Dutch National Food Consumption Survey Older adults 2010-2012|Part 1 Food groups, Version 1, based on dataset FCS_2012_elderly_20130716

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Remarks:
- Please note that some figures are calculated from a small sample size
- All consumed amounts are presented with one decimal by default, but this is not always correct

Table 1.1 Food consumption (main food groups) of the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	95.2	77.6	0.0	229.9	72.3	137.4	128.3	49.3	288.0
02. Vegetables	143.5	134.1	25.2	276.0	92.3	165.2	155.5	33.1	337.7
03. Legumes	3.4	0.0	0.0	28.6	3.7	99.7	79.5	3.4	242.7
04. Fruits, nuts and olives	163.1	153.3	0.0	380.2	84.9	197.5	174.4	30.2	430.0
05. Dairy products	348.1	334.7	61.6	749.3	98.7	355.5	328.8	39.8	761.3
06. Cereals and cereal products	159.4	150.2	73.5	289.8	99.6	159.6	140.0	60.4	315.6
07. Meat and meat products	88.5	82.5	11.6	178.8	89.2	99.3	93.0	15.3	208.0
08. Fish and shellfish	22.0	0.0	0.0	100.1	17.8	120.8	107.9	29.0	223.2
09. Eggs and egg products	11.6	0.0	0.0	49.4	26.0	42.9	49.4	4.7	98.3
10. Fat	28.8	26.3	7.9	58.7	99.2	29.3	25.7	5.9	63.0
11. Sugar and confectionery	38.7	27.8	0.0	105.5	87.0	45.4	33.2	5.8	123.3
12. Cakes	45.9	36.6	0.0	120.0	82.7	53.4	41.3	9.1	144.4
13. Non-alcoholic beverages	1,424.9	1,331.2	703.3	2,597.3	100.0	1,411.2	1,319.1	653.7	2,475.0
14. Alcoholic beverages	111.8	13.8	0.0	494.9	42.5	268.7	167.8	36.2	889.7
15. Condiments and sauces	25.1	16.0	0.0	72.4	64.8	37.1	25.0	2.4	108.4
16. Soups, bouillon	87.9	0.0	0.0	323.5	33.0	262.5	234.7	105.5	498.7
17. Miscellaneous	11.8	0.0	0.0	71.1	8.9	126.5	87.1	35.5	297.9

Table 1.2 Food consumption (main food groups) of the Dutch aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	116.1	100.9	0.0	305.7	71.6	164.7	139.7	59.7	331.7
02. Vegetables	147.7	135.8	22.0	287.9	92.8	169.3	159.7	38.2	344.1
03. Legumes	4.1	0.0	0.0	37.0	4.6	108.1	74.2	7.9	249.8
04. Fruits, nuts and olives	154.7	140.7	0.0	385.6	83.0	189.3	164.8	29.9	439.8
05. Dairy products	374.0	344.8	90.8	752.4	98.9	387.6	364.3	57.9	776.0
06. Cereals and cereal products	188.1	177.5	77.3	323.3	99.7	184.6	169.9	68.0	371.6
07. Meat and meat products	99.3	88.7	30.0	200.4	94.5	108.8	97.8	19.6	238.7
08. Fish and shellfish	22.0	0.0	0.0	97.8	16.3	118.9	97.5	35.7	227.7
09. Eggs and egg products	13.0	0.0	0.0	53.9	24.9	48.8	49.5	6.1	99.4
10. Fat	33.8	31.6	9.2	69.8	99.7	34.4	31.4	5.8	73.0
11. Sugar and confectionery	51.3	40.7	0.0	149.2	86.2	56.2	40.9	6.9	159.0
12. Cakes	46.0	37.0	0.0	120.5	78.4	57.7	45.0	8.6	150.9
13. Non-alcoholic beverages	1,295.3	1,234.1	632.7	2,137.2	100.0	1,297.3	1,214.5	603.9	2,292.7
14. Alcoholic beverages	189.3	96.0	0.0	804.0	55.8	344.7	247.7	55.3	990.1
15. Condiments and sauces	29.0	19.9	0.0	81.5	66.0	39.7	29.1	2.8	107.6
16. Soups, bouillon	94.0	0.0	0.0	370.3	32.8	281.3	242.6	120.3	527.1
17. Miscellaneous	12.8	0.0	0.0	71.4	8.9	112.9	80.9	44.1	240.5

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	81.5	69.6	0.0	173.8	72.8	116.8	104.4	36.4	221.0
02. Vegetables	140.7	128.4	26.3	272.6	92.0	162.1	152.6	28.2	318.3
03. Legumes	2.9	0.0	0.0	20.4	3.0	89.7	89.4	1.6	214.8
04. Fruits, nuts and olives	168.6	163.7	0.1	365.5	86.4	203.4	190.4	31.9	421.6
05. Dairy products	331.1	306.1	59.7	735.1	98.6	330.9	313.1	31.6	738.1
06. Cereals and cereal products	140.5	138.9	69.7	231.4	99.6	140.4	129.1	59.3	249.8
07. Meat and meat products	81.4	77.2	7.4	160.5	85.2	91.2	84.8	11.8	186.0
08. Fish and shellfish	22.0	0.0	0.0	100.4	18.9	122.1	114.0	20.8	207.5
09. Eggs and egg products	10.7	0.0	0.0	39.1	26.7	38.7	47.5	4.5	71.9
10. Fat	25.4	24.4	7.9	50.7	98.8	25.4	23.0	6.0	54.5
11. Sugar and confectionery	30.4	21.9	1.2	82.9	87.6	37.3	28.6	5.5	101.8
12. Cakes	45.8	34.8	0.0	119.9	86.0	50.4	39.9	8.0	144.2
13. Non-alcoholic beverages	1,509.9	1,367.7	767.6	2,581.5	100.0	1,498.1	1,372.7	715.1	2,612.3
14. Alcoholic beverages	60.9	0.0	0.0	267.5	32.3	168.5	126.8	27.7	376.3
15. Condiments and sauces	22.6	14.4	0.0	62.7	63.8	35.1	24.3	2.0	106.1
16. Soups, bouillon	84.0	0.0	0.0	318.7	33.2	248.4	231.7	105.3	486.7
17. Miscellaneous	11.1	0.0	0.0	65.4	8.9	137.0	101.0	31.7	321.4

Table 1.3.a Food consumption (main food groups) of the Dutch aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	96.4	85.2	0.0	226.9	71.1	140.0	133.4	49.0	290.3
02. Vegetables	155.9	152.4	36.5	283.9	93.2	173.6	165.9	39.6	346.0
03. Legumes	3.4	0.0	0.0	25.8	4.0	100.1	74.1	3.8	241.3
04. Fruits, nuts and olives	170.9	158.7	0.0	381.8	86.2	202.0	178.6	35.1	425.2
05. Dairy products	371.4	345.6	69.5	768.9	98.3	365.1	336.9	40.1	785.4
06. Cereals and cereal products	164.4	150.2	73.6	296.8	99.6	164.3	146.0	59.9	326.0
07. Meat and meat products	90.7	83.7	11.6	183.6	91.3	101.1	93.2	14.4	215.5
08. Fish and shellfish	24.6	0.0	0.0	100.9	17.7	126.7	117.3	35.4	227.4
09. Eggs and egg products	13.2	0.0	0.0	49.7	27.7	43.6	49.4	4.4	98.4
10. Fat	29.9	26.5	7.2	60.3	98.9	29.6	26.2	5.9	62.7
11. Sugar and confectionery	40.1	28.6	0.0	120.1	84.7	47.8	34.0	5.6	132.3
12. Cakes	44.5	33.9	0.0	120.5	79.6	53.8	41.3	8.7	144.2
13. Non-alcoholic beverages	1,411.4	1,341.2	711.9	2,326.6	100.0	1,427.1	1,344.3	660.4	2,448.3
14. Alcoholic beverages	140.7	43.7	0.0	648.2	46.7	298.7	185.6	50.8	907.7
15. Condiments and sauces	22.7	13.1	0.0	71.1	63.0	36.0	24.3	2.6	105.1
16. Soups, bouillon	92.4	0.0	0.0	328.1	33.3	272.3	252.4	105.6	497.9
17. Miscellaneous	13.2	0.0	0.0	75.1	10.3	132.0	99.9	31.8	298.0

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	92.9	70.9	0.0	257.0	74.8	132.4	120.0	52.3	271.4
02. Vegetables	120.2	110.4	11.1	273.3	90.4	148.0	141.3	23.7	301.5
03. Legumes	3.3	0.0	0.0	36.4	3.1	98.6	93.9	4.6	219.5
04. Fruits, nuts and olives	148.4	141.8	0.0	349.5	82.5	187.9	163.0	24.1	458.0
05. Dairy products	304.3	290.0	43.3	674.0	99.6	336.6	315.7	31.7	743.0
06. Cereals and cereal products	149.9	149.8	67.8	260.0	99.6	150.2	138.9	64.5	282.4
07. Meat and meat products	84.3	78.9	10.6	155.9	85.1	95.4	90.7	18.3	199.7
08. Fish and shellfish	17.0	0.0	0.0	92.5	17.9	109.2	88.5	13.8	200.5
09. Eggs and egg products	8.6	0.0	0.0	36.7	22.5	41.0	45.7	4.6	86.3
10. Fat	26.7	26.0	8.5	48.5	99.8	28.7	24.2	5.9	62.9
11. Sugar and confectionery	36.0	26.8	3.7	88.7	91.6	41.0	31.5	7.1	114.1
12. Cakes	48.5	39.1	1.2	112.2	88.9	52.7	41.2	7.7	144.1
13. Non-alcoholic beverages	1,450.3	1,307.9	675.9	2,582.9	100.0	1,379.3	1,247.2	649.9	2,795.6
14. Alcoholic beverages	57.4	0.0	0.0	279.5	34.1	186.7	124.0	27.4	612.9
15. Condiments and sauces	29.6	23.3	0.0	73.0	68.2	39.3	25.0	2.1	107.9
16. Soups, bouillon	79.7	0.0	0.0	287.6	32.5	242.6	203.4	94.9	517.1
17. Miscellaneous	9.1	0.0	0.0	62.9	6.1	108.4	71.9	44.1	224.8

Table 1.3.b Food consumption (main food groups) of the Dutch aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	112.7	94.7	0.0	310.4	71.2	165.1	139.7	62.2	337.0
02. Vegetables	151.9	146.0	16.9	283.6	92.9	173.9	164.7	39.9	355.5
03. Legumes	4.6	0.0	0.0	37.0	5.6	99.5	74.1	6.1	247.6
04. Fruits, nuts and olives	152.8	140.7	0.0	330.8	84.0	189.4	165.8	32.6	424.2
05. Dairy products	373.2	353.7	77.6	735.3	98.7	387.9	381.0	52.4	794.5
06. Cereals and cereal products	191.7	180.4	76.8	338.5	99.8	187.8	174.1	60.7	372.2
07. Meat and meat products	103.7	94.2	35.8	214.4	95.6	112.4	99.6	18.4	246.9
08. Fish and shellfish	24.1	0.0	0.0	98.3	16.2	124.0	111.6	34.9	251.2
09. Eggs and egg products	14.7	0.0	0.0	54.5	27.4	48.7	49.5	6.4	99.3
10. Fat	34.0	31.4	10.1	65.8	99.7	33.9	31.0	5.8	68.3
11. Sugar and confectionery	52.0	40.7	0.0	151.3	84.5	57.6	42.2	6.9	169.4
12. Cakes	44.0	34.0	0.0	118.0	75.7	58.0	43.1	9.1	154.9
13. Non-alcoholic beverages	1,316.5	1,231.0	639.2	2,152.5	100.0	1,329.1	1,255.0	604.3	2,335.4
14. Alcoholic beverages	217.8	132.4	0.0	828.3	58.4	376.9	274.7	62.7	1,085.7
15. Condiments and sauces	28.4	19.7	0.0	80.8	65.0	38.8	27.7	3.1	107.9
16. Soups, bouillon	102.8	0.0	0.0	370.8	33.4	288.6	247.5	149.7	513.3
17. Miscellaneous	12.7	0.0	0.0	75.5	8.5	122.7	99.8	39.3	247.9

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	83.6	72.2	0.0	161.7	71.0	118.3	110.8	35.9	226.1
02. Vegetables	159.1	155.4	54.9	283.3	93.5	173.3	169.7	38.2	331.9
03. Legumes	2.5	0.0	0.0	0.0	2.7	101.2	98.2	1.0	224.6
04. Fruits, nuts and olives	185.1	178.2	4.0	382.1	88.0	212.4	199.5	48.8	426.2
05. Dairy products	370.0	340.2	61.7	802.6	97.9	345.4	314.0	33.4	785.3
06. Cereals and cereal products	142.9	136.7	73.1	265.2	99.5	143.9	131.5	57.8	252.1
07. Meat and meat products	80.5	77.5	7.1	172.5	87.6	90.4	84.4	10.3	177.2
08. Fish and shellfish	25.1	0.0	0.0	102.6	19.0	128.8	126.9	30.8	218.8
09. Eggs and egg products	12.0	2.3	0.0	44.1	28.0	39.4	45.0	3.8	73.5
10. Fat	26.6	25.0	6.2	52.2	98.2	25.9	23.8	5.9	54.7
11. Sugar and confectionery	30.7	21.6	0.0	79.0	84.9	39.5	29.7	4.7	106.2
12. Cakes	44.9	33.9	0.0	120.8	83.0	50.5	41.1	8.2	137.1
13. Non-alcoholic beverages	1,486.2	1,381.6	853.3	2,365.8	100.0	1,511.5	1,426.7	732.9	2,504.8
14. Alcoholic beverages	80.0	0.0	0.0	389.6	36.7	191.4	141.1	41.1	476.9
15. Condiments and sauces	18.2	10.0	0.0	62.3	61.3	33.3	24.3	2.2	99.3
16. Soups, bouillon	84.1	0.0	0.0	320.1	33.2	258.2	257.5	65.3	465.9
17. Miscellaneous	13.7	0.0	0.0	73.9	11.8	137.7	103.1	20.4	304.5

Group=Female older adults - 70-79 years (n=244)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	125.0	115.1	0.0	301.3	72.8	163.7	139.7	44.6	310.3
02. Vegetables	136.6	117.4	32.7	291.0	92.4	158.0	149.0	23.8	334.2
03. Legumes	2.8	0.0	0.0	0.0	2.3	158.7	117.5	12.2	274.0
04. Fruits, nuts and olives	159.7	130.7	0.0	465.0	80.3	189.0	152.0	22.3	489.6
05. Dairy products	376.0	329.8	123.8	755.1	99.5	387.0	333.6	65.6	761.6
06. Cereals and cereal products	178.6	162.0	83.4	314.8	99.5	176.8	164.2	73.8	349.0
07. Meat and meat products	87.7	80.6	2.5	182.2	91.7	99.6	94.8	19.7	209.6
08. Fish and shellfish	16.3	0.0	0.0	87.9	16.7	106.6	79.5	41.0	199.9
09. Eggs and egg products	8.6	0.0	0.0	48.5	19.0	48.8	46.5	3.8	100.0
10. Fat	33.5	32.3	4.0	80.6	99.7	35.5	32.2	5.7	80.2
11. Sugar and confectionery	49.3	45.1	3.1	97.5	90.4	53.1	39.6	5.7	142.1
12. Cakes	51.1	45.8	0.0	123.6	85.1	57.1	49.0	6.6	135.9
13. Non-alcoholic beverages	1,239.3	1,252.3	628.9	1,852.0	100.0	1,218.5	1,087.0	582.3	2,116.2
14. Alcoholic beverages	113.6	14.9	0.0	445.0	49.5	250.6	154.5	53.3	658.4
15. Condiments and sauces	30.6	19.7	0.0	82.6	68.3	41.8	34.4	2.4	105.7
16. Soups, bouillon	70.8	0.0	0.0	264.5	31.3	262.2	206.0	91.0	740.1
17. Miscellaneous	13.3	0.0	0.0	70.3	10.0	92.4	71.3	40.2	173.5

Group=Female older adults - 80 years and older (n=122)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	78.4	67.7	0.0	184.3	75.9	114.5	100.1	52.1	199.8
02. Vegetables	112.8	92.3	9.4	234.8	89.3	141.9	140.1	19.2	295.7
03. Legumes	3.6	0.0	0.0	44.3	3.5	74.8	80.9	4.6	152.3
04. Fruits, nuts and olives	143.3	142.4	0.0	325.3	83.8	187.3	163.8	23.2	400.1
05. Dairy products	271.8	277.4	26.0	581.9	99.7	306.7	295.0	28.6	673.2
06. Cereals and cereal products	136.9	142.5	64.3	206.4	99.7	134.4	120.0	58.6	240.1
07. Meat and meat products	82.7	73.0	11.2	153.5	81.2	92.5	85.6	15.5	195.6
08. Fish and shellfish	17.3	0.0	0.0	94.1	18.7	110.6	93.4	10.0	197.4
09. Eggs and egg products	8.6	0.0	0.0	30.5	24.6	37.4	45.3	4.8	56.8
10. Fat	23.6	23.9	8.6	36.4	99.8	24.6	21.2	6.0	48.4
11. Sugar and confectionery	30.0	22.0	3.6	82.9	92.3	33.9	24.6	7.1	95.3
12. Cakes	47.3	35.7	5.8	104.3	91.2	50.2	39.4	7.9	145.0
13. Non-alcoholic beverages	1,545.9	1,339.6	687.5	2,600.5	100.0	1,475.1	1,338.0	654.8	2,849.2
14. Alcoholic beverages	32.0	0.0	0.0	174.8	24.9	111.1	83.0	26.7	273.7
15. Condiments and sauces	29.1	24.1	0.0	64.6	68.2	37.8	24.3	1.9	106.8
16. Soups, bouillon	83.7	0.0	0.0	287.7	33.2	231.5	190.6	123.7	476.1
17. Miscellaneous	7.2	0.0	0.0	28.4	3.8	133.5	81.7	53.2	333.5

Table 1.4.a Food consumption (main food groups) of the Dutch aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	101.7	85.4	0.0	229.7	80.2	133.6	117.7	49.1	299.3
02. Vegetables	133.1	122.0	21.2	260.0	92.1	153.8	144.1	32.7	303.7
03. Legumes	2.3	0.0	0.0	1.4	3.5	88.6	74.1	4.6	198.5
04. Fruits, nuts and olives	169.7	154.0	0.0	357.1	83.7	198.7	174.6	29.9	423.4
05. Dairy products	369.2	332.1	67.3	808.7	98.9	353.3	317.6	41.1	764.6
06. Cereals and cereal products	157.5	150.2	73.4	281.4	100.0	153.9	139.4	58.6	294.6
07. Meat and meat products	87.4	84.9	11.6	171.6	92.6	100.4	95.8	15.4	206.8
08. Fish and shellfish	19.6	0.0	0.0	99.2	13.5	132.8	133.5	49.4	220.2
09. Eggs and egg products	12.7	2.8	0.0	45.2	27.6	42.0	49.4	4.7	88.6
10. Fat	30.5	28.5	8.0	60.6	99.7	30.5	26.2	7.7	68.3
11. Sugar and confectionery	37.5	24.8	0.0	105.5	87.6	43.8	29.9	5.3	129.3
12. Cakes	48.6	38.8	0.0	129.0	85.7	52.4	39.5	9.1	144.9
13. Non-alcoholic beverages	1,402.7	1,341.1	636.3	2,328.2	100.0	1,380.1	1,285.1	601.2	2,411.6
14. Alcoholic beverages	83.9	0.0	0.0	453.3	27.1	292.6	183.3	38.7	907.1
15. Condiments and sauces	26.4	15.0	0.0	88.8	66.5	38.1	25.0	2.1	119.0
16. Soups, bouillon	119.1	92.2	0.0	399.8	43.8	263.1	230.5	107.0	502.7
17. Miscellaneous	9.7	0.0	0.0	62.3	6.4	115.1	95.1	34.3	239.2

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	99.5	77.8	0.0	244.5	72.6	139.1	137.7	48.8	279.9
02. Vegetables	146.0	135.7	24.1	303.1	91.5	173.5	162.0	27.4	345.4
03. Legumes	4.8	0.0	0.0	44.8	3.3	111.0	88.7	32.4	247.0
04. Fruits, nuts and olives	155.6	153.7	1.0	382.9	85.8	193.9	173.9	27.4	426.8
05. Dairy products	311.3	298.2	42.1	652.0	98.2	342.3	330.0	36.9	719.9
06. Cereals and cereal products	152.5	139.9	69.7	293.5	99.7	154.5	139.9	54.7	296.0
07. Meat and meat products	95.8	85.5	17.0	193.3	86.7	101.6	93.0	17.4	250.7
08. Fish and shellfish	21.3	0.0	0.0	100.1	20.2	112.0	98.3	14.2	201.6
09. Eggs and egg products	11.7	0.0	0.0	48.7	29.7	42.6	49.3	4.0	95.3
10. Fat	28.8	26.6	8.8	57.2	99.0	28.6	25.3	5.7	58.9
11. Sugar and confectionery	37.9	27.9	1.6	104.9	89.8	44.9	34.6	6.0	122.1
12. Cakes	44.8	32.8	0.0	110.4	82.0	54.6	44.2	7.9	144.5
13. Non-alcoholic beverages	1,536.9	1,383.9	760.0	2,568.0	100.0	1,489.0	1,376.6	738.2	2,574.2
14. Alcoholic beverages	113.1	13.7	0.0	575.9	49.0	246.6	149.8	26.8	782.4
15. Condiments and sauces	24.4	16.3	0.0	59.2	63.5	36.6	25.0	2.8	108.1
16. Soups, bouillon	69.3	0.0	0.0	299.8	25.2	264.4	245.9	83.1	490.9
17. Miscellaneous	11.9	0.0	0.0	70.4	8.8	147.9	100.0	31.8	380.8

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	81.4	70.0	0.0	226.1	62.5	142.3	131.0	50.9	255.8
02. Vegetables	158.7	147.9	39.2	273.5	92.9	169.0	160.8	39.8	335.6
03. Legumes	3.7	0.0	0.0	27.6	4.3	111.5	110.1	27.3	213.5
04. Fruits, nuts and olives	172.7	158.0	0.0	377.2	85.4	208.1	179.9	32.4	468.3
05. Dairy products	360.2	346.7	71.9	733.2	99.2	362.5	332.2	33.5	776.1
06. Cereals and cereal products	158.5	145.9	71.2	267.9	98.8	161.4	142.6	68.4	298.3
07. Meat and meat products	79.4	71.5	6.3	177.1	87.1	95.9	85.8	14.4	190.4
08. Fish and shellfish	27.2	0.0	0.0	112.6	20.2	132.6	122.7	28.0	261.1
09. Eggs and egg products	10.1	0.0	0.0	55.0	18.8	44.4	45.6	6.3	93.0
10. Fat	25.1	22.6	4.7	53.5	98.2	28.3	24.2	4.9	60.5
11. Sugar and confectionery	31.9	28.5	0.0	81.4	82.1	43.0	33.2	6.0	109.9
12. Cakes	47.4	40.6	0.0	121.4	82.5	53.9	41.0	9.0	140.5
13. Non-alcoholic beverages	1,333.3	1,285.1	652.9	2,086.5	100.0	1,384.9	1,313.6	640.7	2,367.2
14. Alcoholic beverages	133.8	60.0	0.0	493.6	52.7	268.0	188.7	34.1	627.8
15. Condiments and sauces	21.6	13.9	0.0	74.2	61.1	34.9	23.3	3.4	107.0
16. Soups, bouillon	58.6	0.0	0.0	227.1	26.7	238.9	225.1	7.0	390.6
17. Miscellaneous	18.9	0.0	0.0	109.9	13.8	116.1	76.0	43.1	248.4

Table 1.4.b Food consumption (main food groups) of the Dutch aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	136.0	117.5	0.0	330.6	78.3	169.8	139.2	51.7	381.4
02. Vegetables	130.3	118.4	9.2	260.3	88.8	153.4	156.1	32.8	282.9
03. Legumes	5.9	0.0	0.0	35.4	6.9	102.1	68.3	14.0	199.3
04. Fruits, nuts and olives	137.6	124.0	0.0	319.1	80.3	177.9	149.3	25.3	424.2
05. Dairy products	360.9	324.7	41.2	753.4	98.3	378.9	313.0	38.7	839.3
06. Cereals and cereal products	189.3	176.6	79.7	371.4	100.0	186.7	173.6	68.5	362.5
07. Meat and meat products	108.9	95.9	40.2	211.7	96.6	114.8	97.0	17.1	252.0
08. Fish and shellfish	21.5	0.0	0.0	102.9	15.0	133.4	132.6	39.4	223.7
09. Eggs and egg products	12.7	0.0	0.0	51.4	23.5	53.9	49.7	3.0	105.4
10. Fat	38.1	37.4	14.1	79.9	99.7	37.6	33.2	7.3	82.2
11. Sugar and confectionery	54.2	44.4	0.0	122.0	86.7	56.7	35.9	5.5	151.9
12. Cakes	47.6	37.6	0.0	119.5	79.3	54.5	39.8	7.6	135.9
13. Non-alcoholic beverages	1,334.1	1,383.9	604.7	2,113.6	100.0	1,271.5	1,247.4	541.7	2,103.6
14. Alcoholic beverages	170.1	0.0	0.0	767.6	45.5	385.0	297.8	49.4	1,147.6
15. Condiments and sauces	36.5	27.8	0.0	97.7	67.7	43.8	34.7	2.3	117.5
16. Soups, bouillon	127.4	72.2	0.0	479.5	44.3	275.3	229.9	92.4	510.5
17. Miscellaneous	16.4	0.0	0.0	95.0	9.0	126.0	83.4	34.4	243.1

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	126.3	112.5	0.0	322.4	74.3	163.9	139.8	69.2	319.5
02. Vegetables	153.3	150.6	26.5	283.6	93.8	175.9	161.6	37.5	366.3
03. Legumes	4.2	0.0	0.0	38.4	4.3	115.1	81.0	31.8	248.4
04. Fruits, nuts and olives	179.2	154.6	8.7	403.2	86.3	202.5	174.5	45.5	460.1
05. Dairy products	399.1	412.6	114.9	757.4	99.1	404.2	390.7	62.9	807.6
06. Cereals and cereal products	180.5	163.7	70.3	319.3	99.7	178.5	165.0	54.2	339.6
07. Meat and meat products	103.5	94.0	24.9	214.4	93.9	110.8	98.0	23.8	251.4
08. Fish and shellfish	18.5	0.0	0.0	96.3	14.6	116.0	92.5	44.3	227.4
09. Eggs and egg products	13.9	0.0	0.0	49.2	31.7	48.0	45.4	9.0	98.1
10. Fat	35.7	32.7	3.8	76.6	99.9	34.7	31.7	5.5	68.6
11. Sugar and confectionery	48.9	41.0	0.0	115.3	88.7	56.2	39.9	8.6	166.4
12. Cakes	47.0	38.1	0.0	132.9	75.0	65.2	52.6	8.7	170.1
13. Non-alcoholic beverages	1,361.0	1,320.3	606.7	2,287.4	100.0	1,373.7	1,283.6	686.9	2,451.6
14. Alcoholic beverages	181.7	76.3	0.0	881.9	56.9	330.6	197.5	54.0	929.0
15. Condiments and sauces	22.9	13.3	0.0	67.0	61.3	35.5	23.9	2.6	102.6
16. Soups, bouillon	85.9	0.0	0.0	356.2	28.8	281.9	246.1	127.2	494.4
17. Miscellaneous	7.9	0.0	0.0	50.2	7.1	106.1	99.9	38.9	185.0

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	98.3	83.7	0.0	228.9	66.2	166.1	165.1	42.5	274.9
02. Vegetables	160.9	145.9	31.8	294.5	94.2	177.2	161.5	39.6	343.3
03. Legumes	3.1	0.0	0.0	19.5	2.8	99.0	64.7	53.7	218.0
04. Fruits, nuts and olives	149.2	121.6	0.0	362.1	79.7	190.8	164.9	19.8	454.0
05. Dairy products	343.9	314.9	104.2	665.4	99.5	365.6	327.3	67.1	717.9
06. Cereals and cereal products	179.1	172.0	84.7	297.8	99.2	175.7	160.2	63.5	341.0
07. Meat and meat products	93.8	83.5	33.8	177.5	95.6	105.6	99.7	18.4	194.9
08. Fish and shellfish	24.1	0.0	0.0	88.8	16.7	126.4	119.0	17.9	265.8
09. Eggs and egg products	15.3	0.0	0.0	60.5	20.9	45.0	46.1	6.0	93.3
10. Fat	27.8	25.3	4.0	57.9	99.6	31.5	30.0	4.7	67.1
11. Sugar and confectionery	35.5	33.0	0.0	87.3	82.1	47.0	38.8	5.8	106.8
12. Cakes	50.5	44.1	5.4	116.2	86.1	53.6	41.6	8.2	140.3
13. Non-alcoholic beverages	1,238.4	1,222.8	774.5	1,903.4	100.0	1,274.0	1,224.2	613.2	2,246.1
14. Alcoholic beverages	193.4	123.6	0.0	575.0	58.9	329.7	291.0	48.1	1,095.6
15. Condiments and sauces	25.9	16.1	0.0	81.7	68.0	38.8	23.4	4.3	114.2
16. Soups, bouillon	72.4	0.0	0.0	262.0	25.4	265.0	231.9	157.7	401.2
17. Miscellaneous	20.6	0.0	0.0	99.9	10.1	107.0	73.9	20.1	188.8

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	87.5	73.8	0.0	163.3	81.1	116.8	104.0	39.4	224.2
02. Vegetables	134.2	122.1	25.3	253.7	93.6	154.0	140.2	26.8	305.8
03. Legumes	0.8	0.0	0.0	0.0	1.9	65.1	45.3	4.6	153.3
04. Fruits, nuts and olives	183.1	177.7	0.0	386.5	85.3	208.1	187.5	32.5	415.4
05. Dairy products	372.6	332.2	83.1	856.4	99.2	341.1	320.9	40.8	761.2
06. Cereals and cereal products	144.2	143.7	71.7	239.1	100.0	138.2	130.3	51.5	243.8
07. Meat and meat products	78.5	77.8	10.8	140.9	90.7	93.1	94.0	14.5	148.8
08. Fish and shellfish	18.8	0.0	0.0	92.4	12.8	132.5	132.1	63.2	207.0
09. Eggs and egg products	12.7	4.6	0.0	41.3	29.5	37.5	45.0	4.7	57.4
10. Fat	27.4	25.3	7.9	52.4	99.7	27.1	23.7	8.3	57.2
11. Sugar and confectionery	30.5	21.6	0.0	85.5	88.0	37.6	28.4	4.9	103.0
12. Cakes	49.0	39.2	1.8	126.0	88.8	51.5	39.3	8.0	145.1
13. Non-alcoholic beverages	1,431.3	1,338.0	650.4	2,608.9	100.0	1,432.3	1,336.0	652.8	2,554.3
14. Alcoholic beverages	48.0	0.0	0.0	236.1	18.4	182.8	130.2	35.7	444.6
15. Condiments and sauces	22.2	12.3	0.0	75.9	66.0	35.3	24.3	1.9	112.7
16. Soups, bouillon	115.7	105.5	0.0	355.3	43.5	257.1	230.1	113.2	499.9
17. Miscellaneous	6.9	0.0	0.0	50.3	5.1	105.9	98.0	6.0	143.9

Group=Female older adults - Moderate Education (n=121)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	82.6	68.6	0.0	184.4	71.2	118.6	112.0	33.6	212.9
02. Vegetables	141.4	125.3	10.2	317.0	89.8	171.4	168.1	20.8	327.5
03. Legumes	5.1	0.0	0.0	46.1	2.5	105.4	91.1	23.3	220.4
04. Fruits, nuts and olives	140.7	141.6	0.7	351.6	85.3	187.1	165.5	23.3	414.3
05. Dairy products	256.0	220.1	27.7	602.5	97.5	292.7	286.8	29.1	646.5
06. Cereals and cereal products	134.9	134.7	68.4	193.1	99.7	135.7	123.9	56.3	219.9
07. Meat and meat products	90.9	77.3	4.4	177.2	81.1	93.2	78.5	10.5	201.8
08. Fish and shellfish	23.2	0.0	0.0	100.6	24.6	110.1	96.6	10.3	200.7
09. Eggs and egg products	10.2	0.0	0.0	38.7	28.2	37.8	49.3	2.2	57.0
10. Fat	24.4	25.3	9.0	42.1	98.4	23.7	22.0	5.7	49.2
11. Sugar and confectionery	31.0	26.0	3.6	82.6	90.6	36.1	29.1	5.5	87.8
12. Cakes	43.3	32.5	5.5	100.6	87.6	47.5	40.2	7.7	117.1
13. Non-alcoholic beverages	1,647.9	1,493.7	873.4	2,578.0	100.0	1,580.0	1,437.4	783.7	2,773.5
14. Alcoholic beverages	69.8	9.4	0.0	267.6	42.8	158.4	125.6	15.2	376.5
15. Condiments and sauces	25.3	18.4	0.0	54.5	65.2	37.4	25.0	2.9	104.2
16. Soups, bouillon	58.9	0.0	0.0	242.5	22.3	246.5	235.5	63.6	380.4
17. Miscellaneous	14.5	0.0	0.0	75.9	10.2	170.8	133.1	2.0	397.9

Group=Female older adults - High Education (n=70)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	65.8	52.3	0.0	152.8	58.4	112.2	104.0	50.0	199.6
02. Vegetables	156.7	153.0	63.5	260.1	91.4	159.5	160.6	39.0	295.7
03. Legumes	4.3	0.0	0.0	46.9	6.0	118.1	110.6	27.3	199.2
04. Fruits, nuts and olives	194.4	171.9	26.1	374.9	91.7	225.0	199.3	42.9	473.3
05. Dairy products	375.2	353.4	62.8	734.4	98.9	359.0	335.9	23.1	811.6
06. Cereals and cereal products	139.6	135.8	55.9	265.1	98.3	145.3	129.9	68.8	252.0
07. Meat and meat products	66.2	56.5	0.0	143.4	77.6	82.4	73.4	10.4	175.5
08. Fish and shellfish	30.1	0.0	0.0	115.4	24.1	137.4	133.3	36.4	243.8
09. Eggs and egg products	5.3	0.0	0.0	24.5	16.5	43.5	45.1	7.1	87.8
10. Fat	22.6	20.5	4.1	53.0	96.7	24.7	22.1	6.2	53.0
11. Sugar and confectionery	28.7	18.5	0.0	76.2	82.2	38.5	26.7	6.6	108.1
12. Cakes	44.7	38.9	0.0	122.3	78.4	54.3	39.8	14.2	138.8
13. Non-alcoholic beverages	1,420.6	1,476.5	507.0	2,241.3	100.0	1,509.0	1,382.4	792.9	2,554.8
14. Alcoholic beverages	79.0	40.3	0.0	283.1	45.8	179.0	157.4	24.3	357.2
15. Condiments and sauces	17.6	11.2	0.0	58.1	53.4	29.3	22.8	1.9	94.7
16. Soups, bouillon	45.9	0.0	0.0	189.8	28.1	212.5	218.5	4.0	375.0
17. Miscellaneous	17.2	0.0	0.0	89.9	17.9	121.8	74.5	52.0	248.7

Table 1.5.a Food consumption (main food groups) of the Dutch aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	86.0	67.8	0.0	267.4	67.2	131.4	118.2	37.3	275.8
02. Vegetables	137.1	121.9	35.7	272.4	92.0	162.5	152.7	39.7	303.6
03. Legumes	2.5	0.0	0.0	24.7	3.8	82.6	72.2	1.0	196.4
04. Fruits, nuts and olives	143.5	139.4	0.0	299.4	85.8	185.9	163.9	32.3	419.8
05. Dairy products	366.5	329.6	71.3	844.1	99.2	373.0	330.7	51.5	846.8
06. Cereals and cereal products	163.2	153.9	75.4	275.1	99.7	160.9	139.3	66.5	346.2
07. Meat and meat products	90.7	84.6	2.0	155.9	85.1	96.0	88.0	18.8	194.6
08. Fish and shellfish	16.7	0.0	0.0	83.4	19.4	109.4	91.9	13.0	209.6
09. Eggs and egg products	8.7	0.0	0.0	47.2	19.8	44.3	49.3	8.1	96.8
10. Fat	30.2	27.5	6.1	50.2	98.0	29.1	26.1	6.3	58.7
11. Sugar and confectionery	49.5	37.8	4.9	115.8	91.0	54.8	43.6	9.4	133.0
12. Cakes	40.7	32.2	0.0	104.3	80.7	51.7	40.0	7.5	142.8
13. Non-alcoholic beverages	1,471.2	1,291.2	724.9	2,600.1	100.0	1,434.7	1,285.5	693.9	2,453.3
14. Alcoholic beverages	104.0	11.5	0.0	434.4	46.6	242.7	155.7	22.7	787.6
15. Condiments and sauces	25.4	16.9	0.0	54.3	67.7	33.6	23.3	1.9	108.2
16. Soups, bouillon	76.3	0.0	0.0	318.9	29.5	271.5	247.3	110.0	495.5
17. Miscellaneous	19.2	0.0	0.0	117.2	12.9	136.9	123.3	52.5	249.7

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	99.6	87.5	0.0	225.9	74.2	140.3	138.0	60.2	289.7
02. Vegetables	149.9	144.5	33.6	291.1	92.2	169.8	161.3	36.1	343.8
03. Legumes	3.2	0.0	0.0	16.3	3.3	115.6	96.5	30.1	244.8
04. Fruits, nuts and olives	174.4	157.4	0.0	387.5	85.4	202.6	179.6	28.3	458.1
05. Dairy products	343.9	344.8	67.0	660.3	98.5	350.3	330.0	41.0	739.9
06. Cereals and cereal products	157.9	144.7	73.6	289.6	99.7	160.1	145.0	64.5	310.5
07. Meat and meat products	87.9	81.1	14.5	179.4	91.3	100.8	94.7	14.9	214.4
08. Fish and shellfish	25.1	0.0	0.0	105.5	17.7	126.0	123.6	40.4	223.3
09. Eggs and egg products	13.4	2.3	0.0	49.0	28.2	42.7	49.4	4.3	94.4
10. Fat	28.1	25.1	7.9	59.9	99.6	29.6	25.8	5.9	63.0
11. Sugar and confectionery	33.9	26.1	0.0	97.5	85.1	41.7	29.9	5.3	116.5
12. Cakes	49.2	43.4	0.0	127.4	83.7	54.7	41.8	9.4	144.7
13. Non-alcoholic beverages	1,419.7	1,352.6	754.2	2,395.1	100.0	1,413.8	1,331.5	659.0	2,516.5
14. Alcoholic beverages	121.1	25.1	0.0	590.7	42.3	281.3	176.1	47.3	898.6
15. Condiments and sauces	25.6	15.2	0.0	80.4	64.0	38.8	27.4	2.5	107.9
16. Soups, bouillon	92.5	0.0	0.0	325.8	33.9	262.9	244.2	97.4	498.1
17. Miscellaneous	8.5	0.0	0.0	67.1	7.3	119.7	74.7	21.7	299.7

Table 1.5.b Food consumption (main food groups) of the Dutch aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
						Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	112.6	93.4	0.0	300.9	68.4	167.5	140.7	51.9	351.3
02. Vegetables	145.1	128.0	7.4	273.0	93.1	164.2	156.8	41.6	302.9
03. Legumes	5.0	0.0	0.0	36.7	6.9	86.3	72.6	6.1	210.8
04. Fruits, nuts and olives	136.6	138.3	0.0	297.2	84.9	176.2	150.2	33.2	419.9
05. Dairy products	370.1	333.5	125.2	745.1	99.6	379.6	393.9	57.9	806.5
06. Cereals and cereal products	189.9	182.3	87.6	299.3	100.0	184.6	153.5	59.7	379.4
07. Meat and meat products	91.3	83.5	18.8	164.5	92.0	101.4	91.3	20.1	183.9
08. Fish and shellfish	21.5	0.0	0.0	74.8	17.1	121.1	95.5	45.5	255.7
09. Eggs and egg products	10.3	0.0	0.0	49.8	22.6	43.5	42.8	8.7	98.8
10. Fat	33.8	32.7	7.9	50.3	99.6	33.9	31.4	6.4	62.5
11. Sugar and confectionery	73.8	73.7	0.0	151.0	92.2	76.2	66.2	14.8	172.3
12. Cakes	44.0	36.9	0.0	106.6	76.2	61.7	48.3	11.4	140.8
13. Non-alcoholic beverages	1,305.6	1,210.5	734.4	2,121.2	100.0	1,305.5	1,209.6	667.6	2,187.0
14. Alcoholic beverages	188.6	129.1	0.0	808.7	59.6	348.3	225.7	76.6	898.5
15. Condiments and sauces	29.3	24.9	0.0	74.2	67.8	38.7	28.1	3.8	101.6
16. Soups, bouillon	95.3	0.0	0.0	460.8	27.8	333.9	263.3	163.7	527.9
17. Miscellaneous	22.5	0.0	0.0	104.2	13.3	136.5	123.3	42.6	232.3

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
						Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	116.0	106.4	0.0	252.9	72.8	163.3	139.6	68.7	315.2
02. Vegetables	149.1	136.8	32.5	300.3	92.7	172.0	161.6	37.6	359.9
03. Legumes	3.8	0.0	0.0	26.3	3.9	121.6	87.1	36.3	248.8
04. Fruits, nuts and olives	161.5	149.4	0.0	388.8	82.4	193.8	169.6	23.0	449.4
05. Dairy products	372.6	371.7	51.9	749.2	98.6	387.9	359.2	56.1	774.4
06. Cereals and cereal products	184.4	170.4	76.9	340.8	99.6	184.3	171.7	68.7	350.7
07. Meat and meat products	103.1	93.5	36.5	195.0	96.1	111.3	99.7	19.4	240.3
08. Fish and shellfish	21.6	0.0	0.0	100.2	16.0	117.4	97.0	32.0	225.9
09. Eggs and egg products	14.5	0.0	0.0	53.4	26.0	49.8	49.6	5.8	98.5
10. Fat	32.9	31.3	8.2	70.2	99.7	34.4	31.5	5.5	73.5
11. Sugar and confectionery	40.6	31.9	0.0	102.7	83.7	48.1	34.1	5.7	134.8
12. Cakes	46.9	39.6	0.0	127.4	79.1	56.3	42.0	8.5	155.8
13. Non-alcoholic beverages	1,302.6	1,276.9	628.9	2,137.8	100.0	1,302.3	1,225.3	600.7	2,330.1
14. Alcoholic beverages	193.4	95.2	0.0	802.6	54.8	344.3	248.5	54.0	990.4
15. Condiments and sauces	29.6	18.8	0.0	81.7	65.8	40.0	29.6	2.5	109.6
16. Soups, bouillon	97.5	0.0	0.0	356.7	35.4	266.9	227.6	94.2	495.9
17. Miscellaneous	8.3	0.0	0.0	70.6	7.2	98.3	70.7	35.2	225.4

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	69.6	63.8	0.0	175.6	66.5	107.7	98.7	34.1	206.4
02. Vegetables	132.2	105.5	57.1	263.7	91.3	161.4	150.0	39.6	301.8
03. Legumes	1.0	0.0	0.0	0.0	1.8	73.4	30.0	1.0	168.3
04. Fruits, nuts and olives	147.7	164.4	3.6	298.1	86.4	192.1	178.2	32.0	417.1
05. Dairy products	364.3	290.9	66.0	969.4	98.9	368.7	307.5	46.9	853.6
06. Cereals and cereal products	146.7	151.9	70.2	227.6	99.6	145.8	124.0	67.9	285.2
07. Meat and meat products	90.3	86.6	0.2	154.7	80.7	92.0	81.7	12.9	195.7
08. Fish and shellfish	13.8	0.0	0.0	82.7	20.8	103.3	86.3	10.0	178.7
09. Eggs and egg products	7.7	0.0	0.0	25.0	18.0	44.9	49.4	5.6	89.9
10. Fat	28.0	27.4	6.0	47.7	97.0	26.1	23.4	6.0	54.2
11. Sugar and confectionery	34.5	24.4	5.1	85.6	90.3	40.8	34.3	7.2	103.0
12. Cakes	38.6	32.1	0.0	100.4	83.6	45.8	35.2	7.3	142.4
13. Non-alcoholic beverages	1,573.3	1,390.4	715.1	2,563.9	100.0	1,516.9	1,362.6	712.0	2,709.6
14. Alcoholic beverages	51.8	8.0	0.0	232.2	38.3	138.0	124.3	15.8	303.6
15. Condiments and sauces	23.1	14.1	0.0	54.3	67.7	30.4	23.3	1.8	107.2
16. Soups, bouillon	64.6	0.0	0.0	240.4	30.6	235.5	231.7	89.7	366.1
17. Miscellaneous	17.2	0.0	0.0	107.5	12.6	137.1	118.3	52.1	284.6

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	88.1	76.0	0.0	173.5	75.4	121.1	109.0	49.2	225.5
02. Vegetables	150.4	150.0	33.3	274.0	91.8	167.8	160.5	30.5	328.5
03. Legumes	2.7	0.0	0.0	0.0	2.7	108.2	106.1	27.3	224.0
04. Fruits, nuts and olives	183.6	167.0	0.5	381.9	88.0	209.7	192.2	28.4	458.0
05. Dairy products	323.7	325.5	67.1	622.4	98.3	317.8	314.6	35.5	628.0
06. Cereals and cereal products	139.3	136.0	69.8	240.9	99.7	139.2	130.0	58.3	239.4
07. Meat and meat products	77.2	71.0	10.9	161.9	87.3	90.8	84.8	11.5	171.9
08. Fish and shellfish	27.5	0.0	0.0	103.9	19.1	132.1	130.6	47.1	215.2
09. Eggs and egg products	12.7	3.8	0.0	44.2	30.1	37.5	45.0	4.1	64.4
10. Fat	24.7	22.1	7.9	51.7	99.5	25.5	23.2	6.1	54.5
11. Sugar and confectionery	29.3	21.5	0.0	77.4	86.3	36.4	25.5	4.8	101.7
12. Cakes	50.9	45.6	3.4	126.2	87.6	53.5	41.7	9.5	144.4
13. Non-alcoholic beverages	1,502.2	1,392.8	856.4	2,508.1	100.0	1,510.0	1,420.4	746.2	2,577.5
14. Alcoholic beverages	70.1	0.0	0.0	363.0	31.5	186.9	137.0	38.7	480.0
15. Condiments and sauces	22.7	14.5	0.0	69.6	62.5	37.7	25.4	2.2	102.4
16. Soups, bouillon	89.1	0.0	0.0	310.5	32.6	259.1	257.7	75.0	491.6
17. Miscellaneous	8.6	0.0	0.0	50.6	7.3	138.0	100.2	3.0	325.0

Table 2.1 Food consumption (food groups and subgroups) of the Dutch population aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
						Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	95.2	77.6	0.0	229.9	72.3	137.4	128.3	49.3	288.0
01-01. Potatoes	95.2	77.6	0.0	229.9	72.3	137.4	128.8	49.2	288.2
01-02. Other tubers	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
02. Vegetables	143.5	134.1	25.2	276.0	92.3	165.2	155.5	33.1	337.7
02-01. Leafy vegetables (except cabbages)	28.0	0.0	0.0	116.6	29.4	95.5	76.5	14.3	240.4
02-02. Fruiting vegetables	41.2	25.0	0.0	156.7	47.6	98.6	74.4	6.4	255.6
02-03. Root vegetables	16.3	0.0	0.0	93.9	16.6	98.8	95.6	2.2	227.7
02-04. Cabbages	30.5	0.0	0.0	118.8	24.8	130.0	135.3	4.0	244.3
02-05. Mushrooms	1.9	0.0	0.0	14.2	6.1	28.1	25.8	1.3	75.2
02-06. Grain and pod vegetables	3.6	0.0	0.0	18.3	4.6	89.6	68.9	0.9	234.7
02-07. Onion, garlic	9.3	0.0	0.0	44.9	29.6	35.6	23.7	2.1	113.5
02-08. Stalk vegetables, sprouts	3.4	0.0	0.0	11.8	5.7	63.4	16.3	0.6	266.5
02-09. Mixed salad, mixed vegetables	9.4	0.0	0.0	64.6	9.2	96.3	77.5	12.8	225.5
03. Legumes	3.4	0.0	0.0	28.6	3.7	99.7	79.5	3.4	242.7
03-01. Legumes	3.4	0.0	0.0	28.6	3.7	99.7	79.5	3.4	242.7
04. Fruits, nuts and olives	163.1	153.3	0.0	380.2	84.9	197.5	174.4	30.2	430.0
04-01. Fruits	156.1	148.1	0.0	375.9	81.6	196.1	171.6	34.4	421.7
04-02. Nuts and seeds (+nut spread)	5.6	0.0	0.0	25.5	20.6	28.1	19.9	5.2	66.1
04-03. Mixed fruits	1.1	0.0	0.0	0.0	2.2	66.3	46.2	16.2	189.5
04-04. Olives	0.3	0.0	0.0	0.0	1.7	15.1	7.4	1.6	51.9
05. Dairy products	348.1	334.7	61.6	749.3	98.7	355.5	328.8	39.8	761.3
05-00. Unclassified	0.1	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
05-01. Milk	162.1	124.5	0.0	499.8	60.7	262.1	220.6	35.9	568.2
05-02. Milk beverages	12.5	0.0	0.0	107.2	6.0	217.6	199.3	117.9	378.0
05-03. Yoghurt	72.4	38.9	0.0	253.7	41.8	184.2	155.0	51.9	382.5
05-04. Fromage blanc, petit suisse	10.6	0.0	0.0	74.3	9.6	126.4	122.9	19.9	235.6
05-05. Cheese (including fresh cheeses)	34.2	29.8	0.0	75.2	78.6	41.9	30.0	12.0	93.2
05-06. Cream desserts, puddings (milk based)	44.2	0.0	0.0	175.0	26.9	166.8	149.8	50.9	298.6
05-07. Dairy and non-dairy creams	1.3	0.0	0.0	8.0	9.8	14.8	10.6	3.0	37.4
05-07-01. Dairy creams	1.3	0.0	0.0	7.3	9.3	14.7	9.9	3.0	37.2
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.5	16.0	10.0	3.0	36.3
05-08. Milk for coffee and creamers	10.7	3.5	0.0	39.4	47.1	22.3	17.7	4.2	51.3
06. Cereals and cereal products	159.4	150.2	73.5	289.8	99.6	159.6	140.0	60.4	315.6
06-01. Flour, flakes, starches, semolina	1.0	0.0	0.0	3.3	7.7	13.1	5.4	0.8	64.2
06-02. Pasta, rice, other grain	22.6	0.0	0.0	112.8	17.4	121.8	107.4	28.3	258.5
06-03. Bread, crisp bread, rusks	126.3	119.6	52.8	224.6	98.8	128.8	120.0	47.2	232.0
06-03-01. Bread	119.2	111.2	50.4	212.2	97.3	123.7	109.7	44.3	227.2
06-03-02. Crispbread, rusks	7.0	1.4	0.0	29.9	40.5	17.0	12.9	3.6	41.9
06-04. Breakfast cereals	3.9	0.0	0.0	24.3	14.4	28.7	22.9	5.0	75.6
06-05. Salty biscuits, aperitif biscuits, crackers	2.8	0.0	0.0	15.0	14.4	20.0	15.9	3.4	59.4
06-06. Dough and pastry (puff, shortcrust, pizza)	2.7	0.0	0.0	0.0	2.4	106.8	91.6	25.4	193.7
07. Meat and meat products	88.5	82.5	11.6	178.8	89.2	99.3	93.0	15.3	208.0
07-01.Fresh meat	43.7	37.2	0.0	150.1	49.2	88.6	78.6	19.6	198.0
07-01-00. Unclassified	5.0	0.0	0.0	37.9	8.6	64.2	61.4	10.1	140.4
07-01-01. Beef	24.2	0.0	0.0	109.0	25.2	88.9	80.0	24.8	178.7

