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Table 3.10 Protein intakes (g) of men and women and comparison to current dietary recommendations for protein

	Men	Women
	n=662	n=717
Mean daily protein intake (g)	100.2	69.8
<i>Population Reference Intake (PRI)</i> [†] ‡(g)	56	47
Proportion (%) of individuals with > PRI of 0.75g/kg body weight/day ^{†‡}	93	86
Mean protein intake in g/kg body weight/day	1.2	1.1
Proportion (%) of individuals with ≤ Average Requirement of 0.6g/kg body weight/day [†]	2	4
Proportion (%) of individuals with ≤ Lower Threshold Intake of 0.45g/kg body weight/day [†]	1	1
Proportion (%) of individuals with ≥ 'Twice the PRI' of 1.5g/kg body weight/day [†]	21	8

[†] Scientific Committee for Food, 1993[‡] FSAI Nutrition Subcommittee, 1999

Table 3.11 Percentage (%) contribution of food groups to mean daily protein intakes of the total population and by sex and age group

<i>Food Groups</i>	All	Men				Women			
	18-64y (n=1379)	18-64y (n=662)	18-35y (n=253)	36-50y (n=236)	51-64y (n=173)	18-64y (n=717)	18-35y (n=269)	36-50y (n=286)	51-64y (n=162)
	%	%	%	%	%	%	%	%	%
Meat & meat products	37	39	40	39	39	35	35	36	35
Bread & rolls	14	14	13	15	15	14	14	14	15
Milk & yoghurt	11	10	11	10	9	12	11	12	13
Potatoes & potato products	6	7	7	6	7	5	6	5	5
Fish & fish products	5	5	4	5	6	5	4	5	6
Biscuits, cakes & pastries	4	3	3	3	4	4	4	5	5
Vegetables & vegetable dishes	4	4	4	4	4	4	5	4	4
Breakfast cereals	3	2	2	3	3	3	3	3	4
Cheeses	3	3	4	3	3	4	4	3	3
Eggs & egg dishes	3	3	2	3	3	3	3	3	3
Rice, pasta & savouries	3	2	4	2	1	3	4	3	2
Alcoholic beverages	2	2	2	1	1	2	3	2	1
Others [‡]	5	6	4	6	5	6	4	5	4
Total % contribution of food groups to protein	100	100	100	100	100	100	100	100	100
Total mean daily protein intake (g)	84.4	100.2	100.8	102.8	95.8	69.8	66.5	72.4	70.7

[‡] food groups contributing ≤1% to mean daily protein intake (fruit group, nutritional supplements, non-alcoholic beverages, sugar & confectionery group, cream & ice-cream group, butter & spreading fats)

Table 3.12 Percentage (%) contribution of food groups to mean daily total fat intakes of the total population and by sex and age group

<i>Food Groups</i>	All	Men				Women			
	18-64y (n=1379)	18-64y (n=662)	18-35y (n=253)	36-50y (n=236)	51-64y (n=173)	18-64y (n=717)	18-35y (n=269)	36-50y (n=286)	51-64y (n=162)
	%	%	%	%	%	%	%	%	%
Meat & meat products	23	25	26	24	25	21	20	21	21
Butter, spreading fats & oils	17	18	15	19	21	16	14	17	19
Biscuits, cakes & pastries	9	8	7	9	9	10	8	11	12
Milk & yoghurt	9	9	9	10	9	9	9	9	11
Potatoes & potato products	7	8	10	7	6	6	8	6	4
Sugars, confectionery, preserves & savoury snacks	5	5	8	4	2	6	8	5	3
Vegetables & vegetable dishes	5	4	4	4	4	6	7	6	5
Bread & rolls	4	4	3	4	5	4	4	4	5
Cheeses	4	4	4	4	3	4	5	4	4
Eggs & egg dishes	3	3	3	3	4	3	3	3	3
Fish & fish products	3	3	2	3	3	3	2	3	4
Rice, pasta & savouries	3	3	3	2	1	3	4	3	2
Soups, sauces & other foods	3	3	3	2	2	4	4	4	3
Creams, ice creams & chilled desserts	2	2	1	2	2	2	2	2	2
Others [‡]	3	3	2	3	4	3	2	2	2
Total % contribution of food groups to fat	100	100	100	100	100	100	100	100	100
Total mean daily fat intake (g)	87.1	102.2	108.3	104.5	90.3	73.1	74.8	74.5	67.9

