

Table 3.1 Mean, SD, median and percentile values of food group intakes (g/d) in the total population

Food group	Total Population (n=594)				
	Mean	SD	Median	Percentiles	
				5th	95th
1 Rice & pasta, flours, grains & starches	26	32	19	0	97
2 Savouries (e.g. pizzas)	31	37	21	0	105
3 White breads & rolls	63	37	57	11	128
4 Wholemeal & brown breads & rolls	12	24	0	0	61
5 Other breads (e.g. scones, croissants)	7	13	0	0	36
6 "Ready to eat" breakfast cereals	31	24	27	0	81
7 Other breakfast cereals (e.g. porridge)	8	29	0	0	52
8 Biscuits	15	13	12	0	41
9 Cakes, pastries and buns	11	14	6	0	39
10 Whole milk	238	188	212	0	606
11 Low fat, skimmed and fortified milks	28	90	0	0	199
12 Other milks (e.g. processed milks)	10	52	0	0	49
13 Creams	0	1	0	0	1
14 Cheeses	8	10	4	0	28
15 Yoghurts	39	43	26	0	128
16 Ice creams	14	19	9	0	50
17 Puddings & chilled desserts	9	17	0	0	47
18 Milk puddings (e.g. rice pudding & custards)	3	13	0	0	23
19 Eggs & egg dishes	8	13	0	0	36
20 Butter	2	4	0	0	10
21 Low fat spreads	2	3	0	0	10
22 Other spreading fats	6	8	3	0	19
23 Oils	0	0	0	0	0
24 Hard cooking fats	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	53	49	41	0	144
26 Processed & homemade potato products	6	15	0	0	26
27 Chipped, fried & roasted potatoes	40	32	33	0	101
28 Vegetable & pulse dishes	5	20	0	0	32
29 Peas, beans & lentils	13	18	6	0	44
30 Green vegetables	6	10	0	0	25
31 Carrots	9	13	4	0	35
32 Salad vegetables (e.g. lettuce)	3	10	0	0	24
33 Other vegetables (e.g. onions)	9	16	1	0	36
34 Tinned or jarred vegetables	1	4	0	0	6
35 Fruit juices	94	115	58	0	331
36 Bananas	16	26	0	0	74
37 Other fruits (e.g. apples, pears)	41	46	26	0	133
38 Citrus fruit	10	21	0	0	61
39 Tinned fruit	1	7	0	0	7

Table 3.1 continued Mean, SD, median and percentile values of food group intakes (g/d) in the total population

Food group	Total Population (n=594)				
	Mean	SD	Median	Percentiles	
				5th	95th
40 Nuts & seeds, herbs & spices	1	3	0	0	6
41 Fish & fish products	8	12	0	0	30
42 Fish dishes	1	8	0	0	0
43 Bacon & ham	7	10	4	0	27
44 Beef & veal	5	11	0	0	25
45 Lamb	2	6	0	0	14
46 Pork	3	7	0	0	19
47 Chicken, turkey & game (e.g. pheasant)	12	14	9	0	39
48 Offal & offal dishes	0	2	0	0	0
49 Beef & veal dishes	22	31	8	0	82
50 Lamb, pork & bacon dishes	3	11	0	0	28
51 Poultry & game dishes	12	24	0	0	57
52 Burgers (beef & pork)	7	13	0	0	31
53 Sausages	10	13	7	0	39
54 Meat pies & pastries	2	7	0	0	16
55 Meat products (e.g. processed meats)	19	19	15	0	55
56 Alcoholic beverages	0	0	0	0	0
57 Sugars, syrups, preserves & sweeteners	6	11	3	0	21
58 Chocolate confectionery	17	17	13	0	51
59 Non-chocolate confectionery	11	13	6	0	37
60 Savoury snacks	12	11	11	0	34
61 Soups, sauces & miscellaneous foods	29	34	18	0	100
63 Teas	31	68	0	0	175
64 Coffees	1	9	0	0	0
65 Other beverages (e.g. water)	238	208	194	0	636
66 Carbonated beverages	122	136	86	0	409
67 Diet carbonated beverages	15	44	0	0	92
68 Squashes, cordials and fruit juice drinks	72	93	48	0	219

