

# National Diet and Nutrition Survey Rolling Programme

## Comparison Study

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Table 6.1

Average daily energy intake (MJ) for boys and girls aged 4-18 years, as reported by 24-hour recall

Energy intake (MJ)	Age groups (years)									
	Boys					Girls				
	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total boys Cum %	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total girls Cum %
Less than 3.00	-	-	-	-	-	-	-	-	-	-
Less than 4.00	-	-	-	-	-	-	-	-	-	-
Less than 5.00	7	23	4	6	8	44	13	-	12	15
Less than 6.00	12	23	34	9	20	60	30	10	12	25
Less than 7.00	63	23	49	25	42	88	43	34	58	52
Less than 8.00	81	50	58	35	57	92	61	74	93	78
Less than 9.00	97	71	72	44	72	100	90	92	93	93
Less than 10.00	100	76	72	52	75	100	100	100	93	98
Less than 11.00	100	100	89	57	86	100	100	100	100	100
Less than 12.00	100	100	89	76	91	100	100	100	100	100
Less than 13.00	100	100	89	86	93	100	100	100	100	100
Less than 14.00	100	100	89	97	96	100	100	100	100	100
Less than 15.00	100	100	94	100	98	100	100	100	100	100
Less than 16.00	100	100	94	100	98	100	100	100	100	100
Less than 17.00	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>14</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>62</b>	<b>12</b>	<b>14</b>	<b>14</b>	<b>13</b>	<b>53</b>
Mean (average value)	6.87	7.83	8.14	9.48	8.08	5.63	7.00	7.38	6.75	6.80
Median	6.80	8.08	7.24	9.92	7.26	5.01	7.19	7.64	6.26	6.94
Lower 2.5 percentile	4.99	4.78	4.22	4.75	4.75	4.24	4.45	5.27	4.07	4.07
Upper 2.5 percentile	9.57	10.66	16.91	14.14	14.65	8.41	9.06	9.39	10.02	9.39
Standard deviation	0.96	2.65	4.20	3.55	3.26	1.35	1.89	1.10	1.67	1.61
Minimum	4.99	4.78	4.22	4.75	4.22	4.24	4.45	5.27	4.07	4.07
Maximum	9.57	10.66	16.91	14.14	16.91	8.41	9.06	9.39	10.02	10.02

- No observations

Table 6.2

Average daily total energy intake (MJ) for boys and girls aged 4-18 years, as reported by diary

Energy intake (MJ)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 3.00	-	-	-	3	1	5	-	-	-	1
Less than 4.00	12	-	-	3	3	5	-	-	3	2
Less than 5.00	18	5	2	3	6	18	10	-	3	7
Less than 6.00	34	21	33	8	20	56	24	32	28	34
Less than 7.00	39	41	49	13	32	82	45	69	52	60
Less than 8.00	87	57	76	27	54	91	54	69	82	74
Less than 9.00	96	73	92	53	73	100	100	87	84	92
Less than 10.00	100	93	93	63	83	100	100	87	96	96
Less than 11.00	100	96	100	80	92	100	100	100	100	100
Less than 12.00	100	100	100	94	98	100	100	100	100	100
Less than 13.00	100	100	100	95	98	100	100	100	100	100
Less than 14.00	100	100	100	97	99	100	100	100	100	100
Less than 15.00	100	100	100	97	99	100	100	100	100	100
Less than 16.00	100	100	100	100	100	100	100	100	100	100
Less than 17.00	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	6.61	7.58	7.00	9.15	7.87	6.02	7.03	7.13	6.95	6.82
Median	7.10	7.18	7.16	8.91	7.86	5.95	7.40	6.74	6.96	6.64
Lower 2.5 percentile	3.98	4.92	5.07	2.16	3.98	2.91	4.78	5.29	3.61	4.46
Upper 2.5 percentile	9.11	11.22	10.65	15.29	11.51	8.39	8.18	10.41	10.02	10.41
Standard deviation	1.62	1.96	1.07	2.92	2.87	1.12	1.86	1.69	1.47	1.54
Minimum	3.98	4.92	4.97	2.16	2.16	2.91	4.78	5.29	3.61	2.91
Maximum	9.11	11.22	10.65	15.29	15.29	8.39	8.99	10.41	10.02	10.41

- No observations



Table 6.3

Average daily total energy intake (MJ) for men and women aged 19+ years, as reported by 24-hour recall

Energy intake (MJ)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
Less than 4.00	-	-	-	2	0	-	2	-	4	1
Less than 5.00	-	6	10	4	5	3	24	8	16	13
Less than 6.00	3	7	11	9	7	24	34	33	34	31
Less than 7.00	22	13	16	22	18	47	51	53	65	53
Less than 8.00	31	30	33	52	35	69	69	78	83	74
Less than 9.00	45	42	52	64	49	81	85	94	93	87
Less than 10.00	58	55	63	74	61	98	93	97	94	96
Less than 11.00	84	62	72	77	74	100	98	99	97	99
Less than 12.00	94	71	82	83	83	100	100	100	97	99
Less than 13.00	94	80	94	94	90	100	100	100	100	100
Less than 14.00	100	92	96	98	96	100	100	100	100	100
Less than 15.00	100	92	100	100	98	100	100	100	100	100
Less than 16.00	100	96	100	100	99	100	100	100	100	100
Less than 17.00	100	99	100	100	100	100	100	100	100	100
Less than 18.00	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>36</b>	<b>52</b>	<b>44</b>	<b>38</b>	<b>170</b>	<b>44</b>	<b>63</b>	<b>60</b>	<b>52</b>	<b>219</b>
Mean (average value)	9.14	10.11	9.23	8.72	9.36	7.33	6.93	6.89	6.58	6.96
Median	9.67	9.83	8.98	7.97	9.10	7.24	6.78	6.79	6.38	6.79
Lower 2.5 percentile	5.33	4.29	4.80	4.85	4.80	4.97	4.13	4.70	3.69	4.26
Upper 2.5 percentile	13.60	16.93	14.19	13.72	14.62	9.99	10.36	10.34	12.14	10.39
Standard deviation	2.59	3.49	2.76	2.55	2.72	2.13	2.48	1.49	1.92	2.22
Minimum	5.33	4.25	4.80	3.34	3.34	4.29	3.56	4.64	3.06	3.06
Maximum	13.60	17.86	14.62	14.14	17.86	10.67	11.41	11.51	12.90	12.90

- No observations

Table 6.4

Average daily total energy intake (MJ) for men and women aged 19+ years, as reported by diary

Energy intake (MJ)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
Less than 2.00	-	-	-	-	-	1	-	-	-	0
Less than 3.00	-	-	-	-	-	1	1	-	-	0
Less than 4.00	-	-	-	-	-	5	5	1	4	4
Less than 5.00	5	2	-	1	2	24	21	7	18	18
Less than 6.00	7	15	2	21	11	35	31	32	33	33
Less than 7.00	18	30	7	31	21	53	51	54	59	54
Less than 8.00	25	43	21	50	34	69	71	76	79	74
Less than 9.00	52	51	41	77	54	82	86	89	88	86
Less than 10.00	71	68	64	93	73	94	98	95	98	96
Less than 11.00	83	82	73	93	83	96	99	98	98	98
Less than 12.00	91	90	87	99	91	100	99	100	100	100
Less than 13.00	98	96	93	99	96	100	100	100	100	100
Less than 14.00	98	100	94	99	98	100	100	100	100	100
Less than 15.00	100	100	99	99	99	100	100	100	100	100
Less than 16.00	100	100	100	99	100	100	100	100	100	100
Less than 17.00	100	100	100	100	100	100	100	100	100	100
Less than 18.00	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	9.07	8.73	9.68	7.93	8.90	6.95	6.91	7.01	6.80	6.92
Median	8.98	8.83	9.66	8.08	8.76	6.84	6.95	6.78	6.75	6.78
Lower 2.5 percentile	4.65	5.30	6.08	5.04	5.04	3.21	3.92	4.27	3.96	3.91
Upper 2.5 percentile	12.78	13.34	14.98	11.68	13.53	11.74	9.63	10.47	9.80	10.47
Standard deviation	2.01	1.93	2.09	1.76	1.83	2.70	2.12	1.38	1.92	2.38
Minimum	4.65	4.91	5.39	4.18	4.18	1.87	2.75	3.36	3.60	1.87
Maximum	14.46	13.53	15.92	16.44	16.44	11.74	12.29	11.45	11.40	12.29

- No observations

**Table 6.5**  
**Confidence intervals for average energy intake (MJ) for boys and girls aged 4-18 years, as reported by 24- hour recall and diary**

	<b>Diary</b>		<b>Recall</b>	
	Mean	84% CI	Mean	84% CI
<b>Boys</b>				
4-6	6.61	(5.97, 7.25)	6.87	(6.48, 7.25)
7-10	7.58	(7.01, 8.14)	7.83	(6.44, 9.23)
11-14	7.00	(6.55, 7.45)	8.14	(6.58, 9.70)
15-18	9.15	(8.23, 10.06)	9.48	(8.45, 10.56)
All	7.87	(7.40, 8.35)	8.08	(7.48, 8.67)
<b>Girls</b>				
4-6	6.02	(5.61, 6.44)	5.63	(5.04, 6.22)
7-10	7.03	(6.29, 7.77)	7.00	(6.25, 7.75)
11-14	7.13	(6.35, 7.90)	7.38	(6.94, 7.82)
15-18	6.95	(6.47, 7.44)	6.75	(6.06, 7.45)
All	6.82	(6.54, 7.10)	6.80	(6.48, 7.12)

**Table 6.6**  
**Confidence intervals for average energy intake (MJ) for men and women aged 19+ years, as reported by 24hr recall and diary**

	<b>Diary</b>		<b>Recall</b>	
	Mean	84% CI	Mean	84% CI
<b>Men</b>				
19-34	9.07	(8.61, 9.54)	9.14	(8.51, 9.76)
35-49	8.73	(8.34, 9.12)	10.11	(9.41, 10.81)
50-64	9.68	(9.27, 10.10)	9.23	(8.63, 9.84)
65+	7.93	(7.51, 8.35)	8.72	(8.12, 9.32)
All	8.90	(8.70, 9.10)	9.36	(9.06, 9.66)
<b>Women</b>				
19-34	6.95	(6.40, 7.49)	7.33	(6.87, 7.80)
35-49	6.91	(6.57, 7.25)	6.93	(6.48, 7.38)
50-64	7.01	(6.75, 7.27)	6.89	(6.62, 7.17)
65+	6.80	(6.43, 7.17)	6.58	(6.20, 6.97)
All	6.92	(6.70, 7.13)	6.96	(6.75, 7.17)

Table 6.7

Average daily total energy intake (kcal) for boys and girls aged 4-18 years, as reported by 24-hour recall

Energy intake (kcal)	Age group (years)									
	Boys					Girls				
	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total boys Cum %	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total girls Cum %
Less than 1000	-	-	-	-	-	-	-	-	12	3
Less than 1250	12	23	4	6	10	52	30	-	12	20
Less than 1500	37	23	49	25	35	75	30	26	58	44
Less than 1750	72	35	58	35	52	92	61	34	58	58
Less than 2000	97	58	69	42	68	92	76	81	93	84
Less than 2250	97	76	72	44	73	100	100	100	93	98
Less than 2500	100	76	85	57	80	100	100	100	100	100
Less than 2750	100	100	89	62	87	100	100	100	100	100
Less than 3000	100	100	89	86	93	100	100	100	100	100
Less than 3250	100	100	89	97	96	100	100	100	100	100
Less than 3500	100	100	94	100	98	100	100	100	100	100
Less than 3750	100	100	94	100	98	100	100	100	100	100
Less than 4000	100	100	94	100	98	100	100	100	100	100
Less than 4250	100	100	100	100	98	100	100	100	100	100
All	100	100	100	100	98	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	1630	1861	1932	2255	1918	1336	1660	1753	1602	1614
Median	1613	1919	1719	2359	1726	1192	1708	1811	1486	1651
Lower 2.5 percentile	1179	1141	1001	1129	1129	1005	1054	1253	960	960
Upper 2.5 percentile	2272	2540	4016	3363	3489	2002	2153	2227	2381	2227
Standard deviation	231	630	1001	846	777	322	449	259	399	383
Minimum	1179	1141	1001	1129	1001	1005	1054	1253	960	960
Maximum	2272	2540	4016	3363	4016	2002	2153	2227	2381	2381

- No observations

Table 6.8

Average daily total energy intake (kcal) for boys and girls aged 4-18 years, as reported by diary

Energy intake (kcal)	Age group (years)									
	Boys					Girls				
	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total boys Cum %	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total girls Cum %
Less than 1000	12	-	-	3	3	5	-	-	3	2
Less than 1250	18	5	27	8	12	18	10	-	10	9
Less than 1500	34	29	33	8	23	56	31	32	43	40
Less than 1750	63	51	60	16	42	91	48	69	62	66
Less than 2000	96	67	85	43	66	100	98	81	84	90
Less than 2250	100	89	92	63	82	100	100	87	93	95
Less than 2500	100	96	93	63	85	100	100	100	100	100
Less than 2750	100	100	100	94	98	100	100	100	100	100
Less than 3000	100	100	100	94	98	100	100	100	100	100
Less than 3250	100	100	100	97	99	100	100	100	100	100
Less than 3500	100	100	100	97	99	100	100	100	100	100
Less than 3750	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	1570	1799	1661	2173	1870	1431	1670	1695	1652	1621
Median	1686	1703	1703	2119	1869	1417	1758	1602	1656	1580
Lower 2.5 percentile	946	1169	1203	516	946	688	1131	1259	858	1056
Upper 2.5 percentile	2162	2663	2532	3637	2731	1995	1945	2478	2386	2478
Standard deviation	384	463	254	693	681	266	443	403	350	368
Minimum	946	1169	1180	516	516	688	1131	1259	858	688
Maximum	2162	2663	2532	3637	3637	1995	2138	2478	2386	2478

- No observations

Table 6.9

Average daily total energy intake (kcal) for men and women aged 19+ years, as reported by 24-hour recall

Energy intake (kcal)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 1000	-	-	-	2	0	-	5	-	4	2
Less than 1250	-	6	10	4	5	14	29	13	22	20
Less than 1500	5	7	11	11	8	24	38	37	47	36
Less than 1750	27	17	21	28	23	55	55	62	74	61
Less than 2000	41	33	39	59	41	74	71	84	91	79
Less than 2250	47	45	56	74	53	89	91	97	94	93
Less than 2500	77	62	66	77	70	98	98	99	94	98
Less than 2750	92	70	81	82	81	100	100	100	97	99
Less than 3000	94	75	91	93	88	100	100	100	99	100
Less than 3250	100	85	96	94	94	100	100	100	100	100
Less than 3500	100	92	100	100	98	100	100	100	100	100
Less than 4000	100	96	100	100	99	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	2172	2406	2198	2074	2227	1744	1648	1639	1566	1655
Median	2305	2342	2134	1897	2165	1719	1608	1612	1513	1612
Lower 2.5 percentile	1263	1022	1133	1154	1133	1178	977	1113	881	1018
Upper 2.5 percentile	3234	4028	3377	3268	3487	2375	2473	2459	2884	2473
Standard deviation	616	831	659	609	649	507	593	355	459	530
Minimum	1263	1004	1133	792	792	1022	847	1105	728	728
Maximum	3241	4246	3487	3375	4246	2537	2725	2746	3093	3093

- No observations

Table 6.10

Average daily total energy intake (kcal) for men and women aged 19+ years, as reported by diary

Energy intake (kcal)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 1000	-	-	-	1	0	5	7	2	8	5
Less than 1250	5	2	-	5	3	24	24	12	21	20
Less than 1500	7	18	3	23	12	44	34	38	39	39
Less than 1750	21	34	11	31	24	59	59	58	64	60
Less than 2000	27	47	30	61	39	72	78	77	80	77
Less than 2250	62	66	48	87	65	90	93	94	90	92
Less than 2500	74	74	71	93	77	96	99	98	98	98
Less than 2750	89	88	85	97	89	96	99	100	100	99
Less than 3000	97	94	89	99	95	100	100	100	100	100
Less than 3250	98	100	94	99	98	100	100	100	100	100
Less than 3500	100	100	96	99	99	100	100	100	100	100
Less than 4000	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	2157	2077	2304	1885	2117	1653	1643	1666	1616	1644
Median	2123	2101	2291	1925	2086	1629	1655	1613	1602	1611
Lower 2.5 percentile	1105	1258	1445	1196	1196	761	931	1012	939	931
Upper 2.5 percentile	3034	3169	3571	2799	3233	2799	2300	2491	2334	2491
Standard deviation	477	460	498	419	437	642	505	330	456	567
Minimum	1105	1170	1279	991	991	444	651	795	855	444
Maximum	3446	3233	3782	3917	3917	2799	2917	2738	2705	2917

- No observations

<b>Table 6.11</b>				
<b>Confidence intervals for average energy intake (kcal) for boys and girls aged 4-18 years, as reported by 24-hour recall and diary</b>				
	<b>Diary</b>		<b>Recall</b>	
	Mean	84% CI	Mean	84% CI
<b>Boys</b>				
4-6	1570	(1418, 1723)	1630	(1538, 1722)
7-10	1799	(1666, 1932)	1861	(1531, 2191)
11-14	1661	(1554, 1768)	1932	(1560, 2303)
15-18	2173	(1956, 2389)	2255	(1997, 2512)
All	1870	(1757, 1983)	1918	(1776, 2060)
<b>Girls</b>				
4-6	1431	(1331, 1530)	1336	(1195, 1478)
7-10	1670	(1493, 1846)	1660	(1482, 1839)
11-14	1695	(1510, 1879)	1753	(1649, 1857)
15-18	1652	(1537, 1768)	1602	(1436, 1768)
All	1621	(1553, 1688)	1614	(1538, 1690)

<b>Table 6.12</b>				
<b>Confidence intervals for average energy intake (kcal) for men and women aged 19+ years, as reported by 24-hour recall and diary</b>				
	<b>Diary</b>		<b>Recall</b>	
	Mean	84% CI	Mean	84% CI
<b>Men</b>				
19-34	2157	(2046, 2268)	2172	(2023, 2321)
35-49	2077	(1984, 2169)	2406	(2239, 2572)
50-64	2304	(2206, 2403)	2198	(2054, 2342)
65+	1885	(1785, 1985)	2074	(1931, 2217)
All	2117	(2070, 2163)	2227	(2156, 2298)
<b>Women</b>				
19-34	1653	(1523, 1783)	1744	(1633, 1854)
35-49	1643	(1562, 1723)	1648	(1540, 1755)
50-64	1666	(1605, 1728)	1639	(1573, 1705)
65+	1616	(1527, 1705)	1566	(1474, 1657)
All	1644	(1592, 1696)	1655	(1603, 1706)



<b>Table 6.13</b>				
<b>Estimated Average Requirements for energy intake* (MJ/d and kcal/d)</b>				
<b>Age group (years)</b>	<b>Males</b>		<b>Females</b>	
	<b>MJ/d</b>	<b>kcal/d</b>	<b>MJ/d</b>	<b>kcal/d</b>
1-3	5.15	1230	4.86	1165
4-6	7.16	1715	6.46	1545
7-10	8.24	1970	7.28	1740
11-14	9.27	2220	7.92	1845
15-18	11.51	2755	8.83	2110
19-50	10.60	2550	8.10	1940
51-59	10.60	2550	8.00	1900
60-64	9.93	2380	7.99	1900
65-74	9.71	2330	7.96	1900
75+	8.77	2100	7.61	1810

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

Table 6.14				
Average daily energy intake (MJ/kcal) as a percentage of the Estimated Average Requirement (EAR) for boys and girls aged 4-18 years*, as reported by 24-hour recall				
Sex and age (years) of young person	Mean energy intake (MJ)	Mean energy intake (kcal)	Intake as % EAR**	Base
<b>Boys aged:</b>				
4-6	6.87	1630	95	14
7-10	7.83	1861	94	9
11-14	8.14	1932	87	16
15-18	9.48	2255	82	23
All	8.08	1918	89	62
<b>Girls aged:</b>				
4-6	5.63	1336	86	12
7-10	7.00	1660	95	14
11-14	7.38	1753	95	14
15-18	6.75	1602	76	13
All	6.80	1614	89	53

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

\*\* The EARs for energy are summarised in Table 6.13

Table 6.15				
Average daily energy intake (MJ/kcal) as a percentage of the Estimated Average Requirement (EAR) for boys and girls aged 4-18 years*, as reported by diary				
Sex and age (years) of young person	Mean energy intake (MJ)	Mean energy intake (kcal)	Intake as % EAR**	Base
<b>Boys aged:</b>				
4-6	6.61	1570	92	14
7-10	7.58	1799	91	26
11-14	7.00	1661	75	13
15-18	9.15	2173	79	22
All	7.87	1870	84	75
<b>Girls aged:</b>				
4-6	6.02	1431	93	16
7-10	7.03	1670	96	14
11-14	7.13	1695	92	11
15-18	6.95	1652	78	20
All	6.82	1621	88	61

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

\*\* The EARs for energy are summarised in Table 6.13

Table 6.16				
Average daily energy intake (MJ and kcal) as a percentage of the Estimated Average Requirement (EAR) for men and women aged 19+ years*, as reported by 24-hour recall				
Sex and age (years) of adult	Mean energy intake (MJ)	Mean energy intake (kcal)	Intake as % EAR**	Base
<b>Men</b>				
19-34	9.14	2172	85	36
35-49	10.11	2406	94	52
50-64	9.23	2198	88	44
65+	8.72	2074	93	38
All	9.36	2227	90	170
<b>Women</b>				
19-34	7.33	1744	90	44
35-49	6.93	1648	85	63
50-64	6.89	1639	86	60
65+	6.58	1566	84	52
All	6.96	1655	86	219

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

\*\* The EARs for energy are summarised in Table 6.13

Table 6.17				
Average daily energy intake (MJ/kcal) as a percentage of the Estimated Average Requirement (EAR) for men and women aged 19+ years*, as reported by diary				
Sex and age (years) of adult	Mean energy intake (MJ)	Mean energy intake (kcal)	Intake as % EAR**	Base
<b>Men</b>				
19-34	9.07	2157	85	39
35-49	8.73	2077	81	51
50-64	9.68	2304	92	53
65+	7.93	1885	85	37
All	8.90	2117	86	180
<b>Women</b>				
19-34	6.95	1653	85	51
35-49	6.91	1643	85	81
50-64	7.01	1666	88	60
65+	6.80	1616	87	55
All	6.92	1644	86	247

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

\*\* The EARs for energy are summarised in Table 6.13

<b>Table 6.18</b>			
<b>Percentage of respondents with average daily intakes not meeting the EAR for energy by sex and age*, as reported by 24-hour recall</b>			
Young persons		Adults	
	%		%
<b>Boys aged:</b>		<b>Males aged:</b>	
4-6	72.0	19-34	81.2
7-10	58.2	35-49	62.4
11-14	71.8	50-64	67.5
15-18	67.2	65+	69.4
All	68.5	All	70.5
<b>Girls aged:</b>		<b>Women aged:</b>	
4-6	75.5	19-34	73.2
7-10	60.9	35-49	69.3
11-14	73.5	50-64	77.8
15-18	93.2	65+	82.7
All	75.1	All	75.2

