condiments and sauces	0.6	1.2	1.4	0.0	1.7	0.3	1.3	0.8	0.9	0.7	6.7	0.8	3.5	3.5	2.9	0.6	0.4	0.5	0.0	0.3	0.7	4.6	10.3
16 Soups, bouillon	0.9	2.5	2.6	4.3	2.4	0.5	2.9	1.8	2.3	2.0	8.6	1.5	0.3	1.5	3.9	1.5	1.9	1.5	0.0	2.2	2.8	1.9	1.4
17 Miscellaneous	0.8	0.9	1.5	3.6	1.4	0.5	0.9	1.0	0.6	1.2	2.6	1.4	0.5	0.3	1.0	0.8	0.5	0.5	1.2	1.0	0.3	1.4	1.2

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	5.7	4.2	0.0	5.3	1.3	4.7	2.9	8.9	1.1	0.5	2.6	0.1	0.1	3.9	1.1	8.3	4.7	0.0	0.0	8.8	0.0	1.0
02 Vegetables	6.2	7.1	8.7	0.0	10.9	2.0	6.6	4.5	11.1	1.9	2.9	4.4	0.1	16.5	5.4	5.2	5.9	16.9	0.0	0.0	18.2	0.1	7.1
03 Legumes	0.1	0.3	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.1	0.3	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	2.4	10.2	4.6	0.0	5.6	1.8	7.9	4.0	9.3	3.9	1.4	3.8	0.0	2.0	4.8	2.5	6.3	7.2	0.0	0.0	24.0	0.0	7.1
05 Dairy products	57.2	4.6	2.5	0.0	3.1	16.4	14.1	34.2	15.2	13.5	19.4	23.3	27.1	19.8	8.1	36.7	10.3	10.4	0.4	34.7	3.3	5.0	4.5
06 Cereals and cereal products	6.2	26.5	22.4	0.2	27.4	47.3	21.7	17.4	10.0	14.3	28.9	16.9	0.4	0.4	15.4	7.4	8.3	16.2	4.8	0.2	0.3	0.2	7.3
07 Meat and meat products	1.2	8.9	13.7	82.8	6.5	2.6	7.8	16.1	11.9	26.7	15.8	25.7	15.3	12.6	22.2	10.9	20.7	3.2	0.0	27.8	7.2	15.4	5.9
08 Fish and shellfish	0.9	2.4	1.7	7.7	1.4	4.8	1.7	4.1	2.1	10.2	3.7	1.7	1.4	1.1	1.7	1.9	2.8	0.8	0.0	12.7	0.1	10.9	2.4
09 Eggs and egg products	1.0	0.8	3.0	0.0	3.7	3.0	0.7	2.5	0.6	5.7	1.0	2.2	5.3	3.9	0.7	3.0	0.9	2.8	0.0	5.0	0.0	6.3	4.3
10 Fat	0.6	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.3	19.5	1.4	1.3	6.6	9.0	49.2	3.2	0.0	33.2	24.0
11 Sugar and confectionery	2.0	4.9	5.6	0.0	6.4	1.3	2.6	1.6	2.2	1.0	0.7	1.4	1.5	1.2	1.0	1.8	0.9	0.5	0.0	0.9	0.6	0.5	1.9
12 Cakes	1.8	3.4	4.1	1.0	4.9	2.8	2.7	3.8	2.3	3.4	4.7	2.6	6.2	4.6	2.2	2.5	1.2	1.9	0.0	1.2	0.4	6.1	5.9

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Iodine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13 Non-alcoholic beverages	11.4	9.7	10.6	0.0	12.9	5.7	16.0	3.0	19.4	4.2	2.3	2.2	0.7	1.7	10.1	8.0	8.3	8.6	0.2	1.9	18.9	0.3	3.3
14 Alcoholic beverages	1.2	2.0	5.5	0.0	6.7	4.0	3.4	1.3	2.9	0.3	0.4	0.5	0.1	0.1	0.0	1.5	2.3	1.0	0.0	0.3	0.0	0.1	0.1
15 Condiments and sauces	0.4	0.7	1.1	0.0	1.3	0.3	0.8	0.6	0.7	0.4	6.1	0.5	3.4	2.8	3.0	0.4	0.4	0.4	0.0	0.1	0.6	4.0	7.7
16 Soups, bouillon	0.7	1.9	1.9	3.7	1.9	0.4	2.5	1.6	2.2	1.5	8.5	1.1	0.2	1.3	3.9	0.9	1.4	1.2	0.0	1.7	2.1	1.6	1.5
17 Miscellaneous	1.5	1.1	1.5	2.9	1.6	0.4	1.5	1.2	0.7	1.4	2.4	1.4	0.7	0.6	1.2	1.4	0.8	1.0	2.7	1.4	0.5	2.2	1.2

**Table 1.3.a** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.6	11.5	6.9	0.0	8.0	2.1	8.9	5.2	15.1	3.2	1.0	4.7	0.1	0.1	6.4	2.5	12.6	10.6	0.0	0.1	16.2	0.0	2.7
02 Vegetables	3.6	4.3	5.6	0.0	6.5	1.2	4.0	2.4	6.6	1.1	1.9	2.8	0.0	11.2	3.2	3.0	3.7	12.0	0.0	0.0	10.8	0.0	4.2
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	6.6	2.6	0.0	3.0	1.2	6.0	2.5	5.7	3.2	0.9	2.4	0.0	0.9	2.4	1.5	4.6	3.8	0.0	0.0	10.1	0.0	5.5
05 Dairy products	56.9	6.7	4.5	0.0	5.1	13.8	17.8	31.3	19.2	12.9	13.2	22.2	29.1	23.6	9.9	41.2	10.8	13.0	2.1	42.0	4.9	6.0	3.9
06 Cereals and cereal products	9.0	28.7	28.3	0.5	32.4	57.3	25.4	18.2	15.8	18.3	32.4	20.0	0.5	0.7	20.9	11.6	15.4	29.6	23.1	1.0	2.7	0.4	10.7
07 Meat and meat products	3.2	10.2	18.4	87.1	10.0	3.4	10.4	18.5	14.1	34.4	21.1	30.4	14.8	12.9	26.8	13.7	22.6	4.4	0.0	32.6	10.9	23.6	7.6
08 Fish and shellfish	0.3	0.8	0.6	2.3	0.5	2.6	0.8	1.3	0.8	4.3	1.0	0.6	0.6	0.5	0.7	0.6	0.7	0.5	0.0	4.0	0.1	4.0	0.6
09 Eggs and egg products	0.7	0.5	2.1	0.0	2.5	1.9	0.5	1.5	0.4	3.8	0.5	1.4	3.7	3.0	0.5	2.1	0.5	2.3	0.0	3.5	0.0	3.9	2.5
10 Fat	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	29.1	22.9	2.5	1.9	3.6	4.0	37.6	1.7	0.0	37.8	21.1
11 Sugar and confectionery	5.5	11.6	11.7	0.0	13.2	3.0	7.0	3.8	5.2	2.7	1.4	3.4	3.9	3.5	2.3	4.8	2.2	2.4	6.6	3.2	2.2	1.3	5.5
12 Cakes	4.4	6.0	8.0	0.8	9.0	4.2	5.1	6.0	4.1	5.7	6.0	4.4	9.6	7.7	4.0	4.9	3.7	3.7	1.2	2.6	0.3	9.6	9.7
13 Non-alcoholic beverages	9.2	6.1	3.3	0.0	3.8	6.4	6.9	4.6	7.5	3.5	2.2	1.1	0.0	2.3	8.4	5.6	12.8	6.6	5.5	3.8	34.6	0.0	7.3
14 Alcoholic beverages	0.1	0.1	0.1	0.0	0.1	0.2	0.5	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.8	1.7	1.6	0.1	1.9	0.4	2.1	1.1	1.8	1.3	8.6	1.1	3.9	6.0	3.8	1.0	0.6	0.7	0.7	0.2	1.1	4.7	12.7
16 Soups, bouillon	0.5	1.4	1.4	1.8	1.4	0.3	2.1	1.0	1.6	1.0	4.4	0.9	0.3	1.0	2.7	0.7	1.0	1.1	0.0	1.5	1.2	1.8	1.3
17 Miscellaneous	1.1	1.5	2.4	5.4	2.1	1.0	1.5	1.7	1.2	2.6	3.8	2.7	1.4	1.1	2.0	1.5	1.1	0.8	0.0	1.9	0.4	2.9	1.9

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	10.1	6.4	0.0	7.5	1.8	7.8	4.7	14.0	2.7	0.8	4.1	0.1	0.1	6.1	2.2	12.0	9.4	0.0	0.1	15.9	0.1	2.4
02 Vegetables	3.6	4.6	6.1	0.0	7.1	1.2	4.4	2.6	7.3	1.2	2.2	2.8	0.2	12.6	3.3	3.0	4.0	12.9	0.0	0.0	11.6	0.2	5.1
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.3	7.3	3.1	0.0	3.5	1.3	6.6	2.6	6.7	3.4	1.0	2.6	0.0	0.8	2.8	1.7	5.1	3.8	0.0	0.0	11.6	0.0	5.8
05 Dairy products	59.2	6.4	4.1	0.0	4.6	15.3	18.8	33.5	21.1	13.7	14.5	23.6	29.3	23.4	11.1	43.8	12.2	13.8	1.5	43.7	5.9	5.6	4.1
06 Cereals and cereal products	8.2	29.4	28.3	0.4	32.6	56.7	25.7	18.4	14.6	18.4	33.0	19.8	0.5	0.7	20.8	10.3	13.3	27.8	19.6	0.7	1.7	0.4	10.1
07 Meat and meat products	2.7	9.8	17.1	86.8	9.2	3.1	9.7	17.5	13.6	32.7	19.9	28.7	15.4	13.3	26.3	12.3	22.1	4.0	0.0	30.9	10.6	22.7	7.3
08 Fish and shellfish	0.2	0.6	0.6	2.6	0.5	1.5	0.6	1.0	0.6	4.1	0.8	0.5	0.2	0.2	0.5	0.5	0.8	0.3	0.0	4.3	0.0	3.7	0.7
09 Eggs and egg products	0.7	0.6	2.2	0.0	2.5	1.8	0.5	1.6	0.5	4.0	0.5	1.5	4.2	3.2	0.6	2.1	0.6	2.4	0.0	3.6	0.0	5.0	2.7



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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
10 Fat	1.5	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	26.7	20.8	2.8	2.2	4.1	3.9	36.1	1.8	0.0	36.4	21.3
11 Sugar and confectionery	5.2	11.7	11.5	0.0	13.2	3.2	7.2	4.0	5.6	2.6	1.6	3.6	3.6	3.2	2.6	4.7	2.4	2.2	4.3	3.0	2.9	1.6	5.6
12 Cakes	4.4	6.4	8.7	0.6	9.9	4.7	5.3	6.2	4.3	5.9	6.6	4.5	9.2	7.5	4.0	4.6	4.1	4.0	2.2	2.8	0.4	9.8	10.2
13 Non-alcoholic beverages	8.2	5.3	3.2	0.0	3.8	5.5	6.4	3.5	6.9	3.4	1.9	1.0	0.0	2.1	7.3	5.2	11.9	6.4	4.9	3.0	30.7	0.0	6.2
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.2	0.2	0.5	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.4	0.6	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.3	1.5	0.0	1.7	0.4	1.6	0.9	1.6	1.1	8.1	0.9	3.2	5.1	3.0	0.7	0.5	0.6	0.0	0.2	1.3	4.3	11.2
16 Soups, bouillon	0.5	1.4	1.5	2.9	1.3	0.3	1.7	1.0	1.5	1.3	4.3	1.0	0.3	1.2	2.3	0.7	1.2	1.2	0.0	1.5	1.5	1.6	1.2
17 Miscellaneous	1.4	1.2	2.1	5.2	1.9	0.9	1.5	1.5	0.9	2.1	3.2	2.4	1.3	1.0	1.6	1.6	0.9	1.1	2.0	2.0	0.5	2.5	1.5

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.2	8.3	5.3	0.0	6.3	1.5	6.4	3.9	11.8	2.3	0.8	3.4	0.1	0.1	5.5	1.8	10.6	7.7	0.0	0.1	12.3	0.1	2.1
02 Vegetables	3.5	4.9	6.3	0.0	7.4	1.4	4.5	2.8	8.2	1.2	2.1	3.1	0.1	13.7	3.6	3.1	4.4	12.7	0.0	0.0	13.4	0.0	5.7
03 Legumes	0.1	0.3	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.5	8.8	3.6	0.0	4.2	1.3	7.4	3.2	7.4	3.9	1.2	3.2	0.0	1.0	3.4	1.8	5.1	4.3	0.0	0.0	12.8	0.0	7.4
05 Dairy products	60.6	6.2	4.0	0.0	4.6	16.2	19.6	35.4	22.8	14.5	15.6	25.2	31.0	24.4	12.0	45.7	13.4	14.2	1.1	46.7	4.8	5.9	4.7
06 Cereals and cereal products	8.3	32.0	31.0	0.5	35.9	57.8	27.9	20.2	15.4	20.1	35.0	21.8	0.4	0.5	22.8	10.6	14.3	28.2	19.5	0.8	1.7	0.3	10.4
07 Meat and meat products	2.2	8.7	15.2	85.0	7.9	2.7	8.3	15.2	12.0	28.9	17.7	25.1	14.4	12.4	21.5	10.5	19.0	3.6	0.0	27.6	9.5	21.0	6.5
08 Fish and shellfish	0.4	1.0	0.9	4.4	0.8	2.3	0.9	1.6	1.0	5.2	1.2	0.8	0.4	0.3	0.7	0.8	1.1	0.5	0.0	5.7	0.0	4.9	1.2
09 Eggs and egg products	0.5	0.5	1.9	0.0	2.3	1.6	0.4	1.4	0.4	3.6	0.5	1.3	3.7	2.8	0.5	1.8	0.5	2.1	0.0	3.2	0.0	4.5	2.7
10 Fat	1.7	0.0	0.1	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.2	20.8	3.8	2.6	5.4	4.9	36.7	2.2	0.0	37.7	21.2
11 Sugar and confectionery	4.9	11.0	11.0	0.0	12.5	2.7	6.6	3.7	5.3	2.5	1.6	3.4	3.5	3.1	2.3	4.2	2.7	1.8	2.2	2.7	3.5	1.7	6.0
12 Cakes	3.4	5.4	7.7	1.0	8.8	3.3	4.3	5.1	3.7	5.1	5.8	3.7	7.7	6.1	3.2	3.2	3.6	2.9	1.0	1.9	0.3	8.1	9.0
13 Non-alcoholic beverages	7.9	4.8	3.1	0.0	3.6	4.9	6.4	2.9	6.9	3.5	2.0	1.0	0.1	2.3	6.8	5.0	10.9	6.3	2.9	2.5	32.0	0.0	6.1
14 Alcoholic beverages	0.2	0.2	0.3	0.0	0.3	0.3	0.8	0.5	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.7	0.9	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.3	1.5	0.3	1.8	0.4	1.6	0.9	1.5	1.0	7.8	0.8	2.5	4.0	3.7	0.7	0.6	0.7	0.0	0.1	1.0	2.8	9.3
16 Soups, bouillon	0.3	1.0	1.0	1.9	1.0	0.2	1.6	0.8	1.2	0.8	3.7	0.7	0.1	0.7	1.8	0.4	0.7	0.7	0.0	0.9	1.0	1.1	0.7
17 Miscellaneous	1.8	1.5	2.4	5.1	2.3	1.1	1.8	1.9	1.2	2.4	3.7	2.5	1.6	1.3	2.1	1.8	1.2	1.5	1.1	2.3	0.6	3.1	1.7

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.3	8.3	5.5	0.0	6.7	1.7	6.2	3.9	11.5	1.8	0.7	3.4	0.1	0.1	5.2	1.7	10.8	7.3	0.0	0.1	14.9	0.0	1.8
02 Vegetables	5.2	6.4	7.4	0.0	9.0	1.6	5.3	3.6	9.0	1.8	2.7	3.6	0.2	13.6	4.6	4.4	5.1	15.4	0.0	0.0	17.9	0.1	5.8
03 Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.6	7.8	3.3	0.0	3.9	1.3	6.3	3.0	6.4	3.2	1.0	2.9	0.0	1.1	3.2	1.7	4.7	4.8	0.0	0.0	16.3	0.0	5.4
05 Dairy products	58.4	4.8	2.9	0.0	3.4	14.7	14.7	32.1	15.5	13.7	16.7	22.7	28.1	22.5	8.7	38.0	11.3	10.9	0.3	37.1	3.9	4.5	4.8
06 Cereals and cereal products	7.3	28.1	24.5	0.1	29.2	52.9	22.6	17.4	11.4	15.9	29.6	17.9	0.4	0.4	16.3	8.5	9.7	20.9	4.9	0.3	1.1	0.2	7.7
07 Meat and meat products	2.2	10.9	17.1	85.4	8.7	3.2	9.6	18.9	13.9	32.8	18.5	30.6	15.9	14.0	27.5	13.5	24.0	3.7	0.0	32.2	11.5	20.2	7.8
08 Fish and shellfish	0.8	1.7	1.2	4.8	1.0	3.7	1.3	2.5	1.4	7.7	2.6	1.2	0.8	0.6	1.1	1.3	1.6	0.6	0.0	9.5	0.1	7.8	1.5
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.4	0.6	2.0	0.5	4.6	0.7	1.8	4.6	3.5	0.7	2.6	0.7	2.6	0.0	4.1	0.0	5.1	3.5
10 Fat	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	29.7	23.5	2.0	1.7	6.4	8.7	58.0	2.9	0.0	38.3	26.3
11 Sugar and confectionery	2.7	6.0	6.3	0.0	7.3	1.4	3.3	1.8	2.5	1.1	0.8	1.7	1.8	1.6	1.1	2.3	1.0	0.7	0.6	1.3	0.6	0.7	2.7
12 Cakes	2.1	3.7	4.5	0.6	5.3	3.0	2.9	3.7	2.4	3.5	4.4	2.6	6.3	5.0	2.4	2.6	1.5	2.1	0.0	1.3	0.4	6.3	6.4
13 Non-alcoholic beverages	10.8	9.5	10.6	0.0	12.8	6.0	15.3	3.9	17.7	3.8	2.2	2.0	0.6	1.6	9.5	7.9	8.3	7.2	0.5	2.0	20.9	0.1	3.4
14 Alcoholic beverages	1.1	1.6	2.9	0.0	3.4	2.7	4.1	2.6	3.2	0.6	0.3	0.5	0.1	0.1	0.0	2.7	3.9	3.9	0.0	1.1	0.1	0.0	0.2
15 Condiments and sauces	0.6	1.1	1.6	0.0	1.9	0.4	1.3	0.8	1.2	0.8	8.3	0.8	4.1	4.6	3.9	0.6	0.6	0.6	0.0	0.1	1.1	5.0	12.3
16 Soups, bouillon	0.7	2.0	2.0	3.5	2.1	0.4	2.6	1.6	2.1	1.6	7.1	1.2	0.2	1.0	3.7	1.1	1.4	1.2	0.0	1.8	1.9	1.8	1.4
17 Miscellaneous	1.2	1.1	1.7	3.6	1.7	0.7	1.1	1.2	0.7	1.6	2.7	1.8	0.8	0.6	1.2	1.1	0.7	0.8	1.9	1.4	0.4	2.2	1.3

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	7.2	5.0	0.0	6.1	1.4	5.5	3.4	10.3	1.6	0.7	2.9	0.0	0.1	4.7	1.5	9.1	6.2	0.0	0.1	12.8	0.0	1.5
02 Vegetables	5.1	6.2	7.7	0.0	9.4	1.7	5.3	3.5	9.5	1.7	2.6	3.7	0.1	14.9	4.7	4.3	5.2	14.1	0.0	0.0	16.8	0.1	6.3
03 Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.8	9.2	3.8	0.0	4.6	1.4	7.5	3.5	7.3	4.0	1.5	3.4	0.0	1.2	3.7	2.0	5.1	4.8	0.0	0.0	16.2	0.0	6.8
05 Dairy products	57.7	4.4	2.8	0.0	3.3	14.8	14.5	31.7	16.0	13.2	16.5	22.6	28.9	22.5	8.9	37.6	10.9	10.8	0.2	37.6	3.9	5.1	4.6
06 Cereals and cereal products	7.4	29.2	25.8	0.5	30.6	53.6	23.9	18.4	12.1	16.7	30.1	19.2	0.4	0.4	18.1	8.6	10.4	21.2	6.8	0.3	1.0	0.2	8.9
07 Meat and meat products	2.0	9.9	15.9	84.3	8.2	2.9	8.8	17.5	13.2	30.4	17.9	27.4	14.9	12.9	24.5	11.8	21.7	3.6	0.0	29.3	10.3	20.4	7.0
08 Fish and shellfish	0.8	1.8	1.2	5.5	1.0	3.2	1.3	2.6	1.5	7.9	2.4	1.2	1.1	0.9	1.3	1.3	1.8	0.6	0.0	9.6	0.1	8.4	2.1
09 Eggs and egg products	0.9	0.7	2.8	0.0	3.4	2.5	0.6	2.1	0.6	4.9	0.8	1.9	5.0	3.7	0.7	2.6	0.8	2.6	0.0	4.5	0.0	5.5	3.8
10 Fat	1.1	0.0	0.2	2.0	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.3	21.3	2.4	2.0	6.3	7.6	52.9	2.8	0.0	35.9	24.6
11 Sugar and confectionery	2.7	5.7	6.0	0.0	7.0	1.5	3.2	1.8	2.6	1.1	0.8	1.7	1.7	1.5	1.1	2.1	1.1	0.7	0.0	1.2	0.9	0.7	2.7
12 Cakes	2.1	3.3	4.1	0.8	4.9	2.8	2.6	3.4	2.2	3.2	4.0	2.4	6.4	5.1	2.1	2.3	1.5	2.0	0.0	1.2	0.3	6.4	5.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13 Non-alcoholic beverages	10.9	8.9	9.4	0.0	11.4	5.9	14.0	4.2	16.4	3.7	2.3	2.0	0.7	1.8	9.3	8.5	9.2	7.8	0.7	2.8	23.3	0.2	3.5
14 Alcoholic beverages	1.1	1.6	2.9	0.0	3.5	2.5	4.4	2.8	3.4	0.6	0.3	0.6	0.0	0.0	0.0	3.0	4.5	4.6	0.0	1.3	0.1	0.0	0.2
15 Condiments and sauces	0.7	1.5	1.8	0.0	2.2	0.4	1.7	1.0	1.5	0.9	9.0	0.9	2.8	3.7	3.3	0.8	0.6	0.6	0.0	0.2	1.3	3.4	10.9
16 Soups, bouillon	0.7	1.7	1.8	2.6	1.9	0.3	2.6	1.4	2.0	1.2	6.5	1.1	0.3	1.1	3.7	1.1	1.3	1.1	0.0	1.6	1.9	1.8	1.0
17 Miscellaneous	1.5	1.4	2.1	4.2	2.0	0.9	1.3	1.6	1.0	2.0	3.0	2.1	1.3	1.0	1.5	1.4	0.9	1.0	1.9	1.9	0.6	2.8	1.6

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.0	6.1	4.4	0.0	5.3	1.3	4.7	3.0	9.1	1.4	0.7	2.6	0.1	0.1	4.3	1.4	8.3	4.9	0.0	0.1	9.3	0.0	1.4
02 Vegetables	5.6	6.9	8.9	0.0	10.6	2.0	6.2	4.2	11.0	1.9	2.9	4.3	0.1	16.9	5.5	5.1	6.0	15.0	0.0	0.0	17.8	0.1	7.5
03 Legumes	0.2	0.6	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.1	0.4	0.3	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.1	9.6	4.2	0.0	5.0	1.5	7.9	3.9	8.3	4.5	1.8	3.6	0.0	1.6	4.3	2.2	5.9	5.5	0.0	0.0	18.0	0.0	7.4
05 Dairy products	56.9	4.8	2.7	0.0	3.3	15.4	13.9	31.9	15.4	13.4	17.3	22.7	30.2	22.4	8.4	36.5	10.4	10.2	0.0	36.5	3.5	6.4	4.9
06 Cereals and cereal products	7.1	28.3	25.4	0.4	30.5	50.2	23.8	19.0	11.8	16.2	29.8	19.1	0.6	0.6	18.1	8.6	9.8	18.9	7.6	0.4	0.8	0.3	9.0
07 Meat and meat products	1.6	8.7	14.1	83.1	6.8	2.8	7.7	15.7	11.8	27.0	16.0	25.8	13.8	11.3	19.7	10.7	19.7	3.2	0.0	28.5	8.6	18.4	6.0
08 Fish and shellfish	1.0	2.4	1.6	7.6	1.3	4.6	1.8	3.6	2.1	11.1	3.1	1.7	0.9	0.7	1.9	1.8	2.7	0.7	0.0	13.2	0.1	11.8	2.9
09 Eggs and egg products	0.7	0.6	2.2	0.0	2.7	2.1	0.5	1.8	0.5	3.9	0.7	1.4	4.3	3.0	0.5	2.1	0.6	1.9	0.0	3.6	0.0	4.7	3.0
10 Fat	1.0	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.1	0.0	25.3	19.0	2.3	2.0	6.4	8.0	46.0	2.8	0.0	32.0	22.1
11 Sugar and confectionery	3.0	5.6	5.9	0.0	6.8	1.6	3.2	1.9	2.6	1.2	0.9	1.7	2.2	1.8	1.1	2.3	0.9	0.6	0.4	1.1	0.8	1.1	2.6
12 Cakes	2.4	3.4	4.4	0.8	5.3	2.9	2.8	3.7	2.4	3.4	4.4	2.6	6.9	5.5	2.2	2.7	1.8	2.0	0.0	1.4	0.3	7.0	6.0
13 Non-alcoholic beverages	11.1	9.5	9.3	0.0	11.3	6.0	14.1	4.3	17.1	3.5	2.3	2.1	0.4	1.5	9.5	7.0	8.7	9.2	0.0	1.6	23.9	0.1	3.7
14 Alcoholic beverages	1.2	1.9	4.4	0.0	5.3	3.4	4.2	2.3	3.4	0.5	0.3	0.6	0.1	0.1	0.0	2.4	3.6	3.1	0.0	0.8	0.1	0.0	0.1
15 Condiments and sauces	0.7	1.1	1.5	0.0	1.9	0.4	1.3	0.8	1.1	0.7	7.7	0.8	2.7	2.9	3.2	0.7	0.6	0.7	0.0	0.2	1.0	2.8	9.3
16 Soups, bouillon	0.5	1.7	1.7	2.7	1.8	0.4	2.8	1.4	2.0	1.2	7.7	1.0	0.3	1.1	4.0	0.9	1.1	1.0	0.0	1.7	1.6	2.0	1.4
17 Miscellaneous	1.2	1.0	1.6	3.6	1.5	0.6	1.3	1.4	0.8	1.7	2.8	1.6	0.6	0.5	1.2	1.1	0.6	0.8	1.0	1.4	0.2	1.9	1.3

**Table 1.3.b** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.8	11.2	6.9	0.0	8.0	2.2	8.8	5.2	14.9	3.0	0.9	4.7	0.1	0.1	6.6	2.6	12.8	11.2	0.0	0.1	16.5	0.0	2.6
02 Vegetables	3.9	4.5	5.8	0.0	6.7	1.3	4.1	2.4	6.7	1.0	1.9	2.8	0.0	12.1	3.2	3.2	3.9	12.3	0.0	0.0	10.6	0.0	4.5
03 Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.4	0.2	0.3	0.1	0.5	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	6.6	2.4	0.0	3.0	1.1	6.1	2.7	5.3	3.3	1.1	2.5	0.0	0.6	2.2	1.4	4.3	3.3	0.0	0.0	8.3	0.0	5.8
05 Dairy products	56.2	6.8	4.3	0.0	4.9	12.5	17.0	30.3	18.4	12.4	12.3	21.3	28.7	23.7	9.8	40.9	10.2	13.1	3.1	41.7	4.8	6.1	3.7
06 Cereals and cereal products	9.2	30.0	28.9	0.9	32.9	57.8	26.5	18.7	16.6	18.6	32.0	20.7	0.6	0.9	20.4	11.3	15.2	30.6	19.5	0.8	2.8	0.6	11.6
07 Meat and meat products	3.4	10.2	18.5	86.6	10.2	3.4	10.4	18.8	14.3	35.4	21.2	30.5	14.7	12.5	28.8	14.2	23.5	4.3	0.0	33.1	10.8	24.3	7.7
08 Fish and shellfish	0.4	0.9	0.6	1.8	0.5	2.9	0.8	1.2	0.8	4.4	0.9	0.7	0.4	0.3	0.7	0.6	0.6	0.6	0.0	3.6	0.1	3.4	0.5
09 Eggs and egg products	0.6	0.5	1.9	0.0	2.3	1.9	0.5	1.4	0.4	3.8	0.5	1.3	3.4	2.8	0.5	1.9	0.5	2.3	0.0	3.3	0.0	3.8	2.4
10 Fat	1.4	0.0	0.2	2.2	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	29.4	22.7	2.6	2.1	3.6	3.2	41.8	1.8	0.0	37.5	22.0
11 Sugar and confectionery	5.1	10.4	10.5	0.0	11.8	2.6	6.1	3.3	4.6	2.4	1.2	2.9	3.5	3.0	1.8	4.4	2.0	2.2	9.2	3.0	1.9	0.9	5.1
12 Cakes	4.4	6.0	8.4	0.6	9.3	4.7	5.0	5.9	4.0	5.8	6.1	4.5	10.7	8.2	4.3	5.3	4.1	4.2	0.0	2.9	0.4	9.8	9.3
13 Non-alcoholic beverages	8.9	6.0	3.2	0.0	3.7	6.3	6.6	4.6	7.4	3.3	2.1	1.0	0.0	1.9	7.3	5.5	13.0	5.9	2.8	3.9	36.1	0.0	6.4
14 Alcoholic beverages	0.1	0.2	0.1	0.0	0.2	0.3	0.9	0.6	0.6	0.2	0.0	0.1	0.0	0.0	0.0	0.7	1.0	1.2	0.0	0.4	0.0	0.0	0.0
15 Condiments and sauces	0.9	2.2	1.8	0.0	2.1	0.4	2.7	1.3	2.2	1.3	9.2	1.2	4.1	6.4	3.7	1.2	0.7	0.7	0.0	0.1	1.4	5.0	13.0
16 Soups, bouillon	0.6	1.6	1.7	2.5	1.7	0.3	2.4	1.2	1.9	1.1	4.8	1.0	0.5	1.3	3.5	0.8	1.2	1.3	0.0	1.9	1.4	2.0	1.3
17 Miscellaneous	1.3	1.5	2.5	5.5	2.2	1.4	1.5	1.8	1.2	3.0	4.0	3.0	1.7	1.4	2.1	1.6	1.3	1.0	0.0	1.9	0.5	3.2	1.8

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	10.5	6.5	0.0	7.6	1.8	8.1	4.8	14.4	2.8	0.8	4.3	0.2	0.2	6.3	2.2	12.0	9.6	0.0	0.2	17.0	0.1	2.5
02 Vegetables	3.4	4.4	5.9	0.0	6.9	1.1	4.2	2.4	6.8	1.1	2.2	2.7	0.2	12.2	3.3	2.8	3.6	12.2	0.0	0.0	11.0	0.2	4.9
03 Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	7.5	3.1	0.0	3.5	1.2	6.8	2.8	6.6	3.7	1.1	2.7	0.0	0.6	2.7	1.7	5.1	3.6	0.0	0.0	10.5	0.0	5.8
05 Dairy products	59.4	6.1	3.7	0.0	4.2	14.8	18.5	33.4	21.2	13.5	14.4	23.4	28.5	23.2	11.1	43.5	11.5	13.8	1.3	44.0	6.0	5.0	3.8
06 Cereals and cereal products	8.2	29.5	28.7	0.4	33.1	57.5	25.6	18.3	14.8	18.4	33.3	20.0	0.6	0.7	21.1	10.3	13.7	28.0	18.1	0.8	2.0	0.5	10.3
07 Meat and meat products	2.8	9.9	17.2	86.9	9.2	3.0	9.9	17.6	13.9	32.6	20.4	28.7	14.6	12.6	26.8	12.2	22.1	4.0	0.0	29.9	11.2	22.0	7.1
08 Fish and shellfish	0.2	0.6	0.5	2.8	0.4	1.6	0.6	1.1	0.7	4.4	0.8	0.5	0.3	0.2	0.6	0.5	0.9	0.3	0.0	4.2	0.0	4.2	0.7
09 Eggs and egg products	0.7	0.6	2.3	0.0	2.7	2.0	0.5	1.7	0.5	4.3	0.6	1.6	4.5	3.5	0.6	2.3	0.7	2.7	0.0	3.9	0.0	5.3	3.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
10 Fat	1.5	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.5	21.6	2.8	2.4	4.7	5.2	36.7	2.3	0.0	36.8	22.0
11 Sugar and confectionery	5.7	12.1	11.7	0.0	13.5	3.3	7.5	4.1	5.9	2.7	1.7	3.7	3.8	3.4	2.7	4.9	2.3	2.1	3.9	2.9	3.2	1.9	5.6
12 Cakes	4.1	5.8	8.0	0.4	9.3	4.2	4.8	5.6	3.8	5.3	6.2	4.0	8.8	7.0	3.8	4.2	3.8	3.6	2.3	2.5	0.3	8.9	9.4
13 Non-alcoholic beverages	7.5	5.0	3.3	0.0	3.9	5.4	5.9	3.6	6.5	3.1	2.0	0.9	0.0	1.5	6.9	5.3	12.0	5.2	5.2	3.1	29.2	0.0	6.2
14 Alcoholic beverages	0.1	0.1	0.1	0.0	0.1	0.1	0.4	0.3	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.5	0.6	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.4	1.4	0.0	1.6	0.4	1.7	0.9	1.7	1.0	8.0	0.9	3.0	5.4	2.4	0.8	0.5	0.6	0.0	0.2	1.5	4.4	10.9
16 Soups, bouillon	0.5	1.5	1.5	2.8	1.4	0.2	1.8	1.1	1.5	1.2	4.2	0.9	0.2	1.0	2.4	0.7	1.1	1.2	0.0	1.3	1.5	1.3	1.3
17 Miscellaneous	1.8	1.3	2.2	5.2	2.1	1.0	1.8	1.7	1.0	2.2	2.9	2.5	1.4	1.1	1.6	2.0	0.8	1.4	3.7	2.3	0.7	2.7	1.6

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.3	8.7	5.7	0.0	6.6	1.6	6.6	4.1	12.2	2.5	0.8	3.6	0.1	0.1	5.9	1.9	10.9	8.1	0.0	0.1	13.0	0.0	2.3
02 Vegetables	3.5	4.8	6.2	0.0	7.2	1.2	4.3	2.7	8.0	1.2	2.0	3.0	0.1	13.8	3.5	3.0	4.2	12.8	0.0	0.0	13.7	0.1	5.8
03 Legumes	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.3	8.7	3.4	0.0	3.8	1.1	7.4	3.3	6.6	4.0	1.4	3.2	0.0	0.7	3.0	1.7	4.5	3.7	0.0	0.0	10.9	0.0	7.7
05 Dairy products	61.3	6.1	3.9	0.0	4.5	16.1	20.0	35.9	23.7	14.5	15.4	25.5	30.4	24.2	12.2	46.6	13.6	14.1	0.7	47.6	5.0	4.9	4.3
06 Cereals and cereal products	8.3	33.0	32.0	0.8	36.9	59.0	28.2	20.2	15.9	20.6	35.5	22.3	0.3	0.5	22.1	10.4	14.3	28.8	18.8	0.7	1.7	0.3	10.4
07 Meat and meat products	2.1	8.5	15.2	84.1	7.8	2.6	8.2	14.9	12.0	28.4	18.0	25.0	14.5	12.4	22.9	10.3	18.6	3.5	0.0	27.4	10.0	20.8	6.4
08 Fish and shellfish	0.5	1.3	1.2	5.0	1.0	2.4	1.0	1.6	1.0	5.8	1.3	1.0	0.6	0.4	0.7	0.9	1.2	0.5	0.0	6.1	0.1	5.2	1.4
09 Eggs and egg products	0.5	0.5	1.8	0.0	2.1	1.5	0.4	1.3	0.4	3.4	0.4	1.3	3.3	2.6	0.4	1.7	0.5	2.0	0.0	3.1	0.0	4.1	2.4
10 Fat	1.8	0.0	0.2	2.1	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	28.5	21.8	4.0	2.8	5.5	4.6	33.6	2.2	0.0	38.1	21.3
11 Sugar and confectionery	4.6	10.8	10.9	0.0	12.4	2.6	6.3	3.4	5.1	2.2	1.5	3.2	3.3	2.9	2.1	3.9	2.6	1.8	3.0	2.5	3.5	1.8	5.7
12 Cakes	3.5	5.3	7.6	1.3	8.7	3.2	4.2	5.0	3.7	4.9	5.6	3.6	7.6	6.0	3.3	3.3	3.7	2.8	1.3	1.8	0.3	8.0	8.9
13 Non-alcoholic beverages	7.6	4.7	3.0	0.0	3.5	4.8	6.1	2.9	6.6	3.4	2.1	0.9	0.0	2.5	6.6	5.0	11.4	5.9	4.3	2.7	33.1	0.0	6.6
14 Alcoholic beverages	0.2	0.3	0.3	0.0	0.3	0.4	1.3	0.9	0.9	0.3	0.1	0.1	0.0	0.0	0.9	1.2	1.7	0.0	0.4	0.0	0.0	0.1	
15 Condiments and sauces	0.6	1.4	1.6	0.0	1.8	0.4	1.6	0.9	1.5	1.0	7.7	0.9	2.7	4.4	3.7	0.7	0.6	0.8	0.0	0.1	1.2	3.1	9.9
16 Soups, bouillon	0.3	0.9	0.9	1.3	0.9	0.2	1.5	0.6	0.9	0.7	3.1	0.5	0.1	0.5	1.6	0.4	0.6	0.6	0.0	0.8	0.8	0.9	0.5
17 Miscellaneous	1.9	1.5	2.3	5.5	2.2	1.2	1.8	1.9	1.1	2.5	3.7	2.5	1.4	1.1	1.9	1.8	0.9	1.4	0.0	2.2	0.5	3.3	1.6

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.5	11.9	6.9	0.0	8.0	2.0	9.0	5.3	15.3	3.4	1.0	4.8	0.0	0.1	6.3	2.4	12.3	9.9	0.0	0.0	15.8	0.0	2.8
02 Vegetables	3.3	4.1	5.3	0.0	6.2	1.1	3.9	2.5	6.5	1.1	1.8	2.6	0.1	10.1	3.2	2.9	3.5	11.7	0.0	0.0	11.0	0.1	3.9
03 Legumes	0.1	0.3	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	6.6	2.7	0.0	3.1	1.3	5.8	2.3	6.2	3.1	0.7	2.3	0.0	1.1	2.7	1.5	5.0	4.3	0.0	0.0	12.1	0.0	5.2
05 Dairy products	57.8	6.7	4.7	0.0	5.3	15.3	18.8	32.4	20.1	13.3	14.2	23.2	29.5	23.4	9.9	41.5	11.6	12.9	1.7	42.4	5.1	6.0	4.2
06 Cereals and cereal products	8.7	27.2	27.7	0.0	31.9	56.7	24.3	17.6	14.8	17.9	32.8	19.2	0.3	0.5	21.5	12.0	15.7	28.4	24.9	1.2	2.6	0.2	9.7
07 Meat and meat products	2.9	10.3	18.3	87.7	9.8	3.4	10.4	18.2	13.9	33.4	21.0	30.2	15.0	13.3	24.4	13.0	21.7	4.6	0.0	32.0	11.0	22.9	7.6
08 Fish and shellfish	0.3	0.7	0.6	2.9	0.5	2.3	0.8	1.5	0.9	4.2	1.0	0.6	0.7	0.7	0.6	0.6	0.9	0.5	0.0	4.6	0.1	4.6	0.8
09 Eggs and egg products	0.8	0.6	2.2	0.0	2.7	1.9	0.5	1.6	0.4	3.7	0.5	1.5	4.1	3.2	0.5	2.3	0.6	2.3	0.0	3.7	0.0	4.1	2.6
10 Fat	1.0	0.0	0.2	1.6	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	28.7	23.0	2.4	1.6	3.7	4.9	35.4	1.5	0.0	38.1	20.0
11 Sugar and confectionery	5.9	12.9	13.0	0.0	14.8	3.3	8.1	4.2	6.0	3.1	1.7	4.0	4.4	4.0	2.9	5.2	2.4	2.5	5.2	3.5	2.4	1.7	6.0
12 Cakes	4.5	6.1	7.6	1.1	8.6	3.7	5.2	6.1	4.2	5.5	6.0	4.3	8.3	7.2	3.7	4.5	3.2	3.2	1.7	2.2	0.2	9.4	10.2
13 Non-alcoholic beverages	9.7	6.3	3.3	0.0	3.9	6.5	7.1	4.6	7.6	3.7	2.3	1.2	0.1	2.7	9.7	5.8	12.5	7.4	6.8	3.6	32.8	0.0	8.3
14 Alcoholic beverages	0.0	0.1	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	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.0
15 Condiments and sauces	0.7	1.2	1.4	0.1	1.7	0.5	1.6	1.0	1.3	1.3	7.9	0.9	3.8	5.5	3.8	0.8	0.5	0.6	1.1	0.2	0.8	4.5	12.4
16 Soups, bouillon	0.4	1.1	1.1	1.1	1.1	0.2	1.6	0.8	1.2	0.9	4.0	0.7	0.1	0.7	1.7	0.6	0.9	0.8	0.0	1.0	1.1	1.5	1.4
17 Miscellaneous	0.9	1.5	2.3	5.4	2.0	0.4	1.6	1.5	1.2	2.2	3.6	2.4	1.0	0.8	2.0	1.3	1.0	0.6	0.0	1.8	0.2	2.6	1.9

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.4	9.6	6.2	0.0	7.3	1.9	7.6	4.6	13.6	2.7	0.7	4.0	0.1	0.1	5.9	2.1	12.0	9.2	0.0	0.1	14.8	0.0	2.4
02 Vegetables	3.9	4.9	6.3	0.0	7.3	1.3	4.6	2.7	7.7	1.4	2.2	2.9	0.2	12.9	3.4	3.3	4.3	13.6	0.0	0.0	12.3	0.1	5.3
03 Legumes	0.1	0.7	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.2	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.4	7.2	3.1	0.0	3.5	1.4	6.3	2.5	6.9	3.1	0.8	2.5	0.0	1.1	3.0	1.7	5.1	4.0	0.0	0.0	12.7	0.0	5.8
05 Dairy products	58.9	6.6	4.4	0.0	5.1	15.9	19.0	33.7	21.0	13.8	14.7	23.9	30.1	23.5	11.1	44.1	13.1	13.9	1.7	43.4	5.7	6.3	4.5
06 Cereals and cereal products	8.1	29.2	27.9	0.4	32.1	55.9	25.8	18.5	14.4	18.5	32.7	19.6	0.5	0.6	20.4	10.4	12.9	27.6	21.2	0.5	1.5	0.3	10.0
07 Meat and meat products	2.5	9.7	17.0	86.8	9.1	3.2	9.5	17.3	13.2	32.8	19.5	28.6	16.1	13.9	25.8	12.3	22.1	4.0	0.0	31.9	10.0	23.5	7.4
08 Fish and shellfish	0.3	0.7	0.6	2.4	0.5	1.4	0.6	0.9	0.6	3.8	0.7	0.6	0.2	0.2	0.4	0.5	0.7	0.3	0.0	4.5	0.0	3.3	0.6
09 Eggs and egg products	0.6	0.5	2.0	0.0	2.3	1.7	0.4	1.4	0.4	3.6	0.5	1.3	3.9	2.9	0.5	1.9	0.5	2.1	0.0	3.4	0.0	4.7	2.5
10 Fat	1.4	0.0	0.1	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	25.9	20.0	2.7	2.1	3.5	2.7	35.3	1.3	0.0	36.0	20.6
11 Sugar and confectionery	4.8	11.4	11.2	0.0	12.8	3.0	7.0	3.8	5.2	2.5	1.5	3.4	3.4	2.9	2.5	4.5	2.5	2.2	4.8	3.0	2.5	1.3	5.6
12 Cakes	4.7	7.0	9.4	0.8	10.5	5.2	5.8	6.8	4.8	6.5	7.1	5.1	9.7	8.0	4.3	5.0	4.4	4.4	2.1	3.1	0.4	10.8	11.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13 Non-alcoholic beverages	9.0	5.7	3.2	0.0	3.7	5.7	6.9	3.5	7.3	3.6	1.9	1.2	0.1	2.7	7.7	5.1	11.8	7.7	4.6	2.9	32.2	0.0	6.2
14 Alcoholic beverages	0.3	0.2	0.3	0.0	0.4	0.2	0.6	0.4	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.4	0.6	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.3	1.6	0.0	1.8	0.4	1.6	0.9	1.5	1.1	8.2	0.8	3.4	4.7	3.6	0.7	0.5	0.5	0.0	0.1	1.1	4.3	11.5
16 Soups, bouillon	0.4	1.3	1.4	3.0	1.3	0.3	1.7	1.0	1.5	1.3	4.4	1.0	0.4	1.4	2.3	0.6	1.2	1.2	0.0	1.7	1.5	1.9	1.2
17 Miscellaneous	1.0	1.1	2.0	5.2	1.6	0.8	1.2	1.4	0.9	2.0	3.4	2.3	1.2	0.8	1.6	1.2	0.9	0.7	0.0	1.8	0.3	2.3	1.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.2	7.9	4.8	0.0	5.8	1.5	6.2	3.8	11.4	2.1	0.8	3.2	0.2	0.2	5.1	1.7	10.3	7.2	0.0	0.2	11.6	0.1	2.0
02 Vegetables	3.4	5.1	6.4	0.0	7.6	1.6	4.7	2.8	8.6	1.2	2.1	3.2	0.1	13.6	3.7	3.1	4.6	12.7	0.0	0.0	13.0	0.0	5.5
03 Legumes	0.1	0.4	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.6	8.9	3.9	0.0	4.6	1.5	7.5	3.1	8.4	3.8	0.9	3.1	0.0	1.4	3.8	2.0	5.8	4.9	0.0	0.0	14.8	0.0	7.1
05 Dairy products	59.8	6.4	4.2	0.0	4.8	16.4	19.1	35.0	21.8	14.5	15.9	24.9	31.6	24.7	11.7	44.7	13.3	14.4	1.5	45.8	4.6	7.0	5.0
06 Cereals and cereal products	8.3	31.0	30.1	0.3	34.9	56.6	27.5	20.1	15.0	19.6	34.5	21.3	0.6	0.6	23.5	10.8	14.3	27.6	20.2	0.9	1.5	0.3	10.4
07 Meat and meat products	2.2	9.0	15.3	86.0	8.1	2.8	8.4	15.5	12.0	29.3	17.4	25.3	14.4	12.4	20.1	10.6	19.4	3.7	0.0	27.9	9.0	21.2	6.7
08 Fish and shellfish	0.4	0.8	0.6	3.7	0.5	2.2	0.8	1.6	1.0	4.7	1.1	0.6	0.3	0.2	0.8	0.6	1.0	0.4	0.0	5.2	0.0	4.7	1.0
09 Eggs and egg products	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.0	0.5	1.9	0.6	2.2	0.0	3.3	0.0	5.0	3.0
10 Fat	1.6	0.0	0.1	1.7	0.1	0.2	0.1	0.3	0.2	0.1	1.1	0.0	25.8	19.7	3.7	2.5	5.2	5.2	40.1	2.2	0.0	37.3	21.1
11 Sugar and confectionery	5.3	11.3	11.0	0.0	12.7	2.8	7.0	4.0	5.4	2.8	1.6	3.5	3.7	3.2	2.4	4.6	2.7	1.8	1.3	2.9	3.4	1.7	6.4
12 Cakes	3.4	5.5	7.7	0.7	8.9	3.5	4.4	5.2	3.8	5.3	6.1	3.7	7.8	6.3	3.2	3.2	3.5	3.0	0.7	2.0	0.2	8.4	9.1
13 Non-alcoholic beverages	8.3	5.1	3.1	0.0	3.7	5.1	6.8	2.9	7.3	3.7	2.0	1.1	0.1	2.0	7.0	4.9	10.3	6.7	1.4	2.3	30.9	0.0	5.5
14 Alcoholic beverages	0.1	0.1	0.3	0.0	0.3	0.2	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.3	1.5	0.5	1.8	0.4	1.7	0.9	1.5	0.9	7.8	0.8	2.3	3.6	3.7	0.6	0.5	0.6	0.0	0.1	0.9	2.4	8.7
16 Soups, bouillon	0.4	1.1	1.1	2.6	1.0	0.2	1.8	1.0	1.5	0.9	4.3	0.8	0.2	0.9	1.9	0.4	0.8	0.8	0.0	1.1	1.2	1.4	0.8
17 Miscellaneous	1.7	1.6	2.5	4.6	2.4	0.9	1.7	1.9	1.3	2.4	3.6	2.4	1.8	1.5	2.2	1.9	1.5	1.6	2.2	2.4	0.7	2.7	1.9

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.6	9.5	6.3	0.0	7.7	2.0	7.0	4.4	12.8	2.1	0.9	3.7	0.1	0.1	6.1	2.1	12.0	8.3	0.0	0.1	17.8	0.0	2.0
02 Vegetables	5.0	6.1	6.9	0.0	8.3	1.5	4.7	3.2	8.0	1.8	2.4	3.3	0.1	12.5	4.3	4.2	4.8	14.9	0.0	0.0	17.6	0.1	5.3
03 Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.3	7.1	2.8	0.0	3.3	1.0	5.9	2.7	5.2	3.0	1.2	2.7	0.0	0.7	2.6	1.4	3.9	3.7	0.0	0.0	12.6	0.0	5.3
05 Dairy products	58.9	4.8	3.1	0.0	3.6	14.0	14.8	30.4	15.5	13.1	15.5	21.7	27.7	22.4	8.9	37.7	10.9	10.6	0.0	36.6	4.6	4.1	4.9
06 Cereals and cereal products	8.1	28.5	24.9	0.1	29.7	55.7	22.5	17.1	11.2	16.3	29.4	17.9	0.5	0.5	16.0	8.6	9.2	21.7	3.5	0.4	1.0	0.3	7.0
07 Meat and meat products	2.9	12.4	19.7	86.5	10.2	3.6	10.7	20.5	15.2	36.2	20.7	33.3	17.5	15.3	31.0	15.4	26.0	3.9	0.0	34.7	14.2	21.8	8.5
08 Fish and shellfish	0.9	1.7	1.2	4.1	1.0	3.4	1.2	2.2	1.2	7.3	2.1	1.2	0.7	0.5	0.9	1.3	1.4	0.6	0.0	8.9	0.1	7.4	1.5
09 Eggs and egg products	0.9	0.7	2.6	0.0	3.0	2.4	0.5	1.8	0.5	4.3	0.6	1.7	4.3	3.4	0.7	2.6	0.7	2.6	0.0	3.8	0.0	4.4	3.2
10 Fat	1.3	0.0	0.2	1.9	0.1	0.2	0.1	0.4	0.3	0.1	1.4	0.0	30.9	25.0	2.1	1.8	6.7	9.3	63.7	3.0	0.0	40.5	28.2
11 Sugar and confectionery	2.8	6.0	6.0	0.0	7.1	1.3	3.2	1.7	2.4	0.9	0.7	1.6	1.6	1.6	1.0	2.0	0.9	0.7	1.5	1.1	0.8	0.7	2.6
12 Cakes	1.8	3.3	3.5	0.3	4.2	2.6	2.5	2.9	2.0	2.9	3.7	2.1	5.5	4.4	1.9	2.1	1.0	1.8	0.0	1.1	0.4	5.5	5.8
13 Non-alcoholic beverages	9.2	8.5	10.3	0.0	12.4	5.2	14.0	3.9	16.4	2.9	1.8	1.6	0.4	1.6	9.0	7.4	7.1	5.5	0.9	1.8	20.2	0.1	3.2
14 Alcoholic beverages	1.4	1.7	2.2	0.0	2.6	2.8	6.0	4.2	4.4	0.9	0.3	0.7	0.0	0.0	0.0	4.6	6.5	7.1	0.0	2.0	0.1	0.0	0.3
15 Condiments and sauces	0.8	1.4	1.8	0.0	2.2	0.5	1.6	1.0	1.4	1.0	9.0	0.9	4.6	5.3	3.9	0.7	0.6	0.8	0.0	0.1	1.2	5.7	14.1
16 Soups, bouillon	0.9	2.3	2.4	3.9	2.5	0.4	2.6	1.8	2.4	1.8	7.0	1.4	0.3	1.0	3.9	1.5	1.6	1.3	0.0	2.0	2.2	1.7	1.4
17 Miscellaneous	1.2	0.8	1.5	3.1	1.4	0.6	1.0	1.1	0.7	1.4	2.6	1.7	0.6	0.4	1.1	1.0	0.6	0.6	1.1	1.2	0.4	1.7	1.1

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.3	8.7	5.8	0.0	7.0	1.6	6.2	3.8	11.6	1.9	0.8	3.4	0.1	0.1	5.5	1.7	10.8	7.4	0.0	0.1	16.5	0.0	1.8
02 Vegetables	5.1	6.0	7.4	0.0	8.7	1.5	4.7	3.1	8.3	1.7	2.4	3.3	0.1	13.7	4.5	4.2	4.9	13.9	0.0	0.0	17.2	0.1	5.9
03 Legumes	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.7	9.2	3.5	0.0	4.2	1.2	7.5	3.5	6.3	4.2	1.5	3.3	0.0	1.1	3.4	1.9	4.7	4.5	0.0	0.0	14.7	0.0	7.4
05 Dairy products	59.0	4.4	2.7	0.0	3.2	14.3	14.3	30.7	15.7	13.4	15.6	22.4	28.4	22.8	8.7	37.6	10.1	11.0	0.0	37.5	3.9	4.7	4.3
06 Cereals and cereal products	7.7	30.3	26.6	0.3	31.0	56.5	23.6	18.1	11.9	17.1	29.8	19.4	0.2	0.3	18.0	8.8	10.6	22.1	4.2	0.2	1.2	0.3	8.6
07 Meat and meat products	2.5	11.2	18.4	86.8	9.5	3.1	9.5	18.9	14.2	33.4	20.2	30.8	16.7	14.9	28.1	13.8	23.8	4.1	0.0	33.0	12.9	20.7	7.9
08 Fish and shellfish	0.8	1.7	1.1	4.2	0.9	3.2	1.2	2.3	1.3	7.6	2.3	1.1	1.2	1.0	1.2	1.3	1.7	0.6	0.0	8.9	0.1	8.2	1.9
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.8	0.5	4.4	0.7	1.7	4.4	3.5	0.6	2.3	0.7	2.5	0.0	3.9	0.0	5.1	3.4
10 Fat	1.4	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.3	0.1	1.4	0.0	31.9	24.3	2.6	2.2	7.1	8.6	65.2	3.1	0.0	40.9	27.8
11 Sugar and confectionery	2.9	5.9	5.7	0.0	6.5	1.5	3.2	1.8	2.5	1.1	0.8	1.7	1.7	1.6	1.1	2.2	0.8	0.7	0.0	1.2	0.6	0.8	2.5
12 Cakes	1.9	3.1	3.8	0.7	4.5	2.6	2.3	3.0	1.9	3.1	3.5	2.2	5.8	4.8	1.9	2.2	1.4	1.9	0.0	1.1	0.3	5.8	5.5



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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13 Non-alcoholic beverages	9.6	8.3	10.1	0.0	11.9	5.3	13.5	3.9	16.3	3.3	2.0	1.7	0.6	1.4	9.6	8.8	8.1	6.0	1.0	2.7	22.0	0.1	2.9
14 Alcoholic beverages	1.5	1.9	2.6	0.0	3.1	2.8	6.4	4.5	4.8	1.0	0.3	0.8	0.0	0.0	0.0	4.7	7.2	8.0	0.0	2.2	0.2	0.0	0.3
15 Condiments and sauces	0.7	1.7	2.0	0.0	2.3	0.4	1.8	1.1	1.5	1.1	9.4	1.0	3.0	4.2	3.5	0.9	0.7	0.7	0.0	0.2	1.4	4.0	12.2
16 Soups, bouillon	0.7	1.7	1.8	2.3	1.9	0.3	2.6	1.3	1.9	1.0	6.0	1.0	0.2	0.8	3.8	1.2	1.2	0.9	0.0	1.4	1.7	1.7	0.9
17 Miscellaneous	1.2	1.2	2.0	4.4	1.8	0.8	1.0	1.3	0.8	1.7	3.1	1.9	0.9	0.8	1.3	0.9	0.8	0.8	0.6	1.7	0.6	2.2	1.6

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.0	6.5	4.6	0.0	5.5	1.3	4.9	3.1	9.5	1.5	0.7	2.6	0.1	0.1	4.6	1.4	8.8	5.3	0.0	0.1	10.6	0.0	1.5
02 Vegetables	5.6	6.8	8.7	0.0	10.3	1.8	5.9	3.8	10.1	1.5	2.6	4.0	0.3	16.3	5.1	4.8	5.7	14.6	0.0	0.0	17.5	0.1	7.3
03 Legumes	0.2	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.9	9.0	3.7	0.0	4.3	1.3	7.3	3.5	7.1	4.4	1.6	3.3	0.0	1.2	3.6	2.0	5.3	4.7	0.0	0.0	16.2	0.0	6.8
05 Dairy products	59.5	5.0	2.9	0.0	3.5	15.0	14.2	31.7	15.4	13.8	16.9	23.1	30.5	23.6	8.9	37.5	10.4	10.4	0.0	36.9	3.8	5.8	5.1
06 Cereals and cereal products	7.6	29.9	26.4	0.3	31.2	52.8	24.4	19.1	12.2	16.6	30.2	19.4	0.6	0.6	18.4	9.2	10.3	20.7	7.5	0.5	0.8	0.4	9.2
07 Meat and meat products	1.8	10.2	15.9	85.0	7.6	3.1	8.6	17.0	13.0	29.4	17.8	28.4	15.0	12.2	22.7	12.1	22.1	3.9	0.0	31.0	10.8	20.4	6.7
08 Fish and shellfish	0.8	2.0	1.7	6.3	1.4	4.5	1.6	3.2	1.9	11.0	2.8	1.4	0.6	0.4	1.6	1.5	2.7	0.7	0.0	11.8	0.1	11.4	2.2
09 Eggs and egg products	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.9	0.5	4.4	0.7	1.6	4.7	3.4	0.6	2.4	0.6	2.1	0.0	4.0	0.0	4.8	3.3
10 Fat	1.0	0.0	0.1	1.2	0.1	0.2	0.1	0.3	0.2	0.1	1.1	0.0	27.2	21.3	2.9	2.5	7.7	9.4	56.3	3.1	0.0	34.7	25.0
11 Sugar and confectionery	2.9	5.3	5.3	0.0	6.1	1.4	3.0	1.7	2.4	1.0	0.9	1.6	1.8	1.6	1.0	2.1	0.9	0.5	0.4	0.9	0.7	0.9	2.3
12 Cakes	2.4	3.4	4.1	0.7	4.9	2.6	2.6	3.5	2.3	3.2	4.0	2.4	6.6	5.3	2.1	2.5	1.6	1.9	0.0	1.4	0.3	6.5	5.8
13 Non-alcoholic beverages	9.7	8.5	9.4	0.0	11.2	5.2	13.8	3.6	17.0	3.1	1.8	1.8	0.3	1.4	9.9	6.5	7.0	7.7	0.0	1.3	24.8	0.0	3.9
14 Alcoholic beverages	1.4	2.1	4.3	0.0	5.1	3.6	5.6	3.4	4.4	0.7	0.3	0.7	0.0	0.0	0.0	3.5	5.2	5.0	0.0	1.3	0.1	0.0	0.2
15 Condiments and sauces	0.8	1.4	1.7	0.0	2.0	0.4	1.5	1.0	1.1	0.8	8.2	0.9	3.0	3.1	3.4	0.8	0.6	0.8	0.0	0.4	1.0	3.4	11.3
16 Soups, bouillon	0.6	1.8	1.9	2.9	1.9	0.4	2.9	1.4	2.1	1.4	7.8	1.1	0.3	1.2	4.0	1.0	1.2	1.1	0.0	2.0	1.8	1.9	1.4
17 Miscellaneous	0.6	0.9	1.4	3.5	1.2	0.4	0.8	1.0	0.6	1.5	2.4	1.5	0.6	0.5	1.1	0.8	0.5	0.5	0.9	1.2	0.2	1.6	1.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.1	7.3	4.8	0.0	5.8	1.5	5.6	3.5	10.4	1.6	0.5	3.1	0.1	0.1	4.5	1.5	9.8	6.5	0.0	0.1	12.6	0.1	1.6
02 Vegetables	5.3	6.6	7.9	0.0	9.6	1.8	5.8	3.8	9.8	1.7	3.0	3.9	0.2	14.4	4.8	4.6	5.4	15.8	0.0	0.0	18.2	0.1	6.2
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.4	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.9	8.4	3.8	0.0	4.5	1.4	6.6	3.2	7.3	3.4	0.8	3.1	0.0	1.4	3.7	2.0	5.3	5.7	0.0	0.0	19.3	0.0	5.5
05 Dairy products	58.0	4.8	2.7	0.0	3.2	15.3	14.7	33.5	15.5	14.2	17.6	23.5	28.5	22.5	8.6	38.3	11.7	11.2	0.5	37.6	3.4	4.9	4.7
06 Cereals and cereal products	6.7	27.9	24.2	0.1	28.7	50.6	22.8	17.7	11.6	15.5	29.8	17.9	0.4	0.4	16.5	8.4	10.0	20.3	5.9	0.2	1.3	0.2	8.2
07 Meat and meat products	1.6	9.7	15.0	84.5	7.4	2.8	8.7	17.5	12.8	30.0	16.7	28.3	14.6	12.9	24.7	11.9	22.4	3.5	0.0	30.1	9.3	18.8	7.2
08 Fish and shellfish	0.7	1.8	1.2	5.4	1.0	3.9	1.3	2.7	1.5	7.9	2.9	1.2	0.8	0.6	1.2	1.4	1.8	0.6	0.0	9.9	0.1	8.1	1.5
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.5	0.6	2.0	0.5	4.9	0.8	1.9	4.8	3.6	0.7	2.7	0.8	2.7	0.0	4.4	0.0	5.6	3.7
10 Fat	1.1	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.7	22.2	1.8	1.6	6.1	8.1	53.9	2.9	0.0	36.5	24.8
11 Sugar and confectionery	2.5	6.1	6.7	0.0	7.6	1.6	3.4	2.0	2.6	1.3	0.8	1.7	1.9	1.6	1.2	2.5	1.1	0.7	0.0	1.4	0.5	0.7	2.7
12 Cakes	2.4	4.0	5.3	0.9	6.3	3.3	3.3	4.3	2.8	3.9	4.9	3.1	7.0	5.5	2.8	3.1	1.9	2.3	0.0	1.5	0.4	6.9	6.9
13 Non-alcoholic beverages	12.2	10.3	10.9	0.0	13.0	6.6	16.4	3.9	18.8	4.4	2.5	2.3	0.7	1.6	9.9	8.3	9.2	8.5	0.2	2.1	21.5	0.1	3.5
14 Alcoholic beverages	0.9	1.5	3.4	0.0	4.1	2.6	2.6	1.2	2.1	0.2	0.3	0.3	0.1	0.1	0.0	1.2	1.7	1.2	0.0	0.4	0.1	0.0	0.1
15 Condiments and sauces	0.5	0.9	1.4	0.0	1.6	0.4	1.1	0.7	1.0	0.7	7.8	0.6	3.7	4.1	3.8	0.5	0.5	0.5	0.0	0.1	1.0	4.4	10.8
16 Soups, bouillon	0.6	1.7	1.7	3.2	1.7	0.4	2.6	1.4	1.9	1.4	7.2	1.1	0.2	1.0	3.6	0.8	1.3	1.0	0.0	1.6	1.7	1.8	1.3
17 Miscellaneous	1.1	1.4	1.9	4.0	2.0	0.8	1.2	1.3	0.8	1.7	2.9	1.8	1.0	0.8	1.2	1.1	0.8	1.0	2.5	1.5	0.5	2.5	1.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.0	5.6	4.1	0.0	5.1	1.2	4.7	2.9	8.9	1.2	0.7	2.4	0.0	0.0	3.9	1.2	7.4	4.9	0.0	0.1	8.8	0.0	1.2
02 Vegetables	5.0	6.5	8.1	0.0	10.2	1.8	5.9	4.0	10.7	1.8	2.9	4.1	0.1	16.2	4.8	4.3	5.6	14.3	0.0	0.0	16.4	0.0	6.7
03 Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.9	9.2	4.1	0.0	5.1	1.5	7.5	3.5	8.3	3.7	1.5	3.4	0.0	1.3	3.9	2.0	5.5	5.2	0.0	0.0	17.8	0.0	6.1
05 Dairy products	56.4	4.4	2.9	0.0	3.5	15.3	14.6	32.8	16.4	13.0	17.4	22.7	29.5	22.1	9.1	37.6	11.8	10.6	0.3	37.7	3.9	5.5	4.9
06 Cereals and cereal products	7.1	28.1	25.0	0.8	30.2	50.5	24.2	18.8	12.3	16.2	30.4	19.0	0.5	0.5	18.3	8.5	10.3	20.2	8.8	0.3	0.9	0.2	9.2
07 Meat and meat products	1.6	8.6	13.3	81.7	6.8	2.8	8.1	15.9	12.1	27.1	15.5	23.7	13.0	10.7	20.6	9.7	19.4	3.0	0.0	25.4	7.5	20.1	6.1
08 Fish and shellfish	0.7	2.0	1.3	7.0	1.1	3.2	1.4	3.0	1.6	8.2	2.5	1.2	1.0	0.8	1.3	1.3	2.0	0.6	0.0	10.3	0.1	8.7	2.4
09 Eggs and egg products	1.0	0.8	3.0	0.0	3.7	2.8	0.7	2.4	0.7	5.5	0.9	2.1	5.6	4.0	0.7	2.9	0.8	2.8	0.0	5.2	0.0	6.0	4.2
10 Fat	0.9	0.0	0.1	2.6	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	24.5	18.1	2.1	1.7	5.3	6.7	43.4	2.6	0.0	30.6	21.1
11 Sugar and confectionery	2.6	5.5	6.4	0.0	7.5	1.5	3.3	1.9	2.8	1.1	0.9	1.7	1.7	1.4	1.1	2.0	1.4	0.7	0.0	1.1	1.2	0.6	3.0
12 Cakes	2.3	3.5	4.4	0.8	5.4	3.1	2.9	3.9	2.5	3.4	4.5	2.6	7.1	5.3	2.2	2.5	1.6	2.1	0.0	1.4	0.4	7.0	6.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13 Non-alcoholic beverages	12.4	9.6	8.7	0.0	10.8	6.6	14.4	4.5	16.5	4.2	2.6	2.2	0.8	2.2	9.1	8.1	10.3	9.8	0.5	3.0	24.6	0.2	4.2
14 Alcoholic beverages	0.7	1.3	3.2	0.0	3.9	2.2	2.2	0.9	1.9	0.2	0.2	0.3	0.1	0.1	0.0	1.1	1.7	1.0	0.0	0.3	0.1	0.1	0.1
15 Condiments and sauces	0.6	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.4	0.8	8.5	0.9	2.6	3.1	3.0	0.7	0.5	0.6	0.0	0.2	1.1	2.7	9.4
16 Soups, bouillon	0.7	1.8	1.8	3.0	1.8	0.4	2.6	1.5	2.1	1.4	7.1	1.2	0.4	1.4	3.7	1.1	1.4	1.3	0.0	1.7	2.1	1.9	1.2
17 Miscellaneous	1.8	1.5	2.2	4.0	2.3	1.1	1.7	1.8	1.1	2.2	2.8	2.2	1.7	1.2	1.7	1.9	1.1	1.2	2.9	2.0	0.7	3.4	1.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.0	5.6	4.1	0.0	5.1	1.2	4.5	2.9	8.6	1.3	0.7	2.5	0.1	0.1	4.0	1.3	7.7	4.5	0.0	0.1	7.8	0.0	1.2
02 Vegetables	5.6	7.1	9.1	0.0	10.9	2.1	6.5	4.7	12.1	2.4	3.1	4.7	0.0	17.7	5.9	5.4	6.3	15.4	0.0	0.0	18.1	0.0	7.7
03 Legumes	0.2	0.7	0.5	0.0	0.7	0.0	0.4	0.3	0.4	0.1	0.5	0.3	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.3	10.4	4.8	0.0	5.8	1.8	8.6	4.3	9.7	4.7	2.0	4.0	0.0	2.0	5.0	2.5	6.5	6.5	0.0	0.0	20.2	0.0	8.1
05 Dairy products	53.8	4.5	2.5	0.0	3.1	15.8	13.6	32.1	15.4	13.0	17.9	22.2	29.8	21.1	7.9	35.3	10.4	10.0	0.0	36.0	3.3	7.2	4.7
06 Cereals and cereal products	6.5	26.5	24.2	0.4	29.6	47.1	23.0	18.8	11.5	15.8	29.3	18.7	0.6	0.6	17.9	7.9	9.2	16.8	7.7	0.4	0.9	0.1	8.7
07 Meat and meat products	1.3	7.1	12.0	80.9	5.7	2.5	6.7	14.2	10.3	24.1	14.0	22.7	12.4	10.1	16.2	9.1	16.9	2.5	0.0	25.6	5.9	16.1	5.1
08 Fish and shellfish	1.3	2.9	1.5	9.3	1.2	4.8	1.9	4.1	2.3	11.1	3.6	2.1	1.2	1.1	2.3	2.1	2.7	0.8	0.0	14.9	0.2	12.2	3.7
09 Eggs and egg products	0.6	0.5	1.9	0.0	2.4	1.9	0.4	1.6	0.4	3.4	0.7	1.2	3.7	2.6	0.4	1.7	0.5	1.6	0.0	3.1	0.0	4.6	2.6
10 Fat	0.9	0.1	0.1	2.4	0.1	0.2	0.1	0.2	0.2	0.1	1.1	0.0	23.1	16.4	1.6	1.5	4.9	6.4	35.3	2.4	0.0	28.9	18.7
11 Sugar and confectionery	3.1	5.9	6.6	0.0	7.6	1.8	3.4	2.2	2.9	1.5	1.0	1.8	2.7	2.1	1.2	2.6	0.9	0.7	0.4	1.4	0.8	1.3	2.9
12 Cakes	2.4	3.5	4.8	0.8	5.8	3.3	3.1	4.0	2.6	3.6	4.8	2.8	7.3	5.8	2.2	2.9	2.0	2.0	0.0	1.5	0.2	7.7	6.2
13 Non-alcoholic beverages	12.8	10.8	9.2	0.0	11.3	7.0	14.6	5.0	17.3	4.0	2.8	2.5	0.6	1.7	9.2	7.6	10.7	10.9	0.0	1.9	22.8	0.2	3.6
14 Alcoholic beverages	0.9	1.6	4.6	0.0	5.4	3.3	2.6	1.0	2.3	0.2	0.3	0.4	0.2	0.1	0.0	1.2	1.7	0.8	0.0	0.2	0.1	0.1	0.1
15 Condiments and sauces	0.5	0.8	1.4	0.0	1.7	0.3	1.0	0.7	1.1	0.5	7.3	0.6	2.3	2.6	3.1	0.5	0.5	0.5	0.0	0.1	1.1	2.2	6.9
16 Soups, bouillon	0.5	1.5	1.5	2.4	1.5	0.4	2.7	1.3	1.9	1.1	7.6	1.0	0.3	1.0	3.9	0.8	1.0	0.8	0.0	1.5	1.3	2.0	1.4
17 Miscellaneous	2.0	1.2	1.8	3.7	2.0	0.8	1.9	1.8	1.1	2.0	3.2	1.8	0.7	0.6	1.4	1.6	0.8	1.1	1.1	1.6	0.2	2.2	1.6

**Table 1.4.a** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	9.7	6.1	0.0	7.1	1.8	7.5	4.5	13.4	2.7	0.8	4.0	0.1	0.1	6.0	2.1	11.6	8.9	0.0	0.1	14.9	0.1	2.4
02 Vegetables	3.5	4.6	6.0	0.0	7.0	1.2	4.3	2.6	7.3	1.2	2.1	2.9	0.1	12.5	3.4	3.0	4.1	12.5	0.0	0.0	12.1	0.1	5.1
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.3	7.8	3.1	0.0	3.6	1.3	6.9	2.9	6.8	3.7	1.1	2.8	0.0	0.9	3.0	1.7	5.0	4.0	0.0	0.0	11.6	0.0	6.4
05 Dairy products	59.1	6.4	4.1	0.0	4.7	15.4	18.9	33.8	21.4	13.8	14.6	24.0	29.7	23.7	11.2	44.0	12.1	13.7	0.9	44.9	5.3	5.7	4.2
06 Cereals and cereal products	8.4	30.1	29.5	0.5	33.9	57.2	26.5	19.0	15.3	19.1	33.8	20.7	0.4	0.6	21.9	10.7	14.4	28.3	19.9	0.8	2.0	0.4	10.4
07 Meat and meat products	2.6	9.3	16.5	86.0	8.9	3.0	9.2	16.6	12.9	31.3	19.1	27.2	15.0	13.0	24.0	11.7	20.9	3.9	0.0	29.4	10.1	22.1	7.0
08 Fish and shellfish	0.3	0.8	0.7	3.2	0.6	2.1	0.7	1.3	0.8	4.5	0.9	0.6	0.4	0.3	0.6	0.6	0.9	0.4	0.0	4.6	0.0	4.2	0.8
09 Eggs and egg products	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.3	0.0	3.5	0.0	4.6	2.7
10 Fat	1.6	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.5	21.4	3.2	2.3	4.7	4.6	37.7	2.0	0.0	37.5	21.3
11 Sugar and confectionery	5.3	11.7	11.7	0.0	13.3	3.0	7.2	3.9	5.6	2.7	1.6	3.6	3.8	3.3	2.5	4.7	2.5	2.1	3.7	3.0	2.8	1.6	5.8
12 Cakes	4.1	6.0	8.1	0.8	9.2	4.1	4.9	5.9	4.1	5.7	6.3	4.3	9.0	7.2	3.8	4.3	3.8	3.6	1.5	2.6	0.3	9.4	9.7
13 Non-alcoholic beverages	8.2	5.3	3.1	0.0	3.6	5.5	6.5	3.6	7.0	3.4	2.0	1.0	0.0	2.2	7.2	5.0	11.6	6.5	4.0	2.9	31.9	0.0	6.2
14 Alcoholic beverages	0.1	0.2	0.2	0.0	0.2	0.2	0.6	0.4	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	0.2	0.0	0.0	0.0
15 Condiments and sauces	0.7	1.4	1.6	0.1	1.8	0.4	1.7	0.9	1.6	1.1	8.1	0.9	3.0	4.8	3.4	0.8	0.6	0.6	0.0	0.2	1.2	3.7	10.9
16 Soups, bouillon	0.4	1.1	1.2	2.1	1.1	0.2	1.7	0.9	1.3	1.0	3.9	0.8	0.2	0.8	2.2	0.6	0.9	0.9	0.0	1.2	1.2	1.4	0.9
17 Miscellaneous	1.5	1.4	2.3	5.5	2.1	1.0	1.6	1.7	1.0	2.3	3.6	2.5	1.4	1.1	1.8	1.6	1.0	1.2	1.4	2.1	0.5	2.9	1.7

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.5	9.6	6.1	0.0	7.2	1.8	7.7	4.5	13.3	2.3	0.8	3.8	0.1	0.1	5.6	2.2	11.4	9.1	0.0	0.1	13.7	0.0	2.1
02 Vegetables	3.9	5.1	6.5	0.0	7.6	1.3	4.7	2.8	8.2	1.3	2.3	3.0	0.2	13.5	3.5	3.2	4.2	13.4	0.0	0.0	12.0	0.1	5.5
03 Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.3	7.5	3.3	0.0	3.9	1.3	6.4	2.5	6.7	3.1	0.7	2.6	0.0	0.9	2.7	1.7	4.8	3.8	0.0	0.0	11.6	0.0	6.0
05 Dairy products	58.1	6.4	4.0	0.0	4.7	14.4	17.8	32.6	19.6	13.5	14.6	22.9	29.6	23.4	10.5	42.1	13.2	13.5	3.7	41.1	4.9	6.1	4.3
06 Cereals and cereal products	9.1	30.8	29.0	0.5	33.8	58.2	26.5	19.5	14.8	19.0	33.0	20.3	0.7	0.8	20.8	11.3	13.1	28.8	22.1	0.9	1.9	0.4	10.2
07 Meat and meat products	2.4	10.4	17.6	87.3	9.0	3.3	10.2	18.3	14.4	33.6	20.5	30.3	15.5	13.0	27.6	13.3	22.0	4.6	0.0	33.5	11.3	23.6	7.7
08 Fish and shellfish	0.4	1.1	0.6	2.4	0.5	2.0	0.7	1.2	0.7	4.8	1.0	0.6	0.4	0.3	0.4	0.8	0.8	0.4	0.0	5.1	0.0	4.0	0.9
09 Eggs and egg products	0.6	0.6	2.1	0.0	2.5	1.8	0.5	1.5	0.5	3.7	0.5	1.4	4.3	3.0	0.5	2.1	0.6	2.3	0.0	3.5	0.0	4.8	2.6

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
10 Fat	1.1	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.3	20.8	2.7	2.1	3.5	3.6	35.0	1.6	0.0	36.7	21.2
11 Sugar and confectionery	4.8	9.6	9.2	0.0	10.6	2.7	5.8	3.2	4.4	2.1	1.2	2.8	3.3	2.8	1.7	3.9	1.9	1.8	4.1	2.7	3.3	1.3	5.2
12 Cakes	3.6	5.3	7.9	0.6	9.2	4.0	4.4	5.0	3.6	4.8	5.5	3.7	7.4	5.9	3.2	3.7	3.6	3.1	1.4	1.7	0.2	7.4	8.7
13 Non-alcoholic beverages	9.4	5.5	3.8	0.0	4.5	5.7	7.1	3.6	7.8	3.8	2.1	1.1	0.0	2.4	8.4	5.9	12.8	6.2	3.8	3.6	32.6	0.0	7.6
14 Alcoholic beverages	0.3	0.3	0.4	0.0	0.5	0.3	0.8	0.6	0.7	0.1	0.1	0.1	0.0	0.0	0.0	0.4	0.6	0.9	0.0	0.3	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.7	1.6	0.1	1.8	0.4	1.9	1.0	1.6	1.0	8.1	0.9	3.7	5.0	3.2	0.7	0.6	0.6	0.7	0.1	1.0	4.5	10.6
16 Soups, bouillon	0.6	1.6	1.7	3.5	1.5	0.3	2.2	1.2	1.8	1.4	5.1	1.1	0.4	1.5	2.4	0.7	1.3	1.4	0.0	1.7	1.7	2.0	1.6
17 Miscellaneous	1.6	1.5	2.4	4.1	2.2	0.8	1.8	1.9	1.4	2.5	3.1	2.6	1.8	1.5	1.9	1.9	1.2	1.2	1.0	2.1	0.7	3.0	1.6

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.2	7.1	5.0	0.0	6.1	1.5	5.6	3.5	10.5	1.6	0.7	3.0	0.1	0.1	4.9	1.6	9.3	6.1	0.0	0.1	12.0	0.0	1.5
02 Vegetables	5.3	6.3	7.9	0.0	9.5	1.7	5.5	3.8	10.1	1.9	2.7	3.8	0.1	15.5	4.9	4.6	5.5	14.5	0.0	0.0	17.7	0.1	6.3
03 Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.9	9.2	3.8	0.0	4.6	1.4	7.6	3.6	7.7	4.1	1.6	3.3	0.0	1.3	3.7	2.0	5.4	5.0	0.0	0.0	16.1	0.0	6.7
05 Dairy products	56.3	4.4	2.8	0.0	3.3	14.3	14.0	31.3	15.6	12.9	16.4	21.9	29.2	22.4	8.5	36.5	9.9	10.3	0.2	36.7	3.4	5.2	4.5
06 Cereals and cereal products	7.5	28.6	25.7	0.6	30.6	52.7	24.0	18.9	12.3	16.7	30.7	19.4	0.5	0.6	18.2	8.7	10.3	20.4	6.0	0.3	1.0	0.3	8.9
07 Meat and meat products	2.0	9.3	15.1	84.3	7.6	2.9	8.3	16.8	12.4	29.0	16.8	26.7	14.5	12.3	22.0	11.5	20.5	3.4	0.0	29.1	9.4	20.2	6.5
08 Fish and shellfish	0.9	1.7	1.2	5.8	1.1	3.8	1.4	2.8	1.6	8.5	2.5	1.2	0.7	0.6	1.4	1.4	1.9	0.7	0.0	10.2	0.1	9.0	2.2
09 Eggs and egg products	0.8	0.6	2.4	0.0	2.9	2.2	0.5	1.8	0.5	4.4	0.7	1.6	4.4	3.3	0.6	2.3	0.6	2.2	0.0	4.0	0.0	4.9	3.1
10 Fat	1.3	0.0	0.2	2.2	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.4	20.9	2.4	2.1	6.2	7.5	47.8	3.0	0.0	34.5	23.9
11 Sugar and confectionery	3.0	6.3	7.0	0.0	8.1	1.5	3.6	2.0	3.0	1.2	0.9	1.8	1.9	1.7	1.1	2.3	1.2	0.7	0.6	1.3	0.9	0.8	3.1
12 Cakes	2.3	3.5	4.4	0.7	5.2	2.9	2.8	3.7	2.4	3.5	4.4	2.6	6.9	5.3	2.3	2.6	1.6	2.1	0.0	1.4	0.3	6.6	5.9
13 Non-alcoholic beverages	10.8	8.9	8.9	0.0	10.8	5.9	13.3	4.2	15.9	3.5	2.2	1.9	0.5	1.5	8.7	7.5	9.2	8.3	0.6	2.3	22.9	0.1	3.3
14 Alcoholic beverages	1.1	1.6	3.3	0.0	3.9	2.8	4.1	2.6	3.3	0.6	0.3	0.6	0.0	0.0	0.0	2.8	4.0	3.9	0.0	1.1	0.1	0.0	0.1
15 Condiments and sauces	0.7	1.4	1.7	0.0	2.0	0.4	1.5	1.0	1.4	0.9	8.5	0.9	3.1	3.8	3.8	0.8	0.6	0.8	0.0	0.2	1.2	3.5	11.0
16 Soups, bouillon	0.6	1.6	1.7	2.4	1.8	0.3	2.7	1.3	1.9	1.1	6.9	1.0	0.2	1.0	3.6	1.0	1.1	1.0	0.0	1.6	1.7	1.8	1.1
17 Miscellaneous	1.5	1.4	2.0	3.9	1.9	0.8	1.4	1.5	0.9	2.1	3.0	2.1	1.0	0.9	1.5	1.4	0.9	1.0	1.5	1.7	0.6	2.5	1.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phosphorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.1	7.4	5.0	0.0	6.1	1.5	5.5	3.4	10.3	1.6	0.7	3.0	0.1	0.1	4.7	1.5	9.6	6.3	0.0	0.1	13.2	0.0	1.6
02 Vegetables	5.1	6.6	7.9	0.0	9.6	1.7	5.5	3.6	9.4	1.7	2.7	3.8	0.1	14.5	4.7	4.5	5.3	14.9	0.0	0.0	17.2	0.1	6.5
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.8	8.6	3.7	0.0	4.3	1.4	6.9	3.3	6.8	3.7	1.2	3.2	0.0	1.2	3.6	1.9	4.9	5.0	0.0	0.0	17.1	0.0	6.3
05 Dairy products	58.9	4.8	2.8	0.0	3.4	15.4	14.8	32.4	15.8	13.8	17.1	23.2	28.8	22.5	8.9	38.2	11.8	11.0	0.1	37.6	4.1	5.2	4.9
06 Cereals and cereal products	7.1	28.7	24.9	0.2	29.7	52.3	23.0	17.7	11.3	15.9	29.2	18.2	0.4	0.4	17.0	8.5	9.8	20.6	6.9	0.4	1.0	0.2	8.2
07 Meat and meat products	2.0	10.5	16.6	84.4	8.4	3.1	9.2	18.1	13.6	31.4	18.4	29.1	15.4	13.3	26.2	12.6	23.2	3.6	0.0	30.8	10.9	19.6	7.4
08 Fish and shellfish	0.8	2.1	1.3	5.8	1.1	3.7	1.4	2.8	1.6	8.6	2.8	1.4	1.1	1.0	1.4	1.5	2.0	0.6	0.0	10.6	0.1	9.1	2.1
09 Eggs and egg products	0.9	0.7	2.8	0.0	3.4	2.5	0.6	2.1	0.6	4.8	0.8	1.9	4.9	3.7	0.7	2.7	0.8	2.6	0.0	4.3	0.0	5.4	3.8
10 Fat	1.0	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.6	21.9	2.1	1.8	6.4	8.5	56.4	2.7	0.0	36.8	25.0
11 Sugar and confectionery	2.6	5.3	5.4	0.0	6.2	1.4	2.9	1.7	2.3	1.1	0.8	1.6	1.8	1.6	1.1	2.1	0.8	0.6	0.0	1.1	0.7	0.8	2.4
12 Cakes	2.1	3.4	4.3	0.7	5.1	2.8	2.7	3.5	2.3	3.2	4.0	2.4	6.2	5.0	2.1	2.4	1.6	2.0	0.0	1.3	0.3	6.5	6.1
13 Non-alcoholic beverages	11.0	9.5	10.6	0.0	12.6	6.0	15.4	4.1	17.9	3.8	2.3	2.1	0.7	1.8	10.1	8.3	8.4	7.6	0.3	2.2	22.4	0.2	3.7
14 Alcoholic beverages	1.1	1.7	3.3	0.0	3.9	2.8	4.4	2.6	3.4	0.6	0.3	0.6	0.1	0.1	0.0	2.8	4.2	4.1	0.0	1.1	0.1	0.0	0.2
15 Condiments and sauces	0.6	1.2	1.7	0.0	2.0	0.4	1.4	0.8	1.2	0.8	8.4	0.8	3.3	3.8	3.2	0.6	0.5	0.5	0.0	0.1	1.1	4.0	10.9
16 Soups, bouillon	0.7	1.9	2.0	3.4	2.0	0.4	2.6	1.6	2.2	1.5	7.0	1.2	0.3	1.1	3.9	1.1	1.4	1.2	0.0	1.8	1.9	1.8	1.3
17 Miscellaneous	1.2	1.1	1.7	3.8	1.7	0.7	1.1	1.3	0.8	1.5	2.7	1.7	1.0	0.7	1.2	1.1	0.7	0.7	1.8	1.4	0.4	2.2	1.4

**Table 1.4.b** Average contribution (mean%) of food groups to the intake of micronutrients of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.4	10.0	6.3	0.0	7.4	1.8	7.7	4.6	13.9	2.8	0.8	4.2	0.1	0.1	6.3	2.1	11.8	9.3	0.0	0.1	15.8	0.1	2.5
02 Vegetables	3.5	4.5	5.9	0.0	6.9	1.1	4.1	2.5	7.1	1.1	2.1	2.8	0.1	12.5	3.3	2.9	3.8	12.2	0.0	0.0	12.2	0.1	5.1
03 Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.2	7.7	3.0	0.0	3.4	1.1	6.9	3.0	6.2	3.8	1.3	2.9	0.0	0.6	2.7	1.6	4.6	3.5	0.0	0.0	10.2	0.0	6.4
05 Dairy products	59.2	6.1	3.8	0.0	4.3	14.8	18.7	33.6	21.5	13.6	14.2	23.7	28.6	23.1	11.1	43.9	11.6	13.6	1.0	44.7	5.4	4.9	3.8
06 Cereals and cereal products	8.5	30.7	30.0	0.6	34.5	58.2	26.8	19.1	15.8	19.2	34.2	21.1	0.4	0.6	21.6	10.6	14.6	28.8	18.7	0.8	2.2	0.4	10.6
07 Meat and meat products	2.7	9.4	16.5	85.6	8.9	2.9	9.2	16.7	13.1	31.4	19.4	27.2	15.0	12.9	25.2	11.7	20.8	3.8	0.0	28.9	10.6	21.7	6.9
08 Fish and shellfish	0.3	0.8	0.8	3.5	0.7	2.3	0.8	1.3	0.8	4.9	1.0	0.7	0.4	0.3	0.7	0.6	0.9	0.5	0.0	4.8	0.0	4.4	0.9
09 Eggs and egg products	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.8	3.0	0.5	2.0	0.6	2.4	0.0	3.5	0.0	4.5	2.7
10 Fat	1.7	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	28.5	22.2	3.2	2.5	5.0	4.8	35.4	2.2	0.0	37.6	21.7
11 Sugar and confectionery	5.3	11.7	11.7	0.0	13.3	3.0	7.0	3.8	5.5	2.5	1.6	3.5	3.6	3.2	2.4	4.5	2.5	2.1	3.9	2.9	3.1	1.6	5.6
12 Cakes	4.0	5.5	7.7	0.8	8.9	3.8	4.5	5.5	3.8	5.3	5.9	3.9	8.7	6.9	3.7	4.1	3.7	3.4	1.2	2.5	0.3	8.8	9.1
13 Non-alcoholic beverages	7.7	5.0	3.0	0.0	3.5	5.2	6.0	3.5	6.5	3.2	2.0	0.9	0.0	2.2	6.8	5.2	11.9	5.4	4.3	3.2	31.3	0.0	6.5
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.2	0.3	0.9	0.7	0.7	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.9	1.2	0.0	0.4	0.0	0.0	0.0
15 Condiments and sauces	0.7	1.5	1.6	0.0	1.8	0.4	1.9	1.0	1.7	1.1	8.0	1.0	3.0	5.1	3.1	0.8	0.6	0.6	0.0	0.2	1.3	4.0	11.1
16 Soups, bouillon	0.4	1.2	1.2	2.0	1.2	0.2	1.7	0.9	1.3	0.9	3.7	0.7	0.2	0.7	2.3	0.6	0.8	0.8	0.0	1.1	1.0	1.2	0.8
17 Miscellaneous	1.8	1.5	2.4	5.5	2.2	1.3	1.8	1.8	1.1	2.4	3.5	2.6	1.4	1.1	1.8	1.9	0.9	1.4	2.2	2.3	0.6	3.2	1.8

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.6	9.6	6.1	0.0	7.1	1.8	7.6	4.5	13.1	2.4	0.6	3.8	0.2	0.1	5.6	2.3	11.3	9.4	0.0	0.2	13.9	0.1	2.2
02 Vegetables	4.1	4.7	6.4	0.0	7.3	1.3	4.8	2.7	7.9	1.0	2.0	2.9	0.4	13.0	3.5	3.3	4.1	13.6	0.0	0.0	10.8	0.2	5.2
03 Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04 Fruits, nuts and olives	1.4	8.4	3.4	0.0	3.9	1.3	7.3	3.0	6.7	3.7	0.8	3.1	0.0	0.8	2.7	1.9	4.8	4.0	0.0	0.0	9.8	0.0	7.5
05 Dairy products	58.6	6.6	4.2	0.0	4.9	13.9	17.7	32.0	19.9	12.8	13.7	22.3	31.0	25.3	10.9	43.2	13.3	13.4	3.0	42.5	5.1	6.1	4.3
06 Cereals and cereal products	9.4	32.0	29.6	0.9	34.1	59.0	26.9	19.6	14.5	19.7	32.4	20.3	0.7	0.8	20.9	11.3	12.1	30.4	23.0	0.8	1.8	0.5	10.2
07 Meat and meat products	2.6	10.8	18.7	87.8	9.6	3.5	10.8	19.1	15.4	34.7	21.1	31.9	13.7	11.9	29.7	14.6	24.3	5.2	0.0	35.2	12.0	24.8	8.3
08 Fish and shellfish	0.4	1.2	0.7	2.1	0.5	1.9	0.8	1.1	0.8	5.0	1.2	0.7	0.6	0.5	0.4	0.8	1.0	0.3	0.0	4.5	0.1	4.2	1.0
09 Eggs and egg products	0.7	0.6	2.1	0.0	2.4	1.9	0.5	1.5	0.5	3.7	0.5	1.4	4.4	3.1	0.6	2.1	0.6	2.4	0.0	3.3	0.0	4.7	2.5

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
10 Fat	1.3	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.6	20.9	2.8	2.3	3.5	3.2	38.0	1.7	0.0	36.7	21.5
11 Sugar and confectionery	4.7	9.0	8.4	0.0	9.8	2.5	5.5	3.0	4.2	2.0	1.0	2.7	3.3	2.9	1.6	3.7	1.5	1.7	4.6	2.3	3.0	1.6	5.4
12 Cakes	3.4	5.6	8.4	0.4	9.7	4.7	4.6	4.9	3.7	4.6	5.6	3.7	8.3	6.3	3.4	3.6	4.0	3.2	4.0	1.4	0.3	7.4	9.0
13 Non-alcoholic beverages	8.9	5.4	3.8	0.0	4.5	5.9	6.6	3.8	7.7	3.5	2.1	0.9	0.0	1.3	7.3	5.1	13.0	5.7	4.5	3.5	34.9	0.0	6.7
14 Alcoholic beverages	0.1	0.1	0.1	0.0	0.1	0.1	0.5	0.3	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.3	0.7	0.7	0.0	0.1	0.0	0.0	0.0
15 Condiments and sauces	0.8	1.8	1.8	0.1	2.0	0.4	2.2	1.1	2.1	1.0	9.3	1.0	4.0	6.4	4.0	0.9	0.6	0.8	0.0	0.1	1.6	4.9	11.0
16 Soups, bouillon	0.6	1.7	1.8	2.8	1.6	0.3	2.1	1.2	1.8	1.3	4.9	1.0	0.4	1.7	2.3	0.8	1.6	1.7	0.0	1.6	2.3	1.8	1.9
17 Miscellaneous	1.2	1.1	2.2	4.3	2.0	0.4	1.4	1.5	1.0	2.8	3.0	2.7	1.8	1.6	2.0	1.6	1.1	0.9	0.0	1.7	0.5	3.0	1.2

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01 Potatoes and other tubers	1.3	9.4	5.8	0.0	6.7	1.7	7.2	4.4	13.0	2.7	0.8	3.9	0.1	0.1	5.7	2.0	11.3	8.5	0.0	0.1	13.9	0.1	2.4
02 Vegetables	3.6	4.7	6.1	0.0	7.1	1.4	4.5	2.7	7.6	1.2	2.0	3.0	0.1	12.5	3.5	3.2	4.3	12.7	0.0	0.0	12.0	0.1	5.0
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.5	7.9	3.3	0.0	3.8	1.4	6.9	2.8	7.4	3.6	1.0	2.8	0.0	1.2	3.3	1.8	5.4	4.6	0.0	0.0	13.2	0.0	6.5
05 Dairy products	59.1	6.7	4.5	0.0	5.1	16.2	19.1	33.9	21.3	14.0	14.9	24.3	30.8	24.3	11.2	44.3	12.7	13.8	0.7	45.1	5.1	6.5	4.7
06 Cereals and cereal products	8.3	29.6	28.9	0.3	33.1	56.1	26.2	18.9	14.8	19.0	33.4	20.3	0.4	0.6	22.2	10.9	14.1	27.7	21.2	0.9	1.8	0.3	10.3
07 Meat and meat products	2.5	9.3	16.5	86.3	8.8	3.1	9.1	16.5	12.6	31.2	18.7	27.1	14.9	13.1	22.7	11.7	21.0	4.0	0.0	30.0	9.6	22.5	7.0
08 Fish and shellfish	0.3	0.6	0.6	2.9	0.5	1.9	0.7	1.2	0.8	4.0	0.9	0.6	0.4	0.3	0.6	0.6	0.9	0.4	0.0	4.4	0.0	3.9	0.7
09 Eggs and egg products	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.1	0.5	2.0	0.6	2.2	0.0	3.5	0.0	4.7	2.7
10 Fat	1.4	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.5	20.7	3.1	2.2	4.5	4.3	40.2	1.8	0.0	37.3	20.8
11 Sugar and confectionery	5.3	11.8	11.8	0.0	13.4	3.1	7.4	4.1	5.6	2.8	1.6	3.7	3.9	3.4	2.7	4.8	2.6	2.2	3.5	3.1	2.6	1.7	6.1
12 Cakes	4.3	6.5	8.5	0.8	9.6	4.4	5.4	6.3	4.5	6.1	6.7	4.6	9.2	7.6	4.0	4.4	3.9	3.7	1.8	2.7	0.3	10.1	10.4
13 Non-alcoholic beverages	8.8	5.7	3.2	0.0	3.7	5.7	7.0	3.6	7.5	3.6	2.0	1.2	0.1	2.2	7.7	4.8	11.3	7.7	3.7	2.5	32.6	0.0	6.0
14 Alcoholic beverages	0.1	0.1	0.2	0.0	0.2	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.0
15 Condiments and sauces	0.6	1.2	1.6	0.3	1.8	0.4	1.6	0.9	1.5	1.1	8.2	0.9	2.9	4.6	3.8	0.8	0.6	0.6	0.0	0.1	1.1	3.4	10.8
16 Soups, bouillon	0.4	1.1	1.2	2.2	1.1	0.2	1.7	0.9	1.4	1.0	4.2	0.8	0.2	1.0	2.1	0.6	1.0	1.0	0.0	1.3	1.3	1.6	1.1
17 Miscellaneous	1.1	1.2	2.2	5.4	1.9	0.7	1.3	1.5	0.9	2.2	3.6	2.4	1.3	1.1	1.9	1.4	1.1	0.9	0.5	2.0	0.4	2.5	1.6



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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.4	9.6	6.1	0.0	7.3	1.9	7.8	4.5	13.4	2.2	0.9	3.8	0.0	0.1	5.6	2.1	11.5	8.9	0.0	0.0	13.5	0.0	2.0
02	Vegetables	3.7	5.4	6.6	0.0	7.9	1.3	4.7	2.9	8.5	1.5	2.5	3.1	0.1	14.0	3.5	3.2	4.3	13.1	0.0	0.0	13.0	0.1	5.8
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.2	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.2	6.8	3.3	0.0	3.9	1.3	5.7	2.1	6.7	2.5	0.5	2.2	0.0	1.0	2.8	1.6	4.7	3.6	0.0	0.0	13.1	0.0	4.7
05	Dairy products	57.6	6.2	3.8	0.0	4.5	14.7	17.9	33.1	19.3	14.1	15.4	23.4	28.3	21.7	10.1	41.2	13.0	13.5	4.2	39.8	4.8	6.1	4.4
06	Cereals and cereal products	8.8	29.8	28.6	0.1	33.5	57.5	26.2	19.4	15.1	18.4	33.5	20.2	0.8	0.8	20.7	11.2	13.9	27.5	21.6	1.0	2.1	0.4	10.3
07	Meat and meat products	2.2	10.1	16.6	86.8	8.6	3.0	9.6	17.6	13.5	32.6	19.9	28.9	17.0	14.0	25.8	12.2	20.1	4.1	0.0	32.1	10.8	22.5	7.3
08	Fish and shellfish	0.4	1.0	0.6	2.7	0.5	2.1	0.6	1.3	0.7	4.6	0.9	0.6	0.2	0.1	0.5	0.7	0.7	0.5	0.0	5.6	0.0	3.8	0.8
09	Eggs and egg products	0.6	0.6	2.1	0.0	2.6	1.8	0.5	1.6	0.5	3.7	0.5	1.4	4.2	2.8	0.5	2.1	0.5	2.2	0.0	3.7	0.0	5.0	2.8
10	Fat	1.0	0.0	0.1	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	26.9	20.6	2.7	1.9	3.5	3.9	33.3	1.4	0.0	36.7	21.0
11	Sugar and confectionery	4.9	10.1	9.8	0.0	11.4	2.8	6.1	3.3	4.6	2.2	1.3	3.0	3.2	2.7	1.9	4.1	2.3	1.8	3.8	3.0	3.5	1.1	5.1
12	Cakes	3.8	5.1	7.5	0.8	8.7	3.4	4.3	5.2	3.5	4.9	5.4	3.7	6.7	5.6	3.1	3.8	3.3	3.1	0.0	1.9	0.2	7.4	8.4
13	Non-alcoholic beverages	9.8	5.7	3.8	0.0	4.5	5.5	7.5	3.4	8.0	4.0	2.1	1.2	0.0	3.3	9.3	6.6	12.7	6.7	3.5	3.7	30.7	0.0	8.4
14	Alcoholic beverages	0.6	0.4	0.6	0.0	0.8	0.4	1.1	0.8	1.0	0.2	0.1	0.1	0.0	0.0	0.0	0.5	0.6	1.1	0.0	0.5	0.1	0.0	0.1
15	Condiments and sauces	0.5	1.5	1.4	0.0	1.7	0.3	1.7	0.8	1.2	1.0	7.1	0.8	3.3	3.8	2.5	0.5	0.5	0.5	1.0	0.1	0.5	4.1	10.3
16	Soups, bouillon	0.5	1.5	1.6	4.1	1.4	0.3	2.2	1.3	1.8	1.4	5.3	1.2	0.3	1.2	2.4	0.6	1.1	1.1	0.0	1.8	1.2	2.1	1.3
17	Miscellaneous	1.9	1.8	2.5	3.9	2.3	1.2	2.2	2.1	1.7	2.3	3.2	2.5	1.8	1.5	1.9	2.1	1.3	1.5	1.6	2.4	0.8	3.0	2.0

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01	Potatoes and other tubers	1.4	8.4	5.7	0.0	6.8	1.7	6.2	3.9	11.7	1.9	0.8	3.4	0.1	0.1	5.7	1.9	10.9	7.2	0.0	0.1	15.3	0.0	1.8
02	Vegetables	5.5	5.9	7.5	0.0	8.8	1.5	5.0	3.3	8.7	1.7	2.2	3.3	0.2	14.3	4.6	4.5	5.2	14.0	0.0	0.0	17.8	0.1	5.8
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.7	8.7	3.3	0.0	3.8	1.1	7.2	3.3	6.2	4.1	1.7	3.1	0.0	1.0	3.2	1.7	4.8	4.2	0.0	0.0	13.3	0.0	6.6
05	Dairy products	57.7	4.5	2.9	0.0	3.4	13.6	14.0	30.3	15.6	13.1	15.4	21.8	29.1	23.1	8.3	36.5	9.0	10.5	0.0	36.9	3.7	4.5	4.3
06	Cereals and cereal products	8.2	30.0	26.5	0.4	31.2	56.7	24.0	18.7	12.3	17.5	30.6	19.8	0.4	0.5	18.3	9.1	10.6	22.1	6.1	0.3	1.0	0.3	8.6
07	Meat and meat products	2.6	10.6	17.4	86.3	8.8	3.1	9.1	18.0	13.4	31.8	18.7	29.8	16.3	13.9	25.6	13.4	23.0	4.0	0.0	32.2	12.1	22.1	7.4
08	Fish and shellfish	0.8	1.3	1.2	4.1	1.0	3.4	1.2	2.4	1.3	7.5	2.0	1.0	0.5	0.3	1.1	1.1	1.6	0.6	0.0	8.9	0.1	7.6	1.7
09	Eggs and egg products	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.8	0.5	4.6	0.7	1.7	4.4	3.4	0.7	2.3	0.7	2.4	0.0	4.0	0.0	5.0	3.2
10	Fat	1.4	0.0	0.2	2.1	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	30.0	23.4	2.8	2.4	6.8	8.0	57.1	3.0	0.0	38.5	27.0
11	Sugar and confectionery	3.1	6.3	6.4	0.0	7.5	1.4	3.5	1.8	2.8	1.0	0.8	1.7	1.7	1.6	1.0	2.2	1.0	0.7	1.3	1.2	0.8	0.8	2.8
12	Cakes	2.0	3.3	3.8	0.7	4.4	2.4	2.4	3.2	2.1	3.2	3.6	2.3	6.1	4.9	2.0	2.2	1.4	2.0	0.0	1.2	0.3	5.6	5.5

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13 Non-alcoholic beverages	9.2	8.0	9.2	0.0	11.0	5.0	12.8	3.8	15.6	3.1	1.8	1.6	0.4	1.2	8.7	7.4	7.8	6.3	0.7	2.0	22.6	0.1	2.9
14 Alcoholic beverages	1.5	1.9	2.9	0.0	3.4	3.1	6.2	4.4	4.7	1.0	0.3	0.8	0.0	0.0	0.0	4.6	6.7	7.3	0.0	2.1	0.1	0.0	0.3
15 Condiments and sauces	0.8	1.7	2.0	0.0	2.4	0.5	1.8	1.1	1.6	1.1	9.6	1.0	3.5	4.5	4.2	1.1	0.8	1.1	0.0	0.4	1.6	4.3	13.2
16 Soups, bouillon	0.8	1.9	2.0	2.6	2.1	0.4	2.8	1.5	2.1	1.3	7.0	1.1	0.2	1.0	4.1	1.2	1.3	1.1	0.0	1.9	1.9	1.9	1.2
17 Miscellaneous	1.4	1.3	2.0	3.9	1.9	0.8	1.2	1.5	0.9	2.1	3.2	2.2	1.1	0.9	1.5	1.1	0.9	0.9	0.8	1.9	0.5	2.3	1.6

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.3	8.3	5.6	0.0	6.8	1.6	6.0	3.7	11.3	1.8	0.8	3.2	0.1	0.1	5.2	1.7	10.4	7.1	0.0	0.1	15.3	0.0	1.8
02 Vegetables	5.0	6.4	7.7	0.0	9.1	1.7	5.1	3.4	8.7	1.7	2.6	3.6	0.1	13.8	4.6	4.3	4.9	14.6	0.0	0.0	17.1	0.1	6.3
03 Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.7	8.5	3.4	0.0	4.0	1.3	6.8	3.2	6.2	3.8	1.3	3.2	0.0	1.0	3.3	1.8	4.5	4.4	0.0	0.0	15.3	0.0	6.6
05 Dairy products	60.1	4.8	2.9	0.0	3.4	15.0	14.7	31.3	15.5	13.7	16.3	22.8	28.5	22.7	9.2	38.4	11.4	10.9	0.0	37.2	4.4	5.0	5.0
06 Cereals and cereal products	7.5	29.4	25.7	0.2	30.3	54.3	23.0	17.6	11.4	16.2	29.2	18.3	0.4	0.4	17.0	8.6	9.8	21.2	4.2	0.4	1.0	0.3	8.1
07 Meat and meat products	2.3	11.8	18.6	86.2	9.5	3.4	10.0	19.6	14.7	34.2	20.5	31.7	16.6	14.7	29.0	14.1	24.7	4.0	0.0	33.5	13.1	20.1	8.1
08 Fish and shellfish	0.8	2.1	1.4	5.1	1.2	3.8	1.4	2.6	1.5	9.1	2.7	1.4	1.2	1.0	1.3	1.5	2.1	0.6	0.0	10.2	0.1	9.7	2.0
09 Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.9	0.5	4.2	0.7	1.7	4.5	3.5	0.6	2.5	0.7	2.4	0.0	3.8	0.0	4.7	3.4
10 Fat	1.1	0.0	0.2	1.1	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	30.6	23.9	2.3	2.0	7.4	9.8	65.5	3.1	0.0	39.6	27.3
11 Sugar and confectionery	2.7	5.4	5.0	0.0	5.9	1.4	2.9	1.7	2.2	1.0	0.8	1.5	1.7	1.6	1.1	2.1	0.7	0.6	0.0	1.0	0.6	0.8	2.3
12 Cakes	2.0	3.2	3.8	0.5	4.6	2.7	2.4	3.1	2.0	3.0	3.8	2.2	5.7	4.8	1.9	2.2	1.3	1.8	0.0	1.1	0.3	6.1	5.8
13 Non-alcoholic beverages	9.7	8.7	10.5	0.0	12.6	5.4	14.4	3.9	17.2	3.2	1.9	1.8	0.6	1.6	10.1	8.1	7.3	6.3	0.7	2.1	21.9	0.1	3.5
14 Alcoholic beverages	1.4	1.9	3.0	0.0	3.5	3.0	6.0	3.9	4.5	0.9	0.3	0.7	0.0	0.0	0.0	4.1	6.3	6.7	0.0	1.7	0.1	0.0	0.2
15 Condiments and sauces	0.7	1.4	1.7	0.0	2.1	0.4	1.6	0.9	1.2	0.9	8.5	0.9	3.5	4.0	3.0	0.6	0.5	0.5	0.0	0.1	1.0	4.4	12.0
16 Soups, bouillon	0.7	1.9	2.0	3.1	2.1	0.3	2.6	1.5	2.1	1.4	6.5	1.1	0.2	0.9	3.7	1.2	1.3	1.1	0.0	1.6	1.9	1.6	1.1
17 Miscellaneous	0.8	0.8	1.4	3.7	1.3	0.5	0.7	0.9	0.6	1.2	2.5	1.4	0.5	0.4	1.0	0.7	0.5	0.5	0.9	1.1	0.3	1.6	1.0

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	1.1	5.9	4.4	0.0	5.4	1.4	5.0	3.1	9.5	1.3	0.6	2.7	0.1	0.1	4.1	1.3	7.9	5.2	0.0	0.1	9.0	0.0	1.2
02 Vegetables	5.2	6.6	8.2	0.0	10.2	2.0	6.0	4.3	11.3	2.1	3.1	4.2	0.1	16.6	5.2	4.7	5.8	14.9	0.0	0.0	17.6	0.1	6.7
03 Legumes	0.2	0.7	0.5	0.0	0.6	0.0	0.4	0.3	0.4	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	2.0	9.6	4.3	0.0	5.3	1.7	7.9	3.8	9.0	4.1	1.5	3.6	0.0	1.5	4.2	2.2	5.9	5.6	0.0	0.0	18.6	0.0	6.7
05 Dairy products	55.1	4.3	2.7	0.0	3.2	14.9	13.9	32.1	15.6	12.8	17.4	22.0	29.3	21.7	8.6	36.5	10.6	10.1	0.3	36.5	3.2	5.9	4.8
06 Cereals and cereal products	6.9	27.4	25.0	0.8	30.1	49.3	24.0	19.1	12.4	16.1	30.8	19.1	0.6	0.6	18.1	8.3	10.0	18.9	5.9	0.3	1.0	0.2	9.2
07 Meat and meat products	1.5	8.1	13.0	82.6	6.5	2.6	7.6	15.7	11.5	26.5	15.1	24.0	12.8	10.9	18.8	9.8	18.3	2.9	0.0	26.3	7.1	18.5	5.8
08 Fish and shellfish	0.9	2.1	1.3	7.4	1.1	4.1	1.6	3.2	1.8	9.4	2.9	1.4	1.0	0.7	1.5	1.6	2.2	0.7	0.0	11.3	0.1	10.2	2.6
09 Eggs and egg products	0.7	0.6	2.2	0.0	2.8	2.1	0.5	1.9	0.5	4.2	0.7	1.6	4.4	3.1	0.5	2.2	0.6	2.1	0.0	4.0	0.0	4.9	3.1
10 Fat	1.1	0.0	0.1	2.3	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.1	18.7	2.0	1.7	5.6	7.1	41.6	3.0	0.0	30.9	21.2
11 Sugar and confectionery	3.0	6.3	7.4	0.0	8.6	1.6	3.8	2.2	3.1	1.3	0.9	1.9	2.0	1.7	1.2	2.4	1.3	0.7	0.2	1.3	1.1	0.7	3.3
12 Cakes	2.5	3.8	4.9	0.8	5.9	3.4	3.2	4.2	2.7	3.8	5.1	2.9	7.5	5.7	2.5	2.9	1.7	2.2	0.0	1.5	0.4	7.4	6.2
13 Non-alcoholic beverages	12.3	9.8	8.5	0.0	10.7	6.6	13.8	4.5	16.1	3.9	2.5	2.2	0.7	1.7	8.7	7.6	10.5	10.2	0.6	2.6	23.2	0.2	3.6
14 Alcoholic beverages	0.8	1.4	3.6	0.0	4.3	2.6	2.3	0.9	2.0	0.2	0.2	0.3	0.0	0.0	0.0	1.1	1.6	0.9	0.0	0.2	0.1	0.0	0.0
15 Condiments and sauces	0.5	1.1	1.4	0.0	1.7	0.4	1.3	0.8	1.1	0.7	7.7	0.8	2.8	3.1	3.4	0.5	0.4	0.5	0.0	0.1	0.9	2.7	9.1
16 Soups, bouillon	0.5	1.4	1.4	2.1	1.5	0.3	2.6	1.2	1.7	1.0	6.9	0.9	0.2	1.0	3.2	0.7	1.0	0.9	0.0	1.3	1.6	1.8	1.0
17 Miscellaneous	1.5	1.4	2.0	4.0	2.0	0.8	1.6	1.5	0.9	2.1	2.9	2.0	0.9	0.8	1.5	1.6	0.9	1.2	2.0	1.6	0.6	2.6	1.5

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01 Potatoes and other tubers	0.9	6.5	4.3	0.0	5.3	1.3	5.0	3.1	9.2	1.5	0.7	2.7	0.0	0.1	4.1	1.3	8.7	5.5	0.0	0.1	10.8	0.0	1.5
02 Vegetables	5.3	6.8	8.2	0.0	10.1	1.8	6.0	3.9	10.2	1.8	2.9	4.1	0.1	15.3	4.9	4.6	5.6	15.3	0.0	0.0	17.3	0.1	6.8
03 Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04 Fruits, nuts and olives	1.9	8.7	4.0	0.0	4.7	1.4	7.0	3.3	7.5	3.6	1.2	3.3	0.0	1.5	4.0	2.0	5.5	5.7	0.0	0.0	19.2	0.0	6.0
05 Dairy products	57.6	4.9	2.8	0.0	3.4	15.9	15.0	33.6	16.1	13.9	17.8	23.7	29.2	22.3	8.6	38.1	12.3	11.2	0.3	38.0	3.9	5.5	4.8
06 Cereals and cereal products	6.6	27.9	24.0	0.3	29.0	50.2	22.9	17.8	11.3	15.7	29.1	18.1	0.4	0.4	17.0	8.4	9.9	20.0	9.4	0.3	1.0	0.2	8.3
07 Meat and meat products	1.6	9.2	14.2	82.5	7.1	2.8	8.4	16.5	12.4	28.4	16.1	26.2	13.9	11.7	23.1	10.9	21.4	3.2	0.0	27.8	8.5	19.0	6.7
08 Fish and shellfish	0.8	2.1	1.3	6.6	1.1	3.6	1.5	3.1	1.7	8.1	2.9	1.4	1.1	0.9	1.4	1.5	2.0	0.6	0.0	11.1	0.1	8.4	2.1
09 Eggs and egg products	0.9	0.8	3.0	0.0	3.6	2.8	0.7	2.3	0.6	5.4	0.9	2.1	5.4	3.9	0.7	2.9	0.9	2.8	0.0	4.9	0.0	6.1	4.2
10 Fat	0.8	0.0	0.1	2.3	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.2	19.7	1.8	1.5	5.4	7.1	47.6	2.3	0.0	33.6	22.5
11 Sugar and confectionery	2.4	5.3	5.7	0.0	6.5	1.5	2.9	1.8	2.4	1.2	0.8	1.6	2.0	1.6	1.2	2.2	1.0	0.7	0.0	1.3	0.7	0.8	2.5
12 Cakes	2.2	3.6	4.8	0.8	5.7	3.0	3.0	3.9	2.6	3.5	4.3	2.8	6.7	5.3	2.4	2.7	1.9	2.1	0.0	1.4	0.3	6.9	6.6