Food group 62 = Nutritional supplements

Table 3.2 Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

Food group	Consumers only						Percentiles	
	<i>n</i>	%	Mean	SD	Median	5th	95th	
1 Rice & pasta, flours, grains & starches	388	65	40	32	31	9	106	
2 Savouries (e.g. pizzas)	427	72	44	37	32	6	117	
3 White breads & rolls	583	98	64	37	58	14	128	
4 Wholemeal & brown breads & rolls	235	40	30	30	22	4	83	
5 Other breads (e.g. scones, croissants)	236	40	18	15	14	4	49	
6 "Ready to eat" breakfast cereals	550	93	33	23	29	5	81	
7 Other breakfast cereals (e.g. porridge)	103	17	45	57	20	3	189	
8 Biscuits	518	87	17	13	14	3	43	
9 Cakes, pastries and buns	359	60	18	14	14	4	46	
10 Whole milk	534	90	265	179	231	29	615	
11 Low fat, skimmed and fortified milks	106	18	155	160	106	13	498	
12 Other milks (e.g. processed milks)	74	12	84	125	48	13	410	
13 Creams	34	6	4	5	3	0	17	
14 Cheeses	352	59	13	10	10	2	34	
15 Yoghurts	421	71	55	42	43	9	136	
16 Ice creams	381	64	23	19	17	5	57	
17 Puddings & chilled desserts	202	34	26	21	20	3	62	
18 Milk puddings (e.g. rice pudding)	73	12	28	28	21	3	86	
19 Eggs & egg dishes	251	42	18	14	15	4	47	
20 Butter	164	28	6	7	4	0	20	
21 Low fat spreads	147	25	6	4	5	1	16	
22 Other spreading fats	396	67	9	8	7	1	21	
23 Oils	24	4	1	1	1	0	3	
24 Hard cooking fats	1	0	1	n/a	1	1	1	
25 Potatoes (e.g. boiled, mashed, baked)	525	88	60	47	49	9	148	
26 Processed & homemade potato products	165	28	20	23	14	5	53	
27 Chipped, fried & roasted potatoes	531	89	45	31	37	9	102	
28 Vegetable & pulse dishes	127	21	24	38	12	2	75	
29 Peas, beans & lentils	360	61	21	20	15	3	60	
30 Green vegetables	267	45	13	11	11	2	33	
31 Carrots	354	60	16	13	12	2	41	
32 Salad vegetables (e.g. lettuce)	140	24	14	16	9	2	46	
33 Other vegetables (e.g. onions)	309	52	17	19	12	2	48	
34 Tinned or jarred vegetables	56	9	10	11	7	1	33	
35 Fruit juices	420	71	133	117	103	20	375	
36 Bananas	260	44	38	27	31	6	97	
37 Other fruits (e.g. apples, pears)	434	73	56	45	43	7	147	
38 Citrus fruit	188	32	33	27	23	5	87	
39 Tinned fruit	35	6	22	21	17	1	79	

Table 3.2 continued Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

Food group	Consumers only						
	<i>n</i>	%	Mean	SD	Median	Percentiles	
						5th	95th
40 Nuts & seeds, herbs & spices	86	14	6	6	4	0	15
41 Fish & fish products	278	47	16	12	14	3	38
42 Fish dishes	26	4	30	24	24	6	96
43 Bacon & ham	352	59	12	11	9	2	30
44 Beef & veal	222	37	14	13	10	3	39
45 Lamb	82	14	13	10	11	3	28
46 Pork	133	22	13	11	10	2	31
47 Chicken, turkey & game (e.g. pheasant)	393	66	19	14	15	4	47
48 Offal & offal dishes	6	1	16	17	9	5	50
49 Beef & veal dishes	312	53	41	31	31	8	110
50 Lamb, pork & bacon dishes	71	12	28	20	24	4	70
51 Poultry & game dishes	194	33	36	31	27	7	97
52 Burgers (beef & pork)	211	36	20	15	16	5	48
53 Sausages	385	65	16	13	12	3	44
54 Meat pies & pastries	80	13	16	11	14	4	43
55 Meat products (e.g. processed meats)	480	81	24	19	19	3	59
56 Alcoholic beverages	1	0	1	n/a	1	1	1
57 Sugars, syrups, preserves & sweeteners	461	78	8	11	5	1	23
58 Chocolate confectionery	498	84	20	17	16	3	54
59 Non-chocolate confectionery	452	76	14	13	10	2	41
60 Savoury snacks	505	85	15	11	12	3	34
61 Soups, sauces & miscellaneous foods	528	89	33	35	22	2	107
63 Teas	213	36	88	89	52	10	286
64 Coffees	17	3	32	40	20	0	167
65 Other beverages (e.g. water)	538	91	263	203	222	24	644
66 Carbonated beverages	473	80	154	136	114	26	440
67 Diet carbonated beverages	123	21	74	71	47	14	197
68 Squashes, cordials and fruit juice drinks	466	78	92	96	69	8	237

Food group 62 = Nutritional supplements

Table 3.3 Mean, SD, median and percentile values of food group intakes (g/d) for all boys and by age group in the total population