\*Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

<b>Table 6.19</b>			
<b>Percentage of respondents with average daily intakes not meeting the EAR for energy by sex and age*, as reported by diary</b>			
Young persons		Adults	
	%		%
<b>Boys aged:</b>		<b>Men aged:</b>	
4-6	63.4	19-34	81.5
7-10	63.8	35-49	79.4
11-14	91.5	50-64	64.7
15-18	93.7	65+	89.4
All	79.8	All	78.6
<b>Girls aged:</b>		<b>Women aged:</b>	
4-6	61.6	19-34	70.0
7-10	48.3	35-49	75.1
11-14	69.5	50-64	75.9
15-18	84.3	65+	78.6
All	67.7	All	74.8

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

## List of tables for carbohydrate

Table 6.20	Average daily carbohydrate intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall
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Table 6.20

Average daily carbohydrate intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall

Carbohydrate intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Less than 100</b>	-	-	-	-	-	-	-	-	-	-
<b>Less than 150</b>	-	23	4	9	7	12	13	-	-	6
<b>Less than 200</b>	27	29	4	25	20	63	38	41	18	39
<b>Less than 250</b>	88	35	61	40	59	92	61	68	69	71
<b>Less than 300</b>	97	88	72	57	78	100	80	81	93	87
<b>Less than 350</b>	100	100	83	76	89	100	100	100	100	100
<b>Less than 400</b>	100	100	89	93	95	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
<b>Mean (average value)</b>	223	246	264	278	253	189	238	234	236	227
<b>Median</b>	219	281	223	296	233	176	239	206	234	215
<b>Lower 2.5 percentile</b>	180	126	147	111	126	136	140	160	172	140
<b>Upper 2.5 percentile</b>	304	339	510	456	456	272	342	336	332	336
<b>Standard deviation</b>	33	88	111	105	90	40	68	52	46	59
<b>Minimum</b>	180	126	147	111	111	136	140	160	172	136
<b>Maximum</b>	304	339	510	456	510	272	342	336	332	342

- No observations

Table 6.21

Average daily carbohydrate intake (g) for boys and girls aged 4-18 years, as reported by diary

Carbohydrate intake (g)	Age group (years)									
	Boys					Girls				
	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total boys Cum %	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total girls Cum %
<b>Less than 100</b>	-	-	-	3	1	-	-	-	-	-
<b>Less than 150</b>	12	-	-	8	4	8	-	16	10	8
<b>Less than 200</b>	39	33	33	13	27	62	30	34	39	40
<b>Less than 250</b>	91	54	70	38	57	87	60	87	74	76
<b>Less than 300</b>	96	74	92	59	75	100	100	87	95	96
<b>Less than 350</b>	100	96	98	73	89	100	100	100	100	100
<b>Less than 400</b>	100	100	100	97	99	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	14	26	13	22	75	16	14	11	20	61
<b>Mean (average value)</b>	205	242	224	287	249	192	224	215	215	213
<b>Median</b>	222	243	201	300	239	181	226	208	216	208
<b>Lower 2.5 percentile</b>	115	152	166	46	115	103	172	127	114	127
<b>Upper 2.5 percentile</b>	304	360	326	468	379	291	264	323	303	323
<b>Standard deviation</b>	53	79	40	108	105	42	58	52	51	53
<b>Minimum</b>	115	152	166	46	46	103	172	127	114	103
<b>Maximum</b>	304	360	357	468	468	291	279	323	303	323

- No observations

Table 6.22

Average daily carbohydrate intake (g) for men and women aged 19+ years, as reported by 24-hour recall

Carbohydrate intake (g)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
<b>Less than 100</b>	-	-	-	2	0	-	1	-	4	1
<b>Less than 150</b>	-	6	10	4	5	8	30	15	31	20
<b>Less than 200</b>	23	20	35	31	27	48	56	62	58	56
<b>Less than 250</b>	48	40	63	64	52	74	78	89	89	82
<b>Less than 300</b>	75	66	86	80	76	99	94	97	99	97
<b>Less than 350</b>	82	80	94	97	87	100	99	100	100	100
<b>Less than 400</b>	98	89	100	100	96	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	36	52	44	38	170	44	63	60	52	219
<b>Mean (average value)</b>	268	278	233	238	257	212	194	191	183	196
<b>Median</b>	261	266	221	223	250	204	186	185	189	191
<b>Lower 2.5 percentile</b>	166	140	130	134	134	141	115	112	90	107
<b>Upper 2.5 percentile</b>	384	489	372	392	420	297	317	303	259	303
<b>Standard deviation</b>	92	124	79	68	85	63	77	47	52	67
<b>Minimum</b>	166	111	130	89	89	116	95	107	85	85
<b>Maximum</b>	459	518	372	392	518	345	361	305	341	361

- No observations



Table 6.23

Average daily carbohydrate intake (g) for men and women aged 19+ years, as reported by diary

Carbohydrate intake (g)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
<b>Less than 100</b>	-	2	-	-	0	1	3	-	2	2
<b>Less than 150</b>	3	7	2	17	7	26	31	15	17	23
<b>Less than 200</b>	22	33	17	42	27	55	63	58	52	57
<b>Less than 250</b>	47	62	55	65	56	73	87	79	84	81
<b>Less than 300</b>	75	85	79	95	82	99	98	100	96	98
<b>Less than 350</b>	90	97	89	99	93	100	100	100	98	99
<b>Less than 400</b>	94	98	99	100	97	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	39	51	53	37	180	51	81	60	55	247
<b>Mean (average value)</b>	254	231	254	220	241	191	187	198	199	193
<b>Median</b>	251	223	241	228	239	188	187	183	199	188
<b>Lower 2.5 percentile</b>	130	122	152	135	135	105	96	113	108	108
<b>Upper 2.5 percentile</b>	401	374	383	306	401	297	287	298	326	297
<b>Standard deviation</b>	79	68	68	58	59	83	60	51	58	67
<b>Minimum</b>	130	95	149	131	95	61	83	111	84	61
<b>Maximum</b>	435	438	413	362	438	303	346	298	364	364

- No observations

Table 6.24

Percentage of total energy from carbohydrate for boys and girls aged 4-18 years, as reported by 24-hour recall

% energy from carbohydrate	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 35	-	-	-	5	1	-	-	-	-	-
Less than 40	-	-	-	15	4	-	-	13	6	5
Less than 45	-	40	8	42	19	-	8	25	6	12
Less than 50	50	45	35	71	51	14	19	45	20	27
Less than 55	75	79	60	93	75	68	71	81	47	68
Less than 60	100	86	97	100	97	100	91	100	62	89
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	51.5	49.2	52.5	46.2	50.1	53.5	53.8	49.8	56.4	53.1
Median	49.9	50.7	53.3	47.4	49.9	52.5	52.7	51.2	55.6	52.7
Lower 2.5 percentile	45.4	40.8	42.2	34.5	37.0	48.3	42.2	39.9	39.1	39.9
Upper 2.5 percentile	59.9	62.6	60.3	55.7	60.3	60.0	61.2	56.5	69.0	67.4
Standard deviation	4.6	8.4	6.0	6.4	7.3	4.5	5.9	6.5	8.4	8.0
Minimum	45.4	40.8	42.2	34.5	34.5	46.1	42.2	39.9	39.1	39.1
Maximum	59.9	62.6	60.3	55.7	62.6	60.0	61.2	56.5	69.0	69.0

- No observations

Table 6.25

Percentage of total energy from carbohydrate for boys and girls 4-18 years, as reported by diary

% energy from carbohydrate	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 35	-	-	-	3	1	-	-	-	-	-
Less than 40	-	-	-	3	1	-	-	16	-	4
Less than 45	10	14	11	24	16	14	12	23	37	23
Less than 50	59	52	50	58	55	51	28	65	57	51
Less than 55	100	91	75	75	83	76	85	91	79	82
Less than 60	100	100	100	100	100	96	100	100	89	96
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	49.0	50.0	51.0	49.0	49.7	50.4	50.7	47.6	49.0	49.4
Median	49.0	49.9	49.8	47.6	49.3	49.4	50.4	47.2	47.9	49.7
Lower 2.5 percentile	40.2	43.5	44.3	33.3	40.9	43.9	41.4	35.5	40.2	39.7
Upper 2.5 percentile	54.4	59.3	57.9	58.7	58.7	61.7	59.0	56.5	60.5	60.5
Standard deviation	3.3	4.4	4.3	7.7	6.4	6.1	4.1	4.2	7.7	6.1
Minimum	40.2	43.5	44.3	33.3	33.3	43.9	41.4	35.5	40.2	35.5
Maximum	54.4	59.3	57.9	58.7	59.3	61.7	59.0	56.5	60.5	61.7

- No observations

Table 6.26

Percentage of total energy from carbohydrate for men and women aged 19+ years, as reported by 24-hour recall

% energy from carbohydrate	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 35	2	7	20	2	8	5	5	8	9	7
Less than 40	21	33	48	24	32	13	24	32	33	25
Less than 45	46	60	75	74	62	47	55	49	47	50
Less than 50	69	81	93	92	82	75	80	78	78	78
Less than 55	82	95	97	98	92	94	95	94	97	95
Less than 60	96	100	100	98	99	100	99	99	100	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	46.6	43.6	40.3	43.4	43.7	45.8	44.3	44.0	44.3	44.6
Median	45.6	42.5	40.8	43.4	43.4	45.6	43.1	45.1	45.8	45.1
Lower 2.5 percentile	35.7	32.9	25.7	35.3	30.9	34.7	33.2	31.3	29.0	31.3
Upper 2.5 percentile	61.1	57.5	55.7	52.8	57.5	58.7	58.2	56.8	56.7	57.6
Standard deviation	7.9	9.6	9.1	4.6	10.2	7.4	8.3	7.8	5.5	8.0
Minimum	30.4	32.8	25.7	34.1	25.7	29.3	24.8	29.0	27.6	24.8
Maximum	61.1	57.9	55.7	60.4	61.1	58.7	61.2	66.2	57.6	66.2

- No observations

Table 6.27

Percentage of total energy from carbohydrate for men and women aged 19+ years, as reported by diary

% energy from carbohydrate	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 35	4	17	20	9	12	20	12	9	-	11
Less than 40	30	39	43	23	34	30	31	23	12	25
Less than 45	55	66	64	54	60	56	57	52	42	52
Less than 50	80	89	84	81	84	82	92	81	77	84
Less than 55	100	99	96	100	99	98	99	96	97	98
Less than 60	100	99	100	100	100	98	100	100	100	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	44.0	42.0	41.6	44.0	42.9	43.6	43.1	44.8	46.2	44.3
Median	44.1	42.1	42.0	44.4	43.3	42.7	43.9	44.5	46.6	44.5
Lower 2.5 percentile	34.1	29.7	31.1	27.3	29.7	32.3	32.6	30.7	35.9	32.6
Upper 2.5 percentile	53.6	54.0	55.5	53.6	53.7	55.0	54.3	55.8	55.1	55.0
Standard deviation	7.0	7.3	8.7	7.9	7.5	8.2	7.9	7.0	4.5	7.5
Minimum	33.6	18.9	28.7	27.3	18.9	32.3	30.5	29.7	35.2	29.7
Maximum	53.7	66.5	56.0	53.9	66.5	63.3	59.2	56.0	57.7	63.3

- No observations

## List of tables for total sugars

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Table 6.28

Average daily total sugars intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall

Total sugars intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 20	-	-	-	6	1	-	-	-	-	-
Less than 40	-	-	-	6	1	-	-	-	-	-
Less than 60	-	23	34	9	17	2	22	7	5	9
Less than 80	12	29	34	25	25	36	22	20	29	25
Less than 100	37	29	49	43	41	66	27	52	50	48
Less than 120	59	45	59	45	53	100	54	55	53	63
Less than 140	74	81	79	61	73	100	77	68	76	78
Less than 160	91	88	83	69	83	100	90	100	85	94
Less than 180	100	100	88	77	90	100	90	100	97	97
Less than 200	100	100	88	86	93	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	114.2	109.8	113.4	127.1	116.5	89.4	113.8	107.2	109.1	105.9
Median	111.2	128.9	106.5	123.8	111.2	87.3	108.9	99.5	108.3	104.2
Lower 2.5 percentile	73.3	42.3	51.7	15.4	42.3	69.3	44.1	47.2	55.5	47.2
Upper 2.5 percentile	166.7	162.0	321.9	263.7	263.7	119.9	194.6	157.3	189.9	194.6
Standard deviation	32.1	49.1	95.9	66.6	73.8	21.3	47.5	33.2	39.3	45.9
Minimum	73.3	42.3	51.7	15.4	15.4	47.8	44.1	47.2	55.5	44.1
Maximum	166.7	162.0	321.9	263.7	321.9	119.9	194.6	157.3	189.9	194.6

- No observations

Table 6.29

Average daily total sugars intake (g) for boys and girls aged 4-18 years, as reported by diary

Total sugars intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 20	-	-	-	3	1	-	-	-	-	-
Less than 40	12	9	-	8	7	-	-	12	3	3
Less than 60	18	9	-	8	8	16	-	16	20	14
Less than 80	31	33	40	13	27	50	35	22	32	34
Less than 100	44	45	56	29	41	68	44	44	53	52
Less than 120	77	57	93	37	60	93	56	81	88	80
Less than 140	96	82	93	60	79	96	100	87	95	95
Less than 160	96	93	100	60	83	96	100	87	100	97
Less than 180	100	100	100	71	90	96	100	100	100	99
Less than 200	100	100	100	87	95	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>14</b>	<b>26</b>	<b>13</b>	<b>22</b>	<b>75</b>	<b>16</b>	<b>14</b>	<b>11</b>	<b>20</b>	<b>61</b>
Mean (average value)	92.7	105.6	94.7	138.9	113.3	87.6	105.1	98.8	90.4	95.2
Median	102.5	111.9	95.5	127.7	105.4	71.9	112.0	100.7	96.7	99.2
Lower 2.5 percentile	28.4	36.7	65.8	10.3	28.4	52.9	71.9	36.2	34.1	36.2
Upper 2.5 percentile	161.4	176.8	158.2	250.5	250.5	186.2	133.4	172.3	153.1	172.3
Standard deviation	40.0	53.4	25.5	78.7	76.6	30.2	43.7	35.8	32.3	39.6
Minimum	28.4	36.7	65.8	10.3	10.3	52.9	71.9	36.2	34.1	34.1
Maximum	161.4	176.8	158.2	250.5	250.5	186.2	135.8	172.3	153.1	186.2

- No observations

Table 6.30

Average daily total sugars intake (g) for men and women aged 19+ years, as reported by 24-hour recall

Total sugars intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 20	-	-	-	2	0	1	1	-	1	1
Less than 40	-	-	10	2	3	2	9	5	5	5
Less than 60	2	16	10	6	8	12	29	20	30	22
Less than 80	25	22	21	18	22	34	57	40	44	44
Less than 100	36	39	42	49	40	57	73	75	62	67
Less than 120	65	57	65	60	62	76	83	84	88	82
Less than 140	69	73	78	79	74	85	88	90	99	90
Less than 160	86	82	85	89	85	92	92	99	99	95
Less than 180	98	87	98	91	94	100	96	99	99	98
Less than 200	98	89	98	97	96	100	99	100	99	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	115.4	119.7	108.7	114.2	114.7	97.9	84.1	87.7	84.6	88.8
Median	108.7	105.7	106.5	101.4	106.8	95.9	76.0	83.9	84.3	84.2
Lower 2.5 percentile	64.0	48.1	38.1	46.7	38.7	48.1	25.2	38.3	33.1	25.2
Upper 2.5 percentile	173.8	264.3	179.8	219.9	229.0	168.8	187.7	155.4	130.7	168.8
Standard deviation	46.8	81.8	46.8	48.5	54.0	43.1	52.0	25.0	32.3	37.5
Minimum	57.7	45.6	38.1	15.3	15.3	18.7	11.0	35.0	18.7	11.0
Maximum	244.5	296.5	216.1	219.9	296.5	168.8	205.7	182.3	239.6	239.6

- No observations

Table 6.31

Average daily total sugars intake (g) for men and women aged 19+ years, as reported by diary

Total sugars intake (g)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
Less than 20	-	-	-	-	-	1	-	-	-	0
Less than 40	9	8	6	6	7	18	7	4	6	9
Less than 60	14	13	21	17	16	34	33	17	19	26
Less than 80	23	36	35	37	32	57	59	45	40	51
Less than 100	49	61	49	45	52	74	76	64	61	69
Less than 120	66	78	60	67	68	77	87	82	81	82
Less than 140	79	94	80	85	84	92	94	90	85	91
Less than 160	88	97	86	97	92	97	98	97	93	96
Less than 180	94	98	93	99	96	100	98	100	96	98
Less than 200	96	98	96	99	97	100	99	100	98	99
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>39</b>	<b>51</b>	<b>53</b>	<b>37</b>	<b>180</b>	<b>51</b>	<b>81</b>	<b>60</b>	<b>55</b>	<b>247</b>
Mean (average value)	106.1	94.3	107.0	100.2	102.0	79.5	79.3	90.4	94.2	85.3
Median	101.5	94.0	101.2	108.1	98.1	74.6	68.7	88.4	90.5	78.9
Lower 2.5 percentile	32.7	31.5	37.1	33.1	33.1	23.1	28.6	37.5	27.5	27.5
Upper 2.5 percentile	210.7	165.9	270.3	179.9	203.9	166.9	154.6	164.4	182.6	166.9
Standard deviation	52.1	31.8	54.2	37.5	41.0	49.7	38.4	37.0	43.1	37.1
Minimum	23.3	26.4	34.2	33.1	23.3	15.6	22.4	22.3	20.1	15.6
Maximum	210.7	246.0	273.8	203.9	273.8	166.9	254.3	169.0	236.6	254.3

- No observations



Table 6.32

Percentage of total energy from total sugars for boys and girls aged 4-18 years, as reported by 24-hour recall

% energy from total sugars	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 8	-	-	-	6	1	-	-	-	-	-
Less than 10	-	-	-	6	1	-	-	-	-	-
Less than 15	-	23	30	12	16	2	8	12	10	9
Less than 20	10	40	44	51	36	6	22	32	24	23
Less than 25	56	70	83	86	74	40	38	52	60	48
Less than 30	62	93	88	97	84	87	73	88	70	80
Less than 35	100	100	100	97	99	100	100	100	87	97
Less than 40	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	26.3	21.6	20.8	20.3	22.3	25.5	25.3	22.6	25.7	24.6
Median	23.7	24.2	21.2	19.2	21.2	25.6	25.8	23.1	24.8	25.4
Lower 2.5 percentile	19.8	13.9	14.5	5.1	12.9	16.1	11.1	14.1	11.5	11.5
Upper 2.5 percentile	34.6	32.4	34.9	36.6	34.6	30.6	33.9	30.9	38.9	38.4
Standard deviation	6.0	6.9	8.4	5.8	8.4	3.8	7.7	5.2	6.8	8.3
Minimum	19.8	13.9	14.5	5.1	5.1	12.5	11.1	14.1	11.5	11.1
Maximum	34.6	32.4	34.9	36.6	36.6	30.6	33.9	30.9	38.9	38.9

- No observations

Table 6.33

Percentage of total energy from total sugars for boys and girls aged 4-18 years, as reported by diary

% energy from total sugars	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 8	-	-	-	3	1	-	-	-	-	-
Less than 10	-	-	-	3	1	-	-	-	-	-
Less than 15	18	9	-	11	9	8	-	16	16	11
Less than 20	35	32	36	30	33	34	19	40	45	35
Less than 25	63	67	74	61	66	65	50	78	86	71
Less than 30	100	89	94	79	88	82	100	100	100	96
Less than 35	100	100	100	91	97	96	100	100	100	99
Less than 40	100	100	100	100	100	96	100	100	100	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	21.4	21.5	21.8	23.1	22.1	23.2	23.5	21.4	20.2	21.9
Median	22.6	20.8	21.2	21.4	21.4	21.3	24.3	23.7	21.8	22.0
Lower 2.5 percentile	11.2	10.2	15.2	7.5	10.2	14.0	15.0	10.8	12.8	10.8
Upper 2.5 percentile	28.0	30.3	31.6	36.6	36.6	44.0	28.2	28.0	28.2	33.0
Standard deviation	6.1	7.0	5.8	9.6	9.8	7.5	4.3	4.6	5.0	6.3
Minimum	11.2	10.2	15.2	7.5	7.5	14.0	15.0	10.8	12.8	10.8
Maximum	28.0	30.3	31.6	36.6	36.6	44.0	28.2	28.0	29.5	44.0

- No observations

Table 6.34

Percentage of total energy from total sugars for men and women aged 19+ years, as reported by 24-hour recall

% energy from total sugars	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 8	-	-	-	2	0	1	1	-	1	1
Less than 10	-	5	4	4	3	1	8	2	1	3
Less than 15	10	30	29	13	21	10	20	26	20	19
Less than 20	57	60	54	45	55	47	65	52	49	54
Less than 25	81	86	92	79	85	75	89	79	76	80
Less than 30	95	98	97	100	97	97	92	94	97	95
Less than 35	100	100	100	100	100	100	99	99	100	99
Less than 40	100	100	100	100	100	100	100	99	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	20.0	18.5	18.6	20.5	19.3	20.9	18.7	20.1	20.4	20.0
Median	18.5	18.1	18.0	20.8	18.5	20.1	17.4	19.6	20.6	19.6
Lower 2.5 percentile	11.2	8.2	8.9	9.8	9.9	12.2	8.9	10.9	11.3	8.9
Upper 2.5 percentile	33.8	28.0	33.6	28.7	32.9	34.1	33.4	31.3	31.1	31.4
Standard deviation	5.5	8.7	6.7	4.7	6.8	6.0	7.6	5.5	4.9	5.0
Minimum	10.6	8.2	8.9	7.3	7.3	3.8	2.4	10.0	2.3	2.3
Maximum	33.8	32.9	33.6	28.7	33.8	34.1	38.0	47.5	32.8	47.5

- No observations

Table 6.35

Percentage of total energy from total sugars for men and women aged 19+ years, as reported by diary

% energy from total sugars	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 8	1	7	1	-	3	-	2	2	-	1
Less than 10	10	9	15	3	9	5	5	5	4	5
Less than 15	37	38	38	22	35	35	32	19	12	25
Less than 20	61	84	75	52	69	64	65	46	36	54
Less than 25	91	94	93	86	91	93	89	79	79	85
Less than 30	97	99	98	97	98	97	97	97	95	96
Less than 35	100	99	98	100	99	100	99	100	100	100
Less than 40	100	100	98	100	100	100	99	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	18.0	17.0	17.1	19.7	17.8	17.6	18.1	20.3	21.1	19.2
Median	17.7	17.6	17.1	19.9	17.8	16.3	17.0	21.5	21.3	18.9
Lower 2.5 percentile	8.6	7.7	8.3	9.2	8.0	9.5	8.4	8.7	8.7	8.7
Upper 2.5 percentile	31.6	29.1	29.3	33.1	29.3	30.0	30.8	30.1	32.8	30.4
Standard deviation	6.5	4.5	7.2	5.2	5.9	6.8	6.8	5.8	5.7	6.1
Minimum	5.6	6.5	6.8	9.2	5.6	8.2	6.8	5.8	8.0	5.8
Maximum	31.6	37.4	40.0	33.1	40.0	30.0	42.9	34.2	33.1	42.9

- No observations

## List of tables for non-milk extrinsic sugars

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Table 6.36

Average daily non-milk extrinsic sugars intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall

NMES intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	-	6	1	-	-	-	-	-
Less than 20	-	-	30	6	11	2	-	-	-	0
Less than 40	5	23	34	14	19	6	25	7	23	15
Less than 60	37	40	34	35	36	54	35	38	36	40
Less than 80	59	40	60	49	54	73	54	44	53	54
Less than 100	81	66	74	52	69	100	61	68	76	74
Less than 120	91	93	83	59	81	100	90	89	87	91
Less than 140	100	100	83	74	88	100	90	100	97	97
Less than 160	100	100	94	81	93	100	90	100	97	97
Less than 180	100	100	94	93	96	100	90	100	97	97
Less than 200	100	100	94	93	96	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	77.2	78.1	80.9	97.5	83.6	61.8	83.0	80.7	80.2	77.5
Median	76.7	85.0	72.1	87.2	76.7	52.8	72.1	84.3	78.6	72.1
Lower 2.5 percentile	34.7	35.2	19.8	8.1	19.8	32.5	27.1	32.2	23.6	27.1
Upper 2.5 percentile	135.4	120.9	279.0	231.4	231.4	95.1	183.1	129.7	182.8	183.1
Standard deviation	30.2	32.5	91.8	62.0	66.3	23.4	49.8	27.7	40.8	43.7
Minimum	34.7	35.2	19.8	8.1	8.1	14.4	27.1	32.2	23.6	14.4
Maximum	135.4	120.9	279.0	231.4	279.0	95.1	183.1	129.7	182.8	183.1

- No observations

Table 6.37

Average daily non-milk extrinsic sugars intake (g) for boys and girls aged 4-18 years, as reported by diary

NMES intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	-	3	1	-	-	-	-	-
Less than 20	18	-	-	8	5	-	-	12	-	3
Less than 40	31	20	19	8	17	29	18	16	14	19
Less than 60	58	38	42	13	33	59	43	22	42	41
Less than 80	77	56	48	29	48	84	53	60	68	66
Less than 100	91	62	84	51	67	93	91	81	93	90
Less than 120	100	86	100	60	82	96	100	100	100	99
Less than 140	100	100	100	60	86	96	100	100	100	99
Less than 160	100	100	100	85	95	100	100	100	100	100
Less than 180	100	100	100	87	95	100	100	100	100	100
Less than 200	100	100	100	89	96	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	55.9	75.9	72.9	116.0	86.5	55.1	72.2	72.7	66.9	67.1
Median	52.2	73.6	83.1	98.9	82.4	46.3	77.7	74.5	75.4	67.3
Lower 2.5 percentile	14.7	21.0	35.0	6.0	14.7	21.8	26.7	18.7	25.5	18.7
Upper 2.5 percentile	109.7	135.9	119.0	240.4	240.4	148.7	107.0	116.2	119.3	116.2
Standard deviation	32.9	43.6	36.2	73.0	75.9	30.4	43.8	25.4	26.9	34.5
Minimum	14.7	21.0	35.0	6.0	6.0	21.8	26.7	18.7	25.5	18.7
Maximum	109.7	135.9	119.0	240.4	240.4	148.7	107.0	116.2	119.3	148.7

- No observations

Table 6.38

Average daily non-milk extrinsic sugars intake (g) for men and women aged 19+ years, as reported by 24-hour recall

NMES intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	-	2	0	1	8	1	5	4
Less than 20	-	4	3	2	2	1	17	11	14	11
Less than 40	5	21	20	13	15	24	46	48	39	39
Less than 60	26	37	43	36	35	42	74	82	74	67
Less than 80	47	60	64	61	57	76	85	91	88	84
Less than 100	82	71	77	77	77	86	92	98	96	93
Less than 120	84	87	86	85	85	88	95	99	99	95
Less than 140	89	88	96	94	91	99	97	100	99	98
Less than 160	94	92	98	98	95	100	98	100	99	99
Less than 180	98	92	100	100	97	100	100	100	100	100
Less than 200	98	96	100	100	98	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	84.3	82.6	71.1	75.0	79.0	68.5	49.6	44.8	46.0	52.8
Median	80.8	71.5	63.5	67.4	69.8	69.4	44.9	45.0	42.8	46.1
Lower 2.5 percentile	32.6	15.4	16.0	21.3	21.3	30.2	6.4	13.0	8.8	6.4
Upper 2.5 percentile	160.7	240.2	142.1	140.5	183.6	139.7	155.9	87.9	100.6	136.7
Standard deviation	43.5	75.7	40.1	42.8	49.3	39.0	39.4	20.3	23.0	32.8
Minimum	32.6	15.4	16.0	8.1	8.1	8.0	1.4	3.4	1.1	1.1
Maximum	211.1	243.2	179.2	162.4	243.2	140.4	165.8	133.8	161.4	165.8

- No observations

Table 6.39

Average daily non-milk extrinsic sugars intake (g) for men and women aged 19+ years, as reported by diary

NMES intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	1	5	1	3	3	4	3	2	10	5
Less than 20	6	5	3	20	8	19	10	12	14	14
Less than 40	19	20	22	41	24	36	48	50	39	44
Less than 60	33	51	56	61	49	69	74	69	71	71
Less than 80	60	82	73	78	72	81	90	85	85	85
Less than 100	72	89	87	87	83	91	92	89	94	91
Less than 120	83	97	93	99	92	100	99	95	98	98
Less than 140	92	98	95	100	96	100	99	100	98	99
Less than 160	97	98	95	100	97	100	100	100	98	99
Less than 180	100	98	97	100	99	100	100	100	100	100
Less than 200	100	100	97	100	99	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	76.6	62.0	66.9	52.7	65.9	50.9	47.0	51.1	50.6	49.7
Median	64.0	59.3	56.6	47.4	60.9	46.7	41.2	39.3	46.2	45.3
Lower 2.5 percentile	14.4	9.0	19.3	8.8	9.0	9.8	9.4	10.2	6.3	6.7
Upper 2.5 percentile	177.6	126.9	225.9	108.7	162.0	117.4	107.5	131.8	118.2	118.2
Standard deviation	44.4	27.4	43.9	32.7	33.7	38.6	31.8	42.4	34.6	27.1
Minimum	8.6	5.2	7.5	8.8	5.2	7.4	4.7	5.2	4.1	4.1
Maximum	177.6	195.0	250.0	121.6	250.0	117.4	146.4	131.8	160.1	160.1
-	No observations									

Table 6.40

Percentage of total energy from non-milk extrinsic sugars for boys and girls aged 4-18 years, as reported by 24-hour recall

% energy from NMES	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 5	-	-	-	6	1	2	-	-	-	0
Less than 8	-	-	30	14	13	6	8	-	11	6
Less than 10	-	17	30	18	17	6	18	12	17	13
Less than 11	5	17	35	21	20	6	25	12	17	15
Less than 15	55	40	47	47	48	24	35	38	36	34
Less than 20	62	79	83	81	76	69	59	57	67	62
Less than 25	85	93	91	95	90	100	90	100	75	92
Less than 30	100	100	100	97	99	100	90	100	87	94
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	17.7	15.8	14.0	15.4	15.7	17.5	18.0	17.0	18.8	17.8
Median	14.9	15.4	15.9	15.9	15.4	17.2	19.0	18.4	18.5	18.4
Lower 2.5 percentile	10.4	8.6	5.6	2.7	5.6	7.2	7.8	9.6	6.2	6.6
Upper 2.5 percentile	28.1	26.9	26.1	32.3	28.1	24.3	31.9	24.8	37.4	35.5
Standard deviation	6.0	5.7	11.1	6.5	8.9	4.5	7.7	4.9	8.2	8.2
Minimum	10.4	8.6	5.6	2.7	2.7	3.8	7.8	9.6	6.2	3.8
Maximum	28.1	26.9	26.1	32.3	32.3	24.3	31.9	24.8	37.4	37.4

- No observations

Table 6.41

Percentage of total energy from non-milk extrinsic sugars for boys and girls aged 4-18 years, as reported by diary

% energy from NMES	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 5	-	-	-	8	3	-	-	-	-	-
Less than 8	23	11	2	8	10	14	14	16	-	10
Less than 10	43	23	7	8	17	38	18	16	11	19
Less than 11	49	23	19	9	21	38	28	16	17	24
Less than 15	59	54	47	34	46	60	37	22	47	42
Less than 20	95	74	64	58	70	69	90	91	83	84
Less than 25	100	97	81	79	88	96	97	100	98	98
Less than 30	100	100	100	80	93	96	100	100	100	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	12.6	15.4	16.7	19.1	16.6	14.4	16.0	15.7	15.0	15.3
Median	11.7	14.3	15.9	18.6	16.0	13.5	19.1	16.4	15.4	16.0
Lower 2.5 percentile	5.8	5.8	8.7	4.4	4.7	6.1	5.3	5.6	8.1	5.6
Upper 2.5 percentile	21.1	25.6	25.5	35.1	35.1	35.1	25.9	24.3	22.0	24.3
Standard deviation	5.6	6.9	9.2	10.1	12.1	7.3	6.6	4.0	5.5	6.2
Minimum	5.8	5.8	6.4	4.4	4.4	6.1	5.3	5.6	8.1	5.3
Maximum	21.1	25.6	25.5	35.1	35.1	35.1	25.9	24.3	26.2	35.1

- No observations



Table 6.42

Percentage of total energy from non-milk extrinsic sugars for men and women aged 19+ years, as reported by 24-hour recall

% energy from NMES	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 5	-	4	6	2	3	1	10	11	12	8
Less than 8	5	24	30	15	18	5	33	38	27	26
Less than 10	20	37	46	20	31	21	56	51	42	42
Less than 11	26	41	49	37	38	33	66	71	55	56
Less than 15	66	68	67	68	67	57	84	84	80	76
Less than 20	86	90	93	93	90	78	91	93	97	89
Less than 25	90	98	98	100	96	94	95	99	100	97
Less than 30	96	100	100	100	99	100	99	99	100	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	14.6	12.5	12.0	13.2	13.1	14.6	10.6	10.3	10.9	11.7
Median	13.4	11.5	11.8	13.1	12.2	13.0	9.5	9.7	10.4	10.4
Lower 2.5 percentile	7.6	2.6	3.7	5.8	4.6	7.0	2.2	3.9	2.8	2.2
Upper 2.5 percentile	30.3	22.8	23.4	21.9	26.0	28.3	27.7	22.6	20.8	26.0
Standard deviation	6.6	8.5	6.2	5.1	7.0	6.7	6.5	5.6	4.0	6.3
Minimum	7.1	2.6	3.7	3.8	2.6	1.6	0.3	1.1	0.1	0.1
Maximum	30.3	28.1	25.7	24.6	30.3	28.3	33.1	40.9	21.0	40.9

-No observations

Table 6.43

Percentage of total energy from non-milk extrinsic sugars for men and women aged 19+ years, as reported by diary

% energy from NMES	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 5	12	6	6	20	11	15	10	8	13	11
Less than 8	16	27	33	37	27	30	29	34	23	29
Less than 10	23	36	54	51	39	38	54	57	38	47
Less than 11	46	44	62	65	53	53	59	62	47	56
Less than 15	63	88	91	84	80	75	78	75	87	79
Less than 20	91	96	93	95	93	94	94	90	98	94
Less than 25	95	99	98	100	98	100	100	100	100	100
Less than 30	100	100	98	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	12.9	11.0	10.5	10.1	11.3	11.2	10.7	11.2	11.0	11.0
Median	12.1	11.6	9.2	9.3	10.9	10.6	9.1	9.3	11.3	10.4
Lower 2.5 percentile	3.3	2.3	4.8	2.5	2.5	4.8	2.0	2.7	2.5	2.5
Upper 2.5 percentile	26.6	23.1	24.8	21.2	23.9	21.1	21.9	24.2	19.1	21.9
Standard deviation	5.9	3.8	5.6	5.4	5.0	6.4	7.2	7.2	5.5	5.5
Minimum	2.0	1.2	1.4	2.5	1.2	1.6	1.6	1.2	1.1	1.1
Maximum	26.6	27.0	33.0	23.9	33.0	21.4	21.9	24.5	22.2	24.5

- No observations

## List of tables for fat

- Table 6.44 Average daily fat intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall
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Table 6.44

Average daily fat intake of (g) for boys and girls aged 4-18 years, as reported by 24-hour recall

Fat intake (g)	Age group (years)									
	Boys					Girls				
	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total boys Cum %	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total girls Cum %
Less than 20	-	-	-	-	-	-	-	-	-	-
Less than 30	-	-	-	-	-	-	-	-	21	5
Less than 40	7	-	4	-	3	31	23	-	21	17
Less than 50	12	14	49	21	26	52	37	-	38	29
Less than 60	58	37	54	26	45	79	43	38	61	52
Less than 70	81	44	57	35	56	92	62	50	73	66
Less than 80	81	65	67	42	64	92	77	82	73	80
Less than 90	97	76	75	54	76	100	100	100	88	97
Less than 100	100	88	85	56	82	100	100	100	100	100
Less than 110	100	88	89	61	85	100	100	100	100	100
Less than 120	100	88	89	70	87	100	100	100	100	100
Less than 140	100	100	89	97	96	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	62.6	73.7	72.7	90.5	74.6	50.9	59.8	68.5	55.7	59.9
Median	59.6	72.6	58.3	87.8	64.6	48.7	62.7	68.6	56.3	59.6
Lower 2.5 percentile	33.7	42.7	30.9	40.0	33.7	33.3	34.7	54.1	21.3	21.3
Upper 2.5 percentile	92.7	122.0	168.0	146.2	166.8	88.8	86.6	86.5	92.3	90.2
Standard deviation	14.9	29.6	49.0	41.1	39.2	17.9	22.1	12.7	24.9	21.0
Minimum	33.7	42.7	30.9	40.0	30.9	33.3	34.7	54.1	21.3	21.3
Maximum	92.7	122.0	168.0	146.2	168.0	88.8	86.6	86.5	92.3	92.3

- No observations

Table 6.45

Average daily fat intake (g) for boys and girls aged 4-18 years, as reported by diary

Fat intake (g)	Age group (years)									
	Boys					Girls				
	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total boys Cum %	4-6 Cum %	7-10 Cum %	11-14 Cum %	15-18 Cum %	Total girls Cum %
Less than 20	-	-	-	-	-	-	-	-	-	-
Less than 30	-	-	-	3	1	5	-	-	-	1
Less than 40	-	-	14	3	4	18	10	-	3	7
Less than 50	34	7	27	8	15	30	24	9	17	20
Less than 60	39	18	38	24	27	37	34	41	33	36
Less than 70	63	60	64	33	52	91	41	63	70	66
Less than 80	92	72	87	49	69	96	54	69	82	76
Less than 90	100	91	87	60	81	100	95	81	89	91
Less than 100	100	100	93	92	96	100	100	87	93	95
Less than 110	100	100	100	92	97	100	100	100	98	99
Less than 120	100	100	100	96	99	100	100	100	100	100
Less than 140	100	100	100	96	99	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	62.2	70.7	62.5	81.0	71.4	56.1	68.8	71.0	66.0	65.7
Median	65.4	67.8	64.2	81.6	69.7	62.1	76.3	68.3	62.2	63.6
Lower 2.5 percentile	40.0	46.8	35.8	25.4	35.8	21.7	37.3	44.4	34.5	34.8
Upper 2.5 percentile	83.3	99.7	101.4	154.6	115.0	87.8	93.7	108.3	107.6	108.3
Standard deviation	16.4	13.2	12.2	28.0	25.4	14.3	25.2	22.1	17.1	20.1
Minimum	40.0	46.8	35.8	25.4	25.4	21.7	37.3	44.4	34.5	21.7
Maximum	83.3	99.7	101.4	154.6	154.6	87.8	93.7	108.3	117.9	117.9

- No observations

Table 6.46

Average daily fat intake (g) for men and women aged 19+ years, as reported by 24-hour recall

Fat intake (g)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
Less than 20	-	-	-	-	-	-	3	-	2	1
Less than 30	-	2	3	2	2	2	11	3	3	5
Less than 40	6	4	5	4	5	11	25	10	15	15
Less than 50	11	7	10	11	9	19	38	24	33	28
Less than 60	29	13	26	32	24	41	49	50	58	49
Less than 70	31	35	31	35	33	64	67	77	71	70
Less than 80	54	44	39	56	48	75	72	80	83	77
Less than 90	60	54	62	71	61	86	88	86	91	88
Less than 100	75	56	74	85	71	88	95	95	94	93
Less than 110	84	71	80	86	80	99	96	97	94	97
Less than 120	91	73	89	91	86	100	98	99	96	98
Less than 140	100	86	97	93	94	100	100	100	99	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	81.7	93.7	83.4	80.5	85.3	66.7	61.2	64.1	62.5	63.7
Median	77.7	86.8	82.5	75.1	81.9	65.2	61.1	59.8	58.2	61.1
Lower 2.5 percentile	34.5	37.3	26.6	30.9	34.5	32.8	16.2	27.3	26.1	27.3
Upper 2.5 percentile	134.7	169.4	147.1	161.7	161.7	107.0	115.1	112.1	125.0	115.1
Standard deviation	28.4	38.3	33.6	33.6	33.1	27.8	33.6	23.4	30.2	34.7
Minimum	34.5	25.9	26.6	29.0	25.9	29.3	16.2	26.9	16.1	16.1
Maximum	140.0	176.2	149.4	185.3	185.3	111.5	123.3	125.5	215.2	215.2

- No observations

Table 6.47

Average daily fat intake (g) for men and women aged 19+ years, as reported by diary

Fat intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 20	-	-	-	-	-	1	1	-	-	0
Less than 30	-	-	-	2	0	5	3	2	4	3
Less than 40	2	1	-	11	3	21	10	14	17	15
Less than 50	12	12	7	18	12	30	31	28	27	29
Less than 60	16	28	12	32	21	43	44	45	44	44
Less than 70	30	38	19	51	34	60	59	79	69	66
Less than 80	47	43	38	70	48	68	73	90	82	78
Less than 90	77	58	56	81	68	81	84	95	92	88
Less than 100	84	77	68	93	80	91	97	97	94	95
Less than 110	87	85	83	95	87	94	98	97	100	97
Less than 120	92	89	89	97	92	96	99	97	100	98
Less than 140	100	100	95	97	98	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	79.8	81.6	89.4	71.1	80.8	65.2	65.0	60.8	61.5	63.3
Median	81.7	86.1	87.7	68.2	81.7	63.4	62.3	63.3	62.2	62.3
Lower 2.5 percentile	43.8	41.1	44.1	35.0	39.7	23.4	28.9	30.3	29.9	29.7
Upper 2.5 percentile	122.4	128.8	151.7	163.3	135.3	123.6	100.5	125.3	104.9	113.6
Standard deviation	21.1	23.3	23.7	21.8	21.8	35.4	26.2	15.6	25.1	31.3
Minimum	33.4	35.6	43.4	27.1	27.1	15.9	18.8	22.6	29.7	15.9
Maximum	135.3	135.6	155.8	166.4	166.4	123.6	128.9	128.8	109.2	128.9

- No observations

Table 6.48

Percentage of total energy from fat for boys and girls aged 4-18 years, as reported by 24-hour recall

% energy from fat	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 25	-	14	-	-	2	-	-	-	35	8
Less than 27	7	14	3	-	5	-	26	12	35	18
Less than 30	16	14	37	5	19	20	33	12	41	26
Less than 33	36	27	60	41	43	44	54	32	60	47
Less than 35	52	53	71	41	55	50	70	43	80	60
Less than 38	84	60	86	65	76	89	87	65	80	79
Less than 40	90	60	96	89	87	100	92	82	90	90
Less than 45	100	100	100	92	98	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	34.2	36.1	32.6	35.7	34.4	33.8	32.1	35.4	30.2	33.1
Median	33.8	34.9	30.2	35.5	33.8	35.7	32.1	35.7	31.8	33.5
Lower 2.5 percentile	25.7	21.9	26.0	28.2	25.7	27.3	25.4	26.7	18.0	19.9
Upper 2.5 percentile	42.0	44.5	43.3	48.4	44.5	39.9	42.7	42.5	43.1	42.7
Standard deviation	4.3	8.4	5.2	5.9	6.9	4.8	6.0	5.8	8.3	7.7
Minimum	25.7	21.9	26.0	28.2	21.9	27.3	25.4	26.7	18.0	18.0
Maximum	42.0	44.5	43.3	48.4	48.4	39.9	42.7	42.5	43.1	43.1

- No observations

Table 6.49

Percentage of total energy from fat for boys and girls aged 4-18 years, as reported by diary

% energy from fat	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 25	-	-	-	2	1	-	-	-	-	-
Less than 27	-	-	14	13	7	4	-	-	-	1
Less than 30	-	3	25	15	11	23	15	-	11	12
Less than 33	21	20	50	56	39	32	37	23	36	33
Less than 35	36	49	55	62	53	47	37	29	36	37
Less than 38	73	73	72	74	73	69	40	35	72	56
Less than 40	100	83	89	89	89	72	88	66	78	77
Less than 45	100	100	100	100	100	100	100	95	98	98
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	35.6	35.7	33.5	33.8	34.6	35.0	36.5	37.4	35.8	36.2
Median	35.1	35.5	34.1	32.7	34.6	35.8	39.1	38.4	36.2	37.5
Lower 2.5 percentile	31.4	27.4	26.4	25.3	25.3	25.9	27.8	30.1	29.2	27.1
Upper 2.5 percentile	38.6	41.4	40.3	44.3	41.4	41.5	44.2	46.2	43.2	44.2
Standard deviation	2.6	3.9	4.5	5.9	5.8	6.1	4.9	3.9	5.4	5.3
Minimum	31.4	27.4	26.4	19.6	19.6	25.9	27.8	30.1	29.2	25.9
Maximum	38.6	41.4	40.3	44.3	44.3	41.5	44.2	46.2	45.0	46.2

- No observations

Table 6.50

Percentage of total energy from fat for men and women aged 19+ years, as reported by 24-hour recall

% energy from fat	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 25	7	4	8	6	6	5	17	4	8	9
Less than 27	7	11	19	11	12	16	19	7	14	14
Less than 30	26	24	24	23	25	27	38	23	22	28
Less than 33	52	44	38	39	44	38	51	44	39	44
Less than 35	69	53	46	52	56	53	62	61	60	59
Less than 38	81	72	74	74	76	68	76	69	68	70
Less than 40	85	76	83	78	81	83	87	81	75	82
Less than 45	95	98	100	96	97	94	97	92	90	93
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	33.4	34.5	34.0	34.3	34.0	34.2	32.9	34.8	34.9	34.1
Median	32.8	34.4	35.5	34.2	34.2	33.6	32.9	33.7	33.9	33.5
Lower 2.5 percentile	17.8	23.2	21.1	22.9	21.1	24.6	14.9	20.7	22.2	20.7
Upper 2.5 percentile	45.4	43.9	42.4	45.4	45.1	45.9	50.1	49.1	48.4	47.1
Standard deviation	6.6	6.7	8.6	6.6	7.6	7.8	11.1	6.8	7.9	10.5
Minimum	17.8	23.0	18.1	20.0	17.8	14.0	14.9	20.1	16.5	14.0
Maximum	45.7	45.1	42.4	49.4	49.4	54.7	87.6	53.1	62.6	87.6

- No observations

Table 6.51

Percentage of total energy from fat for men and women aged 19+ years, as reported by diary

% energy from fat	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 25	7	5	4	8	6	4	5	6	6	5
Less than 27	11	10	9	12	10	8	7	14	10	10
Less than 30	32	21	16	31	25	30	14	34	21	24
Less than 33	40	30	40	51	40	39	31	60	38	41
Less than 35	47	42	50	63	50	51	46	64	47	51
Less than 38	91	66	74	74	77	71	71	83	78	75
Less than 40	92	83	86	82	86	75	81	89	88	83
Less than 45	100	96	93	98	97	94	100	99	96	97
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	33.3	35.1	34.8	33.5	34.2	34.8	35.3	32.6	34.2	34.3
Median	35.3	35.9	34.8	32.6	35.3	34.4	36.0	31.9	35.6	34.5
Lower 2.5 percentile	24.1	22.4	22.6	19.2	22.4	24.9	23.6	21.1	17.5	21.8
Upper 2.5 percentile	41.4	45.7	48.6	43.0	45.7	48.6	43.9	42.3	45.5	45.5
Standard deviation	5.2	5.8	6.0	6.4	5.5	9.1	6.3	5.0	7.7	8.4
Minimum	21.0	22.2	22.3	18.8	18.8	23.2	21.8	20.8	17.5	17.5
Maximum	44.1	50.8	52.8	52.5	52.8	49.5	44.8	46.7	46.0	49.5

- No observations



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Table 6.52

Average daily protein intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall

Protein intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 19.7	-	-	-	-	-	-	-	-	-	-
Less than 28.3	-	-	-	-	-	12	-	-	-	2
Less than 41.2	5	30	-	3	7	40	-	3	21	14
Less than 42.1	5	30	-	3	7	40	-	10	21	16
Less than 45.4	5	30	4	3	8	52	13	10	26	23
Less than 55.2	36	30	38	3	27	91	52	26	76	57
Less than 60	55	30	39	6	34	100	58	36	80	64
Less than 75	97	58	65	35	65	100	89	70	87	85
Less than 85	100	76	68	46	73	100	100	88	100	96
Less than 95	100	76	82	59	80	100	100	100	100	100
Less than 105	100	100	87	79	91	100	100	100	100	100
Less than 125	100	100	94	96	97	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	57.8	68.5	71.5	87.6	71.3	42.3	57.0	65.1	52.0	55.6
Median	59.6	69.1	61.0	87.6	67.3	43.7	54.1	63.9	50.2	54.2
Lower 2.5 percentile	38.8	38.9	42.7	38.7	38.9	26.0	42.2	36.8	30.6	30.6
Upper 2.5 percentile	75.5	97.3	151.2	130.7	130.7	58.5	76.4	86.8	84.2	86.8
Standard deviation	8.8	26.8	38.9	23.1	29.6	10.3	13.0	16.7	15.9	16.9
Minimum	38.8	38.9	42.7	38.7	38.7	26.0	42.2	36.8	30.6	26.0
Maximum	75.5	97.3	151.2	130.7	151.2	58.5	76.4	86.8	84.2	86.8

- No observations

Table 6.53

Average daily protein intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by 24-hour recall

Sex and age (years) of young person		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Boys</b>					
4-6		294	303	44.5	14
7-10		242	244	94.7	9
11-14		170	145	92.5	16
15-18		159	159	41.8	23
All		213	214	110.5	62
<b>Girls</b>					
4-6		215	222	52.1	12
7-10		201	191	45.9	14
11-14		158	155	40.6	14
15-18		115	111	35.0	13
All		170	164	47.7	53

\* Protein intake as a percentage of RNI was calculated for each young person using the RNI appropriate for age and sex. The values were then pooled to give the mean, median and sd for each age and sex group.