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13 Non-alcoholic beverages	12.5	10.4	10.6	0.0	12.7	6.7	16.4	4.3	18.7	4.5	2.6	2.4	0.8	2.0	10.1	8.5	9.6	9.0	0.0	2.3	23.1	0.2	4.0
14 Alcoholic beverages	0.8	1.5	3.6	0.0	4.3	2.6	2.5	1.1	2.1	0.2	0.3	0.4	0.2	0.1	0.0	1.2	1.8	1.2	0.0	0.4	0.0	0.1	0.1
15 Condiments and sauces	0.5	1.0	1.6	0.0	1.9	0.4	1.3	0.8	1.3	0.7	8.3	0.7	3.1	3.6	3.3	0.6	0.6	0.6	0.0	0.2	1.3	3.6	9.6
16 Soups, bouillon	0.7	2.0	1.9	3.7	1.9	0.4	2.6	1.7	2.3	1.6	7.6	1.3	0.4	1.3	4.1	1.1	1.5	1.3	0.0	1.9	2.0	2.0	1.5
17 Miscellaneous	1.7	1.4	2.0	3.8	2.2	1.0	1.6	1.7	1.1	1.9	3.0	2.0	1.5	1.0	1.4	1.5	0.9	1.0	2.7	1.8	0.4	3.0	1.8

**Table 2.1** Average contribution of food subgroups to the intake of micronutrients of the Dutch population aged 7 to 69 years (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

**Total Population (n=3,819)**

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.2	7.7	5.2	0.0	6.3	1.5	5.9	3.6	10.9	1.8	0.7	3.2	0.1	0.1	5.0	1.6	9.8	6.7	0.0	0.1	13.0	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	4.9	6.1	7.6	0.0	9.1	1.6	5.3	3.5	9.3	1.7	2.6	3.6	0.1	14.6	4.6	4.3	5.1	14.3	0.0	0.0	16.4	0.1	6.2
02-01	Leafy vegetables (except cabbages)	1.4	1.0	2.0	0.0	2.4	0.3	1.4	0.6	1.8	0.2	0.3	0.8	0.1	3.3	0.9	0.9	0.6	3.0	0.0	0.0	0.7	0.1	1.3
02-02	Fruiting vegetables	1.0	1.8	2.6	0.0	3.1	0.6	1.8	0.9	3.3	0.2	0.8	1.1	0.0	2.1	1.3	1.0	1.7	3.4	0.0	0.0	6.7	0.0	2.4
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.1	0.2	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.0	0.7	1.0	0.0	1.3	0.2	0.7	0.8	1.5	0.6	0.4	0.6	0.0	1.6	0.8	0.8	1.0	3.7	0.0	0.0	5.4	0.0	1.2
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.6	1.1	0.0	0.0	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.2	0.2	0.0	0.2	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	0.8	0.2	0.6	0.4	0.0	2.2	0.6	0.5	0.5	1.6	0.0	0.0	2.0	0.0	0.4
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	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	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.7	8.7	3.6	0.0	4.3	1.4	7.1	3.3	7.2	3.8	1.3	3.2	0.0	1.2	3.5	1.9	5.1	4.8	0.0	0.0	15.7	0.0	6.5
04-01	Fruits	1.2	4.3	2.1	0.0	2.6	1.2	3.4	1.3	5.8	1.7	0.1	1.4	0.0	1.1	2.4	1.3	4.4	3.8	0.0	0.0	15.6	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.5	4.1	1.4	0.0	1.6	0.1	3.6	2.0	1.3	2.0	0.9	1.8	0.0	0.0	1.0	0.5	0.6	0.9	0.0	0.0	0.0	0.0	3.6
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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	0.1
05	Dairy products	57.9	4.9	3.0	0.0	3.6	15.0	15.2	32.2	16.7	13.5	16.4	22.8	29.1	22.7	9.1	38.6	11.2	11.2	0.3	38.4	4.1	5.3	4.6
05-01	Milk	16.7	0.7	0.4	0.0	0.5	6.4	5.7	10.1	7.7	2.7	2.8	6.1	4.8	3.8	4.0	15.4	3.1	4.1	0.0	13.8	1.2	0.0	0.6
05-02	Milk beverages	2.6	0.9	1.1	0.0	1.3	1.2	1.3	1.6	1.5	0.4	0.5	1.0	0.8	0.7	0.8	2.4	0.7	0.4	0.3	1.5	0.5	0.4	0.3
05-03	Yoghurt	10.6	1.1	0.4	0.0	0.5	2.7	3.3	5.8	4.2	1.5	1.8	3.5	1.7	1.3	2.6	9.7	5.0	3.0	0.0	7.1	1.7	0.2	0.8
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.5	0.2	0.4	0.2	0.1	0.1	0.2	0.4	0.3	0.2	0.7	0.2	0.1	0.0	0.6	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	22.9	1.4	0.6	0.0	0.7	2.7	3.1	11.5	1.1	7.6	10.2	10.5	17.4	13.5	0.5	6.3	0.9	3.1	0.0	12.5	0.2	3.2	2.2
05-06	Cream desserts, puddings (milk based)	3.0	0.8	0.4	0.0	0.5	0.6	1.2	1.6	1.3	0.7	0.7	1.1	2.1	1.7	0.7	2.7	1.1	0.4	0.0	2.1	0.3	0.7	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	0.1

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-07-01 Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	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	1.4	0.0	0.0	0.0	0.1	0.8	0.4	1.1	0.7	0.4	0.3	0.4	0.5	0.4	0.2	1.2	0.2	0.0	0.0	0.7	0.0	0.1	0.2
06 Cereals and cereal products	7.5	28.9	26.0	0.4	30.8	53.4	24.0	18.4	12.4	16.8	30.6	19.1	0.5	0.5	18.3	9.0	10.8	21.9	8.5	0.4	1.2	0.3	8.8
06-01 Flour, flakes, starches, semolina	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
06-02 Pasta, rice, other grain	0.7	3.9	2.1	0.1	2.4	0.7	2.2	1.9	0.6	1.4	0.1	2.8	0.0	0.0	1.0	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03 Bread, crisp bread, rusks	5.8	21.2	19.2	0.0	22.8	51.6	18.3	13.9	8.6	14.1	26.5	13.7	0.1	0.1	12.9	6.4	6.3	17.8	0.0	0.1	0.0	0.1	4.3
06-03-01 Bread	5.6	20.1	18.3	0.0	21.7	51.4	17.5	13.2	8.2	13.7	25.7	13.2	0.1	0.1	12.1	6.1	6.0	17.4	0.0	0.1	0.0	0.1	3.9
06-03-02 Crispbread, rusks	0.2	1.1	0.9	0.0	1.1	0.2	0.9	0.6	0.4	0.4	0.8	0.6	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.4	1.3	2.2	0.0	2.6	0.1	1.4	1.1	0.7	0.2	0.5	1.0	0.0	0.0	2.2	1.0	1.2	1.7	8.5	0.3	0.2	0.0	0.9
06-05 Salty biscuits, aperitif biscuits, crackers	0.5	2.0	2.1	0.2	2.4	0.5	1.8	1.1	2.3	0.6	2.9	1.2	0.2	0.3	1.6	0.6	2.4	0.6	0.0	0.0	1.0	0.0	3.0
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.4	0.0	0.4	0.5	0.3	0.3	0.2	0.5	0.6	0.3	0.1	0.1	0.4	0.3	0.4	0.9	0.0	0.0	0.0	0.1	0.1
07 Meat and meat products	2.1	9.9	16.0	84.7	8.2	3.0	8.9	17.4	13.1	30.6	18.0	28.0	15.0	12.9	24.4	12.1	21.8	3.6	0.0	30.1	10.3	20.3	7.0
07-01 Fresh meat	0.5	3.2	6.6	38.4	2.0	0.8	3.8	6.9	5.7	10.9	2.5	14.3	1.1	0.8	11.3	5.1	9.9	0.8	0.0	13.9	2.3	3.3	1.9
07-01-00 Unclassified	0.1	0.6	1.3	8.8	0.4	0.2	0.7	1.2	1.0	2.1	0.7	2.8	0.3	0.3	2.4	0.9	1.9	0.1	0.0	2.9	1.0	1.1	0.3
07-01-01 Beef	0.1	1.3	3.6	19.5	0.8	0.4	1.4	2.6	2.2	3.8	0.9	7.1	0.5	0.4	0.8	1.9	3.3	0.5	0.0	7.7	1.1	1.0	0.7
07-01-02 Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.1	0.1	0.0
07-01-03 Pork	0.2	1.1	1.5	8.8	0.7	0.2	1.6	2.8	2.3	4.7	0.9	3.8	0.2	0.1	7.9	2.0	4.4	0.2	0.0	2.5	0.2	1.0	0.9
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.7	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.4	0.0	0.0	0.2	0.2	0.2	0.0	0.0	0.5	0.0	0.1	0.0
07-01-05 Horse	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
07-01-06 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	2.3	1.5	8.1	1.1	0.8	1.8	2.9	2.2	6.6	0.6	1.8	1.5	1.0	1.5	0.8	5.5	0.8	0.0	1.6	0.0	9.4	1.1
07-02-00 Unclassified and other poultry	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
07-02-01 Chicken, hen	0.2	2.3	1.3	7.6	1.0	0.8	1.7	2.8	2.1	6.4	0.6	1.8	1.4	1.0	1.4	0.7	5.3	0.7	0.0	1.2	0.0	9.4	1.1
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.2	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	0.0	0.1	0.0	0.0	0.0
07-02-03 Duck	0.0	0.0	0.1	0.2	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	0.1	0.0	0.0	0.0
07-02-05 Rabbit (domestic)	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	0.1	0.0	0.0	0.0
07-03 Game	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	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-04 Processed meat	1.4	4.2	7.8	37.7	5.0	1.4	3.4	7.5	5.1	12.9	14.8	11.7	12.2	10.8	11.5	6.0	6.3	1.9	0.0	14.1	7.9	7.5	4.0
07-05 Offals	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.3	0.2	0.1	0.1	0.0	0.1	0.0	0.3	0.1	0.0	0.0
08 Fish and shellfish	0.7	1.7	1.2	5.3	1.0	3.4	1.3	2.5	1.4	7.9	2.3	1.2	0.9	0.7	1.2	1.3	1.8	0.6	0.0	9.4	0.1	8.2	1.9
08-01 Fish	0.4	0.9	0.9	4.1	0.7	1.7	0.9	1.9	1.1	5.5	1.6	0.7	0.7	0.6	0.9	0.9	1.6	0.3	0.0	6.4	0.1	6.9	1.4

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
08-02	Crustaceans, molluscs	0.2	0.6	0.1	0.4	0.1	0.5	0.2	0.1	0.1	0.8	0.4	0.3	0.0	0.0	0.0	0.3	0.1	0.1	0.0	2.1	0.0	0.0	0.4
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.8	0.2	1.2	0.2	0.5	0.3	1.6	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	0.9	0.0	1.3	0.1
09	Eggs and egg products	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.9	0.5	4.5	0.7	1.7	4.6	3.4	0.6	2.4	0.7	2.4	0.0	4.0	0.0	5.1	3.4
09-01	Egg	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.9	0.5	4.5	0.7	1.7	4.6	3.4	0.6	2.4	0.7	2.4	0.0	4.0	0.0	5.1	3.4
10	Fat	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.9	21.4	2.4	2.0	6.0	7.4	50.3	2.7	0.0	36.0	24.0
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.5
10-01	Vegetable oils	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	4.7
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.0	2.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.4
10-03	Margarines	1.1	0.0	0.1	1.9	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	24.6	18.8	2.4	1.9	6.0	7.4	50.3	2.5	0.0	34.4	18.4
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	3.2	6.8	7.0	0.0	8.1	1.8	3.9	2.2	3.1	1.4	1.0	2.0	2.2	1.9	1.3	2.6	1.2	0.9	0.8	1.5	1.2	0.9	3.2
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	0.0
11-01	Sugar, honey ,jam	0.0	0.3	0.3	0.0	0.3	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	0.1	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.7	5.2	4.1	0.0	4.7	0.8	2.6	1.5	1.8	1.0	0.4	1.3	0.7	0.6	0.7	1.6	0.4	0.6	0.7	1.0	0.1	0.3	2.3
11-03	Confectionery non-chocolate	0.4	0.5	0.8	0.0	0.9	0.1	0.4	0.2	0.3	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.6	1.6	0.0	1.8	0.1	0.3	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.9	0.0	0.4
11-05	Ice cream, water ice	1.0	0.3	0.3	0.0	0.3	0.8	0.5	0.5	0.5	0.3	0.3	0.3	1.5	1.3	0.5	0.9	0.2	0.3	0.0	0.5	0.1	0.7	0.3
11-05-01	Ice cream	1.0	0.3	0.2	0.0	0.3	0.8	0.5	0.5	0.4	0.3	0.3	0.3	1.5	1.3	0.5	0.9	0.2	0.2	0.0	0.5	0.0	0.7	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	0.1	0.0	0.0
12	Cakes	2.5	3.9	5.0	0.7	5.9	3.1	3.1	4.0	2.6	3.7	4.6	2.8	6.9	5.5	2.5	2.8	2.0	2.3	0.2	1.5	0.3	7.0	6.6
12-01	Cakes, pies, pastries, etc	1.5	2.2	2.4	0.5	2.8	2.5	1.8	2.5	1.5	2.4	2.7	1.7	4.9	3.9	1.6	2.1	0.8	1.7	0.0	1.2	0.3	5.6	3.6
12-02	Dry cakes, biscuits	1.0	1.6	2.6	0.2	3.0	0.6	1.3	1.5	1.1	1.3	1.8	1.1	2.0	1.6	0.9	0.7	1.1	0.6	0.2	0.3	0.0	1.4	3.0
13	Non-alcoholic beverages	10.5	8.6	8.6	0.0	10.4	5.9	13.0	4.0	15.2	3.6	2.2	1.8	0.5	1.8	9.1	7.4	9.3	7.7	1.0	2.4	24.4	0.1	4.1
13-00	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	0.0	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	1.4	1.5	0.0	1.9	0.6	2.6	0.9	4.0	0.4	0.2	0.6	0.0	1.3	5.0	2.4	3.9	4.3	0.3	0.8	16.4	0.0	3.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.6	1.6	0.5	0.0	0.6	1.8	0.7	1.9	0.7	0.4	0.8	0.1	0.0	0.1	0.4	1.0	2.6	0.2	0.7	0.8	6.7	0.0	0.7
13-03	Coffee, tea and herbal teas	4.0	5.1	6.4	0.0	7.8	2.0	8.4	1.1	10.4	1.1	0.7	1.0	0.5	0.4	3.6	4.0	2.8	3.2	0.0	0.8	1.2	0.1	0.1
13-03-01	Coffee	2.3	2.7	5.9	0.0	7.1	1.2	7.4	0.7	9.6	1.1	0.5	0.7	0.5	0.4	3.6	3.2	0.1	0.2	0.0	0.8	0.0	0.1	0.1
13-03-02	Tea	1.2	1.8	0.4	0.0	0.5	0.6	0.8	0.3	0.6	0.0	0.2	0.2	0.0	0.0	0.0	0.6	2.1	2.3	0.0	0.0	1.0	0.0	0.0
13-03-03	Herbal tea	0.4	0.6	0.1	0.0	0.2	0.2	0.2	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.6	0.7	0.0	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	0.0	0.0	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	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13-04	Waters	3.7	0.4	0.1	0.0	0.1	1.5	1.3	0.0	0.0	1.9	0.5	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	1.0	1.4	2.7	0.0	3.2	2.3	3.6	2.2	2.8	0.5	0.2	0.5	0.1	0.0	0.0	2.3	3.5	3.4	0.0	1.0	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	0.5	0.7	2.3	0.0	2.8	1.6	1.1	0.3	1.0	0.0	0.1	0.1	0.0	0.0	0.0	0.4	0.6	0.1	0.0	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	0.1	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
14-03	Beer, cider	0.5	0.5	0.3	0.0	0.4	0.7	2.4	1.9	1.8	0.4	0.1	0.3	0.0	0.0	0.0	1.9	2.9	3.3	0.0	0.9	0.1	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	0.0	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	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.3	0.9	8.4	0.9	3.2	4.0	3.4	0.7	0.6	0.7	0.0	0.2	1.2	3.8	10.9
15-01	Sauces	0.6	1.2	1.5	0.0	1.7	0.4	1.3	0.8	1.2	0.8	7.2	0.8	3.2	4.0	2.9	0.6	0.5	0.6	0.0	0.1	0.9	3.8	10.9
15-01-00	Unclassified and other sauces	0.3	0.9	0.8	0.0	1.0	0.1	1.0	0.5	0.6	0.3	3.9	0.5	2.8	2.1	2.0	0.3	0.2	0.1	0.0	0.0	0.3	3.5	4.7
15-01-01	Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.3	0.1	0.5	0.0	1.6	0.1	0.1	1.4	0.9	0.2	0.2	0.2	0.0	0.0	0.6	0.0	0.4
15-01-02	Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.6
15-01-03	Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	1.0	0.1	0.2	0.3	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	4.2
15-01-04	Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
15-04	Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.1	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
16	Soups, bouillon	0.6	1.7	1.7	2.8	1.8	0.3	2.5	1.4	1.9	1.3	6.5	1.1	0.3	1.0	3.5	1.0	1.2	1.1	0.0	1.6	1.7	1.8	1.2
16-01	Soups	0.6	1.7	1.7	2.8	1.8	0.3	2.5	1.4	1.9	1.3	5.8	1.1	0.3	1.0	3.5	1.0	1.2	1.1	0.0	1.6	1.7	1.8	1.2
16-02	Bouillon	0.0	0.0	0.0	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
17	Miscellaneous	1.4	1.2	1.9	4.1	1.9	0.8	1.3	1.5	0.9	1.9	3.0	2.0	1.1	0.8	1.4	1.3	0.8	0.9	1.6	1.7	0.5	2.5	1.5
17-00	Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	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	0.1	0.0	0.0	0.0
17-01	Soya products	0.4	0.2	0.2	0.0	0.3	0.0	0.5	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.4	0.1	0.3	0.0	0.3	0.0	0.3	0.2
17-02	Dietetic products	0.2	0.3	0.3	0.0	0.4	0.2	0.2	0.2	0.2	0.3	0.3	0.2	0.4	0.3	0.2	0.2	0.2	0.3	1.6	0.2	0.2	0.4	0.3
17-02-00	Unclassified	0.2	0.3	0.3	0.0	0.4	0.2	0.2	0.2	0.1	0.3	0.1	0.2	0.4	0.3	0.2	0.2	0.2	0.3	1.6	0.2	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03	Snacks	0.6	0.7	1.3	4.1	1.1	0.5	0.7	0.9	0.5	1.3	2.3	1.5	0.6	0.5	1.0	0.7	0.5	0.4	0.0	1.2	0.3	1.7	1.0



**Table 2.2.a** Average contribution of food subgroups to the intake of micronutrients of the Dutch children and adults (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.4	9.7	6.1	0.0	7.1	1.8	7.5	4.5	13.4	2.7	0.8	4.0	0.1	0.1	5.9	2.1	11.5	9.0	0.0	0.1	14.7	0.1	2.4
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
02	Vegetables	3.6	4.7	6.1	0.0	7.1	1.3	4.4	2.6	7.5	1.2	2.1	2.9	0.1	12.7	3.4	3.1	4.1	12.6	0.0	0.0	12.1	0.1	5.2
02-01	Leafy vegetables (except cabbages)	0.9	0.7	1.3	0.0	1.5	0.2	0.9	0.4	1.2	0.1	0.3	0.5	0.1	2.4	0.6	0.6	0.4	2.2	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	0.9	1.6	2.5	0.0	2.8	0.5	1.8	0.7	3.1	0.2	0.7	1.0	0.0	1.9	1.1	0.9	1.5	3.3	0.0	0.0	5.1	0.0	2.2
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	5.4	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.8	0.6	0.9	0.0	1.0	0.2	0.6	0.6	1.3	0.4	0.3	0.5	0.0	1.4	0.6	0.6	0.8	3.6	0.0	0.0	4.3	0.0	1.1
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.1	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	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.4	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.9	0.0	0.0	0.5	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	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.5	0.2	0.0	1.4	0.3	0.3	0.3	1.0	0.0	0.0	1.1	0.0	0.2
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.3	7.8	3.2	0.0	3.7	1.3	6.8	2.8	6.8	3.6	1.1	2.8	0.0	0.9	3.0	1.7	5.0	4.0	0.0	0.0	11.6	0.0	6.4
04-01	Fruits	0.9	3.9	2.1	0.0	2.4	1.1	3.3	1.1	5.5	1.7	0.1	1.2	0.0	0.9	2.1	1.2	4.3	2.9	0.0	0.0	11.5	0.0	2.3
04-02	Nuts and seeds (+nut spread)	0.4	3.7	1.0	0.0	1.2	0.1	3.5	1.7	1.2	1.8	0.9	1.6	0.0	0.0	0.8	0.5	0.6	1.0	0.0	0.0	0.0	0.0	3.9
04-03	Mixed fruits	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	58.9	6.4	4.1	0.0	4.7	15.3	18.7	33.5	21.1	13.8	14.6	23.8	29.7	23.6	11.0	43.7	12.3	13.7	1.4	44.2	5.2	5.8	4.2
05-01	Milk	20.2	0.9	0.5	0.0	0.6	7.7	7.6	12.4	10.1	3.5	3.3	7.9	6.8	5.4	5.1	19.1	4.0	5.5	0.1	18.9	1.5	0.1	0.8
05-02	Milk beverages	4.5	1.7	1.9	0.0	2.2	2.2	2.5	2.8	2.7	0.9	0.8	1.9	1.7	1.3	1.3	4.3	1.1	0.9	1.3	2.7	0.7	0.9	0.3
05-03	Yoghurt	12.3	1.8	0.5	0.0	0.6	2.4	4.2	6.8	5.3	1.7	2.0	3.8	1.8	1.4	3.0	11.0	4.9	3.7	0.0	8.2	2.3	0.2	0.7
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.2	0.1	0.3	0.2	0.0	0.1	0.2	0.5	0.4	0.2	0.7	0.1	0.1	0.0	0.5	0.1	0.5	0.0
05-05	Cheese (including fresh cheeses)	17.4	1.0	0.5	0.0	0.6	1.8	2.6	9.0	0.9	6.7	7.5	8.5	14.9	11.9	0.4	5.0	0.7	2.8	0.0	10.9	0.1	2.7	1.8
05-06	Cream desserts, puddings (milk based)	3.7	0.9	0.5	0.0	0.6	0.7	1.6	2.0	1.8	0.9	0.8	1.5	2.6	2.0	0.9	3.3	1.4	0.5	0.0	2.8	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.6	0.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.6	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	
05-08 Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06 Cereals and cereal products	8.5	30.3	29.4	0.5	33.9	57.4	26.5	19.1	15.2	19.1	33.7	20.6	0.5	0.6	21.7	10.8	14.1	28.4	20.4	0.8	2.0	0.4	10.4
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.7	3.7	2.2	0.2	2.5	0.6	2.3	1.9	0.6	1.3	0.1	2.7	0.0	0.1	1.0	0.6	0.5	1.0	0.0	0.0	0.0	0.0	0.4
06-03 Bread, crisp bread, rusks	6.1	21.2	20.4	0.0	23.6	55.4	19.2	14.0	9.4	15.9	27.6	14.5	0.1	0.1	13.8	6.8	6.5	22.0	0.0	0.1	0.1	0.2	3.7
06-03-01 Bread	5.9	20.2	19.5	0.0	22.6	55.3	18.4	13.4	9.0	15.4	26.9	14.0	0.1	0.1	13.0	6.5	6.2	21.5	0.0	0.1	0.0	0.2	3.3
06-03-02 Crispbread, rusks	0.2	1.0	0.8	0.0	1.0	0.1	0.8	0.5	0.4	0.4	0.6	0.5	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.8	1.1	2.8	0.0	3.2	0.1	1.3	1.0	0.6	0.3	0.8	1.0	0.1	0.0	3.4	2.0	2.5	3.0	20.4	0.6	0.3	0.1	0.8
06-05 Salty biscuits, aperitif biscuits, crackers	0.8	3.4	3.5	0.2	4.0	0.6	3.3	1.9	4.2	0.8	4.5	2.1	0.2	0.4	2.8	1.0	4.2	1.1	0.0	0.0	1.6	0.0	5.3
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.9	0.5	0.0	0.6	0.7	0.4	0.4	0.3	0.7	0.7	0.4	0.1	0.1	0.5	0.4	0.4	1.3	0.0	0.0	0.0	0.1	0.2
07 Meat and meat products	2.6	9.5	16.7	86.2	8.9	3.0	9.3	16.9	13.2	31.7	19.3	27.8	15.0	13.0	24.6	12.0	21.1	4.0	0.0	30.2	10.3	22.3	7.1
07-01 Fresh meat	0.4	2.6	5.6	33.5	1.7	0.6	3.3	5.6	5.0	9.7	2.2	12.1	1.0	0.8	9.9	4.3	8.3	0.8	0.0	12.2	2.1	3.4	1.6
07-01-00 Unclassified	0.1	0.6	1.4	9.1	0.4	0.2	0.7	1.2	1.1	2.2	0.6	2.9	0.4	0.3	2.4	1.0	2.0	0.1	0.0	3.1	1.0	1.3	0.3
07-01-01 Beef	0.1	0.9	2.7	15.3	0.6	0.2	1.1	1.8	1.6	3.0	0.6	5.3	0.4	0.3	0.5	1.4	2.4	0.4	0.0	6.1	0.8	0.9	0.5
07-01-02 Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0
07-01-03 Pork	0.2	1.0	1.4	8.3	0.6	0.2	1.4	2.4	2.1	4.3	0.9	3.5	0.2	0.1	6.8	1.8	3.7	0.2	0.0	2.5	0.2	1.1	0.8
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.1	0.2	0.0	0.0	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	2.1	1.3	6.9	0.9	0.7	1.6	2.4	2.0	6.1	0.5	1.7	1.3	1.0	1.3	0.7	5.0	0.7	0.0	1.3	0.0	8.5	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	2.1	1.2	6.6	0.9	0.6	1.6	2.4	1.9	6.0	0.5	1.6	1.3	1.0	1.3	0.6	4.8	0.7	0.0	1.2	0.0	8.5	1.0
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.2	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	0.0	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	0.1	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	0.0	0.0	0.0
07-04 Processed meat	2.0	4.8	9.7	45.7	6.3	1.7	4.4	8.8	6.2	15.8	16.6	13.9	12.6	11.1	13.4	7.0	7.8	2.5	0.0	16.5	8.2	10.4	4.5
07-05 Offals	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	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08	Fish and shellfish	0.3	0.8	0.7	3.1	0.6	2.1	0.7	1.3	0.8	4.5	1.0	0.6	0.4	0.3	0.6	0.6	0.9	0.4	0.0	4.7	0.0	4.2	0.8
08-01	Fish	0.1	0.2	0.4	1.7	0.3	0.6	0.4	0.7	0.4	2.3	0.4	0.3	0.2	0.2	0.3	0.3	0.6	0.1	0.0	2.5	0.0	2.7	0.5
08-02	Crustaceans, molluscs	0.1	0.3	0.1	0.4	0.1	0.3	0.1	0.1	0.0	0.5	0.2	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	1.2	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.0	0.2	1.2	0.3	0.5	0.3	1.8	0.3	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.0	0.0	1.4	0.1
09	Eggs and egg products	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.3	0.0	3.5	0.0	4.6	2.7
09-01	Egg	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.3	0.0	3.5	0.0	4.6	2.7
10	Fat	1.5	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.5	21.3	3.1	2.3	4.5	4.4	37.2	1.9	0.0	37.3	21.3
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3
10-01	Vegetable oils	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	4.5
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.5	2.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.3
10-03	Margarines	1.4	0.0	0.1	1.8	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	24.7	19.1	3.1	2.3	4.5	4.4	37.2	1.8	0.0	36.0	16.1
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	5.2	11.3	11.2	0.0	12.9	3.0	6.9	3.8	5.4	2.6	1.5	3.4	3.7	3.2	2.4	4.5	2.4	2.0	3.8	2.9	2.9	1.6	5.7
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	0.0	0.2	0.2	0.0	0.3	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	0.8	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	9.2	7.6	0.0	8.7	1.4	4.9	2.6	3.4	1.9	0.6	2.5	1.3	1.0	1.3	2.9	0.7	1.4	2.9	2.1	0.2	0.5	4.2
11-03	Confectionery non-chocolate	0.4	0.9	1.4	0.0	1.6	0.2	0.6	0.3	0.4	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.6	1.6	0.0	1.8	0.1	0.4	0.1	0.7	0.0	0.1	0.1	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	2.3	0.0	0.9
11-05	Ice cream, water ice	1.6	0.4	0.5	0.0	0.5	1.2	1.0	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.3	0.5	0.0	0.9	0.3	1.1	0.4
11-05-01	Ice cream	1.5	0.4	0.4	0.0	0.5	1.2	0.9	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.3	0.5	0.0	0.9	0.0	1.1	0.4
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0
12	Cakes	4.0	5.9	8.1	0.8	9.2	4.0	4.8	5.7	4.0	5.5	6.1	4.2	8.7	7.0	3.7	4.2	3.8	3.5	1.5	2.4	0.3	9.1	9.5
12-01	Cakes, pies, pastries, etc	2.0	2.8	3.1	0.6	3.5	3.1	2.3	3.1	2.0	3.2	3.3	2.3	5.9	4.7	2.2	2.8	1.2	2.4	0.0	2.0	0.3	7.0	4.4
12-02	Dry cakes, biscuits	2.0	3.1	5.0	0.2	5.7	0.9	2.5	2.7	2.0	2.3	2.9	1.9	2.8	2.3	1.5	1.4	2.6	1.1	1.5	0.4	0.0	2.1	5.1
13	Non-alcoholic beverages	8.4	5.4	3.2	0.0	3.8	5.5	6.6	3.6	7.1	3.5	2.0	1.0	0.0	2.2	7.4	5.2	11.9	6.5	4.0	3.0	32.1	0.0	6.5
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	1.5	1.6	1.8	0.0	2.1	0.9	3.0	1.0	4.6	0.6	0.2	0.6	0.0	1.9	6.2	2.9	5.3	4.5	1.2	1.3	17.7	0.0	4.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.7	2.3	0.7	0.0	0.8	3.0	1.4	2.4	1.5	0.9	1.3	0.1	0.0	0.2	1.0	1.7	5.5	0.5	2.8	1.6	13.9	0.0	2.0
13-03	Coffee, tea and herbal teas	0.8	1.1	0.6	0.0	0.7	0.4	0.9	0.2	1.0	0.1	0.1	0.2	0.0	0.0	0.2	0.5	1.1	1.5	0.0	0.1	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.2	0.2	0.4	0.0	0.4	0.1	0.5	0.1	0.7	0.1	0.0	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
13-03-02 Tea	0.5	0.7	0.2	0.0	0.2	0.2	0.3	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.9	1.2	0.0	0.0	0.4	0.0	0.0
13-03-03 Herbal tea	0.1	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.3	0.0	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	3.4	0.4	0.1	0.0	0.1	1.3	1.2	0.0	0.0	1.9	0.5	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	0.2	0.2	0.2	0.0	0.3	0.2	0.6	0.4	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.8	0.0	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	0.0	0.0	0.1	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	0.0	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.2	0.6	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.8	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.4	1.6	0.1	1.8	0.4	1.8	0.9	1.6	1.1	8.1	0.9	3.1	4.9	3.4	0.8	0.6	0.6	0.1	0.1	1.2	3.9	10.9
15-01 Sauces	0.6	1.4	1.4	0.1	1.6	0.4	1.6	0.9	1.5	1.0	7.2	0.8	3.1	4.8	2.9	0.7	0.5	0.6	0.1	0.1	1.0	3.9	10.9
15-01-00 Unclassified and other sauces	0.3	1.0	0.8	0.1	0.9	0.1	1.1	0.5	0.6	0.4	3.2	0.5	2.7	2.1	1.7	0.3	0.2	0.2	0.1	0.0	0.3	3.5	4.4
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.3	0.1	0.4	0.2	0.8	0.1	2.0	0.1	0.1	2.2	1.2	0.3	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.4	1.1	0.1	0.2	0.4	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.3	4.5
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.9	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.4	1.2	1.3	2.3	1.2	0.2	1.8	0.9	1.4	1.0	4.1	0.8	0.3	1.0	2.2	0.6	1.0	1.0	0.0	1.3	1.3	1.5	1.0
16-01 Soups	0.4	1.2	1.3	2.3	1.2	0.2	1.8	0.9	1.4	1.0	3.9	0.8	0.3	1.0	2.2	0.6	1.0	1.0	0.0	1.3	1.3	1.5	1.0
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.5	1.4	2.3	5.2	2.1	1.0	1.6	1.7	1.1	2.3	3.5	2.5	1.5	1.2	1.9	1.7	1.0	1.2	1.3	2.1	0.5	2.9	1.7
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	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	0.0	0.0	0.0
17-01 Soya products	0.4	0.2	0.3	0.0	0.3	0.0	0.5	0.3	0.2	0.1	0.2	0.1	0.0	0.0	0.2	0.4	0.1	0.3	0.0	0.3	0.0	0.2	0.2
17-02 Dietetic products	0.1	0.2	0.2	0.0	0.2	0.1	0.1	0.1	0.1	0.2	0.1	0.2	0.3	0.2	0.1	0.1	0.1	0.1	1.3	0.1	0.1	0.3	0.2
17-02-00 Unclassified	0.1	0.2	0.2	0.0	0.2	0.1	0.1	0.1	0.1	0.2	0.1	0.2	0.3	0.2	0.1	0.1	0.1	0.1	1.3	0.1	0.1	0.3	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	1.0	1.0	1.8	5.2	1.5	0.8	1.0	1.3	0.8	2.0	3.0	2.1	1.2	0.9	1.5	1.1	0.8	0.7	0.0	1.7	0.4	2.4	1.4

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.2	7.3	5.0	0.0	6.1	1.5	5.5	3.5	10.4	1.6	0.7	3.0	0.1	0.1	4.8	1.5	9.5	6.2	0.0	0.1	12.6	0.0	1.6
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	6.4	7.9	0.0	9.6	1.7	5.5	3.7	9.7	1.8	2.7	3.8	0.1	15.0	4.8	4.5	5.4	14.7	0.0	0.0	17.4	0.1	6.4
02-01	Leafy vegetables (except cabbages)	1.6	1.1	2.1	0.0	2.5	0.4	1.5	0.7	2.0	0.2	0.4	0.8	0.1	3.5	0.9	1.0	0.7	3.1	0.0	0.0	0.8	0.1	1.4
02-02	Fruiting vegetables	1.1	1.8	2.6	0.0	3.1	0.7	1.8	0.9	3.3	0.2	0.8	1.1	0.0	2.2	1.3	1.1	1.8	3.4	0.0	0.0	7.0	0.0	2.5
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.4	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.1	0.2	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.1	0.8	1.1	0.0	1.3	0.2	0.8	0.8	1.6	0.6	0.4	0.6	0.0	1.6	0.8	0.8	1.0	3.7	0.0	0.0	5.7	0.0	1.2
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.3	0.0	0.1	0.2	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	0.0	0.8	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.0	0.2	0.5	0.4	0.9	0.2	0.6	0.4	0.0	2.4	0.6	0.6	0.6	1.8	0.0	0.0	2.2	0.0	0.5
03	Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.8	8.9	3.8	0.0	4.5	1.4	7.2	3.4	7.2	3.9	1.4	3.3	0.0	1.2	3.7	2.0	5.2	5.0	0.0	0.0	16.7	0.0	6.5
04-01	Fruits	1.2	4.4	2.2	0.0	2.6	1.3	3.5	1.4	5.9	1.7	0.1	1.4	0.0	1.2	2.5	1.4	4.4	4.0	0.0	0.0	16.5	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.5	4.2	1.5	0.0	1.7	0.1	3.6	2.0	1.3	2.1	0.9	1.8	0.0	0.0	1.1	0.6	0.7	0.9	0.0	0.0	0.0	0.0	3.5
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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	0.1
05	Dairy products	57.7	4.6	2.8	0.0	3.3	14.9	14.4	31.9	15.7	13.4	16.8	22.6	29.0	22.4	8.7	37.5	10.9	10.7	0.2	37.2	3.8	5.2	4.7
05-01	Milk	15.9	0.7	0.4	0.0	0.5	6.2	5.3	9.6	7.2	2.6	2.7	5.7	4.4	3.4	3.8	14.5	2.9	3.8	0.0	12.6	1.2	0.0	0.5
05-02	Milk beverages	2.2	0.7	0.9	0.0	1.1	1.0	1.1	1.3	1.2	0.2	0.4	0.8	0.6	0.5	0.7	2.0	0.6	0.3	0.2	1.3	0.4	0.3	0.3
05-03	Yoghurt	10.3	0.9	0.3	0.0	0.4	2.7	3.1	5.6	3.9	1.4	1.7	3.4	1.6	1.2	2.5	9.4	5.0	2.8	0.0	6.8	1.5	0.2	0.8
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.6	0.2	0.4	0.2	0.1	0.1	0.2	0.4	0.3	0.2	0.7	0.2	0.1	0.0	0.7	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.1	1.4	0.6	0.0	0.7	2.8	3.2	12.1	1.1	7.8	10.7	10.9	18.0	13.8	0.6	6.6	1.0	3.2	0.0	12.9	0.2	3.3	2.3
05-06	Cream desserts, puddings (milk based)	2.9	0.7	0.4	0.0	0.4	0.6	1.1	1.5	1.2	0.7	0.6	1.1	2.0	1.6	0.7	2.6	1.1	0.4	0.0	2.0	0.3	0.7	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	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

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	1.7	0.0	0.1	0.0	0.1	1.0	0.5	1.3	0.8	0.5	0.4	0.5	0.6	0.5	0.2	1.4	0.2	0.0	0.0	0.8	0.1	0.1	0.2
06	Cereals and cereal products	7.3	28.7	25.3	0.4	30.1	52.5	23.4	18.2	11.8	16.3	29.9	18.8	0.4	0.5	17.5	8.6	10.0	20.5	6.5	0.3	1.0	0.2	8.5
06-01	Flour, flakes, starches, semolina	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
06-02	Pasta, rice, other grain	0.7	3.9	2.1	0.1	2.4	0.7	2.2	2.0	0.6	1.4	0.1	2.8	0.0	0.0	1.1	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.7	21.1	19.0	0.0	22.6	50.8	18.1	13.8	8.4	13.7	26.2	13.6	0.1	0.1	12.7	6.3	6.2	16.9	0.0	0.1	0.0	0.1	4.4
06-03-01	Bread	5.5	20.0	18.1	0.0	21.5	50.6	17.3	13.2	8.0	13.3	25.4	13.0	0.1	0.1	11.9	6.0	5.9	16.5	0.0	0.1	0.0	0.1	4.0
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.1	0.2	0.9	0.7	0.4	0.4	0.8	0.6	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.3	1.3	2.1	0.0	2.5	0.0	1.4	1.2	0.7	0.2	0.4	1.0	0.0	0.0	1.9	0.8	1.0	1.4	6.5	0.2	0.1	0.0	1.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.7	1.8	0.2	2.1	0.5	1.4	1.0	1.9	0.5	2.6	1.0	0.2	0.3	1.4	0.6	2.0	0.5	0.0	0.0	0.8	0.0	2.5
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.3	0.0	0.4	0.5	0.2	0.3	0.2	0.4	0.5	0.3	0.1	0.1	0.4	0.3	0.3	0.9	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.0	10.0	15.9	84.4	8.0	3.0	8.8	17.5	13.1	30.3	17.7	28.0	15.0	12.8	24.3	12.1	21.9	3.5	0.0	30.1	10.2	19.8	7.0
07-01	Fresh meat	0.5	3.3	6.8	39.5	2.1	0.9	3.8	7.2	5.9	11.1	2.6	14.8	1.1	0.9	11.6	5.3	10.3	0.8	0.0	14.3	2.4	3.3	2.0
07-01-00	Unclassified	0.1	0.6	1.3	8.8	0.4	0.2	0.6	1.2	1.0	2.1	0.7	2.8	0.3	0.3	2.4	0.9	1.9	0.1	0.0	2.9	1.1	1.0	0.3
07-01-01	Beef	0.2	1.4	3.8	20.4	0.9	0.4	1.5	2.8	2.3	4.0	0.9	7.5	0.5	0.4	0.8	2.0	3.5	0.5	0.0	8.1	1.1	1.1	0.7
07-01-02	Veal	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.1	0.1	0.0
07-01-03	Pork	0.2	1.2	1.5	9.0	0.7	0.2	1.6	2.9	2.4	4.8	0.9	3.9	0.2	0.1	8.2	2.1	4.5	0.2	0.0	2.6	0.2	1.0	0.9
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.2	0.2	0.2	0.0	0.0	0.5	0.0	0.1	0.0
07-01-05	Horse	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
07-01-06	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	2.4	1.5	8.4	1.1	0.8	1.8	3.0	2.2	6.7	0.6	1.9	1.5	1.0	1.6	0.8	5.6	0.8	0.0	1.7	0.0	9.6	1.1
07-02-00	Unclassified and other poultry	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
07-02-01	Chicken, hen	0.2	2.4	1.4	7.8	1.0	0.8	1.7	2.8	2.1	6.5	0.6	1.8	1.5	1.0	1.4	0.7	5.4	0.7	0.0	1.2	0.0	9.6	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.2	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	0.0	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.1	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	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-04	Processed meat	1.3	4.1	7.3	35.9	4.7	1.3	3.1	7.2	4.9	12.3	14.4	11.3	12.1	10.7	11.0	5.8	6.0	1.8	0.0	13.6	7.8	6.9	3.9
07-05	Offals	0.0	0.1	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.3	0.3	0.1	0.1	0.0	0.1	0.0	0.3	0.1	0.0	0.0
08	Fish and shellfish	0.8	1.9	1.3	5.8	1.1	3.7	1.4	2.8	1.6	8.6	2.6	1.3	1.0	0.8	1.4	1.4	2.0	0.6	0.0	10.4	0.1	9.0	2.1
08-01	Fish	0.5	1.0	1.0	4.6	0.8	2.0	1.0	2.2	1.2	6.2	1.8	0.8	0.8	0.7	1.0	1.0	1.8	0.4	0.0	7.2	0.1	7.8	1.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.7	0.1	0.4	0.1	0.5	0.2	0.2	0.1	0.9	0.5	0.3	0.0	0.0	0.3	0.1	0.1	0.0	2.3	0.0	0.0	0.4	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.8	0.2	1.2	0.2	0.5	0.3	1.5	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.0	0.9	0.0	1.2	0.1	
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.4	0.6	2.0	0.5	4.6	0.7	1.8	4.7	3.5	0.6	2.5	0.7	2.4	0.0	4.2	0.0	5.2	3.5
09-01	Egg	0.8	0.7	2.6	0.0	3.1	2.4	0.6	2.0	0.5	4.6	0.7	1.8	4.7	3.5	0.6	2.5	0.7	2.4	0.0	4.2	0.0	5.2	3.5
10	Fat	1.1	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.0	21.4	2.2	1.9	6.3	8.1	52.5	2.9	0.0	35.7	24.5
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.5	
10-01	Vegetable oils	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	4.7	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.1	2.4	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.4	
10-03	Margarines	1.1	0.0	0.1	1.9	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	24.5	18.7	2.2	1.9	6.3	8.1	52.5	2.7	0.0	34.1	18.9
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	
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	2.8	5.8	6.1	0.0	7.1	1.5	3.3	1.9	2.6	1.1	0.8	1.7	1.8	1.6	1.1	2.2	1.0	0.7	0.3	1.2	0.8	0.8	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	
11-01	Sugar, honey ,jam	0.0	0.3	0.3	0.0	0.3	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	0.1	0.0	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.4	4.3	3.3	0.0	3.8	0.6	2.1	1.2	1.4	0.8	0.3	1.1	0.6	0.5	0.6	1.3	0.3	0.4	0.3	0.8	0.1	0.2	1.9
11-03	Confectionery non-chocolate	0.3	0.4	0.7	0.0	0.8	0.1	0.3	0.1	0.2	0.1	0.2	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	0.6	1.6	0.0	1.8	0.1	0.3	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.5	0.0	0.0	0.0	0.6	0.0	0.3
11-05	Ice cream, water ice	0.9	0.2	0.2	0.0	0.2	0.7	0.5	0.4	0.4	0.2	0.2	0.3	1.3	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.6	0.2
11-05-01	Ice cream	0.9	0.2	0.2	0.0	0.2	0.7	0.5	0.4	0.4	0.2	0.2	0.3	1.3	1.1	0.4	0.8	0.2	0.2	0.0	0.4	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	
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	
12	Cakes	2.2	3.4	4.3	0.7	5.1	2.9	2.8	3.6	2.3	3.3	4.2	2.5	6.5	5.2	2.2	2.5	1.6	2.0	0.0	1.3	0.3	6.5	6.0
12-01	Cakes, pies, pastries, etc	1.4	2.1	2.3	0.4	2.7	2.4	1.7	2.3	1.4	2.3	2.6	1.6	4.7	3.7	1.5	1.9	0.8	1.5	0.0	1.0	0.3	5.3	3.5
12-02	Dry cakes, biscuits	0.8	1.3	2.0	0.3	2.5	0.5	1.1	1.3	0.9	1.1	1.6	0.9	1.8	1.4	0.7	0.6	0.8	0.5	0.0	0.3	0.0	1.2	2.6
13	Non-alcoholic beverages	10.9	9.3	9.8	0.0	11.8	6.0	14.4	4.1	17.0	3.7	2.2	2.0	0.6	1.7	9.5	7.9	8.8	7.9	0.5	2.2	22.7	0.1	3.5
13-00	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	
13-01	Fruit and vegetable juices	1.1	1.4	1.5	0.0	1.8	0.6	2.5	0.9	3.9	0.3	0.2	0.6	0.0	1.1	4.8	2.3	3.6	4.2	0.1	0.7	16.2	0.0	3.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.3	1.4	0.4	0.0	0.5	1.5	0.6	1.9	0.5	0.2	0.7	0.1	0.0	0.1	0.3	0.9	2.0	0.1	0.3	0.7	5.1	0.0	0.4
13-03	Coffee, tea and herbal teas	4.7	5.9	7.7	0.0	9.3	2.3	10.0	1.3	12.5	1.3	0.9	1.2	0.6	0.5	4.3	4.7	3.2	3.6	0.0	0.9	1.4	0.1	0.1
13-03-01	Coffee	2.8	3.2	7.1	0.0	8.5	1.4	8.9	0.9	11.6	1.3	0.6	0.9	0.6	0.5	4.3	3.8	0.2	0.3	0.0	0.9	0.0	0.1	0.1
13-03-02	Tea	1.4	2.0	0.5	0.0	0.6	0.6	0.9	0.3	0.7	0.0	0.2	0.3	0.0	0.0	0.7	2.3	2.5	0.0	0.0	1.1	0.0	0.0	

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.4	0.6	0.1	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.2	0.7	0.8	0.0	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	0.0	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	1.5	1.3	0.0	0.0	1.8	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.1	1.7	3.3	0.0	3.9	2.8	4.3	2.6	3.3	0.6	0.3	0.6	0.1	0.1	0.0	2.8	4.1	4.0	0.0	1.1	0.1	0.0	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	0.6	0.8	2.8	0.0	3.3	1.9	1.3	0.4	1.2	0.1	0.1	0.2	0.0	0.0	0.0	0.5	0.7	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.5	0.6	0.4	0.0	0.4	0.8	2.8	2.2	2.1	0.5	0.1	0.3	0.0	0.0	0.0	2.2	3.4	3.9	0.0	1.1	0.1	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	0.0	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	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.3	0.8	8.5	0.8	3.2	3.8	3.4	0.7	0.6	0.7	0.0	0.2	1.2	3.8	10.9
15-01 Sauces	0.6	1.2	1.5	0.0	1.8	0.4	1.3	0.8	1.1	0.8	7.3	0.7	3.2	3.8	2.9	0.5	0.5	0.5	0.0	0.1	0.9	3.8	10.9
15-01-00 Unclassified and other sauces	0.3	0.9	0.9	0.0	1.0	0.1	0.9	0.5	0.6	0.3	4.0	0.5	2.8	2.2	2.1	0.3	0.2	0.1	0.0	0.0	0.4	3.5	4.7
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.5	0.0	1.5	0.1	0.1	1.2	0.8	0.2	0.2	0.2	0.0	0.0	0.6	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	0.9	0.1	0.2	0.3	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	4.2
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.2	0.1	0.0	0.0	0.4	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.1
16 Soups, bouillon	0.7	1.8	1.8	2.9	1.9	0.4	2.6	1.5	2.0	1.3	7.0	1.1	0.3	1.1	3.8	1.1	1.3	1.1	0.0	1.7	1.8	1.8	1.2
16-01 Soups	0.7	1.8	1.8	2.9	1.9	0.3	2.6	1.5	2.0	1.3	6.2	1.1	0.3	1.1	3.8	1.1	1.3	1.1	0.0	1.7	1.8	1.8	1.2
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.3	1.2	1.8	3.9	1.8	0.8	1.3	1.4	0.9	1.8	2.8	1.9	1.0	0.8	1.3	1.2	0.8	0.9	1.7	1.6	0.5	2.4	1.4
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
17-01 Soya products	0.4	0.2	0.2	0.0	0.3	0.0	0.5	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.3	0.1	0.2	0.0	0.3	0.0	0.3	0.2
17-02 Dietetic products	0.3	0.3	0.3	0.0	0.4	0.3	0.2	0.2	0.2	0.3	0.4	0.3	0.4	0.3	0.3	0.3	0.2	0.3	1.7	0.2	0.2	0.5	0.3
17-02-00 Unclassified	0.3	0.3	0.3	0.0	0.4	0.3	0.2	0.2	0.2	0.3	0.1	0.3	0.4	0.3	0.3	0.3	0.2	0.3	1.7	0.2	0.2	0.5	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.2	3.9	1.1	0.5	0.6	0.8	0.5	1.2	2.1	1.4	0.5	0.4	0.9	0.6	0.5	0.3	0.0	1.1	0.2	1.6	1.0



**Table 2.2.b** Average contribution of food subgroups to the intake of micronutrients of the Dutch children and adults stratified by gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.4	9.9	6.3	0.0	7.3	1.8	7.7	4.6	13.7	2.7	0.8	4.1	0.1	0.1	6.2	2.2	11.7	9.4	0.0	0.1	15.5	0.1	2.4
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
02	Vegetables	3.6	4.6	6.0	0.0	6.9	1.2	4.2	2.5	7.2	1.1	2.1	2.8	0.1	12.6	3.3	3.0	3.9	12.4	0.0	0.0	11.9	0.1	5.1
02-01	Leafy vegetables (except cabbages)	0.9	0.6	1.3	0.0	1.5	0.2	0.9	0.4	1.1	0.1	0.3	0.4	0.1	2.3	0.6	0.6	0.4	2.3	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	0.8	1.5	2.2	0.0	2.6	0.5	1.6	0.7	2.9	0.1	0.6	0.9	0.0	1.7	1.0	0.8	1.3	3.1	0.0	0.0	4.6	0.0	2.0
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	5.2	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.8	0.6	0.9	0.0	1.1	0.2	0.6	0.6	1.3	0.4	0.3	0.5	0.0	1.6	0.6	0.6	0.8	3.4	0.0	0.0	4.5	0.0	1.2
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.1	0.1	0.0	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	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.3	0.4	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	1.0	0.0	0.0	0.5	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	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.5	0.3	0.0	1.7	0.4	0.3	0.3	1.2	0.0	0.0	1.2	0.0	0.2
03	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.3	7.8	3.0	0.0	3.5	1.1	7.0	3.0	6.3	3.8	1.2	2.9	0.0	0.7	2.7	1.6	4.7	3.6	0.0	0.0	10.1	0.0	6.6
04-01	Fruits	0.7	3.4	1.8	0.0	2.1	1.0	2.9	0.9	4.8	1.6	0.0	1.1	0.0	0.6	1.8	1.0	3.9	2.4	0.0	0.0	10.0	0.0	1.9
04-02	Nuts and seeds (+nut spread)	0.5	4.3	1.2	0.0	1.4	0.1	4.0	2.0	1.4	2.1	1.2	1.8	0.0	0.0	0.9	0.6	0.7	1.2	0.0	0.0	0.0	0.0	4.5
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	0.1	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	59.1	6.2	3.9	0.0	4.4	14.6	18.5	33.3	21.3	13.5	14.2	23.4	29.0	23.5	11.1	43.7	11.9	13.6	1.2	44.4	5.4	5.1	3.9
05-01	Milk	21.1	0.9	0.5	0.0	0.6	7.8	7.8	12.8	10.5	3.6	3.3	8.2	6.9	5.5	5.3	19.8	4.1	5.8	0.1	19.7	1.6	0.1	0.8
05-02	Milk beverages	3.7	1.5	1.6	0.0	1.9	1.9	2.1	2.3	2.3	0.7	0.7	1.6	1.2	1.0	1.1	3.6	1.0	0.8	1.1	2.2	0.7	0.7	0.3
05-03	Yoghurt	12.2	1.9	0.5	0.0	0.6	2.2	4.1	6.6	5.2	1.6	2.0	3.6	1.8	1.4	3.0	10.7	4.4	3.6	0.0	7.8	2.4	0.2	0.5
05-04	Fromage blanc, petits suisses	0.6	0.1	0.1	0.0	0.1	0.3	0.1	0.3	0.2	0.0	0.1	0.2	0.6	0.4	0.2	0.8	0.1	0.1	0.0	0.6	0.1	0.5	0.0
05-05	Cheese (including fresh cheeses)	16.8	0.9	0.5	0.0	0.6	1.6	2.6	8.7	0.9	6.5	7.1	8.2	14.1	11.5	0.4	4.8	0.7	2.7	0.0	10.6	0.1	2.3	1.7
05-06	Cream desserts, puddings (milk based)	4.3	0.9	0.6	0.0	0.7	0.8	1.7	2.3	2.0	0.9	0.9	1.6	3.0	2.4	1.0	3.8	1.6	0.5	0.0	3.2	0.5	0.7	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	0.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	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	
05-08 Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06 Cereals and cereal products	8.6	30.9	29.9	0.7	34.5	58.3	26.8	19.2	15.6	19.2	33.9	21.0	0.5	0.7	21.5	10.7	14.2	29.1	19.3	0.8	2.1	0.4	10.5
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.7	4.0	2.4	0.4	2.7	0.7	2.4	2.0	0.7	1.4	0.2	2.9	0.0	0.1	1.0	0.6	0.5	1.1	0.0	0.1	0.0	0.0	0.4
06-03 Bread, crisp bread, rusks	6.2	21.4	20.8	0.0	24.0	56.3	19.2	14.0	9.5	16.0	27.8	14.6	0.1	0.1	13.7	6.8	6.5	22.8	0.0	0.1	0.1	0.2	3.5
06-03-01 Bread	6.0	20.7	20.2	0.0	23.4	56.2	18.7	13.6	9.3	15.7	27.5	14.3	0.1	0.1	13.2	6.6	6.3	22.5	0.0	0.1	0.0	0.2	3.2
06-03-02 Crispbread, rusks	0.1	0.7	0.5	0.0	0.6	0.1	0.5	0.3	0.3	0.3	0.4	0.3	0.0	0.0	0.6	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3
06-04 Breakfast cereals	0.7	1.0	2.6	0.0	3.0	0.1	1.2	0.9	0.6	0.3	0.7	1.0	0.1	0.1	3.2	1.8	2.3	2.8	19.3	0.6	0.3	0.1	0.8
06-05 Salty biscuits, aperitif biscuits, crackers	0.9	3.5	3.7	0.3	4.2	0.6	3.5	1.9	4.5	0.8	4.5	2.2	0.2	0.4	3.0	1.1	4.5	1.1	0.0	0.0	1.8	0.0	5.6
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.6	0.6	0.4	0.4	0.3	0.6	0.7	0.3	0.1	0.1	0.5	0.3	0.4	1.3	0.0	0.0	0.0	0.1	0.2
07 Meat and meat products	2.7	9.6	16.9	86.0	9.0	3.0	9.5	17.1	13.5	31.9	19.7	28.0	14.8	12.7	25.9	12.2	21.3	4.0	0.0	29.9	10.8	22.2	7.1
07-01 Fresh meat	0.5	2.7	5.7	33.5	1.7	0.6	3.4	5.7	5.2	9.8	2.3	12.3	1.1	0.8	10.8	4.5	8.6	0.8	0.0	12.2	2.3	3.4	1.6
07-01-00 Unclassified	0.1	0.6	1.4	9.1	0.4	0.2	0.8	1.3	1.2	2.3	0.7	3.0	0.4	0.3	2.5	1.0	2.1	0.1	0.0	3.2	1.1	1.3	0.3
07-01-01 Beef	0.1	0.8	2.4	14.1	0.5	0.2	0.9	1.6	1.4	2.6	0.6	4.8	0.4	0.3	0.5	1.2	2.0	0.3	0.0	5.5	0.8	0.7	0.5
07-01-02 Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.1	0.1	0.0
07-01-03 Pork	0.2	1.1	1.6	9.1	0.7	0.2	1.6	2.6	2.4	4.7	1.0	4.0	0.2	0.2	7.6	2.0	4.2	0.3	0.0	2.9	0.3	1.2	0.9
07-01-04 Mutton/Lamb	0.0	0.1	0.2	0.9	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.2	0.2	0.2	0.0	0.0	0.5	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	1.2	6.4	0.9	0.6	1.6	2.3	1.9	6.0	0.5	1.6	1.3	1.0	1.3	0.6	4.9	0.7	0.0	1.2	0.0	8.6	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	2.0	1.2	6.3	0.9	0.6	1.6	2.3	1.9	5.8	0.5	1.5	1.3	1.0	1.2	0.6	4.8	0.7	0.0	1.2	0.0	8.5	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	0.1	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
07-02-03 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	0.1	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	0.0	0.0	0.0
07-04 Processed meat	2.1	4.8	9.9	45.9	6.3	1.7	4.5	9.0	6.4	16.1	16.9	14.1	12.3	10.8	13.8	7.0	7.8	2.4	0.0	16.3	8.5	10.3	4.5
07-05 Offals	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08	Fish and shellfish	0.3	0.9	0.8	3.3	0.6	2.2	0.8	1.3	0.8	4.9	1.0	0.7	0.4	0.3	0.6	0.7	0.9	0.4	0.0	4.8	0.1	4.4	0.9
08-01	Fish	0.1	0.3	0.4	1.8	0.3	0.6	0.4	0.7	0.4	2.4	0.4	0.3	0.2	0.1	0.3	0.3	0.7	0.1	0.0	2.4	0.0	2.9	0.5
08-02	Crustaceans, molluscs	0.1	0.4	0.2	0.6	0.2	0.3	0.1	0.1	0.1	0.6	0.3	0.2	0.1	0.1	0.0	0.2	0.0	0.1	0.0	1.4	0.0	0.0	0.3
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.0	0.2	1.3	0.3	0.5	0.3	1.9	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.0	0.0	1.5	0.1
09	Eggs and egg products	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.4	0.0	3.5	0.0	4.5	2.7
09-01	Egg	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.4	0.0	3.5	0.0	4.5	2.7
10	Fat	1.6	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.3	22.0	3.1	2.4	4.7	4.6	35.7	2.1	0.0	37.4	21.7
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3
10-01	Vegetable oils	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	4.5
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.5	2.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.3
10-03	Margarines	1.6	0.0	0.1	1.8	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	25.6	19.8	3.1	2.4	4.7	4.6	35.7	2.0	0.0	36.2	16.6
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	5.2	11.2	11.1	0.0	12.7	2.9	6.8	3.7	5.3	2.4	1.5	3.3	3.6	3.2	2.3	4.4	2.3	2.0	4.0	2.8	3.1	1.6	5.5
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.3	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	1.6	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	9.0	7.4	0.0	8.5	1.4	4.7	2.5	3.3	1.8	0.6	2.4	1.1	0.9	1.2	2.8	0.6	1.4	2.4	1.9	0.2	0.4	4.0
11-03	Confectionery non-chocolate	0.4	0.9	1.2	0.0	1.4	0.2	0.6	0.3	0.4	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.7	1.8	0.0	2.0	0.1	0.4	0.1	0.8	0.0	0.1	0.2	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	2.4	0.0	0.9
11-05	Ice cream, water ice	1.6	0.4	0.4	0.0	0.5	1.2	1.0	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.3	0.5	0.0	0.8	0.3	1.2	0.4
11-05-01	Ice cream	1.5	0.4	0.4	0.0	0.4	1.2	0.9	0.7	0.7	0.4	0.4	0.5	2.4	2.2	0.8	1.3	0.3	0.5	0.0	0.8	0.0	1.2	0.4
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	0.3	0.0	0.0	0.0
12	Cakes	3.9	5.5	7.8	0.7	9.0	3.9	4.5	5.4	3.7	5.2	5.9	3.9	8.6	6.8	3.6	4.0	3.8	3.4	1.5	2.3	0.3	8.6	9.1
12-01	Cakes, pies, pastries, etc	1.9	2.7	3.0	0.5	3.5	2.9	2.2	2.9	1.8	3.0	3.1	2.1	5.7	4.4	2.2	2.7	1.2	2.3	0.0	1.8	0.3	6.5	4.3
12-02	Dry cakes, biscuits	2.0	2.8	4.8	0.3	5.5	1.0	2.4	2.5	1.9	2.2	2.8	1.8	3.0	2.4	1.4	1.3	2.6	1.1	1.5	0.5	0.0	2.1	4.8
13	Non-alcoholic beverages	7.9	5.1	3.2	0.0	3.7	5.3	6.1	3.6	6.7	3.3	2.0	0.9	0.0	2.0	6.8	5.2	12.1	5.5	4.3	3.3	31.9	0.0	6.5
13-00	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.4	1.4	1.7	0.0	2.0	0.8	2.6	0.8	4.1	0.5	0.2	0.6	0.0	1.8	5.6	2.8	4.9	3.9	1.1	1.2	17.0	0.0	4.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.9	2.4	0.7	0.0	0.8	3.1	1.5	2.6	1.5	0.9	1.4	0.1	0.0	0.3	1.0	2.0	6.5	0.5	3.2	2.0	14.6	0.0	2.3
13-03	Coffee, tea and herbal teas	0.6	0.8	0.6	0.0	0.7	0.3	0.9	0.1	1.0	0.1	0.1	0.1	0.0	0.0	0.3	0.4	0.7	1.0	0.0	0.0	0.3	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.1	0.2	0.5	0.0	0.5	0.1	0.6	0.0	0.8	0.1	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
13-03-02 Tea	0.4	0.5	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.2	0.6	0.9	0.0	0.0	0.3	0.0	0.0	
13-03-03 Herbal tea	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	0.1	0.1	0.0	0.0	0.0	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	
13-04 Waters	3.1	0.4	0.1	0.0	0.1	1.1	1.1	0.0	0.0	1.8	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.2	0.3	0.9	0.6	0.6	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.9	1.2	0.0	0.4	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	
14-01 Wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.3	0.8	0.6	0.6	0.2	0.0	0.1	0.0	0.0	0.6	0.9	1.2	0.0	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	
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	
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	
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	
15 Condiments and sauces	0.7	1.6	1.6	0.0	1.8	0.4	1.9	1.0	1.8	1.1	8.2	1.0	3.2	5.3	3.2	0.9	0.6	0.7	0.0	0.1	1.3	4.1	11.1
15-01 Sauces	0.6	1.5	1.4	0.0	1.6	0.4	1.7	0.9	1.6	1.0	7.2	0.9	3.2	5.3	2.8	0.8	0.5	0.6	0.0	0.1	1.1	4.1	11.0
15-01-00 Unclassified and other sauces	0.3	1.1	0.8	0.0	0.9	0.1	1.2	0.5	0.6	0.4	3.1	0.5	2.7	2.2	1.6	0.3	0.2	0.1	0.0	0.0	0.3	3.8	4.7
15-01-01 Tomato sauces	0.1	0.4	0.2	0.0	0.3	0.1	0.5	0.2	0.9	0.1	2.2	0.1	0.1	2.6	1.1	0.4	0.2	0.3	0.0	0.0	0.7	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.5	
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.4	1.0	0.1	0.2	0.4	0.1	0.1	0.1	0.2	0.0	0.0	0.3	4.3	
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	
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	
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.0	0.1	0.0	0.0	0.4	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.0
16 Soups, bouillon	0.4	1.2	1.3	2.1	1.2	0.2	1.8	0.9	1.4	1.0	3.9	0.8	0.3	0.8	2.3	0.6	0.9	1.0	0.0	1.2	1.2	1.3	1.0
16-01 Soups	0.4	1.2	1.3	2.1	1.2	0.2	1.8	0.9	1.4	1.0	3.7	0.8	0.3	0.8	2.3	0.6	0.9	1.0	0.0	1.2	1.2	1.3	1.0
16-02 Bouillon	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	0.0	0.0	
17 Miscellaneous	1.7	1.4	2.3	5.3	2.2	1.2	1.7	1.8	1.1	2.5	3.4	2.6	1.5	1.2	1.8	1.8	1.0	1.3	1.9	2.2	0.6	3.1	1.7
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	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	0.6	0.2	0.3	0.0	0.4	0.0	0.6	0.3	0.2	0.1	0.2	0.2	0.0	0.0	0.2	0.6	0.0	0.4	0.0	0.3	0.0	0.3	0.1
17-02 Dietetic products	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.1	0.1	0.1	1.9	0.1	0.1	0.3	0.1
17-02-00 Unclassified	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.1	0.1	0.1	1.9	0.1	0.1	0.3	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	1.0	1.1	1.9	5.3	1.6	1.1	1.1	1.4	0.9	2.1	3.1	2.2	1.3	1.0	1.5	1.1	0.9	0.8	0.0	1.8	0.5	2.6	1.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	9.4	5.8	0.0	6.9	1.7	7.3	4.4	13.0	2.6	0.8	3.9	0.1	0.1	5.7	2.0	11.4	8.6	0.0	0.1	13.8	0.1	2.3
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	3.6	4.8	6.2	0.0	7.2	1.4	4.5	2.7	7.8	1.3	2.1	3.0	0.1	12.8	3.5	3.2	4.3	12.8	0.0	0.0	12.2	0.1	5.2
02-01	Leafy vegetables (except cabbages)	0.9	0.7	1.4	0.0	1.6	0.2	1.0	0.4	1.3	0.1	0.3	0.5	0.1	2.5	0.6	0.6	0.4	2.2	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	1.0	1.7	2.7	0.0	3.1	0.6	1.9	0.8	3.3	0.2	0.7	1.1	0.0	2.1	1.2	0.9	1.7	3.6	0.0	0.0	5.6	0.0	2.4
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.6	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.8	0.6	0.8	0.0	1.0	0.2	0.7	0.6	1.3	0.5	0.3	0.5	0.0	1.2	0.6	0.7	0.9	3.7	0.0	0.0	4.1	0.0	1.0
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.1	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	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.9	0.0	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	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.4	0.0	0.5	0.1	0.3	0.2	0.4	0.1	0.4	0.2	0.0	1.2	0.3	0.2	0.3	0.9	0.0	0.0	0.9	0.0	0.2
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.4	7.7	3.3	0.0	3.8	1.4	6.7	2.7	7.3	3.4	0.9	2.7	0.0	1.2	3.2	1.8	5.3	4.4	0.0	0.0	13.2	0.0	6.1
04-01	Fruits	1.0	4.4	2.4	0.0	2.7	1.3	3.6	1.2	6.1	1.8	0.1	1.4	0.0	1.1	2.4	1.3	4.7	3.5	0.0	0.0	13.0	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.3	3.1	0.8	0.0	1.0	0.1	2.9	1.4	1.0	1.4	0.7	1.3	0.0	0.0	0.7	0.4	0.5	0.8	0.0	0.0	0.0	0.0	3.3
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	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	0.0	0.0	0.0	0.0	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	58.8	6.6	4.4	0.0	5.0	15.9	18.9	33.8	20.9	14.0	15.0	24.1	30.4	23.8	11.0	43.7	12.7	13.7	1.5	44.0	5.1	6.5	4.6
05-01	Milk	19.3	0.9	0.5	0.0	0.5	7.7	7.3	12.0	9.7	3.4	3.2	7.6	6.7	5.2	5.0	18.3	4.0	5.2	0.0	18.1	1.4	0.0	0.8
05-02	Milk beverages	5.4	1.9	2.3	0.0	2.6	2.6	2.9	3.3	3.2	1.0	1.0	2.2	2.1	1.7	1.5	5.0	1.2	1.1	1.5	3.1	0.8	1.1	0.4
05-03	Yoghurt	12.5	1.7	0.5	0.0	0.6	2.7	4.3	6.9	5.3	1.8	2.1	4.0	1.9	1.4	3.0	11.4	5.4	3.8	0.0	8.7	2.3	0.3	0.9
05-04	Fromage blanc, petits suisses	0.4	0.0	0.1	0.0	0.1	0.2	0.1	0.3	0.2	0.0	0.1	0.4	0.3	0.2	0.6	0.1	0.1	0.0	0.4	0.0	0.5	0.0	0.0
05-05	Cheese (including fresh cheeses)	17.9	1.0	0.5	0.0	0.6	2.0	2.7	9.4	1.0	6.9	8.0	8.9	15.8	12.4	0.5	5.3	0.8	2.9	0.0	11.1	0.1	3.1	1.9
05-06	Cream desserts, puddings (milk based)	3.0	0.9	0.5	0.0	0.6	0.7	1.4	1.7	1.5	0.8	0.7	1.3	2.1	1.6	0.8	2.9	1.2	0.5	0.0	2.4	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	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	
06	Cereals and cereal products	8.4	29.6	28.8	0.3	33.2	56.4	26.2	19.0	14.8	18.9	33.4	20.3	0.5	0.6	21.9	11.0	14.1	27.7	21.5	0.9	1.8	0.3	10.3
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
06-02	Pasta, rice, other grain	0.6	3.4	2.1	0.1	2.3	0.5	2.2	1.8	0.6	1.3	0.1	2.5	0.0	0.0	0.9	0.6	0.4	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.0	21.0	20.0	0.0	23.2	54.4	19.1	14.0	9.3	15.7	27.3	14.4	0.1	0.1	14.0	6.8	6.5	21.1	0.0	0.1	0.1	0.2	4.0
06-03-01	Bread	5.7	19.6	18.8	0.0	21.8	54.3	18.0	13.2	8.8	15.1	26.4	13.7	0.1	0.1	12.8	6.4	6.2	20.5	0.0	0.1	0.0	0.2	3.5
06-03-02	Crispbread, rusks	0.3	1.4	1.2	0.0	1.4	0.2	1.1	0.8	0.5	0.6	0.9	0.7	0.0	0.0	1.1	0.4	0.4	0.6	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.9	1.1	3.0	0.0	3.3	0.1	1.4	1.0	0.7	0.4	0.9	1.0	0.0	0.0	3.7	2.3	2.7	3.3	21.5	0.7	0.3	0.1	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	3.2	3.3	0.2	3.7	0.6	3.2	1.8	4.0	0.8	4.4	1.9	0.3	0.4	2.7	1.0	3.9	1.0	0.0	0.0	1.4	0.0	5.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.9	0.5	0.0	0.6	0.7	0.4	0.4	0.3	0.7	0.7	0.4	0.1	0.1	0.6	0.4	0.5	1.3	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.4	9.5	16.5	86.4	8.8	3.1	9.2	16.7	12.8	31.5	18.9	27.5	15.3	13.2	23.3	11.8	20.8	4.0	0.0	30.4	9.8	22.5	7.1
07-01	Fresh meat	0.4	2.5	5.6	33.6	1.6	0.6	3.2	5.5	4.8	9.5	2.1	11.9	1.0	0.8	9.1	4.1	8.1	0.7	0.0	12.3	1.9	3.5	1.5
07-01-00	Unclassified	0.1	0.5	1.3	9.1	0.4	0.2	0.7	1.2	1.0	2.2	0.6	2.9	0.4	0.3	2.4	0.9	1.9	0.1	0.0	3.1	0.8	1.2	0.3
07-01-01	Beef	0.1	1.1	3.1	16.7	0.7	0.3	1.2	2.1	1.8	3.4	0.7	5.8	0.5	0.4	0.6	1.5	2.8	0.5	0.0	6.8	0.9	1.1	0.6
07-01-02	Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.1	0.8	1.2	7.4	0.5	0.2	1.2	2.1	1.8	3.9	0.7	3.0	0.2	0.1	6.0	1.5	3.2	0.2	0.0	2.1	0.1	1.0	0.7
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	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	7.3	1.0	0.7	1.7	2.5	2.0	6.3	0.5	1.8	1.3	1.0	1.3	0.7	5.0	0.8	0.0	1.4	0.0	8.5	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	2.2	1.3	6.9	0.9	0.7	1.7	2.5	2.0	6.1	0.5	1.7	1.3	1.0	1.3	0.7	4.9	0.7	0.0	1.2	0.0	8.5	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	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	0.0	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	0.1	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	1.9	4.8	9.6	45.4	6.2	1.7	4.3	8.7	6.0	15.6	16.3	13.7	12.9	11.4	12.9	6.9	7.8	2.5	0.0	16.7	7.9	10.5	4.5
07-05	Offals	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
08	Fish and shellfish	0.3	0.7	0.6	2.8	0.5	1.9	0.7	1.3	0.8	4.2	0.9	0.6	0.3	0.3	0.6	0.6	0.8	0.4	0.0	4.7	0.0	3.9	0.7
08-01	Fish	0.2	0.2	0.3	1.7	0.3	0.6	0.4	0.7	0.4	2.2	0.5	0.3	0.2	0.2	0.3	0.3	0.6	0.2	0.0	2.7	0.0	2.5	0.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.2	0.1	0.2	0.1	0.2	0.1	0.1	0.0	0.3	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.0	0.0	0.1
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	1.0	0.2	1.1	0.3	0.5	0.3	1.7	0.3	0.2	0.1	0.1	0.3	0.1	0.2	0.2	0.0	1.1	0.0	1.4	0.1
09	Eggs and egg products	0.6	0.5	2.1	0.0	2.5	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.0	0.5	2.0	0.6	2.2	0.0	3.5	0.0	4.8	2.7
09-01	Egg	0.6	0.5	2.1	0.0	2.5	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.0	0.5	2.0	0.6	2.2	0.0	3.5	0.0	4.8	2.7
10	Fat	1.4	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.6	20.6	3.0	2.2	4.3	4.2	38.6	1.7	0.0	37.2	20.8
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3
10-01	Vegetable oils	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	4.5
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.5	2.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.3
10-03	Margarines	1.3	0.0	0.1	1.8	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	23.8	18.4	3.0	2.1	4.3	4.2	38.6	1.6	0.0	35.8	15.7
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	0.1	0.0
11	Sugar and confectionery	5.2	11.5	11.4	0.0	13.0	3.0	7.1	3.9	5.4	2.7	1.6	3.5	3.8	3.3	2.5	4.7	2.5	2.1	3.6	3.1	2.8	1.6	5.9
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	0.0	0.2	0.2	0.0	0.3	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	0.1	0.0	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	9.4	7.8	0.0	8.9	1.5	5.0	2.8	3.4	2.0	0.7	2.6	1.4	1.1	1.4	3.1	0.8	1.5	3.4	2.2	0.2	0.6	4.4
11-03	Confectionery non-chocolate	0.4	0.9	1.5	0.0	1.7	0.2	0.6	0.3	0.4	0.1	0.3	0.3	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.6	1.4	0.0	1.6	0.1	0.4	0.1	0.6	0.0	0.1	0.1	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	2.1	0.0	0.9
11-05	Ice cream, water ice	1.6	0.4	0.5	0.0	0.6	1.2	1.0	0.8	0.8	0.5	0.4	0.5	2.4	2.1	0.8	1.4	0.4	0.5	0.0	0.9	0.4	1.0	0.4
11-05-01	Ice cream	1.5	0.4	0.5	0.0	0.5	1.2	0.9	0.7	0.8	0.5	0.4	0.5	2.4	2.1	0.8	1.4	0.3	0.5	0.0	0.9	0.0	1.0	0.4
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	0.1	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	0.0
12	Cakes	4.2	6.2	8.3	0.8	9.4	4.2	5.1	6.1	4.3	5.8	6.4	4.4	8.7	7.2	3.8	4.3	3.8	3.6	1.4	2.5	0.3	9.5	10.0
12-01	Cakes, pies, pastries, etc	2.1	2.9	3.2	0.7	3.5	3.3	2.4	3.3	2.1	3.5	3.5	2.4	6.0	5.0	2.2	2.9	1.2	2.5	0.0	2.1	0.3	7.4	4.5
12-02	Dry cakes, biscuits	2.1	3.4	5.2	0.1	5.9	0.9	2.7	2.8	2.2	2.3	2.9	2.0	2.7	2.2	1.6	1.4	2.6	1.1	1.4	0.4	0.0	2.1	5.5
13	Non-alcoholic beverages	9.0	5.7	3.3	0.0	3.9	5.7	7.1	3.6	7.6	3.7	2.0	1.2	0.1	2.4	8.0	5.2	11.6	7.5	3.7	2.7	32.2	0.0	6.5
13-00	Unclassified	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	0.0
13-01	Fruit and vegetable juices	1.6	1.8	2.0	0.0	2.3	1.0	3.3	1.1	5.0	0.6	0.2	0.7	0.0	2.1	6.8	3.1	5.7	5.0	1.2	1.4	18.4	0.0	4.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.5	2.1	0.7	0.0	0.8	2.8	1.4	2.1	1.5	0.9	1.2	0.1	0.0	0.2	1.0	1.4	4.4	0.5	2.4	1.2	13.2	0.0	1.7
13-03	Coffee, tea and herbal teas	1.1	1.4	0.6	0.0	0.7	0.5	1.0	0.3	1.0	0.1	0.1	0.2	0.1	0.1	0.2	0.7	1.5	2.0	0.0	0.2	0.6	0.0	0.0
13-03-01	Coffee	0.2	0.1	0.3	0.0	0.3	0.1	0.4	0.1	0.5	0.1	0.0	0.1	0.1	0.1	0.2	0.2	0.0	0.0	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	0.7	1.0	0.2	0.0	0.3	0.3	0.4	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.4	1.2	1.5	0.0	0.0	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.4	0.0	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	
13-04 Waters	3.8	0.5	0.1	0.0	0.1	1.4	1.4	0.0	0.1	2.1	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.2	0.2	0.3	0.0	0.3	0.2	0.4	0.3	0.4	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.3	0.4	0.0	0.2	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	
14-01 Wine	0.1	0.1	0.2	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	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.1	0.3	0.2	0.2	0.1	0.0	0.0	0.0	0.0	0.2	0.3	0.4	0.0	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	
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	
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	0.1	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	
15 Condiments and sauces	0.6	1.3	1.6	0.2	1.8	0.4	1.6	0.9	1.4	1.1	8.0	0.8	3.0	4.4	3.5	0.7	0.6	0.6	0.2	0.1	1.0	3.6	10.7
15-01 Sauces	0.6	1.2	1.4	0.2	1.6	0.4	1.5	0.8	1.3	1.0	7.2	0.8	3.0	4.4	3.1	0.7	0.5	0.6	0.2	0.1	0.8	3.6	10.7
15-01-00 Unclassified and other sauces	0.3	0.9	0.8	0.2	0.9	0.1	1.0	0.5	0.6	0.4	3.3	0.5	2.6	2.0	1.7	0.2	0.2	0.2	0.2	0.0	0.3	3.2	4.0
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.2	0.1	0.3	0.1	0.7	0.1	1.8	0.1	0.2	1.8	1.3	0.3	0.2	0.2	0.0	0.0	0.5	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.1	0.1	0.2	0.4	0.1	0.1	0.2	0.2	0.0	0.0	0.0	0.3	4.6
15-01-04 Dessert sauces	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	0.0	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	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.8	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.4	1.2	1.3	2.6	1.2	0.3	1.8	1.0	1.5	1.1	4.4	0.9	0.3	1.1	2.2	0.6	1.0	1.0	0.0	1.4	1.3	1.7	1.1
16-01 Soups	0.4	1.2	1.3	2.6	1.2	0.3	1.8	1.0	1.5	1.1	4.1	0.9	0.3	1.1	2.2	0.6	1.0	1.0	0.0	1.4	1.3	1.7	1.1
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.3	1.4	2.2	5.1	2.0	0.8	1.5	1.6	1.1	2.2	3.5	2.4	1.4	1.1	1.9	1.5	1.1	1.0	0.8	2.0	0.5	2.6	1.7
17-00 Unclassified	0.0	0.0	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	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.2	0.2	0.2	0.0	0.3	0.0	0.4	0.2	0.2	0.0	0.3	0.1	0.0	0.0	0.2	0.3	0.1	0.3	0.0	0.2	0.0	0.1	0.2
17-02 Dietetic products	0.2	0.3	0.3	0.1	0.3	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	0.3	0.2	0.2	0.2	0.2	0.8	0.2	0.2	0.3	0.2
17-02-00 Unclassified	0.2	0.3	0.3	0.1	0.3	0.2	0.2	0.2	0.2	0.2	0.1	0.2	0.3	0.3	0.2	0.2	0.2	0.2	0.8	0.2	0.2	0.3	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	0.9	0.9	1.6	5.0	1.3	0.6	0.9	1.2	0.7	1.9	2.9	2.1	1.1	0.9	1.5	1.0	0.8	0.5	0.0	1.7	0.3	2.3	1.2



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.3	5.6	0.0	6.8	1.7	6.1	3.8	11.4	1.9	0.8	3.3	0.1	0.1	5.4	1.8	10.6	7.1	0.0	0.1	15.3	0.0	1.8
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	5.2	6.2	7.6	0.0	9.0	1.6	5.0	3.3	8.7	1.7	2.5	3.5	0.2	14.1	4.6	4.4	5.1	14.4	0.0	0.0	17.4	0.1	6.1
02-01	Leafy vegetables (except cabbages)	1.5	1.1	2.0	0.0	2.4	0.4	1.3	0.6	1.8	0.1	0.3	0.7	0.1	3.3	0.9	1.0	0.7	3.1	0.0	0.0	0.9	0.1	1.3
02-02	Fruiting vegetables	1.1	1.8	2.4	0.0	2.8	0.6	1.7	0.8	2.9	0.2	0.8	1.0	0.0	2.0	1.2	1.0	1.6	3.3	0.0	0.0	6.5	0.0	2.3
02-03	Root vegetables	0.3	0.3	0.2	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.2	0.2	0.0	4.3	0.2	0.2	0.3	0.8	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.2	0.7	1.1	0.0	1.3	0.2	0.7	0.8	1.5	0.6	0.4	0.6	0.0	1.9	0.8	0.9	1.0	3.6	0.0	0.0	5.9	0.0	1.3
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.4	0.7	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.2	0.0	0.0	0.9	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.0	0.1	0.5	0.4	0.8	0.2	0.6	0.4	0.0	2.2	0.6	0.6	0.6	1.7	0.0	0.0	2.4	0.0	0.5
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.7	8.6	3.3	0.0	3.9	1.2	7.0	3.3	6.2	3.9	1.5	3.1	0.0	1.0	3.2	1.8	4.6	4.3	0.0	0.0	14.4	0.0	6.6
04-01	Fruits	1.0	3.7	1.7	0.0	2.0	1.1	2.9	1.1	4.7	1.5	0.0	1.1	0.0	1.0	2.2	1.2	3.9	3.3	0.0	0.0	14.3	0.0	2.3
04-02	Nuts and seeds (+nut spread)	0.6	4.7	1.5	0.0	1.8	0.1	4.0	2.2	1.4	2.3	1.1	2.0	0.0	0.0	1.0	0.6	0.7	1.0	0.0	0.0	0.0	0.0	4.2
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	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	59.1	4.7	2.9	0.0	3.4	14.4	14.4	30.9	15.6	13.4	15.9	22.4	28.8	22.9	8.8	37.6	10.4	10.7	0.0	37.1	4.1	4.8	4.7
05-01	Milk	17.3	0.8	0.4	0.0	0.5	6.5	5.7	10.0	7.6	2.8	2.8	6.1	4.9	3.9	4.2	15.6	3.2	4.1	0.0	13.6	1.4	0.0	0.6
05-02	Milk beverages	2.3	0.8	1.0	0.0	1.2	1.1	1.1	1.3	1.2	0.3	0.4	0.8	0.6	0.5	0.7	2.0	0.6	0.3	0.0	1.2	0.4	0.3	0.2
05-03	Yoghurt	9.3	0.8	0.3	0.0	0.4	2.3	2.7	4.8	3.4	1.2	1.5	3.0	1.4	1.1	2.2	8.4	4.2	2.5	0.0	5.8	1.5	0.3	0.7
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.4	0.1	0.3	0.2	0.1	0.1	0.2	0.3	0.2	0.2	0.6	0.1	0.1	0.0	0.6	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.6	1.4	0.6	0.0	0.7	2.5	3.1	11.5	1.1	7.9	10.1	10.7	17.6	13.9	0.5	6.6	0.9	3.2	0.0	13.0	0.2	3.0	2.3
05-06	Cream desserts, puddings (milk based)	3.3	0.8	0.4	0.0	0.5	0.6	1.2	1.6	1.3	0.7	0.7	1.2	2.1	1.8	0.7	2.9	1.1	0.4	0.0	2.2	0.4	0.7	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.4	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.1	0.1	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	1.6	0.0	0.1	0.0	0.1	0.9	0.4	1.2	0.8	0.5	0.3	0.5	0.6	0.5	0.2	1.4	0.2	0.0	0.0	0.7	0.1	0.1	0.2
06	Cereals and cereal products	7.8	29.6	26.0	0.3	30.7	55.3	23.5	18.1	11.8	16.7	29.8	19.0	0.4	0.4	17.5	8.8	10.1	21.6	5.0	0.3	1.0	0.3	8.3
06-01	Flour, flakes, starches, semolina	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
06-02	Pasta, rice, other grain	0.8	4.1	2.1	0.1	2.5	0.8	2.2	2.0	0.6	1.3	0.1	2.9	0.0	0.0	1.1	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.2	22.1	19.9	0.0	23.5	53.5	18.4	14.0	8.5	14.3	26.5	13.9	0.1	0.1	13.1	6.7	6.5	18.2	0.0	0.1	0.1	0.2	4.4
06-03-01	Bread	6.1	21.4	19.3	0.0	22.8	53.4	17.9	13.5	8.2	14.1	26.0	13.6	0.1	0.1	12.6	6.5	6.3	17.9	0.0	0.1	0.0	0.2	4.1
06-03-02	Crispbread, rusks	0.1	0.7	0.6	0.0	0.7	0.1	0.5	0.4	0.3	0.3	0.5	0.4	0.0	0.0	0.6	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.2
06-04	Breakfast cereals	0.3	1.2	1.8	0.0	2.2	0.0	1.2	1.0	0.6	0.1	0.3	0.9	0.0	0.0	1.5	0.7	0.7	1.1	5.0	0.2	0.0	0.0	0.8
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.6	1.8	0.1	2.1	0.6	1.4	0.9	1.9	0.4	2.3	1.0	0.1	0.2	1.3	0.5	2.0	0.5	0.0	0.0	0.9	0.0	2.5
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.4	0.0	0.4	0.5	0.2	0.3	0.2	0.5	0.5	0.3	0.1	0.1	0.4	0.3	0.3	0.9	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.4	11.3	18.1	86.2	9.2	3.3	9.6	18.9	14.2	33.2	19.7	30.9	16.5	14.3	27.5	13.8	24.0	4.0	0.0	33.0	12.7	20.9	7.8
07-01	Fresh meat	0.6	3.7	7.6	39.3	2.3	0.9	4.2	7.6	6.4	12.0	2.7	16.0	1.2	1.0	13.0	6.0	11.3	0.9	0.0	15.1	2.8	3.5	2.2
07-01-00	Unclassified	0.1	0.6	1.5	9.5	0.4	0.2	0.7	1.3	1.1	2.3	0.8	3.2	0.4	0.3	2.7	1.1	2.1	0.1	0.0	3.3	1.3	1.1	0.3
07-01-01	Beef	0.2	1.5	4.0	18.8	0.9	0.4	1.5	2.7	2.3	4.1	0.9	7.6	0.5	0.4	0.9	2.1	3.6	0.6	0.0	8.0	1.2	1.1	0.8
07-01-02	Veal	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.1	0.1	0.0
07-01-03	Pork	0.2	1.3	1.7	9.4	0.8	0.2	1.8	3.2	2.6	5.4	1.0	4.3	0.2	0.2	9.2	2.3	5.1	0.2	0.0	2.9	0.2	1.1	1.1
07-01-04	Mutton/Lamb	0.0	0.2	0.2	1.0	0.1	0.1	0.1	0.3	0.2	0.1	0.1	0.5	0.1	0.0	0.3	0.3	0.3	0.0	0.0	0.7	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.1	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	0.0	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	2.7	1.7	8.0	1.2	0.9	1.9	3.1	2.3	7.1	0.7	2.0	1.6	1.1	1.7	0.9	5.8	0.8	0.0	1.8	0.0	9.8	1.3
07-02-00	Unclassified and other poultry	0.0	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.6	1.5	7.2	1.1	0.8	1.8	2.9	2.2	6.8	0.6	1.9	1.5	1.1	1.5	0.7	5.5	0.7	0.0	1.2	0.0	9.7	1.3
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.2	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	0.1	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
07-03	Game	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.0	0.0
07-04	Processed meat	1.6	4.8	8.7	38.3	5.6	1.4	3.5	8.1	5.4	13.9	16.3	12.8	13.6	12.1	12.7	6.9	6.7	2.1	0.0	15.6	9.9	7.7	4.3
07-05	Offals	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.2	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.0	0.0
08	Fish and shellfish	0.8	1.8	1.3	4.7	1.1	3.6	1.3	2.5	1.4	8.4	2.4	1.2	0.9	0.7	1.2	1.3	1.9	0.6	0.0	9.7	0.1	8.8	1.9
08-01	Fish	0.5	0.9	0.9	3.6	0.8	1.9	0.9	1.9	1.1	6.0	1.6	0.7	0.7	0.6	0.9	0.9	1.6	0.4	0.0	6.6	0.1	7.4	1.4

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.6	0.1	0.4	0.1	0.4	0.2	0.1	0.1	0.7	0.4	0.3	0.0	0.0	0.0	0.2	0.0	0.1	0.0	2.1	0.0	0.0	0.3
08-03	Fish products, fish in crumbs	0.2	0.2	0.2	0.7	0.2	1.3	0.3	0.5	0.3	1.7	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.0	0.0	1.4	0.2
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.8	0.5	4.4	0.7	1.7	4.5	3.5	0.6	2.4	0.7	2.4	0.0	3.9	0.0	4.8	3.3
09-01	Egg	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.8	0.5	4.4	0.7	1.7	4.5	3.5	0.6	2.4	0.7	2.4	0.0	3.9	0.0	4.8	3.3
10	Fat	1.3	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	30.4	23.7	2.5	2.2	7.1	9.0	62.1	3.0	0.0	39.1	27.2
10-00	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	0.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.6
10-01	Vegetable oils	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	5.2
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	2.8	2.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.4
10-03	Margarines	1.2	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.2	0.0	1.2	0.0	27.0	20.9	2.5	2.2	7.1	9.0	62.1	2.9	0.0	37.5	21.0
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	2.9	5.8	5.6	0.0	6.6	1.4	3.2	1.7	2.5	1.0	0.8	1.6	1.7	1.6	1.1	2.1	0.8	0.6	0.5	1.1	0.7	0.8	2.5
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	0.0
11-01	Sugar, honey ,jam	0.1	0.3	0.3	0.0	0.4	0.0	0.1	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	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.5	4.4	3.3	0.0	3.9	0.6	2.1	1.2	1.4	0.7	0.3	1.1	0.5	0.4	0.5	1.2	0.3	0.4	0.5	0.7	0.1	0.3	1.8
11-03	Confectionery non-chocolate	0.3	0.4	0.6	0.0	0.8	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.5	1.2	0.0	1.3	0.0	0.2	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.5	0.0	0.2
11-05	Ice cream, water ice	0.9	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	0.2
11-05-01	Ice cream	0.9	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	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	2.0	3.2	3.8	0.6	4.5	2.6	2.4	3.1	2.0	3.1	3.7	2.2	5.9	4.8	2.0	2.2	1.3	1.9	0.0	1.2	0.3	5.9	5.7
12-01	Cakes, pies, pastries, etc	1.3	2.0	2.1	0.3	2.5	2.1	1.5	2.1	1.3	2.1	2.4	1.5	4.3	3.5	1.4	1.7	0.7	1.4	0.0	1.0	0.3	5.0	3.3
12-02	Dry cakes, biscuits	0.7	1.2	1.7	0.3	2.0	0.4	0.9	1.0	0.8	0.9	1.3	0.8	1.6	1.3	0.6	0.5	0.6	0.5	0.0	0.2	0.0	0.9	2.3
13	Non-alcoholic beverages	9.5	8.4	10.0	0.0	11.9	5.2	13.7	3.8	16.5	3.1	1.9	1.7	0.5	1.4	9.5	7.8	7.5	6.3	0.7	2.1	22.2	0.1	3.3
13-00	Unclassified	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.1	1.3	1.4	0.0	1.6	0.5	2.2	0.8	3.4	0.3	0.1	0.5	0.0	1.0	4.5	2.1	3.3	3.9	0.2	0.6	15.9	0.0	2.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.4	1.6	0.4	0.0	0.5	1.6	0.5	2.0	0.5	0.2	0.7	0.1	0.0	0.0	0.3	1.1	2.2	0.1	0.4	0.7	5.4	0.0	0.4
13-03	Coffee, tea and herbal teas	4.0	5.2	8.0	0.0	9.6	2.0	9.9	1.0	12.6	1.3	0.7	1.0	0.5	0.4	4.7	4.5	1.9	2.3	0.0	0.7	0.9	0.1	0.1
13-03-01	Coffee	2.8	3.5	7.7	0.0	9.1	1.5	9.2	0.8	12.0	1.3	0.5	0.8	0.5	0.4	4.7	3.9	0.1	0.2	0.0	0.7	0.0	0.1	0.1
13-03-02	Tea	1.0	1.4	0.3	0.0	0.4	0.4	0.6	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.5	1.5	1.7	0.0	0.0	0.7	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	3.0	0.3	0.1	0.0	0.1	1.1	1.0	0.0	0.0	1.3	0.4	0.1	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	1.9	2.9	0.0	3.5	3.0	6.1	4.1	4.6	0.9	0.3	0.8	0.0	0.0	0.0	4.4	6.5	6.9	0.0	1.9	0.1	0.0	0.3
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	2.2	0.0	2.6	1.5	1.1	0.3	0.9	0.0	0.1	0.1	0.0	0.0	0.0	0.4	0.5	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.9	1.1	0.6	0.0	0.8	1.5	4.9	3.9	3.6	0.9	0.2	0.6	0.0	0.0	0.0	3.9	5.9	6.9	0.0	1.9	0.1	0.0	0.2
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	0.8	1.5	1.8	0.0	2.2	0.4	1.6	1.0	1.4	1.0	8.9	1.0	3.5	4.2	3.5	0.8	0.7	0.7	0.0	0.2	1.3	4.3	12.5
15-01 Sauces	0.7	1.4	1.6	0.0	1.9	0.4	1.4	0.9	1.2	0.9	7.6	0.8	3.5	4.2	2.9	0.6	0.6	0.6	0.0	0.1	0.9	4.3	12.4
15-01-00 Unclassified and other sauces	0.4	1.1	0.9	0.0	1.1	0.1	1.1	0.6	0.6	0.4	4.2	0.5	3.1	2.4	2.1	0.3	0.2	0.1	0.0	0.0	0.3	4.0	5.5
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.5	0.0	1.5	0.1	0.1	1.3	0.8	0.2	0.2	0.2	0.0	0.0	0.7	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.2	0.1	0.4	1.1	0.1	0.2	0.4	0.1	0.1	0.2	0.2	0.0	0.0	0.0	0.3	4.9
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	1.3	0.1	0.0	0.0	0.5	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.1
16 Soups, bouillon	0.7	1.9	2.0	2.9	2.1	0.4	2.7	1.5	2.1	1.3	6.7	1.1	0.2	0.9	3.9	1.2	1.3	1.1	0.0	1.7	1.9	1.8	1.2
16-01 Soups	0.7	1.9	2.0	2.9	2.1	0.3	2.7	1.5	2.1	1.3	6.1	1.1	0.2	0.9	3.9	1.2	1.3	1.1	0.0	1.7	1.9	1.8	1.2
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.0	1.0	1.7	3.8	1.5	0.6	0.9	1.2	0.7	1.6	2.8	1.7	0.7	0.6	1.2	0.9	0.7	0.6	0.8	1.4	0.4	1.9	1.3
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	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
17-01 Soya products	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1
17-02 Dietetic products	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.1	0.1	0.8	0.1	0.1	0.2	0.1
17-02-00 Unclassified	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.2	0.1	0.1	0.1	0.8	0.1	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.4	3.8	1.1	0.5	0.6	0.9	0.5	1.3	2.2	1.5	0.6	0.4	1.0	0.6	0.5	0.4	0.0	1.2	0.3	1.6	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.0	6.2	4.4	0.0	5.3	1.3	5.0	3.1	9.3	1.4	0.6	2.7	0.1	0.1	4.1	1.3	8.3	5.3	0.0	0.1	9.9	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
02	Vegetables	5.2	6.7	8.2	0.0	10.1	1.9	6.0	4.1	10.7	1.9	3.0	4.1	0.1	15.9	5.1	4.7	5.7	15.1	0.0	0.0	17.4	0.1	6.7
02-01	Leafy vegetables (except cabbages)	1.6	1.1	2.2	0.0	2.7	0.3	1.6	0.7	2.2	0.2	0.4	0.9	0.1	3.6	1.0	1.0	0.7	3.2	0.0	0.0	0.7	0.1	1.4
02-02	Fruiting vegetables	1.0	1.9	2.9	0.0	3.5	0.8	2.0	1.0	3.8	0.2	0.8	1.3	0.0	2.4	1.5	1.1	2.0	3.5	0.0	0.0	7.6	0.0	2.8
02-03	Root vegetables	0.4	0.4	0.3	0.0	0.4	0.1	0.3	0.2	0.9	0.1	0.3	0.3	0.0	5.8	0.3	0.2	0.4	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	1.0	0.8	1.0	0.0	1.3	0.3	0.8	0.9	1.7	0.6	0.5	0.6	0.0	1.3	0.8	0.8	1.1	3.8	0.0	0.0	5.5	0.0	1.2
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.3	0.0	0.1	0.3	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	0.1	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.3	0.1	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.6	1.0	0.0	0.0	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.6	0.9	0.0	1.0	0.2	0.6	0.4	1.0	0.3	0.7	0.4	0.0	2.5	0.6	0.5	0.6	1.8	0.0	0.0	2.0	0.0	0.4
03	Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.0	9.2	4.2	0.0	5.0	1.6	7.4	3.6	8.3	3.8	1.3	3.4	0.0	1.5	4.1	2.1	5.7	5.7	0.0	0.0	18.9	0.0	6.3
04-01	Fruits	1.5	5.1	2.6	0.0	3.2	1.4	4.1	1.7	7.1	1.8	0.1	1.6	0.0	1.5	2.9	1.6	5.0	4.8	0.0	0.0	18.7	0.0	3.2
04-02	Nuts and seeds (+nut spread)	0.4	3.8	1.4	0.0	1.6	0.1	3.2	1.8	1.1	1.9	0.8	1.7	0.0	0.0	1.1	0.5	0.6	0.8	0.0	0.0	0.0	0.0	2.9
04-03	Mixed fruits	0.1	0.3	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.2
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	56.4	4.6	2.7	0.0	3.3	15.4	14.4	32.9	15.9	13.4	17.6	22.9	29.2	22.0	8.6	37.3	11.5	10.7	0.3	37.3	3.6	5.7	4.8
05-01	Milk	14.5	0.6	0.4	0.0	0.4	5.8	4.9	9.1	6.7	2.3	2.6	5.3	3.9	2.9	3.3	13.5	2.6	3.5	0.0	11.7	1.0	0.0	0.5
05-02	Milk beverages	2.2	0.6	0.9	0.0	1.0	1.0	1.0	1.3	1.2	0.2	0.4	0.8	0.6	0.5	0.7	2.0	0.7	0.3	0.3	1.3	0.4	0.3	0.3
05-03	Yoghurt	11.2	1.0	0.4	0.0	0.5	3.1	3.5	6.4	4.4	1.6	2.0	3.9	1.9	1.3	2.9	10.4	5.8	3.1	0.0	7.8	1.5	0.2	0.9
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.7	0.2	0.5	0.3	0.2	0.2	0.3	0.4	0.3	0.2	0.9	0.2	0.2	0.0	0.8	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.6	1.5	0.6	0.0	0.8	3.1	3.3	12.7	1.2	7.8	11.4	11.1	18.4	13.8	0.6	6.5	1.0	3.1	0.0	12.8	0.2	3.6	2.2
05-06	Cream desserts, puddings (milk based)	2.4	0.7	0.4	0.0	0.4	0.6	1.0	1.4	1.0	0.7	0.6	0.9	1.8	1.4	0.6	2.3	1.0	0.4	0.0	1.9	0.3	0.7	0.5
05-07	Dairy and non-dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.6	1.2	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.6	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.6	1.2	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.6	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	1.7	0.0	0.0	0.0	0.1	1.0	0.5	1.4	0.9	0.5	0.4	0.5	0.7	0.5	0.3	1.5	0.2	0.0	0.0	0.9	0.1	0.1	0.2
06	Cereals and cereal products	6.8	27.7	24.5	0.5	29.5	49.7	23.4	18.4	11.8	15.9	29.9	18.6	0.5	0.5	17.6	8.3	9.9	19.5	7.6	0.3	1.0	0.2	8.7
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	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
06-02	Pasta, rice, other grain	0.7	3.7	2.0	0.1	2.4	0.7	2.2	2.0	0.6	1.5	0.1	2.8	0.0	0.1	1.1	0.6	0.5	0.8	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.2	20.2	18.0	0.0	21.8	48.1	17.8	13.7	8.3	13.1	26.0	13.2	0.0	0.0	12.4	5.9	6.0	15.6	0.0	0.0	0.0	0.1	4.5
06-03-01	Bread	5.0	18.7	16.8	0.0	20.2	47.8	16.6	12.8	7.7	12.6	24.9	12.4	0.0	0.0	11.2	5.5	5.5	15.0	0.0	0.0	0.0	0.1	3.9
06-03-02	Crispbread, rusks	0.3	1.5	1.2	0.0	1.5	0.2	1.2	0.9	0.6	0.5	1.1	0.8	0.0	0.0	1.2	0.4	0.5	0.5	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.3	1.4	2.3	0.0	2.8	0.1	1.6	1.3	0.8	0.2	0.4	1.2	0.0	0.0	2.3	1.0	1.2	1.6	7.6	0.2	0.2	0.0	1.1
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.7	1.8	0.3	2.1	0.5	1.5	1.0	1.9	0.6	2.9	1.1	0.3	0.3	1.4	0.6	1.9	0.5	0.0	0.0	0.7	0.0	2.6
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.3	0.0	0.4	0.5	0.2	0.3	0.2	0.4	0.5	0.3	0.1	0.0	0.4	0.3	0.3	0.9	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	1.5	8.6	13.6	82.5	6.8	2.7	8.0	16.1	12.0	27.5	15.6	25.1	13.4	11.3	21.0	10.4	19.9	3.0	0.0	27.1	7.8	18.7	6.3
07-01	Fresh meat	0.4	2.9	6.1	39.7	1.8	0.8	3.5	6.7	5.5	10.2	2.4	13.6	1.0	0.7	10.1	4.6	9.2	0.8	0.0	13.5	2.0	3.1	1.8
07-01-00	Unclassified	0.1	0.5	1.1	8.1	0.3	0.2	0.6	1.1	0.9	1.9	0.6	2.5	0.3	0.2	2.1	0.8	1.6	0.1	0.0	2.5	0.8	1.0	0.2
07-01-01	Beef	0.1	1.3	3.6	22.0	0.8	0.4	1.4	2.8	2.3	3.9	0.9	7.3	0.5	0.4	0.8	1.9	3.3	0.5	0.0	8.2	1.1	1.1	0.7
07-01-02	Veal	0.0	0.0	0.0	0.5	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.0	0.1	0.0
07-01-03	Pork	0.2	1.0	1.2	8.5	0.6	0.2	1.4	2.7	2.1	4.2	0.8	3.4	0.2	0.1	7.1	1.8	4.0	0.1	0.0	2.2	0.2	0.9	0.8
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	2.1	1.3	8.7	1.0	0.8	1.7	2.9	2.1	6.4	0.6	1.7	1.4	0.9	1.4	0.7	5.3	0.7	0.0	1.5	0.0	9.4	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	0.2	2.1	1.3	8.4	0.9	0.8	1.7	2.8	2.1	6.3	0.6	1.7	1.4	0.9	1.4	0.6	5.2	0.6	0.0	1.2	0.0	9.4	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.2	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	0.0	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	0.1	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	0.2	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	0.1	0.0	0.0	0.0
07-04	Processed meat	1.0	3.4	6.0	33.5	3.9	1.1	2.7	6.4	4.3	10.6	12.6	9.7	10.7	9.3	9.4	4.8	5.2	1.4	0.0	11.7	5.7	6.2	3.4
07-05	Offals	0.0	0.2	0.2	0.4	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.4	0.4	0.1	0.2	0.0	0.2	0.0	0.4	0.1	0.0	0.0
08	Fish and shellfish	0.9	2.1	1.3	7.0	1.1	3.8	1.5	3.2	1.7	8.8	2.9	1.4	1.0	0.8	1.5	1.5	2.1	0.7	0.0	11.2	0.1	9.3	2.4
08-01	Fish	0.5	1.1	1.0	5.6	0.8	2.1	1.1	2.5	1.4	6.3	2.0	0.9	0.9	0.7	1.2	1.0	1.9	0.4	0.0	7.8	0.1	8.2	1.7

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.8	0.1	0.5	0.1	0.6	0.2	0.2	0.1	1.1	0.6	0.4	0.0	0.0	0.1	0.4	0.1	0.1	0.0	2.6	0.0	0.0	0.5
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.9	0.2	1.1	0.2	0.5	0.3	1.4	0.4	0.2	0.1	0.1	0.3	0.1	0.2	0.2	0.0	0.8	0.0	1.1	0.1
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.2	2.5	0.6	2.1	0.6	4.8	0.8	1.8	4.9	3.5	0.6	2.5	0.7	2.5	0.0	4.4	0.0	5.6	3.7
09-01	Egg	0.8	0.7	2.6	0.0	3.2	2.5	0.6	2.1	0.6	4.8	0.8	1.8	4.9	3.5	0.6	2.5	0.7	2.5	0.0	4.4	0.0	5.6	3.7
10	Fat	1.0	0.0	0.1	2.3	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.7	19.2	1.9	1.6	5.5	7.1	44.7	2.7	0.0	32.3	21.9
10-00	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	0.4	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.4
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.3
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	3.3	2.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.2	0.5
10-03	Margarines	0.9	0.0	0.1	2.3	0.1	0.1	0.1	0.2	0.2	0.0	1.0	0.0	22.0	16.4	1.9	1.6	5.5	7.1	44.7	2.5	0.0	30.5	16.7
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	2.7	5.8	6.5	0.0	7.5	1.6	3.3	2.0	2.7	1.2	0.9	1.7	2.0	1.6	1.2	2.3	1.2	0.7	0.1	1.3	0.9	0.8	2.9
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	0.0	0.2	0.2	0.0	0.3	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	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.3	4.2	3.3	0.0	3.8	0.7	2.1	1.3	1.5	0.9	0.3	1.1	0.6	0.5	0.6	1.3	0.3	0.4	0.1	0.8	0.1	0.2	2.0
11-03	Confectionery non-chocolate	0.3	0.4	0.7	0.0	0.8	0.1	0.3	0.1	0.2	0.1	0.2	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	0.7	2.1	0.0	2.3	0.1	0.4	0.1	0.5	0.0	0.1	0.2	0.0	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.7	0.0	0.4
11-05	Ice cream, water ice	0.9	0.2	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.3	0.3	0.3	1.4	1.1	0.5	0.8	0.2	0.2	0.0	0.4	0.1	0.6	0.2
11-05-01	Ice cream	0.9	0.2	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.2	0.3	0.3	1.4	1.1	0.5	0.8	0.2	0.2	0.0	0.4	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	2.3	3.7	4.8	0.8	5.8	3.2	3.1	4.1	2.6	3.6	4.7	2.8	7.1	5.5	2.4	2.8	1.8	2.1	0.0	1.4	0.4	7.1	6.4
12-01	Cakes, pies, pastries, etc	1.4	2.2	2.4	0.6	2.9	2.6	1.9	2.6	1.6	2.4	2.9	1.7	5.2	4.0	1.6	2.1	0.8	1.6	0.0	1.1	0.3	5.6	3.6
12-02	Dry cakes, biscuits	0.9	1.4	2.4	0.2	2.9	0.6	1.2	1.5	1.0	1.2	1.8	1.1	1.9	1.5	0.9	0.7	1.0	0.6	0.0	0.3	0.0	1.5	2.8
13	Non-alcoholic beverages	12.4	10.1	9.6	0.0	11.7	6.7	15.2	4.4	17.5	4.2	2.6	2.3	0.7	1.9	9.4	8.1	10.0	9.6	0.3	2.4	23.1	0.2	3.8
13-00	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.2	1.5	1.6	0.0	2.0	0.6	2.8	1.1	4.4	0.4	0.2	0.6	0.0	1.3	5.1	2.5	3.8	4.6	0.1	0.7	16.4	0.0	3.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.2	1.3	0.5	0.0	0.6	1.4	0.6	1.7	0.5	0.3	0.7	0.1	0.0	0.1	0.3	0.6	1.7	0.1	0.2	0.6	4.8	0.0	0.4
13-03	Coffee, tea and herbal teas	5.4	6.7	7.4	0.0	9.0	2.7	10.2	1.6	12.5	1.3	1.0	1.4	0.7	0.5	4.0	4.9	4.4	4.9	0.0	1.1	1.9	0.2	0.1
13-03-01	Coffee	2.8	3.0	6.5	0.0	7.9	1.4	8.5	1.0	11.1	1.3	0.7	0.9	0.7	0.5	4.0	3.7	0.2	0.3	0.0	1.1	0.0	0.2	0.1
13-03-02	Tea	1.8	2.7	0.6	0.0	0.8	0.9	1.2	0.5	0.9	0.0	0.2	0.4	0.0	0.0	0.0	0.9	3.1	3.4	0.0	0.0	1.4	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.7	1.0	0.2	0.0	0.3	0.3	0.4	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	1.1	1.2	0.0	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	0.1	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
13-04 Waters	4.6	0.6	0.1	0.0	0.1	1.9	1.6	0.0	0.1	2.3	0.7	0.2	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	3.6	0.0	4.3	2.6	2.4	1.0	2.1	0.2	0.2	0.3	0.1	0.1	0.0	1.2	1.7	1.0	0.0	0.3	0.1	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	3.4	0.0	4.0	2.3	1.6	0.4	1.5	0.1	0.2	0.2	0.0	0.0	0.0	0.6	0.8	0.1	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.2	0.1	0.0	0.2	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
14-03 Beer, cider	0.1	0.1	0.1	0.0	0.1	0.2	0.7	0.5	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.8	0.9	0.0	0.3	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	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	0.5	1.0	1.5	0.0	1.8	0.4	1.3	0.8	1.2	0.7	8.0	0.7	2.9	3.3	3.3	0.6	0.5	0.6	0.0	0.1	1.1	3.2	9.3
15-01 Sauces	0.5	1.0	1.3	0.0	1.6	0.4	1.1	0.7	1.1	0.6	7.0	0.6	2.9	3.3	3.0	0.5	0.4	0.5	0.0	0.1	0.9	3.2	9.3
15-01-00 Unclassified and other sauces	0.3	0.7	0.8	0.0	0.9	0.1	0.8	0.4	0.5	0.2	3.9	0.4	2.6	1.9	2.2	0.2	0.1	0.1	0.0	0.0	0.4	3.0	3.9
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.5	0.0	1.5	0.1	0.2	1.1	0.8	0.2	0.2	0.2	0.0	0.0	0.5	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.9	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.2	0.8	0.1	0.1	0.3	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.2	3.4
15-01-04 Dessert sauces	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	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	1.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.6	1.7	1.7	2.9	1.7	0.4	2.6	1.4	2.0	1.3	7.3	1.1	0.3	1.2	3.7	0.9	1.3	1.1	0.0	1.6	1.8	1.9	1.3
16-01 Soups	0.6	1.7	1.7	2.9	1.7	0.4	2.6	1.4	2.0	1.3	6.3	1.1	0.3	1.2	3.7	0.9	1.3	1.1	0.0	1.6	1.8	1.9	1.3
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.6	1.4	2.0	3.9	2.1	0.9	1.6	1.6	1.0	2.0	2.9	2.0	1.2	0.9	1.4	1.5	0.9	1.1	2.3	1.7	0.5	2.8	1.6
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.7	0.3	0.4	0.0	0.4	0.0	0.7	0.4	0.2	0.3	0.3	0.2	0.0	0.0	0.2	0.5	0.1	0.4	0.0	0.4	0.0	0.5	0.3
17-02 Dietetic products	0.4	0.5	0.5	0.0	0.6	0.4	0.3	0.3	0.2	0.5	0.4	0.4	0.7	0.5	0.4	0.4	0.3	0.5	2.3	0.3	0.3	0.8	0.5
17-02-00 Unclassified	0.4	0.5	0.5	0.0	0.6	0.4	0.3	0.3	0.2	0.5	0.2	0.4	0.7	0.5	0.4	0.4	0.3	0.5	2.3	0.3	0.3	0.8	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.6	1.1	3.9	1.0	0.5	0.5	0.8	0.5	1.1	2.0	1.3	0.5	0.4	0.8	0.5	0.4	0.3	0.0	0.9	0.2	1.5	0.9



