

Table 3.68 Mean, SD, median and percentile values of calcium intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

Table 3.69 Mean, SD, median and percentile values of magnesium intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

Table 3.70 Mean, SD, median and percentile values of phosphorus intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

Table 3.71 Mean, SD, median and percentile values of iron intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

Table 3.72 Mean, SD, median and percentile values of copper intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

Table 3.73 Mean, SD, median and percentile values of zinc intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

Table 3.74 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and geographical location.

Table 3.75 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and level of education.

Table 3.76 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and Social Class (Ireland).

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Table 3.78 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and age group.

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Table 3.81 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and geographical location.

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Table 3.83 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and Social Class (Ireland).

Table 3.84 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and Social Class (UK).

Table 3.85 Percentage (%) contribution of food groups to mean daily calcium intakes by sex and age group.

Table 3.86 Percentage (%) contribution of food groups to mean daily magnesium intakes by sex and age group.

Table 3.87 Percentage (%) contribution of food groups to mean daily phosphorus intakes by sex and age group.

Table 3.88 Percentage (%) contribution of food groups to mean daily iron intakes by sex and age group

Table 3.89 Percentage (%) contribution of food groups to mean daily copper intakes by sex and age group

Table 3.90 Percentage (%) contribution of food groups to mean daily zinc intakes by sex and age group

Table 3.68 Mean, SD, median and percentile values of calcium intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
All sources								
Mean	949	1002	968	845	742	714	763	750
SD	354	374	363	287	299	312	285	301
Median	914	968	933	807	701	683	724	704
Percentiles								
5th	460	441	464	463	350	334	364	350
95th	1610	1718	1581	1470	1208	1189	1205	1312
97.5th	1774	1870	1897	1617	1408	1333	1365	1530
Food sources								
Mean	943	996	962	840	715	682	742	722
SD	353	373	362	284	258	241	260	278
Median	901	957	928	803	688	673	713	666
Percentiles								
5th	460	428	464	463	349	333	364	345
95th	1609	1718	1580	1468	1169	1139	1163	1203
97.5th	1774	1870	1897	1587	1290	1234	1327	1423

Table 3.69 Mean, SD, median and percentile values of magnesium intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
All sources								
Mean	354	355	359	344	255	242	265	261
SD	116	107	114	130	83	73	88	85
Median	338	339	349	318	248	237	254	256
Percentiles								
5th	199	210	181	200	143	139	160	136
95th	545	544	547	559	389	370	391	411
97.5th	607	600	662	633	431	407	428	491
Food sources								
Mean	351	354	356	339	248	233	259	251
SD	114	106	111	129	74	64	80	74
Median	337	339	347	314	243	231	248	253
Percentiles								
5th	199	210	180	200	143	139	161	136
95th	538	544	540	528	369	341	379	385
97.5th	602	600	604	633	414	374	428	420

Table 3.70 Mean, SD, median and percentile values of phosphorus intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
All sources								
Mean	1645	1688	1666	1555	1161	1098	1208	1184
SD	463	486	479	392	318	292	334	314
Median	1611	1629	1631	1492	1137	1080	1175	1157
Percentiles								
5th	973	989	904	1028	703	663	746	663
95th	2493	2562	2403	2270	1678	1593	1733	1712
97.5th	2710	2828	2797	2542	1810	1682	1961	1839
Food sources								
Mean	1642	1684	1662	1553	1156	1091	1204	1177
SD	463	486	479	391	317	291	334	310
Median	1587	1627	1628	1486	1131	1066	1173	1148
Percentiles								
5th	973	988	904	1028	698	663	746	663
95th	2494	2562	2403	2231	1662	1593	1733	1711
97.5th	2710	2828	2797	2542	1810	1653	1961	1838