Table 6.54

Average daily protein intake (g) for boys and girls aged 4-18 years, as reported by diary

Protein intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 19.7	-	-	-	-	-	-	-	-	-	-
Less than 28.3	-	-	-	-	-	5	-	-	-	1
Less than 41.2	12	-	13	3	5	5	10	-	13	8
Less than 42.1	12	-	18	3	7	15	10	-	13	10
Less than 45.4	18	5	18	6	10	15	10	16	13	13
Less than 55.2	32	36	43	6	26	69	64	21	33	45
Less than 60	32	41	43	11	29	79	86	28	52	60
Less than 75	85	86	73	30	64	100	98	94	89	94
Less than 85	90	88	93	67	82	100	100	94	91	96
Less than 95	100	93	93	76	88	100	100	100	95	98
Less than 105	100	100	100	76	92	100	100	100	100	100
Less than 125	100	100	100	97	99	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	60.5	63.9	63.8	82.0	69.8	51.8	53.1	61.9	61.0	57.4
Median	62.8	63.1	63.8	78.5	68.7	50.5	51.7	62.2	59.3	58.2
Lower 2.5 percentile	38.3	44.9	38.8	28.8	38.3	27.4	32.4	44.5	30.3	32.4
Upper 2.5 percentile	90.2	104.0	98.8	130.0	113.4	64.7	67.6	86.0	100.2	86.3
Standard deviation	15.2	16.4	15.2	27.7	26.3	8.9	8.8	9.7	17.7	13.7
Minimum	38.3	44.9	38.8	28.8	28.8	27.4	32.4	44.5	30.3	27.4
Maximum	90.2	104.0	98.8	130.0	130.0	64.7	82.8	86.0	100.2	100.2

- No observations

Table 6.55

Average daily protein intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by diary

Sex and age (years) of young person		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Boys</b>					
4-6		307	319	76.9	14
7-10		226	223	57.9	26
11-14		152	151	36.0	13
15-18		149	142	50.1	22
All		195	187	75.7	75
<b>Girls</b>					
4-6		263	256	45.4	16
7-10		188	183	31.0	14
11-14		150	151	23.6	11
15-18		134	131	39.1	20
All		177	164	65.1	61

\* Protein intake as a percentage of RNI was calculated for each young person using the RNI appropriate for age and sex. The values were then pooled to give the mean, median and sd for each age and sex group.

Table 6.56

Average daily protein intake (g) for men and women aged 19+ years, as reported by 24-hour recall

Protein intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 28.3	-	-	-	3	1	-	-	-	2	0
Less than 41.2	-	2	-	3	1	3	4	4	6	4
Less than 42.1	-	2	-	3	1	4	4	5	6	5
Less than 45.0	3	2	-	3	2	4	6	7	8	6
Less than 45.4	3	2	-	3	2	4	6	7	8	6
Less than 46.5	5	2	2	5	3	4	7	7	8	7
Less than 53.2	15	3	8	10	9	27	9	9	22	17
Less than 55.3	15	7	8	16	11	31	11	14	27	21
Less than 55.5	15	9	8	16	12	31	11	14	27	21
Less than 60	15	18	10	18	15	37	38	24	32	33
Less than 75	32	33	30	59	36	67	78	69	72	71
Less than 85	54	44	49	66	52	80	92	88	86	86
Less than 95	77	53	61	85	68	97	97	97	94	97
Less than 105	90	63	71	95	79	97	98	99	98	98
Less than 125	100	90	97	95	96	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	36	52	44	38	170	44	63	60	52	219
Mean (average value)	80.8	91.3	87.1	75.9	84.5	68.2	65.8	68.7	66.6	67.3
Median	81.4	89.2	86.3	70.9	84.2	69.3	62.4	67.7	65.9	65.9
Lower 2.5 percentile	44.5	49.0	46.9	27.1	45.5	35.6	34.3	39.7	35.7	38.7
Upper 2.5 percentile	121.0	140.2	126.9	146.4	132.0	114.5	104.2	99.6	101.1	100.5
Standard deviation	20.9	29.2	25.6	21.5	21.1	21.9	13.4	13.2	18.1	18.0
Minimum	44.5	40.7	46.0	25.9	25.9	35.6	32.5	35.9	27.5	27.5
Maximum	121.0	151.5	154.0	146.4	154.0	114.5	111.7	121.4	110.1	121.4

- No observations

Table 6.57

Average daily protein intake as a percentage of RNI for men and women aged 19+ years, as reported by 24-hour recall

Sex and age (years) of adult	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Men</b>				
19-34	146	147	37.7	36
35-49	164	161	52.6	52
50-64	163	162	47.9	44
65+	142	133	40.4	38
All	155	154	39.4	170
<b>Women</b>				
19-34	152	154	48.6	44
35-49	146	139	29.7	63
50-64	148	146	28.4	60
65+	143	142	38.9	52
All	147	142	39.7	219

\* Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

Table 6.58

Average daily protein intake (g) for men and women aged 19+ years, as reported by diary

Protein intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 28.3	-	-	-	-	-	1	-	-	1	0
Less than 41.2	-	1	-	-	0	10	8	2	1	5
Less than 42.1	-	1	-	-	0	11	9	2	5	7
Less than 45.0	-	1	-	-	0	11	17	2	6	10
Less than 45.4	-	1	-	-	0	11	19	2	6	10
Less than 46.5	-	1	-	1	0	11	19	2	6	10
Less than 53.2	2	4	1	1	2	26	29	10	13	20
Less than 55.3	5	10	4	6	6	31	30	12	20	24
Less than 55.5	5	10	4	6	6	33	30	12	20	24
Less than 60	5	10	5	9	7	56	41	17	29	37
Less than 75	23	36	16	60	32	72	64	67	63	66
Less than 85	39	60	45	75	53	78	82	91	92	85
Less than 95	75	74	69	93	77	88	95	96	96	94
Less than 105	81	82	81	93	83	95	99	99	100	98
Less than 125	100	93	92	99	96	100	99	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	88.2	86.1	91.2	76.1	86.0	65.9	66.1	69.1	67.8	67.1
Median	91.2	82.8	87.6	70.4	83.5	58.6	67.7	67.3	66.9	65.9
Lower 2.5 percentile	53.2	52.1	53.6	55.2	53.2	28.4	36.2	48.9	41.3	35.3
Upper 2.5 percentile	123.8	146.1	135.8	119.1	144.8	112.1	100.7	99.5	96.5	103.2
Standard deviation	16.2	26.7	21.3	15.3	19.6	26.9	22.7	11.7	14.8	22.4
Minimum	50.7	36.9	53.0	46.3	36.9	18.6	30.8	38.0	28.3	18.6
Maximum	123.9	188.2	181.7	128.7	188.2	112.1	133.7	106.5	99.6	133.7

- No observations

Table 6.59

Average daily protein intake as a percentage of RNI for men and women aged 19+ years, as reported by diary

Sex and age (years) of adult	Average daily intake as % of RNI*			Base
	Mean	Median	sd	
<b>Men</b>				
19-34	159	164	29.2	39
35-49	155	149	48.1	51
50-64	171	164	40.0	53
65+	143	132	28.8	37
All	158	153	35.5	180
<b>Women</b>				
19-34	146	130	59.7	51
35-49	147	150	50.5	81
50-64	149	145	25.3	60
65+	146	144	31.9	55
All	147	144	49.0	247

\* Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

Table 6.60

Percentage of total energy from protein for boys and girls aged 4-18 years, as reported by 24-hour recall

% energy from protein	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 12	9	7	12	6	9	29	20	3	27	18
Less than 14	52	30	48	35	43	72	46	46	73	57
Less than 16	77	100	64	59	72	88	88	70	87	82
Less than 18	100	100	90	75	91	100	95	100	100	99
Less than 20	100	100	100	79	95	100	100	100	100	100
Less than 22	100	100	100	94	99	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	14.3	14.5	14.9	16.3	15.0	12.8	14.1	14.8	13.0	13.8
Median	14.0	15.3	15.1	15.4	15.1	12.8	15.0	14.0	12.6	13.8
Lower 2.5 percentile	10.4	9.2	10.3	10.0	10.3	9.1	9.5	10.6	9.4	9.1
Upper 2.5 percentile	17.2	15.9	18.3	31.0	20.2	17.4	18.9	17.7	17.9	17.9
Standard deviation	2.3	1.4	2.1	5.4	3.1	2.9	2.4	2.3	2.2	2.3
Minimum	10.4	9.2	10.3	10.0	9.2	9.1	9.5	10.6	9.4	9.1
Maximum	17.2	15.9	18.3	31.0	31.0	17.4	18.9	17.7	17.9	18.9

Table 6.61

Percentage of total energy from protein for boys and girls aged 4-18 years, as reported by diary

% energy from protein	Age group (years)									
	Male					Female				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 12	6	15	11	5	10	-	47	13	11	18
Less than 14	29	32	28	27	29	25	63	45	34	42
Less than 16	65	82	53	74	71	89	94	52	65	74
Less than 18	90	100	95	86	93	93	100	84	100	95
Less than 20	95	100	100	91	96	100	100	88	100	97
Less than 22	100	100	100	94	98	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	15.5	14.3	15.4	15.4	15.1	14.6	12.9	15.0	14.7	14.3
Median	15.8	14.7	15.6	15.9	15.1	14.7	12.3	14.6	14.5	14.3
Lower 2.5 percentile	11.7	9.4	10.0	10.3	10.0	12.7	10.7	11.7	10.3	10.3
Upper 2.5 percentile	21.6	17.3	19.8	23.3	21.6	19.2	16.9	20.1	17.9	20.1
Standard deviation	2.2	1.6	2.6	2.6	2.4	1.0	3.4	2.5	2.7	3.2
Minimum	11.7	9.4	10.0	10.3	9.4	12.7	10.7	11.7	10.3	10.3
Maximum	21.6	17.3	19.8	23.3	23.3	19.2	16.9	20.1	17.9	20.1

- No observations

Table 6.62

Percentage of total energy from protein for men and women aged 19+ years, as reported by 24-hour recall

% energy from protein	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 12	12	11	-	14	9	6	8	1	3	5
Less than 14	35	25	22	40	30	27	32	17	15	23
Less than 16	65	64	61	71	65	58	49	37	32	45
Less than 18	84	78	84	82	82	77	65	71	69	71
Less than 20	97	85	92	93	92	94	75	86	77	83
Less than 22	97	95	97	98	96	96	86	96	87	92
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	15.1	15.6	16.1	14.9	15.5	15.8	16.8	17.0	17.4	16.7
Median	14.9	15.0	15.7	14.5	15.1	15.6	16.1	17.5	16.9	16.3
Lower 2.5 percentile	10.6	9.3	13.0	8.8	10.4	7.7	11.5	12.7	11.9	11.3
Upper 2.5 percentile	24.8	22.5	23.2	21.4	22.5	26.9	24.6	22.9	26.5	24.6
Standard deviation	3.4	3.9	2.5	2.7	3.3	4.4	6.3	2.2	2.8	5.4
Minimum	10.4	9.3	12.2	7.8	7.8	7.7	11.3	11.7	9.8	7.7
Maximum	24.8	22.7	23.2	25.1	25.1	26.9	24.6	23.8	27.4	27.4

- No observations

Table 6.63

Percentage of total energy from protein for men and women aged 19+ years, as reported by diary

% energy from protein	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 12	-	2	3	-	1	9	7	8	-	6
Less than 14	26	21	30	22	25	28	23	19	5	19
Less than 16	47	54	43	48	48	42	54	35	40	44
Less than 18	75	69	78	76	74	74	70	55	66	67
Less than 20	87	83	92	88	87	94	87	80	88	87
Less than 22	91	87	96	98	92	96	93	92	95	94
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	16.8	16.9	16.0	16.5	16.6	16.1	16.3	17.1	17.2	16.6
Median	17.1	15.8	16.2	16.6	16.0	16.3	16.0	17.4	17.1	16.4
Lower 2.5 percentile	12.5	12.2	11.7	12.6	12.2	10.6	10.3	11.5	14.0	10.6
Upper 2.5 percentile	27.2	28.9	23.0	21.2	25.1	23.0	24.7	23.7	25.0	23.7
Standard deviation	4.0	4.0	2.4	2.2	3.8	3.9	4.3	3.4	3.3	3.8
Minimum	12.2	10.6	8.4	12.6	8.4	10.5	10.3	11.0	12.5	10.3
Maximum	27.2	31.0	23.0	23.8	31.0	24.4	24.7	24.3	28.8	28.8

- No observations





## List of tables for non-starch polysaccharides

Table 6.64	Average daily non-starch polysaccharides intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall
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Table 6.64										
Average daily non-starch polysaccharides intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall										
NSP intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 6.0	-	30	-	-	5	-	-	-	-	-
Less than 8.0	6	30	-	6	8	32	37	11	16	23
Less than 9.0	29	35	-	14	17	52	37	26	21	33
Less than 10.0	38	44	3	18	23	52	44	35	42	42
Less than 12.0	63	44	32	54	48	74	70	52	69	65
Less than 14.0	100	58	69	76	77	100	94	81	93	91
Less than 15.0	100	75	72	82	83	100	97	81	93	91
Less than 16.0	100	75	72	88	84	100	97	92	93	95
Less than 18.0	100	88	77	94	89	100	97	100	100	99
Less than 20.0	100	88	96	97	96	100	100	100	100	100
Less than 22.0	100	100	100	100	100	100	100	100	100	100
Less than 24.0	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>14</b>	<b>9</b>	<b>16</b>	<b>23</b>	<b>62</b>	<b>12</b>	<b>14</b>	<b>14</b>	<b>13</b>	<b>53</b>
Mean (average value)	10.8	11.9	13.6	12.4	12.2	9.8	10.4	11.6	10.8	10.7
Median	11.2	13.0	12.1	11.9	12.1	8.4	11.5	10.3	11.7	11.4
Lower 2.5 percentile	7.0	5.5	9.6	7.6	5.8	6.1	6.5	6.0	6.3	6.0
Upper 2.5 percentile	13.9	20.0	21.3	20.4	20.0	13.5	19.4	17.5	16.0	17.5
Standard deviation	2.3	5.6	3.6	3.1	3.4	3.1	2.9	3.9	2.8	3.5
Minimum	7.0	5.5	9.6	7.6	5.5	6.1	6.5	6.0	6.3	6.0
Maximum	13.9	20.0	21.3	20.4	21.3	13.5	19.4	17.5	16.0	19.4

- No observations

Table 6.65

Average daily non-starch polysaccharides intake (g) for boys and girls aged 4-18 years, as reported by diary

NSP intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 6.0	-	-	14	3	4	5	-	-	3	2
Less than 8.0	12	5	19	19	14	5	7	27	10	12
Less than 9.0	17	10	21	30	20	25	22	27	32	27
Less than 10.0	37	21	28	36	30	57	25	27	32	34
Less than 12.0	56	44	63	68	58	83	96	68	73	80
Less than 14.0	91	69	92	68	76	94	100	87	88	92
Less than 15.0	95	86	92	81	87	100	100	87	88	93
Less than 16.0	95	92	92	88	91	100	100	100	88	96
Less than 18.0	100	94	100	95	96	100	100	100	100	100
Less than 20.0	100	100	100	100	100	100	100	100	100	100
Less than 22.0	100	100	100	100	100	100	100	100	100	100
Less than 24.0	100	100	100	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	11.3	12.4	11.0	11.7	11.7	10.2	10.1	11.0	10.9	10.6
Median	11.1	12.3	11.1	11.5	11.6	9.7	10.0	10.4	10.5	10.4
Lower 2.5 percentile	6.8	6.7	5.5	2.6	5.5	4.7	7.2	7.4	5.8	7.1
Upper 2.5 percentile	16.0	18.2	17.6	19.5	18.8	14.5	13.8	15.2	17.4	16.3
Standard deviation	2.8	2.8	3.5	4.4	4.1	2.1	0.9	2.7	3.5	2.4
Minimum	6.8	6.7	5.5	2.6	2.6	4.7	7.2	7.4	5.8	4.7
Maximum	16.0	18.9	17.6	19.7	19.7	14.5	13.8	15.2	17.4	17.4

- No observations

Table 6.66

Average daily non-starch polysaccharides intake (g) for men and women aged 19+ years, as reported by 24-hour recall

NSP intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 6.0	4	-	2	6	3	0	1	6	2	2
Less than 8.0	13	2	8	6	7	24	13	9	15	15
Less than 10.0	22	8	24	20	18	45	26	22	35	32
Less than 12.0	31	25	41	44	34	68	36	33	58	48
Less than 14.0	45	40	53	59	48	74	63	48	66	63
Less than 16.0	62	54	72	73	64	90	80	65	68	77
Less than 18.0	85	69	86	85	81	92	91	75	83	86
Less than 20.0	88	79	87	87	85	95	93	87	93	92
Less than 22.0	100	86	96	91	94	97	96	89	97	95
Less than 24.0	100	94	96	95	97	100	100	91	97	97
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	14.0	15.9	13.7	14.1	14.5	11.3	13.1	15.2	12.8	13.1
Median	14.9	15.8	13.6	12.6	14.2	10.5	13.6	14.1	11.6	12.1
Lower 2.5 percentile	5.7	8.5	7.3	5.0	5.7	6.2	6.1	4.5	6.1	6.1
Upper 2.5 percentile	21.5	25.8	24.3	37.9	24.3	22.4	22.2	32.0	25.4	25.4
Standard deviation	7.2	5.1	5.5	5.8	6.7	3.9	4.5	9.5	6.2	7.1
Minimum	5.7	6.6	4.9	2.8	2.8	5.5	3.9	4.3	4.3	3.9
Maximum	21.5	30.3	26.7	37.9	37.9	22.4	23.1	34.4	25.4	34.4

- No observations

Table 6.67

Average daily non-starch polysaccharides intake (g) for men and women aged 19+ years, as reported by diary

NSP intake (g)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
Less than 6.0	-	2	2	-	1	6	3	-	5	3
Less than 8.0	2	7	13	3	6	24	31	5	14	19
Less than 10.0	13	16	16	10	14	39	45	15	23	32
Less than 12.0	57	27	22	29	36	57	59	33	35	47
Less than 14.0	68	47	38	52	52	76	70	64	51	66
Less than 16.0	74	75	51	62	66	80	79	71	66	75
Less than 18.0	79	84	63	69	75	85	88	86	79	85
Less than 20.0	94	92	79	87	89	88	93	93	87	90
Less than 22.0	94	98	89	89	93	92	95	95	91	93
Less than 24.0	98	100	91	94	96	100	95	100	95	97
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	13.3	14.0	15.8	15.6	14.5	12.2	12.0	13.8	14.3	13.0
Median	11.5	14.4	15.9	13.5	13.3	11.5	10.9	13.3	13.4	12.3
Lower 2.5 percentile	8.1	7.0	6.1	7.3	6.1	4.9	5.8	7.4	5.2	5.6
Upper 2.5 percentile	23.4	22.0	27.1	38.8	27.1	23.8	25.4	23.2	29.0	24.0
Standard deviation	5.3	3.7	7.4	6.6	5.8	6.5	6.2	3.5	4.8	5.9
Minimum	6.4	5.5	5.2	7.3	5.2	2.7	4.2	7.2	4.2	2.7
Maximum	24.8	22.1	30.7	38.8	38.8	23.8	30.2	23.4	30.6	30.6

- No observations

## List of tables for alcohol

Table 6.68	Average daily alcohol intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall
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Table 6.68

Average daily alcohol intake (g) for boys and girls aged 4-18 years, as reported by 24-hour recall

Alcohol intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	100	77	98	73	89	100	100	100	84	96
<b>Less than 1.0</b>	100	100	98	73	93	100	100	100	84	96
<b>Less than 2.0</b>	100	100	98	73	93	100	100	100	84	96
<b>Less than 5.0</b>	100	100	98	73	93	100	100	100	91	98
<b>Less than 10.0</b>	100	100	100	81	95	100	100	100	100	100
<b>Less than 15.0</b>	100	100	100	81	95	100	100	100	100	100
<b>Less than 20.0</b>	100	100	100	86	96	100	100	100	100	100
<b>Less than 30.0</b>	100	100	100	95	99	100	100	100	100	100
<b>Less than 40.0</b>	100	100	100	95	99	100	100	100	100	100
<b>Less than 50.0</b>	100	100	100	95	99	100	100	100	100	100
<b>Less than 60.0</b>	100	100	100	95	99	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
<b>Mean (average value)</b>	0.0	0.2	0.1	7.0	1.8	0.0	0.0	0.0	0.9	0.2
<b>Median</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	0.0	0.9	0.0	69.3	22.4	0.0	0.0	0.0	7.7	2.8
<b>Standard deviation</b>	0.0	0.5	0.4	19.9	8.2	0.0	0.0	0.0	2.6	1.2
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	0.0	0.9	5.3	69.3	69.3	0.0	0.0	0.0	7.7	7.7