**Table 2.2.c** Average contribution of food subgroups to the intake of micronutrients of the Dutch population stratified by age gender groups (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.2	9.2	5.6	0.0	6.5	1.7	7.0	4.4	12.7	2.8	0.9	3.9	0.1	0.1	5.8	2.0	11.7	8.5	0.0	0.1	13.2	0.1	2.3
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	3.0	4.3	5.6	0.0	6.4	1.1	4.0	2.3	6.9	1.2	2.0	2.6	0.1	12.5	3.0	2.5	3.8	11.7	0.0	0.0	10.6	0.1	5.5
02-01	Leafy vegetables (except cabbages)	0.9	0.7	1.4	0.0	1.7	0.1	0.9	0.4	1.0	0.1	0.4	0.4	0.1	2.4	0.6	0.6	0.4	2.4	0.0	0.0	0.5	0.1	1.1
02-02	Fruiting vegetables	0.7	1.5	2.3	0.0	2.6	0.5	1.6	0.7	3.1	0.1	0.6	1.0	0.0	1.6	1.0	0.7	1.5	3.0	0.0	0.0	4.4	0.0	2.5
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.2	0.3	0.2	0.7	0.1	0.3	0.3	0.0	6.4	0.2	0.2	0.4	1.2	0.0	0.0	0.5	0.0	0.5
02-04	Cabbages	0.7	0.6	0.8	0.0	0.9	0.2	0.6	0.6	1.2	0.5	0.3	0.5	0.0	1.3	0.6	0.6	0.8	3.5	0.0	0.0	4.2	0.0	1.1
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.0	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.1	0.0	0.0
02-07	Onion, garlic	0.1	0.3	0.1	0.0	0.2	0.0	0.2	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.3	0.6	0.0	0.0	0.2	0.0	0.1
02-08	Stalk vegetables, sprouts	0.0	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	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.3	0.1	0.3	0.1	0.0	0.8	0.2	0.1	0.2	0.6	0.0	0.0	0.5	0.0	0.1
03	Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.4	9.3	4.0	0.0	4.6	1.6	7.8	3.1	8.1	4.0	0.9	3.3	0.0	0.8	3.4	1.9	6.3	4.4	0.0	0.0	12.8	0.0	7.6
04-01	Fruits	1.0	4.9	2.7	0.0	3.2	1.4	4.0	1.3	6.6	2.1	0.1	1.5	0.0	0.8	2.5	1.3	5.6	3.3	0.0	0.0	12.5	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.4	4.3	1.2	0.0	1.3	0.1	3.8	1.7	1.4	1.8	0.8	1.8	0.0	0.0	0.8	0.5	0.5	1.1	0.0	0.0	0.0	0.0	4.7
04-03	Mixed fruits	0.0	0.2	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.2	0.0	0.0	0.0	0.2	0.0	0.2
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	60.7	7.8	4.8	0.0	5.5	16.5	21.4	36.9	24.6	15.0	15.7	25.8	27.0	22.1	13.5	46.4	14.1	15.4	2.9	46.5	6.2	5.7	4.6
05-01	Milk	21.1	1.0	0.5	0.0	0.6	8.7	8.5	13.9	11.4	4.1	3.9	9.2	6.6	5.3	6.2	20.1	5.1	6.5	0.0	20.4	1.7	0.0	0.9
05-02	Milk beverages	5.2	2.1	2.3	0.0	2.7	2.8	3.1	3.3	3.4	1.2	1.0	2.2	1.6	1.3	1.7	5.0	1.4	1.3	2.9	3.0	0.9	1.0	0.4
05-03	Yoghurt	14.1	2.6	0.7	0.0	0.8	2.4	5.2	8.3	6.5	2.1	2.5	4.4	1.5	1.2	3.9	12.0	4.5	4.2	0.0	9.2	2.9	0.2	1.0
05-04	Fromage blanc, petits suisses	0.9	0.1	0.2	0.0	0.2	0.3	0.2	0.4	0.2	0.0	0.1	0.3	0.6	0.4	0.3	0.9	0.1	0.1	0.0	0.7	0.1	0.9	0.0
05-05	Cheese (including fresh cheeses)	15.3	0.9	0.4	0.0	0.5	1.5	2.5	8.5	0.8	6.5	7.3	8.0	12.9	10.7	0.3	4.3	0.7	2.6	0.0	10.0	0.1	2.3	1.7
05-06	Cream desserts, puddings (milk based)	4.1	1.1	0.6	0.0	0.7	0.8	1.9	2.4	2.1	1.0	0.9	1.7	2.8	2.3	1.1	3.9	2.3	0.6	0.0	3.1	0.5	0.8	0.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.0	0.9	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.5	0.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.0	0.9	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.5	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	
05-08 Milk for coffee and creamers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
06 Cereals and cereal products	7.7	28.7	27.8	0.2	31.8	57.2	25.0	18.1	13.8	19.3	33.8	19.6	0.6	0.7	21.2	10.3	13.9	28.8	22.3	0.9	1.2	0.5	8.4
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.5	2.9	1.7	0.1	2.0	0.4	1.9	1.5	0.5	1.1	0.1	2.1	0.0	0.0	0.8	0.4	0.4	0.8	0.0	0.0	0.0	0.0	0.3
06-03 Bread, crisp bread, rusks	5.4	21.4	20.2	0.0	23.2	55.4	19.0	13.8	9.4	16.4	28.5	14.6	0.1	0.1	13.9	6.4	6.9	22.6	0.0	0.1	0.0	0.2	3.3
06-03-01 Bread	5.2	19.9	19.0	0.0	21.8	55.2	17.8	13.0	8.8	15.7	27.6	13.9	0.1	0.1	12.7	6.0	6.4	22.0	0.0	0.1	0.0	0.2	2.7
06-03-02 Crispbread, rusks	0.2	1.4	1.2	0.0	1.4	0.2	1.1	0.8	0.6	0.7	0.9	0.7	0.0	0.0	1.1	0.4	0.4	0.6	0.0	0.0	0.0	0.0	0.5
06-04 Breakfast cereals	1.0	0.8	2.8	0.0	3.2	0.2	1.2	0.9	0.6	0.4	0.9	0.9	0.1	0.1	3.9	2.4	3.1	3.2	22.3	0.9	0.2	0.2	0.7
06-05 Salty biscuits, aperitif biscuits, crackers	0.6	2.5	2.4	0.1	2.8	0.4	2.4	1.4	3.0	0.7	3.6	1.6	0.4	0.5	2.0	0.7	3.0	0.7	0.0	0.0	0.9	0.0	3.9
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	1.0	0.5	0.0	0.6	0.8	0.5	0.4	0.4	0.8	0.8	0.4	0.0	0.0	0.5	0.3	0.5	1.4	0.0	0.0	0.0	0.0	0.2
07 Meat and meat products	2.3	9.0	16.2	86.2	8.9	2.9	8.2	15.5	11.6	29.8	19.7	26.1	17.6	15.3	21.6	10.7	19.5	4.1	0.0	29.3	10.2	19.4	6.7
07-01 Fresh meat	0.3	2.1	4.7	30.0	1.3	0.5	2.6	4.6	4.0	8.1	1.9	10.4	0.9	0.7	7.6	3.2	7.1	0.6	0.0	10.4	1.9	2.5	1.4
07-01-00 Unclassified	0.1	0.4	1.1	8.3	0.3	0.2	0.5	1.0	0.8	1.7	0.5	2.5	0.3	0.2	1.5	0.7	1.4	0.1	0.0	2.7	0.8	0.8	0.2
07-01-01 Beef	0.1	0.9	2.5	14.0	0.5	0.2	0.9	1.7	1.5	2.9	0.7	5.0	0.4	0.3	0.5	1.1	2.3	0.4	0.0	5.6	0.8	0.7	0.5
07-01-02 Veal	0.0	0.1	0.1	0.2	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.1	0.1	0.2	0.0	0.0	0.3	0.1	0.1	0.0
07-01-03 Pork	0.1	0.7	1.0	7.3	0.4	0.1	1.1	1.8	1.6	3.4	0.7	2.6	0.1	0.1	5.5	1.3	3.3	0.2	0.0	1.8	0.2	0.8	0.6
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	0.1	1.7	1.1	5.1	0.8	0.5	1.4	2.0	1.6	5.1	0.4	1.4	0.9	0.7	1.1	0.5	4.2	0.6	0.0	1.0	0.0	6.7	0.7
07-02-00 Unclassified and other poultry	0.0	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	0.1	0.0	0.0	0.0	0.0	0.1	0.0
07-02-01 Chicken, hen	0.1	1.7	0.9	4.6	0.7	0.5	1.3	1.8	1.5	4.6	0.3	1.2	0.9	0.7	1.0	0.4	3.9	0.5	0.0	0.7	0.0	6.5	0.7
07-02-02 Turkey, young turkey	0.0	0.0	0.1	0.4	0.1	0.0	0.1	0.1	0.1	0.3	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.3	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	1.9	5.2	10.4	51.0	6.8	1.8	4.3	8.9	6.0	16.6	17.4	14.4	15.8	13.9	12.9	7.0	8.1	2.9	0.0	17.8	8.2	10.2	4.6
07-05 Offals	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	0.1	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08	Fish and shellfish	0.3	0.6	0.8	3.1	0.7	2.0	0.7	1.2	0.7	4.2	0.7	0.6	0.4	0.3	0.4	0.4	0.6	0.5	0.0	3.6	0.0	2.5	0.5
08-01	Fish	0.2	0.2	0.3	1.0	0.2	0.5	0.3	0.6	0.3	1.6	0.2	0.2	0.0	0.0	0.1	0.2	0.3	0.1	0.0	1.2	0.0	1.2	0.2
08-02	Crustaceans, molluscs	0.1	0.2	0.4	1.1	0.3	0.4	0.2	0.1	0.1	0.8	0.2	0.3	0.2	0.0	0.1	0.0	0.1	0.0	1.3	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	1.1	0.2	1.1	0.3	0.5	0.3	1.8	0.3	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.1	0.0	1.3	0.1
09	Eggs and egg products	0.6	0.5	1.9	0.0	2.3	1.6	0.5	1.4	0.4	3.7	0.5	1.4	3.3	2.5	0.5	1.8	0.6	2.0	0.0	3.1	0.0	4.0	2.6
09-01	Egg	0.6	0.5	1.9	0.0	2.3	1.6	0.5	1.4	0.4	3.7	0.5	1.4	3.3	2.5	0.5	1.8	0.6	2.0	0.0	3.1	0.0	4.0	2.6
10	Fat	1.6	0.0	0.2	2.4	0.1	0.2	0.1	0.3	0.2	0.1	1.4	0.0	27.3	21.1	3.8	2.5	4.5	3.7	29.8	1.6	0.0	39.4	21.6
10-00	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2
10-01	Vegetable oils	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	4.4
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3	1.8	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.3
10-03	Margarines	1.6	0.0	0.1	2.4	0.1	0.1	0.1	0.3	0.2	0.0	1.3	0.0	24.8	19.2	3.8	2.5	4.5	3.7	29.8	1.5	0.0	38.3	16.7
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	5.6	13.5	13.1	0.0	14.8	3.5	7.9	4.4	6.3	3.4	1.8	4.1	4.3	3.6	2.8	5.2	3.4	2.4	4.1	3.6	4.4	2.1	7.4
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	0.0	0.2	0.3	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	2.2	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.5	10.9	8.9	0.0	10.1	1.8	5.6	3.1	3.9	2.6	0.7	3.0	1.5	1.2	1.4	3.3	0.7	1.7	1.9	2.5	0.2	0.5	5.0
11-03	Confectionery non-chocolate	0.4	1.0	1.2	0.0	1.4	0.1	0.5	0.3	0.3	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2
11-04	Syrup	0.2	0.8	2.1	0.0	2.3	0.2	0.5	0.1	1.0	0.0	0.3	0.2	0.0	0.0	0.1	0.2	2.1	0.0	0.0	0.1	3.5	0.0	1.5
11-05	Ice cream, water ice	1.6	0.6	0.6	0.0	0.7	1.3	1.1	0.9	1.0	0.7	0.5	0.6	2.8	2.4	1.0	1.6	0.4	0.6	0.0	1.0	0.6	1.5	0.5
11-05-01	Ice cream	1.5	0.5	0.5	0.0	0.6	1.3	1.0	0.8	0.9	0.6	0.4	0.6	2.8	2.3	1.0	1.5	0.4	0.5	0.0	1.0	0.0	1.5	0.5
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	0.1	0.0	0.1	0.0	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	0.1	0.0	0.0	0.6	0.0	0.0
12	Cakes	4.7	6.2	9.0	1.0	10.2	4.4	5.3	6.6	4.4	5.7	6.8	4.7	7.3	5.8	4.4	4.8	4.6	3.6	0.6	2.7	0.2	8.5	9.7
12-01	Cakes, pies, pastries, etc	2.5	2.9	3.6	0.7	4.1	3.4	2.6	3.6	2.2	3.4	3.6	2.6	4.6	3.6	2.9	3.4	1.7	2.4	0.0	2.3	0.2	6.2	4.5
12-02	Dry cakes, biscuits	2.2	3.3	5.4	0.2	6.1	1.0	2.7	3.0	2.2	2.3	3.3	2.1	2.7	2.2	1.5	1.5	2.9	1.2	0.6	0.4	0.0	2.3	5.2
13	Non-alcoholic beverages	7.2	4.0	2.7	0.0	3.1	4.7	5.8	2.1	6.2	3.8	1.5	0.8	0.0	1.7	6.6	3.1	9.2	4.9	2.4	1.8	31.3	0.0	5.6
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	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.4	1.4	1.8	0.0	2.0	0.9	2.7	0.9	4.3	0.6	0.2	0.5	0.0	1.6	5.6	2.5	5.0	3.6	1.2	1.0	16.6	0.0	3.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.4	1.6	0.7	0.0	0.8	2.3	1.6	1.2	1.7	1.1	0.8	0.1	0.0	0.2	1.0	0.4	3.5	0.4	1.2	0.8	14.5	0.0	1.9
13-03	Coffee, tea and herbal teas	0.4	0.6	0.1	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.7	0.9	0.0	0.0	0.2	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
13-03-02 Tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.6	0.8	0.0	0.0	0.2	0.0	0.0
13-03-03 Herbal tea	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	0.1	0.1	0.0	0.0	0.0	0.0	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	3.1	0.4	0.1	0.0	0.1	1.3	1.2	0.0	0.0	2.1	0.5	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-00 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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.5	1.4	1.4	0.1	1.6	0.3	1.8	0.9	1.5	1.0	7.7	0.8	2.9	4.6	2.7	0.7	0.5	0.5	0.7	0.1	0.7	3.9	9.7
15-01 Sauces	0.4	1.4	1.2	0.1	1.4	0.3	1.6	0.8	1.4	0.9	6.8	0.7	2.9	4.6	2.4	0.7	0.5	0.5	0.7	0.1	0.6	3.9	9.7
15-01-00 Unclassified and other sauces	0.2	1.0	0.7	0.1	0.8	0.1	1.1	0.5	0.5	0.4	3.1	0.5	2.5	2.0	1.4	0.2	0.2	0.2	0.7	0.1	0.1	3.6	4.6
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.2	0.1	0.4	0.2	0.8	0.1	2.0	0.1	0.1	2.2	0.9	0.3	0.2	0.2	0.0	0.0	0.5	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.3	
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.3	0.7	0.1	0.2	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.2	3.3	
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.3	1.0	1.1	1.1	1.1	0.2	1.1	0.7	1.1	0.7	3.1	0.6	0.3	1.0	2.2	0.5	0.8	0.9	0.0	1.0	1.0	1.1	0.7
16-01 Soups	0.3	1.0	1.1	1.1	1.1	0.2	1.1	0.7	1.1	0.7	3.0	0.6	0.3	1.0	2.2	0.5	0.8	0.9	0.0	1.0	1.0	1.1	0.7
16-02 Bouillon	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	0.0
17 Miscellaneous	1.9	1.4	2.3	5.9	2.1	0.7	2.0	1.8	1.1	2.4	3.2	2.5	1.2	1.1	1.7	2.0	0.9	1.4	0.6	2.4	0.4	3.6	1.5
17-00 Unclassified	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
17-01 Soya products	1.0	0.3	0.5	0.0	0.5	0.1	1.0	0.5	0.4	0.2	0.4	0.3	0.0	0.0	0.3	1.1	0.1	0.7	0.0	0.6	0.0	0.5	0.1
17-02 Dietetic products	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.6	0.0	0.0	0.1	0.1
17-02-00 Unclassified	0.0	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.6	0.0	0.0	0.1	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	0.8	1.0	1.8	5.9	1.5	0.6	1.0	1.2	0.7	2.0	2.8	2.1	1.1	0.9	1.3	0.9	0.7	0.6	0.0	1.8	0.3	2.9	1.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	10.1	6.1	0.0	7.1	1.7	7.8	4.7	13.8	2.8	0.8	4.1	0.1	0.1	5.8	2.1	11.3	9.2	0.0	0.1	15.0	0.1	2.5
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	3.4	4.3	5.7	0.0	6.7	1.2	4.1	2.5	6.8	1.0	2.2	2.9	0.1	11.7	3.1	2.8	3.6	12.0	0.0	0.0	11.0	0.1	4.7
02-01	Leafy vegetables (except cabbages)	0.8	0.6	1.2	0.0	1.4	0.2	0.8	0.4	1.1	0.1	0.2	0.4	0.1	2.3	0.5	0.6	0.4	2.2	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	0.8	1.3	2.1	0.0	2.5	0.5	1.6	0.7	2.7	0.1	0.6	1.0	0.0	1.6	0.9	0.7	1.3	2.9	0.0	0.0	4.4	0.0	1.7
02-03	Root vegetables	0.3	0.3	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.1	0.3	0.2	0.0	4.6	0.2	0.1	0.3	0.9	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	0.9	0.6	1.0	0.0	1.1	0.2	0.6	0.7	1.3	0.3	0.2	0.6	0.0	1.7	0.6	0.6	0.8	3.4	0.0	0.0	4.1	0.0	1.3
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0	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	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.6	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.4	0.9	0.0	0.0	0.4	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.7	0.3	0.0	1.3	0.4	0.3	0.3	1.0	0.0	0.0	0.9	0.0	0.2
03	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	7.4	3.0	0.0	3.5	1.2	6.6	2.8	6.5	3.5	0.9	2.8	0.0	0.8	2.6	1.6	4.7	3.7	0.0	0.0	11.3	0.0	6.0
04-01	Fruits	0.7	3.5	1.9	0.0	2.2	1.1	3.1	1.0	5.2	1.7	0.0	1.1	0.0	0.7	1.8	1.1	4.1	2.7	0.0	0.0	11.2	0.0	2.1
04-02	Nuts and seeds (+nut spread)	0.4	3.7	1.1	0.0	1.3	0.1	3.5	1.8	1.3	1.9	0.8	1.7	0.0	0.0	0.8	0.5	0.6	1.0	0.0	0.0	0.0	0.0	3.8
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	0.1
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	59.2	6.3	4.0	0.0	4.6	14.8	18.8	33.7	21.7	12.8	13.6	23.0	27.5	22.3	10.7	44.4	11.7	13.5	1.2	44.3	5.5	4.9	3.6
05-01	Milk	21.1	0.9	0.5	0.0	0.6	7.5	7.7	12.9	10.2	3.6	3.2	7.9	6.5	5.1	4.9	19.6	3.8	5.6	0.3	19.7	1.7	0.1	0.7
05-02	Milk beverages	3.8	1.5	1.7	0.0	2.0	2.0	2.2	2.4	2.5	0.7	0.7	1.7	1.2	1.0	1.0	3.7	0.8	0.8	0.9	2.2	0.6	0.7	0.3
05-03	Yoghurt	13.3	2.1	0.4	0.0	0.5	2.4	4.5	7.2	5.7	1.8	2.2	4.0	1.8	1.4	3.0	11.5	4.8	3.9	0.0	8.4	2.4	0.2	0.4
05-04	Fromage blanc, petits suisses	0.7	0.1	0.2	0.0	0.2	0.3	0.2	0.4	0.2	0.0	0.1	0.2	0.8	0.6	0.3	1.0	0.2	0.1	0.0	0.8	0.1	0.6	0.0
05-05	Cheese (including fresh cheeses)	15.4	0.8	0.5	0.0	0.5	1.5	2.3	8.0	0.8	5.8	6.4	7.5	12.7	10.5	0.4	4.5	0.6	2.5	0.0	9.6	0.1	1.9	1.5
05-06	Cream desserts, puddings (milk based)	4.6	0.9	0.7	0.0	0.8	0.9	1.9	2.5	2.1	0.9	1.0	1.7	2.9	2.3	1.0	3.9	1.5	0.5	0.0	3.3	0.5	0.7	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06	Cereals and cereal products	8.3	30.2	29.4	0.7	33.8	57.6	26.4	19.0	15.4	18.7	33.9	20.8	0.4	0.6	21.0	10.4	14.1	28.5	17.7	1.0	2.1	0.4	10.0
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	3.6	2.2	0.3	2.5	0.6	2.1	1.8	0.6	1.2	0.2	2.7	0.1	0.1	0.9	0.6	0.4	1.0	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.9	21.1	20.3	0.1	23.6	55.9	19.1	13.9	9.5	15.8	27.5	14.6	0.1	0.1	13.4	6.4	6.3	22.2	0.0	0.2	0.1	0.2	3.3
06-03-01	Bread	5.8	20.4	19.8	0.1	23.0	55.8	18.6	13.6	9.2	15.5	27.1	14.4	0.1	0.1	12.9	6.2	6.2	21.9	0.0	0.2	0.1	0.2	3.0
06-03-02	Crispbread, rusks	0.1	0.7	0.5	0.0	0.6	0.1	0.5	0.3	0.3	0.3	0.4	0.3	0.0	0.0	0.5	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.2
06-04	Breakfast cereals	0.8	1.2	2.9	0.0	3.3	0.1	1.4	1.0	0.6	0.3	0.8	1.1	0.0	0.0	3.3	2.0	2.4	3.1	17.7	0.7	0.4	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	3.6	3.6	0.4	4.0	0.6	3.5	2.0	4.4	0.8	4.9	2.1	0.2	0.4	3.0	1.1	4.6	1.1	0.0	0.0	1.6	0.0	5.4
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.4	0.0	0.4	0.5	0.3	0.3	0.2	0.5	0.5	0.3	0.1	0.1	0.4	0.3	0.3	1.1	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.8	9.6	16.6	85.0	9.1	3.0	9.6	17.0	13.4	31.4	20.3	27.8	15.3	13.2	25.6	11.7	20.8	3.9	0.0	29.0	10.3	21.5	6.8
07-01	Fresh meat	0.4	2.6	5.2	32.6	1.7	0.6	3.3	5.5	5.0	9.2	2.5	11.8	0.9	0.7	10.4	4.1	8.2	0.7	0.0	11.5	2.1	3.0	1.6
07-01-00	Unclassified	0.1	0.6	1.2	7.9	0.4	0.2	0.7	1.1	1.0	2.0	0.6	2.7	0.3	0.2	2.4	0.8	1.9	0.1	0.0	2.7	0.8	1.0	0.2
07-01-01	Beef	0.1	0.7	2.1	14.1	0.5	0.2	0.8	1.4	1.3	2.3	0.6	4.5	0.4	0.3	0.4	1.0	1.6	0.3	0.0	5.2	0.8	0.6	0.4
07-01-02	Veal	0.0	0.0	0.0	0.3	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
07-01-03	Pork	0.2	1.2	1.7	9.4	0.8	0.2	1.7	2.7	2.5	4.8	1.3	4.2	0.3	0.2	7.5	2.1	4.4	0.3	0.0	3.2	0.4	1.3	0.9
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.3	0.0	0.0	0.2	0.2	0.2	0.0	0.0	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	2.0	1.2	5.6	0.9	0.6	1.6	2.3	1.9	5.9	0.5	1.5	1.4	1.1	1.1	0.6	4.7	0.8	0.0	1.3	0.0	8.2	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	2.0	1.2	5.6	0.9	0.6	1.6	2.3	1.9	5.9	0.5	1.5	1.4	1.1	1.1	0.6	4.6	0.8	0.0	1.3	0.0	8.2	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.2	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	0.2	0.0	0.0	0.0
07-04	Processed meat	2.2	5.0	10.2	46.6	6.6	1.7	4.7	9.2	6.5	16.3	17.3	14.4	12.9	11.5	14.0	7.0	7.9	2.5	0.0	16.0	8.2	10.3	4.3
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	0.3	0.9	0.6	3.7	0.5	2.8	0.8	1.4	0.9	5.5	1.1	0.7	0.4	0.3	0.8	0.7	1.0	0.5	0.0	4.8	0.1	5.1	0.7
08-01	Fish	0.1	0.2	0.3	2.4	0.2	0.6	0.3	0.7	0.4	2.3	0.4	0.2	0.2	0.2	0.3	0.4	0.7	0.1	0.0	2.6	0.0	2.9	0.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.3	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.2	0.4	0.3	1.3	0.3	2.0	0.4	0.7	0.5	2.9	0.6	0.3	0.2	0.1	0.5	0.2	0.3	0.3	0.0	1.5	0.0	2.2	0.2
09	Eggs and egg products	0.7	0.6	2.3	0.0	2.7	2.0	0.5	1.7	0.5	4.5	0.6	1.6	4.4	3.4	0.6	2.2	0.7	2.8	0.0	3.9	0.0	5.1	3.0
09-01	Egg	0.7	0.6	2.3	0.0	2.7	2.0	0.5	1.7	0.5	4.5	0.6	1.6	4.4	3.4	0.6	2.2	0.7	2.8	0.0	3.9	0.0	5.1	3.0
10	Fat	1.9	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	27.4	21.4	3.6	3.0	5.2	4.9	35.3	2.4	0.0	36.2	21.5
10-00	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1
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	4.2
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.2	1.8	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.3
10-03	Margarines	1.9	0.0	0.1	1.7	0.1	0.1	0.1	0.3	0.2	0.0	1.2	0.0	25.1	19.4	3.6	3.0	5.2	4.9	35.3	2.2	0.0	35.5	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	5.7	12.2	11.8	0.0	13.7	3.2	7.5	4.1	5.8	2.7	1.7	3.7	3.9	3.5	2.3	4.7	2.6	2.2	3.0	3.1	3.7	1.7	5.7
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	0.0	0.2	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.9	0.0	0.2	0.0	0.1	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.2	9.9	7.9	0.0	9.2	1.5	5.3	2.8	3.6	2.0	0.7	2.7	1.2	1.0	1.2	3.0	0.7	1.5	2.1	2.2	0.2	0.5	4.1
11-03	Confectionery non-chocolate	0.5	1.0	1.3	0.0	1.5	0.2	0.6	0.3	0.4	0.1	0.4	0.3	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.2	0.7	2.0	0.0	2.2	0.2	0.5	0.1	0.8	0.0	0.1	0.2	0.0	0.0	0.1	0.1	1.5	0.0	0.0	0.0	2.9	0.0	1.0
11-05	Ice cream, water ice	1.8	0.4	0.4	0.0	0.5	1.3	1.1	0.8	0.9	0.6	0.4	0.5	2.6	2.5	0.8	1.5	0.4	0.6	0.0	0.9	0.5	1.3	0.5
11-05-01	Ice cream	1.7	0.4	0.4	0.0	0.5	1.3	1.0	0.8	0.8	0.5	0.4	0.5	2.6	2.4	0.8	1.4	0.3	0.5	0.0	0.9	0.0	1.3	0.5
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	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0
12	Cakes	4.4	6.3	8.5	0.9	9.8	4.2	5.2	6.1	4.2	5.8	6.6	4.4	9.6	7.8	4.0	4.5	4.1	4.0	2.2	2.7	0.4	9.7	10.3
12-01	Cakes, pies, pastries, etc	2.2	3.1	3.3	0.5	3.8	3.2	2.6	3.3	2.1	3.5	3.5	2.4	6.6	5.4	2.4	3.0	1.3	2.8	0.0	2.2	0.4	7.5	5.1
12-02	Dry cakes, biscuits	2.1	3.3	5.3	0.3	6.1	1.0	2.6	2.8	2.1	2.4	3.1	2.0	3.0	2.4	1.6	1.5	2.9	1.2	2.2	0.5	0.0	2.2	5.2
13	Non-alcoholic beverages	7.7	4.5	2.8	0.0	3.3	5.1	6.0	2.9	6.5	3.4	1.9	0.9	0.0	2.3	8.2	4.9	12.9	6.0	7.7	3.2	32.0	0.0	7.7
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	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.4	1.4	1.7	0.0	2.0	0.9	2.8	0.9	4.3	0.6	0.2	0.6	0.0	1.8	6.7	3.4	6.0	3.9	1.5	1.6	17.6	0.0	4.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.7	1.9	0.8	0.0	0.9	2.9	1.5	1.9	1.6	0.9	1.3	0.2	0.0	0.5	1.4	1.1	6.2	1.0	6.3	1.6	14.0	0.0	3.1
13-03	Coffee, tea and herbal teas	0.5	0.7	0.3	0.0	0.3	0.2	0.5	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.1	0.3	0.8	1.1	0.0	0.0	0.4	0.0	0.0
13-03-01	Coffee	0.1	0.1	0.1	0.0	0.2	0.0	0.2	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	0.0	0.0	0.0
13-03-02	Tea	0.3	0.6	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.6	0.9	0.0	0.0	0.3	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	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	0.1	0.2	0.0	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	
13-04 Waters	3.1	0.4	0.1	0.0	0.1	1.1	1.1	0.0	0.0	1.8	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-00 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	
14-01 Wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.4	1.3	0.0	1.6	0.4	1.7	0.9	1.6	1.0	7.8	0.9	3.3	5.1	3.0	0.8	0.5	0.6	0.0	0.2	1.0	4.1	10.1
15-01 Sauces	0.5	1.4	1.2	0.0	1.4	0.4	1.6	0.8	1.5	0.9	6.7	0.8	3.3	5.1	2.5	0.7	0.5	0.6	0.0	0.1	0.8	4.1	10.1
15-01-00 Unclassified and other sauces	0.2	1.0	0.6	0.0	0.7	0.1	1.0	0.5	0.5	0.4	2.6	0.5	2.9	2.2	1.5	0.2	0.1	0.1	0.0	0.0	0.2	3.8	4.3
15-01-01 Tomato sauces	0.1	0.4	0.2	0.0	0.2	0.1	0.5	0.2	0.9	0.1	2.3	0.1	0.1	2.4	0.9	0.4	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.4
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.1	0.1	0.3	1.0	0.1	0.2	0.4	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.2	3.9
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	0.1	0.1	0.0	1.1	0.1	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.4	1.5	1.4	2.9	1.3	0.2	2.0	1.0	1.5	1.2	4.3	0.9	0.2	0.9	2.1	0.6	1.1	1.1	0.0	1.4	1.4	1.2	1.4
16-01 Soups	0.4	1.5	1.4	2.9	1.3	0.2	2.0	1.0	1.5	1.2	4.2	0.9	0.2	0.9	2.1	0.6	1.1	1.1	0.0	1.4	1.4	1.2	1.4
16-02 Bouillon	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	0.0
17 Miscellaneous	1.2	1.0	1.8	5.0	1.5	0.8	1.3	1.3	0.8	1.9	2.8	2.2	0.8	0.7	1.4	1.4	0.8	0.8	0.8	1.9	0.4	1.9	1.2
17-00 Unclassified	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.5	0.1	0.2	0.0	0.3	0.0	0.5	0.2	0.1	0.1	0.1	0.2	0.0	0.0	0.1	0.5	0.0	0.2	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	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.1	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	0.1	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.1	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	0.8	1.5	5.0	1.2	0.7	0.8	1.1	0.7	1.6	2.6	1.9	0.8	0.6	1.2	0.9	0.7	0.5	0.0	1.5	0.4	1.7	1.1



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.4	10.3	6.2	0.0	7.3	1.9	7.9	4.7	13.7	2.8	0.9	4.1	0.1	0.1	6.0	2.1	12.2	9.4	0.0	0.1	14.7	0.1	2.5
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	3.3	4.5	5.9	0.0	6.7	1.2	4.3	2.5	7.1	1.1	2.1	2.8	0.1	11.9	3.2	2.9	4.0	12.5	0.0	0.0	10.6	0.1	4.7
02-01	Leafy vegetables (except cabbages)	0.8	0.7	1.3	0.0	1.4	0.2	0.8	0.3	1.1	0.1	0.2	0.4	0.1	2.4	0.5	0.5	0.4	2.1	0.0	0.0	0.3	0.1	0.9
02-02	Fruiting vegetables	1.0	1.6	2.5	0.0	2.9	0.5	1.9	0.8	3.1	0.1	0.6	1.1	0.0	1.9	1.1	0.9	1.5	3.8	0.0	0.0	4.8	0.0	1.9
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	5.1	0.2	0.1	0.3	1.0	0.0	0.0	0.3	0.0	0.6
02-04	Cabbages	0.8	0.6	0.8	0.0	0.9	0.2	0.6	0.6	1.2	0.3	0.3	0.4	0.0	1.4	0.6	0.6	0.8	3.4	0.0	0.0	3.7	0.0	0.9
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.4	0.9	0.0	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	0.0	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
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.4	0.0	0.4	0.1	0.2	0.1	0.4	0.1	0.5	0.2	0.0	0.9	0.2	0.2	0.3	0.8	0.0	0.0	0.7	0.0	0.1
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.3	7.8	3.3	0.0	3.7	1.4	6.7	2.8	7.0	3.4	0.9	2.8	0.0	1.0	3.1	1.7	5.0	4.4	0.0	0.0	12.1	0.0	6.1
04-01	Fruits	1.0	4.2	2.3	0.0	2.6	1.3	3.4	1.2	5.8	1.7	0.1	1.3	0.0	0.9	2.2	1.2	4.3	3.4	0.0	0.0	11.9	0.0	2.5
04-02	Nuts and seeds (+nut spread)	0.3	3.4	0.9	0.0	1.0	0.1	3.2	1.6	1.1	1.6	0.8	1.4	0.0	0.0	0.7	0.4	0.6	0.9	0.0	0.0	0.0	0.0	3.5
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	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	60.4	7.3	4.9	0.0	5.6	16.8	20.4	35.3	22.5	14.4	15.1	25.0	30.6	24.1	11.6	45.7	14.0	14.5	1.5	45.7	5.2	6.6	4.4
05-01	Milk	20.2	1.0	0.5	0.0	0.6	8.2	7.9	12.7	10.3	3.6	3.3	8.0	7.0	5.4	5.2	18.9	4.2	5.6	0.0	19.2	1.3	0.1	0.8
05-02	Milk beverages	6.4	2.4	2.8	0.0	3.1	3.1	3.5	3.9	3.8	1.2	1.1	2.7	2.6	2.1	1.8	6.0	1.5	1.4	1.5	4.1	0.7	1.5	0.5
05-03	Yoghurt	12.7	2.0	0.5	0.0	0.6	2.6	4.6	7.0	5.6	1.9	2.1	4.0	1.8	1.3	3.1	11.9	6.2	3.9	0.0	8.7	2.7	0.3	0.7
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.2	0.1	0.3	0.1	0.0	0.1	0.1	0.4	0.4	0.2	0.6	0.2	0.1	0.0	0.4	0.0	0.6	0.0
05-05	Cheese (including fresh cheeses)	17.2	1.1	0.5	0.0	0.6	2.0	2.8	9.3	1.0	7.0	7.7	8.7	15.1	12.0	0.4	5.2	0.7	3.0	0.0	10.8	0.1	3.0	1.9
05-06	Cream desserts, puddings (milk based)	3.2	0.8	0.5	0.0	0.6	0.7	1.5	1.9	1.6	0.7	0.8	1.4	2.1	1.7	0.8	3.0	1.2	0.4	0.0	2.4	0.3	0.5	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.7	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.7	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06	Cereals and cereal products	8.0	28.9	28.6	0.4	32.7	55.5	25.5	18.3	15.3	18.2	32.8	19.7	0.7	0.8	21.7	10.7	15.0	27.9	23.1	0.9	2.2	0.3	10.2
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.6	3.3	2.0	0.1	2.3	0.4	2.0	1.7	0.5	1.1	0.1	2.4	0.0	0.0	0.8	0.6	0.4	0.8	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.4	20.0	19.0	0.0	22.0	53.6	18.0	13.1	8.9	15.1	25.9	13.7	0.1	0.1	13.2	6.3	6.4	20.9	0.0	0.2	0.1	0.2	3.1
06-03-01	Bread	5.2	18.7	18.1	0.0	20.9	53.5	17.0	12.5	8.5	14.6	25.2	13.1	0.1	0.1	12.2	5.9	6.0	20.4	0.0	0.1	0.0	0.2	2.6
06-03-02	Crispbread, rusks	0.3	1.3	1.0	0.0	1.1	0.2	0.9	0.6	0.4	0.6	0.7	0.6	0.0	0.0	1.0	0.3	0.3	0.6	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	1.0	0.8	3.0	0.0	3.4	0.1	1.2	0.9	0.6	0.3	0.9	0.9	0.0	0.0	3.8	2.3	3.0	3.6	23.1	0.7	0.3	0.0	0.5
06-05	Salty biscuits, aperitif biscuits, crackers	0.9	4.0	4.0	0.3	4.6	0.8	3.9	2.3	4.9	1.0	5.3	2.4	0.4	0.6	3.4	1.3	4.8	1.4	0.0	0.0	1.8	0.0	6.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.5	0.0	0.5	0.6	0.4	0.4	0.3	0.6	0.6	0.3	0.1	0.1	0.5	0.3	0.4	1.2	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.7	9.1	16.6	86.3	9.1	3.0	8.9	16.1	12.1	30.5	19.8	27.1	14.6	12.9	23.1	11.7	19.6	4.0	0.0	29.1	9.8	20.9	6.9
07-01	Fresh meat	0.3	2.3	5.1	30.9	1.5	0.6	2.9	4.8	4.2	8.8	1.9	11.0	0.9	0.7	8.1	3.6	7.1	0.7	0.0	11.1	1.7	3.0	1.4
07-01-00	Unclassified	0.1	0.5	1.1	8.1	0.3	0.2	0.6	1.0	0.9	2.0	0.5	2.5	0.3	0.2	2.0	0.7	1.7	0.1	0.0	2.6	0.6	1.1	0.2
07-01-01	Beef	0.1	1.1	2.9	15.7	0.7	0.2	1.2	1.9	1.7	3.1	0.7	5.6	0.4	0.4	0.6	1.4	2.6	0.4	0.0	6.3	0.8	1.0	0.6
07-01-02	Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.8	1.1	7.0	0.5	0.1	1.1	1.9	1.6	3.6	0.7	2.9	0.1	0.1	5.5	1.5	2.9	0.2	0.0	2.1	0.2	0.9	0.6
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	1.7	1.1	5.9	0.8	0.6	1.3	2.0	1.6	5.0	0.5	1.6	1.0	0.8	1.0	0.7	4.0	0.6	0.0	1.0	0.0	6.5	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	0.2	1.7	1.1	5.9	0.8	0.6	1.3	2.0	1.6	5.0	0.5	1.6	1.0	0.8	1.0	0.7	3.9	0.6	0.0	0.9	0.0	6.5	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	2.2	5.1	10.3	49.5	6.8	1.9	4.7	9.3	6.3	16.6	17.4	14.5	12.7	11.4	14.1	7.4	8.5	2.6	0.0	17.1	8.1	11.5	4.6
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	0.3	0.7	0.6	3.0	0.5	2.0	0.7	1.3	0.8	4.5	1.0	0.5	0.5	0.4	0.7	0.6	0.8	0.5	0.0	4.6	0.1	4.1	0.7
08-01	Fish	0.1	0.3	0.3	1.8	0.3	0.6	0.4	0.7	0.4	2.3	0.6	0.3	0.3	0.3	0.4	0.3	0.6	0.2	0.0	2.6	0.0	2.4	0.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.1
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.2	0.2	1.3	0.3	0.6	0.3	2.0	0.3	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.2	0.0	1.7	0.1
09	Eggs and egg products	0.6	0.6	2.2	0.0	2.6	1.9	0.5	1.6	0.5	4.1	0.5	1.5	4.0	3.1	0.5	2.0	0.6	2.4	0.0	3.4	0.0	4.8	2.8
09-01	Egg	0.6	0.6	2.2	0.0	2.6	1.9	0.5	1.6	0.5	4.1	0.5	1.5	4.0	3.1	0.5	2.0	0.6	2.4	0.0	3.4	0.0	4.8	2.8
10	Fat	1.5	0.0	0.1	1.6	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.7	20.2	3.0	2.2	4.4	4.1	36.8	1.8	0.0	37.1	20.6
10-00	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	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3
10-01	Vegetable oils	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	4.6
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.9	1.6	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.7	0.2
10-03	Margarines	1.4	0.0	0.1	1.6	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	23.6	18.4	3.0	2.2	4.4	4.1	36.8	1.7	0.0	36.1	15.5
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	5.6	11.9	11.9	0.0	13.5	3.4	7.6	4.1	5.9	2.8	1.7	3.7	4.1	3.6	2.6	5.0	2.5	2.3	4.2	3.5	3.1	1.7	5.6
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	0.0	0.2	0.2	0.0	0.3	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	0.3	0.0	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	9.5	7.8	0.0	8.9	1.5	5.1	2.7	3.5	2.0	0.7	2.6	1.3	1.1	1.4	3.0	0.8	1.6	3.9	2.4	0.2	0.6	4.0
11-03	Confectionery non-chocolate	0.6	1.1	1.8	0.0	2.0	0.3	0.7	0.4	0.5	0.2	0.4	0.3	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.7	1.5	0.0	1.7	0.1	0.5	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.1	0.1	1.2	0.0	0.0	0.0	2.5	0.0	0.9
11-05	Ice cream, water ice	1.9	0.5	0.6	0.0	0.6	1.5	1.2	0.9	1.0	0.6	0.5	0.6	2.7	2.5	1.0	1.7	0.4	0.6	0.0	1.1	0.4	1.1	0.5
11-05-01	Ice cream	1.8	0.5	0.5	0.0	0.6	1.5	1.1	0.9	0.9	0.6	0.5	0.6	2.7	2.5	0.9	1.7	0.4	0.6	0.0	1.1	0.0	1.1	0.5
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	0.1	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	0.1	0.0	0.0	0.3	0.0	0.0	0.0
12	Cakes	4.2	6.6	8.7	1.0	9.9	4.6	5.5	6.3	4.5	6.5	6.9	4.7	10.1	8.4	4.0	4.5	3.8	4.1	0.3	2.8	0.3	10.9	11.2
12-01	Cakes, pies, pastries, etc	2.1	3.1	3.4	0.9	3.8	3.6	2.6	3.4	2.2	4.0	3.8	2.6	7.0	5.9	2.4	3.0	1.4	2.9	0.0	2.3	0.3	8.4	5.1
12-02	Dry cakes, biscuits	2.1	3.6	5.3	0.1	6.1	1.0	2.9	2.9	2.3	2.5	3.1	2.1	3.0	2.5	1.6	1.5	2.5	1.2	0.3	0.4	0.0	2.5	6.1
13	Non-alcoholic beverages	7.9	5.0	3.0	0.0	3.4	5.6	6.1	3.3	6.6	3.5	1.9	1.0	0.1	2.6	8.0	4.4	11.4	6.0	4.8	2.9	32.6	0.0	7.0
13-00	Unclassified	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.7	1.6	1.9	0.0	2.2	1.1	3.1	1.0	4.5	0.8	0.2	0.6	0.0	2.4	6.9	3.4	6.3	4.3	2.5	1.9	17.9	0.0	5.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.4	2.1	0.7	0.0	0.8	3.0	1.3	2.1	1.5	0.9	1.2	0.1	0.0	0.1	1.0	0.6	4.1	0.4	2.3	0.7	14.3	0.0	1.7
13-03	Coffee, tea and herbal teas	0.7	0.9	0.3	0.0	0.3	0.3	0.6	0.2	0.5	0.1	0.1	0.2	0.1	0.1	0.1	0.4	1.0	1.4	0.0	0.2	0.4	0.0	0.0
13-03-01	Coffee	0.2	0.0	0.1	0.0	0.1	0.0	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	0.4	0.6	0.1	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.7	1.0	0.0	0.3	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	3.0	0.4	0.1	0.0	0.1	1.1	1.1	0.0	0.0	1.7	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-00 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	
14-01 Wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.3	1.4	0.0	1.6	0.4	1.6	0.9	1.4	1.1	7.4	0.8	3.1	4.6	3.6	0.7	0.5	0.5	0.0	0.2	0.8	3.6	10.5
15-01 Sauces	0.5	1.3	1.3	0.0	1.5	0.4	1.5	0.8	1.3	1.1	6.7	0.7	3.1	4.6	3.5	0.6	0.4	0.5	0.0	0.2	0.7	3.6	10.4
15-01-00 Unclassified and other sauces	0.3	1.0	0.7	0.0	0.8	0.1	1.0	0.5	0.5	0.4	2.8	0.5	2.7	2.1	1.7	0.2	0.2	0.1	0.0	0.1	0.3	3.2	3.9
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.2	0.1	0.4	0.1	0.6	0.1	1.8	0.1	0.1	1.9	1.7	0.3	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	1.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.0	0.1	0.2	0.5	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.3	4.6
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.8	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.4	1.2	1.3	2.6	1.2	0.3	1.6	0.9	1.4	1.2	4.1	0.9	0.2	0.9	2.3	0.6	1.0	1.0	0.0	1.5	1.3	1.5	1.4
16-01 Soups	0.4	1.2	1.3	2.6	1.1	0.3	1.6	0.9	1.4	1.1	4.0	0.9	0.2	0.9	2.3	0.6	1.0	1.0	0.0	1.5	1.3	1.5	1.4
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.0	1.1	2.1	5.0	1.8	0.6	1.5	1.4	1.0	2.0	3.3	2.3	0.9	0.7	1.7	1.3	0.9	0.8	0.0	1.8	0.3	2.3	1.5
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	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	0.3	0.1	0.3	0.0	0.3	0.0	0.5	0.2	0.2	0.0	0.3	0.1	0.1	0.0	0.1	0.3	0.0	0.3	0.0	0.1	0.0	0.1	0.2
17-02 Dietetic products	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.7	1.0	1.7	4.9	1.4	0.5	1.0	1.2	0.8	1.9	2.9	2.1	0.9	0.7	1.5	1.0	0.8	0.5	0.0	1.6	0.3	2.3	1.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.6	10.0	6.7	0.0	7.8	1.9	7.8	4.6	14.0	2.6	0.8	4.1	0.1	0.1	6.5	2.3	11.9	9.7	0.0	0.1	16.6	0.0	2.5
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	3.9	5.0	6.3	0.0	7.3	1.2	4.4	2.6	7.7	1.3	2.0	2.9	0.2	13.3	3.7	3.3	4.2	13.3	0.0	0.0	13.8	0.1	5.2
02-01	Leafy vegetables (except cabbages)	0.9	0.6	1.2	0.0	1.4	0.2	0.8	0.4	1.1	0.1	0.2	0.4	0.1	2.4	0.6	0.5	0.4	2.1	0.0	0.0	0.4	0.1	0.7
02-02	Fruiting vegetables	0.9	1.5	2.4	0.0	2.8	0.4	1.7	0.7	3.0	0.2	0.7	0.9	0.0	1.9	1.1	0.9	1.4	3.3	0.0	0.0	4.9	0.0	2.1
02-03	Root vegetables	0.4	0.4	0.3	0.0	0.4	0.2	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.3	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.8	0.6	0.9	0.0	1.1	0.2	0.7	0.6	1.4	0.4	0.3	0.5	0.0	1.2	0.6	0.6	0.8	3.6	0.0	0.0	5.3	0.0	1.2
02-05	Mushrooms	0.0	0.5	0.2	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.3	0.1	0.3	0.2	0.6	0.0	0.0	0.3	0.0	0.1	0.3	0.1	0.6	1.2	0.0	0.0	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.4	0.5	0.7	0.0	0.8	0.1	0.4	0.3	0.7	0.2	0.4	0.3	0.0	2.3	0.5	0.4	0.4	1.5	0.0	0.0	1.7	0.0	0.3
03	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	7.5	2.6	0.0	3.1	0.9	6.8	3.0	5.3	3.8	1.7	2.7	0.0	0.5	2.6	1.5	4.1	3.2	0.0	0.0	8.2	0.0	6.3
04-01	Fruits	0.6	2.8	1.3	0.0	1.6	0.8	2.4	0.7	3.8	1.4	0.0	0.8	0.0	0.5	1.5	0.8	3.3	2.0	0.0	0.0	8.1	0.0	1.5
04-02	Nuts and seeds (+nut spread)	0.6	4.6	1.3	0.0	1.5	0.1	4.4	2.3	1.5	2.4	1.6	1.8	0.0	0.0	1.1	0.7	0.7	1.3	0.0	0.0	0.0	0.0	4.7
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
04-04	Olives	0.0	0.0	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
05	Dairy products	58.7	5.4	3.4	0.0	3.9	14.2	17.4	31.6	19.6	13.6	14.0	22.9	31.0	25.0	10.6	42.1	11.3	13.0	0.0	43.4	4.8	5.0	4.2
05-01	Milk	21.4	1.0	0.5	0.0	0.6	7.8	7.8	12.5	10.4	3.6	3.2	8.0	7.4	6.0	5.3	20.1	4.1	5.8	0.0	19.6	1.4	0.1	0.8
05-02	Milk beverages	3.0	1.3	1.4	0.0	1.6	1.5	1.7	1.9	1.9	0.6	0.5	1.3	1.1	1.0	0.9	2.9	1.0	0.5	0.0	1.8	0.6	0.6	0.2
05-03	Yoghurt	10.6	1.3	0.5	0.0	0.5	2.1	3.4	5.4	4.3	1.4	1.6	3.2	2.0	1.5	2.8	9.5	4.2	3.2	0.0	6.7	2.1	0.3	0.8
05-04	Fromage blanc, petits suisses	0.3	0.0	0.1	0.0	0.1	0.2	0.1	0.2	0.2	0.1	0.1	0.1	0.3	0.3	0.1	0.5	0.1	0.1	0.0	0.4	0.0	0.2	0.0
05-05	Cheese (including fresh cheeses)	18.9	1.0	0.5	0.0	0.6	1.7	2.8	9.2	0.9	7.0	7.7	8.8	15.8	12.8	0.4	5.2	0.7	2.8	0.0	11.7	0.1	2.6	1.8
05-06	Cream desserts, puddings (milk based)	3.9	0.8	0.5	0.0	0.6	0.7	1.5	2.0	1.7	0.7	0.8	1.4	2.8	2.1	0.9	3.4	1.2	0.4	0.0	2.8	0.4	0.6	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.3	0.0	0.0	0.0	0.2	0.1	0.3	0.2	0.1	0.1	0.1	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.2	0.0	0.0	0.0	
06	Cereals and cereal products	9.4	32.2	31.5	0.8	36.3	59.0	27.8	19.5	16.5	19.5	34.0	21.6	0.4	0.6	22.1	11.4	14.8	29.9	24.0	0.7	2.6	0.5	12.0
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.9	4.7	2.7	0.5	3.2	0.8	2.8	2.2	0.8	1.6	0.2	3.3	0.0	0.1	1.2	0.7	0.6	1.3	0.0	0.1	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.6	21.6	21.2	0.0	24.5	56.7	19.3	13.8	9.5	15.9	27.5	14.4	0.1	0.1	13.7	7.3	6.3	23.1	0.0	0.0	0.0	0.3	3.8
06-03-01	Bread	6.5	21.0	20.8	0.0	24.0	56.6	18.9	13.6	9.4	15.7	27.2	14.2	0.1	0.0	13.3	7.1	6.2	22.9	0.0	0.0	0.0	0.3	3.5
06-03-02	Crispbread, rusks	0.1	0.6	0.4	0.0	0.5	0.0	0.4	0.3	0.2	0.2	0.3	0.2	0.0	0.0	0.4	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.2
06-04	Breakfast cereals	0.7	1.0	2.6	0.0	2.9	0.1	1.2	0.9	0.5	0.3	0.7	0.9	0.1	0.0	3.1	1.8	2.1	2.8	24.0	0.5	0.2	0.1	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	1.1	4.0	4.4	0.3	5.0	0.7	4.0	2.2	5.3	0.9	4.8	2.6	0.1	0.4	3.4	1.2	5.2	1.3	0.0	0.0	2.3	0.0	6.7
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	1.0	0.6	0.0	0.6	0.7	0.4	0.4	0.3	0.7	0.8	0.4	0.0	0.0	0.6	0.4	0.5	1.5	0.0	0.0	0.0	0.0	0.2
07	Meat and meat products	2.8	10.2	18.1	87.6	9.5	3.1	10.2	18.1	14.7	34.3	19.6	29.7	14.4	12.3	28.2	13.6	23.2	4.2	0.0	31.9	11.7	24.8	7.8
07-01	Fresh meat	0.5	3.1	6.7	36.5	2.0	0.7	3.9	6.5	6.0	11.3	2.4	13.8	1.3	1.0	12.5	5.4	9.7	0.9	0.0	14.0	2.6	4.2	1.8
07-01-00	Unclassified	0.1	0.8	1.9	11.2	0.6	0.2	1.0	1.6	1.5	3.0	0.8	3.8	0.5	0.4	3.2	1.4	2.6	0.2	0.0	4.1	1.5	1.8	0.4
07-01-01	Beef	0.1	0.9	2.8	14.1	0.6	0.2	1.0	1.7	1.6	3.0	0.5	5.2	0.4	0.3	0.5	1.5	2.4	0.4	0.0	6.0	0.8	0.8	0.5
07-01-02	Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	1.2	1.7	9.7	0.7	0.2	1.7	2.8	2.6	5.2	1.0	4.2	0.3	0.2	8.4	2.2	4.4	0.3	0.0	3.1	0.2	1.3	0.9
07-01-04	Mutton/Lamb	0.0	0.1	0.2	1.1	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.5	0.1	0.0	0.3	0.3	0.3	0.0	0.0	0.8	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	0.2	2.3	1.4	7.8	1.0	0.7	1.8	2.6	2.2	6.7	0.5	1.8	1.4	1.1	1.5	0.7	5.7	0.8	0.0	1.4	0.0	9.9	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	2.3	1.4	7.7	1.0	0.7	1.8	2.6	2.1	6.6	0.5	1.8	1.4	1.1	1.5	0.7	5.6	0.8	0.0	1.3	0.0	9.9	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	0.1	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
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	2.1	4.7	9.8	43.0	6.3	1.7	4.5	9.0	6.5	16.1	16.7	14.0	11.5	10.0	14.2	7.2	7.8	2.3	0.0	16.2	9.0	10.7	4.8
07-05	Offals	0.0	0.1	0.2	0.2	0.2	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.0	0.2	0.1	0.0	0.0
08	Fish and shellfish	0.4	0.9	0.8	2.6	0.6	1.7	0.8	1.2	0.8	4.4	1.0	0.7	0.3	0.2	0.6	0.7	1.0	0.3	0.0	5.0	0.1	4.3	1.2
08-01	Fish	0.2	0.3	0.5	1.5	0.4	0.6	0.5	0.8	0.6	2.8	0.4	0.3	0.2	0.1	0.4	0.4	0.8	0.2	0.0	2.7	0.0	3.5	0.7

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.5	0.1	0.5	0.1	0.4	0.1	0.1	0.1	0.7	0.4	0.3	0.0	0.0	0.2	0.1	0.1	0.0	1.7	0.0	0.0	0.4	
08-03	Fish products, fish in crumbs	0.1	0.1	0.1	0.6	0.1	0.7	0.1	0.2	0.2	1.0	0.2	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.5	0.0	0.8	0.1
09	Eggs and egg products	0.6	0.5	1.9	0.0	2.2	1.6	0.4	1.3	0.4	3.3	0.4	1.3	3.6	2.9	0.5	1.9	0.5	2.1	0.0	3.2	0.0	4.3	2.3
09-01	Egg	0.6	0.5	1.9	0.0	2.2	1.6	0.4	1.3	0.4	3.3	0.4	1.3	3.6	2.9	0.5	1.9	0.5	2.1	0.0	3.2	0.0	4.3	2.3
10	Fat	1.4	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	29.5	23.0	2.7	2.0	4.6	4.8	42.7	2.2	0.0	38.3	22.3
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.7
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.9
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	2.9	2.3	0.0	0.0	0.0	0.0	0.1	0.0	1.0	0.3	
10-03	Margarines	1.3	0.0	0.1	1.4	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	26.1	20.3	2.7	2.0	4.6	4.8	42.7	2.0	0.0	36.4	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	4.5	9.7	9.8	0.0	11.2	2.3	5.8	3.0	4.4	1.8	1.1	2.7	2.9	2.6	1.9	3.8	1.6	1.6	3.0	2.2	1.9	1.1	4.8
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	0.0	0.2	0.3	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	1.1	0.0	0.1	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.7	7.9	6.7	0.0	7.6	1.1	4.0	2.1	2.8	1.4	0.4	2.0	1.0	0.8	1.0	2.5	0.6	1.1	1.9	1.5	0.2	0.3	3.8
11-03	Confectionery non-chocolate	0.4	0.7	1.2	0.0	1.4	0.2	0.6	0.2	0.4	0.1	0.3	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.6	1.3	0.0	1.5	0.1	0.3	0.1	0.5	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.0	1.5	0.0	0.5
11-05	Ice cream, water ice	1.3	0.3	0.3	0.0	0.3	1.0	0.7	0.5	0.6	0.3	0.3	0.3	1.9	1.8	0.7	1.1	0.3	0.4	0.0	0.7	0.1	0.8	0.3
11-05-01	Ice cream	1.2	0.3	0.3	0.0	0.3	1.0	0.7	0.5	0.6	0.3	0.3	0.3	1.9	1.8	0.7	1.1	0.3	0.4	0.0	0.7	0.0	0.8	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	0.1	0.0	0.0	0.0
12	Cakes	3.1	4.6	6.3	0.6	7.2	3.4	3.6	4.2	3.0	4.4	4.8	3.1	8.4	6.3	2.9	3.3	2.6	2.8	0.8	1.8	0.3	8.1	7.7
12-01	Cakes, pies, pastries, etc	1.5	2.4	2.6	0.4	2.9	2.5	1.8	2.3	1.6	2.5	2.6	1.7	5.5	4.0	1.8	2.2	0.8	1.9	0.0	1.4	0.3	6.3	3.7
12-02	Dry cakes, biscuits	1.5	2.3	3.7	0.2	4.2	0.9	1.8	1.9	1.4	1.8	2.2	1.4	2.9	2.3	1.1	1.1	1.8	0.9	0.8	0.4	0.0	1.7	4.0
13	Non-alcoholic beverages	8.4	6.2	3.6	0.0	4.1	5.8	6.5	4.8	7.2	2.9	2.4	1.0	0.0	1.9	5.8	6.4	12.2	5.4	0.5	3.8	32.6	0.0	5.6
13-00	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	0.0	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	1.3	1.4	1.7	0.0	1.9	0.6	2.5	0.8	3.9	0.4	0.2	0.6	0.0	1.8	4.4	2.1	3.6	4.2	0.0	0.8	16.4	0.0	3.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	3.4	3.3	0.7	0.0	0.8	3.8	1.5	3.9	1.5	0.8	1.7	0.2	0.0	0.1	0.8	3.6	7.9	0.1	0.5	2.9	15.8	0.0	1.9
13-03	Coffee, tea and herbal teas	0.7	1.0	1.1	0.0	1.3	0.4	1.4	0.1	1.7	0.2	0.1	0.2	0.0	0.0	0.6	0.6	0.7	1.0	0.0	0.0	0.3	0.0	0.0
13-03-01	Coffee	0.3	0.4	0.9	0.0	1.1	0.2	1.1	0.1	1.5	0.2	0.0	0.1	0.0	0.0	0.6	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-02	Tea	0.4	0.5	0.1	0.0	0.2	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.6	0.9	0.0	0.0	0.3	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	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	0.1	0.1	0.0	0.0	0.0	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	
13-04 Waters	3.0	0.4	0.1	0.0	0.1	1.1	1.0	0.0	0.0	1.6	0.4	0.1	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	0.5	0.4	0.0	0.4	0.7	2.0	1.5	1.5	0.4	0.1	0.2	0.0	0.0	0.0	1.6	2.1	2.7	0.0	0.9	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	
14-01 Wine	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	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.3	0.4	0.3	0.0	0.3	0.6	2.0	1.4	1.4	0.4	0.1	0.2	0.0	0.0	0.0	1.5	2.1	2.7	0.0	0.9	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	
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	
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	
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	
15 Condiments and sauces	0.8	1.7	1.9	0.0	2.2	0.5	2.0	1.1	1.9	1.2	8.8	1.1	3.2	5.5	3.6	0.9	0.7	0.8	0.0	0.1	1.9	4.2	12.4
15-01 Sauces	0.7	1.6	1.7	0.0	2.0	0.5	1.9	1.0	1.8	1.1	7.9	1.0	3.2	5.4	3.2	0.9	0.6	0.8	0.0	0.1	1.5	4.2	12.4
15-01-00 Unclassified and other sauces	0.4	1.2	1.0	0.0	1.1	0.1	1.3	0.6	0.8	0.4	3.7	0.6	2.6	2.2	1.9	0.4	0.3	0.2	0.0	0.0	0.5	3.7	5.0
15-01-01 Tomato sauces	0.1	0.3	0.3	0.0	0.4	0.2	0.4	0.2	0.8	0.1	2.1	0.2	0.2	2.5	1.2	0.4	0.2	0.4	0.0	0.0	0.9	0.0	0.6
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.2	0.1	0.4	1.2	0.2	0.3	0.6	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.4	5.2
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.9	0.1	0.0	0.1	0.5	0.0	0.1	0.0	0.0	0.0	0.4	0.0	0.0
16 Soups, bouillon	0.4	1.2	1.3	1.9	1.2	0.2	1.9	0.9	1.4	0.9	3.9	0.8	0.2	0.7	2.5	0.6	0.8	0.9	0.0	1.2	1.1	1.5	0.7
16-01 Soups	0.4	1.2	1.3	1.9	1.2	0.2	1.9	0.9	1.4	0.9	3.5	0.8	0.2	0.7	2.5	0.6	0.8	0.9	0.0	1.2	1.1	1.5	0.7
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.8	1.7	2.6	5.2	2.5	1.6	1.7	2.0	1.2	2.8	4.0	2.9	2.2	1.7	2.1	1.8	1.1	1.5	3.8	2.2	0.8	3.7	2.1
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.2	0.2	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.0	0.1	0.0	0.1	0.1
17-02 Dietetic products	0.1	0.1	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.3	0.2	0.1	0.1	0.0	0.1	3.8	0.1	0.1	0.4	0.1
17-02-00 Unclassified	0.1	0.1	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.2	0.0	0.1	0.3	0.2	0.1	0.1	0.0	0.1	3.8	0.1	0.1	0.4	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	1.5	1.4	2.2	5.2	2.0	1.6	1.3	1.8	1.0	2.4	3.7	2.5	1.8	1.5	1.9	1.5	1.0	1.2	0.0	2.0	0.7	3.2	1.9



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.7	5.6	0.0	6.7	1.6	7.0	4.1	12.7	2.3	0.7	3.7	0.1	0.1	5.5	1.9	10.7	8.0	0.0	0.0	13.4	0.0	2.1
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	4.2	5.3	6.9	0.0	8.1	1.6	5.0	3.1	8.9	1.4	2.2	3.3	0.1	14.2	4.0	3.7	4.7	13.6	0.0	0.0	14.0	0.1	5.6
02-01	Leafy vegetables (except cabbages)	1.1	0.7	1.5	0.0	1.8	0.3	1.1	0.5	1.6	0.1	0.3	0.6	0.1	2.8	0.8	0.8	0.5	2.5	0.0	0.0	0.5	0.1	0.9
02-02	Fruiting vegetables	1.1	1.9	3.0	0.0	3.5	0.7	2.0	0.9	3.7	0.2	0.8	1.2	0.0	2.3	1.4	1.1	1.9	3.7	0.0	0.0	6.8	0.0	2.8
02-03	Root vegetables	0.3	0.3	0.3	0.0	0.3	0.1	0.2	0.2	0.7	0.1	0.2	0.2	0.0	5.8	0.2	0.2	0.3	1.0	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	1.0	0.6	0.9	0.0	1.1	0.2	0.7	0.7	1.4	0.5	0.4	0.5	0.0	1.4	0.6	0.8	0.9	3.9	0.0	0.0	4.2	0.0	1.0
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.3	0.1	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	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.6	0.9	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.3	0.2	0.6	0.1	0.4	0.2	0.0	1.7	0.3	0.3	0.3	1.1	0.0	0.0	1.3	0.0	0.2
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	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	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.5	7.1	3.0	0.0	3.6	1.3	6.3	2.6	7.2	3.1	0.9	2.5	0.0	1.5	3.2	1.8	5.0	4.3	0.0	0.0	14.1	0.0	6.0
04-01	Fruits	1.1	4.2	2.2	0.0	2.6	1.3	3.6	1.3	6.2	1.8	0.1	1.3	0.0	1.5	2.5	1.4	4.6	3.4	0.0	0.0	14.0	0.0	2.8
04-02	Nuts and seeds (+nut spread)	0.3	2.8	0.7	0.0	0.9	0.1	2.6	1.3	0.9	1.2	0.6	1.1	0.0	0.0	0.6	0.4	0.4	0.7	0.0	0.0	0.0	0.0	3.0
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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
05	Dairy products	56.1	5.4	3.5	0.0	4.1	14.3	16.1	31.0	17.9	13.3	14.7	22.6	31.9	24.4	9.2	40.4	10.9	12.2	1.2	41.6	4.5	6.7	4.6
05-01	Milk	17.5	0.7	0.4	0.0	0.5	6.6	6.2	10.4	8.2	2.9	2.8	6.5	6.3	5.0	4.3	16.8	3.3	4.3	0.0	15.9	1.4	0.0	0.7
05-02	Milk beverages	4.3	1.4	1.6	0.0	1.9	1.9	2.1	2.6	2.4	0.7	0.8	1.6	1.8	1.3	1.0	3.8	0.9	0.8	1.2	2.4	0.8	0.8	0.3
05-03	Yoghurt	11.4	1.2	0.4	0.0	0.5	2.5	3.6	6.1	4.6	1.6	1.7	3.6	2.0	1.5	2.5	10.4	4.9	3.5	0.0	8.3	1.8	0.4	0.8
05-04	Fromage blanc, petits suisses	0.2	0.0	0.1	0.0	0.1	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.3	0.3	0.1	0.4	0.1	0.1	0.0	0.3	0.0	0.3	0.0
05-05	Cheese (including fresh cheeses)	19.7	1.1	0.6	0.0	0.6	2.3	2.8	9.9	1.0	7.1	8.6	9.5	17.7	13.4	0.5	5.9	0.8	2.9	0.0	12.0	0.1	3.6	2.0
05-06	Cream desserts, puddings (milk based)	2.6	1.0	0.5	0.0	0.5	0.7	1.2	1.5	1.3	1.0	0.6	1.2	2.2	1.6	0.7	2.7	0.9	0.6	0.0	2.4	0.3	1.1	0.6
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06	Cereals and cereal products	9.0	30.9	29.3	0.3	34.2	57.3	27.4	20.3	14.8	19.6	33.8	21.3	0.3	0.5	22.3	11.2	12.9	26.7	16.1	0.7	1.7	0.4	11.1
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	3.9	2.3	0.1	2.7	0.6	2.5	2.1	0.7	1.6	0.1	2.9	0.0	0.1	1.1	0.7	0.5	1.0	0.0	0.0	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.9	22.0	21.0	0.1	24.6	55.3	20.3	15.1	9.8	16.2	28.6	15.4	0.1	0.1	15.0	7.5	6.7	21.0	0.0	0.2	0.1	0.2	5.2
06-03-01	Bread	6.5	20.7	19.8	0.1	23.2	55.2	19.2	14.3	9.3	15.7	27.7	14.6	0.1	0.1	13.8	7.1	6.3	20.5	0.0	0.2	0.1	0.2	4.6
06-03-02	Crispbread, rusks	0.4	1.3	1.2	0.0	1.4	0.2	1.1	0.8	0.5	0.5	0.9	0.8	0.0	0.0	1.2	0.4	0.4	0.6	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.6	1.4	2.6	0.0	3.0	0.1	1.5	1.2	0.7	0.3	0.8	1.1	0.1	0.0	3.2	1.8	1.9	2.5	16.1	0.5	0.4	0.1	1.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.6	2.6	2.7	0.1	3.2	0.6	2.6	1.5	3.2	0.7	3.5	1.5	0.1	0.2	2.2	0.8	3.2	0.8	0.0	0.0	1.2	0.0	4.2
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.9	0.6	0.0	0.7	0.7	0.4	0.4	0.3	0.7	0.8	0.4	0.1	0.1	0.7	0.4	0.5	1.4	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.2	9.6	15.8	85.8	8.0	3.1	9.6	17.4	13.7	32.1	17.2	27.6	13.8	11.5	23.9	12.0	22.0	3.8	0.0	31.3	9.5	24.5	7.3
07-01	Fresh meat	0.4	2.9	6.2	37.0	1.8	0.8	3.8	6.4	5.6	10.7	2.3	13.2	1.2	0.9	10.5	4.9	9.2	0.9	0.0	13.8	2.0	4.3	1.7
07-01-00	Unclassified	0.1	0.6	1.4	9.8	0.4	0.2	0.8	1.4	1.3	2.4	0.7	3.2	0.4	0.3	2.9	1.2	2.2	0.1	0.0	3.5	1.0	1.5	0.3
07-01-01	Beef	0.1	1.1	3.3	18.7	0.7	0.3	1.3	2.3	2.0	3.7	0.7	6.2	0.5	0.4	0.6	1.7	3.1	0.5	0.0	7.5	0.9	1.3	0.6
07-01-02	Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	1.0	1.3	7.6	0.6	0.2	1.5	2.5	2.1	4.4	0.8	3.3	0.2	0.1	6.8	1.7	3.6	0.2	0.0	2.2	0.1	1.3	0.8
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.7	0.1	0.1	0.1	0.2	0.2	0.1	0.0	0.4	0.1	0.0	0.2	0.2	0.2	0.0	0.0	0.5	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	2.7	1.6	9.5	1.1	0.8	2.1	3.2	2.6	7.6	0.6	2.0	1.8	1.3	1.6	0.8	6.1	0.9	0.0	1.8	0.0	11.1	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	2.7	1.5	9.0	1.1	0.8	2.1	3.1	2.5	7.5	0.6	2.0	1.8	1.3	1.6	0.8	5.9	0.9	0.0	1.7	0.0	11.1	1.2
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.5	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
07-04	Processed meat	1.5	4.0	8.0	39.2	5.0	1.4	3.7	7.8	5.5	13.8	14.4	12.4	10.8	9.3	11.7	6.3	6.6	2.0	0.0	15.6	7.5	9.1	4.3
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	0.4	0.8	0.6	3.0	0.5	1.7	0.7	1.1	0.7	4.1	1.0	0.6	0.3	0.2	0.5	0.7	0.9	0.3	0.0	5.4	0.1	4.4	1.0
08-01	Fish	0.2	0.2	0.3	1.8	0.3	0.4	0.4	0.7	0.5	2.3	0.6	0.3	0.1	0.1	0.3	0.4	0.8	0.1	0.0	3.3	0.0	3.2	0.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.3	0.2	0.4	0.2	0.3	0.1	0.1	0.1	0.5	0.2	0.2	0.0	0.0	0.2	0.0	0.1	0.0	1.3	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	0.2	1.3	0.3	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.8	0.0	1.2	0.1
09	Eggs and egg products	0.7	0.5	2.0	0.0	2.4	1.8	0.4	1.5	0.4	3.6	0.5	1.4	4.3	3.2	0.5	2.2	0.5	2.1	0.0	3.7	0.0	5.0	2.6
09-01	Egg	0.7	0.5	2.0	0.0	2.4	1.8	0.4	1.5	0.4	3.6	0.5	1.4	4.3	3.2	0.5	2.2	0.5	2.1	0.0	3.7	0.0	5.0	2.6
10	Fat	1.1	0.0	0.1	2.0	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.3	20.8	2.3	1.8	3.8	4.2	41.3	1.7	0.0	36.0	20.4
10-00	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	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.4	
10-01	Vegetable oils	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	4.6
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	3.1	2.4	0.0	0.0	0.0	0.0	0.2	0.0	1.1	0.4	
10-03	Margarines	1.0	0.0	0.1	2.0	0.1	0.1	0.1	0.2	0.2	0.0	1.0	0.0	23.8	18.1	2.3	1.7	3.8	4.2	41.3	1.5	0.0	34.0	15.1
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	0.1	0.0	
11	Sugar and confectionery	4.6	9.9	10.0	0.0	11.6	2.6	6.2	3.6	4.6	2.2	1.4	3.0	3.4	2.8	2.4	4.2	2.2	1.8	4.4	2.5	1.8	1.5	5.3
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	0.0	0.2	0.2	0.0	0.3	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.8	8.3	7.0	0.0	8.0	1.4	4.6	2.6	3.2	1.7	0.7	2.3	1.3	1.0	1.5	2.9	0.9	1.4	4.3	1.9	0.2	0.6	4.2
11-03	Confectionery non-chocolate	0.3	0.7	1.3	0.0	1.5	0.1	0.5	0.3	0.3	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.4	1.2	0.0	1.3	0.1	0.2	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.0	0.1	1.0	0.0	0.0	0.0	1.3	0.0	0.7
11-05	Ice cream, water ice	1.4	0.4	0.4	0.0	0.4	1.0	0.8	0.6	0.6	0.4	0.4	0.4	2.0	1.8	0.7	1.1	0.3	0.4	0.0	0.7	0.3	0.9	0.4
11-05-01	Ice cream	1.4	0.3	0.3	0.0	0.4	1.0	0.7	0.6	0.6	0.4	0.4	0.4	2.0	1.8	0.6	1.1	0.2	0.4	0.0	0.7	0.0	0.9	0.4
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	0.2	0.0	0.0	0.0
12	Cakes	4.0	5.6	8.0	0.4	9.1	3.7	4.7	5.5	4.0	5.2	5.7	4.0	7.8	6.5	3.5	3.9	3.1	3.0	2.1	0.3	8.1	9.0	
12-01	Cakes, pies, pastries, etc	1.7	2.5	2.7	0.4	3.0	2.9	2.0	2.8	1.8	2.9	3.0	2.1	5.3	4.4	1.8	2.5	0.9	2.1	0.0	1.7	0.2	6.3	3.7
12-02	Dry cakes, biscuits	2.3	3.1	5.3	0.0	6.1	0.8	2.7	2.7	2.2	2.3	2.8	1.9	2.5	2.1	1.7	1.4	3.0	1.0	3.0	0.4	0.0	1.8	5.3
13	Non-alcoholic beverages	10.9	7.0	4.0	0.0	4.7	6.2	8.5	4.3	9.0	3.9	2.3	1.5	0.1	2.5	8.4	7.0	13.1	9.9	3.4	3.2	31.6	0.0	6.3
13-00	Unclassified	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	0.0
13-01	Fruit and vegetable juices	1.6	2.1	2.2	0.0	2.5	0.9	3.8	1.3	5.8	0.5	0.1	0.8	0.0	2.1	7.3	3.3	5.6	6.2	0.5	1.2	19.8	0.0	4.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.6	2.2	0.7	0.0	0.8	2.8	1.3	2.5	1.3	0.7	1.3	0.1	0.0	0.3	0.7	2.6	5.2	0.6	2.9	1.8	10.8	0.0	1.4
13-03	Coffee, tea and herbal teas	1.9	2.2	1.0	0.0	1.2	0.8	1.7	0.5	1.8	0.1	0.2	0.4	0.1	0.1	0.3	1.1	2.4	3.0	0.0	0.2	1.0	0.0	0.0
13-03-01	Coffee	0.3	0.2	0.6	0.0	0.7	0.1	0.8	0.1	1.0	0.1	0.0	0.1	0.1	0.1	0.3	0.4	0.0	0.1	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	1.2	1.5	0.4	0.0	0.4	0.5	0.7	0.3	0.6	0.0	0.1	0.2	0.0	0.0	0.0	0.6	1.9	2.3	0.0	0.0	0.8	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13-03-03 Herbal tea	0.4	0.5	0.1	0.0	0.1	0.1	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.2	0.5	0.7	0.0	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
13-04 Waters	4.8	0.6	0.1	0.0	0.1	1.8	1.7	0.0	0.1	2.5	0.7	0.1	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	0.4	0.6	0.0	0.8	0.4	1.0	0.7	0.9	0.2	0.1	0.1	0.1	0.1	0.0	0.5	0.7	0.9	0.0	0.4	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
14-01 Wine	0.1	0.2	0.4	0.0	0.5	0.2	0.2	0.1	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
14-02 Fortified wines (sherry, port, vermouth)	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	0.0	0.0	0.0	0.0	0.0	0.0
14-03 Beer, cider	0.2	0.1	0.1	0.0	0.2	0.2	0.7	0.6	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.9	0.0	0.3	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
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
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
15 Condiments and sauces	0.7	1.3	1.8	0.5	2.0	0.5	1.7	1.0	1.6	1.1	8.7	0.9	3.1	4.5	3.8	0.8	0.7	0.7	0.0	0.1	1.2	3.5
15-01 Sauces	0.7	1.2	1.6	0.5	1.9	0.5	1.5	0.9	1.5	1.0	7.7	0.9	3.1	4.4	3.2	0.7	0.7	0.7	0.0	0.1	1.0	3.5
15-01-00 Unclassified and other sauces	0.3	0.9	0.8	0.5	0.9	0.1	1.0	0.5	0.6	0.4	3.6	0.5	2.5	2.0	1.8	0.3	0.2	0.1	0.0	0.0	0.4	3.2
15-01-01 Tomato sauces	0.1	0.3	0.3	0.0	0.3	0.1	0.4	0.2	0.7	0.1	1.9	0.1	0.2	1.9	1.3	0.3	0.2	0.3	0.0	0.0	0.7	0.0
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.8
15-01-03 Mayonnaises and similars	0.1	0.0	0.4	0.0	0.4	0.1	0.0	0.2	0.1	0.4	1.3	0.1	0.2	0.4	0.1	0.1	0.3	0.2	0.0	0.0	0.0	5.1
15-01-04 Dessert sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	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
15-04 Condiments	0.1	0.1	0.1	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.0	0.1	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.2	0.0
16 Soups, bouillon	0.5	1.2	1.3	2.9	1.2	0.3	2.1	1.1	1.6	1.2	5.0	0.9	0.3	1.2	2.0	0.6	1.0	1.1	0.0	1.4	1.4	2.0
16-01 Soups	0.5	1.2	1.3	2.9	1.2	0.3	2.1	1.1	1.6	1.2	4.6	0.9	0.3	1.2	2.0	0.6	1.0	1.1	0.0	1.4	1.4	2.0
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.6	1.8	2.6	5.1	2.5	1.1	1.6	2.0	1.3	2.6	4.1	2.7	2.1	1.6	2.3	1.9	1.6	1.5	1.9	2.3	0.7	3.0
17-00 Unclassified	0.1	0.0	0.2	0.0	0.2	0.0	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
17-01 Soya products	0.1	0.3	0.3	0.0	0.3	0.0	0.3	0.3	0.2	0.1	0.4	0.0	0.0	0.0	0.3	0.3	0.2	0.4	0.0	0.2	0.0	0.1
17-02 Dietetic products	0.4	0.6	0.6	0.0	0.7	0.4	0.4	0.4	0.4	0.5	0.3	0.5	0.7	0.7	0.5	0.5	0.5	0.5	1.9	0.4	0.4	0.7
17-02-00 Unclassified	0.4	0.6	0.6	0.0	0.7	0.4	0.4	0.4	0.4	0.5	0.3	0.5	0.7	0.7	0.5	0.5	0.5	0.5	1.9	0.4	0.4	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	0.1	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	0.9	1.6	5.1	1.3	0.6	0.9	1.3	0.7	1.9	3.1	2.0	1.4	1.0	1.5	1.0	0.8	0.6	0.0	1.6	0.4	2.2

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.5	9.1	6.1	0.0	7.3	1.6	6.6	4.1	12.3	2.1	0.7	3.5	0.1	0.1	5.7	2.1	11.0	7.9	0.0	0.1	16.1	0.0	2.1
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	4.8	5.8	7.4	0.0	8.7	1.3	4.7	3.0	8.4	1.5	2.3	3.1	0.2	13.8	4.1	4.3	4.9	13.7	0.0	0.0	16.3	0.1	6.0
02-01	Leafy vegetables (except cabbages)	1.3	0.8	1.7	0.0	2.0	0.2	1.1	0.5	1.4	0.1	0.3	0.6	0.2	2.9	0.6	0.8	0.5	2.4	0.0	0.0	0.5	0.1	1.1
02-02	Fruiting vegetables	1.0	1.8	2.7	0.0	3.2	0.5	1.8	0.8	3.4	0.2	0.8	1.0	0.0	2.3	1.2	1.0	1.8	3.4	0.0	0.0	7.1	0.0	2.9
02-03	Root vegetables	0.3	0.3	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.2	0.2	0.0	4.1	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.1	0.6	0.9	0.0	1.1	0.2	0.5	0.6	1.1	0.4	0.3	0.4	0.0	1.6	0.6	0.8	0.8	3.3	0.0	0.0	4.8	0.0	0.9
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.3	0.0	0.1	0.2	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.5	0.0	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.2	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.2	0.0	0.0	0.8	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.5	0.6	0.9	0.0	1.0	0.1	0.5	0.3	0.8	0.2	0.5	0.4	0.0	2.6	0.6	0.5	0.6	1.7	0.0	0.0	2.2	0.0	0.4
03	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.4	7.9	2.9	0.0	3.3	0.8	6.7	3.1	5.1	3.7	1.8	2.8	0.0	0.6	2.2	1.5	3.7	3.4	0.0	0.0	9.1	0.0	6.5
04-01	Fruits	0.7	2.7	1.4	0.0	1.6	0.7	2.2	0.7	3.5	1.2	0.0	0.8	0.0	0.6	1.3	0.8	3.0	2.3	0.0	0.0	9.1	0.0	1.5
04-02	Nuts and seeds (+nut spread)	0.7	5.0	1.4	0.0	1.6	0.1	4.5	2.4	1.5	2.4	1.5	2.0	0.0	0.0	0.9	0.7	0.7	1.1	0.0	0.0	0.0	0.0	4.9
04-03	Mixed fruits	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	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	0.0	0.0	0.1	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	0.1
05	Dairy products	56.3	4.3	3.1	0.0	3.7	12.4	14.4	28.8	15.9	12.8	14.2	21.9	30.9	24.6	8.7	36.3	10.6	10.7	0.0	36.8	3.9	4.8	4.9
05-01	Milk	18.1	0.8	0.4	0.0	0.5	6.5	6.3	10.4	8.5	2.8	2.8	6.7	5.9	4.7	4.6	16.5	3.6	4.5	0.0	14.9	1.5	0.0	0.8
05-02	Milk beverages	2.7	1.0	1.3	0.0	1.5	1.2	1.4	1.6	1.7	0.4	0.5	1.1	0.9	0.9	1.0	2.5	1.0	0.4	0.0	1.3	0.5	0.4	0.4
05-03	Yoghurt	7.9	0.8	0.3	0.0	0.3	1.6	2.3	3.7	2.8	0.9	1.1	2.2	1.0	0.8	2.0	7.4	4.2	2.1	0.0	4.7	1.4	0.2	0.9
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.2	0.4	0.1	0.3	0.2	0.1	0.1	0.2	0.3	0.2	0.2	0.6	0.1	0.1	0.0	0.5	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.8	1.2	0.6	0.0	0.7	1.9	3.2	10.9	1.1	7.9	9.1	10.5	20.2	15.8	0.4	6.6	0.8	3.3	0.0	13.5	0.2	3.3	2.4
05-06	Cream desserts, puddings (milk based)	2.3	0.4	0.3	0.0	0.4	0.4	0.9	1.1	1.0	0.4	0.4	0.8	1.5	1.3	0.5	1.9	0.7	0.2	0.0	1.5	0.2	0.4	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	0.0	0.0	0.0	0.0	0.7	0.6	0.0	0.1	0.0	0.0	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	0.7	0.6	0.0	0.1	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.0	0.0	0.0	0.0	0.5	0.2	0.8	0.5	0.3	0.2	0.2	0.3	0.3	0.1	0.8	0.1	0.0	0.0	0.4	0.0	0.0	0.1	
06	Cereals and cereal products	9.0	31.3	28.5	0.2	32.8	58.5	24.5	18.4	13.7	17.6	31.1	20.4	0.4	0.6	19.3	10.1	12.0	25.4	8.6	0.4	1.6	0.4	9.6
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.9	4.7	2.4	0.1	2.7	0.8	2.4	2.1	0.7	1.2	0.1	3.3	0.0	0.1	1.2	0.7	0.6	1.1	0.0	0.0	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.6	21.5	20.4	0.0	23.5	56.1	17.9	13.4	8.7	14.8	26.2	14.1	0.1	0.1	13.2	6.9	6.4	20.2	0.0	0.1	0.1	0.2	3.9
06-03-01	Bread	6.5	21.1	20.0	0.0	23.0	56.0	17.6	13.1	8.6	14.6	25.9	13.9	0.1	0.1	12.9	6.8	6.2	20.0	0.0	0.1	0.1	0.2	3.8
06-03-02	Crispbread, rusks	0.1	0.4	0.4	0.0	0.4	0.1	0.3	0.2	0.2	0.2	0.3	0.2	0.0	0.0	0.3	0.2	0.1	0.2	0.0	0.0	0.0	0.0	0.1
06-04	Breakfast cereals	0.5	1.2	2.1	0.0	2.4	0.0	1.1	0.8	0.6	0.1	0.4	0.9	0.0	0.0	2.1	1.0	1.2	1.6	8.6	0.2	0.1	0.0	0.8
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	2.7	2.9	0.1	3.3	0.6	2.6	1.5	3.3	0.6	3.5	1.6	0.0	0.2	2.0	0.9	3.2	0.8	0.0	0.0	1.4	0.0	4.3
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	1.2	0.7	0.0	0.9	0.9	0.5	0.5	0.4	0.9	0.9	0.5	0.2	0.1	0.7	0.5	0.6	1.7	0.0	0.0	0.0	0.1	0.3
07	Meat and meat products	3.1	10.8	18.4	86.0	9.8	3.3	10.0	18.8	14.5	33.2	20.1	30.7	16.7	14.0	28.9	14.5	23.7	4.1	0.0	32.3	13.7	24.1	7.8
07-01	Fresh meat	0.6	3.3	6.9	36.6	2.2	0.8	3.9	6.9	6.0	11.4	2.8	14.4	1.5	1.1	13.5	5.8	10.7	0.9	0.0	14.1	3.0	3.8	2.0
07-01-00	Unclassified	0.2	0.9	2.1	12.6	0.6	0.3	1.1	1.9	1.7	3.3	1.0	4.5	0.6	0.5	4.0	1.5	3.1	0.2	0.0	4.4	1.7	1.5	0.5
07-01-01	Beef	0.1	1.0	2.7	13.2	0.6	0.2	1.0	1.8	1.5	2.7	0.6	5.1	0.7	0.4	0.6	1.6	2.3	0.5	0.0	6.0	1.0	0.9	0.5
07-01-02	Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0
07-01-03	Pork	0.2	1.2	1.7	9.7	0.8	0.2	1.7	2.9	2.5	5.1	1.1	4.1	0.2	0.2	8.6	2.3	5.0	0.2	0.0	2.8	0.3	1.3	1.0
07-01-04	Mutton/Lamb	0.0	0.2	0.3	1.0	0.1	0.1	0.2	0.3	0.2	0.1	0.1	0.6	0.1	0.0	0.3	0.4	0.3	0.0	0.0	0.8	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	0.3	2.4	1.5	6.5	1.1	0.8	1.7	2.8	2.2	6.3	0.6	1.8	2.0	1.3	1.7	0.9	5.6	0.9	0.0	1.4	0.0	10.3	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	2.4	1.4	6.2	1.1	0.8	1.7	2.7	2.2	6.3	0.5	1.8	2.0	1.2	1.5	0.8	5.5	0.8	0.0	1.2	0.0	10.3	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	0.2	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	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	2.2	5.1	9.9	42.8	6.5	1.6	4.3	9.1	6.3	15.4	16.7	14.6	13.1	11.6	13.8	7.8	7.4	2.3	0.0	16.6	10.7	10.0	4.8
07-05	Offals	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	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
08	Fish and shellfish	0.6	1.6	1.1	4.3	1.0	2.9	1.2	2.1	1.4	7.4	1.8	1.0	0.9	0.7	1.2	1.1	1.8	0.6	0.0	9.5	0.1	9.2	2.0
08-01	Fish	0.3	0.8	0.7	3.1	0.6	1.0	0.7	1.3	0.9	4.6	1.2	0.6	0.7	0.5	0.7	0.7	1.5	0.2	0.0	5.9	0.0	6.7	1.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.5	0.1	0.2	0.1	0.3	0.1	0.1	0.0	0.6	0.3	0.2	0.0	0.0	0.2	0.0	0.1	0.0	2.1	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.2	0.2	0.3	0.9	0.3	1.5	0.4	0.7	0.5	2.3	0.4	0.3	0.2	0.2	0.4	0.3	0.3	0.3	1.5	0.0	2.5	0.4	
09	Eggs and egg products	1.0	0.8	3.0	0.0	3.5	2.5	0.6	2.0	0.6	5.0	0.7	2.0	5.3	4.1	0.7	2.9	0.8	3.0	0.0	4.6	0.0	5.8	3.6
09-01	Egg	1.0	0.8	3.0	0.0	3.5	2.5	0.6	2.0	0.6	5.0	0.7	2.0	5.3	4.1	0.7	2.9	0.8	3.0	0.0	4.6	0.0	5.8	3.6
10	Fat	1.1	0.0	0.2	1.1	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.6	21.4	1.8	1.6	4.7	6.3	60.4	2.0	0.0	35.1	22.9
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.4	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	0.1	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	2.6	2.1	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.2	
10-03	Margarines	1.1	0.0	0.1	1.1	0.1	0.1	0.1	0.2	0.2	1.2	0.0	24.4	18.9	1.8	1.6	4.7	6.3	60.4	1.9	0.0	33.6	16.6	
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	
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	3.6	6.7	6.5	0.0	7.5	1.8	3.9	2.0	3.0	1.3	1.0	1.9	2.6	2.4	1.3	2.8	0.9	0.9	2.3	1.5	0.9	1.2	2.8
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	0.0	0.3	0.3	0.0	0.3	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	0.1	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.7	5.0	3.8	0.0	4.3	0.8	2.4	1.3	1.6	0.8	0.3	1.3	0.8	0.7	0.7	1.6	0.4	0.5	2.3	1.0	0.1	0.4	2.0
11-03	Confectionery non-chocolate	0.7	0.7	1.0	0.0	1.2	0.2	0.6	0.2	0.4	0.1	0.3	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.4	1.1	0.0	1.3	0.1	0.2	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.7	0.0	0.2
11-05	Ice cream, water ice	1.1	0.3	0.3	0.0	0.3	0.8	0.6	0.5	0.5	0.3	0.3	0.3	1.8	1.6	0.5	1.0	0.2	0.3	0.0	0.5	0.1	0.8	0.3
11-05-01	Ice cream	1.1	0.3	0.3	0.0	0.3	0.8	0.6	0.5	0.5	0.3	0.3	0.3	1.8	1.6	0.5	1.0	0.2	0.3	0.0	0.5	0.0	0.8	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	
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	0.1	0.0	0.0	
12	Cakes	2.0	3.2	3.8	0.2	4.5	2.5	2.4	2.9	2.1	3.1	3.3	2.1	6.1	5.0	1.7	2.2	1.4	2.1	0.0	1.2	0.2	6.0	5.1
12-01	Cakes, pies, pastries, etc	1.3	1.9	2.0	0.2	2.4	2.1	1.5	1.9	1.3	2.1	2.2	1.4	4.4	3.6	1.2	1.7	0.7	1.6	0.0	1.0	0.2	5.2	3.0
12-02	Dry cakes, biscuits	0.7	1.3	1.8	0.0	2.1	0.4	0.9	1.0	0.8	1.0	1.2	0.7	1.7	1.4	0.5	0.5	0.7	0.5	0.0	0.2	0.0	0.9	2.2
13	Non-alcoholic beverages	10.6	8.2	7.7	0.0	9.0	6.0	11.3	5.7	13.1	3.3	2.2	1.7	0.5	1.8	9.8	8.6	11.3	6.4	2.3	3.5	28.2	0.1	5.1
13-00	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	
13-01	Fruit and vegetable juices	1.5	1.5	2.0	0.0	2.3	0.7	3.0	0.9	4.4	0.6	0.1	0.7	0.0	1.4	6.3	3.1	4.9	4.6	1.3	1.2	18.0	0.0	4.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.9	3.2	0.6	0.0	0.7	3.0	1.1	3.9	1.0	0.4	1.2	0.2	0.0	0.1	0.7	2.5	5.1	0.2	1.0	1.7	9.6	0.0	1.0
13-03	Coffee, tea and herbal teas	2.8	3.1	5.0	0.0	5.9	1.2	6.1	0.8	7.7	0.8	0.5	0.7	0.5	0.4	2.8	3.0	1.3	1.6	0.0	0.6	0.6	0.1	0.1
13-03-01	Coffee	2.1	2.1	4.7	0.0	5.6	0.9	5.7	0.7	7.4	0.8	0.4	0.6	0.5	0.4	2.8	2.6	0.1	0.2	0.0	0.6	0.0	0.1	0.1
13-03-02	Tea	0.6	0.9	0.2	0.0	0.2	0.2	0.4	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.9	1.2	0.0	0.0	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	0.2	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.2	0.0	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	
13-04 Waters	3.4	0.4	0.1	0.0	0.1	1.2	1.1	0.0	0.0	1.4	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.3	1.6	1.7	0.0	2.0	2.3	6.1	4.4	4.5	1.0	0.3	0.7	0.0	0.0	0.0	4.7	6.4	7.8	0.0	2.2	0.1	0.0	0.3
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	0.2	0.2	0.9	0.0	1.0	0.6	0.4	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.1	1.3	0.8	0.0	1.0	1.7	5.7	4.3	4.2	1.0	0.3	0.7	0.0	0.0	0.0	4.5	6.2	7.8	0.0	2.1	0.1	0.0	0.3
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	0.9	1.9	2.1	0.0	2.4	0.5	1.9	1.1	1.8	1.3	9.8	1.1	3.2	5.3	3.8	1.0	0.8	0.7	0.0	0.1	1.6	3.6	14.9
15-01 Sauces	0.7	1.8	1.9	0.0	2.2	0.5	1.7	1.0	1.7	1.2	8.4	1.0	3.2	5.2	3.1	0.9	0.7	0.7	0.0	0.1	1.4	3.6	14.8
15-01-00 Unclassified and other sauces	0.3	1.3	1.0	0.0	1.2	0.1	1.2	0.6	0.7	0.4	3.9	0.6	2.5	2.0	2.0	0.3	0.2	0.1	0.0	0.0	0.3	3.2	5.2
15-01-01 Tomato sauces	0.1	0.4	0.3	0.0	0.4	0.1	0.4	0.2	0.8	0.1	2.0	0.1	0.2	2.4	1.0	0.4	0.3	0.3	0.0	0.0	1.1	0.0	0.6
15-01-02 Dressing sauces	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.2	1.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.9
15-01-03 Mayonnaises and similars	0.2	0.1	0.4	0.0	0.5	0.1	0.1	0.2	0.1	0.5	1.5	0.2	0.4	0.6	0.1	0.1	0.3	0.2	0.0	0.0	0.4	7.1	
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	1.3	0.1	0.0	0.0	0.7	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.1
16 Soups, bouillon	0.5	1.5	1.6	2.1	1.7	0.3	2.8	1.1	1.9	0.9	5.7	0.8	0.2	0.8	4.3	0.9	1.0	0.9	0.0	1.7	1.6	2.0	1.1
16-01 Soups	0.5	1.5	1.6	2.1	1.7	0.3	2.8	1.1	1.9	0.9	5.3	0.8	0.2	0.8	4.3	0.9	1.0	0.9	0.0	1.7	1.6	2.0	1.1
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.6	1.7	2.6	5.9	2.3	1.2	1.5	1.8	1.2	2.6	3.5	2.9	1.6	1.4	2.2	1.6	1.3	1.3	1.8	2.4	0.9	3.8	2.0
17-00 Unclassified	0.1	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.2	0.1
17-02 Dietetic products	0.6	0.6	0.6	0.0	0.6	0.5	0.4	0.5	0.4	0.5	0.4	0.5	0.7	0.6	0.6	0.5	0.5	0.6	1.8	0.5	0.5	0.7	0.6
17-02-00 Unclassified	0.6	0.6	0.6	0.0	0.6	0.5	0.4	0.5	0.4	0.5	0.3	0.5	0.7	0.6	0.6	0.5	0.5	0.6	1.8	0.5	0.5	0.7	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.9	1.1	2.0	5.9	1.6	0.7	0.9	1.2	0.7	1.9	3.0	2.2	1.0	0.8	1.5	0.9	0.8	0.6	0.0	1.8	0.4	2.9	1.4



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.1	7.1	4.7	0.0	5.6	1.4	5.4	3.4	10.1	1.7	0.8	2.8	0.1	0.1	4.4	1.5	8.3	6.1	0.0	0.1	11.2	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	4.6	6.4	8.1	0.0	9.6	1.8	5.7	3.6	10.2	1.7	2.8	4.0	0.0	14.7	4.7	4.4	5.1	14.5	0.0	0.0	16.3	0.0	6.5
02-01	Leafy vegetables (except cabbages)	1.3	0.9	1.9	0.0	2.1	0.3	1.3	0.5	1.8	0.2	0.3	0.8	0.0	3.2	0.7	0.8	0.6	2.7	0.0	0.0	0.5	0.0	1.0
02-02	Fruiting vegetables	1.1	2.3	3.3	0.0	4.0	0.8	2.3	1.1	4.3	0.3	1.2	1.4	0.0	3.0	1.6	1.3	2.1	4.1	0.0	0.0	8.3	0.0	3.2
02-03	Root vegetables	0.2	0.3	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.1	0.3	0.2	0.0	4.3	0.2	0.1	0.2	0.7	0.0	0.0	0.2	0.0	0.4
02-04	Cabbages	0.9	0.7	0.9	0.0	1.0	0.2	0.6	0.7	1.4	0.4	0.2	0.6	0.0	1.5	0.6	0.7	0.8	3.8	0.0	0.0	4.5	0.0	1.1
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.3	0.0	0.1	0.2	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	0.1	0.0	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	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.4	0.2	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.2	0.6	0.0	0.0	0.3	0.0	0.1	0.2	0.1	0.6	1.0	0.0	0.0	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.3	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.6	0.8	0.0	1.0	0.2	0.6	0.4	0.9	0.2	0.6	0.5	0.0	2.4	0.6	0.5	0.5	1.6	0.0	0.0	1.5	0.0	0.5
03	Legumes	0.2	0.7	0.6	0.0	0.7	0.0	0.5	0.3	0.4	0.1	0.4	0.3	0.0	0.0	0.3	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.7	0.6	0.0	0.7	0.0	0.5	0.3	0.4	0.1	0.4	0.3	0.0	0.0	0.3	0.1	0.2	0.4	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.6	8.2	3.7	0.0	4.5	1.3	7.0	3.1	7.3	3.7	1.0	3.1	0.0	1.4	3.6	1.8	4.9	4.3	0.0	0.0	14.4	0.0	6.0
04-01	Fruits	1.1	4.2	2.3	0.0	2.8	1.2	3.6	1.3	6.2	1.8	0.1	1.4	0.0	1.4	2.3	1.3	4.3	3.7	0.0	0.0	14.3	0.0	2.6
04-02	Nuts and seeds (+nut spread)	0.4	3.8	1.4	0.0	1.7	0.1	3.3	1.7	1.1	1.9	0.8	1.7	0.0	0.0	1.3	0.5	0.7	0.6	0.0	0.0	0.0	0.0	3.3
04-03	Mixed fruits	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	0.0	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	54.5	5.0	3.5	0.0	4.1	14.6	15.2	31.0	16.6	12.9	15.6	22.1	32.6	24.9	8.7	37.3	11.9	10.4	0.7	39.7	3.7	6.6	4.7
05-01	Milk	14.3	0.6	0.3	0.0	0.4	5.5	5.0	8.8	6.8	2.3	2.4	5.3	4.9	3.6	3.3	13.1	2.5	3.2	0.0	13.2	0.9	0.0	0.5
05-02	Milk beverages	3.7	1.2	1.6	0.0	1.8	1.8	1.9	2.3	2.2	0.5	0.7	1.4	1.3	1.1	1.2	3.5	1.3	0.6	0.7	2.1	0.9	0.7	0.5
05-03	Yoghurt	10.0	0.9	0.3	0.0	0.4	2.7	3.1	5.4	4.1	1.3	1.7	3.3	1.5	1.1	2.4	9.5	5.8	2.7	0.0	7.1	1.3	0.2	0.7
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.6	0.2	0.4	0.3	0.1	0.2	0.3	0.4	0.3	0.3	0.8	0.2	0.2	0.0	0.8	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	21.7	1.3	0.6	0.0	0.8	2.6	3.3	11.5	1.2	7.4	9.7	10.2	19.7	15.1	0.5	6.6	0.8	3.1	0.0	13.4	0.1	3.5	2.1
05-06	Cream desserts, puddings (milk based)	2.9	0.9	0.4	0.0	0.5	0.7	1.3	1.6	1.3	0.8	0.7	1.2	2.3	1.7	0.7	2.7	1.1	0.5	0.0	2.4	0.4	1.1	0.6
05-07	Dairy and non-dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.9	1.5	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.8	0.2
05-07-01	Dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.9	1.5	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.8	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non- heme Iron	Iodine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.0	0.0	0.0	0.0	0.6	0.3	0.9	0.6	0.3	0.2	0.3	0.5	0.4	0.2	0.8	0.1	0.0	0.0	0.5	0.0	0.1	0.1	
06	Cereals and cereal products	7.8	29.3	26.8	0.7	31.8	52.0	25.3	19.0	13.7	17.0	31.4	19.9	0.5	0.6	18.5	8.9	10.6	22.0	7.0	0.4	1.7	0.2	9.8
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	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
06-02	Pasta, rice, other grain	0.9	4.3	2.4	0.4	2.8	0.8	2.7	2.3	0.8	1.6	0.1	3.3	0.0	0.1	1.2	0.7	0.6	1.0	0.0	0.1	0.1	0.0	0.5
06-03	Bread, crisp bread, rusks	5.7	20.0	18.6	0.0	22.4	50.0	18.0	13.4	8.7	13.7	26.2	13.2	0.1	0.1	12.2	6.0	5.5	17.2	0.0	0.1	0.0	0.1	4.0
06-03-01	Bread	5.5	18.5	17.5	0.0	21.0	49.8	16.9	12.6	8.1	13.2	25.3	12.5	0.1	0.1	11.1	5.7	5.1	16.6	0.0	0.0	0.0	0.1	3.5
06-03-02	Crispbread, rusks	0.3	1.5	1.1	0.0	1.4	0.2	1.2	0.9	0.6	0.5	0.9	0.7	0.0	0.0	1.1	0.3	0.4	0.5	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	0.3	1.6	2.6	0.0	3.0	0.1	1.8	1.4	0.9	0.2	0.5	1.4	0.0	0.0	2.6	1.1	1.2	1.9	7.0	0.3	0.3	0.0	1.1
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	2.6	2.7	0.4	3.1	0.6	2.5	1.4	3.1	0.8	3.9	1.5	0.2	0.3	2.0	0.8	2.9	0.8	0.0	0.0	1.3	0.0	4.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.4	0.0	0.5	0.6	0.3	0.3	0.2	0.6	0.7	0.3	0.1	0.1	0.4	0.3	0.4	1.1	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	1.9	8.9	14.5	82.4	7.4	3.1	9.0	16.9	13.2	29.2	16.1	25.4	10.8	9.2	22.2	10.5	20.9	3.2	0.0	26.7	8.3	23.1	6.8
07-01	Fresh meat	0.4	2.7	5.9	37.1	1.8	0.8	3.5	6.5	5.4	10.0	2.3	12.7	1.1	0.8	10.1	4.7	8.7	0.8	0.0	13.2	2.1	3.9	1.7
07-01-00	Unclassified	0.1	0.6	1.5	10.2	0.4	0.2	0.8	1.4	1.2	2.4	0.7	3.2	0.4	0.3	2.5	1.1	2.1	0.1	0.0	3.5	1.1	1.4	0.3
07-01-01	Beef	0.1	1.0	2.9	17.1	0.6	0.3	1.1	2.1	1.7	3.1	0.6	5.7	0.5	0.4	0.5	1.4	2.5	0.4	0.0	6.6	0.8	1.0	0.5
07-01-02	Veal	0.0	0.0	0.1	0.9	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.4	0.0	0.3	0.0
07-01-03	Pork	0.2	1.0	1.3	8.0	0.6	0.2	1.5	2.7	2.2	4.2	0.9	3.4	0.2	0.1	6.9	2.0	3.8	0.2	0.0	2.3	0.2	1.0	0.8
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.8	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.4	0.0	0.1	0.0
07-01-05	Horse	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
07-01-06	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	0.3	2.8	1.8	11.8	1.3	1.0	2.3	3.7	2.9	8.1	0.7	2.2	2.0	1.4	1.8	0.8	6.8	0.9	0.0	1.9	0.0	12.1	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	0.3	2.8	1.7	11.7	1.3	1.0	2.3	3.6	2.9	8.0	0.7	2.1	2.0	1.4	1.8	0.8	6.7	0.9	0.0	1.7	0.0	12.0	1.3
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.2	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	3.3	6.8	33.4	4.3	1.3	3.2	6.7	4.8	11.1	13.1	10.5	7.5	6.7	10.2	4.9	5.5	1.4	0.0	11.3	6.2	7.1	3.8
07-05	Offals	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0
08	Fish and shellfish	0.5	1.3	0.9	6.3	0.8	2.8	1.1	2.1	1.2	6.0	2.0	1.0	0.3	0.2	1.1	1.0	1.4	0.5	0.0	8.0	0.1	6.6	1.7
08-01	Fish	0.2	0.4	0.6	4.9	0.5	1.3	0.7	1.6	1.0	4.0	1.1	0.5	0.2	0.1	0.8	0.5	1.2	0.3	0.0	5.1	0.0	5.7	1.1

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.3	0.7	0.1	0.5	0.1	0.6	0.2	0.2	0.1	0.9	0.6	0.4	0.0	0.0	0.4	0.1	0.1	0.0	2.3	0.0	0.0	0.5	
08-03	Fish products, fish in crumbs	0.0	0.2	0.1	0.9	0.1	0.9	0.2	0.3	0.2	1.1	0.3	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.6	0.0	0.9	0.1	
09	Eggs and egg products	0.9	0.8	2.9	0.0	3.4	2.7	0.7	2.2	0.7	5.2	0.8	2.1	6.3	4.5	0.7	2.8	0.8	2.8	0.0	5.1	0.0	6.6	3.9
09-01	Egg	0.9	0.8	2.9	0.0	3.4	2.7	0.7	2.2	0.7	5.2	0.8	2.1	6.3	4.5	0.7	2.8	0.8	2.8	0.0	5.1	0.0	6.6	3.9
10	Fat	1.1	0.0	0.1	2.3	0.1	0.2	0.1	0.2	0.2	0.1	1.1	0.0	24.2	18.7	2.6	2.1	5.0	6.0	47.0	2.4	0.0	30.3	20.9
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.5	
10-01	Vegetable oils	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	5.6	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	2.8	2.2	0.0	0.0	0.0	0.0	0.2	0.0	0.8	0.3	
10-03	Margarines	1.1	0.0	0.1	2.3	0.1	0.1	0.1	0.2	0.2	0.0	0.9	0.0	20.8	16.1	2.6	2.0	5.0	6.0	47.0	2.3	0.0	28.9	14.5
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	
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	4.0	6.8	6.9	0.0	8.1	2.1	4.4	2.7	3.5	1.4	1.1	2.3	2.7	2.4	1.5	3.2	1.7	1.0	0.4	2.0	1.4	1.2	4.4
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	0.0	0.2	0.3	0.0	0.3	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	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.2	5.4	4.3	0.0	5.1	0.9	3.0	1.8	2.1	1.0	0.5	1.5	0.8	0.7	1.9	0.4	0.6	0.4	1.3	0.1	0.4	3.1	
11-03	Confectionery non-chocolate	0.4	0.5	0.8	0.0	0.9	0.1	0.4	0.2	0.3	0.1	0.2	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	
11-04	Syrup	0.1	0.4	1.2	0.0	1.4	0.1	0.2	0.1	0.4	0.0	0.1	0.1	0.0	0.0	0.0	1.0	0.0	0.0	0.0	1.2	0.0	0.8	
11-05	Ice cream, water ice	1.4	0.3	0.3	0.0	0.3	1.0	0.7	0.6	0.6	0.3	0.4	0.4	1.8	1.7	0.6	1.1	0.2	0.3	0.0	0.7	0.1	0.9	0.3
11-05-01	Ice cream	1.3	0.3	0.3	0.0	0.3	1.0	0.7	0.6	0.6	0.3	0.3	0.4	1.8	1.7	0.6	1.1	0.2	0.3	0.0	0.7	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	
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	
12	Cakes	2.7	3.8	5.4	1.0	6.4	3.4	3.3	4.1	2.8	3.7	4.6	2.9	7.3	5.6	2.6	2.9	2.0	2.3	0.0	1.8	0.4	7.6	6.3
12-01	Cakes, pies, pastries, etc	1.5	2.3	2.6	0.8	3.1	2.7	1.9	2.6	1.7	2.5	3.0	1.8	5.4	4.2	1.6	2.2	0.8	1.7	0.0	1.4	0.4	6.1	3.8
12-02	Dry cakes, biscuits	1.2	1.5	2.8	0.2	3.3	0.6	1.3	1.5	1.1	1.3	1.7	1.1	1.9	1.4	1.0	0.7	1.2	0.6	0.4	0.0	1.4	2.6	
13	Non-alcoholic beverages	13.4	9.8	7.2	0.0	8.8	7.6	12.8	5.4	13.7	4.6	3.1	2.1	0.7	2.3	8.9	9.3	13.2	9.9	0.0	3.6	27.9	0.2	5.1
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	
13-01	Fruit and vegetable juices	1.6	1.8	2.1	0.0	2.6	0.9	3.5	1.2	5.3	0.6	0.2	0.7	0.0	1.7	6.4	3.2	4.6	5.2	0.0	1.1	18.0	0.0	4.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.2	2.4	0.7	0.0	0.8	2.5	1.1	2.9	1.1	0.5	1.3	0.1	0.0	0.2	0.6	2.8	4.6	0.2	1.6	8.3	0.0	1.0	
13-03	Coffee, tea and herbal teas	4.1	5.0	4.3	0.0	5.2	2.0	6.2	1.3	7.2	0.7	0.8	1.0	0.7	0.4	2.0	3.3	3.9	4.6	0.0	0.8	1.6	0.2	0.1
13-03-01	Coffee	1.8	1.5	3.5	0.0	4.2	0.8	4.7	0.7	6.0	0.7	0.5	0.6	0.7	0.4	2.0	2.2	0.1	0.2	0.0	0.8	0.0	0.2	0.1
13-03-02	Tea	1.6	2.6	0.6	0.0	0.7	0.8	1.1	0.4	0.9	0.0	0.2	0.3	0.0	0.0	0.0	0.8	2.8	3.2	0.0	0.0	1.2	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
13-03-03 Herbal tea	0.7	0.9	0.2	0.0	0.2	0.3	0.4	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.3	1.0	1.2	0.0	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	0.0	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	5.5	0.7	0.1	0.0	0.2	2.2	1.9	0.0	0.1	2.8	0.8	0.2	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	0.7	1.6	0.0	1.8	1.2	1.5	0.8	1.3	0.2	0.1	0.2	0.1	0.1	0.0	0.9	1.3	1.1	0.0	0.4	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
14-01 Wine	0.3	0.4	1.5	0.0	1.7	0.9	0.7	0.2	0.7	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.3	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.2	0.8	0.6	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.6	1.0	1.1	0.0	0.3	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
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
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	0.1	0.0	0.0	0.0	0.0	0.0	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
15 Condiments and sauces	0.7	1.4	2.0	0.0	2.3	0.5	1.7	1.0	1.7	0.9	9.5	1.0	3.1	4.3	4.1	0.8	0.6	0.8	0.0	0.2	1.6	3.0
15-01 Sauces	0.6	1.4	1.8	0.0	2.1	0.5	1.5	0.9	1.5	0.9	8.2	0.9	3.1	4.3	3.7	0.6	0.5	0.6	0.0	0.1	1.4	3.0
15-01-00 Unclassified and other sauces	0.3	1.0	1.0	0.0	1.2	0.2	1.1	0.5	0.7	0.3	4.3	0.5	2.6	2.0	2.3	0.3	0.2	0.1	0.0	0.0	0.5	2.6
15-01-01 Tomato sauces	0.1	0.3	0.4	0.0	0.5	0.2	0.3	0.2	0.7	0.1	2.1	0.2	0.3	1.7	1.4	0.3	0.3	0.4	0.0	0.0	0.9	0.0
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.8	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.4	1.0	0.1	0.2	0.4	0.0	0.1	0.1	0.1	0.0	0.0	0.3	4.3
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
15-02 Yeast	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	0.1	0.2	0.0	0.1	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.0	1.2	0.1	0.0	0.0	0.3	0.1	0.0	0.0	0.0	0.0	0.2	0.0
16 Soups, bouillon	0.5	1.5	1.5	3.1	1.6	0.3	2.4	1.3	1.9	1.2	6.0	1.1	0.4	1.1	3.6	0.9	1.0	1.0	0.0	1.6	1.3	2.1
16-01 Soups	0.5	1.5	1.5	3.1	1.6	0.3	2.3	1.3	1.9	1.2	5.2	1.1	0.4	1.1	3.6	0.9	1.0	1.0	0.0	1.6	1.3	2.1
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	2.2	1.9	2.7	4.1	2.8	1.5	1.8	2.3	1.3	2.6	3.5	2.7	2.1	1.7	2.0	2.2	1.2	1.6	2.8	2.5	0.5	3.5
17-00 Unclassified	0.2	0.1	0.2	0.0	0.2	0.0	0.1	0.2	0.1	0.4	0.3	0.3	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.1
17-01 Soya products	0.6	0.3	0.3	0.0	0.4	0.0	0.6	0.4	0.3	0.1	0.4	0.1	0.0	0.0	0.3	0.6	0.2	0.5	0.0	0.3	0.0	0.4
17-02 Dietetic products	0.4	0.7	0.7	0.0	0.9	0.7	0.3	0.4	0.3	0.6	0.5	0.6	1.1	0.8	0.6	0.6	0.4	0.6	2.8	0.5	0.3	1.0
17-02-00 Unclassified	0.4	0.7	0.7	0.0	0.9	0.7	0.3	0.4	0.3	0.6	0.2	0.6	1.1	0.8	0.6	0.6	0.4	0.6	2.8	0.5	0.3	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	0.2	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	0.9	0.8	1.4	4.1	1.3	0.7	0.8	1.2	0.7	1.5	2.4	1.6	1.0	0.8	1.0	0.9	0.5	0.5	0.0	1.5	0.2	2.1

