

**Table 4.1** Mean, SD, median and percentile values of daily energy, macronutrient, vitamin and mineral intakes for the total population

	Total Population (n=594)				
	Mean	SD	Median	Percentiles	
				5th	95th
<b>Macronutrients &amp; Fibre</b>					
Energy (MJ)	7.0	1.5	6.9	4.8	9.7
Energy (kcal)	1671	362	1645	1133	2314
Protein (g)	56.7	15.2	55.0	35.4	84.2
Fat (g)	63.1	16.5	60.9	39.4	92.9
CHO (g)	231.3	53.3	227.0	154.9	331.2
% total energy from protein	13.6	2.2	13.4	10.1	17.2
% total energy from CHO	52.0	4.8	51.7	44.2	59.8
% total energy from fat	33.9	4.2	33.8	27.1	41.1
NSP (g)	9.4	3.2	9.1	5.2	15.3
<b>Vitamins*</b>					
Retinol (mg)	366	408	245	82	1052
Carotene (mg)	2122	1949	1589	230	5784
Total Vitamin A (mg)	719	538	599	164	1695
Vitamin D (mg)	2.3	2.3	1.5	0.4	6.4
Vitamin E (mg)	6.4	4.3	5.3	2.3	14.5
Thiamin (mg)	1.5	1.6	1.4	0.8	2.5
Riboflavin (mg)	1.9	1.6	1.7	0.8	3.2
Pre-formed Niacin (mg)	17.1	6.6	16.0	8.7	29.3
Total Niacin Equivalents (mg)	28.4	8.8	27.1	16.5	45.0
Vitamin B6 (mg)	2.0	1.7	1.8	1.0	3.4
Vitamin B12 (mg)	4.4	2.4	4.0	1.7	8.5
Folate (mg)	225	98	203	112	421
Biotin (mg)	25.4	24.2	20.1	9.4	58.3
Pantothenate (mg)	5.3	2.6	4.9	2.5	9.4
Vitamin C (mg)	87	68	70	23	195
<b>Minerals*</b>					
Calcium (mg)	862	300	832	461	1433
Magnesium (mg)	194	53	186	123	297
Phosphorous (mg)	1026	287	983	627	1511
Iron (mg)	9.4	3.5	9.0	5.2	15.9
Copper (mg)	0.8	0.4	0.7	0.4	1.4
Zinc (mg)	6.6	2.3	6.3	3.9	10.4

\* All sources including dietary supplements

**Table 4.2** Mean, SD, median and percentile values of daily energy, macronutrient, vitamin and mineral intakes for all boys and by age group