Food group	All boys 5-12y (n =293)					5-8y (n = 145)					9-12y (n = 148)				
	Mean	SD	Percentiles			Mean	SD	Percentiles			Mean	SD	Percentiles		
			Median	5th	95th			Median	5th	95th			Median	5th	95th
1 Rice & pasta , flours, grains & starches	24	33	14	0	100	21	25	15	0	79	27	38	14	0	112
2 Savouries (e.g. pizzas)	29	37	18	0	103	23	27	15	0	85	35	44	22	0	136
3 White breads & rolls	68	41	60	13	133	66	39	57	14	134	70	44	63	11	150
4 Wholemeal & brown breads & rolls	12	26	0	0	58	11	21	0	0	60	13	29	0	0	60
5 Other breads (e.g. scones, croissants)	6	12	0	0	35	5	11	0	0	31	7	13	0	0	41
6 "Ready to eat" breakfast cereals	37	27	34	0	91	33	23	31	0	83	42	29	39	0	93
7 Other breakfast cereals (e.g. porridge)	8	32	0	0	51	8	29	0	0	51	7	36	0	0	52
8 Biscuits	16	14	13	0	45	16	14	12	0	45	16	14	14	0	46
9 Cakes, pastries and buns	11	15	7	0	43	11	14	6	0	38	12	16	7	0	50
10 Whole milk	267	200	236	0	623	262	171	248	0	621	272	226	228	0	651
11 Low fat, skimmed and fortified milks	26	86	0	0	185	11	43	0	0	111	40	112	0	0	314
12 Other milks (e.g. processed milks)	11	61	0	0	48	9	52	0	0	44	13	69	0	0	54
13 Creams	0	2	0	0	0	0	2	0	0	0	0	2	0	0	2
14 Cheeses	7	9	3	0	27	7	9	2	0	25	7	10	4	0	31
15 Yoghurts	42	49	24	0	138	48	46	35	0	139	35	50	17	0	139
16 Ice creams	14	18	9	0	48	13	16	10	0	48	15	20	9	0	53
17 Puddings & chilled desserts	8	17	0	0	47	8	19	0	0	50	7	16	0	0	47
18 Milk puddings (e.g. rice pudding)	5	17	0	0	29	6	20	0	0	35	4	13	0	0	24
19 Eggs & egg dishes	8	13	0	0	36	8	13	0	0	33	7	13	0	0	38
20 Butter	2	5	0	0	11	2	5	0	0	9	2	5	0	0	17
21 Low fat spreads	1	3	0	0	9	2	4	0	0	11	1	3	0	0	8
22 Other spreading fats	6	8	3	0	20	6	7	3	0	20	7	10	4	0	21
23 Oils	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	57	51	43	0	153	54	50	39	0	148	59	53	54	0	162
26 Processed & homemade potato products	5	14	0	0	26	5	11	0	0	26	5	17	0	0	26
27 Chipped, fried & roasted potatoes	42	34	35	0	105	37	30	32	0	97	48	37	42	0	124
28 Vegetable & pulse dishes	5	25	0	0	30	2	8	0	0	16	8	35	0	0	37
29 Peas, beans & lentils	14	19	8	0	51	14	18	8	0	55	14	19	8	0	47
30 Green vegetables	6	10	0	0	25	6	9	0	0	26	6	10	0	0	26
31 Carrots	11	14	5	0	40	10	13	5	0	36	11	15	6	0	44
32 Salad vegetables (e.g. lettuce)	2	7	0	0	14	1	4	0	0	6	3	8	0	0	20
33 Other vegetables (e.g. onions)	9	15	1	0	37	9	14	4	0	38	9	16	0	0	40
34 Tinned or jarred vegetables	1	6	0	0	6	1	6	0	0	4	1	5	0	0	11
35 Fruit juices	84	108	43	0	305	81	97	45	0	224	87	117	40	0	386

Table 3.3 continued Mean, SD, median and percentile values of food group intakes (g/d) for all boys and by age group in the total population

Food group	All boys 5-12y (<i>n</i> =293)					5-8y (<i>n</i> = 145)					9-12y (<i>n</i> = 148)				
	Mean	SD	Percentiles			Mean	SD	Percentiles			Mean	SD	Percentiles		
			Median	5th	95th			Median	5th	95th			Median	5th	95th
36 Bananas	18	29	0	0	78	20	31	0	0	93	15	26	0	0	76
37 Other fruits (e.g. apples, pears)	40	47	25	0	133	44	49	29	0	141	36	45	21	0	120
38 Citrus fruit	10	22	0	0	61	11	23	0	0	70	9	21	0	0	58
39 Tinned fruit	1	8	0	0	0	1	7	0	0	0	1	9	0	0	0
40 Nuts & seeds, herbs & spices	1	4	0	0	8	1	4	0	0	6	1	3	0	0	9
41 Fish & fish products	8	12	0	0	33	9	11	7	0	32	7	13	0	0	33
42 Fish dishes	1	6	0	0	0	0	3	0	0	0	1	8	0	0	0
43 Bacon & ham	8	11	4	0	29	6	8	3	0	22	9	12	6	0	38
44 Beef & veal	6	12	0	0	27	5	12	0	0	26	6	12	0	0	35
45 Lamb	2	7	0	0	16	2	7	0	0	11	3	7	0	0	17
46 Pork	3	7	0	0	20	3	6	0	0	21	3	7	0	0	22
47 Chicken, turkey & game (e.g. pheasant)	12	15	8	0	41	11	11	8	0	33	14	18	9	0	50
48 Offal & offal dishes	0	1	0	0	0	0	1	0	0	0	0	1	0	0	0
49 Beef & veal dishes	22	31	3	0	83	22	29	7	0	83	22	32	0	0	87
50 Lamb, pork & bacon dishes	3	10	0	0	24	2	8	0	0	24	4	12	0	0	28
51 Poultry & game dishes	12	27	0	0	57	8	18	0	0	41	16	32	0	0	71
52 Burgers (beef & pork)	8	14	0	0	33	6	12	0	0	26	9	15	0	0	48
53 Sausages	11	14	8	0	43	12	12	9	0	37	11	15	6	0	48
54 Meat pies & pastries	2	7	0	0	17	2	6	0	0	15	2	7	0	0	18
55 Meat products (e.g. processed meats)	22	23	17	0	66	22	19	19	0	62	21	26	13	0	76
56 Alcoholic beverages	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
57 Sugars, syrups, preserves & sweeteners	7	14	4	0	21	7	16	3	0	20	8	11	4	0	23
58 Chocolate confectionery	17	17	13	0	52	14	13	12	0	39	20	20	14	0	61
59 Non-chocolate confectionery	11	14	6	0	38	11	13	7	0	34	12	15	6	0	43
60 Savoury snacks	12	11	10	0	34	11	11	9	0	33	13	12	11	0	35
61 Soups, sauces & miscellaneous foods	29	36	16	0	118	22	26	14	0	71	36	43	22	0	132
63 Teas	33	72	0	0	170	24	58	0	0	141	41	84	0	0	222
64 Coffees	1	5	0	0	0	0	2	0	0	0	1	7	0	0	0
65 Other beverages (e.g. water)	245	214	204	0	642	221	181	194	0	583	269	240	212	0	771
66 Carbonated beverages	138	146	94	0	456	101	100	79	0	312	173	172	125	0	562
67 Diet carbonated beverages	15	48	0	0	91	11	31	0	0	71	20	61	0	0	119
68 Squashes, cordials and fruit juice drinks	73	84	48	0	232	78	84	51	0	218	69	83	45	0	256