Table 3.71 Mean, SD, median and percentile values of iron intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
All sources								
Mean	14.4	14.3	14.8	14.1	14.1	14.3	14.0	14.1
SD	5.5	5.9	5.5	5.0	18.7	19.4	16.5	21.2
Median	13.4	13.2	13.9	13.2	10.1	9.9	10.6	10.1
Percentiles								
5th	7.6	7.1	7.7	7.9	5.6	5.1	6.3	5.1
95th	25.8	26.4	25.8	24.9	25.5	27.2	25.5	24.0
97.5th	28.5	28.9	28.1	29.0	72.2	91.9	73.3	68.6
Food sources								
Mean	13.8	13.6	14.1	13.7	10.1	9.6	10.6	10.3
SD	4.9	5.1	4.7	4.8	3.6	3.2	3.7	3.7
Median	13.2	12.7	13.5	13.1	9.6	9.3	9.9	9.9
Percentiles								
5th	7.5	7.0	7.6	7.8	5.4	5.0	6.2	5.2
95th	22.1	22.6	22.0	22.1	16.3	15.0	17.5	17.3
97.5th	26.4	26.8	26.0	28.6	18.9	16.8	21.1	19.3

Table 3.72 Mean, SD, median and percentile values of copper intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
All sources								
Mean	1.5	1.5	1.6	1.6	1.2	1.1	1.3	1.2
SD	0.8	0.7	0.9	0.9	0.7	0.7	0.7	0.6
Median	1.3	1.3	1.4	1.3	1.0	1.0	1.1	1.1
Percentiles								
5th	0.7	0.7	0.7	0.8	0.6	0.5	0.7	0.5
95th	3.1	2.8	3.0	3.4	2.7	2.8	2.7	2.4
97.5th	3.5	3.2	3.5	4.2	3.1	3.0	3.3	3.0
Food sources								
Mean	1.5	1.4	1.5	1.5	1.1	1.0	1.2	1.1
SD	0.8	0.6	0.8	0.9	0.5	0.4	0.6	0.4
Median	1.3	1.3	1.4	1.3	1.0	1.0	1.0	1.0
Percentiles								
5th	0.7	0.7	0.7	0.8	0.6	0.5	0.6	0.5
95th	2.7	2.5	2.7	3.3	2.0	1.9	2.2	1.9
97.5th	3.3	2.8	3.2	4.1	2.8	2.1	3.1	2.2

Table 3.73 Mean, SD, median and percentile values of zinc intakes (mg) from all sources and from food sources (excluding supplements) by sex and age group.

	Men				Women			
	All ages <i>n</i> =662	18-35y <i>n</i> =253	36-50y <i>n</i> =236	51-64y <i>n</i> =173	All ages <i>n</i> =717	18-35y <i>n</i> =269	36-50y <i>n</i> =286	51-64y <i>n</i> =162
All sources								
Mean	11.6	11.1	12.0	11.6	8.5	7.8	8.9	9.0
SD	4.4	4.3	4.7	4.1	5.0	4.2	5.9	4.2
Median	10.8	10.2	11.4	10.5	7.5	6.9	7.9	8.0
Percentiles								
5th	6.1	5.5	6.4	6.8	4.2	3.5	4.9	4.4
95th	21.1	19.6	22.1	21.0	17.4	17.2	17.4	20.4
97.5th	23.5	22.4	25.6	24.1	22.1	21.3	22.0	23.5
Food sources								
Mean	11.1	10.7	11.5	11.2	7.6	6.8	7.9	8.2
SD	3.8	3.6	4.1	3.5	2.3	2.2	2.3	2.4
Median	10.5	10.1	11.3	10.4	7.3	6.6	7.5	7.9
Percentiles								
5th	6.0	5.6	6.2	6.8	4.2	3.4	4.9	4.4
95th	17.2	17.3	17.9	17.2	12.0	10.7	12.3	12.2
97.5th	21.3	20.6	23.0	21.5	12.8	11.8	12.8	14.1

Table 3.74 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and 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>		
Calcium	957	347	920	879	298	856	943	362	898	966	375	940
Magnesium	355	111	339	338	99	326	348	112	338	360	126	342
Phosphorus	1682	478	1631	1581	402	1579	1626	513	1548	1636	438	1600
Iron	14.6	5.9	14.1	13.7	4.2	13.3	14.3	5.9	13.1	14.4	5.4	13.2
Copper	1.5	0.7	1.4	1.4	0.6	1.3	1.6	1.0	1.3	1.6	0.9	1.3
Zinc	12.1	4.4	11.4	10.5	3.1	10.3	11.3	4.5	10.0	11.5	4.7	10.7
Women	<i>n=245</i>			<i>n=81</i>			<i>n=119</i>			<i>n=272</i>		
Calcium	731	271	693	735	334	719	730	309	692	758	310	708
Magnesium	252	78	245	246	93	227	255	85	247	261	83	254
Phosphorus	1153	302	1141	1145	340	1083	1168	386	1125	1170	292	1162
Iron	16.7	25.2	9.8	12.7	12.7	9.9	11.9	7.4	10.2	13.2	16.5	10.4
Copper	1.2	0.6	1.0	1.1	0.6	1.0	1.2	0.5	1.0	1.3	0.7	1.1
Zinc	8.9	6.4	7.9	7.7	3.4	6.9	8.3	3.5	7.5	8.5	4.4	7.4

