

New  
Issue

# **National Nutrition Survey**

# **Foods Eaten**

# **Australia**

**1995**

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Produced by the Australian Bureau of Statistics

## INQUIRIES

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## **P R E F A C E** .....

This publication presents data on food and beverage consumption by the Australian population. The data are derived from the 1995 National Nutrition Survey (NNS) which collected information on food and nutrition.

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

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

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

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## SUMMARY OF FINDINGS .....

### INTRODUCTION

This publication presents information on food and beverage consumption collected in the 1995 National Nutrition Survey (NNS). Three measures are reported: mean daily intake for all persons, median food intake for those who consumed and the proportion who consumed from each food group. This is presented by age group and sex. Consumption of food and beverages by adults has also been examined for a range of characteristics, including State and Territory of residence, geographic region, region of birth and an area index of relative socio-economic disadvantage (SEIFA index).

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

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

Two approaches were used in the NNS to collect data on food and beverage intake:

- The daily food consumption (24-hour recall) method was used as the main indicator of food intake. The consumption data in this publication were obtained using this method. All participants in the survey were interviewed by trained nutritionists who sought detailed information on all foods and beverages consumed during the day prior to the interview (from midnight until midnight). Each food and beverage was described in sufficient detail to allow its nutrient composition to be determined. Nutrient data are available in *Nutrient Intakes and Physical Measurements* (ABS 1998b).
- A qualitative Food Frequency Questionnaire was used to assess usual frequency of intake for those aged 12 years or more. Refer to Glossary for more information.

#### Food and beverage classification

The classification of foods and beverages for the NNS was developed by the Commonwealth Department of Health and Aged Care and the Australia New Zealand Food Authority.

In this food classification:

- The classification of items as beverages was partly based on nutritional content considerations. For example, milk was not classified as a beverage, but was included within 'milk products and dishes'.
- Products and dishes were classified according to their major ingredient. For example, pizzas and commercial hamburgers were classified as 'cereal-based products'.

Appendix 2 provides a description of the food and beverage groups presented in this publication.

TYPES OF FOODS EATEN

The Dietary guidelines for Australians (NHMRC 1992) and the Dietary guidelines for children and adolescents (NHRMC 1995b) recommend that Australians eat a wide variety of nutritious foods. Over 90% of Australians in almost every age group reported consuming something from cereals and cereal products the day before interview, with slightly less consuming milk and milk products. More than 65% of people of all ages ate cereal-based products and dishes; vegetables; meat and poultry; and fats and oils. At least 50% of people of most ages reported eating fruit products and dishes. (Table 3.)

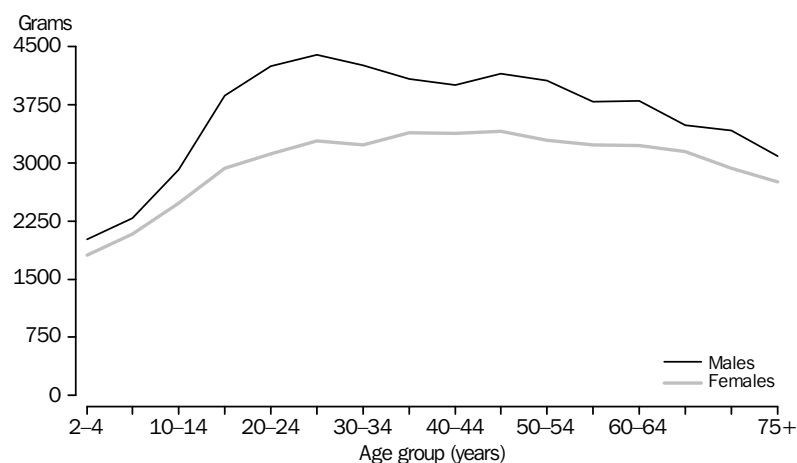
The types of foods eaten varied by age and sex. For example:

- Children aged 2–15 years and adults aged 45 years and over were more likely than those aged 16–44 years to have eaten cereals and cereal products, particularly breads and breakfast cereals. (Table 3.)
- The overall proportion of people who consumed vegetable products and dishes increased with age. (Table 3.)
- In general, women were more likely to consume fruit products and dishes than men of the same age. (Table 3.)

QUANTITY OF INTAKE

On average, males in all age groups consumed larger amounts of food and beverages than females. Males aged 25–29 years had the highest mean daily intake of food and beverages. The decrease in the mean intake of food and beverages from the age of 45–49 years was greater for males than females.

MEAN DAILY FOOD AND BEVERAGE INTAKE, Age and Sex



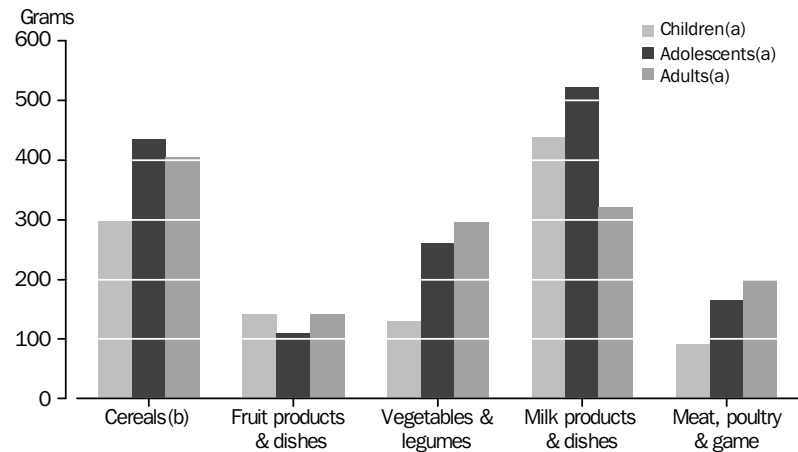


QUANTITY OF INTAKE *continued*

Patterns of consumption for food and beverage groups varied according to age and sex. The mean daily food intake was highest for milk products and dishes. There were also high levels of consumption of vegetables; cereals and cereal products; meat and poultry; fruits; and cereal-based products and dishes. (Table 1.) Some general patterns within these foods were:

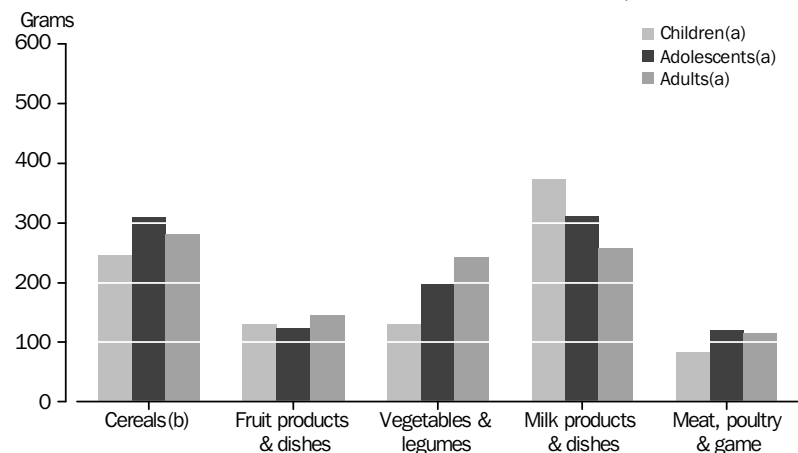
- Children aged 2–11 years generally consumed much smaller quantities of these food groups than adolescents and adults. Persons aged 16–24 years had the highest mean daily food intake for many food groups.
- For most of these food groups, males and females displayed a similar pattern by age. The major exception was milk products and dishes, for which the mean intake of adolescent males was higher, and of adolescent females lower, than in childhood.
- Adolescent females and women generally had a higher mean daily intake of fruits than males of the same age. This was the reverse of the pattern for all other major food groups.

MEAN DAILY INTAKE FOR SELECTED MAJOR FOOD GROUPS, Males



(a) Children aged 2–11 years, adolescents aged 12–18 years and adults aged 19 years and over.  
 (b) Cereals includes cereals and cereal products, and cereal-based products and dishes.

MEAN DAILY INTAKE FOR SELECTED MAJOR FOOD GROUPS, Females



(a) Children aged 2–11 years, adolescents aged 12–18 years and adults aged 19 years and over.  
 (b) Cereals includes cereals and cereal products, and cereal-based products and dishes.

## MAJOR FOOD GROUPS

## Cereals and cereal products

The Dietary guidelines for Australians (NHMRC 1992) and the Dietary guidelines for children and adolescents (NHMRC 1995b) recommend that people eat plenty of breads and cereals, preferably wholegrain. Wholegrain cereals are not only high in fibre (usually a range of fibres), but they are also a good source of important trace minerals such as zinc, magnesium, iron and potassium, B-group vitamins and essential fatty acids. The cereals and cereal products food group includes breads, breakfast cereals, pasta and rice and is similar to the National Health and Medical Research Council definition of cereals. (See Appendix 2 for more information.)

Over 90% of Australians aged 2 years and over consumed cereal products. Although a smaller proportion of people aged 19–24 years ate cereal foods than those of other ages, they had the highest mean daily intake. Males had a higher average intake of cereals and cereal products than females in all age groups. (Tables 1 and 3.)

Australians were more likely to have consumed regular breads and rolls than any other type of cereal product. This was particularly evident for those aged 65 years and over. (Table 3.) Across all ages, regular breads and rolls provided approximately 40% of the mean daily intake of cereals and cereal products. (Table 1.)

Breakfast cereals were also consumed by a large proportion of people of all ages. Males were more likely to have consumed breakfast cereals than females in most age groups. Persons aged 65 years and over were more than twice as likely as other people to have eaten hot porridge. (Table 3.)

Some of the differences between adult population sub-groups were:

- Adults living in rural centres and rural/remote areas had a higher mean intake of regular breads and rolls but a lower mean intake of pasta and rice than adults living in metropolitan areas. This pattern reflected the different proportions of the population who consumed these foods. (Tables 7 and 9.)
- Adults born in the East Asian region had the highest average intake of cereals and cereal products. This was due both to a high median intake of rice and rice products by consumers born in East Asia and a high proportion (72%) of adults born in East Asia consuming rice. Conversely, adults born in this region, on average, ate smaller amounts of regular breads and rolls and breakfast cereals than adults born in any other region. (Tables 10, 11 and 12.)
- Adults living in the most disadvantaged areas (first SEIFA quintile of relative socio-economic disadvantage) had a lower mean intake of cereals and cereal products than adults living in other SEIFA areas. This was because a lower proportion of people in the most disadvantaged areas ate cereals and those that ate cereals had a lower median intake. (Tables 13, 14 and 15.)
- Adults were more likely to have consumed breakfast cereals, pasta and rice on a weekday than at the weekend, except for those adults aged 65 years and over. (Table 18.)

### Cereal-based products and dishes

This group of foods includes biscuits, cakes and pastries as well as foods such as pizza, lasagne and commercial hamburgers, where cereal is the major ingredient. See Appendix 2 for more information.

The proportion of the Australian population in different age groups who consumed some cereal-based products and dishes ranged from 67% to 81%. Children and adolescents aged up to 15 years and adults aged 65 years and over were more likely to have consumed cereal-based products and dishes than those aged 16–64 years. The types of foods consumed within this major food group varied by age and sex. (Table 3.)

Mixed dishes where cereal is the major ingredient were the main overall contributor to the mean daily intake of cereal-based products. Males aged 19–24 reported the highest average intake of these mixed dishes, which was more than double the highest female average intake for those aged 16–18 years. Other important contributors to the intake of cereal-based products were pastries and cakes particularly for those aged 65 years and over. (Table 1.)

There was some variation across different population sub-groups:

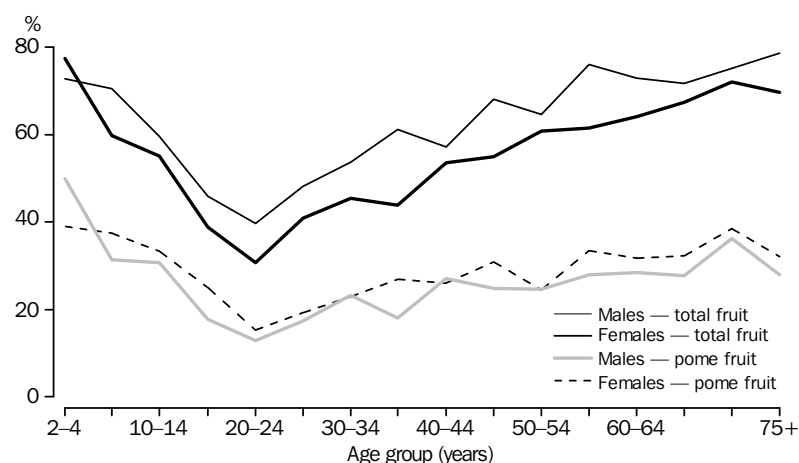
- Adults in South Australia and Victoria had the highest mean intakes of cereal-based products and dishes, due to a higher proportion of consumers, particularly for pastries and mixed dishes where cereal is the major ingredient. (Tables 4 and 6.)
- Adults in metropolitan areas had a higher mean intake of cereal-based products than those in rural centres and rural/remote areas. This was mainly due to a higher mean intake of mixed dishes where cereal is the major ingredient (Table 7.)
- Adults born in the East Asian region recorded the lowest mean intake of all foods in this group, apart from mixed dishes where cereal is the major ingredient. Their high mean intake of these mixed dishes was due to savoury rice-based dishes. (Table 10.)

### Fruit products and dishes

The Dietary guidelines for Australians (NHMRC 1992) and the Dietary guidelines for children and adolescents (NHMRC 1995b) recommend that people eat fruits as part of a healthy diet. Fruit products and dishes are an important source of vitamin C, dietary fibre and potassium, and contain very little sodium or fat.

The proportion of people who reported eating fruits declined from 77% of 2–3 year olds to a low of 37% for the 19–24 year age group but increased to 73% of those aged 65 years and over. Females were more likely to have eaten fruits than males in all age groups, except for 2–3 year olds. (Table 3.) Females aged 12–64 years also had a higher mean intake of fruit products and dishes than males, although generally males had a higher median intake for those who consumed. (Tables 1 and 2.)

PERSONS CONSUMING FRUIT PRODUCTS AND DISHES, Age and Sex



Australians in all age groups were more likely to have eaten pome fruit (e.g. apples and pears) and tropical fruits (e.g. bananas and pineapple) than any other type of fruit although there was considerable variation with age. While adults were more likely to have consumed tropical fruits than pome fruits, the reverse was true for those aged less than 19 years. (Table 3.)

In all age groups, pome fruit made the highest contribution to the average daily intake of fruit products and dishes for both males and females. Other important contributors were citrus, stone and tropical fruits. (Table 1.)

Some of the differences between adult population sub-groups were:

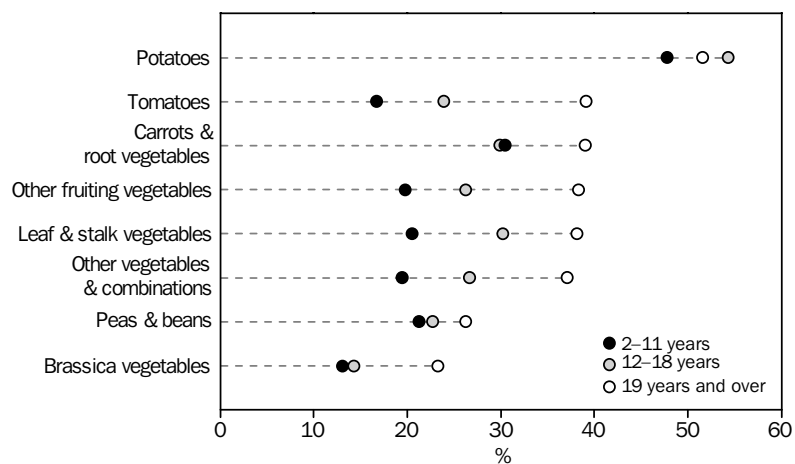
- Adults in Tasmania had the lowest average intake of fruit products and dishes (119 g) of any State or Territory (excluding the Northern Territory), due to the low proportion of consumers and their low median intake. Adults in Tasmania generally reported the lowest mean intake of most foods and beverages. (Tables 4, 5 and 6.)
- Adults born in Other European countries were more likely to have eaten fruit products and dishes, than adults born elsewhere. They had the highest average intake of most fruits, and their intake of pome fruits was nearly twice that of adults born in all other regions. (Tables 10 and 12.)
- Adults living in the most advantaged areas (fifth SEIFA quintile of relative socio-economic disadvantage) had the highest average intake of most fruit products and dishes due in part to a lower proportion of consumers living in other SEIFA areas. (Tables 13 and 15.)
- Consumption of fruits tended to peak at the time of year in which they are in season. For example, the mean intake of stone fruits was highest in summer (Table 19.)

## Vegetable products and dishes

Vegetables are low in fat and rich in dietary fibre and essential nutrients such as pro vitamin A, vitamin C, folate and vitamin E. The Dietary guidelines for Australians (NHMRC 1992) and the Dietary guidelines for children and adolescents (NHMRC 1995b) also encourage Australians to eat plenty of vegetables.

More than 70% of the Australian population had eaten vegetables the day before interview. A greater proportion of adults consumed vegetable products and dishes than children. Potatoes were the most commonly consumed vegetable, with approximately 45–60% of the Australian population reporting that they had eaten potatoes. At least one-third of Australian adults reported eating carrots; leaf and stalk vegetables; tomatoes; other fruiting vegetables (e.g. pumpkin); or other vegetables and vegetable combinations. (Table 3.)

PERSONS CONSUMING VEGETABLE PRODUCTS AND DISHES, Age Group



The mean daily intake of vegetables generally increased with age and was highest for persons aged 45–64 years. Potatoes were the main contributor to the mean intake of vegetable products and dishes, due to the high proportion of consumers with a high median intake. Other important contributors were tomatoes, carrots, other fruiting vegetables, and other vegetables and vegetable combinations. The median intake of cabbage, cauliflower and similar brassica vegetables by those who consumed was one of the highest median intakes after potatoes. (Tables 1, 2 and 3.)

Some differences in adult consumption of vegetable products and dishes were:

- Adults in Tasmania had a higher mean intake of vegetables and vegetable products, particularly potatoes and carrots, than adults in other States or Territories (excluding the Northern Territory). (Table 4.)
- The average intake of vegetables by adults was highest in rural/remote areas due to their greater intakes of potatoes, carrots, peas and beans, and other fruiting vegetables. (Table 7.)
- Adults living in the most disadvantaged areas (first SEIFA quintile of relative socio-economic disadvantage) had the highest average intake of vegetable products and dishes, particularly potatoes and cabbage, cauliflower and similar brassica vegetables compared to adults living in other SEIFA areas. (Table 13.)
- Adults had a higher mean intake of vegetable products and dishes on weekdays compared to the weekend. (Table 16.)

## Milk products and dishes

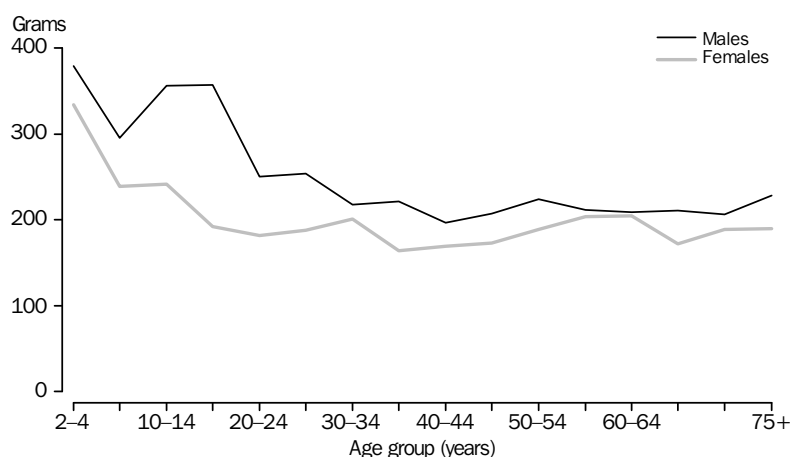
Milk is an excellent source of many nutrients but in particular of calcium, riboflavin and protein.

The vast majority of Australians consumed milk products and dishes. The proportion consuming declined from 98% of children aged 2–3 years to 90% of adults aged 19–24 years and increased to 95% of persons aged 65 years and over. The lowest proportion was recorded for females aged 16–18 years (87%). (Table 3.)

Australians were more likely to have consumed dairy milk than any other milk product. A smaller proportion of females aged 16–18 years consumed dairy milk than any other age group of either sex (63%). Dairy milk accounted for approximately 70% of the mean daily intake of milk products and dishes for persons of all ages. (Tables 1 and 3.)

However approximately 45% of both males and females aged 16–18 years had eaten cheese, a higher proportion than any other age group. A higher proportion of children and adolescents had consumed frozen milk products than adults with the average intake being highest for 12–15 year olds. (Tables 1 and 3.)

## MEAN DAILY INTAKE OF DAIRY MILK, Age and Sex



Some differences in adult consumption of milk products and dishes were:

- A higher proportion of adults in South Australia and Western Australia reported consuming flavoured milks than those in any other State or Territory (excluding the Northern Territory), and their mean intake was also highest. (Tables 4 and 7.)
- Adults born in the United Kingdom, Ireland and New Zealand had the highest mean intake of milk products and dishes (particularly dairy milk) whereas adults born in the East Asia region had the lowest intake. Although adults born in East Asia had one of the smallest mean intakes of dairy milk compared to other adults, those who consumed milk had the highest median intake, similar to that of Australian-born adults. Adults born in Australia were more likely to eat frozen milk products than other adults. (Tables 10, 11 and 12.)
- Adults reported a higher mean intake of milk products and dishes on weekdays compared to weekends. Important contributors to this difference were dairy milk. (Table 16.)

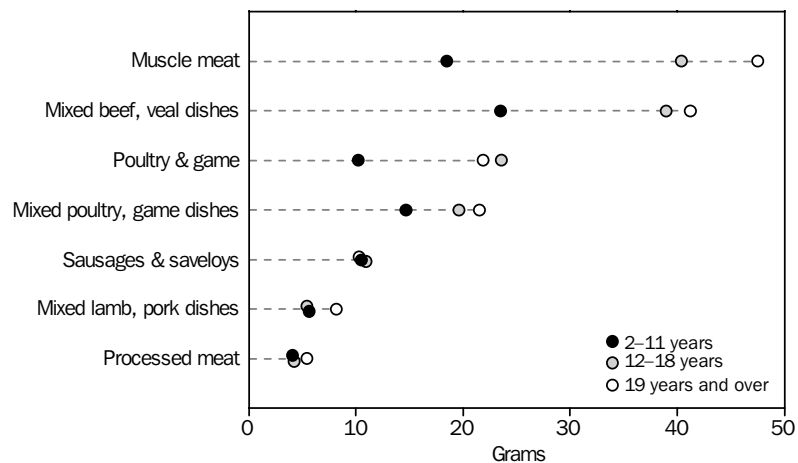
## Meat, poultry, and game products and dishes

Meats are major contributors of protein, niacin equivalents, iron, zinc and vitamin B12. A small amount of meat in a meal improves the absorption of the iron from vegetables and cereals. Organ meats such as liver and kidneys also contain significant amounts of vitamin A (Rogers 1990).

Overall, the proportion of the population who consumed meat, poultry and game products and dishes increased with age. In most age groups, males were more likely to have consumed meat and poultry than females.

More Australians consumed muscle meats than any other type of meat, poultry or game. (Table 3.) Generally, males had a higher average intake of muscle meat than other types of meat. However, average intake of mixed beef or veal dishes (e.g. casseroles and crumbed beef) was higher than muscle meats for females in every age group up to 45 years. (Table 1.)

### MEAN DAILY INTAKE OF MEAT AND POULTRY PRODUCTS AND DISHES, Age Group



Some differences by adult population sub-groups were:

- Adults in Tasmania had the highest mean intake of muscle meats and the lowest mean intake of most other meat, poultry and game products and dishes compared to the other States and Territories (excluding the Northern Territory). (Table 4.)
- Adults aged 19–44 years and 65 years and over had slightly higher average intakes of muscle meat and sausages on weekends than weekdays. (Table 16.)

## Fats and oils

Fats are present in many foods either as a naturally occurring constituent or through being added during processing, cooking, or just prior to being eaten. For example, a meal of roast beef and potatoes could contain the naturally present fat in roast beef, the oil used in cooking, and margarine added to the potatoes just prior to eating.

In the NNS the fats and oils food group consists only of fats added to foods just prior to being eaten. In the above example only the margarine added to the potatoes is included in the fats and oils group. Other fats and oils either naturally present or added in the cooking process are included in the group of the main food or dish. See Appendix 2 for further information. Information on the total fat intake is available in Nutrient Intakes and Physical Measurements (ABS 1998b).

### Fats and oils *continued*

A high proportion of both males and females consumed fats and oils. The proportion declined from 83% of those aged 2–3 years to 66% of 16–18 year olds, then gradually increased to 84% of persons aged 65 years and over.

Australians were much more likely to have consumed margarine than dairy fats in all age groups. Males between the ages of 12 and 44 years were more likely to have consumed margarine than females in the same age group, whereas the reverse was true for dairy fats. (Table 3.)

Differences in the adult consumption of fats and oils include:

- Adults in Tasmania had the highest mean consumption of fats and oils due both to a high proportion of consumers and the highest median intake for those who consumed. (Tables 4, 5 and 6.)
- Adults in rural/remote areas were more likely to have consumed fats and oils, particularly margarine, than those in any other geographic region. Their average daily intake of dairy fats and margarine was also higher. (Tables 7 and 9.)

### Non-alcoholic beverages (excluding milk)

Approximately 60% of the adult human body is made up of water and about 2.5 litres of water is needed each day to replace water lost from the body. Beverages are the main source of this water.

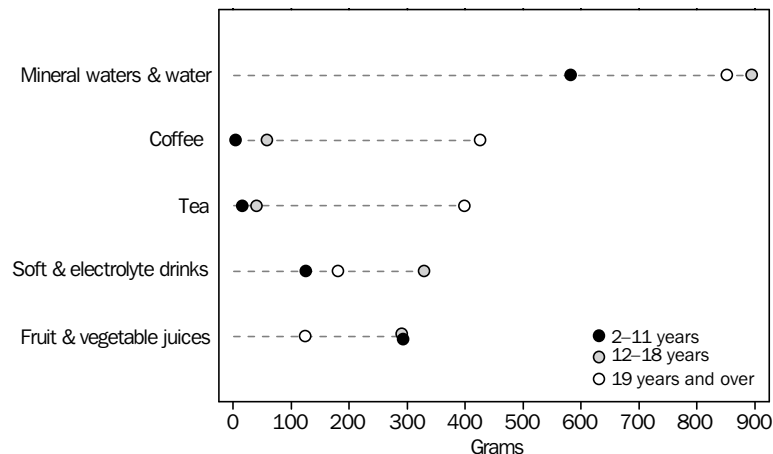
Almost every Australian had consumed one or more non-alcoholic beverages. In all age groups, a higher proportion reported drinking mineral waters and water than any other type of non-alcoholic beverage. Consumption of other non-alcoholic beverages varied by age:

- people aged 2–15 years were more likely to drink fruit and vegetable juices;
- people aged 16–24 were more likely to drink soft drinks, flavoured mineral waters and electrolyte drinks, and fruit and vegetable juices; and
- adults aged 25 years and over were more likely to drink tea and coffee. On average, more coffee than tea was consumed by adults aged 19–44 years and more tea than coffee by adults aged 45 years and over. (Tables 1 and 3.)

Mineral waters and water (mainly consumed as plain drinking water) contributed at least 40% to the mean daily intake of non-alcoholic beverages. For most age groups, plain drinking water provided approximately 90% of the total intake of mineral waters and water. (Table 1.)



## MEAN DAILY INTAKE OF NON-ALCOHOLIC BEVERAGES, Age Group



Some of the differences in the adult consumption of non-alcoholic beverages were:

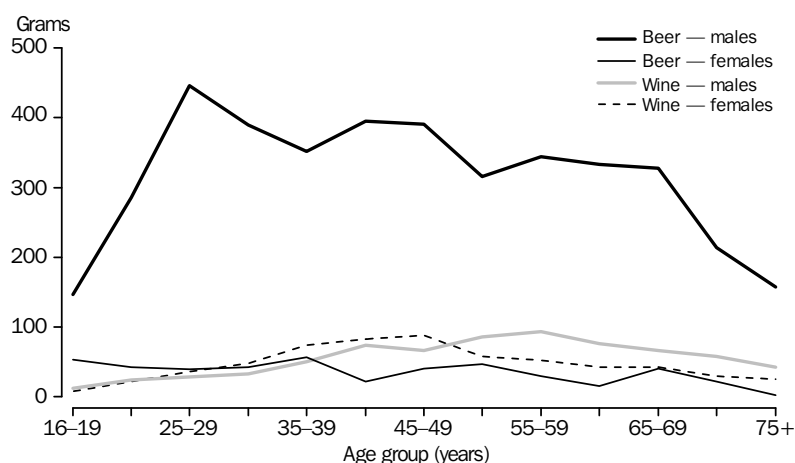
- Adults in Queensland recorded the highest mean intake of mineral waters and water. Their average intake was approximately double that of adults in Tasmania, who reported the lowest intake. (Tables 4 and 6.)
- Adults born in the East Asia region had the lowest mean intake of non-alcoholic beverages, particularly coffee, but a relatively high average intake of mineral waters and water. Adults born in the United Kingdom, Ireland and New Zealand had the highest mean intake of tea whereas adults born in Other European countries had the highest mean intake of coffee. (Table 10.)
- Adults drank larger average quantities of cold non-alcoholic beverages during summer than any other season of the year, mainly due to a higher average intake of mineral waters and water. (Tables 19 and 21.)

## Alcoholic beverages

The Dietary guidelines for Australians recommend that alcohol intake should be limited (NHMRC 1992). Alcoholic beverages vary considerably in the amount of absolute alcohol they contain, from less than 1.9% in low alcohol beer to around 30% in spirits. Detailed information on absolute alcohol intake is available in Nutrient Intakes and Physical Measurements (ABS 1998b).

Overall, about 42% of men and 24% of women reported consuming an alcoholic beverage. The proportion was highest in those aged 45–64 years at 49% for men and 29% for women. Males were more likely than females to have consumed alcoholic beverages in every age group. Men also had a much higher mean daily intake of alcoholic beverages than women. Based on mean intake, beer was the main alcoholic beverage for men of all ages and for women aged 16–24 years, while wine was the main alcoholic beverage for women aged 25 years and over. (Tables 1 and 3.)

MEAN DAILY INTAKE OF BEER AND WINE, Age and Sex



Consumption of alcoholic beverages differed across adult population sub-groups. Some examples were:

- Adults living in rural/remote areas had the highest mean intake of beer compared to other geographic regions, reflecting a higher proportion of consumers with a high median intake. (Tables 7, 8 and 9.)
- Adults born in Australia recorded the highest average consumption of beer whereas adults born in Europe and New Zealand consumed the largest amounts of wine. A much lower proportion of adults born in the East Asia region drank alcoholic beverages resulting in the lowest average intake. (Tables 10 and 12.)
- Adults living in the least disadvantaged areas (fifth SEIFA quintile of relative socio-economic disadvantage) had the lowest average intake of beers and the highest average intake of wines compared to adults living in areas with a different SEIFA profile. Overall, those in the least disadvantaged areas recorded the highest proportion of consumers of alcoholic beverages. (Tables 13 and 15.)
- The mean intake of all alcoholic beverages, particularly beer, was much higher on weekends than weekdays. This was due to the high proportion of adults consuming alcoholic beverages on weekends and the high median intake for those who consumed. (Tables 16, 17 and 18.)

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**TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX**

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
Males										
<b>Cereals and cereal products</b>	136.1	168.1	208.1	250.0	269.9	272.7	262.5	240.8	212.3	250.2
Regular breads, and rolls	58.2	78.0	99.1	105.4	108.9	117.8	109.7	110.2	96.1	109.0
Breakfast cereals, plain, single source	10.7	14.2	14.5	20.3	19.1	12.7	12.5	13.5	14.9	13.2
Fancy breads, flat breads, English-style muffins and crumpets	* 2.5	5.7	8.9	11.1	8.4	16.4	14.0	8.7	6.7	11.7
Pasta and pasta products	* 25.1	28.7	27.7	31.3	61.6	41.3	41.2	30.9	14.8	34.4
Rice and rice products	* 12.3	23.4	31.0	39.8	* 40.7	58.5	56.1	40.2	19.7	46.5
Breakfast cereals, mixed source	9.1	10.1	21.6	25.8	26.1	18.7	16.5	13.1	13.2	15.3
Breakfast cereal, hot porridge type	* 18.1	* 7.2	* 5.4	* 16.2	* 4.8	7.3	11.9	23.1	46.0	19.5
<b>Cereal-based products and dishes</b>	68.1	111.3	154.5	159.2	199.8	229.9	173.2	127.4	81.7	154.1
Sweet biscuits	7.8	12.4	13.3	13.8	7.7	9.1	10.3	10.5	11.4	10.4
Savoury biscuits	* 6.6	6.5	6.2	7.1	2.4	3.3	4.5	4.0	3.5	4.1
Cakes, buns, muffins, scones, cake-type desserts	9.5	16.9	32.6	25.4	19.8	20.7	25.6	26.1	21.2	24.5
Pastries	15.1	20.0	22.4	39.3	67.8	48.1	43.9	35.6	24.9	39.3
Mixed dishes where cereal is the major ingredient	23.8	46.2	72.7	68.0	96.3	143.1	83.2	47.0	18.0	71.2
Batter-based products	**5.3	* 9.2	* 7.3	* 5.5	* 5.9	* 5.5	5.6	4.2	* 2.7	4.8
<b>Fruit products and dishes</b>	153.8	146.1	131.4	122.0	97.1	88.7	126.8	168.2	178.8	141.3
Pome fruit	62.9	60.3	63.1	60.1	39.3	23.2	42.8	51.2	47.1	43.2
Berry fruit	**2.6	* 2.2	* 3.0	* 1.0	* 0.5	* 0.8	1.3	2.1	* 2.4	1.7
Citrus fruit	* 15.5	18.1	20.1	16.4	24.3	14.2	18.1	26.5	23.6	20.9
Stone fruit	* 18.6	* 9.1	* 8.9	* 5.8	* 4.3	5.9	12.7	19.5	30.7	16.3
Tropical fruit	29.4	22.7	21.2	14.9	14.0	20.4	26.8	32.3	40.1	29.5
Other fruit	* 13.0	* 27.6	* 11.5	* 19.7	* 8.4	19.8	14.6	25.7	20.2	19.3
Mixtures of two or more groups of fruit	**6.7	* 3.2	* 1.8	—	* 4.9	* 2.2	6.8	6.6	* 8.4	6.3
Dried fruit, preserved fruit	* 4.4	* 2.5	* 0.9	* 2.5	* 0.6	* 0.5	2.5	3.1	* 4.8	2.8
<b>Vegetable products and dishes</b>	92.6	102.2	157.5	219.9	282.6	272.1	275.3	301.4	281.7	283.4
Potatoes	44.8	53.1	81.4	116.1	146.4	120.7	102.0	107.5	102.9	106.2
Cabbage, cauliflower and similar brassica vegetables	6.2	7.3	8.8	11.8	21.1	19.7	18.9	25.7	29.4	22.5
Carrot and similar root vegetables	10.0	11.0	13.5	15.7	16.8	18.4	22.9	26.0	25.1	23.5
Leaf and stalk vegetables	1.6	3.8	7.4	7.2	11.9	13.8	16.4	19.1	14.8	16.6
Peas and beans	7.4	6.3	11.3	21.2	18.4	17.5	19.4	23.2	25.5	21.2
Tomato and tomato products	6.7	5.9	10.3	16.2	18.8	27.1	35.6	40.1	32.1	35.3
Other fruiting vegetables	8.4	6.8	9.8	15.7	27.8	23.5	25.9	31.6	30.1	27.8
Other vegetables and vegetable combinations	5.5	6.3	13.7	15.2	20.8	29.0	28.5	26.5	18.0	26.4
Dishes where vegetable is the major component	**2.0	* 1.5	* 1.3	—	**0.8	* 2.5	5.7	* 1.8	* 3.7	3.8
<b>Legume and pulse products and dishes</b>	* 7.1	* 8.9	* 5.3	* 13.6	* 16.2	* 12.0	11.2	15.2	9.2	12.2
Mature legumes and pulses	—	**0.6	**0.6	**2.0	**1.7	* 1.7	* 1.7	* 3.3	* 1.3	2.1
Mature legumes and pulse products and dishes	* 7.1	* 8.3	* 4.7	* 11.6	* 14.5	* 10.3	9.5	11.9	* 7.8	10.0

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Milk products and dishes</b>	507.8	417.6	427.1	501.5	549.9	396.9	330.9	290.7	288.6	321.9
Dairy milk	405.9	308.7	311.1	349.9	403.5	256.0	222.7	213.2	215.1	223.3
Yoghurt	* 18.1	13.0	11.5	10.2	* 16.9	7.3	11.8	11.4	11.2	11.0
Cream	* 0.2	* 0.1	* 0.7	* 1.7	* 0.9	3.5	3.3	3.0	3.4	3.2
Cheese	10.9	12.2	12.2	16.9	20.4	17.9	19.0	14.5	10.2	16.2
Frozen milk products	17.8	36.7	51.6	68.4	57.0	30.8	23.7	20.5	15.3	22.5
Other dishes where milk or a milk product is the major component	* 25.8	* 23.2	* 11.7	* 13.9	* 11.7	8.5	9.9	12.2	25.0	12.6
Milk substitutes	**19.7	* 4.2	* 4.8	—	—	* 4.2	4.9	* 4.2	* 5.4	4.7
Flavoured milks	* 9.3	* 19.5	* 23.3	* 38.0	* 38.3	* 68.8	35.6	11.7	3.1	28.3
<b>Meat, poultry and game products and dishes</b>	62.2	81.2	116.7	145.0	191.8	225.4	212.7	196.1	146.0	199.9
Muscle meat	11.3	19.2	26.8	48.4	51.5	73.1	66.7	62.6	45.4	63.3
Poultry and other feathered game	9.0	9.0	12.1	17.7	37.8	29.2	29.6	24.5	17.6	26.3
Organ meats and offal, products and dishes	—	**0.1	**0.1	**0.6	—	**0.4	* 0.9	* 1.1	* 3.3	1.2
Sausages, frankfurts, and saveloys	* 8.3	8.6	16.4	15.1	* 8.5	14.4	15.3	15.6	10.1	14.5
Processed meat	* 6.8	* 2.9	* 6.2	* 4.7	* 6.9	6.2	7.5	8.2	7.6	7.6
Mixed dishes where beef or veal is the major component	* 17.3	20.9	23.4	35.0	55.2	52.5	52.0	59.1	35.6	51.8
Mixed dishes where lamb or pork, bacon, ham is the major component	—	* 3.4	* 13.6	* 5.5	* 4.0	* 13.5	10.0	8.2	* 8.8	9.8
Mixed dishes where poultry or game is the major ingredient	* 8.9	17.3	17.9	17.6	* 27.7	36.0	30.3	16.7	17.7	25.2
<b>Fish and seafood products and dishes</b>	* 6.9	10.6	14.5	19.5	13.8	27.4	27.8	32.8	25.6	28.9
Fin fish (excluding canned)	* 0.3	* 1.1	* 3.7	* 4.8	* 1.6	* 5.2	7.6	8.5	* 8.3	7.7
Crustacea and molluscs (excluding canned)	—	**0.4	**1.7	—	—	* 3.6	2.6	* 3.9	* 1.5	3.0
Packed (canned and bottled) fish and seafood	* 1.1	* 0.6	* 0.8	* 1.6	* 3.3	* 2.6	3.5	3.5	* 4.0	3.4
Fish and seafood products	* 2.1	* 2.8	* 2.8	* 11.2	* 5.8	10.5	9.3	8.0	6.9	8.7
Mixed dishes with fish or seafood as the major component	—	* 5.6	* 5.6	* 1.7	**2.3	* 5.6	4.8	* 8.9	* 5.0	6.1
<b>Egg products and dishes</b>	* 5.9	7.1	9.9	11.4	14.9	17.5	15.8	17.9	13.7	16.3
Eggs	* 3.3	4.7	6.0	7.9	13.1	9.5	10.1	10.5	9.0	10.0
Dishes where egg is the major ingredient	**2.6	* 2.3	* 3.9	* 3.5	—	* 8.1	5.7	7.4	* 4.6	6.3
<b>Snack foods</b>	* 6.8	11.0	11.4	12.6	* 14.0	9.8	4.4	1.7	0.8	3.8
Potato snacks	* 3.5	* 6.4	* 5.0	* 8.0	* 7.4	5.3	2.7	1.2	0.5	2.3
Corn snacks	**0.8	* 2.1	* 3.4	* 2.7	**3.4	* 3.1	0.9	* 0.4	—	0.9
Extruded snacks	**2.5	* 2.5	* 2.8	* 1.7	**2.0	* 1.3	* 0.7	* 0.1	—	0.5
<b>Sugar products and dishes</b>	18.6	30.9	33.9	22.4	25.5	18.5	21.6	25.4	28.4	23.3
Sugar, honey and syrups	4.1	7.0	7.4	9.6	15.0	13.7	16.1	18.5	18.4	16.8
Jam and lemon spreads, chocolate spreads	* 3.2	3.6	4.2	3.4	1.1	1.5	2.9	4.1	6.8	3.6
Dishes and products other than confectionery where sugar is the main component	**11.3	* 20.3	* 22.3	* 9.5	* 9.4	* 3.3	2.7	2.8	* 3.2	2.9

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—*continued*

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Confectionery</b>	14.4	19.4	22.1	23.8	27.1	15.0	10.6	6.6	4.0	9.1
Chocolate and chocolate-based confectionery	* 6.4	7.9	7.8	12.2	18.1	9.2	7.5	4.1	2.5	6.0
Cereal-, fruit-, nut-, and seed-bars	* 5.1	* 6.2	* 6.4	* 4.7	* 2.5	* 2.6	1.4	0.8	* 0.1	1.2
Other confectionery	* 2.9	* 5.2	* 7.8	* 6.9	* 6.4	3.2	1.7	1.8	1.4	1.9
<b>Seed and nut products and dishes</b>	* 1.9	* 3.3	* 2.9	* 3.1	* 1.4	3.9	6.8	4.3	2.8	5.1
Nuts and nut products	* 1.9	* 3.3	* 2.9	* 3.0	* 1.3	3.9	6.7	4.2	2.7	5.0
<b>Fats and oils</b>	6.6	8.9	11.1	12.3	12.2	14.4	13.9	15.1	16.9	14.8
Dairy fats	1.1	1.6	1.6	1.8	2.5	2.8	3.8	4.3	5.1	4.0
Margarine	5.2	6.8	9.4	10.4	9.0	10.2	9.0	9.7	11.2	9.7
Vegetable oil	**0.2	* 0.2	* 0.1	* 0.1	**0.5	* 0.7	0.4	* 0.5	* 0.3	0.5
Unspecified fats	* 0.1	* 0.3	* 0.1	* 0.1	* 0.2	* 0.6	0.7	0.5	0.3	0.6
<b>Soup</b>	* 12.2	18.4	31.4	26.1	21.4	39.4	40.3	61.0	76.9	51.5
Soup	* 12.2	18.4	31.4	25.6	21.4	39.2	40.1	60.2	75.9	51.0
<b>Savoury sauces and condiments</b>	10.1	14.8	21.3	28.8	41.0	34.5	37.4	29.7	25.2	33.0
Gravies and savoury sauces	9.3	12.9	18.8	24.4	36.1	30.0	30.9	22.5	19.3	26.7
Pickles, chutneys and relishes	* 0.3	* 0.3	* 1.2	* 1.6	* 1.2	1.4	3.1	3.6	2.8	3.0
Salad dressings	* 0.2	1.4	1.3	2.7	3.7	2.9	3.0	3.3	3.1	3.1
<b>Non-alcoholic beverages</b>	858.1	991.7	1,213.1	1,525.9	2,004.6	2,223.7	2,161.9	2,014.6	1,643.9	2,052.3
Tea	13.5	12.1	19.1	21.1	24.4	102.3	238.1	471.1	630.5	344.8
Coffee and coffee substitutes	—	5.9	3.6	16.0	131.7	229.3	546.3	561.5	311.3	474.6
Fruit and vegetable juices and drinks	319.2	296.6	274.7	338.2	317.6	257.8	146.6	104.5	80.0	139.5
Soft drinks, flavoured mineral waters and electrolyte drinks	69.3	128.9	188.3	314.4	525.4	528.2	280.8	124.3	61.4	236.3
Mineral waters and water(b)	455.1	547.7	726.1	835.7	1,003.0	1,105.7	945.5	753.1	560.2	854.9
<b>Alcoholic beverages</b>	—	—	—	—	175.1	333.5	453.2	436.5	299.4	410.1
Beers	—	—	—	—	140.1	289.0	395.4	350.4	236.6	345.1
Wines	—	—	—	—	18.9	20.5	45.6	79.4	56.0	53.6
Spirits	—	—	—	—	* 5.7	* 5.8	3.7	4.5	* 6.4	4.6
Other alcoholic beverages	—	—	—	—	**10.5	* 18.1	* 8.5	* 2.1	* 0.4	6.7
<b>Miscellaneous</b>	2.3	2.6	3.5	3.7	2.9	2.4	2.1	1.3	1.3	1.8
Beverage flavourings	* 1.5	* 1.2	* 1.8	* 1.6	* 1.8	0.9	0.6	0.4	0.4	0.6
Yeast; yeast, vegetable and meat extracts	* 0.8	1.4	1.7	1.9	1.1	1.5	1.2	0.7	0.7	1.0
Artificial sweetening agents	—	—	—	—	—	—	—	0.1	* 0.1	—
Herbs, spices, seasonings and stock cubes	—	—	—	—	—	* 0.1	* 0.2	* 0.1	* 0.1	* 0.2
<b>Total</b>	<b>1,978.0</b>	<b>2,154.1</b>	<b>2,575.7</b>	<b>3,101.5</b>	<b>3,963.1</b>	<b>4,238.3</b>	<b>4,189.5</b>	<b>3,987.1</b>	<b>3,337.2</b>	<b>4,013.7</b>

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Cereals and cereal products</b>	132.0	140.4	175.7	175.7	194.6	195.7	192.3	171.9	159.7	181.2
Regular breads, and rolls	58.0	69.6	78.1	75.6	95.3	62.1	74.8	77.1	76.7	74.2
Breakfast cereals, plain, single source	10.3	11.4	10.8	8.3	4.5	6.3	6.8	9.3	11.1	8.2
Fancy breads, flat breads, English-style muffins and crumpets	* 2.0	4.6	6.7	7.1	7.3	12.8	11.2	7.2	5.0	9.2
Pasta and pasta products	* 23.8	21.0	35.5	38.9	* 30.9	45.9	32.5	19.2	9.6	26.3
Rice and rice products	* 17.6	14.0	28.7	25.1	* 40.7	46.7	43.7	28.6	13.9	34.5
Breakfast cereals, mixed source	8.4	9.1	11.1	13.0	11.3	12.5	11.3	11.3	9.7	11.2
Breakfast cereal, hot porridge type	* 11.7	* 10.3	* 4.9	* 7.6	* 4.7	* 8.8	11.3	18.4	31.3	16.6
<b>Cereal-based products and dishes</b>	67.7	83.4	116.2	120.7	134.9	115.7	116.3	88.1	70.7	100.1
Sweet biscuits	8.1	12.2	9.6	9.0	5.3	5.5	7.3	7.9	9.5	7.6
Savoury biscuits	* 2.2	5.7	5.7	3.9	4.3	3.2	4.3	3.9	4.1	4.0
Cakes, buns, muffins, scones, cake-type desserts	14.1	19.7	20.1	21.5	21.1	26.3	23.7	23.2	22.2	23.6
Pastries	8.5	17.7	35.3	24.8	38.4	26.3	27.1	24.1	21.1	25.1
Mixed dishes where cereal is the major ingredient	31.3	21.7	37.5	55.5	64.6	51.8	50.1	26.7	11.3	36.8
Batter-based products	**3.5	* 6.4	* 8.0	* 6.1	* 1.2	* 2.5	3.8	2.3	* 2.5	3.0
<b>Fruit products and dishes</b>	137.0	141.3	115.5	130.6	118.0	92.3	132.2	169.8	176.2	145.7
Pome fruit	49.9	61.2	52.6	66.3	47.3	31.3	40.8	49.0	48.5	43.3
Berry fruit	**1.4	* 1.9	* 1.1	* 1.6	—	* 2.0	2.5	2.8	* 2.2	2.5
Citrus fruit	* 21.8	23.1	16.1	17.7	9.7	10.3	16.7	23.0	26.0	19.3
Stone fruit	* 11.0	* 8.5	* 9.3	* 8.6	* 23.0	4.7	14.9	24.1	24.0	17.8
Tropical fruit	23.8	24.1	19.8	9.8	11.6	24.6	27.2	35.2	39.8	31.4
Other fruit	* 14.5	* 12.2	* 13.0	* 21.9	* 22.1	14.7	22.5	27.1	23.9	23.1
Mixtures of two or more groups of fruit	**10.9	* 7.7	* 2.5	* 2.5	* 2.6	* 3.4	4.8	3.9	* 7.4	4.9
Dried fruit, preserved fruit	* 3.1	* 2.7	* 1.0	* 2.0	* 0.3	* 0.9	1.8	3.8	3.9	2.6
<b>Vegetable products and dishes</b>	88.8	114.2	156.7	185.7	192.8	224.2	220.2	256.1	243.6	234.9
Potatoes	42.3	54.4	69.7	89.0	66.2	75.4	68.7	75.6	76.3	72.8
Cabbage, cauliflower and similar brassica vegetables	4.1	4.8	8.8	11.4	14.2	18.6	18.4	24.7	23.6	21.1
Carrot and similar root vegetables	8.0	11.9	15.0	15.7	16.4	17.2	17.6	23.0	23.1	20.0
Leaf and stalk vegetables	3.7	4.0	8.7	10.2	9.7	16.4	16.8	17.9	16.0	16.9
Peas and beans	4.1	9.4	12.4	12.7	11.8	14.9	13.9	18.5	19.4	16.3
Tomato and tomato products	7.9	10.7	10.4	14.0	24.1	23.8	30.0	36.7	32.8	31.6
Other fruiting vegetables	8.7	6.9	19.3	15.6	23.0	26.9	27.0	32.9	34.1	29.9
Other vegetables and vegetable combinations	9.1	7.7	8.4	14.7	23.7	23.8	22.6	21.9	16.8	21.5
Dishes where vegetable is the major component	**0.9	* 4.5	* 3.9	* 2.4	**3.7	* 7.2	5.2	* 4.8	* 1.6	4.7
<b>Legume and pulse products and dishes</b>	* 6.7	* 5.6	* 2.8	* 6.7	* 9.0	9.1	8.4	8.0	3.6	7.5
Mature legumes and pulses	—	—	—	**2.4	**1.9	* 0.7	* 1.3	* 2.0	* 1.0	1.4
Mature legumes and pulse products and dishes	* 6.5	* 5.5	* 2.8	* 4.3	* 7.2	* 8.4	7.1	6.0	2.6	6.1