	All Boys 5-12y (n=293)					5-8y (n=145)					9-12y (n=148)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th				5th	95th
<b>Macronutrients &amp; Fibre</b>															
Energy (MJ)	7.4	1.6	7.3	4.9	10.2	6.8	1.5	6.8	4.6	9.6	8.0	1.6	7.9	5.8	10.5
Energy (kcal)	1759	387	1734	1155	2432	1625	359	1608	1106	2287	1890	369	1871	1383	2495
Protein (g)	59.8	16.4	58.6	36.6	88.1	55.3	15.8	52.5	33.8	82.8	64.2	15.8	63.6	40.9	90.9
Fat (g)	65.5	17.9	63.4	41.2	98.3	60.7	16.7	58.3	37.4	93.2	70.2	17.8	68.6	45.9	101.7
CHO (g)	245.5	56.4	241.1	157.6	341.2	226.4	50.5	227.5	150.9	311.9	264.3	55.7	260.5	167.0	369.0
% total energy from protein	13.6	2.2	13.5	10.0	17.3	13.6	2.0	13.3	10.6	17.1	13.6	2.4	13.8	9.5	18.0
% total energy from CHO	52.5	5.0	52.2	44.7	60.8	52.4	4.8	52.5	44.5	60.2	52.5	5.3	51.9	44.6	61.1
% total energy from fat	33.4	4.4	33.4	26.2	40.8	33.5	4.3	33.3	25.9	40.8	33.3	4.5	33.4	26.2	40.8
NSP (g)	10.0	3.5	9.5	5.3	16.2	9.2	3.0	9.1	4.8	15.4	10.8	3.7	10.2	5.5	17.7
<b>Vitamins*</b>															
Retinol (mg)	376	387	257	84	1060	379	344	234	80	1085	373	426	272	87	984
Carotene (mg)	2357	2138	1743	196	6818	2134	1918	1641	257	5451	2575	2320	1833	174	7531
Total Vitamin A (mg)	769	544	658	155	1855	735	511	603	178	1603	803	575	716	125	1873
Vitamin D (mg)	2.2	2.2	1.4	0.4	6.4	2.3	2.4	1.3	0.4	7.7	2.2	2.0	1.5	0.3	6.3
Vitamin E (mg)	6.8	4.6	5.4	2.1	15.4	6.5	4.6	5.0	2.0	15.5	7.1	4.6	5.9	2.4	14.9
Thiamin (mg)	1.6	0.6	1.5	0.9	2.6	1.5	0.5	1.4	0.8	2.6	1.7	0.6	1.7	0.9	2.7
Riboflavin (mg)	2.0	0.8	1.9	0.8	3.4	1.9	0.7	1.8	0.8	3.2	2.1	0.8	2.0	0.9	3.7
Pre-formed Niacin (mg)	18.4	6.7	17.1	9.3	30.2	16.9	6.5	15.9	8.7	30.0	19.9	6.5	19.0	10.6	31.2
Total Niacin Equivalents (mg)	30.3	9.1	29.1	17.3	46.7	28.0	8.9	26.7	16.0	45.2	32.6	8.7	31.9	19.9	48.7
Vitamin B6 (mg)	2.1	0.8	2.0	1.0	3.5	2.0	0.8	1.9	0.9	3.4	2.3	0.8	2.2	1.1	3.7
Vitamin B12 (mg)	4.7	2.3	4.4	1.8	8.8	4.3	2.0	4.2	1.5	8.9	5.0	2.5	4.7	2.0	8.7
Folate (mg)	243	103	225	113	451	224	101	203	105	401	261	101	246	126	485
Biotin (mg)	26.9	22.9	21.9	9.3	60.9	26.0	23.8	19.7	9.2	65.4	27.8	22.0	24.2	9.9	57.7
Pantothenate (mg)	5.7	2.2	5.5	2.6	10.4	5.4	2.2	5.1	2.6	9.8	5.9	2.3	5.7	2.6	10.5
Vitamin C (mg)	86	73	68	21	178	81	48	71	21	168	91	90	66	21	220
<b>Minerals*</b>															
Calcium (mg)	918	318	883	461	1490	869	301	854	452	1453	965	328	910	478	1507
Magnesium (mg)	206	58	196	125	311	190	53	181	118	301	222	59	216	139	339
Phosphorous (mg)	1090	306	1049	651	1624	1022	293	971	630	1615	1156	305	1136	688	1628
Iron (mg)	10.3	3.8	9.8	5.5	17.1	9.3	3.6	8.8	5.2	15.9	11.2	3.8	10.8	5.9	17.8
Copper (mg)	0.8	0.4	0.8	0.4	1.5	0.8	0.4	0.7	0.4	1.5	0.9	0.4	0.9	0.5	1.6
Zinc (mg)	7.1	2.7	6.6	3.8	11.7	6.4	2.5	5.9	3.6	10.7	7.6	2.6	7.1	4.3	12.1

\* All sources including dietary supplements

**Table 4.3** Mean, SD, median and percentile values of daily energy, macronutrient, vitamin and mineral intakes for all girls and by age group