Food group 62 = Nutritional supplements

Table 3.4 Mean, SD, median and percentile values of food group intakes (g/d) for all girls and by age group in the total population

Food group	All girls 5-12y (n=301)					5-8y (n=151)					9-12y (n=150)				
	Percentiles					Percentiles					Percentiles				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
1 Rice & pasta, flours, grains & starches	28	31	21	0	94	26	30	19	0	81	30	33	23	0	101
2 Savouries (e.g. pizzas)	33	37	23	0	106	33	38	23	0	106	34	37	23	0	109
3 White breads & rolls	58	32	54	9	118	52	31	49	6	102	64	33	59	14	127
4 Wholemeal & brown breads & rolls	12	22	0	0	64	12	20	0	0	59	12	24	0	0	67
5 Other breads (e.g. scones, croissants)	8	14	0	0	36	8	15	0	0	36	8	13	0	0	37
6 "Ready to eat" breakfast cereals	24	20	22	0	61	25	19	23	0	61	23	20	20	0	60
7 Other breakfast cereals (e.g. porridge)	8	26	0	0	55	7	25	0	0	52	9	27	0	0	56
8 Biscuits	14	12	11	0	38	14	11	11	0	38	14	12	11	0	39
9 Cakes, pastries and buns	10	13	6	0	39	9	13	4	0	38	11	12	8	0	40
10 Whole milk	209	170	183	0	545	230	168	215	0	557	189	171	160	0	541
11 Low fat, skimmed and fortified milks	30	93	0	0	207	23	84	0	0	169	36	101	0	0	259
12 Other milks (e.g. processed milks)	10	42	0	0	54	12	56	0	0	70	8	18	0	0	49
13 Creams	0	1	0	0	1	0	1	0	0	1	0	1	0	0	2
14 Cheeses	8	11	4	0	32	9	11	5	0	35	8	11	4	0	27
15 Yoghurts	36	38	27	0	112	45	38	36	0	124	27	36	18	0	87
16 Ice creams	15	20	9	0	50	14	19	8	0	49	15	21	10	0	53
17 Puddings & chilled desserts	10	17	0	0	46	7	14	0	0	40	12	20	0	0	50
18 Milk puddings (e.g. rice pudding)	2	8	0	0	19	2	9	0	0	9	2	8	0	0	21
19 Eggs & egg dishes	8	13	0	0	37	7	13	0	0	33	8	13	0	0	40
20 Butter	1	4	0	0	9	2	4	0	0	11	1	3	0	0	8
21 Low fat spreads	2	4	0	0	10	2	4	0	0	11	1	4	0	0	9
22 Other spreading fats	5	7	3	0	17	5	6	2	0	17	6	7	5	0	19
23 Oils	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	49	46	37	0	131	48	43	41	0	130	50	48	36	0	133
26 Processed & homemade potato products	6	15	0	0	28	5	10	0	0	24	7	19	0	0	30
27 Chipped, fried & roasted potatoes	37	29	32	0	97	31	24	27	0	80	44	32	39	0	112
28 Vegetable & pulse dishes	5	13	0	0	34	6	13	0	0	34	5	13	0	0	43
29 Peas, beans & lentils	11	18	6	0	38	12	17	7	0	38	10	19	1	0	39
30 Green vegetables	6	10	0	0	26	6	9	0	0	25	6	11	0	0	28
31 Carrots	8	11	3	0	31	7	9	3	0	28	9	13	3	0	35
32 Salad vegetables (e.g. lettuce)	5	12	0	0	29	4	14	0	0	29	5	11	0	0	32
33 Other vegetables (e.g. onions)	9	18	1	0	36	9	21	1	0	34	9	15	2	0	39
34 Tinned or jarred vegetables	1	3	0	0	8	1	3	0	0	5	1	3	0	0	8

Table 3.4 continued Mean, SD, median and percentile values of food group intakes (g/d) for all girls and by age group in the total population

