

Table 3.1 Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for the total population

Table 3.2 Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for all men and by age group

Table 3.3 Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for all women and by age group

Table 3.1 Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for the total population

	Total Population (n=1379)				
	Mean	SD	Median	Percentiles	
				5 th	95 th
Macronutrients & Fibre					
Energy (MJ)	9.3	3.1	8.9	5.0	14.9
Energy (kcal)	2213	734	2124	1200	3562
Protein (g)	84.4	26.9	80.8	48.3	133.1
Fat (g)	87.1	33.2	83.6	39.7	146.2
CHO (g)	260.1	91.1	243.3	140.8	430.5
Total sugars (g)	98.4	45.9	91.5	38.8	180.2
Starch (g)	157.8	57.0	148.0	83.6	267.2
Alcohol (g)	15.8	23.6	7.0	0.0	64.0
% total energy from protein	15.6	2.8	15.4	11.3	20.5
% total energy from CHO	44.3	6.3	44.1	33.5	54.5
% total energy from fat	35.2	5.8	35.6	24.7	44.0
% total energy from alcohol	4.6	6.1	2.3	0.0	16.8
% food energy from protein	16.4	2.9	16.2	11.9	21.4
% food energy from CHO	46.5	5.5	46.3	37.7	56.2
% food energy from fat	36.9	5.8	37.3	26.5	45.7
Dietary fibre (g)	20.2	7.8	18.9	10.4	35.5
NSP (g)	14.8	6.2	13.6	7.2	26.7
Vitamins*					
Retinol (ug)	562	739	350	97	1571
Carotene (ug)	2423	1875	1977	437	5717
Total Vitamin A (ug)	966	821	762	277	2299
Vitamin D (ug)	3.6	3.6	2.3	0.8	10.9
Vitamin E (mg)	11.1	32.5	6.1	2.3	20.7
Thiamin (mg)	2.2	3.1	1.8	1.0	3.7
Riboflavin (mg)	2.1	2.6	1.7	0.8	3.8
Pre-formed Niacin (mg)	24.3	10.6	22.2	11.5	41.9
Total Niacin Equivalents (mg)	41.7	14.9	39.3	21.9	68.8
Vitamin B6 (mg)	3.4	4.8	2.5	1.3	5.9
Vitamin B12 (ug)	4.7	3.7	3.9	1.6	10.3
Folate (ug)	295	141	265	135	551
Biotin (ug)	38.3	24.7	33.9	16.9	69.8
Pantothenate (mg)	5.9	4.0	5.1	2.8	10.7
Vitamin C (mg)	112	203	71	25	272
Minerals*					
Calcium (mg)	841	343	786	386	1480
Magnesium (mg)	303	111	282	159	494
Phosphorous (mg)	1394	462	1338	751	2241
Iron (mg)	14.3	14.0	11.6	6.4	25.6
Copper (mg)	1.4	0.8	1.2	0.6	2.8
Zinc(mg)	10.0	5.0	8.9	4.8	19.3

* All sources including dietary supplements

Table 3.2 Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for all men and by age group