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Milk products and dishes</b>	467.1	343.1	359.4	336.6	277.7	264.4	257.4	259.1	251.7	257.7
Dairy milk	369.1	245.0	254.0	233.4	167.8	184.2	181.0	189.7	184.4	184.4
Yoghurt	* 19.0	15.4	12.3	* 20.5	* 19.2	12.0	16.7	18.1	16.6	16.5
Cream	* 0.9	* 0.8	* 1.2	* 0.9	* 3.4	1.9	2.7	2.5	2.6	2.6
Cheese	10.7	9.8	12.7	11.9	17.0	13.9	13.8	13.7	9.7	13.0
Frozen milk products	* 15.9	27.7	44.2	48.6	26.4	15.9	14.2	11.3	10.1	12.9
Other dishes where milk or a milk product is the major component	* 23.3	* 21.6	* 15.7	* 8.9	* 4.1	11.8	9.0	10.7	18.9	11.6
Milk substitutes	**13.0	* 3.1	* 3.8	* 0.4	—	* 4.5	4.5	* 6.0	* 7.0	5.4
Flavoured milks	* 15.2	* 19.7	* 15.6	* 12.1	* 39.6	* 20.2	15.4	7.2	2.4	11.3
<b>Meat, poultry and game products and dishes</b>	55.3	80.1	98.4	116.0	128.5	133.0	120.9	115.1	94.9	116.1
Muscle meat	8.8	12.5	23.6	29.4	32.3	33.7	31.5	34.2	29.7	32.2
Poultry and other feathered game	6.8	12.2	9.6	18.6	23.8	18.9	18.8	16.9	15.3	17.6
Organ meats and offal, products and dishes	—	—	—	—	—	**0.3	* 0.7	* 1.6	**1.8	* 1.1
Sausages, frankfurts, and saveloys	* 8.1	10.5	8.8	10.4	* 8.2	6.6	6.8	5.7	5.8	6.3
Processed meat	* 3.5	* 3.7	* 2.3	* 2.3	* 3.2	2.6	2.6	4.3	3.9	3.3
Mixed dishes where beef or veal is the major component	* 21.0	29.8	24.4	31.5	37.8	41.4	32.9	28.6	22.8	31.0
Mixed dishes where lamb or pork, bacon, ham is the major component	—	* 2.8	* 7.5	—	* 5.3	* 6.0	7.2	6.6	* 6.1	6.7
Mixed dishes where poultry or game is the major ingredient	* 6.9	8.5	21.8	16.5	* 17.9	23.5	20.3	17.1	9.5	17.8
<b>Fish and seafood products and dishes</b>	* 6.5	13.6	12.8	16.4	17.8	25.5	20.0	27.0	20.0	22.6
Fin fish (excluding canned)	* 1.0	* 1.7	* 0.4	* 1.8	* 4.7	* 2.8	3.9	8.0	5.5	5.2
Crustacea and molluscs (excluding canned)	**0.3	**0.7	**0.5	**0.1	**2.5	* 2.0	2.3	* 3.1	* 1.5	2.4
Packed (canned and bottled) fish and seafood	* 0.4	* 2.3	* 2.0	* 1.0	* 4.9	* 1.1	3.2	4.0	3.7	3.2
Fish and seafood products	* 3.4	* 5.0	* 5.5	* 5.4	* 4.0	5.5	5.4	5.9	4.2	5.3
Mixed dishes with fish or seafood as the major component	**1.4	* 4.0	* 4.3	* 8.1	—	* 14.1	5.2	6.1	* 5.1	6.5
<b>Egg products and dishes</b>	* 7.4	7.9	9.0	6.4	8.4	9.2	11.9	11.6	10.3	11.2
Eggs	* 5.0	5.8	3.8	3.9	3.4	4.7	5.9	7.1	5.2	6.0
Dishes where egg is the major ingredient	**2.4	* 2.1	* 5.3	* 2.5	* 5.0	* 4.5	6.0	4.5	* 5.1	5.2
<b>Snack foods</b>	* 5.9	10.3	12.3	12.5	* 8.8	8.5	4.4	1.1	0.4	3.2
Potato snacks	* 3.8	* 5.3	* 7.0	* 7.8	* 3.4	3.6	2.5	0.6	0.3	1.7
Corn snacks	**0.5	* 1.9	* 2.0	* 1.6	**2.6	* 2.6	1.0	* 0.3	—	0.8
Extruded snacks	**1.6	**2.8	**3.1	**3.0	**2.4	* 2.4	* 0.6	* 0.1	—	0.6
<b>Sugar products and dishes</b>	14.7	17.2	24.4	25.3	24.1	13.2	13.9	16.4	17.1	15.1
Sugar, honey and syrups	3.7	5.6	7.8	7.1	9.1	9.2	9.4	8.7	8.7	9.1
Jam and lemon spreads, chocolate spreads	* 1.1	2.2	2.9	2.1	2.2	0.9	1.8	3.0	3.9	2.4
Dishes and products other than confectionery where sugar is the main component	**9.9	* 9.4	* 13.7	* 16.1	* 12.8	* 3.1	2.7	4.6	* 4.5	3.6



TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Confectionery</b>	12.6	18.4	23.5	22.2	18.3	13.6	10.1	6.6	4.1	8.5
Chocolate and chocolate-based confectionery	* 6.1	7.5	11.9	12.0	15.2	9.2	6.9	4.4	2.8	5.8
Cereal-, fruit-, nut-, and seed-bars	**2.8	* 5.7	* 5.3	* 3.4	* 1.3	* 1.5	1.1	0.8	0.2	0.9
Other confectionery	* 3.7	* 5.2	* 6.3	* 6.8	* 1.9	2.8	2.1	1.4	1.2	1.8
<b>Seed and nut products and dishes</b>	* 2.8	* 3.5	* 3.9	* 2.3	* 3.8	4.7	4.1	3.6	1.7	3.6
Nuts and nut products	* 2.8	* 3.5	* 3.9	* 2.3	* 3.8	3.8	4.0	3.4	1.6	3.4
<b>Fats and oils</b>	6.5	7.5	9.7	8.8	7.1	8.2	8.8	10.0	12.2	9.7
Dairy fats	1.3	1.4	1.7	1.6	2.0	2.1	2.8	2.9	3.9	2.9
Margarine	5.0	5.9	7.6	6.7	4.3	5.5	5.2	6.0	7.6	5.9
Vegetable oil	—	* 0.1	* 0.1	* 0.3	**0.5	* 0.3	0.5	* 0.7	* 0.2	0.5
Unspecified fats	—	* 0.2	* 0.3	* 0.2	* 0.3	* 0.3	0.4	0.4	0.4	0.4
<b>Soup</b>	* 14.6	20.5	13.3	20.9	* 20.0	46.6	52.7	63.7	69.1	57.9
Soup	* 14.6	20.5	13.3	20.9	* 20.0	46.2	52.6	63.4	68.8	57.7
<b>Savoury sauces and condiments</b>	9.5	11.5	15.9	25.9	27.8	29.1	27.4	25.0	19.7	25.5
Gravies and savoury sauces	8.4	9.7	14.1	22.1	24.5	24.1	21.8	19.3	14.8	20.1
Pickles, chutneys and relishes	* 0.4	* 0.7	* 0.6	* 1.5	* 0.7	1.6	2.0	2.0	2.0	2.0
Salad dressings	* 0.7	1.0	1.3	2.3	2.5	3.3	3.2	3.7	2.8	3.3
<b>Non-alcoholic beverages</b>	756.3	961.3	1,122.2	1,386.0	1,620.3	1,813.4	2,004.1	1,964.5	1,714.3	1,916.7
Tea	6.0	11.6	26.4	46.2	72.8	211.5	391.1	545.2	611.2	451.5
Coffee and coffee substitutes	—	—	6.0	16.7	93.9	200.3	437.7	443.5	268.2	378.9
Fruit and vegetable juices and drinks	250.6	329.8	281.5	256.7	236.1	181.7	119.2	85.2	74.6	109.4
Soft drinks, flavoured mineral waters and electrolyte drinks	46.6	86.7	160.5	210.8	303.5	268.7	148.5	86.1	37.8	126.0
Mineral waters and water(b)	452.4	533.0	647.9	855.1	913.9	944.3	906.0	803.9	722.3	849.0
<b>Alcoholic beverages</b>	—	—	—	—	52.4	123.8	114.4	105.2	55.3	102.2
Beers	—	—	—	—	23.7	57.0	40.7	34.8	19.5	37.2
Wines	—	—	—	—	* 10.0	20.5	60.2	64.3	32.1	51.3
Spirits	—	—	—	—	* 1.3	* 1.7	2.5	2.4	* 3.0	2.5
Other alcoholic beverages	—	—	—	—	**17.4	* 44.6	* 10.9	* 3.7	* 0.7	11.2
<b>Miscellaneous</b>	2.5	2.2	2.6	3.2	1.8	2.2	1.4	1.2	1.1	1.4
Beverage flavourings	* 1.5	* 1.2	* 1.4	* 1.9	* 0.7	0.7	0.5	0.4	0.4	0.5
Yeast; yeast, vegetable and meat extracts	* 1.0	0.9	1.2	1.3	1.0	1.4	0.7	0.6	0.6	0.7
Artificial sweetening agents	—	—	—	—	—	—	—	0.1	* 0.1	0.1
Herbs, spices, seasonings and stock cubes	—	—	—	—	**0.1	* 0.1	* 0.2	* 0.1	* 0.1	* 0.1
<b>Total</b>	<b>1,796.5</b>	<b>1,984.3</b>	<b>2,274.4</b>	<b>2,617.8</b>	<b>2,866.1</b>	<b>3,133.1</b>	<b>3,321.1</b>	<b>3,304.3</b>	<b>2,925.9</b>	<b>3,221.1</b>

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Cereals and cereal products</b>	134.1	154.6	192.3	213.9	233.3	235.0	227.4	206.8	182.5	215.2
Regular breads, and rolls	58.1	73.9	88.8	90.9	102.3	90.5	92.2	93.9	85.1	91.3
Breakfast cereals, plain, single source	10.5	12.8	12.7	14.4	12.0	9.5	9.6	11.4	12.8	10.6
Fancy breads, flat breads, English-style muffins and crumpets	2.2	5.2	7.8	9.2	7.9	14.6	12.6	8.0	5.8	10.4
Pasta and pasta products	24.5	25.0	31.5	35.0	46.7	43.6	36.8	25.1	11.9	30.3
Rice and rice products	14.9	18.8	29.9	32.7	40.6	52.7	49.9	34.5	16.5	40.4
Breakfast cereals, mixed source	8.8	9.7	16.5	19.6	18.9	15.7	13.9	12.2	11.3	13.2
Breakfast cereal, hot porridge type	* 15.0	8.7	5.2	12.0	* 4.7	8.0	11.6	20.8	37.7	18.0
<b>Cereal-based products and dishes</b>	67.9	97.7	135.8	140.5	168.2	173.9	144.7	108.0	75.5	126.7
Sweet biscuits	8.0	12.3	11.5	11.5	6.5	7.3	8.8	9.2	10.3	9.0
Savoury biscuits	4.5	6.1	5.9	5.6	3.3	3.3	4.4	4.0	3.8	4.0
Cakes, buns, muffins, scones, cake-type desserts	11.8	18.3	26.5	23.5	20.4	23.5	24.7	24.7	21.8	24.0
Pastries	11.9	18.9	28.7	32.2	53.5	37.4	35.5	29.9	22.8	32.1
Mixed dishes where cereal is the major ingredient	27.4	34.3	55.5	61.9	80.9	98.4	66.7	37.0	14.2	53.7
Batter-based products	* 4.4	* 7.8	* 7.6	* 5.8	* 3.6	4.0	4.7	3.3	2.6	3.9
<b>Fruit products and dishes</b>	145.6	143.7	123.7	126.2	107.3	90.5	129.5	169.0	177.3	143.5
Pome fruit	56.6	60.7	58.0	63.1	43.2	27.1	41.8	50.1	47.9	43.3
Berry fruit	* 2.0	* 2.1	* 2.0	* 1.3	* 0.7	1.4	1.9	2.5	2.3	2.1
Citrus fruit	18.6	20.5	18.1	17.0	17.2	12.3	17.4	24.8	25.0	20.1
Stone fruit	* 14.9	8.8	9.1	7.2	13.4	5.3	13.8	21.7	26.9	17.1
Tropical fruit	26.7	23.4	20.5	12.4	12.8	22.5	27.0	33.7	40.0	30.4
Other fruit	* 13.7	20.1	12.3	20.7	15.0	17.3	18.6	26.4	22.3	21.2
Mixtures of two or more groups of fruit	* 8.7	* 5.4	* 2.1	* 1.8	* 3.8	2.8	5.8	5.3	7.8	5.6
Dried fruit, preserved fruit	* 3.8	* 2.6	* 0.9	* 2.3	* 0.4	0.7	2.1	3.4	4.3	2.7
<b>Vegetable products and dishes</b>	90.8	108.0	157.1	203.2	238.9	248.6	247.7	279.0	260.2	258.8
Potatoes	43.6	53.8	75.7	103.0	107.4	98.5	85.3	91.8	87.9	89.3
Cabbage, cauliflower and similar brassica vegetables	5.2	6.1	8.8	11.6	17.8	19.2	18.7	25.2	26.1	21.8
Carrot and similar root vegetables	9.1	11.5	14.3	15.7	16.6	17.8	20.3	24.5	23.9	21.8
Leaf and stalk vegetables	2.6	3.9	8.0	8.6	10.8	15.1	16.6	18.5	15.5	16.8
Peas and beans	5.8	7.8	11.8	17.1	15.1	16.2	16.7	20.9	22.0	18.7
Tomato and tomato products	7.3	8.2	10.4	15.1	21.3	25.5	32.8	38.4	32.5	33.4
Other fruiting vegetables	8.5	6.9	14.5	15.6	25.4	25.2	26.4	32.2	32.4	28.9
Other vegetables and vegetable combinations	7.2	7.0	11.1	15.0	22.2	26.4	25.5	24.2	17.3	23.9
Dishes where vegetable is the major component	* 1.5	* 3.0	* 2.5	* 1.6	* 2.2	* 4.8	5.4	3.3	* 2.6	4.3
<b>Legume and pulse products and dishes</b>	* 6.9	7.3	4.1	10.3	* 12.7	10.6	9.8	11.6	6.0	9.8
Mature legumes and pulses	—	* 0.4	* 0.3	* 2.2	* 1.8	* 1.2	1.5	* 2.6	* 1.1	1.7
Mature legumes and pulse products and dishes	* 6.8	6.9	3.8	8.0	* 10.9	9.4	8.3	9.0	4.9	8.1

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Milk products and dishes</b>	487.9	381.3	394.1	421.4	417.5	332.0	294.2	275.1	267.8	289.3
Dairy milk	388.0	277.7	283.3	293.3	288.9	220.8	201.8	201.6	197.7	203.5
Yoghurt	18.5	14.2	11.9	15.2	18.1	9.6	14.3	14.7	14.3	13.8
Cream	* 0.5	0.4	1.0	1.3	2.1	2.7	3.0	2.7	3.0	2.9
Cheese	10.8	11.0	12.5	14.5	18.8	16.0	16.4	14.1	9.9	14.6
Frozen milk products	16.9	32.3	48.0	58.8	42.1	23.5	19.0	16.0	12.3	17.6
Other dishes where milk or a milk product is the major component	* 24.6	22.4	13.7	11.5	8.0	10.1	9.5	11.4	21.6	12.1
Milk substitutes	* 16.5	* 3.7	* 4.3	* 1.5	—	* 4.3	4.7	5.1	6.3	5.0
Flavoured milks	* 12.2	19.6	19.5	25.4	* 38.9	45.0	25.5	9.5	2.7	19.7
<b>Meat, poultry and game products and dishes</b>	58.9	80.6	107.7	130.9	161.0	180.1	166.8	156.1	117.1	157.4
Muscle meat	10.1	15.9	25.2	39.1	42.1	53.8	49.1	48.6	36.5	47.5
Poultry and other feathered game	7.9	10.6	10.9	18.1	31.0	24.1	24.2	20.7	16.3	21.9
Organ meats and offal, products and dishes	—	—	*0.2	*0.7	—	*0.4	* 0.8	* 1.3	* 2.4	* 1.2
Sausages, frankfurts, and saveloys	8.2	9.5	12.7	12.8	8.4	10.5	11.1	10.7	7.7	10.3
Processed meat	* 5.2	3.3	4.3	3.5	5.1	4.5	5.1	6.3	5.5	5.4
Mixed dishes where beef or veal is the major component	19.1	25.2	23.9	33.3	46.7	47.1	42.5	44.1	28.4	41.2
Mixed dishes where lamb or pork, bacon, ham is the major component	* 0.5	* 3.1	* 10.6	* 6.0	* 4.6	9.9	8.6	7.4	7.3	8.2
Mixed dishes where poultry or game is the major ingredient	7.9	13.0	19.8	17.1	23.0	29.9	25.3	16.9	13.1	21.5
<b>Fish and seafood products and dishes</b>	6.7	12.1	13.7	18.0	15.7	26.5	23.9	30.0	22.5	25.7
Fin fish (excluding canned)	* 0.6	* 1.4	* 2.1	* 3.4	* 3.1	4.0	5.8	8.3	6.7	6.4
Crustacea and molluscs (excluding canned)	*0.2	* 0.6	* 1.1	—	* 1.6	* 2.8	2.5	3.5	* 1.5	2.7
Packed (canned and bottled) fish and seafood	* 0.7	* 1.4	* 1.4	* 1.3	* 4.1	1.8	3.3	3.7	3.8	3.3
Fish and seafood products	* 2.7	3.9	4.1	8.4	* 5.0	8.1	7.3	7.0	5.4	7.0
Mixed dishes with fish or seafood as the major component	* 2.4	* 4.8	* 5.0	* 4.8	* 2.0	* 9.7	5.0	7.5	5.1	6.3
<b>Egg products and dishes</b>	6.7	7.5	9.5	9.0	11.7	13.4	13.8	14.8	11.8	13.7
Eggs	4.2	5.3	4.9	5.9	8.4	7.1	8.0	8.8	6.9	7.9
Dishes where egg is the major ingredient	* 2.5	* 2.2	* 4.6	* 3.0	* 3.3	6.3	5.8	6.0	4.9	5.8
<b>Snack foods</b>	6.4	10.6	11.9	12.5	11.5	9.2	4.4	1.4	0.6	3.5
Potato snacks	* 3.7	5.8	6.0	7.9	* 5.5	4.5	2.6	0.9	0.4	2.0
Corn snacks	* 0.6	* 2.0	* 2.7	* 2.2	* 3.0	* 2.8	1.0	0.3	—	0.9
Extruded snacks	* 2.1	* 2.6	* 2.9	* 2.4	* 2.2	* 1.8	0.6	0.1	—	0.5
<b>Sugar products and dishes</b>	16.7	24.2	29.2	23.8	24.8	15.9	17.8	21.0	22.0	19.1
Sugar, honey and syrups	3.9	6.3	7.6	8.4	12.2	11.5	12.8	13.7	12.9	12.9
Jam and lemon spreads, chocolate spreads	2.2	2.9	3.5	2.7	1.6	1.2	2.3	3.6	5.1	3.0
Dishes and products other than confectionery where sugar is the main component	* 10.6	* 15.0	* 18.1	* 12.7	* 11.0	3.2	2.7	3.7	3.9	3.2

TABLE 1. MEAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(average grams per person)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Confectionery</b>	13.5	18.9	22.8	23.0	22.8	14.3	10.4	6.6	4.1	8.8
Chocolate and chocolate-based confectionery	6.3	7.7	9.8	12.1	16.7	9.2	7.2	4.3	2.7	5.9
Cereal-, fruit-, nut-, and seed-bars	* 3.9	* 6.0	* 5.8	* 4.1	* 1.9	2.1	1.2	0.8	0.2	1.0
Other confectionery	* 3.3	5.2	7.1	6.9	4.2	3.0	1.9	1.6	1.3	1.8
<b>Seed and nut products and dishes</b>	* 2.4	3.4	3.4	2.7	2.5	4.3	5.5	4.0	2.2	4.3
Nuts and nut products	* 2.4	3.4	3.4	2.7	2.5	3.8	5.3	3.8	2.1	4.2
<b>Fats and oils</b>	6.6	8.3	10.4	10.6	9.7	11.4	11.4	12.6	14.2	12.2
Dairy fats	1.2	1.5	1.6	1.7	2.3	2.5	3.3	3.6	4.4	3.5
Margarine	5.1	6.3	8.5	8.6	6.7	7.9	7.1	7.9	9.2	7.8
Vegetable oil	* 0.1	* 0.2	* 0.1	* 0.2	* 0.5	* 0.5	0.4	0.6	0.2	0.5
Unspecified fats	* 0.1	0.2	0.2	0.2	* 0.3	0.5	0.5	0.5	0.3	0.5
<b>Soup</b>	13.3	19.4	22.6	23.6	20.7	42.9	46.5	62.3	72.5	54.8
Soup	13.3	19.4	22.6	23.3	20.7	42.6	46.3	61.8	71.9	54.4
<b>Savoury sauces and condiments</b>	9.8	13.2	18.7	27.4	34.6	31.8	32.4	27.4	22.1	29.2
Gravies and savoury sauces	8.9	11.4	16.5	23.3	30.4	27.1	26.4	20.9	16.7	23.3
Pickles, chutneys and relishes	* 0.3	0.5	0.9	1.6	1.0	1.5	2.6	2.8	2.3	2.5
Salad dressings	0.5	1.2	1.3	2.5	3.1	3.1	3.1	3.5	2.9	3.2
<b>Non-alcoholic beverages</b>	808.5	976.9	1,168.8	1,457.9	1,817.8	2,022.7	2,083.0	1,989.9	1,683.7	1,983.4
Tea	9.9	11.8	22.7	33.3	48.0	155.8	314.7	507.7	619.6	399.0
Coffee and coffee substitutes	—	3.0	4.8	16.4	113.3	215.1	492.0	503.3	287.0	426.0
Fruit and vegetable juices and drinks	285.8	312.8	278.0	298.6	278.0	220.5	132.9	95.0	76.9	124.2
Soft drinks, flavoured mineral waters and electrolyte drinks	58.3	108.4	174.7	264.1	417.5	401.0	214.6	105.5	48.0	180.3
Mineral waters and water(b)	453.8	540.6	687.9	845.2	959.7	1,026.6	925.7	778.2	651.8	851.9
<b>Alcoholic beverages</b>	—	—	—	—	115.5	230.7	283.7	273.0	161.4	253.8
Beers	—	—	—	—	83.5	175.3	218.0	194.6	113.9	188.8
Wines	—	—	—	—	14.6	20.5	52.9	72.0	42.5	52.5
Spirits	—	—	—	—	* 3.5	3.8	3.1	3.5	4.5	3.5
Other alcoholic beverages	—	—	—	—	**13.9	* 31.1	9.7	* 2.9	* 0.5	9.0
<b>Miscellaneous</b>	2.4	2.4	3.0	3.5	2.4	2.3	1.8	1.3	1.2	1.6
Beverage flavourings	* 1.5	1.2	1.6	1.7	1.3	0.8	0.6	0.4	0.4	0.5
Yeast; yeast, vegetable and meat extracts	0.9	1.2	1.4	1.6	1.0	1.4	1.0	0.6	0.6	0.9
Artificial sweetening agents	—	—	—	—	—	—	—	0.1	0.1	—
Herbs, spices, seasonings and stock cubes	—	—	—	* 0.1	**0.1	* 0.1	* 0.2	* 0.1	* 0.1	0.1
<b>Total</b>	<b>1,889.6</b>	<b>2,071.4</b>	<b>2,428.8</b>	<b>2,866.4</b>	<b>3,429.8</b>	<b>3,696.8</b>	<b>3,755.1</b>	<b>3,650.1</b>	<b>3,104.7</b>	<b>3,611.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

**TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX**

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Cereal and cereal products</b>	109.0	140.0	169.0	184.0	216.0	214.0	200.3	190.0	160.0	192.0
Regular breads, and rolls	64.0	71.8	96.0	108.0	128.0	136.0	128.0	118.0	98.0	122.0
Breakfast cereals, plain single source	22.5	30.0	45.0	60.0	60.0	60.0	45.0	40.0	30.0	45.0
Fancy breads, flat breads, English-style muffins and crumpets	* 29.0	42.0	58.0	84.0	65.0	89.0	83.0	69.0	60.0	83.0
Pasta and pasta products	* 87.0	148.0	174.0	229.5	* 195.5	296.0	296.0	272.0	148.0	287.5
Rice and rice products	95.0	142.5	190.0	380.0	270.0	* 380.0	285.0	285.0	190.0	285.0
Breakfast cereals, mixed source	22.5	37.5	60.0	67.5	90.0	85.0	86.0	60.0	48.5	67.5
Breakfast cereal, hot porridge type	260.0	260.0	—	—	—	—	390.0	325.0	312.0	325.0
<b>Cereal-based products and dishes</b>	49.0	92.0	142.4	171.1	223.8	238.3	180.5	108.9	63.3	153.6
Sweet biscuits	17.4	23.3	31.4	35.0	42.0	35.2	36.3	34.0	27.0	34.0
Savoury biscuits	17.8	24.3	22.4	* 25.0	24.0	* 36.0	26.8	20.0	17.8	24.0
Cakes, buns, muffins, scones, cake-type desserts	33.1	63.6	84.8	96.9	77.5	108.2	94.0	73.6	58.0	81.2
Pastries	100.0	108.0	125.2	174.0	210.0	174.0	174.0	174.0	174.0	174.0
Mixed dishes where cereal is the major ingredient	118.5	130.0	217.0	204.0	265.0	344.8	271.4	226.2	180.0	267.0
Batter-based products	—	* 90.0	* 86.0	80.3	* 112.0	* 92.4	100.0	90.0	* 86.0	90.0
<b>Fruit products and dishes</b>	153.6	168.0	166.0	167.2	172.0	179.2	210.0	229.0	202.0	212.0
Pome fruit	112.0	140.0	140.0	166.0	166.0	166.0	166.0	161.0	140.0	161.0
Berry fruit	—	—	—	—	—	—	36.0	60.0	* 76.0	52.7
Citrus fruit	86.0	86.0	131.0	131.0	172.0	131.0	131.0	131.0	131.0	131.0
Stone fruit	**108.0	132.0	116.0	* 216.0	—	* 216.0	186.0	151.0	132.0	151.0
Tropical fruit	96.0	96.0	96.0	103.5	96.0	102.4	102.4	102.4	101.0	102.4
Other fruit	**161.0	* 99.4	118.5	* 110.0	**152.0	**176.6	150.0	158.0	106.8	146.8
Mixtures of two or more groups of fruit	—	—	—	—	—	—	206.0	197.3	* 197.3	206.0
Dried fruit, preserved fruit	44.0	* 40.0	—	—	—	—	35.0	40.0	32.0	34.0
<b>Vegetable products and dishes</b>	92.1	118.0	165.0	223.0	253.6	271.3	263.0	297.8	280.4	280.0
Potatoes	97.0	100.0	134.0	165.0	184.0	183.8	169.5	169.5	134.0	165.0
Cabbage, cauliflower and similar brassica vegetables	* 31.0	* 44.0	57.5	72.5	183.0	75.7	77.6	78.0	73.8	76.5
Carrot and similar root vegetables	25.0	29.0	35.7	41.3	38.7	51.3	48.0	49.4	46.0	48.5
Leaf and stalk vegetables	* 9.3	15.0	19.3	19.3	22.1	31.3	29.0	29.0	29.0	29.0
Peas and beans	25.6	31.3	40.0	70.0	72.9	80.0	70.0	67.6	70.0	70.0
Tomato and tomato products	**38.1	30.0	45.0	60.0	* 63.5	60.0	60.0	63.5	60.0	60.0
Other fruiting vegetables	**25.0	28.2	35.3	53.8	78.4	50.5	54.3	56.7	62.2	56.1
Other vegetables and vegetable combinations	* 20.0	27.4	36.0	* 48.0	* 50.0	52.8	56.8	50.2	42.0	52.8
Dishes where vegetable is the major component	—	—	—	—	—	—	120.0	* 86.0	* 189.8	118.4
<b>Legume and pulse products and dishes</b>	* 88.3	* 47.5	* 86.7	* 132.0	* 200.0	* 137.5	91.7	109.5	* 130.0	109.5
Mature legumes and pulses	—	—	—	—	—	—	* 61.3	77.5	* 28.8	61.3
Mature legumes and pulse products and dishes	* 88.3	**105.3	—	* 212.5	—	* 220.0	100.0	130.0	137.5	130.0

TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Milk products and dishes</b>	471.8	365.0	401.4	424.0	392.2	323.0	263.2	258.0	255.0	263.3
Dairy milk	* 387.0	260.0	309.6	325.0	**330.2	* 260.0	206.4	193.5	192.4	206.4
Yoghurt	127.5	129.5	200.0	150.0	207.0	* 129.5	200.0	150.0	129.5	150.0
Cream	—	—	**15.8	**20.0	—	* 37.9	29.5	20.5	20.5	25.3
Cheese	21.0	21.0	21.6	27.0	39.7	40.0	36.0	26.4	21.0	29.8
Frozen milk products	67.7	84.0	124.0	170.7	180.0	124.0	120.0	97.0	62.0	95.0
Other dishes where milk or a milk product is the major component	100.0	150.0	150.0	200.0	* 140.0	200.0	146.1	140.0	140.0	140.0
Milk substitutes	* 397.5	—	—	—	—	—	255.0	* 198.8	132.5	241.1
Flavoured milks	—	258.0	258.0	387.0	619.2	619.0	619.0	344.6	—	516.0
<b>Meat, poultry and game products and dishes</b>	62.7	84.3	115.6	143.0	196.0	224.0	191.8	168.0	126.5	178.3
Muscle meat	34.6	43.2	52.7	92.0	82.1	119.4	92.2	88.4	70.6	89.0
Poultry and other feathered game	* 76.0	64.0	101.3	115.9	143.0	163.0	135.0	134.0	134.0	135.0
Organ meats and offal, products and dishes	—	—	—	—	—	—	**35.0	**54.8	* 74.0	50.7
Sausages, frankfurts, and saveloys	47.0	60.0	71.7	64.5	94.0	114.0	110.0	110.0	102.7	110.0
Processed meat	* 20.4	* 30.2	* 26.4	41.4	**33.8	50.9	42.3	33.8	31.7	39.7
Mixed dishes where beef or veal is the major component	75.9	126.5	126.5	175.0	253.0	253.0	251.0	231.0	229.0	251.0
Mixed dishes where lamb or pork, bacon, ham is the major component	—	**101.2	—	—	—	* 280.0	219.0	* 188.3	177.1	202.4
Mixed dishes where poultry or game is the major component	63.0	* 144.0	108.0	107.0	142.0	175.0	175.0	158.0	189.8	175.0
<b>Fish and seafood products and dishes</b>	* 63.3	71.0	100.5	148.0	* 114.8	134.6	120.0	120.0	95.2	119.8
Fin fish (excluding canned)	—	—	—	—	—	* 134.6	142.0	106.6	113.0	126.7
Crustacea and molluscs (excluding canned)	—	—	—	—	—	**79.0	76.5	80.0	* 64.0	80.0
Packed (canned and bottled) fish and seafood	—	—	—	—	—	* 100.0	64.0	52.5	70.0	64.0
Fish and seafood products	—	* 69.0	**44.3	150.1	—	* 144.0	120.0	108.0	97.2	113.4
Mixed dishes with fish or seafood as the major component	—	—	—	—	—	—	195.1	251.0	* 253.0	251.0
<b>Egg products and dishes</b>	27.8	50.0	58.0	74.0	74.0	74.0	74.0	62.5	57.0	72.0
Eggs	* 25.0	49.0	50.0	* 74.0	74.0	74.0	57.2	50.0	50.0	55.5
Dishes where egg is the major ingredient	—	—	—	—	* 115.2	130.0	130.0	130.0	128.0	130.0
<b>Snack foods</b>	22.0	25.0	25.0	25.0	50.0	50.0	40.0	25.0	* 25.0	42.0
Potato snacks	25.0	25.0	25.0	25.0	43.5	50.0	42.0	30.0	* 21.6	40.0
Corn snacks	—	25.0	33.3	* 40.5	—	50.0	* 27.0	**25.4	—	44.4
Extruded snacks	22.0	22.0	21.0	* 25.0	—	50.0	* 22.0	—	—	* 25.0
<b>Sugar products and dishes</b>	7.5	16.5	20.0	16.8	24.4	16.8	18.9	23.1	25.2	20.6
Sugar, honey and syrups	4.2	7.2	8.4	12.6	16.8	16.4	16.8	16.8	20.6	16.8
Jam and lemon spreads, chocolate spreads	7.5	* 11.5	13.5	20.0	6.8	13.5	13.5	13.5	13.5	13.5
Dishes and products other than confectionery where sugar is the main component	70.0	96.5	75.0	75.0	* 114.8	—	140.0	140.0	105.0	126.5

TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Confectionery</b>	20.6	29.0	28.0	33.8	50.0	40.0	40.0	28.0	22.9	34.0
Chocolate and chocolate-based confectionery	20.6	23.0	23.0	39.3	50.0	46.0	40.6	25.0	25.0	39.0
Cereal-, fruit-, nut-, and seed-bars	20.0	31.0	31.0	31.0	* 31.2	* 37.0	32.0	31.2	32.0	32.0
Other confectionery	* 8.4	15.0	15.8	* 20.4	* 18.8	* 15.2	16.3	21.0	17.3	17.3
<b>Seed and nut products and dishes</b>	* 9.4	9.4	12.5	* 12.5	* 6.3	20.0	25.0	22.5	12.5	24.6
Nuts and nut products	9.4	9.4	12.5	12.5	6.3	* 20.0	25.0	22.7	14.5	24.6
<b>Fats and oils</b>	6.0	9.4	10.0	14.0	14.4	15.8	14.4	15.0	15.0	15.0
Dairy fats	* 6.0	7.0	9.6	10.8	19.2	* 9.6	12.0	14.4	14.6	14.0
Margarine	6.6	8.4	10.0	14.4	14.4	15.0	14.0	14.4	14.4	14.4
Vegetable oil	—	—	—	—	—	* 18.2	9.1	* 9.1	18.2	9.2
Unspecified fats	—	—	—	—	—	7.0	14.0	14.0	7.5	12.0
<b>Soup</b>	* 260.0	258.0	258.0	390.0	650.0	508.0	500.0	461.1	379.5	390.0
Soup	260.0	258.0	258.0	390.0	—	* 516.0	500.0	500.0	379.5	393.0
<b>Savoury sauces and condiments</b>	10.6	22.0	18.6	24.1	33.0	25.0	30.0	25.2	26.8	27.1
Gravies and savoury sauces	11.0	21.1	20.8	27.5	* 41.6	22.0	31.2	22.0	41.4	27.5
Pickles, chutneys and relishes	—	—	* 11.0	**8.0	**11.4	* 20.7	20.4	12.8	12.5	14.7
Salad dressings	—	* 11.4	* 9.3	15.0	**13.9	18.6	15.0	18.0	19.3	18.0
<b>Non-alcoholic beverages</b>	833.3	927.8	1,057.2	1,396.8	1,784.1	1,951.6	1,973.5	1,823.0	1,531.8	1,827.0
Tea	—	253.8	253.8	253.8	253.8	380.6	507.5	634.4	761.3	507.5
Coffee and coffee substitutes	—	—	—	253.8	507.5	380.6	634.4	609.0	507.5	568.4
Fruit and vegetable juices and drinks	261.5	317.6	264.0	334.1	517.1	414.4	307.8	263.0	198.0	264.0
Soft drinks, flavoured mineral waters and electrolyte drinks	196.5	320.7	393.0	521.5	771.8	626.4	500.0	391.1	314.4	500.0
Mineral waters and water(b)	500.0	500.0	720.0	750.0	1,000.0	1,000.0	1,000.0	750.0	560.0	875.0
<b>Alcoholic beverages</b>	—	—	—	—	437.7	756.0	754.5	745.5	393.0	751.1
Beers	—	—	—	—	**756.0	761.3	943.1	761.3	754.5	761.3
Wines	—	—	—	—	—	301.5	254.5	312.1	249.5	298.2
Spirits	—	—	—	—	—	* 116.0	58.0	58.0	58.0	58.0
Other alcoholic beverages	—	—	—	—	—	**413.2	266.8	**73.6	—	341.0
<b>Miscellaneous</b>	3.4	3.3	5.1	6.0	5.0	6.0	5.8	3.0	2.0	3.1
Beverage flavourings	4.6	3.4	4.6	5.4	**5.1	5.1	5.8	4.9	3.4	5.1
Yeast; yeast, vegetable and meat extracts	2.0	3.0	6.0	6.0	5.0	6.0	6.0	3.0	3.0	4.5
Artificial sweetening agents	—	—	—	—	—	—	0.4	0.4	0.4	0.4
Herbs, spices, seasonings and stock cubes	—	—	—	—	—	—	2.8	1.4	0.7	2.1

TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Cereal and cereal products</b>	108.5	118.0	129.5	134.0	136.0	146.5	145.0	130.0	124.0	136.0
Regular breads, and rolls	61.8	64.0	81.0	91.0	74.0	68.0	77.0	80.0	81.0	78.0
Breakfast cereals, plain single source	22.5	30.0	30.0	30.0	30.0	30.0	30.0	30.0	23.8	30.0
Fancy breads, flat breads, English-style muffins and crumpets	* 42.0	50.0	58.0	60.0	* 46.0	85.0	58.0	58.0	56.0	60.0
Pasta and pasta products	136.0	148.0	148.0	222.0	* 172.0	222.0	191.7	153.0	148.0	175.0
Rice and rice products	65.0	* 95.0	* 190.0	190.0	* 190.0	196.0	190.0	190.0	142.5	190.0
Breakfast cereals, mixed source	30.0	30.0	45.0	45.0	60.0	60.0	56.3	45.0	35.0	45.0
Breakfast cereal, hot porridge type	* 195.0	* 260.0	—	—	—	325.0	260.0	220.8	243.8	260.0
<b>Cereal-based products and dishes</b>	53.8	72.1	122.0	124.3	140.0	135.0	117.7	77.4	56.1	91.9
Sweet biscuits	17.5	25.0	23.2	29.6	28.3	23.2	23.6	24.0	21.0	23.0
Savoury biscuits	12.2	16.0	* 20.0	25.0	* 18.0	19.8	20.0	18.0	16.0	18.0
Cakes, buns, muffins, scones, cake-type desserts	* 46.1	80.0	74.1	88.1	* 73.9	107.9	75.2	63.6	56.3	68.0
Pastries	* 66.7	116.0	126.0	135.0	156.0	174.0	140.0	150.0	140.0	150.0
Mixed dishes where cereal is the major ingredient	131.0	104.4	159.0	208.0	155.7	175.0	195.1	181.8	127.2	179.0
Batter-based products	* 56.0	60.3	86.0	* 55.0	—	* 56.0	60.0	64.5	66.0	60.3
<b>Fruit products and dishes</b>	140.0	166.0	150.8	172.0	191.0	166.0	188.4	192.0	196.0	186.3
Pome fruit	112.0	140.0	140.0	140.0	212.0	166.0	140.0	140.0	133.0	140.0
Berry fruit	**24.0	—	—	—	—	60.0	42.0	48.0	60.0	48.0
Citrus fruit	86.0	86.0	131.0	131.0	131.0	131.0	131.0	131.0	131.0	131.0
Stone fruit	**122.0	107.0	145.0	132.0	* 145.0	112.0	150.0	145.0	132.5	145.0
Tropical fruit	76.8	96.0	102.4	96.0	102.4	102.4	102.4	101.0	89.6	96.0
Other fruit	* 85.5	84.5	85.5	* 216.0	—	* 124.0	85.5	99.8	98.2	103.3
Mixtures of two or more groups of fruit	—	—	—	—	—	—	206.0	140.0	—	154.5
Dried fruit, preserved fruit	* 20.0	* 21.3	* 27.6	—	—	* 27.2	24.0	25.8	24.0	25.0
<b>Vegetable products and dishes</b>	95.2	122.5	158.0	180.8	185.0	220.5	216.1	258.5	239.3	232.0
Potatoes	67.0	92.0	122.5	139.5	122.5	122.5	122.5	122.5	122.0	122.5
Cabbage, cauliflower and similar brassica vegetables	27.0	**26.1	51.0	58.2	* 51.0	60.7	66.0	69.5	66.0	66.0
Carrot and similar root vegetables	15.3	28.0	38.7	41.3	33.0	38.7	38.7	41.3	39.4	40.1
Leaf and stalk vegetables	* 12.8	15.0	19.3	20.0	20.0	32.5	29.0	28.0	29.0	29.0
Peas and beans	12.8	25.6	46.7	53.3	40.0	62.5	52.8	53.3	53.3	53.3
Tomato and tomato products	41.8	41.8	47.5	41.8	60.0	60.0	60.0	60.0	60.0	60.0
Other fruiting vegetables	31.4	21.2	* 42.5	37.3	44.1	60.8	47.0	51.3	60.0	52.0
Other vegetables and vegetable combinations	* 21.9	* 29.2	35.9	* 32.0	65.0	43.3	40.6	43.3	36.8	41.6
Dishes where vegetable is the major component	—	—	—	—	—	* 172.0	112.0	116.0	* 77.6	116.0
<b>Legume and pulse products and dishes</b>	**137.5	* 100.0	**91.7	* 91.7	* 130.0	* 109.5	79.5	92.5	* 66.0	86.0
Mature legumes and pulses	—	—	—	—	—	—	* 63.3	* 46.8	* 29.6	45.6
Mature legumes and pulse products and dishes	—	**100.0	**91.7	—	—	110.0	88.0	100.0	68.8	92.6



TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Milk products and dishes</b>	394.3	280.5	312.0	297.7	258.0	251.3	209.3	216.6	225.8	217.6
Dairy milk	325.0	258.0	258.0	259.0	255.9	193.5	149.6	169.2	171.5	165.1
Yoghurt	150.0	150.0	200.0	207.0	200.0	200.0	200.0	129.5	129.5	155.3
Cream	—	* 20.0	* 20.0	**20.0	* 29.8	* 15.8	21.0	20.0	20.0	20.0
Cheese	21.0	21.0	21.0	21.6	27.8	23.2	21.0	21.0	20.5	21.0
Frozen milk products	50.0	90.0	90.0	100.0	90.0	82.0	73.0	62.0	54.0	67.5
Other dishes where milk or a milk product is the major component	120.0	100.0	150.0	* 140.0	—	* 132.8	130.0	129.0	129.0	130.0
Milk substitutes	—	—	—	—	—	—	255.0	146.2	132.5	191.3
Flavoured milks	260.0	258.0	258.0	**258.0	309.6	322.5	344.6	292.0	—	309.6
<b>Meat, poultry and game products and dishes</b>	52.3	77.9	95.3	113.1	131.0	141.4	126.0	114.3	83.0	115.1
Muscle meat	25.9	36.4	51.8	51.7	66.4	72.0	60.5	54.3	51.6	57.3
Poultry and other feathered game	* 47.7	76.8	72.0	81.5	90.0	72.0	89.4	86.4	86.4	86.4
Organ meats and offal, products and dishes	—	—	—	—	—	—	**17.5	**37.1	* 18.0	* 18.2
Sausages, frankfurts, and saveloys	44.0	58.0	56.6	88.0	57.0	77.0	73.3	88.0	66.0	76.4
Processed meat	22.6	19.9	* 28.8	* 18.4	* 24.3	41.0	26.7	31.7	27.3	28.8
Mixed dishes where beef or veal is the major component	126.5	125.5	125.0	141.5	189.8	253.0	168.6	177.0	167.6	181.3
Mixed dishes where lamb or pork, bacon, ham is the major component	—	—	—	—	—	137.2	156.0	126.5	126.5	134.4
Mixed dishes where poultry or game is the major component	46.0	85.0	* 90.0	126.0	126.5	171.6	136.0	151.8	146.6	144.0
<b>Fish and seafood products and dishes</b>	* 47.5	48.0	90.4	105.0	95.0	99.0	86.3	96.0	74.5	86.4
Fin fish (excluding canned)	—	* 36.0	—	—	—	79.2	84.5	102.0	82.5	94.1
Crustacea and molluscs (excluding canned)	—	—	—	—	—	**74.0	* 48.0	* 62.0	**60.0	52.7
Packed (canned and bottled) fish and seafood	—	—	—	—	—	50.0	54.3	51.3	54.3	52.5
Fish and seafood products	—	**46.0	114.0	* 113.4	* 67.5	75.0	72.0	81.0	68.4	72.0
Mixed dishes with fish or seafood as the major component	—	—	—	—	—	* 216.0	150.6	162.0	188.3	190.0
<b>Egg products and dishes</b>	43.0	50.0	50.0	50.0	49.0	50.0	50.0	50.0	50.0	50.0
Eggs	37.0	50.0	50.0	49.0	49.0	49.0	49.0	49.0	49.0	49.0
Dishes where egg is the major ingredient	—	—	—	—	—	**115.0	116.0	116.0	116.0	116.0
<b>Snack foods</b>	25.0	25.0	25.0	25.0	25.0	39.0	30.0	21.0	* 21.0	30.0
Potato snacks	25.0	25.0	25.0	25.0	50.0	50.0	30.0	* 25.0	* 37.5	31.5
Corn snacks	—	* 21.0	**20.0	16.9	—	27.0	27.0	* 29.6	—	27.0
Extruded snacks	* 21.0	22.0	21.0	21.0	* 50.0	33.3	22.0	—	—	25.0
<b>Sugar products and dishes</b>	8.7	12.9	18.4	17.7	10.1	13.5	13.5	13.9	14.3	13.9
Sugar, honey and syrups	4.2	7.2	8.2	8.4	* 8.4	12.5	12.6	11.8	10.7	12.4
Jam and lemon spreads, chocolate spreads	* 6.8	6.8	13.5	10.1	* 6.8	* 6.8	8.9	8.9	6.8	6.8
Dishes and products other than confectionery where sugar is the main component	70.0	70.0	75.0	* 75.0	—	75.0	90.9	126.5	93.3	93.3

TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Confectionery</b>	18.1	29.0	31.3	30.0	30.0	30.0	28.0	26.5	17.1	25.7
Chocolate and chocolate-based confectionery	18.3	22.1	34.2	25.0	30.0	33.9	28.8	23.0	19.8	25.0
Cereal-, fruit-, nut-, and seed-bars	27.0	31.0	30.0	31.0	25.0	31.0	33.0	31.0	—	31.0
Other confectionery	11.4	14.9	17.3	* 15.0	* 11.8	20.5	16.8	15.2	15.0	16.0
<b>Seed and nut products and dishes</b>	* 12.5	12.5	12.5	* 12.5	* 21.9	25.0	18.0	12.5	11.6	14.4
Nuts and nut products	12.5	12.5	12.5	**12.5	* 21.9	* 25.0	18.0	12.5	11.2	14.3
<b>Fats and oils</b>	6.0	7.2	9.6	9.6	8.4	9.6	9.6	9.6	10.8	9.6
Dairy fats	7.2	7.2	7.2	7.2	* 8.3	7.0	8.8	9.6	10.8	9.0
Margarine	4.8	6.0	9.6	9.6	7.2	9.6	8.4	9.6	9.6	9.6
Vegetable oil	—	—	—	—	—	**4.6	6.8	9.1	**4.6	6.9
Unspecified fats	—	—	7.0	* 7.0	* 7.0	* 7.0	7.0	14.0	10.8	10.5
<b>Soup</b>	260.0	255.0	253.0	312.5	379.5	375.0	379.5	337.3	264.0	349.3
Soup	* 260.0	260.0	* 253.0	312.5	379.5	379.5	379.5	375.0	264.0	375.0
<b>Savoury sauces and condiments</b>	11.0	16.5	13.9	22.0	22.0	27.5	22.4	21.5	20.8	22.0
Gravies and savoury sauces	11.0	20.8	19.5	22.0	22.0	25.8	22.0	31.2	23.9	24.5
Pickles, chutneys and relishes	—	**15.0	* 16.0	—	—	* 11.3	13.1	11.0	10.4	12.0
Salad dressings	* 9.3	**4.9	* 7.0	13.9	* 10.0	18.6	15.0	18.0	10.0	15.0
<b>Non-alcoholic beverages</b>	726.8	854.0	1,017.1	1,281.0	1,536.0	1,650.6	1,821.9	1,800.0	1,605.8	1,768.8
Tea	**126.9	253.8	253.8	253.8	253.8	507.5	507.5	761.3	761.3	634.4
Coffee and coffee substitutes	—	—	—	**190.3	380.6	380.6	532.8	507.5	406.0	507.5
Fruit and vegetable juices and drinks	262.0	292.1	310.8	264.0	301.0	295.7	263.0	229.3	158.4	262.0
Soft drinks, flavoured mineral waters and electrolyte drinks	208.6	260.8	387.0	391.1	393.0	508.0	391.0	314.4	260.0	375.0
Mineral waters and water(b)	500.0	500.0	562.5	750.0	1,000.0	1,000.0	1,000.0	750.0	750.0	800.0
<b>Alcoholic beverages</b>	—	—	—	—	**220.7	378.0	348.3	249.5	179.6	277.5
Beers	—	—	—	—	—	* 565.9	380.6	442.6	* 380.6	380.6
Wines	—	—	—	—	—	* 209.0	298.2	249.5	178.9	249.5
Spirits	—	—	—	—	—	* 58.0	38.7	29.0	38.7	38.7
Other alcoholic beverages	—	—	—	—	—	* 384.0	* 300.0	**126.2	—	309.9
<b>Miscellaneous</b>	3.0	3.4	4.9	4.5	3.4	4.2	3.0	2.6	1.6	3.0
Beverage flavourings	5.1	4.0	3.4	4.7	5.1	5.1	5.1	3.4	3.4	4.0
Yeast; yeast, vegetable and meat extracts	2.3	3.0	3.0	3.0	* 3.0	3.0	3.0	3.0	2.7	3.0
Artificial sweetening agents	—	—	—	—	—	**0.4	0.4	0.4	0.3	0.4
Herbs, spices, seasonings and stock cubes	—	—	—	—	—	**4.2	* 1.5	* 1.4	* 1.4	1.4

TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Cereal and cereal products</b>	109.0	125.0	150.0	152.4	172.7	176.2	175.8	157.0	137.2	161.0
Regular breads, and rolls	64.0	66.0	91.0	100.0	108.0	108.0	100.0	96.0	86.0	96.0
Breakfast cereals, plain single source	22.5	30.0	30.0	45.0	60.0	45.0	40.0	30.0	30.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	31.0	50.0	58.0	63.0	58.0	87.0	67.0	60.0	58.0	65.4
Pasta and pasta products	114.8	148.0	172.0	229.5	195.5	246.7	222.0	195.5	148.0	212.5
Rice and rice products	95.0	97.5	190.0	190.0	190.0	285.0	222.0	190.0	180.0	195.0
Breakfast cereals, mixed source	22.5	35.0	60.0	67.5	75.0	67.5	60.0	50.5	45.0	58.5
Breakfast cereal, hot porridge type	245.0	260.0	325.0	* 390.0	—	433.3	325.0	260.0	260.0	260.0
<b>Cereal-based products and dishes</b>	50.0	83.7	129.3	140.0	174.0	186.0	150.0	92.7	59.5	120.0
Sweet biscuits	17.5	23.3	28.5	33.4	32.0	29.0	31.0	28.6	23.2	28.0
Savoury biscuits	15.0	20.0	21.6	25.0	20.0	28.6	24.0	18.0	16.0	19.6
Cakes, buns, muffins, scones, cake-type desserts	39.1	70.0	80.0	89.0	* 75.9	107.9	83.5	67.6	57.6	75.2
Pastries	87.0	110.0	126.0	156.0	174.0	174.0	174.0	160.0	168.3	174.0
Mixed dishes where cereal is the major ingredient	126.0	122.0	204.1	208.0	206.4	265.0	224.4	209.0	156.8	217.0
Batter-based products	* 45.0	67.5	86.0	61.7	97.0	90.0	75.4	83.0	70.7	83.0
<b>Fruit products and dishes</b>	141.0	166.0	154.5	170.1	172.0	166.0	196.3	210.2	198.9	200.0
Pome fruit	112.0	140.0	140.0	166.0	166.0	166.0	140.0	140.0	133.0	140.0
Berry fruit	* 36.0	* 54.0	**28.0	—	—	* 60.0	42.0	48.0	72.0	48.0
Citrus fruit	86.0	86.0	131.0	131.0	144.0	131.0	131.0	131.0	131.0	131.0
Stone fruit	* 122.0	130.0	132.0	145.0	* 145.0	* 132.0	151.0	145.0	132.5	145.0
Tropical fruit	89.6	96.0	96.0	101.0	102.4	102.4	102.4	102.4	96.0	102.4
Other fruit	* 85.5	85.5	85.5	* 118.5	* 210.1	* 169.0	124.0	124.0	101.2	124.0
Mixtures of two or more groups of fruit	—	—	—	—	—	—	206.0	171.0	* 154.5	195.0
Dried fruit, preserved fruit	* 28.0	30.0	27.6	* 36.0	**13.6	31.8	28.0	31.8	30.0	30.0
<b>Vegetable products and dishes</b>	92.1	119.0	162.0	200.0	224.8	243.0	236.8	277.1	252.4	250.0
Potatoes	81.7	95.0	122.5	150.0	165.0	150.0	150.0	145.0	122.0	144.3
Cabbage, cauliflower and similar brassica vegetables	27.0	34.0	57.5	64.7	* 81.0	66.0	72.5	72.5	69.6	72.5
Carrot and similar root vegetables	23.0	28.0	38.5	41.3	33.9	41.3	41.3	45.2	41.3	42.0
Leaf and stalk vegetables	10.0	15.0	19.3	20.0	21.8	31.8	29.0	29.0	29.0	29.0
Peas and beans	15.6	28.0	46.7	55.0	53.3	71.3	56.3	62.5	58.3	62.3
Tomato and tomato products	41.7	30.0	45.0	45.0	60.0	60.0	60.0	60.0	60.0	60.0
Other fruiting vegetables	31.2	25.0	39.2	41.3	58.8	54.4	50.9	53.8	60.3	53.6
Other vegetables and vegetable combinations	20.0	27.8	35.9	43.8	56.0	45.4	46.2	46.2	40.3	44.5
Dishes where vegetable is the major component	—	**110.0	* 63.0	—	—	* 172.0	114.0	87.0	* 123.0	116.0
<b>Legume and pulse products and dishes</b>	* 88.3	* 91.7	* 91.5	* 130.0	* 130.0	130.0	88.0	100.8	70.6	93.5
Mature legumes and pulses	—	—	—	**69.2	—	—	61.3	* 57.7	29.1	57.7
Mature legumes and pulse products and dishes	**88.3	* 100.0	* 91.7	* 130.0	**130.0	130.0	91.7	112.5	130.0	110.0

TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Milk products and dishes</b>	447.8	335.3	346.7	350.0	321.8	274.0	241.4	241.6	238.9	247.7
Dairy milk	387.0	258.0	260.0	278.6	259.0	258.0	170.9	185.8	180.6	187.0
Yoghurt	150.0	129.5	200.0	200.0	200.0	191.3	200.0	129.5	129.5	155.0
Cream	**15.8	* 12.6	* 20.0	**20.0	25.0	21.0	25.3	20.0	20.3	20.5
Cheese	21.0	21.0	21.0	24.3	29.8	30.0	28.8	23.0	20.8	24.0
Frozen milk products	62.0	90.0	108.5	124.0	128.0	102.0	90.0	83.0	62.0	82.7
Other dishes where milk or a milk product is the major component	110.0	140.0	150.0	150.0	* 140.0	160.0	140.0	140.0	140.0	140.0
Milk substitutes	* 265.0	170.0	—	—	—	—	255.0	153.7	132.5	198.8
Flavoured milks	208.0	258.0	258.0	309.6	309.6	516.0	516.0	309.6	260.0	431.0
<b>Meat, poultry and game products and dishes</b>	56.0	81.0	106.0	130.0	168.0	186.7	155.1	143.0	103.7	144.0
Muscle meat	28.9	42.4	52.7	72.7	72.9	90.0	74.0	70.3	57.6	72.0
Poultry and other feathered game	58.0	70.0	72.0	90.0	134.0	116.0	108.0	108.0	95.0	107.3
Organ meats and offal, products and dishes	—	—	—	—	—	—	* 21.0	**45.0	**30.0	* 30.0
Sausages, frankfurts, and saveloys	47.0	58.7	58.0	73.3	60.0	102.7	95.3	102.7	81.0	95.3
Processed meat	22.6	23.1	27.6	33.9	* 24.3	46.6	35.0	33.0	30.0	34.4
Mixed dishes where beef or veal is the major component	125.5	126.5	126.5	150.0	253.0	253.0	194.0	195.0	188.3	202.3
Mixed dishes where lamb or pork, bacon, ham is the major component	—	* 126.5	* 253.0	* 191.5	—	179.2	189.8	140.0	126.5	177.1
Mixed dishes where poultry or game is the major component	63.0	108.0	108.0	108.0	140.0	171.6	161.0	158.0	168.5	161.9
<b>Fish and seafood products and dishes</b>	57.6	60.0	99.0	122.0	95.0	123.2	100.0	105.6	83.8	100.0
Fin fish (excluding canned)	—	* 36.0	* 95.0	**69.3	—	* 99.0	117.9	105.6	95.0	105.6
Crustacea and molluscs (excluding canned)	—	—	—	—	—	* 79.0	67.5	73.0	* 64.0	69.5
Packed (canned and bottled) fish and seafood	—	**25.6	* 61.0	—	—	70.0	60.0	52.5	60.0	57.9
Fish and seafood products	69.0	* 63.0	90.0	148.0	* 74.2	98.0	96.0	86.4	71.0	90.0
Mixed dishes with fish or seafood as the major component	—	**182.8	* 125.5	—	—	* 251.0	190.0	209.2	200.0	210.8
<b>Egg products and dishes</b>	27.8	50.0	53.3	70.5	70.0	60.0	59.0	57.0	57.0	57.2
Eggs	25.0	50.0	50.0	* 50.0	* 60.0	50.0	50.0	50.0	50.0	50.0
Dishes where egg is the major ingredient	—	* 116.0	110.0	* 130.0	—	* 128.0	128.0	128.0	128.0	128.0
<b>Snack foods</b>	25.0	25.0	25.0	25.0	42.0	50.0	31.3	25.0	21.6	34.6
Potato snacks	25.0	25.0	25.0	25.0	43.5	50.0	31.5	25.0	* 21.8	34.8
Corn snacks	* 21.0	25.0	27.0	25.0	**25.0	49.5	27.0	* 27.0	—	29.6
Extruded snacks	22.0	22.0	21.0	21.0	* 33.0	42.0	22.0	—	* 10.0	25.0
<b>Sugar products and dishes</b>	8.6	14.3	18.5	16.9	16.8	16.5	16.8	16.8	17.4	16.8
Sugar, honey and syrups	4.2	7.2	8.4	10.0	16.4	13.9	14.5	15.8	14.7	14.7
Jam and lemon spreads, chocolate spreads	6.8	10.0	13.5	13.5	* 6.8	13.5	13.5	13.5	13.5	13.5
Dishes and products other than confectionery where sugar is the main component	70.0	74.0	75.0	75.0	140.0	* 75.0	93.3	126.5	93.3	100.0

**TABLE 2. MEDIAN DAILY INTAKE : FINE AGE GROUP, BY SEX—continued**

(median grams per consumer)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Confectionery</b>	20.0	29.0	30.8	31.0	40.0	35.0	32.0	26.9	20.0	30.0
Chocolate and chocolate-based confectionery	20.0	22.3	25.0	30.0	41.6	40.0	35.0	25.0	20.2	30.0
Cereal-, fruit-, nut-, and seed-bars	20.0	31.0	31.0	31.0	31.0	31.0	32.0	31.0	32.0	32.0
Other confectionery	11.4	15.0	17.1	20.0	13.7	17.3	16.8	17.2	15.0	16.7
<b>Seed and nut products and dishes</b>	10.0	12.4	12.5	12.5	* 9.4	25.0	24.3	18.3	12.5	18.8
Nuts and nut products	10.0	12.4	12.5	12.5	**9.4	* 24.0	24.6	18.8	12.5	18.8
<b>Fats and oils</b>	6.0	8.4	10.0	10.0	10.8	12.0	12.0	12.0	13.0	12.0
Dairy fats	6.0	7.0	8.8	8.8	12.0	7.2	9.6	10.0	13.1	10.0
Margarine	6.0	7.2	10.0	10.2	10.0	10.8	10.0	10.0	10.8	10.0
Vegetable oil	—	* 9.2	* 4.6	**3.7	**7.4	* 9.2	7.3	9.1	* 13.7	9.1
Unspecified fats	7.0	10.0	* 7.0	**7.0	4.5	7.0	10.5	14.0	10.5	10.5
<b>Soup</b>	260.0	258.0	258.0	379.5	379.5	387.0	390.0	390.0	309.6	379.5
Soup	260.0	258.0	258.0	390.0	379.5	387.0	390.0	390.0	317.6	382.5
<b>Savoury sauces and condiments</b>	11.0	20.6	16.5	22.0	22.9	25.0	26.7	23.5	22.0	25.0
Gravies and savoury sauces	11.0	20.8	20.8	23.5	24.8	24.6	26.4	26.2	31.2	26.4
Pickles, chutneys and relishes	—	* 12.0	* 11.0	**13.1	**11.4	* 12.5	16.0	12.0	11.6	12.5
Salad dressings	**8.9	* 9.3	* 9.3	14.6	* 11.5	18.6	15.0	18.0	16.0	18.0
<b>Non-alcoholic beverages</b>	761.4	900.0	1,032.0	1,307.4	1,643.0	1,791.0	1,893.3	1,813.5	1,582.7	1,785.3
Tea	**126.9	253.8	253.8	253.8	253.8	507.5	507.5	761.2	761.3	609.0
Coffee and coffee substitutes	—	—	* 253.8	233.5	406.0	380.6	609.0	558.3	507.5	507.5
Fruit and vegetable juices and drinks	261.5	293.5	265.0	290.4	396.0	373.3	264.0	262.0	196.5	263.0
Soft drinks, flavoured mineral waters and electrolyte drinks	208.3	261.0	391.1	521.5	522.0	522.0	393.0	375.0	262.0	391.5
Mineral waters and water(b)	500.0	500.0	625.0	750.0	1,000.0	1,000.0	1,000.0	750.0	625.0	840.0
<b>Alcoholic beverages</b>	—	—	—	—	377.0	661.3	497.0	436.0	357.8	424.3
Beers	—	—	—	—	* 573.4	756.0	761.3	756.0	754.5	756.0
Wines	—	—	—	—	**130.5	251.3	281.4	280.8	210.6	251.3
Spirits	—	—	—	—	—	80.6	58.0	43.5	58.0	58.0
Other alcoholic beverages	—	—	—	—	—	* 387.4	300.0	**87.7	**47.1	309.9
<b>Miscellaneous</b>	3.2	3.4	5.1	5.8	4.9	5.1	3.4	2.8	1.7	3.0
Beverage flavourings	5.1	3.4	4.3	5.1	5.1	5.1	5.1	4.0	3.4	4.9
Yeast; yeast, vegetable and meat extracts	2.3	3.0	4.5	4.5	3.0	6.0	3.0	3.0	3.0	3.0
Artificial sweetening agents	—	—	—	—	—	**0.4	0.4	0.4	0.4	0.4
Herbs, spices, seasonings and stock cubes	—	—	—	—	—	**4.2	2.8	1.4	0.7	* 1.4

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

**TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX**

(per cent)

Selected major and sub-major food groups(a)	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Cereals and cereal products</b>	99.4	98.7	98.7	98.1	93.9	91.4	92.4	95.1	98.3	93.9
Regular breads, and rolls	86.1	89.4	88.8	84.5	78.1	72.0	77.1	84.2	90.6	80.4
Breakfast cereals, plain, single source	40.9	40.6	32.1	33.7	27.0	18.8	23.3	31.0	42.5	27.7
Fancy breads, flat breads, English-style muffins and crumpets	* 6.4	10.3	13.0	10.4	11.3	16.4	13.4	10.3	10.0	12.4
Pasta and pasta products	17.9	16.8	13.3	12.4	15.7	13.3	12.7	10.4	7.4	11.3
Rice and rice products	12.8	13.8	14.0	10.3	12.4	14.0	16.3	12.9	9.2	14.0
Breakfast cereals, mixed source	32.6	23.6	26.9	28.2	23.6	17.5	17.2	18.7	22.2	18.4
Breakfast cereal, hot porridge type	* 6.3	* 2.7	* 1.6	* 2.1	**1.2	* 1.2	2.8	5.7	14.0	5.0
<b>Cereal-based products and dishes</b>	80.4	81.3	80.0	73.6	64.7	71.3	68.5	68.1	70.3	69.0
Sweet biscuits	37.5	38.5	36.7	29.4	14.2	19.0	22.1	25.9	36.7	24.9
Savoury biscuits	28.4	23.1	20.4	18.1	* 6.8	7.2	11.8	15.1	16.9	12.9
Cakes, buns, muffins, scones, cake-type desserts	20.3	18.9	29.0	20.9	17.2	13.5	20.2	25.1	27.9	21.8
Pastries	12.6	16.0	15.7	17.5	27.6	24.0	20.7	17.9	13.2	19.3
Mixed dishes where cereal is the major ingredient	20.5	24.9	28.7	26.5	26.3	35.4	25.5	14.6	8.3	21.1
Batter-based products	* 6.8	7.3	8.0	6.2	* 4.6	4.4	4.2	3.7	* 2.8	3.9
<b>Fruit products and dishes</b>	77.6	65.6	56.4	49.9	39.9	31.9	45.8	59.5	69.6	51.4
Pome fruit	48.7	36.5	31.6	28.0	18.8	12.6	21.3	26.1	30.6	22.9
Berry fruit	* 2.8	* 3.1	* 3.2	* 1.4	* 1.5	* 1.4	2.5	3.1	3.0	2.6
Citrus fruit	16.9	14.3	14.0	12.7	11.5	8.0	10.6	16.4	16.6	12.8
Stone fruit	* 10.1	6.8	5.7	* 3.0	* 2.6	* 2.3	5.4	9.7	15.8	7.7
Tropical fruit	29.2	20.7	18.8	13.6	11.0	15.4	19.2	25.8	36.0	23.0
Other fruit	* 7.8	10.8	7.6	10.9	* 4.7	4.8	7.4	11.6	12.3	9.0
Mixtures of two or more groups of fruit	* 5.3	* 1.8	* 1.4	—	* 2.1	**0.7	2.1	2.9	4.3	2.5
Dried fruit, preserved fruit	10.9	* 4.6	* 1.9	* 2.9	* 2.4	* 1.5	4.4	6.7	12.4	5.8
<b>Vegetable products and dishes</b>	68.1	72.7	77.0	78.8	83.1	84.7	86.6	91.0	91.7	88.3
Potatoes	43.1	43.9	52.0	57.5	57.0	52.9	48.6	54.3	62.1	52.8
Cabbage, cauliflower and similar brassica vegetables	13.0	12.8	15.0	13.5	14.1	18.4	18.4	25.6	28.4	21.9
Carrot and similar root vegetables	27.4	29.3	27.7	27.4	28.3	29.8	36.4	42.1	43.0	38.1
Leaf and stalk vegetables	* 10.2	20.2	23.9	26.2	29.2	31.8	36.2	39.8	32.7	36.2
Peas and beans	22.5	19.0	19.4	23.8	20.1	20.6	24.0	29.4	31.9	26.3
Tomato and tomato products	13.9	13.7	18.3	17.0	22.5	31.7	38.8	41.6	35.8	38.2
Other fruiting vegetables	16.4	17.1	19.5	18.5	28.3	32.4	31.9	39.5	37.1	34.9
Other vegetables and vegetable combinations	17.6	19.3	24.5	18.8	31.4	40.0	37.9	37.2	32.6	37.2
Dishes where vegetable is the major component	**1.5	* 1.4	* 1.5	—	**0.9	* 1.2	2.9	* 1.4	* 2.0	2.1
<b>Legume and pulse products and dishes</b>	* 8.6	6.7	* 3.7	7.1	* 5.8	5.6	7.3	9.8	6.9	7.7
Mature legumes and pulses	—	* 1.5	**1.1	* 2.4	**1.0	* 1.3	1.8	2.9	* 2.2	2.1
Mature legumes and pulse products and dishes	* 8.6	* 5.2	* 2.6	* 5.0	* 4.9	4.3	5.8	7.5	4.7	5.9

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Milk products and dishes</b>	98.2	95.5	90.9	92.8	94.2	89.1	93.7	91.3	94.5	92.5
Dairy milk	89.8	80.3	78.8	79.6	76.7	74.6	81.7	83.6	88.1	82.2
Yoghurt	12.0	9.5	6.2	* 4.9	* 6.2	5.0	6.1	7.0	7.8	6.5
Cream	**1.4	**1.0	* 3.0	* 4.7	* 3.9	6.6	6.9	7.6	9.0	7.4
Cheese	40.2	43.1	34.4	38.7	44.8	35.8	43.8	39.2	37.9	40.5
Frozen milk products	22.6	35.8	33.0	33.5	25.4	17.9	16.8	17.3	18.5	17.4
Other dishes where milk or a milk product is the major component	24.6	14.8	7.2	6.6	* 6.1	3.9	5.5	6.7	13.8	6.8
Milk substitutes	* 5.7	* 1.7	* 1.7	—	—	* 0.9	1.8	1.7	* 2.9	1.8
Flavoured milks	* 3.1	6.7	8.7	7.6	7.4	11.4	6.5	2.6	* 1.0	5.2
<b>Meat, poultry and game products and dishes</b>	76.7	72.4	77.0	78.8	80.9	84.1	84.4	87.6	84.7	85.4
Muscle meat	29.8	32.2	38.8	41.7	47.5	51.5	52.1	52.8	51.2	52.1
Poultry and other feathered game	10.8	13.0	10.2	12.8	21.8	16.2	18.4	17.1	13.2	17.0
Organ meats and offal, products and dishes	—	* 1.4	**0.5	**0.6	—	* 1.1	1.2	* 1.1	* 2.8	1.4
Sausages, frankfurts, and saveloys	14.8	11.3	17.8	14.4	8.8	10.6	12.2	11.6	9.6	11.5
Processed meat	15.7	7.0	14.2	9.4	7.2	8.3	12.1	15.3	12.6	12.6
Mixed dishes where beef or veal is the major component	15.8	13.7	13.9	15.8	17.6	17.5	16.8	20.5	14.9	17.7
Mixed dishes where lamb or pork, bacon, ham is the major component	—	* 2.5	* 4.0	* 2.1	* 1.9	4.4	3.6	3.3	4.8	3.8
Mixed dishes where poultry or game is the major ingredient	10.6	10.3	13.6	9.9	14.3	16.4	12.4	7.9	6.9	10.9
<b>Fish and seafood products and dishes</b>	* 9.6	10.6	11.8	12.8	8.8	16.0	16.6	20.8	20.3	18.3
Fin fish (excluding canned)	* 2.7	* 1.4	* 3.0	* 2.8	**1.1	4.3	4.0	6.0	5.9	4.9
Crustacea and molluscs (excluding canned)	—	**0.8	* 1.6	—	—	* 2.8	2.3	3.9	* 1.6	2.7
Packed (canned and bottled) fish and seafood	* 2.5	* 1.7	* 1.3	* 1.8	—	* 2.2	4.0	4.8	5.9	4.2
Fish and seafood products	* 2.7	* 3.9	* 3.3	6.9	* 5.2	6.7	6.2	6.9	6.5	6.5
Mixed dishes with fish or seafood as the major component	—	* 2.9	* 3.1	**1.1	**1.5	* 1.8	2.0	2.8	* 1.9	2.2
<b>Egg products and dishes</b>	12.6	11.1	14.0	12.3	18.1	15.7	17.9	20.5	17.6	18.3
Eggs	* 10.3	9.3	10.2	10.6	17.2	11.7	15.0	16.3	14.0	14.8
Dishes where egg is the major ingredient	* 3.6	* 1.8	* 3.8	* 1.7	—	4.0	3.2	4.8	3.7	3.8
<b>Snack foods</b>	23.7	34.1	32.7	28.7	24.4	18.9	9.3	4.7	* 2.4	8.3
Potato snacks	12.8	20.9	15.9	20.5	15.5	11.4	5.9	3.1	* 1.6	5.2
Corn snacks	* 5.4	7.4	9.8	5.7	* 4.9	4.8	2.2	* 1.0	—	1.9
Extruded snacks	* 6.5	7.8	10.5	* 4.8	* 5.4	* 3.1	1.6	* 0.3	**0.4	1.2
<b>Sugar products and dishes</b>	68.4	69.7	67.3	58.1	56.8	60.5	72.2	76.3	78.1	72.7
Sugar, honey and syrups	51.0	48.5	45.6	47.3	52.6	57.2	67.3	67.7	66.2	65.9
Jam and lemon spreads, chocolate spreads	28.2	24.8	22.4	14.6	7.7	7.4	13.5	24.4	33.3	18.7
Dishes and products other than confectionery where sugar is the main component	13.0	14.8	16.2	7.4	* 5.4	* 1.8	2.1	1.7	* 2.6	2.0

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Males									
<b>Confectionery</b>	44.8	53.3	53.4	46.7	37.2	26.8	21.7	15.9	14.1	19.6
Chocolate and chocolate-based confectionery	23.4	26.9	23.5	26.6	24.3	16.9	15.6	10.3	8.4	13.2
Cereal-, fruit-, nut-, and seed-bars	18.5	18.7	18.0	13.6	* 6.8	5.0	3.2	2.0	**0.4	2.7
Other confectionery	16.1	21.8	24.4	17.3	12.3	7.9	5.5	5.0	6.2	5.8
<b>Seed and nut products and dishes</b>	18.2	20.7	15.1	10.9	7.7	10.3	13.5	13.1	10.2	12.5
Nuts and nut products	18.2	20.6	15.1	10.9	7.6	10.3	13.1	12.6	9.6	12.1
<b>Fats and oils</b>	84.2	81.3	80.8	76.5	65.7	72.9	73.7	78.6	85.9	76.8
Dairy fats	15.2	17.6	13.5	12.8	12.3	18.7	21.3	22.6	26.5	22.1
Margarine	67.3	65.3	67.9	62.2	50.8	52.5	52.0	56.1	62.2	54.7
Vegetable oil	* 3.5	* 2.2	* 1.4	* 2.5	* 3.7	4.7	2.9	3.7	* 1.9	3.2
Unspecified fats	**1.3	* 2.6	**1.0	* 1.4	* 3.8	6.2	5.6	3.6	* 2.7	4.7
<b>Soup</b>	* 4.3	6.9	9.4	5.7	* 3.6	6.4	8.4	12.9	19.6	11.0
Soup	* 4.3	6.8	9.4	* 5.3	* 3.6	6.0	8.2	12.4	18.9	10.7
<b>Savoury sauces and condiments</b>	42.2	42.4	51.7	56.9	61.8	61.6	57.4	57.0	50.0	56.8
Gravies and savoury sauces	36.7	36.9	43.1	45.3	51.5	49.6	43.7	40.0	32.3	41.8
Pickles, chutneys and relishes	* 2.8	* 2.0	* 4.9	5.7	* 5.2	7.0	11.0	13.2	13.4	11.5
Salad dressings	* 4.2	8.3	10.0	14.6	14.0	13.4	14.4	17.5	14.7	15.2
<b>Non-alcoholic beverages</b>	98.5	100.0	99.8	99.6	99.7	99.8	99.7	99.6	99.9	99.7
Tea	* 8.4	* 5.0	5.8	7.1	7.5	20.6	37.0	59.2	77.0	47.1
Coffee and coffee substitutes	—	* 2.6	* 2.5	5.6	24.9	40.5	64.6	70.7	57.9	62.2
Fruit and vegetable juices and drinks	85.7	72.0	70.3	63.6	57.3	47.2	34.7	31.7	34.1	35.4
Soft drinks, flavoured mineral waters and electrolyte drinks	30.7	36.2	39.1	48.4	61.0	64.9	41.8	24.2	16.5	36.1
Mineral waters and water(b)	79.9	85.8	88.1	85.0	81.9	78.4	76.7	73.0	76.4	75.8
<b>Alcoholic beverages</b>	—	—	—	—	16.0	28.8	41.0	48.5	43.6	41.9
Beers	—	—	—	—	10.6	22.9	29.7	31.2	25.0	28.5
Wines	—	—	—	—	* 4.3	4.5	12.6	20.6	18.0	14.7
Spirits	—	—	—	—	* 4.0	3.7	4.5	5.4	9.2	5.3
Other alcoholic beverages	—	—	—	—	* 1.8	* 2.7	2.0	* 0.9	**0.6	1.6
<b>Miscellaneous</b>	46.4	48.8	47.4	39.6	30.5	28.5	25.7	29.4	36.8	28.8
Beverage flavourings	25.8	25.3	25.8	22.0	16.1	9.3	7.6	6.7	6.7	7.4
Yeast; yeast, vegetable and meat extracts	28.2	29.0	25.2	22.0	16.8	20.9	15.1	13.1	15.9	15.4
Artificial sweetening agents	—	—	* 1.2	—	—	—	2.3	8.8	15.4	5.8
Herbs, spices, seasonings and stock cubes	—	**0.6	**0.9	—	**1.5	* 1.3	3.7	3.6	5.0	3.5
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —									
<b>Total</b>	<b>265.4</b>	<b>530.6</b>	<b>529.2</b>	<b>524.1</b>	<b>389.5</b>	<b>866.7</b>	<b>2,795.0</b>	<b>1,900.7</b>	<b>939.3</b>	<b>6,501.6</b>



TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Cereals and cereal products</b>	98.8	98.9	97.0	95.1	93.0	90.2	93.8	97.0	98.6	95.1
Regular breads, and rolls	83.0	86.1	83.1	75.7	80.6	70.3	77.8	84.1	88.4	80.6
Breakfast cereals, plain, single source	46.1	40.6	32.2	22.1	10.8	15.6	19.0	28.7	39.8	25.0
Fancy breads, flat breads, English-style muffins and crumpets	* 5.8	8.2	9.2	11.0	13.2	14.7	15.0	10.4	7.8	12.4
Pasta and pasta products	18.1	14.1	19.6	16.5	14.8	16.4	14.9	10.0	6.4	12.2
Rice and rice products	17.5	11.8	14.1	14.1	17.0	15.1	18.2	13.5	8.8	14.8
Breakfast cereals, mixed source	26.7	23.7	18.4	21.1	17.8	17.4	17.4	22.0	21.4	19.4
Breakfast cereal, hot porridge type	* 5.5	* 3.9	* 1.4	* 2.4	* 2.0	* 2.2	3.7	7.2	13.2	6.2
<b>Cereal-based products and dishes</b>	71.5	79.8	77.7	70.0	71.2	62.0	69.8	69.1	72.4	69.1
Sweet biscuits	36.6	44.0	32.4	24.4	16.9	17.1	23.7	26.4	36.5	26.0
Savoury biscuits	14.8	27.1	20.2	13.8	16.1	10.3	15.1	18.4	22.1	16.7
Cakes, buns, muffins, scones, cake-type desserts	20.0	22.2	22.8	21.9	18.4	18.5	24.5	27.7	28.2	25.3
Pastries	* 10.7	14.5	23.0	18.2	21.1	14.9	16.4	14.3	13.9	15.2
Mixed dishes where cereal is the major ingredient	21.5	17.2	20.3	22.8	30.7	22.9	21.1	12.0	7.1	16.3
Batter-based products	* 5.8	7.4	7.5	8.8	* 1.8	3.7	4.4	2.6	3.3	3.6
<b>Fruit products and dishes</b>	75.4	72.8	62.5	58.0	41.1	41.4	55.0	69.8	75.6	61.1
Pome fruit	38.9	42.0	31.3	35.0	18.5	17.1	23.8	29.9	34.1	26.5
Berry fruit	* 4.7	* 3.7	* 2.1	* 1.6	—	* 3.2	4.1	4.7	3.2	4.0
Citrus fruit	19.3	20.2	14.3	13.1	* 6.9	7.3	12.9	16.4	18.9	14.3
Stone fruit	* 9.6	7.6	6.3	6.9	11.4	3.8	8.4	12.7	14.5	10.1
Tropical fruit	31.3	24.8	19.2	10.3	10.6	21.2	24.8	31.1	40.0	28.8
Other fruit	13.3	11.2	11.8	9.5	* 4.8	5.8	11.6	17.0	16.1	13.2
Mixtures of two or more groups of fruit	* 5.5	5.6	* 1.4	* 1.5	**1.6	* 1.6	2.3	2.2	5.0	2.7
Dried fruit, preserved fruit	* 10.5	8.5	* 3.0	* 3.8	* 3.6	* 2.4	4.3	8.7	13.0	6.9
<b>Vegetable products and dishes</b>	79.2	79.7	77.0	85.9	85.8	86.5	88.0	91.0	91.5	89.3
Potatoes	47.7	49.4	48.7	55.0	45.9	46.7	46.0	52.0	61.0	50.5
Cabbage, cauliflower and similar brassica vegetables	12.6	11.8	13.3	14.0	16.2	21.1	20.6	28.8	29.6	24.6
Carrot and similar root vegetables	32.5	33.9	32.0	30.7	34.2	34.9	37.7	42.1	44.5	39.8
Leaf and stalk vegetables	17.0	19.1	25.9	34.3	31.7	33.1	41.6	43.1	36.7	40.1
Peas and beans	20.5	24.7	22.2	22.4	24.2	21.9	24.3	28.3	31.6	26.4
Tomato and tomato products	16.5	19.2	17.2	25.3	33.0	30.8	39.8	44.0	39.9	39.9
Other fruiting vegetables	23.1	18.1	24.7	28.3	32.7	36.1	39.6	43.9	46.0	41.5
Other vegetables and vegetable combinations	23.4	16.9	16.3	27.7	31.9	40.3	38.7	36.9	30.5	36.9
Dishes where vegetable is the major component	**1.0	* 2.6	* 2.3	* 2.3	* 2.3	4.0	3.4	3.0	* 1.5	3.0
<b>Legume and pulse products and dishes</b>	* 4.0	* 4.1	* 2.8	5.8	8.3	8.2	7.3	6.8	4.9	6.9
Mature legumes and pulses	—	—	—	* 2.3	* 1.7	* 1.0	1.7	2.3	* 2.2	1.9
Mature legumes and pulse products and dishes	* 3.4	* 4.0	* 2.8	* 3.6	* 6.6	7.3	5.7	5.0	2.7	5.2

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Milk products and dishes</b>	98.1	96.0	93.3	90.8	87.3	90.1	94.3	94.7	95.6	94.1
Dairy milk	90.2	82.6	76.1	69.5	63.4	76.6	84.4	86.9	85.7	84.3
Yoghurt	12.4	9.6	6.6	7.9	9.5	7.8	9.9	11.8	12.3	10.6
Cream	* 4.1	* 4.3	* 4.3	* 3.5	9.9	5.7	7.9	8.5	9.2	8.1
Cheese	43.6	37.0	42.2	40.5	44.5	40.3	42.9	43.0	38.7	41.8
Frozen milk products	26.0	27.6	35.6	35.8	20.4	15.1	13.9	14.3	13.9	14.2
Other dishes where milk or a milk product is the major component	18.8	15.8	10.0	6.8	* 2.9	7.2	6.2	7.3	13.5	7.9
Milk substitutes	* 5.6	* 1.7	**0.8	**0.8	—	* 2.0	1.9	2.7	4.0	2.5
Flavoured milks	* 5.5	6.6	6.5	* 4.1	11.5	4.5	3.6	2.3	* 0.9	2.9
<b>Meat, poultry and game products and dishes</b>	71.7	73.6	78.3	80.2	74.5	74.0	76.9	77.5	79.7	77.2
Muscle meat	29.9	27.6	36.2	38.0	38.5	36.6	41.0	45.0	45.5	42.4
Poultry and other feathered game	11.1	13.2	11.5	17.8	19.3	17.2	17.4	15.9	15.0	16.5
Organ meats and offal, products and dishes	—	—	—	—	—	* 1.0	1.5	2.3	2.3	1.8
Sausages, frankfurts, and saveloys	14.2	15.2	14.1	10.5	11.6	6.6	7.7	5.5	7.1	6.9
Processed meat	11.6	12.0	7.1	7.7	9.9	5.3	7.2	9.9	9.5	8.1
Mixed dishes where beef or veal is the major component	16.8	17.9	14.2	16.9	15.8	16.0	16.9	14.4	11.7	15.1
Mixed dishes where lamb or pork, bacon, ham is the major component	—	* 1.6	* 3.1	* 2.9	* 2.6	3.9	3.5	4.1	4.1	3.8
Mixed dishes where poultry or game is the major ingredient	* 9.5	8.2	15.2	11.5	10.8	12.0	11.5	8.9	5.7	9.8
<b>Fish and seafood products and dishes</b>	13.3	16.8	11.5	11.2	16.7	15.8	17.2	20.5	18.8	18.2
Fin fish (excluding canned)	* 3.1	* 4.3	**1.1	* 2.8	* 4.5	* 3.2	3.4	6.8	4.6	4.5
Crustacea and molluscs (excluding canned)	—	* 1.5	**0.7	—	* 4.0	* 2.1	3.1	3.3	* 1.7	2.8
Packed (canned and bottled) fish and seafood	**1.2	* 3.0	* 2.8	* 1.4	* 5.1	* 1.9	4.8	5.8	6.0	4.9
Fish and seafood products	* 5.0	6.8	* 5.3	* 4.1	* 5.2	5.5	5.5	5.8	5.4	5.6
Mixed dishes with fish or seafood as the major component	* 3.1	* 2.3	* 2.5	* 3.1	—	4.8	2.3	2.6	2.6	2.7
<b>Egg products and dishes</b>	13.9	12.2	10.7	8.7	8.5	12.8	15.2	16.8	14.2	15.2
Eggs	13.4	10.5	7.2	7.2	* 6.5	9.5	11.1	13.5	10.5	11.4
Dishes where egg is the major ingredient	**1.5	* 2.1	* 3.5	* 1.7	* 2.0	3.5	4.5	3.6	4.0	4.0
<b>Snack foods</b>	21.5	29.7	36.5	38.4	24.1	17.7	10.9	3.6	* 1.6	8.0
Potato snacks	13.7	16.1	21.9	21.8	9.3	6.7	6.3	1.9	* 1.0	4.2
Corn snacks	* 2.8	6.0	6.6	6.5	9.2	6.1	2.5	* 0.9	—	2.1
Extruded snacks	* 6.4	9.2	10.3	11.9	* 5.3	5.8	1.9	* 0.5	**0.4	1.7
<b>Sugar products and dishes</b>	56.2	63.8	56.4	53.2	44.9	59.4	61.4	62.1	66.8	62.3
Sugar, honey and syrups	45.3	45.7	41.9	40.4	33.5	52.5	53.4	48.7	51.5	51.6
Jam and lemon spreads, chocolate spreads	14.0	20.6	19.1	17.0	10.3	8.8	14.2	22.3	29.4	18.6
Dishes and products other than confectionery where sugar is the main component	12.9	13.9	11.4	10.5	* 7.1	* 2.9	2.4	3.5	4.2	3.1

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Females									
<b>Confectionery</b>	52.2	56.3	55.0	51.3	39.9	32.4	24.2	19.2	14.0	22.0
Chocolate and chocolate-based confectionery	30.6	26.0	26.6	31.1	29.9	21.3	16.4	12.8	8.6	14.6
Cereal-, fruit-, nut-, and seed-bars	* 10.5	18.7	18.3	11.3	* 4.6	4.3	2.7	2.2	* 0.6	2.4
Other confectionery	21.0	26.0	25.3	20.2	11.2	9.9	7.5	6.1	6.3	7.2
<b>Seed and nut products and dishes</b>	19.5	20.4	14.4	8.3	9.8	10.8	13.7	13.6	8.5	12.3
Nuts and nut products	19.5	20.3	14.4	8.3	9.8	9.3	13.3	12.6	8.0	11.6
<b>Fats and oils</b>	82.2	83.4	81.7	73.2	66.9	63.7	72.3	75.1	82.8	73.9
Dairy fats	18.6	18.1	16.4	17.6	17.5	19.0	25.1	22.4	24.2	23.4
Margarine	65.1	67.2	66.0	56.8	46.8	44.6	47.8	54.5	59.8	51.4
Vegetable oil	—	* 1.3	* 2.3	* 2.5	* 5.0	3.9	4.1	4.4	* 1.7	3.7
Unspecified fats	—	* 1.9	* 3.3	* 2.9	* 4.3	3.6	3.8	3.7	3.3	3.7
<b>Soup</b>	* 5.0	6.0	* 4.9	5.8	* 4.5	10.8	11.9	16.5	19.3	14.4
Soup	* 5.0	5.9	* 4.9	5.8	* 4.5	10.5	11.6	16.0	18.8	14.0
<b>Savoury sauces and condiments</b>	41.8	44.5	52.2	52.8	63.0	51.7	52.0	53.2	46.9	51.4
Gravies and savoury sauces	36.7	34.1	43.1	44.2	49.6	40.2	36.4	32.9	27.5	34.3
Pickles, chutneys and relishes	**2.1	* 4.4	* 3.2	* 2.7	* 4.0	6.2	9.3	10.7	11.8	9.7
Salad dressings	* 5.1	8.3	10.3	11.7	17.7	14.6	16.4	19.9	16.3	17.1
<b>Non-alcoholic beverages</b>	99.0	99.0	99.7	100.0	100.0	99.7	100.0	100.0	100.0	100.0
Tea	* 4.8	5.6	9.6	13.4	17.7	37.9	54.3	66.4	78.7	60.1
Coffee and coffee substitutes	—	—	* 2.3	7.7	19.4	36.9	61.1	69.0	55.4	59.2
Fruit and vegetable juices and drinks	77.1	81.0	68.5	65.3	52.1	46.6	35.6	32.0	36.0	36.1
Soft drinks, flavoured mineral waters and electrolyte drinks	20.7	30.8	36.7	41.6	54.2	47.7	29.2	20.4	12.2	25.9
Mineral waters and water(b)	86.5	88.9	88.5	90.0	85.1	84.6	82.0	82.0	89.0	83.6
<b>Alcoholic beverages</b>	—	—	—	—	12.0	17.6	25.0	28.7	21.0	24.4
Beers	—	—	—	—	* 4.1	5.9	5.5	4.8	3.9	5.1
Wines	—	—	—	—	* 3.6	6.9	16.2	19.8	15.0	15.8
Spirits	—	—	—	—	**1.4	* 2.0	3.2	5.5	5.4	4.1
Other alcoholic beverages	—	—	—	—	* 5.6	6.7	2.9	2.0	**0.3	2.6
<b>Miscellaneous</b>	50.6	44.0	40.4	43.7	33.4	32.9	29.9	33.5	37.4	32.7
Beverage flavourings	23.7	21.3	23.8	21.7	12.8	11.7	8.2	8.3	7.3	8.5
Yeast; yeast, vegetable and meat extracts	32.2	27.7	24.3	27.4	20.2	20.0	17.3	15.7	18.3	17.4
Artificial sweetening agents	—	—	—	—	* 2.2	* 2.6	5.5	11.4	13.8	8.3
Herbs, spices, seasonings and stock cubes	—	—	—	—	* 2.5	* 2.3	2.3	2.7	3.5	2.6
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —									
<b>Total</b>	<b>252.1</b>	<b>504.0</b>	<b>503.5</b>	<b>495.8</b>	<b>368.5</b>	<b>832.7</b>	<b>2,797.2</b>	<b>1,852.3</b>	<b>1,221.4</b>	<b>6,703.6</b>

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Cereals and cereal products</b>	99.1	98.8	97.9	96.7	93.4	90.8	93.1	96.0	98.5	94.5
Regular breads, and rolls	84.6	87.8	86.0	80.2	79.3	71.2	77.5	84.2	89.4	80.5
Breakfast cereals, plain, single source	43.4	40.6	32.1	28.1	19.1	17.2	21.1	29.9	41.0	26.4
Fancy breads, flat breads, English-style muffins and crumpets	6.1	9.3	11.1	10.7	12.2	15.6	14.2	10.3	8.8	12.4
Pasta and pasta products	18.0	15.5	16.3	14.4	15.2	14.8	13.8	10.2	6.9	11.8
Rice and rice products	15.1	12.8	14.1	12.2	14.6	14.6	17.2	13.2	9.0	14.4
Breakfast cereals, mixed source	29.7	23.7	22.8	24.8	20.8	17.5	17.3	20.3	21.8	18.9
Breakfast cereal, hot porridge type	5.9	3.3	* 1.5	* 2.2	* 1.6	1.7	3.3	6.4	13.5	5.6
<b>Cereal-based products and dishes</b>	76.1	80.5	78.9	71.8	67.8	66.7	69.2	68.6	71.5	69.1
Sweet biscuits	37.0	41.2	34.6	27.0	15.5	18.1	22.9	26.1	36.6	25.4
Savoury biscuits	21.8	25.1	20.3	16.0	11.3	8.7	13.4	16.7	19.8	14.8
Cakes, buns, muffins, scones, cake-type desserts	20.1	20.5	26.0	21.4	17.8	16.0	22.3	26.4	28.1	23.6
Pastries	11.7	15.3	19.2	17.8	24.4	19.6	18.6	16.1	13.6	17.2
Mixed dishes where cereal is the major ingredient	21.0	21.2	24.6	24.7	28.4	29.3	23.3	13.3	7.6	18.7
Batter-based products	6.3	7.4	7.8	7.5	* 3.2	4.1	4.3	3.2	3.1	3.7
<b>Fruit products and dishes</b>	76.5	69.1	59.4	53.8	40.5	36.6	50.4	64.6	73.0	56.3
Pome fruit	43.9	39.2	31.5	31.4	18.7	14.8	22.6	28.0	32.6	24.7
Berry fruit	* 3.7	3.4	* 2.7	* 1.5	* 1.3	2.3	3.3	3.9	3.1	3.3
Citrus fruit	18.1	17.2	14.1	12.9	9.2	7.6	11.7	16.4	17.9	13.6
Stone fruit	9.8	7.2	6.0	4.9	6.9	3.0	6.9	11.2	15.1	8.9
Tropical fruit	30.2	22.7	19.0	12.0	10.8	18.3	22.0	28.4	38.2	26.0
Other fruit	10.5	11.0	9.6	10.2	4.7	5.3	9.5	14.3	14.4	11.1
Mixtures of two or more groups of fruit	5.4	3.6	* 1.4	* 1.1	* 1.9	* 1.1	2.2	2.6	4.7	2.6
Dried fruit, preserved fruit	10.7	6.5	* 2.4	3.3	* 3.0	2.0	4.3	7.7	12.7	6.3
<b>Vegetable products and dishes</b>	73.5	76.1	77.0	82.2	84.4	85.6	87.3	91.0	91.6	88.8
Potatoes	45.3	46.6	50.4	56.3	51.6	49.9	47.3	53.2	61.5	51.6
Cabbage, cauliflower and similar brassica vegetables	12.8	12.3	14.2	13.7	15.1	19.7	19.5	27.2	29.1	23.3
Carrot and similar root vegetables	29.9	31.6	29.8	29.0	31.2	32.3	37.0	42.1	43.8	39.0
Leaf and stalk vegetables	13.5	19.7	24.9	30.1	30.4	32.4	38.9	41.4	35.0	38.2
Peas and beans	21.5	21.7	20.8	23.1	22.1	21.2	24.1	28.8	31.7	26.3
Tomato and tomato products	15.2	16.4	17.8	21.1	27.6	31.3	39.3	42.8	38.1	39.1
Other fruiting vegetables	19.7	17.6	22.0	23.3	30.4	34.2	35.8	41.6	42.2	38.3
Other vegetables and vegetable combinations	20.4	18.1	20.5	23.1	31.6	40.1	38.3	37.1	31.4	37.1
Dishes where vegetable is the major component	* 1.3	* 2.0	* 1.9	* 1.4	* 1.6	2.5	3.2	2.2	1.7	2.6
<b>Legume and pulse products and dishes</b>	6.3	5.4	3.3	6.5	7.0	6.9	7.3	8.3	5.8	7.3
Mature legumes and pulses	—	* 0.8	**0.6	* 2.3	* 1.3	* 1.2	1.7	2.6	2.2	2.0
Mature legumes and pulse products and dishes	6.0	4.6	2.7	4.3	5.8	5.8	5.8	6.3	3.6	5.6

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Milk products and dishes</b>	98.2	95.7	92.1	91.8	90.9	89.6	94.0	93.0	95.1	93.3
Dairy milk	90.0	81.4	77.5	74.7	70.3	75.6	83.0	85.2	86.7	83.3
Yoghurt	12.2	9.5	6.4	6.4	7.8	6.3	8.0	9.4	10.3	8.6
Cream	* 2.7	* 2.6	3.7	4.1	6.8	6.2	7.4	8.1	9.1	7.7
Cheese	41.8	40.2	38.2	39.6	44.6	38.0	43.4	41.1	38.3	41.2
Frozen milk products	24.2	31.8	34.3	34.6	23.0	16.5	15.4	15.8	15.9	15.7
Other dishes where milk or a milk product is the major component	21.7	15.3	8.6	6.7	4.5	5.5	5.8	7.0	13.7	7.4
Milk substitutes	5.7	* 1.7	* 1.2	* 1.0	—	* 1.4	1.9	2.2	3.5	2.2
Flavoured milks	* 4.3	6.7	7.7	5.9	9.4	8.0	5.1	2.4	* 0.9	4.0
<b>Meat, poultry and game products and dishes</b>	74.3	73.0	77.7	79.5	77.8	79.1	80.7	82.7	81.9	81.2
Muscle meat	29.9	30.0	37.5	39.9	43.1	44.2	46.5	49.0	47.9	47.2
Poultry and other feathered game	11.0	13.1	10.8	15.3	20.6	16.7	17.9	16.5	14.2	16.8
Organ meats and offal, products and dishes	—	* 0.9	* 0.4	* 0.6	—	* 1.1	1.3	1.7	2.5	1.6
Sausages, frankfurts, and saveloys	14.5	13.2	16.0	12.5	10.2	8.7	10.0	8.6	8.2	9.1
Processed meat	13.7	9.4	10.7	8.6	8.5	6.8	9.7	12.6	10.8	10.3
Mixed dishes where beef or veal is the major component	16.3	15.7	14.0	16.3	16.7	16.8	16.9	17.5	13.1	16.4
Mixed dishes where lamb or pork, bacon, ham is the major component	**0.9	* 2.1	3.6	* 2.5	* 2.2	4.1	3.5	3.7	4.4	3.8
Mixed dishes where poultry or game is the major ingredient	10.1	9.3	14.4	10.7	12.6	14.3	12.0	8.4	6.2	10.3
<b>Fish and seafood products and dishes</b>	11.4	13.6	11.7	12.0	12.6	15.9	16.9	20.7	19.4	18.3
Fin fish (excluding canned)	* 2.9	2.8	* 2.0	2.8	* 2.7	3.8	3.7	6.4	5.2	4.7
Crustacea and molluscs (excluding canned)	**0.9	* 1.1	* 1.2	—	* 2.5	2.4	2.7	3.6	1.6	2.7
Packed (canned and bottled) fish and seafood	* 1.9	* 2.4	* 2.0	* 1.6	* 2.7	2.1	4.4	5.3	5.9	4.6
Fish and seafood products	* 3.8	5.3	4.2	5.5	5.2	6.1	5.9	6.3	5.9	6.0
Mixed dishes with fish or seafood as the major component	* 2.3	* 2.6	2.8	* 2.1	* 1.1	3.2	2.2	2.7	2.3	2.5
<b>Egg products and dishes</b>	13.2	11.6	12.4	10.5	13.4	14.3	16.6	18.7	15.7	16.7
Eggs	11.8	9.9	8.7	8.9	12.0	10.6	13.0	14.9	12.0	13.1
Dishes where egg is the major ingredient	* 2.6	* 2.0	3.6	* 1.7	* 1.5	3.8	3.8	4.2	3.8	3.9
<b>Snack foods</b>	22.6	32.0	34.6	33.4	24.2	18.3	10.1	4.2	2.0	8.1
Potato snacks	13.2	18.6	18.9	21.1	12.5	9.1	6.1	2.5	* 1.2	4.7
Corn snacks	* 4.1	6.7	8.2	6.1	7.0	5.5	2.3	1.0	**0.1	2.0
Extruded snacks	6.5	8.4	10.4	8.2	5.4	4.4	1.8	* 0.4	* 0.4	1.5
<b>Sugar products and dishes</b>	62.5	66.8	62.0	55.7	51.0	59.9	66.8	69.3	71.7	67.4
Sugar, honey and syrups	48.2	47.1	43.8	44.0	43.4	54.9	60.3	58.3	57.9	58.6
Jam and lemon spreads, chocolate spreads	21.3	22.8	20.8	15.8	9.0	8.1	13.9	23.4	31.1	18.6
Dishes and products other than confectionery where sugar is the main component	13.0	14.4	13.9	8.9	6.2	2.3	2.2	2.6	3.5	2.5

TABLE 3. PERSONS CONSUMING FOODS : FINE AGE GROUP, BY SEX—continued

Selected major and sub-major food groups(a)	(per cent)									
	Age group (years)									
	2-3	4-7	8-11	12-15	16-18	19-24	25-44	45-64	65 and over	19 and over
	Persons									
<b>Confectionery</b>	48.4	54.8	54.2	49.0	38.5	29.6	22.9	17.5	14.0	20.8
Chocolate and chocolate-based confectionery	26.9	26.4	25.0	28.8	27.0	19.1	16.0	11.5	8.5	13.9
Cereal-, fruit-, nut-, and seed-bars	14.6	18.7	18.1	12.5	5.7	4.7	2.9	2.1	* 0.5	2.5
Other confectionery	18.5	23.8	24.9	18.7	11.8	8.9	6.5	5.6	6.2	6.5
<b>Seed and nut products and dishes</b>	18.8	20.6	14.7	9.6	8.7	10.5	13.6	13.3	9.3	12.4
Nuts and nut products	18.8	20.4	14.7	9.6	8.6	9.8	13.2	12.6	8.7	11.9
<b>Fats and oils</b>	83.2	82.3	81.2	74.9	66.3	68.4	73.0	76.9	84.1	75.3
Dairy fats	16.8	17.8	14.9	15.2	14.8	18.8	23.2	22.5	25.2	22.8
Margarine	66.2	66.2	67.0	59.6	48.8	48.6	49.9	55.3	60.8	53.1
Vegetable oil	* 2.2	* 1.7	* 1.8	* 2.5	4.3	4.3	3.5	4.0	1.8	3.5
Unspecified fats	* 1.3	* 2.3	* 2.1	* 2.2	4.1	4.9	4.7	3.7	3.0	4.2
<b>Soup</b>	* 4.7	6.5	7.2	5.7	4.1	8.5	10.1	14.7	19.4	12.7
Soup	* 4.7	6.4	7.2	5.5	4.1	8.2	9.9	14.1	18.8	12.4
<b>Savoury sauces and condiments</b>	42.0	43.4	52.0	54.9	62.4	56.8	54.7	55.1	48.3	54.1
Gravies and savoury sauces	36.7	35.5	43.1	44.8	50.6	45.0	40.0	36.5	29.6	38.0
Pickles, chutneys and relishes	* 2.5	3.2	4.1	4.3	4.6	6.6	10.1	12.0	12.5	10.6
Salad dressings	* 4.6	8.3	10.2	13.2	15.8	14.0	15.4	18.7	15.6	16.2
<b>Non-alcoholic beverages</b>	98.8	99.5	99.7	99.8	99.9	99.7	99.9	99.8	100.0	99.9
Tea	6.7	5.3	7.7	10.2	12.5	29.1	45.6	62.8	78.0	53.7
Coffee and coffee substitutes	—	* 1.3	* 2.4	6.7	22.3	38.7	62.8	69.8	56.5	60.7
Fruit and vegetable juices and drinks	81.5	76.4	69.4	64.4	54.8	46.9	35.2	31.8	35.2	35.7
Soft drinks, flavoured mineral waters and electrolyte drinks	25.8	33.6	37.9	45.1	57.7	56.5	35.5	22.3	14.0	30.9
Mineral waters and water(b)	83.1	87.3	88.3	87.4	83.5	81.4	79.4	77.4	83.5	79.8
<b>Alcoholic beverages</b>	—	—	—	—	14.1	23.3	33.0	38.7	30.8	33.0
Beers	—	—	—	—	7.5	14.6	17.6	18.2	13.1	16.6
Wines	—	—	—	—	4.0	5.7	14.4	20.2	16.3	15.2
Spirits	—	—	—	—	* 2.7	2.9	3.8	5.4	7.1	4.7
Other alcoholic beverages	—	—	—	—	* 3.6	4.7	2.4	1.4	* 0.4	2.1
<b>Miscellaneous</b>	48.4	46.4	44.0	41.6	31.9	30.7	27.8	31.4	37.2	30.7
Beverage flavourings	24.8	23.3	24.8	21.9	14.5	10.4	7.9	7.5	7.0	8.0
Yeast; yeast, vegetable and meat extracts	30.2	28.4	24.8	24.6	18.5	20.5	16.2	14.4	17.3	16.4
Artificial sweetening agents	—	—	* 0.6	**0.5	* 1.3	* 1.3	3.9	10.1	14.5	7.1
Herbs, spices, seasonings and stock cubes	—	**0.5	**0.5	**0.4	* 2.0	1.8	3.0	3.2	4.2	3.1
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —									
<b>Total</b>	<b>517.5</b>	<b>1,034.6</b>	<b>1,032.7</b>	<b>1,019.9</b>	<b>757.9</b>	<b>1,699.3</b>	<b>5,592.2</b>	<b>3,753.0</b>	<b>2,160.7</b>	<b>13,205.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