Table 3.75 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and level of education.

	Primary education			Intermediate education			Secondary education			Tertiary education		
	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>		
Calcium	909	370	833	973	377	921	960	330	941	959	348	925
Magnesium	341	109	324	354	111	348	364	119	346	356	120	335
Phosphorus	1631	527	1553	1683	471	1702	1669	474	1572	1625	423	1611
Iron	14.8	6.7	13.7	14.7	5.9	13.4	14.4	5.1	13.6	14.1	5.0	13.2
Copper	1.5	0.9	1.3	1.6	1.1	1.4	1.5	0.7	1.4	1.5	0.7	1.3
Zinc	12.0	5.3	10.9	12.3	4.6	11.4	11.3	4.1	10.4	11.1	3.9	10.5
Women	<i>n=149</i>			<i>n=154</i>			<i>n=142</i>			<i>n=257</i>		
Calcium	686	293	622	714	304	686	782	260	753	774	317	722
Magnesium	234	76	231	242	86	231	276	82	274	266	82	257
Phosphorus	1084	314	1070	1122	316	1092	1245	315	1216	1186	313	1157
Iron	11.4	11.8	8.9	12.4	15.2	9.7	19.3	31.0	11.4	14.2	14.4	10.7
Copper	1.2	0.7	1.0	1.2	0.7	1.0	1.3	0.7	1.2	1.2	0.5	1.1
Zinc	7.9	3.9	7.1	8.4	4.0	7.4	9.2	4.1	8.3	8.6	6.4	7.2

Table 3.76 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and 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>		
Calcium	901	299	887	929	324	890	939	406	887	981	349	963
Magnesium	357	101	331	361	127	346	331	98	325	357	105	343
Phosphorus	1625	394	1554	1630	428	1585	1584	433	1531	1696	461	1703
Iron	15.4	7.1	14.0	14.4	5.0	13.6	14.2	4.5	13.1	14.2	5.1	13.6
Copper	1.5	0.8	1.3	1.6	0.9	1.4	1.4	0.5	1.3	1.6	0.8	1.4
Zinc	11.8	4.6	10.2	11.6	4.5	10.8	11.4	3.7	10.9	12.1	4.8	11.1
Women	<i>n=71</i>			<i>n=232</i>			<i>n=162</i>			<i>n=106</i>		
Calcium	832	393	754	758	256	724	754	348	707	697	267	653
Magnesium	273	74	269	265	75	258	256	103	236	240	78	235
Phosphorus	1222	275	1206	1201	292	1170	1160	376	1110	1110	281	1093
Iron	20.5	32.8	11.2	13.6	13.0	10.8	15.9	24.0	9.6	12.2	14.3	9.9
Copper	1.2	0.6	1.1	1.2	0.6	1.1	1.2	0.7	1.0	1.1	0.6	1.0
Zinc	8.8	3.5	8.0	8.8	6.5	7.7	8.5	4.8	7.2	7.9	2.8	7.5

Table 3.76 (continued) Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and 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>		
Calcium	920	344	870	1078	488	1018	1099	360	1110
Magnesium	342	118	319	356	135	314	350	89	348
Phosphorus	1574	443	1536	1825	756	1685	1724	456	1680
Iron	14.1	6.4	12.9	15.0	7.2	13.5	14.0	5.2	13.7
Copper	1.4	0.6	1.3	1.6	1.1	1.3	1.3	0.4	1.3
Zinc	10.4	3.1	10.2	11.9	5.3	10.5	10.8	4.0	10.5
Women	<i>n=87</i>			<i>n=17</i>			<i>n=14</i>		
Calcium	693	272	637	740	214	693	757	249	708
Magnesium	235	72	231	268	59	258	263	48	263
Phosphorus	1104	341	1053	1191	193	1159	1162	219	1106
Iron	11.3	11.4	9.4	14.8	16.6	10.6	12.7	5.6	9.6
Copper	1.2	0.8	1.0	1.4	1.2	1.0	1.1	0.3	1.0
Zinc	8.3	4.3	7.6	9.2	4.4	7.9	7.3	2.2	6.9

Table 3.77 Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and Social Class (UK).