- No observations

Table 6.69

Average daily alcohol intake (g) for boys and girls aged 4-18 years, as reported by diary

Alcohol intake (g)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	100	100	89	81	91	100	100	100	85	95
<b>Less than 1.0</b>	100	100	89	81	91	100	100	100	85	95
<b>Less than 2.0</b>	100	100	89	85	92	100	100	100	85	95
<b>Less than 5.0</b>	100	100	100	85	95	100	100	100	92	97
<b>Less than 10.0</b>	100	100	100	87	95	100	100	100	96	99
<b>Less than 15.0</b>	100	100	100	87	95	100	100	100	100	100
<b>Less than 20.0</b>	100	100	100	87	95	100	100	100	100	100
<b>Less than 30.0</b>	100	100	100	92	97	100	100	100	100	100
<b>Less than 40.0</b>	100	100	100	98	99	100	100	100	100	100
<b>Less than 50.0</b>	100	100	100	98	99	100	100	100	100	100
<b>Less than 60.0</b>	100	100	100	98	99	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
<b>Mean (average value)</b>	0.0	0.0	0.3	6.0	2.2	0.0	0.0	0.0	1.1	0.4
<b>Median</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	0.0	0.0	2.8	36.3	36.3	0.0	0.0	0.0	11.1	7.7
<b>Standard deviation</b>	0.0	0.0	1.0	15.9	11.3	0.0	0.0	0.0	2.7	1.7
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	0.0	0.0	2.8	121.6	121.6	0.0	0.0	0.0	11.1	11.1

- No observations

Table 6.70

Average daily alcohol intake (g) for men and women aged 19+ years, as reported by 24-hour recall

Alcohol intake (g)	Age group (years)									
	Men					Women				
	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total men Cum %	19-34 Cum %	35-49 Cum %	50-64 Cum %	65+ Cum %	Total women Cum %
<b>Zero</b>	34	21	18	33	26	47	24	40	49	39
<b>Less than 1.0</b>	34	21	18	35	27	47	24	40	55	40
<b>Less than 2.0</b>	36	21	18	35	27	47	24	43	56	41
<b>Less than 5.0</b>	44	26	24	47	34	47	28	45	61	44
<b>Less than 10.0</b>	61	37	32	53	46	59	47	62	73	59
<b>Less than 15.0</b>	63	47	37	53	50	82	55	74	76	71
<b>Less than 20.0</b>	67	56	43	59	56	83	67	81	88	79
<b>Less than 30.0</b>	77	73	56	72	70	87	84	89	94	88
<b>Less than 40.0</b>	90	84	67	89	82	95	90	98	99	95
<b>Less than 50.0</b>	92	90	78	89	88	96	95	99	99	97
<b>Less than 60.0</b>	95	92	87	89	91	98	96	99	99	98
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	36	52	44	38	170	44	63	60	52	219
<b>Mean (average value)</b>	15.5	22.5	32.5	18.6	22.2	10.9	16.4	10.1	7.2	11.5
<b>Median</b>	5.5	17.4	22.9	7.9	12.9	6.4	12.9	6.6	0.0	7.3
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	70.3	98.5	134.9	74.6	92.4	53.6	60.1	34.9	30.9	53.6
<b>Standard deviation</b>	20.2	28.1	51.9	24.2	38.5	18.5	17.2	16.4	12.3	15.6
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	70.3	110.7	134.9	83.4	134.9	79.1	109.0	62.3	60.8	109.0

- No observations



Table 6.71

Average daily alcohol intake (g) for men and women aged 19+ years, as reported by diary

Alcohol intake (g)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	31	36	23	28	30	39	47	32	51	42
<b>Less than 1.0</b>	31	36	23	28	30	42	48	32	54	44
<b>Less than 2.0</b>	31	36	25	30	31	44	48	33	56	46
<b>Less than 5.0</b>	36	39	32	36	36	49	52	38	67	51
<b>Less than 10.0</b>	42	48	42	51	45	57	58	51	72	59
<b>Less than 15.0</b>	51	58	46	60	53	60	63	53	82	64
<b>Less than 20.0</b>	51	61	52	71	58	72	70	73	91	76
<b>Less than 30.0</b>	76	73	61	85	74	79	83	83	92	84
<b>Less than 40.0</b>	83	86	71	90	83	96	90	91	100	94
<b>Less than 50.0</b>	90	91	81	90	88	99	97	96	100	98
<b>Less than 60.0</b>	95	97	88	90	93	100	99	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	39	51	53	37	180	51	81	60	55	247
<b>Mean (average value)</b>	19.4	18.9	26.4	16.7	20.3	12.4	13.0	14.6	6.3	11.7
<b>Median</b>	14.4	10.9	19.5	6.4	11.7	5.8	3.1	8.6	0.0	4.0
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	62.5	66.0	83.2	74.8	74.8	43.8	55.7	50.4	33.0	49.7
<b>Standard deviation</b>	19.9	25.1	34.5	27.3	26.7	20.7	20.7	19.0	13.7	18.2
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	80.3	107.2	190.9	79.0	190.9	51.4	60.8	59.1	33.0	60.8

- No observations

Table 6.72

Percentage of total energy from alcohol for boys and girls aged 4-18 years, as reported by 24-hour recall

% energy from alcohol	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	100	77	98	73	89	100	100	100	84	96
<b>Less than 1</b>	100	100	98	73	93	100	100	100	91	98
<b>Less than 2</b>	100	100	100	78	95	100	100	100	91	98
<b>Less than 5</b>	100	100	100	93	98	100	100	100	100	100
<b>Less than 10</b>	100	100	100	95	99	100	100	100	100	100
<b>Less than 15</b>	100	100	100	95	99	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
<b>Mean (average value)</b>	0.0	0.1	0.0	1.8	0.5	0.0	0.0	0.0	0.4	0.1
<b>Median</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	0.0	0.5	0.0	17.3	4.9	0.0	0.0	0.0	3.6	0.8
<b>Standard deviation</b>	0.0	0.3	0.1	5.0	2.0	0.0	0.0	0.0	1.2	0.5
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	0.0	0.5	1.9	17.3	17.3	0.0	0.0	0.0	3.6	3.6

Table 6.73

Percentage of total energy from alcohol for boys and girls aged 4-18 years, as reported by diary

% energy from alcohol	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	100	100	89	81	91	100	100	100	85	95
<b>Less than 1</b>	100	100	89	85	92	100	100	100	85	95
<b>Less than 2</b>	100	100	100	85	95	100	100	100	92	97
<b>Less than 5</b>	100	100	100	87	95	100	100	100	100	100
<b>Less than 10</b>	100	100	100	92	97	100	100	100	100	100
<b>Less than 15</b>	100	100	100	98	99	100	100	100	100	100
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
<b>Mean (average value)</b>	0.0	0.0	0.1	1.8	0.7	0.0	0.0	0.0	0.4	0.1
<b>Median</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	0.0	0.0	1.2	12.0	12.0	0.0	0.0	0.0	4.7	2.5
<b>Standard deviation</b>	0.0	0.0	0.4	4.5	3.2	0.0	0.0	0.0	1.1	0.7
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	0.0	0.0	1.2	27.4	27.4	0.0	0.0	0.0	4.7	4.7

Table 6.74

Percentage of total energy from alcohol for men and women aged 19+ years, as reported by 24-hour recall

% energy from alcohol	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	34	21	18	33	26	47	24	40	49	39
<b>Less than 1</b>	42	26	22	39	32	47	25	43	57	42
<b>Less than 2</b>	53	29	27	47	39	47	28	45	59	44
<b>Less than 5</b>	65	54	39	53	54	68	55	68	71	65
<b>Less than 10</b>	81	72	62	70	72	87	75	84	88	83
<b>Less than 15</b>	95	88	77	88	88	90	93	99	94	94
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
<b>Mean (average value)</b>	4.9	6.3	9.7	6.0	6.7	4.2	6.7	4.3	3.3	4.7
<b>Median</b>	1.6	4.9	8.8	2.9	4.5	2.4	4.8	2.8	0.0	2.8
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	28.2	21.0	34.5	20.0	28.2	19.6	24.8	14.5	16.7	19.6
<b>Standard deviation</b>	6.8	7.3	15.0	7.4	11.4	7.0	6.8	7.0	6.1	6.4
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	28.2	23.3	34.5	23.6	34.5	29.5	28.0	23.8	16.7	29.5

Table 6.75

Percentage of total energy from alcohol for men and women aged 19+ years, as reported by diary

% energy from alcohol	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
<b>Zero</b>	31	26	23	28	30	39	47	32	51	42
<b>Less than 1</b>	33	36	29	30	33	44	48	32	55	45
<b>Less than 2</b>	39	41	34	36	38	49	52	38	64	51
<b>Less than 5</b>	51	58	46	57	53	54	63	48	79	61
<b>Less than 10</b>	75	74	62	82	73	77	75	77	96	81
<b>Less than 15</b>	93	87	78	91	88	84	89	94	99	91
<b>All</b>	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
<b>Mean (average value)</b>	5.9	6.0	7.5	5.9	6.3	5.5	5.4	5.6	2.5	4.8
<b>Median</b>	4.8	3.7	5.9	2.3	4.1	2.0	1.4	5.2	0.0	1.8
<b>Lower 2.5 percentile</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Upper 2.5 percentile</b>	23.5	20.9	19.1	26.7	23.5	18.5	23.5	17.5	14.4	19.3
<b>Standard deviation</b>	6.1	8.2	9.9	9.9	8.1	12.1	9.0	6.5	5.3	8.6
<b>Minimum</b>	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
<b>Maximum</b>	23.5	26.8	35.3	26.7	35.3	22.0	26.8	19.3	19.9	26.8

## RNI and LRNI table

**Table 6.76**  
**Reference Nutrient Intakes (RNIs) and Lower Reference Nutrient Intakes (LRNIs) for minerals and vitamins, by sex and age\***

		Age group (years)								
		1-3	4-6	7-10	11-14	15-18	19-50	60-64	64-74	75+
<b>Males</b>										
Calcium (mg/d)	RNI	350	450	550	1000	1000	700	700	700	700
	LRNI	200	275	325	480	480	400	400	400	400
Iron (mg/d)	RNI	6.9	6.1	807	11.3	11.3	8.7	8.7	8.7	8.7
	LRNI	3.7	3.3	4.7	6.1	6.1	4.7	4.7	4.7	4.7
Folate (µg/d)	RNI	70	100	150	200	200	200	200	200	200
	LRNI	35	50	75	100	100	100	100	100	100
Vitamin C (mg/d)	RNI	30	30	30	35	40	40	40	40	40
	LRNI	8	8	8	9	10	10	10	10	10
<b>Females</b>										
Calcium (mg/d)	RNI	350	450	550	800	800	700	700	700	700
	LRNI	200	275	325	450	450	400	400	400	400
Iron (mg/d)	RNI	6.9	6.1	8.7	14.8	14.8	14.8	8.7	8.7	8.7
	LRNI	3.7	3.3	4.7	8.0	8.0	8.0	4.7	4.7	4.7
Folate (µg/d)	RNI	70	100	150	200	200	200	200	200	200
	LRNI	35	50	75	100	100	100	100	100	100
Vitamin C (mg/d)	RNI	30	30	30	35	40	40	40	40	40
	LRNI	8	8	8	9	10	10	10	10	10

\* Department of Health Report on Health and Social Subjects:41. Dietary Reference Values for Food Energy and Nutrients for the United Kingdom, HMSO (London, 1991).

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Table 6.77

Average daily calcium intake (mg) from food for boys and girls aged 4-18 years, as reported by 24-hour recall

Calcium intake (mg)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 200	-	-	-	-	-	-	-	-	-	-
Less than 300	-	23	-	-	4	-	-	-	-	-
Less than 400	-	23	-	6	5	12	-	6	12	7
Less than 500	-	23	-	6	5	12	7	12	38	17
Less than 600	11	23	4	11	11	50	25	23	41	33
Less than 700	38	23	37	34	34	73	52	34	61	52
Less than 800	53	28	37	43	41	79	61	61	68	66
Less than 900	72	35	64	52	58	89	74	79	75	79
Less than 1000	72	58	72	57	66	96	81	91	79	87
Less than 1250	77	88	80	61	76	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	857	856	956	1048	935	640	772	727	694	714
Median	735	961	829	872	829	596	694	761	697	697
Lower 2.5 percentile	552	246	541	398	246	345	492	322	305	305
Upper 2.5 percentile	1433	1348	1795	1887	1795	1026	1132	1083	1221	1131
Standard deviation	281	467	484	567	472	172	200	171	294	229
Minimum	552	246	541	398	246	345	492	322	305	305
Maximum	1433	1348	1795	1887	1887	1026	1132	1083	1221	1221

- No observations

Table 6.78

Average daily calcium intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by 24-hour recall

Sex and age (years) of young person		Average daily intake as % of RNI*			<i>Base</i>
		Mean	Median	sd	
<b>Boys</b>					
4-6		190	163	62.4	<i>14</i>
7-10		156	175	84.9	<i>9</i>
11-14		96	83	48.4	<i>16</i>
15-18		105	87	56.7	<i>23</i>
All		134	134	89.7	<i>62</i>
<b>Girls</b>					
4-6		142	133	38.1	<i>12</i>
7-10		140	126	36.3	<i>14</i>
11-14		91	95	21.3	<i>14</i>
15-18		87	87	36.7	<i>13</i>
All		113	106	38.7	<i>53</i>

\* Calcium intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.79

Average daily calcium intake from food (mg) for boys and girls aged 4-18 years, as reported by diary

Calcium intake (mg)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 300	-	-	-	-	-	-	-	-	-	-
Less than 400	-	4	2	11	5	5	-	21	13	10
Less than 500	-	20	16	17	15	12	13	26	27	20
Less than 600	6	26	36	20	23	21	26	33	43	32
Less than 700	19	34	48	30	33	32	29	51	63	46
Less than 800	49	49	59	49	51	70	67	57	69	66
Less than 900	64	64	82	68	69	87	71	74	84	79
Less than 1000	77	74	92	76	79	87	71	87	88	84
Less than 1250	96	90	100	98	96	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	851	822	703	810	798	738	786	711	664	719
Median	825	833	704	818	777	732	712	655	612	712
Lower 2.5 percentile	572	398	428	368	368	365	490	372	368	368
Upper 2.5 percentile	1253	1634	1219	1239	1310	1032	1232	1154	1205	1155
Standard deviation	187	254	261	412	379	151	207	276	236	232
Minimum	572	398	312	368	312	365	490	372	368	365
Maximum	1253	1634	1219	1331	1634	1032	1232	1154	1205	1232

- No observations

Table 6.80

Average daily calcium intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by diary

Sex and age (years) of young person	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Boys</b>				
4-6	189	183	41.5	<i>14</i>
7-10	149	151	46.1	<i>26</i>
11-14	70	70	26.1	<i>13</i>
15-18	81	82	41.2	<i>22</i>
All	115	94	70.1	<i>75</i>
<b>Girls</b>				
4-6	164	163	33.5	<i>16</i>
7-10	143	129	37.7	<i>14</i>
11-14	89	82	34.4	<i>11</i>
15-18	83	77	29.5	<i>20</i>
All	115	103	56.2	<i>61</i>

\* Calcium intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.81

Average daily calcium intake (mg) from food for men and women aged 19+ years, as reported by 24-hour recall

Calcium intake (mg)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 300	-	2	-	-	1	-	1	-	-	0
Less than 400	-	6	-	2	2	1	11	2	9	6
Less than 500	3	6	11	7	6	8	19	15	22	16
Less than 600	21	8	19	15	16	33	33	21	36	30
Less than 700	37	22	31	32	30	52	40	37	43	43
Less than 800	53	39	46	40	45	60	55	51	51	55
Less than 900	56	56	49	63	56	72	80	55	64	69
Less than 1000	64	58	56	81	63	82	86	71	83	80
Less than 1250	86	76	83	87	83	95	93	94	93	94
Less than 1500	99	87	98	96	95	100	99	100	97	99
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	875	986	927	874	919	773	755	824	769	780
Median	770	863	919	840	848	694	761	794	765	762
Lower 2.5 percentile	487	308	455	426	439	488	388	422	349	365
Upper 2.5 percentile	1468	1749	1498	1913	1713	1372	1279	1342	1511	1355
Standard deviation	408	464	414	330	384	270	321	319	318	325
Minimum	465	238	455	337	238	315	250	343	342	250
Maximum	1567	1913	1777	1913	1913	1372	1604	1496	1570	1604

- No observations

Table 6.82

Average daily calcium intake as a percentage of RNI for men and women aged 19+ years, as reported by 24-hour recall

Sex and age (years) of adult		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Men</b>					
19-34		125	110	58.3	<i>36</i>
35-49		141	123	66.4	<i>52</i>
50-64		132	131	59.2	<i>44</i>
65+		125	120	47.1	<i>38</i>
All		131	121	54.9	<i>170</i>
<b>Women</b>					
19-34		110	99	38.6	<i>44</i>
35-49		108	109	45.9	<i>63</i>
50-64		118	113	45.6	<i>60</i>
65+		110	109	45.5	<i>52</i>
All		111	109	46.4	<i>219</i>

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.



Table 6.83

Average daily calcium intake (mg) from food for men and women aged 19+ years, as reported by diary

Calcium intake (mg)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 300	2	3	2	-	2	1	5	-	-	2
Less than 400	5	11	3	-	5	1	7	4	3	4
Less than 500	10	20	5	3	10	15	11	19	7	13
Less than 600	22	29	13	19	21	46	30	23	17	29
Less than 700	31	41	19	33	32	54	45	37	33	42
Less than 800	55	48	25	44	44	64	65	51	53	59
Less than 900	66	60	47	57	58	68	76	73	66	71
Less than 1000	74	69	59	69	68	81	82	89	78	82
Less than 1250	89	89	76	87	86	87	94	100	88	92
Less than 1500	98	97	87	97	95	100	97	100	95	98
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	851	824	1028	898	893	759	779	769	840	786
Median	760	805	904	851	841	656	723	789	794	742
Lower 2.5 percentile	374	269	375	497	372	421	234	393	399	379
Upper 2.5 percentile	1427	1522	2102	1555	1734	1419	1671	1144	1524	1419
Standard deviation	367	327	544	381	370	394	393	177	334	395
Minimum	295	269	260	497	260	259	228	328	396	228
Maximum	1755	1621	2773	2093	2773	1419	3325	1248	1529	3325

- No observations

Table 6.84

Average daily calcium intake as a percentage of RNI for men and women aged 19+ years, as reported by diary

Sex and age (years) of adult	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Men</b>				
19-34	122	109	52.4	<i>39</i>
35-49	118	115	46.6	<i>51</i>
50-64	147	129	77.7	<i>53</i>
65+	128	122	54.4	<i>37</i>
All	128	120	52.8	<i>180</i>
<b>Women</b>				
19-34	108	94	56.3	<i>51</i>
35-49	111	103	56.1	<i>81</i>
50-64	110	113	25.3	<i>60</i>
65+	120	113	47.7	<i>55</i>
All	112	106	56.4	<i>247</i>

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

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Table 6.85

Average daily iron intake (mg) from food for boys and girls aged 4-18 years, as reported by 24-hour recall

Iron intake (mg)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 4.7	6	30	-	-	7	12	7	-	12	7
Less than 6.7	6	30	-	3	7	59	15	15	25	26
Less than 8.7	57	44	8	17	30	83	45	29	43	47
Less than 11.4	100	71	72	53	75	100	76	71	63	76
Less than 12.0	100	71	72	57	76	100	88	71	70	81
Less than 14.0	100	100	82	75	88	100	91	79	100	91
Less than 16.0	100	100	87	85	92	100	100	91	100	97
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	8.2	9.0	11.2	11.9	10.2	7.0	9.1	10.3	9.8	9.2
Median	8.3	10.0	10.0	11.3	10.0	6.7	8.7	10.2	10.3	8.7
Lower 2.5 percentile	4.4	4.2	7.6	5.1	4.2	4.5	4.0	5.3	4.7	4.5
Upper 2.5 percentile	10.9	13.7	17.6	17.4	17.4	9.9	15.7	16.3	13.9	16.3
Standard deviation	1.2	4.3	3.0	3.3	3.1	1.9	3.1	3.6	3.8	3.4
Minimum	4.4	4.2	7.6	5.1	4.2	4.5	4.0	5.3	4.7	4.0
Maximum	10.9	13.7	17.6	17.4	17.6	9.9	15.7	16.3	13.9	16.3

- No observations

Table 6.86

Average daily iron intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by 24-hour recall

Sex and age (years) of young person	Average daily intake as % of RNI*			Base
	Mean	Median	sd	
<b>Boys</b>				
4-6	135	136	19.6	14
7-10	104	115	48.9	9
11-14	99	88	26.1	16
15-18	106	100	28.9	23
All	111	112	34.8	62
<b>Girls</b>				
4-6	115	109	30.6	12
7-10	105	100	35.5	14
11-14	69	69	24.6	14
15-18	66	69	25.7	13
All	87	85	36.0	53

\* Iron intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.87

Average daily iron intake (mg) from food for boys and girls aged 4-18 years, as reported by diary

Iron intake (mg)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 4.7	-	-	-	3	1	5	-	-	3	2
Less than 6.7	12	5	21	3	9	5	7	9	25	13
Less than 8.7	76	41	61	34	47	66	46	52	27	45
Less than 11.4	92	79	76	70	77	90	100	94	86	92
Less than 12.0	92	85	76	70	79	90	100	94	86	92
Less than 14.0	100	100	76	75	86	100	100	100	92	97
Less than 16.0	100	100	98	78	92	100	100	100	100	100
Less than 18.0	100	100	98	98	99	100	100	100	100	100
Less than 20.0	100	100	98	100	100	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	7.9	9.3	9.5	11.2	9.8	8.4	8.3	8.8	9.3	8.8
Median	7.2	9.3	7.9	10.8	9.0	8.3	8.9	8.2	9.4	8.9
Lower 2.5 percentile	6.2	5.8	5.8	2.3	5.8	4.1	5.5	5.8	3.9	5.3
Upper 2.5 percentile	12.3	13.3	15.4	17.8	16.7	12.6	11.0	12.0	15.3	15.3
Standard deviation	1.5	1.6	3.1	5.3	4.2	1.1	1.5	1.8	3.3	2.6
Minimum	6.2	5.8	5.2	2.3	2.3	4.1	5.5	5.8	3.9	3.9
Maximum	12.3	13.3	21.2	18.1	21.2	12.6	11.0	12.0	15.3	15.3

- No observations

Table 6.88

Average daily iron intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by diary

Sex and age (years) of young person	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Boys</b>				
4-6	130	119	24.8	<i>14</i>
7-10	107	107	17.8	<i>26</i>
11-14	84	70	27.8	<i>13</i>
15-18	99	96	46.6	<i>22</i>
All	103	96	37.9	<i>75</i>
<b>Girls</b>				
4-6	138	135	18.6	<i>16</i>
7-10	96	103	17.5	<i>14</i>
11-14	60	55	12.3	<i>11</i>
15-18	63	64	22.6	<i>20</i>
All	86	74	43.4	<i>61</i>