**TABLE 4. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : STATE AND TERRITORY**

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>State and Territory</i>							<i>Aust.(b)</i>
	<i>NSW</i>	<i>Vic.</i>	<i>Qld</i>	<i>SA</i>	<i>WA</i>	<i>Tas.</i>	<i>ACT</i>	
	Persons							
<b>Cereals and cereal products</b>	221.6	225.8	190.5	205.5	222.7	185.4	260.6	215.2
Regular breads, and rolls	89.2	92.2	92.7	91.6	93.4	93.9	98.9	91.3
Breakfast cereals, plain, single source	10.6	11.1	11.0	10.7	9.5	10.4	11.3	10.6
Fancy breads, flat breads, English-style muffins and crumpets	11.2	11.8	8.0	10.5	9.1	7.4	12.6	10.4
Pasta and pasta products	30.4	39.2	20.5	28.1	25.2	22.6	50.6	30.3
Rice and rice products	48.0	39.0	26.8	35.6	51.1	19.9	48.1	40.4
Breakfast cereals, mixed source	12.1	13.5	13.5	13.1	15.0	12.4	18.7	13.2
Breakfast cereal, hot porridge type	19.2	18.2	17.0	15.4	19.0	16.6	* 19.6	18.0
<b>Cereal-based products and dishes</b>	117.7	141.3	119.7	147.1	124.7	103.0	111.9	126.7
Sweet biscuits	9.2	7.9	10.0	10.0	8.4	9.8	9.8	9.0
Savoury biscuits	4.0	4.7	3.6	4.1	3.1	3.3	4.8	4.0
Cakes, buns, muffins, scones, cake-type desserts	21.8	25.3	26.5	27.7	22.8	22.7	21.7	24.0
Pastries	29.1	34.1	29.5	43.0	33.6	32.1	26.7	32.1
Mixed dishes where cereal is the major ingredient	49.6	64.0	46.9	59.7	53.5	33.4	46.8	53.7
Batter-based products	3.9	5.3	3.3	2.5	3.2	* 1.7	* 2.0	3.9
<b>Fruit products and dishes</b>	140.7	140.5	150.0	148.9	155.3	118.7	137.1	143.5
Pome fruit	41.3	44.8	36.1	50.4	55.9	42.0	42.5	43.3
Berry fruit	1.9	2.5	1.6	1.9	2.3	2.5	* 2.6	2.1
Citrus fruit	20.2	22.8	16.9	21.4	21.0	12.0	15.5	20.1
Stone fruit	18.4	16.7	15.5	18.7	16.1	15.7	20.4	17.1
Tropical fruit	28.9	30.2	37.3	30.7	24.8	24.9	29.9	30.4
Other fruit	21.2	15.4	31.0	15.3	27.5	10.4	13.1	21.2
Mixtures of two or more groups of fruit	5.2	5.4	7.1	6.0	3.3	* 6.3	* 10.8	5.6
Dried fruit, preserved fruit	2.9	1.7	3.1	3.2	3.3	2.0	* 1.9	2.7
<b>Vegetable products and dishes</b>	261.4	243.6	273.0	245.4	271.6	280.5	256.2	258.8
Potatoes	86.7	83.3	97.2	91.1	93.2	116.8	81.5	89.3
Cabbage, cauliflower and similar brassica vegetables	19.8	23.2	19.4	20.7	30.1	23.5	25.2	21.8
Carrot and similar root vegetables	20.5	22.2	21.5	21.6	24.1	30.0	19.4	21.8
Leaf and stalk vegetables	21.2	14.8	13.1	15.0	15.9	11.3	17.7	16.8
Peas and beans	18.7	19.3	18.6	16.8	19.3	18.6	17.4	18.7
Tomato and tomato products	37.1	28.2	35.5	29.7	34.6	29.3	37.2	33.4
Other fruiting vegetables	29.4	26.3	37.3	22.9	23.6	25.3	30.8	28.9
Other vegetables and vegetable combinations	24.7	21.3	25.4	23.2	26.9	19.2	23.8	23.9
Dishes where vegetable is the major component	3.3	5.0	4.9	* 4.3	* 4.0	* 6.4	* 3.2	4.3
<b>Legume and pulse products and dishes</b>	10.8	10.0	7.5	8.3	12.4	5.2	12.2	9.8
Mature legumes and pulses	* 1.7	* 2.2	* 1.1	* 1.7	* 2.0	* 0.4	* 2.1	1.7
Mature legumes and pulse products and dishes	9.1	7.7	6.4	6.6	10.5	4.8	* 10.1	8.1

TABLE 4. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : STATE AND TERRITORY—continued

(average grams per person)

Selected major and sub-major food groups(a)	State and Territory							Aust.(b)
	NSW	Vic.	Qld	SA	WA	Tas.	ACT	
	Persons							
<b>Milk products and dishes</b>	268.4	285.3	306.1	326.1	311.2	269.1	312.4	289.3
Dairy milk	192.7	206.4	218.9	205.3	203.2	196.0	217.6	203.5
Yoghurt	12.0	15.2	14.3	12.0	17.1	11.5	19.0	13.8
Cream	2.4	3.5	2.2	3.9	3.1	4.7	* 3.0	2.9
Cheese	13.3	15.5	14.1	17.5	15.0	13.4	18.7	14.6
Frozen milk products	16.2	16.7	21.0	18.0	17.1	18.3	22.8	17.6
Other dishes where milk or a milk product is the major component	11.7	10.6	14.1	12.0	14.5	13.0	8.2	12.1
Milk substitutes	5.4	5.1	3.6	* 3.8	* 7.9	* 2.3	* 5.3	5.0
Flavoured milks	14.6	12.3	17.9	53.7	33.3	9.9	* 17.7	19.7
<b>Meat, poultry and game products and dishes</b>	156.2	149.1	169.6	150.3	160.1	149.8	187.6	157.4
Muscle meat	45.8	46.2	53.8	47.2	42.8	58.0	49.7	47.5
Poultry and other feathered game	21.8	19.4	23.8	20.5	27.8	15.7	23.1	21.9
Organ meats and offal, products and dishes	**1.6	* 0.9	* 1.0	* 1.3	* 0.8	* 1.0	* 1.2	1.2
Sausages, frankfurts, and saveloys	9.2	10.0	14.5	9.5	8.2	12.8	7.0	10.3
Processed meat	5.7	4.9	5.7	6.2	5.3	3.3	4.8	5.4
Mixed dishes where beef or veal is the major component	40.2	40.2	43.8	38.0	41.5	36.4	58.5	41.2
Mixed dishes where lamb or pork, bacon, ham is the major component	8.1	7.5	7.8	7.3	12.3	* 5.3	* 11.6	8.2
Mixed dishes where poultry or game is the major ingredient	23.8	19.9	19.0	19.3	21.4	17.1	31.5	21.5
<b>Fish and seafood products and dishes</b>	31.5	20.5	18.5	22.5	34.1	31.3	26.9	25.7
Fin fish (excluding canned)	8.4	4.8	4.9	5.4	7.4	8.5	* 4.4	6.4
Crustacea and molluscs (excluding canned)	4.5	1.1	1.4	* 2.0	* 3.6	* 0.9	* 2.6	2.7
Packed (canned and bottled) fish and seafood	3.4	3.5	3.1	2.7	3.6	2.3	* 3.7	3.3
Fish and seafood products	6.4	6.1	7.1	7.0	9.7	14.1	* 6.8	7.0
Mixed dishes with fish or seafood as the major component	8.8	5.0	2.2	* 5.3	* 9.8	* 5.5	* 9.3	6.3
<b>Egg products and dishes</b>	13.3	13.7	16.6	10.9	13.2	12.4	9.2	13.7
Eggs	7.5	7.7	9.0	6.5	9.5	8.0	6.0	7.9
Dishes where egg is the major ingredient	5.8	6.0	7.6	4.4	3.8	* 4.4	* 3.2	5.8
<b>Snack foods</b>	3.8	3.8	2.8	4.0	2.9	2.5	4.0	3.5
Potato snacks	2.1	2.2	1.6	2.3	1.6	1.5	* 2.8	2.0
Corn snacks	0.8	1.0	0.9	* 0.9	* 1.0	* 0.6	* 0.5	0.9
Extruded snacks	0.7	0.5	* 0.3	* 0.5	* 0.3	* 0.5	* 0.4	0.5
<b>Sugar products and dishes</b>	17.7	18.8	21.6	19.2	19.2	24.1	20.4	19.1
Sugar, honey and syrups	11.7	13.2	14.9	13.1	11.5	16.8	11.8	12.9
Jam and lemon spreads, chocolate spreads	2.6	3.3	3.1	3.2	3.1	4.1	3.7	3.0
Dishes and products other than confectionery where sugar is the main component	3.4	2.2	3.6	2.9	4.6	3.1	* 4.9	3.2



**TABLE 4. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : STATE AND TERRITORY—continued**

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>State and Territory</i>							
	<i>NSW</i>	<i>Vic.</i>	<i>Qld</i>	<i>SA</i>	<i>WA</i>	<i>Tas.</i>	<i>ACT</i>	<i>Aust.(b)</i>
	Persons							
<b>Confectionery</b>	7.1	9.5	8.4	11.0	10.6	10.8	12.9	8.8
Chocolate and chocolate-based confectionery	4.6	6.1	5.6	7.3	7.9	8.9	9.2	5.9
Cereal-, fruit-, nut-, and seed-bars	0.9	1.3	1.3	1.1	0.7	0.6	* 1.6	1.0
Other confectionery	1.7	2.1	1.5	2.6	2.0	1.3	* 2.1	1.8
<b>Seed and nut products and dishes</b>	4.8	4.4	4.3	4.4	3.2	2.3	4.7	4.3
Nuts and nut products	4.5	4.3	4.0	4.4	3.1	2.2	4.6	4.2
<b>Fats and oils</b>	12.4	12.5	11.9	11.8	10.9	16.0	11.4	12.2
Dairy fats	3.4	3.6	3.9	2.3	3.0	5.4	2.6	3.5
Margarine	8.0	7.9	7.2	8.3	7.1	9.7	7.7	7.8
Vegetable oil	0.5	0.6	0.3	* 0.5	* 0.3	* 0.1	0.3	0.5
Unspecified fats	0.6	0.3	0.4	0.7	0.4	0.8	0.8	0.5
<b>Soup</b>	51.1	79.6	26.4	59.1	55.7	44.5	69.0	54.8
Soup	50.9	79.4	25.5	58.8	55.6	44.4	68.1	54.4
<b>Savoury sauces and condiments</b>	28.3	31.2	28.4	27.3	30.7	29.4	30.2	29.2
Gravies and savoury sauces	22.1	26.0	23.3	20.1	23.7	23.9	24.3	23.3
Pickles, chutneys and relishes	2.3	2.1	2.2	3.7	3.4	2.5	* 1.8	2.5
Salad dressings	3.7	2.9	2.5	3.2	3.3	2.9	4.0	3.2
<b>Non-alcoholic beverages</b>	1,892.3	1,853.9	2,287.5	1,940.8	2,145.1	1,678.2	1,875.4	1,983.4
Tea	386.4	406.2	421.8	371.3	411.7	430.5	374.7	399.0
Coffee and coffee substitutes	377.3	462.9	428.5	486.1	436.1	468.9	449.6	426.0
Fruit and vegetable juices and drinks	124.9	123.0	110.0	151.8	117.7	121.9	164.8	124.2
Soft drinks, flavoured mineral waters and electrolyte drinks	189.7	162.0	192.3	168.3	195.5	118.5	137.6	180.3
Mineral waters and water(c)	812.7	695.7	1,134.5	762.3	981.9	538.1	746.9	851.9
<b>Alcoholic beverages</b>	262.7	222.3	272.3	229.0	267.5	265.7	250.0	253.8
Beers	192.5	153.0	224.9	158.4	207.1	230.3	157.0	188.8
Wines	59.0	53.7	34.8	62.7	47.9	29.5	77.2	52.5
Spirits	3.9	2.3	4.8	3.3	3.7	* 2.2	* 3.3	3.5
Other alcoholic beverages	* 7.3	* 13.3	* 7.8	* 4.6	* 8.9	* 3.6	* 12.5	9.0
<b>Miscellaneous</b>	1.5	1.7	1.7	1.5	1.4	1.9	1.5	1.6
Beverage flavourings	0.4	0.6	0.6	0.6	0.5	0.7	0.3	0.5
Yeast; yeast, vegetable and meat extracts	0.9	0.8	1.0	0.8	0.7	1.1	1.0	0.9
Artificial sweetening agents	—	0.1	0.1	0.1	—	—	—	—
Herbs, spices, seasonings and stock cubes	* 0.1	* 0.2	* 0.1	* 0.1	* 0.1	* 0.1	* 0.2	0.1
<b>Total</b>	<b>3,503.7</b>	<b>3,467.8</b>	<b>3,917.2</b>	<b>3,573.3</b>	<b>3,853.6</b>	<b>3,231.3</b>	<b>3,594.2</b>	<b>3,611.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Australian total includes the Northern Territory. See paragraph 41 of the Explanatory Notes. (c) Includes plain drinking water.

**TABLE 5. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : STATE AND TERRITORY**

(median grams per consumer)

Selected major and sub-major food groups(a)	State and Territory							Aust.(b)
	NSW	Vic.	Qld	SA	WA	Tas.	ACT	
	Persons							
<b>Cereal and cereal products</b>	167.0	164.0	150.5	156.0	158.0	139.0	220.3	161.0
Regular breads, and rolls	96.0	96.0	96.0	93.4	96.0	96.0	113.0	96.0
Breakfast cereals, plain single source	30.0	32.5	30.0	30.0	30.0	31.3	40.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	61.2	75.0	69.0	79.2	62.0	71.3	70.0	65.4
Pasta and pasta products	174.0	277.2	195.5	222.0	195.5	195.5	222.0	212.5
Rice and rice products	237.5	195.0	190.0	195.0	285.0	190.0	190.0	195.0
Breakfast cereals, mixed source	52.5	60.0	58.5	60.0	60.0	60.0	60.0	58.5
Breakfast cereal, hot porridge type	260.0	260.0	260.0	260.0	325.0	260.0	325.0	260.0
<b>Cereal-based products and dishes</b>	107.9	135.0	116.0	130.3	123.0	102.1	127.5	120.0
Sweet biscuits	28.0	26.0	29.9	28.7	29.0	26.0	27.6	28.0
Savoury biscuits	18.8	19.8	19.8	19.8	20.0	17.3	24.0	19.6
Cakes, buns, muffins, scones, cake-type desserts	72.9	76.8	81.0	80.0	67.5	69.7	81.8	75.2
Pastries	162.9	174.0	168.3	175.0	174.0	174.0	156.0	174.0
Mixed dishes where cereal is the major ingredient	220.0	217.0	202.5	237.0	233.3	209.0	204.0	217.0
Batter-based products	90.0	86.0	63.6	90.0	63.7	* 90.0	* 60.3	83.0
<b>Fruit products and dishes</b>	192.0	208.0	201.0	206.0	213.8	186.0	198.0	200.0
Pome fruit	140.0	150.0	140.0	161.0	166.0	166.0	166.0	140.0
Berry fruit	54.0	43.2	54.0	54.0	40.3	* 81.0	* 49.2	48.0
Citrus fruit	131.0	131.0	131.0	131.0	131.0	118.8	131.0	131.0
Stone fruit	150.0	145.0	145.0	151.0	132.0	151.0	145.0	145.0
Tropical fruit	102.4	96.0	102.4	102.4	96.0	101.0	102.4	102.4
Other fruit	120.0	85.5	144.0	132.5	124.0	132.5	79.5	124.0
Mixtures of two or more groups of fruit	197.3	199.5	175.0	195.0	* 91.0	206.0	—	195.0
Dried fruit, preserved fruit	31.8	24.0	33.8	27.2	32.0	* 30.0	30.0	30.0
<b>Vegetable products and dishes</b>	248.4	242.7	262.2	243.1	263.2	277.2	224.8	250.0
Potatoes	146.0	141.8	142.0	145.0	141.3	150.0	147.0	144.3
Cabbage, cauliflower and similar brassica vegetables	69.5	66.0	72.5	64.7	97.0	72.5	76.5	72.5
Carrot and similar root vegetables	41.3	45.0	41.3	49.3	38.7	55.0	35.7	42.0
Leaf and stalk vegetables	29.0	29.0	24.0	29.0	24.0	24.0	29.0	29.0
Peas and beans	62.5	62.5	62.5	61.2	54.2	57.5	53.3	62.3
Tomato and tomato products	60.0	60.0	60.0	60.0	63.5	60.0	71.8	60.0
Other fruiting vegetables	53.0	52.0	60.5	48.9	46.9	60.0	52.3	53.6
Other vegetables and vegetable combinations	44.5	41.7	49.5	50.0	44.5	44.0	49.4	44.5
Dishes where vegetable is the major component	99.0	120.0	108.6	* 126.5	122.2	* 172.0	**36.9	116.0
<b>Legume and pulse products and dishes</b>	93.5	92.5	91.7	84.2	130.0	* 91.7	* 88.0	93.5
Mature legumes and pulses	74.2	33.8	73.3	52.8	82.5	**22.8	* 45.6	57.7
Mature legumes and pulse products and dishes	100.0	130.0	92.9	110.0	133.5	* 131.0	**97.5	110.0

TABLE 5. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : STATE AND TERRITORY—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	State and Territory							Aust.(b)
	NSW	Vic.	Qld	SA	WA	Tas.	ACT	
	Persons							
<b>Milk products and dishes</b>	231.1	241.9	259.0	268.6	244.7	234.3	249.7	247.7
Dairy milk	169.9	192.4	201.9	194.3	154.8	176.6	190.9	187.0
Yoghurt	172.6	150.0	194.3	131.3	129.5	194.3	200.0	155.0
Cream	21.0	25.3	20.2	20.0	20.0	20.0	* 20.3	20.5
Cheese	21.6	24.3	24.0	28.7	24.3	21.0	28.8	24.0
Frozen milk products	74.6	84.0	93.0	77.6	74.0	93.0	100.0	82.7
Other dishes where milk or a milk product is the major component	130.0	147.6	140.0	171.7	130.0	140.0	130.0	140.0
Milk substitutes	198.8	255.0	191.3	198.8	241.1	—	**191.3	198.8
Flavoured milks	309.6	467.3	363.4	619.2	520.0	350.4	408.0	431.0
<b>Meat, poultry and game products and dishes</b>	144.3	138.2	153.0	140.0	140.0	135.7	165.2	144.0
Muscle meat	69.1	72.0	75.6	71.0	71.0	75.0	65.9	72.0
Poultry and other feathered game	107.3	95.0	120.0	118.0	108.0	101.3	90.0	107.3
Organ meats and offal, products and dishes	**50.7	**17.5	* 90.0	* 56.0	* 32.0	**14.0	* 30.0	30.0
Sausages, frankfurts, and saveloys	96.0	94.0	102.7	88.0	81.0	110.0	62.3	95.3
Processed meat	33.9	33.9	39.7	33.5	34.6	24.0	38.3	34.4
Mixed dishes where beef or veal is the major component	210.5	199.9	189.8	251.0	218.7	189.8	197.6	202.3
Mixed dishes where lamb or pork, bacon, ham is the major component	146.1	191.5	188.3	144.0	189.8	**168.7	290.0	177.1
Mixed dishes where poultry or game is the major component	144.0	162.0	190.1	149.3	161.3	168.7	229.1	161.9
<b>Fish and seafood products and dishes</b>	102.5	95.0	84.0	86.4	125.0	126.5	125.0	100.0
Fin fish (excluding canned)	110.9	92.4	110.9	100.5	106.9	* 184.8	* 102.7	105.6
Crustacea and molluscs (excluding canned)	80.0	* 49.3	* 48.0	* 72.0	* 76.5	—	* 96.0	69.5
Packed (canned and bottled) fish and seafood	60.0	60.0	52.5	50.0	58.9	85.7	* 75.0	57.9
Fish and seafood products	81.9	93.6	86.4	86.4	113.1	120.0	* 99.0	90.0
Mixed dishes with fish or seafood as the major component	250.0	209.2	* 167.7	* 366.8	189.8	* 199.5	213.3	210.8
<b>Egg products and dishes</b>	59.0	56.0	59.0	57.0	54.0	49.0	50.0	57.2
Eggs	50.0	50.0	50.0	50.0	49.0	49.0	49.0	50.0
Dishes where egg is the major ingredient	128.0	116.0	130.0	128.0	128.0	100.0	* 60.0	128.0
<b>Snack foods</b>	37.5	39.0	30.0	30.0	39.0	31.5	37.5	34.6
Potato snacks	31.5	40.0	34.8	31.5	39.0	31.5	37.5	34.8
Corn snacks	37.0	* 29.6	40.0	* 27.0	* 54.0	—	—	29.6
Extruded snacks	25.0	* 42.0	21.0	**20.0	* 22.0	—	—	25.0
<b>Sugar products and dishes</b>	16.5	16.8	17.1	16.8	16.8	23.2	16.8	16.8
Sugar, honey and syrups	14.3	14.7	16.8	14.7	14.3	16.8	14.6	14.7
Jam and lemon spreads, chocolate spreads	13.5	13.5	13.5	13.5	13.5	13.5	13.5	13.5
Dishes and products other than confectionery where sugar is the main component	100.0	100.7	76.5	* 126.5	* 100.0	84.3	140.0	100.0

TABLE 5. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : STATE AND TERRITORY—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	State and Territory							
	NSW	Vic.	Qld	SA	WA	Tas.	ACT	Aust.(b)
	Persons							
<b>Confectionery</b>	27.0	31.0	30.0	30.0	33.4	33.1	30.0	30.0
Chocolate and chocolate-based confectionery	25.0	35.0	30.0	30.0	36.7	50.0	28.8	30.0
Cereal-, fruit-, nut-, and seed-bars	32.0	37.0	31.3	31.0	31.0	31.0	31.0	32.0
Other confectionery	20.0	13.0	17.1	19.0	20.0	11.5	* 11.5	16.7
<b>Seed and nut products and dishes</b>	20.0	16.0	20.0	18.8	14.5	24.0	* 25.0	18.8
Nuts and nut products	20.3	14.6	22.0	18.8	14.5	24.0	25.0	18.8
<b>Fats and oils</b>	12.0	12.0	11.8	12.0	10.0	14.8	9.6	12.0
Dairy fats	10.0	9.6	9.6	10.0	9.6	13.1	8.8	10.0
Margarine	10.8	10.0	10.0	10.0	9.6	12.0	9.6	10.0
Vegetable oil	* 4.6	* 9.2	9.1	* 9.1	* 9.2	—	**4.6	9.1
Unspecified fats	14.0	9.6	7.5	14.0	14.0	10.0	7.0	10.5
<b>Soup</b>	387.0	387.0	285.6	333.3	387.0	304.8	500.0	379.5
Soup	390.0	390.0	309.6	340.0	387.0	306.0	510.0	382.5
<b>Savoury sauces and condiments</b>	22.8	27.4	24.8	24.3	24.0	25.0	22.0	25.0
Gravies and savoury sauces	22.0	32.5	27.9	22.0	37.7	29.0	22.0	26.4
Pickles, chutneys and relishes	12.5	13.1	11.0	14.4	13.6	11.8	* 11.8	12.5
Salad dressings	18.6	16.7	10.0	18.0	13.9	18.6	* 20.0	18.0
<b>Non-alcoholic beverages</b>	1,738.3	1,750.0	2,086.0	1,765.0	1,918.3	1,527.0	1,765.0	1,785.3
Tea	558.3	634.4	634.4	609.0	634.4	609.0	507.5	609.0
Coffee and coffee substitutes	507.5	558.3	507.5	592.1	507.5	558.3	515.5	507.5
Fruit and vegetable juices and drinks	263.0	263.0	263.0	264.0	263.0	259.0	266.0	263.0
Soft drinks, flavoured mineral waters and electrolyte drinks	391.1	391.1	500.0	391.1	393.0	391.0	391.1	391.5
Mineral waters and water(c)	750.0	750.0	1,000.0	800.0	1,000.0	600.0	750.0	840.0
<b>Alcoholic beverages</b>	478.1	380.6	447.3	380.6	488.2	477.1	399.2	424.3
Beers	756.0	757.9	756.0	754.5	756.0	1,131.8	* 754.5	756.0
Wines	259.0	249.5	248.8	299.4	249.5	201.0	298.5	251.3
Spirits	49.1	58.0	58.0	38.7	58.0	**33.8	* 29.0	58.0
Other alcoholic beverages	* 258.3	* 380.0	* 300.0	**154.9	* 258.3	—	—	309.9
<b>Miscellaneous</b>	3.0	3.0	3.0	3.0	3.0	3.4	3.0	3.0
Beverage flavourings	5.0	4.0	5.1	3.4	5.1	3.4	4.4	4.9
Yeast; yeast, vegetable and meat extracts	3.0	3.0	3.0	3.0	3.0	3.0	* 3.0	3.0
Artificial sweetening agents	0.4	0.4	0.4	0.4	0.4	0.3	—	0.4
Herbs, spices, seasonings and stock cubes	* 2.1	2.0	1.4	* 1.4	* 1.7	**1.4	2.8	* 1.4

(a) See paragraph 42 of the Explanatory Notes. (b) Australian total includes the Northern Territory. See paragraph 41 of the Explanatory Notes. (c) Includes plain drinking water.

**TABLE 6. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : STATE AND TERRITORY**

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>State and Territory</i>							
	<i>NSW</i>	<i>Vic.</i>	<i>Qld</i>	<i>SA</i>	<i>WA</i>	<i>Tas.</i>	<i>ACT</i>	<i>Aust.(b)</i>
	Persons							
<b>Cereals and cereal products</b>	95.1	94.6	93.6	93.9	94.5	94.6	96.4	94.5
Regular breads, and rolls	80.2	79.6	81.0	81.8	82.1	83.1	80.4	80.5
Breakfast cereals, plain, single source	26.7	26.2	27.5	27.2	24.2	25.5	25.3	26.4
Fancy breads, flat breads, English-style muffins and crumpets	13.8	13.2	9.6	11.6	12.0	8.6	14.3	12.4
Pasta and pasta products	13.0	13.5	7.9	10.7	10.1	9.5	19.0	11.8
Rice and rice products	16.4	14.0	11.9	11.7	16.7	7.9	17.4	14.4
Breakfast cereals, mixed source	18.8	18.0	18.9	18.8	20.8	17.7	24.6	18.9
Breakfast cereal, hot porridge type	6.1	5.7	5.4	4.7	5.4	5.6	6.5	5.6
<b>Cereal-based products and dishes</b>	67.7	71.3	69.3	72.7	66.8	65.3	63.7	69.1
Sweet biscuits	26.7	23.0	26.1	27.8	24.7	26.9	23.6	25.4
Savoury biscuits	15.2	16.1	14.0	15.1	11.3	14.5	14.7	14.8
Cakes, buns, muffins, scones, cake-type desserts	22.1	24.7	24.3	25.8	23.9	25.0	20.9	23.6
Pastries	16.5	17.6	15.6	21.0	18.7	17.1	14.9	17.2
Mixed dishes where cereal is the major ingredient	17.3	21.4	17.9	19.8	18.1	12.8	18.5	18.7
Batter-based products	3.4	5.0	3.8	2.5	3.6	* 1.7	* 2.3	3.7
<b>Fruit products and dishes</b>	56.6	56.6	55.4	58.7	57.3	49.5	55.0	56.3
Pome fruit	25.3	25.2	20.7	27.4	29.4	19.7	22.8	24.7
Berry fruit	3.0	4.3	2.7	3.0	3.3	2.8	5.3	3.3
Citrus fruit	13.5	15.9	11.7	12.1	13.8	9.6	11.8	13.6
Stone fruit	9.5	8.4	8.2	9.5	9.6	8.4	10.1	8.9
Tropical fruit	25.2	27.0	27.9	26.7	23.1	23.6	24.4	26.0
Other fruit	11.1	10.5	13.4	7.9	13.1	5.9	9.6	11.1
Mixtures of two or more groups of fruit	2.0	2.5	3.6	2.4	2.5	2.8	* 4.3	2.6
Dried fruit, preserved fruit	6.9	4.7	7.2	7.3	7.1	4.4	6.2	6.3
<b>Vegetable products and dishes</b>	90.2	87.1	89.9	86.2	89.0	88.9	90.1	88.8
Potatoes	50.2	48.9	56.2	51.5	55.1	60.6	42.7	51.6
Cabbage, cauliflower and similar brassica vegetables	22.0	24.0	22.1	24.6	26.6	28.0	21.1	23.3
Carrot and similar root vegetables	38.1	38.0	39.5	38.0	42.9	46.2	37.3	39.0
Leaf and stalk vegetables	42.4	35.8	34.7	33.9	41.5	28.9	38.9	38.2
Peas and beans	26.3	25.6	27.8	23.7	28.0	28.1	25.9	26.3
Tomato and tomato products	43.0	34.9	40.1	34.4	39.6	32.5	41.1	39.1
Other fruiting vegetables	40.2	34.7	43.6	33.9	35.7	32.2	39.6	38.3
Other vegetables and vegetable combinations	39.7	34.0	36.8	34.4	39.3	32.0	37.0	37.1
Dishes where vegetable is the major component	2.2	2.7	2.9	2.7	3.0	* 2.1	* 3.5	2.6
<b>Legume and pulse products and dishes</b>	8.3	7.5	5.6	6.6	7.7	3.7	10.2	7.3
Mature legumes and pulses	1.9	2.4	1.4	2.4	1.9	* 1.0	* 3.2	2.0
Mature legumes and pulse products and dishes	6.6	5.3	4.3	4.7	6.3	2.7	7.2	5.6

TABLE 6. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : STATE AND TERRITORY—continued

(per cent)

Selected major and sub-major food groups(a)	State and Territory							Aust.(b)
	NSW	Vic.	Qld	SA	WA	Tas.	ACT	
	Persons							
<b>Milk products and dishes</b>	92.2	93.7	93.9	93.4	94.9	94.3	95.2	93.3
Dairy milk	82.9	83.1	83.7	81.9	85.9	85.1	84.8	83.3
Yoghurt	7.6	9.1	8.7	8.1	10.9	7.2	10.2	8.6
Cream	6.4	9.2	5.9	10.0	9.0	13.2	8.8	7.7
Cheese	38.5	43.9	40.2	45.9	41.2	40.8	45.2	41.2
Frozen milk products	15.0	15.0	17.1	16.4	16.3	16.8	16.7	15.7
Other dishes where milk or a milk product is the major component	7.8	6.2	8.1	6.8	8.5	8.2	5.2	7.4
Milk substitutes	2.2	2.2	1.6	1.8	3.4	* 1.2	* 2.4	2.2
Flavoured milks	3.5	2.7	4.1	8.5	5.8	* 2.2	* 3.6	4.0
<b>Meat, poultry and game products and dishes</b>	81.5	79.1	83.6	80.3	81.2	82.9	84.5	81.2
Muscle meat	46.1	46.4	50.8	47.2	44.3	51.8	48.8	47.2
Poultry and other feathered game	17.5	15.0	16.6	15.4	20.5	13.0	19.3	16.8
Organ meats and offal, products and dishes	1.6	1.9	1.3	1.7	* 1.4	* 1.7	* 1.2	1.6
Sausages, frankfurts, and saveloys	8.5	9.0	11.0	8.8	8.2	10.1	7.1	9.1
Processed meat	10.9	9.3	10.6	12.3	9.9	9.2	9.5	10.3
Mixed dishes where beef or veal is the major component	15.9	16.2	17.8	14.7	16.0	13.7	23.7	16.4
Mixed dishes where lamb or pork, bacon, ham is the major component	4.5	2.9	3.3	3.6	5.4	2.6	* 3.4	3.8
Mixed dishes where poultry or game is the major ingredient	12.4	9.7	7.7	9.6	9.7	8.5	12.1	10.3
<b>Fish and seafood products and dishes</b>	21.4	16.3	15.4	15.7	21.0	16.4	16.5	18.3
Fin fish (excluding canned)	5.8	4.3	3.6	4.1	5.1	3.6	* 3.5	4.7
Crustacea and molluscs (excluding canned)	4.1	1.5	1.9	2.0	3.7	* 1.1	* 2.7	2.7
Packed (canned and bottled) fish and seafood	5.2	4.1	4.5	4.1	4.9	2.8	* 4.3	4.6
Fish and seafood products	6.3	5.3	6.1	5.1	7.1	8.2	5.6	6.0
Mixed dishes with fish or seafood as the major component	3.1	2.2	1.1	* 1.4	4.3	* 1.9	* 3.5	2.5
<b>Egg products and dishes</b>	16.1	16.6	19.0	13.4	17.6	17.3	15.1	16.7
Eggs	12.3	13.1	14.4	10.7	14.9	13.8	11.4	13.1
Dishes where egg is the major ingredient	4.1	3.7	5.0	2.7	3.2	3.8	* 3.6	3.9
<b>Snack foods</b>	8.9	7.9	6.8	9.2	6.9	6.6	8.5	8.1
Potato snacks	5.2	4.5	3.9	5.5	3.6	3.7	6.2	4.7
Corn snacks	1.8	2.2	1.8	2.2	2.3	* 1.3	* 1.4	2.0
Extruded snacks	1.9	1.2	1.2	1.8	* 1.0	* 1.5	* 1.4	1.5
<b>Sugar products and dishes</b>	66.3	67.3	70.2	69.3	64.3	73.7	65.0	67.4
Sugar, honey and syrups	58.0	58.0	61.4	61.2	54.3	67.0	53.8	58.6
Jam and lemon spreads, chocolate spreads	17.2	19.5	19.2	19.1	19.5	22.2	20.0	18.6
Dishes and products other than confectionery where sugar is the main component	2.8	1.8	2.9	1.9	3.0	2.5	* 3.6	2.5

**TABLE 6. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : STATE AND TERRITORY—continued**

(per cent)

Selected major and sub-major food groups(a)	State and Territory							
	NSW	Vic.	Qld	SA	WA	Tas.	ACT	Aust.(b)
	Persons							
<b>Confectionery</b>	18.6	21.4	21.1	24.3	23.1	20.4	26.5	20.8
Chocolate and chocolate-based confectionery	12.2	13.8	13.7	15.8	17.3	15.3	19.5	13.9
Cereal-, fruit-, nut-, and seed-bars	2.2	2.8	3.2	2.6	1.8	* 1.6	* 4.2	2.5
Other confectionery	5.8	7.5	6.4	8.1	6.0	5.4	5.7	6.5
<b>Seed and nut products and dishes</b>	12.7	12.9	12.0	13.1	11.2	8.4	13.6	12.4
Nuts and nut products	11.9	12.5	11.3	13.0	10.8	7.9	13.0	11.9
<b>Fats and oils</b>	75.0	75.2	76.3	74.8	74.4	82.3	76.0	75.3
Dairy fats	21.9	24.0	25.8	16.6	21.7	27.5	18.9	22.8
Margarine	52.3	53.0	50.8	58.0	54.6	58.7	56.9	53.1
Vegetable oil	4.3	3.9	2.5	3.0	2.5	* 0.7	* 4.5	3.5
Unspecified fats	4.7	2.6	4.3	5.7	3.4	6.9	6.5	4.2
<b>Soup</b>	12.1	17.3	7.4	14.3	12.7	12.0	13.8	12.7
Soup	11.7	17.0	6.8	14.1	12.4	11.7	13.1	12.4
<b>Savoury sauces and condiments</b>	55.0	52.6	52.8	56.0	55.2	54.8	52.5	54.1
Gravies and savoury sauces	38.5	38.2	38.1	38.1	35.1	40.6	35.2	38.0
Pickles, chutneys and relishes	9.5	10.3	10.8	13.3	12.7	10.6	11.0	10.6
Salad dressings	18.6	14.1	14.5	14.5	18.8	12.5	16.1	16.2
<b>Non-alcoholic beverages</b>	99.9	99.8	100.0	99.7	99.8	99.7	100.0	99.9
Tea	56.2	52.1	54.3	47.2	52.4	59.3	53.4	53.7
Coffee and coffee substitutes	61.1	61.7	57.6	63.6	59.8	62.3	62.2	60.7
Fruit and vegetable juices and drinks	35.3	35.5	35.5	37.8	34.4	38.7	41.2	35.7
Soft drinks, flavoured mineral waters and electrolyte drinks	33.0	28.4	29.7	32.0	32.9	24.4	26.7	30.9
Mineral waters and water(c)	79.5	75.5	87.8	75.7	82.6	68.0	77.4	79.8
<b>Alcoholic beverages</b>	34.4	31.3	32.4	32.6	33.5	28.7	37.6	33.0
Beers	17.2	14.0	19.1	14.7	17.7	17.3	16.3	16.6
Wines	16.3	16.0	10.9	17.8	15.3	10.6	23.4	15.2
Spirits	5.3	3.6	5.1	4.7	4.6	3.2	5.7	4.7
Other alcoholic beverages	2.1	2.3	2.0	* 1.6	2.4	* 1.0	* 2.3	2.1
<b>Miscellaneous</b>	30.6	30.2	30.4	32.7	31.1	36.4	29.8	30.7
Beverage flavourings	6.9	8.5	7.6	9.1	9.5	13.1	5.6	8.0
Yeast; yeast, vegetable and meat extracts	16.3	15.5	17.0	17.7	16.3	19.9	18.8	16.4
Artificial sweetening agents	7.9	6.8	5.9	8.4	6.6	6.3	* 3.6	7.1
Herbs, spices, seasonings and stock cubes	3.5	2.9	3.0	2.6	2.8	* 1.4	* 4.9	3.1
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —							
<b>Total</b>	<b>4,541.1</b>	<b>3,325.8</b>	<b>2,407.4</b>	<b>1,062.2</b>	<b>1,226.0</b>	<b>336.4</b>	<b>201.0</b>	<b>13,205.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Australian total includes the Northern Territory. See paragraph 41 of the Explanatory Notes. (c) Includes plain drinking water.

**TABLE 7. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : GEOGRAPHIC REGION**

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>Rural, remote and metropolitan areas</i>			<i>Part of State</i>	
	<i>Metropolitan(b)</i>	<i>Rural centre(c)</i>	<i>Rural and remote area(d)</i>	<i>Capital city</i>	<i>Rest of State</i>
	Persons				
<b>Cereals and cereal products</b>	225.8	181.9	192.6	229.3	189.8
Regular breads, and rolls	89.3	94.1	98.2	88.9	95.6
Breakfast cereals, plain, single source	10.3	11.5	11.7	10.2	11.5
Fancy breads, flat breads, English-style muffins and crumpets	11.8	7.8	6.3	12.0	7.5
Pasta and pasta products	34.7	18.1	19.5	36.2	19.6
Rice and rice products	48.9	17.2	19.6	50.8	21.6
Breakfast cereals, mixed source	13.6	14.1	11.0	13.6	12.6
Breakfast cereal, hot porridge type	16.3	18.4	25.2	16.7	20.4
<b>Cereal-based products and dishes</b>	131.8	114.3	113.6	132.8	115.8
Sweet biscuits	8.8	9.9	9.0	8.9	9.1
Savoury biscuits	4.0	4.4	3.8	3.9	4.3
Cakes, buns, muffins, scones, cake-type desserts	23.8	23.5	25.7	24.0	24.1
Pastries	31.6	32.9	33.5	31.0	34.0
Mixed dishes where cereal is the major ingredient	59.6	38.5	39.0	60.9	40.9
Batter-based products	4.0	5.1	2.5	4.1	3.5
<b>Fruit products and dishes</b>	143.2	145.7	143.3	144.0	142.7
Pome fruit	44.1	44.2	39.2	44.6	40.9
Berry fruit	2.4	1.1	1.5	2.3	1.6
Citrus fruit	20.3	16.6	21.5	20.2	19.9
Stone fruit	16.4	19.4	18.6	16.2	18.6
Tropical fruit	30.1	35.9	28.1	30.3	30.7
Other fruit	20.9	18.6	24.7	21.2	21.4
Mixtures of two or more groups of fruit	5.3	* 5.9	6.6	5.5	5.8
Dried fruit, preserved fruit	2.7	2.8	2.4	2.6	2.8
<b>Vegetable products and dishes</b>	255.1	248.9	282.0	254.1	267.1
Potatoes	85.1	93.9	104.2	83.5	99.6
Cabbage, cauliflower and similar brassica vegetables	22.6	15.6	22.9	22.7	20.3
Carrot and similar root vegetables	21.4	19.0	25.2	21.3	22.6
Leaf and stalk vegetables	18.3	14.4	11.7	18.7	13.3
Peas and beans	18.2	16.2	22.6	18.3	19.4
Tomato and tomato products	33.1	34.6	34.1	32.7	34.6
Other fruiting vegetables	27.5	29.0	34.8	27.4	31.5
Other vegetables and vegetable combinations	24.4	23.2	22.2	24.7	22.5
Dishes where vegetable is the major component	4.5	* 3.0	* 4.1	4.8	3.3
<b>Legume and pulse products and dishes</b>	10.5	8.5	7.5	11.1	7.4
Mature legumes and pulses	2.0	* 1.6	* 0.6	2.2	1.0
Mature legumes and pulse products and dishes	8.5	6.9	6.9	9.0	6.4



TABLE 7. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : GEOGRAPHIC REGION—continued

(average grams per person)

Selected major and sub-major food groups(a)	Rural, remote and metropolitan areas			Part of State	
	Metropolitan(b)	Rural centre(c)	Rural and remote area(d)	Capital city	Rest of State
	Persons				
<b>Milk products and dishes</b>	285.9	307.1	291.5	285.7	295.7
Dairy milk	200.6	213.3	209.4	200.6	208.9
Yoghurt	14.8	11.8	10.8	14.7	12.2
Cream	3.0	2.7	2.4	3.0	2.6
Cheese	14.9	14.6	13.4	14.8	14.3
Frozen milk products	17.9	19.1	15.5	17.7	17.5
Other dishes where milk or a milk product is the major component	11.7	13.7	12.6	11.6	13.0
Milk substitutes	5.4	* 4.7	3.8	5.5	4.2
Flavoured milks	17.6	27.1	23.5	17.9	23.0
<b>Meat, poultry and game products and dishes</b>	155.4	154.6	167.9	155.0	161.6
Muscle meat	44.7	51.1	57.2	44.3	53.3
Poultry and other feathered game	22.5	20.6	20.4	22.8	20.3
Organ meats and offal, products and dishes	* 1.3	* 0.2	1.1	* 1.4	0.7
Sausages, frankfurts, and saveloys	9.0	14.9	13.0	8.6	13.4
Processed meat	4.9	5.8	7.4	4.9	6.3
Mixed dishes where beef or veal is the major component	42.0	38.1	39.9	42.0	39.7
Mixed dishes where lamb or pork, bacon, ham is the major component	8.2	6.0	9.9	8.3	8.0
Mixed dishes where poultry or game is the major ingredient	22.7	17.8	18.7	22.5	19.7
<b>Fish and seafood products and dishes</b>	27.6	23.0	19.3	27.4	22.7
Fin fish (excluding canned)	7.0	4.8	5.1	7.1	5.2
Crustacea and molluscs (excluding canned)	3.0	* 1.7	* 1.8	2.7	2.6
Packed (canned and bottled) fish and seafood	3.7	2.4	2.3	3.7	2.6
Fish and seafood products	6.8	8.8	6.6	6.8	7.4
Mixed dishes with fish or seafood as the major component	7.2	* 5.2	3.3	7.1	5.0
<b>Egg products and dishes</b>	12.8	13.7	17.6	12.3	16.3
Eggs	7.1	8.5	11.1	7.1	9.5
Dishes where egg is the major ingredient	5.7	5.2	6.5	5.2	6.8
<b>Snack foods</b>	3.7	3.2	3.1	3.7	3.3
Potato snacks	2.0	1.7	2.1	2.0	2.1
Corn snacks	1.0	* 0.8	* 0.4	1.0	0.6
Extruded snacks	0.5	* 0.6	* 0.5	0.5	0.6
<b>Sugar products and dishes</b>	18.0	21.7	22.2	17.9	21.4
Sugar, honey and syrups	11.8	15.5	15.6	11.8	14.9
Jam and lemon spreads, chocolate spreads	2.9	2.8	3.4	3.0	3.0
Dishes and products other than confectionery where sugar is the main component	3.2	3.4	3.2	3.1	3.5

**TABLE 7. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : GEOGRAPHIC REGION—continued**

(average grams per person)

Selected major and sub-major food groups(a)	Rural, remote and metropolitan areas			Part of State	
	Metropolitan(b)	Rural centre(c)	Rural and remote area(d)	Capital city	Rest of State
	Persons				
<b>Confectionery</b>	8.9	8.2	8.7	9.1	8.1
Chocolate and chocolate-based confectionery	5.9	5.8	5.8	6.1	5.5
Cereal-, fruit-, nut-, and seed-bars	1.1	0.8	0.8	1.1	0.9
Other confectionery	1.8	1.6	2.0	1.9	1.7
<b>Seed and nut products and dishes</b>	4.5	3.9	3.9	4.6	3.9
Nuts and nut products	4.3	3.7	3.9	4.3	3.8
<b>Fats and oils</b>	11.4	13.5	14.5	11.2	13.9
Dairy fats	3.2	4.0	4.3	3.2	3.9
Margarine	7.2	8.7	9.4	6.9	9.3
Vegetable oil	0.5	* 0.2	0.3	0.6	0.2
Unspecified fats	0.5	0.4	0.5	0.5	0.4
<b>Soup</b>	57.8	44.8	48.5	61.6	42.6
Soup	57.5	44.5	48.1	61.2	42.2
<b>Savoury sauces and condiments</b>	29.4	25.6	30.7	29.6	28.5
Gravies and savoury sauces	23.3	20.5	25.5	23.6	22.9
Pickles, chutneys and relishes	2.5	2.3	2.4	2.4	2.5
Salad dressings	3.4	2.7	2.7	3.3	2.9
<b>Non-alcoholic beverages</b>	1,949.9	2,084.5	2,057.9	1,942.5	2,056.9
Tea	384.0	425.4	445.5	381.7	430.0
Coffee and coffee substitutes	416.0	453.0	450.5	418.6	439.4
Fruit and vegetable juices and drinks	128.2	116.6	112.5	130.0	113.9
Soft drinks, flavoured mineral waters and electrolyte drinks	182.2	187.2	167.1	183.5	174.6
Mineral waters and water(e)	836.9	902.2	881.8	826.0	898.6
<b>Alcoholic beverages</b>	239.3	257.8	314.7	227.7	300.7
Beers	171.6	194.3	260.5	158.8	242.7
Wines	56.1	48.2	39.6	57.1	44.1
Spirits	3.6	3.6	3.4	3.7	3.2
Other alcoholic beverages	8.1	* 11.7	* 11.2	8.1	* 10.7
<b>Miscellaneous</b>	1.6	1.6	1.6	1.6	1.6
Beverage flavourings	0.5	0.5	0.5	0.6	0.5
Yeast; yeast, vegetable and meat extracts	0.8	1.0	1.0	0.8	1.0
Artificial sweetening agents	—	—	0.1	0.1	—
Herbs, spices, seasonings and stock cubes	0.2	* 0.1	* 0.1	* 0.2	* 0.1
<b>Total</b>	<b>3,573.2</b>	<b>3,662.7</b>	<b>3,741.5</b>	<b>3,561.6</b>	<b>3,700.6</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Areas containing capital cities or an urban centre with a population of 100,000 or more. (c) Areas containing an urban centre with a population of 10,000 to 99,999. (d) All remote areas, and rural areas containing a centre with a population of less than 10,000. (e) Includes plain drinking water.