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-02. Veal	0.4	0.0	0.0	0.0	0.5	82.2	74.6	8.5	149.9
07-01-03. Pork	13.8	0.0	0.0	67.2	16.5	89.6	76.7	11.7	199.8
07-01-04. Mutton/Lamb	0.5	0.0	0.0	0.0	0.5	82.1	71.5	31.1	111.3
07-02. Poultry	11.2	0.0	0.0	58.7	12.9	84.6	75.9	15.4	145.5
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	10.6	0.0	0.0	58.2	12.0	85.1	79.0	15.0	151.5
07-02-02. Turkey, young turkey	0.2	0.0	0.0	0.0	0.5	76.6	66.0	29.5	102.2
07-02-03. Duck	0.2	0.0	0.0	0.0	0.2	63.2	57.3	42.0	74.2
07-02-05. Rabbit (domestic)	0.1	0.0	0.0	0.0	0.2	101.9	101.9	101.9	101.9
07-03. Game	0.0	0.0	0.0	0.0	0.0	264.0	264.0	264.0	264.0
07-04. Processed meat	32.9	22.1	0.0	96.2	66.3	50.5	32.0	9.6	135.6
07-05. Offals	0.7	0.0	0.0	0.0	0.6	83.3	100.6	6.8	156.7
08. Fish and shellfish	22.0	0.0	0.0	100.1	17.8	120.8	107.9	29.0	223.2
08-01. Fish	18.6	0.0	0.0	96.6	15.0	115.3	99.8	24.3	224.6
08-02. Crustaceans, molluscs	0.9	0.0	0.0	0.0	1.6	74.3	60.2	13.4	154.3
08-03. Fish products, fish in crumbs	2.5	0.0	0.0	0.0	2.5	119.0	108.3	36.8	200.9
09. Eggs and egg products	11.6	0.0	0.0	49.4	26.0	42.9	49.4	4.7	98.3
09-01. Egg	11.6	0.0	0.0	49.4	26.0	42.9	49.4	4.7	98.3
10. Fat	28.8	26.3	7.9	58.7	99.2	29.3	25.7	5.9	63.0
10-00. Unclassified	1.2	0.0	0.0	6.9	16.8	7.1	5.8	0.7	19.8
10-01. Vegetable oils	2.8	0.0	0.0	12.7	27.8	9.8	6.4	0.8	27.6
10-02. Butter	4.9	0.0	0.0	26.6	27.4	16.6	11.9	3.0	41.0
10-03. Margarines	19.5	17.9	0.0	52.2	84.8	24.0	20.9	2.0	57.4
10-04. Deep frying fats	0.4	0.0	0.0	0.0	1.8	16.2	13.8	1.2	31.4
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	5.5	1.5	1.3	15.1
11. Sugar and confectionery	38.5	27.7	0.0	105.5	87.0	45.2	33.1	5.8	123.4
11-00. Unclassified	0.1	0.0	0.0	0.0	1.8	8.8	4.7	0.5	25.3
11-01. Sugar, honey, jam	18.3	11.2	0.0	64.3	65.6	28.9	20.0	3.5	82.4
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	7.8	2.1	0.0	26.0	38.7	20.4	14.3	4.5	51.6
11-03. Confectionery non-chocolate	2.1	0.0	0.0	11.8	22.2	10.3	7.8	1.8	29.5
11-04. Syrup	5.2	0.0	0.0	28.7	22.1	24.0	19.3	7.5	61.5
11-05. Ice cream, water ice	5.2	0.0	0.0	36.7	5.9	83.0	70.9	28.7	146.8
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.3	53.4	40.4	32.0	80.5
11-05-01. Ice cream	4.7	0.0	0.0	36.5	5.3	82.5	71.9	31.7	142.6
11-05-02. Sorbet	0.3	0.0	0.0	0.0	0.5	55.7	41.9	32.0	81.1
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	60.0	50.0	50.0	92.1
12. Cakes	45.9	36.6	0.0	120.0	82.7	53.4	41.3	9.1	144.4
12-01. Cakes, pies, pastries, etc.	28.8	19.5	0.0	100.2	48.5	56.1	39.7	19.0	140.0
12-02. Dry cakes, biscuits	17.1	12.9	0.0	51.5	62.6	27.1	19.9	6.7	70.5
13. Non-alcoholic beverages	1,424.9	1,331.2	703.3	2,597.3	100.0	1,411.2	1,319.1	653.7	2,475.0
13-00. Unclassified	3.5	0.0	0.0	0.0	1.4	232.1	151.4	13.7	621.7
13-01. Fruit and vegetable containing drinks	65.5	0.0	0.0	265.8	35.8	184.0	155.1	23.8	429.0
13-02. Carbonated/soft/isotonic drinks, diluted syrups	45.4	0.0	0.0	261.8	15.8	264.6	196.6	90.9	662.6
13-03. Coffee, tea and herbal teas	830.2	755.5	234.7	1,670.2	99.6	837.2	767.7	282.8	1,606.4
13-03-01. Coffee	394.5	391.2	0.0	822.7	92.1	443.7	417.6	114.7	888.6
13-03-02. Tea	374.5	243.7	0.0	1,116.1	69.4	520.5	414.8	135.8	1,181.1
13-03-03. Herbal tea	60.0	0.0	0.0	379.2	16.7	375.9	325.3	70.3	920.9
13-03-04. Chicory, substitutes	1.3	0.0	0.0	0.0	1.1	151.6	88.3	2.0	421.8
13-04. Waters	480.3	407.4	0.0	1,229.1	88.0	529.6	419.2	82.8	1,330.8
14. Alcoholic beverages	111.8	13.8	0.0	494.9	42.5	268.7	167.8	36.2	889.7

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.1	0.0	0.0	0.0	0.1	86.2	60.9	24.0	117.9
14-01. Wine	56.8	0.0	0.0	280.3	25.7	219.7	154.0	78.8	497.1
14-02. Fortified wines (sherry, port, vermouth)	6.8	0.0	0.0	56.0	5.7	103.6	84.5	10.8	229.2
14-03. Beer, cider	38.6	0.0	0.0	295.1	8.4	503.4	316.3	245.1	1,135.5
14-04. Spirits, brandy	8.0	0.0	0.0	57.6	10.8	72.5	57.4	27.0	171.9
14-05. Aniseed drinks (pastis, ouzo)	0.1	0.0	0.0	0.0	0.1	31.1	25.3	25.3	49.7
14-06. Liqueurs	1.3	0.0	0.0	0.0	2.7	56.8	52.7	6.5	133.5
15. Condiments and sauces	25.1	16.0	0.0	72.4	64.8	37.1	25.0	2.4	108.4
15-01. Sauces	24.5	15.1	0.0	71.1	60.1	38.8	26.0	3.5	108.5
15-01-00. Unclassified and other sauces	15.4	7.1	0.0	58.0	43.7	37.6	24.9	4.3	101.4
15-01-01. Tomato sauces	2.1	0.0	0.0	6.3	4.3	37.1	14.0	2.6	123.9
15-01-02. Dressing sauces	1.5	0.0	0.0	9.6	11.0	13.0	11.3	1.8	38.6
15-01-03. Mayonnaises and similars	5.2	0.0	0.0	36.7	12.3	30.0	17.5	2.2	103.3
15-01-04. Dessert sauces	0.3	0.0	0.0	0.0	0.7	28.0	25.4	9.3	40.5
15-02. Yeast	0.0	0.0	0.0	0.0	0.7	5.1	3.4	1.4	9.2
15-04. Condiments	0.6	0.0	0.0	5.0	11.3	5.8	3.9	0.5	18.4
16. Soups, bouillon	87.9	0.0	0.0	323.5	33.0	262.5	234.7	105.5	498.7
16-01. Soups	78.6	0.0	0.0	300.8	29.3	262.7	245.7	125.5	497.1
16-02. Bouillon	9.3	0.0	0.0	95.1	5.2	186.7	184.8	4.0	396.1
17. Miscellaneous	11.8	0.0	0.0	71.1	8.9	126.5	87.1	35.5	297.9
17-00. Unclassified	0.2	0.0	0.0	0.0	0.3	78.6	76.0	28.2	107.4
17-01. Soya products	4.3	0.0	0.0	0.0	3.2	171.1	133.7	51.9	374.8
17-02. Dietetic products	2.5	0.0	0.0	0.0	1.0	170.9	162.0	2.0	256.9
17-02-00. Unclassified	2.5	0.0	0.0	0.0	0.8	210.1	192.2	34.3	257.4
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.2	3.5	2.0	2.0	5.5
17-03. Snacks	4.9	0.0	0.0	37.1	4.4	88.0	70.5	46.6	148.4

Table 2.2 Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	116.1	100.9	0.0	305.7	71.6	164.7	139.7	59.7	331.7
01-01. Potatoes	116.1	100.9	0.0	305.7	71.6	164.7	139.7	59.7	331.7
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	147.7	135.8	22.0	287.9	92.8	169.3	159.7	38.2	344.1
02-01. Leafy vegetables (except cabbages)	30.5	0.0	0.0	132.1	28.6	106.6	90.8	9.4	254.5
02-02. Fruiting vegetables	45.9	26.1	0.0	166.4	47.5	106.6	89.9	10.1	267.9
02-03. Root vegetables	17.1	0.0	0.0	101.6	16.2	100.2	99.8	3.9	228.0
02-04. Cabbages	24.5	0.0	0.0	120.4	20.4	140.6	140.9	4.8	275.8
02-05. Mushrooms	1.6	0.0	0.0	12.5	6.9	22.8	17.7	3.0	53.6
02-06. Grain and pod vegetables	4.1	0.0	0.0	18.2	4.9	93.2	96.9	1.2	216.4
02-07. Onion, garlic	10.1	0.0	0.0	45.1	30.9	37.3	25.8	2.1	99.7
02-08. Stalk vegetables, sprouts	2.0	0.0	0.0	2.9	5.1	46.1	15.7	0.8	210.2
02-09. Mixed salad, mixed vegetables	12.0	0.0	0.0	75.2	10.9	100.9	77.8	16.0	261.6
03. Legumes	4.1	0.0	0.0	37.0	4.6	108.1	74.2	7.9	249.8
03-01. Legumes	4.1	0.0	0.0	37.0	4.6	108.1	74.2	7.9	249.8
04. Fruits, nuts and olives	154.7	140.7	0.0	385.6	83.0	189.3	164.8	29.9	439.8
04-01. Fruits	147.0	140.0	0.0	380.7	79.7	188.1	164.8	34.0	415.3
04-02. Nuts and seeds (+nut spread)	6.6	0.0	0.0	34.7	17.8	33.5	24.9	6.6	78.6
04-03. Mixed fruits	1.0	0.0	0.0	0.0	1.7	51.5	26.0	14.0	103.3
04-04. Olives	0.2	0.0	0.0	0.0	2.1	12.2	5.9	2.1	38.2
05. Dairy products	374.0	344.8	90.8	752.4	98.9	387.6	364.3	57.9	776.0
05-00. Unclassified	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
05-01. Milk	164.9	111.0	0.0	495.2	62.4	279.9	241.9	37.7	558.1
05-02. Milk beverages	16.0	0.0	0.0	109.5	7.2	216.8	200.3	116.0	376.0
05-03. Yoghurt	74.9	38.2	0.0	256.9	39.2	198.9	170.2	54.1	535.6
05-04. Fromage blanc, petit suisse	9.9	0.0	0.0	73.6	7.8	132.1	123.4	18.2	228.8
05-05. Cheese (including fresh cheeses)	34.8	32.8	0.0	76.7	77.7	45.7	41.6	12.4	96.9
05-06. Cream desserts, puddings (milk based)	60.3	0.0	0.0	227.9	31.1	182.9	164.0	70.4	340.0
05-07. Dairy and non-dairy creams	1.2	0.0	0.0	8.0	10.2	15.2	10.1	3.0	36.6
05-07-01. Dairy creams	1.1	0.0	0.0	7.2	9.4	15.0	10.0	3.2	35.3
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.8	17.8	10.0	3.0	45.1
05-08. Milk for coffee and creamers	11.8	3.5	0.0	44.0	45.5	23.8	19.4	3.7	56.1
06. Cereals and cereal products	188.1	177.5	77.3	323.3	99.7	184.6	169.9	68.0	371.6
06-01. Flour, flakes, starches, semolina	1.3	0.0	0.0	5.2	7.1	17.2	6.4	0.6	80.2
06-02. Pasta, rice, other grain	31.4	0.0	0.0	131.0	18.4	137.7	125.6	36.0	244.4
06-03. Bread, crisp bread, rusks	142.5	134.4	57.2	252.9	98.7	147.1	138.7	54.8	268.4
06-03-01. Bread	136.7	126.6	49.6	244.8	97.6	142.4	135.7	51.5	258.5
06-03-02. Crispbread, rusks	5.9	0.0	0.0	24.5	37.3	16.4	12.0	2.9	40.4
06-04. Breakfast cereals	4.9	0.0	0.0	32.9	16.9	32.1	26.2	4.5	79.9
06-05. Salty biscuits, aperitif biscuits, crackers	3.5	0.0	0.0	19.5	14.2	21.0	18.5	2.6	64.5
06-06. Dough and pastry (puff, shortcrust, pizza)	4.4	0.0	0.0	13.0	3.0	128.5	96.7	25.1	275.1
07. Meat and meat products	99.3	88.7	30.0	200.4	94.5	108.8	97.8	19.6	238.7
07-01.Fresh meat	42.6	32.9	0.0	131.3	49.5	95.4	81.2	20.1	218.3
07-01-00. Unclassified	6.4	0.0	0.0	44.5	11.4	72.4	71.6	10.6	151.9
07-01-01. Beef	19.4	0.0	0.0	88.4	22.5	90.8	79.9	21.8	167.4

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-02. Veal	0.3	0.0	0.0	0.0	0.3	111.2	78.1	48.2	144.5
07-01-03. Pork	16.2	0.0	0.0	88.9	17.1	104.9	91.1	16.9	219.7
07-01-04. Mutton/Lamb	0.2	0.0	0.0	0.0	0.3	79.8	68.0	66.1	109.9
07-02. Poultry	11.6	0.0	0.0	56.8	15.8	73.9	74.8	15.9	131.8
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	11.1	0.0	0.0	56.1	14.4	74.2	74.9	15.6	134.4
07-02-02. Turkey, young turkey	0.4	0.0	0.0	0.0	1.1	75.5	64.7	29.5	100.7
07-02-03. Duck	0.1	0.0	0.0	0.0	0.3	51.3	44.0	42.0	56.8
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	44.1	31.7	0.0	112.8	74.5	58.3	39.8	9.3	146.7
07-05. Offals	1.1	0.0	0.0	0.0	0.5	95.0	55.4	6.8	165.6
08. Fish and shellfish	22.0	0.0	0.0	97.8	16.3	118.9	97.5	35.7	227.7
08-01. Fish	18.8	0.0	0.0	89.2	14.1	112.8	95.8	37.5	226.4
08-02. Crustaceans, molluscs	0.7	0.0	0.0	0.0	1.2	81.1	45.8	10.3	180.7
08-03. Fish products, fish in crumbs	2.4	0.0	0.0	0.0	2.1	116.2	97.8	1.8	212.3
09. Eggs and egg products	13.0	0.0	0.0	53.9	24.9	48.8	49.5	6.1	99.4
09-01. Egg	13.0	0.0	0.0	53.9	24.9	48.8	49.5	6.1	99.4
10. Fat	33.8	31.6	9.2	69.8	99.7	34.4	31.4	5.8	73.0
10-00. Unclassified	1.0	0.0	0.0	6.7	16.5	7.2	5.1	0.7	20.0
10-01. Vegetable oils	3.8	0.0	0.0	14.0	31.6	10.4	6.4	1.2	27.5
10-02. Butter	3.7	0.0	0.0	23.2	24.3	16.1	11.7	2.2	42.8
10-03. Margarines	24.6	21.0	0.0	62.0	88.9	28.6	24.6	2.1	67.9
10-04. Deep frying fats	0.7	0.0	0.0	4.3	2.5	17.5	16.8	6.3	31.6
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	9.5	5.5	4.1	17.5
11. Sugar and confectionery	51.1	40.7	0.0	149.2	86.2	56.1	40.8	6.9	159.0
11-00. Unclassified	0.0	0.0	0.0	0.0	1.3	4.6	2.3	0.4	11.6
11-01. Sugar, honey, jam	26.0	19.0	0.0	83.1	69.9	35.7	27.6	3.6	97.5
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	10.3	0.0	0.0	43.0	35.4	25.7	19.5	6.1	64.2
11-03. Confectionery non-chocolate	2.3	0.0	0.0	13.5	21.8	12.6	9.6	1.6	31.7
11-04. Syrup	6.0	0.0	0.0	30.7	23.0	25.0	19.6	7.5	61.0
11-05. Ice cream, water ice	6.6	0.0	0.0	48.2	6.3	92.7	72.8	48.1	149.6
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.1	96.0	96.0	96.0	96.0
11-05-01. Ice cream	6.0	0.0	0.0	37.4	5.9	86.0	71.9	48.1	148.8
11-05-02. Sorbet	0.4	0.0	0.0	0.0	0.9	58.6	50.0	50.0	85.4
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	63.4	50.0	50.0	96.5
12. Cakes	46.0	37.0	0.0	120.5	78.4	57.7	45.0	8.6	150.9
12-01. Cakes, pies, pastries, etc.	27.8	19.3	0.0	95.9	44.3	60.9	46.2	18.5	150.8
12-02. Dry cakes, biscuits	18.1	14.5	0.0	57.4	60.6	30.2	24.1	6.8	73.2
13. Non-alcoholic beverages	1,295.3	1,234.1	632.7	2,137.2	100.0	1,297.3	1,214.5	603.9	2,292.7
13-00. Unclassified	5.7	0.0	0.0	0.0	1.5	304.2	211.6	10.6	643.2
13-01. Fruit and vegetable containing drinks	60.2	0.0	0.0	236.7	31.0	172.0	145.3	21.9	383.4
13-02. Carbonated/soft/isotonic drinks, diluted syrups	75.5	0.0	0.0	460.6	21.4	296.0	205.9	98.2	727.5
13-03. Coffee, tea and herbal teas	808.5	773.0	269.3	1,482.2	99.8	822.6	763.6	286.1	1,517.7
13-03-01. Coffee	467.0	445.0	72.5	947.6	96.3	497.3	461.0	133.8	933.3
13-03-02. Tea	292.9	192.0	0.0	1,069.1	64.4	455.2	365.0	121.9	1,103.4
13-03-03. Herbal tea	48.5	0.0	0.0	323.0	13.2	374.9	300.9	3.9	879.8
13-03-04. Chicory, substitutes	0.1	0.0	0.0	0.0	0.1	78.2	78.0	78.0	78.4

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
13-04. Waters	345.4	283.8	0.0	1,038.4	82.7	429.1	327.4	65.0	1,155.9
14. Alcoholic beverages	189.3	96.0	0.0	804.0	55.8	344.7	247.7	55.3	990.1
14-00. Unclassified	0.4	0.0	0.0	0.0	0.3	86.2	60.9	24.0	117.9
14-01. Wine	81.6	0.0	0.0	370.1	32.1	249.6	182.7	86.5	658.8
14-02. Fortified wines (sherry, port, vermouth)	4.6	0.0	0.0	14.6	4.2	88.8	80.1	1.8	204.1
14-03. Beer, cider	84.4	0.0	0.0	515.8	17.5	519.1	316.7	248.3	1,149.3
14-04. Spirits, brandy	17.4	0.0	0.0	95.2	20.3	79.6	67.0	30.5	173.2
14-05. Aniseed drinks (pastis, ouzo)	0.2	0.0	0.0	0.0	0.2	31.1	25.3	25.3	49.7
14-06. Liqueurs	0.7	0.0	0.0	0.0	2.0	49.2	41.6	13.2	123.8
15. Condiments and sauces	29.0	19.9	0.0	81.5	66.0	39.7	29.1	2.8	107.6
15-01. Sauces	28.0	17.6	0.0	80.5	61.1	41.4	31.1	4.6	108.7
15-01-00. Unclassified and other sauces	18.7	11.6	0.0	61.6	45.0	40.2	34.1	5.1	102.1
15-01-01. Tomato sauces	2.5	0.0	0.0	10.1	4.3	42.4	15.8	1.9	135.5
15-01-02. Dressing sauces	2.3	0.0	0.0	11.6	12.5	16.0	11.5	2.8	40.0
15-01-03. Mayonnaises and similars	4.2	0.0	0.0	25.0	12.0	26.6	19.3	3.0	56.9
15-01-04. Dessert sauces	0.3	0.0	0.0	0.0	0.5	33.5	24.6	15.0	43.0
15-02. Yeast	0.0	0.0	0.0	0.0	1.3	3.9	2.7	1.4	4.9
15-04. Condiments	0.9	0.0	0.0	6.0	13.3	6.7	4.7	0.5	20.2
16. Soups, bouillon	94.0	0.0	0.0	370.3	32.8	281.3	242.6	120.3	527.1
16-01. Soups	79.4	0.0	0.0	307.8	29.6	268.1	243.8	135.0	495.4
16-02. Bouillon	14.7	0.0	0.0	166.1	5.7	225.9	199.0	5.3	416.6
17. Miscellaneous	12.8	0.0	0.0	71.4	8.9	112.9	80.9	44.1	240.5
17-00. Unclassified	0.0	0.0	0.0	0.0	0.0	169.2	169.2	169.2	169.2
17-01. Soya products	1.5	0.0	0.0	0.0	1.6	124.4	99.9	67.9	240.7
17-02. Dietetic products	3.6	0.0	0.0	0.0	1.1	210.8	181.5	30.0	244.4
17-02-00. Unclassified	3.6	0.0	0.0	0.0	1.1	210.8	181.5	30.0	244.4
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	7.7	0.0	0.0	61.0	6.1	92.1	71.2	37.3	186.1

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	81.5	69.6	0.0	173.8	72.8	116.8	104.4	36.4	221.0
01-01. Potatoes	81.5	69.6	0.0	173.8	72.7	116.8	104.4	36.4	221.0
01-02. Other tubers	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
02. Vegetables	140.7	128.4	26.3	272.6	92.0	162.1	152.6	28.2	318.3
02-01. Leafy vegetables (except cabbages)	26.3	0.0	0.0	106.5	30.0	87.4	60.0	15.0	197.8
02-02. Fruiting vegetables	38.1	22.2	0.0	146.9	47.6	92.5	66.5	4.9	237.9
02-03. Root vegetables	15.8	0.0	0.0	89.9	16.9	97.7	87.2	2.0	226.4
02-04. Cabbages	34.4	1.5	0.0	117.9	28.2	124.2	134.2	4.0	240.7
02-05. Mushrooms	2.1	0.0	0.0	14.6	5.5	33.1	28.1	1.1	80.5
02-06. Grain and pod vegetables	3.4	0.0	0.0	13.3	4.4	86.6	58.0	0.9	226.7
02-07. Onion, garlic	8.7	0.0	0.0	43.4	28.6	34.2	21.7	2.0	121.1
02-08. Stalk vegetables, sprouts	4.3	0.0	0.0	24.3	6.2	74.2	24.2	0.3	278.4
02-09. Mixed salad, mixed vegetables	7.6	0.0	0.0	59.6	7.8	91.5	75.5	12.7	199.4
03. Legumes	2.9	0.0	0.0	20.4	3.0	89.7	89.4	1.6	214.8
03-01. Legumes	2.9	0.0	0.0	20.4	3.0	89.7	89.4	1.6	214.8
04. Fruits, nuts and olives	168.6	163.7	0.1	365.5	86.4	203.4	190.4	31.9	421.6
04-01. Fruits	162.1	154.1	0.0	364.7	83.1	202.0	182.5	34.2	427.1
04-02. Nuts and seeds (+nut spread)	4.9	0.0	0.0	24.7	22.8	24.9	19.8	5.0	50.0
04-03. Mixed fruits	1.2	0.0	0.0	0.0	2.6	73.9	50.0	19.6	172.5
04-04. Olives	0.4	0.0	0.0	0.0	1.4	18.6	16.1	1.3	50.4
05. Dairy products	331.1	306.1	59.7	735.1	98.6	330.9	313.1	31.6	738.1
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	160.2	128.2	0.0	507.5	59.4	247.9	213.3	28.3	619.3
05-02. Milk beverages	10.1	0.0	0.0	84.3	5.1	218.5	194.9	116.8	365.1
05-03. Yoghurt	70.7	39.8	0.0	251.1	43.7	174.1	150.5	51.9	333.1
05-04. Fromage blanc, petit suisse	11.1	0.0	0.0	73.4	10.9	123.2	122.4	19.6	236.6
05-05. Cheese (including fresh cheeses)	33.8	28.0	0.5	72.9	79.3	39.1	28.7	11.5	87.7
05-06. Cream desserts, puddings (milk based)	33.7	0.0	0.0	139.1	23.6	150.5	139.0	47.6	276.5
05-07. Dairy and non-dairy creams	1.4	0.0	0.0	8.0	9.5	14.5	10.5	3.0	37.1
05-07-01. Dairy creams	1.3	0.0	0.0	7.6	9.2	14.5	9.6	3.0	37.4
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.3	12.0	12.0	12.0	12.0
05-08. Milk for coffee and creamers	10.0	3.4	0.0	35.0	48.2	21.3	16.0	4.4	46.6
06. Cereals and cereal products	140.5	138.9	69.7	231.4	99.6	140.4	129.1	59.3	249.8
06-01. Flour, flakes, starches, semolina	0.9	0.0	0.0	3.1	8.1	10.3	3.8	0.8	36.1
06-02. Pasta, rice, other grain	16.8	0.0	0.0	79.7	16.6	108.2	91.8	11.9	264.0
06-03. Bread, crisp bread, rusks	115.6	114.7	52.3	188.2	98.9	114.8	104.8	42.7	190.9
06-03-01. Bread	107.8	104.5	46.1	174.7	97.1	109.3	103.6	35.7	187.1
06-03-02. Crispbread, rusks	7.8	3.5	0.0	30.7	42.9	17.4	13.4	5.4	44.3
06-04. Breakfast cereals	3.3	0.0	0.0	19.9	12.6	25.2	19.9	4.5	54.3
06-05. Salty biscuits, aperitif biscuits, crackers	2.4	0.0	0.0	12.3	14.6	19.2	14.4	4.5	59.1
06-06. Dough and pastry (puff, shortcrust, pizza)	1.5	0.0	0.0	0.0	1.9	80.0	57.9	18.0	159.0
07. Meat and meat products	81.4	77.2	7.4	160.5	85.2	91.2	84.8	11.8	186.0
07-01.Fresh meat	44.5	37.5	0.0	148.0	49.0	83.4	77.2	19.1	175.5
07-01-00. Unclassified	4.1	0.0	0.0	30.9	6.5	53.1	42.4	8.6	112.4
07-01-01. Beef	27.3	0.0	0.0	139.6	27.3	87.8	82.0	24.9	183.8
07-01-02. Veal	0.4	0.0	0.0	0.0	0.7	71.4	71.9	8.5	121.2
07-01-03. Pork	12.1	0.0	0.0	55.6	16.0	77.2	75.7	8.2	155.0

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.7	0.0	0.0	0.0	0.7	82.8	71.1	31.1	111.0
07-02. Poultry	10.9	0.0	0.0	60.1	10.7	96.6	80.2	9.2	233.2
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	10.3	0.0	0.0	60.1	10.2	96.8	80.0	8.8	243.6
07-02-02. Turkey, young turkey	0.1	0.0	0.0	0.0	0.0	112.0	112.0	112.0	112.0
07-02-03. Duck	0.3	0.0	0.0	0.0	0.2	76.0	76.0	76.0	76.0
07-02-05. Rabbit (domestic)	0.2	0.0	0.0	0.0	0.3	101.9	101.9	101.9	101.9
07-03. Game	0.1	0.0	0.0	0.0	0.0	264.0	264.0	264.0	264.0
07-04. Processed meat	25.5	14.7	0.0	78.0	60.1	43.0	29.4	9.6	118.2
07-05. Offals	0.4	0.0	0.0	0.0	0.7	76.9	105.6	6.8	123.1
08. Fish and shellfish	22.0	0.0	0.0	100.4	18.9	122.1	114.0	20.8	207.5
08-01. Fish	18.5	0.0	0.0	100.3	15.7	117.0	99.9	17.2	215.1
08-02. Crustaceans, molluscs	0.9	0.0	0.0	0.0	1.9	71.1	60.9	13.6	146.8
08-03. Fish products, fish in crumbs	2.6	0.0	0.0	0.0	2.8	120.7	113.0	60.7	200.3
09. Eggs and egg products	10.7	0.0	0.0	39.1	26.7	38.7	47.5	4.5	71.9
09-01. Egg	10.7	0.0	0.0	39.1	26.7	38.7	47.5	4.5	71.9
10. Fat	25.4	24.4	7.9	50.7	98.8	25.4	23.0	6.0	54.5
10-00. Unclassified	1.2	0.0	0.0	7.1	17.1	6.9	5.9	0.7	19.5
10-01. Vegetable oils	2.2	0.0	0.0	11.4	24.8	9.1	6.0	0.8	29.9
10-02. Butter	5.7	0.0	0.0	26.7	29.8	16.9	12.0	3.3	40.3
10-03. Margarines	16.2	15.8	0.0	41.0	81.7	20.1	18.4	2.0	46.4
10-04. Deep frying fats	0.1	0.0	0.0	0.0	1.2	14.0	11.2	1.2	27.9
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.1	1.3	1.3	1.3	1.3
11. Sugar and confectionery	30.3	21.6	1.2	82.9	87.6	37.1	28.1	5.5	101.4
11-00. Unclassified	0.1	0.0	0.0	0.0	2.1	10.9	6.7	1.3	26.8
11-01. Sugar, honey, jam	13.2	9.8	0.0	44.5	62.3	23.1	19.6	3.4	53.3
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.1	3.1	0.0	21.3	41.2	17.0	13.3	4.4	47.2
11-03. Confectionery non-chocolate	1.9	0.0	0.0	8.1	22.5	8.6	5.9	2.5	22.1
11-04. Syrup	4.7	0.0	0.0	27.3	21.3	23.1	18.2	7.5	65.4
11-05. Ice cream, water ice	4.3	0.0	0.0	36.0	5.6	74.7	69.6	22.9	117.9
11-05-00. Unclassified	0.2	0.0	0.0	0.0	0.5	45.9	38.4	32.0	48.8
11-05-01. Ice cream	3.9	0.0	0.0	36.0	4.8	79.3	71.9	23.9	118.9
11-05-02. Sorbet	0.2	0.0	0.0	0.0	0.2	45.9	38.4	32.0	48.8
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.1	52.6	50.1	50.0	54.5
12. Cakes	45.8	34.8	0.0	119.9	86.0	50.4	39.9	8.0	144.2
12-01. Cakes, pies, pastries, etc.	29.5	19.5	0.0	104.0	51.7	52.9	39.4	18.9	135.8
12-02. Dry cakes, biscuits	16.4	12.5	0.0	44.6	64.1	25.0	19.4	6.1	59.3
13. Non-alcoholic beverages	1,509.9	1,367.7	767.6	2,581.5	100.0	1,498.1	1,372.7	715.1	2,612.3
13-00. Unclassified	2.1	0.0	0.0	0.0	1.4	175.6	118.0	100.0	276.2
13-01. Fruit and vegetable containing drinks	69.0	0.0	0.0	285.0	39.4	191.1	166.0	26.8	481.3
13-02. Carbonated/soft/isotonic drinks, diluted syrups	25.7	0.0	0.0	176.0	11.5	220.2	184.4	82.1	399.0
13-03. Coffee, tea and herbal teas	844.4	746.4	233.9	2,091.1	99.5	848.4	770.3	280.6	1,760.8
13-03-01. Coffee	346.9	322.9	0.0	750.9	88.9	399.5	373.4	85.3	829.3
13-03-02. Tea	427.9	291.4	0.0	1,727.0	73.2	564.2	460.9	145.9	1,205.6
13-03-03. Herbal tea	67.5	0.0	0.0	403.0	19.3	376.5	329.3	90.6	920.7
13-03-04. Chicory, substitutes	2.0	0.0	0.0	0.0	1.8	154.8	89.6	2.0	423.9
13-04. Waters	568.7	500.9	0.0	1,510.6	92.0	598.6	493.4	99.2	1,512.1
14. Alcoholic beverages	60.9	0.0	0.0	267.5	32.3	168.5	126.8	27.7	376.3

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	40.6	0.0	0.0	230.1	20.8	184.5	140.9	64.2	373.6
14-02. Fortified wines (sherry, port, vermouth)	8.3	0.0	0.0	70.5	6.9	110.5	86.5	37.8	233.3
14-03. Beer, cider	8.5	0.0	0.0	0.0	1.4	355.3	291.2	29.1	563.5
14-04. Spirits, brandy	1.9	0.0	0.0	9.9	3.5	41.3	28.3	21.5	85.5
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.7	0.0	0.0	0.0	3.3	60.4	54.0	4.4	130.5
15. Condiments and sauces	22.6	14.4	0.0	62.7	63.8	35.1	24.3	2.0	106.1
15-01. Sauces	22.1	14.4	0.0	62.4	59.4	36.9	24.3	2.3	107.8
15-01-00. Unclassified and other sauces	13.3	2.1	0.0	52.6	42.7	35.6	24.3	2.2	100.2
15-01-01. Tomato sauces	1.8	0.0	0.0	2.0	4.3	33.0	10.9	2.8	82.1
15-01-02. Dressing sauces	0.9	0.0	0.0	5.7	9.9	10.2	8.5	1.5	24.9
15-01-03. Mayonnaises and similars	5.8	0.0	0.0	52.9	12.5	32.5	15.3	1.7	105.9
15-01-04. Dessert sauces	0.3	0.0	0.0	0.0	0.9	25.7	17.9	9.0	28.8
15-02. Yeast	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
15-04. Condiments	0.4	0.0	0.0	2.9	9.8	4.8	2.6	0.3	12.0
16. Soups, bouillon	84.0	0.0	0.0	318.7	33.2	248.4	231.7	105.3	486.7
16-01. Soups	78.1	0.0	0.0	290.4	29.1	258.5	256.2	114.2	487.5
16-02. Bouillon	5.8	0.0	0.0	24.6	4.8	150.8	172.2	4.0	260.0
17. Miscellaneous	11.1	0.0	0.0	65.4	8.9	137.0	101.0	31.7	321.4
17-00. Unclassified	0.2	0.0	0.0	0.0	0.5	72.8	74.9	28.2	92.0
17-01. Soya products	6.0	0.0	0.0	26.2	4.4	184.5	146.3	37.7	387.3
17-02. Dietetic products	1.8	0.0	0.0	0.0	0.9	132.9	55.1	2.0	307.6
17-02-00. Unclassified	1.8	0.0	0.0	0.0	0.5	209.1	126.1	125.0	341.9
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.3	3.5	2.0	2.0	5.5
17-03. Snacks	3.0	0.0	0.0	31.2	3.1	81.9	68.8	60.0	135.7

Table 2.3.a Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	96.4	85.2	0.0	226.9	71.1	140.0	133.4	49.0	290.3
01-01. Potatoes	96.4	85.2	0.0	226.9	71.0	140.0	134.3	49.0	290.3
01-02. Other tubers	0.0	0.0	0.0	0.0	0.1	120.0	120.0	120.0	120.0
02. Vegetables	155.9	152.4	36.5	283.9	93.2	173.6	165.9	39.6	346.0
02-01. Leafy vegetables (except cabbages)	29.7	8.4	0.0	120.8	30.6	94.6	67.4	11.4	239.3
02-02. Fruiting vegetables	47.4	31.4	0.0	166.3	53.0	99.4	72.0	6.7	263.4
02-03. Root vegetables	18.6	0.0	0.0	98.5	17.0	99.8	99.8	2.0	226.8
02-04. Cabbages	28.5	0.0	0.0	115.3	24.0	128.5	135.1	4.0	241.9
02-05. Mushrooms	2.4	0.0	0.0	16.5	7.5	29.3	26.9	1.2	77.2
02-06. Grain and pod vegetables	4.7	0.0	0.0	29.9	5.3	96.5	69.9	1.5	236.1
02-07. Onion, garlic	10.4	0.0	0.0	46.2	32.5	34.9	23.7	2.0	105.9
02-08. Stalk vegetables, sprouts	3.1	0.0	0.0	16.7	6.2	52.0	15.8	0.7	211.3
02-09. Mixed salad, mixed vegetables	11.0	0.0	0.0	73.2	10.4	102.0	78.7	12.7	229.3
03. Legumes	3.4	0.0	0.0	25.8	4.0	100.1	74.1	3.8	241.3
03-01. Legumes	3.4	0.0	0.0	25.8	4.0	100.1	74.1	3.8	241.3
04. Fruits, nuts and olives	170.9	158.7	0.0	381.8	86.2	202.0	178.6	35.1	425.2
04-01. Fruits	164.0	153.1	0.0	376.5	83.2	200.4	175.0	51.2	411.8
04-02. Nuts and seeds (+nut spread)	5.4	0.0	0.0	24.8	21.1	26.5	19.9	5.0	61.6
04-03. Mixed fruits	1.0	0.0	0.0	0.0	2.0	74.0	53.2	15.2	194.7
04-04. Olives	0.5	0.0	0.0	0.0	2.4	15.5	6.9	1.5	53.2
05. Dairy products	371.4	345.6	69.5	768.9	98.3	365.1	336.9	40.1	785.4
05-00. Unclassified	0.2	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
05-01. Milk	178.8	146.4	0.0	508.9	61.7	268.5	224.8	36.1	588.4
05-02. Milk beverages	11.8	0.0	0.0	110.3	5.6	225.3	203.7	143.2	367.6
05-03. Yoghurt	80.2	61.2	0.0	278.4	42.5	192.3	158.4	64.8	408.9
05-04. Fromage blanc, petit suisse	12.5	0.0	0.0	90.6	10.7	128.7	123.6	17.8	233.2
05-05. Cheese (including fresh cheeses)	34.6	29.9	0.0	81.1	77.8	44.0	32.4	11.9	99.8
05-06. Cream desserts, puddings (milk based)	40.5	0.0	0.0	164.5	23.5	162.2	144.0	50.9	286.2
05-07. Dairy and non-dairy creams	1.3	0.0	0.0	6.0	8.3	16.6	9.9	3.0	52.3
05-07-01. Dairy creams	1.2	0.0	0.0	6.0	7.9	16.3	9.4	3.0	44.3
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.4	21.2	11.0	8.0	48.8
05-08. Milk for coffee and creamers	11.5	1.5	0.0	41.3	45.5	24.6	22.3	6.1	60.0
06. Cereals and cereal products	164.4	150.2	73.6	296.8	99.6	164.3	146.0	59.9	326.0
06-01. Flour, flakes, starches, semolina	0.9	0.0	0.0	1.9	6.4	15.6	5.6	0.6	77.7
06-02. Pasta, rice, other grain	22.9	0.0	0.0	116.7	18.7	114.7	102.4	17.8	247.6
06-03. Bread, crisp bread, rusks	128.8	119.4	54.9	233.2	98.6	131.8	120.0	47.1	242.7
06-03-01. Bread	121.2	109.6	48.9	226.7	97.2	126.3	110.0	36.7	238.6
06-03-02. Crispbread, rusks	7.5	1.7	0.0	32.0	39.7	18.0	13.9	4.1	48.7
06-04. Breakfast cereals	4.3	0.0	0.0	24.6	15.2	28.8	22.5	5.4	62.9
06-05. Salty biscuits, aperitif biscuits, crackers	3.6	0.0	0.0	19.1	17.0	21.2	18.1	3.5	59.9
06-06. Dough and pastry (puff, shortcrust, pizza)	3.8	0.0	0.0	16.9	2.9	113.1	93.7	27.1	196.7
07. Meat and meat products	90.7	83.7	11.6	183.6	91.3	101.1	93.2	14.4	215.5
07-01.Fresh meat	41.6	35.9	0.0	125.8	48.4	89.8	79.7	18.8	180.5
07-01-00. Unclassified	4.9	0.0	0.0	35.8	7.9	64.3	59.3	9.5	154.7
07-01-01. Beef	20.0	0.0	0.0	83.9	25.0	83.6	79.3	19.9	135.4

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
07-01-02. Veal	0.3	0.0	0.0	0.0	0.5	73.1	74.4	8.5	133.5
07-01-03. Pork	15.8	0.0	0.0	88.4	16.4	100.4	81.7	16.4	219.4
07-01-04. Mutton/Lamb	0.6	0.0	0.0	0.0	0.6	90.7	102.1	52.5	111.7
07-02. Poultry	13.0	0.0	0.0	64.3	14.3	86.0	75.5	12.3	182.2
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	12.6	0.0	0.0	63.5	13.5	86.6	76.6	11.6	189.1
07-02-02. Turkey, young turkey	0.2	0.0	0.0	0.0	0.4	67.4	48.1	29.5	70.8
07-02-03. Duck	0.1	0.0	0.0	0.0	0.1	42.0	42.0	42.0	42.0
07-02-05. Rabbit (domestic)	0.2	0.0	0.0	0.0	0.2	101.9	101.9	101.9	101.9
07-03. Game	0.1	0.0	0.0	0.0	0.0	264.0	264.0	264.0	264.0
07-04. Processed meat	35.1	25.0	0.0	94.1	71.3	50.2	33.6	9.6	136.3
07-05. Offals	0.9	0.0	0.0	0.0	0.7	98.7	104.6	6.8	161.2
08. Fish and shellfish	24.6	0.0	0.0	100.9	17.7	126.7	117.3	35.4	227.4
08-01. Fish	21.0	0.0	0.0	100.2	14.6	122.1	111.3	34.0	227.0
08-02. Crustaceans, molluscs	1.2	0.0	0.0	0.0	1.9	83.7	64.0	19.1	156.9
08-03. Fish products, fish in crumbs	2.5	0.0	0.0	0.0	2.6	115.9	126.7	19.1	203.2
09. Eggs and egg products	13.2	0.0	0.0	49.7	27.7	43.6	49.4	4.4	98.4
09-01. Egg	13.2	0.0	0.0	49.7	27.7	43.6	49.4	4.4	98.4
10. Fat	29.9	26.5	7.2	60.3	98.9	29.6	26.2	5.9	62.7
10-00. Unclassified	1.0	0.0	0.0	6.1	15.1	7.5	5.9	0.6	19.8
10-01. Vegetable oils	3.3	0.0	0.0	14.4	31.8	10.0	6.2	0.8	29.8
10-02. Butter	3.6	0.0	0.0	20.3	25.4	14.4	9.8	3.0	39.6
10-03. Margarines	21.6	19.1	0.0	52.4	85.3	24.6	21.9	3.0	57.1
10-04. Deep frying fats	0.3	0.0	0.0	0.0	1.8	16.4	13.2	6.3	31.0
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	2.1	1.3	1.3	3.6
11. Sugar and confectionery	40.0	28.5	0.0	120.1	84.7	47.6	33.8	5.6	132.3
11-00. Unclassified	0.1	0.0	0.0	0.0	1.8	7.8	5.6	0.4	17.0
11-01. Sugar, honey, jam	18.0	11.3	0.0	61.0	63.5	28.9	20.0	3.4	83.1
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	8.0	0.0	0.0	28.2	34.2	23.2	14.8	4.7	55.7
11-03. Confectionery non-chocolate	2.0	0.0	0.0	12.1	22.2	9.9	7.5	1.5	26.1
11-04. Syrup	5.5	0.0	0.0	28.6	25.0	23.7	19.3	6.9	59.6
11-05. Ice cream, water ice	6.5	0.0	0.0	48.7	7.0	85.7	71.2	30.8	147.2
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.4	58.5	50.0	50.0	83.5
11-05-01. Ice cream	5.8	0.0	0.0	44.9	6.2	85.0	72.5	30.6	142.1
11-05-02. Sorbet	0.4	0.0	0.0	0.0	0.8	55.7	41.9	32.0	81.1
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	50.9	50.0	50.0	53.7
12. Cakes	44.5	33.9	0.0	120.5	79.6	53.8	41.3	8.7	144.2
12-01. Cakes, pies, pastries, etc.	30.3	19.5	0.0	105.2	48.5	57.1	39.6	18.3	135.8
12-02. Dry cakes, biscuits	14.2	9.9	0.0	43.7	59.4	25.5	19.8	6.6	59.7
13. Non-alcoholic beverages	1,411.4	1,341.2	711.9	2,326.6	100.0	1,427.1	1,344.3	660.4	2,448.3
13-00. Unclassified	3.5	0.0	0.0	0.0	1.3	232.8	173.4	14.5	329.1
13-01. Fruit and vegetable containing drinks	70.6	0.0	0.0	279.9	36.7	191.3	157.5	19.2	484.7
13-02. Carbonated/soft/isotonic drinks, diluted syrups	49.7	0.0	0.0	321.9	16.1	278.2	205.2	99.7	687.7
13-03. Coffee, tea and herbal teas	813.1	773.5	303.4	1,502.8	99.6	844.1	779.6	332.8	1,532.1
13-03-01. Coffee	454.9	447.6	6.5	922.3	94.8	481.2	450.0	134.7	896.1
13-03-02. Tea	289.5	213.8	0.0	846.3	64.5	479.0	400.0	145.1	1,018.7
13-03-03. Herbal tea	67.3	0.0	0.0	349.4	19.5	377.1	318.6	16.5	924.8
13-03-04. Chicory, substitutes	1.4	0.0	0.0	0.0	1.2	142.5	3.8	2.0	406.7

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
						Mean g/day	Median g/day	P5 g/day	P95 g/day
13-04. Waters	474.5	393.8	0.0	1,223.7	86.4	542.2	450.4	84.6	1,330.0
14. Alcoholic beverages	140.7	43.7	0.0	648.2	46.7	298.7	185.6	50.8	907.7
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	24.0	24.0	24.0	24.0
14-01. Wine	70.6	0.0	0.0	346.2	29.6	229.8	153.0	84.6	605.1
14-02. Fortified wines (sherry, port, vermouth)	9.0	0.0	0.0	80.1	7.0	112.2	94.8	37.6	234.5
14-03. Beer, cider	51.9	0.0	0.0	437.9	10.2	528.3	397.4	243.6	1,161.3
14-04. Spirits, brandy	8.0	0.0	0.0	62.6	10.1	77.6	66.7	27.2	173.1
14-05. Aniseed drinks (pastis, ouzo)	0.1	0.0	0.0	0.0	0.1	31.1	25.3	25.3	49.7
14-06. Liqueurs	1.1	0.0	0.0	0.0	2.5	63.1	53.7	3.9	132.4
15. Condiments and sauces	22.7	13.1	0.0	71.1	63.0	36.0	24.3	2.6	105.1
15-01. Sauces	21.9	12.1	0.0	68.2	57.9	37.6	25.0	3.6	106.5
15-01-00. Unclassified and other sauces	14.8	5.8	0.0	57.8	40.2	38.4	26.1	5.4	107.7
15-01-01. Tomato sauces	1.6	0.0	0.0	3.4	4.3	32.7	15.4	2.3	101.0
15-01-02. Dressing sauces	1.7	0.0	0.0	9.7	13.6	12.9	11.3	1.8	34.9
15-01-03. Mayonnaises and similars	3.5	0.0	0.0	22.4	12.1	24.4	17.0	2.1	59.4
15-01-04. Dessert sauces	0.4	0.0	0.0	0.0	1.0	29.1	25.7	9.7	39.9
15-02. Yeast	0.0	0.0	0.0	0.0	1.1	5.1	3.4	1.4	9.2
15-04. Condiments	0.8	0.0	0.0	5.9	12.9	6.2	4.0	0.4	20.3
16. Soups, bouillon	92.4	0.0	0.0	328.1	33.3	272.3	252.4	105.6	497.9
16-01. Soups	80.9	0.0	0.0	319.7	29.3	271.5	257.3	131.5	495.7
16-02. Bouillon	11.5	0.0	0.0	112.6	5.9	188.7	195.0	3.7	407.9
17. Miscellaneous	13.2	0.0	0.0	75.1	10.3	132.0	99.9	31.8	298.0
17-00. Unclassified	0.1	0.0	0.0	0.0	0.2	61.6	50.3	28.2	90.1
17-01. Soya products	4.5	0.0	0.0	0.0	4.0	172.3	135.0	42.6	360.1
17-02. Dietetic products	3.7	0.0	0.0	0.0	1.3	168.5	161.8	2.0	257.1
17-02-00. Unclassified	3.7	0.0	0.0	0.0	1.1	211.2	203.0	32.1	267.5
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.3	3.5	2.0	2.0	5.5
17-03. Snacks	4.9	0.0	0.0	36.7	4.7	89.9	69.9	42.6	172.3