Food group	All girls 5-12y (n=301)					5-8y (n=151)					9-12y (n=150)				
	Percentiles					Percentiles					Percentiles				
	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th	Mean	SD	Median	5th	95th
35 Fruit juices	103	122	71	0	350	105	122	75	0	347	101	122	58	0	353
36 Bananas	15	23	0	0	64	18	26	2	0	76	13	19	0	0	50
37 Other fruits (e.g. apples, pears)	42	44	28	0	133	42	46	33	0	148	41	42	26	0	130
38 Citrus fruit	11	21	0	0	61	10	20	0	0	54	12	21	0	0	69
39 Tinned fruit	2	6	0	0	14	1	6	0	0	15	2	7	0	0	14
40 Nuts & seeds, herbs & spices	1	2	0	0	6	1	2	0	0	6	1	2	0	0	6
41 Fish & fish products	7	11	0	0	28	7	12	0	0	29	7	11	0	0	27
42 Fish dishes	2	9	0	0	8	2	9	0	0	18	1	9	0	0	3
43 Bacon & ham	7	10	4	0	24	6	9	4	0	23	8	11	4	0	26
44 Beef & veal	5	9	0	0	22	4	8	0	0	21	5	10	0	0	24
45 Lamb	1	5	0	0	13	1	4	0	0	10	2	5	0	0	15
46 Pork	3	8	0	0	17	3	9	0	0	18	3	7	0	0	18
47 Chicken, turkey & game (e.g. pheasant)	12	14	9	0	37	11	13	8	0	40	13	14	10	0	37
48 Offal & offal dishes	0	3	0	0	0	0	4	0	0	0	0	1	0	0	0
49 Beef & veal dishes	21	30	11	0	82	21	30	12	0	106	21	31	7	0	80
50 Lamb, pork & bacon dishes	4	12	0	0	35	3	9	0	0	26	5	15	0	0	45
51 Poultry & game dishes	11	22	0	0	58	10	20	0	0	52	13	23	0	0	61
52 Burgers (beef & pork)	7	12	0	0	31	4	8	0	0	22	10	15	0	0	37
53 Sausages	10	12	6	0	38	11	12	7	0	39	8	12	4	0	28
54 Meat pies & pastries	2	7	0	0	16	2	7	0	0	12	3	8	0	0	21
55 Meat products (e.g. processed meats)	17	15	13	0	45	18	15	15	0	47	16	15	12	0	44
56 Alcoholic beverages	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
57 Sugars, syrups, preserves & sweeteners	5	6	3	0	19	5	6	3	0	19	5	7	3	0	23
58 Chocolate confectionery	17	17	13	0	48	15	15	11	0	38	20	18	16	0	54
59 Non-chocolate confectionery	10	12	6	0	36	10	12	6	0	35	10	13	6	0	41
60 Savoury snacks	13	11	11	0	34	12	11	10	0	34	13	11	12	0	34
61 Soups, sauces & miscellaneous foods	30	33	20	0	89	25	30	14	0	91	34	34	26	0	88
63 Teas	30	63	0	0	175	20	51	0	0	140	40	72	0	0	208
64 Coffees	1	11	0	0	0	0	2	0	0	0	2	15	0	0	1
65 Other beverages (e.g. water)	231	202	180	0	599	197	195	142	0	549	265	204	247	0	690
66 Carbonated beverages	107	125	71	0	328	87	106	57	0	263	128	138	88	0	404
67 Diet carbonated beverages	15	40	0	0	95	12	34	0	0	90	18	45	0	0	97
68 Squashes, cordials and fruit juice drinks	72	101	48	0	206	73	92	49	0	209	70	110	46	0	205

Food group 62 = Nutritional supplements

Table 3.5 Mean, SD, median and percentile values of food group intakes (g/d) for all boys and by age group in consumers only

Food group	All boys 5-12y (consumers)							5-8 y							9-12 y						
	Percentiles							Percentiles							Percentiles						
	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th
1 Rice & pasta, flours, grains & starches	175	60	41	33	30	8	111	90	62	35	23	29	8	87	85	57	47	40	33	8	116
2 Savouries (e.g. pizzas)	197	67	43	38	31	5	126	95	66	35	26	29	4	91	102	69	51	45	33	6	142
3 White breads & rolls	290	99	69	41	60	15	133	144	99	66	38	58	16	134	146	99	71	44	64	13	154
4 Wholemeal & brown breads & rolls	107	37	33	34	24	5	85	53	37	29	27	21	4	88	54	36	37	39	27	7	111
5 Other breads (e.g. scones, croissants)	102	35	18	14	14	3	52	46	32	17	13	13	4	52	56	38	19	15	14	3	53
6 "Ready to eat" breakfast cereals	277	95	40	26	36	7	92	138	95	34	22	31	6	84	139	94	45	28	41	8	93
7 Other breakfast cereals (e.g. porridge)	45	15	50	69	21	3	216	29	20	40	54	18	2	210	16	11	68	90	49	3	355
8 Biscuits	259	88	18	14	15	3	46	134	92	17	14	13	3	45	125	84	19	13	17	3	46
9 Cakes, pastries and buns	174	59	19	15	15	4	51	88	61	17	14	14	4	47	86	58	21	17	16	4	59
10 Whole milk	264	90	296	189	272	62	642	134	92	284	160	276	63	633	130	88	309	215	260	34	677
11 Low fat, skimmed and fortified milks	46	16	164	158	132	15	530	17	12	96	89	71	12	359	29	20	205	177	176	18	659
12 Other milks (e.g. processed milks)	30	10	108	163	48	18	647	12	8	107	154	48	9	557	18	12	109	173	48	34	758
13 Creams	16	5	5	6	3	0	20	7	5	5	6	3	0	13	9	6	5	6	3	0	20
14 Cheeses	162	55	13	9	11	2	33	74	51	14	9	13	2	31	88	59	12	9	10	2	33
15 Yoghurts	196	67	62	47	51	11	151	113	78	62	44	54	11	156	83	56	62	52	43	12	153
16 Ice creams	184	63	23	18	17	6	58	95	66	21	16	16	7	57	89	60	25	20	18	5	71
17 Puddings & chilled desserts	81	28	28	23	24	3	69	40	28	30	25	24	4	69	41	28	26	21	24	2	85
18 Milk puddings (e.g. rice pudding)	43	15	33	33	22	3	95	24	17	37	37	23	5	156	19	13	27	27	17	2	87
19 Eggs & egg dishes	119	41	19	13	17	4	43	59	41	19	13	19	4	41	60	41	18	14	15	4	46
20 Butter	78	27	7	8	5	0	26	37	26	6	8	4	0	19	41	28	8	8	5	1	27
21 Low fat spreads	71	24	6	4	5	1	16	38	26	7	4	5	1	17	33	22	6	4	5	1	15
22 Other spreading fats	187	64	10	9	8	1	24	92	63	9	7	7	1	22	95	64	10	10	8	1	33
23 Oils	10	3	1	1	0	0	3	7	5	1	1	0	0	3	3	2	1	0	1	0	1
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	259	88	64	50	53	10	157	132	91	59	49	43	10	152	127	86	69	50	61	10	170
26 Processed & homemade potato products	73	25	21	22	15	6	63	46	32	17	12	14	6	49	27	18	28	32	16	3	124
27 Chipped, fried & roasted potatoes	259	88	48	33	40	9	109	129	89	42	29	35	6	99	130	88	54	35	50	13	128
28 Vegetable & pulse dishes	47	16	32	56	12	2	191	18	12	18	14	12	1	47	29	20	41	70	14	2	277
29 Peas, beans & lentils	182	62	22	19	16	3	63	94	65	21	19	15	3	63	88	59	23	20	17	4	63
30 Green vegetables	131	45	13	11	10	2	36	66	46	13	9	11	2	31	65	44	14	12	10	2	42
31 Carrots	178	61	17	15	14	2	45	94	65	15	13	13	1	38	84	57	20	16	16	3	57
32 Salad vegetables (e.g. lettuce)	45	15	14	12	10	3	46	17	12	9	9	5	0	33	28	19	16	13	12	3	54
33 Other vegetables (e.g. onions)	150	51	17	16	13	2	51	80	55	17	14	13	2	50	70	47	18	18	13	2	58
34 Tinned or jarred vegetables	20	7	16	16	13	1	65	9	6	17	20	10	3	66	11	7	15	12	15	1	43