	All Girls 5-12y (n=301)					5-8y (n=151)					9-12y (n=150)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th				5th	95th
<b>Macronutrients &amp; Fibre</b>															
Energy (MJ)	6.7	1.3	6.6	4.7	8.9	6.4	1.2	6.2	4.6	8.4	7.0	1.4	6.9	4.6	9.4
Energy (kcal)	1585	314	1562	1107	2125	1517	278	1467	1105	1985	1654	333	1649	1089	2227
Protein (g)	53.7	13.2	52.3	35.2	76.2	51.9	12.8	49.9	34.7	73.0	55.6	13.4	55.2	35.8	80.5
Fat (g)	60.8	14.7	59.3	39.2	86.2	58.2	13.5	56.2	38.8	81.9	63.4	15.4	61.5	39.2	91.1
CHO (g)	217.4	46.0	211.3	152.7	299.8	207.9	40.4	201.0	152.7	288.0	226.9	49.4	223.2	145.1	313.5
% total energy from protein	13.6	2.1	13.4	10.2	17.1	13.7	2.1	13.5	10.3	17.1	13.5	2.2	13.3	9.8	17.2
% total energy from CHO	51.5	4.5	51.2	44.0	59.3	51.5	4.6	51.6	43.4	59.6	51.5	4.5	51.2	44.2	59.1
% total energy from fat	34.4	4.0	34.2	27.9	41.5	34.4	3.9	34.1	27.9	41.0	34.4	4.2	34.3	27.6	41.7
NSP (g)	8.8	2.8	8.4	5.1	14.2	8.5	2.5	8.3	4.7	13.0	9.2	2.9	8.7	5.3	15.2
<b>Vitamins*</b>															
Retinol (mg)	356	428	239	80	1037	385	511	255	109	1096	326	322	213	72	1047
Carotene (mg)	1892	1719	1449	251	5020	1707	1381	1285	239	4728	2079	1989	1601	251	6341
Total Vitamin A (mg)	671	527	555	164	1603	669	581	555	174	1486	673	469	555	155	1626
Vitamin D (mg)	2.3	2.3	1.5	0.4	6.4	2.2	2.4	1.4	0.4	6.8	2.3	2.3	1.6	0.4	6.4
Vitamin E (mg)	6.1	3.9	5.0	2.3	13.3	5.8	3.7	4.8	2.2	12.8	6.3	4.1	5.2	2.4	13.7
Thiamin (mg)	1.5	2.2	1.3	0.8	2.4	1.3	0.5	1.2	0.7	2.4	1.7	3.0	1.3	0.8	2.4
Riboflavin (mg)	1.8	2.2	1.6	0.7	2.9	1.7	0.6	1.6	0.8	2.9	1.9	3.0	1.5	0.7	3.0
Pre-formed Niacin (mg)	15.9	6.3	14.7	8.5	27.3	15.0	5.8	13.8	8.2	26.7	16.8	6.7	15.6	8.8	28.6
Total Niacin Equivalents (mg)	26.6	8.1	25.2	16.3	42.6	25.3	7.6	24.0	15.7	38.4	28.0	8.4	26.3	17.3	45.0
Vitamin B6 (mg)	1.9	2.2	1.7	1.0	3.2	1.8	0.6	1.7	1.0	2.9	2.1	3.1	1.7	1.1	3.3
Vitamin B12 (mg)	4.2	2.6	3.8	1.5	8.0	4.3	2.7	3.8	1.5	8.0	4.1	2.4	3.7	1.5	8.4
Folate (mg)	207	90	186	111	417	204	84	186	113	378	210	95	186	106	429
Biotin (mg)	23.9	25.4	19.4	9.5	54.0	23.3	26.5	19.1	9.9	52.2	24.4	24.3	19.6	9.1	61.5
Pantothenate (mg)	4.9	2.9	4.4	2.4	8.5	4.7	1.8	4.4	2.5	7.8	5.1	3.8	4.5	2.3	9.0
Vitamin C (mg)	88	63	74	25	203	85	56	73	24	196	92	68	74	25	216
<b>Minerals*</b>															
Calcium (mg)	808	270	765	438	1297	815	244	795	456	1213	801	295	730	427	1425
Magnesium (mg)	182	44	178	122	266	177	41	173	114	262	188	45	180	126	272
Phosphorous (mg)	963	253	938	594	1445	953	238	935	587	1446	973	268	939	595	1452
Iron (mg)	8.5	2.8	8.0	4.9	13.7	8.4	2.7	7.9	5.0	13.7	8.7	2.9	8.5	4.8	13.8
Copper (mg)	0.8	0.4	0.7	0.4	1.3	0.7	0.4	0.7	0.4	1.2	0.8	0.3	0.8	0.5	1.3
Zinc (mg)	6.2	1.7	5.9	3.9	9.8	6.0	1.7	5.6	3.7	9.9	6.4	1.8	6.3	4.1	9.8