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	92.9	70.9	0.0	257.0	74.8	132.4	120.0	52.3	271.4
01-01. Potatoes	92.9	70.9	0.0	257.0	74.8	132.4	120.0	52.3	271.4
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	120.2	110.4	11.1	273.3	90.4	148.0	141.3	23.7	301.5
02-01. Leafy vegetables (except cabbages)	24.7	0.0	0.0	114.3	27.1	97.4	84.7	14.9	201.6
02-02. Fruiting vegetables	29.6	2.0	0.0	125.4	36.7	96.3	80.5	5.0	231.4
02-03. Root vegetables	12.0	0.0	0.0	86.2	15.8	96.6	90.0	2.6	239.8
02-04. Cabbages	34.2	2.3	0.0	124.4	26.4	132.9	133.7	5.3	283.5
02-05. Mushrooms	0.8	0.0	0.0	1.7	3.3	22.5	17.2	2.5	49.6
02-06. Grain and pod vegetables	1.6	0.0	0.0	0.3	3.2	67.2	37.4	0.9	171.4
02-07. Onion, garlic	7.1	0.0	0.0	38.7	23.7	37.6	20.5	2.7	121.8
02-08. Stalk vegetables, sprouts	3.9	0.0	0.0	3.2	4.9	92.0	22.7	0.6	288.5
02-09. Mixed salad, mixed vegetables	6.3	0.0	0.0	57.4	6.8	79.2	67.4	13.3	168.9
03. Legumes	3.3	0.0	0.0	36.4	3.1	98.6	93.9	4.6	219.5
03-01. Legumes	3.3	0.0	0.0	36.4	3.1	98.6	93.9	4.6	219.5
04. Fruits, nuts and olives	148.4	141.8	0.0	349.5	82.5	187.9	163.0	24.1	458.0
04-01. Fruits	141.3	128.2	0.0	349.5	78.6	187.3	164.3	32.1	457.7
04-02. Nuts and seeds (+nut spread)	5.9	0.0	0.0	31.0	19.8	31.4	20.0	6.7	78.5
04-03. Mixed fruits	1.2	0.0	0.0	0.0	2.6	54.5	42.7	15.0	101.3
04-04. Olives	0.1	0.0	0.0	0.0	0.3	9.7	5.8	2.3	16.2
05. Dairy products	304.3	290.0	43.3	674.0	99.6	336.6	315.7	31.7	743.0
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	130.7	85.2	0.0	395.0	58.7	248.7	216.8	34.1	554.7
05-02. Milk beverages	13.7	0.0	0.0	85.3	6.9	205.1	175.2	115.2	384.3
05-03. Yoghurt	57.6	0.0	0.0	216.8	40.4	167.2	150.6	51.9	285.1
05-04. Fromage blanc, petit suisse	7.1	0.0	0.0	58.8	7.3	119.5	117.1	30.0	238.3
05-05. Cheese (including fresh cheeses)	33.4	29.1	0.0	71.4	80.3	37.9	28.7	12.2	84.2
05-06. Cream desserts, puddings (milk based)	51.1	0.0	0.0	192.9	33.5	173.2	154.5	50.5	340.1
05-07. Dairy and non-dairy creams	1.4	0.0	0.0	9.1	12.7	12.5	10.9	3.0	25.4
05-07-01. Dairy creams	1.3	0.0	0.0	8.0	12.0	12.6	10.8	3.0	26.6
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.7	9.3	5.6	3.0	11.4
05-08. Milk for coffee and creamers	9.3	5.4	0.0	31.2	50.1	18.3	15.5	3.3	40.7
06. Cereals and cereal products	149.9	149.8	67.8	260.0	99.6	150.2	138.9	64.5	282.4
06-01. Flour, flakes, starches, semolina	1.2	0.0	0.0	6.2	10.2	10.0	5.0	0.8	29.3
06-02. Pasta, rice, other grain	22.0	0.0	0.0	112.7	14.7	139.7	111.7	35.5	335.0
06-03. Bread, crisp bread, rusks	121.6	119.5	45.3	213.2	99.2	122.8	119.0	49.6	207.3
06-03-01. Bread	115.5	111.7	34.6	210.3	97.6	118.4	104.9	47.3	206.4
06-03-02. Crispbread, rusks	6.1	0.6	0.0	22.9	42.0	15.1	12.6	3.5	31.8
06-04. Breakfast cereals	3.2	0.0	0.0	20.5	12.8	28.5	21.4	3.7	76.5
06-05. Salty biscuits, aperitif biscuits, crackers	1.4	0.0	0.0	7.7	9.3	15.5	10.4	4.0	47.0
06-06. Dough and pastry (puff, shortcrust, pizza)	0.5	0.0	0.0	0.0	1.4	82.1	58.1	17.6	159.1
07. Meat and meat products	84.3	78.9	10.6	155.9	85.1	95.4	90.7	18.3	199.7
07-01. Fresh meat	47.7	37.5	0.0	147.0	50.8	86.5	75.9	20.5	198.2
07-01-00. Unclassified	5.1	0.0	0.0	43.8	10.0	64.0	62.8	7.6	129.9
07-01-01. Beef	32.0	0.0	0.0	145.9	25.7	99.3	83.1	25.0	192.8
07-01-02. Veal	0.5	0.0	0.0	0.0	0.5	100.7	75.8	70.0	152.5
07-01-03. Pork	9.9	0.0	0.0	53.1	16.5	68.1	73.1	6.3	111.7

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.2	0.0	0.0	0.0	0.5	61.0	59.6	31.1	69.5
07-02. Poultry	7.8	0.0	0.0	46.6	10.2	80.5	76.0	17.4	128.1
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	6.9	0.0	0.0	46.4	9.0	80.5	90.1	17.1	128.6
07-02-02. Turkey, young turkey	0.3	0.0	0.0	0.0	0.6	89.1	76.0	76.0	107.1
07-02-03. Duck	0.6	0.0	0.0	0.0	0.5	69.3	61.7	58.2	74.6
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	28.7	14.7	0.0	113.8	56.5	51.2	31.2	9.5	130.0
07-05. Offals	0.1	0.0	0.0	0.0	0.4	32.7	10.0	10.0	85.1
08. Fish and shellfish	17.0	0.0	0.0	92.5	17.9	109.2	88.5	13.8	200.5
08-01. Fish	14.1	0.0	0.0	86.0	15.9	102.9	82.3	11.6	197.5
08-02. Crustaceans, molluscs	0.3	0.0	0.0	0.0	0.9	34.5	14.8	10.0	91.8
08-03. Fish products, fish in crumbs	2.6	0.0	0.0	0.0	2.3	126.0	95.5	67.5	194.1
09. Eggs and egg products	8.6	0.0	0.0	36.7	22.5	41.0	45.7	4.6	86.3
09-01. Egg	8.6	0.0	0.0	36.7	22.5	41.0	45.7	4.6	86.3
10. Fat	26.7	26.0	8.5	48.5	99.8	28.7	24.2	5.9	62.9
10-00. Unclassified	1.4	0.0	0.0	8.9	20.2	6.5	5.0	0.8	19.4
10-01. Vegetable oils	1.9	0.0	0.0	10.6	19.7	9.0	7.2	0.8	22.7
10-02. Butter	7.2	0.0	0.0	26.8	31.4	20.2	17.8	2.9	42.8
10-03. Margarines	15.6	13.6	0.0	40.6	83.8	22.6	18.8	1.1	57.9
10-04. Deep frying fats	0.5	0.0	0.0	1.1	1.7	15.6	11.4	1.2	29.7
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	12.4	7.9	7.9	18.4
11. Sugar and confectionery	35.9	25.0	3.7	88.7	91.6	40.9	31.4	7.1	114.1
11-00. Unclassified	0.1	0.0	0.0	0.0	1.8	10.7	4.2	1.3	34.9
11-01. Sugar, honey, jam	18.7	9.9	0.0	74.1	69.7	29.1	19.9	3.6	73.6
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	7.4	6.2	0.0	23.5	47.7	16.4	13.6	4.4	36.4
11-03. Confectionery non-chocolate	2.2	0.0	0.0	9.8	22.3	11.2	8.0	2.0	32.2
11-04. Syrup	4.8	0.0	0.0	28.7	16.3	24.9	16.4	7.0	70.9
11-05. Ice cream, water ice	2.9	0.0	0.0	25.7	3.7	72.9	65.1	32.0	133.6
11-05-00. Unclassified	0.2	0.0	0.0	0.0	0.2	32.0	32.0	32.0	32.0
11-05-01. Ice cream	2.7	0.0	0.0	25.1	3.5	73.9	65.9	32.9	129.8
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.0	110.0	110.0	110.0	110.0
12. Cakes	48.5	39.1	1.2	112.2	88.9	52.7	41.2	7.7	144.1
12-01. Cakes, pies, pastries, etc.	26.1	19.2	0.0	89.7	48.5	54.1	39.8	18.9	144.1
12-02. Dry cakes, biscuits	22.4	18.9	0.0	56.0	68.9	29.9	23.4	6.6	73.4
13. Non-alcoholic beverages	1,450.3	1,307.9	675.9	2,582.9	100.0	1,379.3	1,247.2	649.9	2,795.6
13-00. Unclassified	3.5	0.0	0.0	0.0	1.6	230.8	102.5	12.5	547.9
13-01. Fruit and vegetable containing drinks	56.0	0.0	0.0	224.7	34.0	168.2	150.4	26.7	346.3
13-02. Carbonated/soft/isotonic drinks, diluted syrups	37.5	0.0	0.0	202.1	15.1	235.5	177.6	78.6	542.0
13-03. Coffee, tea and herbal teas	862.2	724.1	167.0	2,130.3	99.8	823.5	718.4	219.1	1,863.4
13-03-01. Coffee	281.3	268.4	0.0	678.1	86.8	362.3	339.1	85.1	751.2
13-03-02. Tea	533.6	314.5	0.0	1,905.0	79.1	587.9	432.9	123.5	1,785.9
13-03-03. Herbal tea	46.2	0.0	0.0	394.4	11.0	371.8	338.3	148.3	703.4
13-03-04. Chicory, substitutes	1.1	0.0	0.0	0.0	0.7	184.8	90.0	89.5	266.6
13-04. Waters	491.1	416.2	0.0	1,218.2	91.2	505.9	372.7	71.6	1,330.6

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	57.4	0.0	0.0	279.5	34.1	186.7	124.0	27.4	612.9
14-00. Unclassified	0.4	0.0	0.0	0.0	0.3	96.1	78.0	78.0	118.9
14-01. Wine	31.1	0.0	0.0	200.4	17.9	186.5	154.7	76.3	374.0
14-02. Fortified wines (sherry, port, vermouth)	2.7	0.0	0.0	8.1	3.1	65.2	46.8	9.0	150.8
14-03. Beer, cider	13.6	0.0	0.0	0.0	4.7	395.7	295.7	250.0	857.1
14-04. Spirits, brandy	8.0	0.0	0.0	37.7	12.2	64.2	46.6	28.5	138.2
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.7	0.0	0.0	0.6	3.1	46.7	49.6	11.0	122.1
15. Condiments and sauces	29.6	23.3	0.0	73.0	68.2	39.3	25.0	2.1	107.9
15-01. Sauces	29.3	23.3	0.0	73.0	64.5	41.0	26.9	2.4	108.0
15-01-00. Unclassified and other sauces	16.7	11.7	0.0	58.7	50.7	36.5	24.7	2.1	97.0
15-01-01. Tomato sauces	3.1	0.0	0.0	6.7	4.3	45.9	13.4	3.1	177.6
15-01-02. Dressing sauces	1.1	0.0	0.0	6.2	5.8	13.5	8.9	1.2	41.6
15-01-03. Mayonnaises and similars	8.3	0.0	0.0	52.0	12.7	40.7	18.0	2.0	106.3
15-01-04. Dessert sauces	0.1	0.0	0.0	0.0	0.3	21.4	11.3	11.3	39.4
15-02. Yeast	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-04. Condiments	0.3	0.0	0.0	2.8	8.1	4.4	2.5	0.8	11.7
16. Soups, bouillon	79.7	0.0	0.0	287.6	32.5	242.6	203.4	94.9	517.1
16-01. Soups	74.3	0.0	0.0	287.5	29.3	245.1	208.3	94.1	550.3
16-02. Bouillon	5.3	0.0	0.0	0.0	3.9	180.7	175.6	71.9	194.1
17. Miscellaneous	9.1	0.0	0.0	62.9	6.1	108.4	71.9	44.1	224.8
17-00. Unclassified	0.3	0.0	0.0	0.0	0.4	96.4	84.6	84.6	138.9
17-01. Soya products	3.8	0.0	0.0	0.0	1.5	164.8	91.5	53.2	358.2
17-02. Dietetic products	0.3	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
17-02-00. Unclassified	0.3	0.0	0.0	0.0	0.2	200.0	200.0	200.0	200.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	4.8	0.0	0.0	42.9	4.0	83.5	70.9	43.2	129.9

Table 2.3.b Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	112.7	94.7	0.0	310.4	71.2	165.1	139.7	62.2	337.0
01-01. Potatoes	112.7	94.7	0.0	310.4	71.2	165.1	139.7	62.2	337.0
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	151.9	146.0	16.9	283.6	92.9	173.9	164.7	39.9	355.5
02-01. Leafy vegetables (except cabbages)	26.2	0.0	0.0	121.7	27.5	104.7	82.7	9.4	295.9
02-02. Fruiting vegetables	50.6	33.0	0.0	170.0	51.6	107.4	79.5	7.2	283.2
02-03. Root vegetables	17.0	0.0	0.0	100.1	14.3	104.5	99.9	3.5	228.6
02-04. Cabbages	25.2	0.0	0.0	119.0	20.3	143.4	144.7	3.9	246.3
02-05. Mushrooms	1.7	0.0	0.0	13.7	7.6	23.7	20.2	2.8	56.2
02-06. Grain and pod vegetables	4.7	0.0	0.0	18.2	5.6	94.6	100.4	1.0	222.6
02-07. Onion, garlic	10.6	0.0	0.0	45.6	33.0	35.2	24.8	1.7	86.4
02-08. Stalk vegetables, sprouts	2.2	0.0	0.0	3.0	5.4	39.2	9.6	0.8	187.3
02-09. Mixed salad, mixed vegetables	13.7	0.0	0.0	80.7	11.5	109.0	87.9	14.8	275.6
03. Legumes	4.6	0.0	0.0	37.0	5.6	99.5	74.1	6.1	247.6
03-01. Legumes	4.6	0.0	0.0	37.0	5.6	99.5	74.1	6.1	247.6
04. Fruits, nuts and olives	152.8	140.7	0.0	330.8	84.0	189.4	165.8	32.6	424.2
04-01. Fruits	145.9	140.2	0.0	330.1	81.1	187.8	164.9	46.7	407.6
04-02. Nuts and seeds (+nut spread)	5.5	0.0	0.0	29.7	17.1	31.4	20.0	6.8	82.9
04-03. Mixed fruits	1.2	0.0	0.0	0.0	2.2	52.2	25.6	14.0	112.5
04-04. Olives	0.3	0.0	0.0	0.0	2.9	12.5	6.0	2.1	38.8
05. Dairy products	373.2	353.7	77.6	735.3	98.7	387.9	381.0	52.4	794.5
05-00. Unclassified	0.4	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
05-01. Milk	161.8	111.0	0.0	459.7	60.9	281.7	250.1	37.8	551.0
05-02. Milk beverages	17.2	0.0	0.0	110.2	7.0	231.5	210.8	144.6	375.6
05-03. Yoghurt	82.6	60.3	0.0	269.5	42.4	202.7	175.8	64.9	456.6
05-04. Fromage blanc, petit suisse	11.9	0.0	0.0	84.5	8.5	141.5	131.1	16.3	230.6
05-05. Cheese (including fresh cheeses)	36.5	34.4	0.0	78.3	77.4	47.6	40.9	12.4	101.8
05-06. Cream desserts, puddings (milk based)	49.7	0.0	0.0	211.4	25.9	181.9	164.3	76.4	305.3
05-07. Dairy and non-dairy creams	1.1	0.0	0.0	6.7	9.2	16.6	11.0	3.0	44.9
05-07-01. Dairy creams	1.0	0.0	0.0	5.9	8.3	16.1	10.3	3.0	40.5
05-07-02. Non-dairy creams	0.2	0.0	0.0	0.0	1.0	21.2	11.0	8.0	48.8
05-08. Milk for coffee and creamers	12.0	0.0	0.0	45.6	43.3	25.9	23.8	6.1	58.9
06. Cereals and cereal products	191.7	180.4	76.8	338.5	99.8	187.8	174.1	60.7	372.2
06-01. Flour, flakes, starches, semolina	1.0	0.0	0.0	1.4	5.2	20.7	5.9	0.6	83.8
06-02. Pasta, rice, other grain	30.7	0.0	0.0	119.3	18.8	134.2	118.1	38.1	239.8
06-03. Bread, crisp bread, rusks	144.8	134.7	54.1	278.9	98.5	149.8	138.0	54.2	276.8
06-03-01. Bread	138.6	132.2	44.7	263.0	97.2	145.3	136.6	48.3	269.2
06-03-02. Crispbread, rusks	6.2	0.0	0.0	25.9	38.5	16.8	12.5	4.0	41.2
06-04. Breakfast cereals	5.0	0.0	0.0	32.8	14.5	33.8	28.9	10.1	79.9
06-05. Salty biscuits, aperitif biscuits, crackers	4.4	0.0	0.0	20.4	16.4	22.8	19.1	2.9	70.7
06-06. Dough and pastry (puff, shortcrust, pizza)	5.8	0.0	0.0	41.1	3.5	134.2	96.5	30.0	313.0
07. Meat and meat products	103.7	94.2	35.8	214.4	95.6	112.4	99.6	18.4	246.9
07-01.Fresh meat	44.2	36.3	0.0	133.4	49.3	99.8	85.0	25.6	221.5
07-01-00. Unclassified	6.1	0.0	0.0	44.4	9.9	78.3	73.8	11.3	163.3
07-01-01. Beef	18.8	0.0	0.0	81.9	23.0	87.0	79.7	23.5	144.2

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-02. Veal	0.4	0.0	0.0	0.0	0.5	111.2	78.1	48.2	144.5
07-01-03. Pork	18.8	0.0	0.0	105.0	17.9	116.1	106.3	18.4	229.8
07-01-04. Mutton/Lamb	0.2	0.0	0.0	0.0	0.2	90.9	76.0	76.0	114.4
07-02. Poultry	11.6	0.0	0.0	55.2	16.4	69.7	56.7	15.6	136.9
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	11.3	0.0	0.0	55.2	15.3	70.3	55.9	15.4	138.6
07-02-02. Turkey, young turkey	0.2	0.0	0.0	0.0	0.9	65.0	46.9	29.5	67.7
07-02-03. Duck	0.1	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	46.4	35.4	0.0	110.6	78.4	58.9	41.0	9.3	147.2
07-05. Offals	1.5	0.0	0.0	0.0	0.7	95.0	55.4	6.8	165.6
08. Fish and shellfish	24.1	0.0	0.0	98.3	16.2	124.0	111.6	34.9	251.2
08-01. Fish	20.7	0.0	0.0	90.1	14.0	118.1	111.3	37.4	227.3
08-02. Crustaceans, molluscs	0.9	0.0	0.0	0.0	1.5	81.2	45.3	15.8	187.2
08-03. Fish products, fish in crumbs	2.5	0.0	0.0	0.0	2.1	108.5	97.8	1.8	215.4
09. Eggs and egg products	14.7	0.0	0.0	54.5	27.4	48.7	49.5	6.4	99.3
09-01. Egg	14.7	0.0	0.0	54.5	27.4	48.7	49.5	6.4	99.3
10. Fat	34.0	31.4	10.1	65.8	99.7	33.9	31.0	5.8	68.3
10-00. Unclassified	1.0	0.0	0.0	6.3	14.6	7.4	5.8	0.6	21.0
10-01. Vegetable oils	4.1	1.0	0.0	14.6	34.4	10.5	5.9	1.2	29.1
10-02. Butter	3.5	0.0	0.0	21.1	24.2	15.3	11.6	2.7	40.3
10-03. Margarines	24.9	20.5	0.0	60.5	89.0	28.1	24.6	2.1	65.3
10-04. Deep frying fats	0.5	0.0	0.0	3.2	2.7	14.3	10.6	6.3	23.2
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.1	4.1	4.1	4.1	4.1
11. Sugar and confectionery	51.8	40.7	0.0	151.3	84.5	57.4	42.1	6.9	169.4
11-00. Unclassified	0.0	0.0	0.0	0.0	1.6	3.3	2.2	0.4	7.9
11-01. Sugar, honey, jam	25.2	21.1	0.0	75.9	68.3	36.4	28.7	3.3	93.6
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	10.6	0.0	0.0	48.9	32.2	27.8	19.8	6.3	75.6
11-03. Confectionery non-chocolate	2.0	0.0	0.0	12.5	18.5	11.0	8.9	1.5	24.8
11-04. Syrup	6.1	0.0	0.0	30.9	24.9	24.4	19.5	6.1	60.5
11-05. Ice cream, water ice	8.1	0.0	0.0	54.6	6.7	99.9	96.3	48.9	150.0
11-05-00. Unclassified	0.2	0.0	0.0	0.0	0.2	96.0	96.0	96.0	96.0
11-05-01. Ice cream	7.3	0.0	0.0	46.7	6.1	92.3	86.0	48.8	152.2
11-05-02. Sorbet	0.5	0.0	0.0	0.0	1.3	58.6	50.0	50.0	85.4
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
12. Cakes	44.0	34.0	0.0	118.0	75.7	58.0	43.1	9.1	154.9
12-01. Cakes, pies, pastries, etc.	28.8	18.5	0.0	94.8	45.0	62.4	49.1	18.5	152.6
12-02. Dry cakes, biscuits	15.2	10.3	0.0	50.5	55.4	28.6	23.3	7.6	68.1
13. Non-alcoholic beverages	1,316.5	1,231.0	639.2	2,152.5	100.0	1,329.1	1,255.0	604.3	2,335.4
13-00. Unclassified	4.2	0.0	0.0	0.0	1.1	294.1	148.9	10.0	627.6
13-01. Fruit and vegetable containing drinks	53.6	0.0	0.0	197.1	28.5	164.0	145.2	2.0	365.3
13-02. Carbonated/soft/isotonic drinks, diluted syrups	85.5	0.0	0.0	466.2	23.0	301.1	211.8	97.0	724.0
13-03. Coffee, tea and herbal teas	831.8	775.3	354.7	1,536.2	99.8	850.5	775.8	341.6	1,557.1
13-03-01. Coffee	514.4	484.5	122.6	959.7	97.1	540.2	507.3	205.6	1,013.1
13-03-02. Tea	266.3	172.8	0.0	846.3	57.4	463.7	371.8	156.6	1,023.2
13-03-03. Herbal tea	51.0	0.0	0.0	323.4	15.1	383.2	314.5	3.1	1,005.2
13-03-04. Chicory, substitutes	0.1	0.0	0.0	0.0	0.1	78.2	78.0	78.0	78.4

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
13-04. Waters	341.4	249.5	0.0	1,059.1	79.5	454.3	342.8	71.1	1,188.7
14. Alcoholic beverages	217.8	132.4	0.0	828.3	58.4	376.9	274.7	62.7	1,085.7
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	24.0	24.0	24.0	24.0
14-01. Wine	94.8	0.0	0.0	383.5	34.5	263.6	185.0	96.4	733.3
14-02. Fortified wines (sherry, port, vermouth)	5.9	0.0	0.0	16.7	4.9	96.2	82.7	0.3	208.8
14-03. Beer, cider	100.1	0.0	0.0	587.9	19.7	548.8	366.5	248.1	1,167.9
14-04. Spirits, brandy	16.3	0.0	0.0	93.0	19.1	80.6	66.9	28.5	173.3
14-05. Aniseed drinks (pastis, ouzo)	0.2	0.0	0.0	0.0	0.3	31.1	25.3	25.3	49.7
14-06. Liqueurs	0.5	0.0	0.0	0.0	1.5	43.7	41.4	13.2	61.0
15. Condiments and sauces	28.4	19.7	0.0	80.8	65.0	38.8	27.7	3.1	107.9
15-01. Sauces	27.3	17.4	0.0	79.2	59.8	40.3	28.1	5.1	108.6
15-01-00. Unclassified and other sauces	17.9	8.1	0.0	61.8	41.1	40.5	28.8	8.7	108.3
15-01-01. Tomato sauces	2.1	0.0	0.0	10.0	4.3	38.3	16.7	1.7	112.8
15-01-02. Dressing sauces	2.2	0.0	0.0	11.1	14.5	15.6	11.5	3.6	36.7
15-01-03. Mayonnaises and similars	4.7	0.0	0.0	24.9	12.3	27.3	22.9	2.7	54.9
15-01-04. Dessert sauces	0.4	0.0	0.0	0.0	0.6	31.7	22.1	15.0	42.7
15-02. Yeast	0.0	0.0	0.0	0.0	1.8	3.9	2.7	1.4	4.9
15-04. Condiments	1.1	0.0	0.0	8.1	14.5	7.2	4.8	0.5	21.5
16. Soups, bouillon	102.8	0.0	0.0	370.8	33.4	288.6	247.5	149.7	513.3
16-01. Soups	83.3	0.0	0.0	323.8	29.2	271.3	246.1	149.9	494.8
16-02. Bouillon	19.5	0.0	0.0	199.0	7.4	230.9	227.2	4.8	419.5
17. Miscellaneous	12.7	0.0	0.0	75.5	8.5	122.7	99.8	39.3	247.9
17-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-01. Soya products	2.1	0.0	0.0	0.0	2.3	124.4	99.9	67.9	240.7
17-02. Dietetic products	4.6	0.0	0.0	0.0	1.3	212.8	202.7	30.0	245.3
17-02-00. Unclassified	4.6	0.0	0.0	0.0	1.3	212.8	202.7	30.0	245.3
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	6.0	0.0	0.0	44.3	4.9	98.0	72.8	34.5	210.7

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	83.6	72.2	0.0	161.7	71.0	118.3	110.8	35.9	226.1
01-01. Potatoes	83.5	72.2	0.0	161.7	70.8	118.3	110.0	35.9	226.2
01-02. Other tubers	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
02. Vegetables	159.1	155.4	54.9	283.3	93.5	173.3	169.7	38.2	331.9
02-01. Leafy vegetables (except cabbages)	32.5	19.8	0.0	120.6	33.3	87.4	59.7	14.6	218.1
02-02. Fruiting vegetables	44.8	29.7	0.0	151.7	54.3	92.8	66.4	5.3	243.6
02-03. Root vegetables	19.9	0.0	0.0	91.2	19.3	96.7	86.1	2.0	223.0
02-04. Cabbages	31.1	0.0	0.0	113.9	27.3	118.9	133.2	3.9	237.7
02-05. Mushrooms	3.0	0.0	0.0	17.0	7.3	34.3	28.4	1.1	80.2
02-06. Grain and pod vegetables	4.7	0.0	0.0	34.6	5.1	98.3	64.6	1.3	230.3
02-07. Onion, garlic	10.3	0.0	0.0	45.5	32.1	34.5	22.5	2.1	121.8
02-08. Stalk vegetables, sprouts	3.9	0.0	0.0	24.5	6.8	60.7	26.2	0.3	222.4
02-09. Mixed salad, mixed vegetables	8.9	0.0	0.0	63.3	9.4	94.6	75.9	12.7	202.1
03. Legumes	2.5	0.0	0.0	0.0	2.7	101.2	98.2	1.0	224.6
03-01. Legumes	2.5	0.0	0.0	0.0	2.7	101.2	98.2	1.0	224.6
04. Fruits, nuts and olives	185.1	178.2	4.0	382.1	88.0	212.4	199.5	48.8	426.2
04-01. Fruits	178.3	173.4	0.0	380.6	84.9	210.7	197.4	54.5	430.8
04-02. Nuts and seeds (+nut spread)	5.3	0.0	0.0	24.7	24.5	23.5	19.8	5.0	49.5
04-03. Mixed fruits	0.9	0.0	0.0	0.0	1.9	95.2	63.0	24.2	193.7
04-04. Olives	0.6	0.0	0.0	0.0	1.9	19.3	18.1	1.3	51.8
05. Dairy products	370.0	340.2	61.7	802.6	97.9	345.4	314.0	33.4	785.3
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	192.3	153.1	0.0	650.1	62.4	257.4	205.7	24.7	637.6
05-02. Milk beverages	7.5	0.0	0.0	81.6	4.3	216.7	196.1	104.7	340.5
05-03. Yoghurt	78.3	57.4	0.0	278.5	42.5	183.3	151.1	53.6	345.2
05-04. Fromage blanc, petit suisse	13.0	0.0	0.0	92.9	12.7	121.3	123.0	14.9	230.9
05-05. Cheese (including fresh cheeses)	33.1	27.5	0.0	81.3	78.1	40.9	28.7	11.1	97.9
05-06. Cream desserts, puddings (milk based)	33.3	0.0	0.0	130.0	21.5	141.6	130.9	46.9	240.3
05-07. Dairy and non-dairy creams	1.4	0.0	0.0	6.0	7.6	16.5	8.9	3.0	59.0
05-07-01. Dairy creams	1.4	0.0	0.0	6.0	7.6	16.5	8.9	3.0	59.0
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-08. Milk for coffee and creamers	11.1	3.1	0.0	38.6	47.5	23.5	17.5	6.0	58.6
06. Cereals and cereal products	142.9	136.7	73.1	265.2	99.5	143.9	131.5	57.8	252.1
06-01. Flour, flakes, starches, semolina	0.9	0.0	0.0	2.4	7.4	12.5	5.4	0.6	35.9
06-02. Pasta, rice, other grain	16.8	0.0	0.0	75.0	18.6	97.7	81.5	10.9	245.8
06-03. Bread, crisp bread, rusks	116.1	109.4	54.8	189.3	98.7	116.2	104.8	43.4	199.3
06-03-01. Bread	107.5	103.6	48.8	186.8	97.2	110.0	103.6	34.7	190.1
06-03-02. Crispbread, rusks	8.6	3.6	0.0	47.2	40.7	18.9	13.9	4.9	50.4
06-04. Breakfast cereals	3.8	0.0	0.0	20.2	15.9	24.8	19.8	4.4	54.5
06-05. Salty biscuits, aperitif biscuits, crackers	3.0	0.0	0.0	12.4	17.6	19.9	15.7	4.2	56.1
06-06. Dough and pastry (puff, shortcrust, pizza)	2.3	0.0	0.0	5.9	2.3	85.3	74.8	18.0	167.6
07. Meat and meat products	80.5	77.5	7.1	172.5	87.6	90.4	84.4	10.3	177.2
07-01.Fresh meat	39.6	33.8	0.0	122.9	47.6	80.8	77.1	11.2	162.1
07-01-00. Unclassified	3.9	0.0	0.0	21.8	6.2	45.1	33.7	7.8	113.8
07-01-01. Beef	21.0	0.0	0.0	82.9	26.8	81.1	75.8	18.1	127.2
07-01-02. Veal	0.2	0.0	0.0	0.0	0.6	47.4	57.4	8.5	76.5
07-01-03. Pork	13.5	0.0	0.0	63.1	15.2	84.5	77.6	8.7	164.4

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	1.0	0.0	0.0	0.0	0.9	90.6	93.2	52.5	111.2
07-02. Poultry	14.0	0.0	0.0	64.9	12.5	104.4	91.6	6.9	278.1
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	13.6	0.0	0.0	64.9	12.0	104.5	87.9	6.6	280.7
07-02-02. Turkey, young turkey	0.1	0.0	0.0	0.0	0.0	112.0	112.0	112.0	112.0
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	0.3	0.0	0.0	0.0	0.5	101.9	101.9	101.9	101.9
07-03. Game	0.1	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
07-04. Processed meat	26.3	17.0	0.0	75.2	65.2	41.1	28.9	9.2	118.0
07-05. Offals	0.5	0.0	0.0	0.0	0.7	101.9	51.5	6.8	117.7
08. Fish and shellfish	25.1	0.0	0.0	102.6	19.0	128.8	126.9	30.8	218.8
08-01. Fish	21.2	0.0	0.0	102.1	15.0	125.3	108.2	24.0	224.7
08-02. Crustaceans, molluscs	1.4	0.0	0.0	0.0	2.3	85.1	64.9	16.4	150.0
08-03. Fish products, fish in crumbs	2.5	0.0	0.0	0.0	3.1	120.3	107.3	60.0	149.5
09. Eggs and egg products	12.0	2.3	0.0	44.1	28.0	39.4	45.0	3.8	73.5
09-01. Egg	12.0	2.3	0.0	44.1	28.0	39.4	45.0	3.8	73.5
10. Fat	26.6	25.0	6.2	52.2	98.2	25.9	23.8	5.9	54.7
10-00. Unclassified	1.0	0.0	0.0	6.1	15.6	7.5	5.9	0.6	19.4
10-01. Vegetable oils	2.7	0.0	0.0	12.4	29.6	9.5	6.6	0.8	30.8
10-02. Butter	3.7	0.0	0.0	20.1	26.5	13.7	9.5	3.1	35.1
10-03. Margarines	19.0	17.5	0.0	51.6	82.1	21.4	19.8	3.6	50.5
10-04. Deep frying fats	0.1	0.0	0.0	0.0	1.0	21.2	15.8	7.4	29.3
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	1.3	1.3	1.3	1.3
11. Sugar and confectionery	30.6	21.6	0.0	79.0	84.8	39.1	29.6	4.7	106.0
11-00. Unclassified	0.2	0.0	0.0	0.0	1.9	11.2	8.7	5.0	18.3
11-01. Sugar, honey, jam	12.4	9.8	0.0	41.0	59.4	21.5	19.1	3.4	52.5
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	5.9	0.0	0.0	24.6	35.9	19.7	13.8	4.0	54.4
11-03. Confectionery non-chocolate	2.1	0.0	0.0	11.0	25.3	9.2	5.9	1.6	27.0
11-04. Syrup	5.0	0.0	0.0	27.2	25.1	23.1	18.5	7.5	58.6
11-05. Ice cream, water ice	5.2	0.0	0.0	37.0	7.2	74.4	68.1	22.4	119.0
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0
11-05-01. Ice cream	4.7	0.0	0.0	37.0	6.2	78.8	71.0	21.5	120.0
11-05-02. Sorbet	0.3	0.0	0.0	0.0	0.3	45.9	38.4	32.0	48.8
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	52.6	50.1	50.0	54.5
12. Cakes	44.9	33.9	0.0	120.8	83.0	50.5	41.1	8.2	137.1
12-01. Cakes, pies, pastries, etc.	31.5	19.6	0.0	111.0	51.5	53.0	37.1	18.2	135.2
12-02. Dry cakes, biscuits	13.4	9.8	0.0	41.5	62.9	23.2	19.2	5.6	57.1
13. Non-alcoholic beverages	1,486.2	1,381.6	853.3	2,365.8	100.0	1,511.5	1,426.7	732.9	2,504.8
13-00. Unclassified	3.0	0.0	0.0	0.0	1.5	194.3	127.8	100.0	282.7
13-01. Fruit and vegetable containing drinks	84.0	25.6	0.0	315.6	43.7	206.6	174.4	25.4	529.6
13-02. Carbonated/soft/isotonic drinks, diluted syrups	21.4	0.0	0.0	141.6	10.2	233.9	194.5	119.2	397.6
13-03. Coffee, tea and herbal teas	798.3	755.2	301.3	1,406.6	99.4	838.5	790.0	321.9	1,524.2
13-03-01. Coffee	408.0	410.4	1.9	800.1	92.8	428.0	416.7	103.5	821.3
13-03-02. Tea	307.8	262.3	0.0	841.2	70.7	489.6	415.4	134.5	1,007.9
13-03-03. Herbal tea	80.2	0.0	0.0	399.9	23.3	373.7	321.0	50.4	922.5
13-03-04. Chicory, substitutes	2.3	0.0	0.0	0.0	2.2	146.1	3.5	2.0	410.3
13-04. Waters	579.6	542.6	0.0	1,481.0	92.3	607.3	544.8	99.7	1,427.0

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	80.0	0.0	0.0	389.6	36.7	191.4	141.1	41.1	476.9
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	51.5	0.0	0.0	265.3	25.4	190.3	140.6	61.9	375.5
14-02. Fortified wines (sherry, port, vermouth)	11.5	0.0	0.0	94.4	8.9	119.7	108.1	38.2	237.0
14-03. Beer, cider	13.8	0.0	0.0	0.0	2.1	360.2	326.5	29.1	566.5
14-04. Spirits, brandy	1.5	0.0	0.0	0.0	2.3	56.2	56.3	11.7	89.0
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.6	0.0	0.0	0.0	3.5	70.3	52.2	2.6	138.1
15. Condiments and sauces	18.2	10.0	0.0	62.3	61.3	33.3	24.3	2.2	99.3
15-01. Sauces	17.7	9.7	0.0	62.0	56.3	35.1	24.3	2.7	100.2
15-01-00. Unclassified and other sauces	12.3	1.5	0.0	48.3	39.4	36.4	24.3	4.5	103.9
15-01-01. Tomato sauces	1.2	0.0	0.0	1.8	4.4	27.9	11.8	2.3	71.8
15-01-02. Dressing sauces	1.3	0.0	0.0	5.8	12.8	10.3	8.3	1.4	24.5
15-01-03. Mayonnaises and similars	2.6	0.0	0.0	16.4	11.8	21.8	14.0	0.6	72.4
15-01-04. Dessert sauces	0.4	0.0	0.0	0.0	1.2	27.9	19.5	9.0	29.0
15-02. Yeast	0.0	0.0	0.0	0.0	0.4	10.0	10.0	10.0	10.0
15-04. Condiments	0.5	0.0	0.0	4.0	11.6	5.2	3.4	0.3	12.5
16. Soups, bouillon	84.1	0.0	0.0	320.1	33.2	258.2	257.5	65.3	465.9
16-01. Soups	79.0	0.0	0.0	319.5	29.4	271.7	258.6	108.6	462.2
16-02. Bouillon	5.1	0.0	0.0	12.2	4.5	128.5	66.2	4.0	267.0
17. Miscellaneous	13.7	0.0	0.0	73.9	11.8	137.7	103.1	20.4	304.5
17-00. Unclassified	0.1	0.0	0.0	0.0	0.4	61.6	50.3	28.2	90.1
17-01. Soya products	6.4	0.0	0.0	37.1	5.5	189.4	148.3	34.5	361.9
17-02. Dietetic products	3.1	0.0	0.0	0.0	1.4	132.9	55.1	2.0	307.6
17-02-00. Unclassified	3.0	0.0	0.0	0.0	0.9	209.1	126.1	125.0	341.9
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.5	3.5	2.0	2.0	5.5
17-03. Snacks	4.1	0.0	0.0	36.1	4.5	82.4	69.0	60.0	137.1

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	125.0	115.1	0.0	301.3	72.8	163.7	139.7	44.6	310.3
01-01. Potatoes	125.0	115.1	0.0	301.3	72.8	163.7	139.7	44.6	310.3
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	136.6	117.4	32.7	291.0	92.4	158.0	149.0	23.8	334.2
02-01. Leafy vegetables (except cabbages)	42.1	9.2	0.0	163.4	31.3	110.7	90.9	8.0	229.1
02-02. Fruiting vegetables	33.2	10.8	0.0	131.7	37.4	104.2	96.6	13.9	247.4
02-03. Root vegetables	17.6	0.0	0.0	113.3	20.9	92.8	84.4	5.6	219.9
02-04. Cabbages	22.6	0.0	0.0	127.8	20.6	134.0	120.7	5.3	294.8
02-05. Mushrooms	1.2	0.0	0.0	5.3	5.0	19.1	16.8	4.1	37.8
02-06. Grain and pod vegetables	2.3	0.0	0.0	9.5	3.2	87.0	67.3	4.0	147.3
02-07. Onion, garlic	8.8	0.0	0.0	38.7	25.7	44.0	30.8	6.2	116.2
02-08. Stalk vegetables, sprouts	1.4	0.0	0.0	1.0	4.4	67.2	29.2	0.5	204.9
02-09. Mixed salad, mixed vegetables	7.5	0.0	0.0	64.7	9.5	76.7	60.0	16.0	106.7
03. Legumes	2.8	0.0	0.0	0.0	2.3	158.7	117.5	12.2	274.0
03-01. Legumes	2.8	0.0	0.0	0.0	2.3	158.7	117.5	12.2	274.0
04. Fruits, nuts and olives	159.7	130.7	0.0	465.0	80.3	189.0	152.0	22.3	489.6
04-01. Fruits	149.9	125.3	0.0	439.0	76.2	188.9	156.5	23.1	488.0
04-02. Nuts and seeds (+nut spread)	9.3	0.0	0.0	38.5	19.5	37.9	29.1	4.4	77.5
04-03. Mixed fruits	0.4	0.0	0.0	0.0	0.7	45.8	27.7	24.0	69.3
04-04. Olives	0.0	0.0	0.0	0.0	0.3	2.3	2.3	2.3	2.3
05. Dairy products	376.0	329.8	123.8	755.1	99.5	387.0	333.6	65.6	761.6
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	173.1	109.6	0.0	562.5	66.1	275.8	217.4	37.5	562.3
05-02. Milk beverages	12.7	0.0	0.0	72.4	7.5	182.9	143.2	114.0	348.1
05-03. Yoghurt	54.4	0.0	0.0	220.7	31.2	186.2	160.7	13.4	461.0
05-04. Fromage blanc, petit suisse	4.6	0.0	0.0	21.4	6.3	100.7	100.7	6.5	170.5
05-05. Cheese (including fresh cheeses)	30.1	28.2	0.0	66.4	78.5	41.0	41.6	12.1	82.5
05-06. Cream desserts, puddings (milk based)	88.3	59.0	0.0	296.1	43.7	184.5	155.3	67.6	439.5
05-07. Dairy and non-dairy creams	1.5	0.0	0.0	8.5	12.7	12.6	8.0	3.0	24.9
05-07-01. Dairy creams	1.5	0.0	0.0	8.5	12.1	13.1	8.6	3.3	24.9
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.5	3.0	3.0	3.0	3.0
05-08. Milk for coffee and creamers	11.2	7.1	0.0	36.7	51.1	19.4	14.9	3.1	46.9
06. Cereals and cereal products	178.6	162.0	83.4	314.8	99.5	176.8	164.2	73.8	349.0
06-01. Flour, flakes, starches, semolina	2.3	0.0	0.0	9.2	11.8	13.5	7.7	1.9	28.7
06-02. Pasta, rice, other grain	33.3	0.0	0.0	178.7	17.4	147.1	129.4	28.2	328.9
06-03. Bread, crisp bread, rusks	136.5	125.9	61.5	237.1	99.1	140.3	133.8	61.5	250.2
06-03-01. Bread	131.5	119.0	52.6	229.0	98.7	135.6	129.4	65.5	238.5
06-03-02. Crispbread, rusks	5.1	0.0	0.0	22.2	34.4	15.1	9.7	1.1	32.6
06-04. Breakfast cereals	4.6	0.0	0.0	29.2	22.7	29.4	24.2	3.8	76.9
06-05. Salty biscuits, aperitif biscuits, crackers	1.0	0.0	0.0	6.3	8.9	13.1	10.1	4.0	24.6
06-06. Dough and pastry (puff, shortcrust, pizza)	0.9	0.0	0.0	0.0	1.9	102.6	76.9	17.6	162.4
07. Meat and meat products	87.7	80.6	2.5	182.2	91.7	99.6	94.8	19.7	209.6
07-01.Fresh meat	38.1	26.8	0.0	129.7	49.9	84.6	75.2	16.9	164.6
07-01-00. Unclassified	7.0	0.0	0.0	43.8	15.1	62.9	56.6	7.7	137.3
07-01-01. Beef	21.2	0.0	0.0	88.6	21.4	101.0	86.9	19.4	190.1
07-01-02. Veal	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-01-03. Pork	9.5	0.0	0.0	55.1	15.0	71.8	72.3	3.5	111.9

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.3	0.0	0.0	0.0	0.5	66.1	66.1	66.1	66.1
07-02. Poultry	11.6	0.0	0.0	57.0	14.4	85.8	90.4	17.1	119.9
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	10.5	0.0	0.0	57.0	12.2	86.5	90.6	14.7	122.4
07-02-02. Turkey, young turkey	0.9	0.0	0.0	0.0	1.7	89.1	76.0	76.0	107.1
07-02-03. Duck	0.2	0.0	0.0	0.0	0.5	58.2	58.2	58.2	58.2
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	38.1	28.7	0.0	116.9	64.9	56.5	34.3	8.5	137.7
07-05. Offals	0.0	0.0	0.0	0.0	0.0	.	.	.	.
08. Fish and shellfish	16.3	0.0	0.0	87.9	16.7	106.6	79.5	41.0	199.9
08-01. Fish	13.8	0.0	0.0	81.2	14.4	99.9	73.4	30.2	200.4
08-02. Crustaceans, molluscs	0.3	0.0	0.0	0.0	0.4	79.5	26.4	10.0	119.6
08-03. Fish products, fish in crumbs	2.2	0.0	0.0	0.0	2.2	133.9	90.0	67.5	195.7
09. Eggs and egg products	8.6	0.0	0.0	48.5	19.0	48.8	46.5	3.8	100.0
09-01. Egg	8.6	0.0	0.0	48.5	19.0	48.8	46.5	3.8	100.0
10. Fat	33.5	32.3	4.0	80.6	99.7	35.5	32.2	5.7	80.2
10-00. Unclassified	1.2	0.0	0.0	7.8	21.0	6.9	4.1	1.1	18.2
10-01. Vegetable oils	3.0	0.0	0.0	11.1	24.7	10.3	10.1	1.5	22.4
10-02. Butter	4.1	0.0	0.0	23.4	24.5	18.2	11.7	1.5	43.1
10-03. Margarines	23.8	21.1	0.0	74.1	88.5	29.8	24.4	1.9	77.6
10-04. Deep frying fats	1.4	0.0	0.0	11.6	1.9	28.7	22.6	13.9	30.9
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.5	12.4	7.9	7.9	18.4
11. Sugar and confectionery	49.3	45.1	3.1	97.5	90.4	53.1	39.6	5.7	142.1
11-00. Unclassified	0.1	0.0	0.0	0.0	0.7	12.5	4.6	3.4	22.4
11-01. Sugar, honey, jam	28.0	16.5	0.0	84.3	73.7	34.3	21.3	4.5	102.6
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	9.6	6.5	0.0	28.6	43.3	21.7	17.2	4.9	49.2
11-03. Confectionery non-chocolate	3.3	0.0	0.0	15.9	30.0	15.1	9.8	2.0	35.8
11-04. Syrup	5.7	0.0	0.0	29.2	18.5	27.0	19.2	8.2	63.2
11-05. Ice cream, water ice	2.7	0.0	0.0	24.6	5.3	70.2	49.6	32.0	133.9
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-01. Ice cream	2.6	0.0	0.0	24.6	5.3	67.8	49.6	32.0	121.6
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
12. Cakes	51.1	45.8	0.0	123.6	85.1	57.1	49.0	6.6	135.9
12-01. Cakes, pies, pastries, etc.	25.3	19.3	0.0	98.0	42.5	57.0	40.0	12.9	139.6
12-02. Dry cakes, biscuits	25.8	21.7	0.0	58.3	73.5	33.1	25.3	5.8	74.1
13. Non-alcoholic beverages	1,239.3	1,252.3	628.9	1,852.0	100.0	1,218.5	1,087.0	582.3	2,116.2
13-00. Unclassified	9.7	0.0	0.0	0.0	2.3	316.3	162.5	12.5	601.1
13-01. Fruit and vegetable containing drinks	77.7	0.0	0.0	325.2	37.1	187.3	151.2	36.8	391.9
13-02. Carbonated/soft/isotonic drinks, diluted syrups	49.0	0.0	0.0	259.8	17.3	279.2	192.6	86.3	912.1
13-03. Coffee, tea and herbal teas	746.8	696.0	133.5	1,376.9	100.0	753.8	687.5	167.4	1,377.5
13-03-01. Coffee	341.6	300.1	2.3	728.0	94.2	388.2	379.7	122.8	750.6
13-03-02. Tea	363.3	236.8	0.0	1,112.9	81.7	440.5	343.6	108.1	1,104.9
13-03-03. Herbal tea	41.8	0.0	0.0	303.1	8.3	337.5	232.0	122.0	618.2
13-03-04. Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	.	.	.	.
13-04. Waters	356.2	326.7	3.0	762.3	90.7	374.5	311.3	55.3	1,006.6
14. Alcoholic beverages	113.6	14.9	0.0	445.0	49.5	250.6	154.5	53.3	658.4

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	1.3	0.0	0.0	0.0	0.8	96.1	78.0	78.0	118.9
14-01. Wine	46.8	0.0	0.0	249.4	26.1	204.3	153.8	73.8	509.0
14-02. Fortified wines (sherry, port, vermouth)	1.2	0.0	0.0	0.0	2.6	55.0	9.9	9.0	140.9
14-03. Beer, cider	42.8	0.0	0.0	363.4	12.1	399.8	297.6	250.0	886.3
14-04. Spirits, brandy	20.2	0.0	0.0	98.3	23.4	77.6	62.7	33.3	150.8
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.3	0.0	0.0	0.0	3.3	55.4	29.3	13.2	128.1
15. Condiments and sauces	30.6	19.7	0.0	82.6	68.3	41.8	34.4	2.4	105.7
15-01. Sauces	30.1	18.7	0.0	82.6	64.1	43.7	34.8	2.4	107.3
15-01-00. Unclassified and other sauces	20.7	14.0	0.0	59.5	54.5	39.6	34.4	2.5	96.9
15-01-01. Tomato sauces	3.8	0.0	0.0	7.5	4.4	52.1	13.8	13.8	158.4
15-01-02. Dressing sauces	2.6	0.0	0.0	20.6	7.3	17.9	11.7	1.0	42.1
15-01-03. Mayonnaises and similars	2.9	0.0	0.0	20.9	11.0	24.7	13.8	2.6	65.8
15-01-04. Dessert sauces	0.1	0.0	0.0	0.0	0.2	45.0	45.0	45.0	45.0
15-02. Yeast	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-04. Condiments	0.6	0.0	0.0	3.6	10.4	5.1	3.2	0.6	14.0
16. Soups, bouillon	70.8	0.0	0.0	264.5	31.3	262.2	206.0	91.0	740.1
16-01. Soups	68.8	0.0	0.0	263.7	30.5	260.7	204.6	91.0	741.3
16-02. Bouillon	2.0	0.0	0.0	0.0	1.5	165.6	123.5	65.0	211.6
17. Miscellaneous	13.3	0.0	0.0	70.3	10.0	92.4	71.3	40.2	173.5
17-00. Unclassified	0.1	0.0	0.0	0.0	0.1	169.2	169.2	169.2	169.2
17-01. Soya products	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02. Dietetic products	0.9	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
17-02-00. Unclassified	0.9	0.0	0.0	0.0	0.6	200.0	200.0	200.0	200.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	12.3	0.0	0.0	69.7	9.3	84.5	70.9	39.5	131.2