[‡] food groups contributing ≤1% to mean daily fat intake (Breakfast cereals, fruit group, non-alcoholic beverages, alcoholic beverages, nutritional supplements)

Table 3.13 Percentage (%) contribution of food groups to mean daily carbohydrate intakes of the total population and by sex and age group

<i>Food Groups</i>	All	Men				Women			
	18-64y (n=1379)	18-64y (n=662)	18-35y (n=253)	36-50y (n=236)	51-64y (n=173)	18-64y (n=717)	18-35y (n=269)	36-50y (n=286)	51-64y (n=162)
	%	%	%	%	%	%	%	%	%
Bread & rolls	25	25	22	26	28	24	24	25	25
Potatoes & potato products	17	19	19	19	20	15	16	14	15
Biscuits, cakes & pastries	10	9	7	10	10	11	9	12	13
Sugars, confectionery, preserves & savoury snacks	10	11	11	10	11	10	10	9	10
Breakfast cereals	6	6	6	6	6	7	6	7	8
Fruit, juice, nuts & seeds, herbs & spices	6	5	4	5	5	7	6	7	8
Milk & yoghurt	6	5	6	5	5	6	6	6	7
Rice, pasta & savouries	4	4	5	3	2	4	5	5	2
Meat & meat products	4	4	5	3	3	4	4	4	3
Non-alcoholic beverages	4	4	7	2	1	3	6	2	2
Vegetables & vegetable dishes	4	4	4	4	4	4	4	4	4
Others [‡]	4	4	4	7	5	5	4	5	3
Total % contribution to food groups to carbohydrate	100	100	100	100	100	100	100	100	100
Total mean daily carbohydrate intake (g)	260.1	305.1	315.5	303.7	291.7	218.6	217.9	220.9	215.6

[‡] food groups contributing $\leq 1\%$ to mean daily carbohydrate intake (alcoholic beverages, soups & sauces, cream & icecream group, fish & fish products, eggs & egg dishes, butter & spreading fats, cheese)

Table 3.14 Mean, SD and median values of macronutrient intakes for men and women by geographical location