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.5	5.6	0.0	6.7	1.7	6.1	4.0	11.5	2.0	1.0	3.4	0.1	0.1	5.5	1.8	10.9	7.6	0.0	0.1	15.8	0.0	1.8
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	5.4	6.3	7.9	0.0	9.4	1.6	5.1	3.4	8.9	1.6	2.5	3.6	0.2	15.7	4.5	4.5	5.1	14.6	0.0	0.0	17.3	0.1	6.4
02-01	Leafy vegetables (except cabbages)	1.7	1.1	2.4	0.0	2.8	0.3	1.5	0.7	2.1	0.1	0.4	0.8	0.2	4.1	1.0	1.1	0.7	3.4	0.0	0.0	1.2	0.1	1.6
02-02	Fruiting vegetables	1.1	1.7	2.4	0.0	2.9	0.6	1.6	0.8	2.8	0.2	0.8	1.0	0.0	2.0	1.1	1.0	1.6	3.2	0.0	0.0	6.6	0.0	2.3
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	5.1	0.2	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.1	0.7	1.1	0.0	1.3	0.2	0.7	0.8	1.4	0.5	0.3	0.6	0.0	2.0	0.7	0.8	0.9	3.5	0.0	0.0	5.4	0.0	1.2
02-05	Mushrooms	0.1	0.6	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	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	0.1	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.2	0.1	0.1	0.3	0.0	0.0	0.3	0.0	0.0
02-07	Onion, garlic	0.4	0.7	0.3	0.0	0.4	0.1	0.3	0.3	0.7	0.1	0.0	0.3	0.0	0.1	0.3	0.1	0.8	1.3	0.0	0.0	0.8	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.1	0.2	0.6	0.4	0.9	0.3	0.7	0.4	0.0	2.2	0.7	0.7	0.7	1.8	0.0	0.0	2.5	0.0	0.5
03	Legumes	0.1	0.4	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.4	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.6	8.2	3.1	0.0	3.8	1.2	6.7	3.1	6.1	3.9	1.5	2.9	0.0	1.1	3.3	1.8	4.7	4.0	0.0	0.0	13.7	0.0	6.4
04-01	Fruits	1.0	3.7	1.7	0.0	2.1	1.1	2.9	1.1	4.9	1.7	0.0	1.1	0.0	1.0	2.2	1.2	4.0	3.0	0.0	0.0	13.6	0.0	2.3
04-02	Nuts and seeds (+nut spread)	0.5	4.2	1.3	0.0	1.6	0.1	3.7	2.0	1.2	2.2	1.0	1.7	0.0	0.0	1.0	0.6	0.6	0.9	0.0	0.0	0.0	0.0	3.9
04-03	Mixed fruits	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	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	0.0	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	0.1
05	Dairy products	57.5	4.5	2.8	0.0	3.4	14.0	13.9	30.5	15.1	13.3	15.4	21.5	29.1	22.7	8.5	36.9	10.3	10.8	0.0	37.7	3.9	4.7	4.5
05-01	Milk	17.1	0.8	0.4	0.0	0.5	6.4	5.5	9.8	7.3	2.7	2.8	5.8	4.9	3.8	4.1	15.1	3.1	4.1	0.0	13.9	1.5	0.1	0.6
05-02	Milk beverages	2.5	0.7	1.0	0.0	1.2	1.2	1.1	1.4	1.2	0.2	0.4	0.8	0.7	0.5	0.7	2.1	0.6	0.3	0.0	1.5	0.4	0.2	0.2
05-03	Yoghurt	9.2	0.7	0.3	0.0	0.4	2.3	2.6	4.8	3.3	1.2	1.4	2.9	1.3	1.0	2.0	8.1	4.2	2.6	0.0	5.9	1.3	0.2	0.7
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.4	0.1	0.3	0.2	0.1	0.1	0.2	0.3	0.2	0.2	0.6	0.1	0.1	0.0	0.6	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.2	1.3	0.6	0.0	0.7	2.2	3.0	11.1	1.0	7.8	9.6	10.2	17.8	13.7	0.5	6.4	0.9	3.1	0.0	12.6	0.2	2.8	2.3
05-06	Cream desserts, puddings (milk based)	3.3	0.9	0.4	0.0	0.4	0.6	1.2	1.7	1.3	0.7	0.7	1.2	2.4	2.0	0.7	3.0	1.2	0.4	0.0	2.3	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.1	0.9	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.3	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.1	0.9	0.0	0.1	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.6	0.0	0.1	0.0	0.1	0.9	0.4	1.3	0.8	0.5	0.3	0.5	0.6	0.5	0.2	1.4	0.2	0.0	0.0	0.8	0.1	0.1	0.2
06	Cereals and cereal products	7.8	29.5	25.7	0.3	30.8	55.3	23.7	18.7	11.8	17.3	30.3	19.2	0.4	0.4	17.6	8.9	10.5	22.5	6.3	0.3	1.1	0.2	8.3
06-01	Flour, flakes, starches, semolina	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
06-02	Pasta, rice, other grain	0.8	4.1	2.1	0.1	2.5	0.8	2.3	2.1	0.6	1.6	0.1	2.9	0.0	0.0	1.2	0.6	0.6	1.0	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.3	22.0	19.5	0.0	23.5	53.5	18.6	14.4	8.4	14.7	26.8	14.1	0.1	0.1	13.1	6.7	6.5	19.0	0.0	0.1	0.0	0.1	4.2
06-03-01	Bread	6.2	21.3	19.0	0.0	22.8	53.4	18.0	14.0	8.2	14.5	26.3	13.8	0.1	0.1	12.6	6.5	6.3	18.7	0.0	0.1	0.0	0.1	4.0
06-03-02	Crispbread, rusks	0.1	0.7	0.5	0.0	0.7	0.1	0.5	0.4	0.3	0.2	0.5	0.3	0.0	0.0	0.5	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.2
06-04	Breakfast cereals	0.2	1.2	1.7	0.0	2.2	0.0	1.2	1.0	0.6	0.1	0.3	0.8	0.0	0.0	1.4	0.6	0.7	1.2	6.3	0.2	0.0	0.0	0.8
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.5	1.8	0.2	2.1	0.5	1.3	0.9	2.0	0.3	2.4	1.0	0.1	0.1	1.4	0.5	2.3	0.5	0.0	0.0	1.0	0.0	2.7
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.4	0.0	0.4	0.5	0.3	0.3	0.2	0.5	0.6	0.3	0.1	0.1	0.5	0.3	0.4	0.9	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.4	10.5	17.6	87.8	8.9	3.1	9.0	18.4	13.4	32.3	19.7	30.9	14.8	13.1	25.9	13.2	23.3	3.9	0.0	33.8	12.4	20.3	7.8
07-01	Fresh meat	0.5	3.5	7.4	40.5	2.2	0.9	4.0	7.4	6.2	11.6	2.8	16.0	1.2	0.9	12.2	5.8	11.1	0.9	0.0	15.7	2.8	3.5	2.2
07-01-00	Unclassified	0.1	0.6	1.4	9.9	0.4	0.2	0.6	1.3	1.0	2.1	0.7	3.1	0.3	0.3	2.4	1.0	2.0	0.1	0.0	3.3	1.3	1.1	0.3
07-01-01	Beef	0.2	1.5	4.1	19.8	0.9	0.4	1.5	2.8	2.3	4.4	0.9	8.2	0.5	0.5	0.9	2.2	3.9	0.6	0.0	8.7	1.3	1.1	0.8
07-01-02	Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	1.2	1.6	9.3	0.8	0.2	1.7	3.0	2.5	4.9	1.0	4.1	0.2	0.2	8.6	2.2	4.8	0.2	0.0	2.8	0.2	1.0	1.0
07-01-04	Mutton/Lamb	0.0	0.2	0.2	1.2	0.1	0.1	0.2	0.3	0.2	0.1	0.1	0.6	0.1	0.0	0.3	0.3	0.4	0.0	0.0	0.7	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.1	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
07-01-06	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	2.3	1.7	8.3	1.2	0.8	1.7	3.1	2.1	6.9	0.7	1.9	1.3	1.1	1.8	1.0	5.7	0.8	0.0	2.2	0.0	9.0	1.2
07-02-00	Unclassified and other poultry	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.3	1.3	7.1	1.0	0.7	1.6	2.7	1.9	6.4	0.6	1.7	1.3	1.0	1.3	0.7	5.2	0.7	0.0	1.2	0.0	9.0	1.2
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.3	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.2	0.4	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.3	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-03	Game	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
07-04	Processed meat	1.6	4.6	8.4	38.6	5.4	1.4	3.3	7.9	5.1	13.8	16.2	12.8	12.1	10.9	11.8	6.5	6.6	2.1	0.0	15.8	9.5	7.7	4.4
07-05	Offals	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0
08	Fish and shellfish	0.7	1.7	1.2	4.5	1.0	3.8	1.3	2.4	1.3	8.3	2.1	1.2	1.0	0.8	1.2	1.3	1.8	0.7	0.0	8.8	0.1	8.7	1.8
08-01	Fish	0.4	0.9	0.8	3.1	0.7	1.7	0.8	1.7	0.9	5.6	1.3	0.7	0.8	0.7	0.8	0.8	1.5	0.4	0.0	5.9	0.1	7.1	1.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.5	0.1	0.5	0.1	0.4	0.2	0.1	0.0	0.6	0.3	0.2	0.1	0.0	0.0	0.2	0.0	0.1	0.0	1.8	0.0	0.0	0.3
08-03	Fish products, fish in crumbs	0.2	0.3	0.3	0.9	0.3	1.7	0.3	0.6	0.4	2.1	0.5	0.2	0.1	0.1	0.4	0.2	0.3	0.3	0.0	1.1	0.0	1.6	0.1
09	Eggs and egg products	0.7	0.6	2.0	0.0	2.5	2.0	0.4	1.6	0.4	3.8	0.6	1.4	3.7	2.8	0.5	1.9	0.5	2.0	0.0	3.4	0.0	4.1	2.8
09-01	Egg	0.7	0.6	2.0	0.0	2.5	2.0	0.4	1.6	0.4	3.8	0.6	1.4	3.7	2.8	0.5	1.9	0.5	2.0	0.0	3.4	0.0	4.1	2.8
10	Fat	1.6	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.3	0.1	1.4	0.0	30.7	23.8	3.2	2.8	6.6	6.8	52.0	2.9	0.0	39.9	26.5
10-00	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	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.6
10-01	Vegetable oils	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	5.8
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.9	2.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.0	0.4
10-03	Margarines	1.6	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.2	0.0	1.3	0.0	27.3	20.9	3.2	2.7	6.6	6.8	52.0	2.7	0.0	38.2	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	3.2	6.3	6.0	0.0	7.1	1.4	3.4	1.9	2.6	1.2	0.8	1.7	1.6	1.4	1.1	2.2	1.0	0.7	0.0	1.1	0.9	0.8	3.2
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	0.0
11-01	Sugar, honey ,jam	0.0	0.3	0.3	0.0	0.3	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.0	5.1	3.9	0.0	4.7	0.7	2.5	1.4	1.7	0.9	0.4	1.3	0.6	0.5	0.7	1.4	0.3	0.5	0.0	0.8	0.1	0.4	2.5
11-03	Confectionery non-chocolate	0.3	0.3	0.6	0.0	0.7	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.4	1.0	0.0	1.1	0.0	0.2	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.8	0.0	0.3
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.2	0.5	0.4	0.3	0.3	0.2	0.2	0.2	1.0	0.9	0.4	0.6	0.1	0.1	0.0	0.3	0.0	0.4	0.2
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.2	0.5	0.4	0.3	0.3	0.2	0.2	0.2	1.0	0.9	0.3	0.6	0.1	0.1	0.0	0.3	0.0	0.4	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	2.2	3.1	3.8	0.6	4.6	2.6	2.4	3.2	2.0	3.1	3.7	2.3	5.9	4.7	2.0	2.3	1.5	2.0	0.0	1.3	0.3	5.8	5.4
12-01	Cakes, pies, pastries, etc	1.4	2.0	2.1	0.2	2.4	2.1	1.5	2.1	1.3	2.2	2.4	1.5	4.2	3.4	1.4	1.8	0.7	1.5	0.0	1.1	0.3	4.8	3.2
12-02	Dry cakes, biscuits	0.8	1.2	1.7	0.4	2.1	0.5	0.9	1.1	0.8	1.0	1.4	0.8	1.7	1.3	0.5	0.5	0.8	0.5	0.0	0.2	0.0	1.0	2.2
13	Non-alcoholic beverages	10.1	8.6	10.6	0.0	12.7	5.4	14.8	4.0	17.8	3.3	2.0	1.9	0.6	1.5	10.0	8.4	7.2	6.5	0.7	2.3	21.7	0.1	2.9
13-00	Unclassified	0.0	0.1	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	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.0	1.2	1.1	0.0	1.4	0.4	2.1	0.8	3.2	0.2	0.1	0.5	0.0	0.9	4.3	1.8	3.0	3.9	0.0	0.5	15.7	0.0	2.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.3	1.4	0.4	0.0	0.4	1.5	0.5	1.9	0.4	0.2	0.7	0.1	0.0	0.0	0.3	1.4	2.2	0.1	0.7	0.8	5.1	0.0	0.3
13-03	Coffee, tea and herbal teas	4.5	5.5	8.9	0.0	10.7	2.2	11.0	1.2	14.1	1.5	0.8	1.2	0.6	0.5	5.4	5.1	1.9	2.4	0.0	0.9	0.8	0.1	0.1
13-03-01	Coffee	3.3	3.9	8.5	0.0	10.2	1.7	10.4	1.0	13.6	1.5	0.7	1.0	0.6	0.5	5.4	4.6	0.2	0.3	0.0	0.9	0.0	0.1	0.1
13-03-02	Tea	1.0	1.3	0.3	0.0	0.4	0.4	0.5	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.5	1.4	1.6	0.0	0.0	0.7	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.4	0.0	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	
13-04 Waters	3.2	0.4	0.1	0.0	0.1	1.2	1.1	0.0	0.0	1.4	0.4	0.1	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	1.7	2.5	0.0	3.1	2.6	5.9	4.1	4.4	0.9	0.3	0.7	0.0	0.0	0.0	4.2	6.6	7.2	0.0	2.0	0.2	0.0	0.3
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	0.5	1.8	0.0	2.3	1.2	0.9	0.2	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.4	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.9	1.0	0.6	0.0	0.7	1.4	4.9	3.9	3.6	0.9	0.2	0.6	0.0	0.0	0.0	3.9	6.2	7.1	0.0	2.0	0.2	0.0	0.3
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	0.9	1.6	2.1	0.0	2.5	0.5	1.8	1.1	1.5	1.0	10.2	1.0	3.6	4.2	3.9	0.9	0.8	0.9	0.0	0.2	1.5	4.5	13.1
15-01 Sauces	0.7	1.5	1.8	0.0	2.2	0.4	1.5	1.0	1.3	1.0	8.6	0.9	3.6	4.2	3.2	0.7	0.6	0.8	0.0	0.1	1.0	4.5	13.0
15-01-00 Unclassified and other sauces	0.4	1.2	1.1	0.0	1.3	0.2	1.2	0.6	0.7	0.4	4.8	0.6	3.2	2.4	2.2	0.4	0.2	0.2	0.0	0.0	0.4	4.1	5.6
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.5	0.0	1.7	0.1	0.1	1.2	0.9	0.2	0.2	0.2	0.0	0.0	0.6	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.4	0.0	0.5	0.1	0.0	0.2	0.1	0.4	1.2	0.1	0.2	0.4	0.1	0.1	0.3	0.3	0.0	0.0	0.0	0.3	5.2
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	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	0.1	0.2	0.1	1.6	0.1	0.0	0.0	0.6	0.1	0.1	0.0	0.0	0.0	0.4	0.0	0.1
16 Soups, bouillon	0.7	1.7	1.8	2.3	2.0	0.3	2.5	1.4	2.0	1.0	5.8	1.0	0.2	0.6	3.6	1.1	1.0	0.9	0.0	1.4	1.4	1.6	1.0
16-01 Soups	0.7	1.7	1.8	2.3	2.0	0.3	2.5	1.4	2.0	1.0	5.5	1.0	0.2	0.6	3.6	1.1	1.0	0.9	0.0	1.4	1.4	1.6	1.0
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	0.9	0.8	1.3	3.0	1.2	0.5	0.7	1.0	0.6	1.4	2.5	1.4	0.5	0.4	0.9	0.6	0.5	0.4	0.1	1.2	0.3	1.4	1.0
17-00 Unclassified	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.2	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0
17-01 Soya products	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.1
17-02 Dietetic products	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	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	0.1	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.6	1.1	3.0	1.0	0.5	0.5	0.8	0.4	1.2	2.0	1.3	0.5	0.4	0.8	0.5	0.4	0.3	0.0	1.1	0.3	1.3	0.9



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.1	6.1	4.3	0.0	5.3	1.4	4.9	3.2	9.3	1.5	0.6	2.7	0.1	0.1	4.2	1.4	8.3	5.4	0.0	0.1	10.1	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	0.1	0.0	0.0
02	Vegetables	4.8	6.5	8.0	0.0	9.8	1.8	5.7	4.0	10.7	2.1	3.1	4.0	0.1	16.0	5.0	4.4	5.8	13.9	0.0	0.0	17.4	0.1	6.6
02-01	Leafy vegetables (except cabbages)	1.3	0.9	1.9	0.0	2.3	0.3	1.3	0.6	2.0	0.2	0.3	0.8	0.1	3.2	0.9	0.9	0.7	2.7	0.0	0.0	0.6	0.1	1.1
02-02	Fruiting vegetables	1.0	1.8	2.8	0.0	3.5	0.8	2.0	1.0	4.0	0.2	0.9	1.3	0.0	2.2	1.4	1.1	2.1	3.3	0.0	0.0	7.7	0.0	2.9
02-03	Root vegetables	0.4	0.5	0.3	0.0	0.4	0.2	0.3	0.3	0.9	0.1	0.3	0.3	0.0	6.6	0.3	0.2	0.4	1.0	0.0	0.0	0.5	0.0	0.5
02-04	Cabbages	0.9	0.7	0.9	0.0	1.2	0.2	0.7	0.8	1.5	0.7	0.5	0.5	0.0	1.3	0.7	0.7	1.0	3.1	0.0	0.0	5.2	0.0	1.2
02-05	Mushrooms	0.1	0.9	0.3	0.0	0.3	0.0	0.1	0.3	0.4	0.5	0.0	0.1	0.0	0.0	0.2	0.6	0.1	0.1	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.4	0.0	0.4	0.1	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.6	1.0	0.0	0.0	0.6	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.3	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.1	0.2	0.6	0.5	1.0	0.3	0.8	0.5	0.0	2.4	0.7	0.6	0.7	1.9	0.0	0.0	2.2	0.0	0.5
03	Legumes	0.2	0.7	0.4	0.0	0.6	0.0	0.4	0.3	0.3	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.7	0.4	0.0	0.6	0.0	0.4	0.3	0.3	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.8	8.9	4.0	0.0	4.9	1.5	7.4	3.5	8.0	3.8	1.5	3.3	0.0	1.2	3.7	1.9	5.5	5.1	0.0	0.0	17.1	0.0	5.9
04-01	Fruits	1.3	4.8	2.5	0.0	3.1	1.3	3.9	1.5	6.8	1.8	0.1	1.6	0.0	1.1	2.6	1.5	4.9	4.2	0.0	0.0	16.9	0.0	2.9
04-02	Nuts and seeds (+nut spread)	0.4	3.8	1.3	0.0	1.6	0.1	3.3	1.9	1.1	1.9	0.9	1.6	0.0	0.0	1.0	0.5	0.6	0.8	0.0	0.0	0.0	0.0	2.8
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.2
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	56.6	4.4	2.6	0.0	3.1	15.0	14.4	32.8	16.0	13.6	17.2	22.9	29.2	22.3	8.9	37.8	12.2	11.0	0.0	38.1	3.6	5.8	5.1
05-01	Milk	15.4	0.6	0.4	0.0	0.4	6.0	5.1	9.6	7.0	2.4	2.7	5.6	4.0	3.0	3.4	14.2	2.8	3.8	0.0	12.5	1.0	0.0	0.5
05-02	Milk beverages	2.0	0.5	0.7	0.0	0.8	0.8	0.9	1.1	1.1	0.2	0.4	0.7	0.6	0.5	0.8	2.0	0.6	0.3	0.0	1.2	0.4	0.2	0.4
05-03	Yoghurt	11.1	0.9	0.4	0.0	0.5	3.0	3.5	6.3	4.4	1.6	1.9	3.8	1.9	1.4	3.1	10.5	6.4	3.1	0.0	8.1	1.6	0.2	1.1
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.5	0.1	0.3	0.2	0.1	0.1	0.3	0.2	0.1	0.6	0.2	0.1	0.0	0.5	0.0	0.1	0.0	0.0
05-05	Cheese (including fresh cheeses)	23.4	1.5	0.6	0.0	0.7	3.1	3.2	12.5	1.2	7.9	11.2	11.2	18.3	13.9	0.6	6.5	1.0	3.2	0.0	12.9	0.2	3.7	2.3
05-06	Cream desserts, puddings (milk based)	2.4	0.7	0.4	0.0	0.5	0.6	1.0	1.4	1.1	0.8	0.6	1.0	1.9	1.5	0.6	2.4	1.0	0.5	0.0	2.0	0.3	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.1	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.6	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.6	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non- heme Iron	Iodine	Mag ne sium	Phos pho rus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.6	0.0	0.1	0.0	0.1	1.0	0.5	1.5	0.9	0.5	0.4	0.5	0.8	0.6	0.2	1.4	0.2	0.1	0.0	0.8	0.1	0.1	0.2
06	Cereals and cereal products	6.8	27.8	25.1	0.6	30.1	50.5	23.8	18.9	12.3	16.5	30.0	19.2	0.6	0.5	18.8	8.7	10.8	20.7	10.3	0.4	1.3	0.2	9.3
06-01	Flour, flakes, starches, semolina	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	0.0	0.0
06-02	Pasta, rice, other grain	0.7	4.0	2.3	0.0	2.7	0.7	2.4	2.1	0.6	1.9	0.1	3.1	0.0	0.0	1.2	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	5.1	19.5	17.6	0.0	21.1	48.7	17.5	13.6	8.2	13.3	25.6	13.1	0.0	0.0	12.5	5.8	6.0	16.0	0.0	0.0	0.0	0.1	4.2
06-03-01	Bread	4.8	18.0	16.4	0.0	19.6	48.5	16.3	12.7	7.6	12.7	24.5	12.4	0.0	0.0	11.3	5.4	5.5	15.5	0.0	0.0	0.0	0.1	3.7
06-03-02	Crispbread, rusks	0.3	1.5	1.2	0.0	1.5	0.2	1.3	1.0	0.6	0.5	1.1	0.8	0.0	0.0	1.2	0.4	0.5	0.5	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.3	1.7	2.8	0.0	3.4	0.1	1.9	1.6	1.0	0.2	0.6	1.5	0.0	0.0	3.0	1.4	1.6	2.1	10.3	0.3	0.3	0.0	1.4
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.9	2.0	0.6	2.4	0.5	1.7	1.2	2.3	0.6	3.2	1.2	0.4	0.4	1.5	0.6	2.3	0.6	0.0	0.0	0.9	0.1	3.1
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.3	0.0	0.4	0.5	0.2	0.3	0.2	0.5	0.5	0.3	0.0	0.0	0.4	0.3	0.4	1.0	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	1.7	8.3	13.1	82.3	6.7	2.6	7.7	15.7	11.4	27.2	15.2	24.5	13.3	11.4	19.6	9.9	18.7	2.9	0.0	26.8	7.9	19.2	6.3
07-01	Fresh meat	0.4	2.5	5.6	37.5	1.7	0.7	3.1	6.0	4.9	9.1	2.3	12.7	0.9	0.7	8.5	4.1	8.0	0.7	0.0	12.9	2.0	2.6	1.6
07-01-00	Unclassified	0.1	0.5	1.1	7.6	0.3	0.1	0.5	1.0	0.8	1.8	0.6	2.4	0.3	0.2	2.2	0.7	1.6	0.1	0.0	2.3	0.7	0.9	0.3
07-01-01	Beef	0.2	1.2	3.5	22.1	0.8	0.4	1.4	2.8	2.4	3.9	0.9	7.3	0.5	0.4	0.7	1.9	3.3	0.5	0.0	8.5	1.1	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.1	0.8	1.0	7.3	0.5	0.2	1.1	2.1	1.7	3.4	0.8	2.8	0.1	0.1	5.5	1.3	3.0	0.1	0.0	2.0	0.2	0.7	0.6
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	0.2	2.0	1.2	8.2	0.9	0.7	1.6	2.6	2.0	6.4	0.5	1.5	1.3	0.9	1.3	0.6	5.1	0.6	0.0	1.4	0.0	9.7	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	2.0	1.1	7.8	0.8	0.7	1.6	2.5	1.9	6.2	0.4	1.5	1.3	0.9	1.2	0.5	4.9	0.6	0.0	1.1	0.0	9.7	0.9
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-02-03	Duck	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	0.1	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	0.2	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	0.1	0.0	0.0	0.0	0.0
07-04	Processed meat	1.1	3.4	6.2	36.0	4.1	1.2	2.9	6.9	4.5	11.4	12.4	10.2	10.7	9.4	9.7	5.0	5.5	1.4	0.0	11.9	5.9	6.9	3.8
07-05	Offals	0.0	0.3	0.1	0.5	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.4	0.4	0.1	0.2	0.1	0.2	0.0	0.5	0.1	0.0	0.0
08	Fish and shellfish	1.0	2.3	1.1	6.7	1.0	3.6	1.5	2.9	1.7	9.0	2.7	1.5	1.0	0.8	1.5	1.5	1.9	0.6	0.0	11.6	0.1	9.3	2.7
08-01	Fish	0.5	0.9	0.8	5.0	0.7	1.5	1.0	2.1	1.2	6.0	1.6	0.8	0.9	0.7	1.1	0.9	1.6	0.3	0.0	7.4	0.1	8.0	1.9

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.3	1.2	0.1	0.8	0.1	0.8	0.3	0.3	0.1	1.5	0.8	0.5	0.0	0.0	0.1	0.5	0.1	0.1	0.0	3.4	0.0	0.1	0.7
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.9	0.2	1.2	0.2	0.5	0.3	1.5	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	0.8	0.0	1.2	0.1
09	Eggs and egg products	0.7	0.6	2.1	0.0	2.7	2.0	0.5	1.7	0.5	3.9	0.6	1.5	3.9	2.8	0.5	2.1	0.6	2.0	0.0	3.7	0.0	4.5	3.1
09-01	Egg	0.7	0.6	2.1	0.0	2.7	2.0	0.5	1.7	0.5	3.9	0.6	1.5	3.9	2.8	0.5	2.1	0.6	2.0	0.0	3.7	0.0	4.5	3.1
10	Fat	1.2	0.0	0.1	2.7	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.9	19.2	2.0	1.6	4.9	6.2	39.8	2.3	0.0	32.5	20.7
10-00	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	0.4	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.4
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	3.0	2.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.2	0.5
10-03	Margarines	1.1	0.0	0.1	2.7	0.1	0.1	0.1	0.2	0.2	0.0	1.0	0.0	22.5	16.5	2.0	1.6	4.9	6.2	39.8	2.1	0.0	30.7	16.0
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	2.6	6.0	7.1	0.0	8.1	1.6	3.4	2.0	2.8	1.4	0.9	1.8	2.0	1.7	1.2	2.3	1.1	0.7	0.0	1.2	0.9	0.7	2.8
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	0.0	0.2	0.2	0.0	0.3	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	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.3	4.4	3.6	0.0	4.1	0.7	2.1	1.3	1.5	1.0	0.3	1.1	0.7	0.5	0.6	1.4	0.3	0.5	0.0	0.9	0.1	0.1	2.0
11-03	Confectionery non-chocolate	0.4	0.4	0.9	0.0	1.0	0.2	0.4	0.1	0.3	0.1	0.2	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	0.8	2.2	0.0	2.5	0.1	0.4	0.1	0.5	0.0	0.1	0.2	0.0	0.0	0.1	0.2	0.5	0.0	0.0	0.0	0.6	0.0	0.3
11-05	Ice cream, water ice	0.7	0.2	0.2	0.0	0.3	0.6	0.4	0.4	0.4	0.3	0.2	0.2	1.3	1.1	0.4	0.7	0.2	0.2	0.0	0.4	0.1	0.6	0.3
11-05-01	Ice cream	0.7	0.2	0.2	0.0	0.3	0.6	0.4	0.4	0.3	0.2	0.2	0.2	1.3	1.1	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.6	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	0.1	0.0	0.0	0.0
12	Cakes	2.6	3.8	5.2	0.6	6.2	3.4	3.3	4.2	2.8	3.7	4.7	3.0	7.8	6.1	2.6	3.0	2.2	2.3	0.0	1.5	0.3	7.7	6.7
12-01	Cakes, pies, pastries, etc	1.5	2.3	2.5	0.6	2.9	2.8	1.9	2.6	1.7	2.4	2.8	1.8	5.5	4.3	1.7	2.2	0.9	1.7	0.0	1.1	0.3	5.9	3.7
12-02	Dry cakes, biscuits	1.1	1.5	2.7	0.1	3.3	0.6	1.4	1.6	1.1	1.3	1.9	1.2	2.2	1.8	0.9	0.8	1.3	0.6	0.0	0.3	0.0	1.8	3.1
13	Non-alcoholic beverages	12.7	10.6	9.9	0.0	12.2	6.9	15.7	5.1	17.8	4.1	2.6	2.5	0.7	1.7	9.1	7.5	9.8	10.1	0.5	2.3	24.1	0.1	3.6
13-00	Unclassified	0.0	0.1	0.1	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	0.0
13-01	Fruit and vegetable juices	1.2	1.5	1.5	0.0	1.8	0.6	2.7	1.0	4.2	0.3	0.2	0.6	0.0	1.1	4.6	2.3	3.5	4.6	0.0	0.6	16.4	0.0	3.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.3	1.5	0.5	0.0	0.6	1.6	0.6	2.1	0.5	0.2	0.7	0.1	0.0	0.1	0.4	0.1	1.5	0.1	0.5	0.5	5.5	0.0	0.4
13-03	Coffee, tea and herbal teas	5.8	7.0	7.7	0.0	9.4	2.9	10.8	1.9	13.1	1.3	1.0	1.6	0.7	0.6	4.1	5.1	4.8	5.5	0.0	1.2	2.2	0.1	0.1
13-03-01	Coffee	3.0	3.0	6.7	0.0	8.2	1.5	8.9	1.2	11.5	1.3	0.7	1.0	0.7	0.6	4.0	3.8	0.2	0.3	0.0	1.2	0.0	0.1	0.1
13-03-02	Tea	1.9	2.8	0.6	0.0	0.8	0.9	1.3	0.5	1.0	0.0	0.3	0.4	0.0	0.0	0.0	0.9	3.2	3.7	0.0	0.0	1.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.9	1.2	0.3	0.0	0.4	0.4	0.5	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.4	1.4	1.5	0.0	0.0	0.6	0.0	0.0
13-03-04 Chicory, substitutes	0.0	0.0	0.1	0.0	0.1	0.0	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	0.0	0.0	0.0	0.0
13-04 Waters	4.3	0.5	0.1	0.0	0.1	1.9	1.5	0.0	0.1	2.2	0.7	0.2	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	3.1	0.0	3.7	2.2	2.2	0.9	1.8	0.2	0.2	0.3	0.1	0.1	0.0	1.0	1.5	1.0	0.0	0.3	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	0.5	0.9	2.9	0.0	3.4	2.0	1.4	0.4	1.2	0.1	0.1	0.1	0.0	0.0	0.0	0.5	0.7	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.1	0.1	0.1	0.0	0.1	0.2	0.7	0.5	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.7	0.9	0.0	0.2	0.1	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	0.1	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	1.1	1.6	0.0	1.9	0.4	1.4	0.8	1.3	0.8	8.7	0.8	2.6	3.3	3.2	0.6	0.5	0.5	0.0	0.1	1.2	2.7	10.0
15-01 Sauces	0.5	1.0	1.4	0.0	1.7	0.4	1.2	0.7	1.2	0.7	7.5	0.7	2.6	3.2	2.8	0.5	0.5	0.5	0.0	0.1	1.0	2.7	10.0
15-01-00 Unclassified and other sauces	0.3	0.8	0.8	0.0	1.0	0.1	0.9	0.4	0.6	0.3	4.1	0.4	2.2	1.7	2.0	0.2	0.2	0.2	0.0	0.1	0.5	2.5	3.8
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.5	0.0	1.5	0.1	0.2	1.1	0.7	0.2	0.1	0.2	0.0	0.0	0.5	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.2	1.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.9
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.3	0.8	0.1	0.2	0.3	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	3.9
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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.2	0.1	0.0	0.0	0.5	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.6	1.7	1.6	2.3	1.6	0.4	2.8	1.4	1.9	1.2	6.9	1.1	0.3	1.1	3.5	0.9	1.2	1.1	0.0	1.6	1.8	2.0	1.2
16-01 Soups	0.6	1.7	1.6	2.3	1.6	0.4	2.8	1.4	1.9	1.2	6.0	1.1	0.3	1.1	3.5	0.9	1.2	1.1	0.0	1.6	1.8	2.0	1.2
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.5	1.4	2.0	4.7	2.2	1.0	1.6	1.6	1.0	2.2	3.0	2.1	1.2	0.8	1.4	1.3	0.9	0.9	1.8	1.6	0.5	3.0	1.7
17-00 Unclassified	0.1	0.0	0.0	0.0	0.1	0.0	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	0.1	0.0	0.0	0.0
17-01 Soya products	0.6	0.2	0.3	0.0	0.4	0.0	0.7	0.4	0.2	0.2	0.3	0.2	0.0	0.0	0.1	0.4	0.0	0.3	0.0	0.5	0.0	0.5	0.3
17-02 Dietetic products	0.3	0.4	0.4	0.0	0.7	0.4	0.3	0.3	0.2	0.4	0.4	0.4	0.8	0.5	0.2	0.3	0.3	0.3	1.8	0.2	0.3	0.7	0.4
17-02-00 Unclassified	0.3	0.4	0.4	0.0	0.7	0.4	0.3	0.3	0.2	0.4	0.1	0.4	0.8	0.5	0.2	0.3	0.3	0.3	1.8	0.2	0.3	0.7	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.7	1.2	4.7	1.1	0.6	0.6	0.9	0.6	1.3	2.2	1.4	0.4	0.3	1.0	0.6	0.5	0.3	0.0	0.8	0.2	1.7	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.2	7.7	5.4	0.0	6.5	1.6	5.7	3.4	10.8	1.5	0.7	3.0	0.0	0.1	5.1	1.5	10.0	6.0	0.0	0.1	14.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.1	6.4	7.3	0.0	8.7	1.8	5.1	3.4	8.5	1.9	2.4	3.6	0.1	12.0	5.0	4.3	5.1	14.5	0.0	0.0	18.1	0.0	5.7
02-01	Leafy vegetables (except cabbages)	1.3	1.2	1.8	0.0	2.1	0.5	1.2	0.6	1.8	0.1	0.3	0.7	0.0	2.6	1.1	0.8	0.7	3.1	0.0	0.0	0.7	0.0	1.1
02-02	Fruiting vegetables	1.2	1.8	2.2	0.0	2.6	0.6	1.7	0.8	2.6	0.2	0.8	1.0	0.0	1.8	1.2	1.0	1.4	3.4	0.0	0.0	5.9	0.0	1.8
02-03	Root vegetables	0.2	0.3	0.2	0.0	0.2	0.1	0.2	0.1	0.5	0.0	0.2	0.2	0.0	3.5	0.2	0.1	0.2	0.6	0.0	0.0	0.3	0.0	0.3
02-04	Cabbages	1.2	0.9	1.3	0.0	1.5	0.3	0.9	0.9	1.7	0.9	0.5	0.6	0.0	1.8	0.9	1.0	1.2	4.0	0.0	0.0	7.2	0.0	1.6
02-05	Mushrooms	0.0	0.6	0.2	0.0	0.2	0.0	0.0	0.1	0.2	0.3	0.0	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.4	0.0	0.5	0.0	0.2	0.2	0.1	0.1	0.1	0.2	0.0	0.1	0.4	0.2	0.1	0.4	0.0	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	0.0	0.9	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.0	0.2	0.2	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.5	0.6	0.8	0.0	1.0	0.1	0.5	0.3	0.8	0.2	0.5	0.4	0.0	2.0	0.5	0.4	0.6	1.6	0.0	0.0	2.3	0.0	0.4
03	Legumes	0.2	0.6	0.5	0.0	0.6	0.0	0.3	0.3	0.3	0.1	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.6	0.5	0.0	0.6	0.0	0.3	0.3	0.3	0.1	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.9	9.6	3.9	0.0	4.6	1.4	7.5	3.6	7.0	4.1	1.2	3.6	0.0	1.1	3.9	2.0	5.2	5.4	0.0	0.0	18.9	0.0	7.0
04-01	Fruits	1.3	4.3	2.0	0.0	2.3	1.3	3.2	1.2	5.3	1.6	0.0	1.3	0.0	1.1	2.7	1.3	4.3	4.2	0.0	0.0	18.7	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.6	5.1	1.9	0.0	2.1	0.1	4.3	2.4	1.6	2.4	0.9	2.2	0.0	0.0	1.2	0.7	0.8	1.2	0.0	0.0	0.1	0.0	4.1
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	0.2	0.0	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	63.0	5.1	2.8	0.0	3.3	16.1	14.9	32.7	15.9	14.0	17.7	23.9	26.9	22.0	9.2	39.4	10.4	10.7	0.0	36.4	4.4	5.0	4.7
05-01	Milk	17.2	0.8	0.4	0.0	0.5	6.8	5.6	10.0	7.3	2.8	2.9	6.2	4.3	3.5	4.1	15.6	3.0	3.8	0.0	12.2	1.2	0.0	0.6
05-02	Milk beverages	1.9	0.7	0.8	0.0	0.9	0.8	0.8	1.0	0.9	0.2	0.3	0.7	0.4	0.4	0.5	1.6	0.4	0.2	0.0	0.9	0.4	0.2	0.1
05-03	Yoghurt	10.3	0.9	0.4	0.0	0.5	2.8	3.0	5.5	3.8	1.5	1.8	3.5	1.8	1.4	2.5	9.2	4.3	2.8	0.0	6.2	1.9	0.3	0.7
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.5	0.1	0.3	0.2	0.1	0.1	0.1	0.3	0.3	0.2	0.7	0.2	0.1	0.0	0.5	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	27.1	1.7	0.6	0.0	0.7	3.4	3.4	12.5	1.1	7.9	11.4	11.4	15.8	12.9	0.6	6.8	1.0	3.2	0.0	13.1	0.2	3.0	2.4
05-06	Cream desserts, puddings (milk based)	3.9	0.9	0.5	0.0	0.5	0.7	1.4	2.0	1.5	0.8	0.8	1.3	2.2	1.9	0.9	3.5	1.3	0.4	0.0	2.4	0.5	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	2.1	0.1	0.1	0.0	0.1	1.2	0.6	1.4	0.9	0.6	0.4	0.6	0.8	0.6	0.3	1.8	0.2	0.1	0.0	0.9	0.1	0.1	0.2
06	Cereals and cereal products	7.0	28.7	24.9	0.2	29.3	53.3	22.5	17.0	10.4	15.5	28.4	17.7	0.4	0.4	16.2	8.0	8.5	17.9	2.3	0.4	0.5	0.3	7.4
06-01	Flour, flakes, starches, semolina	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
06-02	Pasta, rice, other grain	0.7	3.6	1.9	0.1	2.2	0.7	1.8	1.6	0.5	1.1	0.1	2.6	0.0	0.0	0.9	0.6	0.4	0.8	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.8	22.5	20.0	0.1	23.6	51.8	18.6	13.7	8.5	13.5	26.3	13.5	0.1	0.0	13.0	6.5	6.4	15.9	0.0	0.2	0.1	0.1	4.9
06-03-01	Bread	5.6	21.6	19.2	0.1	22.6	51.6	18.0	13.2	8.1	13.1	25.6	13.1	0.1	0.0	12.3	6.2	6.2	15.5	0.0	0.2	0.1	0.1	4.5
06-03-02	Crispbread, rusks	0.2	0.9	0.8	0.0	1.0	0.2	0.6	0.5	0.3	0.4	0.7	0.4	0.0	0.0	0.8	0.3	0.2	0.3	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.2	1.2	1.8	0.0	2.1	0.0	1.2	1.0	0.6	0.1	0.3	0.9	0.0	0.0	1.3	0.5	0.5	0.8	2.3	0.1	0.0	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.2	1.1	1.0	0.0	1.2	0.6	0.7	0.5	0.8	0.5	1.5	0.6	0.2	0.2	0.8	0.3	1.0	0.3	0.0	0.0	0.4	0.0	1.2
06-06	Dough and pastry (puff, shortcrust, pizza)	0.0	0.2	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.1	0.0
07	Meat and meat products	2.1	12.6	18.6	84.3	9.2	3.4	10.1	19.6	14.9	34.3	19.5	31.1	18.6	16.1	28.8	14.2	25.1	4.0	0.0	32.3	12.5	19.8	7.7
07-01	Fresh meat	0.6	4.1	8.2	39.4	2.5	1.1	4.6	8.3	6.8	12.9	2.6	16.8	1.0	0.9	13.9	6.3	12.1	0.9	0.0	14.8	2.6	3.2	2.3
07-01-00	Unclassified	0.1	0.5	1.2	6.9	0.4	0.2	0.6	1.1	0.9	1.8	0.6	2.5	0.3	0.2	2.2	0.9	1.7	0.1	0.0	2.6	1.1	0.8	0.2
07-01-01	Beef	0.2	1.7	4.6	21.1	1.1	0.6	1.7	3.2	2.6	4.7	1.0	8.6	0.4	0.4	1.0	2.3	4.2	0.6	0.0	8.4	1.1	1.1	0.8
07-01-02	Veal	0.0	0.1	0.2	0.8	0.0	0.0	0.1	0.2	0.2	0.3	0.1	0.4	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.5	0.2	0.2	0.1
07-01-03	Pork	0.2	1.6	1.9	9.4	0.9	0.3	2.0	3.6	2.9	6.1	0.9	4.8	0.2	0.2	10.3	2.6	5.6	0.2	0.0	2.9	0.1	1.0	1.2
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.7	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.2	0.3	0.2	0.0	0.0	0.5	0.0	0.0	0.0
07-01-05	Horse	0.0	0.0	0.2	0.4	0.1	0.0	0.0	0.1	0.1	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
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	3.2	1.8	8.6	1.3	1.0	2.1	3.4	2.5	7.8	0.7	2.3	1.6	1.2	1.7	0.9	6.2	0.8	0.0	1.7	0.0	10.4	1.5
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	0.2	3.2	1.7	8.0	1.2	1.0	2.1	3.3	2.5	7.6	0.7	2.2	1.6	1.2	1.6	0.8	6.0	0.8	0.0	1.3	0.0	10.4	1.5
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.3	0.0	0.0	0.0	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	0.0	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	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.2	0.2	0.8	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.2	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.8	0.0	0.0	0.0
07-04	Processed meat	1.3	5.0	8.3	35.1	5.3	1.3	3.3	7.6	5.4	13.1	16.1	11.7	15.8	13.9	13.0	6.8	6.5	2.1	0.0	14.6	9.8	6.1	3.8
07-05	Offals	0.0	0.1	0.2	0.4	0.1	0.0	0.0	0.1	0.0	0.3	0.0	0.1	0.2	0.2	0.2	0.2	0.1	0.2	0.0	0.4	0.1	0.1	0.0
08	Fish and shellfish	1.0	2.0	1.5	5.2	1.2	3.8	1.5	2.9	1.6	9.1	3.1	1.4	0.8	0.7	1.3	1.6	1.9	0.6	0.0	10.9	0.1	8.7	1.9
08-01	Fish	0.7	1.1	1.3	4.6	1.0	2.7	1.2	2.5	1.4	7.4	2.4	0.9	0.7	0.6	1.1	1.2	1.8	0.5	0.0	8.1	0.1	8.3	1.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.9	0.1	0.4	0.1	0.6	0.2	0.2	0.1	0.9	0.5	0.4	0.0	0.0	0.0	0.3	0.0	0.1	0.0	2.5	0.0	0.0	0.4
08-03	Fish products, fish in crumbs	0.1	0.1	0.1	0.2	0.1	0.6	0.1	0.2	0.1	0.8	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.4	0.0	0.4	0.1
09	Eggs and egg products	0.9	0.8	3.0	0.0	3.5	2.6	0.6	2.0	0.6	4.8	0.8	1.9	4.9	3.9	0.7	2.8	0.8	2.6	0.0	4.1	0.0	5.2	3.9
09-01	Egg	0.9	0.8	3.0	0.0	3.5	2.6	0.6	2.0	0.6	4.8	0.8	1.9	4.9	3.9	0.7	2.8	0.8	2.6	0.0	4.1	0.0	5.2	3.9
10	Fat	0.9	0.0	0.2	1.7	0.2	0.2	0.1	0.4	0.3	0.1	1.2	0.0	31.7	25.0	2.1	1.8	9.5	13.7	72.1	4.0	0.0	40.7	30.9
10-00	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	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.6
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	4.2
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.9	2.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.9	0.6
10-03	Margarines	0.8	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.3	0.0	1.1	0.0	28.3	22.2	2.1	1.8	9.5	13.7	72.1	3.8	0.0	39.2	25.6
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	1.9	4.4	4.6	0.0	5.4	1.2	2.4	1.3	1.9	0.7	0.7	1.2	1.3	1.3	0.8	1.6	0.5	0.4	0.3	0.8	0.3	0.5	1.3
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	0.4	0.4	0.0	0.5	0.0	0.2	0.1	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	0.7	3.0	2.2	0.0	2.5	0.4	1.4	0.7	0.9	0.4	0.2	0.7	0.2	0.2	0.3	0.7	0.1	0.2	0.3	0.4	0.0	0.1	0.8
11-03	Confectionery non-chocolate	0.2	0.3	0.5	0.0	0.5	0.1	0.2	0.1	0.2	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
11-04	Syrup	0.1	0.6	1.5	0.0	1.7	0.0	0.3	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0
11-05	Ice cream, water ice	0.9	0.2	0.1	0.0	0.1	0.7	0.4	0.4	0.4	0.2	0.2	0.3	1.1	1.0	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.4	0.2
11-05-01	Ice cream	0.9	0.2	0.1	0.0	0.1	0.7	0.4	0.4	0.4	0.2	0.2	0.3	1.1	1.0	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.4	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	1.8	3.4	3.8	0.8	4.5	2.6	2.5	3.2	2.0	3.0	4.0	2.2	5.8	4.9	2.1	2.1	1.0	1.6	0.0	0.9	0.4	6.0	6.3
12-01	Cakes, pies, pastries, etc	1.3	2.1	2.2	0.3	2.6	2.2	1.6	2.2	1.3	2.2	2.5	1.4	4.3	3.6	1.4	1.6	0.7	1.2	0.0	0.8	0.3	5.1	3.8
12-02	Dry cakes, biscuits	0.5	1.3	1.5	0.4	1.8	0.4	0.9	1.0	0.7	0.9	1.4	0.8	1.5	1.2	0.7	0.5	0.4	0.4	0.0	0.1	0.0	0.9	2.5
13	Non-alcoholic beverages	8.0	8.3	10.6	0.0	12.6	4.5	13.9	2.5	17.0	2.8	1.6	1.6	0.3	1.1	8.7	6.5	5.5	6.0	0.0	0.9	19.0	0.1	2.6
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	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	0.9	1.2	1.3	0.0	1.6	0.5	2.0	0.7	3.0	0.2	0.3	0.4	0.0	0.9	3.6	1.9	2.7	3.4	0.0	0.4	14.8	0.0	2.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.7	0.8	0.3	0.0	0.4	0.9	0.3	0.9	0.3	0.1	0.3	0.0	0.0	0.0	0.2	0.0	0.4	0.1	0.0	0.1	3.2	0.0	0.2
13-03	Coffee, tea and herbal teas	4.0	6.0	8.9	0.0	10.5	2.2	10.8	0.8	13.6	1.3	0.7	1.0	0.3	0.2	4.9	4.6	2.4	2.5	0.0	0.4	1.1	0.1	0.0
13-03-01	Coffee	2.7	3.9	8.4	0.0	10.0	1.6	10.0	0.5	12.9	1.3	0.5	0.7	0.3	0.2	4.9	4.0	0.1	0.2	0.0	0.4	0.0	0.1	0.0
13-03-02	Tea	1.2	1.8	0.4	0.0	0.5	0.5	0.7	0.3	0.5	0.0	0.1	0.2	0.0	0.0	0.0	0.6	2.0	2.0	0.0	0.0	0.9	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	2.4	0.3	0.1	0.0	0.1	1.0	0.8	0.0	0.0	1.2	0.3	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.6	2.4	4.3	0.0	5.0	4.0	6.3	4.0	4.8	0.8	0.4	0.8	0.0	0.0	0.0	4.3	6.3	6.0	0.0	1.6	0.1	0.0	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	0.7	1.0	3.6	0.0	4.2	2.5	1.7	0.4	1.5	0.1	0.2	0.3	0.0	0.0	0.0	0.7	0.8	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.8	1.0	0.5	0.0	0.7	1.4	4.5	3.5	3.2	0.7	0.2	0.5	0.0	0.0	0.0	3.6	5.5	5.9	0.0	1.6	0.1	0.0	0.2
14-04 Spirits, brandy	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	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	1.2	1.4	0.0	1.7	0.3	1.3	0.8	0.9	0.7	6.7	0.8	3.5	3.5	2.9	0.6	0.4	0.5	0.0	0.3	0.7	4.6	10.3
15-01 Sauces	0.5	1.2	1.2	0.0	1.5	0.3	1.1	0.7	0.8	0.6	5.6	0.7	3.5	3.5	2.5	0.4	0.3	0.3	0.0	0.1	0.6	4.6	10.2
15-01-00 Unclassified and other sauces	0.3	1.0	0.7	0.0	0.9	0.1	0.9	0.5	0.5	0.3	3.4	0.5	3.2	2.6	1.9	0.2	0.1	0.0	0.0	0.0	0.1	4.4	5.7
15-01-01 Tomato sauces	0.1	0.1	0.2	0.0	0.2	0.1	0.1	0.1	0.3	0.0	0.9	0.1	0.1	0.7	0.6	0.1	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.2	0.7	0.1	0.1	0.2	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.1	3.2
15-01-04 Dessert sauces	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	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	0.1	0.0	0.0	0.0	0.2	0.2	0.0	0.2	0.0	0.2	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
16 Soups, bouillon	0.9	2.5	2.6	4.3	2.4	0.5	2.9	1.8	2.3	2.0	8.6	1.5	0.3	1.5	3.9	1.5	1.9	1.5	0.0	2.2	2.8	1.9	1.4
16-01 Soups	0.9	2.5	2.5	4.3	2.4	0.5	2.9	1.8	2.3	2.0	7.4	1.5	0.3	1.5	3.9	1.5	1.9	1.5	0.0	2.2	2.8	1.9	1.4
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
17 Miscellaneous	0.8	0.9	1.5	3.6	1.4	0.5	0.9	1.0	0.6	1.2	2.6	1.4	0.5	0.3	1.0	0.8	0.5	0.5	1.2	1.0	0.3	1.4	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	0.1	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	0.2	0.2	0.2	0.0	0.2	0.0	0.3	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.2
17-02 Dietetic products	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	1.2	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	0.1	0.0	0.0	0.0	1.2	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.7	1.3	3.6	1.1	0.5	0.6	0.8	0.4	1.1	2.0	1.3	0.4	0.3	0.9	0.5	0.4	0.3	0.0	0.9	0.3	1.3	1.0



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	0.9	5.7	4.2	0.0	5.3	1.3	4.7	2.9	8.9	1.1	0.5	2.6	0.1	0.1	3.9	1.1	8.3	4.7	0.0	0.0	8.8	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	6.2	7.1	8.7	0.0	10.9	2.0	6.6	4.5	11.1	1.9	2.9	4.4	0.1	16.5	5.4	5.2	5.9	16.9	0.0	0.0	18.2	0.1	7.1
02-01	Leafy vegetables (except cabbages)	2.3	1.5	2.7	0.0	3.6	0.4	2.2	1.0	2.6	0.2	0.6	1.1	0.1	4.5	1.2	1.3	0.9	4.2	0.0	0.0	1.0	0.1	2.1
02-02	Fruiting vegetables	1.1	1.8	2.6	0.0	3.1	0.7	1.9	1.0	3.2	0.2	0.5	1.2	0.0	2.2	1.5	1.2	1.9	3.4	0.0	0.0	7.1	0.0	2.3
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.1	0.3	0.3	0.9	0.1	0.4	0.3	0.0	5.6	0.3	0.2	0.4	1.0	0.0	0.0	0.5	0.0	0.5
02-04	Cabbages	1.3	1.0	1.3	0.0	1.6	0.3	1.0	1.1	2.1	0.8	0.6	0.8	0.0	1.3	0.9	1.1	1.3	4.7	0.0	0.0	6.4	0.0	1.3
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	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	0.2	0.0	0.2	0.2	0.1	0.0	0.0	0.2	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.6	1.1	0.0	0.0	0.6	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.3	0.0	0.1	0.1	0.2	0.1	0.1	0.1	0.0	0.1	0.3	0.3	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.6	0.8	0.0	1.1	0.2	0.5	0.4	0.9	0.2	0.5	0.3	0.0	2.5	0.6	0.5	0.5	1.7	0.0	0.0	2.1	0.0	0.4
03	Legumes	0.1	0.3	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.1	0.3	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.3	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.1	0.3	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	2.4	10.2	4.6	0.0	5.6	1.8	7.9	4.0	9.3	3.9	1.4	3.8	0.0	2.0	4.8	2.5	6.3	7.2	0.0	0.0	24.0	0.0	7.1
04-01	Fruits	1.8	6.1	3.0	0.0	3.6	1.7	4.5	2.0	8.0	1.8	0.1	1.9	0.0	1.9	3.6	2.0	5.6	6.1	0.0	0.0	23.9	0.0	3.9
04-02	Nuts and seeds (+nut spread)	0.4	3.7	1.4	0.0	1.7	0.1	3.0	1.8	1.1	1.8	0.7	1.8	0.0	0.0	1.1	0.5	0.7	0.8	0.0	0.0	0.0	0.0	2.7
04-03	Mixed fruits	0.1	0.4	0.2	0.0	0.2	0.0	0.3	0.1	0.1	0.4	0.0	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.3
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	57.2	4.6	2.5	0.0	3.1	16.4	14.1	34.2	15.2	13.5	19.4	23.3	27.1	19.8	8.1	36.7	10.3	10.4	0.4	34.7	3.3	5.0	4.5
05-01	Milk	13.3	0.6	0.4	0.0	0.5	5.7	4.6	8.7	6.3	2.3	2.6	5.0	3.0	2.2	3.1	12.8	2.5	3.3	0.0	9.8	1.0	0.0	0.4
05-02	Milk beverages	1.4	0.5	0.6	0.0	0.7	0.7	0.7	0.9	0.8	0.1	0.3	0.5	0.3	0.3	0.4	1.1	0.3	0.2	0.4	0.9	0.1	0.2	0.2
05-03	Yoghurt	12.1	1.1	0.4	0.0	0.5	3.6	3.7	7.2	4.7	1.7	2.3	4.3	2.1	1.5	2.8	11.0	5.0	3.4	0.0	7.8	1.6	0.2	0.8
05-04	Fromage blanc, petits suisses	0.8	0.1	0.2	0.0	0.2	1.1	0.3	0.8	0.4	0.2	0.3	0.4	0.6	0.4	0.3	1.2	0.1	0.2	0.0	1.2	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.9	1.7	0.6	0.0	0.7	3.5	3.4	13.7	1.1	8.0	12.8	11.6	17.6	12.7	0.6	6.5	1.1	3.0	0.0	12.4	0.2	3.4	2.3
05-06	Cream desserts, puddings (milk based)	2.1	0.4	0.3	0.0	0.3	0.4	0.8	1.2	0.8	0.4	0.6	0.8	1.2	1.0	0.5	2.0	1.0	0.2	0.0	1.3	0.2	0.4	0.3
05-07	Dairy and non-dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.6	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.6	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	2.3	0.1	0.1	0.0	0.1	1.3	0.6	1.6	1.0	0.7	0.5	0.7	0.7	0.5	0.3	1.9	0.3	0.1	0.0	1.1	0.1	0.1	0.3
06	Cereals and cereal products	6.2	26.5	22.4	0.2	27.4	47.3	21.7	17.4	10.0	14.3	28.9	16.9	0.4	0.4	15.4	7.4	8.3	16.2	4.8	0.2	0.3	0.2	7.3
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1	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
06-02	Pasta, rice, other grain	0.5	2.9	1.4	0.1	1.8	0.5	1.6	1.5	0.4	1.0	0.1	2.0	0.0	0.0	0.7	0.4	0.4	0.5	0.0	0.0	0.0	0.0	0.3
06-03	Bread, crisp bread, rusks	5.1	21.2	18.2	0.0	22.2	46.0	18.1	14.0	8.1	12.6	26.3	13.2	0.0	0.0	12.3	5.8	6.3	14.0	0.0	0.0	0.0	0.1	5.2
06-03-01	Bread	4.8	19.7	16.9	0.0	20.6	45.7	16.9	13.1	7.5	12.1	25.1	12.4	0.0	0.0	11.0	5.4	5.8	13.5	0.0	0.0	0.0	0.1	4.5
06-03-02	Crispbread, rusks	0.3	1.5	1.3	0.0	1.6	0.3	1.2	1.0	0.6	0.5	1.2	0.8	0.0	0.0	1.2	0.4	0.5	0.6	0.0	0.0	0.0	0.0	0.7
06-04	Breakfast cereals	0.2	1.0	1.5	0.0	1.9	0.0	1.1	1.0	0.6	0.0	0.2	0.8	0.0	0.0	1.2	0.5	0.6	0.8	4.8	0.1	0.0	0.0	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.3	0.9	1.0	0.1	1.1	0.4	0.6	0.6	0.8	0.4	1.9	0.6	0.3	0.2	0.9	0.4	0.8	0.3	0.0	0.0	0.2	0.0	1.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.4	0.2	0.0	0.3	0.3	0.2	0.2	0.1	0.3	0.4	0.2	0.1	0.1	0.2	0.2	0.2	0.5	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	1.2	8.9	13.7	82.8	6.5	2.6	7.8	16.1	11.9	26.7	15.8	25.7	15.3	12.6	22.2	10.9	20.7	3.2	0.0	27.8	7.2	15.4	5.9
07-01	Fresh meat	0.4	3.4	6.8	44.1	2.0	0.9	4.0	7.8	6.2	11.7	2.7	15.4	1.0	0.7	12.2	5.4	11.2	0.9	0.0	14.4	2.0	3.3	2.1
07-01-00	Unclassified	0.1	0.4	0.9	7.4	0.3	0.1	0.5	1.0	0.7	1.6	0.6	2.2	0.2	0.2	1.6	0.7	1.4	0.1	0.0	2.1	0.7	0.8	0.2
07-01-01	Beef	0.1	1.6	4.2	25.0	1.0	0.5	1.6	3.2	2.6	4.4	1.1	8.5	0.5	0.4	1.0	2.2	4.0	0.6	0.0	8.8	1.2	1.2	0.9
07-01-02	Veal	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.2	0.2	0.2	0.0	0.4	0.1	0.0	0.1	0.1	0.3	0.0	0.0	0.5	0.0	0.1	0.0
07-01-03	Pork	0.2	1.3	1.5	10.3	0.7	0.2	1.8	3.4	2.7	5.4	0.9	4.1	0.2	0.1	9.5	2.1	5.4	0.1	0.0	2.6	0.1	1.1	1.0
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.7	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.5	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	1.3	7.5	1.0	0.7	1.5	2.7	1.9	5.4	0.6	1.7	1.1	0.7	1.4	0.7	4.7	0.6	0.0	1.3	0.0	7.4	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	0.2	1.9	1.2	7.1	0.9	0.7	1.5	2.5	1.8	5.2	0.6	1.6	1.1	0.6	1.3	0.7	4.5	0.5	0.0	1.0	0.0	7.4	0.9
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	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
07-02-03	Duck	0.0	0.0	0.0	0.2	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	0.0	0.1	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-03	Game	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-04	Processed meat	0.6	3.3	5.2	30.4	3.3	0.9	2.2	5.5	3.7	9.2	12.4	8.4	12.6	10.7	8.5	4.5	4.7	1.5	0.0	11.5	5.1	4.6	2.8
07-05	Offals	0.0	0.2	0.3	0.4	0.2	0.0	0.0	0.1	0.0	0.3	0.0	0.2	0.6	0.6	0.1	0.2	0.1	0.3	0.0	0.5	0.1	0.1	0.0
08	Fish and shellfish	0.9	2.4	1.7	7.7	1.4	4.8	1.7	4.1	2.1	10.2	3.7	1.7	1.4	1.1	1.7	1.9	2.8	0.8	0.0	12.7	0.1	10.9	2.4
08-01	Fish	0.6	1.7	1.5	6.8	1.2	3.3	1.4	3.4	1.8	8.3	3.0	1.3	1.3	1.1	1.5	1.5	2.7	0.5	0.0	10.1	0.1	9.8	2.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.5	0.1	0.1	0.1	0.4	0.1	0.1	0.0	0.6	0.3	0.2	0.0	0.0	0.2	0.0	0.1	0.0	1.7	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.8	0.2	1.1	0.2	0.6	0.3	1.4	0.3	0.2	0.1	0.1	0.2	0.1	0.2	0.0	0.9	0.0	1.1	0.1	
09	Eggs and egg products	1.0	0.8	3.0	0.0	3.7	3.0	0.7	2.5	0.6	5.7	1.0	2.2	5.3	3.9	0.7	3.0	0.9	2.8	0.0	5.0	0.0	6.3	4.3
09-01	Egg	1.0	0.8	3.0	0.0	3.7	3.0	0.7	2.5	0.6	5.7	1.0	2.2	5.3	3.9	0.7	3.0	0.9	2.8	0.0	5.0	0.0	6.3	4.3
10	Fat	0.6	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.3	19.5	1.4	1.3	6.6	9.0	49.2	3.2	0.0	33.2	24.0
10-00	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	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.4	
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.1
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	3.9	2.8	0.0	0.0	0.0	0.0	0.2	0.0	1.3	0.5	
10-03	Margarines	0.5	0.0	0.1	1.8	0.1	0.1	0.1	0.3	0.2	0.0	1.0	0.0	22.2	16.6	1.4	1.2	6.6	9.0	49.2	3.0	0.0	31.4	18.9
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	2.0	4.9	5.6	0.0	6.4	1.3	2.6	1.6	2.2	1.0	0.7	1.4	1.5	1.2	1.0	1.8	0.9	0.5	0.0	0.9	0.6	0.5	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	0.2	0.3	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	0.9	3.2	2.2	0.0	2.6	0.5	1.5	0.9	1.0	0.7	0.2	0.8	0.4	0.3	0.4	0.9	0.2	0.3	0.0	0.5	0.1	0.1	1.2
11-03	Confectionery non-chocolate	0.2	0.3	0.5	0.0	0.6	0.1	0.2	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.9	2.4	0.0	2.6	0.1	0.4	0.1	0.5	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.5	0.1	0.0	0.0	0.4	0.0	0.2
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.3	0.2	0.2	0.2	1.1	0.8	0.4	0.7	0.2	0.2	0.0	0.3	0.0	0.4	0.2
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.3	0.2	0.2	0.2	1.1	0.8	0.4	0.7	0.2	0.2	0.0	0.3	0.0	0.4	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	1.8	3.4	4.1	1.0	4.9	2.8	2.7	3.8	2.3	3.4	4.7	2.6	6.2	4.6	2.2	2.5	1.2	1.9	0.0	1.2	0.4	6.1	5.9
12-01	Cakes, pies, pastries, etc	1.3	2.1	2.3	0.6	2.7	2.3	1.7	2.5	1.5	2.2	2.9	1.5	4.6	3.4	1.4	1.9	0.8	1.3	0.0	0.9	0.3	4.9	3.4
12-02	Dry cakes, biscuits	0.5	1.3	1.8	0.3	2.2	0.6	1.0	1.3	0.8	1.2	1.9	1.0	1.6	1.2	0.8	0.6	0.4	0.5	0.0	0.3	0.0	1.2	2.5
13	Non-alcoholic beverages	11.4	9.7	10.6	0.0	12.9	5.7	16.0	3.0	19.4	4.2	2.3	2.2	0.7	1.7	10.1	8.0	8.3	8.6	0.2	1.9	18.9	0.3	3.3
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	1.4	1.4	0.0	1.7	0.5	2.5	1.0	4.1	0.3	0.1	0.6	0.0	1.2	4.9	2.2	3.9	4.2	0.2	0.7	15.4	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	0.4	0.4	0.2	0.0	0.3	0.5	0.2	0.5	0.3	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.3	0.1	0.0	1.7	0.0	0.0	0.1
13-03	Coffee, tea and herbal teas	5.6	7.3	8.9	0.0	10.8	2.8	11.8	1.5	15.0	1.6	1.2	1.5	0.7	0.5	5.1	5.7	4.2	4.2	0.0	1.2	1.7	0.3	0.1
13-03-01	Coffee	3.2	3.9	8.1	0.0	9.8	1.7	10.4	1.0	13.8	1.6	0.9	1.0	0.7	0.5	5.1	4.6	0.2	0.3	0.0	1.2	0.0	0.3	0.1
13-03-02	Tea	1.9	2.7	0.6	0.0	0.7	0.9	1.1	0.5	0.9	0.0	0.2	0.4	0.0	0.0	0.0	0.9	3.2	3.1	0.0	0.0	1.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.5	0.8	0.2	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.2	0.7	0.8	0.0	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	0.0	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	0.1	1.8	1.4	0.0	0.1	2.2	0.7	0.2	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	5.5	0.0	6.7	4.0	3.4	1.3	2.9	0.3	0.4	0.5	0.1	0.1	0.0	1.5	2.3	1.0	0.0	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	1.0	1.5	5.2	0.0	6.2	3.7	2.5	0.7	2.3	0.1	0.3	0.3	0.0	0.0	0.0	0.9	1.3	0.2	0.0	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	0.2	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
14-03 Beer, cider	0.1	0.1	0.1	0.0	0.1	0.2	0.6	0.5	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.9	0.8	0.0	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	0.0	0.0	0.0	0.0	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	0.1	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	0.7	1.1	0.0	1.3	0.3	0.8	0.6	0.7	0.4	6.1	0.5	3.4	2.8	3.0	0.4	0.4	0.4	0.0	0.1	0.6	4.0	7.7
15-01 Sauces	0.4	0.6	1.0	0.0	1.2	0.3	0.7	0.5	0.7	0.4	5.4	0.4	3.4	2.8	2.8	0.3	0.3	0.3	0.0	0.1	0.5	4.0	7.6
15-01-00 Unclassified and other sauces	0.2	0.5	0.5	0.0	0.6	0.1	0.5	0.3	0.4	0.2	3.2	0.3	3.1	2.1	2.3	0.2	0.1	0.1	0.0	0.1	0.3	3.9	4.2
15-01-01 Tomato sauces	0.0	0.1	0.1	0.0	0.2	0.1	0.1	0.1	0.2	0.0	0.9	0.1	0.1	0.6	0.5	0.1	0.1	0.1	0.0	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	0.0	0.0	0.1	0.7	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.1
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.2	0.0	0.0	0.1	0.0	0.1	0.6	0.1	0.1	0.1	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.1	2.1
15-01-04 Dessert sauces	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	0.0	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.6	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	0.7	1.9	1.9	3.7	1.9	0.4	2.5	1.6	2.2	1.5	8.5	1.1	0.2	1.3	3.9	0.9	1.4	1.2	0.0	1.7	2.1	1.6	1.5
16-01 Soups	0.7	1.8	1.9	3.7	1.9	0.4	2.4	1.6	2.2	1.5	7.5	1.1	0.2	1.3	3.9	0.9	1.4	1.2	0.0	1.7	2.1	1.6	1.5
16-02 Bouillon	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	0.0	0.0
17 Miscellaneous	1.5	1.1	1.5	2.9	1.6	0.4	1.5	1.2	0.7	1.4	2.4	1.4	0.7	0.6	1.2	1.4	0.8	1.0	2.7	1.4	0.5	2.2	1.2
17-00 Unclassified	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.8	0.4	0.4	0.0	0.5	0.1	0.9	0.4	0.3	0.3	0.4	0.2	0.0	0.0	0.2	0.7	0.0	0.4	0.0	0.5	0.0	0.7	0.2
17-02 Dietetic products	0.4	0.4	0.4	0.0	0.4	0.3	0.3	0.3	0.2	0.4	0.5	0.4	0.4	0.4	0.5	0.5	0.4	0.5	2.7	0.3	0.4	0.6	0.5
17-02-00 Unclassified	0.4	0.4	0.4	0.0	0.4	0.3	0.3	0.3	0.2	0.4	0.2	0.4	0.4	0.4	0.5	0.5	0.4	0.5	2.7	0.3	0.4	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.2	0.4	0.6	2.9	0.5	0.1	0.3	0.5	0.3	0.6	1.4	0.8	0.3	0.2	0.5	0.3	0.3	0.1	0.0	0.6	0.1	0.9	0.6

**Table 2.3.a** Average contribution of food subgroups to the intake of micronutrients of the Dutch children and adults stratified by educational level (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.6	11.5	6.9	0.0	8.0	2.1	8.9	5.2	15.1	3.2	1.0	4.7	0.1	0.1	6.4	2.5	12.6	10.6	0.0	0.1	16.2	0.0	2.7
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	3.6	4.3	5.6	0.0	6.5	1.2	4.0	2.4	6.6	1.1	1.9	2.8	0.0	11.2	3.2	3.0	3.7	12.0	0.0	0.0	10.8	0.0	4.2
02-01	Leafy vegetables (except cabbages)	0.8	0.7	1.3	0.0	1.5	0.2	0.9	0.3	1.1	0.1	0.1	0.5	0.0	2.3	0.6	0.6	0.4	2.4	0.0	0.0	0.5	0.0	0.7
02-02	Fruiting vegetables	0.7	1.3	2.0	0.0	2.3	0.4	1.4	0.6	2.5	0.1	0.6	0.8	0.0	1.6	0.8	0.7	1.2	2.7	0.0	0.0	4.2	0.0	1.8
02-03	Root vegetables	0.3	0.3	0.2	0.0	0.2	0.1	0.2	0.1	0.5	0.1	0.2	0.2	0.0	3.7	0.2	0.2	0.2	0.7	0.0	0.0	0.3	0.0	0.3
02-04	Cabbages	0.9	0.6	0.8	0.0	1.0	0.2	0.6	0.6	1.2	0.3	0.3	0.5	0.0	1.5	0.6	0.7	0.8	3.5	0.0	0.0	3.8	0.0	0.9
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	1.0	0.0	0.0	0.5	0.0	0.1
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.4	0.2	0.5	0.1	0.5	0.3	0.0	2.0	0.4	0.3	0.4	1.1	0.0	0.0	1.2	0.0	0.3
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	6.6	2.6	0.0	3.0	1.2	6.0	2.5	5.7	3.2	0.9	2.4	0.0	0.9	2.4	1.5	4.6	3.8	0.0	0.0	10.1	0.0	5.5
04-01	Fruits	0.8	3.3	1.7	0.0	2.0	1.1	2.9	1.0	4.7	1.6	0.0	1.0	0.0	0.8	1.8	1.0	4.1	2.9	0.0	0.0	10.0	0.0	2.0
04-02	Nuts and seeds (+nut spread)	0.4	3.2	0.8	0.0	1.0	0.1	3.1	1.5	1.0	1.6	0.9	1.4	0.0	0.0	0.6	0.4	0.5	0.8	0.0	0.0	0.0	0.0	3.4
04-03	Mixed fruits	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	0.1	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	56.9	6.7	4.5	0.0	5.1	13.8	17.8	31.3	19.2	12.9	13.2	22.2	29.1	23.6	9.9	41.2	10.8	13.0	2.1	42.0	4.9	6.0	3.9
05-01	Milk	17.6	0.7	0.4	0.0	0.4	6.1	6.1	10.1	8.0	2.8	2.4	6.4	5.4	4.5	3.9	16.0	3.2	4.6	0.0	16.2	1.0	0.0	0.6
05-02	Milk beverages	5.5	2.2	2.3	0.0	2.6	2.8	3.1	3.4	3.3	1.1	1.0	2.3	2.0	1.7	1.5	5.2	1.6	1.2	2.1	3.3	1.1	1.1	0.4
05-03	Yoghurt	11.7	1.8	0.5	0.0	0.5	2.2	4.1	6.3	4.9	1.5	1.8	3.5	1.4	1.1	3.0	10.5	3.9	3.6	0.0	7.7	2.2	0.2	0.7
05-04	Fromage blanc, petits suisses	0.8	0.1	0.2	0.0	0.2	0.2	0.1	0.4	0.2	0.0	0.1	0.2	0.8	0.6	0.2	0.9	0.1	0.1	0.0	0.6	0.1	0.9	0.0
05-05	Cheese (including fresh cheeses)	17.3	0.9	0.5	0.0	0.5	1.7	2.6	8.8	0.9	6.5	7.0	8.2	15.2	12.2	0.4	5.0	0.7	2.9	0.0	11.3	0.1	2.6	1.6
05-06	Cream desserts, puddings (milk based)	3.7	1.0	0.7	0.0	0.8	0.8	1.7	2.0	1.7	0.9	0.7	1.5	2.8	2.1	0.8	3.3	1.4	0.6	0.0	2.8	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.3	1.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.5	0.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.3	1.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.5	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	
05-08 Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06 Cereals and cereal products	9.0	28.7	28.3	0.5	32.4	57.3	25.4	18.2	15.8	18.3	32.4	20.0	0.5	0.7	20.9	11.6	15.4	29.6	23.1	1.0	2.7	0.4	10.7
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.6	3.3	1.9	0.2	2.2	0.6	1.9	1.5	0.5	0.9	0.1	2.3	0.0	0.1	0.7	0.6	0.4	1.0	0.0	0.0	0.0	0.0	0.3
06-03 Bread, crisp bread, rusks	6.5	19.9	19.5	0.0	22.5	55.4	17.9	13.2	9.1	15.6	25.9	13.9	0.1	0.1	12.7	7.1	6.2	23.0	0.0	0.2	0.1	0.3	3.1
06-03-01 Bread	6.3	19.0	18.8	0.0	21.6	55.3	17.3	12.8	8.7	15.2	25.4	13.4	0.1	0.1	12.0	6.9	5.9	22.6	0.0	0.2	0.1	0.3	2.7
06-03-02 Crispbread, rusks	0.2	0.9	0.7	0.0	0.8	0.1	0.7	0.5	0.3	0.4	0.5	0.5	0.0	0.0	0.7	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.8	0.8	2.3	0.0	2.6	0.1	1.1	0.8	0.5	0.3	0.7	0.8	0.0	0.0	3.4	2.3	2.8	3.1	23.1	0.8	0.5	0.0	0.7
06-05 Salty biscuits, aperitif biscuits, crackers	1.0	4.0	4.2	0.2	4.7	0.7	4.2	2.3	5.5	0.9	5.1	2.6	0.2	0.5	3.6	1.3	5.6	1.4	0.0	0.0	2.2	0.0	6.5
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.4	0.0	0.5	0.6	0.3	0.3	0.2	0.6	0.5	0.3	0.1	0.1	0.5	0.3	0.4	1.1	0.0	0.0	0.0	0.1	0.1
07 Meat and meat products	3.2	10.2	18.4	87.1	10.0	3.4	10.4	18.5	14.1	34.4	21.1	30.4	14.8	12.9	26.8	13.7	22.6	4.4	0.0	32.6	10.9	23.6	7.6
07-01 Fresh meat	0.4	2.8	5.9	34.0	1.7	0.7	3.6	6.0	5.3	10.4	2.2	13.1	1.1	0.9	10.7	4.8	9.3	0.9	0.0	13.1	2.1	3.5	1.6
07-01-00 Unclassified	0.1	0.6	1.6	10.9	0.5	0.2	0.9	1.5	1.3	2.7	0.7	3.6	0.4	0.3	3.0	1.2	2.6	0.1	0.0	4.0	1.2	1.3	0.3
07-01-01 Beef	0.1	0.9	2.7	13.6	0.6	0.2	1.1	1.8	1.6	2.8	0.6	5.1	0.4	0.3	0.5	1.3	2.5	0.5	0.0	5.6	0.7	0.8	0.5
07-01-02 Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0
07-01-03 Pork	0.2	1.1	1.5	8.6	0.6	0.2	1.6	2.6	2.3	4.8	0.9	4.0	0.2	0.2	7.0	2.1	4.0	0.2	0.0	3.1	0.2	1.1	0.8
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.7	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.1	0.2	0.0	0.0	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	2.0	1.3	5.8	1.0	0.6	1.6	2.3	1.9	5.7	0.4	1.7	1.4	1.0	1.2	0.7	4.7	0.8	0.0	1.3	0.0	8.4	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	1.3	5.7	0.9	0.6	1.6	2.3	1.9	5.7	0.4	1.6	1.4	1.0	1.2	0.7	4.7	0.8	0.0	1.3	0.0	8.4	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	2.6	5.5	11.1	47.4	7.3	2.1	5.2	10.2	6.9	18.4	18.5	15.6	12.4	11.0	14.9	8.1	8.7	2.8	0.0	18.2	8.8	11.8	5.0
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08	Fish and shellfish	0.3	0.8	0.6	2.3	0.5	2.6	0.8	1.3	0.8	4.3	1.0	0.6	0.6	0.5	0.7	0.6	0.7	0.5	0.0	4.0	0.1	4.0	0.6
08-01	Fish	0.1	0.2	0.2	0.8	0.2	0.3	0.2	0.4	0.3	1.3	0.3	0.2	0.3	0.3	0.2	0.4	0.1	0.0	1.6	0.0	1.8	0.4	
08-02	Crustaceans, molluscs	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.0	0.0	0.3	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.8	0.0	0.0	0.1	
08-03	Fish products, fish in crumbs	0.2	0.5	0.4	1.4	0.3	2.2	0.5	0.8	0.5	2.8	0.5	0.3	0.2	0.2	0.5	0.3	0.3	0.4	0.0	1.7	0.0	2.2	0.2
09	Eggs and egg products	0.7	0.5	2.1	0.0	2.5	1.9	0.5	1.5	0.4	3.8	0.5	1.4	3.7	3.0	0.5	2.1	0.5	2.3	0.0	3.5	0.0	3.9	2.5
09-01	Egg	0.7	0.5	2.1	0.0	2.5	1.9	0.5	1.5	0.4	3.8	0.5	1.4	3.7	3.0	0.5	2.1	0.5	2.3	0.0	3.5	0.0	3.9	2.5
10	Fat	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	29.1	22.9	2.5	1.9	3.6	4.0	37.6	1.7	0.0	37.8	21.1
10-00	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	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.4
10-01	Vegetable oils	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	5.0
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3	1.9	0.0	0.0	0.0	0.0	0.1	0.0	0.7	0.2	
10-03	Margarines	1.2	0.0	0.1	1.9	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	26.5	20.7	2.5	1.8	3.6	4.0	37.6	1.5	0.0	36.6	15.5
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	5.5	11.6	11.7	0.0	13.2	3.0	7.0	3.8	5.2	2.7	1.4	3.4	3.9	3.5	2.3	4.8	2.2	2.4	6.6	3.2	2.2	1.3	5.5
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	1.1	0.0	0.1	0.0	0.1	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	9.5	7.9	0.0	8.9	1.4	5.0	2.6	3.3	2.0	0.6	2.5	1.2	1.0	1.4	3.0	0.8	1.7	5.4	2.3	0.2	0.3	4.2
11-03	Confectionery non-chocolate	0.5	0.8	1.5	0.0	1.7	0.2	0.5	0.2	0.3	0.1	0.3	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.2	0.6	1.6	0.0	1.8	0.1	0.4	0.1	0.7	0.0	0.1	0.1	0.0	0.0	0.0	0.1	1.0	0.0	0.0	0.0	1.7	0.0	0.7
11-05	Ice cream, water ice	1.8	0.5	0.5	0.0	0.6	1.2	1.1	0.8	0.8	0.6	0.4	0.5	2.7	2.5	0.8	1.6	0.3	0.6	0.0	1.0	0.2	1.0	0.5
11-05-01	Ice cream	1.8	0.5	0.5	0.0	0.6	1.2	1.0	0.8	0.8	0.5	0.4	0.5	2.7	2.5	0.8	1.6	0.3	0.5	0.0	1.0	0.0	1.0	0.4
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	0.1	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	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0
12	Cakes	4.4	6.0	8.0	0.8	9.0	4.2	5.1	6.0	4.1	5.7	6.0	4.4	9.6	7.7	4.0	4.9	3.7	3.7	1.2	2.6	0.3	9.6	9.7
12-01	Cakes, pies, pastries, etc	2.2	2.9	3.2	0.8	3.5	3.3	2.4	3.3	2.1	3.6	3.4	2.4	6.6	5.2	2.5	3.4	1.3	2.6	0.0	2.2	0.3	7.4	4.3
12-02	Dry cakes, biscuits	2.3	3.2	4.8	0.1	5.4	0.9	2.7	2.7	2.0	2.1	2.7	2.0	3.0	2.6	1.5	1.6	2.4	1.1	1.2	0.4	0.0	2.2	5.4
13	Non-alcoholic beverages	9.2	6.1	3.3	0.0	3.8	6.4	6.9	4.6	7.5	3.5	2.2	1.1	0.0	2.3	8.4	5.6	12.8	6.6	5.5	3.8	34.6	0.0	7.3
13-00	Unclassified	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.7	1.7	1.9	0.0	2.2	1.0	3.1	1.0	4.7	0.6	0.2	0.7	0.0	2.0	7.0	3.2	5.9	4.9	3.5	1.6	17.4	0.0	4.9
13-02	Carbonated/soft/isotonic drinks, diluted syrups	3.4	3.0	0.7	0.0	0.8	3.9	1.6	3.3	1.7	1.0	1.5	0.2	0.0	0.2	1.2	1.8	5.8	0.3	1.9	2.1	16.7	0.0	2.3
13-03	Coffee, tea and herbal teas	0.8	1.0	0.6	0.0	0.7	0.4	0.9	0.2	1.0	0.1	0.1	0.2	0.0	0.0	0.2	0.6	1.1	1.4	0.0	0.1	0.4	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.2	0.2	0.4	0.0	0.5	0.1	0.6	0.1	0.7	0.1	0.0	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
13-03-02 Tea	0.5	0.7	0.2	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.9	1.2	0.0	0.0	0.4	0.0	0.0
13-03-03 Herbal tea	0.1	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	0.1	0.2	0.2	0.0	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	3.2	0.4	0.1	0.0	0.1	1.2	1.1	0.0	0.0	1.8	0.4	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	0.1	0.1	0.1	0.0	0.1	0.2	0.5	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	0.2	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.1	0.5	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	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	0.8	1.7	1.6	0.1	1.9	0.4	2.1	1.1	1.8	1.3	8.6	1.1	3.9	6.0	3.8	1.0	0.6	0.7	0.7	0.2	1.1	4.7	12.7
15-01 Sauces	0.7	1.7	1.5	0.1	1.7	0.4	2.0	1.1	1.7	1.2	7.7	1.0	3.9	6.0	3.2	1.0	0.6	0.6	0.7	0.2	0.9	4.7	12.7
15-01-00 Unclassified and other sauces	0.4	1.3	0.9	0.1	1.0	0.1	1.4	0.6	0.8	0.5	3.5	0.6	3.4	2.7	1.7	0.4	0.3	0.3	0.7	0.1	0.4	4.3	5.6
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.2	0.1	0.5	0.2	0.8	0.1	2.1	0.1	0.2	2.4	1.4	0.4	0.2	0.3	0.0	0.0	0.5	0.0	0.4
15-01-02 Dressing sauces	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.2	1.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.9
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.0	0.2	0.3	0.6	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.3	4.8
15-01-04 Dessert sauces	0.1	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	0.0	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	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.9	0.1	0.0	0.0	0.6	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.5	1.4	1.4	1.8	1.4	0.3	2.1	1.0	1.6	1.0	4.4	0.9	0.3	1.0	2.7	0.7	1.0	1.1	0.0	1.5	1.2	1.8	1.3
16-01 Soups	0.5	1.4	1.4	1.8	1.4	0.3	2.1	1.0	1.6	1.0	4.2	0.9	0.3	1.0	2.6	0.7	1.0	1.1	0.0	1.5	1.2	1.8	1.3
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.1	1.5	2.4	5.4	2.1	1.0	1.5	1.7	1.2	2.6	3.8	2.7	1.4	1.1	2.0	1.5	1.1	0.8	0.0	1.9	0.4	2.9	1.9
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.1	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.0	0.2	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	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	1.0	1.3	2.2	5.4	1.9	0.9	1.3	1.5	1.0	2.3	3.5	2.5	1.4	1.1	1.8	1.3	1.0	0.7	0.0	1.6	0.4	2.9	1.7



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.4	10.1	6.4	0.0	7.5	1.8	7.8	4.7	14.0	2.7	0.8	4.1	0.1	0.1	6.1	2.2	12.0	9.4	0.0	0.1	15.9	0.1	2.4
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
02	Vegetables	3.6	4.6	6.1	0.0	7.1	1.2	4.4	2.6	7.3	1.2	2.2	2.8	0.2	12.6	3.3	3.0	4.0	12.9	0.0	0.0	11.6	0.2	5.1
02-01	Leafy vegetables (except cabbages)	1.0	0.7	1.5	0.0	1.7	0.2	1.0	0.4	1.1	0.1	0.4	0.5	0.2	2.7	0.6	0.7	0.4	2.4	0.0	0.0	0.4	0.1	1.2
02-02	Fruiting vegetables	0.9	1.5	2.4	0.0	2.8	0.5	1.7	0.7	3.0	0.2	0.7	1.0	0.0	1.8	1.1	0.9	1.4	3.4	0.0	0.0	4.9	0.0	2.1
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.6	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.8	0.6	0.8	0.0	0.9	0.2	0.6	0.6	1.2	0.5	0.3	0.4	0.0	1.0	0.5	0.6	0.8	3.5	0.0	0.0	4.1	0.0	0.8
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.3	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.9	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.4	0.0	0.5	0.1	0.3	0.2	0.4	0.1	0.4	0.2	0.0	1.2	0.3	0.2	0.3	1.0	0.0	0.0	1.0	0.0	0.2
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	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	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.3	7.3	3.1	0.0	3.5	1.3	6.6	2.6	6.7	3.4	1.0	2.6	0.0	0.8	2.8	1.7	5.1	3.8	0.0	0.0	11.6	0.0	5.8
04-01	Fruits	0.9	4.0	2.2	0.0	2.5	1.2	3.5	1.1	5.6	1.9	0.1	1.3	0.0	0.8	2.1	1.2	4.5	2.9	0.0	0.0	11.4	0.0	2.4
04-02	Nuts and seeds (+nut spread)	0.4	3.2	0.9	0.0	1.0	0.1	3.1	1.5	1.1	1.5	0.9	1.3	0.0	0.0	0.7	0.4	0.5	0.9	0.0	0.0	0.0	0.0	3.4
04-03	Mixed fruits	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	0.1	0.1	0.1	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	59.2	6.4	4.1	0.0	4.6	15.3	18.8	33.5	21.1	13.7	14.5	23.6	29.3	23.4	11.1	43.8	12.2	13.8	1.5	43.7	5.9	5.6	4.1
05-01	Milk	20.1	0.9	0.5	0.0	0.6	8.0	7.7	12.5	10.1	3.5	3.3	7.9	6.9	5.4	5.3	19.2	4.1	5.7	0.2	18.7	1.8	0.2	0.8
05-02	Milk beverages	4.6	1.7	2.0	0.0	2.2	2.3	2.5	2.8	2.8	0.8	0.8	1.9	1.6	1.3	1.2	4.4	1.1	0.9	1.3	2.7	0.8	0.9	0.3
05-03	Yoghurt	12.5	1.9	0.5	0.0	0.6	2.3	4.2	6.9	5.3	1.7	2.0	3.7	1.9	1.4	3.0	11.0	4.9	3.8	0.0	8.3	2.6	0.2	0.7
05-04	Fromage blanc, petits suisses	0.5	0.0	0.1	0.0	0.1	0.2	0.1	0.3	0.1	0.0	0.1	0.1	0.5	0.4	0.2	0.6	0.1	0.1	0.0	0.4	0.0	0.5	0.0
05-05	Cheese (including fresh cheeses)	17.5	0.9	0.5	0.0	0.6	1.7	2.7	9.0	0.9	6.6	7.5	8.5	14.7	11.8	0.4	5.1	0.7	2.8	0.0	10.6	0.1	2.6	1.8
05-06	Cream desserts, puddings (milk based)	3.6	0.9	0.5	0.0	0.5	0.7	1.5	2.0	1.7	0.8	0.8	1.4	2.4	1.9	0.9	3.2	1.3	0.5	0.0	2.7	0.4	0.7	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
06	Cereals and cereal products	8.2	29.4	28.3	0.4	32.6	56.7	25.7	18.4	14.6	18.4	33.0	19.8	0.5	0.7	20.8	10.3	13.3	27.8	19.6	0.7	1.7	0.4	10.1
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	3.5	2.1	0.2	2.4	0.5	2.2	1.8	0.6	1.2	0.1	2.5	0.0	0.0	0.9	0.6	0.4	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.8	20.8	19.9	0.0	22.9	54.7	18.7	13.5	9.1	15.3	27.0	14.1	0.1	0.1	13.7	6.6	6.3	21.6	0.0	0.1	0.0	0.2	3.9
06-03-01	Bread	5.6	19.7	19.0	0.0	21.9	54.6	17.8	13.0	8.7	14.9	26.3	13.5	0.0	0.0	12.8	6.3	6.0	21.2	0.0	0.1	0.0	0.2	3.5
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.0	0.2	0.8	0.6	0.4	0.5	0.6	0.5	0.0	0.0	0.9	0.3	0.3	0.5	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.7	0.8	2.5	0.0	2.8	0.1	1.1	0.8	0.5	0.3	0.7	0.8	0.1	0.1	3.0	1.8	2.1	2.7	19.6	0.5	0.2	0.2	0.6
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	3.3	3.3	0.2	3.8	0.6	3.2	1.8	4.0	0.8	4.4	2.0	0.3	0.4	2.5	1.0	3.9	1.0	0.0	0.0	1.5	0.0	5.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	1.0	0.6	0.0	0.7	0.8	0.4	0.4	0.4	0.7	0.8	0.4	0.1	0.1	0.6	0.4	0.5	1.5	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.7	9.8	17.1	86.8	9.2	3.1	9.7	17.5	13.6	32.7	19.9	28.7	15.4	13.3	26.3	12.3	22.1	4.0	0.0	30.9	10.6	22.7	7.3
07-01	Fresh meat	0.5	2.8	6.0	34.6	1.8	0.7	3.5	5.9	5.3	10.2	2.5	12.7	1.1	0.8	10.9	4.5	8.9	0.8	0.0	12.9	2.2	3.8	1.7
07-01-00	Unclassified	0.1	0.7	1.6	9.8	0.5	0.2	0.9	1.5	1.3	2.7	0.8	3.3	0.4	0.3	2.8	1.1	2.3	0.1	0.0	3.5	1.1	1.6	0.3
07-01-01	Beef	0.1	0.9	2.7	14.9	0.6	0.2	1.0	1.7	1.5	2.9	0.6	5.2	0.4	0.3	0.5	1.3	2.3	0.4	0.0	6.1	0.9	0.9	0.5
07-01-02	Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	1.1	1.5	8.9	0.7	0.2	1.5	2.5	2.2	4.5	1.1	3.7	0.2	0.1	7.4	1.9	4.0	0.2	0.0	2.6	0.3	1.2	0.8
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.1	0.0	0.2	0.2	0.2	0.0	0.0	0.6	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	0.2	2.2	1.3	6.4	0.9	0.7	1.7	2.5	2.0	6.3	0.5	1.7	1.3	1.0	1.4	0.6	5.1	0.8	0.0	1.3	0.0	8.7	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	0.1	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
07-02-01	Chicken, hen	0.2	2.2	1.3	6.2	0.9	0.7	1.7	2.5	2.0	6.2	0.5	1.6	1.3	1.0	1.3	0.6	5.0	0.8	0.0	1.2	0.0	8.7	1.0
07-02-02	Turkey, young turkey	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	0.1	0.0	0.0	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	0.1	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	0.0	0.0	0.0
07-04	Processed meat	2.0	4.8	9.8	45.7	6.4	1.7	4.4	9.0	6.2	16.2	16.9	14.2	13.0	11.5	14.1	7.1	8.1	2.4	0.0	16.6	8.3	10.2	4.5
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	0.2	0.6	0.6	2.6	0.5	1.5	0.6	1.0	0.6	4.1	0.8	0.5	0.2	0.2	0.5	0.5	0.8	0.3	0.0	4.3	0.0	3.7	0.7
08-01	Fish	0.1	0.3	0.3	1.8	0.3	0.5	0.3	0.6	0.4	2.3	0.4	0.3	0.1	0.1	0.3	0.3	0.6	0.1	0.0	2.5	0.0	2.7	0.4

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.2	0.1	0.2	0.1	0.2	0.1	0.1	0.0	0.3	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	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	0.4	0.2	1.4	0.2	0.1	0.1	0.1	0.2	0.1	0.2	0.2	0.0	0.9	0.0	1.1	0.1
09	Eggs and egg products	0.7	0.6	2.2	0.0	2.5	1.8	0.5	1.6	0.5	4.0	0.5	1.5	4.2	3.2	0.6	2.1	0.6	2.4	0.0	3.6	0.0	5.0	2.7
09-01	Egg	0.7	0.6	2.2	0.0	2.5	1.8	0.5	1.6	0.5	4.0	0.5	1.5	4.2	3.2	0.6	2.1	0.6	2.4	0.0	3.6	0.0	5.0	2.7
10	Fat	1.5	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	26.7	20.8	2.8	2.2	4.1	3.9	36.1	1.8	0.0	36.4	21.3
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3
10-01	Vegetable oils	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	4.5
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	2.1	1.7	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.7	0.3
10-03	Margarines	1.4	0.0	0.1	1.4	0.1	0.1	0.1	0.2	0.2	0.0	1.2	0.0	24.3	18.9	2.8	2.2	4.1	3.9	36.1	1.7	0.0	35.2	16.2
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	0.1	0.0
11	Sugar and confectionery	5.2	11.7	11.5	0.0	13.2	3.2	7.2	4.0	5.6	2.6	1.6	3.6	3.6	3.2	2.6	4.7	2.4	2.2	4.3	3.0	2.9	1.6	5.6
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	0.0	0.2	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.5	0.0	0.1	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.1	9.7	8.1	0.0	9.3	1.6	5.3	2.8	3.7	2.0	0.7	2.7	1.4	1.1	1.4	3.1	0.8	1.5	2.8	2.1	0.3	0.6	4.1
11-03	Confectionery non-chocolate	0.4	0.9	1.3	0.0	1.5	0.2	0.6	0.3	0.4	0.1	0.4	0.3	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.5	1.4	0.0	1.6	0.1	0.4	0.1	0.6	0.0	0.1	0.1	0.0	0.0	0.1	0.1	1.2	0.0	0.0	0.0	2.2	0.0	0.9
11-05	Ice cream, water ice	1.6	0.4	0.4	0.0	0.5	1.3	1.0	0.7	0.8	0.5	0.4	0.5	2.2	2.0	0.8	1.4	0.3	0.5	0.0	0.9	0.3	1.0	0.4
11-05-01	Ice cream	1.5	0.4	0.4	0.0	0.5	1.3	0.9	0.7	0.7	0.5	0.4	0.5	2.2	2.0	0.8	1.3	0.3	0.5	0.0	0.9	0.0	1.0	0.4
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	0.1	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	0.0
12	Cakes	4.4	6.4	8.7	0.6	9.9	4.7	5.3	6.2	4.3	5.9	6.6	4.5	9.2	7.5	4.0	4.6	4.1	4.0	2.2	2.8	0.4	9.8	10.2
12-01	Cakes, pies, pastries, etc	2.3	3.2	3.6	0.5	4.1	3.7	2.7	3.5	2.2	3.6	3.7	2.6	6.5	5.3	2.4	3.2	1.4	2.8	0.0	2.4	0.3	8.0	5.0
12-02	Dry cakes, biscuits	2.1	3.2	5.1	0.1	5.8	1.0	2.6	2.7	2.0	2.3	2.9	1.9	2.7	2.2	1.6	1.4	2.7	1.2	2.2	0.4	0.0	1.8	5.2
13	Non-alcoholic beverages	8.2	5.3	3.2	0.0	3.8	5.5	6.4	3.5	6.9	3.4	1.9	1.0	0.0	2.1	7.3	5.2	11.9	6.4	4.9	3.0	30.7	0.0	6.2
13-00	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.4	1.5	1.8	0.0	2.1	0.9	2.9	0.9	4.4	0.6	0.2	0.6	0.0	1.9	6.0	3.0	5.1	4.3	1.0	1.4	16.6	0.0	4.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.7	2.3	0.7	0.0	0.8	3.0	1.4	2.4	1.6	0.9	1.3	0.1	0.0	0.2	1.0	1.6	5.7	0.6	3.9	1.6	13.5	0.0	2.0
13-03	Coffee, tea and herbal teas	0.8	1.1	0.6	0.0	0.7	0.4	0.9	0.2	0.9	0.1	0.1	0.2	0.0	0.0	0.2	0.5	1.1	1.5	0.0	0.0	0.5	0.0	0.0
13-03-01	Coffee	0.1	0.1	0.3	0.0	0.4	0.1	0.4	0.0	0.6	0.1	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-02	Tea	0.6	0.8	0.2	0.0	0.2	0.3	0.4	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.9	1.3	0.0	0.0	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	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	0.2	0.2	0.0	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	
13-04 Waters	3.3	0.4	0.1	0.0	0.1	1.3	1.2	0.0	0.0	1.9	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.2	0.2	0.5	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.4	0.6	0.0	0.2	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	
14-01 Wine	0.0	0.0	0.1	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	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.1	0.4	0.3	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.4	0.6	0.0	0.2	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.3	1.5	0.0	1.7	0.4	1.6	0.9	1.6	1.1	8.1	0.9	3.2	5.1	3.0	0.7	0.5	0.6	0.0	0.2	1.3	4.3	11.2
15-01 Sauces	0.5	1.3	1.3	0.0	1.5	0.4	1.5	0.8	1.4	1.0	7.0	0.8	3.2	5.0	2.6	0.7	0.4	0.5	0.0	0.1	1.0	4.3	11.2
15-01-00 Unclassified and other sauces	0.2	0.9	0.6	0.0	0.7	0.1	0.9	0.4	0.5	0.3	2.8	0.4	2.8	2.1	1.4	0.2	0.1	0.1	0.0	0.0	0.2	3.9	4.3
15-01-01 Tomato sauces	0.1	0.3	0.3	0.0	0.3	0.1	0.4	0.2	0.8	0.1	2.1	0.1	0.1	2.3	1.2	0.4	0.2	0.3	0.0	0.0	0.8	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.4
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.1	0.2	0.3	0.5	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.3	5.0
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.0	1.1	0.1	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0
16 Soups, bouillon	0.5	1.4	1.5	2.9	1.3	0.3	1.7	1.0	1.5	1.3	4.3	1.0	0.3	1.2	2.3	0.7	1.2	1.2	0.0	1.5	1.5	1.6	1.2
16-01 Soups	0.5	1.4	1.5	2.9	1.3	0.3	1.7	1.0	1.5	1.3	4.1	1.0	0.3	1.2	2.3	0.7	1.2	1.2	0.0	1.5	1.5	1.6	1.2
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.4	1.2	2.1	5.2	1.9	0.9	1.5	1.5	0.9	2.1	3.2	2.4	1.3	1.0	1.6	1.6	0.9	1.1	2.0	2.0	0.5	2.5	1.5
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	0.4	0.1	0.2	0.0	0.2	0.0	0.5	0.2	0.1	0.1	0.1	0.2	0.0	0.0	0.1	0.5	0.0	0.3	0.0	0.2	0.0	0.2	0.0
17-02 Dietetic products	0.1	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	2.0	0.0	0.1	0.3	0.1
17-02-00 Unclassified	0.1	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.1	0.1	0.1	2.0	0.0	0.1	0.3	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	0.9	1.0	1.7	5.1	1.5	0.8	1.0	1.3	0.7	1.8	2.9	2.1	1.1	0.9	1.4	1.1	0.8	0.7	0.0	1.7	0.4	2.1	1.4

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.2	8.3	5.3	0.0	6.3	1.5	6.4	3.9	11.8	2.3	0.8	3.4	0.1	0.1	5.5	1.8	10.6	7.7	0.0	0.1	12.3	0.1	2.1
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	3.5	4.9	6.3	0.0	7.4	1.4	4.5	2.8	8.2	1.2	2.1	3.1	0.1	13.7	3.6	3.1	4.4	12.7	0.0	0.0	13.4	0.0	5.7
02-01	Leafy vegetables (except cabbages)	0.8	0.6	1.1	0.0	1.3	0.2	0.8	0.4	1.2	0.1	0.2	0.5	0.1	2.2	0.5	0.5	0.4	1.9	0.0	0.0	0.3	0.0	0.7
02-02	Fruiting vegetables	1.0	1.8	2.7	0.0	3.2	0.6	2.0	0.8	3.6	0.2	0.7	1.2	0.0	2.1	1.3	1.0	1.8	3.7	0.0	0.0	5.9	0.0	2.5
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.3	0.2	0.7	0.1	0.3	0.2	0.0	6.1	0.2	0.2	0.4	1.2	0.0	0.0	0.4	0.0	0.6
02-04	Cabbages	0.8	0.7	1.0	0.0	1.2	0.2	0.7	0.7	1.4	0.4	0.3	0.6	0.0	1.8	0.7	0.6	0.8	3.6	0.0	0.0	4.9	0.0	1.5
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.1	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	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.8	0.0	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	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.5	0.2	0.0	1.4	0.3	0.2	0.3	1.0	0.0	0.0	1.1	0.0	0.2
03	Legumes	0.1	0.3	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.3	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.5	8.8	3.6	0.0	4.2	1.3	7.4	3.2	7.4	3.9	1.2	3.2	0.0	1.0	3.4	1.8	5.1	4.3	0.0	0.0	12.8	0.0	7.4
04-01	Fruits	0.9	4.0	2.2	0.0	2.5	1.2	3.3	1.2	5.8	1.7	0.1	1.2	0.0	1.0	2.3	1.2	4.4	3.0	0.0	0.0	12.6	0.0	2.4
04-02	Nuts and seeds (+nut spread)	0.5	4.5	1.4	0.0	1.5	0.1	4.0	2.0	1.5	2.1	1.0	1.9	0.0	0.0	1.0	0.6	0.6	1.2	0.0	0.0	0.0	0.0	4.8
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.2
04-04	Olives	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	0.0
05	Dairy products	60.6	6.2	4.0	0.0	4.6	16.2	19.6	35.4	22.8	14.5	15.6	25.2	31.0	24.4	12.0	45.7	13.4	14.2	1.1	46.7	4.8	5.9	4.7
05-01	Milk	22.2	1.0	0.5	0.0	0.6	8.6	8.5	14.1	11.6	4.0	3.8	9.0	7.5	5.9	5.8	21.1	4.6	6.1	0.0	21.2	1.6	0.0	0.9
05-02	Milk beverages	3.9	1.6	1.8	0.0	2.1	2.0	2.2	2.5	2.5	0.8	0.8	1.6	1.6	1.3	1.2	3.8	0.9	0.8	1.1	2.3	0.5	0.9	0.3
05-03	Yoghurt	12.7	1.7	0.5	0.0	0.6	2.7	4.4	7.1	5.6	1.9	2.2	4.2	2.1	1.6	3.2	11.5	5.6	3.9	0.0	8.6	2.1	0.4	0.9
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.3	0.2	0.3	0.2	0.1	0.1	0.2	0.4	0.3	0.2	0.6	0.1	0.1	0.0	0.6	0.1	0.4	0.0
05-05	Cheese (including fresh cheeses)	17.4	1.0	0.5	0.0	0.6	1.9	2.7	9.2	1.0	6.9	7.9	8.7	15.4	12.3	0.4	5.0	0.7	2.8	0.0	11.0	0.1	2.9	1.8
05-06	Cream desserts, puddings (milk based)	3.6	0.9	0.6	0.0	0.6	0.7	1.6	2.1	1.8	0.8	0.9	1.5	2.6	2.0	1.0	3.4	1.4	0.5	0.0	2.9	0.4	0.7	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.7	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.7	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	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	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
06	Cereals and cereal products	8.3	32.0	31.0	0.5	35.9	57.8	27.9	20.2	15.4	20.1	35.0	21.8	0.4	0.5	22.8	10.6	14.3	28.2	19.5	0.8	1.7	0.3	10.4
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	4.1	2.5	0.3	2.9	0.6	2.5	2.1	0.7	1.7	0.1	3.0	0.0	0.1	1.2	0.6	0.5	1.0	0.0	0.1	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.0	22.6	21.5	0.0	25.1	55.9	20.4	14.7	9.9	16.6	29.1	15.4	0.1	0.1	14.5	6.6	6.9	21.9	0.0	0.1	0.0	0.2	3.9
06-03-01	Bread	5.8	21.5	20.7	0.0	24.1	55.8	19.6	14.2	9.5	16.1	28.5	14.9	0.1	0.1	13.6	6.4	6.6	21.4	0.0	0.0	0.0	0.2	3.5
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.0	0.1	0.8	0.6	0.4	0.5	0.6	0.5	0.0	0.0	0.9	0.3	0.3	0.5	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.8	1.5	3.4	0.0	3.8	0.1	1.8	1.3	0.9	0.4	1.1	1.3	0.0	0.0	4.0	2.1	2.8	3.2	19.5	0.6	0.3	0.0	1.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	3.0	3.1	0.2	3.6	0.6	2.8	1.7	3.6	0.7	4.0	1.8	0.2	0.3	2.7	0.9	3.7	0.9	0.0	0.0	1.3	0.0	4.9
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.4	0.4	0.3	0.6	0.7	0.3	0.1	0.1	0.5	0.3	0.4	1.1	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.2	8.7	15.2	85.0	7.9	2.7	8.3	15.2	12.0	28.9	17.7	25.1	14.4	12.4	21.5	10.5	19.0	3.6	0.0	27.6	9.5	21.0	6.5
07-01	Fresh meat	0.4	2.4	5.1	32.5	1.5	0.6	3.0	5.1	4.5	8.8	2.0	11.0	1.0	0.7	8.6	3.7	7.3	0.7	0.0	11.2	1.8	3.1	1.4
07-01-00	Unclassified	0.1	0.4	1.0	7.4	0.3	0.1	0.5	0.9	0.8	1.6	0.5	2.2	0.3	0.2	1.8	0.7	1.4	0.1	0.0	2.3	0.8	0.9	0.2
07-01-01	Beef	0.1	1.0	2.9	17.2	0.6	0.3	1.1	1.9	1.7	3.2	0.7	5.6	0.5	0.4	0.6	1.4	2.4	0.4	0.0	6.5	0.8	1.0	0.5
07-01-02	Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	0.9	1.2	7.4	0.5	0.2	1.3	2.2	1.9	4.0	0.8	3.0	0.2	0.1	6.2	1.6	3.4	0.2	0.0	2.2	0.2	1.1	0.7
07-01-04	Mutton/Lamb	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	0.2	1.9	1.2	7.2	0.9	0.6	1.5	2.3	1.9	5.7	0.4	1.6	1.3	1.0	1.2	0.6	4.7	0.6	0.0	1.3	0.0	7.9	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	1.9	1.1	6.9	0.8	0.6	1.5	2.2	1.8	5.5	0.4	1.5	1.3	1.0	1.1	0.6	4.5	0.6	0.0	1.0	0.0	7.9	0.9
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.3	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.0	0.0	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	0.0	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	0.1	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	1.6	4.4	8.9	45.0	5.6	1.5	3.8	7.9	5.7	14.3	15.3	12.5	12.2	10.7	11.7	6.1	6.9	2.3	0.0	15.1	7.7	10.0	4.2
07-05	Offals	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
08	Fish and shellfish	0.4	1.0	0.9	4.4	0.8	2.3	0.9	1.6	1.0	5.2	1.2	0.8	0.4	0.3	0.7	0.8	1.1	0.5	0.0	5.7	0.0	4.9	1.2
08-01	Fish	0.2	0.3	0.5	2.3	0.4	0.9	0.5	1.0	0.7	2.8	0.6	0.3	0.2	0.1	0.5	0.5	0.9	0.2	0.0	3.3	0.0	3.5	0.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.5	0.3	0.8	0.2	0.4	0.2	0.1	0.1	0.8	0.3	0.3	0.2	0.1	0.0	0.2	0.1	0.1	0.0	1.7	0.0	0.0	0.4
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.2	0.1	1.0	0.2	0.4	0.2	1.6	0.3	0.2	0.1	0.1	0.3	0.1	0.2	0.2	0.0	0.8	0.0	1.3	0.1
09	Eggs and egg products	0.5	0.5	1.9	0.0	2.3	1.6	0.4	1.4	0.4	3.6	0.5	1.3	3.7	2.8	0.5	1.8	0.5	2.1	0.0	3.2	0.0	4.5	2.7
09-01	Egg	0.5	0.5	1.9	0.0	2.3	1.6	0.4	1.4	0.4	3.6	0.5	1.3	3.7	2.8	0.5	1.8	0.5	2.1	0.0	3.2	0.0	4.5	2.7
10	Fat	1.7	0.0	0.1	1.9	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.2	20.8	3.8	2.6	5.4	4.9	36.7	2.2	0.0	37.7	21.2
10-00	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	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3
10-01	Vegetable oils	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	4.1
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	3.1	2.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.2	0.4
10-03	Margarines	1.7	0.0	0.1	1.9	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	23.9	18.2	3.8	2.6	5.4	4.9	36.7	2.0	0.0	36.1	16.4
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	4.9	11.0	11.0	0.0	12.5	2.7	6.6	3.7	5.3	2.5	1.6	3.4	3.5	3.1	2.3	4.2	2.7	1.8	2.2	2.7	3.5	1.7	6.0
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	0.0	0.2	0.3	0.0	0.3	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	0.1	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.9	8.7	7.1	0.0	8.1	1.3	4.5	2.5	3.2	1.8	0.7	2.3	1.2	0.9	1.1	2.7	0.6	1.2	2.1	1.9	0.2	0.5	4.3
11-03	Confectionery non-chocolate	0.4	1.0	1.4	0.0	1.7	0.2	0.7	0.3	0.4	0.1	0.3	0.3	0.0	0.0	0.2	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.8	1.8	0.0	2.0	0.1	0.5	0.1	0.7	0.0	0.1	0.2	0.0	0.0	0.1	0.1	1.6	0.0	0.0	0.0	2.7	0.0	1.0
11-05	Ice cream, water ice	1.4	0.4	0.4	0.0	0.5	1.1	0.9	0.7	0.8	0.5	0.4	0.5	2.3	2.1	0.8	1.3	0.4	0.5	0.0	0.8	0.4	1.2	0.4
11-05-01	Ice cream	1.3	0.4	0.4	0.0	0.4	1.1	0.9	0.7	0.7	0.5	0.4	0.5	2.3	2.1	0.8	1.3	0.3	0.4	0.0	0.8	0.0	1.2	0.4
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.0	0.0	0.0
12	Cakes	3.4	5.4	7.7	1.0	8.8	3.3	4.3	5.1	3.7	5.1	5.8	3.7	7.7	6.1	3.2	3.2	3.6	2.9	1.0	1.9	0.3	8.1	9.0
12-01	Cakes, pies, pastries, etc	1.5	2.4	2.6	0.5	3.0	2.4	1.9	2.5	1.6	2.7	2.8	1.9	4.7	3.8	1.9	2.1	1.0	1.9	0.0	1.4	0.2	5.7	4.0
12-02	Dry cakes, biscuits	1.9	3.0	5.1	0.4	5.8	1.0	2.4	2.6	2.1	2.4	3.1	1.8	3.0	2.4	1.4	1.2	2.6	1.0	1.0	0.5	0.0	2.5	5.0
13	Non-alcoholic beverages	7.9	4.8	3.1	0.0	3.6	4.9	6.4	2.9	6.9	3.5	2.0	1.0	0.1	2.3	6.8	5.0	10.9	6.3	2.9	2.5	32.0	0.0	6.1
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	1.3	1.5	1.7	0.0	2.0	0.8	2.9	1.0	4.5	0.5	0.2	0.6	0.0	1.8	5.8	2.7	4.9	4.3	0.4	1.2	19.0	0.0	4.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.3	1.8	0.7	0.0	0.8	2.4	1.3	1.7	1.3	0.8	1.2	0.1	0.0	0.4	0.7	1.8	4.8	0.6	2.4	1.2	12.6	0.0	1.9
13-03	Coffee, tea and herbal teas	0.8	1.1	0.6	0.0	0.7	0.4	0.9	0.2	1.0	0.1	0.1	0.2	0.1	0.0	0.2	0.5	1.1	1.4	0.0	0.1	0.5	0.0	0.0
13-03-01	Coffee	0.2	0.2	0.4	0.0	0.5	0.1	0.5	0.1	0.7	0.1	0.0	0.1	0.1	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
13-03-02	Tea	0.5	0.7	0.2	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.8	1.0	0.0	0.4	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	3.5	0.4	0.1	0.0	0.1	1.4	1.3	0.0	0.1	2.1	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.2	0.2	0.3	0.0	0.3	0.3	0.8	0.5	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.7	0.9	0.0	0.2	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	
14-01 Wine	0.1	0.1	0.2	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	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.2	0.7	0.5	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.7	0.9	0.0	0.2	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.3	1.5	0.3	1.8	0.4	1.6	0.9	1.5	1.0	7.8	0.8	2.5	4.0	3.7	0.7	0.6	0.7	0.0	0.1	1.0	2.8	9.3
15-01 Sauces	0.5	1.2	1.4	0.3	1.6	0.4	1.5	0.8	1.4	0.9	6.9	0.8	2.5	4.0	3.2	0.6	0.5	0.7	0.0	0.1	0.9	2.8	9.3
15-01-00 Unclassified and other sauces	0.3	0.9	0.7	0.3	0.8	0.1	1.0	0.5	0.6	0.4	3.2	0.5	2.1	1.6	1.9	0.2	0.2	0.1	0.0	0.0	0.3	2.5	3.5
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.3	0.1	0.3	0.1	0.7	0.1	2.0	0.1	0.2	1.9	1.2	0.3	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.1	0.1	0.3	1.0	0.1	0.2	0.3	0.0	0.1	0.2	0.3	0.0	0.0	0.0	0.2	3.6
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.8	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.3	1.0	1.0	1.9	1.0	0.2	1.6	0.8	1.2	0.8	3.7	0.7	0.1	0.7	1.8	0.4	0.7	0.7	0.0	0.9	1.0	1.1	0.7
16-01 Soups	0.3	1.0	1.0	1.9	1.0	0.2	1.6	0.8	1.2	0.8	3.4	0.7	0.1	0.7	1.8	0.4	0.7	0.7	0.0	0.9	1.0	1.1	0.7
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.8	1.5	2.4	5.1	2.3	1.1	1.8	1.9	1.2	2.4	3.7	2.5	1.6	1.3	2.1	1.8	1.2	1.5	1.1	2.3	0.6	3.1	1.7
17-00 Unclassified	0.1	0.0	0.1	0.0	0.2	0.0	0.0	0.1	0.0	0.2	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.6	0.3	0.5	0.0	0.5	0.0	0.7	0.4	0.3	0.2	0.4	0.2	0.0	0.0	0.3	0.6	0.2	0.6	0.0	0.4	0.0	0.3	0.3
17-02 Dietetic products	0.2	0.3	0.4	0.0	0.4	0.2	0.2	0.2	0.2	0.3	0.2	0.3	0.4	0.4	0.3	0.3	0.3	0.3	1.1	0.2	0.2	0.4	0.3
17-02-00 Unclassified	0.2	0.3	0.4	0.0	0.4	0.2	0.2	0.2	0.2	0.3	0.2	0.3	0.4	0.4	0.3	0.3	0.3	0.3	1.1	0.2	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	0.9	0.9	1.5	5.1	1.2	0.8	0.8	1.2	0.7	1.8	2.8	1.9	1.1	0.9	1.4	0.9	0.7	0.6	0.0	1.6	0.4	2.4	1.1



