

**Table 2.1** Mean, SD, median and percentile values of food group intakes (g/d) in the total population

**Table 2.2** Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

**Table 2.3** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in the total population

**Table 2.4** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in the total population

**Table 2.5** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in consumers only

**Table 2.6** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in consumers only

**Table 2.1** Mean, SD, median and percentile values of food group intakes (g/d) in the total population

Food group	Total Population (n=1379)				
	Mean	SD	Median	5th	95th
1 Rice & pasta, flours, grains & starches	20	32	0	0	86
2 Savouries (e.g. pizzas)	24	40	7	0	94
3 White breads & rolls	78	59	69	0	193
4 Wholemeal & brown breads & rolls	45	58	25	0	152
5 Other breads (e.g. scones, croissants)	15	25	4	0	61
6 "Ready to eat" breakfast cereals	19	23	12	0	64
7 Other breakfast cereals (e.g. porridge)	16	52	0	0	133
8 Biscuits	14	18	8	0	47
9 Cakes, pastries and buns	17	25	9	0	64
10 Wholemilk	150	188	86	0	504
11 Low fat, skimmed and fortified milks	88	140	0	0	360
12 Other milks (e.g. processed milks)	5	32	0	0	10
13 Creams	2	5	0	0	9
14 Cheeses	12	15	8	0	39
15 Yoghurts	16	33	0	0	89
16 Icecreams	7	13	0	0	34
17 Puddings & chilled desserts	16	27	1	0	64
18 Milk puddings (e.g. rice pudding & custards)	6	16	0	0	36
19 Eggs & egg dishes	17	21	11	0	54
20 Butter	6	12	0	0	31
21 Low fat spreads	4	11	0	0	27
22 Other spreading fats	12	14	6	0	40
23 Oils	0	1	0	0	2
24 Hard cooking fats	0	1	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	158	165	114	0	481
26 Processed & homemade potato products	7	17	0	0	39
27 Chipped, fried & roasted potatoes	59	59	43	0	178
28 Vegetable & pulse dishes	17	43	3	0	71
29 Peas, beans & lentils	23	27	14	0	78
30 Green vegetables	14	18	10	0	44
31 Carrots	15	20	11	0	49
32 Salad vegetables (e.g. lettuce)	24	28	16	0	83
33 Other vegetables (e.g. onions)	25	27	19	0	71
34 Tinned or jarred vegetables	3	8	0	0	14
35 Fruit juices	33	60	0	0	150
36 Bananas	27	44	0	0	112
37 Other fruits (e.g. apples, pears)	45	65	21	0	175
38 Citrus fruit	22	50	0	0	131
39 Tinned fruit	3	9	0	0	17
40 Nuts & seeds, herbs & spices	1	5	0	0	7
41 Fish & fish products	23	27	16	0	75
42 Fish dishes	3	13	0	0	24
43 Bacon & ham	22	25	14	0	70
44 Beef & veal	17	25	9	0	64
45 Lamb	7	16	0	0	39

**Table 2.1 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) in the total population

Food group	Total Population (n=1379)				
	Mean	SD	Median	5th	95th
46 Pork	10	19	0	0	49
47 Chicken, turkey & game (e.g. pheasant)	22	25	16	0	72
48 Offal & offal dishes	1	5	0	0	0
49 Beef & veal dishes	31	46	0	0	121
50 Lamb, pork & bacon dishes	7	22	0	0	50
51 Poultry & game dishes	21	37	0	0	97
52 Burgers (beef & pork)	7	15	0	0	37
53 Sausages	10	13	6	0	35
54 Meat pies & pastries	5	16	0	0	36
55 Meat products (e.g. processed meats)	19	24	11	0	64
56 Alcoholic beverages	333	587	77	0	1531
57 Sugars, syrups, preserves & sweeteners	18	23	11	0	62
58 Chocolate confectionery	12	20	6	0	48
59 Non-chocolate confectionery	2	5	0	0	11
60 Savoury snacks	6	11	0	0	25
61 Soups, sauces & miscellaneous foods	46	52	31	0	151
63 Teas	561	409	532	0	1226
64 Coffees	153	259	29	0	669
65 Other beverages (e.g. water)	258	386	115	0	993
66 Carbonated beverages	86	152	25	0	384
67 Diet carbonated beverages	35	121	0	0	200
68 Squashes, cordials and fruit juice drinks	20	67	0	0	129

Food group 62 = Nutritional supplements

**Table 2.2** Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

Food group	Consumers only						Percentiles	
	<i>n</i>	%	Mean	SD	Median	5th	95th	
1 Rice & pasta, flours, grains & starches	604	44	46	33	36	8	115	
2 Savouries (e.g. pizzas)	771	56	43	46	29	5	116	
3 White breads & rolls	1298	94	83	57	72	15	197	
4 Wholemeal & brown breads & rolls	1001	73	61	60	43	7	178	
5 Other breads (e.g. scones, croissants)	713	52	30	29	21	5	80	
6 "Ready to eat" breakfast cereals	929	67	29	23	24	4	72	
7 Other breakfast cereals (e.g. porridge)	211	15	105	92	91	11	294	
8 Biscuits	1054	76	19	18	14	2	52	
9 Cakes, pastries and buns	822	60	29	26	21	5	83	
10 Wholemilk	1009	73	205	192	164	7	566	
11 Low fat, skimmed and fortified milks	624	45	194	152	162	16	486	
12 Other milks (e.g. processed milks)	79	6	88	101	57	3	286	
13 Creams	323	23	7	9	4	1	20	
14 Cheeses	1015	74	17	16	13	3	44	
15 Yoghurts	441	32	49	41	36	14	125	
16 Icecreams	507	37	20	14	16	6	51	
17 Puddings & chilled desserts	691	50	32	31	22	7	85	
18 Milk puddings (e.g. rice pudding)	227	16	34	26	29	7	83	
19 Eggs & egg dishes	944	68	25	22	17	7	61	
20 Butter	647	47	12	15	7	1	41	
21 Low fat spreads	385	28	16	15	12	1	46	
22 Other spreading fats	944	68	17	15	14	1	45	
23 Oils	188	14	2	2	2	1	6	
24 Hard cooking fats	19	1	3	4	1	0	19	
25 Potatoes (e.g. boiled, mashed, baked)	1305	95	167	165	120	22	497	
26 Processed & homemade potato products	388	28	25	26	17	6	69	
27 Chipped, fried & roasted potatoes	1129	82	72	58	57	12	191	
28 Vegetable & pulse dishes	696	50	34	56	20	5	103	
29 Peas, beans & lentils	1032	75	30	27	21	4	90	
30 Green vegetables	874	63	22	18	17	4	52	
31 Carrots	915	66	22	22	17	6	54	
32 Salad vegetables (e.g. lettuce)	1050	76	32	28	23	4	88	
33 Other vegetables (e.g. onions)	1172	85	30	27	24	3	75	
34 Tinned or jarred vegetables	324	23	12	14	8	2	36	
35 Fruit juices	564	41	81	70	68	14	208	
36 Bananas	671	49	56	49	43	12	135	
37 Other fruits (e.g. apples, pears)	849	62	72	69	51	8	204	
38 Citrus fruit	426	31	71	68	44	11	191	
39 Tinned fruit	199	14	18	18	13	2	54	
40 Nuts & seeds, herbs & spices	250	18	7	11	4	0	24	
41 Fish & fish products	911	66	35	26	27	7	86	
42 Fish dishes	100	7	40	27	36	6	92	
43 Bacon & ham	1107	80	27	25	20	4	77	
44 Beef & veal	760	55	31	26	24	6	75	
45 Lamb	357	26	27	21	21	10	64	