	Open country & village			Small town			Large town			City		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=251</i>			<i>n=76</i>			<i>n=111</i>			<i>n=224</i>		
Protein (g)	102.9	26.6	101.4	97.8	22.6	98.2	99.0	28.5	93.9	98.7	26.7	96.8
Total fat (g)	105.0	35.4	104.3	100.7	32.6	95.1	101.7	37.7	96.5	99.9	31.9	100.0
Carbohydrate (g)	320.8	100.1	313.5	300.9	95.4	292.5	304.1	100.6	281.3	289.3	86.6	285.2
Total sugars (g)	118.3	50.3	112.2	111.2	53.3	104.8	113.0	53.6	104.6	108.4	49.3	105.7
Total starch (g)	198.7	65.9	192.4	185.7	56.0	182.9	186.5	60.6	177.6	176.9	52.1	172.4
Alcohol (g)	18.3	30.1	6.0	28.3	27.7	18.5	20.1	25.9	10.0	27.6	31.0	18.0
% total energy from protein	15.5	2.5	15.2	15.2	2.0	15.3	15.6	2.8	15.3	15.6	3.1	15.5
% total energy from fat	34.8	5.7	35.1	34.6	5.6	34.5	34.8	5.3	35.1	34.7	6.1	34.9
% total energy from carbohydrate	44.7	6.5	44.9	42.9	6.3	42.1	44.1	5.9	44.4	42.2	6.5	42.1
% total energy from alcohol	4.7	7.3	1.5	7.2	6.5	5.9	5.3	5.5	3.6	7.2	7.7	4.8
% food energy from protein	16.4	2.6	15.9	16.5	2.3	16.7	16.5	2.8	16.3	16.9	3.2	16.7
% food energy from fat	36.5	5.3	36.7	37.2	5.2	37.0	36.8	5.5	37.1	37.4	5.7	37.7
% food energy from carbohydrate	46.9	5.4	46.9	46.2	5.4	45.9	46.5	5.1	46.8	45.4	5.5	45.1
Women	<i>n=245</i>			<i>n=81</i>			<i>n=119</i>			<i>n=272</i>		
Protein (g)	68.5	16.4	67.3	69.2	18.7	68.0	71.2	19.8	67.0	70.6	16.2	70.5
Total fat (g)	70.8	26.0	68.5	71.0	21.5	69.8	74.2	26.8	72.9	75.3	23.8	72.5
Carbohydrate (g)	218.1	63.9	211.7	222.9	55.9	219.0	221.4	73.2	211.5	216.4	57.5	212.5
Total sugars (g)	84.5	35.6	79.4	84.6	27.9	80.5	86.1	43.4	79.4	84.1	33.8	80.3
Total starch (g)	130.2	37.6	129.2	134.5	38.4	127.9	131.3	38.5	126.0	128.2	33.7	123.8
Alcohol (g)	6.8	10.9	1	9.3	13.9	4	8.3	9.8	4	12.0	15.1	7
% total energy from protein	15.8	3.0	15.9	15.3	2.6	15.1	15.8	2.9	15.6	15.5	3.0	15.2
% total energy from fat	35.3	6.2	36.1	34.7	5.6	35.4	35.8	5.9	35.9	36.1	5.5	36.3
% total energy from carbohydrate	46.1	6.2	46.1	46.2	6.0	46.6	45.0	5.7	44.7	43.8	6.1	43.4
% total energy from alcohol	2.6	3.9	0.3	3.5	5.1	1.4	3.1	3.6	1.7	4.4	5.1	2.6
% food energy from protein	16.2	3.0	16.3	15.9	2.8	15.7	16.3	3.1	16.3	16.2	3.0	16.1
% food energy from fat	36.3	6.3	36.9	36.0	5.6	36.5	36.9	5.9	37.5	37.8	5.9	38.3
% food energy from carbohydrate	47.3	5.9	47.1	47.8	5.3	48.2	46.4	5.4	46.6	45.8	5.3	45.4

Table 3.15 Mean, SD and median values of macronutrient intakes for men and women by level of education

	Primary			Intermediate			Secondary			Tertiary		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=140</i>			<i>n=128</i>			<i>n=113</i>			<i>n=266</i>		
Protein (g)	100.6	31.2	99.4	104.7	29.3	101.5	101.7	25.6	97.4	97.5	22.8	96.8
Total fat (g)	99.2	37.6	100.3	111.4	37.8	109.6	104.8	32.9	104.6	98.9	30.8	96.8
Carbohydrate (g)	303.6	97.8	299.9	312.2	104.6	298.0	320.3	105.7	322.9	296.7	85.1	290.2
Total sugars (g)	103.8	47.2	101.1	114.2	54.2	106.6	123.0	61.9	108.2	113.8	46.1	110.2
Total starch (g)	196.3	65.8	185.5	194.3	62.2	182.3	192.7	66.6	183.7	178.6	50.6	174.7
Alcohol (g)	18.3	28.8	5.5	24.0	31.1	15.5	25.1	33.8	13.0	22.8	24.9	16.0
% total energy from protein	15.9	2.8	15.7	15.5	2.6	15.4	15.3	2.9	14.9	15.6	2.6	15.2
% total energy from fat	34.4	6.1	34.4	36.1	5.5	36.3	34.5	5.3	34.8	34.6	5.6	34.9
% total energy from carbohydrate	44.5	6.7	43.9	42.3	5.5	42.3	43.7	6.7	43.7	43.6	6.4	43.6
% total energy from alcohol	5.0	7.5	1.6	5.9	6.6	4.3	6.2	7.5	3.8	6.0	6.3	4.4
% food energy from protein	16.8	3.0	16.6	16.5	2.7	16.2	16.3	3.2	16.0	16.6	2.7	16.4
% food energy from fat	36.2	5.5	36.5	38.3	5.1	38.5	36.8	5.0	36.8	36.8	5.7	36.9
% food energy from carbohydrate	46.8	5.7	46.8	45.0	5.0	45.2	46.5	5.5	46.2	46.3	5.4	46.5
Women	<i>n=149</i>			<i>n=154</i>			<i>n=142</i>			<i>n=257</i>		
Protein (g)	66.3	17.9	65.2	69.3	17.4	68.3	74.3	16.0	73.1	69.5	17.0	67.3
Total fat (g)	66.9	24.6	65.0	74.3	24.3	73.7	77.9	24.9	77.2	73.2	24.4	69.7
Carbohydrate (g)	207.7	66.0	197.0	219.2	61.9	217.0	229.2	61.0	224.3	218.4	58.8	210.2
Total sugars (g)	77.9	37.0	74.1	82.5	33.4	79.0	88.9	32.9	88.3	86.8	34.8	81.4
Total starch (g)	127.2	36.5	123.9	132.3	38.3	127.7	136.2	37.2	131.1	127.6	34.7	123.0
Alcohol (g)	5.1	9.4	0.0	8.3	12.3	2.0	10.2	13.7	6.0	12.0	14.4	8.0
% total energy from protein	16.1	3.0	16.0	15.4	2.9	15.2	15.6	2.6	15.6	15.4	3.0	15.2
% total energy from fat	35.3	6.1	35.9	36.4	5.5	37.0	35.7	6.0	36.3	35.3	5.7	35.4
% total energy from carbohydrate	46.4	6.3	46.6	45.0	6.0	44.8	44.5	6.2	44.0	44.7	6.0	44.4
% total energy from alcohol	2.1	3.8	0.0	3.0	4.1	1.0	3.6	4.6	2.1	4.5	5.1	2.9
% food energy from protein	16.5	3.1	16.4	15.9	3.0	15.9	16.3	2.7	16.2	16.1	3.1	16.0
% food energy from fat	36.1	6.1	36.7	37.6	5.8	38.3	37.1	6.3	37.4	37.0	5.9	37.0
% food energy from carbohydrate	47.4	6.1	47.5	46.4	5.5	46.0	46.1	5.5	45.2	46.7	5.4	46.7