\* Iron intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.89

Average daily iron intake (mg) from food for men and women aged 19+ years, as reported by 24-hour recall

Iron intake (mg)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 4.7	-	-	2	2	1	0	-	1	-	0
Less than 6.7	3	3	8	11	6	17	14	5	9	11
Less than 8.7	17	19	20	24	20	51	32	23	31	34
Less than 11.4	42	33	47	58	44	85	67	60	75	71
Less than 12.0	45	40	55	59	48	85	72	63	78	74
Less than 14.0	65	56	68	82	66	92	84	72	95	85
Less than 16.0	80	77	80	89	81	97	96	94	99	96
Less than 18.0	92	90	82	89	88	100	99	96	99	99
Less than 20.0	100	91	100	89	96	100	100	98	99	99
Less than 22.0	100	93	100	98	98	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	12.6	13.3	12.3	11.6	12.5	9.2	10.6	11.3	10.0	10.3
Median	12.5	13.7	11.9	11.1	12.4	8.6	10.5	10.8	9.7	9.8
Lower 2.5 percentile	5.1	6.4	5.5	4.8	5.1	5.3	6.1	5.5	4.9	5.3
Upper 2.5 percentile	19.9	22.3	19.7	21.8	21.8	16.1	16.7	18.2	14.4	16.7
Standard deviation	5.1	4.5	5.5	4.6	4.7	2.5	3.6	3.8	2.8	3.2
Minimum	5.1	5.1	4.5	4.2	4.2	3.8	4.7	2.8	4.8	2.8
Maximum	20.0	27.7	19.9	22.0	27.7	16.1	19.8	20.0	20.8	20.8

- No observations

Table 6.90

Average daily iron intake as a percentage of RNI for men and women aged 19+ years, as reported by 24-hour recall

Sex and age (years) of adult	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Men</b>				
19-34	145	144	58.7	<i>36</i>
35-49	153	158	51.2	<i>52</i>
50-64	141	137	63.7	<i>44</i>
65+	134	128	52.4	<i>38</i>
All	144	142	54.4	<i>170</i>
<b>Women</b>				
19-34	62	58	17.2	<i>44</i>
35-49	71	71	24.6	<i>63</i>
50-64	130	125	43.3	<i>60</i>
65+	115	112	31.7	<i>52</i>
All	92	84	46.6	<i>219</i>

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

Table 6.91

Average daily iron intake (mg) from food for men and women aged 19+ years, as reported by diary

Iron intake (mg)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 4.7	-	-	-	-	-	3	4	-	1	2
Less than 6.7	7	4	-	3	4	21	19	7	8	14
Less than 8.7	10	12	6	19	12	41	39	25	29	34
Less than 11.4	50	51	27	55	46	66	68	53	57	62
Less than 12.0	60	58	32	55	52	67	72	65	65	68
Less than 14.0	86	80	64	69	76	80	88	78	80	82
Less than 16.0	93	87	78	82	86	94	97	83	88	91
Less than 18.0	96	94	85	85	91	96	100	97	95	97
Less than 20.0	98	98	91	99	96	96	100	100	96	98
Less than 22.0	100	98	93	100	98	96	100	100	96	98
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>39</b>	<b>51</b>	<b>53</b>	<b>37</b>	<b>180</b>	<b>51</b>	<b>81</b>	<b>60</b>	<b>55</b>	<b>247</b>
Mean (average value)	11.4	11.9	14.0	12.3	12.3	10.5	9.8	11.2	11.2	10.6
Median	11.4	11.3	13.3	10.8	11.9	9.4	9.9	10.6	10.2	10.1
Lower 2.5 percentile	5.5	6.0	8.0	5.6	5.8	3.4	4.5	5.0	5.7	4.8
Upper 2.5 percentile	18.3	19.0	28.7	19.8	20.4	23.5	16.7	18.9	22.4	18.9
Standard deviation	3.6	2.6	4.5	3.3	4.3	5.6	4.0	3.5	4.0	4.6
Minimum	5.3	5.8	7.0	5.0	5.0	2.9	2.3	4.9	2.8	2.3
Maximum	20.4	22.1	32.0	20.3	32.0	23.5	17.8	19.9	24.3	24.3

- No observations

Table 6.92

Average daily iron intake as a percentage of RNI for men and women aged 19+ years, as reported by diary

Sex and age (years) of adult		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Men</b>					
19-34		131	131	41.3	39
35-49		137	130	29.9	51
50-64		161	153	52.1	53
65+		142	124	38.4	37
All		141	137	48.9	180
<b>Women</b>					
19-34		71	64	37.8	51
35-49		67	67	27.0	81
50-64		129	122	40.7	60
65+		129	118	45.7	55
All		96	88	59.6	247

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

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Table 6.93

Average daily folate intake ( $\mu\text{g}$ ) from food for boys and girls aged 4-18 years, as reported by 24-hour recall

Folate intake ( $\mu\text{g}$ )	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 100	-	30	-	6	6	-	-	-	-	-
Less than 150	26	44	-	11	17	61	28	23	32	34
Less than 200	68	44	29	17	39	84	53	51	44	56
Less than 250	90	75	74	49	72	94	76	76	54	75
Less than 300	100	88	78	73	85	100	91	79	90	89
Less than 350	100	100	84	93	93	100	91	91	100	95
Less than 400	100	100	89	100	97	100	100	100	100	100
Less than 450	100	100	95	100	99	100	100	100	100	100
Less than 500	100	100	95	100	99	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	189	185	273	249	229	154	199	213	225	201
Median	187	222	234	254	215	148	178	197	234	178
Lower 2.5 percentile	108	73	163	97	83	106	102	118	128	106
Upper 2.5 percentile	293	307	847	384	448	253	367	351	304	351
Standard deviation	56	90	136	74	79	32	78	90	81	83
Minimum	108	73	163	97	73	106	102	118	128	102
Maximum	293	307	847	384	847	253	367	351	304	367

- No observations

Table 6.94

Average daily folate intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by 24-hour recall

Sex and age (years) of young person	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Boys</b>				
4-6	189	187	55.8	<i>14</i>
7-10	123	148	60.0	<i>9</i>
11-14	136	117	68.2	<i>16</i>
15-18	125	127	36.8	<i>23</i>
All	146	138	62.0	<i>62</i>
<b>Girls</b>				
4-6	154	148	32.2	<i>12</i>
7-10	133	119	51.9	<i>14</i>
11-14	106	98	44.8	<i>14</i>
15-18	112	117	40.4	<i>13</i>
All	124	119	52.0	<i>53</i>

\* Folate intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.



Table 6.95

Average daily folate intake ( $\mu\text{g}$ ) from food for boys and girls aged 4-18 years, as reported by diary

Folate intake ( $\mu\text{g}$ )	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 100	-	-	-	3	1	-	-	-	3	1
Less than 150	18	19	23	17	19	19	24	26	30	25
Less than 200	70	46	50	54	53	63	78	56	58	64
Less than 250	96	74	83	63	75	92	89	88	82	87
Less than 300	100	94	92	81	90	100	96	100	92	97
Less than 350	100	100	92	84	93	100	100	100	100	100
Less than 400	100	100	98	84	94	100	100	100	100	100
Less than 450	100	100	100	84	95	100	100	100	100	100
Less than 500	100	100	100	84	95	100	100	100	100	100
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
Mean (average value)	183	204	204	254	219	185	185	190	192	188
Median	177	203	203	196	196	172	183	194	179	179
Lower 2.5 percentile	136	109	116	46	109	136	117	105	64	105
Upper 2.5 percentile	278	326	363	503	503	268	315	274	326	326
Standard deviation	35	55	63	210	154	34	39	54	75	62
Minimum	136	109	116	46	46	136	117	105	64	64
Maximum	278	326	441	838	838	268	315	274	326	326

- No observations

Table 6.96

Average daily folate intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by diary

Sex and age (years) of young person	Average daily intake as % of RNI*			Base
	Mean	Median	sd	
<b>Boys</b>				
4-6	183	177	34.9	14
7-10	136	136	36.9	26
11-14	102	102	31.4	13
15-18	127	98	104.8	22
All	133	122	78.6	75
<b>Girls</b>				
4-6	185	172	33.8	16
7-10	124	122	25.8	14
11-14	95	97	27.2	11
15-18	96	89	37.3	20
All	120	115	55.6	61

\* Folate intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.97

Average daily folate intake ( $\mu\text{g}$ ) from food for men and women aged 19+ years, as reported by 24-hour recall

Folate intake ( $\mu\text{g}$ )	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 100	2	-	-	2	1	1	2	-	2	1
Less than 150	6	2	-	7	4	5	14	11	8	10
Less than 200	29	8	17	13	18	62	30	27	33	38
Less than 250	42	27	36	33	35	79	61	50	54	62
Less than 300	63	48	50	71	57	82	83	72	76	79
Less than 350	85	68	65	86	76	97	94	77	92	90
Less than 400	96	73	87	91	87	100	97	88	97	96
Less than 450	99	81	93	94	92	100	100	92	99	98
Less than 500	100	86	97	96	95	100	100	97	99	99
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	266	335	303	278	297	212	234	271	266	244
Median	273	305	303	261	284	182	228	243	240	226
Lower 2.5 percentile	111	154	166	109	125	135	117	120	131	124
Upper 2.5 percentile	421	544	510	586	537	391	406	508	406	443
Standard deviation	106	118	100	103	111	54	91	136	197	143
Minimum	85	129	161	63	63	80	89	114	90	80
Maximum	453	722	511	641	722	399	406	563	1853	1853

- No observations

Table 6.98

Average daily folate intake as a percentage of RNI for men and women aged 19+ years, as reported by 24-hour recall

Sex and age (years) of adult		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Men</b>					
19-34		133	136	52.8	36
35-49		167	152	59.0	52
50-64		152	152	50.1	44
65+		139	130	51.4	38
All		148	142	55.4	170
<b>Women</b>					
19-34		106	91	26.8	44
35-49		117	114	45.6	63
50-64		135	121	68.1	60
65+		133	120	98.5	52
All		122	113	71.3	219

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

Table 6.99

Average daily folate intake ( $\mu\text{g}$ ) from food for men and women aged 19+ years, as reported by diary

Folate intake ( $\mu\text{g}$ )	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 100	2	-	-	-	1	3	0	-	3	2
Less than 150	12	3	3	-	5	26	18	3	10	15
Less than 200	21	30	8	10	18	43	39	26	22	33
Less than 250	59	45	30	56	48	66	64	52	53	59
Less than 300	70	65	49	72	64	82	84	72	68	77
Less than 350	78	79	67	83	77	90	92	86	79	87
Less than 400	84	93	80	94	87	96	98	94	86	94
Less than 450	96	97	93	96	95	96	98	99	94	97
Less than 500	97	97	98	96	97	96	98	100	97	98
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	265	269	316	280	281	225	228	262	272	245
Median	240	267	304	245	261	205	204	248	245	231
Lower 2.5 percentile	130	130	143	173	130	96	112	141	99	110
Upper 2.5 percentile	510	562	488	686	562	510	388	422	545	478
Standard deviation	125	116	97	96	110	157	93	68	101	120
Minimum	98	126	119	166	98	79	99	131	97	79
Maximum	598	562	661	686	686	510	692	481	723	723

- No observations

Table 6.100

Average daily folate intake as a percentage of RNI for men and women aged 19+ years, as reported by diary

Sex and age (years) of adult		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Men</b>					
19-34		133	120	62.3	39
35-49		134	133	57.9	51
50-64		158	152	48.3	53
65+		140	123	48.2	37
All		140	131	55.1	180
<b>Women</b>					
19-34		113	102	78.4	51
35-49		114	102	46.7	81
50-64		131	124	34.0	60
65+		136	122	50.3	55
All		123	115	60.1	247

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

## List of tables for vitamin C

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Table 6.101

Average daily vitamin C intake (mg) from food for boys and girls aged 4-18 years, as reported by 24-hour recall

Vitamin C intake (mg)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	-	-	-	-	-	-	-	-
Less than 20	-	-	-	-	-	-	-	-	-	-
Less than 30	-	23	-	11	7	-	6	-	-	2
Less than 40	-	23	33	21	19	2	17	15	11	12
Less than 60	13	29	56	32	34	2	28	49	19	28
Less than 80	36	40	72	60	54	49	40	62	45	50
Less than 100	46	48	72	75	61	83	60	77	52	68
Less than 130	91	63	78	91	82	92	69	80	65	76
Less than 160	95	68	89	93	88	92	97	88	65	86
Less than 180	95	68	89	93	88	100	97	88	77	90
All	100	100	100	100	100	100	100	100	100	100
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
Mean (average value)	96.3	114.4	103.3	80.6	97.5	86.9	92.1	84.9	125.9	96.5
Median	102.9	128.1	42.4	70.1	75.0	90.4	82.7	78.3	96.9	81.2
Lower 2.5 percentile	44.8	28.7	34.1	21.9	27.3	60.1	24.5	34.2	37.6	34.2
Upper 2.5 percentile	190.0	227.9	535.3	188.0	307.0	177.5	181.2	199.1	294.7	212.8
Standard deviation	29.6	77.7	148.2	45.5	99.8	30.0	52.7	54.9	83.5	62.3
Minimum	44.8	28.7	34.1	21.9	21.9	38.7	24.5	34.2	37.6	24.5
Maximum	190.0	227.9	535.3	188.0	535.3	177.5	181.2	199.1	294.7	294.7

- No observations

Table 6.102

Average daily Vitamin C intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by 24-hour recall

Sex and age (years) of young person	Average daily intake as % of RNI*			<i>Base</i>
	Mean	Median	sd	
<b>Boys</b>				
4-6	321	343	98.8	14
7-10	381	427	258.9	9
11-14	295	121	423.4	16
15-18	201	175	113.8	23
All	293	230	296.2	62
<b>Girls</b>				
4-6	290	301	100.1	12
7-10	307	276	175.6	14
11-14	243	224	156.8	14
15-18	315	242	208.6	13
All	285	244	176.4	53

\* Vitamin C intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.103

Average daily vitamin C intake (mg) from food for boys and girls aged 4-18 years, as reported by diary

Vitamin C intake (mg)	Age group (years)									
	Boys					Girls				
	4-6	7-10	11-14	15-18	Total boys	4-6	7-10	11-14	15-18	Total girls
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	-	3	1	-	-	-	-	-
Less than 20	-	3	-	8	4	-	-	-	11	4
Less than 30	14	3	6	15	9	16	-	-	22	11
Less than 40	20	7	6	19	13	16	39	5	24	22
Less than 60	26	43	44	54	45	43	49	26	48	42
Less than 80	47	48	60	56	53	68	74	58	60	65
Less than 100	78	83	98	61	77	73	78	70	64	71
Less than 130	91	91	98	66	84	81	90	82	82	84
Less than 160	95	93	100	81	90	100	96	100	97	98
Less than 180	100	93	100	84	92	100	96	100	97	98
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<b>14</b>	<b>26</b>	<b>13</b>	<b>22</b>	<b>75</b>	<b>16</b>	<b>14</b>	<b>11</b>	<b>20</b>	<b>61</b>
Mean (average value)	79.2	88.5	70.0	97.5	86.6	74.1	72.0	80.3	77.1	75.9
Median	80.6	82.7	70.6	57.8	74.0	69.4	69.3	68.9	66.2	68.9
Lower 2.5 percentile	26.6	14.7	23.0	1.5	14.4	25.7	34.3	31.7	13.1	13.1
Upper 2.5 percentile	172.7	425.7	95.0	235.2	235.2	141.9	192.6	137.8	188.2	158.3
Standard deviation	37.7	65.6	16.9	112.1	91.3	44.3	54.9	31.3	56.8	49.4
Minimum	26.6	14.7	23.0	1.5	1.5	25.7	34.3	31.7	13.1	13.1
Maximum	172.7	425.7	132.1	235.2	425.7	141.9	192.6	137.8	188.2	192.6

- No observations

Table 6.104

Average daily vitamin C intake as a percentage of RNI for boys and girls aged 4-18 years, as reported by diary

Sex and age (years) of young person	Average daily intake as % of RNI*			Base
	Mean	Median	sd	
<b>Boys</b>				
4-6	264	269	125.6	14
7-10	295	276	218.6	26
11-14	200	202	48.3	13
15-18	244	145	280.4	22
All	253	216	247.9	75
<b>Girls</b>				
4-6	247	231	147.8	16
7-10	240	231	183.1	14
11-14	230	197	89.5	11
15-18	193	165	142.0	20
All	223	197	135.9	61

\* Vitamin C intake as a percentage of RNI was calculated for each young person using the RNI appropriate for sex and age. The values were then pooled to give the mean, median and sd for each sex and age group.

Table 6.105

Average daily vitamin C intake (mg) from food for men and women aged 19+ years, as reported by 24-hour recall

Vitamin C intake (mg)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	-	2	0	3	7	-	1	3
Less than 20	10	2	5	4	5	10	9	-	1	5
Less than 30	11	3	6	13	8	10	17	6	10	11
Less than 40	19	13	15	21	17	16	21	10	16	16
Less than 60	28	34	51	50	39	29	38	24	34	31
Less than 80	57	58	68	58	60	50	45	43	48	46
Less than 100	76	68	75	66	72	56	59	59	58	58
Less than 130	81	78	78	78	79	72	80	70	82	76
Less than 160	92	91	87	78	88	92	92	90	89	91
Less than 180	93	95	94	87	93	96	96	95	92	95
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
Mean (average value)	84.7	88.4	82.2	88.4	85.7	92.7	87.9	99.6	95.0	93.6
Median	75.7	73.0	58.5	59.2	70.2	84.0	84.8	87.1	83.1	84.0
Lower 2.5 percentile	12.9	29.0	11.8	17.5	15.2	10.0	9.1	21.1	21.8	10.0
Upper 2.5 percentile	199.9	198.6	215.5	188.9	199.9	285.9	188.8	209.3	373.6	204.9
Standard deviation	54.5	50.9	46.3	64.2	56.9	55.3	74.4	53.7	76.2	72.1
Minimum	12.9	18.4	11.8	3.0	3.0	10.0	9.1	20.4	6.5	6.5
Maximum	251.4	209.5	217.0	300.5	300.5	285.9	300.5	354.0	373.6	373.6

- No observations

Table 6.106

Average daily vitamin C intake as a percentage of RNI for men and women aged 19+ years, as reported by 24-hour recall

Sex and age (years) of adult		Average daily intake as % of RNI*			Base
		Mean	Median	sd	
<b>Men</b>					
19-34		212	189	136.4	36
35-49		221	183	127.3	52
50-64		206	146	115.8	44
65+		221	148	160.5	38
All		214	175	142.2	170
<b>Women</b>					
19-34		232	210	138.2	44
35-49		220	212	186.1	63
50-64		249	218	134.1	60
65+		237	208	190.5	52
All		234	210	180.4	219

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.

Table 6.107

Average daily vitamin C intake (mg) from food for men and women aged 19+ years, as reported by diary

Vitamin C intake (mg)	Age group (years)									
	Men					Women				
	19-34	35-49	50-64	65+	Total men	19-34	35-49	50-64	65+	Total women
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	-	-	1	-	0	-	-	-	2	1
Less than 20	3	-	10	-	3	2	5	2	4	3
Less than 30	8	6	15	3	8	10	16	5	6	10
Less than 40	17	16	21	5	16	21	25	7	16	18
Less than 60	34	48	38	23	36	39	44	27	32	36
Less than 80	51	60	41	43	50	53	59	41	43	50
Less than 100	64	68	62	69	65	76	73	58	56	67
Less than 130	84	89	87	82	86	82	86	69	73	78
Less than 160	90	95	92	91	92	99	97	80	84	91
Less than 180	94	98	92	93	94	99	98	87	87	93
All	100	100	100	100	100	100	100	100	100	100
<b>Base</b>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
Mean (average value)	90.5	77.8	85.3	99.5	87.7	76.7	75.0	104.9	98.0	87.5
Median	72.6	66.4	85.5	93.0	80.2	65.2	68.8	88.5	91.3	80.5
Lower 2.5 percentile	14.9	24.1	15.3	24.3	15.3	20.5	16.6	22.0	16.9	16.9
Upper 2.5 percentile	234.1	177.7	208.4	339.4	234.1	155.1	177.5	233.2	213.4	213.4
Standard deviation	72.1	46.9	54.5	66.4	68.5	48.9	46.7	68.1	57.8	60.7
Minimum	14.9	22.7	7.2	24.3	7.2	13.9	11.5	19.3	8.2	8.2
Maximum	463.7	245.1	226.6	339.4	463.7	199.2	201.7	247.0	221.0	247.0

- No observations

Table 6.108

Average daily vitamin C intake as a percentage of RNI for men and women aged 19+ years, as reported by diary

Sex and age (years) of adult	Average daily intake as % of RNI*			Base
	Mean	Median	sd	
<b>Men</b>				
19-34	226	181	180.2	39
35-49	195	166	117.2	51
50-64	213	214	136.3	53
65+	249	233	165.9	37
All	219	201	171.2	180
<b>Women</b>				
19-34	192	163	122.3	51
35-49	188	172	116.7	81
50-64	262	221	170.2	60
65+	245	228	144.4	55
All	219	201	151.7	247

\*Intake as a percentage of RNI was calculated for each adult. The values for all adults in each sex and age group were then pooled to give a mean, median and sd.