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.3	5.5	0.0	6.7	1.7	6.2	3.9	11.5	1.8	0.7	3.4	0.1	0.1	5.2	1.7	10.8	7.3	0.0	0.1	14.9	0.0	1.8
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	5.2	6.4	7.4	0.0	9.0	1.6	5.3	3.6	9.0	1.8	2.7	3.6	0.2	13.6	4.6	4.4	5.1	15.4	0.0	0.0	17.9	0.1	5.8
02-01	Leafy vegetables (except cabbages)	1.5	1.0	1.9	0.0	2.3	0.3	1.4	0.6	1.7	0.2	0.4	0.7	0.1	3.3	0.9	0.9	0.7	3.0	0.0	0.0	0.7	0.1	1.4
02-02	Fruiting vegetables	1.1	1.7	2.4	0.0	2.9	0.6	1.7	0.8	2.9	0.2	0.7	1.0	0.0	2.0	1.1	1.0	1.5	3.5	0.0	0.0	6.5	0.0	2.1
02-03	Root vegetables	0.3	0.5	0.3	0.0	0.4	0.1	0.3	0.2	0.7	0.1	0.3	0.3	0.0	4.4	0.3	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.2	0.9	1.1	0.0	1.4	0.3	0.9	0.9	1.8	0.7	0.5	0.6	0.0	1.5	0.8	0.9	1.1	4.4	0.0	0.0	6.7	0.0	1.1
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.3	0.0	0.1	0.2	0.3	0.4	0.0	0.1	0.0	0.0	0.1	0.5	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.4	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.5	0.0	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.0	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	0.0	0.8	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	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.2	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.5	0.5	0.8	0.0	0.9	0.1	0.5	0.3	0.8	0.2	0.6	0.3	0.0	2.1	0.6	0.5	0.5	1.5	0.0	0.0	2.1	0.0	0.4
03	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.6	7.8	3.3	0.0	3.9	1.3	6.3	3.0	6.4	3.2	1.0	2.9	0.0	1.1	3.2	1.7	4.7	4.8	0.0	0.0	16.3	0.0	5.4
04-01	Fruits	1.2	4.0	2.0	0.0	2.3	1.2	3.1	1.2	5.2	1.3	0.1	1.3	0.0	1.0	2.3	1.3	4.1	3.9	0.0	0.0	16.1	0.0	2.4
04-02	Nuts and seeds (+nut spread)	0.4	3.5	1.2	0.0	1.4	0.1	3.0	1.7	1.1	1.7	0.7	1.6	0.0	0.0	0.9	0.4	0.6	0.7	0.0	0.0	0.0	0.0	2.8
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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
05	Dairy products	58.4	4.8	2.9	0.0	3.4	14.7	14.7	32.1	15.5	13.7	16.7	22.7	28.1	22.5	8.7	38.0	11.3	10.9	0.3	37.1	3.9	4.5	4.8
05-01	Milk	15.7	0.7	0.4	0.0	0.4	6.1	5.3	9.4	6.9	2.5	2.6	5.7	4.3	3.4	3.7	14.5	2.9	3.9	0.0	12.3	1.3	0.0	0.5
05-02	Milk beverages	2.2	0.8	1.0	0.0	1.1	1.0	1.1	1.3	1.2	0.3	0.4	0.8	0.6	0.5	0.9	2.1	0.8	0.4	0.3	1.2	0.3	0.3	0.4
05-03	Yoghurt	10.0	0.9	0.3	0.0	0.4	2.5	3.0	5.4	3.7	1.3	1.7	3.2	1.5	1.2	2.4	9.2	5.1	2.7	0.0	6.7	1.6	0.2	0.7
05-04	Fromage blanc, petits suisses	0.3	0.0	0.1	0.0	0.1	0.3	0.1	0.2	0.1	0.1	0.1	0.1	0.2	0.2	0.1	0.4	0.1	0.1	0.0	0.3	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.3	1.5	0.6	0.0	0.7	2.8	3.3	12.2	1.1	8.0	10.6	10.9	17.3	13.6	0.5	6.6	0.9	3.3	0.0	13.1	0.2	2.8	2.3
05-06	Cream desserts, puddings (milk based)	3.6	0.8	0.4	0.0	0.5	0.7	1.3	1.9	1.4	0.8	0.8	1.3	2.4	2.0	0.8	3.2	1.2	0.5	0.0	2.4	0.4	0.8	0.6
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.9	0.8	0.0	0.1	0.0	0.0	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	0.1	0.1	0.0	0.0	0.0	0.9	0.8	0.0	0.1	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	2.1	0.1	0.1	0.0	0.1	1.3	0.6	1.6	1.0	0.6	0.5	0.6	0.9	0.7	0.3	1.8	0.2	0.1	0.0	1.0	0.1	0.1	0.2
06	Cereals and cereal products	7.3	28.1	24.5	0.1	29.2	52.9	22.6	17.4	11.4	15.9	29.6	17.9	0.4	0.4	16.3	8.5	9.7	20.9	4.9	0.3	1.1	0.2	7.7
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	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
06-02	Pasta, rice, other grain	0.7	3.7	2.0	0.0	2.3	0.6	2.1	1.8	0.5	1.2	0.1	2.6	0.0	0.0	0.9	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.9	21.0	18.7	0.0	22.3	51.3	17.7	13.5	8.2	13.6	26.2	13.2	0.1	0.1	12.3	6.4	6.1	17.5	0.0	0.1	0.0	0.1	3.8
06-03-01	Bread	5.7	19.8	17.7	0.0	21.2	51.2	16.9	12.9	7.8	13.2	25.4	12.6	0.1	0.1	11.4	6.1	5.8	17.1	0.0	0.1	0.0	0.1	3.3
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.1	0.1	0.8	0.6	0.4	0.4	0.7	0.5	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	0.2	1.1	1.6	0.0	2.0	0.0	1.1	0.9	0.5	0.1	0.3	0.8	0.0	0.0	1.4	0.7	0.7	1.1	4.9	0.2	0.2	0.0	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.8	1.9	0.1	2.1	0.5	1.5	1.0	2.0	0.5	2.6	1.1	0.2	0.3	1.3	0.6	2.1	0.5	0.0	0.0	0.9	0.0	2.6
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.3	0.0	0.4	0.4	0.2	0.3	0.2	0.4	0.5	0.2	0.1	0.1	0.4	0.3	0.3	0.9	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.2	10.9	17.1	85.4	8.7	3.2	9.6	18.9	13.9	32.8	18.5	30.6	15.9	14.0	27.5	13.5	24.0	3.7	0.0	32.2	11.5	20.2	7.8
07-01	Fresh meat	0.6	3.9	7.6	43.1	2.3	1.0	4.5	8.2	6.7	12.7	3.0	16.8	1.2	1.0	13.9	6.1	11.8	0.9	0.0	16.0	2.9	3.5	2.4
07-01-00	Unclassified	0.1	0.7	1.6	10.7	0.5	0.2	0.8	1.5	1.3	2.7	0.9	3.6	0.4	0.3	3.1	1.2	2.5	0.1	0.0	3.6	1.4	1.3	0.4
07-01-01	Beef	0.2	1.5	3.9	20.9	0.9	0.4	1.5	2.9	2.3	4.1	1.1	8.0	0.5	0.4	0.9	2.1	3.5	0.6	0.0	8.5	1.3	1.0	0.8
07-01-02	Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	1.5	1.8	10.4	0.9	0.3	2.0	3.6	2.8	5.8	1.0	4.7	0.2	0.2	9.6	2.6	5.5	0.2	0.0	3.2	0.2	1.1	1.2
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.9	0.1	0.1	0.1	0.3	0.2	0.1	0.0	0.5	0.0	0.0	0.2	0.3	0.3	0.0	0.0	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	2.4	1.5	7.6	1.1	0.8	1.7	2.9	2.1	6.6	0.6	1.9	1.4	1.1	1.5	0.8	5.7	0.8	0.0	1.4	0.0	9.3	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	2.4	1.3	7.1	1.0	0.8	1.7	2.7	2.0	6.4	0.6	1.8	1.4	1.0	1.4	0.7	5.5	0.7	0.0	1.1	0.0	9.3	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	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
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.0	0.1	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	0.1	0.0	0.0	0.0
07-04	Processed meat	1.4	4.5	7.9	34.4	5.2	1.4	3.4	7.7	5.1	13.2	14.9	11.8	13.1	11.8	12.1	6.4	6.4	1.9	0.0	14.5	8.6	7.3	4.2
07-05	Offals	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.0	0.2	0.0	0.0	0.0
08	Fish and shellfish	0.8	1.7	1.2	4.8	1.0	3.7	1.3	2.5	1.4	7.7	2.6	1.2	0.8	0.6	1.1	1.3	1.6	0.6	0.0	9.5	0.1	7.8	1.5
08-01	Fish	0.5	0.9	0.9	3.9	0.7	2.1	0.9	1.9	1.0	5.5	1.8	0.7	0.6	0.5	0.8	0.9	1.4	0.4	0.0	6.3	0.1	6.6	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.7	0.1	0.3	0.1	0.5	0.2	0.1	0.1	0.8	0.5	0.3	0.0	0.0	0.0	0.3	0.1	0.1	0.0	2.3	0.0	0.0	0.4
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.6	0.2	1.1	0.2	0.5	0.3	1.4	0.3	0.2	0.1	0.1	0.2	0.1	0.2	0.2	0.0	0.8	0.0	1.2	0.1
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.4	0.6	2.0	0.5	4.6	0.7	1.8	4.6	3.5	0.7	2.6	0.7	2.6	0.0	4.1	0.0	5.1	3.5
09-01	Egg	0.8	0.7	2.6	0.0	3.1	2.4	0.6	2.0	0.5	4.6	0.7	1.8	4.6	3.5	0.7	2.6	0.7	2.6	0.0	4.1	0.0	5.1	3.5
10	Fat	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	29.7	23.5	2.0	1.7	6.4	8.7	58.0	2.9	0.0	38.3	26.3
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.4
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.4
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.6	2.1	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.9	0.4
10-03	Margarines	1.1	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.2	0.0	1.2	0.0	26.8	21.2	2.0	1.7	6.4	8.7	58.0	2.8	0.0	37.0	21.1
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	2.7	6.0	6.3	0.0	7.3	1.4	3.3	1.8	2.5	1.1	0.8	1.7	1.8	1.6	1.1	2.3	1.0	0.7	0.6	1.3	0.6	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	0.0	0.3	0.3	0.0	0.3	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.4	4.4	3.3	0.0	3.9	0.6	2.1	1.2	1.4	0.8	0.3	1.1	0.5	0.4	0.6	1.3	0.3	0.5	0.6	0.9	0.1	0.1	2.0
11-03	Confectionery non-chocolate	0.3	0.4	0.6	0.0	0.7	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.7	1.9	0.0	2.2	0.1	0.3	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.5	0.0	0.2
11-05	Ice cream, water ice	0.9	0.3	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.3	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.6	0.3
11-05-01	Ice cream	0.9	0.3	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.6	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	2.1	3.7	4.5	0.6	5.3	3.0	2.9	3.7	2.4	3.5	4.4	2.6	6.3	5.0	2.4	2.6	1.5	2.1	0.0	1.3	0.4	6.3	6.4
12-01	Cakes, pies, pastries, etc	1.4	2.2	2.4	0.5	2.8	2.4	1.7	2.4	1.5	2.3	2.8	1.6	4.6	3.6	1.5	2.0	0.8	1.5	0.0	1.0	0.3	5.0	3.6
12-02	Dry cakes, biscuits	0.7	1.5	2.1	0.1	2.5	0.5	1.2	1.3	0.9	1.1	1.6	1.0	1.7	1.4	0.8	0.7	0.7	0.6	0.0	0.3	0.0	1.2	2.8
13	Non-alcoholic beverages	10.8	9.5	10.6	0.0	12.8	6.0	15.3	3.9	17.7	3.8	2.2	2.0	0.6	1.6	9.5	7.9	8.3	7.2	0.5	2.0	20.9	0.1	3.4
13-00	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.1	1.3	1.4	0.0	1.7	0.5	2.3	0.8	3.4	0.4	0.2	0.6	0.0	1.1	4.4	2.2	3.5	3.8	0.5	0.7	14.2	0.0	2.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.3	1.6	0.5	0.0	0.6	1.6	0.6	1.8	0.6	0.3	0.7	0.1	0.0	0.0	0.3	0.6	1.8	0.1	0.0	0.4	5.4	0.0	0.5
13-03	Coffee, tea and herbal teas	4.7	6.2	8.6	0.0	10.3	2.4	11.2	1.3	13.6	1.4	0.8	1.2	0.6	0.5	4.8	5.0	2.9	3.3	0.0	0.9	1.3	0.1	0.1
13-03-01	Coffee	3.0	3.7	8.0	0.0	9.6	1.6	10.1	0.9	12.8	1.4	0.6	0.9	0.6	0.5	4.7	4.2	0.1	0.3	0.0	0.9	0.0	0.1	0.1
13-03-02	Tea	1.4	1.9	0.4	0.0	0.5	0.6	0.8	0.3	0.6	0.0	0.2	0.3	0.0	0.0	0.0	0.7	2.3	2.4	0.0	0.0	1.1	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.3	0.5	0.1	0.0	0.1	0.1	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.1	0.5	0.6	0.0	0.0	0.2	0.0	0.0	
13-03-04 Chicory, substitutes	0.0	0.0	0.1	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	0.0	0.0	0.0	0.0	0.0	
13-04 Waters	3.7	0.4	0.1	0.0	0.1	1.5	1.2	0.0	0.0	1.7	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.1	1.6	2.9	0.0	3.4	2.7	4.1	2.6	3.2	0.6	0.3	0.5	0.1	0.1	0.0	2.7	3.9	3.9	0.0	1.1	0.1	0.0	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	2.4	0.0	2.8	1.7	1.2	0.3	1.0	0.0	0.1	0.1	0.0	0.0	0.0	0.4	0.6	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.6	0.6	0.4	0.0	0.5	1.0	2.9	2.2	2.1	0.5	0.1	0.3	0.0	0.0	0.0	2.3	3.3	3.8	0.0	1.1	0.1	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	0.0	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	1.1	1.6	0.0	1.9	0.4	1.3	0.8	1.2	0.8	8.3	0.8	4.1	4.6	3.9	0.6	0.6	0.6	0.0	0.1	1.1	5.0	12.3
15-01 Sauces	0.6	1.1	1.4	0.0	1.7	0.4	1.2	0.8	1.1	0.8	7.4	0.7	4.1	4.6	3.7	0.5	0.5	0.6	0.0	0.1	0.9	5.0	12.2
15-01-00 Unclassified and other sauces	0.3	0.8	0.8	0.0	0.9	0.2	0.9	0.5	0.6	0.3	4.1	0.4	3.7	2.9	2.7	0.2	0.1	0.2	0.0	0.0	0.4	4.7	5.5
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.1	0.4	0.0	1.4	0.1	0.2	1.2	0.9	0.2	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.2	0.1	0.3	1.0	0.1	0.2	0.4	0.1	0.1	0.2	0.3	0.0	0.0	0.2	0.0	4.9
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.9	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
16 Soups, bouillon	0.7	2.0	2.0	3.5	2.1	0.4	2.6	1.6	2.1	1.6	7.1	1.2	0.2	1.0	3.7	1.1	1.4	1.2	0.0	1.8	1.9	1.8	1.4
16-01 Soups	0.7	2.0	2.0	3.5	2.1	0.4	2.6	1.6	2.1	1.5	6.4	1.2	0.2	1.0	3.7	1.1	1.4	1.2	0.0	1.8	1.9	1.8	1.4
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.2	1.1	1.7	3.6	1.7	0.7	1.1	1.2	0.7	1.6	2.7	1.8	0.8	0.6	1.2	1.1	0.7	0.8	1.9	1.4	0.4	2.2	1.3
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	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
17-01 Soya products	0.3	0.1	0.2	0.0	0.2	0.0	0.3	0.1	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.3	0.0	0.1	0.0	0.1	0.0	0.2	0.1
17-02 Dietetic products	0.2	0.3	0.2	0.0	0.4	0.3	0.2	0.2	0.1	0.3	0.3	0.2	0.4	0.3	0.2	0.2	0.2	0.3	1.9	0.1	0.2	0.4	0.2
17-02-00 Unclassified	0.2	0.3	0.2	0.0	0.4	0.3	0.2	0.2	0.1	0.3	0.1	0.2	0.4	0.3	0.2	0.2	0.2	0.3	1.9	0.1	0.2	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.3	3.6	1.1	0.4	0.6	0.8	0.5	1.2	2.1	1.4	0.4	0.4	0.8	0.5	0.5	0.4	0.0	1.1	0.2	1.6	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.1	7.2	5.0	0.0	6.1	1.4	5.5	3.4	10.3	1.6	0.7	2.9	0.0	0.1	4.7	1.5	9.1	6.2	0.0	0.1	12.8	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	5.1	6.2	7.7	0.0	9.4	1.7	5.3	3.5	9.5	1.7	2.6	3.7	0.1	14.9	4.7	4.3	5.2	14.1	0.0	0.0	16.8	0.1	6.3
02-01	Leafy vegetables (except cabbages)	1.5	1.1	2.0	0.0	2.4	0.4	1.4	0.6	1.9	0.2	0.3	0.8	0.1	3.3	0.9	0.9	0.6	2.9	0.0	0.0	0.7	0.0	1.3
02-02	Fruiting vegetables	1.0	1.8	2.6	0.0	3.2	0.6	1.8	0.9	3.4	0.2	0.8	1.1	0.0	2.2	1.3	1.0	1.8	3.3	0.0	0.0	7.1	0.0	2.7
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.3	0.2	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.1	0.7	1.0	0.0	1.2	0.2	0.6	0.7	1.4	0.6	0.4	0.5	0.0	1.6	0.7	0.8	1.0	3.4	0.0	0.0	5.1	0.0	1.0
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.3	0.0	0.1	0.2	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	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	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	0.0	0.8	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.1	0.2	0.6	0.4	0.9	0.2	0.6	0.4	0.0	2.3	0.6	0.6	0.6	1.8	0.0	0.0	2.2	0.0	0.5
03	Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.8	9.2	3.8	0.0	4.6	1.4	7.5	3.5	7.3	4.0	1.5	3.4	0.0	1.2	3.7	2.0	5.1	4.8	0.0	0.0	16.2	0.0	6.8
04-01	Fruits	1.2	4.3	2.1	0.0	2.6	1.2	3.5	1.3	5.8	1.6	0.1	1.4	0.0	1.2	2.5	1.3	4.3	3.7	0.0	0.0	16.0	0.0	2.6
04-02	Nuts and seeds (+nut spread)	0.5	4.7	1.6	0.0	1.8	0.1	4.0	2.2	1.4	2.2	1.0	2.0	0.0	0.0	1.1	0.6	0.7	1.0	0.0	0.0	0.0	0.0	4.0
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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	0.1
05	Dairy products	57.7	4.4	2.8	0.0	3.3	14.8	14.5	31.7	16.0	13.2	16.5	22.6	28.9	22.5	8.9	37.6	10.9	10.8	0.2	37.6	3.9	5.1	4.6
05-01	Milk	16.7	0.8	0.4	0.0	0.5	6.4	5.6	10.0	7.6	2.7	2.8	6.0	4.7	3.6	4.0	15.2	3.1	3.9	0.0	13.3	1.2	0.1	0.6
05-02	Milk beverages	2.3	0.7	0.9	0.0	1.1	1.0	1.1	1.3	1.3	0.2	0.4	0.8	0.7	0.5	0.7	2.0	0.6	0.3	0.2	1.4	0.5	0.3	0.2
05-03	Yoghurt	9.8	0.9	0.3	0.0	0.4	2.5	2.9	5.3	3.8	1.3	1.6	3.2	1.6	1.1	2.5	9.1	4.8	2.7	0.0	6.5	1.6	0.2	0.8
05-04	Fromage blanc, petits suisses	0.6	0.1	0.1	0.0	0.1	0.7	0.2	0.5	0.3	0.2	0.2	0.3	0.4	0.3	0.3	0.9	0.2	0.2	0.0	0.8	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.1	1.4	0.6	0.0	0.7	2.8	3.2	11.9	1.1	7.8	10.6	10.9	18.2	14.1	0.6	6.6	1.0	3.2	0.0	13.0	0.2	3.3	2.3
05-06	Cream desserts, puddings (milk based)	2.5	0.5	0.3	0.0	0.4	0.5	0.9	1.3	1.1	0.5	0.5	0.9	1.6	1.2	0.6	2.3	1.0	0.3	0.0	1.7	0.3	0.5	0.3
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.6	0.0	0.1	0.0	0.1	0.9	0.4	1.3	0.8	0.5	0.3	0.5	0.6	0.5	0.2	1.3	0.2	0.0	0.0	0.8	0.1	0.1	0.1
06	Cereals and cereal products	7.4	29.2	25.8	0.5	30.6	53.6	23.9	18.4	12.1	16.7	30.1	19.2	0.4	0.4	18.1	8.6	10.4	21.2	6.8	0.3	1.0	0.2	8.9
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	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
06-02	Pasta, rice, other grain	0.8	3.9	2.0	0.1	2.4	0.8	2.2	2.0	0.6	1.4	0.1	2.9	0.0	0.0	1.1	0.6	0.5	0.9	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.7	21.5	19.4	0.0	23.1	51.6	18.5	14.0	8.5	13.9	26.2	13.9	0.0	0.0	13.1	6.3	6.3	17.3	0.0	0.0	0.0	0.1	4.6
06-03-01	Bread	5.5	20.4	18.5	0.0	22.0	51.4	17.6	13.4	8.1	13.6	25.5	13.3	0.0	0.0	12.2	6.0	6.0	16.9	0.0	0.0	0.0	0.1	4.3
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.1	0.1	0.9	0.6	0.4	0.4	0.8	0.5	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.3	1.2	1.9	0.0	2.2	0.0	1.3	1.0	0.6	0.2	0.4	1.0	0.0	0.0	1.9	0.8	1.0	1.3	6.8	0.2	0.1	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.8	2.0	0.4	2.3	0.6	1.6	1.0	2.0	0.6	2.8	1.1	0.2	0.2	1.5	0.6	2.2	0.6	0.0	0.0	0.9	0.0	2.8
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.4	0.0	0.5	0.6	0.3	0.3	0.2	0.5	0.6	0.3	0.1	0.1	0.5	0.3	0.4	1.0	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.0	9.9	15.9	84.3	8.2	2.9	8.8	17.5	13.2	30.4	17.9	27.4	14.9	12.9	24.5	11.8	21.7	3.6	0.0	29.3	10.3	20.4	7.0
07-01	Fresh meat	0.4	3.0	6.5	36.5	1.9	0.8	3.5	6.6	5.6	10.3	2.5	13.6	1.0	0.8	11.1	4.9	9.5	0.8	0.0	13.0	2.2	3.1	1.8
07-01-00	Unclassified	0.1	0.5	1.2	8.1	0.4	0.2	0.6	1.1	0.9	1.8	0.6	2.6	0.3	0.2	2.0	0.8	1.6	0.1	0.0	2.7	1.0	0.9	0.2
07-01-01	Beef	0.1	1.2	3.5	18.0	0.8	0.4	1.3	2.5	2.1	3.7	0.8	6.8	0.4	0.4	0.7	1.9	3.2	0.5	0.0	7.3	0.9	1.0	0.6
07-01-02	Veal	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.3	0.1	0.2	0.0
07-01-03	Pork	0.2	1.1	1.4	8.9	0.7	0.2	1.5	2.8	2.3	4.6	1.0	3.7	0.2	0.1	8.2	1.9	4.4	0.2	0.0	2.4	0.2	1.0	0.9
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.4	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.1	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	0.0	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	2.5	1.6	8.9	1.1	0.8	1.9	3.1	2.3	7.0	0.6	1.9	1.5	1.1	1.6	0.8	5.8	0.8	0.0	1.8	0.0	9.9	1.2
07-02-00	Unclassified and other poultry	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.4	1.4	8.3	1.0	0.8	1.8	3.0	2.3	6.8	0.6	1.8	1.5	1.1	1.5	0.7	5.6	0.7	0.0	1.3	0.0	9.9	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	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
07-02-03	Duck	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	0.1	0.0	0.1	0.0	0.1	0.0	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-04	Processed meat	1.4	4.3	7.7	38.1	5.0	1.3	3.3	7.6	5.2	12.8	14.8	11.8	11.9	10.6	11.5	6.0	6.3	1.8	0.0	13.9	7.9	7.3	4.0
07-05	Offals	0.0	0.2	0.1	0.5	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.5	0.4	0.1	0.2	0.0	0.2	0.0	0.5	0.1	0.0	0.0
08	Fish and shellfish	0.8	1.8	1.2	5.5	1.0	3.2	1.3	2.6	1.5	7.9	2.4	1.2	1.1	0.9	1.3	1.3	1.8	0.6	0.0	9.6	0.1	8.4	2.1
08-01	Fish	0.4	1.1	0.9	4.5	0.8	1.6	0.9	2.0	1.1	5.7	1.7	0.8	1.0	0.9	0.9	0.9	1.6	0.3	0.0	6.8	0.1	7.2	1.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.6	0.1	0.3	0.1	0.4	0.1	0.1	0.1	0.6	0.4	0.2	0.0	0.0	0.2	0.0	0.1	0.0	1.8	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.2	0.2	0.2	0.8	0.2	1.3	0.3	0.5	0.3	1.6	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.0	0.0	1.2	0.2
09	Eggs and egg products	0.9	0.7	2.8	0.0	3.4	2.5	0.6	2.1	0.6	4.9	0.8	1.9	5.0	3.7	0.7	2.6	0.8	2.6	0.0	4.5	0.0	5.5	3.8
09-01	Egg	0.9	0.7	2.8	0.0	3.4	2.5	0.6	2.1	0.6	4.9	0.8	1.9	5.0	3.7	0.7	2.6	0.8	2.6	0.0	4.5	0.0	5.5	3.8
10	Fat	1.1	0.0	0.2	2.0	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.3	21.3	2.4	2.0	6.3	7.6	52.9	2.8	0.0	35.9	24.6
10-00	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	0.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.6	
10-01	Vegetable oils	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	5.0	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	3.0	2.5	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.4	
10-03	Margarines	1.1	0.0	0.1	2.0	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	24.8	18.5	2.3	1.9	6.3	7.6	52.9	2.6	0.0	34.2	18.7
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	
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	2.7	5.7	6.0	0.0	7.0	1.5	3.2	1.8	2.6	1.1	0.8	1.7	1.7	1.5	1.1	2.1	1.1	0.7	0.0	1.2	0.9	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	
11-01	Sugar, honey ,jam	0.0	0.3	0.3	0.0	0.3	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	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.4	4.3	3.4	0.0	4.0	0.6	2.1	1.2	1.5	0.8	0.3	1.1	0.6	0.5	0.6	1.2	0.3	0.4	0.0	0.7	0.1	0.2	1.9
11-03	Confectionery non-chocolate	0.4	0.4	0.7	0.0	0.8	0.1	0.3	0.1	0.3	0.1	0.2	0.1	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	0.6	1.5	0.0	1.6	0.1	0.3	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.7	0.0	0.4
11-05	Ice cream, water ice	0.9	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.1	1.0	0.4	0.7	0.2	0.2	0.0	0.4	0.1	0.5	0.2
11-05-01	Ice cream	0.9	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.1	1.0	0.4	0.7	0.1	0.2	0.0	0.4	0.0	0.5	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	
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	0.1	0.0	0.0	
12	Cakes	2.1	3.3	4.1	0.8	4.9	2.8	2.6	3.4	2.2	3.2	4.0	2.4	6.4	5.1	2.1	2.3	1.5	2.0	0.0	1.2	0.3	6.4	5.7
12-01	Cakes, pies, pastries, etc	1.3	2.0	2.2	0.4	2.6	2.3	1.6	2.2	1.4	2.1	2.5	1.5	4.6	3.6	1.4	1.8	0.7	1.5	0.0	0.9	0.3	5.2	3.3
12-02	Dry cakes, biscuits	0.8	1.3	1.9	0.4	2.3	0.5	1.0	1.2	0.8	1.1	1.5	0.9	1.9	1.5	0.7	0.6	0.8	0.5	0.0	0.3	0.0	1.2	2.5
13	Non-alcoholic beverages	10.9	8.9	9.4	0.0	11.4	5.9	14.0	4.2	16.4	3.7	2.3	2.0	0.7	1.8	9.3	8.5	9.2	7.8	0.7	2.8	23.3	0.2	3.5
13-00	Unclassified	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	
13-01	Fruit and vegetable juices	1.1	1.3	1.4	0.0	1.7	0.5	2.4	0.9	3.7	0.3	0.1	0.5	0.0	1.2	4.8	2.3	3.5	4.1	0.0	0.7	16.1	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.4	1.5	0.4	0.0	0.5	1.7	0.6	1.9	0.6	0.3	0.7	0.1	0.0	0.1	0.3	1.5	2.6	0.1	0.7	1.0	5.8	0.0	0.4
13-03	Coffee, tea and herbal teas	4.7	5.6	7.4	0.0	8.9	2.2	9.6	1.4	12.0	1.3	0.9	1.2	0.7	0.5	4.2	4.7	3.0	3.5	0.0	1.1	1.3	0.2	0.1
13-03-01	Coffee	2.9	3.1	6.8	0.0	8.2	1.4	8.5	0.9	11.2	1.3	0.6	0.9	0.7	0.5	4.2	3.8	0.2	0.3	0.0	1.1	0.0	0.2	0.1
13-03-02	Tea	1.4	2.0	0.5	0.0	0.6	0.6	0.9	0.3	0.7	0.0	0.2	0.3	0.0	0.0	0.0	0.6	2.2	2.5	0.0	0.0	1.1	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.4	0.5	0.1	0.0	0.2	0.2	0.2	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.2	0.6	0.7	0.0	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	0.0	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	0.4	0.1	0.0	0.1	1.5	1.3	0.0	0.0	1.9	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.1	1.6	2.9	0.0	3.5	2.5	4.4	2.8	3.4	0.6	0.3	0.6	0.0	0.0	0.0	3.0	4.5	4.6	0.0	1.3	0.1	0.0	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	0.6	2.4	0.0	2.9	1.6	1.2	0.3	1.1	0.0	0.1	0.2	0.0	0.0	0.0	0.4	0.6	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.6	0.7	0.4	0.0	0.5	0.9	3.1	2.4	2.3	0.6	0.2	0.4	0.0	0.0	0.0	2.5	3.9	4.5	0.0	1.2	0.1	0.0	0.2
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	1.5	1.8	0.0	2.2	0.4	1.7	1.0	1.5	0.9	9.0	0.9	2.8	3.7	3.3	0.8	0.6	0.6	0.0	0.2	1.3	3.4	10.9
15-01 Sauces	0.6	1.4	1.6	0.0	1.9	0.4	1.5	0.9	1.3	0.9	7.7	0.8	2.8	3.6	2.7	0.6	0.5	0.5	0.0	0.1	1.0	3.4	10.8
15-01-00 Unclassified and other sauces	0.3	1.1	1.0	0.0	1.2	0.1	1.1	0.5	0.7	0.4	4.3	0.6	2.5	1.9	1.8	0.3	0.2	0.1	0.0	0.0	0.4	3.1	4.9
15-01-01 Tomato sauces	0.1	0.2	0.3	0.0	0.3	0.1	0.3	0.1	0.6	0.0	1.6	0.1	0.1	1.3	0.8	0.2	0.2	0.3	0.0	0.0	0.7	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.3	0.9	0.1	0.2	0.3	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.2	3.9
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.3	0.1	0.0	0.0	0.5	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.0
16 Soups, bouillon	0.7	1.7	1.8	2.6	1.9	0.3	2.6	1.4	2.0	1.2	6.5	1.1	0.3	1.1	3.7	1.1	1.3	1.1	0.0	1.6	1.9	1.8	1.0
16-01 Soups	0.7	1.7	1.8	2.6	1.9	0.3	2.6	1.4	2.0	1.2	5.8	1.1	0.3	1.1	3.7	1.1	1.3	1.1	0.0	1.6	1.9	1.8	1.0
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.5	1.4	2.1	4.2	2.0	0.9	1.3	1.6	1.0	2.0	3.0	2.1	1.3	1.0	1.5	1.4	0.9	1.0	1.9	1.9	0.6	2.8	1.6
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	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
17-01 Soya products	0.4	0.2	0.2	0.0	0.3	0.0	0.4	0.2	0.1	0.2	0.2	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.0	0.4	0.0	0.5	0.2
17-02 Dietetic products	0.4	0.4	0.5	0.0	0.6	0.4	0.3	0.3	0.2	0.4	0.4	0.4	0.7	0.5	0.4	0.4	0.3	0.4	1.9	0.3	0.3	0.7	0.4
17-02-00 Unclassified	0.4	0.4	0.5	0.0	0.6	0.4	0.3	0.3	0.2	0.4	0.2	0.4	0.7	0.5	0.4	0.4	0.3	0.4	1.9	0.3	0.3	0.7	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.3	4.2	1.1	0.5	0.6	0.9	0.5	1.3	2.2	1.5	0.6	0.5	1.0	0.6	0.5	0.4	0.0	1.1	0.3	1.6	1.0



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.0	6.0	4.3	0.0	5.3	1.3	4.7	3.0	9.0	1.4	0.7	2.6	0.1	0.1	4.3	1.4	8.3	4.9	0.0	0.1	9.2	0.0	1.4
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	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
02	Vegetables	5.6	6.9	8.9	0.0	10.6	2.0	6.2	4.2	11.0	1.9	2.9	4.3	0.1	16.9	5.5	5.1	6.0	15.0	0.0	0.0	17.8	0.1	7.5
02-01	Leafy vegetables (except cabbages)	1.8	1.2	2.6	0.0	3.0	0.4	1.7	0.8	2.5	0.2	0.4	1.0	0.1	4.0	1.2	1.2	0.8	3.6	0.0	0.0	1.1	0.1	1.5
02-02	Fruiting vegetables	1.2	2.1	2.9	0.0	3.5	0.8	2.1	1.1	3.8	0.3	1.0	1.3	0.0	2.5	1.5	1.3	2.1	3.6	0.0	0.0	7.7	0.0	2.7
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.4	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.4	0.2	0.2	0.3	0.7	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	1.1	0.8	1.2	0.0	1.5	0.2	0.8	0.9	1.7	0.6	0.4	0.6	0.0	1.9	0.9	0.9	1.1	3.3	0.0	0.0	5.3	0.0	1.9
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.2	0.4	0.1	0.1	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.3	0.1	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.4	0.2	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.6	1.0	0.0	0.0	0.6	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.7	0.8	1.0	0.0	1.2	0.2	0.6	0.5	1.1	0.3	0.7	0.5	0.0	2.9	0.7	0.6	0.7	2.0	0.0	0.0	2.2	0.0	0.5
03	Legumes	0.2	0.6	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.1	0.4	0.3	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.6	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.1	0.4	0.3	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.1	9.6	4.2	0.0	5.0	1.5	7.9	3.9	8.3	4.5	1.8	3.6	0.0	1.6	4.3	2.2	5.9	5.5	0.0	0.0	18.0	0.0	7.4
04-01	Fruits	1.4	5.0	2.5	0.0	3.0	1.4	3.9	1.6	6.9	2.1	0.1	1.6	0.0	1.5	2.8	1.6	5.1	4.6	0.0	0.0	17.9	0.0	3.4
04-02	Nuts and seeds (+nut spread)	0.5	4.3	1.5	0.0	1.8	0.1	3.8	2.2	1.3	2.3	1.0	1.9	0.0	0.0	1.3	0.6	0.7	0.9	0.0	0.0	0.0	0.0	3.7
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	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	0.0	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	0.1
05	Dairy products	56.9	4.8	2.7	0.0	3.3	15.4	13.9	31.9	15.4	13.4	17.3	22.7	30.2	22.4	8.4	36.5	10.4	10.2	0.0	36.5	3.5	6.4	4.9
05-01	Milk	14.7	0.6	0.3	0.0	0.4	5.9	4.8	9.0	6.6	2.4	2.7	5.4	4.1	3.0	3.4	13.4	2.6	3.3	0.0	11.9	1.0	0.0	0.5
05-02	Milk beverages	2.1	0.7	0.9	0.0	1.0	1.1	0.9	1.2	1.1	0.2	0.4	0.8	0.6	0.5	0.6	1.9	0.4	0.2	0.0	1.1	0.5	0.3	0.2
05-03	Yoghurt	11.4	0.9	0.4	0.0	0.5	3.4	3.3	6.4	4.4	1.7	2.0	4.0	2.0	1.5	2.7	10.2	5.1	3.2	0.0	7.5	1.5	0.3	1.0
05-04	Fromage blanc, petits suisses	0.6	0.1	0.1	0.0	0.1	0.6	0.2	0.5	0.3	0.2	0.1	0.2	0.5	0.4	0.2	0.8	0.1	0.1	0.0	0.8	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.9	1.4	0.6	0.0	0.7	3.0	3.1	12.3	1.1	7.7	11.1	10.9	18.6	13.6	0.6	6.4	1.0	2.9	0.0	12.5	0.2	3.9	2.3
05-06	Cream desserts, puddings (milk based)	2.6	0.9	0.4	0.0	0.5	0.6	1.1	1.4	1.1	0.8	0.6	1.0	2.1	1.6	0.6	2.5	1.0	0.4	0.0	2.0	0.3	1.0	0.6
05-07	Dairy and non-dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.1	1.8	1.4	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.8	0.2
05-07-01	Dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.8	1.4	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.8	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.3	0.0	0.0	0.0	0.7	0.3	1.0	0.6	0.4	0.3	0.4	0.5	0.4	0.2	1.0	0.1	0.0	0.0	0.6	0.0	0.1	0.2	
06	Cereals and cereal products	7.1	28.3	25.4	0.4	30.5	50.2	23.8	19.0	11.8	16.2	29.8	19.1	0.6	0.6	18.1	8.6	9.8	18.9	7.6	0.4	0.8	0.3	9.0
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	4.0	2.2	0.3	2.6	0.7	2.3	2.1	0.6	1.7	0.2	3.0	0.0	0.1	1.2	0.6	0.5	0.9	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.5	20.8	18.5	0.0	22.2	48.6	18.1	14.0	8.5	13.5	26.4	13.5	0.1	0.1	12.8	6.1	6.3	15.3	0.0	0.1	0.0	0.1	4.9
06-03-01	Bread	5.2	19.6	17.6	0.0	21.1	48.4	17.1	13.2	8.0	13.2	25.4	12.9	0.1	0.1	11.9	5.8	6.0	14.9	0.0	0.1	0.0	0.1	4.4
06-03-02	Crispbread, rusks	0.2	1.2	0.9	0.0	1.2	0.3	1.0	0.8	0.5	0.4	1.0	0.6	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.4	1.9	3.1	0.0	3.7	0.1	2.1	1.8	1.1	0.2	0.5	1.6	0.0	0.0	2.6	1.1	1.2	1.8	7.6	0.3	0.2	0.0	1.5
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.3	1.4	0.0	1.6	0.5	1.1	0.8	1.5	0.4	2.3	0.8	0.3	0.3	1.2	0.5	1.6	0.4	0.0	0.0	0.6	0.0	2.1
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.4	0.2	0.0	0.2	0.3	0.1	0.2	0.1	0.3	0.4	0.2	0.2	0.1	0.3	0.2	0.2	0.5	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	1.6	8.7	14.1	83.1	6.8	2.8	7.7	15.7	11.8	27.0	16.0	25.8	13.8	11.3	19.7	10.7	19.7	3.2	0.0	28.5	8.6	18.4	6.0
07-01	Fresh meat	0.4	3.1	6.5	40.1	1.9	0.9	3.5	6.8	5.6	10.4	2.2	14.3	1.1	0.8	9.3	4.9	9.6	0.9	0.0	14.3	2.1	3.3	1.8
07-01-00	Unclassified	0.1	0.5	1.0	7.4	0.3	0.1	0.5	1.0	0.8	1.7	0.5	2.3	0.3	0.2	2.0	0.8	1.5	0.1	0.0	2.3	0.7	1.0	0.2
07-01-01	Beef	0.2	1.5	4.1	24.0	0.9	0.5	1.6	3.1	2.6	4.6	0.9	8.2	0.6	0.4	0.9	2.2	4.1	0.6	0.0	9.0	1.2	1.3	0.8
07-01-02	Veal	0.0	0.1	0.1	0.5	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.3	0.1	0.0	0.0	0.1	0.2	0.0	0.0	0.4	0.0	0.1	0.0
07-01-03	Pork	0.2	0.9	1.2	7.1	0.6	0.1	1.3	2.3	1.9	3.9	0.7	3.1	0.1	0.1	6.2	1.6	3.5	0.2	0.0	2.0	0.2	0.9	0.7
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.9	0.1	0.1	0.1	0.2	0.2	0.1	0.1	0.4	0.0	0.0	0.2	0.2	0.2	0.0	0.0	0.6	0.0	0.1	0.0
07-01-05	Horse	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
07-01-06	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	2.3	1.5	8.4	1.1	0.8	1.7	2.9	2.1	6.4	0.7	1.8	1.4	0.9	1.6	0.9	5.1	0.8	0.0	1.8	0.0	9.4	1.1
07-02-00	Unclassified and other poultry	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	0.1	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.3	1.3	7.8	1.0	0.8	1.7	2.7	2.0	6.2	0.6	1.7	1.4	0.9	1.3	0.7	4.8	0.6	0.0	1.2	0.0	9.4	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.2	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
07-02-03	Duck	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.1	0.0	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	0.1	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0
07-04	Processed meat	0.9	3.3	6.0	34.2	3.7	1.1	2.4	6.0	4.0	10.0	13.1	9.6	11.1	9.4	8.8	4.9	4.9	1.5	0.0	12.0	6.5	5.7	3.1
07-05	Offals	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0
08	Fish and shellfish	1.0	2.4	1.6	7.6	1.3	4.6	1.8	3.6	2.1	11.1	3.1	1.7	0.9	0.7	1.9	1.8	2.7	0.7	0.0	13.2	0.1	11.8	2.9
08-01	Fish	0.6	1.1	1.2	5.8	1.0	2.6	1.3	2.9	1.7	8.0	2.0	1.0	0.7	0.6	1.5	1.2	2.4	0.4	0.0	9.1	0.1	10.4	2.1

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.3	1.1	0.2	0.9	0.2	0.8	0.3	0.3	0.1	1.5	0.7	0.5	0.1	0.1	0.1	0.4	0.1	0.1	0.0	3.3	0.0	0.1	0.7
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.0	0.2	1.2	0.2	0.4	0.3	1.6	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	0.8	0.0	1.3	0.1
09	Eggs and egg products	0.7	0.6	2.2	0.0	2.7	2.1	0.5	1.8	0.5	3.9	0.7	1.4	4.3	3.0	0.5	2.1	0.6	1.9	0.0	3.6	0.0	4.7	3.0
09-01	Egg	0.7	0.6	2.2	0.0	2.7	2.1	0.5	1.8	0.5	3.9	0.7	1.4	4.3	3.0	0.5	2.1	0.6	1.9	0.0	3.6	0.0	4.7	3.0
10	Fat	1.0	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.1	0.0	25.3	19.0	2.3	2.0	6.4	8.0	46.0	2.8	0.0	32.0	22.1
10-00	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	0.5	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.6
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	3.7	2.8	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.2	0.5
10-03	Margarines	0.9	0.0	0.1	1.8	0.1	0.1	0.1	0.2	0.2	0.0	0.9	0.0	21.1	15.8	2.3	2.0	6.4	8.0	46.0	2.6	0.0	30.0	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	3.0	5.6	5.9	0.0	6.8	1.6	3.2	1.9	2.6	1.2	0.9	1.7	2.2	1.8	1.1	2.3	0.9	0.6	0.4	1.1	0.8	1.1	2.6
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	0.1	0.3	0.3	0.0	0.4	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.5	4.2	3.1	0.0	3.6	0.7	2.0	1.3	1.5	0.9	0.3	1.1	0.6	0.4	0.6	1.3	0.3	0.4	0.3	0.7	0.1	0.3	1.8
11-03	Confectionery non-chocolate	0.4	0.4	0.8	0.0	0.9	0.1	0.4	0.1	0.3	0.1	0.2	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	0.5	1.5	0.0	1.7	0.0	0.2	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.5	0.0	0.2
11-05	Ice cream, water ice	1.0	0.2	0.2	0.0	0.2	0.7	0.5	0.4	0.4	0.3	0.3	0.3	1.6	1.4	0.4	0.9	0.2	0.2	0.0	0.5	0.0	0.7	0.3
11-05-01	Ice cream	1.0	0.2	0.2	0.0	0.2	0.7	0.5	0.4	0.4	0.3	0.3	0.3	1.6	1.4	0.4	0.9	0.2	0.2	0.0	0.5	0.0	0.7	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	2.4	3.4	4.4	0.8	5.3	2.9	2.8	3.7	2.4	3.4	4.4	2.6	6.9	5.5	2.2	2.7	1.8	2.0	0.0	1.4	0.3	7.0	6.0
12-01	Cakes, pies, pastries, etc	1.5	2.2	2.3	0.5	2.7	2.4	1.7	2.5	1.5	2.4	2.7	1.7	5.3	4.2	1.5	2.1	0.8	1.5	0.0	1.2	0.2	5.9	3.7
12-02	Dry cakes, biscuits	0.9	1.2	2.1	0.2	2.6	0.5	1.1	1.3	1.0	1.0	1.7	0.9	1.6	1.3	0.7	0.6	1.0	0.4	0.0	0.2	0.0	1.1	2.4
13	Non-alcoholic beverages	11.1	9.5	9.3	0.0	11.3	6.0	14.1	4.3	17.1	3.5	2.3	2.1	0.4	1.5	9.5	7.0	8.7	9.2	0.0	1.6	23.9	0.1	3.7
13-00	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.3	1.7	1.7	0.0	2.0	0.7	3.0	1.2	4.8	0.3	0.2	0.7	0.0	1.2	5.3	2.5	3.9	5.0	0.0	0.7	18.8	0.0	3.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.2	1.1	0.4	0.0	0.5	1.2	0.5	1.7	0.4	0.1	0.6	0.1	0.0	0.0	0.3	0.2	1.1	0.2	0.0	0.3	3.5	0.0	0.4
13-03	Coffee, tea and herbal teas	4.6	6.1	7.1	0.0	8.6	2.4	9.3	1.4	11.9	1.1	0.9	1.2	0.4	0.3	3.9	4.4	3.7	4.0	0.0	0.6	1.5	0.1	0.1
13-03-01	Coffee	2.4	2.9	6.4	0.0	7.7	1.3	7.9	0.8	10.7	1.1	0.6	0.8	0.4	0.3	3.9	3.3	0.1	0.2	0.0	0.6	0.0	0.1	0.1
13-03-02	Tea	1.5	2.2	0.5	0.0	0.6	0.8	1.0	0.4	0.8	0.0	0.2	0.3	0.0	0.0	0.0	0.8	2.6	2.7	0.0	0.0	1.1	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.7	1.0	0.2	0.0	0.3	0.4	0.4	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	1.0	1.1	0.0	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	0.0	0.0	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	0.5	0.1	0.0	0.1	1.7	1.3	0.0	0.1	2.0	0.6	0.2	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	1.9	4.4	0.0	5.3	3.4	4.2	2.3	3.4	0.5	0.3	0.6	0.1	0.1	0.0	2.4	3.6	3.1	0.0	0.8	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	0.8	1.1	4.0	0.0	4.8	2.7	1.9	0.5	1.7	0.1	0.2	0.2	0.0	0.0	0.0	0.7	1.0	0.1	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.2	0.1	0.0	0.2	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
14-03 Beer, cider	0.4	0.5	0.3	0.0	0.3	0.6	2.2	1.7	1.6	0.4	0.1	0.3	0.0	0.0	0.0	1.7	2.6	2.9	0.0	0.8	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	0.1	0.1	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	1.1	1.5	0.0	1.9	0.4	1.3	0.8	1.1	0.7	7.7	0.8	2.7	2.9	3.2	0.7	0.6	0.7	0.0	0.2	1.0	2.8	9.3
15-01 Sauces	0.5	1.0	1.3	0.0	1.6	0.3	1.0	0.7	0.9	0.6	6.3	0.6	2.7	2.9	2.5	0.5	0.5	0.5	0.0	0.1	0.8	2.8	9.2
15-01-00 Unclassified and other sauces	0.3	0.7	0.7	0.0	0.9	0.1	0.8	0.4	0.5	0.2	3.4	0.4	2.4	1.6	1.9	0.3	0.1	0.1	0.0	0.0	0.3	2.6	3.5
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.4	0.0	1.3	0.1	0.2	0.9	0.5	0.2	0.1	0.2	0.0	0.0	0.6	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.2	0.9	0.1	0.1	0.2	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	3.7
15-01-04 Dessert sauces	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	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	0.1	0.0	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.2	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	1.4	0.1	0.0	0.0	0.6	0.0	0.1	0.0	0.0	0.0	0.2	0.0	0.1
16 Soups, bouillon	0.5	1.7	1.7	2.7	1.8	0.4	2.8	1.4	2.0	1.2	7.7	1.0	0.3	1.1	4.0	0.9	1.1	1.0	0.0	1.7	1.6	2.0	1.4
16-01 Soups	0.5	1.7	1.7	2.7	1.7	0.4	2.8	1.4	2.0	1.2	6.6	1.0	0.3	1.1	3.9	0.9	1.1	1.0	0.0	1.7	1.6	2.0	1.4
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
17 Miscellaneous	1.2	1.0	1.6	3.6	1.5	0.6	1.3	1.4	0.8	1.7	2.8	1.6	0.6	0.5	1.2	1.1	0.6	0.8	1.0	1.4	0.2	1.9	1.3
17-00 Unclassified	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.4	0.2	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
17-01 Soya products	0.5	0.3	0.4	0.0	0.5	0.0	0.7	0.4	0.3	0.1	0.3	0.1	0.0	0.0	0.2	0.4	0.1	0.4	0.0	0.2	0.0	0.2	0.3
17-02 Dietetic products	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.3	0.1	0.1	0.1	0.1	0.1	0.1	1.0	0.1	0.1	0.1	0.2	0.2
17-02-00 Unclassified	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	1.0	0.1	0.1	0.1	0.2	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.6	1.0	3.6	0.8	0.5	0.5	0.8	0.4	1.1	1.9	1.2	0.5	0.4	0.8	0.5	0.4	0.2	0.0	0.9	0.1	1.5	0.8

**Table 2.3.b** Average contribution of food subgroups to the intake of micronutrients of the Dutch children and adults stratified by educational level and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.8	11.2	6.9	0.0	8.0	2.2	8.8	5.2	14.9	3.0	0.9	4.7	0.1	0.1	6.5	2.6	12.8	11.2	0.0	0.1	16.5	0.0	2.6
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	3.9	4.5	5.8	0.0	6.7	1.3	4.1	2.4	6.7	1.0	1.9	2.8	0.0	12.1	3.2	3.2	3.9	12.3	0.0	0.0	10.6	0.0	4.5
02-01	Leafy vegetables (except cabbages)	0.9	0.7	1.4	0.0	1.5	0.2	0.9	0.3	1.1	0.1	0.1	0.5	0.0	2.4	0.6	0.7	0.4	2.6	0.0	0.0	0.4	0.0	0.7
02-02	Fruiting vegetables	0.7	1.3	2.1	0.0	2.4	0.4	1.4	0.6	2.6	0.1	0.7	0.8	0.0	1.5	0.8	0.7	1.3	2.8	0.0	0.0	4.2	0.0	2.0
02-03	Root vegetables	0.4	0.3	0.2	0.0	0.3	0.2	0.2	0.2	0.5	0.1	0.3	0.2	0.0	4.2	0.2	0.2	0.3	0.8	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	0.9	0.5	0.8	0.0	1.0	0.2	0.6	0.6	1.2	0.3	0.3	0.5	0.0	1.3	0.5	0.6	0.7	3.0	0.0	0.0	3.5	0.0	0.9
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.1	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	0.2	0.1	0.0	0.1	0.2	0.0	0.2	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.0
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.3	0.1	0.3	0.3	0.6	0.0	0.0	0.3	0.0	0.1	0.2	0.1	0.6	1.2	0.0	0.0	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	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	0.7	0.1	0.4	0.2	0.5	0.1	0.4	0.3	0.0	2.5	0.4	0.3	0.4	1.3	0.0	0.0	1.3	0.0	0.3
03	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.4	0.2	0.3	0.1	0.5	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.4	0.2	0.3	0.1	0.5	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	6.6	2.4	0.0	3.0	1.1	6.1	2.7	5.3	3.3	1.1	2.5	0.0	0.6	2.2	1.4	4.3	3.3	0.0	0.0	8.3	0.0	5.8
04-01	Fruits	0.7	2.9	1.5	0.0	1.7	1.0	2.6	0.8	4.2	1.4	0.0	0.9	0.0	0.6	1.5	0.9	3.7	2.3	0.0	0.0	8.3	0.0	1.8
04-02	Nuts and seeds (+nut spread)	0.5	3.6	0.9	0.0	1.2	0.1	3.5	1.8	1.1	1.9	1.1	1.6	0.0	0.0	0.6	0.5	0.5	1.0	0.0	0.0	0.0	0.0	3.9
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	0.1
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	56.2	6.8	4.3	0.0	4.9	12.5	17.0	30.3	18.4	12.4	12.3	21.3	28.7	23.7	9.8	40.9	10.2	13.1	3.1	41.7	4.8	6.1	3.7
05-01	Milk	16.6	0.6	0.3	0.0	0.4	5.2	5.4	9.0	7.2	2.4	2.1	5.6	5.1	4.3	3.6	15.6	2.9	4.5	0.0	15.4	0.9	0.0	0.5
05-02	Milk beverages	5.0	2.2	2.2	0.0	2.5	2.6	2.9	3.2	3.1	1.0	0.9	2.1	1.8	1.5	1.4	5.0	1.7	1.1	3.1	2.9	0.8	0.9	0.4
05-03	Yoghurt	11.4	2.0	0.5	0.0	0.5	1.9	3.9	6.1	4.9	1.4	1.7	3.3	1.4	1.1	3.1	10.1	3.1	3.6	0.0	7.2	2.3	0.1	0.5
05-04	Fromage blanc, petits suisses	1.0	0.1	0.2	0.0	0.2	0.3	0.2	0.4	0.2	0.0	0.1	0.2	0.9	0.7	0.3	1.2	0.2	0.2	0.0	0.8	0.1	1.0	0.0
05-05	Cheese (including fresh cheeses)	17.5	0.9	0.5	0.0	0.5	1.6	2.6	8.9	0.9	6.6	6.7	8.3	14.6	12.1	0.4	5.0	0.6	2.9	0.0	11.8	0.1	2.5	1.6
05-06	Cream desserts, puddings (milk based)	4.3	1.0	0.6	0.0	0.7	0.8	1.8	2.3	1.9	0.9	0.8	1.6	3.2	2.5	1.0	3.7	1.6	0.7	0.0	3.3	0.5	0.9	0.6
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.6	1.4	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.5	0.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.6	1.4	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.5	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	
05-08 Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.2	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06 Cereals and cereal products	9.2	30.0	28.9	0.9	32.9	57.8	26.5	18.7	16.6	18.6	32.0	20.7	0.6	0.9	20.4	11.3	15.2	30.6	19.5	0.8	2.8	0.6	11.6
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.8	3.9	2.4	0.4	2.7	0.7	2.3	1.8	0.6	1.1	0.2	2.8	0.1	0.1	0.9	0.7	0.5	1.2	0.0	0.0	0.0	0.0	0.4
06-03 Bread, crisp bread, rusks	6.8	20.1	19.9	0.1	22.8	55.7	18.4	13.4	9.4	15.6	25.4	14.1	0.1	0.2	12.8	7.4	6.3	24.8	0.0	0.3	0.2	0.4	3.0
06-03-01 Bread	6.7	19.6	19.5	0.1	22.4	55.6	18.0	13.2	9.2	15.4	25.1	13.9	0.1	0.2	12.4	7.3	6.1	24.6	0.0	0.3	0.2	0.4	2.9
06-03-02 Crispbread, rusks	0.1	0.5	0.3	0.0	0.4	0.0	0.4	0.2	0.2	0.2	0.3	0.2	0.0	0.0	0.4	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
06-04 Breakfast cereals	0.4	0.7	1.5	0.0	1.6	0.0	0.8	0.6	0.4	0.2	0.4	0.6	0.0	0.0	2.1	1.3	1.7	1.7	19.5	0.4	0.3	0.0	0.8
06-05 Salty biscuits, aperitif biscuits, crackers	1.1	4.4	4.6	0.4	5.2	0.7	4.6	2.5	5.9	0.9	5.3	2.8	0.3	0.5	4.0	1.4	6.3	1.5	0.0	0.0	2.3	0.0	7.3
06-06 Dough and pastry (puff, shortcrust, pizza)	0.2	0.9	0.6	0.0	0.6	0.7	0.4	0.4	0.3	0.7	0.7	0.4	0.1	0.1	0.6	0.5	0.4	1.4	0.0	0.0	0.0	0.1	0.1
07 Meat and meat products	3.4	10.2	18.5	86.6	10.2	3.4	10.4	18.8	14.3	35.4	21.2	30.5	14.7	12.5	28.8	14.2	23.5	4.3	0.0	33.1	10.8	24.3	7.7
07-01 Fresh meat	0.5	2.8	5.9	33.8	1.8	0.7	3.7	6.1	5.5	10.6	2.4	13.3	1.1	0.9	12.2	5.1	9.9	0.9	0.0	13.5	2.3	3.3	1.7
07-01-00 Unclassified	0.1	0.6	1.7	10.2	0.5	0.2	0.9	1.4	1.3	2.6	0.7	3.6	0.4	0.4	2.7	1.3	2.5	0.1	0.0	4.1	1.3	1.3	0.4
07-01-01 Beef	0.1	0.7	2.1	12.3	0.4	0.2	0.8	1.3	1.2	2.2	0.5	4.3	0.3	0.3	0.4	1.0	2.0	0.4	0.0	4.7	0.7	0.5	0.4
07-01-02 Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.3	1.8	10.1	0.8	0.2	1.9	3.1	2.9	5.6	1.2	5.0	0.3	0.2	8.9	2.6	5.1	0.3	0.0	3.9	0.3	1.3	1.0
07-01-04 Mutton/Lamb	0.0	0.1	0.2	1.2	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.5	0.0	0.0	0.2	0.2	0.3	0.0	0.0	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	0.2	2.1	1.5	7.2	1.0	0.7	1.7	2.5	2.1	6.5	0.5	1.9	1.6	1.1	1.3	0.8	5.3	0.8	0.0	1.7	0.0	9.9	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	2.1	1.4	7.2	1.0	0.7	1.7	2.4	2.1	6.5	0.5	1.8	1.6	1.1	1.3	0.8	5.2	0.8	0.0	1.6	0.0	9.9	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	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	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	2.8	5.2	11.1	45.5	7.4	2.1	5.0	10.3	6.7	18.3	18.3	15.4	12.0	10.4	15.3	8.3	8.2	2.6	0.0	18.0	8.5	11.1	4.8
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
08	Fish and shellfish	0.4	0.9	0.6	1.8	0.5	2.9	0.8	1.2	0.8	4.4	0.9	0.7	0.4	0.3	0.7	0.6	0.6	0.6	0.0	3.6	0.1	3.4	0.5
08-01	Fish	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.5	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.8	0.0	1.0	0.1
08-02	Crustaceans, molluscs	0.1	0.3	0.1	0.3	0.1	0.2	0.1	0.1	0.0	0.4	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.9	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.3	0.5	0.5	1.3	0.4	2.6	0.6	1.0	0.7	3.5	0.7	0.4	0.3	0.2	0.6	0.3	0.4	0.5	0.0	1.9	0.1	2.4	0.2
09	Eggs and egg products	0.6	0.5	1.9	0.0	2.3	1.9	0.5	1.4	0.4	3.8	0.5	1.3	3.4	2.8	0.5	1.9	0.5	2.3	0.0	3.3	0.0	3.8	2.4
09-01	Egg	0.6	0.5	1.9	0.0	2.3	1.9	0.5	1.4	0.4	3.8	0.5	1.3	3.4	2.8	0.5	1.9	0.5	2.3	0.0	3.3	0.0	3.8	2.4
10	Fat	1.4	0.0	0.2	2.2	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	29.4	22.7	2.6	2.1	3.6	3.2	41.8	1.8	0.0	37.5	22.0
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3
10-01	Vegetable oils	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	5.9
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.9	1.6	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.2
10-03	Margarines	1.3	0.0	0.2	2.2	0.1	0.2	0.1	0.3	0.3	0.0	1.2	0.0	27.2	20.9	2.6	2.1	3.6	3.2	41.8	1.7	0.0	36.5	15.6
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	5.1	10.4	10.5	0.0	11.8	2.6	6.1	3.3	4.6	2.4	1.2	2.9	3.5	3.0	1.8	4.4	2.0	2.2	9.2	3.0	1.9	0.9	5.1
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	3.4	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	8.7	7.2	0.0	8.1	1.4	4.6	2.4	3.0	1.9	0.5	2.2	1.1	0.9	1.1	3.0	0.6	1.5	5.8	2.2	0.1	0.2	3.9
11-03	Confectionery non-chocolate	0.4	0.7	1.2	0.0	1.3	0.1	0.3	0.2	0.2	0.1	0.2	0.2	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	0.2	0.5	1.6	0.0	1.7	0.1	0.3	0.1	0.6	0.0	0.2	0.1	0.0	0.0	0.0	0.1	1.0	0.0	0.0	0.0	1.5	0.0	0.7
11-05	Ice cream, water ice	1.6	0.4	0.4	0.0	0.4	1.0	0.8	0.7	0.7	0.4	0.3	0.4	2.4	2.1	0.6	1.3	0.3	0.5	0.0	0.9	0.2	0.8	0.3
11-05-01	Ice cream	1.5	0.3	0.3	0.0	0.4	1.0	0.8	0.7	0.6	0.4	0.3	0.4	2.4	2.1	0.6	1.3	0.3	0.4	0.0	0.9	0.0	0.8	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	0.2	0.0	0.0	0.0
12	Cakes	4.4	6.0	8.4	0.6	9.3	4.7	5.0	5.9	4.0	5.8	6.1	4.5	10.7	8.2	4.3	5.3	4.1	4.2	0.0	2.9	0.4	9.8	9.3
12-01	Cakes, pies, pastries, etc	2.4	3.2	3.6	0.6	4.0	3.8	2.6	3.5	2.3	3.9	3.8	2.6	7.9	5.9	2.9	3.8	1.4	3.1	0.0	2.5	0.4	8.1	4.8
12-02	Dry cakes, biscuits	2.0	2.8	4.8	0.0	5.3	0.8	2.4	2.4	1.8	1.9	2.3	1.9	2.7	2.2	1.4	1.5	2.7	1.1	0.0	0.4	0.0	1.6	4.5
13	Non-alcoholic beverages	8.9	6.0	3.2	0.0	3.7	6.3	6.6	4.6	7.4	3.3	2.1	1.0	0.0	1.9	7.3	5.5	13.0	5.9	2.8	3.9	36.1	0.0	6.4
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	1.6	1.6	1.8	0.0	2.0	0.9	2.9	1.0	4.5	0.6	0.1	0.6	0.0	1.8	6.3	2.9	5.5	4.6	2.8	1.3	18.2	0.0	4.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	3.5	2.9	0.6	0.0	0.7	3.9	1.6	3.4	1.6	0.9	1.5	0.2	0.0	0.1	0.6	2.1	6.7	0.0	0.0	2.6	17.5	0.0	2.2
13-03	Coffee, tea and herbal teas	0.7	1.0	0.7	0.0	0.8	0.3	1.1	0.2	1.3	0.1	0.1	0.1	0.0	0.0	0.3	0.5	0.9	1.3	0.0	0.0	0.4	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.2	0.2	0.5	0.0	0.6	0.1	0.7	0.1	1.1	0.1	0.0	0.1	0.0	0.0	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-02 Tea	0.5	0.7	0.2	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.8	1.2	0.0	0.0	0.4	0.0	0.0
13-03-03 Herbal tea	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-04 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	0.4	0.1	0.0	0.1	1.1	1.1	0.0	0.0	1.7	0.4	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	0.1	0.2	0.1	0.0	0.2	0.3	0.9	0.6	0.6	0.2	0.0	0.1	0.0	0.0	0.0	0.7	1.0	1.2	0.0	0.4	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.2	0.8	0.6	0.6	0.2	0.0	0.1	0.0	0.0	0.0	0.7	1.0	1.2	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.9	2.2	1.8	0.0	2.1	0.4	2.7	1.3	2.2	1.3	9.2	1.2	4.1	6.4	3.7	1.2	0.7	0.7	0.0	0.1	1.4	5.0	13.0
15-01 Sauces	0.8	2.1	1.6	0.0	1.8	0.4	2.4	1.2	2.1	1.2	7.9	1.1	4.1	6.4	2.9	1.1	0.6	0.6	0.0	0.1	1.1	5.0	13.0
15-01-00 Unclassified and other sauces	0.5	1.6	1.0	0.0	1.2	0.1	1.7	0.8	0.9	0.6	3.8	0.8	3.5	2.8	1.3	0.5	0.3	0.2	0.0	0.0	0.4	4.6	6.5
15-01-01 Tomato sauces	0.2	0.4	0.2	0.0	0.3	0.2	0.6	0.2	1.0	0.1	2.6	0.1	0.2	2.9	1.5	0.5	0.2	0.4	0.0	0.0	0.7	0.0	0.6
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.7	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.4	0.8	0.1	0.3	0.6	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.3	4.4
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	1.3	0.1	0.0	0.0	0.9	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.0
16 Soups, bouillon	0.6	1.6	1.7	2.5	1.7	0.3	2.4	1.2	1.9	1.1	4.8	1.0	0.5	1.3	3.5	0.8	1.2	1.3	0.0	1.9	1.4	2.0	1.3
16-01 Soups	0.6	1.6	1.7	2.5	1.7	0.3	2.4	1.2	1.9	1.1	4.6	1.0	0.5	1.3	3.5	0.8	1.2	1.3	0.0	1.9	1.4	2.0	1.3
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.3	1.5	2.5	5.5	2.2	1.4	1.5	1.8	1.2	3.0	4.0	3.0	1.7	1.4	2.1	1.6	1.3	1.0	0.0	1.9	0.5	3.2	1.8
17-00 Unclassified	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.5	0.1	0.3	0.0	0.0	0.2	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0
17-01 Soya products	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.2	1.4	2.3	5.5	2.0	1.4	1.4	1.7	1.1	2.5	3.7	2.6	1.7	1.4	1.9	1.4	1.2	0.9	0.0	1.8	0.5	3.2	1.8



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.4	10.5	6.5	0.0	7.6	1.8	8.1	4.8	14.4	2.8	0.8	4.3	0.2	0.2	6.3	2.2	12.0	9.6	0.0	0.2	17.0	0.1	2.5
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	3.4	4.4	5.9	0.0	6.9	1.1	4.2	2.4	6.8	1.1	2.2	2.7	0.2	12.2	3.3	2.8	3.6	12.2	0.0	0.0	11.0	0.2	4.9
02-01	Leafy vegetables (except cabbages)	0.9	0.6	1.5	0.0	1.7	0.2	1.0	0.4	1.1	0.1	0.4	0.4	0.2	2.6	0.6	0.6	0.5	2.5	0.0	0.0	0.4	0.2	1.2
02-02	Fruiting vegetables	0.8	1.4	2.3	0.0	2.7	0.5	1.6	0.7	2.8	0.2	0.6	0.9	0.0	1.6	1.0	0.8	1.3	3.2	0.0	0.0	4.4	0.0	1.9
02-03	Root vegetables	0.4	0.4	0.3	0.0	0.4	0.1	0.3	0.2	0.7	0.1	0.3	0.2	0.0	5.4	0.2	0.2	0.3	1.1	0.0	0.0	0.5	0.0	0.5
02-04	Cabbages	0.7	0.5	0.7	0.0	0.8	0.2	0.5	0.5	1.1	0.3	0.2	0.4	0.0	1.1	0.5	0.5	0.6	2.8	0.0	0.0	3.8	0.0	0.8
02-05	Mushrooms	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.6	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.4	0.8	0.0	0.0	0.4	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.6	0.2	0.0	1.3	0.3	0.3	0.3	1.1	0.0	0.0	1.2	0.0	0.2
03	Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	7.5	3.1	0.0	3.5	1.2	6.8	2.8	6.6	3.7	1.1	2.7	0.0	0.6	2.7	1.7	5.1	3.6	0.0	0.0	10.5	0.0	5.8
04-01	Fruits	0.7	3.7	2.0	0.0	2.3	1.1	3.3	1.0	5.3	1.9	0.1	1.2	0.0	0.6	1.8	1.1	4.3	2.6	0.0	0.0	10.4	0.0	2.0
04-02	Nuts and seeds (+nut spread)	0.4	3.7	1.0	0.0	1.2	0.1	3.5	1.8	1.2	1.8	1.0	1.6	0.0	0.0	0.9	0.5	0.6	1.0	0.0	0.0	0.0	0.0	3.7
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	0.1	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	59.4	6.1	3.7	0.0	4.2	14.8	18.5	33.4	21.2	13.5	14.4	23.4	28.5	23.2	11.1	43.5	11.5	13.8	1.3	44.0	6.0	5.0	3.8
05-01	Milk	21.2	1.0	0.6	0.0	0.6	8.2	7.9	13.0	10.5	3.7	3.4	8.2	6.8	5.5	5.5	20.0	4.1	6.0	0.3	19.6	2.0	0.2	0.8
05-02	Milk beverages	3.4	1.3	1.5	0.0	1.6	1.8	1.9	2.0	2.1	0.6	0.6	1.5	1.1	0.9	1.0	3.3	0.7	0.7	1.0	2.2	0.7	0.6	0.2
05-03	Yoghurt	12.4	2.0	0.5	0.0	0.6	2.1	4.1	6.8	5.4	1.7	2.0	3.5	1.8	1.4	2.9	10.5	4.2	3.7	0.0	7.9	2.7	0.1	0.5
05-04	Fromage blanc, petits suisses	0.7	0.0	0.1	0.0	0.1	0.2	0.1	0.3	0.2	0.0	0.1	0.2	0.6	0.5	0.2	0.7	0.1	0.1	0.0	0.5	0.0	0.6	0.0
05-05	Cheese (including fresh cheeses)	17.1	0.9	0.5	0.0	0.6	1.6	2.6	8.7	0.9	6.6	7.3	8.3	13.9	11.5	0.4	4.9	0.7	2.8	0.0	10.4	0.2	2.2	1.7
05-06	Cream desserts, puddings (milk based)	4.3	0.9	0.6	0.0	0.6	0.8	1.7	2.3	1.9	0.8	1.0	1.6	2.8	2.2	1.0	3.7	1.6	0.5	0.0	3.1	0.4	0.7	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.2	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.2	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.2	0.1	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06	Cereals and cereal products	8.2	29.5	28.7	0.4	33.1	57.5	25.6	18.3	14.8	18.4	33.3	20.0	0.6	0.7	21.1	10.3	13.7	28.0	18.1	0.8	2.0	0.5	10.3
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	3.8	2.2	0.3	2.6	0.6	2.4	1.9	0.6	1.4	0.1	2.7	0.0	0.1	1.0	0.6	0.5	1.0	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.7	20.8	20.0	0.0	23.0	55.5	18.5	13.4	9.1	15.3	27.3	14.0	0.1	0.1	13.9	6.4	6.3	21.7	0.0	0.1	0.0	0.2	3.6
06-03-01	Bread	5.6	19.9	19.4	0.0	22.4	55.4	17.9	13.0	8.8	15.0	26.9	13.7	0.1	0.0	13.2	6.3	6.1	21.4	0.0	0.0	0.0	0.2	3.3
06-03-02	Crispbread, rusks	0.1	0.8	0.5	0.0	0.6	0.1	0.6	0.4	0.3	0.3	0.4	0.3	0.0	0.0	0.6	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.9	0.8	2.6	0.0	3.0	0.2	1.1	0.8	0.5	0.3	0.8	0.9	0.2	0.1	3.2	2.0	2.4	2.9	18.1	0.6	0.2	0.3	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.9	3.3	3.4	0.1	3.9	0.6	3.3	1.8	4.3	0.8	4.4	2.0	0.3	0.4	2.6	0.9	4.1	1.1	0.0	0.0	1.8	0.0	5.5
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.4	0.4	0.3	0.6	0.7	0.3	0.0	0.0	0.5	0.3	0.4	1.4	0.0	0.0	0.0	0.0	0.2
07	Meat and meat products	2.8	9.9	17.2	86.9	9.2	3.0	9.9	17.6	13.9	32.6	20.4	28.7	14.6	12.6	26.8	12.2	22.1	4.0	0.0	29.9	11.2	22.0	7.1
07-01	Fresh meat	0.5	2.9	6.1	35.1	1.9	0.7	3.6	5.9	5.5	10.1	2.5	12.8	1.0	0.8	11.0	4.6	9.0	0.8	0.0	12.6	2.4	3.6	1.7
07-01-00	Unclassified	0.1	0.7	1.5	9.6	0.5	0.2	0.9	1.4	1.3	2.5	0.8	3.2	0.4	0.3	2.8	1.1	2.2	0.1	0.0	3.4	1.1	1.4	0.3
07-01-01	Beef	0.1	0.8	2.6	14.6	0.6	0.2	1.0	1.6	1.5	2.7	0.6	5.0	0.4	0.3	0.5	1.2	2.2	0.4	0.0	5.6	0.9	0.7	0.5
07-01-02	Veal	0.0	0.0	0.0	0.4	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	0.0	0.0
07-01-03	Pork	0.2	1.2	1.7	9.3	0.7	0.2	1.6	2.6	2.4	4.7	1.1	4.1	0.2	0.2	7.4	2.0	4.3	0.3	0.0	2.7	0.4	1.2	0.9
07-01-04	Mutton/Lamb	0.0	0.1	0.2	1.2	0.1	0.1	0.1	0.2	0.2	0.1	0.0	0.5	0.1	0.0	0.3	0.3	0.3	0.1	0.0	0.8	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	0.2	2.2	1.3	6.1	0.9	0.6	1.7	2.5	1.9	6.2	0.5	1.6	1.2	0.9	1.4	0.6	5.1	0.7	0.0	1.2	0.0	8.3	1.0
07-02-00	Unclassified and other poultry	0.0	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	0.1	0.0	0.0	0.0	0.0	0.1	0.0
07-02-01	Chicken, hen	0.2	2.2	1.2	6.0	0.9	0.6	1.6	2.4	1.9	6.0	0.5	1.5	1.2	0.9	1.4	0.6	5.0	0.7	0.0	1.2	0.0	8.2	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.2	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	0.2	0.0	0.0	0.0
07-04	Processed meat	2.2	4.8	9.8	45.5	6.4	1.7	4.6	9.2	6.4	16.3	17.3	14.3	12.4	10.9	14.4	7.0	8.0	2.4	0.0	15.9	8.8	10.1	4.4
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	0.2	0.6	0.5	2.8	0.4	1.6	0.6	1.1	0.7	4.4	0.8	0.5	0.3	0.2	0.6	0.5	0.9	0.3	0.0	4.2	0.0	4.2	0.7
08-01	Fish	0.1	0.3	0.4	2.0	0.3	0.5	0.4	0.6	0.4	2.7	0.4	0.3	0.2	0.2	0.4	0.3	0.7	0.1	0.0	2.7	0.0	3.1	0.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.6	0.0	0.0	0.1	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.8	1.0	0.2	0.4	0.3	1.5	0.3	0.1	0.1	0.0	0.2	0.1	0.2	0.2	0.0	0.9	0.0	1.1	0.1	
09	Eggs and egg products	0.7	0.6	2.3	0.0	2.7	2.0	0.5	1.7	0.5	4.3	0.6	1.6	4.5	3.5	0.6	2.3	0.7	2.7	0.0	3.9	0.0	5.3	3.0
09-01	Egg	0.7	0.6	2.3	0.0	2.7	2.0	0.5	1.7	0.5	4.3	0.6	1.6	4.5	3.5	0.6	2.3	0.7	2.7	0.0	3.9	0.0	5.3	3.0
10	Fat	1.5	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.5	21.6	2.8	2.4	4.7	5.2	36.7	2.3	0.0	36.8	22.0
10-00	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	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	
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	4.2	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.0	1.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.3	
10-03	Margarines	1.5	0.0	0.1	1.4	0.1	0.1	0.3	0.2	0.0	1.2	0.0	25.3	19.9	2.8	2.4	4.7	5.2	36.7	2.2	0.0	35.9	17.3	
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	
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	5.7	12.1	11.7	0.0	13.5	3.3	7.5	4.1	5.9	2.7	1.7	3.7	3.8	3.4	2.7	4.9	2.3	2.1	3.9	2.9	3.2	1.9	5.6
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	
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	2.7	0.0	0.1	0.0	0.1	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.3	9.9	8.1	0.0	9.4	1.6	5.3	2.8	3.8	2.0	0.7	2.7	1.1	0.9	1.3	3.0	0.7	1.4	1.2	1.9	0.2	0.6	4.1
11-03	Confectionery non-chocolate	0.4	0.9	1.2	0.0	1.3	0.2	0.6	0.3	0.4	0.1	0.4	0.3	0.0	0.0	0.3	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.6	1.7	0.0	1.9	0.1	0.4	0.1	0.7	0.0	0.1	0.2	0.0	0.0	0.1	0.2	1.1	0.0	0.0	2.5	0.0	0.8	
11-05	Ice cream, water ice	1.8	0.4	0.5	0.0	0.6	1.4	1.1	0.8	0.9	0.6	0.5	0.5	2.6	2.4	0.9	1.5	0.4	0.6	0.0	0.9	0.4	1.3	0.4
11-05-01	Ice cream	1.7	0.4	0.4	0.0	0.5	1.4	1.0	0.8	0.8	0.5	0.4	0.5	2.6	2.4	0.9	1.5	0.3	0.5	0.0	0.9	0.0	1.3	0.4
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	
11-05-03	Water ice	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	0.4	0.0	0.0	
12	Cakes	4.1	5.8	8.0	0.4	9.3	4.2	4.8	5.6	3.8	5.3	6.2	4.0	8.8	7.0	3.8	4.2	3.8	3.6	2.3	2.5	0.3	8.9	9.4
12-01	Cakes, pies, pastries, etc	2.2	3.0	3.3	0.4	3.9	3.2	2.4	3.1	1.9	3.1	3.3	2.2	5.7	4.6	2.3	2.9	1.3	2.5	0.0	2.0	0.3	7.1	4.7
12-02	Dry cakes, biscuits	1.9	2.8	4.7	0.0	5.4	1.0	2.4	2.5	1.8	2.1	2.9	1.8	3.0	2.4	1.5	1.4	2.5	1.2	2.3	0.5	0.0	1.8	4.7
13	Non-alcoholic beverages	7.5	5.0	3.3	0.0	3.9	5.4	5.9	3.6	6.5	3.1	2.0	0.9	1.5	6.9	5.3	12.0	5.2	5.2	3.1	29.2	0.0	6.2	
13-00	Unclassified	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	
13-01	Fruit and vegetable juices	1.3	1.3	1.7	0.0	2.0	0.8	2.6	0.8	4.0	0.5	0.2	0.6	0.0	1.4	5.4	3.2	4.8	3.6	1.3	1.4	15.3	0.0	3.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.8	2.5	0.8	0.0	1.0	3.2	1.5	2.6	1.5	0.8	1.4	0.1	0.0	0.1	1.2	1.7	6.5	0.6	3.9	1.7	13.5	0.0	2.4
13-03	Coffee, tea and herbal teas	0.5	0.8	0.6	0.0	0.7	0.2	0.8	0.1	0.9	0.1	0.1	0.1	0.0	0.0	0.3	0.4	0.6	0.9	0.0	0.0	0.3	0.0	0.0
13-03-01	Coffee	0.1	0.2	0.4	0.0	0.5	0.1	0.5	0.0	0.7	0.1	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-02	Tea	0.4	0.5	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.6	0.9	0.0	0.0	0.3	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	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	0.1	0.1	0.0	0.0	0.0	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	
13-04 Waters	2.8	0.4	0.1	0.0	0.1	1.1	1.0	0.0	0.0	1.6	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.1	0.1	0.1	0.0	0.1	0.1	0.4	0.3	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.5	0.6	0.0	0.2	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	
14-01 Wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.1	0.4	0.3	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.5	0.6	0.0	0.2	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.4	1.4	0.0	1.6	0.4	1.7	0.9	1.7	1.0	8.0	0.9	3.0	5.4	2.4	0.8	0.5	0.6	0.0	0.2	1.5	4.4	10.9
15-01 Sauces	0.5	1.3	1.2	0.0	1.4	0.4	1.5	0.8	1.5	1.0	6.9	0.8	3.0	5.3	2.2	0.7	0.5	0.5	0.0	0.2	1.2	4.4	10.9
15-01-00 Unclassified and other sauces	0.2	0.9	0.6	0.0	0.6	0.1	0.9	0.4	0.5	0.3	2.4	0.4	2.6	2.0	1.0	0.2	0.1	0.1	0.0	0.0	0.1	4.0	4.4
15-01-01 Tomato sauces	0.1	0.4	0.3	0.0	0.4	0.1	0.5	0.2	0.9	0.1	2.4	0.2	0.2	2.7	1.1	0.4	0.2	0.3	0.0	0.0	1.0	0.0	0.6
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.4
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.1	0.2	0.2	0.4	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.3	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	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0
16 Soups, bouillon	0.5	1.5	1.5	2.8	1.4	0.2	1.8	1.1	1.5	1.2	4.2	0.9	0.2	1.0	2.4	0.7	1.1	1.2	0.0	1.3	1.5	1.3	1.3
16-01 Soups	0.5	1.5	1.5	2.8	1.4	0.2	1.8	1.1	1.5	1.2	4.0	0.9	0.2	1.0	2.4	0.7	1.1	1.2	0.0	1.3	1.5	1.3	1.3
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.8	1.3	2.2	5.2	2.1	1.0	1.8	1.7	1.0	2.2	2.9	2.5	1.4	1.1	1.6	2.0	0.8	1.4	3.7	2.3	0.7	2.7	1.6
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	0.7	0.1	0.3	0.0	0.4	0.0	0.8	0.3	0.2	0.2	0.2	0.3	0.0	0.0	0.2	0.8	0.0	0.5	0.0	0.4	0.0	0.3	0.1
17-02 Dietetic products	0.1	0.2	0.2	0.0	0.2	0.1	0.1	0.1	0.1	0.2	0.0	0.2	0.3	0.2	0.2	0.1	0.1	0.2	3.7	0.1	0.1	0.5	0.2
17-02-00 Unclassified	0.1	0.2	0.2	0.0	0.2	0.1	0.1	0.1	0.1	0.2	0.0	0.2	0.3	0.2	0.2	0.1	0.1	0.2	3.7	0.1	0.1	0.5	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	1.0	1.0	1.7	5.2	1.5	0.9	1.0	1.3	0.7	1.8	2.7	2.0	1.0	0.9	1.3	1.1	0.7	0.8	0.0	1.8	0.6	1.9	1.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non- heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.7	5.7	0.0	6.6	1.6	6.6	4.1	12.2	2.5	0.8	3.6	0.1	0.1	5.9	1.9	10.9	8.1	0.0	0.1	13.0	0.0	2.3
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	3.5	4.8	6.2	0.0	7.2	1.2	4.3	2.7	8.0	1.2	2.0	3.0	0.1	13.8	3.5	3.0	4.2	12.8	0.0	0.0	13.7	0.1	5.8
02-01	Leafy vegetables (except cabbages)	0.8	0.6	1.1	0.0	1.3	0.2	0.7	0.3	1.1	0.1	0.2	0.4	0.1	2.0	0.5	0.5	0.4	1.9	0.0	0.0	0.4	0.0	0.7
02-02	Fruiting vegetables	0.8	1.6	2.4	0.0	2.8	0.5	1.7	0.7	3.2	0.2	0.6	1.0	0.0	1.9	1.0	0.8	1.5	3.2	0.0	0.0	5.1	0.0	2.2
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	6.2	0.2	0.1	0.4	1.1	0.0	0.0	0.5	0.0	0.6
02-04	Cabbages	0.9	0.7	1.2	0.0	1.4	0.2	0.8	0.8	1.7	0.4	0.3	0.7	0.0	2.2	0.8	0.7	1.0	4.1	0.0	0.0	5.9	0.0	1.8
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.1	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	0.2	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.3	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.3	0.4	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	1.0	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.5	0.3	0.0	1.5	0.3	0.3	0.3	1.1	0.0	0.0	1.1	0.0	0.2
03	Legumes	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.3	8.7	3.4	0.0	3.8	1.1	7.4	3.3	6.6	4.0	1.4	3.2	0.0	0.7	3.0	1.7	4.5	3.7	0.0	0.0	10.9	0.0	7.7
04-01	Fruits	0.7	3.4	1.7	0.0	2.0	1.0	2.6	0.9	4.8	1.5	0.0	1.1	0.0	0.7	1.9	1.0	3.7	2.3	0.0	0.0	10.8	0.0	2.1
04-02	Nuts and seeds (+nut spread)	0.6	5.2	1.6	0.0	1.8	0.1	4.7	2.4	1.7	2.5	1.3	2.2	0.0	0.0	1.1	0.7	0.8	1.3	0.0	0.0	0.0	0.0	5.6
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	0.0	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
05	Dairy products	61.3	6.1	3.9	0.0	4.5	16.1	20.0	35.9	23.7	14.5	15.4	25.5	30.4	24.2	12.2	46.6	13.6	14.1	0.7	47.6	5.0	4.9	4.3
05-01	Milk	24.4	1.1	0.6	0.0	0.7	9.1	9.4	15.4	12.8	4.5	4.1	10.0	8.1	6.4	6.4	23.0	5.0	6.6	0.0	23.2	1.7	0.0	1.0
05-02	Milk beverages	3.3	1.4	1.6	0.0	1.8	1.8	2.0	2.2	2.2	0.7	0.6	1.5	1.1	0.9	1.0	3.3	0.9	0.6	0.7	1.9	0.6	0.7	0.3
05-03	Yoghurt	12.4	1.7	0.5	0.0	0.5	2.4	4.2	6.7	5.4	1.7	2.1	3.9	2.0	1.6	3.2	11.1	5.3	3.6	0.0	8.1	2.0	0.2	0.7
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.4	0.2	0.3	0.2	0.1	0.1	0.2	0.4	0.3	0.2	0.6	0.1	0.1	0.0	0.6	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	16.5	1.0	0.5	0.0	0.6	1.6	2.5	8.7	0.9	6.6	7.5	8.2	14.7	11.7	0.4	4.6	0.6	2.5	0.0	10.6	0.1	2.4	1.7
05-06	Cream desserts, puddings (milk based)	4.1	0.8	0.6	0.0	0.7	0.8	1.7	2.3	2.1	0.9	1.0	1.7	2.9	2.3	1.0	3.7	1.5	0.5	0.0	3.1	0.5	0.7	0.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
06	Cereals and cereal products	8.3	33.0	32.0	0.8	36.9	59.0	28.2	20.2	15.9	20.6	35.5	22.3	0.3	0.5	22.1	10.4	14.3	28.8	18.8	0.7	1.7	0.3	10.4
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
06-02	Pasta, rice, other grain	0.7	4.1	2.5	0.5	2.9	0.7	2.5	2.0	0.7	1.6	0.2	3.0	0.0	0.1	1.1	0.6	0.5	1.0	0.0	0.1	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.0	23.2	22.4	0.0	25.9	57.0	20.6	14.8	10.1	17.2	29.6	15.8	0.1	0.1	14.0	6.7	6.9	22.7	0.0	0.0	0.0	0.2	3.7
06-03-01	Bread	5.9	22.4	21.8	0.0	25.2	57.0	20.1	14.4	9.8	16.8	29.1	15.4	0.0	0.0	13.4	6.5	6.7	22.4	0.0	0.0	0.0	0.2	3.4
06-03-02	Crispbread, rusks	0.1	0.8	0.6	0.0	0.7	0.1	0.5	0.4	0.3	0.4	0.4	0.3	0.0	0.0	0.6	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.7	1.5	3.2	0.0	3.6	0.1	1.7	1.2	0.7	0.4	0.8	1.2	0.1	0.0	3.6	1.7	2.4	2.9	18.8	0.5	0.2	0.0	1.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	3.3	3.4	0.3	3.9	0.6	3.1	1.8	4.0	0.8	4.2	2.0	0.1	0.3	2.9	1.1	4.1	1.0	0.0	0.0	1.5	0.0	5.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.4	0.4	0.3	0.7	0.7	0.3	0.1	0.1	0.5	0.3	0.4	1.1	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.1	8.5	15.2	84.1	7.8	2.6	8.2	14.9	12.0	28.4	18.0	25.0	14.5	12.4	22.9	10.3	18.6	3.5	0.0	27.4	10.0	20.8	6.4
07-01	Fresh meat	0.4	2.5	5.1	31.8	1.6	0.6	3.1	5.3	4.7	9.2	2.2	11.1	1.0	0.8	10.1	3.9	7.5	0.7	0.0	11.2	2.0	3.2	1.5
07-01-00	Unclassified	0.1	0.5	1.2	7.9	0.4	0.2	0.6	1.0	1.0	1.9	0.5	2.5	0.4	0.3	2.1	0.8	1.6	0.1	0.0	2.5	0.9	1.1	0.3
07-01-01	Beef	0.1	0.8	2.3	14.6	0.5	0.2	0.9	1.6	1.4	2.7	0.6	4.8	0.4	0.3	0.4	1.1	1.8	0.3	0.0	5.7	0.8	0.7	0.4
07-01-02	Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0
07-01-03	Pork	0.2	1.1	1.4	8.5	0.6	0.2	1.5	2.6	2.2	4.6	1.0	3.5	0.2	0.1	7.5	1.9	4.0	0.3	0.0	2.7	0.2	1.3	0.8
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	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	1.7	0.9	5.5	0.7	0.5	1.3	1.9	1.6	4.9	0.3	1.2	1.2	0.9	1.0	0.4	4.1	0.5	0.0	1.0	0.0	7.6	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	1.7	0.9	5.4	0.7	0.5	1.3	1.8	1.5	4.7	0.3	1.2	1.2	0.9	0.9	0.4	3.9	0.5	0.0	0.8	0.0	7.6	0.7
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	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	1.6	4.4	9.1	46.8	5.6	1.5	3.8	7.7	5.7	14.3	15.5	12.7	12.2	10.7	11.8	6.0	6.9	2.3	0.0	15.2	8.0	9.9	4.2
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	0.5	1.3	1.2	5.0	1.0	2.4	1.0	1.6	1.0	5.8	1.3	1.0	0.6	0.4	0.7	0.9	1.2	0.5	0.0	6.1	0.1	5.2	1.4
08-01	Fish	0.2	0.4	0.6	2.6	0.5	1.0	0.6	1.1	0.7	3.2	0.6	0.4	0.2	0.2	0.4	0.5	1.0	0.2	0.0	3.0	0.0	4.1	0.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.7	0.5	1.5	0.4	0.8	0.3	0.3	0.1	1.4	0.5	0.5	0.4	0.2	0.0	0.3	0.1	0.2	0.0	2.7	0.0	0.0	0.7
08-03	Fish products, fish in crumbs	0.0	0.2	0.1	0.9	0.1	0.7	0.1	0.2	0.1	1.2	0.2	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.4	0.0	1.1	0.0
09	Eggs and egg products	0.5	0.5	1.8	0.0	2.1	1.5	0.4	1.3	0.4	3.4	0.4	1.3	3.3	2.6	0.4	1.7	0.5	2.0	0.0	3.1	0.0	4.1	2.4
09-01	Egg	0.5	0.5	1.8	0.0	2.1	1.5	0.4	1.3	0.4	3.4	0.4	1.3	3.3	2.6	0.4	1.7	0.5	2.0	0.0	3.1	0.0	4.1	2.4
10	Fat	1.8	0.0	0.2	2.1	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	28.5	21.8	4.0	2.8	5.5	4.6	33.6	2.2	0.0	38.1	21.3
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.4
10-01	Vegetable oils	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	4.0
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	3.5	2.8	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.3	0.4
10-03	Margarines	1.7	0.0	0.1	2.1	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	24.7	18.8	3.9	2.7	5.5	4.6	33.6	2.0	0.0	36.3	16.6
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	4.6	10.8	10.9	0.0	12.4	2.6	6.3	3.4	5.1	2.2	1.5	3.2	3.3	2.9	2.1	3.9	2.6	1.8	3.0	2.5	3.5	1.8	5.7
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	0.0	0.2	0.3	0.0	0.3	0.0	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	0.2	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.7	8.3	6.8	0.0	7.7	1.2	4.1	2.2	2.9	1.5	0.6	2.1	1.1	0.8	1.1	2.4	0.6	1.3	3.0	1.8	0.2	0.4	3.9
11-03	Confectionery non-chocolate	0.4	1.0	1.4	0.0	1.6	0.2	0.7	0.3	0.4	0.1	0.3	0.3	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.9	2.1	0.0	2.3	0.2	0.5	0.1	0.8	0.0	0.2	0.2	0.0	0.0	0.1	0.1	1.5	0.0	0.0	0.0	2.8	0.0	1.1
11-05	Ice cream, water ice	1.3	0.4	0.4	0.0	0.4	1.0	0.9	0.7	0.8	0.5	0.4	0.5	2.3	2.1	0.8	1.2	0.4	0.5	0.0	0.7	0.3	1.4	0.5
11-05-01	Ice cream	1.3	0.4	0.3	0.0	0.4	1.0	0.8	0.7	0.7	0.4	0.4	0.5	2.3	2.0	0.8	1.2	0.3	0.4	0.0	0.7	0.0	1.4	0.4
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0
12	Cakes	3.5	5.3	7.6	1.3	8.7	3.2	4.2	5.0	3.7	4.9	5.6	3.6	7.6	6.0	3.3	3.3	3.7	2.8	1.3	1.8	0.3	8.0	8.9
12-01	Cakes, pies, pastries, etc	1.5	2.3	2.5	0.5	2.9	2.2	1.8	2.4	1.6	2.5	2.5	1.8	4.4	3.5	1.9	2.0	1.0	1.8	0.0	1.3	0.3	5.2	3.9
12-02	Dry cakes, biscuits	2.0	3.0	5.1	0.8	5.8	1.0	2.4	2.6	2.1	2.4	3.1	1.8	3.1	2.5	1.3	1.2	2.7	1.1	1.3	0.5	0.0	2.7	5.0
13	Non-alcoholic beverages	7.6	4.7	3.0	0.0	3.5	4.8	6.1	2.9	6.6	3.4	2.1	0.9	0.0	2.5	6.6	5.0	11.4	5.9	4.3	2.7	33.1	0.0	6.6
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	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.3	1.4	1.7	0.0	2.0	0.7	2.7	0.9	4.2	0.5	0.2	0.6	0.0	1.9	5.4	2.2	4.7	4.2	0.6	1.0	18.8	0.0	4.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.6	2.0	0.7	0.0	0.8	2.6	1.5	1.9	1.5	0.8	1.3	0.1	0.0	0.6	1.0	2.5	6.1	0.8	3.7	1.7	13.9	0.0	2.3
13-03	Coffee, tea and herbal teas	0.5	0.8	0.5	0.0	0.6	0.3	0.7	0.1	0.8	0.1	0.1	0.1	0.0	0.0	0.3	0.4	0.7	0.9	0.0	0.0	0.3	0.0	0.0
13-03-01	Coffee	0.1	0.2	0.4	0.0	0.5	0.1	0.5	0.0	0.6	0.1	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-02	Tea	0.3	0.5	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.5	0.7	0.0	0.0	0.3	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	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	0.2	0.2	0.0	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	
13-04 Waters	3.1	0.4	0.1	0.0	0.1	1.2	1.2	0.0	0.0	2.0	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.2	0.3	0.3	0.0	0.3	0.4	1.3	0.9	0.9	0.3	0.1	0.1	0.1	0.0	0.0	0.9	1.2	1.7	0.0	0.4	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	
14-01 Wine	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	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.2	0.1	0.0	0.2	0.3	1.2	0.9	0.9	0.3	0.1	0.1	0.0	0.0	0.0	0.9	1.2	1.7	0.0	0.4	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	
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	
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	0.0	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	
15 Condiments and sauces	0.6	1.4	1.6	0.0	1.8	0.4	1.6	0.9	1.5	1.0	7.7	0.9	2.7	4.4	3.7	0.7	0.6	0.8	0.0	0.1	1.2	3.1	9.9
15-01 Sauces	0.6	1.3	1.4	0.0	1.6	0.4	1.5	0.8	1.4	1.0	6.9	0.8	2.7	4.4	3.2	0.6	0.6	0.7	0.0	0.1	0.9	3.1	9.8
15-01-00 Unclassified and other sauces	0.3	1.0	0.7	0.0	0.8	0.1	1.0	0.5	0.6	0.4	3.0	0.5	2.3	1.8	2.2	0.2	0.2	0.1	0.0	0.0	0.4	2.8	3.7
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.2	0.1	0.3	0.1	0.7	0.1	1.9	0.1	0.1	2.1	0.9	0.3	0.2	0.3	0.0	0.0	0.5	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.4	0.0	0.4	0.1	0.0	0.1	0.1	0.3	1.1	0.1	0.2	0.4	0.0	0.1	0.2	0.3	0.0	0.0	0.0	0.3	4.1
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.9	0.1	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1
16 Soups, bouillon	0.3	0.9	0.9	1.3	0.9	0.2	1.5	0.6	0.9	0.7	3.1	0.5	0.1	0.5	1.6	0.4	0.6	0.6	0.0	0.8	0.8	0.9	0.5
16-01 Soups	0.3	0.9	0.9	1.3	0.9	0.2	1.5	0.6	0.9	0.7	3.0	0.5	0.1	0.5	1.6	0.4	0.6	0.6	0.0	0.8	0.8	0.9	0.5
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.9	1.5	2.3	5.5	2.2	1.2	1.8	1.9	1.1	2.5	3.7	2.5	1.4	1.1	1.9	1.8	0.9	1.4	0.0	2.2	0.5	3.3	1.6
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	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	0.0	0.0	0.0
17-01 Soya products	0.7	0.4	0.5	0.0	0.6	0.0	0.7	0.4	0.3	0.2	0.3	0.2	0.0	0.1	0.3	0.6	0.1	0.6	0.0	0.5	0.0	0.5	0.2
17-02 Dietetic products	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	0.0
17-02-00 Unclassified	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	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	1.1	1.1	1.8	5.5	1.5	1.1	1.0	1.4	0.8	2.1	3.2	2.2	1.4	1.0	1.6	1.1	0.8	0.8	0.0	1.7	0.4	2.9	1.4



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.5	11.9	6.9	0.0	8.0	2.0	9.0	5.3	15.3	3.4	1.0	4.8	0.0	0.1	6.3	2.4	12.3	9.9	0.0	0.0	15.8	0.0	2.8
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	3.3	4.1	5.3	0.0	6.2	1.1	3.9	2.5	6.5	1.1	1.8	2.6	0.1	10.1	3.2	2.9	3.5	11.7	0.0	0.0	11.0	0.1	3.9
02-01	Leafy vegetables (except cabbages)	0.7	0.7	1.2	0.0	1.4	0.2	0.8	0.4	1.1	0.1	0.1	0.4	0.1	2.1	0.7	0.6	0.4	2.2	0.0	0.0	0.6	0.0	0.7
02-02	Fruiting vegetables	0.8	1.2	2.0	0.0	2.3	0.5	1.4	0.6	2.4	0.1	0.4	0.8	0.0	1.7	0.8	0.7	1.2	2.7	0.0	0.0	4.1	0.0	1.7
02-03	Root vegetables	0.2	0.3	0.2	0.0	0.2	0.1	0.2	0.1	0.4	0.1	0.2	0.2	0.0	3.1	0.2	0.1	0.2	0.7	0.0	0.0	0.4	0.0	0.3
02-04	Cabbages	1.0	0.6	0.8	0.0	1.0	0.2	0.7	0.7	1.3	0.4	0.2	0.5	0.0	1.7	0.7	0.8	1.0	4.1	0.0	0.0	4.2	0.0	0.9
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.2	0.3	0.2	0.0	0.2	0.1	0.2	0.1	0.3	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.3	0.7	0.0	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	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.4	0.2	0.6	0.1	0.7	0.2	0.0	1.3	0.3	0.3	0.3	0.9	0.0	0.0	1.1	0.0	0.2
03	Legumes	0.1	0.3	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.3	0.2	0.0	0.3	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	6.6	2.7	0.0	3.1	1.3	5.8	2.3	6.2	3.1	0.7	2.3	0.0	1.1	2.7	1.5	5.0	4.3	0.0	0.0	12.1	0.0	5.2
04-01	Fruits	0.9	3.8	1.9	0.0	2.2	1.2	3.2	1.1	5.3	1.8	0.0	1.2	0.0	1.1	2.1	1.2	4.6	3.6	0.0	0.0	12.0	0.0	2.3
04-02	Nuts and seeds (+nut spread)	0.3	2.7	0.7	0.0	0.8	0.1	2.5	1.2	0.8	1.3	0.7	1.1	0.0	0.0	0.6	0.3	0.4	0.7	0.0	0.0	0.0	0.0	2.9
04-03	Mixed fruits	0.0	0.2	0.0	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	0.1	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	57.8	6.7	4.7	0.0	5.3	15.3	18.8	32.4	20.1	13.3	14.2	23.2	29.5	23.4	9.9	41.5	11.6	12.9	1.7	42.4	5.1	6.0	4.2
05-01	Milk	18.8	0.8	0.4	0.0	0.5	7.0	6.9	11.4	9.0	3.1	2.9	7.2	5.8	4.8	4.3	16.6	3.4	4.6	0.0	17.0	1.2	0.0	0.6
05-02	Milk beverages	6.0	2.1	2.3	0.0	2.7	3.0	3.3	3.7	3.5	1.2	1.2	2.5	2.4	1.8	1.5	5.5	1.5	1.3	1.7	3.7	1.3	1.2	0.4
05-03	Yoghurt	12.1	1.7	0.5	0.0	0.6	2.6	4.3	6.6	5.0	1.6	2.0	3.7	1.4	1.1	2.8	10.9	4.7	3.6	0.0	8.2	2.2	0.3	0.9
05-04	Fromage blanc, petits suisses	0.6	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.1	0.0	0.1	0.1	0.7	0.6	0.2	0.6	0.1	0.1	0.0	0.4	0.0	0.8	0.0
05-05	Cheese (including fresh cheeses)	17.1	0.9	0.5	0.0	0.6	1.8	2.6	8.6	0.9	6.5	7.3	8.2	15.8	12.4	0.4	4.9	0.7	2.8	0.0	10.7	0.1	2.6	1.7
05-06	Cream desserts, puddings (milk based)	2.9	1.1	0.8	0.0	0.9	0.7	1.5	1.7	1.5	0.9	0.7	1.4	2.3	1.7	0.7	2.8	1.1	0.5	0.0	2.2	0.2	0.6	0.4
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.0	0.8	0.1	0.1	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	0.1	0.1	0.0	0.0	0.0	1.0	0.8	0.1	0.1	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06	Cereals and cereal products	8.7	27.2	27.7	0.0	31.9	56.7	24.3	17.6	14.8	17.9	32.8	19.2	0.3	0.5	21.5	12.0	15.7	28.4	24.9	1.2	2.6	0.2	9.7
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.4	2.6	1.3	0.0	1.6	0.4	1.5	1.2	0.4	0.7	0.0	1.8	0.0	0.0	0.6	0.4	0.3	0.7	0.0	0.0	0.0	0.0	0.2
06-03	Bread, crisp bread, rusks	6.1	19.7	19.1	0.0	22.1	55.0	17.4	13.0	8.7	15.6	26.5	13.7	0.0	0.0	12.6	6.8	6.1	21.0	0.0	0.0	0.0	0.2	3.2
06-03-01	Bread	5.8	18.4	17.9	0.0	20.8	54.9	16.4	12.3	8.2	15.0	25.7	13.0	0.0	0.0	11.6	6.4	5.7	20.3	0.0	0.0	0.0	0.2	2.5
06-03-02	Crispbread, rusks	0.3	1.3	1.2	0.0	1.3	0.1	1.0	0.7	0.5	0.6	0.8	0.7	0.0	0.0	1.0	0.4	0.4	0.6	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	1.3	0.8	3.3	0.0	3.7	0.1	1.4	1.0	0.6	0.4	0.9	1.0	0.0	0.0	4.9	3.4	4.1	4.7	24.9	1.2	0.6	0.0	0.6
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	3.6	3.7	0.0	4.2	0.7	3.7	2.1	4.9	0.8	4.9	2.4	0.2	0.4	3.1	1.2	4.9	1.3	0.0	0.0	2.0	0.0	5.6
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.5	0.3	0.0	0.3	0.4	0.2	0.2	0.2	0.4	0.4	0.2	0.0	0.0	0.3	0.2	0.3	0.8	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	2.9	10.3	18.3	87.7	9.8	3.4	10.4	18.2	13.9	33.4	21.0	30.2	15.0	13.3	24.4	13.0	21.7	4.6	0.0	32.0	11.0	22.9	7.6
07-01	Fresh meat	0.4	2.7	6.0	34.2	1.7	0.7	3.6	5.9	5.1	10.1	2.0	12.8	1.0	0.8	9.0	4.5	8.5	0.8	0.0	12.8	2.0	3.7	1.5
07-01-00	Unclassified	0.1	0.7	1.6	11.7	0.4	0.2	0.9	1.5	1.3	2.7	0.8	3.7	0.4	0.3	3.3	1.2	2.6	0.1	0.0	3.9	1.0	1.4	0.3
07-01-01	Beef	0.1	1.2	3.3	15.0	0.7	0.3	1.4	2.3	2.0	3.4	0.7	6.0	0.4	0.4	0.6	1.7	3.0	0.6	0.0	6.5	0.8	1.1	0.6
07-01-02	Veal	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0
07-01-03	Pork	0.1	0.8	1.1	7.0	0.5	0.1	1.2	2.0	1.7	3.8	0.5	2.8	0.1	0.1	5.0	1.5	2.7	0.1	0.0	2.1	0.1	1.0	0.6
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	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	1.8	1.1	4.1	0.9	0.6	1.5	2.1	1.7	4.8	0.4	1.4	1.2	0.9	1.0	0.6	4.1	0.7	0.0	0.9	0.0	6.7	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	0.2	1.8	1.1	4.1	0.9	0.6	1.5	2.1	1.7	4.8	0.4	1.4	1.2	0.9	1.0	0.6	4.1	0.7	0.0	0.9	0.0	6.7	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	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	2.4	5.7	11.1	49.5	7.2	2.1	5.4	10.2	7.1	18.5	18.6	15.9	12.8	11.6	14.4	7.9	9.1	3.0	0.0	18.4	9.1	12.6	5.1
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	0.3	0.7	0.6	2.9	0.5	2.3	0.8	1.5	0.9	4.2	1.0	0.6	0.7	0.7	0.6	0.6	0.9	0.5	0.0	4.6	0.1	4.6	0.8
08-01	Fish	0.1	0.3	0.4	1.4	0.3	0.6	0.4	0.8	0.5	2.2	0.6	0.3	0.6	0.6	0.4	0.4	0.7	0.2	0.0	2.4	0.1	2.7	0.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.0	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	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.0	
08-03	Fish products, fish in crumbs	0.1	0.4	0.2	1.5	0.2	1.6	0.3	0.6	0.3	1.9	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.3	0.0	1.5	0.0	1.9	0.1
09	Eggs and egg products	0.8	0.6	2.2	0.0	2.7	1.9	0.5	1.6	0.4	3.7	0.5	1.5	4.1	3.2	0.5	2.3	0.6	2.3	0.0	3.7	0.0	4.1	2.6
09-01	Egg	0.8	0.6	2.2	0.0	2.7	1.9	0.5	1.6	0.4	3.7	0.5	1.5	4.1	3.2	0.5	2.3	0.6	2.3	0.0	3.7	0.0	4.1	2.6
10	Fat	1.0	0.0	0.2	1.6	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	28.7	23.0	2.4	1.6	3.7	4.9	35.4	1.5	0.0	38.1	20.0
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.5
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	3.9
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.7	2.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.8	0.3	
10-03	Margarines	1.0	0.0	0.1	1.6	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	25.6	20.5	2.4	1.5	3.7	4.9	35.4	1.4	0.0	36.8	15.3
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	5.9	12.9	13.0	0.0	14.8	3.3	8.1	4.2	6.0	3.1	1.7	4.0	4.4	4.0	2.9	5.2	2.4	2.5	5.2	3.5	2.4	1.7	6.0
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	0.0	0.2	0.2	0.0	0.2	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	10.4	8.6	0.0	9.8	1.5	5.5	2.8	3.6	2.2	0.7	2.8	1.3	1.1	1.7	3.1	1.1	1.8	5.2	2.4	0.2	0.4	4.5
11-03	Confectionery non-chocolate	0.5	1.0	1.8	0.0	2.1	0.2	0.7	0.3	0.5	0.2	0.3	0.3	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.2	0.7	1.6	0.0	1.8	0.2	0.5	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.9	0.0	0.0	0.0	1.8	0.0	0.8
11-05	Ice cream, water ice	2.1	0.7	0.7	0.0	0.8	1.5	1.3	1.0	1.0	0.8	0.5	0.7	3.1	2.9	1.0	1.9	0.4	0.6	0.0	1.1	0.3	1.4	0.6
11-05-01	Ice cream	2.0	0.7	0.7	0.0	0.7	1.5	1.2	1.0	1.0	0.7	0.5	0.7	3.1	2.9	0.9	1.8	0.4	0.6	0.0	1.1	0.0	1.4	0.6
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	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0
12	Cakes	4.5	6.1	7.6	1.1	8.6	3.7	5.2	6.1	4.2	5.5	6.0	4.3	8.3	7.2	3.7	4.5	3.2	3.2	1.7	2.2	0.2	9.4	10.2
12-01	Cakes, pies, pastries, etc	2.0	2.5	2.7	1.0	3.1	2.7	2.1	3.0	1.9	3.2	2.9	2.1	5.0	4.3	2.1	2.8	1.1	2.0	0.0	1.9	0.2	6.7	3.7
12-02	Dry cakes, biscuits	2.5	3.6	4.9	0.1	5.6	1.0	3.1	3.1	2.3	2.3	3.1	2.2	3.3	2.9	1.6	1.6	2.1	1.2	1.7	0.3	0.0	2.7	6.5
13	Non-alcoholic beverages	9.7	6.3	3.3	0.0	3.9	6.5	7.1	4.6	7.6	3.7	2.3	1.2	0.1	2.7	9.7	5.8	12.5	7.4	6.8	3.6	32.8	0.0	8.3
13-00	Unclassified	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.9	1.8	2.0	0.0	2.3	1.0	3.3	1.1	4.9	0.7	0.3	0.8	0.0	2.3	7.8	3.6	6.3	5.3	3.9	1.8	16.6	0.0	5.8
13-02	Carbonated/soft/isotonic drinks, diluted syrups	3.3	3.1	0.9	0.0	1.0	3.8	1.8	3.1	1.9	1.1	1.5	0.2	0.0	0.3	1.8	1.5	4.9	0.5	2.9	1.6	15.8	0.0	2.5
13-03	Coffee, tea and herbal teas	0.9	1.0	0.4	0.0	0.5	0.4	0.8	0.3	0.7	0.1	0.1	0.2	0.1	0.1	0.1	0.6	1.3	1.6	0.0	0.2	0.5	0.0	0.0
13-03-01	Coffee	0.2	0.1	0.2	0.0	0.2	0.1	0.3	0.1	0.4	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	0.6	0.7	0.2	0.0	0.2	0.3	0.4	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	1.0	1.3	0.0	0.0	0.4	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	3.4	0.4	0.1	0.0	0.1	1.3	1.2	0.0	0.0	1.8	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.0	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	
14-01 Wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	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	0.1	0.2	0.1	0.0	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	
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	
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	
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	
15 Condiments and sauces	0.7	1.2	1.4	0.1	1.7	0.5	1.6	1.0	1.3	1.3	7.9	0.9	3.8	5.5	3.8	0.8	0.5	0.6	1.1	0.2	0.8	4.5	12.4
15-01 Sauces	0.7	1.2	1.3	0.1	1.6	0.5	1.5	0.9	1.3	1.3	7.4	0.8	3.8	5.5	3.6	0.8	0.5	0.6	1.1	0.2	0.7	4.5	12.4
15-01-00 Unclassified and other sauces	0.3	0.9	0.7	0.1	0.8	0.1	1.0	0.5	0.6	0.4	3.1	0.5	3.2	2.7	2.2	0.2	0.3	0.4	1.1	0.1	0.4	3.9	4.6
15-01-01 Tomato sauces	0.1	0.2	0.1	0.0	0.2	0.1	0.3	0.1	0.5	0.1	1.5	0.1	0.1	1.9	1.3	0.2	0.1	0.1	0.0	0.0	0.3	0.0	0.2
15-01-02 Dressing sauces	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.3	1.4	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.2	2.2
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.5	1.3	0.2	0.3	0.6	0.1	0.1	0.1	0.1	0.0	0.0	0.3	5.3	
15-01-04 Dessert sauces	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	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	
15-04 Condiments	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.5	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.4	1.1	1.1	1.1	1.1	0.2	1.6	0.8	1.2	0.9	4.0	0.7	0.1	0.7	1.7	0.6	0.9	0.8	0.0	1.0	1.1	1.5	1.4
16-01 Soups	0.4	1.1	1.1	1.1	1.1	0.2	1.6	0.8	1.2	0.9	3.8	0.7	0.1	0.7	1.7	0.6	0.9	0.8	0.0	1.0	1.1	1.5	1.4
16-02 Bouillon	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	0.0	0.0	
17 Miscellaneous	0.9	1.5	2.3	5.4	2.0	0.4	1.6	1.5	1.2	2.2	3.6	2.4	1.0	0.8	2.0	1.3	1.0	0.6	0.0	1.8	0.2	2.6	1.9
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	
17-01 Soya products	0.1	0.3	0.3	0.0	0.3	0.0	0.3	0.2	0.3	0.1	0.3	0.0	0.0	0.0	0.2	0.2	0.1	0.2	0.0	0.3	0.0	0.1	0.3
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	
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	
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	
17-03 Snacks	0.9	1.1	2.0	5.4	1.7	0.4	1.2	1.3	0.9	2.2	3.3	2.4	1.0	0.8	1.7	1.1	0.8	0.4	0.0	1.5	0.2	2.5	1.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.4	9.6	6.2	0.0	7.3	1.8	7.6	4.6	13.6	2.7	0.7	4.0	0.1	0.1	5.9	2.1	12.0	9.2	0.0	0.1	14.8	0.0	2.4
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
02	Vegetables	3.9	4.9	6.3	0.0	7.3	1.3	4.6	2.7	7.7	1.4	2.2	2.9	0.2	12.9	3.4	3.3	4.3	13.6	0.0	0.0	12.3	0.1	5.3
02-01	Leafy vegetables (except cabbages)	1.0	0.7	1.5	0.0	1.7	0.2	1.1	0.4	1.2	0.1	0.4	0.5	0.2	2.8	0.6	0.7	0.4	2.4	0.0	0.0	0.4	0.1	1.2
02-02	Fruiting vegetables	1.0	1.6	2.6	0.0	3.0	0.5	1.8	0.8	3.1	0.2	0.8	1.1	0.0	2.0	1.1	0.9	1.6	3.5	0.0	0.0	5.4	0.0	2.3
02-03	Root vegetables	0.3	0.3	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.2	0.2	0.0	5.8	0.2	0.1	0.3	1.0	0.0	0.0	0.3	0.0	0.5
02-04	Cabbages	0.9	0.7	0.8	0.0	1.0	0.2	0.7	0.7	1.4	0.6	0.4	0.5	0.0	0.9	0.6	0.7	1.0	4.1	0.0	0.0	4.3	0.0	0.8
02-05	Mushrooms	0.0	0.6	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.3	0.1	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	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.2	0.5	0.1	0.0	0.2	0.0	0.1	0.2	0.1	0.6	1.0	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	0.0	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	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.4	0.0	0.4	0.1	0.2	0.1	0.4	0.1	0.2	0.2	0.0	1.2	0.2	0.2	0.2	0.9	0.0	0.0	0.8	0.0	0.2
03	Legumes	0.1	0.7	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.2	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	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	0.2	0.3	0.2	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.4	7.2	3.1	0.0	3.5	1.4	6.3	2.5	6.9	3.1	0.8	2.5	0.0	1.1	3.0	1.7	5.1	4.0	0.0	0.0	12.7	0.0	5.8
04-01	Fruits	1.0	4.3	2.4	0.0	2.7	1.3	3.7	1.2	5.9	1.8	0.1	1.4	0.0	1.1	2.3	1.3	4.6	3.3	0.0	0.0	12.5	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.3	2.8	0.7	0.0	0.8	0.1	2.6	1.3	0.9	1.2	0.7	1.1	0.0	0.0	0.6	0.3	0.4	0.7	0.0	0.0	0.0	0.0	3.0
04-03	Mixed fruits	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	0.1	0.1	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	58.9	6.6	4.4	0.0	5.1	15.9	19.0	33.7	21.0	13.8	14.7	23.9	30.1	23.5	11.1	44.1	13.1	13.9	1.7	43.4	5.7	6.3	4.5
05-01	Milk	19.1	0.9	0.5	0.0	0.5	7.7	7.4	11.9	9.6	3.4	3.2	7.5	7.0	5.3	5.0	18.4	4.1	5.4	0.0	17.8	1.6	0.1	0.8
05-02	Milk beverages	5.8	2.1	2.5	0.0	2.8	2.8	3.1	3.5	3.5	1.1	1.0	2.4	2.1	1.7	1.5	5.5	1.4	1.2	1.7	3.3	1.0	1.2	0.4
05-03	Yoghurt	12.6	1.8	0.5	0.0	0.6	2.6	4.3	6.9	5.3	1.8	2.0	3.9	1.9	1.5	3.0	11.5	5.6	3.9	0.0	8.7	2.6	0.2	0.9
05-04	Fromage blanc, petits suisses	0.3	0.0	0.1	0.0	0.1	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.3	0.2	0.2	0.4	0.1	0.1	0.0	0.3	0.0	0.4	0.0
05-05	Cheese (including fresh cheeses)	17.9	1.0	0.5	0.0	0.6	1.9	2.7	9.2	0.9	6.6	7.7	8.7	15.4	12.1	0.4	5.3	0.7	2.8	0.0	10.8	0.1	2.9	1.8
05-06	Cream desserts, puddings (milk based)	2.9	0.8	0.4	0.0	0.4	0.7	1.3	1.7	1.4	0.8	0.7	1.3	2.0	1.6	0.8	2.7	1.1	0.5	0.0	2.4	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.3	1.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.3	1.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.6	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