Table 3.16 Mean, SD and median values of macronutrient intakes for men and women by Social Class (Ireland)

	Professional Workers			Managerial and Technical			Non-Manual			Skilled Manual		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=61</i>			<i>n=207</i>			<i>n=91</i>			<i>n=155</i>		
Protein (g)	100.1	21.0	98.3	100.0	26.0	97.4	97.4	23.3	94.6	105.5	29.8	102.7
Total fat (g)	102.0	28.2	102.6	97.1	32.7	94.9	100.5	32.1	96.3	109.3	35.3	109.3
Carbohydrate (g)	302.6	75.9	294.5	299.6	96.1	288.1	300.3	89.8	301.0	314.1	91.1	309.9
Total sugars (g)	112.8	39.4	111.6	112.9	47.0	108.0	110.4	52.9	106.6	115.2	54.3	105.9
Total starch (g)	185.2	52.6	174.2	182.8	62.4	171.7	185.1	51.0	181.6	195.2	56.0	186.6
Alcohol (g)	20.5	28.2	7.0	21.6	25.4	12.0	17.8	22.6	9.0	24.6	30.1	15.0
% total energy from protein	15.6	2.2	15.6	15.9	2.6	15.6	15.6	2.5	15.4	15.6	2.9	15.6
% total energy from fat	35.1	5.6	35.0	34.0	5.4	34.5	35.3	5.7	36.4	35.3	5.6	35.1
% total energy from carbohydrate	43.7	6.0	44.0	43.9	6.4	43.7	44.1	6.5	43.3	42.9	6.1	42.4
% total energy from alcohol	5.3	6.9	2.3	6.0	6.8	4.0	4.8	5.9	2.7	5.9	6.6	4.4
% food energy from protein	16.5	2.4	16.7	17.0	2.7	16.9	16.4	2.9	16.1	16.6	3.0	16.4
% food energy from fat	37.0	5.2	36.6	36.2	5.3	36.4	37.1	5.6	38.3	37.6	5.4	38.0
% food energy from carbohydrate	46.1	5.0	45.9	46.6	5.4	46.6	46.3	5.6	45.3	45.6	5.3	45.9
Women	<i>n=71</i>			<i>n=232</i>			<i>n=162</i>			<i>n=106</i>		
Protein (g)	71.3	15.2	70.3	71.2	16.6	70.3	70.0	18.8	67.0	68.4	15.5	67.3
Total fat (g)	72.9	20.6	74.1	74.1	24.9	69.9	73.8	26.0	69.6	69.9	21.1	70.9
Carbohydrate (g)	223.7	50.4	221.9	217.5	57.5	209.8	221.9	66.1	211.3	217.2	58.1	217.4
Total sugars (g)	89.8	29.4	88.2	85.4	34.0	80.9	85.4	37.1	79.4	82.0	30.3	78.0
Total starch (g)	128.8	31.1	130.0	128.3	34.3	123.6	132.8	38.3	127.5	131.8	38.1	127.3
Alcohol (g)	11.1	11.7	8.0	9.2	12.6	5.0	10.5	14.1	5.0	6.7	10.7	0.0
% total energy from protein	15.4	2.3	15.5	15.8	3.0	15.6	15.5	3.0	15.5	15.7	2.6	15.7
% total energy from fat	34.9	5.6	35.5	35.8	5.9	36.3	35.5	5.8	35.8	35.4	5.8	36.1
% total energy from carbohydrate	45.1	6.4	44.8	44.6	5.7	44.2	45.2	6.4	45.3	46.2	6.3	46.9
% total energy from alcohol	4.3	4.6	3.4	3.4	4.3	2.1	3.8	4.8	2.2	2.6	4.0	0.0
% food energy from protein	16.2	2.5	15.8	16.4	3.0	16.3	16.1	3.1	16.1	16.2	2.8	16.2
% food energy from fat	36.4	5.9	37.9	37.1	6.0	37.5	37.0	6.1	36.8	36.4	6.1	37.0
% food energy from carbohydrate	47.1	5.9	47.0	46.1	5.3	45.9	46.9	5.9	46.7	47.3	5.8	47.1