	Professional occupations			Managerial and Technical occupations			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>		
Calcium	879	310	846	930	319	896	965	424	915	976	345	949
Magnesium	373	117	344	353	122	338	344	97	335	360	107	349
Phosphorus	1642	436	1556	1619	422	1574	1628	447	1579	1702	451	1703
Iron	15.8	7.5	14.3	14.3	4.7	13.6	14.4	5.0	13.3	14.5	5.0	13.7
Copper	1.6	0.9	1.3	1.6	0.9	1.3	1.5	0.6	1.4	1.6	0.8	1.4
Zinc	11.9	5.0	10.1	11.6	4.3	10.8	11.3	3.8	10.6	12.1	4.5	11.3
Women	<i>n=57</i>			<i>n=249</i>			<i>n=156</i>			<i>n=104</i>		
Calcium	840	429	737	767	253	731	752	325	709	678	301	615
Magnesium	276	81	275	266	74	259	258	97	243	231	81	223
Phosphorus	1233	294	1202	1206	289	1183	1165	320	1149	1091	368	1053
Iron	20.8	33.4	12.2	15.0	20.1	10.8	14.1	17.1	9.8	12.1	14.6	9.2
Copper	1.3	0.7	1.1	1.2	0.6	1.1	1.2	0.7	1.0	1.1	0.5	1.0
Zinc	8.8	3.5	8.1	8.8	6.4	7.7	8.7	4.7	7.4	7.6	2.9	7.1

Table 3.77 (continued) Mean, SD and median values of mineral intakes (mg) from all sources (including supplements) by sex and 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>	
Calcium	939	375	903	1054	490	925	1099	360	1110
Magnesium	336	115	315	351	140	302	350	89	348
Phosphorus	1571	488	1494	1787	759	1501	1724	456	1680
Iron	13.7	6.6	12.4	15.0	8.1	12.6	14.0	5.2	13.7
Copper	1.3	0.5	1.2	1.7	1.3	1.2	1.3	0.4	1.3
Zinc	10.9	4.1	10.3	11.0	5.5	9.3	10.8	4.0	10.5
Women		<i>n=82</i>			<i>n=24</i>			<i>n=16</i>	
Calcium	720	297	640	671	161	680	734	249	708
Magnesium	244	83	238	253	58	251	256	49	255
Phosphorus	1116	347	1075	1118	204	1128	1137	215	1077
Iron	11.8	11.7	9.7	13.5	14.2	10.3	12.1	5.4	9.5
Copper	1.3	0.8	1.0	1.3	1.0	1.0	1.1	0.3	1.0
Zinc	8.7	4.6	7.9	8.3	4.0	7.6	7.1	2.1	6.5

Table 3.78 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and age group.

Mineral (Unit per 10MJ)	All Ages 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=662</i>			<i>n=253</i>			<i>n=236</i>			<i>n=173</i>		
Calcium	867	238	843	866	249	850	888	249	844	840	200	827
Magnesium	326	90	312	309	58	302	331	79	319	346	130	328
Phosphorus	1512	233	1495	1464	227	1452	1529	226	1523	1558	239	1522
Iron	13.3	4.4	12.4	12.4	4.2	11.5	13.8	4.9	13.0	14.1	3.7	13.2
Copper	1.4	0.7	1.3	1.3	0.5	1.1	1.4	0.7	1.3	1.6	0.8	1.3
Zinc	10.7	3.5	10.1	9.6	2.9	9.2	11.1	3.6	10.5	11.7	3.9	11.0
Women	<i>n=717</i>			<i>n=269</i>			<i>n=286</i>			<i>n=162</i>		
Calcium	982	353	940	934	391	895	995	333	953	1037	309	996
Magnesium	340	88	326	317	78	300	347	90	334	365	90	354
Phosphorus	1544	292	1522	1440	263	1408	1577	290	1548	1660	285	1624
Iron	18.9	25.5	13.2	18.9	26.1	12.8	18.4	22.1	13.2	19.7	29.8	13.9
Copper	1.6	0.8	1.3	1.5	0.9	1.3	1.6	0.8	1.4	1.7	0.8	1.5
Zinc	11.3	5.7	10.1	10.3	5.6	8.9	11.6	6.1	10.5	12.5	4.7	11.3