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06	Cereals and cereal products	8.1	29.2	27.9	0.4	32.1	55.9	25.8	18.5	14.4	18.5	32.7	19.6	0.5	0.6	20.4	10.4	12.9	27.6	21.2	0.5	1.5	0.3	10.0
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.6	3.2	2.0	0.1	2.2	0.5	2.1	1.7	0.5	1.1	0.1	2.3	0.0	0.0	0.8	0.6	0.4	0.8	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.9	20.7	19.8	0.0	22.8	53.9	18.9	13.7	9.2	15.3	26.6	14.1	0.1	0.1	13.6	6.8	6.3	21.6	0.0	0.1	0.0	0.2	4.2
06-03-01	Bread	5.5	19.4	18.5	0.0	21.4	53.7	17.8	13.0	8.7	14.8	25.8	13.4	0.0	0.0	12.4	6.4	6.0	21.0	0.0	0.1	0.0	0.2	3.6
06-03-02	Crispbread, rusks	0.3	1.4	1.3	0.0	1.4	0.2	1.1	0.8	0.5	0.6	0.9	0.7	0.0	0.0	1.2	0.4	0.4	0.6	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.6	0.9	2.3	0.0	2.6	0.1	1.1	0.7	0.5	0.2	0.6	0.8	0.0	0.0	2.8	1.5	1.9	2.5	21.2	0.4	0.1	0.1	0.6
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	3.2	3.1	0.3	3.6	0.6	3.2	1.8	3.7	0.9	4.4	1.9	0.3	0.4	2.4	1.0	3.6	1.0	0.0	0.0	1.3	0.0	4.5
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	1.1	0.7	0.0	0.8	0.9	0.5	0.5	0.4	0.9	0.9	0.5	0.1	0.1	0.8	0.5	0.6	1.7	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.5	9.7	17.0	86.8	9.1	3.2	9.5	17.3	13.2	32.8	19.5	28.6	16.1	13.9	25.8	12.3	22.1	4.0	0.0	31.9	10.0	23.5	7.4
07-01	Fresh meat	0.4	2.6	5.9	34.1	1.7	0.7	3.4	5.9	5.1	10.4	2.4	12.6	1.2	0.9	10.7	4.4	8.8	0.8	0.0	13.2	2.1	4.0	1.7
07-01-00	Unclassified	0.1	0.7	1.6	10.0	0.5	0.2	0.9	1.6	1.3	2.8	0.8	3.5	0.5	0.4	2.8	1.1	2.3	0.1	0.0	3.7	1.0	1.7	0.3
07-01-01	Beef	0.1	0.9	2.8	15.2	0.6	0.2	1.1	1.8	1.6	3.2	0.6	5.5	0.5	0.4	0.5	1.4	2.5	0.4	0.0	6.6	0.9	1.0	0.6
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	0.2	0.9	1.3	8.5	0.6	0.2	1.4	2.4	2.1	4.3	1.0	3.4	0.2	0.1	7.3	1.8	3.8	0.2	0.0	2.5	0.2	1.2	0.7
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.0	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	2.3	1.3	6.7	1.0	0.7	1.7	2.6	2.1	6.5	0.5	1.8	1.4	1.0	1.3	0.6	5.2	0.8	0.0	1.4	0.0	9.2	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	2.3	1.3	6.3	0.9	0.7	1.7	2.6	2.0	6.4	0.5	1.7	1.3	1.0	1.3	0.6	5.1	0.8	0.0	1.2	0.0	9.2	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.1	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	0.0	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	1.9	4.8	9.9	46.0	6.5	1.7	4.3	8.8	6.0	16.0	16.5	14.2	13.6	12.0	13.8	7.3	8.1	2.5	0.0	17.3	7.9	10.3	4.7
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	0.3	0.7	0.6	2.4	0.5	1.4	0.6	0.9	0.6	3.8	0.7	0.6	0.2	0.2	0.4	0.5	0.7	0.3	0.0	4.5	0.0	3.3	0.6
08-01	Fish	0.1	0.3	0.3	1.6	0.3	0.4	0.3	0.5	0.3	2.0	0.3	0.2	0.1	0.0	0.2	0.2	0.5	0.1	0.0	2.4	0.0	2.3	0.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.3	0.2	0.4	0.2	0.3	0.1	0.1	0.1	0.5	0.2	0.2	0.0	0.0	0.0	0.2	0.0	0.1	0.0	1.2	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.1	0.1	0.4	0.1	0.7	0.2	0.4	0.2	1.3	0.2	0.1	0.1	0.1	0.2	0.1	0.1	0.2	0.0	0.8	0.0	1.0	0.1
09	Eggs and egg products	0.6	0.5	2.0	0.0	2.3	1.7	0.4	1.4	0.4	3.6	0.5	1.3	3.9	2.9	0.5	1.9	0.5	2.1	0.0	3.4	0.0	4.7	2.5
09-01	Egg	0.6	0.5	2.0	0.0	2.3	1.7	0.4	1.4	0.4	3.6	0.5	1.3	3.9	2.9	0.5	1.9	0.5	2.1	0.0	3.4	0.0	4.7	2.5
10	Fat	1.4	0.0	0.1	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	25.9	20.0	2.7	2.1	3.5	2.7	35.3	1.3	0.0	36.0	20.6
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3
10-01	Vegetable oils	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	4.9
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.3	1.9	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.3
10-03	Margarines	1.3	0.0	0.1	1.4	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	23.2	17.9	2.7	2.1	3.5	2.7	35.3	1.2	0.0	34.5	15.1
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	0.1	0.0
11	Sugar and confectionery	4.8	11.4	11.2	0.0	12.8	3.0	7.0	3.8	5.2	2.5	1.5	3.4	3.4	2.9	2.5	4.5	2.5	2.2	4.8	3.0	2.5	1.3	5.6
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	0.0	0.2	0.2	0.0	0.3	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	0.2	0.0	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.9	9.5	8.0	0.0	9.2	1.6	5.2	2.8	3.5	1.9	0.7	2.6	1.6	1.2	1.5	3.1	0.8	1.7	4.6	2.2	0.3	0.6	4.1
11-03	Confectionery non-chocolate	0.4	0.9	1.5	0.0	1.7	0.2	0.6	0.3	0.4	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.5	1.1	0.0	1.2	0.1	0.3	0.1	0.5	0.0	0.0	0.1	0.0	0.0	0.1	0.1	1.2	0.0	0.0	0.0	2.0	0.0	0.9
11-05	Ice cream, water ice	1.3	0.3	0.4	0.0	0.4	1.1	0.8	0.6	0.7	0.4	0.4	0.4	1.8	1.6	0.7	1.2	0.3	0.5	0.0	0.8	0.3	0.7	0.3
11-05-01	Ice cream	1.3	0.3	0.3	0.0	0.4	1.1	0.8	0.6	0.7	0.4	0.3	0.4	1.8	1.6	0.7	1.1	0.3	0.4	0.0	0.8	0.0	0.7	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0
12	Cakes	4.7	7.0	9.4	0.8	10.5	5.2	5.8	6.8	4.8	6.5	7.1	5.1	9.7	8.0	4.3	5.0	4.4	4.4	2.1	3.1	0.4	10.8	11.0
12-01	Cakes, pies, pastries, etc	2.5	3.4	3.8	0.7	4.3	4.3	3.0	3.9	2.6	4.2	4.2	3.0	7.3	6.0	2.6	3.5	1.5	3.2	0.0	2.7	0.4	9.0	5.4
12-02	Dry cakes, biscuits	2.2	3.6	5.5	0.1	6.3	0.9	2.8	2.9	2.3	2.4	2.9	2.1	2.4	2.0	1.7	1.5	2.9	1.2	2.1	0.4	0.0	1.8	5.7
13	Non-alcoholic beverages	9.0	5.7	3.2	0.0	3.7	5.7	6.9	3.5	7.3	3.6	1.9	1.2	0.1	2.7	7.7	5.1	11.8	7.7	4.6	2.9	32.2	0.0	6.2
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	1.5	1.7	2.0	0.0	2.3	1.0	3.3	1.0	4.8	0.6	0.2	0.7	0.0	2.5	6.7	2.9	5.5	5.0	0.7	1.4	17.9	0.0	4.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.6	2.1	0.6	0.0	0.7	2.8	1.4	2.1	1.6	0.9	1.2	0.1	0.0	0.2	0.9	1.5	4.8	0.6	3.9	1.4	13.5	0.0	1.6
13-03	Coffee, tea and herbal teas	1.1	1.4	0.6	0.0	0.6	0.5	0.9	0.3	0.9	0.0	0.1	0.2	0.1	0.0	0.1	0.6	1.6	2.1	0.0	0.1	0.7	0.0	0.0
13-03-01	Coffee	0.1	0.1	0.2	0.0	0.3	0.0	0.3	0.1	0.4	0.0	0.0	0.1	0.1	0.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
13-03-02	Tea	0.8	1.1	0.3	0.0	0.3	0.3	0.5	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.4	1.3	1.7	0.0	0.0	0.6	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.3	0.0	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	
13-04 Waters	3.8	0.5	0.1	0.0	0.1	1.4	1.4	0.0	0.1	2.1	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.3	0.2	0.3	0.0	0.4	0.2	0.6	0.4	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.4	0.6	0.0	0.2	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	
14-01 Wine	0.0	0.1	0.2	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	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	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	0.0	
14-03 Beer, cider	0.2	0.1	0.1	0.0	0.1	0.1	0.4	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.3	0.3	0.6	0.0	0.2	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.3	1.6	0.0	1.8	0.4	1.6	0.9	1.5	1.1	8.2	0.8	3.4	4.7	3.6	0.7	0.5	0.5	0.0	0.1	1.1	4.3	11.5
15-01 Sauces	0.5	1.2	1.4	0.0	1.6	0.4	1.4	0.8	1.3	1.0	7.2	0.8	3.4	4.7	3.0	0.6	0.4	0.5	0.0	0.1	0.9	4.3	11.5
15-01-00 Unclassified and other sauces	0.3	0.9	0.7	0.0	0.8	0.1	0.9	0.4	0.5	0.4	3.3	0.4	3.0	2.2	1.7	0.2	0.1	0.1	0.0	0.0	0.3	3.8	4.2
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.2	0.1	0.4	0.2	0.7	0.1	1.9	0.1	0.1	1.9	1.3	0.3	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.8	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.3
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.5	1.2	0.2	0.3	0.5	0.1	0.1	0.1	0.1	0.0	0.0	0.4	5.5	
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	1.1	0.1	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.4	1.3	1.4	3.0	1.3	0.3	1.7	1.0	1.5	1.3	4.4	1.0	0.4	1.4	2.3	0.6	1.2	1.2	0.0	1.7	1.5	1.9	1.2
16-01 Soups	0.4	1.3	1.4	3.0	1.3	0.3	1.7	1.0	1.5	1.3	4.3	1.0	0.4	1.4	2.3	0.6	1.2	1.2	0.0	1.7	1.5	1.9	1.2
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.0	1.1	2.0	5.2	1.6	0.8	1.2	1.4	0.9	2.0	3.4	2.3	1.2	0.8	1.6	1.2	0.9	0.7	0.0	1.8	0.3	2.3	1.5
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	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0
17-02 Dietetic products	0.0	0.1	0.1	0.1	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	0.0	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	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	0.0	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	0.9	1.0	1.8	5.1	1.4	0.7	1.0	1.3	0.8	1.9	3.2	2.2	1.2	0.8	1.5	1.1	0.9	0.6	0.0	1.7	0.3	2.3	1.5



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.2	7.9	4.8	0.0	5.8	1.5	6.2	3.8	11.4	2.1	0.8	3.2	0.2	0.2	5.1	1.7	10.3	7.2	0.0	0.2	11.6	0.1	2.0
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	3.4	5.1	6.4	0.0	7.6	1.6	4.7	2.8	8.6	1.2	2.1	3.2	0.1	13.6	3.7	3.1	4.6	12.7	0.0	0.0	13.0	0.0	5.5
02-01	Leafy vegetables (except cabbages)	0.8	0.7	1.1	0.0	1.4	0.3	0.9	0.4	1.3	0.1	0.2	0.5	0.1	2.5	0.6	0.6	0.5	2.0	0.0	0.0	0.3	0.0	0.7
02-02	Fruiting vegetables	1.1	2.1	3.1	0.0	3.6	0.8	2.3	1.0	4.0	0.2	0.7	1.3	0.0	2.3	1.6	1.2	2.1	4.3	0.0	0.0	6.8	0.0	2.7
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.3	0.2	0.8	0.1	0.3	0.2	0.0	6.0	0.2	0.2	0.4	1.2	0.0	0.0	0.3	0.0	0.6
02-04	Cabbages	0.7	0.5	0.8	0.0	1.0	0.2	0.6	0.6	1.2	0.3	0.3	0.5	0.0	1.4	0.5	0.5	0.7	3.1	0.0	0.0	3.8	0.0	1.1
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.1	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.4	0.7	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.4	0.0	0.5	0.1	0.3	0.2	0.5	0.1	0.4	0.2	0.0	1.2	0.3	0.2	0.4	0.9	0.0	0.0	1.1	0.0	0.2
03	Legumes	0.1	0.4	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.4	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.6	8.9	3.9	0.0	4.6	1.5	7.5	3.1	8.4	3.8	0.9	3.1	0.0	1.4	3.8	2.0	5.8	4.9	0.0	0.0	14.8	0.0	7.1
04-01	Fruits	1.2	4.7	2.6	0.0	3.1	1.4	3.9	1.4	6.9	1.9	0.1	1.4	0.0	1.3	2.8	1.5	5.2	3.8	0.0	0.0	14.6	0.0	2.9
04-02	Nuts and seeds (+nut spread)	0.3	3.7	1.1	0.0	1.3	0.1	3.3	1.6	1.2	1.7	0.7	1.6	0.0	0.0	0.8	0.4	0.5	1.0	0.0	0.0	0.0	0.0	3.8
04-03	Mixed fruits	0.1	0.4	0.2	0.0	0.2	0.0	0.2	0.1	0.2	0.2	0.0	0.1	0.0	0.1	0.2	0.1	0.1	0.2	0.0	0.0	0.2	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	59.8	6.4	4.2	0.0	4.8	16.4	19.1	35.0	21.8	14.5	15.9	24.9	31.6	24.7	11.7	44.7	13.3	14.4	1.5	45.8	4.6	7.0	5.0
05-01	Milk	19.9	0.9	0.5	0.0	0.6	8.0	7.5	12.7	10.2	3.5	3.4	7.9	6.7	5.3	5.2	19.0	4.1	5.6	0.0	19.0	1.4	0.0	0.7
05-02	Milk beverages	4.6	1.7	2.0	0.0	2.3	2.2	2.4	2.8	2.8	0.9	0.9	1.8	2.1	1.6	1.5	4.3	1.0	1.1	1.5	2.8	0.4	1.1	0.4
05-03	Yoghurt	13.0	1.7	0.5	0.0	0.6	3.0	4.6	7.5	5.9	2.1	2.3	4.5	2.3	1.6	3.3	11.9	5.9	4.1	0.0	9.2	2.2	0.5	1.2
05-04	Fromage blanc, petits suisses	0.4	0.1	0.2	0.0	0.2	0.3	0.2	0.3	0.2	0.1	0.1	0.2	0.4	0.4	0.2	0.6	0.1	0.1	0.0	0.6	0.1	0.5	0.0
05-05	Cheese (including fresh cheeses)	18.3	1.1	0.5	0.0	0.6	2.2	2.8	9.7	1.0	7.2	8.4	9.2	16.2	12.8	0.5	5.5	0.8	3.0	0.0	11.4	0.1	3.4	2.0
05-06	Cream desserts, puddings (milk based)	3.1	0.9	0.5	0.0	0.5	0.6	1.5	1.8	1.6	0.8	0.7	1.3	2.2	1.7	0.9	3.1	1.4	0.5	0.0	2.6	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.0	1.7	1.4	0.1	0.2	0.0	0.1	0.0	0.1	0.1	0.8	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.7	1.4	0.1	0.2	0.0	0.1	0.0	0.1	0.1	0.8	0.2
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

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	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	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
06	Cereals and cereal products	8.3	31.0	30.1	0.3	34.9	56.6	27.5	20.1	15.0	19.6	34.5	21.3	0.6	0.6	23.5	10.8	14.3	27.6	20.2	0.9	1.5	0.3	10.4
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	4.2	2.5	0.1	2.8	0.6	2.6	2.1	0.7	1.9	0.1	3.0	0.0	0.1	1.2	0.6	0.5	1.0	0.0	0.0	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.0	21.9	20.6	0.0	24.2	54.6	20.2	14.6	9.8	15.9	28.7	15.1	0.1	0.1	15.0	6.6	6.9	21.0	0.0	0.1	0.0	0.2	4.1
06-03-01	Bread	5.7	20.4	19.5	0.0	22.9	54.5	19.0	13.9	9.2	15.3	27.8	14.3	0.1	0.1	13.8	6.2	6.6	20.4	0.0	0.1	0.0	0.2	3.6
06-03-02	Crispbread, rusks	0.3	1.4	1.1	0.0	1.3	0.2	1.2	0.8	0.6	0.6	0.9	0.7	0.0	0.0	1.2	0.4	0.4	0.6	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	0.9	1.5	3.6	0.0	4.0	0.1	1.8	1.4	1.0	0.5	1.3	1.4	0.0	0.0	4.3	2.6	3.2	3.6	20.2	0.7	0.3	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.6	2.7	2.8	0.2	3.3	0.7	2.5	1.5	3.3	0.7	3.8	1.5	0.3	0.4	2.4	0.7	3.2	0.8	0.0	0.0	1.1	0.0	4.7
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.4	0.4	0.3	0.6	0.6	0.3	0.1	0.1	0.5	0.3	0.4	1.1	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.2	9.0	15.3	86.0	8.1	2.8	8.4	15.5	12.0	29.3	17.4	25.3	14.4	12.4	20.1	10.6	19.4	3.7	0.0	27.9	9.0	21.2	6.7
07-01	Fresh meat	0.3	2.3	5.2	33.4	1.4	0.6	2.8	4.8	4.2	8.3	1.8	10.8	0.9	0.7	7.0	3.5	7.0	0.7	0.0	11.2	1.6	2.9	1.4
07-01-00	Unclassified	0.1	0.3	0.8	6.9	0.2	0.1	0.4	0.7	0.6	1.2	0.4	1.8	0.2	0.2	1.5	0.6	1.1	0.0	0.0	2.1	0.7	0.7	0.2
07-01-01	Beef	0.1	1.2	3.4	20.0	0.8	0.3	1.4	2.3	2.0	3.8	0.8	6.5	0.6	0.5	0.7	1.7	3.0	0.5	0.0	7.3	0.8	1.3	0.7
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	0.9	6.2	0.4	0.1	1.0	1.7	1.5	3.3	0.6	2.4	0.1	0.1	4.8	1.2	2.8	0.2	0.0	1.6	0.1	0.9	0.6
07-01-04	Mutton/Lamb	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	0.2	2.2	1.5	9.2	1.1	0.7	1.8	2.6	2.2	6.6	0.6	2.0	1.3	1.0	1.4	0.9	5.3	0.8	0.0	1.6	0.0	8.3	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	2.1	1.3	8.6	0.9	0.7	1.7	2.5	2.1	6.3	0.5	1.9	1.3	1.0	1.3	0.8	5.1	0.7	0.0	1.3	0.0	8.3	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.5	0.1	0.0	0.1	0.2	0.1	0.3	0.0	0.2	0.0	0.0	0.1	0.1	0.3	0.1	0.0	0.3	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	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-04	Processed meat	1.7	4.4	8.6	43.0	5.6	1.5	3.8	8.0	5.6	14.3	15.0	12.4	12.2	10.6	11.6	6.2	6.9	2.3	0.0	14.9	7.3	10.0	4.2
07-05	Offals	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	0.1	0.0	0.0	0.0
08	Fish and shellfish	0.4	0.8	0.6	3.7	0.5	2.2	0.8	1.6	1.0	4.7	1.1	0.6	0.3	0.2	0.8	0.6	1.0	0.4	0.0	5.2	0.0	4.7	1.0
08-01	Fish	0.2	0.2	0.3	2.1	0.3	0.8	0.4	1.0	0.6	2.4	0.6	0.3	0.1	0.1	0.5	0.4	0.8	0.1	0.0	3.6	0.0	3.0	0.7

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.5	0.0	0.0	0.2	
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.5	0.2	1.3	0.3	0.5	0.4	2.1	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.1	0.0	1.6	0.2
09	Eggs and egg products	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.0	0.5	1.9	0.6	2.2	0.0	3.3	0.0	5.0	3.0
09-01	Egg	0.6	0.6	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.0	0.5	1.9	0.6	2.2	0.0	3.3	0.0	5.0	3.0
10	Fat	1.6	0.0	0.1	1.7	0.1	0.2	0.1	0.3	0.2	0.1	1.1	0.0	25.8	19.7	3.7	2.5	5.2	5.2	40.1	2.2	0.0	37.3	21.1
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.2	
10-01	Vegetable oils	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	4.3
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.7	2.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.3	
10-03	Margarines	1.6	0.0	0.1	1.7	0.1	0.1	0.1	0.2	0.2	0.0	1.0	0.0	22.9	17.4	3.7	2.5	5.2	5.2	40.1	2.1	0.0	36.0	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	5.3	11.3	11.0	0.0	12.7	2.8	7.0	4.0	5.4	2.8	1.6	3.5	3.7	3.2	2.4	4.6	2.7	1.8	1.3	2.9	3.4	1.7	6.4
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	0.0	0.2	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.2	9.1	7.3	0.0	8.4	1.4	4.9	2.8	3.4	2.1	0.7	2.5	1.2	1.0	1.2	3.0	0.6	1.2	1.1	2.0	0.2	0.6	4.8
11-03	Confectionery non-chocolate	0.4	1.0	1.5	0.0	1.7	0.2	0.7	0.4	0.4	0.1	0.3	0.3	0.0	0.0	0.3	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.7	1.5	0.0	1.8	0.1	0.4	0.1	0.6	0.0	0.1	0.2	0.0	0.0	0.1	0.1	1.6	0.0	0.0	0.0	2.6	0.0	1.0
11-05	Ice cream, water ice	1.5	0.4	0.5	0.0	0.5	1.2	0.9	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.9	1.4	0.4	0.5	0.0	0.9	0.6	1.0	0.4
11-05-01	Ice cream	1.4	0.4	0.4	0.0	0.5	1.1	0.9	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.3	0.5	0.0	0.9	0.0	1.0	0.4
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	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.0	0.0	0.0
12	Cakes	3.4	5.5	7.7	0.7	8.9	3.5	4.4	5.2	3.8	5.3	6.1	3.7	7.8	6.3	3.2	3.2	3.5	3.0	0.7	2.0	0.2	8.4	9.1
12-01	Cakes, pies, pastries, etc	1.6	2.5	2.7	0.6	3.1	2.5	2.0	2.7	1.7	2.9	3.1	2.0	5.0	4.1	1.8	2.1	0.9	2.0	0.0	1.5	0.2	6.2	4.1
12-02	Dry cakes, biscuits	1.9	3.0	5.1	0.1	5.8	0.9	2.4	2.6	2.1	2.4	3.0	1.8	2.8	2.2	1.4	1.1	2.6	1.0	0.7	0.4	0.0	2.2	5.0
13	Non-alcoholic beverages	8.3	5.1	3.1	0.0	3.7	5.1	6.8	2.9	7.3	3.7	2.0	1.1	0.1	2.0	7.0	4.9	10.3	6.7	1.4	2.3	30.9	0.0	5.5
13-00	Unclassified	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	0.0
13-01	Fruit and vegetable juices	1.4	1.6	1.7	0.0	2.0	0.9	3.1	1.1	4.9	0.6	0.2	0.6	0.0	1.7	6.2	3.2	5.2	4.4	0.3	1.4	19.2	0.0	4.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.8	1.5	0.6	0.0	0.7	2.2	1.1	1.5	1.2	0.7	1.0	0.1	0.0	0.2	0.5	1.0	3.5	0.3	1.1	0.7	11.1	0.0	1.5
13-03	Coffee, tea and herbal teas	1.2	1.4	0.7	0.0	0.8	0.5	1.2	0.4	1.2	0.1	0.2	0.3	0.1	0.1	0.2	0.7	1.6	2.0	0.0	0.2	0.6	0.0	0.0
13-03-01	Coffee	0.3	0.2	0.4	0.0	0.5	0.1	0.6	0.1	0.8	0.1	0.0	0.1	0.1	0.1	0.2	0.3	0.0	0.0	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	0.7	0.9	0.2	0.0	0.3	0.3	0.4	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	1.2	1.5	0.0	0.0	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.3	0.4	0.1	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.4	0.5	0.0	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	
13-04 Waters	3.9	0.5	0.1	0.0	0.1	1.5	1.5	0.0	0.1	2.3	0.6	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.1	0.1	0.3	0.0	0.3	0.2	0.2	0.1	0.2	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	
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	
14-01 Wine	0.1	0.1	0.3	0.0	0.3	0.1	0.1	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	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	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	0.1	0.1	0.1	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.3	1.5	0.5	1.8	0.4	1.7	0.9	1.5	0.9	7.8	0.8	2.3	3.6	3.7	0.6	0.5	0.6	0.0	0.1	0.9	2.4	8.7
15-01 Sauces	0.5	1.2	1.4	0.5	1.6	0.4	1.5	0.8	1.4	0.8	7.0	0.7	2.3	3.6	3.3	0.6	0.5	0.6	0.0	0.1	0.8	2.4	8.7
15-01-00 Unclassified and other sauces	0.3	0.9	0.7	0.5	0.8	0.1	1.0	0.5	0.6	0.4	3.3	0.5	1.8	1.4	1.6	0.3	0.2	0.1	0.0	0.0	0.2	2.1	3.3
15-01-01 Tomato sauces	0.1	0.3	0.3	0.0	0.3	0.1	0.3	0.2	0.7	0.1	2.0	0.1	0.2	1.8	1.6	0.3	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.8	
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.2	0.8	0.1	0.2	0.3	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.2	3.1
15-01-04 Dessert sauces	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	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	
15-04 Condiments	0.1	0.1	0.1	0.0	0.2	0.0	0.2	0.1	0.1	0.1	0.8	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.4	1.1	1.1	2.6	1.0	0.2	1.8	1.0	1.5	0.9	4.3	0.8	0.2	0.9	1.9	0.4	0.8	0.8	0.0	1.1	1.2	1.4	0.8
16-01 Soups	0.4	1.1	1.0	2.6	1.0	0.2	1.8	1.0	1.5	0.9	3.9	0.8	0.2	0.9	1.9	0.4	0.8	0.8	0.0	1.1	1.2	1.4	0.8
16-02 Bouillon	0.0	0.0	0.0	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	
17 Miscellaneous	1.7	1.6	2.5	4.6	2.4	0.9	1.7	1.9	1.3	2.4	3.6	2.4	1.8	1.5	2.2	1.9	1.5	1.6	2.2	2.4	0.7	2.7	1.9
17-00 Unclassified	0.1	0.0	0.2	0.0	0.3	0.0	0.0	0.1	0.0	0.2	0.4	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
17-01 Soya products	0.4	0.3	0.4	0.0	0.5	0.0	0.7	0.4	0.3	0.1	0.6	0.1	0.1	0.0	0.3	0.6	0.3	0.7	0.0	0.2	0.0	0.0	0.4
17-02 Dietetic products	0.4	0.7	0.8	0.0	0.8	0.5	0.4	0.5	0.4	0.6	0.4	0.7	0.9	0.8	0.6	0.6	0.6	0.6	2.2	0.5	0.5	0.9	0.7
17-02-00 Unclassified	0.4	0.7	0.8	0.0	0.8	0.5	0.4	0.5	0.4	0.6	0.4	0.7	0.9	0.8	0.6	0.6	0.6	0.6	2.2	0.5	0.5	0.9	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	0.7	0.6	1.1	4.6	0.9	0.3	0.6	0.9	0.5	1.5	2.3	1.6	0.8	0.7	1.2	0.7	0.6	0.3	0.0	1.5	0.3	1.8	0.8

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.6	9.5	6.3	0.0	7.7	2.0	7.0	4.4	12.8	2.1	0.9	3.7	0.1	0.1	6.1	2.1	12.0	8.3	0.0	0.1	17.8	0.0	2.0
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	5.0	6.1	6.9	0.0	8.3	1.5	4.7	3.2	8.0	1.8	2.4	3.3	0.1	12.5	4.3	4.2	4.8	14.9	0.0	0.0	17.6	0.1	5.3
02-01	Leafy vegetables (except cabbages)	1.1	0.8	1.4	0.0	1.7	0.3	1.0	0.5	1.4	0.1	0.2	0.5	0.1	2.3	0.7	0.6	0.5	2.4	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	1.2	1.6	2.2	0.0	2.6	0.5	1.5	0.7	2.5	0.2	0.7	0.9	0.0	1.8	1.0	0.9	1.4	3.5	0.0	0.0	5.7	0.0	2.0
02-03	Root vegetables	0.3	0.5	0.3	0.0	0.4	0.1	0.3	0.2	0.7	0.1	0.4	0.3	0.0	4.4	0.3	0.2	0.4	1.1	0.0	0.0	0.5	0.0	0.5
02-04	Cabbages	1.3	0.9	1.2	0.0	1.5	0.3	0.9	0.9	1.7	0.8	0.4	0.6	0.0	1.9	0.9	1.1	1.1	4.7	0.0	0.0	7.5	0.0	1.2
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.4	0.4	0.0	0.5	0.0	0.3	0.2	0.1	0.1	0.2	0.3	0.0	0.1	0.4	0.2	0.2	0.5	0.0	0.0	0.5	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.0	0.0	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	0.0	0.8	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.2	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.5	0.6	0.7	0.0	0.9	0.1	0.4	0.3	0.6	0.2	0.6	0.3	0.0	1.9	0.6	0.5	0.5	1.3	0.0	0.0	1.9	0.0	0.4
03	Legumes	0.2	0.8	0.5	0.0	0.6	0.0	0.4	0.3	0.3	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	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	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.3	7.1	2.8	0.0	3.3	1.0	5.9	2.7	5.2	3.0	1.2	2.7	0.0	0.7	2.6	1.4	3.9	3.7	0.0	0.0	12.6	0.0	5.3
04-01	Fruits	0.8	3.1	1.4	0.0	1.7	0.9	2.5	0.9	3.9	1.2	0.0	0.9	0.0	0.6	1.7	0.9	3.3	2.8	0.0	0.0	12.4	0.0	1.8
04-02	Nuts and seeds (+nut spread)	0.5	3.8	1.3	0.0	1.5	0.1	3.4	1.8	1.2	1.8	0.9	1.7	0.0	0.0	0.8	0.5	0.6	0.8	0.0	0.0	0.0	0.0	3.3
04-03	Mixed fruits	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	0.0	0.1	0.0	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	58.9	4.8	3.1	0.0	3.6	14.0	14.8	30.4	15.5	13.1	15.5	21.7	27.7	22.4	8.9	37.7	10.9	10.6	0.0	36.6	4.6	4.1	4.9
05-01	Milk	17.0	0.7	0.4	0.0	0.5	6.4	5.6	9.6	7.3	2.7	2.7	5.9	5.2	4.2	4.0	15.3	3.2	4.2	0.0	13.4	1.7	0.0	0.6
05-02	Milk beverages	2.4	1.0	1.2	0.0	1.4	1.1	1.2	1.4	1.3	0.3	0.4	1.0	0.7	0.6	0.9	2.3	0.9	0.4	0.0	1.2	0.4	0.3	0.4
05-03	Yoghurt	8.5	0.8	0.3	0.0	0.4	2.0	2.6	4.4	3.1	1.1	1.4	2.6	1.1	0.9	2.2	7.8	4.3	2.3	0.0	5.2	1.7	0.2	0.8
05-04	Fromage blanc, petits suisses	0.3	0.1	0.1	0.0	0.1	0.3	0.1	0.2	0.1	0.0	0.1	0.1	0.2	0.2	0.1	0.4	0.1	0.1	0.0	0.3	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.8	1.3	0.5	0.0	0.6	2.4	3.2	11.1	1.0	7.6	9.7	10.1	16.2	12.8	0.5	6.3	0.9	3.2	0.0	12.6	0.2	2.4	2.3
05-06	Cream desserts, puddings (milk based)	4.8	0.9	0.5	0.0	0.6	0.8	1.5	2.2	1.7	0.8	1.0	1.5	2.9	2.5	0.9	4.0	1.3	0.5	0.0	3.0	0.5	0.7	0.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.7	0.6	0.0	0.1	0.0	0.0	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	0.1	0.0	0.0	0.0	0.0	0.7	0.6	0.0	0.1	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.9	0.0	0.1	0.0	0.1	1.1	0.5	1.4	0.9	0.5	0.4	0.5	0.6	0.5	0.3	1.6	0.2	0.0	0.0	0.8	0.1	0.1	0.2
06	Cereals and cereal products	8.1	28.5	24.9	0.1	29.7	55.7	22.5	17.1	11.2	16.3	29.4	17.9	0.5	0.5	16.0	8.6	9.2	21.7	3.5	0.4	1.0	0.3	7.0
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	4.2	2.2	0.0	2.5	0.7	2.2	1.9	0.6	1.3	0.1	2.9	0.0	0.0	1.0	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	6.6	21.0	19.1	0.1	22.9	54.1	17.5	13.3	8.2	13.9	26.3	13.0	0.2	0.1	12.2	6.7	6.0	18.5	0.0	0.3	0.1	0.2	3.5
06-03-01	Bread	6.4	20.3	18.4	0.1	22.1	54.0	17.0	12.9	7.9	13.6	25.8	12.7	0.2	0.1	11.8	6.5	5.8	18.2	0.0	0.3	0.1	0.2	3.2
06-03-02	Crispbread, rusks	0.1	0.7	0.6	0.0	0.8	0.1	0.5	0.4	0.3	0.3	0.5	0.3	0.0	0.0	0.5	0.2	0.2	0.2	0.0	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.2	1.1	1.5	0.0	1.8	0.0	1.0	0.8	0.4	0.1	0.2	0.7	0.0	0.0	1.1	0.4	0.5	0.9	3.5	0.1	0.0	0.0	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.7	1.7	0.0	2.0	0.4	1.4	0.9	1.8	0.5	2.3	1.0	0.2	0.2	1.2	0.6	1.9	0.5	0.0	0.0	0.9	0.0	2.2
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.4	0.0	0.4	0.4	0.2	0.3	0.2	0.5	0.5	0.3	0.1	0.1	0.4	0.3	0.4	0.9	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	2.9	12.4	19.7	86.5	10.2	3.6	10.7	20.5	15.2	36.2	20.7	33.3	17.5	15.3	31.0	15.4	26.0	3.9	0.0	34.7	14.2	21.8	8.5
07-01	Fresh meat	0.7	4.3	8.5	42.2	2.7	1.0	4.9	8.8	7.2	13.8	3.0	18.0	1.3	1.1	15.8	6.9	13.1	1.0	0.0	16.8	3.3	3.7	2.7
07-01-00	Unclassified	0.2	0.9	2.1	12.4	0.6	0.3	1.0	1.8	1.6	3.3	1.1	4.3	0.5	0.4	4.0	1.5	3.2	0.1	0.0	4.4	1.7	1.5	0.5
07-01-01	Beef	0.2	1.5	4.0	17.8	0.9	0.4	1.5	2.7	2.3	4.1	0.9	7.7	0.5	0.4	0.9	2.1	3.5	0.6	0.0	8.2	1.4	0.9	0.8
07-01-02	Veal	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.1	0.1	0.0
07-01-03	Pork	0.3	1.7	2.0	10.7	1.0	0.3	2.2	3.8	3.1	6.2	1.0	5.1	0.3	0.2	10.5	2.8	5.9	0.2	0.0	3.4	0.1	1.1	1.3
07-01-04	Mutton/Lamb	0.0	0.2	0.3	1.0	0.1	0.1	0.2	0.3	0.3	0.1	0.0	0.6	0.1	0.1	0.4	0.4	0.4	0.0	0.0	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	0.2	2.6	1.5	7.4	1.1	0.9	1.8	3.0	2.2	6.8	0.7	2.0	1.5	1.2	1.5	0.9	5.6	0.8	0.0	1.5	0.0	9.2	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	2.6	1.4	6.7	1.0	0.8	1.7	2.8	2.0	6.6	0.6	1.8	1.5	1.1	1.4	0.7	5.3	0.7	0.0	1.1	0.0	9.2	1.2
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.6	0.1	0.0	0.1	0.2	0.1	0.3	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.3	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	0.1	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	0.1	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	0.2	0.0	0.0	0.0
07-04	Processed meat	2.0	5.3	9.5	36.5	6.3	1.6	3.9	8.7	5.8	15.3	17.0	13.3	14.6	13.0	13.6	7.5	7.1	2.1	0.0	16.0	10.8	8.9	4.5
07-05	Offals	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.2	0.1	0.0	0.0
08	Fish and shellfish	0.9	1.7	1.2	4.1	1.0	3.4	1.2	2.2	1.2	7.3	2.1	1.2	0.7	0.5	0.9	1.3	1.4	0.6	0.0	8.9	0.1	7.4	1.5
08-01	Fish	0.5	0.7	0.8	3.2	0.7	1.7	0.8	1.6	0.9	4.8	1.3	0.6	0.5	0.4	0.7	0.8	1.2	0.3	0.0	5.4	0.1	6.0	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.8	0.1	0.4	0.1	0.6	0.2	0.2	0.1	1.0	0.5	0.4	0.0	0.0	0.0	0.3	0.1	0.1	0.0	2.6	0.0	0.0	0.4
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.5	0.2	1.1	0.2	0.5	0.3	1.5	0.3	0.2	0.1	0.1	0.2	0.2	0.2	0.2	0.0	0.9	0.0	1.4	0.1
09	Eggs and egg products	0.9	0.7	2.6	0.0	3.0	2.4	0.5	1.8	0.5	4.3	0.6	1.7	4.3	3.4	0.7	2.6	0.7	2.6	0.0	3.8	0.0	4.4	3.2
09-01	Egg	0.9	0.7	2.6	0.0	3.0	2.4	0.5	1.8	0.5	4.3	0.6	1.7	4.3	3.4	0.7	2.6	0.7	2.6	0.0	3.8	0.0	4.4	3.2
10	Fat	1.3	0.0	0.2	1.9	0.1	0.2	0.1	0.4	0.3	0.1	1.4	0.0	30.9	25.0	2.1	1.8	6.7	9.3	63.7	3.0	0.0	40.5	28.2
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.5
10-01	Vegetable oils	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	5.1
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.6	2.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.7	0.5
10-03	Margarines	1.2	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.3	0.0	1.3	0.0	27.9	22.6	2.1	1.8	6.7	9.3	63.7	2.9	0.0	39.2	22.1
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	2.8	6.0	6.0	0.0	7.1	1.3	3.2	1.7	2.4	0.9	0.7	1.6	1.6	1.6	1.0	2.0	0.9	0.7	1.5	1.1	0.8	0.7	2.6
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	0.1	0.4	0.4	0.0	0.4	0.0	0.1	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	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.5	4.4	3.4	0.0	4.0	0.5	2.1	1.1	1.3	0.6	0.3	1.0	0.5	0.4	0.5	1.1	0.2	0.4	1.5	0.7	0.1	0.2	1.9
11-03	Confectionery non-chocolate	0.3	0.4	0.5	0.0	0.6	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.6	1.4	0.0	1.7	0.1	0.3	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.7	0.0	0.3
11-05	Ice cream, water ice	0.9	0.3	0.2	0.0	0.3	0.6	0.5	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	0.3
11-05-01	Ice cream	0.9	0.3	0.2	0.0	0.3	0.6	0.5	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	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	1.8	3.3	3.5	0.3	4.2	2.6	2.5	2.9	2.0	2.9	3.7	2.1	5.5	4.4	1.9	2.1	1.0	1.8	0.0	1.1	0.4	5.5	5.8
12-01	Cakes, pies, pastries, etc	1.3	2.0	2.1	0.2	2.5	2.2	1.6	2.0	1.3	2.0	2.6	1.4	4.0	3.2	1.3	1.5	0.6	1.4	0.0	0.9	0.3	4.5	3.5
12-02	Dry cakes, biscuits	0.5	1.3	1.4	0.0	1.7	0.4	0.9	0.9	0.7	0.9	1.1	0.7	1.5	1.2	0.6	0.5	0.4	0.5	0.0	0.2	0.0	1.0	2.3
13	Non-alcoholic beverages	9.2	8.5	10.3	0.0	12.4	5.2	14.0	3.9	16.4	2.9	1.8	1.6	0.4	1.6	9.0	7.4	7.1	5.5	0.9	1.8	20.2	0.1	3.2
13-00	Unclassified	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.1	1.2	1.5	0.0	1.7	0.5	2.1	0.7	3.1	0.3	0.1	0.5	0.0	1.2	4.0	2.1	3.3	3.6	0.9	0.8	13.9	0.0	2.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.6	1.9	0.4	0.0	0.5	1.8	0.6	2.3	0.6	0.3	0.7	0.1	0.0	0.0	0.4	0.8	2.1	0.0	0.5	5.6	0.0	0.0	0.6
13-03	Coffee, tea and herbal teas	3.9	5.1	8.3	0.0	10.0	2.0	10.3	0.9	12.7	1.3	0.7	0.9	0.4	0.3	4.6	4.5	1.7	1.9	0.0	0.5	0.8	0.1	0.1
13-03-01	Coffee	2.8	3.7	7.9	0.0	9.6	1.6	9.7	0.7	12.3	1.3	0.5	0.7	0.4	0.3	4.6	4.0	0.1	0.2	0.0	0.5	0.0	0.1	0.1
13-03-02	Tea	0.9	1.2	0.3	0.0	0.3	0.3	0.5	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.4	1.4	1.5	0.0	0.0	0.7	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.1	0.2	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	0.2	0.2	0.0	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	
13-04 Waters	2.6	0.3	0.1	0.0	0.1	1.0	0.9	0.0	1.0	0.3	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	1.4	1.7	2.2	0.0	2.6	2.8	6.0	4.2	4.4	0.9	0.3	0.7	0.0	0.0	0.0	4.6	6.5	7.1	0.0	2.0	0.1	0.0	0.3
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	1.7	1.0	0.7	0.2	0.6	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.3	0.0	0.0	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	1.1	1.1	0.6	0.0	0.8	1.8	5.3	4.1	3.8	0.9	0.3	0.6	0.0	0.0	0.0	4.3	6.2	7.1	0.0	2.0	0.1	0.0	0.2
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	0.8	1.4	1.8	0.0	2.2	0.5	1.6	1.0	1.4	1.0	9.0	0.9	4.6	5.3	3.9	0.7	0.6	0.8	0.0	0.1	1.2	5.7	14.1
15-01 Sauces	0.7	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.3	0.9	8.1	0.8	4.6	5.2	3.8	0.6	0.6	0.7	0.0	0.1	1.0	5.7	14.0
15-01-00 Unclassified and other sauces	0.4	1.0	0.9	0.0	1.1	0.2	1.1	0.6	0.7	0.4	4.7	0.5	4.2	3.3	2.7	0.3	0.2	0.2	0.0	0.0	0.3	5.4	6.5
15-01-01 Tomato sauces	0.1	0.2	0.3	0.0	0.3	0.1	0.3	0.1	0.5	0.0	1.5	0.1	0.1	1.3	1.0	0.2	0.2	0.3	0.0	0.0	0.7	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.3
15-01-03 Mayonnaises and similars	0.1	0.0	0.4	0.0	0.5	0.1	0.0	0.2	0.1	0.4	1.2	0.2	0.3	0.5	0.1	0.1	0.3	0.3	0.0	0.0	0.3	5.8	
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.9	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.3	0.0	0.1	
16 Soups, bouillon	0.9	2.3	2.4	3.9	2.5	0.4	2.6	1.8	2.4	1.8	7.0	1.4	0.3	1.0	3.9	1.5	1.6	1.3	0.0	2.0	2.2	1.7	1.4
16-01 Soups	0.9	2.3	2.4	3.9	2.5	0.4	2.6	1.8	2.4	1.8	6.5	1.4	0.3	1.0	3.9	1.5	1.6	1.3	0.0	2.0	2.2	1.7	1.4
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.2	0.8	1.5	3.1	1.4	0.6	1.0	1.1	0.7	1.4	2.6	1.7	0.6	0.4	1.1	1.0	0.6	0.6	1.1	1.2	0.4	1.7	1.1
17-00 Unclassified	0.1	0.0	0.1	0.0	0.1	0.0	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
17-01 Soya products	0.3	0.0	0.1	0.0	0.1	0.0	0.3	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.2	0.0
17-02 Dietetic products	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.1	0.1	0.1	0.1	0.1	0.1	1.1	0.0	0.1	0.1	0.1	
17-02-00 Unclassified	0.1	0.1	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.1	1.1	0.0	0.1	0.1	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.3	3.1	1.1	0.5	0.6	0.8	0.5	1.2	2.1	1.5	0.5	0.4	0.9	0.6	0.5	0.4	0.0	1.1	0.3	1.4	1.0



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.7	5.8	0.0	7.0	1.6	6.2	3.8	11.6	1.9	0.8	3.4	0.1	0.1	5.5	1.7	10.8	7.4	0.0	0.1	16.5	0.0	1.8
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	5.1	6.0	7.4	0.0	8.7	1.5	4.7	3.1	8.3	1.7	2.4	3.3	0.1	13.7	4.5	4.2	4.9	13.9	0.0	0.0	17.2	0.1	5.9
02-01	Leafy vegetables (except cabbages)	1.5	1.1	2.0	0.0	2.3	0.4	1.3	0.6	1.8	0.1	0.3	0.8	0.1	3.3	0.9	0.9	0.6	3.0	0.0	0.0	0.8	0.1	1.3
02-02	Fruiting vegetables	0.9	1.7	2.3	0.0	2.8	0.5	1.5	0.7	2.8	0.1	0.8	0.9	0.0	1.9	1.1	0.9	1.5	3.0	0.0	0.0	6.5	0.0	2.3
02-03	Root vegetables	0.3	0.3	0.2	0.0	0.2	0.1	0.2	0.1	0.5	0.1	0.2	0.2	0.0	4.3	0.2	0.1	0.2	0.7	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	1.2	0.7	1.1	0.0	1.3	0.2	0.6	0.7	1.4	0.6	0.3	0.5	0.0	2.0	0.8	0.9	1.0	3.6	0.0	0.0	5.6	0.0	1.1
02-05	Mushrooms	0.1	0.6	0.2	0.0	0.2	0.0	0.0	0.2	0.2	0.3	0.0	0.1	0.0	0.0	0.2	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.2	0.0	0.0	0.9	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.6	0.9	0.0	1.0	0.1	0.5	0.4	0.8	0.2	0.6	0.4	0.0	2.1	0.5	0.6	0.6	1.7	0.0	0.0	2.5	0.0	0.5
03	Legumes	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.7	9.2	3.5	0.0	4.2	1.2	7.5	3.5	6.3	4.2	1.5	3.3	0.0	1.1	3.4	1.9	4.7	4.5	0.0	0.0	14.7	0.0	7.4
04-01	Fruits	1.0	3.7	1.7	0.0	2.1	1.1	2.9	1.1	4.7	1.6	0.0	1.1	0.0	1.1	2.2	1.2	3.9	3.3	0.0	0.0	14.5	0.0	2.3
04-02	Nuts and seeds (+nut spread)	0.7	5.3	1.7	0.0	2.0	0.1	4.5	2.5	1.6	2.5	1.2	2.2	0.0	0.0	1.1	0.7	0.8	1.2	0.0	0.0	0.0	0.0	5.0
04-03	Mixed fruits	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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	0.1
05	Dairy products	59.0	4.4	2.7	0.0	3.2	14.3	14.3	30.7	15.7	13.4	15.6	22.4	28.4	22.8	8.7	37.6	10.1	11.0	0.0	37.5	3.9	4.7	4.3
05-01	Milk	18.1	0.9	0.5	0.0	0.5	6.8	6.0	10.4	8.0	3.0	2.9	6.5	5.1	4.1	4.6	16.4	3.4	4.3	0.0	14.1	1.4	0.1	0.7
05-02	Milk beverages	2.1	0.7	0.9	0.0	1.1	0.9	1.0	1.2	1.1	0.2	0.3	0.7	0.6	0.5	0.5	1.8	0.4	0.3	0.0	1.3	0.3	0.2	0.1
05-03	Yoghurt	9.6	0.9	0.3	0.0	0.4	2.4	2.7	4.9	3.4	1.2	1.5	3.0	1.4	1.1	2.0	8.6	4.1	2.7	0.0	6.0	1.6	0.2	0.5
05-04	Fromage blanc, petits suisses	0.3	0.1	0.1	0.0	0.1	0.4	0.1	0.3	0.2	0.1	0.1	0.1	0.2	0.2	0.1	0.5	0.1	0.1	0.0	0.5	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.5	1.3	0.6	0.0	0.7	2.4	3.1	11.4	1.0	7.8	9.9	10.7	17.9	14.3	0.5	6.5	0.9	3.2	0.0	13.0	0.2	3.1	2.3
05-06	Cream desserts, puddings (milk based)	2.5	0.6	0.3	0.0	0.3	0.5	0.9	1.3	1.0	0.6	0.5	0.9	1.5	1.3	0.6	2.2	1.0	0.3	0.0	1.6	0.3	0.4	0.3
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.7	0.0	0.1	0.0	0.1	1.0	0.4	1.2	0.8	0.5	0.3	0.5	0.6	0.5	0.3	1.4	0.2	0.0	0.0	0.8	0.1	0.1	0.1
06	Cereals and cereal products	7.7	30.3	26.6	0.3	31.0	56.5	23.6	18.1	11.9	17.1	29.8	19.4	0.2	0.3	18.0	8.8	10.6	22.1	4.2	0.2	1.2	0.3	8.6
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	4.1	2.0	0.1	2.3	0.8	2.1	2.0	0.6	1.3	0.1	2.9	0.0	0.0	1.1	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.2	22.6	20.5	0.0	24.0	54.4	18.7	14.1	8.5	14.7	26.4	14.3	0.1	0.1	13.5	6.7	6.6	18.6	0.0	0.0	0.0	0.2	4.5
06-03-01	Bread	6.0	22.0	20.0	0.0	23.4	54.3	18.2	13.7	8.3	14.5	26.0	14.0	0.1	0.1	12.9	6.5	6.4	18.3	0.0	0.0	0.0	0.2	4.3
06-03-02	Crispbread, rusks	0.1	0.6	0.5	0.0	0.6	0.1	0.4	0.3	0.2	0.3	0.4	0.3	0.0	0.0	0.5	0.2	0.2	0.2	0.0	0.0	0.0	0.0	0.2
06-04	Breakfast cereals	0.2	0.9	1.5	0.0	1.8	0.0	0.9	0.7	0.5	0.1	0.3	0.7	0.0	0.0	1.4	0.6	0.7	1.0	4.2	0.2	0.1	0.0	0.6
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.8	2.0	0.2	2.3	0.6	1.5	1.0	2.1	0.4	2.4	1.1	0.1	0.1	1.5	0.5	2.3	0.5	0.0	0.0	1.0	0.0	2.9
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.3	0.3	0.2	0.5	0.6	0.3	0.1	0.1	0.5	0.3	0.4	1.0	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.5	11.2	18.4	86.8	9.5	3.1	9.5	18.9	14.2	33.4	20.2	30.8	16.7	14.9	28.1	13.8	23.8	4.1	0.0	33.0	12.9	20.7	7.9
07-01	Fresh meat	0.5	3.4	7.3	36.7	2.2	0.9	3.8	7.2	6.0	11.5	2.7	15.0	1.2	1.0	12.6	5.7	10.7	0.9	0.0	14.1	2.6	3.5	2.0
07-01-00	Unclassified	0.1	0.6	1.3	8.5	0.4	0.2	0.6	1.2	1.0	2.0	0.7	2.8	0.3	0.3	2.2	0.9	1.8	0.1	0.0	3.0	1.2	1.0	0.2
07-01-01	Beef	0.2	1.4	3.9	17.1	0.9	0.4	1.4	2.6	2.2	4.0	0.9	7.2	0.5	0.4	0.9	2.1	3.4	0.6	0.0	7.5	1.0	1.1	0.7
07-01-02	Veal	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.1	0.1	0.2	0.1	0.3	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.3	0.1	0.2	0.0
07-01-03	Pork	0.2	1.2	1.6	9.2	0.8	0.2	1.6	3.0	2.5	5.2	1.0	4.1	0.2	0.2	9.3	2.2	5.0	0.2	0.0	2.7	0.2	1.1	1.0
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.2	0.3	0.2	0.0	0.0	0.6	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.2	0.3	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	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	2.6	1.7	7.8	1.2	0.8	1.8	3.0	2.2	6.9	0.7	1.9	1.4	1.1	1.7	0.8	5.8	0.8	0.0	1.9	0.0	9.3	1.3
07-02-00	Unclassified and other poultry	0.0	0.0	0.1	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.5	1.4	7.0	1.0	0.8	1.7	2.9	2.1	6.6	0.6	1.8	1.4	1.1	1.4	0.7	5.6	0.7	0.0	1.2	0.0	9.3	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	0.0	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	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	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.4	0.0	0.0	0.0
07-03	Game	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	0.2	0.0	0.0	0.0
07-04	Processed meat	1.7	5.1	9.2	41.6	5.9	1.5	3.8	8.7	5.9	14.8	16.8	13.7	13.7	12.5	13.7	7.2	7.3	2.2	0.0	16.4	10.2	7.9	4.6
07-05	Offals	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.4	0.3	0.1	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.0
08	Fish and shellfish	0.8	1.7	1.1	4.2	0.9	3.2	1.2	2.3	1.3	7.6	2.3	1.1	1.2	1.0	1.2	1.3	1.7	0.6	0.0	8.9	0.1	8.2	1.9
08-01	Fish	0.4	1.0	0.8	3.1	0.6	1.4	0.8	1.6	0.9	5.2	1.6	0.7	1.1	0.9	0.8	0.9	1.4	0.3	0.0	6.1	0.1	6.8	1.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.5	0.1	0.4	0.1	0.3	0.1	0.1	0.0	0.5	0.3	0.2	0.0	0.0	0.2	0.0	0.1	0.0	1.7	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.2	0.2	0.3	0.6	0.2	1.5	0.3	0.6	0.4	1.9	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.0	1.1	0.0	1.3	0.2	
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.8	0.5	4.4	0.7	1.7	4.4	3.5	0.6	2.3	0.7	2.5	0.0	3.9	0.0	5.1	3.4
09-01	Egg	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.8	0.5	4.4	0.7	1.7	4.4	3.5	0.6	2.3	0.7	2.5	0.0	3.9	0.0	5.1	3.4
10	Fat	1.4	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.3	0.1	1.4	0.0	31.9	24.3	2.6	2.2	7.1	8.6	65.2	3.1	0.0	40.9	27.8
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.9	0.7	
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.8	2.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.9	0.4	
10-03	Margarines	1.3	0.0	0.2	1.4	0.1	0.2	0.1	0.3	0.2	0.0	1.3	0.0	28.5	21.5	2.5	2.2	7.1	8.6	65.2	2.9	0.0	39.1	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	
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	2.9	5.9	5.7	0.0	6.5	1.5	3.2	1.8	2.5	1.1	0.8	1.7	1.7	1.6	1.1	2.2	0.8	0.7	0.0	1.2	0.6	0.8	2.5
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	0.0	0.3	0.3	0.0	0.3	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	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.5	4.6	3.6	0.0	4.2	0.7	2.2	1.2	1.5	0.7	0.3	1.1	0.6	0.5	0.6	1.3	0.3	0.5	0.0	0.8	0.1	0.3	1.9
11-03	Confectionery non-chocolate	0.3	0.4	0.6	0.0	0.8	0.1	0.3	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
11-04	Syrup	0.0	0.4	1.0	0.0	1.1	0.0	0.2	0.0	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.4	0.0	0.2
11-05	Ice cream, water ice	0.9	0.2	0.2	0.0	0.2	0.7	0.4	0.4	0.4	0.2	0.2	0.3	1.1	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.1	0.5	0.2
11-05-01	Ice cream	0.9	0.2	0.2	0.0	0.2	0.7	0.4	0.4	0.3	0.2	0.2	0.3	1.1	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	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	
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	0.1	0.0	0.0	
12	Cakes	1.9	3.1	3.8	0.7	4.5	2.6	2.3	3.0	1.9	3.1	3.5	2.2	5.8	4.8	1.9	2.2	1.4	1.9	0.0	1.1	0.3	5.8	5.5
12-01	Cakes, pies, pastries, etc	1.2	1.8	2.0	0.2	2.4	2.1	1.4	1.9	1.2	2.1	2.1	1.4	3.9	3.3	1.3	1.7	0.7	1.4	0.0	0.9	0.3	4.8	3.0
12-02	Dry cakes, biscuits	0.7	1.3	1.8	0.5	2.1	0.5	0.9	1.1	0.7	1.0	1.4	0.9	1.9	1.5	0.6	0.5	0.7	0.5	0.0	0.2	0.0	1.0	2.4
13	Non-alcoholic beverages	9.6	8.3	10.1	0.0	11.9	5.3	13.5	3.9	16.3	3.3	2.0	1.7	0.6	1.4	9.6	8.8	8.1	6.0	1.0	2.7	22.0	0.1	2.9
13-00	Unclassified	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	
13-01	Fruit and vegetable juices	0.9	1.1	1.3	0.0	1.5	0.4	2.0	0.7	3.0	0.3	0.1	0.5	0.0	0.8	4.4	2.0	3.1	3.5	0.0	0.6	14.6	0.0	2.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.5	1.6	0.4	0.0	0.5	1.7	0.6	2.1	0.6	0.3	0.7	0.1	0.0	0.1	0.3	2.0	2.9	0.2	1.0	1.2	6.5	0.0	0.3
13-03	Coffee, tea and herbal teas	4.3	5.2	8.2	0.0	9.8	2.0	9.9	1.1	12.7	1.4	0.7	1.1	0.6	0.5	4.9	4.7	1.9	2.3	0.0	0.9	0.9	0.1	0.1
13-03-01	Coffee	3.1	3.5	7.9	0.0	9.3	1.5	9.3	0.8	12.1	1.4	0.6	0.9	0.6	0.5	4.8	4.2	0.2	0.3	0.0	0.9	0.0	0.1	0.1
13-03-02	Tea	1.0	1.4	0.3	0.0	0.4	0.4	0.6	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.5	1.5	1.7	0.0	0.0	0.7	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	2.8	0.3	0.1	0.0	0.1	1.1	0.9	0.0	0.0	1.3	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.5	1.9	2.6	0.0	3.1	2.8	6.4	4.5	4.8	1.0	0.3	0.8	0.0	0.0	0.0	4.7	7.2	8.0	0.0	2.2	0.2	0.0	0.3
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	0.5	1.8	0.0	2.2	1.2	0.9	0.2	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.4	0.1	0.0	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	0.1	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
14-03 Beer, cider	1.0	1.2	0.7	0.0	0.8	1.5	5.4	4.3	4.0	1.0	0.3	0.7	0.0	0.0	0.0	4.4	6.7	7.9	0.0	2.2	0.2	0.0	0.3
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	1.7	2.0	0.0	2.3	0.4	1.8	1.1	1.5	1.1	9.4	1.0	3.0	4.2	3.5	0.9	0.7	0.7	0.0	0.2	1.4	4.0	12.2
15-01 Sauces	0.6	1.6	1.7	0.0	2.0	0.4	1.6	0.9	1.3	1.0	7.9	0.9	3.0	4.1	2.7	0.7	0.6	0.5	0.0	0.1	1.1	4.0	12.2
15-01-00 Unclassified and other sauces	0.4	1.3	1.0	0.0	1.2	0.1	1.2	0.6	0.7	0.4	4.4	0.6	2.6	2.1	1.7	0.3	0.2	0.1	0.0	0.0	0.3	3.7	5.6
15-01-01 Tomato sauces	0.1	0.3	0.3	0.0	0.3	0.1	0.3	0.1	0.5	0.0	1.6	0.1	0.1	1.5	0.9	0.2	0.2	0.3	0.0	0.0	0.7	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	1.0	0.1	0.2	0.4	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.2	4.5
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.3	0.0	0.2	0.1	0.2	0.1	1.5	0.1	0.0	0.0	0.6	0.1	0.1	0.0	0.0	0.0	0.4	0.0	0.1
16 Soups, bouillon	0.7	1.7	1.8	2.3	1.9	0.3	2.6	1.3	1.9	1.0	6.0	1.0	0.2	0.8	3.8	1.2	1.2	0.9	0.0	1.4	1.7	1.7	0.9
16-01 Soups	0.7	1.7	1.8	2.3	1.9	0.3	2.6	1.3	1.9	1.0	5.5	1.0	0.2	0.8	3.8	1.2	1.2	0.9	0.0	1.4	1.7	1.7	0.9
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.2	1.2	2.0	4.4	1.8	0.8	1.0	1.3	0.8	1.7	3.1	1.9	0.9	0.8	1.3	0.9	0.8	0.8	0.6	1.7	0.6	2.2	1.6
17-00 Unclassified	0.2	0.0	0.1	0.0	0.1	0.0	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
17-01 Soya products	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1
17-02 Dietetic products	0.2	0.2	0.2	0.0	0.2	0.2	0.2	0.2	0.2	0.2	0.4	0.2	0.3	0.3	0.3	0.2	0.2	0.2	0.6	0.2	0.2	0.3	0.2
17-02-00 Unclassified	0.2	0.2	0.2	0.0	0.2	0.2	0.2	0.2	0.2	0.2	0.1	0.2	0.3	0.3	0.3	0.2	0.2	0.2	0.6	0.2	0.2	0.3	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.7	0.8	1.5	4.4	1.3	0.6	0.7	1.0	0.5	1.4	2.5	1.6	0.6	0.5	1.0	0.6	0.5	0.5	0.0	1.4	0.4	1.9	1.2

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.0	6.5	4.5	0.0	5.5	1.3	4.8	3.1	9.4	1.5	0.7	2.6	0.1	0.1	4.5	1.4	8.8	5.3	0.0	0.1	10.6	0.0	1.5
01-02	Other tubers	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	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
02	Vegetables	5.6	6.8	8.7	0.0	10.3	1.8	5.9	3.8	10.1	1.5	2.6	4.0	0.3	16.3	5.1	4.8	5.7	14.6	0.0	0.0	17.5	0.1	7.3
02-01	Leafy vegetables (except cabbages)	1.9	1.3	2.8	0.0	3.2	0.4	1.8	0.8	2.4	0.2	0.4	1.0	0.2	4.6	1.1	1.3	0.9	4.0	0.0	0.0	1.5	0.1	1.9
02-02	Fruiting vegetables	1.3	2.2	2.7	0.0	3.2	0.8	2.1	1.0	3.4	0.2	0.9	1.2	0.0	2.4	1.4	1.3	1.9	3.7	0.0	0.0	7.3	0.0	2.6
02-03	Root vegetables	0.3	0.3	0.2	0.0	0.3	0.1	0.2	0.2	0.6	0.0	0.2	0.2	0.0	4.2	0.2	0.1	0.3	0.7	0.0	0.0	0.3	0.0	0.3
02-04	Cabbages	0.9	0.6	1.0	0.0	1.3	0.2	0.6	0.7	1.4	0.3	0.4	0.5	0.0	1.8	0.7	0.7	0.9	2.5	0.0	0.0	4.6	0.0	1.6
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	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	0.3	0.0	0.2	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.3	0.1	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.7	0.3	0.0	0.4	0.1	0.4	0.3	0.7	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.8	1.2	0.0	0.0	0.8	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.2	0.0	0.0	0.2	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.7	0.8	1.0	0.0	1.2	0.2	0.7	0.5	1.1	0.3	0.5	0.5	0.0	3.0	0.7	0.6	0.8	2.1	0.0	0.0	2.5	0.0	0.6
03	Legumes	0.2	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.9	9.0	3.7	0.0	4.3	1.3	7.3	3.5	7.1	4.4	1.6	3.3	0.0	1.2	3.6	2.0	5.3	4.7	0.0	0.0	16.2	0.0	6.8
04-01	Fruits	1.2	4.3	2.1	0.0	2.4	1.2	3.3	1.3	5.7	1.9	0.1	1.4	0.0	1.2	2.5	1.4	4.6	3.8	0.0	0.0	16.1	0.0	2.8
04-02	Nuts and seeds (+nut spread)	0.6	4.5	1.5	0.0	1.8	0.1	3.9	2.2	1.3	2.5	1.0	1.9	0.0	0.0	1.1	0.6	0.7	0.9	0.0	0.0	0.0	0.0	3.8
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	0.0	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	0.1
05	Dairy products	59.5	5.0	2.9	0.0	3.5	15.0	14.2	31.7	15.4	13.8	16.9	23.1	30.5	23.6	8.9	37.5	10.4	10.4	0.0	36.9	3.8	5.8	5.1
05-01	Milk	16.4	0.7	0.4	0.0	0.4	6.3	5.2	9.6	7.1	2.5	2.8	5.8	4.3	3.2	3.7	14.5	2.9	3.6	0.0	12.8	1.0	0.0	0.5
05-02	Milk beverages	2.5	0.8	0.9	0.0	1.1	1.2	1.1	1.3	1.2	0.3	0.5	0.8	0.6	0.6	0.9	2.3	0.6	0.3	0.0	1.1	0.7	0.3	0.3
05-03	Yoghurt	9.7	0.8	0.3	0.0	0.4	2.6	2.7	5.2	3.6	1.4	1.7	3.3	1.8	1.4	2.4	8.5	4.3	2.6	0.0	6.0	1.2	0.3	1.0
05-04	Fromage blanc, petits suisses	0.7	0.1	0.2	0.0	0.2	0.6	0.2	0.5	0.3	0.2	0.2	0.3	0.6	0.5	0.3	1.0	0.2	0.2	0.0	1.0	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	25.8	1.5	0.6	0.0	0.8	3.0	3.3	12.4	1.2	8.2	10.8	11.4	18.7	14.5	0.6	7.0	1.0	3.3	0.0	13.3	0.2	3.4	2.4
05-06	Cream desserts, puddings (milk based)	3.0	1.1	0.5	0.0	0.6	0.6	1.3	1.6	1.3	0.8	0.6	1.2	2.5	1.9	0.8	2.9	1.2	0.4	0.0	2.1	0.5	1.1	0.6
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.1	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.1	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	1.3	0.0	0.0	0.0	0.1	0.6	0.4	1.0	0.7	0.4	0.3	0.4	0.5	0.4	0.2	1.1	0.1	0.0	0.0	0.6	0.0	0.1	0.2
06	Cereals and cereal products	7.6	29.9	26.4	0.3	31.2	52.8	24.4	19.1	12.2	16.6	30.2	19.4	0.6	0.6	18.4	9.2	10.3	20.7	7.5	0.5	0.8	0.4	9.2
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	3.9	2.1	0.3	2.6	0.7	2.1	2.0	0.6	1.5	0.2	2.9	0.0	0.0	1.1	0.7	0.5	0.9	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.9	22.4	19.8	0.0	23.3	51.2	19.1	14.5	8.9	14.1	26.9	14.2	0.1	0.1	13.5	6.7	6.8	17.2	0.0	0.2	0.0	0.2	5.2
06-03-01	Bread	5.7	21.5	19.1	0.0	22.5	51.0	18.4	13.9	8.5	13.9	26.2	13.7	0.1	0.1	12.8	6.5	6.6	16.9	0.0	0.2	0.0	0.2	4.9
06-03-02	Crispbread, rusks	0.2	0.9	0.7	0.0	0.9	0.2	0.7	0.6	0.4	0.2	0.7	0.5	0.0	0.0	0.7	0.2	0.3	0.3	0.0	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.4	1.7	2.8	0.0	3.3	0.1	1.8	1.6	0.9	0.2	0.5	1.3	0.0	0.0	2.2	1.0	1.1	1.6	7.5	0.2	0.0	0.0	1.4
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.4	1.5	0.1	1.7	0.6	1.2	0.8	1.6	0.5	2.2	0.9	0.1	0.2	1.2	0.5	1.6	0.5	0.0	0.0	0.6	0.0	2.2
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.4	0.2	0.0	0.3	0.3	0.1	0.2	0.1	0.3	0.4	0.1	0.3	0.2	0.4	0.3	0.2	0.5	0.0	0.0	0.0	0.2	0.1
07	Meat and meat products	1.8	10.2	15.9	85.0	7.6	3.1	8.6	17.0	13.0	29.4	17.8	28.4	15.0	12.2	22.7	12.1	22.1	3.9	0.0	31.0	10.8	20.4	6.7
07-01	Fresh meat	0.5	3.4	7.0	40.7	2.1	0.9	3.9	7.2	6.0	11.0	2.5	15.3	1.2	0.8	10.8	5.4	10.5	0.9	0.0	14.8	2.5	3.2	1.9
07-01-00	Unclassified	0.1	0.4	1.0	7.8	0.3	0.2	0.5	1.0	0.9	1.7	0.6	2.5	0.3	0.2	2.1	0.8	1.5	0.1	0.0	2.6	1.0	0.8	0.2
07-01-01	Beef	0.2	1.5	4.1	22.9	0.9	0.5	1.6	2.9	2.5	4.4	0.9	8.2	0.7	0.4	0.9	2.2	4.2	0.6	0.0	8.8	1.2	1.2	0.8
07-01-02	Veal	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03	Pork	0.2	1.2	1.5	8.4	0.7	0.2	1.6	2.8	2.4	4.7	0.9	3.8	0.2	0.1	7.5	2.0	4.4	0.2	0.0	2.6	0.3	1.0	0.9
07-01-04	Mutton/Lamb	0.0	0.2	0.3	1.2	0.1	0.1	0.2	0.3	0.3	0.2	0.1	0.6	0.1	0.0	0.3	0.4	0.4	0.0	0.0	0.8	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.1	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	0.0	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	0.3	2.9	1.9	8.9	1.4	1.0	2.0	3.4	2.6	7.6	0.8	2.2	1.8	1.1	2.0	1.1	6.1	1.0	0.0	2.1	0.0	11.2	1.4
07-02-00	Unclassified and other poultry	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.9	1.6	8.2	1.2	1.0	2.0	3.1	2.4	7.4	0.7	2.1	1.8	1.1	1.6	0.9	5.7	0.8	0.0	1.3	0.0	11.2	1.4
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	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	0.0	0.2	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.2	0.3	0.1	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.1	0.3	0.2	0.2	0.1	0.0	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	0.1	0.1	0.6	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.5	0.0	0.0	0.0
07-04	Processed meat	1.0	3.8	6.9	34.7	4.1	1.2	2.6	6.3	4.3	10.7	14.5	10.8	12.0	10.3	9.9	5.5	5.3	1.9	0.0	13.6	8.3	6.0	3.4
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	0.8	2.0	1.7	6.3	1.4	4.5	1.6	3.2	1.9	11.0	2.8	1.4	0.6	0.4	1.6	1.5	2.7	0.7	0.0	11.8	0.1	11.4	2.2
08-01	Fish	0.5	1.1	1.3	5.0	1.1	2.9	1.3	2.7	1.6	8.8	2.0	1.0	0.4	0.3	1.2	1.2	2.4	0.5	0.0	9.0	0.1	10.0	1.8

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.6	0.1	0.4	0.1	0.4	0.1	0.1	0.0	0.6	0.4	0.3	0.1	0.0	0.2	0.0	0.1	0.0	2.1	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.1	0.4	0.2	0.9	0.2	1.2	0.2	0.4	0.2	1.6	0.4	0.2	0.1	0.1	0.3	0.2	0.3	0.2	0.0	0.7	0.0	1.4	0.2
09	Eggs and egg products	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.9	0.5	4.4	0.7	1.6	4.7	3.4	0.6	2.4	0.6	2.1	0.0	4.0	0.0	4.8	3.3
09-01	Egg	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.9	0.5	4.4	0.7	1.6	4.7	3.4	0.6	2.4	0.6	2.1	0.0	4.0	0.0	4.8	3.3
10	Fat	1.0	0.0	0.1	1.2	0.1	0.2	0.1	0.3	0.2	0.1	1.1	0.0	27.2	21.3	2.9	2.5	7.7	9.4	56.3	3.1	0.0	34.7	25.0
10-00	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	0.4	0.4	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.6
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	5.2
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.2	2.7	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.4	
10-03	Margarines	1.0	0.0	0.1	1.2	0.1	0.1	0.1	0.2	0.2	0.0	0.9	0.0	23.6	18.2	2.9	2.5	7.7	9.4	56.3	2.9	0.0	33.1	18.9
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	2.9	5.3	5.3	0.0	6.1	1.4	3.0	1.7	2.4	1.0	0.9	1.6	1.8	1.6	1.0	2.1	0.9	0.5	0.4	0.9	0.7	0.9	2.3
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	0.3	0.3	0.0	0.4	0.0	0.1	0.0	0.2	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.4	3.9	2.8	0.0	3.3	0.6	1.9	1.1	1.3	0.7	0.3	1.0	0.5	0.4	0.5	1.2	0.3	0.3	0.4	0.6	0.1	0.4	1.6
11-03	Confectionery non-chocolate	0.4	0.4	0.8	0.0	0.9	0.1	0.4	0.1	0.3	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.4	1.2	0.0	1.4	0.0	0.2	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.6	0.0	0.2
11-05	Ice cream, water ice	0.9	0.2	0.1	0.0	0.2	0.6	0.4	0.4	0.3	0.2	0.2	0.2	1.3	1.1	0.4	0.7	0.1	0.2	0.0	0.4	0.0	0.5	0.2
11-05-01	Ice cream	0.9	0.2	0.1	0.0	0.2	0.6	0.4	0.4	0.3	0.2	0.2	0.2	1.3	1.1	0.4	0.7	0.1	0.2	0.0	0.4	0.0	0.5	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	2.4	3.4	4.1	0.7	4.9	2.6	2.6	3.5	2.3	3.2	4.0	2.4	6.6	5.3	2.1	2.5	1.6	1.9	0.0	1.4	0.3	6.5	5.8
12-01	Cakes, pies, pastries, etc	1.6	2.3	2.3	0.4	2.6	2.2	1.6	2.4	1.4	2.4	2.5	1.7	5.3	4.2	1.5	2.0	0.8	1.5	0.0	1.2	0.3	5.9	3.7
12-02	Dry cakes, biscuits	0.8	1.1	1.8	0.3	2.3	0.4	0.9	1.1	0.9	0.8	1.4	0.7	1.3	1.1	0.6	0.4	0.8	0.4	0.0	0.2	0.0	0.6	2.1
13	Non-alcoholic beverages	9.7	8.5	9.4	0.0	11.2	5.2	13.8	3.6	17.0	3.1	1.8	1.8	0.3	1.4	9.9	6.5	7.0	7.7	0.0	1.3	24.8	0.0	3.9
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	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.3	1.7	1.5	0.0	1.8	0.6	2.8	1.0	4.4	0.2	0.2	0.6	0.0	1.1	5.2	2.4	3.7	4.9	0.0	0.6	20.4	0.0	3.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.1	1.1	0.3	0.0	0.4	1.2	0.4	1.6	0.3	0.1	0.5	0.1	0.0	0.0	0.3	0.0	1.0	0.2	0.0	0.2	3.5	0.0	0.5
13-03	Coffee, tea and herbal teas	3.6	5.2	7.5	0.0	8.9	1.9	9.4	1.0	12.2	1.1	0.6	1.0	0.3	0.2	4.4	4.1	2.2	2.5	0.0	0.5	0.9	0.0	0.0
13-03-01	Coffee	2.3	3.2	7.0	0.0	8.4	1.3	8.6	0.7	11.6	1.1	0.5	0.7	0.3	0.2	4.4	3.5	0.1	0.1	0.0	0.5	0.0	0.0	0.0
13-03-02	Tea	1.0	1.5	0.3	0.0	0.4	0.5	0.6	0.2	0.5	0.0	0.1	0.2	0.0	0.0	0.0	0.5	1.6	1.8	0.0	0.0	0.7	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.2	0.5	0.6	0.0	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	
13-04 Waters	3.7	0.4	0.1	0.0	0.1	1.4	1.1	0.0	0.0	1.6	0.5	0.1	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	2.1	4.3	0.0	5.1	3.6	5.6	3.4	4.4	0.7	0.3	0.7	0.0	0.0	0.0	3.5	5.2	5.0	0.0	1.3	0.1	0.0	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	0.8	1.0	3.7	0.0	4.4	2.5	1.8	0.4	1.6	0.1	0.2	0.2	0.0	0.0	0.0	0.7	0.9	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.6	0.8	0.4	0.0	0.5	1.0	3.7	2.9	2.7	0.6	0.2	0.4	0.0	0.0	0.0	2.8	4.3	4.9	0.0	1.3	0.1	0.0	0.2
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	0.8	1.4	1.7	0.0	2.0	0.4	1.5	1.0	1.1	0.8	8.2	0.9	3.0	3.1	3.4	0.8	0.6	0.8	0.0	0.4	1.0	3.4	11.3
15-01 Sauces	0.6	1.2	1.4	0.0	1.7	0.4	1.2	0.8	0.9	0.7	6.4	0.7	3.0	3.1	2.5	0.5	0.5	0.5	0.0	0.1	0.8	3.4	11.2
15-01-00 Unclassified and other sauces	0.4	1.0	0.8	0.0	0.9	0.2	0.9	0.5	0.5	0.3	3.3	0.5	2.6	1.9	1.9	0.3	0.1	0.1	0.0	0.0	0.2	3.1	4.4
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.1	0.3	0.0	1.2	0.1	0.1	0.9	0.5	0.1	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.7	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.1	0.1	0.3	1.2	0.1	0.2	0.3	0.0	0.1	0.2	0.3	0.0	0.0	0.0	0.2	4.7
15-01-04 Dessert sauces	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	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	0.1	0.0	0.0	0.0	0.3	0.2	0.1	0.3	0.0	0.3	0.0	0.0	0.0
15-04 Condiments	0.1	0.2	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	1.6	0.1	0.0	0.0	0.6	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.2
16 Soups, bouillon	0.6	1.8	1.9	2.9	1.9	0.4	2.9	1.4	2.1	1.4	7.8	1.1	0.3	1.2	4.0	1.0	1.2	1.1	0.0	2.0	1.8	1.9	1.4
16-01 Soups	0.6	1.8	1.9	2.9	1.9	0.4	2.9	1.4	2.1	1.3	6.6	1.1	0.3	1.2	4.0	1.0	1.2	1.1	0.0	2.0	1.8	1.9	1.4
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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
17 Miscellaneous	0.6	0.9	1.4	3.5	1.2	0.4	0.8	1.0	0.6	1.5	2.4	1.5	0.6	0.5	1.1	0.8	0.5	0.5	0.9	1.2	0.2	1.6	1.0
17-00 Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.2	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.1	0.2	0.2	0.0	0.2	0.0	0.3	0.1	0.2	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1
17-02 Dietetic products	0.1	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	0.9	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	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	0.9	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.4	0.6	1.1	3.5	0.9	0.3	0.5	0.7	0.4	1.2	1.9	1.3	0.5	0.4	1.0	0.6	0.5	0.3	0.0	1.0	0.2	1.5	0.8



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.1	7.3	4.8	0.0	5.8	1.5	5.6	3.5	10.4	1.6	0.5	3.1	0.1	0.1	4.5	1.5	9.8	6.5	0.0	0.1	12.6	0.1	1.6
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	6.6	7.9	0.0	9.6	1.8	5.8	3.8	9.8	1.7	3.0	3.9	0.2	14.4	4.8	4.6	5.4	15.8	0.0	0.0	18.2	0.1	6.2
02-01	Leafy vegetables (except cabbages)	1.8	1.2	2.3	0.0	2.8	0.4	1.7	0.8	2.0	0.2	0.5	0.9	0.2	4.2	1.0	1.1	0.8	3.6	0.0	0.0	0.9	0.1	1.8
02-02	Fruiting vegetables	1.1	1.8	2.5	0.0	3.1	0.7	1.8	0.9	3.2	0.2	0.8	1.1	0.0	2.2	1.2	1.1	1.7	3.5	0.0	0.0	7.1	0.0	2.2
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.4	0.1	0.3	0.2	0.8	0.1	0.3	0.2	0.0	4.4	0.3	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.3
02-04	Cabbages	1.0	0.9	1.1	0.0	1.3	0.3	0.9	0.9	1.8	0.6	0.5	0.6	0.0	1.1	0.8	0.8	1.1	4.2	0.0	0.0	6.1	0.0	0.9
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.3	0.0	0.1	0.3	0.3	0.4	0.0	0.1	0.0	0.0	0.1	0.5	0.1	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	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.2	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.0	0.3	0.0	0.1	0.3	0.1	0.7	1.2	0.0	0.0	0.8	0.0	0.3
02-08	Stalk vegetables, sprouts	0.0	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.5	0.5	0.8	0.0	0.9	0.1	0.5	0.3	0.9	0.2	0.6	0.3	0.0	2.3	0.6	0.5	0.6	1.6	0.0	0.0	2.3	0.0	0.4
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.4	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.4	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.9	8.4	3.8	0.0	4.5	1.4	6.6	3.2	7.3	3.4	0.8	3.1	0.0	1.4	3.7	2.0	5.3	5.7	0.0	0.0	19.3	0.0	5.5
04-01	Fruits	1.4	4.8	2.5	0.0	2.9	1.4	3.7	1.5	6.3	1.5	0.1	1.5	0.0	1.3	2.7	1.5	4.7	4.9	0.0	0.0	19.2	0.0	2.9
04-02	Nuts and seeds (+nut spread)	0.4	3.3	1.2	0.0	1.4	0.1	2.7	1.5	0.9	1.7	0.6	1.5	0.0	0.0	0.9	0.4	0.6	0.7	0.0	0.0	0.0	0.0	2.3
04-03	Mixed fruits	0.1	0.3	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.3	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	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	0.0	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
05	Dairy products	58.0	4.8	2.7	0.0	3.2	15.3	14.7	33.5	15.5	14.2	17.6	23.5	28.5	22.5	8.6	38.3	11.7	11.2	0.5	37.6	3.4	4.9	4.7
05-01	Milk	14.7	0.7	0.4	0.0	0.4	5.9	4.9	9.1	6.6	2.3	2.5	5.4	3.5	2.8	3.4	13.9	2.7	3.8	0.0	11.4	1.0	0.0	0.4
05-02	Milk beverages	2.1	0.6	0.8	0.0	1.0	0.9	1.0	1.2	1.1	0.3	0.4	0.7	0.6	0.5	0.8	2.1	0.8	0.4	0.5	1.2	0.3	0.3	0.5
05-03	Yoghurt	11.3	1.0	0.4	0.0	0.4	2.9	3.4	6.3	4.2	1.5	1.9	3.8	1.8	1.4	2.6	10.4	5.8	3.0	0.0	7.9	1.4	0.2	0.7
05-04	Fromage blanc, petits suisses	0.3	0.0	0.1	0.0	0.1	0.3	0.1	0.2	0.1	0.1	0.1	0.2	0.2	0.2	0.1	0.4	0.1	0.1	0.0	0.4	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.7	1.6	0.6	0.0	0.7	3.2	3.5	13.1	1.2	8.4	11.5	11.6	18.3	14.3	0.6	6.8	1.0	3.3	0.0	13.5	0.2	3.0	2.2
05-06	Cream desserts, puddings (milk based)	2.6	0.8	0.4	0.0	0.5	0.7	1.1	1.6	1.1	0.8	0.7	1.1	2.0	1.6	0.7	2.5	1.1	0.5	0.0	1.9	0.3	0.8	0.6
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.4	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.1	0.9	0.1	0.2	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	2.3	0.1	0.1	0.0	0.1	1.4	0.7	1.8	1.1	0.8	0.5	0.7	1.1	0.9	0.3	2.0	0.3	0.1	0.0	1.1	0.1	0.1	0.2
06	Cereals and cereal products	6.7	27.9	24.2	0.1	28.7	50.6	22.8	17.7	11.6	15.5	29.8	17.9	0.4	0.4	16.5	8.4	10.0	20.3	5.9	0.2	1.3	0.2	8.2
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.1	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	0.1
06-02	Pasta, rice, other grain	0.6	3.4	1.8	0.0	2.1	0.5	1.9	1.7	0.5	1.1	0.1	2.3	0.0	0.0	0.8	0.5	0.4	0.8	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.4	20.9	18.3	0.0	21.7	49.0	17.9	13.7	8.1	13.4	26.0	13.2	0.0	0.0	12.3	6.1	6.2	16.7	0.0	0.0	0.0	0.1	4.1
06-03-01	Bread	5.1	19.5	17.2	0.0	20.4	48.9	16.8	12.8	7.6	12.9	25.1	12.6	0.0	0.0	11.1	5.7	5.7	16.1	0.0	0.0	0.0	0.1	3.4
06-03-02	Crispbread, rusks	0.3	1.4	1.2	0.0	1.4	0.1	1.1	0.8	0.5	0.5	1.0	0.7	0.0	0.0	1.2	0.4	0.4	0.5	0.0	0.0	0.0	0.0	0.7
06-04	Breakfast cereals	0.2	1.0	1.7	0.0	2.1	0.0	1.1	0.9	0.5	0.1	0.4	0.8	0.0	0.0	1.6	0.9	0.9	1.4	5.9	0.2	0.3	0.0	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.9	2.0	0.1	2.3	0.6	1.6	1.1	2.2	0.5	2.8	1.2	0.2	0.3	1.4	0.6	2.2	0.6	0.0	0.0	0.9	0.0	2.8
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.5	0.3	0.0	0.4	0.4	0.2	0.3	0.2	0.4	0.5	0.2	0.1	0.1	0.3	0.3	0.3	0.8	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	1.6	9.7	15.0	84.5	7.4	2.8	8.7	17.5	12.8	30.0	16.7	28.3	14.6	12.9	24.7	11.9	22.4	3.5	0.0	30.1	9.3	18.8	7.2
07-01	Fresh meat	0.5	3.5	6.9	43.9	2.1	0.9	4.1	7.8	6.2	11.9	2.9	15.8	1.1	0.9	12.3	5.5	10.7	0.9	0.0	15.3	2.5	3.4	2.2
07-01-00	Unclassified	0.1	0.6	1.2	9.3	0.4	0.2	0.6	1.2	1.0	2.2	0.7	2.9	0.4	0.3	2.4	1.0	1.9	0.1	0.0	3.0	1.1	1.1	0.3
07-01-01	Beef	0.2	1.4	3.9	23.5	0.9	0.4	1.5	3.0	2.4	4.2	1.2	8.1	0.5	0.4	0.9	2.0	3.5	0.5	0.0	8.8	1.3	1.1	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	0.2	1.3	1.6	10.2	0.7	0.2	1.8	3.4	2.7	5.4	1.0	4.3	0.2	0.1	8.9	2.4	5.2	0.2	0.0	3.1	0.2	1.1	1.1
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.9	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.5	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	1.4	7.7	1.0	0.8	1.7	2.8	2.1	6.4	0.6	1.8	1.4	1.0	1.5	0.8	5.8	0.8	0.0	1.3	0.0	9.5	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	2.2	1.3	7.4	1.0	0.8	1.7	2.7	2.0	6.3	0.6	1.7	1.4	1.0	1.4	0.7	5.7	0.7	0.0	1.1	0.0	9.5	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	0.0	0.2	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	0.0	0.1	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.0	0.1	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	3.8	6.6	32.7	4.2	1.1	2.9	6.8	4.6	11.5	13.2	10.6	11.9	10.8	10.9	5.5	5.8	1.7	0.0	13.2	6.8	6.0	3.9
07-05	Offals	0.0	0.2	0.2	0.2	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.2	0.2	0.0	0.2	0.0	0.2	0.0	0.2	0.0	0.0	0.0
08	Fish and shellfish	0.7	1.8	1.2	5.4	1.0	3.9	1.3	2.7	1.5	7.9	2.9	1.2	0.8	0.6	1.2	1.4	1.8	0.6	0.0	9.9	0.1	8.1	1.5
08-01	Fish	0.4	1.0	0.9	4.5	0.7	2.4	1.0	2.1	1.1	6.1	2.1	0.8	0.7	0.5	0.9	1.0	1.6	0.4	0.0	7.1	0.1	7.1	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.6	0.1	0.2	0.1	0.4	0.1	0.1	0.1	0.6	0.5	0.3	0.0	0.0	0.3	0.0	0.1	0.0	2.0	0.0	0.0	0.4	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.7	0.2	1.1	0.2	0.5	0.3	1.3	0.3	0.2	0.1	0.1	0.2	0.1	0.1	0.1	0.7	0.0	1.0	0.1	
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.5	0.6	2.0	0.5	4.9	0.8	1.9	4.8	3.6	0.7	2.7	0.8	2.7	0.0	4.4	0.0	5.6	3.7
09-01	Egg	0.8	0.7	2.6	0.0	3.1	2.5	0.6	2.0	0.5	4.9	0.8	1.9	4.8	3.6	0.7	2.7	0.8	2.7	0.0	4.4	0.0	5.6	3.7
10	Fat	1.1	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.7	22.2	1.8	1.6	6.1	8.1	53.9	2.9	0.0	36.5	24.8
10-00	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	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.4	0.3	
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	3.9
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.6	2.1	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.4	
10-03	Margarines	1.0	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.0	1.1	0.0	25.9	20.0	1.8	1.5	6.1	8.1	53.9	2.7	0.0	35.1	20.3
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	2.5	6.1	6.7	0.0	7.6	1.6	3.4	2.0	2.6	1.3	0.8	1.7	1.9	1.6	1.2	2.5	1.1	0.7	0.0	1.4	0.5	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	0.0	0.2	0.2	0.0	0.3	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.3	4.3	3.3	0.0	3.7	0.7	2.1	1.3	1.4	0.9	0.3	1.1	0.6	0.5	0.6	1.5	0.3	0.5	0.0	1.0	0.1	0.1	2.0
11-03	Confectionery non-chocolate	0.3	0.4	0.6	0.0	0.8	0.1	0.3	0.1	0.2	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
11-04	Syrup	0.1	0.8	2.3	0.0	2.6	0.1	0.4	0.1	0.5	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.3	0.0	0.2
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.3	0.2	0.3	1.2	1.1	0.5	0.8	0.2	0.2	0.0	0.4	0.0	0.6	0.3
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.3	0.2	0.3	1.2	1.1	0.5	0.8	0.2	0.2	0.0	0.4	0.0	0.6	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	2.4	4.0	5.3	0.9	6.3	3.3	3.3	4.3	2.8	3.9	4.9	3.1	7.0	5.5	2.8	3.1	1.9	2.3	0.0	1.5	0.4	6.9	6.9
12-01	Cakes, pies, pastries, etc	1.5	2.3	2.6	0.6	3.1	2.7	1.8	2.7	1.6	2.5	2.9	1.7	5.0	3.9	1.7	2.3	0.9	1.7	0.0	1.2	0.4	5.4	3.7
12-02	Dry cakes, biscuits	0.9	1.7	2.7	0.2	3.2	0.6	1.5	1.7	1.1	1.3	2.0	1.3	2.0	1.6	1.1	0.8	0.9	0.6	0.0	0.3	0.0	1.4	3.3
13	Non-alcoholic beverages	12.2	10.3	10.9	0.0	13.0	6.6	16.4	3.9	18.8	4.4	2.5	2.3	0.7	1.6	9.9	8.3	9.2	8.5	0.2	2.1	21.5	0.1	3.5
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	1.1	1.4	1.4	0.0	1.7	0.6	2.5	0.9	3.8	0.4	0.2	0.6	0.0	1.0	4.8	2.4	3.7	4.0	0.2	0.7	14.5	0.0	3.0
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.1	1.3	0.5	0.0	0.6	1.4	0.5	1.5	0.6	0.3	0.6	0.1	0.0	0.0	0.3	0.4	1.5	0.1	0.0	0.3	5.3	0.0	0.5
13-03	Coffee, tea and herbal teas	5.4	7.1	8.8	0.0	10.6	2.7	11.9	1.6	14.4	1.5	1.0	1.5	0.7	0.6	4.9	5.5	4.0	4.4	0.0	1.2	1.8	0.1	0.1
13-03-01	Coffee	3.2	3.7	8.0	0.0	9.6	1.7	10.4	1.0	13.2	1.5	0.7	1.0	0.7	0.6	4.8	4.4	0.2	0.4	0.0	1.2	0.0	0.1	0.1
13-03-02	Tea	1.7	2.6	0.6	0.0	0.7	0.8	1.1	0.4	0.8	0.0	0.2	0.3	0.0	0.0	0.0	0.8	3.0	3.2	0.0	0.0	1.4	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.5	0.8	0.2	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.1	0.1	0.0	0.0	0.2	0.8	0.8	0.0	0.0	0.3	0.0	0.0	
13-03-04 Chicory, substitutes	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
13-04 Waters	4.6	0.6	0.1	0.0	0.1	1.9	1.5	0.0	0.1	2.3	0.7	0.2	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	1.5	3.4	0.0	4.1	2.6	2.6	1.2	2.1	0.2	0.3	0.3	0.1	0.1	0.0	1.2	1.7	1.2	0.0	0.4	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	1.1	3.2	0.0	3.7	2.3	1.6	0.4	1.4	0.1	0.2	0.2	0.0	0.0	0.0	0.6	0.7	0.1	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.2	0.1	0.0	0.2	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
14-03 Beer, cider	0.2	0.2	0.1	0.0	0.2	0.3	0.9	0.7	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.6	0.9	1.1	0.0	0.3	0.1	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	0.1	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	0.9	1.4	0.0	1.6	0.4	1.1	0.7	1.0	0.7	7.8	0.6	3.7	4.1	3.8	0.5	0.5	0.5	0.0	0.1	1.0	4.4	10.8
15-01 Sauces	0.5	0.8	1.2	0.0	1.4	0.4	1.0	0.7	0.9	0.7	6.9	0.6	3.7	4.1	3.5	0.4	0.5	0.5	0.0	0.1	0.8	4.4	10.7
15-01-00 Unclassified and other sauces	0.3	0.6	0.7	0.0	0.8	0.2	0.7	0.4	0.5	0.2	3.7	0.3	3.3	2.6	2.7	0.2	0.1	0.2	0.0	0.0	0.5	4.2	4.7
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.1	0.4	0.0	1.2	0.1	0.2	1.0	0.8	0.2	0.1	0.1	0.0	0.0	0.3	0.0	0.2
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	1.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	0.9	0.1	0.2	0.3	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	4.1
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.1	0.9	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.6	1.7	1.7	3.2	1.7	0.4	2.6	1.4	1.9	1.4	7.2	1.1	0.2	1.0	3.6	0.8	1.3	1.0	0.0	1.6	1.7	1.8	1.3
16-01 Soups	0.6	1.7	1.7	3.2	1.7	0.4	2.6	1.4	1.9	1.3	6.3	1.1	0.2	1.0	3.6	0.8	1.3	1.0	0.0	1.6	1.7	1.8	1.3
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.1	1.4	1.9	4.0	2.0	0.8	1.2	1.3	0.8	1.7	2.9	1.8	1.0	0.8	1.2	1.1	0.8	1.0	2.5	1.5	0.5	2.5	1.5
17-00 Unclassified	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.3	0.2	0.2	0.0	0.3	0.0	0.4	0.2	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.3	0.0	0.2	0.0	0.2	0.0	0.2	0.1
17-02 Dietetic products	0.3	0.5	0.4	0.0	0.6	0.4	0.3	0.3	0.2	0.4	0.4	0.4	0.6	0.5	0.3	0.3	0.3	0.5	2.5	0.2	0.3	0.6	0.4
17-02-00 Unclassified	0.3	0.5	0.4	0.0	0.6	0.4	0.3	0.3	0.2	0.4	0.1	0.4	0.6	0.5	0.3	0.3	0.3	0.5	2.5	0.2	0.3	0.6	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.7	1.2	4.0	1.1	0.3	0.6	0.8	0.5	1.1	2.1	1.3	0.4	0.3	0.8	0.5	0.5	0.3	0.0	1.1	0.2	1.7	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.0	5.6	4.1	0.0	5.1	1.2	4.7	2.9	8.9	1.2	0.7	2.4	0.0	0.0	3.9	1.2	7.4	4.9	0.0	0.1	8.8	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	5.0	6.5	8.1	0.0	10.2	1.8	5.9	4.0	10.7	1.8	2.9	4.1	0.1	16.2	4.8	4.3	5.6	14.3	0.0	0.0	16.4	0.0	6.7
02-01	Leafy vegetables (except cabbages)	1.5	1.0	2.0	0.0	2.6	0.3	1.5	0.7	2.1	0.2	0.4	0.8	0.0	3.4	0.8	0.8	0.6	2.9	0.0	0.0	0.6	0.0	1.3
02-02	Fruiting vegetables	1.0	1.9	3.0	0.0	3.6	0.8	2.1	1.1	4.1	0.2	0.8	1.3	0.0	2.5	1.6	1.1	2.1	3.5	0.0	0.0	7.8	0.0	3.1
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.2	0.3	0.3	0.9	0.1	0.3	0.3	0.0	6.4	0.3	0.2	0.4	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.9	0.6	0.9	0.0	1.1	0.2	0.6	0.7	1.4	0.5	0.5	0.5	0.0	1.2	0.6	0.7	1.0	3.2	0.0	0.0	4.5	0.0	1.0
02-05	Mushrooms	0.1	0.9	0.2	0.0	0.3	0.0	0.1	0.3	0.4	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	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	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.0	0.1	0.3	0.0	0.1	0.3	0.1	0.6	1.0	0.0	0.0	0.6	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.2	0.0	0.1	0.1	0.0	0.1	0.2	0.2	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.1	0.2	0.6	0.4	1.0	0.3	0.6	0.5	0.0	2.5	0.6	0.5	0.6	1.9	0.0	0.0	1.8	0.0	0.5
03	Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.9	9.2	4.1	0.0	5.1	1.5	7.5	3.5	8.3	3.7	1.5	3.4	0.0	1.3	3.9	2.0	5.5	5.2	0.0	0.0	17.8	0.0	6.1
04-01	Fruits	1.4	5.0	2.5	0.0	3.2	1.4	4.1	1.6	7.1	1.7	0.1	1.6	0.0	1.3	2.8	1.5	4.8	4.2	0.0	0.0	17.6	0.0	2.9
04-02	Nuts and seeds (+nut spread)	0.4	4.0	1.5	0.0	1.7	0.1	3.4	1.9	1.2	1.9	0.9	1.7	0.0	0.0	1.1	0.5	0.6	0.8	0.0	0.0	0.0	0.0	3.0
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	56.4	4.4	2.9	0.0	3.5	15.3	14.6	32.8	16.4	13.0	17.4	22.7	29.5	22.1	9.1	37.6	11.8	10.6	0.3	37.7	3.9	5.5	4.9
05-01	Milk	15.3	0.6	0.4	0.0	0.5	5.9	5.2	9.5	7.2	2.4	2.7	5.5	4.1	3.0	3.4	13.9	2.7	3.5	0.0	12.4	1.0	0.0	0.5
05-02	Milk beverages	2.5	0.7	0.9	0.0	1.1	1.1	1.2	1.5	1.4	0.3	0.5	0.8	0.7	0.6	0.9	2.3	0.8	0.3	0.3	1.6	0.7	0.3	0.3
05-03	Yoghurt	10.1	0.9	0.4	0.0	0.5	2.6	3.2	5.8	4.1	1.4	1.8	3.4	1.7	1.2	2.9	9.5	5.6	2.7	0.0	7.0	1.5	0.2	1.1
05-04	Fromage blanc, petits suisses	0.8	0.2	0.2	0.0	0.2	1.1	0.3	0.8	0.4	0.2	0.3	0.4	0.6	0.4	0.4	1.4	0.3	0.3	0.0	1.1	0.1	0.2	0.0
05-05	Cheese (including fresh cheeses)	23.6	1.5	0.7	0.0	0.8	3.2	3.3	12.5	1.2	7.7	11.3	11.2	18.4	13.9	0.6	6.7	1.1	3.3	0.0	13.0	0.2	3.5	2.3
05-06	Cream desserts, puddings (milk based)	2.4	0.5	0.3	0.0	0.4	0.4	1.0	1.3	1.1	0.5	0.6	0.9	1.6	1.2	0.5	2.3	1.0	0.3	0.0	1.8	0.3	0.6	0.3
05-07	Dairy and non-dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.7	1.3	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.6	0.2
05-07-01	Dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.7	1.3	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.6	0.2
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

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	1.5	0.0	0.0	0.0	0.1	0.8	0.4	1.3	0.8	0.4	0.4	0.4	0.5	0.4	0.2	1.2	0.2	0.0	0.0	0.7	0.0	0.1	0.1
06	Cereals and cereal products	7.1	28.1	25.0	0.8	30.2	50.5	24.2	18.8	12.3	16.2	30.4	19.0	0.5	0.5	18.3	8.5	10.3	20.2	8.8	0.3	0.9	0.2	9.2
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	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
06-02	Pasta, rice, other grain	0.7	3.8	2.0	0.1	2.4	0.7	2.2	2.0	0.6	1.6	0.1	2.9	0.0	0.0	1.1	0.6	0.5	0.8	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.3	20.3	18.3	0.0	22.2	48.5	18.3	13.9	8.5	13.1	26.0	13.4	0.0	0.0	12.7	5.9	6.1	16.0	0.0	0.0	0.0	0.1	4.8
06-03-01	Bread	5.0	18.7	17.0	0.0	20.6	48.3	17.0	12.9	7.9	12.6	24.9	12.6	0.0	0.0	11.3	5.4	5.6	15.5	0.0	0.0	0.0	0.1	4.3
06-03-02	Crispbread, rusks	0.3	1.6	1.3	0.0	1.6	0.2	1.3	1.0	0.6	0.5	1.1	0.8	0.0	0.0	1.3	0.5	0.5	0.6	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.3	1.4	2.3	0.0	2.7	0.1	1.6	1.3	0.8	0.2	0.4	1.2	0.0	0.0	2.5	1.0	1.3	1.7	8.8	0.2	0.1	0.0	1.1
06-05	Salty biscuits, aperitif biscuits, crackers	0.6	1.9	2.0	0.7	2.3	0.5	1.7	1.1	2.0	0.7	3.2	1.1	0.4	0.4	1.5	0.6	2.0	0.6	0.0	0.0	0.7	0.1	2.7
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.4	0.0	0.5	0.6	0.3	0.3	0.2	0.6	0.6	0.3	0.1	0.1	0.5	0.3	0.4	1.0	0.0	0.0	0.0	0.0	0.2
07	Meat and meat products	1.6	8.6	13.3	81.7	6.8	2.8	8.1	15.9	12.1	27.1	15.5	23.7	13.0	10.7	20.6	9.7	19.4	3.0	0.0	25.4	7.5	20.1	6.1
07-01	Fresh meat	0.4	2.5	5.5	36.3	1.7	0.7	3.2	6.1	5.1	9.1	2.3	12.0	0.8	0.6	9.6	4.1	8.3	0.7	0.0	11.8	1.8	2.7	1.5
07-01-00	Unclassified	0.1	0.5	1.1	7.7	0.3	0.2	0.5	1.0	0.8	1.7	0.6	2.3	0.2	0.2	1.8	0.7	1.5	0.1	0.0	2.3	0.8	0.8	0.2
07-01-01	Beef	0.1	1.1	3.1	19.0	0.7	0.4	1.3	2.4	2.0	3.3	0.7	6.2	0.4	0.3	0.6	1.6	2.9	0.5	0.0	7.0	0.8	0.9	0.6
07-01-02	Veal	0.0	0.0	0.0	0.6	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.2	0.0
07-01-03	Pork	0.2	0.9	1.2	8.6	0.6	0.2	1.4	2.6	2.1	4.0	0.9	3.1	0.1	0.1	7.0	1.6	3.8	0.1	0.0	2.1	0.2	0.9	0.7
07-01-04	Mutton/Lamb	0.0	0.0	0.0	0.4	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-01-05	Horse	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
07-01-06	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	2.4	1.5	10.1	1.1	0.8	2.0	3.2	2.5	7.1	0.6	1.8	1.7	1.1	1.6	0.7	5.7	0.7	0.0	1.6	0.0	10.6	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	2.4	1.4	9.8	1.0	0.8	1.9	3.1	2.4	7.0	0.6	1.8	1.6	1.1	1.5	0.7	5.6	0.7	0.0	1.4	0.0	10.5	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	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	0.1	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-04	Processed meat	1.0	3.3	6.1	34.2	3.9	1.2	2.8	6.5	4.4	10.6	12.6	9.7	10.0	8.5	9.3	4.7	5.2	1.4	0.0	11.2	5.5	6.7	3.4
07-05	Offals	0.0	0.3	0.2	0.6	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.6	0.5	0.1	0.3	0.1	0.3	0.0	0.6	0.1	0.0	0.0
08	Fish and shellfish	0.7	2.0	1.3	7.0	1.1	3.2	1.4	3.0	1.6	8.2	2.5	1.2	1.0	0.8	1.3	1.3	2.0	0.6	0.0	10.3	0.1	8.7	2.4
08-01	Fish	0.5	1.2	1.0	5.9	0.9	1.7	1.1	2.4	1.3	6.2	1.8	0.8	1.0	0.8	1.0	0.9	1.8	0.4	0.0	7.6	0.1	7.6	1.9

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.6	0.1	0.2	0.1	0.4	0.1	0.1	0.1	0.7	0.4	0.3	0.0	0.0	0.3	0.1	0.1	0.0	1.9	0.0	0.0	0.4	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.9	0.2	1.1	0.2	0.5	0.3	1.3	0.4	0.2	0.1	0.1	0.3	0.1	0.2	0.2	0.0	0.8	0.0	1.1	0.1
09	Eggs and egg products	1.0	0.8	3.0	0.0	3.7	2.8	0.7	2.4	0.7	5.5	0.9	2.1	5.6	4.0	0.7	2.9	0.8	2.8	0.0	5.2	0.0	6.0	4.2
09-01	Egg	1.0	0.8	3.0	0.0	3.7	2.8	0.7	2.4	0.7	5.5	0.9	2.1	5.6	4.0	0.7	2.9	0.8	2.8	0.0	5.2	0.0	6.0	4.2
10	Fat	0.9	0.0	0.1	2.6	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	24.5	18.1	2.1	1.7	5.3	6.7	43.4	2.6	0.0	30.6	21.1
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.4
10-01	Vegetable oils	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	4.7
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	3.3	2.6	0.0	0.0	0.0	0.0	0.2	0.0	1.1	0.4	
10-03	Margarines	0.8	0.0	0.1	2.6	0.1	0.1	0.1	0.2	0.2	0.0	1.0	0.0	20.8	15.2	2.1	1.6	5.3	6.7	43.4	2.4	0.0	28.9	15.6
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	2.6	5.5	6.4	0.0	7.5	1.5	3.3	1.9	2.8	1.1	0.9	1.7	1.7	1.4	1.1	2.0	1.4	0.7	0.0	1.1	1.2	0.6	3.0
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	0.0	0.2	0.3	0.0	0.3	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.2	3.9	3.2	0.0	3.8	0.6	2.0	1.2	1.4	0.8	0.3	1.0	0.6	0.4	0.5	1.2	0.2	0.4	0.0	0.7	0.1	0.1	1.9
11-03	Confectionery non-chocolate	0.4	0.4	0.8	0.0	0.9	0.1	0.4	0.1	0.3	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.7	2.0	0.0	2.3	0.1	0.4	0.1	0.6	0.0	0.1	0.2	0.0	0.0	0.1	0.1	0.9	0.0	0.0	0.0	1.0	0.0	0.7
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.1	0.9	0.4	0.7	0.2	0.2	0.0	0.4	0.1	0.4	0.2
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.1	0.9	0.4	0.7	0.1	0.2	0.0	0.4	0.0	0.4	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	0.1	0.0	0.0	0.0
12	Cakes	2.3	3.5	4.4	0.8	5.4	3.1	2.9	3.9	2.5	3.4	4.5	2.6	7.1	5.3	2.2	2.5	1.6	2.1	0.0	1.4	0.4	7.0	6.0
12-01	Cakes, pies, pastries, etc	1.4	2.2	2.3	0.6	2.8	2.4	1.8	2.5	1.6	2.2	2.8	1.7	5.3	3.9	1.5	1.9	0.7	1.6	0.0	1.0	0.4	5.6	3.5
12-02	Dry cakes, biscuits	0.8	1.3	2.1	0.1	2.6	0.6	1.1	1.4	0.9	1.2	1.6	1.0	1.8	1.5	0.7	0.6	0.9	0.6	0.0	0.3	0.0	1.5	2.5
13	Non-alcoholic beverages	12.4	9.6	8.7	0.0	10.8	6.6	14.4	4.5	16.5	4.2	2.6	2.2	0.8	2.2	9.1	8.1	10.3	9.8	0.5	3.0	24.6	0.2	4.2
13-00	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.2	1.5	1.6	0.0	2.0	0.6	2.8	1.1	4.5	0.4	0.2	0.6	0.0	1.5	5.2	2.5	3.9	4.8	0.0	0.8	17.7	0.0	3.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.3	1.4	0.4	0.0	0.5	1.6	0.6	1.8	0.6	0.2	0.7	0.1	0.0	0.1	0.3	1.0	2.2	0.1	0.5	0.9	5.1	0.0	0.4
13-03	Coffee, tea and herbal teas	5.1	6.1	6.5	0.0	8.0	2.4	9.3	1.6	11.4	1.2	1.0	1.4	0.8	0.6	3.6	4.6	4.2	4.8	0.0	1.3	1.8	0.2	0.1
13-03-01	Coffee	2.7	2.6	5.7	0.0	7.0	1.3	7.7	1.0	10.1	1.2	0.7	0.9	0.8	0.6	3.6	3.5	0.2	0.3	0.0	1.3	0.0	0.2	0.1
13-03-02	Tea	1.8	2.6	0.6	0.0	0.8	0.8	1.2	0.4	0.9	0.0	0.2	0.3	0.0	0.0	0.0	0.8	2.9	3.3	0.0	1.4	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.6	0.8	0.2	0.0	0.3	0.3	0.4	0.2	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	1.1	1.2	0.0	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	0.0	0.0	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	4.7	0.6	0.1	0.0	0.1	1.9	1.6	0.0	0.1	2.4	0.7	0.2	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	3.2	0.0	3.9	2.2	2.2	0.9	1.9	0.2	0.2	0.3	0.1	0.1	0.0	1.1	1.7	1.0	0.0	0.3	0.1	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	0.8	3.0	0.0	3.6	2.0	1.5	0.4	1.3	0.1	0.1	0.2	0.0	0.0	0.0	0.5	0.8	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.1	0.1	0.1	0.0	0.1	0.2	0.7	0.5	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.5	0.9	0.9	0.0	0.2	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	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	1.3	1.7	0.0	2.0	0.4	1.5	0.9	1.4	0.8	8.5	0.9	2.6	3.1	3.0	0.7	0.5	0.6	0.0	0.2	1.1	2.7	9.4
15-01 Sauces	0.5	1.2	1.5	0.0	1.8	0.4	1.4	0.8	1.3	0.7	7.4	0.8	2.6	3.1	2.7	0.5	0.4	0.4	0.0	0.1	1.0	2.7	9.4
15-01-00 Unclassified and other sauces	0.3	0.9	0.9	0.0	1.1	0.1	1.0	0.5	0.6	0.3	4.2	0.5	2.3	1.7	1.9	0.3	0.2	0.1	0.0	0.1	0.4	2.4	4.1
15-01-01 Tomato sauces	0.1	0.2	0.3	0.0	0.3	0.1	0.3	0.1	0.6	0.0	1.7	0.1	0.1	1.1	0.8	0.2	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.9	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.3	0.7	0.1	0.1	0.3	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.2	3.3
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.2	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.0	1.1	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.7	1.8	1.8	3.0	1.8	0.4	2.6	1.5	2.1	1.4	7.1	1.2	0.4	1.4	3.7	1.1	1.4	1.3	0.0	1.7	2.1	1.9	1.2
16-01 Soups	0.7	1.8	1.7	3.0	1.8	0.4	2.6	1.5	2.1	1.3	6.2	1.2	0.4	1.4	3.7	1.0	1.4	1.3	0.0	1.7	2.1	1.9	1.2
16-02 Bouillon	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	0.0	0.0
17 Miscellaneous	1.8	1.5	2.2	4.0	2.3	1.1	1.7	1.8	1.1	2.2	2.8	2.2	1.7	1.2	1.7	1.9	1.1	1.2	2.9	2.0	0.7	3.4	1.7
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	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	0.1	0.0	0.0	0.0
17-01 Soya products	0.8	0.3	0.3	0.0	0.4	0.1	0.8	0.5	0.2	0.4	0.3	0.2	0.0	0.0	0.2	0.6	0.1	0.4	0.0	0.7	0.0	0.9	0.2
17-02 Dietetic products	0.5	0.6	0.7	0.0	0.9	0.5	0.4	0.5	0.3	0.6	0.4	0.6	1.1	0.7	0.5	0.5	0.5	0.5	2.9	0.4	0.4	1.1	0.6
17-02-00 Unclassified	0.5	0.6	0.7	0.0	0.9	0.5	0.4	0.5	0.3	0.6	0.2	0.6	1.1	0.7	0.5	0.5	0.5	0.5	2.9	0.4	0.4	1.1	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.6	1.1	4.0	0.9	0.5	0.6	0.9	0.5	1.2	1.9	1.3	0.5	0.4	0.9	0.7	0.5	0.3	0.0	0.9	0.2	1.4	0.8