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	78.4	67.7	0.0	184.3	75.9	114.5	100.1	52.1	199.8
01-01. Potatoes	78.4	67.7	0.0	184.3	75.9	114.5	100.1	52.1	199.8
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	112.8	92.3	9.4	234.8	89.3	141.9	140.1	19.2	295.7
02-01. Leafy vegetables (except cabbages)	16.8	0.0	0.0	86.0	24.6	87.4	73.3	15.1	173.5
02-02. Fruiting vegetables	28.0	1.9	0.0	93.7	36.3	91.6	73.6	4.0	189.4
02-03. Root vegetables	9.4	0.0	0.0	83.0	12.8	100.4	95.4	2.3	256.8
02-04. Cabbages	39.5	22.8	0.0	122.9	29.9	132.4	141.3	4.0	245.8
02-05. Mushrooms	0.7	0.0	0.0	0.0	2.3	26.8	25.2	2.0	58.9
02-06. Grain and pod vegetables	1.3	0.0	0.0	0.2	3.2	55.4	5.4	0.9	178.5
02-07. Onion, garlic	6.3	0.0	0.0	38.7	22.5	33.3	16.6	1.7	110.1
02-08. Stalk vegetables, sprouts	5.1	0.0	0.0	5.7	5.2	104.6	11.7	0.6	282.8
02-09. Mixed salad, mixed vegetables	5.7	0.0	0.0	52.9	5.2	81.8	64.5	13.3	180.6
03. Legumes	3.6	0.0	0.0	44.3	3.5	74.8	80.9	4.6	152.3
03-01. Legumes	3.6	0.0	0.0	44.3	3.5	74.8	80.9	4.6	152.3
04. Fruits, nuts and olives	143.3	142.4	0.0	325.3	83.8	187.3	163.8	23.2	400.1
04-01. Fruits	137.3	128.3	0.0	305.7	80.1	186.3	165.4	29.5	392.9
04-02. Nuts and seeds (+nut spread)	4.3	0.0	0.0	27.1	20.0	27.7	19.9	4.9	64.1
04-03. Mixed fruits	1.6	0.0	0.0	1.5	3.8	55.4	39.0	15.0	93.7
04-04. Olives	0.1	0.0	0.0	0.0	0.4	12.5	10.4	10.4	16.7
05. Dairy products	271.8	277.4	26.0	581.9	99.7	306.7	295.0	28.6	673.2
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	111.5	70.4	0.0	313.8	54.3	229.1	215.8	26.9	458.9
05-02. Milk beverages	14.2	0.0	0.0	90.6	6.5	220.5	190.2	130.0	383.3
05-03. Yoghurt	59.1	24.8	0.0	215.0	45.8	159.5	150.1	51.9	268.4
05-04. Fromage blanc, petit suisse	8.2	0.0	0.0	62.1	7.9	128.4	114.6	21.7	246.3
05-05. Cheese (including fresh cheeses)	34.9	29.5	3.9	69.9	81.3	36.0	28.1	12.1	84.5
05-06. Cream desserts, puddings (milk based)	34.2	0.0	0.0	149.9	27.4	162.4	152.2	49.5	285.1
05-07. Dairy and non-dairy creams	1.4	0.0	0.0	9.2	12.7	12.4	11.1	3.0	24.3
05-07-01. Dairy creams	1.2	0.0	0.0	7.8	12.0	12.4	11.0	3.0	24.9
05-07-02. Non-dairy creams	0.2	0.0	0.0	0.0	0.8	12.0	12.0	12.0	12.0
05-08. Milk for coffee and creamers	8.4	3.6	0.0	26.5	49.4	17.6	15.6	3.3	36.0
06. Cereals and cereal products	136.9	142.5	64.3	206.4	99.7	134.4	120.0	58.6	240.1
06-01. Flour, flakes, starches, semolina	0.8	0.0	0.0	3.5	9.2	7.3	2.8	0.8	20.3
06-02. Pasta, rice, other grain	16.9	0.0	0.0	87.2	13.0	133.9	105.4	26.9	319.8
06-03. Bread, crisp bread, rusks	114.9	118.9	34.5	172.4	99.3	112.4	104.7	35.0	188.9
06-03-01. Bread	108.3	110.4	30.0	164.2	96.9	108.0	102.1	43.9	186.4
06-03-02. Crispbread, rusks	6.6	2.9	0.0	22.8	46.5	15.1	12.8	6.2	31.2
06-04. Breakfast cereals	2.6	0.0	0.0	15.0	6.9	26.7	20.7	4.1	43.7
06-05. Salty biscuits, aperitif biscuits, crackers	1.5	0.0	0.0	11.4	9.5	16.9	10.3	7.0	47.2
06-06. Dough and pastry (puff, shortcrust, pizza)	0.3	0.0	0.0	0.0	1.2	62.2	62.2	62.2	62.2
07. Meat and meat products	82.7	73.0	11.2	153.5	81.2	92.5	85.6	15.5	195.6
07-01.Fresh meat	52.1	38.5	0.0	149.3	51.3	87.6	76.8	24.9	198.6
07-01-00. Unclassified	4.3	0.0	0.0	43.4	6.9	65.4	65.6	10.3	112.1
07-01-01. Beef	36.8	0.0	0.0	149.3	28.2	98.5	82.9	28.0	192.2
07-01-02. Veal	0.7	0.0	0.0	0.0	0.8	100.7	75.8	70.0	152.5
07-01-03. Pork	10.1	0.0	0.0	39.3	17.4	66.2	63.9	7.0	107.6

Group=Female older adults - 80 years and older (n=122)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.2	0.0	0.0	0.0	0.5	58.0	41.9	31.1	67.2
07-02. Poultry	6.1	0.0	0.0	37.8	7.6	74.6	71.4	18.6	128.9
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	5.3	0.0	0.0	35.3	7.1	74.5	68.8	18.6	129.0
07-02-02. Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-03. Duck	0.8	0.0	0.0	0.0	0.5	76.0	76.0	76.0	76.0
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	24.4	9.5	0.0	92.7	51.5	47.2	29.9	9.7	117.9
07-05. Offals	0.2	0.0	0.0	0.0	0.7	32.7	10.0	10.0	85.1
08. Fish and shellfish	17.3	0.0	0.0	94.1	18.7	110.6	93.4	10.0	197.4
08-01. Fish	14.3	0.0	0.0	84.1	16.7	104.4	83.9	10.0	179.9
08-02. Crustaceans, molluscs	0.3	0.0	0.0	0.0	1.2	24.3	14.8	14.5	42.6
08-03. Fish products, fish in crumbs	2.8	0.0	0.0	0.0	2.4	121.6	95.5	69.4	189.1
09. Eggs and egg products	8.6	0.0	0.0	30.5	24.6	37.4	45.3	4.8	56.8
09-01. Egg	8.6	0.0	0.0	30.5	24.6	37.4	45.3	4.8	56.8
10. Fat	23.6	23.9	8.6	36.4	99.8	24.6	21.2	6.0	48.4
10-00. Unclassified	1.6	0.0	0.0	9.1	19.8	6.2	5.5	0.8	18.3
10-01. Vegetable oils	1.4	0.0	0.0	5.8	16.7	7.8	5.5	0.7	23.0
10-02. Butter	8.6	0.0	0.0	26.9	35.6	21.0	17.8	3.3	41.2
10-03. Margarines	11.9	9.4	0.0	29.6	80.9	17.9	17.9	1.0	36.1
10-04. Deep frying fats	0.1	0.0	0.0	0.0	1.5	5.7	2.8	1.2	13.9
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11. Sugar and confectionery	29.7	21.3	3.6	82.9	92.3	33.8	24.2	7.1	95.3
11-00. Unclassified	0.1	0.0	0.0	0.0	2.4	10.5	4.1	1.3	31.1
11-01. Sugar, honey, jam	14.5	8.7	0.0	55.5	67.3	25.6	19.8	3.3	60.4
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.4	6.2	0.0	19.1	50.4	13.7	9.9	4.3	30.4
11-03. Confectionery non-chocolate	1.7	0.0	0.0	4.7	17.7	7.3	5.9	2.3	11.6
11-04. Syrup	4.3	0.0	0.0	19.8	15.0	23.3	14.0	6.7	58.0
11-05. Ice cream, water ice	2.9	0.0	0.0	25.9	2.8	76.0	73.6	32.0	113.6
11-05-00. Unclassified	0.2	0.0	0.0	0.0	0.3	32.0	32.0	32.0	32.0
11-05-01. Ice cream	2.7	0.0	0.0	25.3	2.5	81.7	77.0	50.0	114.3
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.0	.	.	.	.
12. Cakes	47.3	35.7	5.8	104.3	91.2	50.2	39.4	7.9	145.0
12-01. Cakes, pies, pastries, etc.	26.4	18.2	0.0	88.8	52.0	52.7	39.6	18.9	144.3
12-02. Dry cakes, biscuits	20.9	17.8	0.0	54.0	66.2	27.8	20.6	7.0	67.9
13. Non-alcoholic beverages	1,545.9	1,339.6	687.5	2,600.5	100.0	1,475.1	1,338.0	654.8	2,849.2
13-00. Unclassified	0.7	0.0	0.0	0.0	1.2	136.5	125.0	125.0	166.6
13-01. Fruit and vegetable containing drinks	46.2	0.0	0.0	207.2	32.1	155.1	149.5	12.0	273.8
13-02. Carbonated/soft/isotonic drinks, diluted syrups	32.3	0.0	0.0	177.4	13.7	202.7	175.9	62.8	439.6
13-03. Coffee, tea and herbal teas	914.5	722.6	187.2	2,146.9	99.6	865.2	724.8	219.8	2,058.0
13-03-01. Coffee	254.0	233.6	0.0	634.8	82.3	344.6	315.2	53.9	755.9
13-03-02. Tea	610.8	403.9	0.0	1,991.8	77.6	680.4	530.0	166.2	1,931.7
13-03-03. Herbal tea	48.2	0.0	0.0	403.1	12.6	385.3	341.0	160.6	720.9
13-03-04. Chicory, substitutes	1.6	0.0	0.0	0.0	1.1	184.8	90.0	89.5	266.6
13-04. Waters	552.2	418.9	0.0	1,723.0	91.5	583.4	462.6	87.0	1,746.9

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	32.0	0.0	0.0	174.8	24.9	111.1	83.0	26.7	273.7
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	23.9	0.0	0.0	161.1	13.0	165.1	154.6	57.0	276.4
14-02. Fortified wines (sherry, port, vermouth)	3.4	0.0	0.0	28.8	3.4	69.7	47.4	35.1	145.6
14-03. Beer, cider	0.5	0.0	0.0	0.0	0.3	300.0	300.0	300.0	300.0
14-04. Spirits, brandy	2.4	0.0	0.0	10.6	5.5	30.7	28.5	28.5	37.2
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.8	0.0	0.0	8.8	3.0	41.1	50.0	11.0	61.6
15. Condiments and sauces	29.1	24.1	0.0	64.6	68.2	37.8	24.3	1.9	106.8
15-01. Sauces	28.9	24.1	0.0	64.6	64.7	39.5	24.3	2.1	107.0
15-01-00. Unclassified and other sauces	14.8	5.5	0.0	53.4	48.4	34.4	24.3	1.9	97.3
15-01-01. Tomato sauces	2.8	0.0	0.0	2.6	4.3	42.0	10.2	3.0	140.0
15-01-02. Dressing sauces	0.5	0.0	0.0	4.0	4.9	9.6	6.8	2.0	28.4
15-01-03. Mayonnaises and similars	10.7	0.0	0.0	52.8	13.7	48.3	22.9	1.8	107.7
15-01-04. Dessert sauces	0.1	0.0	0.0	0.0	0.3	11.3	11.3	11.3	11.3
15-02. Yeast	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-04. Condiments	0.2	0.0	0.0	1.3	6.8	3.8	2.0	1.0	10.3
16. Soups, bouillon	83.7	0.0	0.0	287.7	33.2	231.5	190.6	123.7	476.1
16-01. Soups	76.9	0.0	0.0	287.5	28.5	235.2	203.0	118.1	484.5
16-02. Bouillon	6.9	0.0	0.0	94.4	5.3	183.3	175.1	100.0	192.6
17. Miscellaneous	7.2	0.0	0.0	28.4	3.8	133.5	81.7	53.2	333.5
17-00. Unclassified	0.4	0.0	0.0	0.0	0.6	86.0	84.6	84.6	90.9
17-01. Soya products	5.5	0.0	0.0	0.0	2.4	164.8	91.5	53.2	358.2
17-02. Dietetic products	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	1.4	0.0	0.0	0.0	0.8	76.4	63.0	63.0	100.4

Table 2.4.a Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	101.7	85.4	0.0	229.7	80.2	133.6	117.7	49.1	299.3
01-01. Potatoes	101.7	85.4	0.0	229.7	80.2	133.6	117.7	49.1	299.3
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	133.1	122.0	21.2	260.0	92.1	153.8	144.1	32.7	303.7
02-01. Leafy vegetables (except cabbages)	25.1	0.0	0.0	107.4	27.6	89.2	59.7	17.3	203.3
02-02. Fruiting vegetables	40.2	20.1	0.0	155.8	44.8	99.6	79.5	4.2	246.3
02-03. Root vegetables	15.1	0.0	0.0	90.3	15.8	102.5	95.2	1.9	229.4
02-04. Cabbages	26.8	0.0	0.0	114.6	25.3	120.4	102.1	4.0	241.8
02-05. Mushrooms	1.4	0.0	0.0	13.2	5.5	22.7	13.7	1.0	52.4
02-06. Grain and pod vegetables	2.4	0.0	0.0	0.0	2.6	83.9	64.4	0.7	195.3
02-07. Onion, garlic	7.7	0.0	0.0	32.7	25.3	34.2	23.0	3.3	98.7
02-08. Stalk vegetables, sprouts	6.7	0.0	0.0	50.1	6.6	96.2	24.3	0.6	296.2
02-09. Mixed salad, mixed vegetables	7.8	0.0	0.0	49.7	8.2	88.9	70.2	16.0	219.5
03. Legumes	2.3	0.0	0.0	1.4	3.5	88.6	74.1	4.6	198.5
03-01. Legumes	2.3	0.0	0.0	1.4	3.5	88.6	74.1	4.6	198.5
04. Fruits, nuts and olives	169.7	154.0	0.0	357.1	83.7	198.7	174.6	29.9	423.4
04-01. Fruits	162.9	152.9	0.0	359.1	82.0	194.1	165.7	34.2	408.0
04-02. Nuts and seeds (+nut spread)	5.1	0.0	0.0	24.6	20.9	24.2	19.8	5.6	49.8
04-03. Mixed fruits	1.6	0.0	0.0	8.4	3.5	56.5	43.6	15.1	136.5
04-04. Olives	0.0	0.0	0.0	0.0	0.1	21.4	10.0	2.6	28.0
05. Dairy products	369.2	332.1	67.3	808.7	98.9	353.3	317.6	41.1	764.6
05-00. Unclassified	0.3	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
05-01. Milk	181.5	145.1	0.0	661.1	61.4	258.3	214.6	29.2	703.7
05-02. Milk beverages	9.4	0.0	0.0	88.3	5.2	221.5	200.1	112.6	344.8
05-03. Yoghurt	67.1	26.5	0.0	250.1	38.0	176.4	150.1	52.0	331.3
05-04. Fromage blanc, petit suisse	10.2	0.0	0.0	68.6	7.5	123.8	123.5	27.7	219.9
05-05. Cheese (including fresh cheeses)	29.9	25.1	0.0	72.7	73.9	37.6	28.7	11.9	86.3
05-06. Cream desserts, puddings (milk based)	55.9	0.0	0.0	175.1	38.8	155.9	144.6	50.4	277.3
05-07. Dairy and non-dairy creams	1.1	0.0	0.0	7.4	8.0	13.5	11.3	3.0	30.2
05-07-01. Dairy creams	1.0	0.0	0.0	5.9	7.6	13.5	11.2	3.0	30.4
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
05-08. Milk for coffee and creamers	13.9	11.8	0.0	41.5	58.3	23.1	17.9	4.0	51.1
06. Cereals and cereal products	157.5	150.2	73.4	281.4	100.0	153.9	139.4	58.6	294.6
06-01. Flour, flakes, starches, semolina	1.3	0.0	0.0	6.4	6.7	15.9	4.9	0.6	77.8
06-02. Pasta, rice, other grain	16.6	0.0	0.0	85.6	11.2	131.6	102.5	31.1	330.9
06-03. Bread, crisp bread, rusks	130.2	122.6	54.9	217.2	99.9	130.4	119.1	47.3	224.9
06-03-01. Bread	122.2	120.0	51.3	210.9	98.2	125.2	107.6	37.4	210.0
06-03-02. Crispbread, rusks	8.0	5.0	0.0	31.8	44.5	16.7	12.4	4.6	46.2
06-04. Breakfast cereals	3.5	0.0	0.0	19.9	11.8	27.2	18.7	4.2	68.7
06-05. Salty biscuits, aperitif biscuits, crackers	1.6	0.0	0.0	11.0	9.6	17.7	10.8	3.6	54.2
06-06. Dough and pastry (puff, shortcrust, pizza)	4.3	0.0	0.0	0.0	1.8	155.0	105.1	33.0	374.0
07. Meat and meat products	87.4	84.9	11.6	171.6	92.6	100.4	95.8	15.4	206.8
07-01.Fresh meat	44.2	37.9	0.0	110.1	54.4	87.5	79.7	18.5	171.7
07-01-00. Unclassified	6.0	0.0	0.0	43.2	9.5	66.2	70.9	9.3	120.8

Group=Older adults - Low education (n=293)

						On consumption days			
Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-01. Beef	19.5	0.0	0.0	74.3	26.0	84.0	83.4	19.7	162.2
07-01-02. Veal	0.4	0.0	0.0	0.0	0.7	70.7	68.3	8.5	138.3
07-01-03. Pork	17.7	0.0	0.0	66.4	21.0	89.1	75.9	9.5	181.8
07-01-04. Mutton/Lamb	0.5	0.0	0.0	0.0	0.3	96.0	78.1	53.0	110.1
07-02. Poultry	11.5	0.0	0.0	63.2	13.3	85.5	81.5	22.2	132.6
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	11.3	0.0	0.0	63.2	12.9	85.7	86.2	21.2	133.2
07-02-02. Turkey, young turkey	0.2	0.0	0.0	0.0	0.4	79.6	76.0	76.0	93.8
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	31.8	26.1	0.0	88.1	72.7	46.7	31.4	8.7	131.0
07-05. Offals	0.1	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
08. Fish and shellfish	19.6	0.0	0.0	99.2	13.5	132.8	133.5	49.4	220.2
08-01. Fish	16.2	0.0	0.0	81.5	11.5	123.6	112.1	49.1	220.0
08-02. Crustaceans, molluscs	0.8	0.0	0.0	0.0	1.2	70.0	49.3	10.0	129.2
08-03. Fish products, fish in crumbs	2.6	0.0	0.0	0.0	2.2	131.2	97.6	72.5	212.8
09. Eggs and egg products	12.7	2.8	0.0	45.2	27.6	42.0	49.4	4.7	88.6
09-01. Egg	12.7	2.8	0.0	45.2	27.6	42.0	49.4	4.7	88.6
10. Fat	30.5	28.5	8.0	60.6	99.7	30.5	26.2	7.7	68.3
10-00. Unclassified	1.3	0.0	0.0	6.0	20.4	6.3	4.2	0.7	15.8
10-01. Vegetable oils	2.1	0.0	0.0	11.1	19.8	8.6	4.9	0.4	30.4
10-02. Butter	3.2	0.0	0.0	16.6	20.0	15.8	11.9	2.1	40.1
10-03. Margarines	23.3	21.0	0.0	52.4	90.5	26.2	22.0	3.9	61.2
10-04. Deep frying fats	0.7	0.0	0.0	5.3	2.8	18.0	17.1	1.2	31.6
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11. Sugar and confectionery	37.3	24.8	0.0	105.5	87.6	43.5	29.8	5.3	129.3
11-00. Unclassified	0.1	0.0	0.0	0.0	1.2	5.4	4.3	0.4	9.3
11-01. Sugar, honey, jam	21.0	11.8	0.0	75.9	70.0	29.2	19.3	3.5	84.8
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	5.1	0.0	0.0	24.5	32.7	18.7	14.6	4.0	39.8
11-03. Confectionery non-chocolate	1.5	0.0	0.0	9.7	20.5	8.6	5.5	2.5	23.2
11-04. Syrup	4.8	0.0	0.0	26.7	22.6	21.5	18.4	6.8	40.8
11-05. Ice cream, water ice	4.9	0.0	0.0	43.0	5.4	94.7	81.4	50.0	143.2
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.3	71.6	50.0	50.0	91.1
11-05-01. Ice cream	4.7	0.0	0.0	40.6	5.1	95.4	81.2	50.0	142.3
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	82.1	55.0	55.0	104.4
12. Cakes	48.6	38.8	0.0	129.0	85.7	52.4	39.5	9.1	144.9
12-01. Cakes, pies, pastries, etc.	34.1	22.3	0.0	118.5	51.2	58.6	39.0	19.0	144.9
12-02. Dry cakes, biscuits	14.5	10.0	0.0	42.5	62.6	23.8	17.6	5.9	59.8
13. Non-alcoholic beverages	1,402.7	1,341.1	636.3	2,328.2	100.0	1,380.1	1,285.1	601.2	2,411.6
13-00. Unclassified	0.5	0.0	0.0	0.0	0.2	239.6	133.4	46.0	283.3
13-01. Fruit and vegetable containing drinks	59.4	0.0	0.0	270.5	33.0	171.3	150.6	27.8	395.3
13-02. Carbonated/soft/isotonic drinks, diluted syrups	41.2	0.0	0.0	197.2	16.2	259.1	192.8	95.6	675.6
13-03. Coffee, tea and herbal teas	773.6	719.3	305.2	1,407.8	100.0	780.2	699.6	292.5	1,460.0
13-03-01. Coffee	402.4	403.8	2.1	766.3	93.1	429.1	401.5	82.7	897.9
13-03-02. Tea	310.9	249.9	0.0	886.2	69.8	460.3	380.4	115.5	1,019.9

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
13-03-03. Herbal tea	58.4	0.0	0.0	375.5	15.6	363.2	328.5	126.0	756.2
13-03-04. Chicory, substitutes	1.9	0.0	0.0	0.0	0.6	408.0	257.4	122.0	452.3
13-04. Waters	528.0	465.0	0.0	1,521.8	88.8	564.0	450.2	75.4	1,534.8
14. Alcoholic beverages	83.9	0.0	0.0	453.3	27.1	292.6	183.3	38.7	907.1
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	36.8	0.0	0.0	247.0	12.2	233.4	184.3	73.3	670.3
14-02. Fortified wines (sherry, port, vermouth)	4.2	0.0	0.0	0.1	2.9	105.3	84.5	0.2	162.0
14-03. Beer, cider	38.2	0.0	0.0	241.4	8.0	525.4	296.9	247.6	1,166.2
14-04. Spirits, brandy	3.0	0.0	0.0	0.0	5.8	74.1	66.3	29.6	143.9
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.7	0.0	0.0	9.0	2.8	55.6	53.5	18.2	121.5
15. Condiments and sauces	26.4	15.0	0.0	88.8	66.5	38.1	25.0	2.1	119.0
15-01. Sauces	25.9	14.6	0.0	88.1	61.3	40.5	28.9	3.4	123.3
15-01-00. Unclassified and other sauces	18.0	9.6	0.0	66.4	46.7	40.0	29.1	5.5	106.7
15-01-01. Tomato sauces	3.0	0.0	0.0	6.5	3.4	52.6	12.5	2.2	179.8
15-01-02. Dressing sauces	1.4	0.0	0.0	9.8	9.8	11.7	7.6	1.5	41.7
15-01-03. Mayonnaises and similars	2.9	0.0	0.0	17.1	10.5	26.7	22.0	0.7	68.1
15-01-04. Dessert sauces	0.7	0.0	0.0	0.0	1.5	28.2	21.7	9.1	40.2
15-02. Yeast	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-04. Condiments	0.5	0.0	0.0	4.1	9.7	5.5	3.1	1.0	17.1
16. Soups, bouillon	119.1	92.2	0.0	399.8	43.8	263.1	230.5	107.0	502.7
16-01. Soups	109.7	80.6	0.0	339.4	41.6	254.5	243.9	105.9	498.0
16-02. Bouillon	9.5	0.0	0.0	94.2	4.5	208.7	197.3	38.7	249.3
17. Miscellaneous	9.7	0.0	0.0	62.3	6.4	115.1	95.1	34.3	239.2
17-00. Unclassified	0.1	0.0	0.0	0.0	0.2	82.7	71.4	70.5	91.7
17-01. Soya products	1.0	0.0	0.0	0.0	1.0	163.4	136.8	132.0	252.5
17-02. Dietetic products	2.4	0.0	0.0	0.0	1.2	157.1	111.0	6.0	236.1
17-02-00. Unclassified	2.4	0.0	0.0	0.0	1.0	183.6	132.1	30.0	238.2
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.2	6.0	6.0	6.0	6.0
17-03. Snacks	6.2	0.0	0.0	51.7	4.0	93.0	76.2	41.1	133.4

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	99.5	77.8	0.0	244.5	72.6	139.1	137.7	48.8	279.9
01-01. Potatoes	99.5	77.8	0.0	244.5	72.6	139.1	137.7	48.8	279.9
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	146.0	135.7	24.1	303.1	91.5	173.5	162.0	27.4	345.4
02-01. Leafy vegetables (except cabbages)	29.4	0.0	0.0	120.3	32.0	99.1	94.6	10.0	228.9
02-02. Fruiting vegetables	37.8	18.0	0.0	152.0	47.9	98.3	71.7	7.0	257.3
02-03. Root vegetables	16.0	0.0	0.0	93.7	15.5	104.9	99.3	2.1	228.3
02-04. Cabbages	36.0	0.0	0.0	121.1	26.1	141.1	143.0	4.0	243.6
02-05. Mushrooms	2.5	0.0	0.0	16.1	4.9	38.9	32.2	6.7	80.3
02-06. Grain and pod vegetables	4.8	0.0	0.0	33.5	5.9	94.2	61.0	0.9	232.2
02-07. Onion, garlic	9.6	0.0	0.0	47.0	32.3	33.7	22.7	1.4	120.1
02-08. Stalk vegetables, sprouts	0.7	0.0	0.0	0.5	4.2	28.8	13.2	0.3	85.2
02-09. Mixed salad, mixed vegetables	9.2	0.0	0.0	62.7	7.0	103.7	101.7	11.8	201.3
03. Legumes	4.8	0.0	0.0	44.8	3.3	111.0	88.7	32.4	247.0
03-01. Legumes	4.8	0.0	0.0	44.8	3.3	111.0	88.7	32.4	247.0
04. Fruits, nuts and olives	155.6	153.7	1.0	382.9	85.8	193.9	173.9	27.4	426.8
04-01. Fruits	151.2	144.7	0.0	384.2	81.5	197.5	174.6	33.7	427.1
04-02. Nuts and seeds (+nut spread)	3.9	0.0	0.0	24.7	18.9	26.4	19.7	5.1	71.9
04-03. Mixed fruits	0.2	0.0	0.0	0.0	0.6	45.7	48.7	15.0	63.2
04-04. Olives	0.3	0.0	0.0	0.0	1.8	12.6	7.6	1.3	30.1
05. Dairy products	311.3	298.2	42.1	652.0	98.2	342.3	330.0	36.9	719.9
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	139.0	97.4	0.0	422.2	59.9	255.3	221.5	35.3	551.4
05-02. Milk beverages	8.1	0.0	0.0	81.6	5.1	219.5	201.7	130.0	365.1
05-03. Yoghurt	66.9	5.3	0.0	260.2	40.7	182.9	154.3	48.5	335.5
05-04. Fromage blanc, petit suisse	12.2	0.0	0.0	96.2	10.8	147.7	122.8	12.0	246.8
05-05. Cheese (including fresh cheeses)	36.5	30.9	0.0	73.4	78.2	43.3	34.2	12.3	86.7
05-06. Cream desserts, puddings (milk based)	38.0	0.0	0.0	205.4	20.0	189.6	168.5	70.1	333.2
05-07. Dairy and non-dairy creams	1.6	0.0	0.0	8.6	10.9	14.6	10.0	3.3	33.1
05-07-01. Dairy creams	1.5	0.0	0.0	7.8	10.2	14.6	9.3	3.2	33.4
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.7	14.8	10.4	8.0	22.0
05-08. Milk for coffee and creamers	8.9	0.0	0.0	32.0	38.6	21.7	17.5	4.4	47.8
06. Cereals and cereal products	152.5	139.9	69.7	293.5	99.7	154.5	139.9	54.7	296.0
06-01. Flour, flakes, starches, semolina	0.6	0.0	0.0	2.7	6.6	10.2	4.2	0.5	34.0
06-02. Pasta, rice, other grain	18.9	0.0	0.0	94.8	16.4	115.7	92.7	25.9	262.6
06-03. Bread, crisp bread, rusks	125.6	118.9	49.5	212.3	98.6	127.6	120.0	41.4	220.2
06-03-01. Bread	118.3	110.9	41.0	204.1	96.9	122.8	114.9	34.6	220.1
06-03-02. Crispbread, rusks	7.3	0.0	0.0	33.1	39.4	17.6	13.9	3.6	42.3
06-04. Breakfast cereals	3.5	0.0	0.0	23.6	11.2	30.0	21.9	7.3	66.1
06-05. Salty biscuits, aperitif biscuits, crackers	3.1	0.0	0.0	16.9	17.2	20.0	17.3	4.0	37.4
06-06. Dough and pastry (puff, shortcrust, pizza)	0.8	0.0	0.0	0.0	2.2	79.5	62.2	18.0	154.6
07. Meat and meat products	95.8	85.5	17.0	193.3	86.7	101.6	93.0	17.4	250.7
07-01.Fresh meat	49.4	36.9	0.0	151.4	47.8	92.6	80.5	20.2	195.6
07-01-00. Unclassified	2.5	0.0	0.0	18.0	6.2	57.9	38.6	9.0	160.4
07-01-01. Beef	34.0	0.0	0.0	138.8	26.9	98.0	88.0	24.9	190.4
07-01-02. Veal	0.4	0.0	0.0	0.0	0.5	72.6	75.1	48.2	78.5
07-01-03. Pork	12.3	0.0	0.0	68.7	15.8	87.3	77.1	12.4	209.7

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.1	0.0	0.0	0.0	0.2	70.0	70.0	70.0	70.0
07-02. Poultry	12.0	0.0	0.0	56.2	11.9	98.0	80.1	14.2	282.5
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	11.2	0.0	0.0	56.1	10.6	100.2	81.5	13.3	288.8
07-02-02. Turkey, young turkey	0.3	0.0	0.0	0.0	0.9	80.2	70.0	70.0	103.4
07-02-03. Duck	0.5	0.0	0.0	0.0	0.3	76.0	76.0	76.0	76.0
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	34.2	19.9	0.0	112.0	60.0	53.6	37.8	9.1	142.9
07-05. Offals	0.1	0.0	0.0	0.0	0.5	12.8	10.0	10.0	16.5
08. Fish and shellfish	21.3	0.0	0.0	100.1	20.2	112.0	98.3	14.2	201.6
08-01. Fish	17.9	0.0	0.0	97.0	17.1	108.4	89.1	12.2	202.0
08-02. Crustaceans, molluscs	0.4	0.0	0.0	0.0	0.9	41.2	23.6	13.0	74.2
08-03. Fish products, fish in crumbs	3.1	0.0	0.0	0.0	3.1	121.6	120.0	37.5	185.3
09. Eggs and egg products	11.7	0.0	0.0	48.7	29.7	42.6	49.3	4.0	95.3
09-01. Egg	11.7	0.0	0.0	48.7	29.7	42.6	49.3	4.0	95.3
10. Fat	28.8	26.6	8.8	57.2	99.0	28.6	25.3	5.7	58.9
10-00. Unclassified	1.2	0.0	0.0	9.9	13.5	8.5	6.2	0.6	21.1
10-01. Vegetable oils	3.5	0.0	0.0	13.7	32.8	10.7	6.6	0.9	27.6
10-02. Butter	6.9	0.0	0.0	26.8	33.3	17.8	12.6	3.4	40.3
10-03. Margarines	16.9	14.0	0.0	50.6	83.2	21.1	17.9	1.0	47.9
10-04. Deep frying fats	0.3	0.0	0.0	0.0	1.7	12.9	10.2	3.6	24.0
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.4	5.8	1.3	1.3	16.0
11. Sugar and confectionery	37.7	27.9	1.6	104.9	89.8	44.6	33.9	6.0	122.1
11-00. Unclassified	0.1	0.0	0.0	0.0	2.3	5.3	2.6	1.3	9.8
11-01. Sugar, honey, jam	16.4	9.9	0.0	52.8	62.5	30.7	23.6	3.0	88.8
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	7.5	6.2	0.0	24.8	42.2	17.7	13.2	4.4	49.3
11-03. Confectionery non-chocolate	2.7	0.0	0.0	13.5	25.2	10.9	8.2	2.0	29.2
11-04. Syrup	5.8	0.0	0.0	35.4	20.5	27.9	19.2	7.6	71.1
11-05. Ice cream, water ice	5.5	0.0	0.0	36.1	6.2	80.4	67.4	19.9	146.2
11-05-00. Unclassified	0.2	0.0	0.0	0.0	0.6	44.5	37.0	32.0	48.7
11-05-01. Ice cream	4.5	0.0	0.0	36.1	5.2	77.7	71.3	19.2	117.5
11-05-02. Sorbet	0.7	0.0	0.0	0.0	1.2	50.0	50.0	50.0	50.0
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
12. Cakes	44.8	32.8	0.0	110.4	82.0	54.6	44.2	7.9	144.5
12-01. Cakes, pies, pastries, etc.	24.9	17.7	0.0	80.1	48.2	54.2	39.9	15.9	128.4
12-02. Dry cakes, biscuits	19.9	18.1	0.0	50.9	63.8	29.3	23.8	7.2	67.2
13. Non-alcoholic beverages	1,536.9	1,383.9	760.0	2,568.0	100.0	1,489.0	1,376.6	738.2	2,574.2
13-00. Unclassified	6.0	0.0	0.0	0.0	2.8	201.1	119.8	17.9	292.4
13-01. Fruit and vegetable containing drinks	54.8	0.0	0.0	239.5	33.4	196.3	159.5	22.3	510.6
13-02. Carbonated/soft/isotonic drinks, diluted syrups	46.2	0.0	0.0	288.0	14.3	283.9	208.4	78.4	678.5
13-03. Coffee, tea and herbal teas	937.9	838.1	232.9	2,177.7	99.7	915.8	857.2	282.6	1,846.8
13-03-01. Coffee	382.7	338.2	0.0	904.9	91.5	453.6	419.0	109.9	895.3
13-03-02. Tea	513.0	340.2	0.0	2,021.6	72.7	602.7	459.5	150.8	1,829.9
13-03-03. Herbal tea	41.2	0.0	0.0	278.4	16.0	367.5	242.1	5.9	1,023.3
13-03-04. Chicory, substitutes	1.1	0.0	0.0	0.0	0.8	166.3	90.0	2.0	264.1
13-04. Waters	492.0	416.5	0.0	1,206.6	86.9	534.0	441.0	88.4	1,382.3

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	113.1	13.7	0.0	575.9	49.0	246.6	149.8	26.8	782.4
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	24.0	24.0	24.0	24.0
14-01. Wine	58.4	0.0	0.0	264.6	30.3	216.8	141.6	59.9	626.4
14-02. Fortified wines (sherry, port, vermouth)	7.8	0.0	0.0	60.4	7.1	112.8	107.5	9.4	244.7
14-03. Beer, cider	35.1	0.0	0.0	280.7	6.2	576.8	480.1	250.0	1,077.0
14-04. Spirits, brandy	10.8	0.0	0.0	62.2	13.4	70.3	50.8	24.0	173.4
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.0	0.0	0.0	0.0	3.2	60.7	51.4	7.0	124.5
15. Condiments and sauces	24.4	16.3	0.0	59.2	63.5	36.6	25.0	2.8	108.1
15-01. Sauces	23.7	15.7	0.0	59.1	60.2	37.3	25.0	3.8	108.0
15-01-00. Unclassified and other sauces	13.8	5.8	0.0	53.4	43.2	35.8	24.3	6.4	96.1
15-01-01. Tomato sauces	1.3	0.0	0.0	3.2	4.2	31.4	16.8	2.5	99.0
15-01-02. Dressing sauces	1.5	0.0	0.0	8.6	12.0	12.8	11.3	2.1	36.0
15-01-03. Mayonnaises and similars	7.0	0.0	0.0	47.1	11.2	36.0	14.6	2.3	101.1
15-01-04. Dessert sauces	0.0	0.0	0.0	0.0	0.2	30.1	22.5	22.5	41.7
15-02. Yeast	0.0	0.0	0.0	0.0	1.7	5.3	3.5	2.5	8.8
15-04. Condiments	0.6	0.0	0.0	5.0	10.8	6.7	4.9	0.5	19.6
16. Soups, bouillon	69.3	0.0	0.0	299.8	25.2	264.4	245.9	83.1	490.9
16-01. Soups	61.1	0.0	0.0	300.3	21.3	267.8	251.3	141.9	457.1
16-02. Bouillon	8.2	0.0	0.0	85.3	4.3	219.8	188.6	6.3	440.7
17. Miscellaneous	11.9	0.0	0.0	70.4	8.8	147.9	100.0	31.8	380.8
17-00. Unclassified	0.2	0.0	0.0	0.0	0.3	98.4	84.6	84.6	143.2
17-01. Soya products	6.6	0.0	0.0	9.5	4.2	186.8	133.9	32.9	397.9
17-02. Dietetic products	1.7	0.0	0.0	0.0	0.8	170.0	48.1	2.0	349.5
17-02-00. Unclassified	1.7	0.0	0.0	0.0	0.4	292.2	257.5	257.5	370.8
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.3	2.0	2.0	2.0	2.0
17-03. Snacks	3.3	0.0	0.0	30.1	3.5	100.7	74.1	39.3	176.2

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	81.4	70.0	0.0	226.1	62.5	142.3	131.0	50.9	255.8
01-01. Potatoes	81.2	70.0	0.0	226.1	62.2	142.4	131.8	50.5	255.8
01-02. Other tubers	0.2	0.0	0.0	0.0	0.3	120.0	120.0	120.0	120.0
02. Vegetables	158.7	147.9	39.2	273.5	92.9	169.0	160.8	39.8	335.6
02-01. Leafy vegetables (except cabbages)	29.7	0.0	0.0	121.5	29.3	97.3	67.0	11.3	244.6
02-02. Fruiting vegetables	51.0	32.4	0.0	164.4	51.1	97.3	69.6	9.8	262.2
02-03. Root vegetables	14.6	0.0	0.0	89.3	16.9	88.9	85.8	4.0	209.7
02-04. Cabbages	31.1	0.0	0.0	112.4	23.3	121.4	112.8	3.3	236.3
02-05. Mushrooms	1.5	0.0	0.0	9.4	9.9	22.1	17.6	4.1	46.3
02-06. Grain and pod vegetables	4.9	0.0	0.0	20.2	5.9	97.6	91.2	1.6	166.3
02-07. Onion, garlic	14.0	4.5	0.0	63.9	36.3	41.5	33.0	2.1	94.5
02-08. Stalk vegetables, sprouts	2.1	0.0	0.0	3.1	6.2	42.3	12.3	0.8	167.2
02-09. Mixed salad, mixed vegetables	9.8	0.0	0.0	80.3	9.2	104.2	60.5	12.7	253.9
03. Legumes	3.7	0.0	0.0	27.6	4.3	111.5	110.1	27.3	213.5
03-01. Legumes	3.7	0.0	0.0	27.6	4.3	111.5	110.1	27.3	213.5
04. Fruits, nuts and olives	172.7	158.0	0.0	377.2	85.4	208.1	179.9	32.4	468.3
04-01. Fruits	160.9	151.1	0.0	375.8	82.0	203.7	175.9	34.8	456.5
04-02. Nuts and seeds (+nut spread)	8.8	0.0	0.0	37.5	21.0	33.8	24.5	5.1	86.1
04-03. Mixed fruits	1.8	0.0	0.0	0.0	2.8	102.9	77.4	30.0	176.1
04-04. Olives	1.2	0.0	0.0	4.5	4.5	18.1	7.3	2.1	59.0
05. Dairy products	360.2	346.7	71.9	733.2	99.2	362.5	332.2	33.5	776.1
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	154.1	125.8	0.0	508.6	55.8	280.1	227.5	47.0	597.9
05-02. Milk beverages	21.6	0.0	0.0	105.6	7.3	224.7	184.2	109.2	385.5
05-03. Yoghurt	91.9	62.3	0.0	273.1	48.6	193.9	166.4	58.0	507.0
05-04. Fromage blanc, petit suisse	9.6	0.0	0.0	69.9	12.3	98.2	74.5	24.0	191.9
05-05. Cheese (including fresh cheeses)	38.1	32.3	6.2	92.5	87.9	45.7	30.0	12.0	138.8
05-06. Cream desserts, puddings (milk based)	34.8	0.0	0.0	157.2	18.1	163.2	152.5	47.9	297.9
05-07. Dairy and non-dairy creams	1.6	0.0	0.0	8.5	11.0	18.3	9.1	3.0	68.7
05-07-01. Dairy creams	1.6	0.0	0.0	8.5	10.7	18.8	9.2	3.0	69.2
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.4	3.0	3.0	3.0	3.0
05-08. Milk for coffee and creamers	8.5	0.0	0.0	30.0	40.4	22.5	15.5	3.2	65.5
06. Cereals and cereal products	158.5	145.9	71.2	267.9	98.8	161.4	142.6	68.4	298.3
06-01. Flour, flakes, starches, semolina	0.6	0.0	0.0	2.7	10.5	11.0	6.0	1.5	28.6
06-02. Pasta, rice, other grain	29.2	0.0	0.0	93.3	24.3	100.6	100.1	8.0	198.6
06-03. Bread, crisp bread, rusks	116.4	98.4	52.1	232.2	96.7	125.3	104.9	52.5	242.3
06-03-01. Bread	111.3	95.8	39.8	230.6	95.6	120.8	103.9	49.7	237.2
06-03-02. Crispbread, rusks	5.1	0.0	0.0	22.9	34.8	16.4	13.4	4.4	35.7
06-04. Breakfast cereals	5.8	0.0	0.0	37.9	22.1	28.8	27.4	3.7	56.9
06-05. Salty biscuits, aperitif biscuits, crackers	4.5	0.0	0.0	12.5	20.2	18.3	15.6	4.2	27.9
06-06. Dough and pastry (puff, shortcrust, pizza)	2.0	0.0	0.0	14.3	3.0	86.1	84.1	28.4	140.4
07. Meat and meat products	79.4	71.5	6.3	177.1	87.1	95.9	85.8	14.4	190.4
07-01.Fresh meat	35.1	22.9	0.0	122.7	44.1	83.7	72.0	25.8	169.4
07-01-00. Unclassified	7.8	0.0	0.0	44.9	9.5	73.1	61.3	12.4	161.4
07-01-01. Beef	14.3	0.0	0.0	59.1	22.1	75.3	70.0	35.1	128.7
07-01-02. Veal	0.2	0.0	0.0	0.0	0.4	152.0	152.0	152.0	152.0
07-01-03. Pork	11.4	0.0	0.0	82.0	11.7	96.7	88.5	3.9	175.4

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	1.4	0.0	0.0	0.0	1.8	78.8	67.3	31.1	110.2
07-02. Poultry	6.2	0.0	0.0	40.0	11.2	66.0	51.6	10.6	110.4
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	5.4	0.0	0.0	36.9	9.8	63.9	49.4	10.6	127.8
07-02-02. Turkey, young turkey	0.0	0.0	0.0	0.0	0.2	29.5	29.5	29.5	29.5
07-02-03. Duck	0.1	0.0	0.0	0.0	0.3	58.2	58.2	58.2	58.2
07-02-05. Rabbit (domestic)	0.7	0.0	0.0	0.0	0.8	101.9	101.9	101.9	101.9
07-03. Game	0.2	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
07-04. Processed meat	34.5	21.6	0.0	89.8	67.8	54.0	35.6	9.7	134.9
07-05. Offals	3.4	0.0	0.0	0.0	2.0	116.9	110.2	6.8	163.9
08. Fish and shellfish	27.2	0.0	0.0	112.6	20.2	132.6	122.7	28.0	261.1
08-01. Fish	23.6	0.0	0.0	112.4	16.8	127.0	120.7	23.3	251.5
08-02. Crustaceans, molluscs	1.8	0.0	0.0	0.0	2.9	97.0	86.9	12.5	156.1
08-03. Fish products, fish in crumbs	1.9	0.0	0.0	0.0	2.7	103.9	84.7	60.0	149.2
09. Eggs and egg products	10.1	0.0	0.0	55.0	18.8	44.4	45.6	6.3	93.0
09-01. Egg	10.1	0.0	0.0	55.0	18.8	44.4	45.6	6.3	93.0
10. Fat	25.1	22.6	4.7	53.5	98.2	28.3	24.2	4.9	60.5
10-00. Unclassified	0.9	0.0	0.0	5.8	16.0	7.4	6.3	1.1	16.7
10-01. Vegetable oils	3.1	0.0	0.0	11.1	32.1	9.8	8.3	1.2	21.2
10-02. Butter	5.0	0.0	0.0	25.5	33.4	15.1	9.8	2.7	41.9
10-03. Margarines	16.1	14.1	0.0	42.9	77.3	23.8	20.9	3.5	51.6
10-04. Deep frying fats	0.0	0.0	0.0	0.0	0.3	12.9	11.8	11.6	13.7
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	4.1	4.1	4.1	4.1
11. Sugar and confectionery	31.9	28.5	0.0	81.4	82.0	43.0	33.2	6.0	109.9
11-00. Unclassified	0.2	0.0	0.0	0.0	2.4	18.5	13.3	2.3	34.7
11-01. Sugar, honey, jam	13.8	9.9	0.0	50.0	60.1	24.4	19.2	3.2	59.3
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.7	0.0	0.0	25.2	39.4	21.7	15.6	5.6	47.7
11-03. Confectionery non-chocolate	2.3	0.0	0.0	11.9	21.6	12.8	9.8	1.0	31.8
11-04. Syrup	5.5	0.0	0.0	22.2	24.3	22.9	19.2	3.8	56.1
11-05. Ice cream, water ice	3.5	0.0	0.0	32.2	4.4	76.5	64.4	33.8	118.8
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
11-05-01. Ice cream	3.2	0.0	0.0	32.1	3.7	77.1	64.4	50.0	123.7
11-05-02. Sorbet	0.2	0.0	0.0	0.0	0.5	81.0	52.8	32.0	95.3
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
12. Cakes	47.4	40.6	0.0	121.4	82.5	53.9	41.0	9.0	140.5
12-01. Cakes, pies, pastries, etc.	28.6	20.6	0.0	92.5	46.9	56.4	39.4	18.2	156.6
12-02. Dry cakes, biscuits	18.9	14.5	0.0	55.1	62.6	28.8	19.9	6.4	71.1
13. Non-alcoholic beverages	1,333.3	1,285.1	652.9	2,086.5	100.0	1,384.9	1,313.6	640.7	2,367.2
13-00. Unclassified	0.7	0.0	0.0	0.0	0.8	136.7	41.5	9.5	351.3
13-01. Fruit and vegetable containing drinks	94.7	67.5	0.0	354.5	43.1	192.7	157.4	13.0	497.7
13-02. Carbonated/soft/isotonic drinks, diluted syrups	54.2	0.0	0.0	290.8	17.8	256.9	179.3	85.0	578.5
13-03. Coffee, tea and herbal teas	759.9	733.3	126.5	1,374.5	98.7	813.9	777.8	232.1	1,560.8
13-03-01. Coffee	405.1	413.2	0.0	735.4	90.2	460.3	424.2	129.2	827.1
13-03-02. Tea	265.2	166.2	0.0	928.1	61.2	506.1	413.9	154.0	1,079.5
13-03-03. Herbal tea	89.0	0.0	0.0	533.3	19.1	405.5	376.8	4.1	942.7
13-03-04. Chicory, substitutes	0.6	0.0	0.0	0.0	2.9	37.5	2.2	2.0	141.7
13-04. Waters	423.8	356.8	0.0	959.1	90.2	501.1	399.4	99.2	1,155.3

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	133.8	60.0	0.0	493.6	52.7	268.0	188.7	34.1	627.8
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	72.2	0.0	0.0	334.6	32.4	222.7	171.0	94.2	480.1
14-02. Fortified wines (sherry, port, vermouth)	10.8	0.0	0.0	81.8	8.6	102.9	81.6	27.8	231.6
14-03. Beer, cider	38.0	0.0	0.0	294.2	10.6	442.0	299.9	29.1	1,019.8
14-04. Spirits, brandy	11.1	0.0	0.0	72.8	15.3	76.4	66.6	29.5	169.6
14-05. Aniseed drinks (pastis, ouzo)	0.3	0.0	0.0	0.0	0.4	25.3	25.3	25.3	25.3
14-06. Liqueurs	1.5	0.0	0.0	0.0	2.7	51.2	31.2	2.2	119.7
15. Condiments and sauces	21.6	13.9	0.0	74.2	61.1	34.9	23.3	3.4	107.0
15-01. Sauces	20.7	13.2	0.0	74.2	54.4	37.6	24.3	3.4	112.9
15-01-00. Unclassified and other sauces	12.0	1.9	0.0	48.5	37.4	35.4	24.3	3.0	99.2
15-01-01. Tomato sauces	1.4	0.0	0.0	2.3	5.7	24.3	4.7	0.9	88.5
15-01-02. Dressing sauces	1.3	0.0	0.0	7.7	11.4	14.8	11.3	2.0	35.3
15-01-03. Mayonnaises and similars	6.1	0.0	0.0	35.6	13.6	30.5	19.2	1.8	85.4
15-01-04. Dessert sauces	0.1	0.0	0.0	0.0	0.3	22.5	15.0	15.0	28.5
15-02. Yeast	0.0	0.0	0.0	0.0	0.6	4.5	1.4	1.4	11.0
15-04. Condiments	0.9	0.0	0.0	5.8	16.4	5.0	3.7	0.3	17.1
16. Soups, bouillon	58.6	0.0	0.0	227.1	26.7	238.9	225.1	7.0	390.6
16-01. Soups	44.4	0.0	0.0	208.6	19.3	262.8	251.8	135.0	407.3
16-02. Bouillon	14.1	0.0	0.0	156.3	9.3	140.6	165.0	4.0	268.2
17. Miscellaneous	18.9	0.0	0.0	109.9	13.8	116.1	76.0	43.1	248.4
17-00. Unclassified	0.2	0.0	0.0	0.0	0.5	52.7	32.2	28.2	91.6
17-01. Soya products	7.4	0.0	0.0	40.3	5.9	147.8	123.8	53.6	249.8
17-02. Dietetic products	5.3	0.0	0.0	0.0	1.2	200.0	200.0	200.0	200.0
17-02-00. Unclassified	5.3	0.0	0.0	0.0	1.2	200.0	200.0	200.0	200.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	5.9	0.0	0.0	34.4	6.1	74.3	66.9	30.9	126.7