Table 3.16 (continued) Mean, SD and median values of macronutrient intakes for men and women by Social Class (Ireland)

	Semi-skilled			Unskilled			Students		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=81</i>			<i>n=31</i>			<i>n=20</i>		
Protein (g)	94.5	22.8	94.1	103.4	34.6	104.5	97.7	27.8	91.1
Total fat (g)	98.8	31.7	101.1	111.1	51.5	108.4	115.1	29.6	112.7
Carbohydrate (g)	299.2	96.6	289.3	334.8	140.3	322.7	324.4	123.8	315.6
Total sugars (g)	110.1	49.5	102.1	125.0	61.7	115.8	123.7	78.8	104.4
Total starch (g)	185.8	61.7	175.1	205.1	87.7	198.1	194.6	62.1	177.5
Alcohol (g)	25.1	35.3	12.0	18.7	29.9	5.0	35.0	27.8	36.5
% total energy from protein	15.2	3.2	14.6	15.1	2.0	14.8	13.7	2.9	13.8
% total energy from fat	34.6	6.1	35.0	34.9	7.0	34.6	36.1	5.3	36.1
% total energy from carbohydrate	43.7	7.0	43.8	44.8	6.7	45.9	41.2	6.5	39.4
% total energy from alcohol	6.2	8.3	3.1	5.1	8.1	1.1	8.8	6.4	9.3
% food energy from protein	16.3	3.3	15.8	16.0	2.3	15.4	15.1	3.1	15.7
% food energy from fat	37.0	5.7	37.4	36.7	6.2	36.3	39.5	4.6	38.9
% food energy from carbohydrate	46.5	5.6	47.0	47.2	6.0	47.6	45.2	5.9	45.8
Women	<i>n=87</i>			<i>n=17</i>			<i>n=14</i>		
Protein (g)	67.6	19.9	68.2	75.0	10.7	74.3	67.2	13.3	66.4
Total fat (g)	75.6	28.8	72.9	79.9	25.2	78.9	73.8	22.7	71.8
Carbohydrate (g)	215.6	77.5	204.3	246.8	68.5	228.1	220.1	41.1	232.9
Total sugars (g)	81.9	40.9	73.6	100.9	56.3	88.6	85.0	24.1	86.0
Total starch (g)	129.4	42.3	125.5	142.8	37.2	153.0	129.9	25.8	129.8
Alcohol (g)	9.0	13.6	3.0	10.6	11.8	10.0	19.4	24.8	10.0
% total energy from protein	15.2	3.1	15.0	15.3	2.4	14.7	14.6	3.4	13.9
% total energy from fat	36.9	5.6	37.9	35.2	5.1	34.0	34.7	5.9	34.5
% total energy from carbohydrate	44.2	6.2	44.1	45.7	4.9	46.9	44.3	6.1	42.7
% total energy from alcohol	3.4	5.0	0.9	3.6	4.0	2.9	6.6	8.1	3.8
% food energy from protein	15.8	3.2	15.7	15.9	2.5	16.3	15.6	3.0	15.6
% food energy from fat	38.2	5.6	38.9	36.5	5.2	36.1	37.3	6.1	36.3
% food energy from carbohydrate	45.8	5.6	45.9	47.5	4.6	48.5	47.4	4.6	46.6