**Table 2.2 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) in consumers only

Food group	Consumers only						Percentiles	
	<i>n</i>	%	Mean	SD	Median	5th	95th	
46 Pork	489	35	29	20	24	10	67	
47 Chicken, turkey & game (e.g. pheasant)	977	71	31	25	24	7	80	
48 Offal & offal dishes	53	4	19	15	14	6	55	
49 Beef & veal dishes	645	47	65	47	50	17	150	
50 Lamb, pork & bacon dishes	192	14	50	37	43	10	112	
51 Poultry & game dishes	476	35	60	40	50	14	143	
52 Burgers (beef & pork)	385	28	25	20	19	6	64	
53 Sausages	818	59	16	14	11	4	43	
54 Meat pies & pastries	258	19	29	24	21	5	77	
55 Meat products (e.g. processed meats)	966	70	27	24	21	4	69	
56 Alcoholic beverages	895	65	513	662	252	18	1808	
57 Sugars, syrups, preserves & sweeteners	1108	80	23	24	16	2	71	
58 Chocolate confectionery	867	63	19	23	13	3	57	
59 Non-chocolate confectionery	314	23	8	8	5	1	24	
60 Savoury snacks	667	48	12	13	9	2	34	
61 Soups, sauces & miscellaneous foods	1279	93	50	52	35	3	156	
63 Teas	1251	91	619	385	575	81	1259	
64 Coffees	757	55	279	295	190	25	837	
65 Other beverages (e.g. water)	1059	77	335	410	203	27	1156	
66 Carbonated beverages	749	54	158	177	94	18	518	
67 Diet carbonated beverages	287	21	170	218	94	23	542	
68 Squashes, cordials and fruit juice drinks	294	21	96	118	57	5	331	

Food group 62 = Nutritional supplements

**Table 2.3** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in the total population

Food group	All men 18-64y (n = 662)					18-35y (n = 253)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
1 Rice & pasta , flours, grains & starches	21	34	0	0	91	26	40	0	0	116
2 Savouries (e.g. pizzas)	25	47	6	0	98	38	55	16	0	136
3 White breads & rolls	98	69	88	0	237	99	66	85	12	230
4 Wholemeal & brown breads & rolls	52	71	23	0	189	36	58	13	0	155
5 Other breads (e.g. scones, croissants)	16	30	0	0	69	14	30	0	0	72
6 "Ready to eat" breakfast cereals	21	25	12	0	69	22	27	14	0	73
7 Other breakfast cereals (e.g. porridge)	19	62	0	0	150	4	23	0	0	13
8 Biscuits	15	21	7	0	60	15	22	6	0	60
9 Cakes, pastries and buns	18	28	9	0	79	15	25	6	0	56
10 Wholemilk	195	220	146	0	617	203	228	148	0	680
11 Low fat, skimmed and fortified milks	80	149	0	0	378	94	174	0	0	522
12 Other milks (e.g. processed milks)	5	32	0	0	0	5	28	0	0	47
13 Creams	2	7	0	0	9	1	4	0	0	6
14 Cheeses	14	18	9	0	45	16	18	10	0	56
15 Yoghurts	13	33	0	0	89	15	39	0	0	89
16 Icecreams	7	13	0	0	39	6	12	0	0	37
17 Puddings & chilled desserts	17	29	0	0	71	12	25	0	0	54
18 Milk puddings (e.g. rice pudding)	6	17	0	0	40	5	18	0	0	36
19 Eggs & egg dishes	21	23	17	0	61	19	22	14	0	60
20 Butter	7	15	0	0	39	7	12	1	0	33
21 Low fat spreads	5	13	0	0	32	4	10	0	0	26
22 Other spreading fats	14	17	9	0	48	13	14	10	0	39
23 Oils	0	1	0	0	2	0	1	0	0	2
24 Hard cooking fats	0	1	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	211	200	152	0	643	169	180	125	0	513
26 Processed & homemade potato products	7	18	0	0	40	7	16	0	0	45
27 Chipped, fried & roasted potatoes	74	69	57	0	214	100	78	82	0	252
28 Vegetable & pulse dishes	15	50	0	0	60	11	21	0	0	55
29 Peas, beans & lentils	30	33	20	0	99	35	35	26	0	109
30 Green vegetables	15	20	11	0	48	11	16	2	0	40
31 Carrots	16	24	12	0	49	15	30	10	0	43
32 Salad vegetables (e.g. lettuce)	22	27	13	0	77	16	20	8	0	58
33 Other vegetables (e.g. onions)	27	29	19	0	76	20	23	13	0	68
34 Tinned or jarred vegetables	3	10	0	0	16	3	11	0	0	19
35 Fruit juices	33	65	0	0	159	34	62	0	0	156
36 Bananas	28	51	0	0	126	26	48	0	0	117
37 Other fruits (e.g. apples, pears)	40	59	18	0	161	32	55	0	0	143
38 Citrus fruit	21	54	0	0	136	15	40	0	0	102
39 Tinned fruit	3	11	0	0	20	2	6	0	0	15
40 Nuts & seeds, herbs & spices	1	6	0	0	7	1	4	0	0	7
41 Fish & fish products	27	30	20	0	86	22	25	15	0	78
42 Fish dishes	2	12	0	0	12	2	12	0	0	7
43 Bacon & ham	29	30	20	0	88	24	25	17	0	73
44 Beef & veal	23	30	16	0	76	19	27	10	0	71
45 Lamb	10	21	0	0	48	7	16	0	0	42

**Table 2.3 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in the total population

Food group	All men 18-64y ( <i>n</i> = 662)					18-35y ( <i>n</i> = 253)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
46 Pork	12	22	0	0	51	10	18	0	0	49
47 Chicken, turkey & game (e.g. pheasant)	25	29	19	0	81	26	30	19	0	88
48 Offal & offal dishes	1	5	0	0	0	1	4	0	0	0
49 Beef & veal dishes	35	52	0	0	131	36	48	20	0	129
50 Lamb, pork & bacon dishes	8	23	0	0	58	7	22	0	0	54
51 Poultry & game dishes	22	38	0	0	100	28	43	0	0	123
52 Burgers (beef & pork)	10	19	0	0	51	15	23	0	0	67
53 Sausages	13	16	9	0	46	16	18	11	0	50
54 Meat pies & pastries	7	18	0	0	46	10	22	0	0	63
55 Meat products (e.g. processed meats)	23	28	15	0	78	31	31	23	0	93
56 Alcoholic beverages	533	755	226	0	2007	714	851	488	0	2420
57 Sugars, syrups, preserves & sweeteners	24	27	16	0	76	17	21	11	0	55
58 Chocolate confectionery	13	25	6	0	53	21	34	13	0	65
59 Non-chocolate confectionery	2	5	0	0	11	2	6	0	0	14
60 Savoury snacks	6	12	0	0	28	11	16	7	0	36
61 Soups, sauces & miscellaneous foods	49	52	32	0	161	45	45	32	0	122
63 Teas	580	439	537	0	1306	389	340	312	0	985
64 Coffees	134	239	0	0	636	128	239	0	0	664
65 Other beverages (e.g. water)	237	392	81	0	973	250	400	90	0	1022
66 Carbonated beverages	109	172	36	0	461	200	225	128	0	641
67 Diet carbonated beverages	30	122	0	0	189	34	106	0	0	236
68 Squashes, cordials and fruit juice drinks	22	78	0	0	138	33	92	0	0	202