## List of tables for LRNI

Table 6.109	Percentage of boys and girls aged 4-18 years with average intakes of micronutrients below the LRNI by sex and age, as reported by 24-hour recall
Table 6.110	Percentage of boys and girls aged 4-18 years with average intakes of micronutrients below the LRNI by sex and age, as reported by diary
Table 6.111	Percentage of men and women aged 19+ years with average intakes of micronutrients below LRNI by sex and age, as reported by 24-hour recall
Table 6.112	Percentage of men and women aged 19+ years s with average intakes of micronutrients below the LRNI by sex and age, as reported by diary

<b>Table 6.109</b>										
<b>Percentage of boys and girls aged 4-18 years with average daily intakes of micronutrients below the LRNI by sex and age, as reported by 24-hour recall</b>										
<b>% with average daily intake below LRNI</b>										
	<b>Boys aged (years):</b>				<b>All boys</b>	<b>Girls aged (years):</b>				<b>All girls</b>
	4-6	7-10	11-14	15-18		4-6	7-10	11-14	15-18	
	%	%	%	%	%	%	%	%	%	%
Vitamin C	-	-	-	-	-	-	-	-	-	-
Folate	-	29.9	-	3.2	5.7	-	6.9	29.4	27.8	17.5
Iron	-	23.0	-	5.6	5.2	-	-	12.3	24.4	9.5
Calcium	-	6.9	-	5.7	2.6	-	-	-	-	-
<i>Base</i>	<i>14</i>	<i>9</i>	<i>16</i>	<i>23</i>	<i>62</i>	<i>12</i>	<i>14</i>	<i>14</i>	<i>13</i>	<i>53</i>
- No observations										

<b>Table 6.110</b>										
<b>Percentage of boys and girls aged 4-18 years with average daily intakes of micronutrients below the LRNI by sex and age, as reported by diary</b>										
<b>% with average daily intake below LRNI</b>										
	<b>Boys aged (years):</b>				<b>All boys</b>	<b>Girls aged (years):</b>				<b>All girls</b>
	4-6	7-10	11-14	15-18		4-6	7-10	11-14	15-18	
	%	%	%	%	%	%	%	%	%	%
Vitamin C	-	-	-	3.0	4.1	-	-	-	-	-
Folate	-	-	15.9	3.0	4.2	-	-	39.5	27.2	17.7
Iron	-	-	15.9	14.9	8.1	-	-	20.9	26.7	13.5
Calcium	-	-	-	3.0	1.1	-	-	-	2.8	0.9
<i>Base</i>	<i>14</i>	<i>26</i>	<i>13</i>	<i>22</i>	<i>75</i>	<i>16</i>	<i>14</i>	<i>11</i>	<i>20</i>	<i>61</i>
- No observations										

<b>Table 6.111</b>										
<b>Percentage of men and women aged 19+ years with average daily intakes of micronutrients below the LRNI by sex and age, as reported by 24-hour recall</b>										
<b>% with average daily intake below LRNI</b>										
	<b>Men aged (years):</b>				<b>All men</b>	<b>Women aged (years):</b>				<b>All women</b>
	19-34	35-49	50-64	65+		19-34	35-49	50-64	65+	
	%	%	%	%	%	%	%	%	%	%
Vitamin C	-	-	-	1.5	0.3	3.2	6.9	-	1.5	3.1
Folate	-	-	1.5	1.5	0.6	34.3	22.5	1.4	-	15.9
Iron	-	5.8	-	2.0	2.0	0.5	10.5	2.4	9.1	5.5
Calcium	2.0	-	-	1.5	0.8	0.8	1.8	-	1.8	1.1
<i>Base</i>	<i>36</i>	<i>52</i>	<i>44</i>	<i>38</i>	<i>170</i>	<i>44</i>	<i>63</i>	<i>60</i>	<i>52</i>	<i>219</i>
- No observations										

<b>Table 6.112</b>										
<b>Percentage of men and women aged 19+ years with average daily intakes of micronutrients below LRNI by sex and age, as reported by diary</b>										
<b>% with average daily intake below LRNI</b>										
	<b>Men aged (years):</b>				<b>All men</b>	<b>Women aged (years):</b>				<b>All women</b>
	19-34	35-49	50-64	65+		19-34	35-49	50-64	65+	
	%	%	%	%	%	%	%	%	%	%
Vitamin C	-	-	1.1	-	0.2	-	-	-	2.5	0.6
Folate	-	-	-	-	-	31.6	33.2	-	0.9	17.8
Iron	5.3	10.8	2.9	-	5.2	1.1	6.9	3.7	3.1	3.8
Calcium	2.0	-	-	-	0.6	3.1	0.5	-	3.3	1.7
<i>Base</i>	<i>39</i>	<i>51</i>	<i>53</i>	<i>37</i>	<i>180</i>	<i>51</i>	<i>81</i>	<i>60</i>	<i>55</i>	<i>247</i>
- No observations										

## Energy and nutrient tables – comparable age groups to previous NDNS and related surveys

Table 6.113	Average daily energy intake (MJ) for young people, adults and the elderly, as reported by 24-hour recall
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Table 6.113						
Average daily energy intake (MJ) for young people, adults and the elderly, as reported by 24-hour recall						
Energy intake (MJ)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 3.00	-	-	-	-	-	-
Less than 4.00	-	-	2	-	1	4
Less than 5.00	8	5	4	15	12	16
Less than 6.00	20	7	9	25	30	34
Less than 7.00	42	17	22	52	50	65
Less than 8.00	57	31	52	78	72	83
Less than 9.00	72	46	64	93	86	93
Less than 10.00	75	59	74	98	96	94
Less than 11.00	86	73	77	100	99	97
Less than 12.00	91	83	83	100	100	97
Less than 13.00	93	90	94	100	100	100
Less than 14.00	96	96	98	100	100	100
Less than 15.00	98	97	100	100	100	100
Less than 16.00	98	99	100	100	100	100
Less than 17.00	100	100	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	8.08	9.49	8.72	6.80	7.06	6.58
Median	7.26	9.58	7.97	6.94	6.99	6.38
Lower 2.5 percentile	4.75	4.80	4.85	4.07	4.33	3.69
Upper 2.5 percentile	14.65	15.24	13.72	9.39	10.36	12.14
Standard deviation	3.26	2.95	2.55	1.61	2.17	1.92
Minimum	4.22	4.25	3.34	4.07	3.56	3.06
Maximum	16.91	17.86	14.14	10.02	11.51	12.90

- No observations

Table 6.114						
Average daily energy intake (MJ) for young people, adults and the elderly, as reported by diary						
Energy intake (MJ)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 3.00	1	-	-	1	1	-
Less than 4.00	3	-	-	2	4	4
Less than 5.00	6	3	1	7	18	18
Less than 6.00	20	8	21	34	33	33
Less than 7.00	32	19	31	60	53	59
Less than 8.00	54	30	50	74	72	79
Less than 9.00	73	48	77	92	86	88
Less than 10.00	83	68	93	96	96	98
Less than 11.00	92	80	93	100	98	98
Less than 12.00	98	90	99	100	100	100
Less than 13.00	98	96	99	100	100	100
Less than 14.00	99	97	99	100	100	100
Less than 15.00	99	100	99	100	100	100
Less than 16.00	100	100	99	100	100	100
Less than 17.00	100	100	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	7.87	9.13	7.93	6.82	6.95	6.80
Median	7.86	9.02	8.08	6.64	6.86	6.75
Lower 2.5 percentile	3.98	4.91	5.04	4.46	3.79	3.96
Upper 2.5 percentile	11.51	14.31	11.68	10.41	10.47	9.80
Standard deviation	2.87	1.71	1.76	1.54	2.36	1.92
Minimum	2.16	4.65	4.18	2.91	1.87	3.60
Maximum	15.29	15.92	16.44	10.41	12.29	11.40

- No observations

Table 6.115						
Average daily energy intake (kcal) for young people, adults and the elderly, as reported by 24-hour recall						
Energy intake (kcal)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 1000	-	-	2	3	2	4
Less than 1250	10	5	4	20	19	22
Less than 1500	35	8	11	44	33	47
Less than 1750	52	22	28	58	57	74
Less than 2000	68	37	59	84	76	90
Less than 2250	73	49	74	98	92	94
Less than 2500	80	69	77	100	98	94
Less than 2750	87	81	82	100	100	97
Less than 3000	93	87	93	100	100	99
Less than 3250	96	94	94	100	100	100
Less than 3500	98	97	100	100	100	100
Less than 3750	98	98	100	100	100	100
Less than 4000	98	99	100	100	100	100
Less than 4250	100	100	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	1918	2258	2074	1614	1677	1566
Median	1726	2281	1897	1651	1664	1513
Lower 2.5 percentile	1129	1133	1154	960	1024	881
Upper 2.5 percentile	3489	3681	3268	2227	2472	2884
Standard deviation	777	704	609	383	519	459
Minimum	1001	1004	792	960	847	728
Maximum	4016	4246	3375	2381	2746	3093

- No observations

Table 6.116						
Average daily energy intake (kcal) for young people, adults and the elderly, as reported by diary						
Energy intake (kcal)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 1000	3	-	1	2	5	8
Less than 1250	12	3	5	9	20	21
Less than 1500	23	10	23	40	38	39
Less than 1750	42	22	31	66	59	64
Less than 2000	66	34	61	90	76	80
Less than 2250	82	60	87	95	92	90
Less than 2500	85	73	93	100	98	98
Less than 2750	98	88	97	100	98	100
Less than 3000	98	94	99	100	100	100
Less than 3250	99	97	99	100	100	100
Less than 3500	99	99	99	100	100	100
Less than 3750	100	100	99	100	100	100
Less than 4000	100	100	100	100	100	100
Less than 4250	100	100	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	1870	2173	1885	1621	1653	1616
Median	1869	2146	1925	1580	1629	1602
Lower 2.5 percentile	946	1170	1196	1056	900	939
Upper 2.5 percentile	2731	3407	2799	2478	2491	2334
Standard deviation	681	408	419	368	563	546
Minimum	516	1105	991	688	444	855
Maximum	3637	3782	3917	2478	2917	2705

- No observations



Table 6.117						
Average daily carbohydrate intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
Carbohydrate intake (g)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 100	-	-	2	-	0	4
Less than 150	7	5	4	6	18	31
Less than 200	20	26	31	39	55	58
Less than 250	59	50	64	71	80	89
Less than 300	78	75	80	87	97	99
Less than 350	89	85	97	100	100	100
Less than 400	95	96	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	253	261	238	227	199	183
Median	233	253	223	215	191	189
Lower 2.5 percentile	126	130	134	140	115	90
Upper 2.5 percentile	456	459	392	336	303	259
Standard deviation	89	92	68	59	65	52
Minimum	111	111	89	136	95	85
Maximum	510	518	392	342	361	341

- No observations

Table 6.118						
Average daily carbohydrate intake (g) for young people, adults and the elderly, as reported by diary						
Carbohydrate intake (g)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 100	1	1	-	-	2	2
Less than 150	4	4	17	8	25	17
Less than 200	27	24	42	40	59	52
Less than 250	57	54	65	76	80	84
Less than 300	75	79	95	96	99	96
Less than 350	89	92	99	100	100	98
Less than 400	99	97	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	249	246	220	213	192	199
Median	239	241	228	208	186	199
Lower 2.5 percentile	115	139	135	127	108	108
Upper 2.5 percentile	379	401	306	323	297	326
Standard deviation	104	66	58	53	63	58
Minimum	46	95	131	103	60	84
Maximum	468	438	362	323	346	364

- No observations

Table 6.119						
Percentage total energy from carbohydrate for young people, adults and the elderly, as reported by 24-hour recall						
% energy from carbohydrate	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 35	1	9	2	-	6	9
Less than 40	4	33	24	5	23	33
Less than 45	19	60	74	12	50	47
Less than 50	50	80	92	27	78	78
Less than 55	75	91	98	68	95	97
Less than 60	97	99	98	89	99	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	50.1	43.7	43.4	53.1	44.7	44.2
Median	50.0	43.5	43.4	52.7	44.9	45.8
Lower 2.5 percentile	37.0	30.8	35.3	39.9	31.3	29.0
Upper 2.5 percentile	60.3	57.5	52.8	67.4	58.2	56.7
Standard deviation	7.3	11.0	4.6	8.0	9.0	5.5
Minimum	34.5	25.7	34.1	39.1	24.8	27.6
Maximum	62.6	61.1	60.4	69.0	66.2	57.6

- No observations

Table 6.120						
Percentage total energy from carbohydrate for young people, adults and the elderly, as reported by diary						
% energy from carbohydrate	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 35	1	13	9	-	14	-
Less than 40	1	37	23	4	28	12
Less than 45	16	61	54	23	56	42
Less than 50	55	84	81	51	86	77
Less than 55	83	99	100	82	98	97
Less than 60	100	100	100	96	99	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	49.7	42.7	44.0	49.4	43.7	46.2
Median	49.3	42.9	44.4	49.7	43.9	46.6
Lower 2.5 percentile	40.9	30.4	27.3	39.7	32.6	35.9
Upper 2.5 percentile	58.7	53.7	53.6	60.5	55.0	55.1
Standard deviation	6.4	7.3	7.9	6.1	7.4	4.5
Minimum	33.3	18.9	27.3	35.5	29.7	35.2
Maximum	59.3	66.5	53.9	61.7	63.3	57.7

- No observations

Table 6.121						
Average daily total sugars intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
Total sugars intake (g)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 20	1	-	2	-	0	1
Less than 40	1	3	2	-	5	5
Less than 60	17	9	6	9	20	30
Less than 80	25	23	18	25	44	44
Less than 90	41	39	49	48	68	62
Less than 100	53	62	60	63	81	88
Less than 120	73	73	79	78	88	99
Less than 140	83	84	89	94	94	99
Less than 160	90	94	91	97	98	99
Less than 180	93	95	97	100	100	99
Less than 200	100	100	100	100	100	100
All						
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	116.5	114.8	114.2	105.9	89.9	84.6
Median	111.2	107.0	101.4	104.2	84.1	84.3
Lower 2.5 percentile	42.3	38.7	46.7	47.2	25.2	33.1
Upper 2.5 percentile	263.7	236.7	219.9	194.6	168.8	130.7
Standard deviation	73.8	55.0	48.5	45.9	38.3	32.3
Minimum	15.4	38.1	15.3	44.1	11.0	18.7
Maximum	321.9	296.5	219.9	194.6	205.7	239.6
- No observations						

Table 6.122						
Average daily total sugars intake (g) for young people, adults and the elderly, as reported by diary						
Total sugars intake (g)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 20	1	-	-	-	0	-
Less than 40	7	8	6	3	10	6
Less than 60	8	16	17	14	29	19
Less than 80	27	31	37	34	54	40
Less than 90	41	53	45	52	72	61
Less than 100	60	68	67	80	83	81
Less than 120	79	84	85	95	92	85
Less than 140	83	90	97	97	97	93
Less than 160	90	95	99	99	99	96
Less than 180	95	96	99	100	100	98
Less than 200	100	100	100	100	100	100
All						
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	113.3	102.5	100.2	95.2	82.7	94.2
Median	105.4	97.1	108.1	99.2	76.1	90.5
Lower 2.5 percentile	28.4	32.7	33.1	36.2	28.6	27.5
Upper 2.5 percentile	250.5	210.7	179.9	172.3	164.4	182.6
Standard deviation	76.6	45.5	37.5	39.6	34.8	43.1
Minimum	10.3	23.3	33.1	34.1	15.6	20.1
Maximum	250.5	273.8	203.9	186.2	254.3	236.6
- No observations						

Table 6.123						
Percentage total energy from total sugars for young people, adults and the elderly, as reported by 24-hour recall						
% energy from total sugars	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 8	1	-	2	-	1	1
Less than 10	1	3	4	-	4	1
Less than 15	16	23	13	9	19	20
Less than 20	36	57	45	23	55	49
Less than 25	74	86	79	48	81	76
Less than 30	84	96	100	80	94	97
Less than 35	99	100	100	97	99	100
Less than 40	100	100	100	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	22.3	19.1	20.5	24.6	19.9	20.4
Median	21.2	18.3	20.8	25.4	19.6	20.6
Lower 2.5 percentile	12.9	9.9	9.8	11.5	8.9	11.3
Upper 2.5 percentile	34.6	32.9	28.7	38.4	31.8	31.1
Standard deviation	8.4	6.8	4.7	8.3	6.0	4.9
Minimum	5.1	8.2	7.3	11.1	2.4	2.3
Maximum	36.6	33.8	28.7	38.9	47.5	32.8

- No observations

Table 6.124						
Percentage total energy from total sugars for young people, adults and the elderly, as reported by diary						
% energy from total sugars	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 8	1	3	-	-	1	-
Less than 10	1	11	3	-	5	4
Less than 15	9	38	22	11	29	12
Less than 20	33	73	52	35	59	36
Less than 25	66	93	86	71	87	79
Less than 30	88	98	97	96	97	95
Less than 35	97	99	100	99	100	100
Less than 40	100	99	100	99	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	22.1	17.4	19.7	21.9	18.6	21.1
Median	21.4	17.1	19.9	22.0	17.9	21.3
Lower 2.5 percentile	10.2	8.0	9.2	10.8	9.1	8.7
Upper 2.5 percentile	36.6	29.1	33.1	33.0	30.0	32.8
Standard deviation	9.8	6.2	5.2	6.3	6.0	5.7
Minimum	7.5	5.6	9.2	10.8	5.8	8.0
Maximum	36.6	40.0	33.1	44.0	42.9	33.1

- No observations

Table 6.125						
Average daily non-milk extrinsic sugars intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
NMES intake (g)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 10	1	-	2	-	3	5
Less than 20	11	2	2	0	10	14
Less than 40	19	15	13	15	39	39
Less than 60	36	35	36	40	66	74
Less than 80	54	57	61	54	84	88
Less than 90	69	77	77	74	92	96
Less than 100	81	85	85	91	94	99
Less than 120	88	91	94	97	98	99
Less than 140	93	95	98	97	99	99
Less than 160	96	97	100	97	100	100
Less than 180	96	98	100	100	100	100
Less than 200	100	100	100	100	100	100
All						
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	83.6	79.8	75.0	77.5	54.5	46.0
Median	76.7	69.8	67.4	72.1	46.9	42.8
Lower 2.5 percentile	19.8	21.7	21.3	27.1	6.4	8.8
Upper 2.5 percentile	231.4	195.3	140.5	183.1	139.7	100.6
Standard deviation	66.3	50.4	42.8	43.7	32.7	23.0
Minimum	8.1	15.4	8.1	14.4	1.4	1.1
Maximum	279.0	243.2	162.4	183.1	165.8	161.4

- No observations

Table 6.126						
Average daily non-milk extrinsic sugars intake (g) for young people, adults and the elderly, as reported by diary						
NMES intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 10	1	3	3	-	3	10
Less than 20	5	5	20	3	14	14
Less than 40	17	20	41	19	45	39
Less than 60	33	45	61	41	71	71
Less than 80	48	71	78	66	85	85
Less than 90	67	82	87	90	91	94
Less than 100	82	90	99	99	98	98
Less than 120	86	95	100	99	100	98
Less than 140	95	97	100	100	100	98
Less than 160	95	98	100	100	100	100
Less than 180	96	99	100	100	100	100
Less than 200	100	100	100	100	100	100
All						
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	86.5	69.1	52.7	67.1	49.5	50.6
Median	82.4	60.9	47.4	67.3	45.3	46.2
Lower 2.5 percentile	14.7	9.0	8.8	18.7	9.8	6.3
Upper 2.5 percentile	240.4	177.6	108.7	116.2	119.4	118.2
Standard deviation	75.9	36.4	32.7	34.5	29.3	34.6
Minimum	6.0	5.2	8.8	18.7	4.7	4.1
Maximum	240.4	250.0	121.6	148.7	146.4	160.1
- No observations						

Table 6.127						
Percentage total energy from NMES for young people, adults and the elderly, as reported by 24-hour recall						
% energy from NMES	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 5	1	3	2	0	7	12
Less than 8	13	19	15	6	25	27
Less than 10	17	33	20	13	42	42
Less than 11	20	38	37	15	56	55
Less than 15	48	67	68	34	75	80
Less than 20	76	90	93	62	87	97
Less than 25	90	95	100	92	96	100
Less than 30	99	99	100	94	99	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	15.7	13.1	13.2	17.8	11.9	10.9
Median	15.4	11.8	13.1	18.4	10.4	10.4
Lower 2.5 percentile	5.6	4.6	5.8	6.6	2.2	2.8
Upper 2.5 percentile	28.1	26.0	21.9	35.5	27.7	20.8
Standard deviation	8.9	7.1	5.1	8.2	6.5	4.0
Minimum	2.7	2.6	3.8	3.8	0.3	0.1
Maximum	32.3	30.3	24.6	37.4	40.9	21.0

Table 6.128						
Percentage total energy from NMES for young people, adults and the elderly, as reported by diary						
% energy from NMES	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 5	3	8	20	-	11	13
Less than 8	10	25	37	10	31	23
Less than 10	17	36	51	19	50	38
Less than 11	21	50	65	24	58	47
Less than 15	46	79	84	42	76	87
Less than 20	70	93	95	84	92	98
Less than 25	88	97	100	98	100	100
Less than 30	93	99	100	99	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	16.6	11.6	10.1	15.3	11.0	11.0
Median	16.0	11.0	9.3	16.0	10.1	11.3
Lower 2.5 percentile	4.7	2.3	2.5	5.6	3.0	2.5
Upper 2.5 percentile	35.1	25.0	21.2	24.3	21.9	19.1
Standard deviation	12.1	5.0	5.4	6.2	6.4	5.5
Minimum	4.4	1.2	2.5	5.3	1.2	1.1
Maximum	35.1	33.0	23.9	35.1	24.5	22.2

- No observations

Table 6.129						
Average daily fat intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
Fat intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 20	-	-	-	-	1	2
Less than 30	-	2	2	5	6	3
Less than 40	3	5	4	17	16	15
Less than 50	26	9	11	29	27	33
Less than 60	45	23	32	52	47	58
Less than 70	56	32	35	66	69	71
Less than 80	64	46	56	80	75	83
Less than 90	76	59	71	97	87	91
Less than 100	82	68	85	100	92	94
Less than 110	85	78	86	100	98	94
Less than 120	87	85	91	100	99	96
Less than 140	96	94	93	100	100	99
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	74.6	86.2	80.5	59.9	64.0	62.5
Median	64.6	82.0	75.1	59.6	61.2	58.2
Lower 2.5 percentile	33.7	34.5	30.9	21.3	27.3	26.1
Upper 2.5 percentile	166.8	160.0	161.7	90.2	109.8	125.0
Standard deviation	39.2	33.5	33.6	21.0	35.7	30.2
Minimum	30.9	25.9	29.0	21.3	16.2	16.1
Maximum	168.0	176.2	185.3	92.3	125.5	215.2
- No observations						



Table 6.130						
Average daily fat intake (g) for young people, adults and the elderly, as reported by diary						
Fat intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 20	-	-	-	-	1	-
Less than 30	1	-	2	1	3	4
Less than 40	4	1	11	7	15	17
Less than 50	15	10	18	20	30	27
Less than 60	27	19	32	36	44	44
Less than 70	52	30	51	66	65	69
Less than 80	69	43	70	76	76	82
Less than 90	81	65	81	91	87	92
Less than 100	96	77	93	95	95	94
Less than 110	97	85	95	99	96	100
Less than 120	99	90	97	100	97	100
Less than 140	99	99	97	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	71.4	83.1	71.1	65.7	63.8	61.5
Median	69.7	82.1	68.2	63.6	62.7	62.2
Lower 2.5 percentile	35.8	41.7	35.0	34.8	29.2	29.9
Upper 2.5 percentile	115.0	135.3	163.3	108.3	121.5	104.9
Standard deviation	25.4	19.6	21.8	20.1	31.5	25.1
Minimum	25.4	33.4	27.1	21.7	15.9	29.7
Maximum	154.6	155.8	166.4	117.9	128.9	109.2

- No observations

Table 6.131						
Percentage total energy from fat for young people, adults and the elderly, as reported by 24-hour recall						
% energy from fat	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 25	2	6	6	8	9	8
Less than 27	5	12	11	18	14	14
Less than 30	19	25	23	26	30	22
Less than 33	43	45	39	47	45	39
Less than 35	55	57	52	60	58	60
Less than 38	76	76	74	79	71	68
Less than 40	87	81	78	90	84	75
Less than 45	98	97	96	100	94	90
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	34.4	33.9	34.3	33.1	33.9	34.9
Median	33.8	34.1	34.2	33.5	33.4	33.9
Lower 2.5 percentile	25.7	21.1	22.9	19.9	20.7	22.2
Upper 2.5 percentile	44.5	45.0	45.4	42.7	46.3	48.4
Standard deviation	6.9	7.8	6.6	7.7	10.8	7.9
Minimum	21.9	17.8	20.0	18.0	14.0	16.5
Maximum	48.4	45.7	49.4	43.1	87.6	62.6

Table 6.132						
Percentage total energy from fat for young people, adults and the elderly, as reported by diary						
% energy from fat	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 25	1	5	8	-	5	6
Less than 27	7	10	12	1	10	10
Less than 30	11	24	31	12	25	21
Less than 33	39	37	51	33	42	38
Less than 35	53	46	63	37	53	47
Less than 38	73	78	74	56	74	78
Less than 40	89	87	82	77	81	88
Less than 45	100	97	98	98	98	96
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	34.6	34.3	33.5	36.2	34.3	34.2
Median	34.6	35.3	32.6	37.5	34.2	35.6
Lower 2.5 percentile	25.3	22.6	19.2	27.1	23.6	17.5
Upper 2.5 percentile	41.4	46.5	43.0	44.2	44.8	45.5
Standard deviation	5.8	4.8	6.4	5.3	7.9	7.7
Minimum	19.6	21.0	18.8	25.9	20.8	17.5
Maximum	44.3	52.8	52.5	46.2	49.5	46.0