	All Men 18-64y (n=662)					18-35y (n=253)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Macronutrients & Fibre										
Energy (MJ)	11.0	3.1	10.8	6.4	16.3	11.6	3.1	11.3	6.6	16.7
Energy (kcal)	2632	730	2579	1526	3891	2776	750	2710	1583	3991
Protein (g)	100.2	26.6	98.3	60.6	149.5	100.8	26.8	98.5	58.6	149.4
Fat (g)	102.2	34.3	101.0	50.5	162.1	108.3	34.5	106.2	56.0	166.7
CHO (g)	305.1	96.0	298.0	165.3	476.2	315.5	97.8	310.5	180.4	487.9
Total sugars (g)	113.3	50.9	106.7	41.5	205.5	120.6	55.0	111.6	46.1	214.7
Starch (g)	187.8	60.1	181.0	102.2	297.2	190.2	59.6	183.7	104.8	304.0
Alcohol (g)	22.9	29.8	13.0	0.0	77.9	29.6	34.0	21.0	0.0	102.6
% total energy from protein	15.5	2.7	15.3	11.3	20.4	14.8	2.6	14.5	10.6	19.3
% total energy from CHO	43.5	6.4	43.4	32.6	54.3	42.7	6.1	42.8	31.9	53.5
% total energy from fat	34.8	5.7	35.0	24.2	43.8	35.0	5.5	35.1	24.5	43.6
% total energy from alcohol	5.9	7.2	3.6	0.0	20.0	7.2	7.8	5.6	0.0	24.5
% food energy from protein	16.6	2.8	16.3	12.6	21.6	16.0	2.7	15.8	11.4	21.0
% food energy from CHO	46.2	5.4	46.2	38.0	55.6	46.0	5.0	45.9	37.7	54.6
% food energy from fat	37.0	5.4	37.1	26.8	45.1	37.7	4.9	37.9	29.2	45.1
Dietary fibre (g)	23.2	8.5	21.8	12.1	38.9	22.6	8.5	21.0	11.7	38.5
NSP (g)	16.7	6.8	15.4	8.3	30.0	15.9	6.5	14.5	8.3	28.0
Vitamins*										
Retinol (ug)	598	794	397	118	1521	487	474	361	112	1309
Carotene (ug)	2543	2091	2087	409	5807	2256	2388	1807	403	4990
Total Vitamin A (ug)	1022	891	823	310	2293	863	643	719	273	1859
Vitamin D (ug)	3.7	3.4	2.5	1.0	10.5	3.0	2.5	2.1	0.9	8.1
Vitamin E (mg)	11.2	37.2	6.3	2.5	17.9	12.2	47.6	6.7	2.6	19.6
Thiamin (mg)	2.3	1.5	2.0	1.1	3.9	2.3	2.0	1.9	1.1	3.8
Riboflavin (mg)	2.2	1.5	2.0	1.0	3.9	2.3	2.1	2.0	1.1	3.9
Pre-formed Niacin (mg)	28.2	9.9	26.9	15.0	46.6	29.6	9.9	27.9	15.5	46.9
Total Niacin Equivalents (mg)	49.0	14.2	47.4	29.2	75.4	50.8	14.5	50.1	28.6	75.6
Vitamin B6 (mg)	3.5	1.9	3.1	1.8	6.3	3.6	2.5	3.1	1.8	6.9
Vitamin B12 (ug)	5.4	3.7	4.6	2.3	10.7	5.0	2.5	4.5	2.2	9.0
Folate (ug)	332	128	309	164	576	339	135	312	162	587
Biotin (ug)	42.8	23.6	38.9	20.2	73.2	40.6	21.4	37.6	18.6	67.8
Pantothenate (mg)	6.5	2.7	6.0	3.4	11.0	6.4	2.9	5.7	3.4	11.1
Vitamin C (mg)	116	223	74	26	266	126	298	72	23	368
Minerals*										
Calcium (mg)	949	354	914	460	1610	1002	374	968	441	1718
Magnesium (mg)	354	116	338	199	545	355	107	339	210	544
Phosphorous (mg)	1645	463	1611	973	2493	1688	486	1629	989	2562
Iron (mg)	14.4	5.5	13.4	7.6	25.8	14.3	5.9	13.2	7.1	26.4
Copper (mg)	1.5	0.8	1.3	0.7	3.1	1.5	0.7	1.3	0.7	2.8
Zinc(mg)	11.6	4.4	10.8	6.1	21.1	11.1	4.3	10.2	5.5	19.6

* All sources including dietary supplements

Table 3.2 (continued) Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for all men and by age group