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.0	5.5	4.1	0.0	5.0	1.2	4.5	2.9	8.5	1.3	0.7	2.5	0.1	0.1	4.0	1.3	7.7	4.5	0.0	0.1	7.6	0.0	1.2
01-02	Other tubers	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	0.0	0.0	0.2	0.0	0.0
02	Vegetables	5.6	7.1	9.1	0.0	10.9	2.1	6.5	4.7	12.1	2.4	3.1	4.7	0.0	17.7	5.9	5.4	6.3	15.4	0.0	0.0	18.1	0.0	7.7
02-01	Leafy vegetables (except cabbages)	1.7	1.2	2.3	0.0	2.8	0.3	1.7	0.8	2.5	0.2	0.3	1.0	0.0	3.3	1.2	1.1	0.8	3.2	0.0	0.0	0.6	0.0	1.1
02-02	Fruiting vegetables	1.1	2.1	3.2	0.0	3.8	0.9	2.2	1.2	4.3	0.3	1.0	1.5	0.0	2.7	1.7	1.3	2.4	3.5	0.0	0.0	8.1	0.0	3.0
02-03	Root vegetables	0.4	0.4	0.4	0.0	0.5	0.1	0.3	0.2	0.8	0.1	0.3	0.3	0.0	6.8	0.3	0.2	0.4	0.8	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	1.2	1.0	1.4	0.0	1.7	0.3	1.0	1.2	2.1	1.0	0.4	0.8	0.0	2.0	1.0	1.1	1.2	4.2	0.0	0.0	6.2	0.0	2.1
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.2	0.4	0.1	0.1	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.4	0.3	0.0	0.4	0.1	0.4	0.3	0.3	0.0	0.1	0.2	0.0	0.1	0.4	0.2	0.2	0.6	0.0	0.0	0.2	0.0	0.2
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.2	0.5	0.0	0.1	0.2	0.0	0.1	0.2	0.1	0.5	0.8	0.0	0.0	0.4	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.2	0.1	0.0	0.1	0.0	0.0	0.3	0.3	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.7	0.7	0.9	0.0	1.1	0.2	0.6	0.5	1.1	0.3	0.9	0.5	0.0	2.7	0.7	0.6	0.6	1.9	0.0	0.0	1.8	0.0	0.4
03	Legumes	0.2	0.7	0.5	0.0	0.7	0.0	0.4	0.3	0.4	0.1	0.5	0.3	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.7	0.5	0.0	0.7	0.0	0.4	0.3	0.4	0.1	0.5	0.3	0.0	0.0	0.2	0.1	0.2	0.3	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.3	10.4	4.8	0.0	5.8	1.8	8.6	4.3	9.7	4.7	2.0	4.0	0.0	2.0	5.0	2.5	6.5	6.5	0.0	0.0	20.2	0.0	8.1
04-01	Fruits	1.6	5.8	3.0	0.0	3.7	1.7	4.7	2.0	8.3	2.4	0.1	1.9	0.0	2.0	3.3	1.9	5.7	5.5	0.0	0.0	20.1	0.0	4.1
04-02	Nuts and seeds (+nut spread)	0.5	4.0	1.5	0.0	1.8	0.1	3.7	2.2	1.2	2.1	1.0	1.9	0.0	0.0	1.6	0.6	0.7	0.8	0.0	0.0	0.0	0.0	3.6
04-03	Mixed fruits	0.1	0.3	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.3	0.0	0.1	0.0	0.0	0.2	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.3
04-04	Olives	0.1	0.2	0.2	0.0	0.2	0.0	0.1	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	0.2
05	Dairy products	53.8	4.5	2.5	0.0	3.1	15.8	13.6	32.1	15.4	13.0	17.9	22.2	29.8	21.1	7.9	35.3	10.4	10.0	0.0	36.0	3.3	7.2	4.7
05-01	Milk	12.7	0.6	0.3	0.0	0.4	5.4	4.3	8.3	6.1	2.2	2.6	4.9	3.9	2.8	2.9	12.0	2.3	2.9	0.0	10.9	0.9	0.0	0.4
05-02	Milk beverages	1.7	0.6	0.8	0.0	0.9	0.9	0.8	1.1	1.0	0.2	0.4	0.7	0.6	0.4	0.3	1.4	0.2	0.2	0.0	1.0	0.2	0.3	0.1
05-03	Yoghurt	13.4	1.1	0.4	0.0	0.6	4.4	4.1	7.8	5.4	2.1	2.5	4.9	2.3	1.7	3.1	12.2	6.0	3.9	0.0	9.2	1.8	0.4	1.0
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.6	0.2	0.4	0.3	0.2	0.1	0.2	0.4	0.3	0.2	0.6	0.1	0.1	0.0	0.7	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	21.8	1.4	0.5	0.0	0.6	3.1	3.0	12.2	1.1	7.2	11.5	10.3	18.4	12.7	0.5	5.7	0.9	2.4	0.0	11.4	0.2	4.5	2.1
05-06	Cream desserts, puddings (milk based)	2.1	0.7	0.4	0.0	0.4	0.6	0.8	1.1	0.9	0.8	0.5	0.8	1.7	1.3	0.5	2.1	0.8	0.4	0.0	1.8	0.2	0.9	0.5
05-07	Dairy and non-dairy creams	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.1	0.1	2.2	1.7	0.1	0.3	0.0	0.1	0.0	0.2	0.1	1.0	0.3
05-07-01	Dairy creams	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.1	0.1	0.1	2.2	1.7	0.1	0.3	0.0	0.1	0.0	0.2	0.0	1.0	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.3	0.0	0.0	0.0	0.7	0.3	1.0	0.6	0.3	0.3	0.4	0.4	0.3	0.2	1.0	0.1	0.0	0.0	0.7	0.0	0.0	0.3	
06	Cereals and cereal products	6.5	26.5	24.2	0.4	29.6	47.1	23.0	18.8	11.5	15.8	29.3	18.7	0.6	0.6	17.9	7.9	9.2	16.8	7.7	0.4	0.9	0.1	8.7
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	4.1	2.3	0.4	2.7	0.7	2.5	2.3	0.7	2.1	0.1	3.1	0.0	0.1	1.3	0.6	0.5	0.8	0.0	0.1	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	4.9	18.9	17.0	0.0	21.0	45.6	16.9	13.5	8.0	12.8	25.8	12.7	0.0	0.0	12.0	5.4	5.6	13.1	0.0	0.0	0.0	0.1	4.5
06-03-01	Bread	4.6	17.4	15.8	0.0	19.4	45.3	15.7	12.4	7.4	12.3	24.5	11.9	0.0	0.0	10.9	5.1	5.2	12.5	0.0	0.0	0.0	0.1	3.9
06-03-02	Crispbread, rusks	0.3	1.5	1.2	0.0	1.5	0.3	1.2	1.0	0.6	0.5	1.3	0.8	0.0	0.0	1.1	0.3	0.4	0.5	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.4	2.1	3.4	0.0	4.2	0.1	2.4	2.1	1.2	0.2	0.6	1.8	0.0	0.0	3.1	1.2	1.3	2.0	7.7	0.3	0.4	0.0	1.6
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.1	1.3	0.0	1.5	0.4	1.0	0.7	1.4	0.3	2.5	0.8	0.5	0.4	1.2	0.5	1.4	0.3	0.0	0.0	0.5	0.0	2.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.3	0.2	0.0	0.2	0.3	0.1	0.2	0.1	0.3	0.3	0.2	0.0	0.0	0.3	0.2	0.3	0.6	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	1.3	7.1	12.0	80.9	5.7	2.5	6.7	14.2	10.3	24.1	14.0	22.7	12.4	10.1	16.2	9.1	16.9	2.5	0.0	25.6	5.9	16.1	5.1
07-01	Fresh meat	0.3	2.7	5.9	39.3	1.6	0.8	3.1	6.3	5.0	9.7	1.9	13.1	1.0	0.8	7.6	4.3	8.6	0.8	0.0	13.7	1.6	3.4	1.7
07-01-00	Unclassified	0.1	0.5	1.0	7.0	0.3	0.1	0.5	1.0	0.8	1.7	0.5	2.1	0.3	0.2	1.9	0.7	1.6	0.1	0.0	2.0	0.4	1.2	0.3
07-01-01	Beef	0.2	1.4	4.0	25.5	0.9	0.5	1.6	3.2	2.7	4.8	0.9	8.2	0.6	0.4	0.8	2.2	4.0	0.5	0.0	9.4	1.2	1.4	0.8
07-01-02	Veal	0.0	0.1	0.1	0.9	0.0	0.0	0.1	0.3	0.2	0.3	0.1	0.5	0.1	0.1	0.1	0.2	0.5	0.1	0.0	0.7	0.0	0.1	0.1
07-01-03	Pork	0.1	0.6	0.8	5.6	0.3	0.1	0.8	1.7	1.3	2.9	0.5	2.2	0.1	0.1	4.7	1.1	2.5	0.1	0.0	1.2	0.1	0.7	0.5
07-01-04	Mutton/Lamb	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	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	1.5	1.0	7.7	0.8	0.7	1.3	2.3	1.7	5.0	0.5	1.3	1.0	0.7	1.1	0.5	3.8	0.5	0.0	1.5	0.0	7.2	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	0.2	1.5	0.9	7.2	0.7	0.6	1.3	2.2	1.6	4.8	0.5	1.3	1.0	0.7	1.0	0.5	3.6	0.4	0.0	1.1	0.0	7.2	0.7
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.4	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	0.3	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	0.1	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	0.0	0.0	0.0	0.0
07-04	Processed meat	0.8	2.8	4.9	33.5	3.2	1.0	2.2	5.5	3.6	9.3	11.5	8.2	10.0	8.3	7.4	4.2	4.4	1.1	0.0	10.0	4.3	5.4	2.7
07-05	Offals	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.4	0.4	0.1	0.1	0.0	0.2	0.0	0.3	0.0	0.1	0.0
08	Fish and shellfish	1.3	2.9	1.5	9.3	1.2	4.8	1.9	4.1	2.3	11.1	3.6	2.1	1.2	1.1	2.3	2.1	2.7	0.8	0.0	14.9	0.2	12.2	3.7
08-01	Fish	0.7	1.0	1.0	6.7	0.8	2.2	1.2	3.2	1.8	7.0	2.0	1.1	1.1	0.9	1.8	1.2	2.4	0.4	0.0	9.4	0.1	11.0	2.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.5	1.6	0.3	1.5	0.2	1.3	0.5	0.5	0.2	2.6	1.2	0.8	0.1	0.1	0.2	0.7	0.1	0.2	0.0	4.6	0.0	0.1	1.1
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	1.0	0.2	1.3	0.2	0.5	0.3	1.6	0.4	0.2	0.1	0.0	0.3	0.2	0.2	0.2	0.0	0.9	0.0	1.2	0.1
09	Eggs and egg products	0.6	0.5	1.9	0.0	2.4	1.9	0.4	1.6	0.4	3.4	0.7	1.2	3.7	2.6	0.4	1.7	0.5	1.6	0.0	3.1	0.0	4.6	2.6
09-01	Egg	0.6	0.5	1.9	0.0	2.4	1.9	0.4	1.6	0.4	3.4	0.7	1.2	3.7	2.6	0.4	1.7	0.5	1.6	0.0	3.1	0.0	4.6	2.6
10	Fat	0.9	0.1	0.1	2.4	0.1	0.2	0.1	0.2	0.2	0.1	1.1	0.0	23.1	16.4	1.6	1.5	4.9	6.4	35.3	2.4	0.0	28.9	18.7
10-00	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	0.6	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.0	0.6
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	4.3
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.0	4.3	3.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.5	0.6
10-03	Margarines	0.9	0.0	0.1	2.4	0.1	0.1	0.1	0.2	0.1	0.0	0.8	0.0	18.2	13.1	1.6	1.5	4.9	6.4	35.3	2.2	0.0	26.4	13.2
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	3.1	5.9	6.6	0.0	7.6	1.8	3.4	2.2	2.9	1.5	1.0	1.8	2.7	2.1	1.2	2.6	0.9	0.7	0.4	1.4	0.8	1.3	2.9
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	0.0	0.2	0.3	0.0	0.3	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	0.3	0.0	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.6	4.6	3.4	0.0	4.0	0.7	2.2	1.4	1.6	1.0	0.4	1.2	0.7	0.5	0.6	1.4	0.3	0.4	0.3	0.8	0.1	0.3	2.1
11-03	Confectionery non-chocolate	0.4	0.3	0.7	0.0	0.9	0.1	0.3	0.1	0.2	0.1	0.2	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	0.5	1.9	0.0	2.1	0.1	0.3	0.1	0.4	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.0	0.4	0.0	0.2
11-05	Ice cream, water ice	1.0	0.2	0.3	0.0	0.3	0.9	0.6	0.5	0.5	0.3	0.3	0.3	2.0	1.6	0.5	1.0	0.2	0.3	0.0	0.6	0.0	1.0	0.4
11-05-01	Ice cream	1.0	0.2	0.3	0.0	0.3	0.9	0.6	0.5	0.5	0.3	0.3	0.3	2.0	1.6	0.5	1.0	0.2	0.3	0.0	0.6	0.0	1.0	0.4
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	2.4	3.5	4.8	0.8	5.8	3.3	3.1	4.0	2.6	3.6	4.8	2.8	7.3	5.8	2.2	2.9	2.0	2.0	0.0	1.5	0.2	7.7	6.2
12-01	Cakes, pies, pastries, etc	1.4	2.2	2.3	0.6	2.8	2.7	1.9	2.5	1.5	2.4	2.8	1.7	5.3	4.2	1.5	2.2	0.8	1.5	0.0	1.2	0.2	5.9	3.6
12-02	Dry cakes, biscuits	1.0	1.4	2.5	0.2	3.0	0.6	1.2	1.4	1.1	1.2	2.0	1.0	2.1	1.5	0.8	0.7	1.2	0.5	0.0	0.3	0.0	1.7	2.6
13	Non-alcoholic beverages	12.8	10.8	9.2	0.0	11.3	7.0	14.6	5.0	17.3	4.0	2.8	2.5	0.6	1.7	9.2	7.6	10.7	10.9	0.0	1.9	22.8	0.2	3.6
13-00	Unclassified	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
13-01	Fruit and vegetable juices	1.4	1.8	1.8	0.0	2.2	0.7	3.3	1.3	5.2	0.3	0.2	0.7	0.0	1.3	5.4	2.5	4.1	5.1	0.0	0.8	17.0	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.2	1.2	0.4	0.0	0.5	1.3	0.5	1.9	0.5	0.2	0.7	0.1	0.0	0.1	0.3	0.4	1.1	0.1	0.0	0.3	3.6	0.0	0.3
13-03	Coffee, tea and herbal teas	5.7	7.2	6.7	0.0	8.3	3.0	9.2	1.8	11.5	1.1	1.2	1.5	0.6	0.4	3.4	4.7	5.5	5.7	0.0	0.8	2.2	0.2	0.1
13-03-01	Coffee	2.4	2.5	5.5	0.0	6.9	1.3	7.1	0.9	9.8	1.1	0.7	0.8	0.6	0.4	3.4	3.1	0.2	0.2	0.0	0.8	0.0	0.2	0.1
13-03-02	Tea	2.2	3.1	0.7	0.0	0.9	1.1	1.4	0.6	1.1	0.0	0.3	0.4	0.0	0.0	0.0	1.1	3.7	3.8	0.0	0.0	1.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	1.1	1.6	0.4	0.0	0.5	0.6	0.7	0.3	0.6	0.0	0.2	0.2	0.0	0.0	0.0	0.5	1.6	1.7	0.0	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	0.0	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
13-04 Waters	4.5	0.6	0.1	0.0	0.1	2.0	1.5	0.0	0.1	2.3	0.8	0.2	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	1.6	4.6	0.0	5.4	3.3	2.6	1.0	2.3	0.2	0.3	0.4	0.2	0.1	0.0	1.2	1.7	0.8	0.0	0.2	0.1	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	0.8	1.2	4.3	0.0	5.2	3.1	2.0	0.6	1.8	0.1	0.2	0.3	0.0	0.0	0.0	0.7	1.0	0.1	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.2	0.2	0.0	0.2	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
14-03 Beer, cider	0.1	0.1	0.1	0.0	0.1	0.1	0.4	0.4	0.3	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	0.2	0.1	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	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.5	0.8	1.4	0.0	1.7	0.3	1.0	0.7	1.1	0.5	7.3	0.6	2.3	2.6	3.1	0.5	0.5	0.5	0.0	0.1	1.1	2.2	6.9
15-01 Sauces	0.5	0.7	1.2	0.0	1.5	0.3	0.9	0.6	1.0	0.4	6.1	0.5	2.3	2.6	2.6	0.4	0.5	0.5	0.0	0.1	1.0	2.2	6.9
15-01-00 Unclassified and other sauces	0.3	0.4	0.7	0.0	0.8	0.1	0.6	0.3	0.5	0.1	3.5	0.3	2.0	1.3	1.9	0.2	0.1	0.1	0.0	0.0	0.3	2.0	2.4
15-01-01 Tomato sauces	0.1	0.2	0.3	0.0	0.3	0.1	0.2	0.1	0.4	0.0	1.4	0.1	0.2	1.0	0.6	0.2	0.2	0.2	0.0	0.0	0.6	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.5	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.2	0.6	0.1	0.1	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.1	2.5
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	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.1	0.1	1.1	0.1	0.0	0.0	0.5	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.5	1.5	1.5	2.4	1.5	0.4	2.7	1.3	1.9	1.1	7.6	1.0	0.3	1.0	3.9	0.8	1.0	0.8	0.0	1.5	1.3	2.0	1.4
16-01 Soups	0.5	1.5	1.5	2.4	1.5	0.3	2.7	1.3	1.9	1.1	6.7	1.0	0.3	1.0	3.9	0.8	1.0	0.8	0.0	1.5	1.3	2.0	1.4
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	2.0	1.2	1.8	3.7	2.0	0.8	1.9	1.8	1.1	2.0	3.2	1.8	0.7	0.6	1.4	1.6	0.8	1.1	1.1	1.6	0.2	2.2	1.6
17-00 Unclassified	0.2	0.1	0.2	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.3	0.3	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
17-01 Soya products	1.0	0.4	0.6	0.0	0.8	0.1	1.2	0.6	0.5	0.2	0.5	0.3	0.0	0.0	0.3	0.7	0.2	0.6	0.0	0.4	0.0	0.4	0.6
17-02 Dietetic products	0.3	0.2	0.2	0.0	0.2	0.1	0.1	0.2	0.1	0.2	0.5	0.1	0.2	0.2	0.2	0.3	0.2	0.2	1.1	0.2	0.1	0.4	0.3
17-02-00 Unclassified	0.3	0.2	0.2	0.0	0.2	0.1	0.1	0.2	0.1	0.2	0.2	0.1	0.2	0.2	0.2	0.3	0.2	0.2	1.1	0.2	0.1	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.5	0.9	3.7	0.8	0.6	0.5	0.8	0.4	1.0	1.9	1.1	0.4	0.3	0.6	0.4	0.3	0.2	0.0	0.8	0.1	1.4	0.7

**Table 2.4.a** Average contribution of food subgroups to the intake of micronutrients of the Dutch children and adults stratified by BMI category (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non- heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.4	9.7	6.1	0.0	7.1	1.8	7.5	4.5	13.4	2.7	0.8	4.0	0.1	0.1	6.0	2.1	11.6	8.9	0.0	0.1	14.9	0.1	2.4
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
02	Vegetables	3.5	4.6	6.0	0.0	7.0	1.2	4.3	2.6	7.3	1.2	2.1	2.9	0.1	12.5	3.4	3.0	4.1	12.5	0.0	0.0	12.1	0.1	5.1
02-01	Leafy vegetables (except cabbages)	0.9	0.6	1.3	0.0	1.5	0.2	0.9	0.4	1.1	0.1	0.2	0.5	0.1	2.4	0.6	0.6	0.4	2.2	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	0.9	1.5	2.4	0.0	2.8	0.5	1.7	0.7	3.0	0.1	0.6	1.0	0.0	1.8	1.1	0.8	1.5	3.3	0.0	0.0	5.1	0.0	2.1
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	5.2	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.8	0.6	0.9	0.0	1.0	0.2	0.6	0.6	1.3	0.4	0.3	0.5	0.0	1.5	0.6	0.6	0.8	3.5	0.0	0.0	4.3	0.0	1.1
02-05	Mushrooms	0.0	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.4	0.2	0.0	0.3	0.1	0.2	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.9	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.3	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.5	0.2	0.0	1.4	0.3	0.3	0.3	1.0	0.0	0.0	1.0	0.0	0.2
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.3	7.8	3.1	0.0	3.6	1.3	6.9	2.9	6.8	3.7	1.1	2.8	0.0	0.9	3.0	1.7	5.0	4.0	0.0	0.0	11.6	0.0	6.4
04-01	Fruits	0.9	3.8	2.0	0.0	2.3	1.1	3.2	1.1	5.5	1.7	0.1	1.2	0.0	0.9	2.1	1.1	4.3	2.9	0.0	0.0	11.5	0.0	2.3
04-02	Nuts and seeds (+nut spread)	0.5	3.8	1.0	0.0	1.2	0.1	3.6	1.8	1.3	1.9	1.0	1.6	0.0	0.0	0.8	0.5	0.6	1.0	0.0	0.0	0.0	0.0	4.0
04-03	Mixed fruits	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	59.1	6.4	4.1	0.0	4.7	15.4	18.9	33.8	21.4	13.8	14.6	24.0	29.7	23.7	11.2	44.0	12.1	13.7	0.9	44.9	5.3	5.7	4.2
05-01	Milk	20.8	0.9	0.5	0.0	0.6	8.0	7.8	12.8	10.4	3.6	3.4	8.2	7.0	5.5	5.3	19.6	4.2	5.7	0.1	19.6	1.6	0.1	0.8
05-02	Milk beverages	4.5	1.7	2.0	0.0	2.2	2.2	2.5	2.8	2.8	0.9	0.8	1.9	1.7	1.4	1.2	4.3	1.1	0.9	0.8	2.7	0.7	0.9	0.3
05-03	Yoghurt	12.4	1.8	0.5	0.0	0.6	2.4	4.2	6.8	5.3	1.8	2.0	3.9	1.9	1.4	3.0	10.9	4.6	3.7	0.0	8.2	2.4	0.2	0.7
05-04	Fromage blanc, petits suisses	0.6	0.1	0.1	0.0	0.1	0.3	0.1	0.3	0.2	0.0	0.1	0.2	0.5	0.4	0.2	0.7	0.1	0.1	0.0	0.6	0.1	0.5	0.0
05-05	Cheese (including fresh cheeses)	16.8	0.9	0.5	0.0	0.6	1.7	2.6	8.7	0.9	6.5	7.4	8.3	14.4	11.6	0.4	4.9	0.7	2.7	0.0	10.7	0.1	2.5	1.7
05-06	Cream desserts, puddings (milk based)	3.7	0.9	0.5	0.0	0.6	0.7	1.6	2.1	1.8	0.9	0.8	1.5	2.6	2.0	0.9	3.4	1.4	0.5	0.0	2.9	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.2

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	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	
05-08 Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06 Cereals and cereal products	8.4	30.1	29.5	0.5	33.9	57.2	26.5	19.0	15.3	19.1	33.8	20.7	0.4	0.6	21.9	10.7	14.4	28.3	19.9	0.8	2.0	0.4	10.4
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.7	3.8	2.3	0.3	2.6	0.6	2.3	1.9	0.6	1.4	0.1	2.7	0.0	0.1	1.0	0.6	0.5	1.0	0.0	0.0	0.0	0.0	0.4
06-03 Bread, crisp bread, rusks	5.9	20.9	20.2	0.0	23.4	55.2	19.0	13.8	9.4	15.8	27.5	14.5	0.1	0.1	13.9	6.7	6.5	21.9	0.0	0.1	0.0	0.2	3.6
06-03-01 Bread	5.7	20.0	19.5	0.0	22.5	55.1	18.3	13.3	9.0	15.4	27.0	14.1	0.1	0.1	13.1	6.4	6.3	21.5	0.0	0.1	0.0	0.2	3.2
06-03-02 Crispbread, rusks	0.2	1.0	0.7	0.0	0.9	0.1	0.7	0.5	0.3	0.4	0.6	0.4	0.0	0.0	0.8	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.4
06-04 Breakfast cereals	0.8	1.1	2.9	0.0	3.2	0.1	1.4	1.0	0.6	0.4	0.9	1.0	0.1	0.0	3.5	2.1	2.6	3.1	19.9	0.7	0.3	0.1	0.8
06-05 Salty biscuits, aperitif biscuits, crackers	0.8	3.5	3.6	0.2	4.1	0.6	3.5	2.0	4.4	0.8	4.6	2.1	0.2	0.4	3.0	1.1	4.4	1.1	0.0	0.0	1.7	0.0	5.4
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.4	0.4	0.3	0.6	0.7	0.3	0.1	0.1	0.5	0.3	0.4	1.2	0.0	0.0	0.0	0.1	0.2
07 Meat and meat products	2.6	9.3	16.5	86.0	8.9	3.0	9.2	16.6	12.9	31.3	19.1	27.2	15.0	13.0	24.0	11.7	20.9	3.9	0.0	29.4	10.1	22.1	7.0
07-01 Fresh meat	0.4	2.5	5.5	33.2	1.6	0.6	3.2	5.4	4.9	9.4	2.1	11.8	1.0	0.8	9.5	4.2	8.2	0.7	0.0	12.0	2.0	3.3	1.5
07-01-00 Unclassified	0.1	0.6	1.3	9.3	0.4	0.2	0.7	1.2	1.1	2.2	0.6	2.9	0.4	0.3	2.5	0.9	2.0	0.1	0.0	3.1	1.0	1.3	0.3
07-01-01 Beef	0.1	0.9	2.7	15.3	0.6	0.2	1.1	1.8	1.6	3.0	0.6	5.3	0.4	0.3	0.5	1.3	2.4	0.4	0.0	6.0	0.8	0.9	0.5
07-01-02 Veal	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-01-03 Pork	0.2	0.9	1.3	7.8	0.6	0.2	1.3	2.2	2.0	4.1	0.8	3.3	0.2	0.1	6.4	1.7	3.6	0.2	0.0	2.4	0.2	1.0	0.7
07-01-04 Mutton/Lamb	0.0	0.1	0.1	0.6	0.1	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.2	0.2	0.0	0.0	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	2.1	1.3	6.9	0.9	0.7	1.7	2.5	2.0	6.2	0.5	1.7	1.3	1.0	1.3	0.7	5.1	0.7	0.0	1.3	0.0	8.6	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	2.1	1.2	6.7	0.9	0.6	1.6	2.4	1.9	6.0	0.5	1.6	1.3	1.0	1.3	0.6	4.9	0.7	0.0	1.2	0.0	8.6	1.0
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.2	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	0.0	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	0.1	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	0.0	0.0	0.0
07-04 Processed meat	2.0	4.7	9.7	45.7	6.3	1.7	4.3	8.7	6.1	15.7	16.4	13.7	12.6	11.2	13.1	6.8	7.6	2.4	0.0	16.1	8.1	10.1	4.5
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08	Fish and shellfish	0.3	0.8	0.7	3.2	0.6	2.1	0.7	1.3	0.8	4.5	0.9	0.6	0.4	0.3	0.6	0.6	0.9	0.4	0.0	4.6	0.0	4.2	0.8
08-01	Fish	0.1	0.2	0.3	1.7	0.3	0.5	0.4	0.7	0.4	2.2	0.4	0.3	0.2	0.1	0.3	0.3	0.6	0.1	0.0	2.6	0.0	2.6	0.5
08-02	Crustaceans, molluscs	0.1	0.2	0.2	0.4	0.1	0.2	0.1	0.1	0.0	0.4	0.2	0.2	0.1	0.1	0.0	0.1	0.0	0.1	0.0	1.0	0.0	0.0	0.2
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.0	0.2	1.3	0.3	0.5	0.3	1.9	0.3	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.1	0.0	1.5	0.1
09	Eggs and egg products	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.3	0.0	3.5	0.0	4.6	2.7
09-01	Egg	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.9	3.0	0.5	2.0	0.6	2.3	0.0	3.5	0.0	4.6	2.7
10	Fat	1.6	0.0	0.2	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.5	21.4	3.2	2.3	4.7	4.6	37.7	2.0	0.0	37.5	21.3
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.4
10-01	Vegetable oils	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	4.5
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.7	2.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.3
10-03	Margarines	1.5	0.0	0.1	1.8	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	24.5	19.0	3.1	2.3	4.7	4.6	37.7	1.9	0.0	36.0	16.1
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	5.3	11.7	11.7	0.0	13.3	3.0	7.2	3.9	5.6	2.7	1.6	3.6	3.8	3.3	2.5	4.7	2.5	2.1	3.7	3.0	2.8	1.6	5.8
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	0.0	0.2	0.2	0.0	0.3	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	0.6	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.1	9.5	8.0	0.0	9.1	1.5	5.1	2.7	3.5	2.0	0.7	2.6	1.3	1.0	1.4	3.0	0.8	1.5	3.1	2.1	0.2	0.5	4.3
11-03	Confectionery non-chocolate	0.5	0.9	1.4	0.0	1.6	0.2	0.6	0.3	0.4	0.1	0.3	0.3	0.0	0.0	0.2	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.6	1.7	0.0	1.8	0.1	0.4	0.1	0.7	0.0	0.1	0.2	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	2.2	0.0	0.9
11-05	Ice cream, water ice	1.6	0.4	0.5	0.0	0.5	1.2	1.0	0.8	0.8	0.5	0.4	0.5	2.4	2.2	0.9	1.4	0.4	0.5	0.0	0.9	0.4	1.1	0.4
11-05-01	Ice cream	1.5	0.4	0.4	0.0	0.5	1.2	0.9	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.3	0.5	0.0	0.9	0.0	1.1	0.4
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0
12	Cakes	4.1	6.0	8.1	0.8	9.2	4.1	4.9	5.9	4.1	5.7	6.3	4.3	9.0	7.2	3.8	4.3	3.8	3.6	1.5	2.6	0.3	9.4	9.7
12-01	Cakes, pies, pastries, etc	2.1	2.9	3.1	0.6	3.6	3.1	2.4	3.2	2.0	3.4	3.4	2.4	6.1	4.9	2.3	2.9	1.2	2.5	0.0	2.1	0.3	7.3	4.6
12-02	Dry cakes, biscuits	2.0	3.1	5.0	0.2	5.6	0.9	2.5	2.7	2.1	2.3	2.9	1.9	2.9	2.4	1.5	1.4	2.6	1.1	1.5	0.5	0.0	2.2	5.2
13	Non-alcoholic beverages	8.2	5.3	3.1	0.0	3.6	5.5	6.5	3.6	7.0	3.4	2.0	1.0	0.0	2.2	7.2	5.0	11.6	6.5	4.0	2.9	31.9	0.0	6.2
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	1.4	1.6	1.8	0.0	2.1	0.9	2.9	1.0	4.5	0.6	0.2	0.6	0.0	1.9	6.0	2.8	5.0	4.5	0.9	1.2	17.6	0.0	4.2
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.7	2.2	0.6	0.0	0.7	3.0	1.4	2.4	1.5	0.9	1.3	0.1	0.0	0.2	1.0	1.7	5.5	0.5	3.1	1.5	13.9	0.0	2.0
13-03	Coffee, tea and herbal teas	0.8	1.1	0.6	0.0	0.7	0.4	0.9	0.2	0.9	0.1	0.1	0.2	0.0	0.0	0.2	0.5	1.1	1.5	0.0	0.1	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.2	0.2	0.4	0.0	0.4	0.1	0.5	0.1	0.6	0.1	0.0	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
13-03-02 Tea	0.5	0.8	0.2	0.0	0.2	0.2	0.3	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.9	1.2	0.0	0.0	0.4	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.2	0.0	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	3.2	0.4	0.1	0.0	0.1	1.3	1.2	0.0	0.0	1.9	0.4	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	0.1	0.2	0.2	0.0	0.2	0.2	0.6	0.4	0.5	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	0.2	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	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.2	0.5	0.4	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.7	0.0	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	0.7	1.4	1.6	0.1	1.8	0.4	1.7	0.9	1.6	1.1	8.1	0.9	3.0	4.8	3.4	0.8	0.6	0.6	0.0	0.2	1.2	3.7	10.9
15-01 Sauces	0.6	1.3	1.4	0.1	1.6	0.4	1.6	0.9	1.5	1.0	7.2	0.8	3.0	4.8	3.0	0.7	0.5	0.6	0.0	0.1	1.0	3.7	10.9
15-01-00 Unclassified and other sauces	0.3	0.9	0.7	0.1	0.8	0.1	1.0	0.5	0.6	0.4	3.1	0.5	2.5	2.0	1.7	0.3	0.2	0.1	0.0	0.0	0.3	3.3	4.1
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.3	0.1	0.4	0.2	0.8	0.1	2.1	0.1	0.1	2.2	1.3	0.3	0.2	0.3	0.0	0.0	0.7	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.1	0.1	0.3	0.4	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.3	4.7
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.9	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.4	1.1	1.2	2.1	1.1	0.2	1.7	0.9	1.3	1.0	3.9	0.8	0.2	0.8	2.2	0.6	0.9	0.9	0.0	1.2	1.2	1.4	0.9
16-01 Soups	0.4	1.1	1.2	2.1	1.1	0.2	1.7	0.9	1.3	1.0	3.7	0.8	0.2	0.8	2.2	0.6	0.9	0.9	0.0	1.2	1.2	1.4	0.9
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.5	1.4	2.3	5.5	2.1	1.0	1.6	1.7	1.0	2.3	3.6	2.5	1.4	1.1	1.8	1.6	1.0	1.2	1.4	2.1	0.5	2.9	1.7
17-00 Unclassified	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0
17-01 Soya products	0.4	0.2	0.3	0.0	0.3	0.0	0.5	0.3	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.5	0.1	0.3	0.0	0.3	0.0	0.2	0.2
17-02 Dietetic products	0.1	0.1	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.1	0.1	1.4	0.1	0.1	0.2	0.1
17-02-00 Unclassified	0.1	0.1	0.2	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.1	0.1	1.4	0.1	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	0.9	1.0	1.8	5.4	1.5	0.9	1.0	1.3	0.8	2.0	3.2	2.2	1.1	0.9	1.6	1.1	0.9	0.7	0.0	1.8	0.4	2.4	1.4



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.5	9.6	6.1	0.0	7.2	1.8	7.7	4.5	13.3	2.3	0.8	3.8	0.1	0.1	5.6	2.2	11.4	9.1	0.0	0.1	13.6	0.0	2.1
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	3.9	5.1	6.5	0.0	7.6	1.3	4.7	2.8	8.2	1.3	2.3	3.0	0.2	13.5	3.5	3.2	4.2	13.4	0.0	0.0	12.0	0.1	5.5
02-01	Leafy vegetables (except cabbages)	1.0	0.8	1.4	0.0	1.6	0.2	1.0	0.5	1.3	0.1	0.3	0.5	0.2	2.6	0.7	0.7	0.5	2.5	0.0	0.0	0.4	0.1	1.1
02-02	Fruiting vegetables	0.9	1.7	2.8	0.0	3.3	0.5	1.9	0.8	3.5	0.2	0.7	1.1	0.0	2.0	1.2	0.9	1.5	3.4	0.0	0.0	5.2	0.0	2.4
02-03	Root vegetables	0.4	0.4	0.3	0.0	0.4	0.2	0.3	0.2	0.8	0.1	0.3	0.2	0.0	6.3	0.2	0.2	0.4	1.1	0.0	0.0	0.4	0.0	0.6
02-04	Cabbages	0.9	0.7	0.9	0.0	1.1	0.2	0.7	0.7	1.3	0.5	0.4	0.5	0.0	1.0	0.5	0.7	0.9	3.9	0.0	0.0	4.1	0.0	1.0
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	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	0.2	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.2	0.1	0.1	0.4	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.3	0.1	0.3	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.9	0.0	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	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.4	0.3	0.0	1.4	0.3	0.3	0.3	1.1	0.0	0.0	1.2	0.0	0.2
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	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	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.3	7.5	3.3	0.0	3.9	1.3	6.4	2.5	6.7	3.1	0.7	2.6	0.0	0.9	2.7	1.7	4.8	3.8	0.0	0.0	11.6	0.0	6.0
04-01	Fruits	0.9	4.1	2.3	0.0	2.7	1.2	3.5	1.1	5.6	1.7	0.1	1.2	0.0	0.9	2.0	1.3	4.2	2.9	0.0	0.0	11.5	0.0	2.5
04-02	Nuts and seeds (+nut spread)	0.4	3.3	1.0	0.0	1.2	0.1	2.9	1.4	1.0	1.4	0.5	1.3	0.0	0.0	0.7	0.4	0.4	0.8	0.0	0.0	0.0	0.0	3.4
04-03	Mixed fruits	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	0.1	0.0	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	58.1	6.4	4.0	0.0	4.7	14.4	17.8	32.6	19.6	13.5	14.6	22.9	29.6	23.4	10.5	42.1	13.2	13.5	3.7	41.1	4.9	6.1	4.3
05-01	Milk	17.8	0.8	0.4	0.0	0.5	6.7	6.5	10.8	8.8	2.9	2.8	6.6	5.7	4.6	4.4	16.7	3.5	5.0	0.0	15.8	1.1	0.0	0.6
05-02	Milk beverages	4.4	1.7	1.9	0.0	2.2	2.2	2.4	2.7	2.7	0.8	0.8	1.6	1.4	1.1	1.4	4.2	1.2	1.1	3.7	2.5	0.9	0.8	0.4
05-03	Yoghurt	12.1	1.8	0.5	0.0	0.5	2.3	4.2	6.5	5.2	1.6	2.0	3.6	1.6	1.2	3.2	11.7	6.3	3.6	0.0	8.4	2.3	0.3	0.8
05-04	Fromage blanc, petits suisses	0.4	0.0	0.1	0.0	0.1	0.2	0.1	0.2	0.1	0.0	0.1	0.1	0.3	0.3	0.1	0.5	0.1	0.1	0.0	0.3	0.0	0.5	0.0
05-05	Cheese (including fresh cheeses)	19.8	1.1	0.5	0.0	0.6	2.2	2.9	10.2	1.0	7.3	8.1	9.7	17.1	13.4	0.5	5.7	0.8	3.2	0.0	11.5	0.1	3.5	2.0
05-06	Cream desserts, puddings (milk based)	3.3	0.9	0.6	0.0	0.7	0.7	1.5	1.9	1.6	0.8	0.7	1.3	2.2	1.8	0.8	3.2	1.3	0.5	0.0	2.4	0.4	0.6	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	1.1	0.8	0.0	0.1	0.0	0.0	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	0.0	0.0	0.0	0.0	1.1	0.8	0.0	0.1	0.0	0.0	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

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

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	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
05-08	Milk for coffee and creamers	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
06	Cereals and cereal products	9.1	30.8	29.0	0.5	33.8	58.2	26.5	19.5	14.8	19.0	33.0	20.3	0.7	0.8	20.8	11.3	13.1	28.8	22.1	0.9	1.9	0.4	10.2
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	3.6	1.9	0.0	2.2	0.6	2.1	1.7	0.6	1.1	0.1	2.5	0.0	0.0	0.9	0.6	0.4	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.8	22.5	21.0	0.1	24.6	56.2	20.0	14.8	9.8	16.1	27.7	14.7	0.1	0.1	13.8	7.4	6.4	22.4	0.0	0.3	0.2	0.4	4.3
06-03-01	Bread	6.4	21.1	19.8	0.1	23.1	56.0	18.8	14.0	9.3	15.6	26.9	13.9	0.1	0.1	12.6	6.9	6.0	21.8	0.0	0.3	0.1	0.4	3.7
06-03-02	Crispbread, rusks	0.3	1.4	1.3	0.0	1.5	0.2	1.2	0.8	0.6	0.5	0.8	0.8	0.0	0.0	1.2	0.5	0.4	0.6	0.0	0.0	0.0	0.0	0.6
06-04	Breakfast cereals	0.7	0.9	2.5	0.0	2.9	0.1	1.1	0.8	0.5	0.2	0.6	0.8	0.0	0.0	3.2	1.9	2.2	2.9	22.1	0.6	0.4	0.0	0.5
06-05	Salty biscuits, aperitif biscuits, crackers	0.8	2.7	2.9	0.4	3.4	0.5	2.7	1.6	3.5	0.7	3.8	1.8	0.5	0.6	2.2	0.9	3.5	0.9	0.0	0.0	1.4	0.0	4.9
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	1.1	0.6	0.0	0.7	0.8	0.5	0.5	0.4	0.8	0.8	0.4	0.1	0.0	0.6	0.4	0.6	1.6	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.4	10.4	17.6	87.3	9.0	3.3	10.2	18.3	14.4	33.6	20.5	30.3	15.5	13.0	27.6	13.3	22.0	4.6	0.0	33.5	11.3	23.6	7.7
07-01	Fresh meat	0.5	3.0	6.1	35.0	1.8	0.7	3.8	6.3	5.6	10.9	2.6	13.3	1.3	0.9	11.7	4.8	9.0	0.8	0.0	13.6	2.3	3.9	1.9
07-01-00	Unclassified	0.1	0.6	1.5	8.4	0.4	0.2	0.8	1.3	1.2	2.3	0.6	3.0	0.4	0.3	2.4	1.1	1.9	0.1	0.0	3.5	0.9	1.3	0.3
07-01-01	Beef	0.1	1.0	2.8	15.5	0.6	0.2	1.1	1.9	1.7	3.0	0.8	5.5	0.5	0.4	0.5	1.4	2.4	0.4	0.0	6.5	0.9	0.9	0.6
07-01-02	Veal	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.2	0.1	0.0	0.1	0.1	0.2	0.0	0.0	0.3	0.2	0.2	0.0
07-01-03	Pork	0.2	1.3	1.7	10.2	0.7	0.2	1.8	2.9	2.5	5.3	1.1	4.4	0.3	0.2	8.6	2.1	4.4	0.3	0.0	3.0	0.3	1.5	1.0
07-01-04	Mutton/Lamb	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	0.2	2.1	1.3	6.5	0.9	0.6	1.6	2.4	1.9	5.9	0.6	1.7	1.4	1.0	1.1	0.7	4.4	0.7	0.0	1.4	0.0	8.1	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	2.1	1.3	6.3	0.9	0.6	1.6	2.3	1.9	5.7	0.6	1.7	1.4	1.0	1.1	0.6	4.3	0.7	0.0	1.3	0.0	8.1	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	0.1	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
07-02-03	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	1.8	5.2	10.0	45.5	6.1	1.9	4.8	9.5	6.9	16.6	17.3	15.1	12.5	10.8	14.7	7.6	8.6	2.8	0.0	18.4	8.9	11.5	4.8
07-05	Offals	0.0	0.2	0.2	0.3	0.2	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.3	0.3	0.1	0.2	0.1	0.2	0.0	0.3	0.1	0.0	0.0
08	Fish and shellfish	0.4	1.1	0.6	2.4	0.5	2.0	0.7	1.2	0.7	4.8	1.0	0.6	0.4	0.3	0.4	0.8	0.8	0.4	0.0	5.1	0.0	4.0	0.9
08-01	Fish	0.1	0.3	0.4	1.6	0.3	0.7	0.4	0.7	0.4	2.7	0.4	0.3	0.3	0.2	0.2	0.4	0.7	0.2	0.0	2.5	0.0	3.0	0.4

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.6	0.0	0.2	0.0	0.4	0.1	0.1	0.1	0.7	0.4	0.2	0.0	0.0	0.3	0.0	0.1	0.0	1.9	0.0	0.1	0.4	
08-03	Fish products, fish in crumbs	0.1	0.2	0.1	0.6	0.1	0.9	0.2	0.3	0.2	1.4	0.2	0.1	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.7	0.0	0.9	0.1
09	Eggs and egg products	0.6	0.6	2.1	0.0	2.5	1.8	0.5	1.5	0.5	3.7	0.5	1.4	4.3	3.0	0.5	2.1	0.6	2.3	0.0	3.5	0.0	4.8	2.6
09-01	Egg	0.6	0.6	2.1	0.0	2.5	1.8	0.5	1.5	0.5	3.7	0.5	1.4	4.3	3.0	0.5	2.1	0.6	2.3	0.0	3.5	0.0	4.8	2.6
10	Fat	1.1	0.0	0.2	1.5	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.3	20.8	2.7	2.1	3.5	3.6	35.0	1.6	0.0	36.7	21.2
10-00	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	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2
10-01	Vegetable oils	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	4.8
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.5	1.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.2	
10-03	Margarines	1.1	0.0	0.1	1.5	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	25.6	19.5	2.7	2.1	3.5	3.6	35.0	1.5	0.0	36.0	16.0
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	0.1	0.0	
11	Sugar and confectionery	4.8	9.6	9.2	0.0	10.6	2.7	5.8	3.2	4.4	2.1	1.2	2.8	3.3	2.8	1.7	3.9	1.9	1.8	4.1	2.7	3.3	1.3	5.2
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.8	0.0	0.1	0.0	0.2	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.9	7.7	6.0	0.0	7.0	1.2	4.0	2.2	2.7	1.6	0.4	2.0	1.1	0.8	0.9	2.6	0.5	1.2	2.3	1.9	0.1	0.2	3.8
11-03	Confectionery non-chocolate	0.4	0.7	1.2	0.0	1.4	0.1	0.4	0.2	0.3	0.1	0.2	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.6	1.3	0.0	1.5	0.1	0.4	0.1	0.6	0.0	0.1	0.1	0.0	0.0	0.1	1.1	0.0	0.0	0.0	2.8	0.0	0.9	
11-05	Ice cream, water ice	1.4	0.4	0.4	0.0	0.5	1.1	0.9	0.7	0.7	0.4	0.4	0.4	2.2	2.0	0.7	1.2	0.3	0.5	0.0	0.8	0.3	1.1	0.4
11-05-01	Ice cream	1.4	0.4	0.4	0.0	0.4	1.1	0.8	0.7	0.7	0.4	0.4	0.4	2.2	1.9	0.6	1.2	0.2	0.4	0.0	0.8	0.0	1.1	0.4
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	0.3	0.0	0.0	0.0
12	Cakes	3.6	5.3	7.9	0.6	9.2	4.0	4.4	5.0	3.6	4.8	5.5	3.7	7.4	5.9	3.2	3.7	3.6	3.1	1.4	1.7	0.2	7.4	8.7
12-01	Cakes, pies, pastries, etc	1.6	2.4	2.8	0.6	3.3	3.0	1.9	2.5	1.6	2.7	2.9	1.9	5.0	3.9	1.8	2.4	0.9	2.2	0.0	1.4	0.2	5.6	3.7
12-02	Dry cakes, biscuits	2.0	3.0	5.1	0.0	5.9	1.0	2.5	2.5	2.0	2.1	2.6	1.8	2.5	2.0	1.4	1.3	2.7	1.0	1.4	0.3	0.0	1.8	5.0
13	Non-alcoholic beverages	9.4	5.5	3.8	0.0	4.5	5.7	7.1	3.6	7.8	3.8	2.1	1.1	0.0	2.4	8.4	5.9	12.8	6.2	3.8	3.6	32.6	0.0	7.6
13-00	Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	0.1	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	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.6	1.6	2.0	0.0	2.3	0.9	3.2	1.0	5.0	0.6	0.1	0.6	0.0	2.1	7.3	3.6	6.6	4.3	2.3	1.7	18.0	0.0	5.6
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.7	2.2	1.0	0.0	1.2	3.0	1.4	2.3	1.7	0.9	1.3	0.2	0.0	0.3	0.8	1.8	5.2	0.4	1.6	1.8	14.0	0.0	2.0
13-03	Coffee, tea and herbal teas	0.9	1.1	0.6	0.0	0.8	0.3	1.0	0.2	1.1	0.1	0.1	0.2	0.0	0.0	0.2	0.6	1.1	1.4	0.0	0.0	0.5	0.0	0.0
13-03-01	Coffee	0.2	0.2	0.4	0.0	0.5	0.1	0.6	0.1	0.8	0.1	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0
13-03-02	Tea	0.4	0.7	0.2	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.8	1.0	0.0	0.4	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.3	0.3	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.4	0.0	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	
13-04 Waters	4.2	0.5	0.1	0.0	0.1	1.4	1.5	0.0	0.1	2.1	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.3	0.3	0.4	0.0	0.5	0.3	0.8	0.6	0.7	0.1	0.1	0.1	0.0	0.0	0.0	0.4	0.6	0.9	0.0	0.3	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	
14-01 Wine	0.1	0.1	0.2	0.0	0.3	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	
14-02 Fortified wines (sherry, port, vermouth)	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	0.0	
14-03 Beer, cider	0.2	0.1	0.1	0.0	0.2	0.2	0.7	0.5	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.6	0.9	0.0	0.3	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	
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	
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	
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	
15 Condiments and sauces	0.6	1.7	1.6	0.1	1.8	0.4	1.9	1.0	1.6	1.0	8.1	0.9	3.7	5.0	3.2	0.7	0.6	0.6	0.7	0.1	1.0	4.5	10.6
15-01 Sauces	0.6	1.6	1.4	0.1	1.6	0.3	1.8	0.9	1.5	0.9	7.1	0.8	3.7	4.9	2.5	0.6	0.5	0.6	0.7	0.1	0.8	4.5	10.6
15-01-00 Unclassified and other sauces	0.3	1.3	0.9	0.1	1.0	0.1	1.3	0.6	0.7	0.5	3.6	0.6	3.3	2.5	1.5	0.2	0.2	0.2	0.7	0.0	0.4	4.2	5.6
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.2	0.1	0.4	0.1	0.7	0.1	1.7	0.1	0.1	2.0	0.9	0.3	0.1	0.2	0.0	0.0	0.4	0.0	0.4
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.4
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	1.0	0.1	0.2	0.4	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.2	3.3
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.0	0.1	0.0	0.0	0.7	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.6	1.6	1.7	3.5	1.5	0.3	2.2	1.2	1.8	1.4	5.1	1.1	0.4	1.5	2.4	0.7	1.3	1.4	0.0	1.7	1.7	2.0	1.6
16-01 Soups	0.6	1.6	1.6	3.5	1.5	0.3	2.2	1.2	1.8	1.4	4.8	1.1	0.4	1.5	2.3	0.7	1.3	1.4	0.0	1.7	1.7	2.0	1.6
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.6	1.5	2.4	4.1	2.2	0.8	1.8	1.9	1.4	2.5	3.1	2.6	1.8	1.5	1.9	1.9	1.2	1.2	1.0	2.1	0.7	3.0	1.6
17-00 Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.3	0.1	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.2	0.2	0.3	0.0	0.3	0.0	0.5	0.2	0.3	0.0	0.2	0.1	0.0	0.0	0.2	0.3	0.1	0.3	0.0	0.1	0.0	0.0	0.1
17-02 Dietetic products	0.3	0.4	0.4	0.0	0.4	0.4	0.3	0.4	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	1.0	0.4	0.4	0.5	0.4
17-02-00 Unclassified	0.3	0.4	0.4	0.0	0.4	0.4	0.3	0.4	0.4	0.4	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	1.0	0.4	0.4	0.5	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	1.0	0.9	1.6	4.1	1.4	0.4	0.9	1.2	0.7	1.8	2.5	1.9	1.4	1.1	1.2	1.1	0.7	0.5	0.0	1.5	0.3	2.5	1.1

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.2	7.1	5.0	0.0	6.1	1.5	5.6	3.5	10.5	1.6	0.7	3.0	0.1	0.1	4.8	1.6	9.3	6.1	0.0	0.1	12.0	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	5.3	6.3	7.9	0.0	9.5	1.7	5.5	3.8	10.1	1.9	2.7	3.8	0.1	15.5	4.9	4.6	5.5	14.5	0.0	0.0	17.7	0.1	6.3
02-01	Leafy vegetables (except cabbages)	1.6	1.0	2.1	0.0	2.5	0.3	1.4	0.7	2.0	0.2	0.4	0.8	0.1	3.4	0.9	1.0	0.7	3.1	0.0	0.0	0.8	0.1	1.3
02-02	Fruiting vegetables	1.1	1.9	2.7	0.0	3.2	0.7	1.9	1.0	3.6	0.2	0.7	1.2	0.0	2.3	1.4	1.2	2.0	3.5	0.0	0.0	7.9	0.0	2.6
02-03	Root vegetables	0.4	0.4	0.3	0.0	0.4	0.1	0.3	0.2	0.8	0.1	0.3	0.3	0.0	5.5	0.3	0.2	0.4	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	1.1	0.7	1.0	0.0	1.3	0.2	0.7	0.8	1.5	0.7	0.5	0.5	0.0	1.6	0.8	0.8	1.0	3.3	0.0	0.0	5.2	0.0	1.1
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.3	0.0	0.1	0.2	0.3	0.4	0.0	0.1	0.0	0.0	0.2	0.5	0.1	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	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.3	0.2	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.3	0.1	0.3	0.3	0.6	0.1	0.0	0.3	0.0	0.1	0.3	0.1	0.7	1.0	0.0	0.0	0.7	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.3	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.6	0.8	0.0	1.0	0.2	0.5	0.4	0.9	0.2	0.5	0.4	0.0	2.3	0.6	0.5	0.6	1.8	0.0	0.0	2.1	0.0	0.5
03	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.6	0.4	0.0	0.5	0.0	0.3	0.2	0.3	0.1	0.4	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.9	9.2	3.8	0.0	4.6	1.4	7.6	3.6	7.7	4.1	1.6	3.3	0.0	1.3	3.7	2.0	5.4	5.0	0.0	0.0	16.1	0.0	6.7
04-01	Fruits	1.3	4.5	2.3	0.0	2.8	1.3	3.7	1.4	6.3	1.9	0.1	1.4	0.0	1.2	2.5	1.4	4.7	4.0	0.0	0.0	15.9	0.0	2.8
04-02	Nuts and seeds (+nut spread)	0.5	4.4	1.4	0.0	1.6	0.1	3.7	2.1	1.3	2.1	1.0	1.8	0.0	0.0	1.1	0.5	0.7	0.9	0.0	0.0	0.0	0.0	3.7
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.2
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	56.3	4.4	2.8	0.0	3.3	14.3	14.0	31.3	15.6	12.9	16.4	21.9	29.2	22.4	8.5	36.5	9.9	10.3	0.2	36.7	3.4	5.2	4.5
05-01	Milk	15.8	0.7	0.4	0.0	0.4	6.0	5.1	9.5	7.2	2.5	2.7	5.6	4.7	3.6	3.6	14.2	2.8	3.6	0.0	12.6	1.0	0.0	0.5
05-02	Milk beverages	2.4	0.7	1.0	0.0	1.1	1.1	1.1	1.4	1.2	0.3	0.4	0.8	0.7	0.6	0.8	2.2	0.7	0.3	0.2	1.5	0.5	0.3	0.3
05-03	Yoghurt	9.9	0.8	0.3	0.0	0.4	2.6	2.9	5.4	3.8	1.4	1.7	3.3	1.7	1.3	2.3	8.7	4.1	2.7	0.0	6.3	1.3	0.3	0.8
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.5	0.2	0.4	0.2	0.1	0.1	0.2	0.4	0.3	0.2	0.7	0.1	0.1	0.0	0.6	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.1	1.3	0.6	0.0	0.7	2.6	3.0	11.6	1.1	7.5	10.4	10.4	17.6	13.3	0.5	6.5	0.9	3.0	0.0	12.7	0.2	3.2	2.2
05-06	Cream desserts, puddings (milk based)	3.0	0.8	0.4	0.0	0.4	0.6	1.1	1.6	1.2	0.7	0.7	1.1	2.0	1.6	0.7	2.7	1.0	0.4	0.0	2.1	0.3	0.7	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.5	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non- heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.6	0.0	0.0	0.0	0.1	0.8	0.4	1.2	0.8	0.5	0.3	0.5	0.6	0.5	0.2	1.3	0.2	0.0	0.0	0.8	0.0	0.1	0.1
06	Cereals and cereal products	7.5	28.6	25.7	0.6	30.6	52.7	24.0	18.9	12.3	16.7	30.7	19.4	0.5	0.6	18.2	8.7	10.3	20.4	6.0	0.3	1.0	0.3	8.9
06-01	Flour, flakes, starches, semolina	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
06-02	Pasta, rice, other grain	0.7	3.8	2.1	0.2	2.4	0.7	2.2	2.0	0.6	1.6	0.1	2.9	0.0	0.0	1.1	0.6	0.5	0.9	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.8	20.8	19.0	0.0	22.7	51.0	18.3	14.2	8.6	14.0	26.8	13.9	0.1	0.1	13.1	6.3	6.2	16.7	0.0	0.1	0.0	0.1	4.4
06-03-01	Bread	5.6	19.7	18.1	0.0	21.6	50.9	17.4	13.5	8.1	13.6	26.0	13.3	0.1	0.1	12.2	5.9	5.9	16.3	0.0	0.0	0.0	0.1	4.1
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.1	0.2	0.9	0.7	0.4	0.4	0.8	0.6	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.3	1.5	2.3	0.0	2.8	0.1	1.6	1.4	0.8	0.2	0.4	1.2	0.0	0.0	2.0	0.9	1.0	1.4	6.0	0.2	0.1	0.0	1.0
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.9	2.0	0.4	2.3	0.5	1.6	1.1	2.2	0.6	2.9	1.2	0.3	0.3	1.5	0.6	2.2	0.6	0.0	0.0	0.9	0.0	2.9
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.5	0.3	0.0	0.4	0.4	0.2	0.3	0.2	0.4	0.5	0.2	0.1	0.1	0.4	0.3	0.3	0.8	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.0	9.3	15.1	84.3	7.6	2.9	8.3	16.8	12.4	29.0	16.8	26.7	14.5	12.3	22.0	11.5	20.5	3.4	0.0	29.1	9.4	20.2	6.5
07-01	Fresh meat	0.5	3.0	6.5	38.6	1.9	0.8	3.5	6.7	5.5	10.1	2.4	14.2	1.0	0.8	9.9	4.9	9.3	0.9	0.0	14.1	2.4	3.1	1.8
07-01-00	Unclassified	0.1	0.5	1.2	8.8	0.4	0.2	0.6	1.2	1.0	2.0	0.6	2.7	0.3	0.2	2.3	0.9	1.8	0.1	0.0	2.8	1.0	0.9	0.3
07-01-01	Beef	0.2	1.4	3.9	21.0	0.9	0.4	1.5	2.9	2.4	4.1	0.9	7.7	0.5	0.4	0.8	2.1	3.6	0.6	0.0	8.4	1.2	1.2	0.7
07-01-02	Veal	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.3	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.3	0.1	0.2	0.0
07-01-03	Pork	0.2	0.9	1.2	7.5	0.6	0.2	1.2	2.4	1.9	3.8	0.8	3.1	0.2	0.1	6.5	1.6	3.4	0.2	0.0	2.1	0.2	0.8	0.7
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.6	0.1	0.0	0.1	0.2	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.4	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.1	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
07-01-06	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	2.3	1.5	9.3	1.1	0.8	1.8	3.0	2.2	7.0	0.6	1.9	1.6	1.0	1.6	0.8	5.6	0.7	0.0	1.7	0.0	9.9	1.1
07-02-00	Unclassified and other poultry	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	0.1	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.3	1.4	8.7	1.0	0.8	1.8	2.9	2.1	6.7	0.6	1.8	1.6	1.0	1.5	0.7	5.3	0.7	0.0	1.3	0.0	9.9	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	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	0.0
07-02-05	Rabbit (domestic)	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	0.1	0.0	0.0	0.0	0.0
07-03	Game	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	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-04	Processed meat	1.3	3.7	6.9	35.7	4.4	1.2	3.0	6.9	4.6	11.7	13.7	10.5	11.4	10.0	10.4	5.5	5.5	1.6	0.0	12.7	6.9	7.1	3.7
07-05	Offals	0.0	0.2	0.2	0.4	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.4	0.4	0.1	0.2	0.0	0.2	0.0	0.4	0.1	0.0	0.0
08	Fish and shellfish	0.9	1.7	1.2	5.8	1.1	3.8	1.4	2.8	1.6	8.5	2.5	1.2	0.7	0.6	1.4	1.4	1.9	0.7	0.0	10.2	0.1	9.0	2.2
08-01	Fish	0.5	0.8	0.9	4.4	0.7	1.8	1.0	2.1	1.2	5.9	1.6	0.7	0.6	0.4	1.0	0.9	1.7	0.4	0.0	6.9	0.1	7.6	1.6

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.7	0.1	0.5	0.1	0.6	0.2	0.2	0.1	1.0	0.5	0.3	0.0	0.0	0.1	0.3	0.1	0.1	0.0	2.2	0.0	0.0	0.5
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	1.0	0.2	1.3	0.2	0.6	0.3	1.7	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.1	0.0	1.4	0.1
09	Eggs and egg products	0.8	0.6	2.4	0.0	2.9	2.2	0.5	1.8	0.5	4.4	0.7	1.6	4.4	3.3	0.6	2.3	0.6	2.2	0.0	4.0	0.0	4.9	3.1
09-01	Egg	0.8	0.6	2.4	0.0	2.9	2.2	0.5	1.8	0.5	4.4	0.7	1.6	4.4	3.3	0.6	2.3	0.6	2.2	0.0	4.0	0.0	4.9	3.1
10	Fat	1.3	0.0	0.2	2.2	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	27.4	20.9	2.4	2.1	6.2	7.5	47.8	3.0	0.0	34.5	23.9
10-00	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	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.5
10-01	Vegetable oils	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	5.1
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	3.2	2.6	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.4
10-03	Margarines	1.2	0.0	0.1	2.2	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	23.7	18.0	2.4	2.0	6.2	7.5	47.8	2.8	0.0	32.7	17.8
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	3.0	6.3	7.0	0.0	8.1	1.5	3.6	2.0	3.0	1.2	0.9	1.8	1.9	1.7	1.1	2.3	1.2	0.7	0.6	1.3	0.9	0.8	3.1
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	0.0
11-01	Sugar, honey ,jam	0.0	0.3	0.3	0.0	0.4	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.6	4.6	3.6	0.0	4.3	0.7	2.3	1.3	1.6	0.8	0.3	1.2	0.6	0.5	0.6	1.4	0.3	0.5	0.6	0.9	0.1	0.2	2.2
11-03	Confectionery non-chocolate	0.4	0.4	0.8	0.0	0.9	0.1	0.4	0.1	0.3	0.1	0.2	0.2	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	0.8	2.1	0.0	2.3	0.1	0.4	0.1	0.5	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.6	0.0	0.0	0.0	0.7	0.0	0.4
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.2	1.2	1.1	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.5	0.2
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.2	1.2	1.1	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.5	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	2.3	3.5	4.4	0.7	5.2	2.9	2.8	3.7	2.4	3.5	4.4	2.6	6.9	5.3	2.3	2.6	1.6	2.1	0.0	1.4	0.3	6.6	5.9
12-01	Cakes, pies, pastries, etc	1.4	2.1	2.2	0.4	2.6	2.3	1.7	2.3	1.5	2.3	2.7	1.6	4.9	3.7	1.5	1.9	0.7	1.5	0.0	1.1	0.3	5.2	3.2
12-02	Dry cakes, biscuits	0.9	1.4	2.1	0.3	2.6	0.6	1.1	1.4	0.9	1.2	1.7	1.0	2.0	1.6	0.8	0.7	0.8	0.6	0.0	0.3	0.0	1.4	2.6
13	Non-alcoholic beverages	10.8	8.9	8.9	0.0	10.8	5.9	13.3	4.2	15.9	3.5	2.2	1.9	0.5	1.5	8.7	7.5	9.2	8.3	0.6	2.3	22.9	0.1	3.3
13-00	Unclassified	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
13-01	Fruit and vegetable juices	1.1	1.4	1.5	0.0	1.8	0.6	2.5	0.9	4.0	0.3	0.1	0.6	0.0	1.0	4.5	2.1	3.3	4.4	0.1	0.7	16.0	0.0	2.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.4	1.4	0.4	0.0	0.5	1.5	0.6	1.9	0.5	0.2	0.7	0.1	0.0	0.1	0.4	1.1	2.4	0.2	0.5	0.9	5.4	0.0	0.5
13-03	Coffee, tea and herbal teas	4.6	5.6	6.8	0.0	8.3	2.3	9.0	1.3	11.3	1.1	0.8	1.1	0.5	0.4	3.8	4.3	3.4	3.8	0.0	0.8	1.5	0.1	0.1
13-03-01	Coffee	2.5	2.8	6.1	0.0	7.4	1.3	7.7	0.8	10.3	1.1	0.5	0.7	0.5	0.4	3.8	3.4	0.1	0.2	0.0	0.8	0.0	0.1	0.1
13-03-02	Tea	1.5	2.2	0.5	0.0	0.6	0.7	0.9	0.4	0.7	0.0	0.2	0.3	0.0	0.0	0.0	0.7	2.5	2.7	0.0	0.0	1.1	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sel enium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.6	0.7	0.2	0.0	0.2	0.3	0.3	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.8	0.9	0.0	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	0.0	0.0	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	0.4	0.1	0.0	0.1	1.5	1.2	0.0	0.0	1.8	0.6	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	1.1	1.6	3.3	0.0	3.9	2.8	4.1	2.6	3.3	0.6	0.3	0.6	0.0	0.0	0.0	2.8	4.0	3.9	0.0	1.1	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	0.6	0.8	2.8	0.0	3.4	2.0	1.4	0.4	1.3	0.1	0.1	0.2	0.0	0.0	0.0	0.5	0.7	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.5	0.6	0.3	0.0	0.4	0.8	2.7	2.2	2.0	0.5	0.1	0.3	0.0	0.0	0.0	2.2	3.3	3.8	0.0	1.1	0.1	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	1.4	1.7	0.0	2.0	0.4	1.5	1.0	1.4	0.9	8.5	0.9	3.1	3.8	3.8	0.8	0.6	0.8	0.0	0.2	1.2	3.5	11.0
15-01 Sauces	0.6	1.3	1.5	0.0	1.8	0.4	1.3	0.8	1.2	0.8	7.3	0.8	3.1	3.8	3.1	0.6	0.5	0.6	0.0	0.1	1.0	3.5	11.0
15-01-00 Unclassified and other sauces	0.3	1.0	0.8	0.0	1.0	0.1	1.0	0.5	0.6	0.3	3.9	0.5	2.7	2.0	2.2	0.3	0.2	0.1	0.0	0.0	0.3	3.2	4.6
15-01-01 Tomato sauces	0.1	0.2	0.3	0.0	0.3	0.1	0.2	0.1	0.5	0.0	1.6	0.1	0.1	1.3	0.8	0.2	0.2	0.3	0.0	0.0	0.7	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	1.0	0.1	0.2	0.4	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.3	4.4
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	0.1	0.0	0.0	0.0	0.2	0.2	0.0	0.2	0.0	0.1	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.2	0.1	0.0	0.0	0.5	0.1	0.1	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.6	1.6	1.7	2.4	1.8	0.3	2.7	1.3	1.9	1.1	6.9	1.0	0.2	1.0	3.6	1.0	1.1	1.0	0.0	1.6	1.7	1.8	1.1
16-01 Soups	0.6	1.6	1.7	2.4	1.8	0.3	2.7	1.3	1.9	1.1	6.2	1.0	0.2	1.0	3.6	1.0	1.1	1.0	0.0	1.6	1.7	1.8	1.1
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.5	1.4	2.0	3.9	1.9	0.8	1.4	1.5	0.9	2.1	3.0	2.1	1.0	0.9	1.5	1.4	0.9	1.0	1.5	1.7	0.6	2.5	1.5
17-00 Unclassified	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.3	0.2	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.5	0.2	0.3	0.0	0.4	0.0	0.6	0.3	0.2	0.2	0.3	0.1	0.0	0.0	0.2	0.5	0.1	0.3	0.0	0.3	0.0	0.5	0.2
17-02 Dietetic products	0.3	0.4	0.4	0.0	0.4	0.3	0.2	0.2	0.2	0.4	0.3	0.3	0.4	0.4	0.3	0.3	0.3	0.4	1.5	0.3	0.4	0.5	0.4
17-02-00 Unclassified	0.3	0.4	0.4	0.0	0.4	0.3	0.2	0.2	0.2	0.4	0.1	0.3	0.4	0.4	0.3	0.3	0.3	0.4	1.5	0.3	0.4	0.5	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.2	3.9	1.0	0.5	0.6	0.9	0.5	1.3	2.2	1.4	0.5	0.4	0.9	0.6	0.5	0.3	0.0	1.0	0.2	1.5	0.9



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.1	7.4	5.0	0.0	6.1	1.5	5.5	3.4	10.3	1.6	0.7	3.0	0.1	0.1	4.7	1.5	9.6	6.3	0.0	0.1	13.1	0.0	1.6
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	6.6	7.9	0.0	9.6	1.7	5.5	3.6	9.4	1.7	2.7	3.8	0.1	14.5	4.7	4.5	5.3	14.9	0.0	0.0	17.2	0.1	6.5
02-01	Leafy vegetables (except cabbages)	1.6	1.2	2.1	0.0	2.6	0.4	1.5	0.7	2.0	0.2	0.3	0.9	0.1	3.5	1.0	1.0	0.7	3.2	0.0	0.0	0.8	0.1	1.5
02-02	Fruiting vegetables	1.1	1.8	2.6	0.0	3.1	0.6	1.8	0.9	3.1	0.2	0.9	1.1	0.0	2.1	1.3	1.0	1.7	3.3	0.0	0.0	6.4	0.0	2.4
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	4.7	0.2	0.1	0.3	0.8	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	1.1	0.8	1.1	0.0	1.4	0.3	0.8	0.9	1.6	0.6	0.4	0.6	0.0	1.6	0.8	0.9	1.0	4.1	0.0	0.0	6.1	0.0	1.4
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	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	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.1	0.0	0.0	0.2	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.5	0.7	0.9	0.0	1.1	0.2	0.6	0.4	0.9	0.3	0.7	0.4	0.0	2.4	0.7	0.6	0.6	1.8	0.0	0.0	2.3	0.0	0.5
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.8	8.6	3.7	0.0	4.3	1.4	6.9	3.3	6.8	3.7	1.2	3.2	0.0	1.2	3.6	1.9	4.9	5.0	0.0	0.0	17.1	0.0	6.3
04-01	Fruits	1.2	4.3	2.1	0.0	2.5	1.2	3.3	1.3	5.5	1.5	0.1	1.3	0.0	1.2	2.5	1.3	4.2	4.0	0.0	0.0	17.0	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.5	4.1	1.5	0.0	1.8	0.1	3.5	2.0	1.2	2.1	0.9	1.8	0.0	0.0	1.1	0.6	0.7	0.9	0.0	0.0	0.0	0.0	3.4
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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	0.1
05	Dairy products	58.9	4.8	2.8	0.0	3.4	15.4	14.8	32.4	15.8	13.8	17.1	23.2	28.8	22.5	8.9	38.2	11.8	11.0	0.1	37.6	4.1	5.2	4.9
05-01	Milk	16.0	0.7	0.4	0.0	0.5	6.3	5.4	9.6	7.2	2.6	2.7	5.9	4.2	3.2	3.9	14.8	3.0	3.9	0.0	12.7	1.3	0.0	0.6
05-02	Milk beverages	2.1	0.7	0.9	0.0	1.1	1.0	1.0	1.2	1.2	0.2	0.4	0.7	0.6	0.5	0.7	1.9	0.5	0.3	0.1	1.1	0.3	0.3	0.2
05-03	Yoghurt	10.6	1.0	0.4	0.0	0.4	2.8	3.2	5.8	4.0	1.4	1.8	3.5	1.6	1.2	2.7	10.0	5.7	2.9	0.0	7.2	1.7	0.2	0.9
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.6	0.2	0.4	0.3	0.2	0.1	0.2	0.3	0.2	0.2	0.8	0.2	0.1	0.0	0.7	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.9	1.6	0.6	0.0	0.7	3.0	3.4	12.5	1.1	8.1	11.0	11.3	18.3	14.2	0.6	6.6	1.0	3.3	0.0	13.0	0.2	3.3	2.4
05-06	Cream desserts, puddings (milk based)	2.8	0.7	0.4	0.0	0.4	0.6	1.0	1.4	1.1	0.6	0.6	1.0	1.9	1.6	0.6	2.5	1.1	0.4	0.0	1.9	0.3	0.7	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.2	1.0	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.2	1.0	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.8	0.0	0.1	0.0	0.1	1.1	0.5	1.3	0.9	0.5	0.4	0.5	0.7	0.5	0.3	1.5	0.2	0.0	0.0	0.8	0.1	0.1	0.2
06	Cereals and cereal products	7.1	28.7	24.9	0.2	29.7	52.3	23.0	17.7	11.3	15.9	29.2	18.2	0.4	0.4	17.0	8.5	9.8	20.6	6.9	0.4	1.0	0.2	8.2
06-01	Flour, flakes, starches, semolina	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
06-02	Pasta, rice, other grain	0.7	3.9	2.0	0.1	2.4	0.7	2.2	2.0	0.6	1.3	0.1	2.8	0.0	0.0	1.0	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.6	21.5	18.9	0.0	22.6	50.6	18.0	13.5	8.3	13.5	25.8	13.3	0.1	0.1	12.5	6.3	6.3	17.0	0.0	0.1	0.0	0.1	4.5
06-03-01	Bread	5.4	20.3	18.0	0.0	21.4	50.4	17.1	12.9	7.8	13.1	24.9	12.7	0.1	0.1	11.6	6.0	5.9	16.6	0.0	0.1	0.0	0.1	4.0
06-03-02	Crispbread, rusks	0.2	1.1	0.9	0.0	1.2	0.2	0.9	0.6	0.4	0.4	0.9	0.5	0.0	0.0	0.9	0.3	0.3	0.4	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	0.2	1.1	1.8	0.0	2.2	0.0	1.2	1.0	0.6	0.1	0.4	0.9	0.0	0.0	1.8	0.8	0.9	1.3	6.9	0.2	0.2	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.5	1.7	0.1	1.9	0.5	1.3	0.9	1.7	0.4	2.4	0.9	0.2	0.2	1.2	0.5	1.8	0.5	0.0	0.0	0.8	0.0	2.2
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.4	0.0	0.4	0.5	0.2	0.3	0.2	0.5	0.5	0.3	0.1	0.1	0.4	0.3	0.4	0.9	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.0	10.5	16.6	84.4	8.4	3.1	9.2	18.1	13.6	31.4	18.4	29.1	15.4	13.3	26.2	12.6	23.2	3.6	0.0	30.8	10.9	19.6	7.4
07-01	Fresh meat	0.5	3.5	7.1	40.2	2.2	0.9	4.1	7.6	6.3	11.9	2.7	15.3	1.1	0.9	13.0	5.6	11.1	0.8	0.0	14.5	2.4	3.4	2.2
07-01-00	Unclassified	0.1	0.6	1.4	8.8	0.4	0.2	0.7	1.2	1.0	2.2	0.7	2.9	0.4	0.3	2.4	1.0	1.9	0.1	0.0	3.0	1.1	1.1	0.3
07-01-01	Beef	0.1	1.4	3.7	19.9	0.9	0.4	1.4	2.6	2.2	4.0	0.9	7.3	0.5	0.4	0.8	1.9	3.4	0.5	0.0	7.8	1.1	1.0	0.8
07-01-02	Veal	0.0	0.0	0.1	0.3	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	0.0	0.2	0.0	0.1	0.0
07-01-03	Pork	0.2	1.4	1.8	10.2	0.8	0.2	1.9	3.4	2.8	5.7	1.0	4.5	0.2	0.2	9.5	2.4	5.5	0.2	0.0	2.9	0.2	1.2	1.1
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.9	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.2	0.3	0.2	0.0	0.0	0.6	0.0	0.1	0.0
07-01-05	Horse	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
07-01-06	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	2.5	1.5	7.6	1.1	0.8	1.8	3.0	2.2	6.5	0.6	1.8	1.4	1.1	1.6	0.8	5.6	0.8	0.0	1.6	0.0	9.3	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	2.5	1.4	7.0	1.0	0.8	1.7	2.8	2.1	6.4	0.6	1.8	1.4	1.0	1.4	0.7	5.4	0.7	0.0	1.2	0.0	9.3	1.2
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	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	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.1	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.2	0.0	0.0	0.0	0.0
07-04	Processed meat	1.2	4.4	7.8	36.1	5.0	1.4	3.3	7.5	5.1	12.8	15.0	11.9	12.7	11.2	11.6	6.1	6.3	1.9	0.0	14.4	8.5	6.8	4.0
07-05	Offals	0.0	0.1	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.0	0.0
08	Fish and shellfish	0.8	2.1	1.3	5.8	1.1	3.7	1.4	2.8	1.6	8.6	2.8	1.4	1.1	1.0	1.4	1.5	2.0	0.6	0.0	10.6	0.1	9.1	2.1
08-01	Fish	0.5	1.2	1.0	4.8	0.9	2.1	1.0	2.2	1.2	6.4	1.9	0.9	1.0	0.9	1.1	1.1	1.8	0.4	0.0	7.5	0.1	8.0	1.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.7	0.1	0.4	0.1	0.5	0.2	0.1	0.1	0.8	0.5	0.3	0.0	0.0	0.3	0.0	0.1	0.0	2.4	0.0	0.0	0.4	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.6	0.2	1.1	0.2	0.4	0.3	1.4	0.3	0.2	0.1	0.1	0.3	0.2	0.2	0.0	0.7	0.0	1.1	0.1	
09	Eggs and egg products	0.9	0.7	2.8	0.0	3.4	2.5	0.6	2.1	0.6	4.8	0.8	1.9	4.9	3.7	0.7	2.7	0.8	2.6	0.0	4.3	0.0	5.4	3.8
09-01	Egg	0.9	0.7	2.8	0.0	3.4	2.5	0.6	2.1	0.6	4.8	0.8	1.9	4.9	3.7	0.7	2.7	0.8	2.6	0.0	4.3	0.0	5.4	3.8
10	Fat	1.0	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	28.6	21.9	2.1	1.8	6.4	8.5	56.4	2.7	0.0	36.8	25.0
10-00	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	0.4	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.5	
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	4.4	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.0	2.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.5	
10-03	Margarines	0.9	0.0	0.1	1.7	0.1	0.2	0.1	0.3	0.2	0.0	1.1	0.0	25.2	19.3	2.1	1.7	6.4	8.5	56.4	2.6	0.0	35.2	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	
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	2.6	5.3	5.4	0.0	6.2	1.4	2.9	1.7	2.3	1.1	0.8	1.6	1.8	1.6	1.1	2.1	0.8	0.6	0.0	1.1	0.7	0.8	2.4
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	0.0	0.3	0.3	0.0	0.3	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	
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.2	4.0	3.0	0.0	3.5	0.6	1.9	1.1	1.3	0.8	0.3	1.0	0.5	0.4	0.5	1.2	0.3	0.4	0.0	0.7	0.1	0.2	1.7
11-03	Confectionery non-chocolate	0.3	0.3	0.6	0.0	0.7	0.1	0.3	0.1	0.2	0.0	0.2	0.1	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	0.4	1.2	0.0	1.4	0.0	0.2	0.1	0.3	0.0	0.0	0.1	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.5	0.0	0.2	
11-05	Ice cream, water ice	0.9	0.3	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.3	0.3	0.3	1.3	1.1	0.5	0.8	0.2	0.2	0.0	0.4	0.0	0.6	0.3
11-05-01	Ice cream	0.9	0.3	0.2	0.0	0.3	0.7	0.5	0.4	0.4	0.3	0.2	0.3	1.3	1.1	0.5	0.8	0.2	0.2	0.0	0.4	0.0	0.6	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	
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	
12	Cakes	2.1	3.4	4.3	0.7	5.1	2.8	2.7	3.5	2.3	3.2	4.0	2.4	6.2	5.0	2.1	2.4	1.6	2.0	0.0	1.3	0.3	6.5	6.1
12-01	Cakes, pies, pastries, etc	1.4	2.1	2.3	0.5	2.7	2.4	1.7	2.3	1.4	2.2	2.6	1.6	4.6	3.8	1.5	1.9	0.8	1.5	0.0	1.0	0.3	5.4	3.7
12-02	Dry cakes, biscuits	0.7	1.3	2.0	0.2	2.4	0.5	1.0	1.2	0.8	1.0	1.5	0.9	1.6	1.3	0.7	0.5	0.8	0.5	0.0	0.2	0.0	1.1	2.5
13	Non-alcoholic beverages	11.0	9.5	10.6	0.0	12.6	6.0	15.4	4.1	17.9	3.8	2.3	2.1	0.7	1.8	10.1	8.3	8.4	7.6	0.3	2.2	22.4	0.2	3.7
13-00	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	
13-01	Fruit and vegetable juices	1.1	1.4	1.5	0.0	1.8	0.5	2.5	0.9	3.8	0.3	0.2	0.6	0.0	1.2	5.0	2.5	3.8	4.1	0.2	0.7	16.3	0.0	3.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.2	1.5	0.4	0.0	0.5	1.5	0.5	1.8	0.5	0.2	0.6	0.1	0.0	0.0	0.3	0.8	1.5	0.1	0.1	0.5	4.8	0.0	0.4
13-03	Coffee, tea and herbal teas	4.8	6.1	8.5	0.0	10.2	2.4	11.0	1.3	13.5	1.4	0.9	1.3	0.7	0.5	4.8	5.0	3.0	3.4	0.0	1.0	1.3	0.2	0.1
13-03-01	Coffee	3.1	3.6	7.9	0.0	9.4	1.6	9.9	0.9	12.7	1.4	0.7	1.0	0.7	0.5	4.7	4.2	0.2	0.3	0.0	1.0	0.0	0.2	0.1
13-03-02	Tea	1.3	1.9	0.4	0.0	0.5	0.6	0.8	0.3	0.6	0.0	0.2	0.2	0.0	0.0	0.6	2.2	2.4	0.0	0.0	1.1	0.0	0.0	

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.3	0.6	0.1	0.0	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.6	0.6	0.0	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	
13-04 Waters	3.9	0.5	0.1	0.0	0.1	1.6	1.3	0.0	0.0	1.8	0.6	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.1	1.7	3.3	0.0	3.9	2.8	4.4	2.6	3.4	0.6	0.3	0.6	0.1	0.1	0.0	2.8	4.2	4.1	0.0	1.1	0.1	0.0	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	2.8	0.0	3.3	1.8	1.3	0.3	1.2	0.1	0.1	0.2	0.0	0.0	0.0	0.5	0.7	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.5	0.6	0.4	0.0	0.5	0.9	2.9	2.2	2.1	0.5	0.1	0.3	0.0	0.0	0.0	2.3	3.5	4.0	0.0	1.1	0.1	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	0.1	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	1.2	1.7	0.0	2.0	0.4	1.4	0.8	1.2	0.8	8.4	0.8	3.3	3.8	3.2	0.6	0.5	0.5	0.0	0.1	1.1	4.0	10.9
15-01 Sauces	0.5	1.1	1.5	0.0	1.8	0.4	1.2	0.8	1.1	0.7	7.3	0.7	3.3	3.8	2.8	0.5	0.5	0.5	0.0	0.1	0.9	4.0	10.8
15-01-00 Unclassified and other sauces	0.3	0.9	0.9	0.0	1.0	0.1	0.9	0.5	0.6	0.3	4.1	0.4	2.9	2.3	2.0	0.3	0.2	0.1	0.0	0.1	0.4	3.8	4.8
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.1	0.4	0.0	1.4	0.1	0.2	1.1	0.8	0.2	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.8	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.1	0.1	0.3	0.9	0.1	0.2	0.3	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	4.0
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.1	0.1	0.0	0.0	0.3	0.0	0.1	0.0	0.0	0.0	0.3	0.0	0.1
16 Soups, bouillon	0.7	1.9	2.0	3.4	2.0	0.4	2.6	1.6	2.2	1.5	7.0	1.2	0.3	1.1	3.9	1.1	1.4	1.2	0.0	1.8	1.9	1.8	1.3
16-01 Soups	0.7	1.9	2.0	3.4	2.0	0.4	2.6	1.6	2.2	1.5	6.2	1.2	0.3	1.1	3.9	1.1	1.4	1.2	0.0	1.8	1.9	1.8	1.3
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.2	1.1	1.7	3.8	1.7	0.7	1.1	1.3	0.8	1.5	2.7	1.7	1.0	0.7	1.2	1.1	0.7	0.7	1.8	1.4	0.4	2.2	1.4
17-00 Unclassified	0.1	0.0	0.0	0.0	0.1	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
17-01 Soya products	0.3	0.2	0.2	0.0	0.2	0.0	0.4	0.2	0.1	0.1	0.2	0.1	0.0	0.0	0.1	0.2	0.0	0.2	0.0	0.2	0.0	0.2	0.2
17-02 Dietetic products	0.3	0.2	0.2	0.0	0.4	0.2	0.2	0.3	0.2	0.2	0.4	0.2	0.4	0.2	0.2	0.2	0.2	1.8	0.2	0.1	0.4	0.2	0.2
17-02-00 Unclassified	0.3	0.2	0.2	0.0	0.4	0.2	0.2	0.3	0.1	0.2	0.1	0.2	0.4	0.2	0.2	0.2	0.2	1.8	0.2	0.1	0.4	0.2	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.2	3.8	1.1	0.5	0.6	0.8	0.5	1.2	2.0	1.3	0.5	0.4	0.9	0.6	0.5	0.4	0.0	1.1	0.3	1.7	1.0

**Table 2.4.b** Average contribution of food subgroups to the intake of micronutrients of the Dutch children and adults stratified by BMI category and gender (DNFCS 2007-2010), weighted for socio-demographic factors, season and day of the week

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.4	10.0	6.3	0.0	7.4	1.8	7.7	4.6	13.9	2.8	0.8	4.2	0.1	0.1	6.3	2.1	11.8	9.3	0.0	0.1	15.8	0.1	2.5
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	3.5	4.5	5.9	0.0	6.9	1.1	4.1	2.5	7.1	1.1	2.1	2.8	0.1	12.5	3.3	2.9	3.8	12.2	0.0	0.0	12.2	0.1	5.1
02-01	Leafy vegetables (except cabbages)	0.8	0.6	1.2	0.0	1.4	0.2	0.8	0.3	1.0	0.1	0.2	0.4	0.1	2.1	0.5	0.5	0.4	2.1	0.0	0.0	0.4	0.1	0.8
02-02	Fruiting vegetables	0.8	1.4	2.2	0.0	2.6	0.4	1.6	0.6	2.8	0.1	0.6	0.9	0.0	1.6	0.9	0.7	1.3	3.0	0.0	0.0	4.6	0.0	2.0
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.3	0.2	0.0	5.3	0.2	0.2	0.3	1.0	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.9	0.6	1.0	0.0	1.1	0.2	0.6	0.7	1.3	0.4	0.3	0.5	0.0	1.6	0.6	0.6	0.8	3.4	0.0	0.0	4.7	0.0	1.3
02-05	Mushrooms	0.0	0.4	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1	0.3	0.1	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	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	1.0	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.5	0.0	0.6	0.1	0.3	0.2	0.5	0.1	0.6	0.3	0.0	1.6	0.4	0.3	0.3	1.1	0.0	0.0	1.2	0.0	0.2
03	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.2	7.7	3.0	0.0	3.4	1.1	6.9	3.0	6.2	3.8	1.3	2.9	0.0	0.6	2.7	1.6	4.6	3.5	0.0	0.0	10.2	0.0	6.4
04-01	Fruits	0.7	3.3	1.7	0.0	2.0	1.0	2.8	0.9	4.8	1.6	0.0	1.0	0.0	0.6	1.8	1.0	3.9	2.4	0.0	0.0	10.0	0.0	1.9
04-02	Nuts and seeds (+nut spread)	0.5	4.3	1.2	0.0	1.4	0.1	4.0	2.1	1.4	2.2	1.2	1.8	0.0	0.0	0.9	0.6	0.7	1.1	0.0	0.0	0.0	0.0	4.4
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	0.1	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	59.2	6.1	3.8	0.0	4.3	14.8	18.7	33.6	21.5	13.6	14.2	23.7	28.6	23.1	11.1	43.9	11.6	13.6	1.0	44.7	5.4	4.9	3.8
05-01	Milk	21.7	1.0	0.5	0.0	0.6	8.0	8.1	13.2	10.8	3.8	3.4	8.5	7.0	5.6	5.5	20.3	4.2	6.0	0.2	20.3	1.7	0.1	0.8
05-02	Milk beverages	3.5	1.4	1.6	0.0	1.8	1.9	2.0	2.2	2.3	0.7	0.6	1.6	1.2	1.0	0.9	3.4	0.8	0.7	0.8	2.2	0.6	0.7	0.2
05-03	Yoghurt	12.2	1.9	0.5	0.0	0.6	2.2	4.1	6.7	5.3	1.7	2.0	3.7	1.8	1.4	3.0	10.5	4.2	3.6	0.0	7.7	2.4	0.2	0.5
05-04	Fromage blanc, petits suisses	0.7	0.1	0.1	0.0	0.2	0.3	0.2	0.4	0.2	0.0	0.1	0.2	0.6	0.5	0.3	0.8	0.1	0.1	0.0	0.6	0.1	0.5	0.0
05-05	Cheese (including fresh cheeses)	16.4	0.9	0.5	0.0	0.5	1.5	2.5	8.5	0.9	6.5	7.1	8.0	13.7	11.2	0.4	4.7	0.6	2.6	0.0	10.5	0.1	2.1	1.6
05-06	Cream desserts, puddings (milk based)	4.3	0.9	0.6	0.0	0.7	0.8	1.7	2.3	2.0	0.9	0.9	1.6	3.0	2.4	1.0	3.8	1.6	0.5	0.0	3.2	0.4	0.7	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	0.1

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-07-01 Dairy creams	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.3	1.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.6	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	
05-08 Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06 Cereals and cereal products	8.5	30.7	30.0	0.6	34.5	58.2	26.8	19.1	15.8	19.2	34.2	21.1	0.4	0.6	21.6	10.6	14.6	28.8	18.7	0.8	2.2	0.4	10.6
06-01 Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02 Pasta, rice, other grain	0.7	4.0	2.4	0.4	2.7	0.6	2.4	2.0	0.7	1.4	0.2	2.9	0.1	0.1	1.0	0.6	0.5	1.0	0.0	0.1	0.0	0.0	0.4
06-03 Bread, crisp bread, rusks	6.0	21.2	20.6	0.0	23.8	56.2	19.1	13.8	9.5	16.0	27.9	14.7	0.1	0.1	13.7	6.7	6.5	22.6	0.0	0.1	0.0	0.2	3.3
06-03-01 Bread	5.9	20.5	20.1	0.0	23.3	56.1	18.6	13.5	9.2	15.7	27.5	14.4	0.1	0.1	13.2	6.5	6.3	22.3	0.0	0.1	0.0	0.2	3.1
06-03-02 Crispbread, rusks	0.1	0.7	0.5	0.0	0.6	0.1	0.5	0.3	0.2	0.3	0.4	0.3	0.0	0.0	0.5	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3
06-04 Breakfast cereals	0.8	1.0	2.7	0.0	3.1	0.1	1.3	1.0	0.6	0.3	0.8	1.0	0.1	0.1	3.2	1.8	2.4	2.8	18.7	0.6	0.2	0.1	0.8
06-05 Salty biscuits, aperitif biscuits, crackers	0.9	3.7	3.8	0.2	4.4	0.6	3.7	2.0	4.8	0.8	4.7	2.3	0.1	0.4	3.2	1.1	4.8	1.2	0.0	0.0	1.9	0.0	5.8
06-06 Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.5	0.6	0.4	0.3	0.3	0.6	0.7	0.3	0.1	0.1	0.5	0.3	0.4	1.2	0.0	0.0	0.0	0.1	0.1
07 Meat and meat products	2.7	9.4	16.5	85.6	8.9	2.9	9.2	16.7	13.1	31.4	19.4	27.2	15.0	12.9	25.2	11.7	20.8	3.8	0.0	28.9	10.6	21.7	6.9
07-01 Fresh meat	0.4	2.6	5.5	33.1	1.7	0.6	3.3	5.5	5.1	9.5	2.2	12.0	0.9	0.7	10.4	4.3	8.4	0.7	0.0	11.8	2.2	3.2	1.5
07-01-00 Unclassified	0.1	0.6	1.4	8.9	0.4	0.2	0.7	1.2	1.2	2.2	0.6	2.9	0.3	0.3	2.5	1.0	2.0	0.1	0.0	2.9	1.1	1.2	0.3
07-01-01 Beef	0.1	0.8	2.5	14.4	0.5	0.2	0.9	1.6	1.4	2.6	0.6	4.9	0.4	0.3	0.5	1.2	2.0	0.3	0.0	5.5	0.8	0.7	0.5
07-01-02 Veal	0.0	0.0	0.0	0.4	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	0.0	0.0
07-01-03 Pork	0.2	1.1	1.5	8.5	0.7	0.2	1.5	2.5	2.3	4.5	0.9	3.8	0.2	0.1	7.3	2.0	4.1	0.3	0.0	2.7	0.2	1.1	0.8
07-01-04 Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.0	0.1	0.2	0.2	0.1	0.0	0.4	0.0	0.0	0.2	0.2	0.2	0.0	0.0	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	0.2	1.9	1.2	6.1	0.8	0.6	1.5	2.2	1.8	5.8	0.4	1.4	1.2	0.9	1.2	0.6	4.8	0.7	0.0	1.2	0.0	8.3	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	0.1	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
07-02-01 Chicken, hen	0.2	1.9	1.1	6.0	0.8	0.6	1.5	2.2	1.8	5.7	0.4	1.4	1.2	0.9	1.2	0.5	4.7	0.7	0.0	1.1	0.0	8.2	0.9
07-02-02 Turkey, young turkey	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	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
07-02-03 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	0.1	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	0.0	0.0	0.0
07-04 Processed meat	2.1	4.8	9.8	46.4	6.4	1.6	4.4	8.9	6.2	16.1	16.8	13.8	12.8	11.2	13.5	6.8	7.6	2.3	0.0	15.8	8.4	10.3	4.5
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08	Fish and shellfish	0.3	0.8	0.8	3.5	0.7	2.3	0.8	1.3	0.8	4.9	1.0	0.7	0.4	0.3	0.7	0.6	0.9	0.5	0.0	4.8	0.0	4.4	0.9
08-01	Fish	0.1	0.2	0.4	1.8	0.3	0.6	0.4	0.7	0.4	2.3	0.4	0.3	0.1	0.1	0.3	0.3	0.6	0.1	0.0	2.4	0.0	2.8	0.5
08-02	Crustaceans, molluscs	0.1	0.3	0.2	0.6	0.2	0.3	0.1	0.1	0.1	0.6	0.2	0.2	0.1	0.1	0.0	0.1	0.0	0.1	0.0	1.3	0.0	0.0	0.3
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.1	0.2	1.4	0.3	0.5	0.3	2.0	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.1	0.0	1.6	0.1
09	Eggs and egg products	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.8	3.0	0.5	2.0	0.6	2.4	0.0	3.5	0.0	4.5	2.7
09-01	Egg	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.9	0.5	1.4	3.8	3.0	0.5	2.0	0.6	2.4	0.0	3.5	0.0	4.5	2.7
10	Fat	1.7	0.0	0.2	1.9	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	28.5	22.2	3.2	2.5	5.0	4.8	35.4	2.2	0.0	37.6	21.7
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.4
10-01	Vegetable oils	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	4.3
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.6	2.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.9	0.3
10-03	Margarines	1.6	0.0	0.1	1.9	0.1	0.1	0.1	0.3	0.2	0.0	1.2	0.0	25.6	19.9	3.2	2.4	5.0	4.8	35.4	2.1	0.0	36.2	16.7
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	5.3	11.7	11.7	0.0	13.3	3.0	7.0	3.8	5.5	2.5	1.6	3.5	3.6	3.2	2.4	4.5	2.5	2.1	3.9	2.9	3.1	1.6	5.6
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	0.0	0.2	0.3	0.0	0.3	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	1.1	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.0	9.4	7.8	0.0	8.9	1.4	4.9	2.6	3.5	1.8	0.7	2.5	1.2	0.9	1.3	2.9	0.7	1.4	2.7	2.0	0.2	0.4	4.0
11-03	Confectionery non-chocolate	0.4	0.9	1.2	0.0	1.4	0.2	0.6	0.3	0.4	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.2	0.8	2.0	0.0	2.1	0.1	0.5	0.1	0.8	0.0	0.2	0.2	0.0	0.0	0.1	0.2	1.4	0.0	0.0	0.0	2.4	0.0	0.9
11-05	Ice cream, water ice	1.6	0.4	0.4	0.0	0.5	1.2	1.0	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.4	0.5	0.0	0.8	0.3	1.2	0.4
11-05-01	Ice cream	1.6	0.4	0.4	0.0	0.5	1.2	0.9	0.7	0.8	0.5	0.4	0.5	2.4	2.2	0.8	1.4	0.3	0.5	0.0	0.8	0.0	1.2	0.4
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	0.3	0.0	0.0	0.0
12	Cakes	4.0	5.5	7.7	0.8	8.9	3.8	4.5	5.5	3.8	5.3	5.9	3.9	8.7	6.9	3.7	4.1	3.7	3.4	1.2	2.5	0.3	8.8	9.1
12-01	Cakes, pies, pastries, etc	2.0	2.7	3.0	0.5	3.5	2.8	2.2	3.0	1.9	3.1	3.1	2.2	5.8	4.5	2.3	2.8	1.2	2.3	0.0	2.0	0.3	6.7	4.4
12-02	Dry cakes, biscuits	1.9	2.8	4.7	0.3	5.4	1.0	2.3	2.5	1.9	2.2	2.8	1.8	3.0	2.4	1.4	1.3	2.5	1.1	1.2	0.5	0.0	2.1	4.7
13	Non-alcoholic beverages	7.7	5.0	3.0	0.0	3.5	5.2	6.0	3.5	6.5	3.2	2.0	0.9	0.0	2.2	6.8	5.2	11.9	5.4	4.3	3.2	31.3	0.0	6.5
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	1.3	1.4	1.7	0.0	2.0	0.8	2.6	0.8	4.1	0.5	0.2	0.6	0.0	1.9	5.4	2.8	4.7	3.9	0.8	1.2	16.8	0.0	4.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.9	2.4	0.6	0.0	0.7	3.1	1.5	2.5	1.5	0.8	1.3	0.1	0.0	0.3	1.0	2.0	6.5	0.6	3.5	2.0	14.2	0.0	2.3
13-03	Coffee, tea and herbal teas	0.6	0.8	0.6	0.0	0.7	0.3	0.8	0.1	0.9	0.1	0.1	0.1	0.0	0.0	0.3	0.4	0.7	1.0	0.0	0.0	0.3	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-01 Coffee	0.1	0.2	0.4	0.0	0.5	0.1	0.6	0.0	0.7	0.1	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
13-03-02 Tea	0.3	0.5	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.2	0.6	0.8	0.0	0.0	0.3	0.0	0.0	
13-03-03 Herbal tea	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	0.1	0.1	0.0	0.0	0.0	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	
13-04 Waters	2.9	0.4	0.1	0.0	0.1	1.1	1.1	0.0	0.0	1.8	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.2	0.2	0.2	0.0	0.2	0.3	0.9	0.7	0.7	0.2	0.0	0.1	0.0	0.0	0.0	0.7	0.9	1.2	0.0	0.4	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	
14-01 Wine	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	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.2	0.1	0.0	0.1	0.3	0.9	0.7	0.6	0.2	0.0	0.1	0.0	0.0	0.7	0.9	1.2	0.0	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	
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	
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	
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	
15 Condiments and sauces	0.7	1.5	1.6	0.0	1.8	0.4	1.9	1.0	1.7	1.1	8.0	1.0	3.0	5.1	3.1	0.8	0.6	0.6	0.0	0.2	1.3	4.0	11.1
15-01 Sauces	0.6	1.5	1.4	0.0	1.6	0.4	1.7	0.9	1.6	1.0	7.1	0.9	3.0	5.1	2.8	0.8	0.5	0.6	0.0	0.1	1.0	4.0	11.0
15-01-00 Unclassified and other sauces	0.3	1.1	0.7	0.0	0.8	0.1	1.1	0.5	0.6	0.4	2.9	0.5	2.6	2.0	1.6	0.3	0.2	0.1	0.0	0.3	3.6	4.6	
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.3	0.1	0.4	0.2	0.8	0.1	2.2	0.1	0.1	2.5	1.1	0.4	0.2	0.3	0.0	0.0	0.8	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.5	
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.2	0.1	0.4	1.0	0.1	0.2	0.4	0.1	0.1	0.1	0.2	0.0	0.0	0.3	4.4	
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	
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	
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.9	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.3	0.0	0.0	
16 Soups, bouillon	0.4	1.2	1.2	2.0	1.2	0.2	1.7	0.9	1.3	0.9	3.7	0.7	0.2	0.7	2.3	0.6	0.8	0.8	0.0	1.1	1.0	1.2	0.8
16-01 Soups	0.4	1.2	1.2	2.0	1.2	0.2	1.7	0.9	1.3	0.9	3.5	0.7	0.2	0.7	2.3	0.6	0.8	0.8	0.0	1.1	1.0	1.2	0.8
16-02 Bouillon	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	0.0	0.0	
17 Miscellaneous	1.8	1.5	2.4	5.5	2.2	1.3	1.8	1.8	1.1	2.4	3.5	2.6	1.4	1.1	1.8	1.9	0.9	1.4	2.2	2.3	0.6	3.2	1.8
17-00 Unclassified	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	
17-01 Soya products	0.6	0.2	0.3	0.0	0.4	0.0	0.6	0.3	0.2	0.2	0.2	0.2	0.0	0.0	0.2	0.6	0.0	0.4	0.0	0.4	0.0	0.3	0.1
17-02 Dietetic products	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.1	0.1	2.2	0.1	0.1	0.3	0.1
17-02-00 Unclassified	0.1	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.1	0.1	2.2	0.1	0.1	0.3	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	1.1	1.9	5.5	1.7	1.2	1.1	1.4	0.9	2.0	3.2	2.2	1.2	0.9	1.5	1.1	0.8	0.9	0.0	1.8	0.5	2.5	1.6



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.6	9.5	6.1	0.0	7.1	1.8	7.6	4.5	13.1	2.4	0.6	3.8	0.2	0.1	5.6	2.3	11.3	9.4	0.0	0.2	13.9	0.1	2.2
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	4.1	4.7	6.4	0.0	7.3	1.3	4.8	2.7	7.9	1.0	2.0	2.9	0.4	13.0	3.5	3.3	4.1	13.6	0.0	0.0	10.8	0.2	5.2
02-01	Leafy vegetables (except cabbages)	1.3	0.9	1.7	0.0	1.9	0.3	1.3	0.6	1.5	0.1	0.4	0.5	0.4	3.5	0.8	0.9	0.6	3.2	0.0	0.0	0.5	0.2	1.4
02-02	Fruiting vegetables	1.0	1.6	2.5	0.0	3.0	0.5	1.9	0.8	3.3	0.2	0.6	1.1	0.0	2.0	1.2	1.0	1.5	3.4	0.0	0.0	4.3	0.0	2.2
02-03	Root vegetables	0.4	0.3	0.2	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.2	0.2	0.0	4.5	0.2	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.5
02-04	Cabbages	0.7	0.6	0.8	0.0	0.9	0.2	0.6	0.5	1.2	0.3	0.3	0.4	0.0	1.1	0.5	0.5	0.7	3.5	0.0	0.0	3.7	0.0	0.7
02-05	Mushrooms	0.0	0.3	0.1	0.0	0.1	0.0	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	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	0.1	0.0	0.1	0.2	0.0	0.1	0.2	0.1	0.1	0.4	0.0	0.0	0.2	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.8	0.0	0.0	0.4	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.3	0.4	0.6	0.0	0.7	0.1	0.4	0.2	0.6	0.2	0.4	0.3	0.0	1.7	0.4	0.3	0.4	1.4	0.0	0.0	1.2	0.0	0.3
03	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
03-01	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.4	8.4	3.4	0.0	3.9	1.3	7.3	3.0	6.7	3.7	0.8	3.1	0.0	0.8	2.7	1.9	4.8	4.0	0.0	0.0	9.8	0.0	7.5
04-01	Fruits	0.8	3.9	2.1	0.0	2.4	1.1	3.3	1.0	5.2	1.9	0.1	1.2	0.0	0.8	1.8	1.2	4.2	2.8	0.0	0.0	9.8	0.0	2.2
04-02	Nuts and seeds (+nut spread)	0.6	4.4	1.3	0.0	1.5	0.1	4.0	2.0	1.5	1.8	0.8	1.9	0.0	0.0	0.9	0.6	0.6	1.2	0.0	0.0	0.0	0.0	5.3
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	58.6	6.6	4.2	0.0	4.9	13.9	17.7	32.0	19.9	12.8	13.7	22.3	31.0	25.3	10.9	43.2	13.3	13.4	3.0	42.5	5.1	6.1	4.3
05-01	Milk	18.2	0.8	0.4	0.0	0.5	6.5	6.4	10.7	8.9	2.9	2.7	6.6	6.3	5.2	4.3	17.3	3.5	5.1	0.0	16.6	1.1	0.0	0.6
05-02	Milk beverages	4.3	1.8	1.9	0.0	2.2	2.2	2.5	2.8	2.8	0.9	0.8	1.8	1.5	1.2	1.6	4.5	1.6	1.0	3.0	2.6	0.8	0.9	0.4
05-03	Yoghurt	12.3	1.9	0.5	0.0	0.5	2.1	4.0	6.2	5.1	1.4	1.8	3.2	1.8	1.4	3.5	11.7	5.7	3.6	0.0	8.5	2.4	0.2	0.7
05-04	Fromage blanc, petits suisses	0.3	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.0	0.0	0.1	0.2	0.1	0.1	0.3	0.0	0.0	0.0	0.3	0.0	0.4	0.0
05-05	Cheese (including fresh cheeses)	19.0	1.1	0.5	0.0	0.6	2.0	2.7	9.6	1.0	6.6	7.4	9.0	16.4	13.3	0.5	5.3	0.8	3.0	0.0	11.4	0.1	3.1	1.8
05-06	Cream desserts, puddings (milk based)	4.2	1.0	0.8	0.0	0.9	0.9	1.8	2.3	2.0	0.9	0.9	1.6	2.9	2.4	1.0	3.8	1.7	0.6	0.0	2.9	0.6	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	0.1	0.0	0.0	0.0	0.0	1.7	1.4	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.7	0.1
05-07-01	Dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	1.7	1.4	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.7	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.2	0.0	0.0	0.0	0.1	0.1	0.2	0.1	0.1	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0	
06	Cereals and cereal products	9.4	32.0	29.6	0.9	34.1	59.0	26.9	19.6	14.5	19.7	32.4	20.3	0.7	0.8	20.9	11.3	12.1	30.4	23.0	0.8	1.8	0.5	10.2
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	
06-02	Pasta, rice, other grain	0.8	4.3	2.3	0.1	2.8	0.7	2.7	2.0	0.7	1.5	0.1	2.9	0.0	0.1	1.1	0.7	0.5	1.2	0.0	0.0	0.0	0.0	0.5
06-03	Bread, crisp bread, rusks	7.0	22.9	21.4	0.1	24.8	56.9	20.0	14.8	9.9	16.4	27.5	14.6	0.1	0.1	14.1	7.5	6.5	23.9	0.0	0.2	0.2	0.4	4.1
06-03-01	Bread	6.8	21.9	20.8	0.1	24.1	56.8	19.4	14.3	9.6	16.0	27.0	14.2	0.1	0.1	13.2	7.3	6.4	23.5	0.0	0.2	0.1	0.4	3.8
06-03-02	Crispbread, rusks	0.2	1.0	0.6	0.0	0.7	0.1	0.7	0.4	0.3	0.4	0.5	0.4	0.0	0.0	0.9	0.2	0.2	0.4	0.0	0.0	0.0	0.0	0.4
06-04	Breakfast cereals	0.5	1.0	2.4	0.0	2.6	0.1	1.1	0.8	0.5	0.3	0.5	0.8	0.0	0.0	3.0	1.7	1.7	2.5	23.0	0.5	0.6	0.0	0.7
06-05	Salty biscuits, aperitif biscuits, crackers	0.9	2.6	2.8	0.8	3.1	0.4	2.5	1.4	3.0	0.7	3.5	1.6	0.5	0.5	2.1	1.0	2.7	0.9	0.0	0.0	1.0	0.0	4.6
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	1.1	0.6	0.0	0.7	0.8	0.5	0.5	0.4	0.8	0.8	0.4	0.0	0.0	0.6	0.4	0.6	1.8	0.0	0.0	0.0	0.0	0.2
07	Meat and meat products	2.6	10.8	18.7	87.8	9.6	3.5	10.8	19.1	15.4	34.7	21.1	31.9	13.7	11.9	29.7	14.6	24.3	5.2	0.0	35.2	12.0	24.8	8.3
07-01	Fresh meat	0.6	3.1	6.3	35.6	2.0	0.8	4.0	6.6	6.0	11.4	3.1	13.8	1.6	1.2	12.7	5.2	9.8	1.0	0.0	14.3	2.8	4.5	2.2
07-01-00	Unclassified	0.2	0.7	1.9	10.1	0.5	0.3	0.9	1.6	1.4	2.7	0.8	3.8	0.6	0.4	2.7	1.3	2.2	0.2	0.0	4.6	1.2	1.6	0.4
07-01-01	Beef	0.1	0.7	2.2	12.3	0.5	0.2	0.8	1.5	1.4	2.4	0.6	4.4	0.4	0.3	0.5	1.2	2.0	0.3	0.0	5.2	0.6	0.7	0.5
07-01-02	Veal	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.2	0.2	0.3	0.0	0.3	0.1	0.1	0.1	0.2	0.3	0.1	0.0	0.4	0.3	0.3	0.1
07-01-03	Pork	0.3	1.5	2.0	11.9	0.9	0.3	2.0	3.2	2.9	6.0	1.7	5.0	0.4	0.3	9.3	2.4	5.1	0.4	0.0	3.8	0.6	1.9	1.3
07-01-04	Mutton/Lamb	0.0	0.1	0.1	1.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	2.5	1.6	8.3	1.1	0.8	1.9	2.8	2.4	6.8	0.8	2.2	1.8	1.4	1.4	0.8	5.3	0.9	0.0	1.5	0.0	10.0	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	2.5	1.6	8.3	1.1	0.8	1.9	2.8	2.4	6.8	0.8	2.2	1.8	1.4	1.4	0.8	5.3	0.9	0.0	1.5	0.0	10.0	1.3
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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	1.9	4.9	10.3	43.3	6.0	1.9	4.9	9.5	7.1	16.0	17.3	15.5	9.7	8.7	15.5	8.1	9.0	2.9	0.0	18.9	9.0	10.2	4.7
07-05	Offals	0.0	0.4	0.4	0.6	0.4	0.0	0.1	0.2	0.1	0.4	0.0	0.3	0.6	0.6	0.1	0.5	0.1	0.4	0.0	0.6	0.2	0.1	0.0
08	Fish and shellfish	0.4	1.2	0.7	2.1	0.5	1.9	0.8	1.1	0.8	5.0	1.2	0.7	0.6	0.5	0.4	0.8	1.0	0.3	0.0	4.5	0.1	4.2	1.0
08-01	Fish	0.1	0.3	0.4	1.5	0.3	0.5	0.4	0.7	0.4	2.8	0.5	0.3	0.5	0.4	0.1	0.4	0.8	0.1	0.0	2.3	0.0	3.2	0.3

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.6	0.1	0.3	0.1	0.5	0.2	0.2	0.1	0.7	0.4	0.3	0.0	0.0	0.3	0.0	0.1	0.0	1.9	0.0	0.0	0.5	
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	0.3	0.2	1.0	0.2	0.3	0.2	1.5	0.3	0.1	0.1	0.0	0.2	0.1	0.2	0.1	0.4	0.0	1.0	0.1	
09	Eggs and egg products	0.7	0.6	2.1	0.0	2.4	1.9	0.5	1.5	0.5	3.7	0.5	1.4	4.4	3.1	0.6	2.1	0.6	2.4	0.0	3.3	0.0	4.7	2.5
09-01	Egg	0.7	0.6	2.1	0.0	2.4	1.9	0.5	1.5	0.5	3.7	0.5	1.4	4.4	3.1	0.6	2.1	0.6	2.4	0.0	3.3	0.0	4.7	2.5
10	Fat	1.3	0.0	0.2	1.7	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	27.6	20.9	2.8	2.3	3.5	3.2	38.0	1.7	0.0	36.7	21.5
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.3	
10-01	Vegetable oils	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.9	1.5	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.5	0.2	
10-03	Margarines	1.2	0.0	0.1	1.7	0.1	0.1	0.1	0.3	0.2	0.0	1.1	0.0	25.5	19.2	2.8	2.2	3.5	3.2	38.0	1.6	0.0	35.9	15.6
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	
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	4.7	9.0	8.4	0.0	9.8	2.5	5.5	3.0	4.2	2.0	1.0	2.7	3.3	2.9	1.6	3.7	1.5	1.7	4.6	2.3	3.0	1.6	5.4
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	0.0	0.2	0.2	0.0	0.3	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.2	4.6	0.0	0.2	0.0	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.8	7.1	5.6	0.0	6.5	1.1	3.7	2.1	2.5	1.5	0.4	1.8	1.0	0.7	0.7	2.4	0.4	1.0	0.0	1.6	0.1	0.2	4.2
11-03	Confectionery non-chocolate	0.4	0.9	1.3	0.0	1.5	0.1	0.6	0.2	0.4	0.1	0.3	0.2	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.4	0.9	0.0	1.1	0.1	0.3	0.1	0.5	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.7	0.0	0.0	0.0	2.4	0.0	0.6
11-05	Ice cream, water ice	1.3	0.4	0.3	0.0	0.4	1.1	0.9	0.6	0.7	0.4	0.3	0.4	2.3	2.2	0.6	1.2	0.3	0.5	0.0	0.7	0.3	1.3	0.3
11-05-01	Ice cream	1.3	0.4	0.3	0.0	0.4	1.1	0.8	0.6	0.7	0.3	0.3	0.4	2.3	2.1	0.6	1.1	0.2	0.4	0.0	0.7	0.0	1.3	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	
11-05-03	Water ice	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	0.0	0.1	0.0	0.0	0.3	0.0	0.0	
12	Cakes	3.4	5.6	8.4	0.4	9.7	4.7	4.6	4.9	3.7	4.6	5.6	3.7	8.3	6.3	3.4	3.6	4.0	3.2	4.0	1.4	0.3	7.4	9.0
12-01	Cakes, pies, pastries, etc	1.3	2.5	3.0	0.3	3.5	3.6	1.9	2.3	1.6	2.6	2.8	1.8	5.3	4.0	1.9	2.1	1.0	2.2	0.0	1.0	0.2	5.6	3.8
12-02	Dry cakes, biscuits	2.1	3.0	5.4	0.0	6.2	1.0	2.7	2.6	2.1	2.0	2.9	2.0	3.0	2.4	1.5	1.4	3.0	1.0	4.0	0.3	0.0	1.9	5.2
13	Non-alcoholic beverages	8.9	5.4	3.8	0.0	4.5	5.9	6.6	3.8	7.7	3.5	2.1	0.9	0.0	1.3	7.3	5.1	13.0	5.7	4.5	3.5	34.9	0.0	6.7
13-00	Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	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	0.1	0.0	0.0	0.1
13-01	Fruit and vegetable juices	1.5	1.4	1.7	0.0	2.0	0.8	2.8	0.9	4.5	0.5	0.1	0.5	0.0	1.2	6.4	2.7	5.9	4.4	3.5	1.3	17.8	0.0	4.4
13-02	Carbonated/soft/isotonic drinks, diluted syrups	3.2	2.6	1.2	0.0	1.4	3.6	1.6	2.7	1.9	1.0	1.5	0.1	0.0	0.1	0.5	1.9	6.4	0.3	1.0	2.2	16.6	0.0	2.2
13-03	Coffee, tea and herbal teas	0.5	0.9	0.7	0.0	0.8	0.3	0.9	0.1	1.1	0.1	0.1	0.1	0.0	0.0	0.3	0.4	0.7	1.0	0.0	0.3	0.0	0.0	
13-03-01	Coffee	0.1	0.2	0.5	0.0	0.6	0.1	0.6	0.0	0.9	0.1	0.0	0.0	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	
13-03-02	Tea	0.4	0.6	0.1	0.0	0.2	0.2	0.3	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.2	0.6	0.9	0.0	0.3	0.0	0.0	

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	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	0.1	0.1	0.0	0.0	0.0	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	
13-04 Waters	3.6	0.4	0.1	0.0	0.1	1.2	1.2	0.0	0.0	1.9	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.1	0.1	0.1	0.0	0.1	0.1	0.5	0.3	0.4	0.1	0.0	0.0	0.0	0.0	0.3	0.7	0.7	0.0	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	
14-01 Wine	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.1	0.1	0.0	0.1	0.1	0.5	0.3	0.3	0.1	0.0	0.0	0.0	0.0	0.3	0.7	0.7	0.0	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	
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	
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	
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	
15 Condiments and sauces	0.8	1.8	1.8	0.1	2.0	0.4	2.2	1.1	2.1	1.0	9.3	1.0	4.0	6.4	4.0	0.9	0.6	0.8	0.0	0.1	1.6	4.9	11.0
15-01 Sauces	0.6	1.8	1.5	0.1	1.7	0.4	2.0	1.0	1.9	0.9	7.7	0.9	4.0	6.3	2.9	0.8	0.5	0.7	0.0	0.1	1.2	4.9	11.0
15-01-00 Unclassified and other sauces	0.4	1.3	0.9	0.1	1.0	0.1	1.4	0.6	0.8	0.4	3.8	0.6	3.6	3.0	1.7	0.3	0.2	0.2	0.0	0.0	0.5	4.6	5.6
15-01-01 Tomato sauces	0.2	0.4	0.3	0.0	0.4	0.1	0.5	0.2	1.0	0.1	2.4	0.1	0.2	2.9	1.1	0.4	0.2	0.3	0.0	0.0	0.7	0.0	0.6
15-01-02 Dressing sauces	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.6	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	1.1	
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.2	0.1	0.0	0.1	0.1	0.3	0.9	0.1	0.2	0.4	0.0	0.1	0.1	0.1	0.0	0.0	0.2	3.7	
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	
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	
15-04 Condiments	0.1	0.1	0.3	0.0	0.3	0.0	0.2	0.1	0.2	0.1	1.6	0.1	0.0	0.1	1.1	0.1	0.1	0.0	0.0	0.0	0.4	0.0	0.0
16 Soups, bouillon	0.6	1.7	1.8	2.8	1.6	0.3	2.1	1.2	1.8	1.3	4.9	1.0	0.4	1.7	2.3	0.8	1.6	1.7	0.0	1.6	2.3	1.8	1.9
16-01 Soups	0.6	1.7	1.8	2.8	1.6	0.3	2.1	1.2	1.8	1.3	4.6	1.0	0.4	1.7	2.3	0.8	1.6	1.7	0.0	1.6	2.3	1.8	1.9
16-02 Bouillon	0.0	0.0	0.0	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	
17 Miscellaneous	1.2	1.1	2.2	4.3	2.0	0.4	1.4	1.5	1.0	2.8	3.0	2.7	1.8	1.6	2.0	1.6	1.1	0.9	0.0	1.7	0.5	3.0	1.2
17-00 Unclassified	0.1	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.1	0.7	0.2	0.4	0.0	0.0	0.3	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.2	0.0	0.3	0.0	0.3	0.0	0.3	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.1	0.2	0.0	0.3	0.0	0.0	0.0	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	
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	
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	
17-03 Snacks	1.0	1.0	1.9	4.3	1.6	0.4	1.0	1.3	0.9	2.1	2.8	2.1	1.8	1.5	1.6	1.2	1.0	0.5	0.0	1.6	0.5	3.0	1.2