**TABLE 8. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : GEOGRAPHIC REGION**

(median grams per consumer)

<i>Selected major and sub-major food groups(a)</i>	<i>Rural, remote and metropolitan areas</i>			<i>Part of State</i>	
	<i>Metropolitan(b)</i>	<i>Rural centre(c)</i>	<i>Rural and remote area(d)</i>	<i>Capital city</i>	<i>Rest of State</i>
	Persons				
<b>Cereal and cereal products</b>	170.0	138.0	149.0	172.0	146.0
Regular breads, and rolls	96.0	96.0	96.0	96.0	96.0
Breakfast cereals, plain single source	30.0	30.0	30.0	30.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	67.0	67.0	60.0	69.0	60.0
Pasta and pasta products	222.0	153.0	195.5	222.0	174.0
Rice and rice products	237.5	180.0	190.0	241.6	190.0
Breakfast cereals, mixed source	60.0	60.0	50.5	59.0	57.0
Breakfast cereal, hot porridge type	260.0	260.0	260.0	306.3	260.0
<b>Cereal-based products and dishes</b>	122.0	119.1	103.6	121.4	113.6
Sweet biscuits	28.0	29.9	28.5	28.0	28.8
Savoury biscuits	20.0	18.0	18.0	20.0	18.0
Cakes, buns, muffins, scones, cake-type desserts	76.9	78.6	66.2	76.9	71.8
Pastries	174.0	174.0	174.0	172.9	174.0
Mixed dishes where cereal is the major ingredient	225.0	186.0	203.6	225.0	204.0
Batter-based products	83.0	**105.0	66.9	84.7	78.0
<b>Fruit products and dishes</b>	201.5	190.4	202.7	202.0	198.5
Pome fruit	140.0	140.0	140.0	140.0	140.0
Berry fruit	54.0	* 36.0	* 43.2	52.7	* 43.2
Citrus fruit	131.0	131.0	131.0	131.0	131.0
Stone fruit	145.0	151.0	168.0	145.0	151.0
Tropical fruit	102.4	101.0	102.4	102.4	102.4
Other fruit	118.5	126.8	161.0	120.0	128.3
Mixtures of two or more groups of fruit	171.0	* 206.0	* 199.5	171.0	199.5
Dried fruit, preserved fruit	31.8	32.0	* 24.0	31.5	28.3
<b>Vegetable products and dishes</b>	245.0	245.4	280.4	243.4	267.2
Potatoes	145.0	142.0	144.0	145.0	142.0
Cabbage, cauliflower and similar brassica vegetables	72.5	66.0	72.5	72.5	69.5
Carrot and similar root vegetables	42.0	38.7	46.0	42.2	41.3
Leaf and stalk vegetables	29.0	24.0	21.9	29.0	24.0
Peas and beans	62.5	53.3	62.5	62.5	60.0
Tomato and tomato products	60.0	60.0	60.0	60.0	60.0
Other fruiting vegetables	52.0	52.0	60.5	52.5	53.8
Other vegetables and vegetable combinations	44.5	48.0	44.5	45.0	44.3
Dishes where vegetable is the major component	120.0	108.6	99.0	116.0	120.0
<b>Legume and pulse products and dishes</b>	93.0	130.0	100.0	93.5	103.1
Mature legumes and pulses	60.8	—	* 30.4	60.8	* 36.7
Mature legumes and pulse products and dishes	100.0	* 137.5	130.0	100.0	130.0

TABLE 8. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : GEOGRAPHIC REGION—*continued*

(median grams per consumer)

<i>Selected major and sub-major food groups(a)</i>	<i>Rural, remote and metropolitan areas</i>			<i>Part of State</i>	
	<i>Metropolitan(b)</i>	<i>Rural centre(c)</i>	<i>Rural and remote area(d)</i>	<i>Capital city</i>	<i>Rest of State</i>
	Persons				
<b>Milk products and dishes</b>	245.1	258.0	249.3	243.4	254.8
Dairy milk	186.5	190.9	182.0	181.3	190.9
Yoghurt	175.0	129.5	129.5	172.7	140.0
Cream	20.6	20.0	21.0	20.5	20.5
Cheese	24.0	24.0	23.8	24.0	24.0
Frozen milk products	83.0	82.7	75.0	83.0	77.0
Other dishes where milk or a milk product is the major component	140.0	147.6	140.0	135.0	140.0
Milk substitutes	204.0	—	191.3	241.1	132.5
Flavoured milks	387.0	520.0	516.0	387.0	516.0
<b>Meat, poultry and game products and dishes</b>	144.0	136.0	149.3	144.0	144.0
Muscle meat	69.1	72.0	79.6	69.1	74.0
Poultry and other feathered game	108.0	92.2	108.0	108.0	105.0
Organ meats and offal, products and dishes	* 33.1	* 10.8	**28.0	* 37.1	* 17.5
Sausages, frankfurts, and saveloys	90.0	109.1	96.0	89.8	102.7
Processed meat	34.6	36.8	33.0	34.3	34.5
Mixed dishes where beef or veal is the major component	214.0	193.5	181.5	216.0	192.0
Mixed dishes where lamb or pork, bacon, ham is the major component	177.1	* 156.0	192.4	177.1	183.6
Mixed dishes where poultry or game is the major component	161.0	* 157.7	168.7	161.9	162.0
<b>Fish and seafood products and dishes</b>	100.0	86.4	100.0	100.0	100.0
Fin fish (excluding canned)	105.6	* 99.0	126.7	102.0	118.8
Crustacea and molluscs (excluding canned)	67.5	* 76.5	* 69.5	64.0	* 90.0
Packed (canned and bottled) fish and seafood	61.0	52.5	48.0	60.0	52.5
Fish and seafood products	92.0	83.8	86.4	90.0	86.4
Mixed dishes with fish or seafood as the major component	229.9	**132.0	* 148.0	216.0	188.3
<b>Egg products and dishes</b>	59.0	50.0	61.5	59.0	57.0
Eggs	50.0	50.0	50.0	50.0	50.0
Dishes where egg is the major ingredient	128.0	* 128.0	117.0	130.0	117.0
<b>Snack foods</b>	31.5	39.0	34.8	37.5	31.5
Potato snacks	31.5	39.0	37.5	31.5	39.0
Corn snacks	36.0	* 40.5	**13.5	40.5	27.0
Extruded snacks	22.0	—	50.0	22.0	30.0
<b>Sugar products and dishes</b>	16.8	18.9	17.7	16.8	16.9
Sugar, honey and syrups	14.3	16.8	16.6	14.3	16.6
Jam and lemon spreads, chocolate spreads	13.5	13.5	13.5	13.5	13.5
Dishes and products other than confectionery where sugar is the main component	93.3	* 76.5	126.5	93.3	112.5

**TABLE 8. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : GEOGRAPHIC REGION—continued**

(median grams per consumer)

Selected major and sub-major food groups(a)	Rural, remote and metropolitan areas			Part of State	
	Metropolitan(b)	Rural centre(c)	Rural and remote area(d)	Capital city	Rest of State
	Persons				
<b>Confectionery</b>	30.0	34.0	27.0	30.0	30.0
Chocolate and chocolate-based confectionery	30.0	36.0	26.5	31.5	29.8
Cereal-, fruit-, nut-, and seed-bars	32.0	37.0	31.0	32.0	31.0
Other confectionery	16.0	* 17.3	20.0	16.0	18.0
<b>Seed and nut products and dishes</b>	18.8	14.4	21.7	19.0	18.8
Nuts and nut products	18.8	* 14.5	21.7	18.8	19.7
<b>Fats and oils</b>	11.4	14.0	14.0	11.3	13.2
Dairy fats	9.6	10.0	13.0	9.6	10.9
Margarine	10.0	11.7	12.0	10.0	12.0
Vegetable oil	9.1	—	15.8	9.1	10.0
Unspecified fats	10.5	* 7.0	10.5	10.5	10.5
<b>Soup</b>	379.5	382.5	379.5	382.5	379.5
Soup	382.5	387.0	387.0	387.0	381.0
<b>Savoury sauces and condiments</b>	25.8	22.0	22.1	25.3	23.2
Gravies and savoury sauces	27.5	22.0	22.0	27.5	22.0
Pickles, chutneys and relishes	12.5	12.5	13.1	12.5	12.8
Salad dressings	18.6	9.3	18.0	18.5	14.9
<b>Non-alcoholic beverages</b>	1,774.5	1,891.1	1,827.0	1,776.3	1,820.2
Tea	609.0	609.0	634.4	609.0	609.0
Coffee and coffee substitutes	507.5	558.0	527.8	507.5	508.0
Fruit and vegetable juices and drinks	263.0	263.0	263.0	263.0	263.0
Soft drinks, flavoured mineral waters and electrolyte drinks	391.1	469.3	391.1	391.1	393.0
Mineral waters and water(e)	800.0	1,000.0	900.0	770.0	929.8
<b>Alcoholic beverages</b>	402.0	447.8	503.0	398.0	497.0
Beers	756.0	754.5	856.0	756.0	760.0
Wines	251.3	251.3	248.5	259.0	248.8
Spirits	58.0	* 48.3	38.7	58.0	43.5
Other alcoholic beverages	340.9	**189.4	* 258.3	288.0	309.9
<b>Miscellaneous</b>	3.0	3.0	3.0	3.0	3.0
Beverage flavourings	5.1	3.4	4.0	5.1	3.4
Yeast; yeast, vegetable and meat extracts	3.0	3.0	3.0	3.0	3.0
Artificial sweetening agents	0.4	**0.3	0.4	0.4	0.4
Herbs, spices, seasonings and stock cubes	2.1	—	* 1.4	2.1	1.4

(a) See paragraph 42 of the Explanatory Notes. (b) Areas containing capital cities or an urban centre with a population of 100,000 or more. (c) Areas containing an urban centre with a population of 10,000 to 99,999. (d) All remote areas, and rural areas containing a centre with a population of less than 10,000. (e) Includes plain drinking water.

**TABLE 9. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : GEOGRAPHIC REGION**

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Rural, remote and metropolitan areas</i>			<i>Part of State</i>	
	<i>Metropolitan(b)</i>	<i>Rural centre(c)</i>	<i>Rural and remote area(d)</i>	<i>Capital city</i>	<i>Rest of State</i>
	Persons				
<b>Cereals and cereal products</b>	94.1	94.5	96.3	94.1	95.4
Regular breads, and rolls	78.8	83.5	85.9	78.6	84.0
Breakfast cereals, plain, single source	25.2	29.3	29.4	24.8	29.1
Fancy breads, flat breads, English-style muffins and crumpets	13.9	9.6	8.0	13.9	9.8
Pasta and pasta products	13.1	8.1	8.6	13.4	8.8
Rice and rice products	16.2	9.6	10.0	16.5	10.6
Breakfast cereals, mixed source	19.2	19.6	17.0	19.3	18.2
Breakfast cereal, hot porridge type	5.1	6.1	7.7	5.2	6.5
<b>Cereal-based products and dishes</b>	69.3	69.0	68.2	69.2	68.9
Sweet biscuits	25.2	27.2	25.2	25.2	25.9
Savoury biscuits	14.2	17.7	15.4	14.0	16.3
Cakes, buns, muffins, scones, cake-type desserts	22.9	23.7	26.4	23.0	24.7
Pastries	17.2	16.0	17.8	16.9	17.7
Mixed dishes where cereal is the major ingredient	19.9	16.4	14.7	20.3	15.8
Batter-based products	3.7	4.8	3.0	3.8	3.7
<b>Fruit products and dishes</b>	56.7	57.5	53.9	56.8	55.5
Pome fruit	25.5	23.4	22.4	25.6	23.1
Berry fruit	3.7	2.3	2.4	3.7	2.6
Citrus fruit	13.7	12.0	14.1	13.5	13.6
Stone fruit	9.0	9.4	8.3	9.1	8.6
Tropical fruit	25.9	29.5	23.8	25.9	26.1
Other fruit	11.6	11.4	8.8	11.5	10.5
Mixtures of two or more groups of fruit	2.4	2.7	3.1	2.4	2.8
Dried fruit, preserved fruit	6.3	7.6	5.6	6.3	6.4
<b>Vegetable products and dishes</b>	88.9	87.9	89.3	89.1	88.4
Potatoes	49.3	54.7	59.5	48.7	56.9
Cabbage, cauliflower and similar brassica vegetables	23.5	19.4	25.0	23.3	23.2
Carrot and similar root vegetables	37.9	38.4	44.1	37.7	41.3
Leaf and stalk vegetables	39.0	38.1	34.3	39.0	36.6
Peas and beans	25.3	26.1	30.8	25.3	28.2
Tomato and tomato products	38.6	41.3	39.5	37.8	41.3
Other fruiting vegetables	37.1	41.0	41.6	36.8	40.9
Other vegetables and vegetable combinations	37.6	36.3	35.0	37.6	36.1
Dishes where vegetable is the major component	2.7	1.9	2.4	2.9	2.0
<b>Legume and pulse products and dishes</b>	8.2	5.3	4.9	8.5	5.0
Mature legumes and pulses	2.2	* 1.6	* 1.2	2.4	1.3
Mature legumes and pulse products and dishes	6.2	3.9	3.7	6.5	3.9

**TABLE 9. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : GEOGRAPHIC REGION —continued**

(per cent)

Selected major and sub-major food groups(a)	Rural, remote and metropolitan areas			Part of State	
	Metropolitan(b)	Rural centre(c)	Rural and remote area(d)	Capital city	Rest of State
	Persons				
<b>Milk products and dishes</b>	92.9	94.8	94.0	92.9	94.1
Dairy milk	82.5	85.5	85.5	82.2	85.3
Yoghurt	8.9	8.4	7.0	8.9	7.9
Cream	7.7	7.9	7.5	8.0	7.3
Cheese	41.7	39.9	40.0	41.6	40.5
Frozen milk products	15.5	17.5	15.5	15.3	16.4
Other dishes where milk or a milk product is the major component	7.4	7.6	7.1	7.3	7.5
Milk substitutes	2.4	2.0	1.5	2.4	1.8
Flavoured milks	3.8	4.7	4.6	3.8	4.4
<b>Meat, poultry and game products and dishes</b>	80.1	81.9	85.9	79.5	84.4
Muscle meat	45.3	49.1	53.8	44.7	51.5
Poultry and other feathered game	17.4	15.3	15.1	17.5	15.4
Organ meats and offal, products and dishes	1.7	* 1.0	1.4	1.7	1.3
Sausages, frankfurts, and saveloys	8.3	11.0	11.6	7.9	11.3
Processed meat	9.6	11.8	12.6	9.5	11.8
Mixed dishes where beef or veal is the major component	16.8	14.2	16.5	16.8	15.8
Mixed dishes where lamb or pork, bacon, ham is the major component	3.9	2.9	4.0	4.0	3.5
Mixed dishes where poultry or game is the major ingredient	10.8	8.7	9.4	10.7	9.7
<b>Fish and seafood products and dishes</b>	19.1	17.6	15.1	19.2	16.6
Fin fish (excluding canned)	5.1	4.0	3.6	5.2	3.8
Crustacea and molluscs (excluding canned)	3.2	* 1.5	1.6	3.1	2.1
Packed (canned and bottled) fish and seafood	4.9	3.9	3.7	5.0	3.9
Fish and seafood products	5.8	8.2	5.7	5.8	6.5
Mixed dishes with fish or seafood as the major component	2.7	2.3	1.6	2.8	1.9
<b>Egg products and dishes</b>	15.4	18.9	21.0	15.0	19.9
Eggs	11.9	14.9	17.0	11.7	15.6
Dishes where egg is the major ingredient	3.8	4.5	4.4	3.5	4.7
<b>Snack foods</b>	8.4	7.5	7.2	8.3	7.8
Potato snacks	4.7	4.3	4.7	4.6	4.8
Corn snacks	2.2	* 1.6	1.3	2.2	1.5
Extruded snacks	1.5	* 1.6	1.3	1.5	1.5
<b>Sugar products and dishes</b>	66.2	69.5	71.4	66.4	69.3
Sugar, honey and syrups	57.0	61.3	63.8	57.2	61.2
Jam and lemon spreads, chocolate spreads	18.2	18.7	20.3	18.3	19.3
Dishes and products other than confectionery where sugar is the main component	2.5	3.1	2.2	2.5	2.6

**TABLE 9. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : GEOGRAPHIC REGION —continued**

(per cent)

Selected major and sub-major food groups(a)	Rural, remote and metropolitan areas			Part of State	
	Metropolitan(b)	Rural centre(c)	Rural and remote area(d)	Capital city	Rest of State
	Persons				
<b>Confectionery</b>	21.5	17.8	20.1	21.7	19.1
Chocolate and chocolate-based confectionery	14.2	12.1	13.9	14.4	13.0
Cereal-, fruit-, nut-, and seed-bars	2.8	2.0	1.9	2.8	2.1
Other confectionery	6.8	5.1	6.1	7.0	5.6
<b>Seed and nut products and dishes</b>	13.0	10.7	11.3	12.8	11.8
Nuts and nut products	12.4	10.0	11.1	12.3	11.1
<b>Fats and oils</b>	73.0	79.5	82.2	72.2	80.9
Dairy fats	22.0	24.9	24.5	22.3	23.7
Margarine	50.7	57.5	60.4	49.5	59.5
Vegetable oil	4.2	* 1.4	1.7	4.5	1.6
Unspecified fats	4.2	3.9	4.0	4.4	3.7
<b>Soup</b>	13.2	11.4	11.7	13.8	10.7
Soup	12.9	11.0	11.2	13.5	10.3
<b>Savoury sauces and condiments</b>	53.4	54.6	56.7	53.3	55.5
Gravies and savoury sauces	37.2	37.8	41.2	37.1	39.6
Pickles, chutneys and relishes	10.6	10.9	10.4	10.1	11.4
Salad dressings	16.4	17.2	14.6	16.2	16.1
<b>Non-alcoholic beverages</b>	99.9	99.8	99.8	99.9	99.8
Tea	52.7	54.9	57.2	52.2	56.3
Coffee and coffee substitutes	60.7	59.9	61.1	60.9	60.3
Fruit and vegetable juices and drinks	36.8	33.9	32.4	36.8	33.8
Soft drinks, flavoured mineral waters and electrolyte drinks	31.6	30.3	28.5	31.9	29.3
Mineral waters and water(e)	79.8	81.6	78.2	80.1	79.1
<b>Alcoholic beverages</b>	32.7	32.4	34.9	32.2	34.5
Beers	15.5	17.9	20.4	14.8	19.9
Wines	16.0	13.3	13.3	16.1	13.6
Spirits	4.8	3.8	4.8	5.0	4.0
Other alcoholic beverages	1.9	3.0	2.5	1.8	2.6
<b>Miscellaneous</b>	30.0	33.0	32.4	30.0	32.1
Beverage flavourings	7.7	9.6	8.0	7.8	8.2
Yeast; yeast, vegetable and meat extracts	15.1	19.3	19.9	15.0	18.9
Artificial sweetening agents	7.3	7.0	6.1	7.4	6.5
Herbs, spices, seasonings and stock cubes	3.4	1.8	2.7	3.4	2.5
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —				
<b>Total</b>	<b>9,487.8</b>	<b>1,550.8</b>	<b>2,166.6</b>	<b>8,483.0</b>	<b>4,722.2</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Areas containing capital cities or an urban centre with a population of 100,000 or more. (c) Areas containing an urban centre with a population of 10,000 to 99,999. (d) All remote areas, and rural areas containing a centre with a population of less than 10,000. (e) Includes plain drinking water.



**TABLE 10. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : REGION OF BIRTH**

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
	Persons					
<b>Cereals and cereal products</b>	<i>196.5</i>	<i>211.8</i>	<i>221.6</i>	<i>529.9</i>	<i>292.2</i>	<i>215.2</i>
Regular breads, and rolls	92.9	92.0	100.7	55.0	75.4	91.3
Breakfast cereals, plain, single source	11.5	10.1	8.1	3.5	7.7	10.6
Fancy breads, flat breads, English-style muffins and crumpets	9.8	11.6	9.7	8.0	19.9	10.4
Pasta and pasta products	26.7	26.8	45.3	85.3	37.0	30.3
Rice and rice products	23.0	28.8	34.2	367.1	128.1	40.4
Breakfast cereals, mixed source	14.0	15.4	5.9	5.9	9.9	13.2
Breakfast cereal, hot porridge type	17.9	26.3	16.0	* 1.8	* 13.2	18.0
<b>Cereal-based products and dishes</b>	<i>130.2</i>	<i>122.4</i>	<i>114.0</i>	<i>100.4</i>	<i>119.0</i>	<i>126.7</i>
Sweet biscuits	9.3	8.7	8.7	4.5	8.4	9.0
Savoury biscuits	4.3	3.1	4.3	1.5	4.0	4.0
Cakes, buns, muffins, scones, cake-type desserts	24.8	23.1	23.5	17.4	19.1	24.0
Pastries	33.9	35.4	22.4	11.4	21.1	32.1
Mixed dishes where cereal is the major ingredient	54.3	48.7	47.5	61.7	60.5	53.7
Batter-based products	3.5	3.3	* 7.6	* 3.9	* 6.0	3.9
<b>Fruit products and dishes</b>	<i>138.1</i>	<i>131.2</i>	<i>217.6</i>	<i>151.6</i>	<i>155.1</i>	<i>143.5</i>
Pome fruit	40.8	41.9	74.5	41.1	45.4	43.3
Berry fruit	2.1	2.3	* 2.6	* 1.2	* 0.9	2.1
Citrus fruit	18.4	16.9	33.3	41.7	22.0	20.1
Stone fruit	16.7	16.5	29.5	* 8.6	13.2	17.1
Tropical fruit	30.9	26.8	27.3	23.9	41.9	30.4
Other fruit	19.8	17.0	39.6	* 29.3	* 24.9	21.2
Mixtures of two or more groups of fruit	5.8	* 4.7	* 7.9	* 3.3	* 2.8	5.6
Dried fruit, preserved fruit	2.5	4.0	* 1.8	* 2.4	* 3.5	2.7
<b>Vegetable products and dishes</b>	<i>259.6</i>	<i>281.2</i>	<i>247.5</i>	<i>192.0</i>	<i>250.6</i>	<i>258.8</i>
Potatoes	91.6	105.3	76.8	35.7	65.3	89.3
Cabbage, cauliflower and similar brassica vegetables	19.5	30.5	24.0	45.5	15.3	21.8
Carrot and similar root vegetables	22.1	24.5	17.2	11.9	22.1	21.8
Leaf and stalk vegetables	15.8	12.8	25.0	25.4	26.0	16.8
Peas and beans	19.4	19.2	16.7	11.0	13.6	18.7
Tomato and tomato products	34.2	33.6	31.9	16.7	35.4	33.4
Other fruiting vegetables	29.8	24.8	28.2	15.0	36.4	28.9
Other vegetables and vegetable combinations	23.4	26.2	23.3	25.0	27.4	23.9
Dishes where vegetable is the major component	3.9	* 4.4	* 4.3	**5.7	* 9.2	4.3
<b>Legume and pulse products and dishes</b>	<i>8.9</i>	<i>10.4</i>	<i>8.3</i>	<i>* 20.2</i>	<i>* 17.3</i>	<i>9.8</i>
Mature legumes and pulses	1.2	* 1.2	* 5.0	**1.8	**7.3	1.7
Mature legumes and pulse products and dishes	7.7	9.2	* 3.3	* 18.4	* 10.0	8.1

TABLE 10. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : REGION OF BIRTH—continued

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
	Persons					
<b>Milk products and dishes</b>	295.3	311.7	251.3	227.1	229.0	289.3
Dairy milk	205.8	226.4	177.9	173.6	162.8	203.5
Yoghurt	12.7	16.6	18.7	* 7.3	23.3	13.8
Cream	3.1	3.8	1.7	* 0.1	* 1.1	2.9
Cheese	14.4	17.1	19.6	3.5	12.3	14.6
Frozen milk products	19.3	14.2	8.9	17.1	11.8	17.6
Other dishes where milk or a milk product is the major component	12.0	15.8	13.6	* 5.3	6.3	12.1
Milk substitutes	4.9	* 4.5	* 3.1	**9.3	* 7.1	5.0
Flavoured milks	23.1	13.3	* 7.9	* 10.9	* 4.4	19.7
<b>Meat, poultry and game products and dishes</b>	156.8	150.9	155.4	181.0	169.2	157.4
Muscle meat	49.5	45.0	41.6	38.6	36.5	47.5
Poultry and other feathered game	21.8	20.5	20.1	35.0	20.5	21.9
Organ meats and offal, products and dishes	0.7	**1.2	* 5.6	* 2.9	**1.1	* 1.2
Sausages, frankfurts, and saveloys	11.4	8.5	6.8	* 5.6	6.7	10.3
Processed meat	5.1	3.8	11.9	* 3.0	* 6.7	5.4
Mixed dishes where beef or veal is the major component	38.8	45.8	43.2	55.4	55.9	41.2
Mixed dishes where lamb or pork, bacon, ham is the major component	7.7	8.5	* 8.0	* 14.7	* 11.9	8.2
Mixed dishes where poultry or game is the major ingredient	21.7	17.5	18.2	* 25.7	29.8	21.5
<b>Fish and seafood products and dishes</b>	25.4	22.8	24.5	54.6	19.1	25.7
Fin fish (excluding canned)	5.7	6.1	* 7.4	* 22.9	* 4.8	6.4
Crustacea and molluscs (excluding canned)	2.5	* 1.4	* 3.7	**8.1	* 2.6	2.7
Packed (canned and bottled) fish and seafood	3.3	4.0	* 3.2	* 2.3	* 3.3	3.3
Fish and seafood products	7.5	7.2	3.8	* 4.9	* 4.6	7.0
Mixed dishes with fish or seafood as the major component	6.4	* 4.2	* 6.4	**16.5	* 3.8	6.3
<b>Egg products and dishes</b>	14.0	13.3	9.4	17.9	13.8	13.7
Eggs	7.9	7.6	7.4	10.8	8.5	7.9
Dishes where egg is the major ingredient	6.1	5.7	* 2.0	* 7.1	* 5.3	5.8
<b>Snack foods</b>	3.8	3.0	1.5	4.5	3.5	3.5
Potato snacks	2.2	1.9	0.6	1.2	* 1.9	2.0
Corn snacks	0.9	* 0.8	* 0.3	1.8	* 0.8	0.9
Extruded snacks	0.6	* 0.2	* 0.3	**1.1	* 0.4	0.5
<b>Sugar products and dishes</b>	19.4	21.0	17.3	* 13.8	15.3	19.1
Sugar, honey and syrups	13.2	13.8	11.8	* 7.4	11.3	12.9
Jam and lemon spreads, chocolate spreads	2.8	4.2	3.7	* 1.5	2.8	3.0
Dishes and products other than confectionery where sugar is the main component	3.5	3.0	* 1.7	* 4.8	* 1.2	3.2

TABLE 10. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : REGION OF BIRTH—continued

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
	Persons					
<b>Confectionery</b>	9.3	10.1	4.3	5.0	5.4	8.8
Chocolate and chocolate-based confectionery	6.2	6.9	3.3	2.5	3.6	5.9
Cereal-, fruit-, nut-, and seed-bars	1.1	1.2	* 0.3	* 1.7	* 0.8	1.0
Other confectionery	2.0	2.0	0.7	* 0.8	* 1.0	1.8
<b>Seed and nut products and dishes</b>	4.2	4.2	3.5	* 4.4	9.0	4.3
Nuts and nut products	4.0	4.0	3.4	* 4.2	* 8.3	4.2
<b>Fats and oils</b>	12.9	12.1	9.3	6.0	8.8	12.2
Dairy fats	3.5	4.0	3.5	1.1	2.9	3.5
Margarine	8.6	7.6	3.7	3.2	4.2	7.8
Vegetable oil	0.3	* 0.2	* 1.8	**1.4	* 1.5	0.5
Unspecified fats	0.5	0.3	* 0.2	* 0.3	* 0.3	0.5
<b>Soup</b>	46.1	45.7	89.6	201.1	64.5	54.8
Soup	45.7	45.6	89.5	201.1	64.3	54.4
<b>Savoury sauces and condiments</b>	29.6	30.8	28.8	21.3	24.0	29.2
Gravies and savoury sauces	23.9	26.1	18.8	17.8	16.4	23.3
Pickles, chutneys and relishes	2.4	2.1	3.8	* 1.3	* 4.3	2.5
Salad dressings	3.1	2.4	5.9	2.0	3.2	3.2
<b>Non-alcoholic beverages</b>	2,021.8	1,974.6	1,733.4	1,667.2	1,963.0	1,983.4
Tea	391.6	561.6	277.7	277.2	348.3	399.0
Coffee and coffee substitutes	424.2	477.9	521.2	201.1	346.8	426.0
Fruit and vegetable juices and drinks	128.2	109.2	113.3	108.3	126.8	124.2
Soft drinks, flavoured mineral waters and electrolyte drinks	197.5	117.1	127.2	144.3	166.6	180.3
Mineral waters and water(e)	878.1	706.3	693.2	936.4	974.4	851.9
<b>Alcoholic beverages</b>	269.2	265.8	212.7	66.5	163.6	253.8
Beers	205.3	188.2	133.6	41.4	103.7	188.8
Wines	49.9	68.8	69.5	19.9	50.9	52.5
Spirits	3.3	4.6	* 5.7	* 1.0	* 3.6	3.5
Other alcoholic beverages	10.7	* 4.3	* 3.9	**4.2	**5.4	9.0
<b>Miscellaneous</b>	1.7	1.6	0.9	1.7	1.1	1.6
Beverage flavourings	0.5	0.6	0.6	* 1.4	0.4	0.5
Yeast; yeast, vegetable and meat extracts	1.0	0.6	0.2	0.1	0.5	0.9
Artificial sweetening agents	0.1	* 0.1	—	—	—	—
Herbs, spices, seasonings and stock cubes	0.1	* 0.3	—	**0.1	**0.2	0.1
<b>Total</b>	<b>3,643.1</b>	<b>3,625.4</b>	<b>3,351.7</b>	<b>3,466.2</b>	<b>3,524.3</b>	<b>3,611.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States. (c) Includes Southeast Asia and Northeast Asia. (d) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica. (e) Includes plain drinking water.

**TABLE 11. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : REGION OF BIRTH**

(median grams per consumer)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
Persons						
<b>Cereal and cereal products</b>	<i>152.0</i>	<i>160.9</i>	<i>176.0</i>	<i>472.6</i>	<i>250.5</i>	<i>161.0</i>
Regular breads, and rolls	96.0	96.2	101.4	66.0	91.0	96.0
Breakfast cereals, plain single source	30.0	30.0	32.5	30.0	30.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	63.0	67.0	58.0	65.4	100.0	65.4
Pasta and pasta products	204.0	222.0	229.5	207.6	261.0	212.5
Rice and rice products	190.0	190.0	190.0	380.0	285.0	195.0
Breakfast cereals, mixed source	57.0	60.0	35.0	45.0	56.3	58.5
Breakfast cereal, hot porridge type	260.0	325.0	260.0	—	* 325.0	260.0
<b>Cereal-based products and dishes</b>	<i>120.6</i>	<i>120.0</i>	<i>100.0</i>	<i>107.9</i>	<i>126.4</i>	<i>120.0</i>
Sweet biscuits	27.3	25.8	30.0	30.3	33.0	28.0
Savoury biscuits	19.6	19.6	22.0	* 12.0	18.3	19.6
Cakes, buns, muffins, scones, cake-type desserts	75.0	74.0	80.0	* 64.6	75.0	75.2
Pastries	174.0	156.0	139.1	170.0	155.8	174.0
Mixed dishes where cereal is the major ingredient	217.0	217.0	267.7	179.0	280.0	217.0
Batter-based products	69.3	84.0	108.0	* 90.0	* 96.8	83.0
<b>Fruit products and dishes</b>	<i>196.3</i>	<i>183.1</i>	<i>256.0</i>	<i>207.0</i>	<i>198.0</i>	<i>200.0</i>
Pome fruit	140.0	140.0	161.0	150.0	140.0	140.0
Berry fruit	48.0	72.0	60.0	—	—	48.0
Citrus fruit	131.0	131.0	131.0	172.0	131.0	131.0
Stone fruit	145.0	151.0	151.0	** 124.0	174.0	145.0
Tropical fruit	102.4	101.0	101.0	102.4	102.4	102.4
Other fruit	120.8	114.0	152.0	150.0	128.3	124.0
Mixtures of two or more groups of fruit	197.3	* 131.5	—	—	—	195.0
Dried fruit, preserved fruit	28.3	* 32.0	28.0	* 19.5	* 33.8	30.0
<b>Vegetable products and dishes</b>	<i>256.5</i>	<i>263.8</i>	<i>242.3</i>	<i>177.0</i>	<i>223.5</i>	<i>250.0</i>
Potatoes	142.0	150.0	150.0	* 122.5	127.0	144.3
Cabbage, cauliflower and similar brassica vegetables	66.0	97.0	97.0	81.8	51.0	72.5
Carrot and similar root vegetables	41.3	49.3	49.7	* 29.0	41.3	42.0
Leaf and stalk vegetables	28.8	27.0	45.3	36.0	36.0	29.0
Peas and beans	62.5	62.5	80.0	* 35.0	50.0	62.3
Tomato and tomato products	60.0	63.3	68.0	55.7	60.0	60.0
Other fruiting vegetables	53.8	50.3	57.0	38.0	48.5	53.6
Other vegetables and vegetable combinations	46.0	44.9	36.4	42.0	39.6	44.5
Dishes where vegetable is the major component	112.0	* 110.0	** 126.5	—	* 123.0	116.0
<b>Legume and pulse products and dishes</b>	<i>100.0</i>	<i>96.8</i>	<i>* 100.0</i>	<i>65.0</i>	<i>* 91.7</i>	<i>93.5</i>
Mature legumes and pulses	47.5	77.5	* 95.0	27.2	* 93.0	57.7
Mature legumes and pulse products and dishes	130.0	130.0	* 100.0	* 65.0	86.0	110.0

TABLE 11. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : REGION OF BIRTH—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Persons					Total
	Australia	UK, Ireland, and NZ	Other European countries(b)	East Asia(c)	Other countries n.e.c.(d)	
<b>Milk products and dishes</b>	252.8	255.0	201.7	258.0	215.8	247.7
Dairy milk	190.9	188.3	149.6	193.5	154.8	187.0
Yoghurt	150.0	185.0	200.0	** 194.3	150.0	155.0
Cream	20.5	20.5	* 20.5	—	** 32.0	20.5
Cheese	21.9	28.8	29.8	21.0	24.0	24.0
Frozen milk products	82.7	91.0	75.0	* 102.0	* 68.0	82.7
Other dishes where milk or a milk product is the major component	135.0	163.6	150.0	—	140.0	140.0
Milk substitutes	198.8	211.6	—	—	* 132.5	198.8
Flavoured milks	516.0	* 312.0	344.6	—	—	431.0
<b>Meat, poultry and game products and dishes</b>	144.0	137.0	140.0	177.5	163.0	144.0
Muscle meat	72.1	68.7	72.5	62.6	63.9	72.0
Poultry and other feathered game	108.0	116.0	112.5	95.0	98.0	107.3
Organ meats and offal, products and dishes	* 21.9	* 80.0	**56.0	* 37.1	—	* 30.0
Sausages, frankfurts, and saveloys	102.7	88.0	88.0	* 57.0	* 88.0	95.3
Processed meat	34.4	35.0	33.9	* 28.0	38.2	34.4
Mixed dishes where beef or veal is the major component	198.9	253.0	201.6	* 202.4	* 189.8	202.3
Mixed dishes where lamb or pork, bacon, ham is the major component	177.6	* 146.2	233.9	* 126.5	189.8	177.1
Mixed dishes where poultry or game is the major component	161.0	158.0	160.4	200.6	177.1	161.9
<b>Fish and seafood products and dishes</b>	105.0	103.5	81.1	87.0	70.4	100.0
Fin fish (excluding canned)	124.7	124.7	102.0	79.2	* 63.4	105.6
Crustacea and molluscs (excluding canned)	90.0	** 48.0	** 52.7	* 48.0	* 72.2	69.5
Packed (canned and bottled) fish and seafood	60.0	57.8	50.0	51.3	* 48.5	57.9
Fish and seafood products	92.0	120.0	* 77.3	** 60.0	* 77.3	90.0
Mixed dishes with fish or seafood as the major component	216.0	200.0	** 251.0	* 189.8	* 162.0	210.8
<b>Egg products and dishes</b>	59.0	57.0	58.0	50.0	50.0	57.2
Eggs	50.0	50.0	50.0	48.0	41.0	50.0
Dishes where egg is the major ingredient	128.0	116.0	** 64.0	—	116.0	128.0
<b>Snack foods</b>	36.0	39.0	* 29.6	40.0	28.0	34.6
Potato snacks	39.0	39.0	—	* 26.0	* 28.0	34.8
Corn snacks	36.0	* 43.2	—	—	** 27.0	29.6
Extruded snacks	25.0	—	—	—	—	25.0
<b>Sugar products and dishes</b>	16.8	17.7	16.4	11.8	13.6	16.8
Sugar, honey and syrups	16.3	16.0	12.6	8.4	12.5	14.7
Jam and lemon spreads, chocolate spreads	13.5	13.5	13.5	10.1	10.1	13.5
Dishes and products other than confectionery where sugar is the main component	100.0	* 105.0	** 70.0	—	—	100.0

TABLE 11. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : REGION OF BIRTH—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Persons					Total
	Australia	UK, Ireland, and NZ	Other European countries(b)	East Asia(c)	Other countries n.e.c.(d)	
<b>Confectionery</b>	30.0	30.4	25.0	23.0	30.0	30.0
Chocolate and chocolate-based confectionery	31.0	35.7	25.0	* 23.0	* 25.0	30.0
Cereal-, fruit-, nut-, and seed-bars	31.2	31.3	—	—	—	32.0
Other confectionery	18.0	14.3	* 13.1	** 10.0	** 5.8	16.7
<b>Seed and nut products and dishes</b>	18.5	25.0	16.0	* 25.0	38.0	18.8
Nuts and nut products	18.8	25.0	* 16.0	* 24.9	* 26.6	18.8
<b>Fats and oils</b>	12.0	12.0	12.0	8.4	10.0	12.0
Dairy fats	10.0	10.0	10.8	* 9.6	* 9.6	10.0
Margarine	10.8	10.2	9.6	6.0	9.6	10.0
Vegetable oil	6.1	* 9.2	* 13.7	* 4.6	* 9.2	9.1
Unspecified fats	10.5	10.5	7.0	—	12.4	10.5
<b>Soup</b>	375.0	379.5	390.0	506.0	387.0	379.5
Soup	379.5	379.5	390.0	506.0	387.0	382.5
<b>Savoury sauces and condiments</b>	25.0	24.0	33.0	20.4	22.0	25.0
Gravies and savoury sauces	26.5	38.8	52.8	19.7	22.0	26.4
Pickles, chutneys and relishes	12.5	12.5	17.0	16.9	21.5	12.5
Salad dressings	18.0	9.3	20.0	18.6	10.0	18.0
<b>Non-alcoholic beverages</b>	1,817.2	1,786.5	1,552.8	1,510.6	1,757.4	1,785.3
Tea	609.0	761.3	507.5	444.1	507.5	609.0
Coffee and coffee substitutes	507.5	570.9	507.5	338.3	380.6	507.5
Fruit and vegetable juices and drinks	263.0	259.0	263.0	264.0	264.0	263.0
Soft drinks, flavoured mineral waters and electrolyte drinks	410.8	375.0	391.1	391.1	417.2	391.5
Mineral waters and water(e)	900.0	750.0	750.0	1,000.0	880.0	840.0
<b>Alcoholic beverages</b>	465.7	398.8	372.8	397.6	378.0	424.3
Beers	756.0	756.0	754.5	754.5	* 754.5	756.0
Wines	251.3	298.3	248.5	* 301.5	248.8	251.3
Spirits	58.0	58.0	40.3	—	* 58.0	58.0
Other alcoholic beverages	340.9	** 63.1	** 47.1	—	—	309.9
<b>Miscellaneous</b>	3.0	3.0	1.5	3.4	3.0	3.0
Beverage flavourings	4.0	5.1	5.1	5.1	5.8	4.9
Yeast; yeast, vegetable and meat extracts	3.0	3.0	3.0	** 3.0	* 6.0	3.0
Artificial sweetening agents	0.4	0.4	0.3	* 0.2	0.4	0.4
Herbs, spices, seasonings and stock cubes	1.5	1.4	** 1.1	—	* 2.8	* 1.4

(a) See paragraph 42 of the Explanatory Notes. (b) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States.

(c) Includes Southeast Asia and Northeast Asia. (d) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica.

(e) Includes plain drinking water.

**TABLE 12. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : REGION OF BIRTH**

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
Persons						
<b>Cereals and cereal products</b>	94.5	94.9	93.8	96.4	94.2	94.5
Regular breads, and rolls	81.7	81.8	83.4	60.4	67.7	80.5
Breakfast cereals, plain, single source	28.6	24.3	18.3	10.4	17.3	26.4
Fancy breads, flat breads, English-style muffins and crumpets	12.2	13.7	11.2	7.6	18.0	12.4
Pasta and pasta products	10.8	10.4	16.9	26.1	13.5	11.8
Rice and rice products	10.6	11.1	16.9	72.3	40.2	14.4
Breakfast cereals, mixed source	19.7	21.1	12.2	11.5	15.1	18.9
Breakfast cereal, hot porridge type	5.8	7.5	4.9	**0.9	* 3.6	5.6
<b>Cereal-based products and dishes</b>	70.5	70.0	63.3	58.5	59.5	69.1
Sweet biscuits	26.2	26.6	24.3	14.6	19.6	25.4
Savoury biscuits	15.7	12.5	12.8	8.1	14.1	14.8
Cakes, buns, muffins, scones, cake-type desserts	24.3	23.5	22.3	19.0	17.4	23.6
Pastries	17.7	20.3	12.9	8.0	12.3	17.2
Mixed dishes where cereal is the major ingredient	19.2	17.0	12.6	23.3	19.3	18.7
Batter-based products	3.7	3.5	4.7	* 4.1	* 4.1	3.7
<b>Fruit products and dishes</b>	54.8	57.2	66.7	62.2	60.7	56.3
Pome fruit	23.6	25.0	36.7	24.2	26.8	24.7
Berry fruit	3.4	3.6	3.4	**1.0	* 2.4	3.3
Citrus fruit	12.8	12.4	18.9	22.6	15.2	13.6
Stone fruit	9.0	8.8	12.3	* 4.9	6.3	8.9
Tropical fruit	26.3	24.5	24.4	19.9	32.6	26.0
Other fruit	10.2	10.6	18.7	18.1	11.9	11.1
Mixtures of two or more groups of fruit	2.7	2.6	* 2.8	**0.9	* 1.6	2.6
Dried fruit, preserved fruit	6.3	7.6	4.4	7.2	5.2	6.3
<b>Vegetable products and dishes</b>	88.5	90.5	86.7	90.7	91.1	88.8
Potatoes	53.8	56.2	41.1	25.1	37.8	51.6
Cabbage, cauliflower and similar brassica vegetables	22.6	27.8	19.8	36.5	18.2	23.3
Carrot and similar root vegetables	40.3	39.8	28.3	26.1	40.1	39.0
Leaf and stalk vegetables	38.6	32.8	38.9	39.4	43.9	38.2
Peas and beans	27.8	25.4	18.8	20.6	20.1	26.3
Tomato and tomato products	40.8	36.9	32.7	22.0	37.4	39.1
Other fruiting vegetables	39.0	35.7	35.9	24.2	47.3	38.3
Other vegetables and vegetable combinations	36.3	38.6	37.2	38.7	43.7	37.1
Dishes where vegetable is the major component	2.4	2.1	* 2.4	* 3.0	6.2	2.6
<b>Legume and pulse products and dishes</b>	6.5	7.4	5.9	19.4	12.3	7.3
Mature legumes and pulses	1.6	* 1.6	3.7	* 4.1	5.9	2.0
Mature legumes and pulse products and dishes	5.1	6.1	* 2.3	17.0	8.0	5.6

TABLE 12. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : REGION OF BIRTH—continued

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
Persons						
<b>Milk products and dishes</b>	93.9	95.4	91.9	82.5	87.7	93.3
Dairy milk	83.5	88.3	78.3	76.1	78.6	83.3
Yoghurt	8.1	10.0	9.8	* 3.3	14.3	8.6
Cream	8.2	9.2	5.7	**1.0	* 3.2	7.7
Cheese	41.9	43.7	46.8	12.5	36.4	41.2
Frozen milk products	17.1	13.8	9.1	10.9	11.1	15.7
Other dishes where milk or a milk product is the major component	7.7	8.1	7.8	* 1.8	* 4.6	7.4
Milk substitutes	2.2	2.1	* 1.2	* 2.7	* 3.1	2.2
Flavoured milks	4.5	3.4	* 1.9	* 3.0	**1.0	4.0
<b>Meat, poultry and game products and dishes</b>	81.8	79.8	78.3	85.5	77.2	81.2
Muscle meat	48.4	48.7	40.9	39.7	37.6	47.2
Poultry and other feathered game	16.5	15.4	15.8	29.4	17.3	16.8
Organ meats and offal, products and dishes	1.1	* 0.9	6.8	* 5.3	* 1.3	1.6
Sausages, frankfurts, and saveloys	9.7	8.2	6.6	8.7	5.9	9.1
Processed meat	10.2	7.6	19.6	8.8	8.1	10.3
Mixed dishes where beef or veal is the major component	15.9	15.9	15.5	24.2	22.5	16.4
Mixed dishes where lamb or pork, bacon, ham is the major component	3.5	3.3	* 2.8	10.0	6.5	3.8
Mixed dishes where poultry or game is the major ingredient	10.5	8.7	8.7	12.9	12.6	10.3
<b>Fish and seafood products and dishes</b>	17.3	16.4	19.2	41.1	22.0	18.3
Fin fish (excluding canned)	3.9	3.8	5.7	21.3	6.2	4.7
Crustacea and molluscs (excluding canned)	2.4	* 1.6	* 3.0	12.4	* 3.7	2.7
Packed (canned and bottled) fish and seafood	4.3	5.8	5.8	* 4.4	5.4	4.6
Fish and seafood products	6.4	5.2	3.9	* 6.1	5.2	6.0
Mixed dishes with fish or seafood as the major component	2.4	1.9	* 2.6	7.0	* 2.2	2.5
<b>Egg products and dishes</b>	16.5	16.6	14.4	23.6	19.7	16.7
Eggs	12.7	12.8	12.4	19.3	16.2	13.1
Dishes where egg is the major ingredient	4.0	4.2	* 2.1	* 4.3	* 4.0	3.9
<b>Snack foods</b>	8.5	7.1	* 3.0	11.8	9.8	8.1
Potato snacks	5.0	4.5	* 1.2	* 3.8	5.0	4.7
Corn snacks	1.9	* 1.7	**0.7	* 5.6	* 3.1	2.0
Extruded snacks	1.7	* 0.7	* 0.8	* 2.2	**0.9	1.5
<b>Sugar products and dishes</b>	67.5	67.8	67.9	57.9	71.1	67.4
Sugar, honey and syrups	59.1	56.6	58.1	51.0	62.9	58.6
Jam and lemon spreads, chocolate spreads	18.1	23.4	19.0	13.5	17.6	18.6
Dishes and products other than confectionery where sugar is the main component	2.7	2.4	* 2.4	* 1.5	* 1.1	2.5



TABLE 12. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : REGION OF BIRTH—continued

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Australia</i>	<i>UK, Ireland, and NZ</i>	<i>Other European countries(b)</i>	<i>East Asia(c)</i>	<i>Other countries n.e.c.(d)</i>	<i>Total</i>
Persons						
<b>Confectionery</b>	21.7	23.4	13.2	15.0	14.3	20.8
Chocolate and chocolate-based confectionery	14.4	15.8	9.9	9.0	10.3	13.9
Cereal-, fruit-, nut-, and seed-bars	2.7	2.7	**0.7	* 2.9	* 1.9	2.5
Other confectionery	6.7	8.3	3.6	* 5.1	* 4.1	6.5
<b>Seed and nut products and dishes</b>	12.3	11.5	11.5	12.5	17.9	12.4
Nuts and nut products	11.9	10.9	10.6	12.0	16.2	11.9
<b>Fats and oils</b>	78.6	75.8	58.9	51.1	61.4	75.3
Dairy fats	22.8	26.2	21.7	11.2	22.9	22.8
Margarine	56.9	51.9	33.8	31.7	35.1	53.1
Vegetable oil	2.3	* 1.6	9.8	14.7	11.0	3.5
Unspecified fats	4.7	3.0	* 1.9	* 2.2	* 2.5	4.2
<b>Soup</b>	11.3	10.9	18.6	35.8	15.6	12.7
Soup	10.9	10.7	18.0	35.8	15.3	12.4
<b>Savoury sauces and condiments</b>	54.7	54.4	47.9	54.8	49.6	54.1
Gravies and savoury sauces	39.2	38.4	23.9	47.3	29.0	38.0
Pickles, chutneys and relishes	10.8	9.8	11.3	* 4.3	13.8	10.6
Salad dressings	15.7	16.5	23.0	10.4	18.7	16.2
<b>Non-alcoholic beverages</b>	99.8	99.9	99.8	100.0	100.0	99.9
Tea	53.1	64.2	43.6	45.5	56.2	53.7
Coffee and coffee substitutes	59.1	63.2	81.0	45.5	62.0	60.7
Fruit and vegetable juices and drinks	36.4	34.5	31.1	34.4	35.0	35.7
Soft drinks, flavoured mineral waters and electrolyte drinks	32.7	23.4	24.4	28.6	32.4	30.9
Mineral waters and water(e)	80.4	73.5	74.2	89.3	87.5	79.8
<b>Alcoholic beverages</b>	33.7	36.6	34.6	12.7	25.4	33.0
Beers	17.9	16.2	12.6	* 6.2	10.2	16.6
Wines	14.5	19.2	21.0	* 5.4	15.7	15.2
Spirits	4.6	5.6	6.8	**1.3	* 3.9	4.7
Other alcoholic beverages	2.3	1.8	* 1.5	**1.3	* 1.2	2.1
<b>Miscellaneous</b>	32.7	29.2	22.5	24.8	19.3	30.7
Beverage flavourings	7.8	8.8	6.0	16.2	5.6	8.0
Yeast; yeast, vegetable and meat extracts	19.2	11.5	6.6	* 3.7	7.1	16.4
Artificial sweetening agents	7.2	7.0	9.6	* 4.4	* 3.9	7.1
Herbs, spices, seasonings and stock cubes	2.7	5.8	* 1.4	* 2.4	* 4.8	3.1
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
— '000 —						
<b>Total</b>	<b>9,771.4</b>	<b>1,576.5</b>	<b>843.4</b>	<b>436.9</b>	<b>577.0</b>	<b>13,205.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States. (c) Includes Southeast Asia and Northeast Asia. (d) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica. (e) Includes plain drinking water.