Table 3.79 Mean, SD and median values of mineral intakes (mg) from food sources (excluding supplements) per 10 MJ by sex and age group.

Mineral (Unit per 10MJ)	All Ages 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=662</i>			<i>n=253</i>			<i>n=236</i>			<i>n=173</i>		
Calcium	861	230	840	859	235	844	882	246	843	834	195	825
Magnesium	323	85	311	307	57	300	328	75	317	340	120	321
Phosphorus	1508	232	1493	1461	227	1451	1525	224	1521	1556	238	1521
Iron	12.7	3.0	12.2	11.7	2.9	11.3	12.9	2.8	12.5	13.6	3.1	13.1
Copper	1.4	0.6	1.2	1.2	0.4	1.1	1.4	0.7	1.3	1.5	0.8	1.3
Zinc	10.2	2.5	9.9	9.3	2.3	9.0	10.5	2.3	10.3	11.2	2.5	11.0
Women	<i>n=717</i>			<i>n=269</i>			<i>n=286</i>			<i>n=162</i>		
Calcium	943	258	917	889	243	875	963	254	938	999	272	976
Magnesium	329	74	321	306	58	297	339	78	329	352	78	340
Phosphorus	1536	289	1512	1430	260	1394	1572	288	1542	1650	281	1620
Iron	13.5	4.2	12.7	12.5	3.4	11.9	13.9	4.2	13.0	14.5	4.8	13.7
Copper	1.5	0.6	1.3	1.4	0.5	1.2	1.5	0.7	1.3	1.6	0.6	1.4
Zinc	10.1	2.6	9.9	9.0	2.4	8.6	10.4	2.2	10.2	11.4	2.5	11.1

Table 3.80 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ (excluding energy from ethanol) by sex and age group.

Mineral (Unit per 10MJ excl energy from ethanol)	All ages 18-64y			18-35y			36-50y			51-64y		
	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median	Mean	SD	Median
Men	<i>n=662</i>			<i>n=253</i>			<i>n=236</i>			<i>n=173</i>		
Calcium	921	241	882	932	252	914	936	257	872	884	196	864
Magnesium	350	105	331	336	78	323	352	93	339	368	147	334
Phosphorus	1616	287	1582	1587	275	1558	1618	267	1590	1655	326	1594
Iron	14.2	4.8	13.1	13.4	4.4	12.4	14.6	5.3	13.2	14.9	4.3	14.1
Copper	1.5	0.7	1.3	1.4	0.6	1.2	1.5	0.8	1.3	1.7	0.9	1.4
Zinc	11.4	3.7	10.9	10.4	2.9	10.0	11.8	3.9	11.1	12.3	4.0	11.8
Women	<i>n=717</i>			<i>n=269</i>			<i>n=286</i>			<i>n=162</i>		
Calcium	1017	360	979	983	404	949	1028	339	988	1051	312	1008
Magnesium	352	93	338	334	87	315	359	96	344	371	92	360
Phosphorus	1601	301	1584	1516	288	1482	1633	301	1618	1685	289	1673
Iron	19.5	25.8	13.8	19.8	26.6	13.4	19.0	22.4	13.7	19.9	29.8	14.1
Copper	1.7	0.9	1.4	1.6	0.9	1.3	1.7	0.9	1.4	1.7	0.8	1.5
Zinc	11.7	5.9	10.5	10.9	6.0	9.3	12.0	6.4	10.9	12.7	4.8	11.5

Table 3.81 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and geographical location.