Table 3.5 continued Mean, SD, median and percentile values of food group intakes (g/d) for all boys and by age group in consumers only

Food group	All boys 5-12y (consumers)							5-8 y							9-12 y						
	Percentiles							Percentiles							Percentiles						
	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th
35 Fruit juices	195	67	126	110	92	21	384	100	69	117	97	88	20	279	95	64	136	122	106	21	424
36 Bananas	121	41	43	30	34	7	104	69	48	42	32	33	6	105	52	35	43	28	37	9	106
37 Other fruits (e.g. apples, pears)	208	71	56	47	43	5	148	108	74	59	48	48	4	154	100	68	53	45	42	5	147
38 Citrus fruit	81	28	37	28	32	6	99	42	29	37	30	28	3	99	39	26	36	28	33	6	100
39 Tinned fruit	10	3	33	31	17	4	79	5	3	29	29	18	4	79	5	3	37	35	16	9	79
40 Nuts & seeds, herbs & spices	43	15	7	7	6	0	18	15	10	7	10	4	0	41	28	19	6	5	6	0	17
41 Fish & fish products	144	49	17	12	14	5	38	84	58	16	10	14	4	37	60	41	18	14	14	5	45
42 Fish dishes	9	3	28	24	22	5	79	4	3	16	6	13	12	25	5	3	38	28	33	5	79
43 Bacon & ham	172	59	13	11	10	2	38	81	56	11	8	9	2	28	91	61	15	13	10	3	45
44 Beef & veal	110	38	16	15	10	3	44	55	38	14	16	10	3	38	55	37	17	14	13	3	55
45 Lamb	43	15	15	13	11	3	50	16	11	15	16	11	3	71	27	18	14	11	13	1	46
46 Pork	71	24	13	8	11	2	29	38	26	11	8	9	2	26	33	22	14	8	13	4	32
47 Chicken, turkey & game (e.g. pheasant)	185	63	19	15	15	4	47	98	68	16	11	14	4	36	87	59	23	18	17	4	60
48 Offal & offal dishes	3	1	9	7	6	5	17	2	1	5	1	5	5	6	1	1	17	n/a	17	17	17
49 Beef & veal dishes	148	51	44	30	35	7	104	76	52	42	28	30	7	99	72	49	46	32	36	8	116
50 Lamb, pork & bacon dishes	31	11	27	17	24	9	70	10	7	29	11	26	17	49	21	14	26	20	17	7	72
51 Poultry & game dishes	88	30	39	36	29	9	99	35	24	32	24	26	8	99	53	36	44	41	31	12	135
52 Burgers (beef & pork)	106	36	21	16	16	4	54	44	30	18	15	15	5	32	62	42	23	16	17	4	58
53 Sausages	191	65	17	14	13	4	49	103	71	17	11	14	4	43	88	59	18	16	12	4	57
54 Meat pies & pastries	38	13	16	10	14	5	44	17	12	16	12	14	4	43	21	14	17	9	16	5	45
55 Meat products (e.g. processed meats)	238	81	27	22	21	4	72	125	86	26	18	23	4	68	113	76	28	27	19	3	83
56 Alcoholic beverages	1	0	1	n/a	1	1	1	1	1	1	n/a	1	1	1	0	0	0	0	0	0	0
57 Sugars, syrups, preserves & sweeteners	229	78	9	15	6	1	23	115	79	8	17	4	1	21	114	77	10	12	7	1	26
58 Chocolate confectionery	240	82	21	17	16	3	56	120	83	17	12	14	3	42	120	81	24	20	19	3	63
59 Non-chocolate confectionery	222	76	15	14	11	1	42	109	75	14	13	12	1	38	113	76	15	15	10	2	46
60 Savoury snacks	241	82	15	11	12	3	35	122	84	14	10	11	3	34	119	80	16	11	14	3	36
61 Soups, sauces & miscellaneous foods	252	86	34	37	21	2	126	121	83	26	27	17	2	78	131	89	40	43	25	2	139
63 Teas	104	35	92	97	50	11	324	45	31	78	82	47	9	293	59	40	103	106	64	16	333
64 Coffees	6	2	30	20	22	19	71	1	1	19	n/a	19	19	19	5	3	32	22	22	20	71
65 Other beverages (e.g. water)	260	89	276	207	235	23	666	130	90	246	174	222	24	614	130	88	306	232	260	22	797
66 Carbonated beverages	242	83	167	144	125	25	495	118	81	124	98	96	18	343	124	84	207	169	162	29	577
67 Diet carbonated beverages	59	20	76	84	44	7	266	29	20	54	50	29	7	186	30	20	98	104	46	16	405
68 Squashes, cordials and fruit juice drinks	233	80	92	84	64	7	238	120	83	94	84	69	9	228	113	76	90	85	64	6	269