**TABLE 13. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEIFA**

(average grams per person)

<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Cereals and cereal products</b>	<i>195.5</i>	<i>221.6</i>	<i>203.4</i>	<i>217.4</i>	<i>232.3</i>	<i>215.2</i>
Regular breads, and rolls	88.1	90.2	94.4	94.2	89.7	91.3
Breakfast cereals, plain, single source	9.5	10.9	9.4	11.6	11.3	10.6
Fancy breads, flat breads, English-style muffins and crumpets	8.3	9.0	10.8	9.3	14.0	10.4
Pasta and pasta products	26.1	28.8	26.4	31.3	36.7	30.3
Rice and rice products	36.9	52.7	32.6	35.8	43.4	40.4
Breakfast cereals, mixed source	9.9	12.0	13.5	14.2	15.6	13.2
Breakfast cereal, hot porridge type	16.0	16.8	15.0	20.2	20.9	18.0
<b>Cereal-based products and dishes</b>	<i>112.9</i>	<i>115.4</i>	<i>130.4</i>	<i>135.4</i>	<i>136.3</i>	<i>126.7</i>
Sweet biscuits	8.4	9.2	8.7	9.0	9.5	9.0
Savoury biscuits	3.8	4.0	3.8	3.2	5.2	4.0
Cakes, buns, muffins, scones, cake-type desserts	21.2	24.3	24.2	26.6	23.7	24.0
Pastries	29.4	29.5	33.1	33.5	34.4	32.1
Mixed dishes where cereal is the major ingredient	47.5	43.5	56.7	60.2	58.7	53.7
Batter-based products	2.5	5.0	3.9	2.9	4.8	3.9
<b>Fruit products and dishes</b>	<i>126.2</i>	<i>147.2</i>	<i>140.7</i>	<i>142.6</i>	<i>156.4</i>	<i>143.5</i>
Pome fruit	37.2	39.5	41.3	43.7	51.6	43.3
Berry fruit	1.6	1.5	2.1	2.0	2.9	2.1
Citrus fruit	16.9	22.1	17.9	20.8	22.1	20.1
Stone fruit	16.2	15.5	17.9	18.7	17.2	17.1
Tropical fruit	28.0	30.8	29.6	30.5	32.3	30.4
Other fruit	16.1	29.0	23.8	17.7	20.2	21.2
Mixtures of two or more groups of fruit	7.2	5.0	5.0	6.0	5.0	5.6
Dried fruit, preserved fruit	2.1	2.8	2.3	2.7	3.2	2.7
<b>Vegetable products and dishes</b>	<i>264.3</i>	<i>257.9</i>	<i>260.0</i>	<i>261.5</i>	<i>251.4</i>	<i>258.8</i>
Potatoes	96.8	88.2	92.3	91.0	80.8	89.3
Cabbage, cauliflower and similar brassica vegetables	24.6	20.7	21.1	21.4	21.4	21.8
Carrot and similar root vegetables	21.4	22.3	20.8	22.9	21.1	21.8
Leaf and stalk vegetables	15.3	16.1	15.5	17.9	18.5	16.8
Peas and beans	18.1	18.4	17.4	20.1	18.8	18.7
Tomato and tomato products	30.4	33.7	34.2	33.9	34.4	33.4
Other fruiting vegetables	31.7	30.8	28.9	27.3	26.6	28.9
Other vegetables and vegetable combinations	22.9	23.1	24.5	23.2	25.5	23.9
Dishes where vegetable is the major component	3.1	4.7	5.1	3.9	4.3	4.3
<b>Legume and pulse products and dishes</b>	<i>9.8</i>	<i>7.9</i>	<i>10.8</i>	<i>9.5</i>	<i>10.7</i>	<i>9.8</i>
Mature legumes and pulses	* 2.0	* 1.6	* 1.4	* 1.6	* 2.0	1.7
Mature legumes and pulse products and dishes	7.8	6.2	9.4	7.9	8.7	8.1

TABLE 13. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEIFA—continued

(average grams per person)

<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Milk products and dishes</b>	280.5	283.9	284.5	292.2	301.5	289.3
Dairy milk	192.8	205.4	194.9	206.2	214.2	203.5
Yoghurt	12.6	9.4	14.2	15.1	16.9	13.8
Cream	2.5	2.7	3.2	2.8	3.1	2.9
Cheese	14.2	14.2	13.9	15.0	15.5	14.6
Frozen milk products	17.3	16.4	20.4	16.7	17.7	17.6
Other dishes where milk or a milk product is the major component	12.4	11.9	12.9	11.8	11.7	12.1
Milk substitutes	4.1	4.6	5.7	4.4	6.1	5.0
Flavoured milks	24.6	19.3	19.3	20.3	16.3	19.7
<b>Meat, poultry and game products and dishes</b>	148.7	162.6	163.8	154.5	157.7	157.4
Muscle meat	47.3	48.1	45.6	47.1	48.9	47.5
Poultry and other feathered game	21.3	24.5	19.0	22.2	22.1	21.9
Organ meats and offal, products and dishes	* 0.7	* 1.3	* 2.3	* 0.6	* 1.0	* 1.2
Sausages, frankfurts, and saveloys	11.2	11.1	10.1	11.0	8.9	10.3
Processed meat	5.8	7.2	6.1	4.2	4.3	5.4
Mixed dishes where beef or veal is the major component	35.4	38.3	47.8	42.9	41.6	41.2
Mixed dishes where lamb or pork, bacon, ham is the major component	7.9	7.3	9.4	8.8	7.7	8.2
Mixed dishes where poultry or game is the major ingredient	19.0	24.6	23.3	17.6	23.0	21.5
<b>Fish and seafood products and dishes</b>	22.3	24.5	26.3	25.8	28.8	25.7
Fin fish (excluding canned)	5.4	5.8	6.8	6.8	6.9	6.4
Crustacea and molluscs (excluding canned)	* 3.2	* 2.3	* 2.6	1.9	3.3	2.7
Packed (canned and bottled) fish and seafood	3.1	3.1	3.7	2.9	3.8	3.3
Fish and seafood products	6.8	6.3	7.2	7.9	6.8	7.0
Mixed dishes with fish or seafood as the major component	3.8	7.0	6.0	6.2	8.1	6.3
<b>Egg products and dishes</b>	16.2	14.5	16.2	13.2	9.8	13.7
Eggs	9.3	9.7	8.2	7.8	5.3	7.9
Dishes where egg is the major ingredient	6.8	4.8	7.9	5.4	4.5	5.8
<b>Snack foods</b>	3.2	3.0	4.2	3.3	3.9	3.5
Potato snacks	1.7	1.4	2.4	2.1	2.3	2.0
Corn snacks	* 0.5	1.0	* 1.1	0.6	1.1	0.9
Extruded snacks	* 0.9	* 0.5	* 0.5	* 0.4	0.4	0.5
<b>Sugar products and dishes</b>	20.4	21.0	19.6	18.1	17.3	19.1
Sugar, honey and syrups	15.3	14.1	11.7	12.5	11.4	12.9
Jam and lemon spreads, chocolate spreads	2.5	3.4	3.0	2.9	3.2	3.0
Dishes and products other than confectionery where sugar is the main component	2.7	3.5	4.9	2.7	2.7	3.2

TABLE 13. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEIFA—continued

(average grams per person)

Selected major and sub-major food groups(b)	SEIFA quintile of relative socio-economic disadvantage(a)					Total
	1st	2nd	3rd	4th	5th	
	Persons					
<b>Confectionery</b>	7.8	9.2	8.3	9.3	9.1	8.8
Chocolate and chocolate-based confectionery	5.5	6.2	5.2	6.3	6.2	5.9
Cereal-, fruit-, nut-, and seed-bars	0.8	1.0	1.0	1.1	1.2	1.0
Other confectionery	1.5	2.0	2.1	1.9	1.7	1.8
<b>Seed and nut products and dishes</b>	3.6	4.1	5.2	4.0	4.8	4.3
Nuts and nut products	3.4	4.0	4.9	3.9	4.5	4.2
<b>Fats and oils</b>	12.4	13.0	12.9	11.8	11.2	12.2
Dairy fats	3.2	4.0	3.5	3.5	3.2	3.5
Margarine	8.5	7.8	8.4	7.3	7.2	7.8
Vegetable oil	0.3	0.7	0.4	0.4	0.4	0.5
Unspecified fats	0.3	0.5	0.5	0.6	0.4	0.5
<b>Soup</b>	52.5	61.8	54.7	47.9	57.2	54.8
Soup	52.3	61.5	54.3	47.6	56.7	54.4
<b>Savoury sauces and condiments</b>	28.8	30.3	28.1	29.5	29.3	29.2
Gravies and savoury sauces	23.2	25.0	22.3	23.4	22.9	23.3
Pickles, chutneys and relishes	2.7	2.3	2.1	2.7	2.5	2.5
Salad dressings	2.7	2.8	3.5	3.3	3.6	3.2
<b>Non-alcoholic beverages</b>	2,001.4	2,005.4	1,978.0	2,002.6	1,937.7	1,983.4
Tea	376.5	387.8	399.9	402.5	420.2	399.0
Coffee and coffee substitutes	447.8	447.1	398.0	426.9	413.8	426.0
Fruit and vegetable juices and drinks	114.0	121.1	118.5	128.4	134.5	124.2
Soft drinks, flavoured mineral waters and electrolyte drinks	204.6	160.8	194.2	186.4	162.7	180.3
Mineral waters and water(c)	856.7	887.5	861.7	857.3	805.6	851.9
<b>Alcoholic beverages</b>	239.4	254.3	272.9	270.4	234.0	253.8
Beers	182.4	198.4	207.1	200.8	160.0	188.8
Wines	41.6	44.0	48.6	56.8	66.6	52.5
Spirits	3.9	3.2	4.5	3.1	3.3	3.5
Other alcoholic beverages	* 11.5	* 8.7	* 12.6	* 9.7	* 4.2	9.0
<b>Miscellaneous</b>	1.7	1.6	1.6	1.5	1.6	1.6
Beverage flavourings	0.6	0.5	0.5	0.5	0.6	0.5
Yeast; yeast, vegetable and meat extracts	1.0	1.0	0.9	0.8	0.8	0.9
Artificial sweetening agents	0.1	0.1	—	0.1	—	—
Herbs, spices, seasonings and stock cubes	* 0.1	* 0.1	* 0.1	* 0.2	* 0.2	0.1
<b>Total</b>	<b>3,548.4</b>	<b>3,639.3</b>	<b>3,621.7</b>	<b>3,650.8</b>	<b>3,591.7</b>	<b>3,611.3</b>

(a) Socio-economic index for areas. See Glossary for more details. (b) See paragraph 42 of the Explanatory Notes. (c) Includes plain drinking water.

**TABLE 14. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEIFA**

(median grams per consumer)

<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Cereal and cereal products</b>	<i>144.0</i>	<i>158.3</i>	<i>154.0</i>	<i>170.5</i>	<i>178.0</i>	<i>161.0</i>
Regular breads, and rolls	91.0	96.0	96.0	97.0	97.0	96.0
Breakfast cereals, plain single source	30.0	30.0	32.5	31.3	30.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	74.0	63.0	67.0	67.0	63.0	65.4
Pasta and pasta products	204.0	195.5	191.7	222.0	222.0	212.5
Rice and rice products	253.4	232.2	196.0	190.0	195.0	195.0
Breakfast cereals, mixed source	48.7	60.0	56.3	59.0	60.0	58.5
Breakfast cereal, hot porridge type	325.0	260.0	260.0	260.0	260.0	260.0
<b>Cereal-based products and dishes</b>	<i>109.6</i>	<i>117.4</i>	<i>125.0</i>	<i>127.0</i>	<i>116.4</i>	<i>120.0</i>
Sweet biscuits	28.7	30.3	26.8	30.3	26.0	28.0
Savoury biscuits	21.6	20.0	18.0	18.0	19.6	19.6
Cakes, buns, muffins, scones, cake-type desserts	77.4	81.3	65.0	76.1	74.1	75.2
Pastries	174.0	174.0	172.0	174.0	174.0	174.0
Mixed dishes where cereal is the major ingredient	217.0	212.5	219.5	221.9	220.0	217.0
Batter-based products	60.3	86.0	86.0	60.3	90.0	83.0
<b>Fruit products and dishes</b>	<i>198.0</i>	<i>186.9</i>	<i>202.0</i>	<i>202.6</i>	<i>207.0</i>	<i>200.0</i>
Pome fruit	140.0	140.0	140.0	150.0	140.0	140.0
Berry fruit	* 48.0	58.3	48.0	48.0	52.7	48.0
Citrus fruit	131.0	131.0	131.0	131.0	131.0	131.0
Stone fruit	173.0	138.0	145.0	151.0	145.0	145.0
Tropical fruit	102.4	102.4	102.4	102.4	102.4	102.4
Other fruit	155.4	135.1	132.5	111.0	88.4	124.0
Mixtures of two or more groups of fruit	206.0	154.5	* 154.5	180.0	175.3	195.0
Dried fruit, preserved fruit	32.0	30.0	27.2	31.9	30.0	30.0
<b>Vegetable products and dishes</b>	<i>248.5</i>	<i>252.6</i>	<i>257.8</i>	<i>250.6</i>	<i>245.0</i>	<i>250.0</i>
Potatoes	145.0	145.0	147.0	142.0	142.0	144.3
Cabbage, cauliflower and similar brassica vegetables	69.3	72.5	72.8	72.5	69.5	72.5
Carrot and similar root vegetables	42.0	42.7	42.5	41.3	41.9	42.0
Leaf and stalk vegetables	28.3	29.0	29.0	29.0	29.0	29.0
Peas and beans	62.0	58.3	62.5	62.5	56.4	62.3
Tomato and tomato products	60.0	60.0	60.0	60.0	60.0	60.0
Other fruiting vegetables	61.3	53.6	56.7	52.0	48.5	53.6
Other vegetables and vegetable combinations	46.7	46.9	44.5	43.7	43.3	44.5
Dishes where vegetable is the major component	99.0	* 172.0	108.6	120.5	118.4	116.0
<b>Legume and pulse products and dishes</b>	<i>97.5</i>	<i>91.7</i>	<i>96.8</i>	<i>99.0</i>	<i>92.8</i>	<i>93.5</i>
Mature legumes and pulses	70.6	* 47.5	86.2	* 63.3	* 46.8	57.7
Mature legumes and pulse products and dishes	125.2	100.0	100.0	112.5	130.0	110.0

**TABLE 14. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEIFA—continued**

(median grams per consumer)

<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Milk products and dishes</b>	236.2	237.8	247.6	240.9	258.5	247.7
Dairy milk	170.3	190.9	176.7	170.9	193.5	187.0
Yoghurt	129.5	129.5	185.0	194.3	194.3	155.0
Cream	20.5	20.0	20.5	20.5	20.5	20.5
Cheese	27.0	21.6	25.2	24.0	23.2	24.0
Frozen milk products	77.0	83.0	93.0	74.0	75.9	82.7
Other dishes where milk or a milk product is the major component	140.0	158.7	140.0	130.0	135.0	140.0
Milk substitutes	168.3	198.8	198.8	198.8	212.0	198.8
Flavoured milks	520.0	387.0	316.8	516.0	387.0	431.0
<b>Meat, poultry and game products and dishes</b>	135.9	144.9	147.6	144.0	149.3	144.0
Muscle meat	74.0	72.7	69.1	71.5	69.1	72.0
Poultry and other feathered game	108.0	114.0	101.3	108.0	108.0	107.3
Organ meats and offal, products and dishes	**35.0	**50.7	**62.5	**18.2	* 17.5	* 30.0
Sausages, frankfurts, and saveloys	97.9	101.8	102.7	102.7	77.0	95.3
Processed meat	35.1	39.7	37.3	33.0	31.7	34.4
Mixed dishes where beef or veal is the major component	210.5	189.8	227.9	192.0	201.8	202.3
Mixed dishes where lamb or pork, bacon, ham is the major component	189.8	156.0	183.6	190.6	146.0	177.1
Mixed dishes where poultry or game is the major component	144.0	179.2	179.4	158.0	147.9	161.9
<b>Fish and seafood products and dishes</b>	100.5	98.3	100.0	97.5	105.0	100.0
Fin fish (excluding canned)	100.5	88.0	126.7	102.0	126.7	105.6
Crustacea and molluscs (excluding canned)	122.3	* 60.0	52.7	52.7	* 87.0	69.5
Packed (canned and bottled) fish and seafood	61.0	51.3	70.0	52.5	60.0	57.9
Fish and seafood products	89.8	86.4	80.0	98.0	90.0	90.0
Mixed dishes with fish or seafood as the major component	* 216.0	251.0	167.7	200.0	237.6	210.8
<b>Egg products and dishes</b>	73.0	55.0	60.0	56.0	50.0	57.2
Eggs	59.0	50.0	50.0	50.0	49.0	50.0
Dishes where egg is the major ingredient	130.0	110.0	130.0	140.6	116.0	128.0
<b>Snack foods</b>	33.0	31.3	40.0	37.0	30.0	34.6
Potato snacks	50.0	29.0	40.0	31.5	33.3	34.8
Corn snacks	* 29.6	50.0	49.5	25.0	40.5	29.6
Extruded snacks	24.0	30.0	* 24.0	**24.0	22.0	25.0
<b>Sugar products and dishes</b>	16.8	16.8	16.5	16.8	16.5	16.8
Sugar, honey and syrups	16.8	16.5	12.6	14.5	14.3	14.7
Jam and lemon spreads, chocolate spreads	13.5	13.5	10.1	13.5	13.5	13.5
Dishes and products other than confectionery where sugar is the main component	93.3	100.7	143.5	93.3	75.0	100.0

**TABLE 14. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEIFA—continued**

(median grams per consumer)

<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Confectionery</b>	31.0	30.0	26.5	31.0	30.0	30.0
Chocolate and chocolate-based confectionery	39.7	30.0	27.5	30.0	30.0	30.0
Cereal-, fruit-, nut-, and seed-bars	37.0	31.0	32.0	31.0	31.0	32.0
Other confectionery	17.2	16.0	15.3	20.0	15.0	16.7
<b>Seed and nut products and dishes</b>	25.0	19.0	18.8	14.4	18.8	18.8
Nuts and nut products	25.0	19.7	20.0	14.4	18.8	18.8
<b>Fats and oils</b>	12.0	12.0	12.0	12.0	10.8	12.0
Dairy fats	10.0	10.4	9.6	9.8	9.6	10.0
Margarine	11.8	10.0	10.0	10.0	10.0	10.0
Vegetable oil	* 10.0	13.7	* 9.1	6.8	* 4.6	9.1
Unspecified fats	7.0	14.0	10.5	* 7.0	14.0	10.5
<b>Soup</b>	382.5	379.5	387.0	379.5	379.5	379.5
Soup	387.0	379.5	390.0	382.5	379.5	382.5
<b>Savoury sauces and condiments</b>	25.6	25.0	24.0	23.5	24.5	25.0
Gravies and savoury sauces	29.9	27.5	26.3	22.0	30.0	26.4
Pickles, chutneys and relishes	13.1	12.0	12.0	14.4	12.5	12.5
Salad dressings	18.0	13.9	18.0	18.0	16.0	18.0
<b>Non-alcoholic beverages</b>	1,815.0	1,807.0	1,785.5	1,792.0	1,764.0	1,785.3
Tea	588.7	570.9	629.3	634.4	609.0	609.0
Coffee and coffee substitutes	507.5	507.5	507.5	507.5	507.5	507.5
Fruit and vegetable juices and drinks	263.0	264.0	263.0	263.0	263.0	263.0
Soft drinks, flavoured mineral waters and electrolyte drinks	417.2	391.1	448.5	400.0	391.1	391.5
Mineral waters and water(c)	900.0	950.0	900.0	881.8	750.0	840.0
<b>Alcoholic beverages</b>	503.0	476.2	497.5	402.0	380.0	424.3
Beers	761.3	757.9	761.2	761.3	754.5	756.0
Wines	319.4	248.8	251.3	249.3	249.5	251.3
Spirits	58.0	58.0	58.0	48.3	58.0	58.0
Other alcoholic beverages	340.9	**213.4	* 386.0	* 213.4	* 258.3	309.9
<b>Miscellaneous</b>	3.0	3.0	3.0	3.0	3.0	3.0
Beverage flavourings	5.1	4.9	5.0	4.0	4.4	4.9
Yeast; yeast, vegetable and meat extracts	3.0	3.0	3.0	3.0	3.0	3.0
Artificial sweetening agents	0.4	0.4	0.4	0.4	0.4	0.4
Herbs, spices, seasonings and stock cubes	1.4	2.8	* 1.4	* 2.8	2.8	* 1.4

(a) Socio-economic index for areas. See Glossary for more details. (b) See paragraph 42 of the Explanatory Notes. (c) Includes plain drinking water.

**TABLE 15. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : SEIFA**

(per cent)

<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Cereals and cereal products</b>	92.3	95.0	95.2	94.3	95.5	94.5
Regular breads, and rolls	78.6	79.9	82.4	81.5	80.0	80.5
Breakfast cereals, plain, single source	23.6	26.0	23.6	28.1	29.2	26.4
Fancy breads, flat breads, English-style muffins and crumpets	10.2	10.5	12.8	11.3	16.3	12.4
Pasta and pasta products	10.7	11.4	11.9	11.1	13.4	11.8
Rice and rice products	12.7	16.1	12.3	14.1	16.2	14.4
Breakfast cereals, mixed source	14.1	16.9	19.9	20.2	22.2	18.9
Breakfast cereal, hot porridge type	4.6	6.0	4.8	6.1	6.4	5.6
<b>Cereal-based products and dishes</b>	63.8	66.6	69.5	70.5	73.6	69.1
Sweet biscuits	23.6	24.9	25.6	24.2	28.4	25.4
Savoury biscuits	13.4	14.2	14.1	13.4	18.1	14.8
Cakes, buns, muffins, scones, cake-type desserts	19.4	23.2	24.9	25.2	24.7	23.6
Pastries	14.8	16.2	17.6	18.3	18.6	17.2
Mixed dishes where cereal is the major ingredient	17.4	15.6	19.0	20.2	20.5	18.7
Batter-based products	2.6	4.2	4.1	3.8	3.9	3.7
<b>Fruit products and dishes</b>	49.5	57.1	54.3	56.9	61.8	56.3
Pome fruit	20.8	23.3	23.8	24.7	29.5	24.7
Berry fruit	2.6	2.5	3.1	3.4	4.6	3.3
Citrus fruit	11.5	14.1	12.2	13.8	15.5	13.6
Stone fruit	7.3	8.1	9.9	10.0	9.2	8.9
Tropical fruit	23.9	25.7	25.5	25.2	28.7	26.0
Other fruit	7.8	12.7	12.0	11.0	11.8	11.1
Mixtures of two or more groups of fruit	2.7	2.7	2.6	2.8	2.2	2.6
Dried fruit, preserved fruit	5.3	6.9	6.0	6.8	6.4	6.3
<b>Vegetable products and dishes</b>	88.9	88.8	87.9	89.3	89.2	88.8
Potatoes	54.0	51.9	52.0	53.5	47.6	51.6
Cabbage, cauliflower and similar brassica vegetables	25.7	22.7	22.6	22.9	22.7	23.3
Carrot and similar root vegetables	35.7	39.8	39.3	41.1	38.4	39.0
Leaf and stalk vegetables	33.5	35.3	39.2	38.9	42.6	38.2
Peas and beans	25.7	26.6	24.1	27.4	27.3	26.3
Tomato and tomato products	36.6	37.6	39.1	39.9	41.3	39.1
Other fruiting vegetables	36.0	39.7	38.8	38.5	38.2	38.3
Other vegetables and vegetable combinations	34.2	35.3	37.5	37.3	40.1	37.1
Dishes where vegetable is the major component	2.1	2.5	3.3	2.3	2.6	2.6
<b>Legume and pulse products and dishes</b>	6.8	6.5	8.0	6.7	8.3	7.3
Mature legumes and pulses	2.1	2.1	1.6	1.6	2.4	2.0
Mature legumes and pulse products and dishes	5.0	4.6	6.5	5.2	6.2	5.6



TABLE 15. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : SEIFA—continued

(per cent)						
<i>Selected major and sub-major food groups(b)</i>	<i>SEIFA quintile of relative socio-economic disadvantage(a)</i>					<i>Total</i>
	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	
	Persons					
<b>Milk products and dishes</b>	91.7	94.1	92.1	93.4	94.7	93.3
Dairy milk	80.7	83.9	81.7	83.2	86.0	83.3
Yoghurt	7.8	6.5	8.8	9.0	10.2	8.6
Cream	6.2	7.4	8.3	7.7	8.6	7.7
Cheese	36.9	40.1	40.2	42.3	45.1	41.2
Frozen milk products	14.4	14.8	17.4	15.1	16.7	15.7
Other dishes where milk or a milk product is the major component	7.7	6.9	7.0	7.5	7.7	7.4
Milk substitutes	2.1	2.1	2.5	2.0	2.2	2.2
Flavoured milks	4.0	4.1	4.1	4.0	3.9	4.0
<b>Meat, poultry and game products and dishes</b>	80.6	81.0	80.5	81.3	82.5	81.2
Muscle meat	45.6	46.8	45.6	48.4	48.5	47.2
Poultry and other feathered game	15.7	17.6	15.7	16.7	17.7	16.8
Organ meats and offal, products and dishes	* 1.0	1.7	1.9	1.4	1.9	1.6
Sausages, frankfurts, and saveloys	9.8	9.9	8.3	9.4	8.4	9.1
Processed meat	11.3	11.3	11.2	9.5	9.0	10.3
Mixed dishes where beef or veal is the major component	14.2	15.7	16.9	17.3	17.5	16.4
Mixed dishes where lamb or pork, bacon, ham is the major component	3.3	3.8	4.4	3.3	4.2	3.8
Mixed dishes where poultry or game is the major ingredient	9.3	10.1	11.2	9.2	11.7	10.3
<b>Fish and seafood products and dishes</b>	16.8	17.8	18.3	18.6	19.5	18.3
Fin fish (excluding canned)	4.2	4.5	4.2	5.4	5.0	4.7
Crustacea and molluscs (excluding canned)	2.6	2.5	2.8	2.5	3.2	2.7
Packed (canned and bottled) fish and seafood	4.1	4.4	4.4	4.5	5.3	4.6
Fish and seafood products	5.9	5.5	6.2	6.5	6.1	6.0
Mixed dishes with fish or seafood as the major component	1.6	2.9	2.6	2.4	2.8	2.5
<b>Egg products and dishes</b>	17.0	19.7	17.7	16.1	13.9	16.7
Eggs	13.4	16.4	13.5	12.9	10.1	13.1
Dishes where egg is the major ingredient	4.0	3.9	4.5	3.5	3.9	3.9
<b>Snack foods</b>	7.9	6.8	9.2	7.4	9.1	8.1
Potato snacks	4.0	3.8	5.7	4.4	5.2	4.7
Corn snacks	1.4	2.1	2.1	2.0	2.4	2.0
Extruded snacks	2.6	1.2	1.6	* 1.0	1.3	1.5
<b>Sugar products and dishes</b>	67.7	68.2	66.6	65.5	69.0	67.4
Sugar, honey and syrups	60.3	60.2	58.1	56.6	58.5	58.6
Jam and lemon spreads, chocolate spreads	16.1	17.8	18.2	18.8	21.3	18.6
Dishes and products other than confectionery where sugar is the main component	2.4	2.8	2.5	2.3	2.7	2.5

TABLE 15. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : SEIFA—continued

(per cent)						
Selected major and sub-major food groups(b)	SEIFA quintile of relative socio-economic disadvantage(a)					Total
	1st	2nd	3rd	4th	5th	
	Persons					
<b>Confectionery</b>	18.4	20.4	20.9	20.9	22.7	20.8
Chocolate and chocolate-based confectionery	11.8	13.7	12.6	14.6	15.9	13.9
Cereal-, fruit-, nut-, and seed-bars	1.8	2.4	2.5	2.7	3.0	2.5
Other confectionery	6.4	6.6	7.2	5.9	6.6	6.5
<b>Seed and nut products and dishes</b>	10.1	12.4	14.5	11.8	13.2	12.4
Nuts and nut products	9.6	11.8	13.6	11.4	12.8	11.9
<b>Fats and oils</b>	72.6	76.9	77.3	74.5	75.3	75.3
Dairy fats	18.9	23.7	22.8	24.3	23.6	22.8
Margarine	53.4	53.1	54.8	50.9	53.2	53.1
Vegetable oil	2.2	4.1	3.4	3.4	4.1	3.5
Unspecified fats	3.1	3.9	4.7	5.3	3.7	4.2
<b>Soup</b>	12.3	14.3	12.0	11.0	13.9	12.7
Soup	12.0	13.8	11.6	10.6	13.6	12.4
<b>Savoury sauces and condiments</b>	50.9	56.2	51.7	54.7	55.9	54.1
Gravies and savoury sauces	37.2	40.7	35.5	38.4	37.9	38.0
Pickles, chutneys and relishes	10.6	11.0	9.7	10.9	10.7	10.6
Salad dressings	14.2	14.1	17.6	15.4	19.1	16.2
<b>Non-alcoholic beverages</b>	99.7	99.8	99.8	99.9	100.0	99.9
Tea	51.0	53.7	53.4	53.0	56.5	53.7
Coffee and coffee substitutes	59.0	61.2	59.0	61.8	61.8	60.7
Fruit and vegetable juices and drinks	32.4	34.2	33.8	36.0	40.6	35.7
Soft drinks, flavoured mineral waters and electrolyte drinks	31.7	29.2	31.6	30.4	31.7	30.9
Mineral waters and water(c)	78.4	79.8	80.1	79.1	81.0	79.8
<b>Alcoholic beverages</b>	26.7	31.3	33.6	34.7	37.1	33.0
Beers	14.6	17.3	17.9	17.3	15.8	16.6
Wines	9.8	13.5	14.5	16.0	20.6	15.2
Spirits	4.5	3.5	4.6	5.2	5.5	4.7
Other alcoholic beverages	2.1	2.1	2.5	2.5	1.6	2.1
<b>Miscellaneous</b>	29.8	29.1	32.3	29.7	32.8	30.7
Beverage flavourings	8.5	7.7	8.0	7.7	8.2	8.0
Yeast; yeast, vegetable and meat extracts	15.6	15.5	17.6	16.1	17.2	16.4
Artificial sweetening agents	6.7	6.9	8.0	7.3	6.7	7.1
Herbs, spices, seasonings and stock cubes	2.5	2.3	2.9	2.4	5.0	3.1
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —					
<b>Total</b>	<b>2,330.5</b>	<b>2,546.0</b>	<b>2,348.0</b>	<b>2,815.3</b>	<b>3,132.7</b>	<b>13,205.3</b>

(a) Socio-economic index for areas. See Glossary for more details. (b) See paragraph 42 of the Explanatory Notes. (c) Includes plain drinking water.

**TABLE 16. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : DAY OF WEEK**

(average grams per person)

Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
	Persons							
<b>Cereals and cereal products</b>	240.7	231.5	214.4	184.3	217.2	214.6	181.5	176.8
Regular breads, and rolls	90.2	92.7	95.6	84.2	91.5	90.7	88.0	88.2
Breakfast cereals, plain, single source	10.9	10.2	11.8	12.2	5.3	7.8	10.3	14.6
Fancy breads, flat breads,								
English-style muffins and crumpets	13.0	11.5	7.6	5.4	19.7	16.0	9.3	7.1
Pasta and pasta products	44.8	38.4	27.7	12.9	39.6	32.0	16.6	8.5
Rice and rice products	55.0	52.3	35.6	15.8	45.5	42.5	30.8	18.6
Breakfast cereals, mixed source	16.3	14.1	12.5	11.2	13.7	13.3	11.4	11.5
Breakfast cereal, hot porridge type	10.0	11.7	23.1	41.9	* 2.0	11.3	13.2	* 24.1
<b>Cereal-based products and dishes</b>	172.8	143.5	103.5	74.1	177.5	148.6	123.2	80.2
Sweet biscuits	7.8	9.1	9.1	10.3	5.8	8.0	9.8	10.4
Savoury biscuits	3.5	4.4	4.3	3.8	2.6	4.2	3.1	3.8
Cakes, buns, muffins, scones, cake-type desserts	23.6	24.7	23.6	21.7	23.0	24.7	28.1	21.9
Pastries	38.2	34.3	28.9	22.5	35.1	39.0	33.4	23.5
Mixed dishes where cereal is the major ingredient	96.3	67.6	34.5	13.0	105.0	63.7	45.1	18.3
Batter-based products	* 3.4	3.4	3.2	2.7	* 5.9	* 8.9	* 3.7	* 2.3
<b>Fruit products and dishes</b>	93.0	134.5	172.2	178.6	82.4	114.3	158.3	173.1
Pome fruit	26.7	45.4	53.2	48.3	28.6	30.9	40.0	46.7
Berry fruit	* 1.4	1.7	2.5	2.0	* 1.2	* 2.5	* 2.4	* 3.2
Citrus fruit	12.7	17.7	25.1	23.9	10.8	16.6	23.8	28.5
Stone fruit	5.6	13.9	22.3	28.2	* 4.3	13.4	19.8	* 22.8
Tropical fruit	22.2	28.2	35.0	40.8	23.4	23.3	29.3	37.2
Other fruit	19.8	18.9	24.9	23.2	* 9.4	17.6	31.3	* 19.2
Mixtures of two or more groups of fruit	* 2.5	5.6	4.3	7.0	* 3.7	* 6.3	* 8.4	* 10.5
Dried fruit, preserved fruit	0.7	2.0	3.7	4.4	* 0.8	2.5	* 2.5	* 4.0
<b>Vegetable products and dishes</b>	261.6	248.4	289.0	268.4	208.3	245.7	246.0	233.4
Potatoes	102.5	85.6	95.4	91.5	86.2	84.4	79.7	75.8
Cabbage, cauliflower and similar brassica vegetables	20.6	20.3	26.6	27.6	14.8	13.7	20.6	21.4
Carrot and similar root vegetables	19.4	20.0	25.8	24.8	12.7	21.1	20.4	21.1
Leaf and stalk vegetables	15.0	16.1	18.5	14.7	15.6	18.2	18.6	18.0
Peas and beans	17.4	17.1	22.6	24.4	12.3	15.3	15.2	14.4
Tomato and tomato products	27.6	33.2	38.7	32.5	18.9	31.8	37.4	32.6
Other fruiting vegetables	26.1	26.4	33.9	32.5	22.3	26.7	26.5	31.8
Other vegetables and vegetable combinations	28.1	24.8	24.2	17.2	21.2	27.8	24.2	17.7
Dishes where vegetable is the major component	* 4.9	5.0	3.2	* 3.2	**4.3	* 6.7	* 3.4	* 0.5
<b>Legume and pulse products and dishes</b>	11.0	8.2	10.8	5.6	* 9.5	14.5	14.2	* 7.6
Mature legumes and pulses	* 1.1	1.3	* 2.5	* 1.1	—	* 2.2	* 3.1	**1.3
Mature legumes and pulse products and dishes	9.8	6.9	8.3	4.5	* 7.9	12.3	* 11.1	* 6.3

TABLE 16. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : DAY OF WEEK—continued

(average grams per person)

Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
	Persons							
<b>Milk products and dishes</b>	362.9	299.2	278.3	270.5	235.5	278.8	264.5	258.9
Dairy milk	239.9	206.1	204.2	199.0	161.3	188.8	193.1	193.6
Yoghurt	10.8	15.7	15.8	14.0	* 5.7	10.0	11.2	15.1
Cream	2.7	2.9	2.4	2.5	* 2.9	3.3	3.9	* 4.4
Cheese	16.9	16.3	14.0	9.9	13.1	16.5	14.5	9.9
Frozen milk products	24.6	16.5	15.1	12.3	20.1	26.5	18.7	12.4
Other dishes where milk or a milk product is the major component	11.9	8.9	11.2	23.0	* 4.6	11.3	12.3	* 17.0
Milk substitutes	* 5.7	4.5	4.7	* 6.7	—	* 5.4	* 6.2	* 5.0
Flavoured milks	50.5	28.3	10.9	3.0	* 27.8	16.9	* 4.7	* 1.5
<b>Meat, poultry and game products and dishes</b>	180.0	168.8	158.3	118.2	180.4	160.7	149.0	113.5
Muscle meat	52.6	47.5	48.8	35.7	57.7	54.2	47.8	39.0
Poultry and other feathered game	25.1	24.4	20.0	14.3	21.0	23.5	23.1	22.6
Organ meats and offal, products and dishes	**0.3	* 0.8	* 1.2	**2.9	—	**0.6	**1.8	**0.8
Sausages, frankfurts, and saveloys	8.0	10.0	10.8	6.2	* 18.4	14.2	10.7	12.4
Processed meat	5.1	4.7	6.3	5.7	* 2.5	6.3	6.2	* 4.9
Mixed dishes where beef or veal is the major component	48.6	45.5	46.0	31.3	42.4	33.2	37.7	18.7
Mixed dishes where lamb or pork, bacon, ham is the major component	8.7	8.6	7.4	7.8	* 13.5	8.4	* 7.5	* 5.4
Mixed dishes where poultry or game is the major ingredient	31.7	27.1	17.6	14.1	* 24.3	19.8	14.3	9.6
<b>Fish and seafood products and dishes</b>	28.1	22.7	30.5	24.4	21.4	27.6	28.1	16.2
Fin fish (excluding canned)	3.5	5.4	9.4	8.0	* 5.8	7.0	* 4.6	* 2.7
Crustacea and molluscs (excluding canned)	* 2.2	2.0	3.2	* 1.4	**4.6	* 4.0	* 4.6	**1.9
Packed (canned and bottled) fish and seafood	2.3	3.0	3.7	3.4	* 0.4	4.2	* 3.9	* 5.2
Fish and seafood products	8.0	7.3	7.1	5.7	* 8.5	7.4	6.6	* 4.4
Mixed dishes with fish or seafood as the major component	* 12.2	5.0	7.2	* 6.0	—	* 5.0	* 8.4	* 2.1
<b>Egg products and dishes</b>	12.1	11.0	12.4	10.4	17.6	22.7	22.8	16.1
Eggs	6.7	6.3	7.9	6.5	8.4	13.3	12.0	7.9
Dishes where egg is the major ingredient	* 5.4	4.7	4.5	3.9	* 9.2	9.3	* 10.8	* 8.2
<b>Snack foods</b>	9.5	4.2	1.1	0.4	* 8.1	5.1	2.3	1.1
Potato snacks	4.7	2.6	0.7	0.3	* 3.9	2.7	1.7	* 0.7
Corn snacks	* 2.8	0.7	0.3	—	**3.0	* 1.6	* 0.5	—
Extruded snacks	* 2.0	0.7	* 0.1	* 0.1	**1.2	* 0.5	—	—
<b>Sugar products and dishes</b>	17.2	16.5	21.0	21.4	11.9	21.5	20.8	24.0
Sugar, honey and syrups	12.2	12.7	13.6	13.5	9.4	12.9	13.9	11.1
Jam and lemon spreads, chocolate spreads	1.3	1.9	3.4	4.8	1.1	3.5	4.1	6.3
Dishes and products other than confectionery where sugar is the main component	* 3.7	1.9	4.0	3.1	* 1.5	5.1	* 2.7	* 6.5

TABLE 16. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : DAY OF WEEK—continued

(average grams per person)

Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
	Persons							
<b>Confectionery</b>	14.5	10.5	6.4	3.9	13.8	10.0	7.3	4.6
Chocolate and chocolate-based confectionery	8.2	7.4	4.1	2.4	12.2	6.8	4.9	3.5
Cereal-, fruit-, nut-, and seed-bars	2.6	1.5	0.8	0.2	* 0.4	0.6	* 0.9	—
Other confectionery	3.6	1.7	1.6	1.3	* 1.2	2.5	1.6	* 1.1
<b>Seed and nut products and dishes</b>	4.2	4.9	3.5	2.2	* 4.4	7.0	5.4	* 2.2
Nuts and nut products	3.6	4.8	3.4	2.1	* 4.4	6.9	5.2	* 2.0
<b>Fats and oils</b>	11.2	11.4	12.6	13.9	11.8	11.4	12.5	15.3
Dairy fats	2.4	3.1	3.5	4.2	2.6	3.9	4.1	5.1
Margarine	7.8	7.2	8.0	8.9	8.2	6.8	7.6	10.0
Vegetable oil	* 0.5	0.4	0.6	* 0.3	**0.7	* 0.4	* 0.4	* 0.1
Unspecified fats	0.5	0.6	0.5	0.4	* 0.4	0.3	* 0.4	* 0.2
<b>Soup</b>	41.7	44.8	56.7	68.8	46.7	51.7	80.9	84.6
Soup	41.6	44.6	56.2	68.3	45.9	51.7	80.3	83.7
<b>Savoury sauces and condiments</b>	30.4	31.4	29.0	21.6	36.3	35.2	22.2	23.4
Gravies and savoury sauces	26.2	25.6	22.5	16.6	29.9	28.6	15.6	17.1
Pickles, chutneys and relishes	1.4	2.6	3.1	2.4	* 1.9	2.5	1.8	* 2.3
Salad dressings	2.7	2.9	3.2	2.6	4.2	3.7	4.7	3.9
<b>Non-alcoholic beverages</b>	2,053.2	2,102.3	2,021.6	1,706.0	1,927.2	2,023.6	1,884.6	1,610.7
Tea	160.3	318.6	523.5	642.1	141.7	302.5	455.2	545.9
Coffee and coffee substitutes	234.5	496.4	519.6	280.6	154.6	478.3	448.9	308.0
Fruit and vegetable juices and drinks	217.7	133.1	92.3	77.3	229.3	132.3	103.8	75.6
Soft drinks, flavoured mineral waters and electrolyte drinks	393.6	206.6	97.4	44.4	424.2	239.0	132.2	59.9
Mineral waters and water(b)	1,044.4	943.9	788.5	661.2	970.9	870.0	743.8	621.3
<b>Alcoholic beverages</b>	181.3	243.6	253.4	150.9	384.9	406.9	337.9	195.8
Beers	140.9	185.9	179.2	103.6	283.0	316.5	245.8	147.4
Wines	17.2	47.5	68.4	43.0	30.8	69.6	83.7	40.9
Spirits	* 2.7	2.7	3.3	4.1	* 7.1	* 4.4	* 4.1	* 5.6
Other alcoholic beverages	* 20.6	* 7.5	* 2.5	* 0.1	**64.0	* 16.4	* 4.3	**1.9
<b>Miscellaneous</b>	2.4	1.8	1.3	1.1	2.1	1.6	1.1	1.4
Beverage flavourings	0.9	0.6	0.4	0.4	* 0.5	0.7	0.4	* 0.3
Yeast; yeast, vegetable and meat extracts	1.5	1.0	0.7	0.6	1.4	0.8	0.5	0.8
Artificial sweetening agents	—	—	0.1	0.1	—	—	* 0.1	* 0.1
Herbs, spices, seasonings and stock cubes	* 0.1	* 0.2	* 0.1	* 0.1	**0.2	* 0.2	* 0.1	**0.1
<b>Total</b>	<b>3,728.7</b>	<b>3,739.9</b>	<b>3,676.4</b>	<b>3,124.8</b>	<b>3,596.9</b>	<b>3,801.9</b>	<b>3,562.7</b>	<b>3,038.9</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

TABLE 17. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : DAY OF WEEK

(median grams per consumer)

Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
	Persons							
<b>Cereal and cereal products</b>	181.4	178.0	160.0	138.0	149.6	169.5	146.9	137.0
Regular breads, and rolls	108.0	100.8	96.0	86.0	81.0	99.0	91.0	91.0
Breakfast cereals, plain single source	45.0	45.0	30.0	30.0	* 45.0	37.5	30.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	93.0	65.4	60.0	56.0	84.0	75.0	60.0	**61.2
Pasta and pasta products	272.0	222.0	222.0	148.0	* 148.0	222.0	172.0	* 148.0
Rice and rice products	285.0	237.5	190.0	190.0	* 292.5	190.0	190.0	* 180.0
Breakfast cereals, mixed source	70.0	60.0	50.5	45.0	* 65.0	67.5	52.5	35.0
Breakfast cereal, hot porridge type	433.4	325.0	260.0	260.0	—	325.0	* 260.0	260.0
<b>Cereal-based products and dishes</b>	186.0	149.2	88.0	58.6	186.0	152.1	111.6	60.6
Sweet biscuits	31.0	31.2	28.0	24.0	23.0	* 30.5	33.0	22.0
Savoury biscuits	28.6	24.0	18.0	16.0	**26.8	20.0	20.0	16.0
Cakes, buns, muffins, scones, cake-type desserts	102.4	84.0	67.6	56.5	* 126.0	80.4	67.7	60.3
Pastries	174.0	174.0	157.5	174.0	166.4	156.5	173.6	* 166.9
Mixed dishes where cereal is the major ingredient	250.8	236.0	203.6	167.2	286.0	217.0	217.0	132.5
Batter-based products	* 90.0	76.3	83.0	70.7	—	* 67.5	—	—
<b>Fruit products and dishes</b>	166.0	197.0	212.0	196.5	166.0	196.3	204.8	210.0
Pome fruit	166.0	161.0	140.0	133.0	166.0	140.0	140.0	140.0
Berry fruit	* 72.0	42.0	60.0	72.0	—	* 40.3	* 40.3	—
Citrus fruit	131.0	131.0	131.0	131.0	—	128.0	131.0	131.0
Stone fruit	* 132.0	151.0	145.0	132.0	—	151.0	145.0	145.0
Tropical fruit	102.4	102.4	102.4	96.0	102.4	102.4	102.4	96.0
Other fruit	* 169.0	126.8	126.8	106.8	—	104.0	* 106.0	* 84.5
Mixtures of two or more groups of fruit	—	206.0	140.0	* 197.3	—	—	—	—
Dried fruit, preserved fruit	27.2	27.2	32.0	32.0	—	* 40.0	* 25.0	* 20.4
<b>Vegetable products and dishes</b>	259.2	238.9	286.0	253.5	194.0	227.5	245.0	243.0
Potatoes	163.3	150.0	146.5	122.0	147.0	145.0	142.0	122.5
Cabbage, cauliflower and similar brassica vegetables	66.0	72.5	72.5	66.0	**66.0	72.5	75.0	74.0
Carrot and similar root vegetables	41.3	41.3	46.0	42.7	52.1	41.3	42.3	* 39.4
Leaf and stalk vegetables	32.5	29.0	29.0	29.0	* 29.0	29.0	29.0	29.0
Peas and beans	71.3	56.7	62.5	62.5	* 70.0	55.0	62.5	53.3
Tomato and tomato products	61.0	60.0	60.0	60.0	45.0	60.0	60.0	60.0
Other fruiting vegetables	60.5	51.1	53.8	61.9	* 50.5	50.3	53.3	57.0
Other vegetables and vegetable combinations	48.6	47.2	47.0	37.0	* 37.5	45.4	44.5	42.0
Dishes where vegetable is the major component	* 172.0	99.0	116.0	* 126.5	—	160.7	* 64.0	—
<b>Legume and pulse products and dishes</b>	130.0	91.7	100.0	70.6	* 110.0	83.2	107.5	* 91.7
Mature legumes and pulses	—	60.8	* 57.7	* 29.1	—	**74.2	—	—
Mature legumes and pulse products and dishes	133.5	95.8	125.2	130.0	—	* 83.2	* 112.5	**137.5

TABLE 17. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : DAY OF WEEK—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
	Persons							
<b>Milk products and dishes</b>	280.0	254.8	247.7	242.1	226.0	200.8	215.9	236.6
Dairy milk	258.0	190.9	192.0	180.6	170.3	136.7	149.6	190.7
Yoghurt	191.3	200.0	129.5	129.5	—	129.5	129.5	**140.0
Cream	* 30.0	26.6	20.0	20.0	—	* 20.3	* 20.0	* 20.5
Cheese	30.0	28.8	22.5	20.8	25.2	27.6	28.8	21.0
Frozen milk products	124.0	90.0	83.0	62.0	86.0	93.0	83.0	* 54.3
Other dishes where milk or a milk product is the major component	* 168.0	130.0	140.0	140.0	—	150.0	134.4	* 140.0
Milk substitutes	—	254.4	153.7	191.3	—	265.0	* 198.8	—
Flavoured milks	619.0	516.0	309.6	309.6	* 408.8	516.0	* 309.6	—
<b>Meat, poultry and game products and dishes</b>	186.7	156.2	143.0	106.1	194.0	152.4	136.0	101.3
Muscle meat	89.0	72.5	72.0	59.1	* 90.2	80.6	67.1	54.3
Poultry and other feathered game	107.3	103.7	112.0	84.0	144.8	118.0	* 105.0	* 118.0
Organ meats and offal, products and dishes	—	**26.3	* 35.0	**30.0	—	—	—	—
Sausages, frankfurts, and saveloys	102.7	102.7	102.7	80.7	* 102.7	72.0	90.0	88.0
Processed meat	50.9	34.6	31.0	28.0	—	39.8	41.4	36.8
Mixed dishes where beef or veal is the major component	253.0	202.3	198.0	182.3	* 168.2	172.0	189.8	200.0
Mixed dishes where lamb or pork, bacon, ham is the major component	179.2	192.4	145.6	126.5	—	175.0	* 126.5	—
Mixed dishes where poultry or game is the major component	188.3	162.0	166.0	168.6	* 143.0	139.4	* 144.0	—
<b>Fish and seafood products and dishes</b>	126.0	100.0	108.9	86.6	90.0	100.2	98.0	79.2
Fin fish (excluding canned)	* 94.1	120.3	124.7	102.0	—	110.9	60.5	**79.2
Crustacea and molluscs (excluding canned)	* 79.0	51.0	71.7	* 62.5	—	* 96.0	* 92.0	—
Packed (canned and bottled) fish and seafood	70.0	60.0	52.5	60.0	—	* 60.0	52.5	—
Fish and seafood products	100.0	102.1	96.0	71.0	—	69.3	* 77.3	* 44.0
Mixed dishes with fish or seafood as the major component	* 251.0	189.8	251.0	200.0	—	* 190.0	* 150.6	—
<b>Egg products and dishes</b>	72.0	57.2	50.0	50.0	55.7	61.5	64.0	70.0
Eggs	59.0	50.0	49.0	50.0	* 50.0	50.0	57.0	50.0
Dishes where egg is the major ingredient	* 142.0	128.0	116.0	128.0	—	138.0	130.0	—
<b>Snack foods</b>	50.0	39.0	25.0	18.5	50.0	27.0	25.0	* 42.0
Potato snacks	50.0	41.0	25.0	* 14.5	50.0	26.0	* 25.0	—
Corn snacks	49.5	29.6	* 37.0	—	50.0	* 18.5	—	—
Extruded snacks	42.0	22.0	—	—	—	**21.0	—	—
<b>Sugar products and dishes</b>	16.8	16.8	16.8	16.8	12.6	16.8	17.7	19.4
Sugar, honey and syrups	14.3	14.7	15.8	16.5	* 8.4	12.6	15.6	12.6
Jam and lemon spreads, chocolate spreads	13.5	13.5	11.9	11.0	—	13.5	13.5	* 13.5
Dishes and products other than confectionery where sugar is the main component	* 75.0	86.2	126.5	93.3	—	—	**140.0	—

TABLE 17. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : DAY OF WEEK—continued

(median grams per consumer)

Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
	Persons							
<b>Confectionery</b>	35.6	33.6	26.6	19.8	33.9	30.0	27.5	23.0
Chocolate and chocolate-based confectionery	39.7	37.5	25.0	20.0	**45.0	33.4	26.5	* 26.6
Cereal-, fruit-, nut-, and seed-bars	32.0	32.0	31.0	—	—	* 45.0	—	—
Other confectionery	20.5	16.3	17.1	15.0	7.6	20.0	21.0	20.0
<b>Seed and nut products and dishes</b>	25.0	22.5	14.5	12.5	* 15.6	25.0	25.0	* 10.0
Nuts and nut products	* 25.0	24.0	14.6	12.5	**15.6	* 25.0	* 25.0	**9.4
<b>Fats and oils</b>	13.1	12.0	12.4	12.0	9.6	11.4	12.0	14.4
Dairy fats	7.2	9.6	10.0	12.0	* 7.8	9.6	10.0	15.0
Margarine	12.4	10.0	10.0	10.0	9.6	10.0	10.0	12.0
Vegetable oil	15.3	6.9	9.1	13.7	—	**7.3	* 11.4	—
Unspecified fats	7.0	10.5	14.0	10.8	—	10.5	14.0	—
<b>Soup</b>	387.0	390.0	390.0	300.0	387.0	379.5	387.0	312.5
Soup	457.6	390.0	390.0	322.5	—	379.5	390.0	312.5
<b>Savoury sauces and condiments</b>	25.5	25.9	25.3	22.0	25.0	29.6	20.8	20.9
Gravies and savoury sauces	25.8	26.0	31.2	32.4	22.0	26.4	21.1	* 31.2
Pickles, chutneys and relishes	* 12.0	16.0	12.0	11.0	—	16.0	* 12.5	12.5
Salad dressings	18.6	15.0	15.6	15.0	**18.6	18.6	19.3	* 18.6
<b>Non-alcoholic beverages</b>	1,809.5	1,903.8	1,858.3	1,609.0	1,718.6	1,804.6	1,712.3	1,511.3
Tea	507.5	507.5	761.3	761.3	507.5	507.5	609.0	740.6
Coffee and coffee substitutes	380.6	609.0	570.9	487.2	317.2	551.1	507.5	507.5
Fruit and vegetable juices and drinks	390.7	264.0	261.0	186.8	328.4	264.0	263.0	197.3
Soft drinks, flavoured mineral waters and electrolyte drinks	523.0	417.6	375.0	261.0	522.0	391.5	375.0	262.0
Mineral waters and water(b)	1,000.0	1,000.0	750.0	720.0	1,000.0	1,000.0	750.0	500.0
<b>Alcoholic beverages</b>	526.3	480.8	427.0	315.6	756.0	575.8	445.4	379.9
Beers	754.5	756.0	759.0	754.5	* 1131.8	1,126.7	756.0	603.6
Wines	209.0	298.2	298.2	212.0	* 298.2	251.3	251.3	199.2
Spirits	77.4	58.0	48.3	58.0	—	38.7	* 38.7	* 60.4
Other alcoholic beverages	* 389.0	340.9	**70.6	—	**384.0	**288.0	—	—
<b>Miscellaneous</b>	5.1	3.4	3.0	1.6	5.1	3.4	2.5	2.3
Beverage flavourings	5.1	5.1	4.0	3.4	—	5.1	3.4	—
Yeast; yeast, vegetable and meat extracts	6.0	3.0	3.0	3.0	* 6.0	3.0	3.0	3.0
Artificial sweetening agents	**0.4	0.4	0.4	0.4	—	**0.4	**0.4	**0.4
Herbs, spices, seasonings and stock cubes	**2.8	2.8	1.4	0.7	—	* 2.8	**1.4	—

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.