\* All sources including dietary supplements

**Table 4.4** Contribution of food groups (kcal & %) to mean daily energy intakes by sex and age group

	Total		Boys						Girls					
	5-12y		All Ages		5-8y		9-12y		All Ages		5-8y		9-12y	
	(n=594)		(n=293)		(n=145)		(n=148)		(n=301)		(n=151)		(n=150)	
	kcal	%	kcal	%	kcal	%	kcal	%	kcal	%	kcal	%	kcal	%
Milk & yoghurt	218	13.1	241	13.8	238	14.7	245	12.8	196	12.4	217	14.4	174	10.4
Sugars, confectionery, preserves & savoury snacks	212	12.7	216	12.3	194	11.9	237	12.6	209	13.2	192	12.7	226	13.7
Meat & meat products	209	12.6	222	12.7	200	12.4	243	13.0	196	12.5	180	11.8	213	13.2
Bread & rolls	200	12.0	209	11.9	198	12.2	221	11.6	191	12.1	174	11.5	209	12.7
Potatoes & potato products	134	8.1	141	8.1	127	7.9	155	8.4	127	8.1	109	7.2	145	8.9
Breakfast cereals	124	7.4	149	8.4	133	8.1	164	8.7	100	6.4	104	6.9	97	5.9
Biscuits, cakes & pastries	109	6.5	116	6.6	113	6.9	119	6.3	101	6.4	97	6.5	106	6.4
Grains, rice, pasta & savouries	93	5.6	89	5.1	72	4.6	106	5.6	96	6.0	87	5.7	105	6.3
Beverages	83	4.9	93	5.2	75	4.7	110	5.8	73	4.7	67	4.4	80	4.9
Fruit & fruit juices	70	4.2	66	3.8	69	4.3	63	3.3	74	4.7	77	5.1	71	4.2
Butter, spreading fats & oils	54	3.2	58	3.2	54	3.2	62	3.2	51	3.2	51	3.3	52	3.1
Creams, ice-creams & chilled desserts	53	3.1	50	2.9	50	3.1	50	2.7	55	3.4	46	3.1	63	3.8
Cheeses	27	1.6	25	1.4	23	1.4	27	1.4	29	1.8	31	2.0	28	1.7
Veg & veg dishes	27	1.6	27	1.5	23	1.4	30	1.6	27	1.7	30	2.0	25	1.5
Soups, sauces & miscellaneous foods	18	1.1	17	0.9	13	0.8	20	1.1	20	1.3	17	1.2	23	1.4
Fish & fish products	16	1.0	17	1.0	18	1.1	15	0.8	15	1.0	15	1.0	14	0.9
Eggs & egg dishes	15	0.9	15	0.8	16	0.9	14	0.7	15	0.9	14	0.9	15	0.9
Nuts & seeds, herbs & spices	5	0.3	6	0.3	4	0.3	7	0.3	3	0.2	4	0.2	3	0.2
Nutritional supplements	1	0.1	2	0.1	3	0.2	0	0.0	1	0.1	2	0.1	0	0.0
<b>Total</b>	<b>1668</b>	<b>100</b>	<b>1757</b>	<b>100</b>	<b>1623</b>	<b>100</b>	<b>1888</b>	<b>100</b>	<b>1582</b>	<b>100</b>	<b>1514</b>	<b>100</b>	<b>1650</b>	<b>100</b>

**Table 4.5** Mean, SD and median values of daily energy intake (MJ/day) for boys by demographic variables and age group

	All 5-12y (n=293)				5-8y (n=145)				9-12y (n=148)			
	Mean	SD	Median	<i>n</i>	Mean	SD	Median	<i>n</i>	Mean	SD	Median	<i>n</i>
<b>Location</b>												
Open country & village	7.5	1.7	7.2	133	7.0	1.7	6.7	65	7.9	1.6	7.8	68
Small town	7.8	1.2	7.7	17	7.0	1.1	7.3	8	8.4	0.8	8.4	9
Large town	7.0	1.7	7.1	67	6.4	1.3	6.5	34	7.7	1.7	7.4	33
City	7.5	1.5	7.6	76	6.9	1.3	6.8	38	8.2	1.4	8.2	38
<b>Education level<sup>a</sup></b>												
			n=292				n=144				n=148	
Primary	7.2	3.7	9.3	3	0.0	0.0	0.0	0	7.2	3.7	9.3	3
Intermediate	7.7	1.9	7.5	57	7.2	2.2	7.3	25	8.1	1.7	8.2	32
Secondary	7.2	1.6	7.1	113	6.6	1.4	6.6	61	7.9	1.6	7.8	52
Tertiary	7.5	1.4	7.3	119	6.9	1.3	6.8	58	8.0	1.4	7.8	61
<b>Social class<sup>b</sup></b>												
			n=287				n=142				n=145	
Professional/managerial & technical	7.5	1.6	7.3	144.0	6.9	1.4	6.7	68	8.0	1.6	7.7	76
Non-manual	7.4	1.4	7.3	59.0	6.6	1.1	6.9	26	7.9	1.3	7.9	33
Skilled manual	7.1	1.9	7.0	51.0	6.4	1.8	6.6	30	8.0	1.6	8.4	21
Unskilled/semi-skilled manual	7.4	1.9	7.6	33.0	7.3	1.9	7.3	18	7.5	1.8	8.1	15

a parental education (highest level of education)

b social class of family

**Table 4.6** Mean, SD and median values of daily energy intake (MJ/day) for girls by demographic variables and age group