Mineral (Unit per 10 MJ)	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>		
Calcium	852	211	835	812	211	785	870	214	839	901	278	874
Magnesium	321	81	307	310	56	306	324	60	312	340	117	321
Phosphorus	1506	222	1487	1458	185	1462	1510	226	1495	1536	259	1511
Iron	13.1	4.3	12.3	13.1	5.3	12.4	13.3	4.1	12.6	13.6	4.4	12.5
Copper	1.4	0.6	1.2	1.3	0.6	1.2	1.5	0.7	1.3	1.5	0.8	1.3
Zinc	10.8	3.1	10.6	10.0	3.8	9.1	10.6	3.4	10.0	10.9	3.8	10.1
Women	<i>n=245</i>			<i>n=81</i>			<i>n=119</i>			<i>n=272</i>		
Calcium	998	336	948	970	423	918	954	292	930	983	370	941
Magnesium	345	87	334	321	78	306	337	79	325	341	94	325
Phosphorus	1582	301	1567	1508	305	1495	1535	291	1509	1526	278	1492
Iron	22.9	34.3	13.4	16.5	14.6	12.9	15.8	9.4	13.3	17.3	23.1	13.1
Copper	1.6	0.9	1.4	1.5	0.5	1.3	1.6	0.7	1.4	1.6	0.9	1.3
Zinc	12.1	6.7	11.0	10.1	3.4	9.4	11.1	4.6	10.3	11.1	5.6	9.8

Table 3.82 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and level of education.

Mineral (Unit per 10 MJ)	Primary education			Intermediate education			Secondary education			Tertiary education		
	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>		
Calcium	845	212	807	840	214	815	849	246	825	903	255	873
Magnesium	321	61	311	310	67	302	321	68	308	339	116	320
Phosphorus	1532	241	1497	1472	192	1473	1477	256	1453	1535	233	1521
Iron	13.8	4.3	12.8	13.1	5.2	12.1	12.7	3.5	11.8	13.5	4.5	12.6
Copper	1.5	0.8	1.3	1.4	0.9	1.2	1.3	0.5	1.3	1.4	0.6	1.3
Zinc	11.3	3.7	11.0	10.8	3.5	10.5	10.1	3.0	9.8	10.6	3.6	9.9
Women	<i>n=149</i>			<i>n=154</i>			<i>n=142</i>			<i>n=257</i>		
Calcium	988	381	919	936	305	891	972	268	954	1017	401	970
Magnesium	339	86	325	319	81	300	346	89	328	350	90	338
Phosphorus	1564	296	1533	1484	280	1452	1558	299	1524	1561	283	1552
Iron	16.7	19.8	13.0	16.5	19.0	12.1	24.9	42.8	13.7	18.6	18.3	13.8
Copper	1.7	1.0	1.4	1.6	1.0	1.3	1.7	0.9	1.4	1.5	0.7	1.4
Zinc	11.5	5.3	10.5	11.2	5.2	9.9	11.6	4.8	10.4	11.2	6.7	9.8

Table 3.83 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and Social Class (Ireland).

Mineral (Unit per 10MJ)	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>		
Calcium	829	207	791	878	233	850	875	277	839	849	199	833
Magnesium	328	62	327	344	115	332	315	70	299	313	63	305
Phosphorus	1497	183	1492	1545	232	1526	1499	241	1479	1486	222	1463
Iron	14.0	4.5	12.6	13.6	3.6	13.0	14.1	6.0	12.3	12.5	3.2	12.0
Copper	1.4	0.6	1.2	1.6	0.9	1.3	1.4	0.4	1.3	1.4	0.6	1.2
Zinc	10.8	3.5	10.0	11.0	3.5	10.3	11.1	4.2	10.2	10.6	3.1	10.5
Women	<i>n=71</i>			<i>n=232</i>			<i>n=162</i>			<i>n=106</i>		
Calcium	1078	552	995	991	269	966	972	345	928	969	422	916
Magnesium	354	82	342	352	89	342	332	85	315	330	95	308
Phosphorus	1580	260	1578	1585	280	1565	1513	297	1489	1519	284	1501
Iron	27.8	49.3	14.8	17.9	16.4	13.7	20.8	31.1	12.9	16.5	18.9	12.7
Copper	1.6	0.7	1.4	1.6	0.8	1.4	1.6	0.8	1.3	1.6	0.8	1.3
Zinc	11.4	4.8	10.9	11.5	6.5	10.2	11.2	5.9	9.9	10.9	4.2	10.1

Table 3.83 (continued) Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and Social Class (Ireland).