Table 3.17 Mean, SD and median values of macronutrient intakes for men and women by Social Class (UK)

	Professional Occupations			Managerial and Technical			Non-Manual (skilled)			Manual (skilled)		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=51</i>			<i>n=230</i>			<i>n=76</i>			<i>n=161</i>		
Protein (g)	100.5	22.7	98.6	99.7	25.5	97.3	97.9	23.6	94.7	106.0	28.5	102.7
Total fat (g)	99.0	29.6	100.5	98.0	32.4	95.4	103.0	33.4	103.0	108.8	34.2	109.2
Carbohydrate (g)	293.9	82.7	276.4	301.3	94.7	294.1	306.1	92.0	314.6	319.1	89.9	317.4
Total sugars (g)	109.7	42.8	105.1	112.7	45.7	110.2	117.4	56.0	109.6	115.9	54.0	107.5
Total starch (g)	178.8	53.4	166.9	184.9	62.3	176.9	183.7	48.5	182.7	199.4	54.9	191.5
Alcohol (g)	25.4	28.8	18.0	19.9	24.7	11.0	21.1	24.6	15.0	23.1	30.1	13.0
% total energy from protein	15.8	2.1	15.7	15.8	2.5	15.5	15.3	2.6	15.1	15.6	2.9	15.6
% total energy from fat	34.4	5.5	34.6	34.3	5.5	34.9	35.1	5.7	36.0	35.2	5.7	35.1
% total energy from carbohydrate	42.9	6.1	43.0	44.1	6.1	43.8	43.9	6.6	43.4	43.5	6.2	43.1
% total energy from alcohol	6.6	7.0	5.4	5.5	6.6	3.5	5.5	6.2	4.5	5.5	6.4	3.8
% food energy from protein	17.0	2.2	17.1	16.8	2.7	16.5	16.2	3.0	16.0	16.6	3.0	16.3
% food energy from fat	36.8	5.2	36.4	36.3	5.2	36.5	37.1	5.5	38.0	37.3	5.6	37.6
% food energy from carbohydrate	45.8	5.1	46.2	46.6	5.2	46.6	46.4	5.7	45.6	46.0	5.3	46.0
Women	<i>n=57</i>			<i>n=249</i>			<i>n=156</i>			<i>n=104</i>		
Protein (g)	72.5	16.7	71.9	71.3	16.5	69.7	70.2	16.0	68.3	67.6	18.6	66.2
Total fat (g)	75.5	20.7	77.2	74.1	25.0	69.8	74.2	25.0	72.3	68.4	22.6	64.9
Carbohydrate (g)	226.0	49.4	222.3	220.0	58.2	212.2	220.8	60.2	217.2	212.0	66.1	210.1
Total sugars (g)	90.1	29.4	88.8	86.4	33.4	83.3	84.6	33.9	79.7	79.0	37.2	76.6
Total starch (g)	130.9	31.1	130.0	129.7	36.2	125.2	132.3	35.0	128.1	129.3	38.7	122.8
Alcohol (g)	12.0	12.0	8.0	9.1	12.7	4.0	10.3	13.8	6.0	7.7	11.3	2.0
% total energy from protein	15.3	2.6	15.5	15.8	2.9	15.6	15.6	2.9	15.5	15.8	2.8	15.7
% total energy from fat	35.3	5.6	36.3	35.7	6.0	36.1	35.6	5.6	35.5	35.2	6.1	36.2
% total energy from carbohydrate	44.5	5.8	44.3	45.0	6.2	44.5	45.0	5.9	45.3	45.8	6.4	45.5
% total energy from alcohol	4.5	4.6	3.5	3.3	4.3	1.8	3.7	4.5	2.2	3.0	4.4	0.8
% food energy from protein	16.1	2.8	15.7	16.3	2.9	16.2	16.2	3.1	16.1	16.3	3.0	16.2
% food energy from fat	37.0	5.7	38.2	36.9	6.2	37.4	37.0	6.0	36.7	36.4	6.3	37.4
% food energy from carbohydrate	46.6	5.5	46.3	46.5	5.8	46.0	46.6	5.2	46.7	47.2	6.1	46.6

