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**Table 3.8** Mean, SD, median and percentile values of the ratio of energy intake to estimated basal metabolic rate (EI/BMR<sub>Rest</sub>) for the total population and by sex and age group

**Table 3.9** Ratio of energy intake to estimated basal metabolic rate (EI/BMR<sub>est</sub>) for the total population and by sex and age group expressed as cumulative percentages below defined values

**Table 3.4** A comparison of daily energy intakes in the NSIFCS and the Recommended Dietary Allowances for Ireland 1999

Sex	Age *	NSIFCS			Recommended Dietary Allowances for Ireland 1999					
		Weight (kg)	BMI	Energy intake (MJ)	Desirable body weight (kg)	With desired physical activity (MJ)	Without desired physical activity (MJ)	Actual body weight (kg)	With desired physical activity (MJ)	Without desired physical activity (MJ)
Men	18-29y	79.3	25.5	11.6	66.3	12.5	11.9	74.6	13.4	12.7
	30-59y	84.0	27.3	10.9	66.3	11.5	10.7	74.6	12.1	11.3
	60-74y	85.5	28.2	10.0	63.5	9.2	8.5	73.5	10	9.2
Women	18-29y	64.1	24.2	7.7	57.3	9.1	8.5	62.1	9.6	9
	30-59y	68.4	26.2	7.7	57.3	8.9	8.3	62.1	9.2	8.5
	60-74y	70.6	28.3	7.2	55.5	7.8	7.2	66.1	8.5	7.8

\* Age groups as used in the Recommended Dietary Allowances for Ireland 1999 (Food Safety Authority of Ireland, 1999)

**Table 3.5** Percentage (%) contribution of 18 food groups to mean daily energy intakes of the total population and by sex and age group

<i>Food Groups</i>	All	Men				Women			
	18-64y ( <i>n</i> = 1379)	18-64y ( <i>n</i> = 662)	18-35y ( <i>n</i> = 253)	36-50y ( <i>n</i> = 236)	51-64y ( <i>n</i> = 173)	18-64y ( <i>n</i> = 717)	18-35y ( <i>n</i> = 269)	36-50y ( <i>n</i> =286)	51-64y ( <i>n</i> = 162)
	%	%	%	%	%	%	%	%	%
Meat & meat products	16	17	18	17	16	15	15	15	15
Bread & rolls	14	14	13	15	16	14	14	14	15
Potatoes & potato products	11	12	13	12	12	10	11	9	9
Biscuits, cakes & pastries	9	7	6	8	9	9	7	10	11
Milk & yoghurt	7	7	7	7	6	8	7	8	9
Sugars, confectionery, preserves & savoury snacks	7	7	8	6	6	7	8	6	6
Butter, spreading fats & oils	6	6	5	7	7	6	5	6	7
Alcoholic beverages	5	6	7	5	6	3	4	3	1
Breakfast cereals	4	3	3	4	4	4	4	4	5
Vegetables & vegetable dishes	4	4	3	4	3	5	5	5	4
Fruit, juice, nuts & seeds, herbs & spices	3	3	2	3	3	4	3	4	4
Rice, pasta & savouries	3	3	4	3	2	3	4	4	2
Cheeses	2	2	2	2	2	2	2	2	2
Eggs & egg dishes	2	2	1	2	2	2	2	2	2
Fish & fish products	2	2	2	2	2	2	2	3	3
Non-alcoholic beverages	2	2	3	1	1	2	3	1	1
Soups, sauces & other foods	2	2	2	1	1	2	2	2	2
Creams, ice creams & chilled desserts	1	1	1	1	2	1	2	2	2
Total (%)	100	100	100	100	100	100	100	100	100
Mean daily energy intake (MJ)	9.3	11.0	11.6	11.0	10.1	7.6	7.7	7.8	7.3





**Table 3.8** Mean, SD, median and percentile values of the ratio of energy intake to estimated basal metabolic rate (EI/BMR<sub>est</sub>) for the total population and by sex and age group

	All	Men				Women			
	18-64y <i>n=1369</i>	All ages <i>n=655</i>	18-35y <i>n=249</i>	36-50y <i>n=235</i>	51-64y <i>n=171</i>	All ages <i>n=714</i>	18-35y <i>n=269</i>	36-50y <i>n=285</i>	51-64y <i>n=160</i>
<b>EI/BMR<sub>est</sub></b>									
Mean	1.38	1.45	1.50	1.44	1.36	1.31	1.33	1.34	1.25
SD	0.40	0.42	0.42	0.42	0.39	0.37	0.38	0.37	0.36
Median	1.34	1.42	1.47	1.45	1.29	1.28	1.31	1.31	1.23
Percentiles									
5 <sup>th</sup>	0.78	0.80	0.82	0.69	0.83	0.78	0.82	0.82	0.72
95 <sup>th</sup>	2.04	2.14	2.23	2.24	2.01	0.95	1.95	1.95	1.93