	All 5-12y(n=301)				5-8y (n=151)				9-12y (n=150)			
	Mean	SD	Median	<i>n</i>	Mean	SD	Median	<i>n</i>	Mean	SD	Median	<i>n</i>
<b>Location</b>												
Open country & village	6.6	1.3	6.3	109	6.3	1.1	6.1	52	6.8	1.4	6.8	57
Small town	6.2	1.2	6.0	17	6.1	1.1	6.0	8	6.3	1.3	5.5	9
Large town	6.6	1.3	6.6	80	6.3	1.3	6.0	42	6.9	1.3	7.1	38
City	6.9	1.3	6.7	95	6.6	1.1	6.5	49	7.3	1.5	6.9	46
<b>Education level</b>												
	n=297				n=150				n=147			
Primary	7.6	1.3	7.9	5	6.2	0.7	6.2	2	8.5	0.5	8.6	3
Intermediate	6.7	1.5	6.6	44	7.0	1.5	7.0	18	6.4	1.5	6.1	26
Secondary	6.5	1.3	6.4	116	6.2	1.1	5.9	61	6.9	1.4	7.1	55
Tertiary	6.8	1.3	6.6	132	6.4	1.1	6.2	69	7.2	1.4	7.2	63
<b>Social class <sup>b</sup></b>												
	n=298				n=150				n=148			
Professional Workers	6.7	1.3	6.6	163	6.4	1.1	6.2	80	7.1	1.3	7.1	83
Non-manual Workers	6.7	1.3	6.7	58	6.1	1.1	5.8	27	7.2	1.2	7.5	31
Skilled manual Workers	6.6	1.5	6.1	42	6.3	1.0	6.0	22	6.9	1.8	6.3	20
Unskilled Workers	6.5	1.5	6.1	35	6.7	1.5	6.7	21	6.2	1.5	6.0	14

**Table 4.7** Contribution of food groups (g & %) to mean daily protein intakes by sex and age group

	Total		Boys						Girls					
	5-12y		All Ages		5-8y		9-12y		All Ages		5-8y		9-12y	
	<i>(n=594)</i>		<i>(n=293)</i>		<i>(n=145)</i>		<i>(n=148)</i>		<i>(n=301)</i>		<i>(n=151)</i>		<i>(n=150)</i>	
	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Meat & meat products	18.3	31.7	19.5	31.8	17.5	30.8	21.4	32.7	17.3	31.6	15.9	29.8	18.6	33.5
Milk & yoghurt	10.8	19.1	11.9	19.9	11.4	20.9	12.3	18.8	9.9	18.3	10.8	20.9	8.9	15.6
Bread & rolls	7.0	12.6	7.4	12.6	6.9	12.7	7.8	12.4	6.7	12.5	6.1	11.8	7.3	13.2
Grains, rice, pasta & savouries	3.3	5.9	3.2	5.5	2.6	5.0	3.8	6.0	3.4	6.4	3.1	6.0	3.8	6.7
Breakfast cereals	2.7	4.8	3.3	5.4	2.9	5.2	3.6	5.7	2.2	4.1	2.3	4.4	2.1	3.8
Sugars, confectionery, preserves & savoury snacks	2.5	4.6	2.4	4.3	2.2	4.2	2.7	4.5	2.5	4.9	2.2	4.6	2.7	5.2
Potatoes & potato products	2.4	4.4	2.6	4.6	2.4	4.4	2.8	4.7	2.3	4.3	2.0	3.9	2.6	4.8
Cheeses	1.8	3.1	1.7	2.7	1.6	2.7	1.8	2.6	1.9	3.5	2.1	3.9	1.7	3.0
Biscuits, cakes & pastries	1.6	2.9	1.6	2.9	1.5	2.9	1.7	2.9	1.5	2.9	1.4	2.9	1.6	3.0
Fish & fish products	1.4	2.5	1.4	2.3	1.5	2.5	1.4	2.1	1.4	2.6	1.5	2.8	1.4	2.4
Veg & veg dishes	1.3	2.3	1.3	2.2	1.2	2.2	1.5	2.2	1.3	2.3	1.3	2.6	1.2	2.1
Creams, ice-creams & chilled desserts	0.9	1.7	0.9	1.6	1.0	1.8	0.9	1.3	0.9	1.8	0.8	1.7	1.1	2.0
Eggs & egg dishes	1.0	1.6	1.0	1.5	1.0	1.6	0.9	1.4	1.0	1.8	0.9	1.8	1.0	1.7
Others	1.6	2.9	1.7	2.8	1.7	3.0	1.7	2.6	1.5	2.9	1.4	2.9	1.6	3.0
<b>Total</b>	<b>56.7</b>	<b>100</b>	<b>59.8</b>	<b>100</b>	<b>55.3</b>	<b>100</b>	<b>64.2</b>	<b>100</b>	<b>53.6</b>	<b>100</b>	<b>51.7</b>	<b>100</b>	<b>55.5</b>	<b>100</b>