Food group 62 = Nutritional supplements

**Table 2.3 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in the total population

Food group	36-50y (n = 236)					51-64y (n=173)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
			5th	95th				5th	95th	
1 Rice & pasta, flours, grains & starches	20	30	0	0	80	15	28	0	0	70
2 Savouries (e.g. pizzas)	20	30	4	0	77	13	50	0	0	51
3 White breads & rolls	101	67	90	9	221	94	77	85	0	261
4 Wholemeal & brown breads & rolls	58	72	30	0	195	66	82	38	0	222
5 Other breads (e.g. scones, croissants)	14	22	0	0	64	21	37	6	0	88
6 "Ready to eat" breakfast cereals	21	25	14	0	69	17	24	6	0	63
7 Other breakfast cereals (e.g. porridge)	21	71	0	0	144	37	81	0	0	208
8 Biscuits	17	21	9	0	65	14	20	6	0	47
9 Cakes, pastries and buns	21	30	11	0	84	20	28	7	0	85
10 Wholemilk	218	248	160	0	654	150	151	125	0	432
11 Low fat, skimmed and fortified milks	67	125	0	0	354	76	139	0	0	330
12 Other milks (e.g. processed milks)	4	24	0	0	0	6	44	0	0	0
13 Creams	2	5	0	0	11	3	10	0	0	13
14 Cheeses	15	19	10	0	46	11	17	5	0	38
15 Yoghurts	12	28	0	0	89	11	30	0	0	89
16 Icecreams	9	15	0	0	42	7	13	0	0	36
17 Puddings & chilled desserts	19	29	10	0	73	22	32	11	0	90
18 Milk puddings (e.g. rice pudding)	5	14	0	0	31	8	20	0	0	51
19 Eggs & egg dishes	21	23	17	0	66	24	26	17	0	66
20 Butter	8	17	0	0	48	7	14	0	0	40
21 Low fat spreads	6	13	0	0	36	6	15	0	0	37
22 Other spreading fats	15	18	10	0	49	14	20	7	0	59
23 Oils	0	2	0	0	3	0	1	0	0	2
24 Hard cooking fats	0	0	0	0	0	0	1	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	222	203	160	3	691	256	211	186	23	713
26 Processed & homemade potato products	8	21	0	0	40	7	17	0	0	39
27 Chipped, fried & roasted potatoes	64	60	48	0	185	50	53	34	0	154
28 Vegetable & pulse dishes	16	32	0	0	65	18	87	0	0	66
29 Peas, beans & lentils	26	29	17	0	90	27	32	19	0	95
30 Green vegetables	17	18	14	0	49	18	26	12	0	53
31 Carrots	18	22	12	0	55	16	17	12	0	48
32 Salad vegetables (e.g. lettuce)	26	30	17	0	84	25	32	14	0	88
33 Other vegetables (e.g. onions)	30	35	23	0	81	32	26	28	0	78
34 Tinned or jarred vegetables	2	7	0	0	14	3	12	0	0	12
35 Fruit juices	35	71	0	0	160	29	60	0	0	158
36 Bananas	28	49	0	0	135	30	57	0	0	121
37 Other fruits (e.g. apples, pears)	43	58	22	0	169	48	66	25	0	182
38 Citrus fruit	27	67	0	0	171	23	52	0	0	168
39 Tinned fruit	3	8	0	0	20	5	18	0	0	40
40 Nuts & seeds, herbs & spices	2	9	0	0	11	0	3	0	0	1
41 Fish & fish products	29	33	21	0	104	30	31	26	0	94
42 Fish dishes	3	12	0	0	16	3	13	0	0	18
43 Bacon & ham	32	32	23	0	104	31	31	20	0	96
44 Beef & veal	23	32	16	0	77	29	33	19	0	88
45 Lamb	10	23	0	0	48	13	22	0	0	55

**Table 2.3 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in the total population

Food group	36-50y (n = 236)					51-64y (n=173)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
46 Pork	14	24	0	0	59	13	24	0	0	51
47 Chicken, turkey & game (e.g. pheasant)	26	31	19	0	86	21	26	14	0	71
48 Offal & offal dishes	1	4	0	0	0	2	7	0	0	16
49 Beef & veal dishes	39	53	17	0	150	29	54	0	0	122
50 Lamb, pork & bacon dishes	8	23	0	0	63	8	26	0	0	71
51 Poultry & game dishes	22	38	0	0	90	13	26	0	0	81
52 Burgers (beef & pork)	8	16	0	0	42	4	11	0	0	24
53 Sausages	13	14	10	0	47	10	15	6	0	42
54 Meat pies & pastries	4	14	0	0	35	5	16	0	0	39
55 Meat products (e.g. processed meats)	21	27	12	0	77	14	18	7	0	54
56 Alcoholic beverages	442	607	148	0	1871	393	738	117	0	1651
57 Sugars, syrups, preserves & sweeteners	25	30	16	0	75	31	29	25	0	88
58 Chocolate confectionery	11	19	4	0	46	5	9	0	0	23
59 Non-chocolate confectionery	1	4	0	0	9	0	2	0	0	4
60 Savoury snacks	5	8	0	0	23	2	6	0	0	12
61 Soups, sauces & miscellaneous foods	54	60	35	0	171	48	52	31	0	179
63 Teas	690	511	624	0	1501	711	355	714	89	1317
64 Coffees	159	250	29	0	680	111	222	0	0	560
65 Other beverages (e.g. water)	249	433	86	0	1066	201	314	46	0	895
66 Carbonated beverages	65	105	19	0	259	36	69	0	0	173
67 Diet carbonated beverages	37	165	0	0	190	15	61	0	0	109
68 Squashes, cordials and fruit juice drinks	16	74	0	0	92	13	56	0	0	116

Food group 62 = Nutritional supplements

**Table 2.4** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in the total population

Food group	All women 18-64y (n=717)					18-35y (n=269)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
1 Rice & pasta, flours, grains & starches	20	30	0	0	84	23	31	8	0	88
2 Savouries (e.g. pizzas)	23	32	9	0	91	31	36	21	0	107
3 White breads & rolls	60	39	56	0	132	64	35	61	10	123
4 Wholemeal & brown breads & rolls	38	42	27	0	123	27	32	14	0	98
5 Other breads (e.g. scones, croissants)	15	21	7	0	57	13	18	6	0	56
6 "Ready to eat" breakfast cereals	18	22	12	0	58	17	20	11	0	52
7 Other breakfast cereals (e.g. porridge)	14	41	0	0	114	5	21	0	0	40
8 Biscuits	13	14	9	0	40	11	13	7	0	35
9 Cakes, pastries and buns	16	21	10	0	57	13	18	7	0	51
10 Wholemilk	110	141	48	0	421	103	127	53	0	377
11 Low fat, skimmed and fortified milks	95	132	18	0	349	80	117	13	0	301
12 Other milks (e.g. processed milks)	5	31	0	0	28	5	23	0	0	36
13 Creams	1	4	0	0	9	1	4	0	0	8
14 Cheeses	11	12	7	0	36	11	12	7	0	38
15 Yoghurts	18	32	0	0	89	15	30	0	0	71
16 Icecreams	7	13	0	0	31	8	14	0	0	35
17 Puddings & chilled desserts	15	26	5	0	59	12	29	0	0	52
18 Milk puddings (e.g. rice pudding)	6	16	0	0	36	3	11	0	0	29
19 Eggs & egg dishes	14	19	9	0	45	13	21	8	0	45
20 Butter	4	8	0	0	24	5	9	0	0	25
21 Low fat spreads	4	9	0	0	22	3	8	0	0	17
22 Other spreading fats	9	11	5	0	31	7	9	4	0	24
23 Oils	0	1	0	0	2	0	1	0	0	2
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	110	104	87	0	290	94	103	63	0	283
26 Processed & homemade potato products	7	17	0	0	36	8	19	0	0	40
27 Chipped, fried & roasted potatoes	44	44	34	0	130	58	51	47	0	157
28 Vegetable & pulse dishes	20	36	7	0	82	22	35	7	0	92
29 Peas, beans & lentils	16	18	10	0	54	16	19	10	0	57
30 Green vegetables	13	15	9	0	42	8	10	4	0	27
31 Carrots	13	16	9	0	49	10	13	6	0	34
32 Salad vegetables (e.g. lettuce)	27	29	18	0	88	24	28	15	0	82
33 Other vegetables (e.g. onions)	24	25	19	0	63	20	27	14	0	59
34 Tinned or jarred vegetables	3	6	0	0	14	3	7	0	0	15
35 Fruit juices	34	55	0	0	149	35	53	0	0	146
36 Bananas	26	37	14	0	105	20	34	0	0	83
37 Other fruits (e.g. apples, pears)	49	69	24	0	186	35	50	17	0	136
38 Citrus fruit	23	47	0	0	116	21	47	0	0	90
39 Tinned fruit	2	7	0	0	17	1	5	0	0	10
40 Nuts & seeds, herbs & spices	1	4	0	0	7	1	3	0	0	7
41 Fish & fish products	20	23	14	0	69	15	20	8	0	65
42 Fish dishes	3	13	0	0	30	3	14	0	0	20
43 Bacon & ham	15	16	10	0	48	11	12	7	0	35
44 Beef & veal	11	16	0	0	43	8	14	0	0	38
45 Lamb	5	10	0	0	28	2	7	0	0	21