	36-50y (n=236)					51-64y (n=173)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Macronutrients & Fibre										
Energy (MJ)	11.0	3.0	11.1	5.8	16.3	10.1	2.7	9.7	6.4	15.3
Energy (kcal)	2632	728	2664	1392	3909	2421	653	2323	1519	3666
Protein (g)	102.8	28.8	101.5	59.6	156.4	95.8	22.2	91.8	65.4	140.6
Fat (g)	104.5	34.7	103.6	53.2	161.1	90.3	30.6	86.6	45.6	144.6
CHO (g)	303.7	97.1	298.3	158.1	477.0	291.7	90.6	279.3	176.8	468.5
Total sugars (g)	111.2	50.1	107.4	40.5	199.0	105.3	44.3	101.6	39.2	191.1
Starch (g)	188.7	60.1	182.9	98.8	288.7	183.1	61.0	172.3	107.9	302.6
Alcohol (g)	19.4	24.3	10.0	0.0	73.3	17.9	28.2	9.0	0.0	70.5
% total energy from protein	15.9	2.6	15.5	12.3	20.8	16.2	2.7	15.9	11.8	21.6
% total energy from CHO	43.3	6.3	43.0	32.2	53.9	45.1	6.8	46.0	32.9	55.9
% total energy from fat	35.5	5.7	35.7	24.6	45.0	33.3	5.9	33.2	23.8	43.4
% total energy from alcohol	5.1	6.2	3.1	0.0	18.7	5.1	7.2	2.8	0.0	19.1
% food energy from protein	16.8	2.8	16.6	13.0	21.8	17.1	3.0	16.7	12.8	23.1
% food energy from CHO	45.6	5.5	45.6	37.0	55.8	47.5	5.7	47.3	38.3	56.6
% food energy from fat	37.5	5.6	37.4	26.9	45.8	35.1	5.7	35.3	24.8	44.1
Dietary fibre (g)	23.6	8.1	22.6	12.8	38.8	23.6	8.9	21.7	12.8	42.0
NSP (g)	17.3	6.8	16.2	8.1	32.1	17.3	7.1	15.7	9.1	31.5
Vitamins*										
Retinol (ug)	658	903	429	135	1594	678	974	405	99	2784
Carotene (ug)	2891	1961	2580	449	6082	2489	1704	2167	359	5597
Total Vitamin A (ug)	1140	978	966	352	2310	1093	1037	832	311	3274
Vitamin D (ug)	3.9	3.2	2.8	1.1	11.4	4.4	4.5	3.0	1.1	13.9
Vitamin E (mg)	12.3	34.0	6.4	2.5	20.2	8.1	20.5	5.8	2.1	15.0
Thiamin (mg)	2.3	1.0	2.2	1.1	3.9	2.3	1.3	2.0	1.1	3.8
Riboflavin (mg)	2.2	1.0	2.1	1.0	4.0	2.0	0.8	1.8	1.1	3.5
Pre-formed Niacin (mg)	28.4	9.9	27.0	15.4	48.1	25.8	9.4	24.8	13.6	43.5
Total Niacin Equivalents (mg)	49.5	14.7	47.4	29.4	76.7	45.6	12.6	43.8	29.4	73.7
Vitamin B6 (mg)	3.4	1.6	3.2	1.6	6.4	3.2	1.3	2.9	1.8	5.9
Vitamin B12 (ug)	5.6	4.3	4.8	2.3	10.5	5.8	4.4	4.4	2.5	13.1
Folate (ug)	339	128	323	162	576	314	115	279	167	541
Biotin (ug)	45.6	26.3	41.9	20.3	81.8	42.4	22.4	38.3	22.0	71.5
Pantothenate (mg)	6.8	2.9	6.3	3.2	10.9	6.3	2.1	5.9	3.8	10.6
Vitamin C (mg)	119	187	77	28	270	99	111	75	29	195
Minerals*										
Calcium (mg)	968	363	933	464	1581	845	287	807	463	1470
Magnesium (mg)	359	114	349	181	547	344	130	318	200	559
Phosphorous (mg)	1666	479	1631	904	2403	1555	392	1492	1028	2270
Iron (mg)	14.8	5.5	13.9	7.7	25.8	14.1	5.0	13.2	7.9	24.9
Copper (mg)	1.6	0.9	1.4	0.7	3.0	1.6	0.9	1.3	0.8	3.4
Zinc(mg)	12.0	4.7	11.4	6.4	22.1	11.6	4.1	10.5	6.8	21.0

* All sources including dietary supplements

Table 3.3 Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for all women and by age group