**Table 4.8** Contribution of food groups (g & %) to mean daily fat intakes by sex and age group

	Total		Boys						Girls					
	5-12y		All Ages		5-8y		9-12y		All Ages		5-8y		9-12y	
	<i>(n=594)</i>		<i>(n=293)</i>		<i>(n=145)</i>		<i>(n=148)</i>		<i>(n=301)</i>		<i>(n=151)</i>		<i>(n=150)</i>	
	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Meat & meat products	11.9	18.9	12.7	19.4	11.5	18.9	13.9	19.9	11.1	18.5	10.2	17.6	12.0	19.4
Milk & yoghurt	11.3	18.0	12.6	19.4	12.4	20.7	12.7	18.2	10.1	16.7	11.2	19.3	8.9	14.0
Sugars, confectionery, preserves & savoury snacks	8.9	14.4	8.8	13.7	7.9	13.3	9.7	14.0	9.0	15.1	8.1	14.2	10.0	15.9
Butter, spreading fats & oils	6.0	9.2	6.4	9.4	5.9	9.3	6.8	9.4	5.6	9.1	5.6	9.3	5.7	8.8
Biscuits, cakes & pastries	4.8	7.6	5.2	7.9	5.0	8.2	5.3	7.5	4.4	7.4	4.2	7.5	4.6	7.3
Potatoes & potato products	4.6	7.3	4.7	7.3	4.1	6.9	5.3	7.6	4.4	7.2	3.6	6.2	5.2	8.3
Creams, ice-creams & chilled desserts	2.7	4.3	2.5	3.9	2.5	4.2	2.5	3.6	2.9	4.7	2.4	4.2	3.4	5.2
Grains, rice, pasta & savouries	2.7	4.3	2.6	4.0	2.0	3.5	3.2	4.5	2.8	4.5	2.4	4.2	3.1	4.9
Bread & rolls	2.3	3.7	2.3	3.5	2.2	3.6	2.4	3.4	2.4	3.9	2.1	3.7	2.6	4.1
Cheeses	2.2	3.3	2.0	2.9	1.8	2.8	2.2	3.0	2.4	3.7	2.4	4.0	2.3	3.5
Eggs & egg dishes	1.2	1.8	1.2	1.8	1.3	2.0	1.2	1.6	1.2	1.9	1.2	1.9	1.3	1.8
Breakfast cereals	1.1	1.7	1.3	1.9	1.2	1.9	1.4	1.9	0.9	1.5	1.0	1.7	0.9	1.3
Soups, sauces & miscellaneous foods	1.0	1.7	0.9	1.3	0.7	1.1	1.1	1.6	1.2	1.9	1.1	1.9	1.3	2.0
Veg & veg dishes	0.8	1.3	0.8	1.1	0.5	0.8	1.0	1.4	0.9	1.5	1.0	1.8	0.8	1.3
Others	1.5	2.4	1.6	2.5	1.6	2.7	1.6	2.3	1.4	2.4	1.5	2.5	1.3	2.2
Total	63.0	100	65.4	100	60.6	100	70.2	100	60.7	100	58.0	100	63.3	100