**Table 2.4 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in the total population

Food group	All women 18-64y (n=717)					18-35y (n=269)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
46 Pork	9	15	0	0	41	9	16	0	0	45
47 Chicken, turkey & game (e.g. pheasant)	20	21	15	0	62	20	21	14	0	65
48 Offal & offal dishes	1	4	0	0	0	0	2	0	0	0
49 Beef & veal dishes	26	39	0	0	114	26	38	0	0	107
50 Lamb, pork & bacon dishes	6	21	0	0	49	6	21	0	0	48
51 Poultry & game dishes	20	37	0	0	95	22	39	0	0	99
52 Burgers (beef & pork)	4	11	0	0	27	7	13	0	0	33
53 Sausages	6	8	3	0	23	7	9	3	0	25
54 Meat pies & pastries	4	13	0	0	26	5	15	0	0	28
55 Meat products (e.g. processed meats)	15	18	9	0	52	19	21	12	0	59
56 Alcoholic beverages	148	257	36	0	667	223	319	89	0	973
57 Sugars, syrups, preserves & sweeteners	14	17	7	0	48	10	14	5	0	37
58 Chocolate confectionery	11	15	6	0	39	13	18	7	0	51
59 Non-chocolate confectionery	2	5	0	0	11	2	6	0	0	11
60 Savoury snacks	6	10	2	0	23	9	12	5	0	29
61 Soups, sauces & miscellaneous foods	44	51	29	0	143	46	46	36	1	133
63 Teas	544	378	529	0	1180	395	329	361	0	1058
64 Coffees	170	275	52	0	719	156	263	29	0	655
65 Other beverages (e.g. water)	277	379	143	0	1017	307	423	150	0	1282
66 Carbonated beverages	65	127	7	0	287	115	162	63	0	442
67 Diet carbonated beverages	40	119	0	0	237	62	147	0	0	373
68 Squashes, cordials and fruit juice drinks	19	55	0	0	122	24	56	0	0	163

Food group 62 = Nutritional supplements

**Table 2.4 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in the total population

Food group	36-50y (n=286)					51-64y (n= 162)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
1 Rice & pasta, flours, grains & starches	22	32	1	0	89	10	20	0	0	50
2 Savouries (e.g. pizzas)	22	32	9	0	87	11	21	0	0	54
3 White breads & rolls	62	39	58	0	133	50	45	41	0	137
4 Wholemeal & brown breads & rolls	39	41	29	0	128	55	51	51	0	152
5 Other breads (e.g. scones, croissants)	17	22	10	0	65	15	22	6	0	61
6 "Ready to eat" breakfast cereals	19	21	13	0	60	18	25	9	0	65
7 Other breakfast cereals (e.g. porridge)	12	36	0	0	108	32	63	0	0	161
8 Biscuits	15	14	11	0	42	15	15	10	0	45
9 Cakes, pastries and buns	17	21	11	0	60	19	23	10	0	69
10 Wholemilk	113	146	43	0	443	114	153	58	0	441
11 Low fat, skimmed and fortified milks	105	137	34	0	378	104	141	29	0	324
12 Other milks (e.g. processed milks)	3	21	0	0	0	9	53	0	0	28
13 Creams	2	4	0	0	9	1	3	0	0	9
14 Cheeses	11	12	8	0	37	9	11	6	0	32
15 Yoghurts	18	31	0	0	89	25	37	0	0	89
16 Icecreams	7	12	0	0	30	7	12	0	0	31
17 Puddings & chilled desserts	16	24	8	0	57	17	24	6	0	71
18 Milk puddings (e.g. rice pudding)	7	17	0	0	48	7	19	0	0	46
19 Eggs & egg dishes	14	17	9	0	45	15	17	9	0	54
20 Butter	4	8	0	0	23	4	9	0	0	24
21 Low fat spreads	4	8	0	0	19	5	10	0	0	26
22 Other spreading fats	10	12	6	0	34	10	13	4	0	39
23 Oils	0	1	0	0	2	0	1	0	0	3
24 Hard cooking fats	0	0	0	0	0	0	0	0	0	0
25 Potatoes (e.g. boiled, mashed, baked)	104	84	86	2	260	146	127	119	22	352
26 Processed & homemade potato products	7	16	0	0	34	4	14	0	0	23
27 Chipped, fried & roasted potatoes	42	39	33	0	116	23	30	14	0	89
28 Vegetable & pulse dishes	21	40	8	0	82	13	29	0	0	63
29 Peas, beans & lentils	16	19	10	0	49	16	17	10	0	47
30 Green vegetables	15	17	12	0	48	18	18	14	0	56
31 Carrots	15	16	11	0	49	18	20	12	0	61
32 Salad vegetables (e.g. lettuce)	28	29	19	0	101	29	29	23	0	94
33 Other vegetables (e.g. onions)	26	24	21	0	67	27	25	23	0	76
34 Tinned or jarred vegetables	3	6	0	0	14	2	5	0	0	12
35 Fruit juices	33	60	0	0	158	33	50	0	0	137
36 Bananas	30	37	19	0	112	32	38	19	0	112
37 Other fruits (e.g. apples, pears)	52	75	24	0	189	65	81	42	0	246
38 Citrus fruit	22	42	0	0	129	27	54	0	0	146
39 Tinned fruit	3	8	0	0	19	3	9	0	0	19
40 Nuts & seeds, herbs & spices	1	5	0	0	8	1	3	0	0	6
41 Fish & fish products	21	23	15	0	69	25	25	21	0	73
42 Fish dishes	4	14	0	0	41	3	11	0	0	24
43 Bacon & ham	17	17	12	0	50	19	19	14	0	60
44 Beef & veal	11	16	3	0	46	16	17	10	0	57
45 Lamb	5	11	0	0	31	7	11	0	0	30