Mineral (Unit per 10 MJ)	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>		
Calcium	871	287	839	927	236	905	911	221	916
Magnesium	325	110	294	310	56	302	292	43	284
Phosphorus	1489	269	1468	1561	262	1513	1429	195	1438
Iron	13.4	5.9	12.4	12.9	3.1	12.2	11.8	4.8	10.7
Copper	1.3	0.5	1.2	1.5	1.0	1.1	1.1	0.2	1.1
Zinc	10.1	3.4	9.7	10.3	2.8	9.8	9.0	2.6	8.6
Women	<i>n=87</i>			<i>n=17</i>			<i>n=14</i>		
Calcium	931	290	902	907	298	894	985	329	994
Magnesium	316	66	306	324	67	318	343	72	349
Phosphorus	1481	284	1475	1456	304	1421	1513	318	1466
Iron	15.4	17.1	11.9	17.1	15.9	11.7	16.5	7.1	15.5
Copper	1.6	1.0	1.3	1.8	1.4	1.4	1.4	0.5	1.3
Zinc	11.3	5.6	9.8	11.0	4.2	10.8	9.6	3.8	8.0

Table 3.84 Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and Social Class (UK).

Mineral (Unit per 10MJ)	Professional occupations			Managerial and Technical occupations			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>		
Calcium	824	231	791	877	223	850	878	282	840	843	208	830
Magnesium	346	66	337	336	111	321	320	71	312	314	65	305
Phosphorus	1530	192	1532	1532	228	1519	1502	225	1485	1488	236	1463
Iron	14.6	4.6	13.2	13.6	4.0	12.9	13.6	5.1	12.0	12.6	3.1	12.3
Copper	1.5	0.6	1.3	1.5	0.8	1.3	1.4	0.5	1.3	1.4	0.6	1.3
Zinc	11.0	3.6	10.1	10.9	3.5	10.2	10.6	3.7	10.1	10.6	3.0	10.5
Women	<i>n=57</i>			<i>n=249</i>			<i>n=156</i>			<i>n=104</i>		
Calcium	1066	605	955	999	261	979	975	345	929	956	428	906
Magnesium	348	86	337	350	83	342	335	93	316	324	88	305
Phosphorus	1558	281	1537	1584	269	1570	1526	294	1502	1518	310	1494
Iron	26.8	46.8	14.7	19.9	26.3	13.7	18.9	24.9	13.3	16.6	19.2	12.3
Copper	1.7	0.8	1.4	1.6	0.8	1.4	1.6	0.8	1.3	1.5	0.7	1.3
Zinc	11.2	4.7	10.1	11.5	6.3	10.2	11.4	6.0	9.9	10.7	3.9	10.2

Table 3.84 (continued) Mean, SD and median values of mineral intakes (mg) from all sources per 10 MJ by sex and Social Class (UK).

Mineral (Unit per 10 MJ)	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>	
Calcium	888	290	835	939	230	960	911	221	916
Magnesium	321	106	298	316	64	304	292	43	284
Phosphorus	1490	261	1469	1590	274	1548	1429	195	1438
Iron	13.1	6.2	12.0	13.2	3.6	12.4	11.8	4.8	10.7
Copper	1.2	0.4	1.1	1.5	1.1	1.1	1.1	0.2	1.1
Zinc	10.6	4.1	9.9	9.8	3.0	9.0	9.0	2.6	8.6
Women		<i>n=82</i>			<i>n=24</i>			<i>n=16</i>	
Calcium	972	325	954	818	199	837	964	323	994
Magnesium	329	83	312	306	55	288	337	70	345
Phosphorus	1505	283	1505	1362	248	1310	1495	300	1440
Iron	16.1	17.6	12.7	15.7	13.5	11.7	15.9	6.8	13.2
Copper	1.8	1.1	1.3	1.6	1.2	1.2	1.4	0.5	1.4
Zinc	11.8	5.9	10.2	10.0	4.1	8.9	9.5	3.5	8.0