Table 2.4.b Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	Mean g/day	Median g/day	P5 g/day	P95 g/day
						On consumption days			
01. Potatoes and other tubers	136.0	117.5	0.0	330.6	78.3	169.8	139.2	51.7	381.4
01-01. Potatoes	136.0	117.5	0.0	330.6	78.3	169.8	139.2	51.7	381.4
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	130.3	118.4	9.2	260.3	88.8	153.4	156.1	32.8	282.9
02-01. Leafy vegetables (except cabbages)	24.6	0.0	0.0	114.3	23.7	81.5	53.7	9.4	207.7
02-02. Fruiting vegetables	46.2	16.4	0.0	169.1	43.2	113.0	96.6	10.0	257.9
02-03. Root vegetables	12.4	0.0	0.0	90.2	14.1	107.5	99.9	3.0	216.9
02-04. Cabbages	22.4	0.0	0.0	123.6	15.8	162.4	173.3	4.1	280.3
02-05. Mushrooms	1.1	0.0	0.0	4.1	5.8	14.9	12.4	0.8	33.8
02-06. Grain and pod vegetables	3.6	0.0	0.0	0.0	3.2	115.1	124.2	0.4	216.6
02-07. Onion, garlic	9.4	0.0	0.0	38.1	29.1	39.3	25.1	2.3	106.9
02-08. Stalk vegetables, sprouts	4.7	0.0	0.0	18.7	4.6	91.5	28.6	1.1	246.3
02-09. Mixed salad, mixed vegetables	6.1	0.0	0.0	47.7	9.6	72.2	49.8	12.8	174.8
03. Legumes	5.9	0.0	0.0	35.4	6.9	102.1	68.3	14.0	199.3
03-01. Legumes	5.9	0.0	0.0	35.4	6.9	102.1	68.3	14.0	199.3
04. Fruits, nuts and olives	137.6	124.0	0.0	319.1	80.3	177.9	149.3	25.3	424.2
04-01. Fruits	131.4	117.3	0.0	319.1	78.6	173.2	135.9	23.1	407.1
04-02. Nuts and seeds (+nut spread)	4.4	0.0	0.0	28.4	17.7	30.1	20.0	7.9	58.4
04-03. Mixed fruits	1.8	0.0	0.0	9.5	3.4	38.9	21.2	13.4	98.6
04-04. Olives	0.0	0.0	0.0	0.0	0.3	21.4	10.0	2.6	28.0
05. Dairy products	360.9	324.7	41.2	753.4	98.3	378.9	313.0	38.7	839.3
05-00. Unclassified	0.9	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
05-01. Milk	146.1	82.3	0.0	562.8	59.5	267.9	219.8	37.1	629.0
05-02. Milk beverages	14.2	0.0	0.0	121.0	6.7	229.7	198.2	107.9	439.8
05-03. Yoghurt	66.3	0.0	0.0	250.0	28.7	219.9	189.9	97.3	489.6
05-04. Fromage blanc, petit suisse	3.6	0.0	0.0	0.0	4.0	106.8	97.4	8.2	221.0
05-05. Cheese (including fresh cheeses)	31.0	24.6	0.0	78.0	68.6	43.1	35.4	11.9	89.8
05-06. Cream desserts, puddings (milk based)	82.5	64.6	0.0	235.8	49.4	173.7	161.6	70.5	296.3
05-07. Dairy and non-dairy creams	0.7	0.0	0.0	5.0	4.9	17.4	11.1	3.1	41.2
05-07-01. Dairy creams	0.7	0.0	0.0	5.0	4.9	17.4	11.1	3.1	41.2
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-08. Milk for coffee and creamers	15.8	12.5	0.0	45.6	58.4	23.5	19.0	3.5	54.3
06. Cereals and cereal products	189.3	176.6	79.7	371.4	100.0	186.7	173.6	68.5	362.5
06-01. Flour, flakes, starches, semolina	1.7	0.0	0.0	8.1	7.8	20.6	6.3	0.6	65.8
06-02. Pasta, rice, other grain	18.8	0.0	0.0	120.4	10.3	171.8	128.7	30.1	332.6
06-03. Bread, crisp bread, rusks	153.4	140.9	64.5	243.7	99.8	155.4	139.3	59.6	272.8
06-03-01. Bread	148.9	136.9	59.5	241.1	98.7	151.9	136.0	55.8	263.1
06-03-02. Crispbread, rusks	4.5	0.0	0.0	20.2	30.1	17.5	10.0	2.3	45.0
06-04. Breakfast cereals	4.3	0.0	0.0	21.0	15.9	29.4	17.9	6.8	77.0
06-05. Salty biscuits, aperitif biscuits, crackers	1.7	0.0	0.0	11.8	9.1	20.8	18.7	2.0	36.2
06-06. Dough and pastry (puff, shortcrust, pizza)	9.4	0.0	0.0	14.6	3.0	185.0	94.9	33.0	410.0
07. Meat and meat products	108.9	95.9	40.2	211.7	96.6	114.8	97.0	17.1	252.0
07-01.Fresh meat	49.2	37.2	0.0	156.9	50.0	107.2	89.3	26.9	263.5
07-01-00. Unclassified	6.9	0.0	0.0	48.6	10.1	88.7	81.9	34.3	140.7

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-01. Beef	19.6	0.0	0.0	108.8	23.0	98.2	88.4	16.6	229.9
07-01-02. Veal	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-01-03. Pork	22.7	0.0	0.0	118.9	19.4	114.0	91.5	14.5	288.3
07-01-04. Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02. Poultry	15.6	0.0	0.0	70.0	20.3	70.5	72.0	12.0	143.6
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	15.3	0.0	0.0	70.0	19.2	70.2	70.4	12.0	144.1
07-02-02. Turkey, young turkey	0.3	0.0	0.0	0.0	1.1	76.0	76.0	76.0	76.0
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	44.1	29.8	0.0	129.8	77.1	55.7	38.7	7.4	146.5
07-05. Offals	0.0	0.0	0.0	0.0	0.0	.	.	.	.
08. Fish and shellfish	21.5	0.0	0.0	102.9	15.0	133.4	132.6	39.4	223.7
08-01. Fish	16.2	0.0	0.0	76.6	11.4	126.5	118.0	45.1	222.9
08-02. Crustaceans, molluscs	1.0	0.0	0.0	0.0	1.7	56.4	35.9	10.0	138.1
08-03. Fish products, fish in crumbs	4.3	0.0	0.0	22.4	3.0	152.5	103.7	72.5	247.3
09. Eggs and egg products	12.7	0.0	0.0	51.4	23.5	53.9	49.7	3.0	105.4
09-01. Egg	12.7	0.0	0.0	51.4	23.5	53.9	49.7	3.0	105.4
10. Fat	38.1	37.4	14.1	79.9	99.7	37.6	33.2	7.3	82.2
10-00. Unclassified	1.3	0.0	0.0	7.4	16.1	7.6	3.8	0.6	19.6
10-01. Vegetable oils	2.7	0.0	0.0	10.4	23.2	9.2	6.5	0.4	26.2
10-02. Butter	1.8	0.0	0.0	10.8	12.7	17.2	14.5	0.3	42.5
10-03. Margarines	30.5	26.1	2.4	69.9	94.6	32.6	27.3	3.2	78.0
10-04. Deep frying fats	1.8	0.0	0.0	13.2	5.7	18.7	17.5	6.3	30.2
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11. Sugar and confectionery	53.8	43.7	0.0	122.0	86.7	56.3	35.8	5.5	151.9
11-00. Unclassified	0.0	0.0	0.0	0.0	0.9	2.5	0.4	0.4	5.2
11-01. Sugar, honey, jam	34.4	20.9	0.0	90.3	71.1	41.1	21.6	4.3	129.6
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.8	0.0	0.0	26.0	29.6	25.1	22.5	6.6	53.8
11-03. Confectionery non-chocolate	2.2	0.0	0.0	13.9	18.6	12.2	7.5	3.0	31.2
11-04. Syrup	5.3	0.0	0.0	26.6	18.2	26.6	18.3	9.0	69.6
11-05. Ice cream, water ice	5.5	0.0	0.0	36.9	5.3	101.8	74.7	50.0	176.5
11-05-00. Unclassified	0.4	0.0	0.0	0.0	0.4	96.0	96.0	96.0	96.0
11-05-01. Ice cream	5.1	0.0	0.0	36.3	4.9	99.8	73.4	50.0	162.8
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.1	110.0	110.0	110.0	110.0
12. Cakes	47.6	37.6	0.0	119.5	79.3	54.5	39.8	7.6	135.9
12-01. Cakes, pies, pastries, etc.	28.6	17.9	0.0	106.6	42.7	61.7	48.0	18.4	145.6
12-02. Dry cakes, biscuits	18.9	15.0	0.0	57.4	60.2	28.0	20.8	6.7	70.1
13. Non-alcoholic beverages	1,334.1	1,383.9	604.7	2,113.6	100.0	1,271.5	1,247.4	541.7	2,103.6
13-00. Unclassified	1.4	0.0	0.0	0.0	0.6	226.5	121.2	46.0	282.1
13-01. Fruit and vegetable containing drinks	32.7	0.0	0.0	171.3	25.4	139.6	114.2	2.0	332.9
13-02. Carbonated/soft/isotonic drinks, diluted syrups	81.1	0.0	0.0	482.5	24.2	304.0	213.7	100.0	733.3
13-03. Coffee, tea and herbal teas	862.9	765.9	352.7	1,538.4	100.0	821.5	718.7	309.7	1,532.2
13-03-01. Coffee	489.2	460.7	187.6	939.1	97.9	516.0	463.2	135.3	1,083.3
13-03-02. Tea	320.2	213.3	0.0	1,093.6	64.4	412.5	321.8	79.5	1,105.4
13-03-03. Herbal tea	53.5	0.0	0.0	415.3	12.2	411.2	292.3	147.3	784.4

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
13-03-04. Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	.	.	.	.
13-04. Waters	356.0	332.4	0.0	994.5	77.9	435.8	347.9	81.5	988.9
14. Alcoholic beverages	170.1	0.0	0.0	767.6	45.5	385.0	297.8	49.4	1,147.6
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	38.4	0.0	0.0	261.3	18.9	213.6	181.3	68.3	364.4
14-02. Fortified wines (sherry, port, vermouth)	2.5	0.0	0.0	0.0	1.2	82.2	6.2	0.2	142.8
14-03. Beer, cider	119.0	0.0	0.0	598.2	22.0	544.7	298.7	244.4	1,173.8
14-04. Spirits, brandy	9.6	0.0	0.0	67.4	16.2	77.9	71.3	29.1	146.1
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	0.6	0.0	0.0	0.0	1.2	81.9	60.3	13.2	130.5
15. Condiments and sauces	36.5	27.8	0.0	97.7	67.7	43.8	34.7	2.3	117.5
15-01. Sauces	35.7	24.9	0.0	97.7	62.5	46.1	35.1	4.9	121.2
15-01-00. Unclassified and other sauces	23.4	12.4	0.0	73.8	49.6	42.2	34.8	7.5	101.5
15-01-01. Tomato sauces	4.2	0.0	0.0	9.7	4.6	55.7	12.5	3.3	157.4
15-01-02. Dressing sauces	2.6	0.0	0.0	19.0	10.0	14.7	10.4	1.0	38.1
15-01-03. Mayonnaises and similars	4.7	0.0	0.0	25.0	11.0	32.4	24.9	4.0	55.4
15-01-04. Dessert sauces	0.8	0.0	0.0	0.0	0.9	40.3	27.2	15.0	43.2
15-02. Yeast	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-04. Condiments	0.8	0.0	0.0	5.6	12.9	6.3	3.3	0.5	17.3
16. Soups, bouillon	127.4	72.2	0.0	479.5	44.3	275.3	229.9	92.4	510.5
16-01. Soups	103.0	69.6	0.0	329.7	41.2	246.0	238.7	92.0	459.4
16-02. Bouillon	24.4	0.0	0.0	242.9	9.6	215.1	229.7	4.0	249.4
17. Miscellaneous	16.4	0.0	0.0	95.0	9.0	126.0	83.4	34.4	243.1
17-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-01. Soya products	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02. Dietetic products	4.2	0.0	0.0	0.0	1.9	221.0	123.3	30.0	237.3
17-02-00. Unclassified	4.2	0.0	0.0	0.0	1.9	221.0	123.3	30.0	237.3
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	12.2	0.0	0.0	66.4	7.1	101.1	77.1	44.8	172.4

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	126.3	112.5	0.0	322.4	74.3	163.9	139.8	69.2	319.5
01-01. Potatoes	126.3	112.5	0.0	322.4	74.3	163.9	139.8	69.2	319.5
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	153.3	150.6	26.5	283.6	93.8	175.9	161.6	37.5	366.3
02-01. Leafy vegetables (except cabbages)	35.2	0.4	0.0	160.6	33.9	116.9	99.9	8.2	327.1
02-02. Fruiting vegetables	46.2	26.2	0.0	163.1	49.4	107.5	86.4	7.2	267.5
02-03. Root vegetables	16.0	0.0	0.0	97.6	12.4	116.7	104.1	3.9	264.3
02-04. Cabbages	27.2	0.0	0.0	120.9	22.5	142.9	143.1	4.0	242.2
02-05. Mushrooms	1.4	0.0	0.0	12.4	5.7	29.9	25.6	2.6	58.1
02-06. Grain and pod vegetables	3.3	0.0	0.0	24.8	4.5	60.4	46.4	1.4	137.7
02-07. Onion, garlic	9.0	0.0	0.0	41.4	30.0	32.7	23.3	0.9	105.2
02-08. Stalk vegetables, sprouts	0.3	0.0	0.0	0.6	4.3	12.1	11.7	0.5	28.1
02-09. Mixed salad, mixed vegetables	14.6	0.0	0.0	80.8	9.8	113.0	103.1	14.0	244.7
03. Legumes	4.2	0.0	0.0	38.4	4.3	115.1	81.0	31.8	248.4
03-01. Legumes	4.2	0.0	0.0	38.4	4.3	115.1	81.0	31.8	248.4
04. Fruits, nuts and olives	179.2	154.6	8.7	403.2	86.3	202.5	174.5	45.5	460.1
04-01. Fruits	174.7	154.1	0.0	401.4	82.7	206.7	180.0	59.0	461.3
04-02. Nuts and seeds (+nut spread)	4.2	0.0	0.0	25.3	14.5	25.5	17.5	7.0	59.5
04-03. Mixed fruits	0.1	0.0	0.0	0.0	0.2	57.2	57.2	57.2	57.2
04-04. Olives	0.2	0.0	0.0	0.0	1.6	8.4	5.2	4.5	15.3
05. Dairy products	399.1	412.6	114.9	757.4	99.1	404.2	390.7	62.9	807.6
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	181.3	180.2	0.0	477.0	65.7	288.4	239.4	37.4	522.6
05-02. Milk beverages	6.8	0.0	0.0	0.0	3.3	268.3	220.4	200.0	416.7
05-03. Yoghurt	82.3	50.5	0.0	290.3	39.9	209.9	170.5	65.5	668.7
05-04. Fromage blanc, petit suisse	17.7	0.0	0.0	119.7	10.2	175.2	186.3	48.0	231.9
05-05. Cheese (including fresh cheeses)	36.3	34.5	0.0	78.2	77.3	48.1	42.2	12.6	96.8
05-06. Cream desserts, puddings (milk based)	61.0	0.0	0.0	238.3	25.3	202.2	185.2	92.8	525.9
05-07. Dairy and non-dairy creams	1.7	0.0	0.0	14.4	11.9	15.7	11.7	3.9	33.0
05-07-01. Dairy creams	1.5	0.0	0.0	8.6	10.2	15.8	11.8	3.7	33.3
05-07-02. Non-dairy creams	0.3	0.0	0.0	0.0	1.7	14.8	10.4	8.0	22.0
05-08. Milk for coffee and creamers	12.0	0.0	0.0	47.7	37.9	27.5	23.8	6.4	63.3
06. Cereals and cereal products	180.5	163.7	70.3	319.3	99.7	178.5	165.0	54.2	339.6
06-01. Flour, flakes, starches, semolina	0.6	0.0	0.0	0.0	3.4	15.3	2.4	0.6	59.3
06-02. Pasta, rice, other grain	26.2	0.0	0.0	124.1	17.7	121.5	107.6	26.7	239.7
06-03. Bread, crisp bread, rusks	144.4	135.9	43.3	283.5	99.6	147.2	139.8	42.6	270.4
06-03-01. Bread	135.8	129.8	32.5	261.6	97.8	142.3	137.2	34.1	274.7
06-03-02. Crispbread, rusks	8.6	4.5	0.0	39.6	45.5	16.3	10.0	4.7	41.2
06-04. Breakfast cereals	4.5	0.0	0.0	30.2	11.1	35.1	28.0	12.6	73.8
06-05. Salty biscuits, aperitif biscuits, crackers	3.3	0.0	0.0	17.7	17.0	16.3	17.2	4.0	28.5
06-06. Dough and pastry (puff, shortcrust, pizza)	1.5	0.0	0.0	0.0	2.7	99.4	73.1	30.0	157.1
07. Meat and meat products	103.5	94.0	24.9	214.4	93.9	110.8	98.0	23.8	251.4
07-01.Fresh meat	45.1	41.5	0.0	111.8	50.2	94.9	83.9	17.1	207.9
07-01-00. Unclassified	5.5	0.0	0.0	41.1	9.6	69.7	48.4	7.9	179.8
07-01-01. Beef	20.6	0.0	0.0	86.8	22.9	87.3	83.0	24.4	130.9
07-01-02. Veal	0.6	0.0	0.0	0.0	0.5	72.0	59.1	48.2	76.8
07-01-03. Pork	18.4	0.0	0.0	99.3	19.9	103.5	90.7	11.3	216.9

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02. Poultry	8.2	0.0	0.0	51.7	13.7	81.2	83.7	15.1	124.2
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	7.4	0.0	0.0	50.0	11.6	81.4	90.2	14.5	126.1
07-02-02. Turkey, young turkey	0.9	0.0	0.0	0.0	2.1	80.2	70.0	70.0	103.4
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	49.9	45.4	0.0	105.3	74.3	61.0	55.6	8.9	143.1
07-05. Offals	0.2	0.0	0.0	0.0	0.4	17.5	17.5	17.5	17.5
08. Fish and shellfish	18.5	0.0	0.0	96.3	14.6	116.0	92.5	44.3	227.4
08-01. Fish	15.4	0.0	0.0	94.8	12.8	111.3	89.3	34.5	220.8
08-02. Crustaceans, molluscs	0.6	0.0	0.0	0.0	0.8	65.6	26.9	25.0	163.6
08-03. Fish products, fish in crumbs	2.5	0.0	0.0	0.0	2.3	94.6	67.0	37.5	161.0
09. Eggs and egg products	13.9	0.0	0.0	49.2	31.7	48.0	45.4	9.0	98.1
09-01. Egg	13.9	0.0	0.0	49.2	31.7	48.0	45.4	9.0	98.1
10. Fat	35.7	32.7	3.8	76.6	99.9	34.7	31.7	5.5	68.6
10-00. Unclassified	0.8	0.0	0.0	5.2	14.5	7.2	4.3	0.6	20.4
10-01. Vegetable oils	5.4	1.5	0.0	16.2	37.4	12.7	8.3	1.4	28.9
10-02. Butter	4.9	0.0	0.0	23.8	31.7	16.7	9.7	3.6	44.6
10-03. Margarines	24.0	19.3	0.0	63.3	87.7	26.5	23.8	0.9	58.7
10-04. Deep frying fats	0.5	0.0	0.0	1.5	1.8	15.2	10.2	6.3	27.6
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.4	12.4	7.9	7.9	18.4
11. Sugar and confectionery	48.9	41.0	0.0	115.3	88.7	56.2	39.9	8.6	166.4
11-00. Unclassified	0.1	0.0	0.0	0.0	2.7	5.3	2.5	2.5	15.3
11-01. Sugar, honey, jam	23.2	15.4	0.0	66.5	67.0	37.6	29.5	5.7	109.1
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	7.0	0.0	0.0	28.4	31.5	23.8	18.5	6.0	56.8
11-03. Confectionery non-chocolate	2.4	0.0	0.0	13.5	22.1	13.1	9.8	1.7	29.9
11-04. Syrup	7.1	0.0	0.0	32.3	26.4	25.1	19.1	3.4	61.4
11-05. Ice cream, water ice	9.1	0.0	0.0	63.1	6.9	107.3	107.0	33.6	154.0
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-01. Ice cream	8.0	0.0	0.0	53.0	6.6	93.5	84.5	32.8	131.8
11-05-02. Sorbet	0.9	0.0	0.0	0.0	2.2	50.0	50.0	50.0	50.0
11-05-03. Water ice	0.2	0.0	0.0	0.0	0.3	50.0	50.0	50.0	50.0
12. Cakes	47.0	38.1	0.0	132.9	75.0	65.2	52.6	8.7	170.1
12-01. Cakes, pies, pastries, etc.	27.9	19.2	0.0	79.9	47.8	65.0	53.6	7.8	140.3
12-02. Dry cakes, biscuits	19.1	12.8	0.0	57.2	57.7	31.0	25.4	7.6	73.8
13. Non-alcoholic beverages	1,361.0	1,320.3	606.7	2,287.4	100.0	1,373.7	1,283.6	686.9	2,451.6
13-00. Unclassified	7.1	0.0	0.0	0.0	1.9	263.5	126.5	17.4	495.7
13-01. Fruit and vegetable containing drinks	46.0	0.0	0.0	231.2	25.8	179.8	152.4	0.9	386.4
13-02. Carbonated/soft/isotonic drinks, diluted syrups	76.5	0.0	0.0	457.5	17.3	337.6	239.6	98.5	700.1
13-03. Coffee, tea and herbal teas	840.0	812.7	336.8	1,503.9	100.0	883.5	850.6	333.7	1,552.3
13-03-01. Coffee	504.7	506.3	72.9	942.4	95.6	523.6	489.3	166.2	944.1
13-03-02. Tea	292.3	191.8	0.0	842.4	64.9	495.6	396.8	149.0	1,101.9
13-03-03. Herbal tea	43.0	0.0	0.0	318.5	14.8	412.0	426.4	1.4	1,045.1
13-03-04. Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	.	.	.	.
13-04. Waters	391.6	321.6	0.0	1,125.9	83.5	455.6	318.7	65.8	1,429.7
14. Alcoholic beverages	181.7	76.3	0.0	881.9	56.9	330.6	197.5	54.0	929.0

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.0	0.0	0.0	0.0	0.1	24.0	24.0	24.0	24.0
14-01. Wine	83.4	0.0	0.0	336.2	31.7	282.3	183.0	82.9	749.3
14-02. Fortified wines (sherry, port, vermouth)	7.2	0.0	0.0	52.1	6.2	111.6	95.8	9.0	215.2
14-03. Beer, cider	69.3	0.0	0.0	441.2	12.6	579.9	473.2	250.0	1,087.8
14-04. Spirits, brandy	20.5	0.0	0.0	96.4	19.6	86.7	71.3	36.2	173.8
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	1.3	0.0	0.0	9.3	3.7	39.0	34.3	13.2	62.7
15. Condiments and sauces	22.9	13.3	0.0	67.0	61.3	35.5	23.9	2.6	102.6
15-01. Sauces	21.7	12.4	0.0	67.0	56.8	36.2	23.7	3.9	103.2
15-01-00. Unclassified and other sauces	15.4	6.0	0.0	55.6	37.4	39.5	28.2	8.8	96.4
15-01-01. Tomato sauces	2.3	0.0	0.0	13.6	5.0	34.6	15.5	2.8	101.7
15-01-02. Dressing sauces	2.3	0.0	0.0	11.6	15.0	15.8	11.5	1.9	38.3
15-01-03. Mayonnaises and similars	1.5	0.0	0.0	9.6	9.9	15.7	13.8	2.4	43.7
15-01-04. Dessert sauces	0.1	0.0	0.0	0.0	0.6	30.1	22.5	22.5	41.7
15-02. Yeast	0.1	0.0	0.0	0.0	3.0	4.0	2.9	2.5	4.8
15-04. Condiments	1.1	0.0	0.0	10.0	13.4	8.0	5.0	0.5	23.3
16. Soups, bouillon	85.9	0.0	0.0	356.2	28.8	281.9	246.1	127.2	494.4
16-01. Soups	75.9	0.0	0.0	337.0	25.5	270.5	221.1	144.8	482.2
16-02. Bouillon	10.0	0.0	0.0	14.0	4.4	282.2	274.5	3.5	440.2
17. Miscellaneous	7.9	0.0	0.0	50.2	7.1	106.1	99.9	38.9	185.0
17-00. Unclassified	0.1	0.0	0.0	0.0	0.1	169.2	169.2	169.2	169.2
17-01. Soya products	1.3	0.0	0.0	0.0	2.4	107.0	99.9	99.8	126.2
17-02. Dietetic products	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	6.5	0.0	0.0	43.3	4.6	104.0	72.2	37.5	201.0

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	98.3	83.7	0.0	228.9	66.2	166.1	165.1	42.5	274.9
01-01. Potatoes	98.3	83.7	0.0	228.9	66.2	166.1	165.1	42.5	274.9
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	160.9	145.9	31.8	294.5	94.2	177.2	161.5	39.6	343.3
02-01. Leafy vegetables (except cabbages)	29.4	0.0	0.0	98.0	27.0	112.9	95.5	6.2	262.8
02-02. Fruiting vegetables	51.4	27.8	0.0	155.6	50.3	107.3	79.1	9.7	280.2
02-03. Root vegetables	14.8	0.0	0.0	102.6	18.3	86.4	62.0	4.1	217.1
02-04. Cabbages	26.4	1.1	0.0	97.1	23.1	111.9	92.8	3.7	227.9
02-05. Mushrooms	1.6	0.0	0.0	9.1	10.7	17.2	12.1	4.1	32.3
02-06. Grain and pod vegetables	7.8	0.0	0.0	42.5	8.0	112.8	98.5	14.1	182.7
02-07. Onion, garlic	16.9	5.5	0.0	63.5	39.5	41.7	37.1	4.0	83.5
02-08. Stalk vegetables, sprouts	1.6	0.0	0.0	3.0	6.5	44.3	6.5	0.8	158.7
02-09. Mixed salad, mixed vegetables	11.1	0.0	0.0	74.0	7.4	142.9	76.7	23.0	320.9
03. Legumes	3.1	0.0	0.0	19.5	2.8	99.0	64.7	53.7	218.0
03-01. Legumes	3.1	0.0	0.0	19.5	2.8	99.0	64.7	53.7	218.0
04. Fruits, nuts and olives	149.2	121.6	0.0	362.1	79.7	190.8	164.9	19.8	454.0
04-01. Fruits	135.2	120.4	0.0	375.8	77.5	184.5	164.8	19.8	432.7
04-02. Nuts and seeds (+nut spread)	11.7	0.0	0.0	71.8	17.0	39.9	26.3	3.3	141.2
04-03. Mixed fruits	1.7	0.0	0.0	0.0	2.4	70.2	62.3	32.6	96.2
04-04. Olives	0.5	0.0	0.0	3.0	4.8	14.9	4.8	2.1	46.3
05. Dairy products	343.9	314.9	104.2	665.4	99.5	365.6	327.3	67.1	717.9
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	142.7	82.6	0.0	401.9	53.6	289.0	257.2	46.3	511.6
05-02. Milk beverages	20.4	0.0	0.0	101.3	9.7	200.1	179.5	114.0	356.6
05-03. Yoghurt	78.9	58.1	0.0	243.7	48.7	189.9	144.0	37.9	427.5
05-04. Fromage blanc, petit suisse	7.1	0.0	0.0	34.1	8.2	77.2	48.7	24.0	186.9
05-05. Cheese (including fresh cheeses)	36.2	33.0	2.2	82.8	88.6	44.6	37.8	12.4	126.5
05-06. Cream desserts, puddings (milk based)	48.5	0.0	0.0	162.4	23.4	171.9	165.7	46.5	306.1
05-07. Dairy and non-dairy creams	1.5	0.0	0.0	8.5	13.2	15.6	7.5	3.0	60.8
05-07-01. Dairy creams	1.5	0.0	0.0	8.5	12.5	16.2	7.8	3.0	61.5
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.7	3.0	3.0	3.0	3.0
05-08. Milk for coffee and creamers	8.7	0.0	0.0	31.2	39.4	22.8	23.5	1.6	51.1
06. Cereals and cereal products	179.1	172.0	84.7	297.8	99.2	175.7	160.2	63.5	341.0
06-01. Flour, flakes, starches, semolina	0.7	0.0	0.0	5.5	10.1	13.2	7.5	1.7	62.2
06-02. Pasta, rice, other grain	36.9	0.0	0.0	103.2	20.2	131.0	128.1	58.3	204.6
06-03. Bread, crisp bread, rusks	127.8	104.6	39.6	245.8	95.3	140.1	122.4	44.3	257.1
06-03-01. Bread	123.5	102.5	30.1	236.1	94.8	135.5	117.7	34.7	241.3
06-03-02. Crispbread, rusks	4.2	0.0	0.0	18.0	33.7	14.9	13.8	4.2	28.3
06-04. Breakfast cereals	6.7	0.0	0.0	43.4	20.0	34.1	29.7	3.8	56.8
06-05. Salty biscuits, aperitif biscuits, crackers	5.3	0.0	0.0	12.5	17.6	20.1	15.7	7.0	45.8
06-06. Dough and pastry (puff, shortcrust, pizza)	1.7	0.0	0.0	0.0	2.2	118.4	97.2	77.6	166.0
07. Meat and meat products	93.8	83.5	33.8	177.5	95.6	105.6	99.7	18.4	194.9
07-01.Fresh meat	37.1	29.1	0.0	94.4	50.9	85.5	72.0	24.7	161.7
07-01-00. Unclassified	7.7	0.0	0.0	45.1	12.9	72.0	61.1	9.6	123.7
07-01-01. Beef	16.0	0.0	0.0	63.1	21.7	80.2	69.8	36.2	131.0
07-01-02. Veal	0.5	0.0	0.0	0.0	0.7	152.0	152.0	152.0	152.0
07-01-03. Pork	12.0	0.0	0.0	61.6	15.8	94.2	90.1	19.8	176.9

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.9	0.0	0.0	0.0	1.2	75.4	66.3	66.1	93.3
07-02. Poultry	6.9	0.0	0.0	34.3	11.2	68.9	38.3	20.4	242.4
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	6.5	0.0	0.0	34.0	10.2	70.9	38.1	19.9	258.7
07-02-02. Turkey, young turkey	0.1	0.0	0.0	0.0	0.3	29.5	29.5	29.5	29.5
07-02-03. Duck	0.3	0.0	0.0	0.0	0.6	58.2	58.2	58.2	58.2
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	45.1	32.3	0.0	155.2	79.1	60.5	38.7	9.3	154.6
07-05. Offals	4.7	0.0	0.0	44.8	1.3	145.8	112.3	98.0	169.6
08. Fish and shellfish	24.1	0.0	0.0	88.8	16.7	126.4	119.0	17.9	265.8
08-01. Fish	22.2	0.0	0.0	88.8	14.9	122.4	118.9	18.0	237.9
08-02. Crustaceans, molluscs	0.8	0.0	0.0	0.0	1.3	126.2	118.6	11.8	143.6
08-03. Fish products, fish in crumbs	1.0	0.0	0.0	0.0	1.3	109.5	90.0	90.0	139.9
09. Eggs and egg products	15.3	0.0	0.0	60.5	20.9	45.0	46.1	6.0	93.3
09-01. Egg	15.3	0.0	0.0	60.5	20.9	45.0	46.1	6.0	93.3
10. Fat	27.8	25.3	4.0	57.9	99.6	31.5	30.0	4.7	67.1
10-00. Unclassified	1.0	0.0	0.0	5.1	19.4	7.4	6.3	1.2	17.6
10-01. Vegetable oils	3.5	1.3	0.0	10.7	32.2	8.8	6.8	1.7	19.7
10-02. Butter	3.8	0.0	0.0	27.1	27.6	13.0	8.9	2.3	31.8
10-03. Margarines	19.5	18.1	0.0	52.4	86.4	27.1	23.9	1.5	63.4
10-04. Deep frying fats	0.1	0.0	0.0	0.0	0.6	12.9	11.8	11.6	13.7
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.3	4.1	4.1	4.1	4.1
11. Sugar and confectionery	35.5	33.0	0.0	87.3	82.1	47.0	38.8	5.8	106.8
11-00. Unclassified	0.0	0.0	0.0	0.0	0.1	1.9	1.9	1.9	1.9
11-01. Sugar, honey, jam	18.2	11.2	0.0	58.7	67.8	27.5	23.1	3.0	63.3
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.3	0.0	0.0	26.8	37.7	21.1	14.8	5.1	42.7
11-03. Confectionery non-chocolate	3.0	0.0	0.0	13.3	25.6	14.0	9.8	1.1	34.7
11-04. Syrup	6.1	0.0	0.0	22.3	23.8	24.0	19.3	4.4	55.6
11-05. Ice cream, water ice	1.8	0.0	0.0	0.0	3.1	85.4	57.8	50.0	138.1
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-01. Ice cream	1.5	0.0	0.0	0.0	2.4	81.2	51.4	50.0	140.7
11-05-02. Sorbet	0.3	0.0	0.0	0.0	0.7	100.0	100.0	100.0	100.0
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.0	.	.	.	.
12. Cakes	50.5	44.1	5.4	116.2	86.1	53.6	41.6	8.2	140.3
12-01. Cakes, pies, pastries, etc.	32.2	25.3	0.0	96.0	45.2	57.9	45.6	20.0	156.9
12-02. Dry cakes, biscuits	18.3	14.8	0.0	46.2	66.8	30.0	20.0	6.3	69.9
13. Non-alcoholic beverages	1,238.4	1,222.8	774.5	1,903.4	100.0	1,274.0	1,224.2	613.2	2,246.1
13-00. Unclassified	1.1	0.0	0.0	0.0	0.7	122.4	11.0	9.5	443.8
13-01. Fruit and vegetable containing drinks	103.2	88.9	0.0	352.2	38.2	190.4	142.7	57.8	480.9
13-02. Carbonated/soft/isotonic drinks, diluted syrups	82.9	0.0	0.0	352.8	25.4	267.1	181.2	84.6	613.7
13-03. Coffee, tea and herbal teas	711.8	735.6	5.9	1,281.3	99.4	746.6	741.7	156.8	1,318.4
13-03-01. Coffee	433.4	415.8	5.1	896.9	96.1	474.3	419.3	127.4	853.7
13-03-02. Tea	256.7	168.5	0.0	1,041.9	59.9	450.9	389.4	157.8	1,049.0
13-03-03. Herbal tea	21.3	0.0	0.0	196.5	8.4	183.7	191.4	4.0	317.8
13-03-04. Chicory, substitutes	0.3	0.0	0.0	0.0	0.4	78.2	78.0	78.0	78.4
13-04. Waters	339.4	248.7	7.0	873.6	89.7	435.8	326.0	80.8	1,163.2
14. Alcoholic beverages	193.4	123.6	0.0	575.0	58.9	329.7	291.0	48.1	1,095.6

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	98.2	0.0	0.0	431.9	33.2	252.2	184.6	94.3	536.4
14-02. Fortified wines (sherry, port, vermouth)	1.5	0.0	0.0	0.0	3.2	70.0	61.4	16.0	111.4
14-03. Beer, cider	70.0	0.0	0.0	423.8	17.9	476.8	304.3	239.3	1,035.2
14-04. Spirits, brandy	22.6	0.0	0.0	99.8	28.3	76.9	66.6	29.5	170.2
14-05. Aniseed drinks (pastis, ouzo)	0.6	0.0	0.0	0.0	0.7	25.3	25.3	25.3	25.3
14-06. Liqueurs	0.4	0.0	0.0	0.0	1.4	54.1	48.0	41.8	62.3
15. Condiments and sauces	25.9	16.1	0.0	81.7	68.0	38.8	23.4	4.3	114.2
15-01. Sauces	24.9	15.2	0.0	80.6	61.4	41.6	24.3	5.1	114.9
15-01-00. Unclassified and other sauces	16.7	11.6	0.0	56.4	48.6	38.0	24.3	4.1	110.5
15-01-01. Tomato sauces	0.9	0.0	0.0	0.0	3.2	35.0	18.5	0.3	87.4
15-01-02. Dressing sauces	1.5	0.0	0.0	9.5	11.0	17.9	11.6	4.7	35.6
15-01-03. Mayonnaises and similars	5.6	0.0	0.0	34.7	13.0	30.1	16.4	2.3	84.8
15-01-04. Dessert sauces	0.0	0.0	0.0	0.0	0.3	15.0	15.0	15.0	15.0
15-02. Yeast	0.0	0.0	0.0	0.0	0.9	3.3	1.4	1.4	9.2
15-04. Condiments	1.0	0.0	0.0	6.0	15.2	5.6	4.0	0.4	17.2
16. Soups, bouillon	72.4	0.0	0.0	262.0	25.4	265.0	231.9	157.7	401.2
16-01. Soups	55.2	0.0	0.0	235.2	21.3	274.0	245.2	173.8	418.0
16-02. Bouillon	17.2	0.0	0.0	156.3	4.6	195.3	165.6	157.0	289.1
17. Miscellaneous	20.6	0.0	0.0	99.9	10.1	107.0	73.9	20.1	188.8
17-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-01. Soya products	2.8	0.0	0.0	25.2	1.7	81.0	76.0	43.6	103.1
17-02. Dietetic products	11.1	0.0	0.0	94.2	2.2	200.0	200.0	200.0	200.0
17-02-00. Unclassified	11.1	0.0	0.0	94.2	2.2	200.0	200.0	200.0	200.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	6.8	0.0	0.0	70.6	6.1	80.2	67.0	17.5	142.2

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	87.5	73.8	0.0	163.3	81.1	116.8	104.0	39.4	224.2
01-01. Potatoes	87.5	73.8	0.0	163.3	81.1	116.8	104.0	39.4	224.2
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	134.2	122.1	25.3	253.7	93.6	154.0	140.2	26.8	305.8
02-01. Leafy vegetables (except cabbages)	25.4	8.7	0.0	86.2	29.4	92.2	62.1	18.4	200.6
02-02. Fruiting vegetables	37.8	26.0	0.0	111.3	45.6	93.4	73.4	3.4	238.1
02-03. Root vegetables	16.2	0.0	0.0	90.3	16.5	100.4	81.6	1.8	229.9
02-04. Cabbages	28.6	1.3	0.0	105.8	29.8	109.7	97.7	3.9	218.0
02-05. Mushrooms	1.5	0.0	0.0	15.5	5.3	26.8	25.6	1.0	53.0
02-06. Grain and pod vegetables	1.9	0.0	0.0	0.0	2.3	62.3	45.4	1.0	129.8
02-07. Onion, garlic	7.0	0.0	0.0	28.8	23.5	31.2	20.3	2.9	94.3
02-08. Stalk vegetables, sprouts	7.5	0.0	0.0	50.2	7.6	97.6	23.4	0.6	301.1
02-09. Mixed salad, mixed vegetables	8.4	0.0	0.0	57.4	7.6	99.0	74.9	17.5	211.8
03. Legumes	0.8	0.0	0.0	0.0	1.9	65.1	45.3	4.6	153.3
03-01. Legumes	0.8	0.0	0.0	0.0	1.9	65.1	45.3	4.6	153.3
04. Fruits, nuts and olives	183.1	177.7	0.0	386.5	85.3	208.1	187.5	32.5	415.4
04-01. Fruits	176.1	172.4	0.0	368.1	83.6	203.5	183.0	51.5	419.6
04-02. Nuts and seeds (+nut spread)	5.5	0.0	0.0	24.5	22.3	22.0	18.0	5.2	47.0
04-03. Mixed fruits	1.6	0.0	0.0	0.0	3.5	64.6	46.7	28.7	129.2
04-04. Olives	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05. Dairy products	372.6	332.2	83.1	856.4	99.2	341.1	320.9	40.8	761.2
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	196.3	161.9	0.0	706.9	62.3	253.9	212.2	13.8	705.1
05-02. Milk beverages	7.4	0.0	0.0	7.2	4.5	215.7	195.5	29.7	328.7
05-03. Yoghurt	67.5	39.1	0.0	250.1	42.5	162.3	148.0	51.9	301.8
05-04. Fromage blanc, petit suisse	13.0	0.0	0.0	77.7	9.1	127.4	124.0	28.0	214.1
05-05. Cheese (including fresh cheeses)	29.4	25.4	0.0	71.0	76.4	35.3	26.4	11.4	82.8
05-06. Cream desserts, puddings (milk based)	44.8	0.0	0.0	147.8	33.7	143.4	138.8	45.5	268.8
05-07. Dairy and non-dairy creams	1.3	0.0	0.0	9.5	9.5	12.5	11.2	3.0	27.0
05-07-01. Dairy creams	1.1	0.0	0.0	6.1	8.9	12.5	11.2	3.0	27.3
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.6	12.0	12.0	12.0	12.0
05-08. Milk for coffee and creamers	13.1	10.1	0.0	41.5	58.3	23.0	17.7	4.4	47.3
06. Cereals and cereal products	144.2	143.7	71.7	239.1	100.0	138.2	130.3	51.5	243.8
06-01. Flour, flakes, starches, semolina	1.2	0.0	0.0	3.6	6.2	13.0	3.2	0.8	81.7
06-02. Pasta, rice, other grain	15.6	0.0	0.0	82.1	11.6	114.5	96.8	31.0	315.3
06-03. Bread, crisp bread, rusks	120.6	119.9	49.1	189.5	100.0	118.5	109.5	42.7	203.5
06-03-01. Bread	111.0	109.8	34.3	187.5	98.0	112.3	103.0	33.9	195.4
06-03-02. Crispbread, rusks	9.5	6.2	0.0	46.0	51.4	16.4	12.6	5.7	46.5
06-04. Breakfast cereals	3.1	0.0	0.0	19.8	9.8	25.4	19.9	3.1	57.0
06-05. Salty biscuits, aperitif biscuits, crackers	1.6	0.0	0.0	9.1	9.9	16.4	8.9	4.8	59.1
06-06. Dough and pastry (puff, shortcrust, pizza)	2.1	0.0	0.0	0.0	1.2	119.9	81.5	49.5	184.8
07. Meat and meat products	78.5	77.8	10.8	140.9	90.7	93.1	94.0	14.5	148.8
07-01.Fresh meat	42.1	38.0	0.0	99.5	56.5	79.2	77.6	12.3	120.7
07-01-00. Unclassified	5.6	0.0	0.0	40.4	9.1	54.2	45.4	8.6	112.1
07-01-01. Beef	19.5	0.0	0.0	70.9	27.5	78.3	83.1	18.0	126.2
07-01-02. Veal	0.6	0.0	0.0	0.0	1.0	70.7	68.3	8.5	138.3
07-01-03. Pork	15.6	0.0	0.0	55.7	21.8	78.5	75.7	8.7	117.3

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.7	0.0	0.0	0.0	0.4	96.0	78.1	53.0	110.1
07-02. Poultry	9.7	0.0	0.0	61.5	9.9	100.2	106.0	36.6	131.1
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	9.6	0.0	0.0	61.5	9.8	100.1	104.9	36.5	131.1
07-02-02. Turkey, young turkey	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	26.6	19.8	0.0	80.7	70.6	42.0	28.7	9.6	114.9
07-05. Offals	0.1	0.0	0.0	0.0	0.1	105.0	105.0	105.0	105.0
08. Fish and shellfish	18.8	0.0	0.0	92.4	12.8	132.5	132.1	63.2	207.0
08-01. Fish	16.2	0.0	0.0	82.8	11.6	122.3	109.2	57.0	209.0
08-02. Crustaceans, molluscs	0.7	0.0	0.0	0.0	0.9	82.4	56.1	20.0	113.5
08-03. Fish products, fish in crumbs	1.9	0.0	0.0	0.0	1.8	114.3	95.9	81.0	165.6
09. Eggs and egg products	12.7	4.6	0.0	41.3	29.5	37.5	45.0	4.7	57.4
09-01. Egg	12.7	4.6	0.0	41.3	29.5	37.5	45.0	4.7	57.4
10. Fat	27.4	25.3	7.9	52.4	99.7	27.1	23.7	8.3	57.2
10-00. Unclassified	1.3	0.0	0.0	5.8	22.5	5.8	4.3	0.7	15.4
10-01. Vegetable oils	1.9	0.0	0.0	12.7	18.2	8.3	3.8	0.5	31.9
10-02. Butter	3.8	0.0	0.0	22.1	23.5	15.4	11.7	4.2	39.3
10-03. Margarines	20.3	18.0	0.0	52.3	88.6	23.0	20.4	4.2	54.3
10-04. Deep frying fats	0.2	0.0	0.0	0.0	1.4	16.6	11.8	1.2	28.9
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11. Sugar and confectionery	30.4	21.6	0.0	85.5	88.0	37.5	28.4	4.9	102.1
11-00. Unclassified	0.1	0.0	0.0	0.0	1.3	6.4	4.5	3.8	9.3
11-01. Sugar, honey, jam	15.4	9.6	0.0	54.7	69.5	23.3	18.0	3.4	61.1
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	4.4	0.0	0.0	20.0	34.2	16.1	14.1	3.7	31.0
11-03. Confectionery non-chocolate	1.3	0.0	0.0	7.0	21.3	7.1	5.2	2.5	17.5
11-04. Syrup	4.6	0.0	0.0	26.5	24.8	19.7	18.1	6.6	37.8
11-05. Ice cream, water ice	4.7	0.0	0.0	43.4	5.4	91.3	81.9	50.0	122.7
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
11-05-01. Ice cream	4.6	0.0	0.0	43.4	5.2	93.4	85.4	50.0	123.0
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	55.0	55.0	55.0	55.0
12. Cakes	49.0	39.2	1.8	126.0	88.8	51.5	39.3	8.0	145.1
12-01. Cakes, pies, pastries, etc.	36.3	23.2	0.0	124.1	55.4	57.5	37.6	18.9	144.7
12-02. Dry cakes, biscuits	12.6	9.4	0.0	39.8	63.7	21.8	15.0	5.6	55.1
13. Non-alcoholic beverages	1,431.3	1,338.0	650.4	2,608.9	100.0	1,432.3	1,336.0	652.8	2,554.3
13-00. Unclassified	0.1	0.0	0.0	0.0	0.1	300.0	300.0	300.0	300.0
13-01. Fruit and vegetable containing drinks	70.6	15.7	0.0	315.3	36.7	181.8	168.5	30.2	429.3
13-02. Carbonated/soft/isotonic drinks, diluted syrups	24.6	0.0	0.0	177.3	12.3	216.9	177.8	81.5	393.7
13-03. Coffee, tea and herbal teas	736.4	695.9	303.2	1,199.8	100.0	760.4	697.0	287.0	1,370.9
13-03-01. Coffee	366.2	391.4	0.0	717.8	90.8	384.2	374.7	30.0	801.1
13-03-02. Tea	307.0	281.2	0.0	855.0	72.4	480.6	421.7	135.7	991.6
13-03-03. Herbal tea	60.5	0.0	0.0	336.3	17.2	346.9	328.8	71.2	699.0
13-03-04. Chicory, substitutes	2.7	0.0	0.0	0.0	0.9	408.0	257.4	122.0	452.3
13-04. Waters	599.7	545.0	1.6	1,565.8	94.0	615.0	496.7	69.1	1,727.2

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	48.0	0.0	0.0	236.1	18.4	182.8	130.2	35.7	444.6
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	36.1	0.0	0.0	213.4	9.0	253.5	184.4	68.5	598.4
14-02. Fortified wines (sherry, port, vermouth)	5.0	0.0	0.0	49.9	3.8	108.7	83.2	45.1	167.2
14-03. Beer, cider	4.5	0.0	0.0	0.0	1.3	362.2	300.0	300.0	461.0
14-04. Spirits, brandy	0.2	0.0	0.0	0.0	0.9	39.7	38.0	38.0	44.8
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	2.2	0.0	0.0	26.2	3.5	51.3	52.9	27.3	64.9
15. Condiments and sauces	22.2	12.3	0.0	75.9	66.0	35.3	24.3	1.9	112.7
15-01. Sauces	21.9	12.1	0.0	75.9	60.7	37.7	24.3	1.9	123.4
15-01-00. Unclassified and other sauces	15.8	7.6	0.0	58.9	45.3	38.9	24.3	3.9	115.3
15-01-01. Tomato sauces	2.6	0.0	0.0	2.0	2.8	50.2	12.1	1.7	168.0
15-01-02. Dressing sauces	0.9	0.0	0.0	4.3	9.8	10.2	6.0	1.1	37.3
15-01-03. Mayonnaises and similars	2.1	0.0	0.0	13.2	10.2	23.7	15.5	0.5	72.2
15-01-04. Dessert sauces	0.6	0.0	0.0	0.0	1.8	25.4	17.7	9.0	28.8
15-02. Yeast	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-04. Condiments	0.3	0.0	0.0	1.9	8.1	4.9	2.4	1.0	11.9
16. Soups, bouillon	115.7	105.5	0.0	355.3	43.5	257.1	230.1	113.2	499.9
16-01. Soups	112.5	100.5	0.0	355.3	41.8	258.4	241.5	112.8	500.2
16-02. Bouillon	3.2	0.0	0.0	0.0	2.0	193.9	161.3	80.2	225.7
17. Miscellaneous	6.9	0.0	0.0	50.3	5.1	105.9	98.0	6.0	143.9
17-00. Unclassified	0.1	0.0	0.0	0.0	0.3	82.7	71.4	70.5	91.7
17-01. Soya products	1.4	0.0	0.0	0.0	1.4	163.4	136.8	132.0	252.5
17-02. Dietetic products	1.7	0.0	0.0	0.0	0.8	88.0	38.7	6.0	116.4
17-02-00. Unclassified	1.7	0.0	0.0	0.0	0.6	125.0	125.0	125.0	125.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.3	6.0	6.0	6.0	6.0
17-03. Snacks	3.7	0.0	0.0	34.0	2.5	82.1	70.4	63.0	110.4