**Table 2.4 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in the total population

Food group	36-50y (n=286)					51-64y (n= 162)				
	Mean	SD	Median	Percentiles		Mean	SD	Median	Percentiles	
				5th	95th				5th	95th
46 Pork	8	14	0	0	35	9	16	0	0	47
47 Chicken, turkey & game (e.g. pheasant)	20	22	15	0	64	18	18	16	0	57
48 Offal & offal dishes	1	3	0	0	0	1	7	0	0	7
49 Beef & veal dishes	28	40	0	0	112	25	39	0	0	125
50 Lamb, pork & bacon dishes	5	15	0	0	42	8	27	0	0	54
51 Poultry & game dishes	23	40	0	0	99	13	25	0	0	72
52 Burgers (beef & pork)	4	10	0	0	26	2	6	0	0	14
53 Sausages	6	8	4	0	23	4	7	0	0	16
54 Meat pies & pastries	4	11	0	0	25	3	10	0	0	28
55 Meat products (e.g. processed meats)	15	17	10	0	43	10	14	5	0	42
56 Alcoholic beverages	130	211	36	0	615	55	165	0	0	317
57 Sugars, syrups, preserves & sweeteners	13	16	7	0	45	21	23	17	0	55
58 Chocolate confectionery	11	14	7	0	39	6	9	0	0	23
59 Non-chocolate confectionery	2	5	0	0	15	1	4	0	0	7
60 Savoury snacks	5	8	0	0	22	1	4	0	0	9
61 Soups, sauces & miscellaneous foods	44	50	29	0	144	41	60	21	0	169
63 Teas	602	392	578	0	1259	692	344	685	31	1270
64 Coffees	222	325	120	0	848	101	150	28	0	414
65 Other beverages (e.g. water)	260	337	143	0	822	257	371	132	0	1030
66 Carbonated beverages	43	107	0	0	173	19	34	0	0	92
67 Diet carbonated beverages	36	118	0	0	199	11	40	0	0	84
68 Squashes, cordials and fruit juice drinks	18	54	0	0	105	14	56	0	0	88

Food group 62 = Nutritional supplements

**Table 2.5** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in consumers only

Food group	All men 18-64y (consumers)							18-35y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
1 Rice & pasta, flours, grains & starches	270	41	51	35	43	11	127	112	44	58	41	47	14	149
2 Savouries (e.g. pizzas)	346	52	47	57	29	6	134	164	65	58	60	42	7	173
3 White breads & rolls	627	95	104	67	91	18	238	243	96	103	64	89	21	232
4 Wholemeal & brown breads & rolls	461	70	74	75	50	8	226	159	63	58	64	34	7	185
5 Other breads (e.g. scones, croissants)	304	46	35	36	23	5	102	108	43	34	39	21	5	107
6 "Ready to eat" breakfast cereals	437	66	31	25	26	4	77	173	68	32	27	25	4	88
7 Other breakfast cereals (e.g. porridge)	100	15	124	113	109	11	391	15	6	67	72	23	6	216
8 Biscuits	457	69	22	22	15	3	64	161	64	24	24	15	3	64
9 Cakes, pastries and buns	373	56	32	31	21	6	92	135	53	27	30	19	6	77
10 Wholemilk	506	76	255	219	219	7	657	194	77	265	226	217	6	735
11 Low fat, skimmed and fortified milks	244	37	216	176	174	14	575	100	40	237	207	184	15	649
12 Other milks (e.g. processed milks)	32	5	101	107	64	2	365	15	6	90	80	64	5	286
13 Creams	149	23	8	12	4	2	27	40	16	7	8	4	1	34
14 Cheeses	473	71	20	19	15	3	52	184	73	22	18	18	3	57
15 Yoghurts	154	23	56	49	36	12	143	69	27	55	59	36	18	150
16 Icecreams	229	35	21	15	17	6	52	69	27	21	15	17	7	53
17 Puddings & chilled desserts	325	49	35	32	25	7	109	99	39	31	32	23	7	106
18 Milk puddings (e.g. rice pudding)	102	15	36	28	29	7	101	28	11	42	37	32	5	145
19 Eggs & egg dishes	489	74	28	23	23	7	70	178	70	26	21	22	4	66
20 Butter	323	49	15	18	9	1	54	128	51	14	15	9	1	43
21 Low fat spreads	170	26	20	18	15	2	56	58	23	17	15	13	2	51
22 Other spreading fats	457	69	21	17	17	2	52	181	72	18	13	16	2	42
23 Oils	95	14	2	2	2	1	7	43	17	2	2	2	0	6
24 Hard cooking fats	9	1	4	6	1	0	19	3	1	2	1	2	1	3
25 Potatoes (e.g. boiled, mashed, baked)	626	95	223	199	160	30	671	233	92	184	181	133	25	534
26 Processed & homemade potato products	184	28	27	26	19	6	74	68	27	25	22	19	5	73
27 Chipped, fried & roasted potatoes	558	84	88	67	71	16	223	236	93	107	76	86	23	256
28 Vegetable & pulse dishes	265	40	36	74	21	6	97	95	38	30	25	22	5	83
29 Peas, beans & lentils	526	79	37	32	29	4	107	203	80	43	35	36	4	111
30 Green vegetables	414	63	24	20	18	4	54	127	50	22	16	16	4	53
31 Carrots	436	66	25	26	18	6	59	158	62	24	34	17	6	49
32 Salad vegetables (e.g. lettuce)	469	71	31	28	23	4	84	162	64	25	20	19	2	65
33 Other vegetables (e.g. onions)	542	82	33	29	26	3	79	184	73	27	23	23	2	75
34 Tinned or jarred vegetables	139	21	14	18	9	2	47	53	21	15	20	9	2	52
35 Fruit juices	246	37	89	79	71	14	222	95	38	90	72	71	14	229
36 Bananas	283	43	65	60	45	14	175	98	39	67	58	50	19	163
37 Other fruits (e.g. apples, pears)	372	56	72	63	50	11	201	119	47	68	63	46	11	179
38 Citrus fruit	176	27	80	79	46	11	235	56	22	67	60	44	11	184
39 Tinned fruit	88	13	22	23	16	3	67	23	9	18	13	17	3	44
40 Nuts & seeds, herbs & spices	109	16	8	14	4	0	38	48	19	6	9	4	0	31
41 Fish & fish products	456	69	39	29	30	8	98	158	62	35	24	27	6	86
42 Fish dishes	37	6	44	27	37	6	95	13	5	44	30	33	6	92
43 Bacon & ham	554	84	34	29	26	5	93	204	81	29	25	23	5	75
44 Beef & veal	408	62	37	31	29	9	91	138	55	35	27	28	9	85
45 Lamb	192	29	34	26	28	11	82	56	22	32	19	27	11	71