**Table 4.9** Contribution of food groups (g & %) to mean daily carbohydrate intakes by sex and age group

	Total		Boys						Girls					
	5-12y		All Ages		5-8y		9-12y		All Ages		5-8y		9-12y	
	<i>(n=594)</i>		<i>(n=293)</i>		<i>(n=145)</i>		<i>(n=148)</i>		<i>(n=301)</i>		<i>(n=151)</i>		<i>(n=150)</i>	
	g	%	g	%	g	%	g	%	g	%	g	%	g	%
Bread & rolls	40.3	17.5	42.4	17.3	40.0	17.7	44.8	16.9	38.2	17.7	34.8	16.8	41.7	18.5
Sugars, confectionery, preserves & savoury snacks	31.6	13.5	32.8	13.2	29.5	12.7	36.0	13.6	30.4	13.9	28.4	13.6	32.4	14.2
Breakfast cereals	27.1	11.5	32.4	13.0	28.9	12.6	35.9	13.5	21.8	10.0	22.6	10.8	21.1	9.2
Potatoes & potato products	22.2	9.8	23.6	9.8	21.5	9.6	25.6	10.0	20.9	9.8	18.3	8.9	23.4	10.6
Beverages	21.3	9.0	23.9	9.4	19.4	8.5	28.3	10.4	18.7	8.5	17.1	8.2	20.3	8.9
Milk & yoghurt	19.4	8.5	21.4	8.9	21.3	9.6	21.5	8.2	17.4	8.2	19.4	9.5	15.4	6.8
Fruit & fruit juices	17.3	7.5	16.2	6.6	16.9	7.5	15.5	5.8	18.3	8.3	19.0	9.0	17.6	7.5
Biscuits, cakes & pastries	15.7	6.8	16.7	6.9	16.2	7.2	17.1	6.6	14.7	6.8	14.1	6.8	15.3	6.8
Grains, rice, pasta & savouries	14.6	6.4	14.0	5.8	11.5	5.3	16.4	6.3	15.3	7.0	14.1	6.8	16.5	7.2
Meat & meat products	7.5	3.4	7.8	3.3	7.2	3.3	8.4	3.3	7.3	3.4	6.5	3.2	8.0	3.7
Creams, ice-creams & chilled desserts	6.4	2.8	6.3	2.6	6.3	2.8	6.4	2.4	6.5	3.0	5.6	2.7	7.5	3.3
Veg & veg dishes	3.8	1.6	3.8	1.6	3.5	1.5	4.2	1.6	3.8	1.7	4.2	1.9	3.4	1.5
Others	3.8	1.7	3.9	1.6	3.9	1.7	3.9	1.5	3.7	1.7	3.4	1.7	4.0	1.8
Total	230.9	100	245.3	100	226.0	100	264.1	100	216.9	100	207.5	100	226.4	100

**Table 4.10** Mean, SD and median values of macronutrient intakes for boys and girls by geographical location

	Open country & village			Small town			Large town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Boys</b>	<i>n=133</i>			<i>n=17</i>			<i>n=67</i>			<i>n=76</i>		
Protein (g)	62.3	16.9	59.5	60.7	11.6	60.8	55.1	15.8	54.7	59.5	16.4	58.0
Fat (g)	66.8	19.7	64.3	69.1	12.0	71.9	61.4	16.6	60.1	66.1	16.3	64.2
Carbohydrate (g)	244.3	58.8	238.7	259.4	44.5	257.1	236.9	59.8	231.1	252.3	50.8	248.0
% total energy from protein	14.1	2.2	13.9	13.1	1.6	13.0	13.2	2.2	13.0	13.2	2.2	13.0
% total energy from fat	33.7	4.8	33.9	33.6	2.7	33.6	33.0	4.3	32.9	33.1	4.1	32.8
% total energy from carbohydrate	51.8	5.3	51.2	52.6	3.8	52.7	53.2	5.2	53.2	53.0	4.5	53.4
<b>Girls</b>	<i>n=109</i>			<i>n=17</i>			<i>n=80</i>			<i>n=95</i>		
Protein (g)	53.4	12.6	52.1	49.8	11.5	50.2	54.6	13.9	54.8	54.1	13.7	50.8
Fat (g)	60.0	14.9	58.8	57.2	12.7	52.9	59.8	14.7	58.6	63.2	14.6	61.7
Carbohydrate (g)	215.7	47.6	206.9	199.6	41.6	180.3	212.8	43.0	207.2	226.4	46.4	221.7
% total energy from protein	13.7	2.3	13.5	13.5	1.6	13.1	14.0	2.1	13.9	13.1	1.9	13.2
% total energy from fat	34.3	4.6	34.0	35.0	3.9	33.6	34.3	3.5	34.1	34.5	3.8	34.7
% total energy from carbohydrate	51.6	5.1	51.3	50.9	4.1	51.0	51.2	4.0	50.9	51.7	4.3	51.6