**TABLE 18. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : DAY OF WEEK**

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Monday-Friday</i>				<i>Saturday and Sunday</i>			
	<i>Age group (years)</i>				<i>Age group (years)</i>			
	<i>19-24</i>	<i>25-44</i>	<i>45-64</i>	<i>65 and over</i>	<i>19-24</i>	<i>25-44</i>	<i>45-64</i>	<i>65 and over</i>
	Persons							
<b>Cereals and cereal products</b>	91.0	93.7	96.1	98.5	90.2	91.4	95.9	98.4
Regular breads, and rolls	71.5	77.8	84.7	89.3	70.2	76.5	82.3	89.8
Breakfast cereals, plain, single source	19.3	22.7	31.2	40.9	10.8	16.4	25.3	41.3
Fancy breads, flat breads, English-style muffins and crumpets	13.2	12.8	9.8	8.5	23.0	18.7	12.1	9.9
Pasta and pasta products	15.0	14.4	10.8	7.2	14.4	11.9	8.3	5.6
Rice and rice products	15.3	17.9	13.4	8.6	12.1	15.3	12.6	10.4
Breakfast cereals, mixed source	18.4	18.0	21.1	21.1	14.5	15.0	18.0	23.9
Breakfast cereal, hot porridge type	* 2.1	3.4	6.9	15.0	**0.6	2.9	4.9	8.6
<b>Cereal-based products and dishes</b>	66.4	69.1	67.4	70.5	67.9	69.4	72.6	74.9
Sweet biscuits	18.6	23.0	26.1	36.0	16.6	22.6	26.2	38.5
Savoury biscuits	8.7	13.4	17.9	19.9	8.7	13.6	12.6	19.7
Cakes, buns, muffins, scones, cake-type desserts	17.0	22.2	25.0	27.8	12.6	22.6	31.0	29.0
Pastries	19.0	17.8	15.8	13.5	21.4	20.9	17.3	14.0
Mixed dishes where cereal is the major ingredient	28.8	23.1	12.1	7.1	31.0	23.7	17.5	9.4
Batter-based products	3.1	3.3	3.0	3.1	7.2	7.2	3.6	* 3.2
<b>Fruit products and dishes</b>	35.6	51.7	66.1	74.7	39.7	46.4	59.6	67.3
Pome fruit	14.3	24.2	29.6	33.6	16.3	17.6	22.8	29.0
Berry fruit	2.2	2.9	3.7	2.7	* 2.6	4.5	4.5	* 4.4
Citrus fruit	8.1	11.9	17.2	17.4	* 6.3	11.1	13.9	19.7
Stone fruit	3.0	7.1	11.7	16.2	* 3.2	6.3	9.4	11.3
Tropical fruit	17.6	22.7	29.7	39.2	20.3	19.8	24.2	35.1
Other fruit	5.3	9.2	14.1	15.0	* 5.4	10.5	14.9	12.6
Mixtures of two or more groups of fruit	* 1.0	2.0	2.3	4.0	* 1.6	2.8	3.6	7.1
Dried fruit, preserved fruit	* 1.9	4.4	8.0	12.4	* 2.1	4.3	6.4	13.6
<b>Vegetable products and dishes</b>	85.8	87.2	91.7	93.5	85.1	87.6	88.7	85.3
Potatoes	49.3	47.0	54.9	64.0	51.8	48.2	47.4	53.0
Cabbage, cauliflower and similar brassica vegetables	21.1	20.2	28.5	31.0	15.5	17.3	22.8	22.7
Carrot and similar root vegetables	35.0	37.7	43.6	45.1	23.8	35.2	36.9	39.7
Leaf and stalk vegetables	32.2	39.5	41.4	35.3	33.3	37.0	41.4	33.9
Peas and beans	22.8	24.7	31.3	34.5	16.2	22.6	20.5	22.5
Tomato and tomato products	31.7	39.7	42.1	37.8	29.8	37.9	44.9	39.2
Other fruiting vegetables	35.2	35.5	43.3	43.6	30.9	36.4	36.0	37.6
Other vegetables and vegetable combinations	41.5	37.3	37.3	31.2	35.7	41.3	36.4	32.0
Dishes where vegetable is the major component	2.9	3.3	2.1	1.9	**1.4	2.8	* 2.6	*1.0
<b>Legume and pulse products and dishes</b>	7.0	6.3	7.6	5.6	* 6.6	10.2	10.6	6.5
Mature legumes and pulses	* 1.0	1.5	2.4	2.3	—	2.4	3.2	* 2.1
Mature legumes and pulse products and dishes	6.1	5.0	5.8	3.3	* 4.9	8.2	7.8	* 4.3

TABLE 18. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : DAY OF WEEK—continued

(per cent)								
Selected major and sub-major food groups(a)	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
Persons								
<b>Milk products and dishes</b>	90.7	94.1	93.0	95.4	86.0	93.5	92.9	94.2
Dairy milk	78.1	83.3	85.6	87.5	67.9	82.2	83.8	84.3
Yoghurt	7.0	8.6	10.0	10.7	* 4.1	6.3	7.4	8.9
Cream	5.9	6.9	7.1	8.2	7.1	9.0	11.3	12.3
Cheese	38.5	43.4	41.9	39.4	36.4	43.1	38.4	34.7
Frozen milk products	16.0	13.7	15.1	16.2	18.1	20.4	18.1	14.9
Other dishes where milk or a milk product is the major component	6.4	5.3	6.7	14.4	* 2.7	7.4	7.8	11.3
Milk substitutes	* 1.9	1.9	2.0	3.4	—	* 1.8	* 2.8	* 3.9
Flavoured milks	8.4	5.5	2.8	* 1.0	6.8	3.7	* 1.3	**0.9
<b>Meat, poultry and game products and dishes</b>	78.9	80.6	83.2	82.2	79.9	80.9	80.9	81.0
Muscle meat	43.0	45.7	49.1	47.2	48.0	49.0	48.6	50.5
Poultry and other feathered game	17.6	18.8	15.9	14.1	13.9	15.1	18.8	14.7
Organ meats and offal, products and dishes	* 0.9	1.4	1.8	2.7	—	* 1.1	* 1.5	* 2.1
Sausages, frankfurts, and saveloys	6.1	8.5	8.4	7.0	16.6	14.5	9.2	12.4
Processed meat	7.1	9.3	13.3	11.1	* 5.9	10.7	10.5	10.2
Mixed dishes where beef or veal is the major component	17.1	17.7	18.3	14.5	15.7	14.2	14.8	8.2
Mixed dishes where lamb or pork, bacon, ham is the major component	4.1	3.4	3.5	5.0	* 4.1	3.9	4.4	* 2.5
Mixed dishes where poultry or game is the major ingredient	14.4	12.2	8.7	6.8	13.9	11.2	7.5	* 4.3
<b>Fish and seafood products and dishes</b>	16.3	15.9	20.0	19.9	14.6	20.2	22.7	17.8
Fin fish (excluding canned)	3.5	3.3	6.6	5.8	* 4.6	5.0	5.6	* 3.1
Crustacea and molluscs (excluding canned)	* 2.1	2.4	3.4	* 1.6	* 3.6	3.4	4.2	* 1.8
Packed (canned and bottled) fish and seafood	2.5	4.1	5.1	5.3	**0.8	5.1	5.7	8.1
Fish and seafood products	5.8	5.6	6.2	6.1	7.2	6.6	6.8	* 4.9
Mixed dishes with fish or seafood as the major component	4.1	2.1	2.2	2.6	—	2.5	4.2	* 1.4
<b>Egg products and dishes</b>	12.0	14.0	16.7	14.7	21.4	24.4	25.1	19.0
Eggs	9.2	10.8	13.7	11.6	14.8	19.9	18.9	13.3
Dishes where egg is the major ingredient	2.8	3.5	3.4	3.3	6.9	4.9	7.1	5.7
<b>Snack foods</b>	19.0	9.3	3.6	1.8	16.1	12.5	5.9	* 2.6
Potato snacks	9.3	5.8	2.1	* 1.1	8.2	6.9	3.9	* 1.7
Corn snacks	5.3	1.8	* 0.8	**0.2	* 5.8	4.1	* 1.6	—
Extruded snacks	4.7	1.8	* 0.4	* 0.5	* 3.6	* 1.5	—	—
<b>Sugar products and dishes</b>	62.7	66.2	69.6	71.7	51.1	68.6	68.3	71.7
Sugar, honey and syrups	57.3	60.6	59.0	58.1	47.3	59.5	55.9	57.2
Jam and lemon spreads, chocolate spreads	8.7	12.6	23.2	31.0	* 6.1	17.7	23.9	31.5
Dishes and products other than confectionery where sugar is the main component	2.7	1.7	2.7	2.8	**1.3	3.7	* 2.0	5.6

TABLE 18. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : DAY OF WEEK—continued

Selected major and sub-major food groups(a)	(per cent)							
	Monday-Friday				Saturday and Sunday			
	Age group (years)				Age group (years)			
	19-24	25-44	45-64	65 and over	19-24	25-44	45-64	65 and over
Persons								
<b>Confectionery</b>	29.2	22.8	17.3	13.9	30.8	23.5	18.5	14.4
Chocolate and chocolate-based confectionery	17.5	15.8	11.0	7.9	23.8	16.7	13.1	10.5
Cereal-, fruit-, nut-, and seed-bars	5.8	3.5	2.3	* 0.7	**1.4	* 1.3	* 1.5	—
Other confectionery	8.9	6.0	5.5	6.5	8.9	8.1	5.8	* 5.3
<b>Seed and nut products and dishes</b>	9.8	13.2	12.9	9.0	12.8	14.9	14.8	10.1
Nuts and nut products	8.9	12.8	12.3	8.6	12.8	14.4	13.8	9.2
<b>Fats and oils</b>	65.8	73.4	77.5	83.9	76.3	71.7	74.8	85.0
Dairy fats	18.7	22.4	22.3	25.5	19.3	25.6	23.3	24.3
Margarine	45.6	50.5	56.1	60.1	58.1	47.9	52.9	63.2
Vegetable oil	3.7	3.4	4.3	2.2	* 6.1	3.8	3.2	**0.4
Unspecified fats	5.2	5.4	3.8	3.3	* 4.2	2.5	* 3.1	* 1.9
<b>Soup</b>	8.3	9.8	13.5	18.6	9.2	11.1	18.7	22.2
Soup	8.0	9.5	13.0	18.0	8.8	11.1	17.9	21.5
<b>Savoury sauces and condiments</b>	54.8	53.4	54.8	47.4	62.9	58.9	56.3	51.0
Gravies and savoury sauces	42.9	38.6	36.9	29.3	51.6	44.6	35.2	30.5
Pickles, chutneys and relishes	7.1	10.2	12.8	12.6	* 5.1	9.9	9.2	12.4
Salad dressings	12.6	15.0	17.5	14.7	18.4	16.7	22.7	18.7
<b>Non-alcoholic beverages</b>	99.9	99.9	99.8	100.0	99.4	99.9	99.9	100.0
Tea	29.7	45.6	63.2	79.5	27.2	45.8	61.4	73.0
Coffee and coffee substitutes	40.6	62.7	70.2	56.5	32.9	63.2	68.5	56.6
Fruit and vegetable juices and drinks	46.3	35.2	31.2	35.7	48.8	35.1	34.0	33.5
Soft drinks, flavoured mineral waters and electrolyte drinks	54.3	33.7	20.5	13.1	63.3	41.0	28.4	17.0
Mineral waters and water(b)	83.1	80.7	78.4	82.8	76.3	75.4	74.4	86.0
<b>Alcoholic beverages</b>	20.6	30.4	37.1	30.5	31.6	40.9	43.9	31.9
Beers	13.3	15.9	17.2	12.1	18.7	22.6	21.4	16.3
Wines	4.7	13.2	19.2	16.5	8.7	18.2	23.7	15.5
Spirits	2.6	3.2	5.2	6.9	* 3.7	5.6	6.2	7.5
Other alcoholic beverages	3.4	2.2	1.3	**0.3	8.7	3.3	* 2.0	**1.0
<b>Miscellaneous</b>	31.4	28.2	32.2	36.6	28.6	26.6	28.9	39.0
Beverage flavourings	11.6	8.1	7.8	6.9	6.9	7.6	6.3	7.3
Yeast; yeast, vegetable and meat extracts	20.8	16.6	14.6	16.5	19.6	15.0	13.9	19.8
Artificial sweetening agents	* 1.1	3.9	10.5	14.3	* 2.2	4.1	8.8	15.1
Herbs, spices, seasonings and stock cubes	* 1.4	2.8	3.2	4.2	* 3.2	3.6	* 2.8	* 3.9
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
— '000 —								
<b>Total</b>	<b>1,287.0</b>	<b>4,216.7</b>	<b>2,883.2</b>	<b>1,654.9</b>	<b>412.3</b>	<b>1,375.5</b>	<b>869.8</b>	<b>505.8</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

**TABLE 19. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEASON OF INTAKE**

(average grams per person)

<i>Selected major and sub-major food groups(a)</i>	<i>Season of intake</i>				<i>Total</i>
	<i>Spring (Sep-Nov)</i>	<i>Summer (Dec-Feb)</i>	<i>Autumn (Mar-May)</i>	<i>Winter (Jun-Aug)</i>	
	Persons				
<b>Cereals and cereal products</b>	214.9	204.6	206.4	232.5	215.2
Regular breads, and rolls	90.0	89.9	92.5	92.3	91.3
Breakfast cereals, plain, single source	10.1	11.1	11.0	10.5	10.6
Fancy breads, flat breads, English-style muffins and crumpets	11.5	9.2	9.4	11.3	10.4
Pasta and pasta products	32.4	28.8	26.7	33.1	30.3
Rice and rice products	39.7	39.6	40.3	41.7	40.4
Breakfast cereals, mixed source	14.2	13.4	12.9	12.5	13.2
Breakfast cereal, hot porridge type	16.5	11.7	12.4	30.1	18.0
<b>Cereal-based products and dishes</b>	125.0	113.8	129.3	135.2	126.7
Sweet biscuits	8.9	9.8	7.9	9.6	9.0
Savoury biscuits	4.7	4.1	3.8	3.5	4.0
Cakes, buns, muffins, scones, cake-type desserts	22.8	21.4	25.9	25.3	24.0
Pastries	28.2	26.8	35.4	36.3	32.1
Mixed dishes where cereal is the major ingredient	56.9	47.9	51.8	56.8	53.7
Batter-based products	3.5	3.7	4.4	3.7	3.9
<b>Fruit products and dishes</b>	135.4	175.7	145.7	125.7	143.5
Pome fruit	40.7	30.8	53.1	44.6	43.3
Berry fruit	3.2	3.5	1.0	1.1	2.1
Citrus fruit	20.0	10.8	15.6	31.7	20.1
Stone fruit	9.8	47.9	15.7	3.1	17.1
Tropical fruit	33.7	33.4	26.3	29.4	30.4
Other fruit	17.1	39.5	25.2	7.7	21.2
Mixtures of two or more groups of fruit	7.3	6.6	5.1	3.7	5.6
Dried fruit, preserved fruit	2.5	2.4	2.8	2.9	2.7
<b>Vegetable products and dishes</b>	259.7	258.6	260.7	256.0	258.8
Potatoes	91.2	82.4	91.9	89.7	89.3
Cabbage, cauliflower and similar brassica vegetables	21.0	14.7	21.4	28.3	21.8
Carrot and similar root vegetables	23.2	18.8	21.4	22.9	21.8
Leaf and stalk vegetables	18.7	21.6	14.1	14.2	16.8
Peas and beans	18.2	18.3	19.5	18.5	18.7
Tomato and tomato products	30.5	43.7	34.2	27.9	33.4
Other fruiting vegetables	27.3	29.8	30.3	28.2	28.9
Other vegetables and vegetable combinations	25.6	25.1	23.9	21.5	23.9
Dishes where vegetable is the major component	4.0	4.1	4.0	4.9	4.3
<b>Legume and pulse products and dishes</b>	10.4	9.3	10.7	8.6	9.8
Mature legumes and pulses	* 2.1	* 1.4	* 1.5	* 1.9	1.7
Mature legumes and pulse products and dishes	8.3	7.9	9.2	6.7	8.1

TABLE 19. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEASON OF INTAKE—continued

(average grams per person)

Selected major and sub-major food groups(a)	Season of intake				Total
	Spring (Sep-Nov)	Summer (Dec-Feb)	Autumn (Mar-May)	Winter (Jun-Aug)	
	Persons				
<b>Milk products and dishes</b>	294.4	293.5	286.1	284.5	289.3
Dairy milk	207.9	200.3	202.4	202.8	203.5
Yoghurt	13.8	16.1	12.7	13.3	13.8
Cream	2.8	2.7	2.9	3.2	2.9
Cheese	14.8	14.9	13.8	15.1	14.6
Frozen milk products	19.0	22.9	16.2	13.8	17.6
Other dishes where milk or a milk product is the major component	13.1	9.6	12.0	13.1	12.1
Milk substitutes	5.0	5.1	5.0	5.0	5.0
Flavoured milks	18.1	22.0	21.0	18.3	19.7
<b>Meat, poultry and game products and dishes</b>	161.9	156.5	153.6	157.4	157.4
Muscle meat	47.5	46.1	51.2	44.7	47.5
Poultry and other feathered game	22.0	24.1	22.2	19.8	21.9
Organ meats and offal, products and dishes	* 1.0	* 1.6	1.0	**1.2	* 1.2
Sausages, frankfurts, and saveloys	10.2	9.7	11.1	10.1	10.3
Processed meat	5.5	4.8	6.0	5.2	5.4
Mixed dishes where beef or veal is the major component	43.9	38.0	35.1	47.3	41.2
Mixed dishes where lamb or pork, bacon, ham is the major component	9.4	8.4	8.6	6.5	8.2
Mixed dishes where poultry or game is the major ingredient	22.1	23.6	18.4	22.6	21.5
<b>Fish and seafood products and dishes</b>	29.4	23.2	23.7	26.1	25.7
Fin fish (excluding canned)	7.0	4.6	7.2	6.3	6.4
Crustacea and molluscs (excluding canned)	2.9	* 3.0	2.2	2.7	2.7
Packed (canned and bottled) fish and seafood	3.8	4.3	3.1	2.3	3.3
Fish and seafood products	8.6	5.9	5.8	7.5	7.0
Mixed dishes with fish or seafood as the major component	7.1	5.3	5.4	7.3	6.3
<b>Egg products and dishes</b>	14.2	14.8	13.6	12.6	13.7
Eggs	7.6	7.6	8.8	7.5	7.9
Dishes where egg is the major ingredient	6.6	7.1	4.7	5.1	5.8
<b>Snack foods</b>	3.4	3.6	4.0	3.1	3.5
Potato snacks	2.2	1.9	2.2	1.6	2.0
Corn snacks	0.7	1.0	1.0	0.8	0.9
Extruded snacks	0.4	* 0.6	0.6	0.5	0.5
<b>Sugar products and dishes</b>	20.2	19.4	18.1	19.0	19.1
Sugar, honey and syrups	14.0	11.4	12.5	13.3	12.9
Jam and lemon spreads, chocolate spreads	2.8	2.6	3.3	3.2	3.0
Dishes and products other than confectionery where sugar is the main component	3.4	5.5	2.3	2.5	3.2

TABLE 19. MEAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEASON OF INTAKE—continued

(average grams per person)

Selected major and sub-major food groups(a)	Season of intake				Total
	Spring (Sep-Nov)	Summer (Dec-Feb)	Autumn (Mar-May)	Winter (Jun-Aug)	
	Persons				
<b>Confectionery</b>	8.3	7.1	9.9	9.3	8.8
Chocolate and chocolate-based confectionery	5.9	4.5	6.7	6.1	5.9
Cereal-, fruit-, nut-, and seed-bars	0.9	0.9	1.4	0.9	1.0
Other confectionery	1.6	1.7	1.8	2.3	1.8
<b>Seed and nut products and dishes</b>	4.2	4.9	4.5	3.9	4.3
Nuts and nut products	4.1	4.5	4.3	3.8	4.2
<b>Fats and oils</b>	12.1	11.7	12.4	12.4	12.2
Dairy fats	3.7	3.1	3.4	3.6	3.5
Margarine	7.5	7.8	7.9	7.9	7.8
Vegetable oil	0.4	0.3	0.6	0.4	0.5
Unspecified fats	0.5	0.5	0.5	0.4	0.5
<b>Soup</b>	37.7	27.4	62.1	84.0	54.8
Soup	37.4	27.4	61.5	83.7	54.4
<b>Savoury sauces and condiments</b>	31.3	25.7	30.4	28.5	29.2
Gravies and savoury sauces	24.8	18.3	25.1	23.8	23.3
Pickles, chutneys and relishes	2.5	2.8	2.6	2.0	2.5
Salad dressings	3.6	4.5	2.5	2.5	3.2
<b>Non-alcoholic beverages</b>	2,006.7	2,127.3	1,966.3	1,872.7	1,983.4
Tea	439.4	367.9	393.7	387.5	399.0
Coffee and coffee substitutes	428.6	394.8	412.2	461.1	426.0
Fruit and vegetable juices and drinks	118.8	143.7	123.0	116.5	124.2
Soft drinks, flavoured mineral waters and electrolyte drinks	192.1	217.4	172.3	149.9	180.3
Mineral waters and water(b)	826.5	1,003.1	862.1	755.1	851.9
<b>Alcoholic beverages</b>	240.3	274.5	249.7	256.3	253.8
Beers	179.3	210.4	184.1	187.3	188.8
Wines	51.2	53.4	49.3	56.4	52.5
Spirits	3.6	3.6	3.4	3.5	3.5
Other alcoholic beverages	* 6.2	* 7.1	* 12.9	* 9.1	9.0
<b>Miscellaneous</b>	1.7	1.6	1.5	1.6	1.6
Beverage flavourings	0.6	0.4	0.5	0.6	0.5
Yeast; yeast, vegetable and meat extracts	0.9	1.0	0.8	0.8	0.9
Artificial sweetening agents	0.1	—	—	0.1	—
Herbs, spices, seasonings and stock cubes	* 0.2	* 0.1	* 0.1	* 0.1	0.1
<b>Total</b>	<b>3,611.8</b>	<b>3,753.4</b>	<b>3,589.0</b>	<b>3,529.9</b>	<b>3,611.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

**TABLE 20. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEASON OF INTAKE**

(median grams per consumer)

<i>Selected major and sub-major food groups(a)</i>	<i>Season of intake</i>				<i>Total</i>
	<i>Spring (Sep-Nov)</i>	<i>Summer (Dec-Feb)</i>	<i>Autumn (Mar-May)</i>	<i>Winter (Jun-Aug)</i>	
	Persons				
<b>Cereal and cereal products</b>	<i>160.0</i>	<i>154.0</i>	<i>154.0</i>	<i>172.0</i>	<i>161.0</i>
Regular breads, and rolls	96.0	96.0	96.0	95.0	96.0
Breakfast cereals, plain single source	30.0	30.0	30.0	32.0	30.0
Fancy breads, flat breads, English-style muffins and crumpets	65.0	63.0	62.5	69.0	65.4
Pasta and pasta products	204.0	230.0	195.5	212.5	212.5
Rice and rice products	190.0	222.0	195.0	196.0	195.0
Breakfast cereals, mixed source	56.3	60.0	50.5	60.0	58.5
Breakfast cereal, hot porridge type	325.0	260.0	260.0	306.3	260.0
<b>Cereal-based products and dishes</b>	<i>116.4</i>	<i>107.8</i>	<i>120.0</i>	<i>128.0</i>	<i>120.0</i>
Sweet biscuits	26.4	30.0	27.6	29.0	28.0
Savoury biscuits	19.6	19.6	18.0	19.8	19.6
Cakes, buns, muffins, scones, cake-type desserts	70.4	78.0	76.7	76.4	75.2
Pastries	174.0	168.0	174.0	174.0	174.0
Mixed dishes where cereal is the major ingredient	225.0	212.0	217.0	221.2	217.0
Batter-based products	67.5	83.0	76.9	90.0	83.0
<b>Fruit products and dishes</b>	<i>189.4</i>	<i>229.6</i>	<i>206.0</i>	<i>183.0</i>	<i>200.0</i>
Pome fruit	140.0	140.0	161.0	140.0	140.0
Berry fruit	48.0	52.7	* 48.0	46.9	48.0
Citrus fruit	131.0	131.0	131.0	131.0	131.0
Stone fruit	132.0	151.0	145.0	108.0	145.0
Tropical fruit	102.4	102.4	101.0	102.4	102.4
Other fruit	84.5	158.0	132.5	79.0	124.0
Mixtures of two or more groups of fruit	206.0	* 197.3	171.0	140.0	195.0
Dried fruit, preserved fruit	25.8	32.0	27.2	33.8	30.0
<b>Vegetable products and dishes</b>	<i>250.0</i>	<i>248.3</i>	<i>253.0</i>	<i>249.0</i>	<i>250.0</i>
Potatoes	147.0	140.0	145.0	142.0	144.3
Cabbage, cauliflower and similar brassica vegetables	66.0	66.0	72.5	76.4	72.5
Carrot and similar root vegetables	46.4	38.7	41.9	43.1	42.0
Leaf and stalk vegetables	29.0	29.0	25.6	29.0	29.0
Peas and beans	58.3	62.5	62.5	62.5	62.3
Tomato and tomato products	60.0	60.0	60.0	60.0	60.0
Other fruiting vegetables	48.3	49.5	60.8	55.5	53.6
Other vegetables and vegetable combinations	48.0	43.8	44.9	43.8	44.5
Dishes where vegetable is the major component	112.0	99.0	123.8	123.0	116.0
<b>Legume and pulse products and dishes</b>	<i>100.0</i>	<i>97.5</i>	<i>91.7</i>	<i>86.2</i>	<i>93.5</i>
Mature legumes and pulses	* 63.3	** 60.8	* 45.6	54.3	57.7
Mature legumes and pulse products and dishes	130.0	100.0	125.0	100.0	110.0

TABLE 20. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEASON OF INTAKE—continued

(median grams per consumer)

<i>Selected major and sub-major food groups(a)</i>	<i>Season of intake</i>				<i>Total</i>
	<i>Spring (Sep-Nov)</i>	<i>Summer (Dec-Feb)</i>	<i>Autumn (Mar-May)</i>	<i>Winter (Jun-Aug)</i>	
	Persons				
<b>Milk products and dishes</b>	256.5	253.0	236.4	245.8	247.7
Dairy milk	193.5	178.9	185.8	172.6	187.0
Yoghurt	155.3	200.0	160.0	129.5	155.0
Cream	20.3	29.2	20.3	20.3	20.5
Cheese	25.9	22.5	21.6	25.3	24.0
Frozen milk products	82.0	90.0	90.0	74.0	82.7
Other dishes where milk or a milk product is the major component	140.0	127.2	140.0	140.0	140.0
Milk substitutes	191.3	191.3	200.2	198.8	198.8
Flavoured milks	516.0	408.0	494.0	408.8	431.0
<b>Meat, poultry and game products and dishes</b>	146.1	142.9	143.0	146.4	144.0
Muscle meat	75.0	68.4	73.7	67.0	72.0
Poultry and other feathered game	105.8	109.8	107.3	112.0	107.3
Organ meats and offal, products and dishes	**28.0	**26.3	* 35.0	* 35.0	* 30.0
Sausages, frankfurts, and saveloys	96.3	88.0	94.0	103.9	95.3
Processed meat	33.0	35.3	34.6	34.6	34.4
Mixed dishes where beef or veal is the major component	192.5	198.9	189.8	248.4	202.3
Mixed dishes where lamb or pork, bacon, ham is the major component	156.0	189.8	166.0	183.0	177.1
Mixed dishes where poultry or game is the major component	162.0	161.0	140.0	175.0	161.9
<b>Fish and seafood products and dishes</b>	105.0	90.0	100.5	105.6	100.0
Fin fish (excluding canned)	126.7	85.8	105.6	110.9	105.6
Crustacea and molluscs (excluding canned)	69.5	* 48.0	76.5	* 72.0	69.5
Packed (canned and bottled) fish and seafood	52.5	70.0	53.0	60.0	57.9
Fish and seafood products	86.4	81.2	90.9	96.0	90.0
Mixed dishes with fish or seafood as the major component	200.0	* 188.3	229.9	251.0	210.8
<b>Egg products and dishes</b>	57.0	57.0	58.0	59.0	57.2
Eggs	50.0	50.0	50.0	50.0	50.0
Dishes where egg is the major ingredient	116.0	130.0	117.0	130.0	128.0
<b>Snack foods</b>	30.0	30.0	43.2	31.3	34.6
Potato snacks	30.0	37.5	34.8	40.0	34.8
Corn snacks	* 27.0	34.6	50.0	* 29.6	29.6
Extruded snacks	* 22.0	22.0	50.0	25.0	25.0
<b>Sugar products and dishes</b>	16.8	16.8	16.8	16.8	16.8
Sugar, honey and syrups	16.5	12.6	14.4	15.9	14.7
Jam and lemon spreads, chocolate spreads	13.5	10.1	13.5	13.5	13.5
Dishes and products other than confectionery where sugar is the main component	93.3	105.0	93.3	105.0	100.0



**TABLE 20. MEDIAN DAILY INTAKE FOR PERSONS AGED 19 YEARS AND OVER : SEASON OF INTAKE—continued**

(median grams per consumer)

<i>Selected major and sub-major food groups(a)</i>	<i>Season of intake</i>				<i>Total</i>
	<i>Spring (Sep-Nov)</i>	<i>Summer (Dec-Feb)</i>	<i>Autumn (Mar-May)</i>	<i>Winter (Jun-Aug)</i>	
	Persons				
<b>Confectionery</b>	31.0	25.0	31.0	30.0	30.0
Chocolate and chocolate-based confectionery	39.7	25.0	30.0	30.0	30.0
Cereal-, fruit-, nut-, and seed-bars	33.0	31.0	31.3	31.2	32.0
Other confectionery	15.0	15.3	17.3	19.2	16.7
<b>Seed and nut products and dishes</b>	19.2	25.0	12.5	19.0	18.8
Nuts and nut products	20.3	25.0	12.5	18.8	18.8
<b>Fats and oils</b>	12.0	12.0	12.0	12.0	12.0
Dairy fats	10.0	9.6	10.0	9.6	10.0
Margarine	11.0	10.0	10.0	10.0	10.0
Vegetable oil	7.4	9.1	8.1	* 9.1	9.1
Unspecified fats	14.0	14.0	7.0	7.0	10.5
<b>Soup</b>	375.0	364.0	375.0	390.0	379.5
Soup	379.5	379.5	379.5	390.0	382.5
<b>Savoury sauces and condiments</b>	27.1	24.5	24.0	23.0	25.0
Gravies and savoury sauces	29.9	22.0	27.5	27.0	26.4
Pickles, chutneys and relishes	13.1	13.3	12.0	12.5	12.5
Salad dressings	18.0	18.7	15.0	10.0	18.0
<b>Non-alcoholic beverages</b>	1,809.0	1,940.8	1,786.7	1,715.6	1,785.3
Tea	634.4	588.7	609.0	609.0	609.0
Coffee and coffee substitutes	507.5	507.5	507.5	532.8	507.5
Fruit and vegetable juices and drinks	263.0	264.0	263.0	263.0	263.0
Soft drinks, flavoured mineral waters and electrolyte drinks	393.0	393.0	391.1	391.1	391.5
Mineral waters and water(b)	755.0	1,000.0	875.0	750.0	840.0
<b>Alcoholic beverages</b>	388.1	434.9	488.2	411.4	424.3
Beers	756.0	756.0	756.0	761.3	756.0
Wines	249.5	250.5	254.5	251.3	251.3
Spirits	58.0	58.0	58.0	49.3	58.0
Other alcoholic beverages	* 189.4	* 288.0	341.0	* 384.0	309.9
<b>Miscellaneous</b>	3.0	3.0	3.0	3.0	3.0
Beverage flavourings	5.1	4.3	4.0	5.1	4.9
Yeast; yeast, vegetable and meat extracts	3.0	3.0	3.0	3.0	3.0
Artificial sweetening agents	0.4	0.4	0.3	0.4	0.4
Herbs, spices, seasonings and stock cubes	* 1.4	* 1.4	2.1	1.4	* 1.4

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

**TABLE 21. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : SEASON OF INTAKE**

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Season of intake</i>				<i>Total</i>
	<i>Spring (Sep-Nov)</i>	<i>Summer (Dec-Feb)</i>	<i>Autumn (Mar-May)</i>	<i>Winter (Jun-Aug)</i>	
	Persons				
<b>Cereals and cereal products</b>	94.2	94.4	94.8	94.7	94.5
Regular breads, and rolls	80.0	81.2	80.2	80.9	80.5
Breakfast cereals, plain, single source	25.8	27.7	27.2	25.1	26.4
Fancy breads, flat breads, English-style muffins and crumpets	13.3	10.8	11.4	13.7	12.4
Pasta and pasta products	12.9	10.8	10.4	12.7	11.8
Rice and rice products	14.8	13.5	14.3	14.8	14.4
Breakfast cereals, mixed source	20.8	19.6	18.7	16.9	18.9
Breakfast cereal, hot porridge type	4.9	3.5	4.6	9.1	5.6
<b>Cereal-based products and dishes</b>	69.3	66.9	68.5	71.1	69.1
Sweet biscuits	25.4	25.4	24.3	26.7	25.4
Savoury biscuits	16.0	15.4	14.3	13.7	14.8
Cakes, buns, muffins, scones, cake-type desserts	23.1	21.9	24.8	24.1	23.6
Pastries	16.0	14.3	19.2	18.3	17.2
Mixed dishes where cereal is the major ingredient	19.7	17.9	17.9	19.0	18.7
Batter-based products	3.4	3.8	4.0	3.7	3.7
<b>Fruit products and dishes</b>	56.5	60.7	55.0	54.3	56.3
Pome fruit	24.3	19.2	28.2	25.6	24.7
Berry fruit	5.2	5.1	1.7	1.9	3.3
Citrus fruit	13.3	7.9	10.3	21.4	13.6
Stone fruit	5.9	22.6	8.3	2.6	8.9
Tropical fruit	28.7	26.6	22.2	26.8	26.0
Other fruit	8.4	19.8	12.7	5.8	11.1
Mixtures of two or more groups of fruit	3.0	2.6	2.5	2.2	2.6
Dried fruit, preserved fruit	6.2	5.9	6.2	7.0	6.3
<b>Vegetable products and dishes</b>	89.1	89.8	88.3	88.4	88.8
Potatoes	50.8	49.2	53.4	52.4	51.6
Cabbage, cauliflower and similar brassica vegetables	23.4	17.8	21.6	28.9	23.3
Carrot and similar root vegetables	39.0	37.3	38.5	40.6	39.0
Leaf and stalk vegetables	41.2	45.2	34.9	33.5	38.2
Peas and beans	25.7	24.6	28.3	26.2	26.3
Tomato and tomato products	37.6	47.8	38.8	34.4	39.1
Other fruiting vegetables	39.3	42.5	36.4	36.2	38.3
Other vegetables and vegetable combinations	37.4	39.0	36.1	36.3	37.1
Dishes where vegetable is the major component	3.0	2.2	2.0	3.1	2.6
<b>Legume and pulse products and dishes</b>	7.2	7.2	7.5	7.3	7.3
Mature legumes and pulses	2.2	1.6	1.7	2.3	2.0
Mature legumes and pulse products and dishes	5.3	5.7	5.9	5.3	5.6

TABLE 21. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : SEASON OF INTAKE—*continued*

(per cent)

<i>Selected major and sub-major food groups(a)</i>	<i>Season of intake</i>				<i>Total</i>
	<i>Spring (Sep-Nov)</i>	<i>Summer (Dec-Feb)</i>	<i>Autumn (Mar-May)</i>	<i>Winter (Jun-Aug)</i>	
	Persons				
<b>Milk products and dishes</b>	94.3	92.6	92.6	93.6	93.3
Dairy milk	84.7	81.4	83.0	83.6	83.3
Yoghurt	8.7	9.7	8.0	8.1	8.6
Cream	7.8	6.7	7.9	8.2	7.7
Cheese	40.7	43.0	40.5	41.1	41.2
Frozen milk products	17.0	19.2	14.6	13.2	15.7
Other dishes where milk or a milk product is the major component	8.3	6.0	6.9	7.9	7.4
Milk substitutes	2.0	2.5	2.3	2.0	2.2
Flavoured milks	3.3	4.8	4.1	4.1	4.0
<b>Meat, poultry and game products and dishes</b>	82.1	83.5	81.0	79.0	81.2
Muscle meat	46.9	48.2	48.1	45.6	47.2
Poultry and other feathered game	16.7	18.4	17.0	15.3	16.8
Organ meats and offal, products and dishes	1.5	2.3	1.5	1.2	1.6
Sausages, frankfurts, and saveloys	9.1	9.4	9.3	8.7	9.1
Processed meat	10.0	10.6	10.7	10.2	10.3
Mixed dishes where beef or veal is the major component	17.5	15.9	14.6	17.5	16.4
Mixed dishes where lamb or pork, bacon, ham is the major component	4.6	3.5	4.0	3.1	3.8
Mixed dishes where poultry or game is the major ingredient	10.6	11.3	9.4	10.3	10.3
<b>Fish and seafood products and dishes</b>	20.9	17.8	16.8	17.5	18.3
Fin fish (excluding canned)	5.2	3.8	4.9	4.7	4.7
Crustacea and molluscs (excluding canned)	3.0	3.3	2.1	2.7	2.7
Packed (canned and bottled) fish and seafood	5.3	5.6	4.3	3.5	4.6
Fish and seafood products	7.0	5.6	5.1	6.5	6.0
Mixed dishes with fish or seafood as the major component	3.0	1.9	2.1	2.7	2.5
<b>Egg products and dishes</b>	17.1	17.0	17.6	15.3	16.7
Eggs	12.8	13.0	14.2	12.2	13.1
Dishes where egg is the major ingredient	4.4	4.3	3.6	3.6	3.9
<b>Snack foods</b>	8.5	8.3	8.8	6.9	8.1
Potato snacks	5.4	4.1	5.4	3.5	4.7
Corn snacks	2.1	2.2	2.0	1.7	2.0
Extruded snacks	1.3	2.0	1.3	1.5	1.5
<b>Sugar products and dishes</b>	67.3	63.9	67.3	70.3	67.4
Sugar, honey and syrups	59.0	55.5	57.8	61.5	58.6
Jam and lemon spreads, chocolate spreads	17.8	16.9	19.7	19.6	18.6
Dishes and products other than confectionery where sugar is the main component	2.8	4.0	2.1	1.7	2.5

TABLE 21. PERSONS AGED 19 YEARS AND OVER CONSUMING FOODS : SEASON OF INTAKE—continued

(per cent)

Selected major and sub-major food groups(a)	Season of intake				Total
	Spring (Sep-Nov)	Summer (Dec-Feb)	Autumn (Mar-May)	Winter (Jun-Aug)	
	Persons				
<b>Confectionery</b>	19.2	18.7	22.6	22.1	20.8
Chocolate and chocolate-based confectionery	12.9	11.7	15.5	14.8	13.9
Cereal-, fruit-, nut-, and seed-bars	2.2	2.6	3.1	2.2	2.5
Other confectionery	6.2	6.0	6.4	7.3	6.5
<b>Seed and nut products and dishes</b>	12.2	12.7	12.3	12.6	12.4
Nuts and nut products	11.6	12.2	11.7	12.1	11.9
<b>Fats and oils</b>	73.9	73.4	76.7	76.7	75.3
Dairy fats	23.9	20.1	22.5	23.8	22.8
Margarine	49.7	54.3	54.6	53.9	53.1
Vegetable oil	3.4	2.3	4.5	3.3	3.5
Unspecified fats	4.2	3.9	4.4	4.1	4.2
<b>Soup</b>	9.4	6.5	14.4	18.8	12.7
Soup	9.1	6.3	13.9	18.4	12.4
<b>Savoury sauces and condiments</b>	54.5	55.5	54.2	52.4	54.1
Gravies and savoury sauces	37.6	35.7	39.2	38.6	38.0
Pickles, chutneys and relishes	10.6	11.5	11.4	9.0	10.6
Salad dressings	17.7	21.3	13.2	14.2	16.2
<b>Non-alcoholic beverages</b>	99.9	99.9	99.7	99.9	99.9
Tea	55.7	50.3	53.4	54.5	53.7
Coffee and coffee substitutes	61.1	59.0	58.4	63.8	60.7
Fruit and vegetable juices and drinks	36.2	37.7	35.0	34.6	35.7
Soft drinks, flavoured mineral waters and electrolyte drinks	32.5	35.2	30.3	27.0	30.9
Mineral waters and water(b)	79.9	81.5	80.2	78.0	79.8
<b>Alcoholic beverages</b>	32.3	35.1	31.2	34.1	33.0
Beers	16.4	18.4	16.4	15.7	16.6
Wines	15.5	15.6	13.9	16.2	15.2
Spirits	4.7	4.6	4.4	5.0	4.7
Other alcoholic beverages	1.6	2.1	2.6	2.1	2.1
<b>Miscellaneous</b>	30.1	28.2	31.3	32.6	30.7
Beverage flavourings	7.4	5.8	8.5	9.6	8.0
Yeast; yeast, vegetable and meat extracts	16.5	15.7	16.5	16.8	16.4
Artificial sweetening agents	6.5	7.5	7.3	7.1	7.1
Herbs, spices, seasonings and stock cubes	3.7	2.7	2.6	3.2	3.1
<b>Total</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>	<b>100.0</b>
	— '000 —				
<b>Total</b>	<b>3,447.3</b>	<b>2,570.5</b>	<b>3,695.1</b>	<b>3,492.4</b>	<b>13,205.3</b>

(a) See paragraph 42 of the Explanatory Notes. (b) Includes plain drinking water.

## EXPLANATORY NOTES .....

### INTRODUCTION

**1** This publication presents data on food and beverage consumption by the Australian population. The data are derived from the 1995 National Nutrition Survey (NNS).

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

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

### SCOPE

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

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

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

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



## METHODOLOGY

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

**9** Topics covered in the survey were:

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

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

## Daily food consumption

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

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

## Replicate sample

**13** A sub-sample of approximately 1,500 NNS participants (the replicate sample) provided food and beverage intake data for a second 24-hour recall period, on a different day of the week and usually within 10 days of the first interview. This information has been collected to enable calculation of adjustment factors which when applied to the first 24-hour recall nutrient intakes, provide estimates of the distribution of 'usual' nutrient intake. Further details are available in the Nutrient Intakes and Physical Measurements publication (ABS 1998b).



## Food habits and attitudes

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

## Food Frequency Questionnaire

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

## Physical measurements

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

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

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

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

## Further details

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

## DATA PROCESSING

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

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

**22** The Australia New Zealand Food Authority (ANZFA) developed a customised nutrient composition database. This database was applied to food intake data in ANSURS and converted the food intakes (in grams) into nutrient intakes. Nutrient intakes were derived for 29 nutrients, including energy, water, protein, fats, carbohydrates, alcohol, vitamins (e.g. vitamin A and niacin) and minerals (e.g. calcium and iron). There was no nutrient analysis of sodium intake. However, the 24-hour recall questionnaire recorded whether or not salt was added to foods.

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

## SURVEY RESPONSE

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

- The first stage was the invitation to participate, with 77% of those selected from the NHS agreeing to be interviewed in the NNS. Analysis of the characteristics of people who accepted compared to those who declined revealed that income and age were major factors in non-response. People with a high income or age greater than 59 were more likely to decline. Those people who did not take part in the NHS but would otherwise have been selected for the NNS have been excluded from this analysis since no information was available about them.
- The second stage was completing the interview at a later date: of those who initially agreed to participate in the NNS, 80% completed the interview. Marital status and employment status were major factors in non-response. Generally, unmarried people were less likely to participate and unmarried people who were also unemployed were the least likely to participate.
- Finally, people aged 12 years and over were invited to complete a FFQ; of these, 76.2% returned a usable FFQ. (A respondent's FFQ was classified as 'unusable' if more than 20 out of the 107 foodlines were completed incorrectly and could not be resolved (ABS 1998c).) The major factors in non-response were marital status and age. For people aged over 20 years, non-response declined with age and non-response was higher for unmarried people than for married people.



SURVEY RESPONSE *continued*

**25** The overall response rate was low by ABS standards for household surveys. It was a direct result of the survey methodology where a sub-sample of individuals who had already completed a detailed health survey interview were subsequently invited to participate in the NNS on a voluntary basis. Characteristics of respondents and non-respondents have been compared (see paragraph 28). Furthermore, adjustments to sample weights were made during estimation to reduce non-response bias. Notwithstanding, users are cautioned to bear in mind the high non-response rate in their analysis and interpretation of the data.

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

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

## ESTIMATION PROCEDURES

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

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

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

**30** Further details of the estimation procedures are contained in the User's Guide (ABS 1998c).

## RELIABILITY OF ESTIMATES

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

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

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

## CALCULATION OF MEDIANS AND OTHER QUANTILES

**34** Median and other quantile values appearing in this publication have been calculated from contributors only. For all medians, data cells with less than 10 contributors have been suppressed due to unreliability of estimates.

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

## DATA QUALITY

**36** One problem commonly associated with dietary surveys is that, on average, people under-report their consumption of food and beverages. Particular strategies were used in the NNS to overcome the extent of response errors in the dietary data and physical measurements. However, it is likely that deliberate under-reporting by some respondents would be only marginally improved by these strategies. The impact of implausibly low intakes, on survey data, is discussed in the Nutrient Intakes and Physical Measurements publication (ABS 1998b.)

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

DATA QUALITY *continued*

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

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

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

## Northern Territory

**41** Examination of the Northern Territory estimates revealed that the vast majority of sub-major food groups had a relatively small number of consumers, resulting in estimates considered unreliable for most uses. Northern Territory estimates have therefore not been reported separately, but are included in Australian totals.

Food intakes

**42** Examination of the major and sub-major food group estimates revealed that few people reported consuming foods from a small number of food groups, resulting in estimates considered unreliable for most uses. Estimates for these food groups have therefore not been reported separately, but have been included in the major food group totals and the total for all foods at the end of the table. (See Appendix 2 for an explanation of the food groupings.) A listing of the food groups which have not been published is provided in the table below.

<i>Food code(a)</i>	<i>Food group name</i>
116	Water with other additions as a beverage
121	Flours and other cereal grains and starches
144	Other fats
153	Mixed dishes where fruit is the major component
173	Egg substitutes and dishes
182	Game and other carcass meat
202	Dry soup mix
203	Canned condensed soup
211	Seeds and seed products
225	Stuffings
254	Pretzels and snack crackers
29	SPECIAL DIETARY FOODS
291	Formula dietary foods
292	Enteral formulae
305	Essences
306	Chemical raising agents and cooking ingredients
31	INFANT FORMULAE AND FOODS
311	Infant formulae and human breast milk
312	Infant cereal products
313	Infant foods
314	Infant drinks

(a) See the Users' Guide (1998c) for a full description of the food classification for the NNS.

COMPARISON WITH OTHER STUDIES

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

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

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

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

## RELATED PUBLICATIONS

**46** ABS publications which may be of interest are:

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

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

*National Nutrition Survey: Nutrient Intakes and Physical Measurements, Australia, 1995* (Cat. no. 4805.0)

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

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

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

## SYMBOLS AND OTHER USAGES

ABS	Australian Bureau of Statistics
ANSURS	Australian Nutrition Survey System
ANZFA	Australia and New Zealand Food Authority
FFQ	Food frequency questionnaire
g	grams
mmHg	millimetres of mercury
n.e.c.	not elsewhere classified
NHS	National Health Survey
NNS	National Nutrition Survey
RSE	relative standard error
SE	standard error
SEIFA	socio-economic indexes for areas
UK	United Kingdom
USDA	United States Department of Agriculture
*	relative standard error of 25% to 50%
**	relative standard error over 50%
—	nil or rounded to zero

APPENDIX **1**

**POPULATION ESTIMATES AND  
SAMPLE COUNTS** .....

ALL PERSONS

	POPULATION ESTIMATES(a).....			SAMPLE COUNTS.....		
	<i>Males</i>	<i>Females</i>	<i>Persons</i>	<i>Males</i>	<i>Females</i>	<i>Persons</i>
<b>Age group (years)</b>						
2-3	265 414	252 122	517 536	170	213	383
4-7	530 647	503 967	1 034 614	415	384	799
8-11	529 201	503 481	1 032 682	385	354	739
12-15	524 138	495 758	1 019 896	349	304	653
16-18	389 479	368 469	757 948	215	218	433
19-24	866 651	832 697	1 699 348	485	575	1 060
25-44	2 795 003	2 797 187	5 592 190	2 140	2 385	4 525
45-64	1 900 669	1 852 311	3 752 980	1 554	1 752	3 306
65 and over	939 293	1 221 445	2 160 738	902	1 058	1 960
<b>Persons</b>	<b>8 740 495</b>	<b>8 827 437</b>	<b>17 567 932</b>	<b>6 615</b>	<b>7 243</b>	<b>13 858</b>
Persons aged 19 years and over	6 501 616	6 703 640	13 205 256	5 081	5 770	10 851

(a) These estimates correspond to the population benchmarks for the National Nutrition Survey and were derived from the third quarter population estimates for 1995.

PERSONS AGED 19 YEARS AND OVER

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

- (a) Areas containing capital cities or urban centres with a population of 100,000 or more.
- (b) Areas containing an urban centre with a population of 10,000 to 99,999.
- (c) All remote areas, and rural areas containing a centre with a population of less than 10,000.
- (d) Includes Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States.
- (e) Includes Southeast Asian and Northeast Asia.
- (f) Includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica.

PERSONS AGED 19 YEARS AND OVER *continued*

	POPULATION ESTIMATES.....			SAMPLE COUNTS.....		
	<i>Males</i>	<i>Females</i>	<i>Persons</i>	<i>Males</i>	<i>Females</i>	<i>Persons</i>
<b>SEIFA quintile of relative socio-economic disadvantage</b>						
1st	1 113 538	1 216 985	2 330 522	908	1 076	1 984
2nd	1 237 588	1 308 450	2 546 038	989	1 130	2 119
3rd	1 146 951	1 201 065	2 348 015	983	1 109	2 092
4th	1 387 311	1 427 959	2 815 270	1 059	1 234	2 293
5th	1 600 342	1 532 317	3 132 659	1 129	1 205	2 334
<b>Weekday/weekend</b>						
Monday–Friday	4 929 244	5 112 573	10 041 817	3 869	4 416	8 285
Saturday–Sunday	1 572 372	1 591 067	3 163 439	1 212	1 354	2 566
<b>Season</b>						
Spring (Sep–Nov)	1 700 556	1 746 696	3 447 252	1 223	1 354	2 577
Summer (Dec–Feb)	1 238 791	1 331 670	2 570 461	1 064	1 240	2 304
Autumn (Mar–May)	1 837 370	1 857 740	3 695 110	1 449	1 669	3 118
Winter (Jun–Aug)	1 724 899	1 767 535	3 492 434	1 345	1 507	2 852



Foods and beverages reported in the 24-hour recall can be categorised to varying levels of detail. This classification was based on those used in the 1983 National Dietary Survey of Adults, with modifications done in consultation with experts. This publication has used the broadest level of the classification system, the major food groups and the next level, the sub-major food groups. Full details of the food classification used in the National Nutrition Survey is available in the Users' Guide (ABS 1998c).

Some issues associated with the food classification system are:

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

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

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

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

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

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

## TECHNICAL NOTES .....

### ESTIMATION PROCEDURES

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

### RELIABILITY OF THE ESTIMATES

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

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

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

### TYPES OF STANDARD ERRORS CALCULATED

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

- person estimates, such as the number of people who are overweight or the percentage of people consuming a particular food group; and
- non-person estimates, such as mean food intake, median food intake and median physical measurements e.g. median height (centimetres).

#### Modelled relative standard errors

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

#### Modelled relative standard errors *continued*

The following tables of RSEs have been included in this publication:

- person estimates (table T1). Due to recent methodological investigations, the RSEs contained within table T1 have been revised from those initially published in the Selected Highlights publication (ABS 1997);
- mean food intake estimates for major food groups (table T2);
- median food intake estimates for major food groups (table T3); and
- mean food intake estimates for sub-major food groups excluding organ meats and offal, products and dishes (table T4).

#### Precise relative standard errors

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

- median food intake for sub-major food groups;
- median food intake for specific major food groups (see paragraph 42 of the Explanatory Notes);
- mean food intake for specific major and sub-major food groups (see paragraph 42 of the Explanatory Notes); and
- mean food intake for organ meats and offal, products and dishes.

However, RSEs were calculated for the actual estimates presented in this publication and any estimates with an RSE of 25% or greater have been marked with an asterisk. Information on other precise SEs are available on request.