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Iron	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E
01-01	Potatoes	1.3	9.4	5.8	0.0	6.7	1.7	7.2	4.4	12.9	2.7	0.8	3.9	0.1	0.1	5.7	2.0	11.3	8.5	0.0	0.1	13.9	0.1	2.4
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
02	Vegetables	3.6	4.7	6.1	0.0	7.1	1.4	4.5	2.7	7.6	1.2	2.0	3.0	0.1	12.5	3.5	3.2	4.3	12.7	0.0	0.0	12.0	0.1	5.0
02-01	Leafy vegetables (except cabbages)	0.9	0.7	1.4	0.0	1.6	0.2	1.0	0.4	1.3	0.1	0.3	0.5	0.1	2.7	0.6	0.7	0.5	2.3	0.0	0.0	0.4	0.1	0.9
02-02	Fruiting vegetables	1.0	1.7	2.6	0.0	3.0	0.6	1.9	0.8	3.2	0.2	0.7	1.1	0.0	2.1	1.2	1.0	1.7	3.6	0.0	0.0	5.6	0.0	2.3
02-03	Root vegetables	0.3	0.3	0.2	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.2	0.2	0.0	5.0	0.2	0.1	0.3	0.9	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	0.8	0.6	0.8	0.0	0.9	0.2	0.6	0.6	1.2	0.4	0.3	0.5	0.0	1.3	0.6	0.6	0.8	3.6	0.0	0.0	4.0	0.0	0.9
02-05	Mushrooms	0.0	0.6	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.3	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.2	0.4	0.2	0.0	0.2	0.1	0.2	0.2	0.4	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.8	0.0	0.0	0.4	0.0	0.2
02-08	Stalk vegetables, sprouts	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	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.2	0.2	0.4	0.0	0.5	0.1	0.3	0.2	0.4	0.1	0.4	0.2	0.0	1.2	0.2	0.2	0.3	0.9	0.0	0.0	0.9	0.0	0.2
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	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	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.5	7.9	3.3	0.0	3.8	1.4	6.9	2.8	7.4	3.6	1.0	2.8	0.0	1.2	3.3	1.8	5.4	4.6	0.0	0.0	13.2	0.0	6.5
04-01	Fruits	1.0	4.4	2.4	0.0	2.7	1.3	3.7	1.3	6.2	1.9	0.1	1.4	0.0	1.2	2.5	1.3	4.8	3.6	0.0	0.0	13.1	0.0	2.7
04-02	Nuts and seeds (+nut spread)	0.4	3.3	0.9	0.0	1.0	0.1	3.1	1.5	1.1	1.6	0.8	1.4	0.0	0.0	0.7	0.4	0.5	0.9	0.0	0.0	0.0	0.0	3.6
04-03	Mixed fruits	0.0	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	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	0.0	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
05	Dairy products	59.1	6.7	4.5	0.0	5.1	16.2	19.1	33.9	21.3	14.0	14.9	24.3	30.8	24.3	11.2	44.3	12.7	13.8	0.7	45.1	5.1	6.5	4.7
05-01	Milk	19.8	0.9	0.5	0.0	0.5	7.9	7.5	12.3	9.9	3.5	3.3	7.9	7.0	5.5	5.1	18.8	4.1	5.4	0.0	18.9	1.5	0.0	0.8
05-02	Milk beverages	5.6	2.0	2.4	0.0	2.7	2.7	3.0	3.4	3.3	1.1	1.0	2.4	2.3	1.8	1.5	5.2	1.3	1.1	0.7	3.3	0.7	1.2	0.4
05-03	Yoghurt	12.6	1.7	0.5	0.0	0.6	2.7	4.3	7.0	5.3	1.9	2.0	4.0	2.0	1.5	3.0	11.3	5.1	3.9	0.0	8.7	2.3	0.3	1.0
05-04	Fromage blanc, petits suisses	0.4	0.1	0.1	0.0	0.1	0.2	0.1	0.3	0.2	0.0	0.1	0.1	0.4	0.3	0.2	0.6	0.1	0.1	0.0	0.5	0.0	0.4	0.0
05-05	Cheese (including fresh cheeses)	17.3	1.0	0.5	0.0	0.6	1.9	2.6	9.0	0.9	6.6	7.7	8.5	15.3	12.1	0.4	5.1	0.7	2.8	0.0	11.0	0.1	3.0	1.8
05-06	Cream desserts, puddings (milk based)	3.1	1.0	0.5	0.0	0.6	0.7	1.4	1.8	1.6	0.9	0.7	1.3	2.2	1.7	0.8	3.0	1.2	0.5	0.0	2.6	0.4	0.9	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.6	1.3	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.7	0.2
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.6	1.3	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.7	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.1	0.0	0.0	0.0	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	0.1	0.0	0.0	0.0	
06	Cereals and cereal products	8.3	29.6	28.9	0.3	33.1	56.1	26.2	18.9	14.8	19.0	33.4	20.3	0.4	0.6	22.2	10.9	14.1	27.7	21.2	0.9	1.8	0.3	10.3
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.7	3.6	2.2	0.1	2.5	0.5	2.3	1.8	0.6	1.4	0.1	2.6	0.0	0.1	1.0	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.9	20.7	19.8	0.0	22.9	54.2	18.8	13.8	9.2	15.6	27.1	14.4	0.1	0.1	14.1	6.7	6.6	21.1	0.0	0.1	0.0	0.2	3.9
06-03-01	Bread	5.6	19.4	18.8	0.0	21.8	54.0	17.9	13.1	8.8	15.1	26.3	13.7	0.1	0.1	13.0	6.3	6.3	20.6	0.0	0.1	0.0	0.2	3.4
06-03-02	Crispbread, rusks	0.3	1.3	1.0	0.0	1.2	0.1	1.0	0.7	0.5	0.6	0.8	0.6	0.0	0.0	1.1	0.3	0.3	0.6	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	0.9	1.2	3.0	0.0	3.4	0.1	1.4	1.1	0.7	0.4	0.9	1.1	0.0	0.0	3.8	2.3	2.8	3.3	21.2	0.7	0.3	0.1	0.8
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	3.3	3.3	0.2	3.8	0.6	3.2	1.9	4.0	0.8	4.5	1.9	0.2	0.3	2.7	1.0	3.8	1.1	0.0	0.0	1.4	0.0	5.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.8	0.5	0.0	0.6	0.7	0.4	0.4	0.3	0.7	0.7	0.4	0.1	0.1	0.6	0.3	0.5	1.3	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.5	9.3	16.5	86.3	8.8	3.1	9.1	16.5	12.6	31.2	18.7	27.1	14.9	13.1	22.7	11.7	21.0	4.0	0.0	30.0	9.6	22.5	7.0
07-01	Fresh meat	0.4	2.4	5.5	33.3	1.6	0.7	3.1	5.3	4.6	9.3	2.1	11.7	1.0	0.8	8.6	4.0	8.0	0.7	0.0	12.1	1.9	3.5	1.5
07-01-00	Unclassified	0.1	0.5	1.3	9.6	0.4	0.2	0.7	1.2	1.1	2.2	0.7	3.0	0.4	0.3	2.4	0.9	2.0	0.1	0.0	3.2	0.9	1.3	0.3
07-01-01	Beef	0.1	1.0	3.1	16.3	0.7	0.3	1.2	2.0	1.8	3.4	0.7	5.7	0.5	0.4	0.6	1.5	2.8	0.5	0.0	6.6	0.8	1.1	0.6
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	0.8	1.1	7.0	0.5	0.2	1.1	2.0	1.7	3.6	0.8	2.7	0.2	0.1	5.5	1.4	3.1	0.2	0.0	2.1	0.2	1.0	0.6
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.4	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	2.3	1.4	7.9	1.0	0.7	1.8	2.7	2.2	6.6	0.5	1.9	1.4	1.1	1.4	0.8	5.4	0.8	0.0	1.4	0.0	9.0	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	2.3	1.4	7.5	1.0	0.7	1.8	2.6	2.1	6.4	0.5	1.8	1.4	1.1	1.4	0.7	5.2	0.8	0.0	1.3	0.0	9.0	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.1	0.2	0.0	0.0	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	0.0	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	0.1	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	1.9	4.6	9.5	45.0	6.3	1.7	4.2	8.5	5.9	15.3	16.0	13.5	12.4	11.2	12.7	6.9	7.6	2.4	0.0	16.4	7.7	9.9	4.5
07-05	Offals	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
08	Fish and shellfish	0.3	0.6	0.6	2.9	0.5	1.9	0.7	1.2	0.8	4.0	0.9	0.6	0.4	0.3	0.6	0.6	0.9	0.4	0.0	4.4	0.0	3.9	0.7
08-01	Fish	0.2	0.2	0.3	1.6	0.3	0.5	0.4	0.7	0.4	2.0	0.5	0.3	0.2	0.2	0.3	0.3	0.7	0.1	0.0	2.7	0.0	2.4	0.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.1	0.1	0.2	0.1	0.2	0.1	0.1	0.0	0.3	0.1	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.6	0.0	0.0	0.1
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.0	0.2	1.2	0.3	0.5	0.3	1.8	0.3	0.2	0.1	0.1	0.3	0.1	0.2	0.2	0.0	1.1	0.0	1.5	0.1
09	Eggs and egg products	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.1	0.5	2.0	0.6	2.2	0.0	3.5	0.0	4.7	2.7
09-01	Egg	0.6	0.5	2.1	0.0	2.4	1.8	0.5	1.5	0.4	3.8	0.5	1.4	4.0	3.1	0.5	2.0	0.6	2.2	0.0	3.5	0.0	4.7	2.7
10	Fat	1.4	0.0	0.1	1.8	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.5	20.7	3.1	2.2	4.5	4.3	40.2	1.8	0.0	37.3	20.8
10-00	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	0.3	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.3
10-01	Vegetable oils	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	4.6
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.8	2.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.0	0.3
10-03	Margarines	1.4	0.0	0.1	1.8	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	23.4	18.1	3.1	2.2	4.5	4.3	40.2	1.6	0.0	35.7	15.5
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	5.3	11.8	11.8	0.0	13.4	3.1	7.4	4.1	5.6	2.8	1.6	3.7	3.9	3.4	2.7	4.8	2.6	2.2	3.5	3.1	2.6	1.7	6.1
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.3	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	0.1	0.0	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	3.1	9.7	8.1	0.0	9.3	1.5	5.2	2.9	3.6	2.1	0.7	2.7	1.5	1.1	1.5	3.2	0.9	1.6	3.4	2.2	0.2	0.6	4.6
11-03	Confectionery non-chocolate	0.5	1.0	1.6	0.0	1.8	0.2	0.7	0.4	0.4	0.1	0.4	0.3	0.0	0.0	0.2	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.1
11-04	Syrup	0.1	0.5	1.3	0.0	1.5	0.1	0.4	0.1	0.6	0.0	0.1	0.1	0.0	0.0	0.1	0.1	1.3	0.0	0.0	0.0	1.9	0.0	0.9
11-05	Ice cream, water ice	1.6	0.5	0.5	0.0	0.6	1.3	1.0	0.8	0.8	0.6	0.4	0.5	2.5	2.2	0.9	1.5	0.4	0.5	0.0	0.9	0.4	1.0	0.4
11-05-01	Ice cream	1.5	0.4	0.5	0.0	0.5	1.2	0.9	0.8	0.8	0.5	0.4	0.5	2.5	2.2	0.8	1.4	0.3	0.5	0.0	0.9	0.0	1.0	0.4
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	0.1	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	0.3	0.0	0.0
12	Cakes	4.3	6.5	8.5	0.8	9.6	4.4	5.4	6.3	4.5	6.1	6.7	4.6	9.2	7.6	4.0	4.4	3.9	3.7	1.8	2.7	0.3	10.1	10.4
12-01	Cakes, pies, pastries, etc	2.1	3.0	3.3	0.7	3.7	3.5	2.6	3.4	2.2	3.7	3.6	2.5	6.4	5.3	2.4	3.0	1.2	2.6	0.0	2.2	0.3	7.9	4.7
12-02	Dry cakes, biscuits	2.2	3.5	5.2	0.1	5.9	0.9	2.8	2.9	2.3	2.4	3.1	2.1	2.8	2.4	1.6	1.5	2.7	1.2	1.8	0.4	0.0	2.2	5.7
13	Non-alcoholic beverages	8.8	5.7	3.2	0.0	3.7	5.7	7.0	3.6	7.5	3.6	2.0	1.2	0.1	2.2	7.7	4.8	11.3	7.7	3.7	2.5	32.6	0.0	6.0
13-00	Unclassified	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	0.0
13-01	Fruit and vegetable juices	1.5	1.8	1.9	0.0	2.2	1.0	3.3	1.1	4.9	0.6	0.2	0.7	0.0	1.9	6.5	2.8	5.3	5.2	1.1	1.2	18.5	0.0	4.3
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.5	2.1	0.6	0.0	0.7	2.9	1.4	2.2	1.5	0.9	1.2	0.1	0.0	0.2	1.0	1.3	4.4	0.5	2.6	1.1	13.5	0.0	1.7
13-03	Coffee, tea and herbal teas	1.1	1.4	0.6	0.0	0.7	0.5	1.0	0.3	0.9	0.1	0.1	0.3	0.1	0.1	0.2	0.7	1.6	2.0	0.0	0.2	0.6	0.0	0.0
13-03-01	Coffee	0.2	0.1	0.3	0.0	0.3	0.1	0.4	0.1	0.5	0.1	0.0	0.1	0.1	0.1	0.2	0.2	0.0	0.0	0.0	0.2	0.0	0.0	0.0
13-03-02	Tea	0.8	1.0	0.2	0.0	0.3	0.3	0.5	0.2	0.4	0.0	0.1	0.1	0.0	0.0	0.0	0.4	1.3	1.6	0.0	0.0	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.4	0.0	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	
13-04 Waters	3.5	0.4	0.1	0.0	0.1	1.4	1.3	0.0	0.1	2.1	0.5	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	0.1	0.1	0.2	0.0	0.2	0.1	0.2	0.1	0.2	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.2	0.2	0.0	0.1	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	
14-01 Wine	0.0	0.1	0.1	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	0.0	0.0	0.0	
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.2	0.0	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	
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	
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	0.1	0.1	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	
15 Condiments and sauces	0.6	1.2	1.6	0.3	1.8	0.4	1.6	0.9	1.5	1.1	8.2	0.9	2.9	4.6	3.8	0.8	0.6	0.6	0.0	0.1	1.1	3.4	10.8
15-01 Sauces	0.6	1.1	1.4	0.3	1.7	0.4	1.4	0.9	1.4	1.0	7.3	0.8	2.9	4.6	3.4	0.7	0.5	0.6	0.0	0.1	0.9	3.4	10.8
15-01-00 Unclassified and other sauces	0.3	0.8	0.7	0.3	0.9	0.1	0.9	0.5	0.6	0.4	3.3	0.5	2.5	2.0	1.8	0.3	0.2	0.1	0.0	0.0	0.3	3.0	3.6
15-01-01 Tomato sauces	0.1	0.3	0.2	0.0	0.3	0.1	0.4	0.2	0.7	0.1	2.0	0.1	0.2	2.0	1.5	0.3	0.2	0.3	0.0	0.0	0.6	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.3	0.1	0.0	0.2	0.1	0.4	1.1	0.1	0.3	0.4	0.1	0.1	0.2	0.2	0.0	0.0	0.0	0.3	5.0
15-01-04 Dessert sauces	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	0.0	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	0.1	0.1	0.0	0.9	0.1	0.0	0.0	0.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.4	1.1	1.2	2.2	1.1	0.2	1.7	0.9	1.4	1.0	4.2	0.8	0.2	1.0	2.1	0.6	1.0	1.0	0.0	1.3	1.3	1.6	1.1
16-01 Soups	0.4	1.1	1.2	2.2	1.1	0.2	1.7	0.9	1.4	1.0	3.9	0.8	0.2	1.0	2.1	0.6	1.0	1.0	0.0	1.3	1.3	1.6	1.1
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	1.1	1.2	2.2	5.4	1.9	0.7	1.3	1.5	0.9	2.2	3.6	2.4	1.3	1.1	1.9	1.4	1.1	0.9	0.5	2.0	0.4	2.5	1.6
17-00 Unclassified	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.2	0.2	0.2	0.0	0.2	0.0	0.3	0.2	0.1	0.0	0.3	0.1	0.0	0.0	0.1	0.3	0.1	0.3	0.0	0.1	0.0	0.1	0.2
17-02 Dietetic products	0.0	0.2	0.2	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.2	0.2	0.1	0.1	0.1	0.1	0.5	0.0	0.0	0.2	0.1
17-02-00 Unclassified	0.0	0.2	0.2	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.1	0.1	0.1	0.5	0.0	0.0	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	0.8	0.9	1.7	5.3	1.3	0.6	0.9	1.2	0.7	2.0	3.1	2.1	1.1	0.9	1.6	1.0	0.9	0.5	0.0	1.7	0.3	2.3	1.3



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.4	9.6	6.1	0.0	7.3	1.9	7.8	4.5	13.4	2.2	0.9	3.8	0.0	0.1	5.6	2.1	11.5	8.9	0.0	0.0	13.5	0.0	2.0
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	3.7	5.4	6.6	0.0	7.9	1.3	4.7	2.9	8.5	1.5	2.5	3.1	0.1	14.0	3.5	3.2	4.3	13.1	0.0	0.0	13.0	0.1	5.8
02-01	Leafy vegetables (except cabbages)	0.7	0.7	1.2	0.0	1.4	0.2	0.8	0.4	1.2	0.1	0.3	0.4	0.1	1.8	0.5	0.5	0.4	1.9	0.0	0.0	0.4	0.1	0.8
02-02	Fruiting vegetables	0.9	1.8	3.0	0.0	3.5	0.6	1.9	0.8	3.7	0.2	0.8	1.1	0.0	2.0	1.2	0.9	1.5	3.4	0.0	0.0	5.8	0.0	2.6
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.2	0.3	0.2	0.9	0.1	0.4	0.3	0.0	7.9	0.3	0.2	0.4	1.3	0.0	0.0	0.4	0.0	0.7
02-04	Cabbages	1.0	0.8	1.0	0.0	1.2	0.3	0.8	0.8	1.5	0.6	0.6	0.6	0.0	1.0	0.6	0.8	1.0	4.3	0.0	0.0	4.4	0.0	1.2
02-05	Mushrooms	0.1	0.5	0.1	0.0	0.2	0.0	0.0	0.1	0.2	0.2	0.0	0.1	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.2	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.1	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.2	0.0	0.3	0.1	0.3	0.2	0.5	0.0	0.0	0.2	0.0	0.1	0.2	0.1	0.5	0.9	0.0	0.0	0.5	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	0.0	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
02-09	Mixed salad, mixed vegetables	0.2	0.3	0.4	0.0	0.5	0.1	0.3	0.2	0.4	0.1	0.4	0.2	0.0	1.1	0.3	0.2	0.3	0.9	0.0	0.0	1.1	0.0	0.2
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.2	0.0	0.1	0.2	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	0.3	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.2	0.0	0.1	0.2	0.0	0.0	0.0	0.0	0.0
04	Fruits, nuts and olives	1.2	6.8	3.3	0.0	3.9	1.3	5.7	2.1	6.7	2.5	0.5	2.2	0.0	1.0	2.8	1.6	4.7	3.6	0.0	0.0	13.1	0.0	4.7
04-01	Fruits	1.0	4.3	2.4	0.0	2.9	1.2	3.6	1.2	5.9	1.5	0.1	1.3	0.0	0.9	2.2	1.3	4.3	3.1	0.0	0.0	12.9	0.0	2.6
04-02	Nuts and seeds (+nut spread)	0.2	2.2	0.8	0.0	0.9	0.1	1.9	0.9	0.7	1.0	0.3	0.9	0.0	0.0	0.4	0.2	0.3	0.5	0.0	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	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
05	Dairy products	57.6	6.2	3.8	0.0	4.5	14.7	17.9	33.1	19.3	14.1	15.4	23.4	28.3	21.7	10.1	41.2	13.0	13.5	4.2	39.8	4.8	6.1	4.4
05-01	Milk	17.4	0.8	0.4	0.0	0.5	6.8	6.6	10.8	8.8	2.9	2.9	6.6	5.2	4.1	4.5	16.3	3.5	4.8	0.0	15.1	1.2	0.0	0.6
05-02	Milk beverages	4.4	1.6	1.8	0.0	2.3	2.1	2.4	2.7	2.7	0.7	0.9	1.5	1.4	1.1	1.3	3.9	0.9	1.2	4.2	2.4	1.1	0.7	0.4
05-03	Yoghurt	12.0	1.8	0.5	0.0	0.5	2.5	4.4	6.7	5.3	1.7	2.1	3.9	1.4	1.0	3.0	11.7	6.8	3.7	0.0	8.3	2.2	0.4	0.8
05-04	Fromage blanc, petits suisses	0.5	0.0	0.1	0.0	0.1	0.2	0.1	0.3	0.1	0.0	0.1	0.2	0.4	0.4	0.2	0.6	0.1	0.1	0.0	0.4	0.0	0.7	0.0
05-05	Cheese (including fresh cheeses)	20.5	1.2	0.5	0.0	0.6	2.4	3.1	10.8	1.1	7.9	8.8	10.2	17.7	13.5	0.5	6.0	0.8	3.3	0.0	11.6	0.2	3.8	2.1
05-06	Cream desserts, puddings (milk based)	2.6	0.8	0.5	0.0	0.5	0.6	1.3	1.6	1.3	0.7	0.6	1.1	1.6	1.3	0.7	2.7	1.0	0.4	0.0	2.0	0.2	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	0.6	0.4	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.2	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	0.6	0.4	0.0	0.1	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	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	
06	Cereals and cereal products	8.8	29.8	28.6	0.1	33.5	57.5	26.2	19.4	15.1	18.4	33.5	20.2	0.8	0.8	20.7	11.2	13.9	27.5	21.6	1.0	2.1	0.4	10.3
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
06-02	Pasta, rice, other grain	0.5	3.0	1.6	0.0	1.7	0.5	1.7	1.5	0.5	0.8	0.0	2.2	0.0	0.0	0.7	0.5	0.3	0.7	0.0	0.0	0.0	0.0	0.3
06-03	Bread, crisp bread, rusks	6.5	22.2	20.7	0.1	24.4	55.6	20.0	14.8	9.7	15.9	27.8	14.9	0.1	0.1	13.6	7.2	6.3	21.1	0.0	0.4	0.2	0.3	4.4
06-03-01	Bread	6.1	20.4	18.9	0.1	22.2	55.3	18.4	13.7	9.0	15.2	26.7	13.7	0.1	0.1	12.1	6.6	5.7	20.4	0.0	0.4	0.2	0.3	3.6
06-03-02	Crispbread, rusks	0.5	1.8	1.9	0.0	2.2	0.3	1.7	1.2	0.8	0.6	1.1	1.1	0.0	0.0	1.5	0.6	0.6	0.7	0.0	0.0	0.0	0.0	0.8
06-04	Breakfast cereals	0.9	0.7	2.6	0.0	3.1	0.1	1.1	0.8	0.5	0.2	0.7	0.8	0.0	0.0	3.3	2.1	2.6	3.3	21.6	0.6	0.2	0.0	0.3
06-05	Salty biscuits, aperitif biscuits, crackers	0.7	2.8	3.1	0.0	3.6	0.6	2.9	1.8	4.0	0.8	4.1	1.9	0.5	0.6	2.4	0.9	4.1	0.9	0.0	0.0	1.7	0.0	5.1
06-06	Dough and pastry (puff, shortcrust, pizza)	0.2	1.1	0.6	0.0	0.7	0.7	0.5	0.5	0.4	0.8	0.8	0.5	0.2	0.1	0.6	0.4	0.6	1.5	0.0	0.0	0.0	0.1	0.2
07	Meat and meat products	2.2	10.1	16.6	86.8	8.6	3.0	9.6	17.6	13.5	32.6	19.9	28.9	17.0	14.0	25.8	12.2	20.1	4.1	0.0	32.1	10.8	22.5	7.3
07-01	Fresh meat	0.4	2.9	5.9	34.5	1.7	0.6	3.6	6.1	5.3	10.4	2.1	12.8	1.0	0.7	10.8	4.5	8.2	0.7	0.0	12.9	1.9	3.4	1.7
07-01-00	Unclassified	0.1	0.5	1.1	6.9	0.3	0.2	0.7	1.1	1.0	2.0	0.5	2.3	0.3	0.2	2.2	0.9	1.5	0.1	0.0	2.6	0.6	1.0	0.3
07-01-01	Beef	0.1	1.2	3.3	18.2	0.7	0.3	1.3	2.2	1.9	3.5	1.0	6.4	0.5	0.4	0.6	1.6	2.7	0.5	0.0	7.6	1.1	1.0	0.7
07-01-02	Veal	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.2	0.0	0.0	0.0	0.1	0.2	0.0	0.0	0.3	0.1	0.1	0.0
07-01-03	Pork	0.1	1.1	1.4	8.8	0.6	0.2	1.6	2.7	2.3	4.8	0.6	3.9	0.2	0.1	8.0	1.9	3.8	0.2	0.0	2.3	0.1	1.3	0.7
07-01-04	Mutton/Lamb	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	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	1.7	1.0	4.9	0.8	0.5	1.3	2.0	1.5	5.1	0.4	1.3	1.0	0.7	0.9	0.5	3.6	0.6	0.0	1.3	0.0	6.4	0.8
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	1.7	1.0	4.7	0.7	0.5	1.2	1.9	1.5	4.8	0.4	1.3	1.0	0.7	0.9	0.5	3.4	0.5	0.0	1.1	0.0	6.4	0.8
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	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	1.7	5.5	9.7	47.4	6.1	1.9	4.7	9.5	6.7	17.1	17.4	14.8	15.0	12.5	14.1	7.2	8.3	2.8	0.0	17.9	8.9	12.6	4.8
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	0.4	1.0	0.6	2.7	0.5	2.1	0.6	1.3	0.7	4.6	0.9	0.6	0.2	0.1	0.5	0.7	0.7	0.5	0.0	5.6	0.0	3.8	0.8
08-01	Fish	0.2	0.2	0.4	1.8	0.4	1.0	0.4	0.8	0.4	2.7	0.4	0.3	0.1	0.1	0.3	0.4	0.5	0.3	0.0	2.6	0.0	2.9	0.4

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.1	0.6	0.0	0.1	0.0	0.3	0.1	0.1	0.0	0.6	0.3	0.2	0.0	0.0	0.2	0.0	0.0	0.0	0.0	1.9	0.0	0.1	0.4
08-03	Fish products, fish in crumbs	0.1	0.1	0.1	0.9	0.1	0.8	0.2	0.4	0.2	1.3	0.2	0.1	0.1	0.0	0.2	0.1	0.1	0.1	0.0	1.0	0.0	0.9	0.0
09	Eggs and egg products	0.6	0.6	2.1	0.0	2.6	1.8	0.5	1.6	0.5	3.7	0.5	1.4	4.2	2.8	0.5	2.1	0.5	2.2	0.0	3.7	0.0	5.0	2.8
09-01	Egg	0.6	0.6	2.1	0.0	2.6	1.8	0.5	1.6	0.5	3.7	0.5	1.4	4.2	2.8	0.5	2.1	0.5	2.2	0.0	3.7	0.0	5.0	2.8
10	Fat	1.0	0.0	0.1	1.4	0.1	0.2	0.1	0.3	0.2	0.1	1.3	0.0	26.9	20.6	2.7	1.9	3.5	3.9	33.3	1.4	0.0	36.7	21.0
10-00	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	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2
10-01	Vegetable oils	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	4.3
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.2	0.9	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.4	0.1
10-03	Margarines	1.0	0.0	0.1	1.4	0.1	0.1	0.1	0.3	0.2	0.0	1.2	0.0	25.6	19.7	2.7	1.9	3.5	3.9	33.3	1.4	0.0	36.0	16.4
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	0.2	0.0
11	Sugar and confectionery	4.9	10.1	9.8	0.0	11.4	2.8	6.1	3.3	4.6	2.2	1.3	3.0	3.2	2.7	1.9	4.1	2.3	1.8	3.8	3.0	3.5	1.1	5.1
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.2	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	0.2	0.0	0.0	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	2.9	8.2	6.4	0.0	7.4	1.4	4.3	2.3	2.8	1.7	0.5	2.2	1.2	0.9	1.0	2.7	0.5	1.3	3.5	2.3	0.2	0.2	3.5
11-03	Confectionery non-chocolate	0.3	0.5	1.1	0.0	1.4	0.1	0.4	0.2	0.2	0.1	0.2	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.8	1.6	0.0	1.8	0.2	0.5	0.1	0.7	0.0	0.1	0.2	0.0	0.0	0.0	0.1	1.4	0.0	0.0	0.0	3.0	0.0	1.1
11-05	Ice cream, water ice	1.5	0.4	0.5	0.0	0.5	1.2	0.9	0.7	0.8	0.5	0.4	0.5	2.0	1.8	0.7	1.3	0.3	0.5	0.0	0.8	0.3	0.8	0.4
11-05-01	Ice cream	1.5	0.3	0.4	0.0	0.5	1.2	0.9	0.7	0.7	0.4	0.4	0.5	2.0	1.7	0.7	1.3	0.3	0.4	0.0	0.8	0.0	0.8	0.4
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	0.3	0.0	0.0	0.0
12	Cakes	3.8	5.1	7.5	0.8	8.7	3.4	4.3	5.2	3.5	4.9	5.4	3.7	6.7	5.6	3.1	3.8	3.3	3.1	0.0	1.9	0.2	7.4	8.4
12-01	Cakes, pies, pastries, etc	1.9	2.2	2.6	0.8	3.0	2.5	1.9	2.8	1.6	2.8	2.9	2.0	4.7	3.9	1.7	2.6	0.9	2.1	0.0	1.6	0.2	5.6	3.6
12-02	Dry cakes, biscuits	1.9	2.9	4.8	0.0	5.6	0.9	2.4	2.4	1.9	2.1	2.4	1.6	2.0	1.7	1.4	1.2	2.3	0.9	0.0	0.3	0.0	1.8	4.8
13	Non-alcoholic beverages	9.8	5.7	3.8	0.0	4.5	5.5	7.5	3.4	8.0	4.0	2.1	1.2	0.0	3.3	9.3	6.6	12.7	6.7	3.5	3.7	30.7	0.0	8.4
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	1.7	1.8	2.2	0.0	2.6	1.0	3.5	1.1	5.4	0.8	0.2	0.7	0.0	2.9	8.1	4.3	7.2	4.3	1.6	2.1	18.2	0.0	6.7
13-02	Carbonated/soft/isotonic drinks, diluted syrups	2.3	2.0	0.9	0.0	1.0	2.5	1.2	2.0	1.5	0.8	1.2	0.2	0.0	0.4	1.1	1.6	4.1	0.5	1.9	1.5	11.7	0.0	1.7
13-03	Coffee, tea and herbal teas	1.2	1.4	0.6	0.0	0.8	0.4	1.1	0.3	1.1	0.0	0.1	0.2	0.0	0.0	0.2	0.7	1.4	1.8	0.0	0.1	0.7	0.0	0.0
13-03-01	Coffee	0.2	0.1	0.3	0.0	0.4	0.1	0.5	0.1	0.6	0.0	0.0	0.1	0.0	0.0	0.2	0.2	0.0	0.0	0.0	0.1	0.0	0.0	0.0
13-03-02	Tea	0.5	0.8	0.2	0.0	0.2	0.2	0.4	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.3	0.9	1.2	0.0	0.0	0.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.5	0.5	0.1	0.0	0.1	0.1	0.2	0.1	0.2	0.0	0.0	0.1	0.0	0.0	0.2	0.5	0.6	0.0	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	
13-04 Waters	4.6	0.5	0.1	0.0	0.1	1.6	1.7	0.0	0.1	2.3	0.6	0.1	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	0.4	0.6	0.0	0.8	0.4	1.1	0.8	1.0	0.2	0.1	0.1	0.0	0.0	0.0	0.5	0.6	1.1	0.0	0.5	0.1	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	
14-01 Wine	0.2	0.2	0.4	0.0	0.5	0.1	0.2	0.1	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	
14-02 Fortified wines (sherry, port, vermouth)	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	0.0	0.0	0.0	0.0	0.0	0.0	
14-03 Beer, cider	0.4	0.2	0.2	0.0	0.2	0.2	0.8	0.7	0.7	0.2	0.0	0.1	0.0	0.0	0.0	0.5	0.6	1.1	0.0	0.5	0.1	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	
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	
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	
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	
15 Condiments and sauces	0.5	1.5	1.4	0.0	1.7	0.3	1.7	0.8	1.2	1.0	7.1	0.8	3.3	3.8	2.5	0.5	0.5	0.5	1.0	0.1	0.5	4.1	10.3
15-01 Sauces	0.5	1.5	1.3	0.0	1.6	0.3	1.6	0.8	1.1	0.9	6.7	0.7	3.3	3.8	2.2	0.5	0.5	0.5	1.0	0.1	0.5	4.1	10.3
15-01-00 Unclassified and other sauces	0.3	1.3	0.8	0.0	0.9	0.1	1.2	0.5	0.6	0.5	3.4	0.5	3.0	2.1	1.3	0.2	0.3	0.2	1.0	0.0	0.3	3.9	5.6
15-01-01 Tomato sauces	0.1	0.1	0.1	0.0	0.1	0.1	0.2	0.1	0.4	0.0	1.1	0.1	0.1	1.2	0.8	0.2	0.1	0.0	0.0	0.0	0.2	0.0	0.2
15-01-02 Dressing sauces	0.1	0.0	0.1	0.0	0.1	0.1	0.1	0.1	0.1	0.2	1.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	1.6
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.1	0.1	0.2	1.1	0.1	0.1	0.3	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.1	2.8
15-01-04 Dessert sauces	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	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	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.4	0.0	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
16 Soups, bouillon	0.5	1.5	1.6	4.1	1.4	0.3	2.2	1.3	1.8	1.4	5.3	1.2	0.3	1.2	2.4	0.6	1.1	1.1	0.0	1.8	1.2	2.1	1.3
16-01 Soups	0.5	1.5	1.6	4.1	1.4	0.3	2.2	1.3	1.8	1.4	5.1	1.2	0.3	1.2	2.4	0.6	1.1	1.1	0.0	1.8	1.2	2.1	1.3
16-02 Bouillon	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	0.0	0.0	0.0
17 Miscellaneous	1.9	1.8	2.5	3.9	2.3	1.2	2.2	2.1	1.7	2.3	3.2	2.5	1.8	1.5	1.9	2.1	1.3	1.5	1.6	2.4	0.8	3.0	2.0
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	0.3	0.4	0.0	0.4	0.0	0.7	0.3	0.4	0.1	0.3	0.1	0.0	0.0	0.3	0.4	0.2	0.3	0.0	0.3	0.0	0.0	0.2
17-02 Dietetic products	0.6	0.7	0.7	0.0	0.8	0.7	0.6	0.7	0.7	0.7	0.6	0.7	0.8	0.8	0.7	0.7	0.7	0.7	1.6	0.7	0.7	0.9	0.7
17-02-00 Unclassified	0.6	0.7	0.7	0.0	0.8	0.7	0.6	0.7	0.7	0.7	0.5	0.7	0.8	0.8	0.7	0.7	0.7	0.7	1.6	0.7	0.7	0.9	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	1.0	0.8	1.4	3.9	1.2	0.5	0.9	1.1	0.6	1.5	2.3	1.8	1.0	0.7	0.9	0.9	0.4	0.5	0.0	1.5	0.1	2.0	1.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.4	8.4	5.6	0.0	6.8	1.7	6.2	3.9	11.6	1.9	0.8	3.4	0.1	0.1	5.6	1.9	10.9	7.2	0.0	0.1	15.3	0.0	1.8
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
02	Vegetables	5.5	5.9	7.5	0.0	8.8	1.5	5.0	3.3	8.7	1.7	2.2	3.3	0.2	14.3	4.6	4.5	5.2	14.0	0.0	0.0	17.8	0.1	5.8
02-01	Leafy vegetables (except cabbages)	1.8	1.1	2.2	0.0	2.5	0.3	1.4	0.7	1.9	0.1	0.4	0.7	0.2	3.7	1.0	1.1	0.7	3.3	0.0	0.0	1.1	0.1	1.4
02-02	Fruiting vegetables	1.0	1.7	2.3	0.0	2.7	0.6	1.7	0.8	2.9	0.2	0.6	1.0	0.0	2.0	1.1	1.0	1.7	3.3	0.0	0.0	7.4	0.0	2.3
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.3	0.1	0.2	0.2	0.6	0.1	0.2	0.2	0.0	4.3	0.2	0.2	0.3	0.9	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.1	0.6	1.0	0.0	1.2	0.2	0.6	0.6	1.3	0.6	0.4	0.4	0.0	1.7	0.8	0.8	1.0	3.0	0.0	0.0	5.1	0.0	0.9
02-05	Mushrooms	0.1	0.6	0.2	0.0	0.2	0.0	0.0	0.2	0.2	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	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	0.4	0.0	0.2	0.1	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.3	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.4	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.0	0.3	0.0	0.1	0.3	0.1	0.8	1.2	0.0	0.0	0.9	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.0	0.1	0.0	0.2	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.8	0.0	1.0	0.2	0.5	0.4	0.9	0.3	0.4	0.4	0.0	2.2	0.6	0.6	0.6	1.8	0.0	0.0	2.4	0.0	0.5
03	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.3	0.0	0.4	0.0	0.3	0.2	0.2	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.7	8.7	3.3	0.0	3.8	1.1	7.2	3.3	6.2	4.1	1.7	3.1	0.0	1.0	3.2	1.7	4.8	4.2	0.0	0.0	13.3	0.0	6.6
04-01	Fruits	1.0	3.6	1.7	0.0	2.0	1.0	2.9	1.0	4.7	1.7	0.0	1.1	0.0	0.9	2.1	1.1	4.1	3.1	0.0	0.0	13.2	0.0	2.0
04-02	Nuts and seeds (+nut spread)	0.6	4.9	1.4	0.0	1.7	0.1	4.2	2.3	1.4	2.3	1.2	1.9	0.0	0.0	1.0	0.6	0.7	1.0	0.0	0.0	0.0	0.0	4.4
04-03	Mixed fruits	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	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	0.0	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	0.1
05	Dairy products	57.7	4.5	2.9	0.0	3.4	13.6	14.0	30.3	15.6	13.1	15.4	21.8	29.1	23.1	8.3	36.5	9.0	10.5	0.0	36.9	3.7	4.5	4.3
05-01	Milk	17.6	0.8	0.4	0.0	0.5	6.5	5.7	10.1	7.8	2.8	2.9	6.2	5.4	4.3	4.2	15.9	3.3	4.2	0.0	13.7	1.3	0.0	0.6
05-02	Milk beverages	2.1	0.8	1.0	0.0	1.2	1.0	1.0	1.2	1.1	0.2	0.4	0.8	0.6	0.5	0.5	1.9	0.4	0.3	0.0	1.1	0.5	0.2	0.1
05-03	Yoghurt	8.8	0.7	0.3	0.0	0.4	2.1	2.5	4.6	3.2	1.1	1.3	2.7	1.3	1.1	1.8	7.3	3.0	2.4	0.0	5.2	1.2	0.3	0.6
05-04	Fromage blanc, petits suisses	0.3	0.1	0.1	0.0	0.1	0.3	0.1	0.3	0.2	0.1	0.1	0.1	0.3	0.3	0.2	0.6	0.1	0.1	0.0	0.4	0.0	0.1	0.0
05-05	Cheese (including fresh cheeses)	23.8	1.2	0.6	0.0	0.7	2.2	3.0	11.2	1.1	7.7	9.6	10.3	17.2	13.4	0.5	6.5	0.9	3.0	0.0	13.3	0.2	2.7	2.2
05-06	Cream desserts, puddings (milk based)	3.5	0.9	0.4	0.0	0.5	0.6	1.3	1.8	1.4	0.7	0.8	1.3	2.2	1.9	0.8	3.0	1.1	0.4	0.0	2.3	0.4	0.6	0.4
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.4	1.1	0.1	0.2	0.0	0.0	0.0	0.1	0.0	0.5	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.4	0.0	0.0	0.0	0.1	0.8	0.4	1.1	0.7	0.4	0.3	0.4	0.6	0.5	0.2	1.2	0.2	0.0	0.0	0.7	0.1	0.1	0.2
06	Cereals and cereal products	8.2	30.0	26.5	0.4	31.2	56.7	24.0	18.7	12.3	17.5	30.6	19.8	0.4	0.5	18.3	9.1	10.6	22.1	6.1	0.3	1.0	0.3	8.6
06-01	Flour, flakes, starches, semolina	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	4.2	2.2	0.2	2.5	0.8	2.2	2.0	0.6	1.4	0.1	3.0	0.0	0.0	1.1	0.7	0.5	1.0	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.4	22.0	20.0	0.0	23.6	54.9	18.7	14.4	8.8	15.0	27.2	14.5	0.1	0.1	13.7	6.8	6.6	18.6	0.0	0.1	0.1	0.2	4.2
06-03-01	Bread	6.3	21.5	19.6	0.0	23.1	54.8	18.3	14.1	8.5	14.8	26.8	14.2	0.1	0.1	13.2	6.6	6.4	18.4	0.0	0.1	0.0	0.2	4.0
06-03-02	Crispbread, rusks	0.1	0.5	0.4	0.0	0.5	0.1	0.4	0.3	0.2	0.2	0.4	0.3	0.0	0.0	0.4	0.2	0.2	0.2	0.0	0.0	0.0	0.0	0.2
06-04	Breakfast cereals	0.3	1.3	2.0	0.0	2.3	0.0	1.2	1.0	0.6	0.2	0.3	0.9	0.0	0.0	1.5	0.7	0.8	1.2	6.1	0.1	0.0	0.0	0.8
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.8	2.0	0.1	2.3	0.5	1.6	1.0	2.1	0.5	2.5	1.1	0.1	0.2	1.5	0.6	2.3	0.5	0.0	0.0	0.9	0.0	3.0
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.5	0.3	0.0	0.4	0.4	0.2	0.2	0.2	0.4	0.5	0.2	0.2	0.1	0.4	0.3	0.3	0.7	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.6	10.6	17.4	86.3	8.8	3.1	9.1	18.0	13.4	31.8	18.7	29.8	16.3	13.9	25.6	13.4	23.0	4.0	0.0	32.2	12.1	22.1	7.4
07-01	Fresh meat	0.5	3.3	7.4	39.3	2.1	0.9	3.7	7.0	5.8	10.8	2.7	15.6	1.2	0.9	11.1	5.6	10.2	1.0	0.0	15.1	3.0	3.4	1.9
07-01-00	Unclassified	0.1	0.6	1.4	10.7	0.4	0.2	0.7	1.3	1.1	2.2	0.8	3.3	0.4	0.3	2.7	1.1	2.1	0.1	0.0	3.5	1.5	1.0	0.3
07-01-01	Beef	0.2	1.5	4.1	19.6	0.9	0.4	1.5	2.9	2.4	4.2	0.9	8.1	0.6	0.5	0.9	2.3	3.8	0.6	0.0	8.4	1.2	1.1	0.8
07-01-02	Veal	0.0	0.1	0.1	0.5	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.3	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.2	0.1	0.2	0.0
07-01-03	Pork	0.2	1.0	1.3	7.2	0.6	0.2	1.3	2.4	2.0	4.1	0.9	3.3	0.2	0.1	7.3	1.8	3.8	0.2	0.0	2.2	0.2	1.0	0.8
07-01-04	Mutton/Lamb	0.0	0.1	0.2	0.8	0.1	0.1	0.1	0.2	0.2	0.1	0.1	0.5	0.0	0.0	0.2	0.3	0.2	0.0	0.0	0.7	0.0	0.1	0.0
07-01-05	Horse	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	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	2.5	1.6	8.5	1.1	0.9	1.8	3.0	2.3	7.2	0.6	1.9	1.6	1.1	1.8	0.9	6.1	0.8	0.0	1.7	0.0	10.3	1.2
07-02-00	Unclassified and other poultry	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.0
07-02-01	Chicken, hen	0.2	2.5	1.4	7.8	1.0	0.8	1.8	2.9	2.2	6.9	0.6	1.8	1.6	1.0	1.6	0.8	5.8	0.7	0.0	1.2	0.0	10.3	1.1
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.3	0.0	0.0	0.0	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	0.0	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	0.1	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	0.1	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	0.1	0.0	0.0	0.0	0.0
07-03	Game	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0
07-04	Processed meat	1.8	4.6	8.3	37.8	5.4	1.3	3.5	7.8	5.2	13.6	15.4	12.2	13.2	11.6	12.5	6.8	6.5	2.1	0.0	14.8	9.0	8.4	4.2
07-05	Offals	0.0	0.1	0.2	0.3	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.2	0.1	0.1	0.0	0.1	0.0	0.3	0.1	0.0	0.0
08	Fish and shellfish	0.8	1.3	1.2	4.1	1.0	3.4	1.2	2.4	1.3	7.5	2.0	1.0	0.5	0.3	1.1	1.1	1.6	0.6	0.0	8.9	0.1	7.6	1.7
08-01	Fish	0.5	0.6	0.8	2.9	0.7	1.7	0.8	1.7	1.0	5.1	1.3	0.6	0.3	0.2	0.8	0.8	1.3	0.3	0.0	5.7	0.1	6.0	1.2

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.5	0.1	0.6	0.1	0.5	0.2	0.1	0.1	0.7	0.4	0.2	0.1	0.0	0.2	0.0	0.1	0.0	2.1	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.1	0.2	0.2	0.7	0.2	1.3	0.3	0.5	0.3	1.7	0.3	0.2	0.1	0.1	0.3	0.2	0.2	0.2	1.2	0.0	1.5	0.1	
09	Eggs and egg products	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.8	0.5	4.6	0.7	1.7	4.4	3.4	0.7	2.3	0.7	2.4	4.0	0.0	5.0	3.2	
09-01	Egg	0.8	0.7	2.5	0.0	3.0	2.3	0.5	1.8	0.5	4.6	0.7	1.7	4.4	3.4	0.7	2.3	0.7	2.4	4.0	0.0	5.0	3.2	
10	Fat	1.4	0.0	0.2	2.1	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	30.0	23.4	2.8	2.4	6.8	8.0	57.1	3.0	0.0	38.5	27.0
10-00	Unclassified	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.6	0.4	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	5.8	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.8	2.4	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.8	0.4	
10-03	Margarines	1.4	0.0	0.2	2.1	0.1	0.2	0.1	0.3	0.2	0.0	1.2	0.0	26.7	20.6	2.7	2.4	6.8	8.0	57.1	2.9	0.0	36.9	20.2
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	3.1	6.3	6.4	0.0	7.5	1.4	3.5	1.8	2.8	1.0	0.8	1.7	1.7	1.6	1.0	2.2	1.0	0.7	1.3	1.2	0.8	0.8	2.8
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	0.4	0.3	0.0	0.4	0.0	0.1	0.0	0.1	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	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.7	4.7	3.6	0.0	4.3	0.6	2.3	1.2	1.6	0.7	0.3	1.1	0.6	0.5	0.5	1.3	0.3	0.5	1.3	0.8	0.1	0.3	2.0
11-03	Confectionery non-chocolate	0.4	0.4	0.7	0.0	0.8	0.1	0.4	0.1	0.3	0.1	0.2	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	0.6	1.6	0.0	1.8	0.1	0.3	0.1	0.4	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.5	0.0	0.0	0.0	0.6	0.0	0.3
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.2	1.2	1.1	0.4	0.7	0.2	0.2	0.4	0.0	0.5	0.2	
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.2	1.2	1.1	0.4	0.7	0.1	0.2	0.4	0.0	0.5	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	
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	
12	Cakes	2.0	3.3	3.8	0.7	4.4	2.4	2.4	3.2	2.1	3.2	3.6	2.3	6.1	4.9	2.0	2.2	1.4	2.0	1.2	0.3	5.6	5.5	
12-01	Cakes, pies, pastries, etc	1.3	2.0	2.0	0.2	2.3	1.9	1.4	2.0	1.2	2.2	1.4	4.2	3.3	1.4	1.6	0.7	1.4	0.0	0.9	0.3	4.5	3.1	
12-02	Dry cakes, biscuits	0.7	1.3	1.8	0.4	2.1	0.5	1.0	1.2	0.8	1.1	1.4	0.9	1.9	1.6	0.7	0.6	0.7	0.6	0.2	0.0	1.1	2.4	
13	Non-alcoholic beverages	9.2	8.0	9.2	0.0	11.0	5.0	12.8	3.8	15.6	3.1	1.8	1.6	0.4	1.2	8.7	7.4	7.8	6.3	2.0	22.6	0.1	2.9	
13-00	Unclassified	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	0.1	0.0	0.0	0.0	0.0	0.0	0.0	
13-01	Fruit and vegetable juices	1.1	1.3	1.5	0.0	1.7	0.5	2.3	0.8	3.5	0.3	0.1	0.5	0.0	0.9	3.9	1.6	2.9	4.0	0.6	15.8	0.0	2.3	
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.5	1.6	0.4	0.0	0.4	1.6	0.6	2.0	0.5	0.2	0.7	0.1	0.0	0.1	0.5	1.6	2.9	0.1	0.7	0.9	6.0	0.0	0.5
13-03	Coffee, tea and herbal teas	3.8	4.7	7.2	0.0	8.7	1.8	9.0	1.0	11.6	1.2	0.6	0.9	0.4	0.3	4.3	4.1	1.9	2.1	0.5	0.9	0.1	0.1	
13-03-01	Coffee	2.6	3.2	6.9	0.0	8.2	1.3	8.3	0.7	11.1	1.2	0.5	0.7	0.4	0.3	4.3	3.6	0.1	0.2	0.5	0.0	0.1	0.1	
13-03-02	Tea	1.0	1.3	0.3	0.0	0.3	0.4	0.5	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.0	0.5	1.5	1.6	0.0	0.7	0.0	0.0	

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.3	0.0	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	
13-04 Waters	2.8	0.3	0.1	0.0	0.1	1.0	0.9	0.0	0.0	1.4	0.4	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	
14 Alcoholic beverages	1.5	1.9	2.9	0.0	3.4	3.1	6.2	4.4	4.7	1.0	0.3	0.8	0.0	0.0	0.0	4.6	6.7	7.3	0.0	2.1	0.1	0.0	0.3
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	2.2	0.0	2.6	1.5	1.0	0.3	0.9	0.0	0.1	0.1	0.0	0.0	0.0	0.4	0.5	0.1	0.0	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	0.1	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
14-03 Beer, cider	1.0	1.1	0.7	0.0	0.8	1.5	5.1	4.1	3.7	0.9	0.2	0.6	0.0	0.0	0.0	4.2	6.2	7.2	0.0	2.1	0.1	0.0	0.3
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	0.8	1.7	2.0	0.0	2.4	0.5	1.8	1.1	1.6	1.1	9.6	1.0	3.5	4.5	4.2	1.1	0.8	1.1	0.0	0.4	1.6	4.3	13.2
15-01 Sauces	0.7	1.6	1.8	0.0	2.1	0.4	1.6	1.0	1.4	1.0	8.2	0.9	3.5	4.5	3.2	0.7	0.7	0.8	0.0	0.1	1.3	4.3	13.1
15-01-00 Unclassified and other sauces	0.4	1.3	1.0	0.0	1.2	0.1	1.2	0.6	0.7	0.4	4.3	0.6	3.0	2.3	2.1	0.4	0.2	0.2	0.0	0.0	0.4	3.9	5.6
15-01-01 Tomato sauces	0.1	0.3	0.3	0.0	0.4	0.1	0.3	0.1	0.6	0.0	1.9	0.1	0.2	1.6	1.0	0.2	0.2	0.4	0.0	0.0	0.9	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	1.6
15-01-03 Mayonnaises and similars	0.2	0.0	0.4	0.0	0.4	0.1	0.0	0.2	0.1	0.4	1.2	0.1	0.3	0.5	0.1	0.1	0.3	0.3	0.0	0.0	0.0	0.3	5.4
15-01-04 Dessert sauces	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	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	0.1	0.0	0.0	0.0	0.3	0.3	0.1	0.3	0.0	0.3	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.3	0.1	0.0	0.0	0.7	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.1
16 Soups, bouillon	0.8	1.9	2.0	2.6	2.1	0.4	2.8	1.5	2.1	1.3	7.0	1.1	0.2	1.0	4.1	1.2	1.3	1.1	0.0	1.9	1.9	1.9	1.2
16-01 Soups	0.8	1.9	2.0	2.6	2.1	0.3	2.8	1.5	2.1	1.3	6.5	1.1	0.2	1.0	4.1	1.2	1.3	1.1	0.0	1.9	1.9	1.9	1.2
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.4	1.3	2.0	3.9	1.9	0.8	1.2	1.5	0.9	2.1	3.2	2.2	1.1	0.9	1.5	1.1	0.9	0.9	0.8	1.9	0.5	2.3	1.6
17-00 Unclassified	0.2	0.1	0.1	0.0	0.1	0.0	0.0	0.2	0.0	0.2	0.2	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.2	0.1	0.2	0.0	0.2	0.0	0.3	0.1	0.1	0.0	0.2	0.1	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.2	0.1
17-02 Dietetic products	0.3	0.3	0.3	0.0	0.3	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.3	0.3	0.3	0.2	0.2	0.3	0.8	0.2	0.3	0.3	0.3
17-02-00 Unclassified	0.3	0.3	0.3	0.0	0.3	0.2	0.2	0.2	0.2	0.3	0.1	0.3	0.3	0.3	0.3	0.2	0.2	0.3	0.8	0.2	0.3	0.3	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.8	0.8	1.4	3.9	1.2	0.6	0.7	1.0	0.6	1.6	2.5	1.7	0.7	0.6	1.1	0.7	0.6	0.4	0.0	1.4	0.3	1.8	1.2



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.3	8.3	5.6	0.0	6.8	1.6	6.0	3.7	11.3	1.8	0.8	3.2	0.1	0.1	5.2	1.7	10.4	7.1	0.0	0.1	15.3	0.0	1.8
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	6.4	7.7	0.0	9.1	1.7	5.1	3.4	8.7	1.7	2.6	3.6	0.1	13.8	4.6	4.3	4.9	14.6	0.0	0.0	17.1	0.1	6.3
02-01	Leafy vegetables (except cabbages)	1.3	1.1	1.9	0.0	2.2	0.4	1.3	0.6	1.8	0.1	0.2	0.8	0.1	3.1	0.9	0.9	0.6	2.9	0.0	0.0	0.7	0.0	1.3
02-02	Fruiting vegetables	1.1	1.8	2.4	0.0	2.9	0.6	1.7	0.8	2.8	0.2	0.9	1.0	0.0	2.0	1.2	1.0	1.5	3.3	0.0	0.0	5.8	0.0	2.3
02-03	Root vegetables	0.2	0.3	0.2	0.0	0.3	0.1	0.2	0.1	0.5	0.1	0.2	0.2	0.0	4.3	0.2	0.1	0.3	0.8	0.0	0.0	0.4	0.0	0.4
02-04	Cabbages	1.2	0.8	1.2	0.0	1.5	0.3	0.8	0.9	1.6	0.6	0.3	0.6	0.0	2.0	0.8	0.9	1.0	4.1	0.0	0.0	6.5	0.0	1.6
02-05	Mushrooms	0.1	0.7	0.2	0.0	0.2	0.0	0.0	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.4	0.1	0.1	0.0	0.0	0.0	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.4	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.4	0.0	0.1
02-07	Onion, garlic	0.4	0.7	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.2	0.0	0.0	0.9	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.1	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.5	0.7	0.9	0.0	1.0	0.1	0.5	0.4	0.8	0.2	0.7	0.4	0.0	2.3	0.6	0.5	0.6	1.7	0.0	0.0	2.3	0.0	0.4
03	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.5	0.4	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.2	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.7	8.5	3.4	0.0	4.0	1.3	6.8	3.2	6.2	3.8	1.3	3.2	0.0	1.0	3.3	1.8	4.5	4.4	0.0	0.0	15.3	0.0	6.6
04-01	Fruits	1.0	3.8	1.7	0.0	2.1	1.1	2.9	1.1	4.7	1.4	0.0	1.2	0.0	1.0	2.2	1.2	3.8	3.4	0.0	0.0	15.2	0.0	2.5
04-02	Nuts and seeds (+nut spread)	0.6	4.5	1.6	0.0	1.9	0.1	3.9	2.2	1.4	2.3	1.0	2.0	0.0	0.0	1.0	0.6	0.7	1.0	0.0	0.0	0.0	0.0	4.0
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	0.1	0.0	0.1
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	60.1	4.8	2.9	0.0	3.4	15.0	14.7	31.3	15.5	13.7	16.3	22.8	28.5	22.7	9.2	38.4	11.4	10.9	0.0	37.2	4.4	5.0	5.0
05-01	Milk	17.2	0.8	0.4	0.0	0.5	6.5	5.7	9.9	7.4	2.8	2.8	6.1	4.5	3.6	4.2	15.4	3.1	4.0	0.0	13.5	1.4	0.1	0.7
05-02	Milk beverages	2.5	0.8	1.0	0.0	1.2	1.1	1.1	1.3	1.3	0.3	0.4	0.8	0.7	0.6	0.9	2.2	0.7	0.3	0.0	1.3	0.4	0.3	0.3
05-03	Yoghurt	9.7	0.9	0.4	0.0	0.4	2.4	2.8	5.0	3.5	1.3	1.6	3.1	1.5	1.1	2.5	9.1	5.1	2.6	0.0	6.2	1.8	0.2	0.9
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.5	0.2	0.4	0.2	0.1	0.1	0.2	0.3	0.2	0.2	0.7	0.2	0.1	0.0	0.6	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	25.3	1.5	0.6	0.0	0.7	2.8	3.3	11.8	1.1	8.0	10.4	11.0	18.0	14.2	0.5	6.6	1.0	3.4	0.0	12.7	0.2	3.1	2.4
05-06	Cream desserts, puddings (milk based)	3.2	0.7	0.4	0.0	0.4	0.6	1.1	1.5	1.2	0.7	0.6	1.1	2.1	1.7	0.7	2.8	1.2	0.4	0.0	2.0	0.4	0.8	0.5
05-07	Dairy and non-dairy creams	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.9	0.7	0.1	0.1	0.0	0.0	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	0.1	0.0	0.0	0.0	0.0	0.9	0.7	0.1	0.1	0.0	0.0	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.8	0.0	0.1	0.0	0.1	1.0	0.5	1.3	0.8	0.5	0.3	0.5	0.6	0.5	0.3	1.5	0.2	0.0	0.0	0.8	0.1	0.1	0.2
06	Cereals and cereal products	7.5	29.4	25.7	0.2	30.3	54.3	23.0	17.6	11.4	16.2	29.2	18.3	0.4	0.4	17.0	8.6	9.8	21.2	4.2	0.4	1.0	0.3	8.1
06-01	Flour, flakes, starches, semolina	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
06-02	Pasta, rice, other grain	0.8	4.0	2.0	0.0	2.4	0.7	2.1	1.9	0.5	1.3	0.1	2.8	0.0	0.0	1.0	0.6	0.5	0.9	0.0	0.0	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	6.0	22.2	19.8	0.1	23.4	52.4	18.2	13.6	8.3	13.8	26.0	13.5	0.1	0.1	12.7	6.6	6.4	17.9	0.0	0.2	0.1	0.2	4.5
06-03-01	Bread	5.9	21.3	19.0	0.1	22.5	52.3	17.6	13.2	8.0	13.5	25.4	13.1	0.1	0.1	12.1	6.3	6.1	17.5	0.0	0.2	0.1	0.2	4.2
06-03-02	Crispbread, rusks	0.2	0.9	0.7	0.0	0.9	0.1	0.6	0.5	0.3	0.3	0.6	0.4	0.0	0.0	0.6	0.2	0.2	0.3	0.0	0.0	0.0	0.0	0.3
06-04	Breakfast cereals	0.2	1.1	1.7	0.0	2.1	0.0	1.2	0.9	0.6	0.1	0.3	0.8	0.0	0.0	1.5	0.6	0.7	1.1	4.2	0.2	0.1	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.4	1.5	1.7	0.1	1.9	0.6	1.2	0.8	1.7	0.4	2.2	0.9	0.1	0.2	1.2	0.5	1.8	0.5	0.0	0.0	0.8	0.0	2.1
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.7	0.4	0.0	0.5	0.5	0.3	0.3	0.2	0.5	0.6	0.3	0.1	0.1	0.5	0.3	0.4	1.0	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	2.3	11.8	18.6	86.2	9.5	3.4	10.0	19.6	14.7	34.2	20.5	31.7	16.6	14.7	29.0	14.1	24.7	4.0	0.0	33.5	13.1	20.1	8.1
07-01	Fresh meat	0.6	3.9	7.8	39.3	2.4	1.0	4.5	8.1	6.8	12.9	2.8	16.3	1.2	1.0	14.5	6.2	12.1	0.9	0.0	15.1	2.6	3.5	2.4
07-01-00	Unclassified	0.1	0.7	1.5	8.5	0.5	0.2	0.7	1.3	1.1	2.3	0.8	3.1	0.4	0.3	2.7	1.1	2.1	0.1	0.0	3.1	1.2	1.2	0.3
07-01-01	Beef	0.2	1.4	3.9	18.3	0.9	0.4	1.4	2.6	2.2	4.1	0.9	7.3	0.5	0.4	0.9	2.0	3.5	0.5	0.0	7.7	1.1	1.0	0.8
07-01-02	Veal	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.1	0.1	0.0
07-01-03	Pork	0.3	1.6	2.0	11.0	1.0	0.3	2.1	3.8	3.1	6.3	1.1	5.1	0.2	0.2	10.6	2.7	6.0	0.2	0.0	3.3	0.2	1.2	1.2
07-01-04	Mutton/Lamb	0.0	0.2	0.2	1.1	0.1	0.1	0.2	0.3	0.2	0.1	0.0	0.5	0.1	0.0	0.3	0.3	0.3	0.0	0.0	0.6	0.0	0.1	0.0
07-01-05	Horse	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	0.0	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	2.7	1.7	7.6	1.3	0.9	1.9	3.2	2.3	6.9	0.7	2.1	1.5	1.2	1.7	0.9	5.7	0.9	0.0	1.9	0.0	9.4	1.4
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	2.7	1.5	6.8	1.1	0.8	1.8	2.9	2.1	6.7	0.7	2.0	1.5	1.1	1.4	0.7	5.3	0.7	0.0	1.2	0.0	9.4	1.4
07-02-02	Turkey, young turkey	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.1	0.3	0.1	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.2	0.1	0.2	0.1	0.0	0.3	0.0	0.0	0.0
07-02-05	Rabbit (domestic)	0.0	0.0	0.1	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	0.3	0.0	0.0	0.0
07-03	Game	0.0	0.1	0.1	0.4	0.0	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0
07-04	Processed meat	1.5	5.0	9.0	38.7	5.7	1.5	3.6	8.2	5.6	14.2	17.0	13.3	13.8	12.4	12.8	6.9	6.8	2.1	0.0	16.1	10.5	7.2	4.3
07-05	Offals	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.0	0.0	0.0
08	Fish and shellfish	0.8	2.1	1.4	5.1	1.2	3.8	1.4	2.6	1.5	9.1	2.7	1.4	1.2	1.0	1.3	1.5	2.1	0.6	0.0	10.2	0.1	9.7	2.0
08-01	Fish	0.5	1.2	1.0	4.2	0.9	2.1	1.0	2.0	1.1	6.7	1.9	0.9	1.1	0.9	0.9	1.1	1.8	0.4	0.0	7.3	0.1	8.4	1.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.7	0.1	0.3	0.1	0.4	0.1	0.1	0.1	0.7	0.4	0.3	0.0	0.0	0.2	0.0	0.1	0.0	2.1	0.0	0.0	0.3	
08-03	Fish products, fish in crumbs	0.2	0.2	0.2	0.7	0.2	1.3	0.3	0.5	0.3	1.7	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.0	0.8	0.0	1.3	0.2	
09	Eggs and egg products	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.9	0.5	4.2	0.7	1.7	4.5	3.5	0.6	2.5	0.7	2.4	0.0	3.8	0.0	4.7	3.4
09-01	Egg	0.8	0.7	2.6	0.0	3.1	2.3	0.5	1.9	0.5	4.2	0.7	1.7	4.5	3.5	0.6	2.5	0.7	2.4	0.0	3.8	0.0	4.7	3.4
10	Fat	1.1	0.0	0.2	1.1	0.1	0.2	0.1	0.3	0.3	0.1	1.3	0.0	30.6	23.9	2.3	2.0	7.4	9.8	65.5	3.1	0.0	39.6	27.3
10-00	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	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.6	0.5	
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	4.7	
10-02	Butter	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	2.9	2.4	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.9	0.5	
10-03	Margarines	1.1	0.0	0.2	1.1	0.1	0.2	0.1	0.3	0.2	0.0	1.2	0.0	27.3	21.2	2.3	2.0	7.4	9.8	65.5	2.9	0.0	38.0	21.6
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	
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	2.7	5.4	5.0	0.0	5.9	1.4	2.9	1.7	2.2	1.0	0.8	1.5	1.7	1.6	1.1	2.1	0.7	0.6	0.0	1.0	0.6	0.8	2.3
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	0.0	0.3	0.3	0.0	0.3	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	0.2
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.3	4.1	3.1	0.0	3.6	0.6	2.0	1.1	1.3	0.7	0.3	1.0	0.5	0.4	0.5	1.2	0.3	0.4	0.0	0.6	0.1	0.3	1.7
11-03	Confectionery non-chocolate	0.3	0.4	0.6	0.0	0.7	0.1	0.3	0.1	0.2	0.0	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.3	0.9	0.0	1.0	0.0	0.2	0.0	0.2	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.0	0.5	0.0	0.1
11-05	Ice cream, water ice	1.0	0.3	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	0.3
11-05-01	Ice cream	1.0	0.3	0.2	0.0	0.2	0.6	0.4	0.4	0.4	0.2	0.2	0.3	1.2	1.1	0.4	0.8	0.2	0.2	0.0	0.4	0.0	0.5	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	2.0	3.2	3.8	0.5	4.6	2.7	2.4	3.1	2.0	3.0	3.8	2.2	5.7	4.8	1.9	2.2	1.3	1.8	0.0	1.1	0.3	6.1	5.8
12-01	Cakes, pies, pastries, etc	1.4	2.0	2.2	0.3	2.6	2.3	1.6	2.2	1.3	2.2	2.5	1.5	4.4	3.6	1.4	1.8	0.7	1.4	0.0	1.0	0.3	5.3	3.6
12-02	Dry cakes, biscuits	0.6	1.2	1.6	0.3	1.9	0.4	0.9	1.0	0.7	0.8	1.3	0.7	1.4	1.1	0.6	0.4	0.6	0.4	0.0	0.2	0.0	0.8	2.2
13	Non-alcoholic beverages	9.7	8.7	10.5	0.0	12.6	5.4	14.4	3.9	17.2	3.2	1.9	1.8	0.6	1.6	10.1	8.1	7.3	6.3	0.7	2.1	21.9	0.1	3.5
13-00	Unclassified	0.0	0.1	0.1	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.1	1.3	1.3	0.0	1.6	0.5	2.2	0.8	3.3	0.3	0.2	0.5	0.0	1.1	4.9	2.5	3.6	3.8	0.4	0.7	16.0	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.4	1.6	0.4	0.0	0.5	1.6	0.5	2.0	0.5	0.2	0.7	0.1	0.0	0.0	0.2	0.8	1.6	0.1	0.3	0.6	5.0	0.0	0.3
13-03	Coffee, tea and herbal teas	4.2	5.5	8.6	0.0	10.3	2.1	10.6	1.1	13.3	1.4	0.7	1.1	0.6	0.5	4.9	4.8	2.0	2.4	0.0	0.8	0.9	0.1	0.1
13-03-01	Coffee	3.0	3.8	8.3	0.0	9.8	1.6	9.9	0.8	12.7	1.4	0.6	0.9	0.6	0.5	4.9	4.2	0.1	0.3	0.0	0.8	0.0	0.1	0.1
13-03-02	Tea	1.0	1.4	0.3	0.0	0.4	0.4	0.6	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.5	1.5	1.8	0.0	0.0	0.7	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.2	0.3	0.1	0.0	0.1	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.3	0.4	0.0	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	
13-04 Waters	3.1	0.3	0.1	0.0	0.1	1.2	1.0	0.0	1.3	0.4	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	1.4	1.9	3.0	0.0	3.5	3.0	6.0	3.9	4.5	0.9	0.3	0.7	0.0	0.0	0.0	4.1	6.3	6.7	0.0	1.7	0.1	0.0	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	0.6	2.3	0.0	2.7	1.4	1.1	0.3	0.9	0.0	0.1	0.2	0.0	0.0	0.0	0.4	0.5	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.9	1.0	0.6	0.0	0.7	1.4	4.8	3.7	3.5	0.8	0.2	0.5	0.0	0.0	0.0	3.7	5.8	6.6	0.0	1.7	0.1	0.0	0.2
14-04 Spirits, brandy	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	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	1.4	1.7	0.0	2.1	0.4	1.6	0.9	1.2	0.9	8.5	0.9	3.5	4.0	3.0	0.6	0.5	0.5	0.0	0.1	1.0	4.4	12.0
15-01 Sauces	0.6	1.3	1.5	0.0	1.8	0.4	1.3	0.8	1.0	0.9	7.1	0.8	3.5	3.9	2.7	0.6	0.5	0.4	0.0	0.1	0.7	4.4	11.9
15-01-00 Unclassified and other sauces	0.4	1.1	0.9	0.0	1.1	0.2	1.1	0.5	0.6	0.4	4.1	0.5	3.1	2.4	2.0	0.3	0.2	0.1	0.0	0.0	0.2	4.1	5.5
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.2	0.1	0.2	0.1	0.4	0.0	1.2	0.1	0.1	1.1	0.6	0.2	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.5
15-01-03 Mayonnaises and similars	0.1	0.0	0.3	0.0	0.4	0.1	0.0	0.1	0.1	0.3	1.1	0.1	0.2	0.4	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	4.6
15-01-04 Dessert sauces	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	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	0.1	0.2	0.0	0.3	0.0	0.2	0.1	0.1	0.1	1.4	0.1	0.0	0.0	0.3	0.1	0.1	0.0	0.0	0.0	0.3	0.0	0.1
16 Soups, bouillon	0.7	1.9	2.0	3.1	2.1	0.3	2.6	1.5	2.1	1.4	6.5	1.1	0.2	0.9	3.7	1.2	1.3	1.1	0.0	1.6	1.9	1.6	1.1
16-01 Soups	0.7	1.9	2.0	3.1	2.1	0.3	2.6	1.5	2.1	1.4	5.8	1.1	0.2	0.9	3.7	1.2	1.3	1.1	0.0	1.6	1.9	1.6	1.1
16-02 Bouillon	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.8	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17 Miscellaneous	0.8	0.8	1.4	3.7	1.3	0.5	0.7	0.9	0.6	1.2	2.5	1.4	0.5	0.4	1.0	0.7	0.5	0.5	0.9	1.1	0.3	1.6	1.0
17-00 Unclassified	0.1	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
17-01 Soya products	0.1	0.1	0.1	0.0	0.1	0.0	0.2	0.1	0.1	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	0.1
17-02 Dietetic products	0.1	0.0	0.0	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	0.9	0.0	0.0	0.0	0.0	0.0
17-02-00 Unclassified	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	0.9	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.5	0.7	1.3	3.7	1.1	0.4	0.6	0.8	0.5	1.1	2.0	1.3	0.4	0.4	0.9	0.5	0.5	0.4	0.0	1.0	0.3	1.5	0.9

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	1.1	5.9	4.4	0.0	5.4	1.4	5.0	3.1	9.5	1.3	0.6	2.7	0.1	0.1	4.1	1.3	7.9	5.2	0.0	0.1	9.0	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	5.2	6.6	8.2	0.0	10.2	2.0	6.0	4.3	11.3	2.1	3.1	4.2	0.1	16.6	5.2	4.7	5.8	14.9	0.0	0.0	17.6	0.1	6.7
02-01	Leafy vegetables (except cabbages)	1.4	1.0	2.0	0.0	2.5	0.3	1.4	0.7	2.0	0.2	0.5	0.8	0.1	3.2	0.9	0.8	0.6	2.9	0.0	0.0	0.6	0.1	1.1
02-02	Fruiting vegetables	1.1	2.0	3.0	0.0	3.6	0.8	2.2	1.1	4.2	0.3	0.9	1.4	0.0	2.6	1.6	1.3	2.2	3.7	0.0	0.0	8.4	0.0	3.0
02-03	Root vegetables	0.4	0.5	0.4	0.0	0.5	0.2	0.3	0.3	1.0	0.1	0.4	0.3	0.0	6.6	0.3	0.3	0.4	1.1	0.0	0.0	0.5	0.0	0.5
02-04	Cabbages	1.1	0.8	1.1	0.0	1.4	0.3	0.8	0.9	1.8	0.7	0.6	0.6	0.0	1.5	0.8	0.8	1.1	3.6	0.0	0.0	5.4	0.0	1.2
02-05	Mushrooms	0.1	0.9	0.3	0.0	0.3	0.0	0.1	0.3	0.4	0.5	0.0	0.1	0.0	0.0	0.2	0.5	0.1	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	0.1	0.3	0.2	0.2	0.0	0.1	0.2	0.0	0.1	0.4	0.2	0.1	0.5	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.5	0.3	0.0	0.3	0.1	0.3	0.3	0.6	0.0	0.0	0.3	0.0	0.1	0.2	0.1	0.6	0.9	0.0	0.0	0.5	0.0	0.2
02-08	Stalk vegetables, sprouts	0.1	0.1	0.2	0.0	0.2	0.0	0.1	0.1	0.2	0.1	0.0	0.1	0.0	0.1	0.2	0.2	0.1	0.3	0.0	0.0	0.2	0.0	0.1
02-09	Mixed salad, mixed vegetables	0.6	0.6	0.8	0.0	1.0	0.2	0.5	0.4	0.9	0.2	0.6	0.4	0.0	2.4	0.5	0.5	0.5	1.7	0.0	0.0	1.7	0.0	0.4
03	Legumes	0.2	0.7	0.5	0.0	0.6	0.0	0.4	0.3	0.4	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.2	0.7	0.5	0.0	0.6	0.0	0.4	0.3	0.4	0.2	0.5	0.2	0.0	0.0	0.2	0.1	0.2	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	2.0	9.6	4.3	0.0	5.3	1.7	7.9	3.8	9.0	4.1	1.5	3.6	0.0	1.5	4.2	2.2	5.9	5.6	0.0	0.0	18.6	0.0	6.7
04-01	Fruits	1.5	5.4	2.8	0.0	3.5	1.6	4.3	1.8	7.7	2.0	0.1	1.8	0.0	1.5	2.9	1.7	5.2	4.7	0.0	0.0	18.4	0.0	3.4
04-02	Nuts and seeds (+nut spread)	0.4	3.9	1.4	0.0	1.6	0.1	3.3	1.9	1.2	1.9	0.9	1.7	0.0	0.0	1.2	0.5	0.6	0.8	0.0	0.0	0.0	0.0	3.0
04-03	Mixed fruits	0.1	0.3	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.2
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	55.1	4.3	2.7	0.0	3.2	14.9	13.9	32.1	15.6	12.8	17.4	22.0	29.3	21.7	8.6	36.5	10.6	10.1	0.3	36.5	3.2	5.9	4.8
05-01	Milk	14.2	0.6	0.3	0.0	0.4	5.5	4.6	8.9	6.6	2.2	2.6	5.1	4.0	3.0	3.0	12.7	2.4	3.1	0.0	11.7	0.8	0.0	0.4
05-02	Milk beverages	2.6	0.6	0.9	0.0	1.0	1.1	1.2	1.5	1.4	0.3	0.5	0.9	0.7	0.6	1.0	2.5	0.9	0.4	0.3	1.7	0.6	0.3	0.5
05-03	Yoghurt	10.8	0.9	0.4	0.0	0.5	3.0	3.3	6.2	4.2	1.6	2.0	3.7	2.0	1.4	2.8	9.9	5.0	3.0	0.0	7.3	1.4	0.3	1.0
05-04	Fromage blanc, petits suisses	0.5	0.1	0.1	0.0	0.1	0.7	0.2	0.5	0.3	0.2	0.2	0.2	0.5	0.4	0.2	0.9	0.2	0.2	0.0	0.7	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	22.5	1.4	0.6	0.0	0.8	3.1	3.1	12.1	1.2	7.3	11.1	10.6	18.0	13.3	0.6	6.4	1.0	2.9	0.0	12.2	0.1	3.7	2.1
05-06	Cream desserts, puddings (milk based)	2.5	0.7	0.3	0.0	0.4	0.6	1.0	1.4	1.1	0.7	0.6	0.9	1.8	1.3	0.6	2.5	0.9	0.4	0.0	2.0	0.2	0.8	0.5
05-07	Dairy and non-dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.6	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	0.1
05-07-01	Dairy creams	0.2	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.0	1.6	1.2	0.1	0.2	0.0	0.1	0.0	0.1	0.0	0.6	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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.7	0.0	0.0	0.0	0.1	0.8	0.5	1.3	0.8	0.5	0.4	0.5	0.7	0.5	0.2	1.4	0.2	0.1	0.0	0.9	0.0	0.1	0.1
06	Cereals and cereal products	6.9	27.4	25.0	0.8	30.1	49.3	24.0	19.1	12.4	16.1	30.8	19.1	0.6	0.6	18.1	8.3	10.0	18.9	5.9	0.3	1.0	0.2	9.2
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	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
06-02	Pasta, rice, other grain	0.6	3.5	2.0	0.1	2.3	0.6	2.1	1.9	0.6	1.7	0.1	2.7	0.0	0.0	1.1	0.6	0.4	0.8	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.3	19.7	18.0	0.0	21.8	47.6	18.0	14.0	8.4	13.1	26.4	13.4	0.0	0.0	12.5	5.8	5.9	15.0	0.0	0.0	0.0	0.1	4.5
06-03-01	Bread	5.0	18.1	16.8	0.0	20.3	47.4	16.7	13.0	7.8	12.5	25.3	12.5	0.0	0.0	11.2	5.3	5.4	14.5	0.0	0.0	0.0	0.1	4.1
06-03-02	Crispbread, rusks	0.3	1.6	1.3	0.0	1.6	0.2	1.3	1.0	0.6	0.5	1.1	0.9	0.0	0.0	1.3	0.4	0.5	0.5	0.0	0.0	0.0	0.0	0.5
06-04	Breakfast cereals	0.4	1.7	2.7	0.0	3.3	0.1	1.9	1.6	1.0	0.2	0.5	1.5	0.0	0.0	2.5	1.0	1.1	1.7	5.9	0.2	0.2	0.0	1.3
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.9	2.0	0.6	2.3	0.5	1.7	1.1	2.2	0.6	3.3	1.2	0.5	0.4	1.6	0.7	2.1	0.6	0.0	0.0	0.8	0.1	2.8
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.5	0.3	0.0	0.4	0.5	0.2	0.3	0.2	0.4	0.5	0.3	0.1	0.1	0.4	0.3	0.3	0.8	0.0	0.0	0.0	0.0	0.1
07	Meat and meat products	1.5	8.1	13.0	82.6	6.5	2.6	7.6	15.7	11.5	26.5	15.1	24.0	12.8	10.9	18.8	9.8	18.3	2.9	0.0	26.3	7.1	18.5	5.8
07-01	Fresh meat	0.4	2.6	5.8	38.0	1.7	0.8	3.3	6.5	5.2	9.5	2.2	13.0	0.9	0.7	8.7	4.4	8.4	0.8	0.0	13.2	1.9	2.9	1.6
07-01-00	Unclassified	0.1	0.5	1.0	7.0	0.3	0.1	0.5	1.0	0.8	1.7	0.5	2.2	0.2	0.2	1.9	0.7	1.5	0.1	0.0	2.2	0.6	0.9	0.3
07-01-01	Beef	0.1	1.3	3.6	22.3	0.8	0.4	1.4	2.9	2.3	4.0	0.9	7.5	0.5	0.4	0.8	2.0	3.4	0.5	0.0	8.4	1.1	1.2	0.7
07-01-02	Veal	0.0	0.1	0.1	0.6	0.0	0.0	0.1	0.2	0.2	0.2	0.0	0.3	0.0	0.0	0.1	0.1	0.3	0.0	0.0	0.4	0.0	0.2	0.0
07-01-03	Pork	0.1	0.8	1.0	7.7	0.5	0.1	1.1	2.3	1.8	3.6	0.7	2.9	0.1	0.1	5.9	1.4	3.1	0.1	0.0	2.0	0.1	0.7	0.6
07-01-04	Mutton/Lamb	0.0	0.0	0.1	0.5	0.0	0.0	0.0	0.1	0.1	0.0	0.0	0.2	0.0	0.0	0.1	0.1	0.1	0.0	0.0	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	0.2	2.1	1.4	10.0	1.0	0.8	1.8	3.0	2.2	6.7	0.6	1.8	1.5	1.0	1.4	0.7	5.1	0.7	0.0	1.7	0.0	9.6	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	2.1	1.3	9.5	1.0	0.8	1.7	2.8	2.1	6.5	0.6	1.7	1.5	1.0	1.3	0.7	4.9	0.6	0.0	1.3	0.0	9.6	1.0
07-02-02	Turkey, young turkey	0.0	0.0	0.1	0.3	0.0	0.0	0.0	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0	0.2	0.0	0.0	0.0
07-02-03	Duck	0.0	0.0	0.0	0.1	0.0	0.0	0.0	0.1	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
07-02-05	Rabbit (domestic)	0.0	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	0.0	0.0	0.0	0.1	0.0	0.0	0.0
07-03	Game	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	0.1	0.0	0.0	0.0
07-04	Processed meat	0.9	3.0	5.6	33.9	3.6	1.1	2.5	6.1	4.1	10.0	12.3	9.1	9.9	8.6	8.6	4.5	4.6	1.2	0.0	10.8	5.1	6.0	3.1
07-05	Offals	0.0	0.3	0.2	0.4	0.2	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.6	0.6	0.1	0.2	0.0	0.3	0.0	0.6	0.1	0.0	0.0
08	Fish and shellfish	0.9	2.1	1.3	7.4	1.1	4.1	1.6	3.2	1.8	9.4	2.9	1.4	1.0	0.7	1.5	1.6	2.2	0.7	0.0	11.3	0.1	10.2	2.6
08-01	Fish	0.6	0.9	1.0	5.7	0.8	2.0	1.1	2.4	1.4	6.6	1.9	0.8	0.9	0.7	1.1	1.0	1.9	0.4	0.0	7.9	0.1	8.9	2.0

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.3	0.9	0.1	0.4	0.1	0.7	0.2	0.2	0.1	1.2	0.6	0.4	0.0	0.0	0.1	0.4	0.1	0.1	0.0	2.4	0.0	0.1	0.5
08-03	Fish products, fish in crumbs	0.1	0.3	0.2	1.2	0.2	1.4	0.2	0.6	0.3	1.6	0.4	0.2	0.1	0.1	0.3	0.2	0.2	0.2	0.0	1.0	0.0	1.2	0.1
09	Eggs and egg products	0.7	0.6	2.2	0.0	2.8	2.1	0.5	1.9	0.5	4.2	0.7	1.6	4.4	3.1	0.5	2.2	0.6	2.1	0.0	4.0	0.0	4.9	3.1
09-01	Egg	0.7	0.6	2.2	0.0	2.8	2.1	0.5	1.9	0.5	4.2	0.7	1.6	4.4	3.1	0.5	2.2	0.6	2.1	0.0	4.0	0.0	4.9	3.1
10	Fat	1.1	0.0	0.1	2.3	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	25.1	18.7	2.0	1.7	5.6	7.1	41.6	3.0	0.0	30.9	21.2
10-00	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	0.5	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.7	0.4
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	4.6
10-02	Butter	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.2	0.0	3.5	2.7	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.1	0.5
10-03	Margarines	1.1	0.0	0.1	2.3	0.1	0.1	0.1	0.2	0.2	0.0	0.9	0.0	21.1	15.7	2.0	1.7	5.6	7.1	41.6	2.8	0.0	29.0	15.7
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	3.0	6.3	7.4	0.0	8.6	1.6	3.8	2.2	3.1	1.3	0.9	1.9	2.0	1.7	1.2	2.4	1.3	0.7	0.2	1.3	1.1	0.7	3.3
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	0.0	0.3	0.3	0.0	0.3	0.0	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	0.0	0.1	0.0	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.5	4.5	3.6	0.0	4.2	0.7	2.3	1.4	1.7	1.0	0.4	1.2	0.7	0.5	0.6	1.4	0.3	0.5	0.2	0.9	0.1	0.2	2.3
11-03	Confectionery non-chocolate	0.5	0.4	0.9	0.0	1.0	0.2	0.4	0.2	0.3	0.1	0.2	0.2	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	0.9	2.4	0.0	2.8	0.1	0.4	0.2	0.6	0.0	0.1	0.2	0.0	0.0	0.1	0.2	0.8	0.0	0.0	0.0	0.8	0.0	0.5
11-05	Ice cream, water ice	0.8	0.2	0.2	0.0	0.2	0.7	0.4	0.4	0.4	0.2	0.2	0.3	1.3	1.1	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.5	0.2
11-05-01	Ice cream	0.8	0.2	0.2	0.0	0.2	0.7	0.4	0.4	0.4	0.2	0.2	0.2	1.3	1.1	0.4	0.7	0.2	0.2	0.0	0.4	0.0	0.5	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	2.5	3.8	4.9	0.8	5.9	3.4	3.2	4.2	2.7	3.8	5.1	2.9	7.5	5.7	2.5	2.9	1.7	2.2	0.0	1.5	0.4	7.4	6.2
12-01	Cakes, pies, pastries, etc	1.5	2.2	2.5	0.6	2.9	2.8	1.9	2.6	1.6	2.5	3.1	1.8	5.4	4.1	1.6	2.1	0.8	1.6	0.0	1.2	0.4	5.8	3.4
12-02	Dry cakes, biscuits	1.0	1.5	2.4	0.2	2.9	0.6	1.3	1.6	1.0	1.3	2.0	1.1	2.1	1.6	0.9	0.8	1.0	0.5	0.0	0.3	0.0	1.6	2.8
13	Non-alcoholic beverages	12.3	9.8	8.5	0.0	10.7	6.6	13.8	4.5	16.1	3.9	2.5	2.2	0.7	1.7	8.7	7.6	10.5	10.2	0.6	2.6	23.2	0.2	3.6
13-00	Unclassified	0.0	0.1	0.1	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	0.0
13-01	Fruit and vegetable juices	1.2	1.5	1.5	0.0	1.9	0.7	2.7	1.1	4.4	0.4	0.2	0.6	0.0	1.2	5.0	2.4	3.6	4.7	0.1	0.8	16.3	0.0	3.1
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.4	1.3	0.5	0.0	0.5	1.5	0.6	1.8	0.6	0.3	0.7	0.1	0.0	0.1	0.3	0.6	2.1	0.2	0.4	0.8	4.9	0.0	0.5
13-03	Coffee, tea and herbal teas	5.3	6.4	6.4	0.0	7.9	2.6	8.9	1.6	11.1	1.1	1.0	1.3	0.7	0.5	3.4	4.5	4.8	5.3	0.0	1.0	2.0	0.2	0.1
13-03-01	Coffee	2.5	2.4	5.5	0.0	6.7	1.2	7.1	0.9	9.6	1.1	0.6	0.8	0.7	0.5	3.4	3.2	0.2	0.2	0.0	1.0	0.0	0.2	0.1
13-03-02	Tea	2.0	2.9	0.7	0.0	0.9	1.0	1.3	0.5	1.0	0.0	0.3	0.4	0.0	0.0	1.0	3.4	3.6	0.0	0.0	1.4	0.0	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Io dine	Mag ne sium	Phos pho rus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.9	1.1	0.3	0.0	0.3	0.4	0.5	0.2	0.4	0.0	0.1	0.2	0.0	0.0	0.4	1.2	1.4	0.0	0.0	0.5	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	
13-04 Waters	4.4	0.5	0.1	0.0	0.1	1.8	1.5	0.0	0.1	2.2	0.7	0.1	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	3.6	0.0	4.3	2.6	2.3	0.9	2.0	0.2	0.2	0.3	0.0	0.0	0.0	1.1	1.6	0.9	0.0	0.2	0.1	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	4.1	2.4	1.7	0.5	1.5	0.1	0.2	0.2	0.0	0.0	0.0	0.6	0.9	0.1	0.0	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	0.1	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
14-03 Beer, cider	0.1	0.1	0.1	0.0	0.1	0.1	0.6	0.5	0.4	0.1	0.0	0.1	0.0	0.0	0.0	0.4	0.7	0.7	0.0	0.2	0.1	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	1.1	1.4	0.0	1.7	0.4	1.3	0.8	1.1	0.7	7.7	0.8	2.8	3.1	3.4	0.5	0.4	0.5	0.0	0.1	0.9	2.7	9.1
15-01 Sauces	0.5	1.0	1.2	0.0	1.4	0.4	1.1	0.7	1.0	0.7	6.5	0.7	2.8	3.1	3.0	0.4	0.4	0.4	0.0	0.1	0.7	2.7	9.0
15-01-00 Unclassified and other sauces	0.3	0.8	0.7	0.0	0.8	0.1	0.8	0.4	0.5	0.3	3.6	0.4	2.5	1.8	2.4	0.2	0.1	0.1	0.0	0.0	0.2	2.5	3.7
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.2	0.1	0.4	0.0	1.3	0.1	0.1	1.0	0.6	0.2	0.2	0.2	0.0	0.0	0.5	0.0	0.5
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.1	0.8	0.0	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.4
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.2	0.8	0.1	0.1	0.3	0.0	0.1	0.1	0.1	0.0	0.0	0.0	0.2	3.5
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	0.1	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.2	0.0	0.2	0.0	0.2	0.1	0.1	0.1	1.2	0.1	0.0	0.0	0.4	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0
16 Soups, bouillon	0.5	1.4	1.4	2.1	1.5	0.3	2.6	1.2	1.7	1.0	6.9	0.9	0.2	1.0	3.2	0.7	1.0	0.9	0.0	1.3	1.6	1.8	1.0
16-01 Soups	0.5	1.4	1.4	2.1	1.5	0.3	2.6	1.2	1.7	1.0	6.0	0.9	0.2	1.0	3.2	0.7	1.0	0.9	0.0	1.3	1.5	1.8	1.0
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.5	1.4	2.0	4.0	2.0	0.8	1.6	1.5	0.9	2.1	2.9	2.0	0.9	0.8	1.5	1.6	0.9	1.2	2.0	1.6	0.6	2.6	1.5
17-00 Unclassified	0.1	0.1	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.3	0.2	0.2	0.0	0.0	0.1	0.1	0.0	0.0	0.0	0.1	0.0	0.0	0.0
17-01 Soya products	0.8	0.4	0.4	0.0	0.5	0.1	0.9	0.5	0.3	0.4	0.5	0.2	0.0	0.0	0.3	0.7	0.1	0.5	0.0	0.5	0.0	0.7	0.3
17-02 Dietetic products	0.2	0.4	0.5	0.0	0.5	0.3	0.2	0.2	0.1	0.5	0.3	0.4	0.5	0.5	0.4	0.4	0.4	0.5	2.0	0.3	0.4	0.7	0.5
17-02-00 Unclassified	0.2	0.4	0.5	0.0	0.5	0.3	0.2	0.2	0.1	0.5	0.1	0.4	0.5	0.5	0.4	0.4	0.4	0.5	2.0	0.3	0.4	0.7	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	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.4	0.5	1.0	4.0	0.9	0.4	0.5	0.7	0.5	1.0	1.8	1.2	0.4	0.3	0.8	0.4	0.4	0.2	0.0	0.7	0.2	1.2	0.7



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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Selenium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
01-01	Potatoes	0.9	6.5	4.3	0.0	5.3	1.3	4.9	3.1	9.2	1.5	0.7	2.7	0.0	0.1	4.1	1.3	8.7	5.5	0.0	0.1	10.7	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	0.1	0.0	0.0
02	Vegetables	5.3	6.8	8.2	0.0	10.1	1.8	6.0	3.9	10.2	1.8	2.9	4.1	0.1	15.3	4.9	4.6	5.6	15.3	0.0	0.0	17.3	0.1	6.8
02-01	Leafy vegetables (except cabbages)	1.9	1.3	2.4	0.0	2.9	0.4	1.8	0.8	2.3	0.2	0.4	1.0	0.1	4.1	1.0	1.1	0.8	3.5	0.0	0.0	0.8	0.1	1.7
02-02	Fruiting vegetables	1.0	1.9	2.7	0.0	3.3	0.7	1.9	0.9	3.4	0.2	0.8	1.2	0.0	2.2	1.3	1.0	1.8	3.3	0.0	0.0	7.0	0.0	2.6
02-03	Root vegetables	0.3	0.4	0.3	0.0	0.4	0.1	0.2	0.2	0.7	0.1	0.3	0.2	0.0	5.0	0.2	0.2	0.3	0.8	0.0	0.0	0.3	0.0	0.4
02-04	Cabbages	1.0	0.8	1.0	0.0	1.3	0.3	0.8	0.9	1.6	0.6	0.4	0.6	0.0	1.2	0.7	0.9	1.1	4.0	0.0	0.0	5.6	0.0	1.2
02-05	Mushrooms	0.1	0.8	0.2	0.0	0.2	0.0	0.1	0.2	0.3	0.3	0.0	0.1	0.0	0.0	0.1	0.5	0.1	0.1	0.0	0.0	0.1	0.0	0.0
02-06	Grain and pod vegetables	0.1	0.3	0.3	0.0	0.4	0.0	0.2	0.2	0.1	0.0	0.1	0.2	0.0	0.1	0.3	0.1	0.1	0.4	0.0	0.0	0.3	0.0	0.1
02-07	Onion, garlic	0.3	0.6	0.3	0.0	0.4	0.1	0.3	0.3	0.6	0.1	0.1	0.3	0.0	0.1	0.3	0.1	0.7	1.1	0.0	0.0	0.8	0.0	0.3
02-08	Stalk vegetables, sprouts	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.0	0.1	0.0	0.1	0.1	0.0	0.1	0.2	0.2	0.1	0.2	0.0	0.0	0.2	0.0	0.0
02-09	Mixed salad, mixed vegetables	0.6	0.7	0.9	0.0	1.1	0.2	0.6	0.4	1.0	0.3	0.7	0.4	0.0	2.5	0.7	0.6	0.7	1.9	0.0	0.0	2.2	0.0	0.5
03	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
03-01	Legumes	0.1	0.4	0.3	0.0	0.4	0.0	0.2	0.2	0.2	0.1	0.3	0.2	0.0	0.0	0.1	0.1	0.1	0.2	0.0	0.0	0.0	0.0	0.1
04	Fruits, nuts and olives	1.9	8.7	4.0	0.0	4.7	1.4	7.0	3.3	7.5	3.6	1.2	3.3	0.0	1.5	4.0	2.0	5.5	5.7	0.0	0.0	19.2	0.0	6.0
04-01	Fruits	1.4	4.8	2.4	0.0	2.9	1.3	3.8	1.5	6.4	1.5	0.1	1.5	0.0	1.4	2.8	1.5	4.8	4.8	0.0	0.0	19.1	0.0	3.0
04-02	Nuts and seeds (+nut spread)	0.4	3.6	1.4	0.0	1.6	0.1	3.1	1.7	1.1	1.8	0.8	1.7	0.0	0.0	1.1	0.5	0.6	0.8	0.0	0.0	0.0	0.0	2.7
04-03	Mixed fruits	0.1	0.2	0.1	0.0	0.1	0.0	0.2	0.1	0.1	0.2	0.0	0.1	0.0	0.0	0.1	0.0	0.1	0.1	0.0	0.0	0.1	0.0	0.2
04-04	Olives	0.0	0.1	0.1	0.0	0.1	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	0.1
05	Dairy products	57.6	4.9	2.8	0.0	3.4	15.9	15.0	33.6	16.1	13.9	17.8	23.7	29.2	22.3	8.6	38.1	12.3	11.2	0.3	38.0	3.9	5.5	4.8
05-01	Milk	14.8	0.7	0.4	0.0	0.5	6.1	5.2	9.3	6.9	2.4	2.6	5.6	3.7	2.8	3.6	14.2	2.8	3.8	0.0	11.7	1.1	0.0	0.5
05-02	Milk beverages	1.8	0.6	0.9	0.0	1.0	0.9	0.9	1.1	1.1	0.2	0.3	0.6	0.6	0.5	0.5	1.6	0.4	0.3	0.3	0.9	0.3	0.3	0.1
05-03	Yoghurt	11.6	1.0	0.4	0.0	0.5	3.2	3.6	6.6	4.6	1.6	2.0	4.0	1.7	1.3	2.9	10.9	6.5	3.2	0.0	8.3	1.7	0.2	0.8
05-04	Fromage blanc, petits suisses	0.6	0.1	0.1	0.0	0.1	0.7	0.2	0.5	0.3	0.2	0.2	0.3	0.4	0.3	0.2	0.8	0.2	0.1	0.0	0.9	0.1	0.1	0.0
05-05	Cheese (including fresh cheeses)	24.5	1.7	0.6	0.0	0.7	3.2	3.4	13.2	1.2	8.3	11.7	11.7	18.7	14.3	0.6	6.6	1.0	3.3	0.0	13.4	0.2	3.5	2.4
05-06	Cream desserts, puddings (milk based)	2.3	0.6	0.4	0.0	0.5	0.6	0.9	1.3	1.0	0.6	0.6	1.0	1.8	1.4	0.5	2.2	1.1	0.4	0.0	1.8	0.3	0.7	0.5
05-07	Dairy and non-dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.0	0.1	1.6	1.2	0.1	0.2	0.0	0.1	0.0	0.2	0.1	0.7	0.2
05-07-01	Dairy creams	0.3	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.0	0.0	0.1	1.6	1.2	0.1	0.2	0.0	0.1	0.0	0.2	0.0	0.7	0.2
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

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
05-08	Milk for coffee and creamers	1.8	0.0	0.1	0.0	0.1	1.2	0.5	1.4	0.9	0.6	0.4	0.6	0.7	0.6	0.3	1.5	0.2	0.0	0.0	0.9	0.1	0.1	0.3
06	Cereals and cereal products	6.6	27.9	24.0	0.3	29.0	50.2	22.9	17.8	11.3	15.7	29.1	18.1	0.4	0.4	17.0	8.4	9.9	20.0	9.4	0.3	1.0	0.2	8.3
06-01	Flour, flakes, starches, semolina	0.0	0.1	0.1	0.0	0.1	0.0	0.1	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
06-02	Pasta, rice, other grain	0.7	3.9	2.0	0.2	2.5	0.7	2.3	2.0	0.6	1.3	0.1	2.8	0.0	0.1	1.0	0.6	0.5	0.8	0.0	0.1	0.0	0.0	0.4
06-03	Bread, crisp bread, rusks	5.2	20.7	18.0	0.0	21.7	48.5	17.7	13.4	8.2	13.2	25.6	13.0	0.0	0.0	12.2	6.0	6.1	16.1	0.0	0.0	0.0	0.1	4.5
06-03-01	Bread	4.9	19.2	16.8	0.0	20.2	48.3	16.6	12.6	7.6	12.7	24.4	12.3	0.0	0.0	11.0	5.6	5.7	15.6	0.0	0.0	0.0	0.1	3.7
06-03-02	Crispbread, rusks	0.3	1.4	1.2	0.0	1.5	0.2	1.1	0.8	0.6	0.5	1.1	0.7	0.0	0.0	1.1	0.4	0.4	0.5	0.0	0.0	0.0	0.0	0.7
06-04	Breakfast cereals	0.2	1.2	1.9	0.0	2.4	0.0	1.3	1.0	0.6	0.2	0.4	1.0	0.0	0.0	2.1	1.0	1.2	1.6	9.4	0.3	0.3	0.0	0.9
06-05	Salty biscuits, aperitif biscuits, crackers	0.5	1.6	1.7	0.1	1.9	0.5	1.3	0.9	1.7	0.5	2.6	1.0	0.2	0.2	1.3	0.5	1.7	0.5	0.0	0.0	0.7	0.0	2.3
06-06	Dough and pastry (puff, shortcrust, pizza)	0.1	0.6	0.3	0.0	0.4	0.5	0.2	0.3	0.2	0.4	0.5	0.2	0.1	0.0	0.4	0.3	0.3	0.9	0.0	0.0	0.0	0.1	0.1
07	Meat and meat products	1.6	9.2	14.2	82.5	7.1	2.8	8.4	16.5	12.4	28.4	16.1	26.2	13.9	11.7	23.1	10.9	21.4	3.2	0.0	27.8	8.5	19.0	6.7
07-01	Fresh meat	0.4	3.1	6.4	41.2	1.9	0.9	3.8	7.0	5.8	10.9	2.7	14.2	1.0	0.8	11.4	4.9	10.0	0.8	0.0	13.8	2.1	3.3	2.0
07-01-00	Unclassified	0.1	0.5	1.2	9.1	0.4	0.2	0.6	1.1	0.9	2.0	0.7	2.7	0.3	0.3	2.2	0.8	1.7	0.1	0.0	2.8	0.9	1.1	0.2
07-01-01	Beef	0.1	1.3	3.6	21.8	0.8	0.4	1.4	2.7	2.2	3.8	1.0	7.3	0.5	0.4	0.8	1.8	3.2	0.5	0.0	7.9	1.0	1.0	0.7
07-01-02	Veal	0.0	0.0	0.0	0.3	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	0.0	0.0
07-01-03	Pork	0.2	1.2	1.5	9.2	0.7	0.2	1.7	3.0	2.5	4.9	1.0	3.8	0.2	0.1	8.3	2.0	4.8	0.2	0.0	2.5	0.2	1.1	1.0
07-01-04	Mutton/Lamb	0.0	0.1	0.1	0.7	0.0	0.0	0.1	0.2	0.1	0.1	0.0	0.3	0.0	0.0	0.1	0.2	0.1	0.0	0.0	0.5	0.0	0.1	0.0
07-01-05	Horse	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
07-01-06	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	2.1	1.3	7.6	1.0	0.8	1.7	2.7	2.1	6.1	0.6	1.6	1.3	0.9	1.4	0.7	5.5	0.7	0.0	1.3	0.0	9.3	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	2.1	1.2	7.3	0.9	0.7	1.7	2.7	2.1	6.1	0.5	1.6	1.3	0.9	1.4	0.6	5.5	0.7	0.0	1.1	0.0	9.2	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	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	0.0	0.1	0.0	0.0	0.0
07-02-03	Duck	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	0.1	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	0.2	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
07-04	Processed meat	1.0	3.7	6.3	33.2	4.1	1.2	2.9	6.7	4.5	11.2	12.8	10.2	11.4	9.8	10.2	5.2	5.8	1.6	0.0	12.4	6.3	6.3	3.7
07-05	Offals	0.0	0.1	0.1	0.4	0.1	0.0	0.0	0.1	0.0	0.2	0.0	0.1	0.2	0.2	0.0	0.2	0.0	0.1	0.0	0.3	0.0	0.0	0.0
08	Fish and shellfish	0.8	2.1	1.3	6.6	1.1	3.6	1.5	3.1	1.7	8.1	2.9	1.4	1.1	0.9	1.4	1.5	2.0	0.6	0.0	11.1	0.1	8.4	2.1
08-01	Fish	0.5	1.2	1.0	5.5	0.9	2.2	1.1	2.5	1.4	6.1	2.0	0.9	0.9	0.8	1.2	1.1	1.8	0.4	0.0	7.7	0.1	7.4	1.5

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

Food groups based on EPIC-Soft Classification		Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Mag nesium	Phos phorus	Potas sium	Sele nium	Sod ium	Zinc	Reti nol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folat e eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
08-02	Crustaceans, molluscs	0.2	0.8	0.1	0.5	0.1	0.5	0.2	0.2	0.1	0.9	0.6	0.3	0.0	0.0	0.0	0.3	0.1	0.1	0.0	2.8	0.0	0.0	0.5
08-03	Fish products, fish in crumbs	0.1	0.2	0.1	0.6	0.1	0.9	0.2	0.4	0.2	1.1	0.3	0.1	0.1	0.0	0.2	0.1	0.1	0.1	0.0	0.6	0.0	0.9	0.1
09	Eggs and egg products	0.9	0.8	3.0	0.0	3.6	2.8	0.7	2.3	0.6	5.4	0.9	2.1	5.4	3.9	0.7	2.9	0.9	2.8	0.0	4.9	0.0	6.1	4.2
09-01	Egg	0.9	0.8	3.0	0.0	3.6	2.8	0.7	2.3	0.6	5.4	0.9	2.1	5.4	3.9	0.7	2.9	0.9	2.8	0.0	4.9	0.0	6.1	4.2
10	Fat	0.8	0.0	0.1	2.3	0.1	0.2	0.1	0.3	0.2	0.1	1.2	0.0	26.2	19.7	1.8	1.5	5.4	7.1	47.6	2.3	0.0	33.6	22.5
10-00	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	0.3	0.2	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.5	0.4
10-01	Vegetable oils	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	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	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.0	3.1	2.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	1.2	0.5
10-03	Margarines	0.8	0.0	0.1	2.3	0.1	0.1	0.1	0.2	0.2	0.0	1.1	0.0	22.9	17.2	1.8	1.5	5.4	7.1	47.6	2.1	0.0	31.9	17.6
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	2.4	5.3	5.7	0.0	6.5	1.5	2.9	1.8	2.4	1.2	0.8	1.6	2.0	1.6	1.2	2.2	1.0	0.7	0.0	1.3	0.7	0.8	2.5
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	0.0
11-01	Sugar, honey ,jam	0.0	0.2	0.2	0.0	0.3	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	0.1
11-02	Chocolate, candy bars, paste, chocolate confetti/flocks	1.1	3.9	2.9	0.0	3.4	0.7	1.8	1.1	1.3	0.8	0.3	1.0	0.6	0.4	0.5	1.2	0.3	0.4	0.0	0.8	0.1	0.1	1.7
11-03	Confectionery non-chocolate	0.2	0.3	0.6	0.0	0.7	0.1	0.2	0.1	0.2	0.1	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
11-04	Syrup	0.1	0.6	1.7	0.0	1.9	0.1	0.3	0.1	0.4	0.0	0.1	0.1	0.0	0.0	0.1	0.1	0.5	0.0	0.0	0.0	0.5	0.0	0.3
11-05	Ice cream, water ice	0.9	0.3	0.3	0.0	0.3	0.7	0.5	0.5	0.4	0.3	0.3	0.3	1.4	1.1	0.5	0.8	0.2	0.2	0.0	0.5	0.1	0.7	0.3
11-05-01	Ice cream	0.9	0.3	0.3	0.0	0.3	0.7	0.5	0.5	0.4	0.3	0.3	0.3	1.4	1.1	0.5	0.8	0.2	0.2	0.0	0.5	0.0	0.7	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	2.2	3.6	4.8	0.8	5.7	3.0	3.0	3.9	2.6	3.5	4.3	2.8	6.7	5.3	2.4	2.7	1.9	2.1	0.0	1.4	0.3	6.9	6.6
12-01	Cakes, pies, pastries, etc	1.4	2.2	2.4	0.7	2.8	2.4	1.8	2.5	1.6	2.3	2.7	1.7	5.0	3.9	1.6	2.1	0.9	1.6	0.0	1.1	0.3	5.4	3.8
12-02	Dry cakes, biscuits	0.8	1.4	2.4	0.2	2.9	0.6	1.2	1.4	1.0	1.2	1.7	1.1	1.8	1.4	0.8	0.6	1.0	0.6	0.0	0.3	0.0	1.4	2.8
13	Non-alcoholic beverages	12.5	10.4	10.6	0.0	12.7	6.7	16.4	4.3	18.7	4.5	2.6	2.4	0.8	2.0	10.1	8.5	9.6	9.0	0.0	2.3	23.1	0.2	4.0
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	0.0	0.0	0.0	0.0	0.0
13-01	Fruit and vegetable juices	1.2	1.6	1.7	0.0	2.0	0.6	2.9	1.1	4.4	0.4	0.2	0.7	0.0	1.4	5.2	2.5	4.1	4.4	0.0	0.7	16.6	0.0	3.5
13-02	Carbonated/soft/isotonic drinks, diluted syrups	1.1	1.3	0.5	0.0	0.6	1.4	0.5	1.6	0.5	0.2	0.6	0.1	0.0	0.1	0.3	0.7	1.4	0.1	0.0	0.4	4.6	0.0	0.4
13-03	Coffee, tea and herbal teas	5.4	6.9	8.3	0.0	10.0	2.7	11.4	1.7	13.8	1.4	1.1	1.5	0.8	0.6	4.6	5.4	4.1	4.5	0.0	1.2	1.8	0.2	0.1
13-03-01	Coffee	3.2	3.5	7.5	0.0	9.0	1.6	9.8	1.1	12.6	1.4	0.8	1.1	0.8	0.6	4.5	4.3	0.2	0.4	0.0	1.2	0.0	0.2	0.1
13-03-02	Tea	1.7	2.5	0.6	0.0	0.7	0.8	1.1	0.4	0.8	0.0	0.2	0.3	0.0	0.0	0.0	0.8	2.9	3.2	0.0	0.0	1.5	0.0	0.0

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

Food groups based on EPIC-Soft Classification	Cal cium	Cop per	Heme Iron	Non-heme Iron	Iodine	Magnesium	Phosphorus	Potassium	Selenium	Sodium	Zinc	Retinol	Ret. Act. Eq.	Vit. B1	Vit. B2	Vit. B6	Folate eq.	Folic acid	Vit. B12	Vit. C	Vit. D	Vit. E	
13-03-03 Herbal tea	0.5	0.9	0.2	0.0	0.2	0.3	0.4	0.1	0.3	0.0	0.1	0.1	0.0	0.0	0.0	0.2	0.9	1.0	0.0	0.0	0.4	0.0	0.0
13-03-04 Chicory, substitutes	0.0	0.0	0.1	0.0	0.1	0.0	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	0.0	0.0	0.0	0.0
13-04 Waters	4.8	0.6	0.1	0.0	0.1	2.0	1.7	0.0	0.1	2.5	0.7	0.2	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	3.6	0.0	4.3	2.6	2.5	1.1	2.1	0.2	0.3	0.4	0.2	0.1	0.0	1.2	1.8	1.2	0.0	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	3.4	0.0	4.0	2.2	1.6	0.4	1.4	0.1	0.2	0.2	0.0	0.0	0.0	0.5	0.8	0.1	0.0	0.0	0.0	0.0	0.0
14-02 Fortified wines (sherry, port, vermouth)	0.0	0.2	0.1	0.0	0.2	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
14-03 Beer, cider	0.2	0.2	0.1	0.0	0.1	0.3	0.8	0.6	0.6	0.1	0.0	0.1	0.0	0.0	0.0	0.6	1.0	1.1	0.0	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	0.2	0.1	0.0	0.0	0.0	0.0	0.0	0.0	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	0.5	1.0	1.6	0.0	1.9	0.4	1.3	0.8	1.3	0.7	8.3	0.7	3.1	3.6	3.3	0.6	0.6	0.6	0.0	0.2	1.3	3.6	9.6
15-01 Sauces	0.5	0.9	1.5	0.0	1.7	0.4	1.1	0.7	1.2	0.6	7.4	0.6	3.1	3.6	3.0	0.5	0.5	0.5	0.0	0.1	1.1	3.6	9.6
15-01-00 Unclassified and other sauces	0.3	0.7	0.8	0.0	1.0	0.1	0.8	0.4	0.6	0.2	4.1	0.4	2.7	2.1	2.0	0.2	0.2	0.2	0.0	0.1	0.6	3.4	4.1
15-01-01 Tomato sauces	0.1	0.2	0.2	0.0	0.3	0.1	0.3	0.1	0.5	0.0	1.6	0.1	0.2	1.1	0.9	0.2	0.1	0.2	0.0	0.0	0.5	0.0	0.3
15-01-02 Dressing sauces	0.0	0.0	0.1	0.0	0.1	0.0	0.1	0.0	0.0	0.1	0.9	0.1	0.1	0.1	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	1.7
15-01-03 Mayonnaises and similars	0.1	0.0	0.2	0.0	0.3	0.1	0.0	0.1	0.1	0.2	0.8	0.1	0.1	0.2	0.0	0.1	0.2	0.2	0.0	0.0	0.0	0.2	3.3
15-01-04 Dessert sauces	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	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	0.1	0.0	0.1	0.0	0.0	0.0	0.0	0.0	0.0
15-04 Condiments	0.1	0.1	0.1	0.0	0.2	0.0	0.1	0.1	0.1	0.0	0.9	0.1	0.0	0.0	0.3	0.0	0.0	0.0	0.0	0.0	0.2	0.0	0.0
16 Soups, bouillon	0.7	2.0	1.9	3.7	1.9	0.4	2.6	1.7	2.3	1.6	7.6	1.3	0.4	1.3	4.1	1.1	1.5	1.3	0.0	1.9	2.0	2.0	1.5
16-01 Soups	0.7	2.0	1.9	3.7	1.9	0.4	2.6	1.7	2.3	1.6	6.7	1.3	0.4	1.3	4.1	1.0	1.5	1.3	0.0	1.9	2.0	2.0	1.5
16-02 Bouillon	0.0	0.0	0.0	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
17 Miscellaneous	1.7	1.4	2.0	3.8	2.2	1.0	1.6	1.7	1.1	1.9	3.0	2.0	1.5	1.0	1.4	1.5	0.9	1.0	2.7	1.8	0.4	3.0	1.8
17-00 Unclassified	0.1	0.0	0.0	0.0	0.1	0.0	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
17-01 Soya products	0.5	0.2	0.3	0.0	0.3	0.0	0.6	0.3	0.2	0.1	0.2	0.2	0.0	0.0	0.1	0.4	0.0	0.3	0.0	0.4	0.0	0.4	0.3
17-02 Dietetic products	0.5	0.5	0.5	0.0	0.8	0.5	0.4	0.5	0.3	0.4	0.6	0.4	0.9	0.5	0.4	0.4	0.3	0.4	2.7	0.3	0.2	0.8	0.5
17-02-00 Unclassified	0.5	0.5	0.5	0.0	0.8	0.5	0.4	0.5	0.3	0.4	0.3	0.4	0.9	0.5	0.4	0.4	0.3	0.4	2.7	0.3	0.2	0.8	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	0.3	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
17-03 Snacks	0.6	0.7	1.1	3.8	1.0	0.5	0.6	0.9	0.5	1.2	2.1	1.3	0.6	0.5	0.8	0.6	0.5	0.4	0.0	1.1	0.2	1.8	1.0