**Table 2.5 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in consumers only

Food group	All men 18-64y (consumers)							18-35y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
46 Pork	241	36	33	24	24	10	78	79	31	32	18	24	11	73
47 Chicken, turkey & game (e.g. pheasant)	457	69	36	29	28	9	99	180	71	37	30	28	9	102
48 Offal & offal dishes	24	4	23	15	17	6	56	6	2	22	20	13	6	57
49 Beef & veal dishes	329	50	71	53	54	18	173	134	53	68	46	57	19	152
50 Lamb, pork & bacon dishes	95	14	54	37	49	9	115	39	15	48	36	49	9	104
51 Poultry & game dishes	227	34	63	39	50	17	143	104	41	67	42	52	14	152
52 Burgers (beef & pork)	226	34	29	22	23	6	85	123	49	32	25	25	7	90
53 Sausages	450	68	20	16	14	4	53	181	72	22	18	17	4	54
54 Meat pies & pastries	125	19	36	27	29	8	95	68	27	37	27	31	7	106
55 Meat products (e.g. processed meats)	478	72	31	28	25	5	85	206	81	38	31	29	5	99
56 Alcoholic beverages	460	69	767	800	516	38	2310	186	74	971	858	751	47	2702
57 Sugars, syrups, preserves & sweeteners	549	83	29	27	21	2	80	195	77	22	21	16	1	65
58 Chocolate confectionery	392	59	23	29	15	3	65	194	77	28	36	19	4	68
59 Non-chocolate confectionery	118	18	8	8	6	1	28	53	21	11	9	8	1	33
60 Savoury snacks	301	45	14	15	10	4	36	174	69	16	17	13	4	39
61 Soups, sauces & miscellaneous foods	609	92	53	52	37	3	165	234	92	49	45	36	3	131
63 Teas	606	92	634	420	583	81	1360	219	87	449	326	381	57	1051
64 Coffees	325	49	274	280	173	25	848	118	47	274	286	169	27	989
65 Other beverages (e.g. water)	465	70	337	430	199	27	1202	183	72	345	434	183	26	1212
66 Carbonated beverages	383	58	188	191	127	25	580	195	77	259	224	189	31	702
67 Diet carbonated beverages	106	16	188	253	104	22	685	52	21	167	180	94	21	627
68 Squashes, cordials and fruit juice drinks	122	18	118	148	67	7	496	66	26	128	143	80	5	514

Food group 62 = Nutritional supplements

**Table 2.5 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in consumers only

Food group	36-50y							51-64y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
1 Rice & pasta, flours, grains & starches	102	43	47	29	41	8	111	56	32	46	30	42	10	98
2 Savouries (e.g. pizzas)	122	52	38	32	29	4	92	60	35	37	80	20	3	84
3 White breads & rolls	228	97	104	65	93	18	222	156	90	105	74	92	15	262
4 Wholemeal & brown breads & rolls	166	70	82	73	60	10	230	136	79	83	84	59	8	230
5 Other breads (e.g. scones, croissants)	105	44	31	24	24	5	83	91	53	39	43	29	5	115
6 "Ready to eat" breakfast cereals	166	70	30	24	26	4	73	98	57	30	25	26	4	77
7 Other breakfast cereals (e.g. porridge)	34	14	147	129	121	12	461	51	29	125	108	114	14	374
8 Biscuits	171	72	23	22	18	3	71	125	72	20	21	13	2	50
9 Cakes, pastries and buns	135	57	37	32	27	8	93	103	60	33	30	24	4	94
10 Wholemilk	186	79	277	248	231	10	745	126	73	206	141	197	8	437
11 Low fat, skimmed and fortified milks	80	34	199	141	177	12	449	64	37	205	160	164	10	555
12 Other milks (e.g. processed milks)	10	4	90	78	54	3	201	7	4	141	181	135	1	511
13 Creams	57	24	8	8	6	2	26	52	30	10	17	5	2	38
14 Cheeses	173	73	20	19	16	3	51	116	67	16	18	12	3	40
15 Yoghurts	55	23	52	36	41	8	118	30	17	65	43	54	11	147
16 Icecreams	96	41	23	15	20	6	52	64	37	19	14	14	7	46
17 Puddings & chilled desserts	128	54	36	31	25	8	103	98	57	39	34	29	7	124
18 Milk puddings (e.g. rice pudding)	36	15	32	21	27	11	79	38	22	36	27	29	8	114
19 Eggs & egg dishes	178	75	28	23	23	8	72	133	77	31	26	26	6	82
20 Butter	111	47	17	21	9	1	61	84	49	15	17	8	1	56
21 Low fat spreads	65	28	20	17	16	1	57	47	27	24	22	17	1	60
22 Other spreading fats	162	69	22	18	18	2	51	114	66	22	20	18	1	67
23 Oils	31	13	3	3	2	1	12	21	12	3	2	2	1	6
24 Hard cooking fats	3	1	1	0	1	0	1	3	2	8	9	6	1	19
25 Potatoes (e.g. boiled, mashed, baked)	225	95	233	201	171	29	695	168	97	263	210	189	48	722
26 Processed & homemade potato products	73	31	27	32	19	6	71	43	25	29	24	22	6	79
27 Chipped, fried & roasted potatoes	194	82	78	57	60	14	188	128	74	68	51	57	10	191
28 Vegetable & pulse dishes	109	46	34	40	21	6	114	61	35	51	141	20	6	156
29 Peas, beans & lentils	183	78	34	29	24	5	94	140	81	34	33	26	4	109
30 Green vegetables	161	68	24	16	24	4	53	126	73	24	28	17	4	65
31 Carrots	160	68	27	21	23	6	61	118	68	23	16	18	6	61
32 Salad vegetables (e.g. lettuce)	177	75	35	30	27	4	86	130	75	33	33	23	5	99
33 Other vegetables (e.g. onions)	206	87	35	35	26	3	91	152	88	36	25	34	4	80
34 Tinned or jarred vegetables	50	21	12	12	9	1	40	36	21	16	22	8	1	88
35 Fruit juices	94	40	87	89	69	10	227	57	33	88	75	71	11	267
36 Bananas	113	48	58	56	39	11	164	72	42	72	69	57	13	238
37 Other fruits (e.g. apples, pears)	142	60	72	59	56	9	209	111	64	75	69	53	13	199
38 Citrus fruit	68	29	94	95	53	14	278	52	30	75	70	44	11	240
39 Tinned fruit	39	17	17	13	13	2	47	26	15	35	33	19	4	124
40 Nuts & seeds, herbs & spices	45	19	11	19	6	0	49	16	9	5	9	1	0	36
41 Fish & fish products	166	70	42	32	32	7	113	132	76	40	30	31	8	103
42 Fish dishes	14	6	43	23	41	6	86	10	6	44	32	32	10	103
43 Bacon & ham	202	86	37	32	27	7	106	148	86	37	30	28	5	100
44 Beef & veal	144	61	38	33	29	10	98	126	73	40	32	30	8	102
45 Lamb	67	28	35	32	28	10	78	69	40	34	23	27	11	89

**Table 2.5 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all men and by age group in consumers only

Food group	36-50y							51-64y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
46 Pork	87	37	37	25	26	13	82	75	43	31	27	24	10	86
47 Chicken, turkey & game (e.g. pheasant)	169	72	36	31	28	7	100	108	62	34	25	27	9	81
48 Offal & offal dishes	6	3	22	15	16	11	51	12	7	23	14	22	7	54
49 Beef & veal dishes	123	52	75	53	58	18	174	72	42	70	64	48	17	242
50 Lamb, pork & bacon dishes	34	14	55	32	48	8	129	22	13	62	45	56	9	203
51 Poultry & game dishes	83	35	62	39	50	18	151	40	23	54	26	50	14	100
52 Burgers (beef & pork)	74	31	26	18	24	7	64	29	17	21	18	15	5	70
53 Sausages	165	70	19	13	14	6	50	104	60	17	17	11	3	55
54 Meat pies & pastries	32	14	33	24	23	7	98	25	14	34	29	27	6	123
55 Meat products (e.g. processed meats)	164	69	30	28	24	5	88	108	62	22	18	17	4	61
56 Alcoholic beverages	160	68	651	638	457	43	2025	114	66	596	840	301	29	2313
57 Sugars, syrups, preserves & sweeteners	201	85	30	30	21	2	85	153	88	36	28	29	2	92
58 Chocolate confectionery	132	56	20	22	14	3	52	66	38	12	11	9	2	38
59 Non-chocolate confectionery	47	20	7	7	5	1	23	18	10	5	4	4	0	11
60 Savoury snacks	99	42	11	10	9	4	34	28	16	10	10	8	1	40
61 Soups, sauces & miscellaneous foods	216	92	59	60	40	4	182	159	92	52	52	34	3	186
63 Teas	220	93	740	493	683	111	1520	167	97	736	335	720	173	1344
64 Coffees	127	54	295	276	214	25	753	80	46	239	275	136	24	769
65 Other beverages (e.g. water)	164	69	358	481	222	27	1372	118	68	295	342	162	18	1091
66 Carbonated beverages	125	53	122	118	88	19	336	63	36	99	82	72	23	295
67 Diet carbonated beverages	39	17	224	353	122	24	804	15	9	168	136	143	16	529
68 Squashes, cordials and fruit juice drinks	39	17	95	163	45	10	399	17	10	129	132	113	7	568