	All Women 18-64y (n=717)					18-35y (n=269)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Macronutrients & Fibre										
Energy (MJ)	7.6	2.0	7.4	4.7	11.0	7.7	2.0	7.6	4.6	11.1
Energy (kcal)	1826	484	1778	1114	2634	1848	473	1821	1106	2643
Protein (g)	69.8	17.2	68.4	43.4	99.0	66.5	17.5	65.9	39.0	95.1
Fat (g)	73.1	24.9	71.0	35.7	114.5	74.8	24.2	72.7	36.4	116.7
CHO (g)	218.6	62.3	213.1	130.3	326.5	217.9	59.9	214.7	132.0	312.2
Total sugars (g)	84.6	35.5	79.9	35.2	145.7	83.9	33.9	79.0	32.6	140.9
Starch (g)	130.1	36.4	126.7	77.1	195.2	129.6	35.2	126.4	80.2	182.7
Alcohol (g)	9.3	13.0	4.0	0.0	36.0	12.9	15.2	9.0	0.0	45.0
% total energy from protein	15.6	2.9	15.6	11.2	20.6	14.7	3.0	14.4	10.7	19.6
% total energy from CHO	45.1	6.1	44.8	34.3	55.0	44.4	5.7	44.1	34.0	54.2
% total energy from fat	35.6	5.8	36.2	25.6	44.3	36.1	5.4	36.5	27.1	43.9
% total energy from alcohol	3.5	4.6	1.5	0.0	13.3	4.8	5.3	3.8	0.0	16.8
% food energy from protein	16.2	3.0	16.1	11.6	21.2	15.5	3.2	15.3	11.1	20.9
% food energy from CHO	46.6	5.6	46.3	37.4	56.6	46.6	5.1	46.4	39.0	55.7
% food energy from fat	37.0	6.0	37.5	26.2	46.1	38.0	5.4	38.5	28.4	46.1
Dietary fibre (g)	17.4	5.9	16.6	9.3	27.5	16.1	5.1	15.2	8.8	25.7
NSP (g)	13.0	4.9	12.1	6.7	21.4	11.8	4.1	11.0	6.5	19.9
Vitamins*										
Retinol (ug)	529	684	315	90	1726	475	528	297	94	1299
Carotene (ug)	2312	1644	1913	480	5410	1971	1496	1609	364	4504
Total Vitamin A (ug)	914	749	719	264	2345	804	608	647	228	1904
Vitamin D (ug)	3.5	3.7	2.1	0.6	11.1	2.8	3.1	1.8	0.6	7.8
Vitamin E (mg)	11.0	27.4	6.0	2.1	23.4	8.9	17.7	6.1	2.5	17.8
Thiamin (mg)	2.1	4.1	1.5	0.9	3.3	1.8	2.9	1.4	0.9	3.1
Riboflavin (mg)	2.0	3.4	1.5	0.8	3.7	1.8	2.6	1.4	0.7	3.6
Pre-formed Niacin (mg)	20.7	9.9	18.9	10.5	37.6	20.1	8.6	18.4	10.1	35.5
Total Niacin Equivalents (mg)	34.9	12.1	33.5	20.1	54.3	33.7	11.0	32.6	19.5	54.0
Vitamin B6 (mg)	3.3	6.4	2.1	1.2	5.5	2.9	5.2	2.1	1.2	5.2
Vitamin B12 (ug)	4.1	3.6	3.3	1.4	9.3	3.6	3.1	3.0	1.1	7.0
Folate (ug)	260	144	225	126	532	247	120	216	110	507
Biotin (ug)	34.1	25.0	29.3	15.5	64.0	32.5	31.1	26.2	12.6	64.8
Pantothenate (mg)	5.3	4.8	4.3	2.5	10.5	4.7	3.6	3.9	2.4	9.2
Vitamin C (mg)	108	183	69	24	289	99	191	64	22	196
Minerals*										
Calcium (mg)	742	299	701	350	1208	714	312	683	334	1189
Magnesium (mg)	255	83	248	143	389	242	73	237	139	370
Phosphorous (mg)	1161	318	1137	703	1678	1098	292	1080	663	1593
Iron (mg)	14.1	18.7	10.1	5.6	25.5	14.3	19.4	9.9	5.1	27.2
Copper (mg)	1.2	0.7	1.0	0.6	2.7	1.1	0.7	1.0	0.5	2.8
Zinc(mg)	8.5	5.0	7.5	4.2	17.4	7.8	4.2	6.9	3.5	17.2

* All sources including dietary supplements

Table 3.3 (continued) Mean, SD, median and percentile values of daily energy, macronutrient, dietary fibre, vitamin and mineral intakes for all women and by age group