#### State and Territory estimates

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

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

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

CALCULATION OF STANDARD ERRORS FOR NON-PERSON ESTIMATES

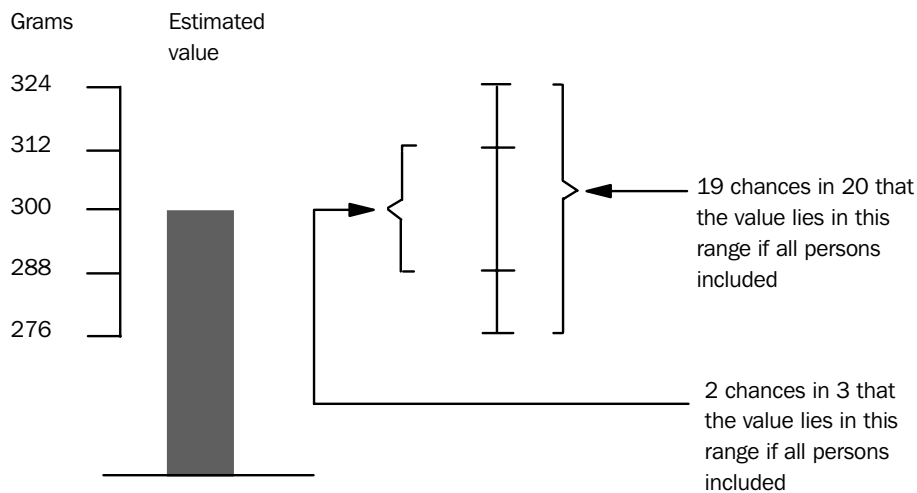
As the RSEs in table T2 show, the smaller the population estimate of number of persons contributing to the non-person estimate, the higher the RSE. Non-person estimates based upon very small population estimates are subject to very high RSEs. In the tables in this publication, only estimates with RSEs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

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

For example, if the mean food intake for 'Milk products and dishes' for a group of 1,000,000 people is 300 g, then it can be seen from table T2 that the RSE for the estimate of 300 g is 4.1%. Therefore, the SE of the mean is 12 g (4.1% of 300 g). Therefore, if all persons had been included in this survey, there are approximately:

- two chances in three that the mean intake will fall within the range of 288 g to 312 g (the mean plus or minus the SE of the mean); and
- 19 chances in 20 that the value will fall within 276 g and 324 g (the mean plus or minus twice the SE of the mean).

This example is illustrated in the following diagram.





CALCULATION OF STANDARD ERRORS FOR NON-PERSON ESTIMATES *continued*

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

$$SE = \text{lower SE} + ((\text{size of estimate} - \text{lower size}) / (\text{upper size} - \text{lower size})) \times (\text{upper SE} - \text{lower SE})$$

For example, the mean food intake for 2–3 year old males consuming 'Milk products and dishes' is 508 g. From Appendix 1, there are approximately 265,400 males aged 2–3 years. (Note that the population estimate figures, not the sample figures, should be used.) This population falls between 200,000 and 300,000 in table T2. Firstly, the SE of the population needs to be calculated from table T2. For a population of 200,000 it is 18,200 (9.1% of 200,000) and for a population of 300,000 it is 22,500 (7.5% of 300,000). Therefore, using the above formula, the SE of the population is:

$$SE = 18,200 + ((265,400 - 200,000) / (300,000 - 200,000)) \times (22,500 - 18,200) \\ = 21,012$$

Therefore, the RSE for mean food intake for a population of 265,400 is 7.9% (21,012/265,400 x 100). This means that the SE of the mean food intake in this example is 40 g (7.9% of 508 g). Therefore, if all persons had been included in this survey, there are approximately:

- two chances in three that the mean food intake will fall within the range of 468 g to 548 g; and
- 19 chances in 20 that the value will fall between 428 g and 588 g.

## STANDARD ERRORS OF RATES AND PERCENTAGES FOR PERSON ESTIMATES

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

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

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

For example, 27.7% of males aged 19 years and over reported consuming 'Breakfast cereals, plain single source'. Using table 3 and Appendix 1, it can be calculated that the numerator is approximately 1,800,948 and the denominator is 6,501,616. From table T1, by interpolation, the SE of 6,501,600 is approximately 46,502, so the RSE is 0.7%.

The SE of 1,800,948 is approximately 35,340, so the RSE is 2.0%. Applying the above formula, the RSE for the proportion (27.7%) is  $\sqrt{[(2.0)^2 - (0.7)^2]}$  or 1.9%, giving a SE of 0.5 percentage points. Therefore, there are about two chances in three that the percentage of men aged 19 years and over consuming 'Breakfast cereals, plain single source' is between 27.2% and 28.2% and 19 chances in 20 that the proportion is within the range 26.7% and 28.7%.

## STANDARD ERRORS OF DIFFERENCES

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

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

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

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

**T1** RELATIVE STANDARD ERRORS FOR PERSON ESTIMATES(a)

STATES AND TERRITORIES.....

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

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

**T2 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR MAJOR FOOD GROUPS**

<i>Number of persons contributing to the estimate(b)</i>	<i>Cereals &amp; cereal products</i>	<i>Cereal-based products</i>	<i>Fruit products &amp; dishes</i>	<i>Vegetable products &amp; dishes</i>	<i>Legume &amp; pulse dishes</i>	<i>Milk products &amp; dishes</i>	<i>Meat, poultry &amp; game</i>	<i>Fish &amp; seafood dishes</i>	<i>Egg products &amp; dishes</i>	<i>Snack</i>
3 000	52.7									
3 500	49.6									
4 000	47.1					52.1				
4 500	45.0			52.5		49.7				
5 000	43.2			49.7		47.6				
6 000	40.2			45.3		44.1	50.0			
7 000	37.9			41.8		41.4	46.6			
8 000	35.9			39.1		39.2	43.9			
9 000	34.2			36.8		37.3	41.6			
10 000	32.8			34.9		35.7	39.6			
11 000	31.6			33.3		34.2	37.9			
12 000	30.5	50.2		31.8		33.0	36.4			
13 000	29.5	48.3	51.6	30.6		31.9	35.1			
14 000	28.6	46.6	49.8	29.5		30.9	34.0			
15 000	27.8	45.1	48.3	28.5		30.0	32.9			
17 500	26.1	41.9	44.9	26.3		28.0	30.7			
20 000	24.7	39.3	42.2	24.7		26.4	28.9			
25 000	22.6	35.3	38.0	22.1		24.0	26.1			
30 000	20.9	32.4	34.9	20.2		22.1	24.0			
35 000	19.6	30.1	32.4	18.7		20.6	22.4			
40 000	18.5	28.2	30.5	17.5		19.4	21.0			
45 000	17.6	26.7	28.8	16.6		18.4	19.9		51.5	
50 000	16.8	25.4	27.4	15.7		17.5	19.0	54.5	49.5	
75 000	14.1	21.0	22.6	13.0		14.5	15.8	46.5	42.5	54.7
100 000	12.5	18.3	19.6	11.3	59.1	12.7	13.9	41.3	38.1	49.1
200 000	9.2	13.3	14.0	8.2	46.0	9.1	10.1	30.5	28.8	37.1
300 000	7.6	11.0	11.5	6.8	39.1	7.5	8.4	25.3	24.3	31.2
400 000	6.7	9.6	10.0	6.0	34.6	6.5	7.4	22.0	21.5	27.4
500 000	6.0	8.7	8.9	5.4	31.4	5.8	6.7	19.7	19.5	24.7
600 000	5.5	8.0	8.1	5.0	28.9	5.3	6.1	17.9	18.0	22.7
700 000	5.2	7.5	7.5	4.6	26.9	4.9	5.7	16.5	16.8	21.1
800 000	4.9	7.0	7.0	4.4	25.2	4.6	5.4	15.4	15.8	19.7
900 000	4.6	6.7	6.6	4.1	23.8	4.3	5.1	14.5	14.9	18.6
1 000 000	4.4	6.4	6.3	4.0	22.6	4.1	4.9	13.7	14.2	17.7
2 500 000	2.8	4.2	3.9	2.7	14.0	2.5	3.2	8.2	9.2	10.9
5 000 000	2.0	3.1	2.7	2.0	9.4	1.7	2.3	5.3	6.5	7.3
10 000 000	1.4	2.3	1.9	1.5	6.1	1.2	1.7	3.4	4.5	4.8
20 000 000	1.0	1.7	1.3	1.1	3.8	0.8	1.3	2.1	3.1	3.1

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

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

**T2 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Sugar products &amp; dishes</i>	<i>Confectionery</i>	<i>Seed &amp; nut products &amp; dishes</i>	<i>Fats &amp; oils</i>	<i>Soup</i>	<i>Savoury sauces</i>	<i>Non-alcoholic beverages</i>	<i>Alcoholic beverages</i>	<i>Miscellaneous</i>
3 000							28.4		
3 500							26.8		
4 000							25.5		
4 500							24.4		
5 000							23.4		
6 000				51.6			21.9		
7 000				48.6			20.6		
8 000				46.1			19.5		
9 000	51.7			44.0			18.6		
10 000	49.9			42.2			17.9		
11 000	48.4			40.6			17.2		
12 000	47.0			39.1			16.6		
13 000	45.7			37.9			16.1		
14 000	44.6			36.8			15.6		
15 000	43.5			35.7			15.1		
17 500	41.2			33.5			14.2		
20 000	39.4			31.7		50.2	13.4		
25 000	36.4			28.9		45.8	12.2		
30 000	34.1			26.7		42.5	11.3	52.0	51.3
35 000	32.2			25.0		39.9	10.5	49.0	48.1
40 000	30.7	50.9		23.6		37.7	9.9	46.6	45.5
45 000	29.4	48.4		22.4		35.9	9.4	44.5	43.3
50 000	28.3	46.3		21.4	57.1	34.3	9.0	42.8	41.5
75 000	24.3	38.8		17.9	49.1	28.9	7.5	36.5	35.0
100 000	21.7	34.1	50.9	15.7	43.9	25.5	6.5	32.6	30.9
200 000	16.5	24.6	38.9	11.4	32.9	18.9	4.7	24.6	23.0
300 000	14.0	20.2	32.8	9.4	27.5	15.8	3.8	20.8	19.2
400 000	12.4	17.5	28.9	8.2	24.1	13.9	3.3	18.5	16.9
500 000	11.3	15.7	26.1	7.4	21.7	12.5	2.9	16.8	15.3
600 000	10.5	14.3	24.0	6.7	19.9	11.5	2.7	15.5	14.1
700 000	9.8	13.2	22.4	6.2	18.5	10.7	2.5	14.5	13.2
800 000	9.3	12.3	21.0	5.8	17.3	10.1	2.3	13.7	12.4
900 000	8.8	11.5	19.8	5.5	16.3	9.6	2.1	13.1	11.8
1 000 000	8.4	10.9	18.8	5.2	15.5	9.1	2.0	12.5	11.2
2 500 000	5.6	6.6	11.7	3.2	9.5	5.9	1.2	8.3	7.4
5 000 000	4.0	4.4	7.9	2.2	6.4	4.2	0.8	6.1	5.3
10 000 000	2.9	2.9	5.2	1.5	4.2	3.0	0.5	4.4	3.8
20 000 000	2.0	1.9	3.4	1.0	2.7	2.1	0.3	3.1	2.7

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

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

**T3 RSEs FOR MEDIAN FOOD INTAKE ESTIMATES(a) FOR MAJOR FOOD GROUPS**

<i>Number of persons contributing to the estimate(b)</i>	<i>Cereals &amp; cereal products</i>	<i>Cereal-based products</i>	<i>Fruit products &amp; dishes</i>	<i>Vegetable products &amp; dishes</i>	<i>Legume &amp; pulse dishes</i>	<i>Milk products &amp; dishes</i>	<i>Meat, poultry &amp; game</i>	<i>Fish &amp; seafood dishes</i>	<i>Egg products &amp; dishes</i>	<i>Snack foods</i>
3 000										
3 500										
4 000										
4 500										
5 000				52.0						
6 000				48.2					51.4	
7 000			50.9	45.2					47.3	53.5
8 000	51.9		47.4	42.7		50.9			44.1	49.6
9 000	48.3		44.5	40.6		48.5			41.4	46.4
10 000	45.3		42.1	38.8		46.4	51.4		39.2	43.6
11 000	42.8		40.0	37.2		44.6	48.7	51.2	37.3	41.3
12 000	40.6		38.2	35.9		42.9	46.2	48.9	35.6	39.3
13 000	38.7	51.6	36.7	34.6		41.5	44.1	46.8	34.1	37.5
14 000	37.0	49.9	35.3	33.5	50.5	40.2	42.3	44.9	32.8	35.9
15 000	35.5	48.3	34.0	32.6	49.6	39.0	40.6	43.3	31.7	34.5
17 500	32.5	45.0	31.4	30.4	47.4	36.5	37.2	39.8	29.2	31.5
20 000	30.0	42.4	29.3	28.7	45.4	34.4	34.4	37.0	27.3	29.1
25 000	26.4	38.3	26.2	26.0	42.1	31.2	30.3	32.7	24.3	25.5
30 000	23.8	35.2	23.9	24.0	39.3	28.8	27.3	29.7	22.2	22.9
35 000	21.8	32.8	22.1	22.4	36.9	26.8	25.0	27.3	20.5	20.8
40 000	20.2	30.8	20.7	21.1	34.9	25.3	23.2	25.4	19.2	19.2
45 000	18.9	29.2	19.6	20.0	33.1	23.9	21.7	23.8	18.1	17.9
50 000	17.9	27.8	18.6	19.0	31.5	22.8	20.5	22.5	17.1	16.8
75 000	14.3	23.0	15.3	15.8	25.7	18.9	16.4	18.1	14.0	13.1
100 000	12.3	20.2	13.3	13.8	21.9	16.4	14.0	15.5	12.1	10.9
200 000	8.6	14.6	9.7	9.9	14.1	11.7	9.6	10.7	8.7	7.0
300 000	7.1	12.0	8.1	8.2	10.5	9.6	7.8	8.6	7.2	5.4
400 000	6.1	10.5	7.1	7.1	8.4	8.2	6.7	7.4	6.3	4.5
500 000	5.5	9.4	6.5	6.4	7.0	7.3	5.9	6.5	5.6	3.9
600 000	5.1	8.6	6.0	5.8	6.0	6.7	5.4	5.9	5.2	3.4
700 000	4.7	8.0	5.6	5.4	5.3	6.2	5.0	5.5	4.8	3.1
800 000	4.5	7.5	5.3	5.0	4.7	5.7	4.7	5.1	4.5	2.8
900 000	4.2	7.1	5.1	4.7	4.2	5.4	4.4	4.8	4.3	2.6
1 000 000	4.0	6.8	4.9	4.5	3.8	5.1	4.2	4.5	4.1	2.4
2 500 000	2.7	4.3	3.4	2.8	1.5	3.1	2.6	2.8	2.7	1.3
5 000 000	2.1	3.1	2.6	1.9	0.7	2.1	1.9	1.9	2.0	0.8
10 000 000	1.6	2.2	2.0	1.3	0.3	1.4	1.4	1.3	1.5	0.5
20 000 000	1.2	1.5	1.6	0.9	0.1	0.9	1.0	0.9	1.1	0.3

- (a) The RSEs shown relate to median food intake estimates for those items collected for the main survey sample. The table presents RSEs up to around 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.
- (b) The population contributing to the non-person estimate of median food intake is the number of estimated persons consuming food. However, the RSEs apply to the actual median food intake.

**T3 RSEs FOR MEDIAN FOOD INTAKE ESTIMATES(a) FOR MAJOR FOOD GROUPS** *continued*

Number of persons contributing to the estimate(b)	Sugar products & dishes		Seed & nut products & dishes		Fats & oils	Soup	Savoury sauces	Non-alcoholic beverages	Alcoholic beverages	Miscellaneous
	Confectionery									
3 000						35.6		49.7		
3 500						34.6		45.8		
4 000						33.7		42.7		
4 500						32.9		40.1		
5 000					50.6	32.1		37.9		
6 000					47.7	30.8		34.5		
7 000					45.3	29.7		31.8		
8 000			52.2		43.3	28.7		29.6		
9 000			49.7		41.5	27.8		27.9		
10 000			47.5		40.0	27.0		26.4		
11 000			45.7		38.6	26.3		25.1		
12 000			44.0		37.4	25.6		24.0		
13 000	51.5		42.5		36.3	25.0		23.0		
14 000	49.8		41.1		35.3	24.4		22.1		
15 000	48.3		39.9		34.3	23.9		21.4	51.6	53.6
17 500	45.0		37.2		32.3	22.8		19.7	46.8	49.1
20 000	42.3		35.0	51.4	30.7	21.8		18.4	43.1	45.5
25 000	38.1		31.6	45.4	28.0	20.1	54.2	16.4	37.6	40.0
30 000	35.0		28.9	40.9	25.9	18.8	48.9	14.9	33.6	35.9
35 000	32.4		26.9	37.5	24.2	17.7	44.8	13.8	30.7	32.8
40 000	30.4		25.2	34.7	22.8	16.8	41.5	12.9	28.3	30.2
45 000	28.6		23.7	32.4	21.7	16.0	38.8	12.1	26.4	28.1
50 000	27.2		22.5	30.5	20.6	15.3	36.5	11.5	24.8	26.3
75 000	22.1		18.2	24.0	17.0	12.8	28.9	9.3	19.6	20.4
100 000	18.9		15.6	20.2	14.8	11.2	24.4	8.1	16.7	16.9
200 000	12.9		10.6	13.2	10.3	7.9	16.2	5.7	11.4	10.5
300 000	10.2		8.4	10.2	8.2	6.3	12.7	4.6	9.2	7.9
400 000	8.6		7.0	8.5	6.9	5.3	10.7	4.0	7.9	6.4
500 000	7.5		6.1	7.4	6.1	4.6	9.3	3.6	7.1	5.4
600 000	6.7		5.5	6.5	5.4	4.1	8.4	3.3	6.5	4.7
700 000	6.1		4.9	5.9	4.9	3.7	7.6	3.1	6.0	4.2
800 000	5.6		4.5	5.4	4.5	3.4	7.0	2.9	5.6	3.8
900 000	5.2		4.2	5.0	4.2	3.2	6.5	2.7	5.3	3.4
1 000 000	4.9		3.9	4.7	3.9	2.9	6.1	2.6	5.0	3.2
2 500 000	2.7		2.1	2.5	2.1	1.5	3.4	1.6	3.3	1.5
5 000 000	1.6		1.3	1.5	1.3	0.9	2.2	1.2	2.4	0.8
10 000 000	1.0		0.7	0.9	0.8	0.5	1.4	0.8	1.8	0.4
20 000 000	0.6		0.4	0.6	0.4	0.3	0.9	0.6	1.4	0.2

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

(b) The population contributing to the non-person estimate of median food intake is the number of estimated persons consuming food. However, the RSEs apply to the actual median food intake.

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS**

<i>Number of persons contributing to the estimate(b)</i>	<i>Regular breads &amp; rolls</i>	<i>Breakfast cereals, plain single</i>	<i>Fancy breads, muffins</i>	<i>Pasta &amp; pasta products</i>	<i>Rice &amp; rice products</i>	<i>Breakfast cereals, mixed</i>	<i>Breakfast cereals, hot porridge</i>	<i>Sweet biscuits</i>	<i>Savoury biscuits</i>	<i>Cakes, buns, scones</i>
3 000										
3 500	51.3									
4 000	48.5									
4 500	46.1									
5 000	44.1									
6 000	40.8									
7 000	38.2									
8 000	36.0									
9 000	34.2									
10 000	32.7									
11 000	31.3									
12 000	30.2									
13 000	29.1									
14 000	28.2									
15 000	27.3									
17 500	25.5									
20 000	24.0									
25 000	21.7									
30 000	20.0	51.4								
35 000	18.7	47.9						50.8		
40 000	17.5	45.1				51.5		48.0		
45 000	16.6	42.7				49.0		45.6		50.6
50 000	15.8	40.7	59.0	58.9	57.9	46.8		43.6	57.1	48.4
75 000	13.1	33.6	50.4	50.4	49.7	39.2		36.4	48.5	40.7
100 000	11.4	29.3	44.8	44.9	44.4	34.4	62.4	31.9	43.0	35.9
200 000	8.2	20.7	33.0	33.6	33.4	24.9	48.5	23.0	31.6	26.0
300 000	6.7	16.8	27.2	28.0	28.1	20.4	41.0	18.9	26.1	21.4
400 000	5.8	14.4	23.6	24.6	24.7	17.6	36.0	16.3	22.7	18.5
500 000	5.2	12.8	21.1	22.2	22.3	15.7	32.5	14.6	20.3	16.5
600 000	4.8	11.6	19.1	20.3	20.5	14.3	29.7	13.3	18.5	15.0
700 000	4.4	10.6	17.6	18.9	19.1	13.2	27.5	12.2	17.1	13.8
800 000	4.1	9.8	16.4	17.7	17.9	12.3	25.7	11.4	15.9	12.9
900 000	3.9	9.2	15.4	16.7	16.9	11.5	24.1	10.7	15.0	12.1
1 000 000	3.7	8.7	14.5	15.8	16.1	10.9	22.8	10.1	14.2	11.4
2 500 000	2.3	5.1	8.4	9.8	10.2	6.5	13.4	6.1	8.5	6.8
5 000 000	1.6	3.3	5.4	6.7	7.0	4.3	8.5	4.1	5.6	4.5
10 000 000	1.1	2.1	3.4	4.5	4.8	2.8	5.2	2.7	3.6	2.9
20 000 000	0.7	1.4	2.0	2.9	3.2	1.8	3.0	1.8	2.3	1.8

- (a) The RSEs shown relate to mean food intake estimates for those items collected for the main survey sample. The table presents RSEs up to around 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.
- (b) The population estimate of number of persons contributing to the non-person estimate is the denominator in the calculation of the mean. However, the RSEs apply to the actual mean food intake.



**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Pastries</i>	<i>Mixed dishes—cereal</i>	<i>Batter-based products</i>	<i>Pome fruit</i>	<i>Berry fruit</i>	<i>Citrus fruit</i>	<i>Stone fruit</i>	<i>Tropical fruit</i>	<i>Other fruit</i>	<i>Mixtures of two or more fruits</i>
3 000										
3 500										
4 000										
4 500										
5 000										
6 000										
7 000										
8 000										
9 000										
10 000										
11 000										
12 000										
13 000										
14 000										
15 000										
17 500										
20 000										
25 000										
30 000				53.4				52.6		
35 000				49.9				49.1		
40 000	51.5	50.6		47.0				46.3		
45 000	49.0	48.2		44.6				43.9		
50 000	46.9	46.2		42.5		58.3		41.9		
75 000	39.5	39.2		35.3		49.6		34.8		
100 000	34.8	34.8		30.8		44.1	50.6	30.5	53.7	
200 000	25.4	25.9	56.3	22.0		32.4	39.1	21.9	42.0	
300 000	20.9	21.7	48.6	18.0	50.8	26.8	33.1	18.0	35.9	53.1
400 000	18.2	19.1	43.4	15.5	45.5	23.2	29.3	15.6	32.0	47.5
500 000	16.3	17.2	39.7	13.8	41.6	20.8	26.4	13.9	29.2	43.4
600 000	14.9	15.9	36.7	12.6	38.5	18.9	24.3	12.7	27.0	40.2
700 000	13.8	14.8	34.3	11.6	36.0	17.4	22.6	11.7	25.2	37.6
800 000	12.8	13.9	32.4	10.8	34.0	16.2	21.1	10.9	23.8	35.4
900 000	12.1	13.2	30.7	10.1	32.2	15.2	19.9	10.3	22.6	33.5
1 000 000	11.4	12.5	29.2	9.6	30.6	14.4	18.9	9.7	21.5	31.9
2 500 000	7.0	8.1	18.4	5.7	19.3	8.5	11.5	5.9	13.8	20.0
5 000 000	4.7	5.7	12.5	3.8	12.9	5.5	7.6	4.0	9.6	13.4
10 000 000	3.2	4.0	8.2	2.5	8.4	3.5	4.9	2.7	6.5	8.6
20 000 000	2.1	2.8	5.1	1.7	5.2	2.1	3.0	1.8	4.3	5.3

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

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

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Dried fruit, preserved fruit</i>	<i>Potatoes</i>	<i>Cabbage, cauliflower &amp; brassica vegetables</i>	<i>Carrot &amp; similar root vegetables</i>	<i>Leaf &amp; stalk vegetables</i>	<i>Peas &amp; beans</i>	<i>Tomato &amp; tomato products</i>	<i>Other fruiting vegetables</i>	<i>Other vegetables &amp; vegetable combinations</i>	<i>Dishes—vegetables</i>
3 000										
3 500										
4 000										
4 500										
5 000										
6 000										
7 000										
8 000										
9 000										
10 000		51.4								
11 000		49.2								
12 000		47.3								
13 000		45.6								
14 000		44.1								
15 000		42.8								
17 500		39.9								
20 000		37.6		50.3			51.5		54.1	
25 000		33.9		45.4	52.5		46.6	50.6	49.4	
30 000		31.2		41.7	48.6	51.6	42.9	46.9	45.8	
35 000		29.1		38.9	45.5	48.3	40.0	43.9	43.0	
40 000		27.4	51.5	36.5	42.9	45.6	37.6	41.5	40.7	
45 000		26.0	49.1	34.6	40.8	43.3	35.6	39.5	38.7	
50 000		24.8	47.0	33.0	39.0	41.4	33.9	37.7	37.0	
75 000		20.6	39.7	27.4	32.7	34.6	28.1	31.6	31.2	
100 000		18.0	35.1	24.0	28.9	30.4	24.6	27.8	27.5	
200 000	51.8	13.1	25.8	17.5	21.3	22.1	17.7	20.3	20.3	
300 000	44.3	10.8	21.4	14.6	17.8	18.2	14.6	16.9	16.9	
400 000	39.4	9.5	18.7	12.8	15.7	15.9	12.7	14.7	14.8	51.8
500 000	35.8	8.5	16.8	11.6	14.2	14.2	11.4	13.2	13.4	47.8
600 000	33.0	7.8	15.4	10.7	13.1	13.0	10.4	12.1	12.3	44.5
700 000	30.8	7.3	14.2	9.9	12.2	12.0	9.6	11.3	11.4	41.9
800 000	28.9	6.8	13.3	9.4	11.5	11.3	9.0	10.6	10.7	39.6
900 000	27.3	6.5	12.6	8.9	10.9	10.6	8.5	10.0	10.2	37.7
1 000 000	26.0	6.1	11.9	8.5	10.4	10.1	8.1	9.5	9.7	36.0
2 500 000	16.0	4.0	7.4	5.6	6.9	6.3	5.1	6.0	6.2	23.4
5 000 000	10.6	2.9	5.1	4.1	5.0	4.3	3.6	4.2	4.4	16.1
10 000 000	6.8	2.0	3.4	3.0	3.6	3.0	2.5	2.9	3.1	10.6
20 000 000	4.2	1.5	2.3	2.2	2.6	2.0	1.7	2.0	2.1	6.7

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

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

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Mature legumes &amp; pulses</i>	<i>Legumes &amp; pulse dishes</i>	<i>Dairy milk</i>	<i>Yoghurt</i>	<i>Cream</i>	<i>Cheese</i>	<i>Frozen milk products</i>	<i>Other dishes—milk</i>	<i>Milk substitutes</i>	<i>Flavoured milks</i>
3 000										
3 500										
4 000										
4 500										
5 000			53.0							
6 000			49.5							
7 000			46.7							
8 000			44.4							
9 000			42.4							
10 000			40.7							
11 000			39.2							
12 000			37.9							
13 000			36.7							
14 000			35.6							
15 000			34.6							
17 500			32.5			52.2				
20 000			30.8			49.2				
25 000			28.1			44.5				
30 000			26.0			41.0				
35 000			24.4			38.2				
40 000			23.0			36.0				
45 000			21.9			34.1				
50 000			20.9			32.5	51.1			
75 000			17.4			26.9	43.1			
100 000			15.3	50.4	58.5	23.5	38.1	54.1		61.4
200 000		50.7	11.0	38.0	45.3	16.9	27.9	40.6		47.8
300 000		43.2	9.1	31.7	38.3	13.9	23.1	33.8		40.7
400 000		38.2	7.9	27.8	33.8	12.0	20.1	29.4	52.1	36.0
500 000		34.6	7.0	25.0	30.5	10.8	18.0	26.3	48.0	32.6
600 000	52.1	31.8	6.4	22.8	28.0	9.8	16.5	23.9	44.7	30.0
700 000	49.5	29.6	5.9	21.1	26.0	9.1	15.3	22.0	42.0	27.9
800 000	47.3	27.7	5.5	19.7	24.3	8.5	14.3	20.5	39.7	26.2
900 000	45.4	26.2	5.2	18.6	22.9	8.0	13.4	19.2	37.8	24.7
1 000 000	43.7	24.8	4.9	17.6	21.7	7.6	12.7	18.1	36.1	23.5
2 500 000	30.4	15.1	3.0	10.6	13.1	4.7	7.8	10.4	23.2	14.4
5 000 000	22.2	9.9	2.0	7.0	8.5	3.3	5.3	6.6	15.8	9.6
10 000 000	15.6	6.3	1.3	4.4	5.4	2.3	3.6	4.0	10.3	6.1
20 000 000	10.6	3.8	0.9	2.8	3.3	1.5	2.3	2.4	6.5	3.8

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

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

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Muscle meat</i>	<i>Poultry &amp; feathered game</i>	<i>Sausages, frankfurts &amp; saveloys</i>	<i>Processed meats</i>	<i>Mixed dishes—beef or veal</i>	<i>Mixed dishes—lamb, pork</i>	<i>Mixed dishes—poultry</i>	<i>Fin fish (excluding canned)</i>	<i>Crustacea &amp; molluscs</i>	<i>Packed fish &amp; seafood</i>
3 000										
3 500										
4 000										
4 500										
5 000										
6 000										
7 000										
8 000										
9 000										
10 000										
11 000										
12 000										
13 000										
14 000										
15 000	52.1									
17 500	48.7									
20 000	45.9									
25 000	41.6									
30 000	38.4									
35 000	35.8									
40 000	33.7									
45 000	32.0	52.0								
50 000	30.5	49.8			52.6					
75 000	25.4	42.1	54.5		44.5		53.7			
100 000	22.2	37.3	48.7	52.1	39.4		48.1			
200 000	16.1	27.5	36.5	40.5	29.0		36.4	54.4		54.2
300 000	13.3	22.8	30.5	34.5	24.0	50.4	30.5	46.5		46.5
400 000	11.6	19.9	26.7	30.8	21.0	44.6	26.8	41.2		41.3
500 000	10.4	17.9	24.1	28.0	18.8	40.3	24.2	37.3	52.0	37.5
600 000	9.5	16.4	22.1	25.9	17.2	37.0	22.2	34.3	48.6	34.6
700 000	8.9	15.2	20.5	24.3	15.9	34.3	20.6	31.8	45.7	32.2
800 000	8.3	14.2	19.1	22.9	14.9	32.1	19.3	29.8	43.3	30.2
900 000	7.8	13.4	18.0	21.7	14.0	30.2	18.2	28.1	41.3	28.5
1 000 000	7.5	12.7	17.1	20.7	13.3	28.6	17.3	26.6	39.5	27.1
2 500 000	4.7	7.9	10.5	13.5	8.1	16.9	10.6	16.0	25.7	16.5
5 000 000	3.3	5.4	7.1	9.5	5.5	10.8	7.1	10.3	17.8	10.8
10 000 000	2.3	3.6	4.6	6.6	3.6	6.5	4.7	6.4	11.8	6.8
20 000 000	1.6	2.4	3.0	4.5	2.4	3.8	3.0	3.8	7.5	4.1

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

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

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Fish &amp; seafood products</i>	<i>Mixed dishes—fish or seafood</i>	<i>Eggs</i>	<i>Dishes—egg</i>	<i>Potato snacks</i>	<i>Corn snacks</i>	<i>Extruded snacks</i>	<i>Sugar, honey &amp; syrups</i>	<i>Jam, lemon &amp; chocolate spreads</i>	<i>Dishes—sugar</i>
3 000										
3 500										
4 000										
4 500										
5 000										
6 000										
7 000										
8 000										
9 000										
10 000										
11 000								50.8		
12 000								49.1		
13 000								47.6		
14 000								46.3		
15 000								45.0		
17 500								42.4		
20 000								40.2		
25 000								36.8		
30 000								34.3		
35 000								32.2		
40 000								30.5		
45 000								29.1		
50 000			51.1					27.9	52.6	
75 000			43.6					23.7	45.0	
100 000	60.5		38.8		59.9			21.0	40.1	
200 000	46.5		28.7	55.7	46.5			15.8	29.8	57.7
300 000	39.2		23.9	47.9	39.4			13.3	24.8	49.7
400 000	34.4	51.8	20.9	42.7	34.8	50.7		11.7	21.7	44.3
500 000	31.0	47.4	18.7	38.9	31.5	47.0	50.3	10.7	19.4	40.3
600 000	28.4	43.9	17.1	35.9	29.0	44.1	47.3	9.9	17.8	37.2
700 000	26.3	41.1	15.8	33.5	26.9	41.8	44.8	9.2	16.4	34.6
800 000	24.6	38.7	14.8	31.5	25.2	39.8	42.7	8.7	15.4	32.5
900 000	23.1	36.7	13.9	29.8	23.8	38.0	40.9	8.3	14.5	30.7
1 000 000	21.9	34.9	13.2	28.4	22.6	36.5	39.3	7.9	13.7	29.2
2 500 000	13.1	21.8	8.0	17.6	13.8	25.0	26.9	5.3	8.3	17.8
5 000 000	8.5	14.4	5.4	11.8	9.1	18.1	19.4	3.8	5.5	11.6
10 000 000	5.3	9.1	3.5	7.6	5.8	12.7	13.5	2.8	3.6	7.3
20 000 000	3.2	5.5	2.2	4.7	3.6	8.7	9.2	2.0	2.3	4.3

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

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

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Chocolate &amp; chocolate confectionery</i>	<i>Cereal, fruit nut &amp; seed bars</i>	<i>Other confectionery</i>	<i>Nuts &amp; nut products</i>	<i>Dairy fats</i>	<i>Margarine</i>	<i>Vegetable oil</i>	<i>Unspecified fats</i>
3 000								
3 500								
4 000								
4 500								
5 000								
6 000								
7 000								
8 000								
9 000								
10 000								
11 000								
12 000						50.9		
13 000						49.2		
14 000						47.7		
15 000						46.3		
17 500						43.4		
20 000						41.0		
25 000						37.3		
30 000						34.4		
35 000						32.2		
40 000					50.9	30.4		
45 000					48.6	28.8		
50 000	55.0				46.7	27.5		
75 000	46.6				39.7	22.9		
100 000	41.3		58.7	51.8	35.3	20.1		
200 000	30.5	55.6	45.1	39.6	26.2	14.6		50.6
300 000	25.2	47.2	38.0	33.5	21.9	12.1		42.7
400 000	22.0	41.5	33.5	29.5	19.2	10.5	51.9	37.6
500 000	19.7	37.4	30.2	26.7	17.3	9.4	47.6	33.9
600 000	18.0	34.2	27.7	24.6	15.9	8.6	44.2	31.0
700 000	16.7	31.6	25.7	22.9	14.8	8.0	41.4	28.7
800 000	15.6	29.4	24.0	21.5	13.9	7.5	39.1	26.8
900 000	14.7	27.6	22.6	20.3	13.1	7.1	37.1	25.1
1 000 000	13.9	26.0	21.4	19.3	12.4	6.7	35.3	23.8
2 500 000	8.4	14.9	12.9	12.0	7.8	4.2	22.3	13.9
5 000 000	5.7	9.2	8.5	8.2	5.4	2.9	14.9	8.8
10 000 000	3.7	5.4	5.4	5.4	3.7	2.0	9.6	5.3
20 000 000	2.4	3.0	3.3	3.5	2.5	1.4	5.9	3.1

- (a) The RSEs shown relate to mean food intake estimates for those items collected for the main survey sample. The table presents RSEs up to around 50% only. Estimates with an RSE greater than 50% are considered too unreliable for general use.
- (b) The population estimate of number of persons contributing to the non-person estimate is the denominator in the calculation of the mean. However, the RSEs apply to the actual mean food intake.

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Soup</i>	<i>Gravies &amp; savoury sauces</i>	<i>Pickles, chutneys &amp; relishes</i>	<i>Salad dressings</i>	<i>Tea</i>	<i>Coffee &amp; coffee substitutes</i>	<i>Fruit &amp; vegetable juices &amp; drinks</i>	<i>Soft drinks, flavoured mineral waters</i>	<i>Mineral waters &amp; plain water</i>
3 000									
3 500									
4 000									
4 500									
5 000									
6 000									52.4
7 000									48.6
8 000									45.6
9 000									43.0
10 000						50.0			40.9
11 000						48.1			39.0
12 000						46.5			37.4
13 000						45.0			36.0
14 000					50.5	43.6			34.7
15 000					49.1	42.4			33.6
17 500					46.1	39.9			31.1
20 000					43.7	37.7	52.0	51.5	29.2
25 000					39.8	34.4	46.9	47.3	26.2
30 000		50.9			36.8	31.9	43.1	44.0	23.9
35 000		47.8			34.5	29.9	40.2	41.3	22.2
40 000		45.2			32.6	28.3	37.8	39.1	20.8
45 000		43.1			30.9	26.9	35.7	37.3	19.7
50 000	57.3	41.2		55.3	29.5	25.7	34.0	35.7	18.7
75 000	49.4	34.8		47.4	24.7	21.6	28.1	30.0	15.3
100 000	44.2	30.7	54.5	42.3	21.6	19.1	24.4	26.5	13.3
200 000	33.2	22.7	42.2	31.7	15.7	14.1	17.4	19.3	9.5
300 000	27.8	18.9	35.9	26.5	12.9	11.7	14.2	15.9	7.8
400 000	24.4	16.6	31.8	23.2	11.2	10.3	12.3	13.8	6.8
500 000	22.0	15.0	28.9	20.9	10.0	9.3	11.0	12.4	6.1
600 000	20.1	13.8	26.6	19.2	9.1	8.5	10.0	11.3	5.5
700 000	18.6	12.8	24.8	17.8	8.4	7.9	9.2	10.4	5.1
800 000	17.4	12.0	23.3	16.7	7.9	7.5	8.6	9.7	4.8
900 000	16.4	11.4	22.1	15.7	7.4	7.1	8.1	9.1	4.5
1 000 000	15.6	10.8	21.0	14.9	7.0	6.7	7.6	8.6	4.3
2 500 000	9.5	6.9	13.2	9.2	4.3	4.3	4.7	5.2	2.7
5 000 000	6.4	4.9	9.0	6.2	2.9	3.1	3.2	3.5	2.0
10 000 000	4.2	3.4	5.9	4.1	2.0	2.2	2.2	2.3	1.4
20 000 000	2.7	2.4	3.8	2.7	1.3	1.5	1.5	1.5	1.0

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

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

**T4 RSEs FOR MEAN FOOD INTAKE ESTIMATES(a) FOR SUB-MAJOR FOOD GROUPS** *continued*

<i>Number of persons contributing to the estimate(b)</i>	<i>Beers</i>	<i>Wines</i>	<i>Spirits</i>	<i>Other alcoholic beverages</i>	<i>Beverage flavourings</i>	<i>Yeast; yeast, vegetable &amp; meat extracts</i>	<i>Artificial sweetening agents</i>	<i>Herbs, spices, seasonings &amp; stock cubes</i>
3 000								
3 500								
4 000								
4 500								
5 000								
6 000								
7 000								
8 000								
9 000								
10 000								
11 000								
12 000								
13 000								
14 000								
15 000								
17 500								
20 000								
25 000								
30 000								
35 000								
40 000								
45 000						51.8		
50 000	52.4					49.7		
75 000	45.5	50.1				42.2		
100 000	41.1	44.8			52.1	37.6	57.4	
200 000	31.6	33.7	54.9		39.3	28.2	47.7	
300 000	26.9	28.2	47.9		32.9	23.8	42.5	
400 000	23.9	24.7	43.2		28.8	21.1	39.0	
500 000	21.7	22.2	39.7		25.9	19.2	36.4	
600 000	20.1	20.3	37.0		23.8	17.7	34.4	
700 000	18.8	18.8	34.8	51.8	22.0	16.6	32.8	51.2
800 000	17.7	17.6	33.0	49.8	20.6	15.6	31.4	49.6
900 000	16.8	16.6	31.4	48.1	19.4	14.9	30.2	48.2
1 000 000	16.0	15.7	30.0	46.6	18.4	14.2	29.2	46.9
2 500 000	10.4	9.6	19.9	34.5	11.2	9.4	21.3	36.7
5 000 000	7.4	6.4	14.0	26.7	7.5	6.9	16.5	30.0
10 000 000	5.1	4.2	9.6	20.1	4.9	5.0	12.5	24.2
20 000 000	3.5	2.7	6.4	14.8	3.1	3.6	9.4	19.2

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

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



## GLOSSARY .....

**Adults** Persons aged 19 years and older.

**Alcohol** In this publication, the term alcohol refers to alcoholic beverages. The alcohol content of such beverages ranges from less than 10 grams per litre in low alcohol beer to about 300 grams per litre in spirits such as whisky and brandy.

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

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

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

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<i>Category</i>	<i>BMI range</i>
Underweight	Less than 18.5
Acceptable weight	18.5 to less than 25
Overweight	25 to less than 30
Obese	30 and over

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

**Brassica vegetables** Refers to the sub-major food group, cabbage, cauliflower and similar brassica vegetables. (See Appendix 2.)

**Breads** Refers to the sub-major food group, regular breads, and rolls. (See Appendix 2.)

**Breakfast cereals** Refers to the total of three sub-major food groups: breakfast cereals, plain, single source; breakfast cereals, mixed source; and breakfast cereal, hot porridge type. (See Appendix 2.)

**Cakes** Refers to the sub-major food group, cakes, buns, muffins, scones and cake-type desserts. (See Appendix 2.)

**Carrots & root vegetables** Refers to the sub-major food group, carrot and similar root vegetables. Also referred to as carrots. (See Appendix 2.)

**Coffee** Refers to the sub-major food group, coffee and coffee substitutes. (See Appendix 2.)

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

<b>Fine age groups</b>	These have been defined in the following way for the National Nutrition Survey: 2–3 years; 4–7 years; 8–11 years; 12–15 years; 16–18 years; 19–24 years; 25–44 years; 45–64 years; and 65 years and over.
<b>Food Codebook Database</b>	This database was part of ANSURS. The Food Codebook Database contained information which was used to code the type and amount of each food/beverage that was reported in the 24-hour recall.
<b>Food Frequency Questionnaire</b>	This was used to collect information on usual frequency of intake of selected foods and vitamin/mineral supplements. Respondents aged 12 years and over were asked to complete this qualitative questionnaire, which collected usual frequency of consumption of 107 food items and 11 vitamin and mineral supplements over the past 12 months.
<b>Fruit(s)</b>	Refers to the major food group, fruit products and dishes. (See Appendix 2.)
<b>Fruit products and dishes</b>	Fruit products and dishes includes fresh fruits, cooked fruits (e.g. baked apple), and canned fruits, dried or preserved fruits, together with a small number of mixed fruit dishes have been classified within fruit products and dishes (e.g. fruit crumble and battered fruit). However, mixed fruit dishes may have been classified elsewhere (e.g. apple pies have been included in cereal-based products and dishes).
<b>Fruit and vegetable juices</b>	Refers to the sub-major food group, fruit and vegetable juices and drinks. (See Appendix 2.)
<b>Height</b>	Height (centimetres) was measured without shoes on a level floor using a portable stadiometer. The person stood with heels together and head positioned in the Frankfort horizontal plane.
<b>Hip circumference</b>	The hip circumference (centimetres) was taken with the tape passed horizontally around the body at the position of maximum circumference around the buttocks, when viewed from the side.
<b>IFIQ</b>	Individual Food Intake Questionnaire, also referred to as the 24-hour recall. See 24-hour recall.
<b>Intake day</b>	This is the day of the week on which participants consumed the foods and beverages that they reported in their 24-hour recall. Weekday has been defined as Monday–Friday and the weekend as Saturday and Sunday.
<b>Major food groups</b>	The broadest level of output data on food consumption available from the National Nutrition Survey. (See Appendix 2.)
<b>Mean</b>	The average value, which is equal to the sum of the scores divided by the number of scores.
<b>Median</b>	The middle value when all scores are placed in numerical order.
<b>Meat, poultry and game</b>	Refers to the major food group, meat, poultry and game products and dishes. (See Appendix 2.)
<b>Meat, poultry and game products and dishes</b>	The two main forms of foods included in meat, poultry and game products and dishes are: 'plain' meat such as muscle meat and poultry (e.g. steaks and roast chicken); and mixed dishes containing those meats (e.g. casseroles and stews).

<b>Milk products and dishes</b>	Milk products and dishes includes milk and other dairy products such as cheese. It also includes dairy-based desserts (e.g. ice-cream and custard) and milk substitutes (e.g. soy-based milk).
<b>Milks</b>	Refers to the major food group, milk products and dishes. (See Appendix 2.)
<b>Mixed beef or veal dishes</b>	Refers to the sub-major food group, mixed dishes where beef or veal is the major component (See Appendix 2.) The content of mixed meat dishes included basic ingredients such as meat, herbs and added sauce but generally excluded vegetables and other products.
<b>Mixed lamb or pork dishes</b>	Refers to the sub-major food group, mixed dishes where lamb or pork, bacon, ham is the major component. (See Appendix 2.) The content of mixed meat dishes included basic ingredients such as meat, herbs and added sauce but generally excluded vegetables and other products.
<b>Mixed poultry or game dishes</b>	Refers to the sub-major food group, mixed dishes where poultry or game is the major ingredient. (See Appendix 2.) The content of mixed meat dishes included basic ingredients such as meat, herbs and added sauce but generally excluded vegetables and other products.
<b>Non-alcoholic beverages</b>	Non-alcoholic beverages consists of drinks such as tea, coffee, fruit and vegetable juices, soft drinks, mineral waters and plain drinking water. Dairy milk has not been classified as a beverage but has been included in milk products and dishes.
<b>Non-person estimates</b>	Estimates other than those of the number or percentage of people. Examples include mean food intake, median food intake and mean height.
<b>Non-private dwellings</b>	This includes dwellings such as hotels, boarding houses, gaols, hospitals and other institutions.
<b>Organ meats</b>	Refers to the sub-major food group, organ meats and offal, products and dishes. (See Appendix 2.)
<b>Other milk dishes</b>	Refers to the sub-major food group, other dishes where milk or a milk product is the major component. (See Appendix 2.)
<b>Other vegetables &amp; combinations</b>	Refers to the sub-major food group, other vegetable and vegetable combinations. (See Appendix 2.)
<b>Part of State</b>	Capital city is the capital city Statistical Division for each State or Territory. Rest of State is the remaining area in each State and Territory.
<b>Pasta</b>	Refers to the sub-major food group, pasta and pasta products. (See Appendix 2.)
<b>Person estimates</b>	Estimates of the number or percentage of people with particular characteristics (e.g. the number of people who are overweight or the percentage of people consuming a particular food).
<b>Plain drinking water</b>	Tap water or any uncarbonated bottled water, with nothing added, not even lemon. Only the quantity drunk the previous day and how much came from home was collected. Plain drinking water has been included in most tables that report on food or nutrient intake for this survey, except in cases where it is cross-tabulated against information not collected for plain drinking water (e.g. eating occasion and where consumed).

<b>Poultry &amp; game</b>	Refers to the sub-major food group, poultry and other feathered game. (See Appendix 2.)
<b>Private dwellings</b>	These include houses, flats and other similar dwellings.
<b>Recipe Database</b>	This database was part of ANSURS. It stored information about the ingredients of recipe foods and was used to calculate nutrient values for recipe foods, taking into account changes in moisture, fat, vitamins and minerals as a result of cooking.
<b>Recipe foods</b>	Recipe foods consist of several ingredients mixed/cooked together (e.g. chocolate cake or macaroni cheese). Within ANSURS, the term 'recipe' refers specifically to foods which consist of other foods in the Food Codebook Database and which consequently can have their recipe modified during coding to take account of specific types of ingredients, such as the kind of fat used.
<b>Region of birth</b>	This is based on reported country of birth. The regions of birth used in this publication are: <ul style="list-style-type: none"> <li>▪ Australia;</li> <li>▪ United Kingdom, Ireland and New Zealand;</li> <li>▪ Other European countries — Southern Europe, Western Europe, Northern Europe, Eastern Europe, the former USSR and the Baltic States;</li> <li>▪ East Asia — Southeast Asia and Northeast Asia; and</li> <li>▪ Other countries n.e.c. — this includes Southern Asia, The Middle East and North Africa, The Americas, Africa, and other Oceania and Antarctica.</li> </ul>
<b>Rice</b>	Refers to the sub-major food group, rice and rice products. (See Appendix 2.)
<b>Rural, remote and metropolitan areas</b>	This is a geographic classification which categorises areas according to their population size and remoteness (Department of Primary Industries and Energy and Department of Human Services and Health 1994). It uses an index of remoteness based on factors such as population density and distance to the nearest population centre. This publication uses the following collapsed version of the classification: <ul style="list-style-type: none"> <li>▪ Metropolitan areas — Capital city Statistical Divisions and one or more Statistical Subdivisions which have an urban centre of population 100,000 or more.</li> <li>▪ Rural centres — Statistical Local Areas (SLAs) whose index of remoteness is 10.5 or less and which contains urban centres with a population between 10,000 and 99,999.</li> <li>▪ Rural and remote areas — SLAs whose index of remoteness is 10.5 or less and which contain a centre with a population less than 10,000, or SLAs whose index of remoteness is greater than 10.5.</li> </ul>
<b>Sausages and saveloys</b>	Refers to the sub-major food group, sausages, frankfurts, and saveloys. Also referred to as sausages. (See Appendix 2.)
<b>Scope</b>	The term 'scope' refers to the target population covered by a data collection. The scope of the National Nutrition Survey was people aged two years or more who were residents of private dwellings in Australia. People living in Australia but not usually considered part of the Australian resident population were excluded from the scope of the survey (e.g. non-Australian diplomatic personnel, people from overseas holidaying in Australia and members of non-Australian defence forces).

<b>Season</b>	The time of year for the 24-hour recall reference period. Summer is defined as December to February, autumn as March to May, winter as June to August and spring as September to November.
<b>Socio-economic indexes for areas (SEIFA)</b>	The SEIFA indexes were derived from the 1991 Census. They describe the characteristics of the area in which a person lives, rather than the characteristics of the person. The SEIFA index of relative social disadvantage assigns an index to geographic areas based on socio-economic variables such as economic resources, education and occupation. People in the first quintile live in the most disadvantaged areas whereas people in the fifth quintile live in the least disadvantaged areas.
<b>Soft drinks</b>	Refers to the sub-major food group, soft drinks, flavoured mineral waters and electrolyte drinks. (See Appendix 2.)
<b>Sub-major food group</b>	The second and lower level of the output data on food consumption available from the National Nutrition Survey. (See Appendix 2.)
<b>Tomatoes</b>	Refers to the sub-major food group, tomato and tomato products. (See Appendix 2.)
<b>24-hour dietary recall</b>	This was the methodology used to collect detailed information on food and nutrient intake. The 24-hour dietary recall method collected a list of all foods and beverages consumed the previous day from midnight to midnight, the amount consumed, the time of consumption, the name of the eating occasion, the source of the foods and beverages, whether they were consumed in the home and whether they were ever in the home.
<b>Vegetable dishes</b>	Refers to the sub-major food group, dishes where vegetable is the major component. (See Appendix 2.)
<b>Vegetable products and dishes</b>	Vegetable products and dishes include vegetable dishes such as Caesar salad, hot chips and ratatouille, as well as many forms of raw, cooked and canned vegetables.
<b>Vegetables</b>	Refers to the major food group, vegetable products and dishes. (See Appendix 2.)
<b>Vegetables and legumes</b>	Refers to the total of two major food groups: vegetable products and dishes, and legume and pulse products and dishes. (See Appendix 2.)
<b>Waist circumference</b>	The waist circumference (centimetres) was taken at the end of normal expiration with the tape passed horizontally around the body, midway between the inferior margin of the last rib and the crest of the ilium in the mid-axillary plane.

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

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