Food group 62 = Nutritional supplements

Table 3.6 Mean, SD, median and percentile values of food group intakes (g/d) for all girls and by age group in consumers only

Food group	All girls 5-12 y (consumers)							5-8 y							9-12 y						
	Percentiles							Percentiles							Percentiles						
	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th
1 Rice & pasta, flours, grains & starches	213	71	40	30	31	9	101	107	71	37	30	29	7	88	106	71	43	31	33	9	104
2 Savouries (e.g. pizzas)	230	76	44	37	33	7	110	118	78	42	38	32	6	108	112	75	46	36	35	7	119
3 White breads & rolls	293	97	59	31	55	13	119	145	96	54	30	52	11	103	148	99	64	32	59	16	128
4 Wholemeal & brown breads & rolls	128	43	28	26	21	3	84	63	42	28	23	24	3	81	65	43	29	29	17	4	86
5 Other breads (e.g. scones, croissants)	134	45	18	16	14	4	49	69	46	18	18	12	3	65	65	43	19	14	16	4	47
6 "Ready to eat" breakfast cereals	273	91	27	19	24	4	61	141	93	27	18	25	4	62	132	88	27	20	22	4	63
7 Other breakfast cereals (e.g. porridge)	58	19	42	47	20	3	154	28	19	40	47	17	3	166	30	20	44	47	22	3	158
8 Biscuits	259	86	16	11	13	3	40	132	87	16	11	13	2	39	127	85	16	11	13	3	40
9 Cakes, pastries and buns	185	61	17	12	13	3	41	87	58	16	13	12	3	43	98	65	17	11	15	3	41
10 Whole milk	270	90	234	164	209	23	579	138	91	251	160	226	28	575	132	88	215	166	180	17	609
11 Low fat, skimmed and fortified milks	60	20	148	162	83	5	526	18	12	196	163	135	5	589	42	28	128	159	58	5	517
12 Other milks (e.g. processed milks)	44	15	68	90	48	10	321	17	0	106	136	59	7	520	27	18	44	17	43	16	80
13 Creams	18	6	4	3	3	1	16	10	7	3	2	2	1	6	8	5	5	5	3	2	16
14 Cheeses	190	63	13	11	10	2	41	100	66	13	11	11	1	45	90	60	13	12	10	2	37
15 Yoghurts	225	75	48	36	40	9	124	131	87	51	36	44	9	126	94	63	44	37	36	8	102
16 Ice creams	197	65	22	21	17	5	58	97	64	22	19	17	4	55	100	67	23	22	16	6	65
17 Puddings & chilled desserts	121	40	24	20	17	3	60	53	35	20	16	16	2	59	68	45	27	23	20	6	62
18 Milk puddings (e.g. rice pudding)	30	10	22	17	18	2	61	11	7	27	23	21	3	64	19	13	19	12	18	1	43
19 Eggs & egg dishes	132	44	18	14	14	4	51	65	43	17	15	13	3	53	67	45	18	14	15	4	49
20 Butter	86	29	5	5	4	0	15	49	32	6	6	4	1	20	37	25	4	4	3	0	12
21 Low fat spreads	76	25	6	5	6	0	14	45	30	6	4	5	0	13	31	21	6	5	6	1	20
22 Other spreading fats	209	69	8	7	6	1	20	97	64	7	6	6	1	20	112	75	8	8	7	1	20
23 Oils	14	5	1	1	1	0	2	5	3	0	0	0	0	1	9	6	1	1	1	0	2
24 Hard cooking fats	1	0	1	n/a	1	1	1	1	1	1	n/a	1	1	1	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	266	88	56	45	46	8	138	134	89	54	42	47	6	141	132	88	57	48	44	9	138
26 Processed & homemade potato products	92	31	19	23	14	5	52	46	30	15	13	11	4	43	46	31	24	29	16	6	92
27 Chipped, fried & roasted potatoes	272	90	41	28	35	9	100	131	87	35	22	30	10	82	141	94	47	31	42	9	116
28 Vegetable & pulse dishes	80	27	20	19	12	2	67	45	30	19	18	11	2	66	35	23	21	21	12	2	69
29 Peas, beans & lentils	178	59	19	20	14	2	50	100	66	19	18	14	2	40	78	52	20	23	14	1	61
30 Green vegetables	136	45	14	11	11	2	34	71	47	13	10	12	1	34	65	43	14	13	9	2	40
31 Carrots	176	58	14	11	11	1	36	96	64	12	9	10	1	30	80	53	17	13	13	3	47
32 Salad vegetables (e.g. lettuce)	95	32	15	18	8	2	49	39	26	16	23	8	2	68	56	37	14	14	9	1	43
33 Other vegetables (e.g. onions)	159	53	17	22	11	1	45	77	51	17	26	10	1	45	82	55	17	17	11	1	46
34 Tinned or jarred vegetables	36	12	7	5	5	1	19	16	11	7	6	4	1	25	20	13	7	4	6	2	18