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	82.6	68.6	0.0	184.4	71.2	118.6	112.0	33.6	212.9
01-01. Potatoes	82.6	68.6	0.0	184.4	71.2	118.6	112.0	33.6	212.9
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	141.4	125.3	10.2	317.0	89.8	171.4	168.1	20.8	327.5
02-01. Leafy vegetables (except cabbages)	25.8	0.0	0.0	106.4	30.6	83.6	72.9	8.9	181.4
02-02. Fruiting vegetables	32.5	15.9	0.0	99.2	46.8	90.7	65.0	6.1	212.4
02-03. Root vegetables	16.0	0.0	0.0	89.9	18.0	98.6	93.9	1.6	196.1
02-04. Cabbages	41.5	33.8	0.0	119.6	29.0	140.0	143.0	3.6	246.5
02-05. Mushrooms	3.2	0.0	0.0	14.9	4.3	48.3	30.8	19.7	81.9
02-06. Grain and pod vegetables	5.8	0.0	0.0	42.8	6.9	111.7	68.4	0.9	232.8
02-07. Onion, garlic	10.0	0.0	0.0	55.2	34.1	34.3	17.3	1.7	134.8
02-08. Stalk vegetables, sprouts	1.0	0.0	0.0	0.4	4.1	42.4	28.1	0.3	107.1
02-09. Mixed salad, mixed vegetables	5.7	0.0	0.0	57.2	4.9	89.2	88.4	9.7	139.4
03. Legumes	5.1	0.0	0.0	46.1	2.5	105.4	91.1	23.3	220.4
03-01. Legumes	5.1	0.0	0.0	46.1	2.5	105.4	91.1	23.3	220.4
04. Fruits, nuts and olives	140.7	141.6	0.7	351.6	85.3	187.1	165.5	23.3	414.3
04-01. Fruits	136.4	122.6	0.0	351.6	80.5	190.1	167.7	32.5	420.1
04-02. Nuts and seeds (+nut spread)	3.7	0.0	0.0	22.5	22.4	26.8	19.7	5.0	75.7
04-03. Mixed fruits	0.3	0.0	0.0	0.0	0.9	43.4	32.4	15.0	60.8
04-04. Olives	0.4	0.0	0.0	0.0	2.0	15.2	18.4	1.3	26.7
05. Dairy products	256.0	220.1	27.7	602.5	97.5	292.7	286.8	29.1	646.5
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	112.3	45.6	0.0	391.6	55.3	224.4	205.3	33.0	586.0
05-02. Milk beverages	9.0	0.0	0.0	82.7	6.5	200.1	190.0	130.0	265.2
05-03. Yoghurt	57.2	0.0	0.0	229.5	41.4	162.3	151.0	37.3	292.5
05-04. Fromage blanc, petit suisse	8.7	0.0	0.0	55.2	11.2	127.9	104.7	2.1	254.2
05-05. Cheese (including fresh cheeses)	36.7	29.7	0.0	71.6	78.9	39.5	28.6	11.7	85.7
05-06. Cream desserts, puddings (milk based)	23.6	0.0	0.0	110.0	15.8	173.7	165.7	49.0	290.5
05-07. Dairy and non-dairy creams	1.5	0.0	0.0	7.7	10.2	13.7	8.0	3.0	35.0
05-07-01. Dairy creams	1.5	0.0	0.0	7.7	10.2	13.7	8.0	3.0	35.0
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-08. Milk for coffee and creamers	7.0	0.0	0.0	29.9	39.1	17.3	14.7	4.2	32.2
06. Cereals and cereal products	134.9	134.7	68.4	193.1	99.7	135.7	123.9	56.3	219.9
06-01. Flour, flakes, starches, semolina	0.6	0.0	0.0	3.1	9.0	8.7	5.2	0.4	28.9
06-02. Pasta, rice, other grain	14.3	0.0	0.0	67.9	15.5	110.4	83.9	14.9	270.9
06-03. Bread, crisp bread, rusks	113.7	115.6	51.1	159.9	97.8	111.9	104.7	39.1	186.1
06-03-01. Bread	107.3	105.6	47.8	157.5	96.1	107.1	103.3	37.8	185.5
06-03-02. Crispbread, rusks	6.4	0.0	0.0	30.8	34.5	18.9	15.3	2.7	43.6
06-04. Breakfast cereals	2.9	0.0	0.0	19.7	11.2	26.1	19.9	5.0	49.1
06-05. Salty biscuits, aperitif biscuits, crackers	3.0	0.0	0.0	12.3	17.3	22.8	16.9	4.3	52.2
06-06. Dough and pastry (puff, shortcrust, pizza)	0.4	0.0	0.0	0.0	1.9	57.2	38.8	18.0	77.0
07. Meat and meat products	90.9	77.3	4.4	177.2	81.1	93.2	78.5	10.5	201.8
07-01.Fresh meat	52.0	33.7	0.0	153.5	45.9	90.6	78.2	20.5	191.1
07-01-00. Unclassified	0.6	0.0	0.0	0.0	3.5	32.4	31.8	7.0	66.7
07-01-01. Beef	42.5	10.9	0.0	140.6	30.0	104.4	104.7	26.8	195.6
07-01-02. Veal	0.3	0.0	0.0	0.0	0.6	73.0	74.1	55.0	76.7
07-01-03. Pork	8.5	0.0	0.0	52.1	12.6	67.1	70.5	7.7	109.4

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.1	0.0	0.0	0.0	0.3	70.0	70.0	70.0	70.0
07-02. Poultry	14.4	0.0	0.0	74.6	10.4	115.4	75.8	3.9	313.8
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	13.6	0.0	0.0	74.6	9.9	117.5	78.0	3.9	315.3
07-02-02. Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-03. Duck	0.8	0.0	0.0	0.0	0.5	76.0	76.0	76.0	76.0
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	24.3	10.1	0.0	115.4	48.7	44.8	29.0	7.9	117.2
07-05. Offals	0.1	0.0	0.0	0.0	0.5	10.0	10.0	10.0	10.0
08. Fish and shellfish	23.2	0.0	0.0	100.6	24.6	110.1	96.6	10.3	200.7
08-01. Fish	19.4	0.0	0.0	100.2	20.4	107.0	87.4	10.0	200.3
08-02. Crustaceans, molluscs	0.2	0.0	0.0	0.0	1.0	26.3	14.4	13.0	43.7
08-03. Fish products, fish in crumbs	3.5	0.0	0.0	10.6	3.7	135.0	110.0	78.0	183.9
09. Eggs and egg products	10.2	0.0	0.0	38.7	28.2	37.8	49.3	2.2	57.0
09-01. Egg	10.2	0.0	0.0	38.7	28.2	37.8	49.3	2.2	57.0
10. Fat	24.4	25.3	9.0	42.1	98.4	23.7	22.0	5.7	49.2
10-00. Unclassified	1.4	0.0	0.0	10.1	12.6	9.6	6.4	0.6	20.7
10-01. Vegetable oils	2.3	0.0	0.0	11.2	29.1	8.6	6.1	0.8	21.2
10-02. Butter	8.1	0.0	0.0	26.8	34.6	18.5	16.2	3.0	38.4
10-03. Margarines	12.5	11.0	0.0	31.0	79.7	16.3	16.0	1.0	33.6
10-04. Deep frying fats	0.1	0.0	0.0	0.0	1.6	10.9	9.5	3.6	16.5
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.4	1.3	1.3	1.3	1.3
11. Sugar and confectionery	30.6	24.5	3.6	82.6	90.6	35.6	28.2	5.5	87.8
11-00. Unclassified	0.1	0.0	0.0	0.0	1.9	5.3	3.6	1.3	9.2
11-01. Sugar, honey, jam	12.1	8.0	0.0	39.0	59.0	24.4	20.0	2.5	52.3
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	7.8	6.8	0.0	21.9	50.7	14.7	11.0	4.3	39.4
11-03. Confectionery non-chocolate	2.9	1.3	0.0	11.9	27.7	9.6	6.9	2.1	28.9
11-04. Syrup	4.9	0.0	0.0	45.1	15.9	31.7	19.0	8.3	75.1
11-05. Ice cream, water ice	3.3	0.0	0.0	30.5	5.7	54.7	49.8	18.0	80.4
11-05-00. Unclassified	0.4	0.0	0.0	0.0	1.1	44.5	37.0	32.0	48.7
11-05-01. Ice cream	2.3	0.0	0.0	27.0	4.1	58.0	64.5	18.0	84.2
11-05-02. Sorbet	0.6	0.0	0.0	0.0	0.5	50.0	50.0	50.0	50.0
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.0	.	.	.	.
12. Cakes	43.3	32.5	5.5	100.6	87.6	47.5	40.2	7.7	117.1
12-01. Cakes, pies, pastries, etc.	23.0	15.3	0.0	74.7	48.5	45.8	39.4	15.7	96.9
12-02. Dry cakes, biscuits	20.4	18.6	0.0	36.1	68.6	28.2	21.6	7.1	59.3
13. Non-alcoholic beverages	1,647.9	1,493.7	873.4	2,578.0	100.0	1,580.0	1,437.4	783.7	2,773.5
13-00. Unclassified	5.4	0.0	0.0	0.0	3.6	175.5	113.0	100.0	273.8
13-01. Fruit and vegetable containing drinks	60.5	0.0	0.0	258.3	39.4	204.8	159.8	53.2	532.2
13-02. Carbonated/soft/isotonic drinks, diluted syrups	27.1	0.0	0.0	142.4	12.0	222.8	200.5	76.4	457.9
13-03. Coffee, tea and herbal teas	999.6	905.9	181.6	2,087.3	99.4	941.4	860.3	267.5	1,884.3
13-03-01. Coffee	305.7	262.9	0.0	817.9	88.2	393.8	338.5	85.5	854.2
13-03-02. Tea	652.1	432.9	0.0	2,006.9	78.8	672.3	500.2	153.8	1,958.3
13-03-03. Herbal tea	40.0	0.0	0.0	276.6	16.9	336.6	228.6	15.3	927.6
13-03-04. Chicory, substitutes	1.7	0.0	0.0	0.0	1.3	166.3	90.0	2.0	264.1
13-04. Waters	555.3	418.7	0.0	1,242.9	89.6	591.7	476.7	97.7	1,301.8

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	69.8	9.4	0.0	267.6	42.8	158.4	125.6	15.2	376.5
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	42.5	0.0	0.0	230.1	29.2	160.8	126.7	47.2	373.1
14-02. Fortified wines (sherry, port, vermouth)	8.2	0.0	0.0	66.2	7.7	113.6	108.3	35.1	243.5
14-03. Beer, cider	13.6	0.0	0.0	0.0	1.1	550.0	500.0	500.0	590.0
14-04. Spirits, brandy	4.7	0.0	0.0	14.0	8.6	40.8	27.5	18.9	85.6
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	0.8	0.0	0.0	0.0	2.8	83.1	72.8	5.3	169.7
15. Condiments and sauces	25.3	18.4	0.0	54.5	65.2	37.4	25.0	2.9	104.2
15-01. Sauces	24.9	17.6	0.0	54.5	62.8	38.0	25.0	3.8	106.7
15-01-00. Unclassified and other sauces	12.8	3.4	0.0	48.3	47.8	33.5	24.3	1.9	88.0
15-01-01. Tomato sauces	0.7	0.0	0.0	0.0	3.6	27.9	13.2	2.3	62.2
15-01-02. Dressing sauces	0.9	0.0	0.0	5.8	9.6	9.1	8.5	2.1	18.4
15-01-03. Mayonnaises and similars	10.4	0.0	0.0	49.9	12.2	49.1	26.5	1.9	104.0
15-01-04. Dessert sauces	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-02. Yeast	0.0	0.0	0.0	0.0	0.6	10.0	10.0	10.0	10.0
15-04. Condiments	0.4	0.0	0.0	2.9	8.7	5.0	4.0	0.2	11.9
16. Soups, bouillon	58.9	0.0	0.0	242.5	22.3	246.5	235.5	63.6	380.4
16-01. Soups	51.8	0.0	0.0	222.8	18.0	264.8	258.4	116.4	380.3
16-02. Bouillon	7.1	0.0	0.0	94.3	4.3	169.4	164.3	34.0	237.2
17. Miscellaneous	14.5	0.0	0.0	75.9	10.2	170.8	133.1	2.0	397.9
17-00. Unclassified	0.4	0.0	0.0	0.0	0.5	84.6	84.6	84.6	84.6
17-01. Soya products	10.0	0.0	0.0	34.1	5.7	213.4	205.4	32.0	399.0
17-02. Dietetic products	2.8	0.0	0.0	0.0	1.4	170.0	48.1	2.0	349.5
17-02-00. Unclassified	2.8	0.0	0.0	0.0	0.8	292.2	257.5	257.5	370.8
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.6	2.0	2.0	2.0	2.0
17-03. Snacks	1.4	0.0	0.0	0.0	2.7	96.3	69.8	60.0	145.7

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	65.8	52.3	0.0	152.8	58.4	112.2	104.0	50.0	199.6
01-01. Potatoes	65.5	52.2	0.0	152.8	57.8	112.1	103.9	49.1	199.9
01-02. Other tubers	0.3	0.0	0.0	0.0	0.7	120.0	120.0	120.0	120.0
02. Vegetables	156.7	153.0	63.5	260.1	91.4	159.5	160.6	39.0	295.7
02-01. Leafy vegetables (except cabbages)	29.9	0.0	0.0	121.4	31.9	82.6	59.4	17.0	241.2
02-02. Fruiting vegetables	50.7	32.1	0.0	164.3	51.9	86.6	66.5	9.5	227.7
02-03. Root vegetables	14.4	0.0	0.0	84.1	15.4	92.3	80.5	3.0	204.0
02-04. Cabbages	35.4	0.0	0.0	116.9	23.7	131.8	169.0	1.7	235.9
02-05. Mushrooms	1.5	0.0	0.0	12.5	9.1	28.5	26.5	8.8	55.4
02-06. Grain and pod vegetables	2.2	0.0	0.0	0.7	3.6	59.7	18.0	1.6	140.8
02-07. Onion, garlic	11.4	0.1	0.0	54.5	32.7	41.3	29.3	1.7	127.2
02-08. Stalk vegetables, sprouts	2.5	0.0	0.0	7.8	5.9	39.7	15.5	2.0	150.9
02-09. Mixed salad, mixed vegetables	8.7	0.0	0.0	73.2	11.3	75.9	46.8	12.7	191.8
03. Legumes	4.3	0.0	0.0	46.9	6.0	118.1	110.6	27.3	199.2
03-01. Legumes	4.3	0.0	0.0	46.9	6.0	118.1	110.6	27.3	199.2
04. Fruits, nuts and olives	194.4	171.9	26.1	374.9	91.7	225.0	199.3	42.9	473.3
04-01. Fruits	184.6	159.0	13.7	368.3	86.9	222.8	192.5	52.0	456.6
04-02. Nuts and seeds (+nut spread)	6.1	0.0	0.0	35.5	25.5	29.2	21.8	4.0	63.5
04-03. Mixed fruits	1.8	0.0	0.0	0.0	3.2	129.7	83.3	30.0	186.8
04-04. Olives	1.8	0.0	0.0	12.8	4.2	22.1	13.5	5.6	57.3
05. Dairy products	375.2	353.4	62.8	734.4	98.9	359.0	335.9	23.1	811.6
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	164.6	154.6	0.0	516.3	58.4	270.8	217.8	42.5	628.3
05-02. Milk beverages	22.7	0.0	0.0	188.5	4.5	284.1	286.4	103.0	417.4
05-03. Yoghurt	103.8	62.5	0.0	273.7	48.5	198.4	170.3	54.5	504.1
05-04. Fromage blanc, petit suisse	12.0	0.0	0.0	73.7	16.8	109.8	102.8	25.1	186.7
05-05. Cheese (including fresh cheeses)	39.9	24.7	8.3	96.1	87.1	46.9	28.8	11.6	138.5
05-06. Cream desserts, puddings (milk based)	22.2	0.0	0.0	118.6	12.1	144.4	111.9	46.7	254.0
05-07. Dairy and non-dairy creams	1.6	0.0	0.0	8.2	8.6	23.0	11.2	3.0	74.8
05-07-01. Dairy creams	1.6	0.0	0.0	8.2	8.6	23.0	11.2	3.0	74.8
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-08. Milk for coffee and creamers	8.4	0.0	0.0	28.2	41.5	22.2	14.5	5.3	69.6
06. Cereals and cereal products	139.6	135.8	55.9	265.1	98.3	145.3	129.9	68.8	252.0
06-01. Flour, flakes, starches, semolina	0.4	0.0	0.0	1.2	10.9	8.7	4.0	1.5	27.2
06-02. Pasta, rice, other grain	22.1	0.0	0.0	75.2	28.8	76.8	60.2	6.3	164.4
06-03. Bread, crisp bread, rusks	106.0	97.4	54.2	193.9	98.3	109.3	103.6	53.0	196.1
06-03-01. Bread	100.1	95.2	43.9	193.0	96.5	104.6	87.6	52.5	189.5
06-03-02. Crispbread, rusks	5.9	0.7	0.0	24.2	36.1	17.9	12.9	4.1	36.8
06-04. Breakfast cereals	5.0	0.0	0.0	21.2	24.5	23.9	19.9	4.3	43.7
06-05. Salty biscuits, aperitif biscuits, crackers	3.7	0.0	0.0	12.5	23.2	16.7	14.9	2.7	25.5
06-06. Dough and pastry (puff, shortcrust, pizza)	2.4	0.0	0.0	18.1	4.0	65.9	44.9	26.9	97.0
07. Meat and meat products	66.2	56.5	0.0	143.4	77.6	82.4	73.4	10.4	175.5
07-01.Fresh meat	33.3	20.2	0.0	124.0	36.5	81.0	71.9	24.7	172.9
07-01-00. Unclassified	7.9	0.0	0.0	43.8	5.7	75.8	52.8	14.4	159.0
07-01-01. Beef	12.7	0.0	0.0	40.9	22.7	70.1	69.6	24.9	110.3
07-01-02. Veal	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-01-03. Pork	10.8	0.0	0.0	68.0	7.1	102.8	80.6	3.9	169.8

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	2.0	0.0	0.0	0.0	2.6	80.5	54.5	31.1	106.3
07-02. Poultry	5.7	0.0	0.0	42.9	11.2	62.8	69.4	10.6	100.9
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	4.3	0.0	0.0	36.3	9.4	55.4	50.0	10.6	92.8
07-02-02. Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	1.3	0.0	0.0	0.0	1.8	101.9	101.9	101.9	101.9
07-03. Game	0.5	0.0	0.0	0.0	0.3	264.0	264.0	264.0	264.0
07-04. Processed meat	24.7	15.4	0.0	67.8	55.1	43.4	31.1	9.4	124.1
07-05. Offals	2.1	0.0	0.0	0.0	2.7	101.9	51.5	6.8	117.7
08. Fish and shellfish	30.1	0.0	0.0	115.4	24.1	137.4	133.3	36.4	243.8
08-01. Fish	24.8	0.0	0.0	113.4	18.9	131.0	133.4	22.3	254.8
08-02. Crustaceans, molluscs	2.6	0.0	0.0	3.2	4.6	88.2	63.0	14.5	155.3
08-03. Fish products, fish in crumbs	2.6	0.0	0.0	31.5	4.2	102.0	73.7	60.0	141.5
09. Eggs and egg products	5.3	0.0	0.0	24.5	16.5	43.5	45.1	7.1	87.8
09-01. Egg	5.3	0.0	0.0	24.5	16.5	43.5	45.1	7.1	87.8
10. Fat	22.6	20.5	4.1	53.0	96.7	24.7	22.1	6.2	53.0
10-00. Unclassified	0.9	0.0	0.0	6.1	12.1	7.3	6.2	0.7	14.3
10-01. Vegetable oils	2.7	0.0	0.0	11.6	32.0	10.8	10.0	1.0	32.8
10-02. Butter	6.0	2.8	0.0	23.1	40.0	16.7	11.2	2.5	45.9
10-03. Margarines	13.0	11.3	0.0	31.5	67.2	19.1	16.7	3.6	41.9
10-04. Deep frying fats	0.0	0.0	0.0	0.0	0.0	.	.	.	.
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11. Sugar and confectionery	28.7	18.5	0.0	75.4	82.0	38.5	26.6	6.6	108.1
11-00. Unclassified	0.5	0.0	0.0	0.5	5.0	19.0	13.5	5.0	34.8
11-01. Sugar, honey, jam	9.7	7.8	0.0	33.1	51.5	19.8	17.0	3.1	44.5
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	7.0	1.4	0.0	22.5	41.3	22.2	16.8	6.1	47.9
11-03. Confectionery non-chocolate	1.7	0.0	0.0	9.3	17.0	10.9	9.4	0.5	23.5
11-04. Syrup	4.9	0.0	0.0	20.0	24.9	21.8	18.0	3.0	53.5
11-05. Ice cream, water ice	5.0	0.0	0.0	32.8	5.7	71.0	64.6	32.0	94.8
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
11-05-01. Ice cream	4.8	0.0	0.0	32.8	5.0	74.9	65.0	52.0	95.4
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.3	32.0	32.0	32.0	32.0
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.2	50.0	50.0	50.0	50.0
12. Cakes	44.7	38.9	0.0	122.3	78.4	54.3	39.8	14.2	138.8
12-01. Cakes, pies, pastries, etc.	25.3	9.6	0.0	84.7	48.8	54.8	37.1	16.8	149.1
12-02. Dry cakes, biscuits	19.4	12.1	0.0	55.1	57.8	27.3	19.5	6.7	74.1
13. Non-alcoholic beverages	1,420.6	1,476.5	507.0	2,241.3	100.0	1,509.0	1,382.4	792.9	2,554.8
13-00. Unclassified	0.4	0.0	0.0	0.0	0.9	150.0	150.0	150.0	150.0
13-01. Fruit and vegetable containing drinks	86.9	6.5	0.0	277.8	48.5	194.8	178.0	10.4	469.8
13-02. Carbonated/soft/isotonic drinks, diluted syrups	27.8	0.0	0.0	139.3	9.2	225.9	149.8	63.8	427.5
13-03. Coffee, tea and herbal teas	804.1	711.0	242.1	1,535.2	98.0	890.1	840.0	301.5	1,643.1
13-03-01. Coffee	379.1	389.7	0.0	718.3	83.6	442.3	431.5	129.4	731.8
13-03-02. Tea	273.0	119.5	0.0	898.0	62.6	565.4	499.5	133.2	1,180.2
13-03-03. Herbal tea	151.1	0.0	0.0	663.0	31.1	472.4	454.0	96.5	955.6
13-03-04. Chicory, substitutes	0.8	0.0	0.0	0.0	5.6	34.0	2.0	2.0	124.2
13-04. Waters	501.4	510.1	0.0	983.4	90.7	573.4	492.1	135.8	1,112.5

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14. Alcoholic beverages	79.0	40.3	0.0	283.1	45.8	179.0	157.4	24.3	357.2
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	48.2	0.0	0.0	246.9	31.6	188.0	157.0	92.3	343.4
14-02. Fortified wines (sherry, port, vermouth)	19.3	0.0	0.0	125.5	14.6	111.1	81.7	44.7	233.2
14-03. Beer, cider	8.5	0.0	0.0	5.2	2.5	158.5	29.1	29.1	407.9
14-04. Spirits, brandy	0.4	0.0	0.0	0.0	0.8	59.5	55.6	54.2	66.4
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	2.5	0.0	0.0	8.0	4.0	50.0	12.9	2.2	118.9
15. Condiments and sauces	17.6	11.2	0.0	58.1	53.4	29.3	22.8	1.9	94.7
15-01. Sauces	16.9	6.7	0.0	58.1	46.6	31.8	23.3	2.3	98.0
15-01-00. Unclassified and other sauces	7.6	0.0	0.0	40.9	24.8	29.6	23.3	1.6	97.2
15-01-01. Tomato sauces	1.8	0.0	0.0	2.8	8.5	19.7	3.9	2.1	76.0
15-01-02. Dressing sauces	1.0	0.0	0.0	5.8	11.8	11.6	10.0	2.0	25.2
15-01-03. Mayonnaises and similars	6.5	0.0	0.0	32.4	14.2	30.9	19.0	1.9	84.9
15-01-04. Dessert sauces	0.1	0.0	0.0	0.0	0.3	30.0	30.0	30.0	30.0
15-02. Yeast	0.0	0.0	0.0	0.0	0.2	10.0	10.0	10.0	10.0
15-04. Condiments	0.7	0.0	0.0	5.3	17.7	4.5	2.6	0.4	11.7
16. Soups, bouillon	45.9	0.0	0.0	189.8	28.1	212.5	218.5	4.0	375.0
16-01. Soups	34.5	0.0	0.0	160.7	17.0	247.0	243.6	12.7	385.2
16-02. Bouillon	11.3	0.0	0.0	104.6	14.6	121.4	154.1	4.0	260.0
17. Miscellaneous	17.2	0.0	0.0	89.9	17.9	121.8	74.5	52.0	248.7
17-00. Unclassified	0.4	0.0	0.0	0.0	1.1	52.7	32.2	28.2	91.6
17-01. Soya products	11.7	0.0	0.0	89.9	10.7	159.6	126.9	53.9	251.5
17-02. Dietetic products	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	5.1	0.0	0.0	32.8	6.1	67.8	64.9	63.0	69.5

Table 2.5.a Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	86.0	67.8	0.0	267.4	67.2	131.4	118.2	37.3	275.8
01-01. Potatoes	85.9	67.8	0.0	267.4	67.0	131.4	117.6	37.3	275.9
01-02. Other tubers	0.1	0.0	0.0	0.0	0.2	120.0	120.0	120.0	120.0
02. Vegetables	137.1	121.9	35.7	272.4	92.0	162.5	152.7	39.7	303.6
02-01. Leafy vegetables (except cabbages)	25.3	0.0	0.0	116.3	31.1	83.5	58.9	14.0	205.3
02-02. Fruiting vegetables	37.9	16.2	0.0	150.7	45.3	99.6	83.4	9.1	237.2
02-03. Root vegetables	15.0	0.0	0.0	90.5	18.4	90.3	83.7	1.9	193.7
02-04. Cabbages	32.3	0.0	0.0	107.8	26.3	126.6	134.7	22.5	241.6
02-05. Mushrooms	0.7	0.0	0.0	0.0	3.8	26.2	26.0	1.3	57.8
02-06. Grain and pod vegetables	5.5	0.0	0.0	18.4	5.2	133.2	128.6	2.7	238.3
02-07. Onion, garlic	8.7	0.0	0.0	52.9	27.4	35.1	21.7	2.1	150.7
02-08. Stalk vegetables, sprouts	2.2	0.0	0.0	16.9	6.6	37.4	22.0	1.2	121.4
02-09. Mixed salad, mixed vegetables	9.4	0.0	0.0	64.8	9.2	93.1	73.6	45.0	199.5
03. Legumes	2.5	0.0	0.0	24.7	3.8	82.6	72.2	1.0	196.4
03-01. Legumes	2.5	0.0	0.0	24.7	3.8	82.6	72.2	1.0	196.4
04. Fruits, nuts and olives	143.5	139.4	0.0	299.4	85.8	185.9	163.9	32.3	419.8
04-01. Fruits	134.8	140.5	0.0	299.5	81.8	181.7	157.5	33.4	407.8
04-02. Nuts and seeds (+nut spread)	7.3	0.0	0.0	27.8	27.5	32.5	25.0	6.5	84.6
04-03. Mixed fruits	1.2	0.0	0.0	7.7	3.5	53.2	47.4	15.0	95.5
04-04. Olives	0.1	0.0	0.0	0.0	1.8	8.0	5.3	1.3	18.9
05. Dairy products	366.5	329.6	71.3	844.1	99.2	373.0	330.7	51.5	846.8
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	194.6	126.8	0.0	689.4	59.6	306.4	248.3	37.5	709.1
05-02. Milk beverages	13.6	0.0	0.0	109.0	6.3	188.4	187.1	103.9	272.5
05-03. Yoghurt	59.1	0.0	0.0	235.8	40.0	178.8	155.8	38.1	335.3
05-04. Fromage blanc, petit suisse	6.8	0.0	0.0	58.1	9.3	112.2	121.1	10.4	183.0
05-05. Cheese (including fresh cheeses)	42.2	41.1	0.0	80.5	83.0	47.8	41.9	12.2	98.9
05-06. Cream desserts, puddings (milk based)	41.7	0.0	0.0	175.1	25.8	171.6	147.8	74.9	276.2
05-07. Dairy and non-dairy creams	0.7	0.0	0.0	5.7	9.7	11.9	7.9	3.0	29.7
05-07-01. Dairy creams	0.7	0.0	0.0	5.7	9.4	12.1	7.9	3.1	30.1
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.2	3.0	3.0	3.0	3.0
05-08. Milk for coffee and creamers	7.8	0.0	0.0	31.8	41.7	19.7	15.8	4.9	40.3
06. Cereals and cereal products	163.2	153.9	75.4	275.1	99.7	160.9	139.3	66.5	346.2
06-01. Flour, flakes, starches, semolina	0.9	0.0	0.0	2.5	6.5	16.6	6.6	1.4	70.5
06-02. Pasta, rice, other grain	24.9	0.0	0.0	118.0	21.4	118.6	106.6	29.5	252.1
06-03. Bread, crisp bread, rusks	128.1	119.6	58.1	214.6	99.7	124.3	107.7	49.3	231.3
06-03-01. Bread	121.8	118.1	55.6	210.5	99.5	118.2	103.1	47.2	219.0
06-03-02. Crispbread, rusks	6.3	0.0	0.0	29.7	37.9	16.7	10.0	2.9	50.1
06-04. Breakfast cereals	5.1	0.0	0.0	40.0	18.7	27.6	19.9	5.4	67.4
06-05. Salty biscuits, aperitif biscuits, crackers	2.4	0.0	0.0	14.0	14.2	17.5	15.5	2.8	52.0
06-06. Dough and pastry (puff, shortcrust, pizza)	1.7	0.0	0.0	0.0	2.7	93.6	57.9	17.6	185.9
07. Meat and meat products	90.7	84.6	2.0	155.9	85.1	96.0	88.0	18.8	194.6
07-01. Fresh meat	51.3	34.6	0.0	153.7	48.3	92.4	77.7	16.2	190.5
07-01-00. Unclassified	4.5	0.0	0.0	35.5	9.0	62.0	35.5	10.1	177.3
07-01-01. Beef	33.9	0.0	0.0	153.0	26.7	94.7	84.8	19.9	188.8

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-02. Veal	0.3	0.0	0.0	0.0	0.5	89.4	74.2	55.0	106.5
07-01-03. Pork	12.2	0.0	0.0	72.4	12.9	100.8	75.9	10.0	252.9
07-01-04. Mutton/Lamb	0.4	0.0	0.0	0.0	0.5	91.0	70.0	70.0	107.8
07-02. Poultry	9.5	0.0	0.0	50.9	11.6	79.8	76.7	29.0	129.3
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	9.0	0.0	0.0	47.0	10.7	78.9	75.4	28.9	129.8
07-02-02. Turkey, young turkey	0.1	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
07-02-03. Duck	0.1	0.0	0.0	0.0	0.2	58.2	58.2	58.2	58.2
07-02-05. Rabbit (domestic)	0.4	0.0	0.0	0.0	0.6	101.9	101.9	101.9	101.9
07-03. Game	0.1	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
07-04. Processed meat	28.4	18.7	0.0	89.7	53.0	50.8	36.1	6.4	125.0
07-05. Offals	1.2	0.0	0.0	0.0	0.4	155.0	125.6	105.0	171.0
08. Fish and shellfish	16.7	0.0	0.0	83.4	19.4	109.4	91.9	13.0	209.6
08-01. Fish	14.6	0.0	0.0	79.2	16.1	105.0	89.9	10.0	233.2
08-02. Crustaceans, molluscs	1.1	0.0	0.0	0.0	2.4	87.9	62.4	15.5	155.7
08-03. Fish products, fish in crumbs	1.0	0.0	0.0	0.0	2.2	99.9	90.9	37.5	149.0
09. Eggs and egg products	8.7	0.0	0.0	47.2	19.8	44.3	49.3	8.1	96.8
09-01. Egg	8.7	0.0	0.0	47.2	19.8	44.3	49.3	8.1	96.8
10. Fat	30.2	27.5	6.1	50.2	98.0	29.1	26.1	6.3	58.7
10-00. Unclassified	0.9	0.0	0.0	6.1	13.6	6.4	4.3	0.6	21.1
10-01. Vegetable oils	2.7	0.0	0.0	12.2	27.5	10.1	8.2	0.8	25.4
10-02. Butter	8.0	2.9	0.0	26.8	36.3	19.1	17.7	4.1	39.5
10-03. Margarines	18.0	19.2	0.0	41.1	79.9	22.1	21.3	1.0	53.4
10-04. Deep frying fats	0.6	0.0	0.0	0.9	1.7	18.8	13.4	6.3	30.7
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.4	2.1	1.3	1.3	3.6
11. Sugar and confectionery	49.5	37.8	4.9	115.8	91.0	54.8	43.6	9.4	133.0
11-00. Unclassified	0.1	0.0	0.0	0.0	3.5	9.3	4.2	2.5	28.8
11-01. Sugar, honey, jam	23.2	15.0	0.0	79.8	72.3	34.0	25.6	4.5	84.1
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	11.8	6.1	0.0	45.9	50.2	23.1	14.6	4.4	55.6
11-03. Confectionery non-chocolate	2.4	0.0	0.0	12.6	22.5	10.1	8.3	1.8	26.7
11-04. Syrup	7.0	0.0	0.0	31.8	27.1	23.5	18.3	6.3	59.7
11-05. Ice cream, water ice	5.0	0.0	0.0	35.7	5.7	81.2	70.2	22.3	137.9
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-01. Ice cream	4.6	0.0	0.0	35.7	5.7	71.0	70.3	21.9	95.2
11-05-02. Sorbet	0.4	0.0	0.0	0.0	1.2	50.0	50.0	50.0	50.0
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.0	50.0	50.0	50.0	50.0
12. Cakes	40.7	32.2	0.0	104.3	80.7	51.7	40.0	7.5	142.8
12-01. Cakes, pies, pastries, etc.	21.7	14.9	0.0	73.8	42.0	54.9	39.8	19.1	138.8
12-02. Dry cakes, biscuits	18.9	14.7	0.0	44.8	65.6	28.5	22.2	6.1	72.3
13. Non-alcoholic beverages	1,471.2	1,291.2	724.9	2,600.1	100.0	1,434.7	1,285.5	693.9	2,453.3
13-00. Unclassified	3.9	0.0	0.0	0.0	2.1	218.5	109.6	12.5	535.9
13-01. Fruit and vegetable containing drinks	56.0	0.0	0.0	198.4	36.3	181.9	147.3	11.3	425.6
13-02. Carbonated/soft/isotonic drinks, diluted syrups	41.8	0.0	0.0	325.8	12.1	271.1	204.8	97.1	724.9
13-03. Coffee, tea and herbal teas	915.4	773.8	231.7	2,049.1	99.7	897.0	789.6	281.3	1,847.0
13-03-01. Coffee	338.3	303.2	0.0	821.7	88.2	427.1	408.4	6.0	881.5
13-03-02. Tea	512.3	211.6	0.0	1,976.1	71.9	618.9	448.2	161.4	1,841.1
13-03-03. Herbal tea	64.0	0.0	0.0	311.2	19.2	371.3	323.5	18.9	951.1
13-03-04. Chicory, substitutes	0.8	0.0	0.0	0.0	1.8	55.0	3.4	2.0	155.2

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
13-04. Waters	454.1	417.2	0.0	1,083.9	87.5	500.0	401.2	49.1	1,202.6
14. Alcoholic beverages	104.0	11.5	0.0	434.4	46.6	242.7	155.7	22.7	787.6
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	72.8	0.0	0.0	301.2	34.1	235.3	155.0	82.2	740.5
14-02. Fortified wines (sherry, port, vermouth)	6.7	0.0	0.0	19.0	6.1	95.5	46.6	19.9	225.9
14-03. Beer, cider	16.7	0.0	0.0	3.1	4.9	405.5	296.4	29.1	887.7
14-04. Spirits, brandy	7.3	0.0	0.0	36.0	11.9	55.7	38.6	24.1	138.6
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	0.6	0.0	0.0	0.0	2.2	36.7	33.1	2.2	73.3
15. Condiments and sauces	25.4	16.9	0.0	54.3	67.7	33.6	23.3	1.9	108.2
15-01. Sauces	24.9	16.7	0.0	54.3	62.1	35.5	24.3	1.9	108.2
15-01-00. Unclassified and other sauces	11.9	3.6	0.0	48.3	44.3	30.2	24.3	1.9	94.6
15-01-01. Tomato sauces	2.5	0.0	0.0	18.3	6.0	34.3	17.1	0.7	109.1
15-01-02. Dressing sauces	1.7	0.0	0.0	8.7	10.2	13.2	8.7	1.1	40.8
15-01-03. Mayonnaises and similars	8.6	0.0	0.0	53.6	14.1	37.2	16.1	1.8	106.8
15-01-04. Dessert sauces	0.0	0.0	0.0	0.0	0.1	15.0	15.0	15.0	15.0
15-02. Yeast	0.0	0.0	0.0	0.0	0.3	3.4	1.4	1.4	8.2
15-04. Condiments	0.6	0.0	0.0	5.6	12.5	5.6	3.9	0.4	12.7
16. Soups, bouillon	76.3	0.0	0.0	318.9	29.5	271.5	247.3	110.0	495.5
16-01. Soups	58.3	0.0	0.0	260.2	23.2	256.4	247.5	123.4	394.2
16-02. Bouillon	17.9	0.0	0.0	173.8	8.7	236.6	225.6	67.0	416.9
17. Miscellaneous	19.2	0.0	0.0	117.2	12.9	136.9	123.3	52.5	249.7
17-00. Unclassified	0.3	0.0	0.0	0.0	0.6	65.3	51.0	28.2	81.2
17-01. Soya products	8.3	0.0	0.0	38.6	6.4	154.8	123.6	52.6	309.9
17-02. Dietetic products	6.1	0.0	0.0	0.0	2.1	198.2	171.7	125.0	243.0
17-02-00. Unclassified	6.1	0.0	0.0	0.0	2.1	198.2	171.7	125.0	243.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	4.5	0.0	0.0	34.0	3.8	84.3	66.5	36.5	123.9

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	99.6	87.5	0.0	225.9	74.2	140.3	138.0	60.2	289.7
01-01. Potatoes	99.6	87.5	0.0	225.9	74.2	140.3	138.0	60.2	289.7
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	149.9	144.5	33.6	291.1	92.2	169.8	161.3	36.1	343.8
02-01. Leafy vegetables (except cabbages)	30.3	4.9	0.0	120.4	29.2	100.0	81.1	11.1	234.6
02-02. Fruiting vegetables	42.9	27.0	0.0	163.1	48.8	98.8	71.8	6.5	266.6
02-03. Root vegetables	17.7	0.0	0.0	110.6	15.7	107.3	99.9	3.6	229.5
02-04. Cabbages	30.8	0.0	0.0	119.9	24.5	133.5	135.5	3.8	248.0
02-05. Mushrooms	2.5	0.0	0.0	17.4	7.2	29.0	26.5	3.6	76.8
02-06. Grain and pod vegetables	2.8	0.0	0.0	9.6	4.0	74.3	68.2	1.3	155.5
02-07. Onion, garlic	9.8	0.0	0.0	43.6	30.3	36.8	26.1	2.6	110.7
02-08. Stalk vegetables, sprouts	4.2	0.0	0.0	11.5	5.3	80.1	15.2	0.5	286.4
02-09. Mixed salad, mixed vegetables	9.0	0.0	0.0	62.6	9.3	97.1	80.5	12.7	225.5
03. Legumes	3.2	0.0	0.0	16.3	3.3	115.6	96.5	30.1	244.8
03-01. Legumes	3.2	0.0	0.0	16.3	3.3	115.6	96.5	30.1	244.8
04. Fruits, nuts and olives	174.4	157.4	0.0	387.5	85.4	202.6	179.6	28.3	458.1
04-01. Fruits	168.2	153.2	0.0	386.4	82.4	202.8	180.1	34.4	455.7
04-02. Nuts and seeds (+nut spread)	5.2	0.0	0.0	25.1	18.6	25.5	19.9	5.1	52.1
04-03. Mixed fruits	0.7	0.0	0.0	0.0	1.1	75.3	53.1	22.0	170.5
04-04. Olives	0.4	0.0	0.0	0.0	1.8	18.2	9.5	3.5	57.2
05. Dairy products	343.9	344.8	67.0	660.3	98.5	350.3	330.0	41.0	739.9
05-00. Unclassified	0.2	0.0	0.0	0.0	0.1	100.0	100.0	100.0	100.0
05-01. Milk	150.9	143.6	0.0	401.8	61.4	245.0	212.5	33.7	551.2
05-02. Milk beverages	10.0	0.0	0.0	88.5	5.7	223.8	199.7	143.3	372.8
05-03. Yoghurt	82.0	62.1	0.0	260.2	43.1	190.0	157.8	64.9	405.3
05-04. Fromage blanc, petit suisse	13.1	0.0	0.0	90.2	9.9	132.5	122.9	20.2	240.6
05-05. Cheese (including fresh cheeses)	31.2	28.0	0.0	75.0	77.9	39.6	28.9	11.9	86.4
05-06. Cream desserts, puddings (milk based)	42.5	0.0	0.0	165.1	26.1	162.9	153.6	53.7	296.7
05-07. Dairy and non-dairy creams	1.5	0.0	0.0	9.9	9.2	16.3	11.9	3.0	38.0
05-07-01. Dairy creams	1.4	0.0	0.0	8.4	8.5	16.1	11.9	3.0	37.4
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.7	18.0	10.5	8.0	40.1
05-08. Milk for coffee and creamers	12.5	7.9	0.0	41.5	49.5	23.6	17.9	3.9	57.3
06. Cereals and cereal products	157.9	144.7	73.6	289.6	99.7	160.1	145.0	64.5	310.5
06-01. Flour, flakes, starches, semolina	1.2	0.0	0.0	3.9	8.5	12.1	4.9	0.6	60.3
06-02. Pasta, rice, other grain	20.9	0.0	0.0	99.5	15.6	123.0	107.6	15.8	272.7
06-03. Bread, crisp bread, rusks	125.8	119.6	47.2	225.4	98.6	131.4	121.8	47.2	231.5
06-03-01. Bread	118.6	109.5	34.3	217.2	96.7	126.7	117.8	43.4	227.2
06-03-02. Crispbread, rusks	7.2	3.5	0.0	29.6	41.8	16.7	13.5	5.4	39.1
06-04. Breakfast cereals	3.4	0.0	0.0	20.9	13.4	28.8	24.7	3.8	59.9
06-05. Salty biscuits, aperitif biscuits, crackers	3.3	0.0	0.0	15.9	15.2	21.1	16.2	3.6	61.7
06-06. Dough and pastry (puff, shortcrust, pizza)	3.3	0.0	0.0	11.0	2.4	113.2	95.7	31.3	228.5
07. Meat and meat products	87.9	81.1	14.5	179.4	91.3	100.8	94.7	14.9	214.4
07-01.Fresh meat	40.6	37.3	0.0	115.9	49.5	88.0	79.9	20.3	174.6
07-01-00. Unclassified	5.3	0.0	0.0	39.7	8.4	66.9	63.3	10.1	136.9
07-01-01. Beef	19.9	0.0	0.0	88.3	25.1	86.3	79.8	24.8	167.5
07-01-02. Veal	0.4	0.0	0.0	0.0	0.4	99.7	73.9	48.2	161.6
07-01-03. Pork	14.5	0.0	0.0	67.6	17.6	87.3	78.3	15.4	201.6

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days			
						Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.5	0.0	0.0	0.0	0.5	78.9	68.8	31.1	111.4
07-02. Poultry	12.3	0.0	0.0	62.0	13.5	88.3	76.0	11.3	177.9
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	11.7	0.0	0.0	61.0	12.5	89.4	80.5	10.8	257.9
07-02-02. Turkey, young turkey	0.3	0.0	0.0	0.0	0.7	75.5	64.7	29.5	100.7
07-02-03. Duck	0.3	0.0	0.0	0.0	0.2	65.3	51.2	42.0	73.5
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	34.5	25.0	0.0	97.5	72.8	49.7	31.7	9.7	137.3
07-05. Offals	0.4	0.0	0.0	0.0	0.7	66.7	27.6	6.8	121.7
08. Fish and shellfish	25.1	0.0	0.0	105.5	17.7	126.0	123.6	40.4	223.3
08-01. Fish	20.9	0.0	0.0	100.5	15.0	119.6	111.4	37.7	223.8
08-02. Crustaceans, molluscs	0.8	0.0	0.0	0.0	1.3	63.5	42.1	12.2	142.7
08-03. Fish products, fish in crumbs	3.4	0.0	0.0	35.6	2.8	125.3	126.0	53.7	201.5
09. Eggs and egg products	13.4	2.3	0.0	49.0	28.2	42.7	49.4	4.3	94.4
09-01. Egg	13.4	2.3	0.0	49.0	28.2	42.7	49.4	4.3	94.4
10. Fat	28.1	25.1	7.9	59.9	99.6	29.6	25.8	5.9	63.0
10-00. Unclassified	1.2	0.0	0.0	6.6	17.6	7.3	5.9	0.7	19.8
10-01. Vegetable oils	2.7	0.0	0.0	12.6	28.4	9.3	5.8	0.8	27.8
10-02. Butter	3.4	0.0	0.0	22.2	23.3	14.8	11.0	2.2	42.6
10-03. Margarines	20.5	17.9	0.0	52.4	87.7	24.9	20.9	3.0	58.6
10-04. Deep frying fats	0.3	0.0	0.0	0.0	1.9	15.1	13.0	1.2	31.0
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.1	12.4	7.9	7.9	18.4
11. Sugar and confectionery	33.8	25.0	0.0	97.5	85.0	41.5	29.8	5.3	116.0
11-00. Unclassified	0.1	0.0	0.0	0.0	1.1	8.2	6.4	0.4	19.3
11-01. Sugar, honey, jam	16.2	9.9	0.0	55.4	62.0	26.8	19.7	3.4	73.2
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.0	0.0	0.0	24.5	33.8	19.2	14.3	4.7	47.9
11-03. Confectionery non-chocolate	2.0	0.0	0.0	12.0	22.4	10.4	7.5	1.8	29.8
11-04. Syrup	4.3	0.0	0.0	27.4	20.2	24.2	19.4	7.6	61.0
11-05. Ice cream, water ice	5.2	0.0	0.0	40.5	6.1	83.8	71.4	32.0	146.0
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.4	58.5	50.0	50.0	83.5
11-05-01. Ice cream	4.8	0.0	0.0	37.8	5.3	86.9	73.0	32.0	146.5
11-05-02. Sorbet	0.2	0.0	0.0	0.0	0.3	65.9	45.2	32.0	93.2
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.1	61.8	50.0	50.0	94.8
12. Cakes	49.2	43.4	0.0	127.4	83.7	54.7	41.8	9.4	144.7
12-01. Cakes, pies, pastries, etc.	33.4	23.2	0.0	110.5	51.6	57.2	39.7	18.3	142.8
12-02. Dry cakes, biscuits	15.8	12.3	0.0	49.9	61.9	26.2	19.8	6.8	67.7
13. Non-alcoholic beverages	1,419.7	1,352.6	754.2	2,395.1	100.0	1,413.8	1,331.5	659.0	2,516.5
13-00. Unclassified	3.6	0.0	0.0	0.0	1.2	247.5	153.7	22.9	415.7
13-01. Fruit and vegetable containing drinks	72.8	0.0	0.0	273.0	36.2	185.5	164.5	31.8	421.4
13-02. Carbonated/soft/isotonic drinks, diluted syrups	46.1	0.0	0.0	261.4	16.5	267.1	197.3	86.5	652.2
13-03. Coffee, tea and herbal teas	810.0	758.1	339.3	1,420.0	99.7	825.0	762.9	350.0	1,523.8
13-03-01. Coffee	436.9	425.8	74.9	860.3	95.3	456.9	429.8	131.1	887.8
13-03-02. Tea	314.5	264.1	0.0	895.4	69.3	469.5	388.7	131.5	1,037.9
13-03-03. Herbal tea	57.1	0.0	0.0	389.3	15.6	382.9	315.0	113.2	921.1
13-03-04. Chicory, substitutes	1.6	0.0	0.0	0.0	0.8	242.4	137.8	2.0	447.1
13-04. Waters	487.2	374.6	0.0	1,336.8	88.3	539.9	406.9	88.6	1,368.0
14. Alcoholic beverages	121.1	25.1	0.0	590.7	42.3	281.3	176.1	47.3	898.6

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.2	0.0	0.0	0.0	0.2	86.2	60.9	24.0	117.9
14-01. Wine	52.5	0.0	0.0	278.7	23.2	210.8	152.2	74.9	392.2
14-02. Fortified wines (sherry, port, vermouth)	7.2	0.0	0.0	69.8	5.6	112.2	100.9	47.7	219.4
14-03. Beer, cider	50.4	0.0	0.0	433.4	10.0	527.9	330.9	251.1	1,149.7
14-04. Spirits, brandy	9.0	0.0	0.0	68.3	10.8	81.1	71.0	31.8	172.2
14-05. Aniseed drinks (pastis, ouzo)	0.1	0.0	0.0	0.0	0.1	31.1	25.3	25.3	49.7
14-06. Liqueurs	1.7	0.0	0.0	0.0	2.9	66.7	54.4	8.1	135.6
15. Condiments and sauces	25.6	15.2	0.0	80.4	64.0	38.8	27.4	2.5	107.9
15-01. Sauces	24.9	15.0	0.0	78.6	59.7	40.4	29.1	3.8	108.4
15-01-00. Unclassified and other sauces	17.4	8.8	0.0	59.6	43.7	40.8	30.4	5.8	105.3
15-01-01. Tomato sauces	2.0	0.0	0.0	2.3	3.6	39.0	13.0	2.4	124.9
15-01-02. Dressing sauces	1.5	0.0	0.0	9.8	11.8	13.0	10.3	2.2	37.8
15-01-03. Mayonnaises and similars	3.5	0.0	0.0	23.3	11.5	26.4	18.6	2.2	75.2
15-01-04. Dessert sauces	0.4	0.0	0.0	0.0	1.0	28.8	25.8	9.2	40.8
15-02. Yeast	0.0	0.0	0.0	0.0	0.9	5.4	3.5	2.5	9.2
15-04. Condiments	0.6	0.0	0.0	4.5	11.3	5.8	3.9	0.4	18.6
16. Soups, bouillon	92.5	0.0	0.0	325.8	33.9	262.9	244.2	97.4	498.1
16-01. Soups	88.0	0.0	0.0	323.8	31.3	268.1	248.4	114.9	498.2
16-02. Bouillon	4.5	0.0	0.0	1.9	3.7	135.5	156.8	3.4	241.6
17. Miscellaneous	8.5	0.0	0.0	67.1	7.3	119.7	74.7	21.7	299.7
17-00. Unclassified	0.1	0.0	0.0	0.0	0.2	97.0	77.9	70.5	143.2
17-01. Soya products	2.5	0.0	0.0	0.0	1.8	196.5	162.5	32.1	368.8
17-02. Dietetic products	1.0	0.0	0.0	0.0	0.6	127.3	7.9	2.0	330.5
17-02-00. Unclassified	1.0	0.0	0.0	0.0	0.3	247.7	149.6	30.0	364.8
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.3	3.5	2.0	2.0	5.5
17-03. Snacks	4.9	0.0	0.0	37.1	4.7	89.7	71.7	40.5	171.1