**Table 4.11** Mean, SD and median values of macronutrient intakes for boys and girls by level of education of parents

	Intermediate			Secondary			Tertiary		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Boys</b>		<i>n=60</i>			<i>n=113</i>			<i>n=119</i>	
Protein (g)	61.3	19.9	60.0	57.5	15.9	55.2	61.4	14.7	60.6
Fat (g)	67.6	19.5	67.2	63.6	18.9	60.3	66.3	16.0	64.4
Carbohydrate (g)	256.6	70.0	249.1	239.2	53.1	236.1	245.6	51.3	243.7
% total energy from protein	13.4	2.3	13.0	13.5	2.3	13.3	13.9	2.0	13.7
% total energy from fat	33.3	4.5	33.1	33.3	4.5	33.1	33.6	4.3	34.0
% total energy from carbohydrate	52.8	5.0	52.5	52.7	5.2	52.7	52.0	4.8	51.6
<b>Girls</b>		<i>n=49</i>			<i>n=116</i>			<i>n=132</i>	
Protein (g)	53.7	16.6	51.5	52.8	12.6	51.8	54.3	12.0	53.3
Fat (g)	62.9	16.2	62.9	59.3	14.5	57.0	61.3	14.4	59.2
Carbohydrate (g)	217.8	52.4	219.1	212.6	43.2	203.9	221.8	46.2	216.1
% total energy from protein	13.3	2.2	13.2	13.6	1.9	13.5	13.6	2.2	13.4
% total energy from fat	35.3	4.8	35.5	34.3	4.0	34.7	34.2	3.8	33.7
% total energy from carbohydrate	50.9	5.5	51.3	51.6	4.3	51.1	51.7	4.4	51.6

**Table 4.12** Mean, SD and median values of macronutrient intakes for boys and girls by social class

	Professional Workers			Non-Manual			Skilled Manual			Non-skilled		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
<b>Boys</b>	<i>n=144</i>			<i>n=59</i>			<i>n=51</i>			<i>n=33</i>		
Protein (g)	62.1	16.3	60.8	60.4	14.9	58.3	55.2	17.9	51.8	55.1	15.3	51.9
Fat (g)	67.0	18.0	64.5	64.6	15.8	63.3	62.7	20.2	60.8	63.4	17.3	63.4
Carbohydrate (g)	246.0	53.0	239.5	245.3	49.0	240.1	235.2	63.9	242.1	256.6	69.1	261.0
% total energy from protein	13.9	2.1	13.8	13.8	2.4	13.8	13.2	2.2	13.1	12.6	2.3	12.4
% total energy from fat	33.7	4.1	34.2	33.1	4.1	32.7	33.6	5.5	34.0	32.2	4.3	32.3
% total energy from carbohydrate	51.9	4.6	51.5	52.6	4.9	52.7	52.7	5.9	53.3	54.6	5.1	53.5
<b>Girls</b>	<i>n=163</i>			<i>n=58</i>			<i>n=42</i>			<i>n=35</i>		
Protein (g)	54.4	11.8	53.8	54.7	12.1	55.7	50.6	15.3	46.6	52.8	17.8	49.8
Fat (g)	60.9	13.9	59.4	61.2	15.4	60.9	61.6	16.2	57.5	59.0	15.6	57.2
Carbohydrate (g)	219.1	46.1	214.9	215.6	42.1	214.3	214.4	47.3	200.5	214.8	49.9	207.1
% total energy from protein	13.7	2.0	13.6	13.8	2.1	13.5	12.8	2.0	12.5	13.5	2.5	13.1
% total energy from fat	34.3	4.0	33.9	34.5	4.2	34.8	35.2	4.1	35.5	34.1	4.1	34.2
% total energy from carbohydrate	51.5	4.5	51.4	51.1	4.1	50.6	51.4	4.7	51.4	51.9	5.2	51.6