Table 3.17 (continued) Mean, SD and median values of macronutrient intakes for men and women by Social Class (UK)

	Partly skilled Occupations			Unskilled Occupations			Students		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=84</i>			<i>n=22</i>			<i>n=20</i>		
Protein (g)	95.5	27.0	95.2	96.2	30.6	90.8	97.7	27.8	91.1
Total fat (g)	99.9	36.6	102.3	107.1	48.2	99.2	115.1	29.6	112.7
Carbohydrate (g)	297.4	109.3	278.5	304.4	113.4	279.1	324.4	123.8	315.6
Total sugars (g)	109.2	53.7	101.4	113.7	49.9	112.3	123.7	78.8	104.4
Total starch (g)	184.9	70.0	174.9	186.1	74.7	186.7	194.6	62.1	177.5
Alcohol (g)	24.1	34.4	11.0	25.2	34.0	9.0	35.0	27.8	36.5
% total energy from protein	15.4	3.2	14.9	14.6	1.9	14.6	13.7	2.9	13.8
% total energy from fat	34.9	6.0	35.0	35.4	7.4	35.6	36.1	5.3	36.1
% total energy from carbohydrate	43.5	7.5	43.4	42.8	5.4	45.2	41.2	6.5	39.4
% total energy from alcohol	6.1	8.4	3.1	7.1	9.1	3.7	8.8	6.4	9.3
% food energy from protein	16.4	3.2	15.8	15.9	2.4	15.3	15.1	3.1	15.7
% food energy from fat	37.2	5.8	37.3	37.9	5.7	37.7	39.5	4.6	38.9
% food energy from carbohydrate	46.2	6.1	46.1	46.2	5.3	47.1	45.2	5.9	45.8
Women	<i>n=82</i>			<i>n=24</i>			<i>n=16</i>		
Protein (g)	67.9	20.5	67.4	71.6	14.1	70.7	66.1	13.3	66.4
Total fat (g)	75.1	28.9	71.1	79.2	22.4	80.0	72.4	21.5	65.8
Carbohydrate (g)	214.4	76.5	203.5	246.2	70.6	236.5	221.1	40.4	232.9
Total sugars (g)	83.4	40.8	73.5	98.0	48.9	87.6	87.3	25.6	86.0
Total starch (g)	126.8	42.1	124.0	145.7	37.2	138.3	128.6	24.4	127.3
Alcohol (g)	8.1	11.7	3.0	11.8	16.6	7.5	17.3	23.8	6.0
% total energy from protein	15.3	2.8	15.4	14.6	3.2	14.4	14.5	3.3	13.9
% total energy from fat	37.0	5.4	37.6	35.3	4.8	34.8	34.6	5.6	34.5
% total energy from carbohydrate	44.3	6.1	44.4	45.8	5.9	47.3	45.1	6.6	43.8
% total energy from alcohol	3.3	4.7	0.8	4.1	5.6	2.3	6.0	7.8	2.5
% food energy from protein	15.9	2.9	15.8	15.3	3.5	15.3	15.4	3.0	15.6
% food energy from fat	38.3	5.5	38.9	36.8	4.6	36.2	36.9	5.9	36.3
% food energy from carbohydrate	45.7	5.5	46.1	47.8	5.1	48.2	47.9	5.1	46.6