Food group 62 = Nutritional supplements

**Table 2.6** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in consumers only

Food group	All women 18-64y (consumers)							18-35y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
1 Rice & pasta, flours, grains & starches	334	47	42	31	33	8	106	142	53	43	30	35	8	109
2 Savouries (e.g. pizzas)	425	59	39	34	29	4	110	183	68	46	35	40	7	115
3 White breads & rolls	671	94	64	37	60	10	133	261	97	66	34	62	14	124
4 Wholemeal & brown breads & rolls	540	75	51	41	40	6	131	181	67	40	32	33	5	107
5 Other breads (e.g. scones, croissants)	409	57	26	21	19	5	69	149	55	23	19	17	3	58
6 "Ready to eat" breakfast cereals	492	69	26	21	21	4	66	189	70	25	19	20	4	63
7 Other breakfast cereals (e.g. porridge)	111	15	89	65	83	11	207	21	8	64	46	57	3	171
8 Biscuits	597	83	16	14	12	2	43	206	77	15	13	11	2	40
9 Cakes, pastries and buns	449	63	26	21	21	5	65	153	57	24	19	17	6	59
10 Wholemilk	503	70	156	145	120	7	458	189	70	146	129	111	7	432
11 Low fat, skimmed and fortified milks	380	53	180	132	155	17	426	142	53	151	124	132	12	391
12 Other milks (e.g. processed milks)	47	7	79	97	43	3	272	24	9	53	59	37	4	254
13 Creams	174	24	6	5	4	1	17	53	20	7	6	4	1	18
14 Cheeses	542	76	14	12	11	2	38	208	77	14	12	11	2	39
15 Yoghurts	287	40	46	36	36	14	111	98	36	41	38	28	10	140
16 Icecreams	278	39	19	14	16	4	50	107	40	19	16	15	4	54
17 Puddings & chilled desserts	366	51	29	30	19	6	73	119	44	28	38	16	5	70
18 Milk puddings (e.g. rice pudding)	125	17	32	24	29	6	80	30	11	29	16	29	9	72
19 Eggs & egg dishes	455	63	22	19	17	6	54	161	60	22	23	17	7	49
20 Butter	324	45	9	10	5	1	34	126	47	10	11	6	1	38
21 Low fat spreads	215	30	13	11	10	1	37	78	29	11	12	7	1	44
22 Other spreading fats	487	68	13	11	11	1	37	177	66	11	9	9	1	26
23 Oils	93	13	2	1	2	1	4	36	13	2	1	2	0	6
24 Hard cooking fats	10	1	2	2	2	1	6	5	2	3	2	2	1	6
25 Potatoes (e.g. boiled, mashed, baked)	679	95	116	104	94	17	291	249	93	102	104	71	14	288
26 Processed & homemade potato products	204	28	23	25	15	6	61	95	35	22	27	13	6	65
27 Chipped, fried & roasted potatoes	571	80	55	43	43	9	136	231	86	67	49	57	14	160
28 Vegetable & pulse dishes	431	60	33	42	19	4	109	175	65	35	39	21	4	128
29 Peas, beans & lentils	506	71	23	18	18	4	59	182	68	24	18	20	4	61
30 Green vegetables	460	64	20	15	16	4	51	139	52	15	10	12	4	32
31 Carrots	479	67	20	16	14	5	51	155	58	17	14	12	4	45
32 Salad vegetables (e.g. lettuce)	581	81	33	28	25	4	99	211	78	31	28	24	3	88
33 Other vegetables (e.g. onions)	630	88	27	25	22	4	67	224	83	24	28	19	3	62
34 Tinned or jarred vegetables	185	26	10	9	7	2	31	69	26	10	12	6	1	36
35 Fruit juices	318	44	76	61	61	14	205	128	48	73	55	57	13	189
36 Bananas	388	54	49	37	39	11	124	123	46	43	40	22	11	115
37 Other fruits (e.g. apples, pears)	477	67	73	74	52	6	206	157	58	60	53	42	7	185
38 Citrus fruit	250	35	65	60	44	11	170	89	33	62	63	44	10	169
39 Tinned fruit	111	15	15	13	11	1	39	30	11	11	11	7	1	41
40 Nuts & seeds, herbs & spices	141	20	6	7	4	0	19	58	22	5	5	4	0	16
41 Fish & fish products	455	63	31	22	25	6	73	150	56	27	20	21	6	73
42 Fish dishes	63	9	38	27	36	3	91	22	8	37	34	24	1	135
43 Bacon & ham	553	77	20	16	15	3	51	179	67	16	11	13	3	40
44 Beef & veal	352	49	23	15	19	6	54	101	38	22	15	19	6	52
45 Lamb	165	23	20	11	17	8	42	33	12	18	8	13	8	32

**Table 2.6 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in consumers only

Food group	All women 18-64y (consumers)							18-35y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
46 Pork	248	35	25	15	24	9	50	87	32	27	17	24	9	60
47 Chicken, turkey & game (e.g. pheasant)	520	73	27	19	22	7	69	193	72	27	20	22	7	73
48 Offal & offal dishes	29	4	16	13	11	5	58	7	3	12	5	14	6	17
49 Beef & veal dishes	316	44	59	38	50	17	136	116	43	59	36	50	14	135
50 Lamb, pork & bacon dishes	97	14	47	36	40	13	113	32	12	53	38	43	17	146
51 Poultry & game dishes	249	35	58	42	50	13	146	103	38	57	45	50	12	145
52 Burgers (beef & pork)	159	22	20	15	15	5	45	80	30	22	16	19	6	51
53 Sausages	368	51	12	8	9	3	29	144	54	13	10	10	3	33
54 Meat pies & pastries	133	19	23	20	20	4	54	57	21	24	25	20	4	69
55 Meat products (e.g. processed meats)	488	68	22	18	17	3	59	187	70	27	20	24	4	66
56 Alcoholic beverages	435	61	244	293	137	11	870	188	70	319	339	198	21	1081
57 Sugars, syrups, preserves & sweeteners	559	78	17	18	12	1	51	195	72	14	15	10	2	40
58 Chocolate confectionery	475	66	16	16	11	3	49	195	72	19	19	13	2	58
59 Non-chocolate confectionery	196	27	7	8	5	0	23	84	31	7	9	5	0	20
60 Savoury snacks	366	51	11	11	8	2	30	195	72	13	12	9	2	32
61 Soups, sauces & miscellaneous foods	670	93	47	51	34	3	145	257	96	48	46	39	4	133
63 Teas	645	90	605	349	567	98	1204	231	86	460	310	433	42	1078
64 Coffees	432	60	282	306	198	25	837	156	58	269	299	180	22	780
65 Other beverages (e.g. water)	594	83	334	393	211	29	1128	229	85	360	437	217	24	1305
66 Carbonated beverages	366	51	127	154	73	16	438	180	67	172	171	120	17	529
67 Diet carbonated beverages	181	25	159	194	86	23	531	94	35	176	204	90	26	548
68 Squashes, cordials and fruit juice drinks	172	24	81	88	49	4	263	79	29	83	75	57	5	246