	36-50y (n=286)					51-64y (n=162)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
Macronutrients & Fibre										
Energy (MJ)	7.8	2.1	7.5	4.9	11.2	7.3	2.0	7.1	4.1	11
Energy (kcal)	1858	492	1803	1160	2667	1735	479	1704	980	2625
Protein (g)	72.4	16.6	70.6	48.9	102.2	70.7	16.9	69.7	40.8	99.7
Fat (g)	74.5	24.7	73.1	36.5	111.7	67.9	25.9	64.4	33.0	117.0
CHO (g)	220.9	64.4	212.7	133.9	334.4	215.6	62.4	211.7	121.3	326.5
Total sugars (g)	83.9	37.7	78.0	37.3	148.4	87.0	34.4	87.4	33.8	143.7
Starch (g)	133.0	35.7	129.8	79.0	197.4	125.6	39.2	121.8	65.5	196.6
Alcohol (g)	9.0	12.0	4.0	0.0	35.6	3.9	7.9	0.0	0.0	19.9
% total energy from protein	15.9	2.6	15.9	11.8	20.5	16.7	2.8	16.3	12.3	21.6
% total energy from CHO	44.7	6.1	44.8	33.9	54.1	46.8	6.4	46.3	35.6	57.6
% total energy from fat	35.7	5.8	36.3	25.6	44.6	34.7	6.5	34.6	24.1	45.9
% total energy from alcohol	3.3	4.2	1.7	0.0	12.2	1.5	2.9	0.0	0.0	7.1
% food energy from protein	16.5	2.7	16.5	12.0	20.9	16.9	2.9	16.8	12.4	21.7
% food energy from CHO	46.2	5.7	45.9	37.1	56.9	47.5	6.2	47.1	37.3	57.6
% food energy from fat	37.0	6.1	37.5	26.0	46.2	35.2	6.6	35.2	24.2	46.3
Dietary fibre (g)	18.2	6.3	17.2	10.7	28.5	18.2	6.2	17.6	8.8	28.2
NSP (g)	13.6	5.2	12.7	7.4	21.9	14.0	5.4	13.4	6.4	25.2
Vitamins*										
Retinol (ug)	560	803	331	92	1961	562	685	298	83	2290
Carotene (ug)	2432	1594	2017	573	5325	2668	1858	2130	536	6568
Total Vitamin A (ug)	965	831	751	274	2284	1007	789	752	292	2858
Vitamin D (ug)	3.4	3.3	2.1	0.7	11.3	4.6	4.9	2.7	0.6	16.0
Vitamin E (mg)	12.2	29.7	6.3	2.4	33.7	12.2	35.1	5.4	1.7	22.8
Thiamin (mg)	2.5	4.8	1.6	0.9	5.9	2.1	4.3	1.6	0.8	3.1
Riboflavin (mg)	2.4	4.7	1.6	0.8	4.3	1.8	0.9	1.5	0.8	3.4
Pre-formed Niacin (mg)	21.9	11.6	19.5	11.6	40.9	19.4	8.4	17.6	8.7	36.7
Total Niacin Equivalents (mg)	36.6	13.7	34.4	21.6	58.7	33.7	10.5	32.9	17.3	53.2
Vitamin B6 (mg)	3.8	7.4	2.1	1.2	12.3	3.1	6.2	2.1	1.0	4.5
Vitamin B12 (ug)	4.5	4.3	3.5	1.5	13.9	4.2	3.0	3.5	1.3	9.3
Folate (ug)	267	141	228	133	615	268	182	228	126	501
Biotin (ug)	35.7	20.4	31.0	17.9	66.9	34.0	20.7	31.0	16.4	55.8
Pantothenate (mg)	5.9	6.4	4.5	2.6	13.5	5.1	2.5	4.5	2.7	10.7
Vitamin C (mg)	113	187	69	26	315	115	164	75	24	464
Minerals*										
Calcium (mg)	763	285	724	364	1205	750	301	704	350	1312
Magnesium (mg)	265	88	254	160	391	261	85	256	136	411
Phosphorous (mg)	1208	334	1175	746	1733	1184	314	1157	663	1712
Iron (mg)	14.0	16.5	10.6	6.3	25.5	14.1	21.2	10.1	5.1	24.0
Copper (mg)	1.3	0.7	1.1	0.7	2.7	1.2	0.6	1.1	0.5	2.4
Zinc(mg)	8.9	5.9	7.9	4.9	17.4	9.0	4.2	8.0	4.4	20.4

* All sources including dietary supplements