Table 2.5.b Food consumption (food groups and subgroups) of the Dutch aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	112.6	93.4	0.0	300.9	68.4	167.5	140.7	51.9	351.3
01-01. Potatoes	112.6	93.4	0.0	300.9	68.4	167.5	140.7	51.9	351.3
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	145.1	128.0	7.4	273.0	93.1	164.2	156.8	41.6	302.9
02-01. Leafy vegetables (except cabbages)	26.7	0.0	0.0	118.6	30.1	88.6	59.8	13.6	208.2
02-02. Fruiting vegetables	46.6	28.9	0.0	160.7	48.3	109.9	95.3	11.3	241.7
02-03. Root vegetables	23.0	0.0	0.0	97.4	22.7	96.4	89.7	3.9	199.1
02-04. Cabbages	20.1	0.0	0.0	108.2	19.0	117.4	95.7	17.8	243.6
02-05. Mushrooms	1.3	0.0	0.0	4.1	4.5	29.9	24.2	2.6	63.8
02-06. Grain and pod vegetables	6.2	0.0	0.0	18.0	5.1	111.4	105.7	7.6	226.1
02-07. Onion, garlic	9.0	0.0	0.0	41.6	28.0	36.1	23.3	3.2	83.8
02-08. Stalk vegetables, sprouts	0.6	0.0	0.0	2.6	6.4	18.5	15.7	1.7	41.4
02-09. Mixed salad, mixed vegetables	11.7	0.0	0.0	67.7	12.6	84.0	74.8	44.1	186.5
03. Legumes	5.0	0.0	0.0	36.7	6.9	86.3	72.6	6.1	210.8
03-01. Legumes	5.0	0.0	0.0	36.7	6.9	86.3	72.6	6.1	210.8
04. Fruits, nuts and olives	136.6	138.3	0.0	297.2	84.9	176.2	150.2	33.2	419.9
04-01. Fruits	127.4	134.0	0.0	296.9	81.7	169.6	150.5	33.6	403.2
04-02. Nuts and seeds (+nut spread)	7.1	0.0	0.0	36.6	24.2	35.6	29.7	9.8	77.4
04-03. Mixed fruits	2.1	0.0	0.0	8.8	4.7	48.5	25.1	24.0	94.9
04-04. Olives	0.0	0.0	0.0	0.0	2.3	5.1	2.6	2.1	10.5
05. Dairy products	370.1	333.5	125.2	745.1	99.6	379.6	393.9	57.9	806.5
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	176.4	117.8	0.0	507.6	58.3	311.9	255.7	136.5	514.2
05-02. Milk beverages	25.0	0.0	0.0	110.1	9.5	188.2	195.9	130.0	251.9
05-03. Yoghurt	58.7	41.0	0.0	229.7	38.4	158.8	132.5	44.2	343.9
05-04. Fromage blanc, petit suisse	3.7	0.0	0.0	0.0	5.3	113.8	120.9	48.0	162.9
05-05. Cheese (including fresh cheeses)	39.8	41.4	0.0	74.5	79.5	49.7	46.8	13.0	89.0
05-06. Cream desserts, puddings (milk based)	53.5	0.0	0.0	204.1	30.4	190.2	159.7	100.2	295.0
05-07. Dairy and non-dairy creams	0.7	0.0	0.0	4.3	12.6	9.9	6.7	3.0	27.8
05-07-01. Dairy creams	0.7	0.0	0.0	4.3	12.0	10.2	6.9	3.2	28.2
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.6	3.0	3.0	3.0	3.0
05-08. Milk for coffee and creamers	12.3	11.2	0.0	41.3	57.0	22.5	18.0	5.1	50.7
06. Cereals and cereal products	189.9	182.3	87.6	299.3	100.0	184.6	153.5	59.7	379.4
06-01. Flour, flakes, starches, semolina	1.4	0.0	0.0	5.5	6.6	23.2	8.3	1.3	85.3
06-02. Pasta, rice, other grain	42.6	0.0	0.0	119.6	24.9	132.6	111.2	37.3	241.9
06-03. Bread, crisp bread, rusks	134.4	122.3	59.2	244.2	99.9	137.7	118.7	58.0	256.6
06-03-01. Bread	130.8	121.9	58.7	241.8	99.9	133.0	111.2	55.2	246.3
06-03-02. Crispbread, rusks	3.6	0.0	0.0	15.3	37.3	12.7	10.0	2.5	31.0
06-04. Breakfast cereals	7.3	0.0	0.0	40.7	26.4	28.7	18.4	5.4	76.6
06-05. Salty biscuits, aperitif biscuits, crackers	2.8	0.0	0.0	17.1	15.4	17.8	19.0	2.4	35.0
06-06. Dough and pastry (puff, shortcrust, pizza)	1.3	0.0	0.0	0.0	1.7	131.6	154.7	17.6	164.7
07. Meat and meat products	91.3	83.5	18.8	164.5	92.0	101.4	91.3	20.1	183.9
07-01.Fresh meat	43.2	32.5	0.0	139.2	51.0	96.9	76.5	25.0	191.4
07-01-00. Unclassified	6.7	0.0	0.0	37.1	13.8	70.7	67.1	9.4	177.2

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-01. Beef	20.2	0.0	0.0	73.6	23.6	89.5	84.9	38.1	145.4
07-01-02. Veal	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-01-03. Pork	16.2	0.0	0.0	69.7	14.9	124.0	82.3	37.7	306.9
07-01-04. Mutton/Lamb	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02. Poultry	12.3	0.0	0.0	49.7	14.0	67.9	68.4	27.6	113.1
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	12.1	0.0	0.0	49.7	13.4	68.3	74.3	27.2	113.5
07-02-02. Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-03. Duck	0.2	0.0	0.0	0.0	0.6	58.2	58.2	58.2	58.2
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	32.8	23.0	0.0	86.2	63.9	51.9	39.3	5.1	130.9
07-05. Offals	3.0	0.0	0.0	0.0	0.7	176.0	176.0	176.0	176.0
08. Fish and shellfish	21.5	0.0	0.0	74.8	17.1	121.1	95.5	45.5	255.7
08-01. Fish	19.5	0.0	0.0	71.4	14.9	117.1	93.4	44.4	259.9
08-02. Crustaceans, molluscs	0.4	0.0	0.0	0.0	0.7	108.0	52.9	21.1	201.1
08-03. Fish products, fish in crumbs	1.6	0.0	0.0	0.0	2.8	91.9	90.7	37.5	134.6
09. Eggs and egg products	10.3	0.0	0.0	49.8	22.6	43.5	42.8	8.7	98.8
09-01. Egg	10.3	0.0	0.0	49.8	22.6	43.5	42.8	8.7	98.8
10. Fat	33.8	32.7	7.9	50.3	99.6	33.9	31.4	6.4	62.5
10-00. Unclassified	0.7	0.0	0.0	3.8	16.3	6.1	3.5	0.6	15.0
10-01. Vegetable oils	3.7	1.0	0.0	11.9	31.4	9.3	7.2	0.6	24.9
10-02. Butter	4.8	0.0	0.0	27.6	26.7	17.4	13.0	2.8	41.7
10-03. Margarines	23.2	21.6	0.4	43.5	92.1	26.5	24.9	0.8	54.1
10-04. Deep frying fats	1.5	0.0	0.0	13.1	3.9	19.7	17.1	6.3	30.8
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.3	4.1	4.1	4.1	4.1
11. Sugar and confectionery	73.8	73.7	0.0	151.0	92.2	76.2	66.2	14.8	172.3
11-00. Unclassified	0.1	0.0	0.0	0.0	3.6	3.8	2.5	2.5	7.9
11-01. Sugar, honey, jam	37.1	29.6	0.0	83.4	85.0	44.0	32.2	8.6	114.2
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	20.2	0.0	0.0	85.4	46.1	34.8	23.2	7.5	94.1
11-03. Confectionery non-chocolate	2.1	0.0	0.0	13.5	19.9	11.0	9.0	1.3	29.2
11-04. Syrup	5.8	0.0	0.0	27.6	30.2	20.4	17.2	3.2	39.3
11-05. Ice cream, water ice	8.5	0.0	0.0	44.7	9.1	92.0	63.5	49.0	142.5
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-01. Ice cream	7.4	0.0	0.0	39.8	9.1	75.3	63.5	49.0	97.0
11-05-02. Sorbet	1.0	0.0	0.0	0.0	3.0	50.0	50.0	50.0	50.0
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.0	.	.	.	.
12. Cakes	44.0	36.9	0.0	106.6	76.2	61.7	48.3	11.4	140.8
12-01. Cakes, pies, pastries, etc.	25.6	17.8	0.0	82.8	44.3	63.6	57.2	20.0	138.3
12-02. Dry cakes, biscuits	18.5	15.0	0.0	56.3	61.8	30.6	23.0	6.5	73.0
13. Non-alcoholic beverages	1,305.6	1,210.5	734.4	2,121.2	100.0	1,305.5	1,209.6	667.6	2,187.0
13-00. Unclassified	8.7	0.0	0.0	0.0	2.5	318.6	153.3	12.5	602.2
13-01. Fruit and vegetable containing drinks	54.1	0.0	0.0	155.8	28.2	177.4	145.2	76.3	359.9
13-02. Carbonated/soft/isotonic drinks, diluted syrups	79.7	0.0	0.0	449.7	16.2	338.4	244.2	127.0	736.9
13-03. Coffee, tea and herbal teas	795.2	774.2	132.6	1,417.6	99.4	835.1	778.4	231.9	1,515.0
13-03-01. Coffee	458.8	409.3	6.6	935.7	97.4	482.1	428.5	122.9	1,082.8
13-03-02. Tea	285.2	178.6	0.0	1,074.6	64.6	448.8	326.2	164.0	1,091.5
13-03-03. Herbal tea	51.0	0.0	0.0	235.4	17.4	402.9	329.1	131.4	854.9

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
13-03-04. Chicory, substitutes	0.2	0.0	0.0	0.0	0.4	78.2	78.0	78.0	78.4
13-04. Waters	367.8	325.4	41.7	1,062.9	87.5	414.3	341.9	47.9	1,052.1
14. Alcoholic beverages	188.6	129.1	0.0	808.7	59.6	348.3	225.7	76.6	898.5
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	124.4	0.0	0.0	462.3	46.9	293.9	184.0	101.1	780.4
14-02. Fortified wines (sherry, port, vermouth)	6.9	0.0	0.0	17.3	6.2	91.9	41.8	16.1	210.0
14-03. Beer, cider	42.8	0.0	0.0	282.8	10.8	457.4	303.0	222.6	891.8
14-04. Spirits, brandy	14.0	0.0	0.0	63.1	20.5	68.5	52.1	31.1	162.1
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	0.5	0.0	0.0	0.0	2.1	34.5	31.7	13.2	55.3
15. Condiments and sauces	29.3	24.9	0.0	74.2	67.8	38.7	28.1	3.8	101.6
15-01. Sauces	28.7	24.1	0.0	74.2	63.7	39.8	28.2	4.6	102.5
15-01-00. Unclassified and other sauces	17.1	13.7	0.0	53.6	45.5	37.7	34.8	4.9	96.2
15-01-01. Tomato sauces	4.3	0.0	0.0	20.0	6.6	41.2	17.3	0.3	131.5
15-01-02. Dressing sauces	3.7	0.0	0.0	20.7	14.2	18.6	12.6	1.2	41.8
15-01-03. Mayonnaises and similars	3.6	0.0	0.0	20.7	12.3	22.9	17.2	2.1	42.7
15-01-04. Dessert sauces	0.0	0.0	0.0	0.0	0.4	15.0	15.0	15.0	15.0
15-02. Yeast	0.0	0.0	0.0	0.0	0.6	1.4	1.4	1.4	1.4
15-04. Condiments	0.6	0.0	0.0	5.3	14.1	6.0	4.8	0.4	12.6
16. Soups, bouillon	95.3	0.0	0.0	460.8	27.8	333.9	263.3	163.7	527.9
16-01. Soups	56.2	0.0	0.0	249.0	20.5	271.6	245.6	170.9	424.9
16-02. Bouillon	39.1	0.0	0.0	230.2	13.5	274.6	223.3	81.5	424.8
17. Miscellaneous	22.5	0.0	0.0	104.2	13.3	136.5	123.3	42.6	232.3
17-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-01. Soya products	3.8	0.0	0.0	24.2	5.5	100.9	91.6	73.1	130.2
17-02. Dietetic products	11.9	0.0	0.0	103.2	3.9	224.0	200.0	200.0	244.8
17-02-00. Unclassified	11.9	0.0	0.0	103.2	3.9	224.0	200.0	200.0	244.8
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	6.7	0.0	0.0	51.5	3.9	98.4	88.5	34.3	137.0

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	116.0	106.4	0.0	252.9	72.8	163.3	139.6	68.7	315.2
01-01. Potatoes	116.0	106.4	0.0	252.9	72.8	163.3	139.6	68.7	315.2
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	149.1	136.8	32.5	300.3	92.7	172.0	161.6	37.6	359.9
02-01. Leafy vegetables (except cabbages)	32.9	0.3	0.0	143.4	28.2	112.9	96.1	7.7	340.4
02-02. Fruiting vegetables	45.7	23.1	0.0	166.3	47.2	106.7	90.0	7.3	283.9
02-03. Root vegetables	15.1	0.0	0.0	111.5	13.9	104.0	99.9	4.5	229.9
02-04. Cabbages	27.4	0.0	0.0	121.3	21.3	148.3	144.7	3.9	297.7
02-05. Mushrooms	1.7	0.0	0.0	14.3	7.9	21.4	16.1	3.1	50.7
02-06. Grain and pod vegetables	2.8	0.0	0.0	4.9	4.3	87.8	98.6	0.8	152.9
02-07. Onion, garlic	10.7	0.4	0.0	45.8	31.8	38.4	27.1	1.7	102.5
02-08. Stalk vegetables, sprouts	2.6	0.0	0.0	2.6	4.7	60.1	8.2	0.7	227.2
02-09. Mixed salad, mixed vegetables	10.3	0.0	0.0	64.7	10.4	102.6	86.7	12.6	253.3
03. Legumes	3.8	0.0	0.0	26.3	3.9	121.6	87.1	36.3	248.8
03-01. Legumes	3.8	0.0	0.0	26.3	3.9	121.6	87.1	36.3	248.8
04. Fruits, nuts and olives	161.5	149.4	0.0	388.8	82.4	193.8	169.6	23.0	449.4
04-01. Fruits	154.1	139.4	0.0	386.6	79.1	194.7	168.9	28.4	445.3
04-02. Nuts and seeds (+nut spread)	6.6	0.0	0.0	34.6	15.8	32.7	20.0	6.7	76.5
04-03. Mixed fruits	0.5	0.0	0.0	0.0	0.6	67.8	24.2	13.0	158.0
04-04. Olives	0.3	0.0	0.0	0.0	2.2	14.8	6.0	3.0	43.3
05. Dairy products	372.6	371.7	51.9	749.2	98.6	387.9	359.2	56.1	774.4
05-00. Unclassified	0.4	0.0	0.0	0.0	0.3	100.0	100.0	100.0	100.0
05-01. Milk	160.6	112.8	0.0	431.7	64.2	268.2	221.3	37.3	562.0
05-02. Milk beverages	11.7	0.0	0.0	90.1	6.4	230.8	200.4	111.5	404.4
05-03. Yoghurt	84.8	41.4	0.0	263.4	40.5	212.9	189.3	71.1	537.4
05-04. Fromage blanc, petit suisse	13.0	0.0	0.0	85.4	8.7	137.0	127.9	15.8	229.4
05-05. Cheese (including fresh cheeses)	33.4	30.2	0.0	80.6	78.2	44.5	35.9	12.1	106.9
05-06. Cream desserts, puddings (milk based)	55.8	0.0	0.0	208.2	29.8	171.1	160.7	63.1	305.0
05-07. Dairy and non-dairy creams	1.2	0.0	0.0	8.3	8.4	17.7	11.3	3.0	47.1
05-07-01. Dairy creams	1.1	0.0	0.0	6.1	7.5	17.3	11.1	3.0	42.7
05-07-02. Non-dairy creams	0.2	0.0	0.0	0.0	0.9	21.2	11.0	8.0	48.8
05-08. Milk for coffee and creamers	11.7	0.0	0.0	44.8	41.5	24.5	19.7	3.2	57.6
06. Cereals and cereal products	184.4	170.4	76.9	340.8	99.6	184.3	171.7	68.7	350.7
06-01. Flour, flakes, starches, semolina	1.3	0.0	0.0	5.4	7.5	15.4	6.2	0.6	64.7
06-02. Pasta, rice, other grain	25.0	0.0	0.0	124.5	15.9	139.2	126.8	34.0	262.1
06-03. Bread, crisp bread, rusks	144.0	137.2	45.5	245.9	98.2	150.3	139.7	51.0	275.2
06-03-01. Bread	138.0	126.1	34.0	239.7	96.9	146.0	137.4	46.4	259.6
06-03-02. Crispbread, rusks	6.0	0.0	0.0	24.4	36.5	17.1	14.7	3.3	40.2
06-04. Breakfast cereals	4.0	0.0	0.0	28.0	13.9	34.2	29.1	3.8	79.9
06-05. Salty biscuits, aperitif biscuits, crackers	4.0	0.0	0.0	20.2	14.1	22.3	18.2	2.8	73.5
06-06. Dough and pastry (puff, shortcrust, pizza)	6.0	0.0	0.0	42.0	3.6	128.0	96.3	30.1	305.7
07. Meat and meat products	103.1	93.5	36.5	195.0	96.1	111.3	99.7	19.4	240.3
07-01.Fresh meat	42.3	36.2	0.0	131.1	49.1	95.2	82.4	19.4	218.5
07-01-00. Unclassified	6.5	0.0	0.0	46.5	10.8	72.6	72.3	10.9	141.4
07-01-01. Beef	18.5	0.0	0.0	88.7	22.0	91.6	79.7	19.1	174.9
07-01-02. Veal	0.5	0.0	0.0	0.0	0.5	111.2	78.1	48.2	144.5
07-01-03. Pork	16.6	0.0	0.0	97.4	17.6	101.6	94.6	16.9	212.7

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.3	0.0	0.0	0.0	0.4	79.8	68.0	66.1	109.9
07-02. Poultry	11.8	0.0	0.0	56.0	16.8	75.8	74.8	15.4	135.5
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	11.1	0.0	0.0	56.0	15.0	76.2	74.9	15.1	138.8
07-02-02. Turkey, young turkey	0.6	0.0	0.0	0.0	1.6	75.5	64.7	29.5	100.7
07-02-03. Duck	0.1	0.0	0.0	0.0	0.2	42.0	42.0	42.0	42.0
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	48.7	41.2	0.0	120.8	79.0	59.9	41.3	9.4	148.5
07-05. Offals	0.2	0.0	0.0	0.0	0.4	46.4	14.8	6.8	87.4
08. Fish and shellfish	21.6	0.0	0.0	100.2	16.0	117.4	97.0	32.0	225.9
08-01. Fish	17.8	0.0	0.0	94.6	13.8	110.2	94.4	30.8	224.8
08-02. Crustaceans, molluscs	0.9	0.0	0.0	0.0	1.4	76.3	44.6	10.0	154.5
08-03. Fish products, fish in crumbs	2.9	0.0	0.0	0.0	2.0	128.7	112.1	1.8	215.8
09. Eggs and egg products	14.5	0.0	0.0	53.4	26.0	49.8	49.6	5.8	98.5
09-01. Egg	14.5	0.0	0.0	53.4	26.0	49.8	49.6	5.8	98.5
10. Fat	32.9	31.3	8.2	70.2	99.7	34.4	31.5	5.5	73.5
10-00. Unclassified	1.2	0.0	0.0	7.9	16.8	7.6	5.5	0.8	20.1
10-01. Vegetable oils	3.2	0.0	0.0	12.8	32.0	10.1	6.3	1.2	26.1
10-02. Butter	3.3	0.0	0.0	21.8	23.6	15.6	11.4	1.9	42.7
10-03. Margarines	24.8	19.9	0.0	62.4	87.5	29.4	24.1	2.2	68.9
10-04. Deep frying fats	0.4	0.0	0.0	0.0	2.1	16.0	14.1	6.5	24.0
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.2	12.4	7.9	7.9	18.4
11. Sugar and confectionery	40.4	31.6	0.0	102.7	83.7	47.9	34.0	5.7	134.8
11-00. Unclassified	0.0	0.0	0.0	0.0	0.6	6.6	2.1	0.4	19.7
11-01. Sugar, honey, jam	21.6	14.9	0.0	67.4	64.8	31.8	23.1	3.1	92.6
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.1	0.0	0.0	25.0	31.2	21.1	16.9	5.6	49.6
11-03. Confectionery non-chocolate	2.5	0.0	0.0	13.4	22.3	13.0	9.6	2.0	33.1
11-04. Syrup	5.4	0.0	0.0	28.4	19.8	27.2	19.8	7.8	63.5
11-05. Ice cream, water ice	5.1	0.0	0.0	31.9	5.2	91.7	71.0	42.3	160.6
11-05-00. Unclassified	0.2	0.0	0.0	0.0	0.2	96.0	96.0	96.0	96.0
11-05-01. Ice cream	4.7	0.0	0.0	30.8	4.6	91.4	67.2	39.5	158.9
11-05-02. Sorbet	0.1	0.0	0.0	0.0	0.2	100.0	100.0	100.0	100.0
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.2	63.4	50.0	50.0	96.5
12. Cakes	46.9	39.6	0.0	127.4	79.1	56.3	42.0	8.5	155.8
12-01. Cakes, pies, pastries, etc.	29.4	19.7	0.0	100.5	44.4	60.3	42.4	18.5	165.0
12-02. Dry cakes, biscuits	17.4	12.9	0.0	51.9	59.6	29.7	24.7	6.8	70.9
13. Non-alcoholic beverages	1,302.6	1,276.9	628.9	2,137.8	100.0	1,302.3	1,225.3	600.7	2,330.1
13-00. Unclassified	4.5	0.0	0.0	0.0	1.0	309.7	163.2	10.6	629.2
13-01. Fruit and vegetable containing drinks	65.7	0.0	0.0	252.4	32.6	171.9	140.2	13.1	380.8
13-02. Carbonated/soft/isotonic drinks, diluted syrups	76.7	0.0	0.0	403.7	23.5	286.2	198.6	90.2	685.2
13-03. Coffee, tea and herbal teas	822.6	762.7	342.0	1,504.1	100.0	823.7	751.9	326.7	1,524.1
13-03-01. Coffee	476.0	462.7	70.4	943.6	95.9	507.6	480.1	143.4	930.2
13-03-02. Tea	300.1	198.3	0.0	1,042.3	64.7	455.8	375.0	115.5	1,071.8
13-03-03. Herbal tea	46.5	0.0	0.0	323.4	11.3	371.2	270.2	3.0	850.5
13-03-04. Chicory, substitutes	0.0	0.0	0.0	0.0	0.0	.	.	.	.
13-04. Waters	333.2	249.3	0.0	1,023.0	80.8	435.6	315.3	72.1	1,167.5
14. Alcoholic beverages	193.4	95.2	0.0	802.6	54.8	344.3	248.5	54.0	990.4

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.5	0.0	0.0	0.0	0.4	86.2	60.9	24.0	117.9
14-01. Wine	65.0	0.0	0.0	306.8	27.2	223.3	172.9	77.2	408.4
14-02. Fortified wines (sherry, port, vermouth)	3.7	0.0	0.0	0.0	3.1	100.6	88.0	0.2	159.3
14-03. Beer, cider	103.4	0.0	0.0	569.0	19.9	534.2	322.4	250.6	1,159.2
14-04. Spirits, brandy	19.7	0.0	0.0	98.5	20.6	84.3	71.7	30.3	172.8
14-05. Aniseed drinks (pastis, ouzo)	0.3	0.0	0.0	0.0	0.3	31.1	25.3	25.3	49.7
14-06. Liqueurs	0.7	0.0	0.0	0.0	1.5	67.9	54.2	18.0	127.6
15. Condiments and sauces	29.6	18.8	0.0	81.7	65.8	40.0	29.6	2.5	109.6
15-01. Sauces	28.4	17.4	0.0	80.8	60.5	41.8	31.5	4.3	112.8
15-01-00. Unclassified and other sauces	19.8	11.6	0.0	63.6	45.2	40.8	29.9	5.3	106.4
15-01-01. Tomato sauces	1.8	0.0	0.0	3.0	3.2	44.3	13.9	2.0	120.8
15-01-02. Dressing sauces	1.8	0.0	0.0	10.6	12.0	15.0	11.5	4.0	37.1
15-01-03. Mayonnaises and similars	4.6	0.0	0.0	27.5	12.1	28.0	19.5	2.8	69.4
15-01-04. Dessert sauces	0.4	0.0	0.0	0.0	0.6	37.9	28.5	22.5	43.4
15-02. Yeast	0.0	0.0	0.0	0.0	1.6	4.2	3.0	2.5	4.9
15-04. Condiments	1.1	0.0	0.0	8.6	13.3	7.1	4.1	0.6	20.3
16. Soups, bouillon	97.5	0.0	0.0	356.7	35.4	266.9	227.6	94.2	495.9
16-01. Soups	92.9	0.0	0.0	348.9	33.5	267.7	230.1	109.4	495.6
16-02. Bouillon	4.6	0.0	0.0	2.0	3.1	149.1	181.0	3.3	253.3
17. Miscellaneous	8.3	0.0	0.0	70.6	7.2	98.3	70.7	35.2	225.4
17-00. Unclassified	0.0	0.0	0.0	0.0	0.1	169.2	169.2	169.2	169.2
17-01. Soya products	0.6	0.0	0.0	0.0	0.3	274.9	182.8	43.6	324.0
17-02. Dietetic products	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
17-02-00. Unclassified	0.0	0.0	0.0	0.0	0.1	30.0	30.0	30.0	30.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	7.7	0.0	0.0	70.2	6.8	90.7	70.5	38.6	198.6

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	69.6	63.8	0.0	175.6	66.5	107.7	98.7	34.1	206.4
01-01. Potatoes	69.5	63.8	0.0	175.6	66.1	107.6	98.7	34.1	206.4
01-02. Other tubers	0.1	0.0	0.0	0.0	0.4	120.0	120.0	120.0	120.0
02. Vegetables	132.2	105.5	57.1	263.7	91.3	161.4	150.0	39.6	301.8
02-01. Leafy vegetables (except cabbages)	24.5	0.0	0.0	92.8	31.7	80.4	54.4	13.2	189.1
02-02. Fruiting vegetables	32.6	5.2	0.0	105.3	43.3	92.3	74.5	6.4	226.4
02-03. Root vegetables	10.1	0.0	0.0	79.8	15.6	84.7	74.8	2.0	175.6
02-04. Cabbages	39.8	32.0	0.0	104.2	31.0	130.2	135.5	23.2	240.7
02-05. Mushrooms	0.4	0.0	0.0	0.0	3.4	23.1	25.3	1.3	41.4
02-06. Grain and pod vegetables	5.2	0.0	0.0	16.7	5.2	146.7	148.2	2.7	235.1
02-07. Onion, garlic	8.5	0.0	0.0	77.5	27.1	34.4	18.3	1.6	157.7
02-08. Stalk vegetables, sprouts	3.3	0.0	0.0	24.3	6.7	48.7	30.2	1.0	127.3
02-09. Mixed salad, mixed vegetables	7.9	0.0	0.0	50.5	7.1	103.5	63.3	49.3	202.9
03. Legumes	1.0	0.0	0.0	0.0	1.8	73.4	30.0	1.0	168.3
03-01. Legumes	1.0	0.0	0.0	0.0	1.8	73.4	30.0	1.0	168.3
04. Fruits, nuts and olives	147.7	164.4	3.6	298.1	86.4	192.1	178.2	32.0	417.1
04-01. Fruits	139.4	153.7	0.0	299.5	81.9	189.3	165.2	33.0	414.3
04-02. Nuts and seeds (+nut spread)	7.4	0.0	0.0	27.3	29.7	31.0	24.3	6.5	92.9
04-03. Mixed fruits	0.7	0.0	0.0	0.0	2.7	58.3	50.9	15.0	92.2
04-04. Olives	0.2	0.0	0.0	0.0	1.5	10.8	6.9	1.3	19.4
05. Dairy products	364.3	290.9	66.0	969.4	98.9	368.7	307.5	46.9	853.6
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	205.8	110.2	0.0	812.2	60.4	303.0	243.8	30.0	734.9
05-02. Milk beverages	6.5	0.0	0.0	4.8	4.3	188.6	171.2	18.5	324.3
05-03. Yoghurt	59.4	0.0	0.0	227.2	41.0	190.8	181.7	33.8	335.2
05-04. Fromage blanc, petit suisse	8.7	0.0	0.0	68.6	11.8	111.7	115.3	2.0	184.0
05-05. Cheese (including fresh cheeses)	43.7	40.1	2.3	81.3	85.2	46.7	32.3	11.3	106.6
05-06. Cream desserts, puddings (milk based)	34.5	0.0	0.0	135.1	22.9	156.0	138.0	54.7	257.4
05-07. Dairy and non-dairy creams	0.7	0.0	0.0	5.7	7.8	13.9	8.0	3.0	34.6
05-07-01. Dairy creams	0.7	0.0	0.0	5.7	7.8	13.9	8.0	3.0	34.6
05-07-02. Non-dairy creams	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-08. Milk for coffee and creamers	5.1	0.0	0.0	28.6	32.0	16.4	13.6	4.0	32.1
06. Cereals and cereal products	146.7	151.9	70.2	227.6	99.6	145.8	124.0	67.9	285.2
06-01. Flour, flakes, starches, semolina	0.5	0.0	0.0	2.0	6.5	12.3	5.8	1.2	33.4
06-02. Pasta, rice, other grain	14.0	0.0	0.0	66.7	19.2	107.0	104.8	26.1	249.1
06-03. Bread, crisp bread, rusks	124.2	119.4	54.1	188.8	99.6	115.8	104.7	34.6	203.9
06-03-01. Bread	116.3	115.7	51.9	169.0	99.2	108.8	101.7	33.9	187.3
06-03-02. Crispbread, rusks	7.9	0.0	0.0	35.9	38.2	19.2	17.3	3.1	47.4
06-04. Breakfast cereals	3.8	0.0	0.0	38.2	13.7	26.3	22.0	6.2	43.9
06-05. Salty biscuits, aperitif biscuits, crackers	2.2	0.0	0.0	11.2	13.5	17.2	10.0	4.0	59.2
06-06. Dough and pastry (puff, shortcrust, pizza)	1.9	0.0	0.0	0.0	3.3	81.1	53.4	18.0	167.3
07. Meat and meat products	90.3	86.6	0.2	154.7	80.7	92.0	81.7	12.9	195.7
07-01.Fresh meat	56.4	37.5	0.0	148.2	46.6	89.4	78.0	10.8	190.2
07-01-00. Unclassified	3.1	0.0	0.0	12.9	5.9	49.2	25.5	10.1	135.6
07-01-01. Beef	42.3	8.3	0.0	144.3	28.6	97.4	84.0	16.8	187.1
07-01-02. Veal	0.6	0.0	0.0	0.0	0.9	89.4	74.2	55.0	106.5
07-01-03. Pork	9.7	0.0	0.0	64.5	11.5	81.6	75.4	8.3	152.3

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.7	0.0	0.0	0.0	0.8	91.0	70.0	70.0	107.8
07-02. Poultry	7.8	0.0	0.0	50.7	10.0	90.4	77.8	45.0	130.8
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	7.0	0.0	0.0	44.5	9.0	89.0	75.5	45.0	131.2
07-02-02. Turkey, young turkey	0.2	0.0	0.0	0.0	0.1	112.0	112.0	112.0	112.0
07-02-03. Duck	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-05. Rabbit (domestic)	0.6	0.0	0.0	0.0	0.9	101.9	101.9	101.9	101.9
07-03. Game	0.2	0.0	0.0	0.0	0.1	264.0	264.0	264.0	264.0
07-04. Processed meat	25.8	10.0	0.0	108.7	46.0	49.9	31.7	7.0	116.3
07-05. Offals	0.1	0.0	0.0	0.0	0.2	105.0	105.0	105.0	105.0
08. Fish and shellfish	13.8	0.0	0.0	82.7	20.8	103.3	86.3	10.0	178.7
08-01. Fish	11.6	0.0	0.0	80.4	16.9	98.3	80.9	10.0	179.3
08-02. Crustaceans, molluscs	1.5	0.0	0.0	0.0	3.5	85.5	61.7	15.6	152.7
08-03. Fish products, fish in crumbs	0.7	0.0	0.0	0.0	1.7	108.0	81.7	60.0	143.2
09. Eggs and egg products	7.7	0.0	0.0	25.0	18.0	44.9	49.4	5.6	89.9
09-01. Egg	7.7	0.0	0.0	25.0	18.0	44.9	49.4	5.6	89.9
10. Fat	28.0	27.4	6.0	47.7	97.0	26.1	23.4	6.0	54.2
10-00. Unclassified	1.0	0.0	0.0	9.5	11.9	6.6	4.3	0.4	20.0
10-01. Vegetable oils	2.1	0.0	0.0	12.3	25.0	10.8	10.2	0.8	25.1
10-02. Butter	10.1	4.4	0.0	26.7	42.4	19.8	17.8	4.1	38.0
10-03. Margarines	14.8	10.9	0.0	40.1	72.2	18.5	18.0	0.9	47.0
10-04. Deep frying fats	0.0	0.0	0.0	0.0	0.2	10.7	9.6	9.0	11.4
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.5	1.3	1.3	1.3	1.3
11. Sugar and confectionery	34.5	24.4	5.1	85.6	90.3	40.8	34.3	7.2	103.0
11-00. Unclassified	0.2	0.0	0.0	0.0	3.4	13.0	4.8	3.8	33.2
11-01. Sugar, honey, jam	14.6	8.9	0.0	53.8	64.3	25.7	21.4	3.2	56.3
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.7	6.1	0.0	25.8	52.8	16.7	11.7	4.2	47.2
11-03. Confectionery non-chocolate	2.5	0.0	0.0	9.7	24.1	9.7	8.2	2.1	25.5
11-04. Syrup	7.8	0.0	0.0	56.8	25.1	25.8	18.4	7.6	70.2
11-05. Ice cream, water ice	2.8	0.0	0.0	33.1	3.6	63.8	67.0	18.0	74.3
11-05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-01. Ice cream	2.8	0.0	0.0	33.1	3.5	64.1	67.3	18.0	74.3
11-05-02. Sorbet	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11-05-03. Water ice	0.0	0.0	0.0	0.0	0.1	50.0	50.0	50.0	50.0
12. Cakes	38.6	32.1	0.0	100.4	83.6	45.8	35.2	7.3	142.4
12-01. Cakes, pies, pastries, etc.	19.4	12.4	0.0	65.5	40.5	48.9	39.3	19.1	145.1
12-02. Dry cakes, biscuits	19.2	14.3	0.0	43.9	68.0	27.3	19.7	5.5	63.7
13. Non-alcoholic beverages	1,573.3	1,390.4	715.1	2,563.9	100.0	1,516.9	1,362.6	712.0	2,709.6
13-00. Unclassified	0.9	0.0	0.0	0.0	1.8	131.2	125.0	125.0	145.0
13-01. Fruit and vegetable containing drinks	57.2	0.0	0.0	285.7	41.5	183.9	148.2	10.0	522.9
13-02. Carbonated/soft/isotonic drinks, diluted syrups	18.4	0.0	0.0	103.2	9.5	197.7	176.5	86.4	339.0
13-03. Coffee, tea and herbal teas	989.6	726.4	232.9	2,100.3	99.8	936.3	813.3	263.6	2,120.4
13-03-01. Coffee	264.0	229.4	0.0	700.8	82.3	385.7	373.3	4.6	808.7
13-03-02. Tea	652.4	290.4	0.0	1,920.0	76.6	710.1	543.2	154.8	2,031.6
13-03-03. Herbal tea	72.0	0.0	0.0	311.2	20.3	354.0	292.3	6.1	853.4
13-03-04. Chicory, substitutes	1.2	0.0	0.0	0.0	2.6	52.9	3.1	2.0	156.2
13-04. Waters	507.3	419.1	0.0	1,047.0	87.5	554.6	456.3	67.4	1,308.0
14. Alcoholic beverages	51.8	8.0	0.0	232.2	38.3	138.0	124.3	15.8	303.6

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	40.9	0.0	0.0	229.4	25.9	167.8	137.1	59.8	325.8
14-02. Fortified wines (sherry, port, vermouth)	6.5	0.0	0.0	31.4	6.1	97.7	46.8	9.7	221.2
14-03. Beer, cider	0.6	0.0	0.0	0.0	1.0	61.4	29.1	29.1	186.2
14-04. Spirits, brandy	3.2	0.0	0.0	12.4	6.4	29.8	26.1	14.3	47.5
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	0.6	0.0	0.0	0.0	2.2	38.0	33.4	2.2	81.7
15. Condiments and sauces	23.1	14.1	0.0	54.3	67.7	30.4	23.3	1.8	107.2
15-01. Sauces	22.5	14.1	0.0	54.2	61.1	32.6	23.5	1.8	108.2
15-01-00. Unclassified and other sauces	8.8	0.0	0.0	38.2	43.5	25.2	23.3	1.8	72.0
15-01-01. Tomato sauces	1.4	0.0	0.0	2.3	5.6	29.1	10.8	3.6	77.0
15-01-02. Dressing sauces	0.5	0.0	0.0	3.5	7.7	7.0	6.0	1.0	13.9
15-01-03. Mayonnaises and similars	11.8	0.0	0.0	53.9	15.2	44.6	15.1	1.8	107.6
15-01-04. Dessert sauces	0.0	0.0	0.0	0.0	0.0	.	.	.	.
15-02. Yeast	0.0	0.0	0.0	0.0	0.1	10.0	10.0	10.0	10.0
15-04. Condiments	0.6	0.0	0.0	5.4	11.5	5.4	2.8	0.3	12.4
16. Soups, bouillon	64.6	0.0	0.0	240.4	30.6	235.5	231.7	89.7	366.1
16-01. Soups	59.6	0.0	0.0	234.0	24.9	248.4	245.0	110.4	369.2
16-02. Bouillon	4.9	0.0	0.0	0.0	5.7	179.1	172.4	70.0	270.2
17. Miscellaneous	17.2	0.0	0.0	107.5	12.6	137.1	118.3	52.1	284.6
17-00. Unclassified	0.6	0.0	0.0	0.0	1.0	65.3	51.0	28.2	81.2
17-01. Soya products	11.0	0.0	0.0	63.5	7.0	181.6	140.7	52.3	361.2
17-02. Dietetic products	2.5	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
17-02-00. Unclassified	2.5	0.0	0.0	0.0	0.9	125.0	125.0	125.0	125.0
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.0	.	.	.	.
17-03. Snacks	3.1	0.0	0.0	30.3	3.7	75.0	63.4	60.0	107.0

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
01. Potatoes and other tubers	88.1	76.0	0.0	173.5	75.4	121.1	109.0	49.2	225.5
01-01. Potatoes	88.1	76.0	0.0	173.5	75.4	121.1	109.0	49.2	225.5
01-02. Other tubers	0.0	0.0	0.0	0.0	0.0	.	.	.	.
02. Vegetables	150.4	150.0	33.3	274.0	91.8	167.8	160.5	30.5	328.5
02-01. Leafy vegetables (except cabbages)	28.4	8.8	0.0	108.2	30.1	89.6	66.5	16.0	199.2
02-02. Fruiting vegetables	40.9	29.2	0.0	128.5	50.1	92.4	65.7	4.8	254.7
02-03. Root vegetables	19.5	0.0	0.0	109.1	17.2	109.5	103.8	2.1	229.2
02-04. Cabbages	33.2	1.6	0.0	118.4	27.4	123.6	129.5	3.5	243.0
02-05. Mushrooms	3.1	0.0	0.0	17.7	6.7	36.8	29.1	3.9	81.1
02-06. Grain and pod vegetables	2.8	0.0	0.0	14.3	3.7	60.7	49.6	1.1	142.3
02-07. Onion, garlic	9.1	0.0	0.0	39.8	29.0	35.3	23.5	2.7	113.1
02-08. Stalk vegetables, sprouts	5.2	0.0	0.0	44.2	5.8	94.1	16.0	0.3	300.3
02-09. Mixed salad, mixed vegetables	8.0	0.0	0.0	61.9	8.4	91.2	77.6	12.7	176.4
03. Legumes	2.7	0.0	0.0	0.0	2.7	108.2	106.1	27.3	224.0
03-01. Legumes	2.7	0.0	0.0	0.0	2.7	108.2	106.1	27.3	224.0
04. Fruits, nuts and olives	183.6	167.0	0.5	381.9	88.0	209.7	192.2	28.4	458.0
04-01. Fruits	178.1	160.6	0.0	381.4	85.3	209.4	192.2	47.5	457.1
04-02. Nuts and seeds (+nut spread)	4.1	0.0	0.0	22.6	21.1	20.8	17.8	4.9	46.8
04-03. Mixed fruits	0.8	0.0	0.0	0.0	1.5	77.7	54.6	24.0	137.9
04-04. Olives	0.6	0.0	0.0	0.0	1.4	22.6	18.8	4.9	55.0
05. Dairy products	323.7	325.5	67.1	622.4	98.3	317.8	314.6	35.5	628.0
05-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
05-01. Milk	144.0	144.8	0.0	386.8	59.0	223.3	204.6	26.2	446.6
05-02. Milk beverages	8.8	0.0	0.0	85.4	5.2	216.4	194.1	148.2	343.9
05-03. Yoghurt	80.0	62.4	0.0	256.1	45.3	172.3	148.3	64.8	332.9
05-04. Fromage blanc, petit suisse	13.2	0.0	0.0	91.0	11.0	129.3	121.0	24.1	244.7
05-05. Cheese (including fresh cheeses)	29.7	27.5	0.0	69.6	77.7	35.3	25.6	11.4	83.8
05-06. Cream desserts, puddings (milk based)	33.1	0.0	0.0	127.4	22.9	153.7	142.9	47.1	279.3
05-07. Dairy and non-dairy creams	1.7	0.0	0.0	11.4	9.8	15.2	11.9	3.0	33.1
05-07-01. Dairy creams	1.6	0.0	0.0	9.3	9.4	15.4	11.9	3.0	33.7
05-07-02. Non-dairy creams	0.1	0.0	0.0	0.0	0.4	12.0	12.0	12.0	12.0
05-08. Milk for coffee and creamers	13.1	8.9	0.0	41.5	56.5	23.0	17.3	4.5	47.8
06. Cereals and cereal products	139.3	136.0	69.8	240.9	99.7	139.2	130.0	58.3	239.4
06-01. Flour, flakes, starches, semolina	1.1	0.0	0.0	3.7	9.3	9.8	2.9	0.6	49.1
06-02. Pasta, rice, other grain	18.1	0.0	0.0	85.2	15.3	108.5	88.8	9.0	271.9
06-03. Bread, crisp bread, rusks	112.9	111.9	50.4	185.5	98.9	115.2	104.9	45.2	188.6
06-03-01. Bread	104.8	103.9	34.6	185.3	96.6	110.0	103.7	42.3	181.5
06-03-02. Crispbread, rusks	8.1	5.5	0.0	30.1	46.4	16.4	12.8	5.7	37.6
06-04. Breakfast cereals	3.0	0.0	0.0	19.9	12.9	23.8	18.9	3.9	52.2
06-05. Salty biscuits, aperitif biscuits, crackers	2.8	0.0	0.0	13.1	16.2	20.2	15.6	5.2	59.1
06-06. Dough and pastry (puff, shortcrust, pizza)	1.4	0.0	0.0	0.0	1.3	78.7	62.7	42.1	114.4
07. Meat and meat products	77.2	71.0	10.9	161.9	87.3	90.8	84.8	11.5	171.9
07-01.Fresh meat	39.4	37.5	0.0	105.8	49.9	81.9	77.3	24.0	151.5
07-01-00. Unclassified	4.4	0.0	0.0	31.3	6.4	58.5	51.0	8.4	112.2
07-01-01. Beef	20.8	0.0	0.0	83.6	27.8	82.7	79.3	25.8	158.3
07-01-02. Veal	0.3	0.0	0.0	0.0	0.4	88.5	71.1	70.0	144.4
07-01-03. Pork	13.1	0.0	0.0	55.4	17.7	75.0	75.7	7.8	115.7

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
07-01-04. Mutton/Lamb	0.7	0.0	0.0	0.0	0.6	78.4	55.2	31.1	110.5
07-02. Poultry	12.7	0.0	0.0	62.6	10.6	105.3	91.5	5.9	287.9
07-02-00. Unclassified and other poultry	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-01. Chicken, hen	12.2	0.0	0.0	62.6	10.3	106.1	91.9	5.7	289.5
07-02-02. Turkey, young turkey	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-02-03. Duck	0.5	0.0	0.0	0.0	0.3	76.0	76.0	76.0	76.0
07-02-05. Rabbit (domestic)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-03. Game	0.0	0.0	0.0	0.0	0.0	.	.	.	.
07-04. Processed meat	24.5	15.0	0.0	74.0	67.4	39.4	26.5	9.7	118.2
07-05. Offals	0.6	0.0	0.0	0.0	1.0	74.3	22.9	6.8	114.8
08. Fish and shellfish	27.5	0.0	0.0	103.9	19.1	132.1	130.6	47.1	215.2
08-01. Fish	23.0	0.0	0.0	103.7	15.9	126.6	123.7	41.6	219.9
08-02. Crustaceans, molluscs	0.7	0.0	0.0	0.0	1.3	51.6	25.3	14.5	107.6
08-03. Fish products, fish in crumbs	3.8	0.0	0.0	40.9	3.6	123.8	112.9	70.4	200.5
09. Eggs and egg products	12.7	3.8	0.0	44.2	30.1	37.5	45.0	4.1	64.4
09-01. Egg	12.7	3.8	0.0	44.2	30.1	37.5	45.0	4.1	64.4
10. Fat	24.7	22.1	7.9	51.7	99.5	25.5	23.2	6.1	54.5
10-00. Unclassified	1.2	0.0	0.0	6.0	18.3	7.0	5.9	0.7	19.3
10-01. Vegetable oils	2.3	0.0	0.0	11.3	25.3	8.4	4.9	0.7	29.6
10-02. Butter	3.5	0.0	0.0	21.1	23.0	14.1	10.8	2.5	41.1
10-03. Margarines	17.5	16.5	0.0	48.5	87.8	21.0	19.2	3.7	47.2
10-04. Deep frying fats	0.2	0.0	0.0	0.0	1.8	14.3	12.0	1.2	28.1
10-06. Other animal fat	0.0	0.0	0.0	0.0	0.0	.	.	.	.
11. Sugar and confectionery	29.2	21.5	0.0	77.4	86.2	36.0	25.0	4.8	101.0
11-00. Unclassified	0.2	0.0	0.0	0.0	1.6	8.7	8.8	1.3	16.5
11-01. Sugar, honey, jam	12.5	9.4	0.0	42.1	59.7	22.0	18.6	3.5	50.2
11-02. Chocolate, candy bars, paste, chocolate confetti/flocks	6.0	0.0	0.0	21.9	36.0	17.7	13.8	4.2	43.4
11-03. Confectionery non-chocolate	1.7	0.0	0.0	8.7	22.5	8.2	5.5	1.7	20.0
11-04. Syrup	3.6	0.0	0.0	19.2	20.5	21.8	18.1	5.0	55.2
11-05. Ice cream, water ice	5.3	0.0	0.0	45.5	6.9	78.7	71.6	32.0	119.4
11-05-00. Unclassified	0.1	0.0	0.0	0.0	0.6	50.0	50.0	50.0	50.0
11-05-01. Ice cream	4.8	0.0	0.0	45.5	5.9	83.8	74.8	32.0	120.4
11-05-02. Sorbet	0.3	0.0	0.0	0.0	0.3	45.9	38.4	32.0	48.8
11-05-03. Water ice	0.1	0.0	0.0	0.0	0.0	55.0	55.0	55.0	55.0
12. Cakes	50.9	45.6	3.4	126.2	87.6	53.5	41.7	9.5	144.4
12-01. Cakes, pies, pastries, etc.	36.2	25.8	0.0	110.5	57.8	55.1	39.3	18.2	135.9
12-02. Dry cakes, biscuits	14.7	11.8	0.0	42.2	64.0	23.4	19.0	6.5	57.9
13. Non-alcoholic beverages	1,502.2	1,392.8	856.4	2,508.1	100.0	1,510.0	1,420.4	746.2	2,577.5
13-00. Unclassified	2.9	0.0	0.0	0.0	1.3	205.4	110.3	100.0	281.0
13-01. Fruit and vegetable containing drinks	77.9	24.3	0.0	279.9	39.4	195.3	175.4	34.1	477.1
13-02. Carbonated/soft/isotonic drinks, diluted syrups	24.5	0.0	0.0	159.0	10.5	230.3	190.9	77.2	470.6
13-03. Coffee, tea and herbal teas	801.2	755.2	334.9	1,388.4	99.5	826.2	775.0	375.0	1,523.4
13-03-01. Coffee	409.3	391.9	74.5	785.6	94.8	412.7	391.1	124.4	832.7
13-03-02. Tea	324.6	314.2	0.0	831.3	73.4	479.9	417.0	140.2	995.4
13-03-03. Herbal tea	64.5	0.0	0.0	403.9	19.3	388.9	329.1	123.6	922.5
13-03-04. Chicory, substitutes	2.7	0.0	0.0	0.0	1.5	242.4	137.8	2.0	447.1
13-04. Waters	595.8	503.4	4.2	1,563.0	94.7	616.6	498.0	98.4	1,537.1
14. Alcoholic beverages	70.1	0.0	0.0	363.0	31.5	186.9	137.0	38.7	480.0