- No observations

Table 6.133						
Average daily protein intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
Protein intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 28.3	-	-	3	2	-	2
Less than 45.4	8	2	3	23	6	8
Less than 60	34	14	18	64	33	32
Less than 75	65	32	59	85	71	72
Less than 85	73	49	66	96	87	86
Less than 95	80	64	85	100	97	94
Less than 105	91	76	95	100	98	98
Less than 125	97	96	95	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	71.3	86.2	75.9	55.6	67.5	66.6
Median	67.3	85.8	70.9	54.2	65.9	65.9
Lower 2.5 percentile	38.9	46.0	27.1	30.6	38.7	35.7
Upper 2.5 percentile	130.7	126.9	146.4	86.8	99.6	101.1
Standard deviation	29.6	22.3	21.5	16.9	17.8	18.1
Minimum	38.7	40.7	25.9	26.0	32.5	27.5
Maximum	151.2	154.0	146.4	86.8	121.4	110.1

- No observations

Table 6.134						
Average daily protein intake (g) for young people, adults and the elderly, as reported by diary						
Protein intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 28.3	-	-	-	1	0	1
Less than 45.4	10	0	-	13	11	6
Less than 60	29	7	9	60	39	29
Less than 75	64	25	60	94	67	63
Less than 85	82	48	75	96	83	92
Less than 95	88	73	93	98	93	96
Less than 105	92	81	93	100	98	100
Less than 125	99	95	99	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	69.8	88.4	76.1	57.4	66.9	67.8
Median	68.7	85.6	70.4	58.2	65.1	66.9
Lower 2.5 percentile	38.3	53.2	55.2	32.4	35.3	41.3
Upper 2.5 percentile	113.4	144.8	119.1	86.3	103.6	96.5
Standard deviation	26.3	17.4	15.3	13.7	25.2	14.8
Minimum	28.8	36.9	46.3	27.4	18.6	28.3
Maximum	130.0	188.2	128.7	100.2	133.7	99.6

- No observations

Table 6.135						
Percentage total energy from protein for young people, adults and the elderly, as reported by 24-hour recall						
% energy from protein	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 12	9	8	14	18	5	3
Less than 14	43	28	40	57	26	15
Less than 16	72	64	71	82	49	32
Less than 18	91	82	82	99	71	69
Less than 20	95	92	93	100	85	77
Less than 22	99	96	98	100	93	87
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	15.0	15.6	14.9	13.8	16.5	17.4
Median	15.1	15.2	14.5	13.8	16.1	16.9
Lower 2.5 percentile	10.3	10.6	8.8	9.1	11.3	11.9
Upper 2.5 percentile	20.2	22.7	21.4	17.9	24.6	26.5
Standard deviation	3.1	3.4	2.7	2.3	5.6	2.8
Minimum	9.2	9.3	7.8	9.1	7.7	9.8
Maximum	31.0	24.8	25.1	18.9	26.9	27.4

Table 6.136						
Percentage energy from protein for young people, adults and the elderly, as reported by diary						
% energy from protein	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 12	10	2	-	18	8	-
Less than 14	29	26	22	42	23	5
Less than 16	71	48	48	74	45	40
Less than 18	93	74	76	95	67	66
Less than 20	96	87	88	97	87	88
Less than 22	98	91	98	100	94	95
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	15.1	16.6	16.5	14.3	16.5	17.2
Median	15.1	16.0	16.6	14.3	16.3	17.1
Lower 2.5 percentile	10.0	12.2	12.6	10.3	10.6	14.0
Upper 2.5 percentile	21.6	27.2	21.2	20.1	23.7	25.0
Standard deviation	2.4	3.8	2.2	3.2	4.2	3.3
Minimum	9.4	8.4	12.6	10.3	10.3	12.5
Maximum	23.3	31.0	23.8	20.1	24.7	28.8

- No observations

Table 6.137						
Average daily NSP intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
NSP intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 6	5	2	6	-	3	2
Less than 8	8	8	6	23	15	15
Less than 10	23	18	20	42	31	35
Less than 12	48	32	44	65	46	58
Less than 14	77	46	59	91	62	66
Less than 16	84	62	73	95	79	68
Less than 18	89	80	85	99	86	83
Less than 20	96	85	87	100	92	93
Less than 22	100	94	91	100	94	97
Less than 24	100	97	95	100	97	97
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	12.2	14.6	14.1	10.7	13.1	12.8
Median	12.1	14.6	12.6	11.4	12.8	11.6
Lower 2.5 percentile	5.8	6.3	5.0	6.0	6.0	6.1
Upper 2.5 percentile	20.0	24.0	37.9	17.5	30.3	25.4
Standard deviation	3.4	6.5	5.8	3.5	6.6	6.2
Minimum	5.5	4.9	2.8	6.0	3.9	4.3
Maximum	21.3	30.3	37.9	19.4	34.4	25.4

- No observations

Table 6.138						
Average daily NSP intake (g) for young people, adults and the elderly, as reported by diary						
NSP intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 6	4	1	-	2	3	5
Less than 8	14	7	3	12	21	14
Less than 10	30	15	10	34	34	23
Less than 12	58	37	29	80	51	35
Less than 14	76	52	52	92	70	51
Less than 16	91	67	62	96	77	66
Less than 18	96	76	69	100	86	79
Less than 20	100	89	87	100	91	87
Less than 22	100	94	89	100	94	91
Less than 24	100	97	94	100	98	95
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	11.7	14.3	15.6	10.6	12.6	14.3
Median	11.6	13.3	13.5	10.4	12.0	13.4
Lower 2.5 percentile	5.5	6.1	7.3	7.1	5.6	5.2
Upper 2.5 percentile	18.8	24.8	38.8	16.3	23.8	29.0
Standard deviation	4.1	5.5	6.6	2.4	5.9	4.8
Minimum	2.6	5.2	7.3	4.7	2.7	4.2
Maximum	19.7	30.7	38.8	17.4	30.2	30.6

- No observations

Table 6.139						
Average daily alcohol intake (g) for young people, adults and the elderly, as reported by 24-hour recall						
Alcohol intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Zero	89	25	33	96	37	49
Less than 1	93	25	35	96	37	55
Less than 2	93	25	35	96	38	56
Less than 5	93	32	47	98	40	61
Less than 10	95	44	53	100	56	73
Less than 15	95	50	53	100	70	76
Less than 20	96	56	59	100	77	88
Less than 30	99	69	72	100	87	94
Less than 40	99	81	89	100	94	99
Less than 50	99	87	89	100	96	99
Less than 60	99	91	89	100	97	99
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	1.8	23.0	18.6	0.2	12.6	7.2
Median	0.0	15.0	7.9	0.0	7.7	0.0
Lower 2.5 percentile	0.0	0.0	0.0	0.0	0.0	0.0
Upper 2.5 percentile	22.4	98.5	74.6	2.8	60.1	30.9
Standard deviation	8.2	41.0	24.2	1.2	16.9	12.3
Minimum	0.0	0.0	0.0	0.0	0.0	0.0
Maximum	69.3	134.9	83.4	7.7	109.0	60.8

Table 6.140						
Average daily alcohol intake (g) for young people, adults and the elderly, as reported by diary						
Alcohol intake (g)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Zero	91	30	28	95	40	51
Less than 1	91	30	28	95	41	54
Less than 2	92	31	30	95	42	56
Less than 5	95	36	36	97	47	67
Less than 10	95	44	51	99	55	72
Less than 15	95	52	60	100	59	82
Less than 20	95	55	71	100	72	91
Less than 30	97	71	85	100	82	92
Less than 40	99	81	90	100	92	100
Less than 50	99	88	90	100	97	100
Less than 60	99	93	90	100	100	100
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	2.2	21.2	16.7	0.4	13.3	6.3
Median	0.0	14.2	6.4	0.0	6.3	0.0
Lower 2.5 percentile	0.0	0.0	0.0	0.0	0.0	0.0
Upper 2.5 percentile	36.3	80.3	74.8	7.7	50.4	33.0
Standard deviation	11.3	23.6	27.3	1.7	17.5	13.7
Minimum	0.0	0.0	0.0	0.0	0.0	0.0
Maximum	121.6	190.9	79.0	11.1	60.8	33.0

Table 6.141						
Percentage total energy from alcohol for young people, adults and the elderly, as reported by 24-hour recall						
% energy from alcohol	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Zero	89	25	33	96	37	49
Less than 1	93	31	39	98	38	57
Less than 2	95	37	47	98	40	59
Less than 5	98	54	53	100	63	71
Less than 10	99	72	70	100	82	88
Less than 15	99	87	88	100	94	94
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	0.5	6.8	6.0	0.1	5.1	3.3
Median	0.0	4.6	2.9	0.0	3.5	0.0
Lower 2.5 percentile	0.0	0.0	0.0	0.0	0.0	0.0
Upper 2.5 percentile	4.9	28.2	20.0	0.8	20.7	16.7
Standard deviation	2.0	12.1	7.4	0.5	6.9	6.1
Minimum	0.0	0.0	0.0	0.0	0.0	0.0
Maximum	17.3	34.5	23.6	3.6	29.5	16.7

Table 6.142						
Percentage total energy from alcohol for young people, adults and the elderly, as reported by diary						
% energy from alcohol	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Zero	91	30	28	95	40	51
Less than 1	92	33	30	95	42	55
Less than 2	95	38	36	97	47	64
Less than 5	95	52	57	100	56	79
Less than 10	97	71	82	100	76	96
Less than 15	99	87	91	100	89	99
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	0.7	6.4	5.9	0.1	5.5	2.5
Median	0.0	4.8	2.3	0.0	3.0	0.0
Lower 2.5 percentile	0.0	0.0	0.0	0.0	0.0	0.0
Upper 2.5 percentile	12.0	19.1	26.7	2.5	19.7	14.4
Standard deviation	3.2	6.7	9.9	0.7	8.9	5.3
Minimum	0.0	0.0	0.0	0.0	0.0	0.0
Maximum	27.4	35.3	26.7	4.7	26.8	19.9

Table 6.143						
Average daily calcium intake (mg) for young people, adults and the elderly, as reported by 24-hour recall						
Calcium intake (mg)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 200	-	-	-	-	-	-
Less than 300	4	1	-	-	0	-
Less than 400	5	2	2	7	5	9
Less than 500	5	6	7	17	14	22
Less than 600	11	16	15	33	29	36
Less than 700	34	30	32	52	43	43
Less than 800	41	46	40	66	55	51
Less than 900	58	54	63	79	70	64
Less than 1000	66	60	81	87	80	83
Less than 1250	76	82	87	100	94	93
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	935	928	874	714	783	768
Median	829	849	840	697	762	765
Lower 2.5 percentile	246	455	426	305	393	349
Upper 2.5 percentile	1795	1713	1913	1131	1342	1511
Standard deviation	472	416	330	229	327	318
Minimum	246	238	337	305	250	342
Maximum	1887	1913	1913	1221	1604	1570
- No observations						

Table 6.144						
Average daily calcium intake (mg) for young people, adults and the elderly, as reported by diary						
Calcium intake (mg)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 300	-	2	-	-	2	-
Less than 400	5	6	-	10	4	3
Less than 500	15	12	3	20	15	7
Less than 600	23	22	19	32	33	17
Less than 700	33	31	33	46	45	33
Less than 800	51	44	44	66	61	53
Less than 900	69	59	57	79	73	66
Less than 1000	79	68	69	84	83	78
Less than 1250	96	86	97	100	93	88
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	798	892	898	719	770	840
Median	777	840	851	712	728	794
Lower 2.5 percentile	368	367	497	368	335	399
Upper 2.5 percentile	1310	1734	1555	1155	1354	1524
Standard deviation	379	412	381	232	358	334
Minimum	312	260	497	365	228	396
Maximum	1634	2773	2093	1232	3325	1529
- No observations						



Table 6.145						
Average daily iron intake (mg) for young people, adults and the elderly, as reported by 24-hour recall						
Iron intake (mg)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 4.7	7	0	2	7	1	-
Less than 6.7	7	5	11	26	12	9
Less than 8.7	30	19	24	47	35	31
Less than 11.4	75	41	58	76	71	75
Less than 12	76	46	59	81	73	78
Less than 14	88	63	82	91	83	95
Less than 16	92	79	89	97	96	99
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	10.2	12.7	11.6	9.2	10.3	10.0
Median	10.0	12.5	11.1	8.7	9.9	9.7
Lower 2.5 percentile	4.2	5.5	4.8	4.5	5.3	4.9
Upper 2.5 percentile	17.4	21.9	21.8	16.3	16.7	14.4
Standard deviation	3.1	4.8	4.6	3.4	3.0	2.8
Minimum	4.2	4.5	4.2	4.0	2.8	4.8
Maximum	17.6	27.7	22.0	16.3	20.0	20.8

- No observations

Table 6.146						
Average daily iron intake (mg) for young people, adults and the elderly, as reported by diary						
Iron intake (mg)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 4.7	1	-	-	2	3	1
Less than 6.7	9	4	3	13	16	8
Less than 8.7	47	10	19	45	36	29
Less than 11.4	77	44	55	92	63	57
Less than 12	79	51	55	92	68	65
Less than 14	86	78	69	97	82	80
Less than 16	92	87	82	100	92	88
Less than 18	99	92	85	100	98	95
Less than 20	100	96	99	100	99	96
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	9.8	12.3	12.3	8.8	10.4	11.2
Median	9.0	12.0	10.8	8.9	10.1	10.2
Lower 2.5 percentile	5.8	6.0	5.6	5.3	4.7	5.7
Upper 2.5 percentile	16.7	22.1	19.8	15.3	17.8	22.4
Standard deviation	4.2	4.1	3.3	2.6	4.6	4.0
Minimum	2.3	5.3	5.0	3.9	2.3	2.8
Maximum	21.2	32.0	20.3	15.3	23.5	24.3

- No observations

Table 6.147						
Average daily folate intake (µg) for young people, adults and the elderly, as reported by 24-hour recall						
Folate intake (µg)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 100	6	1	2	-	1	2
Less than 150	17	3	7	34	10	8
Less than 200	39	18	13	56	40	33
Less than 250	72	35	33	75	63	54
Less than 300	85	54	71	89	79	76
Less than 350	93	74	86	95	90	92
Less than 400	97	86	91	100	95	97
Less than 450	99	91	94	100	97	99
Less than 500	99	94	96	100	99	99
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	229	300	278	201	238	266
Median	215	291	261	178	224	240
Lower 2.5 percentile	83	129	109	106	124	131
Upper 2.5 percentile	448	527	586	351	450	406
Standard deviation	79	116	103	83	125	197
Minimum	73	85	63	102	80	90
Maximum	847	722	641	367	563	1853

- No observations

Table 6.148						
Average daily folate intake (µg) for young people, adults and the elderly, as reported by diary						
Folate intake (µg)	Age group (years)					
	Males			Females		
	4-18	19-64	65+	4-18	19-64	65+
	Cum %	Cum %	Cum %	Cum %	Cum %	Cum %
Less than 100	1	1	-	1	1	3
Less than 150	19	7	-	25	16	10
Less than 200	53	20	10	64	37	22
Less than 250	75	46	56	87	61	53
Less than 300	90	62	72	97	80	68
Less than 350	93	75	83	100	90	79
Less than 400	94	86	94	100	96	86
Less than 450	95	95	96	100	98	94
Less than 500	95	97	96	100	98	97
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	219	281	280	188	237	272
Median	196	262	245	179	216	245
Lower 2.5 percentile	109	130	173	105	110	99
Upper 2.5 percentile	503	510	686	326	422	545
Standard deviation	154	113	96	62	110	101
Minimum	46	98	166	64	79	97
Maximum	838	661	686	326	692	723

- No observations

Table 6.149						
Average daily vitamin C intake (mg) for young people, adults and the elderly, as reported by 24-hour recall						
Vitamin C intake (mg)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 10	-	-	2	-	3	1
Less than 20	-	6	4	-	6	1
Less than 30	7	7	13	2	11	10
Less than 40	19	16	21	12	16	16
Less than 60	34	37	50	28	31	34
Less than 80	54	61	58	50	46	48
Less than 100	61	73	66	68	58	58
Less than 130	82	79	78	76	74	82
Less than 160	88	90	78	86	92	89
Less than 180	88	94	87	90	95	92
All	100	100	100	100	100	100
<i>Base</i>	<i>62</i>	<i>132</i>	<i>38</i>	<i>53</i>	<i>167</i>	<i>52</i>
Mean (average value)	97.5	85.2	88.4	96.5	93.2	95.0
Median	75.0	71.6	59.2	81.2	84.8	83.1
Lower 2.5 percentile	27.3	15.2	17.5	34.2	10.0	21.8
Upper 2.5 percentile	307.0	199.9	188.9	212.8	201.4	373.6
Standard deviation	99.8	56.5	64.2	62.3	69.1	76.2
Minimum	21.9	11.8	3.0	24.5	9.1	6.5
Maximum	535.3	251.4	300.5	294.7	354.0	373.6

- No observations

Table 6.150						
Average daily vitamin C intake (mg) for young people, adults and the elderly, as reported by diary						
Vitamin C intake (mg)	Age group (years)					
	Males			Females		
	4-18 Cum %	19-64 Cum %	65+ Cum %	4-18 Cum %	19-64 Cum %	65+ Cum %
Less than 10	1	0	-	-	-	2
Less than 20	4	4	-	4	3	4
Less than 30	9	9	3	11	11	6
Less than 40	13	18	5	22	18	16
Less than 60	45	40	23	42	37	32
Less than 80	53	51	43	65	52	43
Less than 100	77	65	69	71	70	56
Less than 130	84	86	82	84	80	73
Less than 160	90	92	91	98	93	84
Less than 180	92	95	93	98	95	87
All	100	100	100	100	100	100
<i>Base</i>	<i>75</i>	<i>143</i>	<i>37</i>	<i>61</i>	<i>192</i>	<i>55</i>
Mean (average value)	86.6	84.9	99.5	75.9	84.4	98.0
Median	74.0	77.1	93.0	68.9	73.8	91.3
Lower 2.5 percentile	14.4	15.3	24.3	13.1	19.3	16.9
Upper 2.5 percentile	235.2	234.1	339.4	158.3	208.9	213.4
Standard deviation	91.3	72.2	66.4	49.4	53.4	57.8
Minimum	1.5	7.2	24.3	13.1	11.5	8.2
Maximum	425.7	463.7	339.4	192.6	247.0	221.0

- No observations

# Previous national surveys

Table 6.151    Average daily energy and macronutrient intakes and percentage contribution to energy intake from macronutrients in previous national surveys for young people, adults and the elderly

Table 6.152    Daily micronutrient intakes in previous national surveys for young people, adults and the elderly

Table 6.151

**Average daily energy and macronutrient intakes and percentage contribution to energy intake from macronutrients in previous national surveys for young people, adults and the elderly**

	1997 NDNS young people	1986-87 adults survey	2000-01 NDNS adults aged 19 to 64 years	1994-95 NDNS people aged 65+ years
	4-18 y	16-64 y**	19-64 y	65+ y*
<b>Males</b>				
Mean energy intake				
Energy (MJ)	8.01	10.30	9.72	8.02
Energy (kcal)	1905	2450	2313	1909
Carbohydrate				
mean intake (g)	260	272	275	232
% energy from carbohydrate	51.2	41.6	44.7	46.4
Total sugars				
mean intake (g)	117	115	118	103
% energy from sugars	23.0	17.6	19.1	20.2
Non-milk extrinsic sugars (NMES)				
mean intake (g)	85	na	79	64
% total energy from NMES	16.7	na	12.8	12.6
Protein				
mean intake (g)	61.6	84.7	88.2	71.5
% total energy from protein	12.9	14.1	15.4	15.4
Non-starch polysaccharides (NSP)				
mean intake (g)	11.2	na	15.2	13.5
Alcohol				
mean intake (g)	1.8	25	21.9	11.7
% total energy from alcohol	0.5	6.9	6.5	4.0
Fat				
mean intake (g)	74.7	102.3	86.5	74.7
% total energy from total fat	35.3	37.6	33.5	34.3
<i>Base</i>	<i>856</i>	<i>1087</i>	<i>833</i>	<i>632</i>
<b>Females</b>				
Mean energy intake				
Energy (MJ)	6.65	7.05	6.87	5.98
Energy (kcal)	1582	1680	1633	1422
Carbohydrate				
mean intake (g)	214	193	203	175
% total energy from carbohydrate	50.7	43.0	46.7	46.9
Total sugars				
mean intake (g)	97	86	88	79
% total energy from sugars	23.0	19.2	20.2	20.8
Non-milk extrinsic sugars (NMES)				
mean intake (g)	69	na	51	44
% total energy from NMES	16.4	na	11.7	11.3
Protein				
mean intake (g)	51.2	62.0	63.7	56
% total energy from protein	12.9	15.2	15.9	16.3
Non-starch polysaccharides (NSP)				
mean intake (g)	9.7	na	12.6	11.0
Alcohol				
mean intake (g)	0.9	6.9	9.3	2.8
% total energy from alcohol	0.4	2.8	3.9	1.3
Fat				
mean intake (g)	63.1	73.5	61.4	58.0
% total energy from total fat	35.9	39.2	33.5	35.6
<i>Base</i>	<i>845</i>	<i>1110</i>	<i>891</i>	<i>643</i>

na = not available

Table 6.152				
Daily micronutrient intakes in previous national surveys for young people, adults and the elderly				
	1997 NDNS young people	1986-87 adults survey	2000-01 NDNS adults aged 19 to 64 years	1994-95 NDNS people aged 65+ years
	4-18 y	16-64 y	19-64 y	65+ y*
<b>Males</b>				
Folate (µg)				
mean	240	311	344	270
median	221	300	327	260
se/sd**	94.0	3.1	126.8	95
Vitamin C (mg)				
mean	75.2	66.5	83.4	66.9
median	60.9	57.6	70.7	57.3
se/sd**	51.82	1.20	54.45	42.1
Iron (mg)				
mean	10.4	13.7	13.2	11.0
median	9.8	13.2	12.6	10.5
se/sd***	3.49	0.15	4.81	3.6
Calcium (mg)				
mean	784	937	1007	836
median	748	917	979	824
se/sd**	278.3	9.3	411.2	285
<i>Base</i>	<i>856</i>	<i>1087</i>	<i>833</i>	<i>632</i>
<b>Females</b>				
Folate (µg)				
mean	194	213	251	207
median	187	208	245	198
se/sd**	67.7	2.1	89.9	75
Vitamin C (mg)				
mean	71.2	62.0	81.0	60.7
median	60.6	52.6	68.7	49.0
se/sd**	43.48	1.18	49.93	41.7
Iron (mg)				
mean	8.3	10.5	10	8.6
median	7.9	9.8	9.6	8.3
se/sd**	2.69	0.13	3.65	2.9
Calcium (mg)				
mean	652	726	777	690
median	644	716	752	655
se/sd**	223.6	7.8	268.8	246
<i>Base</i>	<i>845</i>	<i>1110</i>	<i>891</i>	<i>643</i>

\*Free-living diary sample

\*\* 1986-87 survey reported standard errors; later surveys report standard deviations