Table 3.6 continued Mean, SD, median and percentile values of food group intakes (g/d) for all girls and by age group in consumers only

Food group	All girls 5-12 y (consumers)							5-8 y							9-12 y						
	Percentiles							Percentiles							Percentiles						
	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th	<i>n</i>	%	Mean	SD	Median	5th	95th
35 Fruit juices	225	75	138	122	107	18	374	114	75	139	122	108	19	375	111	74	137	123	106	14	388
36 Bananas	139	46	33	23	26	6	84	76	50	36	26	27	6	89	63	42	30	20	25	6	63
37 Other fruits (e.g. apples, pears)	226	75	56	43	44	10	147	106	70	60	44	49	11	160	120	80	51	41	40	8	136
38 Citrus fruit	107	36	30	25	21	3	79	52	34	28	26	19	3	81	55	37	32	25	23	6	79
39 Tinned fruit	25	8	18	14	16	1	53	12	8	18	15	17	1	54	13	9	18	14	15	1	52
40 Nuts & seeds, herbs & spices	43	14	5	4	4	0	14	22	15	5	4	4	0	14	21	14	4	3	4	0	13
41 Fish & fish products	134	45	16	12	14	3	36	72	48	15	13	13	3	37	62	41	16	11	15	4	42
42 Fish dishes	17	6	31	25	26	6	105	10	7	32	18	34	8	59	7	5	30	34	22	6	105
43 Bacon & ham	180	60	12	11	9	1	28	91	60	11	10	8	1	28	89	59	13	12	10	2	30
44 Beef & veal	112	37	13	11	11	2	30	52	34	12	10	9	1	37	60	40	14	12	11	2	29
45 Lamb	39	13	11	7	11	3	28	16	11	10	6	8	3	24	23	15	12	7	12	1	28
46 Pork	62	21	13	13	10	2	36	30	20	14	16	8	2	57	32	21	13	9	11	2	37
47 Chicken, turkey & game (e.g. pheasant)	208	69	18	13	14	4	45	104	69	17	13	13	4	46	104	69	19	13	16	4	45
48 Offal & offal dishes	3	1	23	24	10	8	50	2	1	29	30	29	8	50	1	1	10	n/a	10	10	10
49 Beef & veal dishes	164	54	39	32	28	8	116	88	58	36	32	24	8	117	76	0	41	32	31	8	119
50 Lamb, pork & bacon dishes	40	13	29	21	26	3	75	19	13	21	17	12	2	60	21	14	35	23	34	3	77
51 Poultry & game dishes	106	35	32	26	25	5	83	54	36	28	26	19	4	77	52	35	37	25	31	5	105
52 Burgers (beef & pork)	105	35	20	14	17	5	42	36	24	15	9	14	3	34	69	46	22	15	23	5	54
53 Sausages	194	64	15	12	11	3	41	110	73	15	12	10	3	40	84	56	15	12	12	3	48
54 Meat pies & pastries	42	14	16	13	13	4	52	18	12	15	14	11	4	64	24	16	18	12	15	3	50
55 Meat products (e.g. processed meats)	242	80	21	14	18	3	48	124	82	21	14	18	3	48	118	79	20	15	16	3	49
56 Alcoholic beverages	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
57 Sugars, syrups, preserves & sweeteners	232	77	7	7	4	1	22	117	77	6	6	4	1	20	115	77	7	7	5	1	25
58 Chocolate confectionery	258	86	20	16	16	3	52	129	85	17	15	13	3	41	129	86	23	17	20	4	56
59 Non-chocolate confectionery	230	76	13	12	9	2	40	116	77	13	12	9	2	36	114	76	13	13	8	2	44
60 Savoury snacks	264	88	14	10	13	3	35	131	87	14	10	12	3	35	133	89	15	10	14	3	36
61 Soups, sauces & miscellaneous foods	276	92	32	33	23	2	90	135	89	28	31	17	1	96	141	94	36	34	28	2	89
63 Teas	109	36	83	81	56	10	268	47	31	66	74	40	7	263	62	41	96	84	69	15	279
64 Coffees	11	4	34	49	15	0	167	2	1	15	1	15	15	16	9	6	38	53	15	0	167
65 Other beverages (e.g. water)	278	92	250	199	203	28	606	140	93	213	194	158	22	556	138	92	288	197	264	30	693
66 Carbonated beverages	231	77	140	125	106	26	387	115	76	114	108	86	24	276	116	77	165	136	129	29	420
67 Diet carbonated beverages	64	21	72	58	59	14	191	26	17	73	50	66	10	190	38	25	71	64	53	14	215
68 Squashes, cordials and fruit juice drinks	233	77	93	107	71	8	239	123	81	89	95	59	6	243	110	73	96	119	73	8	245

Food group 62 = Nutritional supplements