Food group 62 = Nutritional supplements

**Table 2.6 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in consumers only

Food group	36-50y							51-64y						
	<i>n</i>	%	Mean	SD	Median	Percentiles		<i>n</i>	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
1 Rice & pasta, flours, grains & starches	143	50	44	33	33	9	112	49	30	33	24	26	3	93
2 Savouries (e.g. pizzas)	179	63	35	35	26	4	106	63	39	28	26	21	3	87
3 White breads & rolls	271	95	65	37	61	12	134	139	86	58	43	50	7	152
4 Wholemeal & brown breads & rolls	229	80	49	40	36	7	133	130	80	69	48	64	9	161
5 Other breads (e.g. scones, croissants)	172	60	28	23	21	6	72	88	54	28	22	22	5	83
6 "Ready to eat" breakfast cereals	204	71	26	21	23	4	66	99	61	30	25	24	4	91
7 Other breakfast cereals (e.g. porridge)	41	14	81	57	63	8	194	49	30	106	74	95	21	280
8 Biscuits	249	87	17	14	13	2	43	142	88	17	15	13	2	48
9 Cakes, pastries and buns	187	65	27	21	22	4	65	109	67	28	24	21	4	84
10 Wholemilk	203	71	159	151	127	5	468	111	69	167	160	126	8	491
11 Low fat, skimmed and fortified milks	153	53	196	132	169	20	427	85	52	198	139	180	29	455
12 Other milks (e.g. processed milks)	12	4	81	64	68	4	229	11	7	135	161	132	3	568
13 Creams	79	28	6	5	4	1	17	42	26	5	4	4	1	15
14 Cheeses	223	78	14	12	10	2	38	111	69	13	11	11	2	38
15 Yoghurts	110	38	47	33	36	17	110	79	49	50	39	40	9	107
16 Icecreams	111	39	18	13	15	5	49	60	37	19	12	17	6	50
17 Puddings & chilled desserts	162	57	28	26	20	7	77	85	52	32	24	24	6	81
18 Milk puddings (e.g. rice pudding)	63	22	32	24	23	5	80	32	20	36	29	29	7	111
19 Eggs & egg dishes	186	65	21	17	17	6	55	108	67	22	16	17	5	57
20 Butter	131	46	8	9	4	1	29	67	41	10	12	6	1	37
21 Low fat spreads	84	29	12	11	11	1	31	53	33	16	11	15	2	39
22 Other spreading fats	205	72	15	11	12	1	37	105	65	15	13	13	1	44
23 Oils	33	12	2	1	2	1	4	24	15	2	1	2	0	4
24 Hard cooking fats	2	1	2	2	2	1	3	3	2	1	0	1	1	2
25 Potatoes (e.g. boiled, mashed, baked)	272	95	109	83	92	20	266	158	98	149	126	120	31	353
26 Processed & homemade potato products	78	27	24	22	17	6	61	31	19	23	25	16	5	95
27 Chipped, fried & roasted potatoes	240	84	51	37	43	9	125	100	62	38	30	29	6	104
28 Vegetable & pulse dishes	181	63	33	46	18	4	100	75	46	29	37	14	4	93
29 Peas, beans & lentils	202	71	22	19	16	4	61	122	75	21	16	18	4	54
30 Green vegetables	201	70	21	16	16	4	56	120	74	24	17	21	4	57
31 Carrots	206	72	20	16	14	5	49	118	73	24	19	18	6	66
32 Salad vegetables (e.g. lettuce)	239	84	34	29	24	6	103	131	81	36	28	28	5	101
33 Other vegetables (e.g. onions)	258	90	29	24	24	4	69	148	91	30	25	26	5	80
34 Tinned or jarred vegetables	78	27	10	8	9	2	31	38	23	9	7	6	2	23
35 Fruit juices	118	41	80	71	62	3	236	72	44	75	51	66	14	173
36 Bananas	171	60	50	36	39	11	133	94	58	55	35	45	12	130
37 Other fruits (e.g. apples, pears)	201	70	73	81	51	4	205	119	73	89	83	65	4	275
38 Citrus fruit	97	34	64	50	44	12	177	64	40	69	68	44	11	222
39 Tinned fruit	54	19	16	12	12	2	39	27	17	18	17	16	2	65
40 Nuts & seeds, herbs & spices	61	21	6	8	4	0	28	22	14	5	6	3	0	19
41 Fish & fish products	189	66	32	22	24	7	73	116	72	35	23	29	6	86
42 Fish dishes	29	10	40	24	41	5	96	12	7	36	21	36	3	69
43 Bacon & ham	239	84	21	17	16	3	55	135	83	22	18	17	3	61
44 Beef & veal	144	50	22	15	19	6	51	107	66	24	16	20	5	61
45 Lamb	75	26	21	13	19	6	48	57	35	20	10	17	11	39

**Table 2.6 (continued)** Mean, SD, median and percentile values of food group intakes (g/d) for all women and by age group in consumers only

Food group	36-50y							51-64y						
	n	%	Mean	SD	Median	Percentiles		n	%	Mean	SD	Median	Percentiles	
						5th	95th						5th	95th
46 Pork	100	35	24	13	23	11	49	61	38	24	17	21	5	50
47 Chicken, turkey & game (e.g. pheasant)	210	73	28	21	22	7	71	117	72	25	16	23	6	58
48 Offal & offal dishes	13	5	15	4	15	10	22	9	6	20	23	8	5	74
49 Beef & veal dishes	132	46	60	39	50	16	138	68	42	59	39	49	17	137
50 Lamb, pork & bacon dishes	40	14	37	21	37	8	84	25	15	54	49	43	13	211
51 Poultry & game dishes	104	36	64	43	50	17	158	42	26	49	26	44	9	105
52 Burgers (beef & pork)	64	22	17	15	12	5	36	15	9	17	11	15	6	46
53 Sausages	156	55	12	8	10	3	28	68	42	10	7	8	3	23
54 Meat pies & pastries	56	20	22	16	20	3	53	20	12	26	16	22	7	73
55 Meat products (e.g. processed meats)	208	73	20	17	15	3	48	93	57	18	15	14	4	54
56 Alcoholic beverages	183	64	204	234	122	10	717	64	40	139	241	47	5	564
57 Sugars, syrups, preserves & sweeteners	226	79	16	16	11	1	49	138	85	24	23	21	2	56
58 Chocolate confectionery	201	70	15	14	11	3	44	79	49	12	10	8	2	38
59 Non-chocolate confectionery	82	29	7	8	5	0	24	30	19	6	8	5	0	26
60 Savoury snacks	139	49	10	10	7	2	29	32	20	7	7	4	2	25
61 Soups, sauces & miscellaneous foods	267	93	48	50	34	2	145	146	90	46	62	23	2	172
63 Teas	259	91	664	357	624	139	1276	155	96	723	318	700	288	1279
64 Coffees	190	66	335	349	240	24	983	86	53	190	159	137	28	581
65 Other beverages (e.g. water)	238	83	312	347	200	29	955	127	78	327	391	207	28	1078
66 Carbonated beverages	128	45	97	143	62	13	249	58	36	53	37	43	16	130
67 Diet carbonated beverages	67	23	155	203	90	22	604	20	12	93	73	57	13	269
68 Squashes, cordials and fruit juice drinks	68	24	74	91	40	4	297	25	15	90	117	45	2	450

Food group 62 = Nutritional supplements