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Mean g/day	Median g/day	P5 g/day	P95 g/day	% Consumption days	On consumption days Mean g/day	Median g/day	P5 g/day	P95 g/day
14-00. Unclassified	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-01. Wine	43.6	0.0	0.0	248.5	19.8	196.0	141.1	66.0	374.1
14-02. Fortified wines (sherry, port, vermouth)	9.6	0.0	0.0	80.0	7.7	116.2	103.8	47.7	226.6
14-03. Beer, cider	13.1	0.0	0.0	0.0	1.5	458.2	426.6	300.0	574.7
14-04. Spirits, brandy	1.4	0.0	0.0	0.0	2.4	56.6	50.0	38.0	88.8
14-05. Aniseed drinks (pastis, ouzo)	0.0	0.0	0.0	0.0	0.0	.	.	.	.
14-06. Liqueurs	2.4	0.0	0.0	25.3	4.1	66.3	54.3	7.1	134.9
15. Condiments and sauces	22.7	14.5	0.0	69.6	62.5	37.7	25.4	2.2	102.4
15-01. Sauces	22.4	14.5	0.0	68.9	59.0	39.2	28.2	3.8	104.4
15-01-00. Unclassified and other sauces	15.8	6.5	0.0	58.8	42.5	40.7	30.4	6.6	104.8
15-01-01. Tomato sauces	2.1	0.0	0.0	2.2	4.0	35.4	10.0	2.2	97.1
15-01-02. Dressing sauces	1.2	0.0	0.0	5.8	11.7	11.1	8.6	2.0	35.0
15-01-03. Mayonnaises and similars	2.8	0.0	0.0	14.9	11.0	25.0	15.5	0.5	74.6
15-01-04. Dessert sauces	0.5	0.0	0.0	0.0	1.4	25.7	17.9	9.0	28.8
15-02. Yeast	0.0	0.0	0.0	0.0	0.3	10.0	10.0	10.0	10.0
15-04. Condiments	0.3	0.0	0.0	2.4	9.6	4.2	2.4	0.3	11.7
16. Soups, bouillon	89.1	0.0	0.0	310.5	32.6	259.1	257.7	75.0	491.6
16-01. Soups	84.6	0.0	0.0	300.1	29.4	268.5	260.8	115.4	492.6
16-02. Bouillon	4.4	0.0	0.0	0.0	4.2	127.0	116.4	4.0	232.2
17. Miscellaneous	8.6	0.0	0.0	50.6	7.3	138.0	100.2	3.0	325.0
17-00. Unclassified	0.1	0.0	0.0	0.0	0.3	84.8	74.6	70.5	92.1
17-01. Soya products	3.9	0.0	0.0	0.0	3.1	189.8	156.3	32.0	353.0
17-02. Dietetic products	1.7	0.0	0.0	0.0	0.9	136.4	5.2	2.0	336.5
17-02-00. Unclassified	1.7	0.0	0.0	0.0	0.4	292.2	257.5	257.5	370.8
17-02-01. Artificial sweeteners	0.0	0.0	0.0	0.0	0.5	3.5	2.0	2.0	5.5
17-03. Snacks	2.9	0.0	0.0	29.5	2.9	87.5	73.6	63.0	134.7

Table 3.1 Average contribution of places of consumption to total food group consumption of the Dutch aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	92.7%	7.3%
02 Vegetables	92.9%	7.1%
03 Legumes	94.8%	5.2%
04 Fruits, nuts and olives	95.3%	4.7%
05 Dairy products	93.6%	6.4%
06 Cereals and cereal product	94.8%	5.2%
07 Meat and meat products	89.1%	10.9%
08 Fish and shellfish	84.4%	15.6%
09 Eggs and egg products	90.6%	9.4%
10 Fat	93.7%	6.3%
11 Sugar and confectionary	89.8%	10.2%
12 Cakes	78.6%	21.4%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	69.0%	31.0%
15 Condiments and sauces	87.8%	12.2%
16 Soups, bouillon	87.0%	13.0%
17 Miscellaneous	76.8%	23.2%

Table 3.2 Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	96.7%	3.3%
02 Vegetables	96.4%	3.6%
03 Legumes	90.5%	9.5%
04 Fruits, nuts and olives	96.4%	3.6%
05 Dairy products	95.2%	4.8%
06 Cereals and cereal product	95.0%	5.0%
07 Meat and meat products	92.6%	7.4%
08 Fish and shellfish	92.3%	7.7%
09 Eggs and egg products	92.4%	7.6%
10 Fat	95.6%	4.4%
11 Sugar and confectionary	90.4%	9.6%
12 Cakes	80.9%	19.1%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	80.3%	19.7%
15 Condiments and sauces	93.3%	6.7%
16 Soups, bouillon	90.0%	10.0%
17 Miscellaneous	76.6%	23.4%

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	90.3%	9.7%
02 Vegetables	90.6%	9.4%
03 Legumes	98.4%	1.6%
04 Fruits, nuts and olives	94.6%	5.4%
05 Dairy products	92.6%	7.4%
06 Cereals and cereal product	94.7%	5.3%
07 Meat and meat products	86.8%	13.2%
08 Fish and shellfish	79.0%	21.0%
09 Eggs and egg products	89.6%	10.4%
10 Fat	92.4%	7.6%
11 Sugar and confectionary	89.5%	10.5%
12 Cakes	77.3%	22.7%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	59.0%	41.0%
15 Condiments and sauces	84.2%	15.8%
16 Soups, bouillon	85.0%	15.0%
17 Miscellaneous	77.0%	23.0%

Table 3.3.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	93.8%	6.2%
02 Vegetables	94.2%	5.8%
03 Legumes	92.8%	7.2%
04 Fruits, nuts and olives	95.4%	4.6%
05 Dairy products	95.5%	4.5%
06 Cereals and cereal product	94.6%	5.4%
07 Meat and meat products	90.0%	10.0%
08 Fish and shellfish	89.9%	10.1%
09 Eggs and egg products	88.4%	11.6%
10 Fat	93.6%	6.4%
11 Sugar and confectionary	90.2%	9.8%
12 Cakes	77.8%	22.2%
13 Non-alcoholic beverages	89.8%	10.2%
14 Alcoholic beverages	74.1%	25.9%
15 Condiments and sauces	89.0%	11.0%
16 Soups, bouillon	89.5%	10.5%
17 Miscellaneous	72.2%	27.8%

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	90.7%	9.3%
02 Vegetables	90.2%	9.8%
03 Legumes	97.8%	2.2%
04 Fruits, nuts and olives	95.2%	4.8%
05 Dairy products	90.1%	9.9%
06 Cereals and cereal product	95.2%	4.8%
07 Meat and meat products	87.5%	12.5%
08 Fish and shellfish	71.9%	28.1%
09 Eggs and egg products	96.1%	3.9%
10 Fat	93.9%	6.1%
11 Sugar and confectionary	89.2%	10.8%
12 Cakes	80.0%	20.0%
13 Non-alcoholic beverages	91.0%	9.0%
14 Alcoholic beverages	58.4%	41.6%
15 Condiments and sauces	85.8%	14.2%
16 Soups, bouillon	81.7%	18.3%
17 Miscellaneous	89.4%	10.6%

Table 3.3.b Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	95.6%	4.4%
02 Vegetables	95.7%	4.3%
03 Legumes	89.2%	10.8%
04 Fruits, nuts and olives	95.8%	4.2%
05 Dairy products	94.5%	5.5%
06 Cereals and cereal product	94.9%	5.1%
07 Meat and meat products	90.8%	9.2%
08 Fish and shellfish	92.9%	7.1%
09 Eggs and egg products	92.1%	7.9%
10 Fat	95.0%	5.0%
11 Sugar and confectionary	90.5%	9.5%
12 Cakes	78.6%	21.4%
13 Non-alcoholic beverages	89.2%	10.8%
14 Alcoholic beverages	77.6%	22.4%
15 Condiments and sauces	91.4%	8.6%
16 Soups, bouillon	92.2%	7.8%
17 Miscellaneous	69.1%	30.9%

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	92.5%	7.5%
02 Vegetables	93.1%	6.9%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	95.0%	5.0%
05 Dairy products	96.4%	3.6%
06 Cereals and cereal product	94.4%	5.6%
07 Meat and meat products	89.4%	10.6%
08 Fish and shellfish	87.4%	12.6%
09 Eggs and egg products	86.0%	14.0%
10 Fat	92.4%	7.6%
11 Sugar and confectionary	90.0%	10.0%
12 Cakes	77.3%	22.7%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	70.1%	29.9%
15 Condiments and sauces	86.9%	13.1%
16 Soups, bouillon	87.2%	12.8%
17 Miscellaneous	74.3%	25.7%

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	99.9%	0.1%
02 Vegetables	98.4%	1.6%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	98.1%	1.9%
05 Dairy products	97.1%	2.9%
06 Cereals and cereal product	95.3%	4.7%
07 Meat and meat products	97.3%	2.7%
08 Fish and shellfish	90.0%	10.0%
09 Eggs and egg products	93.6%	6.4%
10 Fat	97.0%	3.0%
11 Sugar and confectionary	90.1%	9.9%
12 Cakes	86.7%	13.3%
13 Non-alcoholic beverages	92.6%	7.4%
14 Alcoholic beverages	89.9%	10.1%
15 Condiments and sauces	98.2%	1.8%
16 Soups, bouillon	81.9%	18.1%
17 Miscellaneous	90.6%	9.4%

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	86.9%	13.1%
02 Vegetables	86.6%	13.4%
03 Legumes	97.5%	2.5%
04 Fruits, nuts and olives	93.9%	6.1%
05 Dairy products	86.9%	13.1%
06 Cereals and cereal product	95.2%	4.8%
07 Meat and meat products	83.0%	17.0%
08 Fish and shellfish	64.1%	35.9%
09 Eggs and egg products	97.0%	3.0%
10 Fat	92.5%	7.5%
11 Sugar and confectionary	88.8%	11.2%
12 Cakes	77.2%	22.8%
13 Non-alcoholic beverages	90.3%	9.7%
14 Alcoholic beverages	43.8%	56.2%
15 Condiments and sauces	80.4%	19.6%
16 Soups, bouillon	81.6%	18.4%
17 Miscellaneous	87.8%	12.2%

Table 3.4.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	90.9%	9.1%
02 Vegetables	90.0%	10.0%
03 Legumes	97.5%	2.5%
04 Fruits, nuts and olives	95.3%	4.7%
05 Dairy products	94.6%	5.4%
06 Cereals and cereal product	95.1%	4.9%
07 Meat and meat products	87.6%	12.4%
08 Fish and shellfish	86.7%	13.3%
09 Eggs and egg products	87.7%	12.3%
10 Fat	94.1%	5.9%
11 Sugar and confectionary	91.9%	8.1%
12 Cakes	80.1%	19.9%
13 Non-alcoholic beverages	90.9%	9.1%
14 Alcoholic beverages	66.9%	33.1%
15 Condiments and sauces	84.4%	15.6%
16 Soups, bouillon	86.4%	13.6%
17 Miscellaneous	75.4%	24.6%

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	92.7%	7.3%
02 Vegetables	95.2%	4.8%
03 Legumes	92.0%	8.0%
04 Fruits, nuts and olives	95.0%	5.0%
05 Dairy products	91.8%	8.2%
06 Cereals and cereal product	96.4%	3.6%
07 Meat and meat products	89.9%	10.1%
08 Fish and shellfish	74.0%	26.0%
09 Eggs and egg products	96.8%	3.2%
10 Fat	94.4%	5.6%
11 Sugar and confectionary	91.3%	8.7%
12 Cakes	76.4%	23.6%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	59.7%	40.3%
15 Condiments and sauces	89.7%	10.3%
16 Soups, bouillon	89.7%	10.3%
17 Miscellaneous	82.1%	17.9%

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	97.1%	2.9%
02 Vegetables	93.5%	6.5%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	95.0%	5.0%
05 Dairy products	94.7%	5.3%
06 Cereals and cereal product	90.7%	9.3%
07 Meat and meat products	90.6%	9.4%
08 Fish and shellfish	93.2%	6.8%
09 Eggs and egg products	92.6%	7.4%
10 Fat	91.9%	8.1%
11 Sugar and confectionary	82.6%	17.4%
12 Cakes	78.2%	21.8%
13 Non-alcoholic beverages	88.6%	11.4%
14 Alcoholic beverages	81.7%	18.3%
15 Condiments and sauces	88.1%	11.9%
16 Soups, bouillon	80.0%	20.0%
17 Miscellaneous	75.1%	24.9%

Table 3.4.b Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	97.8%	2.2%
02 Vegetables	96.2%	3.8%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	96.0%	4.0%
05 Dairy products	97.4%	2.6%
06 Cereals and cereal product	95.8%	4.2%
07 Meat and meat products	93.7%	6.3%
08 Fish and shellfish	82.9%	17.1%
09 Eggs and egg products	89.6%	10.4%
10 Fat	96.0%	4.0%
11 Sugar and confectionary	94.6%	5.4%
12 Cakes	83.0%	17.0%
13 Non-alcoholic beverages	91.3%	8.7%
14 Alcoholic beverages	72.8%	27.2%
15 Condiments and sauces	91.5%	8.5%
16 Soups, bouillon	95.3%	4.7%
17 Miscellaneous	80.4%	19.6%

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	96.0%	4.0%
02 Vegetables	97.0%	3.0%
03 Legumes	78.1%	21.9%
04 Fruits, nuts and olives	96.2%	3.8%
05 Dairy products	93.6%	6.4%
06 Cereals and cereal product	95.2%	4.8%
07 Meat and meat products	91.0%	9.0%
08 Fish and shellfish	95.4%	4.6%
09 Eggs and egg products	94.8%	5.2%
10 Fat	94.9%	5.1%
11 Sugar and confectionary	90.6%	9.4%
12 Cakes	80.4%	19.6%
13 Non-alcoholic beverages	88.7%	11.3%
14 Alcoholic beverages	77.2%	22.8%
15 Condiments and sauces	92.2%	7.8%
16 Soups, bouillon	90.7%	9.3%
17 Miscellaneous	62.5%	37.5%

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	97.7%	2.3%
02 Vegetables	96.4%	3.6%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	96.7%	3.3%
05 Dairy products	95.5%	4.5%
06 Cereals and cereal product	93.2%	6.8%
07 Meat and meat products	93.4%	6.6%
08 Fish and shellfish	93.2%	6.8%
09 Eggs and egg products	99.1%	0.9%
10 Fat	96.5%	3.5%
11 Sugar and confectionary	84.2%	15.8%
12 Cakes	77.7%	22.3%
13 Non-alcoholic beverages	90.9%	9.1%
14 Alcoholic beverages	88.1%	11.9%
15 Condiments and sauces	95.4%	4.6%
16 Soups, bouillon	76.3%	23.7%
17 Miscellaneous	92.1%	7.9%

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	88.1%	11.9%
02 Vegetables	87.5%	12.5%
03 Legumes	93.8%	6.2%
04 Fruits, nuts and olives	95.1%	4.9%
05 Dairy products	93.4%	6.6%
06 Cereals and cereal product	94.9%	5.1%
07 Meat and meat products	85.0%	15.0%
08 Fish and shellfish	88.4%	11.6%
09 Eggs and egg products	87.2%	12.8%
10 Fat	93.4%	6.6%
11 Sugar and confectionary	90.8%	9.2%
12 Cakes	79.0%	21.0%
13 Non-alcoholic beverages	90.7%	9.3%
14 Alcoholic beverages	63.0%	37.0%
15 Condiments and sauces	81.4%	18.6%
16 Soups, bouillon	82.9%	17.1%
17 Miscellaneous	71.9%	28.1%

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	90.9%	9.1%
02 Vegetables	94.1%	5.9%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	94.2%	5.8%
05 Dairy products	90.7%	9.3%
06 Cereals and cereal product	97.1%	2.9%

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
07 Meat and meat products	89.3%	10.7%
08 Fish and shellfish	65.0%	35.0%
09 Eggs and egg products	98.1%	1.9%
10 Fat	94.1%	5.9%
11 Sugar and confectionary	91.7%	8.3%
12 Cakes	74.1%	25.9%
13 Non-alcoholic beverages	91.1%	8.9%
14 Alcoholic beverages	48.1%	51.9%
15 Condiments and sauces	88.3%	11.7%
16 Soups, bouillon	89.0%	11.0%
17 Miscellaneous	97.6%	2.4%

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	96.5%	3.5%
02 Vegetables	90.8%	9.2%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	93.7%	6.3%
05 Dairy products	94.0%	6.0%
06 Cereals and cereal product	88.5%	11.5%
07 Meat and meat products	88.0%	12.0%
08 Fish and shellfish	93.2%	6.8%
09 Eggs and egg products	83.4%	16.6%
10 Fat	87.7%	12.3%
11 Sugar and confectionary	81.1%	18.9%
12 Cakes	78.7%	21.3%
13 Non-alcoholic beverages	86.4%	13.6%
14 Alcoholic beverages	75.5%	24.5%
15 Condiments and sauces	80.2%	19.8%
16 Soups, bouillon	84.7%	15.3%
17 Miscellaneous	61.8%	38.2%

Table 3.5.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	95.7%	4.3%
02 Vegetables	93.8%	6.2%
03 Legumes	84.3%	15.7%
04 Fruits, nuts and olives	96.6%	3.4%
05 Dairy products	90.8%	9.2%
06 Cereals and cereal product	95.5%	4.5%
07 Meat and meat products	88.0%	12.0%
08 Fish and shellfish	80.4%	19.6%
09 Eggs and egg products	92.4%	7.6%
10 Fat	91.5%	8.5%
11 Sugar and confectionary	91.6%	8.4%
12 Cakes	73.3%	26.7%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	62.6%	37.4%
15 Condiments and sauces	88.8%	11.2%
16 Soups, bouillon	90.8%	9.2%
17 Miscellaneous	81.5%	18.5%

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	91.6%	8.4%
02 Vegetables	92.5%	7.5%
03 Legumes	98.3%	1.7%
04 Fruits, nuts and olives	94.8%	5.2%
05 Dairy products	95.6%	4.4%
06 Cereals and cereal product	94.6%	5.4%
07 Meat and meat products	89.6%	10.4%
08 Fish and shellfish	86.9%	13.1%
09 Eggs and egg products	90.0%	10.0%
10 Fat	95.0%	5.0%
11 Sugar and confectionary	89.6%	10.4%
12 Cakes	80.5%	19.5%
13 Non-alcoholic beverages	90.2%	9.8%
14 Alcoholic beverages	72.1%	27.9%
15 Condiments and sauces	88.1%	11.9%
16 Soups, bouillon	84.2%	15.8%
17 Miscellaneous	76.0%	24.0%

Table 3.5.b Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	97.3%	2.7%
02 Vegetables	94.9%	5.1%
03 Legumes	79.4%	20.6%
04 Fruits, nuts and olives	94.0%	6.0%
05 Dairy products	93.7%	6.3%
06 Cereals and cereal product	94.0%	6.0%
07 Meat and meat products	92.5%	7.5%
08 Fish and shellfish	93.9%	6.1%
09 Eggs and egg products	87.0%	13.0%
10 Fat	94.1%	5.9%
11 Sugar and confectionary	92.1%	7.9%
12 Cakes	82.2%	17.8%
13 Non-alcoholic beverages	92.0%	8.0%
14 Alcoholic beverages	86.0%	14.0%
15 Condiments and sauces	91.9%	8.1%
16 Soups, bouillon	91.5%	8.5%
17 Miscellaneous	84.0%	16.0%

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	97.8%	2.2%
02 Vegetables	97.1%	2.9%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	97.9%	2.1%
05 Dairy products	96.7%	3.3%
06 Cereals and cereal product	95.4%	4.6%
07 Meat and meat products	93.5%	6.5%
08 Fish and shellfish	92.5%	7.5%
09 Eggs and egg products	94.7%	5.3%
10 Fat	96.8%	3.2%
11 Sugar and confectionary	90.5%	9.5%
12 Cakes	81.2%	18.8%
13 Non-alcoholic beverages	89.5%	10.5%
14 Alcoholic beverages	78.0%	22.0%
15 Condiments and sauces	95.9%	4.1%
16 Soups, bouillon	89.7%	10.3%
17 Miscellaneous	81.1%	18.9%

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	94.6%	5.4%
02 Vegetables	93.2%	6.8%
03 Legumes	100.0%	0.0%
04 Fruits, nuts and olives	98.1%	1.9%
05 Dairy products	88.9%	11.1%
06 Cereals and cereal product	96.4%	3.6%
07 Meat and meat products	85.1%	14.9%
08 Fish and shellfish	68.3%	31.7%
09 Eggs and egg products	95.5%	4.5%
10 Fat	90.0%	10.0%
11 Sugar and confectionary	91.3%	8.7%
12 Cakes	68.2%	31.8%
13 Non-alcoholic beverages	89.1%	10.9%
14 Alcoholic beverages	47.1%	52.9%
15 Condiments and sauces	87.0%	13.0%
16 Soups, bouillon	90.3%	9.7%
17 Miscellaneous	79.5%	20.5%

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	At home mean%	Not at home mean%
01 Potatoes and other tubers	87.7%	12.3%
02 Vegetables	89.3%	10.7%
03 Legumes	96.7%	3.3%
04 Fruits, nuts and olives	92.7%	7.3%
05 Dairy products	94.8%	5.2%
06 Cereals and cereal product	94.1%	5.9%
07 Meat and meat products	86.8%	13.2%
08 Fish and shellfish	83.6%	16.4%
09 Eggs and egg products	87.3%	12.7%
10 Fat	93.7%	6.3%
11 Sugar and confectionary	89.0%	11.0%
12 Cakes	80.0%	20.0%
13 Non-alcoholic beverages	90.7%	9.3%
14 Alcoholic beverages	65.9%	34.1%
15 Condiments and sauces	82.3%	17.7%
16 Soups, bouillon	80.2%	19.8%
17 Miscellaneous	72.2%	27.8%

Table 4.1 Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Total Population (n=739)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.1%	28.1%	71.7%	0.1%
02 Vegetables	1.2%	27.7%	69.1%	1.9%
03 Legumes	0.0%	50.5%	48.4%	1.1%
04 Fruits, nuts and olives	9.8%	18.9%	17.9%	53.4%
05 Dairy products	16.3%	31.7%	27.0%	24.9%
06 Cereals and cereal product	31.9%	35.7%	26.2%	6.1%
07 Meat and meat products	3.8%	33.2%	59.6%	3.5%
08 Fish and shellfish	0.5%	30.6%	58.8%	10.1%
09 Eggs and egg products	19.8%	31.0%	43.8%	5.4%
10 Fat	27.6%	33.8%	34.2%	4.3%
11 Sugar and confectionary	35.5%	12.2%	13.5%	38.8%
12 Cakes	7.1%	3.7%	1.5%	87.7%
13 Non-alcoholic beverages	22.1%	7.0%	6.4%	64.5%
14 Alcoholic beverages	0.0%	2.6%	20.4%	77.0%
15 Condiments and sauces	1.6%	27.4%	66.4%	4.6%
16 Soups, bouillon	0.0%	46.6%	41.2%	12.2%
17 Miscellaneous	2.9%	19.4%	43.6%	34.0%

Table 4.2.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults (n=373)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.2%	21.7%	78.1%	0.1%
02 Vegetables	2.4%	22.4%	73.8%	1.4%
03 Legumes	0.0%	34.5%	63.8%	1.7%
04 Fruits, nuts and olives	8.7%	24.3%	19.0%	48.0%
05 Dairy products	20.1%	31.8%	29.5%	18.5%
06 Cereals and cereal product	32.2%	37.0%	25.1%	5.6%
07 Meat and meat products	6.0%	30.2%	59.4%	4.4%
08 Fish and shellfish	0.9%	31.9%	56.2%	11.0%
09 Eggs and egg products	22.6%	23.7%	46.4%	7.2%
10 Fat	28.6%	33.5%	34.6%	3.3%
11 Sugar and confectionary	34.5%	13.1%	12.9%	39.5%
12 Cakes	8.0%	4.7%	0.7%	86.6%
13 Non-alcoholic beverages	21.8%	6.3%	6.6%	65.3%
14 Alcoholic beverages	0.0%	2.2%	20.8%	77.1%
15 Condiments and sauces	3.6%	23.7%	68.4%	4.3%
16 Soups, bouillon	0.0%	38.8%	48.2%	13.0%
17 Miscellaneous	2.1%	12.7%	60.2%	25.1%

Group=Female older adults (n=366)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	32.0%	67.9%	0.2%
02 Vegetables	0.5%	31.2%	66.1%	2.3%
03 Legumes	0.0%	64.4%	35.1%	0.6%
04 Fruits, nuts and olives	10.5%	15.5%	17.2%	56.8%
05 Dairy products	13.8%	31.7%	25.3%	29.2%
06 Cereals and cereal product	31.7%	34.9%	27.0%	6.5%
07 Meat and meat products	2.3%	35.2%	59.7%	2.8%
08 Fish and shellfish	0.2%	29.8%	60.5%	9.5%
09 Eggs and egg products	18.2%	35.0%	42.3%	4.5%
10 Fat	27.0%	34.0%	34.0%	5.0%
11 Sugar and confectionary	36.1%	11.6%	14.0%	38.4%
12 Cakes	6.5%	3.2%	1.9%	88.4%
13 Non-alcoholic beverages	22.3%	7.5%	6.3%	63.9%
14 Alcoholic beverages	0.0%	2.9%	20.1%	77.0%
15 Condiments and sauces	0.3%	29.9%	65.1%	4.8%
16 Soups, bouillon	0.0%	51.8%	36.6%	11.6%
17 Miscellaneous	3.7%	24.8%	30.4%	41.2%

Table 4.3.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by age (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - 70-79 years (n=514)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	26.5%	73.4%	0.1%
02 Vegetables	1.0%	26.0%	70.2%	2.7%
03 Legumes	0.0%	40.4%	58.4%	1.3%
04 Fruits, nuts and olives	8.4%	18.6%	17.1%	55.8%
05 Dairy products	17.6%	31.6%	27.0%	23.8%
06 Cereals and cereal product	32.0%	35.8%	25.7%	6.5%
07 Meat and meat products	3.9%	32.8%	59.5%	3.8%
08 Fish and shellfish	0.2%	32.8%	60.4%	6.7%
09 Eggs and egg products	17.2%	34.0%	43.3%	5.5%
10 Fat	26.9%	33.7%	35.4%	4.1%
11 Sugar and confectionary	35.4%	13.2%	13.7%	37.7%
12 Cakes	8.5%	4.1%	1.3%	86.1%
13 Non-alcoholic beverages	22.0%	6.5%	6.2%	65.3%
14 Alcoholic beverages	0.0%	2.2%	23.1%	74.7%
15 Condiments and sauces	1.1%	26.4%	67.9%	4.6%
16 Soups, bouillon	0.0%	40.7%	46.0%	13.3%
17 Miscellaneous	4.0%	21.3%	33.3%	41.4%

Group=Older adults - 80 years and older (n=225)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.2%	31.1%	68.6%	0.1%
02 Vegetables	1.6%	30.9%	67.0%	0.4%
03 Legumes	0.0%	66.7%	32.6%	0.7%
04 Fruits, nuts and olives	12.3%	19.5%	19.2%	48.9%
05 Dairy products	14.0%	32.0%	27.0%	27.0%
06 Cereals and cereal product	31.8%	35.5%	27.2%	5.5%
07 Meat and meat products	3.6%	33.8%	59.7%	2.9%
08 Fish and shellfish	1.2%	25.8%	55.1%	17.9%
09 Eggs and egg products	26.1%	23.7%	45.0%	5.2%
10 Fat	29.0%	34.1%	32.2%	4.7%
11 Sugar and confectionary	35.7%	10.4%	13.2%	40.7%
12 Cakes	4.6%	3.0%	1.8%	90.6%
13 Non-alcoholic beverages	22.3%	8.0%	6.8%	62.9%
14 Alcoholic beverages	0.0%	3.3%	14.9%	81.7%
15 Condiments and sauces	2.4%	29.2%	63.8%	4.6%
16 Soups, bouillon	0.0%	59.0%	31.2%	9.8%
17 Miscellaneous	0.2%	14.1%	71.8%	13.9%

Table 4.3.b Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by age and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - 70-79 years (n=270)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	20.0%	79.9%	0.1%
02 Vegetables	1.5%	20.8%	76.1%	1.6%
03 Legumes	0.0%	37.4%	60.7%	1.9%
04 Fruits, nuts and olives	8.0%	24.7%	17.6%	49.7%
05 Dairy products	18.8%	34.9%	28.2%	18.0%
06 Cereals and cereal product	31.5%	35.2%	26.6%	6.7%
07 Meat and meat products	4.9%	29.2%	61.6%	4.3%
08 Fish and shellfish	0.0%	34.5%	53.1%	12.4%
09 Eggs and egg products	26.0%	23.0%	46.3%	4.7%
10 Fat	27.9%	32.5%	36.1%	3.6%
11 Sugar and confectionary	35.1%	12.6%	13.4%	38.9%
12 Cakes	7.6%	4.8%	0.6%	87.0%
13 Non-alcoholic beverages	21.8%	5.3%	6.2%	66.7%
14 Alcoholic beverages	0.0%	1.9%	21.9%	76.1%
15 Condiments and sauces	1.9%	22.5%	70.0%	5.6%
16 Soups, bouillon	0.0%	37.2%	48.1%	14.7%
17 Miscellaneous	3.2%	8.0%	60.6%	28.2%

Group=Male older adults - 80 years and older (n=103)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	31.3%	68.5%	0.2%
02 Vegetables	0.7%	30.1%	65.6%	3.5%
03 Legumes	0.0%	46.1%	53.8%	0.1%
04 Fruits, nuts and olives	8.8%	14.0%	16.8%	60.4%
05 Dairy products	16.6%	28.9%	26.0%	28.4%
06 Cereals and cereal product	32.3%	36.4%	25.0%	6.3%
07 Meat and meat products	3.1%	35.8%	57.8%	3.3%
08 Fish and shellfish	0.3%	31.3%	66.5%	1.9%
09 Eggs and egg products	11.5%	41.1%	41.3%	6.1%
10 Fat	26.1%	34.6%	34.8%	4.5%
11 Sugar and confectionary	35.6%	13.7%	14.0%	36.8%
12 Cakes	9.1%	3.6%	1.8%	85.4%
13 Non-alcoholic beverages	22.1%	7.5%	6.2%	64.1%
14 Alcoholic beverages	0.0%	2.5%	24.4%	73.0%
15 Condiments and sauces	0.4%	29.7%	66.0%	3.9%
16 Soups, bouillon	0.0%	43.8%	44.1%	12.1%
17 Miscellaneous	4.5%	29.9%	15.6%	50.0%

Group=Female older adults - 70-79 years (n=244)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.8%	26.1%	73.1%	0.0%
02 Vegetables	5.0%	26.6%	67.6%	0.8%
03 Legumes	0.0%	14.2%	85.8%	0.0%
04 Fruits, nuts and olives	10.5%	23.3%	22.7%	43.5%
05 Dairy products	23.6%	23.5%	33.0%	19.9%
06 Cereals and cereal product	34.1%	42.0%	21.1%	2.8%
07 Meat and meat products	9.1%	32.8%	53.5%	4.6%
08 Fish and shellfish	3.9%	22.9%	67.0%	6.3%
09 Eggs and egg products	9.9%	26.5%	47.0%	16.6%
10 Fat	30.4%	36.2%	30.6%	2.7%
11 Sugar and confectionary	33.1%	14.4%	11.6%	40.8%
12 Cakes	9.2%	4.4%	0.9%	85.5%
13 Non-alcoholic beverages	22.0%	8.9%	7.6%	61.5%
14 Alcoholic beverages	0.0%	3.1%	16.6%	80.3%
15 Condiments and sauces	8.0%	27.0%	63.9%	1.1%
16 Soups, bouillon	0.0%	44.9%	48.4%	6.7%
17 Miscellaneous	0.0%	21.2%	59.5%	19.3%

Group=Female older adults - 80 years and older (n=122)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	33.1%	66.8%	0.1%
02 Vegetables	0.1%	32.9%	66.7%	0.3%
03 Legumes	0.0%	76.1%	23.1%	0.8%
04 Fruits, nuts and olives	13.1%	17.9%	17.7%	51.3%
05 Dairy products	9.6%	35.9%	24.3%	30.3%
06 Cereals and cereal product	30.8%	32.6%	29.9%	6.7%
07 Meat and meat products	1.1%	34.3%	62.5%	2.1%
08 Fish and shellfish	0.0%	27.0%	50.0%	22.9%
09 Eggs and egg products	31.8%	22.7%	44.3%	1.2%
10 Fat	28.4%	33.1%	32.8%	5.6%
11 Sugar and confectionary	36.9%	8.5%	14.0%	40.6%
12 Cakes	2.7%	2.5%	2.1%	92.6%
13 Non-alcoholic beverages	22.5%	7.6%	6.4%	63.6%
14 Alcoholic beverages	0.0%	3.4%	14.2%	82.4%
15 Condiments and sauces	0.0%	30.2%	63.7%	6.1%
16 Soups, bouillon	0.0%	64.1%	25.0%	10.9%
17 Miscellaneous	0.4%	4.3%	88.8%	6.5%

Table 4.4.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by educational level (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Low education (n=293)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	40.6%	59.3%	0.1%
02 Vegetables	0.7%	39.0%	57.0%	3.2%
03 Legumes	0.0%	60.8%	38.4%	0.8%
04 Fruits, nuts and olives	7.8%	16.2%	14.9%	61.2%
05 Dairy products	14.4%	29.2%	29.4%	27.0%
06 Cereals and cereal product	34.5%	30.8%	29.0%	5.7%
07 Meat and meat products	3.5%	40.6%	53.0%	2.9%
08 Fish and shellfish	0.9%	35.9%	51.8%	11.5%
09 Eggs and egg products	14.9%	35.1%	41.0%	9.0%
10 Fat	28.3%	28.4%	38.2%	5.1%
11 Sugar and confectionary	38.8%	14.2%	16.6%	30.4%
12 Cakes	7.8%	3.8%	1.7%	86.8%
13 Non-alcoholic beverages	21.9%	7.8%	7.1%	63.1%
14 Alcoholic beverages	0.0%	1.5%	12.2%	86.3%
15 Condiments and sauces	0.2%	39.5%	56.7%	3.7%
16 Soups, bouillon	0.0%	54.3%	37.8%	7.9%
17 Miscellaneous	2.1%	19.5%	43.8%	34.5%

Group=Older adults - Moderate education (n=250)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	22.9%	77.0%	0.1%
02 Vegetables	0.9%	23.9%	74.1%	1.1%
03 Legumes	0.0%	60.1%	39.9%	0.0%
04 Fruits, nuts and olives	11.4%	16.9%	19.0%	52.8%
05 Dairy products	15.7%	34.4%	25.9%	24.0%
06 Cereals and cereal product	31.7%	38.4%	23.7%	6.2%
07 Meat and meat products	2.8%	29.3%	65.0%	2.9%
08 Fish and shellfish	0.5%	33.6%	53.8%	12.0%
09 Eggs and egg products	22.8%	28.4%	47.3%	1.4%
10 Fat	28.2%	36.2%	32.0%	3.7%
11 Sugar and confectionary	35.9%	10.7%	11.2%	42.2%
12 Cakes	4.9%	3.0%	1.5%	90.6%
13 Non-alcoholic beverages	22.2%	7.0%	5.9%	64.9%
14 Alcoholic beverages	0.0%	3.5%	16.9%	79.7%
15 Condiments and sauces	1.2%	21.3%	71.9%	5.6%
16 Soups, bouillon	0.0%	45.7%	38.5%	15.8%
17 Miscellaneous	4.9%	20.7%	54.4%	20.0%

Group=Older adults - High education (n=156)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	14.0%	85.7%	0.3%
02 Vegetables	1.6%	17.2%	80.1%	1.1%
03 Legumes	0.0%	7.7%	92.3%	0.0%
04 Fruits, nuts and olives	11.6%	20.2%	21.8%	46.3%
05 Dairy products	20.5%	28.9%	24.7%	25.8%
06 Cereals and cereal product	28.2%	41.3%	22.9%	7.7%
07 Meat and meat products	4.5%	25.4%	63.3%	6.8%
08 Fish and shellfish	0.0%	27.4%	64.1%	8.5%
09 Eggs and egg products	29.5%	24.3%	41.4%	4.8%
10 Fat	25.2%	37.8%	33.2%	3.8%
11 Sugar and confectionary	31.0%	11.1%	12.1%	45.9%
12 Cakes	9.3%	4.8%	1.0%	84.9%
13 Non-alcoholic beverages	23.3%	5.7%	6.2%	64.8%
14 Alcoholic beverages	0.0%	3.2%	25.0%	71.8%
15 Condiments and sauces	0.8%	16.1%	77.0%	6.1%
16 Soups, bouillon	0.0%	37.2%	39.7%	23.1%
17 Miscellaneous	2.2%	16.4%	33.6%	47.8%

Table 4.4.b Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by educational level and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - Low Education (n=124)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	36.4%	63.5%	0.1%
02 Vegetables	1.8%	37.6%	58.4%	2.3%
03 Legumes	0.0%	66.1%	33.9%	0.0%
04 Fruits, nuts and olives	7.2%	22.6%	14.5%	55.7%
05 Dairy products	23.1%	28.8%	28.8%	19.3%
06 Cereals and cereal product	39.3%	27.8%	27.8%	5.1%
07 Meat and meat products	6.6%	39.9%	51.8%	1.8%
08 Fish and shellfish	1.5%	21.9%	59.1%	17.4%
09 Eggs and egg products	25.8%	20.4%	39.4%	14.4%
10 Fat	30.2%	26.5%	39.4%	3.9%
11 Sugar and confectionary	38.1%	12.4%	16.9%	32.6%
12 Cakes	6.2%	4.8%	1.0%	88.1%
13 Non-alcoholic beverages	21.7%	8.1%	8.0%	62.2%
14 Alcoholic beverages	0.0%	1.4%	12.0%	86.6%
15 Condiments and sauces	0.7%	34.7%	61.4%	3.2%
16 Soups, bouillon	0.0%	50.6%	37.4%	12.0%
17 Miscellaneous	3.9%	5.7%	81.2%	9.2%

Group=Male older adults - Moderate Education (n=129)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	20.7%	79.3%	0.0%
02 Vegetables	1.5%	22.2%	74.6%	1.6%
03 Legumes	0.0%	9.7%	90.3%	0.0%
04 Fruits, nuts and olives	11.3%	15.0%	19.3%	54.4%
05 Dairy products	15.7%	31.8%	32.9%	19.6%
06 Cereals and cereal product	31.7%	41.5%	21.6%	5.1%
07 Meat and meat products	3.7%	28.5%	61.8%	6.0%
08 Fish and shellfish	1.8%	55.6%	32.8%	9.8%
09 Eggs and egg products	11.3%	33.9%	51.3%	3.6%
10 Fat	26.9%	34.4%	36.7%	2.0%
11 Sugar and confectionary	34.5%	12.8%	12.1%	40.7%
12 Cakes	6.9%	3.3%	0.1%	89.7%
13 Non-alcoholic beverages	21.1%	5.3%	5.5%	68.1%
14 Alcoholic beverages	0.0%	2.2%	10.0%	87.9%
15 Condiments and sauces	2.5%	24.3%	69.0%	4.2%
16 Soups, bouillon	0.0%	39.9%	47.3%	12.7%
17 Miscellaneous	2.3%	8.0%	61.8%	27.9%

Group=Male older adults - High Education (n=86)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	10.0%	89.9%	0.1%
02 Vegetables	3.0%	13.2%	83.2%	0.6%
03 Legumes	0.0%	8.8%	91.2%	0.0%
04 Fruits, nuts and olives	5.7%	27.0%	23.8%	43.6%
05 Dairy products	23.7%	29.1%	28.9%	18.4%
06 Cereals and cereal product	26.9%	41.6%	23.3%	8.2%
07 Meat and meat products	6.1%	21.2%	64.9%	7.8%
08 Fish and shellfish	0.0%	36.4%	49.1%	14.5%
09 Eggs and egg products	37.4%	14.6%	40.5%	7.5%
10 Fat	28.2%	36.7%	31.1%	4.0%
11 Sugar and confectionary	35.0%	16.0%	10.1%	38.9%
12 Cakes	12.1%	5.9%	1.3%	80.7%
13 Non-alcoholic beverages	24.3%	6.2%	7.2%	62.4%
14 Alcoholic beverages	0.0%	4.5%	18.3%	77.2%
15 Condiments and sauces	1.5%	12.0%	77.6%	8.9%
16 Soups, bouillon	0.0%	34.3%	41.1%	24.7%
17 Miscellaneous	0.0%	21.0%	41.3%	37.7%

Group=Female older adults - Low Education (n=169)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	42.2%	57.6%	0.1%
02 Vegetables	0.2%	39.6%	56.5%	3.6%
03 Legumes	0.0%	52.9%	45.0%	2.0%
04 Fruits, nuts and olives	8.0%	13.7%	15.0%	63.3%
05 Dairy products	10.7%	29.4%	29.7%	30.2%
06 Cereals and cereal product	32.5%	32.0%	29.5%	5.9%
07 Meat and meat products	2.2%	40.9%	53.5%	3.4%
08 Fish and shellfish	0.6%	42.3%	48.4%	8.7%
09 Eggs and egg products	11.9%	39.2%	41.4%	7.4%
10 Fat	27.5%	29.2%	37.7%	5.6%
11 Sugar and confectionary	39.0%	15.0%	16.5%	29.5%
12 Cakes	8.4%	3.4%	2.0%	86.3%
13 Non-alcoholic beverages	22.0%	7.7%	6.8%	63.5%
14 Alcoholic beverages	0.0%	1.6%	12.3%	86.1%
15 Condiments and sauces	0.0%	41.5%	54.7%	3.9%
16 Soups, bouillon	0.0%	55.8%	37.9%	6.3%
17 Miscellaneous	0.9%	29.1%	17.8%	52.2%

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	24.1%	75.8%	0.1%
02 Vegetables	0.4%	25.0%	73.8%	0.8%
03 Legumes	0.0%	89.0%	11.0%	0.0%
04 Fruits, nuts and olives	11.4%	18.1%	18.8%	51.8%
05 Dairy products	15.7%	36.1%	21.5%	26.7%
06 Cereals and cereal product	31.7%	36.4%	25.0%	6.9%

Group=Female older adults - Moderate Education (n=121)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
07 Meat and meat products	2.2%	29.8%	67.1%	0.9%
08 Fish and shellfish	0.0%	24.4%	62.7%	12.9%
09 Eggs and egg products	30.5%	24.8%	44.7%	0.0%
10 Fat	29.0%	37.3%	29.0%	4.7%
11 Sugar and confectionary	36.7%	9.5%	10.6%	43.2%
12 Cakes	3.8%	2.8%	2.3%	91.2%
13 Non-alcoholic beverages	22.9%	8.1%	6.1%	62.9%
14 Alcoholic beverages	0.0%	4.3%	21.5%	74.2%
15 Condiments and sauces	0.4%	19.6%	73.5%	6.5%
16 Soups, bouillon	0.0%	49.8%	32.3%	17.9%
17 Miscellaneous	6.9%	30.7%	48.6%	13.8%

Group=Female older adults - High Education (n=70)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	17.7%	81.9%	0.4%
02 Vegetables	0.3%	21.0%	77.2%	1.6%
03 Legumes	0.0%	6.7%	93.3%	0.0%
04 Fruits, nuts and olives	16.3%	14.9%	20.3%	48.4%
05 Dairy products	17.6%	28.9%	20.9%	32.6%
06 Cereals and cereal product	29.4%	41.0%	22.4%	7.2%
07 Meat and meat products	3.0%	29.4%	61.8%	5.8%
08 Fish and shellfish	0.0%	19.2%	77.8%	3.0%
09 Eggs and egg products	18.2%	38.2%	42.8%	0.8%
10 Fat	22.5%	38.9%	35.1%	3.5%
11 Sugar and confectionary	27.3%	6.6%	13.9%	52.2%
12 Cakes	6.4%	3.7%	0.8%	89.1%
13 Non-alcoholic beverages	22.3%	5.3%	5.3%	67.1%
14 Alcoholic beverages	0.0%	1.9%	31.5%	66.6%
15 Condiments and sauces	0.0%	20.6%	76.4%	3.0%
16 Soups, bouillon	0.0%	40.9%	38.0%	21.1%
17 Miscellaneous	3.9%	12.8%	27.6%	55.8%

Table 4.5.a Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by BMI category (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Older adults - Under and normal weight (n=186)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.3%	17.8%	81.7%	0.2%
02 Vegetables	1.6%	19.2%	78.3%	0.8%
03 Legumes	0.0%	61.9%	35.3%	2.8%
04 Fruits, nuts and olives	11.6%	17.6%	15.0%	55.8%
05 Dairy products	18.4%	35.7%	19.2%	26.8%
06 Cereals and cereal product	29.6%	35.8%	28.0%	6.5%
07 Meat and meat products	2.7%	28.4%	67.0%	2.0%
08 Fish and shellfish	0.0%	12.6%	67.7%	19.7%
09 Eggs and egg products	13.5%	27.0%	54.0%	5.5%
10 Fat	28.3%	35.8%	31.3%	4.6%
11 Sugar and confectionary	38.3%	11.9%	10.7%	39.1%
12 Cakes	7.2%	2.6%	1.1%	89.1%
13 Non-alcoholic beverages	21.3%	7.9%	6.6%	64.1%
14 Alcoholic beverages	0.0%	1.8%	26.0%	72.2%
15 Condiments and sauces	2.8%	23.1%	67.2%	6.9%
16 Soups, bouillon	0.0%	44.7%	37.1%	18.3%
17 Miscellaneous	2.4%	12.4%	44.3%	40.9%

Group=Older adults - Overweight and obese (n=523)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	32.2%	67.7%	0.1%
02 Vegetables	1.1%	30.9%	65.5%	2.5%
03 Legumes	0.0%	34.8%	64.6%	0.6%
04 Fruits, nuts and olives	9.0%	18.8%	19.6%	52.6%
05 Dairy products	15.3%	31.2%	30.4%	23.1%
06 Cereals and cereal product	32.7%	35.7%	25.8%	5.8%
07 Meat and meat products	4.3%	34.3%	57.2%	4.2%
08 Fish and shellfish	0.7%	36.1%	56.7%	6.5%
09 Eggs and egg products	21.8%	31.7%	41.1%	5.4%
10 Fat	27.3%	32.8%	35.9%	4.0%
11 Sugar and confectionary	34.7%	12.2%	15.0%	38.0%
12 Cakes	7.2%	3.7%	1.7%	87.4%
13 Non-alcoholic beverages	22.3%	6.4%	6.0%	65.3%
14 Alcoholic beverages	0.0%	2.5%	17.8%	79.6%
15 Condiments and sauces	1.1%	30.8%	64.5%	3.6%
16 Soups, bouillon	0.0%	46.6%	44.3%	9.1%
17 Miscellaneous	3.8%	26.6%	37.8%	31.9%

Table 4.5.b Average contribution of places of consumption to total food group consumption of Dutch adults aged 70 years and older stratified by BMI category and gender (DNFCS-Older adults 2010-2012), weighted for socio-demographic factors, season and day of the week.

Group=Male older adults - under and normal weight (n=84)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.7%	14.8%	84.4%	0.1%
02 Vegetables	2.8%	14.6%	81.5%	1.1%
03 Legumes	0.0%	56.5%	39.9%	3.6%
04 Fruits, nuts and olives	9.0%	35.4%	17.3%	38.4%
05 Dairy products	23.6%	35.9%	20.3%	20.2%
06 Cereals and cereal product	30.3%	36.4%	28.2%	5.1%
07 Meat and meat products	4.0%	31.6%	61.1%	3.3%
08 Fish and shellfish	0.0%	5.6%	83.3%	11.2%
09 Eggs and egg products	19.0%	16.1%	50.7%	14.3%
10 Fat	25.4%	34.2%	36.7%	3.7%
11 Sugar and confectionary	34.8%	17.4%	11.0%	36.7%
12 Cakes	10.5%	5.6%	0.2%	83.7%
13 Non-alcoholic beverages	20.4%	7.5%	7.5%	64.6%
14 Alcoholic beverages	0.0%	3.2%	37.0%	59.7%
15 Condiments and sauces	7.2%	22.1%	67.1%	3.6%
16 Soups, bouillon	0.0%	38.0%	43.4%	18.6%
17 Miscellaneous	3.2%	1.0%	61.9%	33.9%

Group=Male older adults - overweight and obese (n=278)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	25.0%	75.0%	0.1%
02 Vegetables	2.2%	24.9%	71.4%	1.5%
03 Legumes	0.0%	16.0%	84.0%	0.0%
04 Fruits, nuts and olives	7.9%	20.5%	19.4%	52.2%
05 Dairy products	18.7%	30.7%	33.0%	17.6%
06 Cereals and cereal product	33.1%	36.6%	24.2%	6.1%
07 Meat and meat products	6.7%	28.9%	59.4%	5.0%
08 Fish and shellfish	1.4%	42.5%	44.3%	11.8%
09 Eggs and egg products	23.9%	26.4%	45.3%	4.4%
10 Fat	30.0%	33.1%	33.6%	3.3%
11 Sugar and confectionary	34.9%	11.5%	13.7%	39.9%
12 Cakes	7.3%	4.2%	0.9%	87.6%
13 Non-alcoholic beverages	22.4%	5.5%	6.1%	66.0%
14 Alcoholic beverages	0.0%	1.8%	13.7%	84.5%
15 Condiments and sauces	2.1%	25.1%	68.2%	4.5%
16 Soups, bouillon	0.0%	39.1%	50.5%	10.3%
17 Miscellaneous	1.3%	25.2%	54.3%	19.2%

Group=Female older adults - under and normal weight (n=102)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	19.6%	80.2%	0.2%
02 Vegetables	0.9%	22.0%	76.4%	0.7%
03 Legumes	0.0%	79.2%	20.5%	0.3%
04 Fruits, nuts and olives	13.2%	7.3%	13.6%	66.0%
05 Dairy products	15.1%	35.6%	18.4%	30.9%
06 Cereals and cereal product	29.3%	35.5%	27.9%	7.4%
07 Meat and meat products	1.9%	26.3%	70.7%	1.1%
08 Fish and shellfish	0.0%	18.9%	53.8%	27.3%
09 Eggs and egg products	10.3%	33.5%	55.9%	0.4%
10 Fat	30.0%	36.8%	28.0%	5.2%
11 Sugar and confectionary	40.3%	8.7%	10.5%	40.5%
12 Cakes	5.3%	1.0%	1.7%	92.0%
13 Non-alcoholic beverages	21.9%	8.2%	6.1%	63.8%
14 Alcoholic beverages	0.0%	0.9%	18.7%	80.5%
15 Condiments and sauces	0.2%	23.7%	67.2%	8.9%
16 Soups, bouillon	0.0%	49.5%	32.4%	18.0%
17 Miscellaneous	1.7%	21.8%	29.9%	46.6%

Group=Female older adults - overweight and obese (n=245)

Food groups based on EPIC-Soft Classification	Breakfast mean%	Lunch mean%	Dinner mean%	Inbetween mean%
01 Potatoes and other tubers	0.0%	36.9%	63.0%	0.1%
02 Vegetables	0.3%	35.2%	61.4%	3.2%
03 Legumes	0.0%	53.3%	45.6%	1.1%
04 Fruits, nuts and olives	9.7%	17.6%	19.8%	52.8%
05 Dairy products	12.9%	31.5%	28.6%	27.0%
06 Cereals and cereal product	32.5%	35.1%	26.9%	5.6%
07 Meat and meat products	2.5%	38.1%	55.7%	3.7%
08 Fish and shellfish	0.3%	32.4%	63.9%	3.4%
09 Eggs and egg products	20.6%	34.8%	38.7%	5.9%
10 Fat	25.4%	32.6%	37.5%	4.5%
11 Sugar and confectionary	34.6%	12.8%	15.9%	36.8%
12 Cakes	7.1%	3.4%	2.2%	87.3%
13 Non-alcoholic beverages	22.3%	7.0%	5.9%	64.8%
14 Alcoholic beverages	0.0%	3.3%	22.1%	74.6%
15 Condiments and sauces	0.3%	35.0%	61.8%	2.9%
16 Soups, bouillon	0.0%	52.2%	39.6%	8.2%
17 Miscellaneous	5.7%	27.6%	25.3%	41.4%